



**Under 13 Boys Results**

1	Jamie	Harper	SB	U13	10. 44	
2	Tom	Fulton	SB	U13	11. 14	
3	Nicholas	Cowley-Andrea	TVH	U13	11. 33	
4	Alfie	Poole	WG&EL	U13	11. 34	
5	George	Kerry	ESM	U13	11. 37	
6	Lucillo	Burrell	TVH	U13	11. 39	
7	Freddy	Curtis	E&H	U13	11. 41	
8	John	Fielding	ESM	U13	11. 42	
9	James	Wakefield	WG&EL	U13	11. 45	
10	Sebastian	Mills	Hill	U13	11. 52	
11	Dempster	Fawden	High	U13	12. 03	
12	Rufus	Kent	Barn	U13	12. 03	
13	Luke	Bluemink	E&H	U13	12. 06	
14	Elliot	Breen	Herts P	U13	12. 07	
15	Stephen	Bates	Herts P	U13	12. 13	
16	Kyle	Lundie	WG&EL	U13	12. 15	
17	Benjamin	Taylor	SMR	U13	12. 21	
18	Jay	Singhal	E&H	U13	12. 22	
19	Remi	Catchpole	Herts P	U13	12. 25	
20	Samuel	Owen	SMR	U13	12. 34	
21	Hamza	Kadiq	SB	U13	12. 42	
22	Cameron	Hoskins	Herts P	U13	12. 43	
23	Filip	Bastien	High	U13	12. 51	
24	Jake	Hooley	TVH	U13	12. 55	
25	Christopher	Corker	Hill	U13	12. 58	
26	Sebastian	Ekperigin	TVH	U13	13. 15	
27	Marcus	Brown	ESM	U13	13. 16	
28	Liam	Cripps	Herts P	U13	13. 32	
29	Morgan	Selway	WG&EL	U11	13. 33	Gst
30	Noa	Shinas	TVH	U13	13. 33	
31	Keelan	Wilson	WG&EL	U11	13. 51	Gst
32	James	Forde	Hill	U13	14. 05	
33	Abdirahman	Hamud	Hill	U13	14. 09	
34	Mark	Simons	ESM	U13	14. 10	
35	Luke	Adar	ESM	U13	14. 12	
36	Chris	Hogg	WG&EL	U13	15. 27	
37	Brandon	Reid	Serp	U11	15. 57	Gst
38	Arthy	Manivannan	Hill	U13	15. 59	
39	Maxime	Resturcia	TVH	U13	ntt	

**Under 13 Boys Team Result**

1	Thames Valley Harriers	89
2	Shaftesbury Barnet Harriers	87
3	Woodford Green with Essex Ladies	85
4	Herts Phoenix	78
5	Ealing, Southall & Middlesex	76
6	Enfield & Haringey	73
7	Hillingdon	52
8	Highgate Harriers	40
9	St Mary's Richmond	37
10	Barnet & District	25
11	Herts Phoenix 'B'	9
11	Thames Valley Harriers 'B'	9
13	Ealing, Southall & Middlesex 'B'	4
14	Hillingdon 'B'	2

Conditions:  
15 degrees, mild, mainly overcast  
Going:  
Soft (heavy in places)

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

**Under 13 Girls Results**

1	Isabella	Hoy	WG&EL	U13	12. 06	
2	Maddie	Boyles	SMR	U13	12. 32	
3	Aoife	Guyatt	WG&EL	U13	12. 33	
4	Alice	Harray	TVH	U13	12. 53	
5	Nancy	Callagher	WG&EL	U13	12. 54	Gst
6	Beth	Forster	E&H	U13	13. 00	
7	Olivia	Hounsome	WG&EL	U13	13. 08	
8	Roisin	Lynch	ESM	U13	13. 13	
9	Katie	Petyt	WG&EL	U13	13. 15	
10	Matilda	Ferrand	TVH	U13	13. 29	
11	Georgia	McKenzie	Herts P	U13	13. 38	
12	Jessica	Brew	SB	U13	13. 41	
13	Verity	Walker	TVH	U13	13. 44	
14	Madeline	Lloyd	TVH	U13	13. 47	
15	Eleanor	Found	Herts P	U13	14. 00	
16	Grace	Gentry	Herts P	U13	14. 13	
17	Phoebe	Crockford	Lon H	U13	14. 26	
18	Mia	Hirons	WG&EL	U13	14. 36	
19	Katie	Woodstock	WG&EL	U13	15. 01	
20	Megan	Caswell	WG&EL	U13	15. 26	Gst
21	Demi	Beazley	E&H	U13	15. 29	
22	Emma	Purcell	ESM	U13	15. 33	
23	Cameron	Thomas	ESM	U13	15. 35	
24	Hollie	Acraman	Hill	U13	16. 37	
25	Anna	Talbot	Hill	U13	16. 52	
26	Jade	Burrage	Herts P	U13	17. 39	
27	Hattie	Birchinall	Herts P	U13	17. 49	
28	Madeleine	Bennett	Herts P	U13	17. 56	
29	Esmé	McLellan	Hill	U13	23. 12	

**Under 13 Girls Team Result**

1	Woodford Green with Essex Ladies	94
2	Thames Valley Harriers	74
3	Herts Phoenix	49
4	Ealing, Southall & Middlesex	36
5	Enfield & Haringey	32
6	St Mary's Richmond	26
7	Woodford Green with Essex Ladies 'B'	21
8	Shaftesbury Barnet Harriers	17
9	Hillingdon	12
9	London Heathside	12
11	Herts Phoenix 'B'	5

