

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 27 NOVEMBER 2004 AT WORMWOOD SCRUBS

SENIOR MEN

1 P Jacobs	Lon H	28:01	93 A Wragg	WG&EL	34:33	185 P Williams	(V) Herts P	38:18
2 M Shone	WG&EL	28:12	94 A Baci	E&H	34:35	186 C Reason	ESM	38:20
3 S Omar	ESM	28:29	95 S Clark	St Alb	34:35	187 N Bingham	(V) B&D	38:25
4 K Murphy	WG&EL	28:34	96 B Ward	Lon FR	34:37	188 J Waterfield	Met P	38:27
5 NaNo	Guest	28:44	97 C Brotherton	WG&EL	34:40	189 J Falvey	(V) ESM	38:31
6 S Dixon	Lon H	29:01	98 C Hamer	(V) Lon H	34:43	190 J Kirby	VPH&TH	38:32
7 A Fooks	TVH	29:10	99 T McCarthy	(V) WG&EL	34:54	191 G Deathridge	(V) VPH&TH	38:34
8 I Cunningham	ESM	29:12	100 D Buckeridge	(V) ESM	34:55	192 A Reid	Met P	38:40
9 P Cuddihy	Hill	29:15	101 J Bly	VPH&TH	34:58	193 T Crossan	E&H	38:41
10 D Clark	TVH	29:21	102 T Mitchell-Smith	VPH&TH	34:59	194 J Kelly	(V) SB	38:42
11 S Pullan	St Alb	29:26	103 G Kennedy	Lon FR	35:00	195 N Birch	Met P	38:45
12 J Powell	WG&EL	29:44	104 M Faughnan	(V) GCR	35:04	196 K Brammer	GCR	38:46
13 B NoName	Guest	29:49	105 S Jones	ESM	35:05	197 I Maulesley	Met P	38:50
14 M Flannelly	(V) WG&EL	29:54	106 M Delahunty	ESM	35:08	198 A NoName	Guest	38:52
15 M Wilkinson	NEB	29:59	107 A NoName	Guest	35:09	199 G Elliott	(V) Met P	38:55
16 D Browne	(V) Lon H	30:00	108 J Ferrard	(V) Lon H	35:11	200 A NoName	Guest	39:00
17 A Holt	(V) GCR	30:04	109 K Waterman	(V) Hill	35:13	201 M Culshaw	Lon FR	39:02
18 T Grant	Hill	30:05	110 A NoName	Guest	35:15	202 R Bloom	(V) Herts P	39:03
19 D Brennan	Lon I	30:06	111 M Crawshaw	(V) St Alb	35:20	203 C Lee	(V) ESM	39:07
20 I Campbell	(V) Met P	30:07	112 S Dokic	(V) Hill	35:22	204 J O'Dowd	(V) Hill	39:12
21 M Potter	Lon H	30:17	113 S Porto	Morn	35:24	205 M Doughty	(V) E&H	39:20
22 D Askie	ESM	30:27	114 I Birch	(V) ESM	35:25	206 M McColgan	(V) HRC	39:23
23 B Powell	WG&EL	30:28	115 J Taylor	TVH	35:30	207 G Clarke	(V) St Alb	39:27
24 W Gristwood	(V) ESM	30:29	116 D Farquhar	(V) WG&EL	35:32	208 D Barker	SB	39:29
25 P Flewitt	ESM	30:31	117 T Beackon	VPH&TH	35:36	209 L Bruce	VPH&TH	39:34
26 I Ibrahim	Lon H	30:44	118 J Barretta	High	35:37	210 J Meldrum	(V) Lon FR	39:40
27 A Pamphilon	(V) WG&EL	30:48	119 J Nisbet	(V) H&H	35:38	211 M Murphy	WG&EL	39:46
28 S Buckle	St Alb	30:50	120 R Hogg	WG&EL	35:40	212 M Wells	(V) WG&EL	39:50
29 J Mohemal	NEB	30:51	121 M Cairns	(V) VPH&TH	35:42	213 S Aarvold	NEB	39:55
30 C Bailey	(V) High	30:52	122 A Benson	Herts P	35:42	214 A Edwards	NEB	40:01
