

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 30 OCTOBER 2004 AT WOODFORD

SENIOR MEN

1 R Williams	SB	25:52	93 L Campbell	Herts P	31:18	185 G Hobson	(V) Herts P	35:14
2 C Smith	TVH	26:13	94 U Bettag	Lon H	31:24	186 M Smith	(V) GCR	35:18
3 M Jubb	St Alb	26:52	95 B Wootton	(V) WG&EL	31:28	187 R Powell	(V) SB	35:22
4 M Shone	WG&EL	26:58	96 G Fuzesi	High	31:29	188 C Hays	Met P	35:28
5 L Bowron	ESM	26:59	97 A Abraha	(V) Lon H	31:32	189 P Williams	(V) Herts P	35:36
6 N Gamester	E&H	27:06	98 J Rene	(V) Lon H	31:33	190 F Thomson	Serp	35:37
7 C Blackburn	Serp	27:18	99 C Ayres	Hill	31:34	191 J Kelly	(V) SB	35:40
8 S Dixon	Lon H	27:20	100 J Knight	Met P	31:36	192 J Thorpe	(V) WG&EL	35:42
9 T Owens	SB	27:22	101 C Thompson	St Alb	31:40	193 D Randall	(V) ESM	35:43
10 I Cunningham	ESM	27:33	102 S Sharpe	(V) WG&EL	31:43	194 A Whitehead	VPH&TH	35:44
11 B Pavior	Serp	27:33	103 P Fromme	Serp	31:45	195 D Edwards	(V) GCR	35:46
12 J Powell	WG&EL	27:43	104 M Green	GCR	31:46	196 M Rogers	WG&EL	35:56
13 J Mohamed	NEB	27:44	105 S Claridge	(V) Hill	31:47	197 P Abbott	WG&EL	36:01
14 D Browne	(V) Lon H	27:50	106 S Plested	(V) ESM	31:59	198 J Bignell	(V) Hill	36:01
15 A Greenway	Serp	27:52	107 T Mitchell-Smith	VPH&TH	31:54	199 J Waterfield	Met P	36:03
16 J Sear	(V) WG&EL	27:53	108 M Tarpey	Herts P	31:56	200 B Cook	(V) E&H	36:04
17 A Holt	(V) GCR	27:58	109 B Leach	(V) Hill	31:58	201 G Elliott	(V) Met P	36:08
18 M Flannelly	WG&EL	28:01	110 G Kennedy	Lon FR	31:58	202 J Stratford	(V) Hill	36:12
19 S Pullan	St Alb	28:13	111 G Bryce	Guest	32:10	203 M Jones	HRC	36:18
20 A Symons	SB	28:15	112 J Leversedge	(V) E&H	32:17	204 R Stack	Lon FR	36:22
21 P Cuddihy	Hill	28:23	113 R Poulter	Hill	32:21	205 K Brammer	GCR	36:23
22 I Ibrahim	Lon H	28:26	114 R Green	Hill	32:26	206 D Robinson	(V) VPH&TH	36:25
23 I Campbell	(V) Met P	28:27	115 S Dokic	(V) Hill	32:32	207 M Murphy	WG&EL	36:36
24 R Gamble	B&D	28:28	116 C Lescott	Serp	32:36	208 S Chilton	(V) B&D	36:37
25 M Potter	Lon H	28:29	117 D Buckering	(V) ESM	32:37	209 L Bruce	VPH&TH	36:39
26 D Russell	SB	28:29	118 A O'Connor	E&H	32:40	210 R Bloom	(V) Herts P	36:46
27 W Gristwood	(V) ESM	28:34	119 M Crawshaw	(V) St Alb	32:41	211 M Culshaw	Lon FR	36:47
28 T Grose	VPH&TH	28:35	120 T McCarthy	(V) WG&EL	32:42	212 N Robinson	VPH&TH	36:51
29 D Askie	ESM	28:36	121 G Kellett	St Alb	32:42	213 J Borgars	(V) Herts P	36:53
30 G Jones	TVH	28:40	122 M Faughnan	(V) GCR	32:48	214 D Barker	SB	36:54
