

Year	First Man			First Woman			Finishers
	Name	Club	Time	Name	Club	Time	
1966	Roger Cressy	Hill	15.41				
1967	Mike Beevor	Herc W	15.07				
1968	Brian Bacon	Read	15.36				
1969	Stu Buchanan	Hill	14.58				
1970	Maurice Wands	Hill	15.32				
1971	Stu Buchanan	Hill	14.49				
1972	Stu Buchanan	Hill	15.22				
1973	John Abberton	Poly	15.46				
1974	John Abberton	Poly	15.40				
1975	John Abberton	Poly	15.17				
1976							
1977	Lee Benjamin	Hill	15.29				70
1978	Lee Benjamin	Hill	15.36	Barbara Burns	Hill	20.30	68
1979	Martin Philpott	Hill	15.27	Kerry Benjamin	Hill	19.28	65
1980	R Nicholson	Hill	16.01	Tracy Glynn	Hill	21.54	70
1981	Phil O'Brien	O Gayts	15.35	Tracy Glynn	Hill	17.56	61
1982	Phil O'Brien	O Gayts	15.13	Tracy Glynn	Hill	18.47	79
1983	Kevin McDonald	Hill	15.34	Tracy Glynn	Hill	19.54	90
1984	Malcolm Robinson	Hill	15.51	Tracy Glynn	Hill	19.00	78
1985	Phil O'Brien	O Gayts	14.35	Tracy McDonald (nee Glynn)	Hill	18.03	73
1986	Kevin McDonald	Hill	15.49	Tracy McDonald	Hill	18.37	66
1987	Neil Ovington & Martin Philpott	TVH / Hill	15.22				82
1988	Kevin McDonald	Hill	15.33	Tracy McDonald	Hill	18.01	82
1989	Kevin McDonald	Hill	15.37				
1990	Kevin McDonald	Hill	15.47				74
1991	Kevin McDonald	Hill	15.42				74
1992	Kevin McDonald	Hill	15.58	Andrea Whitcombe	Parks	18.34	
1993	John Downes	Lon I	16.13	Louise Yeoman	Hill	20.31	71
1994	David Frampton	Metros	15.59	Teresa Tuohy	Lon I	18.35	65
1995	Paul Martin	Hill	15.39	Julia Bleasdale	Hill	20.56	49
1996	Scott Tompsett	Hill	15.55	Rokea Razzaq	Unatt	19.57	79
1997	Daniel Dalmedo & Steven Edwards	Hill	16.57	Teresa Tuohy	Lon I	19.09	66
1998	Paul Martin	Hill	16.34	Susan Miles	Hill	19.18	77
1999	Daniel Dalmedo	Hill	16.44	Meredith Pannett	Dulw R	19.20	56
2000	Scott Tompsett	Hill	16.05	Susan Miles	Hill	17.45	67
2001	Scott Tompsett	Hill	15.47	Fiona Kennedy	ESM	20.24	57
2002	Scott Tompsett	Hill	16.30	Meredith Pannett	Dulw R	17.08	72
2003	Paul Cuddihy	Hill	16.05	Emma Grant	Hill	20.05	65
2004	Scott Tompsett	Hill	15.49	Julia Bleasdale	Hill	17.20	60
2005	Scott Tompsett	Hill	15.54	Susan Miles	Hill	18.19	55
2006	Scott Tompsett	Hill	15.45	Susan Miles	Hill	19.21	63
2007	Daniel Dalmedo	Hill	15.44	Susan Miles	Hill	18.56	51
2008	Paul Cuddihy	Hill	16.05	Pam Rutherford	Serp	22.15	67
2009	Tadhg Grant	SB	16.21	Emma Grant	Hill	19.13	66
2010	James Laing	Hill	16.29	Julia Bleasdale	Hill	17.39	49
2011	Robert Thompson	Hill	16.32	Susan Miles	Hill	19.56	63
2012	James Laing	Hill	16.04	Susan Monaghan (nee Miles)	Hill	18.37	77
2013	Robert Thompson	Hill	16.02	Eva Mack	Hill	20.06	57
2014	James Laing	Hill	15.59	Eva Mack	Hill	19.32	48
2015	Robert Thompson	Hill	16.01	Philipa Lowe	D&T	20.12	52
2016	Robert Thompson	Hill	16.13	Anna Harwood	Hill	19.16	48
2017	Robert Thompson	Hill	15.52	Claire Bentley	Wat	20.24	48
2018	Robert Thompson	Hill	16.08	Claire Bentley	Wat	20.44	56
2019	Robert Thompson	Hill	16.35	Caroline Pretty	Hill	23.23	52

	Year	Name	Club	Time
Men's Course Record	1985	Phil O'Brien	O Gayts	14.35
Men's Club Record	1985	Kevin McDonald		14.38
Women's Course Record	2002	Meredith Pannett	Dulw R	17.08
Women's Club Record	2004	Julia Bleasdale		17.20
Finishers	1983	90		
Most First Man	1983-1992	Kevin McDonald	Hill	7
	1996-2006	Scott Tompsett	Hill	7
	2011-2019	Robert Thompson	Hill	7
Most First Woman	1980-1988	Tracy McDonald (nee Glynn)	Hill	8
Most appearances	1953-2003	Gerry Archer	Hill	50
Consecutive appearances	1972-2019	Keith Seldon	Hill	48

Men's All-time top ten

Rank	Year	Name	Club	Time
1	1985	Phil O'Brien	O Gayts	14.35
2	1985	Kevin McDonald	Hill	14.38
3	1971	Stu Buchanan	Hill	14.49
4	1969	John MacNamara	Poly	15.02
5	1967	Mike Beevor	Herc W	15.07
6	1971	Maurice Wands	Hill	15.11
7	1969	Brian Bacon	Read	15.15
8	1975	John Abberton	Poly	15.17
9	1987	Neil Ovington	TVH	15.22
10	1987	Martin Philpott	Hill	15.22

Hillingdon AC Men's All-time top ten

Rank	Year	Name	Time
1	1985	Kevin McDonald	14.38
2	1971	Stu Buchanan	14.49
3	1971	Maurice Wands	15.11
4	1987	Martin Philpott	15.22
5	1979	Lee Benjamin	15.28
6	1988	Gary Lavers	15.34
7	1995	Paul Martin	15.39
8	1966	Roger Cressy	15.41
9	2007	Daniel Dalmedo	15.44
10	2006	Scott Tompsett	15.45

Women's All-time top ten

Rank	Year	Name	Club	Time
1	2002	Meredith Pannett	Dulw R	17.08
2	2004	Julia Bleasdale	Hill	17.20
3	2000	Susan Miles	Hill	17.45
4	1981	Tracy McDonald (nee Glynn)	Hill	17.56
5	1992	Andrea Whitcombe	Parks	18.34
6	1994	Teresa Tuohy	Lon I	18.35
7	1988	Lynn Murray	Unatt	18.51
8	2009	Emma Grant	Hill	19.13
9	2007	Fiona Cressy	Hill	19.14
10	2016	Anna Harwood	Hill	19.16

Hillingdon AC Women's All-time top ten

Rank	Year	Name	Time
1	2004	Julia Bleasdale	17.20
2	1998	Susan Monaghan (nee Miles)	17.45
3	1981	Tracy McDonald (nee Glynn)	17.56
4	2009	Emma Grant	19.13
5	2007	Fiona Cressy	19.14
6	2016	Anna Harwood	19.16
7	2007	Michaela Hutchison	19.20
8	1979	Kerry Benjamin	19.28
9	2002	Colette O'Neill	19.31
10	2014	Eva Mack	19.32