

Chiltern League Division 1, 2023-24

Individual Standings After Five Fixtures

(Ranked on best four positions)

After 5			Number	Senior Men	Club	Key	MK	Lut	Wat	Ox	Total	
1	147	Richard Slade			Chiltern Harriers	1		1	1	1	4	
2	250	Matthew Dicks			Marshall Milton Keynes AC	9	4	6	5		24	
3	881	Liam Busby			Wycombe Phoenix	23	18	15	10	9	52	
4	1162	Dougie Moffett			Headington Road Runners	22	25		19	16	82	
5	718	Will Harding			Leighton Buzzard AC	36	20	21		17	94	
6	1165	Sam Garforth			Headington Road Runners	46	39	27	27	7	100	
7	1151	Tom Dobra			Headington Road Runners	33	23	30	29	26	108	
8	265	Steve Tuttle			Marshall Milton Keynes AC	26	28	22	34	35	110	
9	883	Dean Childs			Wycombe Phoenix	29	27	26	30	48	112	
10	502	Douglas Coleman			Dacorum AC		29	29	33	27	118	
11	1296	Matthew Ashby			Gade Valley Harriers	44	33		28	21	126	
12	501	Rhys Rowlands			Dacorum AC	39	35	38	32	28	133	
13	156	Aran Davidson			Chiltern Harriers	32	137	20	16	84	152	
14	1364	Michael Pearce			Buckingham & Stowe	37	37	41			38	153
15	886	Richard Henderson			Wycombe Phoenix	38	60	39		24	161	
16	1415	Ross Langley			Tring Running Club	45	46	46	41	50	178	
17	504	Matt Hamilton			Dacorum AC	48	43	51	81	39	181	
18	841	Mark Baines			Vale of Aylesbury AC	64	107	55	50	31	200	
19	1432	Josh Frewin			Tring Running Club	79	44	32		55	210	
20	720	Sam Dear			Leighton Buzzard AC	43	70	42	71		226	
21	641	Behrooz Moniri			Northampton AC	66	64	66	55	72	251	
22	1140	Philip Riddleston			Watford Harriers		76	60	62	62	260	
23	947	Ethan Collins			Wycombe Phoenix	83	102	79	66	65	293	
24	728	James Lloyd-Knibbs			Leighton Buzzard AC	61	82	74	94	80	297	
25	722	Will Eastman			Leighton Buzzard AC	125	92	53	52		322	
26	889	Dominic Reed			Wycombe Phoenix		84	97	74	74	329	
27	506	Benjamin Kenny			Dacorum AC	76	78	65		116	335	
28	313	Rob Smith			St Albans Striders	97	94	80		71	342	
29	1258	William Shippin			Redway Runners		108	84	61	99	352	
30	146	Jonny Slade			Chiltern Harriers	105	125	101	103	58	367	
31	505	Thomas Mack			Dacorum AC	108	105	93	84		390	
32	1374	Alastair Goodwin			Buckingham & Stowe		122	115	69	107	413	
33	1073	Adam Harris			Bedford and County AC	112	128	109	73	169	422	
34	825	Adam Johnson			Vale of Aylesbury AC	117	145	120		91	473	
35	824	Robin Barrett			Vale of Aylesbury AC	141	144	119	145	177	549	
36	828	Conor Richardson			Vale of Aylesbury AC	173	159	118		114	564	
37	1481	James Spencer			Silson AC	142	181	152	140	136	570	
38	642	Oliver Munns			Northampton AC	148	154	171	134	166	602	
39	890	Alex Tilbury			Wycombe Phoenix	139	163	145	171		618	
40	1237	Adam Savory			Redway Runners	172		151	160	178	661	
41	859	Ben Riley			Vale of Aylesbury AC		193	177	146	167	683	
42	1516	Ollie Meeks			Silson AC	171	184	189		147	691	
43	1305	Simon Morris			Gade Valley Harriers		192	165	157	190	704	
44	1498	Charlie Purr			Silson AC	175	202	168	174		719	
45	160	Neil Bates			Chiltern Harriers	203	224		206	186	819	
46	849	Mark Fallaize			Vale of Aylesbury AC		240	195	190	203	828	
After 5			Number	Over 40 Men	Club	Key	MK	Lut	Wat	Ox	Total	
1	255	Ian Wood			Marshall Milton Keynes AC	19	12	10		8	49	
2	1068	Charlie Palmer			Bedford and County AC	25	14	18	42	12	69	
3	148	Adam Shute			Chiltern Harriers	30	26	24		18	98	
4	1429	Adam Pavey			Tring Running Club	41		31	23	29	124	
5	1243	Genci Pepaj			Redway Runners	31	41	36	39	54	147	
