

SCOTT'S TRAVEL MIDWEEK ROAD RACE LEAGUE - DIVISION 1

RACE 4 - Trent Park 10k - Thursday 4th July 2019

| Pos | MEN | Score | Points | Pos | WOMEN | Score | Points |
|-----|--------------------------|-------|--------|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 154 | 6 | 1 | Trent Park Running Club | 57 | 6 |
| 2 | Onion Hamlets | 318 | 5 | 2 | North Herts Road Runners | 110 | 5 |
| 3 | St Albans Striders | 446 | 4 | 3 | St Albans Striders | 182 | 4 |
| 4 | Trent Park Running Club | 550 | 3 | 4 | Onion Hamlets | 202 | 3 |
| 5 | Royston Runners | 580 | 2 | 5 | Royston Runners | 300 | 2 |
| 6 | SAS B' | 900 | 1 | 6 | Garden City Runners | 350 | 1 |
| 7 | Garden City Runners | 907 | 1 | 7 | TPK B' | 455 | 1 |
| 8 | TPK B' | 1,104 | | 8 | SAS B' | 527 | |
| 9 | NHRR B' | 1,220 | | 9 | NHRR B' | 542 | |
| 10 | GRH B' | 1,369 | | 10 | GRH B' | 583 | |
| 11 | SAS C' | 1,508 | | 11 | GCR B' | 688 | |
| 12 | RDV B' | 1,520 | | 12 | SAS C' | 701 | |
| 13 | TPK C' | 1,772 | | 13 | NHRR C' | 800 | |
| 14 | GCR B' | 1,913 | | 14 | GCR C' | 959 | |
| 15 | TPK D' | 2,253 | | 15 | SAS D' | 962 | |
| 16 | SAS D' | 2,246 | | 16 | TPK C' | 976 | |
| 17 | NHRR C' | 2,406 | | 17 | TPK D' | 1,187 | |
| 18 | GCR C' | 2,699 | | 18 | GCR D' | 1,210 | |
| 19 | TPK E' | 2,756 | | | | | |

| Pos | OVERALL | Score | Points |
|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 307 | 11 |
| 2 | Trent Park Running Club | 589 | 9 |
| 3 | Onion Hamlets | 871 | 8 |
| 4 | St Albans Striders | 828 | 6 |
| 5 | Royston Runners | 880 | 4 |
| 6 | Garden City Runners | 1,262 | 2 |

| Pos | VET MEN | Score | Points | Pos | VET WOMEN | Score | Points |
|-----|--------------------------|-------|--------|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 27 | 6 | 1 | Trent Park Running Club | 26 | 6 |
| 2 | Trent Park Running Club | 108 | 5 | 2 | North Herts Road Runners | 53 | 5 |
| 3 | St Albans Striders | 135 | 4 | 3 | North Herts Road Runners | 37 | 4 |
| 4 | Garden City Runners | 138 | 3 | 4 | Garden City Runners | 70 | 3 |
| 5 | Royston Runners | 146 | 2 | 5 | Onion Hamlets | 83 | 2 |
| 6 | Onion Hamlets | 181 | 1 | 6 | SAS B' | 85 | 1 |
| 7 | TPK B' | 227 | | 7 | NHRR B' | 94 | |
| 8 | NHRR B' | 291 | | 8 | GRH B' | 146 | |
| 9 | SAS B' | 309 | | 9 | TPK B' | 150 | |
| 10 | GCR B' | 330 | | 10 | RDV B' | 150 | |
| 11 | RDV B' | 377 | | 11 | NHRR B' | 153 | |
| 12 | TPK C' | 403 | | 12 | GCR B' | 179 | |
| 13 | GRH B' | 424 | | 13 | SAS C' | 197 | |
| 14 | TPK D' | 505 | | 14 | NHRR C' | 200 | |
| 15 | SAS C' | 525 | | 15 | GCR C' | 250 | |
| 16 | NHRR C' | 574 | | 16 | RDV C' | 253 | |
| 17 | TPK E' | 622 | | 17 | GRH C' | 263 | |
| 18 | GCR C' | 622 | | 18 | TPK C' | 265 | |
| 19 | SAS D' | 672 | | 19 | GCR D' | 293 | |
| 20 | TPK D' | 763 | | 20 | TPK D' | 301 | |
| 21 | GCR D' | 789 | | 21 | NHRR D' | 305 | |
| 22 | NHRR D' | 803 | | 22 | SAS E' | 309 | |
| 23 | SAS E' | 892 | | 23 | SAS E' | 386 | |
| 24 | TPK E' | 966 | | 24 | GCR E' | 384 | |
| 25 | GCR E' | 986 | | 25 | TPK E' | 388 | |
| | | | | 26 | SAS F' | 431 | |
| | | | | 27 | NHRR E' | 431 | |
| | | | | 28 | TPK E' | 435 | |
| | | | | 29 | TPK F' | 452 | |
| | | | | 30 | GCR F' | 490 | |
| | | | | 30 | TPK F' | 490 | |

