

Saturday 25 November 2006
London City Runner Metropolitan League Race Three
At Claybury, Woodford

Men's Results

1	R	Williams	SB	26: 10	60	D	Thompson	Hill	30: 02
2	C	Smith	TVH	26: 23	61	C	Shepherd	WG&EL	30: 06
3	A	Barnes	Gst	26: 47	62	K	Free	Met P	30: 08
4	N	Addison	SB	27: 10	63	Not	Declared	Herts P	30: 12
5	H	Dodwell	High	27: 13	64	C	Braybrook	St Alb	30: 13
6	O	Edwards	SB	27: 15	65	B	Judge	GCR	30: 15
7	K	Murphy	WG&EL	27: 25	66	E	O'Colgain	Serp	30: 16
8	R	McKinlay	High	27: 33	67	H	Alty	VPH&TH	30: 17
9	I	Zigadlo	ESM	27: 35	68	B	Southin	Serp	30: 18
10	G	Saqui	High	27: 38	69	N	Keys	E&H	30: 21
11	S	Farah	NEB	27: 38	70	A	Baci	E&H	30: 25
12	K	Robertson	SB	27: 39	71	A	Welshman	Lon H	30: 26
13	R	McCormick	V Barn	27: 41	72	A	Brown	V E&H	30: 27
14	H	Wyber	WG&EL	27: 46	73	N	Mitchell	V Lon H	30: 29
15	S	Martyn	High	27: 47	74	A	Duque	NEB	30: 30
16	S	Whelan	V Lon FR	27: 56	75	I	Warren	VPH&TH	30: 32
17	W	Grant	SB	27: 59	76	M	Lane	V Met P	30: 35
18	J	Robertson	ESM	28: 01	77	S	Livingstone	V GCR	30: 36
19	M	DaSilva	TVH	28: 09	78	D	Browne	V Lon H	30: 37
20	D	Lewis	SB	28: 10	79	P	Leppard	Hill	30: 38
21	J	Roche	VPH&TH	28: 11	80	A	Aitken	High	30: 39
22	M	Sharp	E&H	28: 12	81	R	Dzikowski	V WG&EL	30: 40
23	AJ	Holford	WG&EL	28: 14	82	Not	Declared	Herts P	30: 41
24	B	Powell	WG&EL	28: 18	83	R	Marriott	V Gst	30: 44
25	T	Phillips	WG&EL	28: 20	84	J	Ferraro	V Lon H	30: 45
26	H	Jama	ESM	28: 25	85	J	Castro	Hill	30: 46
27	G	Robinson	GCR	28: 26	86	R	O'Sullivan	WG&EL	30: 47
28	J	Parslow	SB	28: 27	87	K	Walden	SB	30: 54
29	T	Jackson	SB	28: 31	88	N	Rowe	V Met P	30: 58
30	I	Campbell	V Met P	28: 40	89	Not	Declared	Herts P	30: 59
31	S	Pullan	St Alb	28: 43	90	L	Dooley	Met P	31: 02
32	J	Trapmore	SB	28: 43	91	W	Gristwood	V ESM	31: 03
33	S	Norris	TVH	28: 44	92	K	Heney	Lon H	31: 04
34	J	Mohamed	NEB	28: 46	93	P	Lasteriz	St Alb	31: 05
35	M	Shone	WG&EL	28: 54	94	M	Ponting	TVH	31: 06
36	B	Whitworth	WG&EL	28: 57	95	J	O'Connor	Harl RC	31: 07
37	J	Hine	Met P	29: 01	96	S	Whiting	Lon FR	31: 08
38	C	Symonds	E&H	29: 03	97	T	Parkin	SB	31: 09
39	P	Downie	High	29: 05	98	G	Kennedy	Lon FR	31: 16
40	M	Flannelly	V WG&EL	29: 10	99	P	Wetton	TVH	31: 17
41	A	Reeves	Serp	29: 18	100	Not	Declared	Herts P	31: 17
42	C	Bailey	V High	29: 20	101	D	Shirley	High	31: 17
43	M	Branco	Serp	29: 21	102	B	Butler	VPH&TH	31: 18
44	G	Jones	TVH	29: 24	103	R	Jenkin	V Hill	31: 22
45	Not	Declared	Herts P	29: 26	104	J	Gold	VPH&TH	31: 24
46	P	Manson	WG&EL	29: 27	105	J	Leversedge	V E&H	31: 27
47	P	Stainer	V SB	29: 27	106	T	Mitchell-Smith	VPH&TH	31: 28
48	T	Woodthorpe	Gst	29: 30	107	M	Cates	VPH&TH	31: 31
49	A	Holt	V GCR	29: 31	108	R	Casey	GCR	31: 33
50	R	Phillips	Serp	29: 31	109	Not	Declared	Herts P	31: 35
51	M	Bigley	Lon H	29: 37	110	G	Bagnall	VPH&TH	31: 37
52	M	Jubb	St Alb	29: 41	111	A	Davies	Serp	31: 40
53	T	Lashmar	VPH&TH	29: 44	112	B	Hussain	NEB	31: 48
54	D	Cox	V WG&EL	29: 46	113	K	Barczak	SB	31: 51
55	M	Bateman	Hill	29: 48	114	S	Nunn	V Barn	31: 52
56	I	Druce	Serp	29: 49	115	M	Delahunty	ESM	31: 53
57	J	Wallis	V WG&EL	29: 55	116	D	Shortridge	VPH&TH	31: 54
58	S	Buckle	St Alb	29: 56	117	H	Patel	SMR	31: 55
59	N	Stoddart	SMR	30: 01	118	C	Brotherton	WG&EL	31: 58

