



Under 13 Boys Results

1	Jamie	Harper	SB	U13	11. 12	
2	Lucillo	Burrell	TVH	U13	11. 31	
3	Zarir	Zahir	Hill	U11	11. 34	Gst
4	Mosope	Oyelola	NEB	U13	11. 39	
5	Tom	Fulton	SB	U13	11. 41	
6	Oscar	Crowe	SMR	U13	11. 46	
7	George	Kerry	ESM	U13	11. 47	
8	Jeremy	Dempsey	SB	U13	11. 53	
9	Sebastian	Mills	Hill	U13	11. 56	
10	Adam	Shiret	SB	U13	12. 00	
11	Rufus	Kent	Barn	U13	12. 02	
12	Finn	Harvey	Barn	U13	12. 05	
13	Liam	Garrett	Lon H	U13	12. 08	
14	Benjamin	Taylor	SMR	U13	12. 09	
15	Isaac	Costley	Lon H	U13	12. 12	
16	Elliot	Breen	Herts P	U13	12. 17	
17	Liam	Gamon	NEB	U13	12. 19	
18	Nicholas	Cowley-Andrea	TVH	U13	12. 21	
19	Jamie	Ives	Herts P	U13	12. 22	
20	Dangardt	Albin	SMR	U13	12. 30	
21	Luke	Gray	Lon H	U13	12. 33	
22	Jay	Singhal	E&H	U13	12. 34	
23	Nathan	Fernandes	SB	U13	12. 36	
24	Kit	Gilman	Hill	U13	12. 36	
25	Freddie	Scarborough	ESM	U13	12. 38	
26	Saam Kyu	Smart	SB	U13	12. 41	
27	Henry	Fulton	SB	U13	12. 42	
28	Jake	Hooley	TVH	U13	12. 42	
29	Stephen	Bates	Herts P	U13	12. 52	
30	Oliver	Weintraub	TVH	U13	12. 54	
31	Calum	Anderson	High	U13	12. 55	
32	Daniel	Godden	Hill	U13	13. 05	
33	Solomon	Butcher	High	U13	13. 24	
34	Bradley	Payne	ESM	U13	13. 27	
35	Liam	Cripps	Herts P	U13	13. 29	
36	Abdirahman	Hamud	Hill	U13	13. 30	
37	Ed	Easton	Lon H	U13	13. 30	
38	Ruairi	McElhatton	Barn	U13	13. 34	
39	James	Forde	Hill	U13	13. 37	
40	Jamie	Russell	NEB	U13	13. 43	
41	Chris	Hogg	WG&EL	U13	13. 45	
42	Keelan	Wilson	WG&EL	U13	13. 52	
43	Jack	Egan	Hill	U13	13. 57	
44	George	Liles	Hill	U13	14. 39	
45	Nicholas	Karayianis	Unatt	U13	16. 17	Gst
46	Samuel	Hanly	Hill	U13	16. 30	
47	Maxwell	Cambridge	Hill	U13	16. 55	
48	William	Doyle	Hill	U13	17. 37	

Under 13 Boys Team Result

1	Shaftesbury Barnet Harriers	167
2	Thames Valley Harriers	113
3	London Heathside	106
4	St Mary's Richmond	104
5	Herts Phoenix	93
6	Hillingdon	91
7	Barnet & District	83
7	Newham & Essex Beagles	83
9	Ealing, Southall & Middlesex	78
10	Shaftesbury Barnet Harriers 'B'	68
11	Highgate Harriers	32
12	Enfield & Haringey	26
13	Hillingdon 'B'	21
14	Woodford Green with Essex Ladies	13

Under 13 Boys League Positions

1	Shaftesbury Barnet Harriers	506
2	Thames Valley Harriers	430
3	St Mary's Richmond	379
4	Ealing, Southall & Middlesex	374
5	Herts Phoenix	370
6	Hillingdon	245
6	Woodford Green with Essex Ladies	245
8	Enfield & Haringey	234
9	London Heathside	199
10	Barnet & District	180
11	Newham & Essex Beagles	123
12	Highgate Harriers	110
13	Shaftesbury Barnet Harriers 'B'	102
14	Herts Phoenix 'B'	87
15	Hillingdon 'B'	37
16	Ealing, Southall & Middlesex 'B'	29
17	Thames Valley Harriers 'B'	22

Conditions:

4 degrees, overcast, cold wind

Going: Heavy

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

**Under 13 Girls Results**

1	India	Weir	TVH	U13	12. 15	
2	Iona	Pernthaller	TVH	U13	12. 33	
3	Jessica	Hurley	SB	U13	12. 54	
4	Jessica	Brew	SB	U13	13. 03	
5	Aoife	Guyatt	WG&EL	U13	13. 11	
6	Georgia	McKenzie	Herts P	U13	13. 12	
7	Kosana	Weir	TVH	U13	13. 17	
8	Mia	Groom	Barn	U13	13. 19	
9	Nicola	Ravenhill	ESM	U13	13. 20	
10	Jessica	Archard	WG&EL	U13	13. 21	
11	Anna	Gizzi	Hill	U13	13. 31	
12	Verity	Walker	TVH	U13	13. 32	
13	Katie	Petyt	WG&EL	U13	13. 37	
14	Roisin	Lynch	ESM	U13	14. 07	
15	Matilda	Ferrand	TVH	U13	14. 11	
16	Maryam	Hussain	ESM	U13	14. 13	
17	Laura	Stewart	ESM	U13	14. 15	
18	Olivia	Hounsome	WG&EL	U13	14. 21	
19	Madeline	Lloyd	TVH	U13	14. 25	
20	Scarlette	Kent	Barn	U13	14. 33	
21	Eleanor	Found	Herts P	U13	14. 48	
22	Shiva	Basu	ESM	U13	14. 51	
23	Cameron	Thomas	ESM	U13	14. 57	
24	Isolde	Goffey	SMR	U13	15. 02	
25	Beth	Halbard	SB	U13	15. 14	
26	Sasha	Heslop	TVH	U13	15. 18	
27	Beth	Neil	ESM	U13	15. 19	
28	Leah	Kelly	ESM	U13	15. 25	
29	Hayley	Philpott	Hill	U13	15. 28	
30	Kirsty	O'Rourke	Hill	U13	15. 28	
31	Lauren	Pitcher	NEB	U13	15. 52	
32	Isabella	Harvey	Lon H	U13	16. 20	
33	Eugenie	Mulumba	NEB	U13	17. 12	
34	Charlotte	Mather	ESM	U13	17. 28	
35	Olivia	Milne	Hill	U11	17. 29	Gst
36	Sarah	Freegard	ESM	U13	17. 38	
37	Rachel	Finke	Lon H	U13	17. 43	
38	Hollie	Acraman	Hill	U13	17. 50	
39	Annie	Manners	Hill	U13	17. 53	
40	Anna	Talbot	Hill	U13	18. 22	
41	Esmé	McLellan	Hill	U13	20. 23	

**Under 13 Girls Team Result**

1	Thames Valley Harriers	142
2	Woodford Green with Essex Ladies	118
3	Ealing, Southall & Middlesex	108
4	Shaftesbury Barnet Harriers	91
5	Ealing, Southall & Middlesex 'B'	64
6	Thames Valley Harriers 'B'	63
7	Hillingdon	57
8	Herts Phoenix	55
9	Barnet & District	54
10	Newham & Essex Beagles	18
11	St Mary's Richmond	17
12	London Heathside	14
13	Hillingdon 'B'	6

**Under 13 Girls League Positions**

1	Thames Valley Harriers	402
2	Woodford Green with Essex Ladies	396
3	Ealing, Southall & Middlesex	247
4	Herts Phoenix	227
5	Shaftesbury Barnet Harriers	198
6	Hillingdon	126
7	Enfield & Haringey	125
8	St Mary's Richmond	98
9	Barnet & District	91
9	Thames Valley Harriers 'B'	91
11	London Heathside	72
12	Ealing, Southall & Middlesex 'B'	67
13	Herts Phoenix 'B'	33
14	Highgate Harriers	29
15	Victoria Park & Tower Hamlets	26
16	Woodford Green with Essex Ladies 'B'	21
17	Newham & Essex Beagles	18
18	Hillingdon 'B'	7

