

* indicates 2nd claim runner

Start Fitness 2016/17 Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix AC) - Saturday 12 November 2016

| Under 11 Boys Team Result | | Under 11 Boys & Girls Race | | | | | | | | | | |
|---------------------------------------|-------------|----------------------------|-------------|---------------|----------------|--------------|------------|---------|----------|---------|-----|-----|
| Pos | Pts | Lge | Pts | Pos | F | No. | Time | Name | Surname | Club | Age | M/F |
| 1 | 113 | 100 | 31 | 1 | | 873 | 4:47 | Thomas | Day | Slough | 10 | M |
| 2 | 73 | 99 | 30 | 2 | | 1284 | 4:49 | Jimmy | Geller | WG&EL | 10 | M |
| 3 | 56 | 98 | 29 | 3 | | 1287 | 4:57 | Luca | Gormley | WG&EL | 10 | M |
| 4 | 44 | 97 | 28 | 4 | | 1306 | 5:04 | Ellis | Carter | WG&EL | 10 | M |
| 5 | 36 | 100 | 34 | 5 | 1 | 762 | 5:05 | Ruby | Naughton | VPH&TH | 10 | F |
| 6 | 35 | 96 | 27 | 6 | | 874 | 5:06 | Freddie | Fenton | Slough | 10 | M |
| 7 | 33 | 95 | 26 | 7 | | 1282 | 5:07 | Nathan | Wright | WG&EL | 10 | M |
| 8 | 23 | 94 | 25 | 8 | | 966 | 5:07 | Dominic | Paine | Trent P | 10 | M |
| 9 | 21 | 93 | 24 | 9 | | 853 | 5:08 | Archie | Nash | SBH | 10 | M |
| 10 | 20 | 92 | 23 | 10 | | 72 | 5:09 | Tom | Lebeau | Cookham | 10 | M |
| 11 | 18 | 91 | 22 | 11 | | 1230 | 5:12 | Louis | Reynolds | VPH&TH | 9 | M |
| 12 | 17 | 99 | 33 | 12 | 2 | 803 | 5:14 | Kezia | Beeton | WG&EL | 10 | F |
| 13 | 5 | 90 | 21 | 13 | | 919 | 5:15 | Charlie | Brook | SMR | 9 | M |
| 14 | 2 | 98 | 32 | 14 | 3 | 181 | 5:16 | Louise | Grenfell | Herts P | 10 | F |
| | | 89 | 20 | 15 | | 1283 | 5:17 | Sid | Cody | WG&EL | 10 | M |
| U11 Boys League Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT | | | | | |
| 1 | 146 | 113 | | | | 259 | 18 | | | | | |
| 2 | 82 | 20 | | | | 102 | | | | | | |
| 3 | 60 | 36 | | | | 96 | 17 | | | | | |
| 4 | 59 | 35 | | | | 94 | 16 | | | | | |
| 5 | 37 | 56 | | | | 93 | 15 | | | | | |
| 6 | 59 | 18 | | | | 77 | 14 | | | | | |
| 7 | 71 | 5 | | | | 76 | 13 | | | | | |
| 8 | 42 | 33 | | | | 75 | 12 | | | | | |
| 9 | - | 73 | | | | 73 | 11 | | | | | |
| 10 | 42 | 23 | | | | 65 | 10 | | | | | |
| 11 | 17 | 44 | | | | 61 | 9 | | | | | |
| 12 | 33 | 21 | | | | 54 | 8 | | | | | |
| 13 | 28 | - | | | | 28 | 7 | | | | | |
| 14 | 26 | - | | | | 26 | 6 | | | | | |
| 15 | 22 | 2 | | | | 24 | 5 | | | | | |
| 16 | - | 17 | | | | 17 | 4 | | | | | |
| 17 | - | - | | | | - | 0 | | | | | |
| 17 | - | - | | | | - | 0 | | | | | |
| 17 | - | - | | | | - | 0 | | | | | |
| | | | | | | 86 | 20 | | | | | |
| | | | | | | 85 | 19 | | | | | |
| Pos Under 11 Girls Team Result | Pts | | | | | | | | | | | |
| 1 | 113 | 82 | 13 | | | 82 | 13 | | | | | |
| 2 | 103 | 81 | 12 | | | 81 | 12 | | | | | |
| 3 | 84 | 80 | 11 | | | 80 | 11 | | | | | |
| 4 | 61 | 79 | 10 | | | 79 | 10 | | | | | |
| 5 | 60 | 78 | 9 | | | 78 | 9 | | | | | |
| 6 | 29 | 84 | 18 | | | 84 | 18 | | | | | |
| 7 | 26 | 77 | 8 | | | 77 | 8 | | | | | |
| 8 | 24 | 76 | 7 | | | 76 | 7 | | | | | |
| 9 | 22 | 83 | 17 | | | 83 | 17 | | | | | |
| 10 | 18 | 82 | 16 | | | 82 | 16 | | | | | |
| 11 | 16 | 81 | 15 | | | 81 | 15 | | | | | |
| 12 | 12 | 75 | 6 | | | 75 | 6 | | | | | |
| 13 | 8 | 80 | 14 | | | 80 | 14 | | | | | |
| 14 | 3 | 79 | 13 | | | 79 | 13 | | | | | |
| | | 78 | 12 | | | 78 | 12 | | | | | |
| | | 77 | 11 | | | 77 | 11 | | | | | |
| Pos U11 Girls League Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT | | | | | |
| 1 | 140 | 113 | | | | 253 | 18 | | | | | |
| 2 | 100 | 103 | | | | 203 | 17 | | | | | |
| 3 | 100 | 84 | | | | 184 | 16 | | | | | |
| 4 | 85 | 61 | | | | 146 | | | | | | |
| 5 | 74 | 29 | | | | 103 | 15 | | | | | |
| | | | | | | 76 | 10 | | | | | |
| | | | | | | 74 | 5 | | | | | |
| | | | | | | 75 | 9 | | | | | |
| | | | | | | 74 | 8 | | | | | |
| | | | | | | 73 | 7 | | | | | |
| | | | | | | 73 | 4 | | | | | |
| | | | | | | 52 | 25 | | | | | |
| | | | | | | 53 | 25 | | | | | |
| | | | | | | 54 | 26 | | | | | |
| | | | | | | 55 | 27 | | | | | |
| | | | | | | 56 | 28 | | | | | |
| | | | | | | 57 | 1155 | | | | | |

| | | | | | | | |
|----|---------------------------------|----|----|----|------|----|---|
| 6 | Herts Phoenix | 36 | 60 | 96 | 14 | 72 | 3 |
| 7 | London Heathside | 49 | 26 | 75 | 13 | 71 | 2 |
| 8 | Barnet & District | 29 | 24 | 53 | 12 | 72 | 6 |
| 9 | Hillingdon | 21 | 22 | 43 | 10.5 | 71 | 5 |
| 9 | Highgate Harriers | 35 | 8 | 43 | 10.5 | 70 | 4 |
| 11 | Cookham Running Club | 38 | - | 38 | 9 | 70 | 1 |
| 12 | Slough Juniors | 19 | 12 | 31 | 8 | 69 | 3 |
| 13 | Newham & Essex Beagles | - | 18 | 18 | 7 | 68 | 2 |
| 14 | Shaftesbury Barnet Harriers 'B' | - | 16 | 16 | | 67 | 1 |
| 15 | Ealing Eagles | 11 | - | 11 | 6 | | |
| 16 | Trent Park RC 'B' | 6 | 3 | 9 | | | |
| 17 | Ealing, Southall & Middlesex | - | - | - | 0 | | |
| 18 | Enfield & Haringey | - | - | - | 0 | | |
| 19 | Serpentine RC | - | - | - | 0 | | |
| 20 | St Mary's Richmond | - | - | - | 0 | | |
| 20 | Thames Valley Harriers | - | - | - | 0 | | |

| | | | | | | | |
|----|-----|------|-------------|-----------|---------|----|---|
| 58 | 425 | 6:29 | Najib | Warsama | Hill | 9 | M |
| 59 | 714 | 6:32 | Christopher | Thompson | NEB | 9 | M |
| 60 | 29 | 6:34 | Jessica | Summers | Trent P | 10 | F |
| 61 | 30 | 6:37 | Abi | Jeffery | SBH | 9 | F |
| 62 | 31 | 6:46 | Amelie | Cockburn | Trent P | 10 | F |
| 63 | 241 | 6:52 | Samuel | Zapico | Herts P | 9 | M |
| 64 | 32 | 6:54 | Francesca | Bocchetti | Trent P | 10 | F |
| 65 | 33 | 6:59 | Matilda | Steel | Trent P | 10 | F |
| 66 | 34 | 7:00 | Shreya | Devani | Trent P | 9 | F |

Pos Under 13 Boys Team Result

| Pos | | Pts | | Pts |
|-----|-----------------------------------|-----|--|-----|
| 1 | Herts Phoenix | 142 | | 43 |
| 2 | Victoria Park & Tower Hamlets | 116 | | 42 |
| 3 | Hillingdon | 115 | | 41 |
| 4 | London Heathside | 102 | | 40 |
| 5 | Highgate Harriers | 90 | | 39 |
| 6 | Trent Park RC | 75 | | 38 |
| 7 | Thames Valley Harriers | 74 | | 37 |
| 8 | St Mary's Richmond | 71 | | 36 |
| 9 | Herts Phoenix 'B' | 45 | | 35 |
| 10 | Victoria Park & Tower Hamlets 'B' | 34 | | 34 |
| 11 | Woodford Green & Essex Ladies | 25 | | 33 |
| 12 | Hillingdon 'B' | 19 | | 32 |
| 13 | Slough Juniors | 17 | | 31 |
| 14 | Enfield & Haringey | 9 | | 30 |
| 15 | Ealing, Southall & Middlesex | 6 | | 29 |
| 16 | Trent Park RC 'B' | 4 | | 28 |

Pos U13 Boys League Positions

| Pos | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT | Pts |
|-----|-----------------------------------|------|------|--------|---------|-------|-----|-----|
| 1 | Herts Phoenix | 151 | 142 | | | 293 | 18 | 43 |
| 2 | Hillingdon | 150 | 115 | | | 265 | 17 | 42 |
| 3 | Highgate Harriers | 164 | 90 | | | 254 | 16 | 41 |
| 4 | Victoria Park & Tower Hamlets | 124 | 116 | | | 240 | 15 | 40 |
| 5 | London Heathside | 107 | 102 | | | 209 | 14 | 39 |
| 6 | St Mary's Richmond | 124 | 71 | | | 195 | 13 | 38 |
| 7 | Woodford Green & Essex Ladies | 168 | 25 | | | 193 | 12 | 37 |
| 8 | Trent Park RC | 112 | 75 | | | 187 | 11 | 36 |
| 9 | Shaftesbury Barnet Harriers | 139 | - | | | 139 | 10 | 35 |
| 10 | Thames Valley Harriers | 45 | 74 | | | 119 | 9 | 34 |
| 11 | Ealing, Southall & Middlesex | 57 | 6 | | | 63 | 8 | 33 |
| 12 | Hillingdon 'B' | 39 | 19 | | | 58 | | 32 |
| 13 | Victoria Park & Tower Hamlets 'B' | 19 | 34 | | | 53 | | 31 |
| 14 | Herts Phoenix 'B' | 5 | 45 | | | 50 | | 30 |
| 15 | Highgate Harriers 'B' | 42 | - | | | 42 | | 29 |
| 16 | Cookham Running Club | 41 | - | | | 41 | 7 | 28 |
| 17 | Trent Park RC 'B' | 30 | 4 | | | 34 | | 27 |
| 18 | Enfield & Haringey | 14 | 9 | | | 23 | 6 | 26 |
| 19 | Slough Juniors | - | 17 | | | 17 | 5 | 25 |
| 20 | Woodford Green & Essex Ladies 'B' | 7 | - | | | 7 | | 24 |
| 21 | Ealing Eagles | 2 | - | | | 2 | 4 | 23 |
| 22 | Barnet & District | - | - | | | - | 0 | 22 |
| 22 | Newham & Essex Beagles | - | - | | | - | 0 | 21 |

Under 13 Boys Results

| Pos | No. | Time | Name | Surname | Club | Cat | M/F | URN |
|-----|------|-------|-----------|--------------------|---------|-----|-----|---------|
| 1 | 236 | 11:32 | Ethan | Primett | Herts P | U13 | M | 3603181 |
| 2 | 243 | 11:43 | Daniel | Gill | Herts P | U13 | M | 3483408 |
| 3 | 632 | 11:47 | Ruairi | McGonagle | Lon H | U13 | M | 3446037 |
| 4 | 414 | 11:53 | Abdirahim | Hamud | Hill | U13 | M | 3412581 |
| 5 | 1032 | 11:57 | Basil | Rock | TVH | U13 | M | 3445577 |
| 6 | 409 | 11:59 | Matthew | Crow | Hill | U13 | M | 3498303 |
| 7 | 321 | 12:00 | Monte | Watson | High | U13 | M | 3422612 |
| 8 | 970 | 12:06 | Nathan | Douglas | Trent P | U13 | M | 3577954 |
| 9 | 1036 | 12:17 | Alfred | Turner | TVH | U13 | M | 3524233 |
| 10 | 248 | 12:26 | Ben | Crooks | Herts P | U13 | M | 3512075 |
| 11 | 918 | 12:30 | Jonny | Brook | SMR | U13 | M | 3268302 |
| 12 | 316 | 12:32 | Theo | Machin-Paley | High | U13 | M | 3422562 |
| 13 | 1203 | 12:39 | Archie | Eratt | VPH&TH | U13 | M | 3629287 |
| 14 | 1217 | 12:40 | Finn | O'Sullivan | VPH&TH | U13 | M | 3545648 |
| 15 | 1219 | 12:41 | Laurence | Bethell | VPH&TH | U13 | M | 3545652 |
| 16 | 922 | 12:42 | Isaac | Phelan | SMR | U13 | M | 3565745 |
| 17 | 633 | 12:43 | Oliver | O'Connor | Lon H | U13 | M | 3544477 |
| 18 | 1202 | 12:51 | Oliver | Baty | VPH&TH | U13 | M | 3580692 |
| 19 | 1292 | 12:55 | Brandon | Baldacci | WG&EL | U13 | M | 3534195 |
| 20 | 983 | 12:56 | Eden | Alexander | Trent P | U13 | M | 3577947 |
| 21 | 1146 | 12:59 | Matthew | Dorman | Herts P | U13 | M | 3535978 |
| 22 | 412 | 13:10 | Andrias | Leisten | Hill | U13 | M | 3514963 |
| 23 | 319 | 13:12 | Jack | Bailey | High | U13 | M | 3576105 |
| 24 | 1214 | 13:16 | Alex | Drabwell-McIlwaine | VPH&TH | U13 | M | |
| 25 | 253 | 13:18 | Benjamin | Cracknell | Herts P | U13 | M | 3388083 |
| 26 | 637 | 13:19 | Jack | Davis-Black | Lon H | U13 | M | 3544488 |
| 27 | 876 | 13:19 | Luke | McGanie | Slough | U13 | M | |
| 28 | 631 | 13:24 | Lucas | Maher | Lon H | U13 | M | |
| 29 | 407 | 13:35 | Arun | Forrest | Hill | U13 | M | 3412571 |
| 30 | 1204 | 13:38 | Joseph | Lamb | VPH&TH | U13 | M | 3629316 |
| 31 | 408 | 13:42 | Patrick | Hyde | Hill | U13 | M | 3514956 |
| 32 | 241 | 13:45 | Lewis | Ambler | Herts P | U13 | M | 3483384 |
| 33 | 247 | 13:51 | Gabriel | Thornton | Herts P | U13 | M | 3501210 |
| 34 | 923 | 13:54 | Gabriel | Phelan | SMR | U13 | M | 3565746 |
| 35 | 183 | 13:58 | Phillix | Buyongo | E&H | U13 | M | 3628822 |
| 36 | 968 | 14:05 | Toby | Berger | Trent P | U13 | M | 3577972 |
| 37 | 967 | 14:19 | James | Street | Trent P | U13 | M | 3577968 |
| 38 | 153 | 14:39 | Marco | Lamagna | ESM | U13 | M | 3526903 |
| 39 | 1156 | 14:45 | Samuel | Knight | Hill | U13 | M | |
| 40 | 981 | 15:29 | Luca | Bocchetti | Trent P | U13 | M | 3623627 |
| 41 | 254 | 15:31 | Jamie | Roper | Herts P | U13 | M | 3572159 |