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

**Under 17 Men Results**

1	Liam	Dee	SB	U15	13.	34	
2	Jamie	Dee	SB	U15	13.	43	
3	Perry	Rowan	WG&EL	U17	13.	55	
4	Canaan	Solomon	WG&EL	U15	13.	59	
5	Rory	Mudd	SB	U17	14.	12	
6	Billy	Kelsey	SB	U17	14.	14	
7	Sam	Shindler-Glass	ESM	U17	14.	18	
8	Kyle	Langford	SB	U15	14.	25	
9	Mukhtar	Farah	ESM	U15	14.	27	
10	Ruben	Vos	Hill	U17	14.	29	
11	Cameron	Laleye	Herts P	U17	14.	29	
12	Benjamin	Gibbons	SMR	U17	14.	36	
13	Stanley	Harrison	High	U17	14.	40	
14	Jamie	Philpott	Herts P	U15	14.	41	
15	Terry	Fawden	High	U15	14.	43	
16	Liam	Cloona	Herts P	U17	14.	46	
17	George	Hoy	WG&EL	U17	14.	49	Gst
18	James	Wooldridge	Lon H	U17	14.	53	
19	Nick	Doyle	Herts P	U17	15.	00	
20	Youcef	Harizi	E&H	U15	15.	01	
21	Sathira	Don	SMR	U17	15.	07	
22	Sam	Lloyd	Hill	U17	15.	15	
23	Joe	Cooper	TVH	U15	15.	20	
24	Khalid	Ali-Ahmed	SB	U15	15.	22	
25	Karim	Mahiddine	TVH	U15	15.	30	
26	Patrick	Goffey	SMR	U15	15.	32	
27	Brett	English	TVH	U15	15.	32	
28	George	Pettipher	Herts P	U17	15.	33	
29	Nathan	Davies	SB	U15	15.	43	
30	Kevin	Kapariro	SB	U17	15.	44	
31	Benjamin	Lanoe	E&H	U17	15.	56	
32	Matthew	Wright	Herts P	U17	16.	02	
33	Abraham	Mendes da Costa	TVH	U15	16.	10	
34	Ashley	Altman	SB	U17	16.	12	
35	Jamie	Cornuaud	NEB	U15	16.	32	
36	Harry	Matthews	SMR	U17	16.	41	
37	James	Noble-Brown	SB	U15	16.	53	
38	Julian	Lamy	SB	U17	16.	54	
39	Dominic	Speight	Hill	U17	17.	03	
40	Harry	Cavell	WG&EL	U15	17.	33	
41	James	Horrex	TVH	U15	17.	42	
42	Reece	Farren	ESM	U15	17.	49	
43	Conor	McCarthy	ESM	U15	18.	00	
44	Michael	Oku-Ampoto	NEB	U15	18.	01	
45	Snowden	Ben	SMR	U17	18.	05	
46	Philipp	Heinen	Harl RC	U17	18.	14	Gst
47	Sam	Cooper	TVH	U17	18.	17	
48	Ivan	D'Avoine	High	U15	18.	18	
49	Christian	Peter	SMR	U17	18.	19	
50	Marin	Inbona	TVH	U15	18.	43	
51	Taylor	Reece	WG&EL	U15	18.	47	
52	Karolis	Narvilas	ESM	U15	19.	07	
53	Adel	Rajim	E&H	U15	20.	31	
54	Kieran	Lloyd	TVH	U15	21.	22	
55	Jack	McKim	ESM	U13	21.	59	Gst

**Under 17 Men Team Result**

1	Shaftesbury Barnet Harriers	198
2	Herts Phoenix	153
3	Shaftesbury Barnet Harriers 'B'	124
4	St Mary's Richmond	120
5	Woodford Green with Essex Ladies	117
6	Ealing, Southall & Middlesex	113
7	Thames Valley Harriers	108
8	Hillingdon	90
9	Highgate Harriers	85
10	Enfield & Haringey	59
11	Herts Phoenix 'B'	48
12	London Heathside	36
13	Newham & Essex Beagles	29
14	Thames Valley Harriers 'B'	27
15	St Mary's Richmond 'B'	15
16	Ealing, Southall & Middlesex 'B'	3

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

**Under 17 Women Results**

1	Georgia	Fear	High	U15	16. 03	
2	Isabel	Dye	TVH	U15	16. 20	
3	Amelia	Barrett	WG&EL	U17	16. 25	
4	Ellie	Baker	Herts P	U15	16. 38	
5	Rosie	Poole	WG&EL	U15	16. 43	
6	Natalie	Connor	SB	U17	17. 00	
7	Lianne	Langford	SB	U15	17. 06	
8	Caroline	Dunnett	E&H	U15	17. 15	
9	Mary	Gough	Herts P	U17	17. 19	
10	Emily	Ruane	Herts P	U17	17. 23	
11	Alicia	Found	Herts P	U17	17. 27	
12	Isabel	Found	Herts P	U17	17. 28	
13	Lucy	Carter	Lon H	U15	17. 30	
14	Lily	Beckford	Lon H	U17	17. 32	
15	Despina	Aslam	E&H	U15	17. 33	
16	Courtney	Marshall	ESM	U15	17. 35	
17	Emma	Dwan	SB	U15	17. 45	
18	Yanna	Raykov	Lon H	U17	18. 01	
19	Rachel	Seckl	Lon H	U17	18. 06	
20	Lauren	Gee	Lon H	U15	18. 08	
21	Hannah	Booth	Herts P	U15	18. 10	
22	Genevieve	Weston	Lon H	U15	18. 15	
23	Olivia	Will	ESM	U17	18. 17	
24	Martha	Hayward	ESM	U15	18. 34	
25	Maddy	Bonser	Herts P	U15	18. 42	
26	Lilah	Fear	High	U15	18. 51	
27	Erin	Breen	Herts P	U15	18. 53	
28	Chiara	Kaifero-Roberts	TVH	U15	19. 09	
29	Libby	Brown	SMR	U15	19. 19	
30	Amy	Edwards	WG&EL	U15	19. 21	Gst
31	Millie	Atherton	ESM	U15	19. 36	
32	Katrina	Will	ESM	U17	19. 37	
33	Niamh	Cloona	Herts P	U15	19. 37	
34	Stephanie	Smith	WG&EL	U17	20. 00	
35	Josie	Elliot	ESM	U17	20. 12	
36	Gaia	Casciello	SB	U15	20. 12	
37	Chelsea	Pledge	Hill	U15	20. 27	
38	Isobel	Moss	WG&EL	U17	20. 55	
39	Esther	McGuinness	Morn	U15	21. 02	
40	Hayley	Philpott	Hill	U13	21. 07	Gst
41	Joanna	Vale	ESM	U17	21. 16	
42	Emily	Hore	Herts P	U17	21. 25	
43	Maria	Pereverzina	SB	U17	21. 51	
44	Lily	Fawssett	Hill	U17	22. 27	

**Under 17 Women Team Result**

1	Herts Phoenix	138
2	London Heathside	108
3	Shaftesbury Barnet Harriers	107
4	Woodford Green with Essex Ladies	94
5	Herts Phoenix 'B'	87
6	Ealing, Southall & Middlesex	79
7	Enfield & Haringey	63
8	Highgate Harriers	59
9	Thames Valley Harriers	56
10	London Heathside 'B'	44
11	Ealing, Southall & Middlesex 'B'	25
12	St Mary's Richmond	14
13	Hillingdon	8
14	Mornington Chasers	5
15	Shaftesbury Barnet Harriers 'B'	2

**The Month Ahead**

<b>Fri 26 Oct</b>	<b>Brooks Serpentine Last Friday 5K</b>	<b>Hyde Park</b>
<b>Sat 27 Oct</b>	<b>North London Cross Country Championships</b>	<b>Horsenden Hill</b>
	<b>North West London Young Athletes Cross Country League</b>	<b>Horsenden Hill</b>
<b>Sat 3 Nov</b>	<b>English Cross Country Relays</b>	<b>Mansfield</b>
<b>Sat 10 Nov</b>	<b>ATW METROPOLITAN CROSS COUNTRY LEAGUE</b>	<b>Fairlands Valley, Stevenage</b>

**Other Remaining League Fixtures**

<b>Sat 15 Dec</b>	<b>ATW METROPOLITAN CROSS COUNTRY LEAGUE</b>	<b>Alexandra Palace</b>
<b>Sat 12 Jan</b>	<b>ATW METROPOLITAN CROSS COUNTRY LEAGUE</b>	<b>Horsenden Hill</b>
<b>Sat 9 Feb</b>	<b>ATW METROPOLITAN CROSS COUNTRY LEAGUE</b>	<b>Mad Bess, Ruislip</b>

