

Start Fitness 2017/18 Metropolitan League Fixture 3 at Uxbridge (hosted by Hillingdon AC) - Saturday 2 |

Pos	Under 11 Boys Team Result	Pts
1	Shaftesbury Barnet Harriers	134
2	Victoria Park & Tower Hamlets	120
3	Hillingdon	100
4	Cookham Running Club	88
4	Woodford Green & Essex Ladies	88
6	Barnet & District	75
7	Thames Valley Harriers	59
8	Ealing, Southall & Middlesex	44
9	St Mary's Richmond	36
10	Herts Phoenix	28
10	London Heathside	28
12	Cookham Running Club 'B'	26
13	Hillingdon 'B'	19
14	Highgate Harriers	15
15	Serpentine RC	1

Pos	U11 Boys League Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
1	Shaftesbury Barnet Harriers	63	116	134			313	18
2	Victoria Park & Tower Hamlets	76	111	120			307	17
3	Thames Valley Harriers	71	114	59			244	16
4	Hillingdon	35	40	100			175	15
5	Barnet & District	47	48	75			170	13.5
5	Woodford Green & Essex Ladies	1	81	88			170	13.5
7	Herts Phoenix	23	97	28			148	12
8	Cookham Running Club	29	30	88			147	11
9	London Heathside	39	25	28			92	10
10	St Mary's Richmond	-	32	36			68	9
11	Highgate Harriers	11	39	15			65	8
12	Ealing, Southall & Middlesex	-	-	44			44	7
13	Herts Phoenix 'B'	-	37	-			37	
14	Serpentine RC	12	19	1			32	6
15	Victoria Park & Tower Hamlets 'B'	13	17	-			30	
16	Cookham Running Club 'B'	-	-	26			26	
17	Hillingdon 'B'	-	-	19			19	
18	Trent Park RC	13	5	-			18	5
19	Shaftesbury Barnet Harriers 'B'	-	7	-			7	
20	Barnet & District 'B'	2	-	-			2	

Pos	Under 11 Girls Team Result	Pts
1	Woodford Green & Essex Ladies	149
2	Hillingdon	119
3	Thames Valley Harriers	111
4	Victoria Park & Tower Hamlets	94
5	Woodford Green & Essex Ladies 'B'	77
6	Shaftesbury Barnet Harriers	74
7	Cookham Running Club	59
8	Herts Phoenix	55

9 London Heathside	51
10 Hillingdon 'B'	40
11 Barnet & District	25
12 Ealing Eagles	23
13 Cookham Running Club 'B'	20

Pos U11 Girls League Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
1 Woodford Green & Essex Ladies	187	199	149			535	18
2 Hillingdon	137	170	119			426	17
3 Victoria Park & Tower Hamlets	152	170	94			416	16
4 Woodford Green & Essex Ladies 'B'	146	140	77			363	
5 Herts Phoenix	131	171	55			357	15
6 London Heathside	163	96	51			310	14
7 Thames Valley Harriers	95	68	111			274	13
8 Shaftesbury Barnet Harriers	-	139	74			213	12
9 Cookham Running Club	139	-	59			198	11
10 Trent Park RC	117	51	-			168	10
11 Barnet & District	54	54	25			133	9
12 Hillingdon 'B'	20	59	40			119	
13 Herts Phoenix 'B'	-	69	-			69	
14 London City	25	30	6			61	8
15 Highgate Harriers	6	28	-			34	7
16 Cookham Running Club 'B'	12	-	20			32	
17 London Heathside 'B'	26	-	-			26	
18 Ealing Eagles	-	-	23			23	5.5
18 St Mary's Richmond	23	-	-			23	5.5
20 Shaftesbury Barnet Harriers 'B'	-	18	-			18	
21 Barnet & District 'B'	-	2	-			2	

Pos Under 13 Boys Team Result	Pts
1 Shaftesbury Barnet Harriers	203
2 Cookham Running Club	199
3 Woodford Green & Essex Ladies	186
4 Herts Phoenix	179
5 Hillingdon	161
6 Ealing, Southall & Middlesex	157
7 London Heathside	148
8 Trent Park RC	130
9 Cookham Running Club 'B'	100
9 Woodford Green & Essex Ladies 'B'	100
11 Ealing, Southall & Middlesex 'B'	70
12 Hillingdon 'B'	68
13 Highgate Harriers	49
14 Victoria Park & Tower Hamlets	45
15 St Mary's Richmond	38
16 Herts Phoenix 'B'	27
17 Barnet & District	12
18 Shaftesbury Barnet Harriers 'B'	5

