

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

Under 11 Boys & Girls Development Race

1	Ruairi	McGonagle	Lon H	10	M	7.01
2	Basil	Rock	TVH	10	M	7.08
3	Dylan	Michel	SB	10	M	7.09
4	William	Hughes	Herts P	10	M	7.12
5	Mayaan	Radus	SB	10	F	7.18
6	Max	Batty	Herts P	10	M	7.24
7	Sam	Greenstein	SB	9	M	7.24
8	Dylan	Rice	ESM	10	M	7.25
9	Arron	Bishop	Unatt	U13	M	7.31
10	Jimmy	Geller	WG&EL	9	M	7.33
11	Hollie	McArdell	WG&EL	10	F	7.34
12	Mateo	West	VPH&TH	10	M	7.35
13	Aidan	Ferrand	TVH	U13	M	7.35
14	Vinny	Clarke	Herts P	9	M	7.36
15	Tyler	Jackson	WG&EL	10	M	7.36
16	Sydney	Allen	SB	10	F	7.37
17	Andrew	McCann	Herts P	10	M	7.37
18	Tommy	Atkin	Hill	10	M	7.38
19	Lydia	Louw	SMR	9	F	7.41
20	Matthew	Parker	Trent P	9	M	7.43
21	Callum	Stern	Herts P	10	M	7.44
22	Imogen	Scott-Gall	VPH&TH	10	F	7.44
23	Megan	Reid	Herts P	10	F	7.44
24	James	Streit	Trent P	10	M	7.46
25	Ruby	Naughton	VPH&TH	9	F	7.48
26	Kate	Price	TVH	9	F	7.50
27	Dominic	Paine	Trent P	9	M	7.52
28	Brandon	Baidcci	WG&EL	10	M	7.54
29	Ciaran	Whatmore	Herts P	10	M	7.56
30	Maxi	Steel	ESM	9	M	7.56
31	Kevin	Atkociunas	Trent P	9	M	7.56
32	Arthur	Reed	Lon H	?	M	7.57
33	Joe	Hookway	Hill	9	M	8.00
34	Lewis	Ambler	Unatt	9	M	8.01
35	Jack	Simmons	WG&EL	10	M	8.03
36	Rhianna	Smith	E&H	10	F	8.04
37	Oliver	O'Connor	Lon H	?	M	8.05
38	Benjamin	Cracknell	Herts P	10	M	8.05
39	Elina	Bulman	SB	10	F	8.05
40	Rowan	McGirr	Hill	10	M	8.09
41	Rafferty	Owen	ESM	10	M	8.10
42	Rose	Garrett	Lon H	?	F	8.10
43	Mark	Koskei	VPH&TH	9	M	8.11
44	Sam	Feast	Hill	9	M	8.11
45	Toby	Berger	Trent P	10	M	8.13
46	Ethan	Tindley	Hill	9	M	8.14
47	Luca	Bocchetti	Trent P	10	M	8.15
48	Robert	Freeman	Trent P	10	M	8.15
49	Masaki	Kanai	ESM	10	M	8.17
50	Arun	Forrest	Hill	9	M	8.18
51	Bethan	Sinfield	Unatt	10	F	8.18
52	Hugo	Creasey	Herts P	9	M	8.22
53	Tommy	Curtis	E&H	10	M	8.23
54	Jamie	Roper	Herts P	10	M	8.27
55	Valentina	Sharpe	VPH&TH	10	F	8.28
56	Otto	Huber	TVH	9	M	8.28
57	William	Spencer	Hill	10	M	8.29
58	Charlotte	Cox	Herts P	10	F	8.32
59	Maddy	Abbott	VPH&TH	10	F	8.33
60	Nathanael	Jordon	E&H	10	M	8.33
61	Adam	Nash	Hill	9	M	8.33
62	Millie	Aslan	E&H	10	F	8.36
63	Najiib	Hersh	ESM	9	M	8.39
64	Dylon	White	WG&EL	10	M	8.40
65	Monica	Deakin	SMR	9	F	8.40
66	Charlie	Bullock	Herts P	9	M	8.42
67	George	Hook	Hill	9	M	8.45
68	Joshua	Tindley	Hill	10	M	8.46
69	Daisy	Poole	WG&EL	9	F	8.47

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: 14 degrees, strong wind bringing intermittent showers Going: Good to Soft

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70	Not	Declared	?	?	?	8.49
71	Sophie	Humphrey	Unatt	U13	F	8.52
72	Hannah	Johnson	Hill	9	F	8.52
73	Ann	Murphy	Barn	9	F	8.54
74	Olivia	Bradbury	Barn	10	F	8.56
75	Poppy	Allwright	Trent P	9	F	8.58
76	Joe	Goodman-Spears	SB	9	M	8.59
77	Lotty	Hobson	Herts P	9	F	9.04
78	Millie	Hare	Herts P	10	F	9.04
79	Freddie	Hare	Herts P	10	M	9.06
80	Max	Watling	Herts P	10	M	9.08
81	Abi	Larkman	Herts P	9	F	9.17
82	Keira	Draper	Herts P	10	F	9.22
83	Lucy	Wilcock	Hill	9	F	9.23
84	Gabriella	Bocchetti	Trent P	9	F	9.44
85	Zarah	Bastide	Herts P	10	F	9.53
86	Ruby	Graves	Herts P	10	F	9.56
87	Katie	Hegerty	Herts P	U13	F	9.59
88	Alex	Burr	Hill	U13	M	9.59
89	Emily	Hughes	Herts P	10	F	10.05
90	Francesca	Bocchetti	Trent P	9	F	10.14
91	Millie	Smith	Herts P	U13	F	10.28
92	Kimian	Dhesi	Herts P	U13	F	10.50
93	Evie	McLellan	Hill	10	F	11.34
94	Helenia-May	Traylen	NEB	9	F	11.35

The Weeks Ahead

Sat 15 Nov	London Championships & Youth Games	Parliament Hill
Sat 22 Nov	North London Championships North West London Young Athletes League	Alexandra Palace Alexandra Palace
Fri 28 Nov	Brooks Serpentine Last Friday 5K	Hyde Park
Sat 29 Nov	British Athletics Cross Challenge & European Trials Fraternity & Sorority Cups North West London Young Athletes League	Sefton Park, Liverpool Trent Park Trent Park
Sun 7 Dec	Perivale '5'	Perivale
Sat 13 Dec	South of England Inter Counties Championships South of England Veterans Championships	Horspath, Oxford Horspath, Oxford
Sun 14 Dec	European Championships	Samakov, Bulgaria
Fri 19 Dec	Brooks Serpentine Last Friday 5K	Hyde Park
Sat 20 Dec	METROPOLITAN LEAGUE RACE THREE	Hillingdon House Farm, Uxbridge

REMAINING LEAGUE FIXTURES

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

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Under 13 Boys Results

1	Finn	Harvey	SB	U13	11. 00	
2	Luca	Minale	VPH&TH	U13	11. 17	
3	Nathanael	Zapico	Herts P	U13	11. 17	
4	Joe	Rowson	E&H	U13	11. 32	
5	Finlay	Sturrock	Trent P	U13	11. 33	
6	Joe	Smith	Herts P	U13	11. 42	
7	Elby	Cinnamond	SB	U13	11. 43	
8	Freddie	Shiret	SB	U13	11. 43	
9	Daniel	Greenstein	SB	U13	11. 48	
10	Joshua	Poncia	SMR	U13	11. 52	
11	Hayden	Maleary	WG&EL	U13	11. 53	
12	Luca	Stubbs	SB	U13	12. 01	
13	Finlay	Doyle	High	U13	12. 03	
14	Keo	Kersting-Herbert	VPH&TH	U13	12. 04	
15	Oliver	Luck	St Ed Coll	U13	12. 13	Gst
16	Cameron	Bocchetti	Trent P	U13	12. 15	
17	Bryce	Breen	Herts P	U13	12. 20	
18	Joshua	Adolphe	VPH&TH	U13	12. 21	
19	Guy	Kaye	TVH	U13	12. 23	
20	Mattie	Harris	SB	U13	12. 27	
21	Joe	Geller	WG&EL	U13	12. 28	
22	Joe	Heather	E&H	U13	12. 28	
23	Guillermo	Acosta	Trent P	U13	12. 38	
24	Luke	McHugh	Hill	U13	12. 44	
25	Charles	Malhias	VPH&TH	U13	12. 45	
26	Albie	Wickenden	WG&EL	U13	12. 50	
27	Thomas	Hughes	Herts P	U13	12. 52	
28	Sam	Cahill	SB	U13	12. 53	
29	Joe	Street	Trent P	U13	12. 56	
30	Ben	Forde	Hill	U13	12. 58	
31	George	McPherson	WG&EL	U13	13. 01	
32	Finlay	Sleehan	High	U13	13. 03	
33	Matthew	Woolf	Trent P	U13	13. 06	
34	Tane	Robinson	TVH	U13	13. 08	
35	Ilyes	Iman	ESM	U13	13. 11	
36	Brandon	Reid	Herts P	U13	13. 13	
37	Blackwell	Lucas	Herts P	U13	13. 14	
38	Alex	Johnson	Hill	U13	13. 15	
39	Alfie	Zak	E&H	U13	13. 19	
40	Callum	Salter	WG&EL	U13	13. 25	
41	George	Soloman	Unatt	U13	13. 30	Gst
42	Jack	Bennett	SMR	U13	13. 30	
43	Aaron	Harewood	TVH	10	13. 47	Gst
44	Max	Davies	St Ed Coll	U13	13. 50	Gst
45	Louis	Nicholas	E&H	U13	13. 51	
46	David	Hughes	E&H	U13	13. 55	
47	Ben	Kelly	SB	U13	13. 55	
48	Thomas	Horne	Barn	U13	14. 11	
49	Joe	Snowball	Herts P	U13	14. 15	
50	Alejandro	Rodriguez	St Ed Coll	U13	14. 17	Gst
51	Mahiis	Hershi	ESM	U13	14. 18	
52	Harry	Lownds	E&H	U13	14. 20	
53	Alex	Brennan	Trent P	U13	14. 26	
54	Ben	Woolf	Trent P	U13	14. 26	
55	Manny	Pigney	High	U13	14. 31	
56	Jos	Ross-Brown	Barn	U13	14. 33	
57	James	Rose	St Ed Coll	U13	14. 36	Gst
58	Mikey	Kouwiloyan	ESM	U13	14. 46	
59	Kirk	Lebdiri	ESM	U13	14. 53	
60	Callum	Biggs	St Ed Coll	U13	15. 01	Gst
61	Joshua	Moules	Hill	U13	16. 03	
62	Henry	Markham	Herts P	U13	16. 43	

