

## January 2006

### 7th January - Metropolitan Cross Country League St Albans (Race 4 of 5)

#### Under 13 boys

34th	George Laing	15m 30s
39th	P Laing	18m 31s

*41 finishers*

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#### Under 17 men

10th	Atak Diing	14m 01s
16th	Max Onslow	14m 15s
33rd	William Laing	15m 42s

*50 finishers*

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#### Senior Women

3rd	Sula Young	15m 06s
6th	Astrid Wingler (2nd Vet)	15m 19s
8th	Kate Jenrick (3rd Vet)	15m 24s
13th	Esther Evans	15m 35s
33rd	Elizabeth Ogunde	16m 26s
43rd	Sarah Bailey	16m 51s
66th	Louise Burnie	17m 30s
76th	Antra Balcuna	17m 57s
94th	Sarah Chapman	18m 47s
116th	Natasha Cendrowicz	20m 10s

*119 finishers*

**Match Position 2nd - League position 1st**

#### Senior Men

8th	Henry Dodwell	26m 25s
26th	Chris Evans	27m 46s
35th	Adam Mills	28m 05s
44th	Saningo Martyn	28m 30s
45th	Peter Downie	28m 32s
58th	Jeremy Rogers	28m 50s
67th	Chris Bailey	29m 17s
73rd	Dominic Hall	29m 24s
102nd	Greg Fuzesi	30m 27s
104th	Joseph Lowe	30m 29s
122nd	Damian Shirley	31m 27s
144th	Jonathan Deane	32m 10s
154th	Nick Stockman	32m 35s
171st	Kevin Linehan	33m 07s
173rd	Keith Wilson	33m 19s
181st	José Barretta	33m 34s

*275 finishers*

**Match Position 3rd - League position 5th**

### 14th January - Middlesex Cross Country Champs Wormwood Scrubs

#### Under 13 girls (3000m)

20th	Matilda Bridge	14mins 00s
26th	Amy Cotter	14mins 10s

*35 finishers*

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#### Under 13 boys (3000m)



21st	George Laing	12mins 23s
26th	Roland Turnell-Ritson	12mins 30s

*46 finishers*

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#### Senior Women (8000m)



1st	Sula Young	29mins 49s
5th	Esther Evans	30mins 35s
15th	Jo Carritt	33mins 01s
17th	Alex Goodwin	33mins 14s
18th	Sarah Bailey	33mins 22s
30th	Louise Burnie	34mins 59s
32nd	Fiona Maguire	35mins 56s
42nd	Sarah Chapman	38mins 08s

*60 finishers*

#### Team positions

1st	London Heathside	23 points
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### Under 15 boys (4000m)

14th	William Laing	16mins 22s
30th	Matt Kavanagh-Talbot	19mins 21s
<i>39 finishers</i>		

### Under 17 men (6000m)



4th	Atak Diing	20mins 34s
7th	Max Onslow	21mins 15s
18th	Laurence Matthewman	22mins 49s
<i>23 finishers</i>		

### Junior women (5000m)

4th	Antra Balcuna	22mins 13s
<i>10 finishers</i>		

### Junior men (6000m)

2nd	Saningo Martyn	19mins 58s
<i>11 finishers</i>		

2nd	Highgate Harriers	38 points
3rd	Ealing, Southall & Middx	53 points

### Senior Men (12000m)

5th	Henry Dodwell	39mins 49s
14th	David Bruce	41mins 39s
15th	Dale Bickham	41mins 41s
20th	Chris Evans	42mins 30s
25th	Phil Coulson	43mins 32s
36th	Chris Bailey	44mins 35s
38th	Peter Downie	44mins 39s
40th	Duncan Burbidge	44mins 46s
63rd	Jim Eltringham	46mins 43s
71st	Damian Shirley	47mins 48s
77th	Joseph Lowe	48mins 21s
87th	Nick Stockman	49mins 24s
98th	Tom Mehew	50mins 13s
103rd	Steve Scruton	50mins 41s
106th	José Barretta	51mins 08s
110th	Kevin Linehan	51mins 36s
115th	Andrew Collinge	52mins 43s
<i>153 finishers</i>		

### Team positions

1st	Highgate Harriers	115 points
2nd	Thames Valley Harriers	142 points
3rd	Harrow	192 points

## 21st January - South of England Indoor Athletic Championships Brunel University, Uxbridge

[Detailed Results](#) [Highgate report](#)

## 28th January - South of England Cross Country Champs Bicton College, Exmouth



### Under 17 Men

48th	Atak Diing	22mins 41s
<i>118 finishers</i>		

### Junior Men

18th	Saningo Martyn	28mins 18s
<i>81 finishers</i>		

### Senior Women (8000m)

15th	Sula Young	31mins 23s
30th	Kate Jenrick	32mins 23s
52nd	Jo Carritt	33mins 42s
66th	Astrid Wingler	34mins 51s
<i>231 finishers</i>		

### Team positions (4 to score)

1st	Winchester AC	36 points
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2nd	Shaftesbury Barnet	37 points
3rd	Woodford Green & Essex Ladies	88 points
...	...	...
7th	Highgate Harriers	163 points



