

Apex Sports Chiltern League Division Two 2012/2013 Round 5

Held at Wing on 09 February 2013

Senior/Junior/Veteran Men

1	T. CROUCH (ST. ALBANS STR)	35.38	M	1	39	L. DORMAN (BANBURY)	42.51	M20	1	77	R. DAVIES (Q.P.H.)	47.50	M40	34
2	C. PALMER (AMPTHILL & F)	35.51	M	2	40	S. BOYD (GADE VALLEY)	42.53	M40	17	78	M. EMMETT (THAME)	48.00	M50	10
3	P. ADAMS (ST. ALBANS STR)	36.33	M	3	41	D. HOPE (ST. ALBANS STR)	43.03	M	20	79	N. BARLOW (THAME)	48.06	M	33
4	J. CRITCHLOW (WATFORD)	37.03	M50	1	42	J. ROBERTS (GADE VALLEY)	43.09	M40	18	80	V. PLOSKY (BIGGLESWADE)	48.14	M40	35
5	D. POULTON (STEVENAGE)	37.22	M	4	43	G. FOSTER (ST. ALBANS STR)	43.10	M50	4	81	J. BROOM (GADE VALLEY)	48.25	M40	36
6	E. BLAKE (ST. ALBANS STR)	37.33	M	5	44	J. COWELL (LEIGHTON B TRI)	43.12	M40	19	82	A. NORTON (GADE VALLEY)	48.27	M40	37
7	T. WRIGHT (BANBURY)	37.57	M	6	45	J. REDSHAW (STAL)	43.48	M	21	83	B. WISE (GADE VALLEY)	48.30	M	34
8	T. OFFORD (BANBURY)	38.03	M	7	46	J. ABISS (ST. ALBANS STR)	43.49	M20	2	84	I. MARKWELL (STAL)	48.48	M40	38
9	M. ADCOCK (WATFORD)	38.36	M40	1	47	NO. 259 (?)	44.05	M	22	85	S. HASSALL (BEARBROOK)	48.55	M40	39
10	G. WOOLLETT (GADE VALLEY)	38.44	M40	2	48	R. DEAN (THAME)	44.26	M	23	86	M. LOBB (PURPLE PATCH)	49.03	M40	40
11	R. LARSEN (BRACKNELL)	38.51	M	8	49	S. SMITH (ST. ALBANS STR)	44.30	M50	5	87	R. DERRICK (STAL)	49.06	M50	11
12	S. BUCKLE (ST. ALBANS STR)	38.54	M	9	50	M. BRADLEY (WATFORD)	44.31	M50	6	88	P. CAIRNIE (BEARBROOK)	49.07	M40	41
13	F. FULCHER (HANDY CROSS)	39.11	M40	3	51	B. STONE (LEIGHTON B TRI)	44.32	M	24	89	S. ALLEN (BEARBROOK)	49.12	M40	42
14	R. MICHAELSON-YEATES (BEAR)	39.58	M	10	52	S. POULTON (STEVENAGE)	44.36	M	25	90	H. TAYLOR (HANDY CROSS)	49.41	M50	12
15	G. WARREN (ST. ALBANS STR)	39.59	M40	4	53	D. HUTCHINGS (TBAL)	44.42	M40	20	91	A. MAHER (ST. ALBANS STR)	49.53	M40	43
16	A. AULD (ST. ALBANS STR)	40.09	M40	5	54	D. GIBSON (TEAM BALANCISE)	44.53	M40	21	92	T. BARROWS (BEARBROOK)	49.54	M50	13
17	D. DOHERTY (TBAL)	40.16	M	11	55	A. ANGUS (Q.P.H.)	44.56	M50	7	93	S. GEARY (GADE VALLEY)	49.57	M	35
18	R. COLES (GADE VALLEY)	40.18	M40	6	56	J. RUDGE (BEARBROOK)	44.59	M	26	94	B. WILSON (PURPLE PATCH)	50.43	M50	14
