

# Apex Sports Chiltern League Division One 2009/2010

## Round 5

Held at Wing on 13 February 2010

### Senior/Junior/Veteran Men

1	TOM COMERFORD (MILTON K)	32:00 M	1	7
2	STEVEN TUTTLE (BEDFORD & C)	32:23 M	2	80
3	MATT SALT (DACORUM)	32:43 M20	1	263
4	DANIEL WOODGATE (LUTON)	33:01 M20	2	418
5	JULIAN CRITCHLOW (HARROW)	33:16 M40	1	169
6	NATHAN WHITE (WINDSOR)	33:24 M20	3	138
7	CHAD LAMBERT (MILTON K)	33:29 M20	4	27
8	JIM COOPER (HARROW)	33:33 M	3	164
9	DAVE BRANFOOT (HARROW)	33:49 M	4	187
10	RICHARD LARSEN (BRACKNELL)	33:55 M	5	312
11	CHRIS DETTMAR (HEADINGTON)	34:10 M40	2	719
12	PETER NORRIS (HARROW)	34:18 M	6	163
13	CHRIS HEARN (MILTON K)	34:22 M	7	5
14	ALAN TURNBULL (BEDFORD & C)	34:39 M40	3	77
15	SAM DEATHE (MILTON K)	34:46 M20	5	20
16	MARK CURSONS (HARROW)	34:52 M40	4	180
17	CHRIS FINILL (HARROW)	35:02 M50	1	172
18	STEVE EARLEY (BEDFORD & C)	35:11 M40	5	73
19	LIAM MCNABOLA (LUTON)	35:23 M	8	398
20	ANDY PACEY (SILSON)	35:28 M40	6	733
	JOHN ABYEO (OXFORD) N/S	35:30 M40		551
21	NICK LINGLEY (WINDSOR)	35:36 M20	6	147
22	STUART STILL (LUTON)	35:40 M40	7	404
23	ANDY ROLT (AYLESBURY)	35:45 M40	8	192
24	JOSH MOSS (WINDSOR)	35:50 M20	7	137
25	ALEX MOURIDIAN (BRACKNELL)	35:52 M	9	311
26	NICK PACEY (SILSON)	36:05 M40	9	741
27	MARCUS WHEL BAND (MILTON K)	36:08 M	10	58
28	NIGEL BUNN (TRING)	36:18 M40	10	454
29	PAUL DALY (BRACKNELL)	36:23 M40	11	315
30	STEVE HERRING (MILTON K)	36:24 M40	12	8
31	MARK RICHARDS (AYLESBURY)	36:28 M	11	200
32	ANDY ATKINS (MILTON K)	36:30 M	12	56
33	MATTHEW JUDSON (HARROW)	36:33 M	13	189
34	JOSH LYNAM (MILTON K)	36:34 M20	8	43
35	KINGSLEY NANTON (CHILTERN H.)	36:37 M	14	224
36	GARY HARRIS (HEADINGTON)	36:39 M	15	705
37	STUART ELLERBY (CHILTERN H.)	36:51 M	16	253
38	MARTYN SUMMERFIELD (AYLESBURY)	36:52 M40	13	196
39	RICHARD SKILBECK (HEADINGTON)	36:54 M	17	704
40	SIMON WOODWARD (SILSON)	37:04 M	18	735
41	ROSS LANGLEY (TRING)	37:12 M	19	452
42	ROSS THREFALL (MILTON K)	37:16 M	20	26
43	DAVE CHESHIRE (BEDFORD & C)	37:16 M40	14	90
44	MARK CRANWELL (HARROW)	37:21 M	21	171
45	JACK PHILP (WINDSOR)	37:42 M20	9	146
46	ROBIN DOWSWELL (MILTON K)	37:59 M40	15	38
47	CHARLIE HAZLERIGG (BRACKNELL)	38:01 M	22	302
48	JIM DARCY (SILSON)	38:07 M40	16	723
49	NICK HARRIS (WATFORD)	38:15 M	23	481
50	RYAN JAMES (MILTON K)	38:19 M	24	44
51	GREG O'CALLAGHAN (TRING)	38:20 M	25	463
52	SAM LOWE (BRACKNELL)	38:22 M	26	314
53	CHRIS MAHON (MILTON K)	38:24 M40	17	30

