

London City Runner Metropolitan League Race Three at Wormwood Scrubs (hosted by TVH) - Saturday 24 November 2007

Under 13 Boys Results

1	B	Chapman	SMR	U13	12. 40
2	J	Stockings	WG&EL	U13	12. 53
3	A	Haynes	ESM	U13	12. 58
4	D	McGuigan	ESM	U13	12. 59
5	L	Penney	SMR	U13	13. 10
6	T	Saunders	Hill	U13	13. 12
7	J	Keisler	SMR	U13	13. 17
8	G	Campbell	Hill	U13	13. 22
9	F	McGuigan	ESM	U13	13. 31
10	S	Trengoue	SMR	U13	13. 41
11	L	Cloona	Herts P	U13	13. 43
12	M	Banstead	SMR	U13	13. 45
13	E	Webb	SMR	U13	13. 48
14	E	O'Brien	SMR	U13	13. 49
15	B	Culverwell	SMR	U13	13. 50
16	R	Hope	Hill	U13	13. 55
17	D	Pinder	ESM	U13	13. 57
18	O	Berg	TVH	U13	13. 57
19	S	Crosbie	Hill	U13	13. 58
20	K	Brahim	WG&EL	U13	14. 04
21	K	Kenrick	TVH	U13	14. 05
22	D	Barcroft	Herts P	U13	14. 07
23	S	Shindler-Glass	ESM	U13	14. 10
24	J	Hannington	ESM	U13	14. 11
25	S	Hobbs	Hill	U13	14. 15
26	C	McCormick	SB	U13	14. 17
27	J	Hailstone	Hill	U13	14. 22
28	T	Fogarty	ESM	U13	14. 28
29	N	Nwanokwu	SB	U13	14. 29
30	L	Lavender	Hill	U13	14. 30
31	C	Searles	TVH	U13	14. 31
32	S	Glynn	Herts P	U13	15. 00
33	S	Robinson	WG&EL	U13	15. 19
34	J	Edwards	TVH	U13	15. 21
35	N	Toumi	TVH	U13	15. 50
36	B	Pinder	ESM	U13	15. 52
37	C	Bannister	TVH	U13	15. 53
38	E	Pearce	SMR	U13	16. 31
39	F	Lebridi	ESM	U13	16. 32

Under 13 Boys Team Result

1	St Mary's Richmond	137
2	Ealing, Southall & Middlesex	127
3	Hillingdon	111
4	St Mary's Richmond 'B'	106
5	Woodford Green with Essex Ladies	65
6	Thames Valley Harriers	56
7	Herts Phoenix	55
8	Ealing, Southall & Middlesex 'B'	49
9	Hillingdon 'B'	38
10	Shaftesbury Barnet Harriers	25
11	Thames Valley Harriers 'B'	8

Under 13 Boys League Positions

1	St Mary's Richmond	372
2	Ealing, Southall & Middlesex	348
3	Hillingdon	344
4	Shaftesbury Barnet Harriers	233
5	St Mary's Richmond 'B'	192
6	Woodford Green with Essex Ladies	172
7	Herts Phoenix	144
8	Thames Valley Harriers	125
9	Ealing, Southall & Middlesex 'B'	85
10	Hillingdon 'B'	83
11	Shaftesbury Barnet Harriers 'B'	53
12	Highgate Harriers	13
13	Newham & Essex Beagles	9
14	Thames Valley Harriers 'B'	8
15	Victoria Park & Tower Hamlets	2

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Under 13 Girls Results

1	K	Iliffe	SMR	U13	13. 47
2	C	Kerr	E&H	U13	14. 06
3	S	Tory	TVH	U13	14. 09
4	A	Doyle	WG&EL	U13	14. 13
5	K	Fray	E&H	U13	14. 16
6	E	Lloyd	Herts P	U13	14. 29
7	E	Bird	Herts P	U13	14. 41
8	H	Gibbons	Hill	U13	15. 02
9	K	Baily	ESM	U13	15. 05
10	E	Calder	Roys Cr	U13	15. 11
11	M	Blackie	Hill	U13	15. 11
12	A	Hunton	SMR	U13	15. 15
13	E	King	ESM	U13	15. 43
14	H	Bedeau	WG&EL	U13	15. 45
15	R	O'Sullivan	Roys Cr	U13	15. 47
16	G	Gahan	ESM	U13	16. 13
17	C	Booth-Clifburn	TVH	U13	16. 22
18	G	Crean	ESM	U13	16. 23
19	L	Parry	Herts P	U13	16. 31
20	C	Rowland	TVH	U13	16. 52
21	R	Miles	Hill	U13	16. 56
22	E	Redmond	ESM	U13	16. 59
23	M	Johnson	ESM	U13	17. 00
24	S	Smith	WG&EL	U13	17. 05
25	J	Jury	Hill	U13	17. 06
26	H	Stouts	Roys Cr	U13	17. 13
27	K	Eastmond	ESM	U13	17. 22
28	P	Walker	VPH&TH	U13	17. 27
29	B	O'Donnell	Hill	U13	17. 32
30	A	Lee	Hill	U13	17. 43
31	O	Ladope	NEB	U13	18. 52
32	M	Bedeau	WG&EL	U13	19. 03
33	I	Metcalf	SMR	U13	19. 03
34	E	O'Donnell	TVH	U13	19. 57
35	R	Clayden-Chapman	TVH	U13	20. 00
36	N	Livingstone	GCR	U13	20. 03
37	Z	Watts	Hill	U13	21. 10
38	C	Gould	ESM	U13	ntt

Under 13 Girls Team Result

1	Ealing, Southall & Middlesex	100
2	Hillingdon	91
3	Herts Phoenix	85
4	Thames Valley Harriers	82
5	Woodford Green with Essex Ladies	82
6	Enfield & Haringey	71
7	St Mary's Richmond	71
8	Royston Crows	66
9	Ealing, Southall & Middlesex 'B'	46
10	Hillingdon 'B'	21
11	Victoria Park & Tower Hamlets	11
12	Newham & Essex Beagles	8
13	Thames Valley Harriers 'B'	4
14	Garden City Runners	3

