

# Apex Sports Chiltern League Division One 2013/2014 Round 4

Held at Slough (Upton Court Park) on 11 January 2014

## Senior/Junior/Veteran Men

1	S. NAVLEY (BEDFORD & C)	26.58	M	1	66	T. MAY (LEIGHTON B)	32.17	M	39	134	N. CLAY (LEIGHTON B)	35.28	M40	39
2	A. TOYEV (WINDSOR)	27.28	M	2	67	R. SKILBECK (HEADINGTON)	32.19	M40	12	135	K. HARDING (TRING)	35.37	M50	12
3	M. JANES (BEDFORD & C)	27.39	M	3	68	M. SUMMERFIELD (AYLESBURY)	32.20	M40	13	136	H. EDWARDES-EVANS (AY)	35.39	M40	40
4	B. COLE (TONBRIDGE) N/S	27.57	M		69	M. WHITWORTH (STAL)	32.22	M	40	137	C. MAHON (MILTON K)	35.43	M40	41
4	T. HAUGHIAN (WINDSOR)	28.05	M	4	70	S. NORRIS (HARROW)	32.22	M	41	138	S. WOODS (SILSON)	35.47	M40	42
5	L. HUMPHREYS (BEDFORD & C)	28.07	M	5	71	E. WINTER (MILTON K)	32.34	M	42	139	A. HARWOOD (WATFORD)	35.52	M40	43
6	S. MILLETT (WINDSOR)	28.11	M	6	72	P. DOUGLAS (LEIGHTON B)	32.40	M40	14	140	S. NORTH (WYCOMBE)	35.54	M50	13
7	M. HARRISON (BEDFORD & C)	28.17	M20	1	73	R. FRANZESE (HARROW)	32.41	M	43	141	A. ROBERTS (AYLESBURY)	35.56	M40	44
8	M. CAREY (HARROW)	28.22	M	7	74	L. MEREDITH (AYLESBURY)	32.44	M	44	142	M. WORSFIELD (CHILTERN H.)	36.01	M40	45
9	S. TUTTLE (MILTON K)	28.28	M	8	75	C. NORMAN (LEIGHTON B)	32.48	M	45	143	A. WALTON (HEADINGTON)	36.04	M	69
10	J. COOPER (HARROW)	28.49	M	9	76	D. MAISEY (AYLESBURY)	32.50	M40	15	144	N. BAKER (HEADINGTON)	36.09	M60	1
11	T. MEAD (LUTON)	28.51	M	10	77	G. WARREN (ST. ALBANS STR)	32.52	M40	16	145	D. BREINGAN (CHILTERN H.)	36.15	M40	46
12	C. DETTMAR (HEADINGTON)	28.56	M40	1	78	S. COCKRELL (STAL)	32.54	M	46	146	M. TAYLOR (WYCOMBE)	36.20	M40	47
13	S. PENCOLE (WINDSOR)	29.18	M	11	79	J. LYMAN (MILTON K)	32.54	M	47	147	J. REDSHAW (STAL)	36.30	M	70
14	J. LUNN (BEDFORD & C)	29.22	M	12	80	A. HAYLOCK (LEIGHTON B)	32.55	M	48	148	V. NEBOLIN (WYCOMBE)	36.32	M	71
15	J. DOUGLAS (BEDFORD & C)	29.33	M20	2	81	R. TAYLOR (AYLESBURY)	32.58	M	49	149	N. MARSH (CHILTERN H.)	36.33	M	72
16	R. HARVIE (WINDSOR)	29.35	M20	3	82	J. DARCY (SILSON)	32.58	M40	17	150	J. COMERFORD (MILTON K)	36.36	M	73
17	S. LEDGER (HARROW)	29.37	M	13	83	S. BROWN (CHILTERN H.)	33.01	M40	18	151	J. HURLEY (LEIGHTON B)	36.38	M50	14
18	J. MCGINN (WATFORD)	29.40	M	14	84	A. COHEN-WRAY (BED)	33.01	M	50	152	M. BRYANT (LEIGHTON B)	36.41	M40	48
19	M. BRAY (BEDFORD & C)	29.47	M20	4	85	C. GALLAGHER (STAL)	33.03	M	51	153	S. DEARMAN (WATFORD)	36.46	M50	15
20	E. O'GORMAN (CHILTERN H.)	29.50	M40	2	86	D. MORGAN (WINDSOR)	33.06	M	52	154	M. ORTON (WATFORD)	36.54	M50	16
21	R. THREFFALL (MILTON K)	30.01	M	15	87	J. TAYLOR (CHILTERN H.)	33.09	M	53	155	M. BURLING (MILTON K)	36.56	M50	17
22	M. CLARKE (MILTON K)	30.01	M	16	88	C. BRAYBROOK (STAL)	33.12	M50	5	156	D. COATES (SILSON)	37.16	M50	18
23	N. DITTON (WINDSOR)	30.04	M	17	89	T. INCHLEY (LEIGHTON B)	33.16	M	54	157	J. MANNING (TRING)	37.18	M60	2
24	P. MACKRELL (LEIGHTON B)	30.10	M	18	90	M. GREENER (MILTON K)	33.17	M20	13	158	L. HURMAN (HEADINGTON)	37.36	M50	19
25	R. TAYLOR (AYLESBURY)	30.11	M	19	91	T. INCHLEY (LEIGHTON B)	33.18	M	55	159	A. TAYLOR (SILSON)	37.40	M	74
26	G. JONES (MILTON K)	30.14	M	20	92	B. GRAY (SILSON)	33.24	M40	19	160	F. HANSEN (MILTON K)	37.43	M40	49
27	M. ROBINSON (HEADINGTON)	30.17	M	21	93	S. ELLISON (MILTON K)	33.32	M	56	161	I. THOMPSON (AYLESBURY)	37.54	M50	20
28	G. GILFEDDER (WYCOMBE)	30.20	M40	3	94	J. BELL (LEIGHTON B)	33.32	M40	20	162	G. MAYOH (WATFORD)	37.55	M40	50
29	S. GREEN (MILTON K)	30.24	M	22	95	A. PHELPS (HEADINGTON)	33.34	M50	6	163	P. MASON (MILTON K)	37.57	M60	3
30	S. BEEDELL (CHILTERN H.)	30.25	M	23	96	L. ELTON (MILTON K)	33.36	M	57	164	B. SCOTT (ST. ALBANS STR)	38.09	M	75
31	A. DUNAJKO (STAL)	30.28	M	24	97	L. HAWKINS (HARROW)	33.37	M20	14	165	NO. 680 (WYCOMBE)	38.12	M	76
32	M. GODDARD (CHILTERN H.)	30.30	M20	5	98	J. SIMPSON (STAL)	33.38	M20	15	166	C. DIMMOCK (LEIGHTON B)	38.14	M40	51
