

Thursday 11 June 2020
Hillingdon AC June Virtual 5K Training Race at Ruislip

Pos	Walker	Gender	Age	Time	
1	Rob Thompson	M	29	15. 39	
2	James Laing	M	28	16. 34	
3	Shaun Lazzari	M	31	17. 10	
4	Charlie Edwards	M	22	17. 20	
5	Clive Wickham	M	38	18. 26	
6	Scott Farley	M	48	18. 39	
7	Claire Bentley	F	25	19. 07	
8	Andrew Malyan	M	54	19. 37	
9	Francesco Cirianni	M	53	19. 47	
10	Craig Lowe	M		19. 49	
11	Andy Wood	M	41	19. 53	
12	Paul Leppard	M	41	19. 59	
13	Dave Smith	M	55	20. 03	
14	Kevin McDonald	M	59	20. 12	
15	Iain Betson	M	46	20. 23	
16	Steve Edwards	M	50	20. 25	
17	Steven Ford	M	47	20. 26	
18	Karmen Pardoe	F	50	20. 38	
19	Kirk O'Rourke	M	21	20. 40	
20	Spencer Harding	M	43	20. 53	
21	Suzie Bentley	F		21. 35	
22	Freddie Ford	M	11	21. 46	
23	Ciara Williams	F	28	21. 46	
24	Caroline Ford	F	47	21. 48	
25	John Dobbs	M	59	22. 03	
26	Steve O'Keefe	M	51	22. 31	
27	Melanie Spencer	F	43	22. 43	
28	Sam Hurley	M	21	22. 52	
29	Martin Searle	M	62	23. 01	
30	Paul McCay	M	46	23. 16	
31	Debbie Brown	F	47	23. 33	
32	Zoe Dobbs	F	50	23. 35	
33	Lynn Hyde	F	45	23. 36	
34	Karen Trunkfield	F	50	24. 01	
35	John Bignell	M	68	24. 17	
36	Steve Askew	M	34	24. 20	
37	Stephanie Sungtong	F	53	24. 22	
38	Andy Torrance	M	64	24. 29	
39	Lesley Conway	F	65	24. 58	
40	Anthony Warnakulasuriya	M	33	25. 09	
41	Hollie Ford	F	13	25. 45	
42	John Luscombe	M	46	26. 12	
43	Alison Miller	F	58	26. 29	
44	Bill Harding	M	70	26. 42	
45	Tracey McDonald	F	58	26. 48	
46	Sian McCay	F	43	27. 00	
47	Alan Wells	M	56	28. 18	
48	Lyndsey Browne	F	41	28. 30	
49	James Quinn	M	53	28. 35	
50	Boo Smith	F	58	28. 55	
51	Jackie O'Dowd	F	62	29. 34	
52	Julie Gibson	F	52	29. 58	
53	Graham Wood	M	68	30. 15	
54	Tony Shaw	M	72	30. 28	
55	Charlie Hyde	M	10	30. 41	
56	Mark Hyde	M	54	30. 41	
57	Sharon Talbot	F	55	31. 47	
58	Preena Divecha	F	27	32. 44	
59	Phil Welch	M	72	36. 38	
60	Angela Duncan	F	79	40. 26	
61	Lucy Duncan	W	F	45	44. 30
62	Jess Luscombe	F	53	44. 56	
63	Lee Collett	W	M	39	52. 50
64	Gavin Collett	W	M	53	52. 50

Stay Alert. Control the Virus. Save Lives.
Keep on running!

We are re-opening our Runnersworld stores on Monday 15th June in accordance with government guidelines. We have reconfigured the stores with 2m distance in mind, cleaned and refurbished. We very much look forward to seeing our customers old and new very soon.

Take care, Phil and Jason.