

**RECENT NEW MEMBERS** – We wish you a very warm welcome, and a happy, healthy and successful time with Shaftesbury to **BRADLEY DAVIES-PUGHE, ALEXANDER EVANS-LOMBE, SHIVANI FEIFEL, APRIL HILL, JARED MORRIS, ANNABELLE PANWAR** and **MAX PANWAR**

**ARMAGH INTERNATIONAL** – England Athletics are pleased to announce that **LIAM DEE** will be in the team of four men and four women selected for the Armagh International, which takes place in early February 2020.

**PARKRUN 100 CLUB** – Congratulations to **BRADLEY SINGER** who at the Walthamstow Parkrun last Saturday completed his 100th race.

**NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS** – Took place on 2 November at Mansfield.

An outstanding day for Shaftesbury with the performance of the day going to our Under 20 Men's team of **THOMAS PATRICK, JEREMY DEMPSEY** and **HENRY MCLUCKIE** winning the Gold Medal. On Leg 1 **THOMAS** came home in 6th place, handing over to **JEREMY** with only a 5 second deficit, he ran outstanding leg by moving through the field to hand over to **HENRY** with a 11 second lead, **HENRY** showed how to run a final leg and crossed the line leaving Invicta East Kent trailing by 5 seconds.

There were Silver Medals from the Under 17 Women and Under 13 Boys – Our Under 17 Women team of **FREYA STAPLETON, EMILY HATHAWAY** and **JOANNE MIRANDA** repeated their success in the Southern relays, on Leg 1 **FREYA** excellent run brought her home in 3rd place, **EMILY'S** ran a respectable time finishing in 5th place, **JOANNE** worked her way through to take the Silver Medal some 4 seconds ahead of City of Norwich.

**FREYA, EMILY** and **JOANNE** after receiving their Silver Medal's.

Our Under 13 Boys team of **GIANLEO STUBBS, ZICO JONES** and **THOMAS CADWALLADER** also repeated their Silver Medal success in the Southern relays, **GIANLEO** finished in 12th place some 25 seconds off the leader, **ZICO** ran the fastest time on Leg 2 by 10 seconds taking up to 1st place, **THOMAS** lead of 12 seconds was not quite enough as South London Harriers moved through to win by 7 seconds..

**Under 13 Boys** – **SBH** won the Silver Medal (21.51) Leg 1 **GIANLEO STUBBS** (7:16.40 12th), Leg 2 **ZICO JONES** (7:05.70 1st – 1st Fastest on Leg), Leg 3 **THOMAS CADWALLADER** (7:22.85 2nd – 3rd Fastest on Leg)

**Team Result** – 1st South London Harriers (21:37.30), **2nd SBH (21:44.95)**, 3rd Winchester & District (21:56.10) 79 Teams Finished

**Under 13 Girls – No SBH Team**

**Team Result** – 1st Wolverhampton & Bilston (23:43.40), 2nd Rotherham Harriers (23:49.50), 3rd Stockport Harriers (23:49.70) 84 Teams Finished

**Under 15 Boys – SBH Incomplete Team** Leg 1 **LEO RONCARATI** (7:18.90 48th), Leg 2 **TOBY EDWARDS** (11:13.80 104th)

**Team Result** – 1st South London Harriers (21:04.50), 2nd Vale Royal (21:06.35), 3rd Cambridge & Coleridge (21:07.85) 86 Teams Finished

**Under 15 Girls – No SBH Team**

**Team Result** – 1st Vale Royal (22:58.15), 2nd Hallamshire Harriers Sheffield (23:21.35), 3rd Windsor, Slough, Eton & Hounslow (23:24.90) 98 Teams Finished

**Under 17 Men – SBH "A"** 15th (29:59.55) Leg 1 **MUKHTAR MUSA** (9:31.90 11th), Leg 2 **LUCA STUBBS** (10:14.95 12th), Leg 3 **JUDE MIRANDA** (10:12.70 15th), **SBH "B"** 39th (31:46.80) Leg 1 **DYLAN MICHEL** (10:13.40 52nd), Leg 2 **ASHWIN FOWKER-GAJAN** (10:33.20 40th), Leg 3 **SAM TRUEMAN** (11:00.20 39th)

