

# Apex Sports Chiltern League Division One 2009/2010 Round 4

Held at Shuttleworth on 16 January 2010

## Senior/Junior/Veteran Men

1	D. DEED (BEDFORD & C)	25.17	M	1	50	M. WHEL BAND (MILTON K)	30.44	M	26	102	G. WALFORD (CHILTERN H.)	34.34	M40	35
2	T. COMERFORD (MILTON K)	26.32	M	2	51	S. WOODWARD (SILSON)	30.45	M	27	103	A. ROBERTS (AYLESBURY)	34.35	M40	36
3	R. HEANEY (BEDFORD & C)	26.48	M	3	52	A. GLEESON (OXFORD)	30.49	M40	16	104	N. GOSLING (MILTON K)	34.37	M	44
4	E. O'GORMAN (CHILTERN H.)	26.52	M	4	53	R. JAMES (MILTON K)	30.50	M	28	105	D. HUCK (WINDSOR)	34.41	M40	37
5	S. TUTTLE (BEDFORD & C)	26.53	M	5	54	L. TURTON (WINDSOR)	30.51	M20	8	106	J. MANNING (TRING)	34.46	M50	14
6	D. BRANFOOT (HARROW)	27.18	M	6	55	M. CRANWELL (HARROW)	30.51	M	29	107	A. TAYLOR (SILSON)	34.48	M	45
7	M. BENNETT (CHILTERN H.)	27.26	M	7	56	A. ATKINS (MILTON K)	30.52	M	30	108	S. JAMES (MILTON K)	35.00	M40	38
8	J. COOPER (HARROW)	27.28	M	8	57	I. LAMB (MILTON K)	30.55	M40	17	109	A. HOARE (SILSON)	35.03	M50	15
9	C. MAY (AYLESBURY)	27.33	M	9	58	R. DOWSWELL (MILTON K)	30.58	M40	18	110	M. MCPHEAT (MILTON K)	35.06	M50	16
10	C. LAMBERT (MILTON K)	27.34	M20	1	59	C. MAHON (MILTON K)	31.04	M40	19	111	M. SPENCER (SILSON)	35.15	M40	39
11	J. CRITCHLOW (HARROW)	27.40	M40	1	60	S. LONG (TRING)	31.08	M40	20	112	P. KEAN (LUTON)	35.23	M40	40
12	M. SALT (DACORUM)	27.41	M20	2	61	M. ADCOCK (WATFORD)	31.11	M40	21	113	K. SMITH (MILTON K)	35.26	M60	3
13	C. HEARN (MILTON K)	27.51	M	10	62	S. WILLIAMSON (TRING)	31.25	M40	22	114	J. FOSTER (HEADINGTON)	35.47	M	46
14	D. WOODGATE (LUTON)	27.55	M20	3	63	A. METCALFE (BEDFORD & C)	31.28	M	31	115	J. STARKEY (BRACKNELL)	36.08	M40	41
15	T. BEEDELL (CHILTERN H.)	27.57	M	11	64	M. DUNMORE (HEADINGTON)	31.30	M	32	116	P. OWENS (CHILTERN H.)	36.10	M50	17
16	T. CORBETT (BEDFORD & C)	27.58	M20	4	65	D. WATKINS (HARROW)	31.32	M40	23	117	T. KEECH (SILSON)	36.13	M50	18
17	R. POWELL (BEDFORD & C)	28.16	M40	2	66	D. CHESHIRE (BEDFORD & C)	31.37	M40	24	118	N. WASHINGTON (MILTON K)	36.18	M	47
18	R. LARSEN (BRACKNELL)	28.19	M	12	67	M. BURGESS (TRING)	31.42	M40	25	119	A. MCCORMACK (CHILTERN H.)	36.19	M40	42
19	D. HAMBLIN (AYLESBURY)	28.24	M	13	68	A. WASEDELL (MILTON K)	31.53	M	33	120	A. HARRISON (MILTON K)	36.23	M50	19
20	J. ROBERTSON (OXFORD)	28.35	M	14	69	A. PHELPS (HEADINGTON)	32.00	M40	26	121	J. TAYLOR (CHILTERN H.)	36.30	M	48
21	S. EARLEY (BEDFORD & C)	28.40	M40	3	70	S. BEEDELL (CHILTERN H.)	32.01	M	34	122	J. GRIFFITHS (HEADINGTON)	36.54	M50	20
22	R. GLANSBURY (WINDSOR)	28.45	M20	5	71	P. FRENCH (BEDFORD & C)	32.08	M	35	123	D. FINDELL-HAWKINS (MK)	36.56	M50	21
23	M. CURSONS (HARROW)	28.45	M40	4	72	S. BARNETT (TRING)	32.11	M	36	124	M. FOLKARD (CHILTERN H.)	37.04	M50	22
24	J. RICHARDSON (OXFORD)	28.50	M40	5	73	G. O'CALLAGHAN (TRING)	32.14	M	37	125	C. JEFFS (TRING)	37.05	M	49
25	C. FINILL (HARROW)	28.58	M50	1	74	R. MOLLOY (DACORUM)	32.18	M20	9	126	M. NICHOLLS (SILSON)	37.23	M40	43
