

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Under 11 Boys & Girls Development Race

| | | | | | | |
|----|-------------|---------------|---------|-----|---|-------|
| 1 | Ruairi | McGonagle | Lon H | U13 | M | 6.21 |
| 2 | William | Hughes | Herts P | 10 | M | 6.31 |
| 3 | Dylan | Michel | SB | 10 | M | 6.40 |
| 4 | Harry | Glyn | VPH&TH | 9 | M | 6.41 |
| 5 | Jesse | Hopkins | High | 10 | M | 6.43 |
| 6 | Sam | Greenstein | SB | 10 | M | 6.45 |
| 7 | Mayaan | Radus | SB | 10 | F | 6.48 |
| 8 | Jimmy | Geller | WG&EL | 9 | M | 6.50 |
| 9 | Mateo | West | VPH&TH | 10 | M | 7.00 |
| 10 | Ruby | Naughton | VPH&TH | 9 | F | 7.10 |
| 11 | Dominic | Paine | Trent P | 9 | M | 7.15 |
| 12 | Abdirahim | Hamud | Hill | 9 | M | 7.15 |
| 13 | Robert | Freeman | Trent P | 10 | M | 7.19 |
| 14 | Thomas | Latham | Lon H | 9 | M | 7.23 |
| 15 | Valentina | Sharpe | VPH&TH | U13 | F | 7.25 |
| 16 | Otto | Hoper | TVH | 10 | M | 7.27 |
| 17 | Hollie | McArdell | WG&EL | 10 | F | 7.28 |
| 18 | Ben | Moon | TVH | 9 | M | 7.28 |
| 19 | Not | Declared | WG&EL | ? | M | 7.29 |
| 20 | Joe | Hookway | Hill | 9 | M | 7.30 |
| 21 | Callum | Stern | Herts P | 10 | M | 7.34 |
| 22 | Kyriese | Willis | ESM | 10 | M | 7.35 |
| 23 | Najiib | Hershi | ESM | 9 | M | 7.37 |
| 24 | Lily | Dafter | TVH | 10 | F | 7.39 |
| 25 | Toby | Berger | Trent P | 10 | M | 7.44 |
| 26 | Maddy | Abbott | VPH&TH | U13 | F | 7.47 |
| 27 | Adam | Nash | Hill | 10 | M | 7.48 |
| 28 | Mark | Koskei | VPH&TH | 9 | M | 7.54 |
| 29 | Amit | Solanki | Hill | 10 | M | 7.57 |
| 30 | Hannah | Johnson | Hill | 9 | F | 7.59 |
| 31 | Ben | Mason | Hill | 10 | M | 8.14 |
| 32 | Orrin | Ross | Lon H | 10 | M | 8.15 |
| 33 | Soraya | Frost Mahmood | VPH&TH | 9 | F | 8.27 |
| 34 | Not | Declared | WG&EL | ? | ? | 8.28 |
| 35 | Not | Declared | WG&EL | ? | ? | 8.32 |
| 36 | Lucy | Wilcock | Hill | 10 | F | 8.35 |
| 37 | Sian | Tilbury | High | 10 | F | 8.37 |
| 38 | Alex | Burr | Hill | 10 | M | 9.08 |
| 39 | James | McNamara | ESM | ? | M | 9.22 |
| 40 | Poppy | Allwright | Trent P | 9 | F | 9.23 |
| 41 | Felix | Schaap | TVH | 9 | M | 9.55 |
| 42 | Helenia-May | Traylen | NEB | 9 | F | 10.55 |
| 43 | Evie | McLellan | Hill | 10 | F | 11.01 |

Conditions:

6 degrees, overcast, light breeze

Going: Good to soft (heavy in places)

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Under 13 Boys Results

| | | | | | |
|----|-----------|------------------|---------|-----|--------|
| 1 | Finn | Harvey | SB | U13 | 12. 08 |
| 2 | Luca | Minale | VPH&TH | U13 | 12. 15 |
| 3 | Nathanael | Zapico | Herts P | U13 | 12. 21 |
| 4 | Joe | Smith | Herts P | U13 | 12. 34 |
| 5 | Hayden | Maleary | WG&EL | U13 | 12. 42 |
| 6 | Finlay | Sturrock | Trent P | U13 | 12. 43 |
| 7 | Freddie | Shiret | SB | U13 | 12. 59 |
| 8 | Bryce | Breen | Herts P | U13 | 13. 00 |
| 9 | Joe | Geller | WG&EL | U13 | 13. 08 |
| 10 | Luca | Stubbs | SB | U13 | 13. 12 |
| 11 | Daniel | Greenstein | SB | U13 | 13. 14 |
| 12 | Keo | Kersting-Herbert | VPH&TH | U13 | 13. 20 |
| 13 | Charles | Malhias | VPH&TH | U13 | 13. 21 |
| 14 | Alex | Stapleton | Herts P | U13 | 13. 23 |
| 15 | Mattie | Harris | SB | U13 | 13. 27 |
| 16 | Edward | McArdle | Trent P | U13 | 13. 35 |
| 17 | Guillermo | Acosta | Trent P | U13 | 13. 36 |
| 18 | Joshua | Adolphe | VPH&TH | U13 | 13. 42 |
| 19 | Ben | Forde | Hill | U13 | 13. 43 |
| 20 | Matyas | Sinko | E&H | U13 | 13. 47 |
| 21 | Sam | Cahill | SB | U13 | 13. 56 |
| 22 | Joseph | Reynolds | VPH&TH | U13 | 14. 10 |
| 23 | Jack | Bennett | SMR | U13 | 14. 16 |
| 24 | Tommy | Atkin | Hill | U13 | 14. 17 |
| 25 | Alfie | Zak | E&H | U13 | 14. 20 |
| 26 | Lorcan | Barnett | High | U13 | 14. 23 |
| 27 | Finn | O'Sullivan | VPH&TH | U13 | 14. 37 |
| 28 | Jake | Alan | E&H | U13 | 14. 42 |
| 29 | Alex | Johnson | Hill | U13 | 14. 45 |
| 30 | Theo | Elwes | High | U13 | 14. 55 |
| 31 | Thomas | Hughes | Herts P | U13 | 14. 57 |
| 32 | Ben | Jhuboo | Hill | U13 | 15. 06 |
| 33 | Alex | Brennan | Trent P | U13 | 15. 07 |
| 34 | Manny | Pigney | High | U13 | 15. 20 |
| 35 | Ben | Kelly | SB | U13 | 15. 34 |
| 36 | Rokas | Baltiejus | Hill | U13 | 15. 55 |
| 37 | Mikey | Kouwiloyan | ESM | U13 | 15. 57 |
| 38 | Toby | Ellmore | Hill | U13 | 15. 57 |
| 39 | Billy | Banks | Trent P | U13 | 15. 59 |
| 40 | Kirk | Lebdiri | ESM | U13 | 16. 58 |
| 41 | Rhys | Feaviour | Hill | U13 | 17. 23 |
| 42 | Josh | Morgan | SB | U13 | 17. 52 |

Under 13 Boys Team Result

| | | |
|----|-----------------------------------|-----|
| 1 | Herts Phoenix | 143 |
| 1 | Shaftesbury Barnet Harriers | 143 |
| 3 | Victoria Park & Tower Hamlets | 127 |
| 4 | Trent Park RC | 100 |
| 5 | Woodford Green with Essex Ladies | 72 |
| 6 | Hillingdon | 68 |
| 7 | Shaftesbury Barnet Harriers 'B' | 59 |
| 8 | Enfield & Haringey | 56 |
| 9 | Highgate Harriers | 39 |
| 10 | Victoria Park & Tower Hamlets 'B' | 37 |
| 11 | St Mary's Richmond | 20 |
| 12 | Hillingdon 'B' | 14 |
| 13 | Herts Phoenix 'B' | 12 |
| 14 | Ealing, Southall & Middlesex | 9 |
| 15 | Trent Park RC 'B' | 4 |

Under 13 Boys League Positions

| | | |
|----|--------------------------------------|-----|
| 1 | Herts Phoenix | 742 |
| 2 | Shaftesbury Barnet Harriers | 661 |
| 3 | Victoria Park & Tower Hamlets | 639 |
| 4 | Trent Park RC | 549 |
| 5 | Enfield & Haringey | 424 |
| 6 | Hillingdon | 358 |
| 7 | Woodford Green with Essex Ladies | 321 |
| 8 | St Mary's Richmond | 241 |
| 9 | Shaftesbury Barnet Harriers 'B' | 198 |
| 10 | Highgate Harriers | 162 |
| 11 | Thames Valley Harriers | 147 |
| 12 | Ealing, Southall & Middlesex | 127 |
| 13 | Herts Phoenix 'B' | 107 |
| 14 | Trent Park RC 'B' | 91 |
| 15 | Victoria Park & Tower Hamlets 'B' | 83 |
| 16 | Enfield & Haringey 'B' | 77 |
| 17 | Barnet & District | 66 |
| 18 | Hillingdon 'B' | 40 |
| 19 | London Heathside | 20 |
| 20 | Woodford Green with Essex Ladies 'B' | 17 |
| 21 | Ealing, Southall & Middlesex 'B' | 4 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Under 13 Girls Results

| | | | | | |
|----|------------|-----------------|---------|-----|--------|
| 1 | Lia | Radus | SB | U13 | 13. 24 |
| 2 | Ava | Mulvihill | E&H | U13 | 13. 34 |
| 3 | Felix | Waters | VPH&TH | U13 | 13. 57 |
| 4 | Lucy | O'Brien | ESM | U13 | 14. 00 |
| 5 | Scarlett | Kent | SB | U13 | 14. 07 |
| 6 | Mia | Groom | SB | U13 | 14. 17 |
| 7 | Anna | Janke | Hill | U13 | 14. 19 |
| 8 | Siena | Taylor | WG&EL | U13 | 14. 20 |
| 9 | Freya | Stapleton | Herts P | U13 | 14. 26 |
| 10 | Ellen | McGann | VPH&TH | U13 | 14. 28 |
| 11 | Lara | Hill | Hill | U13 | 14. 33 |
| 12 | Grace | Miller | VPH&TH | U13 | 14. 34 |
| 13 | Freja | Schaap | TVH | U13 | 14. 43 |
| 14 | Anisa | Ibrahim | ESM | U13 | 14. 47 |
| 15 | Betty | Hughes | VPH&TH | U13 | 14. 52 |
| 16 | Philippine | Poupart-Lafarge | TVH | U13 | 15. 04 |
| 17 | Isabel | Stark | Hill | U13 | 15. 04 |
| 18 | Gemma | Harper | SB | U13 | 15. 06 |
| 19 | Mya | Hornett | Trent P | U13 | 15. 12 |
| 20 | Hannah | Page | WG&EL | U13 | 15. 12 |
| 21 | Imogen | Scott-Gall | VPH&TH | U13 | 15. 20 |
| 22 | Dorothy | Brock | High | U13 | 15. 45 |
| 23 | Charlotte | Cooney-Quinn | TVH | U13 | 15. 49 |
| 24 | Hannah | Long | VPH&TH | U13 | 15. 58 |
| 25 | Zakia | Mossi | TVH | U13 | 16. 03 |
| 26 | Emily | Hathaway | Trent P | U13 | 16. 05 |
| 27 | Milly | Dunne | High | U13 | 16. 24 |
| 28 | Lily | Salkeld | TVH | U13 | 16. 28 |
| 29 | Natasha | Jones | Hill | U13 | 16. 44 |
| 30 | Sarah | Freegard | ESM | U13 | 16. 49 |
| 31 | Melina | Over | TVH | U13 | 16. 50 |
| 32 | Grace | Conwell | Hill | U13 | 16. 51 |
| 33 | Nicole | Golab | ESM | U13 | 17. 20 |
| 34 | Sumayyah | Hamud | Hill | U13 | 17. 27 |
| 35 | Isabelle | Brand | Trent P | U13 | 17. 33 |
| 36 | Anna | Mwila | NEB | U13 | 18. 06 |
| 37 | Robyn | Allwright | Trent P | U13 | 18. 37 |
| 38 | Anya | Parmar | Hill | U13 | 18. 48 |
| 39 | Niamh | Lynch | ESM | U13 | 19. 16 |
| 40 | Ellie | Hester | Hill | U13 | 19. 32 |
| 41 | Alieka | Allen | NEB | U13 | ntt |

