

# Apex Sports Chiltern League Division One 2009/2010 Round 5

Held at Wing on 13 February 2010

## Senior/Junior/Veteran Men

1	T. COTTERELL (MILTON K)	32.00	M	1
2	S. TUTTLE (BEDFORD & C)	32.23	M	2
3	M. SALT (DACORUM)	32.43	M20	1
4	D. WOODGATE (LUTON)	33.01	M20	2
5	J. CRITCHLOW (HARROW)	33.16	M40	1
6	N. WHITE (WINDSOR)	33.24	M20	3
7	C. LAMBERT (MILTON K)	33.29	M20	4
8	J. COOPER (HARROW)	33.33	M	3
9	D. BRANFOOT (HARROW)	33.49	M	4
10	R. LARSEN (BRACKNELL)	33.55	M	5
11	C. DETTMAR (HEADINGTON)	34.10	M40	2
12	P. NORRIS (HARROW)	34.18	M	6
13	C. HEARN (MILTON K)	34.22	M	7
14	A. TURNBULL (BEDFORD & C)	34.39	M40	3
15	S. DEATHE (MILTON K)	34.46	M20	5
16	M. CURSONS (HARROW)	34.52	M40	4
17	C. FINILL (HARROW)	35.02	M50	1
18	S. EARLEY (BEDFORD & C)	35.11	M40	5
19	L. MCNABOLA (LUTON)	35.23	M	8
20	A. PACEY (SILSON)	35.28	M40	6
	J. ABYEO (OXFORD) N/S	35.30	M40	
21	N. LINGLEY (WINDSOR)	35.36	M20	6
22	S. STILL (LUTON)	35.40	M40	7
23	A. ROLT (AYLESBURY)	35.45	M40	8
24	J. MOSS (WINDSOR)	35.50	M20	7
25	A. MOURIDIAN (BRACKNELL)	35.52	M	9
26	N. PACEY (SILSON)	36.05	M40	9
27	M. WHEL BAND (MILTON K)	36.08	M	10
28	N. BUNN (TRING)	36.18	M40	10
29	P. DALY (BRACKNELL)	36.23	M40	11
30	S. HERRING (MILTON K)	36.24	M40	12
31	M. RICHARDS (AYLESBURY)	36.28	M	11
32	A. ATKINS (MILTON K)	36.30	M	12
33	M. JUDSON (HARROW)	36.33	M	13
34	J. LYNAM (MILTON K)	36.34	M20	8
35	K. NANTON (CHILTERN H.)	36.37	M	14
36	G. HARRIS (HEADINGTON)	36.39	M	15
37	S. ELLERBY (CHILTERN H.)	36.51	M	16
38	M. SUMMERFIELD (AYLESBURY)	36.52	M40	13
39	R. SKILBECK (HEADINGTON)	36.54	M	17
40	S. WOODWARD (SILSON)	37.04	M	18
41	R. LANGLEY (TRING)	37.12	M	19
42	R. THREFAH (MILTON K)	37.16	M	20
43	D. CHESHIRE (BEDFORD & C)	37.16	M40	14
44	M. CRANWELL (HARROW)	37.21	M	21
45	J. PHILP (WINDSOR)	37.42	M20	9
46	R. DOWSWELL (MILTON K)	37.59	M40	15
47	C. HAZLERIGG (BRACKNELL)	38.01	M	22
48	J. DARCY (SILSON)	38.07	M40	16
49	N. HARRIS (WATFORD)	38.15	M	23
50	R. JAMES (MILTON K)	38.19	M	24
51	G. O'CALLAGHAN (TRING)	38.20	M	25
52	S. LOWE (BRACKNELL)	38.22	M	26
53	C. MAHON (MILTON K)	38.24	M40	17
54	M. ADCOCK (WATFORD)	38.38	M40	18
55	T. DIXON (OXFORD)	38.40	M50	2
56	C. NICHOLSON (MILTON K)	38.42	M	27
57	M. DUNMORE (HEADINGTON)	38.44	M	28
58	M. WILKINS (WATFORD)	38.44	M	29
59	R. FRANCIS (HARROW)	38.49	M40	19
60	A. WHELAN (TRING)	38.49	M40	20
61	A. WASDELL (MILTON K)	38.52	M	30
62	C. WOOD (SILSON)	38.53	M	31
63	J. HAYNES (SILSON)	39.00	M50	3
64	K. REBOUL (SILSON)	39.01	M40	21
65	M. BURGESS (TRING)	39.07	M40	22
66	S. THORP (OXFORD)	39.13	M50	4
67	A. PHELPS (HEADINGTON)	39.14	M40	23
68	A. GARDNER (DACORUM)	39.14	M	32
69	B. FULLER (WINDSOR)	39.17	M40	24
70	R. GRANT (OXFORD)	39.18	M50	5
71	S. PERKIN (CHILTERN H.)	39.20	M40	25
72	M. TURNEY (CHILTERN H.)	39.28	M40	26
73	J. FAWCETT (CHILTERN H.)	39.39	M	33
74	G. KNOWLES (AYLESBURY)	39.45	M20	10
75	H. EDWARDS-EVANS (AY)	39.57	M40	27
76	P. WOOTTON (CHILTERN H.)	39.59	M40	28
77	J. EXLEY (OXFORD)	40.05	M60	1
78	D. MEANEY (DACORUM)	40.20	M50	6
79	R. TRADSWELL (OXFORD)	40.22	M60	2
80	T. PHELPS (SILSON)	40.23	M	34
81	A. KIRK (SILSON)	40.26	M	35
82	I. MEADOWCROFT (HEAD)	40.30	M40	29
83	T. RICHARDSON (CHIL)	40.37	M50	7
84	L. HURMAN (HEADINGTON)	40.48	M50	8
85	I. THOMPSON (AYLESBURY)	40.55	M40	30
86	A. DARBYSHIRE (HEADINGTON)	41.00	M40	31
87	D. WHEELER (OXFORD)	41.03	M50	9
88	A. GLEESON (OXFORD)	41.08	M40	32
89	M. WOOTTON (SILSON)	41.09	M	36
90	D. WALKER (WATFORD)	41.12	M40	33
91	J. TAYLOR (CHILTERN H.)	41.16	M	37
92	T. MCINTYRE (HARROW)	41.20	M50	10
93	K. CONCANNON (HARROW)	41.22	M50	11
94	D. TAYLOR (SILSON)	41.28	M	38
95	T. LARK (TRING)	41.39	M40	34
96	S. BARNETT (TRING)	41.54	M	39
97	M. BURLING (MILTON K)	41.59	M50	12
98	J. DANOBREGA (BEDFORD & C)	42.08	M	40
99	A. TAYLOR (SILSON)	42.19	M	41
100	M. HILL (WINDSOR)	42.35	M50	13
101	S. JAMES (MILTON K)	42.38	M40	35
102	A. HARRISON (MILTON K)	42.44	M50	14
103	D. BREINGAN (CHILTERN H.)	42.52	M40	36
104	M. MCPHEAT (MILTON K)	42.55	M50	15
105	P. KEAN (LUTON)	42.56	M40	37
106	L. MOORE (DACORUM)	43.05	M	42
107	C. COHEN (TRING)	43.08	M50	16
108	A. HOARE (SILSON)	43.27	M50	17
109	C. JEFFS (TRING)	43.31	M	43
110	G. MAYOH (WATFORD)	43.37	M40	38
111	J. SMITH (TRING)	43.42	M	44
112	N. GOSLING (MILTON K)	43.44	M	45
113	J. STARKEY (BRACKNELL)	43.51	M40	39
114	K. SMITH (MILTON K)	44.00	M60	3
115	T. KEECH (SILSON)	44.08	M50	18
116	G. HEAD (TRING)	44.09	M40	40
117	A. ROBERTS (AYLESBURY)	44.09	M40	41
118	K. SAUNDERS (WINDSOR)	44.13	M50	19
119	P. ILLING (WATFORD)	44.22	M40	42
120	T. BARNES (SILSON)	44.31	M50	20
121	P. OWENS (CHILTERN H.)	44.35	M50	21
122	T. DOWN (MILTON K)	44.38	M50	22
123	R. ELLERBY (CHILTERN H.)	44.46	M50	23
124	P. MASON (MILTON K)	44.55	M50	24
125	A. MCCORMACK (CHILTERN H.)	44.56	M40	43
126	M. FOLKARD (CHILTERN H.)	45.33	M50	25
127	D. FINDELL-HAWKINS (MK)	45.42	M50	26
128	M. CHILDS (MILTON K)	45.47	M40	44
129	W. WESSLEY (WINDSOR)	46.00	M60	4
130	C. FALLAIZE (AYLESBURY)	46.21	M50	27
131	V. WILSON (WATFORD)	46.24	M50	28
132	T. RUBERY (TRING)	46.32	M50	29
133	K. MARTIN (BEDFORD & C)	46.36	M20	11
134	C. HAMLET (WATFORD)	46.42	M60	5
135	S. COOPER (MILTON K)	46.56	M40	45
136	M. NICHOLLS (SILSON)	47.13	M40	46
137	P. KING (SILSON)	47.17	M	46
138	R. HARDY (LUTON)	47.49	M50	30
139	P. MARSHALL (OXFORD)	47.56	M40	47
140	B. KEERS (SILSON)	47.58	M40	48
141	B. THOMPSON (BEDFORD & C)	48.00	M60	6
142	N. JONES (SILSON)	48.41	M40	49
143	G. COPPS (BRACKNELL)	48.53	M50	31
144	P. GRIMSDALE (OXFORD)	49.49	M50	32
145	G. NEAL (WATFORD)	50.00	M50	33
146	A. ALLEN (DACORUM)	50.02	M60	7
147	J. COOPER (DACORUM)	50.13	M60	8
148	T. BLACKMAN (MILTON K)	51.22	M	47
149	T. BRAUN (CHILTERN H.)	51.25	M60	9
150	P. BROOKS (LUTON)	51.38	M40	50
151	D. WOOD (MILTON K)	52.08	M50	34
152	R. CHERRY (HEADINGTON)	52.25	M40	51
153	A. LOCK (SILSON)	53.43	M60	10
154	F. MILLS (DACORUM)	00	M60	11
155	D. IVES (DACORUM)	00	M60	12
156	M. CARTWRIGHT (CHIL)	63.34	M60	13