119	J	Matthewman		High	31: 58	184	S	Allen	V	Barn	34: 41
120	A	Rugg	V	WG&EL	32: 03	185	D	Edwards	V	GCR	34: 42
121	J	Edgar		Serp	32: 04	186	T	Marlow	V	Lon H	34: 50
122	E	Noble		Serp	32: 06	187	K	Wilson	V	High	34: 51
123	I	Birch	V	ESM	32: 07	188	R	Robeson		Lon FR	34: 53
124	B	Parker		VPH&TH	32: 07	189	G	Lee	V	E&H	34: 55
125	G	Boyer		ESM	32: 08	190	T	Powell	V	WG&EL	34: 57
126	R	Harding	V	Met P	32: 10	191	Not	Declared		Herts P	35: 04
127	T	McCarthy	V	WG&EL	32: 12	192	C	Saunders		Serp	35: 05
128	A	Miles	V	Hill	32: 15	193	S	McCarthy		Lon FR	35: 06
129	K	Kemp	V	Lon H	32: 17	194	R	Nash	V	Hill	35: 07
130	A	Dodd		ESM	32: 18	195	J	Balcombe		Met P	35: 10
131	D	Healy		E&H	32: 21	196	R	Howells	V	ESM	35: 12
132	S	Plested	V	ESM	32: 23	197	B	Plump		Serp	35: 13
133	J	Knight		Met P	32: 29	198	D	Digweed		St Alb	35: 15
134	A	Elferink		Serp	32: 33	199	L	Bellamacina		High	35: 16
135	D	Smith	V	Hill	32: 35	200	R	Bell	V	TVH	35: 16
136	L	Sinkevcius		VPH&TH	32: 36	201	A	Emberson	V	TVH	35: 18
137	Not	Declared		Herts P	32: 37	202	Not	Declared		Herts P	35: 19
138	T	Mehew		High	32: 39	203	S	Bampfylde		Serp	35: 20
139	S	Claridge	V	Hill	32: 42	204	G	Clarke	V	St Alb	35: 39
140	G	Evans		Lon H	32: 47	205	Not	Declared		Herts P	35: 40
141	Z	Benzerroun		TVH	32: 49	206	G	Turbett		Lon H	35: 48
142	M	Revier		Hill	32: 52	207	P	Stockings	V	WG&EL	35: 51
143	P	McCrossin		Lon H	32: 54	208	J	Thorpe	V	WG&EL	35: 55
144	K	Turner	V	Barn	32: 55	209	P	Harris		SB	35: 56
145	A	Coleman	V	WG&EL	32: 56	210	C	Lukins		Met P	36: 01
146	A	Dickson		Lon H	32: 57	211	C	Hays		Met P	36: 02
147	C	Hamer	V	Lon H	33: 15	212	P	Stiles	V	E&H	36: 05
148	P	Cunningham	V	SB	33: 17	213	S	Scrutton	V	High	36: 10
149	D	Phelan	V	VPH&TH	33: 18	214	J	Evans		Harl RC	36: 12
150	S	Preuveneers		VPH&TH	33: 20	215	A	Whitehead	V	VPH&TH	36: 19
151	AD	Holford	V	WG&EL	33: 23	216	A	Alexander		Serp	36: 24
152	J	Tennant	V	Harl RC	33: 28	217	J	Kelly	V	SB	36: 28
153	R	Fowler		E&H	33: 29	218	Not	Declared		Herts P	36: 33
154	S	Wicks	V	Hill	33: 31	219	D	Simpson	V	Serp	36: 37
155	V	Binfield		SMR	33: 32	220	K	Townson		Lon H	36: 41
156	P	Kaley		St Alb	33: 33	221	J	Kovalevskis		ESM	36: 42
157	G	Edmonds		Serp	33: 34	222	J	Murphy		Barn	36: 43
158	R	Stevens		Harl RC	33: 37	223	F	Robinson	V	Barn	36: 45
159	A	Matthews		Met P	33: 38	224	R	Neil		Met P	36: 49
160	D	Walton	V	Lon H	33: 39	225	S	Williams	V	GCR	36: 52
161	S	Bowen	V	GCR	33: 40	226	D	Robinson	V	VPH&TH	36: 55
162	R	Daniel		WG&EL	33: 44	227	D	Vizard	V	Hill	37: 07
163	K	Lineham	V	High	33: 48	228	R	Cripps		Serp	37: 08
164	S	Dokic	V	Hill	33: 49	229	M	Jack	V	St Alb	37: 10
165	N	Boscher		Lon H	33: 50	230	K	McLeod		Serp	37: 12
166	P	Wyatt		Met P	33: 52	231	P	York	V	ESM	37: 13
167	Not	Declared		Herts P	33: 54	232	R	Derrick	V	St Alb	37: 14
168	Not	Declared		Herts P	33: 56	233	B	Boothroyd		Met P	37: 17
169	Not	Declared		Herts P	33: 59	234	S	Clune		ESM	37: 19
170	D	Newman		Lon H	34: 01	235	P	Sant		Morn	37: 20
171	A	Watson		Lon FR	34: 02	236	P	Browne	V	TVH	37: 23
172	A	Smith		WG&EL	34: 05	237	V	Wilson	V	WG&EL	37: 36
173	S	Rodgers		Met P	34: 11	238	Not	Declared		Herts P	37: 32
174	G	French	V	E&H	34: 12	239	S	Conner		Met P	37: 38
175	J	O'Shea	V	High	34: 12	240	N	Stockman		High	37: 40
176	I	Payne		Serp	34: 18	241	G	Deathridge	V	VPH&TH	37: 44
177	I	Brodrick	V	Lon H	34: 20	242	M	Ford		Lon FR	37: 47
178	N	Camp	V	WG&EL	34: 21	243	Not	Declared		Herts P	37: 51
179	D	Jackson		Met P	34: 22	244	R	Devitt	V	SB	37: 57
180	P	Gallagher		GCR	34: 23	245	J	Owen	V	Barn	37: 58
181	J	Barretta		High	34: 34	246	J	Courtney		Met P	38: 02
182	S	Mitchell		Barn	34: 35	247	C	Cloke	V	E&H	38: 03
183	M	George		Lon H	34: 40	248	R	Kay		Serp	38: 05

