

## January 2005

### 8th January - Metropolitan Cross Country League St Albans

#### Women

2nd	Astrid Wingler (1st vet)	14m 37s
3rd	Sula Young	14m 53s
17th	Natasha Cendrowicz	16m 04s
29th	Jo Carritt	16m 35s
39th	Cathy Dawson	16m 55s
47th	Jenny Turner	17m 28s
72nd	Sarah Chapman	18m 54s

102 finishers

Match Position 2nd - League position 1st

Vets Match Position 5th - Vets League position 2nd

#### Men

46th	Chris Bailey	28m 51s
68th	Jeremy Rogers	29m 35s
115th	Nick Stockman	31m 24s
154th	Kevin Linehan	33m 01s

256 finishers

Match Position 18th - League position 14th

### 15th January - Middlesex Cross Country Champs Wormwood Scrubs

#### Senior Women (8000m)

3rd	Astrid Wingler	30mins 37s
4th	Sula Young	30mins 50s
17th	Natasha Cendrowicz	33mins 08s
20th	Josefa Souza	33mins 25s
21st	Jo Carritt	33mins 48s
29th	Jenny Turner	35mins 52s
39th	Sarah Chapman	38mins 46s

#### Team positions

1st	London Heathside	30 points
2nd	Highgate Harriers	44 points
3rd	Windsor, Slough, Eton & Hounslow	59 points

#### Senior Men (12000m)

8th	Dale Bickham	42mins 22s
10th	Duncan Burbidge	42mins 51s
14th	Henry Dodwell	43mins 16s
27th	Phil Coulson	45mins 21s
33rd	Andy Evans	45mins 45s
44th	Jeremy Rogers	47mins 01s
50th	Dominic Hall	48mins 10s
53rd	Ali Brown	48mins 30s
55th	Joseph Lowe	48mins 33s
59th	Claudio Romero	48mins 44s
60th	Richard Stewart	48mins 50s
64th	John Landau	49mins 08s
71st	Nick Stockman	49mins 31s
84th	Steve Scruton	50mins 59s
111th	Kevin Linehan	53mins 50s

#### Team positions

1st	Thames Valley Harriers	119 points
2nd	Highgate Harriers	130 points
3rd	Hillingdon	144 points

### Junior men (6000m)

13th Jonathan Deane 22mins 34s

### Under 17 men (6000m)

1st Rory Campbell 20mins 20s

3rd Saningo Martyn 20mins 56s

24th Jack Matthewman 24mins 16s

26th Liam Donnelly 25mins 31s

### Team positions

1st Ealing, Southall & Middlesex 46 points

2nd Harrow 54 points

3rd Highgate Harriers 54 points

### Under 15 boys (4000m)

12th Max Onslow 16mins 53s

### Under 13 boys (3000m)

5th William Laing 11mins 16s

### Under 15 girls (4000m)

10th Molly Wheeler 19mins 49s

### Under 13 girls (3000m)

28th Letisha Hercules-Page 14mins 25s

33rd Matilda Bridge 14mins 52s

37th Eucalypta Bradley 16mins 03s

## 29th January - South of England Cross Country Champs Parliament Hill Fields

## Southern Silver for Highgate Women

### Senior Women (8000m)

13th Kate Jenrick 34mins 42s

14th Astrid Wingle 34mins 47s

18th Lindsay Kehoe 35mins 03s

23rd Esther Evans 35mins 22s

75th Josefa Souza 38mins 52s

81st Natasha Cendrowicz 39mins 06s

198th Sarah Chapman 44mins 50s

307 finishers

### Team positions (4 to score)

1st Winchester AC 28 points

2nd Highgate Harriers 68 points

3rd Shaftesbury Barnet 104 points

38 complete teams



### Senior Men (15000m)

24th Henry Dodwell 50mins 18s

53rd Dale Bickham 52mins 03s

57th Duncan Burbidge 52mins 22s

109th Alex Davidson 54mins 28s

132nd Andrew Evans 55mins 32s

169th Jeremy Rogers 56mins 30s



193rd	Ali Brown	57mins 17s
204th	Chris Bailey	57mins 36s
218th	Andrew Collinge	58mins 09s
285th	Richard Stewart	59mins 48s
292nd	John Landau	60mins 08s
328th	Nick Stockman	60mins 52s