## TEAM RESULT non scorers excluded

1	MARSHALL MILTON KEYNES	1323	1	7	13	15	27	30	32	34	42	46
2	HARROW A.C.	1275	5	8	9	12	16	17	33	44	59	92
3	SILSON JOGGERS	997	20	26	40	48	62	63	64	80	81	89
4	CHILTERN HARRIERS	808	35	37	71	72	73	76	83	91	103	121
5	TRING RUNNING CLUB	807	28	41	51	60	65	95	96	107	109	111
6	HEADINGTON R.R.	799	11	36	39	57	67	82	84	86	152	
7	WINDSOR SE&H	744	6	21	24	45	69	100	118	129		
8	VALE OF AYLESBURY	683	23	31	38	74	75	85	117	130		
9	BRACKNELL	680	10	25	29	47	52	113	143			
10	BEDFORD & COUNTY	650	2	14	18	43	98	133	141			
11	OXFORD CITY	608	55	66	70	77	79	87	88	139	144	
12	WATFORD	523	49	54	58	90	110	119	131	134	145	
13	LUTON A.C.	504	4	19	22	105	138	150				
14	DACORUM & TRING	399	3	68	78	106	146	147	154	155		

## Veteran Mens Race

1	HARROW A.C.	531	5	16	17	59
2	SILSON JOGGERS	471	20	26	48	63
3	BEDFORD & COUNTY	412	14	18	43	141
4	VALE OF AYLESBURY	407	23	38	75	85
5	MARSHALL MILTON KEYNES	402	30	46	53	97
6	HEADINGTON R.R.	384	11	67	82	84
7	TRING RUNNING CLUB	380	28	60	65	95
8	OXFORD CITY	360	55	66	70	77
9	CHILTERN HARRIERS	326	71	72	76	83
10	WATFORD	255	54	90	110	119
11	LUTON A.C.	213	22	105	138	150
12	WINDSOR SE&H	212	69	100	118	129
13	BRACKNELL	186	29	113	143	
14	DACORUM & TRING	103	78	146	147	154

