

**Start Fitness 2016/17 Metropolitan League Fixture 4 at Trent Patk (hosted by Barnet & District) - Saturday 14 January 2017**

<b>Pos</b>	<b>Under 11 Boys Team Result</b>	<b>Pts</b>
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>167</b>
2	Woodford Green & Essex Ladies 'B'	104
3	Hillingdon	96
3	Victoria Park & Tower Hamlets	94
5	Slough Juniors	84
6	Trent Park RC	82
7	Cookham Running Club	78
8	Highgate Harriers	77
9	Barnet & District	74
10	Thames Valley Harriers	58
11	Shaftesbury Barnet Harriers	51
12	Herts Phoenix	40
13	Victoria Park & Tower Hamlets 'B'	14
14	Barnet & District 'B'	6
15	Hillingdon 'B'	5
15	Trent Park RC 'B'	5

<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>HWT</b>
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>146</b>	<b>113</b>	<b>153</b>	<b>167</b>		<b>579</b>	<b>18</b>
2	Hillingdon	59	35	80	96		270	17
3	Victoria Park & Tower Hamlets	60	36	75	94		265	16
4	Thames Valley Harriers	59	18	127	58		262	15
5	Woodford Green & Essex Ladies 'B'	82	20	33	104		239	
6	Trent Park RC	42	33	80	82		237	14
7	Cookham Running Club	37	56	53	78		224	13
8	Highgate Harriers	71	5	66	77		219	12
9	Barnet & District	42	23	65	74		204	11
10	Slough Juniors	-	73	36	84		193	10
11	Shaftesbury Barnet Harriers	17	44	37	51		149	9
12	Herts Phoenix	-	17	25	40		82	8
13	London Heathside	28	-	30	-		58	7
14	St Mary's Richmond	33	21	-	-		54	6
15	Hillingdon 'B'	-	-	26	5		31	
16	Ealing, Southall & Middlesex	26	-	-	-		26	5
17	Newham & Essex Beagles	22	2	-	-		24	4
18	Victoria Park & Tower Hamlets 'B'	-	-	4	14		18	
19	Trent Park RC 'B'	-	-	5	5		10	
20	Thames Valley Harriers 'B'	-	-	8	-		8	
21	Barnet & District 'B'	-	-	-	6		6	
22	Ealing Eagles	-	-	-	-		-	0
22	Enfield & Haringey	-	-	-	-		-	0
22	Serpentine RC	-	-	-	-		-	0

<b>Pos</b>	<b>Under 11 Girls Team Result</b>	<b>Pts</b>
<b>1</b>	<b>Victoria Park &amp; Tower Hamlets</b>	<b>125</b>
2	Woodford Green & Essex Ladies	115
3	Cookham Running Club	97
4	Shaftesbury Barnet Harriers	88
5	Thames Valley Harriers	28
6	Trent Park RC	52
7	Hillingdon	49
8	Victoria Park & Tower Hamlets 'B'	37
9	Herts Phoenix	34
10	London Heathside	30
11	Woodford Green & Essex Ladies 'B'	24
12	Barnet & District	19

13 Trent Park RC 'B'	3
14 Shaftesbury Barnet Harriers 'B'	2

Pos	U11 Girls League Positions	Clay	Stev	Worm	TrentP	Ally P.	Total	HWT
1	<b>Woodford Green &amp; Essex Ladies</b>	<b>140</b>	<b>113</b>	<b>98</b>	<b>115</b>		<b>466</b>	<b>18</b>
2	Victoria Park & Tower Hamlets	100	103	90	125		418	17
3	Shaftesbury Barnet Harriers	100	84	73	88		345	16
4	Woodford Green & Essex Ladies 'B'	85	61	31	24		201	
5	Cookham Running Club	38	-	48	97		183	15
6	Trent Park RC	74	29	1	52		156	14
7	Hillingdon	21	22	48	49		140	13
8	Herts Phoenix	36	60	-	34		130	12
9	London Heathside	49	26	24	30		129	11
10	Thames Valley Harriers	-	-	41	28		69	10
11	Barnet & District	29	24	18	19		90	9
12	Highgate Harriers	35	8	32	-		75	10
13	Victoria Park & Tower Hamlets 'B'	-	-	8	37		45	
14	Slough Juniors	19	12	-	-		31	7
15	Shaftesbury Barnet Harriers 'B'	-	16	11	2		29	
16	Newham & Essex Beagles	-	18	-	-		18	6
17	Ealing Eagles	11	-	5	-		16	5
18	Trent Park RC 'B'	6	3	-	3		12	
19	Ealing, Southall & Middlesex	-	-	-	-		-	0
19	Enfield & Haringey	-	-	-	-		-	0
19	Serpentine RC	-	-	-	-		-	0
19	St Mary's Richmond	-	-	-	-		-	0

