

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Under 11 Boys & Girls Development Race

1	Ruairi	McGonagle	Lon H	10	M	6. 48
2	William	Hughes	Herts P	10	M	6. 56
3	Dylan	Michel	SB	10	M	7. 06
4	Mateo	West	VPH&TH	10	M	7. 20
5	Frank	McGrath	Cookham	9	M	7. 22
6	Aimi	Weightman	SB	10	F	7. 24
7	Sam	Greenstein	SB	10	M	7. 29
8	Jimmy	Geller	WG&EL	9	M	7. 33
9	Sydney	Allen	SB	10	F	7. 34
10	Edwin	Gatward	SB	10	M	7. 36
11	Imogen	Scott-Gall	VPH&TH	10	F	7. 37
12	Harry	Glyn	VPH&TH	9	M	7. 39
13	Lydia	Louw	SMR	9	F	7. 44
14	Max	Batty	Herts P	10	M	7. 46
15	Abdirahim	Hamud	Hill	9	M	7. 46
16	Laurence	Bethell	VPH&TH	10	M	7. 47
17	Hollie	McArdell	WG&EL	10	F	7. 52
18	Ruby	Naughton	VPH&TH	9	F	7. 55
19	Benjamin	Cracknell	Herts P	10	M	7. 58
20	Arthur	Reed	Lon H	9	M	7. 59
21	Oliver	O'Connor	Lon H	10	M	8. 03
22	Mark	Goldsmith	Trent P	9	M	8. 04
23	Joshua	Dilley	Cookham	9	M	8. 07
24	Rose	Garrett	Lon H	U13	F	8. 08
25	James	Street	Trent P	10	M	8. 10
26	Najib	Hershi	ESM	9	M	8. 11
27	Emily	Roberts	Cookham	10	F	8. 14
28	Masaki	Kanai	ESM	10	M	8. 19
29	Arun	Forrest	Hill	9	M	8. 19
30	Michael	Snelham	Cookham	9	M	8. 30
31	Hannah	Johnson	Hill	9	F	8. 31
32	Sam	Feast	Hill	10	M	8. 35
33	Charlie	Bullock	Herts P	9	M	8. 37
34	Vinny	Clarke	Herts P	9	M	8. 40
35	Jemima	Ridley	Cookham	9	F	8. 41
36	Oscar	Sturrock	Trent P	9	M	8. 43
37	Thomas	Latham	Lon H	9	M	8. 44
38	Mohamed	Ibrahim	ESM	9	M	8. 52
39	Mark	Koskei	VPH&TH	9	M	8. 55
40	Maddie	Abbott	VPH&TH	?	F	8. 57
41	Taylor	Gibson	Cookham	9	M	9. 03
42	Brogan	McCafferty	Cookham	10	M	9. 23
43	Claudia	Kerry	Cookham	9	F	9. 24
44	Devan	Gibson	Cookham	U13	M	9. 28
45	Soraya	Frost Mahmood	VPH&TH	9	F	9. 31
46	Lucy	Wilcock	Hill	9	F	9. 32
47	Alex	Burr	Hill	10	M	9. 40
48	Amelie	Hamilton	Cookham	10	F	10. 15
49	William	Spencer	Hill	10	M	10. 26
50	Adam	Nash	Hill	10	M	10. 59
51	Helena-May	Traylen	NEB	9	F	11. 34
52	Evie	McLellan	Hill	10	F	11. 48
53	Zack	Phillips	Hill	9	M	13. 28

11 year olds should be encouraged to run in the Under 13 race where they can score for their clubs.
It is the age group they are in according to UKA rules & in which their Championship races are.

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

Can Team Managers please make sure every athlete is declared and their gender included; it is not always obvious from the forename!



Conditions: 8 degrees, strong wind but bright sunshine Going: Heavy

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Under 13 Boys Results

1	Finn	Harvey	SB	U13	11. 45	
2	Nathanael	Zapico	Herts P	U13	11. 55	
3	Joe	Smith	Herts P	U13	12. 02	
4	Luca	Minale	VPH&TH	U13	12. 06	
5	Joshua	Poncica	SMR	U13	12. 47	
6	Finlay	Sturrock	Trent P	U13	12. 49	
7	Bryce	Breen	Herts P	U13	13. 00	
8	Daniel	Greenstein	SB	U13	13. 07	
9	Joshua	Adolphe	VPH&TH	U13	13. 10	
10	Mattie	Harris	SB	U13	13. 21	
11	Connor	Warwick	Hill	U13	13. 22	
12	Theo	Machin-Paley	High	U13	13. 24	
13	Milo	Choudhry	ESM	U13	13. 24	
14	Joe	Street	Trent P	U13	13. 42	
15	Joe	Heather	E&H	U13	13. 45	
16	Alex	Stapleton	Herts P	U13	13. 48	
17	Theo	Gatway	SB	U13	13. 49	
18	Edward	McArdle	Trent P	U13	13. 50	
19	Tommy	Atkin	Hill	U13	13. 53	
20	Guillermo	Acosta	Trent P	U13	13. 56	
21	Elliot	Lowe	Cookham	U13	13. 57	Gst
22	Ben	Forde	Hill	U13	13. 57	
23	Brandon	Reid	Herts P	U13	14. 17	
24	Alex	Johnson	Hill	U13	14. 20	
25	Matthew	Woolf	Trent P	U13	14. 29	
26	Joe	Rowson	E&H	U13	14. 44	
27	Finn	O'Sullivan	VPH&TH	U13	14. 59	
28	Thomas	Hughes	Herts P	U13	15. 13	
29	Ben	Woolf	Trent P	U13	15. 20	
30	Manny	Pigney	High	U13	16. 02	
31	Billy	Banks	Trent P	U13	16. 06	
32	Mikey	Kouwiloyan	ESM	U13	16. 23	
33	Mahiis	Hershi	ESM	U13	16. 27	
34	Rhys	Feaviour	Hill	U13	16. 42	

Under 13 Boys Team Result

1	Herts Phoenix	108
2	Shaftesbury Barnet Harriers	100
3	Trent Park RC	78
4	Victoria Park & Tower Hamlets	63
5	Hillingdon	62
6	St Mary's Richmond	29
7	Enfield & Haringey	28
8	Highgate Harriers	27
9	Ealing, Southall & Middlesex	26
10	Trent Park RC 'B'	20
11	Herts Phoenix 'B'	19
12	Hillingdon 'B'	1

Under 13 Boys League Positions

1	Herts Phoenix	437
2	Shaftesbury Barnet Harriers	386
3	Victoria Park & Tower Hamlets	366
4	Trent Park RC	344
5	Enfield & Haringey	292
6	Hillingdon	206
7	Woodford Green with Essex Ladies	196
8	St Mary's Richmond	149
9	Highgate Harriers	123
9	Shaftesbury Barnet Harriers 'B'	123
11	Herts Phoenix 'B'	95
12	Thames Valley Harriers	89
13	Enfield & Haringey 'B'	77
14	Trent Park RC 'B'	75
15	Ealing, Southall & Middlesex	67
16	Barnet & District	48
17	Victoria Park & Tower Hamlets 'B'	25
18	London Heathside	20
19	Woodford Green with Essex Ladies 'B'	17
20	Hillingdon 'B'	1

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Under 13 Girls Results

1	Charlotte	Buckley	TVH	U13	12. 52
2	Felix	Waters	VPH&TH	U13	13. 20
3	Ava	Mulvihill	E&H	U13	13. 29
4	Scarlett	Kent	SB	U13	13. 38
5	Mia	Groom	SB	U13	13. 49
6	Lucy	O'Brien	ESM	U13	13. 54
7	Isabel	Stark	Hill	U13	14. 02
8	Betty	Hughes	VPH&TH	U13	14. 09
9	Freya	Stapleton	Herts P	U13	14. 13
10	Anna	Janke	Hill	U13	14. 15
11	Anisa	Ibrahim	ESM	U13	14. 34
12	Sumaya	Hussain	VPH&TH	U13	14. 37
13	Grace	Miller	VPH&TH	U13	14. 40
14	Siena	Taylor	WG&EL	U13	14. 44
15	Ellen	McGann	VPH&TH	U13	14. 47
16	Jaynie	Awcock	Herts P	U13	14. 54
17	Elena	Roncarati	Barn	U13	15. 20
18	Mya	Hornett	Trent P	U13	15. 26
19	Emily	Hathaway	Trent P	U13	16. 01
20	Milly	Dunne	High	U13	16. 06
21	Charlotte	Cooney-Quinn	TVH	U13	16. 10
22	Zakia	Mossi	TVH	U13	16. 23
23	Mia	Catton	SMR	U13	16. 24
24	Imogen	Deakin	SMR	U13	16. 28
25	Sarah	Freegard	ESM	U13	18. 21
26	Hannah	May	Barn	U13	18. 38
27	Emily	Murphy	Barn	U13	19. 10
28	Kia	Simon	Hill	U13	21. 33