## Junior Men

1	WINDSOR SE&H	420	6	21	24
2	MARSHALL MILTON KEYNES	415	7	15	34
3	DACORUM & TRING	154	3		
4	LUTON A.C.	153	4		
5	VALE OF AYLESBURY	83	74		
6	BEDFORD & COUNTY	24	133		

## DIVISION RESULT

1	MARSHALL MILTON KEYNES	7241	1511	1824	1433	1150	1323
2	HARROW A.C.	7062	1579	1755	1264	1189	1275
3	BEDFORD & COUNTY	5772	1118	1562	1202	1240	650
4	CHILTERN HARRIERS	5163	1182	1253	1029	891	808
5	VALE OF AYLESBURY	5148	1218	1450	912	885	683
6	SILSON JOGGERS	4945	1027	1307	805	809	997
7	HEADINGTON R.R.	4794	1166	1371	829	629	799
8	OXFORD CITY	4741	1237	1137	858	901	608
9	LUTON A.C.	4564	827	1821	693	719	504
10	WINDSOR SE&H	4524	1076	910	1341	453	744
11	TRING RUNNING CLUB	4441	874	1313	828	619	807
12	BRACKNELL	3784	1169	1035	504	396	680
13	WATFORD	3725	1052	1092	798	260	523
14	DACORUM & TRING	1780	265	654	163	299	399

## DIVISION RESULT

1	HARROW A.C.	2749	500	683	547	488	531
2	OXFORD CITY	2444	572	582	462	468	360
3	VALE OF AYLESBURY	2353	569	632	422	323	407
4	TRING RUNNING CLUB	2211	507	604	403	317	380
5	SILSON JOGGERS	2205	399	504	411	420	471
6	HEADINGTON R.R.	2203	525	580	387	327	384
7	BEDFORD & COUNTY	2153	196	649	519	377	412
8	MARSHALL MILTON KEYNES	2062	419	497	343	401	402
9	LUTON A.C.	1655					

**Under 17 Men**

1 J. GOODWIN (BEDFORD & C).....20.14 M17 1	9 G. BURKITT (BEDFORD & C).....22.47 M17 9	17 D. GURTON (AYLESBURY).....24.04 M17 17
2 M. WHITE (BRACKNELL).....20.29 M17 2	10 A. HOLLIMAN (HARROW).....22.49 M17 10	18 S. LONDON (BRACKNELL).....24.11 M17 18
3 M. BERGIN (BEDFORD & C).....21.05 M17 3	11 M. MALCOLM (MILTON K).....22.59 M17 11	19 T. REILLY (LUTON).....24.30 M17 19
4 T. ATKINS (AYLESBURY).....21.34 M17 4	12 D. LOACH (CHILTERN H.).....23.05 M17 12	20 T. BUCKLE (DACORUM).....24.32 M17 20
5 N. DITTON (WINDSOR).....21.51 M17 5	13 M. NICHOLSON (BEDFORD & C).....23.08 M17 13	21 J. HOO-QUARTEY (HARROW).....25.10 M17 21
6 E. WOOLMER (WINDSOR).....22.00 M17 6	14 W. FLETCHER (CHILTERN H.).....23.19 M17 14	22 A. BROWN (HARROW).....25.41 M17 22
7 W. GURTON (AYLESBURY).....22.19 M17 7	15 R. MEREDITH (OXFORD).....23.32 M17 15	23 M. TILLEY (LUTON).....26.05 M17 23
8 P. STEWART (BEDFORD & C).....22.38 M17 8	16 J. DRY (WINDSOR).....23.56 M17 16	24 J. HOLLAND (BEDFORD & C).....28.55 M17 24

**TEAM RESULT**

1 BEDFORD & COUNTY	79	1	3	8	9
2 WINDSOR SE&H	48	5	6	16	
3 VALE OF AYLESBURY	47	4	7	17	
4 BRACKNELL	30	2	18		
5 CHILTERN HARRIERS	24	12	14		
6 HARROW A.C.	22	10	21	22	
7 MARSHALL MILTON KEYNES	14	11			
8 OXFORD CITY	10	15			
9 LUTON A.C.	8	19	23		
10 DACORUM & TRING	5	20			

**DIVISION RESULT**

1 BEDFORD & COUNTY	600	156	156	95	114	79
2 WINDSOR SE&H	555	149	136	115	107	48
3 VALE OF AYLESBURY	400	119	133	62	39	47
4 BRACKNELL	317	83	135	35	34	30
5 LUTON A.C.	289	95	47	57	82	8
6 MARSHALL MILTON KEYNES	241	63	67	60	37	14
7 CHILTERN HARRIERS	202	61	27	36	54	24
8 OXFORD CITY	180	54	67	25	24	10
9 HARROW A.C.	171	40	59	26	24	22
10 DACORUM & TRING	80		44	18	13	5

**Under 15 Boys**

1 B. ALCOCK (BEDFORD & C).....14.54 M15 1	13 A. BEVAN (DACORUM).....16.14 M15 13	26 L. HAWKINS (HARROW).....17.28 M15 26
2 S. REDDING (MILTON K).....15.05 M15 2	14 J. KNIGHT (MILTON K).....16.21 M15 14	27 R. FULLER (BEDFORD & C).....18.12 M15 27
3 M. HARRISON (BEDFORD & C).....15.19 M15 3	15 J. SAUNDERS (BEDFORD & C).....16.27 M15 15	28 R. LEWIS (LUTON).....18.39 M15 28
4 R. ISAACSON (BEDFORD & C).....15.21 M15 4	16 D. BARRACLOUGH (CHIL).....16.34 M15 16	29 K. MISTRY (HARROW).....18.49 M15 29
5 J. DOUGLAS (BEDFORD & C).....15.38 M15 5	17 S. PROCTOR (BEDFORD & C).....16.41 M15 17	30 J. OLEJNIK (SILSON).....19.14 M15 30
6 P. TAYLOR (AYLESBURY).....15.43 M15 6	18 J. WALKER (CHILTERN H.).....16.45 M15 18	31 J. QUORELL (DACORUM).....19.23 M15 31
7 D. MCGUIGAN (HARROW).....15.45 M15 7	19 A. JOHNSON (CHILTERN H.).....16.56 M15 19	32 L. SEXTON (HARROW).....19.37 M15 32
8 M. GODDARD (CHILTERN H.).....15.50 M15 8	20 S. KNEE-ROBINSON (BED).....17.05 M15 20	33 J. FRANCIS (HARROW).....19.40 M15 33
9 J. DUTTON (CHILTERN H.).....15.57 M15 9	21 D. HENSON (BEDFORD & C).....17.08 M15 21	34 C. GRINT (BRACKNELL).....19.43 M15 34
10 M. MARSHALL (OXFORD).....16.01 M15 10	22 M. BRAY (BEDFORD & C).....17.17 M15 22	35 H. TROWER (HARROW).....20.31 M15 35
11 B. CHURCHMAN (BEDFORD & C).....16.05 M15 11	23 C. SCHRAMM (DACORUM).....17.19 M15 23	36 K. SUGAWARA (HARROW).....22.03 M15 36
12 T. JOHNSON (BRACKNELL).....16.07 M15 12	24 L. MCDONALD (CHILTERN H.).....17.20 M15 24	37 C. FENTON (MILTON K).....23.03 M15 37
	25 O. HURCUM (HARROW).....17.21 M15 25	

