

## Start Fitness 2017/18 Metropolitan League Fixture 2 at WGC (hosted by Herts Phoenix AC) - Satur

<b>Pos</b>	<b>Under 11 Boys Team Result</b>	<b>Pts</b>
1	<b>Shaftesbury Barnet Harriers</b>	<b>116</b>
2	Thames Valley Harriers	114
3	Victoria Park & Tower Hamlets	111
4	Herts Phoenix	97
5	Woodford Green & Essex Ladies	81
6	Barnet & District	48
7	Hillingdon	40
8	Highgate Harriers	39
9	Herts Phoenix 'B'	37
10	St Mary's Richmond	32
11	Cookham Running Club	30
12	London Heathside	25
13	Serpentine RC	19
14	Victoria Park & Tower Hamlets 'B'	17
15	Shaftesbury Barnet Harriers 'B'	7
16	Trent Park RC	5

<b>Pos</b>	<b>U11 Boys League Positions</b>	<b>Clay</b>	<b>WGC</b>	<b>Total</b>	<b>HWT</b>
1	<b>Victoria Park &amp; Tower Hamlets</b>	<b>76</b>	<b>111</b>	<b>187</b>	<b>18</b>
2	Thames Valley Harriers	71	114	185	17
3	Shaftesbury Barnet Harriers	63	116	179	16
4	Herts Phoenix	23	97	120	15
5	Barnet & District	47	48	95	14
6	Woodford Green & Essex Ladies	1	81	82	13
7	Hillingdon	35	40	75	12
8	London Heathside	39	25	64	11
9	Cookham Running Club	29	30	59	10
10	Highgate Harriers	11	39	50	9
11	Herts Phoenix 'B'	-	37	37	
12	St Mary's Richmond	-	32	32	8
13	Serpentine RC	12	19	31	7
14	Victoria Park & Tower Hamlets 'B'	13	17	30	
15	Trent Park RC	13	5	18	6
16	Shaftesbury Barnet Harriers 'B'	-	7	7	
17	Barnet & District 'B'	2	-	2	

<b>Pos</b>	<b>Under 11 Girls Team Result</b>	<b>Pts</b>
1	<b>Woodford Green &amp; Essex Ladies</b>	<b>199</b>
2	Herts Phoenix	171
3	Hillingdon	170
3	Victoria Park & Tower Hamlets	170
5	Woodford Green & Essex Ladies 'B'	140
6	Shaftesbury Barnet Harriers	139
7	London Heathside	96
8	Herts Phoenix 'B'	69
9	Thames Valley Harriers	68
10	Hillingdon 'B'	59

11 Barnet & District	54
12 Trent Park RC	51
13 London City	30
14 Highgate Harriers	28
15 Shaftesbury Barnet Harriers 'B'	18
16 Barnet & District 'B'	2

Pos	U11 Girls League Positions	Clay	WGC	Total	HWT
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>187</b>	<b>199</b>	<b>386</b>	<b>18</b>
2	Victoria Park & Tower Hamlets	152	170	322	17
3	Hillingdon	137	170	307	16
4	Herts Phoenix	131	171	302	15
5	Woodford Green & Essex Ladies 'B'	146	140	286	
6	London Heathside	163	96	259	14
7	Trent Park RC	117	51	168	13
8	Thames Valley Harriers	95	68	163	12
9	Cookham Running Club	139	-	139	10.5
9	Shaftesbury Barnet Harriers	-	139	139	10.5
11	Barnet & District	54	54	108	9
12	Hillingdon 'B'	20	59	79	
13	Herts Phoenix 'B'	-	69	69	
14	London City	25	30	55	8
15	Highgate Harriers	6	28	34	7
16	London Heathside 'B'	26	-	26	
17	St Mary's Richmond	23	-	23	6
18	Shaftesbury Barnet Harriers 'B'	-	18	18	
19	Cookham Running Club 'B'	12	-	12	
20	Barnet & District 'B'	-	2	2	