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

**Under 15 Boy's Individual Result**

1	Liam	Dee	SB	U15	13.	34
2	Jamie	Dee	SB	U15	13.	43
3	Canaan	Solomon	WG&EL	U15	13.	59
4	Kyle	Langford	SB	U15	14.	25
5	Mukhtar	Farah	ESM	U15	14.	27
6	Jamie	Philpott	Herts P	U15	14.	41
7	Terry	Fawden	High	U15	14.	43
8	Youcef	Harizi	E&H	U15	15.	01
9	Joe	Cooper	TVH	U15	15.	20
10	Khalid	Ali-Ahmed	SB	U15	15.	22
11	Karim	Mahiddine	TVH	U15	15.	30
12	Patrick	Goffey	SMR	U15	15.	32
13	Brett	English	TVH	U15	15.	32
14	Nathan	Davies	SB	U15	15.	43
15	Abraham	Mendes da Costa	TVH	U15	16.	10
16	Jamie	Cornuauud	NEB	U15	16.	32
17	James	Noble-Brown	SB	U15	16.	53
18	Harry	Cavell	WG&EL	U15	17.	33
19	James	Horrex	TVH	U15	17.	42
20	Reece	Farren	ESM	U15	17.	49
21	Conor	McCarthy	ESM	U15	18.	00
22	Michael	Oku-Ampoto	NEB	U15	18.	01
23	Ivan	D'Avoine	High	U15	18.	18
24	Marin	Inbona	TVH	U15	18.	43
25	Taylor	Reece	WG&EL	U15	18.	47
26	Karolis	Narvilas	ESM	U15	19.	07
27	Adel	Rajim	E&H	U15	20.	31
28	Kieran	Lloyd	TVH	U15	21.	22

**Under 15 Girl's Individual Result**

1	Georgia	Fear	High	U15	16.	03
2	Isabel	Dye	TVH	U15	16.	20
3	Ellie	Baker	Herts P	U15	16.	38
4	Rosie	Poole	WG&EL	U15	16.	43
5	Lianne	Langford	SB	U15	17.	06
6	Caroline	Dunnett	E&H	U15	17.	15
7	Lucy	Carter	Lon H	U15	17.	30
8	Despina	Aslam	E&H	U15	17.	33
9	Courtney	Marshall	ESM	U15	17.	35
10	Emma	Dwan	SB	U15	17.	45
11	Lauren	Gee	Lon H	U15	18.	08
12	Hannah	Booth	Herts P	U15	18.	10
13	Genevieve	Weston	Lon H	U15	18.	15
14	Martha	Hayward	ESM	U15	18.	34
15	Maddy	Bonser	Herts P	U15	18.	42
16	Lilah	Fear	High	U15	18.	51
17	Erin	Breen	Herts P	U15	18.	53
18	Chiara	Kaifero-Roberts	TVH	U15	19.	09
19	Libby	Brown	SMR	U15	19.	19
20	Millie	Atherton	ESM	U15	19.	36
21	Niamh	Cloona	Herts P	U15	19.	37
22	Gaia	Casciello	SB	U15	20.	12
23	Chelsea	Pledge	Hill	U15	20.	27
24	Esther	McGuinness	Morn	U15	21.	02

**NOTICEBOARD**

\* denotes "Registered Second Claim" athletes

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

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

Late notification of information cannot be accepted.

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

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

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

Affiliations are still due from Garden City Runners (£25 left to pay)  
and London Heathside.

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

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

Divisional and Age Group results are available on at

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

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

Women's Results

1	Lorna	Russell*	E&H	S	21.	23	
2	Victoria	Webster	SB	S	21.	35	
3	Caterina	Granz	ESM	U20	21.	46	
4	Rebecca	Glover	Serp	S	22.	21	
5	Sarah	Pemberton	Serp	S	22.	25	
6	Sidnie	Sales	WG&EL	U20	22.	27	
7	Katie	Meredith	High	S	22.	34	
8	Sue	Rust	Lon H	S	22.	36	
9	India	Lee*	E&H	S	22.	53	
10	Susannah	Evans*	Herts P	S	23.	00	
11	Victoria	Crawford	Serp	S	23.	03	
12	Georgie	Sales	WG&EL	S	23.	06	
13	Heidi	Steele*	Herts P	U20	23.	12	
14	Becky	Penty	High	S	23.	14	
15	Abigail	Howarth	Leigh	U20	23.	15	Gst
16	Lauren	Stewart	WG&EL	S	23.	24	
17	Kat	Gundersen	WG&EL	V35	23.	26	
18	Liz	Wynn	Serp	V35	23.	27	
19	Margaret	Cooper	SB	V40	23.	29	
20	Rachel	Lund	WG&EL	S	23.	30	
21	Clare	Miller	Lon H	S	23.	35	
22	Marie	Munk-Jakobsen	SB	S	23.	39	
23	Holly	Wilkinson	Serp	S	23.	48	
24	Rebekah	Gardiner	SB	S	23.	52	
25	Samantha	Ludlow	Serp	S	23.	58	
26	Catherina	Mullen	Herts P	S	23.	59	
27	Sarah	Swinhoe	Lon H	V40	24.	03	
28	Gemma	Coe	C&C	S	24.	26	Gst
29	Helen	Ward	Serp	S	24.	27	
30	Siana	Jones	TVH	S	24.	31	
31	Genevieve	Bourke	Serp	S	24.	36	
32	Helen	Winsor	Serp	S	24.	44	
33	Phoebe	Thomas	E&H	S	24.	45	
34	Stella	Moss	E&H	S	24.	48	
35	Anna	Ferguson	Serp	S	24.	50	
36	Sarah	Knox	Serp	V40	24.	51	
37	Marilyn	Okoro	SB	S	24.	52	
38	Marta	Bagnati	Serp	S	25.	04	
39	Lientjie	de Villiers	GCR	S	25.	08	
40	Claire	Morrissey	Lon H	S	25.	09	
41	Jennifer	Bradley	Serp	S	25.	13	
42	Linda	Jackson	WG&EL	V45	25.	16	
43	Vicky	Frew*	High	S	25.	22	
44	Elinor	Winter	High	S	25.	25	
45	Kathryn	Chapman*	Herts P	V35	25.	29	
46	Bernie	Pritchett	WG&EL	V45	25.	32	
47	Fiona	Kennedy	ESM	V50	25.	33	
48	Rosie	Pitt	VPH&TH	S	25.	37	
49	Poppy	Lenton	Serp	V35	25.	38	
50	Karen	Levene	Lon H	V40	25.	52	
51	Helen	Palmer	Serp	S	25.	57	
52	Sharon	McHugh	E&H	V35	25.	58	
53	Catherine	Hogan	Serp	S	25.	58	
54	Rhonda	Munnik	High	V35	26.	05	
55	Jackie	Wastell	Lon H	V50	26.	10	
56	Suzu	Sato	SB	U20	26.	16	
57	Caroline	Hale	GCR	V40	26.	20	
58	Harriet	Hughes	Serp	S	26.	22	
59	Lucy	McGuinness	Morn	V45	26.	26	
60	Cath	Perry	Barn	S	26.	27	
61	Sarah	Richardson	ESM	V35	26.	29	
62	Hannah	Wells	Hill	U20	26.	33	
63	Sophie	Sheldrake	High	S	26.	35	
64	Emily	Neilan	SB	S	26.	40	
65	Lucy	Stern	Morn	S	26.	44	
66	Louise	Faherty	High	V35	26.	44	
67	Jane	Higgins	Lon H	S	26.	51	
68	Victoria	Poole	VPH&TH	S	26.	56	
69	Catkin	Shelley	Serp	V45	27.	01	

