



Under 13 Boys Results

1	Tom	Fulton	SB	U13	13.	27	
2	John	Fielding	ESM	U13	13.	32	
3	Jeremy	Dempsey	SB	U13	13.	44	
4	Sebastian	Mills	Hill	U13	13.	51	
5	Liam	Garrett	Lon H	U13	14.	03	
6	Oscar	Crowe	SMR	U13	14.	05	
7	Freddy	Curtis	E&H	U13	14.	16	
8	George	Kerry	ESM	U13	14.	19	
9	Hassan	Ismail	ESM	U13	14.	25	
10	Benjamin	Taylor	SMR	U13	14.	28	
11	Luke	Gray	Lon H	U13	14.	30	
12	Jake	Stangroom	Herts P	U13	14.	32	
13	Saam Kyu	Smart	SB	U13	14.	34	
14	Jay	Singhal	E&H	U13	14.	37	
15	Elliot	Breen	Herts P	U13	14.	43	
16	Jake	Hooley	TVH	U13	14.	45	
17	Jamie	Ives	Herts P	U13	14.	46	
18	Luke	Bluemink	E&H	U13	14.	48	
19	William	McArdle	Trent P	U13	14.	51	Gst
20	Daniel	Housley	Barn	U13	15.	35	
21	Bradley	Payne	ESM	U13	15.	39	
22	Henry	Fulton	SB	U13	15.	46	
23	Chris	Hogg	WG&EL	U13	15.	49	
24	Filip	Bastien	High	U13	15.	55	
25	Liam	Cripps	Herts P	U13	15.	58	
26	Solomon	Butcher	High	U13	16.	12	
27	Luke	Adar	ESM	U13	16.	23	
28	Abdirahman	Hamud	Hill	U13	16.	36	
29	Daniel	Jack	Barn	U13	17.	38	
30	Samuel	Hanly	Hill	U13	19.	08	
31	Maxwell	Cambridge	Hill	U13	19.	57	

Under 13 Boys Team Result

1	Shaftesbury Barnet Harriers	86
2	Ealing, Southall & Middlesex	85
3	Herts Phoenix	56
4	Enfield & Haringey	54
5	London Heathside	46
5	St Mary's Richmond	46
7	Hillingdon	34
8	Barnet & District	15
8	Thames Valley Harriers	15
10	Highgate Harriers	14
11	Woodford Green with Essex Ladies	9
12	Ealing, Southall & Middlesex 'B'	5

Under 13 Boys League Positions

1	Shaftesbury Barnet Harriers	592
2	Ealing, Southall & Middlesex	459
3	Thames Valley Harriers	445
4	Herts Phoenix	426
5	St Mary's Richmond	425
6	Enfield & Haringey	288
7	Hillingdon	279
8	Woodford Green with Essex Ladies	254
9	London Heathside	245
10	Barnet & District	195
11	Highgate Harriers	124
12	Newham & Essex Beagles	123
13	Shaftesbury Barnet Harriers 'B'	102
14	Herts Phoenix 'B'	87
15	Hillingdon 'B'	37
16	Ealing, Southall & Middlesex 'B'	34
17	Thames Valley Harriers 'B'	22

Conditions:

4 degrees, overcast, cold wind, drizzle towards end

Going: Good on playing fields,

Soft on farmland and lakeside path

**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

**Under 13 Girls Results**

1	India	Weir	TVH	U13	14.	27
2	Kosana	Weir	TVH	U13	14.	43
3	Iona	Pernthaller	TVH	U13	14.	46
4	Alice	Harray	TVH	U13	15.	03
5	Beth	Forster	E&H	U13	15.	21
6	Nicola	Ravenhill	ESM	U13	15.	27
7	Roisin	Lynch	ESM	U13	15.	38
8	Georgia	McKenzie	Herts P	U13	15.	41
9	Jessica	Archard	WG&EL	U13	15.	43
10	Verity	Walker	TVH	U13	15.	45
11	Anna	Gizzi	Hill	U13	15.	49
12	Laura	Stewart	ESM	U13	16.	14
13	Madeline	Lloyd	TVH	U13	16.	27
14	Matilda	Ferrand	TVH	U13	16.	41
15	Isolde	Goffey	SMR	U13	16.	44
16	Emma	Purcell	ESM	U13	16.	51
17	Jessica	Brew	SB	U13	16.	52
18	Eleanor	Found	Herts P	U13	16.	56
19	Maryam	Hussain	ESM	U13	17.	10
20	Beth	Halbard	SB	U13	17.	13
21	Cameron	Thomas	ESM	U13	17.	17
22	Lucy	Kilmartin	Hill	U13	17.	23
23	Macy	Wallis	Hill	U13	17.	37
24	Shiva	Basu	ESM	U13	17.	39
25	Kayla	Michel	SB	U13	17.	57
26	Kirsty	O'Rourke	Hill	U13	18.	17
27	Lucia	Longoria	TVH	U13	19.	05
28	Sumayyah	Hamud	Hill	U13	19.	38
29	Esmé	McLellan	Hill	U13	25.	12

**Under 13 Girls Team Result**

1	Thames Valley Harriers	110
2	Ealing, Southall & Middlesex	79
3	Thames Valley Harriers 'B'	56
4	Hillingdon	38
5	Herts Phoenix	34
6	Shaftesbury Barnet Harriers	28
7	Ealing, Southall & Middlesex 'B'	26
8	Enfield & Haringey	25
9	Woodford Green with Essex Ladies	21
10	St Mary's Richmond	15
11	Hillingdon 'B'	3

**Under 13 Girls League Positions**

1	Thames Valley Harriers	512
2	Woodford Green with Essex Ladies	417
3	Ealing, Southall & Middlesex	326
4	Herts Phoenix	261
5	Shaftesbury Barnet Harriers	226
6	Hillingdon	164
7	Enfield & Haringey	150
8	Thames Valley Harriers 'B'	147
9	St Mary's Richmond	113
10	Ealing, Southall & Middlesex 'B'	93
11	Barnet & District	91
12	London Heathside	72
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'	10

**Under 17 Women Results**

1	Ellie	Baker	Herts P	U15	19.	09	
2	Hannah	Viner	High	U17	19.	25	
3	Florence	Stansall-Seiler	Herts P	U17	20.	03	
4	Jade	dos Santos	Trent P	U15	20.	11	Gst
5	Alicia	McArdell	WG&EL	U15	20.	12	
6	Courtney	Marshall	ESM	U15	20.	31	
7	Yanna	Raykov	Lon H	U17	20.	41	
8	Emma	Dwan	SB	U15	20.	50	
9	Isabel	Found	Herts P	U17	20.	53	
10	Alicia	Found	Herts P	U17	20.	54	
11	Olivia	Will	ESM	U17	20.	58	
12	Erica	Wallace	ESM	U15	21.	04	
13	Caroline	Dunnett	E&H	U15	21.	04	
14	Lily	Beckford	Lon H	U17	21.	10	
15	Lizzie	Parry	Herts P	U17	21.	12	
16	Genevieve	Weston	Lon H	U15	21.	24	
17	Hannah	Booth	Herts P	U15	21.	27	
18	Abbie	Dell	WG&EL	U15	22.	20	
19	Josie	Elliot	ESM	U17	22.	54	
20	Esther	McGuinness	Morn	U15	23.	12	
21	Katrina	Will	ESM	U17	23.	36	
22	Jennifer	Connelly	ESM	U15	23.	45	
23	Stephanie	Smith	WG&EL	U17	24.	00	