Under 13 Girls League Positions

1	Hillingdon	268
2	Woodford Green with Essex Ladies	264
3	Thames Valley Harriers	230
4	Herts Phoenix	218
5	Ealing, Southall & Middlesex	214
6	Enfield & Haringey	181
7	Royston Crows	175
8	St Mary's Richmond	145
9	Hillingdon 'B'	92
10	Ealing, Southall & Middlesex 'B'	47
11	Woodford Green with Essex Ladies 'B'	39
12	Newham & Essex Beagles	33
13	Victoria Park & Tower Hamlets	11
14	Thames Valley Harriers 'B'	10
15	Metropolitan Police AA	5
16	Garden City Runners	3

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Under 17 Men's Results

1	A	Cornwell	WG&EL	U17	13. 41
2	O	Mansour	WG&EL	U17	13. 51
3	L	Walshe	Herts P	U17	14. 02
4	J	Taylor-Caldwell	ESM	U17	14. 04
5	R	Goodman	SB	U15	14. 06
6	R	Charles	ESM	U15	14. 09
7	J	Laing	Hill	U17	14. 13
8	T	Grant	Hill	U15	14. 16
9	D	Wood	Herts P	U17	14. 22
10	C	Yates	Hill	U15	14. 24
11	R	Thompson	Hill	U17	14. 30
12	L	Nicholas	ESM	U17	14. 39
13	M	Fayers	Hill	U15	14. 49
14	J	Sherry	E&H	U15	14. 53
15	J	Gill	NEB	U17	14. 54
16	W	Laing	High	U17	14. 56
17	B	Phillips	WG&EL	U15	15. 00
18	T	Nunn	SMR	U15	15. 01
19	R	Parker	Herts P	U17	15. 05
20	T	Bower	NEB	U15	15. 06
21	M	Cameron	ESM	U15	15. 08
22	A	Shaw	ESM	U17	15. 09
23	P	Scanlan	WG&EL	U15	15. 13
24	C	Charles	ESM	U17	15. 13
25	J	Moran	SMR	U15	15. 14
26	H	Birrell	High	U17	15. 16
27	A	Cloona	Herts P	U15	15. 18
28	R	Wagstaff *	E&H	U15	15. 20
29	C	Hepworth	ESM	U17	15. 26
30	J	Gaynor	Herts P	U17	15. 33
31	S	Ashcroft	ESM	U17	15. 34
32	M	Barnwell	NEB	U17	15. 35
33	T	Fearnley	E&H	U15	15. 36
34	D	Yaxley	WG&EL	U15	15. 38
35	G	Barclay	Hill	U15	15. 40
36	S	Kibye	NEB	U17	15. 42
37	T	Drury	Hill	U15	15. 43
38	G	Guthrie	NEB	U17	15. 45
39	A	Cordell	E&H	U15	15. 46
40	J	Killip	SMR	U15	15. 47
41	R	Stephenson	SB	U15	15. 51
42	A	Allen	ESM	U15	15. 54
43	J	Carton	Hill	U15	15. 58
44	L	Blakie	WG&EL	U17	16. 00
45	S	Harvey *	Hill	U15	16. 05
46	T	Hone	Roys Cr	U17	16. 07
47	K	Ingham-Neacy	Hill	U15	16. 13
48	B	Zaheer	ESM	U17	16. 17
49	D	Kail	NEB	U15	16. 22
50	G	Laing	High	U15	16. 25
51	J	O'Donovan	Hill	U15	16. 36
52	L	Gordon	WG&EL	U15	16. 46
53	S	Zajackowski	ESM	U17	17. 02
54	G	Nisbet	H&H	U17	17. 12
55	M	Shelley	ESM	U17	17. 14
56	L	Pierre-Inkson	Hill	U15	17. 22
57	J	Watts	NEB	U15	17. 27
58	F	Awale	TVH	U17	17. 41
59	J	Castro	Hill	U15	17. 45
60	R	Surrudge	E&H	U15	17. 50
61	W	Pinder	ESM	U17	17. 54
62	A	Flynn	Hill	U15	18. 01
63	R	Faulkner	Herts P	U15	18. 44
64	P	Allen	Roys Cr	U15	19. 06

Under 17 Men's Team Result

1	Hillingdon	224
2	Ealing, Southall & Middlesex	217
3	Woodford Green with Essex Ladies	217
4	Herts Phoenix	202
5	Newham & Essex Beagles	157
6	Ealing, Southall & Middlesex 'B'	154
7	Enfield & Haringey	146
8	Hillingdon 'B'	132
9	St Mary's Richmond	112
10	Highgate Harriers	103
11	Shaftesbury Barnet Harriers	84
12	Woodford Green with Essex Ladies 'B'	65
13	Newham & Essex Beagles 'B'	51
14	Herts Phoenix 'B'	37
15	Royston Crows	20
16	Hayes & Harlington	11
17	Thames Valley Harriers	7
18	Enfield & Haringey 'B'	5

Under 17 Men's League Positions

1	Hillingdon	661
2	Herts Phoenix	617
3	Ealing, Southall & Middlesex	581
4	Woodford Green with Essex Ladies	448
5	Hillingdon 'B'	427
6	Shaftesbury Barnet Harriers	387
7	St Mary's Richmond	365
8	Newham & Essex Beagles	339
9	Ealing, Southall & Middlesex 'B'	309
10	Herts Phoenix 'B'	285
11	Highgate Harriers	280
12	Enfield & Haringey	268
13	Shaftesbury Barnet Harriers 'B'	144
14	Royston Crows	113
15	London Heathside	95
16	Woodford Green with Essex Ladies 'B'	88
17	Newham & Essex Beagles 'B'	63
18	Hayes & Harlington	39
19	St Mary's Richmond 'B'	26
20	Thames Valley Harriers	22
21	Enfield & Haringey 'B'	5

