

January 2012

7th January - Middlesex Cross Country Champs Wormwood Scrubs

Under 13 boys (3000m)

1	Terry Fawden	10:36
14	Dempster Fawden	11:27
31	Filip Bastion	12:14
33	Arnold Harrison	12:27
51	Raphael Rossiter	13:43
52	Rory Budd	14:23
53	Clem Harrison	17:09

53 finishers

Team position 5th

Under 13 girls (3000m)

7	Marjolaine Briscoe	12:14
9	Cecily Turner	12:19
16	Julia Beltradi	12:46
23	Lilah Fear	13:05
34	Maya Doolan	13:54

41 finishers

Team position 4th

Under 15 boys (4000m)

16	James Millet	16:12
24	Alexander Machin-Pacey	16:40
28	Ben Hatch	17:01
35	Gabriel Springer	17:37
38	Peter Laing	18:09

49 finishers

Team position 8th

Under 15 girls (4000m)

9	Georga Fear	18:30
21	Ellie Doolan	19:49

36 finishers

Under 17 men (6000m)

19	Stanley Harrison	22:15
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27 finishers

Under 17 Women (5000m)

8	Hannah Viner	22:42
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22 finishers

Senior Women (8000m)

3	Esther Evans	31:45
4	Katie Meredith	33:09
16	Louise Faherty	36:19
19	Elinor Winter	37:36
42	Natasha Cendrowicz	42:06
62	Kirat Nandra	51:08

67 finishers

Team positions (top 3 of 9)

1st Highgate Harriers

42 points

2nd	Harrow	54 points
3rd	Thames Valley Harriers	54 points

Senior Men (12000m)

2	Shaun Dixon	39:23
3	Henry Dodwell	39:27
8	Danny Russell	40:45
11	Richard Scott	41:15
13	Ryan McKinlay	41:34
15	Glenn Saqui	41:42
25	Nick Gold	42:37
29	Stephen Whiting	42:54
30	Jon Deane	43:02
37	Ed Green	44:31
81	Rob Walker	48:58
99	Kevin Linehan	50:21
100	Steve Scruton	50:28
119	Nick Stockman	52:57

155 finishers

Team positions (top 3 of 10)

1st	Highgate Harriers	52 points
2nd	Harrow	131 points
3rd	Hillingdon	132 points

Full Middlesex 2012 results

14th January - London City Runner Metropolitan Cross Country League Trent Park



Under 13 Girls

20	Maya Doolan	15m 10s
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26 finishers

Under 13 Boys

16	Filip Bastien	12m 54s
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34 finishers

Under 17 Women

15	Ellie Doolan	17m 11s
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36 finishers

Under 17 Men

20	James Millett	14m 37s
30	Alexander Machin-Paley	15m 04s
34	Ben Hatch	15m 14s
40	Pierce Boyle	15m 43s

53 finishers

Senior Women

3	Katie Meredith	23m 53s
9	Sarah Peterson	24m 29s
27	Alexia Trafford	26m 02s
28	Louise Faherty	26m 04s
38	Elinor Winter	26m 41s
41	Jenny Chewter	26m 48s
50	Astrid Wingle	27m 41s
70	Georgia Doolan (2nd U20)	29m 04s
84	Alex Goodwin	30m 09s
89	Natasha Cendrowicz	30m 37s

114 Kirat Nandra 36m 07s

117 finishers

Match Position 4th

League table after race 4

(Division 1 - top 3)

1st	Highgate Harriers	971 points
2nd	Serpentine RC	938 points
3rd	Woodford Green & EL	863 points

Senior Men

2	Sean Dixon	24m 38s
4	Ben Pochee (1st V40)	25m 09s
10	Ryan McKinley	25m 25s
37	Jonathan Deane	27m 00s
40	Duncan Burbidge	27m 05s
49	Stephen Whiting	27m 26s
67	Edward Green	28m 02s
69	Marten Van der Hoeven	28m 04s
72	Jonathan Laybourn	28m 11s
106	Tom Christopher	29m 20s
110	Oliver Kean	29m 26s
113	Chris Bailey	29m 31s
141	Thierry Lebreton	30m 11s
158	John O'Shea	30m 37s
215	Kevin Linehan	32m 34s
225	José-Antonio Barretta	32m 48s
230	Steve Scruton	32m 58s
260	Nick Stockman	34m 03s
285	Stephen Bayliss	35m 23s

335 finishers

Match Position 3rd

League table after race 4

(Division 1 - top 3)

1st	Woodford Green & EL	4651 points
2nd	Serpentine RC	4284 points
3rd	Highgate Harriers	3434 points

[Full Results](#)

**28th January - South of England Cross Country Championships
Brighton**

Under 13 boys (3000m)

20	Terry Fawden	10m 55s
158	Filip Bastion	12m 42s
167	Theo Noble	12m 55s
187	Gus Skinner	14m 08s

Team position 23rd

Under 15 Boys (4500m)

