

JUNE 2026 TRAINING RACE				
Position	ATHLETE	AGE	CLUB	TIME
1	JAMES LAING	34	Hillingdon	16:29
2	RYAN HAMDY	42	Hillingdon	17:22
3	TRAVIS BOWCAMBE	36	Hillingdon	18:03
4	ALEX GIFFIN	55	Hillingdon	19:38
5	MATT ZIMMERMAN	29	Hillingdon	19:46
6	KIRSTY O'ROURKE	25	Hillingdon	20:12
7	LIAM HOLBROOK	27	Hillingdon	20:33
8	ADAM LAING	31	Hillingdon	20:43
9	PAUL WILLIAMS	39	Hillingdon	20:45
10	JOE GROGAN	29	Hillingdon	20:50
11	ROBERT KING	39	Hillingdon	20:52
12	JACK EDWARDS	28	Hillingdon	20:52
13	JAMES BRONHAM	36	Hillingdon	20:55
14	CHARLIE EDWARDS	28	Hillingdon	20:58
15	DAVE SMITH	61	Hillingdon	20:59
16	SPENCER HARDING	49	Hillingdon	21:05
17	GABBY NERO	22	Hillingdon	21:10
18	NIKKI PENTY-ALVAREZ	40	Hillingdon	21:48
19	PATRICK GRIFFIN	57	Hillingdon	22:12
20	MEL SPENCER	49	Hillingdon	22:32
21	IAIN BETSON	52	Hillingdon	22:50
22	KAREN O'ROURKE	61	Hillingdon	23:08
23	ANDY MURPHY	46	Hillingdon	23:21
24	WILLIAM SPENCER	21	Hillingdon	23:26
25	MICHAELOR MAYOR	41	Hillingdon	23:38
26	CLIVE WICKHAM	44	Hillingdon	23:40
27	KIRK O'ROURKE	27	Hillingdon	23:40
28	ALAN TILLY	63	Hillingdon	23:55
29	PAUL MCCAY	52	Hillingdon	23:56
30	JODIE THOMPSON	24	Hillingdon	24:00
31	PETER MILLER	52	Hillingdon	24:13

32	RICHARD JENKINS	66	Hillingdon	24:30
33	LYNN HYDE	51	Hillingdon	24:32
34	CAROLINE FORD	53	Hillingdon	24:48
35	GRAHAM BRIGHT	49	Hillingdon	24:56
36	STEVE WELLS	71	Hillingdon	25:02
37	LAURA NEWMAN	27	unatt	25:02
38	KATIE NEWMAN	31	Hillingdon	25:03
39	RUTH COSTELLO	46	Hillingdon	26:01
40	MARTIN SMITH	35	Hillingdon	26:11
41	JOHN DOYLE	69	Hillingdon	26:55
42	GENET HOPKINS	30	unatt	27:23
43	HARRY HOPKINS	30	Hillingdon	27:23
44	JEREMY COLLIS	49	Hillingdon	27:26
45	GERARD MURPHY	55	unatt	27:36
46	HELEN SMITH	47	Hillingdon	28:07
47	SIAN MCCAY	49	Hillingdon	28:08
48	EMMA CHARLTON	27	Hillingdon	28:29
49	JENNY LAING	62	Hillingdon	28:47
50	CHARLOTTE WOOD	36	Hillingdon	29:47
51	ALICE COBURN	34	Hillingdon	29:58
52	LUCY DUNCAN	51	Hillingdon	31:42
53	ANGELA DUNCAN	85	Hillingdon	44:05
	Officials: Phil Welch, Sharon Talbot, Andy Torrance			