### 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	

	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

Match Position 2nd - League position 1st Vets Match Position 5th - Vets League position 2nd

### 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	5	
1st	Londo	on Heathside		30 points

### 2nd Highgate Harriers

### 44 points

3rd Windsor, Slough, Eton & Hounslow 59 points

#### Senior Men (12000m)

	Senior Men (120	oomy	
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			
Lst Thames Valley Harriers 119 points			
2nd Hig	hgate Harriers	130 points	

### 3rd Hillingdon



29m 35s	
31m 24s	
33m 01s	







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 positio	ns	
1st Eali	ng, Southall & Midd	dlesex 4	6 point
2nd Har	row	5	4 point

2r **3rd Highgate Harriers** 54 points

Under 15 boys (4000m)

Under 13 boys (3000m)

Under 15 girls (4000m)

Under 13 girls (3000m) 28th Letisha Hercules-Page 14mins 25s

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

**Southern Silver for Highgate Women** 

12th Max Onslow

5th William Laing

10th Molly Wheeler

33rd Matilda Bridge

37th Eucalypta Bradley



ts

ts

16mins 53s

11mins 16s

19mins 49s

14mins 52s

16mins 03s











13th	Kate Jenrick	34mins 42s
14th	Astrid Wingler	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 s	score)
1st	Winchester AC	28 points
2nd	Highgate Harriers	68 points

Senior Women (8000m)

3rd

Shaftesbury Barnet 38 complete teams





### Senior Men (15000m)

24th	Henry Dodwell
53rd	Dale Bickham
57th	Duncan Burbidge
109th	Alex Davidson
132nd	Anddrew Evans
169th	Jeremy Rogers

50mins 18s 52mins 03s 52mins 22s 54mins 28s 55mins 32s 56mins 30s









193rd	Ali Brown	57mins 17s	
	Chris Bailey	57mins 36s	
218th	Andrew Collinge	58mins 09s	
	Richard Stewart	59mins 48s	
	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	e)	
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	Highgate Harriers	541 points	
	(63 complete teams)		
	Team positions (12 to scor	e)	
1st	Thames Hare & Hounds	822 points	
2nd	Highgate Harriers	2055 points	
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 Copthall

#### 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			

#### Highgate Harriers 2864

ISL	nighyale namers	2004 points
2nd	Woodford Green & EL	2662 points
3rd	Hillingdon AC	2608 points

### Men

4thHenry Dodwell29m 37s19thDuncan Burbidge31m 17s40thAndrew Evans32m 32s95thRichard Stewart34m 35s

242 finishers Match Position 14th Final League position 14th







Under 17 men 4th Saningo Martyn 13m 52s 36 finishers Under 13 boys 5th William Laing 11m 46s 28 finishers

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

> Under 17 Men 74th Saningo Martyn 22mins 29s (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













9th

Bristol & West AC Charnwood AC Tipton Harriers

50 complete teams

55 points 57 points 189 points











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)	
14 R H	eam positions (6 to s	core)
1st	Salford Harriers & AC	188 points
2nd	Leeds City AC	232 points
3rd	Tipton Harriers	232 points

**Senior men** 

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)

Leg 1 Sula Young (6th)	19:47
Leg 2 Esther Evans (4th)	20:22
Leg 3 Andrea Lundkvist (5th)	21:44
Leg 4 Astrid Wingler (2nd)	20:20
Leg 5 Svenja Abel (1st) (5th fastest of day)	19:17
Leg 6 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 5th **Highgate Harriers** 

2hrs 04m 12s 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	<b>Leg 8</b> Chris Evans (13th) 18:40		
Leg 9 Phil Coulson (13th)	27:16	Leg 10 Eric Southam (14th) 19:27		
Leg 11 Jeremy Rogers (11th	ר) 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

### **Team Positions**

1st	<b>Belgrave Harriers</b>	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
2nd	Shaftesbury Barnet Harriers
3rd	City of Glasgow AC
4th	Birchfield Harriers
5th	Highgate Harriers

1hr 43m 32s 1hr 45m 04s 1hr 45m 09s 1hr 45m 45s 1hr 46m 22s



Men	12	stage)	ĺ.
men		Juge	

Full results

### Long leg (5.4 miles)

....

