

Chiltern League 2019-20 - Runners Retreat Awards (best 4)

Senior Men			Ox	MK	Lut	Bed	MK2	Total	
1	1657 George Wheeler	MK Distance Project	3	7	1	5	3	12	MS
2	131 Richard Slade	Chiltern Harriers	8	9	2	3	2	15	MS
3	369 Sam Winters	Marshall Milton Keynes AC	6	17	3	16	5	30	MS
4	2306 Sebastien Cerillo	Windsor, Slough Eton & Hounslow AC	15	19	6	10	18	49	MS
5	825 Andrew Headley	Bedford and County AC	16	22	9	39	6	53	MS
6	1591 Luke Delderfield	Tring Running Club	11	18	13	25	13	55	MS
7	910 Kieran Gilfedder	Wycombe Phoenix	31	37	5	11	10	57	MS
8	443 Genci Pepaj	Redway Runners	14	20	17	20	12	63	MS
9	1393 Rob Elmore	Leighton Buzzard AC	20	27	12	17		76	MS
10	909 David Clark	Wycombe Phoenix	13	28	10	31		82	MS
11	122 Aran Davidson	Chiltern Harriers	27	34	16	27	14	84	MS
12	574 Thomas Halling	St Albans Striders	17	33	18		16	84	MS
13	816 Joe Strange	Bedford and County AC	25	29	32	18	21	93	MS
14	2019 Duncan Lawrence	Headington Road Runners	29	32	34	23	15	99	MS
15	334 Steve Tuttle	Marshall Milton Keynes AC	10	35	28	29		102	MS
16	2308 Simon Millett	Windsor, Slough Eton & Hounslow AC		50	27	21	7	105	MS
17	1062 Rhys Rowlands	Dacorum & Tring AC	30	42	22	15		109	MS
18	824 William Mullins	Bedford and County AC	32	45	7	26		110	MS
19	925 Robert Wright	Wycombe Phoenix	44	26	34	17		121	MS
20	923 Liam Busby	Wycombe Phoenix	36	48	24	44		152	MS
Junior Men			Ox	MK	Lut	Bed	MK2		
1	833 Harry Brodie	Bedford and County AC	1	1	2	1		5	M20
2	815 James Minter	Bedford and County AC	2	3		2	1	8	M20
3	329 Matthew Dicks	Marshall Milton Keynes AC	5	5	4	3	3	15	M20
4	2378 Jed Noblett	Luton AC	4	6	5	6	2	17	M20
5	335 Ewan Forsythe	Marshall Milton Keynes AC	7	4		9	5	25	M20
6	338 Robert Hickman	Marshall Milton Keynes AC	9	9	8	8	4	29	M20
7	1683 Mintu Sidhu	MK Distance Project	11	8		12	10	41	M20
Senior Women			Ox	MK	Lut	Bed	MK2		
1	938 Melanie Wilkins	Wycombe Phoenix	1	2	1	1	1	4	FS
2	326 Elle Roche	Marshall Milton Keynes AC	6	7	2	2	3	13	FS
3	903 Alexandra Cook	Wycombe Phoenix	3	6	4	8	2	15	FS
4	2290 Charlotte Firth	Windsor, Slough Eton & Hounslow AC	5		6	4	4	19	FS
5	327 Alice Ritchie	Marshall Milton Keynes AC	15	11	5	6	6	28	FS
6	1112 Sophie Delderfield	Vale of Aylesbury AC	13		9	9	8	39	FS
7	200 Ellie Bates	Chiltern Harriers	27	22	13	10	7	52	FS
8	187 Bex Nkoane	Chiltern Harriers	18	16		11	11	56	FS
9	2581 Faye Sharpley	Thame Runners	14		17	23	16	70	FS
10	1340 Claire Bentley	Watford Harriers	20	24	15		13	72	FS
11	2439 Helen Mulhall	Bearbrook Running Club	23	26	11		21	81	FS
12	1525 Michelle Maddick	Queens Park Harriers	29	32	20	18	14	81	FS
13	195 Hannah Wardley	Chiltern Harriers	31	28	12		19	90	FS
14	1549 Karima Harris	Queens Park Harriers		33	22	22	27	104	FS
15	2386 Claire McMahon-Adie	Luton AC	24	29	21	31		105	FS
Junior Women			Ox	MK	Lut	Bed	MK2		
1	781 Lucy-Mae Shepherd	Bedford and County AC	3	3	1	2	2	8	F20
2	2285 Morgan Hanson	Windsor, Slough Eton & Hounslow AC	5	2	2	7	5	14	F20
3	3067 Abbie Jones	Maidenhead AC	18	15	5	5	1	26	F20
4	1937 Emily Spencer-Jones	Bracknell AC	14	11	4	9	7	31	F20
5	1831 Ceri Davies	Silson AC	9	9		10	6	34	F20
6	70 Soraya Lockwood	Chiltern Harriers	16	12	6	11	10	39	F20
7	1960 Marie Halliday	Bracknell AC		13	8	12	8	41	F20
8	2182 Lizzie Raymont	Stevenage & North Herts	17	14	9	14	9	46	F20
9	1358 Dana Carter	Leighton Buzzard AC	20	16	10		12	58	F20