

Metropolitan League Fixture 1 at Clavbury (hosted by Woodford Green with Essex Ladies) - Saturday 11 October 2014

Under 11 Boys & Girls Development Race

1	Ruairi	McGonagle	Lon H	10	M	5.25
2	Ben	Forde	Hill	10	M	5.26
3	Luca	Stubbs	SB	10	M	5.29
4	Dylan	Michel	SB	10	M	5.41
5	Jimmy	Geuer	WG&EL	9	M	5.42
6	Basil	Rock	TVH	10	M	5.42
7	Mayaan	Radus	SB	10	F	5.43
8	Tyler	Jackson	WG&EL	9	M	5.59
9	Richard	Reid	WG&EL	10	M	6.02
10	Dillon	Stolarski	SB	10	M	6.03
11	Mia	Manntan	E&H	10	F	6.04
12	Aimi	Weightman	SB	9	F	6.05
13	Sam	Greenstein	SB	9	M	6.06
14	Tommy	Atkin	Hill	10	M	6.09
15	Sydney	Allen	SB	10	F	6.15
16	Brandon	Baidcci	WG&EL	10	M	6.17
17	Imogen	Scott-Gale	VPH&TH	10	F	6.18
18	Ruby	Naughton	VPH&TH	9	F	6.19
19	Max	Dooley	Hill	10	M	6.20
20	Abdirahim	Hamud	Hill	9	M	6.22
21	Dominic	Paine	Trent P	0	M	6.23
22	Jack	Simmons	WG&EL	10	M	6.25
23	Karolina	Bastien	High	9	F	6.27
24	Masaki	Kanai	ESM	9	M	6.28
25	Alex	Fraser	Barn	10	M	6.30
26	Millie	Aslar	E&H	10	F	6.31
27	Jack	Bailey	High	9	M	6.35
28	Joe	Hookway	Hill	9	M	6.36
29	Not	Declared	ESM			6.42
30	Jay	Russci	WG&EL	10	M	6.42
31	Toby	Berger	Trent P	10	M	6.43
32	Charlotte	Cox	Herts P	10	F	6.43
33	Zahara	Malcolm	WG&EL	10	F	6.43
34	Sumaya	Hassan	VPH&TH	10	F	6.45
35	Tommy	Curtis	E&H	10	M	6.46
36	Elina	Bulman	SB	10	F	6.47
37	Luca	Bocchetti	Trent P	10	M	6.48
38	Robert	Freeman	Trent P	10	M	6.49
39	Maddy	Abbott	VPH&TH	10	F	6.50
40	Valentina	Sharpe	VPH&TH	10	F	6.53
41	Mohamed	Ibrahim	ESM	9	M	6.57
42	Daisy	Poole	WG&EL	9	F	6.57
43	Dylan	White	WG&EL	0	M	6.59
44	Thomas	Latham	Lon H	9	M	6.59
45	Gabriella	Bocchetti	Trent P	9	F	7.00
46	William	Spencer	Hill	10	M	7.09
47	Tara	McGowan-Smith	Trent P	10	F	7.11
48	Kate	Driscoll	Lon H	9	F	7.12
49	Hannah	Johnson	Hill	9	F	7.13
50	Henry	Massey	Lon H	10	M	7.16
51	Zarah	Bastide	Herts P	10	F	7.18
52	Caoimhe	O'Brien	ESM	10	F	7.22
53	Amelia	Tkaczyk	Hill	10	F	7.24
54	Adam	Nash	Hill	9	M	7.26
55	Bronya	Overington	WG&EL	9	F	7.30
56	Louisa	Staab	SB	9	F	7.30
57	Lucy	Wilcock	Hill	9	F	7.51
58	Mario	Filipov	Hill	9	M	8.02
59	Francesca	Bocchetti	Trent P	9	F	8.29
60	Helenia-May	Traylen	NEB	9	F	8.54
61	Charlotte	Seaton	WG&EL	9	F	9.08
62	Evie	McLellan	Hill	10	F	10.00

This was the first ever time that the Metropolitan League had promoted an Under 11 race for athletes age 9 or 10 on the day of the race.

11 year olds should run in the Under 13 race.

Please do not run any child under the age of 9.

Gavin would welcome your feedback on this race, with suggestions for improvements most welcome.

<p>Conditions: 16 degrees, early light shower clearing to pleasant day Going: Good</p>
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According to the declaration sheets, the following were too old and should have run in the Under 13 races:

Scott	McKenzie	SB	U13	M	6.13
Tash	Cattley	E&H	U13	F	6.16

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Under 13 Boys Results

1	Finn	Harvey	SB	U13	11.	00
2	Luca	Minale	VPH&TH	U13	11.	07
3	Joe	Smith	Herts P	U13	11.	08
4	Nathanael	Zapico	Herts P	U13	11.	18
5	Joe	Rowson	E&H	U13	11.	27
6	Josh	Guillen	E&H	U13	11.	30
7	Joshua	Poncia	SMR	U13	11.	31
8	Finlay	Sturrock	Trent P	U13	11.	38
9	Brett	Rushmann	Herts P	U13	11.	47
10	Daniel	Greenstein	SB	U13	11.	47
11	Cameron	Bocchetti	Trent P	U13	11.	53
12	Bryce	Breen	Herts P	U13	11.	59
13	Keo	Kersting-Herbert	VPH&TH	U13	12.	02
14	Joe	Heather	E&H	U13	12.	05
15	Jo Jo	Lewis	E&H	U13	12.	09
16	Charles	Malhias	VPH&TH	U13	12.	09
17	Joshua	Adolphe	VPH&TH	U13	12.	13
18	Guy	Kaye	TVH	U13	12.	20
19	Luke	McHugh	Hill	U13	12.	26
20	Guillermo	Acosta	Trent P	U13	12.	28
21	Ike	Nwachuku	VPH&TH	U13	12.	30
22	Elliot	Betts	WG&EL	U13	12.	35
23	Blackwell	Lucas	Herts P	U13	12.	48
24	Alfie	Zak	E&H	U13	12.	54
25	Thomas	Horne	Barn	U13	12.	57
26	Arthur	Smith	Lon H	U13	13.	07
27	Robert	Morey	SMR	U13	13.	10
28	Oliver	Betts	WG&EL	U13	13.	11
29	Alex	Johnson	Hill	U13	13.	12
30	Callum	Salter	WG&EL	U13	13.	13
31	Finlay	Sleehan	High	U13	13.	13
32	Ben	Jhuboo	Hill	U13	13.	15
33	Matthew	Woolf	Trent P	U13	13.	16
34	Max	Cutner	E&H	U13	13.	20
35	David	Hughes	E&H	U13	13.	23
36	Edward	Fraser	Barn	U13	13.	24
37	Louis	Nicholas	E&H	U13	13.	34
38	Edward	McArdle	Trent P	U13	13.	47
39	Manny	Pigney	High	U13	14.	09
40	Ben	Kelly	SB	U13	14.	17
41	Josh	Lee	Hill	U13	14.	37
42	Alex	Brennan	Trent P	U13	14.	42
43	Ben	Woolf	Trent P	U13	15.	04
44	Mikey	Kouwiloan	ESM	U13	15.	12
45	Billy	Banks	Trent P	U13	16.	48

Under 13 Boys Team Result

1	Herts Phoenix	156
2	Enfield & Haringey	144
3	Victoria Park & Tower Hamlets	136
4	Trent Park RC	112
5	Shaftesbury Barnet Harriers	87
6	Hillingdon	63
7	St Mary's Richmond	58
7	Woodford Green with Essex Ladies	58
9	Enfield & Haringey 'B'	54
10	Barnet & District	31
11	Thames Valley Harriers	28
12	Victoria Park & Tower Hamlets 'B'	25
13	Herts Phoenix 'B'	23
14	Highgate Harriers	22
15	London Heathside	20
16	Trent Park RC 'B'	16
17	Ealing, Southall & Middlesex	2

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Under 13 Girls Results

1	Charlotte	Buckley	TVH	U13	11.	31
2	Lia	Radus	SB	U13	12.	03
3	Ava	Mulvihill	E&H	U13	12.	16
4	Scarlett	Kent	SB	U13	12.	22
5	Ava	White	SMR	U13	12.	25
6	Mia	Groom	SB	U13	12.	30
7	Lucy	O'Brien	ESM	U13	12.	31
8	Gemma	Harper	SB	U13	12.	37
9	Bella	Goodman-Spears	SB		13.	01 Gst
10	Lara	Hill	Hill	U13	13.	04
11	Felix	Waters	VPH&TH	U13	13.	14
12	Philippine	Poupart-Lafarge	TVH	U13	13.	15
13	Betty	Hughes	VPH&TH	10	13.	16 Gst
14	Grace	Miller	VPH&TH	U13	13.	17
15	Freya	Stapleton	Herts P	U13	13.	18
16	Sophia	Staab	SB	U13	13.	25
17	Mya	Hornett	Trent P	U13	13.	47
18	Chloe	Leisten	Hill	U13	13.	50
19	Ellen	McGann	VPH&TH	U13	14.	01
20	Ana	Cunning	E&H	U13	14.	05
21	Nicole	Bibaud	E&H	U13	14.	07
22	Robyn	Allwright	Trent P	U13	14.	13
23	Anisa	Ibrahim	ESM	U13	14.	13
24	Fiona	Coutts	ESM	U13	14.	14
25	Elena	Roncarati	Barn	U13	14.	29
26	Emily	Hathaway	Trent P	U13	14.	31
27	Charlotte	Cooney-Quinn	TVH	U13	14.	49
28	Hannah	Long	VPH&TH	U13	15.	15
29	Sarah	Freegard	ESM	U13	16.	32
30	Kristiyana	Uzunova	NEB	U13	17.	03
31	Anna	Mwila	NEB	U13	17.	04
32	Aaliyah	Lakeman	Lon H	U13	17.	05
33	Fatima	Hussain	ESM	U13		ntt

