

**Start Fitness 2016/17 Metropolitan League Fixture 3 at Wormwood Scrubs**  
**(hosted by Thames Valley Harriers AC) - Saturday 3 December 2016**

<b>Pos</b>	<b>Under 11 Boys Team Result</b>	<b>Pts</b>
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>270</b>
2	Thames Valley Harriers	230
3	Hillingdon	151
4	Trent Park RC	143
5	Victoria Park & Tower Hamlets	136
6	Highgate Harriers	122
7	Barnet & District	121
8	Cookham Running Club	101
9	Shaftesbury Barnet Harriers	65
10	Slough Juniors	64
11	Woodford Green & Essex Ladies 'B'	60
12	London Heathside	58
13	Herts Phoenix	43
14	Hillingdon 'B'	25
15	Thames Valley Harriers 'B'	14
16	Trent Park RC 'B'	9
17	Victoria Park & Tower Hamlets 'B'	6

<b>Pos</b>	<b>U11 Boys League Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>146</b>	<b>113</b>	<b>270</b>			<b>383</b>
2	Thames Valley Harriers	59	18	230			307
3	Hillingdon	59	35	151			245
4	Victoria Park & Tower Hamlets	60	36	136			232
5	Trent Park RC	42	33	143			218
6	Highgate Harriers	71	5	122			198
7	Cookham Running Club	37	56	101			194
8	Barnet & District	42	23	121			186
9	Slough Juniors	-	73	64			137
10	Shaftesbury Barnet Harriers	17	44	65			126
11	London Heathside	28	-	0	58		86
12	Woodford Green & Essex Ladies 'B'	82	20	60			80
13	Herts Phoenix	-	17	43			60
14	St Mary's Richmond	33	21	-	0		54
15	Ealing, Southall & Middlesex	26	-	0	-	0	26
16	Hillingdon 'B'	-	-	25			25
17	Newham & Essex Beagles	22	2	-	0		24
18	Thames Valley Harriers 'B'	-	-	14			14
19	Trent Park RC 'B'	-	-	9			9
20	Victoria Park & Tower Hamlets 'B'	-	-	6			6
21	Ealing Eagles	-	-	-			-
21	Enfield & Haringey	-	-	-			-
21	Serpentine RC	-	-	-			-

<b>Pos</b>	<b>Under 11 Girls Team Result</b>	<b>Pts</b>
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>199</b>
2	Victoria Park & Tower Hamlets	187

3 Shaftesbury Barnet Harriers	144
4 Cookham Running Club	102
5 Hillingdon	100
6 Thames Valley Harriers	80
7 Woodford Green & Essex Ladies 'B'	68
8 Highgate Harriers	64
9 London Heathside	48
10 Barnet & District	37
11 Shaftesbury Barnet Harriers 'B'	25
12 Victoria Park & Tower Hamlets 'B'	16
13 Ealing Eagles	12
14 Trent Park RC	1

<b>Pos U11 Girls League Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
1 Woodford Green & Essex Ladies	140	113	199			452
2 Victoria Park & Tower Hamlets	100	103	187			390
3 Shaftesbury Barnet Harriers	100	84	144			328
4 Woodford Green & Essex Ladies 'B'	85	61	68			214
5 Hillingdon	21	22	100			143
6 Cookham Running Club	38	-	102			140
7 London Heathside	49	26	48			123
8 Highgate Harriers	35	8	64			107
9 Trent Park RC	74	29	1			104
10 Herts Phoenix	36	60	-			96
11 Barnet & District	29	24	37			90
12 Thames Valley Harriers	-	-	80			80
13 Shaftesbury Barnet Harriers 'B'	-	16	25			41
14 Slough Juniors	19	12	-			31
15 Ealing Eagles	11	-	12			23
16 Newham & Essex Beagles	-	18	-			18
17 Victoria Park & Tower Hamlets 'B'	-	-	16			16
18 Trent Park RC 'B'	6	3	-			9
19 Ealing, Southall & Middlesex	-	-	-			-
19 Enfield & Haringey	-	-	-			-
19 Serpentine RC	-	-	-			-
19 St Mary's Richmond	-	-	-			-

<b>Pos Under 13 Boys Team Result</b>	<b>Pts</b>
1 St Mary's Richmond	175
2 Victoria Park & Tower Hamlets	156
3 Thames Valley Harriers	144
4 Cookham Running Club	128
5 Highgate Harriers	118
6 Herts Phoenix	112
7 London Heathside	109
8 Hillingdon	89
9 Ealing, Southall & Middlesex	84
10 Trent Park RC	75
11 St Mary's Richmond 'B'	74
12 Woodford Green & Essex Ladies	45