	James Millett	16m 41s
117	Ben Hatch	17m 14s

Under 17 Men (6000m)

136	Pierce Boyle	25m 05s
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Senior Women (8000m)

88	Elinor Winter	35m 47s
183	Natasha Cendrowicz	40m 07s

Senior Men (15000m)

10	Shaun Dixon	50m 40s
17	Ben Noad	51m 33s
23	Henry Dodwell	52m 09s

32	Danny Russell	52m 22s
33	Ryan McKinlay	52m 23s
42	Ben Pochee	53m 53s
56	Richard Scott	54m 21s
129	Chris Panayiotou	57m 16s
137	Jon Deane	57m 34s
167	Stephen Whiting	58m 34s
179	Maarten Van Der Hoeven	58m 50s
184	Tom Christopher	58m 56s
227	Richard Petty	60m 24s
239	Oliver Kean	60m 56s
280	Rob Walker	62m 40s

Team positions (6 to score)

1st	Highgate Harriers	157 points
2nd	Bedford & County	174 points
3rd	Shaftesbury Barnet Harriers	259 points
14th	Highgate Harriers 'B'	853 points

February 2012

4th February - Middlesex Masters Cross Country Championships Mad Bess Wood, Ruislip

Men & Women combined

2	Duncan Burbidge	28m 01s
3	Chris Beecham	28m 26s
11	Chris Bailey	30m 27s
18	Alex Davidson	31m 33s
41	Louise Faherty (2nd woman)	34m 04s
65	Natasha Cendrowicz	37m 57s
91	Kirat Nandra	46m 41s

92 finishers

Mens Team positions (3 to score)

1st	Highgate Harriers	13 points
2nd	Thames Valley Harriers	39 points
3rd	London Heathside	41 points

Womens Team positions (3 to score)

1st	Ealing, Southall & Middx	12 points
2nd	Serpentine	17 points
3rd	Highgate Harriers	35 points

[Full Results](#)

11th February - London City Runner Metropolitan Cross Country League Horsenden Hill, Perivale



Under 13 Boys

2	Terry Fawden	10m 44s
14	Arnold Harrison	11m 39s
15	Dempster Fawden	11m 43s
31	Clement Harrison	18m 12s

31 finishers

Senior Women

3	Esther Evans (1st V35)	22m 00s
8	Sarah Peterson	22m 56s
18	Louise Faherty	23m 57s
26	Rhonda Munnick	24m 25s
28	Elinor Winter	24m 28s
29	Astrid Wingle	24m 29s
44	Alla Ouvarova	26m 02s
59	Alex Goodwin	26m 57s
64	Natasha Cendrowicz	27m 35s
100	Kirat Nandra	33m 07s

103 finishers

Match Position 1st

Final league table after race 5

(Division 1 - top 3)

1st	Highgate Harriers	1195 points
2nd	Serpentine RC	1117 points
3rd	Woodford Green & EL	1052 points

Senior Men

1	Sean Dixon	28m 10s
5	Ryan McKinley	28m 38s
9	Henry Dodwell	28m 50s
31	Jonathan Laybourn	30m 28s
38	Stephen Whiting	31m 03s
39	Nick Gold	31m 12s
56	Tom Christopher	31m 55s
72	James Parker	32m 26s
140	Chris Bailey	35m 09s
169	Steve Scruton	36m 44s
176	Stephen Meridith	37m 26s
193	Nick Stockman	38m 23s
223	Stephen Bayliss	40m 24s

267 finishers

Match Position 4th

Final league table after race 5

(Division 1 - top 3)

1st	Woodford Green & EL	5614 points
2nd	Serpentine RC	5275 points
3rd	Highgate Harriers	4205 points

[Full Results](#)

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

Under 13 girls (3K)

1	Sabrina Sinha (Cambridge Harriers)	11:40
122	Marjolaine Briscoe	13:25
222	Cecily Turner	14:18
225	Julia Beltrandi	14:19
331	Bethany Green	16:05
346	Zhanet Kostova-Thomson	16:47

368 finishers

Team position 36th of 38 teams

Under 13 boys (3K)

1	Canaan Solomon (Woodford Green)	10:51
33	Terry Fawden	11:42
198	Arnold Harrison	12:55

283	Filip Bastion	13:39
327	Gus Skinner	14:18
350	Cameron McGovern	14:55
362	Raphael Rossiter	15:41
369	Roch Briscoe	16:55
373	Clem Harrison	20:17

373 finishers

Team position 31st of 39 teams

Under 15 girls (4K)

1	Bobby Clay (Invicta East Kent)	13:28
248	Ellie Doolan	18:01
336	Kate Bilton	21:24
338	Lulu Szego	21:54

342 finishers

Under 15 boys (4½K)

1	George Duggan (Tonbridge AC)	14:58
116	Ben Hatch	16:57
140	James Millett	17:05
245	Peter Laing	18:09
251	Daniel Light	18:16
263	Alexander Machin-Paley	18:25
318	Gabriel Springer	19:35
355	Robert Johnson	21:27
363	Yanko Kostov-Thomson	23:36