**The Month Ahead**

Fri 25 Jan	Brooks Serpentine Last Friday 5Km	Hyde Park
Sat 26 Jan	South of England Championships	Parliament Hill Fields
Sat 2 Feb	North West London Young Athletes League	Finsbury Park
Sun 3 Feb	Watford Half Marathon	Watford
<b>Sat 9 Feb</b>	<b>ATW METROPOLITAN CROSS COUNTRY LEAGUE</b>	<b>Ruislip (Mad Bess)</b>
Sat 16 Feb	North of the Thames Championships	Kingsbury
Sat 23 Feb	National Championships	Sunderland
Sat 9 Mar	Middlesex Masters Championships	Ruislip (Mad Bess)
Sun 17 Mar	Finchley '20'	Ruislip

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

**Under 17 Men Results**

1	Paulos	Asgodom	E&H	U17	12. 49
2	Liam	Cloona	Herts P	U17	12. 53
3	Sam	Wilson	SB	U17	13. 04
4	Khalid	Ali-Ahmed	SB	U15	13. 08
5	Sam	McGonigle	ESM	U17	13. 08
6	Youcef	Harizi	E&H	U15	13. 30
7	Toby	Clyde	TVH	U17	13. 40
8	Brett	English	TVH	U15	13. 42
9	Josh	Clifford	SB	U17	13. 46
10	Sam	Lloyd	Hill	U17	13. 48
11	Johnny	Naylor	Lon H	U15	13. 50
12	Jack	Treanor	Hill	U17	13. 55
13	James	Sothcott	SB	U17	13. 58
14	Rashid	Riyal	ESM	U15	13. 59
15	Joel	Hargreaves	E&H	U17	14. 06
16	Nick	Doyle	Herts P	U17	14. 08
17	George	Pettipher	Herts P	U17	14. 16
18	Sathira	Don	SMR	U17	14. 20
19	Abraham	Mendes da Costa	TVH	U15	14. 22
20	Dominic	Speight	Hill	U17	14. 25
21	Liam	Holbrook	Hill	U15	14. 27
22	Donovan	Manson	Herts P	U17	14. 35
23	Joe	Cooper	TVH	U15	14. 39
24	Benjamin	Lanoe	E&H	U17	14. 41
25	Jamie	Cornuauud	NEB	U15	14. 42
26	Ashley	Altman	SB	U17	14. 48
27	Charles	Sillett	TVH	U15	14. 55
28	Conor	O'Shea	Lon H	U17	15. 18
29	Kevin	Kapariro	SB	U17	15. 25
30	Bruce	Allinson	High	U15	15. 29
31	Joseph	Doyle	Hill	U15	15. 35
32	Josh	Malyan	Hill	U15	15. 39
33	Aidan	Bradshaw	Hill	U15	15. 52
34	Tom	Horton	Herts P	U17	15. 53
35	Sam	Loveless	ESM	U15	15. 56
36	Mason	Dietrich	Lon H	U15	16. 06
37	Harry	Cavell	WG&EL	U15	16. 09
38	Kirk	O'Rourke	Hill	U15	16. 22
39	Rhys	Pearce	Hill	U15	16. 28
40	Harry	Beckenham	Hill	U15	16. 29
41	Leon	Brocklehurst	Lon H	U15	16. 52
42	Matthew	Wright	Hill	U15	16. 53
43	Nelson	Falco	Lon H	U15	17. 01
44	Conor	McCarthy	ESM	U15	17. 28
45	Taylor	Reece	WG&EL	U15	17. 29
46	Karolis	Narvilas	ESM	U15	17. 53
47	Daniel	Culyer	Hill	U15	19. 14
48	Abubakar	Omar	Lon H	U15	20. 01
49	William	Godbolt	Hill	U15	20. 01
50	Kevin	Acraman	Hill	U17	20. 37

**Under 17 Men Team Result**

1	Shaftesbury Barnet Harriers	175
2	Enfield & Haringey	158
3	Herts Phoenix	147
3	Thames Valley Harriers	147
5	Hillingdon	141
6	Ealing, Southall & Middlesex	106
7	London Heathside	88
8	Hillingdon 'B'	70
9	Shaftesbury Barnet Harriers 'B'	47
10	St Mary's Richmond	33
11	Newham & Essex Beagles	26
12	Thames Valley Harriers 'B'	24
13	Highgate Harriers	21
14	Woodford Green with Essex Ladies	20
15	Herts Phoenix 'B'	17
16	London Heathside 'B'	11
17	Ealing, Southall & Middlesex 'B'	5

**Under 17 Men League Positions**

1	Herts Phoenix	663
2	Shaftesbury Barnet Harriers	657
3	Thames Valley Harriers	554
4	Hillingdon	511
5	Ealing, Southall & Middlesex	466
6	Enfield & Haringey	446
7	Highgate Harriers	440
8	Woodford Green with Essex Ladies	438
9	St Mary's Richmond	414
10	London Heathside	247
11	Newham & Essex Beagles	246
12	Herts Phoenix 'B'	227
12	Shaftesbury Barnet Harriers 'B'	227
14	Hillingdon 'B'	156
15	Thames Valley Harriers 'B'	121
16	Highgate Harriers 'B'	70
17	Newham & Essex Beagles 'B'	37
18	St Mary's Richmond 'B'	25
19	Enfield & Haringey 'B'	22
20	Ealing, Southall & Middlesex 'B'	20
20	Victoria Park & Tower Hamlets	20
22	Woodford Green with Essex Ladies 'B'	13
23	London Heathside 'B'	11
24	Mornington Chasers	5

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

**Under 17 Women Results**

1	Isabel	Dye	TVH	U15	15. 04
2	Madeline	Turner	TVH	U15	15. 25
3	Lucy	Carter	Lon H	U15	15. 42
4	Rachel	Seckl	Lon H	U17	15. 50
5	Florence	Stansall-Seiler	Herts P	U17	15. 51
6	Hannah	Viner	High	U17	15. 58
7	Edie	Preece	WG&EL	U15	16. 01
8	Lauren	Gee	Lon H	U15	16. 12
9	Alicia	Found	Herts P	U17	16. 13
10	Isabel	Found	Herts P	U17	16. 13
11	Caroline	Dunnett	E&H	U15	16. 21
12	Despina	Aslam	E&H	U15	16. 27
13	Courtney	Marshall	ESM	U15	16. 28
14	Olivia	Will	ESM	U17	16. 29
15	Lizzie	Parry	Herts P	U17	16. 49
16	Emma	Dwan	SB	U15	16. 52
17	Ellie	Doolan	High	U15	16. 53
18	Yanna	Raykov	Lon H	U17	16. 57
19	Ottavia	Laidler	Lon H	U15	17. 05
20	Hannah	Booth	Herts P	U15	17. 14
21	Genevieve	Weston	Lon H	U15	17. 14
22	Martha	Hayward	ESM	U15	17. 39
23	Gaia	Casciello	SB	U15	17. 39
24	Erin	Breen	Herts P	U15	17. 49
25	Esther	McGuinness	Morn	U15	17. 53
26	Katrina	Will	ESM	U17	18. 01
27	Maya	Doolan	High	U15	18. 07
28	Chelsea	Pledge	Hill	U15	18. 09
29	Josie	Elliot	ESM	U17	18. 28
30	Libby	Brown	SMR	U15	18. 36
31	Millie	Atherton	ESM	U15	18. 38
32	Jennifer	Connelly	ESM	U15	19. 08
33	Lily	Fawssett	Hill	U17	19. 58
34	Faiza	Hamud	Hill	U15	21. 31
35	Emily	Hore	Herts P	U17	21. 44

**Under 17 Women Team Result**

1	London Heathside	111
2	Herts Phoenix	105
3	Ealing, Southall & Middlesex	69
3	Thames Valley Harriers	69
5	Highgate Harriers	58
6	Enfield & Haringey	49
7	Shaftesbury Barnet Harriers	33
8	London Heathside 'B'	32
9	Herts Phoenix 'B'	29
9	Woodford Green with Essex Ladies	29
11	Ealing, Southall & Middlesex 'B'	16
12	Hillingdon	13
13	Mornington Chasers	11
14	St Mary's Richmond	6