33	M. SLIWINSKI (WYCOMBE)	30.33	M20	6	99	R. CHURCHILL (WINDSOR)	33.40	M	58	167	N. WASHINGTON (MILTON K)	38.14	M	77
34	S. BUCKLE (ST. ALBANS STR)	30.35	M	25	100	G. STRATFORD (LEIGHTON B)	33.42	M40	21	168	I. MARKWELL (STAL)	38.23	M40	52
35	M. ADCOCK (WATFORD)	30.45	M40	4	101	J. ABBISS (ST. ALBANS STR)	33.49	M20	16	169	K. SMITH (MILTON K)	38.27	M60	4
36	C. WOOD (SILSON)	30.49	M	26	102	R. HUDSON (LUTON)	33.51	M40	22	170	T. ROBERTS (BEDFORD & C)	38.31	M	78
37	F. CAMPBELL (HEADINGTON)	30.57	M40	5	103	N. HARRIS (WATFORD)	33.53	M	59	171	R. ANSELL (TRING)	38.44	M50	21
38	L. SMITH (MILTON K)	30.58	M20	7	104	K. REBOUL (SILSON)	33.58	M50	7	172	A. JELLEY (SILSON)	38.45	M40	53
39	E. BLAKE (ST. ALBANS STR)	31.01	M	27	105	J. WOODS (HEADINGTON)	34.04	M	60	173	N. O. 679 (WYCOMBE)	39.05	M	79
40	J. HILLIER (WYCOMBE)	31.02	M20	8	106	J. BLACK (BEDFORD & C)	34.07	M40	23	174	M. INSLEY (AYLESBURY)	39.18	M40	54
41	J. FOWLER (CHILTERN H.)	31.05	M40	6	107	A. FIELD (SILSON)	34.09	M40	24	175	H. BULL (ST. ALBANS STR)	39.22	M	80
42	J. STRANGE (BEDFORD & C)	31.08	M	28	108	J. KABEL (HARROW)	34.10	M40	25	176	A. HOARE (SILSON)	39.28	M50	22
43	G. BLABER (MILTON K)	31.10	M40	7	109	G. O'CALLAGHAN (TRING)	34.11	M40	26	177	R. DERRICK (STAL)	39.36	M50	23
44	A. INCHLEY (LEIGHTON B)	31.11	M	29	110	C. REYNOLDS (MILTON K)	34.27	M40	27	178	J. FLETCHER (SILSON)	39.45	M	81
45	R. LANGLEY (TRING)	31.12	M	30	111	N. TAYLOR (CHILTERN H.)	34.27	M40	28	179	M. GROOM (MILTON K)	40.01	M60	5
46	S. WOODWARD (SILSON)	31.13	M40	8	112	H. HARTMANN (AYLESBURY)	34.27	M40	29	180	M. TRAVERS (STAL)	40.12	M50	24
47	T. PHELPS (SILSON)	31.14	M	31	113	M. WHELHAND (MILTON K)	34.32	M	61	181	P. ROSE (SILSON)	40.20	M40	55
48	J. COLLIER (HARROW)	31.15	M20	9	114	M. BURGESS (TRING)	34.34	M50	8	182	P. EARNSHAW (STAL)	40.25	M50	25
49	A. PACEY (SILSON)	31.16	M40	9	115	J. OCKENDEN (STAL)	34.37	M	62	183	P. ILLING (WATFORD)	40.32	M40	56
50	J. DAVIS (AYLESBURY)	31.16	M20	10	116	C. DOWIE (ST. ALBANS STR)	34.42	M40	30	184	R. OLNEY (ST. ALBANS STR)	40.36	M40	57
51	C. HEARN (MILTON K)	31.17	M	32	117	P. WOOTTON (CHILTERN H.)	34.49	M40	31	185	R. POPIEL (SILSON)	40.38	M50	26
52	L. MCNABOLA (LUTON)	31.22	M	33	118	T. BIRKETT (WATFORD)	34.50	M40	32	186	T. MITCHELL (LUTON)	40.53	M40	58
53	N. HUGHES (CHILTERN H.)	31.24	M40	10	119	J. HAYNES (SILSON)	34.51	M50	9	187	M. SPENCER (SILSON)	40.56	M40	59
54	M. CURSONS (HARROW)	31.35	M50	1	120	P. RUTLEY (WATFORD)	34.52	M40	33	188	J. ROUSE (WATFORD)	42.22	M40	60
55	T. DIXON (CHILTERN H.)	31.46	M	34	121	M. RICHARDS (AYLESBURY)	34.54	M40	34	189	C. FALLAIZE (AYLESBURY)	42.57	M50	27
56	W. LANGLEY (WYCOMBE)	31.49	M	35	122	S. CAYLEY (HEADINGTON)	34.57	M	63	190	S. FIELD (CHILTERN H.)	43.36	M60	6
57	I. GRIMSHAW (LEIGHTON B)	31.50	M40	11	123	T. CASTLE (SILSON)	35.01	M	64	191	W. WESSELY (WINDSOR)	43.38	M60	7
58	M. PALSER (MILTON K)	31.50	M	36	124	C. ELLIS (WATFORD)	35.05	M	65	192	P. LISTER (HEADINGTON)	44.09	M50	28
59	G. JONES (HARROW)	31.54	M	37	125	A. COX (MILTON K)	35.07	M40	35	193	A. LOCK (SILSON)	44.28	M60	8
	S. BENGE (BEDFORD & C) N/S	31.55	M20		126	N. MCWILLIAMS (STAL)	35.14	M	66	194	F. WATT (LEIGHTON B)	44.47	M60	9
60	K. WYE (WINDSOR)	31.55	M20	11	127	A. NICOLSON (STAL)	35.16	M40	36	195	M. HAYNES (LEIGHTON B)	45.07	M	82
61	R. LEWIS (LUTON)	31.56	M20	12	128	S. BARNETT (TRING)	35.17	M	67	196	P. BROOKS (LUTON)	45.08	M50	29
62	J. VICK (MILTON K)	31.56	M	38	129	D. WALKER (WATFORD)	35.18	M50	10	197	B. LAYTON (TRING)	46.53	M60	10
63	C. FINILL (HARROW)	32.01	M50	2	130	W. ROSE (LEIGHTON B)	35.19	M40	37	198	K. BARCLAY (STAL)	48.05	M60	11
64	D. BROWN (CHILTERN H.)	32.04	M50	3	131	T. POOLE (CHILTERN H.)	35.22	M	68	199	G. TSVERIK (HEADINGTON)	49.03	M40	61
65	N. PACEY (SILSON)	32.12	M50	4	132	A. DARBYSHIRE (HEADINGTON)	35.24	M50	11	200	J. LAWRENCE (MILTON K)	51.05	M50	30
					133	H. THOMAS (CHILTERN H.)	35.28	M40	38	201	M. CARTWRIGHT (CHIL)	53.54	M60	12