| Pos | OVERALL VETS | Score | Points |
|-----|--------------------------|-------|--------|
| 1 | Trent Park Running Club | 124 | 10 |
| 2 | North Herts Road Runners | 64 | 10 |
| 3 | St Albans Striders | 188 | 9 |
| 4 | Garden City Runners | 208 | 6 |
| 5 | Royston Runners | 240 | 3 |
| 6 | Onion Hamlets | 264 | 2 |

SCOTT'S TRAVEL MIDWEEK ROAD RACE LEAGUE - DIVISION 1

FINAL POSITIONS AFTER RACES

| Pos | MEN | Score | Points | Pos | WOMEN | Score | Points |
|-----|--------------------------|--------|--------|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 842 | 34 | 1 | Trent Park Running Club | 379 | 23 |
| 2 | St Albans Striders | 1,822 | 17 | 2 | North Herts Road Runners | 692 | 19 |
| 3 | Onion Hamlets | 1,816 | 16 | 3 | St Albans Striders | 697 | 17.5 |
| 4 | Trent Park Running Club | 2,048 | 12 | 4 | Onion Hamlets | 919 | 12.5 |
| 5 | Royston Runners | 2,423 | 9 | 5 | Royston Runners | 1,063 | 7 |
| 6 | Garden City Runners | 2,858 | 6 | 6 | Garden City Runners | 1,383 | 5 |
| 7 | SAS B' | 3,728 | | 7 | SAS B' | 1,704 | |
| 8 | TPK B' | 5,100 | | 8 | NHRR B' | 2,037 | |
| 9 | NHRR B' | 5,582 | | 9 | TPK B' | 2,258 | |
| 10 | SAS C' | 5,833 | | 10 | GCR B' | 2,996 | |
| 11 | RDV B' | 6,110 | | 11 | SAS C' | 3,029 | |
| 12 | GCR B' | 6,346 | | 12 | NHRR C' | 3,353 | |
| 13 | TPK C' | 8,111 | | 13 | SAS D' | 3,854 | |
| 14 | SAS D' | 8,178 | | 14 | GCR C' | 4,105 | |
| 15 | NHRR C' | 10,141 | | | | | |
| 16 | GCR C' | 10,320 | | | | | |

| Pos | OVERALL | Score | Points | Winners |
|-----|--------------------------|-------|--------|------------|
| 1 | North Herts Road Runners | 1,524 | 43 | Runners up |
| 2 | Trent Park Running Club | 2,427 | 35 | Runners up |
| 3 | St Albans Striders | 2,269 | 34.5 | |
| 4 | Onion Hamlets | 2,735 | 28.5 | |
| 5 | Royston Runners | 3,708 | 15 | Rellegated |
| 6 | Garden City Runners | 4,181 | 11 | Rellegated |

