

**Start Fitness 2016/17 Metropolitan League Fixture 4 at Ally Pally (hosted by London Heathside) - Saturday**

<b>Pos Under 11 Boys Team Result</b>	<b>Pts</b>
<b>1 Woodford Green &amp; Essex Ladies</b>	<b>139</b>
2 Cookham Running Club	89
3 Thames Valley Harriers	79
4 Hillingdon	69
5 Victoria Park & Tower Hamlets	66
6 Trent Park RC	61
7 Woodford Green & Essex Ladies 'B'	51
8 London Heathside	29
9 St Mary's Richmond	28
10 Slough Juniors	26
11 Barnet & District	23
12 Shaftesbury Barnet Harriers	18
13 Cookham Running Club 'B'	14
14 Victoria Park & Tower Hamlets 'B'	5
15 Trent Park RC 'B'	3
16 Thames Valley Harriers 'B'	2
17 Herts Phoenix	1

<b>Pos 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 Woodford Green &amp; Essex Ladies</b>	<b>146</b>	<b>113</b>	<b>153</b>	<b>167</b>	<b>139</b>	<b>718</b>
2 Thames Valley Harriers	59	18	127	58	79	341
3 Hillingdon	59	35	80	96	69	339
4 Victoria Park & Tower Hamlets	60	36	75	94	66	331
5 Cookham Running Club	37	56	53	78	89	313
6 Trent Park RC	42	33	80	82	61	298
7 Woodford Green & Essex Ladies 'B'	82	20	33	104	51	290
8 Barnet & District	42	23	65	74	23	227
9 Highgate Harriers	71	5	66	77	-	219
9 Slough Juniors	-	73	36	84	26	219
11 Shaftesbury Barnet Harriers	17	44	37	51	18	167
12 London Heathside	28	-	30	-	29	87
13 Herts Phoenix	-	17	25	40	1	83
14 St Mary's Richmond	33	21	-	-	28	82
15 Hillingdon 'B'	-	-	26	5	-	31
16 Ealing, Southall & Middlesex	26	-	-	-	-	26
17 Newham & Essex Beagles	22	2	-	-	-	24
18 Victoria Park & Tower Hamlets 'B'	-	-	4	14	5	23
19 Cookham Running Club 'B'	-	-	-	-	14	14
20 Trent Park RC 'B'	-	-	5	5	3	13
21 Thames Valley Harriers 'B'	-	-	8	-	2	10
22 Barnet & District 'B'	-	-	-	6	-	6
23 Ealing Eagles	-	-	-	-	-	-
23 Enfield & Haringey	-	-	-	-	-	-
23 Serpentine RC	-	-	-	-	-	-

<b>Pos Under 11 Girls Team Result</b>	<b>Pts</b>
<b>1 Woodford Green &amp; Essex Ladies</b>	<b>92</b>
2 Victoria Park & Tower Hamlets	75

3 Shaftesbury Barnet Harriers	57
4 Hillingdon	53
5 Cookham Running Club	44
6 Woodford Green & Essex Ladies 'B'	34
7 St Mary's Richmond	25
8 London Heathside	21
9 Trent Park RC	16
10 Barnet & District	15
11 Thames Valley Harriers	3

<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>
<b>1 Woodford Green &amp; Essex Ladies</b>	<b>140</b>	<b>113</b>	<b>98</b>	<b>115</b>	<b>92</b>	<b>558</b>
2 Victoria Park & Tower Hamlets	100	103	90	125	75	493
3 Shaftesbury Barnet Harriers	100	84	73	88	57	402
4 Woodford Green & Essex Ladies 'B'	85	61	31	24	34	235
5 Cookham Running Club	38	-	48	97	44	227
6 Hillingdon	21	22	48	49	53	193
7 Trent Park RC	74	29	1	52	16	172
8 London Heathside	49	26	24	30	21	150
9 Herts Phoenix	36	60	-	34	-	130
10 Barnet & District	29	24	18	19	15	105
11 Highgate Harriers	35	8	32	-	-	75
12 Thames Valley Harriers	-	-	41	28	3	72
13 Victoria Park & Tower Hamlets 'B'	-	-	8	37	-	45
14 Slough Juniors	19	12	-	-	-	31
15 Shaftesbury Barnet Harriers 'B'	-	16	11	2	-	29
16 St Mary's Richmond	-	-	-	-	25	25
17 Newham & Essex Beagles	-	18	-	-	-	18
18 Ealing Eagles	11	-	5	-	-	16
19 Trent Park RC 'B'	6	3	-	3	-	12
19 Ealing, Southall & Middlesex	-	-	-	-	-	-
19 Enfield & Haringey	-	-	-	-	-	-
19 Serpentine RC	-	-	-	-	-	-