**Under 17 Women Team Result**

1	Herts Phoenix	71
2	Ealing, Southall & Middlesex	48
3	London Heathside	35
4	Woodford Green with Essex Ladies	26
5	Highgate Harriers	21
6	Herts Phoenix 'B'	16
6	Shaftesbury Barnet Harriers	16
8	Enfield & Haringey	11
9	Ealing, Southall & Middlesex 'B'	5
10	Mornington Chasers	4

**Under 17 Women League Positions**

1	Herts Phoenix	574
2	London Heathside	462
3	Woodford Green with Essex Ladies	377
4	Ealing, Southall & Middlesex	344
5	Herts Phoenix 'B'	272
6	Enfield & Haringey	232
7	Shaftesbury Barnet Harriers	215
8	Highgate Harriers	191
9	London Heathside 'B'	143
9	Thames Valley Harriers	143
11	Ealing, Southall & Middlesex 'B'	88
12	Hillingdon	42
13	St Mary's Richmond	41
14	Mornington Chasers	27
15	Woodford Green with Essex Ladies 'B'	8
16	Shaftesbury Barnet Harriers 'B'	2

**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

**Under 17 Men Results**

1	Paulos	Asgodom	E&H	U17	16.	36	
2	Kyle	Langford	SB	U17	16.	57	
3	Liam	Cloona	Herts P	U17	17.	13	
4	Cameron	Laleye	Herts P	U17	17.	19	
5	Josh	Clifford	SB	U17	17.	32	
6	Benjamin	Gibbons	SMR	U17	17.	34	
7	Thomas	McArdle	Trent P	U15	17.	35	Gst
8	Youcef	Harizi	E&H	U15	17.	39	
9	Johnny	Naylor	Lon H	U15	17.	47	
10	Nick	Doyle	Herts P	U17	17.	55	
11	Rashid	Riyad	ESM	U15	17.	59	
12	Jamie	Philpott	Herts P	U15	18.	02	
13	Karim	Mahiddine	TVH	U15	18.	05	
14	Sathira	Don	SMR	U17	18.	14	
15	Patrick	Goffey	SMR	U15	18.	17	
16	Abraham	Mendes da Costa	TVH	U15	18.	28	
17	Alexander	Machin-Paley	High	U15	18.	30	
18	Ruben	Vos	Hill	U17	18.	36	
19	Daniel	Carpenter	Trent P	U15	18.	38	Gst
20	Ashley	Altman	SB	U17	18.	42	
21	Liam	Holbrook	Hill	U15	18.	44	
22	Dominic	Speight	Hill	U17	18.	52	
23	Benjamin	Lanoe	E&H	U17	18.	54	
24	Joel	Hargreaves	E&H	U17	18.	59	
25	Joe	Cooper	TVH	U15	19.	23	
26	Mac	Argent-Bowie	Trent P	U17	19.	38	Gst
27	Cassius	Rathbone	TVH	U15	19.	50	
28	Jamie	Cornuauud	NEB	U15	19.	56	
29	James	Horrex	TVH	U15	19.	57	
30	Conor	O'Shea	Lon H	U17	20.	24	
31	Harry	Cavell	WG&EL	U15	20.	47	
32	Joseph	Doyle	Hill	U15	20.	52	
33	Mark	Murray	MTS	U15	21.	10	Gst
34	Conor	McCarthy	ESM	U15	21.	50	
35	Chris	Driver	MTS	U15	22.	41	Gst
36	Arda	Bayar	MTS	U15	22.	41	Gst
37	Abubakar	Omar	Lon H	U15	22.	59	
38	Taylor	Reece	WG&EL	U15	23.	29	
39	Louis	Driver	MTS	U15	23.	57	Gst
40	Ariyan	Nanji	MTS	U15	24.	06	Gst
41	Oliver	Fox	MTS	U15	24.	07	Gst
42	Adel	Rajim	E&H	U15	ntt		

**Under 17 Men Team Result**

1	Herts Phoenix	109
2	Enfield & Haringey	85
3	Shaftesbury Barnet Harriers	77
4	St Mary's Richmond	69
5	Thames Valley Harriers	62
6	Hillingdon	51
7	London Heathside	36
8	Ealing, Southall & Middlesex	28
9	Highgate Harriers	18
10	Newham & Essex Beagles	9
11	Thames Valley Harriers 'B'	8
11	Woodford Green with Essex Ladies	8
13	Enfield & Haringey 'B'	1

**Under 17 Men League Positions**

1	Herts Phoenix	772
2	Shaftesbury Barnet Harriers	734
3	Thames Valley Harriers	616
4	Hillingdon	562
5	Enfield & Haringey	531
6	Ealing, Southall & Middlesex	494
7	St Mary's Richmond	483
8	Highgate Harriers	458
9	Woodford Green with Essex Ladies	446
10	London Heathside	283
11	Newham & Essex Beagles	255
12	Herts Phoenix 'B'	227
12	Shaftesbury Barnet Harriers 'B'	227
14	Hillingdon 'B'	156
15	Thames Valley Harriers 'B'	129
16	Highgate Harriers 'B'	70
17	Newham & Essex Beagles 'B'	37
18	St Mary's Richmond 'B'	25
19	Enfield & Haringey 'B'	23
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 Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

Under 15 Boy's Individual Result

1	Youcef	Harizi	E&H	U15	17.	39
2	Johnny	Naylor	Lon H	U15	17.	47
3	Rashid	Riyad	ESM	U15	17.	59
4	Jamie	Philpott	Herts P	U15	18.	02
5	Karim	Mahiddine	TVH	U15	18.	05
6	Patrick	Goffey	SMR	U15	18.	17
7	Abraham	Mendes da Costa	TVH	U15	18.	28
8	Alexander	Machin-Paley	High	U15	18.	30
9	Liam	Holbrook	Hill	U15	18.	44
10	Joe	Cooper	TVH	U15	19.	23
11	Cassius	Rathbone	TVH	U15	19.	50
12	Jamie	Cornuauud	NEB	U15	19.	56
13	James	Horrex	TVH	U15	19.	57
14	Harry	Cavell	WG&EL	U15	20.	47
15	Joseph	Doyle	Hill	U15	20.	52
16	Conor	McCarthy	ESM	U15	21.	50
17	Abubakar	Omar	Lon H	U15	22.	59
18	Taylor	Reece	WG&EL	U15	23.	29
19	Adel	Rajim	E&H	U15	ntt	

Under 15 Girl's Individual Result

1	Ellie	Baker	Herts P	U15	19.	09
2	Alicia	McArdell	WG&EL	U15	20.	12
3	Courtney	Marshall	ESM	U15	20.	31
4	Emma	Dwan	SB	U15	20.	50
5	Erica	Wallace	ESM	U15	21.	04
6	Caroline	Dunnett	E&H	U15	21.	04
7	Genevieve	Weston	Lon H	U15	21.	24
8	Hannah	Booth	Herts P	U15	21.	27
9	Abbie	Dell	WG&EL	U15	22.	20
10	Esther	McGuinness	Morn	U15	23.	12
11	Jennifer	Connelly	ESM	U15	23.	45

And For The Rest Of The Winter Season ...