Under 13 Boys Team Result

1	Shaftesbury Barnet Harriers	199
2	Herts Phoenix	173
3	Victoria Park & Tower Hamlets	167
4	Trent Park RC	154
5	Woodford Green with Essex Ladies	138
6	Shaftesbury Barnet Harriers 'B'	123
7	Enfield & Haringey	120
8	Hillingdon	81
9	Highgate Harriers	74
10	St Mary's Richmond	62
11	Thames Valley Harriers	61
12	Herts Phoenix 'B'	53
13	Ealing, Southall & Middlesex	39
13	Trent Park RC 'B'	39
15	Enfield & Haringey 'B'	23
16	Barnet & District	17
16	Woodford Green with Essex Ladies 'B'	17

Under 13 Boys League Positions

1	Herts Phoenix	329
2	Victoria Park & Tower Hamlets	303
3	Shaftesbury Barnet Harriers	286
4	Trent Park RC	266
5	Enfield & Haringey	264
6	Woodford Green with Essex Ladies	196
7	Hillingdon	144
8	Shaftesbury Barnet Harriers 'B'	123
9	St Mary's Richmond	120
10	Highgate Harriers	96
11	Thames Valley Harriers	89
12	Enfield & Haringey 'B'	77
13	Herts Phoenix 'B'	76
14	Trent Park RC 'B'	55
15	Barnet & District	48
16	Ealing, Southall & Middlesex	41
17	Victoria Park & Tower Hamlets 'B'	25
18	London Heathside	20
19	Woodford Green with Essex Ladies 'B'	17

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Under 13 Girls Results

1	Charlotte	Buckley	TVH	U13	12. 07
2	Lia	Radus	SB	U13	12. 20
3	Felix	Waters	VPH&TH	U13	12. 24
4	Lucy	O'Brien	ESM	U13	12. 31
5	Ava	White	TVH	U13	12. 40
6	Mia	Groom	SB	U13	12. 49
7	Jaynie	Awcock	Herts P	U13	13. 03
8	Siena	Taylor	WG&EL	U13	13. 06
9	Molly	Hobson	Herts P	U13	13. 11
10	Scarlett	Kent	SB	U13	13. 23
11	Betty	Hughes	VPH&TH	U13	13. 29
12	Gemma	Harper	SB	U13	13. 31
13	Tilly	Harwood	SMR	U13	13. 35
14	Daisy	Creasey	Herts P	U13	13. 37
15	Lily	Shaw	E&H	U13	13. 37
16	Grace	Miller	VPH&TH	U13	13. 38
17	Isabel	Stark	Hill	U13	13. 43
18	Anisa	Ibrahim	ESM	U13	13. 49
19	Mya	Hornett	Trent P	U13	13. 50
20	Anna	Janke	Hill	U13	13. 54
21	Holly	Henbury	WG&EL	U13	13. 56
22	Hannah	Page	WG&EL	U13	13. 57
23	Ellen	McGann	VPH&TH	U13	13. 57
24	Imogen	Deakin	SMR	U13	13. 58
25	Philippine	Poupart-Lafarge	TVH	U13	14. 05
26	Chloe	Leisten	Hill	U13	14. 12
27	Elena	Roncarati	Barn	U13	14. 16
28	Louanne	Lamy	SB	U13	14. 28
29	Lily	Salkeld	TVH	U13	14. 50
30	Emily	Hathaway	Trent P	U13	14. 51
31	Nicole	Bibaud	E&H	U13	14. 52
32	Ella	Conlon	Lon H	U13	14. 53
33	Hannah	Long	VPH&TH	U13	14. 53
34	Mia	Catton	SMR	U13	14. 55
35	Milly	Dunne	High	U13	14. 56
36	Charlie	Payne	Hill	U13	14. 59
37	Madeline	Wells	Herts P	U13	15. 02
38	Robyn	Allwright	Trent P	U13	15. 09
39	Evie	Reynolds	Herts P	U13	15. 20
40	Isabelle	Brand	Trent P	U13	15. 44
41	Hazel	Dickinson	Hill	U13	15. 56
42	Ellie	Hester	Hill	U13	15. 56
43	Hannah	May	Barn	U13	16. 06
44	Sarah	Freegard	ESM	U13	16. 59
45	Emily	Murphy	Barn	U13	17. 02

Under 13 Girls Team Result

1	Shaftesbury Barnet Harriers	154
2	Victoria Park & Tower Hamlets	131
3	Thames Valley Harriers	124
4	Herts Phoenix	117
5	Woodford Green with Essex Ladies	87
6	Hillingdon	85
7	Ealing, Southall & Middlesex	72
8	St Mary's Richmond	67
9	Trent Park RC	57
10	Enfield & Haringey	46
11	Barnet & District	23
12	Shaftesbury Barnet Harriers 'B'	18
13	London Heathside	14
14	Victoria Park & Tower Hamlets 'B'	13
15	Highgate Harriers	11
16	Hillingdon 'B'	9
17	Herts Phoenix 'B'	7

Under 13 Girls League Positions

1	Shaftesbury Barnet Harriers	262
2	Victoria Park & Tower Hamlets	194
3	Thames Valley Harriers	183
4	Herts Phoenix	136
5	Hillingdon	124
6	Ealing, Southall & Middlesex	123
7	Enfield & Haringey	102
8	St Mary's Richmond	94
8	Trent Park RC	94
10	Woodford Green with Essex Ladies	87
11	Shaftesbury Barnet Harriers 'B'	36
12	Barnet & District	32
13	London Heathside	16
14	Victoria Park & Tower Hamlets 'B'	13
15	Highgate Harriers	11
16	Hillingdon 'B'	9
17	Herts Phoenix 'B'	7
17	Newham & Essex Beagles	7
19	Ealing, Southall & Middlesex 'B'	1

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

Under 17 Men Results

1	George	Cook	Herts P	U17	13. 06	
2	Daniel	Carpenter	Trent P	U17	13. 10	
3	Terry	Fawden	High	U17	13. 21	
4	Thomas	Butler	Barn	U17	13. 32	
5	Thomas	McArdle	Trent P	U17	13. 40	
6	Jamie	Philpott	Herts P	U17	13. 41	
7	Aurel	Sinko-Uribe	High	U17	13. 46	
8	Karim	Mahiddine	TVH	U17	13. 48	
9	Benjamin	Grainger	SB	U17	13. 55	
10	Lucillo	Burrell	TVH	U15	13. 56	
11	Liam	Holbrook	Hill	U17	14. 01	
12	Jamie	Harper	SB	U15	14. 01	
13	Mukhtar	Farah	ESM	U17	14. 01	
14	Oliver	Formby	Barn		14. 03	Gst
15	Mosope	Oyelola	NEB	U15	14. 06	
16	Charlie	Sillett	ESM	U17	14. 07	
17	Isaac	Osofisan	VPH&TH	U17	14. 14	
18	George	Kerry	ESM	U15	14. 17	
19	Ben	Hatch	High	U17	14. 18	
20	Khalid-Ali	Ahmed	SB	U17	14. 18	
21	Alistair	Sleeman	High	U17	14. 19	
22	Hamza	Kadir	SB	U15	14. 19	
23	Abel	Sinko-Uribe	High	U15	14. 33	
24	Mario	Efstathiou	E&H	U17	14. 34	
25	William	McArdle	Trent P	U15	14. 35	
26	Adam	Stewart	High	U17	14. 36	
27	Harry	Cavell	WG&EL	U17	14. 38	
28	Abraham	Mendes da Costa	TVH	U17	14. 39	
29	Raul	Simmons-Perez	Trent P	U17	14. 39	
30	Heewa	Marouf	High	U17	14. 41	
31	Jake	Hooley	TVH	U15	14. 45	
32	Nile	McKenzie	VPH&TH	U15	14. 46	
33	Johnny	Naylor	Lon H	U17	14. 47	
34	Liam	Garrett	Lon H	U15	14. 49	
35	Jamie	Cornuauud	NEB	U17	14. 50	
36	Rufus	Kent	SB	U15	14. 55	
37	William	Griffiths	Lon H	U17	14. 56	
38	Jake	Reynolds	Lon H	U17	15. 01	
39	Myles	Calderazzo	Lon H	U17	15. 06	
40	Oscar	Crowe	SMR	U15	15. 11	
41	Tal	Pelmout	High	U15	15. 16	
42	Tom	Mills	Trent P	U15	15. 19	
43	Oliver	Greenstiw	SB	U17	15. 20	
44	Jacob	Phillips	Lon H	U17	15. 21	
45	Owen	Armstrong	WG&EL	U17	15. 23	
46	Robbie	Irvine	SB	U17	15. 25	
47	Luke	Gray	Lon H	U15	15. 25	
48	Freddy	Curtis	E&H	U15	15. 26	
49	Luke	Adar	ESM	U15	15. 26	
50	Thomas	MacDougall	St Ed Coll	U15	15. 29	Gst
51	Oliver	Kemp	High	U17	15. 32	
52	Jamie	Ives	Herts P	U15	15. 38	
53	Jacob	Fenwick	Herts P	U15	15. 40	
54	Jamie	Hamilton	E&H	U17	15. 45	
55	Nicholas	Duer	TVH	U15	15. 51	
56	James	Forde	Hill	U15	15. 54	
57	William	Coutts	ESM	U15	15. 56	
58	Ethan	Cathrow	VPH&TH	U17	16. 02	
59	Michael	How	Hill	U15	16. 09	
60	Romario	Hines-McLoed	ESM	U17	16. 10	
61	James	Long	St Ed Coll	U15	16. 11	Gst
62	Chris	Hogg	WG&EL	U15	16. 11	
63	Mihali	Roberst	St Ed Coll	U17	16. 11	Gst
64	Ali	Malik	ESM	U17	16. 19	
65	Justin	Haupt	Trent P	U15	16. 22	
66	Elliot	Breen	Herts P	U15	16. 26	
67	Jordan	Adesamy	NEB	U17	16. 27	
68	Daniel	Fergusson	St Ed Coll	U17	16. 30	Gst
69	Naoki	Kanai	ESM	U15	16. 33	

Under 17 Men Team Result

1	Highgate Harriers	264
2	Trent Park RC	253
3	Shaftesbury Barnet Harriers	251
4	Thames Valley Harriers	237
5	Ealing, Southall & Middlesex	219
6	Herts Phoenix	204
7	Highgate Harriers 'B'	196
8	London Heathside	174
9	Newham & Essex Beagles	132
10	Victoria Park & Tower Hamlets	131
11	Shaftesbury Barnet Harriers 'B'	122
12	Hillingdon	113
12	London Heathside 'B'	113
14	Enfield & Haringey	112
15	Woodford Green with Essex Ladies	109
16	Ealing, Southall & Middlesex 'B'	75
17	Barnet & District	74
18	Trent Park RC 'B'	62
19	Thames Valley Harriers 'B'	43
20	St Mary's Richmond	39
21	Herts Phoenix 'B'	34
22	Newham & Essex Beagles 'B'	5