22 Serpentine RC - - - 0

2

42 251 15:34 Vinny Clarke Herts P U13 M 3459749
 43 420 17:28 William Spencer Hill U13 M 3382797

Under 13 Girls Results

| Under 13 Girls Team Result | Pts | Lge | Pts |
|--------------------------------------|-----|-----|-----|
| 1 Shaftesbury Barnet Harriers | 164 | 100 | 45 |
| 2 Victoria Park & Tower Hamlets | 118 | 99 | 44 |
| 3 Cookham Running Club | 103 | 98 | 43 |
| 4 London Heathside | 102 | 97 | 42 |
| 5 St Mary's Richmond | 79 | 96 | 41 |
| 6 Highgate Harriers | 73 | 95 | 40 |
| 7 Slough Juniors | 71 | 94 | 39 |
| 8 Shaftesbury Barnet Harriers 'B' | 70 | 93 | 38 |
| 9 Woodford Green & Essex Ladies | 60 | 92 | 37 |
| 10 Thames Valley Harriers | 57 | 91 | 36 |
| 11 Cookham Running Club 'B' | 41 | 90 | 35 |
| 12 Hillingdon | 26 | 89 | 34 |
| 13 Enfield & Haringey | 20 | 88 | 33 |
| 14 Victoria Park & Tower Hamlets 'B' | 19 | 87 | 32 |
| 15 Trent Park RC | 17 | 86 | 31 |
| 16 Barnet & District | 5 | 85 | 30 |

| Pos | No. | Time | Name | Surname | Club | Cat | M/F | URN |
|-----|-----|-------|-----------|------------|---------|-----|-----|---------|
| 1 | 629 | 12:16 | Elena | Roncarati | SBH | U13 | F | 3458479 |
| 2 | 492 | 12:27 | Lucy | Gryce | Slough | U13 | F | 3458604 |
| 3 | 843 | 12:48 | Sydney | Allen | SBH | U13 | F | 3520516 |
| 4 | 407 | 12:50 | Rose | Garrett | Lon H | U13 | F | 2909972 |
| 5 | 649 | 12:51 | Ella | Fryer | SMR | U13 | F | 3580167 |
| 6 | 233 | 12:52 | Ellen | Donald | High | U13 | F | 3527641 |
| 7 | 638 | 13:10 | Jessica | Moore | SBH | U13 | F | 3458476 |
| 8 | 647 | 13:19 | Monica | Deakin | SMR | U13 | F | 3554324 |
| 9 | 627 | 13:29 | Eleanor | Rachel | SBH | U13 | F | 3446481 |
| 10 | 766 | 13:29 | Evie | Doe | VPH&TH | U13 | F | 3545841 |
| 11 | 765 | 13:30 | Maddy | Abbott | VPH&TH | U13 | F | 3545650 |
| 12 | 70 | 13:35 | Kensa | Horner | Cookham | U13 | F | 3598071 |
| 13 | 232 | 13:36 | Kate | O'Driscoll | High | U13 | F | |
| 14 | 401 | 13:41 | Matilda | Heath | Lon H | U13 | F | 3543881 |
| 15 | 808 | 13:42 | Hollie | McArdell | WG&EL | U13 | F | 3527646 |
| 16 | 717 | 13:43 | Lily | Dafer | TVH | U13 | F | 3543669 |
| 17 | 807 | 13:45 | Zahara | Malcolm | WG&EL | U13 | F | 3575138 |
| 18 | 44 | 13:48 | Jemima | Ridley | Cookham | U13 | F | 3534386 |
| 19 | 406 | 13:51 | Nel | Swinhoe | Lon H | U13 | F | |
| 20 | 288 | 13:51 | Millie | Loran | Hill | U13 | F | 3633383 |
| 21 | 50 | 13:56 | Alba | Braybrooke | Cookham | U13 | F | 3534114 |
| 22 | 770 | 13:57 | Nancy | Scott-Gall | VPH&TH | U13 | F | 3629318 |
| 23 | 767 | 14:00 | Sade | Fajuke | VPH&TH | U13 | F | 2629317 |
| 24 | 621 | 14:08 | Natasha | Tanner | SBH | U13 | F | 3571127 |
| 25 | 634 | 14:10 | Isabelle | Fleet | SBH | U13 | F | 3537849 |
| 26 | 499 | 14:12 | Savannah | Sands | Slough | U13 | F | |
| 27 | 768 | 14:12 | Scarlett | Nellist | VPH&TH | U13 | F | 3559064 |
| 28 | 141 | 14:13 | Alice | Banks | E&H | U13 | F | 3572908 |
| 29 | 863 | 14:13 | Rebecca | Natu | ORH | U13 | F | |
| 30 | 729 | 14:15 | Olivia | Colegrave | TVH | U13 | F | 3527057 |
| 31 | 45 | 14:20 | Emily | Roberts | Cookham | U13 | F | 3534401 |
| 32 | 53 | 14:28 | Brogan | McCafferty | Cookham | U13 | F | 3534895 |
| 33 | 844 | 14:40 | Rebecca | Jeffery | SBH | U13 | F | 3492234 |
| 34 | 622 | 14:55 | Anna | Murphy | SBH | U13 | F | 3537848 |
| 35 | 56 | 15:04 | Kate | Monger | Cookham | U13 | F | 3598072 |
| 36 | 55 | 15:13 | Zoe | Allanson | Cookham | U13 | F | 3631668 |
| 37 | 723 | 15:16 | Mabel | Salkeld | TVH | U13 | F | 3533299 |
| 38 | 687 | 15:19 | Gabriella | Bocchetti | Trent P | U13 | F | 3626207 |
| 39 | 681 | 15:34 | Poppy | Allwright | Trent P | U13 | F | 3577948 |
| 40 | 861 | 15:42 | Emily | Scofield | BSRC | U13 | F | |
| 41 | 493 | 15:45 | Sophie | Young | Slough | U13 | F | |
| 42 | 846 | 15:52 | Zoe | Davis | SBH | U13 | F | 3565524 |
| 43 | 39 | 15:59 | Evelyne | Fonteyne | Barn | U13 | F | |
| 44 | 847 | 16:05 | Renee | Diomar | SBH | U13 | F | 3536825 |
| 45 | 54 | 16:17 | Jasmine | Stokdale | Cookham | U13 | F | 3614325 |
| 46 | 149 | 16:28 | Charlotte | Samuels | E&H | U13 | F | 3633216 |
| 47 | 403 | 16:43 | Fabienne | Weston | Lon H | U13 | F | 3573442 |

| Pos | U13 Girls League Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT |
|-----|-----------------------------------|------|------|------|--------|---------|-------|-----|
| 1 | Shaftesbury Barnet Harriers | 135 | 164 | | | | 299 | 18 |
| 2 | Victoria Park & Tower Hamlets | 160 | 118 | | | | 278 | 17 |
| 3 | Cookham Running Club | 107 | 103 | | | | 210 | 16 |
| 4 | St Mary's Richmond | 110 | 79 | | | | 189 | 15 |
| 5 | London Heathside | 64 | 102 | | | | 166 | 14 |
| 6 | Slough Juniors | 85 | 71 | | | | 156 | 13 |
| 7 | Thames Valley Harriers | 96 | 57 | | | | 153 | 12 |
| 8 | Woodford Green & Essex Ladies | 82 | 60 | | | | 142 | 11 |
| 9 | Hillingdon | 105 | 26 | | | | 131 | 10 |
| 10 | Shaftesbury Barnet Harriers 'B' | 60 | 70 | | | | 130 | 9 |
| 11 | Enfield & Haringey | 94 | 20 | | | | 114 | 8 |
| 12 | Cookham Running Club 'B' | 60 | 41 | | | | 101 | 7 |
| 13 | Highgate Harriers | 25 | 73 | | | | 98 | 6 |
| 14 | Trent Park RC | 65 | 17 | | | | 82 | 5 |
| 15 | Victoria Park & Tower Hamlets 'B' | 50 | 19 | | | | 69 | 4 |
| 16 | Herts Phoenix | 21 | - | | | | 21 | 3 |
| 17 | Barnet & District | 15 | 5 | | | | 20 | 2 |
| 18 | Thames Valley Harriers 'B' | 2 | - | | | | 2 | 1 |
| 19 | Serpentine RC | 1 | - | | | | 1 | 0 |
| 20 | Ealing Eagles | - | - | | | | - | 0 |
| 20 | Ealing, Southall & Middlesex | - | - | | | | - | 0 |
| 20 | Newham & Essex Beagles | - | - | | | | - | 0 |

| Junior Men Team Result | Pts | Lge | Pts |
|---------------------------------|-----|-----|-----|
| 1 Hillingdon | 255 | 100 | 76 |
| 2 Woodford Green & Essex Ladies | 253 | 100 | 75 |
| 3 Ealing, Southall & Middlesex | 245 | 99 | 74 |
| 4 Herts Phoenix | 239 | 98 | 73 |
| 5 Highgate Harriers | 220 | 97 | 72 |
| | | 96 | 71 |

| Pos | U15 | No. | Time | Name | Surname | Club | Cat | M/F | URN |
|-----|-----|-----|-------|---------|-----------|---------|-----|-----|---------|
| 1 | 1 | 418 | 12:35 | Mohamed | Sharifali | Hill | U15 | M | 3545358 |
| 2 | | 161 | 12:43 | George | Kerry | ESM | U17 | M | 3088345 |
| 3 | | 638 | 12:48 | Liam | Garrett | Lon H | U17 | M | 2909799 |
| 4 | | 328 | 12:53 | Austin | Harris | High | U17 | M | 3543390 |
| 5 | | 242 | 13:00 | Jake | Sherlock | Herts P | U17 | M | 3296210 |
| 6 | | 160 | 13:02 | John | Fielding | ESM | U17 | M | 3219358 |

