

# Apex Sports Chiltern League Division Two 2008/2009 Round 1

Held at Watford (Cassiobury Park) on 11 October 2008

**Senior/Junior/Veteran Men**

1	J. MCGINN (WATFORD).....	30.02	M	1
2	R. GLASTONBURY (RADLEY).....	30.39	M20	1
3	W. LANGLEY (WYCOMBE).....	30.39	M20	2
4	F. FULCHER (HANDY CROSS).....	30.41	M40	1
5	T. WRIGHT (BANBURY).....	30.59	M	2
6	P. ALLAN (TRING).....	31.59	M40	2
7	B. GREENE (Q.P.H.).....	32.11	M	3
8	R. COLES (GADE VALLEY).....	32.23	M	4
9	K. HARDING (TRING).....	32.32	M40	3
10	M. BOOTH (WYCOMBE).....	32.42	M20	3
11	J. HILLIER (WYCOMBE).....	32.44	M20	4
12	N. BUNN (TRING).....	32.50	M40	4
13	J. HISCOX (THAME).....	32.56	M	5
14	G. SMITH (BEARBROOK).....	33.19	M40	5
15	M. DMITRZAK (Q.P.H.).....	33.25	M	6
16	M. ROCHESTER (TRING).....	33.28	M	7
17	A. WHELAN (TRING).....	33.39	M40	6
18	S. ROBERTS (HANDY CROSS).....	33.42	M40	7
19	G. WOOLLETT (GADE VALLEY).....	33.45	M	8
20	D. VANNEN (WATFORD).....	33.45	M	9
21	R. HOLLAND (WATFORD).....	33.52	M	10
22	O. BYRNE (BEARBROOK).....	34.05	M40	8
23	M. BURGESS (TRING).....	34.15	M40	9
24	M. BRADLEY (WATFORD).....	34.19	M50	1
25	J. HOBBS (LEIGHTON B).....	34.23	M	11
26	N. HARRIS (WATFORD).....	34.25	M	12
27	H. PAPWORTH (THAME).....	34.26	M50	2
28	A. BYERLEY (THAME).....	34.28	M	13
29	S. WILLIAMSON (TRING).....	34.32	M40	10
30	J. COOKE (WHITE HORSE).....	34.35	M	14
31	B. GILBERT (HANDY CROSS).....	34.36	M	15
32	M. ADCOCK (WATFORD).....	34.50	M40	11
33	R. SLATER (THAME).....	34.59	M	16
34	C. NELSON (LEIGHTON B).....	35.05	M	17
35	A. INCHLEY (LEIGHTON B).....	35.06	M	18
36	R. ANSELL (TRING).....	35.21	M40	12
37	S. BARNETT (TRING).....	35.21	M	19
38	R. PALMER (BEARBROOK).....	35.30	M	20
39	J. DOOEY (HANDY CROSS).....	35.32	M50	3
40	N. SANDERSON (HANDY CROSS).....	35.34	M40	13
41	D. WALKER (WATFORD).....	35.39	M40	14