19	D. HILTON (THAME)	40.22	M	12	57	I. HIGGINSON (BEARBROOK)	45.00	M40	22	95	R. GALE (THAME)	50.44	M60	1
20	S. PRITCHARD (BANBURY)	40.37	M40	7	58	P. RUTLEY (WATFORD)	45.12	M	27	96	M. STORRIE (GADE VALLEY)	51.35	M50	15
21	J. FARMER (LEIGHTON B TRI)	40.38	M	13	59	Z. MCDONOUGH (WATFORD)	45.20	M	28	97	A. GARDNER (BEARBROOK)	51.45	M	36
22	M. WATT (GADE VALLEY)	40.40	M	14	60	A. NICHOLSON (STAL)	45.25	M40	23	98	G. COMBOY (Q.P.H.)	51.52	M	37
23	R. SLATER (THAME)	40.42	M40	8	61	M. HAMILTON (TBAL)	45.34	M40	24	99	A. BISHOP (GADE VALLEY)	52.01	M	38
24	A. BYERLEY (THAME)	41.07	M40	9	62	D. WENDLEKEN (GADE VALLEY)	45.35	M40	25	100	G. SMITH (BANBURY)	53.29	M60	2
25	R. DAVIS (ST. ALBANS STR)	41.09	M40	10	63	B. MILLER (Q.P.H.)	45.40	M40	26	101	D. O'NEILL (STAL)	53.56	M	39
26	C. BRAYBROOK (STAL)	41.13	M50	2	64	D. WISE (GADE VALLEY)	45.44	M40	27	102	J. KENYON (BIGGLESWADE)	54.04	M40	44
27	M. LODDY (GADE VALLEY)	41.28	M40	11	65	S. PEARSON (WATFORD)	45.46	M	29	103	G. SPARKES (BEARBROOK)	54.23	M40	45
28	N. HARRIS (WATFORD)	41.47	M	15	66	C. HOBBS (UNATT) N/S	45.47	M		104	S. DANIEL (WATFORD)	56.25	M50	16
29	B. HAWES (GADE VALLEY)	41.49	M40	12	67	J. POWELL (BEARBROOK)	46.12	M50	8	105	S. GRAHAM (THAME)	56.34	M60	3
30	C. GALLAGHER (STAL)	42.11	M	16	68	A. GALLIGAN (Q.P.H.)	46.26	M40	28	106	P. HIGGINS (STAL)	57.54	M50	17
31	C. PENN (LEIGHTON B TRI)	42.17	M	17	69	A. PARRY (THAME)	46.28	M40	29	107	J. GULLIVER (THAME)	58.33	M40	46
32	P. DAVIES (BIGGLESWADE)	42.28	M40	13	70	T. BRAMPTON (BEARBROOK)	46.33	M	31	108	C. POWELL (BEARBROOK)	58.48	M60	4
33	S. WATKIN (GADE VALLEY)	42.31	M	18	71	S. DEARMAN (WATFORD)	46.48	M50	9	109	R. KOSTER (THAME)	60.52	M50	18
34	O. BYRNE (BEARBROOK)	42.37	M40	14	72	B. DAY (PURPLE PATCH)	46.50	M40	30	110	D. STRINGFELLOW (WHH)	60.59	M50	19
35	T. NORTH (GADE VALLEY)	42.40	M40	15	73	N. SANDERSON (HANDY CROSS)	46.54	M40	31	111	A. NEWING (GADE VALLEY)	61.13	M40	47
36	P. MCDERMOTT (STAL)	42.45	M50	3	74	K. HIGBY (LEIGHTON B TRI)	46.56	M	32	112	D. WAKEFIELD (HANDY CROSS)	61.30	M	40
37	B. GILBERT (HANDY CROSS)	42.48	M	19	75	R. BENTLEY (STAL)	47.03	M40	32	113	A. HEADLEY (BIGGLESWADE)	61.58	M50	20
38	C. DOWIE (ST. ALBANS STR)	42.49	M40	16	76	C. BRADLEY (LBTR)	47.26	M40	33	114	G. SANDERS (BEARBROOK)	62.18	M60	5