13 Slough Juniors	22
13 Thames Valley Harriers 'B'	22
15 Herts Phoenix 'B'	8
16 London Heathside 'B'	6
17 Trent Park RC 'B'	5
18 Ealing Eagles	4
19 Hillingdon 'B'	2

<b>Pos U13 Boys League Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
<b>1 Herts Phoenix</b>	<b>151</b>	<b>142</b>	<b>112</b>			<b>405</b>
2 Victoria Park & Tower Hamlets	124	116	156			396
3 Highgate Harriers	164	90	118			372
4 St Mary's Richmond	124	71	175			370
5 Hillingdon	150	115	89			354
6 London Heathside	107	102	109			318
7 Thames Valley Harriers	45	74	144			263
8 Trent Park RC	112	75	75			262
9 Woodford Green & Essex Ladies	168	25	45			238
10 Cookham Running Club	41	-	128			169
11 Ealing, Southall & Middlesex	57	6	84			147
12 Shaftesbury Barnet Harriers	139	-	-			139
13 St Mary's Richmond 'B'	-	-	74			74
14 Hillingdon 'B'	39	19	2			60
15 Herts Phoenix 'B'	5	45	8			58
16 Victoria Park & Tower Hamlets 'B'	19	34	-			53
17 Highgate Harriers 'B'	42	-	-			42
18 Slough Juniors	-	17	22			39
18 Trent Park RC 'B'	30	4	5			39
20 Enfield & Haringey	14	9	-			23
21 Thames Valley Harriers 'B'	-	-	22			22
22 Woodford Green & Essex Ladies 'B'	7	-	-			7
23 Ealing Eagles	2	-	4			6
23 London Heathside 'B'	-	-	6			6
24 Barnet & District	-	-	-			-
24 Newham & Essex Beagles	-	-	-			-
24 Serpentine RC	-	-	-			-

<b>Under 13 Girls Team Result</b>	<b>Pts</b>
<b>1 Victoria Park &amp; Tower Hamlets</b>	<b>89</b>
2 Hillingdon	80
3 St Mary's Richmond	67
4 London Heathside	56
5 Cookham Running Club	48
6 Enfield & Haringey	47
6 Woodford Green & Essex Ladies	47
8 Slough Juniors	38
8 Thames Valley Harriers	38
10 Trent Park RC	37
11 Highgate Harriers	30
12 Shaftesbury Barnet Harriers	24

13 Ealing, Southall & Middlesex	18
14 Hillingdon 'B'	10
15 Serpentine RC	1

<b>Pos U13 Girls League Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
<b>1 Victoria Park &amp; Tower Hamlets</b>	<b>160</b>	<b>118</b>	<b>89</b>			<b>367</b>
2 Shaftesbury Barnet Harriers	135	164	24			323
3 Cookham Running Club	107	103	48			258
4 St Mary's Richmond	110	79	67			256
5 London Heathside	64	102	56			222
6 Hillingdon	105	26	80			211
7 Slough Juniors	85	71	38			194
8 Thames Valley Harriers	96	57	38			191
9 Woodford Green & Essex Ladies	82	60	47			189
10 Enfield & Haringey	94	20	47			161
11 Shaftesbury Barnet Harriers 'B'	60	70	-			130
12 Highgate Harriers	25	73	30			128
13 Trent Park RC	65	17	37			119
14 Cookham Running Club 'B'	60	41	-			101
15 Victoria Park & Tower Hamlets 'B'	50	19	-			69
16 Herts Phoenix	21	-	-			21
17 Barnet & District	15	5	-			20
18 Ealing, Southall & Middlesex	-	-	18			18
19 Hillingdon 'B'	-	-	10			10
20 Serpentine RC	1	-	1			2
20 Thames Valley Harriers 'B'	2	-	-			2
20 Ealing Eagles	-	-	-			-
20 Newham & Essex Beagles	-	-	-			-