Pos	Under 13 Boys Team Result	Pts
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>218</b>
2	Herts Phoenix	199
3	London Heathside	179
4	Hillingdon	175
5	Shaftesbury Barnet Harriers	149
6	Herts Phoenix 'B'	145
7	Woodford Green & Essex Ladies 'B'	138
8	Trent Park RC	135
9	Victoria Park & Tower Hamlets	103
10	Ealing, Southall & Middlesex	59
11	Highgate Harriers	54
12	Hillingdon 'B'	52
13	Thames Valley Harriers	38
14	Barnet & District	21
15	Trent Park RC 'B'	17

Pos	U13 Boys League Positions	Clay	WGC	Total	HWT
<b>1</b>	<b>Woodford Green &amp; Essex Ladies</b>	<b>265</b>	<b>218</b>	<b>483</b>	<b>18</b>
2	London Heathside	246	179	425	17
3	Herts Phoenix	223	199	422	16

4 Hillingdon	200	175	375	15
5 Shaftesbury Barnet Harriers	223	149	372	14
6 Woodford Green & Essex Ladies 'B'	176	138	314	
7 Trent Park RC	149	135	284	12.5
7 Victoria Park & Tower Hamlets	181	103	284	12.5
9 Herts Phoenix 'B'	120	145	265	
10 Cookham Running Club	207	-	207	11
11 Ealing, Southall & Middlesex	124	59	183	10
12 Highgate Harriers	95	54	149	9
13 Hillingdon 'B'	79	52	131	
14 Thames Valley Harriers	73	38	111	8
15 London Heathside 'B'	63	-	63	
16 St Mary's Richmond	46	-	46	7
17 Trent Park RC 'B'	13	17	30	
18 Barnet & District	7	21	28	6
19 Cookham Running Club 'B'	19	-	19	
20 Serpentine RC	10	-	10	5
21 Ealing, Southall & Middlesex 'B'	6	-	6	
22 Shaftesbury Barnet Harriers 'B'	3	-	3	

**Under 13 Girls Team Result Pts**

<b>1 Woodford Green &amp; Essex Ladies</b>	<b>162</b>
2 Thames Valley Harriers	144
3 Victoria Park & Tower Hamlets	130
4 Herts Phoenix	115
5 Shaftesbury Barnet Harriers	93
6 London Heathside	70
7 Hillingdon	47
8 St Mary's Richmond	46
9 Cookham Running Club	33
10 Trent Park RC	32
11 Woodford Green & Essex Ladies 'B'	30
12 Shaftesbury Barnet Harriers 'B'	28
13 Herts Phoenix 'B'	20
14 Barnet & District	18
15 Highgate Harriers	16
16 Thames Valley Harriers 'B'	6

Pos	U13 Girls League Positions	Clay	WGC	Total	HWT
1	<b>Woodford Green &amp; Essex Ladies</b>	<b>166</b>	<b>162</b>	<b>328</b>	<b>18</b>
2	Thames Valley Harriers	169	144	313	17
3	Victoria Park & Tower Hamlets	166	130	296	16
4	Cookham Running Club	157	33	190	15
5	Shaftesbury Barnet Harriers	95	93	188	14
6	Hillingdon	115	47	162	13
7	Herts Phoenix	22	115	137	12
8	Thames Valley Harriers 'B'	106	6	112	
9	St Mary's Richmond	48	46	94	11
10	London Heathside	21	70	91	10
11	Highgate Harriers	64	16	80	9

12 Victoria Park & Tower Hamlets 'B'	68	-	68
13 Woodford Green & Essex Ladies 'B'	36	30	66
14 Barnet & District	31	18	49
15 Shaftesbury Barnet Harriers 'B'	18	28	46
16 Ealing, Southall & Middlesex	41	-	41
17 Trent Park RC	-	32	32
18 London City	2	-	2
19 Cookham Running Club 'B'	1	-	1

#### Junior Men Team Result

	Pts
<b>1 Woodford Green &amp; Essex Ladies</b>	<b>289</b>
2 London Heathside	272
3 Herts Phoenix	263
4 Victoria Park & Tower Hamlets	244
5 Woodford Green & Essex Ladies 'B'	222
6 Shaftesbury Barnet Harriers	215
7 Herts Phoenix 'B'	173
8 Hillingdon	160
9 Trent Park RC	155
10 Barnet & District	154
11 Highgate Harriers	148
12 St Mary's Richmond	143
13 Herts Phoenix 'C'	112
14 Shaftesbury Barnet Harriers 'B'	106
15 Victoria Park & Tower Hamlets 'B'	90
16 Cookham Running Club	75
17 Serpentine RC	73
18 London Heathside 'B'	60
19 Ealing, Southall & Middlesex	59
20 Trent Park RC 'B'	36
21 Thames Valley Harriers	27
22 Barnet & District 'B'	22
23 Shaftesbury Barnet Harriers 'C'	18
24 Trent Park RC 'C'	5
25 Hillingdon 'B'	1