<b>Pos Under 13 Boys Team Result</b>	<b>Pts</b>
<b>1 Herts Phoenix</b>	<b>147</b>
2 Hillingdon	86
3 London Heathside	83
4 Thames Valley Harriers	83
5 Herts Phoenix 'B'	82
6 Ealing, Southall & Middlesex	76
7 St Mary's Richmond	74
8 Highgate Harriers	70
9 Victoria Park & Tower Hamlets	66
10 Shaftesbury Barnet Harriers	39
11 Trent Park RC	38
12 Barnet & District	25
13 Slough Juniors	17
14 Ealing, Southall & Middlesex 'B'	9

15 Thames Valley Harriers 'B'	7
16 Ealing Eagles	1

<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>178</b>	<b>147</b>	<b>730</b>
2 Victoria Park & Tower Hamlets	124	116	156	136	66	598
3 Highgate Harriers	164	90	118	139	70	581
4 St Mary's Richmond	124	71	175	118	74	562
5 Hillingdon	150	115	89	102	86	542
6 London Heathside	107	102	109	127	83	528
7 Trent Park RC	112	75	75	105	38	405
8 Thames Valley Harriers	45	74	144	26	83	372
9 Ealing, Southall & Middlesex	57	6	84	117	76	340
10 Shaftesbury Barnet Harriers	139	-	-	147	39	325
11 Woodford Green & Essex Ladies	168	25	45	45	-	283
12 Cookham Running Club	41	-	128	81	-	250
13 Herts Phoenix 'B'	5	45	8	29	82	169
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 Slough Juniors	-	17	22	-	17	56
18 Trent Park RC 'B'	30	4	5	11	-	50
19 Highgate Harriers 'B'	42	-	-	-	-	42
20 Enfield & Haringey	14	9	-	18	-	41
21 Barnet & District	-	-	-	9	25	34
22 Thames Valley Harriers 'B'	-	-	22	-	7	29
23 London Heathside 'B'	-	-	6	12	-	18
24 Ealing, Southall & Middlesex 'B'	-	-	-	-	9	9
25 Ealing Eagles	2	-	4	1	1	8
26 Woodford Green & Essex Ladies 'B'	7	-	-	-	-	7
27 Newham & Essex Beagles	-	-	-	-	-	-
27 Serpentine RC	-	-	-	-	-	-

<b>Under 13 Girls Team Result</b>	<b>Pts</b>
<b>1 Victoria Park &amp; Tower Hamlets</b>	<b>138</b>
2 Shaftesbury Barnet Harriers	125
3 London Heathside	102
4 Cookham Running Club	87
5 Highgate Harriers	65
6 Enfield & Haringey	61
6 Shaftesbury Barnet Harriers 'B'	61
8 Hillingdon	59
9 Trent Park RC	52
10 St Mary's Richmond	49
11 Slough Juniors	34
12 Ealing, Southall & Middlesex	30
13 Thames Valley Harriers	28
13 Victoria Park & Tower Hamlets 'B'	28
15 Woodford Green & Essex Ladies	12

16 Cookham Running Club 'B'	9
17 London Heathside 'B'	1

Pos	U13 Girls League Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	<b>Victoria Park &amp; Tower Hamlets</b>	<b>160</b>	<b>118</b>	<b>89</b>	<b>128</b>	<b>138</b>	<b>633</b>
2	Shaftesbury Barnet Harriers	135	164	24	95	125	543
3	Cookham Running Club	107	103	48	110	87	455
4	London Heathside	64	102	56	100	102	424
5	St Mary's Richmond	110	79	67	86	49	391
6	Hillingdon	105	26	80	59	59	329
7	Thames Valley Harriers	96	57	38	84	28	303
8	Highgate Harriers	25	73	30	80	65	273
9	Slough Juniors	85	71	38	6	34	234
10	Enfield & Haringey	94	20	47	-	61	222
11	Woodford Green & Essex Ladies	82	60	47	20	12	221
12	Trent Park RC	65	17	37	49	52	220
13	Shaftesbury Barnet Harriers 'B'	60	70	-	15	61	206
14	Victoria Park & Tower Hamlets 'B'	50	19	-	38	28	135
15	Cookham Running Club 'B'	60	41	-	24	9	134
16	Ealing, Southall & Middlesex	-	-	18	37	30	85
17	Barnet & District	15	5	-	15	-	35
18	Herts Phoenix	21	-	-	-	-	21
19	Hillingdon 'B'	-	-	10	-	-	10
20	Serpentine RC	1	-	1	-	-	2
20	Thames Valley Harriers 'B'	2	-	-	-	-	2
22	London Heathside 'B'	-	-	-	-	1	1
23	Ealing Eagles	-	-	-	-	-	-
23	Newham & Essex Beagles	-	-	-	-	-	-

