

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Under 11 Boys & Girls Development Race

| | | | | | | |
|----|------------|---------------|---------|-----|---|-------|
| 1 | Ruairi | McGonagle | Lon H | 10 | M | 6.48 |
| 2 | William | Hughes | Herts P | 10 | M | 6.56 |
| 3 | Dylan | Michel | SB | 10 | M | 7.06 |
| 4 | Mateo | West | VPH&TH | 10 | M | 7.20 |
| 5 | Frank | McGrath | Cookham | 9 | M | 7.22 |
| 6 | Aimi | Weightman | SB | 10 | F | 7.24 |
| 7 | Sam | Greenstein | SB | 10 | M | 7.29 |
| 8 | Jimmy | Geller | WG&EL | 9 | M | 7.33 |
| 9 | Sydney | Allen | SB | 10 | F | 7.34 |
| 10 | Edwin | Gatward | SB | 10 | M | 7.36 |
| 11 | Imogen | Scott-Gall | VPH&TH | 10 | F | 7.37 |
| 12 | Harry | Glyn | VPH&TH | 9 | M | 7.39 |
| 13 | Lydia | Louw | SMR | 9 | F | 7.44 |
| 14 | Max | Batty | Herts P | 10 | M | 7.46 |
| 15 | Abdirahim | Hamud | Hill | 9 | M | 7.46 |
| 16 | Laurence | Bethell | VPH&TH | 10 | M | 7.47 |
| 17 | Hollie | McArdell | WG&EL | 10 | F | 7.52 |
| 18 | Ruby | Naughton | VPH&TH | 9 | F | 7.55 |
| 19 | Benjamin | Cracknell | Herts P | 10 | M | 7.58 |
| 20 | Arthur | Reed | Lon H | 9 | M | 7.59 |
| 21 | Oliver | O'Connor | Lon H | 10 | M | 8.03 |
| 22 | Mark | Goldsmith | Trent P | 9 | M | 8.04 |
| 23 | Joshua | Dilley | Cookham | 9 | M | 8.07 |
| 24 | Rose | Garrett | Lon H | U13 | F | 8.08 |
| 25 | James | Street | Trent P | 10 | M | 8.10 |
| 26 | Najiib | Hershi | ESM | 9 | M | 8.11 |
| 27 | Emily | Roberts | Cookham | 10 | F | 8.14 |
| 28 | Masaki | Kanai | ESM | 10 | M | 8.19 |
| 29 | Arun | Forrest | Hill | 9 | M | 8.19 |
| 30 | Michael | Snelham | Cookham | 9 | M | 8.30 |
| 31 | Hannah | Johnson | Hill | 9 | F | 8.31 |
| 32 | Sam | Feast | Hill | 10 | M | 8.35 |
| 33 | Charlie | Bullock | Herts P | 9 | M | 8.37 |
| 34 | Vinny | Clarke | Herts P | 9 | M | 8.40 |
| 35 | Jemima | Ridley | Cookham | 9 | F | 8.41 |
| 36 | Oscar | Sturrock | Trent P | 9 | M | 8.43 |
| 37 | Thomas | Latham | Lon H | 9 | M | 8.44 |
| 38 | Mohamed | Ibrahim | ESM | 9 | M | 8.52 |
| 39 | Mark | Koskei | VPH&TH | 9 | M | 8.55 |
| 40 | Maddie | Abbott | VPH&TH | ? | F | 8.57 |
| 41 | Taylor | Gibson | Cookham | 9 | M | 9.03 |
| 42 | Brogan | McCafferty | Cookham | 10 | M | 9.23 |
| 43 | Claudia | Kerry | Cookham | 9 | F | 9.24 |
| 44 | Devan | Gibson | Cookham | U13 | M | 9.28 |
| 45 | Soraya | Frost Mahmood | VPH&TH | 9 | F | 9.31 |
| 46 | Lucy | Wilcock | Hill | 9 | F | 9.32 |
| 47 | Alex | Burr | Hill | 10 | M | 9.40 |
| 48 | Amelie | Hamilton | Cookham | 10 | F | 10.15 |
| 49 | William | Spencer | Hill | 10 | M | 10.26 |
| 50 | Adam | Nash | Hill | 10 | M | 10.59 |
| 51 | Helena-May | Traylen | NEB | 9 | F | 11.34 |
| 52 | Evie | McLellan | Hill | 10 | F | 11.48 |
| 53 | Zack | Phillips | Hill | 9 | M | 13.28 |

11 year olds should be encouraged to run in the Under 13 race where they can score for their clubs.
It is the age group they are in according to UKA rules & in which their Championship races are.

Please do not run any child under the age of 9.

Can Team Managers please make sure every athlete is declared and their gender included; it is not always obvious from the forename!



| |
|---------------------------------------------------------------------------|
| Conditions: 8 degrees, strong wind but bright sunshine Going: Heavy |
|---------------------------------------------------------------------------|

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Under 13 Boys Results

| | | | | | | |
|----|-----------|--------------|---------|-----|--------|-----|
| 1 | Finn | Harvey | SB | U13 | 11. 45 | |
| 2 | Nathanael | Zapico | Herts P | U13 | 11. 55 | |
| 3 | Joe | Smith | Herts P | U13 | 12. 02 | |
| 4 | Luca | Minale | VPH&TH | U13 | 12. 06 | |
| 5 | Joshua | Poncia | SMR | U13 | 12. 47 | |
| 6 | Finlay | Sturrock | Trent P | U13 | 12. 49 | |
| 7 | Bryce | Breen | Herts P | U13 | 13. 00 | |
| 8 | Daniel | Greenstein | SB | U13 | 13. 07 | |
| 9 | Joshua | Adolphe | VPH&TH | U13 | 13. 10 | |
| 10 | Mattie | Harris | SB | U13 | 13. 21 | |
| 11 | Connor | Warwick | Hill | U13 | 13. 22 | |
| 12 | Theo | Machin-Paley | High | U13 | 13. 24 | |
| 13 | Milo | Choudhry | ESM | U13 | 13. 24 | |
| 14 | Joe | Street | Trent P | U13 | 13. 42 | |
| 15 | Joe | Heather | E&H | U13 | 13. 45 | |
| 16 | Alex | Stapleton | Herts P | U13 | 13. 48 | |
| 17 | Theo | Gatwary | SB | U13 | 13. 49 | |
| 18 | Edward | McArdle | Trent P | U13 | 13. 50 | |
| 19 | Tommy | Atkin | Hill | U13 | 13. 53 | |
| 20 | Guillermo | Acosta | Trent P | U13 | 13. 56 | |
| 21 | Elliot | Lowe | Cookham | U13 | 13. 57 | Gst |
| 22 | Ben | Forde | Hill | U13 | 13. 57 | |
| 23 | Brandon | Reid | Herts P | U13 | 14. 17 | |
| 24 | Alex | Johnson | Hill | U13 | 14. 20 | |
| 25 | Matthew | Woolf | Trent P | U13 | 14. 29 | |
| 26 | Joe | Rowson | E&H | U13 | 14. 44 | |
| 27 | Finn | O'Sullivan | VPH&TH | U13 | 14. 59 | |
| 28 | Thomas | Hughes | Herts P | U13 | 15. 13 | |
| 29 | Ben | Woolf | Trent P | U13 | 15. 20 | |
| 30 | Manny | Pigney | High | U13 | 16. 02 | |
| 31 | Billy | Banks | Trent P | U13 | 16. 06 | |
| 32 | Mikey | Kouwiloyan | ESM | U13 | 16. 23 | |
| 33 | Mahiis | Hershi | ESM | U13 | 16. 27 | |
| 34 | Rhys | Feaviour | Hill | U13 | 16. 42 | |

Under 13 Boys Team Result

| | | |
|----|-------------------------------|-----|
| 1 | Herts Phoenix | 108 |
| 2 | Shaftesbury Barnet Harriers | 100 |
| 3 | Trent Park RC | 78 |
| 4 | Victoria Park & Tower Hamlets | 63 |
| 5 | Hillingdon | 62 |
| 6 | St Mary's Richmond | 29 |
| 7 | Enfield & Haringey | 28 |
| 8 | Highgate Harriers | 27 |
| 9 | Ealing, Southall & Middlesex | 26 |
| 10 | Trent Park RC 'B' | 20 |
| 11 | Herts Phoenix 'B' | 19 |
| 12 | Hillingdon 'B' | 1 |

Under 13 Boys League Positions

| | | |
|----|--------------------------------------|-----|
| 1 | Herts Phoenix | 437 |
| 2 | Shaftesbury Barnet Harriers | 386 |
| 3 | Victoria Park & Tower Hamlets | 366 |
| 4 | Trent Park RC | 344 |
| 5 | Enfield & Haringey | 292 |
| 6 | Hillingdon | 206 |
| 7 | Woodford Green with Essex Ladies | 196 |
| 8 | St Mary's Richmond | 149 |
| 9 | Highgate Harriers | 123 |
| 9 | Shaftesbury Barnet Harriers 'B' | 123 |
| 11 | Herts Phoenix 'B' | 95 |
| 12 | Thames Valley Harriers | 89 |
| 13 | Enfield & Haringey 'B' | 77 |
| 14 | Trent Park RC 'B' | 75 |
| 15 | Ealing, Southall & Middlesex | 67 |
| 16 | Barnet & District | 48 |
| 17 | Victoria Park & Tower Hamlets 'B' | 25 |
| 18 | London Heathside | 20 |
| 19 | Woodford Green with Essex Ladies 'B' | 17 |
| 20 | Hillingdon 'B' | 1 |

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Under 13 Girls Results

| | | | | | |
|----|-----------|--------------|---------|-----|--------|
| 1 | Charlotte | Buckley | TVH | U13 | 12. 52 |
| 2 | Felix | Waters | VPH&TH | U13 | 13. 20 |
| 3 | Ava | Mulvihill | E&H | U13 | 13. 29 |
| 4 | Scarlett | Kent | SB | U13 | 13. 38 |
| 5 | Mia | Groom | SB | U13 | 13. 49 |
| 6 | Lucy | O'Brien | ESM | U13 | 13. 54 |
| 7 | Isabel | Stark | Hill | U13 | 14. 02 |
| 8 | Betty | Hughes | VPH&TH | U13 | 14. 09 |
| 9 | Freya | Stapleton | Herts P | U13 | 14. 13 |
| 10 | Anna | Janke | Hill | U13 | 14. 15 |
| 11 | Anisa | Ibrahim | ESM | U13 | 14. 34 |
| 12 | Sumaya | Hussain | VPH&TH | U13 | 14. 37 |
| 13 | Grace | Miller | VPH&TH | U13 | 14. 40 |
| 14 | Siena | Taylor | WG&EL | U13 | 14. 44 |
| 15 | Ellen | McGann | VPH&TH | U13 | 14. 47 |
| 16 | Jaynie | Awcock | Herts P | U13 | 14. 54 |
| 17 | Elena | Roncarati | Barn | U13 | 15. 20 |
| 18 | Mya | Hornett | Trent P | U13 | 15. 26 |
| 19 | Emily | Hathaway | Trent P | U13 | 16. 01 |
| 20 | Milly | Dunne | High | U13 | 16. 06 |
| 21 | Charlotte | Cooney-Quinn | TVH | U13 | 16. 10 |
| 22 | Zakia | Mossi | TVH | U13 | 16. 23 |
| 23 | Mia | Catton | SMR | U13 | 16. 24 |
| 24 | Imogen | Deakin | SMR | U13 | 16. 28 |
| 25 | Sarah | Freegard | ESM | U13 | 18. 21 |
| 26 | Hannah | May | Barn | U13 | 18. 38 |
| 27 | Emily | Murphy | Barn | U13 | 19. 10 |
| 28 | Kia | Simon | Hill | U13 | 21. 33 |

Under 13 Girls Team Result

| | | |
|----|-----------------------------------|----|
| 1 | Victoria Park & Tower Hamlets | 81 |
| 2 | Shaftesbury Barnet Harriers | 49 |
| 3 | Ealing, Southall & Middlesex | 45 |
| 4 | Thames Valley Harriers | 43 |
| 5 | Hillingdon | 42 |
| 6 | Herts Phoenix | 33 |
| 7 | Enfield & Haringey | 26 |
| 8 | Trent Park RC | 21 |
| 9 | Barnet & District | 17 |
| 10 | Woodford Green with Essex Ladies | 15 |
| 11 | Victoria Park & Tower Hamlets 'B' | 14 |
| 12 | St Mary's Richmond | 11 |
| 13 | Highgate Harriers | 9 |