332nd Joseph Lowe 60mins 59s

421st	Steve Scruton	63mins 24s
473rd	Kevin Linehan	64mins 58s
478th	Claudio Romero	65mins 10s
479th	José Barretta	65mins 12s
493rd	Jamie Darling	65mins 46s
518th	Mark Sweeney	66mins 19s
542nd	Jonathan Evans	67mins 00s
594th	Anthony Flick	68mins 39s

(830 finishers)

**Team positions (6 to score)**

1st	Bedford & County	99 points
2nd	Thames Hare & Hounds	166 points
3rd	Aldershot, Farnham & District	227 points
4th	Blackheath & Bromley	422 points
5th	London Irish	446 points
6th	<b>Highgate Harriers</b>	<b>541 points</b>

(63 complete teams)

**Team positions (12 to score)**

1st	Thames Hare & Hounds	822 points
2nd	<b>Highgate Harriers</b>	<b>2055 points</b>
3rd	London Heathside	2200 points

(11 complete teams)

**Under 17 Men (6000m)**

18th	Rory Campbell	23mins 13s
49th	Saningo Martyn	24mins 16s
121st	Jack Matthewman	26mins 34s
149th	Liam Donnelly	29mins 10s

(159 finishers)



[Full results](#)

**February 2005**

**5th February - Middlesex Veterans Cross Country Champs  
Mad Bess Wood - Ruislip**

**Men (8000m)**

1st	Alex Davidson	28mins 35s
12th	Chris Bailey	30mins 40s
30th	Kevin Linehann	33mins 34s

**5th February - North West London Young Athletes League  
Cophall**

[Young Athletes Results](#)

**12th February - Metropolitan Cross Country League  
Horsenden Hill**

**Highgate Women crowned League Champions  
for 3rd successive year**

**Women**

3rd	Astrid Wingler (1st vet)	14m 46s
12th	Esther Evans	15m 31s
13th	Kate Jenrick	15m 33s
30th	Josefa Souza	16m 51s
35th	Jenny Turner	17m 06s
37th	Natasha Cendrowicz	17m 09s
62nd	Sarah Chapman	18m 58s

*96 finishers*

**Final League positions**

<b>1st</b>	<b>Highgate Harriers</b>	<b>2864 points</b>
2nd	Woodford Green & EL	2662 points
3rd	Hillingdon AC	2608 points

**Men**

4th	Henry Dodwell	29m 37s
19th	Duncan Burbidge	31m 17s
40th	Andrew Evans	32m 32s
95th	Richard Stewart	34m 35s

*242 finishers*

**Match Position 14th**

**Final League position 14th**



**Under 17 men**

4th	Saningo Martyn	13m 52s
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*36 finishers*

**Under 13 boys**

5th	William Laing	11m 46s
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*28 finishers*

**19th February - National Cross Country Championships  
Cofton Park, Birmingham**

**Under 17 Men**

74th	Saningo Martyn	22mins 29s
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*(244 finishers)*

**Senior women**

48th	Caroline Bullard	32mins 16s
57th	Esther Evans	32mins 33s
68th	Kate Jenrick	32mins 52s
118th	Josefa Souza	34mins 17s
211th	Jenny Turner	37mins 04s

*(451 finishers)*

**Team positions**

1st	Bristol & West AC	55 points
2nd	Charnwood AC	57 points
3rd	Tipton Harriers	189 points
.....		
<b>9th</b>	<b>Highgate Harriers</b>	<b>291 points</b>



50 complete teams

#### Senior men

65th	Henry Dodwell	41mins 14s
253rd	Duncan Burbidge	44mins 34s
453rd	Richard Stewart	47mins 09s
582nd	Claudio Romero	48mins 44s
595th	Joseph Lowe	48mins 54s
606th	Steve Scruton	49mins 02s
688th	Nick Stockman	49mins 53s
1007th	José Barretta	55mins 00s

(1316 finishers)

#### Team positions (6 to score)

1st	Salford Harriers & AC	188 points
2nd	Leeds City AC	232 points
3rd	Tipton Harriers	232 points

.....  
**41st Highgate Harriers 2554 points**

101 complete teams



[Full results](#)

