

Apex Sports Chiltern League Division Two 2011/2012 Round 3

Held at St. Albans (Verulam Park) on 03 December 2011

Senior/Junior/Veteran Men

1	J. PARLOW (DACORUM)	31.50	M	1	34	A. DELNEVO (DACORUM)	40.06	M40	8	68	S. HILLS (TEAM BALANCISE)	44.16	M40	23
2	M. SALT (DACORUM)	32.10	M20	1	35	S. NORTH (WYCOMBE)	40.07	M50	2	69	M. HOLLIS (HANDY CROSS)	44.24	M60	2
3	W. LANGLEY (WYCOMBE)	32.32	M	2	36	A. CAMPBELL (STAL)	40.15	M40	9	70	P. ILLING (WATFORD)	44.35	M40	24
4	A. CRACKNELL (DACORUM)	32.39	M	3	37	I. NEEDLEMAN (DACORUM)	40.16	M50	3	71	R. CALCUTT (THAME)	44.37	M40	25
5	P. ADAMS (ST. ALBANS STR)	33.04	M	4	38	D. MCLAUGHLIN (Q.P.H.)	40.16	M40	10	72	S. SHAW (DACORUM)	44.38	M40	26
6	C. HILTON (STEVENAGE)	33.10	M20	2	39	M. HAMILTON (TBAL)	40.17	M40	11	73	D. RANDALL (WYCOMBE)	44.41	M40	27
7	T. CROUCH (ST. ALBANS STR)	33.51	M	5	40	D. VANNEN (WATFORD)	40.23	M40	12	74	S. WEBSTER (STAL)	44.47	M	28
8	E. BLAKE (ST. ALBANS STR)	33.58	M	6	41	M. ORTON (WATFORD)	40.30	M50	4	75	R. DAVIES (Q.P.H.)	44.49	M40	28
9	R. LARSEN (BRACKNELL)	34.10	M	7	42	J. COOMBS (MAIDENHEAD)	40.48	M	21	76	A. PARRY (THAME)	44.59	M40	29
10	J. SCOTT (ST. ALBANS STR)	34.12	M	8	43	A. MURPHY (BIGGLESWADE)	40.54	M20	6	77	P. EAMES (STEVENAGE)	45.07	M50	11
11	F. FULLCHER (HANDY CROSS)	34.29	M40	1	44	A. ANGUS (Q.P.H.)	40.56	M50	5	78	A. HALL (TEAM BALANCISE)	45.24	M	29
12	P. LASTRAS (STAL)	34.33	M	9	45	S. POULTON (STEVENAGE)	41.06	M	22	79	M. DONOVAN (STAL)	45.26	M50	12
13	T. WRIGHT (BANBURY)	34.38	M	10	46	S. BARTLETT (TBAL)	41.12	M40	13	80	D. STRINGFELLOW (WHH)	45.58	M50	13
14	A. MOURIDIAN (BRACKNELL)	35.08	M	11	47	P. DINEEN (HANDY CROSS)	41.15	M40	14	81	A. MASKELL (THAME)	46.20	M	30
15	J. COUSINS (WYCOMBE)	35.18	M	12	48	D. WALKER (WATFORD)	41.24	M50	6	82	D. GIBSON (TEAM BALANCISE)	46.55	M40	30
16	A. BYERLEY (THAME)	35.20	M40	2	49	F. NOLAN (Q.P.H.)	41.27	M50	7	83	G. SMITH (BANBURY)	46.57	M60	3
17	T. CHISNALL (WYCOMBE)	35.34	M	13	50	R. BENTLEY (STAL)	41.33	M40	15	84	A. ALLEN (DACORUM)	46.57	M60	4
18	M. CASTLETON (WATFORD)	36.18	M	14	51	M. REIDY (WATFORD)	41.34	M	23	85	J. ROOSE (WATFORD)	47.23	M40	31
19	O. GLYN (DACORUM)	36.46	M20	3	52	M. EMMETT (THAME)	41.38	M40	16	86	A. BENJAMIN (HANDY CROSS)	47.30	M50	14
20	M. JUBB (ST. ALBANS STR)	36.52	M40	3	53	C. HOBBS (THAME)	41.38	M40	17	87	A. BARTLETT (BANBURY)	48.49	M50	15
21	J. HUMPHREYS (RADLEY)	37.02	M20	4	54	V. NEBOLSIN (WYCOMBE)	41.38	M	24	88	M. MURPHY (BIGGLESWADE)	48.50	M	31
22	M. BOOTH (WYCOMBE)	37.32	M	15	55	P. RUTLEY (WATFORD)	41.47	M	25	89	J. COOPER (DACORUM)	49.37	M60	5
23	M. BRADLEY (WATFORD)	37.33	M50	1	56	J. REDSHAW (STAL)	42.00	M	26	90	S. YOUNG (MAIDENHEAD)	49.50	M40	32
24	J. OCKENDEN (STAL)	37.35	M	16	57	R. DAVIS (ST. ALBANS STR)	42.01	M40	18	91	S. GRAHAM (THAME)	49.58	M60	6
25	P. GURR (ST. ALBANS STR)	37.40	M40	4	58	C. DONALD (PURPLE PATCH)	42.06	M40	19	92	P. HIGGINS (STAL)	50.05	M50	16
26	F. HALE (TEAM BALANCISE)	37.53	M40	5	59	H. TAYLOR (HANDY CROSS)	42.08	M50	8	93	J. GULLIVER (THAME)	50.23	M40	33
27	G. WEST (ST. ALBANS STR)	38.16	M40	6	60	T. NEILL (ST. ALBANS STR)	42.17	M	27	A. COLLIER (METROS) N/S	50.29	M40		
	F. HARPER (ST. ALBANS) N/S	38.30	M20		61	S. BUCKINGHAM (WATFORD)	42.22	M20	7	94	D. WALKER (DACORUM)	50.40	M60	7
28	B. GILBERT (HANDY CROSS)	38.40	M	17	62	S. DEARMAN (WATFORD)	42.23	M40	20	95	G. GILFEDDER (WYCOMBE)	50.41	M40	34
29	Z. MCDONOUGH (WATFORD)	39.07	M	18	63	I. MARKWELL (STAL)	42.28	M40	21	96	M. HICKMAN (HANDY CROSS)	51.07	M60	8
30	R. SLATER (THAME)	39.30	M	19	64	B. HENDRIE (BANBURY)	43.16	M60	1	97	P. KEEBLE (STEVENAGE)	52.25	M40	35
31	S. CRAGGS (WATFORD)	39.34	M	20	65	R. TODD (ST. ALBANS STR)	43.57	M40	22	98	J. SLACK (DACORUM)	53.30	M60	9
32	P. SPICER (STEVENAGE)	39.42	M20	5	66	R. DERRICK (STAL)	44.04	M50	9	99	M. SARGENT (DACORUM)	54.30	M60	10
33	P. MCDERMOTT (STAL)	40.03	M40	7	67	J. PEERLESS (HANDY CROSS)	44.08	M50	10	100	F. MILLS (DACORUM)	58.07	M60	11