Under 13 Girls Team Result

1	Victoria Park & Tower Hamlets	81
2	Shaftesbury Barnet Harriers	49
3	Ealing, Southall & Middlesex	45
4	Thames Valley Harriers	43
5	Hillingdon	42
6	Herts Phoenix	33
7	Enfield & Haringey	26
8	Trent Park RC	21
9	Barnet & District	17
10	Woodford Green with Essex Ladies	15
11	Victoria Park & Tower Hamlets 'B'	14
12	St Mary's Richmond	11
13	Highgate Harriers	9

Under 13 Girls League Positions

1	Shaftesbury Barnet Harriers	311
2	Victoria Park & Tower Hamlets	275
3	Thames Valley Harriers	226
4	Herts Phoenix	169
5	Ealing, Southall & Middlesex	168
6	Hillingdon	166
7	Enfield & Haringey	128
8	Trent Park RC	115
9	St Mary's Richmond	105
10	Woodford Green with Essex Ladies	102
11	Barnet & District	49
12	Shaftesbury Barnet Harriers 'B'	36
13	Victoria Park & Tower Hamlets 'B'	27
14	Highgate Harriers	20
15	London Heathside	16
16	Hillingdon 'B'	9
17	Herts Phoenix 'B'	7
17	Newham & Essex Beagles	7
19	Ealing, Southall & Middlesex 'B'	1

The Weeks Ahead

Thu 25 Dec	Christmas Morning Road Race	Ruislip
Sat 27 Dec	Lido Relay	Ruislip Lido
Thu 1 Jan	Brooks Serpentine New Years Day 10K	Hyde Park
Sat 3 Jan	British Athletics Cross Challenge Essex Championships Middlesex Championships	Antrim Claybury, Woodford Alexandra Palace
Sun 4 Jan	Hertfordshire Championships Cliveden Cross Country Mornington Chasers Regents Park 10K	St Albans Taplow, Maidenhead Regents Park
Sat 10 Jan	METROPOLITAN LEAGUE RACE FOUR	Horsenden Hill, Perivale

REMAINING LEAGUE FIXTURES

Sat 10 Jan	METROPOLITAN LEAGUE RACE FOUR	Horsenden Hill
Sat 7 Feb	METROPOLITAN LEAGUE RACE FIVE	Wormwood Scrubs

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Under 17 Men Results

1	Jamie	Philpott	Herts P	U17	13. 52	
2	Terry	Fawden	High	U17	14. 00	
3	Karim	Mahiddine	TVH	U17	14. 06	
4	George	Cook	Herts P	U17	14. 09	
5	Khalid-Ali	Ahmed	SB	U17	14. 14	
6	Nile	McKenzie	VPH&TH	U15	14. 29	
7	Thomas	McArdle	Trent P	U17	14. 32	
8	Dempster	Fawden	High	U15	14. 35	
9	Mukhtar	Farah	ESM	U17	14. 36	
10	Mosope	Oyelola	NEB	U15	14. 36	
11	Oliver	Formby	Barn	U17	14. 48	
12	George	Kerry	ESM	U15	14. 55	
13	James	Young	Trent P	U15	15. 00	
14	Isaac	Osofisan	VPH&TH	U17	15. 01	
15	Joseph	Young	Trent P	U17	15. 08	
16	William	McArdle	Trent P	U15	15. 15	
17	Alexander	Machin-Paley	High	U17	15. 20	
18	Salman	Chishti	ESM	U15	15. 25	
19	Yuri	Zavratchiyski	E&H	U15	15. 26	
20	James	Wakefield	WG&EL	U15	15. 27	
21	Harry	Cavell	WG&EL	U17	15. 28	
22	Henry	Fulton	SB	U15	15. 30	
23	Rufus	Kent	SB	U15	15. 32	
24	Adam	Stewart	High	U17	15. 35	
25	William	Griffiths	Lon H	U17	15. 36	
26	Liam	Holbrook	Hill	U17	15. 40	
27	Mark	Cunningham	Barn	U17	15. 48	
28	Oliver	Kemp	High	U17	15. 51	
29	Joe	Chott	SB	U15	15. 54	
30	Charlie	Griffith	SB	U17	15. 56	
31	Finn	Donlon	E&H	U15	15. 58	
32	Maximillian	Buckley	TVH	U15	16. 05	
33	Oscar	Crowe	SMR	U15	16. 12	
34	Jake	Hooley	TVH	U15	16. 13	
35	Raunak	Mainali	ESM	U17	16. 16	
36	Finley	Hurren	E&H	U15	16. 17	
37	Luke	Adar	ESM	U15	16. 22	
38	Oliver	Greenstiw	SB	U17	16. 24	
39	Freddy	Curtis	E&H	U15	16. 28	
40	Jamie	Ives	Herts P	U15	16. 32	
41	Antanas	Weston	Lon H	U15	16. 37	
42	Romario	Hines-McLoed	ESM	U17	16. 48	
43	Naoki	Kanai	ESM	U15	16. 48	
44	Callum	Lambert	ESM	U15	16. 50	
45	Adam	Hughes	Herts P	U15	16. 50	
46	Abdirahman	Hamud	Hill	U15	17. 00	
47	Nicholas	Duer	TVH	U15	17. 05	
48	Kirk	O'Rourke	Hill	U17	17. 11	
49	James	Forde	Hill	U15	17. 14	
50	James	Horrex	TVH	U17	17. 15	
51	Elliot	Breen	Herts P	U15	17. 23	
52	Oliver	Weinraub	TVH	U15	17. 25	
53	Michael	How	Hill	U15	17. 28	
54	Justin	Haupt	Trent P	U15	17. 31	
55	Joseph	Peppialt	Barn	U17	17. 34	
56	Joseph	Hodgkinson	Hill	U13	17. 41	Gst
57	Ruairi	McElhatton	Barn	U15	18. 21	
58	James	Traylen	NEB	U17	18. 31	
59	Ryan	Alexander	Trent P	U17	18. 55	
60	James	Davies	Barn	U15	18. 58	
61	Stefan	Ashton	Barn	U15	19. 36	
62	Taylor	Reece	WG&EL	U17	20. 17	

Under 17 Men Team Result

1	Highgate Harriers	197
1	Trent Park RC	197
3	Ealing, Southall & Middlesex	174
4	Shaftesbury Barnet Harriers	169
5	Herts Phoenix	158
6	Thames Valley Harriers	132
7	Enfield & Haringey	123
8	Victoria Park & Tower Hamlets	104
9	Barnet & District	99
10	Woodford Green with Essex Ladies	84
11	Ealing, Southall & Middlesex 'B'	82
12	Hillingdon	79
13	London Heathside	58
14	Newham & Essex Beagles	57
15	Shaftesbury Barnet Harriers 'B'	56
16	Highgate Harriers 'B'	34
17	St Mary's Richmond	29
18	Thames Valley Harriers 'B'	22
19	Trent Park RC 'B'	12
20	Herts Phoenix 'B'	11
21	Hillingdon 'B'	9
22	Barnet & District 'B'	5

Under 17 Men League Positions

1	Trent Park RC	709
2	Highgate Harriers	701
3	Ealing, Southall & Middlesex	609
4	Shaftesbury Barnet Harriers	554
5	Herts Phoenix	529
6	Thames Valley Harriers	514
7	London Heathside	417
8	Enfield & Haringey	411
9	Highgate Harriers 'B'	385
10	Newham & Essex Beagles	333
11	Victoria Park & Tower Hamlets	318
12	Woodford Green with Essex Ladies	308
13	Barnet & District	293
14	Ealing, Southall & Middlesex 'B'	246
15	Hillingdon	237
16	Shaftesbury Barnet Harriers 'B'	178
17	Trent Park RC 'B'	167
18	London Heathside 'B'	144
19	St Mary's Richmond	123
20	Thames Valley Harriers 'B'	85
21	Herts Phoenix 'B'	62
22	Enfield & Haringey 'B'	38
23	Newham & Essex Beagles 'B'	16
24	Hillingdon 'B'	9
25	Barnet & District 'B'	5