366 finishers

Team position 25th of 34 teams

Under 17 Women (5K)

1	Rebecca Straw (Cannock & Stafford)	18:00
130	Hannah Viner	23:22

196 finishers

Under 17 Men (6K)

1	Mathew Shirling (Liverpool Harriers)	19:42
284	Pierce Boyle	24:47

336 finishers

Senior Women (8K)

1	Gemma Steel (Charnwood AC)	27:06
60	Tessa Hill	31:30
147	Elinor Winter	33:43
174	Louise Faherty	34:23
351	Natasha Cendrowicz	38:16
584	Kirat Nandra	47:01

650 finishers

Team position 22nd of 73 teams

Senior Men (12K)

1	Keith Gerrard (Newham & Essex)	35:56
38	Murray Strain	38:20
48	Ben Noad	38:37
61	Shaun Dixon	38:58
64	Henry Dodwell	38:59
67	Ryan McKinlay	39:02
82	Danny Russell	39:25
128	Richard Scott	40:23
233	Chris Panayiotou	42:01

240	Nicky Martyn	42:09
257	Nick Gold	42:23
266	Chris Beecham	42:35
271	Greg Fuzesi	42:40
292	Stephen Whiting	42:50
349	Maarten Van Der Hoeven	43:37
360	Duncan Burbidge	43:44
377	James Parker	43:56
417	Richard Petty	44:30
446	Jack Matthewman	44:48
516	Tom Christopher	45:44
728	Oliver Keane	48:13
730	Thierry Lebreton	48:14
739	John O'Shea	48:18
797	Rob Walker	49:04
806	Tommaso Mancuso	49:07
951	Kevin Linehan	50:50
976	Joseph Lowe	51:09
977	Steven Scruton	51:09
1040	Stephen Meredith	51:55
1078	Chris Bailey	52:28
1244	Nick Stockman	54:55
1486	Glenn Saqui	59:50

1688 finishers

Team positions

1	Leeds City AC	219 points
2	Tipton Harriers	304 points
3	Stockport Harriers	310 points
4	Bedford & County AC	325 points
5	Highgate Harriers	360 points

125 teams completed

[Full results on the ECCA website](#)

March 2012

3rd March - Ealing Relays Horsenden Hill

Men (6 x 2¼ miles)

Leg 1	Chris Bailey	13:08
Leg 2	Nick Gold	12:15
Leg 3	Alex Davidson	13:10
Leg 4	Henry Dodwell	11:48
Leg 5	Niall O'Braine	13:03
Leg 6	Ryan McKinlay (3rd fastest overall)	11:15

92 finishers

Team positions

1st	Harrow	1:14:18
2nd	Highgate Harriers	1:14:39
3rd	Hillingdon AC	1:17:45

14 teams finished

[Full Results](#)

25th March - South of England Road Relay Championships Stantonbury Campus, Milton Keynes

Men (12 stage)

'A' team

Leg 1 (L)	Henry Dodwell (17th)	25:00
Leg 2 (S)	Edward Jackson (8th)	15:20
Leg 3 (L)	Danny Russell (2nd)	23:57
Leg 4 (S)	Duncan Burbridge (3rd)	16:34
Leg 5 (L)	Ryan McKinlay (3rd)	24:15
Leg 6 (S)	Nick Gold (4th)	16:39
Leg 7 (L)	Richard Scott (3rd)	24:43
Leg 8 (S)	Chris Panayiotou (3rd)	16:54
Leg 9 (L)	Shaun Dixon (2nd)	24:19
Leg 10 (S)	Chris Beecham (3rd)	16:37
Leg 11 (L)	Ben Noad (3rd)	24:06
Leg 12 (S)	Ben Pochee (2nd)	15:49

Long leg = 7664m / Short leg = 5053m

'B' team

Leg 1 (L)	Stephen Whiting (28th)	25:46
Leg 2 (S)	Robel Bahelbi (24th)	16:35
Leg 3 (L)	Tom Christopher (21st)	26:29
Leg 4 (S)	Glenn Saqui (21st)	16:16
Leg 5 (L)	Dan Higgins (18th)	26:38
Leg 6 (S)	Patrick Davis (17th)	16:19
Leg 7 (L)	Oliver Kean (19th)	27:40
Leg 8 (S)	Nick Stockman (22nd)	20:49
Leg 9 (L)	John O'Shea (24th)	30:32
Leg 10 (S)	Jon Deane (24th)	16:43
Leg 11 (L)	Alex Davidson (24th)	28:06
Leg 12 (S)	Peter Downie (24th)	18:24

Long leg = 7664m / Short leg = 5053m

Team Positions

1st	Newham & Essex	4:03:41
2nd	Highgate Harriers 'A'	4:04:13
3rd	Kent AC	4:04:25
.....		
24th	Highgate Harriers 'B'	4:30:17