TEAM RESULT non scorers excluded

1	ST. ALBANS STRIDERS	697	5	7	8	10	12	20	24	25
2	DACORUM & TRING	555	1	2	4	19	34	37	72	84
3	WATFORD	527	18	23	29	31	40	41	48	51
4	WYCOMBE PHOENIX	494	3	15	17	22	35	54	73	95
5	HANDY CROSS	345	11	28	47	59	67	69	86	96
6	THAME RUNNERS	338	16	30	52	53	71	76	81	91
7	TEAM BALANCISE	267	26	39	46	68	78	82		
8	STEVENAGE & NH	248	6	32	45	77	97			
9	QUEENS PARK H.	198	38	44	49	75				
10	BRACKNELL	179	9	14						
11	BANBURY	157	13	64	83	87				
12	RADLEY A.C.	80	21							
13	BIGGLESWADE	71	43	88						
14	MAIDENHEAD	70	42	90						
15	PURPLE PATCH RUNNERS	43	58							
16	WHITE HORSE	21	80							

DIVISION RESULT

1	DACORUM & TRING	1799	614	630	555
2	WATFORD	1656	450	679	527
3	WYCOMBE PHOENIX	1507	473	540	494
4	ST. ALBANS STRIDERS	1227	206	324	697
5	THAME RUNNERS	1153	298	517	338
6	HANDY CROSS	1131	278	508	345
7	STEVENAGE & NH	1001	306	447	248
8	BRACKNELL	961	447	335	179
9	MAIDENHEAD	911	388	453	70
10	QUEENS PARK H.	834	336	300	198
11	TEAM BALANCISE	811	432	112	267
12	BANBURY	764	323	284	157
13	ABINGDON AMBLERS	290	93	197	
14	PURPLE PATCH RUNNERS	237	21	173	43
15	RADLEY A.C.	234	71	83	80
16	BIGGLESWADE	114	43	71	
17	AMPTHILL & FLITWICK	95	95		
18	WHITE HORSE	59	13	25	21