**Under 17 Women League Positions**

1	Herts Phoenix	503
2	London Heathside	427
3	Woodford Green with Essex Ladies	351
4	Ealing, Southall & Middlesex	296
5	Herts Phoenix 'B'	256
6	Enfield & Haringey	221
7	Shaftesbury Barnet Harriers	199
8	Highgate Harriers	170
9	London Heathside 'B'	143
9	Thames Valley Harriers	143
11	Ealing, Southall & Middlesex 'B'	83
12	Hillingdon	42
13	St Mary's Richmond	41
14	Mornington Chasers	23
15	Woodford Green with Essex Ladies 'B'	8
16	Shaftesbury Barnet Harriers 'B'	2

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

**Under 15 Boy's Individual Result**

1	Khalid	Ali-Ahmed	SB	U15	13. 08
2	Youcef	Harizi	E&H	U15	13. 30
3	Brett	English	TVH	U15	13. 42
4	Johnny	Naylor	Lon H	U15	13. 50
5	Rashid	Riyal	ESM	U15	13. 59
6	Abraham	Mendes da Costa	TVH	U15	14. 22
7	Liam	Holbrook	Hill	U15	14. 27
8	Joe	Cooper	TVH	U15	14. 39
9	Jamie	Cornuau	NEB	U15	14. 42
10	Charles	Sillett	TVH	U15	14. 55
11	Bruce	Allinson	High	U15	15. 29
12	Joseph	Doyle	Hill	U15	15. 35
13	Josh	Malyan	Hill	U15	15. 39
14	Aidan	Bradshaw	Hill	U15	15. 52
15	Sam	Loveless	ESM	U15	15. 56
16	Mason	Dietrich	Lon H	U15	16. 06
17	Harry	Cavell	WG&EL	U15	16. 09
18	Kirk	O'Rourke	Hill	U15	16. 22
19	Rhys	Pearce	Hill	U15	16. 28
20	Harry	Beckenham	Hill	U15	16. 29
21	Leon	Brocklehurst	Lon H	U15	16. 52
22	Matthew	Wright	Hill	U15	16. 53
23	Nelson	Falco	Lon H	U15	17. 01
24	Conor	McCarthy	ESM	U15	17. 28
25	Taylor	Reece	WG&EL	U15	17. 29
26	Karolis	Narvilas	ESM	U15	17. 53
27	Daniel	Culyer	Hill	U15	19. 14
28	Abubakar	Omar	Lon H	U15	20. 01
29	William	Godbolt	Hill	U15	20. 01

**Under 15 Girl's Individual Result**

1	Isabel	Dye	TVH	U15	15. 04
2	Madeline	Turner	TVH	U15	15. 25
3	Lucy	Carter	Lon H	U15	15. 42
4	Edie	Preece	WG&EL	U15	16. 01
5	Lauren	Gee	Lon H	U15	16. 12
6	Caroline	Dunnett	E&H	U15	16. 21
7	Despina	Aslam	E&H	U15	16. 27
8	Courtney	Marshall	ESM	U15	16. 28
9	Emma	Dwan	SB	U15	16. 52
10	Ellie	Doolan	High	U15	16. 53
11	Ottavia	Laidler	Lon H	U15	17. 05
12	Hannah	Booth	Herts P	U15	17. 14
13	Genevieve	Weston	Lon H	U15	17. 14
14	Martha	Hayward	ESM	U15	17. 39
15	Gaia	Casciello	SB	U15	17. 39
16	Erin	Breen	Herts P	U15	17. 49
17	Esther	McGuinness	Morn	U15	17. 53
18	Maya	Doolan	High	U15	18. 07
19	Chelsea	Pledge	Hill	U15	18. 09
20	Libby	Brown	SMR	U15	18. 36
21	Millie	Atherton	ESM	U15	18. 38
22	Jennifer	Connelly	ESM	U15	19. 08
23	Faiza	Hamud	Hill	U15	21. 31

**NOTICEBOARD**



We're sorry!

Due to an oversight, the sponsor's equipment (tape, bibs, start and finish banners) were not passed on to ESM AC who were staging the meeting so, apart from the numbers, the ATW brand was not in evidence.

For this we humbly apologise and we promise it will not happen again.

Please help make it up to our sponsor and visit his website [www.activetrainingworld.co.uk](http://www.activetrainingworld.co.uk) where you will exclusively find divisional and age-group results.

A recently formed club, "RUN DEM CREW", competed as guests in the two senior races with a view to applying for membership of the League next season.

\* denotes "Registered Second Claim" athletes

Results produced on behalf of the League by Gavin Collett & Sharon & Anna Talbot (Hillingdon AC). Any queries to [gavin.collett@jti.com](mailto: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.

The minimum age to be allowed to compete in the Under 13 race is 11 on the day of the race.

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

League Administrator: Gavin Collett  
11 Breakspear Road, Ruislip, Middlesex, HA4 7SB  
Tel: (01895) 678505. E: [gavin.collett@jti.com](mailto:gavin.collett@jti.com)

[www.metleague.co.uk](http://www.metleague.co.uk)

Divisional and Age Group results are available on at

[www.activetrainingworld.co.uk](http://www.activetrainingworld.co.uk)

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

**Women's Results**

1	Rachel	Felton	SB	S	22. 05
2	Elaine	Murty*	High	S	22. 36
3	Lorna	Russell*	E&H	S	22. 45
4	Becky	Penty	High	S	23. 20
5	Sarah	Swinhoe	Lon H	V40	23. 48
6	Alex	Gounelas*	High	S	23. 51
7	Katie	Meredith	High	S	24. 00
8	Rebekah	Gardiner	SB	S	24. 05
9	Sue	Rust	Lon H	S	24. 13
10	Liz	Wynn	Serp	V35	24. 19
11	Kat	Gundersen	WG&EL	V35	24. 25
12	Linda	Jackson	WG&EL	V45	24. 37
13	Rachel	Lund	WG&EL	S	24. 39
14	Dani	Nimmock*	WG&EL	S	24. 42
15	Hahah	Wylie	High	S	24. 53
16	Lauren	Stewart	WG&EL	S	24. 54
17	Samantha	Ludlow Taylor	Serp	S	24. 55
18	Tracy	Barlow	TVH	S	24. 58
19	Jane	Fanning	Serp	V35	24. 59
20	Katie	Mellor	TVH	S	24. 59
21	Sarah	Pemberton	Serp	S	25. 02
22	Jo	Singer	VPH&TH	V40	25. 03
23	Victoria	Crawford	Serp	S	25. 06
24	Victoria	Dawes	SB	V35	25. 09
25	Martha	Hall	GCR	V35	25. 17
26	Sidnie	Sales	WG&EL	U20	25. 19
27	Alexia	Trafford	High	S	25. 21
28	Alison	Hopkins	ESM	V35	25. 29
29	Margaret	Cooper	SB	V45	25. 39
30	Grace	Kimble	Serp	S	25. 59
31	Anna	Ferguson	Serp	S	26. 00
32	Claire	Morrissey	Lon H	S	26. 02
33	Vicky	Frew*	High	S	26. 02
34	Jennifer	Bradley	Serp	S	26. 03
35	Sue	Bint	VPH&TH	V35	26. 15
36	Fiona	Alston	Lon H	S	26. 32
37	Laura	Denison	Serp	V35	26. 36
38	Louise	Faherty	High	V35	26. 40
39	Bridget	Napleton	Lon H	V45	26. 44
40	Sophie	Sheldrake	High	S	26. 50
41	Hannah	Wells	Hill	U20	26. 52
42	Sarah	Richardson	ESM	V35	27. 05
43	Sarah	Edmunds	Serp	V35	27. 06
44	Eleanor	Ehst	Lon H	S	27. 09
45	Helen	Palmer	Serp	S	27. 15
46	Victoria	Brown	Serp	V35	27. 17
47	Kathryn	Chapman*	Herts P	V35	27. 18
48	Sarah	Knox	Serp	V40	27. 25
49	Emma	Dunk	Serp	S	27. 27
50	Deanna	Laforet	Serp	S	27. 29
51	Katherine	Vinnicombe	Lon H	S	27. 32
52	Kate	Green	TVH	S	27. 35
53	Meire	Gorman	TVH	S	27. 41
54	Fiona	Russell	Morn	V40	27. 45
55	Eva	Mack	Hill	S	27. 54
56	Sarah	Bailey	High	V40	27. 55
57	Marta	Bagnati	Serp	S	27. 56
58	Helen	Winsor	Serp	S	28. 00
59	Joanna	Conn	Serp	V40	28. 23
60	Claire	Thornhill	Lon H	S	28. 25
61	Donna	Nash	Hill	V45	28. 26
62	Natasha	Cendrowicz	High	V40	28. 28
63	Sofia	Tibuzzi	E&H	S	28. 29
64	Simonetta	Taccuso	ESM	V45	28. 30
65	Camilla	Ray	Morn	S	28. 33
66	Lucy	McGuinness	Morn	V45	28. 34
67	Claudia	Manera	ESM	V45	28. 36
68	Ellie	Howard	Serp	S	28. 37 Gst
69	Hannah	Zwimpfer	Lon H	S	28. 37

