

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 7 JANUARY 2006 AT ST. ALBANS V2

SENIOR MEN

1 D Mitchinson	NEB	25:48	96 E O'Colgain	Serp	30:13	191 S Mann	(V) Herts P	34:14
2 A Barber	NEB	25:51	97 R Phillips	Serp	30:15	192 A Reid	Met P	34:18
3 S Murphy	SB	26:08	98 J Castro	Hill	30:16	193 C Hellmers	NEB	34:18
4 J Downes	Lon I	26:10	99 G West	St Alb	30:17	194 G Redhead	(V) ESM	34:25
5 T Snow	WG&EL	26:17	100 J Gold	VPH&TH	30:25	195 S Doyle	(V) Herts P	34:31
6 K Skinner	GCR	26:20	101 G Dunn	Met P	30:26	196 S Rodgers	Met P	34:32
7 C Blackburn	Serp	26:24	102 G Fuzesi	High	30:27	197 M Heaney	GCR	34:35
8 H Dodwell	High	26:25	103 D Barrett	(V) WG&EL	30:28	198 E Wickramasing	Lon H	34:41
9 M Jubb	St Alb	26:29	104 M Onslow	High	30:29	199 D Barker	(V) SB	34:46
10 D Lewis	SB	26:34	105 S Livingstone	(V) GCR	30:30	200 P Stiles	(V) E&H	34:50
11 O Edwards	SB	26:36	106 K Waterman	(V) Hill	30:36	201 D Martin	(V) Hill	34:54
12 S Cairns	Met P	26:38	107 G Levy	Lon FR	30:37	202 D Darnell	(V) NEB	34:51
13 T Bedford	SB	26:44	108 S Cook	St Alb	30:39	203 R Powell	(V) SB	34:53
14 M Shone	WG&EL	26:46	109 J Chestney	(V) GCR	30:41	204 E Fogarty	(V) ESM	34:54
15 S Pullan	St Alb	26:47	110 G Dench	Serp	30:44	205 S Bowen	(V) GCR	34:54
16 C Smith	TVH	27:03	111 J Howe	Lon H	30:50	206 D Johnson	(V) GCR	34:55
17 J Sumpster	TVH	27:06	112 A Miles	(V) Hill	30:58	207 B Viran	St Alb	35:10
18 K Murphy	WG&EL	27:18	113 A O'Connor	E&H	31:00	208 N Barnaby	(V) E&H	35:10
19 G Robinson	GCR	27:21	114 A Robins	St Alb	31:05	209 R Howells	Serp	35:12
20 W Grant	SB	27:23	115 A Davies	Serp	31:06	210 D Bober	(V) SB	35:14
21 E Malloch	WG&EL	27:25	116 T Mitchell-Smith	VPH&TH	31:08	211 J Courtney	Met P	35:15
22 I Campbell	(V) Met P	27:28	117 G Kennedy	Lon FR	31:12	212 R Church	Lon FR	35:21
23 P Stainer	(V) SB	27:34	118 J Knight	Met P	31:17	213 J Kelly	(V) SB	35:22
24 R Williams	SB	27:40	119 I Lawson	GCR	31:19	214 C Lee	(V) ESM	35:23
25 M Potter	Lon H	27:42	120 N Millott	Morn	31:22	215 S Maddison	(V) TVH	35:36
26 C Evans	High	27:46	121 E Bayne	Lon H	31:25	216 P Calthorp	(V) St Alb	35:41
27 M Flannelly	(V) WG&EL	27:50	122 D Shirley	High	31:27	217 I Maudesley	Met P	35:43
28 T Jackson	SB	27:51	123 M Delahunty	ESM	31:32	218 S Lichtenthale	Morn	35:44
29 A Slack	Herts P	27:54	124 A Matthews	Met P	31:36	219 M Hooper	(V) Lon FR	35:44
30 D Russell	SB	27:56	125 S Plested	(V) ESM	31:37	220 W Maurer	Serp	35:49
31 I Ibrahim	Lon H	27:57	126 R Cassey	GCR	31:38	221 K Townson	Lon H	36:00
