

# January 2008

## 5th January - Middlesex Cross Country Champs Trent Park

### Under 15 girls (4000m)

4th Samara Williams	17mins 25s
24th Stella Sabin	21mins 26s
30th Mei Corbett	24mins 11s
32 finishers (6th team out of 7)	

### Under 15 boys (4000m)

28th George Laing	17mins 18s
40 finishers	

### Under 17 men (6000m)

16th Hammish Birrell	25mins 48s
17th William Laing	26mins 18s
24 finishers	

### Junior men (8000m)

2nd Saningo Martyn	29mins 00s
9th Jack Matthewman	31mins 49s
12th Lawrence Matthewman	32mins 41s
14 finishers	

### Junior men team positions

1st Hillingdon	22 points
2nd Highgate Harriers	23 points
3rd Enfield & Haringey	30 points

### Senior Women (8000m)

1st Esther Evans	33mins 20s
8th Astrid Wingler	35mins 37s
13th Alex Goodwin	38mins 16s
31st Natasha Cendrowicz	42mins 00s
44 finishers	

### Senior women team positions

1st Hillingdon	22 points
2nd Highgate Harriers	53 points
3rd London Heathside	63 points

### Senior Men (12000m)

4th David Bruce	43mins 06s
8th Chris Beecham	44mins 32s
10th Dale Bickham	45mins 02s
17th Nick Gold	46mins 01s
18th Andrew Aitken	46mins 14s
24th Tim Gascoigne	46mins 55s
33rd Jonny Henderson	47mins 30s
36th Daniel Higgins	48mins 04s
37th Thierry Lebreton	48mins 06s
43rd Chris Bailey	49mins 03s
50th Joseph Lowe	50mins 06s
60th Nigel Stephens	51mins 38s
65th Jonathon Gardner	52mins 12s
78th Keith Wilson	54mins 02s
92nd Jonathan Deane	56mins 22s
95th Nick Stockman	57mins 14s
102nd Adam Irvine	

123 finishers

### Senior men team positions

1st Highgate Harriers	81 points
2nd London Heathside	203 points
3rd Thames Valley Harriers	206 points

## 19th January - Metropolitan Cross Country League Horsenden Hill

### Under 17 women

5th Samara Williams (2nd U15)	15m 26s
28 finishers	

### Under 17 men

9th William Laing	13m 52s
15th Hammish Birrell	14m 23s
25th George Laing	14m 48s
43 finishers	

### Senior Women

2nd Esther Evans	24m 02s
6th Astrid Wingler (2nd Vet)	25m 04s
9th Anne Curley	25m 14s
17th Kate Jenrick	25m 55s
40th Jenny Turner	28m 23s

### Senior Men

15th Glen Saqui	33m 17s
44th Andrew Aitken	35m 06s
53rd Nick Gold	35m 27s
66th Chris Bailey	35m 58s
72nd Thierry Lebreton	36m 06s
93rd Eric Southam	37m 09s
99th Joseph Lowe	37m 19s
109th Lawrence Matthewman	37m 51s
123rd Jon Gardner	38m 35s
131st John O'Shea	39m 02s
138th Nigel Stephens	39m 30s
148th Kevin Linehan	40m 14s
152nd Keith Wilson	40m 16s

47th Rhonda Munnick	29m 05s	184th Steve Scruton	41m 33s
55th Natasha Cendrowicz	29m 49s	185th Richard Solomans	41m 36s
63rd Fiona Maguire	31m 12s	206th José Barretta	43m 14s
79th Nina Sorensen	33m 11s	220th Nick Stockman	44m 22s

*92 finishers*

*266 finishers*

**Match Position 2nd**

**Match Position 7th**


**League table after race 4 (top 3 of 31)**

**League table after race 4 (top 6 in Division 1)**

1st Garden City Runners	2129 points
2nd Highgate Harriers	2090 points
3rd Woodford Green & EL	1829 points

1st Shaftesbury Barnet	6689 points
2nd Woodford Green & EL	6160 points
3rd Serpentine RC	5478 points
4th Metropolitan Police	4910 points
5th Hillingdon	4818 points
6th Highgate Harriers	4666 points

**26th January - South of England Cross Country Championships  
Parliament Hill Fields**

 SEAA Championships 2008

**Under 13 boys**

179th Leo Turnell-Ritson	14m 41s
193rd Phoenix Love	15m 11s

*216 finishers*

**Under 15 boys**

174th George Laing	22m 06s
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*242 finishers*

