

START FITNESS METROPOLITAN LEAGUE 2021-2022 SEASON

FINAL LEAGUE POSITIONS – These are the final league positions, based on the fourth fixture at Wormwood Scrubs on **15 January 2022**. The fifth fixture at Trent Park on **19 February 2022**, was cancelled due to storm and subsequent damage.

Congratulations to our **Under 13 Boys** and **Under 15 Boys/Under 17 Men** who won a well-deserved league title. The **Under 11 Boys** finished in 3rd place, **Under 13 Girls** finished in 4th place, **Veteran Men** finished in 5th place, **Senior Women** finished in 6th place, **Under 11 Girls** finished in 7th place and **Under 15 Girls/Under 17 Women** finished in 11th place.

Unfortunately, our **Senior Men** finished in 12th place, which means they are now relegated to Division 2. Therefore, next season will be a challenge, but I am sure we will respond accordingly.

The **Howard Williams Trophies** are awarded to reward the strongest overall club in the League for (a) Senior's (b) Juniors. Discounting "B" Teams, the winning club in each team competition is awarded the number of points commensurate with the number of member clubs, the second-place club in each age group is awarded the number of points commensurate with the number of member clubs less one. i.e. if there are 23 member clubs, the winner gets 23 points, runner up 22 points, down to one point for the 23rd placed club. The totals for each team competition are then added together for (a) Senior's (Senior Men & Senior Women) (b) Juniors (Under 13 Boys, Under 13 Girls, Under 17 Men/Under 15 Boys and Under 17 Women/Under 15 Girls).

Under 11 Boys – Final Team Positions 1st Ealing, Southall & Middlesex (497 points), 2nd London Heathside (380), **3rd SBH (370)**, **15th SBH 'B' (50)**

Under 11 Girls – Final Team Positions 1st Woodford Green & Essex Ladies (401 points), 2nd Herts Phoenix (174), 3rd Woodford Green & Essex Ladies "B" (160), **7th SBH (96)**, **17th SBH 'B' (5)**

Under 13 Boys – Final Team Positions **1st SBH (553 points)**, 2nd Woodford Green & Essex Ladies (540), 3rd St Mary's Richmond (330), **10th SBH 'B' (134)**

Under 13 Girls – Final Team Positions 1st Woodford Green & Essex Ladies (516 points), 2nd London Heathside (498), 3rd Highgate Harriers (315), **4th SBH (313)**, **19th SBH 'B' (9)**

Under 15 Boys/Under 17 Men – Final Team Positions **1st SBH (1200 points)**, 2nd Herts Phoenix (1113), 3rd Trent Park (1032), **9th SBH 'B' (732)**, **24th SBH 'C' (198)**

Under 15 Girls/Under 17 Women – Final Team Positions 1st Thames Valley Harriers (682 points), 2nd London Heathside (630), 3rd Victoria Park & Tower Hamlets (597), **11th SBH (253)**, **24th SBH 'B' (25)**

Senior Men – Final Team Positions Division 1 – 1st Highgate Harriers (6046 points), 2nd Victoria Park & Tower Hamlets (5127), 3rd London Heathside (4252), **12th SBH (1814)** – Veterans Division 2 – 1st Harrow (945 points), 2nd Ealing, Southall & Middlesex (888), 3rd Ealing Eagles (734), **5th SBH (622)**

Senior Women – Final Team Positions Division 2 – 1st Ealing, Southall & Middlesex (929 points), 2nd Woodford Green & Essex Ladies (761), 3rd London Heathside 'C' (752), **6th SBH (532)**

Howard Williams Trophy (Juniors) – 1st Woodford Green & Essex Ladies (11 Wins, 97 points), 2nd London Heathside (1, 89), **3rd SBH (4, 88.5)**

Howard Williams Trophy (Seniors) – 1st Highgate Harriers (2 Wins, 49 points), 2nd London Heathside (1, 48), 3rd Victoria Park & Tower Hamlets (0, 47), **12th SBH (0, 28)**