Under 17 Men League Positions

1	Trent Park RC	512
2	Highgate Harriers	504
3	Ealing, Southall & Middlesex	435
4	Shaftesbury Barnet Harriers	385
5	Thames Valley Harriers	382
6	Herts Phoenix	371
7	London Heathside	359
8	Highgate Harriers 'B'	351
9	Enfield & Haringey	288
10	Newham & Essex Beagles	276
11	Woodford Green with Essex Ladies	224
12	Victoria Park & Tower Hamlets	214
13	Barnet & District	194
14	Ealing, Southall & Middlesex 'B'	164
15	Hillingdon	158
16	Trent Park RC 'B'	155
17	London Heathside 'B'	144
18	Shaftesbury Barnet Harriers 'B'	122
19	St Mary's Richmond	94
20	Thames Valley Harriers 'B'	63
21	Herts Phoenix 'B'	51
22	Enfield & Haringey 'B'	38
23	Newham & Essex Beagles 'B'	16

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70	Taymen	Sargusingh	St Ed Coll	U15	16. 35	Gst
71	Miles	Blackwell	Herts P	U15	16. 36	
72	Filip	Bastien	High	U15	16. 39	
73	Kieran	Lyons	TVH	U17	16. 40	
74	Chris	Larkin-Collins	St Ed Coll	U17	16. 54	Gst
75	Cameron	Bundy	SB	U15	16. 55	
76	Emmanuel	Sosanya	NEB	U17	17. 04	
77	Dean	Smith	St Ed Coll	U17	17. 10	Gst
78	Ryan	Alexander	Trent P	U17	17. 17	
79	Ebou	Njie	TVH	U15	17. 38	
80	Marco	Dryburgh	Lon H	U17	17. 56	
81	Angus	Clifford	Herts P	U15	18. 01	
82	Taylor	Reece	WG&EL	U17	18. 34	
83	Oliver	Watson	St Ed Coll	U17	19. 25	Gst
84	Tim	Worsley	St Ed Coll	U15	20. 34	Gst
85	Samuel	Vincent	NEB	U15	21. 27	
86	Shane	Henry	NEB	U15	21. 32	
87	Arjun	Banerji	Hill	U15	22. 47	

Under 15 Boy's Individual Result

1	Lucillo	Burrell	TVH	U15	13. 56	
2	Jamie	Harper	SB	U15	14. 01	
3	Mosope	Oyelola	NEB	U15	14. 06	
4	George	Kerry	ESM	U15	14. 17	
5	Hamza	Kadir	SB	U15	14. 19	
6	Abel	Sinko-Uribe	High	U15	14. 33	
7	William	McArdle	Trent P	U15	14. 35	
8	Jake	Hooley	TVH	U15	14. 45	
9	Nile	McKenzie	VPH&TH	U15	14. 46	
10	Liam	Garrett	Lon H	U15	14. 49	
11	Rufus	Kent	SB	U15	14. 55	
12	Oscar	Crowe	SMR	U15	15. 11	
13	Tal	Pelmount	High	U15	15. 16	
14	Tom	Mills	Trent P	U15	15. 19	
15	Luke	Gray	Lon H	U15	15. 25	
16	Freddy	Curtis	E&H	U15	15. 26	
17	Luke	Adar	ESM	U15	15. 26	
18	Jamie	Ives	Herts P	U15	15. 38	
19	Jacob	Fenwick	Herts P	U15	15. 40	
20	Nicholas	Duer	TVH	U15	15. 51	
21	James	Forde	Hill	U15	15. 54	
22	William	Coutts	ESM	U15	15. 56	
23	Michael	How	Hill	U15	16. 09	
24	Chris	Hogg	WG&EL	U15	16. 11	
25	Justin	Haupt	Trent P	U15	16. 22	
26	Elliot	Breen	Herts P	U15	16. 26	
27	Naoki	Kanai	ESM	U15	16. 33	
28	Miles	Blackwell	Herts P	U15	16. 36	
29	Filip	Bastien	High	U15	16. 39	
30	Cameron	Bundy	SB	U15	16. 55	
31	Ebou	Njie	TVH	U15	17. 38	
32	Angus	Clifford	Herts P	U15	18. 01	
33	Samuel	Vincent	NEB	U15	21. 27	
34	Shane	Henry	NEB	U15	21. 32	
35	Arjun	Banerji	Hill	U15	22. 47	

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

Under 17 Women Results

1	Isabel	Dye	TVH	U17	15. 01
2	Isabella	Hoy	WG&EL	U15	15. 15
3	Gabriella	Kyriacou	SB	U17	15. 18
4	Jodie	Ratcliff	WG&EL	U17	15. 46
5	Beth	Forster	E&H	U15	15. 46
6	Amalia	Edwards*	SB	U17	15. 48
7	Angel	Grimes-McTavish	E&H	U15	15. 50
8	Rachel	Connory	E&H	U15	15. 59
9	Nicola	Ravenhill	ESM	U15	16. 17
10	Olivia	Janke	Hill	U15	16. 20
11	Eve	Goodhart	TVH	U17	16. 24
12	Lidia	Kyriacou	SB	U15	16. 25
13	Alice	Harray	TVH	U15	16. 29
14	Hannah	Booth	Herts P	U17	16. 29
15	Verity	Walker	TVH	U15	16. 29
16	Edie	Preece	WG&EL	U17	16. 29
17	Charlotte	Johnston	Barn	U17	16. 29
18	Georgie	Marlborough	SB	U17	16. 39
19	Alicia	McArdell	WG&EL	U17	16. 44
20	Josephine	Chadwick	SB	U15	16. 46
21	Rebecca	Hurley	SB	U17	16. 06
22	Laura	Stewart	ESM	U15	16. 56
23	Caroline	Dunnett	E&H	U17	16. 59
24	Laura	Stewart	VPH&TH	U15	17. 06
25	Daisy	Day-Fawcett	VPH&TH	U15	17. 08
26	Chloe	Goodson	SB	U17	17. 12
27	Charlotte	Stapleton	Herts P	U17	17. 15
28	Kayla	Michel	SB	U15	17. 34
29	Anna	Fuller	Herts P	U15	17. 35
30	Kyesha	Robinson	WG&EL	U15	17. 36
31	Lauren	Dowling	E&H	U17	17. 38
32	Maryam	Hussain	ESM	U15	17. 41
33	Ezelina	Owens	VPH&TH	U15	17. 50
34	Rebecca	Andreou	SB	U17	17. 56
35	Mia	Hirons	WG&EL	U15	17. 57
36	Genevieve	Weston	Lon H	U17	18. 00
37	Amelia	Darnell*	NEB	U17	18. 06
38	Evie	Harwood*	SMR	U15	18. 09
39	Phoebe	Crockford	Lon H	U15	18. 15
40	Meg	Naylor	Lon H	U15	18. 15
41	Cameron	Thomas	ESM	U15	18. 19
42	Martha	Hayward	ESM	U17	18. 28
43	Megan	Caswell	WG&EL	U15	18. 30
44	Eleanor	Found	Herts P	U15	18. 39
45	Isolde	Goffey	SMR	U15	18. 44
46	Chiara	Kaifero-Roberts	TVH	U17	19. 19
47	Emma	Hughes	E&H	U15	19. 23
48	Roisin	Lynch	ESM	U15	19. 30
49	Ashleigh	Harewood	TVH	U15	19. 32
50	Holly	Conroy-House	Lon H	U15	19. 32
51	Victoria	Peters	Barn	U15	19. 40
52	Kirsty	O'Rourke	Hill	U15	19. 47
53	Jennifer	Connelly	ESM	U17	19. 47
54	Rachel	Finke	Lon H	U15	19. 48
55	Kirsten	Brown	Herts P	U15	20. 32
56	Georgina	Newberry	Herts P	U15	20. 56
57	Lacey	Fuhr	WG&EL	U15	21. 10
58	Naomi	Conlon	Lon H	U15	21. 15
59	Leah	Kelly	ESM	U15	21. 26
60	Elena	Lambrianou	Barn	U15	22. 22
61	Analisa	Mack	Barn	U15	22. 22
62	Amy	Cullen	Trent P	U15	22. 37
63	Jasmine	Okoye	NEB	U15	22. 48
64	Phoebe	Fuhr	WG&EL	U15	22. 48
65	Esmé	McLellan	Hill	U15	23. 35

Under 17 Women Team Result

1	Shaftesbury Barnet Harriers	225
2	Thames Valley Harriers	224
3	Woodford Green with Essex Ladies	223
4	Enfield & Haringey	221
5	Shaftesbury Barnet Harriers 'B'	169
6	Ealing, Southall & Middlesex	160
7	Herts Phoenix	150
8	Victoria Park & Tower Hamlets	116
9	London Heathside	99
9	Woodford Green with Essex Ladies 'B'	99
11	Barnet & District	75
12	Hillingdon	71
13	Ealing, Southall & Middlesex 'B'	62
14	Enfield & Haringey 'B'	54
15	St Mary's Richmond	49
16	Thames Valley Harriers 'B'	37
17	Newham & Essex Beagles	32
18	Herts Phoenix 'B'	21
19	London Heathside 'B'	20
20	Trent Park RC	4

Under 17 Women League Positions

1	Thames Valley Harriers	441
2	Woodford Green with Essex Ladies	409
3	Enfield & Haringey	397
4	Shaftesbury Barnet Harriers	360
5	Ealing, Southall & Middlesex	314
6	Herts Phoenix	291
7	Victoria Park & Tower Hamlets	236
8	Shaftesbury Barnet Harriers 'B'	189
9	Woodford Green with Essex Ladies 'B'	137
10	London Heathside	127
11	Barnet & District	119
12	Thames Valley Harriers 'B'	118
13	Enfield & Haringey 'B'	114
14	Ealing, Southall & Middlesex 'B'	109
15	St Mary's Richmond	101
16	Hillingdon	92
17	Newham & Essex Beagles	74
18	Highgate Harriers	26
19	Herts Phoenix 'B'	21
20	London Heathside 'B'	20
21	Trent Park RC	4
22	Newham & Essex Beagles 'B'	2

