

# Apex Sports Chiltern League Division One 2007/2008 Round 4

Held at Slough (Upton Court Park) on 12 January 2008

## Senior/Junior/Veteran Men

1	N. WHITE (WINDSOR)	27.02	M20	1	61	J. EXLEY (OXFORD)	31.31	M60	1	123	A. HARRISON (HANDY CROSS)	34.53	M	48
2	S. KIMBER (WINDSOR)	27.15	M	1	62	F. FULCHER (HANDY CROSS)	31.36	M	27	124	P. BALCHINI (LUTON)	34.57	M20	18
	D. AGUSTUS (OXFORD) N/S	27.20	M		63	P. GODWIN (HEADINGTON)	31.38	M	28	125	A. SAINSBURY (DACORUM)	34.57	M40	40
3	R. FRANZESE (HARROW)	27.43	M	2	64	A. PHELPS (HEADINGTON)	31.38	M40	19	126	M. KELLY (HARROW)	35.05	M	49
4	C. DETTMAR (HEADINGTON)	28.03	M	3	65	P. MANNERS (CHILTERN H.)	31.40	M40	20	127	R. LANDS (BEDFORD & C)	35.07	M40	41
5	P. NORRIS (HARROW)	28.08	M	4	66	J. GRIFFITHS (HEADINGTON)	31.41	M40	21	128	P. ASHBY (WINDSOR)	35.09	M40	42
6	G. HARRIS (HEADINGTON)	28.09	M	5	67	J. HAYNES (SILSON)	31.50	M50	3	129	R. ANDERSON (DACORUM)	35.13	M40	43
7	J. ELSWORTHY (BEDFORD & C)	28.16	M	6	68	B. GILBERT (HANDY CROSS)	31.53	M	29	130	A. WEEKS (MILTON K)	35.17	M	50
8	J. MCGINN (WATFORD)	28.22	M	7	69	C. MAHON (MILTON K)	31.55	M40	22	131	A. DALE (CHILTERN H.)	35.22	M40	44
9	E. O'GORMAN (CHILTERN H.)	28.38	M	8	70	J. FERGUSON (AYLESBURY)	31.56	M20	15	132	M. LEE (BRACKNELL)	35.27	M40	45
10	E. COOKE (BRACKNELL)	28.41	M20	2	71	L. HURMAN (HEADINGTON)	31.58	M50	4	133	C. RUTLAND (OXFORD)	35.33	M60	5
11	M. BENNETT (CHILTERN H.)	28.43	M20	3	72	M. ARMSTRONG (SILSON)	32.00	M	30	134	N. WASHINGTON (MILTON K)	35.43	M	51
12	S. MALE (OXFORD)	28.45	M40	1	73	S. WOODWARD (SILSON)	32.00	M	31	135	R. BLOOM (HARROW)	35.45	M50	16
13	J. COOPER (HARROW)	28.52	M	9	74	M. BRADLEY (WATFORD)	32.06	M50	5	136	J. GRIFFITHS (HEADINGTON)	35.49	M20	19
14	M. RAHIM (HARROW)	28.57	M	10	75	D. BURTON (HEADINGTON)	32.06	M	32	137	K. CONCANNON (HARROW)	36.05	M50	17
15	I. MAY (WINDSOR)	29.02	M20	4	76	D. HUCK (WINDSOR)	32.13	M40	23	138	T. WOOLRIDGE (WATFORD)	36.07	M40	46
16	S. TUTTLE (BEDFORD & C)	29.03	M20	5	77	C. STEPTOE (AYLESBURY)	32.13	M50	6	139	C. TURRELL-BROWN (MK)	36.14	M	52
17	D. BROWN (CHILTERN H.)	29.06	M40	2	78	K. REBOUL (SILSON)	32.13	M40	24	140	M. HOLLIS (HANDY CROSS)	36.20	M50	18
18	P. BOND (MILTON K)	29.11	M	11	79	N. HARRIS (WATFORD)	32.13	M	33	141	R. GILLIES (SILSON)	36.31	M	53
19	J. CRITCHLOW (HARROW)	29.16	M40	3	80	M. O'CONNOR (AYLESBURY)	32.28	M40	25	142	G. MAYOH (WATFORD)	36.36	M40	47
20	J. ASHTON (BRACKNELL)	29.20	M20	6	81	D. HARTWELL (OXFORD)	32.31	M50	7	143	T. KEECH (SILSON)	36.44	M50	19
21	M. COFFEY (OXFORD)	29.21	M20	7	82	T. PHELPS (SILSON)	32.33	M	34	144	S. FRANKS (WINDSOR)	36.56	M	54
22	R. LARSEN (BRACKNELL)	29.22	M	12	83	M. LEPPS (HARROW)	32.37	M40	26	145	M. WORTHINGTON (HEAD)	36.58	M60	6
23	T. HAUGHIAN (WINDSOR)	29.33	M	13	84	A. RICHARDSON (CHIL)	32.51	M50	8	146	M. GRIMSDALE (WATFORD)	37.10	M50	20
24	C. FINILL (HARROW)	29.35	M40	4	85	M. FALLOWFIELD-SMITH (CHIL)	32.55	M	35	147	R. HUDSON (LUTON)	37.15	M40	48
25	V. ZVEREV (HEADINGTON)	29.37	M40	5	86	D. WHEELER (OXFORD)	33.02	M50	9	148	J. LAWRIE (SILSON)	37.15	M	55
26	T. SHELDRICK (DACORUM)	29.46	M20	8	87	F. ROONEY (AYLESBURY)	33.04	M20	16	149	J. DARCY (SILSON)	37.22	M40	49
27	M. CAREY (HARROW)	29.55	M	14	88	R. READWELL (OXFORD)	33.11	M60	2	150	J. PEERLESS (HANDY CROSS)	37.36	M50	21
28	M. BARON (HARROW)	29.57	M40	6	89	I. THOMPSON (AYLESBURY)	33.12	M40	27	151	J. RALPH (CHILTERN H.)	37.39	M50	22
29	J. BIGNALL (HARROW)	30.00	M	15	90	A. MATTHEWS (OXFORD)	33.18	M60	3	152	D. SANDERSON (HANDY CROSS)	37.42	M50	23