32 B Hellmers	NEB	27:58	127 M Cody	(V) Lon H	31:42	222 C Walker	Lon FR	36:05
33 I Cunningham	ESM	28:00	128 J Edgar	Serp	31:43	223 T Jewell	Lon FR	36:08
34 A Murphy	SB	28:03	129 M Crawshaw	(V) St Alb	31:44	224 R Bloom	(V) Herts P	36:21
35 A Mills	High	28:05	130 C McIver	ESM	31:45	225 S Williams	(V) GCR	36:23
36 A Symons	SB	28:08	131 B Cobb	(V) Serp	31:47	226 M Dixon	(V) Herts P	36:26
37 B Powell	WG&EL	28:13	132 P Fromme	Serp	31:49	227 V Wilson	(V) WG&EL	36:28
38 T Moonen	ESM	28:16	133 M Harris	(V) Met P	31:50	228 J Steed	(V) Herts P	36:29
39 J Mohamed	NEB	28:18	134 M Cairns	(V) VPH&TH	31:50	229 J Falvey	(V) ESM	36:29
40 M Forrest	(V) Lon FR	28:22	135 R Tuddenham	Serp	31:53	230 R Devitt	(V) SB	36:30
41 J Sear	(V) WG&EL	28:26	136 L Rumble	Herts P	31:57	231 C Cloke	(V) E&H	36:30
42 A Reeves	Serp	28:27	137 D Shortridge	VPH&TH	32:00	232 G McDonald	(V) Lon FR	36:38
43 C Saville	Herts P	28:27	138 C Hamer	(V) Lon H	32:03	233 M Doughty	(V) E&H	36:51
44 S Martyn	High	28:30	139 D Buckridge	(V) ESM	32:05	234 D Maher	VPH&TH	36:51
45 P Downie	High	28:32	140 A Smith	WG&EL	32:07	235 G French	(V) ESM	36:54
46 C Braybrook	(V) St Alb	28:32	141 A Benson	Herts P	32:07	236 M Sutton	VPH&TH	36:54
47 M Hamer	St Alb	28:35	142 A Owen	Lon H	32:07	237 R Weston	(V) Lon H	36:56
48 M Collins	SB	28:36	143 K Barczax	SB	32:08	238 N Lord	GCR	37:00
49 N Mitchell	(V) Lon H	28:38	144 J Deane	High	32:10	239 G Clarke	(V) St Alb	37:12
50 A Holt	(V) GCR	28:39	145 J Shipley	Hill	32:12	240 J Mercer	(V) E&H	37:15
51 C Symonds	E&H	28:41	146 J Avery	(V) Herts P	32:14	241 N Yehuda	(V) Lon FR	37:18
52 P Greaves	(V) Herts P	28:42	147 B Parker	VPH&TH	32:16	242 M Jack	St Alb	37:20
53 J Cunningham	Serp	28:43	148 D Randall	(V) ESM	32:19	243 N Slade	Serp	37:32
54 P Lemmon	(V) Lon H	28:44	149 D Newman	(V) Hill	32:32	244 M Head	Met P	37:44
55 J Flahive	(V) Lon H	28:44	150 D Smith	(V) Hill	32:28	245 P Sawko	GCR	37:54
56 D Vaughan	GCR	28:46	151 B Wootton	(V) WG&EL	32:29	246 T Bunbury	VPH&TH	37:56
57 C Martin	Lon FR	28:48	152 A James	St Alb	32:33	247 J Myall	(V) Hill	38:22
58 J Roger	High	28:50	153 P Stockings	(V) WG&EL	32:33	248 M Gilham	(V) Herts P	38:28
59 B Reynolds	Herts P	28:54	154 N Stockman	High	32:35	249 J Brookes	(V) St Alb	38:33
60 R Holland	(V) WG&EL	28:55	155 N Davis	GCR	32:38	250 M Reibschheid	St Alb	38:37
61 P Major	WG&EL	28:55	156 S Wicks	(V) Hill	32:41	251 A Thorpe	WG&EL	38:46
62 S Farah	NEB	29:02	157 L Dooley	Met P	32:47	252 A Cathcart	(V) VPH&TH	38:50
