

* indicates 2nd claim runner

Pos	Under 11 Boys Team Result	Pts	HWT
1	Victoria Park & Tower Hamlets	76	18
2	Thames Valley Harriers	71	17
3	Shaftesbury Barnet Harriers	63	16
4	Barnet & District	47	15
5	London Heathside	39	14
6	Hillingdon	35	13
7	Cookham Running Club	29	12
8	Herts Phoenix	23	11
9	Trent Park RC	13	10
9	Victoria Park & Tower Hamlets 'B'	13	
11	Serpentine RC	12	9
12	Highgate Harriers	11	8
13	Barnet & District 'B'	2	
14	Woodford Green & Essex Ladies	1	7

Pos	Under 11 Girls Team Result	Pts	HWT
1	Woodford Green & Essex Ladies	187	18
2	London Heathside	163	17
3	Victoria Park & Tower Hamlets	152	16
4	Woodford Green & Essex Ladies 'B'	146	
5	Cookham Running Club	139	15
6	Hillingdon	137	14
7	Herts Phoenix	131	13
8	Trent Park RC	117	12
9	Thames Valley Harriers	95	11
10	Barnet & District	54	10
11	London Heathside 'B'	26	
12	London City	25	9
13	St Mary's Richmond	23	8

14 Hillingdon 'B'	20
15 Cookham Running Club 'B'	12
16 Highgate Harriers	6 7

Pos Under 13 Boys Team Result	Pts HWT
1 Woodford Green & Essex Ladies	265 18
2 London Heathside	246 17
3 Herts Phoenix	223 15.5
3 Shaftesbury Barnet Harriers	223 15.5
5 Cookham Running Club	207 14
6 Hillingdon	200 13
7 Victoria Park & Tower Hamlets	181 12
8 Woodford Green & Essex Ladies 'B'	176
9 Trent Park RC	149 11
10 Ealing, Southall & Middlesex	124 10
11 Herts Phoenix 'B'	120
12 Highgate Harriers	95 9
13 Hillingdon 'B'	79
14 Thames Valley Harriers	73 8
15 London Heathside 'B'	63
16 St Mary's Richmond	46 7
17 Cookham Running Club 'B'	19
18 Trent Park RC 'B'	13
19 Serpentine RC	10 6
20 Barnet & District	7 5
21 Ealing, Southall & Middlesex 'B'	6
22 Shaftesbury Barnet Harriers 'B'	3

Under 13 Girls Team Result	Pts HWT
1 Thames Valley Harriers	165 18
2 Victoria Park & Tower Hamlets	162 16.5
2 Woodford Green & Essex Ladies	162 16.5
4 Cookham Running Club	153 15

5 Hillingdon	111	14
6 Thames Valley Harriers 'B'	102	
6 Shaftesbury Barnet Harriers	91	13
8 Victoria Park & Tower Hamlets 'B'	65	
9 Highgate Harriers	61	12
10 St Mary's Richmond	44	11
11 Ealing, Southall & Middlesex	40	10
12 Woodford Green & Essex Ladies 'B'	35	
13 Barnet & District	29	9
13 Herts Phoenix	20	8
15 London Heathside	19	7
16 Shaftesbury Barnet Harriers 'B'	15	
17 Cookham Running Club 'B'	1	

U15/U17 Men Team Result

	Pts	HWT
1 Woodford Green & Essex Ladies	300	18
2 Hillingdon	275	17
3 Cookham Running Club	272	16
4 Shaftesbury Barnet Harriers	245	15
5 Woodford Green & Essex Ladies 'B'	234	
6 Herts Phoenix	202	14
7 London Heathside	195	13
8 Ealing, Southall & Middlesex	186	12
9 Trent Park RC	182	11
10 Victoria Park & Tower Hamlets	158	10
11 Thames Valley Harriers	155	9
12 Highgate Harriers	134	8
13 St Mary's Richmond	133	7
14 Serpentine RC	121	6
15 Barnet & District	116	5
16 Trent Park RC 'B'	109	
17 Enfield & Haringey	82	4
18 Shaftesbury Barnet Harriers 'B'	66	

19 Cookham Running Club 'B'	61
20 Hillingdon 'B'	29
21 Ealing Eagles	19 3
22 Victoria Park & Tower Hamlets 'B'	9
23 Trent Park RC 'C'	7
24 Barnet & District 'B'	3