30	M. WILLMOTT (MILTON K)	30.00	M20	9	91	L. MCNABOLA (LUTON)	33.18	M	36	153	N. CARTER (SILSON)	37.46	M50	24
31	A. JOHNSON (LUTON)	30.05	M	16	92	N. TAYLOR (AYLESBURY)	33.21	M40	28	154	J. GIBSON (AYLESBURY)	38.27	M50	25
32	J. RICHARDSON (OXFORD)	30.07	M40	7	93	D. TAYLOR (SILSON)	33.22	M	37	155	A. PEPPER (CHILTERN H.)	38.30	M40	50
33	T. JONES (AYLESBURY)	30.12	M50	1	94	B. FULLER (WINDSOR)	33.24	M40	29	156	R. ENGERS (CHILTERN H.)	38.33	M40	51
34	A. MOURDIAN (BRACKNELL)	30.14	M20	10	95	C. HERMANS (SILSON)	33.27	M	38	157	S. FIELD (CHILTERN H.)	38.37	M50	26
35	S. BAIRD (LUTON)	30.18	M20	11	96	D. WALKER (WATFORD)	33.31	M40	30	158	J. TAYLOR (CHILTERN H.)	38.50	M	56
36	G. EDWARDS (LUTON)	30.21	M	17	97	J. FAWCETT (CHILTERN H.)	33.40	M	39	159	J. WORTH (HEADINGTON)	39.12	M	57
37	S. STILL (LUTON)	30.23	M	18	98	J. RYAN (MILTON K)	33.42	M50	10	160	B. KEERS (SILSON)	39.32	M40	52
38	R. THETFORD (HEADINGTON)	30.24	M40	8	99	D. VANNEN (WATFORD)	33.45	M	40	161	C. BALDWIN (MILTON K)	40.04	M50	27
39	A. COX (MILTON K)	30.28	M40	9	100	D. PARSONS (OXFORD)	33.48	M60	4	162	R. POPIEL (SILSON)	40.08	M40	53
40	D. MORITZ (MILTON K)	30.31	M	19	101	I. LAWSON (CHILTERN H.)	33.53	M	41	163	R. BOYCE (WATFORD)	40.10	M	58
41	P. DALY (BRACKNELL)	30.36	M	20	102	A. BENJAMIN (HANDY CROSS)	33.56	M50	11	164	G. MITCHELL-DWELLY (BK)	40.14	M	59
42	P. STEPHENS (HANDY CROSS)	30.36	M40	10	103	A. BREWER (BRACKNELL)	34.06	M	42	165	J. STARKEY (BRACKNELL)	40.26	M40	54
43	K. NANTON (CHILTERN H.)	30.37	M	21	104	M. HILL (WINDSOR)	34.09	M50	12	166	R. WINTER (MILTON K)	40.28	M60	7
44	I. VAN LOKVEN (MILTON K)	30.41	M40	11	105	S. PERKIN (CHILTERN H.)	34.11	M40	31	167	M. JONES (SILSON)	40.33	M50	28
45	V. BANGS (WINDSOR)	30.43	M20	12	106	E. KRAUS (HEADINGTON)	34.14	M40	32	168	S. HATHAWAY (HEADINGTON)	40.42	M50	29
46	S. GARDNER (WINDSOR)	30.44	M	22	107	D. WALKER (BRACKNELL)	34.14	M20	17	169	G. NEAL (WATFORD)	40.49	M50	30
47	M. JUDDSON (HARROW)	30.46	M20	13	108	M. FISHER (HANDY CROSS)	34.15	M40	33	170	P. KEAN (LUTON)	40.51	M40	55
48	A. WRIGHT (SILSON)	30.47	M40	12	109	J. BATEMAN (HANDY CROSS)	34.16	M	43	171	P. GRIMSDALE (OXFORD)	40.53	M50	31
49	M. CURSONS (HARROW)	30.49	M40	13	110	D. MEANEY (DACORUM)	34.20	M50	13	172	G. NORRIS (HEADINGTON)	41.29	M50	32
50	S. WALLBANK (BEDFORD & C)	30.49	M20	14	111	P. ILLING (WATFORD)	34.22	M40	34	173	M. SARGENT (DACORUM)	41.40	M60	8
51	M. CRANWELL (HARROW)	30.49	M	23	112	S. THORP (OXFORD)	34.24	M50	14	174	P. BROOKS (LUTON)	42.18	M40	56
52	R. GRANT (OXFORD)	30.53	M50	2	113	P. BENNEWITH (AYLESBURY)	34.26	M40	35	175	P. DOLMAN (DACORUM)	42.42	M50	33
53	C. ROGERS (SILSON)	30.55	M40	14	114	N. SANDERSON (HANDY CROSS)	34.26	M40	36	176	F. ASHFORD (HANDY CROSS)	43.20	M60	9
54	G. TAYLOR (WINDSOR)	31.00	M	24	115	G. HUDSON (HEADINGTON)	34.26	M40	37	177	M. HICKMAN (HANDY CROSS)	43.43	M50	34
55	S. HERRING (MILTON K)	31.05	M	25	116	G. WALFORD (CHILTERN H.)	34.29	M40	38	178	M. PERRY (DACORUM)	44.26	M50	35
56	M. TANKARD (OXFORD)	31.10	M40	15	117	R. MACKENZIE (MILTON K)	34.31	M	44	179	T. HULLETT (SILSON)	44.42	M60	10
57	M. SOMMERFIELD (AYLESBURY)	31.12	M	26	118	R. O'CONNOR (HARROW)	34.40	M	45	180	J. LAWRENCE (MILTON K)	44.56	M50	36
58	P. TOTTLE (AYLESBURY)	31.15	M40	16	119	A. KELLY (WATFORD)	34.42	M	46	181	F. MILLS (DACORUM)	46.26	M60	11
59	T. DIXON (OXFORD)	31.17	M40	17	120	G. LUNNELL (SILSON)	34.50	M50	15	182	J. MCKELLAR (MILTON K)	46.38	M60	12
60	J. MORTON (CHILTERN H.)	31.22	M40	18	121	S. HUNT (HARROW)	34.53	M	47	183	M. CARTWRIGHT (CHIL)	47.02	M60	13
					122	A. ROBERTS (AYLESBURY)	34.53	M40	39	184	D. IVES (DACORUM)	50.09	M60	14