36 teams finished

[Full results](#)

April 2012

11th April - Highgate Harriers/City of London Open Meeting Parliament Hill

[Full Results](#)

14th April - English National Road Relay Championships Sutton Park - Sutton Coldfield

Men (12 stage)

Leg 1 (L)	Ben Noad (16th)	26:47
Leg 2 (S)	Glen Saqui (15th)	15:14
Leg 3 (L)	Richard Scott (12th)	27:54
Leg 4 (S)	James Parker (15th)	15:39
Leg 5 (L)	David Bruce (13th)	27:21
Leg 6 (S)	Robel Bahelbi (14th)	16:00
Leg 7 (L)	Henry Dodwell (12th)	28:04
Leg 8 (S)	Duncan Burbidge (11th)	16:00
Leg 9 (L)	Ben Pochee (11th)	27:55

Leg 10 (S)	Jon Deane (11th)	16:03
Leg 11 (L)	Ryan McKinlay (10th)	28:05
Leg 12 (S)	Chris Panayiotou (11th)	16:13

L = Long leg / S = Short leg

Team Positions

1st	Tipton Harriers	4:10:17
2nd	Leeds City AC	4:13:12
3rd	Notts AC	4:14:13
....
11th	Highgate Harriers	4:21:15

61 teams finished

[Full results](#)

21st April - Southern Athletics League (Division 2 Central)
Hemel Hempstead

1	Dacorum & Tring	214 points
2	Vale of Aylsebury	183½ points
3	Highgate Harriers	128½ points
4	Ealing, Southall & Middlesex	128 points

[Full Results](#)

28th April - London Inter-Club Challenge Parliament Hill

Men

1	Achilles	198 points
2	Shaftesbury Barnet	64 points
3	Woodford Green with Essex Ladies	48 points
4	Highgate Harriers	47 points

Women

1	Achilles	70 points
2	Shaftesbury Barnet	31 points
3	Woodford Green with Essex Ladies	15 points
4	Highgate Harriers	15 points

[Full Results](#)

May 2012

6th May - Young Athletics League (Division S2 London & East) Parliament Hill

1	Highgate Harriers	476 points
2	London Heathside	379 points
3	Queens Park Harriers	308 points
4	Medway Park Phoenix	278 points
5	Victoria Park & TH	264 points

12th May - British Masters Road Relays Sutton Park

Senior Men V35

Leg 1	Chris Bailey	17:23 (35th)
Leg 2	Alex Davidson	16:56 (20th)
Leg 3	Richard Scott	15:31 (8th)
Leg 4	Duncan Burbidge	16:00 (7th)

Leg 5	Chris Beecham	16:11 (5th)
Leg 6	Henry Dodwell	15:33 (3rd)
Leg 7	Ben Pochee (2nd fastest of day)	14:56 (1st)
Leg 8	Ben Noad (3rd fastest of day)	14:59 (1st)

Team positions

1st	Highgate Harriers	2h 07m 29s
2nd	Ron Hill	2h 08m 20s
3rd	Salford	2h 09m 37s

21 complete teams finished

[Full Results](#)

19th May - Southern Athletics League (Division 2 Central) Battersea

1	Hillingdon AC	191½ points
2	Belgrave Harriers	174½ points
3	Highgate Harriers	161½ points
4	Serpentine RC	132½ points

[Full Results](#)

20th May - Young Athletics League (Division S2 London & East) Parliament Hill

1	Highgate Harriers	518 points
2	Victoria Park & TH	359 points
3	London Heathside	350 points
4	Queens Park Harriers	311 points
5	Medway Park Phoenix	278 points

June 2012

9th June - Southern Athletics League (Division 2 Central) Parliament Hill

1	Thames Valley Harriers	212 points
2	Wycombe Phoenix	210 points
3=	Highgate Harriers	124 points
3=	London Heathside	124 points

[Full Results](#)

July 2012

14th July - Southern Athletics League (Division 2 Central) Woking

1	Woking	217½ points
2	Oxford City	162 points
3	Highgate Harriers	155½ points
4	Barnet & District	143 points

[Full Results](#)

August 2012

September 2012

**1st September - Southern Athletics League (Division 2 Central)
Parliament Hill**

1	Radley	236 points
2	Highgate Harriers	195 points
3	Orion	68 points
4	Sutton & District	60 points

[Full Results](#)

**9th September - Middlesex Young Athletes Relays
Minet Park, Hayes**

[Full Results](#)

**12th September - Highgate Harriers/City of London Open Meeting
Parliament Hill**

[Full Results](#)

15th September - St Albans Cross Country relays

Men 'B' Team

Leg 1	Robel Bahelbi (3rd fastest of day)	14:28 (1st)
Leg 2	Chris Bailey	16:39 (5th)
Leg 3	Ryan McKinlay	14:51 (3rd)
Leg 4	Richard Stewart	17:35 (3rd)
Leg 5	Dave Gilbert	16:27 (3rd)
Leg 6	Ben Pochee (4th fastest of day)	14:31 (3rd)