<b>Junior Men Team Result</b>	<b>Pts</b>
<b>1 Shaftesbury Barnet Harriers</b>	<b>247</b>
2 Hillingdon	244
3 Herts Phoenix	228
4 Woodford Green & Essex Ladies	226
5 Highgate Harriers	223
6 London Heathside	218
7 Ealing, Southall & Middlesex	176
8 Slough Juniors	164
9 Cookham Running Club	162
10 Trent Park RC	160
11 Victoria Park & Tower Hamlets	149
12 Thames Valley Harriers	112
13 Hillingdon 'B'	104
14 Trent Park RC 'B'	85
15 Woodford Green & Essex Ladies 'B'	67
16 Herts Phoenix 'B'	56
17 Shaftesbury Barnet Harriers 'B'	49
18 Serpentine RC	48
19 St Mary's Richmond	43
20 Trent Park RC 'C'	41

21 Enfield & Haringey	40
22 London Heathside 'B'	31
23 Highgate Harriers 'B'	26
24 Ealing, Southall & Middlesex 'B'	18
25 Victoria Park & Tower Hamlets 'B'	5
26 Cookham Running Club 'B'	4

<b>Pos Junior Men League Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
<b>1 Hillingdon</b>	<b>300</b>	<b>259</b>	<b>244</b>			<b>803</b>
2 Herts Phoenix	276	243	228			747
3 Ealing, Southall & Middlesex	260	248	176			684
4 Woodford Green & Essex Ladies	198	257	226			681
5 Shaftesbury Barnet Harriers	261	135	247			643
6 Trent Park RC	266	198	160			624
7 Highgate Harriers	123	223	223			569
8 Victoria Park & Tower Hamlets	204	182	149			535
9 London Heathside	86	177	218			481
10 Cookham Running Club	191	95	162			448
11 Slough Juniors	87	186	164			437
12 Herts Phoenix 'B'	159	149	56			364
12 Trent Park RC 'B'	169	110	85			364
14 Hillingdon 'B'	172	73	104			349
15 Enfield & Haringey	210	77	40			327
16 Trent Park RC 'C'	115	70	41			226
17 Ealing, Southall & Middlesex 'B'	100	66	18			184
18 Thames Valley Harriers	-	49	112			161
19 St Mary's Richmond	70	46	43			159
20 Shaftesbury Barnet Harriers 'B'	97	8	49			154
21 Victoria Park & Tower Hamlets 'B'	89	51	5			145
22 Woodford Green & Essex Ladies 'B'	11	61	67			139
23 Newham & Essex Beagles	123	-	-			123
24 Barnet & District	61	-	-			61
25 Serpentine RC	-	-	48			48
26 Highgate Harriers 'B'	-	7	26			33
27 London Heathside 'B'	-	-	31			31
28 Ealing Eagles	24	-	-			24
29 Shaftesbury Barnet Harriers 'C'	8	-	-			8
30 Ealing, Southall & Middlesex 'C'	7	-	-			7
31 Cookham Running Club 'B'	-	-	4			4
31 Herts Phoenix 'C'	-	4	-			4

<b>Junior Women Team Result</b>	<b>Pts</b>
<b>1 Shaftesbury Barnet Harriers</b>	<b>185</b>
2 Thames Valley Harriers	182
3 Highgate Harriers	172
4 Ealing, Southall & Middlesex	165
5 Woodford Green & Essex Ladies	159
6 Shaftesbury Barnet Harriers 'B'	122
7 Trent Park RC	78
8 Cookham Running Club	77

9 St Mary's Richmond	76
10 Thames Valley Harriers 'B'	73
11 London Heathside	60
12 Hillingdon	56
13 Victoria Park & Tower Hamlets	46
14 Highgate Harriers 'B'	42
15 Shaftesbury Barnet Harriers 'C'	21
16 Woodford Green & Essex Ladies 'B'	10
17 Ealing, Southall & Middlesex 'B'	7
18 Herts Phoenix	6
19 Barnet & District	2
20 Trent Park RC 'B'	1

