

## January 2004

### 3rd January - Middlesex Cross Country Champs Cranford

#### Senior Women (8000m)

2nd	Natasha Cendrowicz	27mins 47s
3rd	Astrid Wingler	27mins 49s
6th	Esther Evans	28mins 50s
20th	Sarah Nicholls	30mins 49s

#### Team positions

1st	Highgate Harriers	31 points
2nd	London Heathside	40 points
3rd	Shaftesbury Barnet	47 points

#### Senior Men (12000m)

1st	Jerome Claeys	35mins 47s
3rd	Dennis Fricks	36mins 18s
5th	Henry Dodwell	36mins 24s
8th	Dominic Hall	37mins 27s
17th	Andy Evans	38mins 33s
19th	Duncan Burbidge	39mins 01s
25th	Pat Davis	39mins 25s
30th	Chris Bailey	39mins 54s
51st	Jim Eltringham	42mins 39s
65th	Nick Stockman	44mins 04s
74th	Derek Baigent	45mins 53s
79th	Anthony Flick	46mins 17s
86th	Kevin Linehan	47mins 19s
121st	Ralph Allemanno	57mins 58s

#### Team positions

1st	Highgate Harriers	53 points
2nd	Harrow AC	115 points
3rd	London Heathside	164 points

#### Under 20 men (6000m)

9th	Jonathan Deane	22mins 20s
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#### Under 17 men (6000m)

5th	Saningo Martyn	21mins 28s
7th	Rory Campbell	21mins 52s

#### Under 13 boys (3000m)

5th	Henry Gomez	13mins 56s
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### 10th January - Metropolitan Cross Country League Wormwood Scrubs

#### Senior Women

1st	Svenja Abel
2nd	Astrid Wingler

15mins 20s
15mins 33s

#### Senior Men

45th	Jeremy Rogers	31mins 08s
61st	Jonathan Deane	31mins 48s

3rd	Natasha Cendrowicz	15mins 43s	80th	Andrew Evans	33mins 05s
6th	Esther Evans	16mins 02s	84th	Richard Stewart	33mins 23s
9th	Kate Jenrick	16mins 09s	117th	Nick Stockman	35mins 04s
19th	Sarah Nicholls	16mins 57s	122nd	John Barratt	35mins 16s
25th	Cathy Dawson	17mins 35s	135th	Steve Scruton	35mins 48s
30th	Jenny Turner	17mins 53s			

Team Position - 1st  
Position after race 4 - 1st

Team Position - 11th  
Position after race 4 - 13th

## 14th January - Sir Sefton Brancker Trophy and Seax Trophy (Middlesex v RAF v Civil Service) RAF Halton

## 17th January - North West London Young Athletes League Trent Park

[Results](#)

## 18th January - Sportshall Competition Stonebridge Park

### Outstanding performance by 10 year old Harrier

Highgate Harrier Christian Gomez aged 10, had an outstanding afternoon at the under 11 Sportshall competitions, winning 3 of the 4 events he entered. He came first in the standing long jump, vertical jump and speed bounce. In addition he was invited to run in an under 13 composite relay team which won the event.

## 24th January - South of England Cross Country Champs Parliament Hill Fields

### Southern Gold for Highgate Women

#### Senior Women

5th	Svenja Abel	33mins 23s
7th	Natasha Cendrowicz	33mins 31s
10th	Astrid Winger	33mins 49s
27th	Kate Jenrick	35mins 15s
35th	Esther Evans	35mins 38s
57th	Sarah Nicholls	36mins 43s
114th	Jenny Turner	39mins 43s
260th	Annie Dicey	49mins 11s

297 finishers

#### Team positions

1st	Highgate Harriers	49 points
2nd	Shaftesbury Barnet	66 points
3rd	London Heathside	115 points

38 complete teams

### Senior Men

15th	Jerome Claeys	48mins 39s
21st	Henry Dodwell	49mins 14s
48th	Dennis Fricks	50mins 52s
54th	Shane Snow	51mins 09s
69th	Nick Martyn	51mins 47s
96th	Nick Gold	53mins 18s
156th	Duncan Burbidge	55mins 05s
171st	Chris Bailey	55mins 35s
222nd	Jeremy Rogers	56mins 54s
248th	Andrew Collinge	57mins 47s
250th	Richard Stewart	57mins 49s
251st	Ali Brown	57mins 51s
332nd	Joseph Lowe	60mins 26s
349th	Jim Eltringham	60mins 51s
366th	Derek Baigent	61mins 15s
393rd	Mark Sweeney	62mins 13s
418th	José Barretta	63mins 08s
449th	Nick Stockman	63mins 56s
500th	Robin Basford	65mins 33s
535th	Jesus Anorve	66mins 31s
569th	Kevin Linehan	67mins 16s
590th	Anthony Flick	68mins 06s