**Under 17 men**

111th William Laing	26m 18s
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*167 finishers*

**Under 15 girls**

30th Samara Williams	19m 27s
176th Stella Sabin	25m 36s
177th Georgia Doolanf	25m 46s
187th Mei Corbett	28m 47s

*188 finishers*

**Senior Women**

12th Esther Evans	34m 31s
40th Anna McCutcheon	36m 47s
44th Astrid Winger	37m 01s
47th Joanna Carrit	37m 11s
67th Anne Curley	38m 04s
194th Natasha Cendrowicz	45m 00s

*326 finishers*

**Team positions**

1st Winchester	26 points
2nd Aldershot, Farnham & District	40 points
3rd Shaftesbury	100 points
4th Norwich	138 points
5th Highgate Harriers	143 points

*47 teams finished*

**Under 20 men**

22nd Saningo Martyn	31m 18s
80th Lawrence Matthewman	34m 52s

*101 finishers*

**Senior Men**

91st Alistair Lindsay	54m 25s
106th Nick Gold	54m 59s
132nd Andrew Aitken	55m 52s
168th Dan Higgins	57m 04s
195th Ryan Mckinlay	57m 52s
199th Thierry Lebreton	57m 58s
236th Chris Bailey	58m 59s
265th Joseph Lowe	60m 08s
284th Jonathan Deane	60m 55s
320th John O'Shea	62m 00s
355th Richard Stewart	63m 05s
375th Nigel Stephens	63m 33s
385th Kevin Linehan	63m 54s
538th Keith Wilson	68m 07s
584th Tim Gascoigne	69m 26s
600th Richard Solomans	69m 55s
620th Nick Stockman	70m 43s

*832 finishers*

**Team positions**

1st Bedford & County	109 points
2nd Newham & Essex Beagles	115 points
3rd Woodford Green & EL	280 points
16th Highgate Harriers	891 points

*86 clubs finished*

[Full results](#)

**February 2008**

**2nd February - South of England Masters Cross Country Champs  
(incorporating Middlesex Masters Championships)  
Mad Bess Wood - Ruislip**

**Men 10k (40-49)**

26th	Eric Southam (8th Middlesex)	35mins 30s
40th	Chris Bailey (11th Middlesex)	36mins 34s
48th	John O'Shea (14th Middlesex)	37mins 42s
66th	Nigel Stephens (21st Middlesex)	39mins 16s

*119 finishers*

**Middlesex Team positions**

1st	London Heathside	12 points
2nd	<b>Highgate Harriers</b>	<b>54 points</b>
3rd	Hillingdon AC	76 points

**Men 10k (50-59)**

107th	Keith Wilson (28th Middlesex)	44mins 52s
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*147 finishers*

**9th February - Metropolitan Cross Country League  
St Albans**

**Highgate women crowned League Champions  
for the 6th successive year**

**Under 17 women**

2nd	Samara Williams	15m 36s
21st	Hannah Ashman	19m 48s

*27 finishers*

**Under 17 men**

17th	William Laing	14m 19s
20th	Hammish Birrell	14m 30s
23rd	George Laing	14m 41s

*49 finishers*

**Senior Women**

1st	Esther Evans	23m 38s
2nd	Svenja Abel	23m 58s
4th	Anna McCutcheon	24m 22s
6th	Kate Jenrick	24m 34s
7th	Anne Curley	24m 39s
10th	Jo Carritt	24m 52s
57th	Natasha Cendrowicz	29m 33s

*98 finishers*

**Match Position 1st**

**Final League table after race 5 (top 3 of 31)**

1st	<b>Highgate Harriers</b>	<b>2654 points</b>
2nd	Garden City Runners	2614 points
3rd	Woodford Green & EL	2218 points

**Senior Men**

6th	Henry Dodwell	26m 22s
7th	Glen Saqui	26m 23s
12th	Saningo Martyn	27m 15s
25th	Nick Gold	27m 56s
40th	Andrew Aitken	28m 34s
46th	Ryan McKinlay	28m 43s
62nd	Thierry Lebreton	29m 07s
75th	Eric Southam	29m 34s
83rd	Alex Davidson	29m 45s
86th	Joseph Lowe	29m 50s
109th	Duncan Burbidge	30m 44s
114th	John O'Shea	31m 00s
132nd	Tim Gascoigne	31m 41s
134th	Kevin Linehan	31m 43s
150th	Lawrence Matthewman	32m 31s
206th	Nick Stockman	35m 07s