Under 13 Girls League Positions

| | | |
|----|-----------------------------------|-----|
| 1 | Shaftesbury Barnet Harriers | 311 |
| 2 | Victoria Park & Tower Hamlets | 275 |
| 3 | Thames Valley Harriers | 226 |
| 4 | Herts Phoenix | 169 |
| 5 | Ealing, Southall & Middlesex | 168 |
| 6 | Hillingdon | 166 |
| 7 | Enfield & Haringey | 128 |
| 8 | Trent Park RC | 115 |
| 9 | St Mary's Richmond | 105 |
| 10 | Woodford Green with Essex Ladies | 102 |
| 11 | Barnet & District | 49 |
| 12 | Shaftesbury Barnet Harriers 'B' | 36 |
| 13 | Victoria Park & Tower Hamlets 'B' | 27 |
| 14 | Highgate Harriers | 20 |
| 15 | London Heathside | 16 |
| 16 | Hillingdon 'B' | 9 |
| 17 | Herts Phoenix 'B' | 7 |
| 17 | Newham & Essex Beagles | 7 |
| 19 | Ealing, Southall & Middlesex 'B' | 1 |

The Weeks Ahead

| | | |
|------------|----------------------------------------------------------------------------------------------|--------------------------------------------------|
| Thu 25 Dec | Christmas Morning Road Race | Ruislip |
| Sat 27 Dec | Lido Relay | Ruislip Lido |
| Thu 1 Jan | Brooks Serpentine New Years Day 10K | Hyde Park |
| Sat 3 Jan | British Athletics Cross Challenge Essex Championships Middlesex Championships | Antrim Claybury, Woodford Alexandra Palace |
| Sun 4 Jan | Hertfordshire Championships Cliveden Cross Country Morningson Chasers Regents Park 10K | St Albans Taplow, Maidenhead Regents Park |
| Sat 10 Jan | METROPOLITAN LEAGUE RACE FOUR | Horsenden Hill, Perivale |

REMAINING LEAGUE FIXTURES

| | | |
|------------|--------------------------------------|------------------------|
| Sat 10 Jan | METROPOLITAN LEAGUE RACE FOUR | Horsenden Hill |
| Sat 7 Feb | METROPOLITAN LEAGUE RACE FIVE | Wormwood Scrubs |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Under 17 Men Results

| | | | | | |
|----|-------------|---------------|---------|-----|--------|
| 1 | Jamie | Philpott | Herts P | U17 | 13. 52 |
| 2 | Terry | Fawden | High | U17 | 14. 00 |
| 3 | Karim | Mahiddine | TVH | U17 | 14. 06 |
| 4 | George | Cook | Herts P | U17 | 14. 09 |
| 5 | Khalid-Ali | Ahmed | SB | U17 | 14. 14 |
| 6 | Nile | McKenzie | VPH&TH | U15 | 14. 29 |
| 7 | Thomas | McArdle | Trent P | U17 | 14. 32 |
| 8 | Dempster | Fawden | High | U15 | 14. 35 |
| 9 | Mukhtar | Farah | ESM | U17 | 14. 36 |
| 10 | Mosope | Oyelola | NEB | U15 | 14. 36 |
| 11 | Oliver | Formby | Barn | U17 | 14. 48 |
| 12 | George | Kerry | ESM | U15 | 14. 55 |
| 13 | James | Young | Trent P | U15 | 15. 00 |
| 14 | Isaac | Osofisan | VPH&TH | U17 | 15. 01 |
| 15 | Joseph | Young | Trent P | U17 | 15. 08 |
| 16 | William | McArdle | Trent P | U15 | 15. 15 |
| 17 | Alexander | Machin-Paley | High | U17 | 15. 20 |
| 18 | Salman | Chishti | ESM | U15 | 15. 25 |
| 19 | Yuri | Zavratchiyski | E&H | U15 | 15. 26 |
| 20 | James | Wakefield | WG&EL | U15 | 15. 27 |
| 21 | Harry | Cavell | WG&EL | U17 | 15. 28 |
| 22 | Henry | Fulton | SB | U15 | 15. 30 |
| 23 | Rufus | Kent | SB | U15 | 15. 32 |
| 24 | Adam | Stewart | High | U17 | 15. 35 |
| 25 | William | Griffiths | Lon H | U17 | 15. 36 |
| 26 | Liam | Holbrook | Hill | U17 | 15. 40 |
| 27 | Mark | Cunningham | Barn | U17 | 15. 48 |
| 28 | Oliver | Kemp | High | U17 | 15. 51 |
| 29 | Joe | Chott | SB | U15 | 15. 54 |
| 30 | Charlie | Griffith | SB | U17 | 15. 56 |
| 31 | Finn | Donlon | E&H | U15 | 15. 58 |
| 32 | Maximillian | Buckley | TVH | U15 | 16. 05 |
| 33 | Oscar | Crowe | SMR | U15 | 16. 12 |
| 34 | Jake | Hooley | TVH | U15 | 16. 13 |
| 35 | Raunak | Mainali | ESM | U17 | 16. 16 |
| 36 | Finley | Hurren | E&H | U15 | 16. 17 |
| 37 | Luke | Adar | ESM | U15 | 16. 22 |
| 38 | Oliver | Greenstiow | SB | U17 | 16. 24 |
| 39 | Freddy | Curtis | E&H | U15 | 16. 28 |
| 40 | Jamie | Ives | Herts P | U15 | 16. 32 |
| 41 | Antanas | Weston | Lon H | U15 | 16. 37 |
| 42 | Romario | Hines-McLoed | ESM | U17 | 16. 48 |
| 43 | Naoki | Kanai | ESM | U15 | 16. 48 |
| 44 | Callum | Lambert | ESM | U15 | 16. 50 |
| 45 | Adam | Hughes | Herts P | U15 | 16. 50 |
| 46 | Abdirahman | Hamud | Hill | U15 | 17. 00 |
| 47 | Nicholas | Duer | TVH | U15 | 17. 05 |
| 48 | Kirk | O'Rourke | Hill | U17 | 17. 11 |
| 49 | James | Forde | Hill | U15 | 17. 14 |
| 50 | James | Horrex | TVH | U17 | 17. 15 |
| 51 | Elliot | Breen | Herts P | U15 | 17. 23 |
| 52 | Oliver | Weintraub | TVH | U15 | 17. 25 |
| 53 | Michael | How | Hill | U15 | 17. 28 |
| 54 | Justin | Haupt | Trent P | U15 | 17. 31 |
| 55 | Joseph | Peppialt | Barn | U17 | 17. 34 |
| 56 | Joseph | Hodgkinson | Hill | U13 | 17. 41 |
| 57 | Ruairi | McElhatton | Barn | U15 | 18. 21 |
| 58 | James | Traylen | NEB | U17 | 18. 31 |
| 59 | Ryan | Alexander | Trent P | U17 | 18. 55 |
| 60 | James | Davies | Barn | U15 | 18. 58 |
| 61 | Stefan | Ashton | Barn | U15 | 19. 36 |
| 62 | Taylor | Reece | WG&EL | U17 | 20. 17 |

Under 17 Men Team Result

| | | |
|----|----------------------------------|-----|
| 1 | Highgate Harriers | 197 |
| 1 | Trent Park RC | 197 |
| 3 | Ealing, Southall & Middlesex | 174 |
| 4 | Shaftesbury Barnet Harriers | 169 |
| 5 | Herts Phoenix | 158 |
| 6 | Thames Valley Harriers | 132 |
| 7 | Enfield & Haringey | 123 |
| 8 | Victoria Park & Tower Hamlets | 104 |
| 9 | Barnet & District | 99 |
| 10 | Woodford Green with Essex Ladies | 84 |
| 11 | Ealing, Southall & Middlesex 'B' | 82 |
| 12 | Hillingdon | 79 |
| 13 | London Heathside | 58 |
| 14 | Newham & Essex Beagles | 57 |
| 15 | Shaftesbury Barnet Harriers 'B' | 56 |
| 16 | Highgate Harriers 'B' | 34 |
| 17 | St Mary's Richmond | 29 |
| 18 | Thames Valley Harriers 'B' | 22 |
| 19 | Trent Park RC 'B' | 12 |
| 20 | Herts Phoenix 'B' | 11 |
| 21 | Hillingdon 'B' | 9 |
| 22 | Barnet & District 'B' | 5 |

Under 17 Men League Positions

| | | |
|----|----------------------------------|-----|
| 1 | Trent Park RC | 709 |
| 2 | Highgate Harriers | 701 |
| 3 | Ealing, Southall & Middlesex | 609 |
| 4 | Shaftesbury Barnet Harriers | 554 |
| 5 | Herts Phoenix | 529 |
| 6 | Thames Valley Harriers | 514 |
| 7 | London Heathside | 417 |
| 8 | Enfield & Haringey | 411 |
| 9 | Highgate Harriers 'B' | 385 |
| 10 | Newham & Essex Beagles | 333 |
| 11 | Victoria Park & Tower Hamlets | 318 |
| 12 | Woodford Green with Essex Ladies | 308 |
| 13 | Barnet & District | 293 |
| 14 | Ealing, Southall & Middlesex 'B' | 246 |
| 15 | Hillingdon | 237 |
| 16 | Shaftesbury Barnet Harriers 'B' | 178 |
| 17 | Trent Park RC 'B' | 167 |
| 18 | London Heathside 'B' | 144 |
| 19 | St Mary's Richmond | 123 |
| 20 | Thames Valley Harriers 'B' | 85 |
| 21 | Herts Phoenix 'B' | 62 |
| 22 | Enfield & Haringey 'B' | 38 |
| 23 | Newham & Essex Beagles 'B' | 16 |
| 24 | Hillingdon 'B' | 9 |
| 25 | Barnet & District 'B' | 5 |

Gst

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Under 17 Women Results

| | | | | | |
|----|-----------|-------------|---------|-----|--------|
| 1 | Jodie | Ratcliff | WG&EL | U17 | 16. 18 |
| 2 | Gabriella | Kyriacou | SB | U17 | 16. 21 |
| 3 | Amalia | Edwards* | SB | U17 | 16. 45 |
| 4 | Nicola | Ravenhill | ESM | U15 | 16. 48 |
| 5 | Verity | Walker | TVH | U15 | 16. 59 |
| 6 | Erica | Wallace | ESM | U17 | 17. 04 |
| 7 | Beth | Forster | E&H | U15 | 17. 11 |
| 8 | Olivia | Janke | Hill | U15 | 17. 12 |
| 9 | Charlotte | Johnston | Barn | U17 | 17. 33 |
| 10 | Eddie | Preece | WG&EL | U17 | 17. 37 |
| 11 | Laura | Stewart | ESM | U15 | 17. 40 |
| 12 | Lidia | Kyriacou | SB | U15 | 17. 58 |
| 13 | Rose | Barkle | TVH | U15 | 17. 59 |
| 14 | Meg | Naylor | Lon H | U15 | 18. 00 |
| 15 | Jessica | Hurley | SB | U15 | 18. 01 |
| 16 | Laura | Stewart | VPH&TH | U15 | 18. 02 |
| 17 | Charlotte | Stapleton | Herts P | U17 | 18. 17 |
| 18 | Anna | Fuller | Herts P | U15 | 18. 20 |
| 19 | Caroline | Dunnett | E&H | U17 | 18. 25 |
| 20 | Josephine | Chadwick | SB | U15 | 18. 26 |
| 21 | Phoebe | Crockford | Lon H | U15 | 18. 27 |
| 22 | Rosie | Vallance | TVH | U15 | 18. 34 |
| 23 | Cameron | Thomas | ESM | U15 | 18. 49 |
| 24 | Genevieve | Weston | Lon H | U17 | 18. 56 |
| 25 | Emily | Economu | SB | U17 | 18. 57 |
| 26 | Hannah | Booth | Herts P | U17 | 19. 09 |
| 27 | Rebecca | Andreou | SB | U17 | 19. 19 |
| 28 | Eleanor | Found | Herts P | U15 | 19. 33 |
| 29 | Isolde | Goffey | SMR | U15 | 19. 36 |
| 30 | Kayla | Michel | SB | U15 | 19. 37 |
| 31 | Maryam | Hussain | ESM | U15 | 19. 40 |
| 32 | Daisy | Day-Fawcett | VPH&TH | U15 | 19. 49 |
| 33 | Martha | Hayward | ESM | U17 | 20. 04 |
| 34 | Sidney | Tucker | Lon H | U15 | 20. 21 |
| 35 | Mia | Hirons | WG&EL | U15 | 20. 51 |
| 36 | Molly | Hopping | Barn | U17 | 21. 12 |
| 37 | Kirsty | O'Rourke | Hill | U15 | 21. 22 |
| 38 | Jennifer | Connelly | ESM | U17 | 21. 26 |
| 39 | Roisin | Lynch | ESM | U15 | 21. 45 |
| 40 | Annie | Manners | Hill | U15 | 21. 52 |
| 41 | Lauren | Pitcher | NEB | U15 | 22. 15 |
| 42 | Leah | Kelly | ESM | U15 | 22. 22 |
| 43 | Jess | Ferris | NEB | U17 | 23. 57 |
| 44 | Georgina | Newberry | Herts P | U15 | 24. 10 |
| 45 | Esmé | McLellan | Hill | U15 | 26. 30 |