Under 13 Girls Team Result

1	Shaftesbury Barnet Harriers	108
2	Victoria Park & Tower Hamlets	63
3	Thames Valley Harriers	59
4	Enfield & Haringey	56
5	Ealing, Southall & Middlesex	51
6	Hillingdon	39
7	Trent Park RC	37
8	St Mary's Richmond	27
9	Herts Phoenix	19
10	Shaftesbury Barnet Harriers 'B'	18
11	Barnet & District	9
12	Newham & Essex Beagles	7
13	London Heathside	2
14	Ealing, Southall & Middlesex 'B'	1

The Weeks Ahead

Sat 18 Oct	South of England Cross Country Relay Championships	Wormwood Scrubs
Sun 19 Oct	Abingdon Marathon (incl Middlesex Championships) Cabbage Patch '10'	Abingdon Twickenham
Sat 25 Oct	BNAF Cross Country Relay Championships Liddiard Trophy / North of the Thames Championships British Athletics Cross Challenge	Derby Kingsbury Bristol
Sun 26 Oct	Great South Run Ricky '10'	Portsmouth Rickmansworth
Fri 31 Oct	Brooks Serpentine Last Friday 5K	Hyde Park
Sat 1 Nov	ECCA Cross Country Relay Championships	Mansfield
Sat 8 Nov	METROPOLITAN LEAGUE RACE TWO	Stevenage

REMAINING LEAGUE FIXTURES

Sat 8 Nov	METROPOLITAN LEAGUE RACE TWO	Stevenage
Sat 20 Dec	METROPOLITAN LEAGUE RACE THREE	Hillingdon House Farm
Sat 10 Jan	METROPOLITAN LEAGUE RACE FOUR	Horsenden Hill
Sat 7 Feb	METROPOLITAN LEAGUE RACE FIVE	Wormwood Scrubs

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Under 17 Men Results

1	Daniel	Carpenter	Trent P	U17	13.	46
2	Terry	Fawden	High	U17	13.	59
3	George	Cook	Herts P	U17	14.	01
4	Thomas	Butler	Barn	U17	14.	14
5	Thomas	McArdle	Trent P	U17	14.	17
6	Mukhtar	Farah	ESM	U17	14.	18
7	James	Young	Trent P	U15	14.	32
8	Daniel	Rowden	WG&EL	U17	14.	47
9	Aurel	Sinko-Uribe	High	U17	14.	51
10	George	Kerry	ESM	U15	14.	55
11	Mario	Efstathiou	E&H	U17	15.	00
12	Josh	Edwards	SB	U15	15.	02 Gst
13	Nile	McKenzie	VPH&TH		15.	06 Gst
14	Mosope	Oyelola	NEB	U15	15.	07
15	Isaac	Osofisan	VPH&TH	U17	15.	07
16	Charlie	Sillett	ESM	U17	15.	12
17	Alistair	Sleeman	High	U17	15.	14
18	Joseph	Young	Trent P	U17	15.	16
19	Jacob	Fenwick	Herts P	U15	15.	19
20	Liam	Garrett	Lon H	U15	15.	19
21	Rufus	Kent	SB	U15	15.	20
22	Abraham	Mendes da Costa	TVH	U17	15.	25
23	Louis	Medd	TVH	U15	15.	29
24	Adam	Stewart	High	U17	15.	34
25	Hwwa	Marouf	High	U17	15.	37
26	Myles	Calderazzo	Lon H	U17	15.	37
27	Abel	Sinko-Uribe	High	U15	15.	38
28	Henry	Rocha	SB	U15	15.	40
29	William	Griffiths	Lon H	U17	15.	46
30	Harry	Cavell	WG&EL	U17	15.	47
31	Finn	Donlon	E&H	U15	15.	48
32	Oscar	Crowe	SMR	U15	15.	50
33	William	McArdle	Trent P	U15	15.	52
34	Jamie	Cornuauud	NEB	U17	15.	53
35	Freddy	Curtis	E&H	U15	15.	55
36	Jacob	Phillips	Lon H	U17	15.	59
37	Jawad	El-Amri	Trent P	U17	16.	00
38	Mark	Cunningham	Barn	U17	16.	02
39	Oliver	Greenstein	SB	U17	16.	10
40	Jordan	Adesamya	NEB	U17	16.	15
41	Yuri	Zavratchiyski	E&H	U15	16.	16
42	Oliver	Kemp	High	U17	16.	17
43	Antanas	Weston	Lon H	U15	16.	17
44	Reece	Farren	ESM	U17	16.	20
45	William	Coutts	ESM	U15	16.	20
46	Luke	Adar	ESM	U15	16.	26
47	Hilton	Whittle	High	U17	16.	27
48	Jamie	Hamilton	E&H	U17	16.	32
49	Finlay	Watson	TVH	U15	16.	39
50	Ethan	Cathrow	VPH&TH	U17	16.	42
51	Jamie	Ives	Herts P	U15	16.	45
52	Abdirahman	Hamud	Hill	U15	16.	52
53	Naoki	Kanai	ESM	U15	16.	56
54	Miles	Blackwell	Herts P	U15	17.	05
55	James	Forde	Hill	U15	17.	16
56	Filip	Bastien	High	U15	17.	18
57	Joseph	Hodgkinson	Hill	U13	17.	25
58	Nicholas	Duer	TVH	U15	17.	28
59	Stefan	Ashton	Barn	U15	17.	30
60	Ebou	Njie	TVH	U15	17.	30
61	Elliot	Breen	Herts P	U15	17.	32
62	Joe	Killip	SMR	U15	17.	40
63	Yago	Walkley	E&H	U15	17.	41
64	Ali	Malik	ESM	U17	17.	42
65	James	Traylen	NEB	U17	17.	42
66	Justin	Haupt	Trent P	U15	17.	45
67	Emmanuel	Sosanya	NEB	U17	17.	56
68	Chris	Hogg	WG&EL	U15	18.	00
69	Cameron	Mills	Trent P	U15	18.	09

Under 17 Men Team Result

1	Trent Park RC	263
2	Highgate Harriers	244
3	Ealing, Southall & Middlesex	220
4	London Heathside	189
5	Enfield & Haringey	180
6	Herts Phoenix	171
7	Highgate Harriers 'B'	159
8	Thames Valley Harriers	148
9	Newham & Essex Beagles	147
10	Shaftesbury Barnet Harriers	137
11	Barnet & District	122
12	Woodford Green with Essex Ladies	117
13	Trent Park RC 'B'	95
14	Ealing, Southall & Middlesex 'B'	92
15	Victoria Park & Tower Hamlets	85
16	Hillingdon	65
17	St Mary's Richmond	56
18	Enfield & Haringey 'B'	39
19	London Heathside 'B'	32
20	Thames Valley Harriers 'B'	20
21	Herts Phoenix 'B'	17
22	Newham & Essex Beagles 'B'	11

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70	Kieran	Lyons	TVH	U17	18.	20
71	Tom	Beard	Hill	U15	18.	22
72	Angus	Clifford	Herts P	U15	18.	50
73	Noel	Iziegbe	NEB	U17	19.	27
74	Jesse	Allen	NEB	U17	19.	30

Under 15 Boy's Individual Result

1	James	Young	Trent P	U15	14.	32
2	George	Kerry	ESM	U15	14.	55
3	Mosope	Oyelola	NEB	U15	15.	07
4	Jacob	Fenwick	Herts P	U15	15.	19
5	Liam	Garrett	Lon H	U15	15.	19
6	Rufus	Kent	SB	U15	15.	20
7	Louis	Medd	TVH	U15	15.	29
8	Abel	Sinko-Uribe	High	U15	15.	38
9	Henry	Rocha	SB	U15	15.	40
10	Finn	Donlon	E&H	U15	15.	48
11	Oscar	Crowe	SMR	U15	15.	50
12	William	McArdle	Trent P	U15	15.	52
13	Freddy	Curtis	E&H	U15	15.	55
14	Yuri	Zavratchiyski	E&H	U15	16.	16
15	Antanas	Weston	Lon H	U15	16.	17
16	William	Coutts	ESM	U15	16.	20
17	Luke	Adar	ESM	U15	16.	26
18	Finlay	Watson	TVH	U15	16.	39
19	Jamie	Ives	Herts P	U15	16.	45
20	Abdirahman	Hamud	Hill	U15	16.	52
21	Naoki	Kanai	ESM	U15	16.	56
22	Miles	Blackwell	Herts P	U15	17.	05
23	James	Forde	Hill	U15	17.	16
24	Filip	Bastien	High	U15	17.	18
25	Joseph	Hodgkinson	Hill	U13	17.	25
26	Nicholas	Duer	TVH	U15	17.	28
27	Stefan	Ashton	Barn	U15	17.	30
28	Ebou	Njie	TVH	U15	17.	30
29	Elliot	Breen	Herts P	U15	17.	32
30	Joe	Killip	SMR	U15	17.	40
31	Yago	Walkley	E&H	U15	17.	41
32	Justin	Haupt	Trent P	U15	17.	45
33	Chris	Hogg	WG&EL	U15	18.	00
34	Cameron	Mills	Trent P	U15	18.	09
35	Tom	Beard	Hill	U15	18.	22
36	Angus	Clifford	Herts P	U15	18.	50

