

Apex Sports Chiltern League Division Two 2011/2012 Round 5

Held at Wing on 11 February 2012

Senior/Junior/Veteran Men

1	M. SALT (DACORUM)	33.17	M20	1	22	B. GILBERT (HANDY CROSS)	39.50	M	13	44	A. PARRY (THAME)	45.03	M40	13
2	J. PARSLow (DACORUM)	33.38	M	1	23	M. HAMILTON (TBAL)	40.47	M40	5	45	R. CLAESSENS (WYCOMBE)	45.04	M50	6
3	A. CRACKNELL (DACORUM)	34.00	M	2	24	R. DAVIS (ST. ALBANS STR)	41.09	M40	6	46	R. DAVIES (Q.P.H.)	45.11	M40	14
4	H. MITCHELL (BRACKNELL)	34.06	M	3	25	M. USSHER (Q.P.H.)	41.10	M	14	47	J. TOLPUTT (THAME)	45.13	M	22
5	P. JEGOU (WHITE HORSE)	35.34	M	4	26	A. GALLIGAN (Q.P.H.)	41.12	M	15	48	B. HENDRIE (BANBURY)	45.23	M60	1
6	A. BYERLEY (THAME)	35.38	M40	1	27	J. MARLOW (DACORUM)	41.19	M	16	49	D. GIBSON (TEAM BALANCISE)	45.40	M40	15
7	T. WRIGHT (BANBURY)	35.39	M	5	28	D. BROOKS (WYCOMBE)	41.23	M	17	50	N. BARLOW (THAME)	45.47	M	23
8	D. DOHERTY (TBAL)	37.14	M	6	29	D. ROSE (BANBURY)	41.31	M	18	51	R. CALCUTT (THAME)	46.15	M40	16
9	J. HUMPHREYS (RADLEY)	37.44	M20	2	30	I. NEEDLEMAN (DACORUM)	41.34	M50	2	52	I. WARD (WYCOMBE)	46.21	M	24
10	D. MARTIN (WATFORD)	37.56	M	7	31	V. NEBOLSIN (WYCOMBE)	41.38	M	19	53	R. GALE (THAME)	47.12	M60	2
11	T. CLAESSANS (WYCOMBE)	37.59	M20	3	32	F. NOLAN (Q.P.H.)	41.54	M50	3	54	D. STRINGFELLOW (WYCOMBE)	47.20	M50	7
12	F. HALE (TEAM BALANCISE)	38.12	M40	2	33	M. ORTON (WATFORD)	42.18	M50	4	55	P. ILLING (WATFORD)	48.31	M40	17
13	O. GLYN (DACORUM)	38.14	M20	4	34	S. DEARMAN (WATFORD)	42.19	M40	7	56	A. ALLEN (DACORUM)	48.36	M60	3
14	D. HILTON (THAME)	38.21	M	8	35	M. EMMETT (THAME)	42.21	M40	8	57	N. RICHARDS (THAME)	48.38	M50	8
15	M. ADCOCK (WATFORD)	38.41	M40	3	36	M. WATT (DACORUM)	42.23	M	20	58	G. SMITH (BANBURY)	49.21	M60	4
16	R. SLATER (THAME)	39.20	M	9	37	A. MURPHY (BIGGLESWADE)	42.24	M20	5	59	P. CROOK (TEAM BALANCISE)	53.42	M	25
17	P. JONES (WYCOMBE)	39.22	M40	4	38	C. HOBBS (THAME)	42.27	M40	9	60	J. COOPER (DACORUM)	54.18	M60	5
18	C. ELLIS (WATFORD)	39.22	M	10	39	P. DINEEN (HANDY CROSS)	43.16	M40	10	61	G. GILFEDDER (WYCOMBE)	57.02	M40	18
19	M. BRADLEY (WATFORD)	39.34	M50	1	40	R. BROWN (TEAM BALANCISE)	43.18	M	21	62	M. DEAN (HANDY CROSS)	58.23	M60	6
20	N. MAUGER (THAME)	39.38	M	11	41	I. MARKWELL (STAL)	44.07	M40	11	63	J. SLACK (DACORUM)	59.04	M60	7
21	B. LAWTON (THAME)	39.45	M	12	42	J. PRYOR (WYCOMBE)	44.45	M50	5	64	F. MILLS (DACORUM)	62.31	M60	8
					43	J. KENNEDY (BRACKNELL)	44.54	M40	12	65	M. SARGENT (DACORUM)	62.42	M60	9

