

January 2013

5th January - Middlesex Cross Country Champs Wormwood Scrubs



Under 15 Champion Georgia Fear

Under 13 girls (3000m approx)

| | | |
|----|------------------|-------|
| 9 | Lucy Fitzpatrick | 12:28 |
| 14 | Anna Willis | 12:44 |
| 15 | Cecily Turner | 12:45 |
| 22 | Emma Willets | 13:42 |

50 finishers

Team positions (top 3 of 8)

| | | |
|-----|--------------------------|-----------|
| 1st | Thames Valley Harriers | 8 points |
| 2nd | Highgate Harriers | 38 points |
| 3rd | Ealing, Southall & Middx | 38 points |

Under 15 girls (4000m approx)

| | | |
|----|------------------------|-------|
| 1 | Georgia Fear | 17:19 |
| 9 | Marjolaine Briscoe | 19:07 |
| 11 | Ellie Doolan | 19:14 |
| 23 | Lilah Fear | 20:31 |
| 29 | Julia Ruddick-Trentman | 21:40 |
| 33 | Maya Doolan | 22:01 |

41 finishers

Team positions (top 3 of 9)

| | | |
|-----|------------------------|-----------|
| 1st | Thames Valley Harriers | 15 points |
| 2nd | Highgate Harriers | 21 points |
| 3rd | Enfield & Harringey | 28 points |

Under 17 women (5000m approx)

| | | |
|---|--------------|-------|
| 2 | Hannah Viner | 21:56 |
|---|--------------|-------|

9 finishers

Senior Women (8000m approx)

| | | |
|----|--------------------|-------|
| 2 | Becky Penty | 33:27 |
| 3 | Katie Meredith | 34:23 |
| 5 | Esther Evans | 35:10 |
| 16 | Alexia Trafford | 37:57 |
| 27 | Louise Faherty | 38:42 |
| 33 | Sophie Sheldrake | 39:26 |
| 39 | Rhonda Munnik | 40:04 |
| 58 | Natasha Cendrowicz | 43:11 |
| 64 | Alex Goodwin | 44:10 |
| 77 | Sarah Chapman | 48:20 |

93 finishers

Team positions (top 3 of 11)

| | | |
|-----|-------------------|-----------|
| 1st | Highgate Harriers | 26 points |
| 2nd | London Heathside | 38 points |
| 3rd | Serpentine RC | 74 points |

Under 13 boys (3000m approx)

| | | |
|----|-------------------|-------|
| 6 | Dempster Fawden | 11:26 |
| 37 | Solly Butcher | 12:58 |
| 43 | Olly Jones-Hughes | 13:21 |

55 finishers

Team position 7th of 10 teams

Under 15 boys (4000m approx)

| | | |
|----|-------------------|-------|
| 7 | Terry Fawden | 15:57 |
| 9 | Ben Hatch | 16:04 |
| 12 | James Millett | 16:35 |
| 19 | Alex Machin-Paley | 17:17 |
| 31 | Ivan D'Avoine | 19:00 |

41 finishers

Team positions (top 3 of 8)

| | | |
|-----|--------------------------|-----------|
| 1st | Highgate Harriers | 28 points |
| 2nd | Ealing, Southall & Middx | 29 points |
| 3rd | Trent Park | 36 points |

Under 17 men (6000m approx)

| | | |
|----|-------------|-------|
| 34 | Peter Laing | 25:39 |
|----|-------------|-------|

35 finishers

Senior Men (12000m approx)

| | | |
|-----|------------------|-------|
| 5 | Henry Dodwell | 42:41 |
| 9 | Ryan McKinlay | 43:50 |
| 15 | Luke McMullen | 44:41 |
| 16 | Stephen Whiting | 44:50 |
| 21 | Chris Beecham | 45:21 |
| 40 | Nick Gold | 47:45 |
| 54 | Baard Lynges | 49:35 |
| 87 | Dan Higgins | 53:20 |
| 88 | Mick Cribben | 53:27 |
| 91 | Richard Stewart | 53:32 |
| 92 | Nick Stockman | 53:35 |
| 94 | Steve Scruton | 53:40 |
| 102 | Stephen Meredith | 54:40 |
| 109 | Kevin Linehan | 55:59 |

148 finishers

Team positions (top 3 of 9)

| | | |
|-----|------------------------|------------|
| 1st | Hillingdon | 82 points |
| 2nd | Highgate Harriers | 106 points |
| 3rd | Thames Valley Harriers | 143 points |

[Full Middlesex 2013 results](#)

**12th January - Active Training World Metropolitan Cross Country League
Horsenden Hill (Race 4 of 5)**



Under 13 Boys

| | | |
|----|-----------------|-------|
| 31 | Calum Anderson | 12.55 |
| 33 | Solomon Butcher | 13.24 |

48 finishers

Under 17 Women

| | | |
|----|-------------------------|-------|
| 6 | Hannah Viner | 15.58 |
| 17 | Ellie Doolan (10th U15) | 16.53 |
| 27 | Maya Doolan (18th U15) | 18.07 |

35 finishers

Under 17 Men

| | | |
|----|---------------------------|-------|
| 30 | Bruce Allinson (11th U15) | 15.29 |
|----|---------------------------|-------|

50 finishers

Senior Women

| | | |
|-----|--------------------|-------|
| 2 | Elaine Murty | 22.36 |
| 4 | Becky Penty | 23.20 |
| 6 | Alex Gounelas | 23.51 |
| 7 | Katie Meredith | 24.00 |
| 15 | Hanah Wylie | 24.53 |
| 27 | Alexia Trafford | 25.21 |
| 33 | Vicky Frew | 26.02 |
| 38 | Louise Faherty | 26.40 |
| 40 | Sophie Sheldrake | 26.50 |
| 56 | Sarah Bailey | 27.55 |
| 62 | Natasha Cendrowicz | 28.28 |
| 76 | Alex Goodwin | 28.56 |
| 80 | Emma Burgess | 29.08 |
| 117 | Sarah Chapman | 32.36 |
| 132 | Kirat Nandra | 36.10 |

139 finishers

Match Position 1st

League table after race 4 of 5

(Division 1 - top 5)

| | | |
|-----|----------------------------------|------------|
| 1st | Serpentine RC | 788 points |
| 2nd | Shaftesbury Barnet Harriers | 772 points |
| 3rd | Woodford Green with Essex Ladies | 685 points |
| 4th | Highgate Harriers | 645 points |
| 5th | London Heathside | 564 points |

Senior Men

| | | |
|-----|-------------------------|-------|
| 2 | Sean Dixon | 29.30 |
| 6 | David Bruce | 30.21 |
| 11 | Ben Noad | 31.02 |
| 15 | Tim Gardner | 31.23 |
| 17 | Ben Pochee (1st M40) | 31.28 |
| 19 | Richard Scott | 31.35 |
| 22 | Henry Dodwell | 31.40 |
| 24 | Danny Russell | 32.08 |
| 25 | Ryan McKinley | 32.12 |
| 33 | Robel Balhebi (1st U20) | 32.45 |
| 37 | Luke McMullan | 33.12 |
| 38 | John McKeane | 33.16 |
| 41 | Andrew Lawrence | 33.20 |
| 42 | Peter Downie | 33.34 |
| 46 | Stephen Whiting | 33.47 |
| 49 | Chris Beecham | 33.58 |
| 71 | Tom Christopher | 35.10 |
| 75 | Fergal Smithwisk | 35.14 |
| 107 | Oliver Kean | 36.17 |

| | | |
|-----|------------------|-------|
| 122 | Alex Thomas | 36.40 |
| 143 | Leo Kirkhaar | 37.34 |
| 157 | Chris Bailey | 38.05 |
| 174 | Michael Cribbin | 38.46 |
| 179 | Richard Stewart | 39.02 |
| 200 | Joseph Lowe | 39.48 |
| 213 | Stephen Meredith | 40.17 |
| 219 | Steve Scruton | 40.37 |
| 236 | Nick Stockman | 41.09 |
| 244 | Martin Bright | 41.25 |
| 319 | Stephen Baylis | 47.13 |

