

APRIL 2024 TRAINING RACE RESULT

POSITION	ATHLETE	AGE	CLUB	TIME
1	JAMES LAING	32	Hillingdon	15:56
2	KALLUM PRITCHARD	31	Hillingdon	16:05
3	FINN COOMBE	19	Hillingdon	17:40
4	FREDDIE FORD	15	Hillingdon	19:19
5	EDWARD SPENCER	17	Hillingdon	19:22
6	RYAN STODDARD	16	Hillingdon	19:44
7	NIKKI PENTY-ALVAREZ	38	Hillingdon	20:05
8	DAN NOLAN	52	Hillingdon	20:12
9	CLIVE WICKHAM	42	Hillingdon	20:41
10	HANNAH LAING	31	Hillingdon	21:03
11	MICHAELOR MAYOR	39	Hillingdon	21:10
12	JEREMY COX	47	Hillingdon	21:12
13	ANDY MURPHY	43	Hillingdon	21:21
14	DAVE SMITH	59	Hillingdon	21:46
15	IAIN BETSON	50	Hillingdon	21:56
16	STEPHEN FORD	51	Hillingdon	22:03
17	MEL SPENCER	47	Hillingdon	22:09
18	JOE WING	31	Hillingdon	22:19
19	STEVE EDWARDS	54	Hillingdon	22:24
20	MARC BRESNAHAN	34	Hillingdon	22:59
21	ELISE DELGRANGE	28	Hillingdon	23:13
22	CAROLINE FORD	51	Hillingdon	23:18
23	KAREN O'ROURKE	59	Hillingdon	23:26
24	PAUL WILLIAMS	36	unatt	23:29
25	PAUL MCKAY	50	Hillingdon	24:07
26	ED HARRISON	48	Hillingdon	24:12
27	ZOE DOBBS	54	Hillingdon	24:15
28	MARTIN SEARLE	66	Hillingdon	24:24
29	EMANUELE GERLANDO	37	Hillingdon	24:40
30	WILLIAM SPENCER	19	Hillingdon	25:01
31	CHAO COX	45	Hillingdon	25:04
32	JASON STEEL	52	Hillingdon	25:14
33	CARON MARSH	49	Hillingdon	25:19
34	PAUL SPENCER	53	Hillingdon	25:33

35	TRACEY MCDONALD	62	Hillingdon	25:43
36	STEPHEN O'KEEFE	55	Hillingdon	25:44
37	LYNN HYDE	49	Hillingdon	26:20
38	ALICE COBURN	32	Hillingdon	27:38
39	LIZ HUTCHINSON	62	Hillingdon	28:08
40	ELISA MORSE	56	Hillingdon	28:12
41	VICKY BROWNLIE	56	Hillingdon	28:19
42	JOHN DOYLE	63	Hillingdon	30:09
43	NITIN DIXIT	57	Hillingdon	31:02
44	DEBBIE BACON	62	Hillingdon	31:12
45	HELEN SMITH	45	Hillingdon	32:30
46	MOLLY TRARAWLEY	28	unatt	32:42
47	DOUG MILSOM	84	Hillingdon	36:52
48	REBECCA WILLIAMS	30	unatt	37:27
49	ANGELA DUNCAN	83	Hillingdon	42:56
DNF	MIKE ILLING	67	Hillingdon	DNF
	Officials: Phil Welch, Andy Torrance, Gavin Collett, Charlotte Cox & Saffron Dobson			