6	936	Derek Lloyd			Wycombe Phoenix	40	40	40	59	33	153	
7	84	James Turner			Chiltern Harriers	55	51	47	57	34	187	
8	507	Ben Beecroft			Dacorum AC	65	54	44	58	37	193	
9	1069	Paul Cooper			Bedford and County AC	49	47	50	49	82	195	
10	1119	Tim Maynard			Watford Harriers	56	53	78	53		240	
11	719	Andy Inchley			Leighton Buzzard AC	67	69		36	69	241	
12	943	Scott Penney			Wycombe Phoenix	78	72	59		36	245	
13	931	David Bray			Wycombe Phoenix		63	54	70	66	253	
14	509	Chris Marriott			Dacorum AC		66	63	48	78	255	
15	1122	Liam Hinshelwood			Watford Harriers	68	77	70	51		266	
16	721	Carl Dalkin			Leighton Buzzard AC	98	100	91	115	86	375	
17	1353	Jimmy James			Buckingham & Stowe	82	99	106		90	377	
18	1226	Chris Lindesay			Redway Runners	86	103	85	106		380	
19	1303	Michael Linden			Gade Valley Harriers	92	127	96	83		398	
20	938	Clark Schofield			Wycombe Phoenix	81	118	102	116	101	400	
21	653	Adil Zbirou Khalouq			Northampton AC	106	104	92		120	422	
22	934	Simon Hart			Wycombe Phoenix	123	150	117	109	102	451	
23	652	Paul Wood			Northampton AC	150	133	130	102	98	463	
24	724	Tim Inchley			Leighton Buzzard AC	109	136		112	108	465	
25	1291	Andrew Wells			Gade Valley Harriers	107	106		143	122	478	
26	1434	Christian Olley			Tring Running Club	126		121	136	104	487	
27	713	James Major			Leighton Buzzard AC	138	139	108	124	118	488	
28	644	James Adams			Northampton AC		129	111	127	126	493	
29	1363	Dan Carpenter			Buckingham & Stowe	116	135	133	126	156	510	
30	1235	Simon Read			Redway Runners	137	142	125	129		533	
31	1294	James Birnie			Gade Valley Harriers	152	156	131	151	117	551	
32	1450	Jerome McAllister			Tring Running Club	124	149	146		138	557	
33	542	Dave Fellowes			Dacorum AC	134	153	142	148	134	558	
34	650	Oliver Pearson			Northampton AC		165	147	137	131	580	
35	154	Ben Hannen			Chiltern Harriers	176	167	162	147	112	588	
36	1298	Stephen Newing			Gade Valley Harriers	156	171	148	141		616	
37	302	Martin Healey			St Albans Striders	170	182	157	153	145	625	
38	1491	Dan Keneally			Silson AC	165	176		152	149	642	
39	558	Matthew Hallissey			Dacorum AC	168	177	197		174	716	
40	522	Stuart Bailey			Dacorum AC	190	188	174		170	722	
41	142	David de Sousa			Chiltern Harriers	164		182	188	192	726	
42	527	Michael Young			Dacorum AC		199	181	187	173	740	
43	1292	Edward Price			Gade Valley Harriers	191	207		183	181	762	
44	312	Mark Stevens			St Albans Striders	212	220		170	184	786	
45	645	Adam Alexander			Northampton AC	200	234	205		194	833	
46	712	Neil Green			Leighton Buzzard AC	218	231	208	218	204	848	

47	649	Steven Martin	Northampton AC	222	238	214	220	212	868	
48	1234	Andrew Collins	Redway Runners	232	252	224	228	210	894	
49	1236	Matthew Cleary	Redway Runners	230	251	223	232	213	898	
After 5 NumberOver 50 Men				Club	Key	MK	Lut	Wat	Ox	Total
1	1166	Fergus Campbell	Headington Road Runners	54	62	57	60	32	203	
2	144	Neil Turner	Chiltern Harriers	73	89	67	67	60	267	
3	1091	Stuart Ingham	Watford Harriers	84	80	71	76		311	
4	525	Simon Townsend	Dacorum AC		111	87	78	76	352	
5	1075	Stuart Still	Bedford and County AC	99	91	83	80	100	353	
6	1480	Simon Woodward	Silson AC	102	114	104	97		417	
7	711	Warren Rose	Leighton Buzzard AC	110	124	112	133	96	442	
8	1156	Richard Skilbeck	Headington Road Runners	127	140	116	105	105	453	
9	1295	Jon Roberts	Gade Valley Harriers	133	134	107	121		495	
