

Thursday 22 December 2022
Gavin's Farewell to Coaching 5K at Ruislip

Pos			Finish
1	James	Laing	16 . 21
2	Kallum	Pritchard	16 . 23
3	Kirk	O'Rourke	16 . 31
4	Liam	Holbrook	17 . 15
5	Charlie	Edwards	17 . 40
6	Lee	Parker	17 . 44
7	Finn	Coombe	18 . 38
8	Catriona	Paterson	19 . 04
9	Ryan	Stoddart	19 . 23
10	Dylan	Lewis	19 . 28
11	Hannah	Wells	19 . 43
12	Clara	Higgs	20 . 03
13	Ciara	Williams	20 . 05
14	Steve	Hirons	20 . 26
15	Tashan	Allman	20 . 32
16	James	Shiple	20 . 43
17	Spencer	Harding	20 . 50
18	Patrick	Griffin	20 . 52
19	Paul	Leppard	20 . 52
20	Charlie	Reed	20 . 53
21	Jeremy	Cox	21 . 01
22	Karmen	Pardoe	21 . 07
23	Clive	Wickham	21 . 18
24	James	Manley	21 . 19
25	Nicola	Penty-Alvarez	21 . 28
26	Andrew	Malyan	21 . 32
27	Stuart	Arundel	21 . 40
28	Dave	Smith	21 . 45
29	Iain	Betson	22 . 05
30	Rob	Thompson	22 . 11
31	Kevin	Waterman	22 . 31
32	Sam	Hurley	23 . 08
33	Jack	Edwards	23 . 23
34	Karen	O'Rourke	23 . 41
35	Jason	Steel	24 . 12
36	Dave	Martin	24 . 12
37	Martin	Searle	24 . 32
38	Paul	McCay	24 . 54
39	Zoe	Dobbs	25 . 09
40	Ellie	Henderson	25 . 11
41	Mike	Illing	25 . 16
42	Chloe	Charles	26 . 23
43	Stephanie	Sungtong	28 . 04
44	Karen	Trunkfield	28 . 04
45	Debbie	Brown	28 . 05
46	Mark	Hyde	28 . 26
47	John	Bignell	28 . 40
48	Jeremy	Collis	28 . 46
49	John	Dobbs	29 . 36
50	Jenny	Laing	29 . 52

Pos			Finish
51	Chris	Tasker	30 . 11
52	Andy	Torrance	30 . 58
53	Heather	Davidson	31 . 42
54	Lesley	Conway	32 . 14
55	Lyn	Hyde	32 . 15
56	Vivek	Upadhyay	32 . 23
57	Lucy	Duncan	32 . 32
58	Alan	Wells	33 . 04
59	Sharon	Talbot	34 . 50
60	Tony	Shaw	36 . 48
61	Angela	Duncan	39 . 20
62	Dennis	Carey	47 . 44
63	Christina	Benjamin	47 . 44
64	Steve	Edwards	47 . 44

Officials: Gavin Collett, Phil Welch

Current Group Christmas Handicap

Hcap Pos			Finish	Hcap	Hcap Time
1	Ciara	Williams	20 . 05	11 . 30	31 . 35
2	Kallum	Pritchard	16 . 23	15 . 15	31 . 38
3	Steve	Hirons	20 . 26	11 . 15	31 . 41
4	Jeremy	Cox	21 . 01	10 . 45	31 . 46
5	Patrick	Griffin	20 . 52	11 . 00	31 . 52
6	James	Laing	16 . 21	15 . 45	32 . 06
7	Paul	Leppard	20 . 52	11 . 15	32 . 07
7	Karmen	Pardoe	21 . 07	11 . 00	32 . 07
9	Karen	O'Rourke	23 . 41	8 . 30	32 . 11
10	Andrew	Malyan	21 . 32	10 . 45	32 . 17
10	Martin	Searle	24 . 32	7 . 45	32 . 17
12	Spencer	Harding	20 . 50	11 . 30	32 . 20
13	Sam	Hurley	23 . 08	9 . 30	32 . 38
14	Charlie	Edwards	17 . 40	15 . 00	32 . 40
15	Lee	Parker	17 . 44	15 . 15	32 . 59
16	Dave	Smith	21 . 45	11 . 15	33 . 00
17	Mike	Illing	25 . 16	7 . 45	33 . 01
18	Alan	Wells	33 . 04	0 . 00	33 . 04
19	Iain	Betson	22 . 05	11 . 00	33 . 05
20	Jack	Edwards	23 . 23	9 . 45	33 . 08
21	Paul	McCay	24 . 54	8 . 30	33 . 24
22	John	Dobbs	29 . 36	4 . 00	33 . 36
23	Zoe	Dobbs	25 . 09	8 . 30	33 . 39
24	Chloe	Charles	26 . 23	7 . 45	34 . 08
25	Jason	Steel	24 . 12	11 . 00	35 . 12
26	Rob	Thompson	22 . 11	14 . 30	36 . 41
27	Jeremy	Collis	28 . 46	9 . 00	37 . 46