Under 13 Girls Team Result

| | | |
|----|-----------------------------------|-----|
| 1 | Shaftesbury Barnet Harriers | 138 |
| 2 | Victoria Park & Tower Hamlets | 128 |
| 3 | Hillingdon | 104 |
| 4 | Thames Valley Harriers | 91 |
| 5 | Ealing, Southall & Middlesex | 87 |
| 6 | Woodford Green with Essex Ladies | 56 |
| 7 | Trent Park RC | 51 |
| 8 | Enfield & Haringey | 40 |
| 9 | Victoria Park & Tower Hamlets 'B' | 39 |
| 10 | Highgate Harriers | 35 |
| 11 | Herts Phoenix | 33 |
| 12 | Thames Valley Harriers 'B' | 25 |
| 13 | Hillingdon 'B' | 24 |
| 14 | Newham & Essex Beagles | 7 |
| 15 | Ealing, Southall & Middlesex 'B' | 3 |

Under 13 Girls League Positions

| | | |
|----|-----------------------------------|-----|
| 1 | Shaftesbury Barnet Harriers | 569 |
| 2 | Victoria Park & Tower Hamlets | 514 |
| 3 | Thames Valley Harriers | 385 |
| 4 | Hillingdon | 339 |
| 5 | Ealing, Southall & Middlesex | 329 |
| 6 | Herts Phoenix | 266 |
| 7 | Enfield & Haringey | 207 |
| 8 | Trent Park RC | 194 |
| 9 | Woodford Green with Essex Ladies | 158 |
| 10 | St Mary's Richmond | 123 |
| 11 | Highgate Harriers | 101 |
| 12 | Victoria Park & Tower Hamlets 'B' | 99 |
| 13 | Barnet & District | 57 |
| 14 | Shaftesbury Barnet Harriers 'B' | 50 |
| 15 | Hillingdon 'B' | 38 |
| 16 | Thames Valley Harriers 'B' | 25 |
| 17 | Newham & Essex Beagles | 18 |
| 18 | London Heathside | 16 |
| 19 | Herts Phoenix 'B' | 7 |
| 20 | Ealing, Southall & Middlesex 'B' | 6 |

The Weeks Ahead

| | | |
|------------|---|-------------------------|
| Sun 15 Feb | Harrow Hill 10K | Harrow School |
| Sat 21 Feb | National Championships | Parliament Hill |
| Fri 27 Feb | Brooks Serpentine Last Friday 5K | Hyde Park |
| Sun 1 Mar | Mornington Chasers Regents Park 10K Winter Series | Regents Park |
| Sat 7 Mar | CAU Inter Counties Championships (incl World Trials) | Cofton Park, Birmingham |
| Sun 8 Mar | Finchley '20' | Ruislip |
| Sat 14 Mar | English Schools Championships | Blackburn |
| Sun 22 Mar | Middlesex & Hertfordshire Masters Championships | Trent Park |
| Sun 29 Mar | South of England Men's 12-Stage & Women's 6-Stage Road Relays | Milton Keynes |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Under 17 Men Results

| | | | | | |
|----|------------|-----------------|---------|-----|--------|
| 1 | Thomas | Butler | Barn | U17 | 13. 01 |
| 2 | Lucillo | Burrell | TVH | U15 | 13. 09 |
| 3 | Karim | Mahiddine | TVH | U17 | 13. 10 |
| 4 | George | Cook | Herts P | U17 | 13. 17 |
| 5 | Jamie | Philpott | Herts P | U17 | 13. 20 |
| 6 | Thomas | McArdle | Trent P | U17 | 13. 26 |
| 7 | Aurel | Sinko-Uribe | High | U17 | 13. 29 |
| 8 | Jamie | Harper | SB | U15 | 13. 33 |
| 9 | Joseph | Young | Trent P | U17 | 13. 37 |
| 10 | Abel | Sinko-Uribe | High | U15 | 13. 42 |
| 11 | George | Kerry | ESM | U15 | 13. 43 |
| 12 | Abraham | Mendes da Costa | TVH | U17 | 13. 54 |
| 13 | Ben | Hatch | High | U17 | 13. 56 |
| 14 | James | Young | Trent P | U15 | 13. 59 |
| 15 | Liam | Holbrook | Hill | U17 | 14. 00 |
| 16 | Josh | Edwards | SB | U15 | 14. 04 |
| 17 | Jacob | Phillips | Lon H | U17 | 14. 06 |
| 18 | Alistair | Sleeman | High | U17 | 14. 09 |
| 19 | Joseph | Doyle | Hill | U17 | 14. 13 |
| 20 | Liam | Garrett | Lon H | U15 | 14. 16 |
| 21 | William | McArdle | Trent P | U15 | 14. 19 |
| 22 | Jamie | Cornuaud | NEB | U17 | 14. 20 |
| 23 | Mosope | Oyelola | NEB | U15 | 14. 22 |
| 24 | Louis | Medd | TVH | U15 | 14. 25 |
| 25 | Louis | Griffin | High | U17 | 14. 28 |
| 26 | Rufus | Kent | SB | U15 | 14. 37 |
| 27 | Oliver | Kemp | High | U17 | 14. 42 |
| 28 | Mark | Cunningham | Barn | U17 | 14. 44 |
| 29 | Conor | McCarthy | ESM | U17 | 14. 47 |
| 30 | Harry | Cavell | WG&EL | U17 | 14. 47 |
| 31 | Luke | Adar | ESM | U15 | 14. 50 |
| 32 | Raunak | Mainali | ESM | U17 | 14. 55 |
| 33 | Jamie | Ives | Herts P | U15 | 14. 56 |
| 34 | Freddy | Curtis | E&H | U15 | 15. 00 |
| 35 | Adam | Hughes | Herts P | U15 | 15. 00 |
| 36 | Adam | Stewart | High | U17 | 15. 02 |
| 37 | Jake | Hooley | TVH | U15 | 15. 14 |
| 38 | Isaac | Costley | Lon H | U15 | 15. 16 |
| 39 | Oliver | Weintraub | TVH | U15 | 15. 18 |
| 40 | Nicholas | Duer | TVH | U15 | 15. 19 |
| 41 | Matthew | Lynch | ESM | U17 | 15. 20 |
| 42 | Oliver | Greenstiw | SB | U17 | 15. 21 |
| 43 | Naoki | Kanai | ESM | U15 | 15. 28 |
| 44 | Antanas | Weston | Lon H | U15 | 15. 36 |
| 45 | Joseph | Peppialt | Barn | U17 | 15. 37 |
| 46 | Ruairi | McElhatton | Barn | U15 | 15. 38 |
| 47 | Abdirahman | Hamud | Hill | U15 | 15. 43 |
| 48 | Chris | Hogg | WG&EL | U15 | 15. 46 |
| 49 | Elliot | Breen | Herts P | U15 | 15. 52 |
| 50 | James | Forde | Hill | U15 | 15. 55 |
| 51 | Aaron | Hall | Hill | U15 | 16. 02 |
| 52 | Amar | Aiyar-Majeed | Lon H | U17 | 16. 14 |
| 53 | Stefan | Ashton | Barn | U15 | 17. 49 |
| 54 | Oliver | Parker | TVH | U15 | 17. 51 |
| 55 | Joe | Cooper | TVH | U17 | 21. 01 |

Under 17 Men Team Result

| | | |
|----|----------------------------------|-----|
| 1 | Thames Valley Harriers | 183 |
| 2 | Highgate Harriers | 176 |
| 3 | Trent Park RC | 174 |
| 4 | Herts Phoenix | 147 |
| 5 | Shaftesbury Barnet Harriers | 132 |
| 6 | Ealing, Southall & Middlesex | 121 |
| 7 | London Heathside | 105 |
| 8 | Barnet & District | 104 |
| 9 | Hillingdon | 93 |
| 10 | Highgate Harriers 'B' | 80 |
| 11 | Newham & Essex Beagles | 67 |
| 12 | Thames Valley Harriers 'B' | 54 |
| 13 | Woodford Green with Essex Ladies | 34 |
| 14 | Ealing, Southall & Middlesex 'B' | 28 |
| 15 | Enfield & Haringey | 22 |
| 16 | Herts Phoenix 'B' | 7 |
| 17 | Hillingdon 'B' | 5 |
| 18 | London Heathside 'B' | 4 |
| 19 | Barnet & District 'B' | 3 |

Under 17 Men League Positions

| | | |
|----|----------------------------------|------|
| 1 | Trent Park RC | 1075 |
| 2 | Highgate Harriers | 1074 |
| 3 | Thames Valley Harriers | 877 |
| 4 | Ealing, Southall & Middlesex | 853 |
| 5 | Shaftesbury Barnet Harriers | 824 |
| 6 | Herts Phoenix | 808 |
| 7 | London Heathside | 606 |
| 8 | Highgate Harriers 'B' | 575 |
| 9 | Barnet & District | 556 |
| 10 | Enfield & Haringey | 460 |
| 11 | Hillingdon | 454 |
| 12 | Newham & Essex Beagles | 438 |
| 13 | Victoria Park & Tower Hamlets | 409 |
| 14 | Woodford Green with Essex Ladies | 399 |
| 15 | Ealing, Southall & Middlesex 'B' | 314 |
| 16 | Trent Park RC 'B' | 206 |
| 17 | Thames Valley Harriers 'B' | 200 |
| 18 | Shaftesbury Barnet Harriers 'B' | 182 |
| 19 | London Heathside 'B' | 148 |
| 20 | St Mary's Richmond | 137 |
| 21 | Herts Phoenix 'B' | 69 |
| 22 | Enfield & Haringey 'B' | 38 |
| 23 | Barnet & District 'B' | 22 |
| 24 | Hillingdon 'B' | 20 |
| 25 | Newham & Essex Beagles 'B' | 16 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Under 17 Women Results

| | | | | | |
|----|-----------|-------------|---------|-----|--------|
| 1 | India | Weir | TVH | U15 | 14. 44 |
| 2 | Kosana | Weir | TVH | U15 | 15. 02 |
| 3 | Nicola | Ravenhill | ESM | U15 | 15. 17 |
| 4 | Alice | Harray | TVH | U15 | 15. 25 |
| 5 | Verity | Walker | TVH | U15 | 15. 37 |
| 6 | Gabriella | Kyriacou | SB | U17 | 15. 48 |
| 7 | Charlotte | Johnston | Barn | U17 | 15. 51 |
| 8 | Eve | Goodhart | TVH | U17 | 15. 54 |
| 9 | Beth | Forster | E&H | U15 | 16. 02 |
| 10 | Lidia | Kyriacou | SB | U15 | 16. 08 |
| 11 | Laura | Stewart | VPH&TH | U15 | 16. 12 |
| 12 | Laura | Stewart | ESM | U15 | 16. 13 |
| 13 | Hannah | Booth | Herts P | U17 | 16. 36 |
| 14 | Daisy | Day-Fawcett | VPH&TH | U15 | 16. 47 |
| 15 | Rebecca | Hurley | SB | U17 | 16. 50 |
| 16 | Kayla | Michel | SB | U15 | 16. 54 |
| 17 | Caroline | Dunnett | E&H | U17 | 16. 56 |
| 18 | Alicia | McArdell | WG&EL | U17 | 16. 58 |
| 19 | Phoebe | Crockford | Lon H | U15 | 17. 12 |
| 20 | Ellie | McNamara | SB | U17 | 17. 20 |
| 21 | Genevieve | Weston | Lon H | U17 | 17. 25 |
| 22 | Cameron | Thomas | ESM | U15 | 17. 30 |
| 23 | Josephnie | Grist | SMR | U15 | 17. 47 |
| 24 | Martha | Hayward | ESM | U17 | 18. 00 |
| 25 | Ezelina | Owens | VPH&TH | U15 | 18. 07 |
| 26 | Eleanor | Found | Herts P | U15 | 18. 13 |
| 27 | Romilly | Stockwell | Serp | U15 | 18. 21 |
| 28 | Isolde | Goffey | SMR | U15 | 18. 40 |
| 29 | Louise | Gilbert | Lon H | U15 | 18. 45 |
| 30 | Kirsty | O'Rourke | Hill | U15 | 19. 10 |
| 31 | Leah | Kelly | ESM | U15 | 19. 11 |
| 32 | Rachel | Finke | Lon H | U15 | 19. 24 |
| 33 | Roisin | Lynch | ESM | U15 | 19. 47 |
| 34 | Jennifer | Connelly | ESM | U17 | 19. 54 |
| 35 | Annie | Manners | Hill | U15 | 20. 05 |
| 36 | Georgina | Newberry | Herts P | U15 | 20. 44 |
| 37 | Elena | Lambrianou | Barn | U15 | 21. 41 |
| 38 | Elsa | Stocking | ESM | U15 | 21. 44 |
| 39 | Georgina | Hookway | Hill | U15 | 22. 27 |
| 40 | Esmé | McLellan | Hill | U15 | 23. 17 |

