

# January 2011

## 8th January - Middlesex Cross Country Champs Trent Park

### Under 13 boys (3000m)

4th	George Gould	12:37
6th	Alexander Machin-Paley	12:42
8th	Terrence Fawden	13:01
21st	Arnold Harrison	14:10
30th	Keshin Harrison	15:03

43 finishers

### Team positions (top 3 of 9)

1st	Highgate Harriers	18 points
2nd	Thames Valley Harriers	34 points
3rd	Enfield & Harringey	39 points

### Under 13 girls (3000m)

12th	Marjolaine Briscoe	14:39
38th	Lucia Rimini	18:57

38 finishers

### Under 15 boys (4000m)

7th	Stanley Harrison	15:23
18th	Abei Thewodros	16:57
29th	Gabriel Springer	18:17
39th	Peter Laing	19:41
45th	Ruari Duval Smith	21:15

46 finishers

### Team position 6th

### Under 15 girls (4000m)

6th	Hannah Viner	18:36
22nd	Lulu Szego	23:44

26 finishers

### Under 20 men (8000m)

14th	William Laing	35:43
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18 finishers

### Under 20 Women (5000m)

6th	Hannah Ashman	27:26
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7 finishers

### Senior Women (8000m)

1st	Esther Evans	32:32
9th	Lindsay Kehoe	35:35
10th	Sarah Bailey	35:40
13th	Louise Faherty	36:42
20th	Rhonda Munnik	37:40
22nd	Natasha Cendrowicz	38:34
26th	Gaelle Lebray	38:57
59th	Kirat Nandra	51:50

62 finishers

### Team positions (top 3 of 8)

1st	Highgate Harriers	33 points
2nd	Serpentine	49 points

3rd London Heathside 66 points

**Senior Men (12000m)**

6th	Henry Dodwell	42:54
13th	Glenn Saqui	45:01
14th	Ryan McKinlay	45:14
18th	Chris Beecham	45:30
22nd	Peter Downie	46:22
29th	Jon Deane	47:17
31st	Chris Panayiotou	47:38
33rd	Andrew Aitken	47:47
35th	Chris Bailey	48:12
38th	Maarten Hoeven	49:28
44th	Richard Stewart	50:08
81st	Joseph Lowe	54:18

*144 finishers*

**Team positions (top 3 of 12)**

1st	Serpentine	87 points
2nd	Highgate Harriers	102 points
3rd	Hillingdon	131 points

[Full Middlesex 2011 results](#)

**15th January - Metropolitan Cross Country League (Race 3)  
Alexandra Palace**

**Under 13 boys**

4th	George Gould	13m 03s
6th	Alexander Machin-Paley	13m 24s

*29 finishers*

**Under 17 men**

33rd	Gabriel Springer (U15)	16m 59s
37th	Peter Laing (U15)	17m 20s

*46 finishers*

**Senior Women**

1st	Becky Penty	21m 01s
11th	Tessa Hill	23m 21s
21st	Lindsay Kehoe	24m 18s
25th	Sarah Bailey	24m 30s
28th	Louise Faherty	24m 46s
35th	Astrid Winger	24m 57s
36th	Rhonda Munnick	24m 59s
57th	Gaelle Lebray	26m 27s
62nd	Natasha Cendrowicz	26m 57s
114th	Sarah Chapman	30m 30s
128th	Kiray Nandra	33m 28s

*135 finishers*

**Match Position 2nd**

**League table after race 3  
(Division 1 - top 4)**

1st	Serpentine	1251 points
2nd	Highgate Harriers	1097 points
3rd	Shaftesbury Barnet Harriers	1010 points
4th	Woodford Green with EL	931 points

**Senior Men**

6th	Henry Dodwell	27m 02s
8th	Sean Dixon	27m 17s
21st	Ryan McKinlay	28m 24s
36th	Alex Leslie	29m 15s

37th	Chris Panayiotou	29m 15s
42nd	Peter Downie	29m 31s
51st	Jonathan Deane	29m 52s
58th	Chris Beecham	30m 02s
74th	Duncan Burbidge	30m 25s
76th	Chris Bailey	30m 29s
83rd	Marten Van der Hoeven	30m 47s
89th	Andrew Aitken	31m 06s
104th	Richard Stewart	31m 40s
148th	Saningo Martyn	32m 59s
171st	Joseph Lowe	33m 35s
266th	Steve Scruton	37m 40s