**TEAM RESULT**

1 BEDFORD & COUNTY	139	1	3	4	5
2 CHILTERN HARRIERS	101	8	9	16	18
3 HARROW A.C.	65	7	25	26	29
4 MARSHALL MILTON KEYNES	61	2	14	37	
5 DACORUM & TRING	47	13	23	31	
6 VALE OF AYLESBURY	32	6			
7 BRACKNELL	30	12	34		
8 OXFORD CITY	28	10			
9 LUTON A.C.	10	28			
10 SILSON JOGGERS	8	30			

**DIVISION RESULT**

1 BEDFORD & COUNTY	838	173	206	166	154	139
2 CHILTERN HARRIERS	729	172	190	137	129	101
3 WINDSOR SE&H	594	174	182	158	80	
4 BRACKNELL	555	152	145	140	88	30
5 MARSHALL MILTON KEYNES	526	109	151	110	95	61
6 HARROW A.C.	428	105	129	121	8	65
7 DACORUM & TRING	356	75	131	30	73	47
8 OXFORD CITY	288	73	96	31	60	28
9 VALE OF AYLESBURY	218	4	97	37	48	32
10 LUTON A.C.	184	31	42	45	56	10
11 SILSON JOGGERS	8					8
12 WATFORD	3		2	1		

**Under 13 Boys**

1 T. VERBENA (WATFORD).....11.33 M13 1	17 J. COCHRANE (CHILTERN H.).....12.40 M13 17	33 M. MARSOM (BEDFORD & C).....13.30 M13 33
2 R. TESTA (BEDFORD & C).....11.42 M13 2	18 C. KEANE (WATFORD).....12.43 M13 18	34 H. LANDER (LUTON).....13.42 M13 34
3 G. COCKLE (WINDSOR).....11.44 M13 3	19 J. BURGIN (BEDFORD & C).....12.44 M13 19	35 M. CANNAM (LUTON).....13.47 M13 35
4 J. JONES (BEDFORD & C).....11.50 M13 4	20 M. SIMPSON (DACORUM).....12.44 M13 20	36 C. ROBINSON (DACORUM).....13.50 M13 36
5 K. LINDARS (AYLESBURY).....11.56 M13 5	21 J. TREATOR (CHILTERN H.).....12.47 M13 21	37 D. RIDDINGTON (BRACKNELL).....13.55 M13 37
6 B. HUGHES (CHILTERN H.).....12.00 M13 6	22 G. ROBINSON (WINDSOR).....12.50 M13 22	38 E. LUCK (AYLESBURY).....14.07 M13 38
7 T. HERDMAN-SMITH (MK).....12.03 M13 7	23 C. REID-JONES (CHIL).....12.51 M13 23	39 L. BOUNDS (MILTON K).....14.15 M13 39
8 W. PERKIN (CHILTERN H.).....12.03 M13 8	24 R. HUGHES (CHILTERN H.).....12.54 M13 24	40 J. ROWLANDS (HARROW).....14.27 M13 40
9 A. STENNING (CHILTERN H.).....12.08 M13 9	25 K. HAMMOND (HARROW).....12.57 M13 25	41 J. DAVIES (WATFORD).....15.04 M13 41
10 J. WAGERLEIGH (DACORUM).....12.21 M13 10	26 A. HEPBURN (BEDFORD & C).....12.58 M13 26	42 T. SUGAWARA (HARROW).....15.15 M13 42
11 L. HARRIS (BRACKNELL).....12.28 M13 11	27 O. SEAMARK (MILTON K).....13.03 M13 27	43 J. GUDGIN (BEDFORD & C).....15.45 M13 43
12 C. NEAL (CHILTERN H.).....12.28 M13 12	28 T. JONES (CHILTERN H.).....13.03 M13 28	44 L. BRADLEY (DACORUM).....16.04 M13 44
13 J. AHERNE (CHILTERN H.).....12.32 M13 13	29 L. GLYN (DACORUM).....13.07 M13 29	45 R. NEEDLEMAN (DACORUM).....16.16 M13 45
14 L. CLARKE (MILTON K).....12.33 M13 14	30 E. MARSH (WATFORD).....13.09 M13 30	46 E. RICHARDSON (DACORUM).....16.29 M13 46
15 G. GATHERCOLE (WINDSOR).....12.34 M13 15	31 H. MORTON (MILTON K).....13.12 M13 31	47 E. MACKINNON (AYLESBURY).....16.33 M13 47
16 C. KERR (MILTON K).....12.35 M13 16	32 T. HOLLAND (BEDFORD & C).....13.27 M13 32	48 C. RUSSELL-MILLS (DACORUM).....16.41 M13 48

**TEAM RESULT**

1 CHILTERN HARRIERS	161	6	8	9	12
2 BEDFORD & COUNTY	145	2	4	19	26
3 MARSHALL MILTON KEYNES	132	7	14	16	27
4 WINDSOR SE&H	107	3	15	22	
5 WATFORD	106	1	18	30	41
6 DACORUM & TRING	101	10	20	29	36
7 VALE OF AYLESBURY	57	5	38	47	
8 BRACKNELL	50	11	37		
9 HARROW A.C.	40	25	40	42	
10 LUTON A.C.	29	34	35		