350 finishers

Match Position 1st

League table after race 4 of 5

(Division 1 - top 5)

| | | |
|------------|----------------------------------|--------------------|
| 1st | Highgate Harriers | 4636 points |
| 2nd | Woodford Green with Essex Ladies | 4495 points |
| 3rd | Serpentine RC | 3652 points |
| 4th | Shaftesbury Barnet Harriers | 3018 points |
| 5th | London Heathside | 2788 points |

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

February 2013

9th February - Active Training World Metropolitan Cross Country League Merchant Taylors School, Northwood (Race 5 of 5)



Under 13 Boys

| | | |
|----|-----------------|-------|
| 24 | Filip Bastien | 15.55 |
| 26 | Solomon Butcher | 16.12 |

31 finishers

Under 17 Women

| | | |
|---|--------------|-------|
| 2 | Hannah Viner | 19.25 |
|---|--------------|-------|

23 finishers

Under 17 Men

| | | |
|----|----------------------------------|-------|
| 17 | Alexander Machin-Paley (8th U15) | 18.30 |
|----|----------------------------------|-------|

42 finishers

Senior Women

| | | |
|-----|--------------------|-------|
| 6 | Katie Meredith | 26.58 |
| 8 | Alex Gounelas | 27.02 |
| 26 | Hannah Wylie | 28.57 |
| 38 | Alexia Trafford | 29.47 |
| 42 | Heather Bijman | 30.03 |
| 46 | Louise Faherty | 30.13 |
| 48 | Rhonda Munnik | 30.15 |
| 55 | Sophie Sheldrake | 30.44 |
| 58 | Astrid Wingler | 31.04 |
| 66 | Sarah Bailey | 31.41 |
| 70 | Natasha Cendrowicz | 32.29 |
| 112 | Alex Goodwin | 36.18 |
| 122 | Kirat Nandra | 39.41 |

131 finishers

Match Position 4th

Final League Table after race 5 of 5

(Division 1 - top 5)

| | | |
|------------|----------------------------------|-------------------|
| 1st | Serpentine RC | 993 points |
| 2nd | Shaftesbury Barnet Harriers | 956 points |
| 3rd | Woodford Green with Essex Ladies | 910 points |
| 4th | Highgate Harriers | 794 points |
| 5th | London Heathside | 695 points |

Senior Men

| | | |
|-----|-------------------------|-------|
| 4 | Ben Noad | 30.13 |
| 8 | Tim Gardner | 30.28 |
| 9 | Ryan McKinley | 30.33 |
| 11 | Ben Pochee (1st V40) | 30.38 |
| 17 | Richard Scott | 31.13 |
| 23 | Henry Dodwell | 31.35 |
| 25 | Peter Downie | 31.41 |
| 28 | Robel Balhebi (2nd U20) | 31.54 |
| 30 | Fergal Smithwick | 32.13 |
| 33 | John McKeane | 32.19 |
| 35 | Andrew Lawrence | 32.23 |
| 42 | Nick Gold | 32.42 |
| 54 | Rob Walker | 33.16 |
| 64 | Luke McMullan | 33.41 |
| 68 | Marten Van der Hoeven | 33.47 |
| 71 | Oliver Kean | 33.58 |
| 74 | Alex Thomas | 34.07 |
| 75 | Duncan Burbidge | 34.07 |
| 108 | David Gilbert | 35.26 |
| 130 | Leo Kirkhaar | 36.11 |
| 141 | Chris Bailey | 36.43 |
| 156 | Richard Stewart | 37.34 |
| 158 | Michael Cribbin | 37.40 |
| 182 | Stephen Meredith | 38.52 |
| 187 | Martin Bright | 39.07 |
| 188 | Nick Stockman | 39.10 |
| 207 | Pierce Boyle | 39.54 |
| 235 | Stephen Baylis | 42.05 |

288 finishers

Match Position 1st

Final League Table after race 5 of 5

(Division 1 - top 5)

| | | |
|------------|----------------------------------|--------------------|
| 1st | Highgate Harriers | 5869 points |
| 2nd | Woodford Green with Essex Ladies | 5501 points |
| 3rd | Serpentine RC | 4706 points |
| 4th | London Heathside | 3645 points |
| 5th | Shaftesbury Barnet Harriers | 3644 points |

Howard Williams Trophy (Senior Men & Women combined)

(Top 5 of 20)

| | | |
|------------|----------------------------------|------------------|
| 1st | Serpentine RC | 38 points |
| 2nd | Highgate Harriers | 37 points |
| 3rd | Woodford Green with Essex Ladies | 37 points |
| 4th | Shaftesbury Barnet | 35 points |
| 5th | London Heathside | 33 points |

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

**16th February - South of England Cross Country Championships
Parliament Hill Fields**

Under 13 girls (3000m)

| | | |
|----|---------------|-------|
| 35 | Anna Willis | 12:19 |
| 98 | Cecily Turner | 13:14 |

204 finishers

Under 13 boys (3000m)

| | | |
|-----|-----------------|-------|
| 28 | Dempster Fawden | 11:22 |
| 117 | Esteban Ghrous | 12:23 |
| 128 | Filip Bastion | 12:31 |

204 finishers

Under 15 girls (4000m)

| | | |
|-----|--------------|-------|
| 10 | Georgia Fear | 14:35 |
| 104 | Lilah Fear | 16:48 |

187 finishers

Under 15 boys (4500m)

| | | |
|-----|-------------------|-------|
| 20 | Terry Fawden | 15:48 |
| 31 | Ben Hatch | 16:01 |
| 48 | James Millett | 16:25 |
| 71 | Alex Machin Paley | 16:45 |
| 161 | Ivan Davione | 18:58 |

194 finishers

Team positions

| | | |
|---|-------------------------------|-------------------|
| 1 | Aldershot, Farnham & District | 70 points |
| 2 | Tonbridge AC | 85 points |
| 3 | Highgate Harriers | 170 points |

23 teams completed

Under 17 women (5000m)

| | | |
|----|--------------|-------|
| 21 | Hannah Viner | 20:47 |
|----|--------------|-------|

102 finishers

Under 17 Men (6000m)

| | | |
|-----|------------------|-------|
| 57 | Gabriel Springer | 21:59 |
| 82 | Peter Laing | 22:36 |
| 117 | Stanley Harrison | 23:59 |

151 finishers

Under 20 Men (8000m)

| | | |
|----|---------------|-------|
| 19 | Robel Bahelbi | 27:42 |
| 77 | Pierce Boyle | 34:42 |