Pos	Under 13 Boys Team Result	Pts
1	<b>Herts Phoenix</b>	<b>178</b>
2	Shaftesbury Barnet Harriers	147
3	Highgate Harriers	139
4	Victoria Park & Tower Hamlets	136
5	London Heathside	127
6	St Mary's Richmond	118
7	Ealing, Southall & Middlesex	117
8	Trent Park RC	105
9	Hillingdon	102
10	Cookham Running Club	81
11	Woodford Green & Essex Ladies	45
12	Herts Phoenix 'B'	29
13	Thames Valley Harriers	26
14	Victoria Park & Tower Hamlets 'B'	23
15	Enfield & Haringey	18
16	London Heathside 'B'	12
17	Trent Park RC 'B'	11
18	Barnet & District	9
19	Hillingdon 'B'	7
20	Ealing Eagles	1

Pos	U13 Boys League Positions	Clay	Stev	Worm	TrentP	Ally P.	Total	HWT
1	<b>Herts Phoenix</b>	<b>151</b>	<b>142</b>	<b>112</b>	<b>178</b>		<b>583</b>	<b>18</b>
2	Victoria Park & Tower Hamlets	124	116	156	136		532	17
3	Highgate Harriers	164	90	118	139		511	16
4	St Mary's Richmond	124	71	175	118		488	15
5	Hillingdon	150	115	89	102		456	14
6	London Heathside	107	102	109	127		445	13
7	Trent Park RC	112	75	75	105		367	12
8	Thames Valley Harriers	45	74	144	26		289	11
9	Shaftesbury Barnet Harriers	139	-	-	147		286	10

10 Woodford Green & Essex Ladies	168	25	45	45	283	9
11 Ealing, Southall & Middlesex	57	6	84	117	264	8
12 Cookham Running Club	41	-	128	81	250	7
13 Herts Phoenix 'B'	5	45	8	29	87	
14 Victoria Park & Tower Hamlets 'B'	19	34	-	23	76	
15 St Mary's Richmond 'B'	-	-	74	-	74	
16 Hillingdon 'B'	39	19	2	7	67	
17 Trent Park RC 'B'	30	4	5	11	50	
18 Highgate Harriers 'B'	42	-	-	-	42	
19 Enfield & Haringey	14	9	-	18	41	6
20 Slough Juniors	-	17	22	-	39	5
21 Thames Valley Harriers 'B'	-	-	22	-	22	
22 London Heathside 'B'	-	-	6	12	18	
23 Barnet & District	-	-	-	9	9	4
24 Ealing Eagles	2	-	4	1	7	3
24 Woodford Green & Essex Ladies 'B'	7	-	-	-	7	
26 Newham & Essex Beagles	-	-	-	-	-	0
26 Serpentine RC	-	-	-	-	-	0

**Under 13 Girls Team Result Pts**

<b>1 Victoria Park &amp; Tower Hamlets</b>	<b>128</b>
2 Cookham Running Club	110
3 London Heathside	100
4 Shaftesbury Barnet Harriers	95
5 St Mary's Richmond	86
6 Thames Valley Harriers	84
7 Highgate Harriers	80
8 Hillingdon	59
9 Trent Park RC	49
10 Victoria Park & Tower Hamlets 'B'	38
11 Ealing, Southall & Middlesex	37
12 Cookham Running Club 'B'	24
13 Woodford Green & Essex Ladies	20
14 Barnet & District	15
14 Shaftesbury Barnet Harriers 'B'	15
16 Slough Juniors	6

<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>HWT</b>
<b>1 Victoria Park &amp; Tower Hamlets</b>	<b>160</b>	<b>118</b>	<b>89</b>	<b>128</b>		<b>495</b>	<b>18</b>
2 Shaftesbury Barnet Harriers	135	164	24	95		418	17
3 Cookham Running Club	107	103	48	110		368	16
4 St Mary's Richmond	110	79	67	86		342	15
5 London Heathside	64	102	56	100		322	14
6 Thames Valley Harriers	96	57	38	84		275	13
7 Hillingdon	105	26	80	59		270	12
8 Woodford Green & Essex Ladies	82	60	47	20		209	11
9 Highgate Harriers	25	73	30	80		208	10
10 Slough Juniors	85	71	38	6		200	9
11 Trent Park RC	65	17	37	49		168	8
12 Enfield & Haringey	94	20	47	-		161	7
13 Shaftesbury Barnet Harriers 'B'	60	70	-	15		145	
14 Cookham Running Club 'B'	60	41	-	24		125	
15 Victoria Park & Tower Hamlets 'B'	50	19	-	38		107	
16 Ealing, Southall & Middlesex	-	-	18	37		55	6
17 Barnet & District	15	5	-	15		35	5
18 Herts Phoenix	21	-	-	-		21	4
19 Hillingdon 'B'	-	-	10	-		10	
20 Serpentine RC	1	-	1	-		2	3
20 Thames Valley Harriers 'B'	2	-	-	-		2	

