

Metropolitan League Fixture 4 at Horsenden Hill (hosted by ESM AC) - Saturday 10 January 2015

Under 11 Boys & Girls Development Race

1	Ruairi	McGonagle	Lon H	10	M	8.03
2	Mayaan	Radus	SB	10	F	8.29
3	Sam	Greenstein	SB	10	M	8.34
4	Jimmy	Geller	WG&EL	9	M	8.36
5	Aimi	Weightman	SB	10	F	8.37
6	Arthur	Reed	Lon H	9	M	8.52
7	Andrew	McCann	Herts P	10	M	8.58
8	Matthew	Parker	Trent P	9	M	8.59
9	Abdirahim	Hamud	Hill	9	M	9.02
10	Brandon	Baidcci	WG&EL	10	M	9.03
11	Sydney	Allen	SB	10	F	9.04
12	Isaac	Bloodworth	Hill	10	M	9.07
13	Ruby	Naughton	VPH&TH	9	F	9.09
14	Max	Dooley	Hill	10	M	9.11
15	Kate	Price	TVH	10	F	9.12
16	Dominic	Paine	Trent P	9	M	9.13
17	Arun	Forrest	Hill	9	M	9.18
18	Najiib	Hersh	ESM	9	M	9.23
19	Joe	Hookway	Hill	9	M	9.25
20	Robert	Freeman	Trent P	10	M	9.26
21	Oliver	O'Connor	Lon H	10	M	9.30
22	Kyriese	Willis	ESM	10	?	9.31
23	Masaki	Kanai	ESM	10	M	9.34
24	Rose	Garrett	Lon H	U13	F	9.39
25	Lily	Rafter	TVH	10	F	9.50
26	Maddy	Abbott	VPH&TH	U13	F	9.58
27	Adam	Nash	Hill	10	M	10.13
28	Sam	Feast	Hill	10	M	10.16
29	Rowan	McGirr	Hill	10	M	10.19
30	Tommy	Curtis	E&H	10	M	10.29
31	Kate	Driscoll	Lon H	10	F	10.41
32	Soraya	Frost Mahmood	VPH&TH	9	F	10.52
33	Megan	Reid	Herts P	10	F	10.52
34	James	McNamara	ESM	?	M	10.53
35	Hannah	Johnson	Hill	9	F	10.53
36	Ann	Murphy	Barn	10	F	10.59
37	Poppy	Allwright	Trent P	9	F	11.13
38	Lucy	Wilcock	Hill	10	F	11.24
39	Alex	Burr	Hill	10	M	11.28
40	Felix	Schaap	TVH	9	M	12.18
41	Zack	Phillips	Hill	9	M	12.43
42	Helena	Traylen	NEB	9	F	12.44
43	Evie	McLellan	Hill	10	F	12.48

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: 10 degrees (didn't feel like it!), constant strong wind Going: Heavy

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Under 13 Boys Results

1	Finn	Harvey	SB	U13	11. 01
2	Nathanael	Zapico	Herts P	U13	11. 22
3	Luca	Minale	VPH&TH	U13	11. 28
4	Joe	Smith	Herts P	U13	11. 41
5	Finlay	Sturrock	Trent P	U13	11. 55
6	Keo	Kersting-Herbert	VPH&TH	U13	12. 09
7	Alex	Stapleton	Herts P	U13	12. 09
8	Joshua	Poncia	SMR	U13	12. 13
9	Bryce	Breen	Herts P	U13	12. 15
10	Daniel	Greenstein	SB	U13	12. 20
11	Joe	Geller	WG&EL	U13	12. 28
12	Matgas	Sinko	E&H	U13	12. 31
13	Joshua	Adolphe	VPH&TH	U13	12. 32
14	Mattie	Harris	SB	U13	12. 37
15	Basil	Rock	TVH	U13	12. 38
16	Charles	Malhias	VPH&TH	U13	12. 39
17	Ilyes	Iman	ESM	U13	12. 40
18	Luke	McHugh	Hill	U13	12. 48
19	Guy	Kaye	TVH	U13	12. 51
20	Jack	Bennett	SMR	U13	12. 54
21	Tommy	Atkin	Hill	U13	12. 55
22	Edward	McArdle	Trent P	U13	12. 56
23	Guillermo	Acosta	Trent P	U13	12. 57
24	Joe	Rowson	E&H	U13	13. 01
25	Finn	O'Sullivan	VPH&TH	U13	13. 05
26	Alfie	Zak	E&H	U13	13. 07
27	Sam	Cahill	SB	U13	13. 09
28	Elliot	Betts	WG&EL	U13	13. 26
29	Matthew	Woolf	Trent P	U13	13. 33
30	Ben	Forde	Hill	U13	13. 43
31	Alex	Johnson	Hill	U13	13. 50
32	Ben	Jhuboo	Hill	U13	13. 59
33	Ben	Kelly	SB	U13	14. 02
34	Edward	Fraser	Barn	U13	14. 06
35	Toby	Ellmore	Hill	U13	14. 18
36	Kane	Forster	ESM	U13	14. 29
37	Alex	Brennan	Trent P	U13	14. 41
38	Jonny	Brook	SMR	U13	14. 44
39	Dylan	Forster	ESM	U13	14. 56
40	Jos	Ross-Brown	Barn	U13	15. 24
41	Mikey	Kouwiloyan	ESM	U13	15. 48
42	Mahiis	Hersh	ESM	U13	15. 50
43	Billy	Banks	Trent P	U13	16. 13
44	Josh	Morgan	SB	U13	17. 00
45	Anthony	Seferi	SB	U13	18. 58

Under 13 Boys Team Result

1	Herts Phoenix	162
2	Victoria Park & Tower Hamlets	146
3	Shaftesbury Barnet Harriers	132
4	Trent Park RC	105
5	Hillingdon	84
6	Enfield & Haringey	76
7	St Mary's Richmond	72
8	Thames Valley Harriers	58
9	Woodford Green with Essex Ladies	53
10	Ealing, Southall & Middlesex	51
11	Hillingdon 'B'	25
12	Victoria Park & Tower Hamlets 'B'	21
13	Barnet & District	18
14	Shaftesbury Barnet Harriers 'B'	16
15	Trent Park RC 'B'	12
16	Ealing, Southall & Middlesex 'B'	4

Under 13 Boys League Positions

1	Herts Phoenix	599
2	Shaftesbury Barnet Harriers	518
3	Victoria Park & Tower Hamlets	512
4	Trent Park RC	449
5	Enfield & Haringey	368
6	Hillingdon	290
7	Woodford Green with Essex Ladies	249
8	St Mary's Richmond	221
9	Thames Valley Harriers	147
10	Shaftesbury Barnet Harriers 'B'	139
11	Highgate Harriers	123
12	Ealing, Southall & Middlesex	118
13	Herts Phoenix 'B'	95
14	Trent Park RC 'B'	87
15	Enfield & Haringey 'B'	77
16	Barnet & District	66
17	Victoria Park & Tower Hamlets 'B'	46
18	Hillingdon 'B'	26
19	London Heathside	20
20	Woodford Green with Essex Ladies 'B'	17
21	Ealing, Southall & Middlesex 'B'	4

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Under 13 Girls Results

1	Lia	Radus	SB	U13	12. 20
2	Ava	Mulvihill	E&H	U13	12. 40
3	Scarlett	Kent	SB	U13	12. 43
4	Jaynie	Awcock	Herts P	U13	12. 54
5	Mia	Groom	SB	U13	12. 58
6	Felix	Waters	VPH&TH	U13	13. 01
7	Lucy	O'Brien	ESM	U13	13. 11
8	Freya	Stapleton	Herts P	U13	13. 14
9	Anisa	Ibrahim	ESM	U13	13. 40
10	Betty	Hughes	VPH&TH	U13	13. 43
11	Isabel	Stark	Hill	U13	13. 44
12	Grace	Miller	VPH&TH	U13	13. 48
13	Ellen	McGann	VPH&TH	U13	13. 54
14	Milly	Dunne	High	U13	13. 56
15	Anna	Janke	Hill	U13	13. 57
16	Isabella	Millett	High	U13	14. 01
17	Philippine	Poupart-Lafarge	TVH	U13	14. 02
18	Imogen	Scott-Gall	VPH&TH	U13	14. 03
19	Freja	Schaap	TVH	U13	14. 06
20	Tilly	Harwood*	SMR	U13	14. 11
21	Mya	Hornett	Trent P	U13	14. 15
22	Zakia	Mossi	TVH	U13	14. 36
23	Louanne	Lamy	SB	U13	14. 37
24	Elina	Bulman	SB	U13	14. 38
25	Hannah	Long	VPH&TH	U13	15. 03
26	Charlotte	Cooney-Quinn	TVH	U13	15. 09
27	Emily	Hathaway	Trent P	U13	15. 13
28	Hazel	Dickinson	Hill	U13	15. 18
29	Natasha	Jones	Hill	U13	15. 19
30	Fiona	Coutts	ESM	U13	15. 21
31	Pearl	Thomas-Bocking	Barn	U13	15. 29
32	Sarah	Freegard	ESM	U13	15. 58
33	Sumayyah	Hamud	Hill	U13	16. 02
34	Anna	Mwila	NEB	U13	17. 13
35	Soma	Harizi	E&H	U13	17. 20
36	Niamh	Lynch	ESM	U13	18. 35
37	Emily	Murphy	Barn	U13	19. 04

