

SENIOR MEN

| | | | | | | | | |
|-----------------|-------------|-------|-------------------|-------------|-------|------------------|-------------|-------|
| 1 D Dalmedo | Guest | 25:51 | 91 J Castro | Hill | 31:10 | 181 S Maddison | (V) TVH | 35:32 |
| 2 T Bedford | SB | 26:05 | 92 W Gristwood | (V) ESM | 31:11 | 182 D Patterson | (V) Serp | 35:35 |
| 3 S Omar | Guest | 26:18 | 93 B Southin | Serp | 31:13 | 183 M Vassiliou | (V) E&H | 35:39 |
| 4 J Pepper | E&H | 26:21 | 94 D Barrett | (V) WG&EL | 31:15 | 184 A NoName | Guest | 35:56 |
| 5 R Williams | SB | 26:23 | 95 P Wetton | TVH | 31:20 | 185 E Fogarty | (V) ESM | 35:56 |
| 6 K Skinner | GCR | 26:38 | 96 S Parker | WG&EL | 31:21 | 186 J Cornu | ESM | 36:02 |
| 7 K Murphy | WG&EL | 26:48 | 97 M Maple | Guest | 31:23 | 187 J Kelly | (V) SB | 36:09 |
| 8 I Zigadlo | ESM | 26:51 | 98 J Avery | (V) Herts P | 31:25 | 188 G Edmonds | Serp | 36:12 |
| 9 H Dodwell | High | 26:51 | 99 E Melin | NEB | 31:27 | 189 J Luscombe | Hill | 36:14 |
| 10 A Barber | NEB | 26:54 | 100 P Crockford | (V) Lon H | 31:29 | 190 J Murphy | B&D | 36:18 |
| 11 N Hall | Herts P | 27:05 | 101 A Matthews | Met P | 31:29 | 191 V Wilson | (V) WG&EL | 36:22 |
| 12 W Grant | SB | 27:09 | 102 P Fromme | Serp | 31:32 | 192 R Bloom | (V) Herts P | 36:24 |
| 13 B Pavior | Serp | 27:13 | 103 J Chestney | (V) GCR | 31:38 | 193 M Jack | St Alb | 36:26 |
| 14 F Lombard | WG&EL | 27:17 | 104 D Newman | (V) Hill | 31:41 | 194 N Mann | (V) Hill | 36:26 |
| 15 D Lewis | SB | 27:21 | 105 B Cobb | (V) Serp | 31:47 | 195 P Sawko | GCR | 36:38 |
| 16 O Edwards | SB | 27:22 | 106 G Bagnall | VPH&TH | 31:49 | 196 T Powell | (V) WG&EL | 36:51 |
| 17 J Claeys | High | 27:22 | 107 D Shortridge | VPH&TH | 31:52 | 197 G French | (V) ESM | 36:55 |
| 18 J Powell | Guest | 27:30 | 108 D Shirley | High | 31:54 | 198 G Clarke | (V) St Alb | 37:20 |
| 19 E Malloch | WG&EL | 27:32 | 109 J Lowe | (V) High | 31:56 | 199 T Bunbury | (V) VPH&TH | 37:23 |
| 20 R Gamble | B&D | 27:36 | 110 A Benson | Herts P | 31:56 | 200 P Evans | Serp | 37:52 |
| 21 T Owens | Guest | 27:37 | 111 P Williams | Hill | 31:57 | 201 M Wheeler | (V) VPH&TH | 37:59 |
| 22 A McFarlane | Serp | 27:39 | 112 K Waterman | (V) Hill | 31:59 | 202 R Devitt | (V) SB | 38:03 |
| 23 D Clark | TVH | 27:43 | 113 T Mehew | High | 31:59 | 203 J Steed | (V) Herts P | 38:05 |
| 24 S Martyn | High | 27:43 | 114 A Hale | NEB | 32:00 | 204 J Mercer | (V) E&H | 38:06 |
| 25 S Whelan | (V) Lon FR | 27:49 | 115 M Cody | (V) Lon H | 32:04 | 205 G McDonald | (V) Lon FR | 38:19 |
| 26 T Jackson | SB | 27:52 | 116 J Leversedge | (V) E&H | 32:06 | 206 G Allen | (V) Serp | 38:25 |
