

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 9 OCTOBER 2004 AT RUISLIP

SENIOR MEN

1 H Dodwell	High	27:00	82 M Bateman	Hill	31:57	165 M Culshaw	Lon FR	36:09
2 C Blackburn	Serp	27:02	83 S Dokic	(V) Hill	31:58	166 A Schabel	Lon FR	36:11
3 J Powell	WG&EL	27:16	84 P Hannon	(V) Lon H	32:01	167 J O'Dowd	(V) Hill	36:19
4 C Smith	TVH	27:19	85 M Tarpey	Herts P	32:02	168 A Jeffrey	Hill	36:28
5 S Dixon	Lon H	27:25	86 I Lorriggio	(V) Serp	32:03	169 J Bignell	(V) Hill	36:34
6 N Hall	Herts P	27:39	87 G Kennedy	Lon FR	32:04	170 N Mann	(V) Hill	36:36
7 I Cunningham	ESM	27:45	88 T Mitchell-Smith	VPH&TH	32:05	171 MaJones	HRC	36:38
8 A Fooks	TVH	27:51	89 D Wright	WG&EL	32:07	172 J Kelly	(V) SB	36:48
9 D Browne	(V) Lon H	28:01	90 L Benjamin	(V) TVH	32:08	173 J Stratford	(V) Hill	36:51
10 J Sear	(V) WG&EL	28:07	91 J Rene	(V) Lon H	32:11	174 R Long	(V) Serp	36:53
11 B Pavior	Serp	28:10	92 L Campbell	Herts P	32:14	175 J Meldrum	(V) Lon FR	36:57
12 J Robertson	ESM	28:12	93 E Phillips	Serp	32:16	176 R Bloom	(V) Herts P	36:58
13 D Burbridge	High	28:31	94 M Faughnan	(V) GCR	32:17	177 A Edwards	NEB	36:59
14 T Grose	VPH&TH	28:31	95 B Broyd	Herts P	32:20	178 R Howells	(V) ESM	37:03
15 J Mohamed	NEB	28:35	96 M Bronco	Serp	32:21	179 J Owen	(V) B&D	37:16
16 A Holt	(V) GCR	28:42	97 S Claridge	(V) Hill	32:28	180 P Abbott	WG&EL	37:23
17 J Roche	VPH&TH	28:44	98 D Shortridge	VPH&TH	32:32	181 T Marlow	(V) Lon H	37:29
18 R Holland	(V) WG&EL	28:55	99 N Stockman	High	32:35	182 MaMcColgan	HRC	37:31
19 S Livingstone	(V) GCR	28:56	100 P Cunningham	(V) SB	32:40	183 L Bruce	VPH&TH	37:32
20 D Clark	TVH	28:57	101 W Wooton	(V) WG&EL	32:41	184 M Doughty	(V) E&H	37:33
21 M Potter	Lon H	28:57	102 S Plested	(V) ESM	32:42	185 R Dally	TVH	37:35
22 I Campbell	(V) Met P	29:00	103 D Buckeridge	(V) ESM	32:44	186 N Slade	Serp	37:40
23 D Grant	ESM	29:04	104 B Leach	(V) Hill	32:47	187 M Reibscheid	St Alb	37:47
24 A Symons	SB	29:05	105 D Walton	(V) Lon H	32:58	188 R Court	St Alb	37:52
25 T Grant	Hill	29:06	106 N Davis	GCR	33:03	189 T Chen	Serp	37:56
26 B Weber	(V) Lon H	29:07	107 S Williams	(V) Lon H	33:09	190 A Bird	(V) WG&EL	37:59
27 A Slack	Herts P	29:11	108 C Lescott	Serp	33:12	191 M Wilson	(V) ESM	38:03
28 H Jama	ESM	29:19	109 S Scrutton	(V) High	33:13	192 D Barkof	SB	38:08
29 W Gristwood	(V) ESM	29:26	110 M Fairbank	ESM	33:21	193 M Gilham	(V) Herts P	38:17
30 K Murphy	WG&EL	29:32	111 D Johnson	(V) GCR	33:22	194 R Stack	Lon FR	38:22
31 P Cuddihy	Hill	29:35	112 P Fitzpatrick	(V) Herts P	33:27	195 H Artiss	(V) Herts P	38:24
32 P Lemmon	(V) Lon H	29:37	113 N O'Connor	Serp	33:29	196 S Chilton	(V) B&D	38:30
33 A Welshman	Lon H	29:40	114 K Waterman	(V) Hill	33:31	197 M French	(V) Serp	38:31
34 C Braybrook	(V) St Alb	29:41	115 A Horton	B&D	33:34	198 H Patterson	(V) Hill	38:35
35 B Judge	GCR	29:42	116 M Crawshaw	(V) St Alb	33:38	199 R Grace	(V) TVH	38:39
37 P Flewitt	ESM	29:46	117 G Redhead	(V) ESM	33:40	200 P Waldron	Serp	38:44
38 A Davidson	(V) High	29:50	118 M Cairns	(V) VPH&TH	33:44	201 R Devitt	(V) SB	38:57
38 N Mitchell	(V) Lon H	29:50	119 D Smith	(V) Hill	33:55	202 B Thomas	(V) Hill	39:07