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Under 17 Women's Results

1	K	Brown	SMR	U17	16. 19
2	E	Waldman	Lon H	U17	16. 23
3	M	Newbury	TVH	U17	16. 23
4	S	Williams	High	U15	16. 25
5	J	Mobed	TVH	U15	17. 02
6	G	Miansarow	SMR	U17	17. 11
7	E	O'Brien	SMR	U15	17. 15
8	N	Dabni	NEB	U15	17. 19
9	K	Barber	Barn	U15	17. 23
10	B	Hewitt	WG&EL	U17	17. 32
11	E	Fuller	Herts P	U15	17. 33
12	G	Miles	SMR	U15	17. 35
13	M	Garner	SMR	U15	17. 42
14	R	Pryce	SMR	U17	17. 53
15	D	Atanda	NEB	U15	18. 02
16	L	Whitehead	Herts P	U17	18. 03
17	E	Edmunds	SMR	U15	18. 04
18	E	Layton	SB	U17	18. 05
19	H	Pollak	ESM	U17	18. 10
20	J	Docking	WG&EL	U17	18. 25
21	H	Arredondo	E&H	U17	18. 30
22	K	Brown	E&H	U15	18. 44
23	C	Conway	WG&EL	U15	18. 52
24	L	Edmunds	SMR	U17	19. 00
25	S	Harizi	E&H	U15	19. 31
26	C	Vizzard	Hill	U15	19. 37
27	M	Shaw	TVH	U17	19. 42
28	G	Wilcox	Hill	U15	19. 47
29	L	Saadi	Hill	U17	19. 53
30	H	French	ESM	U17	20. 05
31	H	Wells	Hill	U15	20. 09
32	E	Meakins	Herts P	U15	20. 15
33	J	Nettleton	Hill	U15	20. 27
34	N	Nigond	SMR	U15	20. 30
35	N	Shelley	ESM	U15	21. 03
36	B	Culverwell	SMR	U17	21. 04
37	S	Walker	VPH&TH	U15	21. 10
38	K	Ramsden	NEB	U15	21. 14
39	V	Ohourugu	NEB	U15	21. 23
40	G	Clark	TVH	U17	21. 47
41	C	Wood	Roys Cr	U15	22. 40
42	E	Matthews	ESM	U17	22. 54
43	J	Raymond	NEB	U15	24. 18
44	K	Garcia	NEB	U15	24. 22
45	N	Fage-Bargin	VPH&TH	U15	24. 47

Under 17 Women's Team Result

1	St Mary's Richmond	158
2	St Mary's Richmond 'B'	116
3	Thames Valley Harriers	109
4	Woodford Green with Essex Ladies	85
5	Newham & Essex Beagles	84
6	Herts Phoenix	79
7	Enfield & Haringey	70
8	Hillingdon	70
9	Ealing, Southall & Middlesex	58
10	London Heathside	44
11	Highgate Harriers	42
12	Barnet & District	37
13	Shaftesbury Barnet Harriers	28
14	Hillingdon 'B'	13
15	Victoria Park & Tower Hamlets	10
16	Newham & Essex Beagles 'B'	5
17	Royston Crows	5

Under 17 Women's League Positions

1	St Mary's Richmond	444
2	Woodford Green with Essex Ladies	343
3	Ealing, Southall & Middlesex	322
4	St Mary's Richmond 'B'	267
5	Thames Valley Harriers	265
6	Herts Phoenix	231
7	Enfield & Haringey	190
8	Hillingdon	190
9	Newham & Essex Beagles	172
10	London Heathside	133
11	Highgate Harriers	128
12	Barnet & District	113
13	Ealing, Southall & Middlesex 'B'	84
14	Hillingdon 'B'	50
15	Victoria Park & Tower Hamlets	45
16	Woodford Green with Essex Ladies 'B'	44
17	Serpentine RC	32
18	Shaftesbury Barnet Harriers	28
19	Herts Phoenix 'B'	19
20	Royston Crows	19
21	Newham & Essex Beagles 'B'	8
22	Metropolitan Police AA	3

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Women's Results

1	E	Evans	High	S	21. 28
2	K	Philp	GCR	S	21. 34
3	L	Hall	Herts P	S	21. 41
4	L	Braithwaite	Herts P	S	21. 49
5	M	Hutchison	Hill	S	21. 51
6	E	Griffiths	E&H	S	22. 10
7	K	Morser	WG&EL	S	22. 13
8	K	Jenrick	High	V40	22. 23
9	L	Bromilow	VPH&TH	S	22. 25
10	D	Kennedy	WG&EL	S	22. 35
11	J	Gray	GCR	S	22. 38
12	M	Livingstone	GCR	V35	22. 40
13	K	March	Barn	S	22. 43
14	A	Hopkins	ESM	S	22. 48
15	E	Ferenczi	SB	S	22. 49
16	K	Reeves *	Met P	S	22. 51
17	E	Grant	Hill	S	22. 53
18	A	Trafford	High	S	Gst 22. 56
19	J	Carritt	High	S	23. 13
20	A	Wingler	High	V35	23. 15
21	M	Hall	GCR	S	23. 23
22	J	Kent	Barn	V35	23. 27
23	N	de la Salle	Hill	S	23. 32
24	B	Anderson	SB	S	23. 35
25	K	Pradier	Serp	V35	23. 40
26	K	Gundersen	WG&EL	S	23. 41
27	L	Blackman	TVH	S	23. 42
28	L	Cameron	Met P	S	23. 43
29	C	Harris	GCR	V40	23. 52
30	S	Fitt	GCR	V40	23. 53
31	N	Anderson	SB	V35	23. 55
32	L	Wilson	ESM	V45	23. 56
33	G	Jubb	St Alb	S	24. 02
34	L	McKie	St Alb	V35	24. 06
35	C	Hale	GCR	V35	24. 07
36	P	Thorn	Serp	S	24. 08
37	A	Goodwin	High	S	24. 09
38	S	Edmunds	Serp	S	24. 10
39	J	Singer	VPH&TH	S	24. 10
40	P	Thomas	ESM	V40	24. 12
41	S	McHugh	Met P	S	24. 20
42	J	Wastell	Lon H	V45	24. 22
43	B	Fernandez	Lon FR	S	24. 26
44	C	Perry	Barn	S	24. 31
45	H	Zenner *	Serp	S	24. 33
46	N	Froud	Barn	V40	24. 35
47	H	Blamire-Brown	St Alb	S	24. 43
48	E	Llewellyn	E&H	S	24. 50
49	C	Niklaus	GCR	S	24. 53
50	A	Palin	Serp	S	24. 55
51	S	Heath	SB	V45	24. 58
52	L	James	WSEH	S	Gst 25. 03
53	E	Murray	High	S	25. 09
54	H	Sheridan	Barn	S	25. 16
55	J	Watt	Lon H	V35	25. 18
56	O	Muminova	Lon FR	S	25. 19
57	R	Clayden	SMR	U20	25. 21
58	G	Morgan	ESM	V45	25. 27
59	R	Miller	Lon H	V45	25. 43
60	L	Brosnan	Lon FR	V35	25. 44
61	V	Dabhi	NEB	S	25. 48
62	H	Hoyle	Barn	V35	25. 49
63	F	Holland	Lon H	V45	25. 55
64	V	Metcalf	Serp	V40	25. 57
65	U	Wilson	Lon H	V35	25. 58
66	K	Garrigan	Met P	S	25. 59
67	K	Levene	Lon H	V35	26. 03
68	P	Thomas	E&H	S	26. 15
69	L	Howard	Lon H	S	26. 19