U15/U17 Women Team Result

Pts HWT

1 Shaftesbury Barnet Harriers	245 18
2 London Heathside	201 17
3 Victoria Park & Tower Hamlets	197 16
4 St Mary's Richmond	164 15
5 Shaftesbury Barnet Harriers 'B'	162
6 Herts Phoenix	149 14
7 Thames Valley Harriers	147 13
8 Ealing, Southall & Middlesex	132 12
9 London Heathside 'B'	113
10 Highgate Harriers	104 11
11 Shaftesbury Barnet Harriers 'C'	90
12 Woodford Green & Essex Ladies	88 10
13 Enfield & Haringey	60 9
14 Victoria Park & Tower Hamlets 'B'	59
15 Trent Park RC	50 8
15 Barnet & District	46 7
17 Cookham Running Club	41 6
18 Hillingdon	22 5
19 Thames Valley Harriers 'B'	10

Women's Division One Team Result

Pts HWT

1 Serpentine RC	236 23
2 Highgate Harriers	226 22
3 Thames Valley Harriers	225 21
4 Victoria Park & Tower Hamlets	211 20

5 London Heathside	203 19
6 Woodford Green & Essex Ladies	152 18
7 Hillingdon	134 17
8 Barnet & District	97 16
8 London City	89 15
10 Shaftesbury Barnet Harriers	80 14

Women's Division Two Team Result

Pts HWT

1 Serpentine RC 'B'	340
2 London Heathside 'B'	321
3 London Heathside 'C'	261
4 Serpentine RC 'C'	256
5 Ealing, Southall & Middlesex	240 13
6 Ealing Eagles	206 12
7 Highgate Harriers 'B'	195
8 Barnet & District 'B'	152
9 Newham & Essex Beagles	122 11
10 Mornington Chasers	120 10

Women's Division Three Team Result

Pts HWT

1 Victoria Park & Tower Hamlets 'B'	304
2 Herts Phoenix	268 9
3 Victoria Park & Tower Hamlets 'C'	261
4 Trent Park RC	251 8
5 London Front Runners	246 7
6 Hillingdon 'B'	237
7 Thames Valley Harriers 'B'	199
8 Ealing Eagles 'B'	193
9 Goodgym	136 6
10 London Front Runners 'B'	129
11 Hillingdon 'C'	107
12 Barnet & District 'C'	101
13 Ealing, Southall & Middlesex 'B'	77

13 London City 'B'	77
15 Metropolitan Police	68 5
16 Ealing Eagles 'C'	65
17 Newham & Essex Beagles 'B'	59
18 Harlow RC	43 4
18 Trent Park RC 'B'	43
20 Thames Valley Harriers 'C'	30
21 London Front Runners 'C'	21
22 Newham & Essex Beagles 'C'	4
23 Goodgym 'B'	2

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

1 London Heathside	126
2 Serpentine RC	120
3 Barnet & District	112
4 Victoria Park & Tower Hamlets	96
5 London Heathside 'B'	72
6 Highgate Harriers	59
7 Woodford Green & Essex Ladies	56
8 London Heathside 'C'	39
9 Ealing, Southall & Middlesex	37
10 Mornington Chasers	16

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

1 Serpentine RC 'B'	114
2 Hillingdon	112
3 Barnet & District 'B'	95
4 Serpentine RC 'C'	72
5 Herts Phoenix	61
6 Ealing Eagles	60
7 Thames Valley Harriers	42
8 London Front Runners	32
9 Hillingdon 'B'	26

10 Metropolitan Police -

Veteran Women's Division Three Team Result	Pts
1 Victoria Park & Tower Hamlets 'B'	90
2 Newham & Essex Beagles	80
3 Trent Park RC	76
4 Barnet & District 'C'	55
5 London City	41
6 Newham & Essex Beagles 'B'	25
7 Goodgym	22
8 Victoria Park & Tower Hamlets 'C'	16
9 Ealing, Southall & Middlesex 'C'	14
10 Ealing Eagles 'C'	8
11 Newham & Essex Beagles 'C'	1

Men's Division One Team Result	Pts	HWT
1 Highgate Harriers	1,118	23
2 Serpentine RC	921	22
3 Victoria Park & Tower Hamlets	861	21
4 Shaftesbury Barnet Harriers	838	20
5 Woodford Green & Essex Ladies	819	19
6 Hillingdon	766	18
7 London Heathside	671	17
8 Ealing, Southall & Middlesex	565	16
9 Barnet & District	488	15
10 Highgate Harriers 'B'	213	