Veteran Mens Race

1	ST. ALBANS STRIDERS	299	20	25	27	33
2	WATFORD	252	23	40	41	48
3	TEAM BALANCISE	225	26	39	46	68
4	HANDY CROSS	220	11	47	59	67
5	THAME RUNNERS	212	16	52	53	71
6	QUEENS PARK H.	198	38	44	49	75
7	DACORUM & TRING	177	34	37	72	84
8	WYCOMBE PHOENIX	100	35	73	95	
9	BANBURY	69	64	83	87	
10	PURPLE PATCH RUNNERS	43	58			
11	STEVENAGE & NH	28	77	97		
12	WHITE HORSE	21	80			
13	MAIDENHEAD	11	90			

DIVISION RESULT

1	HANDY CROSS	733	221	292	220
2	WATFORD	689	159	278	252
3	ST. ALBANS STRIDERS	651	129	223	299
4	THAME RUNNERS	609	161	236	212
5	TEAM BALANCISE	564	227	112	225
6	QUEENS PARK H.	535	131	206	198
7	WYCOMBE PHOENIX	458	210	148	100
8	DACORUM & TRING	385	138	70	177
9	BANBURY	252	101	82	69
10	BRACKNELL	220	183	37	
11	MAIDENHEAD	139	35	93	11
12	PURPLE PATCH RUNNERS	118	75	43	
13	STEVENAGE & NH	83	24	31	28
14	WHITE HORSE	59	13	25	21

Under 17 Men

1	S. HALSTEAD (BRACKNELL)	20.48	M17	1	7	A. VESSEY (ABINGDON)	23.17	M17	7	13	R. ALLAN (ST. ALBANS)	25.30	M17	13
2	J. MCMURRAY (ST. ALBANS)	21.12	M17	2	8	K. GILFEDDER (WYCOMBE)	23.26	M17	8	14	L. DORMAN (BANBURY)	25.31	M17	14
3	M. AXE (WYCOMBE)	21.36	M17	3	9	M. SLIWINSKI (WYCOMBE)	23.32	M17	9	15	P. D'ATH (STEVENAGE)	25.52	M17	15
4	B. ROCHFORD (WATFORD)	21.38	M17	4	10	O. POULAIN (ST. ALBANS)	24.01	M17	10	16	L. HEAD (DACORUM)	26.11	M17	16
5	M. SEDDON (BRACKNELL)	21.58	M17	5	11	J. ROBERTS (WYCOMBE)	25.47	M17	11	17	J. QUORELL (DACORUM)	26.27	M17	17
6	C. HEWITT (RADLEY)	22.39	M17	6	12	L. BARTHOLOMEW (BRACKNELL)	24.24	M17	12	18	J. SIMPSON (ST. ALBANS)	27.33	M17	18

TEAM RESULT

1	BRACKNELL	39	1	5	12
2	WYCOMBE PHOENIX	37	3	8	9
3	ST. ALBANS A.C.	32	2	10	13
4	WATFORD	15	4		
5	RADLEY A.C.	13	6		
6	ABINGDON AMBLERS	12	7		
7	DACORUM & TRING	5	16	17	
8	BANBURY	5	14		
9	STEVENAGE & NH	4	15		

DIVISION RESULT

1	BRACKNELL	147	49	59	39
2	WYCOMBE PHOENIX	144	56	51	37
3	ST. ALBANS A.C.	110	40	38	32
4	ABINGDON AMBLERS	58	23	23	12
5	WATFORD	52	17	20	15
6	BANBURY	49	33	11	5
7	RADLEY A.C.	35	13	17	13
8	WHITE HORSE	20	13	12	
9	DACORUM & TRING	19	7	7	5
10	STEVENAGE & NH	13	3	6	4
11	MAIDENHEAD	10	3	7	

Under 15 Boys

1	C. VON EITZEN (RADLEY)	15.50	M15	1	10	A. ROBINSON (BRACKNELL)	17.21	M15	10	19	J. DAVIES (WATFORD)	18.30	M15	19
2	D. RIDDINGTON (BRACKNELL)	16.07	M15	2	11	S. JONES (ST. ALBANS)	17.35	M15	11	20	L. GLYN (DACORUM)	18.55	M15	20
3	T. VERBENA (WATFORD)	16.25	M15	3	12	C. TRUDGILL (BIGGLESWADE)	17.43	M15	12	21	C. ROONEY (WYCOMBE)	18.59	M15	21
4	H. O'BART (WATFORD)	16.29	M15	4	13	M. MADRE (STEVENAGE)	17.47	M15	13	22	M. SELICK (BIGGLESWADE)	19.24	M15	22
5	B. LAWRENCE (WYCOMBE)	16.41	M15	5	14	M. LIVESEY (STEVENAGE)	17.48	M15	14	23	R. HOLT (WYCOMBE)	20.10	M15	23
6	J. DOWN (ST. ALBANS)	17.03	M15	6	15	W. COOPER (BRACKNELL)	18.08	M15	15	24	L. YOUNG (MAIDENHEAD)	20.30	M15	24
7	J. THOMAS (BIGGLESWADE)	17.06	M15	7	16	L. SILLS (WATFORD)	18.09	M15	16	25	J. GLADMAN (STEVENAGE)	20.42	M15	25
8	C. HEALEY (Q.P.H.)	17.18	M15	8	17	NO. 954 (?)	18.16	M15	17	26	P. MARLOW (BRACKNELL)	20.51	M15	26
9	J. WAGERLEIGH (DACORUM)	17.20	M15	9	18	L. HARRIS (BRACKNELL)	18.23	M15	18	27	D. EVANS (DACORUM)	21.54	M15	27

