

Metropolitan League - Men's Individual Winners From 1966 To 2020

Senior Men Individual Wins 1966 to 2020

NAME	CLUB	WINS	YEAR
Julian Gentry	Newham & Essex Beagles	18	89,90,91,92,93,94,95,96
Nelson Hall	Herts Phoenix	11	07,09,10,11,12
Richard Goodman	Shaftesbury Barnet Harriers	11	10, 13, 15,16,17
Andy Catton	Ilford	8	76,77,78,79,80,81,82
Dave Mitchinson	Newham & Essex Beagles	8	01,02,03,04,06,07
Kirk Dumbleton	Verlea	7	77,78,79,82,83
Nicholas Torry	Serpentine	6	09,10,12
Richard Samuel	Shaftesbury Barnet Harriers	6	76,77,78,80,81
C.Addison	Highgate Harriers	5	95,96,97
Mike Barrett	Ealing, Southall & Middlesex	5	67,68,69
Steve Sharp	ThamesValley Harriers	5	97,98,99
Hugh Starkey	Shaftesbury Barnet Harriers	5	70,73,74
Dave Bedford	Shaftesbury Barnet Harriers	4	72, 77, 78
Mike Williams	Shaftesbury Barnet Harriers	3	87,88
Paul Martin	Hillingdon	3	97,98
J Davies	ThamesValley Harriers	3	73,74,75
Richard Williams	Shaftesbury Barnet Harriers	3	04,06,07
B Ellis	ThamesValley Harriers	3	06
Orlando Edwards	Shaftesbury Barnet Harriers	3	08
Dylan Evans	Shaftesbury Barnet Harriers	3	19,20
Julian Goater	Shaftesbury Barnet Harriers	2	78, 81
Michael Callegari	Shaftesbury Barnet Harriers	2	14
Guy McCullum	Shaftesbury Barnet Harriers	1	79
Steve Lowe	Shaftesbury Barnet Harriers	1	83
Dominic Bannister	Shaftesbury Barnet Harriers	1	89
Ian Cornford	Shaftesbury Barnet Harriers	1	90
Kojo Kyereme	Shaftesbury Barnet Harriers	1	03
Neil Gamester	Shaftesbury Barnet Harriers	1	08
William Ryle-Hodges	Shaftesbury Barnet Harriers	1	19

Senior Men Individual Wins On A Team Basis 1966 to 2020

CLUB	WINS
Shaftesbury Barnet Harriers	48
Newham & Essex Beagles	32
ThamesValley Harriers	29
Highgate Harriers	19
Ilford	16
Hillingdon	16
Woodford Green	12
Herts Phoenix	9
London Irish	8
Verlea	8
North London	7
Ealing, Southall & Middlesex	6
Enfield & Haringey	6
Serpentine	4
London Heathside	2
Polytechnic Harriers	2
Victoria Park & Tower Hamlets	2
Metropolitan Police	1
St Albans	1

Veteran Men Individual Wins 1973 to 2020

NAME	CLUB	WINS	YEAR
Mike Barrett	Ealing, Southall & Middlesex	31	73,74,75,76,77,78,81,82,83,85,86
Terry Osborne	Verlea	14	91,92,93,94,95,96,97
Hendrik Zietsman	Serpentine	10	08,09,10,11,12
Geoff Harold	Enfield	9	81,81,82,84,88
S.Sear	Woodford Green	9	91,92,93,94,95,96
Norman Mitchell	London Heathside	8	02,03,04
Ben Pochee	Highgate Harriers	11	11,12,13,14,15
Anthony Ross	Verlea	7	89,90,91
Shaun Whelan	London Frontrunners	7	05,06,07,08,10
J.McNamara	ThamesValley Harriers	6	79,80,83
S.Whelan	London Frontrunners	6	05,06,07,08
P.Fagan	London Irish	5	83,86,87,88
J.Quirke	London Irish	5	95,96,97
Ben Noad	Highgate Harriers	4	16,17,18
Nichols Torry	Serpentine	4	17,19
Tom Alfred	London Heathside	3	19,20
Peter Stainer	Shaftesbury Barnet Harriers	2	07,08
Anthony Jackson	Shaftesbury Barnet Harriers	2	07,15
Peter Molloy	Shaftesbury Barnet Harriers	1	89
Julian Goater	Shaftesbury Barnet Harriers	1	93
Mike Williams	Shaftesbury Barnet Harriers	1	98
Kojo Kyereme	Shaftesbury Barnet Harriers	1	15