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

Under 15 Girl's Individual Result

1	Isabella	Hoy	WG&EL	U15	15. 15
2	Beth	Forster	E&H	U15	15. 46
3	Angel	Grimes-McTavish	E&H	U15	15. 50
4	Rachel	Connory	E&H	U15	15. 59
5	Nicola	Ravenhill	ESM	U15	16. 17
6	Olivia	Janke	Hill	U15	16. 20
7	Lidia	Kyriacou	SB	U15	16. 25
8	Alice	Harray	TVH	U15	16. 29
9	Verity	Walker	TVH	U15	16. 29
10	Josephine	Chadwick	SB	U15	16. 46
11	Laura	Stewart	ESM	U15	16. 56
12	Laura	Stewart	VPH&TH	U15	17. 06
13	Daisy	Day-Fawcett	VPH&TH	U15	17. 08
14	Kayla	Michel	SB	U15	17. 34
15	Anna	Fuller	Herts P	U15	17. 35
16	Kyesha	Robinson	WG&EL	U15	17. 36
17	Maryam	Hussain	ESM	U15	17. 41
18	Ezelina	Owens	VPH&TH	U15	17. 50
19	Mia	Hirons	WG&EL	U15	17. 57
20	Evie	Harwood*	SMR	U15	18. 09
21	Phoebe	Crockford	Lon H	U15	18. 15
22	Meg	Naylor	Lon H	U15	18. 15
23	Cameron	Thomas	ESM	U15	18. 19
24	Megan	Caswell	WG&EL	U15	18. 30
25	Eleanor	Found	Herts P	U15	18. 39
26	Isolde	Goffey	SMR	U15	18. 44
27	Emma	Hughes	E&H	U15	19. 23
28	Roisin	Lynch	ESM	U15	19. 30
29	Ashleigh	Harewood	TVH	U15	19. 32
30	Holly	Conroy-House	Lon H	U15	19. 32
31	Victoria	Peters	Barn	U15	19. 40
32	Kirsty	O'Rourke	Hill	U15	19. 47
33	Rachel	Finke	Lon H	U15	19. 48
34	Kirsten	Brown	Herts P	U15	20. 32
35	Georgina	Newberry	Herts P	U15	20. 56
36	Lacey	Fuhr	WG&EL	U15	21. 10
37	Naomi	Conlon	Lon H	U15	21. 15
38	Leah	Kelly	ESM	U15	21. 26
39	Elena	Lambrianou	Barn	U15	22. 22
40	Analisa	Mack	Barn	U15	22. 22
41	Amy	Cullen	Trent P	U15	22. 37
42	Jasmine	Okoye	NEB	U15	22. 48
43	Phoebe	Fuhr	WG&EL	U15	22. 48
44	Esmé	McLellan	Hill	U15	23. 35

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

Women's Results

1	Rachel	Felton	SB	V35	21. 06	
2	Gemma	Kersey	Basil	S	21. 16	Gst
3	Elizabeth	Mooney	Camb U	U20	22. 07	Gst
4	Elizabeth	Janes	Herts P	S	22. 17	
5	Rebekah	Gardiner	SB	S	22. 25	
6	Naomi	Taschimowitz*	SB	S	22. 36	
7	Hannah	Viner	High	U20	22. 39	
8	Katy	Hedgethorpe	Camb U	S	22. 40	Gst
9	Ni'ia	Hothershall	Lon H	S	22. 41	
10	Sarah	Pemberton	Serp	S	22. 43	
11	Sarah	Lovewell	Camb U	U20	22. 50	Gst
12	Esther	Evans	High	V40	22. 51	
13	Tas	Pope	Camb U	U20	22. 52	Gst
14	Tracy	Barlow	TVH	S	22. 53	
15	Harriot	Brock	High	U20	22. 56	
16	Imogen	Turner*	High	S	23. 00	
17	Emily	Moss	WG&EL	S	23. 09	
18	Ashley	Scott	High	S	23. 14	
19	Lisa	da Silva	TVH	S	23. 22	
20	Georgia	Tunckfield	Chelms	U20	23. 28	Gst
21	Julia	Davis	Morn	S	23. 32	
22	Emma	Dixon*	High	U20	23. 34	
23	Joanne	Kent	Barn	V45	23. 39	
24	Karen	Murphy	Barn	V45	23. 40	
25	Eva	Mack	Hill	S	23. 45	
26	Jo	Singer	VPH&TH	V40	23. 51	
27	Helen	O'Neile	Hill	S	23. 57	
28	Ruby	Woolfe	Camb U	U20	24. 01	Gst
29	Rachel	Seckl	Lon H	U20	24. 02	
30	Emily	Ruane	Herts P	U20	24. 03	
31	Emma	Burgess	High	S	24. 06	
32	Rachel	Newstead	Lon H	S	24. 06	
33	Victoria	Walker	SB	S	24. 13	
34	Felicity	Eperon	Camb U	S	24. 15	Gst
35	Suzanne	Turvey*	WG&EL	S	24. 16	
36	Cathy	Jeremiah	Lon H	S	24. 17	
37	Marta	Bagnati	Serp	S	24. 19	
38	Sue	Bint	VPH&TH	V35	24. 23	
39	Rachel	Lund	WG&EL	S	24. 25	
40	Steph	Wigram	Hill	S	24. 27	
41	Natalie	Connor	SB	U20	24. 27	
42	Anna	Clark	WG&EL	U20	24. 28	
43	Rebecca	Bunting	Lon H	S	24. 29	
44	Hannah	Wells	Hill	S	24. 30	
45	Leigh	James*	Lon H	S	24. 31	
46	Fiona	Kennedy	ESM	V55	24. 31	
47	Victoria	Dawes	SB	V40	24. 36	
48	Kat	Mertens	ESM	S	24. 36	
49	Megan	Roberts	Serp	S	24. 38	
50	Joanna	Mobed	TVH	S	24. 40	
51	Natasha	Sheel	Serp	S	24. 58	
52	Kate	Curran	Camb U	U20	25. 01	Gst
53	Nadia	Ogilvie	Camb U	U20	25. 09	Gst
54	Siana	Jones	TVH	S	25. 11	
55	Rosalind	Leese	Serp	S	25. 15	
56	Sarah	Richardson	ESM	V40	25. 15	
57	Kathryn	Chapman*	Herts P	V40	25. 21	
58	Nicola	Shelley	ESM	S	25. 23	
59	Ivana	Olachova	Serp	S	25. 25	
60	Lizzie	Parry	Herts P	U20	25. 26	
61	Alicia	Found	Herts P	U20	25. 29	
62	Natasha	Taylor	Herts P	S	25. 34	
63	Margaret	Cooper	SB	V45	25. 37	
64	Lara	Brine	Unatt	S	25. 39	Gst
65	Louise	Faherty	High	V35	25. 40	
66	Natalie	Young	E&H	S	25. 41	
67	Lily	Beckford	Lon H	U20	25. 43	
68	Charlotte	Maling	VPH&TH	S	25. 44	
69	Katherine	March	Barn	V35	25. 45	

Women's Division One Team Result

1	Highgate Harriers	304
2	Shaftesbury Barnet Harriers	285
3	London Heathside	252
4	Serpentine RC	200
5	Thames Valley Harriers	179
5	Woodford Green with Essex Ladies	179
7	Ealing, Southall & Middlesex	125
8	London Heathside 'B'	102
9	Highgate Harriers 'B'	72
9	Serpentine RC 'B'	72

Women's Division One League Positions

1	Highgate Harriers	558
2	Shaftesbury Barnet Harriers	527
3	London Heathside	504
4	Serpentine RC	466
5	Woodford Green with Essex Ladies	353
6	Thames Valley Harriers	285
7	Ealing, Southall & Middlesex	217
8	Serpentine RC 'B'	208
9	London Heathside 'B'	197
10	Highgate Harriers 'B'	108

Women's Division Two Team Result

1	Barnet & District	217
1	Hillingdon	217
3	Victoria Park & Tower Hamlets	209
4	Mornington Chasers	169
5	London Heathside 'C'	159
6	Serpentine RC 'C'	82
7	Enfield & Haringey	71
8	Woodford Green with Essex Ladies 'B'	34
9	Metropolitan Police	28
10	Newham & Essex Beagles	11

Women's Division Two League Positions

1	Victoria Park & Tower Hamlets	538
2	Barnet & District	524
3	Hillingdon	452
4	Serpentine RC 'C'	371
5	London Heathside 'C'	361
6	Mornington Chasers	301
7	Woodford Green with Essex Ladies 'B'	171
8	Newham & Essex Beagles	156
9	Metropolitan Police	136
10	Enfield & Haringey	123

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

70	Hannah	Hull	Camb U	U20	25.47	Gst	Women's Division Three Team Result			
71	Jade	Harding	Camb U	U20	25.50	Gst				
72	Alina	Ripanu	SB	S	25.51			1	Herts Phoenix	238
73	Bridget	Napleton	Lon H	V45	25.54			2	Herts Phoenix 'B'	216
74	Karen	Gregory	Serp	S	25.56			3	Barnet & District 'B'	182
75	Isabel	Found	Herts P	U20	26.02			4	London City	159
76	Yanna	Raykov	Lon H	U20	26.06			5	Hillingdon 'B'	157
77	Emma	Elston	Camb U	U20	26.12	Gst		6	Thames Valley Harriers 'B'	145
78	Victoria	Brown	Serp	V35	26.15			7	London Frontrunners	144
79	Fiona	Russell	Morn	V45	26.30			8	Shaftesbury Barnet Harriers 'B'	143
80	Jackie	Wastell	Lon H	V50	26.31			9	Mornington Chasers 'B'	86
81	Maire	Gorman	TVH	S	26.36			10	Ealing, Southall & Middlesex 'B'	69
82	Rachel	Morrison	VPH&TH	S	26.40			11	London Frontrunners 'B'	56
83	Sarah	Boxer	Barn	V50	26.43			12	Victoria Park & Tower Hamlets 'B'	32
84	Lyndall	Alston	Lon H	S	26.45		13	Garden City Runners	24	
85	Madeleine	Pritchard	FVS	U17	26.45	Gst	Women's Division Three League Positions			
86	Jane	Higgins	Lon H	S	26.50		1	Herts Phoenix	364	
87	Sarah	Knox	Serp	V40	26.54		2	Herts Phoenix 'B'	283	
88	Lisa	Gaul	Barn	S	27.01		3	London City	271	
89	Jenny	Thomas	WG&EL	V45	27.04		4	Barnet & District 'B'	219	
90	Cath	Perry	Barn	V35	27.08		5	Hillingdon 'B'	217	
91	Emilia	Vyinycky	Lon H	V45	27.11		6	London Frontrunners	215	
92	Nicola	McGlennon	Serp	V35	27.12		7	Thames Valley Harriers 'B'	146	
93	Rebecca	Frake	Camb U	S	27.13	Gst	8	Shaftesbury Barnet Harriers 'B'	143	
94	Anna	Waterman	Morn	S	27.19		9	Ealing, Southall & Middlesex 'B'	88	
95	Lauren	Morris	TVH	V35	27.20		10	Mornington Chasers 'B'	86	
96	Francesca	Jannetta	Serp	S	27.21		11	London Frontrunners 'B'	60	
97	Helen	Croydon	VPH&TH	V35	27.23		11	Victoria Park & Tower Hamlets 'B'	60	
98	Alice	Lighton	Lon H	S	27.28		13	Ealing Eagles	35	
99	Hannah	Cork	TVH	V35	27.29		14	London City 'B'	33	
100	Christine	Meek	ESM	V55	27.39		15	Garden City Runners	24	
101	Sandra	Ahrensfeld	Serp	V40	27.43		Veteran Women's Division One Team Result			
102	Jemma	Weekes	Hill	S	27.45		1	Barnet & District	162	
103	Caroline	White	Lon H	V55	27.49		2	Ealing, Southall & Middlesex	139	
104	Elizabeth	Doyle	Herts P	S	27.58		3	London Heathside	135	
105	Catherine	Doherty	Lon H	S	27.59		4	Serpentine RC	132	
106	Caroline	Boyle	Lon H	V35	27.59		5	London Heathside 'B'	93	
107	Helen	Hoyle	Barn	V45	28.01		6	Mornington Chasers	85	
108	Jessica	Bass	TVH	V35	28.04		7	Woodford Green with Essex Ladies	74	
109	Sarah	Wharton	Lon C	S	28.06		8	Hillingdon	52	
110	Kat	Kruse	Met P	S	28.10		9	Serpentine RC 'B'	39	
111	Sarah	Hopwood	Serp	S	28.11		10	Serpentine RC 'C'	6	
112	Carol	Jones	ESM	V55	28.12		Veteran Women's Division One League Positions			
113	Andrea	Taylor	Hill	S	28.15		1	Barnet & District	327	
114	Katy	Moore	E&H	S	28.17		2	Serpentine RC	311	
115	Alex	Wardle	WG&EL	V45	28.23		3	London Heathside	307	
116	Avril	Riddell	Morn	V60	28.26		4	Ealing, Southall & Middlesex	298	
117	Anita	Gardener	Lon FR	S	28.30		5	Woodford Green with Essex Ladies	203	
118	Nicola	Froud	Barn	V45	28.38		6	London Heathside 'B'	188	
119	Agi	Palanki	Lon H	V35	28.44		7	Mornington Chasers	171	
120	Noelle	O'Regan	Lon H	S	28.45		8	Serpentine RC 'B'	167	
121	Jo	Irwin	Lon H	V40	28.45		9	Hillingdon	117	
122	Jen	Cassidy	Lon C	S	28.48		10	Serpentine RC 'C'	85	
123	Louise	Waldman	Lon H	V50	28.53					
124	Lesley	Conway	Hill	V55	28.54					
125	Frederike	Zeltner	Lon C	S	28.59					
126	Caroline	Ringrow	Serp	S	29.04					
127	Kate	Stockings	WG&EL	S	29.05					
128	Donna	Nash	Hill	V45	29.06					
129	Lizzy	Sisley	TVH	S	29.08					
130	Edyta	Szot	Lon H	V35	29.09					
131	Jayne	Shepherd*	Herts P	V55	29.10					
132	Sarah	Brogden	Morn	S	29.10					
133	Katey	Ross	Barn	V40	29.12					
134	Chloe	Alder	Lon H	V35	29.22					
135	Nicola	Heron	Morn	S	29.28					
136	Jen	Kerrison	Lon FR	V35	29.30					
137	Karen	Horswood	WG&EL	V50	29.32					
138	Cecilia	Martinez	SB	S	29.34					
139	Fiona	Holland	Lon H	V55	29.35					
140	Emily	Neilan	Serp	S	29.37					