#### Pos Junior Men League Positions

	Clay	WGC	Total	HWT
<b>1 Woodford Green &amp; Essex Ladies</b>	<b>300</b>	<b>289</b>	<b>589</b>	<b>18</b>
2 London Heathside	195	272	467	17
3 Herts Phoenix	202	263	465	16
4 Shaftesbury Barnet Harriers	245	215	460	15
5 Woodford Green & Essex Ladies 'B'	234	222	456	
6 Hillingdon	275	160	435	14
7 Victoria Park & Tower Hamlets	158	244	402	13
8 Cookham Running Club	272	75	347	12
9 Trent Park RC	182	155	337	11
10 Highgate Harriers	134	148	282	10
11 St Mary's Richmond	133	143	276	9
12 Barnet & District	116	154	270	8
13 Ealing, Southall & Middlesex	186	59	245	7

14 Serpentine RC	121	73	194	6
15 Thames Valley Harriers	155	27	182	5
16 Herts Phoenix 'B'	-	173	173	
17 Shaftesbury Barnet Harriers 'B'	66	106	172	
18 Trent Park RC 'B'	109	36	145	
19 Herts Phoenix 'C'	-	112	112	
20 Victoria Park & Tower Hamlets 'B'	9	90	99	
21 Enfield & Haringey	82	-	82	4
22 Cookham Running Club 'B'	61	-	61	
23 London Heathside 'B'	-	60	60	
24 Hillingdon 'B'	29	1	30	
25 Barnet & District 'B'	3	22	25	
26 Ealing Eagles	19	-	19	3
27 Shaftesbury Barnet Harriers 'C'	-	18	18	
28 Trent Park RC 'C'	7	5	12	

**Junior Women Team Result Pts**

<b>1 Shaftesbury Barnet Harriers</b>	<b>248</b>
2 London Heathside	211
3 Highgate Harriers	188
4 Shaftesbury Barnet Harriers 'B'	176
5 Thames Valley Harriers	159
6 St Mary's Richmond	152
7 London Heathside 'B'	120
8 Victoria Park & Tower Hamlets	118
9 Herts Phoenix	114
10 Woodford Green & Essex Ladies	104
11 Ealing, Southall & Middlesex	97
12 Shaftesbury Barnet Harriers 'C'	95
13 Enfield & Haringey	81
14 Barnet & District	46
15 Trent Park RC	45
16 Hillingdon	30
17 Highgate Harriers 'B'	29
17 London Heathside 'C'	29
19 Thames Valley Harriers 'B'	19
20 Victoria Park & Tower Hamlets 'B'	8
21 Hillingdon 'B'	3

Pos	Junior Women League Positions	Clay	WGC	Total	HWT
<b>1</b>	<b>Shaftesbury Barnet Harriers</b>	<b>245</b>	<b>248</b>	<b>493</b>	<b>18</b>
2	London Heathside	201	211	412	17
3	Shaftesbury Barnet Harriers 'B'	162	176	338	
4	St Mary's Richmond	164	152	316	16
5	Victoria Park & Tower Hamlets	197	118	315	15
6	Thames Valley Harriers	147	159	306	14
7	Highgate Harriers	104	188	292	13
8	Ealing, Southall & Middlesex	177	97	274	12
9	Herts Phoenix	149	114	263	11
10	London Heathside 'B'	113	120	233	

11 Woodford Green & Essex Ladies	88	104	192	10
12 Shaftesbury Barnet Harriers 'C'	90	95	185	
13 Trent Park RC	50	45	95	9
14 Barnet & District	46	46	92	8
15 Enfield & Haringey	-	81	81	7
16 Victoria Park & Tower Hamlets 'B'	59	8	67	
17 Hillingdon	22	30	52	6
18 Cookham Running Club	41	-	41	5
19 Highgate Harriers 'B'	-	29	29	
19 London Heathside 'C'	-	29	29	
19 Thames Valley Harriers 'B'	10	19	29	
22 Ealing, Southall & Middlesex 'B'	15	-	15	
23 Hillingdon 'B'	-	3	3	

