

Apex Sports Chiltern League Division One 2009/2010

Round 4

Held at Shuttleworth on 16 January 2010

Senior/Junior/Veteran Men

1	DARREN DEED (BEDFORD & C)	25:17 M	1	94
2	TOM COMERFORD (MILTON K)	26:32 M	2	7
3	ROBERT HEANEY (BEDFORD & C)	26:48 M	3	84
4	EDDIE O'GORMAN (CHILTERN H.)	26:52 M	4	233
5	STEVEN TUTTLE (BEDFORD & C)	26:53 M	5	80
6	DAVE BRANFOOT (HARROW)	27:18 M	6	187
7	MATTHEW BENNETT (CHILTERN H.)	27:26 M	7	246
8	JIM COOPER (HARROW)	27:28 M	8	164
9	CHARLIE MAY (AYLESBURY)	27:33 M	9	194
10	CHAD LAMBERT (MILTON K)	27:34 M20	1	27
11	JULIAN CRITCHLOW (HARROW)	27:40 M40	1	169
12	MATT SALT (DACORUM)	27:41 M20	2	263
13	CHRIS HEARN (MILTON K)	27:51 M	10	5
14	DANIEL WOODGATE (LUTON)	27:55 M20	3	418
15	THOMAS BEEDELL (CHILTERN H.)	27:57 M	11	223
16	TOM CORBETT (BEDFORD & C)	27:58 M20	4	75
17	RICHARD POWELL (BEDFORD & C)	28:16 M40	2	83
18	RICHARD LARSEN (BRACKNELL)	28:19 M	12	312
19	DECLAN HAMBLIN (AYLESBURY)	28:24 M	13	213
20	JOHN ROBERTSON (OXFORD)	28:35 M	14	531A
21	STEVE EARLEY (BEDFORD & C)	28:40 M40	3	72
22	IAN MAY (WINDSOR)	28:45 M	15	136
23	MARK CURSONS (HARROW)	28:45 M40	4	180
24	JULIAN RICHARDSON (OXFORD)	28:50 M40	5	550
25	CHRIS FINILL (HARROW)	28:58 M50	1	172
	JOHN ABYEO (OXFORD) N/S	29:02 M40		551
26	LIAM MCNABOLA (LUTON)	29:05 M	16	398
27	ALAN CROSS (BEDFORD & C)	29:10 M	17	102
28	ANDY PACEY (SILSON)	29:25 M40	6	733
29	BRIAN GREEN (OXFORD)	29:29 M50	2	557
30	PETE BENEDICKTER JNR (LUTON)	29:31 M20	5	402
31	GARY HARRIS (HEADINGTON)	29:31 M	18	705
32	STUART STILL (LUTON)	29:34 M40	7	404
33	PETER NORRIS (HARROW)	29:36 M	19	163
34	ANDY ROLT (AYLESBURY)	29:38 M40	8	192
	MATT CLARKE (MILTON K) N/S	29:43 M		69
35	NICK PACEY (SILSON)	29:49 M40	9	741
36	ALAN WRAY (HARROW)	29:56 M	20	175
37	STEVE HERRING (MILTON K)	30:02 M40	10	8
38	PAUL DALY (BRACKNELL)	30:03 M40	11	315
39	VASILY ZVEREV (OXFORD)	30:06 M40	12	536
40	ROSS LANGLEY (TRING)	30:08 M	21	452
41	CAMERON SMART (WINDSOR)	30:14 M20	6	149
42	KINGSLEY NANTON (CHILTERN H.)	30:17 M	22	224
43	MARK RICHARDS (AYLESBURY)	30:18 M	23	193
44	ROSS THREFALL (MILTON K)	30:21 M	24	26
45	ALEX MOURIDIAN (BRACKNELL)	30:31 M	25	311
46	ROBIN HUDSON (LUTON)	30:35 M40	13	413
47	JIM DARCY (SILSON)	30:36 M40	14	723
48	ROGER THETFORD (HEADINGTON)	30:36 M40	15	717
49	DAVID MAISEY (AYLESBURY)	30:39 M	26	215
50	MARCUS WHEL BAND (MILTON K)	30:44 M	27	58
51	SIMON WOODWARD (SILSON)	30:45 M	28	735
52	ANDY GLEESON (OXFORD)	30:49 M40	16	533

