

Chiltern League 2019/20 - Division 1 - Match 3 - Luton - 7 December 2019

| Overall Team Result | |
|-----------------------------|------|
| 1 Marshall Milton Keynes AC | 3032 |
| 2 Bedford and County AC | 2991 |
| 3 Wycombe Phoenix | 2841 |
| 4 Chiltern Harriers | 2781 |
| 5 St Albans Striders | 2553 |
| 6 Dacorum & Tring AC | 2408 |
| 7 Leighton Buzzard AC | 2343 |
| 8 Watford Harriers | 2097 |
| 9 Redway Runners | 1680 |
| 10 Tring Running Club | 1635 |
| 11 Gade Valley Harriers | 1611 |
| 12 Vale of Aylesbury AC | 1540 |
| 13 MK Distance Project | 1481 |
| 14 Queens Park Harriers | 1407 |

| Overall Male Team | |
|-----------------------------|------|
| 1 Bedford and County AC | 2281 |
| 2 Marshall Milton Keynes AC | 2214 |
| 3 Wycombe Phoenix | 1888 |
| 4 Chiltern Harriers | 1822 |
| 5 St Albans Striders | 1787 |
| 6 Leighton Buzzard AC | 1764 |
| 7 Dacorum & Tring AC | 1566 |
| 8 Watford Harriers | 1381 |
| 9 Redway Runners | 1221 |
| 10 MK Distance Project | 1167 |
| 11 Tring Running Club | 1087 |
| 12 Gade Valley Harriers | 1038 |
| 13 Vale of Aylesbury AC | 984 |
| 14 Queens Park Harriers | 957 |

| Overall Female Team | |
|-----------------------------|-----|
| 1 Chiltern Harriers | 959 |
| 2 Wycombe Phoenix | 953 |
| 3 Dacorum & Tring AC | 842 |
| 4 Marshall Milton Keynes AC | 818 |
| 5 St Albans Striders | 766 |
| 6 Watford Harriers | 716 |
| 7 Bedford and County AC | 710 |
| 8 Leighton Buzzard AC | 579 |
| 9 Gade Valley Harriers | 573 |
| 10 Vale of Aylesbury AC | 556 |
| 11 Tring Running Club | 548 |
| 12 Redway Runners | 459 |
| 13 Queens Park Harriers | 450 |
| 14 MK Distance Project | 314 |

| Overall Seniors | |
|-----------------------------|------|
| 1 Marshall Milton Keynes AC | 2671 |
| 2 Wycombe Phoenix | 2619 |
| 3 Bedford and County AC | 2466 |
| 4 St Albans Striders | 2406 |
| 5 Chiltern Harriers | 2284 |
| 6 Leighton Buzzard AC | 2231 |
| 7 Dacorum & Tring AC | 2201 |
| 8 Watford Harriers | 1828 |
| 9 Tring Running Club | 1635 |
| 10 Gade Valley Harriers | 1611 |
| 11 Redway Runners | 1606 |
| 12 Queens Park Harriers | 1407 |
| 13 MK Distance Project | 1389 |
| 14 Vale of Aylesbury AC | 1263 |

| Overall Juniors | |
|-----------------------------|-----|
| 1 Bedford and County AC | 525 |
| 2 Chiltern Harriers | 497 |
| 3 Marshall Milton Keynes AC | 361 |
| 4 Vale of Aylesbury AC | 277 |
| 5 Watford Harriers | 269 |
| 6 Wycombe Phoenix | 222 |
| 7 Dacorum & Tring AC | 207 |
| 8 St Albans Striders | 147 |
| 9 Leighton Buzzard AC | 112 |
| 10 MK Distance Project | 92 |
| 11 Redway Runners | 74 |
| 12 Tring Running Club | |
| 13 Queens Park Harriers | |
| 14 Gade Valley Harriers | |

| After 3 Rounds | |
|-----------------------------|-------|
| 1 Marshall Milton Keynes AC | 10379 |
| 2 Bedford and County AC | 10158 |
| 3 Chiltern Harriers | 9459 |
| 4 Wycombe Phoenix | 9182 |
| 5 St Albans Striders | 8669 |
| 6 Dacorum & Tring AC | 8111 |
| 7 Leighton Buzzard AC | 7824 |
| 8 Vale of Aylesbury AC | 7125 |
| 9 Watford Harriers | 6692 |
| 10 MK Distance Project | 6637 |
| 11 Redway Runners | 6058 |
| 12 Tring Running Club | 5794 |
| 13 Gade Valley Harriers | 5115 |
| 14 Queens Park Harriers | 4449 |

| After 3 Rounds | |
|-----------------------------|------|
| 1 Marshall Milton Keynes AC | 7475 |
| 2 Bedford and County AC | 7355 |
| 3 St Albans Striders | 6113 |
| 4 Chiltern Harriers | 6039 |
| 5 Wycombe Phoenix | 5911 |
| 6 Leighton Buzzard AC | 5648 |
| 7 Dacorum & Tring AC | 5317 |
| 8 MK Distance Project | 4926 |
| 9 Vale of Aylesbury AC | 4720 |
| 10 Watford Harriers | 4319 |
| 11 Redway Runners | 4066 |
| 12 Tring Running Club | 3915 |
| 13 Gade Valley Harriers | 3289 |
| 14 Queens Park Harriers | 2796 |

| After 3 Rounds | |
|-----------------------------|------|
| 1 Chiltern Harriers | 3420 |
| 2 Wycombe Phoenix | 3271 |
| 3 Marshall Milton Keynes AC | 2904 |
| 4 Bedford and County AC | 2803 |
| 5 Dacorum & Tring AC | 2794 |
| 6 St Albans Striders | 2556 |
| 7 Vale of Aylesbury AC | 2405 |
| 8 Watford Harriers | 2373 |
| 9 Leighton Buzzard AC | 2176 |
| 10 Redway Runners | 1992 |
| 11 Tring Running Club | 1879 |
| 12 Gade Valley Harriers | 1826 |
| 13 MK Distance Project | 1701 |
| 14 Queens Park Harriers | 1653 |