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Under 17 Women Results

1	Jodie	Ratcliff	WG&EL	U17	16. 18
2	Gabriella	Kyriacou	SB	U17	16. 21
3	Amalia	Edwards*	SB	U17	16. 45
4	Nicola	Ravenhill	ESM	U15	16. 48
5	Verity	Walker	TVH	U15	16. 59
6	Erica	Wallace	ESM	U17	17. 04
7	Beth	Forster	E&H	U15	17. 11
8	Olivia	Janke	Hill	U15	17. 12
9	Charlotte	Johnston	Barn	U17	17. 33
10	Edie	Preece	WG&EL	U17	17. 37
11	Laura	Stewart	ESM	U15	17. 40
12	Lidia	Kyriacou	SB	U15	17. 58
13	Rose	Barkle	TVH	U15	17. 59
14	Meg	Naylor	Lon H	U15	18. 00
15	Jessica	Hurley	SB	U15	18. 01
16	Laura	Stewart	VPH&TH	U15	18. 02
17	Charlotte	Stapleton	Herts P	U17	18. 17
18	Anna	Fuller	Herts P	U15	18. 20
19	Caroline	Dunnett	E&H	U17	18. 25
20	Josephine	Chadwick	SB	U15	18. 26
21	Phoebe	Crockford	Lon H	U15	18. 27
22	Rosie	Vallance	TVH	U15	18. 34
23	Cameron	Thomas	ESM	U15	18. 49
24	Genevieve	Weston	Lon H	U17	18. 56
25	Emily	Economu	SB	U17	18. 57
26	Hannah	Booth	Herts P	U17	19. 09
27	Rebecca	Andreou	SB	U17	19. 19
28	Eleanor	Found	Herts P	U15	19. 33
29	Isolde	Goffey	SMR	U15	19. 36
30	Kayla	Michel	SB	U15	19. 37
31	Maryam	Hussain	ESM	U15	19. 40
32	Daisy	Day-Fawcett	VPH&TH	U15	19. 49
33	Martha	Hayward	ESM	U17	20. 04
34	Sidney	Tucker	Lon H	U15	20. 21
35	Mia	Hirons	WG&EL	U15	20. 51
36	Molly	Hopping	Barn	U17	21. 12
37	Kirsty	O'Rourke	Hill	U15	21. 22
38	Jennifer	Connelly	ESM	U17	21. 26
39	Roisin	Lynch	ESM	U15	21. 45
40	Annie	Manners	Hill	U15	21. 52
41	Lauren	Pitcher	NEB	U15	22. 15
42	Leah	Kelly	ESM	U15	22. 22
43	Jess	Ferris	NEB	U17	23. 57
44	Georgina	Newberry	Herts P	U15	24. 10
45	Esmé	McLellan	Hill	U15	26. 30

Under 17 Women Team Result

1	Shaftesbury Barnet Harriers	152
2	Ealing, Southall & Middlesex	140
3	Thames Valley Harriers	98
4	Herts Phoenix	95
5	Woodford Green with Essex Ladies	92
6	London Heathside	91
7	Shaftesbury Barnet Harriers 'B'	82
8	Enfield & Haringey	66
9	Hillingdon	54
10	Barnet & District	47
11	Victoria Park & Tower Hamlets	44
12	Ealing, Southall & Middlesex 'B'	43
13	St Mary's Richmond	17
14	Newham & Essex Beagles	8
15	Herts Phoenix 'B'	2

Under 17 Women League Positions

1	Thames Valley Harriers	539
2	Shaftesbury Barnet Harriers	512
3	Woodford Green with Essex Ladies	501
4	Enfield & Haringey	463
5	Ealing, Southall & Middlesex	454
6	Herts Phoenix	386
7	Victoria Park & Tower Hamlets	280
8	Shaftesbury Barnet Harriers 'B'	271
9	London Heathside	218
10	Barnet & District	166
11	Ealing, Southall & Middlesex 'B'	152
12	Hillingdon	146
13	Woodford Green with Essex Ladies 'B'	137
14	St Mary's Richmond	118
14	Thames Valley Harriers 'B'	118
16	Enfield & Haringey 'B'	114
17	Newham & Essex Beagles	82
18	Highgate Harriers	26
19	Herts Phoenix 'B'	23
20	London Heathside 'B'	20
21	Trent Park RC	4
22	Newham & Essex Beagles 'B'	2

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Under 15 Boy's Individual Result

1	Nile	McKenzie	VPH&TH	U15	14. 29
2	Dempster	Fawden	High	U15	14. 35
3	Mosope	Oyelola	NEB	U15	14. 36
4	George	Kerry	ESM	U15	14. 55
5	James	Young	Trent P	U15	15. 00
6	William	McArdle	Trent P	U15	15. 15
7	Salman	Chishti	ESM	U15	15. 25
8	Yuri	Zavratchiyski	E&H	U15	15. 26
9	James	Wakefield	WG&EL	U15	15. 27
10	Henry	Fulton	SB	U15	15. 30
11	Rufus	Kent	SB	U15	15. 32
12	Joe	Chott	SB	U15	15. 54
13	Finn	Donlon	E&H	U15	15. 58
14	Maximillian	Buckley	TVH	U15	16. 05
15	Oscar	Crowe	SMR	U15	16. 12
16	Jake	Hooley	TVH	U15	16. 13
17	Finley	Hurren	E&H	U15	16. 17
18	Luke	Adar	ESM	U15	16. 22
19	Freddy	Curtis	E&H	U15	16. 28
20	Jamie	Ives	Herts P	U15	16. 32
21	Antanas	Weston	Lon H	U15	16. 37
22	Naoki	Kanai	ESM	U15	16. 48
23	Callum	Lambert	ESM	U15	16. 50
24	Adam	Hughes	Herts P	U15	16. 50
25	Abdirahman	Hamud	Hill	U15	17. 00
26	Nicholas	Duer	TVH	U15	17. 05
27	James	Forde	Hill	U15	17. 14
28	Elliot	Breen	Herts P	U15	17. 23
29	Oliver	Weintraub	TVH	U15	17. 25
30	Michael	How	Hill	U15	17. 28
31	Justin	Houpt	Trent P	U15	17. 31
32	Ruairi	McElhatton	Barn	U15	18. 21
33	James	Davies	Barn	U15	18. 58
34	Stefan	Ashton	Barn	U15	19. 36

Under 15 Girl's Individual Result

1	Nicola	Ravenhill	ESM	U15	16. 48
2	Verity	Walker	TVH	U15	16. 59
3	Beth	Forster	E&H	U15	17. 11
4	Olivia	Janke	Hill	U15	17. 12
5	Laura	Stewart	ESM	U15	17. 40
6	Lidia	Kyriacou	SB	U15	17. 58
7	Rose	Barkle	TVH	U15	17. 59
8	Meg	Naylor	Lon H	U15	18. 00
9	Jessica	Hurley	SB	U15	18. 01
10	Laura	Stewart	VPH&TH	U15	18. 02
11	Anna	Fuller	Herts P	U15	18. 20
12	Josephine	Chadwick	SB	U15	18. 26
13	Phoebe	Crockford	Lon H	U15	18. 27
14	Rosie	Vallance	TVH	U15	18. 34
15	Cameron	Thomas	ESM	U15	18. 49
16	Eleanor	Found	Herts P	U15	19. 33
17	Isolde	Goffey	SMR	U15	19. 36
18	Kayla	Michel	SB	U15	19. 37
19	Maryam	Hussain	ESM	U15	19. 40
20	Daisy	Day-Fawcett	VPH&TH	U15	19. 49
21	Sidney	Tucker	Lon H	U15	20. 21
22	Mia	Hirons	WG&EL	U15	20. 51
23	Kirsty	O'Rourke	Hill	U15	21. 22
24	Roisin	Lynch	ESM	U15	21. 45
25	Annie	Manners	Hill	U15	21. 52
26	Lauren	Pitcher	NEB	U15	22. 15
27	Leah	Kelly	ESM	U15	22. 22
28	Georgina	Newberry	Herts P	U15	24. 10
29	Esmé	McLellan	Hill	U15	26. 30

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Women's Results

1	Rachel	Felton	SB	V35	21. 41	
2	Elizabeth	Janes	Herts P	S	22. 09	
3	Naomi	Taschimowitz*	SB	S	22. 38	
4	Sarah	Pemberton	Serp	S	22. 43	
5	Esther	Evans	High	V40	22. 49	
6	Mel	Newbery	ESM	S	22. 50	
7	Rebekah	Gardiner	SB	S	22. 51	
8	Tracy	Barlow	TVH	S	22. 55	
9	Hannah	Viner	High	U20	23. 03	
10	Revee	Walcott-Nolan	Luton	U20	23. 09	Gst
11	Ni'ia	Hothersall	Lon H	S	23. 11	
12	Kat	Gundersen	WG&EL	V35	23. 21	
13	Joanne	Kent	Barn	V45	23. 23	
14	Jess	Fawcett*	Lon C	S	23. 25	
15	Jenny	Lundgren	Serp	V40	23. 28	
16	Sue	Rust	Lon H	V35	23. 33	
17	Emma	Burgess	High	S	23. 35	
18	Rebecca	Piggott	Lon H	S	23. 42	
19	Victoria	Walker	SB	S	23. 43	
20	Jo	Singer	VPH&TH	V40	23. 52	
21	Victoria	Crawford	Serp	S	24. 01	
22	Jenny	Harvey	Hill	S	24. 07	
23	Leigh	James*	Lon H	S	24. 12	
24	Andrea	Hunt	Serp	S	24. 28	
25	Margaret	Cooper	SB	V45	24. 30	
26	Rachel	Lund	WG&EL	S	24. 35	
27	Rachel	Newstead	Lon H	S	24. 36	
28	Natasha	Sheel	Serp	S	24. 40	
29	Grazina	Narviliene	ESM	V40	24. 46	
30	Megan	Roberts	Serp	S	24. 47	
31	Helen	Palmer	Serp	S	24. 51	
32	Sue	Bint	VPH&TH	V35	24. 53	
33	Rebecca	Bunting	Lon H	S	24. 56	
34	Fiona	Kennedy	ESM	V55	24. 59	
35	Rebecca	Wilby*	NEB	U20	25. 05	
36	Marta	Bagnati	Serp	S	25. 06	
37	Charlotte	Maling	VPH&TH	S	25. 13	
38	Rosalind	Leese	Serp	S	25. 18	
39	Jennifer	Bradley	Serp	V35	25. 20	
40	Gemma	Rous	High	S	25. 31	
41	Eva	Mack	Hill	S	25. 40	
42	Alicia	Found	Herts P	U20	25. 43	
43	Lizzie	Parry	Herts P	U20	25. 44	
44	Katherine	March	Barn	V35	25. 45	
45	Sarah	Richardson	ESM	V40	25. 47	
46	Deanna	Laforet	Serp	S	26. 00	
47	Isabel	Found	Herts P	U20	26. 01	
48	Siana	Jones	TVH	S	26. 04	
49	Jane	Higgins	Lon H	S	26. 05	
50	Colette	Monahan	Lon H	S	26. 18	
51	Lisa	Gaul	Barn	S	26. 19	
52	Bernadette	Van Wijk	Serp	S	26. 20	
53	Maire	Gorman	TVH	S	26. 21	
54	Louise	Faherty	High	V35	26. 27	
55	Karen	Tostee	Lon C	S	26. 29	
56	Eilidh	Wagstaff	Lon H	S	26. 30	
57	Fiona	Russell	Morn	V45	26. 30	
58	Sophie	Sheldrake	High	S	26. 31	
59	Julia	Bailey*	NEB	S	26. 35	
60	Bridget	Napleton	Lon H	V45	26. 39	
61	Sarah	Boxer	Barn	V50	26. 42	
62	Jackie	Wastell	Lon H	V50	26. 46	
63	Sarah	Knox	Serp	V40	26. 52	
64	Laura	Morgan	VPH&TH	S	26. 56	
65	Nicola	Froud	Barn	V45	27. 00	
66	Joanna	Beak	Serp	S	27. 04	
67	Emily	Mosedale	VPH&TH	V35	27. 11	
68	Morgane	Lesenne	Hill	V35	27. 15	
69	Jenny	Thomas	WG&EL	V45	27. 16	