*345 finishers*

**Match Position 3rd**

**League table after race 3**

**(Division 1 - top 4)**

1st	Woodford Green with EL	4920 points
2nd	Serpentine RC	4801 points
3rd	Shaftesbury Barnet	4323 points
4th	Highgate Harriers	3971 points

[Full Results](#)

**29th January - South of England Cross Country Championships  
Parliament Hill Fields**

**Under 13 Girls (3000m)**

113	Marjolaine Briscoe	14m 34s
263	Lucia Rimini	18m 53s

*242 finishers*

**Under 13 boys (3000m)**

25	George Gould	12m 20s
45	Terry Fawden	12m 46s
105	Arnold Harrison	13m 30s

*224 finishers*

**Under 15 Girls (4000m)**

83	Hannah Viner	17m 31s
180	Kirsten Sorbie	20m 36s
192	Edith Ault	21m 30s
206	Lulu Szego	23m 33s

*209 finishers 26th of 28 teams*

**Under 15 Boys (4500m)**

94	Stanley Harrison	17m 22s
186	Ruari Duval Smith	18m 43s
214	Abei Thewodros	19m 28s
228	Peter Laing	19m 55s
257	Daniel Lavin	21m 42s

*262 finishers 31st of 37 teams*

**Under 17 Women (5000m)**

105	Isabel Barnet	26m 01s
107	Amy-Jane Cotter	26m 09s

*124 finishers*

**Under 17 Men (6000m)**

121	Tristan Goodman	24m 22s
172	Pierce Boyle	28m 33s

*178 finishers*

**Senior Women (8000m)**

27	Tessa Hill	32m 15s
60	Sarah Bailey	34m 28s

74	Lindsay Kehoe	35m 06s
113	Louise Faherty	36m 23s
157	Gaelle Lebray	37m 57s
162	Natasha Cendrowicz	38m 09s
202	Alex Goodwin	39m 22s
204	Jenny Chewter	39m 26s
254	Fiona Maguire	41m 30s
358	Kirat Nandra	49m 09s

*381 finishers*

**Team positions (4 to score)**

1st	City of Norwich	75 points
2nd	Serpentine RC	111 points
3rd	Aldershot, Farnham & District	116 points
11th	Highgate Harriers 'A'	274 points
32nd	Highgate Harriers 'B'	725 points

*62 teams finished*

**Senior Men (15000m)**

12	Murray Strain	50m 05s
25	Henry Dodwell	51m 49s
36	Ben Pochee	52m 20s
49	Glenn Saqui	52m 59s
69	Danny Russell	53m 38s
87	Shaun Dixon	54m 29s
116	Richard Scott	55m 39s
124	Jack Matthewman	56m 03s
135	Peter Downie	56m 30s
151	Stephen Tompson	57m 02s
158	Jon Deane	57m 14s
178	Chris Beecham	57m 56s
188	Maarten Van Der Hoeven	58m 15s
192	Stephen Whiting	58m 25s
220	Dan Higgins	59m 21s
230	Andrew Aitken	59m 39s
284	Richard Stewart	60m 57s
289	Brahama Pochee	61m 10s
302	Saningo Martyn	61m 41s
403	John O'Shea	64m 45s
488	Joseph Lowe	67m 02s
490	Nick Stockman	67m 08s
650	Steven Scruton	72m 27s
670	Rob Walker	73m 23s
821	Keith Wilson	83m 23s

*885 finishers*

**Team positions (6 to score)**

1st	Bedford & County	129 points
2nd	Aldershot, Farnham & District AC	222 points
3rd	Highgate Harriers	278 points
16th	Highgate Harriers 'B'	862 points
25th	Highgate Harriers 'C'	1403 points

*93 teams finished*

**Team positions (12 to score)**

1st	Bedford & County	644 points
2nd	Highgate Harriers	1140 points
3rd	Herne Hill Harriers	1395 points

*24 teams finished*

[Full Results](#)

## February 2011

### 12th February - Metropolitan Cross Country League (Race 4) Horsenden Hill

#### Senior Women

3rd	Esther Evans	22m 21s
15th	Sarah Bailey	24m 30s
29th	Astrid Winger	25m 50s
33rd	Rhian Hampson-Jones	26m 00s
34th	Louise Faherty	26m 14s
44th	Natasha Cendrowicz	26m 52s
80th	Sarah Chapman	30m 37s
92nd	Kiray Nandra	33m 00s