*263 finishers*

**Match Position 2nd**

**Final League table after race 5 (top 6 in Division 1)**

1st	Shaftesbury Barnet	8076 points
2nd	Woodford Green & EL	7704 points
3rd	Serpentine RC	6839 points
4th	<b>Highgate Harriers</b>	<b>6148 points</b>
5th	Hillingdon	5903 points
6th	Metropolitan Police	5798 points

**23rd February - English National Cross Country Championships  
Alton Towers**

### Junior Men (10000m)

39th	Saningo Martyn	30mins 34s
150th	Jack Matthewman	33mins 56s
<i>(197 finishers)</i>		

### Senior Women (8000m)

69th	Kate Jenrick	27mins 53s
99th	Astrid Winger	28mins 32s
113th	Anne Curley	28mins 53s
338th	Natasha Cendrowicz	35mins 03s
<i>(495 finishers)</i>		

### Team positions (4 to score)

1st	Winchester & District AC	96 points
2nd	Aldershot, Farnham & District	112 points
3rd	Havering Mayesbrook AC	118 points
...	...	...
<b>21st</b>	<b>Highgate Harriers</b>	<b>619 points</b>
<i>61 complete teams</i>		

### Senior Men (12000m)

92nd	Henry Dodwell	35mins 53s
93rd	Glenn Saqui	35mins 54s
213th	Alistair Lindsay	37mins 49s
221st	Chris Beecham	37mins 59s
246th	Andrew Aitken	38mins 18s
308th	Peter Downie	39mins 02s
314th	Daniel Higgins	39mins 08s
397th	Thierry Lebreton	40mins 26s
744th	Joseph Lowe	45mins 28s
872nd	José Barretta	47mins 27s
932nd	Nick Stockman	48mins 23s
<i>(1244 finishers)</i>		

### Team positions (6 to score)

1st	Leeds City AC	183 points
2nd	Notts AC	192 points
3rd	Bristol & West AC	303 points
...	...	...
<b>18th</b>	<b>Highgate Harriers</b>	<b>1173 points</b>
<i>99 complete teams</i>		

[Full results on the ECCA website](#)

## March 2008

## April 2008

### 6th April - South of England Road Relay Championships Aldershot

#### Men (12 stage)

Long leg			Short leg		
<b>Leg 1</b>	Glen Saqui (11th)	27:28	<b>Leg 2</b>	Nick Gold (13th)	14:26
<b>Leg 3</b>	Chris Beecham (10th)	28:05	<b>Leg 4</b>	Ryan McKinlay (13th)	14:28
<b>Leg 5</b>	Henry Dodwell (12th)	27:44	<b>Leg 6</b>	Thierry Lebreton (12th)	14:49
<b>Leg 7</b>	Peter Downie (12th)	29:31	<b>Leg 8</b>	Eric Southam (10th)	14:54
<b>Leg 9</b>	Nick Martyn (10th)	27:18	<b>Leg 10</b>	Andrew Aitken (10th)	14:19
<b>Leg 11</b>	Alistair Lindsay (9th)	28:48	<b>Leg 12</b>	Stephen Whiting (8th)	14:30

#### Incomplete 'B' team

<b>Leg 1</b>	Joseph Lowe (38th)	31:43	<b>Leg 2</b>	Damian Shirley (41st)	15:17
<b>Leg 3</b>	Jack Matthewman (41st)	32:00	<b>Leg 4</b>	John O'Shea (41st)	16:37

#### Team Positions

1st	Belgrave Harriers	4hrs 00m 01s
2nd	Aldershot, Farnham & District	4hrs 01m 25s
3rd	Woodford Green & Essex Ladies	4hrs 04m 23s

**8th Highgate Harriers 4hrs 16m 20s**

*36 teams finished*

### 16th April - Spring Open Meeting Parliament Hill

[Full Results](#)

**26th April - London Inter-Club Challenge  
Cophall**

**May 2008**

**3rd May - Southern Mens League**

**Division 1 - Battersea**

1	Ashford	134 points
2	Highgate Harriers	125 points
3	Serpentine	102 points
4	Kent AC	95 points
5	Swindon AC	70 points

**17th May - Southern Mens League**

**Division 1 - Mile End**

1	Bournemouth	123 points
2	Thames Valley Harriers	112½ points
3	Highgate Harriers	93½ points
4	Newham & Essex Beagles	89 points
5	Milton Keynes	72 points