39 R Jenkin	(V) Hill	30:01	120 J Avery	(V) Herts P	33:56	203 J Pronting	(V) GCR	39:13
40 J Roger	High	30:02	121 C Tilbrook	St Alb	33:57	204 A Bailey	VPH&TH	39:23
41 A Ross	(V) Herts P	30:08	122 R Foskett	(V) Herts P	34:01	205 G Perry	Serp	39:31
42 A NoName	Lon I	30:09	123 A Patterson	Hill	34:05	206 R Smith	(V) Serp	39:35
43 P Leppard	Hill	30:11	124 T Strudwick	(V) Lon H	34:07	207 C Jenkins	(V) NEB	39:42
44 R Knox	Hill	30:16	125 R Prathalingham	Morn	34:12	208 L Menken	Serp	39:52
45 S Norris	TVH	30:17	126 A Holford	(V) WG&EL	34:14	209 D Wilson	(V) Hill	39:59
46 C Bailey	(V) High	30:18	127 D Randall	(V) ESM	34:17	210 T McNamara	B&D	40:11
47 I Ibrahim	Lon H	30:19	128 L Gruszewski	TVH	34:19	211 T Hannah	(V) ESM	40:18
48 K Walden	SB	30:24	129 D Phelan	VPH&TH	34:22	212 J Zajackzoweki	(V) ESM	40:31
49 S Buckle	St Alb	30:25	130 O Suarez	(V) ESM	34:24	213 R Crosby	(V) TVH	40:35
50 J Scott	St Alb	30:26	131 A Gibb	St Alb	34:26	214 B NoName	Lon I	40:38
51 T O'Loughlin	Lon H	30:27	132 S Hiron	(V) Hill	34:38	215 T Johnston	(V) SB	40:46
52 NaNo	A Guest	30:28	133 J Steel	Hill	34:40	216 J Jarvis	(V) Serp	40:47
53 A Crosby	GCR	30:31	134 J Clamp	TVH	34:43	217 P Welch	(V) Hill	41:46
54 D Newman	(V) Hill	30:32	135 M Garvin	Serp	34:46	218 J Doyle	(V) Hill	41:47
55 P Wetton	TVH	30:35	136 R Maciver	Serp	34:48	219 M Jamil	(V) Lon FR	41:50
56 R Mead	NEB	30:39	137 P Manson	WG&EL	34:54	220 D Hampton	(V) Serp	42:13
57 A Miles	(V) Hill	30:42	138 M Dixon	(V) Herts P	34:55	221 R Gray	Serp	42:14
58 R Bryant	VPH&TH	30:44	139 A Salisbury	(V) GCR	34:57	222 B Taylor	(V) Serp	42:55
59 M Allen	GCR	30:49	140 J March	B&D	35:02	223 S Patterson	(V) Hill	43:39
60 N Rowe	(V) Met P	30:50	141 J Tennant	HRC	35:03	224 R Johnson	(V) Hill	44:04
61 P Perry	Serp	30:50	142 P Stiles	(V) E&H	35:04	225 P Oppe	(V) TVH	44:26
62 G Young	Serp	30:55	143 A Mansi	(V) Hill	35:07	226 L Fibakiewicz	ESM	44:30
63 P Warburton	(V) Hill	30:58	144 S Doyle	(V) Herts P	35:07	227 J Cunningham	(V) SB	45:35
64 P Greaves	Herts P	31:02	145 M Smith	(V) GCR	35:07	228 D Smith	(V) Morn	46:04
65 K Kemp	(V) Lon H	31:03	146 N Keane	(V) E&H	35:11	229 J Dunne	(V) SB	46:34
66 J Cullom	VPH&TH	31:04	147 I Hodge	(V) Serp	35:14	230 A Abbotts	Lon FR	50:48
67 T Parkin	SB	31:08	148 W Gilby	(V) Lon H	35:19	231 M Grieves	(V) Hill	53:42
68 B Powell	WG&EL	31:16	149 A Bell	(V) ESM	35:20			
69 R Brown	ESM	31:18	150 M Murphy	WG&EL	35:20			
70 B NoName	Guest	31:20	151 C Lunkes	Serp	35:20			
70 R Phillips	Guest	31:20	152 J Lock	Serp	35:23			
71 A Wasdell	St Alb	31:33	153 R Nugent	St Alb	35:31			
72 S Attwell	Serp	31:37	154 D Digweed	St Alb	35:39			
73 S Clark	St Alb	31:37	155 R Green	(V) WG&EL	35:40			
74 P Stockings	(V) WG&EL	31:44	156 R Derrick	(V) St Alb	35:41			
75 J Shipley	Hill	31:45	157 J Field	Met P	35:42			
76 G Dench	Serp	31:46	158 S Mitchell	B&D	35:43			
77 K Turner	(V) B&D	31:50	159 G Hobson	(V) Herts P	35:47			
78 J Dick	Lon FR	31:52	160 D Edwards	(V) GCR	35:53			
79 M Green	GCR	31:53	161 R Powell	(V) SB	35:55			
80 C NoName	Guest	31:55	162 C Lee	(V) ESM	35:57			
81 A Sweet	Lon H	31:56	163 G Bagnall	VPH&TH	36:06			
			164 S Jones	Hill	36:07			