249	G	Allen	V	Serp	38: 15
250	G	French	V	ESM	38: 18
251	R	Casserley	V	GCR	38: 23
252	S	Timms		Met P	38: 27
253	M	Garvin		Serp	38: 30
254	J	Bignell	V	Hill	38: 32
255	R	Smith	V	Serp	38: 36
256	M	Wheeler	V	VPH&TH	38: 37
257	A	Butler	V	Hill	38: 42
258	Not	Declared		Herts P	38: 49
259	A	Dhuhulow		Serp	39: 00
260	T	Spanyol		WG&EL	39: 01
261	R	Powell	V	SB	39: 22
262	M	Woolf		E&H	39: 55
263	S	Coles	V	Serp	39: 58
264	P	Sawko		GCR	40: 04
265	T	Hamilton	V	Barn	40: 07
266	D	Knight		Met P	40: 14
267	Not	Declared		Herts P	40: 25
268	G	Robertson	V	Serp	40: 36
269	B	Feldman	V	Hill	40: 38
270	R	Green	V	WG&EL	40: 48
271	T	Smith	V	TVH	41: 25
272	L	Menken		Serp	41: 53
273	M	Jamil	V	Lon FR	41: 55
274	P	Welch	V	Hill	42: 12
275	P	Hope	V	Met P	42: 22
276	D	Afonso		TVH	42: 47
277	A	Davies		WG&EL	43: 24
278	R	Fowler		VPH&TH	43: 25
279	C	Jenkins	V	NEB	43: 26
280	M	Miller	V	Hill	43: 30
281	I	Toon		Met P	43: 42
282	N	Dibb	V	TVH	43: 48
283	A	Gasbutowicz	V	VPH&TH	43: 52
284	T	Allen	V	GCR	44: 00
285	S	Patterson	V	Hill	44: 49
286	B	Chapman	V	Morn	45: 12
287	B	Caunt	V	WG&EL	47: 11
288	C	Liddiard	V	Barn	49: 21