42	P. WHITE (THAME).....	35.46	M50	4
43	J. WOODISSE (HANDY CROSS).....	35.46	M	21
44	N. CLAY (LEIGHTON B).....	35.54	M40	15
45	S. ROUSE (WATFORD).....	35.54	M	22
46	P. JONES (WYCOMBE).....	36.25	M40	16
47	J. HURLEY (LEIGHTON B).....	36.25	M40	17
48	D. DRUMMOND (BANBURY).....	36.32	M40	18
49	D. STEEDMAN (BEARBROOK).....	36.46	M40	19
50	A. KELLY (WATFORD).....	36.51	M	23
51	A. BENJAMIN (HANDY CROSS).....	37.00	M50	5
52	A. ANGUS (Q.P.H.).....	37.01	M40	20
53	V. ELLERBY (GADE VALLEY).....	37.07	M40	21
54	A. HARRISON (HANDY CROSS).....	37.07	M	24
55	J. AINSWORTH (Q.P.H.).....	37.12	M40	22
56	G. SOUTAR (THAME).....	37.25	M	25
57	G. MAYOH (WATFORD).....	37.27	M40	23
58	P. ILLING (WATFORD).....	37.39	M40	24
59	T. INCHCLIFFE (BANBURY).....	37.43	M	26
60	B. HENDRIE (BANBURY).....	37.44	M60	1
61	S. BOYD (GADE VALLEY).....	37.45	M40	25
62	A. TWISSELL (BEARBROOK).....	37.45	M40	26
63	J. SARGEANT (GADE VALLEY).....	37.51	M	27
64	J. PEERLESS (HANDY CROSS).....	38.03	M50	6
65	J. POWELL (BEARBROOK).....	38.07	M	28
66	N. WAITE (HANDY CROSS).....	38.09	M40	27
67	M. BRYANT (LEIGHTON B).....	38.22	M	29
68	M. EMMETT (THAME).....	38.31	M40	28
69	I. ROBINSON (BANBURY).....	38.56	M	30
70	S. WICKHAM (BEARBROOK).....	38.59	M50	7
71	Z. MCDONOUGH (WATFORD).....	39.08	M	31
72	S. NEWING (GADE VALLEY).....	39.16	M	32
73	P. CLARKE (BEARBROOK).....	39.23	M40	29
74	M. HOLLIS (HANDY CROSS).....	39.33	M50	8
75	F. WATT (LEIGHTON B).....	39.53	M60	2
76	S. MILLINGTON (THAME).....	40.03	M	33
77	M. WILKINS (WATFORD).....	40.16	M	34
78	M. GRIMSDALE (WATFORD).....	40.20	M50	9
79	S. DANIEL (WATFORD).....	40.21	M40	30
80	S. BENJAMIN (THAME).....	40.33	M40	31
81	M. TRAVERS (GADE VALLEY).....	40.36	M40	32
82	L. DAWSON (BEARBROOK).....	40.38	M	35

83	M. SNOWDEN (LEIGHTON B).....	40.53	M	36
84	R. DAVIES (Q.P.H.).....	40.57	M40	33
85	D. STRINGFELLOW (WVH).....	41.00	M40	34
86	B. LAYTON (TRING).....	41.13	M50	10
87	J. HULL (LEIGHTON B).....	41.19	M	37
88	D. PERCIVAL (GADE VALLEY).....	41.23	M	38
89	R. WHITE (TRING).....	41.29	M50	11
90	J. WALERYCH (Q.P.H.).....	41.31	M20	5
91	S. THURKETTLE (BEARBROOK).....	41.34	M40	35
92	G. SMITH (BEARBROOK).....	41.40	M40	36
93	J. WRAY (WATFORD).....	42.03	M50	12
94	B. CRADDEN (BEARBROOK).....	42.07	M60	3
95	G. SMITH (WHITE HORSE).....	42.11	M50	13
96	A. NEWING (GADE VALLEY).....	43.10	M40	37
97	M. DAVIS (BEARBROOK).....	43.14	M	39
98	T. CHAPMAN (BEARBROOK).....	43.23	M40	38
99	A. AIREY (THAME).....	43.25	M60	4
100	F. NOLAN (Q.P.H.).....	43.30	M50	14
101	S. GRAHAM (THAME).....	43.32	M50	15
102	C. HAMLET (WATFORD).....	43.33	M60	5
103	A. BARTLETT (BANBURY).....	43.49	M50	16
104	D. LUKIC (BEARBROOK).....	44.00	M	40
105	N. AMHEISER (HANDY CROSS).....	44.23	M	41
106	C. POWELL (BEARBROOK).....	44.40	M60	6
107	C. O'MALLEY (Q.P.H.).....	45.02	M	42
108	P. WATKINS (LEIGHTON B).....	45.08	M50	17
109	M. HICKMAN (HANDY CROSS).....	45.26	M60	7
110	D. CRAWLEY (LEIGHTON B).....	45.43	M50	18
111	A. SMITH (Q.P.H.).....	45.52	M	43
112	M. DEAN (HANDY CROSS).....	46.27	M60	8
113	F. ASHFORD (HANDY CROSS).....	46.44	M60	9
114	P. RANCE (BEARBROOK).....	47.38	M50	19
115	A. BRODIE (Q.P.H.).....	47.48	M50	20
116	J. ADAM (LEIGHTON B).....	48.04	M60	10
117	K. HALLEN (GADE VALLEY).....	48.24	M40	39
118	M. LIVESLEY (ST. ALBANS).....	48.43	M	44
119	N. LACEY (TRING).....	50.04	M50	21
120	M. LANDERS (ST. ALBANS).....	50.24	M	45
121	J. MARTIN (WATFORD).....	51.03	M	46
122	J. WALERYCH (Q.P.H.).....	55.56	M50	22
123	D. BENJAMIN (Q.P.H.).....	64.00	M50	23