| 27 D Bickham | High | 27:54 | 117 J Edgar | Serp | 32:11 | 207 M McColgan | (V) HRC | 38:45 |
| 28 I Campbell | (V) Met P | 28:56 | 118 B Walsh | SB | 32:12 | 208 D Beasley | (V) Herts P | 38:59 |
| 29 A Skorubskas | ESM | 28:00 | 119 T McCarthy | (V) WG&EL | 32:13 | 209 R Derrick | (V) St Alb | 39:08 |
| 30 M Flannelly | (V) WG&EL | 28:02 | 120 S Pleased | (V) ESM | 32:15 | 210 I Hodge | (V) Serp | 39:18 |
| 31 A Murphy | SB | 27:05 | 121 S Wicks | (V) Hill | 32:15 | 211 R Powell | (V) SB | 39:23 |
| 32 J Hine | Met P | 28:08 | 122 K Barczax | SB | 32:20 | 212 A Davies | WG&EL | 39:25 |
| 33 M Potter | Lon H | 28:08 | 123 E Bayne | Lon H | 32:20 | 213 N Yehuda | (V) Lon FR | 39:26 |
| 34 T Forder | Guest | 28:10 | 124 R Breen | SB | 32:30 | 214 B Thomas | (V) Hill | 39:48 |
| 35 K Robertson | SB | 28:10 | 125 J Shipley | Hill | 32:31 | 215 C Jenkins | (V) NEB | 39:49 |
| 36 M Collins | SB | 28:12 | 126 S Claridge | (V) Hill | 32:32 | 216 M Dixon | (V) Herts P | 39:51 |
| 37 B Powell | WG&EL | 28:16 | 127 C Hamer | (V) Lon H | 32:33 | 217 T Allen | (V) GCR | 39:58 |
| 38 J Mohamed | NEB | 28:18 | 128 J Nisbet | (V) H&H | 32:34 | 218 A Fatah | Serp | 40:29 |
| 39 M Hamer | St Alb | 28:21 | 129 M Cairns | (V) VPH&TH | 32:41 | 219 M French | (V) Serp | 41:14 |
| 40 P Downie | High | 28:26 | 130 D Buckeridge | (V) ESM | 32:44 | 220 J Bignell | (V) Hill | 41:24 |
| 41 A Fooks | TVH | 28:35 | 131 J Barretta | High | 32:46 | 221 G Harrold | E&H | 41:37 |
| 42 H Jama | ESM | 28:36 | 132 A Smith | WG&EL | 32:46 | 222 T Hannah | (V) ESM | 41:48 |
| 43 L Mangleshot | (V) WG&EL | 28:38 | 133 P Cunningham | (V) SB | 32:50 | 223 B Feldman | (V) Hill | 42:35 |
| 44 M Forrest | (V) Lon FR | 28:42 | 134 S Hiron | (V) Hill | 32:52 | 224 S Kester | Met P | 43:02 |
| 45 A Reeves | Serp | 28:51 | 135 I Lawson | GCR | 32:54 | 225 T Shaw | (V) Hill | 44:04 |
| 46 E Mayers | SB | 28:53 | 136 J Williams | Lon FR | 32:56 | 226 L Steinpress | (V) Lon H | 44:47 |
| 47 C Braybrook | (V) St Alb | 28:55 | 137 D Randall | (V) ESM | 33:08 | 227 P Oppe | (V) TVH | 45:21 |
| 48 S Barrett | Serp | 28:58 | 138 N Stockman | High | 33:08 | 228 S Patterson | (V) Hill | 46:00 |
| 49 J Roche | VPH&TH | 29:00 | 139 L Reynolds | Herts P | 33:15 | 229 K Goss | (V) Hill | 47:00 |
| 50 P Lemmon | (V) Lon H | 29:08 | 140 D Edwards | (V) GCR | 33:19 | 230 M Miller | (V) Hill | 48:00 |
| 51 S Joyce | Guest | 29:12 | 141 R Melvern | (V) Herts P | 33:21 | | | |
| 52 P Greaves | (V) Herts P | 29:15 | 142 S Dokic | (V) Hill | 33:32 | | | |
| 53 A Welshman | Lon H | 29:17 | 143 D Phelan | (V) VPH&TH | 33:34 | | | |
| 54 J Trapmore | SB | 29:25 | 144 T Ross | (V) Herts P | 33:34 | | | |