**June 2008**

**7th June - Southern Mens League**

**Division 1 - Tonbridge**

1	Tonbridge AC	139 points
2	Highgate Harriers	112½ points
3	Newbury	110 points
4	Nene Valley	99 points
5	Windsor, Slough & Eton	72½ points

**21st June - London Inter-Club Challenge  
Woodford Green**

**28th June - Southern Mens League**

**Division 1 - Parliament Hill**

1	Yeovil	140½ points
2	Highgate Harriers	106 points
3	City of Portsmouth	102½ points
4	Woodford Green & Essex Ladies	99 points
5	Ipswich AC	81 points

**July 2008**

**12th July - Southern Mens League**

**Division 1 - Exeter**

1	Exeter	147 points
2	Highgate Harriers	120 points

3	North Devon AC	97 points
4	Chelmsford	89 points
5	Woking	82 points

**26th July - London Inter-Club Challenge  
Cophall**

**August 2008**

**2nd August - Southern Mens League**

**Division 1 - Sutcliffe Park**

1	Havering Mayesbrook	133 points
2	Cambridge Harriers	130 points
3	Reading	125 points
4	<b>Highgate Harriers</b>	<b>96 points</b>
5	Winchester	DNS

Final League position: 9th of 25 teams

**9th August - London Inter-Club Challenge  
Parliament Hill**

**September 2008**

**10th September - Autumn Open Meeting  
Parliament Hill**

[Full Results](#)

**20th September - St Albans Cross Country relays**

**Men (6 x 2.5 miles)**

<b>Leg 1</b>	Henry Dodwell	14m 50s
<b>Leg 2</b>	Chris Bailey	16m 21s
<b>Leg 3</b>	Nick Stockman	18m 19s
<b>Leg 4</b>	Steve Scruton	17m 58s
<b>Leg 5</b>	Dale Bickham	15m 25s
<b>Leg 6</b>	Richard Stewart	16m 04s

**Team positions**

1st	Shaftesbury Barnet	87mins 33s
2nd	Harrow AC	91mins 58s
3rd	Hillingdon AC	92mins 21s
	<b>10th Highgate Harriers</b>	<b>98mins 57s</b>

**27th/28th September - South of England Road Relays  
Aldershot**

**Men**

<b>Leg 1</b>	Glenn Saqui	18:44 (9th)
<b>Leg 2</b>	Saningo Martyn	19:51 (19th)
<b>Leg 3</b>	Chris Beecham	19:51 (21st)
<b>Leg 4</b>	Stephen Whiting	20:07 (21st)
<b>Leg 5</b>	Tom Aldred	19:29 (18th)

**Leg 6** Joseph Lowe 21:40 (24th)

**Team positions**

1st	Belgrave Harriers	1h 50m 24s
2nd	Aldershot, Farnham & District	1h 50m 35s
3rd	Newham & Essex Beagles	1h 52m 03s
...	.....	...
<b>24th</b>	<b>Highgate Harriers</b>	<b>1h 59m 42s</b>

*74 complete teams finished*

**October 2008**

**4th October - Ealing Cross Country relays  
Horsenden Hill**

**Women**

	<b>'A' team</b>		<b>'B' team</b>
<b>Leg 1</b>	Anna McCutcheon 14m 45s		Astrid Wingler 15m 32s
<b>Leg 2</b>	Kate Jenrick 14m 52s		Natasha Cendrowicz 16m 32s
<b>Leg 3</b>	Svenja Abel 14m 25s		Rhian Hampson-Jones 15m 38s
	<b>'C' team</b>		<b>'D' team</b>
<b>Leg 1</b>	Fiona Maguire 17m 20s		Sarah Chapman 19m 02s
<b>Leg 2</b>	Jenny Turner 16m 40s		Rhonda Munnick 16m 46s
<b>Leg 3</b>	Sarah Bailey 16m 36s		Astrid Wingler 17m 06s

**Fastest Times**

<b>1st</b>	<b>Svenja Abel (Highgate Harriers)</b>	<b>14mins 25s</b>
<b>2nd</b>	Alison Hopkins (Ealing, Southall & Middx)	14mins 45s
<b>3rd</b>	<b>Kate Jenrick (Highgate Harriers)</b>	<b>14mins 52s</b>