Under 13 Girls Team Result

1	Shaftesbury Barnet Harriers	120
2	Victoria Park & Tower Hamlets	111
3	Ealing, Southall & Middlesex	74
4	Hillingdon	69
5	Thames Valley Harriers	68
6	Herts Phoenix	64
7	Highgate Harriers	46
8	Enfield & Haringey	39
9	Victoria Park & Tower Hamlets 'B'	33
10	Trent Park RC	28
11	St Mary's Richmond	18
12	Shaftesbury Barnet Harriers 'B'	14
13	Barnet & District	8
14	Hillingdon 'B'	5
15	Newham & Essex Beagles	4
16	Ealing, Southall & Middlesex 'B'	2

Under 13 Girls League Positions

1	Shaftesbury Barnet Harriers	431
2	Victoria Park & Tower Hamlets	386
3	Thames Valley Harriers	294
4	Ealing, Southall & Middlesex	242
5	Hillingdon	235
6	Herts Phoenix	233
7	Enfield & Haringey	167
8	Trent Park RC	143
9	St Mary's Richmond	123
10	Woodford Green with Essex Ladies	102
11	Highgate Harriers	66
12	Victoria Park & Tower Hamlets 'B'	60
13	Barnet & District	57
14	Shaftesbury Barnet Harriers 'B'	50
15	London Heathside	16
16	Hillingdon 'B'	14
17	Newham & Essex Beagles	11
18	Herts Phoenix 'B'	7
19	Ealing, Southall & Middlesex 'B'	3

The Weeks Ahead

Sun 18 Jan	British Athletics Cross Challenge Fred Hughes '10'	Cardiff St Albans
Sat 24 Jan	South of England Championships	Brighton
Fri 30 Jan	Brooks Serpentine 5K	Hyde Park
Sat 31 Jan	BUCS Championships	Brighton
Sun 1 Feb	North West London Young Athletes League Watford Half Marathon	Harrow Weald Watford
Sat 7 Feb	METROPOLITAN LEAGUE RACE FIVE British Athletics Cross Challenge	Wormwood Scrubs Milton Keynes
Sat 21 Feb	National Championships	Parliament Hill

REMAINING LEAGUE FIXTURE

Sat 7 Feb	METROPOLITAN LEAGUE RACE FIVE	Wormwood Scrubs
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Under 17 Men Results

1	George	Cook	Herts P	U17	12. 52
2	Thomas	Butler	Barn	U17	12. 58
3	Khalid-Ali	Ahmed	SB	U17	13. 00
4	Thomas	McArdle	Trent P	U17	13. 16
5	Lucillo	Burrell	TVH	U15	13. 27
6	James	Young	Trent P	U15	13. 32
7	Aurel	Sinko-Uribe	High	U17	13. 33
8	Liam	Holbrook	Hill	U17	13. 34
9	George	Kerry	ESM	U15	13. 34
10	Alexander	Machin-Paley	High	U17	13. 43
11	Abraham	Mendes da Costa	TVH	U17	13. 47
12	Nile	McKenzie	VPH&TH	U15	13. 47
13	Oliver	Formby	Barn	U17	13. 48
14	Alistair	Sleeman	High	U17	13. 48
15	Harry	Cavell	WG&EL	U17	13. 54
16	Ben	Hatch	High	U17	13. 59
17	William	McArdle	Trent P	U15	14. 00
18	Abel	Sinko-Uribe	High	U15	14. 05
19	Isaac	Osofisan	VPH&TH	U17	14. 07
20	Jake	Hooley	TVH	U15	14. 09
21	Jacob	Phillips	Lon H	U17	14. 15
22	Joseph	Doyle	Hill	U17	14. 23
23	Jamie	Cornuauud	NEB	U17	14. 24
24	Adam	Stewart	High	U17	14. 24
25	Raul	Simmons-Perez	Trent P	U17	14. 25
26	Liam	Garrett	Lon H	U15	14. 25
27	Mark	Cunningham	Barn	U17	14. 30
28	Louis	Medd	TVH	U15	14. 30
29	Raunak	Mainali	ESM	U17	14. 34
30	Jamie	Ives	Herts P	U15	14. 36
31	Tal	Pelmout	High	U15	14. 36
32	Oliver	Greenstiow	SB	U17	14. 39
33	Joseph	Young	Trent P	U17	14. 53
34	Freddy	Curtis	E&H	U15	14. 58
35	Ashvin	Kuri	SB	U17	15. 02
36	Rufus	Kent	SB	U15	15. 05
37	Cassius	Rathbone	TVH	U17	15. 05
38	Luke	Adar	ESM	U15	15. 07
39	Adam	Hughes	Herts P	U15	15. 16
40	Abdirahman	Hamud	Hill	U15	15. 17
41	Oliver	Weintraub	TVH	U15	15. 18
42	Jacob	Fenwick	Herts P	U15	15. 19
43	Joseph	Peppialt	Barn	U17	15. 21
44	Nicholas	Duer	TVH	U15	15. 21
45	Naoki	Kanai	ESM	U15	15. 30
46	Conor	McCarthy	ESM	U17	15. 41
47	Patrick	Willson	SMR	U15	15. 42
48	William	Coutts	ESM	U15	15. 45
49	Matthew	Lynch	ESM	U17	15. 45
50	James	Forde	Hill	U15	15. 46
51	Chris	Hogg	WG&EL	U15	15. 48
52	Isaac	Costley	Lon H	U15	15. 58
53	Justin	Houpt	Trent P	U15	16. 02
54	Ruairi	McElhatton	Barn	U15	16. 17
55	Michael	How	Hill	U15	16. 22
56	James	Davies	Barn	U15	16. 25
57	Frankie	Fox	SB	U15	16. 27
58	Ryan	Alexander	Trent P	U17	16. 40
59	Stefan	Ashton	Barn	U15	17. 55
60	Taylor	Reece	WG&EL	U17	18. 55

Under 17 Men Team Result

1	Highgate Harriers	197
2	Trent Park RC	192
3	Thames Valley Harriers	180
4	Barnet & District	159
5	Shaftesbury Barnet Harriers	138
6	Herts Phoenix	132
7	Hillingdon	124
8	Ealing, Southall & Middlesex	123
9	Highgate Harriers 'B'	110
10	Victoria Park & Tower Hamlets	91
11	London Heathside	84
12	Thames Valley Harriers 'B'	61
13	Woodford Green with Essex Ladies	57
14	Ealing, Southall & Middlesex 'B'	40
15	Trent Park RC 'B'	39
16	Newham & Essex Beagles	38
17	Enfield & Haringey	27
18	Barnet & District 'B'	14
18	St Mary's Richmond	14
20	Hillingdon 'B'	6
21	Shaftesbury Barnet Harriers 'B'	4

Under 17 Men League Positions

1	Trent Park RC	901
2	Highgate Harriers	898
3	Ealing, Southall & Middlesex	732
4	Thames Valley Harriers	694
5	Shaftesbury Barnet Harriers	692
6	Herts Phoenix	661
7	London Heathside	501
8	Highgate Harriers 'B'	495
9	Barnet & District	452
10	Enfield & Haringey	438
11	Victoria Park & Tower Hamlets	409
12	Newham & Essex Beagles	371
13	Woodford Green with Essex Ladies	365
14	Hillingdon	361
15	Ealing, Southall & Middlesex 'B'	286
16	Trent Park RC 'B'	206
17	Shaftesbury Barnet Harriers 'B'	182
18	Thames Valley Harriers 'B'	146
19	London Heathside 'B'	144
20	St Mary's Richmond	137
21	Herts Phoenix 'B'	62
22	Enfield & Haringey 'B'	38
23	Barnet & District 'B'	19
24	Newham & Essex Beagles 'B'	16
25	Hillingdon 'B'	15

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Under 17 Women Results

1	Nicola	Ravenhill	ESM	U15	15. 07
2	Gabriella	Kyriacou	SB	U17	15. 11
3	Beth	Forster	E&H	U15	15. 35
4	Amalia	Edwards*	SB	U17	15. 39
5	Lidia	Kyriacou	SB	U15	16. 03
6	Charlotte	Johnston	Barn	U17	16. 06
7	Eve	Goodhart	TVH	U17	16. 18
8	Laura	Stewart	ESM	U15	16. 19
9	Meg	Naylor	Lon H	U15	16. 29
10	Josephine	Chadwick	SB	U15	16. 32
11	Rosie	Vallance	TVH	U15	16. 36
12	Hannah	Booth	Herts P	U17	16. 41
13	Iona	Pernthaller	TVH	U15	16. 44
14	Laura	Stewart	VPH&TH	U15	16. 50
15	Anna	Fuller	Herts P	U15	16. 56
16	Cameron	Thomas	ESM	U15	17. 04
17	Phoebe	Crockford	Lon H	U15	17. 07
18	Charlotte	Stapleton	Herts P	U17	17. 09
19	Beth	Hargreaves	Trent P	U15	17. 11
20	Maryam	Hussain	ESM	U15	17. 25
21	Mia	Hirons	WG&EL	U15	17. 26
22	Micayla	Keiver	Serp	U17	17. 27
23	Genevieve	Weston	Lon H	U17	17. 30
24	Rebecca	Andreou	SB	U17	17. 31
25	Kayla	Michel	SB	U15	17. 32
26	Martha	Hayward	ESM	U17	17. 41
27	Josephnie	Grist	SMR	U15	18. 03
28	Anusha	Bulman	SB	U15	18. 14
29	Eleanor	Found	Herts P	U15	18. 28
30	Georgia	Lee	SB	U15	18. 39
31	Ellie	Mcnamara	SB	U17	19. 14
32	Rachel	Finke	Lon H	U15	19. 20
33	Romilly	Stockwell	Serp	U15	19. 28
34	Jennifer	Connelly	ESM	U17	19. 37
35	Kirsty	O'Rourke	Hill	U15	19. 40
36	Molly	Hopping	Barn	U17	19. 56
37	Leah	Kelly	ESM	U15	20. 16
38	Roisin	Lynch	ESM	U15	20. 16
39	Annie	Manners	Hill	U15	20. 33
40	Lauren	Pitcher	NEB	U15	20. 44
41	Victoria	Peters	Barn	U15	20. 52
42	Georgina	Newberry	Herts P	U15	21. 32
43	Elena	Lambrianou	Barn	U15	22. 04
44	Esmé	McLellan	Hill	U15	22. 29
45	Georgina	Hookway	Hill	U15	23. 29