27 complete teams



#### Senior Men (15000m)

18th	Henry Dodwell	51mins 35s
100th	Peter Downie	56mins 21s
116th	Chris Bailey	57mins 20s
153rd	Andrew Collinge	58mins 40s
175th	Damian Shirley	59mins 23s
243rd	Joseph Lowe	62mins 30s
300th	Tom Mehew	65mins 07s
309th	Nick Stockman	65mins 17s
315th	José Barretta	65mins 30s

551 finishers

#### Team positions (6 to score)

1st	Bedford & County	165 points
2nd	Newham & Essex Beagles	218 points
3rd	Herne Hill Harriers	223 points
...	...	...
15th	Highgate Harriers	802 points

41 complete teams

[Full results](#)

## February 2006

### 4th February - Southern Veterans Cross Country Champs (incorporating Middlesex Veterans Championships) Mad Bess Wood - Ruislip

#### Men

17th	Chris Bailey (3rd Middlesex)	34mins 43s
67th	Kevin Linehann (31st Middlesex)	39mins 40s

#### Women

4th	Kate Jenrick	22mins 36s
21st	Sarah Bailey (6th Middlesex)	24mins 39s
73rd	Natasha Cendrowicz (23rd Middlesex)	31mins 19s

### 11th February - Metropolitan Cross Country League Horsenden Hill (Race 5 of 5)

Highgate women become the League Champions  
for the 4th successive year

#### Senior Women

4th	Svenja Abel	13m 46s
8th	Kate Jenrick (2nd Vet)	14m 08s
9th	Astrid Wingler (3rd Vet)	14m 12s

#### Senior Men

9th	Henry Dodwell	26m 51s
17th	Jerome Claeys	27m 22s
24th	Saningo Martyn	27m 43s

12th	Esther Evans	14m 28s	27th	Dale Bickham	27m 54s
25th	Sarah Bailey	15m 08s	40th	Peter Downie	28m 26s
39th	Alex Goodwin	15m 51s	55th	Duncan Burbidge	29m 26s
49th	Antra Balcuna	16m 10s	58th	Jeremy Rogers	29m 37s
50th	Louise Burnie	16m 11s	64th	Chris Bailey	30m 03s
54th	Jenny Turner	16m 19s	78th	Andrew Aitken	30m 33s
58th	Louise Faherty	16m 25s	87th	Mark Sweeney	31m 00s
71st	Tess Stomer	17m 35s	108th	Damian Shirley	31m 54s
84th	Natasha Cendrowicz	18m 28s	109th	Joseph Lowe	31m 56s
<i>89 finishers</i>			113th	Tom Mehew	31m 59s
<b>Match Position 1st</b>			131st	José Barretta	32m 46s
<b>Final League Table (top 3 of 20 clubs)</b>			138th	Nick Stockman	33m 08s
1	Highgate Harriers	2878 pts	147th	Kevin Linehan	33m 41s
2	Woodford Green & EL	2826 pts	150th	John Griffin	33m 47s
3	London Heathside	2363 pts	<i>230 finishers</i>		

<b>Match Position 3rd</b>		
<b>Final League Table (top 5 of 23 clubs)</b>		
1	Shaftesbury Barnet	13258 pts
2	Woodford Green & EL	12363 pts
3	Serpentine RC	11371 pts
4	Highgate Harriers	10721 pts
5	London Heathside	10708 pts

### 25th February - National Cross Country Championships Parliament Hill Fields

#### Under 13 girls (3000m)

[Full results](#)

287th	Matilda Bridge	16mins 25s
349th	Amy Cotter	18mins 04s
<i>(376 finishers)</i>		

#### Under 15 girls (4000m)

[Full results](#)

226th	Hannah Ashman	23mins 36s
<i>(293 finishers)</i>		

#### Junior Women (5000m)

[Full results](#)

64th	Antra Balcuna	24mins 02s
<i>(103 finishers)</i>		

#### Senior Women (8000m)

[Full results](#)

12th	Svenja Abel	33mins 52s
28th	Kate Jenrick	35mins 30s
54th	Lindsay Kehoe	36mins 45s
62nd	Jo Carritt	37mins 00s
73rd	Esther Evans	37mins 30s
100th	Anna McCutcheon	38mins 35s
112th	Sally Hannah	39mins 08s
131st	Sarah Bailey	39mins 42s
182nd	Louise Burnie	41mins 30s
217th	Astrid Wingler	42mins 53s
282nd	Fiona Maguire	45mins 39s
<i>(444 finishers)</i>		

#### Team positions (4 to score)

1st	Charnwood AC	68 points
2nd	Shaftesbury Barnet	148 points
3rd	Highgate Harriers	154 points
<i>47 complete teams</i>		

#### Senior Men (12000m)

[Full results](#)

5th	Ben Noad	39mins 52s
6th	Keith Cullen	40mins 00s
66th	Henry Dodwell	42mins 15s
140th	Shane Snow	44mins 15s
162nd	Chris Beecham	44mins 52s



Shane & Chris in the senior mens race

164th	Alan MacPherson	44mins 53s
189th	Adam Mills	45mins 20s
221st	Dale Bickham	45mins 56s
297th	Chris Bailey	47mins 11s
322nd	Andrew Collinge	47mins 45s
351st	Jeremy Rogers	48mins 20s
418th	Duncan Burbidge	49mins 27s
437th	Mark Sweeney	49mins 48s
522nd	Damian Shirley	51mins 11s
536th	Joseph Lowe	51mins 25s
544th	Chris Evans	51mins 35s
565th	Greg Fuzesi	51mins 57s
566th	Tom Mehew	51mins 58s
591st	Richard Stewart	52mins 32s
631st	Jonathan Deane	53mins 06s
682nd	Steve Scruton	53mins 48s
760th	Nick Stockman	55mins 18s
994th	Tim Gascougne	59mins 33s
995th	John O'Shea	59mins 33s