Veteran Men Individual Wins On A Team Basis 1973 to 2020

CLUB	WINS
Verlea	37
Ealing, Southall & Middlesex	37
Highgate Harriers	21
Serpentine	20
Woodford Green	19
London Irish	17
London Heathside	15
Thames Valley Harriers	10
Enfield	9
Shaftesbury Barnet Harriers	8
Ilford	7
London Frontrunners	7
North London	3
Victoria Park & Tower Hamlets	3
Barnet & District	3
Metropolitan Police	2
Garden City	1
Harrow	1
Polytechnic Harriers	1

Under 20 Men Individual Wins 2007 to 2020

NAME	CLUB	WINS	YEAR
Michael Callegari	Shaftesbury Barnet Harriers	6	13,14,15
Seyfu Jamaal	London Heathside	4	18,18,20
Thomas Butler	Shaftesbury Barnet Harriers	4	17,18
Niall Fleming	Shaftesbury Barnet Harriers	3	09,11
Jeremy Dempsey	Shaftesbury Barnet Harriers	3	18,19
Paulos Asgodom	Ealing, Southall & Middlesex	2	15
Harun Abdi	Woodford Green	2	10,11
Dan Thompson	Hillingdon	2	07,08
Jake Shelley	Shaftesbury Barnet Harriers	2	08

Richard Goodmam	Shaftesbury Barnet Harriers	1	10
William Ryle-Hodges	Shaftesbury Barnet Harriers	1	12
Phillip Crout	Shaftesbury Barnet Harriers	1	13
Liam Dee	Shaftesbury Barnet Harriers	1	13
Ben Rochford	Shaftesbury Barnet Harriers	1	13
Jamie Dee	Shaftesbury Barnet Harriers	1	16
Jamie Philpott	Shaftesbury Barnet Harriers	1	17
George Groom	Shaftesbury Barnet Harriers	1	19

Under 20 Men Individual Wins On A Team Basis 2007 to 2020

CLUB	WINS
Shaftesbury Barnet Harriers	26
Hillingdon	7
London Heathside	6
Woodford Green	5
Ealing, Southall & Middlesex	4
Newham & Essex Beagles	4
Thames Valley Harriers	2
Barnet & District	2
Cambridge	2
Herts Phoenix	2
Highgate Harriers	2

Under 17 Men Individual Wins 1966 to 2020

NAME	CLUB	WINS	YEAR
J.Davies	ThamesValley Harriers	6	68,69,70,71
L.Bowron	Ealing, Southall & Middlesex	5	00,01,02
W.Byansi	London Irish	5	90,91,92
A.Cornwall	Woodford Green	5	06,07,08
S.Edwards	Hillingdon	5	97,98
N.Hall	Verlea	5	98,99,00
Michael Callegari	Shaftesbury Barnet Harriers	5	11,12
D.Hoinville	Highgate Harriers	4	80,81
R.Rose	Hillingdon	4	75,76
Gary Staines	Verlea	4	79,80
A.Adam	Ealing, Southall & Middlesex	4	92,93
Steve Tomsett	Hillingdon	4	93,94
Mike O'Reilly	Highgate Harriers	3	74
I Cunningham	Ealing, Southall & Middlesex	3	94
S Omar	Ealing, Southall & Middlesex	3	01
A Holford	Woodford Green	3	04,05
Jamie Philpott	Herts Phoenix	3	14,15,16
Yusuf Bizimama	Victoria Park & Tower Hamlets	3	17,18
Brett Rushman	Herts Phoenix	3	18,19
Dave Bedford	Shaftesbury Barnet Harriers	2	67,68
Julian Goater	Shaftesbury Barnet Harriers	2	68,70
Paul Kirby	Shaftesbury Barnet Harriers	2	85
Wayne Dart	Shaftesbury Barnet Harriers	2	86,87
Gerald Fox	Shaftesbury Barnet Harriers	2	87,89
Andrew Murphy	Shaftesbury Barnet Harriers	2	95,96
Liam Dee	Shaftesbury Barnet Harriers	2	12
Richard Goodman	Shaftesbury Barnet Harriers	2	08,09
Tadhg Grant	Shaftesbury Barnet Harriers	2	09
Steve Bond	Shaftesbury Barnet Harriers	1	69
Robin Pepper	Shaftesbury Barnet Harriers	1	74
Philip Llewellyn	Shaftesbury Barnet Harriers	1	79
Dave Sweeney	Shaftesbury Barnet Harriers	1	79