TEAM RESULT

1	DACORUM & TRING	360	1	2	3	13	27	30	36	56
2	THAME RUNNERS	334	6	14	16	20	21	35	38	44
3	WATFORD	278	10	15	18	19	33	34	55	
4	WYCOMBE PHOENIX	241	11	17	28	31	42	45	52	61
5	TEAM BALANCISE	205	8	12	23	40	49	59		
6	QUEENS PARK H.	135	25	26	32	46				
7	BANBURY	122	7	29	48	58				
8	BRACKNELL	85	4	43						
9	HANDY CROSS	75	22	39	62					
10	WHITE HORSE	73	5	54						
11	ST. ALBANS STRIDERS	67	24	41						
12	RADLEY A.C.	57	9							
13	BIGGLESWADE	29	37							

DIVISION RESULT

1	DACORUM & TRING	2599	614	630	555	440	360
2	WATFORD	2388	450	679	527	454	278
3	WYCOMBE PHOENIX	2178	473	540	494	430	241
4	THAME RUNNERS	1805	298	517	338	318	334
5	ST. ALBANS STRIDERS	1535	206	324	697	241	67
6	HANDY CROSS	1528	278	508	345	322	75
7	TEAM BALANCISE	1291	432	112	267	275	205
8	QUEENS PARK H.	1239	336	300	198	270	135
9	BANBURY	1231	323	284	157	345	122
10	BRACKNELL	1207	447	335	179	161	85
11	MAIDENHEAD	1171	388	453	70	260	
12	STEVENAGE & NH	1114	306	447	248	113	
13	ABINGDON AMBLERS	368	93	197		78	
14	RADLEY A.C.	291	71	83	80		57
15	PURPLE PATCH RUNNERS	237	21	173	43		
16	BIGGLESWADE	177	43		71	34	29
17	WHITE HORSE	148	13	25	21	16	73
18	AMPTHILL & FLITWICK	95	95				

Veteran Mens Race

1	WATFORD	163	15	19	33	34
2	THAME RUNNERS	141	6	35	38	44
3	TEAM BALANCISE	114	12	23	49	
4	WYCOMBE PHOENIX	99	17	42	45	61
5	ST. ALBANS STRIDERS	67	24	41		
6	DACORUM & TRING	55	30	56	60	63
7	QUEENS PARK H.	54	32	46		
8	HANDY CROSS	31	39	62		
9	BANBURY	26	48	58		
10	BRACKNELL	23	43			
11	WHITE HORSE	12	54			

DIVISION RESULT

1	WATFORD	1049	159	278	252	197	163
2	HANDY CROSS	991	221	292	220	227	31
3	ST. ALBANS STRIDERS	916	129	223	299	198	67
4	THAME RUNNERS	894	161	236	212	144	141
5	TEAM BALANCISE	879	227	112	225	201	114
6	WYCOMBE PHOENIX	765	210	148	100	208	99
7	QUEENS PARK H.	765	131	206	198	176	54
8	DACORUM & TRING	525	138	70	177	85	55
9	BANBURY	391	101	82	69	113	26
10	BRACKNELL	243	183	37		23	
11	MAIDENHEAD	185	35	93	11	46	
12	PURPLE PATCH RUNNERS	118		75	43		
13	STEVENAGE & NH	110	24	31	28	27	
14	WHITE HORSE	87	13	25	21	16	12

Under 17 Men

1	B. ROCHFORD (WATFORD)	21.10	M17	1	8	M. SLIWINSKI (WYCOMBE)	23.23	M17	8
2	M. AXE (WYCOMBE)	21.30	M17	2	9	L. DORMAN (BANBURY)	24.23	M17	9
3	C. HEWITT (RADLEY)	22.11	M17	3	6	A. VESSEY (ABINGDON)	23.12	M17	6
					7	J. ROBERTS (WYCOMBE)	23.16	M17	7