Junior Men Team Result	Pts
<b>1 London Heathside</b>	<b>189</b>
2 Hillingdon	182
3 Victoria Park & Tower Hamlets	177
4 Ealing, Southall & Middlesex	173
5 Herts Phoenix	169
6 Woodford Green & Essex Ladies	165
7 Trent Park RC	152
8 Slough Juniors	110
9 Trent Park RC 'B'	80
10 Cookham Running Club	57
11 Serpentine RC	50
12 Shaftesbury Barnet Harriers	44
13 Highgate Harriers	41
14 Trent Park RC 'C'	37
15 Herts Phoenix 'B'	35
16 Hillingdon 'B'	32
17 Victoria Park & Tower Hamlets 'B'	30
18 St Mary's Richmond	26
19 Barnet & District	25
20 Woodford Green & Essex Ladies 'B'	21

21 Ealing, Southall & Middlesex 'B'	17
22 Ealing Eagles	15
23 Enfield & Haringey	3

Pos	Junior Men League Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	Hillingdon	300	259	244	260	182	1,245
2	Herts Phoenix	276	243	228	207	169	1,123
3	Woodford Green & Essex Ladies	198	257	226	261	165	1,107
4	Ealing, Southall & Middlesex	260	248	176	235	173	1,092
5	Trent Park RC	266	198	160	201	152	977
6	Victoria Park & Tower Hamlets	204	182	149	203	177	915
7	London Heathside	86	177	218	231	189	901
8	Shaftesbury Barnet Harriers	261	135	247	195	44	882
9	Cookham Running Club	191	95	162	196	57	701
10	Highgate Harriers	123	223	223	89	41	699
11	Slough Juniors	87	186	164	53	110	600
12	Trent Park RC 'B'	169	110	85	115	80	559
13	Hillingdon 'B'	172	73	104	140	32	521
14	Herts Phoenix 'B'	159	149	56	103	35	502
15	Enfield & Haringey	210	77	40	74	3	404
16	Trent Park RC 'C'	115	70	41	78	37	341
17	Woodford Green & Essex Ladies 'B'	11	61	67	121	21	281
18	Thames Valley Harriers	-	49	112	67	-	228
19	Victoria Park & Tower Hamlets 'B'	89	51	5	46	30	221
20	Ealing, Southall & Middlesex 'B'	100	66	18	17	17	218
21	St Mary's Richmond	70	46	43	-	26	185
22	Shaftesbury Barnet Harriers 'B'	97	8	49	12	-	166
23	Barnet & District	61	-	-	38	25	124
24	Newham & Essex Beagles	123	-	-	-	-	123
25	Serpentine RC	-	-	48	-	50	98
26	London Heathside 'B'	-	-	31	21	-	52
27	Ealing Eagles	24	-	-	-	15	39
28	Highgate Harriers 'B'	-	7	26	-	-	33
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
1 Highgate Harriers	103
2 Woodford Green & Essex Ladies	83
3 Shaftesbury Barnet Harriers	74
4 Thames Valley Harriers	71
5 Ealing, Southall & Middlesex	69

6 Victoria Park & Tower Hamlets	54
7 Highgate Harriers 'B'	42
8 St Mary's Richmond	36
9 Hillingdon	33
10 London Heathside	32
11 Cookham Running Club	13
12 Trent Park RC	12
13 Enfield & Haringey	8

