

**Tuesday 30 June 2026**

**Wilkie Miles at King's College track, Ruislip**

**Race One - Estimated Over 6:00**

Pos	Forename	Surname	Club	Gender	Age	Time
1	David	Smith	Hill	M	61	6 . 11.3
2	Jason	Steel	Hill	M	54	6 . 17.7
3	Patrick	Griffin	Hill	M	57	6 . 19.0
4	Iain	Betson	Hill	M	52	6 . 20.6
5	Katie	Newman	Hill	F	31	6 . 30.9
6	Melanie	Spencer	Hill	F	49	6 . 32.6
7	Jessica	Gaffney	Hill	F	23	6 . 32.9
8	Paul	McCay	Hill	M	52	6 . 35.8
9	Jodie	Thompson	Hill	F	24	6 . 36.4
10	Peter	Miller	Hill	M	52	6 . 55.4
11	Jet	Hamdy	Hill	M	10	7 . 02.2
12	Aryanya	SR	Hill	F	8	7 . 12.1
13	Paul	Spencer	Hill	M	55	7 . 13.5
14	Steve	Wells	Hill	M	71	7 . 17.8
15	Zoe	Dobbs	Hill	F	56	7 . 20.3
16	Chao	Cox	Hill	F	47	7 . 22.8
17	Jeremy	Cox	Hill	M	49	7 . 28.4
18	Ellie	Henderson	Hill	F	29	7 . 28.8
19	Nina	D'Cruz	Hill	F	43	7 . 57.4
20	Andy	Torrance	Hill	M	70	8 . 13.8
21	Bob	Trease	Hill	M	81	8 . 25.7
22	John	Brockhouse	Hill	M	71	8 . 43.3

**Race Two - Estimated Under 6:00**

Pos	Forename	Surname	Club	Gender	Age	Time
1	Charlie	Reed	Hill	M	16	4 . 39.5
2	James	Laing	Hill	M	34	4 . 40.2
3	Luke	Sery	Hill	M	16	4 . 42.6
4	Connell	Metcalf	Hill	M	21	4 . 58.0
5	Ryan	Hamdy	Hill	M	42	5 . 02.1
6	Jack	Kerr	Hill	M	15	5 . 04.6
7	Josh	Hounsell	Hill	M	15	5 . 10.5
8	Mason	Hamdy	Hill	M	15	5 . 13.0
9	Charlie	Edwards	Hill	M	29	5 . 13.5
10	Neil	Kirkham	Hill	M	40	5 . 19.6
11	Adam	Laing	Hill	M	31	5 . 29.0
12	Alex	Giffin	Hill	M	55	5 . 30.6
13	Edward	Spencer	Hill	M	19	5 . 31.2
14	Freddie	Wright	Hill	M	14	5 . 34.5
15	Alistair	Burton	Hill	M	14	5 . 36.0
16	Devan	Daurka	Hill	M	15	5 . 38.3
17	Andrew	Murphy	Hill	M	46	5 . 50.0
18	Terry	Mackin	Unatt	M	52	6 . 00.7
19	Jack	Edwards	Hill	M	28	6 . 01.3
20	Noah	Jones	Hill	M	13	6 . 07.5
21	Steve	Hirons	Hill	M	62	6 . 11.2
22	Ava	O'Sullivan	Hill	F	15	6 . 13.4
23	Aleah	Salehi-Reyhani	Hill	F	12	6 . 20.7
24	Cara	Trainor	Hill	F	14	6 . 39.7
25	Thea	Lewis	Hill	F	15	6 . 49.5

**Race Three - Mile Relay**

Pos	Team	Finish
1	K	3 . 59.7
2	G	4 . 16.4
3	C	4 . 25.8
4	I	4 . 41.6
5	E	4 . 43.4
6	J	4 . 54.6
7	F	5 . 13.7
8	B	5 . 17.5
9	D	5 . 35.0
10	H	6 . 04.7
11	A	6 . 24.0

