

MAY 2025 TRAINING RACE RESULT				
NUMBER	ATHLETE	AGE	CLUB	TIME
1	KIRK O'ROURKE	26	Hillingdon	16:05
2	WILLIAM MIFSUD	19	Hillingdon	17:29
3	RYAN HAMDY	41	Hillingdon	17:46
4	CHARLIE EDWARDS	27	Hillingdon	18:53
5	KEVIN MCDONALD	64	Hillingdon	19:01
6	ALEX GIFFIN	54	Hillingdon	19:09
7	CLARA HIGGS	22	Hillingdon	19:15
8	JEFF SHOTTON	47	Hillingdon	19:24
9	CLIVE WICKHAM	43	Hillingdon	19:38
10	PAUL WOOD	49	Hillingdon	19:39
11	ADAM LAING	30	Hillingdon	20:00
12	PAIGE HARVEY	28	Hillingdon	20:12
13	PATRICK GRIFFIN	56	Hillingdon	20:17
14	ANDY MURPHY	44	Hillingdon	20:25
15	MATT ZIMMERMAN	28	Hillingdon	20:38
16	KATIE NEWMAN	29	Hillingdon	21:20
17	RICHARD JENKINS	55	Hillingdon	21:23
18	JAKE BURCHELL	23	unatt	21:29
19	SPENCER HARDING	48	Hillingdon	21:30
20	KIRSTY O'ROURKE	24	Hillingdon	21:34
21	ED HARRISON	49	Hillingdon	21:36
22	JEREMY COX	48	Hillingdon	21:49
23	SCOTT FARLEY	53	Hillingdon	21:53
24	IAIN BETSON	51	Hillingdon	21:56
25	ALAN TILLY	62	Hillingdon	22:12
26	JESSICA GAFFNEY	21	Hillingdon	22:13
27	HOLLIE FORD	18	Hillingdon	22:16
28	BEN HOLDEN	28	Hillingdon	22:18
29	JASON STEEL	53	Hillingdon	22:47
30	DEEPAK PANDIYARAJAN	49	Hillingdon	23:00

31	LYNN HYDE	50	Hillingdon	23:02
32	STEVEN O'KEEFE	56	Hillingdon	23:26
33	KAREN O'ROURKE	60	Hillingdon	23:57
34	ZOE DOBBS	55	Hillingdon	24:07
35	STEPHANIE SUNGTONG	58	Hillingdon	24:45
36	TRACEY MCDONALD	63	Hillingdon	25:02
37	LIZ HUTCHINSON	63	Hillingdon	25:10
38	STEVE EDWARDS	55	Hillingdon	25:23
39	JOHN BROCKHOUSE	70	Hillingdon	25:32
40	LES BROUGH	42	Hillingdon	25:36
41	MARGARET RYAN	55	Hillingdon	25:55
42	EMANUELE GERLANDO	39	Hillingdon	26:00
43	CHLOE CHARLES	29	Hillingdon	26:07
44	SAM HURLEY	26	Hillingdon	26:08
45	KAREN TRUNKFIELD	55	Hillingdon	26:09
46	STEVE WELLS	69	unatt	26:17
47	SIAN MCKAY	48	Hillingdon	26:26
48	JODIE THOMPSON	23	Hillingdon	26:42
49	EMMA CHARLTON	26	unatt	27:16
50	MARTIN SEARLE	67	Hillingdon	27:16
51	LAURA MORRISON	49	Hillingdon	27:53
52	ALICE COBURN	33	Hillingdon	28:49
53	CAROL MCARTHY	63	Hillingdon	30:46
54	SUZIE TAYLOR	56	unatt	30:49
55	GARY TAYLOR	60	Hillingdon	30:49
56	LUCY DUNCAN	50	Hillingdon	33:19
57	INGE INGABECKER-HANSEN	28	Hillingdon	37:06
58	ANGELA DUNCAN	84	Hillingdon	40:21
Officials: Phil Welch, Andy Torrance				