**Team positions**

<b>1st</b>	<b>Highgate Harriers 'A'</b>	<b>44mins 11s</b>
<b>2nd</b>	Ealing, Southall & Middlesex	46mins 21s
<b>3rd</b>	Reading AC	46mins 30s
<b>4th</b>	<b>Highgate Harriers 'B'</b>	<b>47mins 42s</b>

*14 teams finished*

**Men**

<b>Leg 1</b>	Nick Gold	12m 51s
<b>Leg 2</b>	Henry Dodwell	12m 23s
<b>Leg 3</b>	Thierry Lebreton	13m 42s
<b>Leg 4</b>	Nick Stockman	15m 58s
<b>Leg 5</b>	Chris Bailey	14m 15s
<b>Leg 6</b>	John O'Shea	15m 30s

**Fastest Times**

<b>1st=</b>	Nick Earl (Reading)	12mins 21s
<b>1st=</b>	Hussein Jama (Ealing, Southall & Middx)	12mins 21s
<b>3rd</b>	<b>Henry Dodwell (Highgate Harriers)</b>	<b>12mins 23s</b>

**Team positions**

<b>1st</b>	Harrow AC	76mins 41s
<b>2nd</b>	Reading AC	79mins 03s

3rd Hillingdon 79mins 08s

... ..

7th Highgate Harriers 84mins 39s

18 teams finished

### 11th October - Metropolitan Cross Country League Claybury, Woodford Green

#### Under 17 women

5th Samara Williams 17m 26s

46 finishers

#### Under 13 boys

19th Peter Laing 12m 54s

20th Daniel Lavin 12m 58s

32 finishers

#### Under 17 men

12th William Laing 14m 33s

33rd Santi Martyn 15m 16s

38th George Laing 15m 28s

40th Max Coventry 15m 32s

60th Eugene Potter 16m 55s

86 finishers

#### Senior Women

5th Becky Penty 22m 46s

7th Anna McCutcheon (2nd Vet) 22m 52s

13th Jo Carritt 23m 40s

21st Kate Jenrick 24m 23s

24th Rhian Hampson-Jones 24m 30s

51st Natasha Cendrowicz 26m 12s

52nd Sarah Bailey 26m 14s

62nd Sonja Saqui 26m 39s

146 finishers

#### Match Position 2nd

##### League table after race 1 (top 3 of 29)

1st Woodford Green & EL 822 points

2nd Highgate Harriers 761 points

3rd Serpentine 701 points

#### Senior Men

8th Glen Saqui 26m 18s

15th Nicky Martyn (1st Vet) 27m 07s

25th Ryan McKinley 27m 49s

39th Nick Gold 28m 14s

57th Joanathan Laybourn 28m 55s

69th Jon Henderson 29m 21s

114th Thierry Lebreton 31m 09s

120th Joseph Lowe 31m 26s

133rd Tim Gascoigne 31m 53s

154th Keven Linehan 32m 41s

168th José Barretta 33m 03s

169th Steve Scruton 33m 07s

232nd Nick Stockman 35m 38s

249th Richard Solomans 36m 38s

325 finishers

#### Match Position 6th

##### League table after race 1 (15 teams)

1st Woodford Green & EL 1943 points

2nd Shaftesbury Barnet 1780 points

3rd Serpentine RC 1554 points

... ..

6th Highgate Harriers 1241 points

Full results on the [Hillingdon AC](http://www.hillingdon.ac) website

### 25th October - Liddiard Cross Country Trophy Kingsbury

#### Women

5th Rhian Hampson-Jones 18:32

7th Sarah Bailey 19:09

9th Natasha Cendrowicz 20:27

#### Team result

1st Highgate Harriers 21 points

2nd Serpentine RC 22 points

3rd Ealing, Southall & Middx 25 points

#### Men

5th Chris Beecham 26:06

19th Richard Stewart 28:09



27th	Jonathan Deane	28:43
42nd	John O'Shea	30:26
44th	Steve Scruton	30:41
58th	Nick Stockman	31:35

## November 2008

### 1st November - English Cross Country relays Mansfield

#### Men

<b>Leg 1</b>	Glenn Saqui (26th)	15m 51.2s
<b>Leg 2</b>	Ben Noad (18th)	15m 32.4s
<b>Leg 3</b>	Ryan McKinlay (24th)	17m 14.2s
<b>Leg 4</b>	Henry Dodwell (20th)	16m 16.3s