## March 2005

19th March - North West London Young Athletes League  
Wormwood Scrubs

[Young Athletes Results](#)

## April 2005

3rd April - South of England Road Relay Championships  
Milton Keynes

### Women (6 x 5.5km)

<b>Leg 1</b>	Sula Young (6th)	19:47
<b>Leg 2</b>	Esther Evans (4th)	20:22
<b>Leg 3</b>	Andrea Lundkvist (5th)	21:44
<b>Leg 4</b>	Astrid Wingler (2nd)	20:20
<b>Leg 5</b>	Svenja Abel (1st) <b>(5th fastest of day)</b>	19:17
<b>Leg 6</b>	Jenny Turner (5th)	23:29

#### Team Positions

1st	Shaftesbury Barnet	2hrs 02m 15s
2nd	Belgrave Harriers	2hrs 02m 33s
3rd	Winchester & District	2hrs 04m 09s

4th Bedford & County 2hrs 04m 12s  
5th Highgate Harriers 2hrs 04m 59s

[Full results](#)

### Men (12 stage)

#### 'A' Team

Long leg (8km)			Short leg (5.5km)		
Leg 1	Dominic Hall (24th)	26:17	Leg 2	Joseph Lowe (42nd)	20:09
Leg 3	Keith Cullen (12th)	23:16 *	Leg 4	Chris Bailey (16th)	19:33
Leg 5	Alex Davidson (14th)	27:31	Leg 6	Steve Scruton (16th)	20:14
Leg 7	Henry Dodwell (13th)	25:33	Leg 8	Chris Evans (13th)	18:40
Leg 9	Phil Coulson (13th)	27:16	Leg 10	Eric Southam (14th)	19:27
Leg 11	Jeremy Rogers (11th)	27:42	Leg 12	Nick Stockman (11th)	19:47

\* course record

#### Incomplete 'B' Team

Leg 1	Saningo Martyn (43rd)	27:38	Leg 2	Jonathan Deane (46th)	20:19
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#### Team Positions

1st	Belgrave Harriers	4hrs 13m 09s
2nd	Newham & Essex	4hrs 15m 45s
3rd	Bedford & County	4hrs 16m 04s
....	....	....
11th	Highgate Harriers	4hrs 35m 25s

[Full results](#)

### 23rd April - National Road Relay Championships Sutton Park - Sutton Coldfield

#### Women (6 x 3 miles)

Leg 1	Sula Young (10th)	17:10
Leg 2	Sally Hannah (13th)	17:57
Leg 3	Astrid Wingler (9th)	17:32
Leg 4	Lindsay Kehoe (5th)	17:59
Leg 5	Esther Evans (6th)	18:07
Leg 6	Svenja Abel (5th)	17:37

#### Team Positions

1st	Bristol & West AC	1hr 43m 32s
2nd	Shaftesbury Barnet Harriers	1hr 45m 04s
3rd	City of Glasgow AC	1hr 45m 09s
4th	Birchfield Harriers	1hr 45m 45s
5th	Highgate Harriers	1hr 46m 22s

[Full results](#)

#### Men (12 stage)

Long leg (5.4 miles)			Short leg (3 miles)		
Leg 1	Ben Noad (21st)	27:45	Leg 2	Dominic Hall (24th)	15:44
Leg 3	Keith Cullen (5th)	25:53*	Leg 4	Adam Mills (10th)	15:53
Leg 5	Henry Dodwell (10th)	27:58	Leg 6	Dale Bickham (8th)	15:26
Leg 7	Javier Pes (16th)	30:05	Leg 8	Eric Southam (16th)	16:25
Leg 9	Phil Coulson (16th)	29:42	Leg 10	Jeremy Rogers (18th)	16:37
Leg 11	Duncan Burbidge (17th)	29:18	Leg 12	Nick Stockman (19th)	17:19

\* 5th fastest long leg of the day

### Team Positions

1st	Belgrave Harriers	4hrs 08m 36s
2nd	Birchfield Harriers	4hrs 12m 13s
3rd	Leeds City AC	4hrs 15m 59s
....	....	....
19th	Highgate Harriers	4hrs 28m 05s

### [Full results](#)

### 30th April - Southern Womens Athletics League

#### Division 3N - Ilford

1 - Forest	141 points
2 - Harlow	108 points
3 - HIGHGATE HARRIERS	97 points
4 - Chiltern	15 points