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

<b>1 London Heathside</b>	<b>253</b>
2 Victoria Park & Tower Hamlets	212
3 Barnet & District	211
4 Serpentine RC	201
5 Highgate Harriers	187
6 London City	147
7 Thames Valley Harriers	146
8 Woodford Green & Essex Ladies	139
9 Hillingdon	101
10 Shaftesbury Barnet Harriers	58

**Pos Women's Division One Positions** **Clay** **WGC** **Total** **HWT**

<b>1 London Heathside</b>	<b>203</b>	<b>253</b>	<b>456</b>	<b>23</b>
2 Serpentine RC	236	201	437	22
3 Victoria Park & Tower Hamlets	211	212	423	21
4 Highgate Harriers	226	187	413	20
5 Thames Valley Harriers	225	146	371	19
6 Barnet & District	97	211	308	18
7 Woodford Green & Essex Ladies	152	139	291	17
8 London City	89	147	236	16
9 Hillingdon	134	101	235	15
10 Shaftesbury Barnet Harriers	80	58	138	14

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

<b>1 Barnet &amp; District 'B'</b>	<b>417</b>
2 London Heathside 'B'	366
3 Ealing, Southall & Middlesex	358
4 London Heathside 'C'	317
5 Serpentine RC 'B'	299
6 Newham & Essex Beagles	271
7 Ealing Eagles	234
8 Serpentine RC 'C'	194
9 Highgate Harriers 'B'	137
10 Mornington Chasers	116

Pos	Women's Division Two Positions	Clay	WGC	Total HWT
1	London Heathside 'B'	321	366	687
2	Serpentine RC 'B'	340	299	639
3	Ealing, Southall & Middlesex	240	358	598 13
4	London Heathside 'C'	261	317	578
5	Barnet & District 'B'	152	417	569
6	Serpentine RC 'C'	256	194	450
7	Ealing Eagles	206	234	440 12
8	Newham & Essex Beagles	122	271	393 11
9	Highgate Harriers 'B'	195	137	332
10	Mornington Chasers	120	116	236 10

#### Women's Division Three Team Result

	Pts
1 Herts Phoenix	349
2 Victoria Park & Tower Hamlets 'B'	347
3 Victoria Park & Tower Hamlets 'C'	306
4 London City 'B'	298
5 Hillingdon 'B'	250
6 London Front Runners	249
7 Ealing, Southall & Middlesex 'B'	223
8 Goodgym	206
9 London City 'C'	190
10 Trent Park RC	183
11 Ealing Eagles 'B'	169
12 Hillingdon 'C'	165
13 Enfield & Haringey	163
14 Barnet & District 'C'	107
15 Ealing, Southall & Middlesex 'C'	103
16 Herts Phoenix 'B'	96
17 St Mary's Richmond	91
18 Metropolitan Police	71
19 Goodgym 'B'	52
20 Thames Valley Harriers 'B'	48
21 Ealing Eagles 'C'	41
22 Woodford Green & Essex Ladies 'B'	36
23 London Front Runners 'B'	19
24 Newham & Essex Beagles 'B'	6

Pos	Women's Division Three Positions	Clay	WGC	Total HWT
1	Victoria Park & Tower Hamlets 'B'	304	347	651
2	Herts Phoenix	268	349	617 9
3	Victoria Park & Tower Hamlets 'C'	261	306	567
4	London Front Runners	246	249	495 8
5	Hillingdon 'B'	237	250	487
6	Trent Park RC	251	183	434 7
7	London City 'B'	77	298	375
8	Ealing Eagles 'B'	193	169	362
9	Goodgym	136	206	342 6
10	Ealing, Southall & Middlesex 'B'	77	223	300
11	Hillingdon 'C'	107	165	272