## TEAM RESULT non scorers excluded

1	BEDFORD & COUNTY	1724	1	3	5	7	14	15	19	42	84	106
2	MARSHALL MILTON KEYNES	1661	9	21	22	26	29	38	43	51	58	62
3	HARROW A.C.	1521	8	10	17	48	54	59	63	70	73	97
4	WINDSOR SE&H	1520	2	4	6	13	16	23	60	86	99	191
5	CHILTERN HARRIERS	1444	20	30	32	41	53	55	64	83	87	111
6	LEIGHTON BUZZARD	1328	24	44	57	66	72	75	80	89	91	94
7	ST. ALBANS STRIDERS	1320	31	34	39	69	77	78	85	88	98	101
8	SILSON JOGGERS	1273	36	46	47	49	65	82	92	104	107	119
9	HEADINGTON R.R.	1136	12	27	37	67	95	105	122	132	143	144
10	VALE OF AYLESBURY	1136	25	50	68	74	76	81	112	121	136	141
11	WATFORD	927	18	35	103	118	120	124	129	139	153	154
12	WYCOMBE PHOENIX	889	28	33	40	56	140	146	148	165	173	
13	LUTON A.C.	604	11	52	61	102	186	196				
14	TRING RUNNING CLUB	560	45	109	114	128	135	157	171	197		

## Veteran Mens Race

1	CHILTERN HARRIERS	630	20	41	53	64						
2	HEADINGTON R.R.	597	12	37	67	95						
3	SILSON JOGGERS	566	46	49	65	82						
4	LEIGHTON BUZZARD	485	57	72	94	100						
5	VALE OF AYLESBURY	431	68	76	112	121						
6	WATFORD	406	35	118	120	129						
7	ST. ALBANS STRIDERS	400	77	88	116	127						
8	MARSHALL MILTON KEYNES	393	43	110	125	137						
9	HARROW A.C.	381	54	63	108							
10	TRING RUNNING CLUB	293	109	114	135	157						
11	WYCOMBE PHOENIX	292	28	140	146							
12	LUTON A.C.	122	102	186	196							
13	BEDFORD & COUNTY	96	106									
14	WINDSOR SE&H	11	191									

## DIVISION RESULT

1	BEDFORD & COUNTY	8018	2036
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**Junior Men**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**DIVISION RESULT**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**Under 17 Men**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**TEAM RESULT**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**DIVISION RESULT**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**Under 15 Boys**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**TEAM RESULT**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**DIVISION RESULT**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**Under 13 Boys**

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

Table with 5 columns: Rank, Club Name, Points, Wins, Losses, Draws.

**TEAM RESULT**

1 ST. ALBANS STRIDERS	338	1	5	10	18
2 CHILTERN HARRIERS	332	2	3	11	24
3 MARSHALL MILTON KEYNES	315	4	7	19	27
4 BEDFORD & COUNTY	296	8	16	22	30
5 VALE OF AYLESBURY	283	14	17	25	33
6 WYCOMBE PHOENIX	267	15	23	32	35
7 WINDSOR SE&H	243	6	12	53	58
8 LUTON A.C.	217	9	13	40	
9 HARROW A.C.	212	20	29	48	63
10 SILSON JOGGERS	73	65	71	79	84
11 WATFORD	23	80	83		

**DIVISION RESULT**

1 ST. ALBANS STRIDERS	1313	348	288	339	338
2 CHILTERN HARRIERS	1308	377	265	334	332
3 WINDSOR SE&H	1230	364	297	326	243
4 BEDFORD & COUNTY	1229	350	270	313	296
5 MARSHALL MILTON KEYNES	1185	314	254	302	315
6 WYCOMBE PHOENIX	1042	289	219	267	267
7 VALE OF AYLESBURY	936	286	118	249	283
8 LUTON A.C.	904	316	167	204	217
9 HARROW A.C.	841	314	213	102	212
10 SILSON JOGGERS	384	159	75	77	73
11 WATFORD	314	151	80	60	23