10	317	Richard Davis	St Albans Striders	128	130	110	135		503	
11	1360	Jim Darcy	Buckingham & Stowe	149		134	120	106	509	
12	259	Andrew Wasdell	Marshall Milton Keynes AC	135		132	131	121	519	
13	301	Nigel Aston	St Albans Striders	130	152	143	173	150	575	
14	536	Steven Russell	Dacorum AC		162	144	167	143	616	
15	1300	Roland Kendall	Gade Valley Harriers	182	212	149	162	160	653	
16	252	Martin Brent	Marshall Milton Keynes AC	178	185	175	177	144	674	
17	866	Marcus Maxwell	Vale of Aylesbury AC		203	172	161	157	693	
18	151	Glen Martin	Chiltern Harriers	201		184	194	180	759	
19	246	Tim Pearce	Marshall Milton Keynes AC	196	210		193	172	771	
20	138	Ed Wright	Chiltern Harriers		218	194	192	168	772	
21	141	Clive Docwra	Chiltern Harriers	214	223	193	198	188	793	
22	1116	Adrian Harwood	Watford Harriers	206		210	200	195	811	
23	829	Trevor Lynch	Vale of Aylesbury AC	219	219	196	201		835	
24	830	Alan Roberts	Vale of Aylesbury AC	211	221	212	215	201	839	
25	589	Peter Stansbury	Dacorum AC	233	250	222	225	211	891	
After 5 NumberOver 60 Men				Club	Key	MK	Lut	Wat	Ox	Total
1	143	Michael Turney	Chiltern Harriers	96	90	100	87	94	367	
2	1161	Alan Darbyshire	Headington Road Runners	167	174	160	144	142	613	
3	833	Tim Jones	Vale of Aylesbury AC	154	173	153	154		634	
4	1479	Richard Popiel	Silson AC	153	172	158	155		638	
5	1169	Christopher Woodruff	Headington Road Runners		198	173	182	152	705	
6	1358	Rob Lisanti	Buckingham & Stowe	195	201	180	224	175	751	
7	1440	Clive Cohen	Tring Running Club	207	213	201	199		820	
8	314	Colin Braybrook	St Albans Striders	224	236	216	211	189	840	
9	1459	John Manning	Tring Running Club		226	209	205	205	845	
10	1228	Glenn Dickinson	Redway Runners	235	249	217		209	910	
11	1471	Humphrey Marten	Silson AC	236		227	234	214	911	
After 5 NumberUnder 20 Men				Club	Key	MK	Lut	Wat	Ox	Total
1	247	Harry Totton	Marshall Milton Keynes AC	15	6	7	7		35	
2	257	Joshua Edwards	Marshall Milton Keynes AC	58	42	28	22	15	107	
3	639	Joshua Robson	Northampton AC	88	87	48	46	43	224	
After 5 NumberUnder 17 Men				Club	Key	MK	Lut	Wat	Ox	Total
1	1112	Oliver Cooper	Watford Harriers	2	2	1	2	2	7	
2	1040	Theo Beale	Bedford and County AC	7		3	3	1	14	
3	624	Freddie Cushing	Northampton AC	5	3	5	4	3	15	
4	628	Benjamin Westmorland-Alexander	Northampton AC	4	4	6	7	4	18	
5	1034	Oliver Wilson	Bedford and County AC	9	5	8	6	5	24	
6	1051	Isaac Mitchell	Bedford and County AC	14	8	7	5	8	28	
7	1033	Luca Devlin	Bedford and County AC	8	7	9	8		32	
8	1038	Sam Boshier	Bedford and County AC	20	15	10	10	7	42	
9	1035	Daniel Smith	Bedford and County AC	10	11	16	9	13	43	
10	1117	Jenan Craggs	Watford Harriers	21	13	12	13	11	49	
11	1092	James Ingham	Watford Harriers	19	12	15	16	21	62	
12	80	Jack Turner	Chiltern Harriers	32	17	22	18	9	66	
13	629	Daniel Wood	Northampton AC	25	14		14	14	67	
14	1542	Archie Lynch	Vale of Aylesbury AC	24		17	12	15	68	
15	491	Henry Barron	Dacorum AC		20	20	21	20	81	
16	1109	Alessandro Butt	Watford Harriers	33	18	23	23	22	86	
17	1048	Jacob Schuricht	Bedford and County AC	31	19	27	30	24	100	
18	79	Hari Mistry	Chiltern Harriers	34	27	26	25	26	104	
19	985	Tom Jordan	Wycombe Phoenix		22	25	28	30	105	
20	912	Daniel Cogan	Wycombe Phoenix	36	23	29	29	29	110	
21	690	Ash Carter	Leighton Buzzard AC	40	33	31	32	32	128	
After 5 NumberUnder 15 Boys				Club	Key	MK	Lut	Wat	Ox	Total