31 L Mangleshot	(V) WG&EL	28:43	123 N O'Connor	Serp	32:52	215 M McColgan	(V) HRC	36:55
32 H Jama	ESM	28:43	124 T Wood	Serp	32:55	216 J Owen	(V) B&D	36:58
33 J Roche	VPH&TH	28:47	125 M Cairns	(V) VPH&TH	32:56	217 R Long	(V) Serp	36:58
34 N Mitchell	(V) Lon H	28:50	126 D Shortridge	VPH&TH	32:57	218 A Schabel	Lon FR	37:02
35 J Hine	Met P	28:51	127 B Hutchinison	Hill	32:09	219 J Luscombe	Hill	37:03
36 B Weber	(V) Lon H	28:52	128 T Strudwick	(V) Lon H	33:02	220 D Beasley	(V) Herts P	37:04
37 P Lemmon	(V) Lon H	28:54	129 D O'Donoghue	(V) Serp	33:04	221 S Clune	ESM	37:09
38 M Wilkinson	NEB	28:55	130 L Rumble	Herts P	33:05	222 R Weston	(V) Lon H	37:14
39 C Bailey	(V) High	28:56	131 P Doyle	Lon FR	33:05	223 J O'Dowd	(V) Hill	37:16
40 P Manson	WG&EL	28:58	132 D Farquhar	(V) WG&EL	33:06	224 T Marlow	(V) Lon H	37:27
41 D Bickham	High	29:03	133 A Robins	St Alb	33:06	225 J Balcombe	Met P	37:29
42 B Judge	GCR	29:04	134 S Jones	ESM	33:07	226 H Patterson	(V) Hill	37:30
43 T Grant	Hill	29:07	135 R Maciver	Serp	33:07	227 M Doughty	(V) E&H	37:38
44 S Barrett	Serp	29:07	136 M Fairbank	ESM	33:15	228 M McGuinness	Morn	37:41
45 P NoName	WG&EL	29:12	137 B Cobb	(V) Serp	33:15	229 G Pugh	(V) HRC	37:50
46 R Browne	Lon H	29:14	138 A Horton	B&D	33:16	230 N Paine	Serp	37:54
47 SiDa	M TVH	29:16	139 R Foskett	(V) Herts P	33:16	231 M Wells	(V) WG&EL	37:59
48 D Grant	ESM	29:17	140 R Hogg	WG&EL	33:18	232 P Flood	Serp	38:02
49 S Buckle	St Alb	29:19	141 I Birch	(V) ESM	33:18	233 A Cootes	(V) HRC	38:08
50 D Newman	(V) Hill	29:23	142 R Prathalingham	Morn	33:20	234 J Pronting	(V) GCR	38:09
51 P Wetton	TVH	29:26	143 N Stockman	High	33:22	235 D Surrey	(V) SB	38:11
52 C Michael	(V) B&D	29:28	144 R Ricketts	HRC	33:24	236 M French	(V) Serp	38:15
53 J Roger	High	29:34	145 J Williams	Lon FR	33:26	237 I Maudesley	Met P	38:19
54 J Flahive	Lon H	29:39	146 G French	(V) E&H	33:31	238 T Sevitt	VPH&TH	38:20
55 A Ross	(V) Herts P	29:42	147 A Masters	Lon H	33:37	239 J Hirst	Lon FR	38:45
56 C Symonds	E&H	29:43	148 S Doyle	(V) Herts P	33:41	240 G French	(V) ESM	38:48
57 D NoName	WG&EL	29:47	149 D Smith	(V) Hill	33:42	241 B Thomas	(V) Hill	38:48
58 A Welshman	Lon H	29:58	150 A Emberson	(V) TVH	33:43	242 R Melvern	(V) Herts P	38:51
59 C Braybrook	(V) St Alb	29:54	151 S McKenzie	(V) HRC	33:45	243 M Reibschied	St Alb	38:59
60 R Jenkin	(V) Hill	29:57	152 R Chaudhary	Morn	33:47	244 R Devitt	(V) SB	39:02
