

Name	Total Points	Attendance Points	Beaconsfield 5	Pednor 5	Marlow 5	Northala Fields parkrun	Coombe Hill Fell Race	Black Park parkrun	Rickmansworth parkrun	Windsor HM	Dorney Lake 10km
Sian McCay	58	3	19		18	18					
Zoe Dobbs	52	2	25	25							
Karen O'Rourke	52	2			25	25					
Jenny Laing	42	2	21			19					
Jodie Thompson	36	2	17			17					
Ruth Costello	32	2	16			14					
Caron Marsh	25	1	24								
Kathryn Carruthers	25	1			24						
Lesley Conway	25	1				24					
Charlotte Gaffney	24	1	23								
Liz Hutchison	24	1			23						
Stephanie Sungtong	24	1				23					
Deborah Bacon	23	1	22								
Clara Higgs	23	1			22						
Mel Spencer	23	1				22					
Chloe Charles	22	1			21						
Nikki Penty-Alvarez	22	1				21					
Jackie O'Dowd	21	1	20								
Kirsty O'Rourke	21	1			20						
Aimee Horn	21	1				20					
Freya Hollingsworth	20	1			19						
Carole McCarthy	19	1	18								
Chao Cox	17	1				16					
Nina D'Cruz	16	1	15								
Emma Charlton	16	1				15					
Lydia Perks	15	1	14								
Alice Coburn-Smith	14	1	13								
Ellie Henderson	14	1				13					
Charlotte Wood	13	1				12					
Christina Benjamin	12	1				11					

Name	Total Points	Attendance Points	Beaconsfield 5	Pednor 5	Marlow 5	Northala Fields parkrun	Coombe Hill Fell Race	Black Park parkrun	Rickmansworth parkrun	Windsor HM	Dorney Lake 10km
Alex Giffin	119	5	23	23	23	20	25				
David Smith	89	4	25	22	22	16					
Graham Bright	75	5	9	14	18	5	24				
Ed Harrison	69	4	13	18	20	14					
Jeff Shotton	62	3		21	21	17					
Douglas Milsom	49	2		24		23					
Ryan Hamdy	48	2			24	22					
Dan Nolan	44	2	21			21					
Paul McCay	41	3	11		19	8					
Shaun Burns	41	2	24			15					
Charlie Edwards	40	2	18	20							
Andy Murphy	37	2	16	19							
Iain Betson	34	2	19			13					
Sam Hurley	30	3	7	15		5					
Deepak Pandiyarajan	29	2	15			12					
Andy Torrance	28	2	10	16							
John Doyle	26	2	14			10					
Tim McBride	26	1		25							
Charlie Wood	26	1			25						
Tom Squires	26	1				25					
Rob Thompson	25	1				24					
Robert King	24	2		17		5					
Steve Edwards	23	1	22								
Steve Wells	21	1	20								
Nigel Ribeiro	20	1				19					
Harry Hopkins	19	1				18					
Jeremy Cox	18	1	17								
Jason Steel	13	1	12								
Edward Spencer	12	1				11					
Adam Laing	10	1				9					
Simon Perks	9	1	8								
Paul Spencer	8	1				7					
Andy Wood	7	1				6					
Tony Dobson	7	1	6								
William Spencer	6	1				5					
Jeremy Collis	6	1				5					

