

AUGUST 2024 TRAINING RACE RESULT				
POSITION	ATHLETE	AGE	CLUB	TIME
1	CONNELL METCALF	19	Hillingdon	17:32
2	RYAN MCDONALD	33	Hillingdon	17:56
3	MATT ZIMMERMAN	27	Hillingdon	20:03
4	EDWARD SPENCER	18	Hillingdon	20:09
5	RYAN HAMDY	40	Hillingdon	20:28
6	TRAVIS BOWCAMBE	34	Hillingdon	20:28
7	HANNAH LAING	31	Hillingdon	20:38
8	ANDY WOOD	45	Hillingdon	20:47
9	GARY TAYLOR	60	Dashforfitness	21:07
10	ANDY MURPHY	44	Hillingdon	21:17
11	PAUL WILLIAMS	37	Hillingdon	21:34
12	DAN NOLAN	53	Hillingdon	21:50
13	STEVE EDWARDS	55	Hillingdon	22:11
14	ALAN TILLY	61	Hillingdon	22:17
15	JAMES PEERLESS	40	Hillingdon	22:32
16	MEL SPENCER	48	Hillingdon	22:36
17	JACK EDWARDS	27	Hillingdon	22:38
18	JASON STEEL	52	Hillingdon	22:50
19	ELLIE HENDERSON	27	Hillingdon	22:58
20	STEFAN LAMMEL	68	Hillingdon	23:03
21	KATIE NEWMAN	29	Hillingdon	23:10
22	MC FERRIS HANNA	32	Hillingdon	23:31
23	ED HARRISON	49	Hillingdon	23:41
24	WILLIAM SPENCER	20	Hillingdon	23:59
25	KATIE SAHA	47	unatt	24:03
26	STEPHEN O'KEEFE	55	Hillingdon	24:06
27	KAREN O'ROURKE	59	Hillingdon	24:08
28	CHLOE CHARLES	28	Hillingdon	24:32
29	BEN HOLDEN	28	Hillingdon	24:34
30	CHAO COX	45	Hillingdon	24:37

31	CONOR NOLAN	19	unatt	25:12
32	RUTH COSTELLO	44	Hillingdon	26:52
33	NICOLA TASKER	38	unatt	26:58
34	EMANUELE GERLANDO	38	Hillingdon	27:19
35	HELEN SMITH	45	Hillingdon	27:42
36	FANG ZHANG	54	unatt	27:43
37	LAURA MORRISON	48	unatt	29:41
38	VICKY BROWNLEE	56	Hillingdon	29:48
39	NITIN DIXIT	57	Hillingdon	31:03
40	LES BROUGH	41	Hillingdon	32:50
41	CANDICE IRVING	49	unatt	33:21
42	ISHA CHADA	23	Hillingdon	33:42
43	ANGELA DUNCAN	83	Hillingdon	41:56
DNF	LIAM HOLBROOK	26	Hillingdon	
	Officials: Phil Welch, Gavin Collett, Andy Torrance, Charlotte Cox			