31 J Roche	VPH&TH	31:00	123 J Williams	Lon FR	35:47	215 A NoName	Guest	40:03
32 N Mitchell	(V) Lon H	31:01	124 A NoName	Guest	35:48	216 I Hussain	NEB	40:09
33 M Forrest	(V) Lon FR	31:04	125 C Zacharidge	(V) B&D	35:49	217 A NoName	Guest	40:09
34 R Holland	(V) WG&EL	31:08	126 A Smith	WG&EL	35:52	218 J Balcombe	Met P	40:19
35 P Leppard	Hill	31:09	127 M Dixon	(V) Herts P	35:53	219 G French	(V) ESM	40:28
36 H Jama	ESM	31:10	128 D Digweed	St Alb	35:53	220 R Stack	Lon FR	40:28
37 C NoName	Guest	31:11	129 A NoName	Guest	35:56	221 A Schabel	Lon FR	40:33
38 R Mead	NEB	31:12	130 M Allen	GCR	35:58	222 R Weston	(V) Lon H	40:36
39 A Ross	(V) Herts P	31:13	131 S Weston	St Alb	36:00	223 D Beasley	(V) Herts P	40:39
40 P Wooddisse	TVH	31:15	132 C Suarez	ESM	36:03	224 R Devitt	(V) SB	40:45
41 D Grant	ESM	31:19	133 D Smith	(V) Hill	36:04	225 A NoName	Guest	40:47
42 G Jones	TVH	31:20	134 A Horton	B&D	36:07	226 G Walker	(V) VPH&TH	41:04
43 D Newman	(V) Hill	31:21	135 P Stockings	(V) WG&EL	36:08	227 J Mercer	(V) E&H	41:11
44 Q Manassib	Lon H	31:27	136 C Tilbrook	St Alb	36:10	228 D Hill	(V) St Alb	41:12
45 J Roger	High	31:30	137 R Nash	(V) Hill	36:11	229 R Higgs	(V) B&D	41:17
46 C Symonds	E&H	31:39	138 D Randall	(V) ESM	36:12	230 J Zajackowski	(V) ESM	41:20
47 D Cox	(V) WG&EL	31:38	139 A Salisbury	(V) GCR	36:13	231 A NoName	Guest	41:29
48 P Wetton	TVH	31:39	140 T Strudwick	(V) Lon H	36:16	232 S Proctor	VPH&TH	41:32
49 A Khan	TVH	31:48	141 N Keane	(V) E&H	36:17	233 M McDonough	Lon FR	41:35
50 D NoName	Guest	31:49	142 M Fairbank	ESM	36:19	234 S Maddison	(V) TVH	41:38
51 J Cullom	VPH&TH	31:51	143 R Prathalingham	Morn	36:21	235 T Hamilton	(V) B&D	41:44
52 J Hine	Met P	31:52	144 A Matthews	Met P	36:22	236 V Wilson	(V) WG&EL	41:46
53 T Lashmar	VPH&TH	31:56	145 L Adams	Met P	36:23	237 A NoName	Guest	41:47
54 K Turner	(V) B&D	31:57	146 J McCrath	(V) Met P	36:23	238 J Hirst	Lon FR	41:56
55 D Barrett	(V) WG&EL	32:02	147 R Foskett	(V) Herts P	36:24	239 B Thomas	(V) Hill	42:07
56 A Miles	(V) Hill	32:04	148 P Sant	Morn	36:27	240 M Crumpler	GCR	42:24
57 C Braybrook	(V) St Alb	32:15	149 R Green	Hill	36:27	241 T Hannah	(V) ESM	42:27
58 A Coleman	(V) WG&EL	32:18	150 C Hellmers	NEB	36:32	242 M Head	Met P	42:42
59 P Warburton	(V) Hill	32:19	151 J Leigh	(V) Hill	36:34	243 J Thompson	Met P	42:45
60 C Ayres	Hill	32:23	152 A Mansi	(V) Hill	36:36	244 A NoName	Guest	42:49