Eric Kimani	Shaftesbury Barnet Harriers	1	81
Mark Stredwick	Shaftesbury Barnet Harriers	1	83
Laurence Freeman	Shaftesbury Barnet Harriers	1	86
Paul Toogood	Shaftesbury Barnet Harriers	1	87
Dave Tilbrook	Shaftesbury Barnet Harriers	1	87
Jamie Godden	Shaftesbury Barnet Harriers	1	88
Kieran Bieron	Shaftesbury Barnet Harriers	1	91
Paul Murphy	Shaftesbury Barnet Harriers	1	96
Doug Lewis	Shaftesbury Barnet Harriers	1	99
Sam Hall	Shaftesbury Barnet Harriers	1	02
David Russell	Shaftesbury Barnet Harriers	1	03
Dominic Easter	Shaftesbury Barnet Harriers	1	06
Jake Shelley	Shaftesbury Barnet Harriers	1	07
Niall Fleming	Shaftesbury Barnet Harriers	1	09
Richard Charles	Shaftesbury Barnet Harriers	1	10
Phillip Crout	Shaftesbury Barnet Harriers	1	12
Greg Cooke	Shaftesbury Barnet Harriers	1	14
Hamza Kadir	Shaftesbury Barnet Harriers	1	16
Eliot Dee	Shaftesbury Barnet Harriers	1	17
Thomas Patrick	Shaftesbury Barnet Harriers	1	17
Mukhtar Musa	Shaftesbury Barnet Harriers	1	20

Under 17 Men Individual Wins On A Team Basis 1966 to 2020

CLUB	WINS
Shaftesbury Barnet Harriers	48
Woodford Green	32
Ealing, Southall & Middlesex	31
Hillingdon	26
Thames Valley Harriers	24
Highgate Harriers	20
Verlea	16
Herts Phoenix	14
Enfield & Haringey	12
London Irish	6
Newham & Essex Beagles	5
Victoria Park & Tower Hamlets	3
Barnet & District	2
Ilford	2
London Heathside	2
North London	2
Trent Park	2
Herts & Ware	1
London Heathside	1
Polytechnic Harriers	1
Serpentine	1

Under 15 Boys Individual Wins 1982 to 2020. From 1984 Under 15 Boys Were Not Identified In The Results, And Were Re-Instated In 2007

NAME	CLUB	WINS	YEAR
Mohamed Sharifali	Hillingdon	4	16,17
D.Wood	Woodford Green	3	82,83
Paulos Asgodom	Ealing, Southall & Middlesex	3	10,11
Kai Boggon	Ealing, Southall & Middlesex	3	17,18
Abdirahim Hamud	Hillingdon	3	19,20
T.Grant	Hillingdon	2	08
Bradley Goater	St Mary's Richmond	2	08,09
Liam Blaikie	Woodford Green	2	09

Jamie Dee	Shaftesbury Barnet Harriers	2	12,13
Jamie Harper	Shaftesbury Barnet Harriers	2	15
Mukhtar Musa	Shaftesbury Barnet Harriers	2	18,19
Samuel Greenstein	Shaftesbury Barnet Harriers	2	19,20
Paul Whelan	Shaftesbury Barnet Harriers	1	84
Richard Goodman	Shaftesbury Barnet Harriers	1	07
Matthew McLaughlin	Shaftesbury Barnet Harriers	1	09
Billy Kelsey	Shaftesbury Barnet Harriers	1	11
Khalid-Ali Ahmed	Shaftesbury Barnet Harriers	1	13

Under 15 Boys Individual Wins On A Team Basis 1982 to 2020

CLUB	WINS
Woodford Green	16
Shaftesbury Barnet Harriers	13
Hillingdon	11
Ealing, Southall & Middlesex	8
St Mary's Richmond	4
Herts Phoenix	5
Thames Valley Harriers	5
Enfield & Haringey	2
Highgate Harriers	2
Slough	2
Polytechnic Harriers	1
Trent Park	1
Victoria Park & Tower Hamlets	1