Under 17 Women Team Result

1	Shaftesbury Barnet Harriers	163
2	Ealing, Southall & Middlesex	139
3	Herts Phoenix	110
4	Thames Valley Harriers	107
5	London Heathside	103
6	Shaftesbury Barnet Harriers 'B'	77
7	Barnet & District	58
8	Ealing, Southall & Middlesex 'B'	49
9	Enfield & Haringey	43
10	Serpentine RC	37
11	Victoria Park & Tower Hamlets	32
12	Trent Park RC	27
13	Woodford Green with Essex Ladies	25
14	Hillingdon	21
15	St Mary's Richmond	19
16	Newham & Essex Beagles	6
17	Herts Phoenix 'B'	4

Under 17 Women League Positions

1	Shaftesbury Barnet Harriers	675
2	Thames Valley Harriers	646
3	Ealing, Southall & Middlesex	593
4	Woodford Green with Essex Ladies	526
5	Enfield & Haringey	506
6	Herts Phoenix	496
7	Shaftesbury Barnet Harriers 'B'	348
8	London Heathside	321
9	Victoria Park & Tower Hamlets	312
10	Barnet & District	224
11	Ealing, Southall & Middlesex 'B'	201
12	Hillingdon	167
13	St Mary's Richmond	137
13	Woodford Green with Essex Ladies 'B'	137
15	Thames Valley Harriers 'B'	118
16	Enfield & Haringey 'B'	114
17	Newham & Essex Beagles	88
18	Serpentine RC	37
19	Trent Park RC	31
20	Herts Phoenix 'B'	27
21	Highgate Harriers	26
22	London Heathside 'B'	20
23	Newham & Essex Beagles 'B'	2

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Under 15 Boy's Individual Result

1	Lucillo	Burrell	TVH	U15	13. 27
2	James	Young	Trent P	U15	13. 32
3	George	Kerry	ESM	U15	13. 34
4	Nile	McKenzie	VPH&TH	U15	13. 47
5	William	McArdle	Trent P	U15	14. 00
6	Abel	Sinko-Uribe	High	U15	14. 05
7	Jake	Hooley	TVH	U15	14. 09
8	Liam	Garrett	Lon H	U15	14. 25
9	Louis	Medd	TVH	U15	14. 30
10	Jamie	Ives	Herts P	U15	14. 36
11	Tal	Pelmount	High	U15	14. 36
12	Freddy	Curtis	E&H	U15	14. 58
13	Rufus	Kent	SB	U15	15. 05
14	Luke	Adar	ESM	U15	15. 07
15	Adam	Hughes	Herts P	U15	15. 16
16	Abdirahman	Hamud	Hill	U15	15. 17
17	Oliver	Weinraub	TVH	U15	15. 18
18	Jacob	Fenwick	Herts P	U15	15. 19
19	Nicholas	Duer	TVH	U15	15. 21
20	Naoki	Kanai	ESM	U15	15. 30
21	Patrick	Willson	SMR	U15	15. 42
22	William	Coutts	ESM	U15	15. 45
23	James	Forde	Hill	U15	15. 46
24	Chris	Hogg	WG&EL	U15	15. 48
25	Isaac	Costley	Lon H	U15	15. 58
26	Justin	Haupt	Trent P	U15	16. 02
27	Ruairi	McElhatton	Barn	U15	16. 17
28	Michael	How	Hill	U15	16. 22
29	James	Davies	Barn	U15	16. 25
30	Frankie	Fox	SB	U15	16. 27
31	Stefan	Ashton	Barn	U15	17. 55

Under 15 Girl's Individual Result

1	Nicola	Ravenhill	ESM	U15	15. 07
2	Beth	Forster	E&H	U15	15. 35
3	Lidia	Kyriacou	SB	U15	16. 03
4	Laura	Stewart	ESM	U15	16. 19
5	Meg	Naylor	Lon H	U15	16. 29
6	Josephine	Chadwick	SB	U15	16. 32
7	Rosie	Vallance	TVH	U15	16. 36
8	Iona	Pernthaller	TVH	U15	16. 44
9	Laura	Stewart	VPH&TH	U15	16. 50
10	Anna	Fuller	Herts P	U15	16. 56
11	Cameron	Thomas	ESM	U15	17. 04
12	Phoebe	Crockford	Lon H	U15	17. 07
13	Beth	Hargreaves	Trent P	U15	17. 11
14	Maryam	Hussain	ESM	U15	17. 25
15	Mia	Hirons	WG&EL	U15	17. 26
16	Kayla	Michel	SB	U15	17. 32
17	Josephnie	Grist	SMR	U15	18. 03
18	Anusha	Bulman	SB	U15	18. 14
19	Eleanor	Found	Herts P	U15	18. 28
20	Georgia	Lee	SB	U15	18. 39
21	Rachel	Finke	Lon H	U15	19. 20
22	Romilly	Stockwell	Serp	U15	19. 28
23	Kirsty	O'Rourke	Hill	U15	19. 40
24	Leah	Kelly	ESM	U15	20. 16
25	Roisin	Lynch	ESM	U15	20. 16
26	Annie	Manners	Hill	U15	20. 33
27	Lauren	Pitcher	NEB	U15	20. 44
28	Victoria	Peters	Barn	U15	20. 52
29	Georgina	Newberry	Herts P	U15	21. 32
30	Elena	Lambrianou	Barn	U15	22. 04
31	Esmé	McLellan	Hill	U15	22. 29
32	Georgina	Hookway	Hill	U15	23. 29

Metropolitan League Fixture 4 at Horsenden Hill (hosted by ESM AC) - Saturday 10 January 2015

Women's Results

1	Rachel	Felton	SB	V35	22. 26
2	Elizabeth	Janes	Herts P	S	22. 47
3	Naomi	Taschimowitz*	SB	S	23. 26
4	Sarah	Pemberton	Serp	S	23. 34
5	Hannah	Viner	High	U20	23. 54
6	Tracy	Barlow	TVH	S	23. 59
7	Rebecca	Piggott	Lon H	S	24. 07
8	Esther	Evans	High	V40	24. 11
9	Ashley	Scott	High	S	24. 11
10	Harriot	Brock	High	U20	24. 19
11	Clare	Miller	Lon H	S	24. 22
12	Victoria	Walker	SB	S	24. 23
13	Sue	Rust	Lon H	V35	24. 26
14	Kat	Gundersen	WG&EL	V35	24. 27
15	Rachel	Seckl	Lon H	U20	24. 33
16	Joanne	Kent	Barn	V45	24. 57
17	Leigh	James*	Lon H	S	24. 58
18	Victoria	Dawes	SB	V40	25. 00
19	Steph	Wigram	Hill	S	25. 09
20	Jo	Singer	VPH&TH	V40	25. 11
21	Emma	Burgess	High	S	25. 24
22	Philippa	Aukett	SB	S	25. 29
23	Margaret	Cooper	SB	V45	25. 30
24	Suzanne	Turvey*	WG&EL	S	25. 32
25	Jane	Fanning	Serp	V40	25. 34
26	Hannah	Wells	Hill	S	25. 38
27	Rachel	Lund	WG&EL	S	25. 47
28	Natasha	Sheel	Serp	S	25. 54
29	Karen	Murphy	Barn	V45	25. 56
30	Lois	Bowles	E&H	V35	25. 58
31	Celine	Murray	Lon H	S	26. 02
32	Marta	Bagnati	Serp	S	26. 06
33	Florence	Stansall-Seiler	Herts P	U20	26. 10
34	Grazina	Narviliene	ESM	V40	26. 13
35	Megan	Roberts	Serp	S	26. 14
36	Marina	Johnson	Serp	S	26. 16
37	Jennifer	Bradley	Serp	V35	26. 18
38	Rebecca	Bunting	Lon H	S	26. 26
39	Katherine	March	Barn	V35	26. 29
40	Charlotte	Maling	VPH&TH	S	26. 32
41	Emma	Dixon*	High	U20	26. 34
42	Lucy	Short	SB	S	26. 37
43	Sarah	Richardson	ESM	V40	26. 41
44	Lizzie	Parry	Herts P	U20	27. 04
45	Jane	Higgins	Lon H	S	27. 10
46	Bernadette	Van Wijk	Serp	S	27. 12
47	Louise	Faherty	High	V35	27. 14
48	Maire	Gorman	TVH	S	27. 17
49	Denise	Mountain	Lon C	V35	27. 19
50	Isabel	Found	Herts P	U20	27. 22
51	Colette	Monahan	Lon H	S	27. 24
52	Karen	Tostee	Lon C	S	27. 25
53	Annaka	Charters	Morn	S	27. 31
54	Laura	Denison	Serp	V35	27. 43
55	Lisa	Gaul	Barn	S	27. 43
56	Fiona	Kennedy	ESM	V55	27. 47
57	Jackie	Wastell	Lon H	V50	27. 52
58	Fiona	Russell	Morn	V45	27. 54
59	Sophie	Sheldrake	High	S	27. 54
60	Angela	Howe*	Lon H	V40	28. 00
61	Sarah	Boxer	Barn	V50	28. 03
62	Nicola	Froud	Barn	V45	28. 08
63	Nicola	Shelley	ESM	S	28. 10
64	Anne	Eden	Serp	S	28. 13
65	Sandra	Ahrensfield	Serp	V40	28. 18
66	Sarah	Knox	Serp	V40	28. 22
67	Joanna	Beak	Serp	S	28. 25
68	Melissa	Hepburn	Met P	S	28. 27
69	Karen	Gregory	Serp	S	28. 32