| 55 D Burbridge | High | 29:26 | 145 A Segger | Serp | 33:37 | | | |
| 56 C Martin | Lon FR | 29:28 | 146 N Boscher | Morn | 33:40 | | | |
| 57 J Blanchard | (V) ESM | 29:37 | 147 K Lineham | (V) High | 33:41 | | | |
| 58 J Roger | High | 29:37 | 148 A Thompson | (V) TVH | 33:42 | | | |
| 59 J Parslow | SB | 29:40 | 149 S Mann | (V) Herts P | 33:42 | | | |
| 60 J Sear | (V) WG&EL | 29:43 | 150 J Griffin | High | 33:47 | | | |
| 61 C Old | Serp | 29:45 | 151 M Faughnan | (V) GCR | 33:50 | | | |
| 62 D Cox | (V) WG&EL | 29:51 | 152 R Harding | (V) Met P | 33:52 | | | |
| 63 M Lane | (V) Met P | 30:00 | 153 J Blane | (V) E&H | 33:54 | | | |
| 64 C Bailey | (V) High | 30:03 | 154 A Holford | (V) WG&EL | 33:55 | | | |
| 65 G Boyter | ESM | 30:06 | 155 S Doyle | (V) Herts P | 33:56 | | | |
| 66 R Holland | (V) WG&EL | 30:08 | 156 A Dickson | Lon H | 33:57 | | | |
| 67 A Coleman | (V) WG&EL | 30:09 | 157 B Birmingham | (V) Lon H | 34:00 | | | |
| 68 N Rowe | (V) Met P | 30:12 | 158 L Rumble | Herts P | 34:03 | | | |
| 69 N Mitchell | (V) Lon H | 30:15 | 159 D Newman | Lon H | 34:03 | | | |
| 70 A Robbins | Serp | 30:18 | 160 A Reid | Met P | 34:05 | | | |
| 71 T Parkin | SB | 30:19 | 161 P Stiles | (V) E&H | 34:05 | | | |
| 72 M Tarpey | Herts P | 30:23 | 162 A Gass | Serp | 34:07 | | | |
| 73 D Thompson | Hill | 30:25 | 163 S Rodgers | Met P | 34:10 | | | |
| 74 R Brown | (V) ESM | 30:28 | 164 A Owen | Lon H | 34:19 | | | |
| 75 L Crispin | NEB | 30:30 | 165 P Fitzpatrick | (V) Herts P | 34:23 | | | |
| 76 L Dooley | Met P | 30:31 | 166 R Hooley | (V) TVH | 34:28 | | | |
| 77 P Leppard | Hill | 30:32 | 167 S Bowen | (V) GCR | 34:32 | | | |
| 78 A Aikin | High | 30:33 | 168 J Courtney | Met P | 34:33 | | | |
| 79 N Morrison | (V) Herts P | 30:34 | 169 R Nash | (V) Hill | 34:35 | | | |
| 80 R Phillips | Serp | 30:35 | 170 E King | (V) B&D | 34:46 | | | |
| 81 A Miles | (V) Hill | 30:45 | 171 W Gilby | (V) Lon H | 34:56 | 1 S Whelan | (V) Lon FR | 27:49 |
| 82 G Dench | Serp | 30:46 | 172 M Heaney | GCR | 34:57 | 2 I Campbell | (V) Met P | 28:56 |
| 83 T Lashmar | VPH&TH | 30:52 | 173 F Robinson | (V) B&D | 35:01 | 3 M Flannelly | (V) WG&EL | 28:02 |
| 84 A Duque | NEB | 30:54 | 174 J Waterfield | Met P | 35:03 | | | |
| 85 A Crosby | GCR | 30:56 | 175 M George | Lon H | 35:09 | | | |
| 86 D Domoney | ESM | 30:58 | 176 J Dryden | (V) SB | 35:12 | | | |
| 87 M Sweeney | High | 31:00 | 177 R Foskett | (V) Herts P | 35:13 | | | |
| 88 N Dilaver | NEB | 31:02 | 178 T Jewell | (V) Lon FR | 35:27 | | | |
| 89 R Dzikowski | (V) WG&EL | 31:03 | 179 C Lee | (V) ESM | 35:28 | | | |
| 90 M Delahunty | ESM | 31:05 | 180 R Howells | Serp | 35:31 | | | |