(1290 finishers)

#### Team positions (6 to score)

1st	Leeds City AC	234 points
2nd	Salford Harriers & AC	348 points
3rd	Altrincham & District AC	361 points
<b>11th</b>	<b>Highgate Harriers</b>	<b>537 points</b>

99 complete teams

#### Team positions (9 to score)

1st	Leeds City AC	566 points
2nd	Shaftesbury Barnet	837 points
3rd	Bedford & County AC	848 points
<b>7th</b>	<b>Highgate Harriers</b>	<b>1233 points</b>

45 complete teams

#### Under 13 boys (3000m)

##### [Full results](#)

216th	George Laing	14mins 17s
(361 finishers)		

#### Under 15 boys (4500m)

##### [Full results](#)

209th	William Laing	21mins 11s
308th	Matt Kavenagh-Talbot	24mins 08s
(326 finishers)		

#### Under 17 Men (6000m)

##### [Full results](#)

105th	Atak Diing	24mins 50s
198th	Laurence Mathhewman	26mins 46s
245th	Liam Donnelly	28mins 32s
(282 finishers)		

#### Junior Men (10000m)

##### [Full results](#)

45th	Saningo Martyn	36mins 44s
(177 finishers)		

#### [Full results](#)

## March 2006

### 26th March - South of England Road Relay Championships Milton Keynes

#### Women (6 x 5.5km)

<b>Leg 1</b>	Esther Evans (6th)	19:51
<b>Leg 2</b>	Sarah Bailey (7th)	21:53
<b>Leg 3</b>	Antra Balcuna (15th)	23:53
<b>Leg 4</b>	Sally Hannah (11th)	20:51
<b>Leg 5</b>	Svenja Abel (7th) <b>(2nd fastest of day)</b>	18:52
<b>Leg 6</b>	Elizabeth Ogunde (7th)	21:31

### Team Positions

1st	Winchester & District	1hr 58m 58s
2nd	Bedford & County	2hrs 00m 56s
3rd	Woodford Green & Essex Ladies	2hrs 01m 58s
4th	Milton Keynes AC	2hrs 02m 33s
5th	Aldershot, Farnham & District	2hrs 05m 31s
6th	City of Norwich	2hrs 05m 45s
7th	Highgate Harriers	2hrs 06m 51s

22 teams finished

[Full results](#)

### Men (12 stage)

	Long leg (8km)		Short leg (5.5km)	
<b>Leg 1</b>	Keith Cullen (1st) 23:32 *	<b>Leg 2</b>	Dale Bickham (1st) 17:59	
<b>Leg 3</b>	Henry Dodwell (1st) 25:19	<b>Leg 4</b>	Chris Bailey (2nd) 18:48	
<b>Leg 5</b>	David Bruce (4th) 26:21	<b>Leg 6</b>	Chris Evans (4th) 18:21	
<b>Leg 7</b>	Phil Coulson (5th) 26:47	<b>Leg 8</b>	Dominic Hall (7th) 18:41	
<b>Leg 9</b>	Adam Mills (7th) 26:48	<b>Leg 10</b>	Andrew Aitken (8th) 19:30	
<b>Leg 11</b>	Glen Saqui (8th) 25:59	<b>Leg 12</b>	Saningo Martyn (7th) 18:07	

\* fastest long leg of day

### Team Positions

1st	Belgrave Harriers	4hrs 12m 38s
2nd	Bedford & County	4hrs 19m 25s
3rd	Newham & Essex	4hrs 21m 14s
4th	Aldershot, Farnham & District	4hrs 21m 24s
5th	Woodford Green & Essex Ladies	4hrs 22m 19s
6th	Kent AC	4hrs 25m 49s
7th	Highgate Harriers	4hrs 26m 12s

42 teams finished

[Full results](#)

## April 2006

### 8th April - National Road Relay Championships Sutton Park - Sutton Coldfield

#### Women (6 x 3 miles)

<b>Leg 1</b>	Sally Hannah (37th)	18:33
<b>Leg 2</b>	Kate Jenrick (24th)	18:24
<b>Leg 3</b>	Astrid Wingle (23rd)	18:48
<b>Leg 4</b>	Svenja Abel (9th) (5th fastest of day)	16:29
<b>Leg 5</b>	Jo Carritt (10th)	18:17
<b>Leg 6</b>	Anna McCutcheon (10th)	18:13

### Team Positions

1st	Chester-Le-Street	1hr 44m 12s
2nd	Winchester & District	1hr 44m 42s
3rd	Bristol & West	1hr 44m 49s
....	....	....
10th	Highgate Harriers	1hr 48m 44s

45 teams finished

[Full womens results](#)

**Men (12 stage)**

**Team Positions**

1st	Newham & Essex Beagles	4hrs 10m 08s
2nd	Sale Harriers	4hrs 11m 39s
3rd	Belgrave Harriers	4hrs 12m 09s

[Full mens results](#)