Women's Team Result

1	Garden City Runners	618
2	Highgate Harriers	587
3	Barnet & District	486
4	Serpentine RC	469
5	Metropolitan Police AA	426
6	Ealing, Southall & Middlesex	414
7	Hillingdon	392
8	London Heathside	380
9	Woodford Green with Essex Ladies	368
10	Shaftesbury Barnet Harriers	362
11	Serpentine RC 'B'	279
12	Victoria Park & Tower Hamlets	270
13	St Albans Striders	249
14	Enfield & Haringey	241
15	Herts Phoenix	233
16	London Frontrunners	227
17	Garden City Runners 'B'	196
18	London Heathside 'B'	167
19	Metropolitan Police AA 'B'	113
20	Mornington Chasers	103
21	Thames Valley Harriers	96
22	St Mary's Richmond	65
23	Newham & Essex Beagles	61
24	Highgate Harriers 'B'	57
25	Ealing, Southall & Middlesex 'B'	35
26	Barnet & District 'B'	22
27	Hayes & Harlington	12
28	Hillingdon 'B'	3

Women's League Positions

1	Garden City Runners	1683
2	Highgate Harriers	1657
3	Woodford Green with Essex Ladies	1448
4	Serpentine RC	1354
5	Ealing, Southall & Middlesex	1045
6	Hillingdon	962
7	Barnet & District	958
8	Metropolitan Police AA	952
9	London Heathside	934
10	Shaftesbury Barnet Harriers	905
11	London Frontrunners	901
12	Serpentine RC 'B'	784
13	St Albans Striders	645
14	Victoria Park & Tower Hamlets	531
15	Enfield & Haringey	504
16	Garden City Runners 'B'	392
17	London Heathside 'B'	312
18	Herts Phoenix	308
19	Mornington Chasers	301
20	Woodford Green with Essex Ladies 'B'	282
21	Highgate Harriers 'B'	278
22	Metropolitan Police AA 'B'	208
23	Thames Valley Harriers	167
24	Newham & Essex Beagles	158
25	St Mary's Richmond	125
26	Ealing, Southall & Middlesex 'B'	54
27	Hillingdon 'B'	32
28	Barnet & District 'B'	22
29	Hayes & Harlington	12
30	Mornington Chasers 'B'	10
31	London Frontrunners 'B'	3