Under 17 Women Team Result

| | | |
|----|----------------------------------|-----|
| 1 | Thames Valley Harriers | 152 |
| 2 | Shaftesbury Barnet Harriers | 117 |
| 3 | Ealing, Southall & Middlesex | 103 |
| 4 | Victoria Park & Tower Hamlets | 73 |
| 5 | London Heathside | 63 |
| 6 | Enfield & Haringey | 56 |
| 7 | Herts Phoenix | 48 |
| 8 | Barnet & District | 38 |
| 9 | Thames Valley Harriers 'B' | 33 |
| 10 | St Mary's Richmond | 31 |
| 11 | Ealing, Southall & Middlesex 'B' | 28 |
| 12 | Woodford Green with Essex Ladies | 23 |
| 13 | Shaftesbury Barnet Harriers 'B' | 21 |
| 14 | Hillingdon | 20 |
| 15 | Serpentine RC | 14 |

Under 17 Women League Positions

| | | |
|----|--------------------------------------|-----|
| 1 | Thames Valley Harriers | 798 |
| 2 | Shaftesbury Barnet Harriers | 792 |
| 3 | Ealing, Southall & Middlesex | 696 |
| 4 | Enfield & Haringey | 562 |
| 5 | Woodford Green with Essex Ladies | 549 |
| 6 | Herts Phoenix | 544 |
| 7 | Victoria Park & Tower Hamlets | 385 |
| 8 | London Heathside | 384 |
| 9 | Shaftesbury Barnet Harriers 'B' | 369 |
| 10 | Barnet & District | 262 |
| 11 | Ealing, Southall & Middlesex 'B' | 229 |
| 12 | Hillingdon | 187 |
| 13 | St Mary's Richmond | 168 |
| 14 | Thames Valley Harriers 'B' | 151 |
| 15 | Woodford Green with Essex Ladies 'B' | 137 |
| 16 | Enfield & Haringey 'B' | 114 |
| 17 | Newham & Essex Beagles | 88 |
| 18 | Serpentine RC | 51 |
| 19 | Trent Park RC | 31 |
| 20 | Herts Phoenix 'B' | 27 |
| 21 | Highgate Harriers | 26 |
| 22 | London Heathside 'B' | 20 |
| 23 | Newham & Essex Beagles 'B' | 2 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Under 15 Boy's Individual Result

| | | | | | |
|----|------------|-------------|---------|-----|--------|
| 1 | Lucillo | Burrell | TVH | U15 | 13. 09 |
| 2 | Jamie | Harper | SB | U15 | 13. 33 |
| 3 | Abel | Sinko-Uribe | High | U15 | 13. 42 |
| 4 | George | Kerry | ESM | U15 | 13. 43 |
| 5 | James | Young | Trent P | U15 | 13. 59 |
| 6 | Josh | Edwards | SB | U15 | 14. 04 |
| 7 | Liam | Garrett | Lon H | U15 | 14. 16 |
| 8 | William | McArdle | Trent P | U15 | 14. 19 |
| 9 | Mosope | Oyelola | NEB | U15 | 14. 22 |
| 10 | Louis | Medd | TVH | U15 | 14. 25 |
| 11 | Rufus | Kent | SB | U15 | 14. 37 |
| 12 | Luke | Adar | ESM | U15 | 14. 50 |
| 13 | Jamie | Ives | Herts P | U15 | 14. 56 |
| 14 | Freddy | Curtis | E&H | U15 | 15. 00 |
| 15 | Adam | Hughes | Herts P | U15 | 15. 00 |
| 16 | Jake | Hooley | TVH | U15 | 15. 14 |
| 17 | Isaac | Costley | Lon H | U15 | 15. 16 |
| 18 | Oliver | Weintraub | TVH | U15 | 15. 18 |
| 19 | Nicholas | Duer | TVH | U15 | 15. 19 |
| 20 | Naoki | Kanai | ESM | U15 | 15. 28 |
| 21 | Antanas | Weston | Lon H | U15 | 15. 36 |
| 22 | Ruairi | McElhatton | Barn | U15 | 15. 38 |
| 23 | Abdirahman | Hamud | Hill | U15 | 15. 43 |
| 24 | Chris | Hogg | WG&EL | U15 | 15. 46 |
| 25 | Elliot | Breen | Herts P | U15 | 15. 52 |
| 26 | James | Forde | Hill | U15 | 15. 55 |
| 27 | Aaron | Hall | Hill | U15 | 16. 02 |
| 28 | Stefan | Ashton | Barn | U15 | 17. 49 |
| 29 | Oliver | Parker | TVH | U15 | 17. 51 |

Under 15 Girl's Individual Result

| | | | | | |
|----|-----------|-------------|---------|-----|--------|
| 1 | India | Weir | TVH | U15 | 14. 44 |
| 2 | Kosana | Weir | TVH | U15 | 15. 02 |
| 3 | Nicola | Ravenhill | ESM | U15 | 15. 17 |
| 4 | Alice | Harray | TVH | U15 | 15. 25 |
| 5 | Verity | Walker | TVH | U15 | 15. 37 |
| 6 | Beth | Forster | E&H | U15 | 16. 02 |
| 7 | Lidia | Kyriacou | SB | U15 | 16. 08 |
| 8 | Laura | Stewart | VPH&TH | U15 | 16. 12 |
| 9 | Laura | Stewart | ESM | U15 | 16. 13 |
| 10 | Daisy | Day-Fawcett | VPH&TH | U15 | 16. 47 |
| 11 | Kayla | Michel | SB | U15 | 16. 54 |
| 12 | Phoebe | Crockford | Lon H | U15 | 17. 12 |
| 13 | Cameron | Thomas | ESM | U15 | 17. 30 |
| 14 | Josephnie | Grist | SMR | U15 | 17. 47 |
| 15 | Ezelina | Owens | VPH&TH | U15 | 18. 07 |
| 16 | Eleanor | Found | Herts P | U15 | 18. 13 |
| 17 | Romilly | Stockwell | Serp | U15 | 18. 21 |
| 18 | Isolde | Goffey | SMR | U15 | 18. 40 |
| 19 | Louise | Gilbert | Lon H | U15 | 18. 45 |
| 20 | Kirsty | O'Rourke | Hill | U15 | 19. 10 |
| 21 | Leah | Kelly | ESM | U15 | 19. 11 |
| 22 | Rachel | Finke | Lon H | U15 | 19. 24 |
| 23 | Roisin | Lynch | ESM | U15 | 19. 47 |
| 24 | Annie | Manners | Hill | U15 | 20. 05 |
| 25 | Georgina | Newberry | Herts P | U15 | 20. 44 |
| 26 | Elena | Lambrianou | Barn | U15 | 21. 41 |
| 27 | Elsa | Stocking | ESM | U15 | 21. 44 |
| 28 | Georgina | Hookway | Hill | U15 | 22. 27 |
| 29 | Esmé | McLellan | Hill | U15 | 23. 17 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Women's Results

| | | | | | |
|----|------------|-----------------|---------|-----|------------|
| 1 | Naomi | Taschimowitz* | SB | S | 25. 28 |
| 2 | Tracy | Barlow | TVH | S | 25. 39 |
| 3 | Lisa | da Silva | TVH | S | 25. 45 |
| 4 | Sarah | Pemberton | Serp | S | 26. 00 |
| 5 | Rebekah | Gardiner | SB | S | 26. 08 |
| 6 | Clare | Miller | Lon H | S | 26. 12 |
| 7 | Rebecca | Piggott | Lon H | S | 26. 24 |
| 8 | Victoria | Walker | SB | S | 26. 26 |
| 9 | Harriot | Brock | High | U20 | 26. 28 |
| 10 | Jess | Fawcett* | Lon C | S | 26. 29 |
| 11 | Sue | Rust | Lon H | V35 | 26. 58 |
| 12 | Joanne | Kent | Barn | V45 | 27. 07 |
| 13 | Lois | Bowles | E&H | V35 | 27. 09 |
| 14 | Helen | O'Neile | Hill | S | 27. 11 |
| 15 | Kirsty | Addy | TVH | S | 27. 14 |
| 16 | Helen | Palmer | Serp | S | 27. 16 |
| 17 | Emma | Burgess | High | S | 27. 23 |
| 18 | Karen | Murphy | Barn | V45 | 27. 39 |
| 19 | Jenny | Lundgren | Serp | V35 | 27. 42 |
| 20 | Megan | Roberts | Serp | S | 27. 45 |
| 21 | Eleanor | Harrison* | High | U20 | 27. 48 |
| 22 | Rachel | Newstead | Lon H | S | 27. 51 |
| 23 | Sue | Bint | VPH&TH | V35 | 27. 51 |
| 24 | Kat | Mertens | ESM | S | 27. 55 |
| 25 | Margaret | Cooper | SB | V45 | 28. 04 |
| 26 | Marina | Johnson | Serp | S | 28. 05 |
| 27 | Rhiannon | Strickland* | Barn | S | 28. 06 |
| 28 | Hannah | Wells | Hill | S | 28. 07 |
| 29 | Celine | Murray | Lon H | S | 28. 27 |
| 30 | Gemma | Rous | High | S | 28. 31 |
| 31 | Cathy | Jeremiah | Lon H | S | 28. 39 |
| 32 | Florence | Stansall-Seiler | Herts P | U20 | 28. 42 |
| 33 | Sarah | Richardson | ESM | V40 | 28. 44 |
| 34 | Fiona | Kennedy | ESM | V55 | 28. 46 |
| 35 | Mandy | Dohren | VPH&TH | V35 | 28. 46 |
| 36 | Katherine | March | Barn | V35 | 28. 55 |
| 37 | Jo | Singer | VPH&TH | V40 | 28. 58 |
| 38 | Michaela | Mayor | Hill | S | 28. 59 |
| 39 | Rachel | Seckl | Lon H | U20 | 29. 02 |
| 40 | Clare | Kane | Serp | S | 29. 03 |
| 41 | Jane | Higgins | Lon H | S | 29. 05 |
| 42 | Hannah | Sheridan | Barn | S | 29. 11 |
| 43 | Colette | Monahan | Lon H | S | 29. 18 |
| 44 | Louise | Faherty | High | V35 | 29. 20 |
| 45 | Isabel | Found | Herts P | U20 | 29. 21 |
| 46 | Natasha | Sheel | Serp | S | 29. 23 |
| 47 | Grace | Wu | Serp | V40 | 29. 24 |
| 48 | Sarah | Knox | Serp | V45 | 29. 27 |
| 49 | Stephanie | Robson* | Lon H | V40 | 29. 29 |
| 50 | Maire | Gorman | TVH | S | 29. 31 |
| 51 | Lizzie | Parry | Herts P | U20 | 29. 34 |
| 52 | Eilidh | Wagstaff | Lon H | S | 29. 35 |
| 53 | Lisa | Gaul | Barn | S | 29. 38 |
| 54 | Gemma | Dawkins | Chan Is | S | 29. 42 Gst |
| 55 | Bernadette | Van Wijk | Serp | S | 29. 43 |
| 56 | Siana | Jones | TVH | S | 29. 44 |
| 57 | Angela | Howe* | Lon H | V40 | 29. 45 |
| 58 | Karen | Tostee | Lon C | S | 29. 46 |
| 59 | Jennifer | Bradley | Serp | V35 | 29. 47 |
| 60 | Nicola | Shelley | ESM | S | 29. 54 |
| 61 | Caitlin | Lloyd | Serp | S | 29. 56 Gst |
| 62 | Joanna | Rota | Lon H | S | 30. 02 |
| 63 | Danielle | Stapleton | Barn | S | 30. 04 |
| 64 | Sarah | Wharton | Lon C | S | 30. 05 |
| 65 | Bridget | Napleton | Lon H | V45 | 30. 06 |
| 66 | Charlotte | Maling | VPH&TH | S | 30. 10 |
| 67 | Fiona | Russell | Morn | V45 | 30. 16 |
| 68 | Jessica | Thorpe* | Serp | S | 30. 22 |
| 69 | Ciara | Williams | Hill | S | 30. 22 |

