

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 26 NOVEMBER 2005 AT RUISLIP

SENIOR MEN

1 C Smith	TVH	28:12	96 G Kennedy	Lon FR	33:09	191 D Robinson	(V) VPH&TH	37:39
2 K Kyereme	SB	28:25	97 J Gold	VPH&TH	33:11	192 I Maudesley	Met P	37:40
3 I Zigaldo	ESM	28:27	98 M Tarpey	Herts P	33:13	193 S Maddison	(V) TVH	37:41
4 R Williams	SB	28:49	99 G Fuzesi	High	33:15	194 N Ealand	(V) Hill	37:41
5 D Lewis	SB	28:55	100 R Harding	(V) Met P	33:16	195 R Green	(V) WG&EL	37:45
6 M Shone	WG&EL	28:57	101 A Davies	Serp	33:17	196 A Ibranca	Lon FR	37:46
7 D Hamblin	Lon H	29:02	102 S Parker	WG&EL	33:19	197 A Dickson	Lon H	37:51
8 L Bowron	ESM	29:04	103 R Dzikowski	(V) WG&EL	33:28	198 J Kelly	(V) SB	37:52
9 E Malloch	WG&EL	29:06	104 R Stewart	High	33:31	199 C Saunders	Serp	37:53
10 G Price	SB	29:09	105 J Shipley	Hill	33:32	200 A Reid	Met P	37:53
11 T Bedford	SB	29:12	106 A Coleman	(V) WG&EL	33:38	201 C Walker	Lon FR	37:54
12 M Jubb	St Alb	29:14	107 K Waterman	(V) Hill	33:39	202 J Courtney	Met P	37:55
13 D Askie	ESM	29:15	108 G Bagnall	VPH&TH	33:45	203 M Fairbank	ESM	37:56
14 N Hall	Herts P	29:18	109 T Mitchell-Smith	VPH&TH	33:47	204 F Robinson	(V) B&D	37:57
15 O Edwards	SB	29:20	110 D Shirley	High	33:50	205 W Gilby	(V) Lon H	37:58
16 J Powell	Guest	29:22	111 P Fromme	Serp	33:51	206 B Birmingham	(V) Lon H	38:01
17 J Sumpter	TVH	29:24	112 J Lowe	(V) High	33:52	207 G McDonald	(V) Lon FR	38:03
18 J Trapmore	SB	29:28	113 T McCarthy	(V) WG&EL	33:52	208 C Lee	(V) ESM	38:04
19 A Fooks	TVH	29:38	114 P Warburton	(V) Hill	33:54	209 M Hooper	(V) Lon FR	38:16
20 D Russell	SB	29:45	115 J Chestney	(V) GCR	33:56	210 S Smith	Herts P	38:20
21 D Clark	TVH	29:51	116 K Edmonds	(V) TVH	33:57	211 A Mansi	(V) Hill	38:26
22 G Robinson	GCR	29:59	117 B Cobb	(V) Serp	33:59	212 R Powell	(V) SB	38:37
23 A Murphy	SB	30:02	118 I Birch	(V) ESM	34:01	213 R Bell	TVH	38:41
24 M Wilkinson	NEB	30:05	119 S Hirons	(V) Hill	34:02	214 J Luscombe	Hill	38:46
25 K Robertson	SB	30:08	120 M Crawshaw	(V) St Alb	34:02	215 D Bober	(V) SB	38:51
26 J Sear	(V) WG&EL	30:11	121 A Wasdell	St Alb	34:03	216 M Head	Met P	38:52
27 J Robertson	ESM	30:16	122 S Plested	(V) ESM	34:05	217 J Balcombe	Met P	38:58
28 J Mohamed	NEB	30:20	123 A Benson	Herts P	34:08	218 R Howells	Serp	39:08
29 T Jackson	SB	30:22	124 R Neil	Met P	34:11	219 S Jones	(V) Hill	39:11
30 I Campbell	(V) Met P	30:23	125 R Steer	Lon H	34:17	220 J Wheeler	Lon FR	39:22
31 M Griffiths	WG&EL	30:30	126 J Howe	Lon H	34:19	221 S Rodgers	Met P	39:23