**TEAM RESULT**

1	TRING RUNNING CLUB	844	6	9	12	16	17	23	29	36
2	WATFORD	782	1	20	21	24	26	32	41	45
3	HANDY CROSS	712	4	18	31	39	40	43	51	54
4	THAME RUNNERS	649	13	27	28	33	42	56	68	76
5	BEARBROOK JOGGERS	599	14	22	38	49	62	65	70	73
6	LEIGHTON BUZZARD	582	25	34	35	44	47	67	75	83
7	GADE VALLEY	547	8	19	53	61	63	72	81	88
8	QUEENS PARK H.	482	7	15	52	55	84	90	100	107
9	WYCOMBE PHOENIX	426	3	10	11	46				
10	BANBURY	400	5	48	59	60	69	103		
11	WHITE HORSE	162	30	85	95					
12	RADLEY A.C.	122	2							
13	ST. ALBANS A.C.	10	118	120						

**DIVISION RESULT**

1	TRING RUNNING CLUB	844	844
2	WATFORD	782	782
3	HANDY CROSS	712	712
4	THAME RUNNERS	649	649
5	BEARBROOK JOGGERS	599	599
6	LEIGHTON BUZZARD	582	582
7	GADE VALLEY	547	547
8	QUEENS PARK H.	482	482
9	WYCOMBE PHOENIX	426	426
10	BANBURY	400	400
11	WHITE HORSE	162	162
12	RADLEY A.C.	122	122
13	ST. ALBANS A.C.	10	10

**Veteran Mens Race**

1	TRING RUNNING CLUB	452	6	9	12	17
2	HANDY CROSS	395	4	18	39	40
3	BEARBROOK JOGGERS	349	14	22	49	62
4	WATFORD	342	24	32	41	57
5	THAME RUNNERS	279	27	42	68	80
6	LEIGHTON BUZZARD	222	44	47	75	108
7	GADE VALLEY	205	53	61	81	96
8	QUEENS PARK H.	205	52	55	84	100
9	BANBURY	161	48	60	103	
10	WYCOMBE PHOENIX	78	46			
11	WHITE HORSE	68	85	95		

**DIVISION RESULT**

1	TRING RUNNING CLUB	452	452
2	HANDY CROSS	395	395
3	BEARBROOK JOGGERS	349	349
4	WATFORD	342	342
5	THAME RUNNERS	279	279
6	LEIGHTON BUZZARD	222	222
7	QUEENS PARK H.	205	205
8	GADE VALLEY	205	205
9	BANBURY	161	161
10	WYCOMBE PHOENIX	78	78
11	WHITE HORSE	68	68

**Under 17 Men**

1	G. MILLER (RADLEY).....	22.00	M17	1
2	S. FERGUSON (RADLEY).....	22.14	M17	2
3	A. BRACE (WYCOMBE).....	22.40	M17	3

4	E. POULAIN (ST. ALBANS).....	22.48	M17	4
5	P. ESSINK (RADLEY).....	23.02	M17	5
6	S. SILVIA (WYCOMBE).....	23.25	M17	6
7	T. OSBORNE (BUCKINGHAM).....	24.05	M17	7

8	J. DORMER (WATFORD).....	24.15	M17	8
9	S. PULLEY (WYCOMBE).....	25.43	M17	9
10	M. LOCKYER (BUCKINGHAM).....	30.14	M17	10
11	M. JONES (BUCKINGHAM).....	00	M17	11

**TEAM RESULT**

1	RADLEY A.C.	28	1	2	5
2	WYCOMBE PHOENIX	18	3	6	9
3	ST. ALBANS A.C.	8	4		
4	BUCKINGHAM & STOWE	8	7	10	11
5	WATFORD	4	8		

**DIVISION RESULT**

1	RADLEY A.C.	28	28
2	WYCOMBE PHOENIX	18	18
3	ST. ALBANS A.C.	8	8
4	BUCKINGHAM & STOWE	8	8
5	WATFORD	4	4

**Under 15 Boys**

1	J. MCMURRAY (ST. ALBANS).....	17.39	M15	1
2	S. JAMIESON-WEST (SAGD).....	19.09	M15	2
3	L. DORMER (WATFORD).....	19.24	M15	3
4	E. DOWNS (WYCOMBE).....	19.47	M15	4
5	T. CLAESSANS (WYCOMBE).....	19.49	M15	5