## TEAM RESULT non scorers excluded

1	HARROW A.C.	1641	3	5	13	14	19	24	27	28	29	47
2	WINDSOR SE&H	1390	1	2	15	23	45	46	54	76	94	104
3	HEADINGTON R.R.	1332	4	6	25	38	63	64	66	71	75	106
4	OXFORD CITY	1302	12	21	32	52	56	59	61	81	86	88
5	CHILTERN HARRIERS	1278	9	11	17	43	60	65	84	85	97	101
6	MARSHALL MILTON KEYNES	1210	18	30	39	40	44	55	69	98	117	130
7	VALE OF AYLESBURY	1094	33	57	58	70	77	80	87	89	92	113
8	SILSON JOGGERS	1069	48	53	67	72	73	78	82	93	95	120
9	BRACKNELL	1052	10	20	22	34	41	103	107	132	164	165
10	WATFORD	838	8	74	79	96	99	111	119	138	142	146
11	HANDY CROSS	832	42	62	68	102	108	109	114	123	140	150
12	LUTON A.C.	820	31	35	36	37	91	124	147	170	174	
13	BEDFORD & COUNTY	540	7	16	50	127						
14	DACORUM & TRING	384	26	110	125	129	173	175	178	181	184	

## DIVISION RESULT

1	HARROW A.C.	6676	1831	1701	1503	1641
2	MARSHALL MILTON KEYNES	5709	1506	1726	1267	1210
3	CHILTERN HARRIERS	5362	1477	1495	1112	1278
4	VALE OF AYLESBURY	5269	1414	1573	1188	1094
5	OXFORD CITY	5107	1378	1387	1040	1302
6	HEADINGTON R.R.	4984	1078	1531	1043	1332
7	WINDSOR SE&H	4420	1495	1120	415	1390
8	SILSON JOGGERS	4290	1083	1191	947	1069
9	BRACKNELL	4260	1178	1311	719	1052
10	LUTON A.C.	4024	1086	1112	1006	820
11	WATFORD	3501	963	992	708	838
12	HANDY CROSS	3230	927	894	577	832
13	BEDFORD & COUNTY	2769	754	401	1074	540
14	DACORUM & TRING	2283	744	553	602	384

## Veteran Mens Race

1	HARROW A.C.	620	19	24	28	49
2	OXFORD CITY	588	12	32	52	56
3	HEADINGTON R.R.	547	25	38	64	66
4	CHILTERN HARRIERS	514	17	60	65	84
5	SILSON JOGGERS	494	48	53	67	78
6	VALE OF AYLESBURY	492	33	58	77	80
7	MARSHALL MILTON KEYNES	490	39	44	69	98
8	HANDY CROSS	374	42	102	108	114
9	WINDSOR SE&H	338	76	94	104	128
10	WATFORD	321	74	96	111	138
11	DACORUM & TRING	203	110	125	129	173
12	BRACKNELL	73	132	165		
13	LUTON A.C.	64	147	170	174	
14	BEDFORD & COUNTY	58	127			

## DIVISION RESULT

1	OXFORD CITY	2376	668	662	458	588
2	HEADINGTON R.R.	2183	559	622	455	547
3	SILSON JOGGERS	2097	535	616	452	494
4	VALE OF AYLESBURY	2064	502	622		

**Junior Men**

1	WINDSOR SE&H	494	1	15	45
2	BRACKNELL	491	10	20	34
3	BEDFORD & COUNTY	304	16	50	
4	VALE OF AYLESBURY	213	70	87	
5	LUTON A.C.	211	35	124	
6	CHILTERN HARRIERS	174	11		
7	OXFORD CITY	164	21		
8	DACORUM & TRING	159	26		
9	MARSHALL MILTON KEYNES	155	30		
10	HARROW A.C.	138	47		
11	HEADINGTON R.R.	49	136		

**DIVISION RESULT**

1	BRACKNELL	2040	516	573	460	491
2	WINDSOR SE&H	2040	538	593	415	494
3	BEDFORD & COUNTY	1403	481	336	282	304
4	MARSHALL MILTON KEYNES	1096	307	364	270	155
5	LUTON A.C.	1066	195	375	285	211
6	VALE OF AYLESBURY	886	221	267	185	213
7	CHILTERN HARRIERS	693	183	192	144	174
8	HARROW A.C.	571	125	174	134	138
9	DACORUM & TRING	454	166		129	159
10	OXFORD CITY	164				164
11	HEADINGTON R.R.	49				49

**Under 17 Men**

1	J. MCDONNELL (LUTON)	18.43	M17	1
2	D. WOODGATE (LUTON)	18.49	M17	2
3	K. LEDGARD (MILTON K)	18.58	M17	3
4	J. RADVAN (WINDSOR)	19.02	M17	4
5	D. WILLIAMSON (BED)	19.03	M17	5
6	A. MOORE (BRACKNELL)	19.04	M17	6
7	P. BENEDICKTER (LUTON)	19.07	M17	7
8	M. SALT (DACORUM)	19.21	M17	8
9	T. GILLESPIE (WATFORD)	19.27	M17	9
10	T. LEWIS (HARROW)	19.27	M17	10

11	A. BELLEW (BEDFORD & C)	19.30	M17	11
12	J. LYNAM (MILTON K)	19.39	M17	12
13	S. DEATHE (MILTON K)	19.46	M17	13
14	G. KEMP (BEDFORD & C)	19.46	M17	14
15	H. MITCHELL (BRACKNELL)	19.51	M17	15
16	M. EAGER (MILTON K)	20.07	M17	16
17	N. LINGLEY (WINDSOR)	20.11	M17	17
18	L. TURNBULL (BEDFORD & C)	20.22	M17	18
19	R. TABERNER (BEDFORD & C)	20.25	M17	19
20	T. PATERSON (HARROW)	20.39	M17	20
21	C. GUY (MILTON K)	20.41	M17	21

22	A. STEWART (CHILTERN H.)	20.45	M17	22
23	D. ROE (LUTON)	21.11	M17	23
24	D. BIACHI (LUTON)	21.21	M17	24
25	C. SMART (WINDSOR)	21.36	M17	25
26	R. MOLLOY (DACORUM)	22.00	M17	26
27	C. REILLY (WINDSOR)	22.54	M17	27
28	C. CALVERT (WINDSOR)	23.16	M17	28
29	J. PHILP (WINDSOR)	23.41	M17	29
30	L. PORTER (WINDSOR)	24.28	M17	30
31	J. NEWTON (WINDSOR)	25.09	M17	31

**TEAM RESULT**

1	LUTON A.C.	95	1	2	7	23
2	MARSHALL MILTON KEYNES	84	3	12	13	16
3	BEDFORD & COUNTY	80	5	11	14	18
4	WINDSOR SE&H	55	4	17	25	27
5	BRACKNELL	43	6	15		
6	HARROW A.C.	34	10	20		
7	DACORUM & TRING	30	8	26		
8	WATFORD	23	9			
9	CHILTERN HARRIERS	10	22			