| | | | | | | | | | | | | | | | | | | | | |
|----|-----------------------------------|-----|--|--|--|--|--|--|----|----|----|----|------|-------|------------|------------------|---------|-----|---|---------|
| 6 | Trent Park RC | 196 | | | | | | | 99 | 70 | 7 | 2 | 877 | 13:07 | Ross | McGarvie | Slough | U15 | M | 3258893 |
| 7 | Victoria Park & Tower Hamlets | 181 | | | | | | | 98 | 69 | 8 | 3 | 1209 | 13:10 | Luca | Minale | VPH&TH | U15 | M | 3122099 |
| 8 | London Heathside | 176 | | | | | | | 95 | 68 | 9 | | 329 | 13:12 | Dempster | Fawden | High | U17 | M | 3017819 |
| 9 | Herts Phoenix 'B' | 148 | | | | | | | 97 | 67 | 10 | 4 | 1297 | 13:13 | Kai | Boggon | WG&EL | U15 | M | 3261014 |
| 10 | Slough Juniors | 135 | | | | | | | 94 | 66 | 11 | | 976 | 13:17 | William | McArdle | Trent P | U17 | M | 3110367 |
| 11 | Shaftesbury Barnet Harriers | 134 | | | | | | | 93 | 65 | 12 | | 873 | 13:22 | Aaron | Hall | Slough | U17 | M | 3258884 |
| 12 | Trent Park RC 'B' | 110 | | | | | | | 96 | 64 | 13 | 5 | 1288 | 13:23 | Sidnie | Ward | WG&EL | U15 | M | 3493661 |
| 13 | Cookham Running Club | 94 | | | | | | | 95 | 63 | 14 | 6 | 1298 | 13:30 | Joseph | Geller | WG&EL | U15 | M | 3304916 |
| 14 | Enfield & Haringey | 77 | | | | | | | 92 | 62 | 15 | | 417 | 13:31 | Abdirahman | Hamud | Hill | U17 | M | 3412582 |
| 15 | Hillingdon 'B' | 73 | | | | | | | 91 | 61 | 16 | | 237 | 13:32 | Adam | Hughes | Herts P | U17 | M | 3459753 |
| 16 | Trent Park RC 'C' | 70 | | | | | | | 94 | 60 | 17 | 7 | 410 | 13:34 | Adam | Ireland | Hill | U15 | M | 3514957 |
| 17 | Ealing, Southall & Middlesex 'B' | 66 | | | | | | | 93 | 59 | 18 | 8 | 1302 | 13:35 | Todd | Maleary | WG&EL | U15 | M | |
| 18 | Woodford Green & Essex Ladies 'B' | 60 | | | | | | | 92 | 58 | 19 | 9 | 1291 | 13:36 | Kieran | Allgood | WG&EL | U15 | M | |
| 19 | Victoria Park & Tower Hamlets 'B' | 51 | | | | | | | 90 | 57 | 20 | | 421 | 13:39 | Alex | Hutchison | Hill | U17 | M | 3628817 |
| 20 | Thames Valley Harriers | 49 | | | | | | | 91 | 56 | 21 | 10 | 156 | 13:39 | Kane | Foster | ESM | U15 | M | 3565619 |
| 21 | St Mary's Richmond | 46 | | | | | | | 90 | 55 | 22 | 11 | 80 | 13:44 | Adam | Gambrill | Cookham | U15 | M | 3419338 |
| 22 | Shaftesbury Barnet Harriers 'B' | 8 | | | | | | | 89 | 54 | 23 | 12 | 240 | 13:44 | Nathanael | Zapico | Herts P | U15 | M | 3271598 |
| 23 | Highgate Harriers 'B' | 7 | | | | | | | 88 | 53 | 24 | 13 | 848 | 13:47 | Dylan | Hepworth | SBH | U15 | M | 3569795 |
| 24 | Herts Phoenix 'C' | 4 | | | | | | | 89 | 52 | 25 | | 249 | 13:48 | Elliott | Breen | Herts P | U17 | M | 2960170 |
| | | | | | | | | | 88 | 51 | 26 | | 330 | 13:54 | Tal | Pelmont | High | U17 | M | 3421445 |
| | | | | | | | | | 87 | 50 | 27 | 14 | 969 | 13:56 | Finlay | Sturrock | Trent P | U15 | M | 3301921 |
| | | | | | | | | | 86 | 49 | 28 | 15 | 250 | 14:02 | Bryce | Breen | Herts P | U15 | M | 3018933 |
| | | | | | | | | | | | 29 | | 875 | 14:03 | Unknown | Runner | Slough | ? | M | |
| | | | | | | | | | 85 | 48 | 30 | 16 | 640 | 14:04 | Jake | Evans | Lon H | U15 | M | |
| | | | | | | | | | | | 31 | 17 | 1162 | 14:05 | Matyas | Sinko | Unatt | U15 | M | |
| | | | | | | | | | 87 | 47 | 32 | | 423 | 14:07 | Mayank | Mishra | Hill | U17 | M | 3578736 |
| | | | | | | | | | 84 | 46 | 33 | 18 | 916 | 14:09 | Joshua | Poncia | SMR | U15 | M | 3268303 |
| | | | | | | | | | 83 | 45 | 34 | 19 | 971 | 14:10 | William | Douglas | Trent P | U15 | M | 3577955 |
| | | | | | | | | | 86 | 44 | 35 | | 185 | 14:14 | Finn | Donlon | E&H | U17 | M | 3572930 |
| | | | | | | | | | 85 | 43 | 36 | | 170 | 14:15 | Luke | Adar | ESM | U17 | M | 3219284 |
| | | | | | | | | | 82 | 42 | 37 | 20 | 1210 | 14:16 | Joseph | Reynolds | VPH&TH | U15 | M | 3514646 |
| | | | | | | | | | 81 | 41 | 38 | 21 | 245 | 14:16 | Alex | Stapleton | Herts P | U15 | M | 3271598 |
| | | | | | | | | | 80 | 40 | 39 | 22 | 1147 | 14:17 | Alexander | Hughes | Herts P | U15 | M | 3623832 |
| | | | | | | | | | 79 | 39 | 40 | 23 | 71 | 14:22 | Sammy | March | Cookham | U15 | M | 3385206 |
| | | | | | | | | | 84 | 38 | 41 | | 1037 | 14:27 | Nicholas | Duer | TVH | U17 | M | 3303789 |
| | | | | | | | | | 83 | 37 | 42 | | 641 | 14:28 | Antanas | Weston | Lon H | U17 | M | 2964619 |
| | | | | | | | | | 78 | 36 | 43 | 24 | 1218 | 14:29 | Benjy | Bream | VPH&TH | U15 | M | 3580691 |
| | | | | | | | | | 82 | 35 | 44 | | 991 | 14:31 | Oliver | McGahon | Trent P | U17 | M | 3301913 |
| | | | | | | | | | 77 | 34 | 45 | 25 | 1208 | 14:34 | Keo | Kersting-Herbert | VPH&TH | U15 | M | 3442453 |
| | | | | | | | | | 76 | 33 | 46 | 26 | 856 | 14:40 | Jonathan | Boardman | SBH | U15 | M | 3591132 |
| | | | | | | | | | 75 | 32 | 47 | | 985 | 14:40 | Oliver | MacCrowan | Trent P | U15 | M | 3577965 |
| | | | | | | | | | 74 | 31 | 48 | 27 | 159 | 14:42 | Arun | Manget | ESM | U15 | M | 3369951 |
| | | | | | | | | | 73 | 30 | 49 | 28 | 186 | 14:47 | Joe | Heather | E&H | U15 | M | 3552492 |
| | | | | | | | | | 72 | 29 | 50 | 29 | 992 | 14:49 | Matthew | Woolf | Trent P | U15 | M | 3421917 |
| | | | | | | | | | 81 | 28 | 51 | | 332 | 14:51 | Charlie | Smith | High | U17 | M | 3545997 |
| | | | | | | | | | 80 | 27 | 52 | | 852 | 14:52 | Nathan | Tadesse | SBH | U17 | M | 3462382 |
| | | | | | | | | | 71 | 26 | 53 | 30 | 422 | 14:58 | Hanad | Ahmed | Hill | U15 | M | 3630072 |
| | | | | | | | | | 70 | 25 | 54 | 31 | 977 | 15:00 | Jack | Wightman | Trent P | U15 | M | 3578454 |
| | | | | | | | | | 69 | 24 | 55 | 32 | 974 | 15:05 | Benjamin | Woolf | Trent P | U15 | M | 3421916 |
| | | | | | | | | | 68 | 23 | 56 | 33 | 988 | 15:06 | Finn | Gavin-Plume | Trent P | U15 | M | 3577978 |
| | | | | | | | | | 67 | 22 | 57 | 34 | 1206 | 15:11 | Lucas | Berr | VPH&TH | U15 | M | 3542708 |
| | | | | | | | | | 66 | 21 | 58 | 35 | 849 | 15:12 | Maiken | McAteer | SBH | U15 | M | 3520403 |
| | | | | | | | | | 65 | 20 | 59 | 36 | 1211 | 15:17 | Kai | Watts | VPH&TH | U15 | M | 3578764 |
| | | | | | | | | | 64 | 19 | 60 | 37 | 987 | 15:18 | Alex | Lytrides | Trent P | U15 | M | 3577981 |
| | | | | | | | | | 63 | 18 | 61 | 38 | 1150 | 15:27 | Callum | Blair-Park | Herts P | U15 | M | 3440485 |
| | | | | | | | | | 62 | 17 | 62 | 39 | 639 | 15:34 | Stan | Brown | Lon H | U15 | M | |
| | | | | | | | | | 61 | 16 | 63 | 40 | 158 | 15:35 | Matteo | Lamagna | ESM | U15 | M | 3526901 |
| | | | | | | | | | 60 | 15 | 64 | 41 | 990 | 15:36 | Jack | Steel | Trent P | U15 | M | 3421918 |
| | | | | | | | | | 59 | 14 | 65 | 42 | 155 | 15:38 | Chauncey | Edwards | ESM | U15 | M | |
| | | | | | | | | | | | 66 | | 424 | 15:39 | Ross | Cohen | Hill | U20 | M | |

| Pos | Junior Men League Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT |
|-----|-----------------------------------|------|------|------|--------|---------|-------|-----|
| 1 | Hillingdon | 300 | 255 | | | | 555 | 18 |
| 2 | Herts Phoenix | 276 | 239 | | | | 515 | 17 |
| 3 | Ealing, Southall & Middlesex | 260 | 245 | | | | 505 | 16 |
| 4 | Trent Park RC | 266 | 196 | | | | 462 | 15 |
| 5 | Woodford Green & Essex Ladies | 198 | 253 | | | | 451 | 14 |
| 6 | Shaftesbury Barnet Harriers | 261 | 134 | | | | 395 | 13 |
| 7 | Victoria Park & Tower Hamlets | 204 | 181 | | | | 385 | 12 |
| 8 | Highgate Harriers | 123 | 220 | | | | 343 | 11 |
| 9 | Herts Phoenix 'B' | 159 | 148 | | | | 307 | 10 |
| 10 | Enfield & Haringey | 210 | 77 | | | | 287 | 10 |
| 11 | Cookham Running Club | 191 | 94 | | | | 285 | 9 |
| 12 | Trent Park RC 'B' | 169 | 110 | | | | 279 | 9 |
| 13 | London Heathside | 86 | 176 | | | | 262 | 8 |
| 14 | Slough Juniors | 87 | 135 | | | | 222 | 7 |
| 15 | Trent Park RC 'C' | 115 | 70 | | | | 185 | 7 |
| 16 | Ealing, Southall & Middlesex 'B' | 100 | 66 | | | | 166 | 6 |
| 17 | Victoria Park & Tower Hamlets 'B' | 89 | 51 | | | | 140 | 6 |
| 18 | Newham & Essex Beagles | 123 | - | | | | 123 | 6 |
| 19 | St Mary's Richmond | 70 | 46 | | | | 116 | 5 |
| 20 | Shaftesbury Barnet Harriers 'B' | 97 | 8 | | | | 105 | 5 |
| 21 | Woodford Green & Essex Ladies 'B' | 11 | 60 | | | | 71 | 4 |
| 22 | Barnet & District | 61 | - | | | | 61 | 4 |
| 23 | Thames Valley Harriers | - | 49 | | | | 49 | 3 |
| 24 | Ealing Eagles | 24 | - | | | | 24 | 2 |
| 25 | Highgate Harriers 'B' | - | 7 | | | | 7 | 2 |
| 26 | Herts Phoenix 'C' | - | 4 | | | | 4 | 2 |
| 27 | Serpentine RC | - | - | | | | - | 0 |

| | | | | | | | | | | | |
|----|----|----|----|------|-------|---------|------------|---------|-----|---|---------|
| 58 | 13 | 67 | 43 | 998 | 15:40 | Joe | Street | Trent P | U15 | M | 3448652 |
| 57 | 12 | 68 | 44 | 984 | 15:52 | Alex | Brennan | Trent P | U15 | M | 3421914 |
| 79 | 11 | 69 | | 1038 | 15:54 | Taylor | Sharkey | TVH | U17 | M | |
| 56 | 10 | 70 | 45 | 999 | 16:01 | Cameron | Bocchetti | Trent P | U15 | M | 3577951 |
| 55 | 9 | 71 | 46 | 1207 | 16:15 | Theo | Grandorge | VPH&TH | U15 | M | 3542716 |
| 54 | 8 | 72 | 47 | 859 | 16:20 | Connor | O'Keefe | SBH | U15 | M | 3554521 |
| 53 | 7 | 73 | 48 | 337 | 16:25 | Manny | Pigney | High | U15 | M | 3445257 |
| 52 | 6 | 74 | 49 | 972 | 16:48 | Ronan | Ozdural | Trent P | U15 | M | |
| 51 | 5 | 75 | 50 | 157 | 16:48 | Mikey | Kouwiloyan | ESM | U15 | M | 3371658 |
| 50 | 4 | 76 | 51 | 255 | 17:03 | Elliot | Zapico | Herts P | U15 | M | 3259773 |
| 49 | 3 | 77 | 52 | 181 | 17:10 | Billy | Banks | E&H | U15 | M | 3421913 |
| 48 | 2 | 78 | 53 | 1303 | 17:13 | Fred | Taylor | WG&EL | U15 | M | 3394840 |
| 47 | 1 | 79 | 54 | 996 | 19:43 | Sasha | Louzenski | Trent P | U15 | M | |

Junior Womens Results

| Junior Women Team Result | | Pts | | | | | | | | | | | | | | | | | | |
|--------------------------|----------------------------------|------|------|------|--------|---------|-------|-----|-----|-----|-----|-----|-----|-------|-----------|--------------|---------|-----|-----|---------|
| Pos | Junior Women League Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT | Lge | Pts | Pos | U15 | No. | Time | Name | Surname | Club | Cat | M/F | URN |
| 1 | Shaftesbury Barnet Harriers | 232 | 177 | | | | 409 | 18 | 100 | 51 | 1 | | 111 | 14:55 | Jessica | Leane | ESM | U17 | F | 3371909 |
| 2 | Thames Valley Harriers | 234 | 142 | | | | 376 | 17 | 99 | 50 | 2 | | 239 | 14:57 | Phoebe | Littler | High | U17 | F | 3252958 |
| 3 | Highgate Harriers | 206 | 150 | | | | 356 | 16 | 98 | 49 | 3 | | 625 | 15:01 | Sarah | Butler | SBH | U17 | F | 3545575 |
| 4 | Ealing, Southall & Middlesex | 124 | 149 | | | | 273 | 15 | 100 | 48 | 4 | 1 | 626 | 15:08 | Sophia | Staab | SBH | U15 | F | 3291058 |
| 5 | Victoria Park & Tower Hamlets | 141 | 113 | | | | 254 | 14 | 97 | 47 | 5 | | 727 | 15:10 | Verity | Walker | TVH | U17 | F | 3168814 |
| 6 | Shaftesbury Barnet Harriers 'B' | 182 | 35 | | | | 217 | | 96 | 46 | 6 | | 632 | 15:18 | Josephine | Chadwick | SBH | U17 | F | 3228793 |
| 7 | Trent Park RC | 111 | 87 | | | | 198 | 13 | 99 | 45 | 7 | 2 | 52 | 15:25 | Florence | Braybrooke | Cookham | U15 | F | 3632973 |
| 8 | Enfield & Haringey | 87 | 86 | | | | 173 | 12 | 98 | 44 | 8 | 3 | 818 | 15:27 | Wren | Jackson | WG&EL | U15 | F | 3534194 |
| 9 | Hillingdon | 128 | 34 | | | | 162 | 11 | 95 | 43 | 9 | | 118 | 15:37 | Laura | Stewart | ESM | U17 | F | 3235951 |
| 10 | Woodford Green & Essex Ladies | 70 | 86 | | | | 156 | 10 | 94 | 42 | 10 | | 835 | 15:38 | Louise | Gilbert | WG&EL | U17 | F | 3275489 |
| 11 | Highgate Harriers 'B' | 131 | - | | | | 131 | | 97 | 41 | 11 | 4 | 129 | 15:41 | Lucy | O'Brien | ESM | U15 | F | 3224341 |
| 12 | Thames Valley Harriers 'B' | 88 | 31 | | | | 119 | | 96 | 40 | 12 | 5 | 718 | 15:42 | Melina | Duer | TVH | U15 | F | 3524230 |
| 13 | St Mary's Richmond | 40 | 78 | | | | 118 | 9 | 95 | 39 | 13 | 6 | 773 | 15:51 | Felix | Waters | VPH&TH | U15 | F | 3243137 |
| 14 | Cookham Running Club | 33 | 83 | | | | 116 | 8 | 93 | 38 | 14 | | 147 | 15:52 | Katie | Mitchell | E&H | U17 | F | 3087829 |
| 15 | Shaftesbury Barnet Harriers 'C' | 113 | - | | | | 113 | | 92 | 37 | 15 | | 240 | 15:57 | Sophie | Boehler | High | U17 | F | 3625814 |
| 16 | Herts Phoenix | 58 | 13 | | | | 71 | 7 | 94 | 36 | 16 | 7 | 692 | 15:58 | Emily | Hathaway | Trent P | U15 | F | 3422419 |
| 17 | London Heathside | 40 | 30 | | | | 70 | 6 | 93 | 35 | 17 | 8 | 241 | 16:00 | Maxine | Chapman | High | U15 | F | 3290091 |
| 18 | Barnet & District | 20 | 3 | | | | 23 | 5 | 91 | 34 | 18 | | 619 | 16:01 | Kayla | Michel | SBH | U17 | F | 3175499 |
| 19 | Ealing, Southall & Middlesex 'B' | - | 21 | | | | 21 | | 92 | 33 | 19 | 9 | 646 | 16:02 | Imogen | Deakin | SMR | U15 | F | 3268298 |
| 20 | Hillingdon 'B' | - | 2 | | | | 2 | | 91 | 32 | 20 | 10 | 651 | 16:05 | Carla | Novakovic | SMR | U15 | F | 3598027 |
| 21 | Ealing Eagles | - | - | | | | - | 0 | 90 | 31 | 21 | 11 | 725 | 16:05 | Niamh | Murphy | TVH | U15 | F | 3532237 |
| 21 | Newham & Essex Beagles | - | - | | | | - | 0 | 90 | 30 | 22 | | 410 | 16:06 | Meg | Naylor | Lon H | U17 | F | 3446105 |
| | | | | | | | | | 89 | 29 | 23 | | 150 | 16:22 | Beth | Forster | E&H | U17 | F | 3218916 |
| | | | | | | | | | 89 | 28 | 24 | 12 | 237 | 16:26 | Emily | Surnucks | High | U15 | F | 3629182 |
| | | | | | | | | | 88 | 27 | 25 | 13 | 790 | 16:33 | Hannah | Long | VPH&TH | U15 | F | 3542724 |
| | | | | | | | | | 87 | 26 | 26 | 14 | 640 | 16:35 | Helena | Agholor | SBH | U15 | F | 3508691 |
| | | | | | | | | | 86 | 25 | 27 | 15 | 772 | 16:41 | Betty | Hughes | VPH&TH | U15 | F | 3446151 |
| | | | | | | | | | 85 | 24 | 28 | 16 | 722 | 16:42 | Lily | Salkeld | TVH | U15 | F | 3421855 |
| | | | | | | | | | 84 | 23 | 29 | 17 | 694 | 16:53 | Mya | Hornett | Trent P | U15 | F | 3303765 |
| | | | | | | | | | 83 | 22 | 30 | 18 | 774 | 17:01 | Demi | Evarschi | VPH&TH | U15 | F | 3216483 |
| | | | | | | | | | 82 | 21 | 31 | 19 | 43 | 17:10 | Beth | Murray | Cookham | U15 | F | 3297446 |
| | | | | | | | | | 81 | 20 | 32 | 20 | 685 | 17:11 | Megan | Alexander | Trent P | U15 | F | 3577946 |
| | | | | | | | | | 80 | 19 | 33 | 21 | 143 | 17:15 | Nicole | Bibaud | E&H | U15 | F | 3572913 |
| | | | | | | | | | 79 | 18 | 34 | 22 | 285 | 17:29 | Isabel | Stark | Hill | U15 | F | 3379897 |
| | | | | | | | | | 78 | 17 | 35 | 23 | 47 | 17:32 | Imogen | Shaw | Cookham | U15 | F | 3574060 |
| | | | | | | | | | 77 | 16 | 36 | 24 | 720 | 17:33 | Capucino | Rousset | TVH | U15 | F | 3447938 |
| | | | | | | | | | 76 | 15 | 37 | 25 | 730 | 17:35 | Charlotte | Cooney-Quinn | TVH | U15 | F | 3417717 |
| | | | | | | | | | 88 | 14 | 38 | | 127 | 17:37 | Cameron | Thomas | ESM | U17 | F | 3184740 |
| | | | | | | | | | 75 | 13 | 39 | 26 | 183 | 17:39 | Freya | Stapleton | Herts P | U15 | F | 3418877 |
| | | | | | | | | | 87 | 12 | 40 | | 653 | 17:48 | Josephine | Grist | SMR | U17 | F | 3258237 |
| | | | | | | | | | 74 | 11 | 41 | 27 | 112 | 17:54 | Estelle | Belgrave | ESM | U15 | F | 3575291 |
| | | | | | | | | | 86 | 10 | 42 | | 126 | 18:04 | Roisin | Lynch | ESM | U17 | F | 3088347 |
| | | | | | | | | | 73 | 9 | 43 | 28 | 639 | 18:19 | Victoria | Godfrey | SBH | U15 | F | 3627100 |
| | | | | | | | | | 72 | 8 | 44 | 29 | 693 | 18:31 | Louisa | Gravelle | Trent P | U15 | F | 3579691 |