POINTS AND CLUB CHAMPIONSHIPS WINNERS 2021-2022 – These are the winners of the Points Championship;

Men Under 11 Boys **BEN KASPAR** (24 points), Under 13 Boys **EUAN PHILLIPS** and **PRINCE VICTORUS JOHN** (37), Under 15 Boys **TOMMY NARVAEZ-WHITE** (35), Under 17 Men **SPIKE BLAKE** (29), Under 20 Men **ASHWIN FOWKES-GAJAN** (36), Senior Men **DANIEL NICHOLS** (56), Masters Men 40-49 **BARRY HAWS** (23), Masters Men 50-59 **JONNY SHAW** (40), Masters Men 60-69 **ROBERT RIGBY** (40)

Women Under 11 Girls **JASMYN PERRIN** (27 points), Under 13 Girls **POSIE SHAW** (40), Under 15 Girls **MYA MAIRS-INGRAM** (23), Under 17 Women **ASHA HORBACKI** (23), Under 20 Women **ELENA RONCARATI** and **NATASHA TANNER** (22), Senior Women **ELANA DIMMER** (30), Masters Women 40-49 **CHARLENE JACOBS-CONRADIE** (40)

These are the Club Championship winners;

Men Under 11 Boys **BEN KASPAR**, Under 13 Boys **PRINCE VICTORUS JOHN**, Under 15 Boys

GIANLEO STUBBS, Under 17 Men **HENRY DOVER**, Under 20 Men **ASHWIN FOWKES-GAJAN**, 5 Miles Senior Men **DANIEL NICHOLS**, 9 Miles Senior Men **DYLAN EVANS**, Masters Men 40+ **ROBERT RIGBY**

Women Under 11 Girls **JASMYN PERRIN**, Under 13 Girls **POSIE SHAW**, Under 15 Girls **NO WINNER**, Under 17 Women **RUBY VINTON**, Under 20 Women **APRIL HILL**, Senior Women **NAONI TASCHIMOWITZ**, Masters Women 40-49 **NO WINNER**

SBH ATHLETES CONSECUTIVE RACES – These are the SBH athletes current consecutive races, following the Wormwood Scrubs fixture on **15 January 2022**. The final fixture which was due to take place on **19 February**, was cancelled.

(24) **PHILIP CUNNINGHAM V50 & V55**

(14) **POSIE SHAW U11 & U13**

(9) **ASHWIN FOWKES-GAJAN U17 & U20**

(8) **DANNY DIGWEED**

(6) **DYLAN MICHEL U17 & U20**

(4) **PRINCE-MOSES JOHN U11, PRINCE VICTORUS JOHN U13, EUAN PHILLIPS U13, SPIKE BLAKE U17, MARK COTTLE SM, DANIEL NICHOLLS SM, CHARLENE JACOB-CONRADIE V40, JONNY SHAW V50, TIM UNDERHILL V50 and PAUL MACCARTHY V55**

(3) **EDDIE PASCAL U11, JASMYN PERRIN U11, ERIN GIBLIN U13, SAMUEL BORDOLEY U15, MAX CAROLAN-BOSS U15, TOMMY NARVAEZ-WHITE U15 and ROBERT RIGBY V60**

(2) **PRINCE-MOSES JOHN U11, BEN KASPAR U11, JACK REDFORD U13, MYA MAIRS-INGRAM U15, ANTONIO CONRADIE U17, ASHA HORBACKI U17, ELANA RONCARATI U20, ARRY HAWS V45 and LENARD MICHEL V50**

The current record for consecutive appearances is held by **JOHN KELLY**, who completed 28 races between 1985 to 1990.

SBH ATHLETES RACES COMPLETED – These are the SBH athletes current completed races, for age-groups Under 11 to Under 20, you will compete for 2 seasons in each age-group, therefore the maximum you can complete is 10 complete. Seniors and above have a rolling total throughout their career.

