

Metropolitan League - Women's Individual Winners From 1994 To 2020

Senior Women Individual Wins 1994 to 2020

NAME	CLUB	WINS	YEAR
Rachel Felton	Shaftesbury Barnet Harriers	11	09,12,13,14,15
Svenja Abel	Highgate Harriers	9	04,06,09,10,15,16
Teresa Toohy	London Irish	7	97,98
Naomi Tashimowitz	Shaftesbury Barnet Harriers	6	15,17,18,19
Becky Penty	Highgate Harriers	5	10,11
Elizabeth Janes	Herts Phoenix	4	19,20
Maria Carville	Hillingdon/TVH	4	95,98
A.Winkler	Highgate Harriers	4	03,04
Victoria Webster	Shaftesbury Barnet Harriers	4	07,08,12
Hannah Viner	Highgate Harriers	3	18,19
Tracy Barlow	Thames Valley Harriers	3	16,17,18
S.Burrows	Highgate Harriers	3	94,95,97
L.Hall	Herts Phoenix	3	04,05,06
K.Jenrick	Highgate Harriers	3	01,02
Amy Campbell	Shaftesbury Barnet Harriers	2	08
Lucy Hollick	Shaftesbury Barnet Harriers	1	96
Julie Mackay	Shaftesbury Barnet Harriers	1	96
Carolina Weatherill	Shaftesbury Barnet Harriers	1	00
Lucy Elliott	Shaftesbury Barnet Harriers	1	01
Jade Wright	Shaftesbury Barnet Harriers	1	06

Senior Women Individual Wins On A Team Basis 1994 to 2020

CLUB	WINS
Highgate Harriers	33
Shaftesbury Barnet Harriers	28
Woodford Green	11
Thames Valley Harriers	8
London Irish	7
Hillingdon	6
Herts Phoenix	6
Hertford & Ware	4
London Heathside	4
Newham & Essex Beagles	4
Ealing, Southall & Middlesex	3
North London	3
Serpentine	2
St Albans	2
Enfield & Haringey	1
Stroud	1
Victoria Park & Tower Hamlets	1

Veteran Women Individual Wins 2000 to 2020

NAME	CLUB	WINS	YEAR
Katherine Gunderson	Woodford Green	13	12,13,17,18,19,20
A Wingler	Highgate Harriers	8	03,04,05,09
L.Jackson	Woodford Green	7	05,08,09
J.King	London Heathside	7	04,05,06,07
Kate Jenrick	Highgate Harriers	7	03,06,07
Esthar Evans	Highgate Harriers	7	09,10,11,12
Jo Kent	Barnet & District/SBH	5	15,16,17,18
Alex Gounelas	Highgate Harriers	5	16,17
Rachel Felton	Shaftesbury Barnet Harriers	4	14,15
Sarah Swinhoe	London Heathside	4	11,12,13

L.Jackson	Newham & Essex Beagles	3	02,03
Rebecca Bunting	Newham & Essex Beagles	2	19
Fiona Kennedy	Ealing, Southall & Middlesex	2	00,01
S Andreou	Woodford Green	2	01
Lucy Elliott	Shaftesbury Barnet Harriers	1	01
Sarah Heath	Shaftesbury Barnet Harriers	1	02
Anne Ridley	Shaftesbury Barnet Harriers	1	02

Veteran Women Individual Wins On A Team Basis 2000 to 2020

CLUB	WINS
Highgate Harriers	28
Woodford Green	22
London Heathside	18
Shaftesbury Barnet Harriers	7
Barnet & District	6
Newham & Essex Beagles	5
Victoria Park & Tower Hamlets	4
Ealing, Southall & Middlesex	2
Garden City	1
Herts Phoenix	1
London Irish	1
Serpentine	1
St Albans	1

Under 20 Women Individual Wins 2007 to 2020

NAME	CLUB	WINS	YEAR
Hannah Viner	Highgate Harriers	13	13,14,15,16
Lottie Rowedder	Herts Phoenix	5	18,19,20
Ella Waldman	London Heathside	5	08,09
Georgia Bell	Shaftesbury Barnet Harriers	3	11,12
Melissa Courtney	Shaftesbury Barnet Harriers	3	11,12
Sophie Connor	Shaftesbury Barnet Harriers	2	10
Khahisa Mhlanga	Herts Phoenix	2	19,20
India Weir	Thames Valley Harriers	2	18
Sidnie Sales	Woodford Green	2	13
Tara Bage	Highgate Harriers	2	17
Mel Newbury	Ealing, Southall & Middlesex	2	09
Alice Keane	Shaftesbury Barnet Harriers	1	10
Charlotte Johnston	Shaftesbury Barnet Harriers	1	17
Gabriella Kyriacou	Shaftesbury Barnet Harriers	1	17

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

CLUB	WINS
Highgate Harriers	17
Shaftesbury Barnet Harriers	11
Herts Phoenix	9
London Heathside	5
Ealing, Southall & Middlesex	5
Cambridge	4
Thames Valley Harriers	4
St Mary's Richmond	2
Woodford Green	2
Newham & Essex Beagles	1

Under 17 Women Individual Wins 2007 to 2020

NAME	CLUB	WINS	YEAR
Freya Stapleton	Shaftesbury Barnet Harriers	6	18,19
Gabriella Kyriacou	Shaftesbury Barnet Harriers	5	15,16