32 S Barrett	Serp	30:34	127 D Barrett	(V) WG&EL	34:23	222 R Tuson	(V) ESM	39:24
33 S Maxwell	WG&EL	30:39	128 T Mehew	High	34:25	223 R Derrick	(V) St Alb	39:25
34 M Forrest	(V) Lon FR	30:41	129 L Benjamin	(V) TVH	34:26	224 J Murphy	B&D	39:27
35 M Flannelly	(V) WG&EL	30:43	130 J Deane	High	34:28	225 E Lemon	Hill	39:30
36 M Potter	Lon H	30:48	131 R Breen	SB	34:33	226 R Devitt	(V) SB	39:34
37 P Flewitt	ESM	30:50	132 M Delahunty	ESM	34:35	227 M Smith	(V) GCR	39:36
38 R Holland	(V) WG&EL	30:55	133 K Kemp	(V) Lon H	34:46	228 M Vassiliou	(V) E&H	39:40
39 T Forder	(V) Met P	30:57	134 J Edgar	Serp	34:41	229 V Willson	(V) WG&EL	39:47
40 A Brown	WG&EL	30:58	135 P Cunningham	(V) SB	34:43	230 P Sawko	GCR	39:54
41 A Reeves	Serp	30:59	136 A Robins	St Alb	34:46	231 J Owen	(V) B&D	39:56
42 C Braybrook	(V) St Alb	30:59	137 J Nkrumah	NEB	34:50	232 K Wilson	(V) High	39:57
43 A Symons	SB	31:02	138 L Rumble	Herts P	34:51	233 N Mann	(V) Hill	40:03
44 A Holt	(V) GCR	31:04	139 I Wilson-Young	TVH	34:52	234 T Bunbury	(V) VPH&TH	40:06
45 C Martin	Lon FR	31:17	140 J McCrath	(V) Met P	34:53	235 J Neville	(V) B&D	40:10
46 J Hine	Met P	31:19	141 P Williams	Hill	34:57	236 G French	(V) ESM	40:16
47 C Mitchell	Lon H	31:19	142 C Mann	(V) Met P	34:58	237 R Robinson	Lon FR	40:21
48 T Lashmar	VPH&TH	31:21	143 M Rowe	B&D	34:59	238 M Gilham	(V) Herts P	40:30
49 M Nicholls	Guest	31:24	144 C McIver	ESM	35:02	239 A Davies	WG&EL	40:43
50 B Powell	WG&EL	31:25	145 G Edmonds	Serp	35:13	240 A Cathcart	(V) VPH&TH	40:46
51 A Magnall	(V) SB	31:25	146 J Avery	(V) Herts P	35:17	241 D Wheeler	Serp	40:52
52 T Parkin	SB	31:28	147 T Killilea	(V) Lon H	35:20	242 B Thomas	(V) Hill	41:00
53 P Downie	High	31:29	148 D Shortridge	VPH&TH	35:21	243 M Doughty	(V) E&H	41:03
54 G Stewart	Guest	31:31	149 S Dokic	(V) Hill	35:30	244 D Beasley	(V) Herts P	41:05
55 D Vaughan	GCR	31:33	150 J Nisbet	(V) H&H	35:34	245 A Butler	(V) Hill	41:33
56 A NoName	Guest	31:34	151 P Shelley	(V) SB	35:38	246 G Regis	Serp	41:41
57 S Massey	(V) Serp	31:35	152 M Cairns	(V) VPH&TH	35:40	247 K Mahon	VPH&TH	41:44
58 N Mitchell	(V) Lon H	31:37	153 L Adams	Met P	35:46	248 P Hopper	Lon FR	41:45
59 M Bridge	Hill	31:38	154 L Grant	WG&EL	35:47	249 D Walker	Serp	41:47
60 P Major	WG&EL	31:42	155 K Lineham	(V) High	35:49	250 G Clarke	(V) St Alb	42:02
61 I Druce	Serp	31:44	156 S Wicks	(V) Hill	35:49	251 R Jones	Serp	42:09
62 M Bateman	Hill	31:47	157 J Steel	Hill	35:53	252 M Jack	St Alb	42:14
63 N O'Connor	Serp	31:51	158 P Stockings	(V) WG&EL	35:54	253 N Yehuda	(V) Lon FR	42:20