*(800 finishers)*

#### Team positions (6 to score)

1st	Newham & Essex Beagles	128 points
2nd	London Irish	171 points
3rd	Aldershot, Farnham & District	194 points
4th	Bedford & County	202 points
5th	<b>Highgate Harriers</b>	<b>302 points</b>

*(65 complete teams)*

#### Team positions (12 to score)

1st	Aldershot, Farnham & District	774 points
2nd	<b>Highgate Harriers</b>	<b>1594 points</b>
3rd	Newham & Essex Beagles	1939 points

*(17 complete teams)*

### Junior Men

64th	Jonathan Deane	33mins 37s
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*(85 finishers)*

### Under 17 Men

31st	Saningo Martyn	24mins 00s
54th	Rory Campbell	24mins 45s

*(165 finishers)*

[Full results](#)

## 28th January - London Schools Cross Country Championships Parliament Hill Fields

### BOYS

<b>Year 11</b>	<b>Year 9</b>	<b>Year 7</b>
1st Rory Campbell*	45th Sam Jeal	5th Henri Gomez*

2nd Saningo Martyn\*

\* Selected to represent London Schools in the All England Champs

### GIRLS

Year 9	Year 8	Year 7
33rd Jess Jeal	11th Molly Wheeler	51st Marika McKennell
	31st Flynn Ester	

## 31st January - Metropolitan Cross Country League St Albans

Highgate women remain unbeaten and retain the  
Metropolitan Cross Country League title

### Senior Women

#### League Champions 2003/2004

1st	Svenja Abel	14mins 22s
2nd	Astrid Wingler (1st V35)	14mins 28s
3rd	Natasha Cendrowicz	14mins 40s
5th	Kate Jenrick (2nd V35)	15mins 03s
10th	Esther Evans	15mins 16s
11th	Caroline Bollard	15mins 24s
24th	Becky Long	16mins 09s
28th	Elizabeth Ogunde	16mins 20s
72nd	Sarah Chapman	20mins 45s

#### [Race report](#)

Team Position - 1st

#### Final League positions after race 5

1st	Highgate Harriers	2514 points
2nd	London Heathside	1959 points
3rd	Woodford Green	1805 points

### Senior Men

47th	Chris Bailey	29mins 32s
70th	Jonathan Deane	30mins 50s
98th	Nick Bentham	32mins 22s
118th	Nick Stockman	33mins 40s

Team Position - 14th

Final League position - 13th

## February 2004

### 7th February - Middlesex Veterans Cross Country Champs Mad Bess Wood - Ruislip

#### Men (8000m)

1st	Nick Martyn	26mins 38s
2nd	Paul Lemmon (London Heathside)	28mins 04s
3rd	A. Hoiles (Harrow AC)	28mins 12s
4th	Chris Bailey	28mins 23s
...	...	...
25th	Steve Scruton	31mins 44s

### 14th February - North West London Young Athletes League Perivale

#### [Results](#)

### 21st February - National Cross Country Championships

## Leeds

### Under 17 Men (6K)

69th Saningo Martyn 23mins 59s  
(227 finishers)

### Junior men (10K)

130th Jonathan Deane 38mins 43s  
(149 finishers)

### Senior women (8K)

18th Sula Young 34mins 26s  
31st Natasha Cendrowicz 35mins 09s  
44th Svenja Abel 35mins 51s  
78th Kate Jenrick 37mins 04s  
83rd Sally Hannah 37mins 17s  
121st Esther Evans 38mins 32s  
127th Marguerite Lazell 38mins 43s  
162nd Jenny Turner 39mins 50s

(454 finishers)

### Team positions

1st Bristol AC 100 points  
2nd Sale Harriers 112 points  
3rd Tipton Harriers 155 points  
4th Highgate Harriers 171 points

54 complete teams

### Senior men (12K)

7th Keith Cullen (non scorer) 42mins 31s  
58th Jerome Claeys 44mins 42s  
97th Shane Snow 45mins 41s  
122nd Henry Dodwell 46mins 21s  
149th Nick Martyn 46mins 57s  
344th Duncan Burbidge 50mins 12s  
371st Andrew Evans 50mins 30s  
389th Phil Coulson 50mins 45s  
603rd Richard Stewart 53mins 48s  
654th Joseph Lowe 54mins 34s  
681st Robin Basford 55mins 07s  
771st José Barretta 56mins 17s  
777th Nick Stockman 56mins 21s  
794th Jim Eltringham 56mins 37s  
888th Jonathan Evans 58mins 13s  
1012th Anthony Flick 60mins 33s

(1394 finishers)

### Team positions (6 to score)

1st Belgrave Harriers 160 points  
2nd Leeds City AC 254 points  
3rd Sale Harriers 258 points

.....