22 Ealing Eagles	-	-	-	-	-	0
22 Newham & Essex Beagles	-	-	-	-	-	0

**Junior Men Team Result** **Pts**

<b>1 Woodford Green &amp; Essex Ladies</b>	<b>261</b>
2 Hillingdon	260
3 Ealing, Southall & Middlesex	235
4 London Heathside	231
5 Herts Phoenix	207
6 Victoria Park & Tower Hamlets	203
7 Trent Park RC	201
8 Cookham Running Club	196
9 Shaftesbury Barnet Harriers	195
10 Hillingdon 'B'	140
11 Woodford Green & Essex Ladies 'B'	121
12 Trent Park RC 'B'	115
13 Herts Phoenix 'B'	103
14 Highgate Harriers	89
15 Trent Park RC 'C'	78
16 Enfield & Haringey	74
17 Thames Valley Harriers	67
18 Slough Juniors	53
19 Victoria Park & Tower Hamlets 'B'	46
20 Barnet & District	38
21 London Heathside 'B'	21
22 Ealing, Southall & Middlesex 'B'	17
23 Cookham Running Club 'B'	14
24 Shaftesbury Barnet Harriers 'B'	12

Pos	Junior Men League Positions	Clay	Stev	Worm	TrentP	Ally P.	Total	HWT
<b>1</b>	<b>Hillingdon</b>	<b>300</b>	<b>259</b>	<b>244</b>	<b>260</b>		<b>1,063</b>	<b>18</b>
2	Herts Phoenix	276	243	228	207		954	17
3	Woodford Green & Essex Ladies	198	257	226	261		942	16
4	Ealing, Southall & Middlesex	260	248	176	235		919	15
5	Shaftesbury Barnet Harriers	261	135	247	195		838	14
6	Trent Park RC	266	198	160	201		825	13
7	Victoria Park & Tower Hamlets	204	182	149	203		738	12
8	London Heathside	86	177	218	231		712	11
9	Highgate Harriers	123	223	223	89		658	10
10	Cookham Running Club	191	95	162	196		644	9
11	Slough Juniors	87	186	164	53		490	8
12	Hillingdon 'B'	172	73	104	140		489	
13	Trent Park RC 'B'	169	110	85	115		479	
14	Herts Phoenix 'B'	159	149	56	103		467	
15	Enfield & Haringey	210	77	40	74		401	7
16	Trent Park RC 'C'	115	70	41	78		304	
17	Woodford Green & Essex Ladies 'B'	11	61	67	121		260	
18	Thames Valley Harriers	-	49	112	67		228	6
19	Ealing, Southall & Middlesex 'B'	100	66	18	17		201	
20	Victoria Park & Tower Hamlets 'B'	89	51	5	46		191	
21	Shaftesbury Barnet Harriers 'B'	97	8	49	12		166	
22	St Mary's Richmond	70	46	43	-		159	5
23	Newham & Essex Beagles	123	-	-	-		123	4
24	Barnet & District	61	-	-	38		99	3
25	London Heathside 'B'	-	-	31	21		52	
26	Serpentine RC	-	-	48	-		48	2
27	Highgate Harriers 'B'	-	7	26	-		33	
28	Ealing Eagles	24	-	-	-		24	1
29	Cookham Running Club 'B'	-	-	4	14		18	

30 Shaftesbury Barnet Harriers 'C'	8	-	-	-	8
31 Ealing, Southall & Middlesex 'C'	7	-	-	-	7
32 Herts Phoenix 'C'	-	4	-	-	4

**Junior Women Team Result Pts**

<b>1 Ealing, Southall &amp; Middlesex</b>	<b>168</b>
2 Shaftesbury Barnet Harriers	165
3 Thames Valley Harriers	133
4 Highgate Harriers	112
5 Trent Park RC	96
6 Victoria Park & Tower Hamlets	86
7 St Mary's Richmond	72
8 Hillingdon	60
9 Shaftesbury Barnet Harriers 'B'	52
10 London Heathside	43
11 Herts Phoenix	35
12 Woodford Green & Essex Ladies	34
13 Cookham Running Club	33
14 Ealing, Southall & Middlesex 'B'	26
15 Barnet & District	23
15 Enfield & Haringey	23
17 Trent Park RC 'B'	14
18 Hillingdon 'B'	1