Men's League Positions

1	Woodford Green with Essex Ladies	9557
2	Shaftesbury Barnet Harriers	9301
3	Serpentine RC	8258
4	Highgate Harriers	8054
5	London Heathside	7430
6	Ealing, Southall & Middlesex	7079
7	Hillingdon	6806
8	Garden City Runners	6660
9	Metropolitan Police AA	6510
10	Enfield & Haringey	6053
11	Victoria Park & Tower Hamlets	5766
12	Woodford Green with Essex Ladies 'B'	5357
13	Herts Phoenix	4916
14	Thames Valley Harriers	4768
15	St Albans Striders	4599
16	Serpentine RC 'B'	4534
17	Barnet & District	4293
18	Newham & Essex Beagles	4038
19	London Frontrunners	3599
20	Harlow RC	1436
21	Garden City Runners 'B'	847
22	St Mary's Richmond	806
23	London Irish	577
24	Hayes & Harlington	355
25	Mornington Chasers	57

Veteran Men's Results

1	R	McCormick	V	Barn	27: 41
2	S	Whelan	V	Lon FR	27: 56
3	I	Campbell	V	Met P	28: 40

Veteran Men's Team Result

1	Woodford Green with Essex Ladies	551
2	London Heathside	517
3	Hillingdon	440
4	Barnet & District	386
5	Garden City Runners	374
6	Metropolitan Police AA	374
7	Enfield & Haringey	364
8	Ealing, Southall & Middlesex	352
9	Highgate Harriers	322
10	Shaftesbury Barnet Harriers	260
11	St Albans Striders	212
12	Victoria Park & Tower Hamlets	205
13	Thames Valley Harriers	149
14	Serpentine RC	122
15	London Frontrunners	117
16	Harlow RC	67
17	Newham & Essex Beagles	9
18	Mornington Chasers	3

Men's Team Result

1	Shaftesbury Barnet Harriers	3088
2	Woodford Green with Essex Ladies	3046
3	Highgate Harriers	2573
4	Victoria Park & Tower Hamlets	2347
5	Serpentine RC	2323
6	London Heathside	2154
7	Metropolitan Police AA	2149
8	Ealing, Southall & Middlesex	2051
9	Hillingdon	2030
10	Enfield & Haringey	1986
11	Herts Phoenix	1946
12	Thames Valley Harriers	1852
13	Woodford Green with Essex Ladies 'B'	1731
14	Garden City Runners	1592
15	St Albans Striders	1573
16	London Frontrunners	1035
17	Barnet & District	1010
18	Newham & Essex Beagles	935
19	Serpentine RC 'B'	719
20	Harlow RC	537
21	St Mary's Richmond	536
22	Mornington Chasers	57

Veteran Men's League Positions

1	Woodford Green with Essex Ladies	1989
2	London Heathside	1734
3	Hillingdon	1602
4	Barnet & District	1425
5	Garden City Runners	1275
6	Ealing, Southall & Middlesex	1268
7	Enfield & Haringey	1175
8	Metropolitan Police AA	1099
9	Highgate Harriers	1057
10	Herts Phoenix	952
11	Shaftesbury Barnet Harriers	788
12	Serpentine RC	786
13	St Albans Striders	651
14	Thames Valley Harriers	535
15	Victoria Park & Tower Hamlets	525
16	London Frontrunners	444
17	Harlow RC	356
18	Hayes & Harlington	203
19	London Irish	161
20	Newham & Essex Beagles	137
21	Mornington Chasers	3

Under 17 Men's Results

1	D	Easter	SB	17: 49
2	A	Cornwell	WG&EL	18: 28
3	A	Osman	ESM	18: 36
4	R	Matinez-Rodney	E&H	18: 45
5	C	Assmundson	SMR	18: 56
6	R	Sparke	WG&EL	19: 02
7	O	Mansour	WG&EL	19: 04
8	L	Matthewman	High	19: 36
9	J	Taylor-Caldwell	TVH	19: 42
10	L	Nicholas	ESM	19: 46
11	Not	Declared	Herts P	19: 54
12	S	St Ledger	ESM	20: 01
13	Not	Declared	Herts P	20: 13
14	J	Russel-Gill	NEB	20: 25
15	J	Laing	Hill	20: 31
16	P	Harper	ESM	20: 33
17	T	Yasil	ESM	20: 34
18	P	Scanlan	WG&EL	20: 35
19	S	Zajackowski	ESM	20: 35
20	W	Laing	High	20: 49
21	Not	Declared	Herts P	20: 51
22	R	Thompson	Hill	20: 56
23	Not	Declared	Lon H	21: 03
24	C	Yates	Hill	21: 06
25	H	Birrell	High	21: 08
26	A	Adam	SMR	21: 12
27	Not	Declared	Lon H	21: 24
28	A	Jones	E&H	21: 30
29	B	Johnson	SB	21: 40
30	E	De Marcos	TVH	21: 47
31	M	Abbam	WG&EL	21: 49
32	Not	Declared	Herts P	21: 50
33	M	Speight	Hill	21: 51
34	R	Lithgow	Hill	21: 54
35	Not	Declared	Herts P	21: 58
36	T	Pullan	TVH	22: 13
37	Not	Declared	Lon H	22: 19
38	C	Hepworth	ESM	22: 20
39	K	Ingham-Neacy	Hill	22: 41