22nd Highgate Harriers 1123 points  
116 complete teams

### Team positions (9 to score)

1st Leeds City AC 614 points  
2nd Belgrave Harriers 620 points  
3rd Bedford & County AC 744 points

.....

14th Highgate Harriers 2753 points  
50 complete teams

[Full results](#)

## March 2004

### 6th March - Inter Counties Cross Country Championships Nottingham

#### Senior Women (8K)

1st	K Butler	27:04	Scotland East
2nd	N Harvey	27:10	Surrey
3rd	H Yelling	28:00	Middlesex
...	...	...	...
30th	Sula Young (Highgate)	29:49	Middlesex
45th	Natasha Cendrowicz (Highgate)	30:34	Middlesex
101st	Kate Jenrick (Highgate)	32:01	Surrey

#### Senior Men (12k)

1st	G Tromans	36:25	Warwickshire
2nd	Ben Noad (Highgate)	36:41	Avon & Somerset
3rd	C Thompson	36:52	Hampshire

#### Under 20 men

1st	G Davenport	25:25	Avon & Somerset
2nd	C Lamb	25:32	North East
3rd	A Moran	25:33	Greater Manchester
...	...	...	...
151st	Jonathan Deane (Highgate)	32:01	Middlesex

### 22nd March - British Masters Cross Country Championships Durham

#### Women

3rd Astrid Wingler

#### Men

7th Nick Martyn

### 22nd March - Thames Valley Harriers Relays Stockley Park

#### Women (3 x 3.5 miles)

Leg 1	Esther Evans	22mins 04s (4th)
Leg 2	Marguerite Lazell	21mins 57s (2nd)
Leg 3	Cathy Dawson	23mins 21s (1st)

#### Team positions

1st	Highgate Harriers	67mins 22s
2nd	Shaftesbury Barnet Harriers	67mins 33s
3rd	Vale of Aylesbury	67mins 47s

#### Men (5 x 3.5 miles)

##### 'A' team

Leg 1	Phil Coulson	18mins 32s (10th)
Leg 2	Henry Dodwell	18mins 25s (5th)
Leg 3	Dominic Hall	19mins 13s (5th)
Leg 4	Duncan Burbidge	18mins 54s (4th)
Leg 5	Andrew Evans	20mins 06s (4th)

##### 'B' team

Jeremy Rogers	20mins 24s (18th)
Richard Stewart	21mins 18s (20th)
Pat Davis	19mins 34s (17th)
Saningo Martyn	20mins 12s (12th)
Jeremy Rogers	21mins 14s (12th)

#### Team positions

1st	Belgrave Harriers	87mins 31s
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2nd Windsor, Slough, Eton & Hounslow 91mins 32s  
3rd Ealing, Southall & Middlesex 94mins 23s  
4th Highgate Harriers 95mins 10s

## 27th March - North West London Young Athletes League Wormwood Scrubs

Santi Martyn becomes Under 11 League Champion following his latest win in the final race of the season at Wormwood Scrubs.

Saningo Martyn takes third place in the final race to finish the Under 17's League in equal third place.

[Results](#)

### April 2004

## 4th April - South of England Road Relay Championships Milton Keynes

### Women (6 x 5.5km)

**Leg 1** Esther Evans (18th) 21:02  
**Leg 2** Kate Jenrick (9th) 20:34  
**Leg 3** Cathy Dawson (13th) 21:49  
**Leg 4** Sula Young (5th) 19:14  
**Leg 5** Marguerite Lazell (6th) 23:05  
**Leg 6** Astrid Wingler (3rd) 20:17

#### Incomplete 'B' Team

**Leg 1** Becky Long (26th) 21:52  
**Leg 2** Elizabeth Ogunde (23rd) 21:48

### Team Positions

1st Bedford & County 1hrs 56m 51s  
2nd Shaftesbury Barnet 2hrs 00m 42s  
3rd Highgate Harriers 2hrs 06m 01s

[Full results](#)

### Men (12 stage)

#### 'A' Team

#### Long leg (8km)

**Leg 1** Nick Martyn (14th) 25:24  
**Leg 3** Keith Cullen (5th) **course record** 23:24  
**Leg 5** Henry Dodwell (6th) 25:37  
**Leg 7** Duncan Burbidge (8th) 26:42  
**Leg 9** Phil Coulson (9th) 26:37  
**Leg 11** Mark Sweeney (11th) 29:38

#### Short leg (5.5km)

**Leg 2** Dominic Hall (10th) 18:02  
**Leg 4** Pat Davis (5th) 18:15  
**Leg 6** Andy Evans (6th) 18:36  
**Leg 8** Robin Basford (10th) 19:41  
**Leg 10** Jeremy Rogers (9th) 19:07  
**Leg 12** Jim Eltringham (11th) 19:46