<b>Pos</b>	<b>Junior Women League Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
1	<b>Shaftesbury Barnet Harriers</b>	<b>232</b>	<b>177</b>	<b>185</b>			<b>594</b>
2	Thames Valley Harriers	234	142	182			558
3	Highgate Harriers	206	150	172			528
4	Ealing, Southall & Middlesex	124	149	165			438
5	Shaftesbury Barnet Harriers 'B'	182	35	122			339
6	Woodford Green & Essex Ladies	70	86	159			315
7	Victoria Park & Tower Hamlets	141	113	46			300
8	Trent Park RC	111	87	78			276
9	Hillingdon	128	34	56			218
10	St Mary's Richmond	40	78	76			194
11	Cookham Running Club	33	83	77			193
12	Thames Valley Harriers 'B'	88	31	73			192
13	Enfield & Haringey	87	86	-			173
13	Highgate Harriers 'B'	131	-	42			173
15	Shaftesbury Barnet Harriers 'C'	113	-	21			134
16	London Heathside	40	30	60			130
17	Herts Phoenix	58	13	6			77
18	Victoria Park & Tower Hamlets 'B'	43	-	-			43
19	Ealing, Southall & Middlesex 'B'	-	21	7			28
20	Barnet & District	20	3	2			25
21	Trent Park RC 'B'	6	6	1			13
22	Woodford Green & Essex Ladies 'B'	-	-	10			10
23	Hillingdon 'B'	-	2	-			2
24	Ealing Eagles	-	-	-			-
24	Newham & Essex Beagles	-	-	-			-
24	Serpentine RC	-	-	-			-
24	Slough Juniors	-	-	-			-

<b>Women's Division One Team Result</b>	<b>Pts</b>
1 <b>London Heathside</b>	<b>279</b>
2 Highgate Harriers	252
3 Serpentine RC	232
4 Barnet & District	178
5 Woodford Green & Essex Ladies	135
6 Hillingdon	124
7 London Heathside 'B'	115

8 Victoria Park & Tower Hamlets	111
9 Serpentine RC 'B'	87
10 Shaftesbury Barnet Harriers	83

Pos	Women's Division One Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	<b>London Heathside</b>	<b>257</b>	<b>255</b>	<b>279</b>			<b>791</b>
2	Highgate Harriers	256	255	252			763
3	Serpentine RC	234	184	232			650
4	Hillingdon	187	219	124			530
5	Barnet & District	125	192	178			495
6	Woodford Green & Essex Ladies	133	152	135			420
7	Shaftesbury Barnet Harriers	95	241	83			419
8	London Heathside 'B'	97	127	115			339
9	Victoria Park & Tower Hamlets	89	106	111			306
10	Serpentine RC 'B'	123	39	87			249

Women's Division Two Team Result	Pts
1 <b>London City</b>	<b>279</b>
2 Ealing, Southall & Middlesex	252
3 Ealing Eagles	236
3 London Heathside 'C'	236
5 Highgate Harriers 'B'	189
6 Thames Valley Harriers	176
6 Serpentine RC 'C'	167
8 Herts Phoenix	113
9 Hillingdon 'B'	101
10 Mornington Chasers	69

Pos	Women's Division Two Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	<b>London City</b>	<b>289</b>	<b>271</b>	<b>279</b>			<b>839</b>
2	Ealing, Southall & Middlesex	252	219	252			723
3	Thames Valley Harriers	271	250	176			697
4	London Heathside 'C'	120	218	236			574
5	Ealing Eagles	192	136	236			564
6	Serpentine RC 'C'	217	80	167			464
7	Highgate Harriers 'B'	158	84	189			431
8	Hillingdon 'B'	120	134	101			355
9	Mornington Chasers	118	129	69			316
10	Herts Phoenix	63	134	113			310

Women's Division Three Team Result	Pts
1 <b>Newham &amp; Essex Beagles</b>	<b>278</b>
2 Newham & Essex Beagles 'B'	233
3 Ealing Eagles 'B'	216
4 Barnet & District 'B'	202
4 Victoria Park & Tower Hamlets 'B'	202
6 Ealing Eagles 'C'	178
7 Ealing, Southall & Middlesex 'B'	172
8 Barnet & District 'C'	127
8 Trent Park RC	127

10 London Front Runners	104
11 London City 'B'	97
12 Ealing, Southall & Middlesex 'C'	76
13 Hillingdon 'C'	71
14 Metropolitan Police	63
15 St Mary's Richmond	60
16 Enfield & Haringey	46
17 Thames Valley Harriers 'B'	25
18 Newham & Essex Beagles 'C'	6

