

APRIL 2026 TRAINING RACE

POSITION	ATHLETE	AGE	CLUB	TIME
1	HARRY HOPKINS	30	Hillingdon	17:30
2	KIRK O'ROURKE	27	Hillingdon	17:31
3	RYAN HAMDY	42	Hillingdon	18:00
4	PAUL WOOD	50	Hillingdon	18:38
5	MICHAEL MOONEY	43	Hillingdon	19:08
6	ALEX GIFFIN	55	Hillingdon	19:14
7	HANNAH LAING	33	Hillingdon	19:22
8	CLARA HIGGS	23	Hillingdon	19:51
9	CLIVE WICKHAM	44	Hillingdon	19:52
10	NIKKI PENTY-ALVAREZ	40	Hillingdon	20:31
11	DAN NOLAN	54	Hillingdon	20:44
12	SPENCER HARDING	49	Hillingdon	20:49
13	JOE GROGAN	29	Hillingdon	21:03
14	ANDY MURPHY	45	Hillingdon	21:04
15	ANDY WOOD	47	Hillingdon	21:06
16	SHAUN BURNS	38	Hillingdon	21:11
17	KATIE NEWMAN	30	Hillingdon	21:15
18	CHARLOTTE GAFFNEY	21	Hillingdon	21:19
19	CHLOE CHARLES	29	Hillingdon	21:20
20	KIRSTY O'ROURKE	25	Hillingdon	21:21
21	DAVE SMITH	61	Hillingdon	21:30
22	SAM HURLEY	27	Hillingdon	21:33
23	JEREMY COX	49	Hillingdon	21:45
24	MEL SPENCER	49	Hillingdon	21:51
25	IAIN BETSON	52	Hillingdon	21:54
26	STEVE EDWARDS	56	Hillingdon	21:55
27	LUCAS JOHNSON	22	Hillingdon	22:53
28	STEPHEN FORD	53	Hillingdon	22:56
29	ED HARRISON	50	Hillingdon	22:59
30	DEEPAK PANDIYARAJAN	50	Hillingdon	23:06
31	PAUL MCKAY	52	Hillingdon	23:15
32	JOE WING	33	Hillingdon	23:46
33	STEPHEN O'KEEFE	57	Hillingdon	24:01
34	ZOE DOBBS	56	Hillingdon	24:08

35	STEVE WELLS	70	Hillingdon	24:31
36	GRAHAM BRIGHT	49	Hillingdon	24:42
37	WILLIAM SPENCER	21	Hillingdon	24:53
38	PAUL HULL	59	unatt	25:26
39	BRIAN RICHARDSON	60	Hillingdon	25:56
40	SIAN MCKAY	49	Hillingdon	26:22
41	CARAN MARSH	51	Hillingdon	26:28
42	LIZ HUTCHINSON	64	Hillingdon	26:57
43	JOHN DOYLE	65	Hillingdon	26:57
44	RUTH COSTELLO	45	Hillingdon	27:14
45	TREVOR STEEPLES	69	Hillingdon	27:48
46	PETER HUMM	63	Hillingdon	28:51
47	BOB TREASE	81	Hillingdon	29:13
48	JEREMY COLLIS	49	Hillingdon	29:32
49	LENNY CARROLL	50	Hillingdon	30:25
50	ALICE COBURN-SMITH	34	Hillingdon	31:35
51	JOHN HEDLEY	42	Hillingdon	31:35
52	ALAN WELLS	62	Hillingdon	33:11
53	JACKIE HARDING	43	Hillingdon	33:37
54	NINA D'CRUZ	44	Hillingdon	33:39
55	JACKIE O'DOWD	68	Hillingdon	35:43
56	INGE INGABECKER-HANSEN	29	Hillingdon	39:13
57	ANGELA DUNCAN	85	Hillingdon	46:27
DNF	LIAM HOLBROOK			
	Officials: Phil Welch, Gavin Collett, Sharon Talbot, Andy Torrance, Charlotte Cox & Saffron Dobson			