12 Thames Valley Harriers 'B'	199	48	247
13 Enfield & Haringey	73	163	236 5
14 Barnet & District 'C'	101	107	208
15 London City 'C'	-	190	190
16 London Front Runners 'B'	129	19	148
17 Metropolitan Police	68	71	139 4
18 Ealing Eagles 'C'	65	41	106
19 Ealing, Southall & Middlesex 'C'	-	103	103
20 Herts Phoenix 'B'	-	96	96
21 St Mary's Richmond	-	91	91 3
22 Newham & Essex Beagles 'B'	59	6	65
23 Goodgym 'B'	2	52	54
24 Harlow RC	43	-	43 2
24 Trent Park RC 'B'	43	-	43
26 Woodford Green & Essex Ladies 'B'	-	36	36
27 Thames Valley Harriers 'C'	30	-	30
28 Newham & Essex Beagles 'C'	4	-	4

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

<b>1 Barnet &amp; District</b>	<b>129</b>
2 London Heathside	127
2 Victoria Park & Tower Hamlets	127
4 Serpentine RC	90
5 Ealing, Southall & Middlesex	82
6 London Heathside 'B'	75
7 Woodford Green & Essex Ladies	63
8 Highgate Harriers	57
9 London Heathside 'C'	37
10 Mornington Chasers	25

<b>Pos Vet Women Division One Positions</b>	<b>Clay</b>	<b>WGC</b>	<b>Total</b>
<b>1 London Heathside</b>	<b>126</b>	<b>127</b>	<b>253</b>
2 Barnet & District	112	129	241
3 Victoria Park & Tower Hamlets	96	127	223
4 Serpentine RC	120	90	210
5 London Heathside 'B'	72	75	147
6 Ealing, Southall & Middlesex	37	82	119
6 Woodford Green & Essex Ladies	56	63	119
8 Highgate Harriers	59	57	116
9 London Heathside 'C'	39	37	76
10 Mornington Chasers	16	25	41

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

<b>1 Hillingdon</b>	<b>103</b>
2 Barnet & District 'B'	98
3 Serpentine RC 'B'	57
4 Hillingdon 'B'	55
5 Herts Phoenix	48
6 Ealing Eagles	45
7 Serpentine RC 'C'	26



8 Metropolitan Police	24
9 London Front Runners	6
10 Thames Valley Harriers	3

<b>Pos Vet Women Division Two Positions</b>	<b>Clay</b>	<b>WGC</b>	<b>Total</b>
<b>1 Hillingdon</b>	<b>112</b>	<b>103</b>	<b>215</b>
2 Barnet & District 'B'	95	98	193
3 Serpentine RC 'B'	114	57	171
4 Herts Phoenix	61	48	109
5 Ealing Eagles	60	45	105
6 Serpentine RC 'C'	72	26	98
7 Hillingdon 'B'	26	55	81
8 Thames Valley Harriers	42	3	45
9 London Front Runners	32	6	38
10 Metropolitan Police	-	24	24

<b>Veteran Women's Division Three Team Resu</b>	<b>Pts</b>
<b>1 London City</b>	<b>112</b>
2 Barnet & District 'C'	102
3 Ealing, Southall & Middlesex 'B'	95
4 Trent Park RC	53
5 Hillingdon 'C'	51
6 Newham & Essex Beagles	46
7 Goodgym	40
8 Ealing, Southall & Middlesex 'C'	37
9 Victoria Park & Tower Hamlets 'B'	33
10 London City 'B'	6

<b>Pos Vet Women Division Three Positions</b>	<b>Clay</b>	<b>WGC</b>	<b>Total</b>
<b>1 Barnet &amp; District 'C'</b>	<b>55</b>	<b>102</b>	<b>157</b>
2 London City	41	112	153
3 Trent Park RC	76	53	129
4 Newham & Essex Beagles	80	46	126
5 Victoria Park & Tower Hamlets 'B'	90	33	123
6 Ealing, Southall & Middlesex 'B'	-	95	95
7 Goodgym	22	40	62
8 Ealing, Southall & Middlesex 'C'	14	37	51
8 Hillingdon 'C'	-	51	51
10 Newham & Essex Beagles 'B'	25	-	25
11 Victoria Park & Tower Hamlets 'C'	16	-	16
12 Ealing Eagles 'C'	8	-	8
13 London City 'B'	-	6	6
14 Newham & Essex Beagles 'C'	1	-	1