| | | | | | | | | | | | | | | | | |
|-------------------|---|---|---|---|----|---|----|----|-----|-------|--------|-----------|---------|-----|---|---------|
| 21 Serpentine RC | - | - | - | 0 | 71 | 7 | 45 | 30 | 282 | 18:34 | Rosie | Hickey | Hill | U15 | F | 3576688 |
| 21 Slough Juniors | - | - | - | 0 | 70 | 6 | 46 | 31 | 700 | 18:42 | Robyn | Allwright | Trent P | U15 | F | 3301911 |
| | | | | | 85 | 5 | 47 | | 292 | 18:44 | Kirsty | O'Rourke | Hill | U17 | F | 3514972 |
| | | | | | 69 | 4 | 48 | 32 | 289 | 18:49 | Kacey | Laird | Hill | U15 | F | 3576695 |
| | | | | | 68 | 3 | 49 | 33 | 36 | 19:05 | Hannah | May | Barn | U15 | F | 3595075 |
| | | | | | 67 | 2 | 50 | 34 | 291 | 19:27 | Chloe | Leisten | Hill | U15 | F | 3379812 |
| | | | | | 66 | 1 | 51 | 35 | 652 | 22:53 | Yasmin | Ackie | SMR | U15 | F | 3612309 |

Vet Vet Vet Womens Race Results

| | | Lge | Pts | Div | Tm | Pts | Div | Tm | Pos | Cat. | No. | Time | Name | Surname | Club | Cat | M/F | URN | |
|---|---------------------------------------|-------------|-------------|-------------|---------------|----------------|--------------|------------|-----|------|------|-------|-----------|------------------|------------------|-------|-----|---------|---------|
| Women's Division One Team Result | | Pts | 250 | 44 | 3 | A | | | 1 | | 466 | 21:42 | Revee | Walcott-Nolan* | NEB | SL | F | 2768731 | |
| 1 | Highgate Harriers | 255 | 249 | 59 | 1 | A | | | 2 | | 607 | 21:46 | Naomi | Taschimowitz | SBH | SL | F | 2735230 | |
| 1 | London Heathside | 255 | 248 | 58 | 1 | A | | | 3 | | 270 | 21:51 | Stacey | Ward* | Hill | SL | F | 2732137 | |
| 3 | Shaftesbury Barnet Harriers | 241 | 247 | 57 | 1 | A | | | 4 | | 603 | 21:56 | Victoria | Pritchard | SBH | SL | F | 2744346 | |
| 4 | Hillingdon | 219 | 246 | 56 | 1 | A | | | 5 | | 208 | 22:07 | Emma | Dixon | High | SL | F | 2693062 | |
| 5 | Barnet & District | 192 | 245 | 55 | 1 | A | | | 6 | | 202 | 22:33 | Hannah | Viner | High | SL | F | 2955907 | |
| 6 | Serpentine RC | 184 | | | | | | | 7 | 1 | 1344 | 22:37 | Elizabeth | Apsley | Camb U | U20 | F | Guest | |
| 7 | Woodford Green & Essex Ladies | 152 | 244 | 43 | 3 | A | | | 8 | | 467 | 22:53 | Rachel | McClay* | NEB | SL | F | 2766024 | |
| 8 | London Heathside 'B' | 127 | 243 | 54 | 1 | A | | | 9 | | 608 | 22:59 | Victoria | Walker | SBH | SL | F | 2770769 | |
| 9 | Victoria Park & Tower Hamlets | 106 | 242 | 62 | 2 | A | | | 10 | | 172 | 23:07 | Emily | Ruane | Herts P | SL | F | 2811935 | |
| 10 | Serpentine RC 'B' | 39 | | | | | | | 11 | | 1352 | 23:13 | Katy | Hedgethorpe | Camb U | SL | F | 3191087 | |
| | | | 241 | 53 | 1 | A | | | 12 | | 510 | 23:15 | Sarah | Pemberton | Serp | SL | F | 2755317 | |
| Pos | Women's Division One Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT | 13 | | 206 | 23:17 | Ashley | Scott-Wilson | High | SL | F | 3301078 | |
| 1 | London Heathside | 257 | 255 | | | | 512 | 22 | 14 | | 1351 | 23:19 | Kate | Curran | Camb U | SL | F | Guest | |
| 2 | Highgate Harriers | 256 | 255 | | | | 511 | 21 | 15 | | 1357 | 23:20 | Rebecca | Frake | Camb U | SL | F | 3300903 | |
| 3 | Serpentine RC | 234 | 184 | | | | 418 | 20 | 16 | 239 | 251 | 23:20 | Gemma | Barry | Hill | SL | F | 3001475 | |
| 4 | Hillingdon | 187 | 219 | | | | 406 | 19 | 17 | 238 | 50 | 23:33 | Kelly | Thorneycroft | Lon H | SL | F | 2955688 | |
| 5 | Shaftesbury Barnet Harriers | 95 | 241 | | | | 336 | 18 | 18 | 2 | 1349 | 23:40 | Hannah | Morton | Camb U | U20 | F | 2940374 | |
| 6 | Barnet & District | 125 | 192 | | | | 317 | 17 | 19 | 1 | 212 | 23:41 | Alex | Gounelas* | High | V35 | F | 2942054 | |
| 7 | Woodford Green & Essex Ladies | 133 | 152 | | | | 285 | 16 | 20 | 2 | 351 | 23:44 | Sue | Rust | Lon H | V35 | F | 2906258 | |
| 8 | London Heathside 'B' | 97 | 127 | | | | 224 | | 21 | | 469 | 23:54 | Amber | Wallace* | NEB | SL | F | 2773554 | |
| 9 | Victoria Park & Tower Hamlets | 89 | 106 | | | | 195 | 15 | 22 | 1 | 1 | 23:59 | Karen | Murphy | Barn | V45 | F | 2774822 | |
| 10 | Serpentine RC 'B' | 123 | 39 | | | | 162 | | 23 | 1 | 792 | 24:02 | Kat | Gundersen | WG&EL | V40 | F | 2749246 | |
| | | | | | | | | | 24 | | 1358 | 24:09 | Ruby | Woolfe | Camb U | SL | F | 2739935 | |
| Women's Division Two Team Result | Pts | 232 | 45 | 1 | A | 33 | 1 | A | 25 | 2 | 2 | 24:14 | Joanne | Kent | Barn | V45 | F | 2774785 | |
| 1 | London City | 271 | 231 | 44 | 1 | A | | | 26 | | 389 | 24:17 | Dorcas | Wright | Lon H | SL | F | 3462138 | |
| 2 | Thames Valley Harriers | 250 | | | | | | | 27 | 3 | 1354 | 24:21 | Megan | Humphreys | Camb U | U20 | F | 2907667 | |
| 3 | Ealing, Southall & Middlesex | 219 | 230 | 43 | 1 | A | | | 28 | | 605 | 24:26 | Nicola | Rogers | SBH | SL | F | 2853188 | |
| 4 | London Heathside 'C' | 218 | 229 | 42 | 1 | A | | | 29 | | 760 | 24:29 | Rachel | Thomas | VPH&TH | SL | F | 3219637 | |
| 5 | Ealing Eagles | 136 | 228 | 41 | 3 | A | | | 30 | 4 | 470 | 24:32 | Lauren | Herrington* | NEB | U20 | F | 2815000 | |
| 6 | Herts Phoenix | 134 | | | | | | | 31 | | 1346 | 24:33 | Emily | Robinson | Camb U | SL | F | 2832395 | |
| 6 | Hillingdon 'B' | 134 | 227 | 41 | 1 | A | | | 32 | | 799 | 24:37 | Heather | Wilson* | WG&EL | SL | F | 2725023 | |
| 8 | Mornington Chasers | 129 | 226 | 40 | 1 | A | | | 33 | | 264 | 24:39 | Ciara | Williams | Hill | SL | F | 3462915 | |
| 9 | Highgate Harriers 'B' | 84 | 225 | 39 | 1 | A | 27 | 1 | A | 34 | 3 | 379 | 24:40 | Ula | Cartwright-Finch | Lon H | V35 | F | 3525759 |
| 10 | Serpentine RC 'C' | 80 | | | | | | | 35 | | 1359 | 24:43 | Sarah | Needleman | Camb U | SL | F | 2780215 | |
| | | | 224 | 38 | 1 | A | 26 | 1 | A | 36 | 3 | 352 | 24:48 | Sarah | Swinhoe | Lon H | V45 | F | 2735792 |
| Pos | Women's Division Two Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT | 37 | | 900 | 24:52 | Chloe | Beckett | TVH | SL | F | | |
| 1 | London City | 289 | 271 | | | | 560 | 14 | 38 | 4 | 711 | 24:56 | Anna | Critchlow* | TVH | V45 | F | 3107066 | |
| 2 | Thames Valley Harriers | 271 | 250 | | | | 521 | 13 | 39 | 5 | 1348 | 24:58 | Felicity | Williamson-Sarll | Camb U | U20 | F | 7019451 | |
| 3 | Ealing, Southall & Middlesex | 252 | 219 | | | | 471 | 12 | 40 | | 1342 | 25:00 | Charlotte | Davies | Camb U | SL | F | 2694963 | |
| 4 | London Heathside 'C' | 120 | 218 | | | | 338 | | 41 | | 714 | 25:01 | Stephanie | Ainley | TVH | SL | F | | |
| 5 | Ealing Eagles | 192 | 136 | | | | 328 | 11 | 42 | | 260 | 25:02 | Hannah | Wells | Hill | SL | F | 2756716 | |
| 6 | Serpentine RC 'C' | 217 | 80 | | | | 297 | | 43 | | 366 | 25:03 | Celine | Murray | Lon H | SL | F | 3230271 | |
| 7 | Hillingdon 'B' | 120 | 134 | | | | 254 | | 44 | | 1347 | 25:18 | Emma | Elston | Camb U | SL | F | 3380295 | |
| 8 | Mornington Chasers | 118 | 129 | | | | 247 | 10 | 45 | | 301 | 25:21 | Karen | Tostee | Lon C | SL | F | 2718384 | |
| 9 | Highgate Harriers 'B' | 158 | 84 | | | | 242 | | 46 | | 748 | 25:26 | Charlotte | Maling | VPH&TH | SL | F | 3349667 | |
| 10 | Herts Phoenix | 63 | 134 | | | | 197 | 9 | 47 | | 509 | 25:31 | Ahlem | Ben Gueblia | Serp | SL | F | 3374602 | |
| | | | | | | | | | 48 | | 374 | 25:33 | Eilidh | Wagstaff | Lon H | SL | F | 3292748 | |
| Women's Division Three Team Result | Pts | 214 | 32 | 1 | A | | | | 49 | | 520 | 25:34 | Lavinia | Singer | Serp | SL | F | 3525026 | |
| 1 | Newham & Essex Beagles | 170 | 213 | 31 | 1 | A | | | 50 | | 533 | 25:34 | Megan | Roberts | Serp | SL | F | 3294188 | |