**DIVISION RESULT**

1	BEDFORD & COUNTY	457	152	123	102	80
2	MARSHALL MILTON KEYNES	423	125	129	85	84
3	LUTON A.C.	403	138	98	72	95
4	HARROW A.C.	327	90	112	91	34
5	WINDSOR SE&H	246	52	81	58	55
6	BRACKNELL	157	70	28	16	43
7	WATFORD	144	52	45	24	23
8	DACORUM & TRING	118	8	50	30	30
9	CHILTERN HARRIERS	65	46		9	10
10	OXFORD CITY	34	14	20		
11	VALE OF AYLESBURY	27	11	13	3	

**Under 15 Boys**

1	J. BURTON (BEDFORD & C)	12.39	M15	1
2	Z. SEDDON (BRACKNELL)	12.43	M15	2
3	L. SLOAN (WINDSOR)	12.56	M15	3
4	M. LEWIS (HARROW)	13.01	M15	4
5	T. MEAD (LUTON)	13.02	M15	5
6	A. WATSON (CHILTERN H.)	13.03	M15	6
7	D. MURPHY (MILTON K)	13.06	M15	7
8	P. STEWART (BEDFORD & C)	13.25	M15	8
9	J. BENNINGTON (WINDSOR)	13.28	M15	9
10	R. BURLING (MILTON K)	13.36	M15	10
11	S. STILL (LUTON)	13.37	M15	11

12	T. ATKINS (AYLESBURY)	13.50	M15	12
13	S. BENNET (BEDFORD & C)	13.53	M15	13
14	D. GURTON (AYLESBURY)	14.03	M15	14
15	O. GLYN (DACORUM)	14.06	M15	15
16	D. JOHNSON (LUTON)	14.10	M15	16
17	A. PHILIPS (SILSON)	14.16	M15	17
18	J. ANGELL (BEDFORD & C)	14.21	M15	18
19	O. SAUNDERS (HARROW)	14.25	M15	19
20	S. THORNLEY (BEDFORD & C)	14.28	M15	20
21	J. MITCHEL (BRACKNELL)	14.37	M15	21
22	L. ANGELL (BEDFORD & C)	14.37	M15	22
23	D. LOACH (CHILTERN H.)	14.39	M15	23

24	M. MALCOLM (MILTON K)	14.50	M15	24
25	N. DAVIS (HARROW)	15.02	M15	25
26	J. KENT (BRACKNELL)	15.12	M15	26
27	P. BENSON (HARROW)	15.15	M15	27
28	C. LARSEN (BRACKNELL)	15.22	M15	28
29	L. DORMER (WATFORD)	15.25	M15	29
30	H. BEEDELL (CHILTERN H.)	15.51	M15	30
31	J. KIRK (WINDSOR)	15.58	M15	31
32	G. BENNETT (DACORUM)	15.58	M15	32
33	C. BLANCHARD (WINDSOR)	16.32	M15	33
34	K. SWAN (WINDSOR)	17.08	M15	34
35	M. EDGAR (WINDSOR)	18.04	M15	35

**TEAM RESULT**

1	BEDFORD & COUNTY	104	1	8	13	18
2	LUTON A.C.	76	5	11	16	
3	HARROW A.C.	69	4	19	25	27
4	WINDSOR SE&H	68	3	9	31	33
5	MARSHALL MILTON KEYNES	67	7	10	24	
6	BRACKNELL	67	2	21	26	28
7	CHILTERN HARRIERS	49	6	23	30	
8	VALE OF AYLESBURY	46	12	14		
9	DACORUM & TRING	25	15	32		
10	SILSON JOGGERS	19	17			
11	WATFORD	7	29			

**DIVISION RESULT**

1	BEDFORD & COUNTY	544	195	124	121	104
2	BRACKNELL	409	147	112	83	67
3	LUTON A.C.	406	136	92	102	76
4	VALE OF AYLESBURY	332	117	96	73	46
5	HARROW A.C.	317	123	69	56	69
6	MARSHALL MILTON KEYNES	311	111	83	50	67
7	CHILTERN HARRIERS	270	107	66	48	49
8	WINDSOR SE&H	184	83		33	68
9	DACORUM & TRING	183	37	63	58	25
10	SILSON JOGGERS	73	24	14	16	19
11	WATFORD	60	31	13	9	7

**Under 13 Boys**

1	K. MASON (BEDFORD & C)	9.29	M13	1
2	M. GODDARD (CHILTERN H.)	9.36	M13	2
3	J. DUTTON (CHILTERN H.)	9.50	M13	3
4	S. REDDING (MILTON K)	9.55	M13	4
5	M. SEDDON (BRACKNELL)	9.58	M13	5
6	P. TUFFY (HARROW)	10.00	M13	6
7	K. WYE (WINDSOR)	10.04	M13	7
8	B. ALCOCK (BEDFORD & C)	10.13	M13	8
9	P. TAYLOR (AYLESBURY)	10.17	M13	9
10	S. JAGO (WINDSOR)	10.17	M13	10
11	R. HARVIE (WINDSOR)	10.18	M13	11
12	J. STEEL (BEDFORD & C)	10.27	M13	12
13	G. GILLINGWATER (CHIL)	10.31	M13	13
14	A. BRAMLEY (DACORUM)	10.33	M13	14
15	J. BENEDICKTER (LUTON)	10.34	M13	15
16	G. VINCE (BEDFORD & C)	10.35	M13	16

17	H. BYRNE (MILTON K)	10.35	M13	17
18	T. COX (MILTON K)	10.40	M13	18
19	L. HAWKINS (HARROW)	10.42	M13	19
20	A. BEVAN (DACORUM)	10.43	M13	20
21	S. COX (MILTON K)	10.44	M13	21
22	G. WARD (LUTON)	10.46	M13	22
23	C. DELANEY (BEDFORD & C)	10.46	M13	23
24	D. DE-VILLIERS (WINDSOR)	10.49	M13	24
25	J. SAUNDERS (BEDFORD & C)	10.50	M13	25
26	J. SPENCE (HARROW)	10.52	M13	26
27	M. LANE (WINDSOR)	10.54	M13	27
28	S. TABERNER (BEDFORD & C)	10.56	M13	28
29	J. PORTER (WINDSOR)	11.04	M13	29
30	R. TINKER (DACORUM)	11.06	M13	30
31	R. WILLIAMS (BEDFORD & C)	11.12	M13	31
32	J. TACK (OXFORD)	11.14	M13	32
33	D. HENSON (BEDFORD & C)	11.22	M13	33