61 P Wallis	VPH&TH	32:24	153 P Fitzpatrick	(V) Herts P	36:42	245 R Grace	(V) TVH	43:07
62 N Morrison	(V) Herts P	32:27	154 P Cunningham	(V) SB	36:42	246 R Landry	(V) St Alb	43:09
63 M Bateman	Hill	32:28	155 A NoName	Guest	36:46	247 L Eplect	(V) GCR	43:22
64 N Rowe	(V) Met P	32:29	156 A NoName	Guest	36:48	248 N Teuton	(V) Lon I	43:45
65 R Brown	ESM	32:29	157 R Ricketts	HRC	36:52	249 M Jamil	(V) Lon FR	43:49
66 T Parkin	SB	32:30	158 D Martin	(V) Hill	36:58	250 C Crump	(V) WG&EL	43:50
67 L Maddock	Lon H	32:30	159 A Holford	(V) WG&EL	37:01	251 A NoName	Guest	44:04
68 E NoName	Guest	32:30	160 A Emberson	(V) TVH	37:03	252 R Harding	(V) Met P	44:13
69 A Sweet	Lon H	32:31	161 A Gibb	St Alb	37:04	253 O Suarez	(V) ESM	44:20
70 R Jenkin	(V) Hill	32:41	162 J Bignell	(V) Hill	37:07	254 B Feldman	(V) Hill	44:34
71 R Knox	Hill	32:44	163 P Stiles	(V) E&H	37:10	255 A NoName	Guest	44:45
72 A Abraha	(V) Lon H	32:45	164 P Doyle	Lon FR	37:11	256 A NoName	Guest	45:16
73 F NoName	Guest	32:49	165 J Clamp	TVH	37:12	257 B Hercock	(V) E&H	45:24
74 E Bayne	Lon H	32:51	166 A NoName	Guest	37:18	258 T Bunbury	(V) VPH&TH	45:43
75 G NoName	Guest	32:54	167 A NoName	Guest	37:17	259 D Milson	(V) Hill	45:48
76 R Stewart	High	32:56	168 J Steel	Hill	37:18	260 E Lepante	Lon FR	45:51
77 M Tarpey	Herts P	32:58	169 A Whitehead	VPH&TH	37:22	261 R Johnson	(V) Hill	46:16
78 H NoName	Guest	33:01	170 A Bell	(V) ESM	37:28	262 P Oppe	(V) TVH	46:23
79 J Knight	Met P	33:07	171 G Bagnall	VPH&TH	37:32	263 M Zboron	(V) Lon FR	46:16
80 B Wootton	(V) WG&EL	33:09	172 A NoName	Guest	37:33	264 R Caunt	(V) WG&EL	47:07
81 J Howe	Lon H	33:11	173 A NoName	Guest	37:43	265 A Gributowicz	(V) VPH&TH	47:20
82 L Campbell	Herts P	33:13	174 J Buckle	Morn	36:45	266 A NoName	Guest	47:29
83 J NoName	Guest	33:19	175 J Tennant	(V) HRC	37:48	267 M Gleeson	Lon FR	48:02
84 A NoName	Guest	33:24	176 D Foley	(V) Lon I	37:49	268 S Patterson	(V) Hill	48:10
85 D Shortridge	VPH&TH	33:25	177 J Chestney	(V) GCR	37:50	269 D Leigh	(V) VPH&TH	48:35
86 S Hirons	(V) Hill	33:25	178 M Moreland	(V) SB	37:52	270 K Goss	(V) Hill	48:37
87 G Hall	St Alb	33:28	179 R Powell	(V) SB	37:55	271 D Smith	(V) Morn	49:06
88 S Plested	(V) ESM	33:28	180 D Robinson	(V) VPH&TH	37:59			
89 J Dick	Lon FR	33:30	181 S Doyle	(V) Herts P	38:01			
90 L Rumble	Herts P	34:30	182 M Heaney	GCR	38:04			
91 S Claridge	(V) Hill	34:32	183 M Jones	(V) HRC	38:13			
92 P Kiernan	(V) Lon H	34:32	184 C Cloke	(V) E&H	38:13			