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

141	Richella	Doyle	Serp	V35	29. 39
142	Miranda	Cook	Lon FR	V40	29. 40
143	June	Barrow-Green	VPH&TH	V60	29. 44
144	Fallon	Everitt	High	S	29. 48
145	Frankie	Longstaff	Lon FR	S	29. 49
146	Anne	Caspi	Morn	V50	29. 50
147	Pauline	Fischer	Hill	V55	29. 55
148	Alison	Tay	Lon C	S	30. 00
149	Patricia	Thomas	ESM	V50	30. 01
150	Natasha	Cendrowicz	High	V40	30. 04
151	Lucy	McGuinness	High	V45	30. 07
152	Davina	Gutteridge	Barn	V45	30. 14
153	Gillian	Morgan	ESM	V50	30. 16
154	Natalie	Traylen	NEB	V35	30. 18
155	Yvonne	Jones	GCR	V50	30. 21
156	Justine	Thorpe	Herts P	V40	30. 34
157	Jenny	McDonagh	Barn	S	30. 46
158	Nadia	Atia	Lon FR	S	30. 53
159	Rafaele	Lamour	Morn	V40	31. 03
160	Stephanie	Vaatz	Serp	V35	31. 08
161	Shelly	Fennell	Lon H	V50	31. 10
162	Baiju	McCubbins	Serp	V50	31. 26
163	Kate	Phillips	Barn	V40	31. 28
164	Philippa	Horton	Barn	S	31. 34
165	Julia	Gristwood	ESM	V55	31. 36
166	Nicki	Staton	Barn	V50	31. 42
167	Emma	Salmon	Barn	S	31. 44
168	Nicola	Kerr	Serp	V40	32. 05
169	Heather	Dawson	Barn	V40	32. 09
170	Lucy	D'mello	Lon FR	S	32. 44
171	Alison	Harrow	Lon H	V45	32. 56
172	Laura	Boothman	Lon H	V35	33. 58
173	Julia	Robinson	Lon FR	S	34. 18
174	Mary	Brown	Barn	V50	34. 24
175	Juliete	Pennington	Serp	V35	34. 26
176	Sarah	Ou	Lon FR	V35	34. 49
177	Helene	Kehoe	Lon H	V50	35. 43
178	Sandra	Berti	Herts P	V55	35. 59
179	Christine	Read*	E&H	V50	36. 13
180	Margaret	Butler	Barn	V50	36. 53
181	Barbara	Maddison	TVH	V50	37. 13
182	Teresa	Griffith	Serp	V50	37. 35
183	Sharon	Talbot	Hill	V45	37. 40
184	Claire	Crout	Barn	V50	37. 46
185	Euphemia	Scott	TVH	V50	38. 44
186	Christine	Munden	TVH	V40	39. 01
187	Maureen	Shirley	Barn	V65	39. 13
188	Sophia	Gamez	Lon FR	V40	39. 54

Veteran Women's Division Two Team Result

1	Victoria Park & Tower Hamlets	58
2	Shaftesbury Barnet Harriers	51
3	Highgate Harriers	48
4	London Frontrunners	26
5	Ealing, Southall & Middlesex 'B'	18
6	Newham & Essex Beagles	5
7	Garden City Runners	4

Veteran Women's Division Two League Positions

1	Victoria Park & Tower Hamlets	97
2	Shaftesbury Barnet Harriers	79
3	Highgate Harriers	71
4	London Frontrunners	32
5	Ealing, Southall & Middlesex 'B'	30
6	Newham & Essex Beagles	17
7	Garden City Runners	4
8	Metropolitan Police	0
8	Mornington Chasers 'B'	0
8	Woodford Green with Essex Ladies 'B'	0

Veteran Women's Division Three Team Result

1	Barnet & District 'B'	73
2	Thames Valley Harriers	64
3	Herts Phoenix	60
4	Enfield & Haringey	7
5	Thames Valley Harriers 'B'	5

Veteran Women's Division Three League Positions

1	Barnet & District 'B'	103
2	Thames Valley Harriers	98
3	Herts Phoenix	87
4	London City	26
5	Ealing Eagles	21
6	Enfield & Haringey	18
7	Hillingdon 'B'	12
8	Victoria Park & Tower Hamlets 'B'	8
9	Thames Valley Harriers 'B'	5

U20 Women's Individual Result

1	Hannah	Viner	High	U20	22. 39
2	Harriot	Brock	High	U20	22. 56
3	Emma	Dixon*	High	U20	23. 34

Veteran Women's Individual Result

1	Rachel	Felton	SB	V35	21. 06
2	Esther	Evans	High	V40	22. 51
3	Joanne	Kent	Barn	V45	23. 39

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

Men's Results

1	Michael	Callegari	SB	U20	25. 29	
2	John	Beattie	NEB	S	25. 30	
3	Nicholas	Torry	Serp	S	25. 31	
4	Kevin	Seaward	Card	S	25. 32	Gst
5	Adam	Hickey	S'end	S	25. 38	Gst
6	Shaun	Dixon	High	S	25. 46	
7	Glenn	Hughes	Serp	S	25. 48	
8	Frank	Baddick	NEB	S	25. 56	
9	Matt	Leach	Camb U	S	25. 59	Gst
10	Alex	Short	Camb U	S	26. 17	Gst
11	Dan	Watts	SB	S	26. 22	
12	John	Eves*	Herts P	S	26. 27	
13	Ben	Noad	High	S	26. 35	
14	Paulos	Asgodom	E&H	U20	26. 42	
15	Alex	Milne	E&H	S	26. 44	
16	Michael	Christoforou	E&H	S	26. 51	
17	Tom	Philips	WG&EL	S	26. 52	
18	Richard	Phillips	Serp	S	26. 56	
19	Kelvin	Gomez	Camb U	S	26. 58	Gst
20	Tomas	Stasionis*	VPH&TH	S	27. 00	
21	Robert	Thompson	Hill	S	27. 05	
22	Tom	Beedell	WG&EL	S	27. 06	
23	Phillip	Crout	SB	U20	27. 08	
24	Jonathan	Poole	Serp	S	27. 11	
25	Sam	Humphrey	VPH&TH	S	27. 16	
26	Jamie	Taylor-Caldwell	ESM	S	27. 21	
27	Hugh	Torry	Serp	S	27. 28	
28	Petros	Asgodom	E&H	U20	27. 31	
29	Josh	Carr	Camb U	S	27. 32	Gst
30	Huw	Lobb*	Serp	S	27. 33	
31	Robert	Wilson	High	S	27. 34	
32	Andrew	Lawrence*	High	S	27. 38	
33	John	Franklin	Serp	S	27. 39	
34	Jake	Waldron	NEB	S	27. 40	
35	Ben	Waterman	ESM	S	27. 43	
36	Patrick	Roddy	Camb U	U20	27. 44	Gst
37	Jonny	Laybourn	High	S	27. 46	
38	Harold	Wyber	WG&EL	S	27. 48	
39	Tom	Aldred	Lon H	S	27. 49	
40	Michael	Wright	Barn	S	27. 51	
41	Tomaz	Plibersek	WG&EL	S	27. 54	
42	Brahma	Pochee	High	S	27. 54	
43	Adam	Kirk-Smith	Lon H	S	27. 55	
44	Peter	Townsend	Herts P	S	27. 59	
45	Alexander	Davy*	Serp	S	28. 01	
46	Gavin	Lewis	WG&EL	S	28. 01	
47	Fergal	Smithwick	High	S	28. 03	
48	Mohamed	Hashi	ESM	S	28. 08	
49	Dave	Morgan	Serp	S	28. 10	
50	Mark	Nelson	Camb U	S	28. 13	Gst
51	Not	Declared	SB		28. 15	Gst
52	Donatas	Tumaitis	WG&EL	S	28. 18	
53	James	Laing	Hill	S	28. 19	
54	Martin	Bateman	Hill	S	28. 22	
55	Richard	Ollington	Camb U	S	28. 23	Gst
56	Stephan	Wenk	WG&EL	S	28. 24	
57	David	Buglass	Camb U	U20	28. 25	Gst
58	Adam	Villard	SMR	S	28. 29	
59	Christopher	Hepworth	ESM	S	28. 32	
60	Matthew	Grant	SB	S	28. 34	
61	Dale	Clutterbuck*	NEB	S	28. 34	
62	Dominic	Smith	High	S	28. 35	
63	Joe	Bowness	Camb U	U20	28. 40	Gst
64	Tom	Heslop	VPH&TH	S	28. 42	
65	Conor	Kissane-Wood	SMR	U20	28. 43	
66	Daniel	Steel	WG&EL	S	28. 43	
67	Canaan	Solomon	WG&EL	U17	28. 47	Gst
68	Chris	Norris	Lon H	S	28. 49	
69	Joe	Dale	VPH&TH	S	28. 49	