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Under 17 Women Results

1	Kosana	Weir	TVH	U15	16.	02
2	India	Weir	TVH	U15	16.	12
3	Verity	Walker	TVH	U15	16.	14
4	Isabella	Hoy	WG&EL	U15	16.	23
5	Alice	Harray	TVH	U15	16.	26
6	Erica	Wallace	ESM	U17	16.	32
7	Jodie	Ratcliff	WG&EL	U17	16.	47
8	Beth	Forster	E&H	U15	16.	55
9	Angel	Grimes-McTavish	E&H	U15	17.	00
10	Nicola	Ravenhill	ESM	U15	17.	11
11	Hannah	Booth	Herts P	U17	17.	31
12	Lidia	Kyriacou	SB	U15	17.	37
13	Charlotte	Johnston	Barn	U17	17.	38
14	Emma	Hatchett	E&H	U17	17.	38
15	Alicia	McArdell	WG&EL	U17	17.	39
16	Edie	Preece	WG&EL	U17	17.	49
17	Ester	Ekundayo	VPH&TH	U15	17.	56
18	Josephine	Chadwick	SB	U15	17.	57
19	Charlotte	Stapleton	Herts P	U17	18.	10
20	Rose	Barkle	TVH	U15	18.	13
21	Lucy	Corry	E&H	U15	18.	24
22	Laura	Stewart	ESM	U15	18.	32
23	Laura	Stewart	VPH&TH	U15	18.	36
24	Josephnie	Grist	SMR	U15	18.	38
25	Anna	Fuller	Herts P	U15	18.	39
26	Dana	Jabre	TVH	U15	18.	44
27	Caroline	Dunnett	E&H	U17	18.	49
28	Ezelina	Owens	VPH&TH	U15	18.	53
29	Phoebe	Crockford	Lon H	U15	18.	54
30	Emma	Dwan	SB	U17	18.	55
31	Esther	Pigney	High	U17	19.	06
32	Eleanor	Found	Herts P	U15	19.	10
33	Rebecca	Andreou	SB	U17	19.	11
34	Amelia	Darnell*	NEB	U17	19.	12
35	Mia	Hirons	WG&EL	U15	19.	13
36	Cameron	Thomas	ESM	U15	19.	27
37	Anusha	Bulman	SB	U15	19.	36
38	Isolde	Goffey	SMR	U15	19.	40
39	Martha	Hayward	ESM	U17	19.	42
40	Daisy	Day-Fawcett	VPH&TH	U15	19.	44
41	Emma	Hughes	E&H	U15	19.	55
42	Hollie	Acraman	Hill	U15	20.	25
43	Katherine	McLennaghan	E&H	U17	20.	27
44	Ashleigh	Harewood	TVH	U15	20.	52
45	Millie	Finch	WG&EL	U15	20.	54
46	Roisin	Lynch	ESM	U15	21.	09
47	Jennifer	Connelly	ESM	U17	21.	26
48	Lois	Mbu	NEB	U17	22.	33
49	Elsa	Stocking	ESM	U15	22.	47
50	Jasmine	Okoye	NEB	U15	22.	59
51	Leah	Kelly	ESM	U15	23.	02
52	Georgina	Hookway	Hill	U15	23.	55
53	Phoebe	Fuhr	WG&EL	U15	23.	58
54	Shanelle	Heywood	NEB	U15	25.	17
55	Moshope	Onafuwa	NEB	U17	25.	18
56	Esmé	McLellan	Hill	U15	25.	19

Under 17 Women Team Result

1	Thames Valley Harriers	217
2	Woodford Green with Essex Ladies	186
3	Enfield & Haringey	176
4	Ealing, Southall & Middlesex	154
5	Herts Phoenix	141
6	Shaftesbury Barnet Harriers	135
7	Victoria Park & Tower Hamlets	120
8	Thames Valley Harriers 'B'	81
9	Enfield & Haringey 'B'	60
10	St Mary's Richmond	52
11	Ealing, Southall & Middlesex 'B'	47
12	Barnet & District	44
13	Newham & Essex Beagles	42
14	Woodford Green with Essex Ladies 'B'	38
15	London Heathside	28
16	Highgate Harriers	26
17	Hillingdon	21
18	Shaftesbury Barnet Harriers 'B'	20
19	Newham & Essex Beagles 'B'	2

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Under 15 Girl's Individual Result

1	Kosana	Weir	TVH	U15	16.	02
2	India	Weir	TVH	U15	16.	12
3	Verity	Walker	TVH	U15	16.	14
4	Isabella	Hoy	WG&EL	U15	16.	23
5	Alice	Harray	TVH	U15	16.	26
6	Beth	Forster	E&H	U15	16.	55
7	Angel	Grimes-McTavish	E&H	U15	17.	00
8	Nicola	Ravenhill	ESM	U15	17.	11
9	Lidia	Kyriacou	SB	U15	17.	37
10	Ester	Ekundayo	VPH&TH	U15	17.	56
11	Josephine	Chadwick	SB	U15	17.	57
12	Rose	Barkle	TVH	U15	18.	13
13	Lucy	Corry	E&H	U15	18.	24
14	Laura	Stewart	ESM	U15	18.	32
15	Laura	Stewart	VPH&TH	U15	18.	36
16	Josephnie	Grist	SMR	U15	18.	38
17	Anna	Fuller	Herts P	U15	18.	39
18	Dana	Jabre	TVH	U15	18.	44
19	Ezelina	Owens	VPH&TH	U15	18.	53
20	Phoebe	Crockford	Lon H	U15	18.	54
21	Eleanor	Found	Herts P	U15	19.	10
22	Mia	Hirons	WG&EL	U15	19.	13
23	Cameron	Thomas	ESM	U15	19.	27
24	Anusha	Bulman	SB	U15	19.	36
25	Isolde	Goffey	SMR	U15	19.	40
26	Daisy	Day-Fawcett	VPH&TH	U15	19.	44
27	Emma	Hughes	E&H	U15	19.	55
28	Hollie	Acraman	Hill	U15	20.	25
29	Ashleigh	Harewood	TVH	U15	20.	52
30	Millie	Finch	WG&EL	U15	20.	54
31	Roisin	Lynch	ESM	U15	21.	09
32	Elsa	Stocking	ESM	U15	22.	47
33	Jasmine	Okoye	NEB	U15	22.	59
34	Leah	Kelly	ESM	U15	23.	02
35	Georgina	Hookway	Hill	U15	23.	55
36	Phoebe	Fuhr	WG&EL	U15	23.	58
37	Shanelle	Heywood	NEB	U15	25.	17
38	Esmé	McLellan	Hill	U15	25.	19