TEAM RESULT non scorers excluded

1	ST. ALBANS STRIDERS	824	1	3	6	12	15	16	25	26
2	GADE VALLEY	714	10	18	22	27	29	33	35	40
3	WATFORD	584	4	9	28	50	58	59	65	71
4	THAME RUNNERS	522	19	23	24	48	66	69	78	79
5	BEARBROOK JOGGERS	457	14	34	56	57	67	70	85	88
6	BANBURY	406	7	8	20	39	100			
7	LEIGHTON BUZZ TRIATHLON	399	21	31	44	51	74	76		
8	TEAM BALANCISE	279	17	53	54	61				
9	HANDY CROSS	255	13	37	73	90	112			
10	QUEENS PARK H.	219	55	63	68	77	98			
11	STEVENAGE & NH	175	5	52						
12	BIGGLESWADE	137	32	80	102	113				
13	AMPTHILL & FLITWICK	114	2							
14	BRACKNELL	105	11							
15	PURPLE PATCH RUNNERS	96	72	86	94					
16	WHITE HORSE	6	110							

DIVISION RESULT

1	ST. ALBANS STRIDERS	4549	939	976	860	950	824
2	GADE VALLEY	3502	701	656	606	825	714
3	WATFORD	3352	643	630	648	847	584
4	THAME RUNNERS	2577	665	445	397	548	522
5	BEARBROOK JOGGERS	2537	676	536	396	472	457
6	LEIGHTON BUZZ TRIATHLON	2044	366	388	321	570	399
7	HANDY CROSS	1864	377	507	577	148	255
8	BANBURY	1846	413	479	135	413	406
9	TEAM BALANCISE	1746	183	469	406	409	279
10	STEVENAGE & NH	1552	166	411	422	378	175
11	QUEENS PARK H.	1513	383	358	276	277	219
12	MAIDENHEAD	1226	269	396	385	176	
13	BRACKNELL	1050	393	93	201	258	105
14	BIGGLESWADE	742	96	193	210	106	137
15	PURPLE PATCH RUNNERS	357	42	45	174	96	
16	RADLEY A.C.	327	229	98			
17	AMPTHILL & FLITWICK	247	2		131	114	
18	WHITE HORSE	187	141	20	20		6
19	ABINGDON AMBLERS	50	50				

Veteran Mens Race

1	ST. ALBANS STRIDERS	382	15	16	25	26
2	GADE VALLEY	380	10	18	27	29
3	WATFORD	330	4	9	50	71
4	THAME RUNNERS	282	23	24	66	69
5	QUEENS PARK H.	201	55	63	68	77
6	BEARBROOK JOGGERS	200	34	57	85	88
7	TEAM BALANCISE	180	53	54	61	
8	HANDY CROSS	172	13	73	90	
9	BIGGLESWADE	137	32	80	102	113
10	LEIGHTON BUZZ TRIATHLON	112	44	76		
11	BANBURY	112	20	100		
12	PURPLE PATCH RUNNERS	96	72	86	94	
13	WHITE HORSE	6	110			

DIVISION RESULT

1	ST. ALBANS STRIDERS	2058	436	429	363	448	382
2	GADE VALLEY	1915	402	339	355	439	380
3	WATFORD	1784	276	388	331	459	330
4	THAME RUNNERS	1487	324	298	282	301	282
5	BEARBROOK JOGGERS	1321	311	335	221	254	200
6	HANDY CROSS	1217	239	380	348	78	172
7	QUEENS PARK H.	1154	294	283	242	134	201
8	LEIGHTON BUZZ TRIATHLON	1148	300	301	153	282	112
9	TEAM BALANCISE	1082	107	246	256	293	180
10	BANBURY	627	177	157	20	161	112
11	BIGGLESWADE	590	68	69	210	106	137
12	PURPLE PATCH RUNNERS	357	42	45	174	96	
13	MAIDENHEAD	329	57	117	128	27	
14	BRACKNELL	213	30	93	90		
15	WHITE HORSE	72	26	20	20		6
16	STEVENAGE & NH	64	43	21			
17	ABINGDON AMBLERS	50	50				
18	AMPTHILL & FLITWICK	2	2				

Under 17 Men

	L. DEE (SHAFTESBURY) N/S	22.19	M17		5	H. O'BART (WATFORD)	24.40	M17	5	11	L. HODGE (ST. ALBANS STR)	27.47	M17	11
1	B. ROCHFORD (WATFORD)	22.20	M17	1	6	S. JONES (ST. ALBANS STR)	25.02	M17	6	12	J. SIMPSON (STAL)	28.30	M17	12
2	S. HALSTEAD (BRACKNELL)	22.39	M17	2	7	T. BIEGEL (BANBURY)	25.11	M17	7	13	S. GOLDFINCH (MAIDENHEAD)	29.56	M17	13
3	M. SEDDON (BRACKNELL)	23.53	M17	3	8	L. SILLS (WATFORD)	27.03	M17	8	14	J. TAYLOR (BIGGLESWADE)	30.53	M17	14
4	T. BURNS (BRACKNELL)	24.37	M17	4	9	H. DAY (STEVENAGE)	27.18	M17	9	15	W. RIDGEWAY (STEVENAGE)	31.51	M17	15
					10	D. WILLIAMS (STEVENAGE)	27.44	M17	10	16	J. GLADMAN (STEVENAGE)	33.30	M17	16

TEAM RESULT non scorers excluded

1	BRACKNELL	42	2	3	4
2	WATFORD	37	1	5	8
3	ST. ALBANS STRIDERS	22	6	11	12
4	STEVENAGE & NH	17	9	10	15
5	BANBURY	10	7		
6	MAIDENHEAD	4	13		
7	BIGGLESWADE	3	14		

DIVISION RESULT

1	WATFORD	161	26	33	36	29	37
2	BRACKNELL	143	39	15	23	24	42
3	ST. ALBANS STRIDERS	73	19	19	13	22	
4	STEVENAGE & NH	72	10	19	17	9	17
5	BANBURY	47	8	13	16		10
6	BIGGLESWADE	35	23		9	3	
7	TEAM BALANCISE	23	6	8	6	3	
8	MAIDENHEAD	11	3	2	2		4
9	ABINGDON AMBLERS	4	4				