Women's Division One Team Result

1	Serpentine RC	218
2	Woodford Green with Essex Ladies	198
3	Shaftesbury Barnet Harriers	161
4	Enfield & Haringey	140
5	London Heathside	132
6	Serpentine RC 'B'	123
7	Highgate Harriers	119
8	Thames Valley Harriers	28
9	Metropolitan Police	9
	St Albans Striders	0

Women's Division Two Team Result

1	Serpentine RC 'C'	282
2	Ealing, Southall & Middlesex	248
3	Woodford Green with Essex Ladies 'B'	210
4	Victoria Park & Tower Hamlets	195
5	Hillingdon	165
6	London Heathside 'B'	144
7	Garden City Runners	116
8	Highgate Harriers 'B'	113
9	Mornington Chasers	92
10	Enfield & Haringey 'B'	1

Women's Division Three Team Result

1	Herts Phoenix	130
2	Barnet & District	74
3	Victoria Park & Tower Hamlets 'B'	60
4	Hillingdon 'B'	54
5	London Frontrunners	50
6	Ealing, Southall & Middlesex 'B'	47
7	Newham & Essex Beagles	40
8	Herts Phoenix 'B'	39
9	Shaftesbury Barnet Harriers 'B'	29
10	St Mary's Richmond	15

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

70	Rebecca	Green	Serp	S	27. 04
71	Victoria	Collins	Serp	V40	27. 07
72	Joanna	Beak	Serp	S	27. 07
73	Maxine	Davies	WG&EL	S	27. 13
74	Louise	Foster	Met P	S	27. 14
75	Sally	Chapman	WG&EL	V45	27. 18
76	Khara	Mills	Tri Lon	V35	27. 19 Gst
77	Emma	Grayson	Lon H	S	27. 20
78	Madeleine	Smith*	NEB	S	27. 21
79	Charlotte	Michael	Barn	U20	27. 28
80	Patricia	Thomas	ESM	V45	27. 32
81	Jemma	Weekes	Hill	S	27. 38
82	Jenny	Thomas	WG&EL	V45	27. 39
83	Carol	Jones	ESM	V55	27. 42
84	Alex	Goodwin	High	S	27. 44
85	Gemma	Dunlop	VPH&TH	S	27. 47
86	Laura	Moran	VPH&TH	S	27. 52
87	Anita	Oliver	Lon FR	S	27. 53
88	Lesley	Conway	Hill	V55	27. 54
89	Angela	Breen	Met P	S	27. 55
90	Caroline	Ringrow	Serp	S	27. 56
91	Meire	Gorman	TVH	S	27. 57
92	Alex	Wardle	WG&EL	V45	28. 02
93	Natasha	Cendrowicz	High	V40	28. 09
94	Claudia	Manera	ESM	V45	28. 10
95	Tanya	Shaw	Serp	V35	28. 11
96	Lisa	Pettit	Serp	V40	28. 13
97	Esme	Stallard	Hill	U20	28. 20
98	Gillian	Mead	Serp	S	28. 24
99	Laurie	Douglas	Lon H	S	28. 27
100	Michelle	McNamara	E&H	S	28. 35
101	Kiran	Randhawa	TVH	S	28. 44
102	Saija	Alkkaroinen	VPH&TH	S	28. 44
103	Victoria	Brown	Serp	V35	28. 45
104	Liz	Clark	Serp	V35	28. 50
105	Gillian	Morgan	ESM	V50	28. 53
106	Tina	Thieme	VPH&TH	S	29. 04
107	Naomi	Bourne	VPH&TH	V40	29. 05
108	Jayne	Shepherd*	Herts P	V50	29. 10
109	Karen	Horswood	WG&EL	V45	29. 15
110	Ella	Lloyd	Herts P	U20	29. 22
111	Anne	Morris	Hill	V35	29. 28
112	Cheryl	Evans	Lon H	S	29. 30
113	Katherine	Henderson	Barn	S	29. 40
114	Lynne	Connolly	Morn	V50	29. 50
115	Pauline	Fischer	Hill	V55	30. 01
116	Heather	Gibbons	Hill	U20	30. 02
117	Natalie	Simon	SMR	U20	30. 06
118	Amalas	Wolfsdorf	Serp	S	30. 21
119	Patricia	Moody	Serp	V45	30. 30
120	Vanessa	Jackson	Lon H	S	30. 57
121	Valerie	Metcalf	Serp	V45	31. 02
122	Kate	Alliott	Serp	V45	31. 07
123	Christine	Somers	Serp	S	31. 19
124	Rafaele	Lamour	Morn	V40	31. 25
125	Simone	Panayi	WG&EL	V40	31. 27
126	Maki	Kimura	Morn	V40	31. 30
127	Charlotte	Ladyman	VPH&TH	S	31. 57
128	Jenny	Douch	NEB	S	32. 01
129	Kristin	Duffy	Serp	V35	32. 08
130	Martina	Scamell	Serp	S	32. 28
131	Hazel	Clark	Morn	S	32. 34
132	Yuk-King	Wong	Lon FR	V40	32. 35
133	Lucy	Duncan	Hill	V35	32. 35
134	Sarah	Nicholson	Hill	V40	32. 55
135	Natalie	Alger	Lon FR	V35	33. 02
136	Stephanie	Vaatz	Serp	V35	33. 18
137	Beatrice	Bonello	Serp	V35	33. 21
138	Teresa	Griffith	Serp	V50	33. 59
139	Caprice	Beggs	Hill	S	35. 11
140	Jo	Miles	Hill	V55	36. 06

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

1	Serpentine RC	79
1	Woodford Green with Essex Ladies	79
3	London Heathside	58
4	Ealing, Southall & Middlesex	51
5	Highgate Harriers	37
6	Serpentine RC 'B'	26
7	Mornington Chasers	21
	London Heathside 'B'	0
	Mornington Chasers 'B'	0
	St Albans Striders	0

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

1	Woodford Green with Essex Ladies 'B'	78
2	Hillingdon	66
3	Serpentine RC 'C'	63
4	Ealing, Southall & Middlesex 'B'	42
5	Garden City Runners	26
6	Victoria Park & Tower Hamlets	25
7	London Frontrunners	22
	Highgate Harriers 'B'	0
	Metropolitan Police	0
	Metropolitan Police 'B'	0