TEAM RESULT

1	WATFORD	61	3	4	16
2	BRACKNELL	57	2	10	15
3	BIGGLESWADE	43	7	12	22
4	ST. ALBANS A.C.	39	6	11	
5	WYCOMBE PHOENIX	35	5	21	23
6	STEVENAGE & NH	32	13	14	25
7	DACORUM & TRING	28	9	20	27
8	RADLEY A.C.	27	1		
9	QUEENS PARK H.	20	8		
10	MAIDENHEAD	4	24		

DIVISION RESULT

1	BRACKNELL	175	72	46	57
2	ST. ALBANS A.C.	173	81	53	39
3	WYCOMBE PHOENIX	153	73	45	35
4	WATFORD	142	18	63	61
5	DACORUM & TRING	108	42	38	28
6	BIGGLESWADE	102	28	31	43
7	STEVENAGE & NH	60	27	1	32
8	RADLEY A.C.	57	30		27
9	ABINGDON AMBLERS	44	23	21	
10	QUEENS PARK H.	40	20		20
11	MAIDENHEAD	8	4		4

Under 13 Boys

1	S. BARTON (BIGGLESWADE)	10.16	M13	1
2	A. WILMSHURST (ST. ALBANS)	10.38	M13	2
3	B. CLARKE (ST. ALBANS)	10.43	M13	3
4	D. WEATHERS (WYCOMBE)	11.02	M13	4
5	A. MASON (STEVENAGE)	11.03	M13	5
6	R. JAMES (ST. ALBANS)	11.04	M13	6
7	T. RAYNER (DACORUM)	11.13	M13	7
8	D. DUKE (STEVENAGE)	11.15	M13	8

9	J. TAYLOR (WYCOMBE)	11.18	M13	9
10	B. JOHAL (WATFORD)	11.25	M13	10
11	A. SHAW (ST. ALBANS)	11.31	M13	11
12	B. MITCHELL (ST. ALBANS)	11.35	M13	12
13	J. ANDERSON (ST. ALBANS)	11.42	M13	13
14	S. HOWELL (DACORUM)	11.46	M13	14
15	E. TATTERSALL (BRACKNELL)	11.52	M13	15
16	A. READ (BRACKNELL)	11.54	M13	16
17	D. JOHAL (WATFORD)	11.58	M13	17

18	W. BUTLER (DACORUM)	11.59	M13	18
19	J. ROGERS (AMPTHILL & F)	12.11	M13	19
20	S. TAYLOR (WYCOMBE)	12.31	M13	20
21	D. VERBANA (WATFORD)	12.32	M13	21
22	O. TRUDGILL (BIGGLESWADE)	12.36	M13	22
23	H. THOMAS (ST. ALBANS)	12.56	M13	23
24	S. PHILPOTT (WYCOMBE)	13.46	M13	24
25	O. DEARMAN (WATFORD)	14.04	M13	25
26	A. KOWLING (AMPTHILL & F)	14.09	M13	26

TEAM RESULT

1	ST. ALBANS A.C.	70	2	3	6
2	WYCOMBE PHOENIX	48	4	9	20
3	DACORUM & TRING	42	7	14	18
4	STEVENAGE & NH	41	5	8	
5	WATFORD	33	10	17	21
6	BIGGLESWADE	31	1	22	
7	BRACKNELL	23	15	16	
8	AMPTHILL & FLITWICK	9	19	26	

DIVISION RESULT

1	ST. ALBANS A.C.	228	74	84	70
2	DACORUM & TRING	192	77	73	42
3	STEVENAGE & NH	136	40	55	41
4	WYCOMBE PHOENIX	110	26	36	48
5	BIGGLESWADE	97	35	31	31
6	BRACKNELL	91	55	13	23
7	WATFORD	83	15	35	33
8	AMPTHILL & FLITWICK	62	39	14	9
9	BANBURY	39	17	22	
10	MAIDENHEAD	5		5	