Pos U13 Boys League Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
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1 Woodford Green & Essex Ladies	265	218	186	669	18
2 Herts Phoenix	223	199	179	601	17
3 Shaftesbury Barnet Harriers	223	149	203	575	16
4 London Heathside	246	179	148	573	15
5 Hillingdon	200	175	161	536	14
6 Trent Park RC	149	135	130	414	13
6 Woodford Green & Essex Ladies 'B'	176	138	100	414	
8 Cookham Running Club	207	-	199	406	12
9 Ealing, Southall & Middlesex	124	59	157	340	11
10 Victoria Park & Tower Hamlets	181	103	45	329	10
11 Herts Phoenix 'B'	120	145	27	292	
12 Hillingdon 'B'	79	52	68	199	
13 Highgate Harriers	95	54	49	198	9
14 Cookham Running Club 'B'	19	-	100	119	
15 Thames Valley Harriers	73	38	-	111	8
16 St Mary's Richmond	46	-	38	84	7
17 Ealing, Southall & Middlesex 'B'	6	-	70	76	
18 London Heathside 'B'	63	-	-	63	
19 Barnet & District	7	21	12	40	6
20 Trent Park RC 'B'	13	17	-	30	
21 Serpentine RC	10	-	-	10	5
22 Shaftesbury Barnet Harriers 'B'	3	-	5	8	

Under 13 Girls Team Result

	Pts
1 Woodford Green & Essex Ladies	131
2 Cookham Running Club	114
3 Hillingdon	109
4 Victoria Park & Tower Hamlets	95
5 Thames Valley Harriers	94
6 Shaftesbury Barnet Harriers	50
7 Hillingdon 'B'	43
8 Ealing, Southall & Middlesex	36
9 Highgate Harriers	31
10 Herts Phoenix	29
11 Barnet & District	23
12 Thames Valley Harriers 'B'	17
13 London Heathside	15
14 St Mary's Richmond	13
15 Trent Park RC	11
16 Cookham Running Club 'B'	9

Pos U13 Girls League Positions

	Clay	WGC	Hill	TVH	Trent	Total	HWT
1 Woodford Green & Essex Ladies	166	162	131			459	18
2 Thames Valley Harriers	169	144	94			407	17
3 Victoria Park & Tower Hamlets	166	130	95			391	16
4 Cookham Running Club	157	33	114			304	15
5 Hillingdon	115	47	109			271	14
6 Shaftesbury Barnet Harriers	95	93	50			238	13
7 Herts Phoenix	22	115	29			166	12
8 Thames Valley Harriers 'B'	106	6	17			129	

9 Highgate Harriers	64	16	31	111	11
10 St Mary's Richmond	48	46	13	107	10
11 London Heathside	21	70	15	106	9
12 Ealing, Southall & Middlesex	41	-	36	77	8
13 Barnet & District	31	18	23	72	7
14 Victoria Park & Tower Hamlets 'B'	68	-	-	68	
15 Woodford Green & Essex Ladies 'B'	36	30	-	66	
16 Shaftesbury Barnet Harriers 'B'	18	28	-	46	
17 Hillingdon 'B'	-	-	43	43	
17 Trent Park RC	-	32	11	43	6
19 Herts Phoenix 'B'	-	20	-	20	
20 Cookham Running Club 'B'	1	-	9	10	
21 London City	2	-	-	2	5

Junior Men Team Result

	Pts
1 Hillingdon	329
2 Shaftesbury Barnet Harriers	322
3 Woodford Green & Essex Ladies	306
4 Cookham Running Club	289
5 Victoria Park & Tower Hamlets	274
6 Hillingdon 'B'	250
7 Shaftesbury Barnet Harriers 'B'	235
8 Trent Park RC	225
9 Herts Phoenix	199
10 Ealing, Southall & Middlesex	197
11 St Mary's Richmond	172
12 London Heathside	157
13 Thames Valley Harriers	143
14 Barnet & District	142
15 Victoria Park & Tower Hamlets 'B'	141
16 Woodford Green & Essex Ladies 'B'	116
17 Herts Phoenix 'B'	107
18 Shaftesbury Barnet Harriers 'C'	102
19 Highgate Harriers	101
19 Serpentine RC	101
21 Hillingdon 'C'	92
22 Cookham Running Club 'B'	79
23 Trent Park RC 'B'	76
24 Victoria Park & Tower Hamlets 'C'	12
25 Trent Park RC 'C'	5
26 Ealing, Southall & Middlesex 'B'	4

