

2023 ASSEMBLY LEAGUE TEAM RESULTS

Club	Race										Total A Team	Total B Team
	2		3		4		5		6			
	A Team	B Team	A Team	B Team	A Team	B Team	A Team	B Team	A Team	B Team		
Male												
Kent AC	15	15	15	15	15	15	15	13	15	15	75	73
Dulwich Runners	14	13	14	14	14	13	11	10	11	13	64	63
SEAC	13	12	13	13	12	12	10	12	14	14	62	63
Cambridge Harriers	11	10	8	11	13	14	12	14	13	0	57	49
Eton Manor AC	13	14	13	12	11	0	9	9	8	0	54	35
Victoria Park H&THAC	10	11	9	0	10	0	14	15	0	0	43	26
Petts Wood Runners	8	9	7	10	9	11	6	0	9	11	39	41
Serpentine RC	9	0	11	0	0	0	13	11	0	0	33	11
Lloyds RC Ravens	0	0	10	0	0	0	7	0	10	0	27	0
London Underground	7	8	6	0	8	0	5	0	0	0	26	8
Ravens School Runners	5	0	4	0	0	0	8	0	7	0	24	0
Beckenham RC	0	0	5	0	0	0	0	0	12	12	17	12
Dartford RR	6	0	3	0	7	0	0	0	0	0	16	0
Greenwich Tritons	0	0	0	0	0	0	0	0	6	0	6	0
Crystal Palace	0	0	0	0	0	0	0	0	0	0	0	0
Runhead RC	0	0	0	0	0	0	0	0	0	0	0	0
Aquila AC/New Eltham Joggers	0	0	0	0							0	0
Female												
Kent AC	15	15	15	15	15	15	15	14	15	15	75	74
Dulwich Runners	13	13	14	14	14	0	13	0	14	14	68	41
Victoria Park H&THAC	14	14	0	0	13	0	14	15	0	0	41	29
Eton Manor AC	12	0	12	0	0	0	12	0	0	0	36	0
Greenwich Tritons	11	0	13	0	0	0	0	0	0	0	24	0
Beckenham RC	0	0	0	0	0	0	0	0	13	0	13	0
SEAC	0	0	0	0	0	0	11	0	0	0	11	0
Serpentine RC	0	0	0	0	0	0	0	0	0	0	0	0
Ravens School Runners	0	0	0	0	0	0	0	0	0	0	0	0
Petts Wood Runners	0	0	0	0	0	0	0	0	0	0	0	0
Cambridge Harriers	0	0	0	0	0	0	0	0	0	0	0	0
Dartford RR	0	0	0	0	0	0	0	0	0	0	0	0
Runhead RC	0	0	0	0	0	0	0	0	0	0	0	0
Lloyds RC Ravens	0	0	0	0	0	0	0	0	0	0	0	0
Crystal Palace	0	0	0	0	0	0	0	0	0	0	0	0
London Underground	0	0	0	0	0	0	0	0	0	0	0	0
Aquila AC/New Eltham Joggers	0	0	0	0							0	0