| Pos | VET MEN | Score | Points | Pos | VET WOMEN | Score | Points |
|-----|--------------------------|-------|--------|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 163 | 24 | 1 | Trent Park Running Club | 102 | 24 |
| 2 | Trent Park Running Club | 417 | 18 | 2 | St Albans Striders | 150 | 19 |
| 3 | St Albans Striders | 461 | 15 | 3 | North Herts Road Runners | 167 | 15 |
| 4 | Garden City Runners | 486 | 14 | 4 | Garden City Runners | 207 | 13 |
| 5 | Royston Runners | 639 | 7 | 5 | Onion Hamlets | 301 | 8.5 |
| 6 | Onion Hamlets | 874 | 6 | 6 | SAS B' | 355 | |
| 7 | NHRR B' | 1,121 | | 7 | Royston Runners | 422 | 4.5 |
| 8 | TPK B' | 1,138 | | 8 | NHRR B' | 444 | |
| 9 | SAS B' | 1,149 | | 9 | TPK B' | 635 | |
| 10 | GCR B' | 1,328 | | 10 | SAS C' | 638 | |
| 11 | RDV B' | 1,649 | | 11 | RDV B' | 702 | |
| 12 | TPK C' | 1,773 | | 12 | GCR B' | 735 | |
| 13 | SAS C' | 1,790 | | 13 | SAS D' | 807 | |
| 14 | TPK D' | 2,227 | | 14 | NHRR C' | 937 | |
| 15 | NHRR C' | 2,237 | | 15 | GCR C' | 1,051 | |
| 16 | GCR C' | 2,329 | | 16 | SAS E' | 1,183 | |
| 17 | SAS D' | 2,490 | | 17 | GCR D' | 1,247 | |
| 18 | TPK E' | 2,791 | | 18 | TPK C' | 1,253 | |
| 19 | NHRR D' | 3,211 | | 19 | NHRR D' | 1,388 | |
| 20 | GCR D' | 3,216 | | 20 | SAS F' | 1,409 | |
| | | | | 21 | GCR E' | 1,499 | |
| | | | | 22 | SAS F' | 1,607 | |
| | | | | 23 | GCR F' | 1,770 | |
| | | | | 24 | GCR F' | 1,909 | |

| Pos | OVERALL VETS | Score | Points |
|-----|--------------------------|-------|--------|
| 1 | Trent Park Running Club | 519 | 42 |
| 2 | North Herts Road Runners | 330 | 39 |
| 3 | St Albans Striders | 611 | 34 |
| 4 | Garden City Runners | 713 | 27 |
| 5 | Onion Hamlets | 1,105 | 14.5 |
| 6 | Royston Runners | 1,081 | 11.5 |

SCOTT'S TRAVEL MIDWEEK ROAD RACE LEAGUE - DIVISION 1

RACE 3 - Chingford 6m - Thursday 20th June 2019

| Pos | MEN | Score | Points | Pos | WOMEN | Score | Points |
|-----|--------------------------|-------|--------|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 230 | 6 | 1 | Trent Park Running Club | 78 | 6 |
| 2 | Onion Hamlets | 720 | 5 | 2 | North Herts Road Runners | 127 | 5 |
| 3 | St Albans Striders | 413 | 4 | 3 | St Albans Striders | 178 | 4 |
| 4 | Trent Park Running Club | 620 | 3 | 4 | Onion Hamlets | 225 | 3 |
| 5 | Royston Runners | 665 | 2 | 5 | Garden City Runners | 341 | 2 |
| 6 | Garden City Runners | 688 | 1 | 6 | CRH B' | 395 | 1 |
| 7 | SAS B' | 941 | | 7 | Royston Runners | 453 | 1 |
| 8 | CRH B' | 1,051 | | 8 | NHRR B' | 471 | |
| 9 | TPK B' | 1,416 | | 9 | SAS B' | 484 | |
| 10 | SAS C' | 1,474 | | 10 | TPK B' | 530 | |
| 11 | RDV B' | 1,586 | | 11 | GCR B' | 720 | |
| 12 | NHRR B' | 1,596 | | 12 | CRH C' | 727 | |
| 13 | GCR B' | 1,713 | | 13 | SAS C' | 820 | |
| 14 | CRH C' | 1,846 | | 14 | NHRR C' | 890 | |
| 15 | SAS D' | 2,089 | | 15 | SAS D' | 1,006 | |
| 16 | TPK C' | 2,197 | | 16 | GCR C' | 1,019 | |
| 17 | GCR C' | 2,674 | | 17 | GCR C' | | |
| 18 | SAS E' | 2,686 | | 18 | SAS E' | | |
| 19 | NHRR C' | 2,702 | | 19 | NHRR C' | | |

| Pos | OVERALL | Score | Points |
|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 307 | 11 |
| 2 | Trent Park Running Club | 679 | 9 |
| 3 | Onion Hamlets | 465 | 8 |
| 4 | St Albans Striders | 891 | 8 |
| 5 | Garden City Runners | 1,030 | 3 |
| 6 | Royston Runners | 1,118 | 3 |