61 A Crosby	GCR	29:59	153 P Fitzpatrick	(V) Herts P	33:47	245 L Menken	Serp	39:05
62 T Fowler	(V) Met P	30:04	154 P Kayley	St Alb	33:50	246 J Mercer	(V) E&H	39:05
63 R Dzikowsy	Guest	30:05	155 I Matheson	(V) TVH	33:50	247 T Heapy	(V) HRC	39:24
64 T Parkin	SB	30:05	156 R Green	(V) WG&EL	33:52	248 M Loader	Lon FR	39:43
65 M Lane	(V) Met P	30:10	157 S Weston	St Alb	33:53	249 S Marshall	Lon FR	39:49
66 A Baci	E&H	30:11	158 S Perham	VPH&TH	33:53	250 S Palmer	Lon FR	40:15
67 I Druce	Serp	30:12	159 G Redhead	(V) ESM	33:57	251 J Little	(V) WG&EL	40:21
68 P Warburton	(V) Hill	30:15	160 P Hernon	Guest	34:00	252 J Thompson	Met P	40:27
69 R Mead	NEB	30:17	161 J Tennant	(V) HRC	34:04	253 C Jenkins	(V) NEB	40:58
70 D Wright	WG&EL	30:17	162 J Lock	Serp	34:05	254 R Smith	(V) Serp	41:06
71 N Rowe	(V) Met P	30:19	163 R Dally	TVH	34:09	255 M Jamil	(V) Lon FR	41:23
72 B Powell	WG&EL	30:21	164 D Buchle	St Alb	34:13	256 J Jarvis	(V) Serp	41:30
73 K Turner	(V) B&D	30:24	165 M Dixon	(V) Herts P	34:20	257 S Maughan	Serp	41:34
74 T Lashmar	VPH&TH	30:29	166 W Gilby	(V) Lon H	34:21	258 N Teuton	(V) Lon I	42:18
75 A Dodd	ESM	30:31	167 J Steel	Hill	34:23	259 T Hannah	(V) ESM	42:34
76 J Cullom	VPH&TH	30:33	168 P Stiles	(V) E&H	34:24	260 J Fogarty	(V) GCR	42:56
77 J Deane	High	30:35	169 S Mitchell	B&D	34:24	261 J O'Keefe	(V) TVH	43:17
78 P Greaves	(V) Herts P	30:36	170 P Sant	Morn	34:26	262 R Gray	Serp	43:25
79 T Langley	ESM	30:38	171 A Stedman	(V) Herts P	34:27	263 P Oppe	(V) TVH	43:50
80 A Sweet	Lon H	30:38	172 D Martin	(V) Hill	34:28	264 B NoName	WG&EL	44:10
81 A Miles	(V) Hill	30:40	173 A Benson	Herts P	34:30	265 S Maddison	(V) TVH	44:37
82 D Lewis	SB	30:42	174 R Derrick	(V) St Alb	34:30	266 J Doyle	(V) Hill	44:45
83 K Kemp	(V) Lon H	30:44	175 F Robinson	(V) B&D	34:35	267 A Cathcart	(V) VPH&TH	44:45
84 G Dunn	Met P	30:46	176 K Lineham	(V) High	34:41	268 D Smith	(V) Morn	45:00
85 A Coleman	(V) WG&EL	30:53	177 K Townsend	Lon H	34:46	269 S Bradshaw	(V) Herts P	45:33
86 R Cassey	GCR	30:55	178 C Hellmers	NEB	34:46	270 R Johnson	(V) Hill	46:00
87 K Walden	SB	31:07	179 M Moreland	(V) SB	34:50	271 D Leigh	(V) VPH&TH	46:38
88 P Stockings	(V) WG&EL	31:10	180 C Saunders	Serp	34:57	272 M Zboron	(V) Lon FR	47:27
89 A Davies	Serp	31:11	181 G Bagnall	VPH&TH	35:02	273 J Dunne	(V) SB	47:56
90 G Dench	Serp	31:13	182 G Edmonds	Serp	35:03	274 R Fraklin	(V) B&D	50:02
91 A Levett	HRC	31:15	183 J March	B&D	35:05			
92 E Phillips	Serp	31:16	184 J Falvey	(V) ESM	35:07			