2023 ASSEMBLY LEAGUE INDIVIDUAL RUNNERS

Individuals		Race					6	Grand Total
Runner		2	3	4	5			
Male								
Senior								
Jake Simmonds, Kent AC		9	9	7	10		35	
Edward Chuck, Dulwich Runners		8	10	10			28	
Robert Donohue, Kent AC		4	8	2	6	6	26	
Jack Brotchie, Dulwich Runners		3	7	6	8		24	
Lewis Laylee, SEAC				9		10	19	
Joe Hartley, Kent AC				5		7	12	
Robert Wilson, Eton Manor AC		10					10	
J Simmonds, Kent AC						9	9	
Jack Ramm, Dulwich Runners					9		9	
Tom Brooke, Cambridge Harriers		5		4			9	
Ross Brown, SEAC		1	1		2	5	9	
Dame Dibaba, Kent AC						8	8	
Adam Milberry, Victoria Park H&THAC				8			8	
Calum Fraser, Kent AC		2	2			3	7	
Zak Knill, Victoria Park H&THAC					7		7	
Matt Speed, Kent AC		7					7	
Fred Bungay, Dulwich Runners			3	3			6	
Robert Armstrong, Dulwich Runners			6				6	
Joe Elliott, SEAC		6					6	
Bobby Babaker, Cambridge Harriers				1	5		6	
Ben Clarke, Kent AC			5				5	
Joe Hallsworth, Dulwich Runners			4				4	
Brett Baker, Cambridge Harriers						4	4	
Luke Martin, Cambridge Harriers					4		4	
George Russell, Kent AC					3		3	
Harold Wyber, SEAC						2	2	
Peter Wooldridge, Serpentine RC					2		2	
James Campbell, Beckenham RC						1	1	
75								
Vernon Thomas, Greenwich Tritons				10		9	19	
Richard Seabrook, Beckenham RC						10	10	
John Few, Eton Manor AC					10		10	
70								
Mike Mann, Dulwich Runners		10	9		9	9	37	
David Butler, Lloyds RC Ravens			10		10	10	30	
Andrew Murray, Dulwich Runners		9		10	8		27	
Roy Knight, Dartford RR		8	8	9			25	
Julian Spencerwood, Kent AC						8	8	
Andy Murray, Dulwich Runners						7	7	
Ian Hall, Serpentine RC					7		7	
65								
John Barron, Kent AC			10	9	8	8	35	
Bernie Hutchinson, Kent AC		7	9	7	7	4	34	
John Black, Eton Manor AC		10		10		10	30	
Geoff Nicholls, Eton Manor AC			7	6	6	2	21	
Paul Hooper, Dartford RR		6	5	5	5		21	
Keithly Mussington, Victoria Park H&THAC				8	10		18	
Colin Frith, Dulwich Runners		8				1	9	
Hugh Balfour, Dulwich Runners						9	9	
William Burbridge-James, Victoria Park H&THAC		9					9	
Hein Gunnewicht, Eton Manor AC					9		9	
Barrie John Nicholls, Dulwich Runners			8				8	
Graham Laylee, Dulwich Runners						7	7	
Pat Griffin, Crystal Palace			6				6	
Ian Mccarthy, Cambridge Harriers						6	6	
Ken Baksh, Beckenham RC						5	5	
Steve Ferrar, Beckenham RC						3	3	

2023 ASSEMBLY LEAGUE INDIVIDUAL RUNNERS

Individuals Runner	Race						Grand Total
	2	3	4	5	6		
60							
Eberhard Prill, Dulwich Runners	8	8	9	7	8	40	
Graham Maynard, Cambridge Harriers	6	7	8	6	7	34	
Martin Daoud, London Underground	9	9	10			28	
John O'Shea, SEAC	7		4	8		19	
Kemuel Solomon, Serpentine RC	10			9		19	
Roger Beardsworth, Kent AC		10			9	19	
Dave West, Dulwich Runners	5	6	7			18	
James Steatham, Kent AC	1	3	5		5	14	
Chris Lydon, Kent AC				10		10	
Tom Conlon, SEAC					10	10	
Rick Clarkson, Ravens School Runners	4	4		1		9	
Adrian Frost, Eton Manor AC	3			3		6	
Mark Gregory, Greenwich Tritons					6	6	
Anthony Donohue, Petts Wood Runners			6			6	
Kevan Wilkinson, Serpentine RC		5				5	
Dave Daugirda, Eton Manor AC				5		5	
William Burbridge-James, Victoria Park H&THAC				4		4	
Gerard Akaigo, Victoria Park H&THAC		2				2	
Mick Cairns, Victoria Park H&THAC				2		2	
Tom Morris, London Underground	2					2	
55							
Andrew Noble, Dartford RR	8	7	9	8	9	41	
Jonathan Ratcliffe, Kent AC	10	9		10	10	39	
Andy Weir, SEAC			10	9		19	
Christian Poulton, Cambridge Harriers	9	8				17	
David Reader, Cambridge Harriers		6	8			14	
David Groom, Petts Wood Runners	5		6		3	14	
Robin Mccoy, Lloyds RC Ravens		5			8	13	
Tim Springett, Petts Wood Runners	4	3	5			12	
Luke Armitage, Kent AC	7	4				11	
Krzysztof Klidzia, London Underground		10				10	
Martin Morgan, Kent AC		1	3	3	1	8	
Steve Bowley, Petts Wood Runners			7			7	
Jules Gevers, Kent AC				7		7	
Neil Philips, Beckenham RC					7	7	
Austin Platt, Beckenham RC					6	6	
Simon Wharton, Victoria Park H&THAC				6		6	
Stephen Pond, Petts Wood Runners	6					6	
Nigel Cairns, Lloyds RC Ravens				5		5	
Marcus Elwes, Petts Wood Runners	1			4		5	
Paul Crompton, Kent AC					5	5	
Hugh Barnett, Kent AC		2	2			4	
Paul Doyle, SEAC					4	4	
David Moore, Petts Wood Runners			4			4	
Mike Murdoch, London Underground	3					3	
Kevin Tilley, SEAC				2		2	
Clive Harvey, Kent AC	2					2	
Springett Tim, Petts Wood Runners					2	2	
Paul Keating, Dulwich Runners			1	1		2	