82 finishers

Senior Women (8000m)

| | | |
|-----|--------------------|-------|
| 19 | Katie Meredith | 32:15 |
| 36 | Hannah Wylie | 33:23 |
| 76 | Sophie Sheldrake | 36:12 |
| 81 | Louise Faherty | 36:41 |
| 90 | Rhonda Munnik | 37:20 |
| 91 | Elinor Winter | 37:34 |
| 103 | Natasha Cendrowicz | 38:53 |
| 225 | Kirat Nandra | 50:04 |

256 finishers

Team positions

| | | |
|---|-------------------------------|------------|
| 1 | Aldershot, Farnham & District | 11 points |
| 2 | Serpentine | 121 points |
| 3 | London Heathside | 142 points |

4 Highgate Harriers 212 points

21 teams completed

Senior Men (15000m)

| | | |
|-----|------------------|-------|
| 11 | Ben Noad | 51:36 |
| 20 | Danny Russell | 52:51 |
| 23 | Richard Scott | 52:59 |
| 26 | Ben Pochee | 53:14 |
| 28 | Ryan McKinlay | 53:20 |
| 48 | Henry Dodwell | 54:36 |
| 64 | John McKeane | 56:05 |
| 81 | Stephen Whiting | 57:17 |
| 91 | Nick Gold | 57:45 |
| 127 | Rob Walker | 59:38 |
| 135 | Maarten Hoeven | 60:07 |
| 157 | Jon Deane | 61:08 |
| 235 | Leo Kirkhaar | 65:01 |
| 276 | Richard Stewart | 66:53 |
| 289 | Kevin Linehan | 68:06 |
| 296 | Stephen Meredith | 68:22 |
| 350 | Martin Bright | 70:58 |
| 358 | Nick Stockman | 71:22 |
| 446 | Greg Fuzesi | 78:45 |

541 finishers

Team positions

| | | |
|---|-------------------------------|------------|
| 1 | Bedford & County | 57 points |
| 2 | Highgate Harriers | 156 points |
| 3 | Aldershot, Farnham & District | 221 points |

31 teams completed

[Full Results](#)

**23rd February - English National Cross Country Championships
Herrington Park, Sunderland**

Under 15 girls (4K)

| | | |
|----|---------------------------|-------|
| 1 | Lucy Jones (Charnwood AC) | 17:12 |
| 22 | Georgia Fear | 18:23 |

208 finishers

Senior Women (8K)

| | | |
|-----|-----------------------------------|-------|
| 1 | Louise Damen (Winchester & Dist.) | 29:31 |
| 205 | Natasha Cendrowicz | 41:04 |

427 finishers

Senior Men (12K)

| | | |
|-----|-----------------------------------|-------|
| 1 | Keith Gerrard (Newham & Essex) | 41:21 |
| 2 | Steve Vernon (Stockport Harriers) | 41:24 |
| 3 | Neilson Hall (Bedford & County) | 41:47 |
| 4 | Shaun Dixon | 41:50 |
| 37 | Ben Noad | 44:05 |
| 56 | Danny Russell | 44:50 |
| 64 | Ben Pochee | 45:07 |
| 114 | Richard Scott | 46:36 |
| 126 | Ryan McKinlay | 46:51 |
| 138 | Henry Dodwell | 47:02 |
| 214 | Peter Downie | 49:15 |
| 216 | Rob Walker | 49:21 |
| 231 | Nick Gold | 49:46 |

| | | |
|-----|---------------|-------|
| 476 | Richard Petty | 55:03 |
| 493 | David Gilbert | 55:36 |
| 775 | Martin Bright | 62:10 |

1085 finishers

Team positions (9 to score)

| | | |
|---|--------------------------|-------------------|
| 1 | Morpeth Harriers & AC | 382 points |
| 2 | Leeds City AC | 423 points |
| 3 | Notts AC | 579 points |
| 4 | Bedford & County AC | 651 points |
| 5 | Tipton Harriers | 672 points |
| 6 | Highgate Harriers | 969 points |

38 teams completed

[Full results on the ECCA website](#)

April 2013

10th April - Highgate Harriers/City of London Open Meeting Parliament Hill

[Full Results](#)

13th April - English National Road Relay Championships (Incorporating the South of England Championships) Sutton Park - Sutton Coldfield

Men (12 stage)

| | | |
|------------|------------------------|-------|
| Leg 1 (L) | Danny Russell (2nd) | 26:17 |
| Leg 2 (S) | Robel Bahelbi (4th) | 15:09 |
| Leg 3 (L) | Ben Noad (1st) | 27:01 |
| Leg 4 (S) | Michael Dan (2nd) | 15:40 |
| Leg 5 (L) | Ben Pochee (6th) | 28:16 |
| Leg 6 (S) | Jonathan Deane (7th) | 16:07 |
| Leg 7 (L) | Ryan McKinlay (13th) | 28:59 |
| Leg 8 (S) | Brahma Pochee (11th) | 16:10 |
| Leg 9 (L) | Richard Scott (14th) | 28:39 |
| Leg 10 (S) | Stephen Whiting (14th) | 16:03 |
| Leg 11 (L) | Henry Dodwell (12th) | 28:27 |
| Leg 12 (S) | Peter Downie (12th) | 15:42 |

L = Long leg / S = Short leg

Team Positions

| | | |
|------|--------------------------|----------------|
| 1st | Belgrave Harriers | 4:12:54 |
| 2nd | Leeds City AC | 4:13:10 |
| 3rd | Cardiff AC | 4:14:55 |
| | | |
| 12th | Highgate Harriers | 4:22:30 |

72 teams finished

[Full results](#)

[SEAA results](#)

14th April - National Young Athletes Road Relay Championships Sutton Park - Sutton Coldfield

Under 15 boys

| | | |
|-------|-------------------------------|-------|
| Leg 1 | Terence Fawden (5th) | 12:50 |
| Leg 2 | James Millett (15th) | 14:26 |
| Leg 3 | Alexander Machin-Paley (11th) | 13:36 |

Team Positions

| | | |
|-----|-------------------------|-------|
| 1st | Leicester Coritanian AC | 38:18 |
|-----|-------------------------|-------|

| | | |
|-------------|-------------------------------|--------------|
| 2nd | Tonbridge AC | 38:40 |
| 3rd | Aldershot, Farnham & District | 38:49 |
| | | |
| 11th | Highgate Harriers | 40:52 |

39 teams finished

[Full results](#)

**27th April - Sweatshop Southern Athletics League (Division 3N)
Watford**



Match 1 - Division 3N

| | | |
|----------|----------------------------------|-------------------|
| 1 | Highgate Harriers | 281 points |
| 2 | Serpentine | 232 points |
| 3 | Watford Harriers | 229 points |
| 4 | Woodford Green with Essex Ladies | 134 points |

League position after match 1 - 2nd of 17

[Full Results](#)

May 2013

**4th May - Youth Development League (Southern N3 Division)
St Mary's University, Twickenham**



Match 1

| | | |
|----------|--------------------------|-------------------|
| 1 | Wycombe Phoenix Harriers | 519 points |
| 2 | St Marys Richmond AC | 496 points |
| 3 | Vale of Aylesbury AC | 361 points |
| 4 | London Heathside | 243 points |
| 5 | Highgate Harriers | 224 points |
| 6 | Team Hounslow & St Marys | 183 points |