Men 'A' Team

Leg 1	Michael Dan (7th fastest of day)	14:36 (3rd)
Leg 2	Steve Scruton	19:36 (10th)
Leg 3	Danny Russell (1st fastest of day)	14:17 (7th)
Leg 4	Brahma Pochee	16:11 (7th)
Leg 5	Michael Cribbin	17:23 (8th)
Leg 6	Andrew Lawrence	15:15 (6th)

Team positions

1st	Hillingdon AC 'A'	1:30:08
2nd	Nene Valley Harriers 'A'	1:32:14
3rd	Highgate Harriers 'B'	1:34:31
4th	Harrow AC 'A'	1:36:03
5th	Herts Phoenix 'A'	1:37:08
6th	Highgate Harriers 'A'	1:37:18

20 teams finished

**22nd/23rd September - South of England Road Relays
Aldershot**

Senior Women

Leg 1	Sarah Peterson	13:53 (21st)
Leg 2	Elinor Winter	15:02 (28th)
Leg 3	Heather Bijman	14:34 (20th)
Leg 4	Katie Meredith	14:04 (13th)

Team positions

1st	Aldershot, Farnham & District 'A'	52m 15s
2nd	Aldershot, Farnham & District 'B'	54m 04s
3rd	Belgrave Harriers	54m 17s
.....		
13th	Highgate Harriers	57m 33s

60 complete teams finished

Senior Men 'A' (Team Southam)

Leg 1	Robel Bahelbi	19:54 (39th)
Leg 2	Shaun Dixon (7th fastest of day)	18:13 (10th)
Leg 3	Ben Pochee	19:16 (7th)
Leg 4	Ben Noad	18:40 (6th)
Leg 5	David Bruce	18:38 (5th)
Leg 6	Ryan McKinlay	18:58 (6th)

Senior Men 'B' (Team Manners)

Leg 1	Richard Scott	19:47 (35th)
Leg 2	Michael Dan	19:52 (35th)
Leg 3	Henry Dodwell	19:45 (27th)
Leg 4	Jon Deane	20:34 (31st)
Leg 5	John McKeane	20:19 (27th)
Leg 6	Peter Downie	20:36 (29th)

Senior Men 'C' (Team Quinn)

Leg 1	Brahma Pochee	20:45 (58th)
Leg 2	Dave Gilbert	21:18 (56th)
Leg 3	Tom Christopher	21:14 (50th)
Leg 4	Stephen Meredith	22:57 (55th)
Leg 5	Rob Walker	22:30 (56th)
Leg 6	John O'Shea	23:31 (55th)

Incomplete Senior Men 'D' (Team Naisbitt)

Leg 1	Nick Gold	21:09 (65th)
Leg 2	Kevin Linehan	24:23 (80th)
Leg 3	Jon Oviasu	31:47 (84th)

Team positions

1st	Kent AC 'A'	1:51:19
2nd	Aldershot, Farnham & District 'A'	1:51:43
3rd	Bedford & County AC 'A'	1:52:34
4th	Newham & Essex Beagles 'A'	1:53:24
5th	Tonbridge AC 'A'	1:53:35
6th	Highgate Harriers 'A'	1:53:39
.....		
29th	Highgate Harriers 'B'	2:00:53
52nd	Highgate Harriers 'C'	2:12:15

66 complete teams finished

October 2012

13th October - English National Relay Championships Clumber Park, Nottinghamshire

Senior Men (6 stage)

Leg 1	Murray Strain	15:18 (22nd)
Leg 2	Shaun Dixon	15:06 (8th)
Leg 3	Benjamin Noad	15:05 (5th)
Leg 4	Ryan McKinlay	15:38 (6th)
Leg 5	Ben Pochee	15:42 (10th)
Leg 6	Henry Dodwell	16:06 (11th)

Team positions

1st	Newham & Essex Beagles AC	1hr 30m 36s
2nd	Liverpool Harriers & AC	1hr 31m 07s
3rd	Belgrave Harriers	1hr 31m 16s

11th Highgate Harriers

1hr 32m 55s

55 complete teams finished

[Full results](#)

**20th October - Active Training World Metropolitan Cross Country League
Claybury, Woodford Green (Race 1 of 5)**



Under 13 Boys

11	Dempster Fawden	12.03
23	Filip Bastien	12.51

39 finishers

Under 17 Women

1	Georgia Fear	16.03
26	Lilah Fear	18.51

44 finishers

Under 17 Men

13	Stanley Harrison	14.40
15	Terry Fawden	14.43
48	Ivan D'Avoine	18.18

55 finishers

Senior Women

7	Katie Meredith	22.34
14	Becky Penty	23.14
43	Vicky Frew	25.22
44	Elinor Winter	25.25
54	Rhonda Munnik	26.05
63	Sophie Sheldrake	26.35
66	Louise Faherty	26.44
84	Alex Goodwin	27.44
93	Natasha Cendrowicz	28.09