Pos	Junior Women League Positions	Clay	Stev	Worm	TrentP	Ally P.	Total	HWT
<b>1</b>	<b>Shaftesbury Barnet Harriers</b>	<b>232</b>	<b>177</b>	<b>185</b>	<b>165</b>		<b>759</b>	<b>18</b>
2	Thames Valley Harriers	234	142	182	133		691	17
3	Highgate Harriers	206	150	172	112		640	16
4	Ealing, Southall & Middlesex	124	149	165	168		606	15
5	Shaftesbury Barnet Harriers 'B'	182	35	122	52		391	
6	Victoria Park & Tower Hamlets	141	113	46	86		386	14
7	Trent Park RC	111	87	78	96		372	13
8	Woodford Green & Essex Ladies	70	86	159	34		349	12
9	Hillingdon	128	34	56	60		278	11
10	St Mary's Richmond	40	78	76	72		266	10
11	Cookham Running Club	33	83	77	33		226	9
12	Enfield & Haringey	87	86	-	23		196	8
13	Thames Valley Harriers 'B'	88	31	73	-		192	
14	Highgate Harriers 'B'	131	-	42	-		173	
14	London Heathside	40	30	60	43		173	7
16	Shaftesbury Barnet Harriers 'C'	113	-	21	-		134	
17	Herts Phoenix	58	13	6	35		112	6
18	Ealing, Southall & Middlesex 'B'	-	21	7	26		54	
19	Barnet & District	20	3	2	23		48	5
20	Victoria Park & Tower Hamlets 'B'	43	-	-	-		43	
21	Trent Park RC 'B'	6	6	1	14		27	
22	Woodford Green & Essex Ladies 'B'	-	-	10	-		10	
23	Hillingdon 'B'	-	2	-	1		3	
24	Ealing Eagles	-	-	-	-		-	0
24	Newham & Essex Beagles	-	-	-	-		-	0
24	Serpentine RC	-	-	-	-		-	0
24	Slough Juniors	-	-	-	-		-	0

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

<b>1 Highgate Harriers</b>	<b>327</b>
2 London Heathside	261
3 Shaftesbury Barnet Harriers	236
4 Serpentine RC	211
5 Barnet & District	194

6 Hillingdon	160
7 Victoria Park & Tower Hamlets	157
8 London Heathside 'B'	128
9 Woodford Green & Essex Ladies	96
10 Serpentine RC 'B'	60

Pos	Women's Division One Positions	Clay	Stev	Worm	TrentP	Ally P.	Total HWT
1	<b>Highgate Harriers</b>	<b>256</b>	<b>255</b>	<b>252</b>	<b>327</b>		<b>1090 22</b>
2	London Heathside	257	255	279	261		1052 21
3	Serpentine RC	234	184	232	211		861 20
4	Hillingdon	187	219	124	160		690 19
5	Barnet & District	125	192	178	194		689 18
6	Shaftesbury Barnet Harriers	95	241	83	236		655 17
7	Woodford Green & Essex Ladies	133	152	135	96		516 16
8	London Heathside 'B'	97	127	115	128		467
9	Victoria Park & Tower Hamlets	89	106	111	157		463 15
10	Serpentine RC 'B'	123	39	87	60		309

Women's Division Two Team Result	Pts
<b>1 Highgate Harriers 'B'</b>	<b>309</b>
2 Ealing, Southall & Middlesex	290
3 Thames Valley Harriers	271
4 London Heathside 'C'	206
5 London City	243
6 Mornington Chasers	167
7 Hillingdon 'B'	149
8 Ealing Eagles	98
9 Herts Phoenix	88
10 Serpentine RC 'C'	76

Pos	Women's Division Two Positions	Clay	Stev	Worm	TrentP	Ally P.	Total HWT
1	<b>London City</b>	<b>289</b>	<b>271</b>	<b>279</b>	<b>243</b>		<b>1082 14</b>
2	Ealing, Southall & Middlesex	252	219	252	290		1013 13
3	Thames Valley Harriers	271	250	176	271		968 12
4	London Heathside 'C'	120	218	236	206		780
5	Highgate Harriers 'B'	158	84	189	309		740
6	Ealing Eagles	192	136	236	98		662 11
7	Serpentine RC 'C'	217	80	167	76		540
8	Hillingdon 'B'	120	134	101	149		504
9	Mornington Chasers	118	129	69	167		483 10
10	Herts Phoenix	63	134	113	88		398 9

Women's Division Three Team Result	Pts
<b>1 Trent Park RC</b>	<b>201</b>
2 Newham & Essex Beagles	200
3 Victoria Park & Tower Hamlets 'B'	193
4 London Front Runners	183
5 Barnet & District 'B'	182
6 Ealing, Southall & Middlesex 'B'	144
7 London City 'B'	132
8 Thames Valley Harriers 'B'	112
9 Enfield & Haringey	108
10 Barnet & District 'C'	106
11 Hillingdon 'C'	96
12 Victoria Park & Tower Hamlets 'C'	65
13 Highgate Harriers 'C'	60
14 St Mary's Richmond	59
15 Metropolitan Police	57
16 Harlow RC	56