**Team Result** – 1st Windsor, Slough, Eton & Hounslow (28:50.75), 2nd Vale Royal (29:00.70), 3rd Tonbridge (29:18.35) 82 Teams Finished

**Under 17 Women – SBH "A"** won the Silver Medal (25.50) Leg 1 **FREYA STAPLETON**

(9:04.40 3rd – 3rd Fastest on Leg), Leg 2 **EMILY HATHAWAY** (10:05.50 5th), Leg 3 **JOANNE MIRANDA** (9:27.10 2nd – 3rd Fastest on Leg), **SBH “B”** 17th (30:16.00) Leg 1 **ELENA RONCARATI** (10:05.40 35th), Leg 2 **MAAYAN RADUS** (9:49.20 17th – 3rd Fastest on Leg), Leg 3 **NADIA POTTER** (10:21.40 17th)

**Team Result** – 1st Aldershot, Farnham & District (28:22.95), **2nd SBH “A”** (28:37.00), 3rd City of Norwich (28:41.05) 49 Teams Finished

**Under 20 Men – SBH “A”** won the Gold Medal (27:12.00) Leg 1 **THOMAS PATRICK** (9:01.70 6th – 6th Fastest on Leg), Leg 2 **JEREMY DEMPSEY** (9:00.10 1st – 1st Fastest on Leg), Leg 3 **HENRY MCLUCKIE** (9:10.20 1st – 4th Fastest on Leg), **SBH “B”** **24th** (29:37.45) Leg 1 **SAM WIGGINS** (9:37.00 35th), Leg 2 **NATHAN GODDARD** (9:37.80 27th), Leg 3 **JOE EDWARDS** (10:22.65 24th)

**Team Result** – 1st SBH (27:12.00), 2nd Invicta East Kent (27:17.10), 3rd St Mary's College (27:23.10) 44 Teams Finished

**Under 20 Women – SBH Incomplete Team** Leg 1 **LIA RADUS** (9:31.00 21st)

**Team Result** – 1st Wolverhampton & Bilston (27:10.30), 2nd Herne Hill Harriers (27:13.65), 3rd St Mary's College (27:20.70) 27 Teams Finished

**Senior Men – SBH** 6th (1:07.00.20) Leg 1 **PHILLIP CROUT** (16:47.40 24th), Leg 2 **DYLAN EVANS** (16:43.60 8th – 7th Fastest on Leg), Leg 3 **KIERAN CLEMENTS** (16:53.20 7th – 4th Fastest on Leg), Leg 4 **LIAM DEE** (16:36.00 6th – 5th Fastest on Leg), **SBH “B”**

**Incomplete Team** Leg 1 **THOMAS BUTLER U23** (16:51.35 27th), Leg 2 **MARK PEARCE** (17:09.80 16th)

**Team Result** – 1st Leeds City (1:05.14.10), 2nd Cambridge & Coleridge (1:05.45.20), 3rd Bedford & County (1:06.25.55) 34 Teams Finished

**Senior Women – No SBH Team**

**Team Result** – 1st Aldershot, Farnham & District (31:09.30), 2nd Leeds City (32:08.30), 3rd Cambridge & Coleridge (32:35.00) 127 Teams Finished

**START FITNESS METROPOLITAN LEAGUE** – The second fixture of five took place last Saturday at Welwyn Garden City.

Another excellent day following the first fixture at Claybury, we achieved 3 winners **POSIE SHAW U11**, **GIANLEO STUBBS U13** and **JOANNE MIRANDA U17**. Our teams were equally successful with wins from the **UNDER 13 BOYS**, **UNDER 15 BOYS/UNDER 17 MEN** and **UNDER 15 GIRLS/UNDER 17 WOMEN**.

**Under 11 Boys – ARTHUR PHILLIPS** 2nd (5.14), **EUAN PHILLIP** 4th (5.26), **MAX PANWAR** 13th (5.43), **JAKE LOVELL** 14th (5.45), **EDDIE WAXMAN** 19th (6.02), **BARNEY MALLADAIN** 20th (6.05) the winner was Ben Redland of London Heathside (5.13) 48 runners finished.