54	MATT ADCOCK	(WATFORD)	38:38	M40	18	484
55	TREVOR DIXON	(OXFORD)	38:40	M50	2	532
56	CHRIS NICHOLSON	(MILTON K)	38:42	M	27	49
57	MARTIN DUNMORE	(HEADINGTON)	38:44	M	28	697
58	MATT WILKINS	(WATFORD)	38:44	M	29	486
59	RICHARD FRANCIS	(HARROW)	38:49	M40	19	173
60	ALAN WHELAN	(TRING)	38:49	M40	20	459
61	ANDY WASDELL	(MILTON K)	38:52	M	30	50
62	CHRIS WOOD	(SILSON)	38:53	M	31	734
63	JEFF HAYNES	(SILSON)	39:00	M50	3	745
64	KEVIN REBOUL	(SILSON)	39:01	M40	21	731
65	MICHAEL BURGESS	(TRING)	39:07	M40	22	458
66	STEWART THORP	(OXFORD)	39:13	M50	4	538
67	ANDY PHELPS	(HEADINGTON)	39:14	M40	23	718
68	ALEX GARDNER	(DACORUM)	39:14	M	32	275
69	BOB FULLER	(WINDSOR)	39:17	M40	24	143
70	RICHARD GRANT	(OXFORD)	39:18	M50	5	546
71	STEVE PERKIN	(CHILTERN H.)	39:20	M40	25	227
72	MICHAEL TURNEY	(CHILTERN H.)	39:28	M40	26	238
73	JULIUS FAWCETT	(CHILTERN H.)	39:39	M	33	225
74	GEORGE KNOWLES	(AYLESBURY)	39:45	M20	10	199
75	HENRY EDWARDS-EVANS	(AYLESBURY)	39:57	M40	27	197
76	PETER WOOTTON	(CHILTERN H.)	39:59	M40	28	240
77	JOHN EXLEY	(OXFORD)	40:05	M60	1	531
78	DAN MEANEY	(DACORUM)	40:20	M50	6	267
79	ROY TREADWELL	(OXFORD)	40:22	M60	2	549
80	TOM PHELPS	(SILSON)	40:23	M	34	732
81	ANDY KIRK	(SILSON)	40:26	M	35	725
82	IAN MEADOWCROFT	(HEADINGTON)	40:30	M40	29	713
83	TONY RICHARDSON	(CHILTERN H.)	40:37	M50	7	245
84	LAURIE HURMAN	(HEADINGTON)	40:48	M50	8	695
85	IAN THOMPSON	(AYLESBURY)	40:55	M40	30	198
86	ALAN DARBYSHIRE	(HEADINGTON)	41:00	M40	31	709
87	DAVE WHEELER	(OXFORD)	41:03	M50	9	548
88	ANDY GLEESON	(OXFORD)	41:08	M40	32	533
89	MATT WOOTTON	(SILSON)	41:09	M	36	721
90	DEREK WALKER	(WATFORD)	41:12	M40	33	474
91	JOHN TAYLOR	(CHILTERN H.)	41:16	M	37	235
92	TERRY MCINTYRE	(HARROW)	41:20	M50	10	183
93	KEVIN CONCANNON	(HARROW)	41:22	M50	11	174
94	DAN TAYLOR	(SILSON)	41:28	M	38	743
95	TREVOR LARK	(TRING)	41:39	M40	34	467
96	SIMON BARNETT	(TRING)	41:54	M	39	461
97	MIKE BURLING	(MILTON K)	41:59	M50	12	4
98	JAMES DANOBREGA	(BEDFORD & C)	42:08	M	40	99
99	ANDY TAYLOR	(SILSON)	42:19	M	41	729
100	MICK HILL	(WINDSOR)	42:35	M50	13	131
101	SAM JAMES	(MILTON K)	42:38	M40	35	23
102	ANDY HARRISON	(MILTON K)	42:44	M50	14	36
103	DAVID BREINGAN	(CHILTERN H.)	42:52	M40	36	247
104	MARTIN MCPHEAT	(MILTON K)	42:55	M50	15	37
105	PETER KEAN	(LUTON)	42:56	M40	37	405
106	LEWIS MOORE	(DACORUM)	43:05	M	42	276
107	CLIVE COHEN	(TRING)	43:08	M50	16	468
108	ANDY HOARE	(SILSON)	43:27	M50	17	728
109	COLIN JEFFS	(TRING)	43:31	M	43	462
110	GRAHAM MAYOH	(WATFORD)	43:37	M40	38	480
111	JONATHAN SMITH	(TRING)	43:42	M	44	466
112	NEIL GOSLING	(MILTON K)	43:44	M	45	13
113	JULIAN STARKEY	(BRACKNELL)	43:51	M40	39	313
114	KELVIN SMITH	(MILTON K)	44:00	M60	3	34

115	TONY KEECH	(SILSON)	44:08	M50	18	724
116	GEOFF HEAD	(TRING)	44:09	M40	40	453
117	ALAN ROBERTS	(AYLESBURY)	44:09	M40	41	193
118	KEN SAUNDERS	(WINDSOR)	44:13	M50	19	139
119	PAUL ILLING	(WATFORD)	44:22	M40	42	477
120	TREVOR BARNES	(SILSON)	44:31	M50	20	749
121	PHILLIP OWENS	(CHILTERN H.)	44:35	M50	21	243
122	TERRY DOWN	(MILTON K)	44:38	M50	22	32
123	ROGER ELLERBY	(CHILTERN H.)	44:46	M50	23	252
124	PAUL MASON	(MILTON K)	44:55	M50	24	61
125	ADE MCCORMACK	(CHILTERN H.)	44:56	M40	43	239
126	MELVYN FOLKARD	(CHILTERN H.)	45:33	M50	25	222
127	DAVE FINDELL-HAWKINS	(MILTON K)	45:42	M50	26	22
128	MARK CHILDS	(MILTON K)	45:47	M40	44	24
129	WALTER WESSELY	(WINDSOR)	46:00	M60	4	142
130	CLIVE FALLAIZE	(AYLESBURY)	46:21	M50	27	191
131	VINCE WILSON	(WATFORD)	46:24	M50	28	488
132	TOM RUBERY	(TRING)	46:32	M50	29	460
133	KYLE MARTIN	(BEDFORD & C)	46:36	M20	11	105
134	COLIN HAMLET	(WATFORD)	46:42	M60	5	479
135	STUART COOPER	(MILTON K)	46:56	M40	45	59
136	MARK NICHOLLS	(SILSON)	47:13	M40	46	738
137	PAUL KING	(SILSON)	47:17	M	46	726
138	RICHARD HARDY	(LUTON)	47:49	M50	30	409
139	PETER MARSHALL	(OXFORD)	47:56	M40	47	535
140	BRIAN KEERS	(SILSON)	47:58	M40	48	727
141	BOB THOMPSON	(BEDFORD & C)	48:00	M60	6	97
142	NIGEL JONES	(SILSON)	48:41	M40	49	747
143	GERRY COPPS	(BRACKNELL)	48:53	M50	31	318
144	PAUL GRIMSDALE	(OXFORD)	49:49	M50	32	552
145	GREG NEAL	(WATFORD)	50:00	M50	33	475
146	ANTONY ALLEN	(DACORUM)	50:02	M60	7	265
147	JOHN COOPER	(DACORUM)	50:13	M60	8	261
148	TOM BLACKMAN	(MILTON K)	51:22	M	47	60
149	TREVOR BRAWN	(CHILTERN H.)	51:25	M60	9	229
150	PAUL BROOKS	(LUTON)	51:38	M40	50	407
151	DANIEL WOOD	(MILTON K)	52:08	M50	34	25
152	RICKY CHERRY	(HEADINGTON)	52:25	M40	51	700
153	ALLAN LOCK	(SILSON)	53:43	M60	10	744
154	FABIAN MILLS	(DACORUM)	0:00	M60	11	266
155	DAVID IVES	(DACORUM)	0:00	M60	12	262
156	MARTYN CARTWRIGHT	(CHILTERN H.)	63:34	M60	13	228