**Senior/Veteran Ladies**

1 R. MURRAY (BEDFORD & C).....20.40	F	1				36 K. ELLIOT (CHILTERN H.).....24.08	F35	11	72 J. COOPER (SILSON).....27.47	F45	18
2 L. BROMLOW (MILTON K).....21.18	F	2				37 A. HOPKINS (HEADINGTON).....24.17	F35	12	73 D. BREWARD (SILSON).....27.48	F35	19
3 H. KITCHEN (WATFORD).....21.34	F	3				38 W. WALSH (ST. ALBANS STR).....24.27	F35	13	74 L. SPENCELEY (SILSON).....27.57	F35	20
4 C. FIRTH (WINDSOR).....21.41	F	4				39 N. SMITH (HEADINGTON).....24.29	F	21	75 N. KING (SILSON).....28.05	F35	21
5 S. DELDERFIELD (AYLESBURY).....21.43	F	5				40 C. NOAKES (HEADINGTON).....24.41	F	22	76 N. CHANDLER (AYLESBURY).....28.06	F	33
6 L. LINGLEY (WINDSOR).....21.58	F	6				41 A. RUST (BEDFORD & C).....24.44	F	23	77 N. ESTRADA (CHILTERN H.).....28.43	F	34
7 S. THOMAS (CHILTERN H.).....22.03	F	7				42 D. CHANNER (AYLESBURY).....24.56	F35	14	78 L. DAGLISH (LUTON).....28.57	F55	4
8 W. WEBBER (MILTON K).....22.20	F35	1				43 D. BALDWIN (MILTON K).....25.03	F55	1	79 P. KIRBY (WINDSOR).....29.01	F	35
9 W. WEBSTER (STAL).....22.23	F	8				44 R. SHEPPARD (SILSON).....25.11	F	24	80 S. MAISEY (AYLESBURY).....29.05	F35	22
10 C. LATHWELL (LUTON).....22.28	F35	2				45 J. SAUER (LEIGHTON B).....25.16	F35	15	81 H. FALLAIZE (AYLESBURY).....29.06	F55	5
11 E. ARMSTRONG (WINDSOR).....22.38	F	9				46 Y. GUTTERIDGE (WINDSOR).....25.20	F	25	82 J. LONG (SILSON).....29.06	F45	19
12 L. WATERLOW (STAL).....22.42	F	10				47 M. WARD (TRING).....25.24	F45	5	83 N. ECONOMU (WATFORD).....29.17	F35	23
13 C. MULLEN (BEDFORD & C).....22.53	F	11				48 M. CALLEIA (MILTON K).....25.28	F35	16	84 S. TANSEY (WINDSOR).....29.21	F45	20
14 B. NKOANE (CHILTERN H.).....23.00	F35	3				49 H. HINDE (WINDSOR).....25.33	F45	6	85 M. BIGNELL (SILSON).....29.25	F45	21
15 D. STEER (ST. ALBANS STR).....23.04	F45	1				50 V. BURGESS (TRING).....25.44	F45	7	86 M. WRAY (SILSON).....29.36	F45	22
16 A. HALFORD (WATFORD).....23.07	F35	4				51 E. JAMES (SILSON).....25.54	F	26	87 J. VERWEY (SILSON).....29.56	F45	23
17 E. ROCHE (MILTON K).....23.13	F	12				52 G. JUBB (ST. ALBANS STR).....25.55	F35	17	88 A. NUTTALL (SILSON).....30.09	F	36
18 A. CONCANNON (HARROW).....23.16	F	13				53 M. DING (HEADINGTON).....26.07	F	27	89 C. TODD (SILSON).....30.27	F45	24
19 R. IANNONE (AYLESBURY).....23.24	F	14				54 J. SHARPLES (STAL).....26.08	F	28	90 M. MOUTRIE (SILSON).....30.29	F45	25
20 A. SLOWINSKA (WINDSOR).....23.26	F	15				55 S. DITTON (WINDSOR).....26.09	F	29	91 C. ROSE (SILSON).....30.31	F	37
21 V. TAYLOR (WYCOMBE).....23.29	F35	5				56 H. PURCHAS (TRING).....26.19	F45	8	92 T. TREMAINE (STAL).....30.47	F35	24
22 S. REYNOLDS (CHILTERN H.).....23.33	F35	6				57 L. BODDY (LEIGHTON B).....26.21	F35	18	93 L. DANIEL (TRING).....30.57	F45	26
23 A. YOUNG (CHILTERN H.).....23.36	F35	7				58 H. WARRELL (TRING).....26.24	F45	9	94 C. CONWAY (HEADINGTON).....31.01	F	38
24 K. THOMPSON (BEDFORD & C).....23.38	F	16				59 H. KIRK (SILSON).....26.28	F	30	95 C. PROBERT (SILSON).....31.03	F	39
25 A. INCHLEY (LEIGHTON B).....23.47	F	17				60 A. HARDING (TRING).....26.46	F45	10	96 E. CARTER (HEADINGTON).....31.20	F35	25
26 E. BATES (CHILTERN H.).....23.48	F	18				61 H. JOHAL (WATFORD).....27.09	F45	11	97 K. BARNETT (TRING).....31.28	F35	26
27 J. CONWAY (ST. ALBANS STR).....23.52	F	19				62 H. BENNEWITH (AYLESBURY).....27.11	F55	2	98 K. JOHNSON (LEIGHTON B).....31.31	F	40
28 G. RUSSELL (WYCOMBE).....23.52	F20	1				63 R. KERR (BEDFORD & C).....27.13	F45	12	99 A. CHAPPELL (HEADINGTON).....31.45	F	41
29 L. MCKIE (ST. ALBANS STR).....23.51	F35	8				64 L. BENTHAM (LUTON).....27.22	F45	13	100 L. THOMAS (SILSON).....31.59	F35	27
30 F. YULL (MILTON K).....23.58	F	20				65 D. HEYDECKER (STAL).....27.27	F55	3	101 J. MANNING (TRING).....33.28	F	42
31 J. AUSTIN (AYLESBURY).....23.59	F45	2				66 K. HAYLOCK (LEIGHTON B).....27.30	F	31	102 C. STEPHENSON (TRING).....34.42	F55	6
32 C. WHITTAKER (WATFORD).....24.03	F45	3				67 J. PORTEOUS (TRING).....27.36	F45	14	103 W. MENG AU-YEONG (STAL).....35.54	F	43
33 Z. LOWE (ST. ALBANS STR).....24.03	F45	4				68 M. WRIGHT (MILTON K).....27.39	F	32	104 S. PEARSON (SILSON).....36.02	F	44
34 R. SHAW (HEADINGTON).....24.06	F35	9				69 F. DARLING-GILNSKI (MK).....27.43	F45	15	105 P. CARD (AYLESBURY).....36.04	F55	7
35 N. ASHE (HARROW).....24.08	F35	10				70 K. LOACH (CHILTERN H.).....27.44	F45	16	106 C. DEARMAN (WATFORD).....37.26	F45	27
						71 S. TORRANCE (SILSON).....27.46	F45	17	107 T. GADSBY (AYLESBURY).....37.36	F55	8

**TEAM RESULT**

1 WINDSOR SE&H	391	4	6	11	20
2 MARSHALL MILTON KEYNES	375	2	8	17	30
3 ST. ALBANS STRIDERS	369	9	12	15	27
4 CHILTERN HARRIERS	366	7	14	22	23
5 BEDFORD & COUNTY	353	1	13	24	41
6 VALE OF AYLESBURY	335	5	19	31	42
7 WATFORD	320	3	16	32	61
8 HEADINGTON R.R.	282	34	37	39	40
9 LEIGHTON BUZZARD	239	25	45	57	66
10 TRING RUNNING CLUB	221	47	50	56	58
11 SILSON JOGGERS	207	44	51	59	71
12 LUTON A.C.	172	10	64	78	
13 WYCOMBE PHOENIX	167	21	28		
14 HARROW A.C.	163	18	35		