Leg	Forename	Surname	Club	Gender	Age	Time
1	Luke	Sery	Hill	M	16	59.6
2	Jack	Kerr	Hill	M	15	59.6
3	Josh	Hounsell	Hill	M	15	62.2
4	Charlie	Reed	Hill	M	16	58.3
1	Mason	Hamdy	Hill	M	15	62.0
2	Freddie	Wright	Hill	M	14	61.9
3	Devan	Daurka	Hill	M	15	67.1
4	Alistair	Burton	Hill	M	14	65.4
1	Kallum	Pritchard	Hill	M	33	65.0
2	Ryan	Hamdy	Hill	M	42	61.7
3	Kallum	Pritchard	Hill	M	33	69.8
4	Ryan	Hamdy	Hill	M	42	69.3
1	Paul	Spencer	Hill	M	55	73.7
2	Aleah	Salehi-Reyhani	Hill	F	12	77.2
3	Ava	O'Sullivan	Hill	F	15	70.9
4	Edward	Spencer	Hill	M	19	59.8
1	Paul	McCay	Hill	M	52	80.3
2	Neil	Kirkham	Hill	M	40	71.6
3	Charlie	Edwards	Hill	M	29	68.8
4	Connell	Metcalf	Hill	M	21	62.7
1	Jack	Edwards	Hill	M	28	76.3
2	Jason	Steel	Hill	M	54	71.6
3	Alex	Giffin	Hill	M	55	72.1
4	Terry	Mackin	Unatt	M	52	74.6
1	Jenny	Laing	Hill	F	62	100.8
2	Jodie	Thompson	Hill	F	24	81.8
3	Adam	Laing	Hill	M	31	68.3
4	James	Laing	Hill	M	34	62.8
1	Katie	Newman	Hill	F	31	83.5
2	Patrick	Griffin	Hill	M	57	83.0
3	Andrew	Murphy	Hill	M	46	71.5
4	Jessica	Gaffney	Hill	F	23	79.5
1	David	Smith	Hill	M	61	79.5
2	Andy	Torrance	Hill	M	70	95.3
3	Iain	Betson	Hill	M	52	77.7
4	Steve	Hirons	Hill	M	62	82.5
1	Noah	Jones	Hill	M	13	74.1
2	Jet	Hamdy	Hill	M	10	80.7
3	Aryanya	SR	Hill	F	8	95.1
4	Edwin	Pritchard	Hill	M	6	114.8
1	Zoe	Dobbs	Hill	F	56	101.2
2	Ellie	Henderson	Hill	F	29	90.9
3	Chao	Cox	Hill	F	47	97.8
4	Jeremy	Cox	Hill	M	49	94.1

**Race Four - Watchless Guess Your Time Mile**

Pos	Forename	Surname	Diff	Finish	Estimate
1	Peter	Miller	0.1	7 . 44.9	7 . 45
2	James	Laing	0.6	5 . 59.4	6 . 00
3	Jessica	Gaffney	2.9	8 . 29.1	8 . 32
4	Luke	Sery	3.2	8 . 02.2	7 . 59
4	Josh	Hounsell	3.2	8 . 03.2	8 . 00
6	Katie	Newman	3.7	8 . 03.7	8 . 00
7	Ryan	Hamdy	4.4	6 . 45.6	6 . 50
8	Paul	Spencer	4.5	7 . 34.5	7 . 30
8	Paul	McCay	4.5	8 . 04.5	8 . 00
10	Bob	Trease	4.9	8 . 35.1	8 . 40
11	Steve	Wells	6.2	8 . 07.2	8 . 01
12	Patrick	Griffin	8.3	7 . 58.3	7 . 50
13	Charlie	Edwards	8.4	6 . 38.4	6 . 30
14	Steve	Hirons	9.0	6 . 54.0	6 . 45
15	Edward	Spencer	10.5	8 . 38.5	8 . 28
16	Ellie	Henderson	11.8	8 . 33.2	8 . 45
17	Adam	Laing	12.1	8 . 32.1	8 . 20
18	David	Smith	12.4	7 . 54.4	7 . 42
19	Jodie	Thompson	14.4	7 . 45.6	8 . 00
20	Melanie	Spencer	15.3	7 . 45.3	7 . 30
21	Jeremy	Cox	23.9	9 . 13.9	8 . 50
22	Andrew	Murphy	26.3	7 . 46.3	7 . 20
23	Iain	Betson	29.6	7 . 44.6	7 . 15
24	Chao	Cox	31.1	8 . 31.1	8 . 00

Officials - Gavin Collett, Sharon Talbot, Phil Welch

Thursday 9 July 2026 - 5K Training Race at Ruislip, 6.40pm start

Thursday 13 August 2026 - 5K Training Race at Ruislip, 6.40pm start

Tuesday 1 September 2026 - Devil Takes the Hindmost

at Rochester Road, Northwood Hills, 7.00pm start

Thursday 10 September 2026 - 5K Training Race at Ruislip, 6.40pm start