*100 finishers*

#### Match Position 3rd

#### Final League table after race 4 (Division 1 - top 3)

1st	Serpentine	1590 points
2nd	Highgate Harriers	1348 points
3rd	Shaftesbury Barnet Harriers	1283 points

#### Vets Final League table after race 4 (Division 1 - top 3)

1st	Highgate Harriers	466 points
2nd	Ealing, Southall & Middlesex	312 points
3rd	Serpentine RC	311 points

#### Senior Men

10th	Sean Dixon	30m 48s
11th	Ben Pochee	30m 50s
16th	Glenn Saqui	31m 15s
39th	Peter Downie	32m 26s
48th	Stephen Whiting	32m 57s
55th	Marten Van der Hoeven	33m 14s
59th	Alex Leslie	33m 22s
65th	Jonathan Deane	33m 32s
111th	Richard Stewart	35m 52s
163rd	Joseph Lowe	38m 18s
193rd	Steve Scruton	39m 48s
199th	Richard Solomons	40m 15s

*277 finishers*

#### Match Position 4th

#### Final League table after race 4 (Division 1 - top 3)

1st	Woodford Green with EL	6305 points
2nd	Serpentine RC	6227 points
3rd	Highgate Harriers	4965 points

#### [Full Results](#)

### 19th February - English National Cross Country Championships Alton Towers

#### Under 13 girls (3K)

1	Katie Shiel Rankin (Aldershot FD)	13:39
131	Marjolaine Briscoe	16:19

*366 finishers*

#### Under 13 boys (3K)

1	George Elliot (Benfleet RC)	8:47
194	Arnold Harrison	10:30

319 Terence Fawden 12:16

*327 finishers*

**Under 15 boys (4½K)**

1 Adam Howard (Oldham & Royton) 16:53

302 Peter Laing 22:35

*326 finishers*

**Senior Women (8K)**

1 Louise Damen (Winchester) 23:49

40 Tessa Hill 26:49

263 Natasha Cendrowicz 32:17

*552 finishers*

**Senior Men (12K)**

1 Steve Vernon (Stockport Harriers) 35:11

8 Ben Noad 36:36

61 Henry Dodwell 39:01

86 Ben Pochee 39:35

89 Shaun Dixon 39:38

106 Glenn Saqui 40:05

154 Danny Russell 41:05

164 Ryan McKinlay 41:15

170 Richard Scott 41:22

199 Peter Downie 42:17

310 Andrew Aitken 44:16

646 Nick Gold 49:42

817 Nick Stockman 52:44

977 Duncan Burbidge 56:13

*1302 finishers*

**Team position (6 to score) 6th from 95 teams**

[Full results on the ECCA website](#)

## March 2011

### 5th March - Middlesex Masters Cross Country Championships Mad Bess Wood, Ruislip

#### Men & Women combined

3rd Chris Beecham 29:13

8th Richard Stewart 30:41

16th Chris Bailey 31:27

21st John O'Shea 32:11

43rd Steve Scruton 34:53

48th Sarah Bailey (3rd V35 woman) 35:29

66th Natasha Cendrowicz (12th woman) 38:44

*97 finishers*

#### Mens Team positions (3 to score)

**1st Highgate Harriers 19 points**

2nd London Heathside 31 points

3rd Hillingdon 39 points

4th Thames Valley Harriers 42 points

[Full Results on the Middlesex website](#)

### 27th March - South of England Road Relay Championships Milton Keynes

#### Women (6 x 5506m)

Leg 1 Lindsay Kehoe (17th) 21:22

Leg 2 Katie Meredith (10th) 20:44

Leg 3	Kate Jenrick (7th)	20:47
Leg 4	Rhonda Munnik (7th)	22:40
Leg 5	Natasha Cendrowicz (10th)	22:54
Leg 6	Alexia Trafford (10th)	23:37

#### Team Positions

1st	Aldershot, Farnham & District	1:58:11
2nd	Arena 80	2:01:45
3rd	City of Norwich	2:01:59
<b>10th</b>	<b>Highgate Harriers</b>	<b>2:12:04</b>