2023 ASSEMBLY LEAGUE INDIVIDUAL RUNNERS

Individuals Runner	Race					6	Grand Total
	2	3	4	5			
50							
Robin Jones, SEAC	10		10	10			30
Ian Mcgrath, Dartford RR	4	3	8			7	22
Kev Howarth, Petts Wood Runners	9	10					19
Justin Siderfin, Dulwich Runners		4			5	8	17
Jonathan Langley, SEAC	8	8					16
Daniel Selman, Petts Wood Runners		2	9	4			15
Michael Williams, Dulwich Runners						10	10
Andrew Mclauchlan, SEAC			7			3	10
Lloyd Collier, Dulwich Runners						9	9
Andre Dahlkamp, Victoria Park H&THAC				9			9
Simeon Bennett, Victoria Park H&THAC		9					9
Simon Taylor, Greenwich Tritons			6	3			9
Ant Withstandley, Victoria Park H&THAC				8			8
Robert Sommerville, Eton Manor AC	2					6	8
Jonathan Moscrop, Serpentine RC				7			7
Paul Fanti, SEAC	7						7
Jim Addison, Beckenham RC		7					7
Seaton Giles, Petts Wood Runners			5			2	7
Stephen Pond, Petts Wood Runners		6					6
David Warwick, Victoria Park H&THAC				6			6
Joseph Osakue, London Underground	6						6
Gavin Mackay, Petts Wood Runners	5						5
John Kazantzis, Dulwich Runners		5					5
Selman Dan, Petts Wood Runners						5	5
Dave Best, Dartford RR			4				4
Peter Fisher, Petts Wood Runners						4	4
John O'Brien, London Underground			3				3
David Kelly, London Underground	3						3
Stephen Phillips, Victoria Park H&THAC				2			2
Phil Marsden, Kent AC			2				2
Jason Hone, Petts Wood Runners		1					1
Hugh Stickland, Kent AC						1	1
Tim Miller, Victoria Park H&THAC	1						1
Tom Poynton, Dulwich Runners				1			1
45							
Che Compton, Kent AC	5	7	9	10		10	41
James Macdonald, Cambridge Harriers	7		8	9			24
Chris Mullin, Kent AC			10			9	19
Andy Bond, Dulwich Runners	9	8					17
Jamie Philip, SEAC		3	5	7			15
Chris Greenwood, Kent AC	10						10
Nicholas Torry, Kent AC		10					10
Ben Hope, Kent AC		9					9
Alex Loftus, Dulwich Runners	1					8	9
Robert Laing, Kent AC	4	5					9
Michele Bottone, Serpentine RC					8		8
Thomas South, Dulwich Runners	8						8
Russell Beard, Lloyds RC Ravens						7	7
Buzz Shephard, Dulwich Runners			7				7
James Gillanders, Serpentine RC				6			6
Adrian Russell, Dulwich Runners		6					6
Alex Robbins, Kent AC						6	6
Andrew Inglis, Dulwich Runners			6				6
Raj Paranandi, SEAC	6						6
Warren Keefe, Dulwich Runners				5			5
Chris Notton, Serpentine RC				1		4	5
Stephen Watts, Kent AC						5	5
Tomas Sloan, Kent AC		4					4
Rob Shearer, Cambridge Harriers			4				4
Simeon Bennett, Victoria Park H&THAC				4			4
Ben Guy, Greenwich Tritons						3	3
Simon Preuveneers, Victoria Park H&THAC				3			3
Simon Barrett, Serpentine RC	3						3
William Fricker, Kent AC			3				3
Kevin Long, Victoria Park H&THAC	2						2
Stuart Beaney, Kent AC				2			2
Richard Giles, Kent AC		2					2
Jason Mercer, Petts Wood Runners			2				2
Trevor East, Eton Manor AC						2	2
Gavin Fage, Ravens School Runners						1	1
Simon Bonner, Victoria Park H&THAC			1				1
James Pitts, Cambridge Harriers		1					1