Pos	Women's Division Three Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1</b>	<b>Newham &amp; Essex Beagles</b>	<b>170</b>	<b>170</b>	<b>278</b>			<b>618</b>
2	Barnet & District 'B'	93	121	202			416
3	London City 'B'	168	84	97			349
4	Ealing, Southall & Middlesex 'B'	119	48	172			339
5	London Front Runners	183	25	104			312
6	Victoria Park & Tower Hamlets 'B'	108	-	202			310
7	Ealing Eagles 'B'	55	-	216			271
8	Newham & Essex Beagles 'B'	-	-	233			233
8	Trent Park RC	61	45	127			233
10	Enfield & Haringey	99	77	46			222
11	Barnet & District 'C'	9	81	127			217
12	Thames Valley Harriers 'B'	146	27	25			198
13	St Mary's Richmond	87	34	60			181
14	Ealing Eagles 'C'	-	-	178			178
15	Metropolitan Police	73	35	63			171
16	Hillingdon 'C'	42	44	71			157
17	Ealing, Southall & Middlesex 'C'	2	-	76			78
18	Harlow RC	52	16	-			68
19	Woodford Green & Essex Ladies 'B'	-	65	-			65
20	London City 'C'	56	-	-			56
21	Newham & Essex Beagles 'C'	-	-	6			6
22	Cookham Running Club	-	-	-			0

	Veteran Women's Division One Team Result	Pts
<b>1</b>	<b>Barnet &amp; District</b>	<b>132</b>
2	London Heathside	128
3	Victoria Park & Tower Hamlets	101
4	Highgate Harriers	98
5	Ealing, Southall & Middlesex	96
6	London Heathside 'B'	73
7	Serpentine RC	56
8	Hillingdon	44
9	Mornington Chasers	30
10	Barnet & District 'B'	22

Pos	Vet Women Division One Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1</b>	<b>Barnet &amp; District</b>	<b>130</b>	<b>127</b>	<b>132</b>			<b>389</b>
2	London Heathside	116	105	128			349
3	Highgate Harriers	82	79	98			259



4 Serpentine RC	127	55	56	238
5 Ealing, Southall & Middlesex	75	55	96	226
6 Victoria Park & Tower Hamlets	99	1	101	201
7 London Heathside 'B'	34	65	73	172
8 Mornington Chasers	63	38	30	131
9 Hillingdon	35	37	44	116
10 Barnet & District 'B'	19	47	22	88

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

<b>1 London Heathside 'C'</b>	<b>62</b>
2 Ealing, Southall & Middlesex 'B'	52
3 Woodford Green & Essex Ladies	42
4 Serpentine RC 'B'	37
5 Thames Valley Harriers	27
6 Newham & Essex Beagles	11
7 Serpentine RC 'C'	6
8 Herts Phoenix	0
8 London Front Runners	0
8 Metropolitan Police	0

Pos	Vet Women Division Two Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>72</b>	<b>89</b>	<b>42</b>			<b>203</b>
2	Serpentine RC 'B'	88	35	37			160
3	London Heathside 'C'	-	74	62			136
4	Thames Valley Harriers	58	31	27			116
5	Serpentine RC 'C'	62	6	6			74
6	Ealing, Southall & Middlesex 'B'	7	14	52			73
7	London Front Runners	53	13	-			66
8	Newham & Essex Beagles	24	20	11			55
9	Herts Phoenix	-	18	-			18
10	Metropolitan Police	5	-	-			5

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

<b>1 Ealing Eagles</b>	<b>124</b>
2 Ealing Eagles 'B'	91
3 Hillingdon 'B'	86
3 London City	86
5 Barnet & District 'C'	69
6 Trent Park RC	40
7 St Mary's Richmond	34
8 Victoria Park & Tower Hamlets 'B'	33
9 Ealing, Southall & Middlesex 'C'	26
10 Herts Phoenix 'B'	22
11 Ealing Eagles 'C'	19
12 London Front Runners 'B'	14
13 Hillingdon 'C'	5

Pos	Vet Women Division Three Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1</b>	<b>Ealing Eagles</b>	<b>28</b>	<b>16</b>	<b>124</b>			<b>168</b>
2	Hillingdon 'B'	-	39	86			125

3 London City	14	15	86	115
4 Barnet & District 'C'	-	31	69	100
5 Ealing Eagles 'B'	-	-	91	91
6 Trent Park RC	15	22	40	77
7 St Mary's Richmond	23	14	34	71
8 Victoria Park & Tower Hamlets 'B'	19	-	33	52
9 Ealing, Southall & Middlesex 'C'	-	-	26	26
10 Herts Phoenix 'B'	-	-	22	22
11 Harlow RC	15	6	-	21
12 Ealing Eagles 'C'	-	-	19	19
13 Shaftesbury Barnet Harriers	16	-	-	16
14 London Front Runners 'B'	-	-	14	14
15 Hillingdon 'C'	-	5	5	10
16 Mornington Chasers 'B'	5	3	-	8