Women's Division One Team Result

1	Shaftesbury Barnet Harriers	287
2	Highgate Harriers	278
3	London Heathside	273
4	Serpentine RC	227
5	Woodford Green with Essex Ladies	136
6	London Heathside 'B'	123
7	Serpentine RC 'B'	118
8	Ealing, Southall & Middlesex	111
9	Thames Valley Harriers	90
10	Highgate Harriers 'B'	68

Women's Division One League Positions

1	Shaftesbury Barnet Harriers	1046
2	Highgate Harriers	1030
3	London Heathside	1008
4	Serpentine RC	929
5	Woodford Green with Essex Ladies	587
6	Ealing, Southall & Middlesex	477
7	Serpentine RC 'B'	474
8	Thames Valley Harriers	472
9	London Heathside 'B'	409
10	Highgate Harriers 'B'	187

Women's Division Two Team Result

1	Barnet & District	280
2	Hillingdon	253
3	Serpentine RC 'C'	230
4	Mornington Chasers	188
5	London Heathside 'C'	183
6	Victoria Park & Tower Hamlets	153
7	Metropolitan Police	138
8	Enfield & Haringey	86
9	Newham & Essex Beagles	14
	Woodford Green with Essex Ladies 'B'	

Women's Division Two League Positions

1	Barnet & District	1059
2	Victoria Park & Tower Hamlets	948
3	Hillingdon	900
4	Serpentine RC 'C'	810
5	London Heathside 'C'	708
6	Mornington Chasers	573
7	Metropolitan Police	349
8	Newham & Essex Beagles	310
9	Enfield & Haringey	234
10	Woodford Green with Essex Ladies 'B'	171

Metropolitan League Fixture 4 at Horsenden Hill (hosted by ESM AC) - Saturday 10 January 2015

70	Leah	Ward-Bower	Lon C	S	28.35
71	Sarah	Bailey	High	V40	28.39
72	Gen	Huss	Serp	S	28.50
73	Morgane	Lesenne	Hill	V35	28.51
74	Natasha	Cendrowicz	High	V40	28.52
75	Elizabeth	Beard	Lon H	V40	28.53
76	Siobhan	Wakely	Serp	V35	28.57
77	Sarah	Wharton	Lon C	S	29.02
78	Ciara	Williams	Hill	S	29.02
79	Jenny	Thomas	WG&EL	V45	29.04
80	Kate	Shockley	Hill	S	29.04
81	Jo	Irwin	Lon H	V40	29.05
82	Caroline	Boyle	Lon H	V35	29.11
83	Sorcha	Wakely	Serp	V35	29.12
84	Lynn	Wilson	ESM	V55	29.13
85	Emilia	Vyinycky	Lon H	V45	29.16
86	Helen	Croydon	VPH&TH	V35	29.16
87	Jane	Ruhland	ESM	V50	29.23
88	Anna	Waterman	Morn	S	29.24
89	Lauren	Morris	TVH	V35	29.36
90	Janet	Nodder	Serp	V55	29.41
91	Kat	Kruse	Met P	S	29.46
92	Joanna	Conn	Serp	V40	29.49
93	Sharon	Koelewyn	Serp	S	29.51
94	Nadia	Wilkinson	Lon FR	V35	29.53
95	Victoria	Emsley	Met P	S	29.54
96	Elizabeth	Doyle	Herts P	S	29.55
97	Simonetta	Taccuso	ESM	V45	29.59
98	Frederike	Zeltner	Lon C	S	30.04
99	Jessica	Vinluan	Lon H	S	30.10
100	Zoe	Dobbs	Hill	V45	30.20
101	Jessica	McCormick	Barn	S	30.28
102	Dana	Gates	Lon C	S	30.29
103	Edyta	Szot	Lon H	V35	30.29
104	Victoria	Brown	Serp	V35	30.31
105	Carol	Jones	ESM	V55	30.32
106	Nicola	McGlennon	Serp	V35	30.35
107	Caroline	White	Lon H	V55	30.53
108	Noelle	O'Regan	Lon H	S	31.01
109	Fran	Longstaff	Lon FR	S	31.07
110	Karen	Horswood	WG&EL	V50	31.09
111	Chloe	Alder	Lon H	V35	31.17
112	Katy	Moore	E&H	S	31.19
113	Avril	Riddell	Morn	V60	31.20
114	Lynne	Connolly	Morn	V50	31.21
115	Davina	Gutteridge	Barn	V45	31.25
116	Richella	Doyle	Serp	V35	31.30
117	Ahlem	Ben Gueblia	Serp	S	31.38
118	Ruth	Miller	Lon H	V55	31.38
119	Margaret	King	Serp	S	31.40
120	Pauline	Fischer	Hill	V55	31.41
121	Jayne	Shepherd*	Herts P	V55	31.45
122	Jenny	McDonagh	Barn	S	32.00
123	Catharine	Sowerby	Serp	V50	32.01
124	Melanie	Spencer	Hill	V35	32.18
125	Anita	Gardiner	Lon FR	S	32.20
126	Sue	Park	Eal E	V50	32.22
127	Heidi	Vickery	Eal E	V35	32.24
128	Katey	Ross	Barn	V40	32.34
129	Lynne	Rogers	Serp	S	32.44
130	Lizzy	Sisley	TVH	S	32.48
131	Kirsty	Fitzgerald	Lon FR	S	33.23
132	Alison	Lapper	Met P	V40	33.30
133	Sarah	Mackenzie	Eal E	S	33.40
134	Alison	Tay	Lon C	S	33.47
135	Kathryn	Greenwood	Lon C	S	33.51
136	Rafaele	Lamour	Morn	V40	33.55
137	Natalie	Traylen	NEB	V40	33.55
138	Sara	Dark	Lon H	V35	34.10
139	Kim	Butler*	Lon H	S	34.17
140	Sophia	Holder	Serp	V35	34.20

Women's Division Three Team Result

1	Herts Phoenix	167
2	London City	149
3	Barnet & District 'B'	113
4	London Frontrunners	96
5	London City 'B'	86
6	Hillingdon 'B'	82
7	Ealing Eagles	61
8	Herts Phoenix 'B'	60
9	Ealing, Southall & Middlesex 'B'	59
10	Shaftesbury Barnet Harriers 'B'	42
11	London Frontrunners 'B'	18
12	Mornington Chasers 'B'	12
13	Ealing Eagles 'B'	5

Women's Division Three League Positions

1	Herts Phoenix	690
2	London City	546
3	Barnet & District 'B'	451
4	Herts Phoenix 'B'	391
5	Hillingdon 'B'	387
6	London Frontrunners	363
7	Ealing, Southall & Middlesex 'B'	191
8	Shaftesbury Barnet Harriers 'B'	185
9	Ealing Eagles	165
10	Thames Valley Harriers 'B'	148
11	Victoria Park & Tower Hamlets 'B'	144
12	London City 'B'	119
13	Mornington Chasers 'B'	98
14	London Frontrunners 'B'	78
15	Garden City Runners	24
16	Ealing Eagles 'B'	11

Veteran Women's Division One Team Result

1	Barnet & District	181
2	Serpentine RC	175
3	London Heathside	166
4	Ealing, Southall & Middlesex	161
5	Serpentine RC 'B'	124
6	London Heathside 'B'	111
7	Woodford Green with Essex Ladies	102
8	Hillingdon	83
8	Mornington Chasers	83
8	Serpentine RC 'C'	83

Veteran Women's Division One League Positions

1	Barnet & District	643
2	Serpentine RC	615
3	London Heathside	599
4	Ealing, Southall & Middlesex	588
5	Woodford Green with Essex Ladies	384
6	London Heathside 'B'	375
7	Serpentine RC 'B'	365
8	Mornington Chasers	289
9	Hillingdon	264
10	Serpentine RC 'C'	192