2023 ASSEMBLY LEAGUE INDIVIDUAL RUNNERS

Individuals	Race						Grand Total
Runner	2	3	4	5	6	Grand Total	
40							
Hugh Torry, Serpentine RC		9		8		17	
Alan Barnes, SEAC		8			9	17	
David Jones, Victoria Park H&THAC	10			6		16	
Andrew Doyle, Cambridge Harriers	7	7				14	
Mike Boucher, London Underground	3	4	7			14	
Duncan Hope, Cambridge Harriers			8	5		13	
Neil McGoun, Eton Manor AC	5		3	4		12	
Simon Cottle, Eton Manor AC		10				10	
Jonathan Tipper, Kent AC			10			10	
Nicolas Besson, Serpentine RC				10		10	
James Macdonald, Cambridge Harriers					10	10	
Paul Boddey, Eton Manor AC	9			1		10	
John Payne, Victoria Park H&THAC				9		9	
Steve Hodges, Cambridge Harriers			9			9	
Andy Colley, Kent AC		3			6	9	
James Pitts, Cambridge Harriers			6	3		9	
Eugene Cross, Dulwich Runners					8	8	
Lewis Baker, Cambridge Harriers	8					8	
Arif Merali, Kent AC					7	7	
Craig Beattie, Victoria Park H&THAC				7		7	
Micah Evans, SEAC		6				6	
Dan Treichel, Serpentine RC	6					6	
Mike Reich, Beckenham RC					5	5	
Chris Schofield, Kent AC			5			5	
Joe Farrington-Douglas, Dulwich Runners		5				5	
Kev Chadwick, Petts Wood Runners	4					4	
Connor Johnston, Victoria Park H&THAC			4			4	
Stephen Watts, Kent AC	2	2				4	
Ross Rook, Dulwich Runners					4	4	
Hassell Richard, Petts Wood Runners					3	3	
Paul Rushton, Eton Manor AC				3		3	
Fernandes Jamie, Petts Wood Runners					2	2	
Tom Castle, Cambridge Harriers			2			2	
Daniel Nichols, London Underground	1					1	
John Slade, Kent AC			1			1	
Richard Elliot, Kent AC					1	1	
Jonathan Leith, Eton Manor AC		1				1	
20							
George Searle, Kent AC	7		8	8	9	32	
Guy Barnett, Kent AC	10	10	10			30	
Lucas Stickland, Kent AC	6		7		8	21	
Harry Fage, Ravens School Runners				9	10	19	
Sam Baklanov, Ravens School Runners				7	7	14	
Mark Constable, Ravens School Runners				10		10	
Angus Vosper, Cambridge Harriers			9			9	
Theo Gaymes, Kent AC	9					9	
Matthew Pond, Petts Wood Runners	8					8	
Alessandro Gill, Victoria Park H&THAC	5					5	
Elliot Moulden, Ravens School Runners	4					4	