**Men's Division One Team Result** **Pts**

<b>1 Highgate Harriers</b>	<b>1,194</b>
2 Woodford Green & Essex Ladies	1,090
3 Serpentine RC	1,065
4 London Heathside	755
5 Hillingdon	729
6 Victoria Park & Tower Hamlets	620
7 Barnet & District	575
8 Shaftesbury Barnet Harriers	477
9 Serpentine RC 'B'	439
10 London Heathside 'B'	316

<b>Pos</b>	<b>Men's Division One Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
<b>1</b>	<b>Highgate Harriers</b>	<b>1,174</b>	<b>1,184</b>	<b>1,194</b>			<b>3,552</b>
2	Woodford Green & Essex Ladies	1,058	969	1,090			3,117
3	Serpentine RC	973	1,040	1,065			3,078
4	London Heathside	767	803	755			2,325
5	Shaftesbury Barnet Harriers	785	768	477			2,030
6	Victoria Park & Tower Hamlets	659	664	620			1,943
7	Hillingdon	629	498	729			1,856
8	Barnet & District	610	534	575			1,719
9	Serpentine RC 'B'	330	526	439			1,295
10	London Heathside 'B'	276	274	316			866

**Men's Division Two Team Result** **Pts**

<b>1 Thames Valley Harriers</b>	<b>1,256</b>
2 Newham & Essex Beagles	1,243
3 Ealing, Southall & Middlesex	1,194
4 Highgate Harriers 'B'	1,123
5 Trent Park RC	1,056
6 London Front Runners	823
7 London Heathside 'C'	817
8 Woodford Green & Essex Ladies 'B'	650
9 Serpentine RC 'C'	603
10 Hillingdon 'B'	412

Pos	Men's Division Two Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	<b>Ealing, Southall &amp; Middlesex</b>	<b>1,235</b>	<b>1,078</b>	<b>1,194</b>			<b>3,507</b>
2	Highgate Harriers 'B'	1,210	1,017	1,123			3,350
3	Thames Valley Harriers	1,011	1,030	1,256			3,297
4	Trent Park RC	1,141	860	1,056			3,057
5	Newham & Essex Beagles	810	854	1,243			2,907
6	London Front Runners	978	684	823			2,485
7	London Heathside 'C'	874	688	817			2,379
8	Woodford Green & Essex Ladies 'B'	1,050	197	650			1,897
9	Serpentine RC 'C'	668	568	603			1,839
10	Hillingdon 'B'	309	117	412			838

	Men's Division Three Team Result	Pts
1	<b>Highgate Harriers 'C'</b>	<b>1,168</b>
2	Ealing Eagles	1,136
3	Victoria Park & Tower Hamlets 'B'	1,092
4	Trent Park RC 'B'	954
5	Thames Valley Harriers 'B'	931
6	Mornington Chasers	855
7	London City	847
8	Barnet & District 'B'	756
9	London Front Runners 'B'	670
10	<b>Herts Phoenix</b>	659
11	Ealing, Southall & Middlesex 'B'	655
12	Ealing Eagles 'B'	648
13	Metropolitan Police	464
14	St Mary's Richmond	422
15	Newham & Essex Beagles 'B'	405
16	Hillingdon 'C'	384
17	London Front Runners 'C'	362
18	Victoria Park & Tower Hamlets 'C'	285
19	Thames Valley Harriers 'C'	276
20	Ealing Eagles 'C'	136
21	Woodford Green & Essex Ladies 'C'	87
22	Cookham Running Club	78
23	London City 'B'	59
24	Herts Phoenix 'B'	24
25	Shaftesbury Barnet Harriers 'B'	14
26	Ealing, Southall & Middlesex 'C'	11
27	Barnet & District 'C'	7

Pos	Men's Division Three Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	<b>Highgate Harriers 'C'</b>	<b>1,287</b>	<b>1,035</b>	<b>1,168</b>			<b>3,490</b>
2	Ealing Eagles	1,215	914	1,136			3,265
3	London City	1,074	894	847			2,815
4	Herts Phoenix	1,106	1,048	659			2,813
5	Barnet & District 'B'	1,225	819	756			2,800
6	Ealing, Southall & Middlesex 'B'	985	851	655			2,491
7	Victoria Park & Tower Hamlets 'B'	1,342	-	1,092			2,434