#### Incomplete 'B' Team

**Leg 1** Nick Stockman (57th) 31:22  
**Leg 3** Kevin Linehan (51st) 33:17  
**Leg 5** Greg Fuzesi (47th) 30:36  
**Leg 7** Anthony Flick (47th) 31:41  
**Leg 9** Steve Scruton (45th) 31:38  
**Leg 2** Saningo Martyn (48th) 18:31  
**Leg 4** Steve Scruton (48th) 21:14  
**Leg 6** Richard Stewart (46th) 20:25  
**Leg 8** Nick Stockman (45th) 22:03

### Team Positions

1st	Belgrave Harriers	4hrs 10m 53s
2nd	Bedford & County	4hrs 12m 15s
3rd	Aldershot, Farnham & District	4hrs 13m 37s
....	....	....
11th	Highgate Harriers	4hrs 30m 49s

[Full results](#)

## 24th April - National Road Relay Championships Sutton Park - Sutton Coldfield

### Women (6 x 3 miles)

Leg 1	Astrid Wingler (12th)	17:21
Leg 2	Esther Evans (14th)	18:42
Leg 3	Sula Young (4th)	16:37
Leg 4	Kate Jenrick (5th)	18:01
Leg 5	Emma Brady (5th)	18:40
Leg 6	Natasha Cendrowicz (8th)	18:30

### Team Positions

1st	Coventry Godiva	1hrs 42m 46s
2nd	Tipton Harriers	1hrs 43m 13s
3rd	Shaftesbury Barnet Harriers	1hrs 45m 51s
....	....	....
8th	Highgate Harriers	1hrs 47m 51s

[Full results](#)

### Men (12 stage)

Long leg (5.4 miles)			Short leg (3 miles)		
Leg 1	Jerome Claeys (38th)	28:46	Leg 2	Dale Bickham (36th)	15:51
Leg 3	Keith Cullen (10th)	25:47*	Leg 4	Andy Evans (16th)	16:01
Leg 5	Nick Martyn (14th)	28:28	Leg 6	Rob Goddard (14th)	16:19
Leg 7	Dennis Fricks (12th)	27:50	Leg 8	Chris Bailey (14th)	17:31
Leg 9	Phil Coulson (14th)	29:40	Leg 10	Jeremy Rogers (15th)	17:24
Leg 11	Duncan Burbidge (15th)	29:51	Leg 12	José Barretta (21st)	18:03

\* 2nd fastest long leg of the day

### Team Positions

1st	Aldershot, Farnham & District	4hrs 10m 15s
2nd	Belgrave Harriers	4hrs 11m 47s
3rd	Salford Harriers	4hrs 13m 09s
....	....	....
20th	Highgate Harriers	4hrs 31m 31s

[Full results](#)

## 24th April - Southern Womens Athletics League

### Division 3N - Parliament Hill

1	- HIGHGATE HARRIERS	157 points
2	- Hillingdon AC	115 points



3 - Ryston Runners	97 points
4 - Ilford AC	56 points

[League Table](#)

## May 2004

### 1st May - Southern Mens Athletics League

#### Division 1 - Parliament Hill

1 - HIGHGATE HARRIERS	138 points
2 - Newham & Essex Beagles	111 points
3 - London Heathside	110 points
4 - Exeter	81 points
5 - Worthing & District	76 points

[League Table](#)

#### Division 4N - Parliament Hill

1 - Thurrock	136 points
2 - HIGHGATE HARRIERS	124 points
3 - Queens Park Harriers	96 points
4 - London AC	DNS

[League Table](#)

### 9th May - Young Athletics League

#### Southern Division 2NW - Parliament Hill

1 - St Albans	496 points
2 - Hillingdon	409 points
3 - Bicester and Banbury	399 points
4 - Oxford City	383 points
5 - Chiltern	372 points
6 - Abingdon	342 points
7 - HIGHGATE HARRIERS	332 points

[Results](#)   [Highgate placings](#)

### 15th/16th May - Middlesex Track & Field Championships New River Stadium

### 22nd May - Southern Mens Athletics League

#### Division 1 - Southend

1 - Southend	157 points
2 - HIGHGATE HARRIERS	113 points
3 - Ashford	95 points
4 - Windsor, Slough, Eton & Hounslow	87 points
5 - Blackheath & Bromley	76 points

[League Table](#)

#### Division 4N - Southend

1 - Southend	150 points
2 - HIGHGATE HARRIERS	110 points
3 - Watford	105 points
4 - Dagenham 88	54 points

[League Table](#)

## 22nd May - Southern Womens Athletics League

### Division 3N - Ilford

1 - Wycombe Phoenix	159 points
2 - HIGHGATE HARRIERS	106 points
3 - Walthamstow/Eton Manor	100 points
4 - Southend	99 points