Pos	Junior Men League Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
1	Woodford Green & Essex Ladies	300	289	306			895	18
2	Shaftesbury Barnet Harriers	245	215	322			782	17
3	Hillingdon	275	160	329			764	16
4	Victoria Park & Tower Hamlets	158	244	274			676	15
5	Herts Phoenix	202	263	199			664	14
6	Cookham Running Club	272	75	289			636	13
7	London Heathside	195	272	157			624	12

8 Woodford Green & Essex Ladies 'B'	234	222	116	572	
9 Trent Park RC	182	155	225	562	11
10 St Mary's Richmond	133	143	172	448	10
11 Ealing, Southall & Middlesex	186	59	197	442	9
12 Barnet & District	116	154	142	412	8
13 Shaftesbury Barnet Harriers 'B'	66	106	235	407	
14 Highgate Harriers	134	148	101	383	7
15 Thames Valley Harriers	155	27	143	325	6
16 Serpentine RC	121	73	101	295	5
17 Herts Phoenix 'B'	-	173	107	280	
18 Hillingdon 'B'	29	1	250	280	
19 Trent Park RC 'B'	109	36	76	221	
20 Victoria Park & Tower Hamlets 'B'	9	90	141	240	
21 Cookham Running Club 'B'	61	-	79	140	
22 Shaftesbury Barnet Harriers 'C'	-	18	102	120	
23 Herts Phoenix 'C'	-	112	-	112	
24 Hillingdon 'C'	-	-	92	92	
25 Enfield & Haringey	82	-	-	82	4
26 London Heathside 'B'	-	60	-	60	
27 Barnet & District 'B'	3	22	-	25	
28 Ealing Eagles	19	-	-	19	3
29 Trent Park RC 'C'	7	5	5	17	
30 Victoria Park & Tower Hamlets 'C'	-	-	12	12	
31 Ealing, Southall & Middlesex 'B'	-	-	4	4	

Junior Women Team Result

	Pts
1 Shaftesbury Barnet Harriers	214
2 London Heathside	177
3 Shaftesbury Barnet Harriers 'B'	158
4 St Mary's Richmond	145
4 Victoria Park & Tower Hamlets	145
6 Herts Phoenix	122
7 Shaftesbury Barnet Harriers 'C'	98
8 Ealing, Southall & Middlesex	81
9 Highgate Harriers	76
10 London Heathside 'B'	72
11 Hillingdon	66
12 Thames Valley Harriers	63
13 Enfield & Haringey	46
14 Trent Park RC	40
15 Cookham Running Club	29
16 Barnet & District	28
17 Victoria Park & Tower Hamlets 'B'	19
18 Woodford Green & Essex Ladies	17
19 Hillingdon 'B'	16

Pos	Junior Women League Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
1	Shaftesbury Barnet Harriers	245	252	214			711	18
2	London Heathside	201	215	177			593	17
3	Shaftesbury Barnet Harriers 'B'	162	179	158			499	

4 Victoria Park & Tower Hamlets	197	144	145	486	16
5 St Mary's Richmond	164	155	145	464	15
6 Herts Phoenix	149	115	122	386	14
7 Highgate Harriers	104	191	76	371	13
8 Thames Valley Harriers	147	160	63	370	12
9 Ealing, Southall & Middlesex	177	98	81	356	11
10 London Heathside 'B'	113	120	72	305	
11 Shaftesbury Barnet Harriers 'C'	90	95	98	283	
12 Woodford Green & Essex Ladies	88	105	17	210	10
13 Trent Park RC	50	46	40	136	9
14 Enfield & Haringey	-	82	46	128	8
15 Barnet & District	46	46	28	120	7
16 Hillingdon	22	30	66	118	6
17 Victoria Park & Tower Hamlets 'B'	59	24	19	102	
18 Cookham Running Club	41	-	29	70	5
19 Highgate Harriers 'B'	-	29	-	29	
19 London Heathside 'C'	-	29	-	29	
19 Thames Valley Harriers 'B'	10	19	-	29	
22 Hillingdon 'B'	-	3	16	19	
23 Ealing, Southall & Middlesex 'B'	15	-	-	15	