17 Newham & Essex Beagles 'B'	34
18 Trent Park RC 'B'	17
19 Ealing Eagles 'B'	9
20 Ealing, Southall & Middlesex 'C'	7
21 Mornington Chasers 'B'	6

Pos	Women's Division Three Positions	Clay	Stev	Worm	TrentP	Ally P.	Total HWT
<b>1</b>	<b>Newham &amp; Essex Beagles</b>	<b>170</b>	<b>170</b>	<b>278</b>	<b>200</b>		<b>818 8</b>
2	Barnet & District 'B'	93	121	202	182		598
3	Victoria Park & Tower Hamlets 'B'	108	-	202	193		503
4	London Front Runners	183	25	104	183		495 7
5	Ealing, Southall & Middlesex 'B'	119	48	172	144		483
6	London City 'B'	168	84	97	132		481
7	Trent Park RC	61	45	127	201		434 6
8	Newham & Essex Beagles 'B'	30	83	233	34		380
9	Enfield & Haringey	99	77	46	108		330 5
10	Barnet & District 'C'	9	81	127	106		323
11	Thames Valley Harriers 'B'	146	27	25	112		310
12	Ealing Eagles 'B'	55	-	216	9		280
13	Hillingdon 'C'	42	44	71	96		253
14	St Mary's Richmond	87	34	60	59		240 4
15	Metropolitan Police	73	35	63	57		228 3
16	Ealing Eagles 'C'	-	-	178	-		178
17	Harlow RC	52	16	-	56		124 2
18	Ealing, Southall & Middlesex 'C'	2	-	76	7		85
19	Victoria Park & Tower Hamlets 'C'	-	-	-	65		65
19	Woodford Green & Essex Ladies 'B'	-	65	-	-		65
21	Highgate Harriers 'C'	-	-	-	60		60
22	London City 'C'	56	-	-	-		56
23	London Front Runners 'B'	26	-	-	-		26
24	Trent Park RC 'B'	-	-	-	17		17
25	Woodford Green & Essex Ladies 'c'	14	-	-	-		14
26	Mornington Chasers 'B'	-	-	-	6		6
26	Newham & Essex Beagles 'C'	-	-	6	-		6
28	Thames Valley Harriers 'C'	3	-	-	-		3
29	Cookham Running Club	-	-	-	-		0 0

Veteran Women's Division One Team Result		Pts
<b>1</b>	<b>Barnet &amp; District</b>	<b>135</b>
2	London Heathside	117
3	Highgate Harriers	100
4	Serpentine RC	83
5	Ealing, Southall & Middlesex	78
5	Victoria Park & Tower Hamlets	78
7	Mornington Chasers	63
8	Hillingdon	58
9	London Heathside 'B'	52
10	Barnet & District 'B'	16

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>135</b>		<b>524</b>
2	London Heathside	116	105	128	117		466
3	Highgate Harriers	82	79	98	100		359
4	Serpentine RC	127	55	56	83		321
5	Ealing, Southall & Middlesex	75	55	96	78		304
6	Victoria Park & Tower Hamlets	99	1	101	78		279
7	London Heathside 'B'	34	65	73	52		224
8	Mornington Chasers	63	38	30	63		194
9	Hillingdon	35	37	44	58		174

10 Barnet & District 'B'	19	47	22	16	104
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**Veteran Women's Division Two Team Result** **Pts**

<b>1 Woodford Green &amp; Essex Ladies</b>	<b>90</b>
2 London Heathside 'C'	68
3 London Front Runners	54
4 Thames Valley Harriers	46
5 Herts Phoenix	44
6 Ealing, Southall & Middlesex 'B'	25
7 Newham & Essex Beagles	16
8 Serpentine RC 'B'	15
9 Metropolitan Police	0
9 Serpentine RC 'C'	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>90</b>		<b>293</b>
2	London Heathside 'C'	-	74	62	68		204
3	Serpentine RC 'B'	88	35	37	15		175
4	Thames Valley Harriers	58	31	27	46		162
5	London Front Runners	53	13	-	54		120
6	Ealing, Southall & Middlesex 'B'	7	14	52	25		98
7	Serpentine RC 'C'	62	6	6	-		74
8	Newham & Essex Beagles	24	20	11	16		71
9	Herts Phoenix	-	18	-	44		62
10	Metropolitan Police	5	-	-	-		5

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

<b>1 Trent Park RC</b>	<b>60</b>
2 Hillingdon 'B'	54
3 Ealing Eagles	24
4 Shaftesbury Barnet Harriers	22
5 London City	21
6 St Mary's Richmond	20
7 Victoria Park & Tower Hamlets 'B'	19
8 Mornington Chasers 'B'	17
9 Barnet & District 'C'	9
10 Hillingdon 'C'	6
11 Trent Park RC 'B'	1