VET MEN

1 M Flannelly	(V) WG&EL	29:54
2 D Browne	(V) Lon H	30:00
3 A Holt	(V) GCR	30:04

SENIOR MEN'S TEAM POSITIONS

1 Woodford Green & EL A.C.	2815	9 Metropolitan Police AA	1643	17 Barnet & District AC	668
2 London Heathside Runners A.C.	2755	10 Hillingdon A.C. "B"	1390	18 Mornington Chasers	511
3 Ealing, S M A.C.	2641	11 London Frontrunners	1333	19 London Irish A.C.	373
4 Hillingdon A.C.	2603	12 Newham & Essex Beagles	1029	20 Harlow Running Club	367
5 Victoria PH & Tower H	2022	13 Garden City Runners	1016	21 Hayes and Harlington RR	153
6 Thames Valley Harriers	1887	14 Enfield & Haringey A.C.	938		
7 St Albans Striders	1884	15 Highgate Harriers	819		
8 Herts Phoenix	1797	16 Shaftesbury Barnet H	701		

SENIOR MEN'S LEAGUE TABLE

1 London Heathside Runners A.C.	7862	9 Garden City Runners	4309	17 Barnet & District AC	2462
2 Woodford Green & EL A.C.	7412	10 Serpentine Running Club	4300	18 Newham & Essex Beagles	2330
3 Ealing, S M A.C.	7175	11 Metropolitan Police AA	3913	19 Serpentine Running Club "B"	1670
4 Hillingdon A.C.	7028	12 Shaftesbury Barnet H	3633	20 Harlow Running Club	1373
5 St Albans Striders	5432	13 Highgate Harriers	3404	21 Mornington Chasers	1039
6 Herts Phoenix	5249	14 Hillingdon A.C. "B"	3320	22 London Irish A.C.	600
7 Victoria PH & Tower H	5230	15 London Frontrunners	2651	23 Hayes and Harlington RR	153
8 Thames Valley Harriers	4740	16 Enfield & Haringey A.C.	2570		

VETERAN MEN'S TEAM POSITIONS

1 Woodford Green & EL A.C.	657	8 Barnet & District AC	286	15 Thames Valley Harriers	117
2 Hillingdon A.C.	599	9 St Albans Striders	275	16 Highgate Harriers	113
3 London Heathside Runners A.C.	597	10 Enfield & Haringey A.C.	263	17 Hayes and Harlington RR	81
4 Ealing, S M A.C.	514	11 Shaftesbury Barnet H	251	18 London Irish A.C.	75
5 Herts Phoenix	474	12 Victoria PH & Tower H	226	19 Mornington Chasers	1
6 Garden City Runners	353	13 London Frontrunners	172		
7 Metropolitan Police AA	344	14 Harlow Running Club	148		

VETERAN MEN'S LEAGUE TABLE

1 London Heathside Runners A.C.	1853	8 Barnet & District AC	796	15 Thames Valley Harriers	424
2 Woodford Green & EL A.C.	1781	9 St Albans Striders	752	16 Harlow Running Club	413
3 Hillingdon A.C.	1758	10 Enfield & Haringey A.C.	740	17 London Frontrunners	239
4 Ealing, S M A.C.	1469	11 Shaftesbury Barnet H	678	18 London Irish A.C.	90
5 Herts Phoenix	1394	12 Highgate Harriers	556	19 Hayes and Harlington RR	81
6 Garden City Runners	1188	13 Serpentine Running Club	497	20 Newham & Essex Beagles	38
7 Metropolitan Police AA	1025	14 Victoria PH & Tower H	435	21 Mornington Chasers	11