	J. ABYEO (OXFORD) N/S	29.02	M40		75	S. THORP (OXFORD)	32.19	M50	3	127	S. FIELD (CHILTERN H.)	37.51	M50	23
26	L. MCNABOLA (LUTON)	29.05	M	15	76	L. HURMAN (HEADINGTON)	32.19	M50	4	128	R. ENGERS (CHILTERN H.)	37.56	M40	44
27	A. CROSS (BEDFORD & C)	29.10	M	16	77	R. GRANT (OXFORD)	32.23	M50	5	129	P. MARSHALL (OXFORD)	38.00	M40	45
28	A. PACEY (SILSON)	29.25	M40	6	78	J. FAWCETT (CHILTERN H.)	32.26	M	38	130	M. CHILDS (MILTON K)	38.04	M40	46
29	B. GREEN (OXFORD)	29.29	M50	2	79	M. LEPPS (HARROW)	32.37	M50	6	131	B. THOMPSON (BEDFORD & C)	38.04	M60	4
30	P. BENEDICTER JNR (LUTON)	29.31	M20	6	80	M. BRADLEY (WATFORD)	32.38	M50	7	132	J. BEEDELL (CHILTERN H.)	38.08	M40	47
31	G. HARRIS (HEADINGTON)	29.31	M	17	81	A. KIRK (SILSON)	32.39	M	39		K. MARTIN (BED) N/S	38.28	M20	
32	S. STILL (LUTON)	29.34	M40	7	82	D. COATES (SILSON)	32.41	M50	8	133	S. HOWSON (AYLESBURY)	38.38	M	50
33	P. NORRIS (HARROW)	29.36	M	18	83	M. O'CONNOR (AYLESBURY)	32.46	M50	9	134	C. HAWLET (WATFORD)	38.51	M60	5
34	A. ROLT (AYLESBURY)	29.38	M40	8	84	K. REBOUL (SILSON)	32.49	M40	27	135	B. KEERS (SILSON)	39.12	M40	48
	M. CLARKE (MILTON K) N/S	29.43	M		85	I. THOMPSON (AYLESBURY)	32.51	M40	28	136	J. MILLER (MILTON K)	39.22	M60	6
	NO. 1084 (MET POLICE) N/S	29.48	M		86	S. PERKIN (CHILTERN H.)	32.54	M40	29	137	S. LOW (HARROW)	39.32	M	51
35	N. PACEY (SILSON)	29.49	M40	9	87	H. EDWARDS-EVANS (AY)	32.56	M40	30	138	P. GRIMSDALE (OXFORD)	39.53	M50	24
36	A. WRAY (HARROW)	29.56	M	19	88	R. TREADWELL (OXFORD)	33.06	M60	1	139	J. WORTH (HEADINGTON)	40.08	M40	49
37	S. HERRING (MILTON K)	30.02	M40	10	89	D. VANNEN (WATFORD)	33.12	M	40	140	J. COOPER (DACORUM)	40.13	M60	7
38	P. DALY (BRACKNELL)	30.03	M40	11	90	B. FULLER (WINDSOR)	33.19	M40	31	141	S. DANIEL (WATFORD)	40.29	M40	50
39	V. ZVEREV (OXFORD)	30.06	M40	12	91	D. MEANEY (DACORUM)	33.22	M50	10	142	T. BRAUN (CHILTERN H.)	40.52	M60	8
40	R. LANGLEY (TRING)	30.08	M	20	92	A. DARBYSHIRE (HEADINGTON)	33.27	M40	32	143	N. JONES (SILSON)	41.00	M40	51
41	C. SMART (WINDSOR)	30.14	M20	7	93	C. NICHOLSON (MILTON K)	33.39	M	41	144	P. BROOKS (LUTON)	41.36	M40	52
42	K. NANTON (CHILTERN H.)	30.17	M	21	94	T. MCINTYRE (HARROW)	33.51	M50	11	145	D. WOOD (MILTON K)	42.56	M50	25
43	M. RICHARDS (AYLESBURY)	30.18	M	22	95	K. CONNOR (HARROW)	33.53	M50	12	146	R. CHERRY (HEADINGTON)	44.22	M40	53
44	R. THREFFALL (MILTON K)	30.21	M	23	96	J. EXLEY (OXFORD)	33.54	M60	2	147	A. LOCK (SILSON)	44.32	M60	9
45	A. MOURIDIAN (BRACKNELL)	30.31	M	24	97	D. TAYLOR (SILSON)	34.05	M	42	148	M. HAYNES (MILTON K)	47.17	M60	10
46	R. MOURIDIAN (LUTON)	30.35	M40	13	98	L. TURTON (MILTON K)	34.06	M40	33	149	D. IVES (DACORUM)	47.35	M60	11
47	J. DARCY (SILSON)	30.36	M40	14	99	M. BURLING (MILTON K)	34.12	M50	13	150	J. LAWRENCE (MILTON K)	49.13	M50	26
48	R. THETFORD (HEADINGTON)	30.36	M40	15	100	A. VORALIA (MILTON K)	34.23	M	43	151	T. BUSH (HARROW)	49.29	M60	12
49	D. MAISEY (AYLESBURY)	30.39	M	25	101	P. JACOB (LUTON)	34.24	M40	34	152	M. CARTWRIGHT (CHIL)	50.44	M60	13