Pos Junior Women League Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1 Shaftesbury Barnet Harriers</b>	<b>232</b>	<b>177</b>	<b>185</b>	<b>165</b>	<b>74</b>	<b>833</b>
2 Thames Valley Harriers	234	142	182	133	71	762
3 Highgate Harriers	206	150	172	112	103	743
4 Ealing, Southall & Middlesex	124	149	165	168	69	675
5 Victoria Park & Tower Hamlets	141	113	46	86	54	440
6 Woodford Green & Essex Ladies	70	86	159	34	83	432
7 Shaftesbury Barnet Harriers 'B'	182	35	122	52	-	391
8 Trent Park RC	111	87	78	96	12	384
9 Hillingdon	128	34	56	60	33	311
10 St Mary's Richmond	40	78	76	72	36	302
11 Cookham Running Club	33	83	77	33	13	239
12 Highgate Harriers 'B'	131	-	42	-	42	215
13 London Heathside	40	30	60	43	32	205
14 Enfield & Haringey	87	86	-	23	8	204
14 Thames Valley Harriers 'B'	88	31	73	-	-	192
16 Shaftesbury Barnet Harriers 'C'	113	-	21	-	-	134
17 Herts Phoenix	58	13	6	35	-	112
18 Ealing, Southall & Middlesex 'B'	-	21	7	26	-	54
19 Barnet & District	20	3	2	23	-	48
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

Women's Division One Team Result	Pts
<b>1 Highgate Harriers</b>	<b>302</b>
2 London Heathside	236
3 Serpentine RC	224
4 Barnet & District	175
5 Victoria Park & Tower Hamlets	169
6 Hillingdon	130
7 London Heathside 'B'	97
8 Serpentine RC 'B'	84
8 Woodford Green & Essex Ladies	84
10 Shaftesbury Barnet Harriers	39

Pos Women's Division One Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1 Highgate Harriers</b>	<b>256</b>	<b>255</b>	<b>252</b>	<b>327</b>	<b>302</b>	<b>1392</b>
2 London Heathside	257	255	279	266	236	1293

3 Serpentine RC	234	184	232	215	224	1089
4 Barnet & District	125	192	178	200	175	870
5 Hillingdon	187	219	124	164	130	824
6 Shaftesbury Barnet Harriers	95	241	83	238	39	696
7 Woodford Green & Essex Ladies	133	152	135	100	84	604
8 Victoria Park & Tower Hamlets	89	106	111	122	169	597
9 London Heathside 'B'	97	127	115	134	97	570
10 Serpentine RC 'B'	123	39	87	64	84	397

#### Women's Division Two Team Result

	Pts
<b>1 London City</b>	<b>279</b>
2 Thames Valley Harriers	221
3 Ealing Eagles	215
4 Mornington Chasers	198
5 Highgate Harriers 'B'	193
6 Serpentine RC 'C'	166
7 London Heathside 'C'	163
8 Ealing, Southall & Middlesex	93
9 Herts Phoenix	92
10 Hillingdon 'B'	82

#### Pos Women's Division Two Positions

Pos	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1 London City</b>	<b>289</b>	<b>271</b>	<b>279</b>	<b>243</b>	<b>279</b>	<b>1361</b>
2 Thames Valley Harriers	271	250	176	271	221	1189
3 Ealing, Southall & Middlesex	252	219	252	290	93	1106
4 London Heathside 'C'	120	218	236	206	163	943
5 Highgate Harriers 'B'	158	84	189	309	193	933
6 Ealing Eagles	192	136	236	98	215	877
7 Serpentine RC 'C'	217	80	167	76	166	706
8 Mornington Chasers	118	129	69	167	198	681
9 Hillingdon 'B'	120	134	101	149	82	586
10 Herts Phoenix	63	134	113	88	92	490

#### Women's Division Three Team Result

	Pts
<b>1 London City 'B'</b>	<b>179</b>
2 Victoria Park & Tower Hamlets 'B'	170
3 London City 'C'	143
4 Newham & Essex Beagles	123
5 Victoria Park & Tower Hamlets 'C'	114
6 Barnet & District 'B'	87
7 Metropolitan Police	80
8 Ealing Eagles 'B'	72
9 London Front Runners	71
10 St Mary's Richmond	49
11 Trent Park RC	41
12 Enfield & Haringey	35
13 Hillingdon 'C'	27
14 Mornington Chasers 'B'	26
15 Thames Valley Harriers 'B'	21
16 Barnet & District 'C'	10