*20 teams finished*

#### [Full results](#)

#### Men (12 stage)

##### 'A' team

Leg 1 (L)	Ben Pochee (8th)	24:48
Leg 2 (S)	Peter Downie (10th)	17:45
Leg 3 (L)	Glenn Saqui (5th)	25:06
Leg 4 (S)	Stephen Whiting (7th)	18:20
Leg 5 (L)	Ben Noad (5th) (4th fastest)	24:16
Leg 6 (S)	Danny Russell (3rd) (7th fastest)	16:56
Leg 7 (L)	Richard Scott (4th)	25:57
Leg 8 (S)	Chris Beecham (5th)	18:01
Leg 9 (L)	Henry Dodwell (3rd)	25:29
Leg 10 (S)	Jon Deane (2nd)	18:51
Leg 11 (L)	Shaun Dixon (2nd)	25:53
Leg 12 (S)	Ryan McKinley (2nd)	17:21

Long leg = 7978m / Short leg = 5506m

##### Incomplete 'B' team

Leg 1 (L)	Patrick Davis (33rd)	28:42
Leg 2 (S)	Brahma Pochee (33rd)	19:29
Leg 3 (L)	Keith Wilson (34th)	34:02
Leg 4 (S)	Darren Treadaway (34th)	18:30
Leg 5 (L)	Saningo Martyn (34th)	29:35
Leg 6 (S)	Duncan Burbidge (34th)	21:51
Leg 7 (L)	Nick Stockman (31st)	25:41
Leg 8 (S)	Richard Stewart (29th)	18:04
Leg 9 (L)		
Leg 10 (S)		
Leg 11 (L)		
Leg 12 (S)		

Long leg = 7978m / Short leg = 5506m

#### Team Positions

1st	Newham & Essex	4:17:46
<b>2nd</b>	<b>Highgate Harriers 'A'</b>	<b>4:18:43</b>
3rd	Woodford Green & Essex Ladies	4:20:03

*31 teams finished*

#### [Full results](#)

## April 2011

### 9th April - National Road Relay Championships Sutton Park - Sutton Coldfield

#### Men (12 stage)

Leg 1 (L)	Ben Pochee (21st)	27:10
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Leg 2 (S)	Ryan McKinlay (17th)	15:28
Leg 3 (L)	Ben Noad (7th)	26:32 *
Leg 4 (S)	Chris Beecham (12th)	15:52
Leg 5 (L)	Glen Saqui (15th)	28:18
Leg 6 (S)	Stephen Whiting (15th)	16:18
Leg 7 (L)	Henry Dodwell (15th)	28:12
Leg 8 (S)	Peter Downie (15th)	15:48
Leg 9 (L)	Shaun Dixon (14th)	28:15
Leg 10 (S)	Nick Gold (14th)	16:02
Leg 11 (L)	Richard Scott (13th)	28:18
Leg 12 (S)	Saningo Martyn (14th)	16:35

*\*12th fastest long leg of the day*

Long leg = 5.4miles / Short leg = 3 miles

#### Team Positions

1st	Tipton Harriers	4:10:36
2nd	Newham & Essex Beagles	4:10:58
3rd	Morpeth	4:11:02
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14th	Highgate Harriers	4:22:48

60 teams finished

[Full results](#)

### 13th April - Highgate Harriers/City of London Open Meeting Parliament Hill

[Full Results](#)

### 23rd April - London Inter-Club Challenge Parliament Hill

#### Men

1	Achilles	231 points
2	Shaftesbury Barnet	106 points
3	Highgate Harriers	65 points
4	Enfield & Haringey	57 points
5	Woodford Green with Essex Ladies	49 points

#### Women

1	Achilles	109 points
2	Shaftesbury Barnet	71 points
3	Highgate Harriers	27 points
4	Enfield & Haringey	27 points
5	Woodford Green with Essex Ladies	9 points

### 30th April - Southern Womens League

#### Division 2N - Kings Lynn

1	Watford Harriers	149 points
2	Thurrock Harriers	146½ points
3	Ryston Runners AC	135 points
4	West Suffolk AC	114 points
5	West Norfolk AC	103½ points
6	Cambridge & Coleridge AC	94 points
7	Highgate Harriers/Barnet & District	84 points



## May 2011

### 7th May - Southern Mens League

#### Division 1 - Portsmouth

1	City of Portsmouth	124 points
2	Highgate Harriers	120 points
3	Newquay	101½ points
4	Dartford	96½ points
5	St Marys Richmond	94 points