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70	L	Maughan	Serp	V35	26. 32	Veteran Women's Team Result		
71	J	Conn	Serp	V35	26. 38			
72	M	Kimura	Morn	V35	26. 43	1	Garden City Runners	174
73	M	Ivantsoff	Serp	S	26. 46	2	London Heathside	132
74	S	Reddy	Serp	V35	26. 50	3	Ealing, Southall & Middlesex	128
75	S	Jackson	Met P	S	26. 54	4	Serpentine RC	122
76	S	Green	Met P	S	26. 55	5	Barnet & District	112
77	A	ReeceSaunders	Morn	V50	26. 56	6	Highgate Harriers	110
78	N	McQueen	Lon H	S	26. 57	7	Shaftesbury Barnet Harriers	77
79	S	Brighton	Lon H	V35	26. 59	8	London Heathside 'B'	73
80	S	Knox	Serp	V35	27. 01	9	Serpentine RC 'B'	65
81	J	Weekes	Hill	S	27. 06	10	Mornington Chasers	44
82	J	Reid	Met P	V40	27. 10	11	St Albans Striders	40
83	M	Walsh	ESM	S	27. 22	12	London Frontrunners	31
84	J	Allen	GCR	V55	27. 29	13	Woodford Green with Essex Ladies	19
85	R	Brough	Serp	S	27. 33	14	Metropolitan Police AA	18
86	P	Rutherford	Serp	S	27. 35	15	Garden City Runners 'B'	17
87	C	Jones	ESM	V45	27. 47	16	Hillingdon	16
88	E	Battson	VPH&TH	V35	27. 50	17	Ealing, Southall & Middlesex 'B'	15
89	D	Dryhurst	Met P	S	27. 54	18	Victoria Park & Tower Hamlets	15
90	N	Cendrowicz	High	V35	27. 56	19	Thames Valley Harriers	1
91	M	Pryke	Serp	V35	27. 57			
92	E	Mosedale	VPH&TH	S	27. 58	Veteran Women's League Positions		
93	J	Gristwood	ESM	V45	28. 00			
94	C	Sacks	Serp	V35	28. 01	1	Garden City Runners	500
95	C	Knight	Lon H	S	28. 02	2	Highgate Harriers	464
96	A	Wardle	WG&EL	V40	28. 11	3	London Heathside	356
97	N	Sorensen	High	U20	28. 28	4	Ealing, Southall & Middlesex	341
98	S	McCarthy	WG&EL	V50	28. 30	5	Serpentine RC	296
99	J	Burrows	Met P	S	29. 01	6	Barnet & District	209
100	E	Winter	Barn	S	29. 02	7	Woodford Green with Essex Ladies	203
101	B	Jones	Lon FR	S	29. 03	8	London Frontrunners	196
102	L	Wray	Serp	S	29. 14	9	Shaftesbury Barnet Harriers	192
103	C	Heemskerk	Hill	V50	29. 22	10	London Heathside 'B'	151
104	C	Levermore	Serp	S	29. 24	11	Serpentine RC 'B'	129
105	R	Powell	Serp	V35	29. 30	12	Mornington Chasers	127
106	L	Hutchison	Hill	V45	29. 40	13	Hillingdon	83
107	C	Sowerby	Serp	V45	29. 47	14	Metropolitan Police AA	49
108	A	Rickford	Serp	S	29. 55	15	Garden City Runners 'B'	43
109	A	Fake	VPH&TH	S	30. 00	16	St Albans Striders	40
110	M	Sampson	H&H	S	30. 30	17	Ealing, Southall & Middlesex 'B'	31
111	L	Plumbly	Serp	V50	30. 33	18	St Mary's Richmond	30
112	L	Rossa	Serp	S	30. 36	19	Newham & Essex Beagles	26
113	K	Quilla	Lon H	S	Gst 30. 37	20	Highgate Harriers 'B'	20
114	S	Pacey	Met P	S	30. 41	21	Victoria Park & Tower Hamlets	19
115	H	Adams	Morn	S	31. 05	22	Herts Phoenix	13
116	E	Hammond	Met P	S	31. 31	23	Enfield & Haringey	5
117	D	Johnstone	ESM	V60	31. 40	24	Thames Valley Harriers	2
118	J	Marzullo	Serp	S	32. 09			
119	S	Vaatz	Serp	S	33. 29			
120	J	Miles	Hill	V50	33. 41			
121	M	Downie	TVH	V50	35. 44			
122	K	Collins	Met P	S	36. 12			

London City Runner Metropolitan League Race Three at Wormwood Scrubs (hosted by TVH) - Saturday 24 November 2007

Men's Results

1	M	Shone	WG&EL	S	27. 24
2	O	Edwards	SB	S	27. 26
3	H	Dodwell	High	S	27. 36
4	R	Hope	VPH&TH	S	27. 44
5	H	Care	WG&EL	S	27. 56
6	R	Williams	SB	S	28. 00
7	B	Powell	WG&EL	S	28. 11
8	J	Trapmore	SB	S	28. 13
9	J	Powell	WG&EL	S	28. 16
10	A	Barber	NEB	S	28. 24
11	S	Whelan	Lon FR	V40	28. 29
12	J	Sumpter	TVH	S	28. 37
13	G	Robinson	GCR	S	28. 41
14	J	Parslow	SB	S	28. 43
15	K	Murphy	WG&EL	S	28. 48
16	P	Tucker *	Met P	S	28. 52
17	H	Wyber	WG&EL	S	28. 53
18	M	Jubb	St Alb	S	28. 55
19	G	Irvine	TVH	S	28. 57
20	S	Martyn	High	S	29. 07
21	K	Robertson	SB	S	29. 13
22	D	Vaughan	GCR	S	29. 16
23	D	Clark	Unatt	S	Gst 29. 19
24	M	Vassiliou	E&H	V45	29. 21
25	J	Henderson	High	S	29. 22
26	Not	Declared	Herts P	S	29. 23
27	P	Cuddihy	Hill	S	29. 25
28	M	Sullivan	SB	S	29. 28
29	P	Stainer	SB	V40	29. 30
30	R	Wilson	ESM	S	29. 36
31	A	Lindsay	High	S	29. 39
32	N	Gamester	SB	S	29. 40
33	R	Breen	SB	S	29. 41
34	C	Chapman	High	S	29. 43
35	M	Bateman	Hill	S	29. 44
36	A	Reeves	Serp	S	29. 45
37	R	Peters	Met P	S	29. 46
38	M	Potter	Lon H	V40	29. 48
39	J	Cunningham *	Serp	S	29. 50
40	A	Kotsyubka	ESM	S	29. 50
41	A	Drent	SB	S	29. 52
42	M	Forrest	Lon FR	V40	29. 54
43	J	Cooper *	Met P	S	29. 56
44	S	Mitchell	E&H	S	29. 57
45	A	Ornoupu	ESM	S	29. 58
46	J	Morris	SB	S	29. 59
47	E	Phillips	Serp	S	30. 02
48	S	Whiting	Lon FR	V40	30. 04
49	I	Campbell	Met P	V45	30. 05
50	T	Jackson	SB	V40	30. 10
51	N	Torry	Serp	S	30. 14
52	D	Bickham	High	S	30. 15
53	S	Barrett	Serp	S	30. 18
54	N	Stoddart	SMR	S	30. 22
55	D	Thompson	Hill	U20	30. 23
56	Not	Declared	Lon H	S	30. 26
57	M	Branco	Serp	S	30. 29
58	R	Jenkin	Hill	V45	30. 32
59	R	Phillips	Serp	S	30. 35
60	J	Brown	Met P	S	30. 37
61	N	Keys	E&H	S	30. 44
62	M	DaSilva	TVH	S	30. 48
63	R	Fowler	E&H	S	30. 49
64	R	O'Sullivan	WG&EL	S	30. 51
65	M	Ennion	St Alb	S	30. 52
66	S	Buckle	St Alb	S	30. 53
67	Not	Declared	Herts P	S	30. 53
68	D	Bond	Lon FR	S	30. 53
69	J	Castro	Hill	U20	30. 54