**DIVISION RESULT**

1 CHILTERN HARRIERS	818	156	169	158	174	161
2 WINDSOR SE&H	730	124	162	186	151	107
3 WATFORD	586	105	131	143	101	106
4 BEDFORD & COUNTY	572	100	136	94	97	145
5 MARSHALL MILTON KEYNES	522	77	121	109	83	132
6 DACORUM & TRING	508	71	111	128	97	101
7 BRACKNELL	441	60	141	100	90	50
8 HARROW A.C.	407	100	79	112	76	40
9 VALE OF AYLESBURY	206	3	47	52	47	57
10 LUTON A.C.	89	10	12	16	22	29
11 OXFORD CITY	66	33	33			
12 SILSON JOGGERS	44	7	6	24	7	

**Senior/Veteran Ladies**

1 N. SYKES (BEDFORD & C).....22.53 F 1	21 R. CAVE (BEDFORD & C).....26.55 F 14	41 C. HILL (SILSON).....30.59 F 27
2 R. NEWSTEAD (BEDFORD & C).....23.19 F 2	22 C. LATHWELL (LUTON).....26.58 F 15	42 J. PORTEOUS (TRING).....31.30 F45 6
3 H. BARNES (HEADINGTON).....23.42 F 3	23 C. HOLLOWAY (CHILTERN H.).....27.13 F35 6	43 C. MARSHALL (OXFORD).....31.36 F35 9
4 C. FIRTH (WINDSOR).....24.08 F 4	24 S. WRIGHT (MILTON K).....27.20 F 16	44 H. TURNER (CHILTERN H.).....31.39 F 28
5 L. BROMLOW (MILTON K).....24.12 F 5	25 C. MCMAHON (LUTON).....27.35 F 17	45 A. HALFORD (WATFORD).....31.46 F 29
6 J. CRAFT (HEADINGTON).....24.39 F35 1	26 W. WEBBER (MILTON K).....27.40 F 18	46 N. ECONOMU (WATFORD).....31.51 F35 10
7 S. THOMAS (CHILTERN H.).....24.51 F 6	27 H. COOKE (SILSON).....28.29 F 19	47 M. BIGNELL (SILSON).....32.45 F45 7
8 S. REYNOLDS (CHILTERN H.).....25.20 F35 2	28 C. HARDY (LUTON).....28.37 F 20	48 C. TODD (SILSON).....33.15 F45 8
9 J. AUSTIN (AYLESBURY).....25.25 F45 1	29 D. BALDWIN (MILTON K).....28.44 F45 3	49 R. LINGLEY (WINDSOR).....33.30 F45 9
10 M. STEDMAN (WINDSOR).....25.26 F45 2	30 J. ROGERS (BEDFORD & C).....29.21 F 21	50 S. EDGHELL (MILTON K).....33.39 F45 10
11 F. BURGE (HEADINGTON).....25.38 F 7	31 B. RALPH (CHILTERN H.).....29.40 F55 1	51 J. MITCHELL (TRING).....33.50 F35 11
12 L. MARSHALL (AYLESBURY).....25.46 F 8	32 K. LOACH (CHILTERN H.).....29.57 F45 4	52 J. STRACHAN (DACORUM).....34.11 F35 12
13 H. FRIZZELL (BEDFORD & C).....25.48 F35 3	33 J. MADRY (AYLESBURY).....30.01 F35 7	53 D. TANK (CHILTERN H.).....34.13 F35 13
14 C. HARRIS (HEADINGTON).....26.11 F 9	34 A. PUTKO (WATFORD).....30.05 F 22	54 U. GHALEB (MILTON K).....34.16 F55 2
15 A. YOUNG (CHILTERN H.).....26.17 F35 4	35 A. GOOCH (MILTON K).....30.08 F 23	55 M. GLASSON (AYLESBURY).....34.19 F35 14
16 A. HOPKINS (HEADINGTON).....26.19 F35 5	36 K. BARNETT (TRING).....30.33 F 24	56 NO. 230 (CHILTERN H.).....34.20 F 30
17 L. CRIPPS (MILTON K).....26.24 F 10	37 R. RUTT (TRING).....30.36 F45 5	57 B. KING (CHILTERN H.).....34.36 F55 3
18 A. MCGUIGAN (HARROW).....26.30 F 11	38 V. SHELDON (AYLESBURY).....30.44 F35 8	58 S. SMEE (SILSON).....36.10 F45 11
19 L. KYTE (HEADINGTON).....26.38 F 12	39 E. TWEEDE (TRING).....30.46 F 25	59 P. CARD (AYLESBURY).....40.05 F55 4
20 H. HALL (BRACKNELL).....26.51 F 13	40 P. CALLINGHAM (WINDSOR).....30.51 F 26	60 C. DEBNEY (SILSON).....41.43 F55 5

**TEAM RESULT**

1	HEADINGTON R.R.	210	3	6	11	14
2	BEDFORD & COUNTY	207	1	2	13	21
3	CHILTERN HARRIERS	191	7	8	15	23
4	MARSHALL MILTON KEYNES	172	5	17	24	26
5	VALE OF AYLESBURY	152	9	12	33	38
6	WINDSOR SE&H	141	4	10	40	49
7	LUTON A.C.	108	22	25	28	
8	TRING RUNNING CLUB	90	36	37	39	42
9	SILSON JOGGERS	81	27	41	47	48
10	WATFORD	58	34	45	46	
11	HARROW A.C.	43	18			
12	BRACKNELL	41	20			
13	OXFORD CITY	18	43			
14	DACORUM & TRING	9	52			

**DIVISION RESULT**

1	BEDFORD & COUNTY	1330	329	334	240	220	207
2	MARSHALL MILTON KEYNES	1265	312	313	258	210	172
3	HEADINGTON R.R.	1182	294	241	235	202	210
4	CHILTERN HARRIERS	1063	258	256	190	168	191
5	VALE OF AYLESBURY	979	228	264	194	141	152
6	WINDSOR SE&H	699	143	248	141	26	141
7	SILSON JOGGERS	609	183	146	102	97	81
8	DACORUM & TRING	585	176	171	101	128	9
9	TRING RUNNING CLUB	532	107	149	124	62	90
10	LUTON A.C.	495	54	191	102	40	108
11	WATFORD	478	81	189	104	46	58
12	OXFORD CITY	445	180	130	59	58	18
13	HARROW A.C.	253	90	68	52		43
14	BRACKNELL	167	59	67			41

