

# Apex Sports Chiltern League Division Two 2012/2013 Round 3

Held at Slough (Upton Court Park) on 01 December 2012

## Senior/Junior/Veteran Men

1 J. MCMURRAY (STAL).....27.28 M20 1	40 M. WESTALL (BEARBROOK).....33.29 M 16	79 M. REIDY (WATFORD).....37.19 M 29
2 D. POULTON (STEVENAGE).....28.41 M 1	41 A. GALLIGAN (Q.P.H.).....33.32 M40 15	80 R. DAVIES (Q.P.H.).....37.22 M40 32
3 P. ADAMS (ST. ALBANS STR).....28.43 M 2	42 J. ABISS (ST. ALBANS STR).....33.33 M20 5	81 P. CAIRNIE (BEARBROOK).....37.22 M40 33
4 T. WRIGHT (BANBURY).....28.54 M 3	43 J. REDSHAW (STAL).....33.34 M 17	82 S. ALLEN (BEARBROOK).....37.26 M40 34
5 E. BLAKE (ST. ALBANS STR).....29.10 M 4	44 B. STONE (LEIGHTON B TRI).....33.34 M 18	83 A. MAHER (ST. ALBANS STR).....37.36 M40 35
6 C. HILTON (STEVENAGE).....29.34 M20 2	45 P. MCDERMOTT (STAL).....33.38 M50 7	84 G. COMBOY (Q.P.H.).....37.38 M 30
7 J. CRITCHLOW (WATFORD).....29.48 M50 1	46 J. DIOGO (Q.P.H.).....33.39 M40 16	85 G. HART (BEARBROOK).....38.06 M 31
8 J. DEL AZOR (BRACKNELL).....29.54 M20 3	47 B. WISE (GADE VALLEY).....33.39 M 19	86 R. LAVERS (THAME).....38.16 M50 15
9 F. FULCHER (HANDY CROSS).....30.30 M40 1	48 M. BRADLEY (WATFORD).....33.40 M50 8	87 P. ILLING (WATFORD).....38.40 M40 36
10 S. COCKRELL (STAL).....30.50 M 5	49 G. FOSTER (ST. ALBANS STR).....33.45 M50 9	88 M. LOBB (PURPLE PATCH).....38.43 M40 37
11 A. BYERLEY (THAME).....31.03 M40 2	50 M. WATT (GADE VALLEY).....33.55 M 20	89 R. DERRICK (STAL).....38.49 M50 16
12 P. PLAZA LASTRAS (STAL).....31.04 M 6	51 J. COWELL (LEIGHTON B TRI).....33.59 M40 17	90 P. ASTLES (HANDY CROSS).....39.38 M50 17
13 R. BATES (STEVENAGE).....31.15 M 7	52 D. HUTCHINGS (TBAL).....34.11 M40 18	91 M. STORRIE (GADE VALLEY).....39.44 M50 18
14 D. CROSSLAND (MAIDENHEAD).....31.16 M50 2	53 S. POULTON (STEVENAGE).....34.13 M 21	92 J. OLIVER (MAIDENHEAD).....39.48 M 32
15 D. DOHERTY (TBAL).....31.30 M 8	54 N. EDWARDS (BEARBROOK).....34.23 M50 10	93 H. BULL (ST. ALBANS STR).....39.58 M 33
16 J. MCGOWAN (MAIDENHEAD).....31.34 M 9	55 P. DAVIES (BIGGLESWADE).....34.25 M40 19	94 C. METCALFE (BEARBROOK).....40.01 M50 19
17 G. WARREN (ST. ALBANS STR).....31.38 M40 3	56 J. ROBERTS (GADE VALLEY).....34.52 M40 20	95 N. PATTERSON (MAIDENHEAD).....40.07 M60 1
18 C. BRAYBROOK (STAL).....31.43 M50 3	57 C. DOWIE (ST. ALBANS STR).....34.57 M40 21	96 R. DANIE (THAME).....40.27 M60 2
19 M. LODDY (GADE VALLEY).....31.45 M40 4	58 P. DINEEN (HANDY CROSS).....35.00 M40 22	97 P. PICKARD (STEVENAGE).....40.34 M40 38