53	RYAN JAMES (MILTON K)	30:50 M	29	44
54	LUKE TURTON (WINDSOR)	30:51 M20	7	148
55	MARK CRANWELL (HARROW)	30:51 M	30	171
56	ANDY ATKINS (MILTON K)	30:52 M	31	56
57	IAN LAMB (MILTON K)	30:55 M40	17	53
58	ROBIN DOWSWELL (MILTON K)	30:58 M40	18	38
59	CHRIS MAHON (MILTON K)	31:04 M40	19	30
60	STEVE LONG (TRING)	31:08 M40	20	456
61	SAM WILLIAMSON (TRING)	31:25 M40	21	466
62	ALAN METCALFE (BEDFORD & C)	31:28 M	32	100
63	MARTIN DUNMORE (HEADINGTON)	31:30 M	33	697
64	DANIEL WATKINS (HARROW)	31:32 M40	22	188A
65	DAVE CHESHIRE (BEDFORD & C)	31:37 M40	23	90
66	MICHAEL BURGESS (TRING)	31:42 M40	24	458
67	ANDY WASDELL (MILTON K)	31:53 M	34	50
68	ANDY PHELPS (HEADINGTON)	32:00 M40	25	718
69	SIMON BEEDELL (CHILTERN H.)	32:01 M	35	251
70	PAUL FRENCH (BEDFORD & C)	32:08 M	36	98
71	SIMON BARNETT (TRING)	32:11 M	37	461
72	GREG O'CALLAGHAN (TRING)	32:14 M	38	463
73	ROB MOLLOY (DACORUM)	32:18 M20	8	270
74	STEWART THORP (OXFORD)	32:19 M50	3	538
75	LAURIE HURMAN (HEADINGTON)	32:19 M50	4	695
76	RICHARD GRANT (OXFORD)	32:23 M50	5	546
77	JULIUS FAWCETT (CHILTERN H.)	32:26 M	39	225
78	NO 538 AGAIN (OXFORD)	32:36 M	40	538A
79	MIKE LEPPS (HARROW)	32:37 M50	6	167
80	MICK BRADLEY (WATFORD)	32:38 M50	7	473
81	ANDY KIRK (SILSON)	32:39 M	41	725
82	DAVE COATES (SILSON)	32:41 M50	8	740
83	MICK O'CONNOR (AYLESBURY)	32:46 M50	9	217
84	KEVIN REBOUL (SILSON)	32:49 M40	26	731
85	IAN THOMPSON (AYLESBURY)	32:51 M40	27	216
86	STEVE PERKIN (CHILTERN H.)	32:54 M40	28	227
87	HENRY EDWARDS-EVANS (AYLESBURY)	32:56 M40	29	201
88	ROY TREADWELL (OXFORD)	33:06 M60	1	549
89	DAVID VANNEN (WATFORD)	33:12 M	42	478
90	BOB FULLER (WINDSOR)	33:19 M40	30	143
91	DAN MEANEY (DACORUM)	33:22 M50	10	267
92	NO. 709 (HEADINGTON)	33:27 M	43	709
93	CHRIS NICHOLSON (MILTON K)	33:39 M	44	49
94	TERRY MCINTYRE (HARROW)	33:51 M50	11	183
95	KEVIN CONCANNON (HARROW)	33:53 M50	12	174
96	JOHN EXLEY (OXFORD)	33:54 M60	2	531
97	DAN TAYLOR (SILSON)	34:05 M	45	743
98	LES TURTON (MILTON K)	34:06 M40	31	46
99	MIKE BURLING (MILTON K)	34:12 M50	13	4
100	ASH VORALIA (MILTON K)	34:23 M	46	39
101	PAUL JACOB (LUTON)	34:24 M40	32	406
102	GARY WALFORD (CHILTERN H.)	34:34 M40	33	250
103	ALAN ROBERTS (AYLESBURY)	34:35 M40	34	197
104	NEIL GOSLING (MILTON K)	34:37 M	47	13
105	DAVE HUCK (WINDSOR)	34:41 M40	35	145
106	JOHN MANNING (TRING)	34:46 M50	14	464
107	ANDY TAYLOR (SILSON)	34:48 M	48	729
108	SAM JAMES (MILTON K)	35:00 M40	36	23
109	ANDY HOARE (SILSON)	35:03 M50	15	728
110	MARTIN MCPHEAT (MILTON K)	35:06 M50	16	37
111	MICHAEL SPENCER (SILSON)	35:15 M40	37	732
112	PETER KEAN (LUTON)	35:23 M40	38	405
113	KELVIN SMITH (MILTON K)	35:26 M60	3	34

10	TRING RUNNING CLUB	623	40	60	61	66	71	72	106
125									
11	WINDSOR SE&H	453	22	41	54	90			105
12	BRACKNELL	396	18	38	45	115			
13	DACORUM & TRING	300	12	73	91	140			149
14	WATFORD	168	80	89	134	141			

Veteran Mens Race

1	HARROW A.C.	489	11	23	25	64			
2	OXFORD CITY	468	24	29	39	52			
3	SILSON JOGGERS	420	28	35	47	82			
4	MARSHALL MILTON KEYNES	401	37	57	58	59			
5	BEDFORD & COUNTY	378	17	21	65	131			
6	VALE OF AYLESBURY	323	34	83	85	87			
7	LUTON A.C.	321	32	46	101	112			
8	TRING RUNNING CLUB	319	60	61	66	106			
9	HEADINGTON R.R.	307	48	68	75	114			
10	CHILTERN HARRIERS	189	86	102	116	119			
11	BRACKNELL	153	38	115					
12	WINDSOR SE&H	111	90	105					
13	WATFORD	104	80	134	141				
14	DACORUM & TRING	79	91	140	149				

Junior Men

1	LUTON A.C.	262	14	30					
2	DACORUM & TRING	221	12	73					
3	WINDSOR SE&H	211	41	54					
4	MARSHALL MILTON KEYNES	143	10						
5	BEDFORD & COUNTY	137	16						