Men's Division One Team Result

1	Serpentine RC	1093
2	Highgate Harriers	1014
3	Woodford Green with Essex Ladies	973
4	London Heathside	695
5	Shaftesbury Barnet Harriers	648
6	Victoria Park & Tower Hamlets	622
7	Newham & Essex Beagles	604
8	Hillingdon	567
9	Ealing, Southall & Middlesex	507
10	Serpentine RC 'B'	298

Men's Division One League Positions

1	Highgate Harriers	2147
2	Serpentine RC	2063
3	Woodford Green with Essex Ladies	1907
4	Shaftesbury Barnet Harriers	1447
5	London Heathside	1381
6	Hillingdon	1268
7	Victoria Park & Tower Hamlets	1225
8	Newham & Essex Beagles	1110
9	Ealing, Southall & Middlesex	946
10	Serpentine RC 'B'	548

Men's Division Two Team Result

1	Woodford Green with Essex Ladies 'B'	1104
2	London Heathside 'B'	1025
3	Barnet & District	1003
4	Enfield & Haringey	916
5	Highgate Harriers 'B'	826
6	Herts Phoenix	781
7	London Heathside 'C'	762
8	Thames Valley Harriers	752
9	Mornington Chasers	646
10	Serpentine RC 'C'	644

Men's Division Two League Positions

1	Barnet & District	2242
2	Woodford Green with Essex Ladies 'B'	2237
3	London Heathside 'B'	2101
4	Enfield & Haringey	1942
5	Highgate Harriers 'B'	1900
6	Thames Valley Harriers	1758
7	Herts Phoenix	1636
8	London Heathside 'C'	1600
9	Mornington Chasers	1458
10	Serpentine RC 'C'	1252

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

70	Angus	Holford	WG&EL	S	28.49	
71	Niall	Sheehan	NEB	S	28.49	
72	Daniel	Thompson	Hill	S	28.52	
73	Andrew	Leach	Camb U	V50	28.58	Gst
74	George	Stewart	Lon H	V45	28.59	
75	Peter	Downie	High	S	28.59	
76	Tom	Christopher	High	S	29.00	
77	Wayne	Bell	NEB	S	29.00	
78	Simon	Barrett	Serp	S	29.02	
79	Simon	Beedell	WG&EL	S	29.06	
80	Matt	Convery	Lon H	S	29.09	
81	Alex	Cloona	Herts P	S	29.10	
82	Steven	Prosser*	Herts P	S	29.11	
83	Tony	Russell	WG&EL	S	29.12	
84	Oliver	Kean	High	S	29.12	
85	Andrew	Reeves	Serp	V40	29.14	
86	James	Wooldridge	Lon H	U20	29.15	
87	Tim	Gordon	Camb U	S	29.19	Gst
88	Andrew	Orr	Serp	S	29.19	
89	Ian	Warren	VPH&TH	S	29.22	
90	Antoine	Magre	Camb U	U20	29.25	Gst
91	Neil	Cook	VPH&TH	S	29.30	
92	Rob	Cox	WG&EL	S	29.31	
93	Ben	Rochford	SB	U20	29.31	
94	Darryl	Davison	High	S	29.34	
95	Luke	McMullan	High	S	29.35	
96	Daniel	De Palol	Serp	V40	29.36	
97	Simon	Connell	Hill	V40	29.36	
98	Joe	Everitt	WG&EL	S	29.44	
99	Petros	Giannaros	Camb U	S	29.48	Gst
100	Edward	Campbell	Hill	S	29.49	
101	Sean	Renfer	TVH	S	29.50	
102	Dan	Madams	Lon H	V40	29.50	
103	Bertie	Powell	WG&EL	S	29.52	
104	Des	Moore	Camb U	V40	29.52	Gst
105	Mike	Stocks	Lon H	V45	29.54	
106	Nathan	Wilkins	Serp	S	29.55	
107	Billy	Kelsey	SB	U20	29.55	
108	Luke	Nicholas	ESM	S	29.56	
109	Chris	Shepherd	WG&EL	S	29.56	
110	John	McSeveny	Morn	S	29.56	
111	Alex	Dickinson	Camb U	S	29.58	Gst
112	Mike	Dooley	Hill	V45	29.59	
113	Andrew	Brooker	Lon H	S	30.00	
114	Connor	Johnston	VPH&TH	S	30.01	
115	Kai	Hugtenburg	Camb U	U20	30.03	Gst
116	Martin	Potter	Lon H	V45	30.03	
117	Lee	Reynolds	Unatt	S	30.04	Gst
118	Richard	McCormick	Barn	V50	30.06	
119	Duncan	Burbidge	High	V40	30.09	
120	Simon	Nash	Lon H	S	30.10	
121	Oliver	Garner	Camb U	U20	30.10	Gst
122	Peter	Flewitt	ESM	V40	30.12	
123	Simon	Fricke	Met P	S	30.12	
124	Francis	Scarr	Camb U	U20	30.13	Gst
125	Tim	Calliafas	Camb U	U20	30.13	Gst
126	Harry	Matthews	SMR	U20	30.16	
127	Ryan	McCrickerd	Lon H	S	30.18	
128	Richard	Mann	Hill	S	30.19	
129	George	Ramsay	Camb U	S	30.20	Gst
130	Joe	Egan	VPH&TH	S	30.20	
131	Daniel	Mann	WG&EL	S	30.23	
132	Michael	Potticary	SB	S	30.24	
133	Laurent	Liote	High	S	30.25	
134	John	McKeane	High	S	30.26	
135	Chris	Hartley	Lon H	V50	30.27	
136	James	Hughes	ESM	S	30.29	
137	Will	Morris	Barn	S	30.32	
138	Manuel	da Silva	TVH	S	30.36	
139	Costa	Michael	Barn	V50	30.37	
140	Andy	Barber	NEB	V40	30.37	

Men's Division Three Team Result

1	London Frontrunners	1062
2	London Frontrunners 'B'	864
3	Woodford Green with Essex Ladies 'C'	851
4	Garden City Runners	815
5	Hillingdon 'B'	800
6	Barnet & District 'B'	787
7	Metropolitan Police	726
8	St Mary's Richmond	706
9	London City	567
10	Harlow RC	560
11	Ealing, Southall & Middlesex 'B'	541
12	Victoria Park & Tower Hamlets 'B'	459
13	Thames Valley Harriers 'B'	243
14	Shaftesbury Barnet Harriers 'B'	172
15	Enfield & Haringey 'B'	65
16	Metropolitan Police 'B'	53
17	Mornington Chasers 'B'	44
18	Herts Phoenix 'B'	42
19	Highgate Harriers 'C'	40
20	Ealing Eagles	35
21	Garden City Runners 'B'	4

Men's Division Three League Positions

1	London Frontrunners	2080
2	Hillingdon 'B'	1659
3	London Frontrunners 'B'	1628
4	Woodford Green with Essex Ladies 'C'	1550
5	Barnet & District 'B'	1465
6	Metropolitan Police	1322
7	St Mary's Richmond	1249
8	Victoria Park & Tower Hamlets 'B'	1186
9	Garden City Runners	965
10	London City	907
11	Harlow RC	807
12	Ealing, Southall & Middlesex 'B'	759
13	Shaftesbury Barnet Harriers 'B'	704
14	Thames Valley Harriers 'B'	634
15	Ealing Eagles	339
16	Highgate Harriers 'C'	316
17	Enfield & Haringey 'B'	162
18	Herts Phoenix 'B'	120
19	Metropolitan Police 'B'	53
20	Mornington Chasers 'B'	44
21	Garden City Runners 'B'	4

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

141	Jamie	Hogg	Serp	V40	30.38		Veteran Men's Division One Team Result		
142	Sam	Thompson	Lon H	S	30.38				
143	Roger	Reid	Serp	V45	30.40		1	London Heathside	383
144	Niall	Devlin	Camb U	U20	30.42	Gst	2	Serpentine RC	339
145	Nicola	Barberis Negra	Serp	S	30.42		3	London Heathside 'B'	300
146	Sebastian	Buhs	Serp	S	30.43		4	Barnet & District	273
147	Robert	Rigby	SB	V50	30.44		5	Hillingdon	254
148	Matt	Collins	Lon H	S	30.44		6	London Heathside 'C'	217
149	Mark	Anderson	Lon H	S	30.46		7	Woodford Green with Essex Ladies	213
150	Louis	Clark	WG&EL	S	30.50		8	Ealing, Southall & Middlesex	170
151	Sergio	Gonzalez Manzanique	Serp	S	30.52		9	Thames Valley Harriers	144
152	Michael	Duffy	Morn	S	30.55		10	Highgate Harriers	102
153	David	Jones	VPH&TH	S	30.56				
154	Andrew	Puopolo	High	U20	30.57		Veteran Men's Division One League Positions		
155	Hugh	Wilson	Camb U	S	30.57	Gst	1	London Heathside	738
156	Rajesh	Patel	Barn	S	30.57		2	Serpentine RC	629
157	Ted	Ntibazonkiza	SB	U20	30.58		3	London Heathside 'B'	583
158	Christian	Nielsen	TVH	S	30.59		4	Barnet & District	581
159	Paul	Greaves	Herts P	V45	30.59		5	Woodford Green with Essex Ladies	547
160	Edward	Price	Barn	S	30.59		6	Hillingdon	507
161	Will	Bowers	Camb U	S	31.01	Gst	7	London Heathside 'C'	406
162	Chris	Ingram	Hill	S	31.01		8	Ealing, Southall & Middlesex	286
163	Dave	Cox	WG&EL	V60	31.03		9	Highgate Harriers	279
164	Rob	Wilbraham	WG&EL	S	31.05		10	Thames Valley Harriers	276
165	Kevin	Walden	SB	S	31.06				
166	Sam	Blanshard	Hill	S	31.10				
167	Jared	Bethell	Harl RC	S	31.11				
168	Henry	McTernan	Camb U	U20	31.11	Gst	Veteran Men's Division Two Team Result		
169	Shane	Cullinan	Lon FR	V40	31.14		1	London Frontrunners	170
170	Steve	Armstrong	Lon H	V40	31.14		2	Garden City Runners	150
171	Ray	Dzikowski	WG&EL	V50	31.16		3	Herts Phoenix	122
172	Tom	Fancett	Lon H	S	31.17		4	Serpentine RC 'B'	109
173	Daire	Brennan	E&H	S	31.21		5	Shaftesbury Barnet Harriers	99
174	Peter	Sarkies	TVH	S	31.25		6	Metropolitan Police	94
175	Andy	Holt	GCR	V50	31.27		7	Hillingdon 'B'	82
176	Finlay	Gall	VPH&TH	S	31.31		8	Victoria Park & Tower Hamlets	55
177	Paul	Wyatt	Met P	V40	31.32		9	Thames Valley Harriers 'B'	22
178	Simeon	Bennett	VPH&TH	S	31.34				
179	George	Bettsworth*	NEB	U20	31.39				
180	Bartosz	Porzuczek	Serp	S	31.40		Veteran Men's Division Two League Positions		
181	Julian	Lamy	SB	U20	31.40		1	London Frontrunners	327
182	Philip	Eldridge	NEB	S	31.40		2	Herts Phoenix	246
183	Dave	Browne	Lon H	V50	31.41		3	Serpentine RC 'B'	208
184	Ronan	Breen	SB	V40	31.42		4	Shaftesbury Barnet Harriers	202
185	Joel	Northcott	Lon FR	S	31.43		5	Metropolitan Police	160
186	Jeff	Bannister	Morn	S	31.45		6	Hillingdon 'B'	156
187	Andy	Hutson	VPH&TH	S	31.47		7	Garden City Runners	153
188	Russell	Casey	GCR	S	31.47		8	Victoria Park & Tower Hamlets	116
189	David P	Evans	Serp	S	31.48		9	Thames Valley Harriers 'B'	38
190	Richard	Silverton	Morn	S	31.48		10	Shaftesbury Barnet Harriers 'B'	0
191	Gavin	Evans	Lon H	V50	31.48				
192	Nick	Andrews*	WG&EL	S	31.49				
193	Simon	Buckley	Serp	S	31.49				
194	Kirit	Patel	Lon FR	V40	31.49				
195	Peter	Caton	WG&EL	S	31.56				
196	Mike	Walker	Barn	S	31.58				
197	Tom	Fallon	E&H	S	31.59				
198	Neill	Hughes	GCR	V45	32.02				
199	Paul	Graham*	SMR	V40	32.12				
200	Rob	Lowe	Harl RC	V45	32.14				
201	Gideon	Reid	Serp	S	32.14				
202	Simon	Baptist	TVH	S	32.14				
203	Tom	Yates	ESM	S	32.16				
204	Rob	Shulman	Lon H	V45	32.18				
205	Richard	Macaulay	Lon H	S	32.18				
206	Joe	Gilbert	ESM	U20	32.18				
207	Marten	Van der Hoeven	High	S	32.19				
208	Dominic	Jackson	Lon H	V50	32.19				
209	Jonathan	Moscrop	Lon FR	V40	32.21				
210	Jonathan	Hopkin	Lon H	V45	32.21				
211	Tim	Edwards	Barn		32.21	Gst			