UNDER 17 MEN

1 R Campbell	High	14:23	19 G O'Brien	ESM	15:56	37 J Stacey	ESM	17:10
2 A Holford	WG&EL	14:36	20 P Haimes	NEB	16:01	38 R Thompson	Hill	17:25
3 A Osman	ESM	14:48	21 M Sullivan	SB	16:05	39 G Rudelhoff	WG&EL	17:56
4 T Phillips	WG&EL	14:55	22 B McCullon	ESM	16:06	40 B Smith	B&D	18:00
5 S Martyn	High	15:03	23 C Berg	WG&EL	16:07	41 C Hepworth	ESM	18:09
6 S Spalding	ESM	15:07	24 R Sparke	WG&EL	16:09	42 J Smith	Lon H	18:11
7 B Reynolds	Herts P	15:13	25 E Saul	TVH	16:12	43 R Bliogaite	ESM	18:28
8 E Semreab	Lon H	15:19	26 Z Benzerrovye	TVH	16:13	44 B Redhead	ESM	18:32
9 T Brennan	Herts P	15:25	27 L Gruszewski	TVH	16:15	45 B Welch	Lon H	18:38
10 A Mariani	WG&EL	15:31	28 J Castro	Hill	16:21	46 J Russo	NEB	18:43
11 R Tarpey	Herts P	15:36	29 D Menigistu	ESM	16:21	47 G Nisbet	H&H	19:55
12 R Mann	Hill	15:38	30 P Townsend	Herts P	16:30	48 A Mobbs	Lon H	19:56
13 B Stock	ESM	15:40	31 L Walshe	Herts P	16:38	49 G Guthrie	NEB	19:57
14 D Thompson	Hill	15:41	32 B Hussain	NEB	16:48	50 B Shoderu	NEB	20:33
15 J MatthewMan	High	15:41	33 M Abbam	WG&EL	16:52	51 S Ashcroft	ESM	20:40
16 J Marshall	Hill	15:44	34 J Douse	WG&EL	17:00	52 C Clarke	NEB	23:38
17 A Duque	NEB	15:46	35 O Randall	B&D	17:07	53 E Mousli	TVH	23:42
18 P Hannah	ESM	15:48	36 C Vidgen	SB	17:09			

UNDER 17 MEN TEAM POSITIONS

1 Woodford Green & EL A.C.	177	6 Ealing, S M A.C. "B"	109	11 Shaftesbury Barnet H	51
2 Ealing, S M A.C.	176	7 Newham & Essex Beagles	101	12 Barnet & District AC	33
3 Herts Phoenix	159	8 Woodford Green & EL A.C. "B"	86	13 Hayes and Harlington Road R	7
4 Hillingdon A.C.	146	9 Thames Valley Harriers	85		
5 Highgate Harriers	141	10 London Heathside Runners A.C.	73		

UNDER 17 MEN LEAGUE POSITIONS

1 Woodford Green & EL A.C.	557	6 Woodford Green & EL A.C. "B"	328	11 Thames Valley Harriers	109
2 Ealing, S M A.C.	517	7 Highgate Harriers	316	12 Barnet & District AC	33
3 Ealing, S M A.C. "B"	358	8 Shaftesbury Barnet H	283	13 Hayes and Harlington Road R	7
4 Herts Phoenix	357	9 Newham & Essex Beagles	239		
5 Hillingdon A.C.	357	10 London Heathside Runners A.C.	145		

UNDER 13 BOYS

1 N Flemming	B&D	12:56	15 G Grenfell	WG&EL	14:24	29 J Granna	ESM	16:06
2 T Gough	Herts P	13:26	16 A Cornwell	WG&EL	14:25	30 Y Mousli	TVH	16:13
3 Z Geraci	ESM	13:36	17 J Stainer	SB	14:26	31 M Kullmann	TVH	16:14
4 P Warburton	Hill	13:45	18 J Edwards	Hill	14:32	32 J Avery	Lon H	16:28
5 M Speight	Hill	13:48	19 A Shaw	ESM	14:38	33 B Clark	NEB	16:58
6 T O'Regan	ESM	13:53	20 S Zajackowski	ESM	14:40	34 C Lunson	Hill	17:08
7 C Moore	ESM	13:55	21 A Haynes	ESM	14:41	35 N Grace	TVH	17:11
8 S Caulker	TVH	14:01	22 K Ali	WG&EL	14:47	36 S Hirons	Hill	17:25
9 K Moreland	SB	14:04	23 H Holden	ESM	14:56	37 A Ramsden	NEB	17:43
10 J Harris	SB	14:06	24 J Lang	Hill	15:02	38 C Roche	ESM	18:08
11 A Bekele	SB	14:07	25 D McGuigan	ESM	15:36	39 J Ewins	ESM	18:28
12 L Barker	SB	14:12	26 S Park	ESM	15:43	40 R MacFarlane	Serp	18:37
13 B Phillips	WG&EL	14:21	27 J Castro	Hill	15:56	41 R Churcher	ESM	19:55
14 D Wilson	Herts P	14:23	28 T O'Dowd	Hill	16:01	42 G Dokic	Hill	22:15