Women's Division One Team Result

	Pts
1 Highgate Harriers	249
2 London Heathside	237
3 Serpentine RC	198
4 Victoria Park & Tower Hamlets	183
5 Thames Valley Harriers	180
6 Hillingdon	147
7 Barnet & District	132
8 Shaftesbury Barnet Harriers	85
9 London City	76
10 Woodford Green & Essex Ladies	53

Pos	Women's Division One Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
1	London Heathside	203	253	237			693	23
2	Highgate Harriers	226	187	249			662	22
3	Serpentine RC	236	201	198			635	21
4	Victoria Park & Tower Hamlets	211	212	183			606	20
5	Thames Valley Harriers	225	146	180			551	19
6	Hillingdon	134	101	147			382	18
7	Barnet & District	97	152	132			381	17
8	Woodford Green & Essex Ladies	152	139	53			344	16
9	London City	89	147	76			312	15
10	Shaftesbury Barnet Harriers	80	58	85			223	14

Women's Division Two Team Result

	Pts
1 London Heathside 'B'	297
2 Ealing Eagles	286
3 Ealing, Southall & Middlesex	247
4 Serpentine RC 'B'	246

5 Newham & Essex Beagles	227
6 London Heathside 'C'	212
7 Highgate Harriers 'B'	194
8 Serpentine RC 'C'	187
9 Barnet & District 'B'	117
10 Mornington Chasers	76

Pos	Women's Division Two Positions	Clay	WGC	Hill	TVH	Trent	Total HWT
1	London Heathside 'B'	321	356	297			974
2	Serpentine RC 'B'	340	289	246			875
3	Ealing, Southall & Middlesex	240	348	247			835 13
4	London Heathside 'C'	261	307	212			780
5	Ealing Eagles	206	224	286			716 12
6	Serpentine RC 'C'	256	184	187			627
7	Newham & Essex Beagles	122	262	227			611 11
8	Barnet & District 'B'	152	272	117			541
9	Highgate Harriers 'B'	195	131	194			520
10	Mornington Chasers	120	106	76			302 10

Women's Division Three Team Result	Pts
1 Victoria Park & Tower Hamlets 'B'	296
2 Hillingdon 'B'	247
3 Thames Valley Harriers 'B'	239
4 Ealing Eagles 'B'	232
5 Trent Park RC	231
6 London Front Runners	227
7 Herts Phoenix	196
8 Ealing Eagles 'C'	186
9 Goodgym	177
10 Victoria Park & Tower Hamlets 'C'	174
11 Hillingdon 'C'	166
12 London City 'B'	165
13 Enfield & Haringey	150
14 Thames Valley Harriers 'C'	104
15 Ealing, Southall & Middlesex 'B'	71
16 London Front Runners 'B'	41
17 Trent Park RC 'B'	36
18 Barnet & District 'C'	13
19 Newham & Essex Beagles 'B'	6
20 Goodgym 'B'	1

Pos	Women's Division Three Positions	Clay	WGC	Hill	TVH	Trent	Total HWT
1	Victoria Park & Tower Hamlets 'B'	304	355	296			955
2	Herts Phoenix	268	357	196			821 9
3	Victoria Park & Tower Hamlets 'C'	261	314	174			749
4	Hillingdon 'B'	237	258	247			742
5	London Front Runners	246	257	227			730 8
6	Trent Park RC	251	189	231			671 7
7	Ealing Eagles 'B'	193	177	232			602
8	London City 'B'	77	306	165			548

9 Goodgym	136	214	177	527	6
10 Thames Valley Harriers 'B'	199	51	239	489	
11 Hillingdon 'C'	107	173	166	446	
12 Enfield & Haringey	73	167	150	390	5
13 Ealing, Southall & Middlesex 'B'	77	231	71	379	
14 Barnet & District 'C'	101	232	13	346	
15 Ealing Eagles 'C'	65	44	186	295	
16 London City 'C'	-	197	-	197	
17 London Front Runners 'B'	129	20	41	190	
18 Metropolitan Police	68	73	-	141	4
19 Thames Valley Harriers 'C'	30	-	104	134	
20 Ealing, Southall & Middlesex 'C'	-	108	-	108	
21 Herts Phoenix 'B'	-	100	-	100	
22 St Mary's Richmond	-	93	-	93	3
23 Trent Park RC 'B'	43	-	36	79	
24 Newham & Essex Beagles 'B'	59	7	6	72	
25 Goodgym 'B'	2	55	1	58	
26 Harlow RC	43	-	-	43	2
27 Woodford Green & Essex Ladies 'B'	-	38	-	38	
28 Newham & Essex Beagles 'C'	4	-	-	4	