Women's Division One Team Result

| | | |
|----|----------------------------------|-----|
| 1 | London Heathside | 222 |
| 2 | Serpentine RC | 214 |
| 3 | Thames Valley Harriers | 172 |
| 4 | Shaftesbury Barnet Harriers | 171 |
| 5 | Highgate Harriers | 169 |
| 6 | London Heathside 'B' | 114 |
| 7 | Ealing, Southall & Middlesex | 109 |
| 8 | Serpentine RC 'B' | 91 |
| 9 | Woodford Green with Essex Ladies | 12 |
| 10 | Highgate Harriers 'B' | 1 |

Women's Division One League Positions

| | | |
|----|----------------------------------|------|
| 1 | London Heathside | 1230 |
| 2 | Shaftesbury Barnet Harriers | 1217 |
| 3 | Highgate Harriers | 1199 |
| 4 | Serpentine RC | 1143 |
| 5 | Thames Valley Harriers | 644 |
| 6 | Woodford Green with Essex Ladies | 599 |
| 7 | Ealing, Southall & Middlesex | 586 |
| 8 | Serpentine RC 'B' | 565 |
| 9 | London Heathside 'B' | 523 |
| 10 | Highgate Harriers 'B' | 188 |

Women's Division Two Team Result

| | | |
|---|-------------------------------|-----|
| 1 | Barnet & District | 293 |
| 2 | Victoria Park & Tower Hamlets | 266 |
| 3 | Hillingdon | 260 |
| 4 | London Heathside 'C' | 221 |
| 5 | Serpentine RC 'C' | 213 |
| 6 | Mornington Chasers | 156 |
| 7 | Enfield & Haringey | 98 |
| 8 | Metropolitan Police | 83 |
| 9 | Newham & Essex Beagles | 11 |

Women's Division Two League Positions

| | | |
|----|--------------------------------------|------|
| 1 | Barnet & District | 1352 |
| 2 | Victoria Park & Tower Hamlets | 1214 |
| 3 | Hillingdon | 1160 |
| 4 | Serpentine RC 'C' | 1023 |
| 5 | London Heathside 'C' | 929 |
| 6 | Mornington Chasers | 729 |
| 7 | Metropolitan Police | 432 |
| 8 | Enfield & Haringey | 332 |
| 9 | Newham & Essex Beagles | 321 |
| 10 | Woodford Green with Essex Ladies 'B' | 171 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

| | | | | | |
|-----|-----------|------------|---------|-----|-------|
| 70 | Jackie | Wastell | Lon H | V50 | 30.30 |
| 71 | Gen | Huss | Serp | S | 30.33 |
| 72 | Tracey | Carro Noya | Serp | V35 | 30.35 |
| 73 | Sarah | Boxer | Barn | V50 | 30.38 |
| 74 | Misty | Harman | VPH&TH | S | 30.40 |
| 75 | Leah | Ward-Bower | Lon C | S | 30.45 |
| 76 | Nadia | Wilkinson | Lon FR | V35 | 30.47 |
| 77 | Laura | Morgan | VPH&TH | S | 30.49 |
| 78 | Shona | Cowper | ESM | S | 30.52 |
| 79 | Anna | Waterman | Morn | S | 30.54 |
| 80 | Siobhan | Wakely | Serp | V35 | 30.57 |
| 81 | Jen | Kerrison | Lon FR | V35 | 31.06 |
| 82 | Joanna | Beak | Serp | S | 31.14 |
| 83 | Kat | Kruse | Met P | S | 31.22 |
| 84 | Sorcha | Wakely | Serp | V35 | 31.27 |
| 85 | Kate | Shockley | Hill | S | 31.29 |
| 86 | Melissa | Hepburn | Met P | S | 31.35 |
| 87 | Iran | Norman | Lon H | S | 31.45 |
| 88 | Jenny | Thomas | WG&EL | V45 | 31.51 |
| 89 | Faye | Jeacocke | VPH&TH | V35 | 31.58 |
| 90 | Lavinia | Singer | Lon H | S | 32.00 |
| 91 | Jessica | Bass | TVH | V35 | 32.12 |
| 92 | Lizzy | Sisley | TVH | S | 32.18 |
| 93 | Caroline | Boyle | Lon H | V35 | 32.19 |
| 94 | Zoe | Dobbs | Hill | V45 | 32.21 |
| 95 | Rosie | Pitt | VPH&TH | S | 32.22 |
| 96 | Carol | Jones | ESM | V55 | 32.23 |
| 97 | Katy | Moore | E&H | S | 32.26 |
| 98 | Jo | Irwin | Lon H | V45 | 32.30 |
| 99 | Nicola | McGlennon | Serp | V35 | 32.37 |
| 100 | Lisa | Pettit | Serp | V45 | 32.42 |
| 101 | Jane | Ruhland | ESM | V50 | 32.46 |
| 102 | Kathryn | Creaney | Lon H | S | 32.50 |
| 103 | Dana | Gates | Lon C | S | 32.52 |
| 104 | Lucy | McGuinness | High | V45 | 32.54 |
| 105 | Noelle | O'Regan | Lon H | S | 32.55 |
| 106 | Frederike | Zeltner | Lon C | S | 33.00 |
| 107 | Catherine | Doherty | Lon H | S | 33.04 |
| 108 | Helen | Hoyle | Barn | V45 | 33.06 |
| 109 | Lynne | Connolly | Morn | V50 | 33.08 |
| 110 | Margaret | King | Serp | S | 33.11 |
| 111 | Daisy | Gladstone | Serp | S | 33.23 |
| 112 | Chloe | Alder | Lon H | V35 | 33.27 |
| 113 | Davina | Gutteridge | Barn | V45 | 33.27 |
| 114 | Jemma | Weekes | Hill | S | 33.29 |
| 115 | Emma | Hayward | Morn | S | 33.33 |
| 116 | Elizabeth | Doyle | Herts P | S | 33.39 |
| 117 | Richella | Doyle | Serp | V40 | 33.42 |
| 118 | Louisa | Pointon | Lon H | S | 33.45 |
| 119 | Karen | Horswood | WG&EL | V50 | 33.48 |
| 120 | Sophia | Holder | Serp | V35 | 34.06 |
| 121 | Jenny | McDonagh | Barn | S | 34.09 |
| 122 | Lesley | Conway | Hill | V55 | 34.14 |
| 123 | Caroline | Ringrow | Serp | S | 34.18 |
| 124 | Melanie | Spencer | Hill | V35 | 34.18 |
| 125 | Emma | Salmon | Barn | S | 34.22 |
| 126 | Pauline | Fischer | Hill | V55 | 34.27 |
| 127 | Jayne | Shepherd* | Herts P | V55 | 34.38 |
| 128 | Alison | Tay | Lon C | S | 34.41 |
| 129 | Anita | Gardiner | Lon FR | S | 34.46 |
| 130 | Erainne | Devery | Serp | S | 34.46 |
| 131 | Rafaele | Lamour | Morn | V40 | 34.49 |
| 132 | Patricia | Thomas | ESM | V50 | 35.05 |
| 133 | Kim | Butler* | Lon H | S | 35.10 |
| 134 | Gabi | Johnson | Lon H | V45 | 35.17 |
| 135 | Andrea | Taylor | Hill | S | 35.22 |
| 136 | Shelly | Fennell | Lon H | V50 | 35.28 |
| 137 | Claire | Alexandre | Serp | V40 | 35.28 |
| 138 | Donna | Nash | Hill | V45 | 35.31 |
| 139 | Alex | Wardle | WG&EL | V45 | 35.35 |
| 140 | Natalie | Traylen | NEB | V40 | 35.40 |

Women's Division Three Team Result

| | | |
|----|-----------------------------------|-----|
| 1 | London City | 163 |
| 2 | Herts Phoenix | 155 |
| 3 | Barnet & District 'B' | 146 |
| 4 | Victoria Park & Tower Hamlets 'B' | 98 |
| 5 | Hillingdon 'B' | 96 |
| 6 | London Frontrunners | 95 |
| 7 | London City 'B' | 71 |
| 8 | Ealing, Southall & Middlesex 'B' | 43 |
| 9 | Thames Valley Harriers 'B' | 34 |
| 10 | Herts Phoenix 'B' | 24 |
| 11 | Ealing Eagles | 16 |

Women's Division Three League Positions

| | | |
|----|-----------------------------------|-----|
| 1 | Herts Phoenix | 845 |
| 2 | London City | 709 |
| 3 | Barnet & District 'B' | 597 |
| 4 | Hillingdon 'B' | 483 |
| 5 | London Frontrunners | 458 |
| 6 | Herts Phoenix 'B' | 415 |
| 7 | Victoria Park & Tower Hamlets 'B' | 242 |
| 8 | Ealing, Southall & Middlesex 'B' | 234 |
| 9 | London City 'B' | 190 |
| 10 | Shaftesbury Barnet Harriers 'B' | 185 |
| 11 | Thames Valley Harriers 'B' | 182 |
| 12 | Ealing Eagles | 181 |
| 13 | Mornington Chasers 'B' | 98 |
| 14 | London Frontrunners 'B' | 78 |
| 15 | Garden City Runners | 24 |
| 16 | Ealing Eagles 'B' | 11 |

Veteran Women's Division One Team Result

| | | |
|----|----------------------------------|-----|
| 1 | Barnet & District | 167 |
| 2 | Serpentine RC | 163 |
| 3 | London Heathside | 161 |
| 4 | Ealing, Southall & Middlesex | 135 |
| 5 | Serpentine RC 'B' | 118 |
| 6 | London Heathside 'B' | 107 |
| 7 | Hillingdon | 72 |
| 8 | Mornington Chasers | 69 |
| 8 | Serpentine RC 'C' | 69 |
| 10 | Woodford Green with Essex Ladies | 56 |