## May 2005

### 1st May - Southern Mens Athletics League

#### Division 1 - Peterborough

1 Woking	114 points
2 Highgate Harriers	113½ points
3 Nene Valley	105 points
4 Vale of Aylesbury	101½ points
5 Milton Keynes	99 points



#### Division 4N - Walthamstow

1 - Queens Park Harriers	158 points
2 - Dagenham 88	96 points
3 - London AC	95 points
4 - HIGHGATE HARRIERS	54 points

### 8th May - Young Athletics League

#### Southern Division 2NW - Oxford

1 - Dacorum & Tring	712 points
2 - Oxford City	489 points
3 - Brunel Juniors	424 points
4 - Abingdon	354 points
5 - HIGHGATE HARRIERS	282½ points
6 - Chiltern	268½ points
7 - London Heathside	177 points

### 14th/15th May - Middlesex Track & Field Championships New River Stadium

### 21st May - Southern Mens Athletics League

#### Division 1 - Ashford

1 - Winchester	117	points
2 - HIGHGATE HARRIERS	114	points
3 - Dartford	108 ½	points
4 - Ashford	103 ½	points
5 - Tonbridge AC	93	points

#### Division 4N - Southend

Awaiting results

#### 21st May - Southern Womens Athletics League

#### Division 3N - Ipswich

1 - Ipswich	169	points
2 - West Norfolk/Ryston	161	points
3 - Braintree	71	points
4 - HIGHGATE HARRIERS	23	points

#### 22nd May - Young Athletes 5 Star Competition

#### Oxford



[Details](#)

## June 2005

#### 5th June - Young Athletics League

#### Southern Division 2NW - New River Stadium

1 - Dacorum & Tring	589	points
2 - Oxford City	522	points
3 - Brunel Juniors	474	points
4 - Abingdon	340	points
5 - London Heathside	248	points
6 - Chiltern	242	points
7 - HIGHGATE HARRIERS	239	points

[Highgate report](#)

#### 25th June - Southern Mens Athletics League

#### Division 1 - Harrow

1 - Bournemouth	121	points
2 - Serpentine	116	points
3 - HIGHGATE HARRIERS	106 ½	points
4 - Windsor	104 ½	points
5 - Harrow	81	points

[League Table](#)

#### Division 4N - Thurrock



1 - Thurrock	141 points
2 - Luton	96 points
3 - HIGHGATE HARRIERS	50 points
Dartford did not appear	

[League Table](#)

## 26th June - Young Athletics League

### Southern Division 2NW - Hayes

1 - Dacorum & Tring	667 points
2 - Brunel Juniors	555½ points
3 - Oxford City	499½ points
4 - Abingdon	313 points
5 - Chiltern	294 points
6 - London Heathside	251 points
7 - HIGHGATE HARRIERS	214 points

## July 2005

## 9th July - Southern Mens Athletics League

### Division 1 - Reading

1 Basingstoke	151 points
2 Reading	111 points
3 Highgate Harriers	105 points
4 Enfield	86 points
5 Luton	65 points



### Division 4N - Woking

Awaiting results

## 17th July - Young Athletics League

### Southern Division 2NW - Hemel Hempstead

## 23rd July - Southern Womens Athletics League

### Division 3N - Perivale

1 - Watford	172 points
2 - Ilford	64 points
3 - Barnet	61 points
4 - HIGHGATE HARRIERS	0 points

[League Table](#)

## 24th July - Under 13's Inter Counties Championships

Kingston

### Girls

1st Middlesex	314 points
2nd Surrey	313½ points
3rd Essex	309 points

### Boys

1st Surrey	331 points
2nd Dorset	311½ points
3rd Hampshire	311 points
4th Middlesex	296 points

13 counties competed

## 30th July - Southern Mens Athletics League

### Division 1 - Bracknell

1	Highgate Harriers	138 points
2	Havering Mayesbrook	126 points
3	Exeter	102 points
4	Ilford AC	96 points
5	Aldershot, Farnham & District	95 points