1	225	Jacque Smith	Marshall Milton Keynes AC	2	1	3	1	2	6	
2	49	Tom Ford	Chiltern Harriers	4	4	2	2	1	9	
3	921	Edward Faulkner	Wycombe Phoenix	3	2	1	4	4	10	
4	42	James Holdsworth	Chiltern Harriers	5	6	15	3	5	19	
5	55	Edward Johnson	Chiltern Harriers	9	13	5	6	3	23	
6	57	Thomas Reynolds	Chiltern Harriers	7	7		5	8	27	
7	48	Charlie Quantrell	Chiltern Harriers	6	11		7	6	30	
8	1049	Harry Scott	Bedford and County AC	10	8	8	8	7	31	
9	471	Lucas Oliver	Dacorum AC	12	10	7	9	9	35	
10	441	Adam Healey	St Albans Striders	15	17	6	12	10	43	
11	227	Morgan Bunn	Marshall Milton Keynes AC	21	16	14	11	11	52	
12	966	Dylan Leigh	Wycombe Phoenix	14	15	10	16		55	
13	221	Harvey Wood	Marshall Milton Keynes AC	16	14	12	15		57	
14	983	Rory Crichton	Wycombe Phoenix	34	20	9	18	16	63	
15	967	Joel Crook	Wycombe Phoenix	17	22	11	49	14	64	
16	814	Joseph Storey	Vale of Aylesbury AC	26		16	27	15	84	
17	1047	Zach Danobrega	Bedford and County AC	32		26	19	17	94	
18	1266	Daniel Lindsay	Redway Runners	33	28	19	23		103	
19	1043	Oliver Coombes	Bedford and County AC	30	31	23	35	20	104	
20	222	Ethan Paris	Marshall Milton Keynes AC	35		25	24	24	108	
21	47	Dylan Rossi	Chiltern Harriers	36	27		25	25	113	
22	880	Lucas Garner	Vale of Aylesbury AC		32	17	38	29	116	
23	971	Leo Bray	Wycombe Phoenix	25	40	36	32	28	121	
24	44	Charlie De Sousa	Chiltern Harriers	37		27	29	30	123	
24	1130	Joseph Brown	Watford Harriers		39	29	28	27	123	
26	621	Jude Nutt	Northampton AC	39	33	30	36		138	
26	811	Digby Martin	Vale of Aylesbury AC	38		35	39	26	138	
28	452	Jacob Burley	St Albans Striders	47	42	31	42	34	149	
29	622	Jamie Thomas	Northampton AC	46	43	32	47	33	154	
30	839	Mikolaj Rozacka	Vale of Aylesbury AC	40	38	34	45		157	
31	620	Gabriel Melczynski	Northampton AC	44		33	48	35	160	

32	969	Adam Heywood	Wycombe Phoenix	48	36	46	31	161		
33	1111	Samuel Knight	Watford Harriers	50	46	41	50	187		
After 5 Number Under 13 Boys				Club	Key	MK	Lut	Wat	Ox	Total
1	463	Oliver McDonald	Dacorum AC	1	1	1	1	4		
2	433	Isaac Gibson-Dunt	St Albans Striders	2	4	2	2	7		
3	954	Finn Hayward	Wycombe Phoenix	3	3	3	3	12		
4	199	James Parker	Marshall Milton Keynes AC	5		5	3	2	15	
5	31	Logan Gaskell	Chiltern Harriers	4	2	4		7	17	
6	196	Alex Salifu	Marshall Milton Keynes AC	6	5	6	4	21		
7	798	Zachary Honour	Vale of Aylesbury AC	8	15	12	5	5	30	
8	610	Oliver Groves	Northampton AC	10	11		11	8	40	
9	418	Edward Goodwin	St Albans Striders	12	16	9	6	43		
9	434	Conor Treloar	St Albans Striders	15	12		10	6	43	
11	425	Guy Russell-Jones	St Albans Striders	11		10	16	10	47	
12	795	Luca Dolan	Vale of Aylesbury AC	19	9	13	7		48	
13	484	Connor Barr	Dacorum AC	17	8	8		17	50	
14	1042	Fraser Williams	Bedford and County AC	20	13	18	9	14	54	
15	1039	Harry Nevzat	Bedford and County AC	21	14		12	16	63	
16	26	Zac Taylor	Chiltern Harriers	23	19	16	13		71	
17	1050	Henry Pyecroft	Bedford and County AC	26	17	25	20	15	77	
18	22	Kit Dixon	Chiltern Harriers	29	20	19	21	19	79	
19	1045	Oliver Henderson	Bedford and County AC	22	18	20	42	20	80	
20	1108	Leonardo Borrill	Watford Harriers	24	24	21	19	29	88	
21	21	Jacob McCall	Chiltern Harriers	28	23	26	22	23	94	
22	1046	Harry Henderson	Bedford and County AC	38	25	23	23	24	95	
23	687	Josh Ineson	Leighton Buzzard AC	25	21	27	26	26	98	
24	20	Isaac McCall	Chiltern Harriers	27	29	24	28		108	