**Women's Division One Team Result**

1	Highgate Harriers	205
2	Woodford Green with Essex Ladies	174
3	Serpentine RC	148
4	London Heathside	122
5	Shaftesbury Barnet Harriers	118
6	Serpentine RC 'B'	67
7	Thames Valley Harriers	62
8	Enfield & Haringey	50

**Women's Division One League Positions**

1	Serpentine RC	788
2	Shaftesbury Barnet Harriers	772
3	Woodford Green with Essex Ladies	685
4	Highgate Harriers	645
5	London Heathside	564
6	Serpentine RC 'B'	425
7	Enfield & Haringey	371
8	Thames Valley Harriers	292
9	Metropolitan Police	34
10	St Albans Striders	0

**Women's Division Two Team Result**

1	Highgate Harriers 'B'	245
2	Serpentine RC 'C'	232
3	Ealing, Southall & Middlesex	211
4	Mornington Chasers	170
5	London Heathside 'B'	167
6	Hillingdon	160
7	Victoria Park & Tower Hamlets	149
8	Woodford Green with Essex Ladies 'B'	71
9	Garden City Runners	58

**Women's Division Two League Positions**

1	Serpentine RC 'C'	838
2	Ealing, Southall & Middlesex	803
3	Victoria Park & Tower Hamlets	655
4	London Heathside 'B'	648
5	Hillingdon	623
6	Mornington Chasers	592
7	Highgate Harriers 'B'	511
8	Garden City Runners	467
9	Woodford Green with Essex Ladies 'B'	413
10	Enfield & Haringey 'B'	1



Enter now at [ActiveTrainingWorld.co.uk/events](http://ActiveTrainingWorld.co.uk/events)

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

70	Caroline	Moorhouse	RDC	S	28. 42	Gst	Women's Division Three Team Result		
71	Patricia	Thomas	ESM	V45	28. 43				
72	Caroline	Ringrow	Serp	S	28. 44		1	Ealing, Southall & Middlesex 'B'	102
73	Kathryn	Farthing	Serp	V35	28. 46		2	London Heathside 'C'	84
74	Joanna	Beak	Serp	S	28. 49		3	Mornington Chasers 'B'	81
75	Jane	Nodder	Morn	V55	28. 54		4	Herts Phoenix	46
76	Alex	Goodwin	High	S	28. 56		5	Barnet & District	21
77	Jane	Higgins	Lon H	S	29. 02		6	Hillingdon 'B'	16
78	Christine	Meek	ESM	V50	29. 03		7	Newham & Essex Beagles	13
79	Kirsty	Hood	Morn	S	29. 04		Women's Division Three League Positions		
80	Emma	Burgess	High	S	29. 08				
81	Jenny	Thomas	WG&EL	V45	29. 09		1	Barnet & District	321
82	Ilona	Bagi	Serp	S	29. 10		2	Newham & Essex Beagles	296
83	Sarah	Guy	Lon H	S	29. 11		3	London Heathside 'C'	282
84	Caroline	White	Lon H	V55	29. 16		4	Shaftesbury Barnet Harriers 'B'	270
85	Ruth	Miller	Lon H	V50	29. 25		5	Ealing, Southall & Middlesex 'B'	259
86	Carol	Jones	ESM	V55	29. 27		6	Herts Phoenix	245
87	Natasha	Sheel	City Run	S	29. 36	Gst	7	Mornington Chasers 'B'	242
88	Lisa	Pettit	Serp	V40	29. 38		8	Hillingdon 'B'	118
89	Lesley	Conway	Hill	V55	29. 43		9	London Frontrunners	113
90	Abi	Griifiths	RDC	S	29. 44	Gst	10	Victoria Park & Tower Hamlets 'B'	111
91	Maki	Kimura	Morn	V40	29. 46		11	Barnet & District 'B'	65
92	Gillian	Morgan	ESM	V50	29. 48		12	Herts Phoenix 'B'	39
93	Kate	Stockings	WG&EL	U20	29. 51		13	St Mary's Richmond	32
94	Jane	Ruhland	ESM	V45	29. 59		Veteran Women's Division One Team Result		
95	Alex	Wardle	WG&EL	V45	30. 09				
96	Nicola	Baker	ESM	V40	30. 24		1	Serpentine RC	115
97	Sophia	Holder	Serp	V35	30. 46		2	Ealing, Southall & Middlesex	86
98	Rachel	Morrison	VPH&TH	S	30. 48		3	Woodford Green with Essex Ladies	83
99	Philippa	Horton	Barn	S	30. 52		4	London Heathside	81
100	Catharine	Sowerby	Serp	V50	30. 56		5	Serpentine RC 'B'	78
101	Nicola	Heron	Morn	S	30. 57		6	Highgate Harriers	69
102	Melissa	Fehr	RDC	S	31. 01	Gst	7	Mornington Chasers	59
103	Karen	Horswood	WG&EL	V45	31. 02		8	London Heathside 'B'	14
104	Delphine	Horodyski	Morn	S	31. 05		9	Mornington Chasers 'B'	10
105	Mary	Walsh	ESM	V40	31. 17		Veteran Women's Division One League Positions		
106	Lynne	Connolly	Morn	V50	31. 33				
107	Jayne	Shepherd*	Herts P	V50	31. 35		1	Serpentine RC	392
108	Barbara	Tomaszczyk	Lon H	V50	31. 39		2	London Heathside	348
109	Theresa	Brady	Serp	V50	31. 45		3	Woodford Green with Essex Ladies	323
110	Saija	Alkkaroinen	VPH&TH	S	31. 48		4	Ealing, Southall & Middlesex	304
111	Gabi	Johnson	Lon H	V40	31. 55		5	Serpentine RC 'B'	196
112	Valerie	Metcalf	Serp	V45	32. 10		6	Highgate Harriers	195
113	Charlotte	Ladyman	VPH&TH	S	32. 10		7	Mornington Chasers	163
114	Christine	Somers	Serp	S	32. 16		8	London Heathside 'B'	88
115	Jenny	Douch	NEB	S	32. 17		9	Mornington Chasers 'B'	26
116	Hazel	Clark*	Morn	S	32. 28		10	St Albans Striders	0
117	Sarah	Chapman	High	V55	32. 36				
118	Patricia	Moody	Serp	V45	32. 38				
119	Di	Gardener	Lon H	V35	32. 56				
120	Margaret	Ryan	Hill	V40	33. 40				
121	Katy	Moore	E&H	S	33. 44				
122	Ann	Trybonska	RDC	S	33. 49	Gst			
123	Lucy	Brakspear	Serp	S	33. 54				
124	Lucy	Duncan	Hill	V35	33. 55				
125	Hisayo	Kawahara	Serp	V45	33. 58				
126	Beverley	Packwood	ESM	V40	34. 06				
127	Rafaele	Lamour	Morn	V40	34. 39				
128	Alice	Sullivan	Morn	V35	34. 44				
129	Kate	Cooke	Morn	S	35. 05				
130	Julia	Gristwood	ESM	V50	35. 23				
131	Helena	French	ESM	S	35. 50				
132	Kirat	Nandra	High	V45	36. 10				
133	Emily	Jones	RDC	S	36. 38	Gst			
134	Jo	Miles	Hill	V55	37. 12				
135	Stephanie	Vaatz	Serp	V35	37. 22				
136	Angela	Duncan	Hill	V70	37. 33				
137	Caprice	Beggs	Hill	S	38. 02				
138	Christine	Read*	E&H	V45	42. 04				
139	Euphemia	Scott	TVH	V45	46. 03				