Under 17 Women Team Result

| | | |
|----|----------------------------------|-----|
| 1 | Shaftesbury Barnet Harriers | 152 |
| 2 | Ealing, Southall & Middlesex | 140 |
| 3 | Thames Valley Harriers | 98 |
| 4 | Herts Phoenix | 95 |
| 5 | Woodford Green with Essex Ladies | 92 |
| 6 | London Heathside | 91 |
| 7 | Shaftesbury Barnet Harriers 'B' | 82 |
| 8 | Enfield & Haringey | 66 |
| 9 | Hillingdon | 54 |
| 10 | Barnet & District | 47 |
| 11 | Victoria Park & Tower Hamlets | 44 |
| 12 | Ealing, Southall & Middlesex 'B' | 43 |
| 13 | St Mary's Richmond | 17 |
| 14 | Newham & Essex Beagles | 8 |
| 15 | Herts Phoenix 'B' | 2 |

Under 17 Women League Positions

| | | |
|----|--------------------------------------|-----|
| 1 | Thames Valley Harriers | 539 |
| 2 | Shaftesbury Barnet Harriers | 512 |
| 3 | Woodford Green with Essex Ladies | 501 |
| 4 | Enfield & Haringey | 463 |
| 5 | Ealing, Southall & Middlesex | 454 |
| 6 | Herts Phoenix | 386 |
| 7 | Victoria Park & Tower Hamlets | 280 |
| 8 | Shaftesbury Barnet Harriers 'B' | 271 |
| 9 | London Heathside | 218 |
| 10 | Barnet & District | 166 |
| 11 | Ealing, Southall & Middlesex 'B' | 152 |
| 12 | Hillingdon | 146 |
| 13 | Woodford Green with Essex Ladies 'B' | 137 |
| 14 | St Mary's Richmond | 118 |
| 14 | Thames Valley Harriers 'B' | 118 |
| 16 | Enfield & Haringey 'B' | 114 |
| 17 | Newham & Essex Beagles | 82 |
| 18 | Highgate Harriers | 26 |
| 19 | Herts Phoenix 'B' | 23 |
| 20 | London Heathside 'B' | 20 |
| 21 | Trent Park RC | 4 |
| 22 | Newham & Essex Beagles 'B' | 2 |

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Under 15 Boy's Individual Result

| | | | | | |
|----|-------------|---------------|---------|-----|--------|
| 1 | Nile | McKenzie | VPH&TH | U15 | 14. 29 |
| 2 | Dempster | Fawden | High | U15 | 14. 35 |
| 3 | Mosope | Oyelola | NEB | U15 | 14. 36 |
| 4 | George | Kerry | ESM | U15 | 14. 55 |
| 5 | James | Young | Trent P | U15 | 15. 00 |
| 6 | William | McArdle | Trent P | U15 | 15. 15 |
| 7 | Salman | Chishti | ESM | U15 | 15. 25 |
| 8 | Yuri | Zavratchiyski | E&H | U15 | 15. 26 |
| 9 | James | Wakefield | WG&EL | U15 | 15. 27 |
| 10 | Henry | Fulton | SB | U15 | 15. 30 |
| 11 | Rufus | Kent | SB | U15 | 15. 32 |
| 12 | Joe | Chott | SB | U15 | 15. 54 |
| 13 | Finn | Donlon | E&H | U15 | 15. 58 |
| 14 | Maximillian | Buckley | TVH | U15 | 16. 05 |
| 15 | Oscar | Crowe | SMR | U15 | 16. 12 |
| 16 | Jake | Hooley | TVH | U15 | 16. 13 |
| 17 | Finley | Hurren | E&H | U15 | 16. 17 |
| 18 | Luke | Adar | ESM | U15 | 16. 22 |
| 19 | Freddy | Curtis | E&H | U15 | 16. 28 |
| 20 | Jamie | Ives | Herts P | U15 | 16. 32 |
| 21 | Antanas | Weston | Lon H | U15 | 16. 37 |
| 22 | Naoki | Kanai | ESM | U15 | 16. 48 |
| 23 | Callum | Lambert | ESM | U15 | 16. 50 |
| 24 | Adam | Hughes | Herts P | U15 | 16. 50 |
| 25 | Abdirahman | Hamud | Hill | U15 | 17. 00 |
| 26 | Nicholas | Duer | TVH | U15 | 17. 05 |
| 27 | James | Forde | Hill | U15 | 17. 14 |
| 28 | Elliot | Breen | Herts P | U15 | 17. 23 |
| 29 | Oliver | Weintraub | TVH | U15 | 17. 25 |
| 30 | Michael | How | Hill | U15 | 17. 28 |
| 31 | Justin | Haupt | Trent P | U15 | 17. 31 |
| 32 | Ruairi | McElhatton | Barn | U15 | 18. 21 |
| 33 | James | Davies | Barn | U15 | 18. 58 |
| 34 | Stefan | Ashton | Barn | U15 | 19. 36 |

Under 15 Girl's Individual Result

| | | | | | |
|----|-----------|-------------|---------|-----|--------|
| 1 | Nicola | Ravenhill | ESM | U15 | 16. 48 |
| 2 | Verity | Walker | TVH | U15 | 16. 59 |
| 3 | Beth | Forster | E&H | U15 | 17. 11 |
| 4 | Olivia | Janke | Hill | U15 | 17. 12 |
| 5 | Laura | Stewart | ESM | U15 | 17. 40 |
| 6 | Lidia | Kyriacou | SB | U15 | 17. 58 |
| 7 | Rose | Barkle | TVH | U15 | 17. 59 |
| 8 | Meg | Naylor | Lon H | U15 | 18. 00 |
| 9 | Jessica | Hurley | SB | U15 | 18. 01 |
| 10 | Laura | Stewart | VPH&TH | U15 | 18. 02 |
| 11 | Anna | Fuller | Herts P | U15 | 18. 20 |
| 12 | Josephine | Chadwick | SB | U15 | 18. 26 |
| 13 | Phoebe | Crockford | Lon H | U15 | 18. 27 |
| 14 | Rosie | Vallance | TVH | U15 | 18. 34 |
| 15 | Cameron | Thomas | ESM | U15 | 18. 49 |
| 16 | Eleanor | Found | Herts P | U15 | 19. 33 |
| 17 | Isolde | Goffey | SMR | U15 | 19. 36 |
| 18 | Kayla | Michel | SB | U15 | 19. 37 |
| 19 | Maryam | Hussain | ESM | U15 | 19. 40 |
| 20 | Daisy | Day-Fawcett | VPH&TH | U15 | 19. 49 |
| 21 | Sidney | Tucker | Lon H | U15 | 20. 21 |
| 22 | Mia | Hirons | WG&EL | U15 | 20. 51 |
| 23 | Kirsty | O'Rourke | Hill | U15 | 21. 22 |
| 24 | Roisin | Lynch | ESM | U15 | 21. 45 |
| 25 | Annie | Manners | Hill | U15 | 21. 52 |
| 26 | Lauren | Pitcher | NEB | U15 | 22. 15 |
| 27 | Leah | Kelly | ESM | U15 | 22. 22 |
| 28 | Georgina | Newberry | Herts P | U15 | 24. 10 |
| 29 | Esmé | McLellan | Hill | U15 | 26. 30 |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Women's Results

| | | | | | | |
|----|------------|---------------|---------|-----|--------|-----|
| 1 | Rachel | Felton | SB | V35 | 21. 41 | |
| 2 | Elizabeth | Janes | Herts P | S | 22. 09 | |
| 3 | Naomi | Taschimowitz* | SB | S | 22. 38 | |
| 4 | Sarah | Pemberton | Serp | S | 22. 43 | |
| 5 | Esther | Evans | High | V40 | 22. 49 | |
| 6 | Mel | Newbery | ESM | S | 22. 50 | |
| 7 | Rebekah | Gardiner | SB | S | 22. 51 | |
| 8 | Tracy | Barlow | TVH | S | 22. 55 | |
| 9 | Hannah | Viner | High | U20 | 23. 03 | |
| 10 | Revee | Walcott-Nolan | Luton | U20 | 23. 09 | Gst |
| 11 | Ni'ia | Hothersall | Lon H | S | 23. 11 | |
| 12 | Kat | Gundersen | WG&EL | V35 | 23. 21 | |
| 13 | Joanne | Kent | Barn | V45 | 23. 23 | |
| 14 | Jess | Fawcett* | Lon C | S | 23. 25 | |
| 15 | Jenny | Lundgren | Serp | V40 | 23. 28 | |
| 16 | Sue | Rust | Lon H | V35 | 23. 33 | |
| 17 | Emma | Burgess | High | S | 23. 35 | |
| 18 | Louise | Atkin | Lon H | S | 23. 42 | |
| 19 | Victoria | Walker | SB | S | 23. 43 | |
| 20 | Jo | Singer | VPH&TH | V40 | 23. 52 | |
| 21 | Victoria | Crawford | Serp | S | 24. 01 | |
| 22 | Jenny | Harvey | Hill | S | 24. 07 | |
| 23 | Leigh | James* | Lon H | S | 24. 12 | |
| 24 | Andrea | Hunt | Serp | S | 24. 28 | |
| 25 | Margaret | Cooper | SB | V45 | 24. 30 | |
| 26 | Rachel | Lund | WG&EL | S | 24. 35 | |
| 27 | Rachel | Newstead | Lon H | S | 24. 36 | |
| 28 | Natasha | Sheel | Serp | S | 24. 40 | |
| 29 | Grazina | Narviliene | ESM | V40 | 24. 46 | |
| 30 | Megan | Roberts | Serp | S | 24. 47 | |
| 31 | Helen | Palmer | Serp | S | 24. 51 | |
| 32 | Sue | Bint | VPH&TH | V35 | 24. 53 | |
| 33 | Rebecca | Bunting | Lon H | S | 24. 56 | |
| 34 | Fiona | Kennedy | ESM | V55 | 24. 59 | |
| 35 | Rebecca | Wilby* | NEB | U20 | 25. 05 | |
| 36 | Marta | Bagnati | Serp | S | 25. 06 | |
| 37 | Charlotte | Maling | VPH&TH | S | 25. 13 | |
| 38 | Rosalind | Leese | Serp | S | 25. 18 | |
| 39 | Jennifer | Bradley | Serp | V35 | 25. 20 | |
| 40 | Gemma | Rous | High | S | 25. 31 | |
| 41 | Eva | Mack | Hill | S | 25. 40 | |
| 42 | Alicia | Found | Herts P | U20 | 25. 43 | |
| 43 | Lizzie | Parry | Herts P | U20 | 25. 44 | |
| 44 | Katherine | March | Barn | V35 | 25. 45 | |
| 45 | Sarah | Richardson | ESM | V40 | 25. 47 | |
| 46 | Deanna | Laforet | Serp | S | 26. 00 | |
| 47 | Isabel | Found | Herts P | U20 | 26. 01 | |
| 48 | Siana | Jones | TVH | S | 26. 04 | |
| 49 | Jane | Higgins | Lon H | S | 26. 05 | |
| 50 | Angela | Howe* | Lon H | V40 | 26. 18 | |
| 51 | Lisa | Gaul | Barn | S | 26. 19 | |
| 52 | Bernadette | Van Wijk | Serp | S | 26. 20 | |
| 53 | Maire | Gorman | TVH | S | 26. 21 | |
| 54 | Louise | Faherty | High | V35 | 26. 27 | |
| 55 | Karen | Tostee | Lon C | S | 26. 29 | |
| 56 | Eilidh | Wagstaff | Lon H | S | 26. 30 | |
| 57 | Fiona | Russell | Morn | V45 | 26. 30 | |
| 58 | Sophie | Sheldrake | High | S | 26. 31 | |
| 59 | Julia | Bailey* | NEB | S | 26. 35 | |
| 60 | Bridget | Napleton | Lon H | V45 | 26. 39 | |
| 61 | Sarah | Boxer | Barn | V50 | 26. 42 | |
| 62 | Jackie | Wastell | Lon H | V50 | 26. 46 | |
| 63 | Sarah | Knox | Serp | V40 | 26. 52 | |
| 64 | Laura | Morgan | VPH&TH | S | 26. 56 | |
| 65 | Nicola | Froud | Barn | V45 | 27. 00 | |
| 66 | Joanna | Beak | Serp | S | 27. 04 | |
| 67 | Emily | Mosedale | VPH&TH | V35 | 27. 11 | |
| 68 | Morgane | Lesenne | Hill | V35 | 27. 15 | |
| 69 | Jenny | Thomas | WG&EL | V45 | 27. 16 | |