63 L Mangleshot	(V) WG&EL	29:08	158 P Shelley	(V) SB	32:48	253 B Thomas	(V) Hill	38:53
64 B Judge	GCR	29:11	159 S Claridge	(V) Hill	32:48	254 C Jenkins	(V) NEB	38:59
65 S Collins	E&H	29:12	160 J O'Shea	Guest	32:49	255 T Allen	(V) GCR	39:09
66 P Wooddisse	TVH	29:14	161 T Ross	(V) Herts P	32:50	256 A Hewett	(V) Herts P	39:12
67 C Bailey	(V) High	29:17	162 G Bowles	(V) TVH	32:50	257 P Coates	(V) St Alb	39:19
68 H Jama	ESM	29:17	163 P Williams	Hill	32:51	258 M Caddy	(V) St Alb	39:45
69 T Parkin	SB	29:17	164 G French	(V) E&H	32:56	259 J Wheeler	Lon FR	39:52
70 P Pearce	SB	29:19	165 M Foughnan	(V) GCR	32:57	260 D Walker	Serp	40:10
71 B Broyd	Herts P	29:20	166 M Rowe	B&D	32:58	261 J Thompson	Met P	40:19
72 C Nicol	TVH	29:22	167 R Neil	Met P	32:58	262 S Bace	VPH&TH	40:25
73 D Hall	High	29:24	168 S Dokic	(V) Hill	32:58	263 A NoName	Guest	40:27
74 A Robbins	Serp	29:28	169 S Buckle	St Alb	33:02	264 M French	(V) Serp	40:36
75 A Baci	E&H	29:33	170 S Hirons	(V) Hill	33:03	265 D Milsom	(V) Hill	40:43
76 K Darcy	Serp	29:40	171 K Lineham	(V) High	33:07	266 J Davies	(V) GCR	41:28
77 M Lane	(V) Met P	29:40	172 A Holford	(V) WG&EL	33:19	267 A Gributowicz	(V) VPH&TH	42:00
78 A Crosby	GCR	29:42	173 K Wilson	(V) High	33:19	268 M Jamil	(V) Lon FR	42:07
79 C Brogan	(V) WG&EL	29:43	174 A Dickson	Lon H	33:21	269 O Suarez	(V) ESM	42:22
80 J Hine	Met P	29:47	175 R Hooley	(V) TVH	33:24	270 A Chapman	Morn	42:38
81 M Branco	Serp	29:48	176 T Killilea	(V) Lon H	33:25	271 D Brown	(V) GCR	43:05
82 N Morrison	(V) Herts P	29:49	177 R Osborne	(V) Herts P	33:26	272 R Borman	Hill	43:25
83 M Bridge	Hill	29:50	178 D Phelan	(V) VPH&TH	33:27	273 R Court	(V) WG&EL	43:25
84 R Brown	ESM	29:50	179 J Leigh	(V) Hill	33:29	274 R Collins	(V) Morn	45:29
85 N Rowe	(V) Met P	29:52	180 T Beackon	VPH&TH	33:29	275 K Goss	(V) Hill	46:00
86 P Leppard	Hill	29:52	181 J Barretta	High	33:34			
87 M Wilkinson	NEB	30:00	182 L Adams	Met P	33:40			
88 R Harding	(V) Met P	30:01	183 J Williams	Lon FR	33:41			
89 K Turner	(V) B&D	30:04	184 D Newman	Lon H	33:44			
90 M Allen	GCR	30:05	185 D Edwards	(V) GCR	33:46			
91 D Alcock	VPH&TH	30:06	186 P Cunningham	(V) SB	33:55			
92 J Wallis	(V) WG&EL	30:07	187 M McCarthy	(V) Lon I	33:57			
93 R Jenkin	(V) Hill	30:09	188 F Robinson	(V) B&D	33:59	1 I Campbell	(V) Met P	27:28
94 P Wetton	TVH	30:09	189 R Stack	Lon FR	34:07	2 P Stainer	(V) SB	27:34
95 L Reynolds	Herts P	30:10	190 M Tarpey	Herts P	34:07	3 M Flannelly	(V) WG&EL	27:50