Leg 1	Ben Noad (21st)	27:45	Leg 2	Dominic H
Leg 3	Keith Cullen (5th)	25:53 <b>*</b>	Leg 4	Adam Mill
Leg 5	Henry Dodwell (10th)	27:58	Leg 6	Dale Bickl
Leg 7	Javier Pes (16th)	30:05	Leg 8	Eric South
Leg 9	Phil Coulson (16th)	29:42	Leg 10	Jeremy Ro
Leg 11	Duncan Burbidge (17th)	29:18	Leg 12	Nick Stock
* 5tl	h fastest long leg of the d	ay		

Short leg (3 miles) Hall (24th) 15:44 ls (10th) 15:53 tham (8th) 15:26 ham (16th) 16:25 Rogers (18th) 16:37 kman (19th) 17:19













#### Team Positions

1st	Belgrave Harriers	4hrs 08m 36s
2nd	Birchfield Harriers	4hrs 12m 13s
3rd	Leeds City AC	4hrs 15m 59s
	14° R.1. 2	
19th	Highgate Harriers	4hrs 28m 05s

**Full results** 

**30th April - Southern Womens Athletics League** 

**Division 3N - Ilford** 





### May 2005



114 points

**Division 1 - Peterborough** 

1 - Forest

2 - Harlow

4 - Chiltern

3 - HIGHGATE HARRIERS

- 2 Highgate Harriers 113<sup>1</sup>/<sub>2</sub> points
- 3
- 4
- 5 Milton Keynes
- 105 points Vale of Aylesbury 101<sup>1</sup>/<sub>2</sub> points 99 points



141 points

108 points

15 points

97 points

### **Division 4N - Walthamstow**

1 - (	Queens Park Harriers	158	points
2 - [	Dagenham 88	96	points
3 - L	_ondon AC	95	points
4 - H	HIGHGATE HARRIERS	54	points

### 8th May - Young Athletics League **Southern Division 2NW - Oxford**

- 1 Dacorum & Tring 2 - Oxford City 3 - Brunel Juniors 424 points 4 - Abingdon 5 - HIGHGATE HARRIERS 282½ points 6 - Chiltern 177 points
- 7 London Heathside
- 14th/15th May Middlesex Track & Field Championships **New River Stadium**

21st May - Southern Mens Athletics League

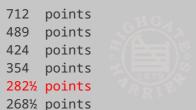


**Division 1 - Ashford** 



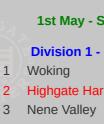


















1 - Winchester	117 points					
2 - HIGHGATE HARRIERS	114 points					
3 - Dartford	108 ½ points					
4 - Ashford	103 ½ points					
5 - Tonbridge AC	93 points					
Division 4N - South	end					
Awaiting result						
21st May - Southern Womens Athletics League						
Division 3N - Ipsw	ich					
1 - Ipswich	169 points					
2 - West Norfolk/Ryston	161 points					
3 - Braintree	71 points					
4 - HIGHGATE HARRIERS	23 points					
22nd May - Young Athletes 5 S	star Competition					

### tition

### Oxford



**Details** 

### June 2005

### **5th June - Young Athletics League**

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

589 points 522 points 474 points 340 points 248 points 242 points 239 points

1	÷.	Dacorum & Tring
2	-	Oxford City
3	-	Brunel Juniors
4	-	Abingdon
5	-	London Heathside
6	-	Chiltern
7	-	HIGHGATE HARRIERS

### Highgate report

### 25th June - Southern Mens Athletics League

### **Division 1 - Harrow**

1	-	Bournemouth	121		points
2	-	Serpentine	116		points
3	-	HIGHGATE HARRIERS	106	⅛	points
4	-	Windsor	104	⅓	points
5	-	Harrow	81		points

League Table

### **Division 4N - Thurrock**

















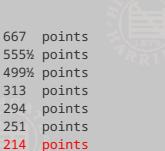
1 -	Thurrock	141	points
2 -	Luton	96	points
<b>3</b> -	HIGHGATE HARRIERS	50	points
	Dartford did not	appear	
	League Table		
	-		



#### **Southern Division 2NW - Hayes**

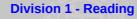
1	-	Dacorum & Tring
2	-	Brunel Juniors
3	-	Oxford City
4	-	Abingdon
5		Chiltern
6	÷	London Heathside

7 - HIGHGATE HARRIERS



# July 2005

### 9th July - Southern Mens Athletics League



- 1 Basingstoke 151 points
- 2 Reading 111 points
- 3 Highgate Harriers 105 points
- 4 Enfield
- 5 Luton
- 86 points
- 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
- 2 Ilford
- 3 Barnet
- 4 HIGHGATE HARRIERS
- 172 points
  64 points
  61 points
- 0 points





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

Kingston

. 11 G .