## TEAM RESULT non scorers excluded

1	BEDFORD & COUNTY	1240	1	3	5	16	17	21	27	63	66	71
2	HARROW A.C.	1189	6	8	11	23	25	33	36	55	65	79
3	MARSHALL MILTON KEYNES	1150	2	10	13	37	44	50	53	56	57	58
4	OXFORD CITY	901	20	24	29	39	52	75	77	88	96	129
5	CHILTERN HARRIERS	891	4	7	15	42	70	78	86	102	116	119
6	VALE OF AYLESBURY	885	9	19	34	43	49	83	85	87	103	133
7	SILSON JOGGERS	809	28	35	47	51	81	82	84	97	107	109
8	LUTON A.C.	719	14	26	30	32	46	101	112	144		
9	HEADINGTON R.R.	629	31	48	64	69	76	92	114	122	139	146
10	TRING RUNNING CLUB	619	40	60	62	67	72	73	106	125		
11	WINDSOR SE&H	453	22	41	54	90	105					
12	BRACKNELL	396	18	38	45	115						
13	DACORUM & TRING	299	12	74	91	140	149					
14	WATFORD	260	61	80	89	134	141					

## Veteran Mens Race

1	HARROW A.C.	488	11	23	25	65
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	377	17	21	66	131
6	HEADINGTON R.R.	327	48	69	76	92
7	VALE OF AYLESBURY	323	34	83	85	87
8	LUTON A.C.	321	32	46	101	112
9	TRING RUNNING CLUB	317	60	62	67	106
10	WATFORD	196	61	80	134	141
11	CHILTERN HARRIERS	189	86	102	116	119
12	BRACKNELL	153	38	115		
13	WINDSOR SE&H	111	90	105		
14	DACORUM & TRING	79	91	140	149	

## Junior Men

1	WINDSOR SE&H	342	22	41	54
2	LUTON A.C.	262	14	30	
3	DACORUM & TRING	220	12	74	
4	MARSHALL MILTON KEYNES	143	10		
5	BEDFORD & COUNTY	137	16		

## DIVISION RESULT

1	MARSHALL MILTON KEYNES	5918	1511	1824	1433	1150
2	HARROW A.C.	5787	1579	1755	1264	1189
3	BEDFORD & COUNTY	5122	1118	1562	1202	1240
4	VALE OF AYLESBURY	4465	1218	1450	912	885
5	CHILTERN HARRIERS	4355	1182	1253	1029	891
6	OXFORD CITY	4133	1237	1137	858	901
7	LUTON A.C.	4060	827	1821	693	719
8	HEADINGTON R.R.	3995	1166	1371	829	629
9	SILSON JOGGERS	3948	1027	1307	805	809
10	WINDSOR SE&H	3780	1076	910	1341	453
11	TRING RUNNING CLUB	3634	874	1313	828	619
12	WATFORD	3202	1052	1092	798	260
13	BRACKNELL	3104	1169	1035	504	396
14	DACORUM & TRING	1381	265	654	163	299

## DIVISION RESULT

1	HARROW A.C.	2218	500	683	547	488
2	OXFORD CITY	2084	572	582	462	468
3	VALE OF AYLESBURY	1946	569	632	422	323
4	TRING RUNNING CLUB	1831	507	604	403	317
5	HEADINGTON R.R.	1819	525	580	387	327
6	BEDFORD & COUNTY	1741	196	649	519	377
7	SILSON JOGGERS	1734	399	504	411	420
8	MARSHALL MILTON KEYNES	1660	419	497	343	401
9	LUTON A.C.	1442	325	457	339	321
10	WATFORD	1297	407	388	306	196
11	CHILTERN HARRIERS	1117	316	327	285	189
12	WINDSOR SE&H	802	196	246	249	111
13	BRACKNELL	660	253	174	80	153
14	DACORUM & TRING	608	97	269	163	79

## DIVISION RESULT

1	WINDSOR SE&H	1679	424	456	457	342
2	MARSHALL MILTON KEYNES	1655	513	564	435	143
3	LUTON A.C.	1541	350	620	309	262
4	BEDFORD & COUNTY	826	349	190	150	137
5	DACORUM & TRING	718	165	333		220
6	CHILTERN HARRIERS	279	135	144		
7	HARROW A					

**Under 17 Men**

1 J. GOODWIN (BEDFORD & C).....17.26 M17 1	12 H. ROBERTSON (OXFORD).....19.19 M17 12	24 J. TIDD (WINDSOR) .....20.39 M17 24
2 Z. SEDDON (BRACKNELL).....17.30 M17 2	13 R. BURLING (MILTON K).....19.24 M17 13	25 T. REILLY (LUTON).....20.41 M17 25
3 M. BERGIN (BEDFORD & C).....18.06 M17 3	14 Z. CURRAN (WINDSOR).....19.50 M17 14	26 D. JOHNSON (LUTON).....20.41 M17 26
4 S. STILL (LUTON).....18.28 M17 4	15 G. BURKITT (BEDFORD & C).....19.54 M17 15	27 G. BROWN (WINDSOR).....20.46 M17 27
5 T. ATKINS (AYLESBURY).....18.34 M17 5	16 S. BENNET (BEDFORD & C).....19.55 M17 16	28 J. BENNEWITH (AYLESBURY).....20.58 M17 28
6 E. WOOLMER (WINDSOR).....18.35 M17 6	17 D. LOACH (CHILTERN H.).....19.57 M17 17	29 B. HALL (CHILTERN H.).....21.11 M17 29
7 T. MEAD (LUTON).....18.43 M17 7	18 A. HOLLIAM (HARROW).....19.59 M17 18	30 A. BROWN (HARROW).....21.13 M17 30
8 A. GOODALL (WINDSOR).....18.50 M17 8	19 M. NICHOLSON (BEDFORD & C).....20.00 M17 19	31 D. COE (WINDSOR).....21.55 M17 31
9 N. DITTON (WINDSOR).....18.51 M17 9	20 J. BENNINGTON (WINDSOR).....20.04 M17 20	32 C. THORNLEY (BEDFORD & C).....22.24 M17 32
10 A. WATSON (CHILTERN H.).....19.06 M17 10	21 P. STEWART (BEDFORD & C).....20.06 M17 21	33 M. TILLEY (LUTON).....22.35 M17 33
11 L. ANGELL (BEDFORD & C).....19.12 M17 11	22 M. GALCOLM (MILTON K).....20.25 M17 22	34 T. HUGHES (CHILTERN H.).....23.09 M17 34
K. AL-ABAIDY (WINDSOR) N/S.....19.13 M17	23 O. LYLYN (DACORUM).....20.31 M17 23	35 J. HOLLAND (BEDFORD & C).....23.36 M17 35