25	793	Peter Cheung	Vale of Aylesbury AC	30	28	57	32	27	117	
26	1126	Jake Mussen	Watford Harriers		33	40	18	35	126	
27	959	Edward Rowe	Wycombe Phoenix	35	35	32	29	32	128	
27	1544	Joe Mercer	Vale of Aylesbury AC	49	22		35	22	128	
29	794	James Clifford	Vale of Aylesbury AC	42	32	30	25		129	
30	613	Leonard Melczynski	Northampton AC	32	34	36	38	30	132	
31	1104	Jacob Renew	Watford Harriers	34		42	28	37	141	
32	197	Afonso Pereira	Marshall Milton Keynes AC	39	37	34	34	40	144	
33	799	George Lloyd	Vale of Aylesbury AC	41	36	41	30	39	146	
34	1285	Luke Jenner	Redway Runners	43	39	38	40	33	150	
35	803	James Rendell	Vale of Aylesbury AC	46	41	39	41	34	155	
36	797	Tom Gaeta	Vale of Aylesbury AC	37	38		44	43	162	
37	903	Sam Feeney	Wycombe Phoenix	54	45	46	39	38	168	
38	1037	Thomas Harper	Bedford and County AC	45	44	45	43	42	174	
39	907	Scott Warner	Wycombe Phoenix	61	51	35	31		178	
40	906	William Penney	Wycombe Phoenix	53	53	44		36	186	
41	804	Theo Rickard	Vale of Aylesbury AC	47	48		46	48	189	
42	802	Jonny Peel	Vale of Aylesbury AC	55	52	47		46	200	
43	608	Lewis Armon	Northampton AC	62	59	49	49	47	204	
44	1055	William Bacon	Bedford and County AC		58	56	50	49	213	
45	1275	Matthew Taylor	Redway Runners	65	60	54	52		231	
46	1274	Robert Taylor	Redway Runners	66	61	55	53		235	
After 5 Number Senior Women				Club	Key	MK	Lut	Wat	Ox	Total
1	1023	Rebecca Murray	Bedford and County AC	1	1	1	1	1	4	
2	254	Imogen King	Marshall Milton Keynes AC	9	3	2	3	8	16	
3	976	Katy Ward	Wycombe Phoenix	10	9	8	7	7	34	
4	1421	Sarah Needleman	Tring Running Club	17	9	12	14	6	41	
5	362	Lily Seach	St Albans Striders		16	14	15	10	55	
6	895	Rebecca Reed	Wycombe Phoenix	16	19	21	11		67	
7	707	Johanna Dear	Leighton Buzzard AC	41	47	18	20	14	93	
8	105	Katie Royals	Chiltern Harriers	22	49	25	23	35	105	
9	113	Fiona Kelleher	Chiltern Harriers	23	31	31	30	25	109	
10	1028	Emma Smith	Bedford and County AC	39	38	32	22	18	110	
11	512	Katy Hamilton	Dacorum AC	20	39	29	31		119	
11	112	Charlotte Docwra	Chiltern Harriers	35	52	35	25	24	119	
13	893	Ana Montgomery	Wycombe Phoenix	36	59		53	15	163	
14	897	Natasha Taylor	Wycombe Phoenix	59		48	61	27	195	
15	1371	Tanya Cronin	Buckingham & Stowe	47	64	44	62	45	198	
16	260	Ella Carey	Marshall Milton Keynes AC	62	77	71	46	56	235	
17	1351	Jessica Goodwin	Buckingham & Stowe	66	89	56	73	48	243	
18	316	Phoebe Baxter	St Albans Striders	64	72	54	57		247	
19	1339	Jenny Stubberfield	Gade Valley Harriers	70	86		80	71	307	
20	554	Sarah Deas	Dacorum AC	84	103	72	105	79	338	
21	656	Laura Bennetts	Northampton AC	93	129	96	130	98	416	
After 5 Number Over 35 Women				Club	Key	MK	Lut	Wat	Ox	Total
1	251	Lara Bromilow	Marshall Milton Keynes AC	2	2		5	2	11	
2	929	Jenny Roberts	Wycombe Phoenix	10	4	5	7	5	21	
3	511	Claire Hallissey	Dacorum AC	8	8	4	10	4	24	
4	1025	Sue Boshier	Bedford and County AC	18	22	16	17	22	73	
5	925	Yolanda Gutteridge	Wycombe Phoenix	27	22	27	11		87	
6	1213	Lucy Ambrose	Headington Road Runners	21	28	26	19	23	89	
7	1137	Helen Macaulay	Watford Harriers		50	34	35	34	153	
7	1209	Maddie Ding	Headington Road Runners		55	33	34	31	153	
9	1325	Kim Morgan	Gade Valley Harriers	34		37	32	60	163	
10	836	Sarah Pearse	Vale of Aylesbury AC	49	70	40	37	42	168	
11	513	Vickie Coleman	Dacorum AC		66	36	47	44	193	
12	664	Linda Thomas	Northampton AC	48	78	53	52	47	200	
13	1223	Sarah Buck	Redway Runners	50	61	46	56	51	203	