Men's Division One Team Result

1	Shaftesbury Barnet Harriers	1710
2	Woodford Green with Essex Ladies	1380
3	Highgate Harriers	1290
4	Metropolitan Police AA	1252
5	Serpentine RC	1213
6	Ealing, Southall & Middlesex	1157
7	Hillingdon	1111
8	Thames Valley Harriers	795
9	London Heathside	720
10	Enfield & Haringey	689
11	Garden City Runners	623
12	St Albans Striders	546
13	Herts Phoenix	533
14	Victoria Park & Tower Hamlets	516
15	Woodford Green with Essex Ladies 'B'	160

Men's Division One League Positions

1	Shaftesbury Barnet Harriers	4975
2	Woodford Green with Essex Ladies	4735
3	Serpentine RC	4143
4	Hillingdon	3756
5	Metropolitan Police AA	3690
6	Highgate Harriers	3628
7	Ealing, Southall & Middlesex	3045
8	London Heathside	2734
9	Garden City Runners	2464
10	St Albans Striders	2340
11	Thames Valley Harriers	2008
12	Herts Phoenix	1949
13	Enfield & Haringey	1946
14	Victoria Park & Tower Hamlets	1932
15	Woodford Green with Essex Ladies 'B'	1430

London City Runner Metropolitan League Race Three at Wormwood Scrubs (hosted by TVH) - Saturday 24 November 2007

70	J	Dale	ESM	S	30. 56
71	R	Brown	ESM	V40	30. 57
72	A	Welshman	Lon H	V40	30. 58
73	S	Livingstone	GCR	V45	31. 02
74	M	Delahunty	ESM	S	31. 11
75	A	Brown	E&H	V50	31. 13
76	P	Leppard	Hill	S	31. 14
77	L	Packer	Met P	S	31. 15
78	W	Gristwood	ESM	V45	31. 19
79	L	Dooley	Met P	S	31. 22
80	M	Lane	Met P	V45	31. 24
81	K	Walden	SB	S	31. 26
82	J	Blanchard	ESM	V45	31. 27
83	A	Holt	GCR	V40	31. 30
84	B	Stramer	Serp	S	31. 31
85	P	Wetton	TVH	V40	31. 31
86	J	Long	WG&EL	S	31. 33
87	B	Walsh	SB	S	31. 34
88	Not	Declared	Herts P	S	31. 36
89	D	Newman	Hill	V45	31. 37
90	C	Braybrook	St Alb	V40	31. 40
91	C	Bailey	High	V45	31. 44
92	K	Free	Met P	S	31. 46
93	R	Harding	Met P	V40	31. 47
94	J	Knight	Met P	S	31. 53
95	L	Matthewman	High	S	31. 55
96	E	Noble	Serp	V40	31. 56
97	T	Parkin	SB	S	32. 00
98	N	Rowe	Met P	V40	32. 02
99	J	Gardner	High	S	32. 02
100	K	Turner	Barn	V45	32. 05
101	J	Jansa	ESM	S	32. 12
102	J	Claeys	High	S	32. 12
103	R	Tomlinson	ESM	S	32. 13
104	P	Williams	Hill	S	32. 14
105	P	Warburton	Hill	V45	32. 16
106	R	Dzikowski	WG&EL	V40	32. 19
107	B	Robbins	TVH	S	32. 22
108	M	Parker	Met P	V40	32. 24
109	J	Lowe	High	S	32. 27
110	R	Rigby	Unatt	S	Gst 32. 33
111	R	Smith	Serp	S	32. 34
112	G	Parsons	Lon FR	S	32. 35
113	Not	Declared	Herts P	S	32. 35
114	S	Claridge	Hill	V45	32. 35
115	A	Hibbert	Serp	S	32. 36
116	Not	Declared	Lon H	S	32. 39
117	I	Warren	VPH&TH	S	32. 41
118	C	McIver	ESM	S	32. 41
119	I	Birch	ESM	V50	32. 44
120	J	Roche	WG&EL	S	32. 46
121	J	Edgar	Serp	S	32. 46
122	R	Stewart	High	S	32. 47
123	P	Cunningham	SB	V40	32. 52
124	J	Deane	High	S	32. 55
125	A	Miles	Hill	V50	32. 56
126	J	Husbands	TVH	V40	33. 01
127	D	Digweed	St Alb	S	33. 02
128	R	Coyle	Serp	S	33. 03
129	I	Cummings	WG&EL	V45	33. 05
130	A	Dodd	ESM	S	33. 08
131	A	Rugg	WG&EL	V45	33. 16
132	P	Crockford	Lon H	V45	33. 19
133	S	Westlake	Lon FR	S	33. 20
134	J	O'Shea	High	V45	33. 22
135	M	Ingram	TVH	V45	33. 27
136	D	Shortridge	VPH&TH	S	33. 27
137	S	Hirons	Hill	V40	33. 32
138	J	McGowan	Hill	S	33. 35
139	C	Jacobs	Lon FR	S	33. 36
140	J	Waterfield	Met P	S	33. 42

Men's Division Two Team Result

1	London Frontrunners	1183
2	Serpentine RC 'B'	909
3	Metropolitan Police AA 'B'	720
4	Shaftesbury Barnet Harriers 'B'	701
5	Hillingdon 'B'	620
6	Highgate Harriers 'B'	490
7	Ealing, Southall & Middlesex 'B'	357
8	Barnet & District	249
9	St Mary's Richmond	244
10	Newham & Essex Beagles	228
11	London Frontrunners 'B'	191
12	Harlow RC	150
13	London Heathside 'B'	141
14	Hayes & Harlington	106
15	Mornington Chasers	78
16	Royston Crows	51
17	Victoria Park & Tower Hamlets 'B'	34
18	Thames Valley Harriers 'B'	27