## August 2005

## 20th August - Southern Mens Athletics League

### Division 1 - Cophall



1	Yeovil	138½ points
2	Newham & Essex	138 points
3	Highgate Harriers	121½ points
4	Blackheath & Bromley	80 points
5	London Heathside	50 points

[League Table](#)

## September 2005

## 17th September - St Albans Cross Country relays

### Women (4 x 2.5 miles)

#### 'A' team

<b>Leg 1</b>	Lindsay Kehoe	16m 02s
<b>Leg 2</b>	Sally Hannah	16m 37s
<b>Leg 3</b>	Esther Evans	17m 25s
<b>Leg 4</b>	Svenja Abel	15m 07s

#### 'B' team

Kate Jenrick	16m 57s
Alex Goodwin	18m 16s
Antra Balcuna	18m 37s
Anna McCutcheon	16m 12s

### Team positions

1st	Highgate Harriers 'A'	65mins 11s
2nd	Shaftesbury Barnet	65mins 23s
3rd	Barnet & District	69mins 00s
4th	Highgate Harriers 'B'	70mins 02s

### Fastest laps

1st	Svenja Abel (Highgate Harriers)	15 mins 07s
2nd	Jade Wright (Shaftesbury Barnet)	15 mins 31s
3rd	Sharon Morris (Bedford & County)	15 mins 39s
4th	Lindsay Kehoe (Highgate Harriers)	16 mins 02s
5th	Anna McCutcheon (Highgate Harriers)	16 mins 12s

### Men (6 x 2.5 miles)

#### 'A' team

Leg 1	Saningo Martyn	14m 12s
Leg 2	Henry Dodwell	14m 15s
Leg 3	David Bruce	14m 18s
Leg 4	Chris Bailey	15m 13s
Leg 5	Duncan Burbidge	14m 54s
Leg 6	Jeremy Rogers	15m 28s

#### Mixed 'B' team

Jonathan Deane	16m 48s
Nick Stockman	16m 36s
Steve Scruton	17m 52s
Sarah Chapman	22m 09s
Alistair Lindsay	15m 34s
Damien Shirley	15m 43s

### Team positions

1st	Bedford & County	87mins 51s
2nd	Harrow AC	87mins 55s
3rd	Highgate Harriers	88mins 20s

## 18th September - Middlesex Young Athletes Road Relays Minet Centre - Hayes

### Under 15 boys(3 x 3000m)

Leg 1	Patrick Foley	10m 56s
Leg 2	Max Coventry	11m 49s
Leg 3	William Laing	11m 11s

### Team positions

1st	Ealing, Southall & Middlesex	32mins 12s
2nd	Hillingdon AC	32mins 47s
3rd	Highgate Harriers	33mins 56s



## 24th/25th September - South of England Road Relays Aldershot

### Men

#### 'A' team

Leg 1	Henry Dodwell	18:48 (17th)
Leg 2	Alan MacPherson	18:57 (11th)
Leg 3	Adam Mills	19:35 (13th)
Leg 4	Keith Cullen	17:42 (5th)
Leg 5	Duncan Burbidge	20:20 (8th)
Leg 6	Dale Bickham	19:09 (7th)

#### 'B' team

Chris Bailey	20:39 (62nd)
Chris Evans	20:26 (51st)
Shane Snow	22:51 (62nd)
Jeremy Rogers	20:03 (47th)
Nick Stockman	22:13 (49th)
Mark Sweeney	21:35 (47th)

### Team positions

1st	Belgrave Harriers	1h 49m 18s
2nd	Wells City Harriers	1h 50m 34s
3rd	Aldershot, Farnham & District	1h 51m 26s
...	.....	...
7th	Highgate Harriers 'A'	1h 54m 31s
47th	Highgate Harriers 'B'	2h 07m 47s

69 complete teams finished

#### Fastest laps

1st	Mohammed Farah (Newham & Essex Beagles)	17 mins 23s
2nd	Keith Cullen (Highgate)	17 mins 42s
3rd	Adem Bowden (Harrow A.C)	17 mins 49s

#### Women

Leg 1	Svenja Abel	13:14
Leg 2	Elizabeth Ogunde	14:16
Leg 3	Kate Jenrick	14:32
Leg 4	Angela Ellis	15:44