**DIVISION RESULT**

1 MARSHALL MILTON KEYNES	1577	458	386	358	375
2 BEDFORD & COUNTY	1561	444	367	397	353
3 ST. ALBANS STRIDERS	1468	406	350	343	369
4 CHILTERN HARRIERS	1419	426	347	280	366
5 LUTON A.C.	1355	418	399	366	172
6 HEADINGTON R.R.	1349	404	343	320	282
7 WINDSOR SE&H	1308	465	176	276	391
8 VALE OF AYLESBURY	1281	376	298	272	335
9 HARROW A.C.	1131	402	325	241	163
10 WATFORD	1047	383	90	254	320
11 TRING RUNNING CLUB	847	257	169	200	221
12 LEIGHTON BUZZARD	845	221	149	236	239
13 SILSON JOGGERS	743	206	130	200	207
14 WYCOMBE PHOENIX	554	104	139	144	167

**Veteran Ladies Race**

1 CHILTERN HARRIERS	337	14	22	23	36
2 ST. ALBANS STRIDERS	317	15	29	33	38
3 MARSHALL MILTON KEYNES	264	8	43	48	69
4 WATFORD	240	16	32	61	83
5 TRING RUNNING CLUB	221	47	50	56	58
6 VALE OF AYLESBURY	217	31	42	62	80
7 LUTON A.C.	172	10	64	78	
8 HEADINGTON R.R.	157	34	37	96	
9 SILSON JOGGERS	142	71	72	73	74
10 LEIGHTON BUZZARD	114	45	57		
11 WYCOMBE PHOENIX	87	21			
12 WINDSOR SE&H	83	49	84		
13 HARROW A.C.	73	35			
14 BEDFORD & COUNTY	45	63			

**DIVISION RESULT**

1 ST. ALBANS STRIDERS	1208	370	258	263	317
2 MARSHALL MILTON KEYNES	1192	368	290	270	264
3 CHILTERN HARRIERS	1021	308	261	115	337
4 VALE OF AYLESBURY	876	235	213	211	217
5 WATFORD	872	383	90	159	240
6 LUTON A.C.	841	284	154	231	172
7 TRING RUNNING CLUB	733	257	145	110	221
8 SILSON JOGGERS	572	179	105	146	142
9 HEADINGTON R.R.	571	119	202	93	157
10 LEIGHTON BUZZARD	430	123	59	134	114
11 BEDFORD & COUNTY	369	66	57	201	45
12 WYCOMBE PHOENIX	332	104	71	70	87
13 HARROW A.C.	251	101	77		73
14 WINDSOR SE&H	165	48	34		83

**Junior/U17 Ladies**

1 A. HARRIS (BEDFORD & C).....19.08	F20	1				12 E. O'GRADY (HARROW).....20.37	F17	9	24 E. HICKS (WINDSOR).....22.15	F17	17
2 H. MORTON (CHILTERN H.).....19.16	F17	1				13 A. HARRIS (CHILTERN H.).....20.38	F20	4	25 L. COLLINS (WINDSOR).....22.22	F20	8
3 K. DITTON (WINDSOR).....19.21	F17	2				14 L. ECKLEY (ST. ALBANS STR).....20.38	F17	10	26 C. BAXTER (CHILTERN H.).....22.27	F17	18
4 A. RADFORD (MILTON K).....19.27	F17	3				15 I. THORNTON-BOTT (MK).....20.44	F17	11	27 C. HUNT (MILTON K).....22.49	F20	9
5 E. DELGADO (WYCOMBE).....19.50	F17	4				16 S. CHESTERMAN (CHIL).....20.55	F17	12	28 F. VAFADARI (LUTON).....23.09	F17	19
6 S. BILLINGTON (LUTON).....19.55	F20	2				17 NO. 663 (WYCOMBE).....20.59	F20	5	29 S. BIGMORE (WINDSOR).....23.21	F17	20
7 C. HUNTER (BEDFORD & C).....19.57	F17	5				18 C. DEARMAN (WATFORD).....21.05	F17	13	30 A. MERRIGAN (HARROW).....23.34	F17	21
8 K. BENCH (CHILTERN H.).....20.05	F17	6				19 E. ROSE-SENIOR (HARROW).....21.16	F20	6	31 K. WATKINS (HARROW).....23.52	F17	22
9 R. PARLOUR (STAL).....20.14	F17	7				20 S. HANNELLY (MILTON K).....21.23	F17	14	32 A. RANAGHAN (HARROW).....24.02	F17	23
10 S. CLIFFE (MILTON K).....20.15	F17	8				21 M. HILL (HARROW).....21.50	F17	15	33 R. SMART (HARROW).....24.10	F17	24
11 S. NEEDLEMAN (CHILTERN H.).....20.22	F20	3				22 S. KERR (BEDFORD & C).....21.54	F17	16	34 S. CRISP (MILTON K).....24.46	F17	25
						23 J. HALL (MILTON K).....21.57	F20	7	35 H. TRELAWNY (WINDSOR).....25.11	F17	26

**TEAM RESULT**

1 CHILTERN HARRIERS	87	2	8	11	
2 MARSHALL MILTON KEYNES	79	4	10	15	
3 BEDFORD & COUNTY	78	1	7	22	
4 HARROW A.C.	56	12	19	21	
5 WINDSOR SE&H	56	3	24	25	
6 WYCOMBE PHOENIX	50	5	17		
7 ST. ALBANS STRIDERS	49	9	14		
8 LUTON A.C.	38	6	28		
9 WATFORD	18	18			

**DIVISION RESULT**

1 WINDSOR SE&H	421	107	148	110	56
2 BEDFORD & COUNTY	403	92	130	103	78
3 MARSHALL MILTON KEYNES	374	98	106	91	79
4 CHILTERN HARRIERS	368	103	103	75	87
5 LUTON A.C.	281	78	76	89	38
6 ST. ALBANS STRIDERS	252	81	85	37	49
7 HARROW A.C.	216	48	61	51	56
8 WYCOMBE PHOENIX	168	39	47	32	50
9 WATFORD	90	22	36	14	18
10 VALE OF AYLESBURY	62	26	18	18	
11 SILSON JOGGERS	13	6	7		