Under 17 Men

1	JACK GOODWIN (BEDFORD & C)	17:26	M17	1	75
2	ZAK SEDDON (BRACKNELL)	17:30	M17	2	296
3	MATT BERGIN (BEDFORD & C)	18:06	M17	3	72
4	SEAN STILL (LUTON)	18:28	M17	4	418
5	TOMMY ATKINS (AYLESBURY)	18:34	M17	5	200
6	ELLIOTT WOOLMER (WINDSOR)	18:35	M17	6	135
7	TOM MEAD (LUTON)	18:43	M17	7	417
8	ALEX GOODALL (WINDSOR)	18:50	M17	8	118
9	NATHAN DITTON (WINDSOR)	18:51	M17	9	136
10	ALEX WATSON (CHILTERN H.)	19:06	M17	10	247
11	LUKE ANGELL (BEDFORD & C)	19:12	M17	11	80
	KHALID AL-ABAIDY (WINDSOR) N/S	19:13	M17		109
12	HARRY ROBERTSON (OXFORD)	19:19	M17	12	560
13	RYAN BURLING (MILTON K)	19:24	M17	13	31
14	ZAK CURRAN (WINDSOR)	19:50	M17	14	126
15	GEORGE BURKITT (BEDFORD & C)	19:54	M17	15	73
16	SAM BENNET (BEDFORD & C)	19:55	M17	16	71
17	DANIEL LOACH (CHILTERN H.)	19:57	M17	17	249
18	ANDREW HOLLIMAN (HARROW)	19:59	M17	18	172
19	MATTHEW NICHOLSON (BEDFORD & C)	20:00	M17	19	77
20	JAMES BENNINGTON (WINDSOR)	20:04	M17	20	132
21	PATRICK STEWART (BEDFORD & C)	20:06	M17	21	78
22	MATTHEW MALCOLM (MILTON K)	20:25	M17	22	32
23	OLIVER GLYN (DACORUM)	20:31	M17	23	273
24	JAMES TIDD (WINDSOR)	20:39	M17	24	133
25	TOM REILLY (LUTON)	20:41	M17	25	391
26	DANIEL JOHNSON (LUTON)	20:41	M17	26	419
27	GARI BROWN (WINDSOR)	20:46	M17	27	137

28	JAMES BENNEWITH	(AYLESBURY)	20:58	M17	28	194
29	BEN HALL	(CHILTERN H.)	21:11	M17	29	246
30	ABRAHAM BROWN	(HARROW)	21:13	M17	30	173
31	DANIEL COE	(WINDSOR)	21:55	M17	31	116
32	CHRIS THORNLEY	(BEDFORD & C)	22:24	M17	32	79
33	MATTHEW TILLEY	(LUTON)	22:35	M17	33	420
34	THOMAS HIGHERS	(CHILTERN H.)	23:09	M17	34	248
35	JOE HOLLAND	(BEDFORD & C)	23:36	M17	35	81

TEAM RESULT non scorers excluded

1	BEDFORD & COUNTY	114	1	3	11	15
2	WINDSOR SE&H	107	6	8	9	14
3	LUTON A.C.	82	4	7	25	26
4	CHILTERN HARRIERS	54	10	17	29	34
5	VALE OF AYLESBURY	39	5	28		
6	MARSHALL MILTON KEYNES	37	13	22		
7	BRACKNELL	34	2			
8	OXFORD CITY	24	12			
9	HARROW A.C.	24	18	30		
10	DACORUM & TRING	13	23			

Under 15 Boys

1	BEN ALCOCK	(BEDFORD & C)	13:33	M15	1	110
2	SAM REDDING	(MILTON K)	13:57	M15	2	16
3	RYAN ISAACSON	(BEDFORD & C)	13:59	M15	3	102
4	KIERAN WYE	(WINDSOR)	14:00	M15	4	120
5	NO. 303	(BRACKNELL)	14:02	M15	5	303
6	BEN BRADLEY	(WINDSOR)	14:09	M15	6	125
7	MATTHEW SEDDON	(BRACKNELL)	14:14	M15	7	292
8	MICHAEL GODDARD	(CHILTERN H.)	14:18	M15	8	241
	SHAUN WYLLIE	(BRACKNELL) N/S	14:18	M15		310
9	NO. 261	(DACORUM)	14:31	M15	9	261
10	MICHAEL HARRISON	(BEDFORD & C)	14:39	M15	10	104
11	JACK DUTTON	(CHILTERN H.)	14:43	M15	11	240
12	JACK DOUGLAS	(BEDFORD & C)	14:48	M15	12	105
13	PATRICK TAYLOR	(AYLESBURY)	14:48	M15	13	217
14	MATTHEW MARSHALL	(OXFORD)	14:49	M15	14	549
15	DAN BARRACLOUGH	(CHILTERN H.)	14:50	M15	15	242
16	JOSH TACK	(OXFORD)	14:58	M15	16	548
17	GEORGE GILLINGWATER	(CHILTERN H.)	15:00	M15	17	243
18	BEN CHURCHMAN	(BEDFORD & C)	15:03	M15	18	107
19	JOSH KNIGHT	(MILTON K)	15:10	M15	19	20
	NICHOLAS DOYLE	(HERTS P) N/S	15:13	M15		1089
20	ADAM BEVAN	(DACORUM)	15:19	M15	20	274
21	GEORGE WARD	(LUTON)	15:20	M15	21	413
22	SCOTT PROCTOR	(BEDFORD & C)	15:26	M15	22	99
23	JACK WALKER	(CHILTERN H.)	15:28	M15	23	244
24	RHYS LEWIS	(LUTON)	15:29	M15	24	414
25	JOSH SAUNDERS	(BEDFORD & C)	15:37	M15	25	98
26	LIAM MCDONALD	(CHILTERN H.)	15:39	M15	26	247
27	SAM KNEE-ROBINSON	(BEDFORD & C)	15:41	M15	27	101
28	STEVE COX	(MILTON K)	15:42	M15	28	17
29	RIICKY SEEKINS	(AYLESBURY)	15:48	M15	29	218
30	JIMMY DAVIES	(CHILTERN H.)	15:49	M15	30	250
31	JACK BENEDICTER	(BEDFORD & C)	15:55	M15	31	109
32	MATTHEW BRAY	(BEDFORD & C)	15:58	M15	32	108
33	TOM STEAD	(BEDFORD & C)	16:12	M15	33	97
34	THOMAS HUDSON	(LUTON)	16:16	M15	34	412
35	NO. 262	(DACORUM)	16:16	M15	35	262
36	TOM COX	(MILTON K)	16:28	M15	36	18
37	JOE BAKER	(CHILTERN H.)	16:35	M15	37	248