64 K Darcy	Serp	31:52	159 D Buckeridge	(V) ESM	36:00	254 O Suarez	(V) ESM	42:26
65 A Dodd	ESM	31:54	160 P Fitzpatrick	(V) Herts P	36:02	255 K McLeod	Serp	42:27
66 C Michael	(V) B&D	31:56	161 N Stockman	High	36:04	256 R Smith	(V) Serp	42:31
67 S Hilton	Serp	32:01	162 J Husbands	(V) TVH	36:08	257 M Garrett	(V) Guest	42:37
68 J Wallis	(V) WG&EL	32:02	163 C Cottell	(V) Lon FR	36:10	258 D Milsom	(V) Hill	42:46
69 R Jenkin	(V) Hill	32:08	164 D Newman	Lon H	36:11	259 C Jenkins	(V) NEB	42:48
70 K Walden	SB	32:09	165 J Williams	Lon FR	36:12	260 StAlexander	St Alb	42:58
71 B Fairhall	VPH&TH	32:10	166 J Lock	Serp	36:12	261 J Borgars	(V) Herts P	42:09
72 M Bigley	Lon H	32:12	167 T Marlow	(V) Lon H	36:12	262 D Maher	VPH&TH	43:16
73 T Pamphilon	(V) WG&EL	32:14	168 D Newman	(V) Hill	36:14	263 S Talbot	Serp	43:20
74 M Lane	(V) Met P	32:15	169 R Nash	(V) Hill	36:16	264 J Pronting	(V) GCR	43:26
75 P Leppard	Hill	32:24	170 K Barczax	SB	36:17	265 T Hamilton	(V) B&D	43:33
76 J Cox	St Alb	32:26	171 M Faughnan	(V) GCR	36:17	266 J Thompson	Met P	43:38
77 I Bussell	TVH	32:27	172 A Wright	WG&EL	36:20	267 M Wells	(V) WG&EL	43:54
78 N Rowe	(V) Met P	32:31	173 R Hooley	(V) TVH	36:23	268 T Hannah	(V) ESM	44:40
79 D Browne	(V) Lon H	32:32	174 N Davis	GCR	36:35	269 M Jamil	(V) Lon FR	45:05
80 S Livingstone	(V) GCR	32:35	175 A Holford	(V) WG&EL	36:40	270 C Hays	Met P	45:23
81 P Crockford	(V) Lon H	32:37	176 A Salsisbury	(V) GCR	36:45	271 L Steinpress	(V) Lon H	46:06
82 J Passmore	Lon H	32:38	177 J Blane	(V) E&H	36:47	272 R Court	(V) WG&EL	46:40
83 D Cox	(V) WG&EL	32:41	178 S Doyle	(V) Herts P	36:48	273 S Patterson	(V) Hill	47:22
84 J Castro	Hill	32:42	179 B Connell	High	36:51	274 K Goss	(V) Hill	47:41
85 A Crosby	GCR	32:46	180 D Phelan	(V) VPH&TH	36:52	275 P Oppe	(V) TVH	48:23
86 B Southin	Serp	32:47	181 T Birkett	Lon FR	36:54	276 J Hudspith	(V) Serp	50:51
87 N Morrison	(V) Herts P	32:50	182 G Redhead	(V) ESM	37:00	277 A Jamdegni	(V) Serp	54:12
88 H Jama	ESM	32:52	183 S Mann	(V) Herts P	37:02			
89 P Greaves	(V) Herts P	32:57	184 S Bowen	(V) GCR	37:07			
90 D Alcock	VPH&TH	32:58	185 R Foskett	(V) Herts P	37:08			
91 A Matthews	Met P	32:59	186 E Fogarty	(V) ESM	37:17			
92 S Whiting	Lon FR	33:03	187 V Nutakor	NEB	37:17			
93 A Robbins	Serp	33:04	188 E King	(V) B&D	37:25	1 J Sear	(V) WG&EL	30:11
94 A Ross	(V) Herts P	33:05	189 J Barretta	High	37:29	2 I Campbell	(V) Met P	30:23
95 P McCrossin	Lon H	33:09	190 A Brandimarti	Serp	37:33	3 M Forrest	(V) Lon FR	30:41