Men's Division Two League Positions

1	London Frontrunners	3162
2	Serpentine RC 'B'	2484
3	Metropolitan Police AA 'B'	1543
4	Hillingdon 'B'	1507
5	Shaftesbury Barnet Harriers 'B'	1379
6	Newham & Essex Beagles	1297
7	Highgate Harriers 'B'	1050
8	St Mary's Richmond	683
9	Barnet & District	518
10	Harlow RC	516
11	London Frontrunners 'B'	515
12	London Heathside 'B'	497
13	Mornington Chasers	480
14	Ealing, Southall & Middlesex 'B'	414
15	Hayes & Harlington	253
16	Royston Crows	165
17	Herts Phoenix 'B'	77
18	Victoria Park & Tower Hamlets 'B'	77
19	Garden City Runners 'B'	28
20	Thames Valley Harriers 'B'	27

London City Runner Metropolitan League Race Three at Wormwood Scrubs (hosted by TVH) - Saturday 24 November 2007

141	S	Wicks	Hill	V40	33. 43	Veteran Men's Team Result	
142	P	York	ESM	V40	33. 44		
143	K	Waterman	Hill	V45	33. 48	1	Hillingdon 542
144	A	O'Connor	E&H	S	33. 53	2	Ealing, Southall & Middlesex 517
145	G	Edmonds	Serp	S	33. 57	3	London Frontrunners 510
146	M	Ponting	TVH	S	34. 05	4	London Heathside 508
147	T	Killilea	Lon H	V40	34. 06	5	Metropolitan Police AA 501
148	J	Lock	Serp	S	34. 08	6	Woodford Green with Essex Ladies 429
149	J	Williams	Lon FR	S	34. 09	7	Thames Valley Harriers 398
150	S	Garner	Lon FR	S	34. 10	8	Shaftesbury Barnet Harriers 389
151	Not	Declared	Herts P	S	34. 12	9	Enfield & Haringey 342
152	G	Kennedy	Lon FR	S	34. 13	10	Serpentine RC 342
153	S	Bennett	VPH&TH	S	34. 22	11	Hillingdon 'B' 332
154	S	Rodgers	Met P	S	34. 23	12	Highgate Harriers 309
155	D	Simpson	Serp	V40	34. 24	13	Garden City Runners 214
156	J	Tennant	Harl RC	V50	34. 25	14	Barnet & District 201
157	P	Kayley	St Alb	S	34. 26	15	London Heathside 'B' 195
158	Not	Declared	Lon H	S	34. 28	16	Victoria Park & Tower Hamlets 125
159	M	George	Lon H	V40	34. 36	17	St Mary's Richmond 107
160	S	Scrutton	High	V40	34. 39	18	St Albans Striders 96
161	D	Ross	Lon H	V40	34. 43	19	Harlow RC 90
162	J	Nisbet	H&H	V40	34. 44	20	Ealing, Southall & Middlesex 'B' 84
163	N	Stephens	High	V40	34. 45	21	Hayes & Harlington 67
164	P	Harris	SB	S	34. 47	22	Woodford Green with Essex Ladies 'B' 64
165	J	Wallis	WG&EL	V40	34. 47	23	Mornington Chasers 62
166	C	Sutherland	SB	S	34. 47	24	London Frontrunners 'B' 48
167	M	Cairns	VPH&TH	V45	34. 49	25	Thames Valley Harriers 'B' 47
168	B	Plump	Serp	S	34. 55	26	Royston Crows 41
169	P	Gallagher	GCR	S	34. 57	27	Serpentine RC 'B' 40
170	M	Green	GCR	S	34. 59		
171	R	Pitkethly	VPH&TH	S	35. 01	Veteran Men's League Positions	
172	J	Barretta *	High	S	35. 01		
173	P	Shelley	SB	V40	35. 06	1	London Heathside 1797
174	R	Casserley	GCR	S	35. 08	2	Woodford Green with Essex Ladies 1612
175	Not	Declared	Herts P	S	35. 09	3	Metropolitan Police AA 1605
176	S	Dokic	Hill	V50	35. 11	4	Hillingdon 1587
177	D	Takacs	Lon FR	V40	35. 12	5	London Frontrunners 1569
178	P	Doyle	Lon FR	V40	35. 17	6	Ealing, Southall & Middlesex 1539
179	A	Matthews	Met P	S	35. 18	7	Serpentine RC 1211
180	K	Geaney	Serp	S	35. 20	8	Shaftesbury Barnet Harriers 1108
181	Not	Declared	Lon H	S	35. 25	9	Highgate Harriers 1060
182	A	Smith	WG&EL	S	35. 29	10	Garden City Runners 963
183	R	Birchley	VPH&TH	S	35. 34	11	Herts Phoenix 945
184	F	Johnson	Serp	S	35. 35	12	Thames Valley Harriers 899
185	D	Walton	Lon H	V45	35. 36	13	Enfield & Haringey 890
186	P	Stockings	WG&EL	V45	35. 37	14	Hillingdon 'B' 772
187	J	Bignell	Hill	V55	35. 38	15	London Heathside 'B' 680
188	L	Lazell	Met P	S	35. 39	16	Woodford Green with Essex Ladies 'B' 635
189	R	Bell	TVH	V40	35. 44	17	St Albans Striders 491
190	R	Weston	Lon H	V45	35. 45	18	Barnet & District 415
191	T	Beackon	VPH&TH	S	35. 46	19	Harlow RC 355
192	M	Mack	WG&EL	V40	35. 49	20	Victoria Park & Tower Hamlets 323
193	R	Sharp	Lon FR	V40	35. 51	21	St Mary's Richmond 319
194	S	Wicks	Lon FR	S	35. 54	22	Herts Phoenix 'B' 259
195	C	Saunders	Serp	S	35. 55	23	Ealing, Southall & Middlesex 'B' 247
196	S	Penney	SMR	V40	35. 56	24	Hayes & Harlington 200
197	E	Lin	NEB	S	35. 57	25	London Frontrunners 'B' 159
198	A	Brandimarti	Serp	S	36. 02	26	Serpentine RC 'B' 149
199	A	Emberson	TVH	V60	36. 03	27	Mornington Chasers 105
200	A	Paycha	VPH&TH	S	36. 07	28	Garden City Runners 'B' 61
201	J	Balcombe	Met P	S	36. 10	29	Thames Valley Harriers 'B' 54
202	N	Davis	GCR	S	36. 14	30	Royston Crows 41
203	N	Skipper	Lon H	V50	36. 19	31	Metropolitan Police AA 'B' 21
204	P	Stiles	E&H	V50	36. 21	32	Enfield & Haringey 'B' 11
205	J	Adams	Serp	S	36. 22	33	Newham & Essex Beagles 6
206	C	Ball	Serp	S	36. 25		
207	D	Jackson	Met P	S	36. 26		
208	R	Howells	ESM	V50	36. 28		
209	L	Olsen	Serp	V45	36. 30		
210	P	Williams	E&H	V45	36. 40		
211	T	MacDowall	VPH&TH	S	36. 47		