| Pos | VET MEN | Score | Points | Pos | VET WOMEN | Score | Points |
|-----|--------------------------|-------|--------|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 44 | 6 | 1 | Trent Park Running Club | 25 | 6 |
| 2 | St Albans Striders | 85 | 5 | 2 | Garden City Runners | 27 | 5 |
| 3 | Trent Park Running Club | 94 | 4 | 3 | St Albans Striders | 46 | 4 |
| 4 | Onion Hamlets | 141 | 3 | 4 | North Herts Road Runners | 47 | 3 |
| 5 | Garden City Runners | 145 | 2 | 5 | NHRR B' | 58 | 2 |
| 6 | Royston Runners | 179 | 1 | 6 | SAS B' | 92 | 1 |
| 7 | TPK B' | 223 | | 7 | NHRR B' | 116 | |
| 8 | NHRR B' | 289 | | 8 | CRH B' | 129 | 1 |
| 9 | SAS B' | 292 | | 9 | Royston Runners | 129 | 1 |
| 10 | CRH B' | 366 | | 10 | SAS C' | 158 | |
| 11 | RDV B' | 454 | | 11 | TPK B' | 170 | |
| 12 | TPK C' | 411 | | 12 | GCR B' | 179 | |
| 13 | SAS C' | 436 | | 13 | CRH C' | 185 | |
| 14 | GCR B' | 496 | | 14 | RDV B' | 208 | |
| 15 | CRH C' | 506 | | 15 | SAS D' | 247 | |
| 16 | TPK D' | 554 | | 16 | NHRR C' | 254 | |
| 17 | NHRR C' | 605 | | 17 | GCR C' | 254 | |
| 18 | CRH D' | 648 | | 18 | CRH C' | 277 | |
| 19 | SAS D' | 649 | | 19 | GCR D' | 317 | |
| 20 | TPK E' | 707 | | 20 | SAS E' | 357 | |
| 21 | GCR D' | 763 | | 21 | TPK C' | 365 | |
| 22 | CRH D' | 802 | | 22 | SAS F' | 357 | |
| 23 | SAS E' | 814 | | 23 | GCR E' | 368 | |
| 24 | NHRR D' | 817 | | 24 | NHRR D' | 369 | |
| 25 | GCR E' | 906 | | 25 | SAS F' | 384 | |
| | | | | 26 | GCR F' | 443 | |
| | | | | 27 | CRH D' | 462 | |

| Pos | OVERALL VETS | Score | Points |
|-----|--------------------------|-------|--------|
| 1 | Trent Park Running Club | 119 | 10 |
| 2 | North Herts Road Runners | 91 | 9 |
| 3 | St Albans Striders | 9 | 9 |
| 4 | Garden City Runners | 173 | 7 |
| 5 | Onion Hamlets | 199 | 5 |
| 6 | Royston Runners | 207 | 2 |

SCOTT'S TRAVEL MIDWEEK ROAD RACE LEAGUE - DIVISION 1

CUMULATIVE POSITIONS AFTER RACES

| Pos | MEN | Score | Points | Pos | WOMEN | Score | Points |
|-----|--------------------------|-------|--------|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 688 | 18 | 1 | Trent Park Running Club | 522 | 17 |
| 2 | St Albans Striders | 1,176 | 13 | 2 | North Herts Road Runners | 539 | 14 |
| 3 | Onion Hamlets | 1,448 | 11 | 3 | St Albans Striders | 506 | 13.5 |
| 4 | Trent Park Running Club | 1,516 | 9 | 4 | Onion Hamlets | 666 | 9.5 |
| 5 | Royston Runners | 1,843 | 7 | 5 | Royston Runners | 965 | 5 |
| 6 | Garden City Runners | 1,891 | 5 | 6 | Garden City Runners | 1,058 | 4 |
| 7 | SAS B' | 2,423 | | 7 | SAS B' | 1,267 | |
| 8 | TPK B' | 3,956 | | 8 | NHRR B' | 1,495 | |
| 9 | SAS C' | 4,325 | | 9 | TPK B' | 1,873 | |
| 10 | NHRR B' | 4,389 | | 10 | SAS C' | 2,238 | |
| 11 | GCR B' | 4,432 | | 11 | GCR B' | 2,308 | |
| 12 | TPK C' | 4,620 | | 12 | NHRR C' | 2,635 | |
| 13 | SAS D' | 5,952 | | 13 | SAS D' | 2,892 | |
| 14 | TPK D' | 6,339 | | 14 | GCR C' | 3,146 | |
| 15 | GCR C' | 7,627 | | | | | |
| 16 | NHRR C' | 7,735 | | | | | |

| Pos | OVERALL | Score | Points |
|-----|--------------------------|-------|--------|
| 1 | North Herts Road Runners | 1,227 | 32 |
| | | | |