| After 3 Rounds | |
|-----------------------------|------|
| 1 Marshall Milton Keynes AC | 8852 |
| 2 Bedford and County AC | 8323 |
| 3 Wycombe Phoenix | 8217 |
| 4 St Albans Striders | 7472 |
| 5 Leighton Buzzard AC | 7416 |
| 6 Chiltern Harriers | 7391 |
| 7 Dacorum & Tring AC | 7255 |
| 8 MK Distance Project | 6247 |
| 9 Vale of Aylesbury AC | 5896 |
| 10 Tring Running Club | 5794 |
| 11 Redway Runners | 5636 |
| 12 Watford Harriers | 5614 |
| 13 Gade Valley Harriers | 5115 |
| 14 Queens Park Harriers | 4449 |

| After 3 Rounds | |
|-----------------------------|------|
| 1 Chiltern Harriers | 2068 |
| 2 Bedford and County AC | 1835 |
| 3 Marshall Milton Keynes AC | 1527 |
| 4 Vale of Aylesbury AC | 1229 |
| 5 St Albans Striders | 1197 |
| 6 Watford Harriers | 1078 |
| 7 Wycombe Phoenix | 965 |
| 8 Dacorum & Tring AC | 856 |
| 9 Redway Runners | 422 |
| 10 Leighton Buzzard AC | 408 |
| 11 MK Distance Project | 390 |
| 12 Queens Park Harriers | |
| 13 Tring Running Club | |
| 14 Gade Valley Harriers | |