### Girls

1st Middlesex 314 points 2nd Surrey 313<sup>1</sup>/<sub>2</sub> points 3rd Essex 309 points

Boys

1st	Surrey	331 points			
2nd	Dorset	3111/2 points			
3rd	Hampshire	311 points			
4th	Middlesex	296 points			
13 counties competed					



### **30th July - Southern Mens Athletics League**

**Division 1 - Bracknell** 

- **Highgate Harriers** 1
- Havering Mayesbrook 2
- 3 Exeter
- Ilford AC 4
- Aldershot, Farnham & District 95 points 5



# August 2005



### **Division 1 - Copthall**

	1.51	on r ooptinaii	
	1	Yeovil	138½ points
	2	Newham & Essex	138 points
	3	Highgate Harriers	1211/2 points
	4	Blackheath & Bromley	80 points
-	5	London Heathside	50 points



### September 2005

### 17th September - St Albans Cross Country relays

### Women (4 x 2.5 miles)

#### 'B' team Leg 1 Lindsay Kehoe 16m 02s Kate Jenrick 16m 57s Leg 2 Sally Hannah 16m 37s Alex Goodwin 18m 16s Leg 3 Esther Evans 17m 25s Antra Balcuna 18m 37s Leg 4 Svenja Abel 15m 07s 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



















'A' team

#### Fastest laps

#### 1st Svenja Abel (Highgate Harriers)

2ndJade Wright (Shaftesbury Barnet)15 mins 31s3rdSharon Morris (Bedford & County)15 mins 39s

'A' team

4th Lindsay Kehoe (Highgate Harriers) 16 mins 02s

5th Anna McCutcheon (Highgate Harriers) 16 mins 12s

### Men (6 x 2.5 miles)

### Mixed 'B' team

15 mins 07s

Leg 1	Saningo Martyn	14m 12s	Jonathan Deane	16m 48s
Leg 2	Henry Dodwell	14m 15s	Nick Stockman	16m 36s
Leg 3	David Bruce	14m 18s	Steve Scruton	17m 52s
Leg 4	Chris Bailey	15m 13s	Sarah Chapman	22m 09s
Leg 5	Duncan Burbidge	14m 54s	Alistair Lindsay	15m 34s
Leg 6	Jeremy Rogers	15m 28s	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**

33mins 56s

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

1st Ealing, Southall & Middlesex 32mins 12s

2nd Hillingdon AC 32mins 47s

3rd Highgate Harriers





### 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)		

101	team
<b>– – –</b>	ieam
<u> </u>	louin

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** 





	Fastest laps		
	·		
	69 complete teams finis	hed	
47th	Highgate Harriers 'B'	2h 07m 47s	
7th	Highgate Harriers 'A'	1h 54m 31s	
3rd	Aldershot, Farnham & Distri	ct 1h 51m 26s	
2nd	Wells City Harriers	1h 50m 34s	
1st	Belgrave Harriers	1h 49m 18s	

1st Mohammed Farah (Newham & Essex Beagles) 17 mins 23s

Women





Svenja Abel
Elizabeth Oguno

ут	Sverija Abei	13.14	
eg 2	Elizabeth Ogunde	14:16	
eg 3	Kate Jenrick	14:32	
eg 4	Angela Ellis	15:44	

10.14

### **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

...

...

2nd Keith Cullen (Highgate)

3rd Adem Bowden (Harrow A.C)

I

Le Le

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)

### October 2005

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

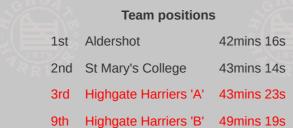


### Women

#### 'A' team

14m 38s (4th) Leg 1 Kate Jenrick Leg 2 Astrid Wingler 14m 23s (3rd) Leg 3 Anna McCutcheon 14m 22s (3rd)

Anne Curley 14m 48s (6th) Jenny Turner 17m 09s (10th) Fiona Maguire 17m 22s (9th)



# 17 mins 49s

17 mins 42s







-00	1
19s	Sec.





...

57m 46s

13 mins 14s



#### **Mixed team**

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







Young Athletes Results

### 8th October - Metropolitan Cross Country League Woodford

	Under 17 men			Junio
12th	Max Onslow	14m 23s	5th	Henry
	43 finishers		9th	Saning
	·		31st	Javier
			36th	Chris E
	Under 17 & Senior Wo		46th	Eric Sc
2nd	Svenja Abel	14m 09s	69th	Jeremy
8th	Kate Jenrick (3rd Vet)	15m 12s	76th	Damia
10th	Sally Hannah	15m 25s		
13th	Astrid Wingler	15m 49s	83rd	Richar
14th	Esther Evans	15m 51s	108th	Joseph
			134th	Nick St
17th	Elizabeth Ogunde	16m 06s	154th	Kevin I
37th	Antra Balcuna	17m 09s	157th	Steve S
52nd	Jenny Turner	17m 42s	185th	Richar
60th	Fiona Macguire	18m 05s		
	107 finishers		187th	Keith V
Matel	n Position 1st - League p	osition 1st		2
matci	- Conton 13t - League p	Joshion 15t	Match I	Position