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141	Emma	Salmon	Barn	S	34. 25
142	Sarah	Chapman	High	V55	34. 27
143	Lucy	D'mello	Lon FR	S	34. 42
144	Jessica	Hood	Eal E	S	34. 49
145	Nikki	Hagmann	Lon FR	V35	34. 55
146	Lucy	Duncan	Hill	V40	35. 02
147	Stephanie	Vaatz	Serp	V35	35. 06
148	Alison	Harrow	Lon H	V45	35. 16
149	Carole	Wisdom	Serp	V55	35. 51
150	Mary	Brown	Barn	V50	36. 27
151	Mary	Allieu	Met P	V40	36. 36
152	Andrea	Hendy	Eal E	V50	36. 45
153	Diana	Valk	Serp	V40	36. 54
154	Nicola	Kerr	Serp	V40	36. 59
155	Helene	Kehoe	Lon H	V50	38. 05
156	Barbara	Maddison	TVH	V50	38. 08
157	Christine	Read*	E&H	V50	38. 22
158	Sandra	Berti	Herts P	V55	38. 28
159	Jackie	O'Dowd	Hill	V55	39. 14
160	Lesley	Richardson	E&H	V45	39. 50
161	Margaret	Butler	Barn	V50	40. 15
162	Christine	Munden	TVH	V40	40. 16
163	Angela	Duncan	Hill	V70	41. 38
164	Teresa	Griffith	Serp	V50	42. 11

U20 Women's Individual Result

1	Hannah	Viner	High	U20	23. 54
2	Harriot	Brock	High	U20	24. 19
3	Rachel	Seckl	Lon H	U20	24. 33

Veteran Women's Individual Result

1	Rachel	Felton	SB	V35	22. 26
2	Esther	Evans	High	V40	24. 11
3	Sue	Rust	Lon H	V35	24. 26

Veteran Women's Division Two Team Result

1	Highgate Harriers	49
2	Shaftesbury Barnet Harriers	45
3	Victoria Park & Tower Hamlets	23
4	Ealing, Southall & Middlesex 'B'	19
5	London Frontrunners	9
6	Metropolitan Police	5
7	Newham & Essex Beagles	3

Veteran Women's Division Two League Positions

1	Victoria Park & Tower Hamlets	172
2	Highgate Harriers	163
3	Shaftesbury Barnet Harriers	157
4	Ealing, Southall & Middlesex 'B'	67
5	London Frontrunners	56
6	Newham & Essex Beagles	29
7	Metropolitan Police	6
8	Garden City Runners	4
9	Mornington Chasers 'B'	0
10	Woodford Green with Essex Ladies 'B'	0

Veteran Women's Division Three Team Result

1	Barnet & District 'B'	59
2	Ealing Eagles	38
3	Enfield & Haringey	32
4	Thames Valley Harriers	28
5	Herts Phoenix	22
6	London City	20
7	Hillingdon 'B'	17
8	Highgate Harriers 'B'	12

Veteran Women's Division Three League Positions

1	Barnet & District 'B'	241
2	Thames Valley Harriers	157
3	Herts Phoenix	124
4	Ealing Eagles	103
5	Hillingdon 'B'	71
6	Enfield & Haringey	57
7	London City	46
8	Highgate Harriers 'B'	12
9	Victoria Park & Tower Hamlets 'B'	8
10	Thames Valley Harriers 'B'	5

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Men's Results

1	Lee	Merrien	NEB	S	30. 19
2	Audun	Nordtveit	High	S	30. 26
3	Shaun	Dixon	High	S	30. 30
4	Richard	Phillips	Serp	S	30. 54
5	Glen	Watts	SB	S	30. 55
6	Glenn	Hughes	Serp	S	31. 01
7	Ben	Nagy	E&H	S	31. 02
8	Tom	Philips	WG&EL	S	31. 04
9	Tom	Aldred	Lon H	S	31. 17
10	Tomas	Stasionis*	VPH&TH	S	31. 20
11	Dan	Watts	SB	S	31. 22
12	Tom	Beedell	WG&EL	S	31. 24
13	Ben	Noad	High	S	31. 28
14	James	Laing	Hill	S	31. 30
15	John	Franklin	Serp	S	31. 32
16	Jake	Waldron	NEB	S	31. 34
17	Michael	Wright	Barn	S	31. 51
18	Matthew	Grant	SB	S	31. 55
19	Sean	Renfer	High	S	32. 06
20	Orlando	Edwards	SB	S	32. 18
21	Jonny	Laybourn	High	S	32. 22
22	Dave	Morgan	Serp	S	32. 24
23	Toby	Clyde	TVH	U20	32. 29
24	Robert	Wilson	High	S	32. 31
25	Harold	Wyber	WG&EL	S	32. 33
26	Michael	Christoforou	E&H	S	32. 36
27	Ben	Waterman	ESM	S	32. 50
28	Robert	Thompson	Hill	S	32. 53
29	Robel	Balhebi	High	S	32. 54
30	Hugh	Torry	Serp	S	32. 56
31	Donatas	Tumaitis	WG&EL	S	32. 58
32	Fergal	Smithwick	High	S	33. 03
33	Angus	Holford	WG&EL	S	33. 04
34	Bertie	Powell	WG&EL	S	33. 09
35	Ryan	McKinley	High	S	33. 19
36	Martin	Bateman	Hill	S	33. 23
37	Daniel	Thompson	Hill	S	33. 31
38	Andy	Fooks	TVH	S	33. 39
39	Sam	Humphrey	VPH&TH	S	33. 49
40	Greg	Rimmer	High	U20	33. 51
41	Wayne	Bell	NEB	S	33. 54
42	Mohammed	Mohammed	SB	S	33. 58
43	Jonathan	Deane	High	S	33. 59
44	Pau	Herrero	Serp	S	34. 07
45	Anthony	Jackson	SB	V45	34. 11
46	Tomaz	Plibersek	WG&EL	S	34. 14
47	Tony	Russell	WG&EL	S	34. 15
48	Peter	Downie	High	S	34. 16
49	Simon	Beedell	WG&EL	S	34. 20
50	Peter	Flewitt	ESM	V40	34. 20
51	Tom	Christopher	High	S	34. 23
52	Andrew	Orr	Serp	S	34. 24
53	Simon	Barrett	Serp	V40	34. 26
54	Brahma	Pochee	High	S	34. 27
55	Nathan	Wilkins	Serp	S	34. 28
56	Rob	Wilbraham	WG&EL	S	34. 34
57	Yari	Fontebasso	Serp	S	34. 36
58	Edward	Campbell	Hill	S	34. 40
59	Jamie	Taylor-Caldwell	ESM	S	34. 41
60	Shaun	Collins	E&H	S	34. 42
61	George	Stewart	Lon H	V45	34. 44
62	Alex	Lepretre	Barn	S	34. 45
63	Guillaume	Cribier	High	V40	34. 46
64	Rob	Cox	WG&EL	S	34. 47
65	Chris	Norris	Lon H	S	34. 50
66	Sebastian	Buhs	Serp	S	34. 51
67	Adrian	Mason	Barn	V50	34. 53
68	Luke	Nicholas	ESM	S	34. 59
69	Steve	Hobbs	VPH&TH	V40	35. 02

Men's Division One Team Result

1	Highgate Harriers	1070
2	Woodford Green with Essex Ladies	929
3	Serpentine RC	928
4	Shaftesbury Barnet Harriers	672
5	London Heathside	588
6	Hillingdon	555
7	Victoria Park & Tower Hamlets	449
8	Ealing, Southall & Middlesex	446
9	Serpentine RC 'B'	295
10	Newham & Essex Beagles	284

Men's Division One League Positions

1	Highgate Harriers	4235
2	Serpentine RC	4062
3	Woodford Green with Essex Ladies	3730
4	Shaftesbury Barnet Harriers	3151
5	London Heathside	2523
6	Hillingdon	2163
7	Victoria Park & Tower Hamlets	2056
8	Ealing, Southall & Middlesex	1819
9	Newham & Essex Beagles	1727
10	Serpentine RC 'B'	1233

Men's Division Two Team Result

1	Barnet & District	1219
2	Highgate Harriers 'B'	1127
3	Thames Valley Harriers	1125
4	London Heathside 'B'	1034
5	Woodford Green with Essex Ladies 'B'	973
6	Serpentine RC 'C'	811
7	London Heathside 'C'	773
8	Enfield & Haringey	681
9	Herts Phoenix	337
10	Mornington Chasers	258

Men's Division Two League Positions

1	Barnet & District	4394
2	Woodford Green with Essex Ladies 'B'	4169
3	Highgate Harriers 'B'	4097
4	London Heathside 'B'	3953
5	Thames Valley Harriers	3892
6	Enfield & Haringey	3130
7	London Heathside 'C'	2948
8	Serpentine RC 'C'	2662
9	Herts Phoenix	2223
10	Mornington Chasers	1946