Women's Division One Team Result

1	Serpentine RC	236
2	Shaftesbury Barnet Harriers	232
3	London Heathside	231
4	Highgate Harriers	194
5	Ealing, Southall & Middlesex	149
6	Serpentine RC 'B'	148
7	Woodford Green with Essex Ladies	98
8	Thames Valley Harriers	97
9	London Heathside 'B'	89
10	Highgate Harriers 'B'	11

Women's Division One League Positions

1	Shaftesbury Barnet Harriers	759
2	Highgate Harriers	752
3	London Heathside	735
4	Serpentine RC	702
5	Woodford Green with Essex Ladies	451
6	Thames Valley Harriers	382
7	Ealing, Southall & Middlesex	366
8	Serpentine RC 'B'	356
9	London Heathside 'B'	286
10	Highgate Harriers 'B'	119

Women's Division Two Team Result

1	Victoria Park & Tower Hamlets	257
2	Barnet & District	255
3	Serpentine RC 'C'	209
4	Hillingdon	195
5	London Heathside 'C'	164
6	Newham & Essex Beagles	140
7	Mornington Chasers	84
8	Metropolitan Police	75
9	Enfield & Haringey	25

Women's Division Two League Positions

1	Victoria Park & Tower Hamlets	795
2	Barnet & District	779
3	Hillingdon	647
4	Serpentine RC 'C'	580
5	London Heathside 'C'	525
6	Mornington Chasers	385
7	Newham & Essex Beagles	296
8	Metropolitan Police	211
9	Woodford Green with Essex Ladies 'B'	171
10	Enfield & Haringey	148

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70	Ilona	Bagi	Serp	S	27. 19
71	Caroline	Boyle	Lon H	V35	27. 25
72	Sandra	Ahrensfeld	Serp	V40	27. 27
73	Melissa	Hepburn	Met P	S	27. 28
74	Elizabeth	Beard	Lon H	V40	27. 29
75	Manue	Chardon	Lon FR	V35	27. 31
76	Cath	Perry	Barn	V35	27. 37
77	Gen	Huss	Serp	S	27. 45
78	Emilia	Wynnycky	Lon H	V45	27. 46
79	Hannah	Copeland	Eal E	V35	27. 50
80	Nicola	McGlennon	Serp	V35	27. 57
81	Christine	Meek	ESM	V55	28. 01
82	Alice	Lighton	Lon H	S	28. 05
83	Janet	Nodder	Serp	V55	28. 06
84	Lisa	Pettit	Serp	V45	28. 07
85	Jo	Irwin	Lon H	V40	28. 08
86	Naomi	Bourne	VPH&TH	V45	28. 10
87	Lauren	Morris	TVH	V35	28. 17
88	Carol	Jones	ESM	V55	28. 18
89	Anna	Waterman	Morn	S	28. 21
90	Anne	Eden	Serp	S	28. 24
91	Lucy	McGuinness	High	V45	28. 34
92	Jasna	Skroce	VPH&TH	S	28. 35
93	Karen	Bradley	Barn	V45	28. 36
94	Siobhan	Wakely	Serp	V35	28. 39
95	Kat	Kruse	Met P	S	28. 42
96	Adelle	Stach-Kevitz	NEB	V40	28. 47
97	Frederike	Zeltner	Lon C	S	28. 48
98	Jane	Ruhland	ESM	V50	28. 54
99	Jessica	Vinluan	Lon H	S	28. 54
100	Zoe	Dobbs	Hill	V45	28. 59
101	Katy	Moore	E&H	S	29. 03
102	Caroline	Ringrow	Serp	S	29. 06
103	Elizabeth	Doyle	Herts P	S	29. 07
104	Edyta	Szot	Lon H	V35	29. 13
105	Pauline	Michael	Barn	V50	29. 20
106	Natasha	Cendrowicz	High	V40	29. 25
107	Anne	Gombert	WG&EL	S	29. 28
108	Margaret	King	Serp	S	29. 34
109	Lesley	Conway	Hill	V55	29. 35
110	Ruth	Miller	Lon H	V55	29. 40
111	Jenny	McDonagh	Barn	S	29. 41
112	Karen	Horswood	WG&EL	V50	29. 43
113	Kathryn	Creaney	Lon H	S	29. 55
114	Richella	Doyle	Serp	V35	30. 03
115	Pauline	Fischer	Hill	V55	30. 11
116	Melanie	Spencer	Hill	V35	30. 14
117	Davina	Gutteridge	Barn	V45	30. 21
118	Susan	Deanus	Hill	S	30. 22
119	Katey	Ross	Barn	V40	30. 23
120	Jayne	Shepherd*	Herts P	V55	30. 30
121	Catharine	Sowerby	Serp	V50	30. 38
122	Emily	Downey	VPH&TH	S	30. 39
123	Alison	Tay	Lon C	S	30. 42
124	Gabi	Johnson	Lon H	V45	30. 49
125	Marcia	Finnie	Serp	S	30. 50
126	Donna	Nash	Hill	V45	30. 51
127	Lynne	Rogers	Serp	S	30. 53
128	Miranda	Cook	Lon FR	V40	30. 59
129	Patricia	Thomas	ESM	V50	31. 07
130	Sue	Park	Eal E	V50	31. 50
131	Heather	Dawson	Barn	V40	32. 03
132	Gina	Heiss	Lon H	S	32. 20
133	Sarah	Mackenzie	Eal E	S	32. 31
134	Emma	Salmon	Barn	S	32. 34
135	Natalie	Traylen	NEB	V35	32. 39
136	Mary	Allieu	Met P	V40	32. 54
137	Linda	Dworowski	Barn	V55	32. 58
138	Jos	Hood	Eal E	S	33. 26
139	Michele	Homden	Serp	V40	34. 13
140	Laura	Boothman	Lon H	V35	34. 20

Women's Division Three Team Result

1	Herts Phoenix	159
2	London City	126
3	Barnet & District 'B'	119
4	Hillingdon 'B'	88
5	Victoria Park & Tower Hamlets 'B'	84
6	Ealing Eagles	69
7	London Frontrunners	52
8	Herts Phoenix 'B'	48
9	Ealing, Southall & Middlesex 'B'	44
10	Ealing Eagles 'B'	6
11	Thames Valley Harriers 'B'	2

Women's Division Three League Positions

1	Herts Phoenix	523
2	London City	397
3	Barnet & District 'B'	338
4	Herts Phoenix 'B'	331
5	Hillingdon 'B'	305
6	London Frontrunners	267
7	Thames Valley Harriers 'B'	148
8	Victoria Park & Tower Hamlets 'B'	144
9	Shaftesbury Barnet Harriers 'B'	143
10	Ealing, Southall & Middlesex 'B'	132
11	Ealing Eagles	104
12	Mornington Chasers 'B'	86
13	London Frontrunners 'B'	60
14	London City 'B'	33
15	Garden City Runners	24
16	Ealing Eagles 'B'	6

Veteran Women's Division One Team Result

1	Barnet & District	135
2	Ealing, Southall & Middlesex	129
3	Serpentine RC	129
4	London Heathside	126
5	Woodford Green with Essex Ladies	79
6	London Heathside 'B'	76
7	Serpentine RC 'B'	74
8	Hillingdon	64
9	Mornington Chasers	35
10	Serpentine RC 'C'	24