VET MEN

SENIOR MEN'S TEAM POSITIONS

1 Shaftesbury Barnet H	3032	9 St Albans Striders	2001	17 Woodford Green & EL "B"	738
2 Woodford Green & EL A.C.	2794	10 Ealing, S M A.C.	1812	18 Barnet & District AC	385
3 Highgate Harriers	2484	10 Hillingdon A.C.	1812	19 London Irish A.C.	361
4 Garden City Runners	2335	12 Newham & Essex Beagles	1612	20 London Heathside R "B"	264
5 Serpentine Running Club	2302	13 Thames Valley Harriers	1391	21 Mornington Chasers	222
6 Metropolitan Police AA	2148	14 London Frontrunners	1270		
7 Herts Phoenix	2120	15 Victoria Park H & Tower H	1261		
8 London Heathside R	2109	16 Enfield & Haringey A.C.	1180		

SENIOR MEN'S LEAGUE TABLE

1 Shaftesbury Barnet H	10823	9 Herts Phoenix	7724	17 London Heathside R "B"	3275
2 Woodford Green & EL A.C.	10179	10 Metropolitan Police AA	7653	18 Enfield & Haringey A.C.	2430
3 Serpentine Running Club	9437	11 Victoria Park H & Tower H	6046	19 Barnet & District AC	2336
4 London Heathside R	9242	12 St Albans Striders	5720	20 Mornington Chasers	975
5 Highgate Harriers	8625	13 Thames Valley Harriers	5356	21 London Irish A.C.	724
6 Ealing, S M A.C.	8430	14 London Frontrunners	5295	22 Harlow Running Club	486
7 Hillingdon A.C.	8033	15 Newham & Essex Beagles	3930	23 Hayes and Harlington RR	267
8 Garden City Runners	7981	16 Woodford Green & EL "B"	3716		

VETERAN MEN'S TEAM POSITIONS

1 Woodford Green & EL A.C.	626	8 Shaftesbury Barnet H	380	15 Barnet & District AC	150
2 London Heathside R	550	9 St Albans Striders	286	16 Serpentine Running Club	95
3 Hillingdon A.C.	503	10 Enfield & Haringey A.C.	236	17 Newham & Essex Beagles	62
4 Metropolitan Police AA	495	11 Highgate Harriers	230	18 London Irish A.C.	55
5 Herts Phoenix	470	12 London Frontrunners	202	19 Mornington Chasers	2
6 Garden City Runners	459	13 Thames Valley Harriers	170		
7 Ealing, S M A.C.	384	14 Victoria Park H & Tower H	166		

VETERAN MEN'S LEAGUE TABLE

1 Woodford Green & EL A.C.	2417	8 Highgate Harriers	1340	15 St Albans Striders	707
2 London Heathside R	2287	9 Shaftesbury Barnet H	1114	16 Serpentine Running Club	541
3 Hillingdon A.C.	2141	10 London Frontrunners	829	17 Harlow Running Club	304
4 Garden City Runners	1969	11 Thames Valley Harriers	790	18 Hayes and Harlington RR	160
5 Metropolitan Police AA	1917	12 Enfield & Haringey A.C.	744	19 London Irish A.C.	157
6 Herts Phoenix	1893	13 Victoria Park H & Tower H	742	20 Newham & Essex Beagles	139
7 Ealing, S M A.C.	1514	14 Barnet & District AC	734	21 Mornington Chasers	77