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70	Daniel	Steel	WG&EL	S	35.04
71	Matthew	Ribault	TVH	S	35.10
72	David P	Evans	Serp	S	35.12
73	Ed	Samuel	Lon H	S	35.22
74	Archie	Allen	ESM	S	35.23
75	Grant	Ramsay*	Barn	V40	35.24
76	Neil	Cook	VPH&TH	S	35.27
77	Andy	Barnes	Lon H	S	35.29
78	Peter	Hawkins	High	S	35.31
79	Daniel	Mann	WG&EL	S	35.32
80	Benjamin	Gibbons	SMR	U20	35.33
81	Daniel	De Palol	Serp	V40	35.34
82	Steve	Elson	ESM	S	35.37
83	Joe	Everitt	WG&EL	S	35.39
84	Michael	Ussher	High	V50	35.39
85	Robert	Vallance	TVH	U20	35.40
86	Laurent	Liote	High	S	35.42
87	Simon	Connell	Hill	V40	35.43
88	Anthony	Hall	Lon H	S	35.44
89	Matt	Collins	Lon H	S	35.46
90	Costa	Michael	Barn	V50	35.48
91	James	Tomlinson	TVH	S	35.55
92	Will	Morris	Barn	S	35.56
93	John	Driscoll	Lon H	V40	35.57
94	Andrew	Reeves	Serp	V40	36.00
95	Robert	Rigby	SB	V50	36.05
96	Simon	Fricke	Met P	S	36.06
97	Richard	McCormick	Barn	V50	36.08
98	Sam	Lloyd	Hill	U20	36.09
99	Ben	Wickham	VPH&TH	S	36.10
100	Mark	Anderson	Lon H	S	36.12
101	Dan	Madams	Lon H	V40	36.15
102	David	Hellard	Lon H	S	36.16
103	Benjamin	Tolputt	Serp	S	36.17
104	Philip	Warburton	Hill	S	36.17
105	Andy	Welshman	Lon H	V45	36.19
106	Tom	Livermore	Lon H	S	36.20
107	Richard	Macaulay	Lon H	S	36.20
108	William	McNulty	Morn	S	36.21
109	Gareth	Cavell	WG&EL	V45	36.27
110	Kevin	Walden	SB	S	36.31
111	Edward	Price	Barn	S	36.35
112	Chris	Hartley	Lon H	V50	36.36
113	Stephen	Shanks	VPH&TH	S	36.40
114	Connor	Johnston	VPH&TH	S	36.42
115	Theo	Highland	Serp	S	36.43
116	Michael	Potticary	SB	S	36.49
117	Manuel	da Silva	TVH	S	36.54
118	Howard	Gold	Lon H	V40	36.57
119	Julian	Russell	WG&EL	S	37.00
120	Adam	Mead	WG&EL	S	37.01
121	Flojan	Bakalli	ESM	U20	37.03
122	Andy	Hutson	VPH&TH	S	37.03
123	Rob	Walker	High	S	37.04
124	Rajesh	Patel	Barn	S	37.05
125	Peter	Caton	WG&EL	S	37.08
126	Sergio	Gonzalez Manzanique	Serp	S	37.11
127	Dave	Cox	WG&EL	V60	37.13
128	James	Taylor	Barn	S	37.15
129	Alan	Whatmough	Lon H	S	37.15
130	Richard	Stewart	High	V40	37.16
131	Roger	Reid	Serp	V45	37.17
132	Tom	Fallon	E&H	S	37.19
133	Gary	Bagnall	VPH&TH	V40	37.20
134	Sam	Thompson	Lon H	S	37.25
135	Steven	Artist	Lon FR	S	37.29
136	Peter	Clarke	Serp	V45	37.31
137	Tim	Edwards	Barn	S	37.35
138	Peter	Sarkies	TVH	S	37.36
139	Angelo	John	ESM	V40	37.40
140	Romain	Benvenuto	Serp	S	37.44

Men's Division Three Team Result

1	London Frontrunners	987
2	Barnet & District 'B'	894
3	London Frontrunners 'B'	793
4	Metropolitan Police	777
5	Hillingdon 'B'	756
6	Thames Valley Harriers 'B'	656
7	Highgate Harriers 'C'	521
8	St Mary's Richmond	513
9	London City	412
10	Woodford Green with Essex Ladies 'C'	391
11	Ealing, Southall & Middlesex 'B'	347
12	Shaftesbury Barnet Harriers 'B'	317
13	Ealing Eagles	150
14	Garden City Runners	139
15	Metropolitan Police 'B'	50
16	London City 'B'	9
17	Herts Phoenix 'B'	7

Men's Division Three League Positions

1	London Frontrunners	4019
2	Barnet & District 'B'	3113
3	London Frontrunners 'B'	3076
4	Hillingdon 'B'	3039
5	Metropolitan Police	2774
6	Woodford Green with Essex Ladies 'C'	2657
7	Shaftesbury Barnet Harriers 'B'	2455
8	St Mary's Richmond	2386
9	Thames Valley Harriers 'B'	1925
10	Highgate Harriers 'C'	1736
10	London City	1736
12	Garden City Runners	1455
13	Victoria Park & Tower Hamlets 'B'	1303
14	Ealing, Southall & Middlesex 'B'	1289
15	Harlow RC	814
16	Ealing Eagles	597
17	Enfield & Haringey 'B'	162
18	Metropolitan Police 'B'	133
19	Herts Phoenix 'B'	129
20	Mornington Chasers 'B'	44
21	London City 'B'	9
22	Garden City Runners 'B'	4

Metropolitan League Fixture 4 at Horsenden Hill (hosted by ESM AC) - Saturday 10 January 2015

141	Simeon	Bennett	VPH&TH	S	37.46
142	Peter	Holmes	Serp	S	37.47
143	Robert	Brown	ESM	V45	37.49
144	Simon	Craddock	Serp	S	37.50
145	Michele	Botton	Serp	S	37.53
146	Stuart	Meiklejohn	Lon H	S	37.54
147	Paul	Greaves	Herts P	V50	37.55
148	John	Knight	Met P	S	37.56
149	Julian	Lamy	SB	U20	37.57
150	Bashir	Mohamed	TVH	U20	37.59
151	Martin	Potter	Lon H	V45	37.59
152	Andy	Lister	Serp	S	37.59
153	Ronan	Breen	SB	V40	38.00
154	Wesley	Godfrey	Hill	S	38.00
155	Nicola	Barberis Negra	Serp	S	38.01
156	Bartosz	Porzuczek	Serp	S	38.01
157	Liam	Hendry	E&H	S	38.02
158	Tony	Killilea	Lon H	V50	38.05
159	Santosh	Rai	ESM	S	38.06
160	Shane	Cullinan	Lon FR	V40	38.07
161	Gideon	Reid	Serp	S	38.09
162	Greg	Bennett	TVH	V40	38.12
163	Paul	Mercer	Lon H	V40	38.13
164	Adam	Ibrahim	Lon H	S	38.14
165	Norman	Mitchell	Lon H	V50	38.15
166	Matthew	Hardcastle	Serp	S	38.16
167	Andrew	Dunderdale	Lon H	S	38.17
168	Alan	Rugg	WG&EL	V55	38.19
169	Paul	Graham*	SMR	V40	38.21
170	Alex	Davidson	High	V50	38.22
171	Dan	McKeown	Lon H	S	38.23
172	David	Newman	Hill	V50	38.25
173	Kirit	Patel	Lon FR	V40	38.28
174	Andrew	Patterson	Hill	S	38.29
175	Richard	Fanning	Serp	V40	38.29
176	Jonathan	Moscrop	Lon FR	V40	38.30
177	Jonathan	Litchfield	Lon H	S	38.31
178	Simon	Baptist	TVH	S	38.32
179	James	Gwyther	Serp	S	38.33
180	Ed	Holland	Lon FR	S	38.39
181	Andrew	Kelleher	Barn	V50	38.43
182	Derry	Lozano-Hoyland	Serp	S	38.49
183	Gavin	Evans	Lon H	V50	38.50
184	Conrad	Addo*	Serp	S	38.54
185	William	McAvock	Serp	V45	38.55
186	Dominic	Jackson	Lon H	V50	38.56
187	Mario	Cadete	Lon H	V40	39.05
188	Gary	Horn	Hill	S	39.07
189	Andy	Holt	GCR	V50	39.08
190	T	Pratt	Lon H	S	39.12
191	Jacob	Howe	Lon H	V40	39.14
192	James	Edgar	Serp	S	39.19
193	Costi	Stavrianakis	Lon H	V40	39.24
194	George	O'Neill	Lon FR	V40	39.27
195	Jonathan	Haynes*	Herts P	V55	39.29
196	Joe	Spraggins	Serp	S	39.31
197	Michael	Harley	Serp	S	39.35
198	Sol	Ibrahim	Barn	V40	39.37
199	Stephane	Schneider	Serp	S	39.38
200	Nigel	Rowe	Met P	V50	39.39
201	Rick	Hewitt	Lon H	V45	39.40
202	Andrew	Dodd	ESM	S	39.40
203	Gavin	Edmonds	Serp	V40	39.40
204	Matt	Holt	Met P	S	39.41
205	Paul	Leppard	Hill	S	39.41
206	Robert	Whitmarsh	Serp	S	39.42
207	Kris	Milovsorov	Lon H	S	39.43
208	Daniel	Digweed	Barn	S	39.45
209	Fraser	Johnson	Serp	V40	39.45
210	Lee	Connor	Lon H	V45	39.46
211	Adrian	Cathersides	Morn	S	39.50

Veteran Men's Division One Team Result

1	London Heathside	390
2	Serpentine RC	371
3	Barnet & District	360
4	Highgate Harriers	317
5	London Heathside 'B'	289
6	Ealing, Southall & Middlesex	247
7	Woodford Green with Essex Ladies	236
8	London Heathside 'C'	225
9	Hillingdon	199
10	Thames Valley Harriers	139

Veteran Men's Division One League Positions

1	London Heathside	1455
2	Serpentine RC	1321
3	Barnet & District	1151
4	Woodford Green with Essex Ladies	1096
5	London Heathside 'B'	1095
6	Hillingdon	868
7	Highgate Harriers	835
8	London Heathside 'C'	739
9	Ealing, Southall & Middlesex	650
10	Thames Valley Harriers	630