Veteran Women's Division One Team Result

	Pts
1 London Heathside	118
2 Victoria Park & Tower Hamlets	110
3 Barnet & District	96
4 Serpentine RC	87
5 London Heathside 'B'	69
6 Ealing, Southall & Middlesex	50
7 Highgate Harriers	32
8 Woodford Green & Essex Ladies	24
9 London Heathside 'C'	23
10 Mornington Chasers	20

Pos	Vet Women Division One Positions	Clay	WGC	Hill	TVH	Trent	Total
1	London Heathside	126	127	118			371
2	Barnet & District	112	129	96			337
3	Victoria Park & Tower Hamlets	96	127	110			333
4	Serpentine RC	120	90	87			297
5	London Heathside 'B'	72	75	69			216
6	Ealing, Southall & Middlesex	37	82	50			169
7	Highgate Harriers	59	57	32			148
8	Woodford Green & Essex Ladies	56	63	24			143
9	London Heathside 'C'	39	37	23			99
10	Mornington Chasers	16	25	20			61

Veteran Women's Division Two Team Result

	Pts
1 Ealing Eagles	122
2 Hillingdon	103
3 Barnet & District 'B'	100
4 Thames Valley Harriers	75

5	Serpentine RC 'B'	65
6	Hillingdon 'B'	50
7	Serpentine RC 'C'	33
8	London Front Runners	31
9	Herts Phoenix	-
9	Metropolitan Police	-

Pos	Vet Women Division Two Positions	Clay	WGC	Hill	TVH	Trent	Total
1	Hillingdon	112	103	103			318
2	Barnet & District 'B'	95	98	100			293
3	Serpentine RC 'B'	114	57	65			236
4	Ealing Eagles	60	45	122			227
5	Hillingdon 'B'	26	55	50			131
5	Serpentine RC 'C'	72	26	33			131
7	Thames Valley Harriers	42	3	75			120
8	Herts Phoenix	61	48	-			109
9	London Front Runners	32	6	31			69
10	Metropolitan Police	-	24	-			24

	Veteran Women's Division Three Team Res	Pts
1	Trent Park RC	118
2	London City	105
3	Hillingdon 'C'	69
4	Newham & Essex Beagles	50
5	Ealing Eagles 'B'	47
6	Barnet & District 'C'	40
7	Victoria Park & Tower Hamlets 'B'	29
8	Goodgym	28
9	Ealing, Southall & Middlesex 'B'	24
10	Thames Valley Harriers 'B'	12
11	Trent Park RC 'B'	2

Pos	Vet Women Division Three Positions	Clay	WGC	Hill	TVH	Trent	Total
1	London City	41	112	105			258
2	Trent Park RC	76	53	118			247
3	Barnet & District 'C'	55	102	40			197
4	Newham & Essex Beagles	80	46	50			176
5	Victoria Park & Tower Hamlets 'B'	90	33	29			152
6	Hillingdon 'C'	-	51	69			120
7	Ealing, Southall & Middlesex 'B'	-	95	24			119
8	Goodgym	22	40	28			90
9	Ealing, Southall & Middlesex 'C'	14	37	-			51
10	Ealing Eagles 'B'	-	-	47			47
11	Newham & Essex Beagles 'B'	25	-	-			25
12	Victoria Park & Tower Hamlets 'C'	16	-	-			16
13	Thames Valley Harriers 'B'	-	-	12			12
14	Ealing Eagles 'C'	8	-	-			8
15	London City 'B'	-	6	-			6
16	Trent Park RC 'B'	-	-	2			2
17	Newham & Essex Beagles 'C'	1	-	-			1