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

1	Herts Phoenix	14
1	Hillingdon 'B'	14
3	Shaftesbury Barnet Harriers	9
4	Enfield & Haringey	8

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

141	Angela	Duncan	Hill	V70	36. 37
142	Jane	Newman	Hill	V55	36. 54
143	Louise	Bisset	Lon FR	V40	37. 14
144	Susan	Leese	VPH&TH	V40	39. 13
145	Christine	Read*	E&H	V45	39. 59
146	Mary	Murphy	VPH&TH	V50	40. 13
147	Aman	Sarang	VPH&TH	V45	48. 19

U20 Women's Individual Result

1	Caterina	Granz	ESM	U20	21. 46
2	Sidnie	Sales	WG&EL	U20	22. 27
3	Heidi	Steele*	Herts P	U20	23. 12

Veteran Women's Individual Result

1	Kat	Gundersen	WG&EL	V35	23. 26
2	Liz	Wynn	Serp	V35	23. 27
3	Margaret	Cooper	SB	V40	23. 29

Men's Results

1	Peter	Huck*	NEB	S	25. 03
2	Jake	Shelley	SB	S	25. 13
3	Niall	Fleming	SB	S	25. 13
4	Ben	Noad	High	S	25. 15
5	Matt	Gunby	WG&EL	S	25. 28
6	Mohamed	Mohamed	TVH	U20	25. 35
7	Ed	Shepherd	WG&EL	U20	25. 52
8	Ben	Pochee	High	V40	25. 59
9	Martyn	Cryer	WG&EL	S	26. 00
10	Michael	Callegari	SB	U20	26. 13
11	Matthew	Fayers	Hill	U20	26. 21
12	Andy	Greenleaf*	Serp	S	26. 22
13	Ryan	McKinley	High	S	26. 24
14	Dan	Watts	SB	S	26. 27
15	Robert	Thompson	Hill	S	26. 36
16	Josh	Guilmant*	High	S	26. 40
17	Matt	Granger	Tip	S	26. 47 Gst
18	Henry	Dodwell	High	S	26. 52
19	Sean	Renfer	TVH	S	26. 55
20	Robel	Balhebi	High	U20	26. 56
21	Olly	Laws	NEB	S	27. 00
22	Kevin	Murphy	WG&EL	S	27. 02
23	Jordan	Donnelly*	WG&EL	S	27. 03
24	Angus	Holford	WG&EL	S	27. 05
25	Sam	Ashcroft	ESM	S	27. 08
26	John	Frankilin	Met P	S	27. 14
27	Richard	Phillips	Serp	S	27. 16
28	Darren	Southcott	WG&EL	S	27. 17
29	Michael	Christoforou	E&H	U20	27. 21
30	Liam	Blaikie	WG&EL	U20	27. 25
31	Niall	Sheehan	NEB	S	27. 32
32	James	Laing	Hill	S	27. 36
33	James	Stockings	WG&EL	U20	27. 40
34	Martin	Bateman	Hill	S	27. 44
35	Andrew	Lawrence*	High	S	27. 46
36	Bertie	Powell	WG&EL	S	27. 50
37	Tom	Heslop	VPH&TH	S	27. 51
38	Daniel	Thompson	Hill	S	27. 58
39	Dave	Morgan	Serp	S	28. 05
40	Hendrik	Zietsman	Serp	V45	28. 14
41	Shane	Snow	High	V45	28. 16
42	Hugh	Torry	Serp	S	28. 21
43	Tommy	Bower	NEB	U20	28. 24
44	Gavin	Lewis	WG&EL	S	28. 27
45	Hassan	Muse	E&H	U20	28. 28
46	Mark	Palser*	TVH	S	28. 29
47	Jonathan	Deane	High	S	28. 30

Men's Division One Team Result

1	Woodford Green with Essex Ladies	1161
2	Highgate Harriers	1107
3	Serpentine RC	891
4	Thames Valley Harriers	764
5	Shaftesbury Barnet Harriers	735
6	Hillingdon	667
7	London Heathside	559
8	Woodford Green with Essex Ladies 'B'	464
9	Serpentine RC 'B'	340
10	Ealing, Southall & Middlesex	333

Men's Division Two Team Result

1	Victoria Park & Tower Hamlets	774
2	Newham & Essex Beagles	722
3	Garden City Runners	676
4	Serpentine RC 'C'	656
5	Herts Phoenix	586
6	London Heathside 'B'	549
7	Mornington Chasers	439
8	London Frontrunners	391
9	Metropolitan Police	271
	St Albans Striders	0

Men's Division Three Team Result

1	Barnet & District	779
2	Highgate Harriers 'B'	765
3	Woodford Green with Essex Ladies 'C'	725
4	Thames Valley Harriers 'B'	573
5	Hillingdon 'B'	494
6	London Heathside 'C'	353
7	Enfield & Haringey	272
8	Harlow RC	206
9	Victoria Park & Tower Hamlets 'B'	188
10	Shaftesbury Barnet Harriers 'B'	150
11	Newham & Essex Beagles 'B'	126
12	Barnet & District 'B'	114
13	Garden City Runners 'B'	99
14	Herts Phoenix 'B'	98
15	St Mary's Richmond	87
16	London Frontrunners 'B'	38
17	Mornington Chasers 'B'	1