**Veteran Ladies Race**

1	CHILTERN HARRIERS	167	8	15	23	31
2	VALE OF AYLESBURY	109	9	33	38	55
3	HEADINGTON R.R.	100	6	16		
4	WINDSOR SE&H	63	10	49		
5	TRING RUNNING CLUB	53	37	42	51	
6	MARSHALL MILTON KEYNES	50	29	50	54	
7	BEDFORD & COUNTY	48	13			
8	SILSON JOGGERS	31	47	48	58	60
9	OXFORD CITY	18	43			
10	WATFORD	15	46			
11	DACORUM & TRING	9	52			

**DIVISION RESULT**

1	CHILTERN HARRIERS	927	228	228	158	146	167
2	VALE OF AYLESBURY	709	186	167	132	115	109
3	HEADINGTON R.R.	501	173		94	134	100
4	TRING RUNNING CLUB	451	107	138	115	38	53
5	DACORUM & TRING	418	124	132	54	99	9
6	MARSHALL MILTON KEYNES	404	83	123	112	36	50
7	SILSON JOGGERS	375	146	95	42	61	31
8	OXFORD CITY	316	152	95	36	15	18
9	WINDSOR SE&H	307	94	76	74	63	
10	BEDFORD & COUNTY	238	77	13	54	46	48
11	WATFORD	122		62	36	9	15
12	HARROW A.C.	19	19				

**Junior/U17 Ladies**

1	M. WOOD (MILTON K)	18.28	F17	1
2	E. WALLBANK (BEDFORD & C)	18.44	F17	2
3	L. LATTIMORE (HARROW)	18.46	F20	1
4	A. BURGIN (BEDFORD & C)	19.34	F17	3
5	E. ROCHE (MILTON K)	19.59	F17	4
6	E. RELTON (BEDFORD & C)	20.36	F17	5
7	J. LIVESY (MILTON K)	20.50	F17	6
8	J. WALKER (OXFORD)	20.55	F17	7

9	R. MCCLAY (BRACKNELL)	21.06	F17	8
10	A. MADRY (AYLESBURY)	21.14	F17	9
11	B. MYERS (WINDSOR)	21.21	F20	2
12	R. GOYDER-SMITH (MILTON K)	21.31	F17	10
13	N. WICKINGS (WATFORD)	21.34	F17	11
14	E. BURNS (OXFORD)	21.41	F17	12
15	N. BARBOUR (WINDSOR)	22.01	F17	13
16	E. BLACKWELL (BEDFORD & C)	22.11	F20	3
17	L. BROWN (DACORUM)	22.15	F17	14

18	B. FIELDEN (BEDFORD & C)	22.30	F17	15
19	H. WILLIAMS (BEDFORD & C)	22.42	F17	16
20	H. BAREFIELD (WINDSOR)	23.15	F20	4
21	A. SPITZER (WINDSOR)	23.22	F17	17
22	J. LANGSTON (AYLESBURY)	23.32	F17	18
23	K. LYMAN (MILTON K)	24.06	F17	19
24	V. KYLEY (WINDSOR)	25.55	F17	20
25	L. SALTER (BEDFORD & C)	31.27	F17	21

**TEAM RESULT**

1	BEDFORD & COUNTY	66	2	4	6
2	MARSHALL MILTON KEYNES	65	1	5	7
3	WINDSOR SE&H	32	11	15	20
4	OXFORD CITY	30	8	14	
5	HARROW A.C.	23	3		
6	VALE OF AYLESBURY	20	10	22	
7	BRACKNELL	17	9		
8	WATFORD	13	13		
9	DACORUM & TRING	9	17		

**DIVISION RESULT**

1	MARSHALL MILTON KEYNES	381	85	98	79	54	65
2	BEDFORD & COUNTY	352	84	76	75	51	66
3	WINDSOR SE&H	253	44	77	71	29	32
4	OXFORD CITY	213	67	81	30	5	30
5	BRACKNELL	167	24	57	49	20	17
6	DACORUM & TRING	138	34	57	17	21	9
7	HARROW A.C.	126	29	45	29		23
8	VALE OF AYLESBURY	100	11	41	18	10	20
9	WATFORD	83	34	5	19	12	13
10	LUTON A.C.	15	15				
11	CHILTERN HARRIERS	11					11

**Under 15 Girls**

1	L. HAWTIN (OXFORD)	11.56	F15	1
2	R. WALCOTT-NOLAN (LUTON)	12.05	F15	2
3	R. MURRAY (BEDFORD & C)	12.10	F15	3
4	E. HEMMING (BEDFORD & C)	12.16	F15	4
5	F. BRERETON (BRACKNELL)	12.23	F15	5
6	M. MCKENZIE (BEDFORD & C)	12.27	F15	6
7	I. KEMPTON (OXFORD)	12.29	F15	7
8	S. DRAPER (HARROW)	12.33	F15	8
9	J. FINLAY (MILTON K)	12.36	F15	9
10	E. STILL (LUTON)	12.37	F15	10
11	H. FARMER (LUTON)	12.55	F15	11
12	A. HARRIS (BEDFORD & C)	12.58	F15	12

13	J. LEGGITT (MILTON K)	13.04	F15	13
14	P. CUTTER (CHILTERN H.)	13.08	F15	14
15	E. WALLIS (WINDSOR)	13.09	F15	15
16	E. CLARKE (OXFORD)	13.10	F15	16
17	E. BOUSFIELD (MILTON K)	13.12	F15	17
18	R. BYREN (OXFORD)	13.20	F15	18
19	S. BILLINGTON (LUTON)	13.20	F15	19
20	L. RELTON (BEDFORD & C)	13.32	F15	20
21	G. CHILDS (MILTON K)	13.35	F15	21
22	E. CROFT (WINDSOR)	13.43	F15	22
23	E. JONES (CHILTERN H.)	14.01	F15	23
24	C. ALLEN (CHILTERN H.)	14.06	F15	24
25	V. ASHLEY (MILTON K)	14.09	F15	25