Beaconsfield 5 Mile Trail Run - 6th April 2026

Race No	Name	Time	Net Time	Category	Cat Pos	Net Cat Pos	Gender	Gen Pos	Net Gender Pos	Club	Age Grade %
430	David SMITH	00:36:04	00:36:02	V60	2	2	Male	44	45	HILLINGDON AC	72.72
20	Zoe DOBBS	00:41:19	00:41:14	V50	6	6	Female	26	26	HILLINGDON AC	71.97
583	Shaun BURNS	00:30:56	00:30:56	SEN	5	5	Male	9	9	HILLINGDON AC	70.47
535	Alex GIFFIN	00:35:31	00:35:28	V50	10	10	Male	35	35	HILLINGDON AC	70.14
567	Caron MARSH	00:46:05	00:45:42	V60	8	8	Female	68	70	HILLINGDON AC	69.44
595	Steve EDWARDS	00:37:22	00:37:17	V50	18	19	Male	60	63	HILLINGDON AC	67.23
300	Dan NOLAN	00:38:05	00:37:31	V50	23	20	Male	76	69	HILLINGDON AC	65.42
62	Charlotte GAFFNEY	00:36:45	00:36:42	SEN	5	5	Female	9	9	HILLINGDON AC	65.07
426	Steve WELLS	00:43:58	00:43:36	V70+	3	3	Male	160	161	HILLINGDON AC	65.00
247	Iain BETSON	00:37:38	00:37:35	V50	20	21	Male	65	70	HILLINGDON AC	64.56
597	Charlie EDWARDS	00:32:27	00:32:26	SEN	7	7	Male	13	13	HILLINGDON AC	64.46
605	Jeremy COX	00:37:25	00:37:22	V40	23	24	Male	62	64	HILLINGDON AC	63.38
529	Deborah BACON	00:52:59	00:52:21	V60	26	27	Female	166	166	HILLINGDON AC	63.28
556	Andy MURPHY	00:36:23	00:36:19	V40	16	16	Male	46	46	HILLINGDON AC	63.17
134	Deepak PANDIYARAJAN	00:38:53	00:38:52	V50	26	26	Male	88	93	HILLINGDON AC	61.48
528	John DOYLE	00:46:12	00:44:48	V60	34	28	Male	189	175	HILLINGDON AC	61.15
575	Jenny LAING	00:53:16	00:52:42	V60	28	28	Female	171	170	HILLINGDON AC	61.00
405	Ed HARRISON	00:39:17	00:39:14	V50	28	28	Male	94	97	HILLINGDON AC	60.85
436	Jason STEEL	00:40:53	00:40:47	V50	38	41	Male	118	123	HILLINGDON AC	60.42
505	Paul MCCAY	00:41:18	00:41:14	V50	42	43	Male	124	129	HILLINGDON AC	58.83
149	Jackie O'DOWD	01:00:55	01:00:11	V60	49	49	Female	270	271	HILLINGDON AC	58.78
409	Sian MCCAY	00:46:05	00:45:32	V40	17	17	Female	70	65	HILLINGDON AC	58.72
310	Carole MCCARTHY	00:58:14	00:57:30	V60	43	43	Female	236	240	HILLINGDON AC	57.57
543	Jodie THOMPSON	00:42:01	00:41:50	SEN	13	13	Female	31	32	HILLINGDON AC	56.92
570	Andy TORRANCE	00:50:48	00:50:15	V60	45	47	Male	228	231	HILLINGDON AC	55.61
431	Graham BRIGHT	00:43:10	00:42:35	V40	40	40	Male	146	147	HILLINGDON AC	54.95
45	Simon PERKS	00:42:58	00:42:07	V40	39	38	Male	144	140	HILLINGDON AC	54.75
564	Ruth COSTELLO	00:47:12	00:46:40	V40	21	21	Female	84	86	HILLINGDON AC	54.74
72	Sam HURLEY	00:42:31	00:41:25	SEN	33	31	Male	138	132	HILLINGDON AC	49.18
55	Nina D'CRUZ	00:53:02	00:51:42	V40	38	36	Female	167	159	HILLINGDON AC	48.25
46	Lydia PERKS	00:50:33	00:49:42	U20	2	2	Female	137	134	HILLINGDON AC	47.81
608	Alice COBURN-SMITH	00:51:35	00:51:01	SEN	45	44	Female	150	147	HILLINGDON AC	46.70
191	Tony DOBSON	00:57:34	00:56:55	V60	61	61	Male	266	267	HILLINGDON AC	45.98