**22nd April - London Inter-Club Challenge  
New River Stadium**

**Men**

1	Shaftesbury Barnet	218 points
2	Enfield & Haringey	111 points
3	London Heathside	73 points
4	Belgrave	50 points
5	<b>Highgate Harriers</b>	<b>47 points</b>
6	Woodford Green & EL	10 points

**Women**

1	Enfield & Haringey	169 points
2	Shaftesbury Barnet	80 points
3	Belgrave	56 points
4	Woodford Green & EL	46 points
5	<b>Highgate Harriers</b>	<b>21 points</b>
6	London Heathside	12 points

**29th April - Southern Mens League**

**Division 1 - Havering**

1	Dartford	111 points
2	<b>Highgate Harriers</b>	<b>109 points</b>
3=	Havering & Mayesbrook	105 points
3=	Woodford Green & EL	105 points
5	Swindon	92 points

**May 2006**

**13th/14th May - Middlesex Track & Field Championships  
Cophall Stadium**

**20th May - Southern Mens League**

**Division 1 - Yeovil**

1	Yeovil	123 points
2	<b>Highgate Harriers</b>	<b>114 ½ points</b>
3	Thames Valley Harriers 'B'	112 ½ points
4	Woking	96 ½ points
5	Herts Phoenix	94 ½ points

*League position after 2 matches - 7th of 25 teams*

**21st May - Young Athletics League**

**Southern Division 2E - Dartford**

1	Dartford	548 points
2	<b>Highgate Harriers</b>	<b>411 points</b>
3	Ilford AC	385 points
4	Thurrock	311 points

5	Victoria Park & TH	286 points
6	Eton Manor	214 points
7	Queens Park Harriers	32 points

### 27th May - London Inter-Club Challenge Cophall

## June 2006

### 3rd June - Southern Mens League

#### Division 1 - Bournemouth

1	Exeter	134 points
2	Milton Keynes	121 points
3	Ashford	100½ points
4	Highgate Harriers	95½ points
5	Bournemouth	76 points



### 4th June - Young Athletics League

#### Southern Division 2E - Thurrock

It was 4th place for Highgate due to a grand team effort. Several athletes were away over half term or revising plus some unfortunate events meant that vital points were not gained and 3rd overall was just out of reach.

Team positions:

4th June  
Southern Division 2E  
Thurrock

1	Dartford	595 points
2	Victoria Park & TH	532½ points
3	Thurrock	400½ points
4	Highgate Harriers	392 points
5	Ilford AC	373½ points
6	Eton Manor	273½ points
7	Queens Park Harriers	12 points

### 24th June - London Inter-Club Challenge Parliament Hill

#### Men

1	Woodford Green & EL	121 points
2	Highgate Harriers	117½ points
3	Belgrave	105 points
4	Enfield & Haringey	95 points
5	London Heathside	92 points

#### Women

1	Enfield & Haringey	45 points
2=	Highgate Harriers	44 points
2=	Woodford Green & EL	44 points
4	Belgrave	41 points
5	Shaftesbury Barnet	36 points



6 Shaftesbury Barnet 71½ points

### League positions after match 3

Men		Women	
1 Shaftesbury Barnet	13 (412½ points)	1 Enfield & Haringey	18 (339 points)
2 Enfield & Haringey	12 (281 points)	2 Belgrave	12 (151 points)
3 Belgrave	11 (245½ points)	3 Woodford Green & EL	11½ (126 points)
4 Highgate Harriers	10 (214½ points)	4 Highgate Harriers	9½ (118 points)
5 Woodford Green & EL	10 (171½ points)	5 Shaftesbury Barnet	9 (149 points)
6 London Heathside	7 (176 points)	6 London Heathside	1 (12 points)

### 25th June - Young Athletics League

#### Southern Division 2E - Ilford

Highgate Harriers Young Athletes are currently in 3rd place in Division 2E following the meeting at Ilford on Sunday.

Team positions:

25th June  
Southern Division 2E  
Ilford

1 Ilford AC	559 points
2 Victoria Park & TH	504 points
3 Highgate Harriers	497 points
4 Dartford	383 points
5 Eton Manor	374 points
6 Thurrock	278 points
7 Queens Park Harriers	30 points

Overall league position after 3 matches:

1 Dartford	18	(1526)
2 Victoria Park & TH	15	(1322½)
3 Highgate Harriers	15	(1300)
4 Ilford AC	14½	(1317½)
5 Thurrock	11	(989½)
6 Eton Manor	7½	(961½)
7 Queens Park Harriers	3	(74)

## July 2006

### 8th July - Southern Mens League

#### Division 1 - Guildford

1 Newham & Essex Beagles	114 points
2 Windsor	111 points
3 Highgate Harriers	110½ points
4 Winchester	102½ points
5 Guildford & Godalming	75 points

### 22nd July - Southern Mens League

### Division 1 - Norwich

1	City of Norwich	143 points
2	Serpentine	117 ½ points
3	Highgate Harriers	101 points
4	Tonbridge AC	92 points
5	Ilford AC	82 ½ points

### 23rd July - Young Athletics League

#### Southern Division 2E - Parliament Hill

Highgate Harriers Young Athletes gained promotion from Division 2E on Sunday following their win at Parliament Hill.