26	G. KEANE (LUTON)	14.14	F15	26
27	A. HEINEL (CHILTERN H.)	14.15	F15	27
28	R. HOWARD (BRACKNELL)	14.17	F15	28
29	R. ADAMS (WINDSOR)	14.21	F15	29
30	S. NEEDLEMAN (DACORUM)	14.23	F15	30
31	N. SMART (HARROW)	14.30	F15	31
32	H. WARDLEY (CHILTERN H.)	14.31	F15	32
33	K. PARTINGTON (AYLESBURY)	14.33	F15	33
34	S. GROVER (DACORUM)	14.37	F15	34
35	A. LAWSON (SILSON)	14.54	F15	35
36	A. LOVE (BRACKNELL)	15.27	F15	36
37	S. EDWARDSON (HARROW)	15.42	F15	37

**TEAM RESULT**

1	BEDFORD & COUNTY	127	3	4	6	12
2	OXFORD CITY	110	1	7	16	18
3	LUTON A.C.	110	2	10	11	19
4	MARSHALL MILTON KEYNES	92	9	13	17	21
5	CHILTERN HARRIERS	64	14	23	24	27
6	WINDSOR SE&H	48	15	22	29	
7	BRACKNELL	45	5	28	36	
8	HARROW A.C.	38	8	31	37	
9	DACORUM & TRING	12	30	34		
10	VALE OF AYLESBURY	5	33			
11	SILSON JOGGERS	3	35			

**DIVISION RESULT**

1	BEDFORD & COUNTY	806	231	196	113	139	127
2	OXFORD CITY	713	207	188	115	93	110
3	LUTON A.C.	630	168	172	77	103	110
4	BRACKNELL	629	196	180	115	93	45
5	WINDSOR SE&H	501	150	124	85	94	48
6	MARSHALL MILTON KEYNES	477	127	163	20	75	92
7	CHILTERN HARRIERS	386	148	76	40	58	64
8	HARROW A.C.	353	100	100	58	57	38
9	VALE OF AYLESBURY	229	97	95		32	5
10	WATFORD	196	65	56	38	37	
11	DACORUM & TRING	127	54	47	6	8	12
12	SILSON JOGGERS	53	14	21	15		3

**Under 13 Girls**

1	C. LEWIS (CHILTERN H.)	10.02	F13	1
2	B. HAWTIN (OXFORD)	10.05	F13	2
3	R. CROFT (WINDSOR)	10.09	F13	3
4	S. CLIFFE (MILTON K)	10.15	F13	4
5	R. FIRTH (CHILTERN H.)	10.26	F13	5
6	S. RAYMENT (BRACKNELL)	10.35	F13	6
7	S. SUNDERLAND (OXFORD)	10.39	F13	7
8	E. BARRACLOUGH (CHIL.)	10.51	F13	8
9	A. EDWARDS (LUTON)	10.59	F13	9
10	E. MILBOURN (WINDSOR)	11.02	F13	10
11	S. KERR (BEDFORD & C)	11.05	F13	11
12	F. JOHNSON (WINDSOR)	11.08	F13	12
13	A. EDWARDS (LUTON)	11.10	F13	13
14	H. MORTON (CHILTERN H.)	11.12	F13	14
15	K. RODD (BEDFORD & C)	11.17	F13	15
16	L. HACKING (MILTON K)	11.24	F13	16
17	L. RUSSELL (BEDFORD & C)	11.26	F13	17
18	G. BINGHAM (CHILTERN H.)	11.30	F13	18
19	A. WRIGHT (AYLESBURY)	11.32	F13	19

20	A. BOTHAM (MILTON K)	11.34	F13	20
21	T. COMPTON-STEWART (WD)	11.34	F13	21
22	K. HEALY (BEDFORD & C)	11.35	F13	22
23	C. HUNTER (BEDFORD & C)	11.36	F13	23
24	H. MCCLAY (BRACKNELL)	11.36	F13	24
25	H. SELVEY (MILTON K)	11.39	F13	25
26	A. HALL (CHILTERN H.)	11.40	F13	26
27	K. BENCH (CHILTERN H.)	11.40	F13	27
28	D. WARD (BEDFORD & C)	11.44	F13	28
29	G. BURGIN (WINDSOR)	11.46	F13	29
30	L. ECONOMU (WATFORD)	11.47	F13	30
31	B. MULVANY (OXFORD)	11.51	F13	31
32	A. TRAFFORD (BEDFORD & C)	11.53	F13	32
33	L. MORONEY (LUTON)	11.54	F13	33
34	K. GREGORY (SILSON)	11.55	F13	34
35	L. WRAY (SILSON)	11.56	F13	35
36	L. VRANHAM (WATFORD)	12.01	F13	36
37	M. LATHWELL (LUTON)	12.05	F13	37
38	S. BENTLEY (WATFORD)	12.06	F13	38
39	K. LATHWELL (LUTON)	12.15	F13	39

40	J. HALL (DACORUM)	12.19	F13	40
41	M. SLADE (CHILTERN H.)	12.20	F13	41
42	C. DEARMAN (WATFORD)	12.25	F13	42
43	A. WALLBANK (BEDFORD & C)	12.26	F13	43
44	R. LISLE (CHILTERN H.)	12.29	F13	44
45	P. BOYD (DACORUM)	12.36	F13	45
46	E. USHER (BEDFORD & C)	12.37	F13	46
47	C. JONES (CHILTERN H.)	12.37	F13	47
48	A. TALBOT (WINDSOR)	12.39	F13	48
49	R. SMART (HARROW)	12.40	F13	49
50	M. SMEE (SILSON)	12.52	F13	50
51	F. VAFALARI (LUTON)	13.06	F13	51
52	A. FAWCETT (CHILTERN H.)	13.12	F13	52
53	R. KLIMA (CHILTERN H.)	13.20	F13	53
5				

**TEAM RESULT**

1	CHILTERN HARRIERS	212	1	5	8	14
2	WINDSOR SE&H	194	3	10	12	21
3	BEDFORD & COUNTY	175	11	15	17	22
4	MARSHALL MILTON KEYNES	175	4	16	20	25
5	LUTON A.C.	148	9	13	33	37
6	OXFORD CITY	140	2	7	31	
7	WATFORD	94	30	36	38	42
8	BRACKNELL	90	6	24		
9	SILSON JOGGERS	65	34	35	50	56
10	VALE OF AYLESBURY	41	19			
11	DACORUM & TRING	38	40	45	57	
12	HARROW A.C.	13	49	58		