[League Table](#)

## June 2004

## 6th June - Young Athletics League

### Southern Division 2NW - St Albans

1 - St Albans	532 points
2 - Oxford City	439 points
3 - Hillingdon	420 points
4 - Bicester and Banbury	392 points
5 - Abingdon	296 points
6 - Chiltern	232 points
7 - HIGHGATE HARRIERS	145 points

[Results](#)   [Highgate placings](#)

## 13th June - BAL Jubilee Cup (Men & Women)

### Copthall

1 - Southend AC	236 points
2 - Colchester Harriers	234 points
3 - HIGHGATE HARRIERS	231 points
4 - Thurrock Harriers	230 points
5 - Barnet & District AC	185 points
6 - London Heathside	36 points

## 26th June - Southern Mens Athletics League

### Division 1 - Portsmouth

1= - Winchester	120 points
1= - Yeovil	120 points
3 - HIGHGATE HARRIERS	114 points
4 - Harrow	96 points
5 - Victoria Park Harriers	83 points

### Division 4N - Mile End

## 27th June - Young Athletics League

### Southern Division 2NW - Banbury

1	- St Albans	571 points
2	- Bicester and Banbury	547 points
3	- Hillingdon	337 points
4=	- Oxford City	331 points
4=	- Abingdon	331 points
6	- Chiltern	236 points
7	- HIGHGATE HARRIERS	110 points

[Results](#)   [Highgate placings](#)

## July 2004

### 3rd July - Southern Womens Athletics League

#### Division 3N - Braintree

1	- Tower Hamlets & Victoria Park	143 points
2	- Braintree	112 points
3	- HIGHGATE HARRIERS	104 points
4	- Chiltern	50 points

### 10th July - Southern Mens Athletics League

#### Division 1 - Woking

1	- HIGHGATE HARRIERS	132 points
2	- Milton Keynes	114 points
3	- Woking	103½ points
4	- Havering	100½ points
5	- Team Solent	67 points

#### Division 4N - Walthamstow

(awaiting results)

### 31st July - Southern Mens Athletics League

#### Division 1 - New River

1	- HIGHGATE HARRIERS	114 points
2	- Luton United	112 points
3=	- Enfield & Haringey	107 points
3=	- Basingstoke	107 points
5	- Chelmsford	78 points

#### Division 4N - Hemel Hempstead

1	- London Heathside	144½ points
2	- Dacorum & Tring	121½ points
3	- HIGHGATE HARRIERS	53 points

## August 2004

### 1st August - Young Athletics League

#### Southern Division 2NW - Abingdon

1 - Bicester and Banbury	532 points
2 - St Albans	435 points
3 - Abingdon	426 points
4 - Oxford City	378 points
5 - Hillingdon	350 points
6 - HIGHGATE HARRIERS	134 points
7 - Chiltern	117 points

[Results](#)   [Highgate placings](#)

### 7th August - Southern Womens Athletics League

#### Division 3N - Uxbridge

1 - HIGHGATE HARRIERS	138 points
2 - Harlow	128 points
3 - Watford	122 points
4 - Vale of Aylesbury	DNS

### 14th August - Southern Mens Athletics League

#### Division 1 - Tonbridge

1 - HIGHGATE HARRIERS	121 points
2 - Tonbridge	120 points
3 - Ilford	110 points
4 - Bournemouth	96 points
5 - Nene Valley Harriers	85 points

[League Table](#)

## September 2004

### 11th September - Southern Womens Athletics League

#### Division 3N - Luton

1 - Ipswich	144 points
2 - HIGHGATE HARRIERS	120 points
3 - West Norfolk	78 points
4 - Biggleswade	70 points

[League Table](#)

### 18th September - British League Qualifier

#### Abingdon

1 - Swindon (qualified)	389 points
2 - Southend (qualified)	373 points

3 - Leeds	293 points
4 - HIGHGATE HARRIERS	287½ points
5 - Bolton	283 points
6 - Winchester	230½ points
7 - Yeovil	224 points
8 - Deeside	116 points

## 18th September - St Albans Cross Country relays

### Women

	'A' team		'B' team		Incomplete 'C' team
<b>Leg 1</b>	Astrid Wingler 16m 03s		Anna McCutcheon 17m 11s		Sarah Chapman 21m 49s
<b>Leg 2</b>	Kate Jenrick 16m 35s		Jo Carritt 17m 20s		
<b>Leg 3</b>	Sula Young 15m 45s		Josefa Souza 17m 41s		
<b>Leg 4</b>	Esther Evans 16m 26s		Jenny Turner 19m 28s		