#### Team positions

1st	Windsor, Slough, Eton & Hounslow	54m 10s
2nd	Woodford Green AC & Essex Ladies	54m 54s
3rd	Winchester & District	55m 06s
...	.....	...
11th	Highgate Harriers	57m 46s

49 complete teams finished

#### Fastest laps

1st	Sonia O'Sullivan (Thames Hare & Hounds)	12 mins 28s
2nd	Lucy Elliot (Winchester & District A.C.)	12 mins 39s
3rd	Liz Yelling (Bedford & County A.C.)	12 mins 49s
...	...	...
7th	Svenja Abel (Highgate)	13 mins 14s

## October 2005

### 1st October - Ealing Cross Country relays Horsenden Hill

#### Women

	'A' team		'B' team
Leg 1	Kate Jenrick 14m 38s (4th)		Anne Curley 14m 48s (6th)
Leg 2	Astrid Wingler 14m 23s (3rd)		Jenny Turner 17m 09s (10th)
Leg 3	Anna McCutcheon 14m 22s (3rd)		Fiona Maguire 17m 22s (9th)

#### Team positions

1st	Aldershot	42mins 16s
2nd	St Mary's College	43mins 14s
3rd	Highgate Harriers 'A'	43mins 23s
9th	Highgate Harriers 'B'	49mins 19s



### Mixed team



Leg 1	Chris Bailey	13m 15s (10th)
Leg 2	Jeremy Rogers	13m 45s (13th)
Leg 3	Joseph Lowe	14m 38s (13th)
Leg 4	Nick Stockman	14m 41s (14th)
Leg 5	Astrid Wingler	16m 15s (15th)
Leg 6	Jeremy Rogers	14m 06s (14th)

## 1st October - North West London Young Athletes League Horsenden Hill



### [Young Athletes Results](#)

## 8th October - Metropolitan Cross Country League Woodford

### Under 17 men

12th	Max Onslow	14m 23s
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*43 finishers*

### Under 17 & Senior Women

2nd	Svenja Abel	14m 09s
8th	Kate Jenrick (3rd Vet)	15m 12s
10th	Sally Hannah	15m 25s
13th	Astrid Wingler	15m 49s
14th	Esther Evans	15m 51s
17th	Elizabeth Ogunde	16m 06s
37th	Antra Balcuna	17m 09s
52nd	Jenny Turner	17m 42s
60th	Fiona Macguire	18m 05s

*107 finishers*

**Match Position 1st - League position 1st**

### Junior & Senior Men

5th	Henry Dodwell	25m 11s
9th	Saningo Martyn	25m 49s
31st	Javier Pes	27m 02s
36th	Chris Bailey	27m 18s
46th	Eric Southam	27m 33s
69th	Jeremy Rogers	28m 28s
76th	Damian Shirley	28m 50s
83rd	Richard Stewart	29m 03s
108th	Joseph Lowe	30m 10s
134th	Nick Stockman	31m 32s
154th	Kevin Linehan	32m 11s
157th	Steve Scruton	32m 21s
185th	Richard Solomons	33m 33s
187th	Keith Wilson	33m 34s

*254 finishers*

**Match Position 4th - League position 4th**

## 22nd October - National Relay Championships Sutton Park, Birmingham

### Women

Leg 1	Elizabeth Ogunde	16:27 (52nd)
Leg 2	Kate Jenrick	16:03 (37th)
Leg 3	Caroline Bullard	15:41 (28th)
Leg 4	Svenja Abel	14:52 (15th)

**Team positions**

1st Bristol & West AC 59:16  
2nd Shaftesbury Barnet 59:25  
3rd Bedford & County 59:29  
**15th Highgate Harriers 63:03**  
*84 teams finished*

[Full women's results](#)

#### Men

Leg 1 - Henry Dodwell 18:20 (29th)  
Leg 2 - Saningo Martyn 18:56 (38th)  
Leg 3 - Keith Cullen 17:22 (21st)  
Leg 4 - Shane Snow 18:30 (20th)  
Leg 5 - Adam Mills 19:28 (21st)  
Leg 6 - Phil Coulson 19:24 (20th)

#### Team positions

1st Belgrave Harriers 1h 46 30s  
2nd Morpeth Harriers & AC 1h 47m 48s  
3rd Notts AC 1h 47m 54s  
**20th Highgate Harriers 'A' 1h 52m 00s**  
*76 teams finished*