Sat 16 Feb	South of England Cross Country Championships	Parliament Hill Fields
Fri 22 Feb	Brooks Serpentine Last Friday 5K	Hyde Park
Sat 23 Feb	English National Cross Country Championships	Herrington, Sunderland
Sat 2 Mar	North West London Young Athletes Cross Country League	Wormwood Scrubs
Sun 3 Mar	Chingford League	Highams Park
	Adidas Silverstone Half Marathon	Towcester, Northamptonshire
	Essex '20'	Langham, Essex
	Mornington Chasers Winter 10Km Series	Regents Park
	Roding Valley Half Marathon	Woodford
Wed 6 Mar	Teddy Hall Relays	Oxford
Sat 9 Mar	CAU Inter Counties Cross Country Championships	Cofton Park, Birmingham
	Middlesex Masters Cross Country Championships	Ruislip (Mad Bess)
Sat 16 Mar	English Schools Cross Country Championships	Walton-upon-Trent, South Derbyshire
Sun 17 Mar	Finchley '20'	Ruislip
Sun 24 Mar	SEAA Men's 12 & Women's 6-Stage Road Relays	Milton Keynes
	IAAF World Cross Country Championships	Bydgoszcz, Poland
Fri 29 Mar	Brooks Serpentine Last Friday 5K	Hyde Park
Sat 13 Apr	SRRA Men's 12 & Women's 6-Stage Road Relays	Sutton Park, Birmingham
Sun 21 Apr	Virgin London Marathon & Mini Marathon	
Fri 26 Apr	Brooks Serpentine Last Friday 5K	Hyde Park

**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

**Women's Results**

1	Rachel	Felton	SB	S	25. 53	
2	Sara	Bird	WG&EL	S	26. 33	
3	Sue	Rust	Lon H	S	26. 43	
4	Linzi	Snow	WG&EL	S	26. 50	
5	Victoria	Webster	SB	S	26. 55	
6	Katie	Mereditih	High	S	26. 58	
7	Sidnie	Sales	WG&EL	U20	26. 59	
8	Alex	Gounelas*	High	S	27. 02	
9	Sarah	Pemberton	Serp	S	27. 24	
10	Rebecca	Glover	Serp	S	27. 37	
11	Marina	Johnson	Serp	S	27. 39	
12	Victoria	Crawford	Serp	S	27. 41	
13	Emily	Moss	WG&EL	S	27. 43	
14	Rebekah	Gardiner	SB	S	27. 49	
15	Dani	Nimmock*	WG&EL	S	27. 53	
16	Lauren	Stewart	WG&EL	S	28. 13	
17	Kat	Gundersen	WG&EL	V35	28. 15	
18	Maren	Urner	Serp	S	28. 18	
19	Liz	Wynn	Serp	V35	28. 22	
20	Tracy	Barlow	TVH	S	28. 26	
21	Zanthe	Wray	Hallam	S	28. 39	Gst
22	Claire	Morrissey	Lon H	S	28. 42	
23	Lisa	da Silva	TVH	S	28. 50	
24	Susan	Monaghan	Hill	S	28. 55	
25	Yasmin	Goater*	NEB	S	28. 56	
26	Hanah	Wylie	High	S	28. 57	
27	Sue	Bint	VPH&TH	V35	28. 57	
28	Jo	Singer	VPH&TH	V40	29. 06	
29	Alison	Hopkins	ESM	V35	29. 10	
30	Jennifer	Bradley	Serp	S	29. 19	
31	Margaret	Cooper	SB	V45	29. 26	
32	Genevieve	Bourke	Serp	S	29. 30	
33	Victoria	Dawes	SB	V35	29. 32	
34	Rachel	Lund	WG&EL	S	29. 42	
35	Deanna	Laforet	Serp	S	29. 44	
36	Harriet	Clifford	SB	U20	29. 45	
37	Karen	Murphy	Barn	V45	29. 46	
38	Alexia	Trafford	High	S	29. 47	
39	Bridget	Napleton	Lon H	V45	29. 48	
40	Fiona	Kennedy	ESM	V55	29. 50	
41	Angela	Howe	Lon H	V40	29. 53	
42	Heather	Bijman	High	S	30. 03	
43	Fiona	Alston	Lon H	S	30. 09	
44	Edie	Fassnidge	Lon H	S	30. 11	
45	Helen	Winsor	Serp	S	30. 12	
46	Louise	Faherty	High	V35	30. 13	
47	Amy	Cope	Serp	V35	30. 14	
48	Rhonda	Munnik	High	V35	30. 15	
49	Laura	Denison	Serp	V35	30. 18	
50	Marta	Bagnati	Serp	S	30. 33	
51	Anna	Ferguson	Serp	S	30. 35	
52	Carla	Denneny	Serp	S	30. 36	
53	Jackie	Wastell	Lon H	V50	30. 42	
54	Hannah	Wells	Hill	U20	30. 43	
55	Sophie	Sheldrake	High	S	30. 44	
56	Sarah	Richardson	ESM	V35	30. 48	
57	Bernie	Pritchett	WG&EL	V45	30. 53	
58	Astrid	Wingler	High	V40	31. 04	
59	Cathy	Jeremiah	Lon H	S	31. 07	
60	Jane	Higgins	Lon H	S	31. 10	
61	Grace	Kimble	Serp	S	31. 15	
62	Meire	Gorman	TVH	S	31. 19	
63	Anne	Ridley	SB	V45	31. 23	
64	Katherine	Vinnicombe	Lon H	S	31. 26	
65	Caroline	Whittaker	Wat J	V50	31. 34	Gst
66	Sarah	Bailey	High	V40	31. 41	
67	Miranda	Yau	Lon H	V40	31. 44	
68	Victoria	Emsley	Met P	S	32. 20	
69	Joanna	Conn	Serp	V40	32. 27	

**Women's Division One Team Result**

1	Woodford Green with Essex Ladies	225
2	Serpentine RC	205
3	Shaftesbury Barnet Harriers	184
4	Highgate Harriers	149
5	London Heathside	131
6	Serpentine RC 'B'	97
7	Thames Valley Harriers	67
8	Enfield & Haringey	12
9	Metropolitan Police	11

**Women's Division One League Positions**

1	Serpentine RC	993
2	Shaftesbury Barnet Harriers	956
3	Woodford Green with Essex Ladies	910
4	Highgate Harriers	794
5	London Heathside	695
6	Serpentine RC 'B'	522
7	Enfield & Haringey	383
8	Thames Valley Harriers	359
9	Metropolitan Police	45
10	St Albans Striders	0

**Women's Division Two Team Result**

1	Serpentine RC 'C'	211
2	Ealing, Southall & Middlesex	202
3	Woodford Green with Essex Ladies 'B'	201
4	Highgate Harriers 'B'	199
5	London Heathside 'B'	192
6	Hillingdon	154
7	Victoria Park & Tower Hamlets	107
8	Mornington Chasers	86

**Women's Division Two League Positions**

1	Serpentine RC 'C'	1049
2	Ealing, Southall & Middlesex	1005
3	London Heathside 'B'	840
4	Hillingdon	777
5	Victoria Park & Tower Hamlets	762
6	Highgate Harriers 'B'	710
7	Mornington Chasers	678
8	Woodford Green with Essex Ladies 'B'	614
9	Garden City Runners	467
10	Enfield & Haringey 'B'	1