Women's Division One Team Result

| | | |
|----|----------------------------------|-----|
| 1 | Serpentine RC | 236 |
| 2 | Shaftesbury Barnet Harriers | 232 |
| 3 | London Heathside | 231 |
| 4 | Highgate Harriers | 194 |
| 5 | Ealing, Southall & Middlesex | 149 |
| 6 | Serpentine RC 'B' | 148 |
| 7 | Woodford Green with Essex Ladies | 98 |
| 8 | Thames Valley Harriers | 97 |
| 9 | London Heathside 'B' | 89 |
| 10 | Highgate Harriers 'B' | 11 |

Women's Division One League Positions

| | | |
|----|----------------------------------|-----|
| 1 | Shaftesbury Barnet Harriers | 759 |
| 2 | Highgate Harriers | 752 |
| 3 | London Heathside | 735 |
| 4 | Serpentine RC | 702 |
| 5 | Woodford Green with Essex Ladies | 451 |
| 6 | Thames Valley Harriers | 382 |
| 7 | Ealing, Southall & Middlesex | 366 |
| 8 | Serpentine RC 'B' | 356 |
| 9 | London Heathside 'B' | 286 |
| 10 | Highgate Harriers 'B' | 119 |

Women's Division Two Team Result

| | | |
|---|-------------------------------|-----|
| 1 | Victoria Park & Tower Hamlets | 257 |
| 2 | Barnet & District | 255 |
| 3 | Serpentine RC 'C' | 209 |
| 4 | Hillingdon | 195 |
| 5 | London Heathside 'C' | 164 |
| 6 | Newham & Essex Beagles | 140 |
| 7 | Mornington Chasers | 84 |
| 8 | Metropolitan Police | 75 |
| 9 | Enfield & Haringey | 25 |

Women's Division Two League Positions

| | | |
|----|--------------------------------------|-----|
| 1 | Victoria Park & Tower Hamlets | 795 |
| 2 | Barnet & District | 779 |
| 3 | Hillingdon | 647 |
| 4 | Serpentine RC 'C' | 580 |
| 5 | London Heathside 'C' | 525 |
| 6 | Mornington Chasers | 385 |
| 7 | Newham & Essex Beagles | 296 |
| 8 | Metropolitan Police | 211 |
| 9 | Woodford Green with Essex Ladies 'B' | 171 |
| 10 | Enfield & Haringey | 148 |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

| | | | | | |
|-----|-----------|--------------|---------|-----|--------|
| 70 | Ilona | Bagi | Serp | S | 27. 19 |
| 71 | Caroline | Boyle | Lon H | V35 | 27. 25 |
| 72 | Sandra | Ahrensfield | Serp | V40 | 27. 27 |
| 73 | Melissa | Hepburn | Met P | S | 27. 28 |
| 74 | Cathy | Jeremiah | Lon H | S | 27. 29 |
| 75 | Manue | Chardon | Lon FR | V35 | 27. 31 |
| 76 | Cath | Perry | Barn | V35 | 27. 37 |
| 77 | Gen | Huss | Serp | S | 27. 45 |
| 78 | Emilia | Wynnycky | Lon H | V45 | 27. 46 |
| 79 | Hannah | Copeland | Eal E | V35 | 27. 50 |
| 80 | Nicola | McGlennon | Serp | V35 | 27. 57 |
| 81 | Christine | Meek | ESM | V55 | 28. 01 |
| 82 | Alice | Lighton | Lon H | S | 28. 05 |
| 83 | Janet | Nodder | Serp | V55 | 28. 06 |
| 84 | Lisa | Pettit | Serp | V45 | 28. 07 |
| 85 | Jo | Irwin | Lon H | V40 | 28. 08 |
| 86 | Naomi | Bourne | VPH&TH | V45 | 28. 10 |
| 87 | Lauren | Morris | TVH | V35 | 28. 17 |
| 88 | Carol | Jones | ESM | V55 | 28. 18 |
| 89 | Anna | Waterman | Morn | S | 28. 21 |
| 90 | Anne | Eden | Serp | S | 28. 24 |
| 91 | Lucy | McGuinness | High | V45 | 28. 34 |
| 92 | Jasna | Skroce | VPH&TH | S | 28. 35 |
| 93 | Karen | Bradley | Barn | V45 | 28. 36 |
| 94 | Siobhan | Wakely | Serp | V35 | 28. 39 |
| 95 | Kat | Kruse | Met P | S | 28. 42 |
| 96 | Adelle | Stach-Kevizt | NEB | V40 | 28. 47 |
| 97 | Frederike | Zeltner | Lon C | S | 28. 48 |
| 98 | Jane | Ruhland | ESM | V50 | 28. 54 |
| 99 | Katherine | Daisa | Lon H | S | 28. 54 |
| 100 | Zoe | Dobbs | Hill | V45 | 28. 59 |
| 101 | Katy | Moore | E&H | S | 29. 03 |
| 102 | Caroline | Ringrow | Serp | S | 29. 06 |
| 103 | Elizabeth | Doyle | Herts P | S | 29. 07 |
| 104 | Edyta | Szot | Lon H | V35 | 29. 13 |
| 105 | Pauline | Michael | Barn | V50 | 29. 20 |
| 106 | Natasha | Cendrowicz | High | V40 | 29. 25 |
| 107 | Anne | Gombert | WG&EL | S | 29. 28 |
| 108 | Margaret | King | Serp | S | 29. 34 |
| 109 | Lesley | Conway | Hill | V55 | 29. 35 |
| 110 | Ruth | Miller | Lon H | V55 | 29. 40 |
| 111 | Jenny | McDonagh | Barn | S | 29. 41 |
| 112 | Karen | Horswood | WG&EL | V50 | 29. 43 |
| 113 | Claire | Morrissey | Lon H | V35 | 29. 55 |
| 114 | Richella | Doyle | Serp | V35 | 30. 03 |
| 115 | Pauline | Fischer | Hill | V55 | 30. 11 |
| 116 | Melanie | Spencer | Hill | V35 | 30. 14 |
| 117 | Davina | Gutteridge | Barn | V45 | 30. 21 |
| 118 | Susan | Deanus | Hill | S | 30. 22 |
| 119 | Katey | Ross | Barn | V40 | 30. 23 |
| 120 | Jayne | Shepherd* | Herts P | V55 | 30. 30 |
| 121 | Catharine | Sowerby | Serp | V50 | 30. 38 |
| 122 | Emily | Douney | VPH&TH | S | 30. 39 |
| 123 | Alison | Tay | Lon C | S | 30. 42 |
| 124 | Gabi | Johnson | Lon H | V45 | 30. 49 |
| 125 | Marcia | Finnie | Serp | S | 30. 50 |
| 126 | Donna | Nash | Hill | V45 | 30. 51 |
| 127 | Lynne | Rogers | Serp | S | 30. 53 |
| 128 | Miranda | Cook | Lon FR | V40 | 30. 59 |
| 129 | Patricia | Thomas | ESM | V50 | 31. 07 |
| 130 | Sue | Park | Eal E | V50 | 31. 50 |
| 131 | Heather | Dawson | Barn | V40 | 32. 03 |
| 132 | Gina | Heiss | Lon H | S | 32. 20 |
| 133 | Sarah | Mackenzie | Eal E | S | 32. 31 |
| 134 | Emma | Salmon | Barn | S | 32. 34 |
| 135 | Natalie | Traylen | NEB | V35 | 32. 39 |
| 136 | Mary | Allieu | Met P | V40 | 32. 54 |
| 137 | Linda | Dworowski | Barn | V55 | 32. 58 |
| 138 | Jos | Hood | Eal E | S | 33. 26 |
| 139 | Michele | Homden | Serp | V40 | 34. 13 |
| 140 | Laura | Boothman | Lon H | V35 | 34. 20 |

Women's Division Three Team Result

| | | |
|----|-----------------------------------|-----|
| 1 | Herts Phoenix | 159 |
| 2 | London City | 126 |
| 3 | Barnet & District 'B' | 119 |
| 4 | Hillingdon 'B' | 88 |
| 5 | Victoria Park & Tower Hamlets 'B' | 84 |
| 6 | Ealing Eagles | 69 |
| 7 | London Frontrunners | 52 |
| 8 | Herts Phoenix 'B' | 48 |
| 9 | Ealing, Southall & Middlesex 'B' | 44 |
| 10 | Ealing Eagles 'B' | 6 |
| 11 | Thames Valley Harriers 'B' | 2 |

Women's Division Three League Positions

| | | |
|----|-----------------------------------|-----|
| 1 | Herts Phoenix | 523 |
| 2 | London City | 397 |
| 3 | Barnet & District 'B' | 338 |
| 4 | Herts Phoenix 'B' | 331 |
| 5 | Hillingdon 'B' | 305 |
| 6 | London Frontrunners | 267 |
| 7 | Thames Valley Harriers 'B' | 148 |
| 8 | Victoria Park & Tower Hamlets 'B' | 144 |
| 9 | Shaftesbury Barnet Harriers 'B' | 143 |
| 10 | Ealing, Southall & Middlesex 'B' | 132 |
| 11 | Ealing Eagles | 104 |
| 12 | Mornington Chasers 'B' | 86 |
| 13 | London Frontrunners 'B' | 60 |
| 14 | London City 'B' | 33 |
| 15 | Garden City Runners | 24 |
| 16 | Ealing Eagles 'B' | 6 |

Veteran Women's Division One Team Result

| | | |
|----|----------------------------------|-----|
| 1 | Barnet & District | 137 |
| 2 | London Heathside | 136 |
| 3 | Ealing, Southall & Middlesex | 133 |
| 4 | Serpentine RC | 131 |
| 5 | London Heathside 'B' | 81 |
| 5 | Woodford Green with Essex Ladies | 81 |
| 7 | Serpentine RC 'B' | 78 |
| 8 | Hillingdon | 66 |
| 9 | Mornington Chasers | 35 |
| 10 | Serpentine RC 'C' | 24 |