Veteran Women's Division One League Positions

1	Barnet & District	462
2	Serpentine RC	440
3	London Heathside	433
4	Ealing, Southall & Middlesex	427
5	Woodford Green with Essex Ladies	282
6	London Heathside 'B'	264
7	Serpentine RC 'B'	241
8	Mornington Chasers	206
9	Hillingdon	181
10	Serpentine RC 'C'	109

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141	Sandra	Buckton	Lon H	V45	34. 32
142	Sara	Dark	Lon H	V35	34. 38
143	Mary	Brown	Barn	V50	34. 40
144	Alice	Sullivan	Morn	V40	35. 10
145	Alison	Harrow	Lon H	V45	35. 47
146	Lynne	Cox	Barn	S	36. 01
147	Lisa	Snell	Eal E	V40	36. 32
148	Clare	Boutle	Barn	V45	37. 20
149	Christine	Read*	E&H	V50	37. 24
150	Jackie	O'Dowd	Hill	V55	37. 25
151	Barbara	Maddison	TVH	V50	37. 40
152	Caroline	Torry	Serp	S	38. 03
153	Sharon	Talbot	Hill	V45	38. 19
154	Christine	Munden	TVH	V40	39. 17
155	Euphemia	Scott	TVH	V50	42. 06
156	Maureen	Shirley	Barn	V65	42. 24

U20 Women's Individual Result

1	Hannah	Viner	High	U20	23. 03
2	Rebecca	Wilby*	NEB	U20	25. 05
3	Alicia	Found	Herts P	U20	25. 43

Veteran Women's Individual Result

1	Rachel	Felton	SB	V35	21. 41
2	Esther	Evans	High	V40	22. 49
3	Kat	Gundersen	WG&EL	V35	23. 21

Veteran Women's Division Two Team Result

1	Victoria Park & Tower Hamlets	52
2	Highgate Harriers	43
3	Shaftesbury Barnet Harriers	33
4	Ealing, Southall & Middlesex 'B'	18
5	London Frontrunners	15
6	Newham & Essex Beagles	9
7	Metropolitan Police	1

Veteran Women's Division Two League Positions

1	Victoria Park & Tower Hamlets	149
2	Highgate Harriers	114
3	Shaftesbury Barnet Harriers	112
4	Ealing, Southall & Middlesex 'B'	48
5	London Frontrunners	47
6	Newham & Essex Beagles	26
7	Garden City Runners	4
8	Metropolitan Police	1
9	Mornington Chasers 'B'	0
10	Woodford Green with Essex Ladies 'B'	0

Veteran Women's Division Three Team Result

1	Barnet & District 'B'	79
2	Ealing Eagles	44
3	Hillingdon 'B'	42
4	Thames Valley Harriers	31
5	Herts Phoenix	15
6	Enfield & Haringey	7

Veteran Women's Division Three League Positions

1	Barnet & District 'B'	182
2	Thames Valley Harriers	129
3	Herts Phoenix	102
4	Ealing Eagles	65
5	Hillingdon 'B'	54
6	London City	26
7	Enfield & Haringey	25
8	Victoria Park & Tower Hamlets 'B'	8
9	Thames Valley Harriers 'B'	5
4	Ealing Eagles	65
5	Hillingdon 'B'	54
6	London City	26
7	Enfield & Haringey	25
8	Victoria Park & Tower Hamlets 'B'	8
9	Thames Valley Harriers 'B'	5

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Men's Results

1	Michael	Callegari	SB	U20	26. 16	
2	Audun	Nordtveit	High	S	26. 27	
3	Shaun	Dixon	High	S	26. 31	
4	Tom	Aldred	Lon H	S	26. 54	
5	Nicholas	Torry	Serp	S	27. 00	
6	Glen	Watts	SB	S	27. 02	
7	Glenn	Hughes	Serp	S	27. 05	
8	Dan	Watts	SB	S	27. 09	
9	Richard	Phillips	Serp	S	27. 20	
10	Ed	Shepherd	WG&EL	S	27. 34	
11	Jonathan	Poole	Serp	S	27. 35	
12	Andy	Greenleaf	Serp	S	27. 38	
13	Chris	Rainsford*	High	S	27. 42	
14	Jake	Waldron	NEB	S	27. 47	
15	Ben	Nagy	E&H	S	27. 54	
16	Tomas	Stasionis*	VPH&TH	S	27. 59	
17	John	Franklin	Serp	S	28. 05	
18	James	Laing	Hill	S	28. 06	
19	Tom	Beedell	WG&EL	S	28. 08	
20	Will	Mackay	Bed C	S	28. 10	Gst
21	Hugh	Torry	Serp	S	28. 22	
22	William	Mycroft	E&H	S	28. 25	
23	Robert	Wilson	High	S	28. 29	
24	Robert	Russell*	TVH	S	28. 31	
25	Harold	Wyber	WG&EL	S	28. 34	
26	Fergal	Smithwick	High	S	28. 38	
27	Mike	Wile-Smith	Guern	S	28. 43	Gst
28	Mark	Pearce	SB	U20	28. 45	
29	Orlando	Edwards	SB	S	28. 47	
30	Phillip	Crout	SB	U20	28. 48	
31	Andrew	Lawrence*	High	S	28. 49	
32	Dave	Morgan	Serp	S	28. 52	
33	Matthew	Grant	SB	S	28. 52	
34	Dale	Clutterbuck*	NEB	S	28. 55	
35	Michael	Wright	Barn	S	28. 59	
36	Alexander	Davy*	Serp	S	29. 03	
37	Sean	Renfer	High	S	29. 08	
38	Niall	Sheehan	NEB	S	29. 10	
39	Toby	Clyde	TVH	U20	29. 11	
40	Donatas	Tumaitis	WG&EL	S	29. 14	
41	Tom	Heslop	VPH&TH	S	29. 19	
42	Sam	Humphrey	VPH&TH	S	29. 23	
43	Daniel	Gurton	WG&EL	S	29. 24	
44	Ryan	McKinley	High	S	29. 25	
45	Tomaz	Plibersek	WG&EL	S	29. 26	
46	James	Wooldridge	Lon H	U20	29. 28	
47	Sam	Griffiths	SB	U20	29. 28	
48	Dominic	Smith	High	S	29. 29	
49	Jim	Cooper	Met P	V40	29. 30	Gst
50	Jamie	Taylor-Caldwell	ESM	S	29. 36	
51	Ben	Rochford	SB	U20	29. 38	
52	Angus	Holford	WG&EL	S	29. 39	
53	Kevin	Murphy	WG&EL	V40	29. 41	
54	Peter	Downie	High	S	29. 42	
55	Yari	Fontebasso	Serp	S	29. 44	
56	Samir	Haddad	ESM	S	29. 47	
57	Wayne	Bell	NEB	S	29. 47	
58	Bertie	Powell	WG&EL	S	29. 52	
59	Danny	Russell	High	S	29. 55	
60	Andy	Fooks	TVH	S	29. 56	
61	Rob	Cox	WG&EL	S	29. 58	
62	Anthony	Jackson	SB	V45	29. 59	
63	Darryl	Davison	High	S	30. 04	
64	Jonny	Laybourn	High	S	30. 13	
65	Conor	Kissane-Wood	SMR	U20	30. 14	
66	Andrew	Orr	Serp	S	30. 14	
67	Simon	Barrett	Serp	V40	30. 16	
68	Jonathan	Deane	High	S	30. 18	
69	Mohamed	Hashi	ESM	S	30. 21	

Men's Division One Team Result

1	Serpentine RC	1074
2	Highgate Harriers	1022
3	Shaftesbury Barnet Harriers	964
4	Woodford Green with Essex Ladies	899
5	London Heathside	558
6	Victoria Park & Tower Hamlets	433
7	Ealing, Southall & Middlesex	426
8	Serpentine RC 'B'	386
9	Hillingdon	343
10	Newham & Essex Beagles	336

Men's Division One League Positions

1	Highgate Harriers	3165
2	Serpentine RC	3134
3	Woodford Green with Essex Ladies	2801
4	Shaftesbury Barnet Harriers	2479
5	London Heathside	1935
6	Hillingdon	1608
7	Victoria Park & Tower Hamlets	1607
8	Newham & Essex Beagles	1443
9	Ealing, Southall & Middlesex	1373
10	Serpentine RC 'B'	938

Men's Division Two Team Result

1	Highgate Harriers 'B'	1075
2	Thames Valley Harriers	1013
3	Barnet & District	938
4	Woodford Green with Essex Ladies 'B'	931
5	London Heathside 'B'	826
6	Serpentine RC 'C'	599
7	London Heathside 'C'	575
8	Enfield & Haringey	508
9	Herts Phoenix	251
10	Mornington Chasers	234

Men's Division Two League Positions

1	Woodford Green with Essex Ladies 'B'	3196
2	Barnet & District	3175
3	Highgate Harriers 'B'	2970
4	London Heathside 'B'	2919
5	Thames Valley Harriers	2767
6	Enfield & Haringey	2449
7	London Heathside 'C'	2175
8	Herts Phoenix	1886
9	Serpentine RC 'C'	1851
10	Mornington Chasers	1688