VET MEN

1 D Browne	(V) Lon H	28:01
2 J Sear	(V) WG&EL	28:07
3 A Holt	(V) GCR	28:42

SENIOR MEN'S TEAM POSITIONS

1 London Heathside Runners A.C.	2304	9 Thames Valley Harriers	1490	17 Newham & Essex Beagles	477
2 Hillingdon A.C.	2103	10 Victoria PH & Tower H	1425	18 Metropolitan Police AA	460
3 Ealing, S M A.C.	2032	11 Highgate Harriers	1285	19 Enfield & Haringey A.C.	227
4 Serpentine Running Club	1881	12 Hillingdon A.C. "B"	1090	20 London Irish A.C.	210
5 Woodford Green & EL A.C.	1835	13 Shaftesbury Barnet H	927	21 Harlow Running Club	205
6 Garden City Runners	1780	14 Serpentine Running Club "B"	645	22 Mornington Chasers	113
7 Herts Phoenix	1750	15 Barnet & District AC	556		
8 St Albans Striders	1501	16 London Frontrunners	550		

SENIOR MEN'S LEAGUE TABLE

1 London Heathside Runners A.C.	2304	9 Thames Valley Harriers	1490	17 Newham & Essex Beagles	477
2 Hillingdon A.C.	2103	10 Victoria PH & Tower H	1425	18 Metropolitan Police AA	460
3 Ealing, S M A.C.	2032	11 Highgate Harriers	1285	19 Enfield & Haringey A.C.	227
4 Serpentine Running Club	1881	12 Hillingdon A.C. "B"	1090	20 London Irish A.C.	210
5 Woodford Green & EL A.C.	1835	13 Shaftesbury Barnet H	927	21 Harlow Running Club	205
6 Garden City Runners	1780	14 Serpentine Running Club "B"	645	22 Mornington Chasers	113
7 Herts Phoenix	1750	15 Barnet & District AC	556		
8 St Albans Striders	1501	16 London Frontrunners	550		