#### SOUTHERN DIVISION 2E

#### PARLIAMENT HILL

23rd July 2006

1st	Highgate Harriers	530	points
2nd	Dartford Harriers	501	points
3rd	Victoria Park & TH	439	points
4th	Ilford AC	367½	points
5th	Eton Manor	325½	points
6th	Thurrock	259	points
7th	Queens Park Harriers	8	points

#### FINAL LEAGUE POSITIONS:

1st	Dartford Harriers	24	2027
2nd	Highgate Harriers	22	1830
3rd	Victoria Park & TH	20	1761½
4th	Ilford AC	18½	1685
6th	Thurrock	13	1248½
5th	Eton Manor	10½	1287
7th	Queens Park Harriers	4	82

## August 2006

### 5th August - Southern Mens League

#### Division 1 - Parliament Hill

1	Reading	139 points
2	North Devon	126 points
3	Highgate Harriers	116 points
4	Nene Valley	96 points
5	Vale of Aylesbury	40 points

*League position after 5th and final match - 10th of 25 teams*

### 12th August - London Inter-Club Challenge Battersea

Men			Women		
1	Enfield & Haringey	102 points	1	Enfield & Haringey	71 points
2	London Heathside	87 points	2=	Highgate Harriers	34 points
3	Shaftesbury Barnet	77 points	2=	Woodford Green & EL	34 points
4	Highgate Harriers	69½ points	4	Shaftesbury Barnet	24 points
5	Belgrave	56½ points	5	Belgrave	12 points

**Final League positions**

Men		Women	
1	Enfield & Haringey 18 (383 points)	1	Enfield & Haringey 24 (410 points)
2	Shaftesbury Barnet 17 (489½ points)	2	Woodford Green & EL 16 (160 points)
3	Belgrave 13 (302 points)	3	Shaftesbury Barnet 13½ (173 points)
4	Highgate Harriers 13 (284 points)	4	Highgate Harriers 13½ (152 points)
5	London Heathside 12 (263 points)	5	Belgrave 13 (163 points)
6	Woodford Green & EL 11 (223½ points)	6	London Heathside 1 (12 points)

**September 2006****16th September - St Albans Cross Country relays****Women (4 x 2.5 miles)**

'A' team		'B' team	
<b>Leg 1</b>	Anna McCutcheon 16m 44s	Anne Curley	17m 53s
<b>Leg 2</b>	Esther Evans 16m 31s	Natasha Cendrowicz	18m 47s
<b>Leg 3</b>	Svenja Abel 15m 23s	Sarah Chapman	21m 21s
<b>Leg 4</b>	Astrid Wingler 17m 32s	Fiona Maguire	19m 23s

**Team positions**

1st	Highgate Harriers 'A'	66mins 10s
2nd	Garden City Runners	69mins 12s
3rd	Barnet & District	70mins 52s
4th	Highgate Harriers 'B'	77mins 24s

**Fastest laps**

1st	Svenja Abel (Highgate Harriers)	15 mins 23s
2nd	Katherine Philp (Garden City Runners)	16 mins 16s
3rd	Sharon Morris (Garden City Runners)	16 mins 27s
4th	Esther Evans (Highgate Harriers)	16 mins 31s
5th	Anna McCutcheon (Highgate Harriers)	16 mins 44s

[Full Results](#)**Men (6 x 2.5 miles)**

'A' team		'B' team	
<b>Leg 1</b>	Glen Saqui 14m 00s	Nick Stockman	18m 03s
<b>Leg 2</b>	Alistair Lindsay 14m 46s	Steve Scruton	17m 56s
<b>Leg 3</b>	Chris Bailey 15m 36s	Tim Gascoigne	17m 11s
<b>Leg 4</b>	Ed Green 15m 40s	Jonathan Deane	16m 04s
<b>Leg 5</b>	Javier Pes 15m 02s	Damian Shirley	15m 18s
<b>Leg 6</b>	Henry Dodwell 14m 30s	Joseph Lowe	16m 43s

**Team positions**

1st	Bedford & County	85mins 51s
2nd	Ealing, Southall & Middlesex	88mins 11s
3rd	Shaftesbury Barnet	88mins 59s
4th	Highgate Harriers	89mins 34s

[Full Results](#)

**23rd September - Middlesex County Multi-Event Championships  
Thames Valley Athletics Centre, Eton**

**Eucalypta Bradley** won Silver in the Under 15 Girls Pentathlon gaining 2,091 points over the 5 disciplines (High Jump, 75 Metre Hurdles, Shot put, Long Jump & 800 metres)

She gained personal bests of 1.48 metres in the High jump and 4.25 metres in the long jump.

**23rd/24th September - South of England Road Relays  
Aldershot**

**Men**

<b>Leg 1</b>	Saningo Martyn	19:32 (23rd)
<b>Leg 2</b>	Ben Noad	18:12 (10th)
<b>Leg 3</b>	Glenn Saqui	18:37 (5th)
<b>Leg 4</b>	Peter Downie	20:00 (7th)
<b>Leg 5</b>	Ryan McKinlay	19:32 (8th)
<b>Leg 6</b>	Henry Dodwell	19:50 (8th)

**Team positions**

1st	Newham & Essex Beagles	1h 49m 20s
2nd	Wells City Harriers	1h 50m 27s
3rd	Belgrave Harriers	1h 51m 48s
...	.....	...
<b>8th</b>	<b>Highgate Harriers 'A'</b>	<b>1h 55m 43s</b>