34	P. ILLINGWORTH (CHIL)	11.22	M13	34
35	R. MILLER (BRACKNELL)	11.25	M13	35
36	L. SEXTON (HARROW)	11.36	M13	36
37	K. BANNIGART (WINDSOR)	11.37	M13	37
38	M. WALKER (WATFORD)	11.37	M13	38
39	G. SMITH (HARROW)	11.39	M13	39
40	J. FRANCIS (HARROW)	11.43	M13	40
41	L. MCDONALD (CHILTERN H.)	11.55	M13	41
42	S. HORNER (DACORUM)	11.58	M13	42
43	J. SLADE (CHILTERN H.)	12.04	M13	43
44	T. RIDING (AYLESBURY)	12.12	M13	44
45	J. QUORELL (DACORUM)	12.15	M13	45
46	A. BENYON (SILSON)	12.18	M13	46
47	E. JACKSON (WINDSOR)	12.57	M13	47
48	R. BOWKER (WINDSOR)	13.05	M13	48
49	J. DICKENSON (SILSON)	14.55	M13	49

**TEAM RESULT**

1	BEDFORD & COUNTY	163	1	8	12	16
2	WINDSOR SE&H	148	7	10	11	24
3	CHILTERN HARRIERS	148	2	3	13	34
4	MARSHALL MILTON KEYNES	140	4	17	18	21
5	HARROW A.C.	113	6	19	26	36
6	DACORUM & TRING	94	14	20	30	42
7	LUTON A.C.	63	15	22		
8	BRACKNELL	60	5	35		
9	VALE OF AYLESBURY	47	9	44		
10	OXFORD CITY	18	32			
11	WATFORD	12	38			
12	SILSON JOGGERS	5	46	49		

**DIVISION RESULT**

1	BEDFORD & COUNTY	702	203	143	193	163
2	WINDSOR SE&H	628	191	137	152	148
3	CHILTERN HARRIERS	616	195	81	192	148
4	MARSHALL MILTON KEYNES	528	161	79	148	140
5	DACORUM & TRING	446	149	91	112	94
6	HARROW A.C.	440	137	72	118	113
7	BRACKNELL	344	140	42	102	60
8	LUTON A.C.	271	66	9	133	63
9	VALE OF AYLESBURY	206	52	46	61	47
10	OXFORD CITY	192	72	56	46	18
11	WATFORD	41	5	15	9	12
12	SILSON JOGGERS	32	16	1	10	5
13	HEADINGTON R.R.	19	13	6		

**Senior/Veteran Ladies**

1	J. CRAFT (HEADINGTON).....	20.40	F35	1	21	C. HOLLOWAY (CHILTERN H.).....	23.57	F35	6	41	C. MURRY (DACORUM).....	27.10	F35	12
2	P. PRESCOTT (BEDFORD & C).....	20.52	F	1	22	L. BARNETT (CHILTERN H.).....	23.58	F	14	42	J. TUMLEY (WATFORD).....	27.24	F35	13
3	L. TAPPER (AYLESBURY).....	21.22	F	2	23	A. HOPKINS (HEADINGTON).....	24.00	F	15	43	M. FISCHER (HEADINGTON).....	27.41	F45	8
4	C. SCOTT (MILTON K).....	21.29	F	3	24	J. ORR (CHILTERN H.).....	24.11	F35	7	44	A. CLARK (HEADINGTON).....	28.00	F	23
5	C. BASSILL (LUTON).....	21.50	F	4	25	L. CARD (AYLESBURY).....	24.16	F	16	45	M. BIGNELL (SILSON).....	28.37	F45	9
6	S. REYNOLDS (CHILTERN H.).....	21.55	F35	2	26	C. DAVIES (DACORUM).....	24.18	F35	8	46	L. MERCHANT (DACORUM).....	28.43	F	24
7	S. COX (MILTON K).....	21.58	F	5	27	L. JAMES (WINDSOR).....	24.20	F	17	47	G. BRADSHAW (DACORUM).....	28.52	F45	10
8	L. BROMLOW (MILTON K).....	22.05	F	6	28	L. LYTOLLIS (SILSON).....	24.20	F35	9	48	R. LINGLEY (WINDSOR).....	29.08	F45	11
9	V. SAMSON (DACORUM).....	22.26	F	7	29	H. COOK (SILSON).....	24.29	F	18	49	D. GATESMAN (HANDY CROSS).....	29.09	F35	14
10	T. TAYLOR (MILTON K).....	22.28	F	8	30	B. RALPH (CHILTERN H.).....	24.39	F45	3	50	M. MOUTRIE (SILSON).....	29.27	F45	12
11	C. MOSS (BEDFORD & C).....	22.36	F	9	31	K. LOACH (CHILTERN H.).....	25.18	F45	4	51	A. MCLAUGHLIN (HX).....	29.28	F55	1
12	L. MARSHALL (AYLESBURY).....	22.37	F	10	32	NO. 480 (WATFORD).....	25.33	F	19	52	D. BALDWIN (MILTON K).....	29.33	F45	13
13	M. EDWARDS (WINDSOR).....	22.39	F35	3	33	E. HAYNES (HANDY CROSS).....	26.06	F35	10	53	P. SIDONS (WINDSOR).....	29.41	F55	2
14	H. BARNES (HEADINGTON).....	22.46	F	11	34	H. TURLEY (HEADINGTON).....	26.08	F45	5	54	J. ARMSTRONG (SILSON).....	30.10	F	25
15	D. MOORE (HEADINGTON).....	22.54	F	12	35	L. GILBEY (SILSON).....	26.15	F	20	55	B. KING (CHILTERN H.).....	30.48	F55	3
16	J. DALZELL (MILTON K).....	23.22	F35	4	36	C. TODD (SILSON).....	26.29	F45	6	56	D. HOWLETT (HANDY CROSS).....	31.26	F	26
17	E. ROBERTS (DACORUM).....	23.34	F	13	37	N. HENRY (DACORUM).....	26.46	F35	11	57	C. CRAWLEY (DACORUM).....	31.45	F45	14
18	S. WOLANSKI (HEADINGTON).....	23.49	F45	1	38	J. PEEL (CHILTERN H.).....	26.53	F45	7	58	J. MADRY (AYLESBURY).....	32.13	F35	15
19	J. AUSTIN (AYLESBURY).....	23.51	F35	5	39	T. STRACEY (HANDY CROSS).....	26.57	F	21	59	M. BRADLEY (WATFORD).....	35.28	F35	16
20	H. BENNEWITH (AYLESBURY).....	23.53	F45	2	40	P. CALLINGHAM (WINDSOR).....	27.00	F	22	60	J. WALL (WATFORD).....	37.36	F45	15