Veteran Women's Division One League Positions

| | | |
|----|----------------------------------|-----|
| 1 | Barnet & District | 464 |
| 2 | London Heathside | 443 |
| 3 | Serpentine RC | 442 |
| 4 | Ealing, Southall & Middlesex | 431 |
| 5 | Woodford Green with Essex Ladies | 284 |
| 6 | London Heathside 'B' | 269 |
| 7 | Serpentine RC 'B' | 245 |
| 8 | Mornington Chasers | 206 |
| 9 | Hillingdon | 183 |
| 10 | Serpentine RC 'C' | 109 |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

| | | | | | |
|-----|-----------|----------|-------|-----|--------|
| 141 | Sandra | Buckton | Lon H | V45 | 34. 32 |
| 142 | Karen | Levene | Lon H | V40 | 34. 38 |
| 143 | Mary | Brown | Barn | V50 | 34. 40 |
| 144 | Alice | Sullivan | Morn | V40 | 35. 10 |
| 145 | Alison | Harrow | Lon H | V45 | 35. 47 |
| 146 | Lynne | Cox | Barn | S | 36. 01 |
| 147 | Lisa | Snell | Eal E | V40 | 36. 32 |
| 148 | Clare | Boutle | Barn | V45 | 37. 20 |
| 149 | Christine | Read* | E&H | V50 | 37. 24 |
| 150 | Jackie | O'Dowd | Hill | V55 | 37. 25 |
| 151 | Barbara | Maddison | TVH | V50 | 37. 40 |
| 152 | Caroline | Torry | Serp | S | 38. 03 |
| 153 | Sharon | Talbot | Hill | V45 | 38. 19 |
| 154 | Christine | Munden | TVH | V40 | 39. 17 |
| 155 | Euphemia | Scott | TVH | V50 | 42. 06 |
| 156 | Maureen | Shirley | Barn | V65 | 42. 24 |

U20 Women's Individual Result

| | | | | | |
|---|---------|--------|---------|-----|--------|
| 1 | Hannah | Viner | High | U20 | 23. 03 |
| 2 | Rebecca | Wilby* | NEB | U20 | 25. 05 |
| 3 | Alicia | Found | Herts P | U20 | 25. 43 |

Veteran Women's Individual Result

| | | | | | |
|---|--------|-----------|-------|-----|--------|
| 1 | Rachel | Felton | SB | V35 | 21. 41 |
| 2 | Esther | Evans | High | V40 | 22. 49 |
| 3 | Kat | Gundersen | WG&EL | V35 | 23. 21 |

Veteran Women's Division Two Team Result

| | | |
|---|----------------------------------|----|
| 1 | Victoria Park & Tower Hamlets | 52 |
| 2 | Highgate Harriers | 43 |
| 3 | Shaftesbury Barnet Harriers | 33 |
| 4 | Ealing, Southall & Middlesex 'B' | 18 |
| 5 | London Frontrunners | 15 |
| 6 | Newham & Essex Beagles | 9 |
| 7 | Metropolitan Police | 1 |

Veteran Women's Division Two League Positions

| | | |
|---|--------------------------------------|-----|
| 1 | Victoria Park & Tower Hamlets | 149 |
| 2 | Highgate Harriers | 114 |
| 3 | Shaftesbury Barnet Harriers | 112 |
| 4 | Ealing, Southall & Middlesex 'B' | 48 |
| 5 | London Frontrunners | 47 |
| 6 | Newham & Essex Beagles | 26 |
| 7 | Garden City Runners | 4 |
| 8 | Metropolitan Police | 1 |
| 9 | Mornington Chasers 'B' | 0 |
| 9 | Woodford Green with Essex Ladies 'B' | 0 |

Veteran Women's Division Three Team Result

| | | |
|---|------------------------|----|
| 1 | Barnet & District 'B' | 79 |
| 2 | Ealing Eagles | 44 |
| 3 | Hillingdon 'B' | 42 |
| 4 | Thames Valley Harriers | 31 |
| 5 | Herts Phoenix | 15 |
| 6 | Enfield & Haringey | 7 |

Veteran Women's Division Three League Positions

| | | |
|---|-----------------------------------|-----|
| 1 | Barnet & District 'B' | 182 |
| 2 | Thames Valley Harriers | 129 |
| 3 | Herts Phoenix | 102 |
| 4 | Ealing Eagles | 65 |
| 5 | Hillingdon 'B' | 54 |
| 6 | London City | 26 |
| 7 | Enfield & Haringey | 25 |
| 8 | Victoria Park & Tower Hamlets 'B' | 8 |
| 9 | Thames Valley Harriers 'B' | 5 |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Men's Results

| | | | | | | |
|----|-----------|-----------------|--------|-----|--------|-----|
| 1 | Michael | Callegari | SB | U20 | 26. 16 | |
| 2 | Audun | Nordtveit | High | S | 26. 27 | |
| 3 | Shaun | Dixon | High | S | 26. 31 | |
| 4 | Tom | Aldred | Lon H | S | 26. 54 | |
| 5 | Nicholas | Torry | Serp | S | 27. 00 | |
| 6 | Glen | Watts | SB | S | 27. 02 | |
| 7 | Glenn | Hughes | Serp | S | 27. 05 | |
| 8 | Dan | Watts | SB | S | 27. 09 | |
| 9 | Richard | Phillips | Serp | S | 27. 20 | |
| 10 | Ed | Shepherd | WG&EL | S | 27. 34 | |
| 11 | Jonathan | Poole | Serp | S | 27. 35 | |
| 12 | Andy | Greenleaf | Serp | S | 27. 38 | |
| 13 | Chris | Rainsford* | High | S | 27. 42 | |
| 14 | Jake | Waldron | NEB | S | 27. 47 | |
| 15 | Ben | Nagy | E&H | S | 27. 54 | |
| 16 | Tomas | Stasionis* | VPH&TH | S | 27. 59 | |
| 17 | John | Franklin | Serp | S | 28. 05 | |
| 18 | James | Laing | Hill | S | 28. 06 | |
| 19 | Tom | Beedell | WG&EL | S | 28. 08 | |
| 20 | Will | Mackay | Bed C | S | 28. 10 | Gst |
| 21 | Hugh | Torry | Serp | S | 28. 22 | |
| 22 | William | Mycroft | E&H | S | 28. 25 | |
| 23 | Robert | Wilson | High | S | 28. 29 | |
| 24 | Robert | Russell* | TVH | S | 28. 31 | |
| 25 | Harold | Wyber | WG&EL | S | 28. 34 | |
| 26 | Fergal | Smithwick | High | S | 28. 38 | |
| 27 | Mike | Wile-Smith | Guern | S | 28. 43 | Gst |
| 28 | Mark | Pearce | SB | U20 | 28. 45 | |
| 29 | Orlando | Edwards | SB | S | 28. 47 | |
| 30 | Phillip | Crout | SB | U20 | 28. 48 | |
| 31 | Andrew | Lawrence* | High | S | 28. 49 | |
| 32 | Dave | Morgan | Serp | S | 28. 52 | |
| 33 | Matthew | Grant | SB | S | 28. 52 | |
| 34 | Dale | Clutterbuck* | NEB | S | 28. 55 | |
| 35 | Michael | Wright | Barn | S | 28. 59 | |
| 36 | Alexander | Davy* | Serp | S | 29. 03 | |
| 37 | Sean | Renfer | High | S | 29. 08 | |
| 38 | Niall | Sheehan | NEB | S | 29. 10 | |
| 39 | Toby | Clyde | TVH | U20 | 29. 11 | |
| 40 | Donatas | Tumaitis | WG&EL | S | 29. 14 | |
| 41 | Tom | Heslop | VPH&TH | S | 29. 19 | |
| 42 | Sam | Humphrey | VPH&TH | S | 29. 23 | |
| 43 | Daniel | Gurton | WG&EL | S | 29. 24 | |
| 44 | Ryan | McKinley | High | S | 29. 25 | |
| 45 | Tomaz | Plibersek | WG&EL | S | 29. 26 | |
| 46 | James | Wooldridge | Lon H | U20 | 29. 28 | |
| 47 | Sam | Griffiths | SB | U20 | 29. 28 | |
| 48 | Dominic | Smith | High | S | 29. 29 | |
| 49 | Jim | Cooper | Met P | V40 | 29. 30 | Gst |
| 50 | Jamie | Taylor-Caldwell | ESM | S | 29. 36 | |
| 51 | Ben | Rochford | SB | U20 | 29. 38 | |
| 52 | Angus | Holford | WG&EL | S | 29. 39 | |
| 53 | Kevin | Murphy | WG&EL | V40 | 29. 41 | |
| 54 | Peter | Downie | High | S | 29. 42 | |
| 55 | Yari | Fontebasso | Serp | S | 29. 44 | |
| 56 | Samir | Haddad | ESM | S | 29. 47 | |
| 57 | Wayne | Bell | NEB | S | 29. 47 | |
| 58 | Bertie | Powell | WG&EL | S | 29. 52 | |
| 59 | Danny | Russell | High | S | 29. 55 | |
| 60 | Andy | Fooks | TVH | S | 29. 56 | |
| 61 | Rob | Cox | WG&EL | S | 29. 58 | |
| 62 | Anthony | Jackson | SB | V45 | 29. 59 | |
| 63 | Darryl | Davison | High | S | 30. 04 | |
| 64 | Jonny | Laybourn | High | S | 30. 13 | |
| 65 | Conor | Kissane-Wood | SMR | U20 | 30. 14 | |
| 66 | Andrew | Orr | Serp | S | 30. 14 | |
| 67 | Simon | Barrett | Serp | V40 | 30. 16 | |
| 68 | Jonathan | Deane | High | S | 30. 18 | |
| 69 | Mohamed | Hashi | ESM | S | 30. 21 | |

Men's Division One Team Result

| | | |
|----|----------------------------------|------|
| 1 | Serpentine RC | 1074 |
| 2 | Highgate Harriers | 1022 |
| 3 | Shaftesbury Barnet Harriers | 964 |
| 4 | Woodford Green with Essex Ladies | 899 |
| 5 | London Heathside | 558 |
| 6 | Victoria Park & Tower Hamlets | 433 |
| 7 | Ealing, Southall & Middlesex | 426 |
| 8 | Serpentine RC 'B' | 386 |
| 9 | Hillingdon | 343 |
| 10 | Newham & Essex Beagles | 336 |

Men's Division One League Positions

| | | |
|----|----------------------------------|------|
| 1 | Highgate Harriers | 3165 |
| 2 | Serpentine RC | 3134 |
| 3 | Woodford Green with Essex Ladies | 2801 |
| 4 | Shaftesbury Barnet Harriers | 2479 |
| 5 | London Heathside | 1935 |
| 6 | Hillingdon | 1608 |
| 7 | Victoria Park & Tower Hamlets | 1607 |
| 8 | Newham & Essex Beagles | 1443 |
| 9 | Ealing, Southall & Middlesex | 1373 |
| 10 | Serpentine RC 'B' | 938 |

Men's Division Two Team Result

| | | |
|----|--------------------------------------|------|
| 1 | Highgate Harriers 'B' | 1075 |
| 2 | Thames Valley Harriers | 1013 |
| 3 | Barnet & District | 938 |
| 4 | Woodford Green with Essex Ladies 'B' | 931 |
| 5 | London Heathside 'B' | 826 |
| 6 | Serpentine RC 'C' | 599 |
| 7 | London Heathside 'C' | 575 |
| 8 | Enfield & Haringey | 508 |
| 9 | Herts Phoenix | 251 |
| 10 | Mornington Chasers | 234 |