Joanne Miranda	Shaftesbury Barnet Harriers	4	19,20
L.Bird	Herts Phoenix	3	10,11
Freya Lenton	Shaftesbury Barnet Harriers	2	11,12
Jessica Burgess	Woodford Green	2	12
Eleanor Bounds	Newham & Essex Beagles	2	09
Kate Brown	St Mary's Richmond	2	07,08
Alice Keane	Shaftesbury Barnet Harriers	2	08,09
Lia Radus	Shaftesbury Barnet Harriers	2	17,18
Goergia Bell	Shaftesbury Barnet Harriers	1	11
Lidia Kyriacou	Shaftesbury Barnet Harriers	1	17
Sophia Staab	Shaftesbury Barnet Harriers	1	17
M.Reynolds	Ealing, Southall & Middlesex	2	07,08

Under 17 Women Individual Wins On A Team Basis 2007 to 202013

CLUB	WINS
Shaftesbury Barnet Harriers	24
Hets Phoenix	8
Ealing, Southall & Middlesex	7
Thames Valley Harriers	7
St Mary's Richmond	4
Woodford Green	4
Highgate Harriers	3
London Heathside	2
Newham & Essex Beagles	2
Dundrum	1
Trent Park	1

Under 15 Girls Individual Wins 1994 to 2012

And Were Re-Instated In 2007 to 2020

NAME	CLUB	WINS	YEAR
Georgia Bell	Ealing, Southall & Middlesex	8	05,07,08
M.Powell	Woodford Green	8	98,99,00
Linzi Snow	Woodford Green	6	00,01,02
Sarah Miles	Hillingdon	5	96,97
Nicole McGovern	Hillingdon	4	19,20
J.Nugent	Verlea	4	95,96,98
M.Reynolds	Ealing, Southall & Middlesex	4	05,06
B.Wilson	Ealing, Southall & Middlesex	4	95,96
Jasmine Palmer	Thames Valley Harriers	3	18,19
Freya Stapleton	Shaftesbury Barnet Harriers	3	17,18
Nicola Ravenhill	Ealing, Southall & Middlesex	3	14,15
E.Baker	Herts Phoenix	3	12,13
K.Foy	Newham & Essex Beagles	3	02,03
J.Sparkes	Woodford Green	3	02,03
Grace Ingles	Shaftesbury Barnet Harriers	2	17,18
Sophia Staab	Shaftesbury Barnet Harriers	2	16,17
Natalie Connor	Shaftesbury Barnet Harriers	2	10,11
Lydia Kyriacou	Shaftesbury Barnet Harriers	1	16
Lucy Yates	Shaftesbury Barnet Harriers	1	05
Molly Garden	Shaftesbury Barnet Harriers	1	12

Under 15 Girls Individual Wins On A Team Basis 1994 to 2020

CLUB	WINS
Woodford Green	26
Ealing, Southall & Middlesex	21
Shaftesbury Barnet Harriers	12
Hillingdon	11
Herts Phoenix	10

Thames Valley Harriers	9
Newham & Essex Beagles	8
St Mary's Richmond	6
Verlea	6
Highgate Harriers	6
Harlow	2
Victoria Park & Tower Hamlets	2
Barking Abbey School	1
Barnet & District	1
Cambridge	1
Dundrum	1

Under 13 Girls Individual Wins 2007 to 2020

NAME	CLUB	WINS	YEAR
Abigail Reid	Woodford Green	8	18,19,20
Charlotte Buckley	Thames Valley Harriers	7	13,14
Ava White	Thames Valley Harriers	5	15,16
R.Poole	Woodford Green	5	11,12
R.Killip	St Mary's Richmond	4	09,10
I.Hoy	Woodford Green	3	12
M.Gough	Herts Phoenix	3	08,09
Lia Radus	Shaftesbury Barnet Harriers	2	15
I.Wear	Thames Valley Harriers	2	13
S.Tory	Thames Valley Harriers	2	07,08
Eleanor Roncarati	Shaftesbury Barnet Harriers	1	16
Aimi Weightman	Shaftesbury Barnet Harriers	1	18

Under 13 Girls Individual Wins On A Team Basis 2007 to 2020

CLUB	WINS
Thames Valley Harriers	18
Woodford Green	18
St Mary's Richmond	6
Herts Phoenix	5
Shaftesbury Barnet Harriers	4
Victoria Park & Tower Hamlets	3
Enfield & Haringey	2
Hillingdon	2
Trent Park	2
Cookham	1
Ealing, Southall & Middlesex	1

Under 11 Girls Individual Wins 2014 to 2020

NAME	CLUB	WINS	YEAR
Posie Shaw	Shaftesbury Barnet Harriers	5	19,20
Maayan Radus	Shaftesbury Barnet Harriers	4	14,15
Asmaa Abdulahi	Hillingdon	3	17,18
Lydia Louw	Hillingdon	3	15,16
Nicole McGovern	Hillingdon	2	16,17
Tilliy Major	Herts Phoenix	2	17
Skye Bishop	Thames Valley Harriers	2	18
Aimi Weightman	Shaftesbury Barnet Harriers	1	14

Under 11 Girls Individual Wins On A Team Basis 2014 to 2020

CLUB	WINS
Shaftesbury Barnet Harriers	10
Hillingdon	8
Thames Valley Harriers	3
Victoria Park & Tower Hamlets	3

Woodford Green	3
Herts Phoenix	2
Cookham	1