

MAY 2026 TRAINING RACE				
POSITION	ATHLETE	AGE	CLUB	TIME
1	JAMES LAING	34	Hillingdon	16:33
2	HARRY HOPKINS	30	Hillingdon	17:10
3	RYAN HAMDY	42	Hillingdon	18:23
4	KEVIN MCDONALD	65	Hillingdon	19:32
5	ALEX GIFFIN	55	Hillingdon	19:43
6	JEFF SHOTTON	48	Hillingdon	19:50
7	CLARA HIGGS	23	Hillingdon	20:06
8	HANNAH LAING	33	Hillingdon	20:08
9	ANDY MURPHY	45	Hillingdon	20:09
10	ROBERT KING	39	Hillingdon	20:21
11	KIRSTY O'ROURKE	25	Hillingdon	20:29
12	PAUL WILLIAMS	38	Hillingdon	20:38
13	DAN NOLAN	54	Hillingdon	20:38
14	NIKKI PENTY-ALVAREZ	40	Hillingdon	21:05
15	CHLOE CHARLES	30	Hillingdon	21:13
16	RICHARD JENKINS	66	Hillingdon	21:14
17	JACK EDWARDS	28	Hillingdon	21:16
18	ED HARRISON	50	Hillingdon	21:22
19	DAVE SMITH	61	Hillingdon	21:23
20	MATT ZIMMERMAN	29	Hillingdon	21:49
21	MEL SPENCER	49	Hillingdon	22:15
22	KAREN O'ROURKE	61	Hillingdon	22:22
23	PATRICK GRIFFIN	57	Hillingdon	22:25
24	ALAN TILLY	63	Hillingdon	22:30
25	SPENCER HARDING	49	Hillingdon	22:34
26	JOE WING	33	Hillingdon	22:54
27	AIMEE HORN	49	Hillingdon	23:13
28	IAIN BETSON	52	Hillingdon	23:19
29	PAUL MCCAY	52	Hillingdon	23:21
30	LUCAS JOHNSON	23	Hillingdon	23:46
31	JODIE THOMPSON	24	Hillingdon	23:51
32	ANDREW REAPE	37	unatt	24:25
33	CONOR NOLAN	21	unatt	24:29
34	STEVE WELLS	70	Hillingdon	24:33
35	LYNN HYDE	51	Hillingdon	24:51

36	STEPHANIE SUNGTONG	59	Hillingdon	24:59
37	BRIAN RICHARDSON	60	Hillingdon	25:11
38	NIKKI ASHE	54	Hillingdon	25:23
39	ELLIE HENDERSON	29	Hillingdon	25:24
40	LAURA NEWMAN	27	unatt	25:26
41	SIAN MCCAY	49	Hillingdon	25:34
42	TRACEY MCDONALD	64	Hillingdon	26:15
43	EMMA CHARLTON	27	Hillingdon	26:23
44	GRAHAM BRIGHT	49	Hillingdon	26:32
45	HELEN SMITH	47	Hillingdon	27:06
46	LENNY CARROLL	50	Hillingdon	27:17
47	BOB TREASE	81	Hillingdon	28:33
48	JENNY LAING	62	Hillingdon	28:58
49	JULIA ROBINSON	44	unatt	29:07
50	NINA D'CRUZ	44	Hillingdon	29:07
51	PAUL HULL	59	unatt	31:11
52	LUCY DUNCAN	51	Hillingdon	33:31
53	ANGELA DUNCAN	85	Hillingdon	43:44
DNF	ADAM LAING			
Officials: Phil Welch, Gavin Collett, Sharon Talbot & Andy Torrance				