VETERAN MEN'S TEAM POSITIONS

1 London Heathside Runners A.C.	593	7 Highgate Harriers	270	13 Enfield & Haringey A.C.	142
2 Hillingdon A.C.	549	8 Serpentine Running Club	235	14 Thames Valley Harriers	129
3 Woodford Green & EL A.C.	498	9 St Albans Striders	219	15 Victoria PH & Tower H	68
4 Garden City Runners	482	10 Shaftesbury Barnet H	207	16 London Frontrunners	47
5 Ealing, S M A.C.	452	11 Metropolitan Police AA	198	17 Newham & Essex Beagles	19
6 Herts Phoenix	414	12 Barnet & District AC	150	18 Mornington Chasers	3

VETERAN MEN'S LEAGUE TABLE

1 London Heathside Runners A.C.	593	7 Highgate Harriers	270	13 Enfield & Haringey A.C.	142
2 Hillingdon A.C.	549	8 Serpentine Running Club	235	14 Thames Valley Harriers	129
3 Woodford Green & EL A.C.	498	9 St Albans Striders	219	15 Victoria PH & Tower H	68
4 Garden City Runners	482	10 Shaftesbury Barnet H	207	16 London Frontrunners	47
5 Ealing, S M A.C.	452	11 Metropolitan Police AA	198	17 Newham & Essex Beagles	19
6 Herts Phoenix	414	12 Barnet & District AC	150	18 Mornington Chasers	3

UNDER 17 MEN

1 A Holford	WG&EL	15:26	19 R Tarpey	Herts P	16:54	37 J Douse	WG&EL	18:54
2 S Martyn	High	15:29	20 J Stacey	ESM	17:01	38 T Craig	Lon H	18:55
3 S Spalding	ESM	15:34	21 D Menigisue	ESM	17:06	39 G Rudelhoff	WG&EL	19:00
4 T Phillips	WG&EL	15:38	22 P Townsend	Herts P	17:07	40 J Smith	Lon H	19:12
5 A Mariani	WG&EL	16:02	23 L Nicholas	ESM	17:09	41 C Hepworth	ESM	19:16
6 D Thompson	Hill	16:05	24 C Vidgen	SB	17:24	42 B Welch	Lon H	19:32
7 B Reynolds	Herts P	16:06	25 M Cave	SB	17:26	43 R Bliogaite	ESM	19:33
8 R Mann	Hill	16:07	26 A Hale	NEB	17:33	44 A Russo	NEB	19:37
9 B Stock	ESM	16:16	27 B McCullon	ESM	17:45	45 B Redhead	ESM	19:38
10 N Goolab	ESM	16:19	28 M Abbam	WG&EL	17:46	46 C Jacobs	NEB	19:53
11 A Murray	WG&EL	16:20	29 T Melsh	ESM	18:00	47 D Mobbs	Lon H	19:53
12 J Downing	ESM	16:21	30 A Percival	ESM	18:05	48 B Depala	SB	20:11
13 K Gelly	ESM	16:25	31 J Newman	WG&EL	18:07	49 G Guthrie	NEB	21:14
14 G O'Brien	ESM	16:29	32 D Savage	WG&EL	18:12	50 E Mousli	TVH	22:24
15 R Sparke	WG&EL	16:31	33 H Arabzada	ESM	18:13	51 C Clarke	NEB	23:00
16 A Dukre	NEB	16:41	34 R Thompson	Hill	18:14	52 B Shoderu	NEB	23:01
17 P Hannah	ESM	16:44	35 T Hollis	WG&EL	18:37			
18 C Berg	WG&EL	16:52	36 J Castro	Hill	18:44			

UNDER 17 MEN TEAM POSITIONS

1 Woodford Green & EL A.C.	191	5 Woodford Green & EL A.C. "B"	120	9 Highgate Harriers	51
2 Ealing, S M A.C.	178	6 Herts Phoenix	111	10 London Heathside Runners A.C.	45
3 Ealing, S M A.C. "B"	148	7 Newham & Essex Beagles	80	11 Thames Valley Harriers	3
4 Hillingdon A.C.	128	8 Shaftesbury Barnet H	62		