14	1328	Victoria Crawley-Wise	Gade Valley Harriers	65	83	55	75	49	244	
15	1218	Kate Sergeant	Headington Road Runners	55	85	60	74		274	
16	708	Amy Inchley	Leighton Buzzard AC	92	84		60	40	276	
17	1338	Robyn Lower	Gade Valley Harriers	88	113	79		73	353	
18	1340	Katie Ellis	Gade Valley Harriers	91	126	97	102	88	378	
19	1333	Kitty Cole	Gade Valley Harriers	95		91	111	96	393	
20	663	Jaclyn Robson	Northampton AC	104	149	111	131	111	457	
21	661	Adriana Melczynska	Northampton AC	115	156	107		112	490	
22	709	Kate Johnson	Leighton Buzzard AC	128	155	113		113	509	
23	1326	Mary McCluskey	Gade Valley Harriers	136	165	122	151	122	531	
24	109	Fiona Calder	Chiltern Harriers	145	172	129	153	121	548	
25	1240	Susannah Quinn	Redway Runners	144	170	130	154	128	556	
26	1229	Emma Wright	Redway Runners	143	167		152	120	582	
After 5 Number Over 45 Women				Club	Key	MK	Lut	Wat	Ox	Total

1	1354	Rachel Cooke	Buckingham & Stowe	14	18	10	13		55	
2	940	Samantha Usher	Wycombe Phoenix	19	23	19	29	20	81	
3	1483	Julie-Ann Hammond	Silson AC	26	24	27	28	19	96	
4	1474	Helen Heley	Silson AC	32	45	38	21	16	107	
5	308	Kate Dixon	St Albans Striders	28	32	30	24	26	108	
6	1327	Teresa Reason	Gade Valley Harriers	25	29		26	41	121	
7	946	Sarah Hayward	Wycombe Phoenix	38	34	28		33	133	
8	702	Liz Peters	Leighton Buzzard AC	57	69	50	50	37	194	
9	1329	Naomi Carey	Gade Valley Harriers	54	53	42	49		198	
10	121	Abigail Askey	Chiltern Harriers		60	39	58	52	209	
11	108	Sylvia Moss	Chiltern Harriers	60	74	52	68	59	239	
12	1366	Debbie Morris	Buckingham & Stowe	61	96	59	70	69	259	
13	342	Luisa Brana	St Albans Striders		82	57	67	64	270	
14	706	Sarah Keane	Leighton Buzzard AC	73	105	62	81	61	277	
15	1324	Claire McDonnell	Gade Valley Harriers	72	101	64	79	63	278	
16	837	Amanda Esslemont	Vale of Aylesbury AC	63	99	68	78		308	
17	1219	Yvonne Morris	Headington Road Runners	71	102		71	65	309	
18	1244	Jane Lee	Redway Runners	82	106	61	89	90	322	
19	561	Louisa Hopper	Dacorum AC	87	125	89	85	81	342	
20	326	Julianne Nightingale	St Albans Striders	85		88	116	84	373	
21	670	Alison Wood	Northampton AC	101	132	93	107	75	376	
22	1330	Sandra Flynn	Gade Valley Harriers	97	119	83	98		397	
23	701	Alison Bell	Leighton Buzzard AC	98	134		115	95	442	
24	1231	Hannah Connelly	Redway Runners	105	130	98	113		446	
25	114	Tamsin Finch	Chiltern Harriers	110	147	105	121	115	451	
26	119	Katherine Jessop	Chiltern Harriers	109	135	104	129	114	456	
27	1027	Emma Coombes	Bedford and County AC	123	146	106	127	103	459	
28	665	Tracey Davis	Northampton AC	122	143	102		94	461	
28	122	Harriet Lemon	Chiltern Harriers		142	103	123	93	461	
30	666	Ruth Fontenla	Northampton AC	141	168	123	138	108	510	
31	531	Joanne Tang	Dacorum AC	134	160	115	146	118	513	
32	1454	Kirsty Barnett	Tring Running Club	135	163	121	150	116	522	
After 5 NumberOver 55 Women				Club	Key	MK	Lut	Wat	Ox	Total
1	249	Debra Brent	Marshall Milton Keynes AC	69	87	58	82	53	262	
2	327	Mandy Attree	St Albans Striders	74	97	67	83	54	278	
3	1502	Jayne Cooper	Silson AC		100	70	87	85	342	
4	107	Miriam Kempson	Chiltern Harriers	89	122	87	119	92	387	
5	868	Victoria Sheldon	Vale of Aylesbury AC		116	95	100	91	402	
6	540	Penny Wallduck	Dacorum AC	113	139	109	124	101	447	
7	1486	Kim Froggitt	Silson AC	116	140	110	125	117	468	
8	1493	Sue Torrance	Silson AC	102	136	100	149		487	
