

JULY 2025 TRAINING RACE RESULT				
POSITION	ATHLETE	AGE	CLUB	TIME
1	JACK CHUBB	40	Hillingdon	18:30
2	TOM SQUIRES	39	Hillingdon	18:54
3	SHAUN BURNS	37	Hillingdon	19:45
4	EDWARD SPENCER	19	Hillingdon	19:59
5	PATRICK GRIFFIN	56	Hillingdon	20:22
6	NIKKI PENTY-ALVAREZ	39	Hillingdon	20:30
7	JAKE BURCHELL	23	unatt	20:45
8	JEFF SHOTTON	48	Hillingdon	20:52
9	ISHAN SHARDA	29	unatt	20:58
10	SPENCER HARDING	48	Hillingdon	21:13
11	RICHARD JENKINS	65	Hillingdon	21:25
12	JESSICA GAFFNEY	22	Hillingdon	21:27
13	ADAM LAING	30	Hillingdon	21:55
14	DAVE SMITH	60	Hillingdon	22:01
15	KIRSTY O'ROURKE	24	Hillingdon	22:21
16	ALAN TILLY	62	Hillingdon	22:30
17	IAIN BETSON	51	Hillingdon	22:36
18	SAM HURLEY	26	Hillingdon	22:39
19	JEREMY COX	48	Hillingdon	22:44
20	MEL SPENCER	49	Hillingdon	22:48
21	JASON STEEL	53	Hillingdon	23:19
22	DEEPAK PANDIYARAJAN	49	Hillingdon	23:40
23	KATIE NEWMAN	30	Hillingdon	23:42
24	LYNN HYDE	50	Hillingdon	23:45
25	STEVE EDWARDS	55	Hillingdon	24:00
26	KAREN O'ROURKE	60	Hillingdon	24:31
27	STEPHANIE SUNGTONG	58	Hillingdon	25:41

28	PAUL MCKAY	51	Hillingdon	25:43
29	JACK EDWARDS	28	Hillingdon	26:11
30	STEVE WELLS	70	Hillingdon	26:19
31	JODIE THOMPSON	23	Hillingdon	26:54
32	LUCAS JOHNSON	22	Hillingdon	27:46
33	SIAN MCKAY	48	Hillingdon	29:17
34	ALICE COBURN	34	Hillingdon	29:20
35	EMMA CHARLTON	26	unatt	29:24
36	JOHN DOYLE	64	Hillingdon	31:38
37	ANDREA CAPERA	37	unatt	36:04
38	ANGELA DUNCAN	84	Hillingdon	44:32
39	BHVANA RAMACHANDRAN	50	Hillingdon	47:43
	Officials: Phil Welch, Andy Torrance			