| Veteran Women's Division Two Team Result | | | | | | | | | | Pts | | | | | | | | | | | | | | | | | | | | |
|--|------------------------------------|------|------|------|--------|---------|-------|-----|----|------|-------|-------|----------------|--------|-----|-------|-----------|-----------|---------|------------|---------|---------|---------|-----------|------------|--------------|---------|---------|---------|---------|
| 1 | Woodford Green & Essex Ladies | 89 | | | | | | | | | | | 156 | 4 | 1 | B | 9 | 1 | A | 111 | 11 | 537 | 28:50 | Caroline | Ringrow | Serp | V35 | F | 2787325 | |
| 2 | London Heathside 'C' | 74 | | | | | | | | | | | 155 | 35 | 2 | A | | | | 112 | 71 | 28:50 | Sarah | MacKenzie | Eal E | SL | F | 3348693 | | |
| 3 | Serpentine RC 'B' | 35 | | | | | | | | | | | 154 | 34 | 2 | | 16 | 2 | C | 113 | 4 | 364 | 28:51 | Edyta | Szot | Lon H | V40 | F | 3275934 | |
| 4 | Thames Valley Harriers | 31 | | | | | | | | | | | 153 | 33 | 2 | A | 8 | 1 | A | 114 | 3 | 98 | 28:54 | Carol | Jones | ESM | V55 | F | 2754851 | |
| 5 | Newham & Essex Beagles | 20 | | | | | | | | | | | 152 | 3 | 1 | B | 7 | 1 | A | 115 | 12 | 527 | 28:59 | Siobhan | Wakely | Serp | V35 | F | 3464745 | |
| 6 | Herts Phoenix | 18 | | | | | | | | | | | 151 | 32 | 2 | | 15 | 2 | | 116 | 4 | 362 | 29:01 | Ruth | Miller | Lon H | V55 | F | 2658210 | |
| 7 | Ealing, Southall & Middlesex 'B' | 14 | | | | | | | | | | | 150 | 31 | 2 | A | | | | 117 | 75 | 29:04 | Marion | Bolster | Eal E | SL | F | 3624332 | | |
| 8 | London Front Runners | 13 | | | | | | | | | | | 149 | 32 | 3 | B | | | | 118 | 795 | 29:09 | Kate | Stockings | WG&EL | SL | F | 2749414 | | |
| 9 | Serpentine RC 'C' | 6 | | | | | | | | | | | 148 | 30 | 2 | B | 6 | 1 | A | 119 | 7 | 265 | 29:09 | Karen | O'Rourke | Hill | V50 | F | 3499797 | |
| 10 | Metropolitan Police | 0 | | | | | | | | | | | 147 | 29 | 2 | | | | | 120 | 380 | 29:12 | Tammela | Platt | Lon H | SL | F | 3265410 | | |
| | | | | | | | | | | | | | 146 | 28 | 2 | A | 5 | 1 | A | 121 | 14 | 433 | 29:13 | Maki | Kimura | Morn | V45 | F | 2951132 | |
| | | | | | | | | | | | | | 145 | 27 | 2 | | | | | 122 | 390 | 29:21 | Hannah | Stanforth | Lon H | SL | F | 3359095 | | |
| Pos | Vet Women Division Two Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Woodford Green & Essex Ladies | 72 | 89 | | | | 161 | 144 | 26 | 2 | B | 4 | 1 | A | 123 | 5 | 262 | 29:24 | Melanie | Spencer | Hill | V40 | F | 3382800 | | | | | | |
| 2 | Serpentine RC 'B' | 88 | 35 | | | | 123 | 143 | 25 | 2 | A | | | | 124 | 175 | 29:26 | Elizabeth | Doyle | Herts P | SL | F | 2814209 | | | | | | | |
| 3 | Thames Valley Harriers | 58 | 31 | | | | 89 | 142 | 31 | 3 | A | 13 | 3 | A | 125 | 15 | 672 | 29:29 | Judy | Prior | Trent P | V45 | F | 3422293 | | | | | | |
| 4 | London Heathside 'C' | - | 74 | | | | 74 | 141 | 30 | 3 | B | 8 | 1 | B | 126 | 5 | 5 | 29:31 | Kirsty | Johnstone | Barn | V55 | F | 2774781 | | | | | | |
| 5 | Serpentine RC 'C' | 62 | 6 | | | | 68 | 140 | 29 | 3 | B | | | | 127 | 317 | 29:36 | Heather | Haggis | Lon C | SL | F | 3393195 | | | | | | | |
| 6 | London Front Runners | 53 | 13 | | | | 66 | 139 | 24 | 2 | A | 3 | 1 | A | 128 | 16 | 102 | 29:38 | Louise | Prince | ESM | V45 | F | 3501385 | | | | | | |
| 7 | Newham & Essex Beagles | 24 | 20 | | | | 44 | 138 | 28 | 3 | B | 7 | 1 | B | 129 | 8 | 8 | 29:41 | Helen | Hoyle | Barn | V50 | F | 2774774 | | | | | | |
| 8 | Ealing, Southall & Middlesex 'B' | 7 | 14 | | | | 21 | 137 | 27 | 3 | B | 6 | 1 | B | 130 | 17 | 7 | 29:44 | Davina | Gutteridge | Barn | V45 | F | 3397842 | | | | | | |
| 9 | Herts Phoenix | - | 18 | | | | 18 | 136 | 26 | 3 | B | 14 | 2 | B | 131 | 6 | 100 | 29:47 | Lynn | Wilson | ESM | V55 | F | 2754944 | | | | | | |
| 10 | Metropolitan Police | 5 | - | | | | 5 | 135 | 2 | 1 | B | | | | 132 | 514 | 29:49 | Laura | Stewart | Serp | SL | F | 3294463 | | | | | | | |
| | | | | | | | | | | | | | | 134 | 25 | 3 | A | 13 | 2 | A | 133 | 18 | 332 | 29:51 | Miranda | Cook | Lon FR | V45 | F | 2999548 |
| | | | | | | | | | | | | | | 133 | 24 | 3 | B | 12 | 2 | A | 134 | 19 | 465 | 29:53 | Adelle | Stach-Kevitz | NEB | V45 | F | |
| | | | | | | | | | | | | | | 132 | 23 | 2 | | | | | 135 | 378 | 29:57 | Hannah | Jordan | Lon H | SL | F | | |
| | | | | | | | | | | | | | | 131 | 22 | 2 | C | 11 | 2 | B | 136 | 13 | 544 | 29:58 | Donna | McCourt | Serp | V35 | F | 3534209 |
| | | | | | | | | | | | | | | 130 | 21 | 2 | B | 12 | 3 | B | 137 | 2 | 253 | 30:00 | Lesley | Conway | Hill | V60 | F | 2756511 |
| | | | | | | | | | | | | | | 129 | 20 | 2 | A | 11 | 3 | A | 138 | 9 | 80 | 30:00 | Sue | Park | Eal E | V50 | F | 3251993 |
| | | | | | | | | | | | | | | 128 | 19 | 2 | | | | | 139 | 368 | 30:32 | Kim | Butler | Lon H | SL | F | 3265164 | |
| | | | | | | | | | | | | | | 127 | 23 | 3 | C | 11 | 3 | C | 140 | 10 | 13 | 30:35 | Pauline | Michael | Barn | V50 | F | 2774812 |
| | | | | | | | | | | | | | | 126 | 18 | 2 | A | | | | 141 | 706 | 30:44 | Gemma | Fairhurst | TVH | SL | F | 3628709 | |
| | | | | | | | | | | | | | | 125 | 17 | 2 | C | 10 | 2 | B | 142 | 6 | 504 | 30:51 | Sophia | Holder | Serp | V40 | F | 3130975 |
| | | | | | | | | | | | | | | 124 | 16 | 2 | C | | | | 143 | 542 | 30:56 | Faye | Barrett | Serp | SL | F | 3520285 | |
| | | | | | | | | | | | | | | 123 | 22 | 3 | B | | | | 144 | 101 | 30:58 | Katie | Di Paolo | ESM | SL | F | 3526908 | |
| | | | | | | | | | | | | | | 122 | 15 | 2 | | | | | 145 | 388 | 31:05 | Nicola | McBride | Lon H | SL | F | | |
| Pos | Vet Women Division Three Positions | Clay | Stev | Worm | TrentP | Ally P. | Total | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Hillingdon 'B' | 39 | | | | | 44 | 146 | 14 | 1341 | 31:06 | Carin | Ingemarsdotter | Camb U | V35 | F | 3535880 | | | | | | | | | | | | | |
| 2 | Barnet & District 'C' | 31 | | | | | 121 | 14 | 2 | B | 10 | 3 | B | 147 | 7 | 271 | 31:10 | Pauline | Fischer | Hill | V55 | F | 2756546 | | | | | | | |
| 2 | Trent Park RC | 22 | | | | | 120 | 21 | 3 | C | | | | 148 | 12 | 31:11 | Annabelle | Lee | Barn | SL | F | 2952396 | | | | | | | | |
| 4 | Ealing Eagles | 16 | | | | | 119 | 13 | 2 | C | 9 | 2 | B | 149 | 15 | 541 | 31:11 | Sarah | Maisey | Serp | V35 | F | 3469485 | | | | | | | |
| 5 | London City | 15 | | | | | 118 | 12 | 2 | C | | | | 150 | 536 | 31:14 | Joanna | Elferink | Serp | SL | F | 2976266 | | | | | | | | |
| 6 | St Mary's Richmond | 14 | | | | | 117 | 11 | 2 | A | 2 | 1 | A | 151 | 20 | 434 | 31:26 | Rafaële | Lamour | Morn | V45 | F | 2955794 | | | | | | | |
| 7 | Harlow RC | 6 | | | | | 116 | 20 | 3 | C | | | | 152 | 17 | 31:33 | Emma | Salmon | Barn | SL | F | 3347136 | | | | | | | | |
| 8 | Hillingdon 'C' | 5 | | | | | 115 | 19 | 3 | B | 8 | 2 | A | 153 | 7 | 463 | 31:45 | Natalie | Traylen | NEB | V40 | F | 8018094 | | | | | | | |
| 9 | Mornington Chasers 'B' | 3 | | | | | 114 | 10 | 2 | | 7 | 2 | | 154 | 21 | 386 | 31:47 | Gabi | Johnson | Lon H | V45 | F | 2795191 | | | | | | | |
| | | | | | | | | | | | | | | 113 | 18 | 3 | B | | | | 155 | 309 | 31:58 | Maria | Medvedieva | Lon C | SL | F | 3553728 | |
| | | | | | | | | | | | | | | 112 | 17 | 3 | C | | | | 156 | 3 | 32:05 | Danielle | Savvas | Barn | SL | F | 3536459 | |
| | | | | | | | | | | | | | | 111 | 9 | 2 | A | | | | 157 | 11 | 174 | 32:17 | Amy | Clayton | Herts P | U20 | F | 2953654 |
| | | | | | | | | | | | | | | 110 | 16 | 3 | | 9 | 3 | C | 158 | 22 | 15 | 32:24 | Clare | Boutle | Barn | V45 | F | 3005256 |
| | | | | | | | | | | | | | | 109 | 15 | 3 | B | 6 | 2 | A | 159 | 8 | 707 | 32:32 | Barbara | Maddison | TVH | V55 | F | 3419961 |
| | | | | | | | | | | | | | | 108 | 8 | 2 | | | | | 160 | 385 | 32:36 | Claire | Sliwerski | Lon H | SL | F | 2983682 | |
| | | | | | | | | | | | | | | 107 | 14 | 3 | C | 9 | 3 | B | 161 | 8 | 268 | 32:36 | Lucy | Duncan | Hill | V40 | F | 2831460 |
| | | | | | | | | | | | | | | 106 | 13 | 3 | C | | | | 162 | 259 | 32:51 | Katherine | Wells | Hill | SL | F | 2831499 | |
| | | | | | | | | | | | | | | 105 | 7 | 2 | | 5 | 2 | B | 163 | 9 | 539 | 32:52 | Stephanie | Vaatz | Serp | V40 | F | 2870606 |
| | | | | | | | | | | | | | | 104 | 12 | 3 | C | 8 | 3 | B | 164 | 16 | 266 | 32:58 | Heather | Davidson | Hill | V35 | F | 3576649 |
| | | | | | | | | | | | | | | 103 | 11 | 3 | A | 7 | 3 | A | 165 | 11 | 673 | 33:06 | Christine | Hawker | Trent P | V50 | F | 3290775 |
| | | | | | | | | | | | | | | 102 | 10 | 3 | B | | | | 166 | 12 | 713 | 33:10 | Shanta | Lorenz | TVH | U20 | F | 2765830 |
| | | | | | | | | | | | | | | 101 | 6 | 2 | | 4 | 2 | C | 167 | 23 | 540 | 33:16 | Nicola | Kerr | Serp | V45 | F | 3260446 |
| | | | | | | | | | | | | | | 100 | 9 | 3 | A | 6 | 3 | A | 168 | 17 | 164 | 33:17 | Hannah | Cox | Harlow | V35 | F | 3481895 |
| | | | | | | | | | | | | | | 99 | 8 | 3 | | 6 | 3 | C | 169 | 9 | 18 | 33:36 | Linda | Dworowski | Barn | V55 | F | 2774713 |
| | | | | | | | | | | | | | | 98 | 7 | 3 | A | | | | 170 | 163 | 33:43 | Louise | Kedge | Harlow | SL | F | 3455581 | |

| | | | | | | | | | | | | | | | | |
|----|---|---|---|---|---|-----|-----|-----|-------|-------|-----------|----------|---------|-----|---------|---------|
| 97 | 5 | 2 | | 3 | 2 | 171 | 18 | 370 | 33:57 | Laura | Boothman | Lon H | V35 | F | 3016761 | |
| 96 | 6 | 3 | | 5 | 3 | C | 172 | 10 | 9 | 34:38 | Margaret | Butler | Barn | V55 | F | 2951720 |
| 95 | 4 | 2 | | | | | 173 | | 531 | 34:39 | Caroline | Torry | Serp | SL | F | 3093333 |
| 94 | 5 | 3 | C | | | | 174 | | 258 | 34:53 | Christina | Benjamin | Hill | SL | F | 3576617 |
| 93 | 3 | 2 | A | 5 | 3 | A | 175 | 24 | 79 | 35:06 | Lisa | Snell | Eal E | V45 | F | 3271000 |
| 92 | 2 | 2 | | 2 | 2 | C | 176 | 10 | 538 | 35:42 | Charlotte | Frith | Serp | V40 | F | 2804441 |
| 91 | 4 | 3 | | 4 | 3 | C | 177 | 19 | 252 | 35:46 | Lyndsey | Browne | Hill | V35 | F | 2708188 |
| 90 | 1 | 2 | A | 3 | 3 | B | 178 | 25 | 436 | 35:54 | Emily | Dydymka | Morn | V45 | F | 3511107 |
| 89 | 3 | 3 | A | 2 | 3 | A | 179 | 12 | 671 | 36:16 | Christine | Read | Trent P | V50 | F | 2901690 |
| 88 | 2 | 3 | B | 1 | 2 | A | 180 | 26 | 701 | 37:03 | Christine | Munden | TVH | V45 | F | 3274442 |
| 87 | 1 | 1 | A | 1 | 1 | A | 181 | 20 | 749 | 37:55 | Anna | Tebelius | VPH&TH | V35 | F | 2872598 |
| 86 | 1 | 3 | | 1 | 3 | C | 182 | 1 | 267 | 38:34 | Angela | Duncan | Hill | V75 | F | 2953720 |

Vet Vet Men's Race Results

Men's Division One Team Result

| | Pts |
|---------------------------------|-------|
| 1 Highgate Harriers | 1,167 |
| 2 Woodford Green & Essex Ladies | 1,017 |
| 3 Serpentine RC | 1,006 |
| 4 London Heathside | 791 |
| 5 Shaftesbury Barnet Harriers | 761 |
| 6 Victoria Park & Tower Hamlets | 655 |
| 7 Barnet & District | 526 |
| 8 Hillingdon | 492 |
| 9 Serpentine RC 'B' | 452 |
| 10 London Heathside 'B' | 273 |

Men's Division One Positions

| Pos | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT |
|---------------------------------|-------|-------|------|--------|---------|-------|-----|
| 1 Highgate Harriers | 1,174 | 1,167 | | | | 2,341 | 22 |
| 2 Woodford Green & Essex Ladies | 1,058 | 1,017 | | | | 2,075 | 21 |
| 3 Serpentine RC | 973 | 1,006 | | | | 1,979 | 20 |
| 4 London Heathside | 767 | 791 | | | | 1,558 | 19 |
| 5 Shaftesbury Barnet Harriers | 785 | 761 | | | | 1,546 | 18 |
| 6 Victoria Park & Tower Hamlets | 659 | 655 | | | | 1,314 | 17 |
| 7 Barnet & District | 610 | 526 | | | | 1,136 | 16 |
| 8 Hillingdon | 629 | 492 | | | | 1,121 | 15 |
| 9 Serpentine RC 'B' | 330 | 452 | | | | 782 | |
| 10 London Heathside 'B' | 276 | 273 | | | | 549 | |