Men's Division One Team Result	Pts
1 Highgate Harriers	1,235
2 Hillingdon	889
3 Serpentine RC	848
4 Woodford Green & Essex Ladies	809
5 Ealing, Southall & Middlesex	657
6 Highgate Harriers 'B'	650
7 London Heathside	551
8 Shaftesbury Barnet Harriers	519
9 Victoria Park & Tower Hamlets	617
10 Barnet & District	246

Pos	Men's Division One Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
1	Highgate Harriers	1,118	1,121	1,235			3,474	23
2	Serpentine RC	921	946	848			2,715	22
3	Woodford Green & Essex Ladies	819	1,061	809			2,689	21
4	Shaftesbury Barnet Harriers	838	971	519			2,328	20
5	Hillingdon	766	649	889			2,304	19
6	Victoria Park & Tower Hamlets	861	614	617			2,092	18
7	London Heathside	671	645	551			1,867	17
8	Ealing, Southall & Middlesex	565	616	657			1,838	16
9	Highgate Harriers 'B'	213	401	650			1,264	
10	Barnet & District	488	236	246			970	15

Men's Division Two Team Result	Pts
1 Thames Valley Harriers	1,240
2 Serpentine RC 'B'	1,053
3 Trent Park RC	1,037
4 Newham & Essex Beagles	1,025
5 London Heathside 'B'	919
6 Serpentine RC 'C'	702
7 Ealing Eagles	676
8 London Heathside 'C'	604
9 London Front Runners	572
10 Highgate Harriers 'C'	549

Pos	Men's Division Two Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
1	Thames Valley Harriers	1,337	1,248	1,240			3,825	14
2	Serpentine RC 'B'	1,105	1,225	1,053			3,383	
3	Newham & Essex Beagles	904	1,448	1,025			3,377	13
4	Trent Park RC	1,053	1,207	1,037			3,297	12
5	London Heathside 'B'	1,207	1,095	919			3,221	
6	London Front Runners	976	971	572			2,519	11
7	London Heathside 'C'	980	842	604			2,426	
8	Serpentine RC 'C'	748	812	702			2,262	
9	Ealing Eagles	906	567	676			2,149	10
10	Highgate Harriers 'C'	427	369	549			1,345	

Men's Division Three Team Result	Pts
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1 Herts Phoenix	1,574
2 London City	1,555
3 Thames Valley Harriers 'B'	1,508
4 Victoria Park & Tower Hamlets 'B'	1,498
5 Hillingdon 'B'	1,493
6 Trent Park RC 'B'	1,111
7 Goodgym	1,100
8 Ealing Eagles 'B'	1,039
9 London City 'B'	1,036
10 London Front Runners 'B'	1,010
11 Hillingdon 'C'	991
12 Thames Valley Harriers 'C'	875
13 Ealing, Southall & Middlesex 'B'	863
14 Victoria Park & Tower Hamlets 'C'	730
15 Barnet & District 'B'	720
16 Mornington Chasers	677
17 Ealing Eagles 'C'	630
18 Cookham Running Club	623
19 Herts Phoenix 'B'	605
20 Metropolitan Police	497
21 London Front Runners 'C'	476
22 London City 'C'	475
23 St Mary's Richmond	308
24 Enfield & Haringey	213
25 Newham & Essex Beagles 'B'	154
25 Woodford Green & Essex Ladies 'B'	154
27 Barnet & District 'C'	147
28 Goodgym 'B'	139
29 Ealing, Southall & Middlesex 'C'	74
30 Herts Phoenix 'C'	1

Pos	Men's Division Three Positions	Clay	WGC	Hill	TVH	Trent	Total	HWT
1	Herts Phoenix	1,531	1,621	1,574			4,726	9
2	London City	1,488	1,597	1,555			4,640	8
3	Victoria Park & Tower Hamlets 'B'	1,605	1,421	1,498			4,524	
4	London Front Runners 'B'	1,161	1,292	1,010			3,463	
5	Goodgym	1,054	1,240	1,100			3,394	7
6	Hillingdon 'B'	1,039	710	1,493			3,242	
7	Barnet & District 'B'	1,258	1,157	720			3,135	
8	Victoria Park & Tower Hamlets 'C'	1,467	832	730			3,029	
9	London City 'B'	806	1,180	1,036			3,022	
10	Thames Valley Harriers 'B'	1,039	372	1,508			2,919	
11	Trent Park RC 'B'	532	1,007	1,111			2,650	
12	Ealing, Southall & Middlesex 'B'	745	844	863			2,452	
13	Ealing Eagles 'B'	1,033	187	1,039			2,259	
14	London Front Runners 'C'	917	860	476			2,253	
15	Woodford Green & Essex Ladies 'B'	725	1,362	154			2,241	
16	Herts Phoenix 'B'	385	1,226	605			2,216	
17	Mornington Chasers	346	865	677			1,888	6
18	Hillingdon 'C'	590	220	991			1,801	