[Full men's results](#)

## 22nd October - Liddiard Cross Country Trophy Kingsbury

#### Men

7th Dale Bickham  
12th Duncan Burbidge  
15th Jeremy Rogers  
21st Damian Shirley  
23rd Greg Fuzesi  
29th Joseph Lowe  
32nd Nick Stockman  
52nd José Barretta  
53rd Richard Solomans

#### Team positions

1st Ealing, Southall & Middlesex 111 points  
**2nd Highgate Harriers 191 points**  
3rd Hillingdon 288 points

## 22nd October - North West London Young Athletes League New River, Haringey

[Young Athletes Results](#)

## 29th October - Metropolitan Cross Country League Wormwood Scrubs

#### Under 17 men

24th Jack Matthewman

15m 57s

#### Junior & Senior Men

2nd

Henry Dodwell

28m 15s

50 finishers

**Under 17 & Senior Women**

6th	Kate Jenrick (3rd Vet)	15m 59s
8th	Lindsay Kehoe	16m 10s
14th	Astrid Wingle	16m 31s
16th	Elizabeth Ogunde	16m 38s
27th	Esther Evans	17m 02s
29th	Jo Carritt	17m 06s
38th	Rosie Donaldson	17m 30s
65th	Jenny Turner	18m 19s
75th	Louise Burnie	18m 47s

137 finishers

Match Position 2nd - League position 1st

9th	Saningo Martyn	29m 18s
22nd	Phil Coulson	30m 22s
31st	Chris Bailey	30m 41s
54th	Jeremy Rogers	31m 33s
74th	Richard Stewart	32m 39s
75th	Greg Fuzesi	32m 42s
92nd	Joseph Lowe	33m 34s
93rd	Nick Stockman	33m 35s
140th	Kevin Linehan	35m 22s
146th	Jonathan Deane	35m 42s
149th	Keith Wilson	35m 47s
162nd	Steve Scruton	36m 13s
165th	José Barretta	36m 31s

265 finishers

Match Position 4th - League position 5th

**November 2005**

**12th November - North London Cross Country Championships  
Alexandra Park**

**Senior Women**

1st	Kate Jenrick (1st vet)	18:35
2nd	Sula Young	18:47
3rd	Lindsay Kehoe	18:50
5th	Astrid Wingle	19:26
11th	Alex Goodwin	20:27

43 finishers

**Team Positions (4 to score)**

1st	Highgate Harriers	11 points
2nd	Barnet & District	37 points
3rd	Serpentine	68 points

7 teams completed

[Full results](#)

**Senior Men**

1st	Henry Dodwell	23:11
5th	Saningo Martyn	24:07
10th	Javier Pes	24:41
13th	Chris Evans	24:52
14th	Chris Beecham	24:55
24th	Jeremy Rogers	25:31
27th	Andrew Collinge	25:41
33rd	Duncan Burbidge	26:02
55th	Richard Stewart	26:48
56th	Jim Eltringham	26:54
66th	Joseph Lowe	27:45
72nd	Damian Shirley	28:10
73rd	Tom Mehew	28:14
77th	Nick Stockman	28:31
92nd	Kevin Linehan	29:51
95th	José Barretta	30:17
96th	Jesus Anorve	30:20

133 finishers

**Team Positions (6 to score)**

1st	Highgate Harriers 'A'	67 points
2nd	Serpentine	158 points
3rd	Ealing, Southall & Middx	160 points
4th	London Heathside	210 points
5th	Hillingdon 'A'	288 points
6th	Victoria Park/Tower Hamlets	295 points
7th	Thames Valley Harriers	306 points
8th	Highgate Harriers 'B'	309 points

14 teams completed

[Full results](#)

**19th November - London Cross Country Championships**  
(incorporating the Reebok Challenge)  
**Parliament Hill Fields**

**Women - 5k**



3rd	Svenja Abel	18mins 43s
6th	Kate Jenrick	19mins 12s
12th	Anna McCutcheon	20mins 01s
13th	Esther Evans	20mins 07s
20th	Jo Carritt	20mins 50s
24th	Alex Goodwin	21mins 04s
25th	Rosie Donaldson	21mins 21s
28th	Antra Balcuna	21mins 28s
41st	Jenny Turner	22mins 32s
71st	Sarah Chapman	26mins 02s