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Women's Results

1	Rachel	Felton	SB	V35	20.	53
2	Melissa	Courtney	SB	S	21.	37
3	Naomi	Taschimowitz*	SB	S	21.	49
4	Ni'ia	Hothershall	Lon H	S	22.	13
5	Hannah	Viner	High	U20	22.	37
6	Sarah	Pemberton	Serp	S	22.	41
7	Joanne	Kent	Barn	V45	22.	43
8	Sue	Rust	Lon H	V35	22.	45
9	Jenny	Lundgren	Serp	V40	22.	56
10	Katie	Williams	Serp	S	22.	59
11	Victoria	Crawford	Serp	S	23.	02
12	Harriot	Brock	High	U20	23.	05
13	Jess	Fawcett*	Lon C	S	23.	07
14	Emily	Moss	WG&EL	S	23.	15
15	Imogen	Simmonds	TVH	S	23.	16
16	Georgia	Tatfield	Chelms	U20	23.	17 Gst
17	Ashley	Scott	High	S	23.	24
18	Rhiannon	Stackland	Barn	S	23.	26
19	Imogen	Turner*	High	S	23.	31
20	Rachel	Seckl	Lon H	U20	23.	32
21	Jo	Singer	VPH&TH	V40	23.	36
22	Rachel	Lund	WG&EL	S	23.	45
23	Kat	Gundersen	WG&EL	V35	23.	47
24	Eva	Mack	Hill	S	23.	55
25	Rachel	Newstead	Lon H	S	23.	56
26	Victoria	Dawes	SB	V40	24.	01
27	Rebecca	Bunting	Lon H	S	24.	02
28	Natalie	Connor	SB	U20	24.	05
29	Marta	Bagnati	Serp	S	24.	06
30	Emma	Burgess	High	S	24.	09
31	Emma	Dixon*	High	U20	24.	10
32	Florence	Stansall-Seiler	Herts P	U20	24.	11
33	Sue	Bint	VPH&TH	V35	24.	23
34	Helen	Palmer	Serp	S	24.	24
35	Siana	Jones	TVH	S	24.	37
36	Fiona	Kennedy	ESM	V55	24.	42
37	Cathy	Jeremiah	Lon H	S	24.	50
38	Gemma	Dawkin	Chann Is	S	24.	52 Gst
39	Sarah	Richardson	ESM	V40	24.	53
40	Anna	Clark	WG&EL	U20	24.	56
41	Alicia	Found	Herts P	U20	24.	56
42	Jennifer	Cruickshanks	High	S	25.	14
43	Sara	Thomas	Serp	S	25.	17
44	Karen	Gregory	Serp	S	25.	21
45	Deanna	Laforet	Serp	S	25.	22
46	Liz	Wynn	Serp	V35	25.	24
47	Mary	Gough	Herts P	U20	25.	25
48	Gemma	Rous	High	S	25.	27
49	Sarah	Knox	Serp	V40	25.	28
50	Angela	Howe	Lon H	V40	25.	32
51	Louise	Atkin	Lon H	S	25.	33
52	Lizzie	Parry	Herts P	U20	25.	34
53	Katherine	March	Barn	V35	25.	34
54	Jen	Green	Lon FR	S	25.	36
55	Nicola	Shelley	ESM	S	25.	37
56	Charlotte	Maling	VPH&TH	S	25.	38
57	Jennifer	Bradley	Serp	V35	25.	41
58	Natasha	Sheel	Serp	S	25.	43
59	Hannah	Wells	Hill	S	25.	47
60	Bridget	Napleton	Lon H	V45	25.	49
61	Jackie	Wastell	Lon H	V50	26.	06
62	Maire	Gorman	TVH	S	26.	08
63	Catherine	McLaughlin	VPH&TH	V40	26.	14
64	Alice	Lighton	Lon H	S	26.	25
65	Katherine	Daisa	Lon H	S	26.	26
66	Laura	Morgan	VPH&TH	S	26.	27
67	Ellen	O'Connor	Serp	S	26.	28
68	Zoe	Watson	WG&EL	S	26.	33
69	Louise	Faherty	High	V35	26.	35

Women's Division One Team Result

1	Serpentine RC	272
2	Highgate Harriers	260
3	London Heathside	258
4	Shaftesbury Barnet Harriers	247
5	Woodford Green with Essex Ladies	178
6	Serpentine RC 'B'	136
7	Thames Valley Harriers	108
8	London Heathside 'B'	95
9	Ealing, Southall & Middlesex	94
10	Highgate Harriers 'B'	63

Women's Division Two Team Result

1	Victoria Park & Tower Hamlets	324
2	Barnet & District	320
3	Serpentine RC 'C'	286
4	Hillingdon	233
5	London Heathside 'C'	201
6	Newham & Essex Beagles	144
7	Woodford Green with Essex Ladies 'B'	137
8	Mornington Chasers	132
9	Metropolitan Police	107
10	Enfield & Haringey	52

Women's Division Three Team Result

1	Herts Phoenix	130
2	London City	115
3	London Frontrunners	72
4	Herts Phoenix 'B'	67
5	Barnet & District 'B'	61
6	Hillingdon 'B'	60
7	Ealing Eagles	35
8	London City 'B'	33
9	Victoria Park & Tower Hamlets 'B'	28
10	Ealing, Southall & Middlesex 'B'	19
11	London Frontrunners 'B'	4
12	Thames Valley Harriers 'B'	1

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70	Jenny	Thomas	WG&EL	V45	26.	43
71	Sarah	Boxer	Barn	V50	26.	44
72	Heather	McLarnon	NEB	S	26.	45
73	Lauren	Morris	TVH	V35	26.	56
74	Denise	Mountain	Lon C	V35	27.	03
75	Poppy	Lenton	Serp	V35	27.	06
76	Leah	Ward-Bower	Lon C	S	27.	08
77	Angela	Breen	Met P	S	27.	09
78	Kathrion	Hurrell	Lon H	S	27.	11
79	Cath	Perry	Barn	V35	27.	14
80	Helen	Hoyle	Barn	V45	27.	18
81	Carol	Jones	ESM	V55	27.	22
82	Nicola	McGlennon	Serp	V35	27.	26
83	Jessica	Bass	TVH	V35	27.	29
84	Laura	Carmichael	Serp	S	27.	35
85	Kat	Kruse	Met P	S	27.	36
86	Gen	Huss	Serp	S	27.	37
87	Jane	Ruhland	ESM	V45	27.	47
88	Adele	Stach-Kevitz	NEB	V40	27.	50
89	Francesca	Jannetta	Serp	S	27.	52
90	Katy	Moore	E&H	S	27.	56
91	Jo	Irwin	Lon H	V40	28.	02
92	Janet	Nodder	Serp	V55	28.	03
93	Siobhan	Wakely	Serp	V35	28.	04
94	Andrea	Taylor	Hill	S	28.	05
95	Anne	Arran	Serp	V45	28.	06
96	Lynn	Wilson	ESM	V55	28.	08
97	Sandra	Ahrensfield	Serp	V40	28.	15
98	Avril	Riddell	Morn	V60	28.	18
99	Laura	Fountain	Serp	S	28.	19
100	Caroline	Ringrow	Serp	S	28.	28
101	Lynne	Connolly	Morn	V50	28.	30
102	Alex	Wardle	WG&EL	V45	28.	38
103	Elizabeth	Doyle	Herts P	S	28.	44
104	Natasha	Cendrowicz	High	V40	29.	06
105	Agi	Palanki	Lon H	V35	29.	10
106	Zoe	Dobbs	Hill	V45	29.	12
107	Emma	Ford	Lon H	U20	29.	14
108	Ruth	Miller	Lon H	V55	29.	15
109	Victoria	Pound	Lon H	V35	29.	16
110	Karen	Horswood	WG&EL	V50	29.	18
111	Nusrat	Ceesay	WG&EL	S	29.	20
112	Anne	Caspi	Morn	V50	29.	22
113	Delphine	Horodyski	Morn	V35	29.	27
114	Kate	Stockings	WG&EL	S	29.	32
115	Lizzy	Sisley	TVH	S	29.	33
116	Lucy	McGuinness	High	V45	29.	34
117	Jayne	Shepherd*	Herts P	V50	29.	40
118	Donna	Nash	Hill	V45	29.	41
119	Lesley	Conway	Hill	V55	29.	42
120	Alison	Tay	Lon C	S	29.	46
121	Nocuo	O'Regan	Lon H	S	29.	47
122	Emily	Neilan	Serp	S	30.	06
123	Hisayo	Kawahara	Serp	V45	30.	07
124	Frederike	Zeltner	Lon C	S	30.	12
125	Fiona	Holland	Lon H	V55	30.	18
126	Jess	Fogarty	Lon H	S	30.	23
127	Melanie	Spencer	Hill	V35	30.	24
128	Miranda	Cook	Lon FR	V40	30.	25
129	Jenny	Douch	NEB	S	30.	35
130	Patricia	Thomas	ESM	V50	30.	35
131	Natalie	Traylen	NEB	V35	30.	49
132	Chloe	Alder	Lon H	V35	30.	51
133	Jessica	Vinluan	Unatt	S	30.	53 Gst
134	Anne	Gombert	WG&EL	S	30.	57
135	Philippa	Horton	Barn	S	30.	58
136	Kirsty	Fitzgerald	Lon FR	S	31.	06
137	Justine	Thorpe	Herts P	V40	31.	08
138	Sue	Dyke	Hill	V45	31.	20
139	Laura	Stewart	Serp	S	31.	27
140	Claire	Sliwerski	Lon H	S	31.	31

Veteran Women's Division One Team Result

1	Serpentine RC	199
2	London Heathside	192
3	Barnet & District	185
4	Ealing, Southall & Middlesex	177
5	Woodford Green with Essex Ladies	147
6	Serpentine RC 'B'	145
7	London Heathside 'B'	111
8	Mornington Chasers	102
9	Serpentine RC 'C'	95
10	Hillingdon	81

Veteran Women's Division Two Team Result

1	Victoria Park & Tower Hamlets	39
2	Shaftesbury Barnet Harriers	28
3	Highgate Harriers	23
4	Ealing, Southall & Middlesex 'B'	12
5	Newham & Essex Beagles	12
6	London Frontrunners	6
	Garden City Runners	
	Metropolitan Police	
	Mornington Chasers 'B'	
	Woodford Green with Essex Ladies 'B'	

Veteran Women's Division Three Team Result

1	Thames Valley Harriers	25
2	Herts Phoenix	19
3	London City	17
4	Ealing Eagles	13
5	Hillingdon 'B'	8
6	Enfield & Haringey	5
7	Victoria Park & Tower Hamlets 'B'	4