6	R. THOMAS (BIGGLESWADE).....	19.54	M15	6
7	S. SMITH (BIGGLESWADE).....	19.56	M15	7
8	C. DICKINSON (BUCKINGHAM).....	20.21	M15	8
9	S. BRABHAM (WYCOMBE).....	20.28	M15	9
10	A. WELHAM (BIGGLESWADE).....	20.56	M15	10
11	K. ENGLAND-ARCHIBALD (WYC).....	21.29	M15	11

12	K. GILFEDDER (WYCOMBE).....	22.00	M15	12
13	J. HARTLEY (BUCKINGHAM).....	22.08	M15	13
14	C. SEARBY (WYCOMBE).....	22.20	M15	14
15	S. PRICE (WYCOMBE).....	22.51	M15	15
16	A. ALHASHEMI (BUCKINGHAM).....	23.49	M15	16

**TEAM RESULT**

1	WYCOMBE PHOENIX	33	4	5	9
2	ST. ALBANS A.C.	31	1	2	
3	BIGGLESWADE	28	6	7	10
4	WATFORD	14	3		
5	BUCKINGHAM & STOWE	14	8	13	16

**DIVISION RESULT**

1	WYCOMBE PHOENIX	33	33
2	ST. ALBANS A.C.	31	31
3	BIGGLESWADE	28	28
4	WATFORD	14	14
5	BUCKINGHAM & STOWE	14	14

**Under 13 Boys**

1 C. VON EITZEN (RADLEY).....	9.51	<i>M13</i>	1	8 R. GEORGE (BANBURY).....	10.27	<i>M13</i>	8	15 J. CLAY (LEIGHTON B).....	11.15	<i>M13</i>	15
2 M. CLOKE (ST. ALBANS).....	10.10	<i>M13</i>	2	9 A. WHEATCROFT (ST. ALBANS).....	10.28	<i>M13</i>	9	16 E. MARSH (WATFORD).....	11.28	<i>M13</i>	16
3 T. WARSHARE (WYCOMBE).....	10.12	<i>M13</i>	3	10 S. DELGADO (WYCOMBE).....	10.32	<i>M13</i>	10	17 H. WICKINGS (WATFORD).....	11.46	<i>M13</i>	17
4 T. VERBENA (WATFORD).....	10.13	<i>M13</i>	4	11 Z. OLLIFFE (WHITE HORSE).....	10.42	<i>M13</i>	11	18 H. O'BRYEN (WATFORD).....	11.51	<i>M13</i>	18
5 L. DEE (ST. ALBANS).....	10.17	<i>M13</i>	5	12 G. WILLIAMS (ST. ALBANS).....	10.46	<i>M13</i>	12	19 R. TURNLEY (WATFORD).....	12.14	<i>M13</i>	19
6 J. THOMAS (BIGGLESWADE).....	10.22	<i>M13</i>	6	13 B. WHITLEY (WATFORD).....	11.02	<i>M13</i>	13	20 C. FOSTER (BIGGLESWADE).....	12.26	<i>M13</i>	20
7 C. MCCORMICK (SHAFTESBURY).....	10.23	<i>M13</i>	7	14 C. MILLER (RADLEY).....	11.14	<i>M13</i>	14	21 J. PHILLIPPS (WATFORD).....	12.38	<i>M13</i>	21

**TEAM RESULT**

1 ST. ALBANS A.C.	50	2	5	9
2 WATFORD	33	4	13	16
3 WYCOMBE PHOENIX	31	3	10	
4 RADLEY A.C.	29	1	14	
5 BIGGLESWADE	18	6	20	
6 SHAFTESBURY BARNET	15	7		
7 BANBURY	14	8		
8 WHITE HORSE	11	11		
9 LEIGHTON BUZZARD	7	15		

**DIVISION RESULT**

1 ST. ALBANS A.C.	50	50
2 WATFORD	33	33
3 WYCOMBE PHOENIX	31	31
4 RADLEY A.C.	29	29
5 BIGGLESWADE	18	18
6 SHAFTESBURY BARNET	15	15
7 BANBURY	14	14
8 WHITE HORSE	11	11
9 LEIGHTON BUZZARD	7	7