Veteran Women's Division One League Positions

| | | |
|----|----------------------------------|-----|
| 1 | Barnet & District | 810 |
| 2 | Serpentine RC | 778 |
| 3 | London Heathside | 760 |
| 4 | Ealing, Southall & Middlesex | 723 |
| 5 | Serpentine RC 'B' | 483 |
| 6 | London Heathside 'B' | 482 |
| 7 | Woodford Green with Essex Ladies | 440 |
| 8 | Mornington Chasers | 358 |
| 9 | Hillingdon | 336 |
| 10 | Serpentine RC 'C' | 261 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

| | | | | | |
|-----|-----------|-------------|---------|-----|--------|
| 141 | Michele | Griffiths | Lon H | V50 | 35. 56 |
| 142 | Sarah | Mackenzie | Eal E | S | 36. 31 |
| 143 | Nadia | Atia | Lon FR | S | 36. 43 |
| 144 | Sarah | Chapman | High | V55 | 37. 05 |
| 145 | Phil | Skeffington | Serp | V50 | 37. 24 |
| 146 | Alison | Harrow | Lon H | V45 | 37. 42 |
| 147 | Stephanie | Vaatz | Serp | V35 | 37. 44 |
| 148 | Lucy | Duncan | Hill | V40 | 37. 45 |
| 149 | Jacqui | Reid | Met P | V45 | 37. 48 |
| 150 | Lynne | Cox | Barn | S | 38. 12 |
| 151 | Nicola | Kerr | Serp | V40 | 38. 30 |
| 152 | Sandra | Berti | Herts P | V55 | 38. 45 |
| 153 | Helene | Kehoe | Lon H | V50 | 39. 09 |
| 154 | Laura | Boothman | Lon H | V35 | 39. 47 |
| 155 | Christine | Read* | E&H | V50 | 39. 59 |
| 156 | Mary | Brown | Barn | V50 | 40. 04 |
| 157 | Lisa | Snell | Eal E | V40 | 40. 41 |
| 158 | Clare | Boutle | Barn | V45 | 41. 05 |
| 159 | Jackie | O'Dowd | Hill | V55 | 42. 18 |
| 160 | Teresa | Griffith | Serp | V50 | 43. 04 |
| 161 | Christine | Munden | TVH | V40 | 44. 49 |
| 162 | Angela | Duncan | Hill | V70 | 45. 41 |

Veteran Women's Division Two Team Result

| | | |
|---|----------------------------------|----|
| 1 | Victoria Park & Tower Hamlets | 40 |
| 2 | Highgate Harriers | 16 |
| 3 | London Fronrunners | 15 |
| 4 | Shaftesbury Barnet Harriers | 12 |
| 5 | Ealing, Southall & Middlesex 'B' | 4 |
| 6 | Newham & Essex Beagles | 3 |
| 7 | Metropolitan Police | 1 |

Veteran Women's Division Two League Positions

| | | |
|---|--------------------------------------|-----|
| 1 | Victoria Park & Tower Hamlets | 212 |
| 2 | Highgate Harriers | 179 |
| 3 | Shaftesbury Barnet Harriers | 169 |
| 4 | Ealing, Southall & Middlesex 'B' | 71 |
| 4 | London Fronrunners | 71 |
| 6 | Newham & Essex Beagles | 32 |
| 7 | Metropolitan Police | 7 |
| 8 | Garden City Runners | 4 |
| 9 | Mornington Chasers 'B' | 0 |
| 9 | Woodford Green with Essex Ladies 'B' | 0 |

Veteran Women's Division Three Team Result

| | | |
|---|------------------------|----|
| 1 | Barnet & District 'B' | 35 |
| 2 | Hillingdon 'B' | 23 |
| 3 | Enfield & Haringey | 22 |
| 4 | Herts Phoenix | 19 |
| 5 | Thames Valley Harriers | 16 |
| 6 | Ealing Eagles | 5 |

Veteran Women's Division Three League Positions

| | | |
|----|-----------------------------------|-----|
| 1 | Barnet & District 'B' | 276 |
| 2 | Thames Valley Harriers | 173 |
| 3 | Herts Phoenix | 143 |
| 4 | Ealing Eagles | 108 |
| 5 | Hillingdon 'B' | 94 |
| 6 | Enfield & Haringey | 79 |
| 7 | London City | 46 |
| 8 | Highgate Harriers 'B' | 12 |
| 9 | Victoria Park & Tower Hamlets 'B' | 8 |
| 10 | Thames Valley Harriers 'B' | 5 |

U20 Women's Individual Result

| | | | | | |
|---|----------|-----------------|---------|-----|--------|
| 1 | Harriot | Brock | High | U20 | 26. 28 |
| 2 | Eleanor | Harrison* | High | U20 | 27. 48 |
| 3 | Florence | Stansall-Seiler | Herts P | U20 | 28. 42 |

Veteran Women's Individual Result

| | | | | | |
|---|--------|--------|-------|-----|--------|
| 1 | Sue | Rust | Lon H | V35 | 26. 58 |
| 2 | Joanne | Kent | Barn | V45 | 27. 07 |
| 3 | Lois | Bowles | E&H | V35 | 27. 09 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Men's Results

| | | | | | |
|----|-----------|--------------|--------|-----|--------|
| 1 | Mohamud | Aadan | TVH | S | 24. 52 |
| 2 | Phil | Wylie* | High | S | 24. 57 |
| 3 | Audun | Nordtveit | High | S | 25. 03 |
| 4 | Glen | Watts | SB | S | 25. 12 |
| 5 | Michael | Callegari | SB | U20 | 25. 20 |
| 6 | Shaun | Dixon | High | S | 25. 22 |
| 7 | Glenn | Hughes | Serp | S | 25. 26 |
| 8 | Kojo | Kyereme | SB | V40 | 26. 02 |
| 9 | Richard | Phillips | Serp | S | 26. 05 |
| 10 | Ben | Noad | High | S | 26. 07 |
| 11 | Sean | Renfer | High | S | 26. 09 |
| 12 | Jake | Waldron | NEB | S | 26. 10 |
| 13 | John | Franklin | Serp | S | 26. 12 |
| 14 | James | Laing | Hill | S | 26. 14 |
| 15 | Sam | Humphrey | VPH&TH | S | 26. 16 |
| 16 | Tom | Beedell | WG&EL | S | 26. 19 |
| 17 | Jonathan | Poole | Serp | S | 26. 22 |
| 18 | Michael | Wright | Barn | S | 26. 23 |
| 19 | Michael | Christoforou | E&H | S | 26. 25 |
| 20 | Daniel | Davies | SB | S | 26. 26 |
| 21 | Matthew | Grant | SB | S | 26. 29 |
| 22 | Jonny | Laybourn | High | S | 26. 30 |
| 23 | Olly | Laws | NEB | S | 26. 32 |
| 24 | Tom | Aldred | Lon H | S | 26. 35 |
| 25 | Orlando | Edwards | SB | S | 26. 37 |
| 26 | Alexander | Davy* | Serp | S | 26. 44 |
| 27 | Martin | Bateman | Hill | S | 26. 46 |
| 28 | Robert | Wilson | High | S | 26. 46 |
| 29 | Toby | Clyde | TVH | U20 | 26. 52 |
| 30 | Robert | Russell* | TVH | S | 26. 56 |
| 31 | Dave | Morgan | Serp | S | 26. 58 |
| 32 | Jordan | Ali* | NEB | S | 27. 03 |
| 33 | Huw | Lobb* | Serp | S | 27. 03 |
| 34 | Bertie | Powell | WG&EL | S | 27. 16 |
| 35 | Paulos | Asgodom | E&H | U20 | 27. 16 |
| 36 | Peter | Hawkins | High | S | 27. 18 |
| 37 | Niall | Sheehan | NEB | S | 27. 19 |
| 38 | Angus | Holford | WG&EL | S | 27. 23 |
| 39 | Mohamed | Hashi | ESM | S | 27. 24 |
| 40 | Pete | Dyson | VPH&TH | S | 27. 30 |
| 41 | Ben | Rochford | SB | U20 | 27. 31 |
| 42 | Darryl | Davison | High | S | 27. 32 |
| 43 | Andy | Dyson | VPH&TH | S | 27. 34 |
| 44 | Ryan | McKinley | High | S | 27. 40 |
| 45 | Donatas | Tumaitis | WG&EL | S | 27. 43 |
| 46 | Simon | Barrett | Serp | V40 | 27. 49 |
| 47 | Michael | Dan | High | S | 27. 51 |
| 48 | Robel | Balhebi | High | S | 27. 51 |
| 49 | Sam | Ashcroft | ESM | S | 27. 55 |
| 50 | Andrew | Brooker | Lon H | S | 27. 57 |
| 51 | Tommy | Bower | WG&EL | S | 27. 59 |
| 52 | Bjorn | Browatzk | VPH&TH | S | 28. 02 |
| 53 | Alex | Lepretre | Barn | S | 28. 03 |
| 54 | Peter | Flewitt | ESM | V40 | 28. 04 |
| 55 | Harry | Matthews | SMR | U20 | 28. 09 |
| 56 | Tony | Russell | WG&EL | S | 28. 10 |
| 57 | Daniel | De Palol | Serp | V40 | 28. 11 |
| 58 | Andrew | Mitchell | TVH | V45 | 28. 12 |
| 59 | Daniel | Thompson | Hill | S | 28. 15 |
| 60 | Nathan | Wilkins | Serp | S | 28. 17 |
| 61 | Peter | Downie | High | S | 28. 17 |
| 62 | Ryan | McCrickerd | Lon H | S | 28. 18 |
| 63 | Grant | Ramsay* | Barn | V40 | 28. 20 |
| 64 | George | Stewart | Lon H | V45 | 28. 23 |
| 65 | Conor | Kissane-Wood | SMR | U20 | 28. 26 |
| 66 | Pau | Herrero | Serp | S | 28. 28 |
| 67 | Andrew | Orr | Serp | S | 28. 30 |
| 68 | Jonathan | Bradford | Serp | S | 28. 33 |
| 69 | Neil | Cook | VPH&TH | S | 28. 33 |

Men's Division One Team Result

| | | |
|----|----------------------------------|------|
| 1 | Highgate Harriers | 1170 |
| 2 | Serpentine RC | 1060 |
| 3 | Shaftesbury Barnet Harriers | 840 |
| 4 | Woodford Green with Essex Ladies | 720 |
| 5 | London Heathside | 704 |
| 6 | Victoria Park & Tower Hamlets | 640 |
| 7 | Newham & Essex Beagles | 495 |
| 8 | Hillingdon | 478 |
| 9 | Ealing, Southall & Middlesex | 468 |
| 10 | Serpentine RC 'B' | 446 |

Men's Division One League Positions

| | | |
|----|----------------------------------|------|
| 1 | Highgate Harriers | 5405 |
| 2 | Serpentine RC | 5122 |
| 3 | Woodford Green with Essex Ladies | 4450 |
| 4 | Shaftesbury Barnet Harriers | 3991 |
| 5 | London Heathside | 3227 |
| 6 | Victoria Park & Tower Hamlets | 2696 |
| 7 | Hillingdon | 2641 |
| 8 | Ealing, Southall & Middlesex | 2287 |
| 9 | Newham & Essex Beagles | 2222 |
| 10 | Serpentine RC 'B' | 1679 |

Men's Division Two Team Result

| | | |
|----|--------------------------------------|------|
| 1 | Barnet & District | 1192 |
| 2 | Thames Valley Harriers | 1089 |
| 3 | London Heathside 'B' | 1048 |
| 4 | Highgate Harriers 'B' | 973 |
| 5 | London Heathside 'C' | 784 |
| 6 | Serpentine RC 'C' | 771 |
| 7 | Enfield & Haringey | 562 |
| 8 | Woodford Green with Essex Ladies 'B' | 367 |
| 9 | Mornington Chasers | 277 |
| 10 | Herts Phoenix | 188 |