UNDER 17 MEN LEAGUE POSITIONS

1 Woodford Green & EL A.C.	191	5 Woodford Green & EL A.C. "B"	120	9 Highgate Harriers	51
2 Ealing, S M A.C.	178	6 Herts Phoenix	111	10 London Heathside Runners A.C.	45
3 Ealing, S M A.C. "B"	148	7 Newham & Essex Beagles	80	11 Thames Valley Harriers	3
4 Hillingdon A.C.	128	8 Shaftesbury Barnet H	62		

UNDER 13 BOYS

1 Z Randall	ESM	12:15	13 J Goodwin	WG&EL	13:38	25 J Granna	ESM	14:55
2 A Cornwell	WG&EL	12:27	14 K Ali	WG&EL	13:39	26 T O'Dowd	Hill	14:58
3 S Zajackowski	ESM	13:07	15 G Snow	WG&EL	13:42	27 D McGuigan	ESM	15:02
4 J Harris	SB	13:13	16 N Wake	Herts P	13:44	28 J Ferrari	WG&EL	15:03
5 M Speight	Hill	13:16	17 J Edwards	Hill	13:58	29 M Cousins	NEB	15:32
6 B Phillips	WG&EL	13:23	18 L Barker	SB	13:59	30 S Mutukrista	ESM	15:37
7 A Bekele	SB	13:26	19 A Shaw	ESM	14:04	31 Y Mousli	TVH	15:58
8 S Caulker	TVH	13:28	20 H Holden	ESM	14:07	32 M Kullmann	TVH	16:03
9 K Moreland	SB	13:29	21 J Lang	Hill	14:14	33 A Riste	NEB	16:16
10 B Johnston	SB	13:30	22 C Moore	ESM	14:17	34 C Roche	ESM	17:10
11 T O'Regan	ESM	13:31	23 J Bonner	ESM	14:44	35 N Grace	TVH	17:12
12 P Warburton	Hill	13:34	24 J Castro	Hill	14:55	36 S Dhillon	ESM	18:28

UNDER 13 BOYS TEAM POSITIONS

1 Shaftesbury Barnet H	118	4 Hillingdon A.C.	93	7 Herts Phoenix	21
2 Ealing, S M A.C.	114	5 Ealing, S M A.C. "B"	58	8 Newham & Essex Beagles	12
3 Woodford Green & EL A.C.	113	6 Thames Valley Harriers	42		

UNDER 13 BOYS LEAGUE TABLE

1 Shaftesbury Barnet H	118	4 Hillingdon A.C.	93	7 Herts Phoenix	21
2 Ealing, S M A.C.	114	5 Ealing, S M A.C. "B"	58	8 Newham & Essex Beagles	12
3 Woodford Green & EL A.C.	113	6 Thames Valley Harriers	42		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 K Foy	NEB	13:20	16 N Zajazkowski	ESM	14:41	31 J O'Connell	ESM	16:03
2 L Whitehead	Herts P	13:39	17 M Nicholes	Hill	14:42	32 E Stevens	Herts P	16:08
3 G Bell	ESM	13:40	18 N Dabhi	NEB	14:49	33 S Pym	Herts P	16:09
4 M Reynolds	ESM	13:41	19 C Stock	ESM	14:54	34 D Lee	ESM	16:17
5 S DeGiorgio	TVH	14:00	20 P Bailey	ESM	14:55	35 E Henry	NEB	16:20
6 R Charles	ESM	14:02	21 L Wake	Herts P	15:12	36 K Fenwick	Herts P	16:30
7 H Matthews	Hill	14:05	22 J Wyre	WG&EL	15:17	37 R Hankin	Herts P	16:33
8 V Dabhi	NEB	14:09	23 K Stoclang	WG&EL	15:18	38 C Conway	WG&EL	16:47
9 E Hellmans	NEB	14:11	24 A Ali	WG&EL	15:19	39 A Bailey	Hill	16:47
10 A Ria	ESM	14:12	25 C Wall	ESM	15:29	40 A Another	Guest	17:40
11 H French	ESM	14:14	26 M Police	ESM	15:49	41 O Mason	ESM	17:40
12 H Brill	ESM	14:21	27 K Chapman	TVH	15:50	42 K Dobin	ESM	18:05
13 G Coveney	ESM	14:23	28 M Shaw	TVH	15:55	43 R Cordy	ESM	18:17
14 K Trimble	E&H	14:24	29 G Zotag	ESM	15:58	44 E MacKenzie	Hill	18:32
15 G Murray	WG&EL	14:38	30 A Frost	NEB	16:01	45 N Charles	NEB	20:12