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>24</b>		<b>192</b>
2	Hillingdon 'B'	-	39	86	54		179
3	Trent Park RC	15	22	40	60		137
4	London City	14	15	86	21		136
5	Barnet & District 'C'	-	31	69	9		109
6	Ealing Eagles 'B'	1	-	91	-		92
7	St Mary's Richmond	23	14	34	20		91
8	Victoria Park & Tower Hamlets 'B'	19	-	33	19		71
9	Shaftesbury Barnet Harriers	16	-	-	22		38
10	Ealing, Southall & Middlesex 'C'	-	-	26	-		26
11	Mornington Chasers 'B'	5	3	-	17		25
12	Herts Phoenix 'B'	-	-	22	-		22
13	Harlow RC	15	6	-	-		21
14	Ealing Eagles 'C'	-	-	19	-		19
15	Hillingdon 'C'	-	5	5	6		16
16	London Front Runners 'B'	-	-	14	-		14
17	Trent Park RC 'B'	-	-	-	1		1

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



<b>1 Highgate Harriers</b>	<b>1,084</b>
2 Woodford Green & Essex Ladies	1,053
3 Serpentine RC	950
4 Victoria Park & Tower Hamlets	885
5 Hillingdon	765
6 London Heathside	741
7 Shaftesbury Barnet Harriers	459
8 Barnet & District	435
9 Serpentine RC 'B'	405
10 London Heathside 'B'	244

Pos	Men's Division One Positions	Clay	Stev	Worm	TrentP	Ally P.	Total	HWT
<b>1</b>	<b>Highgate Harriers</b>	<b>1,174</b>	<b>1,184</b>	<b>1,194</b>	<b>1,084</b>		<b>4,636</b>	<b>22</b>
2	Woodford Green & Essex Ladies	1,058	969	1,090	1,053		4,170	21
3	Serpentine RC	973	1,040	1,065	950		4,028	20
4	London Heathside	767	803	755	741		3,066	19
5	Victoria Park & Tower Hamlets	659	664	620	885		2,828	18
6	Hillingdon	629	498	729	765		2,621	17
7	Shaftesbury Barnet Harriers	785	768	477	459		2,489	16
8	Barnet & District	610	534	575	435		2,154	15
9	Serpentine RC 'B'	330	526	439	405		1,700	
10	London Heathside 'B'	276	274	316	244		1,110	

Men's Division Two Team Result		Pts
<b>1 Highgate Harriers 'B'</b>	<b>1,070</b>	
2 Trent Park RC	1,066	
3 Ealing, Southall & Middlesex	982	
4 Thames Valley Harriers	953	
5 London Front Runners	840	
6 Newham & Essex Beagles	818	
7 London Heathside 'C'	600	
8 Serpentine RC 'C'	586	
9 Woodford Green & Essex Ladies 'B'	426	
10 Hillingdon 'B'	333	

Pos	Men's Division Two Positions	Clay	Stev	Worm	TrentP	Ally P.	Total	HWT
<b>1</b>	<b>Ealing, Southall &amp; Middlesex</b>	<b>1,235</b>	<b>1,078</b>	<b>1,194</b>	<b>982</b>		<b>4,489</b>	<b>14</b>
2	Highgate Harriers 'B'	1,210	1,017	1,123	1,070		4,420	
3	Thames Valley Harriers	1,011	1,030	1,256	953		4,250	13
4	Trent Park RC	1,141	860	1,056	1,066		4,123	12
5	Newham & Essex Beagles	810	854	1,243	818		3,725	11
6	London Front Runners	978	684	823	840		3,325	10
7	London Heathside 'C'	874	688	817	600		2,979	
8	Serpentine RC 'C'	668	568	603	586		2,425	
9	Woodford Green & Essex Ladies 'B'	1,050	197	650	426		2,323	
10	Hillingdon 'B'	309	117	412	333		1,171	

Men's Division Three Team Result		Pts
<b>1 Ealing Eagles</b>	<b>1,238</b>	
2 Herts Phoenix	1,122	
3 Victoria Park & Tower Hamlets 'B'	1,118	
4 Barnet & District 'B'	1,039	
5 London City	1,021	
6 Highgate Harriers 'C'	1,002	
7 Mornington Chasers	983	
8 Trent Park RC 'B'	949	
9 London Front Runners 'B'	752	
10 Enfield & Haringey	672	
11 Barnet & District 'C'	664	

12 Thames Valley Harriers 'B'	592
13 Victoria Park & Tower Hamlets 'C'	415
14 St Mary's Richmond	387
15 London Front Runners 'C'	358
16 Ealing Eagles 'B'	338
17 Metropolitan Police	310
18 Herts Phoenix 'B'	286
19 London City 'B'	212
20 Trent Park RC 'C'	193
21 Hillingdon 'C'	171
22 Cookham Running Club	139
23 Ealing, Southall & Middlesex 'B'	138
24 Harlow RC	75
25 Mornington Chasers 'B'	54