**TEAM RESULT** non scorers excluded

1	MARSHALL MILTON KEYNES	1323	1	7	13	15	27	30	32
34	42	46							
2	HARROW A.C.	1275	5	8	9	12	16	17	33
44	59	92							
3	SILSON JOGGERS	997	20	26	40	48	62	63	64
80	81	89							
4	CHILTERN HARRIERS	808	35	37	71	72	73	76	83
91	103	121							
5	TRING RUNNING CLUB	807	28	41	51	60	65	95	96
107	109	111							
6	HEADINGTON R.R.	799	11	36	39	57	67	82	84
86	152								
7	WINDSOR SE&H	744	6	21	24	45	69	100	118
129									
8	VALE OF AYLESBURY	683	23	31	38	74	75	85	117
130									
9	BRACKNELL	680	10	25	29	47	52	113	143

10	BEDFORD & COUNTY	650	2	14	18	43	98	133	141
11	OXFORD CITY	608	55	66	70	77	79	87	88
139	144								
12	WATFORD	523	49	54	58	90	110	119	131
134	145								
13	LUTON A.C.	504	4	19	22	105	138	150	
14	DACORUM & TRING	399	3	68	78	106	146	147	154
155									

#### Veteran Mens Race

1	HARROW A.C.	531	5	16	17	59			
2	SILSON JOGGERS	471	20	26	48	63			
3	BEDFORD & COUNTY	412	14	18	43	141			
4	VALE OF AYLESBURY	407	23	38	75	85			
5	MARSHALL MILTON KEYNES	402	30	46	53	97			
6	HEADINGTON R.R.	384	11	67	82	84			
7	TRING RUNNING CLUB	380	28	60	65	95			
8	OXFORD CITY	360	55	66	70	77			
9	CHILTERN HARRIERS	326	71	72	76	83			
10	WATFORD	255	54	90	110	119			
11	LUTON A.C.	213	22	105	138	150			
12	WINDSOR SE&H	212	69	100	118	129			
13	BRACKNELL	186	29	113	143				
14	DACORUM & TRING	103	78	146	147	154			

#### Junior Men

1	WINDSOR SE&H	420	6	21	24				
2	MARSHALL MILTON KEYNES	415	7	15	34				
3	DACORUM & TRING	154	3						
4	LUTON A.C.	153	4						
5	VALE OF AYLESBURY	83	74						
6	BEDFORD & COUNTY	24	133						

#### Under 17 Men

1	JACK GOODWIN (BEDFORD & C)	20:14	M17	1	75				
2	MITCHELL WHITE (BRACKNELL)	20:29	M17	2	303				
3	MATT BERGIN (BEDFORD & C)	21:05	M17	3	72				
4	TOMMY ATKINS (AYLESBURY)	21:34	M17	4	203				
5	NATHAN DITTON (WINDSOR)	21:51	M17	5	136				
6	ELLIOTT WOOLMER (WINDSOR)	22:00	M17	6	135				
7	WILL GURTON (AYLESBURY)	22:19	M17	7	200				
8	PATRICK STEWART (BEDFORD & C)	22:38	M17	8	78				
9	GEORGE BURKITT (BEDFORD & C)	22:47	M17	9	73				
10	ANDREW HOLLIMAN (HARROW)	22:49	M17	10	166				
11	MATTHEW MALCOLM (MILTON K)	22:59	M17	11	32				
12	DANIEL LOACH (CHILTERN H.)	23:05	M17	12	249				
13	MATTHEW NICHOLSON (BEDFORD & C)	23:08	M17	13	77				
14	WILL FLETCHER (CHILTERN H.)	23:19	M17	14	245				
15	RYAN MEREDITH (OXFORD)	23:32	M17	15	559				
16	JONNY DRY (WINDSOR)	23:56	M17	16	145				
17	DAN GURTON (AYLESBURY)	24:04	M17	17	202				
18	SAM LONDON (BRACKNELL)	24:11	M17	18	306				
19	TOM REILLY (LUTON)	24:30	M17	19	391				
20	TOM BUCKLE (DACORUM)	24:32	M17	20	285				
21	JORDAN HOO-QUARTEY (HARROW)	25:10	M17	21	168				
22	ABRAHAM BROWN (HARROW)	25:41	M17	22	169				
23	MATTHEW TILLEY (LUTON)	26:05	M17	23	420				
24	JOE HOLLAND (BEDFORD & C)	28:55	M17	24	81				

**TEAM RESULT**

1	BEDFORD & COUNTY	79	1	3	8	9
2	WINDSOR SE&H	48	5	6	16	
3	VALE OF AYLESBURY	47	4	7	17	
4	BRACKNELL	30	2	18		
5	CHILTERN HARRIERS	24	12	14		
6	HARROW A.C.	22	10	21	22	
7	MARSHALL MILTON KEYNES	14	11			
8	OXFORD CITY	10	15			
9	LUTON A.C.	8	19	23		
10	DACORUM & TRING	5	20			