The statistics I have go back to is when the League commenced, which was in 1967. During the years 1967 to 2022, not all age-groups were identified, for example from 1996/1997 to 2006/2007 the Under 13/15 Girls competed together and the age-groups were not identified, from 2007/2008 the Under 13/15 Girls had separate races. I will explain the differences on the Top 5 positions below.

These are the Top 5 positions for each age-group at the end of the 2021-2022 season;

Under 11 Boys commenced from 2014/2015 to present – 1st **THOMAS CADWALLADER** (9), 2nd **ARTHUR PHILLIPS** (8), 3rd **SAMUEL GREENSTEIN** (7), 4th **GIANLEO STUBBS** (5), 5th **ANDONI AMPHLETT, TOBY EDWARDS, DYLAN MICHEL** and **MAX PANWAR** (4)

Under 11 Girls commenced from 2014/2015 to present – 1st **POSIE SHAW** (10), 2nd **EVIE REDPATH** (8), 3rd **OLIVE HARVEY-DEW** (7), 4th **ABI JEFFREY** and **LUCY JOHNSON** (6)

Under 13 Boys commenced from 1972/1973 to present – 1st **DAVID BULLOCK, G VELLA** and **J MOYSE** (10), 4th **PHILIP CUNNINGHAM** and **PAUL DUKES** (9)

Under 13 and Under 15 Girls commenced from 1996/1997 to 2006/2007 and each age-groups were not identified – 1st **I RAMSEY** (6), 2nd **E LAYTON** (3), 3rd **J JOHNSON, L PROFITT** and **S PROFITT** (2)

Under 13 Girls were identified separately from 2007/2008 to present – 1st **MIA GROOM, SCARLETT KENT** and **ANNA MURPHY** (10), 4th **REBECCA JEFFREY** (8), 5th **GEMMA HARPER, ELEANOR RACHEL, EVIE REDPATH** and **SARON RICHARDSON** (7)

Under 15 Boys commenced from 2007/2008 to present – 1st **THEO BODEN** and **RUFUS KENT** (9), 3rd **MATTHEW MCATEER** (8), 3rd **DANIEL ABREY, SAMUEL GREENSTEIN** and **DYLAN MICHEL** (7)

Under 15 Girls were identified separately from 2007/2008 to present – 1st **EMMA DWAN, LIDIA KYRIACOU** and **ELENA RONCARATI** (9), 4th **JOSEPHINE CHADWICK** and **KAYLA MICHEL** (8)

Under 17 Women commenced from 2007/2008 to present – 1st **SARAH BUTLER, EMILY HATHAWAY** and **SOPHIA STAAB**(9), 4th **JOSEPHINE CHADWICK** and **NADIA POTTER** (8)

Under 20 Men commenced from 1967/1968 combined with the Senior Men, from 2007/2008 to present they were identified separately – 1st **PHILLIP CROUT**(10), 2nd **MICHAEL CALLEGARI** (9), 3rd **OLIVER GREENSTEIN** and **BEN ROCHFORD**(8), 5th **THOMAS BUTLER, JEREMY DEMPSEY, BEN KELLY** and **JOSEPH PEPPIATT** (5)

Under 20 Women commenced from 2007/2008 to present – 1st **SARAH BUTLER** and **KAYLA MICHEL** (8), 3rd **CHARLOTTE JOHNSTON** and **SOPHIE PROFFITT** (7), 5th **CAIA CASCIELLO** (6)

Senior & Veteran Men commenced from 1967/1968 to present, Veteran Men were identified from 1973/1974 – 1st **PHILIP CUNNINGHAM V55** (128), 2nd **RAY POWELL V60** (124), 3rd **RUSSELL DEVITT V70** (113), 4th **JOHN KELLY V65** (109) **DEREK SURRY V85** (57)

Senior & Veteran Women commenced from 1994/1995 to present, Under 17 and Under 20 Women were included but not identified until 2007/2008 – 1st **REBECCA GARDINER** (24), 2nd **JO KENT V55** (23), 3rd **VICTORIA PRITCHARD V35** (20) 4th **MAGGIE COOPER V** (18), 5th **VICTORIA DAWES V45** (16)