**Under 15 Girls**

1	M. GOODRUM (WINDSOR)	9.46	F15	1
2	M. WHITFIELD (HARROW)	10.16	F15	2
3	L. NICHOLS (BEDFORD & C)	10.22	F15	3
4	H. THEAR (CHILTERN H.)	10.27	F15	4
5	E. MCCAFFRAY (BEDFORD & C)	10.31	F15	5
6	M. THOMSETT (WINDSOR)	10.31	F15	6
7	M. WILSON (HARROW)	10.39	F15	7
8	T. WEDDELL (STAL)	10.42	F15	8
9	E. MEARS (MILTON K)	10.45	F15	9
10	S. WAGER-LEIGH (CHIL)	10.46	F15	10
11	S. BOTHAM (MILTON K)	10.48	F15	11
12	B. MURPHY (BEDFORD & C)	10.51	F15	12
13	J. ORR (CHILTERN H.)	10.58	F15	13
14	M. MIDDLETON (BEDFORD & C)	11.00	F15	14
15	M. PRITCHARD (BEDFORD & C)	11.05	F15	15
16	M. STYLES (WYCOMBE)	11.18	F15	16
17	E. BANNISTER (CHILTERN H.)	11.19	F15	17
18	S. OLNEY (ST. ALBANS STR)	11.22	F15	18
19	L. BARRACLOUGH (CHIL)	11.24	F15	19
20	O. FAWCETT (CHILTERN H.)	11.25	F15	20

21	K. WOFFINDEN (WINDSOR)	11.28	F15	21
22	M. LACEY (CHILTERN H.)	11.29	F15	22
23	S. PLUMMER (LEIGHTON B)	11.32	F15	23
24	H. GREGORY (WINDSOR)	11.33	F15	24
25	E. TASWELL-FRYER (AY)	11.34	F15	25
26	C. ECKLEY (ST. ALBANS STR)	11.35	F15	26
27	N. NURSE (MILTON K)	11.36	F15	27
28	E. HOBBS (ST. ALBANS STR)	11.37	F15	28
29	H. RAYDEN (ST. ALBANS STR)	11.38	F15	29
30	R. HADDOW (HARROW)	11.40	F15	30
31	N. TAYLOR (WYCOMBE)	11.41	F15	31
32	A. BENTLEY (STAL)	11.42	F15	32
33	M. RANAGHAN (HARROW)	11.46	F15	33
34	G. ROBIN (ST. ALBANS STR)	11.53	F15	34
35	R. POPE (WINDSOR)	12.05	F15	35
36	R. AYRTON (HARROW)	12.06	F15	36
37	L. MARKWELL (STAL)	12.06	F15	37
38	J. BARNES (ST. ALBANS STR)	12.07	F15	38
39	N. BANDEE (BEDFORD & C)	12.16	F15	39
40	C. MOYSE (MILTON K)	12.19	F15	40
41	K. BILLINGTON (LUTON)	12.20	F15	41

42	M. HOULIHAN-BURNE (CHIL)	12.20	F15	42
43	G. HALEY (WYCOMBE)	12.20	F15	43
44	A. RADFORD (MILTON K)	12.23	F15	44
45	J. EHINGER (WINDSOR)	12.23	F15	45
46	O. SMYTH (WINDSOR)	12.41	F15	46
47	M. WESTROPE (LEIGHTON B)	12.49	F15	47
48	A. O' REILLY (SILSON)	13.04	F15	48
49	M. JARVIS (WATFORD)	13.06	F15	49
50	J. EDWARDS (STAL)	13.06	F15	50
51	K. MCCARTNEY (CHILTERN H.)	13.07	F15	51
52	M. BRUCE (WINDSOR)	13.10	F15	52
53	A. BARNARD (MILTON K)	13.12	F15	53
54	H. HUNT (MILTON K)	13.22	F15	54
55	N. WRAY (SILSON)	13.23	F15	55
56	A. JELLEY (SILSON)	13.24	F15	56
57	N. VATER (WINDSOR)	13.33	F15	57
58	O. PIERCEY (SILSON)	13.34	F15	58
59	R. AICKIN (HARROW)	13.34	F15	59
60	J. SOANE (WINDSOR)	13.37	F15	60
61	E. REES (SILSON)	13.48	F15	61
62	E. JORDAN (WINDSOR)	14.31	F15	62

**TEAM RESULT**

1	BEDFORD & COUNTY	218	3	5	12	14
2	CHILTERN HARRIERS	208	4	10	13	17
3	WINDSOR SE&H	200	1	6	21	24
4	HARROW A.C.	180	2	7	30	33
5	ST. ALBANS STRIDERS	172	8	18	26	28
6	MARSHALL MILTON KEYNES	165	9	11	27	40
7	WYCOMBE PHOENIX	99	16	31	43	
8	LEIGHTON BUZZARD	56	23	47		
9	VALE OF AYLESBURY	38	25			
10	SILSON JOGGERS	35	48	55	56	58
11	LUTON A.C.	22	41			
12	WATFORD	14	49			

**DIVISION RESULT**

1	BEDFORD & COUNTY	918	288	205	207	218
2	CHILTERN HARRIERS	852	274	172	198	208
3	WINDSOR SE&H	803	275	126	202	200
4	ST. ALBANS STRIDERS	711	243	126	170	172
5	HARROW A.C.	685	247	148	110	180
6	MARSHALL MILTON KEYNES	664	227	137	135	165
7	WYCOMBE PHOENIX	321	81	65	76	99
8	LEIGHTON BUZZARD	227	91	37	43	56
9	VALE OF AYLESBURY	163	77	1	47	38
10	SILSON JOGGERS	152	46	41	30	35
11	LUTON A.C.	78	30		26	22
12	WATFORD	55	29		12	14