VET MEN

SENIOR MEN'S TEAM POSITIONS

1 Shaftesbury Barnet H	3131	9 Herts Phoenix	1841	17 Barnet & District AC	668
2 Woodford Green & EL A.C.	2867	10 Garden City Runners	1773	18 London Heathside R "B"	589
3 Serpentine Running Club	2443	11 Highgate Harriers	1684	19 Enfield & Haringey A.C.	186
4 Ealing, S M A.C.	2420	12 Victoria Park H & Tower H	1668	20 Hayes and Harlington RR	128
5 London Heathside R	2395	13 Woodford Green & EL "B"	1619		
6 Metropolitan Police AA	2127	14 London Frontrunners	1527		
7 Hillingdon A.C.	2096	15 St Albans Striders	1288		
8 Thames Valley Harriers	2076	16 Newham & Essex Beagles	755		

SENIOR MEN'S LEAGUE TABLE

1 Shaftesbury Barnet H	7791	9 Herts Phoenix	5604	17 Newham & Essex Beagles	2318
2 Woodford Green & EL A.C.	7385	10 Metropolitan Police AA	5505	18 Barnet & District AC	1951
3 Serpentine Running Club	7135	11 Victoria Park H & Tower H	4785	19 Enfield & Haringey A.C.	1250
4 London Heathside R	7133	12 London Frontrunners	4025	20 Mornington Chasers	753
5 Ealing, S M A.C.	6618	13 Thames Valley Harriers	3965	21 Harlow Running Club	486
6 Hillingdon A.C.	6221	14 St Albans Striders	3719	22 London Irish A.C.	363
7 Highgate Harriers	6141	15 London Heathside R "B"	3011	23 Hayes and Harlington RR	267
8 Garden City Runners	5646	16 Woodford Green & EL "B"	2978		

VETERAN MEN'S TEAM POSITIONS

1 Woodford Green & EL A.C.	703	8 Shaftesbury Barnet H	411	15 Highgate Harriers	205
2 Metropolitan Police AA	653	9 Thames Valley Harriers	372	16 Enfield & Haringey A.C.	119
3 London Heathside R	568	10 London Frontrunners	309	17 Hayes and Harlington RR	79
4 Hillingdon A.C.	554	11 Barnet & District AC	288	18 Newham & Essex Beagles	14
5 Herts Phoenix	527	12 St Albans Striders	267		
6 Garden City Runners	508	13 Victoria Park H & Tower H	244		
7 Ealing, S M A.C.	412	14 Serpentine Running Club	230		

VETERAN MEN'S LEAGUE TABLE

1 Woodford Green & EL A.C.	1791	8 Highgate Harriers	1110	15 Serpentine Running Club	446
2 London Heathside R	1737	9 Shaftesbury Barnet H	734	16 St Albans Striders	421
3 Hillingdon A.C.	1638	10 London Frontrunners	627	17 Harlow Running Club	304
4 Garden City Runners	1510	11 Thames Valley Harriers	620	18 Hayes and Harlington RR	160
5 Herts Phoenix	1423	12 Barnet & District AC	584	19 London Irish A.C.	102
6 Metropolitan Police AA	1422	13 Victoria Park H & Tower H	576	20 Newham & Essex Beagles	77
7 Ealing, S M A.C.	1130	14 Enfield & Haringey A.C.	508	21 Mornington Chasers	75