8 London Front Runners 'B'	1,127	629	670	2,426
9 Thames Valley Harriers 'B'	712	622	931	2,265
10 Mornington Chasers	987	357	855	2,199
11 Trent Park RC 'B'	722	-	954	1,676
12 Victoria Park & Tower Hamlets 'C'	690	599	285	1,574
13 London Front Runners 'C'	849	271	362	1,482
14 Metropolitan Police	573	379	464	1,416
15 St Mary's Richmond	384	408	422	1,214
16 Ealing Eagles 'B'	271	201	648	1,120
17 Enfield & Haringey	303	520	-	823
18 Barnet & District 'C'	538	266	7	811
19 Hillingdon 'C'	307	50	384	741
20 Shaftesbury Barnet Harriers 'B'	201	337	14	552
21 Newham & Essex Beagles 'B'	-	73	405	478
22 Trent Park RC 'C'	-	471	-	471
23 Herts Phoenix 'B'	104	273	24	401
24 Thames Valley Harriers 'C'	26	49	276	351
25 Cookham Running Club	164	67	78	309
26 Woodford Green & Essex Ladies 'C'	187	-	87	274
26 Harlow RC	232	29	-	261
28 London City 'B'	137	4	59	200
29 Ealing, Southall & Middlesex 'C'	73	68	11	152
30 Ealing Eagles 'C'	-	-	136	136
31 Mornington Chasers 'B'	25	-	-	25

**Veteran Men's Division One Team Result**      **Pts**

<b>1 Highgate Harriers</b>	<b>317</b>
2 Serpentine RC	316
3 London Heathside	255
4 London Heathside 'B'	174
5 Barnet & District	153
6 Ealing, Southall & Middlesex	143
7 London Front Runners	129
8 Victoria Park & Tower Hamlets	123
9 Woodford Green & Essex Ladies	119
10 Hillingdon	101

**Pos Vet Men Division One Positions**      **Clay**      **Stev**      **Worm**      **TrentP**      **Ally P.**      **Total**

<b>1 Serpentine RC</b>	<b>321</b>	<b>290</b>	<b>316</b>			<b>927</b>
2 Highgate Harriers	265	294	317			876
3 London Heathside	206	267	255			728
4 Barnet & District	220	185	153			558
5 Victoria Park & Tower Hamlets	205	179	123			507
6 London Front Runners	177	151	129			457
7 London Heathside 'B'	109	172	174			455
8 Woodford Green & Essex Ladies	151	157	119			427
9 Ealing, Southall & Middlesex	73	72	143			288
10 Hillingdon	103	63	101			267

**Veteran Men's Division Two Team Result**      **Pts**

<b>1 Trent Park RC</b>	<b>294</b>
2 London Heathside 'C'	263
3 Serpentine RC 'B'	229
4 Thames Valley Harriers	201
5 Herts Phoenix	123
6 Hillingdon 'B'	104
6 Shaftesbury Barnet Harriers	104
8 Barnet & District 'B'	76
9 Metropolitan Police	57
10 Barnet & District 'C'	1

<b>Pos Vet Men Division Two Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
<b>1 Trent Park RC</b>	<b>314</b>	<b>217</b>	<b>294</b>			<b>825</b>
2 London Heathside 'C'	273	262	263			798
3 Serpentine RC 'B'	292	219	229			740
4 Thames Valley Harriers	200	133	201			534
5 Herts Phoenix	231	165	123			519
6 Barnet & District 'B'	235	172	76			483
7 Shaftesbury Barnet Harriers	147	154	104			405
8 Hillingdon 'B'	98	48	104			250
9 Metropolitan Police	116	64	57			237
10 Barnet & District 'C'	96	51	1			148

<b>Veteran Men's Division Three Team Result</b>	<b>Pts</b>
<b>1 Highgate Harriers 'B'</b>	<b>276</b>
2 Trent Park RC 'B'	250
3 Ealing Eagles	216
3 St Mary's Richmond	216
5 Serpentine RC 'C'	208
6 Highgate Harriers 'C'	149
7 Ealing Eagles 'B'	139
8 London Front Runners 'B'	135
9 London City	128
10 Mornington Chasers	121
11 Hillingdon 'C'	99
12 Ealing, Southall & Middlesex 'B'	98
13 Woodford Green & Essex Ladies 'B'	95
14 Mornington Chasers 'B'	80
15 Thames Valley Harriers 'B'	74
16 Victoria Park & Tower Hamlets 'B'	58
17 Cookham Running Club	51
18 Herts Phoenix 'B'	50
19 Trent Park RC 'C'	48
20 St Mary's Richmond 'B'	42
21 London Front Runners 'C'	23