2023 ASSEMBLY LEAGUE INDIVIDUAL RUNNERS

Individuals	Race						Grand Total
Runner	2	3	4	5	6		
Female							
Senior							
Alexa Parker, Kent AC	9		10	10	10	39	
Lucy Foreman, Cambridge Harriers		9		9		18	
Claire Oxlade, Kent AC			9		9	18	
Ellie Freeden, Kent AC	7	8				15	
Lydia Riding, Greenwich Tritons	1	7		3		11	
Jade Dos Santos, Victoria Park H&THAC	5			6		11	
Katie Rowland, Kent AC		10				10	
Polly Warrack, Dulwich Runners	10					10	
Jo Hall, Victoria Park H&THAC				8		8	
Georgina Povall, SEAC	8					8	
Ella Day, Kent AC					8	8	
Lily Zechmann, Victoria Park H&THAC	6			2		8	
Natalie Jacques, Petts Wood Runners			8			8	
Emily Seager, Victoria Park H&THAC				7		7	
Rebecca Schulleri, Dulwich Runners					7	7	
Louise Roper, Greenwich Tritons			7			7	
Parris Williams, Kent AC					6	6	
Kerrie Donohue, Petts Wood Runners			6			6	
Melody Kane, Petts Wood Runners		6				6	
Sally Urquhart, Kent AC	2	4				6	
Georgia Jones, London Underground			5			5	
Wilkinson Chloe, Petts Wood Runners					5	5	
Chloe Hamard, Victoria Park H&THAC				5		5	
Gen Blanch, Kent AC		5				5	
Jo Mott, Kent AC			4			4	
Eleanor George, Eton Manor AC				4		4	
Ellie Daglish, Victoria Park H&THAC	4					4	
Susie Fairbrass, Kent AC					4	4	
Rachael Futo, Eton Manor AC		3				3	
Liz Haigh, Eton Manor AC	3					3	
Jacques Nat, Petts Wood Runners					3	3	
Katya Puyn, Cambridge Harriers		2				2	
Kimberly Parker, Kent AC					2	2	
Cat O'Shea, Victoria Park H&THAC				1		1	
Sian Earl, Crystal Palace		1				1	
70							
Ros Tabor, Dulwich Runners	10		10	10		30	
Claire Steward, Dulwich Runners	9			9	10	28	
65							
Zoë Gaffen, Kent AC	9	9	10	9		37	
Jo Quantrell, Dulwich Runners		10				10	
Sarah Newton, Serpentine RC				10		10	
Gail Hennessey, Eton Manor AC	10					10	
Joanne Joseph, Eton Manor AC				8		8	
60							
Tracey Taylor, Eton Manor AC	8		8	9		25	
Philippa Cockman, Victoria Park H&THAC	9			8		17	
Camilla Allwood, Serpentine RC	7			7		14	
Clare Elms, Kent AC			10			10	
Katrin Flikschuh, Victoria Park H&THAC				10		10	
Angie Norris, Dulwich Runners					10	10	
Annie Gammon, Victoria Park H&THAC		10				10	
Ronnie Haydon, Kent AC	10					10	
Nikki Hayes, Kent AC			9			9	
Catherine Scrivens, Eton Manor AC				6		6	
55							
Michelle Lennon, Dulwich Runners	10	9	10		9	38	
Naomi Bourne, Victoria Park H&THAC	9	7		7		23	
Clare Elms, Kent AC		10			10	20	
Ola Balme, Dulwich Runners		8			8	16	
Midge Cameron, Dulwich Runners		6	9			15	
Lealey Taylor, Dartford RR				10		10	
Rose Baker, Cambridge Harriers				9		9	
Louise Vacher, Eton Manor AC				8		8	
Pippa Dowswell, Eton Manor AC	8					8	
Lindsey Annable, Dulwich Runners		5				5	