**Team Result** – 1st Woodford Green & Essex Ladies (165 points), **2nd SBH (159)**, 3rd London Heathside (138)

**Team Positions After 2 Fixtures** – 1st Woodford Green & Essex Ladies (308 points), 2nd London Heathside (244), **3rd SBH (223)**

**Under 11 Girls – POSIE SHAW** 1st (5.36), **ERIN GIBLIN** 15th (6.06), **NYAH CAINE** 20th (6.22), **ANNABELLE PANWAR** 22nd (6.25), **SIENNA CORBYN** 34th (6.59) 48 runners finished.

**Team Result** – 1st Woodford Green & Essex Ladies (149 points), **2nd SBH (128)**, 3rd Herts Phoenix (118)

**Team Positions After 2 Fixtures** – 1st Woodford Green & Essex Ladies (256 points), **2nd SBH (181)**, 3rd Herts Phoenix (162)

**Under 13 Boys – GIANLEO STUBBS** 1st (10.34), **THOMAS CADWALLADER** 3rd (10.49), **ZICO JONES** 4th (11.06), **AUSTIN WARD** 5th (11.23) 62 runners finished.

**Team Result** – **1st SBH (231 points)**, 2nd Woodford Green & Essex Ladies (198), 3rd Barnet & District (161)

**Team Positions After 2 Fixtures** – **1st SBH (428 points)**, 2nd Woodford Green & Essex

Ladies (352), 3rd London Heathside (295), **16th SBH "B" (35)**

**Under 13 Girls – EVIE REDPATH** 14th (12.50), **LUCY JOHNSON** 27th (13.59) the winner was Abigail Reed of Woodford Green & Essex Ladies (11.10) 41 runners finished.

**Team Result – 1st Woodford Green & Essex Ladies (150 points), 2nd Thames Valley Harriers (136), 3rd Thames Valley Harriers "B" (92), 9th SBH (43)**

**Team Positions After 2 Fixtures – 1st Woodford Green & Essex Ladies (369 points), 2nd Victoria Park & Tower Hamlets (280), 3rd Hillingdon (251), 7th SBH (174)**

**Under 15 Boys & Under 17 Men – JUDE MIRANDA U17** 2nd (14.09 2nd U17), **LUCA STUBBS U17** 6th (14.21 2nd U17), **FINN MACCARTHY U17** 17th (14.58), **DYLAN MICHEL U17** 18th (14.58), **ASHWIN FOWKES-GAJAN U17** 21st (15.08), **LEO RONCARATI U15** 26th (15.16), **DYLAN HAMMOND U15** 35th (15.40), **JONATHAN BOARDMAN U17** 41st (15.59), **JAMES MUNYAMBU U17** 50th (16.25), **DANIEL BANYARD U15** 65th (16.59), **THEO BODEN U15** 67th (17.03), **TOM VETTIANKAL U15** 90th (19.00), the winner was Thomas Archer U17 of London Heathside (13.48) 54 Under 15 runners finished, 46 Under 17 runners finished.

**Team Result – 1st SBH (357 points), 2nd London Heathside (351), 3rd Woodford Green & Essex Ladies (337), 7th SBH "B" (277), 16th SBH "C" (132)**

**Team Positions After 2 Fixtures – 1st SBH (760 points), 2nd Woodford Green & Essex Ladies (759), 3rd London Heathside (731), 7th SBH "B" (603), 17th SBH "C" (276)**

**Under 15 Girls & Under 17 Women – JOANNE MIRANDA U17** 1st (16.05 1st U17), **NADIA POTTER U17** 5th (16.48), **NATASHA TANNER U17** 21st (18.43), **SARA ROURKE U17** 37th (20.14), **LUISA ROJAS U17** 52nd (22.18) 28 Under 15 runners finished, 25 Under 17 runners finished.