**Senior/Veteran Ladies**

D. STEER (ST. ALBANS) N/S.....	25.36	<i>F45</i>		15 J. TURNLEY (WATFORD).....	30.00	<i>F35</i>	8	31 J. PORTEOUS (TRING).....	32.50	<i>F45</i>	10
1 M. BARTLETT (BANBURY).....	26.10	<i>F35</i>	1	16 L. BERRY (TRING).....	30.19	<i>F</i>	4	32 L. RZEWUSKI (WYCOMBE).....	33.02	<i>F</i>	10
2 J. DREW (DAVID LLOYD).....	27.14	<i>F35</i>	2	17 K. HOGAN (GADE VALLEY).....	30.35	<i>F</i>	5	33 N. POULAIN (ST. ALBANS).....	33.36	<i>F35</i>	13
3 E. HAYNES (HANDY CROSS).....	27.16	<i>F35</i>	3	18 J. BLASI (DAVID LLOYD).....	30.39	<i>F35</i>	9	34 S. PATCH (SHAFTESBURY).....	33.37	<i>F</i>	11
4 G. DUCKWORTH (LEIGHTON B).....	27.31	<i>F45</i>	1	19 D. GATESMAN (HANDY CROSS).....	30.49	<i>F</i>	6	35 A. HALFORD (WATFORD).....	33.46	<i>F</i>	12
5 P. AGNIESZKA (WATFORD).....	27.39	<i>F</i>	1	20 R. RUTT (TRING).....	30.51	<i>F45</i>	5	36 N. PITTAN (BEARBROOK).....	33.51	<i>F35</i>	14
6 H. MULHALL (BEARBROOK).....	27.58	<i>F35</i>	4	21 P. HERBERT (BEARBROOK).....	30.53	<i>F35</i>	10	37 N. ECONOMIA (WATFORD).....	33.52	<i>F</i>	13
7 M. DUBLON (BEARBROOK).....	28.04	<i>F</i>	2	22 M. BOOTH (HANDY CROSS).....	30.59	<i>F45</i>	6	38 J. ROGERS (THAME).....	34.28	<i>F35</i>	15
8 A. HARDING (TRING).....	28.06	<i>F45</i>	2	23 V. CRAWLEY (GADE VALLEY).....	31.00	<i>F</i>	7	39 L. WEEDON (HANDY CROSS).....	34.37	<i>F55</i>	1
9 A. REINIKKALA (BEARBROOK).....	28.11	<i>F35</i>	5	24 D. CHANNER (BEARBROOK).....	31.01	<i>F35</i>	11	40 J. ESKERDALE (GADE VALLEY).....	35.06	<i>F45</i>	11
10 C. MCDONNELL (GADE VALLEY).....	28.14	<i>F35</i>	6	25 M. BONTRON (TRING).....	31.11	<i>F45</i>	7	41 S. SMITH (BANBURY).....	35.39	<i>F55</i>	2
11 C. FINDLEY (DAVID LLOYD).....	28.36	<i>F45</i>	3	26 H. PARRY (THAME).....	31.40	<i>F35</i>	12	42 A. SMITH (BEARBROOK).....	35.54	<i>F</i>	14
12 C. TWOMEY (WATFORD).....	28.59	<i>F</i>	3	27 A. PRICE (LEIGHTON B).....	32.15	<i>F</i>	8	43 M. BRADLEY (WATFORD).....	39.26	<i>F35</i>	16
13 A. CROUGHTON (THAME).....	29.25	<i>F35</i>	7	28 K. BARNETT (TRING).....	32.26	<i>F</i>	9	44 G. FOREMAN (GADE VALLEY).....	40.35	<i>F</i>	15
14 L. ANNETTS (BURNHAM J.).....	29.40	<i>F45</i>	4	29 H. ALSTON (BEARBROOK).....	32.29	<i>F45</i>	8	45 J. YATAGAI (SHAFTESBURY).....	41.56	<i>F</i>	16

**TEAM RESULT non scorers excluded**

1 BEARBROOK JOGGERS	145	6	7	9	21
2 WATFORD	121	5	12	15	35
3 TRING RUNNING CLUB	119	8	16	20	25
4 DAVID LLOYD PACERS	110	2	11	18	
5 HANDY CROSS	105	3	19	22	39
6 GADE VALLEY	98	10	17	23	40
7 THAME RUNNERS	64	13	26	38	
8 LEIGHTON BUZZARD	63	4	27		
9 BANBURY	52	1	41		
10 BURNHAM JOGGERS	33	14			
11 WYCOMBE PHOENIX	16	32	46		
12 SHAFTESBURY BARNET	15	34	45		
13 ST. ALBANS A.C.	14	33			