VET MEN

1 D Browne	(V) Lon H	27:50
2 J Sear	(V) WG&EL	27:53
3 A Holt	(V) GCR	27:58

SENIOR MEN'S TEAM POSITIONS

1 London Heathside Runners A.(	2803	9 Victoria PH & Tower H	1783	17 Hillingdon A.C. "B"	840
2 Woodford Green & EL A.C.	2762	10 Herts Phoenix	1702	18 Newham & Essex Beagles	824
3 Ealing, S M A.C.	2502	11 Garden City Runners	1513	19 Harlow Running Club	801
4 Serpentine Running Club	2419	12 Enfield & Haringey A.C.	1405	20 London Frontrunners	768
5 Hillingdon A.C.	2322	13 Thames Valley Harriers	1363	21 Mornington Chasers	415
6 St Albans Striders	2047	14 Highgate Harriers	1300	22 London Irish A.C.	17
7 Shaftesbury Barnet H	2005	15 Barnet & District AC	1238		
8 Metropolitan Police AA	1810	16 Serpentine Running Club "B"	1025		

SENIOR MEN'S LEAGUE TABLE

1 London Heathside Runners A.(	5107	9 Victoria PH & Tower H	3208	17 Enfield & Haringey A.C.	1632
2 Woodford Green & EL A.C.	4597	10 Shaftesbury Barnet H	2932	18 London Frontrunners	1318
3 Ealing, S M A.C.	4534	11 Thames Valley Harriers	2853	19 Newham & Essex Beagles	1301
4 Hillingdon A.C.	4425	12 Highgate Harriers	2585	20 Harlow Running Club	1006
5 Serpentine Running Club	4300	13 Metropolitan Police AA	2270	21 Mornington Chasers	528
6 St Albans Striders	3548	14 Hillingdon A.C. "B"	1930	22 London Irish A.C.	227
7 Herts Phoenix	3452	15 Barnet & District AC	1794		
8 Garden City Runners	3293	16 Serpentine Running Club "B"	1670		

VETERAN MEN'S TEAM POSITIONS

1 London Heathside Runners A.(	663	8 Garden City Runners	353	15 Highgate Harriers	173
2 Woodford Green & EL A.C.	626	9 Enfield & Haringey A.C.	335	16 Victoria PH & Tower H	141
3 Hillingdon A.C.	610	10 Harlow Running Club	265	17 London Frontrunners	20
4 Herts Phoenix	506	11 Serpentine Running Club	262	18 Newham & Essex Beagles	19
5 Ealing, S M A.C.	503	12 St Albans Striders	258	19 London Irish A.C.	15
6 Metropolitan Police AA	483	13 Shaftesbury Barnet H	220	20 Mornington Chasers	7
7 Barnet & District AC	360	14 Thames Valley Harriers	178		

VETERAN MEN'S LEAGUE TABLE

1 London Heathside Runners A.(	1256	8 Barnet & District AC	510	15 Harlow Running Club	265
2 Hillingdon A.C.	1159	9 Serpentine Running Club	497	16 Victoria PH & Tower H	209
3 Woodford Green & EL A.C.	1124	10 Enfield & Haringey A.C.	477	17 London Frontrunners	67
4 Ealing, S M A.C.	955	11 St Albans Striders	477	18 Newham & Essex Beagles	38
5 Herts Phoenix	920	12 Highgate Harriers	443	19 London Irish A.C.	15
6 Garden City Runners	835	13 Shaftesbury Barnet H	427	20 Mornington Chasers	10
7 Metropolitan Police AA	681	14 Thames Valley Harriers	307		