**TEAM RESULT**

1	MARSHALL MILTON KEYNES	215	4	7	8	10
2	HEADINGTON R.R.	196	1	14	15	18
3	VALE OF AYLESBURY	190	3	12	19	20
4	CHILTERN HARRIERS	171	6	21	22	24
5	DACORUM & TRING	155	9	17	26	37
6	SILSON JOGGERS	116	28	29	35	36
7	WINDSOR SE&H	116	13	27	40	48
8	BEDFORD & COUNTY	109	2	11		
9	HANDY CROSS	72	33	39	49	51
10	LUTON A.C.	56	5			
11	WATFORD	51	32	42	59	60

**Veteran Ladies Race**

1	CHILTERN HARRIERS	163	6	21	24	30
2	HEADINGTON R.R.	148	1	18	34	43
3	DACORUM & TRING	93	26	37	41	47
4	VALE OF AYLESBURY	86	19	20	58	
5	SILSON JOGGERS	85	28	36	45	50
6	WINDSOR SE&H	69	13	48	53	
7	MARSHALL MILTON KEYNES	54	16	52		
8	HANDY CROSS	50	33	49	51	
9	WATFORD	22	42	59	60	

**Junior/U17 Ladies**

1	L. LATTIMORE (HARROW).....	17.13	F17	1	7	S. BROWN (HARROW).....	19.26	F20	4	13	D. SYKES (BEDFORD & C).....	21.25	F17	9
2	S. BOAST (BEDFORD & C).....	18.27	F20	1	8	F. SMITH (WINDSOR).....	19.28	F17	4	14	H. KITCHEN (WATFORD).....	21.27	F20	5
3	L. LINGLEY (WINDSOR).....	18.45	F17	2	9	C. MILLER (BRACKNELL).....	19.39	F17	5	15	R. KEANE (LUTON).....	21.41	F17	10
4	C. APPEBY (AYLESBURY).....	19.03	F17	3	10	A. WRIGHT (BEDFORD & C).....	19.55	F17	6	16	D. MURPHY (CHILTERN H.).....	23.39	F17	11
5	A. CONCANNON (HARROW).....	19.06	F20	2	11	C. BAINES (BRACKNELL).....	20.42	F17	7	17	T. DANIELS-MOSS (HARROW).....	24.26	F17	12
6	A. FOX (WINDSOR).....	19.26	F20	3	12	S. CUTLER (BEDFORD & C).....	20.42	F17	8	18	S. WATTS (MILTON K).....	27.30	F17	13

**TEAM RESULT**

1	HARROW A.C.	44	1	5	7	
2	WINDSOR SE&H	40	3	6	8	
3	BEDFORD & COUNTY	33	2	10	12	
4	BRACKNELL	18	9	11		
5	VALE OF AYLESBURY	15	4			
6	WATFORD	5	14			
7	LUTON A.C.	4	15			
8	CHILTERN HARRIERS	3	16			
9	MARSHALL MILTON KEYNES	1	18			

**Under 15 Girls**

1	M. HAWTIN (OXFORD).....	9.35	F15	1	15	J. LIVESEY (MILTON K).....	10.58	F15	15	29	H. RADVAN (WINDSOR).....	11.54	F15	29
2	E. WALLBANK (BEDFORD & C).....	9.43	F15	2	16	J. SWEENEY (MILTON K).....	11.03	F15	16	30	Z. FRANKLAND (MILTON K).....	11.55	F15	30
3	L. WYE (WINDSOR).....	10.23	F15	3	17	N. WICKINGS (WATFORD).....	11.04	F15	17	31	E. ROW (BRACKNELL).....	11.57	F15	31
4	B. MYERS (WINDSOR).....	10.27	F15	4	18	M. HAYNES (WINDSOR).....	11.05	F15	18	32	L. WOOD (MILTON K).....	12.16	F15	32
5	E. CLARKE-JACQUES (OXFORD).....	10.31	F15	5	19	L. SALTER (BEDFORD & C).....	11.15	F15	19	33	D. BYRNE (MILTON K).....	12.20	F15	33
6	V. WALKER (WATFORD).....	10.33	F15	6	20	L. BROWN (DACORUM).....	11.17	F15	20	34	S. KINLEY (DACORUM).....	12.22	F15	34
7	J. WALKER (OXFORD).....	10.38	F15	7	21	R. HARDY (MILTON K).....	11.19	F15	21	35	L. BUTCHER (BRACKNELL).....	12.24	F15	35
8	E. BOAST (BEDFORD & C).....	10.41	F15	8	22	N. BARBOUR (WINDSOR).....	11.19	F15	22	36	C. JEFF (HARROW).....	12.24	F15	36
9	E. RELTON (BEDFORD & C).....	10.43	F15	9	23	K. BRADY (HARROW).....	11.21	F15	23	37	R. DORMER (WATFORD).....	12.40	F15	37
10	D. SEDDON (BRACKNELL).....	10.45	F15	10	24	A. SPITZER (WINDSOR).....	11.24	F15	24	38	K. TREVATT (WINDSOR).....	12.45	F15	38
11	E. ROCHE (MILTON K).....	10.45	F15	11	25	B. FIELDEN (BEDFORD & C).....	11.27	F15	25	39	K. LYMAN (MILTON K).....	12.45	F15	39
12	L. RAYMENT (BRACKNELL).....	10.49	F15	12	26	V. KYLEY (WINDSOR).....	11.31	F15	26	40	A. BROWN (MILTON K).....	12.56	F15	40
13	R. FLORY (BEDFORD & C).....	10.56	F15	13	27	G. CALLAGHAN (BRACKNELL).....	11.32	F15	27	41	K. GORMAN (WINDSOR).....	12.59	F15	41
14	R. MCCLAY (BRACKNELL).....	10.58	F15	14	28	H. SANGAN (OXFORD).....	11.52	F15	28	42	C. NICHOLLS (CHILTERN H.).....	14.12	F15	42

**TEAM RESULT**

1	BEDFORD & COUNTY	140	2	8	9	13
2	OXFORD CITY	131	1	5	7	28
3	WINDSOR SE&H	125	3	4	18	22
4	MARSHALL MILTON KEYNES	109	11	15	16	21
5	BRACKNELL	109	10	12	14	27
6	WATFORD	69	6	17	37	
7	DACORUM & TRING	32	20	34		
8	HARROW A.C.	27	23	36		
9	CHILTERN HARRIERS	1	42			