147 finishers

Match Position 7th

League table after race 1

(Division 1 - top 3)

1st	Serpentine RC	218 points
2nd	Woodford Green with Essex Ladies	198 points
3rd	Shaftesbury Barnet Harriers	161 points

Senior Men

4	Ben Noad	25.15
8	Ben Pochee (1st V40)	25.59
13	Ryan McKinley	26.24
16	Josh Guilmant	26.40
18	Henry Dodwell	26.52
20	Robel Balhebi	26.56
35	Andrew Lawrence	27.46
41	Shane Snow	28.16
47	Jonathan Deane	28.30
48	Peter Downie	28.31
55	Luke McMullan	28.54
86	Tom Christopher	29.55
92	Chris Panayiotou	30.03

95	Chris Bailey	30.17
100	Duncan Burbidge	30.21
114	David Gilbert	30.46
161	Oliver Kean	32.12
184	John O'Shea	33.02
188	Pierce Boyle	33.18
229	Steve Scruton	35.12
232	Nick Stockman	35.21
314	Jonathan Oviasu	42.24

337 finishers

Match Position 2nd

League table after race 1

(Division 1 - top 3)

1st	Woodford Green with Essex Ladies	1161 points
2nd	Highgate Harriers	1107 points
3rd	Serpentine RC	891 points

Full Results from the [Met League website](#)

**27th October - North London Cross Country Championships
Horsenden Hill**

Men (5 miles)

1	Ryan McKinlay	26.03
3	Henry Dodwell	26.33
4	Robel Bahelbi	26.35
7	A Lawrence	27.20
11	Chris Beecham (1st Vet)	27.57
14	Jonathan Deane	28.19
27	W Sharp	29.37
54	Richard Stewart	31.26
60	O Kean	31.36
87	Steve Scruton	33.24
88	Nick Stockman	33.26
93	Kevin Linehan	33.49

135 finishers

Team Positions (6 to score)

1st	Highgate Harriers	40 points
2nd	Serpentine RC	125 points
3rd	Barnet & District	176 points

Women (6,000m)

1	Tessa Hill	22.13
2	Katie Meredith	22.20
14	S Sheldrake	25.19
17	Louise Faherty	25.41
44	Natasha Cendrowicz	28.28
62	B Goodrig	32.21
63	E Jones	32.21

68 finishers

Team Positions (4 to score)

1st	Serpentine RC	28 points
2nd	Highgate Harriers	34 points
3rd	London Heathside	52 points

[Full Results](#)

November 2012

**3rd November - English Cross Country Relays
Mansfield**

Under 13 Girls (3 x 2km)

Leg 1	O Hirschfield (23rd)	8:13.75
Leg 2	A Willis (18th)	8:22.25
Leg 3	Cecily Turner (20th)	8:27.65

Team positions

1st	Herne Hill Harriers	23:10.35
2nd	Sale Harriers	23:17.95
3rd	Manchester Harriers & AC	23:37.70
20th	Highgate Harriers	25:03.65

89 complete teams

Under 15 Girls (3 x 2km)

Leg 1	Georgia Fear (19th)	7:46.45
Leg 2	Ellie Doolan (20th)	8:10.80
Leg 3	Marjolaine Briscoe (22nd)	8:09.05

Team positions

1st	Aldershot, Farnham & District	22:14.50
2nd	West Suffolk AC	22:17.15
3rd	Charnwood AC	22:35.45
22nd	Highgate Harriers	24:06.30

96 complete teams

Senior Women (3 x 3km)

Leg 1	Katie Meredith (35th)	11:07.45
Leg 2	Sophie Sheldrake (37th)	12:21.15
Leg 3	Becky Penty (29th)	11:10.80

Team positions

1st	Birchfield Harriers	30:45.40
2nd	Shaftesbury Barnet Harriers	30:51.25
3rd	Aldershot, Farnham & District	31:02.00
29th	Highgate Harriers	34:39.40

102 complete teams

Under 15 Boys (3 x 2km)

Leg 1	Terry Fawden (13th)	6:52.25
Leg 2	Ben Hatch (21st)	7:10.95
Leg 3	Alex Machin-Paley (21st)	7:23.45

Team positions

1st	City of York AC	20:07.80
2nd	Gateshead Harriers & AC	20:18.25
3rd	Leicester Coritanian AC	20:24.40
21st	Highgate Harriers	21:26.65

81 complete teams

Under 17 Men (3 x 3km)

Leg 1	Stanley Harrison (42nd)	10:05.20
Leg 2	Gabriel Springer (55th)	11:10.05
Leg 3	Peter Laing (54th)	11:16.85

Team positions

1st	Tonbridge AC	28:14.35
2nd	Liverpool Harriers & AC	28:21.25
3rd	Windsor, Slough, Eton & Hounslow	28:24.40
54th	Highgate Harriers	32:32.10

