

JUNE 2024 TRAINING RACE RESULT				
POSITION	ATHLETE	AGE	CLUB	TIME
1	JAMES LAING	32	Hillingdon	16:40
2	CATRIONA PATERSON	35	Hillingdon	17:43
3	DANIEL THOMPSON	35	Hillingdon	18:05
4	SHAUN BURNS	36	Hillingdon	18:32
5	HANNAH LAING	31	Hillingdon	20:21
6	ANDY WOOD	45	Hillingdon	20:34
7	NIKKI PENTY-ALVAREZ	38	Hillingdon	20:40
8	PATRICK GRIFFIN	55	Hillingdon	20:41
9	JEREMY COX	47	Hillingdon	21:04
10	ALAN TILLY	61	Hillingdon	21:14
11	MATT ZIMMERMAN	27	Hillingdon	21:18
12	DAVE SMITH	59	Hillingdon	21:28
13	KATIE NEWMAN	29	Hillingdon	21:34
14	SPENCER HARDING	47	Hillingdon	21:34
15	STEPHEN FORD	51	Hillingdon	21:39
16	JAMES PEELESS	39	Hillingdon	22:10
17	CHARLIE EDWARDS	26	Hillingdon	22:27
18	MEL SPENCER	47	Hillingdon	22:29
19	CAROLINE FORD	51	Hillingdon	22:30
20	JACK EDWARDS	26	Hillingdon	23:03
21	JASON STEEL	52	Hillingdon	23:03
22	CONOR NOLAN	19	unatt	23:19
23	CHAO COX	45	Hillingdon	23:23
24	NICK GETTENS	15	Hillingdon	23:25
25	MC FERRIS HANNA	32	Hillingdon	23:25
26	FLORENCE WOOD	17	Hillingdon	23:26
27	STEPHANIE SUNGJONG	57	Hillingdon	23:27

28	KATIE SAHA	47	unatt	23:29
29	KAREN O'ROURKE	59	Hillingdon	23:29
30	LYNN HYDE	49	Hillingdon	23:31
31	ED HARRISON	48	Hillingdon	23:42
32	PAUL MCKAY	50	Hillingdon	24:00
33	HOLLIE FORD	17	Hillingdon	24:12
34	STEPHEN O'KEEFE	55	Hillingdon	24:44
35	CHLOE CHARLES	28	Hillingdon	24:58
36	TRACEY MCDONALD	62	Hillingdon	25:18
37	MIKE ILLING	67	Hillingdon	25:29
38	RUTH COSTELLO	44	Hillingdon	26:22
39	PAUL SPENCER	53	Hillingdon	26:30
40	HELEN SMITH	45	Hillingdon	27:51
41	VICKY BROWNLEE	56	Hillingdon	29:18
42	JOHN DOYLE	63	Hillingdon	29:40
43	JENNY LAING	60	Hillingdon	29:46
44	DEBBIE BACON	62	Hillingdon	30:19
45	NITIN DIXIT	57	Hillingdon	33:15
46	LUCY DUNCAN	49	Hillingdon	33:44
47	ISHA CHADA	23	unatt	36:47
48	DOUG MILSOM	85	Hillingdon	37:36
49	ANGELA DUNCAN	83	Hillingdon	42:00
DNF	EMANUELE GERLANDO	38	Hillingdon	
DNF	FREDDIE FORD	15	Hillingdon	
Officials: Phil Welch, Andy Torrance, Gavin Collett, Charlotte Cox, Saffron Dobson				