Under 15 Boys

1 B. CLARKE (ST. ALBANS STR).....	16.50	M15	1
2 C. TRUDGILL (BIGGLESWADE).....	17.14	M15	2
3 T. RAYNER (WATFORD).....	17.31	M15	3
4 S. BARTOIN (BIGGLESWADE).....	17.38	M15	4

5 L. HARRIS (BRACKNELL).....	17.52	M15	5
6 R. BOLTON (STEVENAGE).....	17.57	M15	6
7 E. TATTERSALL (BRACKNELL).....	18.15	M15	7
8 M. SELICK (BIGGLESWADE).....	18.26	M15	8
9 G. KELLING (BANBURY).....	18.38	M15	9

10 J. ANDERSON (STAL).....	18.45	M15	10
11 R. WARD (AMPTHILL & F).....	19.57	M15	11
12 B. PARKES (AMPTHILL & F).....	21.09	M15	12
13 O. DEARMAN (WATFORD).....	25.09	M15	13

TEAM RESULT

1 BIGGLESWADE	28	2	4	8
2 ST. ALBANS STRIDERS	17	1	10	
3 BRACKNELL	16	5	7	
4 WATFORD	12	3	13	
5 STEVENAGE & NH	8	6		
6 BANBURY	5	9		
7 AMPTHILL & FLITWICK	5	11	12	

DIVISION RESULT

1 BIGGLESWADE	191	34	41	44	44	28
2 ST. ALBANS STRIDERS	124	32	9	30	36	17
3 STEVENAGE & NH	110	22	27	32	21	8
4 BRACKNELL	104	7	27	41	13	16
5 WATFORD	52	2	14	9	15	12
6 AMPTHILL & FLITWICK	41	17	9	10	5	
7 ABINGDON AMBLERS	31	14	17			
8 WHITE HORSE	12	12				
9 BANBURY	9	4				5
10 RADLEY A.C.	8	8				

Under 13 Boys

1 J. EDWARDS (STAL).....	10.44	M13	1
2 S. HUDSON (BRACKNELL).....	10.47	M13	2
3 J. LUMB (ST. ALBANS STR).....	11.11	M13	3
4 C. WALSH (ST. ALBANS STR).....	11.39	M13	4
5 H. BENTLEY (STAL).....	11.42	M13	5
6 A. MASON (STEVENAGE).....	11.43	M13	6

7 O. WATHEN (BIGGLESWADE).....	12.05	M13	7
8 J. ROGERS (AMPTHILL & F).....	12.08	M13	8
9 B. MITCHELL (STAL).....	12.15	M13	9
10 A. READ (BRACKNELL).....	12.20	M13	10
11 J. SANSEAU (WATFORD).....	12.27	M13	11
12 R. JAMES (ST. ALBANS STR).....	12.34	M13	12

13 B. JOHAL (WATFORD).....	12.38	M13	13
14 A. SHAW (ST. ALBANS STR).....	12.46	M13	14
15 R. DALY (ST. ALBANS STR).....	13.33	M13	15
16 C. MCCREADY (AMPTHILL & F).....	14.26	M13	16
17 C. CLARK (WATFORD).....	14.58	M13	17
18 J. MOORE (WATFORD).....	15.32	M13	18

TEAM RESULT

1 ST. ALBANS STRIDERS	49	1	3	4
2 BRACKNELL	26	2	10	
3 WATFORD	16	11	13	17
4 AMPTHILL & FLITWICK	14	8	16	
5 STEVENAGE & NH	13	6		
6 BIGGLESWADE	12	7		

DIVISION RESULT

1 ST. ALBANS STRIDERS	244	49	60	25	61	49
2 BRACKNELL	199	51	75	36	11	26
3 STEVENAGE & NH	137	35	35	10	44	13
4 WATFORD	70	21	18	11	4	16
5 ABINGDON AMBLERS	61	17	21		23	
6 AMPTHILL & FLITWICK	60	17	4	25	14	
7 BIGGLESWADE	48	13	23	23	12	
8 WHITE HORSE	3	3				