UNDER 17 MEN

1 A Holford	WG&EL	16:01	19 M Aden	ESM	17:57	37 J Collett	TVH	20:24
2 T Phillips	WG&EL	16:27	20 S Britten	Herts P	18:02	38 A Shaw	ESM	20:49
3 N Goolab	ESM	16:27	21 P Townsend	Herts P	18:04	39 S Ashcroft	ESM	20:56
4 S Collins	E&H	16:29	22 P Harris	SB	18:12	40 K Moreland	SB	21:08
5 C Berg	WG&EL	16:32	23 T Gough	Herts P	18:13	41 J Viner	Hill	21:11
6 J Shelley	SB	16:42	24 Z Fadhil	WG&EL	18:20	42 D Mobbs	Lon H	21:19
7 R Mann	Hill	16:50	25 R Thompson	Hill	18:32	43 G Nisbet	H&H	21:22
8 A Murray	WG&EL	16:54	26 C Fountain	ESM	18:40	44 A Gribben	ESM	21:27
9 A Osman	ESM	16:56	27 J Douse	WG&EL	18:51	45 G Guthrie	NEB	22:54
10 B McCallun	ESM	17:09	28 J Caldwell	TVH	19:00			
11 Z Randall	ESM	17:13	29 D Menigistu	ESM	19:03			
12 H Gilham	Herts P	17:15	30 R Griffin	ESM	19:10			
13 L Walsh	Herts P	17:21	31 T Hollis	WG&EL	19:20			
14 J Newman	WG&EL	17:27	32 M Abbam	WG&EL	19:28			
15 R Sambrook	SB	17:29	33 I BaptisteDeLimit	ESM	19:32			
16 A Cornwell	WG&EL	17:36	34 P Clewett	NEB	19:40			
17 M Onslow	High	17:37	35 J Lang	Hill	19:55			
18 L Nicholas	ESM	17:46	36 J Luna	NEB	20:23			

UNDER 17 MEN TEAM POSITIONS

1 Woodford Green & EL A.C.	168	6 Ealing, S M A.C. "B"	92	11 Newham & Essex Beagles	23
2 Ealing, S M A.C.	151	7 Hillingdon A.C.	76	12 London Heathside R	4
3 Herts Phoenix	118	8 Enfield & Haringey A.C.	42	13 Hayes and Harlington RR	3
4 Woodford Green & EL "B"	103	9 Highgate Harriers	29		
5 Shaftesbury Barnet H	101	10 Thames Valley Harriers	27		

UNDER 17 MEN LEAGUE POSITIONS

1 Woodford Green & EL A.C.	511	6 Shaftesbury Barnet H	264	11 London Heathside R	56
2 Ealing, S M A.C.	462	7 Hillingdon A.C.	199	12 Thames Valley Harriers	51
3 Herts Phoenix	362	8 Newham & Essex Beagles	92	13 Barnet & District AC	22
4 Ealing, S M A.C. "B"	329	9 Highgate Harriers	88	14 Hayes and Harlington RR	8
5 Woodford Green & EL "B"	296	10 Enfield & Haringey A.C.	85		