70 complete teams

Senior Men (4 x 5km)

'A' Team

Leg 1	Ryan McKinlay (51st)	16:38.95
Leg 2	Sean Dixon (19th)	15:37.95
Leg 3	Ben Pochee (17th)	16:32.95

Leg 4	Ben Noad (10th)	15:49.40
'B' Team		
Leg 1	Robel Bahlebi (58th)	16:44.05
Leg 2	Henry Dodwell (42nd)	16:53.95
Leg 3	Michael Dan (43rd)	17:39.80
Leg 4	Richard Scott (36th)	17:05.75

Team positions

1st	Belgrave Harriers	62:18.40
2nd	Leeds City AC	62:37.75
3rd	Stockport Harriers & AC	62:40.70
10th	Highgate Harriers 'A'	64:39.25
36th	Highgate Harriers 'B'	68:23.55

157 complete teams

[Full Results](#)

**10th November - Active Training World Metropolitan Cross Country League
Stevenage (Race 2 of 5)**



Under 17 Women

14	Ellie Doolan (7th U15)	17.19
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39 finishers

Under 17 Men

6	Stanley Harrison	13.56
8	Terry Fawden (3rd U15)	14.07
23	Alexander Machin-Paley (9th U15)	15.00
53	Alistair Sleeman (29th U15)	17.38

61 finishers

Senior Women

7	Katie Meredith	22.44
9	Alex Gounelas	22.47
12	Becky Penty	23.01
29	Hanah Wylie	24.37
35	Alexia Trafford	24.55
47	Sophie Sheldrake	25.41
53	Louise Faherty	26.05
80	Natasha Cendrowicz	28.02
137	Kirat Nandra	36.23

141 finishers

Match Position 4th

League table after race 2 of 5

(Division 1 - top 4)

1st	Serpentine RC	436 points
2nd	Shaftesbury Barnet Harriers	403 points
3rd	Woodford Green with Essex Ladies	399 points
4th	Highgate Harriers	307 points

Senior Men

3	Sean Dixon	25.51
11	Ben Noad	26.26
16	Ryan McKinley	26.52
22	Ben Pochee (1st V40)	27.19
24	Robel Balhebi	27.25

28	Richard Scott	27.35
35	Fergal Smithwisk	27.55
41	Andrew Lawrence	28.09
44	Michael Dan	28.12
52	Peter Downie	28.45
63	Stephen Whiting	29.12
64	Nick Gold	29.13
67	John McKeane	29.15
71	Jonathan Deane	29.25
80	Brahma Pochee	29.38
88	Tom Christopher	29.59
93	Alex Thomas	30.05
105	Duncan Burbidge	30.32
123	Oliver Kean	31.01
191	Pierce Boyle	33.06
226	Nick Stockman	34.13
246	Steve Scruton	34.58
311	Jonathan Oviasu	38.45

355 finishers

Match Position 2nd

League table after race 2 of 5

(Division 1 - top 4)

1st	Highgate Harriers	2222 points
2nd	Woodford Green with Essex Ladies	2181 points
3rd	Serpentine RC	1776 points
4th	Shaftesbury Barnet Harriers	1729 points

Full Results from the [Met League website](#)

17th November - London Cross Country Championships Parliament Hill Fields

Senior Women

2	Becky Penty	22:48
3	Katie Meredith	23:14
28	Alexia Trafford	25:53
41	Louis Faherty	26:51
47	Sophie Sheldrake	27:14
81	Natasha Cendrowicz	28:49
111	Alex Goodwin	31:39
124	Sarah Chapman	33:37

139 finishers

Team Positions (top 3 of 11)

1st	Serpentine RC	38 points
2nd	Woodford Green with Essex Ladies	58 points
3rd	Highgate Harriers	74 points

Men

4	Henry Dodwell	34:04
6	Ryan McKinlay	34:51
7	Richard Scott	34:51
9	Tim Gardner	34:56
20	Peter Downie	36:16
24	Nick Gold	36:45
27	Chris Beecham	37:13
30	Jonathan Deane	37:30
38	R Petty	38:07
46	Duncan Burbidge	38:26
72	Stephen Meredith	39:28
96	Chris Bailey	40:36

104	Alex Davidson	40:46
112	B Lyngnes	41:11
120	Richard Stewart	41:56
157	Rob Walker	43:46
171	John O'Shea	44:32
215	Steve Scruton	47:08
223	Greg Fuzesi	47:31

279 finishers

Team Positions (top 3 of 24)

1st	Highgate Harriers	26 points
2nd	Serpentine RC	80 points
3rd	Thames Valley Harriers	80 points

[Full Results](#)

**24th November - Liddiard Trophy
Kingsbury**

Senior Women (approx 3 miles)

7	Louis Faherty	20:16
8	Sophie Sheldrake	20:20
9	Sarah Bailey	21:14
10	Natasha Cendrowicz	21:47

21 finishers

Team Positions (3 to score)