**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			

**DIVISION RESULT**

1 BEDFORD & COUNTY	521	156	156	95	114
2 WINDSOR SE&H	507	149	136	115	107
3 VALE OF AYLESBURY	353	119	133	62	39
4 BRACKNELL	287	83	135	35	34
5 LUTON A.C.	281	95	47	57	82
6 MARSHALL MILTON KEYNES	227	63	67	60	37
7 CHILTERN HARRIERS	178	61	27	36	54
8 OXFORD CITY	170	54	67	25	24
9 HARROW A.C.	149	40	59	26	24
10 DACORUM & TRING	75	44	18	13	

**Under 15 Boys**

1 B. ALCOCK (BEDFORD & C).....13.33 M15 1	15 D. BARRACLOUGH (CHIL).....14.50 M15 15	30 J. DAVIES (CHILTERN H.).....15.49 M15 30
2 S. REDDING (MILTON K).....13.57 M15 2	16 J. TACK (OXFORD).....14.58 M15 16	31 J. BENEDICTER (BED).....15.55 M15 31
3 R. ISAACSON (BEDFORD & C).....13.59 M15 3	17 G. GILLINGWATER (CHIL).....15.00 M15 17	32 M. BRAY (BEDFORD & C).....15.58 M15 32
4 K. WYIE (WINDSOR).....14.00 M15 4	18 B. CHURCHMAN (BEDFORD & C).....15.03 M15 18	33 T. STEAD (BEDFORD & C).....16.12 M15 33
5 NO. 303 (BRACKNELL).....14.02 M15 5	19 J. KNIGHT (MILTON K).....15.10 M15 19	34 T. HUDSON (LUTON).....16.16 M15 34
6 B. BRADLEY (WINDSOR).....14.09 M15 6	N. DOYLE (HERTS P) N/S.....15.13 M15	35 J. EYKELBOSCH (DACORUM).....16.16 M15 35
7 M. SEDDON (BRACKNELL).....14.14 M15 7	20 A. BEVAN (DACORUM).....15.19 M15 20	36 T. COX (MILTON K).....16.28 M15 36
8 M. GODDARD (CHILTERN H.).....14.18 M15 8	21 G. WARD (LUTON).....15.20 M15 21	37 A. JOHNSON (CHILTERN H.).....16.35 M15 37
9 S. WYLLIE (BRACKNELL) N/S.....14.18 M15 9	22 S. PROCTOR (BEDFORD & C).....15.26 M15 22	38 D. HENSON (BEDFORD & C).....16.47 M15 38
10 R. TAYLOR (DACORUM).....14.31 M15 9	23 J. WALKER (CHILTERN H.).....15.28 M15 23	39 J. LAMMING (BRACKNELL).....16.50 M15 39
11 M. HARRISON (BEDFORD & C).....14.39 M15 10	24 R. LEWIS (LUTON).....15.29 M15 24	40 L. HAWKINS (HARROW).....16.58 M15 40
12 J. DUTTON (CHILTERN H.).....14.43 M15 11	25 J. SAUNDERS (BEDFORD & C).....15.37 M15 25	41 L. BARTHOLEMEW (BRACKNELL).....17.07 M15 41
13 P. DOUGLAS (BEDFORD & C).....14.48 M15 12	26 L. MCDONALD (CHILTERN H.).....15.39 M15 26	42 J. COLLIER (HARROW).....17.47 M15 42
14 J. TAYLOR (AYLESBURY).....14.48 M15 13	27 S. KNEE-ROBINSON (BED).....15.41 M15 27	43 J. QUORELL (DACORUM).....20.17 M15 43
15 M. MARSHALL (OXFORD).....14.49 M15 14	28 S. COX (MILTON K).....15.42 M15 28	44 C. FENTON (MILTON K).....20.46 M15 44
	29 R. SEEKINS (AYLESBURY).....15.48 M15 29	

**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		

**DIVISION RESULT**

1 BEDFORD & COUNTY	699	173	206	166	154
2 CHILTERN HARRIERS	628	172	190	137	129
3 WINDSOR SE&H	594	174	182	158	80
4 BRACKNELL	525	152	145	140	88
5 MARSHALL MILTON KEYNES	465	109	151	110	95
6 HARROW A.C.	363	105	129	121	8
7 DACORUM & TRING	309	75	131	30	73
8 OXFORD CITY	260	73	96	31	60
9 VALE OF AYLESBURY	186	4	97	37	48
10 LUTON A.C.	174	31	42	45	56
11 WATFORD	3	2	1		