**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

70	Natasha	Cendrowicz	High	V40	32. 29	
71	Simonetta	Taccuso	ESM	V45	32. 35	
72	Caroline	White	Lon H	V55	32. 36	
73	Theresa	Brady	Serp	V50	32. 41	
74	Sofia	Tibuzzi	E&H	S	32. 43	
75	Donna	Nash	Hill	V45	32. 44	
76	Alex	Wardle	WG&EL	V45	32. 53	
77	Carol	Jones	ESM	V55	32. 59	
78	Caroline	Ringrow	Serp	S	33. 11	
79	Jenny	Thomas	WG&EL	V45	33. 20	
80	Hannah	Zwimpfer	Lon H	S	33. 26	
81	Natasha	Sheel	Serp	S	33. 33	
82	Ruth	Miller	Lon H	V50	33. 37	
83	Lisa	Pettit	Serp	V40	33. 38	
84	Nicola	Heron	Morn	S	33. 42	
85	Kate	Stockings	WG&EL	U20	33. 45	
86	Maki	Kimura	Morn	V40	33. 48	
87	Nicola	Baker	ESM	V40	33. 51	
88	Lesley	Conway	Hill	V55	33. 54	
89	Avril	Riddell	Morn	V55	33. 55	
90	Sophia	Holder	Serp	V35	33. 56	
91	Caroline	Boyle	Lon H	V35	33. 57	
92	Suzu	Sato	SB	U20	34. 19	
93	Linda	Byrnes	RDC	V35	34. 22	Gst
94	Kiran	Randhawa	TVH	S	34. 24	
95	Gillian	Morgan	ESM	V50	34. 29	
96	Harriet	Cawley	RDC	V35	34. 36	Gst
97	Jo	Irwin	Lon H	V40	34. 42	
98	Jane	Ruhland	ESM	V45	34. 42	
99	Hisayo	Kawahara	Serp	V45	34. 58	
100	Philippa	Horton	Barn	S	35. 06	
101	Kavita	Solder	WG&EL	S	35. 19	
102	Gabi	Johnson	Lon H	V40	35. 22	
103	Delphine	Horodyski	Morn	S	35. 23	
104	Valerie	Metcalf	Serp	V45	35. 24	
105	Di	Gardener	Lon H	V35	35. 26	
106	Barbara	Tomaszczyk	Lon H	V50	35. 29	
107	Mary	Walsh	ESM	V40	35. 30	
108	Hazel	Clark*	Morn	S	35. 33	
109	Jayne	Shepherd*	Herts P	V50	35. 37	
110	Catharine	Sowerby	Serp	V50	35. 46	
111	Natalie	Simon	SMR	U20	35. 49	
112	Alex	Goodwin	High	S	36. 18	
113	Richella	Doyle	Serp	V35	36. 22	
114	Claire	McGongle	RDC	S	37. 02	Gst
115	Cheryl	Sacks	Serp	V40	37. 16	
116	Jacqui	Reid	Met P	V45	38. 26	
117	Sharon	Dooley*	SMR	V40	38. 42	
118	Emily	Jones	RDC	S	38. 47	Gst
119	Lucy	Duncan	Hill	V35	38. 54	
120	Katy	Moore	E&H	S	38. 59	
121	Phil	Skeffington	Serp	V45	39. 27	
122	Kirat	Nandra	High	V45	39. 41	
123	Carole	Wisdom	Serp	V55	39. 46	
124	Julia	Robinson	Lon FR	S	40. 12	
125	Stephanie	Vaatz	Serp	V35	40. 18	
126	Teresa	Griffith	Serp	V50	40. 34	
127	Harriet	Hart*	Serp	S	40. 51	
128	Jo	Miles	Hill	V55	42. 34	
129	Angela	Duncan	Hill	V70	43. 49	
130	Lesley	Richardson	E&H	V40	45. 09	
131	Christine	Read*	E&H	V45	45. 56	

Women's Division Three Team Result

1	London Heathside 'C'	73
2	Ealing, Southall & Middlesex 'B'	50
3	Shaftesbury Barnet Harriers 'B'	36
4	Barnet & District	33
5	Newham & Essex Beagles	23
6	St Mary's Richmond	9
7	Herts Phoenix	6
8	Hillingdon 'B'	3
8	London Frontrunners	3

Women's Division Three League Positions

1	London Heathside 'C'	355
2	Barnet & District	354
3	Newham & Essex Beagles	319
4	Ealing, Southall & Middlesex 'B'	309
5	Shaftesbury Barnet Harriers 'B'	306
6	Herts Phoenix	251
7	Mornington Chasers 'B'	242
8	Hillingdon 'B'	121
9	London Frontrunners	116
10	Victoria Park & Tower Hamlets 'B'	111
11	Barnet & District 'B'	65
12	St Mary's Richmond	41
13	Herts Phoenix 'B'	39

Veteran Women's Division One Team Result

1	London Heathside	87
1	Serpentine RC	87
3	Ealing, Southall & Middlesex	86
4	Highgate Harriers	79
5	Woodford Green with Essex Ladies	67
6	London Heathside 'B'	25
7	Serpentine RC 'B'	23
8	Mornington Chasers	11

Veteran Women's Division One League Positions

1	Serpentine RC	479
2	London Heathside	435
3	Ealing, Southall & Middlesex	390
3	Woodford Green with Essex Ladies	390
5	Highgate Harriers	274
6	Serpentine RC 'B'	219
7	Mornington Chasers	174
8	London Heathside 'B'	113
9	Mornington Chasers 'B'	26
10	St Albans Striders	0

**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

U20 Women's Individual Result

1	Sidnie	Sales	WG&EL	U20	26.	59
2	Harriet	Clifford	SB	U20	29.	45
3	Hannah	Wells	Hill	U20	30.	43

Veteran Women's Individual Result

1	Kat	Gundersen	WG&EL	V35	28.	15
2	Liz	Wynn	Serp	V35	28.	22
3	Sue	Bit	VPH&TH	V35	28.	57

Veteran Women's Division Two Team Result

1	Ealing, Southall & Middlesex 'B'	64
2	Hillingdon	43
2	Serpentine RC 'C'	43
2	Victoria Park & Tower Hamlets	43
5	Highgate Harriers 'B'	25
6	Metropolitan Police	8

Veteran Women's Division Two League Positions

1	Ealing, Southall & Middlesex 'B'	270
2	Hillingdon	244
3	Serpentine RC 'C'	219
4	Victoria Park & Tower Hamlets	195
5	Garden City Runners	169
6	Woodford Green with Essex Ladies 'B'	104
7	Metropolitan Police	55
8	London Frontrunners	36
9	Highgate Harriers 'B'	27
10	Metropolitan Police 'B'	0

Veteran Women's Division Three Team Result

1	Shaftesbury Barnet Harriers	32
2	Barnet & District	10
3	Herts Phoenix	5
4	St Mary's Richmond	4
5	Enfield & Haringey	3
5	Hillingdon 'B'	3