### Team positions

1st	Highgate Harriers 'A'	64mins 49s
2nd	Shaftesbury Barnet	66mins 04s
3rd	Bedford & County	67mins 10s
4th	Highgate Harriers 'B'	71mins 40s

### Fastest laps

1st	Sula Young (Highgate Harriers)	15 mins 45s
2nd	Sharon Morris (Bedford & County)	15 mins 53s
3rd	Astrid Wingler (Highgate Harriers)	16 mins 03s

### Men

	'A' team		'B' team	
<b>Leg 1</b>	Chris Bailey	15m 08s	Steve Scruton	16m 31s
<b>Leg 2</b>	Duncan Burbidge	14m 35s	Nick Stockman	17m 04s
<b>Leg 3</b>	Greg Fuzesi	16m 24s	Chris Wilson	17m 32s
<b>Leg 4</b>	Saningo Martyn	15m 56s	Steve Scruton	17m 19s
<b>Leg 5</b>	José Barretta	17m 15s	Nick Stockman	17m 31s
<b>Leg 6</b>	Jeremy Rogers	15m 53s	Duncan Burbidge	15m 12s
	<b>Team position - 8th</b>		<b>Team position - 14th</b>	

## 25th/26th September - South of England Road Relays

### Men

	'A' team		'B' team		'C' team	
<b>Leg 1</b>	Ben Pochee	18:07(3rd)	Javier Pes	19:59(40th)	Chris Bailey	20:08(44th)
<b>Leg 2</b>	Henry Dodwell	19:20(8th)	Duncan Burbidge	19:42(28th)	Mark Sweeney	22:40(62nd)
<b>Leg 3</b>	Ben Noad	18:01(3rd)	Rob Goddard	20:05(22nd)	Jeremy Rogers	20:45(57th)
<b>Leg 4</b>	Phil Coulson	19:38(8th)	Dominic Hall	20:56(23rd)	Claudio Romero	21:47(55th)
<b>Leg 5</b>	Jerome Claeys	18:37(6th)	Dale Bickham	20:25(25th)	Nick Stockman	22:16(55th)
<b>Leg 6</b>	Keith Cullen	17:24(2nd)	Pat Davis	21:57(28th)	Steve Scruton	22:22(50th)

### Team positions

1st	Belgrave Harriers	1h 50m 00s
2nd	Highgate Harriers 'A'	1h 51m 07s
3rd	Aldershot, Farnham & District	1h 51m 18s

### Fastest laps

1st	Keith Cullen (Highgate)	17 mins 24s
2nd	Mark Miles (Belgrave)	17 mins 37s
3rd	Stephen Sharp (Belgrave)	17 mins 57s
4th	Angus MacLean (Team Solent)	18 mins 00s
5th	Ben Noad (Highgate)	18 mins 01s

[Full Results](#)

### Women

#### 'A' team

Leg 1	Sally Hannah	13:36 (6th)
Leg 2	Svenja Abel	13:36 (6th)
Leg 3	Sula Young	13:15 (2nd)
Leg 4	Astrid Wingler	14:05 (3rd)

#### 'B' team

Esther Evans	14:04 (16th)
Natasha Cendrowicz	15:15 (15th)
Karen Wright	15:44 (19th)
Jenny Turner	16:18 (23rd)

### Team positions

1st	Bedford & County	53mins 28s
2nd	Medway & Maidstone	53mins 49s
3rd	Highgate Harriers 'A'	54mins 32s

[Full Results](#)

## October 2004

### 2nd October - Ealing Cross Country relays Horsenden Hill

#### Women

##### (A team)

Leg 1	Kate Jenrick	14mins 03s
Leg 2	Natasha Cendrowicz	15mins 50s
Leg 3	Karen Wright	15mins 46s

##### (B team)

Leg 1	Jenny Turner	16mins 12s
Leg 2	Fiona Maguire	17mins 23s
Leg 3	Sarah Chapman	18mins 10s

### Team positions

1st	Metropolitan Police	44mins 43s
2nd	Hillingdon	45mins 18s
3rd	Highgate Harriers	45mins 39s

### 2nd October - North West London Young Athletes League Horsenden Hill

[Young Athletes Results](#)

### 9th October - Metropolitan Cross Country League Ruislip

#### Women

2nd	Svenja Abel	16m 15s
9th	Kate Jenrick (2nd Vet)	17m 12s
10th	Esther Evans	17m 13s

#### Men

1st	Henry Dodwell	27m 00s
13th	Duncan Burbidge	28m 31s
38th	Alex Davidson	29m 50s

16th	Astrid Wingler (4th Vet)	17m 31s	40th	Jeremy Rogers	30m 02s
23rd	Natasha Cendrowicz	17m 53s	46th	Chris Bailey	30m 18s
28th	Josefa Souza	18m 22s	99th	Nick Stockman	32m 35s
29th	Karen Wright	18m 24s	109th	Steve Scruton	33m 13s
50th	Jenny Turner	19m 22s			
86th	Sarah Chapman	21m 21s			