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

U20 Women's Individual Result

1	Sidnie	Sales	WG&EL	U20	25.	19
2	Hannah	Wells	Hill	U20	26.	52
3	Kate	Stockings	WG&EL	U20	29.	51

Veteran Women's Individual Result

1	Sarah	Swinhoe	Lon H	V40	23.	48
2	Liz	Wynn	Serp	V35	24.	19
3	Kat	Gundersen	WG&EL	V35	24.	25

Veteran Women's Division Two Team Result

1	Ealing, Southall & Middlesex 'B'	80
2	Serpentine RC 'C'	56
3	Hillingdon	54
4	Victoria Park & Tower Hamlets	50
5	Garden City Runners	25
6	Woodford Green with Essex Ladies 'B'	12
7	Highgate Harriers 'B'	2

Veteran Women's Division Two League Positions

1	Ealing, Southall & Middlesex 'B'	206
2	Hillingdon	201
3	Serpentine RC 'C'	176
4	Garden City Runners	169
5	Victoria Park & Tower Hamlets	152
6	Woodford Green with Essex Ladies 'B'	104
7	Metropolitan Police	47
8	London Frontrunners	36
9	Highgate Harriers 'B'	2
10	Metropolitan Police 'B'	0

Veteran Women's Division Three Team Result

1	Shaftesbury Barnet Harriers	15
2	Herts Phoenix	11
3	Hillingdon 'B'	7
4	Enfield & Haringey	2
5	Thames Valley Harriers	1

Veteran Women's Division Three League Positions

1	Shaftesbury Barnet Harriers	64
2	Barnet & District	54
3	Herts Phoenix	34
4	Thames Valley Harriers	23
5	Hillingdon 'B'	21
6	Newham & Essex Beagles	13
7	Enfield & Haringey	12
8	Barnet & District 'B'	7



**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

**Men's Results**

1	Neilson	Hall*	Herts P	S	29. 17	
2	Sean	Dixon	High	S	29. 30	
3	Glen	Watts	SB	S	29. 57	
4	Darren	Deed	Bed & Co	S	29. 59	Gst
5	Kevin	Skinner	NEB	S	30. 05	
6	David	Bruce	High	S	30. 21	
7	Ian	Leitch	Phoenix	S	30. 26	Gst
8	Dave	Mitchinson	NEB	S	30. 42	
9	Paul	Martelletti	VPH&TH	S	30. 54	
10	Olly	Laws	NEB	S	30. 56	
11	Ben	Noad	High	S	31. 02	
12	Robert	Thompson	Hill	S	31. 08	
13	Pete	Matthews*	WG&EL	S	31. 17	
14	Andy	Mariani	WG&EL	S	31. 22	
15	Tim	Gardner	High	S	31. 23	
16	Huw	Lobb*	Serp	S	31. 25	
17	Ben	Pochee	High	V40	31. 28	
18	Jonathan	Poole	Serp	S	31. 31	
19	Richard	Scott	High	S	31. 35	
20	Robert	Wilson	ESM	S	31. 36	
21	Sean	Renfer	TVH	S	31. 37	
22	Henry	Dodwell	High	S	31. 40	
23	Hugh	Torry	Serp	S	32. 02	
24	Danny	Russell	High	S	32. 08	
25	Ryan	McKinley	High	S	32. 12	
26	Tom	Beedell	WG&EL	S	32. 13	
27	Matt	Shone	WG&EL	S	32. 16	
28	Angus	Holford	WG&EL	S	32. 19	
29	Bertie	Powell	WG&EL	S	32. 22	
30	Niall	Sheehan	NEB	S	32. 28	
31	John	Frankilin	Met P	S	32. 30	
32	Jordan	Donnelly*	WG&EL	S	32. 44	
33	Robel	Balhebi	High	U20	32. 45	
34	Daniel	Thompson	Hill	S	32. 49	
35	Kevin	Murphy	WG&EL	S	32. 55	
36	Harold	Wyber	WG&EL	S	33. 08	
37	Luke	McMullan	High	S	33. 12	
38	John	McKeane	High	S	33. 16	
39	James	Laing	Hill	S	33. 17	
40	Rob	O'Grady	Lon H	S	33. 19	
41	Andrew	Lawrence*	High	S	33. 20	
42	Peter	Downie	High	S	33. 34	
43	Darren	Southcott	WG&EL	S	33. 39	
44	Martin	Bateman	Hill	S	33. 43	
45	Louis	Clark	WG&EL	S	33. 45	
46	Stephen	Whiting	High	V45	33. 47	
47	Phillip	Crout	SB	U20	33. 55	
48	Peter	Townsend	Herts P	S	33. 56	
49	Chris	Beecham	High	V40	33. 58	
50	Tom	Heslop	VPH&TH	S	33. 59	
51	George	Stewart	Lon H	V40	34. 04	
52	Matt	Convery	Lon H	S	34. 08	
53	Martin	Potter	Lon H	V45	34. 10	
54	James	Cordwell	VPH&TH	S	34. 11	
55	Mike	Stocks	Lon H	V40	34. 12	
56	Andrew	Orr	Serp	S	34. 13	
57	Tony	Russell	WG&EL	S	34. 15	
58	Dan	McKeown	Lon H	S	34. 19	
59	Patrick	Burke	Lon H	S	34. 20	
60	Martin	Gaunt	Serp	S	34. 20	
61	Stephen	Murtagh	Harl RC	V45	34. 22	
62	Dave	Morgan	Serp	S	34. 22	
63	Yari	Fontebasso	Serp	S	34. 28	
64	Wayne	Bell	NEB	S	34. 32	
65	Gareth	Cavell	WG&EL	V45	34. 36	
66	Daniel	Davies	SB	S	34. 41	
67	Ben	Wickham	VPH&TH	S	34. 42	
68	Steve	Norris	TVH	V40	34. 44	
69	Anthony	Hall	Lon H	S	34. 59	

**Men's Division One Team Result**

1	Highgate Harriers	1247
2	Woodford Green with Essex Ladies	1138
3	Serpentine RC	918
4	London Heathside	850
5	Hillingdon	615
6	Woodford Green with Essex Ladies 'B'	537
7	Thames Valley Harriers	449
8	Serpentine RC 'B'	421
9	Ealing, Southall & Middlesex	378
10	Shaftesbury Barnet Harriers	350

**Men's Division One League Positions**

1	Highgate Harriers	4636
2	Woodford Green with Essex Ladies	4495
3	Serpentine RC	3652
4	Shaftesbury Barnet Harriers	3018
5	London Heathside	2788
6	Thames Valley Harriers	2665
7	Hillingdon	2453
8	Woodford Green with Essex Ladies 'B'	1847
9	Ealing, Southall & Middlesex	1472
10	Serpentine RC 'B'	1418

**Men's Division Two Team Result**

1	London Heathside 'B'	762
2	Newham & Essex Beagles	711
3	Victoria Park & Tower Hamlets	699
4	Mornington Chasers	586
5	Herts Phoenix	546
6	Serpentine RC 'C'	510
7	Garden City Runners	457
8	Metropolitan Police	286
9	London Frontrunners	259

**Men's Division Two League Positions**

1	Victoria Park & Tower Hamlets	3037
2	Newham & Essex Beagles	2744
3	London Heathside 'B'	2716
4	Mornington Chasers	2193
5	Herts Phoenix	2127
6	Serpentine RC 'C'	2028
7	Garden City Runners	2002
8	London Frontrunners	1434
9	Metropolitan Police	1091
10	St Albans Striders	10

