

JULY 2024 TRAINING RACE RESULT

POSITION	ATHLETE	AGE	CLUB	TIME
1	KEVIN MCDONALD	63	Hillingdon	18:44
2	SHAUN BURNS	36	Hillingdon	18:58
3	RYAN HAMDY	40	Hillingdon	19:10
4	JEFF SHOTTON	47	Hillingdon	20:17
5	ADAM LAING	29	Hillingdon	20:19
6	NIKKI PENTY-ALVAREZ	38	Hillingdon	20:43
7	HANNAH LAING	31	Hillingdon	20:58
8	PAUL WILLIAMS	37	Hillingdon	21:43
9	ANDY MURPHY	44	Hillingdon	22:01
10	STEVE EDWARDS	54	Hillingdon	22:24
11	BEN HOLDEN	28	Hillingdon	22:41
12	CAROLINE FORD	51	Hillingdon	22:42
13	JACK EDWARDS	27	Hillingdon	22:50
14	ELLIE HENDERSON	27	Hillingdon	22:57
14	NAYDEN TSANKOV	37	unatt	23:17
16	MCFERRIS HANNA	32	Hillingdon	23:36
17	ED HARRISON	48	Hillingdon	23:46
18	KAREN O'ROURKE	59	Hillingdon	23:49
19	STEPHANIE SUNGJONG	57	Hillingdon	23:59
20	DAVID FORD	61	unatt	24:11
21	JAMES PEELESS	40	Hillingdon	24:20
22	PAUL MCKAY	50	Hillingdon	24:26
23	JASON STEEL	52	Hillingdon	24:47
24	CHLOE CHARLES	28	Hillingdon	24:55
25	MIKE ILLING	68	Hillingdon	25:02
26	TRACEY MCDONALD	62	Hillingdon	25:39
27	FANG ZHANG	54	unatt	27:30
28	ANU PATHAK	32	unatt	28:12
29	DEBBIE BACON	63	Hillingdon	30:37
30	CHARLOTTE WOOD	34	Hillingdon	30:46
31	ANILA FAISAL	46	unatt	31:36
32	LUCY DUNCAN	49	Hillingdon	32:13

JULY 2024 TRAINING RACE RESULT				
POSITION	ATHLETE	AGE	CLUB	TIME
33	ISHA CHADA	23	Hillingdon	32:26
34	ANDREW ROBAK	37	unatt	34:32
35	CHLOE ROBAK	32	unatt	35:10
36	ANGELA DUNCAN	83	Hillingdon	42:46
DNF	DAVE SMITH	59	Hillingdon	
	Officials: Phil Welch, Andy Torrance			