**Under 15 Boys**

1	BEN ALCOCK (BEDFORD & C)	14:54	M15	1	110
2	SAM REDDING (MILTON K)	15:05	M15	2	16
3	MICHAEL HARRISON (BEDFORD & C)	15:19	M15	3	104
4	RYAN ISAACSON (BEDFORD & C)	15:21	M15	4	102
5	JACK DOUGLAS (BEDFORD & C)	15:38	M15	5	105
6	PATRICK TAYLOR (AYLESBURY)	15:43	M15	6	219
7	DALTON MCGUIGAN (HARROW)	15:45	M15	7	164
8	MICHAEL GODDARD (CHILTERN H.)	15:50	M15	8	252
9	JACK DUTTON (CHILTERN H.)	15:57	M15	9	240
10	MATTHEW MARSHALL (OXFORD)	16:01	M15	10	549
11	BEN CHURCHMAN (BEDFORD & C)	16:05	M15	11	107
12	TOM JOHNSON (BRACKNELL)	16:07	M15	12	299
13	ADAM BEVAN (DACORUM)	16:14	M15	13	284
14	JOSH KNIGHT (MILTON K)	16:21	M15	14	20
15	JOSH SAUNDERS (BEDFORD & C)	16:27	M15	15	98
16	DAN BARRACLOUGH (CHILTERN H.)	16:34	M15	16	242
17	SCOTT PROCTOR (BEDFORD & C)	16:41	M15	17	99
18	JACK WALKER (CHILTERN H.)	16:45	M15	18	244
19	ALEX JOHNSON (CHILTERN H.)	16:56	M15	19	245
20	SAM KNEE-ROBINSON (BEDFORD & C)	17:05	M15	20	101
21	DANIEL HENSON (BEDFORD & C)	17:08	M15	21	103
22	MATTHEW BRAY (BEDFORD & C)	17:17	M15	22	108
23	CHRISTIAN SCHRAMM (DACORUM)	17:19	M15	23	286
24	LIAM MCDONALD (CHILTERN H.)	17:20	M15	24	247
25	OLIVER HURCUM (HARROW)	17:21	M15	25	175
26	LEWIS HAWKINS (HARROW)	17:28	M15	26	163
27	RICHARD FULLER (BEDFORD & C)	18:12	M15	27	96
28	RHYS LEWIS (LUTON)	18:39	M15	28	414
29	KHAYLEN MISTRY (HARROW)	18:49	M15	29	166
30	JOHN OLEJNIK (SILSON)	19:14	M15	30	723
31	JACK QUORELL (DACORUM)	19:23	M15	31	280
32	LEWIS SEXTON (HARROW)	19:37	M15	32	176
33	JAMES FRANCIS (HARROW)	19:40	M15	33	160
34	CHARLES GRINT (BRACKNELL)	19:43	M15	34	297
35	HARRY TROWER (HARROW)	20:31	M15	35	168
36	KOTETSU SUGAWARA (HARROW)	22:03	M15	36	172
37	CHARLIE FENTON (MILTON K)	23:03	M15	37	22

**TEAM RESULT**

1	BEDFORD & COUNTY	139	1	3	4	5
2	CHILTERN HARRIERS	101	8	9	16	18
3	HARROW A.C.	65	7	25	26	29
4	MARSHALL MILTON KEYNES	61	2	14	37	
5	DACORUM & TRING	47	13	23	31	
6	VALE OF AYLESBURY	32	6			
7	BRACKNELL	30	12	34		
8	OXFORD CITY	28	10			
9	LUTON A.C.	10	28			

**Under 13 Boys**

1	TOM VERBENA	(WATFORD)	11:33	M13	1	491
2	ROSS TESTA	(BEDFORD & C)	11:42	M13	2	78
3	GUS COCKLE	(WINDSOR)	11:44	M13	3	123
4	JONATHAN JANES	(BEDFORD & C)	11:50	M13	4	74
5	KIERAN LINDARS	(AYLESBURY)	11:56	M13	5	217
6	BILL HUGHES	(CHILTERN H.)	12:00	M13	6	227
7	TOBY HERDMAN-SMITH	(MILTON K)	12:03	M13	7	1
8	WILL PERKIN	(CHILTERN H.)	12:03	M13	8	236
9	ANDREW STENNING	(CHILTERN H.)	12:08	M13	9	232
10	JONTY WAGERLEIGH	(DACORUM)	12:21	M13	10	270
11	LUKE HARRIS	(BRACKNELL)	12:28	M13	11	291
12	CALLUM NEAL	(CHILTERN H.)	12:28	M13	12	235
13	JOE AHERNE	(CHILTERN H.)	12:32	M13	13	226
14	LOUS CLARKE	(MILTON K)	12:33	M13	14	3
15	GEORGE GATHERCOLE	(WINDSOR)	12:34	M13	15	117
16	CHARLTON KERR	(MILTON K)	12:35	M13	16	6
17	JOE COCHRANE	(CHILTERN H.)	12:40	M13	17	246
18	CORY KEANE	(WATFORD)	12:43	M13	18	493
19	JOE BURGID	(BEDFORD & C)	12:44	M13	19	81
20	MATTHEW SIMPSON	(DACORUM)	12:44	M13	20	280
21	JACK TREANOR	(CHILTERN H.)	12:47	M13	21	221
22	GILES ROBINSON	(WINDSOR)	12:50	M13	22	125
23	CALLUM REID-JONES	(CHILTERN H.)	12:51	M13	23	247
24	ROBERT HUGHES	(CHILTERN H.)	12:54	M13	24	249
25	KAI HAMMOND	(HARROW)	12:57	M13	25	151
26	ALEX HEPBURN	(BEDFORD & C)	12:58	M13	26	73
27	OWEN SEAMARK	(MILTON K)	13:03	M13	27	4
28	TOBY JONES	(CHILTERN H.)	13:03	M13	28	234
29	LOUIS GLYN	(DACORUM)	13:07	M13	29	279
30	EDWARD MARSH	(WATFORD)	13:09	M13	30	483
31	HARRY MORTON	(MILTON K)	13:12	M13	31	2
32	TOM HOLLAND	(BEDFORD & C)	13:27	M13	32	80
33	MATTHEW MARSOM	(BEDFORD & C)	13:30	M13	33	75
34	HARRY LANDER	(LUTON)	13:42	M13	34	392
35	MICHAEL CANHAM	(LUTON)	13:47	M13	35	1033
36	CHARLIE ROBINSON	(DACORUM)	13:50	M13	36	276
37	DANIEL RIDDINGTON	(BRACKNELL)	13:55	M13	37	294
38	ETHAN LUCK	(AYLESBURY)	14:07	M13	38	196
39	LOUIS BOUNDS	(MILTON K)	14:15	M13	39	5
40	JACK ROWLANDS	(HARROW)	14:27	M13	40	156
41	JOSH DAVIES	(WATFORD)	15:04	M13	41	485
42	TORAMARU SUGAWARA	(HARROW)	15:15	M13	42	159
43	JOE GUDGIN	(BEDFORD & C)	15:45	M13	43	77
44	LUKE BRADLEY	(DACORUM)	16:04	M13	44	282
45	ROBERT NEEDLEMAN	(DACORUM)	16:16	M13	45	278
46	ELLIOTT RICHARDSON	(DACORUM)	16:29	M13	46	284
47	EWAN MACKINNON	(AYLESBURY)	16:33	M13	47	197
48	CAMPBELL RUSSELL-MILLS	(DACORUM)	16:41	M13	48	283