**DIVISION RESULT**

1	CHILTERN HARRIERS	1071	248	263	155	193	212
2	WINDSOR SE&H	1039	217	240	201	187	194
3	BEDFORD & COUNTY	951	205	219	183	169	175
4	MARSHALL MILTON KEYNES	848	219	216	103	135	175
5	LUTON A.C.	780	157	181	142	152	148
6	BRACKNELL	716	227	183	101	115	90
7	OXFORD CITY	542	137	112	134	19	140
8	WATFORD	490	106	150	78	62	94
9	VALE OF AYLESBURY	246	57	59	48	41	41
10	SILSON JOGGERS	199	26	30	42	36	65
11	DACORUM & TRING	197	15	59	45	40	38
12	HARROW A.C.	154	21	57	20	43	13

**Total Overall Score**

1	MARSHALL MILTON KEYNES	2034	1530	504
2	BEDFORD & COUNTY	1588	1013	575
3	CHILTERN HARRIERS	1561	1094	467
4	HARROW A.C.	1519	1402	117
5	WINDSOR SE&H	1314	899	415
6	SILSON JOGGERS	1154	1005	149
7	VALE OF AYLESBURY	1037	819	218
8	HEADINGTON R.R.	1009	799	210
9	BRACKNELL	983	790	193
10	OXFORD CITY	944	646	298
11	LUTON A.C.	917	551	366
12	TRING RUNNING CLUB	897	807	90
13	WATFORD	794	629	165
14	DACORUM & TRING	620	552	68

**DIVISION RESULT**

1	MARSHALL MILTON KEYNES	11501	2503	2953	2172	1839	2034
2	BEDFORD & COUNTY	11221	2396	2885	2168	2184	1588
3	CHILTERN HARRIERS	9443	2225	2234	1745	1678	1561
4	HARROW A.C.	8954	2064	2292	1682	1397	1519
5	WINDSOR SE&H	8895	2077	2079	2298	1127	1314
6	VALE OF AYLESBURY	7526	1737	2186	1323	1243	1037
7	OXFORD CITY	7188	1988	1844	1252	1160	944
8	LUTON A.C.	7046	1357	2466	1132	1174	917
9	BRACKNELL	6776	1970	1943	1044	836	983
10	HEADINGTON R.R.	5976	1460	1612	1064	831	1009
11	SILSON JOGGERS	5858	1257	1510	988	949	1154
12	WATFORD	5561	1443	1625	1181	518	794
13	TRING RUNNING CLUB	4973	981	1462	952	681	897
14	DACORUM & TRING	3771	690	1274	508	679	620

**Male Overall Score**

1	MARSHALL MILTON KEYNES	1530	1323	14	61	132
2	HARROW A.C.	1402	1275	22	65	40
3	CHILTERN HARRIERS	1094	808	24	101	161
4	BEDFORD & COUNTY	1013	650	79	139	145
5	SILSON JOGGERS	1005	997		8	
6	WINDSOR SE&H	899	744	48		107
7	VALE OF AYLESBURY	819	683	47	32	57
8	TRING RUNNING CLUB	807	807			
9	HEADINGTON R.R.	799	799			
10	BRACKNELL	790	680	30	30	50
11	OXFORD CITY	646	608	10	28	
12	WATFORD	629	523			106
13	DACORUM & TRING	552	399	5	47	101
14	LUTON A.C.	551	504	8	10	29

**DIVISION RESULT**

1	MARSHALL MILTON KEYNES	8530	1760	2163	1712	1365	1530
2	HARROW A.C.	8068	1824	2022	1523	1297	1402
3	BEDFORD & COUNTY	7782	1547	2060	1557	1605	1013
4	CHILTERN HARRIERS	6912	1571	1639	1360	1248	1094
5	WINDSOR SE&H	6403	1523	1390	1800	791	899
6	VALE OF AYLESBURY	5972	1344	1727	1063	1019	819
7	OXFORD CITY	5275	1397	1333	914	985	646
8	LUTON A.C.	5126	963	1922	811	879	551
9	BRACKNELL	5097	1464	1456	779	608	790
10	SILSON JOGGERS	4997	1034	1313	829	816	1005
11	HEADINGTON R.R.	4794	1166	1371	829	629	799
12	TRING RUNNING CLUB	4441	874	1313	828	619	807
13	WATFORD	4314	1157	1225	942	361	629
14	DACORUM & TRING	2724	411	940	339	482	552

**Female Overall Score**

1	BEDFORD & COUNTY	575	207	66	127	175
2	MARSHALL MILTON KEYNES	504	172	65	92	175
3	CHILTERN HARRIERS	467	191		64	212
4	WINDSOR SE&H	415	141	32	48	194
5	LUTON A.C.	366	108		110	148
6	OXFORD CITY	298	18	30	110	140
7	VALE OF AYLESBURY	218	152	20	5	41
8	HEADINGTON R.R.	210	210			
9	BRACKNELL	193	41	17	45	90
10	WATFORD	165	58	13		94
11	SILSON JOGGERS	149	81		3	65
12	HARROW A.C.	117	43	23	38	13
13	TRING RUNNING CLUB	90	90			
14	DACORUM & TRING	68	9	9	12	38

**DIVISION RESULT**

1	BEDFORD & COUNTY	3439	849	825	611	579	575
2	MARSHALL MILTON KEYNES	2971	743	790	460	474	504
3	CHILTERN HARRIERS	2531	654	595	385	430	467
4	WINDSOR SE&H	2492	554	689	498	336	415
5	LUTON A.C.	1920	394	544	321	295	366
6	OXFORD CITY	1913	591	511	338	175	298
7	BRACKNELL	1679	506	487	265	228	193
8	VALE OF AYLESBURY	1554	393	459	260	224	218
9	WATFORD	1247	286	400	239	157	165
10	HEADINGTON R.R.	1182	294	241	235	202	210
11	DACORUM & TRING	1047	279	334	169	197	68
12	HARROW A.C.	886	240	270	159	100	117
13	SILSON JOGGERS	861	223	197	159	133	149
14	TRING RUNNING CLUB	532	107	149	124	62	90