| Senior Men | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------|-----|----|------|------------------|----------|-----|---------------------------|-----|------|-----|-----|---------------------------------|------|-----------------------|---------------------------|-----------------|-----------------------|------|-------|-----|-----|-----|-----|-----|-----|-----|-----|--|--|--|
| Race | Mob | D1 | No. | Senior Men | Time | Div | Club | Cat | Pos | M/F | Pts | Seniors overall after 3 Matches | | | | Senior Men Team | | | | | | | | | | | | | | |
| MS | 1 | 1 | 1684 | Benjamin West | 31:29 D1 | | MK Distance Project | M20 | 1 M | | 226 | 6670 | 1 | Bedford and County AC | 6670 | 1 | Bedford and County AC | 2071 | 224 | 222 | 220 | 218 | 215 | 204 | 203 | 192 | 190 | | | |
| MS | 2 | 2 | 1657 | George Wheeler | 31:40 D1 | | MK Distance Project | M5 | 1 M | | 225 | 2 Bedford and County AC | 6552 | 2 | Bedford and County AC | 2017 | 217 | 216 | 211 | 200 | 198 | 197 | 195 | 187 | | | | | | |
| MS | 3 | 3 | 833 | Harry Brodie | 31:51 D1 | | Bedford and County AC | M20 | 2 M | | 224 | 3 Wycombe Phoenix | 5693 | 3 | Wycombe Phoenix | 1868 | 219 | 214 | 210 | 205 | 199 | 196 | 166 | 165 | 156 | | | | | |
| MS | 4 | 4 | 181 | Richard Steale | 32:03 D1 | | Chiltern Harriers | M5 | 2 M | | 223 | 4 Leighton Buzzard AC | 5518 | 4 | Leighton Buzzard AC | 1749 | 213 | 209 | 191 | 176 | 174 | 168 | 162 | 155 | 154 | | | | | |
| MS | 5 | 5 | 811 | Edward Blythman | 32:22 D1 | | Bedford and County AC | M20 | 3 M | | 222 | 5 St Albans Striders | 5509 | 5 | St Albans Striders | 1681 | 206 | 201 | 194 | 186 | 184 | 172 | 149 | 146 | 136 | | | | | |
| MS | 6 | 6 | 369 | Sam Winters | 32:42 D1 | | Marshall Milton Keynes AC | MS | 3 M | | 221 | 6 Chiltern Harriers | 5018 | 6 | Chiltern Harriers | 1576 | 223 | 208 | 193 | 185 | 153 | 137 | 131 | 129 | 120 | | | | | |
| MS | 7 | 7 | 827 | Pete Benedickter | 33:01 D1 | | Bedford and County AC | MS | 4 M | | 220 | 7 Dacorum & Tring AC | 5010 | 7 | Dacorum & Tring AC | 1509 | 202 | 188 | 181 | 164 | 160 | 152 | 135 | 125 | 104 | | | | | |
| MS | 8 | 8 | 910 | Kieran Gilfedder | 33:08 D1 | | Wycombe Phoenix | MS | 5 M | | 219 | 8 MK Distance Project | 4709 | 8 | Watford Harriers | 1246 | 179 | 178 | 158 | 157 | 148 | 139 | 88 | 75 | 64 | | | | | |
| MS | 10 | 9 | 824 | William Mullins | 33:14 D1 | | Bedford and County AC | MS | 6 M | | 218 | 9 Vale of Aylesbury AC | 4208 | 9 | Redway Runners | 1189 | 207 | 143 | 133 | 127 | 118 | 114 | 91 | 90 | 86 | | | | | |
| MS | 11 | 10 | 329 | Matthew Dicks | 33:17 D1 | | Marshall Milton Keynes AC | M20 | 4 M | | 217 | 10 Tring Running Club | 3915 | 10 | MK Distance Project | 1123 | 226 | 225 | 189 | 182 | 124 | 94 | 83 | | | | | | | |
| MS | 12 | 11 | 366 | Graham Jones | 33:20 D1 | | Marshall Milton Keynes AC | MS | 7 M | | 216 | 11 Redway Runners | 3876 | 11 | Tring Running Club | 1087 | 212 | 169 | 163 | 130 | 108 | 82 | 71 | 55 | 49 | | | | | |
| MS | 13 | 12 | 825 | Andrew Heatley | 33:25 D1 | | Bedford and County AC | MS | 8 M | | 215 | 12 Watford Harriers | 3764 | 12 | Gade Valley Harriers | 1038 | 161 | 140 | 121 | 117 | 116 | 92 | 84 | 72 | 69 | | | | | |
| MS | 15 | 13 | 909 | David Clark | 33:28 D1 | | Wycombe Phoenix | MS | 9 M | | 214 | 13 Gade Valley Harriers | 3289 | 13 | Queens Park Harriers | 957 | 177 | 167 | 150 | 119 | 111 | 76 | 67 | 36 | 33 | | | | | |
| MS | 17 | 14 | 1393 | Rob Elmore | 33:34 D1 | | Leighton Buzzard AC | MS | 10 M | | 213 | 14 Queens Park Harriers | 2796 | 14 | Vale of Aylesbury AC | 904 | 180 | 145 | 144 | 122 | 115 | 110 | 45 | 43 | | | | | | |
| MS | 18 | 15 | 1591 | Luke Delderfield | 33:44 D1 | | Tring Running Club | MS | 11 M | | 212 | Under 20 Men Team | | Under 20 Men Team | | | | | Total | 1 | 2 | 3 | 4 | | | | | | | |