20 P. REYNOLDS (WATFORD).....31.48 M40 5	59 M. HAMILTON (TBAL).....35.01 M40 23	98 D. STRINGFELLOW (WHH).....41.04 M50 20
21 J. CODY (RADLEY).....31.52 M20 4	60 J. BROOM (GADE VALLEY).....35.23 M40 24	99 J. KENYON (BIGGLESWADE).....41.07 M40 39
22 R. COLES (GADE VALLEY).....31.53 M40 6	61 H. TAYLOR (HANDY CROSS).....35.25 M50 11	100 A. NORTON (GADE VALLEY).....41.14 M40 40
23 B. HAWES (GADE VALLEY).....32.01 M40 7	62 M. DEWEY (HANDY CROSS).....35.27 M 22	101 S. DANIEL (WATFORD).....41.21 M50 21
24 T. HUNTER (HANDY CROSS).....32.01 M40 8	63 A. ANGUS (Q.P.H.).....35.43 M50 12	102 S. BATHAM (HANDY CROSS).....41.25 M50 22
25 J. FARMER (LEIGHTON B TRI).....32.06 M 10	64 J. MCCLUSKEY (GADE VALLEY).....36.01 M 23	103 D. LLEWELLYN (PUR).....41.49 M40 41
26 C. GALLAGHER (STAL).....32.15 M 11	65 C. ELLIS (WATFORD).....36.03 M 24	104 G. SMITH (BANBURY).....42.05 M60 3
27 T. HEDGE (WATFORD).....32.21 M50 4	66 S. PEARSON (WATFORD).....36.03 M 25	105 M. JOHNSON (BEARBROOK).....42.47 M40 42
28 P. DALY (BRACKNELL).....32.27 M40 9	67 N. BARLOW (THAME).....36.06 M 26	106 D. O'NEILL (STAL).....43.00 M 34
29 R. SLATER (THAME).....32.31 M40 10	68 D. WALKER (WATFORD).....36.09 M50 13	107 C. ATKINS (HANDY CROSS).....43.07 M40 43
30 B. GILBERT (HANDY CROSS).....32.37 M 12	69 P. DEVEREUX (TBAL).....36.11 M40 25	108 J. GULLIVER (THAME).....43.25 M40 44
31 P. GURR (ST. ALBANS STR).....32.38 M50 5	70 A. FORD (BIGGLESWADE).....36.17 M40 26	109 A. BENJAMIN (HANDY CROSS).....43.31 M50 23
32 P. WILLIAMSON (LBTR).....32.44 M40 11	71 C. MCEWEN (MAIDENHEAD).....36.26 M 27	110 S. GRAHAM (THAME).....43.51 M60 4
33 D. HOPE (ST. ALBANS STR).....32.49 M 13	72 R. BENTLEY (STAL).....36.38 M40 27	111 A. NEWING (GADE VALLEY).....44.09 M40 45
34 G. SMITH (BEARBROOK).....32.55 M50 6	73 D. GIBSON (TEAM BALANCISE).....36.43 M40 28	112 A. BARTLETT (BANBURY).....44.12 M50 24
35 S. ROBERTS (HANDY CROSS).....32.56 M40 12	74 A. PARRY (THAME).....36.47 M40 29	113 P. RANCE (BEARBROOK).....45.47 M60 5
36 F. HALE (TEAM BALANCISE).....32.59 M40 13	75 I. MARKWELL (STAL).....36.56 M40 30	114 C. POWELL (BEARBROOK).....45.54 M60 6
37 R. HIGG (MAIDENHEAD).....33.09 M 14	76 D. WISE (GADE VALLEY).....37.01 M40 31	115 J. O'CONNELL (BEARBROOK).....48.53 M40 46
38 V. PLOSKY (BIGGLESWADE).....33.10 M40 14	77 M. EMMETT (THAME).....37.11 M50 14	116 G. SANDERS (BEARBROOK).....48.56 M60 7
39 N. HARRIS (WATFORD).....33.28 M 15	78 J. POWELL (BEARBROOK).....37.18 M 28	117 D. GINN (TEAM BALANCISE).....49.31 M 35

