

**Fraternity Cup - Individual Results**  
**Trent Park - 29th November 2014**

	<b>Individual Winners</b>			
<b>POSITION</b>	<b>NAME</b>	<b>TIME</b>	<b>CATEGORY</b>	<b>CLUB</b>
1st	Alex Milne	25:56	Snr	Enfield & Haringey
2nd	Tom Aldred	26:14	Snr	London Heathside
3rd	Ryan McKinlay	26:44	Snr	Highgate Harriers
1st Vet	Scott Aiken	28:13	V40	Trent Park Running Club
2nd Vet	John Driscoll	29:21	V40	London Heathside
3rd Vet	Chris Hartley	29:39	V50	London Heathside

<b>POSITION</b>	<b>NUMBER</b>	<b>NAME</b>	<b>TIME</b>	<b>CATEGORY</b>	<b>CLUB</b>
1	191	Alex Milne	25:56	Snr	Enfield & Haringey
2	82	Tom Aldred	26:14	Snr	London Heathside
3	49	Ryan McKinlay	26:44	Snr	Highgate Harriers
4	154	James Laing	26:53	Snr	Hillingdon AC
5	F41	Adam Kirk-Smith	26:55	Snr	London Heathside
6	398	Nick Sturge	27:03	Snr	Trent Park Running Club
7	50	Dom Smith	27:55	Snr	Highgate Harriers
8	41	Kerr Millar	28:00	Snr	Highgate Harriers
9	391	Scott Aiken	28:13	V40	Trent Park Running Club
10	124	Pau Herrero	28:15	Snr	Serpentine
11	46	John Deane	28:17	Snr	Highgate Harriers
12	78	Chris Norris	28:40	Snr	London Heathside
13	396	Adam Bowman	29:04	Snr	Trent Park Running Club
14	388	Tom Cursley	29:06	Snr	Trent Park Running Club
15	71	John Driscoll	29:21	V40	London Heathside
16	90	Jack Ridings	29:22	Snr	London Heathside
17	156	Philip Warburton	29:23	Snr	Hillingdon AC
18	93	Matt Collins	29:23	Snr	London Heathside
19	72	Chris Hartley	29:39	V50	London Heathside
20	8	Costa Michael	29:48	V50	Barnet & District
21	212	Michael Potticary	29:55	Snr	Shaftesbury Barnet Harriers
22	194	Tom Fallon	30:04	Snr	Enfield & Haringey
23	11	Raj Patel	30:05	Snr	Barnet & District
24	211	Kevin Walden	30:06	Snr	Shaftesbury Barnet Harriers
25	76	Richard Macaulay	30:07	Snr	London Heathside
26	395	David Kunzman	30:07	Snr	Trent Park Running Club
27	95	Steve Armstrong	30:08	V40	London Heathside
28	123	David Pevans	30:10	Snr	Serpentine
29	390	Charlie Bruce	30:28	Snr	Trent Park Running Club
30	87	Howard Gold	30:34	V40	London Heathside
31	81	Jonathon Hopkin	30:39	V40	London Heathside
32	47	Andrew Collins	30:49	Snr	Highgate Harriers
33	48	Maarten Van Der Hoeven	30:52	Snr	Highgate Harriers
34	120	Simon Craddock	30:54		Serpentine
35	387	Des Denning	30:55	V40	Trent Park Running Club
36	183	Andrew Holt	31:00	V50	Herts Phoenix
37	99	Stuart Meiklejohn	31:09	Snr	London Heathside
38	400	Jason Maloney	31:10	V40	Trent Park Running Club
39	386	Jason Dodd	31:12	Snr	Trent Park Running Club