UNDER 17 MEN

1 N Goolab	ESM	13:18	19 L Walsh	Herts P	14:30	37 J Lang	Hill	16:12
2 E Semreab	Lon H	13:19	20 L Nicholas	ESM	14:35	38 B Johnson	SB	16:13
3 J Shelley	SB	13:36	21 R Sambrook	SB	14:45	39 K Moreland	SB	16:15
4 T Phillips	WG&EL	13:39	22 A Cornwell	WG&EL	14:49	40 M Abbam	WG&EL	16:21
5 A Holford	WG&EL	13:46	23 T Gough	Herts P	14:52	41 D Toulan	SB	16:22
6 C Berg	WG&EL	13:48	24 J Meadows	WG&EL	14:58	42 M Thaddeus	Herts P	16:28
7 J Downing	ESM	13:50	25 M Sullivan	SB	15:06	43 D Mobbs	Lon H	16:30
8 B McCallum	ESM	13:57	26 P Townsend	Herts P	15:07	44 B Smith	B&D	16:33
9 R Sparke	WG&EL	13:58	27 R Thompson	Hill	15:16	45 B Zaheer	ESM	17:09
10 A Diing	High	14:01	28 J McCaig	SB	15:18	46 K Ali	WG&EL	18:15
11 Z Randall	ESM	14:02	29 P Harris	SB	15:20	47 T Laishley	ESM	18:44
12 O Mansour	WG&EL	14:03	30 C Nicol	TVH	15:38	48 R Parker	Herts P	19:04
13 H Gilham	Herts P	14:04	31 M Aden	ESM	15:39	49 G Guthrie	NEB	20:18
14 S Britten	Herts P	14:12	32 D Menigistu	ESM	15:39	50 L Lovelock-Jemmott	WG&EL	21:28
15 I Illot	SB	14:14	33 W Laing	High	15:42			
16 M Onslow	High	14:15	34 C Vidgen	SB	15:51			
17 P Hannah	ESM	14:26	35 M McDonough	SB	15:57			
18 J Newman	WG&EL	14:27	36 J Smith	Lon H	16:08			

UNDER 17 MEN TEAM POSITIONS

1 Woodford Green & EL A.C.	180	6 Ealing, S M A.C. "B"	104	11 Barnet & District AC	7
2 Ealing, S M A.C.	177	7 Highgate Harriers	94	12 Newham & Essex Beagles	2
3 Shaftesbury Barnet H	140	8 London Heathside R	72		
4 Herts Phoenix	135	9 Hillingdon A.C.	38		
5 Woodford Green & EL "B"	128	10 Thames Valley Harriers	21		

UNDER 17 MEN LEAGUE POSITIONS

1 Woodford Green & EL A.C.	691	6 Shaftesbury Barnet H	404	11 Enfield & Haringey A.C.	85
2 Ealing, S M A.C.	639	7 Hillingdon A.C.	237	12 Thames Valley Harriers	72
3 Herts Phoenix	497	8 Highgate Harriers	182	13 Barnet & District AC	29
4 Ealing, S M A.C. "B"	433	9 London Heathside R	128	14 Hayes and Harlington RR	8
5 Woodford Green & EL "B"	424	10 Newham & Essex Beagles	94		

UNDER 13 BOYS

1 E Shepherd	Herts P	12:05	15 A Bekele	SB	13:14	29 J O'Brien	NEB	14:48
2 M Speight	Hill	12:06	16 O Kemp	ESM	13:15	30 J Osborne	Herts P	14:50
3 J Stainer	SB	12:08	17 G Wloch	Hill	13:30	31 R Charles	ESM	14:56
4 R Hingley	ESM	12:13	18 R Rossiter	WG&EL	13:31	32 S Park	ESM	15:07
5 P Scanlan	WG&EL	12:12	19 T Warner	Herts P	13:37	33 D McGuigan	ESM	15:10
6 B Shelley	SB	12:24	20 J Gill	NEB	13:42	34 G Laing	High	15:30
7 A Walshe	Herts P	12:43	21 J Castro	Hill	13:46	35 G Hewett	Herts P	15:40
8 K Ighamneacy	Hill	12:45	22 D Kail	NEB	13:47	36 J Latimer	NEB	15:44
9 C Yates	Hill	12:46	23 G Eastwell	Hill	14:01	37 A Ali	WG&EL	16:09
10 J McCormick	SB	12:50	24 A REXX	Herts P	14:02	38 R Johnson	SB	16:18
11 A Haynes	ESM	12:56	25 S Matheson	Hill	14:16	39 P Laing	High	18:31
12 C Silver	Herts P	13:03	26 M Smith	WG&EL	14:19	40 A Slade	Serp	19:39
13 B Phillips	WG&EL	12:13	27 J Greaves	Herts P	14:45	41 I Karch	ESM	19:40
14 J Carton	Hill	13:11	28 P Newman	Hill	14:46			