Men's Division Two Team Result

| | Pts |
|-------------------------------------|-------|
| 1 Ealing, Southall & Middlesex | 1,090 |
| 2 Thames Valley Harriers | 1,040 |
| 3 Highgate Harriers 'B' | 1,031 |
| 4 Trent Park RC | 874 |
| 5 Newham & Essex Beagles | 863 |
| 6 London Front Runners | 727 |
| 7 London Heathside 'C' | 698 |
| 8 Serpentine RC 'C' | 578 |
| 9 Woodford Green & Essex Ladies 'B' | 291 |
| 10 Hillingdon 'B' | 117 |

Men's Division Two Positions

| Pos | Clay | Stev | Worm | TrentP | Ally P. | Total | HWT |
|-------------------------------------|-------|-------|------|--------|---------|-------|-----|
| 1 Ealing, Southall & Middlesex | 1,235 | 1,090 | | | | 2,325 | 14 |
| 2 Highgate Harriers 'B' | 1,210 | 1,031 | | | | 2,241 | |
| 3 Thames Valley Harriers | 1,011 | 1,040 | | | | 2,051 | 13 |
| 4 Trent Park RC | 1,141 | 874 | | | | 2,015 | 12 |
| 5 London Front Runners | 978 | 727 | | | | 1,705 | 11 |
| 6 Newham & Essex Beagles | 810 | 863 | | | | 1,673 | 10 |
| 7 London Heathside 'C' | 874 | 698 | | | | 1,572 | |
| 8 Woodford Green & Essex Ladies 'B' | 1,050 | 291 | | | | 1,341 | |

| Lge | Pts | Div | Tm | Pts | Div | Tm | Pos | Cat. | No. | Time | Name | Surname | Club | Cat | M/F | URN |
|-----|-----|-----|----|-----|-----|----|-----|------|------|-------|------------|--------------|-----------|-----|-----|---------|
| 500 | 119 | 1 | A | | | | 1 | | 826 | 25:42 | Richard | Goodman | SBH | SM | M | 2744120 |
| 499 | 118 | 1 | A | | | | 2 | | 552 | 25:53 | Adam | Kirk-Smith | Lon H | SM | M | 3285531 |
| 498 | 117 | 1 | A | | | | 3 | | 832 | 25:54 | Phillip | Crout | SBH | SM | M | 2946466 |
| | | | | | | | 4 | | 1361 | 25:56 | Bijan | Mazaheri | Camb U | SM | M | 3631733 |
| 497 | 116 | 1 | A | | | | 5 | | 836 | 26:00 | Jake | Shelley | SBH | SM | M | 2744198 |
| | | | | | | | 6 | 1 | 1171 | 26:01 | Emile | Cairess | LeedsCity | U20 | M | Guest |
| 496 | 151 | 3 | A | | | | 7 | 2 | 174 | 26:01 | Petros | Asgodom | E&H | U20 | M | 3110036 |
| 495 | 115 | 1 | A | | | | 8 | | 1094 | 26:14 | Paul | Martelletti* | VPH&TH | SM | M | 2872671 |
| 494 | 128 | 2 | A | | | | 9 | | 1118 | 26:17 | Kevin | Seaward* | TVH | SM | M | |
| 493 | 150 | 3 | A | | | | 10 | | 219 | 26:20 | John | Eves* | Herts P | SM | M | 3177735 |
| 492 | 114 | 1 | A | | | | 11 | | 574 | 26:21 | Tom | Aldred | Lon H | SM | M | 3093006 |
| 491 | 113 | 1 | A | | | | 12 | | 259 | 26:28 | Robel | Balhebi | High | SM | M | 3080809 |
| 490 | 112 | 1 | A | | | | 13 | | 743 | 26:29 | Glenn | Hughes | Serp | SM | M | 3305663 |
| 489 | 111 | 1 | A | | | | 14 | | 349 | 26:31 | Abdishakuv | Abdulle | Hill | SM | M | 3536762 |
| 488 | 149 | 3 | A | | | | 15 | | 175 | 26:41 | Alex | Milne | E&H | SM | M | 2967884 |
| | | | | | | | 16 | 3 | 1319 | 26:50 | George | Gathercole | Camb U | U20 | M | 2824840 |
| 487 | 110 | 1 | A | | | | 17 | | 256 | 26:51 | Chris | Rainsford | High | SM | M | 2718079 |
| 486 | 109 | 1 | A | | | | 18 | | 1252 | 26:53 | Joe | Townsend* | WG&EL | SM | M | |
| 485 | 108 | 1 | A | | | | 19 | | 838 | 26:55 | Will | Ryle-Hodges | SBH | SM | M | |
| | | | | | | | 20 | | 1315 | 27:02 | David | Wilson | Camb U | SM | M | Guest |
| | | | | | | | 21 | | 1329 | 27:06 | MacGregor | Cox | Camb U | SM | M | 3240442 |
| 484 | 107 | 1 | A | | | | 22 | | 297 | 27:07 | Danny | Russell | High | SM | M | 2996409 |
| 483 | 127 | 2 | A | | | | 23 | | 702 | 27:08 | Dale | Clutterbuck | NEB | SM | M | |
| | | | | | | | 24 | | 1331 | 27:12 | Patrick | Roddy | Camb U | SM | M | 3092156 |
| 482 | 106 | 1 | A | | | | 25 | | 1257 | 27:15 | James | Stockings | WG&EL | SM | M | 2749413 |
| 481 | 126 | 2 | A | | | | 26 | | 125 | 27:18 | Ben | Waterman | ESM | SM | M | 2870251 |
| 480 | 105 | 1 | A | | | | 27 | | 272 | 27:19 | Charlie | Hayward | High | SM | M | 3627197 |
| 479 | 125 | 2 | A | | | | 28 | | 126 | 27:21 | George | Corcoran* | ESM | SM | M | 3086864 |
| 478 | 104 | 1 | A | | | | 29 | | 1245 | 27:22 | Tom | Beedell | WG&EL | SM | M | 3140674 |
| 477 | 103 | 1 | A | | | | 30 | | 744 | 27:23 | Dave | Morgan | Serp | SM | M | |
| 476 | 102 | 1 | A | | | | 31 | | 362 | 27:24 | James | Laing | Hill | SM | M | 2756594 |
| 475 | 101 | 1 | A | 60 | 1 | A | 32 | 1 | 267 | 27:25 | Ben | Noad | High | V40 | M | 2756419 |
| 474 | 100 | 1 | A | | | | 33 | | 1238 | 27:27 | Joshua | Entwistle* | WG&EL | SM | M | 2682297 |
| 473 | 99 | 1 | A | | | | 34 | 4 | 14 | 27:32 | Thomas | Butler | Barn | U20 | M | 2951722 |
| 472 | 148 | 3 | A | | | | 35 | | 232 | 27:33 | Matthew | Janes* | Herts P | SM | M | 2775266 |
| 471 | 98 | 1 | A | | | | 36 | 5 | 278 | 27:35 | Terry | Fawden | High | U20 | M | 2699769 |
| 470 | 97 | 1 | A | | | | 37 | | 1246 | 27:39 | Daniel | Steel | WG&EL | SM | M | 3438574 |
| 469 | 96 | 1 | A | | | | 38 | | 12 | 27:41 | Alex | Lepretre | Barn | SM | M | 3429599 |
| 468 | 95 | 1 | A | | | | 39 | | 1255 | 27:47 | Tomaz | Plibersek | WG&EL | SM | M | 306136 |
| | | | | | | | 40 | | 1314 | 27:48 | David | Buglass | Camb U | SM | M | 3112467 |
| | | | | | | | 41 | 6 | 1327 | 27:49 | Josh | Cara | Camb U | U20 | M | Guest |
| 467 | 94 | 1 | A | | | | 42 | | 283 | 27:51 | Jonny | Laybourn | High | SM | M | 2959736 |
| 466 | 124 | 2 | A | | | | 43 | | 699 | 27:56 | Luke | Conway | NEB | SM | M | 2791642 |
| 465 | 93 | 1 | A | | | | 44 | | 268 | 27:57 | Robert | Wilson | High | SM | M | 2754946 |
| 464 | 92 | 1 | A | 59 | 1 | A | 45 | 2 | 747 | 28:01 | Will | Green | Serp | V40 | M | 2971226 |

| | | | | | | | | | | | | | | | | |
|-----|-----|---|---|----|---|---|-----|-----|------|-------|----------|-------------|---------|-----|---|---------|
| 308 | 130 | 3 | A | | | | | 226 | 907 | 32:34 | Thomas | Cassidy | SMR | SM | M | 3239396 |
| 307 | 129 | 3 | A | | | | | 227 | 432 | 32:39 | Joe | Jenkinson | Lon C | SM | M | 3625968 |
| 306 | 128 | 3 | C | | | | | 228 | 280 | 32:42 | Rob | Walker | High | SM | M | 2913455 |
| 305 | 68 | 2 | C | 53 | 2 | C | 229 | 13 | 575 | 32:44 | Lee | Connor | Lon H | V45 | M | 3422401 |
| 304 | 67 | 2 | C | 52 | 2 | C | 230 | 27 | 547 | 32:46 | Jonathan | Litchfield | Lon H | V40 | M | 3400822 |
| 303 | 127 | 3 | B | 21 | 1 | A | 231 | 14 | 127 | 32:47 | Mark | Kencroft | ESM | V45 | M | 3458173 |
| 302 | 66 | 2 | C | | | | 232 | | 752 | 32:47 | Johnny | Wells | Serp | SM | M | 3466212 |
| 301 | 65 | 2 | C | 51 | 2 | C | 233 | 12 | 539 | 32:51 | John | Flahive | Lon H | V50 | M | 2677286 |
| 300 | 64 | 2 | A | 20 | 1 | A | 234 | 28 | 1130 | 32:53 | Shane | Cullinan | Lon FR | V40 | M | 2822535 |
| 299 | 126 | 3 | B | 19 | 1 | A | 235 | 29 | 124 | 32:53 | Angelo | John | ESM | V40 | M | 3112636 |
| 298 | 125 | 3 | A | | | | 236 | | 1373 | 32:55 | Brian | Odowd | Eal E | SM | M | 3624331 |
| 297 | 8 | 1 | A | 18 | 1 | A | 237 | 15 | 20 | 32:57 | David | Crout | Barn | V45 | M | 2950791 |
| 296 | 63 | 2 | A | 17 | 1 | A | 238 | 16 | 479 | 33:00 | George | O'Neill | Lon FR | V45 | M | 3359464 |
| 295 | 7 | 1 | A | 16 | 1 | A | 239 | 13 | 1069 | 33:04 | Gary | Bagnall | VPH&TH | V50 | M | 2773145 |
| 294 | 124 | 3 | C | 15 | 1 | A | 240 | 30 | 1098 | 33:05 | Ian | Weir | VPH&TH | V40 | M | 3019535 |
| | | | | | | | 241 | | 1330 | 33:06 | Nikhil | Goyal | Camb U | SM | M | Guest |
| | | | | | | | 242 | 26 | 1338 | 33:08 | Tom | Compton | Camb U | U20 | M | 3631980 |
| 293 | 123 | 3 | C | | | | 243 | | 296 | 33:08 | Damien | Bidaud | High | SM | M | 3629247 |
| | | | | | | | 244 | | 1340 | 33:09 | William | Lyon Tupman | Camb U | SM | M | Guest |
| 292 | 62 | 2 | C | | | | 245 | | 581 | 33:10 | Matt | Fassnidge | Lon H | SM | M | 2802819 |
| 291 | 61 | 2 | C | | | | 246 | | 524 | 33:12 | Jake | Spencer | Lon H | SM | M | 3265412 |
| 290 | 60 | 2 | C | | | | 247 | | 762 | 33:12 | James | Turner | Serp | SM | M | 2836014 |
| 289 | 122 | 3 | B | | | | 248 | | 36 | 33:14 | Mike | Walker | Barn | SM | M | 2774937 |
| 288 | 59 | 2 | C | | | | 249 | | 767 | 33:16 | Philip | Whitehouse | Serp | SM | M | 2697636 |
| 287 | 121 | 3 | B | 14 | 1 | A | 250 | 31 | 148 | 33:17 | Mark | Delahunty | ESM | V40 | M | 2754810 |
| 286 | 58 | 2 | | | | | 251 | | 599 | 33:19 | Doug | Rendle | Lon H | SM | M | 3396806 |
| 285 | 57 | 2 | | 50 | 2 | C | 252 | 17 | 569 | 33:20 | Paul | Beale | Lon H | V45 | M | 3523625 |
| 284 | 56 | 2 | C | | | | 253 | | 740 | 33:21 | Michael | Kennedy | Serp | SM | M | 3625565 |
| 283 | 6 | 1 | A | 49 | 2 | A | 254 | 18 | 840 | 33:25 | Gareth | Edwards | SBH | V45 | M | 2730571 |
| 282 | 120 | 3 | A | 48 | 2 | A | 255 | 14 | 662 | 33:27 | Nigel | Rowe | Met P | V50 | M | 2774407 |
| 281 | 119 | 3 | B | | | | 256 | | 147 | 33:28 | Tom | Yates | ESM | SM | M | 2953035 |
| 280 | 55 | 2 | A | | | | 257 | | 706 | 33:31 | Francois | Turpault | NEB | SM | M | 3560618 |
| 279 | 54 | 2 | A | | | | 258 | | 488 | 33:32 | Andrew | Wood | Lon FR | SM | M | 3266243 |
| 278 | 5 | 1 | A | | | | 259 | | 381 | 33:33 | Karl | Yates | Hill | SM | M | 2756731 |
| 277 | 53 | 2 | A | | | | 260 | | 952 | 33:33 | Luke | Bowie | Trent P | SM | M | 3108574 |
| 276 | 52 | 2 | | 47 | 2 | | 261 | 2 | 577 | 33:39 | Gavin | Evans | Lon H | V55 | M | 2735655 |
| 275 | 51 | 2 | C | | | | 262 | | 785 | 33:39 | William | Lake | Serp | SM | M | 3432093 |
| 274 | 118 | 3 | B | | | | 263 | | 13 | 33:41 | Nick | Barber | Barn | SM | M | 3462054 |
| 273 | 50 | 2 | | 46 | 2 | | 264 | 32 | 590 | 33:42 | Jacob | Howe | Lon H | V40 | M | 2735698 |
| 272 | 4 | 1 | A | | | | 265 | | 378 | 33:48 | Andy | Wood | Hill | SM | M | 3198689 |
| | | | | | | | 266 | | 1173 | 33:51 | Steven | Jacobs | Unatt | SM | M | |
| 271 | 49 | 2 | A | | | | 267 | 27 | 705 | 33:52 | Yonis | Mohamed | NEB | U20 | M | |
| 270 | 117 | 3 | C | | | | 268 | | 262 | 33:52 | Andrew | Aitken | High | SM | M | 2756302 |
| 269 | 48 | 2 | | 45 | 2 | | 269 | 33 | 593 | 33:53 | Francois | Barou | Lon H | V40 | M | 3535373 |
| 268 | 116 | 3 | B | 13 | 1 | A | 270 | 15 | 21 | 33:53 | Paul | Carter | Barn | V50 | M | 2774681 |
| 267 | 115 | 3 | A | | | | 271 | | 107 | 33:58 | Ryan | Yoruk* | Eal E | SM | M | 3277096 |
| | | | | | | | 272 | | B&D | 33:59 | Unknown | Runner | Barn | ? | M | |
| 266 | 114 | 3 | C | 53 | 3 | B | 273 | 16 | 260 | 34:02 | Chris | Bailey | High | V50 | M | 2670406 |
| 265 | 113 | 3 | B | | | | 274 | 28 | 822 | 34:03 | Joseph | Peppiatt | SBH | U20 | M | 3224721 |
| 264 | 112 | 3 | A | | | | 275 | | 110 | 34:04 | Kieran | Santry | Eal E | SM | M | 3094624 |
| 263 | 111 | 3 | C | | | | 276 | | 1064 | 34:04 | Malachy | Wolohan | VPH&TH | SM | M | 3071950 |
| 262 | 47 | 2 | C | | | | 277 | | 777 | 34:06 | Conrad | Addo | Serp | SM | M | 2824735 |
| 261 | 110 | 3 | C | 44 | 2 | A | 278 | 17 | 936 | 34:13 | Michael | O'Sullivan | Trent P | V50 | M | 3021343 |
| 260 | 46 | 2 | | | | | 279 | | 572 | 34:14 | Michael | Cockings | Lon H | SM | M | 3404376 |
| 259 | 109 | 3 | C | 12 | 1 | A | 280 | 34 | 1095 | 34:14 | Nicholas | Chidley | VPH&TH | V40 | M | 3538273 |
| 258 | 45 | 2 | | | | | 281 | | 607 | 34:15 | Henry | Hamilton | Lon H | SM | M | 2963899 |
| 257 | 44 | 2 | | | | | 282 | | 605 | 34:15 | Joe | Newman | Lon H | SM | M | |
| 256 | 108 | 3 | | 52 | 3 | B | 283 | 18 | 298 | 34:16 | Chris | Wilson | High | V50 | M | 3536464 |
| 255 | 107 | 3 | C | 51 | 3 | B | 284 | 35 | 1084 | 34:16 | Tony | Lashmar | VPH&TH | V40 | M | 2773228 |
| 254 | 106 | 3 | B | 43 | 2 | B | 285 | 19 | 28 | 34:17 | Michael | Martin | Barn | V50 | M | 2831223 |