40	A	Gribben	ESM	22: 59
41	Not	Declared	Lon H	23: 01
42	K	Moreland	SB	23: 04
43	G	Mackenzie-Lowe	E&H	23: 05
44	Not	Declared	Herts P	23: 22
45	A	Shaw	ESM	23: 32
46	G	Barclay	Hill	23: 45
47	A	Assuhidis	ESM	24: 00
48	G	Laing	High	24: 01
49	D	Kail	NEB	24: 02
50	B	Everingham	WG&EL	24: 03
51	Not	Declared	Lon H	24: 04
52	Not	Declared	Herts P	24: 08
53	D	Lee	E&H	24: 36
54	M	Smith	WG&EL	24: 40
55	D	Anderson-Simon	E&H	24: 58
56	S	Whelan	TVH	25: 06
57	Not	Declared	Herts P	25: 23
58	Not	Declared	Lon H	29: 19
59	L	Weir	SMR	35: 40

Under 17 Men's Team Result

1	Woodford Green with Essex Ladies	207
2	Ealing, Southall & Middlesex	199
3	Herts Phoenix	163
4	Hillingdon	146
5	Highgate Harriers	139
6	Ealing, Southall & Middlesex 'B'	126
7	Enfield & Haringey	112
8	London Heathside	112
9	Thames Valley Harriers	109
10	Shaftesbury Barnet Harriers	108
11	St Mary's Richmond	90
12	Newham & Essex Beagles	57
13	Herts Phoenix 'B'	52

Under 17 Men's League Positions

1	Woodford Green with Essex Ladies	468
2	Ealing, Southall & Middlesex	456
3	Hillingdon	449
4	Herts Phoenix	444
5	Shaftesbury Barnet Harriers	311
6	Highgate Harriers	306
7	Thames Valley Harriers	295
8	St Mary's Richmond	283
9	Ealing, Southall & Middlesex 'B'	191
10	Herts Phoenix 'B'	176
11	Enfield & Haringey	165
12	London Heathside	161
13	Newham & Essex Beagles	153
14	Hayes & Harlington	37

Under 13 Boy's Results

1	R	Charles	ESM	10: 58
2	M	Cameron	ESM	11: 45
3	J	Killip	SMR	11: 49
4	L	Blaikie	WG&EL	11: 54
5	J	Carton	Hill	12: 01
6	J	Stockings	WG&EL	12: 07
7	R	Wagstaff	Gst	12: 09
8	Not	Declared	Herts P	12: 13
9	T	Saunders	Hill	12: 16
10	A	Haynes	ESM	12: 17
11	J	Keisler	SMR	12: 31
12	Not	Declared	Herts P	12: 40
13	B	Kemplen	E&H	12: 42
14	D	McGuigan	ESM	12: 46
15	Not	Declared	Herts P	13: 01
16	M	Fayers	Hill	13: 02
17	S	Park	ESM	13: 08
18	J	Watts	NEB	13: 18
19	C	Charles	ESM	13: 21
20	N	Nwanokwu	SB	13: 28
21	J	O'Brien	NEB	13: 29
22	G	Eastwell	Hill	13: 32
23	D	Oliver	SB	13: 37
24	G	Campbell	Hill	13: 57
25	J	Castro	Hill	14: 12
26	S	Drennan	WG&EL	14: 12
27	P	Trofa	ESM	14: 21
28	A	Nicholas	VPH&TH	14: 28
29	Not	Declared		14: 39
30	R	Williams	Hill	14: 47
31	J	Frisby	VPH&TH	14: 51
32	J	Stuart	WG&EL	14: 54
33	G	Clancy	VPH&TH	17: 05
34	W	Ballo	NEB	18: 40
35	M	Nagy	SMR	18: 44