38	DANIEL HENSON	(BEDFORD & C)	16:47	M15	38	103
39	JOSH LAMMING	(BRACKNELL)	16:50	M15	39	298
40	LEWIS HAWKINS	(HARROW)	16:58	M15	40	163
41	LUKE BARTHOLOMEW	(BRACKNELL)	17:07	M15	41	291
42	JONATHAN COLLIER	(HARROW)	17:47	M15	42	171
43	JACK QUORELL	(DACORUM)	20:17	M15	43	290
44	CHARLIE FENTON	(MILTON K)	20:46	M15	44	22

TEAM RESULT non scorers excluded

1	BEDFORD & COUNTY	154	1	3	10	12
2	CHILTERN HARRIERS	129	8	11	15	17
3	MARSHALL MILTON KEYNES	95	2	19	28	36
4	BRACKNELL	88	5	7	39	41
5	WINDSOR SE&H	80	4	6		
6	DACORUM & TRING	73	9	20	35	43
7	OXFORD CITY	60	14	16		
8	LUTON A.C.	56	21	24	34	
9	VALE OF AYLESBURY	48	13	29		
10	HARROW A.C.	8	40	42		

Under 13 Boys

1	TOM VERBENA	(WATFORD)	9:48	M13	1	491
2	KIERAN LINDARS	(AYLESBURY)	9:58	M13	2	190
3	JAMES MCCARTHY	(CHILTERN H.)	10:00	M13	3	239
4	BILL HUGHES	(CHILTERN H.)	10:01	M13	4	227
5	ANDREW STENNING	(CHILTERN H.)	10:02	M13	5	232
6	JONATHAN JANES	(BEDFORD & C)	10:03	M13	6	74
7	GUS COCKLE	(WINDSOR)	10:04	M13	7	123
8	TOBY HERDMAN-SMITH	(MILTON K)	10:15	M13	8	1
9	TOM COE	(WINDSOR)	10:16	M13	9	124
10	CALLUM NEAL	(CHILTERN H.)	10:18	M13	10	235
11	JOE COCHRANE	(CHILTERN H.)	10:27	M13	11	230
12	JOE AHERNE	(CHILTERN H.)	10:28	M13	12	226
13	GEORGE GATHERCOLE	(WINDSOR)	10:29	M13	13	119
14	STEVE SEDDON	(BRACKNELL)	10:30	M13	14	300
15	MATTHEW SIMPSON	(DACORUM)	10:31	M13	15	269
16	GILES ROBINSON	(WINDSOR)	10:35	M13	16	126
17	SAM BUTCHER	(CHILTERN H.)	10:38	M13	17	229
18	JONTY WAGERLEIGH	(DACORUM)	10:39	M13	18	270
19	LOUIS GLYN	(DACORUM)	10:42	M13	19	273
20	CALLUM REID-JONES	(CHILTERN H.)	10:43	M13	20	233
21	JACK TREANOR	(CHILTERN H.)	10:48	M13	21	221
22	HARRY MORTON	(MILTON K)	10:49	M13	22	2
23	EDWARD MARSH	(WATFORD)	10:49	M13	23	483
24	WILL COOPER	(BRACKNELL)	10:50	M13	24	295
25	CORY KEANE	(WATFORD)	10:53	M13	25	498
26	KAI HAMMOND	(HARROW)	10:53	M13	26	160
27	ALEX HEPBURN	(BEDFORD & C)	10:55	M13	27	73
28	TOBY JONES	(CHILTERN H.)	10:55	M13	28	234
29	JOE GAMMELL	(HARROW)	10:56	M13	29	155
30	JONATHAN HILL	(HARROW)	10:56	M13	30	152
31	STEVEN PAYNE	(BRACKNELL)	11:06	M13	31	297
32	MATTHEW MARSOM	(BEDFORD & C)	11:09	M13	32	75
33	HARRY LANDER	(LUTON)	11:23	M13	33	392
34	TOM HOLLAND	(BEDFORD & C)	11:25	M13	34	80
35	OWEN HURCUM	(HARROW)	11:28	M13	35	162
36	ROB ANGELL	(BEDFORD & C)	11:29	M13	36	79
37	MATTHEW WILLIAMS	(BRACKNELL)	11:30	M13	37	296
38	ROBERT HUGHES	(CHILTERN H.)	11:33	M13	38	238
39	OWEN SEAMARK	(MILTON K)	11:45	M13	39	4
40	ALASDAIR OWENS	(CHILTERN H.)	11:49	M13	40	223

41	NICHOLAS WHITE	(HARROW)	11:55	M13	41	190A
42	JOE SHEPHERD	(SILSON)	11:56	M13	42	737
43	MICHAEL CANHAM	(LUTON)	12:06	M13	43	391
44	LOUIS BOUNDS	(MILTON K)	12:07	M13	44	5
45	WILLIAM GODDARD	(WINDSOR)	12:08	M13	45	114
46	JOSH DAVIES	(WATFORD)	12:16	M13	46	485
47	ROBERT NEEDLEMAN	(DACORUM)	12:57	M13	47	278
48	JOE GUDGIN	(BEDFORD & C)	14:30	M13	48	77