Senior/Veteran Ladies

1	L. ROGERS (WYCOMBE)	24.09	F	1
2	D. STEER (ST. ALBANS STR)	25.29	F45	1
3	S. ONN (ST. ALBANS STR)	26.13	F	2
4	M. BARTLETT (BANBURY)	26.25	F35	1
5	M. ALLEN (WYCOMBE)	26.52	F35	2
6	Z. LOWE (ST. ALBANS STR)	27.08	F45	2
7	V. TAYLOR (WYCOMBE)	28.07	F35	3
8	H. JOHAL (WATFORD)	28.18	F35	4
9	C. KRAMER (ST. ALBANS STR)	29.06	F	3
10	E. ROBERTS (DACORUM)	29.09	F	4
11	J. COULCHER (THAME)	29.19	F45	3
12	E. O'SULLIVAN (TBAL)	29.23	F45	4
13	M. ATTREE (ST. ALBANS STR)	29.26	F45	5
14	L. BENTHAM (STAL)	29.57	F35	5
15	E. FULCHER (HANDY CROSS)	30.04	F45	6
16	M. CRAFT (WATFORD)	30.05	F35	6

17	L. WALLS (ST. ALBANS STR)	30.19	F45	7
18	S. COOK (THAME)	30.22	F35	7
19	T. STRACEY (HANDY CROSS)	30.35	F	5
20	D. HEYDECKER (STAL)	31.01	F55	1
21	A. CROUGHTON (THAME)	31.08	F45	8
22	C. ING (HANDY CROSS)	31.12	F	6
23	J. YOUNG (Q.P.H.)	31.16	F	7
24	J. BIASI (WATFORD)	31.30	F35	8
25	J. DREW (WATFORD)	31.35	F35	9
26	A. HALFORD (WATFORD)	31.57	F	8
27	N. POULAIN (STAL)	31.59	F45	9
28	C. FEELY (STEVENAGE)	32.43	F45	10
29	L. POWELL (ST. ALBANS STR)	32.48	F45	11
30	C. RANSOM (ST. ALBANS STR)	32.53	F35	10
31	L. MCDERMOTT (WATFORD)	33.02	F	9
32	S. BUX (HANDY CROSS)	33.26	F	10
33	G. TAYLOR (HANDY CROSS)	33.52	F	11

34	L. MERCHANT (DACORUM)	34.00	F	12
35	H. NEEDLEMAN (DACORUM)	34.01	F45	12
36	H. PARRY (THAME)	34.05	F35	11
37	M. BOOTH (HANDY CROSS)	34.08	F45	13
38	R. MAHIL (DACORUM)	34.24	F35	12
39	J. TURNLEY (WATFORD)	34.47	F45	14
40	S. CASTRO (THAME)	34.50	F35	13
41	S. PEARSON (STAL)	35.13	F45	15
42	A. PEEERLESS (HANDY CROSS)	35.51	F55	2
43	S. SMITH (BANBURY)	36.22	F55	3
44	C. SUMNER (TEAM BALANCISE)	36.26	F35	14
45	J. BAXTER (DACORUM)	36.59	F45	16
46	C. DEARMAN (WATFORD)	38.37	F45	17
47	D. BOLTON (HANDY CROSS)	39.40	F	13
48	NO. 371 (TEAM BALANCISE)	40.41	F	14
49	J. RYAN (HANDY CROSS)	44.29	F45	18

TEAM RESULT

1	ST. ALBANS STRIDERS	180	2	3	6	9
2	WYCOMBE PHOENIX	137	1	5	7	
3	WATFORD	127	8	16	24	25
4	THAME RUNNERS	114	11	18	21	36
5	HANDY CROSS	112	15	19	22	32
6	DACORUM & TRING	83	10	34	35	38
7	BANBURY	53	4	43		
8	TEAM BALANCISE	46	12	44	48	
9	QUEENS PARK H.	27	23			
10	STEVENAGE & NH	22	28			

DIVISION RESULT

1	ST. ALBANS STRIDERS	451	106	165	180
2	HANDY CROSS	384	141	131	112
3	WYCOMBE PHOENIX	380	99	144	137
4	BANBURY	360	156	151	53
5	WATFORD	329	84	118	127
6	THAME RUNNERS	328	111	103	114
7	DACORUM & TRING	300	148	69	83
8	MAIDENHEAD	244	114	130	
9	TEAM BALANCISE	230	108	76	46
10	QUEENS PARK H.	127	57	43	27
11	BRACKNELL	101	49	52	
12	PURPLE PATCH RUNNERS	79	9	70	
13	RADLEY A.C.	36	25	11	
14	STEVENAGE & NH	22		22	