**Team Result – 1st London Heathside (175 points), 2nd Victoria Park & Tower Hamlets (168), 3rd SBH (149), 16th SBH "B" (2)**

**Team Positions After 2 Fixtures – 1st SBH (373 points), 2nd Victoria Park & Tower Hamlets (370), 3rd London Heathside (365), 10th SBH "B" (127), 19th SBH "C" (5)**

**Under 20, Senior & Masters Men – JEREMY DEMPSEY U20** 4th (24.37 1st U20), **PHILLIP CROUT** 6th (25.02), **THOMAS BUTLER U23** 11th (25.11), **GEORGE GROOM U20** 15th (25.33 3rd U20), **THOMAS KEARNS** 42nd (26.32), **ORLANDO EDWARDS V40** 67th (27.21), **OLIVER GREENSTEIN** 130th (28.50), **JOHN KOURPAS** 131st (28.50), **MARK COTTLE** 154th (29.34), **ROBERT RIGBY V55** 209th (30.42), **JAMES SARNER** 302nd (33.06), **BEN KELLY U20** 348th (34.36), **DAVID GREENSTEIN V55** 349th (34.38), **TIM PARKIN V40** 352nd (34.43), **DANNY DIGWOOD** 393rd (36.01), **PHILIP CUNNINGHAM V55** 483rd (40.21), **RAY POWELL V55** 503rd (42.24) the winner was Callum Moody of Serpentine (24.27) 524 runners finished.

**Team Result Division 1 – 1st Highgate Harriers (1458 points), 2nd Victoria Park & Tower Hamlets (2546), 3rd London Heathside (2227), 6th SBH (855)**

**Team Positions Division 1 After 2 Fixtures – 1st Highgate Harriers (2685 points), 2nd Victoria Park & Tower Hamlets (312), 3rd Woodford Green & Essex Ladies (2227), 9th SBH (1348)**

**Team Result Veteran Division 2 – 1st London Heathside "C" (319 points), 2nd London Front Runners (312), 3rd Ealing, Southall & Middlesex (301), 5th SBH (235)**

**Team Positions Veteran Division 2 After 2 Fixtures – 1st London Front Runners (606 points), 2nd London Heathside "C" (596), 3rd Ealing, Southall & Middlesex (551), 10th SBH (249)**

**Under 20, Senior & Masters Women – REBEKAH GARDINER** 29th (32.01), **ZOE LEVIN** (2nd Claim) 38th (32.32), **JO KENT V50** (2nd Claim) 52nd (33.06), **INDIRA PATEL U20** 66th (34.07), **SCARLETT KENT U20** 105th (36.39) the winner was Elizabeth Janes of Herts Phoenix (28.30) 239 runners finished.

**Team Result Division 2 – 1st Trent Park (343 points), 2nd Ealing, Southall & Middlesex (292), 3rd Ealing Eagles (290), 7th SBH (183)**

**Team Positions Division 2 After 2 Fixtures – 1st Trent Park (742 points), 2nd Ealing Eagles (586), 3rd Victoria Park & Tower Hamlets (571), 6th SBH (483)**

**Howard Williams Trophy Juniors** – 1st Woodford Green & Essex Ladies (103), **2nd SBH (100)**, 3rd London Heathside (93)

**Howard Williams Trophy Seniors** – 1st Highgate Harriers (44 points), 2nd Victoria Park & Tower Hamlets (44), 3rd London Heathside (43), **12th SBH (26)**

**CHILTERN LEAGUE INCLUDES BRITISH ATHLETICS CROSS CHALLENGE** – Took place on 9 November at Milton Keynes.

**Under 17 Women** – **FREYA STAPLETON** won the Bronze Medal (17.21), **MAAYAN RADUS** 14th (18.00) the winner was Kirsten Stilwell of Wycombe Phoenix (17.13)

**Senior Men** – **LIAM DEE** 12th (30.24), **MARK PEARCE** 18th (31.01) the winner was Mohamed Mohamed of Southampton (29.37)

**Senior Women** – **NAOMI TASCHIMOWITZ** 7th (20.49) the winner was Kate Avery of Shildon RC (20.11)

**LONDON CHAMPIONSHIPS** – Took place on 16 November at Parliament Hill.

**Senior Men 10000m** – **ORLANDO EDWARDS V40** 44th (40.29), **JAMES TRAPMORE V40** 173rd (45.28), **ROBERT RIGBY V55** 195th (46.09), **DAVID GREENSTEIN V55** 347th (51.32) the winner was Seyfu Jamaal of London Heathside (36.10) 475 runners finished.