<b>Men's Division One Team Result</b>	<b>Pts</b>
<b>1 Highgate Harriers</b>	<b>1,121</b>
2 Woodford Green & Essex Ladies	1,061
3 Shaftesbury Barnet Harriers	971
4 Serpentine RC	946
5 Hillingdon	649

6 London Heathside	645
7 Ealing, Southall & Middlesex	616
8 Victoria Park & Tower Hamlets	614
9 Highgate Harriers 'B'	401
10 Barnet & District	236

Pos	Men's Division One Positions	Clay	WGC	Total	HWT
<b>1</b>	<b>Highgate Harriers</b>	<b>1,118</b>	<b>1,121</b>	<b>2,239</b>	<b>23</b>
2	Woodford Green & Essex Ladies	819	1,061	1,880	22
3	Serpentine RC	921	946	1,867	21
4	Shaftesbury Barnet Harriers	838	971	1,809	20
5	Victoria Park & Tower Hamlets	861	614	1,475	19
6	Hillingdon	766	649	1,415	18
7	London Heathside	671	645	1,316	17
8	Ealing, Southall & Middlesex	565	616	1,181	16
9	Barnet & District	488	236	724	15
10	Highgate Harriers 'B'	213	401	614	

	Men's Division Two Team Result	Pts
<b>1</b>	<b>Newham &amp; Essex Beagles</b>	<b>1,448</b>
2	Thames Valley Harriers	1,248
3	Serpentine RC 'B'	1,225
4	Trent Park RC	1,207
5	London Heathside 'B'	1,095
6	London Front Runners	971
7	London Heathside 'C'	842
8	Serpentine RC 'C'	812
9	Ealing Eagles	567
10	Highgate Harriers 'C'	369

Pos	Men's Division Two Positions	Clay	WGC	Total	HWT
<b>1</b>	<b>Thames Valley Harriers</b>	<b>1,337</b>	<b>1,248</b>	<b>2,585</b>	<b>14</b>
2	Newham & Essex Beagles	904	1,448	2,352	13
3	Serpentine RC 'B'	1,105	1,225	2,330	
4	London Heathside 'B'	1,207	1,095	2,302	
5	Trent Park RC	1,053	1,207	2,260	12
6	London Front Runners	976	971	1,947	11
7	London Heathside 'C'	980	842	1,822	
8	Serpentine RC 'C'	748	812	1,560	
9	Ealing Eagles	906	567	1,473	10
10	Highgate Harriers 'C'	427	369	796	

	Men's Division Three Team Result	Pts
<b>1</b>	<b>Herts Phoenix</b>	<b>1,613</b>
2	London City	1,589
3	Victoria Park & Tower Hamlets 'B'	1,400
4	Woodford Green & Essex Ladies 'B'	1,358
5	Goodgym	1,237
6	Herts Phoenix 'B'	1,224
7	London City 'B'	1,178

8 Barnet & District 'B'	1,157
9 London Front Runners 'B'	1,142
10 Trent Park RC 'B'	1,007
11 Ealing, Southall & Middlesex 'B'	994
12 Mornington Chasers	864
13 London Front Runners 'C'	860
14 Enfield & Haringey	772
15 Victoria Park & Tower Hamlets 'C'	715
16 Hillingdon 'B'	710
17 Barnet & District 'C'	626
18 London City 'C'	553
19 Newham & Essex Beagles 'B'	493
20 Shaftesbury Barnet Harriers 'B'	480
21 Thames Valley Harriers 'B'	372
22 Metropolitan Police	313
23 Goodgym 'B'	234
24 Woodford Green & Essex Ladies 'C'	220
24 Hillingdon 'C'	220
26 Ealing Eagles 'B'	187
27 Herts Phoenix 'C'	117
28 St Mary's Richmond	116
29 Cookham Running Club	101
30 Harlow RC	94
31 Ealing, Southall & Middlesex 'C'	62