SENIOR MEN'S TEAM POSITIONS

| | | | | | |
|----------------------------|------|------------------------------|------|----------------------------|-----|
| 1 Shaftesbury Barnet H | 2435 | 9 Metropolitan Police AA | 1363 | 17 St Albans Striders | 469 |
| 2 Woodford Green & EL A.C. | 2184 | 10 Newham & Essex Beagles | 1125 | 18 Barnet & District AC | 371 |
| 3 Highgate Harriers | 2096 | 11 Garden City Runners | 939 | 19 London Heathside R "B" | 121 |
| 4 Serpentine Running Club | 1934 | 12 Victoria Park H & Tower H | 831 | 20 Hayes and Harlington RR | 103 |
| 5 Ealing, S M A.C. | 1842 | 13 London Frontrunners | 760 | 21 Mornington Chasers | 85 |
| 6 Hillingdon A.C. | 1475 | 14 Thames Valley Harriers | 736 | 22 Harlow Running Club | 24 |
| 7 London Heathside R | 1466 | 15 Enfield & Haringey A.C. | 575 | | |
| 8 Herts Phoenix | 1464 | 16 Woodford Green & EL "B" | 517 | | |

SENIOR MEN'S LEAGUE TABLE

| | | | | | |
|----------------------------|-------|------------------------------|------|----------------------------|------|
| 1 Shaftesbury Barnet H | 13258 | 9 Metropolitan Police AA | 9016 | 17 London Heathside R "B" | 3396 |
| 2 Woodford Green & EL A.C. | 12363 | 10 Garden City Runners | 8920 | 18 Enfield & Haringey A.C. | 3005 |
| 3 Serpentine Running Club | 11371 | 11 Victoria Park H & Tower H | 6877 | 19 Barnet & District AC | 2707 |
| 4 Highgate Harriers | 10721 | 12 St Albans Striders | 6189 | 20 Mornington Chasers | 1060 |
| 5 London Heathside R | 10708 | 13 Thames Valley Harriers | 6092 | 21 London Irish A.C. | 724 |
| 6 Ealing, S M A.C. | 10272 | 14 London Frontrunners | 6055 | 22 Harlow Running Club | 510 |
| 7 Hillingdon A.C. | 9508 | 15 Newham & Essex Beagles | 5055 | 23 Hayes and Harlington RR | 370 |
| 8 Herts Phoenix | 9188 | 16 Woodford Green & EL "B" | 4233 | | |

VETERAN MEN'S TEAM POSITIONS

| | | | | | |
|----------------------------|-----|------------------------------|-----|----------------------------|-----|
| 1 Woodford Green & EL A.C. | 591 | 8 Garden City Runners | 260 | 15 Thames Valley Harriers | 148 |
| 2 Ealing, S M A.C. | 482 | 9 Enfield & Haringey A.C. | 239 | 16 Barnet & District AC | 88 |
| 3 London Heathside R | 474 | 10 Highgate Harriers | 233 | 17 Hayes and Harlington RR | 70 |
| 4 Hillingdon A.C. | 458 | 11 Shaftesbury Barnet H | 184 | 18 Harlow Running Club | 20 |
| 5 Herts Phoenix | 453 | 12 Victoria Park H & Tower H | 183 | 19 Newham & Essex Beagles | 13 |
| 6 Metropolitan Police AA | 349 | 13 Serpentine Running Club | 165 | | |
| 7 London Frontrunners | 287 | 14 St Albans Striders | 148 | | |

VETERAN MEN'S LEAGUE TABLE

| | | | | | |
|----------------------------|------|------------------------------|------|----------------------------|-----|
| 1 Woodford Green & EL A.C. | 3032 | 8 Highgate Harriers | 1579 | 15 Barnet & District AC | 826 |
| 2 London Heathside R | 2776 | 9 Shaftesbury Barnet H | 1311 | 16 Serpentine Running Club | 710 |
| 3 Hillingdon A.C. | 2611 | 10 London Frontrunners | 1246 | 17 Harlow Running Club | 324 |
| 4 Herts Phoenix | 2359 | 11 Enfield & Haringey A.C. | 995 | 18 Hayes and Harlington RR | 230 |
| 5 Metropolitan Police AA | 2277 | 12 Thames Valley Harriers | 944 | 19 London Irish A.C. | 159 |
| 6 Garden City Runners | 2242 | 13 Victoria Park H & Tower H | 933 | 20 Newham & Essex Beagles | 156 |
| 7 Ealing, S M A.C. | 2086 | 14 St Albans Striders | 868 | 21 Mornington Chasers | 79 |