Men's Division Two League Positions

| | | |
|----|--------------------------------------|------|
| 1 | Barnet & District | 5586 |
| 2 | Highgate Harriers 'B' | 5070 |
| 3 | London Heathside 'B' | 5001 |
| 4 | Thames Valley Harriers | 4981 |
| 5 | Woodford Green with Essex Ladies 'B' | 4536 |
| 6 | London Heathside 'C' | 3732 |
| 7 | Enfield & Haringey | 3692 |
| 8 | Serpentine RC 'C' | 3433 |
| 9 | Herts Phoenix | 2411 |
| 10 | Mornington Chasers | 2223 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

| | | | | | |
|-----|-------------|----------------|--------|-----|-------|
| 70 | Sebastian | Buhs | Serp | S | 28.34 |
| 71 | Philip | Warburton | Hill | S | 28.34 |
| 72 | Simon | Connell | Hill | V40 | 28.35 |
| 73 | Dominic | Smith | High | S | 28.35 |
| 74 | Benjamin | Tolputt | Serp | S | 28.35 |
| 75 | Ed | Samuel | Lon H | S | 28.36 |
| 76 | Anthony | Hall | Lon H | S | 28.36 |
| 77 | Adrian | Mason | Barn | V50 | 28.37 |
| 78 | Wayne | Bell | NEB | S | 28.39 |
| 79 | John | Driscoll | Lon H | V40 | 28.42 |
| 80 | Rajesh | Patel | Barn | S | 28.44 |
| 81 | Richard | McCormick | Barn | V50 | 28.47 |
| 82 | William | McNulty | Morn | S | 28.49 |
| 83 | Will | Morris | Barn | S | 28.52 |
| 84 | Rob | Wilbraham | WG&EL | S | 28.54 |
| 85 | Andy | Barnes | Lon H | S | 28.56 |
| 86 | Laurent | Liote | High | S | 28.58 |
| 87 | Matt | Collins | Lon H | S | 29.01 |
| 88 | Steve | Elson | ESM | S | 29.06 |
| 89 | Duncan | Steen | VPH&TH | S | 29.07 |
| 90 | Rudolf | von Grot | Serp | V40 | 29.08 |
| 91 | Simon | Fricke | Met P | S | 29.08 |
| 92 | Joe | Everitt | WG&EL | S | 29.12 |
| 93 | Daire | Brennan | E&H | S | 29.13 |
| 94 | Christopher | Hepworth | ESM | S | 29.18 |
| 95 | Edward | Price | Barn | S | 29.19 |
| 96 | Jim | Roche | WG&EL | V40 | 29.20 |
| 97 | Andy | Welshman | Lon H | V45 | 29.26 |
| 98 | Costa | Michael | Barn | V50 | 29.27 |
| 99 | Mark | Anderson | Lon H | S | 29.27 |
| 100 | Michael | Potticary | SB | S | 29.28 |
| 101 | Steve | Norris | TVH | V45 | 29.28 |
| 102 | Tom | Livermore | Lon H | S | 29.29 |
| 103 | Jonathan | Hopkin | Lon H | V45 | 29.29 |
| 104 | Simon | Buckley | Serp | S | 29.30 |
| 105 | Chris | Hartley | Lon H | V50 | 29.32 |
| 106 | Andrew | Reeves | Serp | V40 | 29.34 |
| 107 | Finlay | Gall | VPH&TH | S | 29.35 |
| 108 | Robert | Rigby | SB | V50 | 29.38 |
| 109 | Steve | Armstrong | Lon H | V40 | 29.39 |
| 110 | Joe | Egan | VPH&TH | S | 29.40 |
| 111 | James | Hughes | ESM | S | 29.40 |
| 112 | Richard | Newbold | VPH&TH | V45 | 29.43 |
| 113 | Tim | Edwards | Barn | S | 29.44 |
| 114 | Richard | Macaulay | Lon H | S | 29.45 |
| 115 | Andy | Neatham | Barn | V45 | 29.46 |
| 116 | Sergio | Di Noto | Lon H | S | 29.50 |
| 117 | David | Gilbert | High | S | 29.53 |
| 118 | Andy | Holt | GCR | V50 | 29.57 |
| 119 | Flojan | Bakalli | ESM | U20 | 29.57 |
| 120 | Simeon | Bennett | VPH&TH | S | 29.57 |
| 121 | Peter | Clarke | Serp | V45 | 29.57 |
| 122 | Angelo | John | ESM | V40 | 29.58 |
| 123 | Julian | Russell | WG&EL | S | 30.00 |
| 124 | Sam | Blanshard | Hill | S | 30.01 |
| 125 | Alan | Whatmough | Lon H | S | 30.03 |
| 126 | Nicola | Barberis Negra | Serp | S | 30.04 |
| 127 | David | Ireland | Serp | S | 30.06 |
| 128 | James | Gillanders | Lon FR | S | 30.07 |
| 129 | Sam | Thompson | Lon H | S | 30.09 |
| 130 | Chris | Ingram | Hill | S | 30.10 |
| 131 | Anthony | Withstandley | VPH&TH | V40 | 30.14 |
| 132 | Dave | Cox | WG&EL | V60 | 30.15 |
| 133 | Ronan | Breen | SB | V40 | 30.15 |
| 134 | Tim | Butler | Barn | V50 | 30.16 |
| 135 | Paul | Mercer | Lon H | V40 | 30.16 |
| 136 | Peter | Sarkies | TVH | S | 30.17 |
| 137 | Shane | Cullinan | Lon FR | V40 | 30.17 |
| 138 | Andrew | Kelleher | Barn | V50 | 30.18 |
| 139 | Andy | Barber | NEB | V40 | 30.18 |
| 140 | Richard | Stewart | High | V40 | 30.19 |

Men's Division Three Team Result

| | | |
|----|-----------------------------------|-----|
| 1 | London Frontrunners | 901 |
| 2 | Barnet & District 'B' | 871 |
| 3 | Victoria Park & Tower Hamlets 'B' | 771 |
| 4 | London Frontrunners 'B' | 718 |
| 5 | St Mary's Richmond | 666 |
| 6 | Metropolitan Police | 635 |
| 7 | Thames Valley Harriers 'B' | 591 |
| 8 | London City | 370 |
| 9 | Hillingdon 'B' | 279 |
| 10 | Ealing, Southall & Middlesex 'B' | 273 |
| 11 | Garden City Runners | 259 |
| 12 | Ealing Eagles | 204 |
| 13 | Highgate Harriers 'C' | 192 |
| 14 | Metropolitan Police 'B' | 78 |
| 15 | Shaftesbury Barnet Harriers 'B' | 65 |

Men's Division Three League Positions

| | | |
|----|--------------------------------------|------|
| 1 | London Frontrunners | 4920 |
| 2 | Barnet & District 'B' | 3984 |
| 3 | London Frontrunners 'B' | 3794 |
| 4 | Metropolitan Police | 3409 |
| 5 | Hillingdon 'B' | 3318 |
| 6 | St Mary's Richmond | 3052 |
| 7 | Woodford Green with Essex Ladies 'C' | 2657 |
| 8 | Shaftesbury Barnet Harriers 'B' | 2520 |
| 9 | Thames Valley Harriers 'B' | 2516 |
| 10 | London City | 2106 |
| 11 | Victoria Park & Tower Hamlets 'B' | 2074 |
| 12 | Highgate Harriers 'C' | 1928 |
| 13 | Garden City Runners | 1714 |
| 14 | Ealing, Southall & Middlesex 'B' | 1562 |
| 15 | Harlow RC | 814 |
| 16 | Ealing Eagles | 801 |
| 17 | Metropolitan Police 'B' | 211 |
| 18 | Enfield & Haringey 'B' | 162 |
| 19 | Herts Phoenix 'B' | 129 |
| 20 | Mornington Chasers 'B' | 44 |
| 21 | London City 'B' | 9 |
| 22 | Garden City Runners 'B' | 4 |

Veteran Men's Division One Team Result

| | | |
|----|----------------------------------|-----|
| 1 | London Heathside | 370 |
| 2 | Barnet & District | 369 |
| 3 | Serpentine RC | 360 |
| 4 | Ealing, Southall & Middlesex | 255 |
| 5 | London Heathside 'B' | 253 |
| 6 | Thames Valley Harriers | 248 |
| 7 | Highgate Harriers | 233 |
| 8 | Woodford Green with Essex Ladies | 231 |
| 9 | London Heathside 'C' | 173 |
| 10 | Hillingdon | 151 |

Veteran Men's Division One League Positions

| | | |
|----|----------------------------------|------|
| 1 | London Heathside | 1825 |
| 2 | Serpentine RC | 1681 |
| 3 | Barnet & District | 1520 |
| 4 | London Heathside 'B' | 1348 |
| 5 | Woodford Green with Essex Ladies | 1327 |
| 6 | Highgate Harriers | 1068 |
| 7 | Hillingdon | 1019 |
| 8 | London Heathside 'C' | 912 |
| 9 | Ealing, Southall & Middlesex | 905 |
| 10 | Thames Valley Harriers | 878 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

| | | | | | |
|-----|----------|----------------|--------|-----|--------|
| 141 | Stuart | Meiklejohn | Lon H | S | 30. 20 |
| 142 | David | Jones | VPH&TH | S | 30. 23 |
| 143 | Tom | Fallon | E&H | S | 30. 27 |
| 144 | James | Bewley | VPH&TH | S | 30. 28 |
| 145 | Adam | Mitchell | Lon H | S | 30. 30 |
| 146 | Theo | Highland | Serp | S | 30. 32 |
| 147 | Peter | Holmes | Serp | S | 30. 34 |
| 148 | Peter | Christian | SMR | U20 | 30. 36 |
| 149 | Kirit | Patel | Lon FR | V40 | 30. 40 |
| 150 | Jose | Pabon | Eal E | S | 30. 43 |
| 151 | Karl | Hayer | Lon FR | V40 | 30. 43 |
| 152 | James | Taylor | Barn | S | 30. 44 |
| 153 | Alan | Rugg | WG&EL | V55 | 30. 45 |
| 154 | Bartosz | Porzuczek | Serp | S | 30. 45 |
| 155 | Paul | Graham* | SMR | V40 | 30. 46 |
| 156 | Ed | Holland | Lon FR | S | 30. 46 |
| 157 | Rob | Walker | High | S | 30. 47 |
| 158 | George | Bettsworth* | NEB | U20 | 30. 48 |
| 159 | Gavin | Evans | Lon H | V50 | 30. 50 |
| 160 | Johnny | Wells | Serp | S | 30. 52 |
| 161 | Manuel | da Silva | TVH | S | 30. 54 |
| 162 | Mark | Kencroft | ESM | V45 | 30. 56 |
| 163 | Peter | Caton | WG&EL | S | 30. 58 |
| 164 | Greg | Bennett | TVH | V40 | 31. 00 |
| 165 | Simon | Baptist | TVH | S | 31. 02 |
| 166 | Joel | Northcott | Lon FR | S | 31. 04 |
| 167 | Mike | Walker | Barn | S | 31. 06 |
| 168 | Victor | Sarramian | VPH&TH | S | 31. 08 |
| 169 | Dan | McKeown | Lon H | S | 31. 10 |
| 170 | Andre | Duque | NEB | S | 31. 12 |
| 171 | Ewan | Ross | TVH | S | 31. 14 |
| 172 | Alex | Cruttenden | Serp | S | 31. 16 |
| 173 | Gary | Bagnall | VPH&TH | V40 | 31. 17 |
| 174 | Paul | Leppard | Hill | S | 31. 18 |
| 175 | Daniel | Digweed | Barn | S | 31. 19 |
| 176 | Adam | Ibrahim | Lon H | S | 31. 20 |
| 177 | Alex | Davidson | High | V50 | 31. 20 |
| 178 | Jonathan | Moscrop | Lon FR | V40 | 31. 20 |
| 179 | Derry | Lozano-Hoyland | Serp | S | 31. 25 |
| 180 | Chris | Bailey | High | V50 | 31. 28 |
| 181 | Robert | Brown | ESM | V45 | 31. 29 |
| 182 | Gareth | Edwards* | SB | V40 | 31. 30 |
| 183 | Gideon | Reid | Serp | S | 31. 32 |
| 184 | Adrian | Cathersides | Morn | S | 31. 35 |
| 185 | Dominic | Jackson | Lon H | V50 | 31. 36 |
| 186 | Paul | Lemmon | Lon H | V50 | 31. 36 |
| 187 | Rob | Pitkethly | VPH&TH | S | 31. 38 |
| 188 | Gavin | Edmonds | Serp | V40 | 31. 41 |
| 189 | Andrew | Dodd | ESM | S | 31. 45 |
| 190 | Steven | Artist | Lon FR | S | 31. 45 |
| 191 | Michele | Bottone | Serp | S | 31. 46 |
| 192 | Fraser | Johnson | Serp | V40 | 31. 47 |
| 193 | Norman | Mitchell | Lon H | V50 | 31. 48 |
| 194 | Costi | Stavrianakis | Lon H | V40 | 31. 49 |
| 195 | David | Newman | Hill | V50 | 31. 50 |
| 196 | Adrian | Mark | Lon FR | S | 31. 51 |
| 197 | Paul | Wyatt | Met P | V40 | 31. 52 |
| 198 | David | Crout | Barn | V45 | 31. 53 |
| 199 | Martin | Bright | High | V45 | 31. 54 |
| 200 | Alex | Elferink | Serp | V40 | 31. 55 |
| 201 | Kris | Milovsorov | Lon H | S | 31. 57 |
| 202 | Alex | Jeffreys | Serp | V40 | 31. 57 |
| 203 | Jon | Sleeman | High | V50 | 31. 57 |
| 204 | Guy | Bowles | TVH | V50 | 32. 05 |
| 205 | Jacob | Howe | Lon H | V40 | 32. 07 |
| 206 | Richard | Bryant | VPH&TH | V40 | 32. 09 |
| 207 | John | Keenan | Lon FR | V40 | 32. 10 |
| 208 | Rick | Hewitt | Lon H | V45 | 32. 13 |
| 209 | Nigel | Rowe | Met P | V50 | 32. 14 |
| 210 | Gary | Horn | Hill | S | 32. 15 |
| 211 | Jo | McKeown | Lon H | S | 32. 16 |