40	77	Sam Thompson	31:15	Snr	London Heathside
41	112	David Matthew	31:17	V40	Serpentine
42	268	Ben Albon	31:20	Snr	Queens Park Harriers
43	230	John Armstrong	31:23	V40	Mornington Chasers
44	389	Adrian Edwards	31:26	V40	Trent Park Running Club
45	229	Richard Silverton	31:28	Snr	Mornington Chasers
46	256	James Steel	31:33	V40	Ealing, Southall and Middlesex AC
47	73	Tony Killilea	31:38	V50	London Heathside
48	45	Richard Stonart	31:42	V40	Highgate Harriers
49	79	Gavin Evans	31:46	V50	London Heathside
50	96	Rob Shulman	31:59	V40	London Heathside
51	118	Gavin Edmonds	32:04	V40	Serpentine
52	114	Derry Lozavo Hoyland	32:08	Snr	Serpentine
53	42	Jon Sleeman	32:08	V50	Highgate Harriers
54	121	Michael Stainton	32:11	V50	Serpentine
55	80	Lee Connor	32:13	V40	London Heathside
56	98	Paul Lemmon	32:22	V50	London Heathside
57	392	Paul Brennan	32:23	Snr	Trent Park Running Club
58	122	Fraser Johnson	32:23	V40	Serpentine
59	89	Dominic Jackson	32:28	V50	London Heathside
60	397	Andy Andreou	32:29	V40	Trent Park Running Club
61	281	Rajiv Ratan	32:31	Snr	Edmonton Running Club
62	155	Gary Horn	32:45	Snr	Hillingdon AC
63	91	Chris Burke	32:57	Snr	London Heathside
64	43	Martin Bright	32:58	V40	Highgate Harriers
65	13	Danny Digweed	33:12	Snr	Barnet & District
66	259	Ian Leslie	33:24	V50	Ealing, Southall and Middlesex AC
67	2	Mike Martin	33:30	V50	Barnet & District
68	181	Sean Bowen	33:32	V50	Herts Phoenix
69	5	Peter Ellis	33:36	V50	Barnet & District
70	278	Grant Glendinning	33:39	V40	Broxbourne Runners
71	227	John Lynch	33:52	V50	Mornington Chasers
72	115	William Lake	33:54	Snr	Serpentine
73	266	Joao Diogo	34:13	V40	Queens Park Harriers
74	399	Arba Baci	34:16	Snr	Trent Park Running Club
75	185	Nick Bishop	34:23	V40	Herts Phoenix
76	117	Paris Ataliotis	34:39	V40	Serpentine
77	4	Mel Davies	34:41	V60	Barnet & District
78	74	Brian Boyle	34:43	V40	London Heathside
79	75	Elliot Reed	35:10	V40	London Heathside
80	195	Jaime Smith	35:12	Snr	Enfield & Haringey
81	192	Dale Powell	35:14	Snr	Enfield & Haringey
82	257	Steve Plested	35:20	V60	Ealing, Southall and Middlesex AC
83	12	Joe Gomes	35:21	V50	Barnet & District
84	88	Karl Heap	35:21		London Heathside
85	7	Graham Slater	35:38	V50	Barnet & District
86	83	Andrew Sulston	35:40	V40	London Heathside
87	226	Gary Boodhna	35:43	Snr	Mornington Chasers
88	44	Steve Scrutton	35:43	V40	Highgate Harriers
89	196	Shaka Palmer	35:52	Snr	Enfield & Haringey
90	247	Graham Davies	36:02	V40	Oak Hillbillies
91	1	Rob Scott	36:10	V40	Barnet & District
92	291	Angelo John	36:13	V40	Ealing, Southall and Middlesex AC

93	9	Ric Blaxill	36:14	V50	Barnet & District
94	127	Sammy Li	36:16	V40	Serpentine
95	267	Stewart Bowring	36:20	Snr	Queens Park Harriers
96	15	Sean Mitchell	36:36	V40	Barnet & District
97	113	Thomas Martini	36:44		Serpentine
98	126	James Brown	36:47	Snr	Serpentine
99	86	Harry Davils	36:50	Snr	London Heathside
100	6	Scott Fraser	37:03	V40	Barnet & District
101	385	John Rose	37:03	V40	Trent Park Running Club
102	100	Haden Nahal	37:12	V50	London Heathside
103	10	David Byrne	37:16	V50	Barnet & District
104	186	David Clarke	37:33	V70	Herts Phoenix
105	85	James Dark	37:38	Snr	London Heathside
106	393	Paul Braken	37:45	V50	Trent Park Running Club
107	298		37:47		Edmonton Running Club
108	151	Bob Burton	38:02	V50	Hillingdon AC
109	16	Nick Bamber	38:04	Snr	Barnet & District
110	84	Alun Nash	38:20	V50	London Heathside
111	182	Richard Bloom	38:28	V60	Herts Phoenix
112	97	Declan McIntyre	38:43	Snr	London Heathside
113	116	Bjorn Hughes	39:12	Snr	Serpentine
114	94	Marco Maserati	39:17	V50	London Heathside
115	14	Andy Walsh	39:26	V60	Barnet & District
116	184	Stuart Mann	39:33	V70	Herts Phoenix
117	248	Stuart Mangan	39:38	V40	Oak Hillbillies
118	92	Jasper Lycke	39:39	V40	London Heathside
119	246	Robin Swindell	39:40	V40	Oak Hillbillies
120	276	Andrew Nugent	39:44	V40	Broxbourne Runners
121	3	John Clarke	40:12	V60	Barnet & District
122	249	Richard Whitehouse	41:37	V40	Oak Hillbillies
123	283	Terry Norris	42:23	V40	Edmonton Running Club
124	111	Graham Carson	42:33	V60	Serpentine
125	258	John Falvey	43:02	V50	Ealing, Southall and Middlesex AC
126	119	Valerio Vccellani	43:08	Snr	Serpentine
127	125	Simon Watts	43:26	V40	Serpentine
128	153	Paul Martin	43:50	V40	Hillingdon AC
129	284	Austin Slattery	44:19	V50	Edmonton Running Club
130	152	Steve Thompson	45:02	V50	Hillingdon AC
131	157	Brian Feldman	45:39	V60	Hillingdon AC
132	282	Vasso V	46:59	V50	Edmonton Running Club
133	394	Martin Lippitt	47:16	V60	Trent Park Running Club