TEAM RESULT

1	WYCOMBE PHOENIX	19	2	5	7
2	WATFORD	10	1		
3	BANBURY	9	4	9	
4	RADLEY A.C.	8	3		
5	ABINGDON AMBLERS	5	6		
6	ST. ALBANS A.C.	1	10		

DIVISION RESULT

1	WYCOMBE PHOENIX	185	56	51	37	22	19
2	BRACKNELL	150	49	59	39	3	
3	ST. ALBANS A.C.	123	40	38	32	12	1
4	ABINGDON AMBLERS	67	23	23	12	4	5
5	WATFORD	62	17	20	15		10
6	BANBURY	59	33	11	5	1	9
7	RADLEY A.C.	46		17	13	8	8
8	WHITE HORSE	25	13	12			
9	DACORUM & TRING	19	7	7	5		
10	STEVENAGE & NH	13	3	6	4		
11	MAIDENHEAD	10	3	7			

Under 15 Boys

1	C. VON EITZEN (RADLEY)	15.13	M15	1	8	L. HARRIS (BRACKNELL)	17.48	M15	8
2	T. BURNS (BRACKNELL)	15.57	M15	2	9	L. GLYN (DACORUM)	18.09	M15	9
3	B. LAWRENCE (WYCOMBE)	15.59	M15	3	6	M. SIMPSON (DACORUM)	17.18	M15	6
					7	R. BOLTON (STEVENAGE)	17.42	M15	7
					10	D. EVANS (DACORUM)	20.06	M15	10
					11	N. COLLEDGE (WYCOMBE)	21.28	M15	11

TEAM RESULT

1	DACORUM & TRING	17	4	6	9
2	BRACKNELL	14	2	8	
3	RADLEY A.C.	11	1		
4	WYCOMBE PHOENIX	10	3	11	
5	BIGGLESWADE	7	5		
6	STEVENAGE & NH	5	7		

DIVISION RESULT

1	BRACKNELL	234	72	46	57	45	14
2	WYCOMBE PHOENIX	221	73	45	41	52	10
3	ST. ALBANS A.C.	214	81	53	39	41	
4	WATFORD	182	18	63	61	40	
5	DACORUM & TRING	158	42	38	28	33	17
6	BIGGLESWADE	142	28	31	43	33	7
7	STEVENAGE & NH	86	27	1	32	21	5
8	RADLEY A.C.	68	30		27		11
9	QUEENS PARK H.	51	20		20	11	
10	ABINGDON AMBLERS	44	23	21			
11	MAIDENHEAD	8	4		4		

Under 13 Boys

1 A. CLAYTON (BRACKNELL).....10.15 M13 1	7 R. JAMES (ST. ALBANS).....10.57 M13 7	14 O. TRUDGILL (BIGGLESWADE).....11.57 M13 14
2 S. BARTON (BIGGLESWADE).....10.21 M13 2	8 B. MITCHELL (ST. ALBANS).....11.16 M13 8	15 A. READ (BRACKNELL).....11.58 M13 15
3 S. HOWELL (DACORUM).....10.38 M13 3	9 C. ALMAND (WYCOMBE).....11.20 M13 9	16 S. TAYLOR (WYCOMBE).....12.29 M13 16
4 D. WEATHERS (WYCOMBE).....10.39 M13 4	10 J. ALDERSON (DACORUM).....11.21 M13 10	17 S. PHILPOTT (WYCOMBE).....13.20 M13 17
5 D. DUKE (STEVENAGE).....10.47 M13 5	11 E. DUNCOMBE (DACORUM).....11.24 M13 11	18 J. MAYHEW (WYCOMBE).....13.28 M13 18
6 A. MASON (STEVENAGE).....10.56 M13 6	12 E. TATTERSALL (BRACKNELL).....11.36 M13 12	19 O. DEARMAN (WATFORD).....17.15 M13 19
	13 J. ROGERS (AMPHILL & F).....11.37 M13 13	

TEAM RESULT

1 DACORUM & TRING	36	3	10	11
2 BRACKNELL	32	1	12	15
3 WYCOMBE PHOENIX	31	4	9	16
4 STEVENAGE & NH	29	5	6	
5 ST. ALBANS A.C.	25	7	8	
6 BIGGLESWADE	24	2	14	
7 AMPHILL & FLITWICK	7	13		
8 WATFORD	1	19		