[Full Results](#)

**18th May - Sweatshop Southern Athletics League (Division 3N)
Parliament Hill**



Match 2 - Division 3N

| | | |
|----------|--------------------------|-------------------|
| 1 | Oxford City | 294 points |
| 2 | Highgate Harriers | 262 points |
| 3 | Orion Harriers | 160 points |
| 4 | Thurrock Harriers | 104 points |
| 5 | West Suffolk | 45 points |

League position after match 2 - 3rd of 17

[Full Results](#)

[Photos from Parliament Hill](#)
(Courtesy of SNELLER PHOTOGRAPHY)

**25th/26th May - Middlesex County Track & Field Championships
Lee Valley**

[Full Results](#)

June 2013

**1st June - Youth Development League (Southern N3 Division)
Parliament Hill**



Match 2

| | | |
|---|--------------------------|-------------------|
| 1 | Wycombe Phoenix Harriers | 502 points |
| 2 | St Marys Richmond AC | 458 points |
| 3 | Highgate Harriers | 430 points |
| 4 | Vale of Aylesbury AC | 388 points |
| 5 | London Heathside | 276 points |
| 6 | Team Hounslow | 168 points |

[Full Results](#)

**6th June - Highgate Harriers 10,000m Night of the PBs
Parliament Hill**

[Full Results](#)

**15th June - Sweatshop Southern Athletics League (Division 3N)
Lee Valley**



Match 3 - Division 3N

| | | |
|---|--------------------------|-------------------|
| 1 | Highgate Harriers | 253 points |
| 2 | Vale of Aylesbury | 218 points |
| 3 | Braintree & District | 206 points |
| 4 | Loughton | 186 points |

[Full Results](#)

**22nd June - Youth Development League (Southern N3 Division)
Hemel Hempstead**



Match 3

| | | |
|---|--------------------------|-------------------|
| 1 | Wycombe Phoenix Harriers | 560 points |
| 2 | St Marys Richmond AC | 423 points |
| 3 | Vale of Aylesbury AC | 396 points |
| 4 | Highgate Harriers | 325 points |

| | | |
|---|------------------|------------|
| 5 | London Heathside | 266 points |
| 6 | Team Hounslow | 213 points |

[Full Results](#)

July 2013

13th July - Youth Development League (Southern N3 Division) Parliament Hill



Match 4

| | | |
|---|--------------------------|-------------|
| 1 | Wycombe Phoenix Harriers | 525½ points |
| 2 | Highgate Harriers | 433½ points |
| 3 | Vale of Aylesbury AC | 406 points |
| 4 | St Marys Richmond AC | 355½ points |
| 5 | London Heathside | 320½ points |
| 6 | Team Hounslow | 314 points |

[Full Results](#)

20th July - Sweatshop Southern Athletics League (Division 3N) Perivale



Match 4 - Division 3N

| | | |
|---|------------------------------|-------------|
| 1 | Dartford Harriers | 272 points |
| 2 | Ealing, Southall & Middlesex | 267 points |
| 3 | Highgate Harriers | 264½ points |
| 4 | Huntingdonshire | 179½ points |

[More Results](#)

10th August - Sweatshop Southern Athletics League (Division 3N) Parliament Hill



Match 5 - Division 3N

| | | |
|---|-----------------------|------------|
| 1 | Highgate Harriers | 312 points |
| 2 | Colchester & Tendring | 210 points |
| 3 | Biggleswade | 161 points |
| 4 | West Norfolk & Diss | 74 points |

League position after final match - 3rd of 17

**Highgate Harriers gain promotion to
Division 2**

[More Results](#)

September 2013

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

[Full Results](#)

**15th September - Middlesex Young Athletes Relays
Minet Park, Hayes**

[Full Results](#) on the Middlesex AA website

**21st/22nd September - South of England Road Relays
Aldershot**

Senior Men 'A' Team

| | | |
|--------------|---------------|--------------|
| Leg 1 | David Bruce | 18:36 (12th) |
| Leg 2 | Shaun Dixon | 18:48 (8th) |
| Leg 3 | Robel Bahelbi | 19:24 (6th) |
| Leg 4 | Ryan McKinlay | 18:49 (6th) |
| Leg 5 | Richard Scott | 19:50 (6th) |
| Leg 6 | Ben Noad | 19:19 (5th) |

Senior Men 'B' Team

| | | |
|--------------|------------------|--------------|
| Leg 1 | Fergal Smithwick | 20:01 (51st) |
| Leg 2 | Brahma Pochee | 20:57 (51st) |
| Leg 3 | Chris Beecham | 19:02 (33rd) |
| Leg 4 | Duncan Burbidge | 20:36 (31st) |
| Leg 5 | Tom Christopher | 20:23 (29th) |
| Leg 6 | Stanley Harrison | 21:16 (32nd) |

Senior Men 'C' Team

| | | |
|--------------|-----------------|--------------|
| Leg 1 | Dave Gilbert | 21:07 (67th) |
| Leg 2 | Peter Downie | 21:02 (59th) |
| Leg 3 | Jack Matthewman | 21:48 (59th) |
| Leg 4 | Pierce Boyle | 21:01 (54th) |
| Leg 5 | Robert Walker | 23:29 (58th) |
| Leg 6 | AN Other | 20:07 (52nd) |

Team positions

| | | |
|-------------|-----------------------------------|----------------|
| 1st | Aldershot, Farnham & District 'A' | 1:51:53 |
| 2nd | Newham & Essex Beagles 'A' | 1:52:38 |
| 3rd | Bedford & County AC 'A' | 1:53:12 |
| 4th | Kent AC 'A' | 1:53:48 |
| 5th | Highgate Harriers 'A' | 1:54:46 |
| 32nd | Highgate Harriers 'B' | 2:02:15 |
| 52nd | Highgate Harriers 'C' | 2:08:34 |

80 complete teams finished

Masters Men (M40)

| | | |
|--------------|----------------|--------------|
| Leg 1 | Chris Beecham | 20:13 (4th) |
| Leg 2 | Michael Ussher | 22:37 (9th) |
| Leg 3 | Alex Davidson | 21:48 (10th) |
| Leg 4 | John O'Shea | 23:24 (15th) |

Team position 15th

35 complete teams finished

[Full Results](#)

October 2013

**5th October - South of England Cross Country Relays
Wormwood Scrubs**

Senior Women 'A' team

| | | |
|--------------|------------------------------|-------------|
| Leg 1 | Katie Meredith (5th fastest) | 12.35 (2nd) |
| Leg 2 | Alexia Trafford | 13.07 (2nd) |
| Leg 3 | Heather Bijman (7th fastest) | 12.37 (2nd) |

Incomplete Senior Women 'B' team

| | | |
|--------------|--------------------|--------------|
| Leg 1 | Sophie Sheldrake | 13.36 (12th) |
| Leg 2 | Natasha Cendrowicz | 15.08 (15th) |

Team Positions

| | | |
|-----|------------------------|-------|
| 1st | Thames Valley Harriers | 36.53 |
| 2nd | Highgate Harriers | 38.19 |
| 3rd | Guildford & Godalming | 38.53 |