**TEAM RESULT**

1	CHILTERN HARRIERS	161	6	8	9	12
2	BEDFORD & COUNTY	145	2	4	19	26
3	MARSHALL MILTON KEYNES	132	7	14	16	27
4	WINDSOR SE&H	107	3	15	22	
5	WATFORD	106	1	18	30	41
6	DACORUM & TRING	101	10	20	29	36
7	VALE OF AYLESBURY	57	5	38	47	
8	BRACKNELL	50	11	37		

9	HARROW A.C.	40	25	40	42
10	LUTON A.C.	29	34	35	

### Senior/Veteran Ladies

1	NICOLA SYKES (BEDFORD & C)	22:53	F	1	74
2	REBECCA NEWSTEAD (BEDFORD & C)	23:19	F	2	72
3	HELEN BARNES (HEADINGTON)	23:42	F	3	691
4	CHARLOTTE FIRTH (WINDSOR)	24:08	F	4	117
5	LARA BROMILOW (MILTON K)	24:12	F	5	8
6	JUDE CRAFT (HEADINGTON)	24:39	F35	1	696
7	SIAN THOMAS (CHILTERN H.)	24:51	F	6	241
8	SANDRA REYNOLDS (CHILTERN H.)	25:20	F35	2	223
9	JULIA AUSTIN (AYLESBURY)	25:25	F45	1	191
10	MARINA STEDMAN (WINDSOR)	25:26	F45	2	111
11	FRANCES BURGE (HEADINGTON)	25:38	F	7	1021
12	LIA MARSHALL (AYLESBURY)	25:46	F	8	196
13	HELEN FRIZZELL (BEDFORD & C)	25:48	F35	3	75
14	CHARLOTTE HARRIS (HEADINGTON)	26:11	F	9	694
15	ALISON YOUNG (CHILTERN H.)	26:17	F35	4	252
16	ADRIENNE HOPKINS (HEADINGTON)	26:19	F35	5	710
17	LAUREN CRIPPS (MILTON K)	26:24	F	10	22
18	ASHLEE MCGUIGAN (HARROW)	26:30	F	11	154
19	LAURA KYTE (HEADINGTON)	26:38	F	12	701
20	HELEN HALL (BRACKNELL)	26:51	F	13	311
21	RACHEL CAVE (BEDFORD & C)	26:55	F	14	76
22	CHRISTINE LATHWELL (LUTON)	26:58	F	15	417
23	CATHERINE HOLLOWAY (CHILTERN H.)	27:13	F35	6	221
24	SOPHIE WRIGHT (MILTON K)	27:20	F	16	59
25	CLAIRE MCMAHON (LUTON)	27:35	F	17	420
26	WENDY WEBBER (MILTON K)	27:40	F	18	67
27	HEATHER COOKE (SILSON)	28:29	F	19	748
28	CHARLOTTE HARDY (LUTON)	28:37	F	20	412
29	DIANE BALDWIN (MILTON K)	28:44	F45	3	1
30	JULIE ROGERS (BEDFORD & C)	29:21	F	21	79
31	BARBARA RALPH (CHILTERN H.)	29:40	F55	1	245
32	KATE LOACH (CHILTERN H.)	29:57	F45	4	244
33	JULIE MADRY (AYLESBURY)	30:01	F35	7	205
34	ALISON PUTKO (WATFORD)	30:05	F	22	486
35	ABIGAIL GOOCH (MILTON K)	30:08	F	23	65
36	KIRSTY BARNETT (TRING)	30:33	F	24	457
37	RUTH RUTT (TRING)	30:36	F45	5	451
38	VICTORIA SHELDON (AYLESBURY)	30:44	F35	8	212
39	ELI TWEED (TRING)	30:46	F	25	458
40	PIPPA CALLINGHAM (WINDSOR)	30:51	F	26	112
41	CASEY HILL (SILSON)	30:59	F	27	744
42	JANE PORTEOUS (TRING)	31:30	F45	6	454
43	CHRISTINE MARSHALL (OXFORD)	31:36	F35	9	533
44	HELEN TURNER (CHILTERN H.)	31:39	F	28	236
45	ANGELA HALFORD (WATFORD)	31:46	F	29	478
46	NICOLA ECONOMU (WATFORD)	31:51	F35	10	499
47	MEL BIGNELL (SILSON)	32:45	F45	7	749
48	CLAIRE TODD (SILSON)	33:15	F45	8	743
49	RUTH LINGLEY (WINDSOR)	33:30	F45	9	118
50	SHARON EDGHILL (MILTON K)	33:39	F45	10	66
51	JANE MITCHELL (TRING)	33:50	F35	11	455
52	JAN STRACHAN (DACORUM)	34:11	F35	12	286
53	DEBBIE TANK (CHILTERN H.)	34:13	F35	13	249
54	MANDY GLASSON (AYLESBURY)	34:16	F35	14	206
55	NO. 230 (CHILTERN H.)	34:19	F	30	230
56	BRENDA KING (CHILTERN H.)	34:36	F55	2	240
57	URSULA GHALEB (MILTON K)	0:00	F55	3	21