#### [Full Individual Results](#)

### 21st May - Southern Womens League

#### Division 2N - Watford

1	Watford Harriers	151 points
2	Ryston Runners AC	141 points
3	Thurrock Harriers	137 ½ points
4	West Suffolk AC	127 points
5	Cambridge & Coleridge AC	108 points
6	Highgate Harriers/Barnet & District	87 points
7	West Norfolk AC	72 ½ points

### 21st May - British Masters Road Relays Sutton Park

#### Senior Men V35

Leg 1	Alex Davidson	17:13 (33rd)
Leg 2	John O'Shea	17:29 (27th)
Leg 3	Duncan Burbidge	16:02 (13th)
Leg 4	Richard Stewart	16:59(11th)
Leg 5	Henry Dodwell	15:40 (5th)
Leg 6	Peter Downie	15:42 (4th)
Leg 7	Chris Bailey	17:28 (4th)
Leg 8	Chris Beecham	15:53 (4th)

#### Team positions

1st	RonHill Cambuslang	2:08:45
2nd	Salford Harriers & AC	2:10:38
3rd	Morpeth Harriers & AC	2:12:11
4th	Highgate Harriers	2:12:26

*24 complete teams finished*

#### [Full Results](#)

### 21st May - Southern Mens League

#### Division 1 - Abingdon

1	Bexley	121 points
2	Newbury	108½ points
3	Woodford Green & Essex Ladies	103 points
4	Windsor, Slough, Eton & Hounslow	92 points
5	Highgate Harriers	88½ points

#### [Full Individual Results](#)

## June 2011

## 4th June - Southern Mens League

### Division 1 - Brighton

1	Medway & Maidstone	143 points
2	Brighton & Hove City	128 points
3	Highgate Harriers	118 points
4	Hercules Wimbledon	101 points

### [Full Individual Results](#)

## 11 June - London Inter-Club Challenge Barnet Copthall

### Men

1	Achilles	201 points
2	Shaftesbury Barnet	161 points
3	Woodford Green with Essex Ladies	90 points
4	Enfield & Haringey	61 points
5	Highgate Harriers	43 points

### Women

1	Enfield & Haringey	119 points
2	Achilles	60 points
3	Shaftesbury Barnet	50 points
4	Woodford Green with Essex Ladies	20 points
5	Highgate Harriers	18 points

## July 2011

### 9th July - Southern Womens League

#### Division 2N - Parliament Hill

1	Watford Harriers	161 points
2	Ryston Runners AC	147 points
3	Highgate Harriers/Barnet & District	130 points
4	West Suffolk AC	125 points
5	Thurrock Harriers	120 points
6	Cambridge & Coleridge AC	111 points
7	West Norfolk AC	26 points

### 9th July - Southern Mens League

#### Division 1 - Parliament Hill

1	Highgate Harriers	136½ points
2	Bedford & District AC	123 points
3	Dacorum & Tring	120 points
4	Ryston	92½ points
5	Aldershot, Farnham & District	48 points

### [Full Individual Results](#)

## 16 July - London Inter-Club Challenge Lee Valley Stadium

### Men

1	Achilles	212 points
2	Shaftesbury Barnet	99 points
3	Enfield & Haringey	63 points
4	Woodford Green with Essex Ladies	56 points
5	Highgate Harriers	33 points

#### Women

1	Achilles	83 points
2	Woodford Green with Essex Ladies	49 points
3	Enfield & Haringey	47 points
4	Shaftesbury Barnet	20 points
5	Highgate Harriers	16 points

### 30th July - Southern Mens League

#### Division 1 - Parliament Hill

1	Highgate Harriers	113 points
2	Newham & Essex Beagles	111½ points
3	Ipswich	110½ points
4	Woking	104 points
5	North Devon	92 points

#### [Full Individual Results](#)

## August 2011

### 13th August - Southern Mens League

#### Division 1 - Woking

1	Highgate Harriers	146 points
2	Poole	137 points
3	Thurrock	118 points
4	Thames Valley Harriers	52 points

#### [Full Individual Results](#)

### 20th August - Southern Womens League

#### Division 2N - Thurrock

1	Thurrock Harriers	179 points
2	Ryston Runners AC	162 points
3	Watford Harriers	154 points
4	West Suffolk AC	114 points
5	Cambridge & Coleridge AC	105 points
6	Highgate Harriers/Barnet & District	99 points