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

212	Steven	Artist	Lon FR	S	32. 21	
213	Ciaran	Williams	Serp	S	32. 23	
214	Gary	Bagnall	VPH&TH	V40	32. 23	
215	Stuart	Meiklejohn	Lon H	S	32. 23	
216	Conrad	Addo*	Serp	S	32. 27	
217	Liam	Hendry	E&H	S	32. 31	
218	Raoul	Mansukhani	Serp	V40	32. 32	
219	James	Steel	ESM	V45	32. 34	
220	James	Edgar	Serp	S	32. 34	
221	Alan	Whatmough	Lon H	S	32. 34	
222	Jonathan	Litchfield	Lon H	S	32. 36	
223	Martin	Richardson	Serp	S	32. 36	
224	George	O'Neill	Lon FR	V40	32. 36	
225	David	Crout	Barn	V45	32. 37	
226	Norman	Mitchell	Lon H	V50	32. 42	
227	Mario	Cadete	Lon H	V40	32. 42	
228	Jonathan	Haynes*	Herts P	V55	32. 46	
229	Alex	Burton	SMR	S	32. 47	
230	Nelson	Wandasiewicz	Lon H	S	32. 48	
231	Dave	Wilcock	Barn	V60	32. 48	
232	Tony	Killilea	Lon H	V50	32. 49	
233	Julian	Russell	WG&EL	S	32. 50	
234	Akira	Anzai-Jackson	ESM	S	32. 51	
235	Alan	Rugg	WG&EL	V55	32. 52	
236	Not	Declared	SB		32. 54	Gst
237	Not	Declared	?		32. 56	Gst
238	Andrew	Dunderdale	Lon H	S	32. 58	
239	Greg	Bennett	TVH	V40	32. 59	
240	Daniel	Digweed	Barn	S	33. 00	
241	Jon	Medcraft	VPH&TH	S	33. 02	
242	Adam	Ibrahim	Lon H	S	33. 02	
243	Andrew	Farrell	Lon C	V40	33. 02	
244	Will	Walldorf	Camb U	S	33. 05	Gst
245	Gareth	Marshall	Lon H	S	33. 06	
246	Nigel	Rowe	Met P	V50	33. 06	
247	Ian	Gordon	Morn	S	33. 06	
248	Lee	Connor	Lon H	V45	33. 06	
249	Andrew	Duncan	Camb U	S	33. 07	Gst
250	Romain	Benvenuto	Serp	S	33. 07	
251	Tim	Marshall	Lon H	S	33. 09	
252	Not	Declared	SB		33. 10	Gst
253	Adrian	Cathersides	Morn	S	33. 10	
254	David	Newman	Hill	V50	33. 11	
255	William	McAvock	Serp	V45	33. 18	
256	Stephane	Schneider	Serp	S	33. 23	
257	Ray	Yau	Lon H	V40	33. 25	
258	Richard	Somerset	GCR	V45	33. 27	
259	Robert	Brown	ESM	V45	33. 28	
260	Jo	McKeown	Lon H	S	33. 30	
261	Behrooz	Monir	E&H	S	33. 31	
262	Pete	Brewin	Harl RC	S	33. 31	
263	Paul	Leppard	Hill	S	33. 31	
264	Karl	Hayer	Lon FR	V40	33. 32	
265	Mike	Wilson	TVH	V55	33. 32	
266	Tim	Renshaw	Serp	S	33. 33	
267	Martin	Bright	High	V45	33. 33	
268	Peter	Clarke	Serp	V45	33. 35	
269	Jack	Lambdon	Lon FR	S	33. 37	
270	Fraser	Johnson	Serp	V40	33. 39	
271	Tim	Butler	Barn	V50	33. 39	
272	Martin	Shelley	ESM	S	33. 40	
273	Richard	Wingfield	Lon FR	S	33. 40	
274	Steve	Hirons	Hill	V50	33. 40	
275	Kris	Milovsorov	Lon H	S	33. 41	
276	Peter	Ellis	Barn	V55	33. 41	
277	Rob	Walker	High	S	33. 42	
278	Andrew	Patterson	Hill	S	33. 42	
279	Chris	Gibbons	Lon FR	S	33. 47	
280	Jim	Connell	Lon H	V40	33. 49	
281	John	Lynch	Morn	V55	33. 50	
282	Not	Declared	SB		33. 52	Gst

Veteran Men's Division Three Team Result

1	Barnet & District 'B'	221
2	Woodford Green with Essex Ladies 'B'	190
3	London Fronrunners 'B'	178
4	Mornington Chasers	169
5	Harlow RC	119
6	London City	107
7	Ealing, Southall & Middlesex 'B'	96
8	Newham & Essex Beagles	64
9	St Mary's Richmond	63
10	Hillingdon 'C'	60
11	Garden City Runners 'B'	59
12	Herts Phoenix 'B'	57
13	Enfield & Haringey	47
14	Serpentine RC 'C'	45
15	Metropolitan Police 'B'	25
16	Mornington Chasers 'B'	13

Veteran Men's Division Three League Positions

1	Barnet & District 'B'	394
2	Woodford Green with Essex Ladies 'B'	382
3	London Fronrunners 'B'	348
4	Mornington Chasers	252
5	Serpentine RC 'C'	199
6	Harlow RC	180
7	Herts Phoenix 'B'	141
8	London City	138
9	St Mary's Richmond	137
10	Enfield & Haringey	122
11	Ealing, Southall & Middlesex 'B'	96
11	Hillingdon 'C'	96
13	Newham & Essex Beagles	64
14	Garden City Runners 'B'	59
15	Metropolitan Police 'B'	25
16	Mornington Chasers 'B'	13
17	Victoria Park & Tower Hamlets 'B'	3

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

283	Derry	Lozano-Hoyland	Serp	S	33. 57
284	Peter	Warburton	Hill	V50	33. 59
285	Patrick	Waldron	Lon H	V45	34. 00
286	John	Keenan	Lon FR	V40	34. 02
287	Tim	Charters	Lon FR	S	34. 05
288	Marco	Luna	Lon H	S	34. 07
289	Navin-Jones	Timothy	Lon C	S	34. 08
290	Mike	Martin	Barn	V50	34. 08
291	Robert	Whitmarsh	Serp	S	34. 09
292	Darren	White	Barn	V45	34. 10
293	James	Turner	Serp	S	34. 12
294	Mark	Redmond	GCR	V40	34. 14
295	Jacob	Howe	Lon H	V40	34. 16
296	Gareth	Fletcher	Lon FR	S	34. 20
297	Richard	Holland	WG&EL	V55	34. 23
298	Simon	Doyle	Herts P	V50	34. 27
299	David	Smith	Hill	V50	34. 29
300	Andrew	Wood	Lon FR	S	34. 31
301	William	Wagstaff	Lon H	V50	34. 33
302	Adrian	Mark	Lon FR	S	34. 35
303	Peter	Hill	TVH	V40	34. 35
304	Jonathan	Webster	WG&EL	S	34. 35
305	Andrew	Johnson	Lon H	V40	34. 35
306	Richard	Hooley	TVH	V50	34. 38
307	Richard	Hogg	WG&EL	V45	34. 41
308	James	Perry	WG&EL	V40	34. 41
309	Mark	George	Lon H	V45	34. 46
310	Leon	Clement	Lon FR	S	34. 48
311	Flojan	Bakalli	ESM	U20	34. 48
312	Rob	Poulter	Hill	V45	34. 50
313	Mark	Cambridge	WG&EL	V40	34. 53
314	Alun	Evans	WG&EL	V55	34. 59
315	Nick	Bishop	GCR	V40	35. 00
316	Liam	Phair	Met P	S	35. 01
317	Dan	Luong	Lon FR	S	35. 02
318	Laurence	Schevens	Barn	V45	35. 04
319	Gavin	Pugh	Morn	V40	35. 05
320	George	Choat	NEB	S	35. 06
321	Gary	Horn	Hill	S	35. 08
322	Simon	Claridge	Hill	V55	35. 15
323	Anthony	Chaimowitz	Lon H	S	35. 17
324	Nick	Stockman	High	S	35. 20
325	Tom	Poynton	Serp	V40	35. 24
326	William	Lake	Serp	S	35. 28
327	Francis	O'Callaghan	Lon FR	S	35. 31
328	Dale	Powell	E&H	S	35. 39
329	Darren	Over	Serp	V40	35. 39
330	Richard	Bell	TVH	V45	35. 40
331	Brian	James*	Herts P	V65	35. 42
332	Jerry	Bryan	Barn	V50	35. 45
333	Emmanuel	Lumineau	Lon FR	S	35. 51
334	Jamie	Smith	E&H	S	35. 53
335	Gavin	Parish	Lon H	S	35. 55
336	David	Hallam	Lon H	V45	35. 58
337	Gareth	Hodges	Met P	S	36. 07
338	Ian	Johnson	Serp	V45	36. 08
339	Andrew	Williams	Serp	S	36. 17
340	Graham	Slater	Barn	V50	36. 18
341	Pete	Crockford	Lon H	V55	36. 20
342	Chris	Lopez	VPH&TH	S	36. 21
343	Philip	Cunningham	SB	V50	36. 22
344	John	Morison	Lon C	S	36. 22
345	Steve	Plested	ESM	V60	36. 23
346	David	Martin	Hill	V55	36. 26
347	Adrian	Thompson*	TVH	V50	36. 28
348	Simon	Hazell	Lon H	V45	36. 30
349	Stevan	Dokic	Hill	V55	36. 32
350	Joe	Gomes	Barn	V50	36. 33
351	Jim	Balcombe	Met P	V45	36. 35
352	Gary	Boodhna	Morn	S	36. 39
353	Alun	Johns *	Barn	V40	36. 43

NOTICEBOARD

Divisional and Age Group results are available at

www.metleague.co.uk

* denotes "Registered Second Claim" athletes

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

Only information recorded by each club on their
declaration sheet and handed in on the day of the race can
be used to compile these results.