UNDER 17 MEN

| | | | | | | | | |
|--------------|---------|-------|----------------------|---------|-------|-----------------------|---------|-------|
| 1 N Goolab | ESM | 12:23 | 13 A Cornwell | WG&EL | 13:20 | 25 J Weissman | WG&EL | 14:51 |
| 2 A Holford | WG&EL | 12:38 | 14 H Gilham | Herts P | 13:23 | 26 M Abbam | WG&EL | 15:09 |
| 3 T Phillips | WG&EL | 12:48 | 15 L Nicholas | ESM | 13:31 | 27 M Thaddeus | Herts P | 15:12 |
| 4 C Berg | WG&EL | 12:52 | 16 Z Benzerovoye | TVH | 13:52 | 28 S Ashcroft | ESM | 15:19 |
| 5 R Mann | Hill | 12:55 | 17 T Gough | Herts P | 14:00 | 29 J Lang | Hill | 15:19 |
| 6 B McCallun | ESM | 12:57 | 18 S Benaim | SB | 14:04 | 30 B Zaheer | ESM | 15:20 |
| 7 P Hannah | ESM | 12:59 | 19 P Townsend | Herts P | 14:05 | 31 A Hunt | ESM | 15:30 |
| 8 J Meadows | WG&EL | 13:01 | 20 R Thompson | Hill | 14:06 | 32 A Shaw | ESM | 15:56 |
| 9 Z Randall | ESM | 13:04 | 21 I BaptisteDeLimit | ESM | 14:29 | 33 G Nisbet | H&H | 16:44 |
| 10 O Mansour | WG&EL | 13:04 | 22 C Vidgen | SB | 14:35 | 34 A Gribben | ESM | 16:45 |
| 11 L Walshe | Herts P | 13:04 | 23 J Douse | WG&EL | 14:45 | 35 L Lovelock-Jemmott | WG&EL | 21:25 |
| 12 J Newman | WG&EL | 13:19 | 24 B Hassain | NEB | 14:51 | | | |

UNDER 17 MEN TEAM POSITIONS

| | | | | | |
|----------------------------|-----|--------------------------|----|----------------------------|----|
| 1 Woodford Green & EL A.C. | 127 | 5 Hillingdon A.C. | 54 | 9 Newham & Essex Beagles | 12 |
| 2 Ealing, S M A.C. | 121 | 6 Ealing, S M A.C. "B" | 50 | 10 Hayes and Harlington RR | 3 |
| 3 Woodford Green & EL "B" | 86 | 7 Shaftesbury Barnet H | 32 | | |
| 4 Herts Phoenix | 83 | 8 Thames Valley Harriers | 20 | | |

UNDER 17 MEN LEAGUE POSITIONS

| | | | | | |
|----------------------------|-----|---------------------------|-----|----------------------------|----|
| 1 Woodford Green & EL A.C. | 818 | 6 Shaftesbury Barnet H | 436 | 11 Thames Valley Harriers | 92 |
| 2 Ealing, S M A.C. | 760 | 7 Hillingdon A.C. | 291 | 12 Enfield & Haringey A.C. | 85 |
| 3 Herts Phoenix | 580 | 8 Highgate Harriers | 182 | 13 Barnet & District AC | 29 |
| 4 Woodford Green & EL "B" | 510 | 9 London Heathside R | 128 | 14 Hayes and Harlington RR | 11 |
| 5 Ealing, S M A.C. "B" | 483 | 10 Newham & Essex Beagles | 106 | | |

UNDER 13 BOYS

| | | | | | | | | |
|----------------|---------|-------|--------------------|---------|-------|-------------------|---------|-------|
| 1 R Charles | ESM | 10:16 | 12 S Nichol | Hill | 11:58 | 23 S Hirons | Hill | 12:40 |
| 2 E Shepherd | Herts P | 10:28 | 13 R Williams | Hill | 11:59 | 24 M Fayers | Hill | 12:41 |
| 3 B Phillips | WG&EL | 10:45 | 14 L Griffin | ESM | 12:02 | 25 B Denham-Smith | Hill | 12:50 |
| 4 R Hingley | ESM | 10:46 | 15 C Silver | Herts P | 12:02 | 26 D McGuigan | ESM | 13:21 |
| 5 D Wilson | Herts P | 10:50 | 16 G Wloch | Hill | 12:08 | 27 M Walton | Hill | 13:29 |
| 6 K IghamNeacy | Hill | 10:51 | 17 D Kail | NEB | 13:13 | 28 J Greaves | Herts P | 13:36 |
| 7 J McCormick | SB | 11:20 | 18 N MughaddamPour | TVH | 12:15 | 29 A NoName | Guest | 14:15 |
| 8 A Haynes | ESM | 11:41 | 19 J Phillip | ESM | 12:21 | 30 C Ives | WG&EL | 16:24 |
| 9 C Gaicome | SB | 11:47 | 20 J O'Brien | NEB | 12:23 | 31 K Aransibian | NEB | 17:08 |
| 10 J Carton | Hill | 11:51 | 21 S Matheson | Hill | 12:27 | | | |
| 11 J Castro | Hill | 11:52 | 22 A Walshe | Herts P | 12:37 | | | |