**Under 13 Girls**

1	S. MORTON (CHILTERN H.)	8.42	F13	1
2	M. RELTON (BEDFORD & C)	8.55	F13	2
3	S. STOVELL (BEDFORD & C)	9.20	F13	3
4	E. ANDERS (ST. ALBANS STR)	9.21	F13	4
5	O. LOWRIE (WYCOMBE)	9.25	F13	5
6	J. LAITNER (STAL)	9.26	F13	6
7	J. NUTTALL (MILTON K)	9.29	F13	7
8	R. WATKINS (CHILTERN H.)	9.30	F13	8
9	H. SHELTON (BEDFORD & C)	9.30	F13	9
10	S. POHLMAN (CHILTERN H.)	9.32	F13	10
11	K. THOMPSON (WINDSOR)	9.33	F13	11
12	G. NUNN (LUTON)	9.35	F13	12
13	F. WEDDELL (STAL)	9.36	F13	13
14	L. JAY (LUTON)	9.36	F13	14
15	K. JONES (WYCOMBE)	9.42	F13	15
16	K. STERN (ST. ALBANS STR)	9.46	F13	16
17	F. JOHNSON (BEDFORD & C)	9.49	F13	17
18	M. PENNANT (WYCOMBE)	9.50	F13	18
19	E. ALDERSON (CHILTERN H.)	9.52	F13	19
20	C. MUNN (CHILTERN H.)	9.55	F13	20
21	M. JARMAN (HARROW)	9.55	F13	21
22	S. PETERS (HARROW)	9.55	F13	22
23	H. TROTMAN (WATFORD)	9.55	F13	23
24	S. ROBIN (ST. ALBANS STR)	9.55	F13	24
25	A. HARMAN (MILTON K)	9.56	F13	25
26	M. HANSON (WINDSOR)	10.00	F13	26
27	M. ROSPEDZIHOWSKA (CHIL)	10.00	F13	27
28	A. JARVIS (WYCOMBE)	10.01	F13	28
29	H. AMIESON (MILTON K)	10.03	F13	29
30	B. WELHAM (CHILTERN H.)	10.04	F13	30

31	C. PRIOR (WYCOMBE)	10.05	F13	31
32	E. BENTHAM (LUTON)	10.06	F13	32
33	A. MONTGOMERY (WYCOMBE)	10.06	F13	33
34	M. RELTON (BEDFORD & C)	10.06	F13	34
35	E. BARNES (ST. ALBANS STR)	10.07	F13	35
36	O. BRENNAN (WINDSOR)	10.09	F13	36
37	N. HAYMAN (LUTON)	10.09	F13	37
38	S. TREMLETT (HARROW)	10.11	F13	38
39	H. SOANES (LUTON)	10.12	F13	39
40	M. EDGHILL (MILTON K)	10.13	F13	40
41	S. VERWEY (SILSON)	10.14	F13	41
42	C. PORTER (BEDFORD & C)	10.15	F13	42
43	A. HYDE (BEDFORD & C)	10.17	F13	43
44	C. SABER (BEDFORD & C)	10.22	F13	44
45	T. GREEN (AYLESBURY)	10.23	F13	45
46	E. RABBITTS (LEIGHTON B)	10.25	F13	46
47	F. MCLEOD (WINDSOR)	10.26	F13	47
48	C. JOHAL (WATFORD)	10.27	F13	48
49	R. CROWDER (WATFORD)	10.28	F13	49
50	R. COOPER (SILSON)	10.30	F13	50
51	S. LOPEZ-FUJIMAKI (WD)	10.31	F13	51
52	K. LEWIS (LUTON)	10.32	F13	52
53	S. HARRIS (WINDSOR)	10.33	F13	53
54	F. ROSE (ST. ALBANS STR)	10.35	F13	54
55	R. MERRIN (MILTON K)	10.36	F13	55
56	J. PRESNO (WYCOMBE)	10.37	F13	56
57	J. TASWELL-FRYER (AY)	10.38	F13	57
58	S. GRAY (SILSON)	10.39	F13	58
59	K. BARKSHIRE (HARROW)	10.42	F13	59
60	E. RAYDEN (ST. ALBANS STR)	10.43	F13	60

61	K. WALAS (WINDSOR)	10.46	F13	61
62	S. PEARCE (WYCOMBE)	10.49	F13	62
63	O. HOULIHAN-BURNE (CHIL)	10.50	F13	63
64	A. FREELY (HARROW)	10.55	F13	64
65	A. REEVES (WINDSOR)	10.55	F13	65
66	L. HERDMAN-SMITH (MK)	10.55	F13	66
67	H. WEATHERLEY (MILTON K)	10.55	F13	67
68	S. ASHBY (WATFORD)	10.55	F13	68
69	L. GONSON (AYLESBURY)	10.56	F13	69
70	J. CABRAL (WINDSOR)	10.59	F13	70
71	L. MURPHY (BEDFORD & C)	11.09	F13	71
72	E. STILWELL (WYCOMBE)	11.09	F13	72
73	L. COTTERILL (SILSON)	11.18	F13	73
74	J. SMITH (WINDSOR)	11.19	F13	74
75	H. COOKE (WYCOMBE)	11.20	F13	75
76	C. BARCLAY (WINDSOR)	11.22	F13	76
77	C. MAY (LEIGHTON B)	11.23	F13	77
78	I. PUNCHER (CHILTERN H.)	11.25	F13	78
79	A. RESTALL (CHILTERN H.)	11.25	F13	79
80	A. GEORGE (WINDSOR)	11.27	F13	80
81	K. MEIJER (MILTON K)	11.36	F13	81
82	Y. BASIL (WATFORD)	11.43	F13	82
83	J. PINCHIN (SILSON)	11.44	F13	83
84	M. KEEFE (LEIGHTON B)	11.56	F13	84
85	E. EDWARDS (STAL)	11.57	F13	85
86	C. JONES (SILSON)	12.00	F13	86
87	H. EVANS (WINDSOR)	12.04	F13	87
88	A. MAISEY (AYLESBURY)	12.32	F13	88
89	NO. 679A (WYCOMBE)	12.54	F13	89
90	E. KING (SILSON)	13.46	F13	90

**TEAM RESULT**

1	BEDFORD & COUNTY	333	2	3	9	17
2	CHILTERN HARRIERS	326	1	8	10	19
3	ST. ALBANS STRIDERS	325	4	6	13	16
4	WYCOMBE PHOENIX	298	5	15	18	28
5	LUTON A.C.	269	12	14	32	37
6	MARSHALL MILTON KEYNES	263	7	25	29	40
7	WINDSOR SE&H	244	11	26	36	47
8	HARROW A.C.	224	21	22	38	59
9	WATFORD	176	23	48	49	68
10	SILSON JOGGERS	142	41	50	58	73
11	VALE OF AYLESBURY	105	45	57	69	88
12	LEIGHTON BUZZARD	66	46	77	84	

