

SEPTEMBER 2024 TRAINING RACE RESULT

POSITION	ATHLETE	AGE	CLUB	TIME
1	AHMAD BILAL	17	Hillingdon	17:06
2	CONNELL METCALF	20	Hillingdon	17:11
3	KIRK O'ROURKE	25	Hillingdon	19:23
4	TRAVIS BOWCAMBE	34	Hillingdon	19:40
5	RYAN HAMDY	41	Hillingdon	19:40
6	RYAN STODDARD	17	Hillingdon	19:46
7	JEFF SHOTTEN	47	Hillingdon	20:00
8	ALEX GIFFIN	53	Hillingdon	20:05
9	HANNAH LAING	31	Hillingdon	20:09
10	NIKKI PENTY-ALVAREZ	39	Hillingdon	20:19
11	SHAUN BURNS	36	Hillingdon	20:20
12	PATRICK GRIFFIN	55	Hillingdon	20:47
13	ADAM LAING	29	Hillingdon	20:48
14	GARY TAYLOR	60	Dashforfitness	20:54
15	PAUL WILLIAMS	37	Hillingdon	21:04
16	MARCUS SHOTTON	15	Hillingdon	21:32
17	MEL SPENCER	48	Hillingdon	21:45
18	HARRY HOPKINS	29	Hillingdon	21:48
19	CHARLIE EDWARDS	27	Hillingdon	21:49
20	DAVE SMITH	60	Hillingdon	21:52
21	STEPHEN FORD	51	Hillingdon	22:06
22	STEVE EDWARDS	55	Hillingdon	22:10
23	JAMES PEERLESS	40	Hillingdon	22:16
24	AIMEE HORN	47	Hillingdon	22:24
25	SPENCER HARDING	47	Hillingdon	22:26
26	ED HARRISON	49	Hillingdon	22:31
27	MC FERRIS HANNA	32	Hillingdon	22:36
28	CAROLINE FORD	51	Hillingdon	22:51
29	ELLIE HENDERSON	27	Hillingdon	23:05
30	JACK EDWARDS	27	Hillingdon	23:16
31	MICHAEL KNIGHT	15	Hillingdon	23:30
32	ZOE DOBBS	55	Hillingdon	23:36
33	KATIE SAHA	47	Hillingdon	23:43
34	PAUL MCKAY	50	Hillingdon	23:44

35	JASON STEEL	52	Hillingdon	23:52
36	KAREN O'ROURKE	59	Hillingdon	24:05
37	STEPHANIE SUNGJONG	57	Hillingdon	24:27
38	STEPHEN O'KEEFE	55	Hillingdon	24:47
39	MICHAELOR MAYOR	40	Hillingdon	25:25
40	FREYA HOLLINGSWORTH	29	Hillingdon	25:25
41	LOTTE VISSER	32	Hillingdon	25:44
42	TRACEY MCDONALD	62	Hillingdon	25:53
43	KAREN TRUNKFIELD	54	Hillingdon	25:56
44	MIKE ILLING	68	Hillingdon	26:12
45	JOHN BROCKHOUSE	70	Hillingdon	26:31
46	HELEN SMITH	45	Hillingdon	26:49
47	SIAN MCKAY	48	Hillingdon	26:53
48	FANG ZHANG	54	Hillingdon	27:00
49	LIZ HUTCHINSON	63	Hillingdon	27:11
50	LAURA MORRISON	48	Hillingdon	28:03
51	JOHN DOYLE	63	Hillingdon	28:59
52	CHARLOTTE WOOD	34	Hillingdon	29:07
53	ALICE COBURN	33	Hillingdon	29:13
54	JENNY LAING	61	Hillingdon	29:50
55	LES BROUGH	41	Hillingdon	30:09
56	DEBBIE BACON	63	Hillingdon	30:20
57	CANDICE IRVING	49	Hillingdon	31:05
58	ANTHONY SHAW	76	Hillingdon	31:20
59	ALAN WELLS	60	Hillingdon	31:49
60	LUCY DUNCAN	49	Hillingdon	34:17
61	ISHA CHADA	23	Hillingdon	34:38
62	ANGELA DUNCAN	84	Hillingdon	41:18
	Officials: Phil Welch, Gavin Collett, Andy Torrance			