Under 13 Boy's Team Result

1	Ealing, Southall & Middlesex	117
2	Hillingdon	92
3	Woodford Green with Essex Ladies	76
4	Herts Phoenix	73
5	St Mary's Richmond	59
6	Ealing, Southall & Middlesex 'B'	45
7	Newham & Essex Beagles	35
8	Shaftesbury Barnet Harriers	29
9	Enfield & Haringey	23
10	Victoria Park & Tower Hamlets	16
11	London Heathside	7

Under 13 Boy's League Positions

1	Ealing, Southall & Middlesex	331
2	Hillingdon	261
3	Herts Phoenix	225
4	Ealing, Southall & Middlesex 'B'	168
5	St Mary's Richmond	159
6	Shaftesbury Barnet Harriers	148
7	Woodford Green with Essex Ladies	129
8	Enfield & Haringey	75
9	Newham & Essex Beagles	66
10	Victoria Park & Tower Hamlets	16
11	Thames Valley Harriers	13
12	London Heathside	7

Women's Results

1	S	Abel		High	19: 11
2	E	Evans		High	19: 58
3	K	Jenrick	V	High	20: 35
4	H	Zenner		Serp (NS)	20: 48
5	K	Ellison		Met P	20: 51
6	A	Wingler	V	High	20: 54
7	S	Simmons		Met P	20: 57
8	C	Cutler		WG&EL	20: 59
9	B	Pritchett	V	WG&EL	21: 01
10	V	Parry	V	Lon H	21: 09
11	N	Griffith		WG&EL	21: 17
12	A	McGuigan		ESM	21: 23
13	M	Livingstone	V	GCR	21: 29
14	J	Singer		VPH&TH	21: 30
15	L	Bowles		E&H	21: 44
16	A	Dale		NEB	21: 52
17	J	Carrick		High	21: 58
18	N	Fidler		Gst	22: 05
19	E	Ogunde		High	22: 12
20	L	Clifford	V	GCR	22: 13
21	A	Einarsdottir		Lon FR	22: 15
22	J	Laws	V	Barn	22: 16
23	K	Foy		WG&EL	22: 18
24	A	Goodwin		High	22: 31
25	S	McHugh		Met P	22: 35
26	D	Kennedy		WG&EL	22: 36
27	L	Cameron		Met P	22: 43
28	J	Gray		GCR	22: 45
29	K	Nunn		TVH	22: 52
30	R	Clifton		Serp	22: 53
31	G	Jubb		St Alb	22: 55
32	A	Tomlinson		Met P	22: 59
33	S	Main		TVH	23: 04
34	K	Solder		WG&EL	23: 05
35	J	Wastell	V	Lon H	23: 11
36	A	Layton		SB	23: 12
37	C	Perry		Barn	23: 15
38	L	Waldman	V	Lon H	23: 20
39	S	Edmonds		Serp	23: 21
40	A	Stach-Kevitz	V	NEB	23: 24
41	A	Evans		Lon H	23: 27
42	G	Morgan	V	ESM	23: 29
43	J	Docking		WG&EL	23: 33
44	M	Valencia		Lon FR	23: 38
45	K	Crowe		Serp	23: 44
46	M	Powell		WG&EL	23: 48
47	P	Thorne		Serp	23: 55
48	S	AinLey		TVH	23: 56
49	J	Leech		Lon H	23: 58
50	H	Pollak		ESM	24: 01
51	L	McGuinness	V	Morn	24: 05
52	H	Arredondo		E&H	24: 10
53	M	McNamara		E&H	24: 11
54	K	Levene		Lon H	24: 12
55	V	Dabhi		NEB	24: 13
56	J	Bolla		Lon H	24: 16
57	N	Vasey		Gst	24: 17
58	B	Fernandez		Lon FR	24: 20
59	L	Whiting		Serp	24: 22
60	A	Palin		Serp	24: 27
61	K	Bannister		VPH&TH	24: 29
62	C	White	V	Lon H	24: 31
63	L	BruceBurgess		Barn	24: 36