UNDER 13 BOYS TEAM POSITIONS

1 Ealing, S M A.C.	137	5 Ealing, S M A.C. "B"	83	9 Newham & Essex Beagles	16
2 Shaftesbury Barnet H	130	6 Herts Phoenix	70	10 London Heathside Runners A.C.	11
3 Hillingdon A.C.	121	7 Thames Valley Harriers	68	11 Serpentine Running Club	3
4 Woodford Green & EL A.C.	106	8 Barnet & District AC	42		

UNDER 13 BOYS LEAGUE TABLE

1 Ealing, S M A.C.	368	5 Ealing, S M A.C. "B"	191	9 Newham & Essex Beagles	36
2 Shaftesbury Barnet H	349	6 Herts Phoenix	158	10 London Heathside Runners A.C.	11
3 Woodford Green & EL A.C.	345	7 Thames Valley Harriers	130	11 Serpentine Running Club	3
4 Hillingdon A.C.	297	8 Barnet & District AC	42		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 K Foy	NEB	13:49	16 C Davies	Herts P	15:20	31 T O'Sullivan	ESM	16:36
2 S Main	TVH	13:58	17 A Rai	ESM	15:25	32 H Denham	ESM	16:40
3 G Bell	ESM	14:06	18 G Coveney	ESM	15:36	33 E Henrt	NEB	16:41
4 M Reynolds	ESM	14:08	19 H Brill	ESM	15:51	34 N Shelley	ESM	16:42
5 C Galloway	WG&EL	14:42	20 M Shaw	TVH	15:59	35 A Bailey	Hill	16:44
6 A Wall	ESM	14:46	21 A Ali	WG&EL	16:02	36 S Pym	Herts P	16:47
7 A Another	Guest	14:49	22 P Bailey	ESM	16:04	37 J O'Connell	ESM	16:56
8 V Dabhi	NEB	14:51	23 N Zajackowski	ESM	16:10	38 K Ramsden	NEB	17:44
9 H Matthews	Hill	14:55	24 L Wake	Herts P	16:16	39 E Stevens	Herts P	17:55
10 J Wyre	WG&EL	15:00	25 A Holford	WG&EL	16:19	40 G Zotag	ESM	17:56
11 H French	ESM	15:00	26 D Lea	ESM	16:20	41 G Clark	TVH	18:16
12 N Dabhi	NEB	15:01	27 K Stockings	WG&EL	16:22	42 J Whittaker	ESM	18:28
13 G Murray	WG&EL	15:05	28 M Rogers	TVH	16:24	43 C Mollett	TVH	18:47
14 R Charles	ESM	15:06	29 K Chapman	TVH	16:29	44 O Mason	ESM	18:56
15 L Whitehead	Herts P	15:07	30 C Wall	ESM	16:29	45 C Kowa	ESM	19:31

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	160	4 Ealing, S M A.C. "B"	116	7 Hillingdon A.C.	48
2 Woodford Green & EL A.C.	135	5 Thames Valley Harriers	105		
3 Newham & Essex Beagles	130	6 Herts Phoenix	93		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	473	4 Ealing, S M A.C. "B"	361	7 Hillingdon A.C.	131
2 Newham & Essex Beagles	428	5 Herts Phoenix	314	8 Enfield & Haringey A.C.	113
3 Woodford Green & EL A.C.	371	6 Thames Valley Harriers	183		