UNDER 13 BOYS TEAM POSITIONS

1 Hillingdon A.C.	135	4 Ealing, S M A.C.	106	7 Newham & Essex Beagles	61
2 Shaftesbury Barnet H	134	5 Woodford Green & EL A.C.	106	8 Highgate Harriers	11
3 Herts Phoenix	129	6 Hillingdon A.C. "B"	82	9 Serpentine Running Club	2

UNDER 13 BOYS LEAGUE TABLE

1 Herts Phoenix	486	5 Woodford Green & EL A.C.	367	9 Serpentine Running Club	13
2 Hillingdon A.C.	479	6 Hillingdon A.C. "B"	277	10 Highgate Harriers	11
3 Shaftesbury Barnet H	442	7 Newham & Essex Beagles	233	11 Victoria Pk H & Tower H	3
4 Ealing, S M A.C.	415	8 Thames Valley Harriers	71		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 M Reynolds	ESM	12:17	15 H PattieBelleli	WG&EL	13:43	29 M Shaw	TVH	15:31
2 K Chapman	TVH	12:30	16 A Rai	ESM	13:44	30 J Johnson	SB	15:37
3 V Dabhi	NEB	12:45	17 E Meakins	Herts P	13:46	31 M Polke	ESM	15:49
4 N Dabhi	NEB	12:50	18 M Nicholes	Hill	13:46	32 C Conway	WG&EL	16:09
5 E Fuller	Herts P	12:55	19 D Atanda	NEB	13:50	33 K Ramsden	NEB	16:13
6 L Whitehead	Herts P	12:56	20 J Woodwards	Hill	13:55	34 J O'Connell	ESM	16:19
7 C Cattle	Herts P	12:57	21 J Docking	WG&EL	14:00	35 T O'Sullivan	ESM	16:20
8 A Cattle	Herts P	12:57	22 A Holford	WG&EL	14:10	36 H Patmore	WG&EL	16:24
9 E Davis	ESM	13:01	23 H Brill	ESM	14:12	37 K Dobbin	ESM	16:36
10 L Graham	SB	13:03	24 G Ferrari	WG&EL	14:16	38 A Gray	Herts P	16:43
11 B Hewitt	WG&EL	13:05	25 H French	ESM	14:17	39 A Ali	WG&EL	17:18
12 L Baker	SB	13:18	26 N Roberts	WG&EL	14:36	40 D West	Herts P	17:26
13 E Layton	SB	13:30	27 N Shelley	ESM	14:38	41 M Singh	WG&EL	19:05
14 L Tembey	WG&EL	13:37	28 K Stockings	WG&EL	14:58			

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Herts Phoenix	142	5 Shaftesbury Barnet H	103	9 Hillingdon A.C.	46
2 Ealing, S M A.C.	119	6 Woodford Green & EL "B"	68	10 Herts Phoenix "B"	31
3 Newham & Essex Beagles	109	7 Thames Valley Harriers	53		
4 Woodford Green & EL A.C.	107	8 Ealing, S M A.C. "B"	51		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	558	5 Ealing, S M A.C. "B"	323	9 Shaftesbury Barnet H	207
2 Woodford Green & EL A.C.	525	6 Woodford Green & EL "B"	296	10 Herts Phoenix "B"	94
3 Herts Phoenix	479	7 Hillingdon A.C.	241	11 Enfield & Haringey A.C.	61
4 Newham & Essex Beagles	440	8 Thames Valley Harriers	229		