| | | | | | | | | | | | | | | | | |
|-----|-----|---|---|----|---|---|-----|----|------|-------|----------|--------------|---------|-----|---|---------|
| 253 | 105 | 3 | A | 50 | 3 | A | 286 | 3 | 687 | 34:18 | Alon | Caspi | Morn | V55 | M | 3573672 |
| 252 | 43 | 2 | | | | | 287 | | 598 | 34:18 | Laurence | Arnold | Lon H | SM | M | 3238967 |
| 251 | 42 | 2 | A | | | | 288 | | 700 | 34:18 | David | Kail | NEB | SM | M | 2702163 |
| 250 | 41 | 2 | C | 42 | 2 | B | 289 | 36 | 728 | 34:19 | Darren | Over | Serp | V40 | M | 2787241 |
| 249 | 104 | 3 | A | 41 | 2 | A | 290 | 20 | 234 | 34:19 | Andy | Holt* | Herts P | V50 | M | 2458421 |
| 248 | 40 | 2 | A | | | | 291 | | 1119 | 34:24 | Louis | William | TVH | SM | M | |
| 247 | 39 | 2 | | | | | 292 | | 601 | 34:25 | Sam | Thompson | Lon H | SM | M | 3112035 |
| 246 | 3 | 1 | A | 11 | 1 | A | 293 | 21 | 385 | 34:26 | Steve | Hirons | Hill | V50 | M | 2756570 |
| 245 | 38 | 2 | C | 40 | 2 | B | 294 | 37 | 753 | 34:27 | Alex | Elferink | Serp | V40 | M | 2786867 |
| 244 | 103 | 3 | B | | | | 295 | | 1027 | 34:27 | James | Malcolm | TVH | SM | M | 3545847 |
| 243 | 102 | 3 | A | | | | 296 | | 680 | 34:31 | Matthew | Thomas | Morn | SM | M | |
| 242 | 37 | 2 | | 39 | 2 | | 297 | 4 | 533 | 34:32 | Pete | Crockford | Lon H | V55 | M | 2735631 |
| 241 | 36 | 2 | | 38 | 2 | | 298 | 22 | 523 | 34:35 | Tony | Killilea | Lon H | V50 | M | 2735708 |
| 240 | 101 | 3 | | 49 | 3 | C | 299 | 38 | 258 | 34:41 | Emmanuel | Lumineau | High | V40 | M | 3431503 |
| 239 | 100 | 3 | B | | | | 300 | | 1007 | 34:44 | Manuel | da Silva | TVH | SM | M | 2765761 |
| 238 | 99 | 3 | B | | | | 301 | | 1013 | 34:44 | Scott | Brewer | TVH | SM | M | 3419965 |
| 237 | 98 | 3 | B | 37 | 2 | B | 302 | 5 | 4 | 34:46 | Peter | Ellis | Barn | V55 | M | 2774716 |
| 236 | 35 | 2 | | 36 | 2 | | 303 | 23 | 542 | 34:47 | Norman | Mitchell | Lon H | V50 | M | 2735731 |
| 235 | 34 | 2 | A | 10 | 1 | A | 304 | 19 | 472 | 34:53 | Julian | Williams | Lon FR | V45 | M | 2822687 |
| 234 | 97 | 3 | A | 48 | 3 | A | 305 | 39 | 1374 | 35:00 | Harry | Claxton | Eal E | V40 | M | 3490990 |
| 233 | 96 | 3 | | 47 | 3 | C | 306 | 24 | 289 | 35:06 | Martin | Bright | High | V50 | M | 3217515 |
| 232 | 95 | 3 | A | 46 | 3 | A | 307 | 6 | 1379 | 35:09 | Robert | Willin | Eal E | V55 | M | 3107813 |
| | | | | | | | 308 | | 1167 | 35:10 | James | Screen | Unatt | SM | M | Guest |
| 231 | 94 | 3 | A | 45 | 3 | A | 309 | 2 | 679 | 35:10 | John | Lynch | Morn | V60 | M | 2951266 |
| 230 | 93 | 3 | C | 35 | 2 | A | 310 | 25 | 938 | 35:11 | David | Birks | Trent P | V50 | M | 2682261 |
| 229 | 33 | 2 | A | | | | 311 | | 704 | 35:13 | Liban | Samater | NEB | SM | M | |
| 228 | 92 | 3 | B | | | | 312 | 29 | 1010 | 35:14 | Joe | Cooper | TVH | U20 | M | 2909999 |
| 227 | 91 | 3 | A | | | | 313 | | 668 | 35:16 | Nick | Pamboris | Met P | SM | M | 2774395 |
| 226 | 32 | 2 | | 34 | 2 | | 314 | 26 | 554 | 35:25 | Roger | Wagland | Lon H | V50 | M | 2983669 |
| 225 | 90 | 3 | B | | | | 315 | 30 | 839 | 35:27 | Mark | Cunningham | SBH | U20 | M | 2997572 |
| 224 | 89 | 3 | B | 9 | 1 | A | 316 | 20 | 141 | 35:32 | James | Steel | ESM | V45 | M | 3022011 |
| 223 | 31 | 2 | | 33 | 2 | | 317 | 21 | 606 | 35:35 | Andrew | Johnston* | Lon H | V45 | M | 2780772 |
| 222 | 88 | 3 | B | | | | 318 | | 490 | 35:38 | Badar | Alraisi | Lon FR | SM | M | 3585138 |
| 221 | 87 | 3 | B | 32 | 2 | B | 319 | 1 | 32 | 35:39 | Desmond | Michael | Barn | V65 | M | |
| 220 | 86 | 3 | A | 44 | 3 | A | 320 | 40 | 100 | 35:40 | Thomas | Martini | Eal E | V40 | M | 3251930 |
| 219 | 85 | 3 | B | 31 | 2 | B | 321 | 22 | 33 | 35:41 | Richard | May | Barn | V45 | M | 3362820 |
| 218 | 84 | 3 | B | | | | 322 | | 499 | 35:41 | Francis | O'Callaghan | Lon FR | SM | M | 3299022 |
| 217 | 30 | 2 | | 30 | 2 | | 323 | 23 | 584 | 35:42 | Ian | Shurmer | Lon H | V45 | M | 3557205 |
| 216 | 83 | 3 | A | | | | 324 | | 441 | 35:42 | James | Lobo | Lon C | SM | M | 2771876 |
| 215 | 29 | 2 | | | | | 325 | | 749 | 35:43 | Frank | Womelsdorf | Serp | SM | M | 3381401 |
| 214 | 82 | 3 | B | 29 | 2 | B | 326 | 27 | 19 | 35:46 | Chris | Violet | Barn | V50 | M | 2952411 |
| 213 | 81 | 3 | C | 43 | 3 | B | 327 | 24 | 1070 | 35:47 | Tim | Miller | VPH&TH | V45 | M | 3370411 |
| 212 | 28 | 2 | | 28 | 2 | | 328 | 25 | 578 | 35:49 | David | Hallam | Lon H | V45 | M | 3422408 |
| 211 | 80 | 3 | A | 42 | 3 | A | 329 | 26 | 908 | 35:49 | Darren | Franks | SMR | V45 | M | 3038435 |
| 210 | 27 | 2 | | | | | 330 | | 594 | 35:50 | Luka | Melon | Lon H | SM | M | |
| 209 | 79 | 3 | B | 27 | 2 | A | 331 | 28 | 828 | 35:50 | David | Greenstein | SBH | V50 | M | 3544788 |
| 208 | 2 | 1 | A | 8 | 1 | A | 332 | 7 | 356 | 35:51 | David | Newman | Hill | V55 | M | 2756645 |
| | | | | | | | 333 | | 1170 | 35:51 | William | Dowsett | GoodGym | SM | M | 3048115 |
| 207 | 78 | 3 | B | 7 | 1 | A | 334 | 8 | 146 | 35:54 | Dave | Foley | ESM | V55 | M | 3276447 |
| 206 | 77 | 3 | B | 26 | 2 | A | 335 | 29 | 1021 | 35:56 | Richard | Bell | TVH | V50 | M | 2765708 |
| 205 | 76 | 3 | A | 25 | 2 | A | 336 | 30 | 221 | 35:58 | Sean | Bowen* | Herts P | V50 | M | 2955827 |
| | | | | | | | 337 | | 1392 | 36:02 | Patrick | Sinclair | GoodGym | SM | M | 3598349 |
| 204 | 75 | 3 | A | | | | 338 | 9 | 173 | 36:03 | Stewart | Pepper | E&H | V55 | M | 2941117 |
| 203 | 74 | 3 | A | | | | 339 | | 663 | 36:04 | Liam | Phair | Met P | SM | M | 2918381 |
| 202 | 1 | 1 | A | 6 | 1 | A | 340 | 41 | 372 | 36:08 | Jason | Steel | Hill | V40 | M | 2756689 |
| 201 | 73 | 3 | B | | | | 341 | | 696 | 36:12 | Marius | Basarab | NEB | SM | M | 3630282 |
| 200 | 72 | 3 | B | 24 | 2 | A | 342 | 10 | 226 | 36:14 | Bernie | Barnaby | Herts P | V55 | M | 3262682 |
| 199 | 71 | 3 | C | | | | 343 | | 956 | 36:16 | Maclaينه | Argent-Bowie | Trent P | SM | M | 3002618 |
| 198 | 70 | 3 | C | 23 | 2 | A | 344 | 31 | 940 | 36:21 | Ed | Simmons | Trent P | V50 | M | 3536276 |
| 197 | 26 | 2 | | 22 | 2 | B | 345 | 42 | 782 | 36:22 | Tom | Poynton | Serp | V40 | M | 2867753 |