Pos	Men's Division Three Positions	Clay	Stev	Worm	TrentP	Ally P.	Total	HWT
<b>1</b>	<b>Ealing Eagles</b>	<b>1,215</b>	<b>914</b>	<b>1,136</b>	<b>1,238</b>		<b>4,503</b>	<b>9</b>
2	Highgate Harriers 'C'	1,287	1,035	1,168	1,002		4,492	
3	Herts Phoenix	1,106	1,048	659	1,122		3,935	8
4	Barnet & District 'B'	1,225	819	756	1,039		3,839	
5	London City	1,074	894	847	1,021		3,836	7
6	Victoria Park & Tower Hamlets 'B'	1,342	-	1,092	1,118		3,552	
7	Mornington Chasers	987	357	855	983		3,182	6
8	London Front Runners 'B'	1,127	629	670	752		3,178	
9	Thames Valley Harriers 'B'	712	622	931	592		2,857	
10	Ealing, Southall & Middlesex 'B'	985	851	655	138		2,629	
11	Trent Park RC 'B'	722	-	954	949		2,625	
12	Victoria Park & Tower Hamlets 'C'	690	599	285	415		1,989	
13	London Front Runners 'C'	849	271	362	358		1,840	
14	Metropolitan Police	573	379	464	310		1,726	5
15	St Mary's Richmond	384	408	422	387		1,601	4
16	Enfield & Haringey	303	520	-	672		1,495	3
17	Barnet & District 'C'	538	266	7	664		1,475	
18	Ealing Eagles 'B'	271	201	648	338		1,458	
19	Hillingdon 'C'	307	50	384	171		912	
20	Herts Phoenix 'B'	104	273	24	286		687	
21	Trent Park RC 'C'	-	471	-	193		664	
22	Shaftesbury Barnet Harriers 'B'	201	337	14	-		552	
23	Newham & Essex Beagles 'B'	-	73	405	-		478	
24	Cookham Running Club	164	67	78	139		448	2
25	London City 'B'	137	4	59	212		412	
26	Thames Valley Harriers 'C'	26	49	276	-		351	
27	Harlow RC	232	29	-	75		336	1
28	Woodford Green & Essex Ladies 'C'	187	-	87	-		274	
29	Ealing, Southall & Middlesex 'C'	73	68	11	-		152	
30	Ealing Eagles 'C'	-	-	136	-		136	
31	Mornington Chasers 'B'	25	-	-	54		79	

Veteran Men's Division One Team Result		Pts
<b>1</b>	<b>Victoria Park &amp; Tower Hamlets</b>	<b>282</b>
2	London Heathside	246
3	Highgate Harriers	230
4	Serpentine RC	224
5	London Heathside 'B'	134
6	Barnet & District	132
7	Hillingdon	115
8	London Front Runners	100
9	Woodford Green & Essex Ladies	99
10	Ealing, Southall & Middlesex	34

Pos	Vet Men Division One Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	Serpentine RC	321	290	326	224		1,161
2	Highgate Harriers	265	294	307	230		1,096
3	London Heathside	206	267	221	246		940
4	Victoria Park & Tower Hamlets	205	179	131	282		797
5	Barnet & District	220	185	160	132		697
6	London Heathside 'B'	109	172	180	134		595
7	London Front Runners	177	151	136	100		564
8	Woodford Green & Essex Ladies	151	157	127	99		534
9	Hillingdon	103	63	109	115		390
10	Ealing, Southall & Middlesex	73	72	92	34		271

Veteran Men's Division Two Team Result		Pts
1	Trent Park RC	309
2	Thames Valley Harriers	278
3	London Heathside 'C'	261
4	Barnet & District 'B'	248
5	Herts Phoenix	204
6	Barnet & District 'C'	173
7	Serpentine RC 'B'	160
8	Shaftesbury Barnet Harriers	84
9	Hillingdon 'B'	81
10	Metropolitan Police	0

Pos	Vet Men Division Two Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	Trent Park RC	314	217	294	309		1,134
2	London Heathside 'C'	273	262	263	261		1,059
3	Serpentine RC 'B'	292	219	229	160		900
4	Thames Valley Harriers	200	133	201	278		812
5	Barnet & District 'B'	235	172	76	248		731
6	Herts Phoenix	231	165	123	204		723
7	Shaftesbury Barnet Harriers	147	154	104	84		489
8	Hillingdon 'B'	98	48	104	81		331
9	Barnet & District 'C'	96	51	1	173		321
10	Metropolitan Police	116	64	57	-		237