**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

48	Peter	Downie	High	S	28. 31	Gst	Veteran Men's Division One Team Result		
49	Kelvin	Hardy	Ips	S	28. 32		1	Serpentine RC	253
50	Anthony	Jackson	SB	V45	28. 39	Gst	2	Woodford Green with Essex Ladies	242
51	Iain	Campbell	Met P	V50	28. 44		3	Highgate Harriers	239
52	Peter	Townsend	Herts P	S	28. 47	Gst	4	London Heathside	202
53	Manuel	Salvador	Spain	S	28. 50		5	Garden City Runners	188
54	Sam	Blanshard	Hill	S	28. 52	Gst	6	Hillingdon	137
55	Luke	McMullan	High	S	28. 54		7	Herts Phoenix	112
56	James	Tomlinson*	TVH	S	28. 58	Gst	8	Thames Valley Harriers	78
57	Steven	Prosser*	Herts P	S	28. 59		9	London Heathside 'B'	34
58	Alex	Galloway	Lon H	S	29. 03	Gst		St Albans Striders	0
59	Andrew	Orr	Serp	S	29. 04		Veteran Men's Division Two Team Result		
60	Joe	Sherry	SB	U20	29. 05	Gst	1	Serpentine RC 'B'	182
61	Tom	Beedell	WG&EL	S	29. 07		2	London Frontrunners	178
62	Ali	Yahye	TVH	S	29. 08	Gst	3	Woodford Green with Essex Ladies 'B'	175
63	Andy	Holt	GCR	V45	29. 09		4	Shaftesbury Barnet Harriers	156
64	Angelo	John	ESM	V40	29. 12	Gst	5	Ealing, Southall & Middlesex	144
65	Matthew	Ribault	TVH	S	29. 13		6	Victoria Park & Tower Hamlets	142
66	Wesley	Harrison	Serp	S	29. 16	Gst	7	Metropolitan Police	92
67	Peter	Scannell	TVH	S	29. 17		8	Hillingdon 'B'	74
68	Rob	O'Grady	Lon H	S	29. 19	Gst	9	Herts Phoenix 'B'	61
69	Rory	Maguire	Serp	S	29. 22		10	London Heathside 'C'	30
70	Louis	Clark	WG&EL	S	29. 25	Gst	Veteran Men's Division Three Team Result		
71	Chris	Symonds	WG&EL	S	29. 25		1	Shaftesbury Barnet Harriers 'B'	141
72	Alun	Myers	VPH&TH	S	29. 28	Gst	2	Barnet & District	110
73	Simon	Lee-Creswell	Serp	S	29. 30		3	Garden City Runners 'B'	87
74	Phillip	Crout	SB	U20	29. 34	Gst	3	Harlow RC	87
75	Martin	Gaunt	Serp	S	29. 37		5	London Frontrunners 'B'	71
76	Gary	Bagnall	VPH&TH	V40	29. 38	Gst	6	Mornington Chasers	60
77	Matt	Convery	Lon H	S	29. 39		7	St Mary's Richmond	38
78	Jim	Roche	WG&EL	S	29. 41	Gst	8	Thames Valley Harriers 'B'	18
79	Henry	Hughes	TVH	S	29. 43		9	Hillingdon 'C'	13
80	Tom	Bestwick	Lon H	S	29. 44	Gst	10	Serpentine RC 'C'	6
81	Mark	Cameron	ESM	U20	29. 45		11	Harlow RC 'B'	5
82	Thomas	Craggs	Morn	S	29. 46	Gst	12	Barnet & District 'B'	3
83	Paul	Herrero	Serp	S	29. 50		ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012		
84	Gareth	Cavell	WG&EL	V40	29. 51	Gst			
85	Dan	McKeown	Lon H	S	29. 51				
86	Tom	Christopher	High	S	29. 55	Gst			
87	Alex	Cloona	Herts P	U20	29. 56				
88	Steve	Elson	ESM	S	29. 59	Gst			
89	Simon	Freeman	Morn	S	30. 01				
90	Louis	William	TVH	S	30. 02	Gst			
91	Anthony	Hall	Lon H	S	30. 03				
92	Chris	Panayiotou	High	S	30. 03	Gst			
93	Roger	Reid	Serp	V40	30. 04				
94	Jamie	Hogg	Serp	S	30. 05	Gst			
95	Chris	Bailey	High	V50	30. 17				
96	Ray	Dzikowski	WG&EL	V45	30. 18	Gst			
97	Simon	Brown	Lon H	S	30. 18				
98	Tim	Ballard	WG&EL	S	30. 19	Gst			
99	Kevin	Darcy	Serp	S	30. 20				
100	Duncan	Burbidge	High	V40	30. 21	Gst			
101	Ed	Whelan	Lon FR	V45	30. 28				
102	James	Manley	Hill	S	30. 29	Gst			
103	Will	Morris	Barn	S	30. 30				
104	James	Taylor	Barn	S	30. 34	Gst			
105	Benn	Thomas	Serp	S	30. 35				
106	Tony	Russell	WG&EL	S	30. 36	Gst			
107	Miron	Woldemichael	Lon H	U20	30. 37				
108	Mohamed	Hashi	ESM	U20	30. 38	Gst			
109	Jean Louis	Benavides	Serp	S	30. 39				
110	Rodney	Mushanganyisi	VPH&TH	S	30. 40	Gst			
111	Chris	Hartley	Lon H	V45	30. 41				
112	John	Flahive	Lon H	V45	30. 44	Gst			
113	Dave	Desborough	GCR	V55	30. 45				
114	David	Gilbert	High	S	30. 46	Gst			
115	Simeon	Bennett	VPH&TH	S	30. 48				
116	Richard	Fanning	Serp	V40	30. 50	Gst			
117	Simon	Nash	Lon H	S	30. 52				
118	Jaime	Reed	GCR	S	30. 56	Gst			

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

119	Ebrima	Noble	Serp	V45	30.	57	
120	Philip	McCorquodale*	TVH	S	30.	57	
121	Will	Sharp	Serp	S	30.	58	
122	Dave	Cox	WG&EL	V55	30.	59	
123	Paul	Major	WG&EL	V45	31.	01	
124	Dan	Lewington	Serp	S	31.	02	
125	Markus	Allen	GCR	S	31.	03	
126	Jonney	Yeates	Barn	S	31.	04	
127	Neil	Cook	VPH&TH	S	31.	05	
128	Kevin	Walden	SB	S	31.	06	
129	Matt	Ponting	TVH	S	31.	07	
130	Manuel	da Silva	TVH	S	31.	08	
131	Roger	Coyle	Serp	S	31.	10	
132	Scott	Farley	Hill	V40	31.	12	
133	Costa	Michael	Barn	V45	31.	13	
134	Howard	Gold	Lon H	V40	31.	14	
135	Ronan	Breen	SB	V40	31.	15	
136	Garry	Parsons	Lon FR	V40	31.	17	
137	Russell	Casey	GCR	S	31.	18	
138	Jad	El-Houssami	NEB	U20	31.	18	
139	Chris	Ingram	Hill	S	31.	20	
140	Neill	Hughes	GCR	V40	31.	21	
141	Daniel	Abrey	SB	U20	31.	26	
142	Sam	Benge	WG&EL	U20	31.	27	
143	Karim	Ali	WG&EL	S	31.	28	
144	Simon	Wilson	Morn	S	31.	29	
145	Floris	Kneefel	Serp	V40	31.	32	
146	Chris	Shepherd	WG&EL	S	31.	34	
147	Matt	Flannelly	WG&EL	V45	31.	37	
148	James	Edgar	Serp	S	31.	38	
149	Adam	Frith	WG&EL	S	31.	44	
150	Richard	Bryant	VPH&TH	V40	31.	45	
151	Simon	Connell	Hill	S	31.	47	
152	Robert	Brown	ESM	V45	31.	50	
153	Manuel	Salvador	Spain	V50	31.	51	Gst
154	Jan	Belza	Serp	S	31.	54	
155	Adam	Bamford*	Serp	S	31.	57	
156	Andrew	Davies	Serp	S	31.	58	
157	Nick	Copas	Serp	V40	31.	59	
158	Benjamin	Boxer	Barn	U20	32.	00	
159	Alex	Emanuel	Barn	U20	32.	01	
160	Daniel	Szajna	Lon H	U20	32.	08	
161	Oliver	Kean	High	S	32.	12	
162	George	Choat	NEB	S	32.	13	
163	Alex	Weatherill	Lon H	S	32.	16	
164	Andrew	Taylor	Serp	S	32.	19	
165	Tony	Pamphilon	WG&EL	V50	32.	20	
166	Steven	Artist	Lon FR	S	32.	22	
167	Tom	Yates	ESM	S	32.	22	
168	Alistair	Parkin	Charn	S	32.	23	Gst
169	Anthony	Wilkinson	Lon H	V40	32.	24	
170	Chris	Dunham*	Herts P	V40	32.	25	
171	James	Shiple	Hill	S	32.	27	
172	John	Lynch	Morn	V55	32.	30	
173	Mohammed	Mohammed	SB	U20	32.	31	
174	Nigel	Rowe	Met P	V45	32.	32	
175	Paul	Scanlan	WG&EL	U20	32.	41	
176	Alex	Sweet	Lon H	S	32.	44	
177	John	Scott	Serp	S	32.	45	
178	Andy	Hutson	VPH&TH	S	32.	46	
179	Chris	Birkinshaw	Barn	S	32.	47	
180	Steve	White	Herts P	V45	32.	53	
181	Richard	Holland	WG&EL	V50	32.	57	
182	Gareth	Healy	Serp	V40	32.	58	
183	Tim	Renshaw	Serp	S	33.	02	
184	John	O'Shea	High	V50	33.	02	
185	Steve	Hirons	Hill	V45	33.	05	
186	Jermaine	Carter	TVH	S	33.	06	
187	Alex	Andel	Serp	V40	33.	16	
188	Pierce	Boyle	High	U20	33.	18	
189	Tim	Mitchell-Smith	VPH&TH	V45	33.	19	