Veteran Men's Division Two Team Result

1	Shaftesbury Barnet Harriers	147
2	London Fronrunners	145
3	Serpentine RC 'B'	121
4	Herts Phoenix	110
5	Victoria Park & Tower Hamlets	92
6	Hillingdon 'B'	59
7	Metropolitan Police	51
8	Garden City Runners	34
9	Thames Valley Harriers 'B'	15
10	Shaftesbury Barnet Harriers 'B'	6

Veteran Men's Division Two League Positions

1	London Fronrunners	638
2	Shaftesbury Barnet Harriers	489
3	Serpentine RC 'B'	474
4	Herts Phoenix	438
5	Victoria Park & Tower Hamlets	325
6	Garden City Runners	288
7	Hillingdon 'B'	287
8	Metropolitan Police	276
9	Thames Valley Harriers 'B'	111
10	Shaftesbury Barnet Harriers 'B'	6

Metropolitan League Fixture 4 at Horsenden Hill (hosted by ESM AC) - Saturday 10 January 2015

212	Joel	Northcott	Lon FR	S	39. 50
213	Brett	Hutchinson	Hill	S	39. 51
214	Jon	Sleeman	High	V50	39. 51
215	Tim	Marshall	Lon H	S	39. 54
216	Steve	Hirons	Hill	V50	39. 54
217	Stewart	Pepper	E&H	V55	39. 56
218	Andy	Millett	SB	V45	39. 57
219	Alex	Jeffreys	Serp	V40	40. 01
220	William	Lake	Serp	S	40. 23
221	Joseph	Lowe	High	V40	40. 04
222	Darren	White	Barn	V45	40. 06
223	Martin	Bright	High	V45	40. 08
224	Rob	Shulman	Lon H	V45	40. 16
225	John	Keenan	Lon FR	V40	40. 17
226	Karl	Hayer	Lon FR	V40	40. 21
227	Owen	Delaney	SMR	S	40. 23
228	Steve	Morris	ESM	V45	40. 23
229	Adrian	Mark	Lon FR	S	40. 24
230	James	Perry	WG&EL	V40	40. 32
231	Mike	Wilson	TVH	V55	40. 47
232	William	Wagstaff	Lon H	V50	40. 48
233	Andrew	Johnson	Lon H	V40	40. 48
234	Tim	Charters	Lon FR	S	40. 50
235	Alan	Latham	Lon H	V45	40. 52
236	Sam	Wakeford	VPH&TH	S	40. 59
237	Alex	Burton	SMR	S	41. 00
238	Alex	Elferink	Serp	V40	41. 01
239	Peter	Keane	TVH	S	41. 01
240	Richard	Hooley	TVH	V50	41. 03
241	Joe	Gomes	Barn	V50	41. 03
242	Mike	Martin	Barn	V50	41. 05
243	Simon	Doyle	Herts P	V50	41. 05
244	Julian	Williams	Lon FR	V45	41. 07
245	Mark	George	Lon H	V45	41. 09
246	Pete	Crockford	Lon H	V55	41. 10
247	Steve	Wilson	Met P	S	41. 19
248	James	Stenning	Lon FR	S	41. 27
249	Mark	Cambridge	WG&EL	V40	41. 31
250	Peter	Warburton	Hill	V50	41. 36
251	Harry	Gilham	Herts P	S	41. 37
252	John	Lynch	Morn	V55	41. 38
253	Marco	Luna	Lon H	S	41. 39
254	Ian	Leslie	ESM	V55	41. 41
255	Jan	Gruter	Lon FR	S	41. 44
256	Liam	Phair	Met P	S	41. 47
257	Gareth	Fletcher	Lon FR	S	41. 50
258	Guy	Bowles	TVH	V50	41. 57
259	Thomas	Corbett	Lon FR	S	42. 03
260	Alex	Malzer	Serp	V45	42. 07
261	Tim	Parkin	SB	S	42. 10
262	Andrew	Sulston	Lon H	V45	42. 14
263	Luke	Ashworth	Serp	S	42. 16
264	Tim	Miller	VPH&TH	V45	42. 18
265	David	Hallam	Lon H	V45	42. 20
266	Peter	Ellis	Barn	V55	42. 24
267	Raaz	Vaid	SB	S	42. 30
268	David	Smith	Hill	V50	42. 33
269	Dietrich	Christoph	Serp	S	42. 35
270	James	Richens	Serp	V40	42. 36
271	Andrew	Hetherington	Lon FR	S	42. 38
272	Richard	Hogg	WG&EL	V45	42. 38
273	Alun	Evans	WG&EL	V55	42. 40
274	Scott	Fraser	Barn	V40	42. 44
275	Brian	Boyle	Lon H	V40	42. 49
276	Nick	Stockman	High	S	42. 52
277	Pierce	Boyle	High	U20	42. 54
278	Andrew	Malyan	Hill	V45	42. 54
279	James	Dark	Lon H	S	42. 57
280	James	Lobo	Lon C	S	43. 00
281	Steven	O'Keefe	Hill	V45	43. 02
282	Stuart	Jones	Lon C	S	43. 04

Veteran Men's Division Three Team Result

1	Barnet & District 'B'	221
2	Serpentine RC 'C'	191
3	Woodford Green with Essex Ladies 'B'	163
4	London Fronrunners 'B'	161
5	Mornington Chasers	112
6	Ealing, Southall & Middlesex 'B'	108
6	Highgate Harriers 'B'	108
8	Enfield & Haringey	98
9	St Mary's Richmond	88
10	London City	85
11	Herts Phoenix 'B'	83
12	Hillingdon 'C'	55

Veteran Men's Division Three League Positions

1	Barnet & District 'B'	771
2	Woodford Green with Essex Ladies 'B'	715
3	London Fronrunners 'B'	619
4	Mornington Chasers	489
5	Serpentine RC 'C'	465
6	St Mary's Richmond	341
7	London City	285
8	Herts Phoenix 'B'	264
9	Enfield & Haringey	252
10	Ealing, Southall & Middlesex 'B'	216
11	Hillingdon 'C'	199
12	Harlow RC	181
13	Highgate Harriers 'B'	144
14	Newham & Essex Beagles	65
15	Garden City Runners 'B'	59
16	Metropolitan Police 'B'	25
17	Mornington Chasers 'B'	13
18	Victoria Park & Tower Hamlets 'B'	11

Metropolitan League Fixture 4 at Horsenden Hill (hosted by ESM AC) - Saturday 10 January 2015

283	Scott	Brewer	TVH	S	43. 04
284	Emmanuel	Lumineau	Lon FR	S	43. 05
285	Terry	McCarthy	WG&EL	V55	43. 06
286	Andrew	Farrell	Lon C	V40	43. 07
287	Tom	Poynton	Serp	V40	43. 08
288	Elliot	Reed	Lon H	V40	43. 09
289	Brian	James*	Herts P	V65	43. 16
290	Jason	Steel	Hill	V40	43. 22
291	Clive	Wickham	Hill	S	43. 26
292	Philip	Cunningham	SB	V50	43. 27
293	Jim	Connell	Lon H	V40	43. 28
294	Francis	O'Callaghan	Lon FR	S	43. 30
295	Darren	Over	Serp	V40	43. 32
296	Ed	Byne	Lon H	S	43. 33 Gst
297	Steve	Plested	ESM	V60	43. 36
298	Richard	Bell	TVH	V45	43. 46
299	Dan	Luong	Lon FR	S	43. 50
300	Darren	Halford	ESM	V40	43. 50
301	Andy	Ball	High	S	44. 07
302	Nick	Desausmarez	Lon H	V45	44. 08
303	Chris	Violet	Barn	V45	44. 11
304	Carl	Heap	Lon H	V60	44. 13
305	Jerry	Bryan	Barn	V50	44. 15
306	Peter	Fitzpatrick	Herts P	V60	44. 16
307	David	Nelson	Morn	S	44. 18
308	Richard	Goddard	Eal E	S	44. 19
309	Paul	Woodgate	TVH	V40	44. 20
310	Dave	Byrne	Barn	V50	44. 22
311	Simon	Mac	Lon FR	S	44. 23
312	Nick	Sutcliffe	Lon C	V45	44. 27
313	David	Birks*	E&H	V50	44. 36
314	Paul	Hope	Met P	V55	44. 45
315	Andrew	Hudson	Lon H	V55	44. 57
316	Jason	Sewards	TVH	V45	44. 58
317	Adam	Freeman	Lon FR	S	45. 00
318	Sammy	Li	Serp	V45	45. 02
319	Kieran	Moreland	SB	S	45. 04
320	Rob	Scott	Barn	V45	45. 12
321	Tom	Spanyol	WG&EL	V55	45. 16
322	Steve	Scruton	High	V50	45. 26
323	James	Brown	Serp	S	45. 31
324	Leo	Pemberton	Lon H	S	45. 36
325	James	Beattie	Serp	S	45. 38
326	Stevan	Dokic	Hill	V55	45. 42
327	Ben	Cale	Eal E	S	45. 45
328	Ian	Johnson	Serp	V45	45. 48
329	Matt	Walker	Lon C	S	45. 55
330	Alistair	Holford	WG&EL	V55	46. 02
331	Andrew	Melrose	Lon C	S	46. 08
332	Martin	White	Eal E	S	46. 11
333	Trevor	Powell	WG&EL	V60	46. 14
334	Richard	Bloom	Herts P	V65	46. 15
335	Gary	Homewood	Morn	V50	46. 16
336	Glynn	McDonald	Lon FR	V50	46. 20
337	Fahad	Abdi	TVH	S	46. 29
338	Ashley	Grist	SMR	V45	46. 30
339	Clive	Richardson	ESM	V40	46. 39
340	Andy	Leung	ESM	V40	46. 40
341	Martin	Bowd	Hill	V50	46. 44
342	Richard	Foskett	Herts P	V60	46. 48
343	Lars	Menken	Serp	S	47. 04
344	Andy	Barthorpe	Lon H	V40	47. 07
345	Daniel	Kownacki	Lon FR	S	47. 10
346	Stuart	Mann	Herts P	V70	47. 30
347	Laurence	Woodcock	Lon H	S	47. 37
348	Gary	Randle	Barn	S	47. 44
349	Dan	Spinks	Hill	V40	47. 52
350	Connor	Devlin	Lon FR	V40	47. 59
351	Trevor	Steeple	Hill	V55	48. 05
352	Christos	Bitzis-Politis	Lon FR	V45	48. 12
353	Trevor	Normoyle	Met P	S	48. 19

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.