**Under 13 Boys**

1 T. VERBENA (WATFORD).....9.48 M13 1	17 S. BUTCHER (CHILTERN H.).....10.38 M13 17	33 H. LANDER (LUTON).....11.23 M13 33
2 K. LINDARS (AYLESBURY).....9.58 M13 2	18 J. WAGERLEIGH (DACORUM).....10.39 M13 18	34 T. HOLLAND (BEDFORD & C).....11.25 M13 34
3 J. MCCARTHY (CHILTERN H.).....10.00 M13 3	19 L. GLYN (DACORUM).....10.42 M13 19	35 O. HURCUM (HARROW).....11.28 M13 35
4 B. HUGHES (CHILTERN H.).....10.01 M13 4	20 C. REID-JONES (CHIL).....10.43 M13 20	36 R. ANGELL (BEDFORD & C).....11.29 M13 36
5 A. STENNING (CHILTERN H.).....10.02 M13 5	21 J. TREANOR (CHILTERN H.).....10.48 M13 21	37 M. WILLIAMS (BRACKNELL).....11.30 M13 37
6 J. JONES (BEDFORD & C).....10.03 M13 6	22 H. MORTON (MILTON K).....10.49 M13 22	38 R. HUGHES (CHILTERN H.).....11.33 M13 38
7 G. COCKLE (WINDSOR).....10.04 M13 7	23 E. MARSH (WATFORD).....10.49 M13 23	39 O. SEAMARK (MILTON K).....11.45 M13 39
8 T. HERDMAN-SMITH (MK).....10.15 M13 8	24 W. COOPER (BRACKNELL).....10.50 M13 24	40 A. OWENS (CHILTERN H.).....11.49 M13 40
9 T. COE (WINDSOR).....10.16 M13 9	25 C. KEANE (WATFORD).....10.53 M13 25	41 N. WHITE (HARROW).....11.55 M13 41
10 C. NEAL (CHILTERN H.).....10.18 M13 10	26 K. HAMMOND (HARROW).....10.53 M13 26	42 J. SHEPHERD (SILSON).....11.56 M13 42
11 J. COCHRANE (CHILTERN H.).....10.27 M13 11	27 A. HEPBURN (BEDFORD & C).....10.55 M13 27	43 M. CANHAM (LUTON).....12.06 M13 43
12 J. AHERNE (CHILTERN H.).....10.28 M13 12	28 T. JONES (CHILTERN H.).....10.55 M13 28	44 L. BOUNDS (MILTON K).....12.07 M13 44
13 G. GATHERCOLE (WINDSOR).....10.29 M13 13	29 J. GAMMELL (HARROW).....10.56 M13 29	45 W. GODDARD (WINDSOR).....12.08 M13 45
14 S. SEDDON (BRACKNELL).....10.30 M13 14	30 J. HILL (HARROW).....10.56 M13 30	46 J. DAVIES (WATFORD).....12.16 M13 46
15 M. SIMPSON (DACORUM).....10.31 M13 15	31 S. PAYNE (BRACKNELL).....11.06 M13 31	47 R. NEEDLEMAN (DACORUM).....12.57 M13 47
16 G. ROBINSON (WINDSOR).....10.35 M13 16	32 M. MARSOM (BEDFORD & C).....11.09 M13 32	48 J. GUDGIN (BEDFORD & C).....14.30 M13 48

**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			

**DIVISION RESULT**

1 CHILTERN HARRIERS	657	156	169	158	174
2 WINDSOR SE&H	623	124	162	186	151
3 WATFORD	480	105	131	143	101
4 BEDFORD & COUNTY	427	100	136	94	97
5 DACORUM & TRING	407	71	111	128	97
6 BRACKNELL	391	60	141	100	90
7 MARSHALL MILTON KEYNES	390	77	121	109	83
8 HARROW A.C.	367	100	79	112	76
9 VALE OF AYLESBURY	149	3	47	52	47
10 OXFORD CITY	66	33	33		
11 LUTON A.C.	60	10	12	16	22
12 SILSON JOGGERS	44	7	6	24	7

**Senior/Velder Ladies**

1 N. SYKES (BEDFORD & C).....19.33 F 1	20 C. LATHWELL (LUTON).....23.50 F 15	40 H. FALLAIZE (AYLESBURY).....26.46 F45 5
2 R. GIBBS (BEDFORD & C).....19.42 F 2	21 C. DAVIES (DACORUM).....23.54 F45 2	41 V. SHELDON (AYLESBURY).....26.48 F35 10
3 R. NEWSTEAD (BEDFORD & C).....19.49 F 3	22 R. CAVE (BEDFORD & C).....24.04 F 16	42 A. GOOCH (MILTON K).....27.12 F 25
4 H. BARNES (HEADINGTON).....20.39 F 4	23 E. ROBERTS (DACORUM).....24.07 F 17	43 N. KING (SILSON).....27.16 F 26
5 J. CRAFT (HEADINGTON).....20.57 F35 1	24 K. LARGE (BEDFORD & C).....24.13 F 18	44 J. PORTEOUS (TRING).....27.18 F45 6
6 L. BROMLOW (MILTON K).....21.10 F 5	25 J. ROGERS (BEDFORD & C).....24.37 F 19	45 C. MARSHALL (OXFORD).....27.25 F35 11
7 T. TAYLOR (MILTON K).....21.29 F 6	26 L. LYTOLLIS (SILSON).....25.18 F35 5	46 A. HALFORD (WATFORD).....27.32 F 27
8 S. GIBBENS (MILTON K).....21.45 F 7	27 H. COOKE (SILSON).....25.18 F 20	47 C. TODD (SILSON).....27.43 F45 7
9 N. GOODERHAM (MILTON K).....21.46 F 8	28 L. BURGOINE (OXFORD).....25.26 F 21	48 M. FISCHER (HEADINGTON).....27.48 F45 8
10 S. THOMAS (CHILTERN H.).....21.51 F 9	29 N. HENRY (DACORUM).....25.29 F35 6	49 C. GRIERSON (OXFORD).....28.03 F 28
11 J. AUSTIN (AYLESBURY).....22.04 F45 1	30 H. FOLKARD (CHILTERN H.).....25.32 F35 7	50 M. BIGNELL (SILSON).....28.20 F45 9
12 L. KYTE (HEADINGTON).....22.36 F 10	31 D. HINDMARCH (MILTON K).....25.34 F45 3	51 J. TURNLEY (WATFORD).....28.34 F35 12
13 A. YOUNG (CHILTERN H.).....22.50 F35 2	32 B. RALPH (CHILTERN H.).....25.41 F55 1	52 C. CRAWLEY (DACORUM).....29.13 F45 10
14 H. FRIZZELL (BEDFORD & C).....22.59 F35 3	33 J. MADRY (AYLESBURY).....26.04 F35 8	53 U. GHALE (MILTON K).....30.01 F55 3
15 S. DELDERFIELD (AYLESBURY).....23.19 F 11	34 P. CALLINGHAM (WINDSOR).....26.07 F 22	54 B. KING (CHILTERN H.).....30.08 F55 4
16 S. WRIGHT (MILTON K).....23.23 F 12	35 H. TURLY (HEADINGTON).....26.18 F55 2	55 L. MERCHANT (DACORUM).....31.36 F 29
17 C. HARRIS (HEADINGTON).....23.31 F 13	36 K. BARNETT (TRING).....26.23 F 23	56 S. SMEE (SILSON).....33.00 F45 11
18 A. HOPKINS (HEADINGTON).....23.32 F 14	37 A. PUTKO (WATFORD).....26.29 F 24	57 P. CARD (AYLESBURY).....36.20 F55 5
19 J. ORR (CHILTERN H.).....23.36 F35 4	38 R. RUTT (TRING).....26.32 F45 4	58 M. RUSSELL (HEADINGTON).....36.45 F45 12
	39 C. MURRAY (DACORUM).....26.38 F35 9	59 C. DEBNEY (SILSON).....37.01 F55 6