**Team Result** – 1st London Heathside (32 points), 2nd Thames Valley Harriers (38), 3rd Hercules Wimbledon (52), **28th SBH (759)**

**Senior Women 6000m** – The winner was Rebecca Piggott of London Heathside (23.12) 309 runners finished.

**Team Result** – 1st London Heathside (52 points), 2nd Highgate Harriers (70), 3rd Fulham Running Club (77)

**LONDON YOUTH GAMES** – Took place on 16 November at Parliament Hill, in which the majority of our athletes were competing for the London Borough of Barnet.

Another excellent games for the **London Borough of Barnet** where overall the Male & Female teams finished 5th and 4th respectively, there were team wins from the Under 17 Women with the Under 13 Boys finishing 2nd.

Individually success was plentiful with a Silver Medal won by **GIANLEO STUBBS U13**, there was a clutch of Bronze Medals won by **ARTHUR PHILLIPS U11**, **ZICO JONES U13**, **SAMUEL GREENSTEIN U15**, **MUKHTAR MUSA U17** and **MAAYAN RADUS U17**.

**Under 11 Boys** – **ARTHUR PHILLIPS** (Barnet) won the Bronze Medal (6.13), **AMARION WALLACE** (Barnet) 34th (6.51), **EDDIE WAXMAN** (Barnet) 98th (7.23) the winner was Lucas Pearson of Bromley (6.07) 174 runners finished.

**Team Result** – 1st Wandsworth (21 points), 2nd Havering (31), 3rd Richmond (34), **4th Barnet (47)**

**Under 11 Girls** – **POSIE SHAW** (Barnet) 6th (6.56), **ERIN GIBLIN** (Barnet) 43rd (7.40), **NYAH** (Barnet) **CAINE** 63rd (7.51), **SIENNA CORBYN** (Barnet) 137th (8.53) the winner was Leila Jones of Havering (6.43) 164 runners finished.

**Team Result** – 1st Havering (36 points), 2nd Lambeth (39), 3rd Wandsworth (61), **8th Barnet (84)**

**Under 13 Boys** – **GIANLEO STUBBS** (Barnet) won the Silver Medal (7.29), **ZICO JONES** (Barnet) won the Bronze Medal (7.37), **AUSTIN WARD** (Barnet) 29th (8.17), **JORDAN PEARLMAN** (Barnet) 104th (8.50), **TOMMY NARVAEZ-WHITE** (Barnet) 149th (9.09) the winner was Tom Harmer of Croydon (7.25) 238 runners finished.

**Team Result** – 1st Bromley (27 points), **2nd Barnet (31)**, 3rd Southwark (68)

**Under 13 Girls** – **PHOEBE MUSIC** (Barnet) 98th (9.38), **DINA SILVERMAN** (Barnet) 43rd (8.58), **EVIE REDPATH** (Barnet) 113th (9.44), **MYA MAIRS-INGRAM** (Barnet) 120th (9.50) the winner was Abigail Reed of Redbridge (7.44) 247 runners finished.

**Team Result** – 1st Bromley (31 points), 2nd Haringey (31), 3rd Havering (54), **18th SBH (254)**

**Under 15 Boys** – **SAMUEL GREENSTEIN** (Barnet) won the Bronze Medal (10.34), **LEO RONCARATI** (Barnet) 27th (11.40), **DYLAN HAMMOND** (Barnet) 30th (11.44), **DANIEL BANYARD** (Barnet) 102nd (12.47), the winner was Jacob Taylor of Southwark (10.34) 173 runners finished.

**Team Result** – **1st Southwark (19 points)**, 2nd Bromley (37), 3rd Richmond (46), **5th Barnet (60)**

**Under 15 Girls** – **AIMI WEIGHTMAN** (Barnet) 4th (8.00), **RACHEL PEARLMAN** (Barnet) 47th (8.52), **LUISA STAAB** (Haringey) 81st (9.20), **LUCY MARCUS** (Barnet) 213th (12.30) the winner was Lara Mannes Diaz De Carl of Kensington & Chelsea (7.53) 221 runners finished.