UNDER 13 BOYS

1 R Charles	ESM	12:37	15 N MughaddamPour	TVH	14:06	29 S Park	ESM	15:35
2 P Warburton	Hill	13:02	16 D Kemp	ESM	14:07	30 S Hirons	Hill	15:51
3 M Speight	Hill	13:05	17 J Larch	Hill	14:19	31 T Minshal	SB	15:55
4 J Stainer	SB	13:16	18 C Yates	Hill	14:19	32 J Gill	NEB	15:59
5 R Hingley	ESM	13:17	19 K Ighamneacy	Hill	14:28	33 D McGuigan	ESM	16:34
6 D Wilson	Herts P	13:27	20 G Wloch	Hill	14:29	34 R Churcher	ESM	16:38
7 E Shepherd	Herts P	13:31	21 D Kail	NEB	14:33	35 J Watts	NEB	17:01
8 B Shelley	SB	13:33	22 S Matheson	Hill	14:38	36 R James	Hill	17:08
9 B Phillips	WG&EL	13:35	23 R Williams	Hill	14:38	37 H Devers	Hill	17:10
10 R Rossiter	WG&EL	13:37	24 T Warner	Herts P	14:39	38 J Latimer	NEB	17:22
11 J Stockings	WG&EL	13:52	25 J Castro	Hill	14:50	39 J Frisby	VPH&TH	18:11
12 A Walshe	Herts P	13:53	26 R Stephenson	SB	14:56	40 G Dokic	Hill	19:38
13 A Bekele	SB	14:00	27 G Eastwell	Hill	15:04	41 C Richards	Hill	21:17
14 C Silver	Herts P	14:05	28 J O'Brien	NEB	15:24			

UNDER 13 BOYS TEAM POSITIONS

1 Herts Phoenix	129	4 Shaftesbury Barnet H	117	7 Thames Valley Harriers	27
2 Hillingdon A.C.	128	5 Woodford Green & EL A.C.	96	8 Ealing, S M A.C. "B"	17
3 Ealing, S M A.C.	117	6 Newham & Essex Beagles	52	9 Victoria Park H & TowerH	3

UNDER 13 BOYS LEAGUE TABLE

1 Herts Phoenix	357	5 Woodford Green & EL A.C.	261	9 Serpentine Running Club	11
2 Hillingdon A.C.	344	6 Newham & Essex Beagles	172	10 Victoria Park H & TowerH	3
3 Ealing, S M A.C.	309	7 Thames Valley Harriers	71		
4 Shaftesbury Barnet H	308	8 Ealing, S M A.C. "B"	69		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 M Reynolds	ESM	13:21	15 H Brill	ESM	15:04	29 G Clark	TVH	16:33
2 G Bell	ESM	13:38	16 H Pollak	ESM	15:09	30 G Ferrari	WG&EL	16:52
3 K Chapman	TVH	13:49	17 A Holford	WG&EL	15:20	31 M Blackie	Hill	16:53
4 B Hewitt	WG&EL	14:09	18 N Shelley	ESM	15:26	32 B Murray	Hill	16:58
5 E Davis	ESM	14:11	19 A Rai	ESM	15:32	33 K Ramsden	NEB	17:05
6 E Layton	SB	14:19	20 M Polke	ESM	15:35	34 K Dobbin	ESM	17:47
7 D Atanda	NEB	14:35	21 H French	ESM	15:37	35 D West	Herts P	17:52
8 L Tembey	WG&EL	14:36	22 G Murray	WG&EL	15:40	36 A Dellamura	Hill	18:07
9 E Meakins	Herts P	14:47	23 N Humberstone	Herts P	15:54	37 H Patmore	WG&EL	18:11
10 R AllenderWest	WG&EL	14:48	24 E MacKenzie	Hill	15:57	38 M Singh	WG&EL	19:26
11 C BlaneHernandez	E&H	14:51	25 J Docking	WG&EL	15:59	39 S Rose	WG&EL	19:37
12 H PattieBelleli	WG&EL	14:57	26 J Thom	TVH	16:00			
13 J Woodward	Hill	14:58	27 C Wall	ESM	16:12			
14 L Whitehead	Herts P	14:58	28 M Shaw	TVH	16:27			

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	137	5 Thames Valley Harriers	74	9 Shaftesbury Barnet H	34
2 Woodford Green & EL A.C.	126	6 Woodford Green & EL "B"	66	10 Enfield & Haringey A.C.	29
3 Ealing, S M A.C. "B"	87	7 Hillingdon A.C.	60		
4 Herts Phoenix	79	8 Newham & Essex Beagles	40		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	439	5 Ealing, S M A.C. "B"	272	9 Shaftesbury Barnet H	104
2 Woodford Green & EL A.C.	418	6 Woodford Green & EL "B"	228	10 Herts Phoenix "B"	63
3 Herts Phoenix	337	7 Hillingdon A.C.	195	11 Enfield & Haringey A.C.	61
4 Newham & Essex Beagles	331	8 Thames Valley Harriers	176		