## TEAM RESULT

1 ST. ALBANS STRIDERS	852	1	3	5	10	12	17	18	26
2 WATFORD	604	7	20	27	39	48	65	66	68
3 GADE VALLEY	603	19	22	23	47	50	56	60	64
4 HANDY CROSS	575	9	24	30	35	58	61	62	90
5 STEVENAGE & NH	419	2	6	13	53	97			
6 TEAM BALANCISE	405	15	36	52	59	69	73	117	
7 THAME RUNNERS	396	11	29	67	74	77	86	96	108
8 BEARBROOK JOGGERS	396	34	40	54	78	81	82	85	94
9 MAIDENHEAD	383	14	16	37	71	92	95		
10 LEIGHTON BUZZ TRIATHLON	320	25	32	44	51				
11 QUEENS PARK H.	276	41	46	63	80	84			
12 BIGGLESWADE	210	38	55	70	99				
13 BRACKNELL	200	8	28						
14 BANBURY	134	4	104	112					
15 RADLEY A.C.	97	21							
16 PURPLE PATCH RUNNERS	45	88	103						
17 WHITE HORSE	20	98							

## DIVISION RESULT

1 ST. ALBANS STRIDERS	2767	939	976	852
2 GADE VALLEY	1960	701	656	603
3 WATFORD	1877	643	630	604
4 BEARBROOK JOGGERS	1678	676	536	396
5 THAME RUNNERS	1506	665	445	396
6 HANDY CROSS	1459	377	507	575
7 LEIGHTON BUZZ TRIATHLON	1074	366	388	320
8 TEAM BALANCISE	1057	183	469	405
9 MAIDENHEAD	1048	269	396	383
10 BANBURY	1026	413	479	134
11 QUEENS PARK H.	1017	383	358	276
12 STEVENAGE & NH	996	166	411	419
13 BRACKNELL	686	393	93	200
14 BIGGLESWADE	499	96	193	210
15 RADLEY A.C.	326	229		97
16 WHITE HORSE	181	141	20	20
17 PURPLE PATCH RUNNERS	87		42	45
18 ABINGDON AMBLERS	50	50		
19 AMPHILL & FLITWICK	2		2	

## Veteran Mens Race

1 WATFORD	370	7	20	27	48
2 ST. ALBANS STRIDERS	361	17	18	31	45
3 GADE VALLEY	352	19	22	23	56
4 HANDY CROSS	346	9	24	35	58
5 THAME RUNNERS	281	11	29	74	77
6 TEAM BALANCISE	256	36	52	59	69
7 QUEENS PARK H.	242	41	46	63	80
8 BEARBROOK JOGGERS	221	34	54	81	82
9 BIGGLESWADE	210	38	55	70	99
10 LEIGHTON BUZZ TRIATHLON	153	32	51		
11 MAIDENHEAD	127	14	95		
12 BRACKNELL	90	28			
13 PURPLE PATCH RUNNERS	45	88	103		
14 STEVENAGE & NH	21	97			
15 BANBURY	20	104	112		
16 WHITE HORSE	20	98			

## DIVISION RESULT

1 ST. ALBANS STRIDERS	1226	436	429	361
2 GADE VALLEY	1093	402	339	352
3 WATFORD	1034	276	388	370
4 HANDY CROSS	965	239	380	346
5 THAME RUNNERS	903	324	298	281
6 BEARBROOK JOGGERS	867	311	335	221
7 QUEENS PARK H.	819	294	283	242
8 LEIGHTON BUZZ TRIATHLON	754	300	301	153
9 TEAM BALANCISE	609	107	246	256
10 BIGGLESWADE	344	68	66	210
11 MAIDENHEAD	301	57	117	127
12 BANBURY	248	71	157	20
13 BRACKNELL	213	30	93	90
14 PURPLE PATCH RUNNERS	87		42	45
15 WHITE HORSE	66	26	20	20
16 STEVENAGE & NH	64	43		21
17 ABINGDON AMBLERS	50	50		
18 AMPHILL & FLITWICK	2		2	

## Under 17 Men

1 B. ROCHFORD (WATFORD).....18.14 M17 1	6 H. DAY (STEVENAGE).....21.11 M17 6	11 A. PUGH (BANBURY).....22.51 M17 11
2 T. BURNS (BRACKNELL).....19.43 M17 2	7 S. PAYNE (BRACKNELL).....21.19 M17 7	12 D. WILLIAMS (STEVENAGE).....23.21 M17 12
3 H. O'BART (WATFORD).....19.54 M17 3	8 L. SILLS (WATFORD).....21.51 M17 8	13 J. GLADMAN (STEVENAGE).....23.35 M17 13
4 S. JONES (ST. ALBANS STR).....20.31 M17 4	9 J. SIMPSON (STAL).....21.53 M17 9	14 S. GOLDFINCH (MAIDENHEAD).....23.41 M17 14
5 T. BIEGEL (BANBURY).....20.38 M17 5	10 M. TYLER (TEAM BALANCISE).....22.30 M17 10	15 W. RIDGEWAY (STEVENAGE).....26.41 M17 15

## TEAM RESULT

1 WATFORD	36	1	3	8
2 BRACKNELL	23	2	7	
3 ST. ALBANS STRIDERS	19	4	9	
4 STEVENAGE & NH	17	6	12	13
5 BANBURY	16	5	11	
6 TEAM BALANCISE	6	10		
7 MAIDENHEAD	2	14		

## DIVISION RESULT

1 WATFORD	95	26	33	36
2 BRACKNELL	77	39	15	23
3 STEVENAGE & NH	46	10	19	17
4 ST. ALBANS STRIDERS	38		19	19
5 BANBURY	37	8	13	16
6 BIGGLESWADE	23		23	
7 TEAM BALANCISE	20	6	8	6
8 MAIDENHEAD	7	3	2	2
9 ABINGDON AMBLERS	4	4		

**Under 15 Boys**

1	W. COOPER (BRACKNELL)	13.40	M15	1
2	S. BARTOIN (BIGGLESWADE)	13.53	M15	2
3	C. TRUDGILL (BIGGLESWADE)	14.10	M15	3
4	L. HARRIS (BRACKNELL)	14.13	M15	4
5	A. WILMESHURST (STAL)	14.21	M15	5
6	M. LIVESEY (STEVENAGE)	14.43	M15	6