17 Newham & Essex Beagles 'B'

8

Pos	Women's Division Three Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	<b>Newham &amp; Essex Beagles</b>	<b>170</b>	<b>170</b>	<b>278</b>	<b>197</b>	<b>123</b>	<b>938</b>
2	Barnet & District 'B'	93	121	202	181	87	684
3	London City 'B'	168	84	97	132	179	660
4	Victoria Park & Tower Hamlets 'B'	108	-	202	163	170	643
5	London Front Runners	183	25	104	182	71	565
6	Ealing, Southall & Middlesex 'B'	119	48	172	144	-	483
7	Trent Park RC	61	45	127	200	41	474
8	Newham & Essex Beagles 'B'	30	83	233	34	8	388
9	Enfield & Haringey	99	77	46	107	35	364
10	Ealing Eagles 'B'	55	-	216	9	72	352
11	Barnet & District 'C'	9	81	127	106	10	333
12	Thames Valley Harriers 'B'	146	27	25	112	21	331
13	Metropolitan Police	73	35	63	56	80	307
14	St Mary's Richmond	87	34	60	58	49	288
15	Hillingdon 'C'	42	44	71	96	27	280
16	London City 'C'	56	-	-	-	143	199
17	Ealing Eagles 'C'	-	-	178	-	-	178
18	Victoria Park & Tower Hamlets 'C'	-	-	-	41	114	155
19	Harlow RC	52	16	-	56	-	124
20	Ealing, Southall & Middlesex 'C'	2	-	76	7	-	85
21	Woodford Green & Essex Ladies 'B'	-	65	-	-	-	65
22	Highgate Harriers 'C'	-	-	-	59	-	59
23	Mornington Chasers 'B'	-	-	-	6	26	32
24	London Front Runners 'B'	26	-	-	-	-	26
25	Trent Park RC 'B'	-	-	-	17	-	17
26	Woodford Green & Essex Ladies 'c'	14	-	-	-	-	14
27	Newham & Essex Beagles 'C'	-	-	6	-	-	6
28	Thames Valley Harriers 'C'	3	-	-	-	-	3
29	Cookham Running Club	-	-	-	-	-	0

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

1	<b>Barnet &amp; District</b>	<b>117</b>
2	London Heathside	113
3	Serpentine RC	100
4	Victoria Park & Tower Hamlets	95
5	Highgate Harriers	64
6	Mornington Chasers	53
7	Hillingdon	52
8	London Heathside 'B'	38
9	Ealing, Southall & Middlesex	20
10	Barnet & District 'B'	14

Pos	Vet Women Division One Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
1	<b>Barnet &amp; District</b>	<b>130</b>	<b>127</b>	<b>132</b>	<b>135</b>	<b>117</b>	<b>641</b>
2	London Heathside	116	105	128	117	113	579
3	Highgate Harriers	82	79	98	100	64	423
4	Serpentine RC	127	55	56	83	100	421



5 Victoria Park & Tower Hamlets	99	1	101	78	95	374
6 Ealing, Southall & Middlesex	75	55	96	78	20	324
7 London Heathside 'B'	34	65	73	52	38	262
8 Mornington Chasers	63	38	30	63	53	247
9 Hillingdon	35	37	44	58	52	226
10 Barnet & District 'B'	19	47	22	16	14	118

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

<b>1 Serpentine RC 'B'</b>	<b>66</b>
2 Woodford Green & Essex Ladies	61
3 London Heathside 'C'	44
4 Serpentine RC 'C'	36
5 Herts Phoenix	27
6 Thames Valley Harriers	23
7 Metropolitan Police	16
8 London Front Runners	15
9 Newham & Essex Beagles	8
10 Ealing, Southall & Middlesex 'B'	0

Pos Vet Women Division Two Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1 Woodford Green &amp; Essex Ladies</b>	<b>72</b>	<b>89</b>	<b>42</b>	<b>90</b>	<b>61</b>	<b>354</b>
2 London Heathside 'C'	-	74	62	68	44	248
3 Serpentine RC 'B'	88	35	37	15	66	241
4 Thames Valley Harriers	58	31	27	46	23	185
5 London Front Runners	53	13	-	54	15	135
6 Serpentine RC 'C'	62	6	6	-	36	110
7 Ealing, Southall & Middlesex 'B'	7	14	52	25	-	98
8 Herts Phoenix	-	18	-	44	27	89
9 Newham & Essex Beagles	24	20	11	16	8	79
10 Metropolitan Police	5	-	-	-	16	21

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

<b>1 Ealing Eagles</b>	<b>46</b>
2 London City	41
3 Victoria Park & Tower Hamlets 'B'	40
4 Hillingdon 'B'	39
5 Trent Park RC	19
6 St Mary's Richmond	18
7 Mornington Chasers 'B'	6
8 Hillingdon 'C'	1