TEAM RESULT

1	CHILTERN HARRIERS	174	3	4	5	10
2	WINDSOR SE&H	151	7	9	13	16
3	WATFORD	101	1	23	25	46
4	BEDFORD & COUNTY	97	6	27	32	34
5	DACORUM & TRING	97	15	18	19	47
6	BRACKNELL	90	14	24	31	37
7	MARSHALL MILTON KEYNES	83	8	22	39	44
8	HARROW A.C.	76	26	29	30	35
9	VALE OF AYLESBURY	47	2			
10	LUTON A.C.	22	33	43		
11	SILSON JOGGERS	7	42			

Senior/Veteran Ladies

1	NICOLA SYKES	(BEDFORD & C)	19:33	F	1	74
2	RACHEL GIBBS	(BEDFORD & C)	19:42	F	2	78
3	REBECCA NEWSTEAD	(BEDFORD & C)	19:49	F	3	72
4	HELEN BARNES	(HEADINGTON)	20:39	F	4	691
5	JUDE CRAFT	(HEADINGTON)	20:57	F35	1	696
6	LARA BROMILOW	(MILTON K)	21:10	F	5	8
7	TANYA TAYLOR	(MILTON K)	21:29	F	6	51
8	SOPHIE GIBBENS	(MILTON K)	21:45	F	7	16
9	NICKI GOODERHAM	(MILTON K)	21:46	F	8	64
10	SIAN THOMAS	(CHILTERN H.)	21:51	F	9	241
11	JULIA AUSTIN	(AYLESBURY)	22:04	F45	1	195
12	LAURA KYTE	(HEADINGTON)	22:36	F	10	701
13	ALISON YOUNG	(CHILTERN H.)	22:50	F35	2	252
14	HELEN FRIZZELL	(BEDFORD & C)	22:59	F35	3	75
15	SOPHIE DELDERFIELD	(AYLESBURY)	23:19	F	11	209
16	SOPHIE WRIGHT	(MILTON K)	23:23	F	12	59
17	CHARLOTTE HARRIS	(HEADINGTON)	23:31	F	13	694
18	ADRIENNE HOPKINS	(HEADINGTON)	23:32	F	14	710
19	JUDITH ORR	(CHILTERN H.)	23:36	F35	4	243
20	CHRISTINE LATHWELL	(LUTON)	23:50	F	15	417
21	CATHERINE DAVIES	(DACORUM)	23:54	F45	2	290
22	RACHEL CAVE	(BEDFORD & C)	24:04	F	16	76
23	ELIZABETH ROBERTS	(DACORUM)	24:07	F	17	289
24	KERRY LARGE	(BEDFORD & C)	24:13	F	18	73
25	JULIE ROGERS	(BEDFORD & C)	24:37	F	19	79
26	LINDA LYTOLLIS	(SILSON)	25:18	F35	5	746
27	HEATHER COOKE	(SILSON)	25:18	F	20	748
28	LAURA BURGOINE	(OXFORD)	25:26	F	21	556
29	NICOLA HENRY	(DACORUM)	25:29	F35	6	287
30	HEIDI FOLKARD	(CHILTERN H.)	25:32	F35	7	251
31	DEBORAH HINDMARCH	(MILTON K)	25:34	F45	3	28
32	BARBARA RALPH	(CHILTERN H.)	25:41	F55	1	245
33	JULIE MADRY	(AYLESBURY)	26:04	F35	8	205
34	PIPPA CALLINGHAM	(WINDSOR)	26:07	F	22	112
35	HELEN TURLEY	(HEADINGTON)	26:18	F55	2	716
36	KIRSTY BARNETT	(TRING)	26:23	F	23	457
37	ALISON PUTKO	(WATFORD)	26:29	F	24	486
38	RUTH RUTT	(TRING)	26:32	F45	4	451

39	CLAIRE MURRAY	(DACORUM)	26:38	F35	9	283
40	HEATHER FALLAIZE	(AYLESBURY)	26:46	F45	5	196
41	VICTORIA SHELDON	(AYLESBURY)	26:48	F35	10	212
42	ABIGAIL GOOCH	(MILTON K)	27:12	F	25	65
43	NATASHA KING	(SILSON)	27:16	F	26	745
44	JANE PORTEOUS	(TRING)	27:18	F45	6	454
45	CHRISTINE MARSHALL	(OXFORD)	27:25	F35	11	533
46	ANGELA HALFORD	(WATFORD)	27:32	F	27	478
47	CLAIRE TODD	(SILSON)	27:43	F45	7	743
48	MARIE-ANNE FISCHER	(HEADINGTON)	27:48	F45	8	719
49	CLARE GRIERSON	(OXFORD)	28:03	F	28	538
50	MEL BIGNELL	(SILSON)	28:20	F45	9	749
51	JANE TURNLEY	(WATFORD)	28:34	F35	12	495
52	CAROL CRAWLEY	(DACORUM)	29:13	F45	10	284
53	URSULA GHALEB	(MILTON K)	30:01	F55	3	21
54	BRENDA KING	(CHILTERN H.)	30:08	F55	4	240
55	LAURA MERCHANT	(DACORUM)	31:36	F	29	288
56	SHOENA SMEE	(SILSON)	33:00	F45	11	747
57	PAT CARD	(AYLESBURY)	36:20	F55	5	214
58	MARY RUSSELL	(HEADINGTON)	36:45	F45	12	702
59	CAROL DEBNEY	(SILSON)	37:01	F55	6	740