SENIOR WOMEN

1 S Bigham	Hill	18:11	46 J Humberstone	GCR	20:48	91 E Battson	(V) VPH&TH	23:51
2 G Greenhalgh	WG&EL	18:14	47 A Wall	ESM	20:49	92 C Blane-Hernan	E&H	24:08
3 K Philp	GCR	18:15	48 A Stach-Kevitz	(V) NEB	20:51	93 N White	E&H	24:08
4 S Fitt	(V) GCR	18:23	49 C Stokes	Lon H	21:00	94 L Hutchison	(V) Hill	24:11
5 S Partridge	Guest	18:27	50 D Kennedy	WG&EL	21:05	95 S Walsh	E&H	24:17
6 S Simmons	Met P	18:34	51 P Thorne	Serp	21:06	96 P Cockman	VPH&TH	24:35
7 M Hutchinson	Hill	18:44	52 L Burnie	High	21:08	97 C Shepherd	VPH&TH	24:38
8 B Pritchett	(V) WG&EL	18:50	53 H Rule	Herts P	21:11	98 A Cowley	(V) Herts P	24:39
9 K Woods	B&D	18:53	54 C Donaldson	ESM	21:12	99 J Lee	St Alb	24:39
10 E Grant	Hill	19:06	55 S Burdett	E&H	21:14	100 R Powell	(V) Serp	24:50
11 R Spencer	WG&EL	19:08	56 F Maguire	High	21:19	101 J Allan	(V) Serp	25:10
12 S McHugh	Met P	19:15	57 J Conn	Serp	21:20	102 A Lee	Serp	25:20
13 S Guest	(V) St Alb	19:26	58 J Watt	(V) Lon H	21:23	103 O Muminova	Lon FR	25:21
14 B Ochmann	ESM	19:19	59 E Hale	Met P	21:24	104 J Reid	(V) Met P	25:22
15 A Wingler	(V) High	19:20	60 B Nmguah	ESM	21:33	105 M Fitzgerald	(V) TVH	25:31
16 A Howe	Lon H	19:23	61 R Bennion	VPH&TH	21:34	106 A Birch	ESM	26:22
17 E Ogunde	High	19:26	62 C Bolam	(V) Hill	21:39	107 F Summers	SB	26:40
18 A Goodwin	High	19:28	63 R Charles	ESM	21:43	108 M Shirley	(V) B&D	26:49
19 H Brown	E&H	19:30	64 C Pardoe	(V) GCR	21:45	109 J Miles	(V) Hill	27:45
20 J Gray	GCR	19:34	65 J Thomas	(V) WG&EL	21:45	110 L Keltie	(V) Serp	31:05
21 A McGuigan	ESM	19:36	66 J Vlahovic	Serp	21:54			
22 C Harris	(V) GCR	19:43	67 J Ravenhill	Met P	21:57			
23 S Hannah	High	19:43	68 M Nitta	ESM	21:58			
24 L Cameron	Met P	19:46	69 C McGuigan	ESM	22:01			
25 K Bradley	(V) B&D	19:49	70 L Faherty	High	22:02			
26 C Perry	B&D	19:50	71 F Holland	(V) Lon H	22:05			
27 J Wastell	(V) Lon H	19:53	72 P Bailey	ESM	22:06			
28 L Goldsmith	SB	19:57	73 K Bannister	VPH&TH	22:06			
29 L Wilson	(V) ESM	19:59	74 N Baker	(V) ESM	22:09			
30 K Foster	ESM	20:05	75 M Livingstone	(V) GCR	22:10			
31 B Weekes	Hill	20:12	76 A Wardle	(V) WG&EL	22:15			
32 A Balcona	High	20:13	77 H Sheridan	B&D	22:16			
33 G Jubb	St Alb	20:17	78 R Whittaker	Serp	22:27			
34 G Morgan	(V) ESM	20:18	79 S McCarthy	(V) WG&EL	22:46			
35 R Clifton	Serp	20:21	80 C Howard	Hill	23:01			
36 P Thomas	(V) ESM	20:25	81 H Patterson	(V) Serp	23:06			
37 A DaSilva	TVH	20:27	82 C Heemskerck	(V) Hill	23:07			
38 K Solder	WG&EL	20:27	83 E Jones	Met P	23:15			
39 A Tingle	(V) TVH	20:32	84 L Blevings	B&D	23:16			
40 L Brownlee	VPH&TH	20:34	85 S Cameron	(V) ESM	23:23	1 S Fitt	(V) GCR	18:23
41 F Kennedy	(V) ESM	20:34	86 J Allen	(V) GCR	23:31	2 B Pritchett	(V) WG&EL	18:50
42 H Hoyle	(V) B&D	20:38	87 C Simpkins	B&D	23:34	3 S Guest	(V) St Alb	19:26
43 L BruceBurgess	B&D	20:42	88 S Chapman	(V) High	23:36			
44 B Fernandez	Lon FR	20:42	89 K Horswood	(V) Met P	23:37			
45 K Balchin	Met P	20:46	90 S Green	Met P	23:38			