## September 2011

### 14th September - Highgate Harriers/City of London Open Meeting Parliament Hill

#### [Full Results](#)

### 24th September - South of England Road Relays Aldershot

### Senior Men 'A' Team

Leg 1	Ben Pochee	19:01 (19th)
Leg 2	Ben Noad	18:39 (8th)
Leg 3	Ryan McKinlay	18:58 (9th)
Leg 4	Shaun Dixon	18:43 (8th)
Leg 5	Henry Dodwell	19:25 (6th)
Leg 6	Danny Russell	18:45 (6th)

### Senior Men 'B' team

Leg 1	Jon Deane	20:36 (51st)
Leg 2	Tom Christopher	20:30 (45th)
Leg 3	Jack Mathewman	20:46 (41st)
Leg 4	Nick Gold	22:34 (48th)
Leg 5	Duncan Burbidge	20:50 (41st)
Leg 6	Richard Scott	19:51 (36th)

### Senior Men - Incomplete 'C' team

Leg 1	Nick Stockman	24:47 (81st)
Leg 2	Chris Panayiotu	22:17 (74th)

### Team positions

1st	Newham & Essex Beagles	1:50:56
2nd	Aldershot, Farnham & District	1:51:21
3rd	Kent AC	1:52:15
4th	Winchester & District	1:52:37
5th	Belgrave Harriers	1:52:49
6th	Highgate Harriers 'A'	1:53:31
36th	Highgate Harriers 'B'	2:05:07

*68 complete teams finished*

### Senior Women

Leg 1	Katie Meredith	14:13 (22nd)
Leg 2	Lindsay Kehoe	14:55 (20th)
Leg 3	Rhonda Munnik	15:24 (20th)
Leg 4	Alex Goodwin	16:44 (27th)

### Team positions

1st	Aldershot, Farnham & District 'A'	51:01
2nd	Aldershot, Farnham & District 'B'	53:14
3rd	City of Portsmouth	54:56

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26th	Highgate Harriers	61:16
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*46 complete teams finished*

## October 2011

**8th October - London City Runner Metropolitan Cross Country League  
Claybury, Woodford Green**



### Under 17 men

20	Pierce Boyle	15m 39s
31	Alexander Machin-Paley (U15)	16m 09s

50 Mason Baylis 19m 02s

*52 finishers*

**Senior Women**

1 Becky Penty 20m 23s  
5 Esther Evans (1st V35) 21m 42s  
12 Sarah Peterson 22m 32s  
18 Katie Meredith 23m 16s  
24 Gaelle Lebray 23m 49s  
31 Louise Faherty 24m 20s  
44 Alexia Trafford 25m 14s  
47 Rhian Hampson-Jones 25m 26s  
51 Jenny Chewter 25m 43s  
94 Natasha Cendrowicz 28m 12s

*130 finishers*

**Match Position 1st**

**League table after race 1**

**(Division 1 - top 3)**

1st Highgate Harriers 277 points  
2nd Serpentine 258 points  
3rd Woodford Green & EL 222 points

**Senior Men**

5 Ryan McKinley 25m 22s  
9 Ben Pochee (1st V40) 25m 34s  
10 Henry Dodwell 25m 35s  
34 Chris Panayiotou 27m 15s  
39 James Parker 27m 35s  
44 Jonathan Deane 27m 44s  
52 Jack Matthewman 28m 05s  
86 Jonathan Laybourn 29m 19s  
89 Tom Christopher 29m 22s  
93 Chris Bailey 29m 26s  
150 Rob Walker 31m 07s  
165 Duncan Burbidge 31m 36s  
180 John O'Shea 32m 04s  
206 Steve Scruton 32m 58s  
306 Stephen Bayliss 37m 41s

*355 finishers*

**Match Position 3rd**

**League table after race 1**

**(Division 1 - top 3)**

1st Woodford Green & EL 1203 points  
2nd Serpentine RC 1146 points  
3rd Highgate Harriers 878 points

[Full Results](#)

**15th October - English National Relay Championships  
Sutton Park, Birmingham**

**Men (6 stage)**

Leg 1 Henry Dodwell 18:25 (45th)  
Leg 2 Shaun Dixon 17:45 (26th)  
Leg 3 Ben Pochee 18:29 (25th)  
Leg 4 Benjamin Noad 18:11 (21st)  
Leg 5 David Bruce 18:05 (16th)  
Leg 6 Danny Russell 18:09 (16th)