Veteran Ladies Race

1	ST. ALBANS STRIDERS	165	2	6	13	14
2	WATFORD	127	8	16	24	25
3	THAME RUNNERS	114	11	18	21	36
4	WYCOMBE PHOENIX	88	5	7		
5	HANDY CROSS	57	15	37	42	49
6	BANBURY	53	4	43		
7	TEAM BALANCISE	44	12	44		
8	DACORUM & TRING	32	35	38	45	
9	STEVENAGE & NH	22	28			

DIVISION RESULT

1	ST. ALBANS STRIDERS	436	106	165	165
2	BANBURY	360	156	151	53
3	THAME RUNNERS	328	111	103	114
4	HANDY CROSS	250	84	109	57
5	WYCOMBE PHOENIX	224	45	91	88
6	WATFORD	223	27	69	127
7	DACORUM & TRING	219	127	60	32
8	MAIDENHEAD	182	70	112	
9	TEAM BALANCISE	155	68	43	44
10	PURPLE PATCH RUNNERS	49		49	
11	STEVENAGE & NH	22		22	

Junior/U17 Ladies

1	B. BERGER-NORTH (BK)	17.48	F17	1
2	F. BRERETON (BRACKNELL)	17.55	F17	2
3	R. MCCLAY (BRACKNELL)	18.13	F20	1
4	R. TURTON (BRACKNELL)	18.30	F17	3

5	A. SMITH (ST. ALBANS)	18.37	F17	4
6	R. HARRIS (STEVENAGE)	18.59	F17	5
7	G. RUSSELL (WYCOMBE)	19.29	F17	6
8	H. DEWHURST (STEVENAGE)	19.45	F20	2
9	S. WEST (ST. ALBANS)	19.53	F17	7

10	S. NEEDLEMAN (DACORUM)	20.24	F17	8
11	C. WILLIS (STEVENAGE)	20.39	F17	9
12	E. HOOPER (BRACKNELL)	20.53	F17	10
13	K. BUTLER (ST. ALBANS)	23.28	F17	11

TEAM RESULT

1	BRACKNELL	36	1	2	3
2	STEVENAGE & NH	17	6	8	11
3	ST. ALBANS A.C.	15	5	9	13
4	WYCOMBE PHOENIX	7	7		
5	DACORUM & TRING	4	10		

DIVISION RESULT

1	BRACKNELL	138	57	45	36
2	STEVENAGE & NH	80	35	28	17
3	ST. ALBANS A.C.	70	36	19	15
4	WHITE HORSE	30	17	13	
5	WYCOMBE PHOENIX	25	12	6	7
6	DACORUM & TRING	21	9	8	4
7	BANBURY	15	15		
8	WATFORD	9	9		

Under 15 Girls

1	S. RAYMONT (BRACKNELL).....	10.16	F15	1	8	P. BAILEY (ST. ALBANS).....	11.34	F15	8	16	C. BAXTER (DACORUM).....	12.11	F15	16	
2	M. HUMPHREYS (RADLEY).....	10.39	F15	2	9	H. MCCLAY (BRACKNELL).....	11.35	F15	9	17	P. SMITH (WATFORD).....	12.17	F15	17	
3	H. RIDLEY (BIGGLESWADE).....	10.40	F15	3	10	L. EDWARDS (ST. ALBANS).....	11.41	F15	10	18	P. CASSON-GREEN (BK).....	12.23	F15	18	
4	M. DORAN (STEVENAGE).....	11.05	F15	4	11	L. ECKLEY (ST. ALBANS).....	11.42	F15	11	19	S. FEELY (STEVENAGE).....	12.36	F15	19	
5	A. WEST (ST. ALBANS).....	11.08	F15	5	12	J. LATCHFORD (STEVENAGE).....	11.42	F15	12	20	E. CERVI (STEVENAGE).....	12.50	F15	20	
6	S. MARAIS (BRACKNELL).....	11.21	F15	6	13	L. ECONOMU (WATFORD).....	12.01	F15	13	21	A. CLARKE (WYCOMBE).....	12.58	F15	21	
7	C. DEARMAN (WATFORD).....	11.33	F15	7	14	A. MULCAHY (ST. ALBANS).....	12.10	F15	14	22	S. KEEBLE (STEVENAGE).....	13.01	F15	22	
						15	N. BAKER (ST. ALBANS).....	12.11	F15	15	23	M. HOBBS (ST. ALBANS).....	13.14	F15	23