**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			

**DIVISION RESULT**

1	BEDFORD & COUNTY	1123	329	334	240	220
2	MARSHALL MILTON KEYNES	1093	312	313	258	210
3	HEADINGTON R.R.	972	294	241	235	202
4	CHILTERN HARRIERS	872	258	256	190	168
5	VALE OF AYLESBURY	827	228	264	194	141
6	DACORUM & TRING	576	176	171	101	128
7	WINDSOR SE&H	558	143	248	141	26
8	SILSON JOGGERS	528	183	146	102	97
9	TRING RUNNING CLUB	442	107	149	124	62
10	OXFORD CITY	427	180	130	59	58
11	WATFORD	420	81	189	104	46
12	LUTON A.C.	387	54	191	102	40
13	HARROW A.C.	210	90	68	52	
14	BRACKNELL	126	59	67		

**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			

**DIVISION RESULT**

1	CHILTERN HARRIERS	760	228	228	158	146
2	VALE OF AYLESBURY	600	186	167	132	115
3	DACORUM & TRING	409	124	132	54	99
4	TRING RUNNING CLUB	398	107	138	115	38
5	HEADINGTON R.R.	361	173		94	94
6	MARSHALL MILTON KEYNES	354	83	123	112	36
7	SILSON JOGGERS	344	146	95	42	61
8	OXFORD CITY	298	152	95	36	15
9	WINDSOR SE&H	244	94	76	74	
10	BEDFORD & COUNTY	190	77	13	54	46
11	WATFORD	107		62	36	9
12	HARROW A.C.	19	19			

**Junior/U17 Ladies**

1	H. WALKER (DACORUM)	16.49	F20	1	8	M. HAYNES (WINDSOR)	18.55	F17	7	15	D. SEDDON (BRACKNELL)	20.13	F17	13
2	E. WALLBANK (BEDFORD & C)	17.07	F17	1	9	E. ROW (BRACKNELL)	19.08	F17	8	16	B. MYERS (WINDSOR)	20.27	F20	3
3	B. SWORDS (MILTON K)	17.12	F17	2	10	N. WICKINGS (WATFORD)	19.38	F17	9	17	E. BURNS (OXFORD)	20.43	F17	14
4	M. WOOD (MILTON K)	17.40	F17	3	11	G. BIRCH (CHILTERN H.)	19.39	F20	2	18	J. SWEENEY (MILTON K)	21.01	F17	15
5	E. ROCHE (MILTON K)	18.10	F17	4	12	A. MADRY (AYLESBURY)	19.48	F17	10	19	B. FIELDEN (BEDFORD & C)	21.15	F17	16
6	A. BURGIN (BEDFORD & C)	18.11	F17	5	13	N. BARBOUR (WINDSOR)	19.53	F17	11	20	R. FLORY (BEDFORD & C)	22.41	F17	17
7	E. RELTON (BEDFORD & C)	18.52	F17	6	14	R. GOYDER-SMITH (MILTON K)	20.04	F17	12	21	H. WILLIAMS (BEDFORD & C)	22.49	F17	18

**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		

**DIVISION RESULT**

1	MARSHALL MILTON KEYNES	316	85	98	79	54
2	BEDFORD & COUNTY	286	84	76	75	51
3	WINDSOR SE&H	221	44	77	71	29
4	OXFORD CITY	183	67	81	30	5
5	BRACKNELL	150	24	57	49	20
6	DACORUM & TRING	129	34	57	17	21
7	HARROW A.C.	103	29	45	29	
8	VALE OF AYLESBURY	80	11	41	18	10
9	WATFORD	70	34	5	19	12
10	LUTON A.C.	15	15			
11	CHILTERN HARRIERS	11				11