16 complete teams finished

Incomplete U20 Women 'A' team

| | | |
|--------------|----------------------------|-------------|
| Leg 1 | Hannah Viner (2nd fastest) | 08.45 (2nd) |
|--------------|----------------------------|-------------|

Under 17 Women 'A' team

| | | |
|--------------|-----------------------------------|--------------|
| Leg 1 | H Roberts | 10.29 (16th) |
| Leg 2 | K Bilton | 13.02 (13th) |
| Leg 3 | Georgia Fear (fastest of the day) | 8.11 (12th) |

Team Position 12th

12 complete teams finished

Under 15 Girls 'A' team

| | | |
|--------------|---------------|-------------|
| Leg 1 | L Fitzpatrick | 8.25 (24th) |
| Leg 2 | M Doolan | 8.41 (26th) |
| Leg 3 | Lilah Fear | 8.05 (23rd) |

Team Position 23rd

29 complete teams finished

Under 13 Girls 'A' team

| | | |
|--------------|-------------|-------------|
| Leg 1 | J Wilkinson | 8.43 (23rd) |
| Leg 2 | S Fear | 8.45 (20th) |
| Leg 3 | E Williets | 8.35 (16th) |

Team Position 16th

Under 13 Girls 'B' team

| | | |
|--------------|-------------|-------------|
| Leg 1 | K Llewellyn | 8.55 (26th) |
| Leg 2 | M Chapman | 9.02 (25th) |
| Leg 3 | H Sekkides | 9.27 (24th) |

Team Position 24th

26 complete teams finished

Senior Men 'A' team

| | | |
|--------------|---------------|--------------|
| Leg 1 | Alex Davidson | 16.26 (20th) |
| Leg 2 | Chris Bailey | 17.29 (21st) |
| Leg 3 | M Usher | 16.50 (20th) |
| Leg 4 | John O'Shea | 17.49 (21st) |

Team Position 21st

29 complete teams finished

Under 15 boys 'A' team

| | | |
|--------------|-----------|-------------|
| Leg 1 | A Sleeman | 7.20 (20th) |
| Leg 2 | F Bastien | 8.07 (24th) |
| Leg 3 | L Mennear | 7.29 (18th) |

Team Position 18th

22 complete teams finished

Under 13 boys 'A' team

| | | |
|--------------|-------------|-------------|
| Leg 1 | O Hadad | 7.54 (12th) |
| Leg 2 | C Gallagher | 8.16 (12th) |
| Leg 3 | H Dodd | 8.41 (17th) |

Team Position 17th

Incomplete Under 13 boys 'B' team

| | | |
|--------------|-----------|-------------|
| Leg 1 | R Wheeler | 8.35 (17th) |
|--------------|-----------|-------------|

20 complete teams finished

[Full Results](#)

**12th October - English National Relay Championships
Sutton Park, Birmingham**

Senior Women (4 stage)

| | | |
|--------------|------------------|--------------|
| Leg 1 | Katie Meredith | 16:07 (36th) |
| Leg 2 | Sophie Sheldrake | 16:51 (39th) |
| Leg 3 | Gemma Rous | 17:14 (35th) |
| Leg 4 | Hannah Viner | 16:44 (33rd) |

Team positions

| | | |
|-----|-------------------------------|-------|
| 1st | Aldershot, Farnham & District | 56:42 |
| 2nd | Birchfield Harriers | 58:36 |
| 3rd | Charnwood AC | 58:49 |

33rd Highgate Harriers 66:56

66 complete teams finished

[Full Womens Results](#)

Senior Men (6 stage)

| | | |
|--------------|------------------------------------|-------------|
| Leg 1 | Danny Russell (8th fastest of day) | 17:21 (3rd) |
| Leg 2 | Audun Nordtveit | 17:49 (5th) |
| Leg 3 | Shaun Dixon | 17:47 (3rd) |
| Leg 4 | Ryan McKinlay | 18:17 (6th) |
| Leg 5 | Murray Strain | 17:48 (4th) |
| Leg 6 | Ben Noad | 18:33 (6th) |

Team positions

| | | |
|-----|--------------------------|---------|
| 1st | Sale Harriers Manchester | 1:45:56 |
| 2nd | Belgrave Harriers | 1:46:24 |
| 3rd | Tipton Harriers | 1:46:58 |
| 4th | Mortpeth Harriers AC | 1:47:23 |
| 5th | Central AC | 1:47:31 |

6th Highgate Harriers 1:47:35

78 complete teams finished

[Full Mens Results](#)

**13th October - English National Young Athletes Relay Championships
Sutton Park, Birmingham**

Under 15 boys

| | | |
|--------------|------------------|--------------|
| Leg 1 | Terry Fawden | 12:37 (6th) |
| Leg 2 | Dempster Fawden | 13:48 (8th) |
| Leg 3 | Alastair Sleeman | 14:43 (20th) |

Team position - 20th (41:08)

57 complete teams finished

Under 17 men

| | | |
|--------------|-------------------|--------------|
| Leg 1 | Alex Machin-Paley | 13:30 (40th) |
| Leg 2 | Josh Mills | 14:11 (40th) |
| Leg 3 | Ben Hatch | 13:56 (34th) |

Team position - 34th (41:37)

40 complete teams finished

[Full Young Athletes Results](#)

**19th October - Active Training World Metropolitan Cross Country League
Claybury, Woodford Green (Race 1 of 5)**



Under 13 Girls

| | | |
|----|---------------|-------|
| 4 | Cecily Turner | 12:50 |
| 5 | Sasha Fear | 12:55 |
| 44 | Lila Fishwick | 17:09 |

47 finishers

Team position 7th of 18

Under 13 Boys

| | | |
|----|---------------|-------|
| 16 | Oliver Haddad | 12.09 |
| 36 | George Warren | 12.55 |

57 finishers

Team position 12th of 19

Under 17 Women

| | | |
|----|-------------------------------|-------|
| 1 | Georgia Fear | 15:23 |
| 24 | Lilah Fear (14th U15) | 17:48 |
| 26 | Marjolaine Briscoe (16th U15) | 17:54 |
| 34 | Esther Pigney (17th U15) | 18:52 |

54 finishers

Team position 4th of 17

Under 17 Men

| | | |
|----|-----------------------------|-------|
| 5 | Terry Fawden (2nd U15) | 14:05 |
| 8 | Sam Willis | 14.16 |
| 16 | James Millett | 15:05 |
| 21 | Alex Machin-Paley | 15:11 |
| 40 | Alistair Sleeman (17th U15) | 16:08 |

84 finishers

Team position 2nd of 24

Senior Women

| | | |
|-----|-------------------------|-------|
| 11 | Katie Meredith | 23:57 |
| 12 | Hannah Viner (1st U20) | 24:04 |
| 17 | Harriot Brock (2nd U20) | 24:34 |
| 21 | Emma Dixon (3rd U20) | 24:58 |
| 23 | Alexia Trafford | 25:16 |
| 33 | Sophie Sheldrake | 26:02 |
| 45 | Emma Burgess | 26:41 |
| 51 | Rhian Ravenscroft | 27:22 |
| 59 | Alex Goodwin | 27:53 |
| 70 | Natasha Cendrowicz | 28:26 |
| 131 | Billie Goodrick (U17) | 33:45 |
| 132 | Helen Roberts (U17) | 33.45 |