| MS | 19 | 16 | 370 | Chad Lambert | 33:46 D1 | | Marshall Milton Keynes AC | MS | 12 M | | 211 | 1 Bedford and County AC | 2094 | 1 | Bedford and County AC | 638 | 224 | 222 | 192 | | | | | | | | | | | |
| MS | 20 | 17 | 847 | Myles Caddell | 33:46 D1 | | Wycombe Phoenix | M20 | 5 M | | 210 | 2 Marshall Milton Keynes AC | 1981 | 2 | Marshall Milton Keynes AC | 614 | 217 | 200 | 197 | | | | | | | | | | | |
| MS | 21 | 18 | 1434 | Billy Mead | 33:50 D1 | | Leighton Buzzard AC | MS | 13 M | | 209 | 3 Vale of Aylesbury AC | 1482 | 3 | MK Distance Project | 408 | 226 | 182 | | | | | | | | | | | | |
| MS | 22 | 19 | 122 | Arvan Davidson | 33:53 D1 | | Chiltern Harriers | MS | 14 M | | 208 | 4 MK Distance Project | 1250 | 4 | Vale of Aylesbury AC | 381 | 144 | 122 | 115 | | | | | | | | | | | |
| MS | 23 | 20 | 443 | Gene Busby | 33:55 D1 | | Redway Runners | M40 | 1 M | | 207 | 5 Chiltern Harriers | 1046 | 5 | Chiltern Harriers | 978 | 193 | 185 | | | | | | | | | | | | |
| MS | 24 | 21 | 574 | Thomas Halling | 34:04 D1 | | St Albans Striders | MS | 15 M | | 206 | 6 St Albans Striders | 988 | 6 | St Albans Striders | 277 | 184 | 93 | | | | | | | | | | | | |
| MS | 25 | 22 | 908 | Joe Branch | 34:10 D1 | | Wycombe Phoenix | MS | 16 M | | 205 | 7 Wycombe Phoenix | 653 | 7 | Wycombe Phoenix | 210 | 210 | | | | | | | | | | | | | |
| MS | 27 | 23 | 834 | Chris Thornley | 34:15 D1 | | Bedford and County AC | MS | 17 M | | 204 | 8 Dacorum & Tring AC | 372 | 8 | Redway Runners | 133 | 133 | | | | | | | | | | | | | |
| MS | 28 | 24 | 810 | Charlie Palmer | 34:18 D1 | | Bedford and County AC | M40 | 2 M | | 203 | 9 Redway Runners | 288 | 9 | Watford Harriers | 44 | 44 | | | | | | | | | | | | | |
| MS | 29 | 25 | 1062 | Rhys Rowlands | 34:18 D1 | | Dacorum & Tring AC | MS | 18 M | | 202 | 10 Watford Harriers | 44 | 10 | Dacorum & Tring AC | | | | | | | | | | | | | | | |
| MS | 30 | 26 | 563 | Jonathan Scott | 34:21 D1 | | St Albans Striders | M40 | 3 M | | 201 | 11 Gade Valley Harriers | 3 | 11 | Gade Valley Harriers | | | | | | | | | | | | | | | |
| MS | 31 | 27 | 338 | Robert Hickman | 34:26 D1 | | Marshall Milton Keynes AC | M20 | 6 M | | 200 | 12 Leighton Buzzard AC | 19 | 12 | Leighton Buzzard AC | 674 | 191 | 174 | 155 | 154 | | | | | | | | | | |
| MS | 32 | 28 | 923 | Ian Grimshaw | 34:29 D1 | | Wycombe Phoenix | MS | 19 M | | 199 | 13 Queens Park Harriers | 191 | 13 | Queens Park Harriers | 536 | 203 | 151 | 126 | 55 | | | | | | | | | | |
| MS | 34 | 29 | 342 | Tom Charteress | 34:29 D1 | | Marshall Milton Keynes AC | MS | 20 M | | 198 | 14 Tring Running Club | 19 | 14 | Tring Running Club | 510 | 164 | 140 | 117 | 92 | | | | | | | | | | |
| MS | 35 | 30 | 339 | Finlay Gibbs | 34:42 D1 | | Marshall Milton Keynes AC | M20 | 7 M | | 197 | Veteran Men Team | | Veteran Men Team | | | | | Total | 1 | 2 | 3 | 4 | | | | | | | |
| MS | 36 | 31 | 925 | Robert Wright | 34:50 D1 | | Wycombe Phoenix | MS | 21 M | | 196 | 1 Leighton Buzzard AC | 2053 | 1 | Leighton Buzzard AC | 624 | 191 | 174 | 155 | 154 | | | | | | | | | | |
| MS | 38 | 32 | 334 | Steve Tuttle | 34:52 D1 | | Marshall Milton Keynes AC | MS | 22 M | | 195 | 2 Watford Harriers | 1942 | 2 | Watford Harriers | 674 | 197 | 158 | 148 | 139 | | | | | | | | | | |
| MS | 39 | 33 | 591 | Steve Buckle | 34:55 D1 | | St Albans Striders | MS | 23 M | | 194 | 3 Marshall Milton Keynes AC | 1874 | 3 | Marshall Milton Keynes AC | 546 | 173 | 171 | 103 | 99 | | | | | | | | | | |
| MS | 41 | 34 | 155 | Cameron Reid | 35:00 D1 | | Chiltern Harriers | M20 | 8 M | | 193 | 4 St Albans Striders | 1804 | 4 | St Albans Striders | 543</ | | | | | | | | | | | | | | |