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70	Daniel	Thompson	Hill	S	30. 22
71	Martin	Bateman	Hill	S	30. 27
72	Daniel	Steel	WG&EL	S	30. 31
73	Brahma	Pochee	High	S	30. 32
74	Nathan	Wilkins	Serp	S	30. 33
75	Simon	Beedell	WG&EL	S	30. 35
76	James	Stockings	WG&EL	U20	30. 37
77	Daniel	De Palol	Serp	V40	30. 39
78	Andrew	Reeves	Serp	V40	30. 43
79	Tony	Russell	WG&EL	S	30. 45
80	Andrew	Brooker	Lon H	S	30. 49
81	Mohammed	Mohammed	SB	S	30. 50
82	Martin	Potter	Lon H	V45	30. 50
83	Benjamin	Boxer	Barn	U20	30. 57
84	Peter	Hawkins	High	S	30. 59
85	Luke	Nicholas	ESM	S	31. 00
86	Ryan	McCrickerd	Lon H	S	31. 01
87	Matt	Douthwaite*	TVH	S	31. 04
88	Andrew	Mitchell	TVH	V45	31. 07
89	Maxim	Cardew	Serp	S	31. 07
90	Laurent	Liote	High	S	31. 08
91	Edward	Campbell	Hill	S	31. 13
92	William	McNulty	Morn	S	31. 13
93	Peter	Flewitt	ESM	V40	31. 16
94	Matt	Collins	Lon H	S	31. 18
95	Archie	Allen-Jones	ESM	S	31. 19
96	Steve	Hobbs	VPH&TH	V40	31. 23
97	James	Gillanders	Lon FR	S	31. 24
98	Luke	McMullan	High	S	31. 25
99	Simon	Fricke	Met P	S	31. 27
100	Trevor	Maguire*	SMR	V45	31. 29
101	David P	Evans	Serp	S	31. 30
102	Ed	Samuel	Lon H	S	31. 31
103	Stephen	Shanks	VPH&TH	S	31. 32
104	Steven	Prosser*	Herts P	S	31. 36
105	Sam	Benge	WG&EL	S	31. 38
106	Andy	Barnes	Lon H	S	31. 40
107	Kerr	Millar	High	S	31. 41
108	Simon	Connell	Hill	V40	31. 42
109	Duncan	Burbidge	High	V40	31. 44
110	Jonathan	Hopkin	Lon H	V45	31. 45
111	Andy	Welshman	Lon H	V45	31. 46
112	Jon	Ellis	ESM	S	31. 46
113	Steve	Elson	ESM	S	31. 47
114	Steve	Norris	TVH	V45	31. 47
115	Grant	Ramsay*	Barn	V40	31. 55
116	Simon	Buckley	Serp	S	31. 58
117	Chris	Hartley	Lon H	V50	32. 01
118	Julian	Lamy	SB	U20	32. 02
119	Sergio	Di Noto	Lon H	S	32. 03
120	Nick	Andrews*	WG&EL	S	32. 06
121	Daire	Brennan	E&H	S	32. 07
122	Richard	Macaulay	Lon H	S	32. 08
123	Costa	Michael	Barn	V50	32. 89
124	Robert	Rigby	SB	V50	32. 11
125	Alex	Lepretre	Barn	S	32. 12
126	Billy	Kelsey	SB	U20	32. 13
127	Roger	Reid	Serp	V45	32. 14
128	Kevin	Walden	SB	S	32. 18
129	Flojan	Bakalli	ESM	U20	32. 20
130	Simon	Craddock	Serp	S	32. 20
131	John	McKeane	High	S	32. 21
132	Andy	Holt	GCR	V50	32. 26
133	Christian	Nielsen	TVH	S	32. 29
134	Michele	Bottone	Serp	S	32. 30
135	Benjamin	Tolputt	Serp	S	32. 31
136	Michael	Potticary	SB	S	32. 32
137	Liam	Hendry	E&H	S	32. 33
138	Paul	Scanlan	WG&EL	S	32. 34
139	Philip	Warburton	Hill	S	32. 34
140	Will	Morris	Barn	S	32. 38

Men's Division Three Team Result

1	London Frontrunners	933
2	Shaftesbury Barnet Harriers 'B'	920
3	Highgate Harriers 'C'	899
4	Barnet & District 'B'	752
5	Metropolitan Police	665
6	Woodford Green with Essex Ladies 'C'	664
7	London Frontrunners 'B'	653
8	Thames Valley Harriers 'B'	635
9	Hillingdon 'B'	622
10	St Mary's Richmond	607
11	London City	415
12	Garden City Runners	341
13	Victoria Park & Tower Hamlets 'B'	247
14	Ealing, Southall & Middlesex 'B'	183
15	Ealing Eagles	108
16	Metropolitan Police 'B'	30
17	Herts Phoenix 'B'	2

Men's Division Three League Positions

1	London Frontrunners	3032
2	Hillingdon 'B'	2283
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2	London Frontrunners 'B'	2283
4	Woodford Green with Essex Ladies 'C'	2266
5	Barnet & District 'B'	2219
6	Shaftesbury Barnet Harriers 'B'	2138
7	Metropolitan Police	1997
8	St Mary's Richmond	1873
9	London City	1324
10	Garden City Runners	1316
11	Victoria Park & Tower Hamlets 'B'	1303
12	Thames Valley Harriers 'B'	1269
13	Highgate Harriers 'C'	1215
14	Ealing, Southall & Middlesex 'B'	942
15	Harlow RC	814
16	Ealing Eagles	447
17	Enfield & Haringey 'B'	162
18	Herts Phoenix 'B'	122
19	Metropolitan Police 'B'	83
20	Mornington Chasers 'B'	44
21	Garden City Runners 'B'	4

Veteran Men's Division One Team Result

1	London Heathside	332
2	Serpentine RC	326
3	Woodford Green with Essex Ladies	267
4	Highgate Harriers	241
5	London Heathside 'B'	229
6	Thames Valley Harriers	219
7	Barnet & District	216
8	Hillingdon	168
9	Ealing, Southall & Middlesex	120
10	London Heathside 'C'	114

Veteran Men's Division One League Positions

1	London Heathside	1065
2	Serpentine RC	950
3	Woodford Green with Essex Ladies	860
4	London Heathside 'B'	806
5	Barnet & District	791
6	Hillingdon	669
7	Highgate Harriers	518
8	London Heathside 'C'	514
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9	Thames Valley Harriers	491
10	Ealing, Southall & Middlesex	403

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

141	Finlay	Gall	VPH&TH	S	32.39
142	Sam	Thompson	Lon H	S	32.40
143	Adam	Mead	WG&EL	S	32.41
144	Dan	McKeown	Lon H	S	32.41
145	Simeon	Bennett	VPH&TH	S	32.42
146	Edward	Price	Barn	S	32.43
147	Norman	Mitchell	Lon H	V50	32.45
148	Paul	Gaimster	VPH&TH	V40	32.46
149	Matthew	Hardcastle	Serp	S	32.47
150	Alex	Ozdemir	Hill	S	32.48
151	Rajesh	Patel	Barn	S	32.50
152	Marten	Van der Hoeven	High	S	32.53
153	Shane	Cullinan	Lon FR	V40	32.55
154	Dave	Cox	WG&EL	V60	32.56
155	Julian	Russell	WG&EL	S	32.58
156	Stuart	Meiklejohn	Lon H	S	32.59
157	Andrew	Dunderdale	Lon H	S	33.00
158	Alan	Whatmough	Lon H	S	33.00
159	Peter	Holmes	Serp	S	33.04
160	Peter	Scannell	TVH	S	33.06
161	Manuel	da Silva	TVH	S	33.09
162	Duncan	Steen	VPH&TH	S	33.11
163	Neil	Cook	VPH&TH	S	33.13
164	John	Armstrong	Morn	V40	33.14
165	Tony	Killilea	Lon H	V50	33.16
166	Sergio	Gonzalez Manzaneque	Serp	S	33.19
167	Mike	Walker	Barn	S	33.20
168	Alan	Rugg	WG&EL	V55	33.23
169	Ronan	Breen	SB	V40	33.24
170	Paul	Jarman	Lon H	V50	33.26
171	Richard	Stewart	High	V40	33.30
172	Greg	Bennett	TVH	V40	33.33
173	Peter	Caton	WG&EL	S	33.38
174	Gareth	Cavell	WG&EL	V45	33.39
175	Kirit	Patel	Lon FR	V40	33.40
176	Alex	Davidson	High	V50	33.40
177	James	Lynch	Lon H	S	33.42
178	Paul	Mercer	Lon H	V40	33.42
179	Jonathan	Litchfield	Lon H	S	33.43
180	Ewan	Ross	TVH	S	33.43
181	Jonathan	Moscrop	Lon FR	V40	33.44
182	Conrad	Addo*	Serp	S	33.44
183	Tim	Edwards	Barn	S	33.47
184	Ben	Wickham	VPH&TH	S	33.47
185	Dominic	Jackson	Lon H	V50	33.47
186	Richard	Turner	Serp	V40	33.50
187	Adam	Ibrahim	Lon H	S	33.53
188	Theo	Highland	Serp	S	33.54
189	Neill	Hughes	GCR	V45	33.58
190	Peter	Clarke	Serp	V45	34.01
191	David	Slovak	VPH&TH	S	34.07
192	Robert	Brown	ESM	V45	34.09
193	William	McAvock	Serp	V45	34.11
194	Tom	Yates	ESM	S	34.12
195	Chris	Bailey	High	V50	34.14
196	David	Crout	Barn	V45	34.15
197	Tom	Griffiths	Lon H	U20	34.18
198	Andre	Collins	High	U20	34.19
199	Rob	Shulman	Lon H	V45	34.22
200	David	Newman	Hill	V50	34.23
201	Derry	Lozano-Hoyland	Serp	S	34.26
202	Paul	Graham*	SMR	V40	34.30
203	Andrew	Patterson	Hill	S	34.31
204	Justin	Hardcastle	Serp	S	34.36
205	Paul	Leppard	Hill	S	34.37
206	Philip	Eldridge	NEB	S	34.39
207	Gary	Horn	Hill	S	34.45
208	Steve	Wilson	Met P	S	34.49
209	Jacob	Howe	Lon H	V40	34.50
210	Fraser	Johnson	Serp	V40	34.51
211	Nigel	Rowe	Met P	V50	34.53