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

70	Neil	Cook	VPH&TH	S	35.02
71	Tom	Christopher	High	S	35.10
72	Martyn	Cryer	WG&EL	S	35.13
73	Jamie	Hogg	Serp	S	35.13
74	Pau	Herrero	Serp	S	35.14
75	Fergal	Smithwick	High	S	35.14
76	Wesley	Harrison	Serp	S	35.14
77	Alex	Cloona	Herts P	U20	35.15
78	Mark	Palser*	TVH	S	35.15
79	Jonathan	Lane	ESM	S	35.15
80	Matthew	Ribault	TVH	S	35.18
81	Julian	Ferraro	Lon H	V45	35.21
82	Callum	Martin	Serp	V45	35.24
83	James	Cooper	E&H	S	35.27
84	Daire	Brennan	E&H	S	35.31
85	Chris	Shepherd	WG&EL	S	35.33
86	Peter	Scannell	TVH	S	35.34
87	James	Taylor	Barn	S	35.34
88	Alex	Horton	Barn	S	35.36
89	Alex	Galloway	Lon H	S	35.36
90	James	Manley	Hill	S	35.38
91	Adam	Mitchell	Lon H	S	35.42
92	Tom	Hall	Hill	S	35.44
93	Dan	Madams	Lon H	S	35.48
94	Rob	Cox	WG&EL	S	35.49
95	Mike	Bridge	GCR	S	35.50
96	Max	Wells-Pestell	ESM	U20	35.52
97	Howard	Gold	Lon H	V40	35.53
98	Jaime	Reed	GCR	S	35.56
99	Simon	Freeman	Morn	S	35.57
100	Simon	Barrett	Serp	S	36.01
101	Andy	Robbins	Serp	V40	36.06
102	Mat	Clarkson	WG&EL	V40	36.06
103	Tony	Pamphilon	WG&EL	V50	36.07
104	Andy	Welshman	Lon H	V45	36.07
105	Tim	Ballard	WG&EL	S	36.09
106	John	Flahive	Lon H	V45	36.16
107	Oliver	Kean	High	S	36.17
108	Paul	Greaves	Herts P	V45	36.19
109	Karim	Ali	WG&EL	S	36.20
110	Roger	Coyle	Serp	S	36.21
111	Alex	Kitromilides	Morn	S	36.22
112	Duncan	Steen	VPH&TH	S	36.23
113	Adam	Bamford*	Serp	S	36.24
114	Richard	Fanning	Serp	V40	36.27
115	Will	Sharp	Serp	S	36.29
116	Miron	Woldemichael	Lon H	U20	36.29
117	Henry	Hughes	TVH	S	36.36
118	Mark	Cameron	ESM	U20	36.37
119	Kevin	Darcy	Serp	S	36.37
120	John	Knight	Met P	S	36.38
121	Sam	Benge	WG&EL	U20	36.39
122	Alex	Thomas	High	S	36.40
123	Kevin	Walden	SB	S	36.40
124	Benjamin	Boxer	Barn	U20	36.43
125	No	Name	Lon H	S	36.46
126	Phil	Smith	Lon H	S	36.49
127	Benn	Thomas	Serp	S	36.51
128	Mike	Stapleton	Barn	V50	37.02
129	Jonathan	Hopkin	Lon H	V45	37.02
130	Scott	Farley	Hill	V40	37.04
131	Simeon	Bennett	VPH&TH	S	37.12
132	Simon	Connell	Hill	S	37.15
133	Andy	Owen	Lon H	V40	37.17
134	Mark	Delahunty	ESM	S	37.18
135	John	Armstrong	Morn	V40	37.23
136	Nicola	Barberis Negra	Serp	S	37.26
137	Barney	Southin	Serp	S	37.27
138	Ben	Cope	Serp	S	37.29
139	Chris	Burn	Lon H	S	37.30
140	David	Hellard	Lon H	S	37.32

Men's Division Three Team Result

1	Highgate Harriers 'B'	944
2	London Heathside 'C'	815
3	Barnet & District	776
4	Woodford Green with Essex Ladies 'C'	620
5	Hillingdon 'B'	456
6	Enfield & Haringey	277
7	Barnet & District 'B'	189
8	Ealing, Southall & Middlesex 'B'	159
9	Harlow RC	140
10	Mornington Chasers 'B'	122
11	Victoria Park & Tower Hamlets 'B'	72
12	London Frontrunners 'B'	63
13	Thames Valley Harriers 'B'	61
14	Newham & Essex Beagles 'B'	31
15	St Mary's Richmond	15

Men's Division Three League Positions

1	Highgate Harriers 'B'	3880
2	Barnet & District	3228
3	London Heathside 'C'	2999
4	Woodford Green with Essex Ladies 'C'	2369
5	Hillingdon 'B'	2106
6	Enfield & Haringey	2075
7	Victoria Park & Tower Hamlets 'B'	1530
8	Thames Valley Harriers 'B'	1512
9	Harlow RC	982
10	Shaftesbury Barnet Harriers 'B'	942
11	Barnet & District 'B'	791
12	Ealing, Southall & Middlesex 'B'	686
13	St Mary's Richmond	674
14	London Frontrunners 'B'	428
15	Newham & Essex Beagles 'B'	286
16	Garden City Runners 'B'	270
17	Mornington Chasers 'B'	244
18	Herts Phoenix 'B'	202
19	Enfield & Haringey 'B'	102

Veteran Men's Division One Team Result

1	London Heathside	274
2	Highgate Harriers	224
3	London Heathside 'B'	195
4	Woodford Green with Essex Ladies	182
5	Serpentine RC	169
6	Hillingdon	107
7	Thames Valley Harriers	105
8	Garden City Runners	93
9	Herts Phoenix	82

Veteran Men's Division One League Positions

1	London Heathside	990
2	Highgate Harriers	904
3	Woodford Green with Essex Ladies	766
4	Serpentine RC	727
5	London Heathside 'B'	584
6	Garden City Runners	535
7	Hillingdon	505
8	Herts Phoenix	368
9	Thames Valley Harriers	341
10	St Albans Striders	5

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

141	Joe	Everitt	WG&EL	S	37. 32	
142	Marc	Henrion	Morn	S	37. 33	
143	Leo	Kirkhaar	High	S	37. 34	
144	Ray	Dzikowski	WG&EL	V45	37. 37	
145	Andrew	Davies	Serp	S	37. 38	
146	Paul	Karlsen	E&H	S	37. 39	Gst
147	John	Driscoll	Lon H	V40	37. 42	
148	Carlos	Vazquez	Serp	U20	37. 42	
149	Philip	Duggan	Lon H	V40	37. 44	
150	Andy	Holt	GCR	V45	37. 48	
151	Mohammed	Mohammed	SB	U20	37. 48	
152	Ian	Gordon	Morn	S	37. 48	
153	Robert	Brown	ESM	V45	37. 54	
154	Jad	El-Houssami	NEB	U20	37. 58	
155	Paul	Leppard	Hill	S	38. 01	
156	Rob	Shulman	Lon H	V45	38. 03	
157	Chris	Bailey	High	V50	38. 05	
158	Jonathan	Moscrop	Lon FR	S	38. 10	
159	Russell	Casey	GCR	S	38. 11	
160	Michael	Duffy	Morn	S	38. 15	
161	James	Steel	ESM	V40	38. 15	
162	David	Kail	NEB	U20	38. 17	
163	Nigel	Rowe	Met P	V45	38. 17	
164	Dominic	Jackson	Lon H	V45	38. 18	
165	Gavin	Edmonds	Serp	V40	38. 21	
166	Jim	Roche	WG&EL	S	38. 22	
167	Andrew	Taylor	Serp	S	38. 27	
168	Charles	Lescott	Serp	S	38. 33	
169	Toby	Hone	Herts P	S	38. 37	
170	Martin	Cornwell-McKeown	Serp	S	38. 39	
171	Stuart	Meiklejohn	Lon H	S	38. 42	
172	Phil	Wright	Lon H	S	38. 44	
173	Chris	Eland	GCR	V40	38. 45	
174	Michael	Cribbin	High	S	38. 46	
175	Richard	Peel	Serp	S	38. 47	
176	Luke	Nicholas	ESM	S	38. 50	
177	Neill	Hughes	GCR	V40	38. 51	
178	Andrew	Johnson	Lon H	V40	39. 02	
179	Richard	Stewart	High	V40	39. 02	
180	Chris	Dunham*	Herts P	V40	39. 04	
181	Ed	Marriott	TVH	V45	39. 04	
182	Dave	Wilcock	Barn	V55	39. 05	
183	David	Newman	Hill	V50	39. 10	
184	Anthony	Wilkinson	Lon H	V40	39. 10	
185	Tim	Renshaw	Serp	S	39. 13	
186	Phil	Hogg	Lon H	V40	39. 18	
187	Tony	Killilea	Lon H	V45	39. 19	
188	James	Lynch	Lon H	S	39. 20	
189	Calvin	Mullings*	Serp	S	39. 21	
190	George	Choat	NEB	S	39. 22	
191	Steve	Hirons	Hill	V45	39. 23	
192	Rob	Pitkethly	VPH&TH	S	39. 24	
193	Chris	Maybin	WG&EL	S	39. 26	
194	Terry	Stephens	RDC	S	39. 30	Gst
195	Alec	Laing	Serp	S	39. 31	
196	Manuel	da Silva	TVH	S	39. 32	
197	Tom	Yates	ESM	S	39. 33	
198	Jon	Long	WG&EL	S	39. 35	
199	Ray	Powell	SB	V50	39. 39	
200	Joseph	Lowe	High	V40	39. 48	
201	Gavin	Evans	Lon H	V50	39. 51	
202	Gavin	Pugh	Morn	V40	39. 52	
203	David	Evans	Serp	S	39. 53	
204	David	Smith	Hill	V45	39. 57	
205	Phil	Wetton	TVH	V45	39. 59	
206	Jack	Lambdon	Lon FR	S	40. 00	
207	Melvyn	Wachira	Lon H	U20	40. 06	
208	Simon	Fricke	Met P	S	40. 09	
209	Simon	Doyle	Herts P	V50	40. 12	
210	Paul	Mercer	Lon H	S	40. 13	
211	Julian	Williams	Lon FR	V40	40. 14	