DIVISION RESULT

1 ST. ALBANS A.C.	317	74	84	70	64	25
2 DACORUM & TRING	278	77	73	42	50	36
3 STEVENAGE & NH	199	40	55	41	34	29
4 WYCOMBE PHOENIX	174	26	36	48	33	31
5 BRACKNELL	165	55	13	23	42	32
6 BIGGLESWADE	151	35	31	31	30	24
7 WATFORD	96	15	35	33	12	1
8 AMPHILL & FLITWICK	82	39	14	9	13	7
9 BANBURY	39	17	22			
10 QUEENS PARK H.	26					26
11 MAIDENHEAD	5		5			

Senior/Veteran Ladies

1 P. WOOLVEN (WYCOMBE).....23.08 F 1	11 E. ROBERTS (DACORUM).....28.38 F 4	21 A. HALFORD (WATFORD).....32.27 F 9
2 L. ROGERS (WYCOMBE).....24.31 F 2	W. WALSH (STAL N/S).....29.14 F35	22 H. NEEDLEMAN (DACORUM).....32.29 F45 10
3 D. STEER (ST. ALBANS STR).....25.22 F45 1	12 W. PEARSON (DACORUM).....29.16 F35 3	23 M. BOOTH (HANDY CROSS).....32.44 F45 11
4 M. ALLEN (WYCOMBE).....26.36 F35 1	13 T. STRACEY (HANDY CROSS).....29.28 F 5	24 L. ANSELL (BANBURY).....33.32 F35 4
5 V. TAYLOR (WYCOMBE).....27.09 F35 2	14 E. FULCHER (HANDY CROSS).....29.31 F45 6	25 J. BAXTER (DACORUM).....34.00 F45 12
6 C. DAVIES (DACORUM).....27.34 F45 2	15 R. BIEGEL (BANBURY).....29.33 F45 7	26 S. BENNETT (THAME).....34.44 F45 13
7 R. CAVE (TEAM BALANCISE).....28.11 F 3	16 E. WALLS (ST. ALBANS STR).....30.14 F45 8	27 N. HENRY (DACORUM).....35.43 F35 5
8 E. O'SULLIVAN (TBAL).....28.15 F45 3	17 L. MCDERMOTT (WATFORD).....30.17 F 6	28 H. PARRY (THAME).....36.21 F35 6
9 J. COULCHER (THAME).....28.17 F45 4	18 M. ATTREE (ST. ALBANS STR).....30.38 F45 9	29 S. SMITH (BANBURY).....36.51 F55 1
10 Z. LOWE (ST. ALBANS STR).....28.21 F45 5	19 L. MERCHANT (DACORUM).....31.34 F 7	30 C. DEARMAN (WATFORD).....38.42 F45 14
	20 A. PUTKO (WATFORD).....31.46 F 8	31 S. CASTRO (THAME).....39.56 F35 7

TEAM RESULT non scorers excluded

1 WYCOMBE PHOENIX	116	1	2	4	5
2 ST. ALBANS STRIDERS	81	3	10	16	18
3 DACORUM & TRING	80	6	11	12	19
4 TEAM BALANCISE	49	7	8		
5 HANDY CROSS	46	13	14	23	
6 WATFORD	40	17	20	21	30
7 THAME RUNNERS	34	9	26	28	31
8 BANBURY	28	15	24	29	

DIVISION RESULT

1 ST. ALBANS STRIDERS	697	106	165	180	165	81
2 WYCOMBE PHOENIX	639	99	144	137	143	116
3 HANDY CROSS	538	141	131	112	108	46
4 DACORUM & TRING	515	148	69	83	135	80
5 WATFORD	490	84	118	127	121	40
6 THAME RUNNERS	459	111	103	114	97	34
7 BANBURY	436	156	151	53	48	28
8 MAIDENHEAD	399	114	130		155	
9 TEAM BALANCISE	318	108	76	46	39	49
10 PURPLE PATCH RUNNERS	165	9	70		86	
11 QUEENS PARK H.	155	57	43	27	28	
12 BRACKNELL	101	49	52			
13 RADLEY A.C.	67	25	11		31	
14 STEVENAGE & NH	22				22	