58	SHOENA SMEE	(SILSON)			36:10	F45	11	747
59	PAT CARD	(AYLESBURY)			40:05	F55	4	219
60	CAROL DEBNEY	(SILSON)			41:43	F55	5	740

#### TEAM RESULT

1	HEADINGTON R.R.	210	3	6	11	14		
2	BEDFORD & COUNTY	207	1	2	13	21		
3	CHILTERN HARRIERS	191	7	8	15	23		
4	MARSHALL MILTON KEYNES	172	5	17	24	26		
5	VALE OF AYLESBURY	152	9	12	33	38		
6	WINDSOR SE&H	141	4	10	40	49		
7	LUTON A.C.	108	22	25	28			
8	TRING RUNNING CLUB	90	36	37	39	42		
9	SILSON JOGGERS	81	27	41	47	48		
10	WATFORD	58	34	45	46			
11	HARROW A.C.	43	18					
12	BRACKNELL	41	20					
13	OXFORD CITY	18	43					
14	DACORUM & TRING	9	52					

#### Veteran Ladies Race

1	CHILTERN HARRIERS	167	8	15	23	31		
2	VALE OF AYLESBURY	110	9	33	38	54		
3	HEADINGTON R.R.	100	6	16				
4	WINDSOR SE&H	63	10	49				
5	TRING RUNNING CLUB	53	37	42	51			
6	BEDFORD & COUNTY	48	13					
7	MARSHALL MILTON KEYNES	47	29	50	57			
8	SILSON JOGGERS	31	47	48	58	60		
9	OXFORD CITY	18	43					
10	WATFORD	15	46					
11	DACORUM & TRING	9	52					

#### Junior/U17 Ladies

1	MELANIE WOOD	(MILTON K)			18:28	F17	1	41
2	EMILY WALLBANK	(BEDFORD & C)			18:44	F17	2	93
3	LEIGH LATTIMORE	(HARROW)			18:46	F20	1	184
4	ALICE BURGIN	(BEDFORD & C)			19:34	F17	3	95
5	ELLE ROCHE	(MILTON K)			19:59	F17	4	43
6	EMILY RELTON	(BEDFORD & C)			20:36	F17	5	90
7	JOANNA LIVESEY	(MILTON K)			20:50	F17	6	44
8	JADE WALKER	(OXFORD)			20:55	F17	7	557
9	RACHEL MCCLAY	(BRACKNELL)			21:06	F17	8	309
10	ANNA MADRY	(AYLESBURY)			21:14	F17	9	206
11	BEX MYERS	(WINDSOR)			21:21	F20	2	118
12	REBECCA GOYDER-SMITH	(MILTON K)			21:31	F17	10	52
13	NATALIE WICKINGS	(WATFORD)			21:34	F17	11	488
14	ELLIE BURNS	(OXFORD)			21:41	F17	12	553
15	NAOMI BARBOUR	(WINDSOR)			22:01	F17	13	146
16	EMMA BLACKWELL	(BEDFORD & C)			22:11	F20	3	91
17	LAURA BROWN	(DACORUM)			22:15	F17	14	281
18	BROGAN FIELDEN	(BEDFORD & C)			22:30	F17	15	88
19	HANNAH WILLIAMS	(BEDFORD & C)			22:42	F17	16	86
20	HANNAH BAREFIELD	(WINDSOR)			23:15	F20	4	144
21	ALYSSA SPITZER	(WINDSOR)			23:22	F17	17	126
22	JESSICA LANGSTON	(AYLESBURY)			23:32	F17	18	191
23	KATE LYMAN	(MILTON K)			24:06	F17	19	50
24	VERITY KYLEY	(WINDSOR)			25:55	F17	20	139
25	LUCY SALTER	(BEDFORD & C)			31:27	F17	21	96

**TEAM RESULT**

1	BEDFORD & COUNTY	66	2	4	6
2	MARSHALL MILTON KEYNES	65	1	5	7
3	WINDSOR SE&H	32	11	15	20
4	OXFORD CITY	30	8	14	
5	HARROW A.C.	23	3		
6	VALE OF AYLESBURY	20	10	22	
7	BRACKNELL	17	9		
8	WATFORD	13	13		
9	DACORUM & TRING	9	17		