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	161	4 Woodford Green & EL A.C.	100	7 Hillingdon A.C.	77
2 Newham & Essex Beagles	148	5 Herts Phoenix	96	8 Enfield & Haringey A.C.	32
3 Ealing, S M A.C. "B"	132	6 Thames Valley Harriers	78		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	161	4 Woodford Green & EL A.C.	100	7 Hillingdon A.C.	77
2 Newham & Essex Beagles	148	5 Herts Phoenix	96	8 Enfield & Haringey A.C.	32
3 Ealing, S M A.C. "B"	132	6 Thames Valley Harriers	78		

SENIOR WOMEN

1 L Hall	Herts P	16:03	44 C McGuigan	ESM	19:07	87 M Lai	(V) ESM	21:29
2 S Abel	High	16:15	45 H Hoyls	(V) B&D	19:07	88 L Keeler	ESM	21:31
3 B Yff	Serp	16:16	46 J Humberstone	GCR	19:14	89 J Gristwood	(V) ESM	21:40
4 J King	(V) Lon H	16:42	47 C Bolam	(V) Hill	19:16	90 J Ward	ESM	21:54
5 G Greenhalgh	WG&EL	16:46	48 M Hall	GCR	19:17	91 C Sephton	Lon FR	22:03
6 L Hamwell	Met P	17:05	49 J Baxter	Hill	19:19	92 S Welch	Lon H	22:05
7 S Campbell	Herts P	17:08	50 J Turner	High	19:22	93 J Marando	Serp	22:06
8 B Anderson	Lon H	17:09	51 B Weekes	Hill	19:29	94 S Percival	(V) ESM	22:07
9 K Jenrick	(V) High	17:12	52 K Nunn	TVH	19:32	95 P Anderson	(V) B&D	22:08
10 E Evans	High	17:13	53 D Kennedy	WG&EL	19:38	96 C Edwards	Hill	22:13
11 S Simmons	Met P	17:15	54 K Solder	WG&EL	19:42	97 T Snook	Hill	22:18
12 S Bigham	Hill	17:19	55 Y Budd	(V) Hill	19:42	98 B Vogt	(V) Serp	22:22
13 M Livingstone	(V) GCR	17:21	56 T Allen	St Alb	19:43	99 C Heemskerk	(V) Hill	22:25
14 J Kent	(V) B&D	17:21	57 R Miller	(V) Lon H	19:44	100 J Baines	Serp	22:28
15 C Aitken	TVH	17:27	58 L Goldsmith	SB	19:46	101 J Farmer	(V) Serp	22:31
16 A Wingler	(V) High	17:31	59 C Pardoe	(V) GCR	19:48	102 S Asfeha	TVH	22:32
17 K Woods	B&D	17:34	60 M Smith	TVH	19:56	103 R Ingram	Serp	22:40
18 M Hutchinson	Hill	17:34	61 W Johnson	(V) GCR	19:59	104 M Leroux	GCR	22:44
19 N Giffith	Morn	17:40	62 J Conn	Serp	20:04	105 R Powell	(V) Serp	22:48
20 L Hake	Hill	17:45	63 L BruceBurgess	B&D	20:19	106 C Donohoe	St Alb	22:50
21 S McHugh	Met P	17:50	64 K Green	Hill	20:20	107 C McNeill	Serp	22:57
22 K Philp	GCR	17:51	65 L Bentham	St Alb	20:23	108 K Davidson	(V) TVH	23:23
23 N Cendrowicz	High	17:53	66 C Howard	Hill	20:26	109 S Hodge	(V) Serp	23:41
24 L Cameron	Met P	17:59	67 L Manley	Hill	20:39	110 C Wisdom	(V) Serp	23:42
25 V Sercombe	Serp	18:06	68 L Olatunji	NEB	20:42	111 J Berrisford	Lon H	24:02
26 V Parry	(V) Lon H	18:13	69 C Dekker	Lon FR	20:42	112 C Nelthorpe	Serp	24:24
27 M Powell	WG&EL	18:20	70 L Brosnan	Lon FR	20:43	113 J McDonald	(V) Hill	24:29
28 J Souza	(V) High	18:22	71 S Cord	(V) WG&EL	20:46	114 J Grieve	Hill	24:32
29 K Wright	(V) High	18:24	72 S McCarthy	(V) WG&EL	20:53	115 A NoName	Guest	24:54
30 V Stacey	(V) E&H	18:25	73 C Jones	(V) ESM	20:55	116 N Cabib	(V) Serp	25:05
31 S Miles	Hill	18:26	74 H Screen	Hill	20:57	117 R Young	(V) Serp	25:15
32 B Pritchett	(V) WG&EL	18:33	75 H Patterson	(V) Serp	21:01	118 F Scott	(V) TVH	25:30
33 P Horton	B&D	18:42	76 A DaSilva	TVH	21:01	119 S Gandee	(V) Herts P	25:42
34 K Balchin	Met P	18:48	77 D Russo	Serp	21:05	120 L Richardson	NEB	28:38
35 J Wastell	(V) Lon H	18:49	78 P Michael	(V) B&D	21:07	121 V Hassell	Lon FR	29:05
36 Y Velleman	Hill	18:53	79 J Reid	Met P	21:08	122 M Goodrick	(V) TVH	31:40
37 L Wilson	(V) ESM	18:53	80 K Browne	Hill	21:09	123 N Cabiner	Serp	31:45
38 J Weekes	Hill	18:58	81 L Blaber	Met P	21:11			
39 J Evans	ESM	19:02	82 J Allen	(V) GCR	21:12			
40 A McGuigan	ESM	19:03	83 F Holland	(V) Lon H	21:14			
41 S Guest	St Alb	19:04	84 R Brough	Serp	21:18			
42 P Thomas	(V) ESM	19:04	85 K French	ESM	21:19			
43 V Metcalf	(V) Serp	19:06	86 S Chapman	(V) High	21:21			