Veteran Ladies Race

1 ST. ALBANS STRIDERS	81	3	10	16	18
2 DACORUM & TRING	63	6	12	22	25
3 WYCOMBE PHOENIX	55	4	5		
4 THAME RUNNERS	34	9	26	28	31
5 BANBURY	28	15	24	29	
6 HANDY CROSS	27	14	23		
7 TEAM BALANCISE	24	8			
8 WATFORD	2	30			

DIVISION RESULT

1 ST. ALBANS STRIDERS	682	106	165	165	165	81
2 THAME RUNNERS	459	111	103	114	97	34
3 BANBURY	407	156	151	53	19	28
4 DACORUM & TRING	374	127	60	32	92	63
5 WYCOMBE PHOENIX	372	45	91	88	93	55
6 HANDY CROSS	368	84	109	57	91	27
7 WATFORD	306	27	69	127	81	2
8 MAIDENHEAD	269	70	112		87	
9 TEAM BALANCISE	179	68	43	44	44	24
10 PURPLE PATCH RUNNERS	108		49		59	
11 STEVENAGE & NH	22				22	

Junior/U17 Ladies

1 R. HARRIS (STEVENAGE).....21.52 F17 1	2 S. NEEDLEMAN (DACORUM).....21.55 F17 2	4 S. GROVER (DACORUM).....23.04 F17 4
	3 C. WILLIS (STEVENAGE).....23.03 F17 3	

TEAM RESULT

1 STEVENAGE & NH	6	1	3
2 DACORUM & TRING	4	2	4

DIVISION RESULT

1 BRACKNELL	168	57	45	36	30
2 STEVENAGE & NH	97	35	28	17	11
3 ST. ALBANS A.C.	76	36	19	15	6
4 WYCOMBE PHOENIX	30	12	6	7	5
5 WHITE HORSE	30	17	13		
6 DACORUM & TRING	29	9	8	4	4
7 BANBURY	23	15			8
8 WATFORD	9	9			

Under 15 Girls

1 M. HUMPHREYS (RADLEY).....14.36 F15 1	5 H. MCCLAY (BRACKNELL).....16.03 F15 5	10 S. FEELY (STEVENAGE).....17.32 F15 10
2 E. DELGADO (WYCOMBE).....14.41 F15 2	6 C. DEARMAN (WATFORD).....16.29 F15 6	11 L. EDWARDS (ST. ALBANS).....17.35 F15 11
3 H. RIDLEY (BIGGLESWADE).....14.51 F15 3	7 M. GEERS (ST. ALBANS).....16.34 F15 7	12 N. BAKER (ST. ALBANS).....17.36 F15 12
4 L. ECKLEY (ST. ALBANS).....15.53 F15 4	8 P. BAILEY (ST. ALBANS).....17.07 F15 8	13 P. SMITH (WATFORD).....18.23 F15 13
	9 C. BAXTER (DACORUM).....17.17 F15 9	14 S. KEEBLE (STEVENAGE).....18.37 F15 14

TEAM RESULT

1 ST. ALBANS A.C.	26	4	7	8
2 RADLEY A.C.	14	1		
3 WYCOMBE PHOENIX	13	2		
4 BIGGLESWADE	12	3		
5 WATFORD	11	6	13	
6 BRACKNELL	10	5		
7 STEVENAGE & NH	6	10	14	
8 DACORUM & TRING	6	9		

DIVISION RESULT

1 ST. ALBANS A.C.	238	63	48	49	52	26
2 BRACKNELL	216	62	50	56	38	10
3 WATFORD	181	46	42	35	47	11
4 STEVENAGE & NH	175	48	52	37	32	6
5 BIGGLESWADE	104	25	23	21	23	12
6 RADLEY A.C.	87	27		22	24	14
7 WYCOMBE PHOENIX	81	31	8	3	26	13
8 DACORUM & TRING	61	10	23	8	14	6
9 QUEENS PARK H.	4	3	1			
10 AMPHILL & FLITWICK	2	2				