**Team Positions (4 to score)**

1st	Highgate Harriers 'A'	34 points
2nd	Woodford Green with EL	48 points
3rd	London Heathside	91 points
4th	Highgate Harriers 'B'	97 points

16 teams finished

**Men - 10k**

2nd	Keith Cullen	32mins 05s
4th	Henry Dodwell	32mins 48s
9th	Saningo Martyn (1st Junior)	34mins 11s
17th	Javier Pes	35mins 03s
18th	Dale Bickham	35mins 04s
19th	Adam Mills	35mins 10s
20th	Chris Beecham	35mins 21s
30th	Chris Bailey	35mins 59s
32nd	Jeremy Rogers	36mins 11s
34th	Dominic Hall	36mins 13s
45th	Duncan Burbidge	37mins 10s
54th	Jim Eltringham	37mins 36s
65th	Greg Fuzesi	38mins 25s
66th	Richard Stewart	38mins 26s
70th	Mark Sweeney	38mins 45s
74th	Joseph Lowe	39mins 10s
82nd	Damian Shirley	39mins 47s
93rd	Nick Stockman	40mins 41s
97th	Jonathan Deane	41mins 06s
107th	A Wilson	41mins 51s
112th	José Barretta	42mins 07s
121st	Steve Scruton	42mins 56s
123rd	Kevin Linehan	42mins 58s
124th	Jesus Anorve	43mins 09s

**Team Positions (4 to score)**

1st	Highgate Harriers 'A'	32 points
2nd	Ealing, Southall & Middlesex	40 points
3rd	Thames Valley Harriers	42 points
4th	Highgate Harriers 'B'	87 points
5th	London Heathside	109 points
6th	Victoria Park & Tower Hamlets	138 points
7th	Highgate Harriers 'C'	165 points

32 teams finished



## 26th November - Metropolitan Cross Country League Ruislip (Race 3 of 5)

### Under 17 men

17th Max Onslow 17m 37s  
45 finishers

### Senior Women

15th Astrid Wingler 19m 20s  
17th Elizabeth Ogunde 19m 26s  
18th Alex Goodwin 19m 28s  
23rd Sally Hannah 19m 43s  
32nd Antra Balcuna 20m 13s  
52nd Louise Burnie 21m 08s  
56th Fiona Maguire 21m 19s  
70th Louise Faherty 22m 02s  
88th Sarah Chapman 23m 36s  
110 finishers

Match Position 1st - League position 1st

### Senior Men

53rd Peter Downie 31m 29s  
99th Greg Fuzesi 33m 15s  
104th Richard Stewart 33m 31s  
110th Damian Shirley 33m 50s  
112th Joseph Lowe 33m 52s  
128th Tom Mehew 34m 25s  
130th Jonathan Deane 34m 28s  
155th Kevin Linehan 35m 49s  
161st Nick Stockman 36m 04s  
179th Ben Connell 36m 51s  
189th José Barretta 37m 29s  
232nd Keith Wilson 39m 57s  
277 finishers

Match Position 11th - League position 7th

## December 2005

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

#### Fraternity Cup Men

2nd Henry Dodwell 26mins 03s  
5th Saningo Martyn 27mins 08s  
12th Chris Beecham 27mins 50s  
23rd Rory Campbell 28mins 38s  
26th Chris Bailey 28mins 57s  
39th Richard Stewart 30mins 02s  
45th Greg Fuzesi 30mins 45s  
46th Damian Shirley 30mins 55s  
48th Joseph Lowe 30mins 58s  
63rd Nick Stockman 32mins 28s  
81st Steve Scruton 34mins 17s  
99th Neil Ritson 36mins 27s

#### Team positions

1st Shaftesbury Barnet 76 points  
2nd Highgate Harriers 106 points  
3rd London Heathside 117 points

#### Sorority Cup Women

2nd Astrid Wingler (1st Vet) 31mins 50s  
3rd Esther Evans 32mins 02s  
11th Rosie Donaldson 34mins 41s

[Full Results](#)

**11th December - Middlesex Indoor Track and Field Championships  
Thames Valley Athletics Centre, Eton**

[Highgate report](#)

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