TEAM RESULT

1	BEDFORD & COUNTY	220	1	2	3	14
2	MARSHALL MILTON KEYNES	210	6	7	8	9
3	HEADINGTON R.R.	202	4	5	12	17
4	CHILTERN HARRIERS	168	10	13	19	30
5	VALE OF AYLESBURY	141	11	15	33	40
6	DACORUM & TRING	128	21	23	29	39
7	SILSON JOGGERS	97	26	27	43	47
8	TRING RUNNING CLUB	62	36	38	44	
9	OXFORD CITY	58	28	45	49	
10	WATFORD	46	37	46	51	
11	LUTON A.C.	40	20			
12	WINDSOR SE&H	26	34			

Veteran Ladies Race

1	CHILTERN HARRIERS	146	13	19	30	32
2	VALE OF AYLESBURY	115	11	33	40	41
3	DACORUM & TRING	99	21	29	39	52
4	HEADINGTON R.R.	94	5	35	48	58
5	SILSON JOGGERS	61	26	47	50	56
6	BEDFORD & COUNTY	46	14			
7	TRING RUNNING CLUB	38	38	44		
8	MARSHALL MILTON KEYNES	36	31	53		
9	OXFORD CITY	15	45			
10	WATFORD	9	51			

Junior/U17 Ladies

1	HANNAH WALKER	(DACORUM)	16:49	F20	1	275
2	EMILY WALLBANK	(BEDFORD & C)	17:07	F17	1	93
3	BETH SWORDS	(MILTON K)	17:12	F17	2	42
4	MELANIE WOOD	(MILTON K)	17:40	F17	3	41
5	ELLE ROCHE	(MILTON K)	18:10	F17	4	43
6	ALICE BURGIN	(BEDFORD & C)	18:11	F17	5	95
7	EMILY RELTON	(BEDFORD & C)	18:52	F17	6	90
8	MARYSE HAYNES	(WINDSOR)	18:55	F17	7	124
9	ELLA ROW	(BRACKNELL)	19:08	F17	8	305
10	NATALIE WICKINGS	(WATFORD)	19:38	F17	9	488
11	GRACE BIRCH	(CHILTERN H.)	19:39	F20	2	256

12	ANNA MADRY	(AYLESBURY)	19:48	F17	10	206
13	NAOMI BARBOUR	(WINDSOR)	19:53	F17	11	146
14	REBECCA GOYDER-SMITH	(MILTON K)	20:04	F17	12	52
15	DANI SEDDON	(BRACKNELL)	20:13	F17	13	317
16	BEX MYERS	(WINDSOR)	20:27	F20	3	118
17	ELLIE BURNS	(OXFORD)	20:43	F17	14	553
18	ZOE FRANKLAND	(MILTON K)	21:01	F17	15	46
19	LAURA GILBERT	(BEDFORD & C)	21:15	F17	16	89
20	RUTH FLORY	(BEDFORD & C)	22:41	F17	17	94
21	HANNAH WILLIAMS	(BEDFORD & C)	22:49	F17	18	86

TEAM RESULT

1	MARSHALL MILTON KEYNES	54	3	4	5
2	BEDFORD & COUNTY	51	2	6	7
3	WINDSOR SE&H	29	8	13	16
4	DACORUM & TRING	21	1		
5	BRACKNELL	20	9	15	
6	WATFORD	12	10		
7	CHILTERN HARRIERS	11	11		
8	VALE OF AYLESBURY	10	12		
9	OXFORD CITY	5	17		

Under 15 Girls

1	REBECCA MURRAY	(BEDFORD & C)	15:17	F15	1	105
2	SKY DRAPER	(HARROW)	15:29	F15	2	181
3	BECKY BERGER-NORTH	(BRACKNELL)	15:31	F15	3	304
4	IMOGEN KEMPTON	(OXFORD)	15:34	F15	4	546
5	ELLIE STILL	(LUTON)	15:37	F15	5	397
6	SHANNON SWAN	(WATFORD)	15:40	F15	6	483
7	ELLIE HEMMING	(BEDFORD & C)	15:56	F15	7	106
8	ALANAH HARRIS	(BEDFORD & C)	16:04	F15	8	109
9	HANNAH FARMER	(LUTON)	16:12	F15	9	402
10	REBECCA TURTON	(BRACKNELL)	16:25	F15	10	310
11	JADE LEGGITT	(MILTON K)	16:33	F15	11	22
12	EMMA CROFT	(WINDSOR)	16:45	F15	12	143
13	LEAH RELTON	(BEDFORD & C)	16:50	F15	13	103
14	ELISSA CLARKE	(OXFORD)	16:50	F15	14	542
15	REBECCA BYREN	(OXFORD)	16:55	F15	15	547
16	PHOEBE CUTTER	(CHILTERN H.)	17:09	F15	16	226
17	MEGAN SHREEVES	(BEDFORD & C)	17:12	F15	17	104
18	EMILY BOUSFIELD	(MILTON K)	17:15	F15	18	24
19	ALICE WILLS	(WINDSOR)	17:15	F15	19	126
20	ELLIE WALLIS	(WINDSOR)	17:15	F15	20	133
21	SOPHIE BILLINGTON	(LUTON)	17:21	F15	21	401
22	LOREN KEIGHLEY	(MILTON K)	17:24	F15	22	26
23	REBECCA RICHES	(WINDSOR)	17:25	F15	23	147
24	LIBERTY CRAWFORD	(AYLESBURY)	17:29	F15	24	205
25	GRACE COLLINS	(BRACKNELL)	17:33	F15	25	297
26	AMY HARRIS	(CHILTERN H.)	17:35	F15	26	221
27	SOPHIE STREET	(WINDSOR)	17:40	F15	27	132
28	KATY PARTINGTON	(AYLESBURY)	17:42	F15	28	192
29	CHLOE ALLEN	(CHILTERN H.)	17:48	F15	29	228
30	GRACE KEANE	(LUTON)	17:57	F15	30	400
31	MEGAN ANGELL	(BEDFORD & C)	18:01	F15	31	108
32	ABBIE SCHMID	(WINDSOR)	18:02	F15	32	136
33	ROSIE ADAMS	(WINDSOR)	18:12	F15	33	127
34	SARAH NEEDLEMAN	(DACORUM)	18:31	F15	34	266
35	NAN SMART	(HARROW)	18:50	F15	35	184
36	SOPHIE EDWARDSON	(HARROW)	19:06	F15	36	183
37	REBECCA HOWARD	(BRACKNELL)	19:17	F15	37	312
38	ELLEN ROSE-SENIOR	(HARROW)	19:31	F15	38	182

