

Thursday 10 April 2025
5K Training Race at Ruislip

Pos	Walker	Club	Gender	Age	Time		
1	James	Laing	Hill	M	33	16. 07	
2	Kirk	O'Rourke	Hill	M	26	16. 18	
3	Liam	Holbrook	Hill	M	26	18. 05	
4	Michael	Mooney	Unatt	M	42	18. 40	
5	Jack	Chubb	Hill	M	40	18. 50	
6	Faisal	Bhatti	Hill	M	31	18. 58	
7	Ryan	Stoddart	Hill	M	18	19. 18	
8	Hannah	Laing	Hill	F	32	19. 24	
9	Kevin	McDonald	Hill	M	64	19. 24	
10	Clara	Higgs	Hill	F	22	19. 47	
11	Jeff	Shotton	Hill	M	47	20. 09	
12	Adam	Laing	Hill	M	30	20. 31	
13	Gary	Taylor	Hill	M	60	20. 46	
14	Dave	Smith	Hill	M	60	21. 32	
15	Melanie	Spencer	Hill	F	48	21. 44	
16	Nikki	Penty Alvarez	Hill	F	39	21. 44	
17	Iain	Betson	Hill	M	51	22. 08	
18	Alan	Tilly	Hill	M	61	22. 18	
19	Brett	Hutchinson	Hill	M	48	22. 26	
20	Aimee	Horn	Hill	F	48	22. 32	
21	Sam	Hurley	Hill	M	26	22. 36	
22	Caroline	Ford	Hill	F	52	22. 59	
23	Jason	Steel	Hill	M	53	23. 10	
24	Katie	Saha	Hill	F	48	23. 28	
25	Katie	Newman	Hill	F	29	23. 29	
26	Michaela	Mayor	Hill	F	40	23. 29	
27	Ben	Holden	Hill	M	28	23. 31	
28	Stephanie	Sungtong	Hill	F	57	23. 34	
29	Matt	Zimmerman	Hill	M	27	23. 38	
30	Lynn	Hyde	Unatt	F	50	23. 40	
31	Zoe	Dobbs	Hill	F	55	23. 43	
32	William	Spencer	Hill	M	20	23. 48	
33	Paul	McCay	Hill	M	51	23. 54	
34	Deepak	Pandiyarajan	Hill	M	49	23. 55	
35	Chloe	Charles	Hill	F	28	24. 38	
36	Alice	Coburn	Hill	F	33	24. 46	
37	Stefan	Lammel	Hill	M	68	24. 53	
38	Tracey	McDonald	Hill	F	63	25. 03	
39	Brian	Richardson	Hill	M	59	25. 24	
40	Steve	Edwards	Hill	M	55	25. 38	
41	John	Brockhouse	Hill	M	70	25. 48	
42	Liz	Hutchison	Hill	F	63	25. 56	
43	Jon	Hedley	Hill	M	41	26. 06	
44	Lesley	Brough	Hill	M	42	26. 12	
45	Martin	Searle	Hill	M	67	26. 23	
46	Jodie	Thompson	Unatt	F	23	26. 38	
47	Sian	McCay	Hill	F	48	26. 45	
48	John	Doyle	Hill	M	68	27. 46	
49	Jenny	Laing	Hill	F	61	28. 10	
50	Laura	Morrison	Hill	F	49	28. 15	
51	Emanuele	Gerlando	Hill	M	38	28. 55	
52	Tony	Dobson	Hill	M	61	29. 33	
53	Alan	Wells	Hill	M	61	31. 35	
54	Lucy	Duncan	Hill	F	50	33. 52	
55	Doug	Milsom	W	Hill	M	85	34. 06
56	Jackie	Harding	Hill	F	42	35. 15	
57	Angela	Duncan	Hill	F	84	42. 26	