Pednor 5 - 4th May 2026

Race No	Name	TIME	Category	Position	Gender	Gen Pos	Club	Age Grade %
132	Tim MCBRIDE	29:07:00	M40	10	Male	9	Hillingdon AC	78.86
136	Douglas MILSOM	54:24:00	M80	180	Male	121	Hillingdon AC	77.85
67	Alex GIFFIN	32:43:00	M50	30	Male	27	Hillingdon AC	76.67
174	David SMITH	35:42:00	M60	52	Male	47	Hillingdon AC	74.04
42	Zoe DOBBS	40:25:00	F55	106	Female	18	Hillingdon AC	72.45
171	Jeff SHOTTON	33:43:00	M40	38	Male	35	Hillingdon AC	72.34
53	Charlie EDWARDS	32:14:00	SM	27	Male	24	Hillingdon AC	66.13
144	Andrew MURPHY	35:39:00	M40	49	Male	44	Hillingdon AC	64.84
72	Ed HARRISON	37:21:00	M50	75	Male	65	Hillingdon AC	64.44
106	Robert KING	36:06:00	SM	59	Male	53	Hillingdon AC	61.17
184	Andy TORRANCE	46:43:00	M60	157	Male	114	Hillingdon AC	60.97
72	Sam HURLEY	38:28:00	SM	83	Male	71	Hillingdon AC	55.42
15	Graham BRIGHT	43:56:00	M40	134	Male	105	Hillingdon AC	54.32

Marlow 5 - 10th May 2026

Race No	Name	Time	Chip Time	Pos	Category	Cat Pos	Gen Pos	Gender	Team	Age Grade %
572	Karen O'rourke	00:36:31	00:36:18	154	60-69	2	21	Female	Hillingdon AC	86.04
1168	Kathryn Carruthers	00:36:52	00:36:39	163	60-69	3	23	Female	Hillingdon AC	85.22
336	Ryan Hamdy	00:27:55	00:27:53	7	40-49	1	7	Male	Hillingdon AC	80.90
810	Charlie Wood	00:26:33	00:26:33	1	Under 39	1	1	Male	Hillingdon AC	80.35
392	Liz Hutchison	00:42:19	00:41:54	335	60-69	8	73	Female	Hillingdon AC	77.61
299	Alexander Giffin	00:32:06	00:31:50	58	50-59	6	53	Male	Hillingdon AC	77.49
1126	David Smith	00:34:59	00:34:52	121	60-69	8	107	Male	Hillingdon AC	75.81
1083	Clara Higgs	00:32:39	00:32:35	67	Under 39	4	6	Female	Hillingdon AC	74.27
1119	Jeff Shotton	00:32:44	00:32:28	70	40-49	14	64	Male	Hillingdon AC	72.90
152	Chloe Charles	00:34:32	00:34:21	110	Under 39	9	13	Female	Hillingdon AC	70.45
1103	Kirsty O'rourke	00:34:38	00:34:27	112	Under 39	10	14	Female	Hillingdon AC	70.25
372	Freya Hollingsworth	00:35:26	00:35:15	136	Under 39	13	17	Female	Hillingdon AC	68.65
343	Eddie Harrison	00:35:52	00:35:45	145	40-49	34	127	Male	Hillingdon AC	67.32
508	Paul Mccay	00:38:05	00:37:52	198	50-59	37	166	Male	Hillingdon AC	64.61
509	Sian Mccay	00:42:53	00:42:28	368	40-49	16	93	Female	Hillingdon AC	63.46
1097	Graham Bright	00:41:56	00:41:15	316	40-49	55	250	Male	Hillingdon AC	57.86