UNDER 17 MEN

1 A Osman	ESM	14:09	19 A Duque	NEB	15:52	37 C Jacobs	NEB	17:33
2 R Campbell	High	14:15	20 J Sparrow	SB	15:52	38 J Smith	Lon H	17:36
3 A Holford	WG&EL	14:38	21 R Sambrook	SB	15:54	39 A Percival	ESM	17:39
4 D Easter	SB	14:53	22 L Nicholas	ESM	16:07	40 J Newman	WG&EL	17:56
5 T Phillips	WG&EL	14:55	23 D Menigistu	ESM	16:11	41 T Mellish	ESM	18:12
6 S Martyn	High	15:01	24 B McCullon	ESM	16:12	42 M Abbas	ESM	18:17
7 A Mariani	WG&EL	15:10	25 J Stacey	ESM	16:13	43 N Fordham	SB	18:18
8 A Murray	WG&EL	15:21	26 P Townsend	Herts P	16:13	44 M Aden	ESM	18:21
9 S Defoe	SB	15:24	27 J MatthewMan	High	16:26	45 C Hepworth	ESM	18:45
10 J Downing	ESM	13:29	28 M Abbam	WG&EL	16:27	46 B Welch	Lon H	18:47
11 R Mann	Hill	15:31	29 T Brennan	Herts P	16:29	47 G Guthrie	NEB	19:34
12 J Marshall	Hill	15:34	30 M Sullivan	SB	16:53	48 D Chevalin	Lon H	20:27
13 C Berg	WG&EL	15:35	31 R Ward	WG&EL	16:54	49 L Lovelock-Jemmott	WG&EL	21:07
14 A Booth	SB	15:35	32 T Hollis	WG&EL	17:07	50 E Mousli	TVH	21:24
15 J McCaig	SB	15:36	33 R Miles	SB	17:20	51 B Shoderu	NEB	22:27
16 P Hannah	ESM	15:38	34 J Martindale	SB	17:26	52 E Okpokiri	NEB	23:53
17 R Tarpey	Herts P	15:42	35 L Gruszewski	TVH	17:27			
18 R Sparke	WG&EL	15:49	36 A NoName	Guest	17:27			

UNDER 17 MEN TEAM POSITIONS

1 Woodford Green & EL A.C.	189	5 Woodford Green & EL A.C. "B"	122	9 Newham & Essex Beagles	58
2 Shaftesbury Barnet H	170	6 Ealing, S M A.C. "B"	101	10 London Heathside Runners A.(	27
3 Ealing, S M A.C.	163	7 Herts Phoenix	87	11 Thames Valley Harriers	21
4 Highgate Harriers	124	8 Hillingdon A.C.	83		

UNDER 17 MEN LEAGUE POSITIONS

1 Woodford Green & EL A.C.	380	5 Shaftesbury Barnet H	232	9 Newham & Essex Beagles	138
2 Ealing, S M A.C.	341	6 Hillingdon A.C.	211	10 London Heathside Runners A.(	72
3 Ealing, S M A.C. "B"	249	7 Herts Phoenix	198	11 Thames Valley Harriers	24
4 Woodford Green & EL A.C. "B"	242	8 Highgate Harriers	175		