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|----|-----|-----|-----------------------------|----------|---------------------------|-----|-----|-----|
| MS | 85 | 70 | 1326 Sai Nimalanathan | 36:55 D1 | Watford Harriers | M5 | 46M | 157 |
| MS | 86 | 71 | 912 Frank Fisher | 36:56 D1 | Wycombe Phoenix | M5D | 21M | 156 |
| MS | 87 | 72 | 1408 James Bell | 36:56 D1 | Leighton Buzzard AC | M5D | 3M | 155 |
| MS | 88 | 73 | 1411 Stuart Blofeld | 36:58 D1 | Leighton Buzzard AC | M4D | 11M | 154 |
| MS | 90 | 74 | 151 Neil Turner | 37:08 D1 | Chiltern Harriers | M4D | 12M | 153 |
| MS | 91 | 75 | 1053 Mike Carpenter | 37:09 D1 | Dacorum & Tring AC | M5 | 47M | 152 |
| MS | 92 | 76 | 813 Ewan Wilson | 37:10 D1 | Bedford and County AC | M4D | 13M | 151 |
| MS | 93 | 77 | 1541 Maciej Kolterniak | 37:15 D1 | Queens Park Harriers | M4D | 14M | 150 |
| MS | 95 | 78 | 552 Richard Evans | 37:19 D1 | St Albans Striders | M5 | 48M | 149 |
| MS | 96 | 79 | 1323 Stuart Ingram | 37:21 D1 | Watford Harriers | M4D | 15M | 148 |
| MS | 99 | 80 | 1440 Chris George | 37:29 D1 | Leighton Buzzard AC | M4D | 16M | 147 |
| MS | 100 | 81 | 567 Douglas Hobson | 37:33 D1 | St Albans Striders | M5 | 49M | 146 |
| MS | 101 | 82 | 1103 Roger Seed | 37:35 D1 | Vale of Aylesbury AC | M4D | 17M | 145 |
| MS | 102 | 83 | 1163 Matthew Bird | 37:36 D1 | Vale of Aylesbury AC | M2D | 14M | 144 |
| MS | 103 | 84 | 466 Sean Pinney | 37:38 D1 | Redway Runners | M5 | 50M | 143 |
| MS | 106 | 85 | 812 Jamie Webster | 37:43 D1 | Bedford and County AC | M2D | 15M | 142 |
| MS | 107 | 86 | 340 Stephen Ratcliffe | 37:44 D1 | Marshall Milton Keynes AC | M5 | 51M | 141 |
| MS | 108 | 87 | 1460 Michael Linden | 37:45 D1 | Gade Valley Harriers | M4D | 18M | 140 |
| MS | 110 | 88 | 1314 Frank Ryan | 37:49 D1 | Watford Harriers | M5D | 4M | 139 |
| MS | 113 | 89 | 929 Clark Schofield | 37:53 D1 | Wycombe Phoenix | M4D | 19M | 138 |
| MS | 114 | 90 | 123 Tom Dixon | 37:55 D1 | Chiltern Harriers | M5 | 52M | 137 |
| MS | 115 | 91 | 581 Gareth Parker | 37:57 D1 | St Albans Striders | M4D | 20M | 136 |
| MS | 116 | 92 | 1067 Ben Stratford | 37:57 D1 | Dacorum & Tring AC | M5 | 53M | 135 |
| MS | 119 | 93 | 1391 Paul Andrew | 38:07 D1 | Leighton Buzzard AC | M5 | 54M | 134 |
| MS | 120 | 94 | 438 Daniel Horner | 38:13 D1 | Redway Runners | M2D | 16M | 133 |
| MS | 122 | 95 | 349 Andrew Kirschner | 38:20 D1 | Marshall Milton Keynes AC | M5 | 55M | 132 |
| MS | 125 | 96 | 1559 Alex Paul | 38:23 D1 | Chiltern Harriers | M5 | 56M | 131 |
| MS | 126 | 97 | 1604 Greg O'Callaghan | 38:25 D1 | Tring Running Club | M4D | 21M | 130 |
| MS | 127 | 98 | 137 Alistair Melville-Smith | 38:29 D1 | Chiltern Harriers | M4D | 22M | 129 |
| MS | 130 | 99 | 1404 Andy Inchley | 38:34 D1 | Leighton Buzzard AC | M4D | 23M | 128 |
| MS | 131 | 100 | 498 Simon Read | 38:35 D1 | Redway Runners | M4D | 24M | 127 |
| MS | 133 | 101 | 822 Stuart Still | 38:42 D1 | Bedford and County AC | M5D | 5M | 126 |
| MS | 135 | 102 | 1099 Chris Marriott | 38:48 D1 | Dacorum & Tring AC | M5 | 57M | 125 |
| MS | 136 | 103 | 1658 Elliot Wright | 38:49 D1 | MK Distance Project | M5 | 58M | 124 |
| MS | 137 | 104 | 1417 Stuart Read | 38:50 D1 | Leighton Buzzard AC | M5 | 59M | 123 |
| MS | 139 | 105 | 1158 Matthew Rizzo-Naudi | 38:55 D1 | Vale of Aylesbury AC | M2D | 17M | 122 |
| MS | 140 | 106 | 1446 Anthony Willcox | 38:56 D1 | Gade Valley Harriers | M5 | 60M | 121 |
| MS | 142 | 107 | 129 Andrew Wiseall | 39:04 D1 | Chiltern Harriers | M5 | 61M | 120 |
| MS | 145 | 108 | 1550 Stefan Anton | 39:12 D1 | Queens Park Harriers | M5 | 62M | 119 |
| MS | 146 | 109 | 444 Matt Britton | 39:13 D1 | Redway Runners | M5 | 63M | 118 |
| MS | 147 | 110 | 1444 Antony Beamish | 39:15 D1 | Gade Valley Harriers | M4D | 25M | 117 |
| MS | 148 | 111 | 1470 Timothy Abbott | 39:16 D1 | Gade Valley Harriers | M5 | 64M | 116 |
| MS | 149 | 112 | 1157 Jamie Peate | 39:15 D1 | Vale of Aylesbury AC | M2D | 18M | 115 |
| MS | 151 | 113 | 499 Paul Clifford-Jones | 39:20 D1 | Redway Runners | M4D | 26M | 114 |
| MS | 152 | 114 | 368 Peter Hickman | 39:21 D1 | Marshall Milton Keynes AC | M2D | 19M | 113 |
| MS | 154 | 115 | 952 James Roberts | 39:24 D1 | Wycombe Phoenix | M5 | 65M | 112 |
| MS | 155 | 116 | 1536 Martin Hanicinec | 39:29 D1 | Queens Park Harriers | M5 | 66M | 111 |
| MS | 157 | 117 | 1177 Robin Barrett | 39:35 D1 | Vale of Aylesbury AC | M5 | 67M | 110 |