39	HANNAH WARDLEY	(CHILTERN H.)	19:40	F15	39	222
40	ALICIA LOVE	(BRACKNELL)	20:43	F15	40	301
41	CLAIRE BENTLEY	(WATFORD)	21:42	F15	41	492

TEAM RESULT

1	BEDFORD & COUNTY	139	1	7	8	13
2	LUTON A.C.	103	5	9	21	30
3	WINDSOR SE&H	94	12	19	20	23
4	OXFORD CITY	93	4	14	15	
5	BRACKNELL	93	3	10	25	37
6	MARSHALL MILTON KEYNES	75	11	18	22	
7	CHILTERN HARRIERS	58	16	26	29	39
8	HARROW A.C.	57	2	35	36	38
9	WATFORD	37	6	41		
10	VALE OF AYLESBURY	32	24	28		
11	DACORUM & TRING	8	34			

Under 13 Girls

1	CONNIE LEWIS	(CHILTERN H.)	10:23	F13	1	221
2	REBECCA CROFT	(WINDSOR)	10:24	F13	2	134
3	SOPHIA CLIFFE	(MILTON K)	10:36	F13	3	5
4	AMALIA EDWARDS	(LUTON)	10:47	F13	4	412
5	ROSALIND FIRTH	(CHILTERN H.)	11:03	F13	5	222
6	EMMA BARRACLOUGH	(CHILTERN H.)	11:13	F13	6	223
7	AMY BOTHAM	(MILTON K)	11:16	F13	7	4
8	FELICITY JOHNSON	(WINDSOR)	11:19	F13	8	149
9	VICTORIA BIRCH	(BRACKNELL)	11:20	F13	9	303
10	SARAH KERR	(BEDFORD & C)	11:23	F13	10	78
11	SIANNAH RAYMENT	(BRACKNELL)	11:24	F13	11	299
12	KELLY RODD	(BEDFORD & C)	11:26	F13	12	77
13	KATHRYN DITTON	(WINDSOR)	11:27	F13	13	130
14	ELOISE MILBOURN	(WINDSOR)	11:28	F13	14	129
15	ALICE WRIGHT	(AYLESBURY)	11:36	F13	15	193
16	LAUREN RUSSELL	(BEDFORD & C)	11:40	F13	16	71
17	COURTNEY HUNTER	(BEDFORD & C)	11:41	F13	17	82
18	LAUREN MORONEY	(LUTON)	11:44	F13	18	415
19	KATIE BENCH	(CHILTERN H.)	11:45	F13	19	236
20	ADEYA EDWARDS	(LUTON)	11:46	F13	20	411
21	HEATHER RICHES	(WINDSOR)	11:51	F13	21	148
22	EMILY REEVES	(WINDSOR)	11:51	F13	22	135
23	LUCY HACKING	(MILTON K)	11:53	F13	23	2
24	DAISY WARD	(BEDFORD & C)	11:55	F13	24	80
25	CHLOE DEARMAN	(WATFORD)	11:56	F13	25	477
26	GEORGIA BINGHAM	(CHILTERN H.)	11:59	F13	26	230
27	CLAIR BAXTER	(DACORUM)	12:01	F13	27	269
28	SUZANNE BENTLEY	(WATFORD)	12:02	F13	28	486
29	KATIE HEALY	(BEDFORD & C)	12:05	F13	29	76
30	KATHERINE LATHWELL	(LUTON)	12:13	F13	30	414
31	LAYNE WRAY	(SILSON)	12:13	F13	31	741
32	ROBYN LISLE	(CHILTERN H.)	12:14	F13	32	235
33	TESS PRITCHARD	(BRACKNELL)	12:20	F13	33	302
34	ALICE TURNER	(WINDSOR)	12:23	F13	34	142
35	ANNABEL SHREEVES	(BEDFORD & C)	12:32	F13	35	72
36	MARIA SLADE	(CHILTERN H.)	12:33	F13	36	226
37	BETH MULVANY	(OXFORD)	12:39	F13	37	541
38	KATIE WATKINS	(HARROW)	12:39	F13	38	171
39	MICHELLE LATHWELL	(LUTON)	12:40	F13	39	413
40	ANNA BRIGHT	(LUTON)	12:42	F13	40	416
41	FREYA VAFALARI	(LUTON)	12:57	F13	41	410
42	ELEANOR USHER	(BEDFORD & C)	13:06	F13	42	81
43	CLAUDIA JONES	(CHILTERN H.)	13:11	F13	43	231

