

Thursday 9 July 2020
Hillingdon AC July Virtual 5K Training Race at Ruislip

Pos		Walker	Gender	Age	Time
1	Liam	Holbrook	M	22	16. 33
2	Charlie	Edwards	M	23	17. 30
3	Paul	Leppard	M	41	18. 15
4	Catriona	Paterson	F	31	18. 32
5	Clive	Wickham	M	38	18. 42
6	Francesco	Cirianni	M	53	19. 03
7	Shaun	Lazzari	M	31	19. 09
8	Jen	Harvey	F	32	19. 29
9	Dave	Smith	M	55	19. 30
10	Heather	Paterson	F	31	19. 32
11	Andrew	Malyan	M	54	19. 42
12	Andy	Wood	M	41	20. 03
13	Spencer	Harding	M	43	20. 19
14	Steven	Ford	M	47	20. 35
15	Iain	Betson	M	46	20. 42
16	Karmen	Pardoe	F	51	20. 44
17	Kevin	McDonald	M	59	21. 28
18	Freddie	Ford	M	12	21. 44
19	Caroline	Ford	F	47	21. 56
20	Steve	O'Keefe	M	51	22. 10
21	Steve	Edwards	M	50	22. 15
22	John	Dobbs	M	59	22. 22
23	Sam	Hurley	M	21	22. 39
24	Patrick	Hyde	M	15	22. 43
25	Melanie	Spencer	F	44	22. 49
26	Paul	McCay	M	46	23. 28
27	Hannah	Wells	F	27	23. 30
28	Lynn	Hyde	F	45	23. 46
29	Zoe	Dobbs	F	51	24. 00
30	Martin	Searle	M	62	24. 01
31	Michael	Illing	M	64	24. 22
32	Karen	Trunkfield	F	50	24. 33
33	Jeremy	Cox	M	43	24. 34
34	Andy	Torrance	M	64	24. 58
35	Lesley	Conway	F	65	25. 15
36	Hollie	Ford	F	13	25. 40
37	Ellie	Henderson	F	23	25. 51
38	Anthony	Warnakulasuriya	M	33	25. 58
39	Tracey	McDonald	F	58	26. 08
40	Dan	Spinks	M	46	26. 16
41	Vicky	Brownlee	F	52	26. 16
42	Jon	Leigh	M	54	26. 27
43	Sian	McCay	F	43	26. 44
44	Elisa	Morse	F	52	26. 50
45	Bill	Harding	M	70	27. 02
46	Julie	Gibson	F	52	28. 56
47	Phil	Talbot	M	60	29. 17
48	Alan	Wells	M	56	29. 20
49	Lyndsey	Browne	F	41	30. 21
50	Boo	Smith	F	58	30. 50
51	Sharon	Talbot	F	55	32. 06
52	Tony	Shaw	M	72	32. 06
53	Doug	Milsom	M	81	34. 10
54	Jackie	O'Dowd	F	62	35. 45
55	Carole	McCarthy	F	58	35. 45
56	Lindsay	Hannigan	F	59	35. 45
57	Therese	Doyle	F	51	36. 13
58	Jess	Luscombe	F	53	46. 55

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

Thank you to everyone who has been back to see us at Runnersworld since we've been allowed to reopen. We are working normal opening hours at our Eastcote and Watford stores, no appointment necessary.

Take care
Phil and Jason