SENIOR WOMEN

1 J Wright	SB	14:21	46 L Cameron	Met P	16:56	91 N Baker	(V) ESM	18:42
2 K Sparke	WG&EL	14:46	47 C Trease	Hill	16:56	92 C Davies	Herts P	18:44
3 S Young	High	15:06	48 J Gandee	(V) Herts P	16:58	93 J Allen	(V) GCR	18:47
4 J King	(V) Lon H	15:16	49 A Stach-Kevitz	(V) NEB	16:58	94 S Chapman	(V) High	18:47
5 L Snow	WG&EL	15:17	50 K Wilson	SB	16:59	95 E Ferry	GCR	18:51
6 A Wingler	(V) High	15:19	51 B Weekes	Hill	17:00	96 C Farley	WG&EL	18:59
7 L Waterlow	St Alb	15:23	52 G Jubb	St Alb	17:01	97 W Johnson	(V) GCR	19:08
8 K Jenrick	(V) High	15:24	53 P Thomas	(V) ESM	17:02	98 B Stock	ESM	19:15
9 N Griffith	WG&EL	15:28	54 K Solder	WG&EL	17:04	99 L Denness	Serp	19:24
10 B Pritchett	(V) WG&EL	15:28	55 G Morgan	(V) ESM	17:06	100 E Jones	Met P	19:26
11 S Fensome	SB	15:32	56 C Bazzoni	SB	17:08	101 J Matthews	GCR	19:30
12 S Miles	Hill	15:32	57 N Froud	(V) B&D	17:10	102 J Hazell	Lon H	19:32
13 E Evans	High	15:35	58 H Apen	Met P	17:11	103 K Henderson	B&D	19:34
14 S Fitt	(V) GCR	15:38	59 B Pullan	St Alb	17:12	104 J Reid	(V) Met P	19:34
15 S Heath	(V) SB	15:39	60 R Bennion	VPH&TH	17:16	105 H Kirk	Serp	19:38
16 K Morser	WG&EL	15:40	61 C Harris	(V) GCR	17:18	106 L Bott	Serp	19:39
17 S Simmons	Met P	15:42	62 J Watt	(V) Lon H	17:19	107 L Blaber	Met P	19:45
18 G Greenhalgh	WG&EL	15:43	63 P Thorne	Serp	17:20	108 A ReeceSaunders	(V) Morn	19:48
19 J Singer	VPH&TH	15:44	64 C Stokes	Lon H	17:21	109 J Gristwood	(V) ESM	19:52
20 K Philp	GCR	15:46	65 M Valencia	Lon FR	17:26	110 A Wickes	St Alb	19:54
21 A Howe	Lon H	15:48	66 L Burnie	High	17:30	111 H Adams	Morn	19:55
22 J Laws	(V) B&D	15:55	67 D Purvis	SB	17:32	112 C Shepherd	VPH&TH	19:57
23 A Critchlow	(V) Lon H	15:58	68 M Livingstone	(V) GCR	17:33	113 P Cockman	VPH&TH	20:00
24 S McHugh	Met P	16:04	69 J Kanning	Morn	17:34	114 A Cowley	(V) Herts P	20:00
25 F Kennedy	(V) ESM	16:04	70 J Thomas	(V) WG&EL	17:35	115 K Malsey	Met P	20:08
26 J Kent	(V) B&D	16:10	71 L Manley	Hill	17:36	116 N Cendrowicz	High	20:10
27 H Brown	E&H	16:11	72 Y Janei	GCR	17:42	117 B Palser	Serp	20:24
28 A McGuigan	ESM	16:12	73 L Croxton	Serp	17:44	118 J Miles	(V) Hill	20:34
29 L Makie	(V) St Alb	16:14	74 M Nitta	ESM	17:54	119 J Attree	(V) B&D	20:38
30 L Gifford	GCR	16:14	75 F Smith	Lon H	17:56			
31 M Hall	GCR	16:18	76 A Balcona	High	17:57			
32 M Hutchinson	Hill	16:22	77 N Quawson	VPH&TH	18:03			
33 E Ogunde	High	16:26	78 J Conn	(V) Serp	18:06			
34 L Wilson	(V) ESM	16:28	79 C McGuigan	ESM	18:08			
35 B Ochmann	ESM	16:35	80 F Holland	(V) Lon H	18:10			
36 S Edmunds	Serp	16:37	81 K Stanbridge	Hill	18:16			
37 C Perry	B&D	16:40	82 J Ravenhill	Met P	18:17			
38 J Gray	GCR	16:42	83 R Wastnagl	Guest	18:19			
39 J Westall	(V) Lon H	16:42	84 A Wardle	(V) WG&EL	18:20			
40 L Goldsmith	SB	16:44	85 K Bannister	VPH&TH	18:22	1 J King	(V) Lon H	15:16
41 H Shelley	SB	15:16	86 A DaSilva	TVH	18:28	2 A Wingler	(V) High	15:19
42 Z Wray	B&D	16:49	87 V Metcalf	(V) Serp	18:30	3 K Jenrick	(V) High	15:24
43 S Bailey	(V) High	16:51	88 C Heemskerck	(V) Hill	18:34			
44 R Clifton	Serp	16:53	89 A Palin	Serp	18:37			
45 K Murphy	(V) B&D	16:55	90 C Pardoe	(V) GCR	18:40			