152 finishers

Match Position 2nd

League table after race 1

(Division 1 - top 3)

| | | |
|-----|----------------------------------|------------|
| 1st | Serpentine RC | 345 points |
| 2nd | Highgate Harriers | 309 points |
| 3rd | Woodford Green with Essex Ladies | 279 points |

Senior Men

| | | |
|-----|--------------------|-------|
| 3 | Phil Wylie | 25:09 |
| 5 | Shaun Dixon | 25:31 |
| 13 | Ryan McKinley | 26:32 |
| 20 | Robel Balhebi | 26:55 |
| 24 | Richard Scott | 27:05 |
| 32 | Sam Robinson | 27:30 |
| 35 | Andrew Lawrence | 27:40 |
| 36 | Henry Dodwell | 27:47 |
| 42 | Fergal Smithwick | 28:01 |
| 47 | Jon Laybourn | 28:26 |
| 57 | Brahma Pochee | 28:42 |
| 58 | Rob Walker | 28:44 |
| 63 | Tom Christopher | 28:54 |
| 64 | John McKeane | 28:57 |
| 70 | Jonathan Deane | 29:07 |
| 74 | Duncan Burbidge | 29:14 |
| 96 | Oliver Keane | 29:50 |
| 105 | Peter Downie | 30:01 |
| 128 | Jack Matthewman | 30:43 |
| 134 | Michael Ussher | 30:57 |
| 154 | Richard Stewart | 31:24 |
| 159 | Chris Bailey | 31:30 |
| 163 | David Gilbert | 31:40 |
| 178 | Mark Townsend | 32:06 |
| 193 | Pierce Boyle (U20) | 32:37 |
| 229 | John O'Shea | 33:56 |
| 255 | Nick Stockman | 34:58 |
| 256 | Martin Bright | 35:03 |
| 284 | Stephen Meredith | 36:27 |
| 364 | Jonathan Oviasu | 44:20 |

371 finishers

Match Position 1st

League table after race 1

(Division 1 - top 3)

| | | |
|-----|----------------------------------|-------------|
| 1st | Highgate Harriers | 1098 points |
| 2nd | Serpentine RC | 1020 points |
| 3rd | Woodford Green with Essex Ladies | 891 points |

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

**26th October - Liddiard Trophy and North of the Thames Championships
Kingsbury**

Women (3 miles)

| | | |
|----|------------------------|-------|
| 1 | Ashley Scott | 17:02 |
| 2 | Georgia Fear (1st U17) | 17:04 |
| 4 | Emma Dixon (1st U20) | 17:39 |
| 7 | Heather Bijman | 18:08 |
| 8 | Alexia Trafford | 18:18 |
| 9 | Hattie Brock (2nd U20) | 18:25 |
| 12 | Sophie Sheldrake | 19:08 |
| 13 | Gemma Rous | 19:25 |
| 15 | Emma Burgess | 19:37 |
| 21 | Natasha Cendrowicz | 21:38 |

40 finishers

Liddiard Trophy Teams (3 to score)

| | | |
|-----|--------------------------|-----------|
| 1st | Highgate Harriers | 7 points |
| 2nd | Ealing, Southall & Middx | 49 points |
| 3rd | Serpentine RC | 61 points |

North of the Thames Teams (4 to score)

| | | |
|-----|--------------------------|-----------|
| 1st | Highgate Harriers | 14 points |
| 2nd | Ealing, Southall & Middx | 64 points |
| 3rd | Serpentine RC | 79 points |

Men (5 miles)

| | | |
|----|------------------|-------|
| 3 | Ryan McKinley | 25:10 |
| 9 | Henry Dodwell | 26:31 |
| 10 | Fergal Smithwick | 26:35 |
| 11 | Duncan Burbidge | 27:11 |
| 14 | Chris Beecham | 27:18 |
| 15 | Jon Deane | 27:18 |
| 21 | Nick Gold | 28:25 |
| 26 | Michael Ussher | 28:47 |
| 34 | Alex Davidson | 29:26 |
| 39 | Richard Stewart | 29:49 |
| 42 | Mark Townsend | 29:52 |
| 72 | Nick Stockman | 32:41 |
| 77 | Greg Fuzesi | 33:46 |

132 finishers

Liddiard Trophy Teams (6 to score)

| | | |
|-----|------------------------|------------|
| 1st | Highgate Harriers | 62 points |
| 2nd | London Heathside | 120 points |
| 3rd | Thames Valley Harriers | 145 points |

North of the Thames Teams (4 to score)

| | | |
|-----|------------------------|-----------|
| 1st | Highgate Harriers | 28 points |
| 2nd | London Heathside | 38 points |
| 3rd | Thames Valley Harriers | 47 points |

Highgate Harriers also won the 6-to-score, 8-to-score and the Middlesex Cup (12 to score)

[Full Results](#)

November 2013

2nd November - English Cross Country Relays Mansfield

Under 15 Boys (3 x 2km)

| | | |
|--------------|------------------|-------------|
| Leg 1 | Terry Fawden | 6:34 (7th) |
| Leg 2 | Alastair Sleeman | 7:27 (23rd) |
| Leg 3 | Dempster Fawden | 7:05 (17th) |

Team positions

| | | |
|------|-------------------------------|-------|
| 1st | Tonbridge AC | 19:46 |
| 2nd | Bedford & County AC | 20:04 |
| 3rd | Aldershot, Farnham & District | 20:09 |
| 17th | Highgate Harriers | 21:08 |

82 complete teams

Under 17 Men (3 x 3km)

| | | |
|--------------|-------------------|--------------|
| Leg 1 | Sam Willis | 9:49 (30th) |
| Leg 2 | Ben Hatch | 10:23 (32nd) |
| Leg 3 | Alex Machin-Paley | 10:34 (32nd) |

Team positions

| | | |
|-----|-------------|-------|
| 1st | Trafford AC | 27:54 |
|-----|-------------|-------|

| | | |
|-------------|-------------------------------|--------------|
| 2nd | Vale Royal AC | 27:59 |
| 3rd | Aldershot, Farnham & District | 28:07 |
| 32nd | Highgate Harriers | 30:46 |

69 complete teams

Senior Men (4 x 5km)

'A' Team

| | | |
|--------------|---------------|--------------|
| Leg 1 | David Bruce | 16:25 (28th) |
| Leg 2 | Sean Dixon | 16:02 (11th) |
| Leg 3 | Ben Noad | 16:24 (7th) |
| Leg 4 | Ryan McKinlay | 16:29 (8th) |

'B' Team

| | | |
|--------------|----------------|--------------|
| Leg 1 | Robel Bahlelbi | 16:50 (47th) |
| Leg 2 | G Rimmer | 17:39 (53rd) |
| Leg 3 | Sam Robinson | 17:12 (41st) |
| Leg 4 | Henry Dodwell | 17:27 (33rd) |

Team positions

| | | |
|-------------|-------------------------------|--------------|
| 1st | Aldershot, Farnham & District | 62:54 |
| 2nd | Sale Harriers | 63:21 |
| 3rd | Bedford & County AC | 63:55 |
| 8th | Highgate Harriers 'A' | 65:21 |
| 33rd | Highgate Harriers 'B' | 69:09 |

157 complete teams

[Full Results](#)

9th November - Active Training World Metropolitan Cross Country League Stevenage (Race 2 of 5)