UNDER 13 BOYS TEAM POSITIONS

| | | | | | |
|--------------------|-----|----------------------------|----|--------------------------|----|
| 1 Ealing, S M A.C. | 101 | 4 Hillingdon A.C. "B" | 55 | 7 Newham & Essex Beagles | 28 |
| 2 Hillingdon A.C. | 89 | 5 Shaftesbury Barnet H | 48 | 8 Thames Valley Harriers | 14 |
| 3 Herts Phoenix | 84 | 6 Woodford Green & EL A.C. | 31 | | |

UNDER 13 BOYS LEAGUE TABLE

| | | | | | |
|------------------------|-----|----------------------------|-----|-----------------------------|----|
| 1 Herts Phoenix | 570 | 5 Woodford Green & EL A.C. | 398 | 9 Serpentine Running Club | 13 |
| 2 Hillingdon A.C. | 568 | 6 Hillingdon A.C. "B" | 332 | 10 Highgate Harriers | 11 |
| 3 Ealing, S M A.C. | 516 | 7 Newham & Essex Beagles | 261 | 11 Victoria Park H & TowerH | 3 |
| 4 Shaftesbury Barnet H | 490 | 8 Thames Valley Harriers | 85 | | |

UNDER 15 GIRLS + UNDER 13 GIRLS

| | | | | | | | | |
|---------------|---------|-------|---------------------|-------|-------|--------------|---------|-------|
| 1 M Reynolds | ESM | 10:53 | 12 V Bryant | SB | 12:11 | 23 K Dobbin | ESM | 13:35 |
| 2 G Bell | ESM | 10:54 | 13 C BlaneHernandez | E&H | 12:11 | 24 J Thom | TVH | 14:01 |
| 3 K Chapman | TVH | 11:04 | 14 S Proffitt | SB | 12:13 | 25 C Airey | SB | 14:08 |
| 4 E Davis | ESM | 11:20 | 15 J Docking | WG&EL | 12:23 | 26 H Patmore | WG&EL | 14:10 |
| 5 E Fuller | Herts P | 11:24 | 16 R AllenderWest | WG&EL | 12:27 | 27 D West | Herts P | 14:13 |
| 6 S Ainley | TVH | 11:40 | 17 H PattieBelleli | WG&EL | 12:30 | 28 E Henrt | NEB | 14:15 |
| 7 B Hewitt | WG&EL | 11:48 | 18 A Holford | WG&EL | 12:50 | 29 J Dormer | NEB | 14:17 |
| 8 L Tembey | WG&EL | 11:55 | 19 J O'Connell | ESM | 12:53 | 30 C Ives | WG&EL | 15:56 |
| 9 M Nicholes | Hill | 12:02 | 20 M Shaw | TVH | 12:54 | 31 L Edgeley | ESM | 18:42 |
| 10 D Atanda | NEB | 12:06 | 21 G Clark | TVH | 12:59 | 32 J Yau | NEB | 19:25 |
| 11 L Proffitt | SB | 12:08 | 22 M Polke | ESM | 13:19 | | | |

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

| | | | | | |
|----------------------------|-----|---------------------------|----|----------------------------|----|
| 1 Ealing, S M A.C. | 106 | 5 Woodford Green & EL "B" | 41 | 9 Ealing, S M A.C. "B" | 23 |
| 2 Woodford Green & EL A.C. | 86 | 6 Herts Phoenix | 34 | 10 Enfield & Haringey A.C. | 20 |
| 3 Thames Valley Harriers | 82 | 7 Newham & Essex Beagles | 33 | | |
| 4 Shaftesbury Barnet H | 70 | 8 Hillingdon A.C. | 24 | | |

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

| | | | | | |
|----------------------------|-----|---------------------------|-----|----------------------------|-----|
| 1 Ealing, S M A.C. | 664 | 5 Ealing, S M A.C. "B" | 346 | 9 Hillingdon A.C. | 265 |
| 2 Woodford Green & EL A.C. | 611 | 6 Woodford Green & EL "B" | 337 | 10 Herts Phoenix "B" | 94 |
| 3 Herts Phoenix | 513 | 7 Thames Valley Harriers | 311 | 11 Enfield & Haringey A.C. | 81 |
| 4 Newham & Essex Beagles | 473 | 8 Shaftesbury Barnet H | 277 | | |