**DIVISION RESULT**

1 BEARBROOK JOGGERS	145	145
2 WATFORD	121	121
3 TRING RUNNING CLUB	119	119
4 DAVID LLOYD PACERS	110	110
5 HANDY CROSS	105	105
6 GADE VALLEY	98	98
7 THAME RUNNERS	64	64
8 LEIGHTON BUZZARD	63	63
9 BANBURY	52	52
10 BURNHAM JOGGERS	33	33
11 WYCOMBE PHOENIX	16	16
12 SHAFTESBURY BARNET	15	15
13 ST. ALBANS A.C.	14	14

**Veteran Ladies Race**

1 BEARBROOK JOGGERS	128	6	9	21	24
2 DAVID LLOYD PACERS	110	2	11	18	
3 TRING RUNNING CLUB	105	8	20	25	30
4 HANDY CROSS	77	3	22	39	
5 THAME RUNNERS	64	13	26	38	
6 BANBURY	52	1	41		
7 GADE VALLEY	44	10	40		
8 LEIGHTON BUZZARD	43	4			
9 WATFORD	36	15	43		
10 BURNHAM JOGGERS	33	14			
11 ST. ALBANS A.C.	14	33			

**DIVISION RESULT**

1 BEARBROOK JOGGERS	128	128
2 DAVID LLOYD PACERS	110	110
3 TRING RUNNING CLUB	105	105
4 HANDY CROSS	77	77
5 THAME RUNNERS	64	64
6 BANBURY	52	52
7 GADE VALLEY	44	44
8 LEIGHTON BUZZARD	43	43
9 WATFORD	36	36
10 BURNHAM JOGGERS	33	33
11 ST. ALBANS A.C.	14	14

**Junior/U17 Ladies**

1 S. CONNOR (SHAFTESBURY).....	19.12	<i>F17</i>	1	5 L. GRAHAM (SHAFTESBURY).....	21.51	<i>F17</i>	5	10 M. JAQUES (WATFORD).....	23.11	<i>F17</i>	8
2 V. WALKER (WATFORD).....	19.19	<i>F17</i>	2	6 D. YEOMANS (ST. ALBANS).....	22.27	<i>F17</i>	6	11 E. KASCHE (BUCKINGHAM).....	23.29	<i>F17</i>	9
3 A. KEANE (SHAFTESBURY).....	20.09	<i>F17</i>	3	7 H. KITCHEN (WATFORD).....	22.30	<i>F20</i>	1	12 G. CORKETT (WYCOMBE).....	24.05	<i>F17</i>	10
4 H. JOHNSON (SHAFTESBURY).....	21.00	<i>F17</i>	4	8 M. JOHNSTON (SHAFTESBURY).....	22.48	<i>F17</i>	7	13 V. WELLS (BANBURY).....	24.08	<i>F20</i>	3

**TEAM RESULT**

1 SHAFTESBURY BARNET	37	1	3	4
2 WATFORD	26	2	7	10
3 BUCKINGHAM & STOWE	11	9	11	14
4 ST. ALBANS A.C.	9	6		
5 WYCOMBE PHOENIX	3	12		
6 BANBURY	2	13		

**DIVISION RESULT**

1 SHAFTESBURY BARNET	37	37
2 WATFORD	26	26
3 BUCKINGHAM & STOWE	11	11
4 ST. ALBANS A.C.	9	9
5 WYCOMBE PHOENIX	3	3
6 BANBURY	2	2