<b>Pos Vet Men Division Three Positions</b>	<b>Clay</b>	<b>Stev</b>	<b>Worm</b>	<b>TrentP</b>	<b>Ally P.</b>	<b>Total</b>
<b>1 Highgate Harriers 'B'</b>	<b>220</b>	<b>218</b>	<b>276</b>			<b>714</b>
2 Serpentine RC 'C'	267	128	208			603
3 Ealing Eagles	205	171	216			592

4 Trent Park RC 'B'	233	78	250	561
5 London Front Runners 'B'	188	142	135	465
6 Victoria Park & Tower Hamlets 'B'	277	109	58	444
7 Mornington Chasers	167	131	121	419
8 St Mary's Richmond	7	140	216	363
9 Highgate Harriers 'C'	40	105	149	294
10 Ealing Eagles 'B'	34	92	139	265
11 London Front Runners 'C'	206	22	23	251
12 Woodford Green & Essex Ladies 'B'	107	42	95	244
13 Hillingdon 'C'	99	36	99	234
14 Herts Phoenix 'B'	87	87	50	224
15 Thames Valley Harriers 'B'	117	31	74	222
16 Cookham Running Club	96	41	51	188
17 London City	45	3	128	176
18 Harlow RC	133	21	-	154
19 Victoria Park & Tower Hamlets 'C'	142	-	-	142
20 Ealing, Southall & Middlesex 'B'	18	13	98	129
21 Enfield & Haringey	55	42	-	97
22 Mornington Chasers 'B'	-	-	80	80
23 Trent Park RC 'C'	-	-	48	48
24 Newham & Essex Beagles	42	-	-	42
24 St Mary's Richmond 'B'	-	-	42	42
26 Herts Phoenix 'C'	3	1	-	4

#### Howard Williams Trophy (Seniors)

	Men	Women	Total	Wins
1 Highgate Harriers	22	21	43	3.5
2 London Heathside	19	22	41	2.5
3 Serpentine RC	20	20	40	
4 Woodford Green & Essex Ladies	21	17	38	
5 Hillingdon	16	19	35	
6 Shaftesbury Barnet Harriers	18	16	34	
7 Barnet & District	15	18	33	
8 Victoria Park & Tower Hamlets	17	15	32	
9 Ealing, Southall & Middlesex	14	13	27	
10 Thames Valley Harriers	13	12	25	
11 London City	8	14	22	
12 Ealing Eagles	9	11	20	
13 Newham & Essex Beagles	11	8	19	
14 Trent Park RC	12	6	18	
15 London Front Runners	10	7	17	
16 Herts Phoenix	7	9	16	
16 Mornington Chasers	6	10	16	
18 Enfield & Haringey	3	5	8	
18 Metropolitan Police	5	3	8	
18 St Mary's Richmond	4	4	8	
21 Harlow RC	1	2	3	
22 Cookham Running Club	2	-	2	

#### Howard Williams Trophy (Juniors)

	U11B	U11G	U13B	U13G	U17M	U17W
1 Victoria Park & Tower Hamlets	15	17	17	18	11	13

2	Hillingdon	16	15	14	13	18	11
3	Woodford Green & Essex Ladies	18	18	10	10	15	14
4	Shaftesbury Barnet Harriers	9	16	7	17	14	18
5	Highgate Harriers	13	12	16	8	12	16
6	Thames Valley Harriers	17	8	12	11	6	17
7	Cookham Running Club	12	14	9	16	9	9
8	Trent Park RC	14	11	11	7	13	12
9	London Heathside	8	13	13	14	10	7
10	Herts Phoenix	7	10	18	6	17	6
11	St Mary's Richmond	6	-	15	15	5	10
12	Ealing, Southall & Middlesex	5	-	8	4	16	15
13	Slough Juniors	10	7	6	12	8	-
14	Barnet & District	11	9	-	5	3	5
15	Enfield & Haringey	-	-	5	9	7	8
16	Newham & Essex Beagles	4	5	-	-	4	-
17	Ealing Eagles	-	6	4	-	1	-
18	Serpentine RC	-	-	-	3	2	-

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**Total Wins**  
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81	4
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51	1
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