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

190	Gavin	Edmonds	Serp	V40	33.	22
191	Sam	Palin	Serp	S	33.	25
192	Tim	Parkin	SB	S	33.	26
193	Matthew	Boyles	SMR	V45	33.	30
194	Daniel	Digweed	Barn	S	33.	31
195	Ben	Phillips	WG&EL	U20	33.	35
196	Andy	Birtwhistle	Serp	V50	33.	42
197	David	Newman	Hill	V50	33.	46
198	Jon	Long	WG&EL	S	33.	47
199	Martin	Holley	NEB	S	33.	48
200	Simon	Doyle	Herts P	V50	33.	51
201	Patrick	Waldron	Lon H	V40	33.	52
202	Stephane	Schneider	Serp	S	33.	58
203	Bernie	Barnaby	GCR	V50	33.	59
204	Richard	Hogg	WG&EL	V40	34.	01
205	Lee	Benjamin	TVH	V50	34.	07
206	Pete	Crockford	Lon H	V50	34.	08
207	Chris	Shipley	Lon H	S	34.	14
208	Alun	Evans	WG&EL	V50	34.	18
209	Eliot	Buckner	NEB	S	34.	19
210	Rob	Poulter	Hill	V45	34.	23
211	Brent	Plump	Serp	S	34.	24
212	Alistair	Holford	WG&EL	V55	34.	27
213	Richard	Hooley	TVH	V50	34.	30
214	John	McDowall	GCR	V45	34.	31
215	Sean	Bowen	GCR	V45	34.	34
216	Mike	Ingram	Hill	V50	34.	35
217	Anthony	Chaimowitz	Lon H	S	34.	35
218	Peter	Fitzpatrick	Herts P	V60	34.	39
219	Nick	Dunwell	Morn	S	34.	44
220	Melvyn	Wachira	Lon H	U20	34.	50
221	Justin	Lock	Serp	S	34.	51
222	Richard	Bell	TVH	V45	34.	57
223	Sotiris	Georgiopoulos	Morn	S	34.	58
224	Andrew	Johnson	Lon H	V40	34.	59
225	Steve	Sharp	WG&EL	V60	35.	01
226	Bernie	Robbins	TVH	V40	35.	02
227	Mark	Bowen	Lon FR	V60	35.	10
228	Alex	Malzer	Serp	V40	35.	11
229	Steve	Scruton	High	V50	35.	12
230	George	Lloyd	WG&EL	S	35.	18
231	John	Bignell	Hill	V60	35.	20
232	Nick	Stockman	High	S	35.	21
233	Andrew	Atkins	Lon FR	V45	35.	23
234	Martin	Mack	WG&EL	V45	35.	26
235	Joshua	Paparo	Serp	S	35.	27
236	Mark	Hughes	WG&EL	S	35.	28
237	Paul	Fromme	Serp	V40	35.	32
238	Fahad	Abdi	TVH	U20	35.	32
239	Mike	Wilson	TVH	V50	35.	33
240	Ian	Johnson	Serp	V45	35.	35
241	Ray	Powell	SB	V50	35.	40
242	Richard	Melvorn	Herts P	V65	35.	43
243	Marco	Maserati	Lon H	V50	35.	45
244	Marc	Lowers	Harl RC	S	35.	47
245	Lennox	Thompson	NEB	U20	35.	52
246	Derek	Clark	Lon FR	V40	35.	53
247	Rashid	Ali	NEB	S	35.	54
248	Shawn	Duffy	Serp	V40	35.	55
249	Steve	Lambert	WG&EL	V45	35.	56
250	Matt	Trainer	VPH&TH	S	35.	57
251	Brian	Scott	VPH&TH	S	35.	59
252	Eddie	Bayne	Lon H	V40	35.	59
253	Joe	Gomes	Barn	V45	36.	03
254	Yusuf	Okanlawon	NEB	S	36.	04
255	Bradley	Cobb	Serp	V50	36.	07
256	Steve	Plested	ESM	V60	36.	11
257	Roy	Williams	WG&EL	V60	36.	16
258	Mark	Faughnan	Herts P	V50	36.	18
259	Andrew	Scheer	Serp	V45	36.	20
260	Shaka	Palmer	E&H	S	36.	24