*76 complete teams finished*

**Women**

<b>Leg 1</b>	Esther Evans	14:01 (14th)
<b>Leg 2</b>	Elizabeth Ogunde	14:22 (10th)
<b>Leg 3</b>	Sula Young	13:54 (7th)
<b>Leg 4</b>	Svenja Abel	13:12 (7th)

**Team positions**

1st	Aldershot, Farnham & District	52m 28s
2nd	Winchester & District	52m 42s
3rd	Thames Hare & Hounds	53m 10s
...	.....	...
<b>7th</b>	<b>Highgate Harriers</b>	<b>55m 29s</b>

*49 complete teams finished*

**Fastest laps**

1st	Benita Johnson (Thames Hare & Hounds)	11 mins 58s
2nd	Steph Twell (Aldershot, Farnham & District)	12 mins 34s
3rd	Lucy Elliot (Winchester & District A.C.)	12 mins 41s
...	...	...
<b>12th</b>	<b>Svenja Abel (Highgate Harriers)</b>	<b>13 mins 12s</b>

**Under 15 girls**

**'A' team**

<b>Leg 1</b>	Mathilda Sissi-Bridge	14:51 (65th)
<b>Leg 2</b>	Verity Clevely-Thomas	14:03 (61st)

**Incomplete 'B' team**

Talia Caspi	14:22 (63rd)
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**Leg 3** Alice Keane 13:16 (56th)

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**Team positions**

1st	Aldershot, Farnham & District	33m 52s
2nd	Oxford City AC	34m 20s
3rd	Bedford & County AC	34m 23s
...	.....	...
<b>56th</b>	<b>Highgate Harriers</b>	<b>42m 10s</b>

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**Under 15 boys**

<b>Leg 1</b>	William Laing	10:43 (26th)
<b>Leg 2</b>	Max Coventry	12:26 (42nd)
<b>Leg 3</b>	George Laing	11:56 (38th)
<b>Leg 4</b>	Hamish Birrell	11:52 (33rd)

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**Team positions**

1st	Tonbridge AC	39m 14s
2nd	Aldershot, Farnham & District	40m 07s
3rd	City of Norwich	40m 11s
...	.....	...
<b>33rd</b>	<b>Highgate Harriers</b>	<b>46m 57s</b>

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**Under 17 boys**

<b>Leg 1</b>	David Mobbs	16:02 (39th)
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## October 2006

### 7th October - Ealing Cross Country relays Horsenden Hill

#### Women

	'A' team		'B' team
<b>Leg 1</b>	Kate Jenrick 14m 39s		Natasha Cendrowicz 16m 27s
<b>Leg 2</b>	Astrid Wingler 14m 48s		Sarah Chapman 18m 12s
<b>Leg 3</b>	Anne Curley 15m 31s		Tessa St. Omer 17m 18s

#### Fastest Times

<b>1st</b>	<b>Kate Jenrick (Highgate Harriers)</b>	<b>14mins 39s</b>
<b>2nd</b>	Vanessa Parry (London Heathside)	14mins 42s
<b>3rd</b>	<b>Astrid Wingler (Highgate Harriers)</b>	<b>14mins 48s</b>

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**Team positions**

<b>1st</b>	<b>Highgate Harriers 'A'</b>	<b>44mins 58s</b>
<b>2nd</b>	London Heathside 'A'	46mins 14s
<b>3rd</b>	Ealing, Southall & Middlesex 'A'	46mins 34s
...	.....	...
<b>6th</b>	<b>Highgate Harriers 'B'</b>	<b>51mins 57s</b>

### 14th October - Metropolitan Cross Country League St Albans

**Under 15 girls**

**Senior Men**

37th	Verity Cleveley-Jones	13m 57s	16th	Ryan McKinley	26m 58s
	<i>58 finishers</i>		17th	Henry Dodwell	27m 01s
	<b>Under 17 men</b>		25th	Saningo Martyn	27m 38s
12th	William Laing	24m 01s	45th	Atak Diing	28m 27s
32nd	George Laing	26m 34s	60th	Chris Bailey	28m 53s
	<i>48 finishers</i>		69th	Andrew Aitken	29m 14s
	<b>Senior Women</b>		90th	Joseph Lowe	30m 15s
1st	Svenja Abel	21m 59s	112th	Jonathan Deane	30m 53s
4th	Esther Evans	23m 33s	117th	Richard Stewart	31m 03s
8th	Kate Jenrick (3rd Vet)	24m 12s	134th	Jon Gardner	31m 32s
13th	Astrid Wingler	24m 31s	161st	Greg Fuzesi	32m 20s
22nd	Elizabeth Ogunde	25m 18s	170th	Tom Mehew	32m 57s
24th	Anne Curley	25m 26s	203rd	Steve Scruton	34m 19s
38th	Louise Burnie	26m 25s	222nd	Nick Stockman	35m 10s
46th	Natasha Cendrowicz	26m 50s		<i>309 finishers</i>	
82nd	Louise Faherty	28m 58s		<b>Match Position 5th</b>	
	<i>140 finishers</i>			<b>League table after race 1 (top 5 of 24)</b>	
	<b>Match Position 1st</b>		1st	Shaftesbury Barnet	3231 points
	<b>League table after race 1 (top 4 of 20)</b>		2nd	Woodford Green	3150 points
1st	Highgate Harriers	774 points	3rd	Serpentine RC	3072 points
2nd	Garden City Runners	699 points	4th	London Heathside	2765 points
3rd	Barnet & District	661 points	5th	Highgate Harriers	2704 points
4th	London Heathside	627 points			