Veteran Women's Division Three League Positions

1	Shaftesbury Barnet Harriers	96
2	Barnet & District	64
3	Herts Phoenix	39
4	Hillingdon 'B'	24
5	Thames Valley Harriers	23
6	Enfield & Haringey	15
7	Newham & Essex Beagles	13
8	Barnet & District 'B'	7
9	St Mary's Richmond	4

**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

**Men's Results**

1	Neilson	Hall*	Herts P	S	29. 32
2	Mohamud	Aadan	TVH	S	30. 02
3	Glen	Watts	SB	S	30. 11
4	Ben	Noad	High	S	30. 13
5	Huw	Lobb*	Serp	S	30. 20
6	Robert	Thompson	Hill	S	30. 23
7	Olly	Laws	NEB	S	30. 25
8	Tim	Gardner	High	S	30. 28
9	Ryan	McKinley	High	S	30. 33
10	Jonathan	Poole	Serp	S	30. 34
11	Ben	Pochee	High	V40	30. 38
12	Martyn	Cryer	WG&EL	S	30. 44
13	John	Frankilin	Met P	S	30. 47
14	Matthew	Grant	SB	S	30. 56
15	Bertie	Powell	WG&EL	S	31. 09
16	James	Laing	Hill	S	31. 11
17	Richard	Scott	High	S	31. 13
18	Hugh	Torry	Serp	S	31. 15
19	Tom	Beedell	WG&EL	S	31. 18
20	Chris	Hartley	TVH	S	31. 22
21	Angus	Holford	WG&EL	S	31. 27
22	Eliot	Buckner	NEB	S	31. 33
23	Henry	Dodwell	High	S	31. 35
24	Harold	Wyber	WG&EL	S	31. 36
25	Peter	Downie	High	S	31. 41
26	Niall	Sheehan	NEB	S	31. 41
27	Phillip	Crout	SB	U20	31. 44
28	Robel	Balhebi	High	U20	31. 54
29	Rob	O'Grady	Lon H	S	32. 00
30	Fergal	Smithwick	High	S	32. 13
31	Peter	Townsend	Herts P	S	32. 14
32	Martin	Bateman	Hill	S	32. 17
33	John	McKeane	High	S	32. 19
34	Daniel	Thompson	Hill	S	32. 20
35	Andrew	Lawrence*	High	S	32. 23
36	Sam	Ashcroft	ESM	S	32. 24
37	Dave	Morgan	Serp	S	32. 27
38	Patrick	Burke	Lon H	S	32. 31
39	Darren	Southcott	WG&EL	S	32. 36
40	George	Stewart	Lon H	V40	32. 39
41	Hendrik	Zietsman	Serp	V45	32. 41
42	Nick	Gold	High	V40	32. 42
43	Louis	Clark	WG&EL	S	32. 42
44	David	Vaughan	SB	S	32. 46
45	Yari	Fontebasso	Serp	S	32. 48
46	Anthony	Hall	Lon H	S	32. 51
47	Stuart	Beauchamp	Serp	S	33. 00
48	Dan	McKeown	Lon H	S	33. 01
49	Martin	Gaunt	Serp	S	33. 02
50	Andrew	Orr	Serp	S	33. 03
51	Pau	Herrero	Serp	S	33. 05
52	Richard	Phillips	Serp	S	33. 10
53	Daniel	De Palol	Serp	S	33. 15
54	Rob	Walker	High	S	33. 16
55	Wayne	Bell	NEB	S	33. 18
56	Stephen	Murtagh	Harl RC	V45	33. 21
57	Mark	Palser*	TVH	S	33. 31
58	Will	Morris	Barn	S	33. 33
59	Dan	Madams	Lon H	S	33. 36
60	Dan	Allport	TVH	S	33. 37 Gst
61	Steve	Monaghan	Lon H	V40	33. 40
62	Neil	Cook	VPH&TH	S	33. 41
63	James	Manley	Hill	S	33. 41
64	Luke	McMullan	High	S	33. 41
65	Gareth	Cavell	WG&EL	V45	33. 42
66	Simon	Barrett	Serp	S	33. 43
67	Matt	Convery	Lon H	S	33. 47
68	Marten	Van der Hoeven	High	S	33. 47
69	Tony	Russell	WG&EL	S	33. 52

**Men's Division One Team Result**

1	Highgate Harriers	1233
2	Serpentine RC	1054
3	Woodford Green with Essex Ladies	1006
4	London Heathside	857
5	Hillingdon	746
6	Shaftesbury Barnet Harriers	626
7	Serpentine RC 'B'	553
8	Thames Valley Harriers	526
9	Ealing, Southall & Middlesex	409
10	Woodford Green with Essex Ladies 'B'	250

**Men's Division One League Positions**

1	Highgate Harriers	5869
2	Woodford Green with Essex Ladies	5501
3	Serpentine RC	4706
4	London Heathside	3645
5	Shaftesbury Barnet Harriers	3644
6	Hillingdon	3199
7	Thames Valley Harriers	3191
8	Woodford Green with Essex Ladies 'B'	2097
9	Serpentine RC 'B'	1971
10	Ealing, Southall & Middlesex	1881

**Men's Division Two Team Result**

1	Newham & Essex Beagles	630
2	London Heathside 'B'	559
3	Metropolitan Police	452
4	Serpentine RC 'C'	439
5	Herts Phoenix	435
6	Victoria Park & Tower Hamlets	339
7	Garden City Runners	290
8	Mornington Chasers	261
9	London Frontrunners	139

**Men's Division Two League Positions**

1	Victoria Park & Tower Hamlets	3376
2	Newham & Essex Beagles	3374
3	London Heathside 'B'	3275
4	Herts Phoenix	2562
5	Serpentine RC 'C'	2467
6	Mornington Chasers	2454
7	Garden City Runners	2292
8	London Frontrunners	1573
9	Metropolitan Police	1543
10	St Albans Striders	10