Senior/Veteran Ladies

1 L. WATERLOW (STAL).....	26.53	F	1
2 R. CAVE (TEAM BALANCISE).....	27.14	F	2
3 D. STEER (ST. ALBANS STR).....	27.17	F45	1
4 E. CURTIS-SMITH (BEAR).....	27.32	F	3
5 V. BROADBENT (BEARBROOK).....	27.33	F	4
6 R. KELLING (BANBURY).....	28.30	F45	2
7 W. WEBSTER (STAL).....	28.46	F	5
8 G. FELSTEAD (GADE VALLEY).....	29.51	F	6
9 L. CROFT (WATFORD).....	30.03	F35	1
10 E. O'SULLIVAN (TBAL).....	30.14	F45	3
11 J. WARGENT (TBAL).....	30.26	F35	2
12 S. EVERED (BEARBROOK).....	30.50	F	7
13 Z. LOWE (ST. ALBANS STR).....	30.58	F45	4
14 T. ENGLISH (GADE VALLEY).....	30.59	F35	3
15 J. EATON (PURPLE PATCH).....	31.15	F45	5
16 W. WALSH (ST. ALBANS STR).....	31.19	F35	4
17 H. JOHAL (WATFORD).....	31.25	F35	5
18 V. CRAWLEY (GADE VALLEY).....	31.25	F	8
19 P. CUTLER (HANDY CROSS).....	31.28	F45	6
20 G. JUBB (ST. ALBANS STR).....	31.49	F35	6
21 A. HALFORD (WATFORD).....	31.53	F35	7

22 J. COULCHER (THAME).....	31.56	F45	7
23 M. MOLNAR (BIGGLESWADE).....	31.57	F	9
24 P. ROBINSON (BEARBROOK).....	31.58	F45	8
25 E. FULCHER (HANDY CROSS).....	31.58	F45	9
26 M. MOODY (HANDY CROSS).....	32.43	F55	1
27 J. YOUNG (Q.P.H.).....	32.53	F	10
28 L. BENTHAM (STAL).....	33.18	F35	8
29 L. WALLS (ST. ALBANS STR).....	33.35	F55	2
30 M. ATTREE (ST. ALBANS STR).....	33.36	F45	10
31 R. BIEGEL (BANBURY).....	33.49	F45	11
32 J. ALDRED (ST. ALBANS STR).....	34.10	F35	9
33 D. HEYDECKER (STAL).....	34.15	F55	3
34 L. ANSELL (BANBURY).....	35.17	F35	10
35 C. ING (HANDY CROSS).....	35.21	F	11
36 A. PUTKO (WATFORD).....	35.30	F	12
37 S. IVIN (GADE VALLEY).....	35.53	F	13
38 L. GARRICKS (BEARBROOK).....	35.57	F35	11
39 J. ING (HANDY CROSS).....	36.11	F	14
40 H. PARRY (THAME).....	36.20	F35	12
41 T. BRIGHT (THAME).....	36.36	F35	13
42 D. SANDOVER (LBTR).....	36.57	F55	4

43 S. NASH (LEIGHTON B TRI).....	37.25	F	15
44 C. POUT (ST. ALBANS STR).....	37.39	F45	12
45 A. BERWICK (GADE VALLEY).....	37.46	F35	14
46 N. ECONOMU (WATFORD).....	38.19	F35	15
47 J. ESKDALE (GADE VALLEY).....	38.25	F45	13
48 D. MARTIN (BEARBROOK).....	39.18	F	16
49 A. BASIT (WATFORD).....	39.33	F45	14
50 M. ROYO (ST. ALBANS STR).....	40.26	F	17
51 E. NASH (GADE VALLEY).....	40.26	F	18
52 J. ROGERS (THAME).....	40.58	F35	16
53 S. MARSH (BEARBROOK).....	42.31	F	19
54 C. SKYRME (ST. ALBANS STR).....	43.10	F45	15
55 C. COOK (BEARBROOK).....	43.23	F	20
56 S. COWELL (LEIGHTON B TRI).....	43.32	F45	16
57 L. RIPLEY (BEARBROOK).....	43.39	F35	17
58 R. HINE (BEARBROOK).....	43.42	F	21
59 C. DEARMAN (WATFORD).....	44.07	F45	17
60 R. PASSER (LEIGHTON B TRI).....	44.46	F35	18
61 V. PORTWIN (HANDY CROSS).....	46.57	F35	19
62 M. BOND (TEAM BALANCISE).....	47.12	F45	18
63 C. TURNEY (ST. ALBANS STR).....	53.51	F35	20

TEAM RESULT

1 ST. ALBANS STRIDERS	232	1	3	7	13
2 BEARBROOK JOGGERS	211	4	5	12	24
3 GADE VALLEY	179	8	14	18	37
4 WATFORD	173	9	17	21	36
5 TEAM BALANCISE	171	2	10	11	62
6 HANDY CROSS	151	19	25	26	35
7 BANBURY	121	6	31	34	
8 THAME RUNNERS	101	22	40	41	52
9 LEIGHTON BUZZ TRIATHLON	55	42	43	56	60
10 PURPLE PATCH RUNNERS	49	15			
11 BIGGLESWADE	41	23			
12 QUEENS PARK H.	37	27			