### 21st October - National Relay Championships Sutton Park, Birmingham

#### Women

Leg 1 - Sula Young	15:29 (31st)
Leg 2 - Svenja Abel	14:36 (7th)
Leg 3 - Astrid Wingler	16:17 (12th)
Leg 4 - Kate Jenrick	15:57 (10th)

#### Team positions

1st	Birchfield Harriers	59:33
2nd	Aldershot Farnham & District	59:39
3rd	Charnwood AC	60:17
<b>10th</b>	<b>Highgate Harriers</b>	<b>62:19</b>

*78 teams finished*

[Full women's results](#)

### 21st October - Liddiard Cross Country Trophy Kingsbury

#### Men

13th	Javier Pes	27:13
18th	Alistair Lindsay	27:36
19th	Chris Bailey	27:40
25th	Damian Shirley	28:04
27th	Andrew Aitken	28:15
32nd	Richard Stewart	28:34
57th	Nick Stockman	33:31

#### Women

2nd	Natasha Cendrowicz	19:58
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**28th October - Metropolitan Cross Country League  
Ruislip**

**Under 15 girls**

*Awaiting results*

**Under 17 men**

11th	Lawrence Matthewman	21m 50s
18th	William Laing	22m 39s
29th	Hamish Birrell	24m 00s
37th	George Laing	25m 09s
38th	Max Coventry	25m 10s

*51 finishers*

**Match Position 5th**

**League Position after race 2 - 8th of 14**

**Senior Women**

1st	Svenja Abel	20m 20s
3rd	Esther Evans	21m 25s
4th	Sula Young	21m 47s
5th	Kate Jenrick (1st Vet)	21m 50s
20th	Anne Curley	23m 26s
23rd	Astrid Wingler	23m 33s
79th	Fiona Maguire	27m 02s
85th	Nina Sorensen	27m 17s

*135 finishers*

**Match Position 1st**

**League table after race 2 (top 4 of 21)**

1st	Highgate Harriers	1534 points
2nd	London Heathside	1310 points
3rd	Garden City Runners	1290 points
4th	Woodford Green & Essex Ladies	1246 points

**Senior Men**

7th	Henry Dodwell	28m 21s
10th	Glenn Saqui	28m 31s
37th	Atak Diing	30m 08s
41st	Peter Downie	30m 22s
46th	Chris Bailey	30m 39s
69th	Andrew Aitken	31m 39s
83rd	Richard Stewart	32m 11s
94th	Joseph Lowe	32m 38s
105th	Jonathan Deane	33m 09s
121st	Jon Gardner	33m 39s
132nd	Greg Fuzesi	34m 07s
150th	Tom Mehew	35m 05s
154th	Kevin Linehan	35m 15s
191st	Steve Scruton	36m 30s
216th	John O'Shea	37m 32s
250th	Nick Stockman	39m 09s

*305 finishers*

**Match Position 4th**

**League table after race 1 (top 5 of 25)**

1st	Woodford Green & Essex Ladies	6511 points
2nd	Shaftesbury Barnet	6213 points
3rd	Serpentine RC	5935 points
4th	Highgate Harriers	5481 points
5th	London Heathside	5276 points

**November 2006**

**4th November - North London Cross Country Championships  
Kingsbury**

**Senior Women**

1st	Kate Jenrick (1st vet)	23:27
4th	Anne Curley	24:47
5th	Elizabeth Ogunde	25:00
6th	Astrid Wingler	25:12
8th	Alex Goodwin	25:40
9th	Louise Burnie	25:43
24th	Jenny Turner	28:41

*40 finishers*

**Team Positions (4 to score)**

<b>1st</b>	<b>Highgate Harriers</b>	<b>16 points</b>
2nd	Barnet & District	36 points
3rd	Serpentine	38 points

**Senior Men**

2nd	Glenn Saqui	25:28
3rd	Chris Beecham	25:58
16th	Alistair Lindsay	27:18
18th	Damian Shirley	27:22
26th	Andrew Aitken	27:51
35th	Richard Stewart	28:28
39th	Jonathan Deane	28:45
52nd	Greg Fuzesi	29:32
59th	Jon Gardner	29:44
67th	John O'Shea	30:43
71st	José Barretta	31:08
90th	Nick Stockman	33:13

*108 finishers*

**Team Positions (6 to score)**

1st Highgate Harriers 100 points  
 2nd London Heathside 112 points  
 2nd Serpentine 113 points

[Full Results](#)

**25th November - Metropolitan Cross Country League  
 Claybury**

**Under 15 girls**

10th Alice Keane 13m 13s  
 14th Samara Williams 13m 33s  
 21st Amy-Jane Cotter 13m 49s  
 37th Mei Corbett 15m 27s

*46 finishers*

**Match Position 5th**

**League Position after race 3 - 9th of 12**

**Under 17 men**

8th Laurence Matthewman 19m 36s  
 20th William Laing 20m 49s  
 25th Hamish Birrell 21m 08s  
 48th George Laing 24m 01s