7	R. BOLTON (STEVENAGE)	14.44	M15	7
8	M. SELICK (BIGGLESWADE)	14.46	M15	8
9	E. ANDERS (ST. ALBANS STR)	14.54	M15	9
10	R. WARD (AMPTHILL & F)	15.12	M15	10
11	E. TATTERSALL (BRACKNELL)	15.15	M15	11
12	D. DUKE (STEVENAGE)	15.20	M15	12

13	J. ANDERSON (STAL)	15.26	M15	13
14	O. TRUDGILL (BIGGLESWADE)	15.43	M15	14
15	D. JOHAL (WATFORD)	16.21	M15	15
16	M. ROBINS (WATFORD)	16.24	M15	16
17	O. DEARMAN (WATFORD)	18.30	M15	17
18	M. JONES (BRACKNELL)	19.00	M15	18

**TEAM RESULT**

1	BIGGLESWADE	44	2	3	8
2	BRACKNELL	41	1	4	11
3	STEVENAGE & NH	32	6	7	12
4	ST. ALBANS STRIDERS	30	5	9	13
5	AMPTHILL & FLITWICK	9	10		
6	WATFORD	9	15	16	17

**DIVISION RESULT**

1	BIGGLESWADE	119	34	41	44
2	STEVENAGE & NH	81	22	27	32
3	BRACKNELL	75	7	27	41
4	ST. ALBANS STRIDERS	71	32	9	30
5	ABINGDON AMBLERS	31	14	17	
6	AMPTHILL & FLITWICK	26		17	9
7	WATFORD	25	2	14	9
8	WHITE HORSE	12	12		
9	RADLEY A.C.	8	8		
10	BANBURY	4	4		

**Under 13 Boys**

1	C. WALSH (ST. ALBANS STR)	10.12	M13	1
2	H. DIGBY (BRACKNELL)	10.12	M13	2
3	T. ROBINSON (BRACKNELL)	10.14	M13	3
4	M. LOPEZ DE LA CALLE (BK)	10.14	M13	4

5	A. MASON (STEVENAGE)	10.29	M13	5
6	A. ENSER (BRACKNELL)	10.34	M13	6
7	F. STEWART (BRACKNELL)	10.37	M13	7
8	B. JOHAL (WATFORD)	10.40	M13	8
9	H. BENTLEY (STAL)	10.40	M13	9

10	C. MCCALLION (STAL)	10.40	M13	10
11	J. ROGERS (AMPTHILL & F)	10.44	M13	11
12	J. SANSEAW (WATFORD)	10.55	M13	12
13	R. DALY (ST. ALBANS STR)	12.13	M13	13
14	C. CLARK (WATFORD)	13.55	M13	14

**TEAM RESULT**

1	BRACKNELL	36	2	3	4
2	ST. ALBANS STRIDERS	25	1	9	10
3	WATFORD	11	8	12	14
4	STEVENAGE & NH	10	5		
5	AMPTHILL & FLITWICK	4	11		

**DIVISION RESULT**

1	BRACKNELL	162	51	75	36
2	ST. ALBANS STRIDERS	134	49	60	25
3	STEVENAGE & NH	80	35	35	10
4	WATFORD	50	21	18	11
5	ABINGDON AMBLERS	38	17	21	
6	AMPTHILL & FLITWICK	21		17	4
7	BIGGLESWADE	13		13	
8	WHITE HORSE	3	3		

**Senior/Veteran Ladies**

1	R. CAVE (TEAM BALANCISE)	22.04	F	1
2	L. WATERLOW (STAL)	22.04	F	2
3	E. CURTIS-SMITH (BEAR)	22.30	F	3
4	V. BROADBENT (BEARBROOK)	22.46	F	4
5	M. BARTLETT (BANBURY)	23.11	F35	1
6	H. MULHALL (BEARBROOK)	23.26	F35	2
7	L. MCKIE (ST. ALBANS STR)	23.29	F35	3
8	Z. LOWE (ST. ALBANS STR)	23.35	F45	1
9	R. KELLING (BANBURY)	23.37	F45	2
10	W. WEBSTER (STAL)	23.38	F	5
11	C. WHITTAKER (WATFORD)	23.39	F45	3
12	E. O'SULLIVAN (TBAL)	23.51	F45	4
13	L. CROFT (WATFORD)	23.52	F35	4
14	H. JOHAL (WATFORD)	23.55	F35	5
15	J. WARGENT (TBAL)	24.15	F35	6
16	N. WICKINGS (WATFORD)	24.16	F	6
17	G. JUBB (ST. ALBANS STR)	24.18	F35	7
18	C. KREMER (ST. ALBANS STR)	24.27	F35	8
19	W. WALSH (ST. ALBANS STR)	24.42	F35	9
20	T. ENGLISH (GADE VALLEY)	24.53	F35	10
21	J. COULLCHER (THAME)	25.02	F45	5
22	C. MCDONNELL (GADE VALLEY)	25.06	F35	11
23	S. EVERED (BEARBROOK)	25.08	F	7