Veteran Men's Division Three Team Result		Pts
1	Highgate Harriers 'B'	239
2	Mornington Chasers	223
3	Trent Park RC 'B'	221
4	Victoria Park & Tower Hamlets 'B'	216
5	Highgate Harriers 'C'	168
6	Ealing Eagles	158
7	St Mary's Richmond	125
8	London Front Runners 'B'	115
9	Trent Park RC 'C'	110
10	Thames Valley Harriers 'B'	109
11	Herts Phoenix 'B'	108
12	Victoria Park & Tower Hamlets 'C'	99
13	Cookham Running Club	79
14	Serpentine RC 'C'	78
15	London City	67
16	Hillingdon 'C'	50
17	Ealing Eagles 'B'	13
18	Herts Phoenix 'C'	20
19	Ealing Eagles 'C'	7

Pos	Vet Men Division Three Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
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<b>1 Highgate Harriers 'B'</b>	<b>220</b>	<b>218</b>	<b>267</b>	<b>239</b>	<b>944</b>
2 Trent Park RC 'B'	233	78	246	221	778
3 Ealing Eagles	205	171	212	158	746
4 Serpentine RC 'C'	267	128	204	78	677
5 Victoria Park & Tower Hamlets 'B'	277	109	57	216	659
6 Mornington Chasers	167	131	121	223	642
7 London Front Runners 'B'	188	142	135	115	580
8 St Mary's Richmond	7	140	213	125	485
9 Highgate Harriers 'C'	40	105	82	168	395
10 Herts Phoenix 'B'	87	87	50	108	332
11 Thames Valley Harriers 'B'	117	31	74	109	331
12 Hillingdon 'C'	99	36	99	50	284
13 Ealing Eagles 'B'	34	92	139	13	278
14 Cookham Running Club	96	41	50	79	266
15 London Front Runners 'C'	206	22	23	-	251
16 Woodford Green & Essex Ladies 'B'	107	42	95	-	244
17 London City	45	3	127	67	242
18 Victoria Park & Tower Hamlets 'C'	142	-	-	99	241
19 Trent Park RC 'C'	-	-	47	110	157
20 Harlow RC	133	21	-	-	154
21 Enfield & Haringey	55	42	-	-	97
22 Ealing, Southall & Middlesex 'B'	18	13	53	-	84
23 Mornington Chasers 'B'	-	-	79	-	79
24 Newham & Essex Beagles	42	-	-	-	42
24 St Mary's Richmond 'B'	-	-	42	-	42
26 Herts Phoenix 'C'	3	1	-	20	24
27 Ealing Eagles 'C'	-	-	-	7	7

#### Howard Williams Trophy (Seniors)

	Men	Women	Total	Wins
<b>1 Highgate Harriers</b>	<b>22</b>	<b>22</b>	<b>44</b>	<b>5.5</b>
2 London Heathside	19	21	40	2.5
2 Serpentine RC	20	20	40	
4 Woodford Green & Essex Ladies	21	16	37	
5 Hillingdon	17	19	36	
6 Barnet & District	15	18	33	
6 Shaftesbury Barnet Harriers	16	17	33	
6 Victoria Park & Tower Hamlets	18	15	33	
9 Ealing, Southall & Middlesex	14	13	27	
10 Thames Valley Harriers	13	12	25	
11 London City	7	14	21	
12 Ealing Eagles	9	11	20	
13 Newham & Essex Beagles	11	8	19	
14 Trent Park RC	12	6	18	
15 Herts Phoenix	8	9	17	
15 London Front Runners	10	7	17	
17 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	Total
<b>1 Victoria Park &amp; Tower Hamlets</b>	<b>16</b>	<b>17</b>	<b>17</b>	<b>18</b>	<b>12</b>	<b>14</b>	<b>94</b>
2 Hillingdon	17	13	14	12	18	11	85
3 Shaftesbury Barnet Harriers	9	16	10	17	14	18	84
3 Woodford Green & Essex Ladies	18	18	9	11	16	12	84
5 Highgate Harriers	12	10	16	10	10	16	74
5 Trent Park RC	14	14	12	8	13	13	74

7	Thames Valley Harriers	15	10	11	13	6	17	72
8	Cookham Running Club	13	15	7	16	9	9	69
9	Herts Phoenix	8	12	18	4	17	6	65
10	London Heathside	7	11	13	14	11	7	63
11	St Mary's Richmond	6	-	15	15	5	10	51
12	Ealing, Southall & Middlesex	5	-	8	6	15	15	49
13	Slough Juniors	10	7	5	9	8	-	39
14	Barnet & District	11	9	4	5	3	5	37
15	Enfield & Haringey	-	-	6	7	7	8	28
16	Newham & Essex Beagles	4	6	-	-	4	-	14
17	Ealing Eagles	-	5	3	-	1	-	9
18	Serpentine RC	-	-	-	3	2	-	5