2023 ASSEMBLY LEAGUE INDIVIDUAL RUNNERS

Individuals Runner	Race					Grand Total
	2	3	4	5	6	
50						
Lesley Mccarthy, Greenwich Tritons	10	9	8	9	9	45
Andrea Barber, Kent AC	9	8	9	8		34
Victoria Carter, SEAC		10	10			20
Jane Pannell, Eton Manor AC	8	5		7		20
Alex Cooper, Dartford RR	5		5	5		15
Alex Anderson, Lloyds RC Ravens				6	7	13
Emily Jenkins, Serpentine RC	6	6				12
Ali Farrell, Kent AC					10	10
Jo Singer, Victoria Park H&THAC				10		10
Hayley Dalton, Eton Manor AC	2	4		4		10
Andrea Crompton, Kent AC					8	8
Sarah Knox, Victoria Park H&THAC	4		4			8
Colleen Renihan, Serpentine RC	7					7
Alice Neal, Petts Wood Runners			7			7
Lizzie Wilkinson, Serpentine RC		7				7
Jane Branch, Petts Wood Runners			6			6
Victoria Nock, Eton Manor AC				3		3
Nicola Kerr, Victoria Park H&THAC	3					3
45						
Teresa Murphy, Kent AC		10	8	10	10	38
Nicola Cartledge, Kent AC	9	7		7	7	30
Nathalie Gaudillat, Beckenham RC		9	7		8	24
Victoria Buck, Kent AC	10			8		18
Clare Norris, Dulwich Runners	7	8				15
Amanda Williams, Petts Wood Runners	8		6			14
Janine Durrant, Eton Manor AC	3		5	4		12
Caoimhe Nic Fhogartaigh, Kent AC			10			10
Dee O'Brien, Kent AC				9		9
Emma Stevens, Petts Wood Runners			9			9
Aurelia Osborne, Beckenham RC					9	9
Emily Mondale, Victoria Park H&THAC				6		6
Mel Burdett, Beckenham RC					6	6
Emma Brown, Dartford RR	6					6
Hilary Morton, Petts Wood Runners		6				6
Carys Morgan, Dulwich Runners	5					5
Sarah Knox, Victoria Park H&THAC				5		5
Lee Milne, Eton Manor AC	4					4
Leyla Ari, Greenwich Tritons	2					2
Lauren Porter, Greenwich Tritons	1					1
40						
Amy Clements, Kent AC	10	10		10	10	40
Katie Smith, Dulwich Runners		7	9	9	6	31
Katie Styles, Dulwich Runners	7	6	7	4	4	28
Karen Ellison, SEAC		8		6	7	21
Ivona Gongolova, Kent AC		5	8	5	3	21
Christine Lutsch, Cambridge Harriers			10		9	19
Victoria Cartwright, Kent AC	9				8	17
Jenny Heymann, Eton Manor AC	8	9				17
Jo Wint, Kent AC	2	4	4	3	2	15
Laura Vincent, Dulwich Runners	5				5	10
Sue Bint, Victoria Park H&THAC				8		8
Delia Beddis, SEAC				7		7
Erica Brown, Victoria Park H&THAC	4		3			7
Jane Walsh, Petts Wood Runners			6			6
Helen Shannon, Dulwich Runners	6					6
Annie Trihani, Victoria Park H&THAC			5			5
Amy Harris, Beckenham RC		2			1	3
Agata Slota, Victoria Park H&THAC	3					3
Naomi Crowther, Dulwich Runners		3				3
Ru Rose, Eton Manor AC	1	1				2
Miry Mayer, Victoria Park H&THAC				2		2
Emily Dodds, Lloyds RC Ravens				1		1

2023 ASSEMBLY LEAGUE INDIVIDUAL RUNNERS

Individuals	Race						
Runner	2	3	4	5	6	Grand Total	
35							
Leanne Bowler, Greenwich Tritons	7	9	5	7	8	36	
Bryony Proctor, Kent AC	10	10	10			30	
Sarah Crichton, Kent AC			8	10	10	28	
Alison Thomson, Kent AC	8			8		16	
Rachel Lovell, Victoria Park H&THAC			3	6	6	15	
Jane Rukin-White, Eton Manor AC		8	4			12	
Susanna Davies, Kent AC	6		6			12	
Valerie Wong, Victoria Park H&THAC				9		9	
Georgina Wiley, Kent AC					9	9	
Kay Sheedy, Dulwich Runners			9			9	
Hazel Norton-Hale, Victoria Park H&THAC	9					9	
Nesrin Sabanci, Kent AC			7			7	
Phillipa Goodhew, Dulwich Runners					7	7	
Belinda Bell, Dulwich Runners		7				7	
Sophie Cappleman, Serpentine RC		6				6	
Jessica Dixon, Crystal Palace		5				5	
Anna Fiedlerova, Victoria Park H&THAC				5		5	
Sarah Stewart, Victoria Park H&THAC	5					5	
Amy Blackburn-Lau, Victoria Park H&THAC	4					4	
Claire Barnard, Dulwich Runners		4				4	
Ivy Fu, Eton Manor AC				4		4	
Amanda Hearn, Eton Manor AC	3					3	
20							
Sophie Walker, Kent AC		10				10	