**Veteran Men's Division Two Team Result**

1	London Heathside 'C'	250
2	Ealing, Southall & Middlesex	218
3	Woodford Green with Essex Ladies 'B'	163
4	London Frontrunners	136
5	Hillingdon 'B'	111
6	Serpentine RC 'B'	102
7	Shaftesbury Barnet Harriers	78
8	Metropolitan Police	53
9	Victoria Park & Tower Hamlets	44

**Veteran Men's Division Two League Positions**

1	Ealing, Southall & Middlesex	724
2	London Heathside 'C'	685
3	London Frontrunners	564
4	Serpentine RC 'B'	550
5	Shaftesbury Barnet Harriers	477
6	Woodford Green with Essex Ladies 'B'	465
7	Victoria Park & Tower Hamlets	455
8	Hillingdon 'B'	398
9	Metropolitan Police	351
10	Herts Phoenix 'B'	99

**Veteran Men's Division Three Team Result**

1	Barnet & District	112
1	Mornington Chasers	112
3	Ealing, Southall & Middlesex 'B'	72
4	Highgate Harriers 'B'	65
5	Barnet & District 'B'	60
6	Harlow RC	44
7	Hillingdon 'C'	23
8	Enfield & Haringey	19
9	London Frontrunners 'B'	15
9	Thames Valley Harriers 'B'	15
11	Mornington Chasers 'B'	13
12	Shaftesbury Barnet Harriers 'B'	7

**Veteran Men's Division Three League Positions**

1	Barnet & District	547
2	Mornington Chasers	388
3	Harlow RC	347
4	Barnet & District 'B'	278
5	Ealing, Southall & Middlesex 'B'	245
6	Shaftesbury Barnet Harriers 'B'	241
7	Garden City Runners 'B'	227
8	St Mary's Richmond	162
9	Hillingdon 'C'	156
10	London Frontrunners 'B'	138
11	Highgate Harriers 'B'	92
12	Enfield & Haringey	75
13	Serpentine RC 'C'	35
14	Thames Valley Harriers 'B'	33
15	Harlow RC 'B'	24
16	Mornington Chasers 'B'	15
17	Victoria Park & Tower Hamlets 'B'	5

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

212	Paul	McCrossin	Lon H	V40	40.	17	
213	Stephen	Meredith	High	S	40.	17	
214	Marco	Luna	Lon H	S	40.	20	
215	Ian	Johnson	Serp	V45	40.	23	
216	Will	Whitaker	Lon H	S	40.	28	
217	Norman	Mitchell	Lon H	V50	40.	32	
218	Thomas	Fouret	NEB	S	40.	35	
219	Steve	Scruton	High	V50	40.	37	
220	Michael	Hurford	Morn	V50	40.	39	
221	Peter	Drew	ESM	V45	40.	44	
222	Pete	Crockford	Lon H	V50	40.	46	
223	Julian	Russell	WG&EL	S	40.	48	
224	Daniel	Digweed	Barn	S	40.	50	
225	David	Crout	Barn	V45	40.	51	
226	Richard	Bell	TVH	V45	40.	52	
227	Steve	Lambert	WG&EL	V45	40.	55	
228	John	Lynch	Morn	V55	40.	59	
229	Marcus	Shields	Morn	S	41.	00	
230	Sean	Bowen	GCR	V45	41.	00	
231	Alun	Evans	WG&EL	V50	41.	01	
232	Joe	Gomes	Barn	V45	41.	02	
233	Gavin	Mantle	Lon H	S	41.	06	
234	Carl	Heap	Lon H	V55	41.	07	
235	Andrew	Malyan	Hill	V45	41.	08	
236	Nick	Stockman	High	S	41.	09	
237	Tim	Parkin	SB	S	41.	15	
238	John	Bignell	Hill	V60	41.	18	
239	Omar	Sharef	WG&EL	U20	41.	22	
240	Richard	Hogg	WG&EL	V40	41.	22	
241	Ed	Holland	Lon FR	S	41.	24	
242	Daren	Roscoe	Hill	S	41.	24	
243	Darren	Over	Serp	S	41.	25	
244	Martin	Bright	High	V45	41.	25	
245	Alex	Malzer	Serp	V40	41.	28	
246	Andy	Smith	WG&EL	S	41.	28	
247	Paul	Stockings	WG&EL	V50	41.	31	
248	Chris	Lopez	VPH&TH	S	41.	31	
249	Martin	Mack	WG&EL	V45	41.	33	
250	Eamon	Bradley	ESM	V50	41.	34	
251	Oliver	Greenslade	Serp	S	41.	38	
252	Stuart	Amblin	Lon H	V45	41.	42	
253	Roberto	Mienone	Lon H	S	41.	42	
254	Conor	Christopher	Serp	S	41.	43	
255	Anthony	Chaimowitz	Lon H	S	41.	51	
256	Tim	Surzyn	Serp	S	41.	54	
257	Alastair	Maher	Serp	S	41.	59	
258	Neil	Carding	Serp	S	42.	03	
259	Richard	Hooley	TVH	V50	42.	05	
260	Stephane	Schneider	Serp	S	42.	16	
261	Andrew	Scheer	Serp	V45	42.	16	
262	Nick	Desausmarez	Lon H	V45	42.	17	
263	Rob	Poulter	Hill	V45	42.	22	
264	Paul	Dowson	RDC	S	42.	23	Gst
265	Ian	Leslie	ESM	V55	42.	26	
266	Paul	Fromme	Serp	V40	42.	29	
267	Paul	Bains	RDC	S	42.	34	Gst
268	Philip	Cunningham	SB	V45	42.	46	
269	Martin	Searle	Hill	V55	42.	48	
270	Alistair	Holford	WG&EL	V55	42.	57	
271	Rob	Scott	Barn	V40	43.	03	
272	Mark	Bowen	Lon FR	V60	43.	06	
273	Liam	Mitchell	Barn	S	43.	07	
274	Leo	Pemberton	Lon H	S	43.	18	
275	James	O'Neill	ESM	V50	43.	18	
276	Marco	Maserati	Lon H	V50	43.	21	
277	Dean	Burch	Hill	S	43.	23	
278	Glynn	McDonald	Lon FR	V45	43.	24	
279	Peter	Faulkner	Morn	S	43.	25	
280	Kawai	Chung	Morn	S	43.	27	
281	James	Turner	Serp	S	43.	33	
282	Steve	Plested	ESM	V60	43.	38	