19	Barnet & District 'C'	446	626	147	1,219	
20	London City 'C'	111	553	475	1,139	
21	Metropolitan Police	304	313	497	1,114	5
22	Ealing Eagles 'C'	359	-	630	989	
23	Enfield & Haringey	-	775	213	988	4
24	Cookham Running Club	155	101	623	879	3
25	Thames Valley Harriers 'C'	-	-	875	875	
26	St Mary's Richmond	346	116	308	770	2
27	Newham & Essex Beagles 'B'	31	494	154	679	
28	Shaftesbury Barnet Harriers 'B'	84	480	-	564	
29	Goodgym 'B'	-	234	139	373	
30	Woodford Green & Essex Ladies 'C'	-	220	-	220	
31	Harlow RC	95	94	-	189	1
32	Ealing, Southall & Middlesex 'C'	-	62	74	136	
33	Herts Phoenix 'C'	-	117	1	118	

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

1	London Heathside	326
2	Victoria Park & Tower Hamlets	276
3	Serpentine RC	306
4	Trent Park RC	287
5	Highgate Harriers	276
6	London Heathside 'B'	241
7	Barnet & District	157
8	London Heathside 'C'	151
8	London Front Runners	107
10	Woodford Green & Essex Ladies	44

Pos	Vet Men Division One Positions	Clay	WGC	Hill	TVH	Trent	Total
1	Serpentine RC	396	408	306			1,110
2	Victoria Park & Tower Hamlets	381	332	276			989
3	London Heathside	353	344	326			1,023
4	London Heathside 'B'	272	266	241			779
5	Highgate Harriers	275	200	276			751
6	Trent Park RC	181	273	287			741
7	Barnet & District	261	249	157			667
8	London Heathside 'C'	174	182	151			507
9	London Front Runners	175	180	107			462
10	Woodford Green & Essex Ladies	230	183	44			457

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

1	Hillingdon	205
2	Ealing, Southall & Middlesex	196
3	Thames Valley Harriers	184
4	Ealing Eagles	146
5	Herts Phoenix	142
6	Highgate Harriers 'B'	140
7	Shaftesbury Barnet Harriers	116
8	Barnet & District 'B'	82
9	Serpentine RC 'B'	70

10 Hillingdon 'B' 60

Pos Vet Men Division Two Positions	Clay	WGC	Hill	TVH	Trent	Total
1 Hillingdon	167	136	205			508
2 Thames Valley Harriers	175	134	184			493
3 Ealing, Southall & Middlesex	168	105	196			469
4 Herts Phoenix	68	145	142			355
5 Serpentine RC 'B'	131	133	70			334
6 Ealing Eagles	109	72	146			327
7 Barnet & District 'B'	102	129	82			313
8 Highgate Harriers 'B'	134	-	140			274
9 Shaftesbury Barnet Harriers	40	63	116			219
10 Hillingdon 'B'	34	29	60			123

Veteran Men's Division Three Team Result Pts

1 Cookham Running Club	273
2 Ealing Eagles 'B'	251
3 London City	245
3 Mornington Chasers	245
5 Ealing, Southall & Middlesex 'B'	225
6 Barnet & District 'C'	197
7 Trent Park RC 'B'	174
8 Herts Phoenix 'B'	155
9 London City 'B'	151
10 St Mary's Richmond	147
11 Metropolitan Police	140
12 Ealing Eagles 'C'	123
13 Hillingdon 'C'	121
14 London Front Runners 'B'	118
15 Newham & Essex Beagles	95
16 Victoria Park & Tower Hamlets 'B'	128
17 Cookham Running Club 'B'	81
18 Thames Valley Harriers 'B'	76
19 Ealing, Southall & Middlesex 'C'	45
20 Goodgym	35
21 London City 'C'	31
22 Highgate Harriers 'C'	19
23 Mornington Chasers 'B'	13
24 Herts Phoenix 'C'	3