**Under 15 Girls**

1	LAUREN HAWTIN (OXFORD)	11:56	F15	1	545
2	REVEE WALCOTT-NOLAN (LUTON)	12:05	F15	2	399
3	REBECCA MURRAY (BEDFORD & C)	12:10	F15	3	105
4	ELLIE HEMMING (BEDFORD & C)	12:16	F15	4	106
5	FERN BRERETON (BRACKNELL)	12:23	F15	5	300
6	MOLLY MCKENZIE (BEDFORD & C)	12:27	F15	6	107
7	IMOGEN KEMPTON (OXFORD)	12:29	F15	7	546
8	SKY DRAPER (HARROW)	12:33	F15	8	180
9	JASMINE FINLAY (MILTON K)	12:36	F15	9	21
10	ELLIE STILL (LUTON)	12:37	F15	10	397
11	HANNAH FARMER (LUTON)	12:55	F15	11	402
12	ALANAH HARRIS (BEDFORD & C)	12:58	F15	12	109
13	JADE LEGGITT (MILTON K)	13:04	F15	13	22
14	PHOEBE CUTTER (CHILTERN H.)	13:08	F15	14	226
15	ELLIE WALLIS (WINDSOR)	13:09	F15	15	133
16	ELISSA CLARKE (OXFORD)	13:10	F15	16	542
17	EMILY BOUSFIELD (MILTON K)	13:12	F15	17	24
18	REBECCA BYREN (OXFORD)	13:20	F15	18	547
19	SOPHIE BILLINGTON (LUTON)	13:20	F15	19	401
20	LEAH RELTON (BEDFORD & C)	13:32	F15	20	992
21	GEMMA CHILDS (MILTON K)	13:35	F15	21	23
22	EMMA CROFT (WINDSOR)	13:43	F15	22	143
23	ELLIE JONES (CHILTERN H.)	14:01	F15	23	225
24	CHLOE ALLEN (CHILTERN H.)	14:06	F15	24	245
25	VICKY ASHLEY (MILTON K)	14:09	F15	25	27
26	GRACE KEANE (LUTON)	14:14	F15	26	400
27	ALICE HEINEL (CHILTERN H.)	14:15	F15	27	223
28	REBECCA HOWARD (BRACKNELL)	14:17	F15	28	312
29	ROSIE ADAMS (WINDSOR)	14:21	F15	29	127
30	SARAH NEEDLEMAN (DACORUM)	14:23	F15	30	266
31	NAN SMART (HARROW)	14:30	F15	31	184
32	HANNAH WARDLEY (CHILTERN H.)	14:31	F15	32	222
33	KATY PARTINGTON (AYLESBURY)	14:33	F15	33	198
34	SARAH GROVER (DACORUM)	14:37	F15	34	281
35	ANNA LAWSON (SILSON)	14:54	F15	35	739
36	ALICIA LOVE (BRACKNELL)	15:27	F15	36	301
37	SOPHIE EDWARDSON (HARROW)	15:42	F15	37	183

**TEAM RESULT**

1	BEDFORD & COUNTY	127	3	4	6	12
2	OXFORD CITY	110	1	7	16	18
3	LUTON A.C.	110	2	10	11	19
4	MARSHALL MILTON KEYNES	92	9	13	17	21
5	CHILTERN HARRIERS	64	14	23	24	27
6	WINDSOR SE&H	48	15	22	29	
7	BRACKNELL	45	5	28	36	
8	HARROW A.C.	38	8	31	37	
9	DACORUM & TRING	12	30	34		
10	VALE OF AYLESBURY	5	33			

**Under 13 Girls**

1	CONNIE LEWIS	(CHILTERN H.)	10:02	F13	1	221
2	BETHANY HAWTIN	(OXFORD)	10:05	F13	2	560
3	REBECCA CROFT	(WINDSOR)	10:09	F13	3	134
4	SOPHIA CLIFFE	(MILTON K)	10:15	F13	4	5
5	ROSALIND FIRTH	(CHILTERN H.)	10:26	F13	5	222
6	SIANNAH RAYMENT	(BRACKNELL)	10:35	F13	6	299
7	STORM SUNDERLAND	(OXFORD)	10:39	F13	7	540
8	EMMA BARRACLOUGH	(CHILTERN H.)	10:51	F13	8	223
9	AMALIA EDWARDS	(LUTON)	10:59	F13	9	412
10	ELOISE MILBOURN	(WINDSOR)	11:02	F13	10	129
11	SARAH KERR	(BEDFORD & C)	11:05	F13	11	78
12	FELICITY JOHNSON	(WINDSOR)	11:08	F13	12	149
13	ADEYA EDWARDS	(LUTON)	11:10	F13	13	411
14	HANNAH MORTON	(CHILTERN H.)	11:12	F13	14	229
15	KELLY RODD	(BEDFORD & C)	11:17	F13	15	77
16	LUCY HACKING	(MILTON K)	11:24	F13	16	2
17	LAUREN RUSSELL	(BEDFORD & C)	11:26	F13	17	71
18	GEORGIA BINGHAM	(CHILTERN H.)	11:30	F13	18	230
19	ALICE WRIGHT	(AYLESBURY)	11:32	F13	19	193
20	AMY BOTHAM	(MILTON K)	11:34	F13	20	4
21	TILLY COMPTON-STEWART	(WINDSOR)	11:34	F13	21	133
22	KATIE HEALY	(BEDFORD & C)	11:35	F13	22	76
23	COURTNEY HUNTER	(BEDFORD & C)	11:36	F13	23	82
24	HANNAH MCCLAY	(BRACKNELL)	11:36	F13	24	297
25	HANNAH SELVEY	(MILTON K)	11:39	F13	25	1
26	ALICE HALL	(CHILTERN H.)	11:40	F13	26	225
27	KATIE BENCH	(CHILTERN H.)	11:40	F13	27	236
28	DAISY WARD	(BEDFORD & C)	11:44	F13	28	80
29	GEMMA BURGIN	(WINDSOR)	11:46	F13	29	120
30	LAVINIA ECONOMU	(WATFORD)	11:47	F13	30	496
31	BETH MULVANY	(OXFORD)	11:51	F13	31	541
32	AMIEE TRAFFORD	(BEDFORD & C)	11:53	F13	32	83
33	LAUREN MORONEY	(LUTON)	11:54	F13	33	415
34	KATIE GREGORY	(SILSON)	11:55	F13	34	738
35	LAYNE WRAY	(SILSON)	11:56	F13	35	741
36	LILY VARNHAM	(WATFORD)	12:01	F13	36	498
37	MICHELLE LATHWELL	(LUTON)	12:05	F13	37	413
38	SUZANNE BENTLEY	(WATFORD)	12:06	F13	38	497
39	KATHERINE LATHWELL	(LUTON)	12:15	F13	39	414
40	JENNA HALL	(DACORUM)	12:19	F13	40	277
41	MARIA SLADE	(CHILTERN H.)	12:20	F13	41	226
42	CHLOE DEARMAN	(WATFORD)	12:25	F13	42	477
43	ALICE WALLBANK	(BEDFORD & C)	12:26	F13	43	75
44	ROBYN LISLE	(CHILTERN H.)	12:29	F13	44	235
45	PHOEBE BOYD	(DACORUM)	12:36	F13	45	279
46	ELEANOR USHER	(BEDFORD & C)	12:37	F13	46	81
47	CLAUDIA JONES	(CHILTERN H.)	12:37	F13	47	231
48	AMY TALBOT	(WINDSOR)	12:39	F13	48	124
49	ROSA SMART	(HARROW)	12:40	F13	49	170
50	MADELEINE SMEE	(SILSON)	12:52	F13	50	743
51	FREYA VAFALARI	(LUTON)	13:06	F13	51	410
52	AMY FAWCETT	(CHILTERN H.)	13:12	F13	52	238
53	RACHEL KLIMA	(CHILTERN H.)	13:20	F13	53	232
54	ISABEL HEINEL	(CHILTERN H.)	13:21	F13	54	234
55	AMY BUTTIVANT	(CHILTERN H.)	13:25	F13	55	228
56	ELLA MILLS	(SILSON)	13:33	F13	56	737
57	AMELIA LIGGETT	(DACORUM)	13:48	F13	57	276
58	ANNIE FLYNN	(HARROW)	14:08	F13	58	181