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

283	Richard	Bloom	Herts P	V65	43.	40	
284	Neil	Barnaby	E&H	V45	43.	43	
285	Lars	Menken	Serp	S	43.	46	
286	Craig	Jacobs	NEB	S	43.	48	
287	Craig	Stephenson	GCR	V40	43.	52	
288	Andrew	Hudson	Lon H	V50	44.	01	
289	Richard	Charney	TVH	V60	44.	09	
290	Simon	Whall	Hill	S	44.	19	
291	Andy	Barthorpe	Lon H	S	44.	22	
292	Tom	Spanyol	WG&EL	V50	44.	25	
293	Chris	Violet	Barn	V45	44.	26	
294	Richard	Foskett	Herts P	V55	44.	33	
295	Rob	Whitmarsh	Serp	S	44.	43	
296	Jeggi	Elinzano	RDC	S	44.	49	Gst
297	Joe	Hine	Lon H	S	45.	07	
298	David	Stevens	Lon FR	V40	45.	08	
299	Ed	Burr	Lon H	S	45.	08	
300	Martin	Heidensohn	Lon FR	V40	45.	09	
301	John	Booth	Lon FR	S	45.	10	
302	Clive	Wickham	Hill	S	45.	20	
303	Jason	Bridgen	Hill	V40	45.	23	
304	Nik	Skipper	Lon H	V55	45.	28	
305	Mike	Ingram	Hill	V50	45.	31	
306	Simon	Watts	Serp	V40	45.	40	
307	Fahad	Abdi	TVH	U20	45.	42	
308	Laurence	Arnold	Lon H	S	45.	51	
309	Michael	Chapman	Met P	S	45.	58	
310	Bob	Burton	Hill	V50	45.	59	
311	Robert	Perkins	NEB	S	46.	12	
312	John	Myall	Hill	V60	46.	14	
313	John	Campbell	VPH&TH	V45	46.	27	
314	Jean-Luc	Hoez	Serp	V55	46.	31	
315	Dave	Foley	ESM	V55	46.	32	
316	Stephen	Treanor	ESM	V55	46.	50	
317	Christopher	McMahon	Lon FR	S	46.	59	
318	Stuart	Philips	WG&EL	V55	47.	09	
319	Stephen	Baylis	High	V45	47.	13	
320	Gary	Homewood	Morn	V45	47.	18	
321	Chris	McLean	RDC	S	47.	19	Gst
322	John	Clarke	Barn	V60	47.	34	
323	Trevor	Normoyle	Met P	S	47.	42	
324	Adam	Sample	Lon FR	S	47.	43	
325	David	Shortridge	VPH&TH	V40	47.	43	
326	Martin	McColgan	Harl RC	V55	47.	45	
327	John	Brown	Lon FR	V40	47.	49	
328	Terence	Curran	VPH&TH	V50	48.	05	
329	John	Randall	Serp	V40	48.	07	
330	Russell	Weston	Lon H	V50	48.	30	
331	Simon	Maddison	TVH	V60	48.	35	
332	Michael	Murphy	WG&EL	V40	48.	44	
333	Mervyn	Gilham	Herts P	V55	48.	59	
334	Alfred	Mazimbe	SMR	S	49.	13	
335	Dave	Byrne	Barn	V50	49.	21	
336	David	Wilkey	VPH&TH	V40	49.	27	
337	Chris	Brammer	VPH&TH	S	49.	33	
338	Richard	Southworth	Lon FR	S	49.	50	
339	Martin	Garrett*	Serp	V55	50.	20	
340	Tony	Smith	TVH	V50	50.	28	
341	Paul	Duncan	Lon FR	V40	50.	29	
342	Trevor	Powell	WG&EL	V60	50.	30	
343	Tim	Nagy	Lon H	V45	51.	50	
344	Bill	Cooper	VPH&TH	V50	51.	54	
345	Russell	Devitt	SB	V60	52.	03	
346	Adrian	Essex	Lon H	V60	52.	47	
347	John	Doyle	Hill	V55	52.	50	
348	Omar	Camilleri	ESM	V40	54.	02	
349	Alan	Wells	Hill	V45	54.	20	
350	John	Murphy	Barn	V40	61.	37	

**ATW Metropolitan League Race Four at Horsenden Hill (hosted by Ealing, S&M AC) - Saturday 12 January 2013**

**U20 Men's Individual Result**

1	Robel	Balhebi	High	U20	32. 45
2	Phillip	Crout	SB	U20	33. 55
3	Alex	Cloona	Herts P	U20	35. 15

**Veteran Men's Individual Result**

1	Ben	Pochee	High	V40	31. 28
2	Stephen	Whiting	High	V45	33. 47
3	Chris	Beecham	High	V40	33. 58

**Howard Williams Trophy (Seniors)**

		Pts	Win
1	Serpentine RC	38	1
2	Highgate Harriers	37	3
3	Woodford Green with Essex Ladies	37	2
4	Shaftesbury Barnet Harriers	36	2
5	London Heathside	32	0
6	Thames Valley Harriers	29	0
7	Ealing, Southall & Middlesex	24	0
8	Hillingdon	23	0
9	Victoria Park & Tower Hamlets	22	0
10	Metropolitan Police	19	0
11	Enfield & Haringey	18	0
11	Mornington Chasers	18	0
13	Newham & Essex Beagles	16	0
14	Garden City Runners	15	0
15	Herts Phoenix	13	0
16	Barnet & District	10	0
16	London Frontrunners	10	0
18	St Albans Striders	5	0
19	St Mary's Richmond	3	0
20	Harlow RC	2	0

**Howard Williams Trophy (Juniors)**

		Pts	Win
1	Herts Phoenix	49	4
2	Shaftesbury Barnet Harriers	46	4
3	Thames Valley Harriers	46	3
4	Ealing, Southall & Middlesex	44	0
5	Woodford Green with Essex Ladies	40.5	2
6	Hillingdon	34.5	0
7	Enfield & Haringey	34	0
8	St Mary's Richmond	30	1
9	London Heathside	29	1
10	Highgate Harriers	23	1
11	Barnet & District	11	0
12	Newham & Essex Beagles	10	0
13	Mornington Chasers	6	0
13	Victoria Park & Tower Hamlets	6	0

**Men's League**

Pos	Forename	Surname	Club	Pts	Fix
1	Ben	Noad	High	1576	4
2	Robert	Thompson	Hill	1540	4
3	Ben	Pochee	High	1519	4
4	Olly	Laws	NEB	1507	4
5	Bertie	Powell	WG&EL	1496	4
6	Hugh	Torry	Serp	1485	4
7	Martyn	Cryer	WG&EL	1483	4
8	Kevin	Murphy	WG&EL	1480	4
9	Tom	Beedell	WG&EL	1469	4
10	James	Laing	Hill	1467	4
11	Andrew	Lawrence*	High	1453	4
12	Daniel	Thompson	Hill	1448	4
13	Darren	Southcott	WG&EL	1443	4
14	Martin	Bateman	Hill	1401	4
15	Tom	Heslop	VPH&TH	1395	4
16	Rob	O'Grady	Lon H	1392	4
17	Dave	Morgan	Serp	1390	4
18	Phillip	Crout	SB	1363	4
19	Andrew	Orr	Serp	1347	4
20	Louis	Clark	WG&EL	1340	4
21	Alex	Galloway	Lon H	1305	4
22	Wesley	Harrison	Serp	1300	4
23	Dan	McKeown	Lon H	1288	4
24	Tom	Christopher	High	1268	4
25	Matthew	Ribault	TVH	1263	4

**Women's League**

Pos	Forename	Surname	Club	Pts	Fix
1	Lorna	Russell*	E&H	597	4
2	Sue	Rust	Lon H	573	4
3	Katie	Meredith	High	569	4
4	Sarah	Pemberton	Serp	549	4
5	Rebekah	Gardiner	SB	547	4
6	Liz	Wynn	Serp	538	4
7	Victoria	Crawford	Serp	536	4
8	Sarah	Swinhoe	Lon H	528	4
9	Linda	Jackson	WG&EL	517	4
10	Samantha	Ludlow Taylor	Serp	516	4
11	Jennifer	Bradley	Serp	470	4
12	Anna	Ferguson	Serp	453	4
13	Rachel	Felton	SB	448	3
14	Victoria	Webster	SB	446	3
15	Alex	Gounelas*	High	430	3
16	Becky	Penty	High	423	3
17	Lauren	Stewart	WG&EL	411	3
18	Kat	Gundersen	WG&EL	408	3
19	Sophie	Sheldrake	High	397	4
19	Claire	Morrissey	Lon H	397	4
21	Rachel	Lund	WG&EL	396	3
22	Louise	Faherty	High	395	4
23	Martha	Hall	GCR	388	3
24	Hannah	Wells	Hill	384	4
25	Margaret	Cooper	SB	380	3