### Junior & Senior Men

Dodwell 25m 11s go Martyn 25m 49s Pes 27m 02s Bailey 27m 18s outham 27m 33s y Rogers 28m 28s n Shirley 28m 50s rd Stewart 29m 03s h Lowe 30m 10s stockman 31m 32s Linehan 32m 11s Scruton 32m 21s d Solomons 33m 33s Wilson 33m 34s 254 finishers

Match Position 4th - League position 4th



### Sutton Park, Birmingham Women

22nd October - National Relay Championships

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** 







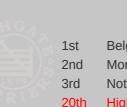
### 1st Bristol & West AC 59:16 2nd Shaftesbury Barnet 59:25 3rd Bedford & County 59:29 15th Highgate Harriers 63:03

### 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)

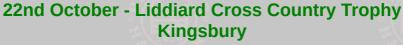


ream positions				
st	Belgrave Harriers	1h	46 3	Os
nd	Morpeth Harriers & AC	1h	47m	48s
rd	Notts AC	1h	47m	54s
Oth	Highgate Harriers 'A'	1h	52m	00s
76 teams finished				

### Full men's results







### 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**

24th Jack Matthewman

Under 17 men

15m 57s

2nd

**Junior & Senior Men** Henry Dodwell

28m 15s

# 50 finishers

### **Under 17 & Senior Women**

6th	Kate Jenrick (3rd Vet)	15m 59s
8th	Lindsay Kehoe	16m 10s
14th	Astrid Wingler	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

Saningo Martyn	29m 18s			
Phil Coulson	30m 22s			
Chris Bailey	30m 41s			
Jeremy Rogers	31m 33s			
<b>Richard Stewart</b>	32m 39s			
Greg Fuzesi	32m 42s			
Joseph Lowe	33m 34s			
Nick Stockman	33m 35s			
Kevin Linehan	35m 22s			
Jonathan Deane	35m 42s			
Keith Wilson	35m 47s			
Steve Scruton	36m 13s			
José Barretta	36m 31s			
265 finishers				
Match Position 4th - League position 5th				
	Phil Coulson Chris Bailey Jeremy Rogers Richard Stewart Greg Fuzesi Joseph Lowe Nick Stockman Kevin Linehan Jonathan Deane Keith Wilson Steve Scruton José Barretta <i>265 finishers</i>			

### November 2005

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

Sen	ior '	Wo	men

1st Kate Jenrick (1st vet) 18:35						
2nd	Sula Young	18:47				
3rd	Lindsay Kehoe	18:50				
5th	Astrid Wingler	19:26				
11th	Alex Goodwin	20:27				
	43 finishers					
Т	eam Positions (4 to s	score)				
1st	Highgate Harriers	11 points				
2nd	Barnet & District	37 points				
3rd	Serpentine	68 points				
	7 teams complete	d				
	Full results					
	Senior Men					
Hei	Henry Dodwell 23:11					
Soningo Mortun 24:07						

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

H. F.









#### 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
	11 tooms completed	

*14 teams completed* 

### Full results

2nd Keith Cullen

# **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	

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
124th	Jesus Anorve	43mins

### 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	



Men - 10k

32mins 05s 48s 11s 03s 04s 10s 21s 59s 11s 13s 10s 36s 25s 26s 45s 10s 47s 41s 06s 51s 07s 56s



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

	Under 17 men		
17th	Max Onslow	17m 37s	53rd
	45 finishers		99th
	CH Ga		104th
			110th
	Senior Women		112th
15th	Astrid Wingler	19m 20s	128th
17th	Elizabeth Ogunde	19m 26s	130th
18th	Alex Goodwin	19m 28s	155th
23rd	Sally Hannah	19m 43s	161st
32nd	Antra Balcuna	20m 13s	179th
52nd	Louise Burnie	21m 08s	189th
56th	Fiona Maguire	21m 19s	232nd
70th	Louise Faherty	22m 02s	
88th	Sarah Chapman	23m 36s	Match Po
	110 finishers		
Mato	h Position 1st - League	position 1st	

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		

**Senior Men** 

osition 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

Astrid Wingler (1st Vet) 31mins 50s Esther Evans 32mins 02s Rosie Donaldson 34mins 41s









2nd 3rd

11th