VET WOMEN

SENIOR WOMEN TEAM POSITIONS

1 Woodford Green & EL A.C.	660	7 Ealing, S M A.C.	490	13 Herts Phoenix	106
2 Highgate Harriers	614	8 Hillingdon A.C.	426	14 Enfield & Haringey A.C.	93
3 Shaftesbury Barnet H	562	9 Metropolitan Police AA	393	15 Serpentine Running C "B"	84
4 Garden City Runners	526	10 St Albans Striders	343	16 Mornington Chasers	72
5 London Heathside R	507	11 Serpentine Running Club	339	17 London Frontrunners	55
6 Barnet & District AC	491	12 Victoria Park H & Tower H	254	18 Thames Valley Harriers	34

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers	2435	8 Hillingdon A.C.	1642	15 Herts Phoenix	492
2 Woodford Green & EL A.C.	2425	9 Serpentine Running Club	1525	16 Thames Valley Harriers	461
3 Garden City Runners	2030	10 Shaftesbury Barnet H	1267	17 London Frontrunners	385
4 London Heathside R	1975	11 St Albans Striders	1201	18 Newham & Essex Beagles	346
5 Barnet & District AC	1959	12 Victoria Park H & Tower H	829	19 Mornington Chasers	77
6 Ealing, S M A.C.	1918	13 Enfield & Haringey A.C.	592	20 Harlow Running Club	66
7 Metropolitan Police AA	1748	14 Serpentine Running C "B"	502		

VETERAN WOMEN TEAM POSITIONS

1 London Heathside R	117	6 Woodford Green & EL A.C.	67	11 Hillingdon A.C.	14
2 Barnet & District AC	109	7 Shaftesbury Barnet H	34	12 Metropolitan Police AA	6
3 Highgate Harriers	109	8 Serpentine Running Club	29	13 Mornington Chasers	5
4 Ealing, S M A.C.	104	9 St Albans Striders	29		
5 Garden City Runners	84	10 Herts Phoenix	27		

VETERAN WOMEN LEAGUE POSITIONS

1 London Heathside R	499	7 Serpentine Running Club	234	13 Shaftesbury Barnet H	34
2 Ealing, S M A.C.	436	8 St Albans Striders	188	14 Metropolitan Police AA	29
3 Barnet & District AC	420	9 Hillingdon A.C.	117	15 Harlow Running Club	28
4 Garden City Runners	397	10 Thames Valley Harriers	79	16 Victoria Park H & Tower H	21
5 Woodford Green & EL A.C.	392	11 Newham & Essex Beagles	67	17 Enfield & Haringey A.C.	18
6 Highgate Harriers	321	12 Herts Phoenix	49	18 Mornington Chasers	8