SENIOR WOMEN

| | | | | | | | | |
|----------------|-----------|-------|-------------------|-----------|-------|-----------------|-------------|-------|
| 1 L Hall | Herts P | 13:12 | 33 R Clifton | Serp | 15:29 | 65 A Wardle | (V) WG&EL | 17:10 |
| 2 K Sparke | WG&EL | 13:19 | 34 L Wilson | (V) ESM | 15:31 | 66 J Vlahovic | Serp | 17:10 |
| 3 D Sale | Guest | 13:33 | 35 B Weekes | Hill | 15:33 | 67 K Horswood | (V) Met P | 17:12 |
| 4 S Abel | High | 13:46 | 36 G Jubb | St Alb | 15:35 | 68 N Baker | (V) ESM | 17:15 |
| 5 K Philp | GCR | 13:52 | 37 C Harris | (V) GCR | 15:41 | 69 F Holland | (V) Lon H | 17:17 |
| 6 J King | (V) Lon H | 13:54 | 38 A Charles | NEB | 15:44 | 70 C McGuigan | ESM | 17:22 |
| 7 K Morser | WG&EL | 14:00 | 39 A Goodwin | High | 15:51 | 71 T Stomer | High | 17:35 |
| 8 K Jenrick | (V) High | 14:08 | 40 C Bazzoni | SB | 15:52 | 72 S Robinson | Serp | 17:39 |
| 9 A Wingler | (V) High | 14:12 | 41 K Solder | WG&EL | 15:53 | 73 E Jones | Met P | 17:41 |
| 10 B Pritchett | (V) WG&EL | 14:20 | 42 S Edmunds | Serp | 15:54 | 74 S McCarthy | (V) WG&EL | 17:44 |
| 11 S Simmons | Met P | 14:25 | 43 A Wall | ESM | 15:56 | 75 P Kemp-King | ESM | 17:45 |
| 12 E Evans | High | 14:28 | 44 P Thomas | (V) ESM | 15:57 | 76 L Denness | Serp | 17:56 |
| 13 S Heath | (V) SB | 14:30 | 45 H Hoyle | (V) B&D | 16:03 | 77 J Hazell | Lon H | 17:58 |
| 14 J Kent | (V) B&D | 14:32 | 46 M Livingstone | (V) GCR | 16:04 | 78 A NoName | Guest | 17:59 |
| 15 C Cutler | WG&EL | 14:34 | 47 A Stach-Kevitz | (V) NEB | 16:06 | 79 J Gristwood | (V) ESM | 18:03 |
| 16 K Meredith | Lon H | 14:36 | 48 K Murphy | (V) B&D | 15:08 | 80 A Venneman | Serp | 18:11 |
| 17 E Ferenczi | SB | 14:38 | 49 A Balcona | High | 16:10 | 81 S Green | Met P | 18:16 |
| 18 A McGuigan | ESM | 14:42 | 50 L Burnie | High | 16:11 | 82 M Walsh | ESM | 18:23 |
| 19 K Woods | B&D | 14:50 | 51 F Smith | Lon H | 16:13 | 83 H Patterson | (V) Serp | 18:25 |
| 20 E Grant | Hill | 14:52 | 52 N Froud | (V) B&D | 16:16 | 84 N Cendrowicz | High | 18:28 |
| 21 B Ochmann | ESM | 14:52 | 53 K Nunn | TVH | 16:16 | 85 J Allen | (V) GCR | 18:28 |
| 22 M Hall | GCR | 14:54 | 54 J Turner | High | 16:19 | 86 J Reid | (V) Met P | 19:26 |
| 23 A Critchlow | (V) Lon H | 14:58 | 55 L BruceBurgess | B&D | 16:23 | 87 A Cowley | (V) Herts P | 19:39 |
| 24 S McHugh | Met P | 15:02 | 56 J Conn | (V) Serp | 16:24 | 88 J Miles | (V) Hill | 21:46 |
| 25 S Bailey | (V) High | 15:08 | 57 G Morgan | (V) ESM | 16:24 | 89 M McClure | VPH&TH | 23:35 |
| 26 C Trease | Hill | 15:14 | 58 L Faherty | High | 16:25 | | | |
| 27 V Parry | (V) Lon H | 15:21 | 59 A Eichen | (V) Serp | 16:29 | | | |
| 28 K Gundersen | VPH&TH | 15:22 | 60 K Bannister | VPH&TH | 16:30 | | | |
| 29 J Wastell | (V) Lon H | 15:23 | 61 C Yuill | GCR | 16:34 | | | |
| 30 L Goldsmith | SB | 15:26 | 62 V Metcalf | (V) Serp | 16:36 | 1 J King | (V) Lon H | 13:54 |
| 31 C Perry | B&D | 15:28 | 63 J Watt | (V) Lon H | 16:45 | 2 K Jenrick | (V) High | 14:08 |
| 32 L Cameron | Met P | 15:29 | 64 J Thomas | (V) WG&EL | 16:48 | 3 A Wingler | (V) High | 14:12 |