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212	T	Sevitt	VPH&TH	S	36. 48	283	B	Chapman	Morn	V60	46. 40
213	T	Collins	Serp	V40	36. 51	284	R	Johnson	Hill	V70	49. 54
214	J	Falvey	ESM	V50	36. 56						
215	M	Garrett *	Serp	V50	36. 59						
216	Not	Declared	Herts P	S	37. 00						
217	A	Reid	Met P	S	37. 01						
218	T	Palosaari	Serp	V40	37. 02						
219	S	Allen	Roys Cr	V40	37. 03						
220	R	Cripps	Serp	S	37. 05						
221	D	Over	Serp	S	37. 06						
222	Not	Declared	Herts P	S	37. 07						
223	I	Hodge	Serp	V45	37. 09						
224	J	Owen	Barn	V60	37. 10						
225	A	Read	NEB	S	37. 16						
226	T	Spanyol	WG&EL	V45	37. 17						
227	S	Allen	Barn	V50	37. 18						
228	M	Murphy	WG&EL	S	37. 19						
229	R	Nash	Hill	V55	37. 20						
230	J	Lynch	Morn	V50	37. 20						
231	J	Courtney	Met P	S	37. 22						
232	P	Fromme	Serp	S	37. 24						
233	J	Evans	Harl RC	S	37. 26						
234	N	Stockman	High	S	37. 26						
235	D	Thompson	Lon FR	V45	37. 27						
236	T	Blanc	Serp	S	37. 29						
237	G	Deathridge	VPH&TH	V40	37. 31						
238	S	Maddison	TVH	V55	37. 34						
239	T	Chin	Lon H	V45	37. 46						
240	S	Keys	E&H	V50	37. 48						
241	Not	Declared	Herts P	S	37. 53						
242	F	Robinson	Barn	V45	37. 54						
243	D	Robinson	VPH&TH	V40	37. 56						
244	Not	Declared	Herts P	S	38. 06						
245	D	Vizard	Hill	V40	38. 22						
246	T	Powell	WG&EL	V50	38. 25						
247	I	O'Brien	SMR	V40	38. 26						
248	J	Luscombe	Hill	S	38. 29						
249	G	French	ESM	V50	38. 41						
250	J	Myall	Hill	V55	38. 45						
251	Not	Declared	Lon H	S	38. 57						
252	G	O'Connell	TVH	V40	39. 04						
253	L	Christodoulou	Met P	S	39. 11						
254	M	Searle	Hill	V45	39. 25						
255	R	Devitt	SB	V40	39. 27						
256	M	McColgan	Harl RC	V50	39. 37						
257	C	Notton	Serp	S	39. 46						
258	T	Kent	H&H	S	39. 52						
259	P	Hainsworth	Met P	S	39. 58						
260	Not	Declared	Herts P	S	40. 00						
261	G	Moran	SMR	V45	40. 05						
262	P	Hope	Met P	V45	40. 20						
263	A	Davies	WG&EL	S	40. 27						
264	T	Smith	TVH	V45	40. 29						
265	G	Homewood	Morn	V40	40. 31						
266	N	Yehuola	Lon FR	V50	41. 09						
267	Not	Declared	Lon H	S	41. 14						
268	A	Keeler	ESM	V50	41. 23						
269	K	Pearce	SMR	V40	41. 25						
270	D	Milsom	Hill	V65	41. 41						
271	R	Howe	Morn	V60	41. 47						
272	J	Murphy	Barn	S	42. 02						
273	K	Riley	E&H	S	42. 29						
274	N	Michael	TVH	V55	42. 32						
275	P	Welch	Hill	V55	42. 36						
276	L	Menken	Serp	S	42. 51						
277	J	Prowting	GCR	V60	43. 17						
278	S	Patterson	Hill	V55	43. 27						
279	A	Salam	Morn	S	43. 39						
280	T	Hamilton	Barn	V60	44. 07						
281	T	Allen	GCR	V60	44. 34						
282	T	Hannah	ESM	V40	46. 33						

Results produced on behalf of the League
by Gavin Collett & Sharon Talbot (Hillingdon AC)
Any queries to gavin.collett@gallahergroup.com

NB only information recorded by each club on their
declaration sheet and handed in on the day of the race
can be used to compile these results.
Late notification of information cannot be accepted.

* denotes "Registered Second Claim" athletes

The following discs were not handed back afterwards:

25

30

32

59

Can they please be returned ASAP to:

Howard Williams

84 Tyelands

Billericay

Essex

CM12 9PB

Next fixture:

Saturday 19 January at Horsenden Hill

Hosted by Ealing, Southall & Middlesex AC

Refreshments and limited changing facilities at

Perivale Community Centre, Horsenden Lane South

Merry Christmas and a Happy New Year

to all our Member Clubs and officials