Under 13 Girls

1 G. GODDARD (BRACKNELL).....	10.18	F13	1	8 M. STYLES (WYCOMBE).....	11.54	F13	8	16 N. TAYLOR (WYCOMBE).....	12.35	F13	16
2 H. WILLIS (BRACKNELL).....	10.55	F13	2	9 C. ECKLEY (ST. ALBANS).....	12.00	F13	9	17 L. MARKWELL (ST. ALBANS).....	12.40	F13	17
3 C. DUKE (STEVENAGE).....	11.13	F13	3	10 E. BANNISTER (DACORUM).....	12.01	F13	10	18 S. MCCULLOUGH (ST. ALBANS)...	13.40	F13	18
4 T. WEDDELL (ST. ALBANS).....	11.16	F13	4	11 O. COLL (ST. ALBANS).....	12.07	F13	11	19 G. GOLDFINCH (MAIDENHEAD)....	13.42	F13	19
5 E. READ (BRACKNELL).....	11.20	F13	5	12 S. COLL (ST. ALBANS).....	12.07	F13	12	20 L. BARBER (STEVENAGE).....	13.49	F13	20
6 A. FORREST (BRACKNELL).....	11.26	F13	6	13 J. BARNES (ST. ALBANS).....	12.11	F13	13	21 G. HALEY (WYCOMBE).....	13.51	F13	21
7 E. HOBBS (ST. ALBANS).....	11.33	F13	7	14 J. EDWARDS (ST. ALBANS).....	12.16	F13	14	22 G. REID (STEVENAGE).....	14.25	F13	22
				15 J. KENNEDY (BRACKNELL).....	12.22	F13	15	23 J. WILLIAMS (MAIDENHEAD).....	16.04	F13	23

TEAM RESULT

1 BRACKNELL	64	1	2	5
2 ST. ALBANS A.C.	52	4	7	9
3 WYCOMBE PHOENIX	27	8	16	21
4 STEVENAGE & NH	27	3	20	22
5 DACORUM & TRING	14	10		
6 MAIDENHEAD	6	19	23	

DIVISION RESULT

1 BRACKNELL	462	107	93	102	96	64
2 ST. ALBANS A.C.	389	97	74	84	82	52
3 STEVENAGE & NH	247	66	42	60	52	27
4 WYCOMBE PHOENIX	213	49	42	58	37	27
5 DACORUM & TRING	199	39	49	60	37	14
6 MAIDENHEAD	109	48	25	2	28	6
7 WATFORD	85	19	24	19	23	
8 AMPHILL & FLITWICK	63	34	10	19		
9 QUEENS PARK H.	36	16	11		9	
10 BIGGLESWADE	34	20		8	6	

Total Overall Score

1 DACORUM & TRING	517	413	104	
2 WYCOMBE PHOENIX	457	301	156	
3 THAME RUNNERS	368	334	34	
4 WATFORD	340	289	51	
5 TEAM BALANCISE	254	205	49	
6 BRACKNELL	205	131	74	
7 BANBURY	159	131	28	
8 ST. ALBANS STRIDERS	148	67	81	
9 QUEENS PARK H.	135	135		
10 HANDY CROSS	121	75	46	
11 ST. ALBANS A.C.	104	26	78	
12 RADLEY A.C.	90	76	14	
13 STEVENAGE & NH	73	34	39	
14 WHITE HORSE	73	73		
15 BIGGLESWADE	72	60	12	
16 AMPHILL & FLITWICK	7	7		
17 MAIDENHEAD	6		6	
18 ABINGDON AMBLERS	5	5		

DIVISION RESULT

1 DACORUM & TRING	3858	946	897	785	713	517
2 WYCOMBE PHOENIX	3721	819	872	825	748	457
3 WATFORD	3493	658	981	817	697	340
4 BRACKNELL	2703	898	693	492	415	205
5 THAME RUNNERS	2264	409	620	452	415	368
6 ST. ALBANS STRIDERS	2232	312	489	877	406	148
7 HANDY CROSS	2066	419	639	457	430	121
8 STEVENAGE & NH	1953	525	631	461	263	73
9 BANBURY	1788	544	468	215	402	159
10 MAIDENHEAD	1702	557	620	76	443	6
11 TEAM BALANCISE	1609	540	188	313	314	254
12 QUEENS PARK H.	1511	432	355	245	344	135
13 ST. ALBANS A.C.	1357	391	316	289	257	104
14 BIGGLESWADE	608	151	85	174	126	72
15 RADLEY A.C.	559	153	111	142	63	90
16 ABINGDON AMBLERS	479	139	241	12	82	5
17 PURPLE PATCH RUNNERS	402	30	243	43	86	
18 AMPHILL & FLITWICK	242	170	24	28	13	7
19 WHITE HORSE	203	43	50	21	16	73