DIVISION RESULT

1 ST. ALBANS STRIDERS	1112	164	236	257	223	232
2 BEARBROOK JOGGERS	1043	186	204	248	194	211
3 WATFORD	891	114	197	230	177	173
4 TEAM BALANCISE	765	40	175	196	183	171
5 GADE VALLEY	760	120	165	129	167	179
6 BANBURY	724	144	197	199	63	121
7 HANDY CROSS	626	106	142	149	78	151
8 THAME RUNNERS	492	84	93	131	83	101
9 LEIGHTON BUZZ TRIATHLON	285	29	49	65	87	55
10 QUEENS PARK H.	231	23	64	69	38	37
11 MAIDENHEAD	201	40		53	108	
12 PURPLE PATCH RUNNERS	195			46	100	49
13 STEVENAGE & NH	94	16	28	27	23	
14 BIGGLESWADE	89		48			41
15 BRACKNELL	66	24		42		
16 ABINGDON AMBLERS	12	12				

Veteran Ladies Race

1 ST. ALBANS STRIDERS	204	3	13	16	20
2 WATFORD	163	9	17	21	46
3 HANDY CROSS	125	19	25	26	61
4 BANBURY	121	6	31	34	
5 TEAM BALANCISE	109	10	11	62	
6 THAME RUNNERS	101	22	40	41	52
7 GADE VALLEY	86	14	45	47	
8 BEARBROOK JOGGERS	73	24	38	57	
9 PURPLE PATCH RUNNERS	49	15			
10 LEIGHTON BUZZ TRIATHLON	34	42	56	60	

DIVISION RESULT

1 ST. ALBANS STRIDERS	971	124	203	234	206	204
2 WATFORD	787	76	149	222	177	163
3 BANBURY	716	144	189	199	63	121
4 TEAM BALANCISE	538	40	121	136	132	109
5 GADE VALLEY	532	68	118	124	136	86
6 HANDY CROSS	455	77	122	89	42	125
7 THAME RUNNERS	389	59	85	91	53	101
8 BEARBROOK JOGGERS	344	94	56	113	8	73
9 LEIGHTON BUZZ TRIATHLON	264	29	49	65	87	34
10 MAIDENHEAD	201	40		53	108	
11 PURPLE PATCH RUNNERS	195			46	100	49
12 STEVENAGE & NH	94	16	28	27	23	
13 ABINGDON AMBLERS	12	12				

Junior/U17 Ladies

1 R. TURTON (BRACKNELL).....	21.57	F20	1
2 M. STEER (ST. ALBANS STR).....	22.47	F20	2

3 H. RIDLEY (BIGGLESWADE).....	22.48	F17	1
4 C. WILLIS (STEVENAGE).....	24.03	F17	2
5 C. DEARMAN (WATFORD).....	24.05	F17	3

6 R. HARRIS (STEVENAGE).....	25.13	F17	4
7 L. CHEESEMAN (MAIDENHEAD).....	27.46	F17	5
8 S. FEELY (STEVENAGE).....	29.15	F17	6

TEAM RESULT

1 STEVENAGE & NH	9	4	6	8
2 BRACKNELL	8	1		
3 ST. ALBANS STRIDERS	7	2		
4 BIGGLESWADE	6	3		
5 WATFORD	4	5		
6 MAIDENHEAD	2	7		

DIVISION RESULT

1 BRACKNELL	122	13	40	42	19	8
2 STEVENAGE & NH	93	24	25	22	13	9
3 ST. ALBANS STRIDERS	83	11	24	31	10	7
4 WATFORD	56	15	13	19	5	4
5 BIGGLESWADE	39	12	14	7	6	
6 BANBURY	7	7				
7 MAIDENHEAD	6			3	1	2
8 AMPTHILL & FLITWICK	3		3			

Under 15 Girls

1	G. GODDARD (BRACKNELL).....	14.40	F15	1
2	H. GODDARD (BRACKNELL).....	15.07	F15	2
3	S. RAYMENT (BRACKNELL).....	15.36	F15	3
4	E. READ (BRACKNELL).....	15.46	F15	4
5	T. WEDDELL (STAL).....	15.57	F15	5
6	R. PARLOUR (STAL).....	16.14	F15	6

7	A. BENTLEY (STAL).....	16.22	F15	7
8	L. ECKLEY (ST. ALBANS STR).....	16.56	F15	8
9	G. ROBIN (ST. ALBANS STR).....	17.11	F15	9
10	J. BARNES (ST. ALBANS STR).....	17.16	F15	10
11	E. LIVERSEIDGE (BRACKNELL).....	17.18	F15	11
12	J. EDWARDS (STAL).....	17.22	F15	12
13	L. EDWARDS (STAL).....	17.41	F15	13

14	M. HERRIDGE (STEVENAGE).....	17.55	F15	14
15	L. MARKWELL (STAL).....	18.08	F15	15
16	A. CLARK (ST. ALBANS STR).....	19.15	F15	16
17	J. BADGERY (AMPTHILL & F).....	20.11	F15	17
18	M. PORTER (STEVENAGE).....	21.50	F15	18
19	K. O'SULLIVAN (STEVENAGE).....	22.05	F15	19
20	L. BARBER (STEVENAGE).....	23.59	F15	20