**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

70	James	Callendar	Serp	S	33. 58
71	Oliver	Kean	High	S	33. 58
72	Steve	Elson	ESM	S	34. 00
73	Tom	Hall	Hill	S	34. 03
74	Alex	Thomas	High	S	34. 07
75	Duncan	Burbidge	High	V40	34. 07
76	Ali	Yahye	TVH	S	34. 20
77	Tim	Ballard	WG&EL	S	34. 22
78	Andy	Robbins	Serp	V40	34. 23
79	Paul	Greaves	Herts P	V45	34. 25
80	Chris	Hartley	Lon H	V45	34. 26
81	James	Cooper	E&H	S	34. 27
82	Charles	Gunning	SB	S	34. 28
83	James	Trapmore	SB	S	34. 30
84	Matt	Molloy	WG&EL	V40	34. 32
85	Jamie	Hogg	Serp	S	34. 35
86	Chris	Burn	Lon H	S	34. 37
87	Tony	Pamphilon	WG&EL	V50	34. 39
88	Adam	Frith	WG&EL	S	34. 42
89	Adam	Mitchell	Lon H	S	34. 43
90	Jonathan	Hopkin	Lon H	V45	34. 44
91	Barney	Southin	Serp	S	34. 47
92	Thomas	Craggs	Morn	S	34. 54
93	Angelo	John	ESM	V40	35. 03
94	Gary	Bagnall	VPH&TH	V40	35. 04
95	Jad	El-Houssami	NEB	U20	35. 06
96	Dave	Cox	WG&EL	V55	35. 10
97	John	Knight	Met P	S	35. 11
98	Kevin	Walden	SB	S	35. 11
99	Jaime	Reed	GCR	S	35. 11
100	Alex	Horton	Barn	S	35. 11
101	Rajesh	Patel	Barn	S	35. 14
102	Tim	Nicholson	Morn	S	35. 14
103	Simeon	Bennett	VPH&TH	S	35. 14
104	Christopher	Hepworth	ESM	S	35. 14
105	Andy	Welshman	Lon H	V45	35. 14
106	Will	Sharp	Serp	S	35. 22
107	Richard	Peel	Serp	S	35. 25
108	David	Gilbert	High	S	35. 26
109	Andy	Holt	GCR	V45	35. 27
110	Costa	Michael	Barn	V45	35. 33
111	Joe	Everitt	WG&EL	S	35. 36
112	George	Choat	NEB	S	35. 37
113	Dave	Desborough	GCR	V55	35. 41
114	Mark	Cameron	ESM	U20	35. 43
115	John	Driscoll	Lon H	V40	35. 46
116	Nicola	Barberis Negra	Serp	S	35. 47
117	Robert	Brown	ESM	V45	35. 50
118	Scott	Farley	Hill	V40	35. 51
119	Alistair	Parkin	Charn	S	35. 53 Gst
120	Norman	Mitchell	Lon H	V50	35. 56
121	Simon	Connell	Hill	S	35. 59
122	Andy	Owen	Lon H	V40	36. 00
123	Don	Lawless*	NEB	V45	36. 00
124	Simon	Fricke	Met P	S	36. 00
125	Victor	Maughn	Met P	V50	36. 05 Gst
126	Richard	Jenkin	Hill	V50	36. 07
127	Calvin	Mullings*	Serp	S	36. 09
128	Paul	Karlsen	E&H	S	36. 10 Gst
129	Gavin	Edmonds	Serp	V40	36. 11
130	Leo	Kirkhaar	High	S	36. 11
131	Manuel	da Silva	TVH	S	36. 14
132	James	Shipley	Hill	S	36. 14
133	Alec	Laing	Serp	S	36. 16
134	Mike	Stapleton	Barn	V50	36. 16
135	Paul	Leppard	Hill	S	36. 16
136	Gavin	Evans	Lon H	V50	36. 19
137	John	Nugus	Serp	S	36. 19
138	Tony	Grant	Hill	V40	36. 24
139	Richard	Macaulay	Lon H	S	36. 27
140	Raoul	Mansukhani	Serp	V40	36. 28

**Men's Division Three Team Result**

1	Highgate Harriers 'B'	527
2	Barnet & District	449
3	London Heathside 'C'	344
4	Hillingdon 'B'	321
5	Thames Valley Harriers 'B'	130
6	Enfield & Haringey	91
7	Barnet & District 'B'	80
8	Harlow RC	71
9	Herts Phoenix 'B'	13
10	Ealing, Southall & Middlesex 'B'	12
11	Woodford Green with Essex Ladies 'C'	5
12	Metropolitan Police 'B'	3

**Men's Division Three League Positions**

1	Highgate Harriers 'B'	4407
2	Barnet & District	3677
3	London Heathside 'C'	3343
4	Hillingdon 'B'	2427
5	Woodford Green with Essex Ladies 'C'	2374
6	Enfield & Haringey	2166
7	Thames Valley Harriers 'B'	1642
8	Victoria Park & Tower Hamlets 'B'	1530
9	Harlow RC	1053
10	Shaftesbury Barnet Harriers 'B'	942
11	Barnet & District 'B'	871
12	Ealing, Southall & Middlesex 'B'	698
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'	215
19	Enfield & Haringey 'B'	102
20	Metropolitan Police 'B'	3

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

1	London Heathside	261
2	Highgate Harriers	211
3	Woodford Green with Essex Ladies	203
4	Serpentine RC	196
5	London Heathside 'B'	154
6	Hillingdon	149
7	Garden City Runners	107
8	Thames Valley Harriers	76
9	Herts Phoenix	74

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

1	London Heathside	1251
2	Highgate Harriers	1115
3	Woodford Green with Essex Ladies	969
4	Serpentine RC	923
5	London Heathside 'B'	738
6	Hillingdon	654
7	Garden City Runners	642
8	Herts Phoenix	442
9	Thames Valley Harriers	417
10	St Albans Striders	5

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141	Chris	Bailey	High	V50	36.43	
142	Chris	Eland	GCR	V40	36.48	
143	Toby	Hone	Herts P	S	36.51	
144	Angus	Fay	Serp	S	36.56	
145	Tony	Forder	Met P	V50	36.58	
146	Fraser	Johnson	Serp	V40	37.00	
147	James	Steel	ESM	V40	37.00	
148	David	Newman	Hill	V50	37.06	
149	Ian	Gordon	Morn	S	37.08	
150	Guy	Bowles	TVH	V50	37.10	
151	Nigel	Rowe	Met P	V45	37.13	
152	Mark	Delahunty	ESM	S	37.26	
153	Henry	Hughes	TVH	S	37.28	
154	Daniel	Szajna	Lon H	U20	37.30	
155	Tim	Renshaw	Serp	S	37.34	
156	Richard	Stewart	High	V40	37.34	
157	Jack	Lambdon	Lon FR	S	37.38	
158	Michael	Cribbin	High	S	37.40	
159	Luke	Johnson	VPH&TH	S	37.43	
160	Paul	Mercer	Lon H	S	37.48	
161	Neil	Millington	WG&EL	S	37.48	
162	Thomas	Fouret	NEB	S	37.52	
163	David	Crout	Barn	V45	37.54	
164	Rodney	Mushanganyisi	VPH&TH	S	37.57	
165	Ray	Powell	SB	V50	37.59	
166	Eric	Phillips	Serp	S	38.06	
167	Alex	Sweet	Lon H	S	38.08	
168	Alun	Evans	WG&EL	V50	38.12	
169	Andrew	Johnson	Lon H	V40	38.12	
170	Daniel	Digweed	Barn	S	38.13	
171	Philip	Cunningham	SB	V50	38.14	
172	Roberto	Mienone	Lon H	S	38.15	
173	Melvyn	Wachira	Lon H	U20	38.18	
174	Bashir	Mohamed	TVH	U20	38.20	
175	Tony	Killilea	Lon H	V45	38.23	
176	Pete	Crockford	Lon H	V50	38.25	
177	John	Lynch	Morn	V55	38.30	
178	Olly	Davy	RDC	S	38.36	Gst
179	Paul	Bains	RDC	S	38.41	Gst
180	Phil	Wetton	TVH	V45	38.46	
181	Steve	Hirons	Hill	V45	38.50	
182	Stephen	Meredith	High	S	38.52	
183	Ian	Johnson	Serp	V45	38.56	
184	Steve	White	Herts P	V45	38.58	
185	David	Smith	Hill	V45	39.00	
186	Tim	Surzyn	Serp	S	39.06	
187	Martin	Bright	High	V45	39.07	
188	Nick	Stockman	High	S	39.10	
189	Simon	Hazell	Lon H	V45	39.12	
190	John	Husbands	TVH	V50	39.13	
191	Richard	Hooley	TVH	V50	39.14	
192	James	Turner	Serp	S	39.15	
193	Martin	Mack	WG&EL	V45	39.15	
194	Daren	Roscoe	Hill	S	39.23	
195	Michael	Eyre	Serp	S	39.27	
196	John	Bignell	Hill	V60	39.35	
197	Richard	Taylor	Serp	S	39.38	
198	Craig	Jacobs	NEB	S	39.40	
199	Christophe	Cayssials	TVH	V45	39.40	
200	Jim	Balcombe	Met P	V45	39.40	
201	Oliver	Greenslade	Serp	S	39.42	
202	Greg	Bellnet	TVH	V40	39.42	
203	Leo	Pemberton	Lon H	S	39.42	
204	Richard	Hogg	WG&EL	V40	39.46	
205	Alastair	Maher	Serp	S	39.50	
206	Liam	Phair	Met P	S	39.52	
207	Pierce	Boyle	High	U20	39.54	
208	Andy	Smith	WG&EL	S	39.55	
209	Jeggi	Elinzano	RDC	S	39.58	Gst
210	Martin	Searle	Hill	V55	39.59	
211	Eamon	Bradley	ESM	V50	40.36	