Late notification of information cannot be accepted.

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

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

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

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

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.

Affiliation fees have now been received from every club for the
2014/15 season, apart from
VICTORIA PARK HARRIERS & TOWER HAMLETS AC
This is not acceptable.

How many reminders do they have to be given?
Please can a cheque be forwarded **IMMEDIATELY**.

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

354	Tim	Parkin	SB	S	36. 45	
355	Russell	Weston	Lon H	V50	36. 46	
356	James	O'Neill	ESM	V55	36. 47	
357	Brian	Boyle	Lon H	V40	36. 50	
358	Joel	Brown	Lon C	S	36. 54	
359	William	Parry	Lon FR	V45	36. 56	
360	Adam	Hirst	Hill	S	36. 57	
361	Steve	Scruton	High	V50	36. 58	
362	Elliot	Reed	Lon H	V40	36. 58	
363	Neil	Colquhoun	Lon FR	S	37. 04	
364	Matt	Walker	Lon C	S	37. 08	
365	David	Birks*	E&H	V45	37. 09	
366	Scott	Brewer	TVH	S	37. 13	
367	Oliver	Pound	Lon H	S	37. 14	
368	Darren	Halford	ESM	V40	37. 15	
369	Ed	Byne	Lon H	S	37. 19	Gst
370	Bernie	Barnaby*	GCR	V55	37. 19	
371	Not	Declared	SB		37. 22	Gst
372	Sammy	Li	Serp	V45	37. 24	
373	Tom	Spanyol	WG&EL	V55	37. 28	
374	Tim	Miller	VPH&TH	V45	37. 30	
375	Sol	Ibrahim	Barn	V40	37. 33	
376	John	Tennant	Harl RC	V60	37. 39	
377	Scott	Fraser	Barn	V40	37. 41	
378	Mark	Hayward	Harl RC	S	37. 43	
379	Adrian	Donovan	Lon C	S	37. 45	
380	Jamie	Keenan	Lon FR	S	37. 47	
381	Nick	Sutcliffe	Lon C	V40	37. 49	
382	Sean	Mitchell	Barn	V40	37. 56	
383	Lars	Menken	Serp	S	38. 02	
384	Jason	Sewards	TVH	V45	38. 04	
385	John	Husbands	TVH	V50	38. 06	
386	Dave	Byrne	Barn	V50	38. 07	
387	Christus	Bitzis-Politis	Lon FR	V45	38. 08	
388	Nigel	Ealand	Hill	V55	38. 09	
389	Chris	Violet	Barn	V45	38. 15	
390	Paul	Stockings	WG&EL	V50	38. 22	
391	Richard	Bloom	Herts P	V65	38. 24	
392	Alun	Nash	Lon H	V50	38. 28	
393	Javier	Pinedo	Lon FR	V40	38. 32	
394	Gary	Homewood	Morn	V50	38. 40	
395	Ric	Blaxill	Barn	V50	38. 46	
396	Keith	Freegard	ESM	V55	38. 47	
397	Rob	Scott	Barn	V45	38. 49	
398	Jonathan	Oviasu	High	S	38. 50	
399	Connor	Devlin	Lon FR	V40	38. 55	
400	Phil	York	ESM	V50	39. 04	
401	Simon	Mac	Lon FR	S	39. 08	
402	Leo	Pemberton	Lon H	S	39. 11	
403	Ty	Holden	Barn	V50	39. 15	
404	Thomas	Martini	Eal E	S	39. 24	
405	Trevor	Powell	WG&EL	V60	39. 29	
406	Richard	Wilson	Met P	V55	39. 30	
407	Andy	Leung	ESM	V40	39. 32	
408	Paul	Hope	Met P	V55	39. 34	
409	Simon	Bailey	Lon H	V45	39. 57	
410	Bob	Burton	Hill	V55	40. 02	
411	Ken	Townson	Lon H	V45	40. 10	
412	Guido	de Lorraine	Morn	V40	40. 13	
413	Richard	Foskett	Herts P	V55	40. 15	
414	Martin	Heidensohn	Lon FR	V40	40. 24	
415	Andrew	Ramage	Harl RC	S	40. 25	
416	Chris	Brammer	VPH&TH	V40	40. 26	
417	John	Clarke	Barn	V60	40. 28	
418	John	Luscombe	Hill	V40	40. 49	
419	Trevor	Normoyle	Met P	S	40. 51	
420	Tim	Boyall	Met P	V40	41. 04	
421	John	Shirley	Barn	V65	41. 21	
422	Stuart	Mann	Herts P	V70	41. 35	
423	John	Kelly	SB	V60	41. 46	
424	David	Shortridge	VPH&TH	V40	41. 55	

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

425	Martin	McColgan	Harl RC	V55	42. 27
426	Mervyn	Gilham	Herts P	V60	42. 55
427	Steve	Gathercole	Morn	V65	43. 03
428	Bill	Cooper	VPH&TH	V50	43. 39
429	Adrian	Essex	Lon H	V60	43. 44
430	John	Falvey	ESM	V55	43. 47
431	Stuart	Philips	WG&EL	V55	44. 09
432	Johan	Preis	GCR	V45	44. 36
433	Stephen	Thompson	Hill	V50	45. 30
434	Paul	Martin	Hill	V45	45. 32
435	Talat	Mahmood	Met P	V45	46. 10
436	Edwin	Mooiman	Lon C	V45	46. 31
437	John	Steed	Herts P	V75	46. 35
438	David	Soulsby	Lon FR	V40	46. 45
439	Trace	Allen	GCR	V65	47. 32
440	Alan	Wells	Hill	V50	48. 18
441	Tony	Hamilton	Barn	V70	48. 35
442	Simon	Maddison	TVH	V65	49. 02

U20 Men's Individual Result

1	Michael	Callegari	SB	U20	25. 29
2	Paulos	Asgodom	E&H	U20	26. 42
3	Phillip	Crout	SB	U20	27. 08

Veteran Men's Individual Result

1	George	Stewart	Lon H	V45	28. 59
2	Andrew	Reeves	Serp	V40	29. 14
3	Daniel	De Palol	Serp	V40	29. 36

Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix) - Saturday 8 November 2014

Howard Williams Trophy (Seniors)

	Pts	Win
1 Highgate Harriers	42	2
2 Serpentine RC	38	2
3 Shaftesbury Barnet Harriers	38	0
4 London Heathside	36	0
4 Woodford Green with Essex Ladies	36	0
6 Victoria Park & Tower Hamlets	29	0
7 Ealing, Southall & Middlesex	28	0
7 Hillingdon	28	0
9 Thames Valley Harriers	26	0
10 Barnet & District	25	0
11 Newham & Essex Beagles	24	0
12 Enfield & Haringey	19	0
12 Mornington Chasers	19	0
14 Herts Phoenix	16	0
15 Metropolitan Police	15	0
16 London Frontrunners	12	0
17 London City	9	0
18 Garden City Runners	7	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	56	4
2 Herts Phoenix	51	1
3 Thames Valley Harriers	49	1
4 Victoria Park & Tower Hamlets	46	0
5 Enfield & Haringey	45	0
6 Ealing, Southall & Middlesex	42	0
7 Trent Park RC	40.5	1
8 Woodford Green with Essex Ladies	40	0
9 Hillingdon	32	0
10 Highgate Harriers	31	1
11 London Heathside	28	0
12 St Mary's Richmond	27.5	0
13 Barnet & District	25	0
14 Newham & Essex Beagles	16	0
Mornington Chasers		
Serpentine RC		

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Michael	Callegari	SB	898	2
2	Nicholas	Torry	Serp	892	2
3	Glenn	Hughes	Serp	889	2
3	Shaun	Dixon	High	889	2
5	Ben	Noad	High	882	2
6	Robert	Thompson	Hill	881	2
6	John	Eves*	Herts P	881	2
6	Dan	Watts	SB	881	2
9	Jonathan	Poole	Serp	871	2
10	Sam	Humphrey	VPH&TH	867	2
10	Tomas	Stasionis*	VPH&TH	867	2
12	Michael	Christoforou	E&H	865	2
13	Tom	Aldred	Lon H	860	2
14	Jamie	Taylor-Caldwell	ESM	858	2
15	Tom	Philips	WG&EL	857	2
16	Phillip	Crout	SB	856	2
17	John	Franklin	Serp	853	2
18	Michael	Wright	Barn	852	2
19	Jake	Waldron	NEB	850	2
19	Robert	Wilson	High	850	2
21	Tom	Beedell	WG&EL	843	2
22	Petros	Asgodom	E&H	840	2
22	Hugh	Torry	Serp	840	2
24	Fergal	Smithwick	High	836	2
25	Huw	Lobb*	Serp	831	2

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Rachel	Felton	SB	400	2
2	Naomi	Taschimowitz*	SB	395	2
3	Hannah	Viner	High	392	2
3	Ni'ia	Hothershall	Lon H	392	2
5	Sarah	Pemberton	Serp	389	2
6	Harriot	Brock	High	380	2
7	Joanne	Kent	Barn	378	2
8	Emily	Moss	WG&EL	376	2
9	Imogen	Turner*	High	374	2
10	Ashley	Scott	High	373	2
11	Jo	Singer	VPH&TH	363	2
12	Rachel	Seckl	Lon H	362	2
13	Eva	Mack	Hill	361	2
14	Emma	Dixon*	High	357	2
15	Rachel	Newstead	Lon H	354	2
16	Rachel	Lund	WG&EL	351	2
17	Emma	Burgess	High	350	2
18	Marta	Bagnati	Serp	346	2
19	Natalie	Connor	SB	343	2
20	Rebecca	Bunting	Lon H	342	2
21	Sue	Bint	VPH&TH	341	2
22	Victoria	Dawes	SB	339	2
22	Cathy	Jeremiah	Lon H	339	2
24	Anna	Clark	WG&EL	331	2
25	Fiona	Kennedy	ESM	330	2