**Fraternity Cup - Team Results**  
**Trent Park - 29th November 2014**

	<b>Teams</b>	1st	2nd	3rd	4th	5th	6th	<b>Total Points</b>
1st	London Heathside	2	5	12	15	16	18	<b>68</b>
2nd	Highgate Harriers	3	7	8	11	32	33	<b>94</b>
3rd	Trent Park Running Club	6	9	13	14	26	29	<b>97</b>
4th	London Heathside B	19	25	27	30	31	37	<b>169</b>
5th	Serpentine	10	28	34	41	51	52	<b>216</b>
6th	Trent Park Running Club B	35	38	39	44	57	60	<b>273</b>
7th	London Heathside C	40	47	49	50	55	56	<b>297</b>
8th	Barnet & District	20	23	65	67	69	77	<b>321</b>
9th	Hillingdon AC	4	17	62	108	128	130	<b>449</b>
10th	London Heathside D	59	63	78	79	84	86	<b>449</b>
11th	Serpentine B	54	58	72	76	94	97	<b>451</b>
12th	Herts Phoenix	36	68	75	104	111	116	<b>510</b>
13th	Barnet & District B	83	85	91	93	96	100	<b>548</b>
14th	London Heathside E	99	102	105	110	112	114	<b>642</b>

	<b>Incomplete teams</b>	1st	2nd	3rd	4th	5th	6th
	Enfield & Haringey	1	22	80	81	89	
	Ealing, Southall and Middlesex AC	46	66	82	92	125	
	Edmonton Running Club	61	107	123	129	132	
	Mornington Chasers	43	45	71	87		
	Oak Hillbillies	90	117	119	122		
	Queens Park Harriers	42	73	95			
	Shaftesbury Barnet Harriers	21	24				
	Broxbourne Runners	70	120				

**Sorority Cup - Individual Results**  
**Trent Park - 29th November 2014**

	<b>Individual Winners</b>			
<b>POSITION</b>	<b>NAME</b>	<b>TIME</b>	<b>CATEGORY</b>	<b>CLUB</b>
1st	Stephanie Wigram	31:55	Snr	Hillingdon AC
2nd	Rebecca Bunting	32:42	Snr	London Heathside
3rd	Karen Murphy	33:26	V45	Barnet & District
1st Vet	Karen Murphy	33:26	V45	Barnet & District
2nd Vet	Fiona Kennedy	33:45	V55	Ealing, Southall and Middlesex AC
3rd Vet	Jen Bradley	34:20	V35	Serpentine