Under 13 Girls

| | | |
|---|---------------|-------|
| 3 | Cecily Turner | 12:24 |
|---|---------------|-------|

48 finishers

Team position 12th

League position after race 2 - 9th

Under 17 Women

| | | |
|----|-----------------------------|-------|
| 23 | Esther Pigney (11th U15) | 16:55 |
| 30 | Lucy Fitzpatrick (15th U15) | 17:50 |

42 finishers

Team position 11th

League position after race 2 - 7th

Under 17 Men

| | | |
|----|-----------------------------|-------|
| 4 | Terry Fawden (3rd U15) | 13:08 |
| 5 | Sam Willis | 13:12 |
| 20 | Dempster Fawden (6th U15) | 14:08 |
| 28 | Alistair Sleeman (14th U15) | 14:25 |
| 68 | Filip Bastien (42nd U15) | 16:36 |

78 finishers

Team position 1st

League position after race 2 - 1st

Senior Women

| | | |
|---|---------------|-------|
| 8 | Alex Gounelas | 22:19 |
|---|---------------|-------|

| | | |
|----|------------------------|-------|
| 11 | Katie Meredith | 22:45 |
| 15 | Ashley Scott | 22:57 |
| 16 | Emma Dixon (1st U20) | 23:04 |
| 26 | Alexia Trafford | 23:43 |
| 32 | Hannah Viner (2nd U20) | 23:55 |
| 41 | Sophie Sheldrake | 24:23 |
| 53 | Astrid Winger | 25:08 |
| 56 | Emma Burgess | 25:20 |
| 62 | Alex Goodwin | 25:51 |
| 82 | Natasha Cendrowicz | 27:12 |
| 84 | Fallon Everitt | 27:15 |

165 finishers

Match Position 2nd

League table after race 2

(Division 1 - top 3)

| | | |
|-----|----------------------------------|------------|
| 1st | Serpentine RC | 676 points |
| 2nd | Highgate Harriers | 673 points |
| 3rd | Woodford Green with Essex Ladies | 618 points |

Senior Men

| | | |
|-----|-----------------------|-------|
| 5 | Shaun Dixon | 25:53 |
| 9 | Ben Noad | 26:04 |
| 13 | Chris Rainsford | 26:22 |
| 22 | Ryan McKinley | 26:41 |
| 30 | Robel Balhebi | 27:11 |
| 51 | Henry Dodwell | 27:46 |
| 52 | Fergal Smithwick | 27:50 |
| 53 | Brahma Pochee | 27:51 |
| 54 | Andrew Lawrence | 27:52 |
| 66 | Jon Laybourn | 28:12 |
| 73 | John McKeane | 28:32 |
| 80 | Jonathan Deane | 28:44 |
| 81 | Duncan Burbidge | 28:51 |
| 92 | Tom Christopher | 29:01 |
| 111 | Oliver Keane | 29:33 |
| 126 | Marten Van der Hoeven | 29:56 |
| 152 | Mark Townsend | 30:36 |
| 157 | David Gilbert | 30:42 |
| 171 | Alex Davidson | 31:07 |
| 209 | Chris Bailey | 32:11 |
| 240 | Pierce Boyle (U20) | 33:19 |
| 270 | Martin Bright | 34:08 |
| 287 | Nick Stockman | 34:50 |

400 finishers

Match Position 1st

League table after race 2

(Division 1 - top 3)

| | | |
|-----|----------------------------------|-------------|
| 1st | Highgate Harriers | 2206 points |
| 2nd | Serpentine RC | 1978 points |
| 3rd | Woodford Green with Essex Ladies | 1880 points |

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

**16th November - London Cross Country Championships
Parliament Hill Fields**

Senior Women

| | | |
|----|------------------------|-------|
| 3 | Katie Meredith | 22:41 |
| 11 | Heather Bijman | 23:17 |
| 12 | Hannah Viner (1st U20) | 23:22 |

| | | |
|-----|--------------------|-------|
| 21 | Alexia Trafford | 24:02 |
| 36 | Astrid Wingler | 24:59 |
| 41 | Gemma Rous | 25:29 |
| 42 | Emma Burgess | 25:34 |
| 81 | Natasha Cendrowicz | 28:21 |
| 131 | Kirat Nandra | 33:55 |

135 finishers

Team Positions (top 3 of 16 'A' teams)

| | | |
|-----|----------------------|-----------|
| 1st | Highgate Harriers | 47 points |
| 2nd | London Heathside | 70 points |
| 3rd | Thames Hare & Hounds | 85 points |

Men

| | | |
|-----|------------------|-------|
| 5 | Ryan McKinlay | 32:07 |
| 30 | Chris Beecham | 34:59 |
| 37 | Jonathan Deane | 35:19 |
| 43 | Tim Gardner | 36:01 |
| 57 | Oliver Keane | 36:32 |
| 60 | Michael Townsend | 36:53 |
| 78 | Peter Downie | 37:35 |
| 93 | Alex Davidson | 38:14 |
| 98 | Richard Stewart | 38:31 |
| 103 | Richard Petty | 38:44 |
| 142 | Chris Bailey | 40:11 |
| 202 | Michael Ussher | 43:06 |
| 207 | Greg Fuzesi | 43:11 |
| 242 | Luke McMullan | 45:11 |

289 finishers

Team Positions (top 5 of 25 'A' teams)

| | | |
|-----|------------------------|------------|
| 1st | Thames Valley Harriers | 51 points |
| 2nd | Cambridge Harriers | 60 points |
| 3rd | Hercules Wimbledon AC | 87 points |
| 4th | Thames Hare & Hounds | 92 points |
| 5th | Highgate Harriers | 115 points |

[Womens Individual Results](#) [Womens Team Results](#)

[Mens Individual Results](#) [Mens Team Results](#)

**23rd November - North London Cross Country Championships
Mad Bess Wood, Ruislip**

Women (6,000m)

| | | |
|----|--------------------|-------|
| 3 | Katie Meredith | 22.08 |
| 4 | Hannah Viner | 22.21 |
| 5 | Heather Bijman | 22.56 |
| 8 | Alexia Trafford | 23.10 |
| 19 | Sophie Sheldrake | 24.26 |
| 21 | Emma Burgess | 24.41 |
| 22 | N Rossberg | 24.53 |
| 35 | Fallon Everitt | 26.23 |
| 47 | Natasha Cendrowicz | 27.22 |
| 80 | Kirat Nandra | 33.49 |

81 finishers

Team Positions (4 to score)

| | | |
|-----|--------------------------|-----------|
| 1st | Highgate Harriers | 20 points |
| 2nd | Ealing, Southall & Middx | 74 points |
| 3rd | London Heathside | 87 points |
| 4th | Highgate Harriers 'B' | 97 points |

13 teams finished

Men (8000m)

| | | |
|----|-------------------------|-------|
| 3 | Ryan McKinlay | 26.09 |
| 7 | Henry Dodwell | 26.52 |
| 8 | Jon Laybourn | 26.58 |
| 9 | Jonathan Deane | 27.18 |
| 10 | Chris Beecham (2nd Vet) | 27.25 |
| 37 | Alex Davidson | 29.14 |
| 46 | Richard Stewart | 29.48 |
| 68 | Chris Bailey | 31.33 |
| 77 | Martin Bright | 32.37 |
| 91 | Stephen Meredith | 33.15 |