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

1	Ealing, Southall & Middlesex	188
2	London Heathside 'C'	138
3	Hillingdon 'B'	132
4	Woodford Green with Essex Ladies 'B'	126
5	Metropolitan Police	119
6	Shaftesbury Barnet Harriers	96
7	London Frontrunners	84
8	Victoria Park & Tower Hamlets	77
9	Herts Phoenix 'B'	29
10	Serpentine RC 'B'	12

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

1	Ealing, Southall & Middlesex	912
2	London Heathside 'C'	823
3	London Frontrunners	648
4	Woodford Green with Essex Ladies 'B'	591
5	Shaftesbury Barnet Harriers	573
6	Serpentine RC 'B'	562
7	Victoria Park & Tower Hamlets	532
8	Hillingdon 'B'	530
9	Metropolitan Police	470
10	Herts Phoenix 'B'	128

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

1	Barnet & District	93
2	Barnet & District 'B'	56
3	Mornington Chasers	48
4	Thames Valley Harriers 'B'	43
5	Ealing, Southall & Middlesex 'B'	35
6	Harlow RC	27
7	Newham & Essex Beagles	25
8	Enfield & Haringey	18
9	Highgate Harriers 'B'	17
10	Hillingdon 'C'	10
11	London Frontrunners 'B'	2
12	Mornington Chasers 'B'	1

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

1	Barnet & District	640
2	Mornington Chasers	436
3	Harlow RC	374
4	Barnet & District 'B'	334
5	Ealing, Southall & Middlesex 'B'	280
6	Shaftesbury Barnet Harriers 'B'	241
7	Garden City Runners 'B'	227
8	Hillingdon 'C'	166
9	St Mary's Richmond	162
10	London Frontrunners 'B'	140
11	Highgate Harriers 'B'	109
12	Enfield & Haringey	93
13	Thames Valley Harriers 'B'	76
14	Serpentine RC 'C'	35
15	Newham & Essex Beagles	25
16	Harlow RC 'B'	24
17	Mornington Chasers 'B'	16
18	Victoria Park & Tower Hamlets 'B'	5

**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

212	Conor	Christopher	Serp	S	40.	44	
213	Mark	Bowen	Lon FR	V60	40.	47	
214	Peter	Hill	TVH	V40	40.	51	
215	Laurence	Arnold	Lon H	S	40.	56	
216	Alistair	Holford	WG&EL	V55	41.	00	
217	Tim	Jackson	RDC	S	41.	02	Gst
218	Paul	Hammond	Met P	S	41.	09	
219	Tim	Parkin	SB	S	41.	10	
220	Dean	Burch	Hill	S	41.	10	
221	Andy	Barthorpe	Lon H	S	41.	12	
222	Peter	Fitzpatrick	Herts P	V60	41.	15	
223	Trevor	Normoyle	Met P	S	41.	18	
224	Laurence	Scheyvens	Barn	V40	41.	26	
225	Andrew	Hudson	Lon H	V50	41.	30	
226	Dom	Joiner	RDC	S	41.	34	Gst
227	Chris	Violet	Barn	V45	41.	36	
228	Philip	Eldridge	NEB	S	41.	36	
229	Nick	Desausmarez	Lon H	V45	41.	38	
230	Dom	Leung	RDC	S	41.	41	Gst
231	Dave	Foley	ESM	V55	41.	43	
232	Richard	Somerset	GCR	V45	41.	44	
233	Richard	Bloom	Herts P	V65	41.	49	
234	Neil	Barnaby	E&H	V50	41.	58	
235	Stephen	Baylis	High	V45	42.	05	
236	Tom	Spanyol	WG&EL	V50	42.	09	
237	Richard	Foskett	Herts P	V55	42.	09	
238	Fahad	Abdi	TVH	U20	42.	12	
239	Gavin	Parish	Lon H	S	42.	23	
240	Jason	Bridgen	Hill	V40	42.	25	
241	Michael	Chapman	Met P	S	42.	31	
242	Clive	Wickham	Hill	S	42.	36	
243	Simon	Doyle	Herts P	V50	42.	56	
244	Rob	Scott	Barn	V40	43.	05	
245	Richard	Charney	TVH	V60	43.	08	
246	Robert	Howells	ESM	V60	43.	24	
247	John	Booth	Lon FR	S	43.	31	
248	Paul	Duncan	Lon FR	V40	43.	34	
249	Russell	Weston	Lon H	V50	43.	48	
250	Stuart	Phillips	WG&EL	V55	43.	59	
251	Paul	Lemmon	Lon H	V50	44.	07	
252	Gary	Stringer	ESM	V50	44.	19	
253	Bob	Burton	Hill	V50	44.	23	
254	David	Clark	Herts P	V65	44.	25	
255	Lars	Menken	Serp	S	44.	27	
256	John	Myall	Hill	V60	44.	31	
257	Terence	Curran	VPH&TH	V50	44.	39	
258	Chris	McLean	RDC	S	45.	03	Gst
259	David	Shortridge	VPH&TH	V40	45.	10	
260	John	Brown	Lon FR	V40	45.	14	
261	Michael	Murphy	WG&EL	V40	45.	21	
262	Gary	Homewood	Morn	V45	45.	27	
263	John	Clarke	Barn	V60	45.	39	
264	John	Keenan	Lon FR	V40	45.	40	
265	Martin	Garrett*	Serp	V55	45.	43	
266	Dave	Byrne	Barn	V50	46.	16	
267	John	Kelly	SB	V55	46.	36	
268	Mervyn	Gilham	Herts P	V55	47.	01	
269	Richard	Collins	Morn	V55	47.	09	
270	Phil	York	ESM	V50	47.	37	
271	Tony	Smith	TVH	V50	47.	43	
272	Richard	Southworth	Lon FR	S	48.	25	
273	Nik	Skipper	Lon H	V55	48.	33	
274	Russell	Devitt	SB	V60	48.	35	
275	Tim	Nagy	Lon H	V45	48.	50	
276	Ken	Townson	Lon H	V45	48.	55	
277	Adrian	Essex	Lon H	V60	49.	05	
278	Trace	Allen	GCR	V65	49.	38	
279	Stephen	Thompson	Hill	V50	50.	14	
280	Trevor	Powell	WG&EL	V60	50.	26	
281	Robert	Gould	Lon H	V70	50.	49	
282	Robert	Howe	Morn	V65	51.	28	

**NOTICEBOARD**

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 Talbot (Hillingdon AC). Any queries to gavin.collett@jti.com

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

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

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

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.