TEAM RESULT

1	BRACKNELL	56	1	6	9
2	ST. ALBANS A.C.	49	5	8	10
3	STEVENAGE & NH	37	4	12	19
4	WATFORD	35	7	13	17
5	RADLEY A.C.	22	2		
6	BIGGLESWADE	21	3		
7	DACORUM & TRING	8	16		
8	WYCOMBE PHOENIX	3	21		

DIVISION RESULT

1	BRACKNELL	168	62	50	56
2	ST. ALBANS A.C.	160	63	48	49
3	STEVENAGE & NH	137	48	52	37
4	WATFORD	123	46	42	35
5	BIGGLESWADE	69	25	23	21
6	RADLEY A.C.	49	27		22
7	WYCOMBE PHOENIX	42	31	8	3
8	DACORUM & TRING	41	10	23	8
9	QUEENS PARK H.	4	3	1	
10	AMPTHILL & FLITWICK	2	2		

Under 13 Girls

1	H. GODDARD (BRACKNELL).....	10.00	F13	1	24	S. MCCULLOUGH (ST. ALBANS)...	13.16	F13	24	
2	G. GODDARD (BRACKNELL).....	10.13	F13	2	25	C. CELLA (DACORUM).....	13.28	F13	25	
3	A. BOWERS (BRACKNELL).....	10.29	F13	3	26	L. NICHOLS (AMPTHILL & F).....	13.33	F13	26	
4	E. READ (BRACKNELL).....	11.10	F13	4	27	A. NONTGOMERY (ST. ALBANS)...	13.45	F13	27	
5	M. STYLES (WYCOMBE).....	11.29	F13	5	28	L. MASDIN (BIGGLESWADE).....	13.57	F13	28	
6	C. DUKE (STEVENAGE).....	11.30	F13	6	29	L. BARBER (STEVENAGE).....	14.18	F13	29	
7	O. COLL (ST. ALBANS).....	11.36	F13	7	30	G. HALEY (WYCOMBE).....	14.21	F13	30	
8	E. HOBBS (ST. ALBANS).....	11.41	F13	8	31	I. BASQUILLE-TATLOW (AMPT)....	14.27	F13	31	
9	J. EDWARDS (ST. ALBANS).....	11.45	F13	9	32	O. PHILLIPS (AMPTHILL & F).....	15.39	F13	32	
10	S. COLL (ST. ALBANS).....	11.56	F13	10	33	G. REID (STEVENAGE).....	16.05	F13	33	
11	E. BANNISTER (DACORUM).....	12.07	F13	11	34	T. DIBLEY (MAIDENHEAD).....	16.18	F13	34	
						35	A. SILK (WATFORD).....	16.21	F13	35

TEAM RESULT

1	BRACKNELL	102	1	2	3
2	ST. ALBANS A.C.	84	7	8	9
3	DACORUM & TRING	60	11	16	21
4	STEVENAGE & NH	60	6	19	23
5	WYCOMBE PHOENIX	58	5	15	30
6	WATFORD	19	18	35	
7	AMPTHILL & FLITWICK	19	26	31	32
8	BIGGLESWADE	8	28		
9	MAIDENHEAD	2	34		

DIVISION RESULT

1	BRACKNELL	302	107	93	102
2	ST. ALBANS A.C.	255	97	74	84
3	STEVENAGE & NH	168	66	42	60
4	WYCOMBE PHOENIX	149	49	42	58
5	DACORUM & TRING	148	39	49	60
6	MAIDENHEAD	75	48	25	2
7	AMPTHILL & FLITWICK	63	34	10	19
8	WATFORD	62	19	24	19
9	BIGGLESWADE	28	20		8
10	QUEENS PARK H.	27	16	11	

Total Overall Score

1	ST. ALBANS STRIDERS	877	697	180
2	WYCOMBE PHOENIX	819	614	205
3	WATFORD	817	636	181
4	DACORUM & TRING	785	630	155
5	BRACKNELL	492	298	194
6	STEVENAGE & NH	461	325	136
7	HANDY CROSS	457	345	112
8	THAME RUNNERS	452	338	114
9	TEAM BALANCISE	313	267	46
10	ST. ALBANS A.C.	289	141	148
11	QUEENS PARK H.	245	218	27
12	BANBURY	215	162	53
13	BIGGLESWADE	174	145	29
14	RADLEY A.C.	142	120	22
15	MAIDENHEAD	76	74	2
16	PURPLE PATCH RUNNERS	43	43	
17	AMPTHILL & FLITWICK	28	9	19
18	WHITE HORSE	21	21	
19	ABINGDON AMBLERS	12	12	