Veteran Men's Division Two Team Result

1	London Frontrunners	166
2	Serpentine RC 'B'	145
3	Shaftesbury Barnet Harriers	140
4	Victoria Park & Tower Hamlets	117
5	Garden City Runners	101
6	Herts Phoenix	82
7	Hillingdon 'B'	72
8	Metropolitan Police	65
9	Thames Valley Harriers 'B'	58

Veteran Men's Division Two League Positions

1	London Frontrunners	493
2	Serpentine RC 'B'	353
3	Shaftesbury Barnet Harriers	342
4	Herts Phoenix	328
5	Garden City Runners	254
6	Victoria Park & Tower Hamlets	233
7	Hillingdon 'B'	228
8	Metropolitan Police	225
9	Thames Valley Harriers 'B'	96
10	Shaftesbury Barnet Harriers 'B'	0

Veteran Men's Division Three Team Result

1	Barnet & District 'B'	154
2	Woodford Green with Essex Ladies 'B'	148
3	Mornington Chasers	124
4	St Mary's Richmond	115
5	London Frontrunners 'B'	109
6	Serpentine RC 'C'	75
7	London City	61
8	Hillingdon 'C'	48
9	Herts Phoenix 'B'	40
10	Highgate Harriers 'B'	36
11	Enfield & Haringey	32
12	Ealing, Southall & Middlesex 'B'	12
13	Victoria Park & Tower Hamlets 'B'	8

Veteran Men's Division Three League Positions

1	Woodford Green with Essex Ladies 'B'	552
2	Barnet & District 'B'	550
3	London Frontrunners 'B'	458
4	Mornington Chasers	377
5	Serpentine RC 'C'	274
6	St Mary's Richmond	253
7	London City	200
8	Harlow RC	181
8	Herts Phoenix 'B'	181
10	Enfield & Haringey	154
11	Hillingdon 'C'	144
12	Ealing, Southall & Middlesex 'B'	108
13	Newham & Essex Beagles	65
14	Garden City Runners 'B'	59
15	Highgate Harriers 'B'	36
16	Metropolitan Police 'B'	25
17	Mornington Chasers 'B'	13
18	Victoria Park & Tower Hamlets 'B'	11

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

212	Dominic	Speight	Hill	U20	34.57
213	Tim	Marshall	Lon H	S	34.57
214	Ben	Stanton	Serp	S	34.58
215	Darren	White	Barn	V45	34.58
216	Michael	Stainton	Serp	V50	34.59
217	James	Edgar	Serp	S	34.59
218	Phil	Hogg	Lon H	V40	35.00
219	Ciaran	Williams	Serp	S	35.02
220	Tony	Pamphilon	WG&EL	V55	35.07
221	Santosh	Rai	ESM	S	35.07
222	Rob	Walker	High	S	35.09
223	George	O'Neill	Lon FR	V40	35.13
224	Peter	Christian	SMR	U20	35.14
225	Stephane	Schneider	Serp	S	35.19
226	Jo	McKeown	Lon H	S	35.20
227	Joseph	Lowe	High	V40	35.21
228	Michael	Buglass	Serp	S	35.23
229	Sam	Wakeford	VPH&TH	S	35.23
230	James	Turner	Serp	S	35.25
231	Daniel	Szajna	Lon H	U20	35.29
232	James	Perry	WG&EL	V40	35.29
233	Martin	Bright	High	V45	35.31
234	Lee	Connor	Lon H	V45	35.38
235	Peter	Warburton	Hill	V50	35.39
236	Steve	Hirons	Hill	V50	35.45
237	John	Keenan	Lon FR	V40	35.47
238	Mark	Cambridge	WG&EL	V40	35.49
239	Sean	McEntee	Lon FR	S	35.50
240	Ian	Park	Eal E	S	35.51
241	Navin-Jones	Timothy	Lon C	S	35.57
242	William	Wagstaff	Lon H	V50	35.57
243	Tim	Renshaw	Serp	S	35.58
244	Peter	Ellis	Barn	V55	35.59
245	Emmet	Cassidy	Lon FR	S	36.02
246	Guy	Bowles	TVH	V50	36.08
247	Matt	Holt	Met P	S	36.09
248	Alan	Latham	Lon H	V45	36.09
249	Andrew	Hetherington	Lon FR	S	36.10
250	Raaz	Vaid	SB	S	36.12
251	Tim	Charters	Lon FR	S	36.15
252	Daniel	Digweed	Barn	S	36.20
253	Richard	Hooley	TVH	V50	36.21
254	Simon	Doyle	Herts P	V50	36.21
255	Sol	Ibrahim	Barn	V40	36.24
256	John	Lynch	Morn	V55	36.25
257	Alex	Elferink	Serp	V40	36.30
258	Matthew	Hearne	Serp	S	36.37
259	Pete	Crockford	Lon H	V55	36.38
260	Phil	Wetton	TVH	V45	36.43
261	Neil	Colquhoun	Lon FR	S	36.48
262	Harry	Gilham	Herts P	S	36.53
263	Julian	Williams	Lon FR	V45	36.55
264	Alistair	Parkin*	SB	S	36.57
265	Will	Whitaker	Lon H	S	36.59
266	David	Hallam	Lon H	V45	37.00
267	Gareth	Fletcher	Lon FR	S	37.01
268	Tim	Miller	VPH&TH	V45	37.02
269	David	Smith	Hill	V50	37.03
270	Francis	O'Callaghan	Lon FR	S	37.04
271	Steve	Lambert	WG&EL	V50	37.06
272	Brian	Boyle	Lon H	V40	37.11
273	Alex	Malzer	Serp	V45	37.14
274	Alastair	Maher	Serp	S	37.15
275	Joe	Gomes	Barn	V50	37.16
276	Graham	Slater	Barn	V50	37.20
277	Tim	Parkin	SB	S	37.21
278	Dale	Powell	E&H	S	37.23
279	Mel	Davies	Barn	V60	37.25
280	Mark	George	Lon H	V45	37.30
281	Nick	Stockman	High	S	37.32
282	Sean	Bowen	GCR	V50	37.32

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 & Lee Collett (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

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

If you run out, use unused 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 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