**DIVISION RESULT**

1	CHILTERN HARRIERS	1152	297	269	260	326
2	BEDFORD & COUNTY	1100	294	219	254	333
3	ST. ALBANS STRIDERS	1049	293	169	262	325
4	WYCOMBE PHOENIX	1027	264	224	241	298
5	WINDSOR SE&H	1016	297	244	231	244
6	LUTON A.C.	1014	273	248	224	269
7	MARSHALL MILTON KEYNES	905	223	213	206	263
8	HARROW A.C.	721	190	196	111	224
9	WATFORD	464	76	104	108	176
10	SILSON JOGGERS	429	105	84	98	142
11	LEIGHTON BUZZARD	292	92	72	62	66
12	VALE OF AYLESBURY	201	72	24		105

**Total Overall Score**

1	BEDFORD & COUNTY	3354	2372	982
2	MARSHALL MILTON KEYNES	3118	2236	882
3	CHILTERN HARRIERS	3024	2037	987
4	WINDSOR SE&H	2745	1854	891
5	ST. ALBANS STRIDERS	2666	1751	915
6	HARROW A.C.	2430	1807	623
7	VALE OF AYLESBURY	1999	1521	478
8	WYCOMBE PHOENIX	1982	1368	614
9	SILSON JOGGERS	1750	1366	384
10	LEIGHTON BUZZARD	1735	1374	361
11	WATFORD	1624	1096	528
12	HEADINGTON R.R.	1418	1116	282
13	LUTON A.C.	1403	902	501
14	TRING RUNNING CLUB	797	576	221

**DIVISION RESULT**

1	BEDFORD & COUNTY	14709	3932	3759	3664	3354
2	MARSHALL MILTON KEYNES	13252	3657	3361	3116	3118
3	CHILTERN HARRIERS	12723	3441	3138	3120	3024
4	ST. ALBANS STRIDERS	11660	3250	2861	2883	2666
5	HARROW A.C.	11450	3490	3141	2389	2430
6	WINDSOR SE&H	11268	2964	2703	2856	2745
7	LUTON A.C.	8596	2743	1919	2531	1403
8	VALE OF AYLESBURY	8315	2748	1819	1749	1999
9	WYCOMBE PHOENIX	7538	2071	1791	1694	1982
10	LEIGHTON BUZZARD	7054	2018	1679	1622	1735
11	WATFORD	6959	2322	1612	1401	1624
12	SILSON JOGGERS	6671	1729	1558	1634	1750
13	HEADINGTON R.R.	6442	1415	1994	1615	1418
14	TRING RUNNING CLUB	4937	1793	1296	1051	797

**Male Overall Score**

1	BEDFORD & COUNTY	2372	1724	150	202	296
2	MARSHALL MILTON KEYNES	2236	1661	110	150	315
3	CHILTERN HARRIERS	2037	1444	91	170	332
4	WINDSOR SE&H	1854	1520	34	57	243
5	HARROW A.C.	1807	1521	46	28	212
6	ST. ALBANS STRIDERS	1751	1320	70	23	338
7	VALE OF AYLESBURY	1521	1136	102	283	
8	LEIGHTON BUZZARD	1374	1328	46		
9	WYCOMBE PHOENIX	1368	889	81	131	267
10	SILSON JOGGERS	1366	1273	9	11	73
11	HEADINGTON R.R.	1136	1136			
12	WATFORD	1096	927	38	108	23
13	LUTON A.C.	902	604	6	75	217
14	TRING RUNNING CLUB	576	560	16		

**DIVISION RESULT**

1	BEDFORD & COUNTY	10727	2814	2838	2703	2372
2	MARSHALL MILTON KEYNES	9732	2651	2519	2326	2236
3	CHILTERN HARRIERS	8932	2341	2247	2307	2037
4	HARROW A.C.	8697	2603	2411	1876	1807
5	ST. ALBANS STRIDERS	8180	2227	2131	2071	1751
6	WINDSOR SE&H	7720	1820	2009	2037	1854
7	VALE OF AYLESBURY	6608	2197	1478	1412	1521
8	LUTON A.C.	5868	1944	1196	1826	902
9	LEIGHTON BUZZARD	5690	1614	1421	1281	1374
10	WYCOMBE PHOENIX	5468	1583	1316	1201	1368
11	SILSON JOGGERS	5334	1366	1296	1306	1366
12	WATFORD	5303	1812	1382	1013	1096
13	HEADINGTON R.R.	5093	1011	1651	1295	1136
14	TRING RUNNING CLUB	4090	1536	1127	851	576

**Female Overall Score**

1	CHILTERN HARRIERS	987	366	87	208	326
2	BEDFORD & COUNTY	982	353	78	218	333
3	ST. ALBANS STRIDERS	915	369	49	172	325
4	WINDSOR SE&H	891	391	56	200	244
5	MARSHALL MILTON KEYNES	882	375	79	165	263
6	HARROW A.C.	623	163	56	180	224
7	WYCOMBE PHOENIX	614	167	50	99	298
8	WATFORD	528	320	18	14	176
9	LUTON A.C.	501	172	38	22	269
10	VALE OF AYLESBURY	478	335	38	105	
11	SILSON JOGGERS	384	207	35	142	
12	LEIGHTON BUZZARD	361	239	56	66	
13	HEADINGTON R.R.	282	282			
14	TRING RUNNING CLUB	221	221			

**DIVISION RESULT**

1	BEDFORD & COUNTY	3982	1118	921	961	982
2	CHILTERN HARRIERS	3791	1100	891	813	987
3	WINDSOR SE&H	3548	1144	694	819	891
4	MARSHALL MILTON KEYNES	3520	1006	842	790	882
5	ST. ALBANS STRIDERS	3480	1023	730	812	915
6	HARROW A.C.	2753	887	730	513	623
7	LUTON A.C.	2728	799	723	705	501
8	WYCOMBE PHOENIX	2070	488	475	493	614
9	VALE OF AYLESBURY	1707	551	341	337	478
10	WATFORD	1656	510	230	388	528
11	LEIGHTON BUZZARD	1364	404	258	341	361
12	HEADINGTON R.R.	1349	404	343	320	282
13	SILSON JOGGERS	1337	363	262	328	384
14	TRING RUNNING CLUB	847	257	169	200	221