Metropolitan League Fixture 1 at Clavbury (hosted by Woodford Green with Essex Ladies) - Saturday 11 October 2014

141	Stephanie	Vaatz	Serp	V35	31.	33	
142	Gabi	Johnson	Lon H	V45	31.	40	
143	Georgina	McFadyen	Serp	S	31.	45	
144	Nicola	Miller	Eal E	V35	32.	02	
145	Shelly	Fennell	Lon H	V50	32.	04	
146	Eszti	Takacs	Eal E	V35	32.	05	
147	Baiju	McCubbins	Serp	V50	32.	18	
148	Phil	Skeffington	Serp	V50	32.	26	
149	Sandra	Buckton	Lon H	V45	32.	33	
150	Alison	Harrow	Lon H	V45	32.	36	
151	Kim	Butler	Lon H	S	32.	38	Gst
152	Marlis	Haase	VPH&TH	V50	32.	40	
153	Natalie	Terrell	Lon C	V35	32.	46	
154	Susan	Leese	VPH&TH	V45	33.	17	
155	Laura	Boothman	Lon H	V35	33.	19	
156	Clare	Boutle	Barn	V45	33.	57	
157	Sarah	Mackenzie	Eal E	S	34.	24	
158	Leanne	Keltie	Serp	V40	34.	36	
159	Mary	Brown	Barn	V50	35.	10	
160	Anna	Tebelius	VPH&TH	S	35.	24	
161	Sarah	Ou	Lon FR	V35	35.	28	
162	Christine	Read*	E&H	V50	35.	56	
163	Marianne	Descamps	Unatt	V35	36.	16	Gst
164	Lesley	Richardson	E&H	V45	36.	30	
165	Julia	Robinson	Lon FR	S	36.	39	
166	Margaret	Butler	Barn	V50	37.	10	
167	Helene	Kehoe	Lon H	V50	37.	21	
168	Claire	Crout	Barn	V50	37.	42	
169	Christine	Munden	TVH	V40	43.	01	

U20 Women's Individual Result

1	Hannah	Viner	High	U20	22.	37	
2	Harriot	Brock	High	U20	23.	05	
3	Rachel	Seckl	Lon H	U20	23.	32	

Veteran Women's Individual Result

1	Rachel	Felton	SB	V35	20.	53	
2	Joanne	Kent	Barn	V45	22.	43	
3	Sue	Rust	Lon H	V35	22.	45	

Metropolitan League Fixture 1 at Claybury (hosted by Woodford Green with Essex Ladies) - Saturday 11 October 2014

Men's Results

1	Audun	Nordtveit	High	S	24.	35
2	Mohamud	Aadan	TVH	S	24.	51
3	Michael	Callegari	SB	U20	24.	52
4	Robel	Balhebi	High	S	25.	00
5	Robert	Thompson	Hill	S	25.	03
6	Glen	Watts	SB	S	25.	07
7	Nicholas	Torry	Serp	S	25.	13
8	Glenn	Hughes	Serp	S	25.	14
9	Shaun	Dixon	High	S	25.	19
10	Tom	Aldred	Lon H	S	25.	23
11	Ben	Noad	High	S	25.	26
12	Jonathan	Poole	Serp	S	25.	39
13	John	Eves*	Herts P	S	25.	45
14	Dan	Watts	SB	S	25.	50
15	Sam	Humphrey	VPH&TH	S	26.	07
16	Danny	Russell	High	S	26.	10
17	Michael	Wright	Barn	S	26.	11
18	Orlando	Edwards	SB	S	26.	16
19	Pete	Matthews	WG&EL	S	26.	18
20	Tomas	Stasionis*	VPH&TH	S	26.	20
21	Ryan	McKinley	High	S	26.	27
22	John	Franklin	Serp	S	26.	28
23	Jamie	Taylor-Caldwell	ESM	S	26.	29
24	Jake	Waldron	NEB	S	26.	30
25	Michael	Christoforou	E&H	S	26.	34
26	Fergal	Smithwick	High	S	26.	39
27	Robert	Wilson	High	S	26.	47
28	Phillip	Crout	SB	U20	26.	49
29	James	Laing	Hill	S	26.	52
30	Dave	Morgan	Serp	S	26.	54
31	Mick	Dowling	NEB	S	26.	56
32	Tom	Philips	WG&EL	S	26.	59
33	Kevin	Murphy	WG&EL	V40	27.	03
34	Alex	Horton	Barn	S	27.	07
35	Niall	Sheehan	NEB	S	27.	08
36	Olly	Laws	NEB	S	27.	17
37	Omar	Mansour	WG&EL	S	27.	19
38	Brahma	Pochee	High	S	27.	20
39	Petros	Asgodom	E&H	U20	27.	25
40	Hugh	Torry	Serp	S	27.	26
41	Angus	Holford	WG&EL	S	27.	27
42	Tom	Beedell	WG&EL	S	27.	34
43	Max	Ware	VPH&TH	S	27.	37
44	Darren	Southcott	WG&EL	S	27.	38
45	Martin	Bateman	Hill	S	27.	41
46	Donatas	Tumaitis	WG&EL	S	27.	44
47	Huw	Lobb*	Serp	S	27.	45
48	Adam	Kirk-Smith	Lon H	S	27.	48
49	Alex	Cloona	Herts P	S	27.	52
50	Canaan	Solomon	WG&EL	U17	27.	55 Gst
51	Andrew	Brooker	Lon H	S	27.	56
52	George	Stewart	Lon H	V45	28.	02
53	Ben	Waterman	ESM	S	28.	04
54	Wayne	Bell	NEB	S	28.	06
55	Christopher	Hepworth	ESM	S	28.	07
56	Shaun	Collins	E&H	S	28.	08
57	James	Ellis*	TVH	S	28.	10
58	Grant	Ramsay*	Barn	V40	28.	10
59	Ruben	Vos	Hill	U20	28.	12
60	Simon	Barrett	Serp	S	28.	14
61	Daniel	Thompson	Hill	S	28.	15
62	Joe	Dale	VPH&TH	S	28.	19 Gst
63	Michael	Dan	High	S	28.	20
64	Daniel	Mutlow	VPH&TH	S	28.	23
65	William	McNulty	Morn	S	28.	24
66	Matthew	Grant	SB	S	28.	25
67	Tony	Russell	WG&EL	S	28.	28
68	Jonny	Laybourn	High	S	28.	29
69	Neil	Cook	VPH&TH	S	28.	35

Men's Division One Team Result

1	Highgate Harriers	1133
2	Serpentine RC	970
3	Woodford Green with Essex Ladies	934
4	Shaftesbury Barnet Harriers	799
5	Hillingdon	701
6	London Heathside	686
7	Victoria Park & Tower Hamlets	603
8	Newham & Essex Beagles	506
9	Ealing, Southall & Middlesex	439
10	Serpentine RC 'B'	250

Men's Division Two Team Result

1	Barnet & District	1239
2	Woodford Green with Essex Ladies 'B'	1133
3	London Heathside 'B'	1076
4	Highgate Harriers 'B'	1074
5	Enfield & Haringey	1026
6	Thames Valley Harriers	1006
7	Herts Phoenix	855
8	London Heathside 'C'	838
9	Mornington Chasers	812
10	Serpentine RC 'C'	608

Men's Division Three Team Result

1	London Frontrunners	1018
2	Hillingdon 'B'	859
3	London Frontrunners 'B'	764
4	Victoria Park & Tower Hamlets 'B'	727
5	Woodford Green with Essex Ladies 'C'	699
6	Barnet & District 'B'	678
7	Metropolitan Police	596
8	St Mary's Richmond	543
9	Shaftesbury Barnet Harriers 'B'	532
10	Thames Valley Harriers 'B'	391
11	London City	340
12	Ealing Eagles	304
13	Highgate Harriers 'C'	276
14	Harlow RC	247
15	Ealing, Southall & Middlesex 'B'	218
16	Garden City Runners	150
17	Enfield & Haringey 'B'	97
18	Herts Phoenix 'B'	78