After 5 NumberOver 65 Women				Club	Key	MK	Lut	Wat	Ox	Total
1	1420	Hilary Needleman	Tring Running Club	119	144	108	135		506	
1	869	Sue Barnes	Vale of Aylesbury AC		151	114	137	104	506	
3	875	Heather Fallaize	Vale of Aylesbury AC		162	119	139	110	530	
4	870	Pat Card	Vale of Aylesbury AC		178	136	157	127	598	
After 5 NumberUnder 20 Women				Club	Key	MK	Lut	Wat	Ox	Total
1	477	India Frost	Dacorum AC	3		5	4	9	21	
2	632	Hazel Dalley	Northampton AC	12	18		16	22	68	
3	953	Amy Hogbin	Wycombe Phoenix	19		16	25	20	80	
4	1107	Rebecca Hodges	Watford Harriers	22	22	19	30	24	87	
5	635	Sophie Wood	Northampton AC	24	26	21	37	33	104	
After 5 NumberUnder 17 Women				Club	Key	MK	Lut	Wat	Ox	Total
1	393	Phoebe Gill	St Albans Striders		1	1	1	1	4	
2	234	Madeleine Pearce	Marshall Milton Keynes AC	1	3	2	2	2	7	
3	1009	Lily Farr	Bedford and County AC	2	2	4	3	3	10	
4	62	Emily Ford	Chiltern Harriers	4	5	6	6	6	21	
5	918	Ivy Uhart	Wycombe Phoenix	8	9	8	10	11	35	
6	1110	Gina Luckhurst	Watford Harriers	9	11		14	12	46	
7	475	Phoebe Goss	Dacorum AC	14	17		12	15	58	
8	229	Izzy Gregg	Marshall Milton Keynes AC	13	20	13	21	13	59	
9	60	Lily Jessop-Tranter	Chiltern Harriers	11	13	14	29	23	61	
9	630	Thea Oakey	Northampton AC	16	16	12	18	17	61	
11	67	Roxie Jones	Chiltern Harriers	18	15	10	20		63	
12	236	Holly Lindop	Marshall Milton Keynes AC	30	24	18	19	21	82	
13	1271	Stephanie Underhill	Redway Runners	34	29	23	33	28	113	
13	822	Lucy Cuthbert	Vale of Aylesbury AC	32	28	27	36	26	113	
15	66	Rebecca Lawson	Chiltern Harriers	28	27		34	32	121	
16	1262	Heather Cissell	Redway Runners	37	36	25		29	127	
17	823	Iona Esslemont	Vale of Aylesbury AC		30	29	41	30	130	
18	631	Millie Sharman	Northampton AC	38	33	31	35	35	134	
18	237	Megan Catford	Marshall Milton Keynes AC		34	26	40	34	134	
After 5 NumberUnder 15 Girls				Club	Key	MK	Lut	Wat	Ox	Total
1	212	Sophia Chapman	Marshall Milton Keynes AC	2	2	1	1	1	5	
2	207	Katie Webb	Marshall Milton Keynes AC	1	1		2	4	8	
3	616	Imogen Bennetts	Northampton AC	3	3	3	6	3	12	
4	472	Lily Johnson	Dacorum AC	5	4	4	4	2	14	
5	208	Lauren Webb	Marshall Milton Keynes AC	4	5		3	5	17	
6	203	Olive Geary	Marshall Milton Keynes AC	6	7	2	5	6	19	
7	204	Tabitha Bosley	Marshall Milton Keynes AC	9	8	7	8	7	30	
8	210	Orla Enright	Marshall Milton Keynes AC	10	12		7	8	37	
9	34	Issy Robinson	Chiltern Harriers	7	9	10	10	13	39	
9	215	Libby Freeland	Marshall Milton Keynes AC	11	13	6	9	14	39	
11	1132	Celeste Koyejo	Watford Harriers	8	11	13	11		43	
12	36	Evelyn Wildman	Chiltern Harriers	16	18	9	19	12	55	
13	37	Megan Lockwood	Chiltern Harriers	12	10		24	10	56	
14	206	Ellie Edwards	Marshall Milton Keynes AC	18	19	8	14	18	58	
14	218	Harriet Shaw	Marshall Milton Keynes AC	17	16	10	15	24	58	
16	216	Sofia Butler	Marshall Milton Keynes AC	14	17		17	11	59	
17	214	Natasha Freeland	Marshall Milton Keynes AC	34	15	11	18	29	73	
18	213	Macy Allen	Marshall Milton Keynes AC	20	25	15	28	15	75	
19	1012	Ellie Harper	Bedford and County AC	21	21	16	21	20	78	
20	429	Emma Treloar	St Albans Striders	25	26	14	23	17	79	
21	617	Emily Denton	Northampton AC	24	29	12	20		85	
22	816	Sarah Cintalova	Vale of Aylesbury AC	23	22	18	26		89	
23	453	Annabelle Newman	St Albans Striders	27		17	31	19	94	
24	205	Isabelle Harris	Marshall Milton Keynes AC	33	27	23	22	25	97	
25	1013	Megan Reynolds	Bedford and County AC	35	23	19	33	23	98	