Veteran Men's Division Two Team Result

| | | |
|----|---------------------------------|-----|
| 1 | London Frontrunners | 187 |
| 1 | Shaftesbury Barnet Harriers | 187 |
| 3 | Victoria Park & Tower Hamlets | 184 |
| 4 | Serpentine RC 'B' | 145 |
| 5 | Metropolitan Police | 113 |
| 6 | Thames Valley Harriers 'B' | 98 |
| 7 | Garden City Runners | 92 |
| 8 | Herts Phoenix | 87 |
| 9 | Hillingdon 'B' | 24 |
| 10 | Shaftesbury Barnet Harriers 'B' | 11 |

Veteran Men's Division Two League Positions

| | | |
|----|---------------------------------|-----|
| 1 | London Frontrunners | 825 |
| 2 | Shaftesbury Barnet Harriers | 676 |
| 3 | Serpentine RC 'B' | 619 |
| 4 | Herts Phoenix | 525 |
| 5 | Victoria Park & Tower Hamlets | 509 |
| 6 | Metropolitan Police | 389 |
| 7 | Garden City Runners | 380 |
| 8 | Hillingdon 'B' | 311 |
| 9 | Thames Valley Harriers 'B' | 209 |
| 10 | Shaftesbury Barnet Harriers 'B' | 17 |

Veteran Men's Division Three Team Result

| | | |
|----|--------------------------------------|-----|
| 1 | Barnet & District 'B' | 182 |
| 2 | London Frontrunners 'B' | 127 |
| 3 | Woodford Green with Essex Ladies 'B' | 126 |
| 4 | Enfield & Haringey | 85 |
| 5 | Ealing, Southall & Middlesex 'B' | 79 |
| 6 | Mornington Chasers | 78 |
| 7 | Serpentine RC 'C' | 77 |
| 8 | St Mary's Richmond | 70 |
| 9 | Newham & Essex Beagles | 50 |
| 10 | London City | 35 |
| 10 | Metropolitan Police 'B' | 35 |
| 12 | Herts Phoenix 'B' | 17 |
| 13 | Ealing Eagles | 9 |

Veteran Men's Division Three League Positions

| | | |
|----|--------------------------------------|-----|
| 1 | Barnet & District 'B' | 953 |
| 2 | Woodford Green with Essex Ladies 'B' | 841 |
| 3 | London Frontrunners 'B' | 746 |
| 4 | Mornington Chasers | 567 |
| 5 | Serpentine RC 'C' | 542 |
| 6 | St Mary's Richmond | 411 |
| 7 | Enfield & Haringey | 337 |
| 8 | London City | 320 |
| 9 | Ealing, Southall & Middlesex 'B' | 295 |
| 10 | Herts Phoenix 'B' | 281 |
| 11 | Hillingdon 'C' | 199 |
| 12 | Harlow RC | 181 |
| 13 | Highgate Harriers 'B' | 144 |
| 14 | Newham & Essex Beagles | 115 |
| 15 | Metropolitan Police 'B' | 60 |
| 16 | Garden City Runners 'B' | 59 |
| 17 | Mornington Chasers 'B' | 13 |
| 18 | Victoria Park & Tower Hamlets 'B' | 11 |
| 19 | Ealing Eagles | 9 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

| | | | | | |
|-----|-------------|------------|---------|-----|--------|
| 212 | Navin-Jones | Timothy | Lon C | S | 32. 17 |
| 213 | Alan | Latham | Lon H | V45 | 32. 17 |
| 214 | Gareth | Marshall | Lon H | S | 32. 17 |
| 215 | Jonathan | Litchfield | Lon H | S | 32. 19 |
| 216 | Tim | Marshall | Lon H | S | 32. 20 |
| 217 | Richard | Somerset | GCR | V45 | 32. 22 |
| 218 | Tom | Yates | ESM | S | 32. 28 |
| 219 | Matt | Holt | Met P | S | 32. 31 |
| 220 | Lee | Connor | Lon H | V45 | 32. 32 |
| 221 | Joseph | Lowe | High | V40 | 32. 32 |
| 222 | Stewart | Pepper | E&H | V55 | 32. 36 |
| 223 | Adam | Freeman | Lon FR | S | 32. 38 |
| 224 | Tom | Griffiths | Lon H | U20 | 32. 40 |
| 225 | Tony | Pamphilon | WG&EL | V55 | 32. 41 |
| 226 | Phil | Hogg | Lon H | V40 | 32. 43 |
| 227 | John | Lynch | Morn | V55 | 32. 45 |
| 228 | Harry | Gilham | Herts P | S | 32. 47 |
| 229 | Sean | McEntee | Lon FR | S | 32. 49 |
| 230 | Rob | Shulman | Lon H | V45 | 32. 51 |
| 231 | James | Steel | ESM | V45 | 32. 51 |
| 232 | Richard | Hogg | WG&EL | V45 | 32. 53 |
| 233 | Rob | Poulter | Hill | V45 | 32. 53 |
| 234 | Brett | Paterson | Lon H | S | 32. 54 |
| 235 | Stephane | Schneider | Serp | S | 32. 57 |
| 236 | Tim | Charters | Lon FR | S | 32. 58 |
| 237 | Pete | Crockford | Lon H | V55 | 32. 59 |
| 238 | Gareth | Hosgood | Lon FR | S | 33. 00 |
| 239 | Alex | Ozdemir | Hill | S | 33. 02 |
| 240 | Richard | Hooley | TVH | V50 | 33. 04 |
| 241 | Lawrence | Roots | NEB | S | 33. 06 |
| 242 | Tim | Miller | VPH&TH | V45 | 33. 08 |
| 243 | Luke | Johnson | VPH&TH | S | 33. 10 |
| 244 | Robert | Whitmarsh | Serp | S | 33. 12 |
| 245 | Mike | Wilson | TVH | V55 | 33. 14 |
| 246 | Ben | Stanton | Serp | S | 33. 16 |
| 247 | Andrew | Wood | Lon FR | S | 33. 17 |
| 248 | Tom | Ashby | Lon H | S | 33. 22 |
| 249 | Mark | Kell | Serp | S | 33. 23 |
| 250 | Julian | Williams | Lon FR | V45 | 33. 23 |
| 251 | Dan | Luong | Lon FR | S | 33. 25 |
| 252 | Joe | Gomes | Barn | V50 | 33. 25 |
| 253 | Robert | Eveson | SMR | U20 | 33. 27 |
| 254 | James | Trapmore | SB | S | 33. 28 |
| 255 | Peter | Ellis | Barn | V55 | 33. 28 |
| 256 | Michael | Cockings | Lon H | S | 33. 31 |
| 257 | Stuart | Jones | Lon C | S | 33. 32 |
| 258 | Alun | Evans | WG&EL | V55 | 33. 32 |
| 259 | Tom | Irving | Eal E | S | 33. 34 |
| 260 | Thomas | Cassidy | SMR | S | 33. 34 |
| 261 | Ian | Leslie | ESM | V55 | 33. 38 |
| 262 | James | Dark | Lon H | S | 33. 42 |
| 263 | Gareth | Fletcher | Lon FR | S | 33. 43 |
| 264 | Mark | George | Lon H | V45 | 33. 45 |
| 265 | Richard | Bell | TVH | V45 | 33. 45 |
| 266 | Andrew | Johnson | Lon H | V45 | 33. 45 |
| 267 | Liam | Phair | Met P | S | 33. 48 |
| 268 | William | Wagstaff | Lon H | V50 | 33. 49 |
| 269 | Simon | Doyle | Herts P | V50 | 33. 49 |
| 270 | William | Lake | Serp | S | 33. 51 |
| 271 | Andrew | Malyan | Hill | V45 | 33. 52 |
| 272 | Terry | McCarthy | WG&EL | V55 | 33. 53 |
| 273 | Graham | Slater | Barn | V50 | 34. 00 |
| 274 | Brian | James* | Herts P | V65 | 34. 05 |
| 275 | Phillip | Chapman | VPH&TH | S | 34. 05 |
| 276 | Rich | Bartlett | Serp | V50 | 34. 10 |
| 277 | James | Felstead | Lon H | V45 | 34. 12 |
| 278 | Matt | Walker | Lon C | S | 34. 12 |
| 279 | Peter | Keane | TVH | S | 34. 12 |
| 280 | Tom | Poynton | Serp | V40 | 34. 13 |
| 281 | Phil | Wetton | TVH | V45 | 34. 13 |
| 282 | Richard | Weir | TVH | V50 | 34. 16 |

NOTICEBOARD

Divisional and Age Group results are available at

www.metleague.co.uk

* denotes "Registered Second Claim" athletes

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

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

Late notification of information cannot be accepted.

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

The Annual General Meeting of the League will be held on
Wednesday 22 April (venue to be confirmed).
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