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70	Peter	Hawkings	High	S	28.	35
71	Simon	Beedell	WG&EL	S	28.	37
72	James	Wooldridge	Lon H	U20	28.	40
73	Chris	Norris	Lon H	S	28.	42
74	Jim	Roche	WG&EL	V40	28.	45
75	Steven	Prosser*	Herts P	S	28.	46
76	Lucillo	Burrell	TVH	U15	28.	47 Gst
77	Rudolf	von Grot	Serp	S	28.	50
78	Edward	Campbell	Hill	S	28.	51
79	Peter	Downie	High	S	28.	52
80	Ben	Grainger	SB	U20	28.	53
81	Benjamin	Tolputt	Serp	S	29.	00
82	Andrew	Orr	Serp	S	29.	02
83	Daniel	Steel	WG&EL	S	29.	03
84	Matt	Convery	Lon H	S	29.	05
85	Mohamed	Hashi	ESM	S	29.	06
86	Stephen	Shanks	VPH&TH	S	29.	06
87	Oliver	Kean	High	S	29.	07
88	Simon	Connell	Hill	V40	29.	12
89	Nathan	Wilkins	Serp	S	29.	14
90	James	Gillanders	Lon FR	S	29.	16
91	Joe	Everitt	WG&EL	S	29.	17
92	Chris	Ward	Lon C	S	29.	24
93	Harry	Matthews	SMR	U20	29.	28
94	Chris	Shepherd	WG&EL	S	29.	29
95	Ross	Lambert	Morn	S	29.	29
96	Mike	Dooley	Hill	V45	29.	30
97	Will	Morris	Barn	S	29.	31
98	Jad	El-Houssami	NEB	S	29.	37
99	Dominic	Smith	High	S	29.	38
100	Rob	Cox	WG&EL	S	29.	39
101	Steve	Elson	ESM	S	29.	44
102	Daniel	De Palol	Serp	V40	29.	45
103	Danny	Doyle	VPH&TH	S	29.	46 Gst
104	Costa	Michael	Barn	V50	29.	47
105	John	Driscoll	Lon H	V40	29.	47
106	Jeff	Bannister	Morn	S	29.	48
107	Sam	Lloyd	Hill	U20	29.	50
108	Michael	Duffy	Morn	S	29.	51
109	Ted	Ntibazonkiza	SB	U20	29.	52
110	Michael	Potticary	SB	S	29.	53
111	Alex	Lepretre	Barn	S	30.	05
112	Ramone	Martinez Rodney	E&H	S	30.	06
113	Tadhg	Grant	Hill	S	30.	06
114	Andy	Neatham	Barn	V45	30.	06
115	Mark	Anderson	Lon H	S	30.	07
116	Simon	Fricke	Met P	S	30.	08
117	Kieron	Sexton	TVH	S	30.	09
118	Richard	Macaulay	Lon H	S	30.	10
119	Flojan	Balalli	ESM	U20	30.	13
120	Bertie	Powell	WG&EL	S	30.	14
121	Ray	Dzikowski	WG&EL	V50	30.	15
122	Andrew	Reeves	Serp	V40	30.	16
123	Jamie	Hogg	Serp	V40	30.	17
124	Sergio	Di Noto	Lon H	S	30.	18
125	Dave	Cox	WG&EL	V60	30.	20
126	Adam	Mitchell	Lon H	S	30.	21
127	Sam	Thompson	Lon H	S	30.	22
128	Nicholas	Landeau	ESM	U20	30.	23
129	Sebastian	Buhs	Serp	S	30.	24
130	Robert	Rigby	SB	V50	30.	25
131	Andy	Hutson	VPH&TH	S	30.	26
132	Jonathan	Moscrop	Lon FR	V40	30.	27
133	Jose	Bilbao	VPH&TH	S	30.	28
134	Andy	Lister	Serp	S	30.	28
135	Chris	Hartley	Lon H	V50	30.	28
136	Peter	Scannell	TVH	S	30.	28
137	Richard	Mann	Hill	S	30.	33
138	Laurent	Liote	High	S	30.	33
139	Duncan	Steen	VPH&TH	S	30.	33
140	Simeon	Bennett	VPH&TH	S	30.	34

Veteran Men's Division One Team Result

1	London Heathside	355
2	Woodford Green with Essex Ladies	334
3	Barnet & District	308
4	Serpentine RC	290
5	London Heathside 'B'	283
6	Hillingdon	253
7	London Heathside 'C'	189
8	Highgate Harriers	177
9	Thames Valley Harriers	132
10	Ealing, Southall & Middlesex	116

Veteran Men's Division Two Team Result

1	London Frontrunners	157
2	Herts Phoenix	124
3	Shaftesbury Barnet Harriers	103
4	Serpentine RC 'B'	99
5	Hillingdon 'B'	74
6	Metropolitan Police	66
7	Victoria Park & Tower Hamlets	61
8	Thames Valley Harriers 'B'	16
9	Garden City Runners	3
	Shaftesbury Barnet Harriers 'B'	

Veteran Men's Division Three Team Result

1	Woodford Green with Essex Ladies 'B'	192
2	Barnet & District 'B'	173
3	London Frontrunners 'B'	170
4	Serpentine RC 'C'	154
5	Herts Phoenix 'B'	84
6	Mornington Chasers	83
7	Enfield & Haringey	75
8	St Mary's Richmond	74
9	Harlow RC	61
10	Hillingdon 'C'	36
11	London City	31
12	Victoria Park & Tower Hamlets 'B'	3

Metropolitan League Fixture 1 at Claybury (hosted by Woodford Green with Essex Ladies) - Saturday 11 October 2014

141	Luke	McMullan	High	S	30.	36
142	Chris	Shipley	Lon H	S	30.	37
143	Paul	Greaves	Herts P	V45	30.	38
144	James	Cooper	E&H	S	30.	40
145	David	Jones	VPH&TH	S	30.	43
146	Nicola	Barberis Negra	Serp	S	30.	46
147	Steve	Armstrong	Lon H	V40	30.	49
148	Paul	Jarman	Lon H	V50	30.	50
149	Alex	Ozdemir	Hill	S	30.	51
150	Andy	Welshman	Lon H	V45	30.	53
151	Markus	Allen	GCR	S	30.	57
152	Edward	Price	Barn	S	30.	58
153	Manuel	da Silva	TVH	S	31.	00
154	Adrian	Cathersides	Morn	S	31.	00
155	Adam	Mead	WG&EL	S	31.	00
156	Christian	Nielsen	TVH	S	31.	02
157	Shane	Cullinan	Lon FR	V40	31.	03
158	Kevin	Walden	SB	S	31.	05
159	Chris	Bailey	High	V50	31.	06
160	Michael	Ussher	High	V50	31.	07
161	Jonathan	Hopkin	Lon H	V45	31.	08
162	Rajesh	Patel	Barn	S	31.	09
163	Adam	Ibrahim	Lon H	S	31.	10
164	Jacob	Howe	Lon H	V40	31.	11
165	Simon	Nash	Lon H	S	31.	11
166	Alex	Burton	SMR	S	31.	14
167	Finn	Gall	VPH&TH		31.	14 Gst
168	Conrad	Addo*	Serp	S	31.	17
169	Joel	Northcott	Lon FR	S	31.	18
170	Ronan	Breen	SB	V40	31.	19
171	Sam	Duggan	VPH&TH	S	31.	20
172	James	Steel	ESM	V45	31.	22
173	Dave	Browne	Lon H	V50	31.	23
174	Charles	Lescott	Serp	S	31.	24
175	Simon	Buckley	Serp	S	31.	27
176	Norman	Mitchell	Lon H	V50	31.	28
177	Sam	Blanshard	Hill	S	31.	29
178	Gary	Bagnall	VPH&TH	V40	31.	37
179	Jacob	Eisler	VPH&TH	S	31.	38
180	David	Gilbert	High	S	31.	39
181	Sean	McEntee	Lon FR	S	31.	41
182	Harry	Gilham	Herts P	S	31.	42
183	Victor	Sarramian	VPH&TH	S	31.	42
184	Simon	Baptist	TVH	S	31.	47
185	Stuart	Smith	WG&EL	S	31.	48
186	Liam	Hendry	E&H	S	31.	51
187	Gareth	Cavell	WG&EL	V45	31.	52
188	George	Bettsworth*	NEB	U20	31.	53
189	Steve	Wilson	Met P	S	31.	54
190	Andrew	Kelleher	Barn	V50	31.	55
191	Gavin	Evans	Lon H	V50	31.	56
192	Peter	Caton	WG&EL	S	31.	57
193	John	Whitworth	SB	S	31.	58
194	Tom	Fallon	E&H	S	31.	59
195	Mark	Oddy	Herts P	U20	32.	03 Gst
196	Dominic	Jackson	Lon H	V50	32.	04
197	Gavin	Edmonds	Serp	V40	32.	06
198	Henry	Distasio	SB	U20	32.	08
199	Paul	Graham*	SMR	V40	32.	10
200	Dan	McKeown	Lon H	S	32.	11
201	Conor	Kissane-Wood	SMR	U20	32.	17
202	Daniel	Digweed	Barn	S	32.	18
203	Phil	Wright	Lon H	S	32.	20
204	Andrew	Dodd	ESM	S	32.	22
205	David P	Evans	Serp	S	32.	23
206	Tony	Killilea	Lon H	V50	32.	25
207	Francois	Turpault	NEB	S	32.	26
208	Greg	Bennett	TVH	V40	32.	28
209	Jack	Lambdon	Lon FR	S	32.	31
210	Gideon	Reid	Serp	S	32.	33
211	Jo	McKeown	Lon H	S	32.	38

NOTICEBOARD

Divisional and Age Group results are available at

www.metleague.co.uk

* denotes "Registered Second Claim" athletes

Results produced on behalf of the League by
Gavin Collett & Sharon Talbot (Hillingdon AC).

Any queries to gavin.collett@jti.com

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.

**Numbers must be worn as issued on the day of each race.
Please do not wear numbers previously issued at other races**

Birthdates should be clearly marked on declaration sheets
for all competitors or they are not eligible to score.