Pos Vet Women Division Three Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1 Ealing Eagles</b>	<b>28</b>	<b>16</b>	<b>124</b>	<b>24</b>	<b>46</b>	<b>238</b>
2 Hillingdon 'B'	-	39	86	54	39	218
3 London City	14	15	86	21	41	177
4 Trent Park RC	15	22	40	60	19	156
5 Victoria Park & Tower Hamlets 'B'	19	-	33	19	40	111
6 Barnet & District 'C'	-	31	69	9	-	109
6 St Mary's Richmond	23	14	34	20	18	109
8 Ealing Eagles 'B'	1	-	91	-	-	92

9 Shaftesbury Barnet Harriers	16	-	-	22	-	38
10 Mornington Chasers 'B'	5	3	-	17	6	31
11 Ealing, Southall & Middlesex 'C'	-	-	26	-	-	26
12 Herts Phoenix 'B'	-	-	22	-	-	22
13 Harlow RC	15	6	-	-	-	21
14 Ealing Eagles 'C'	-	-	19	-	-	19
15 Hillingdon 'C'	-	5	5	6	1	17
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>1,106</b>
2 Serpentine RC	1,012
3 London Heathside	802
4 Hillingdon	659
5 Victoria Park & Tower Hamlets	657
6 Barnet & District	586
7 Woodford Green & Essex Ladies	571
8 Serpentine RC 'B'	373
9 London Heathside 'B'	343
10 Shaftesbury Barnet Harriers	332

Pos Men's Division One Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1 Highgate Harriers</b>	<b>1,174</b>	<b>1,184</b>	<b>1,194</b>	<b>1,090</b>	<b>1,106</b>	<b>5,748</b>
2 Serpentine RC	973	1,040	1,065	949	1,012	5,039
3 Woodford Green & Essex Ladies	1,058	969	1,090	1,052	571	4,740
4 London Heathside	767	803	755	739	802	3,866
5 Victoria Park & Tower Hamlets	659	664	620	884	657	3,484
6 Hillingdon	629	498	729	765	659	3,280
7 Shaftesbury Barnet Harriers	785	768	477	459	332	2,821
8 Barnet & District	610	534	575	434	586	2,739
9 Serpentine RC 'B'	330	526	439	405	373	2,073
10 London Heathside 'B'	276	274	316	244	343	1,453

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

<b>1 Highgate Harriers 'B'</b>	<b>936</b>
2 Trent Park RC	809
3 London Front Runners	794
4 London Heathside 'C'	764
5 Thames Valley Harriers	641
6 Newham & Essex Beagles	545
7 Serpentine RC 'C'	482
8 Ealing, Southall & Middlesex	455
9 Hillingdon 'B'	203
10 Woodford Green & Essex Ladies 'B'	0

Pos Men's Division Two Positions	Clay	Stev	Worm	TrentP	Ally P.	Total
<b>1 Highgate Harriers 'B'</b>	<b>1,210</b>	<b>1,017</b>	<b>1,123</b>	<b>1,098</b>	<b>936</b>	<b>5,384</b>
2 Ealing, Southall & Middlesex	1,235	1,078	1,194	977	455	4,939

3 Trent Park RC	1,141	860	1,056	1,058	809	4,924
4 Thames Valley Harriers	1,011	1,030	1,256	950	641	4,888
5 Newham & Essex Beagles	810	854	1,243	818	545	4,270
6 London Front Runners	978	684	823	834	794	4,113
7 London Heathside 'C'	874	688	817	598	764	3,741
8 Serpentine RC 'C'	668	568	603	585	482	2,906
9 Woodford Green & Essex Ladies 'B'	1,050	197	650	423	-	2,320
10 Hillingdon 'B'	309	117	412	333	203	1,374

### Men's Division Three Team Result

**Pts**

<b>1 Ealing Eagles</b>	<b>879</b>
2 Herts Phoenix	853
3 London City	798
4 Victoria Park & Tower Hamlets 'B'	767
5 Barnet & District 'B'	754
6 Ealing Eagles 'B'	601
7 London Front Runners 'B'	578
8 Highgate Harriers 'C'	422
9 Mornington Chasers	343
10 London Front Runners 'C'	281
11 Metropolitan Police	252
12 Ealing Eagles 'C'	226
13 London City 'B'	170
14 Barnet & District 'C'	159
15 Herts Phoenix 'B'	157
16 Thames Valley Harriers 'B'	156
17 Trent Park RC 'B'	130
18 Victoria Park & Tower Hamlets 'C'	117
19 Harlow RC	78
20 Cookham Running Club	72
21 St Mary's Richmond	71
22 Hillingdon 'C'	51