Men's Division Two League Positions

| | | |
|----|--------------------------------------|------|
| 1 | Woodford Green with Essex Ladies 'B' | 3196 |
| 2 | Barnet & District | 3175 |
| 3 | Highgate Harriers 'B' | 2970 |
| 4 | London Heathside 'B' | 2919 |
| 5 | Thames Valley Harriers | 2767 |
| 6 | Enfield & Haringey | 2449 |
| 7 | London Heathside 'C' | 2175 |
| 8 | Herts Phoenix | 1886 |
| 9 | Serpentine RC 'C' | 1851 |
| 10 | Mornington Chasers | 1688 |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

| | | | | | |
|-----|-----------|-------------|---------|-----|--------|
| 70 | Daniel | Thompson | Hill | S | 30. 22 |
| 71 | Martin | Bateman | Hill | S | 30. 27 |
| 72 | Daniel | Steel | WG&EL | S | 30. 31 |
| 73 | Brahma | Pochee | High | S | 30. 32 |
| 74 | Nathan | Wilkins | Serp | S | 30. 33 |
| 75 | Simon | Beedell | WG&EL | S | 30. 35 |
| 76 | James | Stockings | WG&EL | U20 | 30. 37 |
| 77 | Daniel | De Palol | Serp | V40 | 30. 39 |
| 78 | Andrew | Reeves | Serp | V40 | 30. 43 |
| 79 | Tony | Russell | WG&EL | S | 30. 45 |
| 80 | Andrew | Brooker | Lon H | S | 30. 49 |
| 81 | Mohammed | Mohammed | SB | S | 30. 50 |
| 82 | Martin | Potter | Lon H | V45 | 30. 50 |
| 83 | Benjamin | Boxer | Barn | U20 | 30. 57 |
| 84 | Peter | Hawkins | High | S | 30. 59 |
| 85 | Luke | Nicholas | ESM | S | 31. 00 |
| 86 | Ryan | McCrickerd | Lon H | S | 31. 01 |
| 87 | Matt | Douthwaite* | TVH | S | 31. 04 |
| 88 | Andrew | Mitchell | TVH | V45 | 31. 07 |
| 89 | Maxim | Cardew | Serp | S | 31. 07 |
| 90 | Laurent | Liote | High | S | 31. 08 |
| 91 | Edward | Campbell | Hill | S | 31. 13 |
| 92 | William | McNulty | Morn | S | 31. 13 |
| 93 | Peter | Flewitt | ESM | V40 | 31. 16 |
| 94 | Matt | Collins | Lon H | S | 31. 18 |
| 95 | Archie | Allen-Jones | ESM | S | 31. 19 |
| 96 | Steve | Hobbs | VPH&TH | V40 | 31. 23 |
| 97 | James | Gillanders | Lon FR | S | 31. 24 |
| 98 | Luke | McMullan | High | S | 31. 25 |
| 99 | Simon | Fricke | Met P | S | 31. 27 |
| 100 | Trevor | Maguire* | SMR | V45 | 31. 29 |
| 101 | David P | Evans | Serp | S | 31. 30 |
| 102 | Ed | Samuel | Lon H | S | 31. 31 |
| 103 | Stephen | Shanks | VPH&TH | S | 31. 32 |
| 104 | Steven | Prosser* | Herts P | S | 31. 36 |
| 105 | Sam | Benge | WG&EL | S | 31. 38 |
| 106 | Andy | Barnes | Lon H | S | 31. 40 |
| 107 | Kerr | Millar | High | S | 31. 41 |
| 108 | Simon | Connell | Hill | V40 | 31. 42 |
| 109 | Duncan | Burbidge | High | V40 | 31. 44 |
| 110 | Jonathan | Hopkin | Lon H | V45 | 31. 45 |
| 111 | Andy | Welshman | Lon H | V45 | 31. 46 |
| 112 | Jon | Ellis | ESM | S | 31. 46 |
| 113 | Steve | Elson | ESM | S | 31. 47 |
| 114 | Steve | Norris | TVH | V45 | 31. 47 |
| 115 | Grant | Ramsay* | Barn | V40 | 31. 55 |
| 116 | Simon | Buckley | Serp | S | 31. 58 |
| 117 | Chris | Hartley | Lon H | V50 | 32. 01 |
| 118 | Julian | Lamy | SB | U20 | 32. 02 |
| 119 | Sergio | Di Noto | Lon H | S | 32. 03 |
| 120 | Nick | Andrews* | WG&EL | S | 32. 06 |
| 121 | Daire | Brennan | E&H | S | 32. 07 |
| 122 | Richard | Macaulay | Lon H | S | 32. 08 |
| 123 | Costa | Michael | Barn | V50 | 32. 89 |
| 124 | Robert | Rigby | SB | V50 | 32. 11 |
| 125 | Alex | Lepretre | Barn | S | 32. 12 |
| 126 | Billy | Kelsey | SB | U20 | 32. 13 |
| 127 | Roger | Reid | Serp | V45 | 32. 14 |
| 128 | Kevin | Walden | SB | S | 32. 18 |
| 129 | Flojan | Bakalli | ESM | U20 | 32. 20 |
| 130 | Simon | Craddock | Serp | S | 32. 20 |
| 131 | John | McKeane | High | S | 32. 21 |
| 132 | Andy | Holt | GCR | V50 | 32. 26 |
| 133 | Christian | Nielsen | TVH | S | 32. 29 |
| 134 | Michele | Bottone | Serp | S | 32. 30 |
| 135 | Benjamin | Tolputt | Serp | S | 32. 31 |
| 136 | Michael | Potticary | SB | S | 32. 32 |
| 137 | Liam | Hendry | E&H | S | 32. 33 |
| 138 | Paul | Scanlan | WG&EL | S | 32. 34 |
| 139 | Philip | Warburton | Hill | S | 32. 34 |
| 140 | Will | Morris | Barn | S | 32. 38 |

Men's Division Three Team Result

| | | |
|----|--------------------------------------|-----|
| 1 | London Frontrunners | 933 |
| 2 | Shaftesbury Barnet Harriers 'B' | 920 |
| 3 | Highgate Harriers 'C' | 899 |
| 4 | Barnet & District 'B' | 752 |
| 5 | Metropolitan Police | 665 |
| 6 | Woodford Green with Essex Ladies 'C' | 664 |
| 7 | London Frontrunners 'B' | 653 |
| 8 | Thames Valley Harriers 'B' | 635 |
| 9 | Hillingdon 'B' | 622 |
| 10 | St Mary's Richmond | 607 |
| 11 | London City | 415 |
| 12 | Garden City Runners | 341 |
| 13 | Victoria Park & Tower Hamlets 'B' | 247 |
| 14 | Ealing, Southall & Middlesex 'B' | 183 |
| 15 | Ealing Eagles | 108 |
| 16 | Metropolitan Police 'B' | 30 |
| 17 | Herts Phoenix 'B' | 2 |

Men's Division Three League Positions

| | | |
|----|--------------------------------------|------|
| 1 | London Frontrunners | 3032 |
| 2 | Hillingdon 'B' | 2283 |
| 2 | London Frontrunners 'B' | 2283 |
| 4 | Woodford Green with Essex Ladies 'C' | 2266 |
| 5 | Barnet & District 'B' | 2219 |
| 6 | Shaftesbury Barnet Harriers 'B' | 2138 |
| 7 | Metropolitan Police | 1997 |
| 8 | St Mary's Richmond | 1873 |
| 9 | London City | 1324 |
| 10 | Garden City Runners | 1316 |
| 11 | Victoria Park & Tower Hamlets 'B' | 1303 |
| 12 | Thames Valley Harriers 'B' | 1269 |
| 13 | Highgate Harriers 'C' | 1215 |
| 14 | Ealing, Southall & Middlesex 'B' | 942 |
| 15 | Harlow RC | 814 |
| 16 | Ealing Eagles | 447 |
| 17 | Enfield & Haringey 'B' | 162 |
| 18 | Herts Phoenix 'B' | 122 |
| 19 | Metropolitan Police 'B' | 83 |
| 20 | Mornington Chasers 'B' | 44 |
| 21 | Garden City Runners 'B' | 4 |

Veteran Men's Division One Team Result

| | | |
|----|----------------------------------|-----|
| 1 | London Heathside | 332 |
| 2 | Serpentine RC | 326 |
| 3 | Woodford Green with Essex Ladies | 267 |
| 4 | Highgate Harriers | 241 |
| 5 | London Heathside 'B' | 229 |
| 6 | Thames Valley Harriers | 219 |
| 7 | Barnet & District | 216 |
| 8 | Hillingdon | 168 |
| 9 | Ealing, Southall & Middlesex | 120 |
| 10 | London Heathside 'C' | 114 |

Veteran Men's Division One League Positions

| | | |
|----|----------------------------------|------|
| 1 | London Heathside | 1065 |
| 2 | Serpentine RC | 950 |
| 3 | Woodford Green with Essex Ladies | 860 |
| 4 | London Heathside 'B' | 806 |
| 5 | Barnet & District | 791 |
| 6 | Hillingdon | 669 |
| 7 | Highgate Harriers | 518 |
| 8 | London Heathside 'C' | 514 |
| 9 | Thames Valley Harriers | 491 |
| 10 | Ealing, Southall & Middlesex | 403 |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

| | | | | | |
|-----|----------|---------------------|--------|-----|-------|
| 141 | Finlay | Gall | VPH&TH | S | 32.39 |
| 142 | Sam | Thompson | Lon H | S | 32.40 |
| 143 | Adam | Mead | WG&EL | S | 32.41 |
| 144 | Dan | McKeown | Lon H | S | 32.41 |
| 145 | Simeon | Bennett | VPH&TH | S | 32.42 |
| 146 | Edward | Price | Barn | S | 32.43 |
| 147 | Norman | Mitchell | Lon H | V50 | 32.45 |
| 148 | Paul | Gaimster | VPH&TH | V40 | 32.46 |
| 149 | Matthew | Hardcastle | Serp | S | 32.47 |
| 150 | Alex | Ozdemir | Hill | S | 32.48 |
| 151 | Rajesh | Patel | Barn | S | 32.50 |
| 152 | Marten | Van der Hoeven | High | S | 32.53 |
| 153 | Shane | Cullinan | Lon FR | V40 | 32.55 |
| 154 | Dave | Cox | WG&EL | V60 | 32.56 |
| 155 | Julian | Russell | WG&EL | S | 32.58 |
| 156 | Stuart | Meiklejohn | Lon H | S | 32.59 |
| 157 | Andrew | Dunderdale | Lon H | S | 33.00 |
| 158 | Alan | Whatmough | Lon H | S | 33.00 |
| 159 | Peter | Holmes | Serp | S | 33.04 |
| 160 | Peter | Scannell | TVH | S | 33.06 |
| 161 | Manuel | da Silva | TVH | S | 33.09 |
| 162 | Duncan | Steen | VPH&TH | S | 33.11 |
| 163 | Neil | Cook | VPH&TH | S | 33.13 |
| 164 | John | Armstrong | Morn | V40 | 33.14 |
| 165 | Tony | Killilea | Lon H | V50 | 33.16 |
| 166 | Sergio | Gonzalez Manzaneque | Serp | S | 33.19 |
| 167 | Mike | Walker | Barn | S | 33.20 |
| 168 | Alan | Rugg | WG&EL | V55 | 33.23 |
| 169 | Ronan | Breen | SB | V40 | 33.24 |
| 170 | Paul | Jarman | Lon H | V50 | 33.26 |
| 171 | Richard | Stewart | High | V40 | 33.30 |
| 172 | Greg | Bennett | TVH | V40 | 33.33 |
| 173 | Peter | Caton | WG&EL | S | 33.38 |
| 174 | Gareth | Cavell | WG&EL | V45 | 33.39 |
| 175 | Kirit | Patel | Lon FR | V40 | 33.40 |
| 176 | Alex | Davidson | High | V50 | 33.40 |
| 177 | James | Lynch | Lon H | S | 33.42 |
| 178 | Paul | Mercer | Lon H | V40 | 33.42 |
| 179 | Jonathan | Litchfield | Lon H | S | 33.43 |
| 180 | Ewan | Ross | TVH | S | 33.43 |
| 181 | Jonathan | Moscrop | Lon FR | V40 | 33.44 |
| 182 | Conrad | Addo* | Serp | S | 33.44 |
| 183 | Tim | Edwards | Barn | S | 33.47 |
| 184 | Ben | Wickham | VPH&TH | S | 33.47 |
| 185 | Dominic | Jackson | Lon H | V50 | 33.47 |
| 186 | Richard | Turner | Serp | V40 | 33.50 |
| 187 | Adam | Ibrahim | Lon H | S | 33.53 |
| 188 | Theo | Highland | Serp | S | 33.54 |
| 189 | Neill | Hughes | GCR | V45 | 33.58 |
| 190 | Peter | Clarke | Serp | V45 | 34.01 |
| 191 | David | Slovak | VPH&TH | S | 34.07 |
| 192 | Robert | Brown | ESM | V45 | 34.09 |
| 193 | William | McAvock | Serp | V45 | 34.11 |
| 194 | Tom | Yates | ESM | S | 34.12 |
| 195 | Chris | Bailey | High | V50 | 34.14 |
| 196 | David | Crout | Barn | V45 | 34.15 |
| 197 | Tom | Griffiths | Lon H | U20 | 34.18 |
| 198 | Andre | Collins | High | U20 | 34.19 |
| 199 | Rob | Shulman | Lon H | V45 | 34.22 |
| 200 | David | Newman | Hill | V50 | 34.23 |
| 201 | Derry | Lozano-Hoyland | Serp | S | 34.26 |
| 202 | Paul | Graham* | SMR | V40 | 34.30 |
| 203 | Andrew | Patterson | Hill | S | 34.31 |
| 204 | Justin | Hardcastle | Serp | S | 34.36 |
| 205 | Paul | Leppard | Hill | S | 34.37 |
| 206 | Philip | Eldridge | NEB | S | 34.39 |
| 207 | Gary | Horn | Hill | S | 34.45 |
| 208 | Steve | Wilson | Met P | S | 34.49 |
| 209 | Jacob | Howe | Lon H | V40 | 34.50 |
| 210 | Fraser | Johnson | Serp | V40 | 34.51 |
| 211 | Nigel | Rowe | Met P | V50 | 34.53 |