**Team Position - 1st**  
**Vets Team Position - 1st**

**Team Position - 11th**

**Under 17 men**

2nd Saningo Martyn 15m 29s

**23rd October - National Relay Championships**  
**Sutton Park, Birmingham**

**Women**

**'A' team**

Leg 1 - Sally Hannah	15mins 15s (19th)
Leg 2 - Kate Jenrick	15mins 45s (17th)
Leg 3 - Sula Young	14mins 54s (9th)
Leg 4 - Esther Evans	15mins 55s (12th)

**Incomplete B team**

Leg 1 - Lindsay Kehoe	15mins 58s (42nd)
Leg 2 - Marguerite Lazell	16mins 54s (40th)

**Team positions**

1st	Bristol & West AC	57mins 46s
2nd	Windsor, Slough, Eton & Hounslow	59mins 20s
3rd	Wakefield District	59mins 59s
<b>12th</b>	<b>Highgate Harriers 'A'</b>	<b>62mins 49s</b>

[Full women's results](#)

**Men**

Leg 1 - Ben Pochee	17mins 28s (3rd)
Leg 2 - Dennis Fricks	19mins 06s (24th)
Leg 3 - Keith Cullen (3rd fastest of day)	17mins 01s (5th)
Leg 4 - Henry Dodwell	18mins 38s (13th)
Leg 5 - Shane Snow	18mins 34s (14th)
Leg 6 - Duncan Burbidge	19mins 07s (15th)

**Team positions**

1st	Belgrave Harriers	1h 44m 35s
2nd	Aldershot, Farnham & District	1h 45m 55s
3rd	Birchfield Harriers	1h 46m 49s
<b>15th</b>	<b>Highgate Harriers 'A'</b>	<b>1h 49m 54s</b>

[Full men's results](#)

**23rd October - Liddiard Cross Country Trophy**  
**Kingsbury**

**Men**

2nd	Chris Beecham	26m 46s
12th	Alex Davidson	27m 54s

13th	Chris Bailey	28m 06s
21st	Jonathan Deane	28m 47s
22nd	Jeremy Rogers	28m 54s
28th	Joseph Lowe	30m 19s
29th	Nick Stockman	30m 24s
35th	Steve Scruton	31m 01s
42nd	Kevin Linehan	32m 34s

#### Team positions

1st	Ealing & Southall	120 points
2nd	Highgate Harriers	162 points
3rd	Harrow	164 points

#### Women

1st	Natasha Cendrowicz	18m 47s
2nd	Jenny Turner	19m 59s
3rd	Sarah Chapman	22m 01s

#### Team positions

1st Highgate Harriers

## 30th October - Metropolitan Cross Country League Woodford

#### Women

3rd	Kate Jenrick (2nd vet)	15m 52s
5th	Esther Evans	16m 09s
6th	Astrid Wingler (3rd vet)	16m 11s
8th	Lindsay Kehoe	16m 20s
19th	Natasha Cendrowicz	17m 14s
31st	Josefa Souza	17m 38s
77th	Sarah Chapman	20m 29s

118 finishers

Match Position 1st - League position 1st

Vets Match Position 2nd - Vets League position 1st

#### Men

39th	Chris Bailey	28m 56s
41st	Dale Bickham	29m 03s
53rd	Jeremy Rogers	29m 34s
77th	Jonathan Deane	30m 35s
96th	Greg Fuzesi	31m 29s
143rd	Nick Stockman	33m 22s
176th	Kevin Linehan	34m 41s

274 finishers

Match Position 14th - League position 12th

#### Under 17 men

2nd	Rory Campbell	14m 15s
6th	Saningo Martyn	15m 01s
27th	Jack Matthewman	16m 26s

52 finishers

## November 2004

## 6th November - National Cross Country Relay Championships Mansfield

#### Women

Leg 1	- Sula Young	10mins 37s (10th)
Leg 2	- Esther Evans	11mins 33s (17th)
Leg 3	- Astrid Wingler	11mins 11s (15th)

#### Team positions

1st	Charnwood AC	30mins 05s
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2nd Wakefield District H & AC 30mins 54s  
3rd Bedford & County AC 31mins 03s  
**15th Highgate Harriers 'A' 33mins 21s**

[Full women's results](#)

**Men**

No Highgate mens team competed

**Team positions**

1st Morpeth H & AC 1hr 01m 06s  
2nd Belgrave Harriers 1hr 01m 12s  
3rd Altrincham & District AC 1hr 01m 44s

[Full men's results](#)