TEAM RESULT

1	BRACKNELL	57	1	2	3
2	ST. ALBANS STRIDERS	45	5	6	7
3	STEVENAGE & NH	12	14	18	19
4	AMPTHILL & FLITWICK	4	17		

DIVISION RESULT

1	BRACKNELL	314	96	51	41	69	57
2	ST. ALBANS STRIDERS	250	73	39	40	53	45
3	STEVENAGE & NH	133	47	29	21	24	12
4	ABINGDON AMBLERS	75	75				
5	WATFORD	26	12	7	7		
6	AMPTHILL & FLITWICK	7		2		1	4
7	WHITE HORSE	1	1				

Under 13 Girls

1	E. CAREY (BRACKNELL).....	11.13	F13	1
2	M. TOMSETT (BRACKNELL).....	11.15	F13	2
3	A. FORREST (BRACKNELL).....	11.30	F13	3
4	E. ANDERS (ST. ALBANS STR).....	11.39	F13	4
5	N. HUDSON (BRACKNELL).....	11.51	F13	5
6	J. KENNEDY (BRACKNELL).....	12.05	F13	6
7	E. HOBBS (ST. ALBANS STR).....	12.10	F13	7

8	S. POOLE (BRACKNELL).....	12.12	F13	8
9	L. NICHOLS (AMPTHILL & F).....	12.26	F13	9
10	H. BARNARD (BRACKNELL).....	12.36	F13	10
11	J. LAITNER (STAL).....	12.38	F13	11
12	T. WILLIAMS (BANBURY).....	12.39	F13	12
13	C. ECKLEY (ST. ALBANS STR).....	12.43	F13	13
14	F. WEDDELL (STAL).....	12.54	F13	14
15	S. STOVELL (AMPTHILL & F).....	13.09	F13	15

16	T. COLE (BRACKNELL).....	13.12	F13	16
17	J. DOYLE (BRACKNELL).....	13.14	F13	17
18	M. TERRELL (STAL).....	13.44	F13	18
19	G. GOLDFINCH (MAIDENHEAD).....	14.13	F13	19
20	E. HARRIS (STEVENAGE).....	14.19	F13	20
21	E. JONES (BRACKNELL).....	14.23	F13	21
22	E. SPENCER-JONES (BK).....	14.34	F13	22
23	NO. 446 (MAIDENHEAD).....	15.01	F13	23

TEAM RESULT

1	BRACKNELL	66	1	2	3
2	ST. ALBANS STRIDERS	50	4	7	11
3	AMPTHILL & FLITWICK	24	9	15	
4	BANBURY	12	12		
5	MAIDENHEAD	6	19	23	
6	STEVENAGE & NH	4	20		

DIVISION RESULT

1	BRACKNELL	433	77	102	92	96	66
2	ST. ALBANS STRIDERS	366	63	81	81	91	50
3	STEVENAGE & NH	178	38	60	37	39	4
4	AMPTHILL & FLITWICK	108		26	39	19	24
5	WATFORD	75	24	8	26	17	
6	MAIDENHEAD	74	31	15	10	12	6
7	BANBURY	63	21	30			12
8	BIGGLESWADE	60	9	48			3

Total Overall Score

1	ST. ALBANS STRIDERS	1246	912	334			
2	GADE VALLEY	893	714	179			
3	WATFORD	826	649	177			
4	BEARBROOK JOGGERS	668	457	211			
5	THAME RUNNERS	623	522	101			
6	BANBURY	554	421	133			
7	LEIGHTON BUZZ TRIATHLON	454	399	55			
8	TEAM BALANCISE	450	279	171			
9	HANDY CROSS	406	255	151			
10	BRACKNELL	320	189	131			
11	QUEENS PARK H.	256	219	37			
12	STEVENAGE & NH	238	213	25			
13	BIGGLESWADE	227	180	47			
14	AMPTHILL & FLITWICK	161	133	28			
15	PURPLE PATCH RUNNERS	145	96	49			
16	MAIDENHEAD	12	4	8			
17	WHITE HORSE	6	6				