Men's Division Two Team Result	Pts	HWT
1 Thames Valley Harriers	1,337	14
2 London Heathside 'B'	1,207	
3 Serpentine RC 'B'	1,105	
4 Trent Park RC	1,053	13
5 London Heathside 'C'	980	

6 London Front Runners	976	12
7 Ealing Eagles	906	11
8 Newham & Essex Beagles	904	10
9 Serpentine RC 'C'	748	
10 Highgate Harriers 'C'	427	

Men's Division Three Team Result

	Pts	HWT
1 Victoria Park & Tower Hamlets 'B'	1,613	
2 Herts Phoenix	1,539	9
3 London City	1,496	8
4 Victoria Park & Tower Hamlets 'C'	1,475	
5 Barnet & District 'B'	1,266	
6 London Front Runners 'B'	1,169	
7 Goodgym	1,062	7
8 Hillingdon 'B'	1,047	
8 Thames Valley Harriers 'B'	1,047	
10 Ealing Eagles 'B'	1,041	
11 London Front Runners 'C'	925	
12 London City 'B'	814	
13 Ealing, Southall & Middlesex 'B'	751	
14 Woodford Green & Essex Ladies 'B'	732	
15 Hillingdon 'C'	598	
16 Trent Park RC 'B'	538	
17 Barnet & District 'C'	453	
18 Herts Phoenix 'B'	391	
19 Ealing Eagles 'C'	366	
20 Mornington Chasers	351	6
21 St Mary's Richmond	348	5
22 Metropolitan Police	309	4
23 Cookham Running Club	157	3
24 London City 'C'	114	
25 Harlow RC	97	2
26 Shaftesbury Barnet Harriers 'B'	85	

27 Newham & Essex Beagles 'B' 32

Veteran Men's Division One Team Result Pts

1 London Heathside	479
2 Serpentine RC	386
3 Victoria Park & Tower Hamlets	369
4 Highgate Harriers	304
5 Woodford Green & Essex Ladies	276
6 London Heathside 'B'	261
7 Barnet & District	251
8 Trent Park RC	175
9 London Front Runners	169
10 London Heathside 'C'	168

Veteran Men's Division Two Team Result Pts

1 Ealing, Southall & Middlesex	172
2 Hillingdon	170
3 Thames Valley Harriers	157
4 Highgate Harriers 'B'	137
5 Serpentine RC 'B'	134
6 Ealing Eagles	110
7 Barnet & District 'B'	104
8 Herts Phoenix	69
9 Shaftesbury Barnet Harriers	41
10 Hillingdon 'B'	34

Veteran Men's Division Three Team Result Pts

1 Victoria Park & Tower Hamlets 'B'	330
2 Victoria Park & Tower Hamlets 'C'	259
3 Woodford Green & Essex Ladies 'B'	247
4 London City	240
5 London Front Runners 'B'	233
6 Thames Valley Harriers 'B'	206

7	Barnet & District 'C'	197
8	Hillingdon 'C'	176
9	St Mary's Richmond	161
10	Ealing Eagles 'B'	156
11	Mornington Chasers	135
12	Newham & Essex Beagles	131
13	Cookham Running Club	125
13	Ealing, Southall & Middlesex 'B'	125
13	Herts Phoenix 'B'	125
16	London Front Runners 'C'	117
17	Serpentine RC 'C'	104
18	Highgate Harriers 'C'	86
19	Metropolitan Police	82
20	Trent Park RC 'B'	68
21	London City 'B'	57
22	Woodford Green & Essex Ladies 'C'	19
23	Harlow RC	16

Howard Williams Trophy (Seniors)

	Men	Women	Total	Wins
1 Highgate Harriers	23	22	45	1
1 Serpentine RC	22	23	45	1
3 Victoria Park & Tower Hamlets	21	20	41	
4 Woodford Green & Essex Ladies	19	18	37	
5 London Heathside	17	19	36	
6 Hillingdon	18	17	35	
6 Thames Valley Harriers	14	21	35	
8 Shaftesbury Barnet Harriers	20	14	34	
9 Barnet & District	15	16	31	
10 Ealing, Southall & Middlesex	16	13	29	
11 Ealing Eagles	11	12	23	
11 London City	8	15	23	
13 Newham & Essex Beagles	10	11	21	
13 Trent Park RC	13	8	21	