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

261	David	Clark	Herts P	V65	36. 25
262	Daren	Roscoe	Hill	S	36. 28
263	Russell	Weston	Lon H	V50	36. 31
264	Philip	Cunningham	SB	V45	36. 39
265	Richard	Bloom	Herts P	V65	36. 41
266	Craig	Stephenson	GCR	V40	36. 42
267	Glynn	McDonald	Lon FR	V45	36. 50
268	Richard	Somerset	GCR	V40	36. 52
269	Jon	Medcraft	VPH&TH	S	36. 58
270	Matt	Williams	Serp	S	36. 59
271	John	Campbell	Lon H	V45	37. 18
272	Richard	Charney	TVH	V60	37. 19
273	Gavin	Powell	WG&EL	S	37. 21
274	Dean	Burch	Hill	S	37. 21
275	Rob	Whitmarsh	Serp	S	37. 27
276	Michael	Howard	Hill	V55	37. 29
277	Craig	Jacobs	NEB	S	37. 33
278	Phil	O'Mara	Serp	S	37. 35
279	John	Randall	Serp	V40	37. 36
280	Stuart	Reilly	Hill	S	37. 40
281	Peter	Faulkner	Morn	S	37. 42
282	Lee	Edd*	Morn	S	37. 48
283	Sean	Flynn	Harl RC	V40	37. 49
284	Andrew	Hudson	Lon H	V50	37. 52
285	Iziaih	Turner	Lon H	U20	37. 54
286	John	McKim	ESM	V45	38. 09
287	Richard	Tipping	Lon FR	S	38. 18
288	Alan	Cootes	Harl RC	V55	38. 19
289	Alex	Rendall	Lon FR	S	38. 28
290	Ian	Hodge	Serp	V50	38. 39
291	Martin	Searle	Hill	V50	38. 48
292	John	Clarke	Barn	V60	38. 55
293	Lars	Olsen	Serp	V50	38. 57
294	Paul	Duncan	Lon FR	V40	39. 07
295	Lars	Menken	Serp	S	39. 08
296	Philip	Tsang	VPH&TH	S	39. 09
297	Nick	Kennett	Serp	V50	39. 10
298	James	Richens	Serp	V40	39. 12
299	Graham	Pugh	Harl RC	V50	39. 13
300	John	Rene	Lon H	V55	39. 20
301	Alan	Butler	Hill	V45	39. 23
302	Simon	Maddison	TVH	V60	39. 25
303	Bob	Burton	Hill	V50	39. 29
304	Pram	Mainie	Serp	V40	39. 41
305	Stuart	Philips	WG&EL	V55	39. 51
306	Liam	Phair	Met P	S	39. 58
307	Mervyn	Gilham	Herts P	V55	40. 25
308	John	Kelly	SB	V55	40. 34
309	Gary	Homewood	Morn	V45	40. 42
310	Robert	Perkins	NEB	S	40. 55
311	Martin	McColgan	Harl RC	V55	41. 31
312	John	Falvey	ESM	V55	41. 54
313	Stephen	Thompson	Hill	V50	42. 20
314	Jonathan	Oviasu	High	S	42. 24
315	David	Shortridge	VPH&TH	V40	42. 25
316	Johan	Preis	GCR	V45	42. 29
317	Trace	Allen	GCR	V65	42. 29
318	John	Steed	Herts P	V75	42. 49
319	Robert	Gould	Lon H	V65	42. 53
320	Dave	Byrne	Barn	V50	43. 08
321	Ken	Townson	Lon H	V40	43. 16
322	John	Myall	Hill	V60	43. 21
323	Shane	Tang	Lon FR	V40	43. 24
324	Paul	Judd	Lon FR	V40	43. 24
325	Frank	Merrigan	VPH&TH	V50	43. 40
326	Emil	Berleen	Lon FR	V40	43. 44
327	Joe	Felton	VPH&TH	S	44. 05
328	Trevor	Powell	WG&EL	V60	44. 11
329	Wayne	Aylott	GCR	V50	44. 12
330	Russell	Devitt	SB	V60	44. 26
331	Roy	Stevens	Harl RC	V60	45. 14

**ATW Metropolitan League Race One at Claybury (hosted by WG&ELAC) - Saturday 20 October 2012**

332	Tim	Nagy	Lon H	V45	45.	59
333	Adrian	Essex	Lon H	V60	45.	59
334	Robert	Howe	Morn	V65	46.	27
335	John	Murphy	Barn	V40	46.	32
336	Brian	Feldman	Hill	V65	46.	35
337	John	Grigg	Morn	V75	59.	17

**U20 Men's Individual Result**

1	Mohamed	Mohamed	TVH	U20	25.	35
2	Ed	Shepherd	WG&EL	U20	25.	52
3	Michael	Callegari	SB	U20	26.	13

**Veteran Men's Individual Result**

1	Ben	Pochee	High	V40	25.	59
2	Hendrik	Zietsman	Serp	V45	28.	14
3	Shane	Snow	High	V45	28.	16

**Howard Williams Trophy (Seniors)**

1	Woodford Green with Essex Ladies	39
2	Serpentine RC	38
3	Highgate Harriers	34
3	Shaftesbury Barnet Harriers	34
5	Thames Valley Harriers	31
6	London Heathside	30
7	Ealing, Southall & Middlesex	24
7	Hillingdon	24
9	Victoria Park & Tower Hamlets	22
10	Enfield & Haringey	20
11	Metropolitan Police	19
12	Garden City Runners	18
13	Herts Phoenix	15
13	Mornington Chasers	15
15	Newham & Essex Beagles	14
16	London Frontrunners	11
17	Barnet & District	9
18	St Mary's Richmond	3
19	Harlow RC	2

**Howard Williams Trophy (Juniors)**

1	Herts Phoenix	50
2	Woodford Green with Essex Ladies	48
3	Shaftesbury Barnet Harriers	47
4	Thames Valley Harriers	43
5	Ealing, Southall & Middlesex	41
6	Enfield & Haringey	34
7	St Mary's Richmond	33
8	Hillingdon	27.5
9	London Heathside	24.5
10	Highgate Harriers	22
11	Barnet & District	5
12	Mornington Chasers	4
12	Newham & Essex Beagles	4

**Men's League**

				Pts	Fix
1	Peter	Huck*	NEB	400	1
2	Jake	Shelley	SB	399	1
3	Niall	Fleming	SB	398	1
4	Ben	Noad	High	397	1
5	Matt	Gunby	WG&EL	396	1
6	Mohamed	Mohamed	TVH	395	1
7	Ed	Shepherd	WG&EL	394	1
8	Ben	Pochee	High	393	1
9	Martyn	Cryer	WG&EL	392	1
10	Michael	Callegari	SB	391	1
11	Matthew	Fayers	Hill	390	1
12	Andy	Greenleaf*	Serp	389	1
13	Ryan	McKinley	High	388	1
14	Dan	Watts	SB	387	1
15	Robert	Thompson	Hill	386	1
16	Josh	Guilmant*	High	385	1
17	Henry	Dodwell	High	384	1
18	Sean	Renfer	TVH	383	1
19	Robel	Balhebi	High	382	1
20	Oly	Laws	NEB	381	1
21	Kevin	Murphy	WG&EL	380	1
22	Jordan	Donnelly*	WG&EL	379	1
23	Angus	Holford	WG&EL	378	1
24	Sam	Ashcroft	ESM	377	1
25	John	Frankilin	Met P	376	1

**Women's League**

				Pts	Fix
1	Lorna	Russell*	E&H	150	1
2	Victoria	Webster	SB	149	1
3	Caterina	Granz	ESM	148	1
4	Rebecca	Glover	Serp	147	1
5	Sarah	Pemberton	Serp	146	1
6	Sidnie	Sales	WG&EL	145	1
7	Katie	Meredith	High	144	1
8	Sue	Rust	Lon H	143	1
9	India	Lee*	E&H	142	1
10	Susannah	Evans*	Herts P	141	1
11	Victoria	Crawford	Serp	140	1
12	Georgie	Sales	WG&EL	139	1
13	Heidi	Steele*	Herts P	138	1
14	Becky	Penty	High	137	1
15	Lauren	Stewart	WG&EL	136	1
16	Kat	Gundersen	WG&EL	135	1
17	Liz	Wynn	Serp	134	1
18	Margaret	Cooper	SB	133	1
19	Rachel	Lund	WG&EL	132	1
20	Clare	Miller	Lon H	131	1
21	Marie	Munk-Jakobsen	SB	130	1
22	Holly	Wilkinson	Serp	129	1
23	Rebekah	Gardiner	SB	128	1
24	Samantha	Ludlow	Serp	127	1
25	Catherina	Mullen	Herts P	126	1