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

| | | | | | |
|-----|-----------|----------------|---------|-----|--------|
| 283 | Princeton | Akpojaro | Met P | V45 | 34. 26 |
| 284 | David | Birks* | E&H | V50 | 34. 28 |
| 285 | Jan | Gruter | Lon FR | S | 34. 32 |
| 286 | Scott | Brewer | TVH | S | 34. 32 |
| 287 | Elliot | Reed | Lon H | V40 | 34. 34 |
| 288 | Mel | Davies | Barn | V60 | 34. 34 |
| 289 | Doug | Rendle | Lon H | S | 34. 37 |
| 290 | Brian | Boyle | Lon H | V40 | 34. 43 |
| 291 | Gavin | Parish | Lon H | S | 34. 44 |
| 292 | Simon | Mac | Lon FR | S | 34. 50 |
| 293 | Mervyn | Walker | TVH | V55 | 34. 50 |
| 294 | Jerry | Bryan | Barn | V50 | 34. 53 |
| 295 | Neil | Colquhoun | Lon FR | S | 34. 57 |
| 296 | Andy | Ball | High | S | 34. 58 |
| 297 | Mark | McLeavery | Met P | V40 | 34. 59 |
| 298 | Chris | Violet | Barn | V45 | 35. 06 |
| 299 | Graeme | Henderson* | Lon FR | S | 35. 08 |
| 300 | Adam | Hirst | Hill | S | 35. 08 |
| 301 | Stuart | Arundel | Hill | V45 | 35. 08 |
| 302 | Keith | Freegard | ESM | V55 | 35. 18 |
| 303 | Philip | Cunningham | SB | V50 | 35. 20 |
| 304 | Gus | Hinestrosa | High | S | 35. 22 |
| 305 | Adrian | Donovan | Lon C | S | 35. 28 |
| 306 | Rob | Scott | Barn | V45 | 35. 31 |
| 307 | Francis | O'Callaghan | Lon FR | S | 35. 35 |
| 308 | Glynn | McDonald | Lon FR | V50 | 35. 41 |
| 309 | Paul | Stockings | WG&EL | V50 | 35. 46 |
| 310 | Nick | Sutcliffe | Lon C | V45 | 35. 46 |
| 311 | Jeremy | Collis | Hill | S | 35. 53 |
| 312 | Chris | McMahon | Lon FR | V45 | 35. 59 |
| 313 | Andrew | Melrose | Lon C | S | 36. 01 |
| 314 | Sammy | Li | Serp | V45 | 36. 02 |
| 315 | Tom | Spanyol | WG&EL | V55 | 36. 04 |
| 316 | Hassan | Nahal | Lon H | V55 | 36. 07 |
| 317 | Peter | Fitzpatrick | Herts P | V60 | 36. 08 |
| 318 | Andrew | Hudson | Lon H | V55 | 36. 11 |
| 319 | Ian | Johnson | Serp | V45 | 36. 11 |
| 320 | Chip | Hamer | Lon H | V50 | 36. 18 |
| 321 | Dave | Byrne | Barn | V50 | 36. 19 |
| 322 | Andy | Smith | WG&EL | V40 | 36. 21 |
| 323 | James | Brown | Serp | S | 36. 26 |
| 324 | Darren | Halford | ESM | V40 | 36. 27 |
| 325 | Paul | Hope | Met P | V55 | 36. 29 |
| 326 | Russell | Weston | Lon H | V50 | 36. 31 |
| 327 | Ciaran | Clarke | Lon FR | S | 36. 34 |
| 328 | Jason | Sewards | TVH | V45 | 37. 00 |
| 329 | Gary | Homewood | Morn | V50 | 37. 22 |
| 330 | Ashley | Grist | SMR | V45 | 37. 23 |
| 331 | Alun | Nash | Lon H | V50 | 37. 24 |
| 332 | Richard | Bloom | Herts P | V65 | 37. 34 |
| 333 | Navin | Dadlani | Serp | S | 37. 35 |
| 334 | Gary | Randle | Barn | S | 37. 42 |
| 335 | Trevor | Normoyle | Met P | S | 37. 50 |
| 336 | Richard | Wilson | Met P | V55 | 38. 00 |
| 337 | Christos | Bitzis-Politis | Lon FR | V45 | 38. 03 |
| 338 | John | Luscombe | Hill | V40 | 38. 04 |
| 339 | Connor | Devlin | Lon FR | V40 | 38. 22 |
| 340 | Daniel | Kownacki | Lon FR | S | 38. 23 |
| 341 | Richard | Foskett | Herts P | V60 | 38. 29 |
| 342 | David | Hinds | Serp | V60 | 38. 35 |
| 343 | John | Owen | Barn | V70 | 38. 44 |
| 344 | Nik | Skipper | Lon H | V55 | 38. 54 |
| 345 | Bob | Burton | Hill | V55 | 38. 54 |
| 346 | Javier | Igartua | Lon FR | S | 38. 55 |
| 347 | Trevor | Powell | WG&EL | V60 | 38. 56 |
| 348 | Cristian | Duran | Lon FR | U20 | 39. 10 |
| 349 | Stuart | Mann | Herts P | V70 | 39. 15 |
| 350 | Sean | Bowen | GCR | V50 | 39. 21 |
| 351 | Sam | Samiullah | Met P | V45 | 39. 25 |
| 352 | Ken | Townson | Lon H | V45 | 39. 52 |
| 353 | Phil | York | ESM | V50 | 40. 42 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

| | | | | | |
|-----|---------|---------------|---------|-----|-------|
| 354 | Richard | Sidlin | GCR | V50 | 40.43 |
| 355 | Richard | Cristina | Lon FR | V40 | 40.50 |
| 356 | Phil | Adams | Lon FR | V45 | 40.54 |
| 357 | Steve | Gathercole | Morn | V65 | 41.06 |
| 358 | Bahjit | Dhanda | Eal E | V50 | 41.09 |
| 359 | Nick | Michael | TVH | V60 | 41.21 |
| 360 | John | Kelly | SB | V60 | 41.26 |
| 361 | Barry | Brown | Hill | V50 | 41.36 |
| 362 | Theo | Wynne-Symmons | Serp | S | 41.44 |
| 363 | Dennis | Carey | Hill | V45 | 41.46 |
| 364 | Hans | Ho | Serp | S | 42.03 |
| 365 | Graham | French | ESM | V60 | 42.07 |
| 366 | Tony | Smith | TVH | V55 | 42.32 |
| 367 | Stefan | Watson | Lon C | S | 42.45 |
| 368 | Stuart | Philips | WG&EL | V55 | 43.20 |
| 369 | Russell | Devitt | SB | V65 | 43.56 |
| 370 | Trace | Allen | GCR | V70 | 44.11 |
| 371 | Steven | Patterson | Hill | V65 | 44.22 |
| 372 | Artor | Domingos | TVH | U20 | 44.38 |
| 373 | Edwin | Mooiman | Lon C | V45 | 45.03 |
| 374 | Martin | Garrett* | Serp | V60 | 45.41 |
| 375 | John | Steed | Herts P | V75 | 47.07 |
| 376 | Alan | Wells | Hill | V50 | 48.07 |
| 377 | Tony | Shiret | NEB | V55 | 52.54 |

U20 Men's Individual Result

| | | | | | |
|---|---------|-----------|-----|-----|-------|
| 1 | Michael | Callegari | SB | U20 | 25.20 |
| 2 | Toby | Clyde | TVH | U20 | 26.52 |
| 3 | Paulos | Asgodom | E&H | U20 | 27.16 |

Veteran Men's Individual Result

| | | | | | |
|---|-------|---------|------|-----|-------|
| 1 | Kojo | Kyereme | SB | V40 | 26.02 |
| 2 | Simon | Barrett | Serp | V40 | 27.49 |
| 3 | Peter | Flewitt | ESM | V40 | 28.04 |

Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH) - Saturday 7 February 2015

Howard Williams Trophy (Seniors)

| | | Pts | Win |
|----|----------------------------------|-----|-----|
| 1 | Highgate Harriers | 40 | 4 |
| 2 | Serpentine RC | 38 | 4 |
| 3 | London Heathside | 38 | 1 |
| 3 | Shaftesbury Barnet Harriers | 38 | 1 |
| 5 | Woodford Green with Essex Ladies | 35 | 0 |
| 6 | Ealing, Southall & Middlesex | 29 | 0 |
| 6 | Victoria Park & Tower Hamlets | 29 | 0 |
| 8 | Thames Valley Harriers | 28 | 0 |
| 9 | Hillingdon | 27 | 0 |
| 10 | Barnet & District | 26 | 0 |
| 11 | Newham & Essex Beagles | 21 | 0 |
| 12 | Enfield & Haringey | 19 | 0 |
| 12 | Mornington Chasers | 19 | 0 |
| 14 | Herts Phoenix | 16 | 0 |
| 14 | Metropolitan Police | 16 | 0 |
| 16 | London Frontrunners | 12 | 0 |
| 17 | London City | 10 | 0 |
| 18 | Garden City Runners | 6 | 0 |
| 19 | Ealing Eagles | 5 | 0 |
| 19 | St Mary's Richmond | 5 | 0 |
| 21 | Harlow RC | 2 | 0 |

Howard Williams Trophy (Juniors)

| | | Pts | Win |
|----|----------------------------------|-----|-----|
| 1 | Shaftesbury Barnet Harriers | 58 | 9 |
| 2 | Thames Valley Harriers | 51 | 3 |
| 3 | Herts Phoenix | 49 | 4 |
| 4 | Ealing, Southall & Middlesex | 45 | 0 |
| 5 | Victoria Park & Tower Hamlets | 44 | 1 |
| 6 | Enfield & Haringey | 43 | 0 |
| 7 | Trent Park RC | 41 | 2 |
| 8 | Hillingdon | 38 | 0 |
| 9 | Woodford Green with Essex Ladies | 34 | 0 |
| 10 | Highgate Harriers | 31 | 3 |
| 11 | Barnet & District | 27 | 0 |
| 12 | London Heathside | 26 | 0 |
| 13 | St Mary's Richmond | 25 | 0 |
| 14 | Newham & Essex Beagles | 15 | 0 |
| 15 | Serpentine RC | 4 | 0 |

Men's League

| Pos | Forename | Surname | Club | Pts | Fix |
|-----|----------|--------------|--------|------|-----|
| 1 | Audun | Nordtveit | High | 1796 | 4 |
| 2 | Michael | Callegari | SB | 1794 | 4 |
| 3 | Shaun | Dixon | High | 1788 | 5 |
| 4 | Glen | Watts | SB | 1783 | 4 |
| 5 | Glenn | Hughes | Serp | 1779 | 5 |
| 6 | Richard | Phillips | Serp | 1768 | 4 |
| 7 | Dan | Watts | SB | 1764 | 4 |
| 8 | Ben | Noad | High | 1761 | 4 |
| 9 | Tom | Aldred | Lon H | 1757 | 5 |
| 10 | Jonathan | Poole | Serp | 1745 | 4 |
| 11 | Tomas | Stasionis* | VPH&TH | 1743 | 4 |
| 12 | Tom | Beedell | WG&EL | 1740 | 5 |
| 13 | Jake | Waldron | NEB | 1738 | 5 |
| 14 | John | Franklin | Serp | 1737 | 5 |
| 15 | James | Laing | Hill | 1729 | 5 |
| 16 | Michael | Christoforou | E&H | 1722 | 4 |
| 17 | Michael | Wright | Barn | 1719 | 5 |
| 18 | Sam | Humphrey | VPH&TH | 1715 | 5 |
| 19 | Orlando | Edwards | SB | 1714 | 4 |
| 20 | Robert | Wilson | High | 1706 | 5 |
| 21 | Hugh | Torry | Serp | 1692 | 4 |
| 22 | Dave | Morgan | Serp | 1691 | 5 |
| 23 | Matthew | Grant | SB | 1684 | 5 |
| 24 | Fergal | Smithwick | High | 1681 | 4 |
| 25 | Jonny | Laybourn | High | 1670 | 5 |

Women's League

| Pos | Forename | Surname | Club | Pts | Fix |
|-----|-----------|---------------|--------|-----|-----|
| 1 | Rachel | Felton | SB | 800 | 4 |
| 2 | Naomi | Taschimowitz* | SB | 794 | 5 |
| 3 | Sarah | Pemberton | Serp | 786 | 5 |
| 4 | Hannah | Viner | High | 780 | 4 |
| 5 | Tracy | Barlow | TVH | 779 | 4 |
| 6 | Harriot | Brock | High | 763 | 4 |
| 7 | Joanne | Kent | Barn | 757 | 5 |
| 7 | Sue | Rust | Lon H | 757 | 4 |
| 9 | Victoria | Walker | SB | 740 | 4 |
| 10 | Emma | Burgess | High | 726 | 5 |
| 10 | Jo | Singer | VPH&TH | 726 | 5 |
| 12 | Rachel | Seckl | Lon H | 710 | 4 |
| 13 | Rachel | Newstead | Lon H | 708 | 4 |
| 14 | Rachel | Lund | WG&EL | 701 | 4 |
| 15 | Sue | Bint | VPH&TH | 689 | 4 |
| 16 | Marta | Bagnati | Serp | 681 | 4 |
| 17 | Megan | Roberts | Serp | 679 | 4 |
| 17 | Margaret | Cooper | SB | 679 | 4 |
| 19 | Rebecca | Bunting | Lon H | 674 | 4 |
| 20 | Fiona | Kennedy | ESM | 665 | 5 |
| 21 | Natasha | Sheel | Serp | 660 | 5 |
| 22 | Hannah | Wells | Hill | 659 | 4 |
| 23 | Sarah | Richardson | ESM | 648 | 5 |
| 24 | Katherine | March | Barn | 637 | 5 |
| 25 | Siana | Jones | TVH | 625 | 4 |

The League would like to thank our anonymous benefactor, hosting clubs, all member clubs, officials, course markers, refreshment providers, etc for their help in making the 49th League season so enjoyable and successful.

Date for your diary: Saturday 29th October 2016 - 50th birthday League race