Pos Vet Men Division Three Positions	Clay	WGC	Hill	TVH	Trent	Total
1 London City	236	254	245			735
2 Victoria Park & Tower Hamlets 'B'	322	300	128			750
3 Mornington Chasers	130	312	245			687
4 Barnet & District 'C'	193	253	197			643
5 London Front Runners 'B'	229	222	118			569
6 Cookham Running Club	123	64	273			460
7 Herts Phoenix 'B'	122	144	155			421
8 Ealing Eagles 'B'	152	-	251			403
9 Ealing, Southall & Middlesex 'B'	123	40	225			388

10 Hillingdon 'C'	172	91	121	384
11 London City 'B'	55	176	151	382
12 Trent Park RC 'B'	66	139	174	379
13 Victoria Park & Tower Hamlets 'C'	254	112	-	366
14 Serpentine RC 'C'	101	228	-	329
15 Thames Valley Harriers 'B'	203	47	76	326
16 Woodford Green & Essex Ladies 'B'	187	111	-	298
17 Metropolitan Police	78	77	140	295
18 St Mary's Richmond	74	70	147	291
19 Newham & Essex Beagles	127	-	95	222
20 London Front Runners 'C'	113	63	-	176
21 Ealing Eagles 'C'	-	-	123	123
22 London City 'C'	-	82	31	113
23 Highgate Harriers 'C'	84	-	19	103
24 Goodgym	-	58	35	93
25 Cookham Running Club 'B'	-	-	81	81
26 Enfield & Haringey	-	76	-	76
27 Mornington Chasers 'B'	-	38	13	51
28 Ealing, Southall & Middlesex 'C'	-	-	45	45
29 Harlow RC	15	2	-	17
30 Herts Phoenix 'C'	-	-	3	3

Howard Williams Trophy (Seniors)

	Men	Women	Total	Wins
1 Highgate Harriers	23	22	45	4
2 Serpentine RC	22	21	43	1
3 London Heathside	17	23	40	1
4 Victoria Park & Tower Hamlets	18	20	38	
5 Hillingdon	19	18	37	
5 Woodford Green & Essex Ladies	21	16	37	
7 Shaftesbury Barnet Harriers	20	14	34	
8 Thames Valley Harriers	14	19	33	
9 Barnet & District	15	17	32	
10 Ealing, Southall & Middlesex	16	13	29	
11 Newham & Essex Beagles	13	11	24	
12 London City	8	15	23	
13 Ealing Eagles	10	12	22	
14 London Front Runners	11	8	19	
14 Trent Park RC	12	7	19	
16 Herts Phoenix	9	9	18	
17 Mornington Chasers	6	10	16	
18 Goodgym	7	6	13	
19 Enfield & Haringey	4	5	9	
19 Metropolitan Police	5	4	9	
21 St Mary's Richmond	2	3	5	
22 Cookham Running Club	3	-	3	
22 Harlow RC	1	2	3	

Howard Williams Trophy (Juniors)

	U11B	U11G	U13B	U13G	U17M	U17W	Total
1 Woodford Green & Essex Ladies	13.5	18	18	18	18	10	95.5
2 Shaftesbury Barnet Harriers	18	12	16	13	17	18	94

3	Victoria Park & Tower Hamlets	17	16	10	16	15	16	90
4	Herts Phoenix	12	15	17	12	14	14	84
5	Hillingdon	15	17	14	14	16	6	82
6	London Heathside	10	14	15	9	12	17	77
7	Thames Valley Harriers	16	13	8	17	6	12	72
8	Cookham Running Club	11	11	12	15	13	5	67
9	St Mary's Richmond	9	5.5	7	10	10	15	56.5
10	Highgate Harriers	8	7	9	11	7	13	55
11	Trent Park RC	5	10	13	6	11	9	54
12	Barnet & District	13.5	9	6	7	8	7	50.5
13	Ealing, Southall & Middlesex	7	-	11	8	9	11	46
14	Serpentine RC	6	-	5	-	5	-	16
15	London City	-	8	-	5	-	-	13
16	Enfield & Haringey	-	-	-	-	4	8	12
17	Ealing Eagles	-	5.5	-	-	3	-	8.5
18	Newham & Essex Beagles	-	-	-	-	-	-	-

December 2017

Wins
9
6

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1

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