Pos	Men's Division Three Positions	Clay	WGC	Total	HWT
1	Herts Phoenix	1,531	1,613	3,144	9
2	London City	1,488	1,589	3,077	8
3	Victoria Park & Tower Hamlets 'B'	1,605	1,400	3,005	
4	Barnet & District 'B'	1,258	1,157	2,415	
5	London Front Runners 'B'	1,161	1,142	2,303	
6	Goodgym	1,054	1,237	2,291	7
7	Victoria Park & Tower Hamlets 'C'	1,467	715	2,182	
8	Woodford Green & Essex Ladies 'B'	725	1,358	2,083	
9	London City 'B'	806	1,178	1,984	
10	London Front Runners 'C'	917	860	1,777	
11	Hillingdon 'B'	1,039	710	1,749	
12	Ealing, Southall & Middlesex 'B'	745	994	1,739	
13	Herts Phoenix 'B'	385	1,224	1,609	
14	Trent Park RC 'B'	532	1,007	1,539	
15	Thames Valley Harriers 'B'	1,039	372	1,411	
16	Ealing Eagles 'B'	1,033	187	1,220	
17	Mornington Chasers	346	864	1,210	6
18	Barnet & District 'C'	446	626	1,072	
19	Hillingdon 'C'	590	220	810	
20	Enfield & Haringey	-	772	772	5
21	London City 'C'	111	553	664	
22	Metropolitan Police	304	313	617	4
23	Shaftesbury Barnet Harriers 'B'	84	480	564	
24	Newham & Essex Beagles 'B'	31	493	524	

25 St Mary's Richmond	346	116	462	3
26 Ealing Eagles 'C'	359	-	359	
27 Cookham Running Club	155	101	256	2
28 Goodgym 'B'	-	234	234	
29 Woodford Green & Essex Ladies 'C'	-	220	220	
30 Harlow RC	95	94	189	1
31 Herts Phoenix 'C'	-	117	117	
32 Ealing, Southall & Middlesex 'C'	-	62	62	

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

<b>1 Serpentine RC</b>	<b>408</b>
2 London Heathside	344
3 Victoria Park & Tower Hamlets	330
4 Trent Park RC	273
5 London Heathside 'B'	266
6 Barnet & District	250
7 Highgate Harriers	200
8 London Heathside 'C'	183
8 Woodford Green & Essex Ladies	183
10 London Front Runners	180

<b>Pos Vet Men Division One Positions</b>	<b>Clay</b>	<b>WGC</b>	<b>Total</b>
<b>1 Serpentine RC</b>	<b>396</b>	<b>408</b>	<b>804</b>
2 Victoria Park & Tower Hamlets	381	330	711
3 London Heathside	353	344	697
4 London Heathside 'B'	272	266	538
5 Barnet & District	261	250	511
6 Highgate Harriers	275	200	475
7 Trent Park RC	181	273	454
8 Woodford Green & Essex Ladies	230	183	413
9 London Heathside 'C'	174	183	357
10 London Front Runners	175	180	355

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

<b>1 Herts Phoenix</b>	<b>143</b>
2 Hillingdon	132
2 Thames Valley Harriers	132
4 Serpentine RC 'B'	130
5 Barnet & District 'B'	125
5 Ealing, Southall & Middlesex	125
7 Ealing Eagles	70
8 Shaftesbury Barnet Harriers	62
9 Hillingdon 'B'	27
10 Highgate Harriers 'B'	-

<b>Pos Vet Men Division Two Positions</b>	<b>Clay</b>	<b>WGC</b>	<b>Total</b>
<b>1 Thames Valley Harriers</b>	<b>175</b>	<b>132</b>	<b>307</b>
2 Hillingdon	167	132	299
3 Ealing, Southall & Middlesex	168	125	293
4 Serpentine RC 'B'	131	130	261

5 Barnet & District 'B'	102	125	227
6 Herts Phoenix	68	143	211
7 Ealing Eagles	109	70	179
8 Highgate Harriers 'B'	134	-	134
9 Shaftesbury Barnet Harriers	40	62	102
10 Hillingdon 'B'	34	27	61