**Division Result**

1	BEDFORD & COUNTY	641	197	141	163	140
2	OXFORD CITY	635	192	141	171	131
3	MARSHALL MILTON KEYNES	574	167	149	149	109
4	WINDSOR SE&H	539	160	141	113	125
5	BRACKNELL	497	152	109	127	109
6	WATFORD	239	74	19	77	69
7	DACORUM & TRING	213	33	61	87	32
8	HARROW A.C.	201	97	55	22	27
9	LUTON A.C.	49	31		18	
10	VALE OF AYLESBURY	26	26			
11	CHILTERN HARRIERS	19	12	1	5	1

**Division Result**

1	MARSHALL MILTON KEYNES	1040	308	302	215	215
2	VALE OF AYLESBURY	926	286	265	185	190
3	CHILTERN HARRIERS	898	272	256	199	171
4	HEADINGTON R.R.	811	162	283	170	196
5	BEDFORD & COUNTY	782	303	231	139	109
6	DACORUM & TRING	708	177	177	199	155
7	WINDSOR SE&H	688	250	174	148	116
8	SILSON JOGGERS	546	159	154	117	116
9	HANDY CROSS	478	150	168	88	72
10	LUTON A.C.	395	178	70	91	56
11	WATFORD	284	161	72		51
12	OXFORD CITY	122		122		

**Division Result**

1	CHILTERN HARRIERS	808	249	220	176	163
2	HEADINGTON R.R.	642	139	229	126	148
3	MARSHALL MILTON KEYNES	458	169	119	116	54
4	DACORUM & TRING	457	167	122	75	93
5	VALE OF AYLESBURY	382	107	91	98	86
6	HANDY CROSS	381	150	120	61	50
7	SILSON JOGGERS	370	107	90	88	85
8	WINDSOR SE&H	365	174	51	71	69
9	WATFORD	221	127	72		22
10	LUTON A.C.	90	53		37	
11	OXFORD CITY	59		59		

**Division Result**

1	HARROW A.C.	274	89	66	75	44
2	WINDSOR SE&H	259	82	65	72	40
3	BEDFORD & COUNTY	216	57	53	73	33
4	BRACKNELL	188	60	50	60	18
5	DACORUM & TRING	112	25	36	51	
6	VALE OF AYLESBURY	78	32	3	28	15
7	WATFORD	26	5	7	9	5
8	LUTON A.C.	23	9	4	6	4
9	OXFORD CITY	14	13	1		
10	CHILTERN HARRIERS	13	3	2	5	3
11	MARSHALL MILTON KEYNES	11		10		1

**Under 13 Girls**

1	B. TURTON (BRACKNELL)	8.34	F13	1	21	C. HALL (WINDSOR)	9.31	F13	21	41	C. BENTLEY (WATFORD)	10.17	F13	41
2	I. KEMPTON (OXFORD)	8.40	F13	2	22	G. COLLINS (BRACKNELL)	9.37	F13	22	42	H. CARTER (BEDFORD & C)	10.19	F13	42
3	L. HAWTIN (OXFORD)	8.47	F13	3	23	J. FINLAY (MILTON K)	9.38	F13	23	43	S. NEEDLEMAN (DACORUM)	10.19	F13	43
4	S. DRAPER (HARROW)	8.49	F13	4	24	A. HARRIS (BEDFORD & C)	9.39	F13	24	44	K. BARNES (BEDFORD & C)	10.23	F13	44
5	R. BYREN (OXFORD)	9.02	F13	5	25	L. KEIGHLEY (MILTON K)	9.41	F13	25	45	T. JONES (WINDSOR)	10.24	F13	45
6	M. SHREEVES (BEDFORD & C)	9.03	F13	6	26	E. CLARKE (OXFORD)	9.44	F13	26	46	G. WENMAN (CHILTERN H.)	10.36	F13	46
7	R. MURRAY (BEDFORD & C)	9.06	F13	7	27	G. KEANE (LUTON)	9.45	F13	27	47	K. BUTLER (WINDSOR)	10.36	F13	47
8	M. MCKENZIE (BEDFORD & C)	9.07	F13	8	28	S. MORRIS (DACORUM)	9.45	F13	28	48	H. WELSH (AYLESBURY)	10.45	F13	48
9	B. BERGER-NORTH (BK)	9.08	F13	9	29	E. JONES (CHILTERN H.)	9.47	F13	29	49	C. JONES (WINDSOR)	10.51	F13	49
10	E. CROFT (WINDSOR)	9.09	F13	10	30	H. HOLLIS (WATFORD)	9.47	F13	30	50	A. LAWSON (SILSON)	10.51	F13	50
11	R. NOLAN (LUTON)	9.12	F13	11	31	A. DWYER (AYLESBURY)	9.47	F13	31	51	H. FERGUSON (CHILTERN H.)	10.52	F13	51
12	M. ANGELL (BEDFORD & C)	9.14	F13	12	32	J. LIDDLE (MILTON K)	9.47	F13	32	52	K. CALVERT (WINDSOR)	10.52	F13	52
13	G. CHILDS (MILTON K)	9.16	F13	13	33	J. ANSTICE (OXFORD)	9.50	F13	33	53	S. WENTFORD (HARROW)	10.53	F13	53
14	H. BYREN (OXFORD)	9.18	F13	14	34	A. MOORES (DACORUM)	9.50	F13	34	54	E. ROSE-SENIOR (HARROW)	10.58	F13	54
15	E. STILL (LUTON)	9.22	F13	15	35	E. BOUSFIELD (MILTON K)	9.53	F13	35	55	C. STRUTT (HARROW)	11.09	F13	55
16	E. HUDSON (LUTON)	9.26	F13	16	36	T. DISSANAYAKA (HARROW)	9.56	F13	36	56	M. DAVIES (CHILTERN H.)	11.11	F13	56
17	A. EYKELBASEH (DACORUM)	9.27	F13	17	37	R. MCCANN (AYLESBURY)	9.59	F13	37	57	S. CARD (AYLESBURY)	11.13	F13	57
18	A. HALES (MILTON K)	9.29	F13	18	38	R. ADAMS (WINDSOR)	10.04	F13	38	58	N. SMART (HARROW)	11.13	F13	58
19	L. ADAMS (MILTON K)	9.29	F13	19	39	P. BRYANT (DACORUM)	10.10	F13	39	59	S. EDWARDS (HARROW)	11.15	F13	59
20	C. ALLEN (WINDSOR)	9.29	F13	20	40	A. RAINSFORD (HARROW)	10.10	F13	40	60	E. MILLS (SILSON)	11.28	F13	60