**Under 15 Girls**

1 C. MCMILLAN (BANBURY).....	13.21	<i>F15</i>	1	9 R. PRITCHARD (ST. ALBANS).....	14.19	<i>F15</i>	9	18 P. ANDREEVA (SHAFTESBURY).....	15.27	<i>F15</i>	18
2 I. THOMPSON (ST. ALBANS).....	13.22	<i>F15</i>	2	10 I. HILLIER (WYCOMBE).....	14.25	<i>F15</i>	10	19 G. DUNFORD (SHAFTESBURY).....	15.30	<i>F15</i>	19
3 C. STEWART (SHAFTESBURY).....	13.23	<i>F15</i>	3	11 M. PATCH (SHAFTESBURY).....	14.31	<i>F15</i>	11	20 E. GALVIN (WYCOMBE).....	16.03	<i>F15</i>	20
4 K. MIMMS (SHAFTESBURY).....	13.32	<i>F15</i>	4	12 S. SATO (SHAFTESBURY).....	14.41	<i>F15</i>	12	21 L. WALTON (SHAFTESBURY).....	16.10	<i>F15</i>	21
5 N. WICKINGS (WATFORD).....	14.06	<i>F15</i>	5	13 Y. WING-SMART (SB).....	14.50	<i>F15</i>	13	22 R. GURVITZ (SHAFTESBURY).....	16.22	<i>F15</i>	22
6 Y. YEWAT SMART (SB).....	14.07	<i>F15</i>	6	14 F. MCCORMICK (SHAFTESBURY).....	14.51	<i>F15</i>	14	23 C. BRYAN (SHAFTESBURY).....	16.29	<i>F15</i>	23
7 G. RUSSELL (WYCOMBE).....	14.17	<i>F15</i>	7	15 E. YATAGAI (SHAFTESBURY).....	15.07	<i>F15</i>	15	24 C. BENTLEY (WATFORD).....	16.58	<i>F15</i>	24
8 M. STEER (ST. ALBANS).....	14.18	<i>F15</i>	8	16 H. HULL (ST. ALBANS).....	15.09	<i>F15</i>	16	25 L. ENGLISH (WYCOMBE).....	18.02	<i>F15</i>	25

**TEAM RESULT**

1 SHAFTESBURY BARNET	65	3	4	6
2 ST. ALBANS A.C.	59	2	8	9
3 WYCOMBE PHOENIX	41	7	10	20
4 WATFORD	32	5	17	24
5 BANBURY	25	1		

**DIVISION RESULT**

1 SHAFTESBURY BARNET	65	65
2 ST. ALBANS A.C.	59	59
3 WYCOMBE PHOENIX	41	41
4 WATFORD	32	32
5 BANBURY	25	25

**Under 13 Girls**

1	N. CONNOR (SHAFTESBURY).....	9.55	F13	1	9	S. MESSANT (ST. ALBANS).....	11.34	F13	9	18	E. TARGET (ST. ALBANS).....	12.08	F13	18
2	D. NEWMAN (SHAFTESBURY).....	10.21	F13	2	10	L. ECONOMU (WATFORD).....	11.39	F13	10	19	L. VARNHAM (WATFORD).....	12.11	F13	19
3	F. LENTON (SHAFTESBURY).....	10.40	F13	3	11	S. HARWOOD (WYCOMBE).....	11.43	F13	11	20	M. HOGAN (SHAFTESBURY).....	12.30	F13	20
4	S. LLOYD (WHITE HORSE).....	10.45	F13	4	12	R. GRAHAM (SHAFTESBURY).....	11.45	F13	12	21	G. HULL (ST. ALBANS).....	12.32	F13	21
5	N. HODSON (ST. ALBANS).....	10.57	F13	5	13	M. ROBERTSON (WYCOMBE).....	11.48	F13	13	22	G. CHESTER (WATFORD).....	12.50	F13	22
6	V. PRITCHARD (ST. ALBANS).....	11.14	F13	6	14	C. FALCONER (WATFORD).....	11.52	F13	14	23	K. HALL (ST. ALBANS).....	13.21	F13	23
7	N. SHAH (SHAFTESBURY).....	11.24	F13	7	15	S. BENTLEY (WATFORD).....	12.00	F13	15	24	J. JAMES (ST. ALBANS).....	14.28	F13	24
8	M. HOBBS (ST. ALBANS).....	11.28	F13	8	16	L. HAM (SHAFTESBURY).....	12.04	F13	16	25	P. SMITH (WATFORD).....	14.38	F13	25
					17	L. DEE (ST. ALBANS).....	12.05	F13	17	26	M. CAMPANINI (WATFORD).....	14.43	F13	26

**TEAM RESULT**

1	SHAFTESBURY BARNET	75	1	2	3
2	ST. ALBANS A.C.	62	5	6	8
3	WATFORD	42	10	14	15
4	WYCOMBE PHOENIX	30	11	13	
5	WHITE HORSE	23	4		