**Team positions**

1st Aldershot Farnham & District 1:44:51

2nd	Birchfield	1:45:22
3rd	Newham & Essex Beagles	1:45:30

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**16th Highgate Harriers 1:49:04**

*76 teams finished*

[Full results](#)

**Women (4 stage)**

Leg 1	Becky Penty	14:51 (10th)
Leg 2	Elin Skagerberg	15:59 (12th)
Leg 3	Katie Meredith	16:21 (13th)
Leg 4	Lindsay Kehoe	17:01 (18th)

**Team positions**

1st	Aldershot Farnham & District	57:17
2nd	Charnwood AC	58:20
3rd	Bristol & West AC	58:50

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**18th Highgate Harriers 64:12**

*72 teams finished*

[Full results](#)

## November 2011

### 5th November - English Cross Country relays Mansfield

**Under 13 boys**

Leg 1	A Harrison (34th)	7m 44s
Leg 2	???????????? (71st)	9m 03s
Leg 3	H Ezzat (67th)	9m 23s

**67th of 75 complete teams**

**Under 15 boys (incomplete team)**

Leg 1	J Millett (64th)	7m 36s
Leg 2	G Springer (68th)	8m 09s

**Women**

Leg 1	Tessa Hill (17th)	10m 53s
Leg 2	Kate Meredith (23rd)	12m 02s
Leg 3	Becky Penty (12th)	11m 10s

**Team Positions**

1st	Charnwood AC 'A'	31m 05s
2nd	Aldershot Farnham & District 'A'	31m 16s
3rd	Birchfield Harriers 'A'	31m 33s

.....

**12th Highgate Harriers 'A' 34m 06s**

*105 teams finished*

**Men 'A' team**

Leg 1	Shaun Dixon (30th)	16m 33s
Leg 2	Ben Noad (13th)	16m 22s
Leg 3	Murray Strain (7th)	16m 23s
Leg 4	Ben Pochee (12th)	17m 13s

**Men 'B' team**

Leg 1	Henry Dodwell (60th)	17m 23s
Leg 2	Chris Panayiotou (59th)	18m 22s
Leg 3	Ron Baheldi (60th)	19m 00s

Leg 4 Oliver Kean (59th) 19m 40s

**Team Positions**

1st Stockport Harriers 'A' 64m 25s  
2nd Leeds City AC 'A' 65m 19s  
3rd City of Norwich AC 'A' 65m 24s

.....

12th Highgate Harriers 'A' 66m 32s  
59th Highgate Harriers 'B' 74m 27s

159 teams finished

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

**12th November - London City Runner Metropolitan Cross Country League  
Stevenage**



**Under 13 Boys**

7 Terry Fawden 11m 36s

39 finishers

**Under 13 Girls**

15 Maya Doolan 15m 10s

22 finishers

**Under 17 Women**

25 Ellie Doolan 18m 17s

33 finishers

**Senior Women**

3 Becky Penty 21m 27s

5 Esther Evans 21m 49s

12 Katie Meredith 22m 45s

32 Louise Faherty 24m 56s

33 Alexia Trafford 24m 59s

41 Elinor Winter 25m 22s

76 Georgia Doolan (U20) 27m 28s

113 Kirat Nandra 33m 52s

122 finishers

**Match Position 2nd**

**League table after race 2**

**(Division 1 - top 3)**

1st Highgate Harriers 502 points

2nd Serpentine 496 points

3rd Woodford Green & EL 435 points

**Senior Men**

2 Ben Noad 25m 00s

6 Shaun Dixon 25m 23s

20 Henry Dodwell 26m 25s

57 Stephen Whiting 28m 04s

66 James Parker 28m 20s

67 Duncan Burbidge 28m 20s

69 Jonathan Laybourn 28m 21s

70 Jonathan Deane 28m 21s

73 Michael Dan 28m 26s

92 Tom Christopher 29m 03s

163 Andrew Aitken 30m 56s

189 John O'Shea 31m 30s

246 Steve Scruton 33m 31s

277	Nick Stockman	34m 28s
318	Stephen Bayliss	36m 15s

371 finishers

**Match Position 3rd**

**League table after race 2**

**(Division 1 - top 3)**

1st	Woodford Green & EL	2393 points
2nd	Serpentine RC	2245 points
3rd	Highgate Harriers	1724 points

[Full Results](#)