| MS | 158 | 118 | 1396 Matthew Brooks | 39:36 D1 | Leighton Buzzard AC | M4D | 27M | 109 |
| MS | 159 | 119 | 1601 Andrew Hill | 39:39 D1 | Tring Running Club | M4D | 28M | 108 |
| MS | 161 | 120 | 555 Jon Rieley | 39:45 D1 | St Albans Striders | M5 | 68M | 107 |
| MS | 162 | 121 | 594 Nigel Aston | 39:47 D1 | St Albans Striders | M5D | 6M | 106 |
| MS | 164 | 122 | 1410 Steve Sharples | 39:52 D1 | Leighton Buzzard AC | M5D | 7M | 105 |
| MS | 165 | 123 | 1081 Peter Nagy | 39:53 D1 | Dacorum & Tring AC | M5 | 69M | 104 |
| MS | 166 | 124 | 331 Steve Withers | 39:54 D1 | Marshall Milton Keynes AC | M4D | 29M | 103 |
| MS | 167 | 125 | 916 Scott Wixon-Nelson | 39:56 D1 | Wycombe Phoenix | M5 | 70M | 102 |
| MS | 172 | 126 | 1418 Paul Griffiths | 40:07 D1 | Leighton Buzzard AC | M5 | 71M | 101 |
| MS | 174 | 127 | 589 Cathal Gallagher | 40:26 D1 | St Albans Striders | M4D | 30M | 100 |
| MS | 175 | 128 | 577 Andrew Fawcett | 40:30 D1 | Marshall Milton Keynes AC | M4D | 31M | 99 |
| MS | 178 | 129 | 1088 Vadim Sumenkov | 40:35 D1 | Dacorum & Tring AC | M5 | 72M | 98 |
| MS | 179 | 130 | 133 Andy Hickman | 40:35 D1 | Chiltern Harriers | M5D | 8M | 97 |
| MS | 182 | 131 | 126 Matt Higgrave | 40:43 D1 | Chiltern Harriers | M5 | 73M | 96 |
| MS | 185 | 132 | 141 Mike Worsfold | 40:51 D1 | Chiltern Harriers | M4D | 32M | 95 |
| MS | 190 | 133 | 1651 Lee Adams | 41:10 D1 | MK Distance Project | M5 | 74M | 94 |
| MS | 191 | 134 | 656 Dylan Bentley | 41:13 D1 | St Albans Striders | M2D | 20M | 93 |
| MS | 192 | 135 | 1472 Nick Crowther | 41:14 D1 | Gade Valley Harriers | M4D | 33M | 92 |
| MS | 193 | 136 | 456 Martyn Douglas | 41:17 D1 | Redway Runners | M5 | 75M | 91 |
| MS | 194 | 137 | 439 Ian Horner | 41:23 D1 | Redway Runners | M5D | 9M | 90 |
| MS | 195 | 138 | 1056 Benjamin Kenny | 41:25 D1 | Dacorum & Tring AC | M5 | 76M | 89 |
| MS | 196 | 139 | 1324 Nick Harris | 41:27 D1 | Watford Harriers | M4D | 34M | 88 |
| MS | 197 | 140 | 699 Errol Maginley | 41:31 D1 | St Albans Striders | M5D | 10M | 87 |
| MS | 198 | 141 | 449 Neville Rowles | 41:33 D1 | Redway Runners | M5D | 11M | 86 |
| MS | 201 | 142 | 590 Jonathan Bird | 41:38 D1 | St Albans Striders | M4D | 35M | 85 |
| MS | 204 | 143 | 1453 Gareth Tucker | 41:45 D1 | Gade Valley Harriers | M4D | 36M | 84 |
| MS | 207 | 144 | 1693 Andrew Jacobs | 41:51 D1 | MK Distance Project | M4D | 37M | 83 |
| MS | 208 | 145 | 1643 Stuart Fogarty | 41:56 D1 | Tring Running Club | M5D | 12M | 82 |
| MS | 209 | 146 | 330 Alfie Blaber | 41:57 D1 | Marshall Milton Keynes AC | M2D | 21M | 81 |
| MS | 212 | 147 | 431 Dan Hippey | 41:59 D1 | Redway Runners | M4D | 38M | 80 |
| MS | 214 | 148 | 1016 Gareth Clark | 42:00 D1 | Dacorum & Tring AC | M4D | 39M | 79 |
| MS | 215 | 149 | 1063 Steven Russell | 42:01 D1 | Dacorum & Tring AC | M4D | 40M | 78 |
| MS | 216 | 150 | 124 Shaun Fry | 42:01 D1 | Chiltern Harriers | M5 | 77M | 77 |
| MS | 217 | 151 | 1546 Maurice Quirke | 42:02 D1 | Queens Park Harriers | M6D | 1M | 76 |
| MS | 220 | 152 | 1316 Adrian Harwood | 42:04 D1 | Watford Harriers | M5D | 13M | 75 |
| MS | 221 | 153 | 1011 Andrew Fawcett | 42:07 D1 | Dacorum & Tring AC | M5D | 78M | 74 |
| MS | 223 | 154 | 136 Paul McCarthy | 42:08 D1 | Chiltern Harriers | M4D | 41M | 73 |
| MS | 226 | 155 | 1469 Stephen Newing | 42:17 D1 | Gade Valley Harriers | M5 | 79M | 72 |
| MS | 227 | 156 | 1621 Chris Nicholls | 42:19 D1 | Tring Running Club | M5D | 14M | 71 |
| MS | 228 | 157 | 1401 Neil Green | 42:19 D1 | Leighton Buzzard AC | M4D | 42M | 70 |
| MS | 229 | 158 | 1456 James Birnie | 42:24 D1 | Gade Valley Harriers | M4D | 43M | 69 |
| MS | 230 | 159 | 1019 Paul Coleman | 42:28 D1 | Dacorum & Tring AC | M5 | 80M | 68 |
| MS | 231 | 160 | 1552 Matt Peffers | 42:31 D1 | Queens Park Harriers | M5 | 81M | 67 |
| MS | 233 | 161 | 1448 David Goodman | 42:44 D1 | Gade Valley Harriers | M4D | 44M | 66 |
| MS | 234 | 162 | 576 Steve Smith | 42:47 D1 | St Albans Striders | M5D | 15M | 65 |
| MS | 235 | 163 | 1306 Kevin Twomey | 42:51 D1 | Watford Harriers | M5 | 82M | 64 |
| MS | 236 | 164 | 553 Colin Braybrook | 42:58 D1 | St Albans Striders | M5D | 16M | 63 |
| MS | 237 | 165 | 1076 Richard Slack | 43:00 D1 | Dacorum & Tring AC | M4D | 45M | 62 |
| MS | 238 | 166 | 697 Chris Curran | 43:03 D1 | St Albans Striders | M5 | 83M | 61 |
| MS | 239 | 167 | 1313 Derek Walker | 43:04 D1 | Watford Harriers | M5D | 17M | 60 |