*59 finishers*

**Match Position 5th**

**League Position after race 3 - 6th of 14**

**Senior Women**

1st Svenja Abel 19m 11s  
 2nd Esther Evans 19m 58s  
 3rd Kate Jenrick (1st Vet) 20m 35s  
 6th Astrid Wingler (2nd Vet) 20m 54s  
 17th Jo Carritt 21m 58s  
 19th Elizabeth Ogunde 22m 12s  
 24th Alex Goodwin 22m 31s  
 93rd Aneira Roose-McClew 26m 12s

*128 finishers*

**Match Position 1st**

**League table after race 3 (top 4 of 21)**

1st Highgate Harriers 2260 points  
 2nd Woodford Green & Essex Ladies 1909 points  
 3rd London Heathside 1857 points  
 4th Garden City Runners 1761 points

**Senior Men**

5th Henry Dodwell 27m 13s  
 8th Ryan McKinlay 27m 33s  
 10th Glenn Saqui 27m 38s  
 15th Saningo Martyn 27m 47s  
 39th Peter Downie 29m 05s  
 42nd Chris Bailey 29m 20s  
 80th Andrew Aitken 30m 39s  
 101st Damian Shirley 31m 17s  
 119th Jack Matthewman 31m 58s  
 138th Tom Mehew 32m 39s  
 163rd Kevin Linehan 33m 48s  
 175th John O'Shea 34m 12s  
 181st José Barretta 34m 34s  
 187th Keith Wilson 34m 51s  
 199th Louis Bellamacina 35m 16s  
 213th Steve Scruton 36m 10s  
 240th Nick Stockman 37m 40s

*288 finishers*

**Match Position 3rd**

**League table after race 3 (top 5 of 25)**

1st Woodford Green & Essex Ladies 9557 points  
 2nd Shaftesbury Barnet 9301 points  
 3rd Serpentine RC 8258 points  
 4th Highgate Harriers 8054 points  
 5th London Heathside 7430 points

**December 2006**

**2nd December - Fraternity Cup / Sorority Cup  
 Trent Park**

**Fraternity Cup  
 Men**

3rd Henry Dodwell 26mins 47s  
 7th Chris Beecham 27mins 24s  
 17th Chris Bailey 28mins 47s  
 31st Damian Shirley 30mins 29s  
 35th Richard Stewart 30mins 44s



50th	Jon Gardner	32mins 08s
51st	John O'Shea	32mins 27s
58th	José Barretta	33mins 08s
75th	Nick Stockman	35mins 55s

#### Team positions

1st	Ealing, Southall & Middx	90 points
2nd	Enfield & Haringey	96 points
3rd	Shaftesbury Barnet	127 points
4th	Highgate Harriers	143 points

#### Sorority Cup Women

1st	Svenja Abel	28mins 35s
2nd	Esther Evans	29mins 59s
6th	Louise Burnie	33mins 53s
9th	Natalie Vasey	35mins 08s
10th	Natasha Cendrowicz	35mins 30s
17th	Jenny Turner	37mins 32s
21st	Fiona Maguire	38mins 58s


#### Team positions

1st	Highgate Harriers	18 points
2nd	London Heathside	40 points
3rd	Ealing, Southall & Middx	42 points

#### [Full Results](#)

### 9th December - London Cross Country Championships (incorporating the Southern Inter-County Championships) Parliament Hill Fields

#### Women

 London Champs		
2nd	Svenja Abel (1st London)	21:54
12th	Esther Evans (2nd London)	23:01
14th	Kate Jenrick (3rd London/1st Vet)	23:18
21st	Astrid Wingler (2nd Vet)	23:39
49th	Elizabeth Ogunde	25:10
69th	Natasha Cendrowicz	26:35
84th	Jenny Turner	27:45
97th	Fiona Maguire	29:01
101st	Aneira Roose-McClew	29:33

#### Team Positions (4 to score)

1st	Highgate Harriers	49 points
2nd	London Heathside	176 points
3rd	Serpentine	236 points

#### U15 Girls Southern Inter-Counties

53rd	Alice Keane (2nd Middlesex)	
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#### U17 Men Southern Inter-Counties

62nd	Lawrence Matthewman (7th Middlesex)	
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#### Men

11th	Henry Dodwell	34:51
12th	Nick Martyn (1st Vet)	34:58
16th	Glenn Saqui	35:23
20th	Chris Beecham	35:48
21st	Ryan McKinlay (3rd U20)	35:54
24th	Saningo Martyn (4th U20)	36:08
54th	Peter Downie	37:27
110th	Jonathan Deane	39:54
116th	Alistair Lindsay	40:10
131st	Richard Stewart	41:00
135th	Duncan Burbidge	41:20
136th	Damian Shirley	41:20
146th	Tom Mehew	42:01
147th	Andrew Collinge	42:02
156th	Jon Gardner	42:54
157th	Joseph Lowe	42:55
163rd	Kevin Linehan	43:08
174th	Tim Gascoigne	43:46
176th	John O'Shea	43:48
184th	José Barretta	44:32
196th	Steve Scruton	45:39
211th	Nick Stockman	46:30

#### Team Positions (4 to score)

1st	Highgate Harriers	59 points
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2nd	Herne Hill Harriers	78 points
3rd	Kent AC	103 points

**16th December - Coastal Challenge  
North Shore City, Auckland**

**11km (Milford Beach to Devonport)**

3rd David Burrows 43:34

*57 finishers*

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