24	M. CRAFT (WATFORD)	25.21	F35	12
25	J. EATON (PURPLE PATCH)	25.23	F45	6
26	E. FULCHER (HANDY CROSS)	25.24	F45	7
27	C. ING (HANDY CROSS)	25.37	F	8
28	R. BIEGEL (BANBURY)	25.38	F45	8
29	R. NEWPORT (BRACKNELL)	25.49	F	9
30	A. HALFORD (WATFORD)	25.52	F35	13
31	C. MATTHEWS (THAME)	26.05	F	10
32	M. ATTREE (ST. ALBANS STR)	26.12	F45	9
33	L. WALLS (ST. ALBANS STR)	26.31	F55	1
34	L. OLIVER (MAIDENHEAD)	26.38	F35	14
35	D. SANDOVER (LBTR)	26.44	F55	2
36	K. MACKEN (Q.P.H.)	26.51	F	11
37	J. YOUNG (Q.P.H.)	26.53	F	12
38	K. INGRAM (BEARBROOK)	26.56	F	13
39	L. BENTHAM (STAL)	27.03	F35	15
40	S. BUX (HANDY CROSS)	27.04	F	14
41	A. PUTKO (WATFORD)	27.11	F	15
42	M. BOOTH (HANDY CROSS)	27.24	F45	10
43	L. ANSELL (BANBURY)	27.27	F35	16
44	C. FEELY (STEVENAGE)	27.37	F45	11
45	C. RANSOM (ST. ALBANS STR)	27.37	F35	17
46	J. ING (HANDY CROSS)	27.39	F	16
47	A. BERWICK (GADE VALLEY)	27.46	F35	18

48	N. PITTAN (BEARBROOK)	28.00	F45	12
49	H. PARRY (THAME)	28.11	F35	19
50	T. TREMAINE (STAL)	28.13	F35	20
51	B. BATES (ST. ALBANS STR)	28.15	F35	21
52	T. BRIGHT (THAME)	28.33	F35	22
53	L. GARRICKS (BEARBROOK)	28.45	F35	23
54	B. WARNER (LEIGHTON B TRI)	29.06	F35	24
55	S. MCEWAN (MAIDENHEAD)	29.22	F55	3
56	S. ROBERTS (HANDY CROSS)	29.31	F45	13
57	A. BABIT (WATFORD)	30.36	F45	14
58	L. MARTIN (ST. ALBANS STR)	30.52	F	17
59	S. COWELL (LEIGHTON B TRI)	31.10	F45	15
60	C. HALE (TEAM BALANCISE)	31.44	F35	25
61	M. BOND (TEAM BALANCISE)	32.14	F45	16
62	C. DEARMAN (WATFORD)	32.32	F45	17
63	T. BRAYFORD (TBAL)	33.14	F45	18
64	L. RIPLEY (BEARBROOK)	33.46	F35	26
65	C. SKYRME (ST. ALBANS STR)	34.10	F45	19
66	C. KELLY (GADE VALLEY)	34.30	F	18
67	J. WEBB (ST. ALBANS STR)	35.10	F55	4
68	C. WRIGHT (TEAM BALANCISE)	35.50	F	19
69	C. TURNEY (ST. ALBANS STR)	37.44	F35	27
70	H. BESSANT (BEARBROOK)	41.40	F	20

**TEAM RESULT**

1	ST. ALBANS STRIDERS	257	2	7	8	10
2	BEARBROOK JOGGERS	248	3	4	6	23
3	WATFORD	230	11	13	14	16
4	BANBURY	199	5	9	28	43
5	TEAM BALANCISE	196	1	12	15	60
6	HANDY CROSS	149	26	27	40	42
7	THAME RUNNERS	131	21	31	49	52
8	GADE VALLEY	129	20	22	47	66
9	QUEENS PARK H.	69	36	37		
10	LEIGHTON BUZZ TRIATHLON	65	35	54	59	
11	MAIDENHEAD	53	34	55		
12	PURPLE PATCH RUNNERS	46	25			
13	BRACKNELL	42	29			
14	STEVENAGE & NH	27	44			