VET WOMEN

SENIOR WOMEN TEAM POSITIONS

| | | | | | |
|----------------------------|-----|------------------------------|-----|-----------------------------|----|
| 1 Highgate Harriers | 443 | 7 Shaftesbury Barnet H | 260 | 13 Herts Phoenix | 92 |
| 2 Woodford Green & EL A.C. | 401 | 8 Metropolitan Police AA | 252 | 14 St Albans Striders | 54 |
| 3 London Heathside R | 388 | 9 Serpentine Running Club | 222 | 15 Serpentine Running C "B" | 49 |
| 4 Barnet & District AC | 331 | 10 Hillingdon A.C. | 191 | 16 Thames Valley Harriers | 37 |
| 5 Ealing, S M A.C. | 323 | 11 Newham & Essex Beagles | 95 | | |
| 6 Garden City Runners | 284 | 12 Victoria Park H & Tower H | 93 | | |

SENIOR WOMEN LEAGUE TABLE

| | | | | | |
|----------------------------|------|------------------------------|------|-----------------------------|-----|
| 1 Highgate Harriers | 2878 | 8 Hillingdon A.C. | 1833 | 15 Serpentine Running C "B" | 551 |
| 2 Woodford Green & EL A.C. | 2826 | 9 Serpentine Running Club | 1747 | 16 Thames Valley Harriers | 498 |
| 3 London Heathside R | 2363 | 10 Shaftesbury Barnet H | 1527 | 17 Newham & Essex Beagles | 441 |
| 4 Garden City Runners | 2314 | 11 St Albans Striders | 1255 | 18 London Frontrunners | 385 |
| 5 Barnet & District AC | 2290 | 12 Victoria Park H & Tower H | 922 | 19 Mornington Chasers | 77 |
| 6 Ealing, S M A.C. | 2241 | 13 Enfield & Haringey A.C. | 592 | 20 Harlow Running Club | 66 |
| 7 Metropolitan Police AA | 2000 | 14 Herts Phoenix | 584 | | |

VETERAN WOMEN TEAM POSITIONS

| | | | | | |
|----------------------------|-----|---------------------------|----|--------------------|---|
| 1 London Heathside R | 117 | 6 Serpentine Running Club | 51 | 11 Herts Phoenix | 2 |
| 2 Highgate Harriers | 95 | 7 Garden City Runners | 49 | 12 Hillingdon A.C. | 1 |
| 3 Barnet & District AC | 89 | 8 Shaftesbury Barnet H | 31 | | |
| 4 Ealing, S M A.C. | 73 | 9 Newham & Essex Beagles | 20 | | |
| 5 Woodford Green & EL A.C. | 62 | 10 Metropolitan Police AA | 13 | | |

VETERAN WOMEN LEAGUE POSITIONS

| | | | | | |
|----------------------------|-----|---------------------------|-----|------------------------------|----|
| 1 London Heathside R | 616 | 7 Serpentine Running Club | 285 | 13 Herts Phoenix | 51 |
| 2 Barnet & District AC | 509 | 8 St Albans Striders | 188 | 14 Metropolitan Police AA | 42 |
| 3 Ealing, S M A.C. | 509 | 9 Hillingdon A.C. | 118 | 15 Harlow Running Club | 28 |
| 4 Woodford Green & EL A.C. | 454 | 10 Newham & Essex Beagles | 87 | 16 Victoria Park H & Tower H | 21 |
| 5 Garden City Runners | 446 | 11 Thames Valley Harriers | 79 | 17 Enfield & Haringey A.C. | 18 |
| 6 Highgate Harriers | 416 | 12 Shaftesbury Barnet H | 65 | 18 Mornington Chasers | 8 |