**Team Result** – 1st Havering (35 points), 2nd Kensington & Chelsea (38), 3rd Bromley (41), **7th Barnet (72)**, **8th Haringey (94)**

**Under 17 Men** – **MUKHTAR MUSA** (Barnet) won the Bronze Medal (17.08), **DYLAN MICHEL** (Barnet) 23rd (18.18), **ASHWIN FOWKES-GAJAN** (Barnet) 37th (18.50), **JONATHAN BOARDMAN** (Barnet) 71st (20.29) the winner was Aaron Samuels of Redbridge (16.47) 524 runners finished.

**Team Result** – 1st Richmond (33 points), 2nd Southwark (67), 3rd Hackney (68), **8th Barnet (97)**

**Under 17 Women** – **MAAYAN RADUS** (Barnet) won the Bronze Medal (11.57), **NADIA POTTER** (Barnet) 11th (12.31), **EMILY HATHAWAY** (Enfield) 13th (12.36), **ELENA RONCARATI** (Barnet) 25th (12.58), **NATASHA TANNER** (Barnet) 33rd (13.26) the winner was Abigail Ives of Havering (11.42) 103 runners finished.

**Team Result Division 2** – **1st Barnet (39 points)**, 2nd Bromley (46), 3rd Wandsworth (53), **15th Enfield (152)**

#### **Overall Team Results**

**Male** – 1st Southwark (139 points), 2nd Bromley (137), 3rd Richmond (136), **5th Barnet (126)**

**Female** – 1st Havering (143 points), 2nd Bromley (139), 3rd Wandsworth (127), **4th Barnet (121)**, **5th Haringey (118)**, **21st Enfield (76)**

**LONDON UNIVERSITIES AND COLLEGES XC LEAGUE** – The third fixture of five took place at Wimbledon Common on 13 November.

**Senior Men 9000m** – **THOMAS BUTLER U23** (St Mary's University) 2nd (31.47) the winner was Ellis Cross U23 of St Mary's University (31.29), 96 runners finished

**Team Result** – 1st Imperial College "A" (983 points), 2nd Imperial College "A" (965), 3rd Imperial College "B" (912)

**Individual Positions After 3 Fixtures** – **1st Thomas Butler U23 (597 points)**, 2nd James Lyne of Reading (581), 3rd Oliver Newton of Imperial College (577), **94th George Groom (196)**

**Senior Women 6000m** – The winner was Georgia Curry U23 of Imperial College (21.10), 79 runners finished

**Team Result** – 1st Imperial College "A" (584 points), 2nd St Mary's University (578), 3rd St Mary's University (570)

**Individual Positions After 3 Fixtures** – 1st Georgia Curry U20 Imperial College (447 points), 2nd Laura Wright U20 Imperial College (445), 3rd Madelyn Huston University College of London (436), 86th Charlotte Johnson (135)

**NORTH WEST LONDON LEAGUE** – The third fixture of five took place on 23 November at Kingsbury.

Another excellent day with **ZICO JONES** with his 3rd win out of 3 races in the Under 13 Boys race. In the Under 11 Boys race **ARTHUR PHILLIPS** ran an excellent race to go 1 better than last time and claim 2nd place, also **NYAH CAINE** finished 2nd in the Under 11



Girls race. There were top 10 finishes from **AUSTIN WARD** 4th U13B, **FINN MACCARTHY** 7th U17M, **ANASTASIA CHARALAMBOUS** 7th U17W and **MAX PANWAR** 10th U11B.

**Under 11 Boys (2000m)** – **ARTHUR PHILLIPS** 2nd (6.58), **MAX PANWAR** 10th (7.36), **BARNEY MALLANDAINE** 11th (7.38), **LADDIE SHAW** 25th (8.11) the winner was Archie Seddon of Dacorum & Tring (6.56), 53 runners finished.

**Team Result** – 1st Cookham (41 points), **2nd SBH (48)**, 3rd Highgate Harriers (59) – **Team Positions After 3 Fixtures** 1st Cookham (41 points), **2nd SBH (45)**, 3rd Highgate Harriers (56)

**Under 11 Girls (2000m)** – **NYAH CAINE** 2nd (7.48), **ERIN GIBLIN** 7th (8.01), **ANNABELLE PANWAR** 22nd (8.31) the winner was Olivia Insley of Cookham (7.42), 45 runners finished.