**DIVISION RESULT**

1	ST. ALBANS STRIDERS	657	164	236	257
2	BEARBROOK JOGGERS	638	186	204	248
3	WATFORD	541	114	197	230
4	BANBURY	540	144	197	199
5	GADE VALLEY	414	120	165	129
6	TEAM BALANCISE	411	40	175	196
7	HANDY CROSS	397	106	142	149
8	THAME RUNNERS	308	84	93	131
9	QUEENS PARK H.	156	23	64	69
10	LEIGHTON BUZZ TRIATHLON	143	29	49	65
11	MAIDENHEAD	93	40		53
12	STEVENAGE & NH	71	16	28	27
13	BRACKNELL	66	24		42
14	BIGGLESWADE	48		48	
15	PURPLE PATCH RUNNERS	46			46
16	ABINGDON AMBLERS	12	12		

**Veteran Ladies Race**

1	ST. ALBANS STRIDERS	234	7	8	17	18
2	WATFORD	222	11	13	14	24
3	BANBURY	199	5	9	28	43
4	TEAM BALANCISE	136	12	15	60	61
5	GADE VALLEY	124	20	22	47	
6	BEARBROOK JOGGERS	113	6	48	53	64
7	THAME RUNNERS	91	21	49	52	
8	HANDY CROSS	89	26	42	56	
9	LEIGHTON BUZZ TRIATHLON	65	35	54	59	
10	MAIDENHEAD	53	34	55		
11	PURPLE PATCH RUNNERS	46	25			
12	STEVENAGE & NH	27	44			

**DIVISION RESULT**

1	ST. ALBANS STRIDERS	561	124	203	234
2	BANBURY	532	144	189	199
3	WATFORD	447	76	149	222
4	GADE VALLEY	310	68	118	124
5	TEAM BALANCISE	294	37	121	136
6	HANDY CROSS	288	77	122	89
7	BEARBROOK JOGGERS	263	94	56	113
8	THAME RUNNERS	235	59	85	91
9	LEIGHTON BUZZ TRIATHLON	143	29	49	65
10	MAIDENHEAD	93	40		53
11	STEVENAGE & NH	71	16	28	27
12	PURPLE PATCH RUNNERS	46			46
13	ABINGDON AMBLERS	12	12		

**Junior/U17 Ladies**

1	F. BRERETON (BRACKNELL)	18.00	F20	1
2	R. TURTON (BRACKNELL)	18.08	F20	2
3	B. BERGER-NORTH (BK)	18.44	F20	3
4	M. STEER (ST. ALBANS STR)	18.47	F20	4
5	M. GEERS (ST. ALBANS STR)	20.03	F17	1

6	R. HARRIS (STEVENAGE)	20.12	F17	2
7	C. DEARMAN (WATFORD)	20.18	F17	3
8	P. BAILEY (ST. ALBANS STR)	20.22	F17	4
9	C. WILLIS (STEVENAGE)	20.44	F17	5
10	P. SMITH (WATFORD)	21.17	F17	6

11	S. FEELY (STEVENAGE)	21.53	F17	7
12	M. MARKWELL (WATFORD)	22.24	F20	5
13	E. CERVI (STEVENAGE)	22.26	F17	8
14	L. CHEESEMAN (MAIDENHEAD)	22.46	F17	9
15	K. LUGG (MAIDENHEAD)	24.51	F17	10

**TEAM RESULT**

1	BRACKNELL	42	1	2	3
2	ST. ALBANS STRIDERS	31	4	5	8
3	STEVENAGE & NH	22	6	9	11
4	WATFORD	19	7	10	12
5	MAIDENHEAD	3	14	15	

**DIVISION RESULT**

1	BRACKNELL	95	13	40	42
2	STEVENAGE & NH	71	24	25	22
3	ST. ALBANS STRIDERS	66	11	24	31
4	WATFORD	47	15	13	19
5	BIGGLESWADE	26	12	14	
6	BANBURY	7	7		
7	MAIDENHEAD	3			3
8	AMPTHILL & FLITWICK	3			

**Under 15 Girls**

1	G. GODDARD (BRACKNELL).....	9.51	F15	1
2	C. DUKE (STEVENAGE).....	10.50	F15	2
3	L. ECKLEY (ST. ALBANS STR).....	11.03	F15	3
4	H. MCCLAY (BRACKNELL).....	11.11	F15	4
5	L. EDWARDS (STAL).....	11.21	F15	5

6	O. COLL (ST. ALBANS STR).....	11.26	F15	6
7	J. EDWARDS (STAL).....	11.31	F15	7
8	E. LIVERSEIDGE (BRACKNELL).....	11.33	F15	8
9	S. COLL (ST. ALBANS STR).....	11.41	F15	9
10	L. MARKWELL (STAL).....	11.44	F15	10
11	E. ECONOMU (WATFORD).....	11.58	F15	11

12	A. CLARK (ST. ALBANS STR).....	12.00	F15	12
13	K. MONKHOUSE (BRACKNELL).....	12.04	F15	13
14	C. GILES (BRACKNELL).....	12.44	F15	14
15	B. HARLEY (STEVENAGE).....	12.59	F15	15
16	K. O'SULLIVAN (STEVENAGE).....	13.58	F15	16
17	M. PORTER (STEVENAGE).....	14.44	F15	17