#### Team Positions

1st	Bedford & County AC	61m 09.8s
...	...	...
20th	Highgate Harriers	64m 54.1s

Full results on the [English Cross Country](#) website

### 8th November - Metropolitan Cross Country League Wormwood Scrubs

#### Under 13 boys

1st	A Thewodros	12m 57s
7th	Eugene Potter	13m 16s
28th	G Springer	15m 03s
29th	Peter Laing	15m 08s
31st	Daniel Lavin	15m 12s
44th	E Thewodros	21m 39s

*44 finishers*

**Match Position**                    **5th**  
**League position after race 2**   **5th**

#### Senior Women

2nd	Esther Evans	21m 41s
3rd	Becky Penty	21m 47s
14th	Astrid Wingler (3rd Vet)	23m 09s
15th	Kate Jenrick (4th Vet)	23m 12s
20th	Rhian Hampson-Jones	23m 25s
32nd	Sarah Bailey	24m 27s
42nd	Elizabeth Ogunde	24m 47s
48th	Natasha Cendrowicz	25m 10s
50th	Jenny Turner	25m 12s
76th	Sonja Saqui	26m 33s

*154 finishers*

#### Match Position 1st

**League table after race 2 (top 3 of 29)**

1st	Highgate Harriers	1588 points
2nd	Woodford Green & EL	1574 points
3rd	Serpentine	1469 points

Full results on the [Hillingdon AC](#) website

### 15th November - North London Cross Country Championships Ruislip

#### Under 17 men

19th	Hamish Birrell	15m 26s
31st	George Laing	16m 12s
<i>65 finishers</i>		

**Match Position**                    **12th**  
**League position after race 2**   **9th**

#### Senior Men

11th	Glen Saqui	28m 39s
48th	S Whiting	30m 32s
77th	Dale Bickham	31m 45s
79th	Richard Stewart	31m 48s
88th	D Higgins	32m 11s
90th	Eric Southam	32m 15s
150th	Steve Scruton	34m 14s
158th	John O'Shea	34m 37s
170th	Joseph Lowe	34m 57s
195th	Keith Wilson	35m 47s
215th	Nick Stockman	36m 42s

*330 finishers*

**Match Position**                    **9th**  
**League position after race 2**   **8th**

**Senior Women**

6th	Astrid Wingler (2nd vet)	24:31
7th	Sarah Bailey (3rd vet)	25:03
8th	Kate Jenrick (4th vet)	25:12
13th	Natasha Cendrowicz (5th vet)	26:47

*40 finishers***Senior Men**

2nd	Glenn Saqui	28:34
25th	Richard Stewart	31:27
36th	Dan Higgins	32:06
77th	Nick Stockman	36:51

*116 finishers***Team Positions (4 to score)**

1st	Serpentine 'A'	25 points
2nd	Highgate Harriers (1st vets team)	34 points
3rd	Hillingdon AC	56 points

[Full Results](#)**22nd November - London Cross Country Championships  
Parliament Hill Fields****Under 13 girls**

13th	E Ault	12:48
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*26 finishers*

**Under 15 Girls**

22nd	A-J Cotter	20:12
29th	T Slotover	23:48

*30 finishers*

**Under 17 Men**

16th	George Laing	18:08
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*27 finishers*

**Under 13 boys**

3rd	S Harrison	10:12
11th	W Fitter	10:45
14th	E Potter	11:01
28th	A Augustsson	11:48
35th	P Laing	12:14
36th	D Lavin	12:14
37th	G Springer	12:16
42nd	A Thewordros	13:23

*46 finishers***Team Positions (3 to score)**

1st	Highgate Harriers	28 points
2nd	Havering Mayesbrook Ac	28 points
3rd	Harrow AC	33 points

[Full results](#)**Women**

7th	Esther Evans	21:14
15th	Astrid Wingler	21:54
28th	Alexia Trafford	22:49
29th	Rhian Hampson-Jones	22:54
37th	Sarah Bailey	23:26
44th	Jo Carritt	23:43
50th	Jenny Turner	24:04
58th	Natasha Cendrowicz	24:27
71st	Sonia Saqui	25:26