1st	Serpentine RC	8 points
2nd	Ealing, Southall & Middx	20 points
3rd	Highgate Harriers	24 points

6 complete teams finished

Men (approx 5 miles)

1	Henry Dodwell	26:22
2	Ryan McKinlay	26:23
6	Fergal Smithwick	27:52
7	Nick Gold	28:00
8	John McKeane	28:02
15	Dave Gilbert	29:41
19	Chris Bailey	30:18
33	Martin Bright	33:32
37	Nick Stockman	34:00
41	Greg Fuzesi	35:15

61 finishers

Team Positions (8 to score)

1st	Highgate Harriers	89 points
2nd	Thames Valley Harriers	132 points
3rd	Hillingdon AC	156 points

9 complete teams finished

December 2012

**15th December - Active Training World Metropolitan Cross Country League
Alexandra Palace (Race 3 of 5)**



Under 13 Boys

29	Filip Bastien	11.30
33	Calum Anderson	11.42

50 finishers

Under 13 Girls

6	Lucy Fitzpatrick	??.??
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35 finishers

Under 17 Women

9	Hannah Viner	??.??
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35 finishers

Under 17 Men

6	Terry Fawden (3rd U15)	15.15
11	Alexander Machin-Paley (7th U15)	15.36
13	Sam Ginzburg	15.46
22	Joshia Mills (11th U15)	16.20
25	James Millett (13th U15)	16.47
37	Bruce Allinson (18th U15)	18.00
39	Alistair Sleeman (19th U15)	18.13

56 finishers

Match Position 1st

League Position 3rd after race 3 of 5

Senior Women

8	Alex Gounelas	23.36
14	Katie Meredith	24.15
35	Alexia Trafford	25.24
55	Louise Faherty	26.39
56	Rhonda Munnik	26.39
60	Sophie Sheldrake	26.45
91	Fallon Everitt	29.00
95	Natasha Cendrowicz	29.11
97	Emma Burgess	29.14
116	Alex Goodwin	30.14
127	Elizabeth Ogunde	31.13
141	Sarah Chapman	32.17

156 finishers

Match Position 4th

League table after race 3 of 5

(Division 1 - top 5)

1st	Shaftesbury Barnet Harriers	654 points
2nd	Serpentine RC	640 points
3rd	Woodford Green with Essex Ladies	511 points
4th	London Heathside	442 points
5th	Highgate Harriers	440 points

Senior Men

3	Sean Dixon	27.10
4	Ben Noad	27.13
22	Danny Russell	28.32
23	Tim Gardner	28.33
28	Richard Scott	28.44
30	Henry Dodwell	28.52
37	Fergal Smithwisk	29.15
38	Stephen Baylis	29.17
39	Andrew Lawrence	29.18
42	Ben Pochee (1st V40)	27.19
55	Rob Walker	30.10
56	Luke McMullan	30.13
59	Guillaume Cribier	30.22

67	John McKeane	30.40
68	Jonathan Deane	30.41
71	Chris Beecham	30.45
73	Michael Dan	30.47
78	Chris Panayiotou	30.53
80	Stephen Whiting	31.00
93	Gordon Pearce	31.28
98	Tom Christopher	31.34
131	David Gilbert	32.41
134	Oliver Kean	32.47
169	Leo Kirkhaar	33.50
207	Pierce Boyle	35.08
212	Richard Stewart	35.20
213	Simon Child	35.22
243	Michael Cribbin	36.31
245	Nick Stockman	36.36
259	Martin Bright	37.11
262	Stephen Meredith	37.14
291	Daniel O'Donnell	38.23
300	Greg Fuzesi	38.40
305	Steve Scruton	38.49
373	Jonathan Oviasu	44.35

392 finishers

Match Position 2nd

League table after race 3 of 5

(Division 1 - top 4)

1st	Highgate Harriers	3389 points
2nd	Woodford Green with Essex Ladies	3357 points
3rd	Serpentine RC	2734 points
4th	Shaftesbury Barnet Harriers	2668 points

Full Results from the [Met League website](#)

**26th December - Boxing Day Handicap Race
Parliament Hill Fields**



1	Ben Hatch / James Millet	20:35
3	Will Laing	21:28
4	Peter Laing	22:03

5	George Laing	22:47
6	Harvey Dodd	23:32
7	Frank Trentman	26:21
8	Isabella / Andrew Millet	26:33
10	Julia Ruddick-Trentman	27:03
11	Oscar Ruddick-Trentman	27:30
12	Lucy Fitzpatrick	27:32
13	Elizabeth Ruddick	28:12
14	Miranda Dodd	28:27
15	Alex Phitipatrick	28:47
16	John Fitzpatrick	28:50
17	Adrian Laing	30:34
18	Deborah Laing	34:12
19	Chris Bailey / Kevin Linehan	36:47
21	Stanley / Clement Harrison	45:39



[Back to Top](#)