**DIVISION RESULT**

1	SHAFTESBURY BARNET	75	75
2	ST. ALBANS A.C.	62	62
3	WATFORD	42	42
4	WYCOMBE PHOENIX	30	30
5	WHITE HORSE	23	23

**Total Overall Score**

1	WATFORD	1054	833	221
2	TRING RUNNING CLUB	963	844	119
3	HANDY CROSS	817	712	105
4	BEARBROOK JOGGERS	744	599	145
5	THAME RUNNERS	713	649	64
6	LEIGHTON BUZZARD	652	589	63
7	GADE VALLEY	645	547	98
8	WYCOMBE PHOENIX	598	508	90
9	BANBURY	493	414	79
10	QUEENS PARK H.	482	482	
11	ST. ALBANS A.C.	243	99	144
12	SHAFTESBURY BARNET	207	15	192
13	WHITE HORSE	196	173	23
14	RADLEY A.C.	179	179	
15	DAVID LLOYD PACERS	110		110
16	BIGGLESWADE	46	46	
17	BUCKINGHAM & STOWE	33	22	11
18	BURNHAM JOGGERS	33		33

**DIVISION RESULT**

1	WATFORD	1054	1054
2	TRING RUNNING CLUB	963	963
3	HANDY CROSS	817	817
4	BEARBROOK JOGGERS	744	744
5	THAME RUNNERS	713	713
6	LEIGHTON BUZZARD	652	652
7	GADE VALLEY	645	645
8	WYCOMBE PHOENIX	598	598
9	BANBURY	493	493
10	QUEENS PARK H.	482	482
11	ST. ALBANS A.C.	243	243
12	SHAFTESBURY BARNET	207	207
13	WHITE HORSE	196	196
14	RADLEY A.C.	179	179
15	DAVID LLOYD PACERS	110	110
16	BIGGLESWADE	46	46
17	BUCKINGHAM & STOWE	33	33
18	BURNHAM JOGGERS	33	33

**Male Overall Score**

1	TRING RUNNING CLUB	844	844			
2	WATFORD	833	782	4	14	33
3	HANDY CROSS	712	712			
4	THAME RUNNERS	649	649			
5	BEARBROOK JOGGERS	599	599			
6	LEIGHTON BUZZARD	589	582			7
7	GADE VALLEY	547	547			
8	WYCOMBE PHOENIX	508	426	18	33	31
9	QUEENS PARK H.	482	482			
10	BANBURY	414	400			14
11	RADLEY A.C.	179	122	28		29
12	WHITE HORSE	173	162			11
13	ST. ALBANS A.C.	99	10	8	31	50
14	BIGGLESWADE	46			28	18
15	BUCKINGHAM & STOWE	22		8	14	
16	SHAFTESBURY BARNET	15				15

**DIVISION RESULT**

1	TRING RUNNING CLUB	844	844
2	WATFORD	833	833
3	HANDY CROSS	712	712
4	THAME RUNNERS	649	649
5	BEARBROOK JOGGERS	599	599
6	LEIGHTON BUZZARD	589	589
7	GADE VALLEY	547	547
8	WYCOMBE PHOENIX	508	508
9	QUEENS PARK H.	482	482
10	BANBURY	414	414
11	RADLEY A.C.	179	179
12	WHITE HORSE	173	173
13	ST. ALBANS A.C.	99	99
14	BIGGLESWADE	46	46
15	BUCKINGHAM & STOWE	22	22
16	SHAFTESBURY BARNET	15	15

**Female Overall Score**

1	WATFORD	221	121	26	32	42
2	SHAFTESBURY BARNET	192	15	37	65	75
3	BEARBROOK JOGGERS	145	145			
4	ST. ALBANS A.C.	144	14	9	59	62
5	TRING RUNNING CLUB	119	119			
6	DAVID LLOYD PACERS	110	110			
7	HANDY CROSS	105	105			
8	GADE VALLEY	98	98			
9	WYCOMBE PHOENIX	90	16	3	41	30
10	BANBURY	79	52	2	25	
11	THAME RUNNERS	64	64			
12	LEIGHTON BUZZARD	63	63			
13	BURNHAM JOGGERS	33	33			
14	WHITE HORSE	23				23
15	BUCKINGHAM & STOWE	11		11		

**DIVISION RESULT**

1	WATFORD	221	221
2	SHAFTESBURY BARNET	192	192
3	BEARBROOK JOGGERS	145	145
4	ST. ALBANS A.C.	144	144
5	TRING RUNNING CLUB	119	119
6	DAVID LLOYD PACERS	110	110
7	HANDY CROSS	105	105
8	GADE VALLEY	98	98
9	WYCOMBE PHOENIX	90	90
10	BANBURY	79	79
11	THAME RUNNERS	64	64
12	LEIGHTON BUZZARD	63	63
13	BURNHAM JOGGERS	33	33
14	WHITE HORSE	23	23
15	BUCKINGHAM & STOWE	11	11