64	C	Daniels		Barn	24: 37	Women's Team Result					
65	K	Horswood	V	Met P	24: 39						
66	J	Watt	V	Lon H	24: 44	1	Highgate Harriers		726		
67	N	Baker	V	ESM	24: 45	2	Woodford Green with Essex Ladies		663		
68	C	Hale	V	GCR	24: 51	3	Metropolitan Police AA		613		
69	R	Miller	V	Lon H	24: 53	4	London Heathside		547		
70	A	Possee	V	WG&EL	24: 57	5	Serpentine RC		494		
71	B	Jones		Lon FR	25: 01	6	Garden City Runners		471		
72	O	Muminova		Lon FR	25: 04	7	Thames Valley Harriers		403		
73	C	Pardoe	V	GCR	25: 06	8	Ealing, Southall & Middlesex		390		
74	Not	Declared		Herts P	25: 10	9	London Frontrunners		379		
75	J	Thomas	V	WG&EL	25: 14	10	Enfield & Haringey		332		
76	A	Clarke-Janssen		Lon H	25: 15	11	Barnet & District		330		
77	V	Metcalf	V	Serp	25: 16	12	Newham & Essex Beagles		325		
78	R	Whittaker		Serp	25: 17	13	Victoria Park & Tower Hamlets		282		
79	F	Holland	V	Lon H	25: 23	14	Serpentine RC 'B'		232		
80	L	Blackman		TVH	25: 25	15	St Albans Striders		132		
81	K	Ward		VPH&TH	25: 31	16	Mornington Chasers		113		
82	J	Conn	V	Serp	25: 32	11	Metropolitan Police AA		53		
83	M	Shaw		TVH	25: 35	12	Mornington Chasers		39		
84	A	Holford		WG&EL	25: 37	13	London Frontrunners		37		
85	L	Levy		Lon H	25: 38	14	Thames Valley Harriers		33		
86	E	Waldman		Lon H	25: 39	15	Harlow RC		16		
87	S	Green		Met P	25: 40	16	Shaftesbury Barnet Harriers		16		
88	K	Wilson		E&H	25: 45	17	Shaftesbury Barnet Harriers		93		
89	A	Wardle	V	WG&EL	25: 47	18	Herts Phoenix		56		
90	Z	Walker	V	WG&EL	25: 50	19	St Mary's Richmond		37		
91	A	Kafas		Met P	25: 59	20	Harlow RC		23		
92	B	Culverwell		SMR	26: 01	21	Hillingdon		18		
93	A	Roose-McClen		High	26: 12						
94	M	Kimura	V	Morn	26: 20	Women's League Positions					
95	C	Mooney	V	St Alb	26: 24						
96	E	Jones		Met P	26: 26	1	Highgate Harriers		2260		
97	S	Ware		NEB	26: 26	2	Woodford Green with Essex Ladies		1909		
98	S	Kelly		TVH	26: 36	3	London Heathside		1857		
99	J	Farmer	V	Serp	26: 39	4	Garden City Runners		1761		
100	R	Ingram		Serp	26: 41	5	Serpentine RC		1685		
101	J	Allen	V	GCR	26: 44	6	Metropolitan Police AA		1553		
102	S	Bate		Lon H	26: 50	7	Ealing, Southall & Middlesex		1549		
103	G	Clark		TVH	27: 01	8	Barnet & District		1450		
104	J	Gristwood	V	ESM	27: 06	9	Thames Valley Harriers		1101		
105	J	Reid	V	Met P	27: 09	10	Serpentine RC 'B'		1027		
106	L	Viney		Serp	27: 28	11	London Frontrunners		1009		
107	J	Vlahovic		Serp	27: 39	12	Enfield & Haringey		992		
108	L	Blaber		Met P	27: 47	13	Newham & Essex Beagles		729		
109	M	Walsh		ESM	27: 51	14	Victoria Park & Tower Hamlets		650		
110	L	Vacher		VPH&TH	27: 54	15	Shaftesbury Barnet Harriers		645		
111	C	Heemskerk	V	Hill	28: 26	16	Hillingdon		619		
112	P	Cockman		VPH&TH	28: 32	17	St Albans Striders		603		
113	S	Burdett		E&H	28: 41	18	Herts Phoenix		414		
114	K	Topp		VPH&TH	28: 44	19	Mornington Chasers		113		
115	L	Selby	V	Harl RC	28: 53	20	Harlow RC		104		
116	V	Haines	V	NEB	29: 30	21	St Mary's Richmond		87		
117	A	Birch	V	ESM	29: 32	22	Hayes & Harlington		28		
118	T	Deutschmann		Serp	29: 42						
119	S	Pillinger		Serp	29: 43	Veteran Women's Results					
120	K	Moir	V	Harl RC	29: 50						
121	H	Kemble		E&H	30: 22	1	K	Jenrick	V	High	20: 35
122	R	Rider		E&H	30: 40	2	A	Wingler	V	High	20: 54
123	L	Keltie	V	Serp	30: 50	3	B	Pritchett	V	WG&EL	21: 01
124	C	Shepherd		VPH&TH	31: 03						
125	Not	Declared		NEB	31: 20						
126	S	Pacey		Met P	31: 31						
127	K	Collins		Met P	31: 59						
128	Not	Declared		Herts P	33: 42						