**TEAM RESULT**

1	BRACKNELL	41	1	4	8
2	ST. ALBANS STRIDERS	40	3	5	6
3	STEVENAGE & NH	21	2	15	16
4	WATFORD	7	11		

**DIVISION RESULT**

1	BRACKNELL	188	96	51	41
2	ST. ALBANS STRIDERS	152	73	39	40
3	STEVENAGE & NH	97	47	29	21
4	ABINGDON AMBLERS	75	75		
5	WATFORD	26	12	7	7
6	AMPTHILL & FLITWICK	2		2	
7	WHITE HORSE	1	1		

**Under 13 Girls**

1	E. CAREY (BRACKNELL).....	8.28	F13	1
2	N. HUDSON (BRACKNELL).....	8.51	F13	2
3	E. ANDERS (ST. ALBANS STR).....	8.58	F13	3
4	J. KENNEDY (BRACKNELL).....	9.05	F13	4
5	J. LAITNER (STAL).....	9.14	F13	5
6	E. JONES (BRACKNELL).....	9.21	F13	6
7	T. COLE (BRACKNELL).....	9.25	F13	7
8	P. ROBERTS (BRACKNELL).....	9.26	F13	8
9	L. NICHOLS (AMPTHILL & F).....	9.27	F13	9
10	E. HOBBS (ST. ALBANS STR).....	9.28	F13	10

11	J. DOYLE (BRACKNELL).....	9.30	F13	11
12	C. ECKLEY (ST. ALBANS STR).....	9.35	F13	12
13	E. NORWOOD (STAL).....	9.49	F13	13
14	M. JARVIS (WATFORD).....	9.49	F13	14
15	F. WEDDELL (STAL).....	9.50	F13	15
16	E. HARRIS (STEVENAGE).....	10.00	F13	16
17	H. RAYDEN (ST. ALBANS STR).....	10.02	F13	17
18	S. STOVELL (AMPTHILL & F).....	10.02	F13	18
19	H. BARNARD (BRACKNELL).....	10.05	F13	19
20	E. SPENCER-JONES (BK).....	10.06	F13	20
21	L. GATER (BRACKNELL).....	10.08	F13	21

22	E. BOLTON (STEVENAGE).....	10.09	F13	22
23	Z. STEWART (BRACKNELL).....	10.14	F13	23
24	S. PYBUS (STEVENAGE).....	10.16	F13	24
25	K. SAUNDERS (STEVENAGE).....	10.22	F13	25
26	G. GOLDFINCH (MAIDENHEAD).....	10.27	F13	26
27	S. MCCULLOUGH (STAL).....	10.28	F13	27
28	A. PICKARD (STEVENAGE).....	11.01	F13	28
29	J. ROSEWARN (WATFORD).....	11.14	F13	29
30	M. LYTGHOE (WATFORD).....	11.25	F13	30
31	C. GOWERS (MAIDENHEAD).....	11.28	F13	31
32	J. WILLIAMS (MAIDENHEAD).....	11.43	F13	32

**TEAM RESULT**

1	BRACKNELL	92	1	2	4
2	ST. ALBANS STRIDERS	81	3	5	10
3	AMPTHILL & FLITWICK	39	9	18	
4	STEVENAGE & NH	37	16	22	24
5	WATFORD	26	14	29	30
6	MAIDENHEAD	10	26	31	32

**DIVISION RESULT**

1	BRACKNELL	271	77	102	92
2	ST. ALBANS STRIDERS	225	63	81	81
3	STEVENAGE & NH	135	38	60	37
4	AMPTHILL & FLITWICK	65		26	39
5	WATFORD	58	24	8	26
6	BIGGLESWADE	57	9	48	
7	MAIDENHEAD	56	31	15	10
8	BANBURY	51	21	30	

**Total Overall Score**

1	ST. ALBANS STRIDERS	1335	926	409
2	WATFORD	942	660	282
3	GADE VALLEY	732	603	129
4	HANDY CROSS	724	575	149
5	BEARBROOK JOGGERS	644	396	248
6	TEAM BALANCISE	607	411	196
7	STEVENAGE & NH	585	478	107
8	THAME RUNNERS	527	396	131
9	BRACKNELL	517	300	217
10	MAIDENHEAD	451	385	66
11	LEIGHTON BUZZ TRIATHLON	385	320	65
12	BANBURY	349	150	199
13	QUEENS PARK H.	345	276	69
14	BIGGLESWADE	254	254	
15	RADLEY A.C.	97	97	
16	PURPLE PATCH RUNNERS	91	45	46
17	AMPTHILL & FLITWICK	52	13	39
18	WHITE HORSE	20	20	