#### Veteran Men's Division Three Team Result

	Pts
<b>1 Mornington Chasers</b>	<b>314</b>
2 Victoria Park & Tower Hamlets 'B'	264
3 Barnet & District 'C'	257
3 London City	257
5 Serpentine RC 'C'	232
6 London Front Runners 'B'	225
7 London City 'B'	178
8 Herts Phoenix 'B'	146
9 Trent Park RC 'B'	141
10 Woodford Green & Essex Ladies 'B'	111
11 Hillingdon 'C'	91
12 Victoria Park & Tower Hamlets 'C'	85
13 Ealing, Southall & Middlesex 'B'	84
14 London City 'C'	82
15 Metropolitan Police	78
16 Enfield & Haringey	77
17 St Mary's Richmond	71
18 Cookham Running Club	65
19 London Front Runners 'C'	63
20 Goodgym	58
21 Thames Valley Harriers 'B'	48
22 Mornington Chasers 'B'	38
23 Harlow RC	2

Pos	Vet Men Division Three Positions	Clay	WGC	Total
<b>1</b>	<b>Victoria Park &amp; Tower Hamlets 'B'</b>	<b>322</b>	<b>264</b>	<b>586</b>
2	London City	236	257	493
3	London Front Runners 'B'	229	225	454
4	Barnet & District 'C'	193	257	450
5	Mornington Chasers	130	314	444
6	Victoria Park & Tower Hamlets 'C'	254	85	339
7	Serpentine RC 'C'	101	232	333
8	Woodford Green & Essex Ladies 'B'	187	111	298
9	Herts Phoenix 'B'	122	146	268
10	Hillingdon 'C'	172	91	263
11	Thames Valley Harriers 'B'	203	48	251
12	London City 'B'	55	178	233
13	Ealing, Southall & Middlesex 'B'	123	84	207
13	Trent Park RC 'B'	66	141	207
15	Cookham Running Club	123	65	188
16	London Front Runners 'C'	113	63	176
17	Metropolitan Police	78	78	156

18 Ealing Eagles 'B'	152	-	152
19 St Mary's Richmond	74	71	145
20 Newham & Essex Beagles	127	-	127
21 Highgate Harriers 'C'	84	-	84
22 London City 'C'	-	82	82
23 Enfield & Haringey	-	77	77
24 Goodgym	-	58	58
25 Mornington Chasers 'B'	-	38	38
26 Harlow RC	15	2	17

### Howard Williams Trophy (Seniors)

### Men Wins

<b>1 Highgate Harriers</b>	<b>23</b>	<b>2</b>
<b>1 Serpentine RC</b>	<b>21</b>	<b>1</b>
3 London Heathside	17	1
3 Victoria Park & Tower Hamlets	19	
3 Woodford Green & Essex Ladies	22	
6 Shaftesbury Barnet Harriers	20	
7 Hillingdon	18	
7 Thames Valley Harriers	14	
9 Barnet & District	15	
10 Ealing, Southall & Middlesex	16	
11 London City	8	
11 Newham & Essex Beagles	13	
13 Ealing Eagles	10	
14 London Front Runners	11	
14 Trent Park RC	12	
16 Herts Phoenix	9	
17 Mornington Chasers	6	
18 Goodgym	7	
19 Enfield & Haringey	5	
20 Metropolitan Police	4	
21 St Mary's Richmond	3	
22 Harlow RC	1	
23 Cookham Running Club	2	

### Howard Williams Trophy (Juniors)

	<b>U11B</b>	<b>U11G</b>	<b>U17W</b>	<b>Total</b>
<b>1 Woodford Green &amp; Essex Ladies</b>	<b>13</b>	<b>18</b>	<b>10</b>	<b>95</b>
2 Victoria Park & Tower Hamlets	18	17	15	91.5
3 Shaftesbury Barnet Harriers	16	10.5	18	87.5
4 London Heathside	11	14	17	86
5 Herts Phoenix	15	15	11	85
6 Hillingdon	12	16	6	76
7 Thames Valley Harriers	17	12	14	73
8 Cookham Running Club	10	10.5	5	64
9 Trent Park RC	6	13	9	57.5
10 Highgate Harriers	9	7	13	57
10 St Mary's Richmond	8	6	16	57
12 Barnet & District	14	9	8	53
13 Ealing, Southall & Middlesex	-	-	12	36
14 Serpentine RC	7		-	18

15	London City	-	8	-	13
16	Enfield & Haringey	-		7	11
17	Ealing Eagles	-	-	-	3
18	Newham & Essex Beagles	-		-	-

day 11 November 2017