**Under 15 Girls**

1	R. MURRAY (BEDFORD & C)	15.17	F15	1	28	K. PARTINGTON (AYLESBURY)	17.42	F15	28
2	S. DRAPER (HARROW)	15.29	F15	2	29	C. ALLEN (CHILTERN H.)	17.48	F15	29
3	B. BERGER-NORTH (BK)	15.31	F15	3	30	G. KEANE (LUTON)	17.57	F15	30
4	I. KEMPTON (OXFORD)	15.34	F15	4	31	M. ANGELL (BEDFORD & C)	18.01	F15	31
5	E. STILL (LUTON)	15.37	F15	5	32	A. SCHMID (WINDSOR)	18.02	F15	32
6	S. SWAN (WATFORD)	15.40	F15	6	33	R. ADAMS (WINDSOR)	18.12	F15	33
7	E. HEMMING (BEDFORD & C)	15.56	F15	7	34	S. NEEDLEMAN (DACORUM)	18.31	F15	34
8	A. HARRIS (BEDFORD & C)	16.04	F15	8	35	N. SMART (HARROW)	18.50	F15	35
9	H. FARMER (LUTON)	16.12	F15	9	36	S. EDWARDSON (HARROW)	19.06	F15	36
10	R. TURTON (BRACKNELL)	16.25	F15	10	37	R. HOWARD (BRACKNELL)	19.17	F15	37
11	J. LEGGITT (MILTON K)	16.33	F15	11	38	E. ROSE-SENIOR (HARROW)	19.31	F15	38
12	E. CROFT (WINDSOR)	16.45	F15	12	39	H. WARDLEY (CHILTERN H.)	19.40	F15	39
13	L. RELTON (BEDFORD & C)	16.50	F15	13	40	A. LOVE (BRACKNELL)	20.43	F15	40
					41	C. BENTLEY (WATFORD)	21.42	F15	41
14	E. CLARKE (OXFORD)	16.50	F15	14					
15	R. BYREN (OXFORD)	16.55	F15	15					
16	P. CUTTER (CHILTERN H.)	17.09	F15	16					
17	M. SHREEVES (BEDFORD & C)	17.12	F15	17					
18	E. BOUSFIELD (MILTON K)	17.15	F15	18					
19	A. WILLS (WINDSOR)	17.15	F15	19					
20	E. WALLIS (WINDSOR)	17.15	F15	20					
21	S. BILLINGTON (LUTON)	17.21	F15	21					
22	L. KEIGHLEY (MILTON K)	17.24	F15	22					
23	R. RICHES (WINDSOR)	17.25	F15	23					
24	L. CRAWFORD (AYLESBURY)	17.29	F15	24					
25	G. COLLINS (BRACKNELL)	17.33	F15	25					
26	A. CROFT (CHILTERN H.)	17.35	F15	26					
27	S. STREET (WINDSOR)	17.40	F15	27					

**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			

**DIVISION RESULT**

1	BEDFORD & COUNTY	679	231	196	113	139
2	OXFORD CITY	603	207	188	115	93
3	BRACKNELL	584	196	180	115	93
4	LUTON A.C.	520	168	172	77	103
5	WINDSOR SE&H	453	150	124	85	94
6	MARSHALL MILTON KEYNES	385	127	163	20	75
7	CHILTERN HARRIERS	322	148	76	40	58
8	HARROW A.C.	315	100	100	58	57
9	VALE OF AYLESBURY	224	97	95		32
10	WATFORD	196	65	56	38	37
11	DACORUM & TRING	115	54	47	6	8
12	SILSON JOGGERS	50	14	21	15	

**Under 13 Girls**

1	C. LEWIS (CHILTERN H.)	10.23	F13	1	38	K. WATKINS (HARROW)	12.39	F13	38
2	R. CROFT (WINDSOR)	10.24	F13	2	39	M. LATHWELL (LUTON)	12.40	F13	39
3	S. CLIFFE (MILTON K)	10.36	F13	3	40	A. BRIGHT (LUTON)	12.42	F13	40
4	A. EDWARDS (LUTON)	10.47	F13	4	41	F. VAFALARI (LUTON)	12.57	F13	41
5	R. FIRTH (CHILTERN H.)	11.03	F13	5	42	E. USHER (BEDFORD & C)	13.06	F13	42
6	E. BARRACLOUGH (CHIL)	11.13	F13	6	43	C. JONES (CHILTERN H.)	13.11	F13	43
7	A. BOTHAM (MILTON K)	11.16	F13	7	44	R. SMART (HARROW)	13.13	F13	44
8	F. JOHNSON (WINDSOR)	11.19	F13	8	45	M. SMEE (SILSON)	13.14	F13	45
9	V. BIRCH (BRACKNELL)	11.20	F13	9	46	P. BOYD (DACORUM)	13.19	F13	46
10	S. KERR (BEDFORD & C)	11.23	F13	10	47	A. FAWCETT (CHILTERN H.)	13.25	F13	47
11	S. RAYMENT (BRACKNELL)	11.24	F13	11	48	C. BANTON (WINDSOR)	13.38	F13	48
12	K. RODD (BEDFORD & C)	11.26	F13	12	49	K. SHETTY (HARROW)	13.49	F13	49
13	K. DITTON (WINDSOR)	11.27	F13	13	50	M. HILL (HARROW)	13.50	F13	50
14	E. MILBOURN (WINDSOR)	11.28	F13	14	51	A. BUTTIVANT (CHILTERN H.)	14.05	F13	51
15	A. WRIGHT (AYLESBURY)	11.36	F13	15	52	J. WILKINSON (CHILTERN H.)	14.06	F13	52
16	L. RUSSELL (BEDFORD & C)	11.40	F13	16	53	J. DAVIES (WATFORD)	14.22	F13	53
17	C. HUNTER (BEDFORD & C)	11.41	F13	17	54	R. WALKER (CHILTERN H.)	14.34	F13	54
18	L. MORONEY (LUTON)	11.44	F13	18	55	A. LIGGETT (DACORUM)	14.40	F13	55
19	K. BENCH (CHILTERN H.)	11.45	F13	19					
20	A. EDWARDS (LUTON)	11.46	F13	20					
21	H. RICHES (WINDSOR)	11.51	F13	21					
22	E. REEVES (WINDSOR)	11.51	F13	22					
23	L. HACKING (MILTON K)	11.53	F13	23					
24	D. WARD (BEDFORD & C)	11.55	F13	24					
25	C. DEARMAN (WATFORD)	11.56	F13	25					
26	G. BINGHAM (CHILTERN H.)	11.59	F13	26					
27	C. BAXTER (DACORUM)	12.01	F13	27					
28	S. BENTLEY (WATFORD)	12.02	F13	28					
29	K. HEALY (BEDFORD & C)	12.05	F13	29					
30	K. LATHWELL (LUTON)	12.13	F13	30					
31	L. WRAY (SILSON)	12.13	F13	31					
32	R. LISLE (CHILTERN H.)	12.14	F13	32					
33	T. PRITCHARD (BRACKNELL)	12.20	F13	33					
34	A. TURNER (WINDSOR)	12.23	F13	34					
35	A. SHREEVES (BEDFORD & C)	12.32	F13	35					
36	M. SLADE (CHILTERN H.)	12.33	F13	36					
37	B. MULVANY (OXFORD)	12.39	F13	37					

