

## AUGUST 2025 TRAINING RACE RESULT

POSITION	ATHLETE	AGE	CLUB	TIME
1	JAMES LAING	33	Hillingdon	16:44
2	TRAVIS BOWCAMBE	35	Hillingdon	16:58
3	EDWARD SPENCER	19	Hillingdon	19:11
4	MATT ZIMMERMAN	28	Hillingdon	19:36
5	KEVIN MCDONALD	64	Hillingdon	19:40
6	HANNAH LAING	32	Hillingdon	19:45
7	JEFF SHOTTON	48	Hillingdon	19:55
8	ALEX GIFFIN	54	Hillingdon	20:05
9	ISHAN SHARDA	24	Hillingdon	20:27
10	LIAM HOLBROOK	27	Hillingdon	20:28
11	CLARA HIGGS	22	Hillingdon	20:28
12	ADAM LAING	30	Hillingdon	20:30
13	SPENCER HARDING	48	Hillingdon	20:40
14	PAUL WILLIAMS	38	Hillingdon	20:45
15	CLIVE WICKHAM	43	Hillingdon	20:55
16	PATRICK GRIFFIN	56	Hillingdon	21:06
17	JAKE BURCHELL	23	Hillingdon	21:14
18	RICHARD JENKINS	55	Hillingdon	21:16
19	JEREMY COX	48	Hillingdon	21:18
20	AOIFE MOSS	27	Hillingdon	21:19
21	KATIE NEWMAN	30	Hillingdon	21:38
22	ED HARRISON	50	Hillingdon	21:39
23	JESSICA GAFFNEY	22	Hillingdon	21:42
24	IAIN BETSON	52	Hillingdon	21:49
25	KIRSTY O'ROURKE	25	Hillingdon	22:02
26	SAM HURLEY	27	Hillingdon	22:23
27	HOLLIE FORD	18	Hillingdon	23:05
28	WILLIAM SPENCER	21	Hillingdon	23:25
29	KAREN O'ROURKE	60	Hillingdon	23:31
30	PAUL SPENCER	54	Hillingdon	23:38
31	CHARLOTTE GAFFNEY	20	unatt	23:45
32	DEEPAK PANDIYARAJAN	50	Hillingdon	23:53
33	PAUL MCCAY	51	Hillingdon	23:57
34	KATIE SAHA	48	Hillingdon	24:23
35	EMANUELE GERLANDO	39	Hillingdon	24:54

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POSITION	ATHLETE	AGE	CLUB	TIME
36	STEPHANIE SUNGTONG	58	Hillingdon	24:56
37	PETER MILLER	51	unatt	24:58
38	CHAO COX	46	Hillingdon	25:05
39	TRACEY MCDONALD	63	Hillingdon	25:16
40	JODIE THOMPSON	23	Hillingdon	25:17
41	MARGARET RYAN	55	Hillingdon	26:04
42	MIKE ILLING	69	Hillingdon	26:48
43	SIAN MCCAY	49	Hillingdon	27:00
44	STEVE WELLS	70	Hillingdon	27:10
45	EMMA CHARLTON	26	Hillingdon	27:13
46	MARTIN SEARLE	67	Hillingdon	28:14
47	FANG ZHANG	55	Hillingdon	28:33
48	AMBER MARTIN	27	Hillingdon	28:39
49	RUTH COSTELLO	45	Hillingdon	29:20
50	JENNY LAING	62	Hillingdon	29:37
51	KAREN TRUNKFIELD	55	Hillingdon	31:18
52	DOUG MILSOM	86	Hillingdon	33:57
53	ANDREA CAPERA	37	Hillingdon	35:21
54	ANGELA DUNCAN	84	Hillingdon	43:49
	Officials: Phil Welch, Gavin Collett, Andy Torrance, Charlotte Cox, Saffron Dobson			