DIVISION RESULT

1	ST. ALBANS STRIDERS	6801	1331	1444	1343	1437	1246
2	WATFORD	4683	857	920	986	1094	826
3	GADE VALLEY	4262	821	821	735	992	893
4	BEARBROOK JOGGERS	3580	862	740	644	666	668
5	THAME RUNNERS	3069	749	538	528	631	623
6	BANBURY	2696	597	719	350	476	554
7	TEAM BALANCISE	2534	229	652	608	595	450
8	HANDY CROSS	2490	483	649	726	226	406
9	BRACKNELL	2431	700	403	518	490	320
10	STEVENAGE & NH	2369	358	634	588	551	238
11	LEIGHTON BUZZ TRIATHLON	2329	395	437	386	657	454
12	QUEENS PARK H.	1744	406	422	345	315	256
13	MAIDENHEAD	1518	343	413	453	297	12
14	BIGGLESWADE	1204	151	380	254	192	227
15	PURPLE PATCH RUNNERS	552		42	91	274	145
16	AMPTHILL & FLITWICK	466		67	52	186	161
17	RADLEY A.C.	335	237		98		
18	ABINGDON AMBLERS	233	172	38		23	
19	WHITE HORSE	203	157	20	20		6

Male Overall Score

1	ST. ALBANS STRIDERS	912	824	22	17	49	
2	GADE VALLEY	714	714				
3	WATFORD	649	584	37	12	16	
4	THAME RUNNERS	522	522				
5	BEARBROOK JOGGERS	457	457				
6	BANBURY	421	406	10	5		
7	LEIGHTON BUZZ TRIATHLON	399	399				
8	TEAM BALANCISE	279	279				
9	HANDY CROSS	255	255				
10	QUEENS PARK H.	219	219				
11	STEVENAGE & NH	213	175	17	8	13	
12	BRACKNELL	189	105	42	16	26	
13	BIGGLESWADE	180	137	3	28	12	
14	AMPTHILL & FLITWICK	133	114		5	14	
15	PURPLE PATCH RUNNERS	96	96				
16	WHITE HORSE	6	6				
17	MAIDENHEAD	4		4			

DIVISION RESULT

1	ST. ALBANS STRIDERS	4990	1020	1064	934	1060	912
2	WATFORD	3635	692	695	704	895	649
3	GADE VALLEY	3502	701	656	606	825	714
4	THAME RUNNERS	2577	665	445	397	548	522
5	BEARBROOK JOGGERS	2537	676	536	396	472	457
6	LEIGHTON BUZZ TRIATHLON	2044	366	388	321	570	399
7	BANBURY	1902	425	492	151	413	421
8	STEVENAGE & NH	1871	233	492	481	452	213
9	HANDY CROSS	1864	377	507	577	148	255
10	TEAM BALANCISE	1769	189	477	412	412	279
11	QUEENS PARK H.	1513	383	358	276	277	219
12	BRACKNELL	1496	490	210	301	306	189
13	MAIDENHEAD	1237	272	398	387	176	4
14	BIGGLESWADE	1016	130	270	254	182	180
15	PURPLE PATCH RUNNERS	357		42	45	174	96
16	AMPTHILL & FLITWICK	348		36	13	166	133
17	RADLEY A.C.	335	237		98		
18	WHITE HORSE	202	156	20	20		6
19	ABINGDON AMBLERS	146	85	38		23	

Female Overall Score

1	ST. ALBANS STRIDERS	334	232	7	45	50	
2	BEARBROOK JOGGERS	211	211				
3	GADE VALLEY	179	179				
4	WATFORD	177	173	4			
5	TEAM BALANCISE	171	171				
6	HANDY CROSS	151	151				
7	BANBURY	133	121			12	
8	BRACKNELL	131		8	57	66	
9	THAME RUNNERS	101	101				
10	LEIGHTON BUZZ TRIATHLON	55	55				
11	PURPLE PATCH RUNNERS	49	49				
12	BIGGLESWADE	47	41	6			
13	QUEENS PARK H.	37	37				
14	AMPTHILL & FLITWICK	28		4	24		
15	STEVENAGE & NH	25		9	12	4	
16	MAIDENHEAD	8		2		6	

DIVISION RESULT

1	ST. ALBANS STRIDERS	1811	311	380	409	377	334
2	WATFORD	1048	165	225	282	199	177
3	BEARBROOK JOGGERS	1043	186	204	248	194	211
4	BRACKNELL	935	210	193	217	184	131
5	BANBURY	794	172	227	199	63	133
6	TEAM BALANCISE	765	40	175	196	183	171
7	GADE VALLEY	760	120	165	129	167	179
8	HANDY CROSS	626	106	142	149	78	151
9	STEVENAGE & NH	498	125	142	107	99	25
10	THAME RUNNERS	492	84	93	131	83	101
11	LEIGHTON BUZZ TRIATHLON	285	29	49	65	87	55
12	MAIDENHEAD	281	71	15	66	121	8
13	QUEENS PARK H.	231	23	64	69	38	37
14	PURPLE PATCH RUNNERS	195		46	100	49	
15	BIGGLESWADE	188	21	110		10	47
16	AMPTHILL & FLITWICK	118		31	39	20	28
17	ABINGDON AMBLERS	87	87				
18	WHITE HORSE	1	1				