| | | | | | | | | | | | | | | | | |
|-----|----|---|---|----|---|-----|-----|-----|-------|--------|------------|----------------|---------|-----|---------|---------|
| 196 | 69 | 3 | A | | | 346 | | 433 | 36:29 | Andrew | Firth | Lon C | SM | M | 3612350 | |
| 195 | 68 | 3 | B | 21 | 2 | A | 347 | 11 | 222 | 36:30 | Simon | Doyle | Herts P | V55 | M | 2694969 |
| 194 | 25 | 2 | | | | | 348 | | 588 | 36:32 | Shaun | Haque | Lon H | SM | M | |
| 193 | 67 | 3 | A | 41 | 3 | A | 349 | 43 | 66 | 36:35 | David | Ridley | Cookham | V40 | M | 3623419 |
| 192 | 66 | 3 | B | 40 | 3 | B | 350 | 27 | 509 | 36:37 | Christos | Bitzis-Politis | Lon FR | V45 | M | 3273717 |
| 191 | 65 | 3 | B | | | | 351 | | 517 | 36:40 | Steve | Hignell | Lon FR | SM | M | |
| 190 | 64 | 3 | C | 20 | 2 | C | 352 | 3 | 35 | 36:44 | Mel | Davies | Barn | V60 | M | 2774708 |
| | | | | | | | 353 | | 1169 | 36:46 | Tom | Benson | GoodGym | SM | M | 3560458 |
| 189 | 24 | 2 | | | | | 354 | | 573 | 36:46 | John | McKnight | Lon H | SM | M | 3519884 |
| 188 | 63 | 3 | A | | | | 355 | | 444 | 36:49 | Alan | Venning | Lon C | SM | M | 3449424 |
| 187 | 23 | 2 | B | | | | 356 | | 384 | 36:54 | Abdulqadir | Sharifal Ali | Hill | SM | M | 3536727 |
| 186 | 22 | 2 | B | 5 | 1 | A | 357 | 12 | 1235 | 36:54 | Paul | Stockings | WG&EL | V55 | M | 2749415 |
| 185 | 62 | 3 | B | 39 | 3 | B | 358 | 4 | 228 | 36:56 | Peter | Fitzpatrick | Herts P | V60 | M | 2694975 |
| 184 | 21 | 2 | | 38 | 3 | C | 359 | 28 | 788 | 37:01 | Ian | Johnson | Serp | V45 | M | 2873848 |
| 183 | 61 | 3 | C | | | | 360 | | 7 | 37:01 | James | Sarner | Barn | SM | M | 3628133 |
| 182 | 60 | 3 | B | 19 | 2 | A | 361 | 44 | 1016 | 37:06 | Greg | Bennett | TVH | V40 | M | 3146342 |
| 181 | 59 | 3 | B | 37 | 3 | B | 362 | 29 | 483 | 37:11 | Martin | Oldham | Lon FR | V45 | M | 3000608 |
| 180 | 58 | 3 | B | 36 | 3 | B | 363 | 32 | 478 | 37:11 | Glynn | McDonald | Lon FR | V50 | M | 2822612 |
| 179 | 57 | 3 | C | 35 | 3 | B | 364 | 33 | 958 | 37:12 | Paul | Bracken | Trent P | V50 | M | 3375275 |
| 178 | 56 | 3 | B | | | | 365 | | 497 | 37:16 | James | Balcazar | Lon FR | SM | M | 3419044 |
| 177 | 55 | 3 | B | | | | 366 | | 520 | 37:16 | Eduardo | Schmidt | Lon FR | SM | M | 3431659 |
| 176 | 54 | 3 | A | 34 | 3 | A | 367 | 13 | 686 | 37:18 | Mansour | Radjabi | Morn | V55 | M | |
| 175 | 20 | 2 | B | | | | 368 | | 386 | 37:21 | Philip | Octave | Hill | SM | M | 3247706 |
| 174 | 53 | 3 | C | 33 | 3 | B | 369 | 30 | 953 | 37:23 | Martin | McGahon | Trent P | V45 | M | 3628840 |
| 173 | 52 | 3 | B | | | | 370 | | 143 | 37:25 | Akira | Anzai-Jackson | ESM | SM | M | 2868690 |
| 172 | 51 | 3 | B | 18 | 2 | A | 371 | 34 | 837 | 37:26 | Phillip | Cunningham | SBH | V50 | M | 2744106 |
| 171 | 19 | 2 | B | 4 | 1 | A | 372 | 45 | 365 | 37:27 | Jeremy | Collis | Hill | V40 | M | 3088605 |
| 170 | 50 | 3 | C | 17 | 2 | C | 373 | 35 | 34 | 37:35 | Joe | Gomes | Barn | V50 | M | 3034764 |
| 169 | 18 | 2 | | 32 | 3 | C | 374 | 31 | 769 | 37:36 | Alex | Malzer | Serp | V45 | M | 2869323 |
| 168 | 17 | 2 | B | 3 | 1 | A | 375 | 14 | 1249 | 37:38 | Richard | Holland | WG&EL | V55 | M | 2749260 |
| 167 | 49 | 3 | C | 2 | 1 | A | 376 | 2 | 133 | 37:40 | Steve | Plested | ESM | V65 | M | 2754909 |
| 167 | 16 | 2 | | 31 | 3 | C | 377 | 36 | 786 | 37:42 | Sammy | Li | Serp | V50 | M | 2980421 |
| 166 | 48 | 3 | A | 16 | 2 | A | 378 | 15 | 667 | 37:45 | Richard | Wilson | Met P | V55 | M | 3419123 |
| 165 | 47 | 3 | B | 15 | 2 | A | 379 | 16 | 1006 | 37:47 | Mervyn | Walker | TVH | V55 | M | 3264901 |
| 164 | 46 | 3 | B | 30 | 3 | A | 380 | 46 | 106 | 37:53 | Stephen | Brown | Eal E | V40 | M | 2720276 |
| 163 | 15 | 2 | | | | | 381 | | 750 | 37:59 | Vinh | Lam | Serp | SM | M | 3558720 |
| 162 | 14 | 2 | B | 1 | 1 | A | 382 | 5 | 374 | 38:03 | Andy | Torrance | Hill | V60 | M | 2983922 |
| 161 | 45 | 3 | A | | | | 383 | | 666 | 38:06 | Trevor | Normoyle | Met P | SM | M | 3107014 |
| 160 | 13 | 2 | B | 14 | 2 | B | 384 | 17 | 373 | 38:07 | Martin | Searle | Hill | V55 | M | 2756676 |
| 159 | 44 | 3 | C | 29 | 3 | B | 385 | 6 | 487 | 38:07 | Mark | Bowen | Lon FR | V60 | M | 3005483 |
| 158 | 43 | 3 | B | 28 | 3 | B | 386 | 47 | 1378 | 38:09 | James | De Vivenot | Eal E | V40 | M | 3120874 |
| 157 | 12 | 2 | | 13 | 2 | | 387 | 7 | 564 | 38:12 | Charles | Redfern | Lon H | V60 | M | 3341948 |
| 156 | 42 | 3 | C | | | | 388 | | 1085 | 38:15 | Patrick | Fenn | VPH&TH | SM | M | |
| 155 | 41 | 3 | B | 12 | 2 | A | 389 | 37 | 1012 | 38:17 | David | Ford | TVH | V50 | M | 3545854 |
| 154 | 11 | 2 | | 27 | 3 | C | 390 | 38 | 790 | 38:28 | Simon | Hardy | Serp | V50 | M | 3466136 |
| 153 | 10 | 2 | B | 26 | 3 | B | 391 | 18 | 1236 | 38:30 | Tom | Spanyol | WG&EL | V55 | M | 2749406 |
| 152 | 40 | 3 | C | 25 | 3 | B | 392 | 32 | 1024 | 38:35 | Bernard | Robbins | TVH | V45 | M | 2870885 |
| 151 | 39 | 3 | C | | | | 393 | | 519 | 38:41 | Nick | Venaglia | Lon FR | SM | M | 3581548 |
| 150 | 38 | 3 | C | | | | 394 | | 37 | 38:43 | Adam | Ferris | Barn | SM | M | |
| 149 | 37 | 3 | C | | | | 395 | | 518 | 38:45 | Bernie | Romuald | Lon FR | SM | M | |
| 148 | 9 | 2 | B | 11 | 2 | B | 396 | 19 | 380 | 38:48 | John | Dobbs | Hill | V55 | M | 3514943 |
| | | | | | | | 397 | 33 | 1165 | 38:53 | John | Heather | Unatt | V45 | M | Guest |
| 147 | 8 | 2 | B | 10 | 2 | B | 398 | 34 | 360 | 38:59 | Paul | Spencer | Hill | V45 | M | 3514980 |
| 146 | 36 | 3 | B | 24 | 3 | B | 399 | 35 | 1380 | 39:00 | Neil | Enskat | Eal E | V45 | M | 3140055 |
| 145 | 35 | 3 | B | | | | 400 | | 436 | 39:03 | Zardusht | Salih | Lon C | SM | M | 3399521 |
| 144 | 7 | 2 | | 9 | 2 | | 401 | 48 | 603 | 39:13 | Jesper | Lykke | Lon H | V40 | M | 3285537 |
| 143 | 34 | 3 | C | | | | 402 | | 484 | 39:17 | Paul | Gorczynski | Lon FR | SM | M | 3596590 |
| 142 | 33 | 3 | C | | | | 403 | | 516 | 39:17 | Barry | Starr | Lon FR | SM | M | |
| 141 | 32 | 3 | C | | | | 404 | | 508 | 39:25 | James | Relph | Lon FR | SM | M | 3602981 |
| 140 | 31 | 3 | A | 23 | 3 | A | 405 | 39 | 905 | 39:38 | Ashley | Grist | SMR | V50 | M | 3299408 |

| | | | | | | | | | | | | | | | | |
|-----|----|---|---|----|---|---|-----|----|------|-------|----------|-------------------|---------|-----|---|---------|
| 139 | 30 | 3 | B | 22 | 3 | B | 406 | 20 | 1376 | 39:43 | David | Bone | Eal E | V55 | M | 3458155 |
| 138 | 29 | 3 | A | 21 | 3 | A | 407 | 40 | 204 | 39:48 | Andy | Bradley | Harlow | V50 | M | 3538168 |
| 137 | 28 | 3 | C | 20 | 3 | C | 408 | 49 | 507 | 40:14 | Cristian | Duran | Lon FR | V40 | M | 3317271 |
| 136 | 27 | 3 | B | 19 | 3 | B | 409 | 1 | 233 | 40:19 | Stuart | Mann | Herts P | V70 | M | 2695031 |
| 135 | 26 | 3 | B | 18 | 3 | B | 410 | 21 | 1372 | 40:20 | Paul | Roberts | Eal E | V55 | M | 3107811 |
| 134 | 25 | 3 | A | 17 | 3 | A | 411 | 36 | 906 | 40:32 | Jon | Crews | SMR | V45 | M | 3526325 |
| 133 | 6 | 2 | B | 8 | 2 | B | 412 | 50 | 366 | 40:32 | John | Luscombe | Hill | V40 | M | 2756608 |
| 132 | 5 | 2 | B | 16 | 3 | B | 413 | 3 | 1231 | 40:37 | Trevor | Powell | WG&EL | V65 | M | 2749366 |
| 131 | 24 | 3 | C | | | | 414 | | 515 | 40:41 | Andrew | Hudson | Lon FR | SM | M | |
| 130 | 23 | 3 | C | 7 | 2 | C | 415 | 41 | 30 | 40:47 | David | Byrne | Barn | V50 | M | 2774676 |
| 129 | 4 | 2 | | 6 | 2 | | 416 | 37 | 555 | 40:56 | Ken | Townson | Lon H | V45 | M | 2735806 |
| 128 | 3 | 2 | B | 5 | 2 | B | 417 | 22 | 358 | 41:01 | Robert | Burton | Hill | V55 | M | 3002088 |
| 127 | 22 | 3 | B | 15 | 3 | B | 418 | 8 | 223 | 41:05 | Richard | Foskett | Herts P | V60 | M | 2694978 |
| 126 | 21 | 3 | B | 14 | 3 | B | 419 | 2 | 217 | 41:14 | Richard | Bloom | Herts P | V70 | M | 2694938 |
| 125 | 20 | 3 | | | | | 420 | | 482 | 41:25 | Alex | Rendall | Lon FR | SM | M | 3142848 |
| 124 | 19 | 3 | C | 13 | 3 | B | 421 | 9 | 149 | 41:50 | John | Falvey | ESM | V60 | M | 2754819 |
| 123 | 2 | 2 | B | 12 | 3 | C | 422 | 42 | 375 | 41:54 | Curtis | Allman | Hill | V50 | M | 3179963 |
| 122 | 18 | 3 | C | 11 | 3 | C | 423 | 43 | 371 | 41:56 | Dennis | Carey | Hill | V50 | M | 3462910 |
| 121 | 17 | 3 | C | 4 | 2 | C | 424 | 44 | 25 | 42:20 | David | Scott | Barn | V50 | M | 3347141 |
| 120 | 16 | 3 | C | 10 | 3 | B | 425 | 4 | 943 | 42:22 | Chas | Taylor | Trent P | V65 | M | 2964830 |
| 119 | 15 | 3 | C | 9 | 3 | C | 426 | 10 | 354 | 42:29 | Graham | Wood | Hill | V60 | M | 3514988 |
| 118 | 14 | 3 | C | 8 | 3 | B | 427 | 38 | 1075 | 42:38 | David | Shortridge | VPH&TH | V45 | M | 2773288 |
| 117 | 13 | 3 | C | 3 | 2 | C | 428 | 5 | 1 | 43:18 | John | Clarke | Barn | V65 | M | 2831221 |
| 116 | 12 | 3 | B | | | | 429 | | 1371 | 43:19 | Paul | Peasegood | Eal E | SM | M | 3062549 |
| 115 | 11 | 3 | C | | | | 430 | | 383 | 43:23 | Les | Brough | Hill | SM | M | |
| 114 | 10 | 3 | | 7 | 3 | C | 431 | 45 | 282 | 43:45 | Martin | Black | High | V50 | M | 3410942 |
| 113 | 9 | 3 | C | 6 | 3 | B | 432 | 6 | 1008 | 44:15 | Simon | Maddison | TVH | V65 | M | 2765840 |
| 112 | 8 | 3 | B | | | | 433 | | 1375 | 44:25 | Roberto | Martinez Portillo | Eal E | SM | M | 3614385 |
| 111 | 7 | 3 | C | 5 | 3 | B | 434 | 23 | 1067 | 44:27 | Frank | Merrigan | VPH&TH | V55 | M | 2773247 |
| 110 | 6 | 3 | C | 4 | 3 | C | 435 | 1 | 359 | 44:35 | Doug | Milsom | Hill | V75 | M | 2756638 |
| 109 | 5 | 3 | | | | | 436 | | 512 | 45:06 | Daniel | Kownacki | Lon FR | SM | M | 3385435 |
| 108 | 1 | 2 | | 2 | 2 | | 437 | 24 | 534 | 45:12 | Dave | Walton | Lon H | V55 | M | 2735816 |
| 107 | 4 | 3 | B | 3 | 3 | A | 438 | 39 | 426 | 45:51 | Richard | Jones* | Lon C | V45 | M | 2989942 |
| 106 | 3 | 3 | B | 1 | 2 | A | 439 | 7 | 824 | 45:58 | Russell | Devitt | SBH | V65 | M | 2744108 |
| 105 | 2 | 3 | | 2 | 3 | C | 440 | 25 | 514 | 46:37 | Colin | Stevenson | Lon FR | V55 | M | 2822664 |
| 104 | 1 | 3 | B | 1 | 3 | C | 441 | 1 | 216 | 48:47 | John | Steed | Herts P | V80 | M | 2695066 |

Howard Williams Trophy (Seniors)

| | Men | Women | Total | Wins |
|---------------------------------|-----|-------|-------|------|
| 1 Highgate Harriers | 22 | 21 | 43 | 2.5 |
| 2 London Heathside | 19 | 22 | 41 | 1.5 |
| 3 Serpentine RC | 20 | 20 | 40 | |
| 4 Woodford Green & Essex Ladies | 21 | 16 | 37 | |
| 5 Shaftesbury Barnet Harriers | 18 | 18 | 36 | |
| 6 Hillingdon | 15 | 19 | 34 | |
| 7 Barnet & District | 16 | 17 | 33 | |
| 8 Victoria Park & Tower Hamlets | 17 | 15 | 32 | |
| 9 Ealing, Southall & Middlesex | 14 | 12 | 26 | |
| 9 Thames Valley Harriers | 13 | 13 | 26 | |
| 11 London City | 7 | 14 | 21 | |
| 12 Ealing Eagles | 8 | 11 | 19 | |
| 13 Herts Phoenix | 9 | 9 | 18 | |
| 13 London Front Runners | 11 | 7 | 18 | |
| 13 Newham & Essex Beagles | 10 | 8 | 18 | |
| 16 Mornington Chasers | 6 | 10 | 16 | |
| 17 Trent Park RC | 12 | 3 | 15 | |
| 18 Enfield & Haringey | 4 | 6 | 10 | |
| 19 Metropolitan Police | 5 | 4 | 9 | |
| 20 St Mary's Richmond | 3 | 5 | 8 | |
| 21 Harlow RC | 2 | 2 | 4 | |
| 22 Cookham Running Club | 1 | - | 1 | |

| Howard Williams Trophy (Juniors) | | U11B | U11G | U13B | U13G | U17M | U17W | Total | Wins |
|---|-------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|-------------|
| 1 | Victoria Park & Tower Hamlets | 17 | 17 | 15 | 17 | 12 | 14 | 92 | 1 |
| 2 | Shaftesbury Barnet Harriers | 9 | 16 | 10 | 18 | 13 | 18 | 84 | 2 |
| 3 | Woodford Green & Essex Ladies | 18 | 18 | 12 | 11 | 14 | 10 | 83 | 5 |
| 3 | Hillingdon | 16 | 11 | 17 | 10 | 18 | 11 | 83 | 2 |
| 5 | Highgate Harriers | 13 | 11 | 16 | 8 | 11 | 16 | 75 | |
| 6 | Trent Park RC | 12 | 15 | 11 | 7 | 15 | 13 | 73 | |
| 7 | Herts Phoenix | 4 | 14 | 18 | 6 | 17 | 7 | 66 | 1 |
| 8 | Cookham Running Club | 15 | 9 | 7 | 16 | 9 | 8 | 64 | |
| 9 | London Heathside | 7 | 13 | 14 | 14 | 8 | 6 | 62 | |
| 10 | Thames Valley Harriers | 14 | - | 9 | 12 | 3 | 17 | 55 | 1 |
| 11 | St Mary's Richmond | 8 | - | 13 | 15 | 5 | 9 | 50 | |
| 12 | Ealing, Southall & Middlesex | 6 | - | 8 | - | 16 | 15 | 45 | |
| 13 | Slough Juniors | 11 | 8 | 5 | 13 | 7 | - | 44 | |
| 14 | Enfield & Haringey | - | - | 6 | 9 | 10 | 12 | 37 | |
| 15 | Barnet & District | 10 | 12 | - | 5 | 4 | 5 | 36 | |
| 16 | Newham & Essex Beagles | 5 | 7 | - | - | 6 | - | 18 | |
| 17 | Ealing Eagles | - | 6 | 4 | - | 2 | - | 12 | |
| 18 | Serpentine RC | - | - | - | 4 | - | - | 4 | |