**13th November - North London Cross Country Championships  
Trent Park**

**Senior Women**

1st Lindsay Kehoe 23mins 46s  
4th Anna McCutcheon 24mins 45s  
11th Natasha Cendrowicz 25mins 41s  
12th Josefa Souza 25mins 45s

**Team Positions**

**1st Highgate Harriers 28 points**  
2nd Hillingdon AC 30 points  
3rd Barnet 56 points

**Senior Men**

1st Keith Cullen 24mins 10s  
8th Dale Bickham 26mins 42s  
16th Alex Davidson 27mins 52s  
29th Jeremy Rogers 29mins 10s  
37th Greg Fuzesi 29mins 47s  
46th Nick Stockman 30mins 30s  
60th José Barretta 31mins 33s  
74th Kevin Linehan 33mins 30s

**20th November - London Cross Country Championships  
(incorporating the Reebok Challenge & European Trials)  
Parliament Hill Fields**

**Women**

9th Sula Young 18mins 48s  
13th Lindsay Kehoe 18mins 58s  
15th Kate Jenrick 19mins 16s  
21st Anna McCutcheon 19mins 29s  
24th Esther Evans 19mins 46s  
32nd Natasha Cendrowicz 20mins 31s  
40th Josefa Souza 21mins 08s  
50th Jenny Turner 21mins 38s  
66th Fiona Maguire 23mins 26s  
82nd Sarah Chapman 24mins 46s

**Men**

1st Keith Cullen 30mins 20s  
13th Shane Snow 34mins 07s  
19th Chris Beecham 34mins 34s  
20th Duncan Burbidge 34mins 36s  
22nd Dale Bickham 34mins 38s  
29th Alex Davidson 35mins 34s  
34th John Landau 35mins 57s  
48th Jeremy Rogers 36mins 44s  
49th Andrew Collinge 36mins 45s  
54th Chris Bailey 37mins 02s  
57th Ali Brown 37mins 11s

### Team Positions

1st	Shaftesbury Barnet	45 points
2nd	Highgate Harriers	58 points
3rd	London Heathside	88 points

63rd	Jonathan Deane	37mins 26s
73rd	Pat Davis	38mins 22s
74th	Richard Stewart	38mins 26s
78th	Jim Eltringham	38mins 40s
92nd	Mark Sweeney	39mins 38s
102nd	Nick Stockman	39mins 59s
111th	Dominic Hall	40mins 39s
113th	José Barretta	40mins 47s
115th	Robin Basford	40mins 52s
117th	Derek Baigent	40mins 59s
123rd	Steve Scruton	41mins 34s
134th	Jesus Anorve	42mins 08s
140th	Ben Daniels	42mins 30s
157th	Jonathan Evans	43mins 57s

### Team Positions

1st	Highgate Harriers	54 points
2nd	Serpentine	67 points
3rd	Shaftesbury Barnet	82 points

### Reebok Challenge

#### Under 17 men

26th Rory Campbell 17mins 08s

## 20th November - North West London Young Athletes League New River Sports Arena - Haringey

### [Young Athletes Results](#)

## 27th November - Metropolitan Cross Country League Wormwood Scrubs

### Women

8th	Esther Evans	16m 23s
9th	Astrid Wingler (1st vet)	16m 23s
22nd	Jo Carritt	17m 20s
26th	Cathy Dawson	17m 28s
27th	Natasha Cendrowicz	17m 29s
55th	Karen Wright	18m 38s
84th	Sarah Chapman	20m 03s

129 finishers

Match Position 3rd - League position 1st

Vets Match Position 2nd - Vets League position 1st

### Men

30th	Chris Bailey	30m 52s
45th	Jeremy Rogers	31m 30s
76th	Richard Stewart	32m 56s
118th	José Barretta	35m 37s

271 finishers

Match Position 15th - League position 13th

### Under 17 men

1st	Rory Campbell	14m 23s
5th	Saningo Martyn	15m 03s
15th	Jack Matthewman	15m 41s

53 finishers

Match Position 5th - League position 7th

## December 2004

### 4th December - Fraternity Cup / Sorority Cup Trent Park

#### Fraternity Cup Men

22nd	Jeremy Rogers	28mins 39s
25th	Andy Evans	28mins 51s
34th	Richard Stewart	29mins 35s
47th	José Barretta	30mins 57s
51st	Nick Stockman	31mins 25s
67th	Steve Scruton	32mins 40s
104th	Neil Ritson	35mins 52s

#### Team positions

1st	Ealing, Southall & Middx	43 points
2nd	London Heathside	109 points
3rd	Enfield	145 points
4th	Barnet	170 points
5th	Highgate Harriers	246 points

#### Sorority Cup Women

2nd	Kate Jenrick	31mins 17s
22nd	Sarah Chapman	38mins 19s

### 4th December - North West London Young Athletes League Trent Park

[Young Athletes Results](#)

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