SENIOR WOMEN

1 S Stevenson	WG&EL	15:33	46 L Goldsmith	SB	18:06	91 L Keeler	ESM	20:41
2 J Sparke	WG&EL	15:52	47 D Kennedy	WG&EL	18:09	92 J Gristwood (V)	ESM	20:42
3 S Miles	Hill	16:13	48 C Perry	B&D	18:18	93 L King	Morn	20:50
4 R Lewis	SB	16:14	49 M Hall	GCR	18:24	94 R Powell (V)	Serp	20:56
5 M Muggeridge	E&H	16:17	50 J Baxter	Hill	18:25	95 L Bott	Serp	20:59
6 K Philp	GCR	16:20	51 P Horton	B&D	18:36	96 L Selby (V)	HRC	21:02
7 K Morser	WG&EL	16:22	52 K Solder	WG&EL	18:32	97 L Blaber	Met P	21:03
8 E Evans	High	16:23	53 L Maughan	Serp	18:35	98 B VanLoen	WG&EL	21:10
9 A Wingler (V)	High	16:23	54 K Nunn	TVH	18:37	99 C Heemskerk (V)	Hill	21:11
10 M Hutchinson	Hill	16:24	55 K Wright (V)	High	18:38	100 S Welch	Lon H	21:19
11 S Bigham	Hill	16:26	56 J Gowans	Serp	18:48	101 A Dolan	Serp	21:23
12 L Brooks (V)	Serp	16:33	57 N Labiner	Serp	18:49	102 H Walker (V)	Serp	21:24
13 S Campbell	Herts P	16:42	58 L Somaroo	Met P	18:53	103 R Brough	Serp	21:34
14 S Simmons	Met P	16:50	59 K Foster	ESM	18:58	104 J Brosnan (V)	TVH	21:39
15 V Parry (V)	Lon H	16:54	60 N Anderson	Lon H	18:59	105 J Labiner	Guest	21:41
16 C Aitken	TVH	16:57	61 M Smith	TVH	19:02	106 M Fitzgerald (V)	TVH	21:48
17 E Griffiths	E&H	16:59	62 J Weekes	Hill	19:03	107 B Vogt (V)	Serp	21:50
18 F Kennedy (V)	ESM	17:00	63 V Metcalf (V)	Serp	19:04	108 T Stevens	Serp	21:52
19 J Cooper (V)	GCR	17:01	64 J Conn	Serp	19:08	109 R Ingram	Serp	21:52
20 B Pritchett (V)	WG&EL	17:16	65 K Green	Hill	19:09	110 J Allan (V)	Serp	21:54
21 L Cameron	Met P	17:19	66 M Nitta	ESM	19:12	111 C Donohoe	St Alb	21:56
22 J Carritt	High	17:20	67 J Thomas (V)	WG&EL	19:20	112 K Davidson (V)	TVH	22:28
23 T Brady (V)	Serp	17:21	68 J Brown (V)	St Alb	19:12	113 C Dunlea (V)	HRC	22:29
24 A Howe	Lon H	17:23	69 E Vynnycky (V)	Lon H	19:24	114 K Broekhof	Serp	22:32
25 K Balchin	Met P	17:27	70 Z Walker (V)	WG&EL	19:25	115 S Pacey	Met P	22:40
26 C Dawson (V)	High	17:28	71 S Hill	St Alb	19:29	116 R Young (V)	Serp	22:42
27 N Cendrowicz	High	17:29	72 J Bolla	Lon H	19:33	117 K Horswood (V)	Met P	22:48
28 K Gundersen	VPH&TH	17:30	73 F Holland (V)	Lon H	19:33	118 L Harrison (V)	Serp	22:56
29 L Makie (V)	St Alb	17:31	74 S Horrocks	Serp	19:33	119 J Berrisford	Lon H	23:22
30 M Powell	WG&EL	17:35	75 B Pullan	St Alb	19:36	120 L Plumbley (V)	Serp	23:26
31 S Edmunds	Serp	17:37	76 T English	ESM	19:43	121 L Worth (V)	ESM	23:45
32 K Bradley (V)	B&D	17:40	77 N Taylor	Herts P	19:44	122 F Scott (V)	TVH	24:33
33 J Wastell (V)	Lon H	17:41	78 C Shelley (V)	Serp	19:45	123 J Gandee (V)	Herts P	24:43
34 B Weekes	Hill	17:42	79 K Davis	Serp	19:52	124 F Rangeard	Morn	24:46
35 A McGuigan	ESM	17:47	80 J Mattinson	VPH&TH	19:54	125 D Johnstone (V)	ESM	25:18
36 P Thomas (V)	ESM	17:50	81 C Jones (V)	ESM	19:56	126 M Goodrick (V)	TVH	25:50
37 S Guest (V)	St Alb	17:52	82 F O'Sullivan (V)	Lon H	19:57	127 N Labib (V)	Serp	26:19
38 E Grant	Hill	17:53	83 L Manley	Hill	20:01	128 J Miles (V)	Hill	27:10
39 J Socas	NEB	17:54	84 S Chapman (V)	High	20:03	129 L Richardson	NEB	27:23
40 H Hoyle (V)	B&D	17:55	85 A DaSilva	TVH	20:06			
41 F Ford	Hill	17:59	86 A Wardle (V)	WG&EL	20:07			
42 T Allen	St Alb	18:00	87 J Marando	Serp	20:15			
43 L Wilson (V)	ESM	18:02	88 J Vlahovic	Serp	20:35	<u>VETERAN WOMEN</u>		
44 D Wildman	E&H	18:05	89 S McCarthy (V)	WG&EL	20:37	1 A Wingler (V)	High	16:23
45 H Rule	Herts P	18:06	90 A Palin	Serp	20:40	2 L Brooks (V)	Serp	16:33
						3 V Parry (V)	Lon H	16:54