Under 13 Boys Individual Wins 1972 to 2020

NAME	CLUB	WINS	YEAR
G.Coppin	Barking Abbey School	9	94,95,96
Eric Kimani	Shaftesbury Barnet Harriers	8	78,79,80
Jamie Harper	Shaftesbury Barnet Harriers	7	12,13,14
Richard Charles	Ealing, Southall & Middlesex	6	06,07
A.Igi	Ealing, Southall & Middlesex	6	99,00,01
Jimmy Geller	Woodford Green	6	17,18,19
T.Berhe	Thames Valley Harriers	5	92,93,94
David Bullock	Shaftesbury Barnet Harriers	5	87,88
Finn Harvey	Shaftesbury Barnet Harriers	5	14,15
C.Gallagher	Thames Valley Harriers	4	77,78
T Nugara	Thames Valley Harriers	4	73,74
Dave Sweeney	London Irish	4	74,75
Paul Ryan	Shaftesbury Barnet Harriers	4	85,87
A.Ali	Newham & Essex Beagles	4	98,99
Sam Hall	Shaftesbury Barnet Harriers	4	97,98
R.Killip	St Mary's Richmond	4	09,10
Gianleo Stubbs	Shaftesbury Barnet Harriers	4	19,20
Ian Trayner	Shaftesbury Barnet Harriers	3	72,73
H Pringle	Woodford Green	3	80,81
Matthew Herring	Shaftesbury Barnet Harriers	3	86
S Bowder	Hillingdon	3	88,89
A Slack	Verlea	3	89,90
I Cunningham	Ealing, Southall & Middlesex	3	90,91
Doug Lewis	Shaftesbury Barnet Harriers	3	96,97
A Wahab	Ealing, Southall & Middlesex	3	01,02
E Randall	Ealing, Southall & Middlesex	3	04,05
J.Philpott	Herts Phoenix	3	11,12
C.Solomon	Woodford Green	3	10,11,12
Andrew Smith	Shaftesbury Barnet Harriers	2	75,76

Paul Simons	Shaftesbury Barnet Harriers	2	76
Juan Hacelas	Shaftesbury Barnet Harriers	2	82
Colin Godfrey	Shaftesbury Barnet Harriers	2	82,83
Gerald Fox	Shaftesbury Barnet Harriers	2	82,83
Joe Stainier	Shaftesbury Barnet Harriers	2	05
Pat Broaders	Shaftesbury Barnet Harriers	1	72
Robert Draper	Shaftesbury Barnet Harriers	1	82
Mario Dicesare	Shaftesbury Barnet Harriers	1	83
Christian Barrett	Shaftesbury Barnet Harriers	1	86
Matt McLaughlin	Shaftesbury Barnet Harriers	1	08
Thomas Fulton	Shaftesbury Barnet Harriers	1	13
Dylan Michel	Shaftesbury Barnet Harriers	1	15
Luca Stubbs	Shaftesbury Barnet Harriers	1	16
Zico Jones	Shaftesbury Barnet Harriers	1	19

Under 13 Boys Individual Wins On A Team Basis 1972 to 2020

CLUB	WINS
Shaftesbury Barnet Harriers	67
Ealing, Southall & Middlesex	34
Thames Valley Harriers	20
Woodford Green	28
Hillingdon	18
Herts Phoenix	12
St Mary's Richmond	10
Barking Abbey School	9
Newham & Essex Beagles	8
London Irish	7
Verlea	8
Enfield & Haringey	6
Barnet & District	2
Poytechnic Harriers	1
Highgate Harriers	2
London Heathside	4

Under 11 Boys Individual Wins 1972 to 2020

NAME	CLUB	WINS	YEAR
Ruairi McGonagle	London Heathside	5	14,15
Gianleo Stubbs	Shaftesbury Barnet Harriers	5	17,18
Thomas Day	Slough	4	15,16,17
Jimmy Geller	Woodford Green	3	16,17
Arthur Phillips	Shaftesbury Barnet Harriers	3	19,20
Ben Bediako	London Heathside	2	18
Louis Reynolds	Victoria Park & Tower Hamlets	2	18,19
Ben Redland	London Heathside	2	19
Samuel Greenstein	Shaftesbury Barnet Harriers	1	15
Thomas Cadwallader	Shaftesbury Barnet Harriers	1	19

Under 11 Boys Individual Wins On A Team Basis 1972 to 2020

CLUB	WINS
Shaftesbury Barnet Harriers	10
London Heathside	9
Slough	4
Woodford Green	4
Victoria Park & Tower Hamlets	2
Hillingdon	1