VETERAN WOMEN

1 J King	(V) Lon H	16:42
2 K Jenrick	(V) High	17:12
3 M Livingstone	(V) GCR	17:21

SENIOR WOMEN TEAM POSITIONS

1 Highgate Harriers	656	8 Ealing, S M A.C.	469	15 Serpentine Running Club "B"	165
2 Hillingdon A.C.	589	9 Serpentine Running Club	459	16 London Frontrunners	145
3 Metropolitan Police AA	569	10 Hillingdon A.C. "B"	412	17 Mornington Chasers	105
4 London Heathside Runners A.C	531	11 Thames Valley Harriers	331	18 Enfield & Haringey A.C.	94
5 Woodford Green & EL A.C.	502	12 Herts Phoenix	245	19 Shaftesbury Barnet H	66
6 Garden City Runners	495	13 St Albans Striders	228	20 Newham & Essex Beagles	60
7 Barnet & District AC	494	14 Ealing, S M A.C. "B"	211		

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers	656	8 Ealing, S M A.C.	469	15 Serpentine Running Club "B"	165
2 Hillingdon A.C.	589	9 Serpentine Running Club	459	16 London Frontrunners	145
3 Metropolitan Police AA	569	10 Hillingdon A.C. "B"	412	17 Mornington Chasers	105
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VETERAN WOMEN TEAM POSITIONS

1 Highgate Harriers	162	5 Ealing, S M A.C.	107	9 Enfield & Haringey A.C.	37
2 London Heathside Runners A.C	148	6 Woodford Green & EL A.C.	85	10 Thames Valley Harriers	13
3 Garden City Runners	116	7 Serpentine Running Club	78	11 Herts Phoenix	2
4 Barnet & District AC	108	8 Hillingdon A.C.	77		

VETERAN WOMEN LEAGUE POSITIONS

1 Highgate Harriers	162	5 Ealing, S M A.C.	107	9 Enfield & Haringey A.C.	37
2 London Heathside Runners A.C	148	6 Woodford Green & EL A.C.	85	10 Thames Valley Harriers	13
3 Garden City Runners	116	7 Serpentine Running Club	78	11 Herts Phoenix	2
4 Barnet & District AC	108	8 Hillingdon A.C.	77		

Notes version 1 of results

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