The Annual General Meeting of the League will be held in April. Further details will be circulated to the Club representatives.

Any thoughts on improving the League for next season should be forwarded to your Club representative or Gavin Collett

League Administrator: Gavin Collett  
11 Breakspear Road, Ruislip, Middlesex, HA4 7SB  
Tel: (01895) 678505. E: 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)



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

**ATW Metropolitan League Race Four at Merchant Taylors School, Northwood (hosted by Hillingdon AC) - Saturday 9 February 2013**

283	Richard	Wilson	Met P	V50	51. 42
284	Alan	Wells	Hill	V45	52. 22
285	Tony	Hamilton	Barn	V70	52. 44
286	Emil	Berleen	Lon FR	V40	52. 55
287	Nasser	Al-Tell	Lon FR	V50	53. 31
288	John	Grigg	Morn	V75	59. 21

**U20 Men's Individual Result**

1	Phillip	Crout	SB	U20	31. 44
2	Robel	Balhebi	High	U20	31. 54
3	Jad	El-Houssami	NEB	U20	35. 06

**Veteran Men's Individual Result**

1	Ben	Pochee	High	V40	30. 38
2	George	Stewart	Lon H	V40	32. 39
3	Hendrik	Zietsman	Serp	V45	32. 41

**Howard Williams Trophy (Seniors)**

		Pts	Win
1	Serpentine RC	38	1
2	Highgate Harriers	37	4
3	Woodford Green with Essex Ladies	37	3
4	Shaftesbury Barnet Harriers	35	2
5	London Heathside	33	0
6	Thames Valley Harriers	28	0
7	Hillingdon	25	0
8	Ealing, Southall & Middlesex	24	0
9	Victoria Park & Tower Hamlets	21	0
10	Metropolitan Police	19	0
11	Enfield & Haringey	18	0
12	Mornington Chasers	17	0
13	Newham & Essex Beagles	16	0
14	Garden City Runners	15	0
15	Herts Phoenix	14	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	50	6
2	Shaftesbury Barnet Harriers	46	5
3	Thames Valley Harriers	45	4
4	Ealing, Southall & Middlesex	45	0
5	Woodford Green with Essex Ladies	38	2
6	Enfield & Haringey	37	0
7	Hillingdon	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	9	0
13	Mornington Chasers	6	0
13	Victoria Park & Tower Hamlets	6	0

**Men's League**

Pos	Forename	Surname	Club	Pts	Fix
1	Neilson	Hall*	Herts P	1600	4
2	Glen	Watts	SB	1586	4
3	Ben	Noad	High	1583	5
4	Robert	Thompson	Hill	1555	5
5	Ben	Pochee	High	1548	5
6	Olly	Laws	NEB	1543	5
7	Ryan	McKinley	High	1543	4
8	Martyn	Cryer	WG&EL	1541	5
9	Huw	Lobb*	Serp	1534	4
10	Bertie	Powell	WG&EL	1516	5
11	Henry	Dodwell	High	1515	4
11	Richard	Scott	High	1515	4
11	Jonathan	Poole	Serp	1515	4
14	Hugh	Torry	Serp	1508	5
14	Tom	Beedell	WG&EL	1508	5
16	Robel	Balhebi	High	1502	4
17	James	Laing	Hill	1493	5
18	John	Frankilin	Met P	1491	4
19	Niall	Sheehan	NEB	1481	4
20	Kevin	Murphy	WG&EL	1480	4
21	Andrew	Lawrence*	High	1459	5
21	Daniel	Thompson	Hill	1459	5
23	Darren	Southcott	WG&EL	1451	5
24	Harold	Wyber	WG&EL	1451	4
25	Martin	Bateman	Hill	1448	5

**Women's League**

Pos	Forename	Surname	Club	Pts	Fix
1	Rachel	Felton	SB	598	4
2	Lorna	Russell*	E&H	597	4
3	Victoria	Webster	SB	592	4
4	Sue	Rust	Lon H	579	5
5	Katie	Meredith	High	577	5
6	Alex	Gounelas*	High	573	4
7	Sarah	Pemberton	Serp	561	5
8	Rebekah	Gardiner	SB	556	5
9	Victoria	Crawford	Serp	547	5
10	Lauren	Stewart	WG&EL	546	4
11	Kat	Gundersen	WG&EL	542	4
12	Liz	Wynn	Serp	539	5
13	Sarah	Swinhoe	Lon H	528	4
14	Linda	Jackson	WG&EL	517	4
15	Samantha	Ludlow Taylor	Serp	516	4
16	Rachel	Lund	WG&EL	514	4
17	Jo	Singer	VPH&TH	504	4
18	Margaret	Cooper	SB	501	4
19	Tracy	Barlow	TVH	496	4
20	Alison	Hopkins	ESM	483	4
21	Victoria	Dawes	SB	481	4
22	Jennifer	Bradley	Serp	480	5
23	Alexia	Trafford	High	470	4
24	Anna	Ferguson	Serp	453	5
25	Claire	Morrissey	Lon H	452	5

The League would like to thank Active Training World, our anonymous benefactor, hosting clubs, all member clubs, officials, course markers, refreshment providers, etc for their help in making the 47th League season so enjoyable and successful.

**ATW METROPOLITAN LEAGUE 2012/13 ROLL OF HONOUR**

**Men**

**Women**

**Under 13**  
**Under 17**

**Shaftesbury Barnet Harriers**  
**Herts Phoenix**

**Thames Valley Harriers**  
**Herts Phoenix**

**Senior Division One**  
Relegated

**Highgate Harriers**  
Serpentine 'B' / Ealing, S&M

**Serpentine**  
Metropolitan Police / St Albans Striders

**Senior Division Two**  
Also Promoted  
Relegated

**Victoria Park Harriers & TH**  
Newham & Essex Beagles  
Met Police / St Albans Striders

**Serpentine 'C'**  
Ealing, Southall & Middlesex  
Garden City Runners / Enfield & Haringey 'B'

**Senior Division Three**  
Also Promoted

**Highgate Harriers 'B'**  
Barnet & District

**London Heathside 'C'**  
Barnet & District

**Veteran Division One**  
Relegated

**London Heathside**  
Thames Valley / St Albans Striders

**Serpentine**  
Mornington Chasers 'B' / St Albans Striders

**Veteran Division Two**  
Also Promoted  
Relegated

**Ealing, Southall & Middlesex**  
London Heathside 'C'  
Met Police / Herts Phoenix 'B'

**Ealing, Southall & Middlesex 'B'**  
Hillingdon  
Highgate Harriers 'B' / Metropolitan Police 'B'

**Veteran Division Three**  
Also Promoted

**Barnet & District**  
Mornington Chasers

**Shaftesbury Barnet Harriers**  
Barnet & District

**Howard Williams Trophy (Juniors)**  
**Howard Williams Trophy (Seniors)**

**Herts Phoenix**  
**Serpentine**