**TEAM RESULT**

1	OXFORD CITY	220	2	3	5	14
2	BEDFORD & COUNTY	211	6	7	8	12
3	LUTON A.C.	175	11	15	16	27
4	MARSHALL MILTON KEYNES	171	13	18	19	23
5	WINDSOR SE&H	155	10	20	21	38
6	BRACKNELL	151	1	9	22	
7	DACORUM & TRING	126	17	28	34	39
8	HARROW A.C.	111	4	36	40	53
9	VALE OF AYLESBURY	71	31	37	48	57
10	CHILTERN HARRIERS	62	29	46	51	56
11	WATFORD	51	30	41		
12	SILSON JOGGERS	12	50	60		

**DIVISION RESULT**

1	OXFORD CITY	965	329	219	197	220
2	BEDFORD & COUNTY	894	313	162	208	211
3	BRACKNELL	828	299	206	172	151
4	LUTON A.C.	825	287	183	180	175
5	MARSHALL MILTON KEYNES	708	218	155	164	171
6	DACORUM & TRING	665	257	131	151	126
7	WINDSOR SE&H	609	224	108	122	155
8	HARROW A.C.	579	226	101	141	111
9	WATFORD	417	193	90	83	51
10	VALE OF AYLESBURY	340	236	17	16	71
11	CHILTERN HARRIERS	267	111	59	35	62
12	SILSON JOGGERS	53		22	19	12

**Total Overall Score**

1	WINDSOR SE&H	2097	1661	436
2	HARROW A.C.	2039	1857	182
3	MARSHALL MILTON KEYNES	1997	1501	496
4	CHILTERN HARRIERS	1722	1485	237
5	OXFORD CITY	1671	1320	351
6	HEADINGTON R.R.	1528	1332	196
7	BRACKNELL	1500	1222	278
8	VALE OF AYLESBURY	1463	1187	276
9	BEDFORD & COUNTY	1380	887	493
10	LUTON A.C.	1289	1054	235
11	SILSON JOGGERS	1221	1093	128
12	WATFORD	1056	880	176
13	HANDY CROSS	904	832	72
14	DACORUM & TRING	846	533	313

**DIVISION RESULT**

1	MARSHALL MILTON KEYNES	9304	2596	2633	2078	1997
2	HARROW A.C.	8814	2593	2176	2006	2039
3	WINDSOR SE&H	7573	2537	1826	1113	2097
4	CHILTERN HARRIERS	7510	2223	1960	1605	1722
5	VALE OF AYLESBURY	7204	2174	2013	1554	1463
6	OXFORD CITY	7069	1998	1946	1454	1671
7	BEDFORD & COUNTY	7005	2174	1378	2073	1380
8	BRACKNELL	6683	2046	1858	1279	1500
9	LUTON A.C.	6396	1931	1568	1608	1289
10	HEADINGTON R.R.	5814	1253	1820	1213	1528
11	SILSON JOGGERS	4994	1282	1382	1109	1221
12	DACORUM & TRING	4728	1430	1162	1290	846
13	WATFORD	4712	1484	1253	919	1056
14	HANDY CROSS	3708	1077	1062	665	904

**Male Overall Score**

1	HARROW A.C.	1857	1641	34	69	113
2	WINDSOR SE&H	1661	1390	55	68	148
3	MARSHALL MILTON KEYNES	1501	1210	84	67	140
4	CHILTERN HARRIERS	1485	1278	10	49	148
5	HEADINGTON R.R.	1332	1332			
6	OXFORD CITY	1320	1302			18
7	BRACKNELL	1222	1052	43	67	60
8	VALE OF AYLESBURY	1187	1094	46	47	
9	SILSON JOGGERS	1093	1069		19	5
10	LUTON A.C.	1054	820	95	76	63
11	BEDFORD & COUNTY	887	540	80	104	163
12	WATFORD	880	838	23	7	12
13	HANDY CROSS	832	832			
14	DACORUM & TRING	533	384	30	25	94

**DIVISION RESULT**

1	HARROW A.C.	7760	2181	1954	1768	1857
2	MARSHALL MILTON KEYNES	6971	1903	2017	1550	1501
3	CHILTERN HARRIERS	6313	1825	1642	1361	1485
4	VALE OF AYLESBURY	5834	1594	1728	1325	1187
5	WINDSOR SE&H	5478	1821	1338	658	1661
6	OXFORD CITY	5333	1464	1463	1086	1320
7	BRACKNELL	5170	1535	1493	920	1222
8	LUTON A.C.	5104	1426	1311	1313	1054
9	HEADINGTON R.R.	5003	1091	1537	1043	1332
10	BEDFORD & COUNTY	4472	1304	791	1490	887
11	SILSON JOGGERS	4395	1123	1206	973	1093
12	WATFORD	3746	1051	1065	750	880
13	HANDY CROSS	3230	927	894	577	832
14	DACORUM & TRING	3030	938	757	802	533

**Female Overall Score**

1	MARSHALL MILTON KEYNES	496	215	1	109	171
2	BEDFORD & COUNTY	493	109	33	140	211
3	WINDSOR SE&H	436	116	40	125	155
4	OXFORD CITY	351			131	220
5	DACORUM & TRING	313	155		32	126
6	BRACKNELL	278		18	109	151
7	VALE OF AYLESBURY	276	190	15		71
8	CHILTERN HARRIERS	237	171	3	1	62
9	LUTON A.C.	235	56	4		175
10	HEADINGTON R.R.	196	196			
11	HARROW A.C.	182		44	27	111
12	WATFORD	176	51	5	69	51
13	SILSON JOGGERS	128	116			12
14	HANDY CROSS	72	72			

**DIVISION RESULT**

1	BEDFORD & COUNTY	2533	870	587	583	493
2	MARSHALL MILTON KEYNES	2333	693	616	528	496
3	WINDSOR SE&H	2095	716	488	455	436
4	OXFORD CITY	1736	534	483	368	351
5	DACORUM & TRING	1698	492	405	488	313
6	BRACKNELL	1513	511	365	359	278
7	VALE OF AYLESBURY	1370	580	285	229	276
8	LUTON A.C.	1292	505	257	295	235
9	CHILTERN HARRIERS	1197	398	318	244	237
10	HARROW A.C.	1054	412	222	238	182
11	WATFORD	966	433	188	169	176
12	HEADINGTON R.R.	811	162	283	170	196
13	SILSON JOGGERS	599	159	176	136	128
14	HANDY CROSS	478	150	168	88	72

As usual, round 5 will have a special timetable with the senior men's race early to facilitate prompt awards presentation.