UNDER 13 BOYS

1 Z Randall	ESM	11:18	13 G Watmough	WG&EL	12:49	25 L Owen	TVH	14:12
2 A Cornwell	WG&EL	11:29	14 K Ali	WG&EL	12:52	26 A Shaw	ESM	14:13
3 T Gough	Herts P	12:23	15 M Speight	Hill	12:52	27 S Park	ESM	14:23
4 G Grenfell	WG&EL	12:24	16 A Haynes	ESM	12:58	28 J Granna	ESM	14:23
5 V Prusa	WG&EL	12:26	17 P Warburton	Hill	13:03	29 Y Mousli	TVH	14:28
6 T O'Regan	ESM	12:29	18 D Toulan	SB	13:09	30 B Clark	NEB	14:38
7 L Barker	SB	12:31	19 K Moreland	SB	13:19	31 ToO'Dowd	Hill	15:50
8 Z Geraci	ESM	12:34	20 N Wake	Herts P	13:24	32 C Zotaig	ESM	16:09
9 J Edwards	Hill	12:37	21 D Wilson	Herts P	13:44	33 D McGuigan	ESM	16:35
10 J Harris	SB	12:42	22 C Moore	ESM	13:58	34 C Roche	ESM	20:13
11 A Galloway	WG&EL	12:47	23 P O'Hora	ESM	14:04	35 J Ferrari	WG&EL	20:18
12 J Stainer	SB	12:49	24 J Lang	Hill	14:06	36 K Williams	NEB	20:20

UNDER 13 BOYS TEAM POSITIONS

1 Woodford Green & EL A.C.	126	4 Hillingdon A.C.	83	7 Thames Valley Harriers	20
2 Ealing, S M A.C.	117	5 Herts Phoenix	67	8 Newham & Essex Beagles	8
3 Shaftesbury Barnet H	101	6 Ealing, S M A.C. "B"	50		

UNDER 13 BOYS LEAGUE TABLE

1 Woodford Green & EL A.C.	239	4 Hillingdon A.C.	176	7 Thames Valley Harriers	62
2 Ealing, S M A.C.	231	5 Ealing, S M A.C. "B"	108	8 Newham & Essex Beagles	20
3 Shaftesbury Barnet H	219	6 Herts Phoenix	88		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 K Foy	NEB	12:27	16 G Murray	WG&EL	13:54	31 D Lea	ESM	15:52
2 H Brown	E&H	12:50	17 J Moore	Herts P	13:56	32 A Frost	NEB	15:52
3 C Galloway	WG&EL	12:50	18 R AllenderWest	WG&EL	13:56	33 C Wall	ESM	15:37
4 M Reynolds	ESM	12:55	19 A Charles	NEB	14:05	34 C Conway	WG&EL	15:51
5 H French	ESM	13:25	20 C Stock	ESM	14:07	35 V Finch	Herts P	16:12
6 V Dabhi	NEB	13:31	21 R Banfield	WG&EL	14:08	36 G Zotag	ESM	16:18
7 L Whitehead	Herts P	13:32	22 P Bailey	ESM	14:11	37 E Relph	WG&EL	16:26
8 E Hellmans	NEB	13:34	23 L Wake	Herts P	14:12	38 C Kawa	ESM	16:34
9 K Trimble	E&H	13:36	24 A Ali	WG&EL	14:14	39 E Relph	WG&EL	16:39
10 R Charles	ESM	13:40	25 J Wyre	WG&EL	14:18	40 A Bailey	Hill	16:42
11 A Bourdillon	WG&EL	13:41	26 K Stockings	WG&EL	15:22	41 K Cook	NEB	16:44
12 C Davies	Herts P	13:45	27 M Polke	ESM	15:23	42 K Dobbin	ESM	17:11
13 A Ria	ESM	13:48	28 E Meakins	Herts P	15:29	43 N Shilley	ESM	17:12
14 G Coveney	ESM	13:52	29 E Davis	ESM	15:32	44 T O'Sullivan	ESM	17:42
15 H Brill	ESM	13:53	30 S Pym	Herts P	15:49	45 M Culleton	ESM	17:45

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	152	4 Herts Phoenix	125	7 Hillingdon A.C.	6
2 Newham & Essex Beagles	150	5 Ealing, S M A.C. "B"	113		
3 Woodford Green & EL A.C.	136	6 Enfield & Haringey A.C.	81		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	313	4 Woodford Green & EL A.C.	236	7 Hillingdon A.C.	83
2 Newham & Essex Beagles	298	5 Herts Phoenix	221	8 Thames Valley Harriers	78
3 Ealing, S M A.C. "B"	245	6 Enfield & Haringey A.C.	113		