DIVISION RESULT

1	DACORUM & TRING	2628	946	897	785
2	WYCOMBE PHOENIX	2510	819	872	819
3	WATFORD	2456	658	981	817
4	BRACKNELL	2083	898	693	492
5	ST. ALBANS STRIDERS	1678	312	489	877
6	STEVENAGE & NH	1617	525	631	461
7	HANDY CROSS	1515	419	639	457
8	THAME RUNNERS	1481	409	620	452
9	MAIDENHEAD	1253	557	620	76
10	BANBURY	1227	544	468	215
11	TEAM BALANCISE	1041	540	188	313
12	QUEENS PARK H.	1032	432	355	245
13	ST. ALBANS A.C.	996	391	316	289
14	BIGGLESWADE	410	151	85	174
15	RADLEY A.C.	406	153	111	142
16	ABINGDON AMBLERS	392	139	241	12
17	PURPLE PATCH RUNNERS	316	30	243	43
18	AMPTHILL & FLITWICK	222	170	24	28
19	WHITE HORSE	114	43	50	21

Male Overall Score

1	ST. ALBANS STRIDERS	697	697			
2	WATFORD	636	527	15	61	33
3	DACORUM & TRING	630	555	5	28	42
4	WYCOMBE PHOENIX	614	494	37	35	48
5	HANDY CROSS	345	345			
6	THAME RUNNERS	338	338			
7	STEVENAGE & NH	325	248	4	32	41
8	BRACKNELL	298	179	39	57	23
9	TEAM BALANCISE	267	267			
10	QUEENS PARK H.	218	198		20	
11	BANBURY	162	157	5		
12	BIGGLESWADE	145	71		43	31
13	ST. ALBANS A.C.	141		32	39	70
14	RADLEY A.C.	120	80	13	27	
15	MAIDENHEAD	74	70		4	
16	PURPLE PATCH RUNNERS	43	43			
17	WHITE HORSE	21	21			
18	ABINGDON AMBLERS	12		12		
19	AMPTHILL & FLITWICK	9				9

DIVISION RESULT

1	DACORUM & TRING	2118	740	748	630
2	WATFORD	1933	500	797	636
3	WYCOMBE PHOENIX	1914	628	672	614
4	BRACKNELL	1374	623	453	298
5	ST. ALBANS STRIDERS	1227	206	324	697
6	STEVENAGE & NH	1210	376	509	325
7	THAME RUNNERS	1153	298	517	338
8	HANDY CROSS	1131	278	508	345
9	MAIDENHEAD	934	395	465	74
10	QUEENS PARK H.	874	356	300	218
11	BANBURY	852	373	317	162
12	TEAM BALANCISE	811	432	112	267
13	ST. ALBANS A.C.	511	195	175	141
14	ABINGDON AMBLERS	392	139	241	12
15	RADLEY A.C.	321	101	100	120
16	BIGGLESWADE	313	106	62	145
17	PURPLE PATCH RUNNERS	237	21	173	43
18	AMPTHILL & FLITWICK	157	134	14	9
19	WHITE HORSE	84	26	37	21

Female Overall Score

1	WYCOMBE PHOENIX	205	137	7	3	58
2	BRACKNELL	194		36	56	102
3	WATFORD	181	127		35	19
4	ST. ALBANS STRIDERS	180	180			
5	DACORUM & TRING	155	83	4	8	60
6	ST. ALBANS A.C.	148		15	49	84
7	STEVENAGE & NH	136	22	17	37	60
8	THAME RUNNERS	114	114			
9	HANDY CROSS	112	112			
10	BANBURY	53	53			
11	TEAM BALANCISE	46	46			
12	BIGGLESWADE	29			21	8
13	QUEENS PARK H.	27	27			
14	RADLEY A.C.	22			22	
15	AMPTHILL & FLITWICK	19				19
16	MAIDENHEAD	2				2

DIVISION RESULT

1	BRACKNELL	709	275	240	194
2	WYCOMBE PHOENIX	596	191	200	205
3	WATFORD	523	158	184	181
4	DACORUM & TRING	510	206	149	155
5	ST. ALBANS A.C.	485	196	141	148
6	ST. ALBANS STRIDERS	451	106	165	180
7	STEVENAGE & NH	407	149	122	136
8	HANDY CROSS	384	141	131	112
9	BANBURY	375	171	151	53
10	THAME RUNNERS	328	111	103	114
11	MAIDENHEAD	319	162	155	2
12	TEAM BALANCISE	230	108	76	46
13	QUEENS PARK H.	158	76	55	27
14	BIGGLESWADE	97	45	23	29
15	RADLEY A.C.	85	52	11	22
16	PURPLE PATCH RUNNERS	79	9	70	
17	AMPTHILL & FLITWICK	65	36	10	19
18	WHITE HORSE	30	17	13	