### Pos Men's Division Three Positions

**Clay**

**Stev**

**Worm**

**TrentP**

**Ally P.**

**Total**

<b>1 Ealing Eagles</b>	<b>1,215</b>	<b>914</b>	<b>1,136</b>	<b>1,237</b>	<b>879</b>	<b>5,381</b>
2 Highgate Harriers 'C'	1,287	1,035	1,168	1,048	422	4,960
3 Herts Phoenix	1,106	1,048	659	1,122	853	4,788
4 London City	1,074	894	847	1,021	798	4,634
5 Barnet & District 'B'	1,225	819	756	1,039	754	4,593
6 Victoria Park & Tower Hamlets 'B'	1,342	-	1,092	1,118	767	4,319
7 London Front Runners 'B'	1,127	629	670	752	578	3,756
8 Mornington Chasers	987	357	855	891	343	3,433
9 Thames Valley Harriers 'B'	712	622	931	592	156	3,013
10 Trent Park RC 'B'	722	-	954	949	130	2,755
11 Ealing, Southall & Middlesex 'B'	985	851	655	138	-	2,629
12 London Front Runners 'C'	849	271	362	358	281	2,121
13 Victoria Park & Tower Hamlets 'C'	690	599	285	415	117	2,106
14 Ealing Eagles 'B'	271	201	648	338	601	2,059
15 Metropolitan Police	573	379	464	310	252	1,978
16 St Mary's Richmond	384	408	422	387	71	1,672

17 Barnet & District 'C'	538	266	7	664	159	1,634
18 Enfield & Haringey	303	520	-	672	-	1,495
19 Hillingdon 'C'	307	50	384	171	51	963
20 Herts Phoenix 'B'	104	273	24	286	157	844
21 Trent Park RC 'C'	-	471	-	193	-	664
22 London City 'B'	137	4	59	212	170	582
23 Shaftesbury Barnet Harriers 'B'	201	337	14	-	-	552
24 Cookham Running Club	164	67	78	139	72	520
25 Newham & Essex Beagles 'B'	-	73	405	-	-	478
26 Harlow RC	232	29	-	75	78	414
27 Ealing Eagles 'C'	-	-	136	-	226	362
28 Thames Valley Harriers 'C'	26	49	276	-	-	351
29 Woodford Green & Essex Ladies 'C'	187	-	87	-	-	274
30 Ealing, Southall & Middlesex 'C'	73	68	11	-	-	152
31 Mornington Chasers 'B'	25	-	-	-	-	25

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

<b>1 London Heathside</b>	<b>262</b>
2 Highgate Harriers	243
3 Serpentine RC	209
4 Barnet & District	186
5 Victoria Park & Tower Hamlets	184
6 London Heathside 'B'	141
7 London Front Runners	132
8 Hillingdon	103
9 Woodford Green & Essex Ladies	57
10 Ealing, Southall & Middlesex	23

<b>Pos Vet Men 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 Serpentine RC</b>	<b>321</b>	<b>290</b>	<b>326</b>	<b>224</b>	<b>209</b>	<b>1,370</b>
2 Highgate Harriers	265	294	307	230	243	1,339
3 London Heathside	206	267	221	246	262	1,202
4 Victoria Park & Tower Hamlets	205	179	131	282	184	981
5 Barnet & District	220	185	160	132	186	883
6 London Heathside 'B'	109	172	180	134	141	736
7 London Front Runners	177	151	136	100	132	696
8 Woodford Green & Essex Ladies	151	157	127	99	57	591
9 Hillingdon	103	63	109	115	103	493
10 Ealing, Southall & Middlesex	73	72	92	34	23	294

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

<b>1 Trent Park RC</b>	<b>221</b>
2 London Heathside 'C'	212
3 Thames Valley Harriers	157
4 Herts Phoenix	142
5 Barnet & District 'B'	135
6 Serpentine RC 'B'	111
7 Shaftesbury Barnet Harriers	56
8 Hillingdon 'B'	39
9 Barnet & District 'C'	25