Veteran Men's Division Two Team Result

| | | |
|---|-------------------------------|-----|
| 1 | London Frontrunners | 166 |
| 2 | Serpentine RC 'B' | 145 |
| 3 | Shaftesbury Barnet Harriers | 140 |
| 4 | Victoria Park & Tower Hamlets | 117 |
| 5 | Garden City Runners | 101 |
| 6 | Herts Phoenix | 82 |
| 7 | Hillingdon 'B' | 72 |
| 8 | Metropolitan Police | 65 |
| 9 | Thames Valley Harriers 'B' | 58 |

Veteran Men's Division Two League Positions

| | | |
|----|---------------------------------|-----|
| 1 | London Frontrunners | 493 |
| 2 | Serpentine RC 'B' | 353 |
| 3 | Shaftesbury Barnet Harriers | 342 |
| 4 | Herts Phoenix | 328 |
| 5 | Garden City Runners | 254 |
| 6 | Victoria Park & Tower Hamlets | 233 |
| 7 | Hillingdon 'B' | 228 |
| 8 | Metropolitan Police | 225 |
| 9 | Thames Valley Harriers 'B' | 96 |
| 10 | Shaftesbury Barnet Harriers 'B' | 0 |

Veteran Men's Division Three Team Result

| | | |
|----|--------------------------------------|-----|
| 1 | Barnet & District 'B' | 154 |
| 2 | Woodford Green with Essex Ladies 'B' | 148 |
| 3 | Mornington Chasers | 124 |
| 4 | St Mary's Richmond | 115 |
| 5 | London Frontrunners 'B' | 109 |
| 6 | Serpentine RC 'C' | 75 |
| 7 | London City | 61 |
| 8 | Hillingdon 'C' | 48 |
| 9 | Herts Phoenix 'B' | 40 |
| 10 | Highgate Harriers 'B' | 36 |
| 11 | Enfield & Haringey | 32 |
| 12 | Ealing, Southall & Middlesex 'B' | 12 |
| 13 | Victoria Park & Tower Hamlets 'B' | 8 |

Veteran Men's Division Three League Positions

| | | |
|----|--------------------------------------|-----|
| 1 | Woodford Green with Essex Ladies 'B' | 552 |
| 2 | Barnet & District 'B' | 550 |
| 3 | London Frontrunners 'B' | 458 |
| 4 | Mornington Chasers | 377 |
| 5 | Serpentine RC 'C' | 274 |
| 6 | St Mary's Richmond | 253 |
| 7 | London City | 200 |
| 8 | Harlow RC | 181 |
| 8 | Herts Phoenix 'B' | 181 |
| 10 | Enfield & Haringey | 154 |
| 11 | Hillingdon 'C' | 144 |
| 12 | Ealing, Southall & Middlesex 'B' | 108 |
| 13 | Newham & Essex Beagles | 65 |
| 14 | Garden City Runners 'B' | 59 |
| 15 | Highgate Harriers 'B' | 36 |
| 16 | Metropolitan Police 'B' | 25 |
| 17 | Mornington Chasers 'B' | 13 |
| 18 | Victoria Park & Tower Hamlets 'B' | 11 |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

| | | | | | |
|-----|-------------|--------------|---------|-----|--------|
| 212 | Dominic | Speight | Hill | U20 | 34. 57 |
| 213 | Tim | Marshall | Lon H | S | 34. 57 |
| 214 | Ben | Stanton | Serp | S | 34. 58 |
| 215 | Darren | White | Barn | V45 | 34. 58 |
| 216 | Michael | Stainton | Serp | V50 | 34. 59 |
| 217 | James | Edgar | Serp | S | 34. 59 |
| 218 | Phil | Hogg | Lon H | V40 | 35. 00 |
| 219 | Ciaran | Williams | Serp | S | 35. 02 |
| 220 | Tony | Pamphilon | WG&EL | V55 | 35. 07 |
| 221 | Santosh | Rai | ESM | S | 35. 07 |
| 222 | Rob | Walker | High | S | 35. 09 |
| 223 | George | O'Neill | Lon FR | V40 | 35. 13 |
| 224 | Peter | Christian | SMR | U20 | 35. 14 |
| 225 | Stephane | Schneider | Serp | S | 35. 19 |
| 226 | Jo | McKeown | Lon H | S | 35. 20 |
| 227 | Joseph | Lowe | High | V40 | 35. 21 |
| 228 | Michael | Buglass | Serp | S | 35. 23 |
| 229 | Sam | Wakeford | VPH&TH | S | 35. 23 |
| 230 | James | Turner | Serp | S | 35. 25 |
| 231 | Daniel | Szajna | Lon H | U20 | 35. 29 |
| 232 | James | Perry | WG&EL | V40 | 35. 29 |
| 233 | Martin | Bright | High | V45 | 35. 31 |
| 234 | Lee | Connor | Lon H | V45 | 35. 38 |
| 235 | Peter | Warburton | Hill | V50 | 35. 39 |
| 236 | Steve | Hirons | Hill | V50 | 35. 45 |
| 237 | John | Keenan | Lon FR | V40 | 35. 47 |
| 238 | Mark | Cambridge | WG&EL | V40 | 35. 49 |
| 239 | Sean | McEntee | Lon FR | S | 35. 50 |
| 240 | Ian | Park | Eal E | S | 35. 51 |
| 241 | Navin-Jones | Timothy | Lon C | S | 35. 57 |
| 242 | William | Wagstaff | Lon H | V50 | 35. 57 |
| 243 | Tim | Renshaw | Serp | S | 35. 58 |
| 244 | Peter | Ellis | Barn | V55 | 35. 59 |
| 245 | Emmet | Cassidy | Lon FR | S | 36. 02 |
| 246 | Guy | Bowles | TVH | V50 | 36. 08 |
| 247 | Matt | Holt | Met P | S | 36. 09 |
| 248 | Alan | Latham | Lon H | V45 | 36. 09 |
| 249 | Andrew | Hetherington | Lon FR | S | 36. 10 |
| 250 | Raaz | Vaid | SB | S | 36. 12 |
| 251 | Tim | Charters | Lon FR | S | 36. 15 |
| 252 | Daniel | Digweed | Barn | S | 36. 20 |
| 253 | Richard | Hooley | TVH | V50 | 36. 21 |
| 254 | Simon | Doyle | Herts P | V50 | 36. 21 |
| 255 | Sol | Ibrahim | Barn | V40 | 36. 24 |
| 256 | John | Lynch | Morn | V55 | 36. 25 |
| 257 | Alex | Elferink | Serp | V40 | 36. 30 |
| 258 | Matthew | Hearne | Serp | S | 36. 37 |
| 259 | Pete | Crockford | Lon H | V55 | 36. 38 |
| 260 | Phil | Wetton | TVH | V45 | 36. 43 |
| 261 | Neil | Colquhoun | Lon FR | S | 36. 48 |
| 262 | Harry | Gilham | Herts P | S | 36. 53 |
| 263 | Julian | Williams | Lon FR | V45 | 36. 55 |
| 264 | Alistair | Parkin* | SB | S | 36. 57 |
| 265 | Will | Whitaker | Lon H | S | 36. 59 |
| 266 | David | Hallam | Lon H | V45 | 37. 00 |
| 267 | Gareth | Fletcher | Lon FR | S | 37. 01 |
| 268 | Tim | Miller | VPH&TH | V45 | 37. 02 |
| 269 | David | Smith | Hill | V50 | 37. 03 |
| 270 | Francis | O'Callaghan | Lon FR | S | 37. 04 |
| 271 | Steve | Lambert | WG&EL | V50 | 37. 06 |
| 272 | Brian | Boyle | Lon H | V40 | 37. 11 |
| 273 | Alex | Malzer | Serp | V45 | 37. 14 |
| 274 | Alastair | Maher | Serp | S | 37. 15 |
| 275 | Joe | Gomes | Barn | V50 | 37. 16 |
| 276 | Graham | Slater | Barn | V50 | 37. 20 |
| 277 | Tim | Parkin | SB | S | 37. 21 |
| 278 | Dale | Powell | E&H | S | 37. 23 |
| 279 | Mel | Davies | Barn | V60 | 37. 25 |
| 280 | Mark | George | Lon H | V45 | 37. 30 |
| 281 | Nick | Stockman | High | S | 37. 32 |
| 282 | Sean | Bowen | GCR | V50 | 37. 32 |

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.

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

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

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

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

Team Managers - please don't swap your numbers between races.

If you run out, use unused numbers from the same race.

If you need more, please ask Gavin for some.

Using numbers from another race can have a damaging effect
on the results being produced.

Also, please make every effort to record your finishers in race
order. I know this is not always possible, but please don't
just record them in any random order. It completely wastes my
time when I am checking the results.