VET WOMEN

SENIOR WOMEN TEAM POSITIONS

1 Highgate Harriers	509	7 Barnet & District AC	444	13 Thames Valley Harriers	152
2 Garden City Runners	507	8 London Heathside R	334	14 Shaftesbury Barnet H	87
3 Ealing, S M A.C.	502	9 Serpentine Running Club	298	15 London Frontrunners	75
4 Woodford Green & EL A.C.	492	10 Victoria Park H & Tower H	208	16 Herts Phoenix	71
5 Hillingdon A.C.	475	11 Enfield & Haringey A.C.	201	17 Newham & Essex Beagles	63
6 Metropolitan Police AA	453	12 St Albans Striders	188	18 Serpentine Running C "B"	31

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers	1821	8 Hillingdon A.C.	1216	15 Serpentine Running C "B"	418
2 Woodford Green & EL A.C.	1765	9 Serpentine Running Club	1186	16 Herts Phoenix	386
3 Garden City Runners	1504	10 St Albans Striders	858	17 London Frontrunners	330
4 Barnet & District AC	1468	11 Shaftesbury Barnet H	705	18 Newham & Essex Beagles	275
5 London Heathside R	1468	12 Victoria Park H & Tower H	575	19 Harlow Running Club	66
6 Ealing, S M A.C.	1428	13 Enfield & Haringey A.C.	499	20 Mornington Chasers	5
7 Metropolitan Police AA	1355	14 Thames Valley Harriers	427		

VETERAN WOMEN TEAM POSITIONS

1 Ealing, S M A.C.	121	6 Hillingdon A.C.	50	11 Newham & Essex Beagles	26
2 Garden City Runners	116	7 Highgate Harriers	48	12 Metropolitan Police AA	16
3 Woodford Green & EL A.C.	95	8 St Albans Striders	37	13 Victoria Park H & Tower H	10
4 London Heathside R	79	9 Thames Valley Harriers	33	14 Herts Phoenix	8
5 Barnet & District AC	64	10 Serpentine Running Club	30		

VETERAN WOMEN LEAGUE POSITIONS

1 London Heathside R	382	7 Serpentine Running Club	205	13 Metropolitan Police AA	23
2 Ealing, S M A.C.	332	8 St Albans Striders	159	14 Herts Phoenix	22
3 Woodford Green & EL A.C.	325	9 Hillingdon A.C.	103	15 Victoria Park H & Tower H	21
4 Garden City Runners	313	10 Thames Valley Harriers	79	16 Enfield & Haringey A.C.	18
5 Barnet & District AC	311	11 Newham & Essex Beagles	67	17 Mornington Chasers	3
6 Highgate Harriers	212	12 Harlow Running Club	28		