| MS | 240 | 168 | 593 Craig Dowie | 43:06 D1 | St Albans Striders | M4D | 46M | 59 |
| MS | 242 | 169 | 1320 Nick White | 43:11 D1 | Watford Harriers | M4D | 47M | 58 |
| MS | 244 | 170 | 459 Roger Hobbs | 43:26 D1 | Redway Runners | M5D | 18M | 57 |
| MS | 245 | 171 | 821 Tony Fitzpatrick | 43:29 D1 | Bedford and County AC | M5D | 19M | 56 |
| MS | 246 | 172 | 1622 Jon Salmon | 43:30 D1 | Tring Running Club | M5D | 20M | 55 |
| MS | 249 | 173 | 557 Martin Halling | 43:53 D1 | St Albans Striders | M6D | 2M | 54 |
| MS | 250 | 174 | 953 Mike Taylor | 43:54 D1 | Wycombe Phoenix | M5D | 21M | 53 |
| MS | 253 | 175 | 328 Ben Miller | 44:06 D1 | Marshall Milton Keynes AC | M4D | 48M | 52 |
| MS | 255 | 176 | 135 Glen Martin | 44:12 D1 | Chiltern Harriers | M4D | 49M | 51 |
| MS | 256 | 177 | 1307 Zac McDonough | 44:15 D1 | Watford Harriers | M5 | 84M | 50 |
| MS | 257 | 178 | 1646 Trevor Lark | 44:23 D1 | Tring Running Club | M6D | 3M | 49 |
| MS | 259 | 179 | 1629 John Manning | 44:32 D1 | Tring Running Club | M6D | 4M | 48 |
| MS | 261 | 180 | 1080 Adrian Marshall | 44:43 D1 | Dacorum & Tring AC | M4D | 50M | 47 |
| MS | 263 | 181 | 1462 Phil Mercer | 44:58 D1 | Gade Valley Harriers | M4D | 51M | 46 |
| MS | 265 | 182 | 1108 Alan Roberts | 45:02 D1 | Vale of Aylesbury AC | M5D | 22M | 45 |
| MS | 268 | 183 | 1304 Cameron Clark | 45:10 D1 | Watford Harriers | M2D | 22M | 44 |
| MS | 269 | 184 | 1107 Trevor Lynch | 45:14 D1 | Vale of Aylesbury AC | M5D | 23M | 43 |
| MS | 270 | 185 | 582 Richard Diney | 45:19 D1 | St Albans Striders | M5D | 24M | 42 |
| MS | 271 | 186 | 1439 Chris Large | 45:19 D1 | Leighton Buzzard AC | M5 | 85M | 41 |
| MS | 272 | 187 | 323 Tim Pearce | 45:23 D1 | Marshall Milton Keynes AC | M4D | 52M | 40 |
| MS | 273 | 188 | 462 Roy Taylor | 45:25 D1 | Redway Runners | M5D | 25M | 39 |
| MS | 276 | 189 | 1628 Kevin Harding | 45:34 D1 | Tring Running Club | M6D | 5M | 38 |
| MS | 277 | 190 | 835 Sean Lang | 45:40 D1 | Bedford and County AC | M5D | 26M | 37 |
| MS | 278 | 191 | 1543 Richard Byrne | 45:43 D1 | Queens Park Harriers | M4D | 53M | 36 |
| MS | 279 | 192 | 1071 Danny Wells | 45:54 D1 | Dacorum & Tring AC | M5 | 86M | 35 |
| MS | 281 | 193 | 1450 Dean Kild | 46:00 D1 | Gade Valley Harriers | M5 | 87M | 34 |
| MS | 282 | 194 | 1534 Peter Reupke | 46:09 D1 | Queens Park Harriers | M5D | 27M | 33 |
| MS | 285 | 195 | 1077 Harry Gillian | 46:35 D1 | Dacorum & Tring AC | M5 | 88M | 32 |
| MS | 286 | 196 | 1610 Rick Ansell | 46:42 D1 | Tring Running Club | M5D | 28M | 31 |
| MS | 288 | 197 | 1312 Kevin Clark | 46:52 D1 | Watford Harriers | M5D | 29M | 30 |
| MS | 289 | 198 | 1017 Simon Whiting | 46:53 D1 | Dacorum & Tring AC | M4D | 54M | 29 |
| MS | 291 | 199 | 595 Mike Trotman | 47:01 D1 | St Albans Striders | M5D | 30M | 28 |
| MS | 292 | 200 | 1642 Sam Whiffen | 47:06 D1 | Tring Running Club | M5 | 89M | 27 |
| MS | 294 | 201 | 1623 Mark Tikarom | 47:20 D1 | Tring Running Club | M5D | 31M | 26 |
| MS | 297 | 202 | 1057 Bill Wylie | 47:25 D1 | Dacorum & Tring AC | M5 | 90M | 25 |
| MS | 299 | 203 | 345 Kelvin Smith | 47:35 D1 | Marshall Milton Keynes AC | M7D | 1M | 24 |
| MS | 302 | 204 | 1061 Philip Pugh | 47:56 D1 | Dacorum & Tring AC | M6D | 6M | 23 |
| MS | 303 | 205 | 1066 John Stevens | 48:02 D1 | Dacorum & Tring AC | M6D | 7M | 22 |
| MS | 304 | 206 | 1527 Adrian Boylan | 48:15 D1 | Queens Park Harriers | M6D | 8M | 21 |
| MS | 305 | 207 | 586 Anthony Bunker | 48:28 D1 | St Albans Striders | M4D | 55M | 20 |
| MS | 308 | 208 | 564 Michael Jack | 48:44 D1 | St Albans Striders | M6D | 9M | 19 |
| MS | 309 | 209 | 1388 Chris Dincock | 48:55 D1 | Leighton Buzzard AC | M4D | 56M | 18 |
| MS | 313 | 210 | 1054 Robert Davies | 49:22 D1 | Dacorum & Tring AC | M4D | 57M | 17 |
| MS | 315 | 211 | 1526 Charles Tatham | 49:27 D1 | Queens Park Harriers | M5D | 32M | 16 |
| MS | 318 | 212 | 1397 Nigel Chesterton | 49:38 D1 | Leighton Buzzard AC | M4D | 58M | 15 |
| MS | 321 | 213 | 577 Andrew Maher | 50:20 D1 | St Albans Striders | M4D | 59M | 14 |
| MS | 322 | 214 | 1012 Ashley Gingell | 50:22 D1 | Dacorum & Tring AC | M5 | 91M | 13 |
| MS | 324 | 215 | 471 Kevin Taylor | 50:55 D1 | Redway Runners | M5D | 33M | 12 |
| MS | 329 | 216 | 1093 Matthew David Stears | 51:43 D1 | Dacorum & Tring AC | M6D | 10M | 11 |
| MS | 331 | 217 | 1315 Graham Mayoh | 52:10 D1 | Watford Harriers | M5D | 34M | 10 |