130 finishers

Team Positions (6 to score)

| | | |
|-----|-------------------|------------|
| 1st | Highgate Harriers | 74 points |
| 2nd | London Heathside | 78 points |
| 3rd | Serpentine RC | 126 points |

12 teams finished

[Full Results](#)

December 2013

21st December - Active Training World Metropolitan Cross Country League
Alexandra Palace (Race 3 of 5)



Under 13 Girls

| | | |
|----|-----------------|-------|
| 3 | Cecily Turner | 11:29 |
| 10 | Jesse Wilkinson | 12:04 |

46 finishers

Match position 8th

League position after race 3 - 9th

Under 17 Women

| | | |
|----|-------------------------|-------|
| 15 | Esther Pigney (8th U15) | 18:41 |
|----|-------------------------|-------|

42 finishers

Match position 12th

League position after race 3 - 9th

Under 17 Men

| | | |
|----|-----------------------------|-------|
| 3 | Terry Fawden (1st U15) | 18:24 |
| 4 | Sam Willis | 18.29 |
| 6 | Ben Hatch | 18.54 |
| 17 | Dempster Fawden (7th U15) | 19:35 |
| 24 | Alistair Sleeman (11th U15) | 20:12 |
| 29 | Daniel Light | 20:43 |
| 33 | Oliver Light (18th U15) | 21:03 |
| 41 | Adam Stewart (25th U15) | 21:13 |
| 60 | Ivan D'Avoine | 22:59 |

69 finishers

Match position 1st

League table after race 3

(Top 3 of 26)

| | | |
|-----|------------------------|------------|
| 1st | Highgate Harriers | 799 points |
| 2nd | Thames Valley Harriers | 732 points |
| 3rd | Herts Phoenix | 701 points |

Senior Women

| | | |
|-----|-------------------------|-------|
| 2 | Becky Penty | 23:26 |
| 4 | Hannah Viner (1st U20) | 23:39 |
| 7 | Ashley Scott | 23:56 |
| 8 | Emma Dixon (2nd U20) | 23:58 |
| 10 | Katie Meredith | 24:01 |
| 28 | Harriot Brock (3rd U20) | 25:29 |
| 51 | Gemma Rous | 26:24 |
| 60 | Sophie Sheldrake | 27:02 |
| 61 | Emma Burgess | 27:04 |
| 73 | Fallon Everitt | 28:00 |
| 99 | Natasha Cendrowicz | 29:14 |
| 105 | Carolyn Hahn | 29:41 |
| 149 | Kirat Nandra | 36:21 |

152 finishers

Match Position 1st

League table after race 3

(Division 1 - top 3)

| | | |
|-----|-------------------|-------------|
| 1st | Highgate Harriers | 1072 points |
| 2nd | Serpentine RC | 1014 points |
| 3rd | London Heathside | 863 points |

Senior Men

| | | |
|-----|-------------------------|-------|
| 1 | Audun Nordtveit | 26:23 |
| 5 | Shaun Dixon | 26:58 |
| 11 | Phil Wylie | 27:19 |
| 12 | Ben Noad | 27:32 |
| 26 | Ryan McKinley | 28:31 |
| 27 | Robel Balhebi | 28:32 |
| 33 | Chris Rainsford | 28:41 |
| 41 | Henry Dodwell | 29:06 |
| 44 | Ben Pochee (1st V40) | 29:23 |
| 45 | Richard Scott | 29:28 |
| 47 | Jonny Laybourn | 29:31 |
| 56 | Andrew Lawrence | 29:53 |
| 58 | Chris Beecham (2nd V40) | 30:04 |
| 68 | Rob Walker | 30:22 |
| 73 | Tom Christopher | 30:29 |
| 74 | John McKeane | 30:31 |
| 75 | Jonathan Deane | 30:31 |
| 92 | Duncan Burbidge | 31:15 |
| 96 | Mark Townsend | 31:23 |
| 104 | Brahma Pochee | 31:41 |
| 151 | Alex Davidson | 33:04 |
| 163 | David Gilbert | 33:23 |
| 181 | Michael Ussher | 34:10 |
| 194 | Richard Stewart | 34:34 |
| 213 | Oliver Keane | 34:58 |
| 214 | Chris Bailey | 34:58 |
| 224 | John O'Shea | 35:23 |
| 227 | Joseph Lowe | 35:25 |
| 240 | Pierce Boyle (U20) | 35:45 |
| 263 | Tim Gardner | 36:25 |
| 271 | Martin Bright | 36:39 |

| | | |
|-----|----------------|-------|
| 284 | Greg Fuzesi | 37:25 |
| 305 | Alex Edwards | 38:31 |
| 316 | Nick Stockman | 39:03 |
| 338 | Chris Wilson | 40:16 |
| 362 | James Rossiter | 42:24 |
| 364 | Mark Watson | 42:31 |
| 367 | Andre Collins | 42:36 |

408 finishers

Match Position 1st

League table after race 3

(Division 1 - top 3)

| | | |
|-----|-----------------------------|-------------|
| 1st | Highgate Harriers | 3367 points |
| 2nd | Serpentine RC | 3044 points |
| 3rd | Shaftesbury Barnet Harriers | 2733 points |

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

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



| | | |
|----|--------------------|-------|
| 1 | Stanley Harrison | 19.10 |
| 2 | Michael Ussher | 19.14 |
| 3 | Peter Laing | 20.47 |
| 4 | Arnold Harrison | 21.08 |
| 5 | Hattie Brock | 21.34 |
| 6 | William Laing | 21.59 |
| 7 | Jonathon White | 22.47 |
| 8 | Alex Fitzpatrick | 22.53 |
| 9 | Natasha Cendrowicz | 23.02 |
| 10 | Dorothy Brock | 23.22 |
| 11 | Martin Black | 23.28 |
| 12 | Dorothy Brock | 23.30 |
| 13 | Maya Doolan | 23.31 |
| 14 | Jeremy Brock | 25.12 |
| 15 | Isabella Millet | 25.48 |
| 16 | Andrew Millet | 25.49 |
| 17 | Jeremy Brock | 26.20 |
| 18 | Michael Williams | 26.23 |
| 19 | Julian St. George | 26.30 |
| 20 | Ben White | 26.34 |
| 21 | Felix Bright | 26.37 |
| 22 | Martin Bright | 26.37 |
| 23 | John Fitzpatrick | 27.05 |
| 24 | Lucy Fitzpatrick | 27.05 |

| | | |
|----|--------------------------|-------|
| 25 | Jack Bailey | 27.25 |
| 26 | Chris Bailey | 27.25 |
| 27 | Mark Spurlock | 27.43 |
| 28 | Kayla Spurlock | 27.43 |
| 29 | Luke Achermann-Stanfield | 29.02 |
| 30 | Bella Doolan | 29.13 |
| 31 | Adrian Laing | 29.14 |
| 32 | Clement Harrison | 29.19 |
| 33 | Immy Turner | 29.23 |
| 34 | Georgia Doolan | 29.23 |
| 35 | Ellie Doolan | 29.23 |
| 36 | Annabelle Williams | 35.47 |
| 37 | Thomas Williams | 35.47 |
| 38 | Deborah Laing | 36.09 |

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