Male Overall Score

1 DACORUM & TRING	413	360		17	36
2 THAME RUNNERS	334	334			
3 WYCOMBE PHOENIX	301	241	19	10	31
4 WATFORD	289	278	10		1
5 TEAM BALANCISE	205	205			
6 QUEENS PARK H.	135	135			
7 BANBURY	131	122	9		
8 BRACKNELL	131	85		14	32
9 RADLEY A.C.	76	57	8	11	
10 HANDY CROSS	75	75			
11 WHITE HORSE	73	73			
12 ST. ALBANS STRIDERS	67	67			
13 BIGGLESWADE	60	29		7	24
14 STEVENAGE & NH	34			5	29
15 ST. ALBANS A.C.	26		1		25
16 AMPHILL & FLITWICK	7				7
17 ABINGDON AMBLERS	5			5	

DIVISION RESULT

1 DACORUM & TRING	3054	740	748	630	523	413
2 WYCOMBE PHOENIX	2758	628	672	620	537	301
3 WATFORD	2728	500	797	636	506	289
4 THAME RUNNERS	1805	298	517	338	318	334
5 BRACKNELL	1756	623	453	298	251	131
6 ST. ALBANS STRIDERS	1535	206	324	697	241	67
7 HANDY CROSS	1528	278	508	345	322	75
8 STEVENAGE & NH	1412	376	509	325	168	34
9 BANBURY	1329	373	317	162	346	131
10 QUEENS PARK H.	1316	356	300	218	307	135
11 TEAM BALANCISE	1291	432	112	267	275	205
12 MAIDENHEAD	1194	395	465	74	260	
13 ST. ALBANS A.C.	654	195	175	141	117	26
14 ABINGDON AMBLERS	479	139	241	12	82	5
15 BIGGLESWADE	470	106	62	145	97	60
16 RADLEY A.C.	405	101	100	120	8	76
17 PURPLE PATCH RUNNERS	237	21	173	43		
18 AMPHILL & FLITWICK	177	134	14	9	13	7
19 WHITE HORSE	173	26	37	21	16	73

Female Overall Score

1 WYCOMBE PHOENIX	156	116		13	27
2 DACORUM & TRING	104	80	4	6	14
3 ST. ALBANS STRIDERS	81	81			
4 ST. ALBANS A.C.	78			26	52
5 BRACKNELL	74			10	64
6 WATFORD	51	40		11	
7 TEAM BALANCISE	49	49			
8 HANDY CROSS	46	46			
9 STEVENAGE & NH	39		6	6	27
10 THAME RUNNERS	34	34			
11 BANBURY	28	28			
12 RADLEY A.C.	14			14	
13 BIGGLESWADE	12			12	
14 MAIDENHEAD	6				6

DIVISION RESULT

1 WYCOMBE PHOENIX	963	191	200	205	211	156
2 BRACKNELL	947	275	240	194	164	74
3 DACORUM & TRING	804	206	149	155	190	104
4 WATFORD	765	158	184	181	191	51
5 ST. ALBANS A.C.	703	196	141	148	140	78
6 ST. ALBANS STRIDERS	697	106	165	180	165	81
7 STEVENAGE & NH	541	149	122	136	95	39
8 HANDY CROSS	538	141	131	112	108	46
9 MAIDENHEAD	508	162	155	2	183	6
10 BANBURY	459	171	151	53	56	28
11 THAME RUNNERS	459	111	103	114	97	34
12 TEAM BALANCISE	318	108	76	46	39	49
13 QUEENS PARK H.	195	76	55	27	37	
14 PURPLE PATCH RUNNERS	165	9	70		86	
15 RADLEY A.C.	154	52	11	22	55	14
16 BIGGLESWADE	138	45	23	29	29	12
17 AMPHILL & FLITWICK	65	36	10	19		
18 WHITE HORSE	30	17	13			