Any athlete not running in the appropriate race for their
age group will be deemed a non-scorer.

League Administrator: Gavin Collett
19 Woodside Road, Winkfield, Windsor, Berkshire, SL4 2DP
Tel: (01344) 883937. E: gavin.collett@jti.com

A Warm welcome to our newly affiliated clubs this season:
Ealing Eagles and London City AC
Run Dem Crew have resigned from the League.

Help is required with marshalling at Stevenage, especially from
the other non-hosting clubs.

If you can help, please contact:
Richard Bloom (Herts Phoenix)
(T) 01707 376938 (E) rj.bloom@btinternet.com

In the finish funnels at the end of the senior races:

- (a) Please do not let your children enter the funnels
- (b) Stop to take a "selfie" and hold up the race officials

Team Managers - please don't swap your numbers between races.

If you run out, use unallocated numbers from the same race.

If you need more, please ask Gavin for some.

Using numbers from another race can have a damaging effect
on the results being produced.

Also, please make every effort to record your finishers in race
order. I know this is not always possible, but please don't
just record them in any random order. It completely wastes my
time when I am checking the results.

Metropolitan League Fixture 1 at Clavbury (hosted by Woodford Green with Essex Ladies) - Saturday 11 October 2014

212	Robby	Irving	SB	U20	32.	39
213	Nick	Andrews*	WG&EL	S	32.	39
214	Kris	Milovsorov	Lon H	S	32.	40
215	Antonio	Grant	Hill	V45	32.	41
216	Santosh	Rai	ESM	S	32.	42
217	Karl	Hayer	Lon FR	V40	32.	43
218	Joseph	Lowe	High	V40	32.	45
219	Steve	White	Herts P	V50	32.	46
220	Philip	Warburton	Hill	S	32.	47
221	David	Crout	Barn	V45	32.	48
222	David	Slovak	VPH&TH	S	32.	49
223	Stephen	Kershaw	Serp	S	32.	49
224	Fraser	Johnson	Serp	V40	32.	49
225	Jonathan	Litchfield	Lon H	S	32.	50
226	George	O'Neill	Lon FR	V40	32.	50
227	Nigel	Rowe	Met P	V50	32.	51
228	Lee	Connor	Lon H	V45	32.	55
229	Alan	Whatmough	Lon H	S	33.	03
230	Richard	Silverton	Morn	S	33.	03
231	Daire	Brennan	E&H	S	33.	03
232	Asa	Cusack	Lon H	S	33.	04
233	Jon	Medcraft	VPH&TH	S	33.	05
234	Stephane	Schneider	Serp	S	33.	21
235	Tim	Renshaw	Serp	S	33.	21
236	David	Newman	Hill	V50	33.	21
237	John	Keenan	Lon FR	V40	33.	22
238	Jonathan	Haynes*	Herts P	V55	33.	23
239	Navin-Jones	Timothy	Lon C	S	33.	24
240	Rob	Shulman	Lon H	V45	33.	27
241	Paul	Leppard	Hill	S	33.	28
242	Chris	Gibbons	Lon FR	S	33.	29
243	Pete	Brewin	Harl RC	S	33.	30
244	Ian	Leslie	ESM	V55	33.	31
245	Steven	Artist	Lon FR	S	33.	32
246	Stephen	Beechinor	High	S	33.	32
247	Andrew	Patterson	Hill	S	33.	33
248	Darren	White	Barn	V45	33.	33
249	Neil	Ford	WG&EL	V45	33.	34
250	Ben	Jones	WG&EL		33.	35 Gst
251	Tim	Marshall	Lon H	S	33.	37
252	Alex	Sweet	Lon H	S	33.	39
253	James	Edgar	Serp	S	33.	40
254	Adam	Wakefield	Eal E	S	33.	41
255	Peter	Ellis	Barn	V55	33.	42
256	Andy	Owen	Lon H	V45	33.	43
257	Paul	Murphy	Eal E	S	33.	47
258	Stewart	Pepper	E&H	V50	33.	49
259	Richard	Wingfield	Lon FR	S	33.	50
260	Peter	Clarke	Serp	V45	33.	51
261	Tony	Pamphilon	WG&EL	V55	33.	52
262	Robert	Whitmarsh	Serp	S	33.	58
263	Dale	Powell	E&H	S	33.	59
264	Raoul	Mansukhani	Serp	V40	34.	01
265	Andrew	Hetherington	Lon FR	S	34.	06
266	Akira	Anzai-Jackson	ESM	S	34.	08
267	Jon	Sleeman	High	V50	34.	09
268	Rick	Hewitt	Lon H	V45	34.	10
269	Derry	Lozano-Hoyland	Serp	S	34.	12
270	Philip	Cunningham	SB	V50	34.	15
271	William	Wagstaff	Lon H	V50	34.	16
272	Rob	Poulter	Hill	V45	34.	17
273	Ron	O'Sullivan	WG&EL	S	34.	18
274	Matthew	Dilworth	Lon FR	S	34.	24
275	Simon	Claridge	Hill	V55	34.	25
276	Alan	Latham	Lon H	V45	34.	26
277	Richard	Bell	TVH	V45	34.	27
278	Gareth	Hodges	Met P	S	34.	33
279	John	Lynch	Morn	V55	34.	34
280	Simon	Ray	Serp	V40	34.	37
281	Fabrizio	Sidoli	Morn	S	34.	43
282	Jim	Balcombe	Met P	V45	34.	47

Metropolitan League Fixture 1 at Clavbury (hosted by Woodford Green with Essex Ladies) - Saturday 11 October 2014

283	James	Turner	Serp	S	34.	50	
284	Michael	Carter	Lon FR	V50	34.	51	
285	Guy	Bowles	TVH	V50	34.	52	
286	William	Parry	Lon FR	V45	34.	53	
287	Richard	Weir	TVH	V50	34.	54	
288	Ben	Stanton	Serp	S	34.	59	
289	Adrian	Mark	Lon FR	S	35.	01	
290	Richard	Hogg	WG&EL	V45	35.	02	
291	Alun	Evans	WG&EL	V55	35.	05	
292	David	Martin	Hill	V55	35.	07	
293	Andrew	Malyan	Hill	V45	35.	10	
294	David	Cook	Hill	S	35.	17	
295	Rick	Ricketts	Harl RC	V45	35.	18	
296	Jim	Connell	Lon H	V40	35.	19	
297	Stuart	Brill	Serp	S	35.	23	
298	Matthew	Hearne	Serp	S	35.	24	
299	Andrew	Williams	Serp	S	35.	25	
300	Francis	O'Callaghan	Lon FR	S	35.	25	
301	Michael	Smith	Serp	S	35.	32	
302	Mark	Cambridge	WG&EL	V40	35.	33	
303	George	Pallecaros	WG&EL	S	35.	35	Gst
304	Olivier	Aufrant	Serp	S	35.	37	
305	Brian	Boyle	Lon H	S	35.	38	
306	Mel	Davies	Barn	V60	35.	39	
307	Peter	Hill	TVH	V40	35.	47	
308	Martin	White	Eal E	S	35.	48	
309	Andrew	Sulston	Lon H	V40	35.	51	
310	Mervyn	Walker	TVH	V55	35.	52	
311	Simon	Doyle	Herts P	V50	35.	53	
312	Pierce	Boyle	High	U20	35.	56	
313	Darren	Halford	ESM	V40	35.	58	
314	Justin	Lock	Serp	V40	35.	59	
315	Nick	Stockman	High	S	36.	01	
316	Neil	Colquhoun	Lon FR	S	36.	03	
317	Rich	Bartlett	Serp	V50	36.	04	
318	Oliver	Greenslade	Serp	S	36.	05	
319	Andrew	Wood	Lon FR	V40	36.	07	
320	Paul	Fromme	Serp	V40	36.	10	
321	Leigh	Crispin	NEB	S	36.	15	
322	Jamie	Smith	E&H	S	36.	17	
323	Carl	Heap	Lon H	V60	36.	20	
324	Steve	Plested	ESM	V60	36.	27	
325	Jason	Sewards	TVH	V45	36.	29	
326	Alex	Malzer	Serp	V40	36.	30	
327	George	Choat	NEB	S	36.	40	
328	Brian	James*	Herts P	V65	36.	44	
329	Darren	Over	Serp	V40	36.	48	
330	Laurence	Arnold	Lon H	S	36.	50	
331	Paul	Stockings	WG&EL	V50	37.	02	
332	Graham	Slater	Barn	V50	37.	09	
333	Russell	Weston	Lon H	V50	37.	10	
334	Sammy	Li	Serp	V45	37.	14	
335	Tom	Spanyol	WG&EL	V55	37.	15	
336	Jan	Gruter	Lon FR	S	37.	16	
337	Emerson	Paul	Lon H	S	37.	17	
338	Paul	Woodgate	TVH	S	37.	28	
339	Joe	Gomes	Barn	V50	37.	29	
340	Scott	Fraser	Barn	V40	37.	31	
341	Pete	Crockford	Lon H	V55	37.	32	
342	Julian	Keenan	VPH&TH		37.	41	Gst
343	Chris	Lopez	VPH&TH	S	37.	42	
344	Rob	Scott	Barn	V45	37.	44	
345	Emmanuel	Lumineau	Lon FR		37.	48	Gst
346	James	Richens	Serp	V40	37.	48	
347	Clive	Richardson	ESM	V40	37.	52	
348	Ian	Whisson	Lon H	V55	37.	52	
349	Andy	Smith	WG&EL	V40	37.	54	
350	Laurence	Schevens	Barn	V45	37.	55	
351	Richard	Bloom	Herts P	V65	38.	00	
352	Mark	Hayward	Harl RC	S	38.	05	
353	Lars	Menken	Serp	S	38.	09	