283	Mark	Speight	Hill	S	37. 34	
284	Simon	Claridge	Hill	V55	37. 36	
285	Stevan	Dokic	Hill	V55	37. 39	
286	Elliot	Reed	Lon H	V40	37. 41	
287	Peter	Hill	TVH	V40	37. 49	
288	James	Lobo	Lon C	S	37. 50	
289	Thomas	Cassidy	SMR	S	37. 51	
290	Stewart	Park	Unatt	S	37. 52	Gst
291	Kieran	Moreland	SB	S	37. 53	
292	Adrian	Donovan	Lon C	S	38. 01	
293	Oliver	Greenslade	Serp	S	38. 03	
294	Andy	Ball	High	S	38. 13	
295	Matthew	Dilworth	Lon FR	S	38. 16	
296	Keith	Freegard	ESM	V55	38. 17	
297	Mervyn	Walker	TVH	V55	38. 17	
298	Philip	Cunningham	SB	V50	38. 20	
299	Andrew	Malyan	Hill	V45	38. 21	
300	Jerry	Bryan	Barn	V50	38. 25	
301	Gareth	Hodges	Met P	S	38. 31	
302	Jamie	Smith	E&H	S	38. 34	
303	Peter	Fitzpatrick	Herts P	V60	38. 36	
304	Jan	Gruter	Lon FR	S	38. 42	
305	Scott	Brewer	TVH	S	38. 50	
306	Matt	Walker	Lon C	S	38. 53	
307	Brian	James*	Herts P	V65	38. 55	
308	Pierce	Boyle	High	U20	39. 02	
309	Ed	Byne	Lon H	S	39. 05	
310	Michael	Ussher	High	V50	39. 12	
311	Tom	Spanyol	WG&EL	V55	39. 16	
312	Nick	Sutcliffe	Lon C	V45	39. 17	
313	Liam	Phair	Met P	S	39. 18	
314	Rob	Scott	Barn	V45	39. 20	
315	Chris	Hewertson	Lon H	V45	39. 22	
316	David	Birks*	E&H	V50	39. 23	
317	Leo	Pemberton	Lon H	S	39. 23	
318	Sammy	Li	Serp	V45	39. 30	
319	Paul	Hope	Met P	V55	39. 31	
320	Andrew	Hudson	Lon H	V55	39. 32	
321	John	Bartlett	Hill	S	39. 32	
322	Dave	Byrne	Barn	V50	39. 35	
323	James	Balcazar	Lon FR	S	39. 37	
324	Nigel	Ealand	Hill	V55	39. 37	
325	Simon	Mac	Lon FR	S	39. 38	
326	David	Clark	Herts P	V70	39. 38	
327	Ian	Johnson	Serp	V45	39. 42	
328	Jason	Sewards	TVH	V45	39. 57	
329	Steve	Plested	ESM	V60	40. 09	
330	Paul	Stockings	WG&EL	V50	40. 17	
331	Richard	Wilson	Met P	V55	40. 20	
332	Jason	Steel	Hill	V40	40. 24	
333	Chris	Violet	Barn	V45	40. 26	
334	Richard	Bloom	Herts P	V65	40. 28	
335	Trevor	Powell	WG&EL	V60	40. 41	
336	Glynn	McDonald	Lon FR	V50	40. 45	
337	Andy	Leung	ESM	V40	40. 49	
338	Gary	Homewood	Morn	V50	40. 56	
339	Marco	Maserati	Lon H	V50	40. 58	
340	Lars	Menken	Serp	S	41. 13	
341	Ashley	Grist	SMR	V45	41. 14	
342	Gary	Randle	Barn	S	41. 23	
343	Connor	Devlin	Lon FR	V40	41. 26	
344	Bob	Burton	Hill	V55	41. 28	
345	Alistair	Davy	Leeds C	V65	41. 30	Gst
346	Simon	Bailey	Lon H	V45	41. 37	
347	Javier	Igartua	Lon FR	S	41. 38	
348	Gary	McCafferty	Cookham	S	41. 46	Gst
349	Richard	Foskett	Herts P	V55	41. 54	
350	David	Thompson	Lon FR	V50	42. 07	
351	Shak	Khan	Lon C	S	42. 09	
352	Dan	Spinks	Hill	V40	42. 30	
353	Chris	Terill	Lon C	V60	42. 32	

Gavin Collett was delighted to reward our hard working officials with a gift of weatherproof clipboards from League funds.

This was a thank you for all their help in enabling our League to rank as one of the most successful in the country.

Without competent officials we would not be able to promote fixtures as big and successful as we do.

We look forward to continue working with them regularly for the rest of this and future seasons.

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

354	Sam	Samiullah	Met P	V45	42. 41
355	Ken	Townson	Lon H	V45	42. 54
356	Christos	Bitzis-Politis	Lon FR	V45	43. 01
357	Clive	Richardson	ESM	V40	43. 08
358	John	Luscombe	Hill	V40	43. 16
359	Frank	Merrigan	VPH&TH	V55	43. 34
360	Graham	Carson	Serp	V65	43. 44
361	Robert	Gill	Lon FR	V60	44. 03
362	Stuart	Mann	Herts P	V70	44. 12
363	John	Falvey	ESM	V55	44. 30
364	Steve	Gathercole	Morn	V65	44. 37
365	David	Shortridge	VPH&TH	V40	44. 49
366	John	Shirley	Barn	V65	44. 52
367	Tom	Minney	Lon C	V50	45. 20
368	Bill	Cooper	VPH&TH	V50	45. 32
369	Jeremy	Collis	Hill	S	45. 40
370	Tony	Shaw	Hill	V65	46. 21
371	Trace	Allen	GCR	V70	46. 46
372	Tony	Smith	TVH	V55	46. 54
373	Steven	Patterson	Hill	V65	47. 14
374	John	Steed	Herts P	V75	47. 34
375	Stephen	Thompson	Hill	V50	47. 57
376	Daniel	Kownacki	Lon FR	S	48. 11
377	Antonio	Modril	Eal E	S	48. 15
378	Doug	Milsom	Hill	V75	49. 03
379	Brian	Feldman	Hill	V65	49. 20
380	Kyle	Burns	Met P	S	49. 23
381	Simon	Maddison	TVH	V65	49. 59
382	Mervyn	Gilham	Herts P	V60	50. 23
383	Talat	Mahmood	Met P	V45	50. 29

U20 Men's Individual Result

1	Michael	Callegari	SB	U20	26. 16
2	Mark	Pearce	SB	U20	28. 45
3	Phillip	Crout	SB	U20	28. 48

Veteran Men's Individual Result

1	Kevin	Murphy	WG&EL	V40	29. 41
2	Anthony	Jackson	SB	V45	29. 59
3	Simon	Barrett	Serp	V40	30. 16

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Howard Williams Trophy (Seniors)

		Pts	Win
1	Highgate Harriers	41	2
2	Shaftesbury Barnet Harriers	39	0
3	Serpentine RC	38	4
4	London Heathside	36	0
5	Woodford Green with Essex Ladies	36	0
6	Victoria Park & Tower Hamlets	29	0
7	Ealing, Southall & Middlesex	28	0
8	Hillingdon	28	0
9	Thames Valley Harriers	27	0
10	Barnet & District	25	0
11	Newham & Essex Beagles	24	0
12	Mornington Chasers	19	0
13	Enfield & Haringey	18	0
14	Herts Phoenix	16	0
15	Metropolitan Police	15	0
16	London Frontrunners	12	0
17	London City	10	0
18	Garden City Runners	6	0
19	Ealing Eagles	5	0
20	St Mary's Richmond	5	0
21	Harlow RC	2	0

Howard Williams Trophy (Juniors)

		Pts	Win
1	Shaftesbury Barnet Harriers	59	5
2	Herts Phoenix	52	2
3	Thames Valley Harriers	48	1
4	Victoria Park & Tower Hamlets	46	1
5	Enfield & Haringey	44	0
5	Ealing, Southall & Middlesex	44	0
7	Trent Park RC	41	2
8	Woodford Green with Essex Ladies	37	0
9	Hillingdon	33	0
10	Highgate Harriers	32	2
11	London Heathside	27	0
12	St Mary's Richmond	26	0
13	Barnet & District	24	0
14	Newham & Essex Beagles	16	0

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Michael	Callegari	SB	1348	3
2	Nicholas	Torry	Serp	1338	3
3	Shaun	Dixon	High	1337	3
4	Glenn	Hughes	Serp	1333	3
5	Dan	Watts	SB	1324	3
6	Jonathan	Poole	Serp	1311	3
7	Tom	Aldred	Lon H	1307	3
8	Tomas	Stasionis*	VPH&TH	1302	3
9	John	Franklin	Serp	1287	3
9	Jake	Waldron	NEB	1287	3
11	Robert	Wilson	High	1279	3
11	Phillip	Crout	SB	1279	3
13	Sam	Humphrey	VPH&TH	1278	3
14	Tom	Beedell	WG&EL	1275	3
15	Hugh	Torry	Serp	1271	3
16	Michael	Wright	Barn	1270	3
17	Jamie	Taylor-Caldwell	ESM	1262	3
17	Fergal	Smithwick	High	1262	3
19	James	Laing	Hill	1261	3
20	Dave	Morgan	Serp	1251	3
21	Donatas	Tumaitis	WG&EL	1225	3
22	Niall	Sheehan	NEB	1223	3
23	Brahma	Pochee	High	1210	3
24	Matthew	Grant	SB	1208	3
25	Angus	Holford	WG&EL	1205	3

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Rachel	Felton	SB	600	3
2	Naomi	Taschimowitz*	SB	593	3
3	Sarah	Pemberton	Serp	586	3
4	Hannah	Viner	High	584	3
5	Ni'ia	Hothersall	Lon H	583	3
6	Joanne	Kent	Barn	567	3
7	Jo	Singer	VPH&TH	545	3
8	Emma	Burgess	High	535	3
9	Rachel	Newstead	Lon H	529	3
10	Rachel	Lund	WG&EL	527	3
11	Eva	Mack	Hill	522	3
12	Marta	Bagnati	Serp	512	3
13	Sue	Bint	VPH&TH	511	3
13	Rebecca	Bunting	Lon H	511	3
15	Fiona	Kennedy	ESM	498	3
16	Natasha	Sheel	Serp	479	3
16	Siana	Jones	TVH	479	3
18	Sarah	Richardson	ESM	477	3
19	Alicia	Found	Herts P	473	3
20	Lizzie	Parry	Herts P	463	3
21	Charlotte	Maling	VPH&TH	458	3
22	Katherine	March	Barn	453	3
23	Louise	Faherty	High	431	3
24	Bridget	Napleton	Lon H	428	3
25	Maire	Gorman	TVH	426	3



**MERRY CHRISTMAS AND A HAPPY NEW YEAR
TO ALL OUR MEMBER CLUBS AND OFFICIALS**

SEE YOU AT HORSENDEN HILL