44	ROSA SMART	(HARROW)	13:13	F13	44	170
45	MADELEINE SMEE	(SILSON)	13:14	F13	45	743
46	PHOEBE BOYD	(DACORUM)	13:19	F13	46	271
47	AMY FAWCETT	(CHILTERN H.)	13:25	F13	47	238
48	CHANTAL BANTON	(WINDSOR)	13:38	F13	48	117
49	KAIRA SHETTY	(HARROW)	13:49	F13	49	182
50	MARIA HILL	(HARROW)	13:50	F13	50	184
51	AMY BUTTIVANT	(CHILTERN H.)	14:05	F13	51	228
52	JESSICA WILKINSON	(CHILTERN H.)	14:06	F13	52	237
53	JESSICA DAVIES	(WATFORD)	14:22	F13	53	494
54	RACHEL WALKER	(CHILTERN H.)	14:34	F13	54	233
55	AMELIA LIGGETT	(DACORUM)	14:40	F13	55	272

TEAM RESULT

1	CHILTERN HARRIERS	193	1	5	6	19
2	WINDSOR SE&H	187	2	8	13	14
3	BEDFORD & COUNTY	169	10	12	16	17
4	LUTON A.C.	152	4	18	20	30
5	MARSHALL MILTON KEYNES	135	3	7	23	
6	BRACKNELL	115	9	11	33	
7	WATFORD	62	25	28	53	
8	HARROW A.C.	43	38	44	49	50
9	VALE OF AYLESBURY	41	15			
10	DACORUM & TRING	40	27	46	55	
11	SILSON JOGGERS	36	31	45		
12	OXFORD CITY	19	37			

Total Overall Score

1	BEDFORD & COUNTY	2187	1608	579
2	MARSHALL MILTON KEYNES	1839	1365	474
3	CHILTERN HARRIERS	1680	1250	430
4	HARROW A.C.	1398	1298	100
5	VALE OF AYLESBURY	1243	1019	224
6	OXFORD CITY	1213	1038	175
7	LUTON A.C.	1174	879	295
8	WINDSOR SE&H	1127	791	336
9	SILSON JOGGERS	949	816	133
10	BRACKNELL	836	608	228
11	HEADINGTON R.R.	834	632	202
12	TRING RUNNING CLUB	685	623	62
13	DACORUM & TRING	680	483	197
14	WATFORD	426	269	157

Male Overall Score

1	BEDFORD & COUNTY	1608	1243	114	154	97
2	MARSHALL MILTON KEYNES	1365	1150	37	95	83
3	HARROW A.C.	1298	1190	24	8	76
4	CHILTERN HARRIERS	1250	893	54	129	174
5	OXFORD CITY	1038	954	24	60	
6	VALE OF AYLESBURY	1019	885	39	48	47
7	LUTON A.C.	879	719	82	56	22
8	SILSON JOGGERS	816	809			7
9	WINDSOR SE&H	791	453	107	80	151
10	HEADINGTON R.R.	632	632			
11	TRING RUNNING CLUB	623	623			
12	BRACKNELL	608	396	34	88	90
13	DACORUM & TRING	483	300	13	73	97
14	WATFORD	269	168			101

Female Overall Score

1	BEDFORD & COUNTY	579	220	51	139	169
2	MARSHALL MILTON KEYNES	474	210	54	75	135
3	CHILTERN HARRIERS	430	168	11	58	193
4	WINDSOR SE&H	336	26	29	94	187
5	LUTON A.C.	295	40		103	152
6	BRACKNELL	228		20	93	115
7	VALE OF AYLESBURY	224	141	10	32	41
8	HEADINGTON R.R.	202	202			
9	DACORUM & TRING	197	128	21	8	40
10	OXFORD CITY	175	58	5	93	19
11	WATFORD	157	46	12	37	62
12	SILSON JOGGERS	133	97			36
13	HARROW A.C.	100			57	43
14	TRING RUNNING CLUB	62	62			

Seniors Overall Score

1	BEDFORD & COUNTY	1463	1243	220
2	MARSHALL MILTON KEYNES	1360	1150	210
3	HARROW A.C.	1190	1190	
4	CHILTERN HARRIERS	1061	893	168
5	VALE OF AYLESBURY	1026	885	141
6	OXFORD CITY	1012	954	58
7	SILSON JOGGERS	906	809	97
8	HEADINGTON R.R.	834	632	202
9	LUTON A.C.	759	719	40
10	TRING RUNNING CLUB	685	623	62
11	WINDSOR SE&H	479	453	26
12	DACORUM & TRING	428	300	128
13	BRACKNELL	396	396	
14	WATFORD	214	168	46

Young Athletes Overall Score

1	BEDFORD & COUNTY	724	114	154	97	51	139	169
2	WINDSOR SE&H	648	107	80	151	29	94	187
3	CHILTERN HARRIERS	619	54	129	174	11	58	193
4	MARSHALL MILTON KEYNES	479	37	95	83	54	75	135
5	BRACKNELL	440	34	88	90	20	93	115
6	LUTON A.C.	415	82	56	22		103	152
7	DACORUM & TRING	252	13	73	97	21	8	40
8	VALE OF AYLESBURY	217	39	48	47	10	32	41
9	WATFORD	212			101	12	37	62
10	HARROW A.C.	208	24	8	76		57	43
11	OXFORD CITY	201	24	60		5	93	19
12	SILSON JOGGERS	43				7		36