**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			

**DIVISION RESULT**

1	CHILTERN HARRIERS	859	248	263	155	193
2	WINDSOR SE&H	845	217	240	201	187
3	BEDFORD & COUNTY	776	205	219	183	169
4	MARSHALL MILTON KEYNES	673	219	216	103	135
5	LUTON A.C.	632	157	181	142	152
6	BRACKNELL	626	227	183	101	115
7	OXFORD CITY	402	137	112	134	19
8	WATFORD	396	106	150	78	62
9	VALE OF AYLESBURY	205	57	59	48	41
10	DACORUM & TRING	159	15	59	45	40
11	HARROW A.C.	141	21	57	20	43
12	SILSON JOGGERS	134	26	30	42	36

**Total Overall Score**

1	BEDFORD & COUNTY	2184	1605	579		
2	MARSHALL MILTON KEYNES	1839	1365	474		
3	CHILTERN HARRIERS	1678	1248	430		
4	HARROW A.C.	1397	1297	100		
5	VALE OF AYLESBURY	1243	1019	224		
6	LUTON A.C.	1174	879	295		
7	OXFORD CITY	1160	985	175		
8	WINDSOR SE&H	1127	791	336		
9	SILSON JOGGERS	949	816	133		
10	BRACKNELL	836	608	228		
11	HEADINGTON R.R.	831	629	202		
12	TRING RUNNING CLUB	681	619	62		
13	DACORUM & TRING	679	482	197		
14	WATFORD	518	361	157		

**DIVISION RESULT**

1	BEDFORD & COUNTY	9633	2396	2885	2168	2184
2	MARSHALL MILTON KEYNES	9467	2503	2953	2172	1839
3	CHILTERN HARRIERS	7882	2225	2234	1745	1678
4	WINDSOR SE&H	7581	2077	2079	2298	1127
5	HARROW A.C.	7435	2064	2292	1682	1397
6	VALE OF AYLESBURY	6489	1737	2186	1323	1243
7	OXFORD CITY	6244	1988	1844	1252	1160
8	LUTON A.C.	6129	1357	2466	1132	1174
9	BRACKNELL	5793	1970	1943	1044	836
10	HEADINGTON R.R.	4967	1460	1612	1064	831
11	WATFORD	4767	1443	1625	1181	518
12	SILSON JOGGERS	4704	1257	1510	988	949
13	TRING RUNNING CLUB	4076	981	1462	952	681
14	DACORUM & TRING	3151	690	1274	508	679

**Male Overall Score**

1	BEDFORD & COUNTY	1605	1240	114	154	97
2	MARSHALL MILTON KEYNES	1365	1150	37	95	83
3	HARROW A.C.	1297	1189	24	8	76
4	CHILTERN HARRIERS	1248	891	54	129	174
5	VALE OF AYLESBURY	1019	885	39	48	47
6	OXFORD CITY	985	901	24	60	
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.	629	629			
11	TRING RUNNING CLUB	619	619			
12	BRACKNELL	608	396	34	88	90
13	DACORUM & TRING	482	299	13	73	97
14	WATFORD	361	260			101

**DIVISION RESULT**

1	MARSHALL MILTON KEYNES	7000	1760	2163	1712	1365
2	BEDFORD & COUNTY	6769	1547	2060	1557	1605
3	HARROW A.C.	6666	1824	2022	1523	1297
4	CHILTERN HARRIERS	5818	1571	1639	1360	1248
5	WINDSOR SE&H	5504	1523	1390	1800	791
6	VALE OF AYLESBURY	5153	1344	1727	1063	1019
7	OXFORD CITY	4629	1397	1333	914	985
8	LUTON A.C.	4575	963	1922	811	879
9	BRACKNELL	4307	1464	1456	779	608
10	HEADINGTON R.R.	3995	1166	1371	829	629
11	SILSON JOGGERS	3992	1034	1313	829	816
12	WATFORD	3685	1157	1225	942	361
13	TRING RUNNING CLUB	3634	874	1313	828	619
14	DACORUM & TRING	2172	411	940	339	482

**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			

**DIVISION RESULT**

1	BEDFORD & COUNTY	2864	849	825	611	579
2	MARSHALL MILTON KEYNES	2467	743	790	460	474
3	WINDSOR SE&H	2077	554	689	498	336
4	CHILTERN HARRIERS	2064	654	595	385	430
5	OXFORD CITY	1615	591	511	338	175
6	LUTON A.C.	1554	394	544	321	295
7	BRACKNELL	1486	506	487	265	228
8	VALE OF AYLESBURY	1336	393	459	260	224
9	WATFORD	1082	286	400	239	157
10	DACORUM & TRING	979	279	334	169	197
11	HEADINGTON R.R.	972	294	241	235	202
12	HARROW A.C.	769	240	270	159	100
13	SILSON JOGGERS	712	223	197	159	133
14	TRING RUNNING CLUB	442	107	149	124	62