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

| | | | | | | |
|-----|----------|-------------|---------|-----|--------|-----|
| 283 | Mark | Speight | Hill | S | 37. 34 | |
| 284 | Simon | Claridge | Hill | V55 | 37. 36 | |
| 285 | Stevan | Dokic | Hill | V55 | 37. 39 | |
| 286 | Elliot | Reed | Lon H | V40 | 37. 41 | |
| 287 | Peter | Hill | TVH | V40 | 37. 49 | |
| 288 | James | Lobo | Lon C | S | 37. 50 | |
| 289 | Thomas | Cassidy | SMR | S | 37. 51 | |
| 290 | Stewart | Park | Unatt | S | 37. 52 | Gst |
| 291 | Kieran | Moreland | SB | S | 37. 53 | |
| 292 | Adrian | Donovan | Lon C | S | 38. 01 | |
| 293 | Oliver | Greenslade | Serp | S | 38. 03 | |
| 294 | Andy | Ball | High | S | 38. 13 | |
| 295 | Matthew | Dilworth | Lon FR | S | 38. 16 | |
| 296 | Keith | Freegard | ESM | V55 | 38. 17 | |
| 297 | Mervyn | Walker | TVH | V55 | 38. 17 | |
| 298 | Philip | Cunningham | SB | V50 | 38. 20 | |
| 299 | Andrew | Malyan | Hill | V45 | 38. 21 | |
| 300 | Jerry | Bryan | Barn | V50 | 38. 25 | |
| 301 | Gareth | Hodges | Met P | S | 38. 31 | |
| 302 | Jamie | Smith | E&H | S | 38. 34 | |
| 303 | Peter | Fitzpatrick | Herts P | V60 | 38. 36 | |
| 304 | Jan | Gruter | Lon FR | S | 38. 42 | |
| 305 | Scott | Brewer | TVH | S | 38. 50 | |
| 306 | Matt | Walker | Lon C | S | 38. 53 | |
| 307 | Brian | James* | Herts P | V65 | 38. 55 | |
| 308 | Pierce | Boyle | High | U20 | 39. 02 | |
| 309 | Ed | Byne | Lon H | S | 39. 05 | |
| 310 | Michael | Ussher | High | V50 | 39. 12 | |
| 311 | Tom | Spanyol | WG&EL | V55 | 39. 16 | |
| 312 | Nick | Sutcliffe | Lon C | V45 | 39. 17 | |
| 313 | Liam | Phair | Met P | S | 39. 18 | |
| 314 | Rob | Scott | Barn | V45 | 39. 20 | |
| 315 | Chris | Hewertson | Lon H | V45 | 39. 22 | |
| 316 | David | Birks* | E&H | V50 | 39. 23 | |
| 317 | Leo | Pemberton | Lon H | S | 39. 23 | |
| 318 | Sammy | Li | Serp | V45 | 39. 30 | |
| 319 | Paul | Hope | Met P | V55 | 39. 31 | |
| 320 | Andrew | Hudson | Lon H | V55 | 39. 32 | |
| 321 | John | Bartlett | Hill | S | 39. 32 | |
| 322 | Dave | Byrne | Barn | V50 | 39. 35 | |
| 323 | James | Balcazar | Lon FR | S | 39. 37 | |
| 324 | Nigel | Ealand | Hill | V55 | 39. 37 | |
| 325 | Simon | Mac | Lon FR | S | 39. 38 | |
| 326 | David | Clark | Herts P | V70 | 39. 38 | |
| 327 | Ian | Johnson | Serp | V45 | 39. 42 | |
| 328 | Jason | Sewards | TVH | V45 | 39. 57 | |
| 329 | Steve | Plested | ESM | V60 | 40. 09 | |
| 330 | Paul | Stockings | WG&EL | V50 | 40. 17 | |
| 331 | Richard | Wilson | Met P | V55 | 40. 20 | |
| 332 | Jason | Steel | Hill | V40 | 40. 24 | |
| 333 | Chris | Violet | Barn | V45 | 40. 26 | |
| 334 | Richard | Bloom | Herts P | V65 | 40. 28 | |
| 335 | Trevor | Powell | WG&EL | V60 | 40. 41 | |
| 336 | Glynn | McDonald | Lon FR | V50 | 40. 45 | |
| 337 | Andy | Leung | ESM | V40 | 40. 49 | |
| 338 | Gary | Homewood | Morn | V50 | 40. 56 | |
| 339 | Marco | Maserati | Lon H | V50 | 40. 58 | |
| 340 | Lars | Menken | Serp | S | 41. 13 | |
| 341 | Ashley | Grist | SMR | V45 | 41. 14 | |
| 342 | Gary | Randle | Barn | S | 41. 23 | |
| 343 | Connor | Devlin | Lon FR | V40 | 41. 26 | |
| 344 | Bob | Burton | Hill | V55 | 41. 28 | |
| 345 | Alistair | Davy | Leeds C | V65 | 41. 30 | Gst |
| 346 | Simon | Bailey | Lon H | V45 | 41. 37 | |
| 347 | Javier | Igartua | Lon FR | S | 41. 38 | |
| 348 | Gary | McCafferty | Cookham | S | 41. 46 | Gst |
| 349 | Richard | Foskett | Herts P | V55 | 41. 54 | |
| 350 | David | Thompson | Lon FR | V50 | 42. 07 | |
| 351 | Shak | Khan | Lon C | S | 42. 09 | |
| 352 | Dan | Spinks | Hill | V40 | 42. 30 | |
| 353 | Chris | Terill | Lon C | V60 | 42. 32 | |

Gavin Collett was delighted to reward our hard working officials with a gift of weatherproof clipboards from League funds.

This was a thank you for all their help in enabling our League to rank as one of the most successful in the country.

Without competent officials we would not be able to promote fixtures as big and successful as we do.

We look forward to continue working with them regularly for the rest of this and future seasons.

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

| | | | | | |
|-----|----------|----------------|---------|-----|--------|
| 354 | Sam | Samiullah | Met P | V45 | 42. 41 |
| 355 | Ken | Townson | Lon H | V45 | 42. 54 |
| 356 | Christos | Bitzis-Politis | Lon FR | V45 | 43. 01 |
| 357 | Clive | Richardson | ESM | V40 | 43. 08 |
| 358 | John | Luscombe | Hill | V40 | 43. 16 |
| 359 | Frank | Merrigan | VPH&TH | V55 | 43. 34 |
| 360 | Graham | Carson | Serp | V65 | 43. 44 |
| 361 | Robert | Gill | Lon FR | V60 | 44. 03 |
| 362 | Stuart | Mann | Herts P | V70 | 44. 12 |
| 363 | John | Falvey | ESM | V55 | 44. 30 |
| 364 | Steve | Gathercole | Morn | V65 | 44. 37 |
| 365 | David | Shortridge | VPH&TH | V40 | 44. 49 |
| 366 | John | Shirley | Barn | V65 | 44. 52 |
| 367 | Tom | Minney | Lon C | V50 | 45. 20 |
| 368 | Bill | Cooper | VPH&TH | V50 | 45. 32 |
| 369 | Jeremy | Collis | Hill | S | 45. 40 |
| 370 | Tony | Shaw | Hill | V65 | 46. 21 |
| 371 | Trace | Allen | GCR | V70 | 46. 46 |
| 372 | Tony | Smith | TVH | V55 | 46. 54 |
| 373 | Steven | Patterson | Hill | V65 | 47. 14 |
| 374 | John | Steed | Herts P | V75 | 47. 34 |
| 375 | Stephen | Thompson | Hill | V50 | 47. 57 |
| 376 | Daniel | Kownacki | Lon FR | S | 48. 11 |
| 377 | Antonio | Modril | Eal E | S | 48. 15 |
| 378 | Doug | Milsom | Hill | V75 | 49. 03 |
| 379 | Brian | Feldman | Hill | V65 | 49. 20 |
| 380 | Kyle | Burns | Met P | S | 49. 23 |
| 381 | Simon | Maddison | TVH | V65 | 49. 59 |
| 382 | Mervyn | Gilham | Herts P | V60 | 50. 23 |
| 383 | Talat | Mahmood | Met P | V45 | 50. 29 |

U20 Men's Individual Result

| | | | | | |
|---|---------|-----------|----|-----|--------|
| 1 | Michael | Callegari | SB | U20 | 26. 16 |
| 2 | Mark | Pearce | SB | U20 | 28. 45 |
| 3 | Phillip | Crout | SB | U20 | 28. 48 |

Veteran Men's Individual Result

| | | | | | |
|---|---------|---------|-------|-----|--------|
| 1 | Kevin | Murphy | WG&EL | V40 | 29. 41 |
| 2 | Anthony | Jackson | SB | V45 | 29. 59 |
| 3 | Simon | Barrett | Serp | V40 | 30. 16 |

Metropolitan League Fixture 3 at Hillingdon House Farm (hosted by Hillingdon AC) - Saturday 20 December 2014

Howard Williams Trophy (Seniors)

| | | Pts | Win |
|----|----------------------------------|-----|-----|
| 1 | Highgate Harriers | 41 | 2 |
| 2 | Shaftesbury Barnet Harriers | 39 | 0 |
| 3 | Serpentine RC | 38 | 4 |
| 4 | London Heathside | 36 | 0 |
| 4 | Woodford Green with Essex Ladies | 36 | 0 |
| 6 | Victoria Park & Tower Hamlets | 29 | 0 |
| 7 | Ealing, Southall & Middlesex | 28 | 0 |
| 7 | Hillingdon | 28 | 0 |
| 9 | Thames Valley Harriers | 27 | 0 |
| 10 | Barnet & District | 25 | 0 |
| 11 | Newham & Essex Beagles | 24 | 0 |
| 12 | Mornington Chasers | 19 | 0 |
| 13 | Enfield & Haringey | 18 | 0 |
| 14 | Herts Phoenix | 16 | 0 |
| 15 | Metropolitan Police | 15 | 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 | 59 | 5 |
| 2 | Herts Phoenix | 52 | 2 |
| 3 | Thames Valley Harriers | 48 | 1 |
| 4 | Victoria Park & Tower Hamlets | 46 | 1 |
| 5 | Enfield & Haringey | 44 | 0 |
| 5 | Ealing, Southall & Middlesex | 44 | 0 |
| 7 | Trent Park RC | 41 | 2 |
| 8 | Woodford Green with Essex Ladies | 37 | 0 |
| 9 | Hillingdon | 33 | 0 |
| 10 | Highgate Harriers | 32 | 2 |
| 11 | London Heathside | 27 | 0 |
| 12 | St Mary's Richmond | 26 | 0 |
| 13 | Barnet & District | 24 | 0 |
| 14 | Newham & Essex Beagles | 16 | 0 |

Men's League

| Pos | Forename | Surname | Club | Pts | Fix |
|-----|----------|-----------------|--------|------|-----|
| 1 | Michael | Callegari | SB | 1348 | 3 |
| 2 | Nicholas | Torry | Serp | 1338 | 3 |
| 3 | Shaun | Dixon | High | 1337 | 3 |
| 4 | Glenn | Hughes | Serp | 1333 | 3 |
| 5 | Dan | Watts | SB | 1324 | 3 |
| 6 | Jonathan | Poole | Serp | 1311 | 3 |
| 7 | Tom | Aldred | Lon H | 1307 | 3 |
| 8 | Tomas | Stasionis* | VPH&TH | 1302 | 3 |
| 9 | John | Franklin | Serp | 1287 | 3 |
| 9 | Jake | Waldron | NEB | 1287 | 3 |
| 11 | Robert | Wilson | High | 1279 | 3 |
| 11 | Phillip | Crout | SB | 1279 | 3 |
| 13 | Sam | Humphrey | VPH&TH | 1278 | 3 |
| 14 | Tom | Beedell | WG&EL | 1275 | 3 |
| 15 | Hugh | Torry | Serp | 1271 | 3 |
| 16 | Michael | Wright | Barn | 1270 | 3 |
| 17 | Jamie | Taylor-Caldwell | ESM | 1262 | 3 |
| 17 | Fergal | Smithwick | High | 1262 | 3 |
| 19 | James | Laing | Hill | 1261 | 3 |
| 20 | Dave | Morgan | Serp | 1251 | 3 |
| 21 | Donatas | Tumaitis | WG&EL | 1225 | 3 |
| 22 | Niall | Sheehan | NEB | 1223 | 3 |
| 23 | Brahma | Pochee | High | 1210 | 3 |
| 24 | Matthew | Grant | SB | 1208 | 3 |
| 25 | Angus | Holford | WG&EL | 1205 | 3 |

Women's League

| Pos | Forename | Surname | Club | Pts | Fix |
|-----|-----------|---------------|---------|-----|-----|
| 1 | Rachel | Felton | SB | 600 | 3 |
| 2 | Naomi | Taschimowitz* | SB | 593 | 3 |
| 3 | Sarah | Pemberton | Serp | 586 | 3 |
| 4 | Hannah | Viner | High | 584 | 3 |
| 5 | Ni'ia | Hothersall | Lon H | 583 | 3 |
| 6 | Joanne | Kent | Barn | 567 | 3 |
| 7 | Jo | Singer | VPH&TH | 545 | 3 |
| 8 | Emma | Burgess | High | 535 | 3 |
| 9 | Rachel | Newstead | Lon H | 529 | 3 |
| 10 | Rachel | Lund | WG&EL | 527 | 3 |
| 11 | Eva | Mack | Hill | 522 | 3 |
| 12 | Marta | Bagnati | Serp | 512 | 3 |
| 13 | Sue | Bint | VPH&TH | 511 | 3 |
| 13 | Rebecca | Bunting | Lon H | 511 | 3 |
| 15 | Fiona | Kennedy | ESM | 498 | 3 |
| 16 | Natasha | Sheel | Serp | 479 | 3 |
| 16 | Siana | Jones | TVH | 479 | 3 |
| 18 | Sarah | Richardson | ESM | 477 | 3 |
| 19 | Alicia | Found | Herts P | 473 | 3 |
| 20 | Cathy | Jeremiah | Lon H | 467 | 3 |
| 21 | Lizzie | Parry | Herts P | 463 | 3 |
| 22 | Charlotte | Maling | VPH&TH | 458 | 3 |
| 23 | Katherine | March | Barn | 453 | 3 |
| 24 | Louise | Faherty | High | 431 | 3 |
| 25 | Bridget | Napleton | Lon H | 428 | 3 |



**MERRY CHRISTMAS AND A HAPPY NEW YEAR
TO ALL OUR MEMBER CLUBS AND OFFICIALS**

SEE YOU AT HORSENDEN HILL