**Team Result** – 1st Cookham (33 points), 2nd Highgate Harriers (63), **3rd SBH (77)** – **Team Positions After 3 Fixtures** 1st Cookham (31 points), 2nd Highgate Harriers (59), **3rd SBH (72)**

**Under 13 Boys (3000m)** – **ZICO JONES** 1st (10.39), **AUSTIN WARD** 4th (11.17), **TOMMY NARVAEZ-WHITE** 22nd (12.22), **KEITH SOMANI** 28th (12.56) 42 runners finished.

**Team Result** – **1st SBH (55 points)**, 2nd Highgate Harriers (58), 3rd Barnet & District (61) – **Team Positions After 3 Fixtures** **1st SBH (49 points)**, 2nd Highgate Harriers (51), 3rd Barnet & District (53)

**Under 13 Girls (2450m)** – **No SBH Runners** the winner was A Svihalkova of Thames Valley Harriers (11.22), 50 runners finished.

**Team Result** – 1st Thames Valley Harriers (23 points), 2nd Cookham (34), 3rd Dacorum & Tring (61) – **Team Positions After 3 Fixtures** 1st Thames Valley Harriers (22 points), 2nd Cookham (33), 3rd Dacorum & Tring (58)

**Under 15 Boys (4000m)** – **DANIEL BANYARD** 19th (16.01), **JOSEPH O'HARA** 23rd (16.21), **THEO BODEN** 33rd (17.04) the winner was Frank McGrath of Cookham (14.05), 43 runners finished.

**Team Result** – 1st London Heathside (23 points), 2nd Cookham (48), 3rd Trent Park (61), **7th SBH (119)** – **Team Positions After 3 Fixtures** 1st London Heathside (23 points), 2nd Cookham (43), 3rd Trent Park (55), **7th SBH (102)**

**Under 15 Girls (4000m)** – **No SBH Runners** the winner was Stella Whitlum of Dacorum & Tring (16.03), 43 runners finished.

**Team Result** – 1st Dacorum & Tring (30 points), 2nd Thames Valley Harriers (54), 3rd Highgate Harriers (71) – **Team Positions After 3 Fixtures** 1st Dacorum & Tring (30 points), 2nd Thames Valley Harriers (52), 3rd Cookham (65)

**Under 17 Men (5000m)** – **FINN MACCARTHY** 7th (19.23) the winner was Samuel Burnell of Dacorum & Tring (18.12) 17 runners finished.

**Team Result** – 1st Dacorum & Tring (19 points), 2nd Thames Valley Harriers (48), 3rd Trent Park (62), **6th SBH (79)** – **Team Positions After 3 Fixtures** 1st Dacorum & Tring (18 points), 2nd Thames Valley Harriers (44), 3rd Trent Park (58), **5th SBH (72)**

**Under 17 Women (5000m)** – **ANASTASIA CHARALAMBOUS** 7th (25.27) the winner was Mimi Blake of London Heathside (20.35), 11 runners finished.

**Team Result** – 1st London Heathside (29 points), 2nd Thames Valley Harriers (31), 3rd Dacorum & Tring (33), **5th SBH (43)** – **Team Positions After 3 Fixtures** 1st London Heathside (25 points), 2nd Thames Valley Harriers (27), 3rd Dacorum & Tring (29), **4th SBH (37)**

**FRATERNITY & SORORITY CUPS** – Took place at Kingsbury on 23 November.

**Fraternity Cup Men (7800m)** – **JOHN KOURPAS** 22nd (29.13), **MARK COTTLE** 38th (30.04), **ROBERT RIGBY V55** 81st (31.46), **NEIL FORDHAM** 102nd (32.44), **DANNY DIGWEED V35** 154th (35.52), **RAY POWELL V55** 243rd (43.44) the winner was Alexander Lepretre of Barnet & district 2nd Claim (25.09) 272 runners finished

**Team Result** – 1st Victoria Park & Tower Hamlets (81 points), 2nd Trent Park (117), 3rd London Heathside (126)

**Sorority Cup Women (7800m) – No SBH Runners** the winner was Lucy Charles of Orion (31.38), 141 runners finished.

**Team Result** – 1st Victoria Park & Tower Hamlets (53 points), 2nd Barnet & District (56), 3rd London Heathside (86)