SENIOR WOMEN TEAM POSITIONS

1 Woodford Green & EL A.C.	673	8 Metropolitan Police AA	450	15 Herts Phoenix	262
2 Hillingdon A.C.	643	9 Thames Valley Harriers	354	16 Shaftesbury Barnet H	210
3 Highgate Harriers	633	10 Barnet & District AC	349	17 Ealing, S M A.C. "B"	194
4 Serpentine Running Club	548	11 Serpentine Running Club "B"	335	18 Victoria PH & Tower H	152
5 Ealing, S M A.C.	523	12 Enfield & Haringey A.C.	324	19 Newham & Essex Beagles	92
6 London Heathside Runners A.C	507	13 Garden City Runners	316	20 Harlow Running Club	51
7 St Albans Striders	458	14 Hillingdon A.C. "B"	293	21 Mornington Chasers	43

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers	1931	9 St Albans Striders	1140	17 Ealing, S M A.C. "B"	405
2 Hillingdon A.C.	1727	10 Garden City Runners	917	18 London Frontrunners	372
3 Woodford Green & EL A.C.	1711	11 Serpentine Running Club "B"	780	19 Newham & Essex Beagles	281
4 London Heathside Runners A.C	1599	12 Thames Valley Harriers	741	20 Mornington Chasers	265
5 Metropolitan Police AA	1529	13 Hillingdon A.C. "B"	733	21 Victoria PH & Tower H	209
6 Serpentine Running Club	1511	14 Shaftesbury Barnet H	732	22 Harlow Running Club	61
7 Barnet & District AC	1262	15 Herts Phoenix	640		
8 Ealing, S M A.C.	1194	16 Enfield & Haringey A.C.	520		

VETERAN WOMEN TEAM POSITIONS

1 Serpentine Running Club	155	6 St Albans Striders	112	11 Hillingdon A.C.	20
2 Highgate Harriers	153	7 Barnet & District AC	78	12 Metropolitan Police AA	10
3 Ealing, S M A.C.	149	8 Thames Valley Harriers	52	13 Herts Phoenix	5
4 London Heathside Runners A.C	148	9 Garden City Runners	46		
5 Woodford Green & EL A.C.	132	10 Harlow Running Club	32		

VETERAN WOMEN LEAGUE POSITIONS

1 Highgate Harriers	446	7 St Albans Striders	195	13 Harlow Running Club	32
2 London Heathside Runners A.C	440	8 Garden City Runners	162	14 Metropolitan Police AA	29
3 Woodford Green & EL A.C.	318	9 Hillingdon A.C.	134	15 Mornington Chasers	21
4 Serpentine Running Club	286	10 Shaftesbury Barnet H	98	16 Herts Phoenix	15
5 Ealing, S M A.C.	256	11 Enfield & Haringey A.C.	74	17 London Frontrunners	12
6 Barnet & District AC	249	12 Thames Valley Harriers	71		