*154 finishers***Team Positions (4 to score)**

1st	Highgate Harriers	56 points
2nd	London Heathside	68 points
3rd	Serpentine	71 points

**Men**

5th	David Bruce	31:56
8th	Glenn Saqui	32:40
18th	T Aldred	33:39
20th	Ryan McKinlay	33:48
37th	Henry Dodwell	35:00
40th	Saningo Martyn	35:10
60th	Shane Snow	36:21
75th	Richard Stewart	36:58
77th	Jonathan Deane	37:06
104th	Duncan Burbidge	38:06
132nd	Chris Bailey	39:37
133rd	Thierry Lebreton	39:38
143rd	Tim Gascoigne	40:16
145th	Steve Scruton	40:21
173rd	John O'Shea	41:34
175th	Jon Gardner	41:47
186th	Nick Stockman	42:48

*260 finishers***Team Positions (4 to score)**

1st	Highgate Harriers	34 points
2nd	Herne Hill Harriers	45 points

[Full results](#)**29th November - Metropolitan Cross Country League  
Ruislip****Senior Women**

3rd	Becky Penty	22m 31s
4th	Esther Evans	22m 48s
10th	Astrid Wingler (2nd Vet)	23m 52s
28th	Elizabeth Ogunde	25m 06s
31st	Jo Carritt	25m 19s
39th	Sarah Bailey	25m 41s
47th	Natasha Cendrowicz	26m 21s
55th	L Faherty	26m 49s
72nd	Sonja Saqui	27m 52s

*132 finishers***Match Position 3rd****League table after race 3 (top 3 of 32)**

1st	Highgate Harriers	2256 points
2nd	Woodford Green & EL	2243 points
3rd	Serpentine	2141 points

**Under 17 men**

13th	William Laing	14m 12s
24th	George Laing	14m 44s

*63 finishers***Match Position 10th****League position after race 3 12th****Senior Men**

11th	Glen Saqui	28m 29s
49th	Jack Matthewman	30m 30s
51st	J Laybourn	30m 32s
53rd	S Whiting	30m 39s
77th	Richard Stewart	31m 46s
79th	Eric Southam	31m 50s
128th	Thierry Lebreton	33m 36s
136th	Joseph Lowe	33m 52s
181st	Kevin Linehan	35m 36s
194th	Steve Scruton	36m 02s
213th	Greg Fuzesi	36m 57s
219th	Nick Stockman	37m 09s

*307 finishers***Match Position 7th****League position after race 2 8th**Full results on the [Hillingdon AC](#) website**December 2008****6th December - Fraternity Cup / Sorority Cup  
Trent Park****Fraternity Cup  
Men**

1st	Peter Nowill	25mins 24s
4th	Henry Dodwell	26mins 59s
8th	John Laybourne	28mins 26s
23rd	Richard Stewart	30mins 04s
32nd	Andrew Aitken	30mins 51s
41st	Thierry Lebreton	31mins 30s
68th	Nick Stockman	34mins 40s

**Team positions (top 3 of 11)**

1st	Highgate Harriers	106 points
2nd	Shaftesbury Barnet	108 points
3rd	Enfield & Haringey	117 points

**Sorority Cup  
Women**

1st	Svenja Abel	31mins 00s
2nd	Astrid Wingler	31mins 33s

**13th December - North of the Thames Championships  
Kingsbury**

**Senior Women (6000m)**

2nd	Becky Penty (non-scorer)	24:59
4th	Astrid Wingler (1st V40)	25:41
13th	Jo Carritt	28:08
18th	Natasha Cendrowicz	29:02
25th	Sally Hannah	30:14
41st	Fiona Maguire	32:13

*49 finishers*

**Team Positions (4 to score)**

1st	Serpentine	36 points
<b>2nd</b>	<b>Highgate Harriers</b>	<b>40 points</b>
3rd	Ealing, Southall & Middlesex	60 points

**U17 Men (6000m)**

5th	Sean White	24:06
7th	George Laing	24:44
9th	William Laing	25:07

**Senior Men (8000m)**

23rd	Saningo Martyn	28:46
45th	Richard Stewart	30:15
53rd	Thierry Lebreton	30:56
62nd	Chris Bailey	31:32
76th	John Gardner	32:31
80th	Steve Scruton	32:52
85th	John O'Shea	33:27
99th	Kevin Linehan	34:59
100th	Nick Stockman	35:14

*131 finishers*

[Full Results](#)

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