| | | | | | | | | |
|-----|----|----|------------------------|----------|-----------------------|-----|------|---|
| F15 | 37 | 21 | 719 Keira Fisher | 20:06 D1 | Bedford and County AC | F15 | 21 F | 6 |
| F15 | 40 | 22 | 682 Gabriella Sweeney | 20:26 D1 | St Albans Striders | F15 | 22 F | 5 |
| F15 | 41 | 23 | 519 Violet Scarborough | 20:27 D1 | Redway Runners | F15 | 23 F | 4 |
| F15 | 42 | 24 | 684 Cristina Evagorou | 20:28 D1 | St Albans Striders | F15 | 24 F | 3 |
| F15 | 43 | 25 | 681 Eliza Davies | 20:33 D1 | St Albans Striders | F15 | 25 F | 2 |
| F15 | 45 | 26 | 502 Hannah Walton | 23:35 D1 | Redway Runners | F15 | 26 F | 1 |

Under 13 Girls

| Race | Mob | D1 | No. | Under 13 Girls | Time | Div | Club | Cat | Pos | M/F | Pts |
|------|-----|----|----------------------|----------------|---------------------------|-----|------|-----|-----|-----|-----|
| F13 | 1 | 1 | 1673 Sophie Jacobs | 10:28 D1 | MK Distance Project | F13 | 1 F | 48 | | | |
| F13 | 2 | 2 | 704 Lily Farr | 10:38 D1 | Bedford and County AC | F13 | 2 F | 47 | | | |
| F13 | 7 | 3 | 703 Lyla Danobrega | 11:10 D1 | Bedford and County AC | F13 | 3 F | 46 | | | |
| F13 | 9 | 4 | 17 Zoe Gilbody | 11:18 D1 | Chiltern Harriers | F13 | 4 F | 45 | | | |
| F13 | 10 | 5 | 705 Millie Dunger | 11:19 D1 | Bedford and County AC | F13 | 5 F | 44 | | | |
| F13 | 11 | 6 | 23 Lucy Wilkinson | 11:28 D1 | Chiltern Harriers | F13 | 6 F | 43 | | | |
| F13 | 12 | 7 | 899 Evie Burton | 11:29 D1 | Wycombe Phoenix | F13 | 7 F | 42 | | | |
| F13 | 13 | 8 | 874 Libby Sutton | 11:30 D1 | Wycombe Phoenix | F13 | 8 F | 41 | | | |
| F13 | 14 | 9 | 975 Thea Gray | 11:34 D1 | Dacorum & Tring AC | F13 | 9 F | 40 | | | |
| F13 | 18 | 10 | 21 Olivia Clarke | 11:49 D1 | Chiltern Harriers | F13 | 10 F | 39 | | | |
| F13 | 19 | 11 | 22 Isabel Martin | 11:50 D1 | Chiltern Harriers | F13 | 11 F | 38 | | | |
| F13 | 20 | 12 | 27 Emily Ford | 11:51 D1 | Chiltern Harriers | F13 | 12 F | 37 | | | |
| F13 | 21 | 13 | 1138 Emma Corby | 11:52 D1 | Vale of Aylesbury AC | F13 | 13 F | 36 | | | |
| F13 | 23 | 14 | 1244 Gina Luckhurst | 11:55 D1 | Watford Harriers | F13 | 14 F | 35 | | | |
| F13 | 25 | 15 | 245 Elizabeth Garner | 12:02 D1 | Marshall Milton Keynes AC | F13 | 15 F | 34 | | | |
| F13 | 26 | 16 | 702 Lucy Deller | 12:03 D1 | Bedford and County AC | F13 | 16 F | 33 | | | |
| F13 | 27 | 17 | 1193 Abigail Corby | 12:04 D1 | Vale of Aylesbury AC | F13 | 17 F | 32 | | | |
| F13 | 28 | 18 | 236 Jessica Vaines | 12:05 D1 | Marshall Milton Keynes AC | F13 | 18 F | 31 | | | |
| F13 | 29 | 19 | 19 Savannah Pandya | 12:06 D1 | Chiltern Harriers | F13 | 19 F | 30 | | | |
| F13 | 30 | 20 | 1140 Lucy Cuthbert | 12:10 D1 | Vale of Aylesbury AC | F13 | 20 F | 29 | | | |
| F13 | 31 | 21 | 24 Beth Togneri | 12:14 D1 | Chiltern Harriers | F13 | 21 F | 28 | | | |
| F13 | 33 | 22 | 1251 Lauren Wood | 12:17 D1 | Watford Harriers | F13 | 22 F | 27 | | | |
| F13 | 35 | 23 | 1242 Skye Duffy | 12:19 D1 | Watford Harriers | F13 | 23 F | 26 | | | |
| F13 | 37 | 24 | 289 Jessica Woods | 12:28 D1 | Marshall Milton Keynes AC | F13 | 24 F | 25 | | | |
| F13 | 38 | 25 | 710 Lily Hodgskinson | 12:37 D1 | Bedford and County AC | F13 | 25 F | 24 | | | |
| F13 | 39 | 26 | 992 Nancie Bateson | 12:37 D1 | Dacorum & Tring AC | F13 | 26 F | 23 | | | |
| F13 | 40 | 27 | 242 Amy Wootton | 12:43 D1 | Marshall Milton Keynes AC | F13 | 27 F | 22 | | | |
| F13 | 41 | 28 | 1347 Sophia Watt | 12:47 D1 | Leighton Buzzard AC | F13 | 28 F | 21 | | | |
| F13 | 42 | 29 | 708 Daisy Flemons | 12:47 D1 | Bedford and County AC | F13 | 29 F | 20 | | | |
| F13 | 44 | 30 | 238 Izzy Gregg | 12:50 D1 | Marshall Milton Keynes AC | F13 | 30 F | 19 | | | |
| F13 | 47 | 31 | 1372 Katie Killick | 12:57 D1 | Leighton Buzzard AC | F13 | 31 F | 18 | | | |
| F13 | 48 | 32 | 203 Ella Glass | 12:58 D1 | Marshall Milton Keynes AC | F13 | 32 F | 17 | | | |
| F13 | 49 | 33 | 876 Ivy Uhart | 13:01 D1 | Wycombe Phoenix | F13 | 33 F | 16 | | | |
| F13 | 50 | 34 | 640 Rebecca Cray | 13:03 D1 | St Albans Striders | F13 | 34 F | 15 | | | |
| F13 | 51 | 35 | 237 Emilia Willis | 13:09 D1 | Marshall Milton Keynes AC | F13 | 35 F | 14 | | | |
| F13 | 52 | 36 | 246 Alice O'Leary | 13:10 D1 | Marshall Milton Keynes AC | F13 | 36 F | 13 | | | |
| F13 | 54 | 37 | 948 Lyla Griffin | 13:15 D1 | Wycombe Phoenix | F13 | 37 F | 12 | | | |
| F13 | 55 | 38 | 1346 Harriet Butlin | 13:17 D1 | Leighton Buzzard AC | F13 | 38 F | 11 | | | |
| F13 | 58 | 39 | 947 Mae Burton | 13:27 D1 | Wycombe Phoenix | F13 | 39 F | 10 | | | |
| F13 | 60 | 40 | 945 Georgie Larard | 13:38 D1 | Wycombe Phoenix | F13 | 40 F | 9 | | | |
| F13 | 62 | 41 | 515 Heather Cissell | 13:45 D1 | Redway Runners | F13 | 41 F | 8 | | | |
| F13 | 63 | 42 | 243 Paige Farley | 13:47 D1 | Marshall Milton Keynes AC | F13 | 42 F | 7 | | | |
| F13 | 64 | 43 | 1145 Seren Young | 13:52 D1 | Vale of Aylesbury AC | F13 | 43 F | 6 | | | |
| F13 | 65 | 44 | 1141 Iona Eslemont | 13:55 D1 | Vale of Aylesbury AC | F13 | 44 F | 5 | | | |
| F13 | 66 | 45 | 1194 Nadya Williams | 14:02 D1 | Vale of Aylesbury AC | F13 | 45 F | 4 | | | |
| F13 | 70 | 46 | 97 Isabella King | 14:54 D1 | Chiltern Harriers | F13 | 46 F | 3 | | | |
| F13 | 75 | 47 | 521 Olivia Axford | 15:08 D1 | Redway Runners | F13 | 47 F | 2 | | | |
| F13 | 77 | 48 | 885 Emma Westbrook | 15:42 D1 | Wycombe Phoenix | F13 | 48 F | 1 | | | |

F13 overall after 3 Matches

| | | |
|----|---------------------------|-----|
| 1 | Chiltern Harriers | 589 |
| 2 | Bedford and County AC | 580 |
| 3 | Marshall Milton Keynes AC | 408 |
| 4 | Vale of Aylesbury AC | 386 |
| 5 | Wycombe Phoenix | 386 |
| 6 | Watford Harriers | 382 |
| 7 | St Albans Striders | 237 |
| 8 | Dacorum & Tring AC | 227 |
| 9 | MK Distance Project | 163 |
| 10 | Leighton Buzzard AC | 140 |
| 11 | Redway Runners | 63 |
| 12 | Gade Valley Harriers | |
| 13 | Queens Park Harriers | |
| 14 | Tring Running Club | |

Under 13 Girls' Team

| | | | | | | |
|----|---------------------------|-----|----|----|----|----|
| 1 | Bedford and County AC | 170 | 47 | 46 | 44 | 33 |
| 2 | Chiltern Harriers | 165 | 45 | 43 | 39 | 38 |
| 3 | Marshall Milton Keynes AC | 112 | 34 | 31 | 25 | 22 |
| 4 | Wycombe Phoenix | 111 | 42 | 41 | 16 | 12 |
| 5 | Vale of Aylesbury AC | 103 | 36 | 32 | 29 | 6 |
| 6 | Watford Harriers | 88 | 35 | 27 | 26 | |
| 7 | Dacorum & Tring AC | 63 | 40 | 23 | | |
| 8 | Leighton Buzzard AC | 50 | 21 | 18 | 11 | |
| 9 | MK Distance Project | 48 | 48 | | | |
| 10 | St Albans Striders | 15 | 15 | | | |
| 11 | Redway Runners | 10 | 8 | 2 | | |
| 12 | Gade Valley Harriers | | | | | |
| 13 | Queens Park Harriers | | | | | |
| 14 | Tring Running Club | | | | | |