Veteran Women's Team Result

1	London Heathside	122
2	Garden City Runners	108
3	Woodford Green with Essex Ladies	88
4	Highgate Harriers	75
5	Ealing, Southall & Middlesex	62
6	Serpentine RC	43
7	Mornington Chasers	39
8	Newham & Essex Beagles	33
9	Barnet & District	32
10	Metropolitan Police AA	32
11	St Albans Striders	11
12	Harlow RC	7
13	Hillingdon	6

Veteran Women's League Positions

1	London Heathside	452
2	Garden City Runners	396
3	Highgate Harriers	335
4	Ealing, Southall & Middlesex	332
5	Woodford Green with Essex Ladies	287
6	Barnet & District	246
7	Serpentine RC	188
8	Newham & Essex Beagles	85
9	St Albans Striders	71
10	Hillingdon	54
11	Metropolitan Police AA	53
12	Mornington Chasers	39
13	London Frontrunners	37
14	Thames Valley Harriers	33
15	Harlow RC	16
16	Shaftesbury Barnet Harriers	16
17	Herts Phoenix	15
18	Enfield & Haringey	9
19	Victoria Park & Tower Hamlets	7
20	Hayes & Harlington	6

Under 15 Girl's Results

1	N	Dabhi	NEB	12: 20
2	B	Hewitt	WG&EL	12: 36
3	G	Miansarow	SMR	12: 48
4	E	Davies	ESM	12: 55
5	Not	Declared	Herts P	13: 00
6	Not	Declared	Herts P	13: 00
7	K	Chapman	TVH	13: 09
8	D	Atanda	NEB	13: 10
9	A	Garnham	SMR	13: 12
10	A	Keane	High	13: 13
11	K	Brown	E&H	13: 18
12	L	Edmunds	SMR	13: 21
13	R	Pryce	SMR	13: 28
14	S	Williams	High	13: 33
15	Ho	Pattie-Belleli	WG&EL	13: 35
16	E	Edmunds	SMR	13: 37
17	K	Bryant	SMR	13: 38

18	Not	Declared	Herts P	13: 39
19	Not	Declared	Herts P	13: 41
20	D	Durham	NEB	13: 45
21	AJ	Cotter	High	13: 49
22	G	Ferrari	WG&EL	13: 52
23	J	O'Connell	ESM	14: 19
24	M	Rieler	SMR	14: 20
25	L	Denaro	SMR	14: 22
26	K	Stockings	WG&EL	14: 23
27	C	Lord-Sallanave	TVH	14: 26
28	N	Shelley	ESM	14: 27
29	L	Tembey	WG&EL	14: 29
30	C	Conway	WG&EL	14: 38
31	Not	Declared	Lon H	14: 49
32	S	Walker	VPH&TH	14: 54
33	K	Ramsden	NEB	14: 59
34	H	French	ESM	15: 01
35	Ha	Pattie-Belleli	WG&EL	15: 04
36	R	Meehan	WG&EL	15: 05
37	M	Corbett	High	15: 27
38	M	Polke	ESM	15: 30
39	N	Nigond	SMR	15: 34
40	R	Samuels	WG&EL	17: 02
41	K	Dempsey-Brench	Hill	17: 08
42	E	Matthews	ESM	17: 38
43	M	Singh	WG&EL	17: 42
44	I	Izamay	NEB	17: 50
45	O	Ladipo	NEB	18: 54
46	K	Garcia	NEB	19: 10

Under 15 Girl's Team Result

1	St Mary's Richmond	151
2	Herts Phoenix	140
3	Newham & Essex Beagles	126
4	Woodford Green with Essex Ladies	123
5	Highgate Harriers	106
6	Ealing, Southall & Middlesex	99
7	Thames Valley Harriers	60
8	Enfield & Haringey	36
9	London Heathside	16
10	Victoria Park & Tower Hamlets	15
11	Hillingdon	6

Under 15 Girl's League Positions

1	St Mary's Richmond	525
2	Herts Phoenix	445
3	Newham & Essex Beagles	435
4	Woodford Green with Essex Ladies	410
5	Ealing, Southall & Middlesex	382
6	Thames Valley Harriers	315
7	Enfield & Haringey	290
8	Hillingdon	233
9	Highgate Harriers	169
10	Barnet & District	94
11	Victoria Park & Tower Hamlets	35
12	London Heathside	26

Reminder Result sheets and discs must be handed to Howard Williams (League Secretary) within 30 minutes of conclusion of race
Thank you for your co-operation with the new result sheets which proved a great time saver all-round

Next fixture: Saturday 13 January 2007 at Wormwood Scrubs (hosted by Thames Valley Harriers). 1.30pm start

Best wishes for Christmas and the New Year