26	415	Elizabeth Lawson	St Albans Striders	29	31	21	38	22	103	

27	32	Lydia Cross	Chiltern Harriers	26	22	35	21	104		
28	217	Lexi O'Leary	Marshall Milton Keynes AC	28	30	20	30	108		
29	473	Catherine Thurgood	Dacorum AC	31	32		27	116		
30	619	Emma McFadian	Northampton AC	42		26	29	129		
31	442	Eliza Nightingale	St Albans Striders	40	39	28	34	131		
32	675	Eve Taylor	Northampton AC		35	30	32	134		
33	689	Cerys Fountain	Leighton Buzzard AC	38	34		36	136		
34	439	Emily Patton	St Albans Striders	30	43	27	37	137		
35	1263	Piper Cissell	Redway Runners	44	36	33	40	142		
36	848	Holly Dennis	Vale of Aylesbury AC	41	34	44	34	153		
37	618	Stephanie Longden	Northampton AC	46	42	31	46	161		
38	219	Olivia Whiting	Marshall Milton Keynes AC	49	44	35	39	167		
39	1011	Sophie Hing	Bedford and County AC	47	45	37	49	170		
After 5 Number Under 13 Girls				Club	Key	MK	Lut	Wat	Ox	Total
1	7	Kara Gorman	Chiltern Harriers	1	1	1	1	4		
2	16	Juliette MacDougall	Chiltern Harriers	2	1	2	2	7		
3	1100	Eimear McGinley	Watford Harriers	3	2		3	11		
4	6	Nia Clarke	Chiltern Harriers	7	4	3	5	16		
5	8	Maya Davis	Chiltern Harriers	4	3		4	17		
6	436	Elodie Smith	St Albans Striders	5		5	6	21		
7	909	Zara Tate	Wycombe Phoenix	11	5	4	9	25		
8	805	Gabriella Cheung	Vale of Aylesbury AC	8	6	11	8	33		
9	185	Tatenda Chesney	Marshall Milton Keynes AC	12	10	7	7	36		
10	1093	Anya Rochester	Watford Harriers	21	9	8	12	43		
11	14	Soraya Roughton	Chiltern Harriers		14	13	13	50		
12	1101	Josie Mansour	Watford Harriers	15	13	9	20	52		
13	189	Nicole Gray	Marshall Milton Keynes AC	23	11	12	18	58		
14	1128	Megan Moore	Watford Harriers		16	10	19	61		
15	12	Annie-Rose Quantrill	Chiltern Harriers	16	30		16	71		
16	15	Holly Knott	Chiltern Harriers	17	21		23	74		
17	186	Pippa Blakemore	Marshall Milton Keynes AC	19	20	17	24	76		
18	9	Carys Jones	Chiltern Harriers	25	18	18		79		
19	187	Serena Quan	Marshall Milton Keynes AC	24	24	15	22	83		
20	1123	Charlotte Swinton	Watford Harriers		25	14	30	90		
21	432	Chloe Allen	St Albans Striders	20	22	30	26	98		
21	486	Heidi King	Dacorum AC	32	26		21	98		
23	420	Maya Jones	St Albans Striders	26	23	25	28	102		
24	809	Tilly Valind	Vale of Aylesbury AC		29	24	29	113		
25	1261	Eleanor Miller	Redway Runners	34	43	22	37	118		
26	190	Maisie Sawford	Marshall Milton Keynes AC	37	36	21	34	119		
27	171	Lily Slinn	Marshall Milton Keynes AC	31		23	41	127		
28	194	Helen Devlin	Marshall Milton Keynes AC	40	34		31	131		
29	1003	Molly Blenkinsopp	Bedford and County AC	33	35	32		134		
29	1014	Martha Jonson arnold	Bedford and County AC	39	40	33	33	134		
31	808	Emma Storey	Vale of Aylesbury AC	29	33	29	47	138		
31	806	Annabelle Harrison	Vale of Aylesbury AC	36	37		35	138		
33	684	Amy Green	Leighton Buzzard AC	41	39	28	39	141		
34	468	Imogen Smith	Dacorum AC	47	38	31	48	143		
35	604	Grace Fontenla	Northampton AC	43	42	42	42	159		
36	1283	Emily Aylett	Redway Runners	42	45	35	44	160		
37	1264	Emily Evans	Redway Runners	46	44	37		164		
38	1260	Elsa Wasdell	Redway Runners	45	49	34	46	166		
39	188	Lily Wood	Marshall Milton Keynes AC	44	47	36	51	170		
40	1270	Eleanor Geaney	Redway Runners	50	48	38	52	178		
41	1280	Jessica Chapman	Redway Runners	52	54	39	54	190		
42	955	Olivia Carpenter-Hanson	Wycombe Phoenix	49	52	41	49	191		
43	1268	Alexa Gooch	Redway Runners	51	53		55	205		