**DIVISION RESULT**

1	ST. ALBANS STRIDERS	4110	1331	1444	1335
2	WATFORD	2719	857	920	942
3	GADE VALLEY	2374	821	821	732
4	BEARBROOK JOGGERS	2246	862	740	644
5	HANDY CROSS	1856	483	649	724
6	THAME RUNNERS	1814	749	538	527
7	BANBURY	1665	597	719	349
8	BRACKNELL	1620	700	403	517
9	STEVENAGE & NH	1577	358	634	585
10	TEAM BALANCISE	1488	229	652	607
11	LEIGHTON BUZZ TRIATHLON	1217	395	437	385
12	MAIDENHEAD	1207	343	413	451
13	QUEENS PARK H.	1173	406	422	345
14	BIGGLESWADE	785	151	380	254
15	RADLEY A.C.	334	237		97
16	ABINGDON AMBLERS	210	172	38	
17	WHITE HORSE	197	157	20	20
18	PURPLE PATCH RUNNERS	133	42	91	
19	AMPTHILL & FLITWICK	119	67	52	

**Male Overall Score**

1	ST. ALBANS STRIDERS	926	852	19	30	25
2	WATFORD	660	604	36	9	11
3	GADE VALLEY	603	603			
4	HANDY CROSS	575	575			
5	STEVENAGE & NH	478	419	17	32	10
6	TEAM BALANCISE	411	405	6		
7	THAME RUNNERS	396	396			
8	BEARBROOK JOGGERS	396	396			
9	MAIDENHEAD	385	383	2		
10	LEIGHTON BUZZ TRIATHLON	320	320			
11	BRACKNELL	300	200	23	41	36
12	QUEENS PARK H.	276	276			
13	BIGGLESWADE	254	210	44		
14	BANBURY	150	134	16		
15	RADLEY A.C.	97	97			
16	PURPLE PATCH RUNNERS	45	45			
17	WHITE HORSE	20	20			
18	AMPTHILL & FLITWICK	13		9	4	

**DIVISION RESULT**

1	ST. ALBANS STRIDERS	3010	1020	1064	926
2	WATFORD	2047	692	695	660
3	GADE VALLEY	1960	701	656	603
4	BEARBROOK JOGGERS	1608	676	536	396
5	THAME RUNNERS	1506	665	445	396
6	HANDY CROSS	1459	377	507	575
7	STEVENAGE & NH	1203	233	492	478
8	TEAM BALANCISE	1077	189	477	411
9	LEIGHTON BUZZ TRIATHLON	1074	366	388	320
10	BANBURY	1067	425	492	150
11	MAIDENHEAD	1055	272	398	385
12	QUEENS PARK H.	1017	383	358	276
13	BRACKNELL	1000	490	210	300
14	BIGGLESWADE	654	130	270	254
15	RADLEY A.C.	334	237		97
16	WHITE HORSE	196	156	20	20
17	ABINGDON AMBLERS	123	85	38	
18	PURPLE PATCH RUNNERS	87	42	45	
19	AMPTHILL & FLITWICK	49	36	13	

**Female Overall Score**

1	ST. ALBANS STRIDERS	409	257	31	40	81
2	WATFORD	282	230	19	7	26
3	BEARBROOK JOGGERS	248	248			
4	BRACKNELL	217	42	42	41	92
5	BANBURY	199	199			
6	TEAM BALANCISE	196	196			
7	HANDY CROSS	149	149			
8	THAME RUNNERS	131	131			
9	GADE VALLEY	129	129			
10	STEVENAGE & NH	107	27	22	21	37
11	QUEENS PARK H.	69	69			
12	MAIDENHEAD	66	53	3	10	
13	LEIGHTON BUZZ TRIATHLON	65	65			
14	PURPLE PATCH RUNNERS	46	46			
15	AMPTHILL & FLITWICK	39			39	

**DIVISION RESULT**

1	ST. ALBANS STRIDERS	1100	311	380	409
2	WATFORD	672	165	225	282
3	BEARBROOK JOGGERS	638	186	204	248
4	BRACKNELL	620	210	193	217
5	BANBURY	598	172	227	199
6	GADE VALLEY	414	120	165	129
7	TEAM BALANCISE	411	40	175	196
8	HANDY CROSS	397	106	142	149
9	STEVENAGE & NH	374	125	142	107
10	THAME RUNNERS	308	84	93	131
11	QUEENS PARK H.	156	23	64	69
12	MAIDENHEAD	152	71	15	66
13	LEIGHTON BUZZ TRIATHLON	143	29	49	65
14	BIGGLESWADE	131	21	110	
15	ABINGDON AMBLERS	87	87		
16	AMPTHILL & FLITWICK	70		31	39
17	PURPLE PATCH RUNNERS	46			46
18	WHITE HORSE	1	1		