Northala Fields parkrun - 23rd May 2026

Name	Time	Pos	Category	Gen Pos	Gender	Team	Age Grade %
Karen O'Rourke	22:19	37	60-64	3	Female	Hillingdon AC	86.93
Tom Squires	16:43	2	40-44	2	Male	Hillingdon AC	81.66
Rob Thompson	16:14	1	35-39	1	Male	Hillingdon AC	81.21
Douglas Milsom	32:20	209	85-89	154	Male	Hillingdon AC	80.88
Ryan Hamdy	17:36	4	40-44	4	Male	Hillingdon AC	78.69
Dan Nolan	19:41	13	55-59	13	Male	Hillingdon AC	78.07
Alex Giffin	19:58	16	55-59	16	Male	Hillingdon AC	76.96
Nigel Ribeiro	19:13	8	50-54	8	Male	Hillingdon AC	76.76
Harry Hopkins	16:55	3	30-34	3	Male	Hillingdon AC	76.45
Lesley Conway	29:53	174	70-74	37	Female	Hillingdon AC	75.74
Stephanie Sungtong	25:01	85	55-59	7	Female	Hillingdon AC	75.42
Jeff Shotton	19:21	10	45-49	10	Male	Hillingdon AC	75.02
Mel Spencer	22:16	35	45-49	2	Female	Hillingdon AC	74.40
David Smith	21:56	33	60-64	31	Male	Hillingdon AC	73.78
Nikki Penty-Alvarez	20:56	28	40-44	1	Female	Hillingdon AC	73.09
Shaun Burns	18:34	5	35-39	5	Male	Hillingdon AC	72.44
Aimee Horn	23:33	57	45-49	5	Female	Hillingdon AC	70.35
Ed Harrison	21:36	30	50-54	29	Male	Hillingdon AC	68.29
Iain Betson	22:28	40	50-54	36	Male	Hillingdon AC	66.69
Deepak Pandiyarajan	22:18	36	50-54	33	Male	Hillingdon AC	66.14
Edward Spencer	19:45	14	20-24	14	Male	Hillingdon AC	65.99
Jenny Laing	30:12	178	60-64	39	Female	Hillingdon AC	65.18
John Doyle	27:31	135	65-69	112	Male	Hillingdon AC	63.36
Adam Laing	20:44	27	30-34	27	Male	Hillingdon AC	62.54
Paul McCay	24:02	65	50-54	59	Male	Hillingdon AC	62.34
Sian McCay	26:12	109	45-49	12	Female	Hillingdon AC	62.23
Paul Spencer	25:58	84	55-59	76	Male	Hillingdon AC	61.55
Jodie Thompson	24:04	66	20-24	6	Female	Hillingdon AC	61.50
Andy Wood	25:17	71	45-49	64	Male	Hillingdon AC	59.30
Graham Bright	25:25	96	45-49	86	Male	Hillingdon AC	57.57
Chao Cox	28:31	153	45-49	28	Female	Hillingdon AC	56.81
Emma Charlton	26:36	118	25-29	16	Female	Hillingdon AC	55.64
William Spencer	23:26	55	20-24	50	Male	Hillingdon AC	55.26
Ruth Costello	29:08	163	45-49	32	Female	Hillingdon AC	55.03
Sam Hurley	23:41	59	25-29	53	Male	Hillingdon AC	54.47
Jeremy Collis	27:04	125	45-49	-	Male	Hillingdon AC	54.06
Robert King	26:12	110	35-39	96	Male	Hillingdon AC	51.72
Ellie Henderson	29:15	164	25-29	33	Female	Hillingdon AC	50.60
Charlotte Wood	32:10	206	35-39	47	Female	Hillingdon AC	46.64
Christina Benjamin	48:41	335	35-39	129	Female	Hillingdon AC	30.71

Coombe Hill Fell Race - 7th June 2026

Name	Time	Pos	Category	Gender	Team	Age Grade %
Alexander Giffin	36:47	50	V50	M	Hillingdon	59.08
Graham Bright	48:43	141	V40	M	Hillingdon	42.49