**TEAM RESULT**

1	CHILTERN HARRIERS	212	1	5	8	14
2	WINDSOR SE&H	194	3	10	12	21
3	BEDFORD & COUNTY	175	11	15	17	22
4	MARSHALL MILTON KEYNES	175	4	16	20	25
5	LUTON A.C.	148	9	13	33	37
6	OXFORD CITY	140	2	7	31	
7	WATFORD	94	30	36	38	42
8	BRACKNELL	90	6	24		
9	SILSON JOGGERS	65	34	35	50	56
10	VALE OF AYLESBURY	41	19			
11	DACORUM & TRING	38	40	45	57	
12	HARROW A.C.	13	49	58		

**Total Overall Score**

1	MARSHALL MILTON KEYNES	2034	1530	504		
2	BEDFORD & COUNTY	1588	1013	575		
3	CHILTERN HARRIERS	1561	1094	467		
4	HARROW A.C.	1519	1402	117		
5	WINDSOR SE&H	1314	899	415		
6	SILSON JOGGERS	1154	1005	149		
7	VALE OF AYLESBURY	1037	819	218		
8	HEADINGTON R.R.	1009	799	210		
9	BRACKNELL	983	790	193		
10	OXFORD CITY	944	646	298		
11	LUTON A.C.	917	551	366		
12	TRING RUNNING CLUB	897	807	90		
13	WATFORD	794	629	165		
14	DACORUM & TRING	620	552	68		

**Male Overall Score**

1	MARSHALL MILTON KEYNES	1530	1323	14	61	132
2	HARROW A.C.	1402	1275	22	65	40
3	CHILTERN HARRIERS	1094	808	24	101	161
4	BEDFORD & COUNTY	1013	650	79	139	145
5	SILSON JOGGERS	1005	997		8	
6	WINDSOR SE&H	899	744	48		107
7	VALE OF AYLESBURY	819	683	47	32	57
8	TRING RUNNING CLUB	807	807			
9	HEADINGTON R.R.	799	799			
10	BRACKNELL	790	680	30	30	50
11	OXFORD CITY	646	608	10	28	
12	WATFORD	629	523			106
13	DACORUM & TRING	552	399	5	47	101
14	LUTON A.C.	551	504	8	10	29

**Female Overall Score**

1	BEDFORD & COUNTY	575	207	66	127	175
2	MARSHALL MILTON KEYNES	504	172	65	92	175
3	CHILTERN HARRIERS	467	191		64	212
4	WINDSOR SE&H	415	141	32	48	194
5	LUTON A.C.	366	108		110	148
6	OXFORD CITY	298	18	30	110	140
7	VALE OF AYLESBURY	218	152	20	5	41
8	HEADINGTON R.R.	210	210			
9	BRACKNELL	193	41	17	45	90

10	WATFORD	165	58	13		94
11	SILSON JOGGERS	149	81		3	65
12	HARROW A.C.	117	43	23	38	13
13	TRING RUNNING CLUB	90	90			
14	DACORUM & TRING	68	9	9	12	38

#### Seniors Overall Score

1	MARSHALL MILTON KEYNES	1495	1323	172		
2	HARROW A.C.	1318	1275	43		
3	SILSON JOGGERS	1078	997	81		
4	HEADINGTON R.R.	1009	799	210		
5	CHILTERN HARRIERS	999	808	191		
6	TRING RUNNING CLUB	897	807	90		
7	WINDSOR SE&H	885	744	141		
8	BEDFORD & COUNTY	857	650	207		
9	VALE OF AYLESBURY	835	683	152		
10	BRACKNELL	721	680	41		
11	OXFORD CITY	626	608	18		
12	LUTON A.C.	612	504	108		
13	WATFORD	581	523	58		
14	DACORUM & TRING	408	399	9		

#### Young Athletes Overall Score

1	BEDFORD & COUNTY	731	79	139	145	66	127	175
2	CHILTERN HARRIERS	562	24	101	161		64	212
3	MARSHALL MILTON KEYNES	539	14	61	132	65	92	175
4	WINDSOR SE&H	429	48		107	32	48	194
5	OXFORD CITY	318	10	28		30	110	140
6	LUTON A.C.	305	8	10	29		110	148
7	BRACKNELL	262	30	30	50	17	45	90
8	WATFORD	213			106	13		94
9	DACORUM & TRING	212	5	47	101	9	12	38
10	VALE OF AYLESBURY	202	47	32	57	20	5	41
11	HARROW A.C.	201	22	65	40	23	38	13
12	SILSON JOGGERS	76		8			3	65