Metropolitan League Fixture 1 at Claybury (hosted by Woodford Green with Essex Ladies) - Saturday 11 October 2014

354	Ty	Holden	Barn	V50	38.	12
355	Steve	Scruton	High	V50	38.	15
356	Leo	Pemberton	Lon H	S	38.	17
357	Javier	Pinedo	Lon FR	V40	38.	24
358	Scott	Brewer	TVH	S	38.	27
359	Dan	Luong	Lon FR	S	38.	35
360	Bob	Burton	Hill	V55	38.	36
361	Christus	Bitzis-Politis	Lon FR	V45	38.	36
362	Nick	Sutcliffe	Lon C	V40	38.	37
363	Tim	Miller	VPH&TH	V45	38.	39
364	David	Clark	Herts P	V70	38.	40
365	Adrian	Donovan	Lon C	S	38.	42
366	Thomas	Martini	Eal E	S	38.	45
367	James	Darke	Lon H	S	38.	48
368	Elliot	Reed	Lon H	V40	38.	50
369	Gary	Homewood	Morn	V50	38.	51
370	Tim	Parkin	SB	S	38.	57
371	Martin	Shelley	ESM	S	39.	03
372	John	Clarke	Barn	V60	39.	07
373	David	Birks*	E&H	V45	39.	08
374	Declan	McIntyre	Lon H	S	39.	10
375	Ray	Watts	Lon H	V40	39.	29
376	Andy	Welsh	Barn	V60	39.	33
377	Barry	Brown	Hill	V50	39.	41
378	Oliver	Pound	Lon H	S	39.	49
379	Charles	Redfern	Lon H	V55	39.	50
380	Jonathan	Webster	WG&EL	S	39.	59
381	Alun	Nash	Lon H	V50	40.	04
382	Trevor	Powell	WG&EL	V60	40.	09
383	Paul	Hope	Met P	V55	40.	13
384	Ashley	Grist	SMR	V45	40.	16
385	Brian	Leach	Hill	V70	40.	20
386	Stuart	Mann	Herts P	V70	40.	33
387	David	Wilkey	VPH&TH	V40	40.	49
388	John	Luscombe	Hill	V40	40.	51
389	Ray	Powell	SB	V50	40.	57
390	Sam	Samiullah	Met P	V45	40.	58
391	David	Shortridge	VPH&TH	V40	41.	48
392	Angus	Searcy	Serp	V45	42.	22
393	Adrian	Colling	Lon FR	S	42.	46
394	Martin	McColgan	Harl RC	V55	42.	48
395	Frank	Merrigan	VPH&TH	V55	42.	54
396	Daniel	Broadhead	VPH&TH	S	42.	55
397	Trace	Allen	GCR	V65	42.	56
398	Ken	Townson	Lon H	V45	42.	58
399	John	Kelly	SB	V60	43.	01
400	Simon	Watts	Serp	V40	43.	08
401	John	Brown	Lon FR	V45	43.	20
402	Stuart	Philips	WG&EL	V55	43.	23
403	Mervyn	Gilham	Herts P	V60	43.	30
404	Adrian	Essex	Lon H	V60	43.	32
405	David	Crook	Serp	V55	43.	40
406	Curtis	Allman	Hill	V45	43.	44
407	Steve	Gathercole	Morn	V65	43.	58
408	Stefan	Watson	Lon C	S	44.	12
409	Sergio	Carvalho	Serp	V55	44.	14
410	Julian	Cunningham	Lon FR	S	44.	49
411	Brian	Feldman	Hill	V65	45.	01
412	Edwin	Mooiman	Lon C	V45	45.	23
413	Steven	Patterson	Hill	V65	45.	47
414	Bill	Cooper	VPH&TH	V50	46.	01
415	John	Steed	Herts P	V75	46.	31
416	Simon	Maddison	TVH	V65	47.	09
417	Alan	Wells	Hill	V50	49.	18

Metropolitan League Fixture 1 at Clavbury (hosted by Woodford Green with Essex Ladies) - Saturday 11 October 2014

U20 Men's Individual Result

1	Michael	Callegari	SB	U20	24.	52
2	Phillip	Crout	SB	U20	26.	49
3	Petros	Asgodom	E&H	U20	27.	25

Veteran Men's Individual Result

1	Kevin	Murphy	WG&EL	V40	27.	03
2	George	Stewart	Lon H	V45	28.	02
3	Grant	Ramsay*	Barn	V40	28.	10

Howard Williams Trophy (Seniors)

		Pts	Win
1	Highgate Harriers	41	1
1	Serpentine RC	41	1
3	Shaftesbury Barnet Harriers	36	0
3	Woodford Green with Essex Ladies	36	0
5	London Heathside	35	0
6	Hillingdon	29	0
6	Victoria Park & Tower Hamlets	29	0
8	Ealing, Southall & Middlesex	28	0
9	Thames Valley Harriers	26	0
10	Barnet & District	25	0
10	Newham & Essex Beagles	25	0
12	Enfield & Haringey	19	0
13	Mornington Chasers	18	0
14	Herts Phoenix	16	0
15	Metropolitan Police	15	0
16	London Frontrunners	12	0
17	London City	10	0
18	Ealing Eagles	7	0
19	St Mary's Richmond	5	0
20	Harlow RC	2	0
21	Garden City Runners	1	0

Howard Williams Trophy (Juniors)

		Pts	Win
1	Enfield & Haringey	54	0
2	Herts Phoenix	47	1
2	Shaftesbury Barnet Harriers	47	1
2	Thames Valley Harriers	47	1
5	Victoria Park & Tower Hamlets	44	0
6	Ealing, Southall & Middlesex	43	0
7	Trent Park RC	39	1
8	St Mary's Richmond	30.5	0
8	Woodford Green with Essex Ladies	30.5	0
10	Barnet & District	30	0
10	Hillingdon	30	0
12	London Heathside	29	0
13	Highgate Harriers	26	0
14	Newham & Essex Beagles	22	0

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Audun	Nordtveit	High	450	1
2	Mohamud	Aadan	TVH	449	1
3	Michael	Callegari	SB	448	1
4	Robel	Balhebi	High	447	1
5	Robert	Thompson	Hill	446	1
6	Glen	Watts	SB	445	1
7	Nicholas	Torry	Serp	444	1
8	Glenn	Hughes	Serp	443	1
9	Shaun	Dixon	High	442	1
10	Tom	Aldred	Lon H	441	1
11	Ben	Noad	High	440	1
12	Jonathan	Poole	Serp	439	1
13	John	Eves*	Herts P	438	1
14	Dan	Watts	SB	437	1
15	Sam	Humphrey	VPH&TH	436	1
16	Danny	Russell	High	435	1
17	Michael	Wright	Barn	434	1
18	Orlando	Edwards	SB	433	1
19	Pete	Matthews	WG&EL	432	1
20	Tomas	Stasionis*	VPH&TH	431	1
21	Ryan	McKinley	High	430	1
22	John	Franklin	Serp	429	1
23	Jamie	Taylor-Caldwell	ESM	428	1
24	Jake	Waldron	NEB	427	1
25	Michael	Christoforou	E&H	426	1

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Rachel	Felton	SB	200	1
2	Melissa	Courtney	SB	199	1
3	Naomi	Taschimowitz*	SB	198	1
4	Ni'ia	Hothershall	Lon H	197	1
5	Hannah	Viner	High	196	1
6	Sarah	Pemberton	Serp	195	1
7	Joanne	Kent	Barn	194	1
8	Sue	Rust	Lon H	193	1
9	Jenny	Lundgren	Serp	192	1
10	Katie	Williams	Serp	191	1
11	Victoria	Crawford	Serp	190	1
12	Harriot	Brock	High	189	1
13	Jess	Fawcett*	Lon C	188	1
14	Emily	Moss	WG&EL	187	1
15	Imogen	Simmonds	TVH	186	1
16	Ashley	Scott	High	185	1
17	Rhiannon	Stackland	Barn	184	1
18	Imogen	Turner*	High	183	1
19	Rachel	Seckl	Lon H	182	1
20	Jo	Singer	VPH&TH	181	1
21	Rachel	Lund	WG&EL	180	1
22	Kat	Gundersen	WG&EL	179	1
23	Eva	Mack	Hill	178	1
24	Rachel	Newstead	Lon H	177	1
25	Victoria	Dawes	SB	176	1