**19th November - London Cross Country Championships  
Parliament Hill Fields**

**Women**

1	Becky Penty	21:19
3	Esther Evans	22:15
5	Katie Meredith	22:57
28	Elinor Winter	24:57
38	Alexia Trafford	25:25
39	Astrid Wingler	25:27
41	Louis Faherty	25:49
78	Fiona Maguire	28:00
90	Georgia Doolan (U20)	28:45
93	Natasha Cendrowicz	29:02
102	Alex Goodwin	30:13
109	Sarah Chapman	31:13
126	Kirat Nandra	34:19

139 finished

**Team Positions**

1st	Highgate Harriers	37 points
2nd	Serpentine RC	40 points
3rd	Dulwich Runners	65 points

**Men**

4	Henry Dodwell	33:34
11	Ryan McKinlay	34:31
29	Chris Beecham	36:13
31	H Bahelbi	36:17
34	Duncan Burbidge	36:31
41	Jonathan Laybourne	36:45
43	Jonathan Deane	36:47
47	Tom Christopher	37:19
48	Peter Downie	37:29
56	Jack Matthewman	38:16
68	R Petty	38:56
78	Chris Bailey	39:16
83	O Keane	39:22
110	John O'Shea	40:45
125	Rob Walker	41:21
132	Thiery Lebreton	41:58
147	Steve Scruton	42:48
184	Nick Stockman	45:02
192	Kevin Linehan	45:46
204	Keith Wilson	46:57

249 finishers

**Team Positions**

1st	Herne Hill Harriers	43 points
2nd	Serpentine RC	63 points



3rd Highgate Harriers A 75 points

[Full Results](#)

## December 2011

### 3rd December - Fraternity Cup / Sorority Cup Trent Park

#### Fraternity Cup (5 miles) Men

1st	Henry Dodwell	25mins 54s
6th	Glenn Saqui	27mins 18s
11th	Maarten Van Der Hoeven	28mins 06s
49th	Steve Scruton	33mins 43s
56th	Nick Stockman	34mins 14s
76th	Stephen Bayliss	37mins 40s

90 finishers

#### Team positions (top 3 of 9)

1st	Barnet & District	92 points
2nd	Ealing, Southall & Middlesex	116 points
3rd	Hillingdon AC	148 points

.....

6th Highgate Harriers 199 points

#### [Full Fraternity Cup Results](#)

#### Sorority Cup (5 miles) Women

17th	Natasha Cendrowicz	38mins 24s
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27 finishers

#### [Full Sorority Cup Results](#)

### 17th December - London City Runner Metropolitan Cross Country League Ruislip



#### Under 13 Boys

4	Terry Fawden	10m 47s
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31 finishers

#### Under 17 Women

5	Hannah Viner	16m 05s
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28 finishers

#### Senior Women

1	Becky Penty	21m 21s
7	Katie Meredith	22m 38s
9	Sarah Peterson	23m 01s
11	Vicky Frew	23m 26s
20	Elinor Winter	24m 13s
33	Louise Faherty	25m 16s
75	Alex Goodwin	28m 14s
76	Fiona Maguire	28m 15s
82	Natasha Cendrowicz	28m 29s
117	Sarah Chapman	31m 35s
129	Kirat Nandra	34m 18s

133 finishers

**Match Position 1st**

**League table after race 3**

**(Division 1 - top 3)**

1st	Highgate Harriers	773 points
2nd	Serpentine RC	728 points
3rd	Woodford Green & EL	641 points

**Senior Men**

5	Murray Strain	26m 33s
8	Sean Dixon	26m 50s
15	Henry Dodwell	27m 30s
21	Ryan McKinley	27m 53s
45	Duncan Burbidge	29m 01s
50	Chris Panayiotou	29m 16s
57	Jonathan Laybourn	29m 37s
94	Tom Christopher	31m 00s
126	Chris Bailey	32m 06s
137	Rob Walker	32m 27s
150	John O'Shea	32m 52s
227	Kevin Linehan	35m 34s
228	Stephen Meredith	35m 36s
233	Steve Scruton	35m 42s
298	Nick Stockman	38m 53s

365 finishers

**Match Position 3rd**

**League table after race 3**

**(Division 1 - top 3)**

1st	Woodford Green & EL	3561 points
2nd	Serpentine RC	3264 points
3rd	Highgate Harriers	2563 points

[Full Results](#)

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