

Metropolitan League - Overall Combined Summary Of The Men's And Women's Age-Groups Individual Winners From 1966 To 2020

Club	Men's Combined Totals	Women's Combined Totals	Men And Women's Combined Totals
Shaftesbury Barnet Harriers	220	96	316
Woodford Green	116	86	202
Ealing, Southall & Middlesex	120	39	159
Highgate Harriers	66	87	153
ThamesValley Harriers	90	49	139
Hillingdon	80	27	107
Verlea	69	6	75
Newham & Essex Beagles	49	20	69
London Heathside	39	29	68
Herts Phoenix	42	5	47
London Irish	38	8	46
Enfield & Haringey	35	1	36
St Mary's Richmond	14	18	32
Herts & Ware	1	29	30
Serpentine	25	3	28
Ilford	25		25
Victoria Park & Tower Hamlets	11	9	20
North London	12	3	15
Barnet & District	9	6	15
Barking Abbey School	9	1	10
Trent Park	7	3	10
London Frontrunners	7		7
Polytechnic Harriers	6		6
Cambridge	2	4	6
Stroud		5	5
St Albans	1	3	4
Metropolitan Police	3		3
Slough	2		2
Garden City	1	1	2
Cookham		2	2
Dundram		2	2
Harlow		2	2
Harrow	1		1