<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>309</b>	<b>221</b>	<b>1,355</b>
2 London Heathside 'C'	273	262	263	261	212	1,271
3 Serpentine RC 'B'	292	219	229	160	111	1,011
4 Thames Valley Harriers	200	133	201	278	157	969
5 Barnet & District 'B'	235	172	76	248	135	866
6 Herts Phoenix	231	165	123	204	142	865
7 Shaftesbury Barnet Harriers	147	154	104	84	56	545
8 Hillingdon 'B'	98	48	104	81	39	370
9 Barnet & District 'C'	96	51	1	173	25	346
10 Metropolitan Police	116	64	57	-	8	245

<b>Veteran Men's Division Three Team Result</b>	<b>Pts</b>
<b>1 Highgate Harriers 'B'</b>	<b>190</b>
2 Ealing Eagles	160
3 Victoria Park & Tower Hamlets 'B'	147
4 Trent Park RC 'B'	120
5 London Front Runners 'B'	111
6 Ealing Eagles 'B'	92
7 Highgate Harriers 'C'	84
8 Mornington Chasers	79
9 Herts Phoenix 'B'	77
10 Cookham Running Club	40
11 St Mary's Richmond	39
12 London City	35
13 Newham & Essex Beagles	29
14 Hillingdon 'C'	26
15 Thames Valley Harriers 'B'	25
16 Serpentine RC 'C'	20
17 London Front Runners 'C'	19
18 Harlow RC	18
19 Ealing Eagles 'C'	14
20 Herts Phoenix 'C'	1

<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>267</b>	<b>238</b>	<b>190</b>	<b>1,133</b>
2 Ealing Eagles	205	171	212	157	160	905
3 Trent Park RC 'B'	233	78	246	221	120	898
4 Victoria Park & Tower Hamlets 'B'	277	109	57	216	147	806
5 Serpentine RC 'C'	267	128	204	78	20	697
6 London Front Runners 'B'	188	142	135	115	111	691
7 Mornington Chasers	167	131	121	159	79	657
8 St Mary's Richmond	7	140	213	125	39	524
9 Highgate Harriers 'C'	40	105	82	168	84	479
10 Herts Phoenix 'B'	87	87	50	108	77	409
11 Ealing Eagles 'B'	34	92	139	13	92	370
12 Thames Valley Harriers 'B'	117	31	74	109	25	356
13 Hillingdon 'C'	99	36	99	50	26	310

14 Cookham Running Club	96	41	50	79	40	306
15 London City	45	3	127	67	35	277
16 London Front Runners 'C'	206	22	23	-	19	270
17 Woodford Green & Essex Ladies 'B'	107	42	95	-	-	244
18 Victoria Park & Tower Hamlets 'C'	142	-	-	99	-	241
19 Harlow RC	133	21	-	-	18	172
20 Trent Park RC 'C'	-	-	47	110	-	157
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	-	-	-	29	71
25 St Mary's Richmond 'B'	-	-	42	-	-	42
26 Herts Phoenix 'C'	3	1	-	20	1	25
27 Ealing Eagles 'C'	-	-	-	7	14	21







**Howard Williams Trophy (Seniors)**

	<b>Men</b>	<b>Women</b>	<b>Total</b>	<b>Wins</b>
<b>1 Highgate Harriers</b>	<b>22</b>	<b>22</b>	<b>44</b>	<b>7.5</b>
2 Serpentine RC	21	20	41	
3 London Heathside	19	21	40	2.5
4 Woodford Green & Essex Ladies	20	16	36	
5 Hillingdon	17	18	35	
6 Barnet & District	15	19	34	
7 Shaftesbury Barnet Harriers	16	17	33	
7 Victoria Park & Tower Hamlets	18	15	33	
9 Ealing, Southall & Middlesex	14	12	26	
10 Thames Valley Harriers	12	13	25	
11 London City	7	14	21	
12 Ealing Eagles	9	11	20	
13 Newham & Essex Beagles	11	8	19	
13 Trent Park RC	13	6	19	
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)**

	<b>U11B</b>	<b>U11G</b>	<b>U13B</b>	<b>U13G</b>	<b>U17M</b>	<b>U17W</b>
<b>1 Victoria Park &amp; Tower Hamlets</b>	<b>15</b>	<b>17</b>	<b>17</b>	<b>18</b>	<b>13</b>	<b>14</b>
2 Hillingdon	16	14	14	13	18	11
3 Woodford Green & Essex Ladies	18	18	8	8	16	13
4 Shaftesbury Barnet Harriers	9	16	9	17	11	18

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

11 February 2017

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