Please make sure your declaration sheets are put in the
appropriate box, NOT the unused numbers box,
they may not be found for days!

LEFT BEHIND!

Pink trainers & leggings

And finally

To the person who left a banana skin in the unused numbers box,
YOU DIRTY SELFISH ***!**

Metropolitan League Fixture 4 at Horsenden Hill (hosted by ESM AC) - Saturday 10 January 2015

354	Dave	Walton	Lon H	V50	48.41	
355	Ian	McNally	ESM	S	49.00	
356	Richard	Wilson	Met P	V55	49.07	
357	David	Thompson	Lon FR	V50	49.24	
358	Guido	de Lorraine	Morn	V40	49.30	
359	Bob	Burton	Hill	V55	49.34	
360	Martin	Black	High	V50	49.54	
361	Robert	Gill	Lon FR	V60	49.54	
362	Jeremy	Collis	Hill	S	50.13	
363	James	Lush	Lon C	S	50.19	
364	John	Kelly	SB	V60	50.22	
365	Ken	Townson	Lon H	V45	50.26	
366	Shakir	Khan	Lon C	S	50.31	
367	John	Falvey	ESM	V55	51.19	
368	John	Clarke	Barn	V60	51.21	
369	Trace	Allen	GCR	V70	51.47	
370	Steve	Gathercole	Morn	V65	51.48	
371	Sergio	Carvalho	Serp	V55	52.16	
372	Tim	Boyall	Met P	V40	52.26	
373	Stuart	Philips	WG&EL	V55	52.45	
374	Adrian	Essex	Lon H	V60	52.49	
375	Tony	Smith	TVH	V55	53.02	
376	Tony	Shaw	Hill	V65	53.15	
377	Steven	Patterson	Hill	V65	53.34	
378	Dennis	Carey	Hill	V45	53.37	
379	Stefan	Watson	Lon C	S	53.41	
380	Talat	Mahmood	Met P	V45	53.55	
381	Mervyn	Gilham	Herts P	V60	53.56	
382	Chris	?	Lon C		54.28	Gst
383	John	Steed	Herts P	V75	54.58	
384	Colin	Stephenson	Lon FR	V55	56.07	
385	Philip	Octave	Hill	S	56.18	
386	Simon	Maddison	TVH	V65	57.10	
387	Stephen	Thompson	Hill	V50	57.19	
388	Doug	Milsom	Hill	V75	57.43	
389	Emil	Berleen	Lon FR	V40	62.09	

U20 Men's Individual Result

1	Toby	Clyde	TVH	U20	32.29
2	Greg	Rimmer	High	U20	33.51
3	Benjamin	Gibbons	SMR	U20	35.33

Veteran Men's Individual Result

1	Anthony	Jackson	SB	V45	34.11
2	Peter	Flewitt	ESM	V40	34.20
3	Simon	Barrett	Serp	V40	34.26

Metropolitan League Fixture 4 at Horsenden Hill (hosted by ESM AC) - Saturday 10 January 2015

Howard Williams Trophy (Seniors)

	Pts	Win
1 Highgate Harriers	41	3
2 Shaftesbury Barnet Harriers	39	1
3 Serpentine RC	38	4
4 London Heathside	36	0
4 Woodford Green with Essex Ladies	36	0
6 Ealing, Southall & Middlesex	30	0
7 Hillingdon	28	0
7 Victoria Park & Tower Hamlets	28	0
9 Barnet & District	26	0
9 Thames Valley Harriers	26	0
11 Newham & Essex Beagles	22	0
12 Mornington Chasers	19	0
13 Enfield & Haringey	18	0
14 Herts Phoenix	16	0
14 Metropolitan Police	16	0
16 London Frontrunners	12	0
17 London City	10	0
18 Garden City Runners	6	0
19 Ealing Eagles	5	0
19 St Mary's Richmond	5	0
21 Harlow RC	2	0

Howard Williams Trophy (Juniors)

	Pts	Win
1 Shaftesbury Barnet Harriers	59	7
2 Thames Valley Harriers	50	1
3 Herts Phoenix	49	3
4 Ealing, Southall & Middlesex	47	0
5 Victoria Park & Tower Hamlets	45	1
6 Enfield & Haringey	42	0
7 Trent Park RC	41	2
8 Woodford Green with Essex Ladies	35	0
9 Hillingdon	34	0
10 Highgate Harriers	30	3
11 London Heathside	28	0
12 Barnet & District	27	0
13 St Mary's Richmond	26	0
14 Newham & Essex Beagles	14	0
15 Serpentine RC	4	0

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Shaun	Dixon	High	1785	4
2	Glenn	Hughes	Serp	1778	4
3	Dan	Watts	SB	1764	4
4	Tom	Aldred	Lon H	1749	4
5	Tomas	Stasionis*	VPH&TH	1743	4
6	John	Franklin	Serp	1723	4
7	Jake	Waldron	NEB	1722	4
8	Tom	Beedell	WG&EL	1714	4
9	Robert	Wilson	High	1706	4
10	Michael	Wright	Barn	1704	4
11	James	Laing	Hill	1698	4
12	Hugh	Torry	Serp	1692	4
13	Sam	Humphrey	VPH&TH	1690	4
14	Fergal	Smithwick	High	1681	4
15	Dave	Morgan	Serp	1680	4
16	Jamie	Taylor-Caldwell	ESM	1654	4
17	Donatas	Tumaitis	WG&EL	1645	4
18	Matthew	Grant	SB	1641	4
19	Jonny	Laybourn	High	1626	4
20	Angus	Holford	WG&EL	1623	4
21	Martin	Bateman	Hill	1609	4
22	Brahma	Pochee	High	1607	4
23	Wayne	Bell	NEB	1592	4
24	Daniel	Thompson	Hill	1580	4
25	Peter	Downie	High	1567	4

Also:

43	Audun	Nordtveit	High	1348	3
43	Michael	Callegari	SB	1348	3
47	Nicholas	Torry	Serp	1338	3
49	Glen	Watts	SB	1336	3
50	Richard	Phillips	Serp	1326	3
51	Ben	Noad	High	1320	3
52	Jonathan	Poole	Serp	1311	3
53	Robert	Thompson	Hill	1304	3
54	Tom	Philips	WG&EL	1300	3
56	Michael	Christoforou	E&H	1290	3
57	Orlando	Edwards	SB	1288	3
59	Phillip	Crout	SB	1279	3
62	Harold	Wyber	WG&EL	1273	3

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Rachel	Felton	SB	800	4
2	Naomi	Taschimowitz*	SB	791	4
3	Sarah	Pemberton	Serp	783	4
4	Hannah	Viner	High	780	4
5	Joanne	Kent	Barn	752	4
6	Jo	Singer	VPH&TH	726	4
7	Emma	Burgess	High	715	4
8	Rachel	Lund	WG&EL	701	4
9	Marta	Bagnati	Serp	681	4
10	Rebecca	Bunting	Lon H	674	4
11	Natasha	Sheel	Serp	652	4
12	Fiona	Kennedy	ESM	643	4
13	Sarah	Richardson	ESM	635	4
14	Lizzie	Parry	Herts P	620	4
15	Charlotte	Maling	VPH&TH	619	4
16	Katherine	March	Barn	615	4
17	Elizabeth	Janes	Herts P	597	3
18	Louise	Faherty	High	585	4
19	Ni'ia	Hothershall	Lon H	583	3
20	Esther	Evans	High	582	3
21	Tracy	Barlow	TVH	580	3
22	Maire	Gorman	TVH	579	4
23	Harriot	Brock	High	571	3
24	Sue	Rust	Lon H	567	3
25	Ashley	Scott	High	565	3

Also:

17	Elizabeth	Janes	Herts P	597	3
19	Ni'ia	Hothershall	Lon H	583	3
20	Esther	Evans	High	582	3
21	Tracy	Barlow	TVH	580	3
23	Harriot	Brock	High	571	3
24	Sue	Rust	Lon H	567	3
25	Ashley	Scott	High	565	3
28	Kat	Gundersen	WG&EL	557	3
29	Rachel	Seckl	Lon H	548	3
31	Victoria	Walker	SB	547	3
32	Rachel	Newstead	Lon H	529	3
33	Leigh	James*	Lon H	527	3
34	Eva	Mack	Hill	522	3
34	Victoria	Dawes	SB	522	3
37	Emma	Dixon*	High	517	3