<b>POS</b>	<b>NUMBER</b>	<b>NAME</b>	<b>TIME</b>	<b>CATEGORY</b>	<b>CLUB</b>
1	71	Stephanie Wigram	31:55	Snr	Hillingdon AC
2	34	Rebecca Bunting	32:42	Snr	London Heathside
3	2	Karen Murphy	33:26	V45	Barnet & District
4	101	Zoe Levin	33:40	Snr	Shaftesbury Barnet Harriers
5	121	Fiona Kennedy	33:45	V55	Ealing, Southall and Middlesex AC
6	59	Bernadette Van Wijk	34:01	Snr	Serpentine
7	60	Jen Bradley	34:20	V35	Serpentine
8	53	Natasha Sheel	34:25	Snr	Serpentine
9	123	Nicki Shelley	34:59	Snr	Ealing, Southall and Middlesex AC
10	35	Jane Higgins	35:04		London Heathside
11	112	Fiona Russell	35:15	V45	Mornington Chasers
12	13	Danielle Stapleton	35:47	Snr	Barnet & District
13	5	Sarah Boxer	36:08	V45	Barnet & District
14	51	Tracy Carro-Noya	36:37	Snr	Serpentine
15	12	Cath Perry	36:53	V35	Barnet & District
16	39	Elsbeth Storrar	36:55	Snr	London Heathside
17	1	Lisa Gaul	37:17	Snr	Barnet & District
18	52	Jo Beak	37:20	Snr	Serpentine
19	31	Elizabeth Beard	37:25	V35	London Heathside
20	124	Carol Jones	37:35	V45	Ealing, Southall and Middlesex AC
21	11	Nina Atherton	37:45	Snr	Barnet & District
22	36	Victoria Pound	38:05	V35	London Heathside
23	122	Jane Ruhland	38:09		Ealing, Southall and Middlesex AC
24	38	Jo Irwin	38:18	V35	London Heathside
25	56	Siobhan Wakely	38:22	Snr	Serpentine
26	40	Caroline White	38:39	V55	London Heathside
27	58	Joanna Conn	39:01	V35	Serpentine
28	142	Misa Glendinning	39:18	V35	Broxbourne Runners
29	131	Heather Clarke	39:42	Snr	Queens Park Harriers
30	33	Noelle O'Regan	39:52	Snr	London Heathside
31	8	Davina Gutteridge	40:12	V45	Barnet & District
32	147	Sylvole Lekenske	40:21	V35	Edmonton Running Club
33	21	Natasha Cendrowicz	40:32	V35	Highgate Harriers
34	7	Jenny McDonagh	40:34	Snr	Barnet & District
35	299	Theodosia Green	41:14	V45	Trent Park Running Club
36	111	Raffaele L'amour	41:19	V35	Mornington Chasers
37	296	Lynn Jones	41:59	V45	Trent Park Running Club
38	3	Philippa Horton	42:31	Snr	Barnet & District
39	297	Nicole Correia	42:32	Snr	Trent Park Running Club

40	55	Debbie Chisholm	42:33	Snr	Serpentine
41	54	Gemma Phillips	43:04	Snr	Serpentine
42	4	Nikki Hancock	43:55	V45	Barnet & District
43	6	Kirsty Johnstone	45:06	V45	Barnet & District
44	106	Susy Knight	45:29	V45	Oak Hillbillies
45	107	Katherine Ellis	45:41	V35	Oak Hillbillies
46	57	Rachel Oagger	45:45	V45	Serpentine
47	32	Alison Harrow	45:59	V45	London Heathside
48	113	Alice Sullivan	46:45	V35	Mornington Chasers
49	146	Hannah Kelly	46:59	V35	Edmonton Running Club
50	143	Sheriden McDald	47:44	Snr	Broxbourne Runners
51	9	Lynne Morris	49:06	V35	Barnet & District
52	298	Anne Lippitt	49:18	V55	Trent Park Running Club
53	300	Christine Read	50:18	V45	Trent Park Running Club
54	10	Margaret Butler	53:40	V45	Barnet & District

**Sorority Cup - Team Results**  
**Trent Park - 29th November 2014**

	<b>TEAM</b>	1st	2nd	3rd	4th	<b>Total Points</b>
1st	Serpentine	6	7	8	14	<b>35</b>
2nd	Barnet & District	3	12	13	15	<b>43</b>
3rd	London Heathside	2	10	16	19	<b>47</b>
4th	Ealing, Southall and Middlesex AC	5	9	20	23	<b>57</b>
5th	London Heathside B	22	24	26	30	<b>102</b>
6th	Barnet & District B	17	21	31	34	<b>103</b>
7th	Serpentine B	18	25	27	40	<b>110</b>
8th	Trent Park Running Club	35	37	39	52	<b>163</b>
9th	Barnet & District C	38	42	43	51	<b>174</b>

	<b>Incomplete teams</b>	1st	2nd	3rd	4th
	Mornington Chasers	11	36	48	
	Broxbourne Runners	28	50		
	Edmonton Running Club	32	49		
	Oak Hillbillies	44	45		
	Hillingdon AC	1			
	Shaftesbury Barnet Harriers	4			
	Queens Park Harriers	29			