

**Thursday 14 May 2020**  
**Hillingdon AC April Virtual 5K Training Race at Ruislip**

Pos	Walker	Gender	Age	Time	
1	Rob Thompson	M	29	15. 34	
2	James Laing	M	28	16. 44	
3	Martin Bateman	M	43	17. 17	
4	Paul Cuddihy	M	46	17. 17	
5	Shaun Lazzari	M	31	17. 50	
6	Charlie Edwards	M	22	17. 58	
7	Scott Farley	M	48	18. 34	
8	Catriona Paterson	F	31	18. 37	
9	Amit Solanki	M	16	18. 40	
10	Clive Wickham	M	38	18. 47	
11	Claire Bentley	F	25	19. 07	
12	Gabriel Segall	M	23	19. 12	
13	Andrew Malyan	M	54	19. 46	
14	Kirk O'Rourke	M	21	19. 53	
15	Francesco Cirianni	M	53	19. 54	
16	Iain Betson	M	46	20. 38	
17	Steven Ford	M	47	20. 46	
18	James Manley	M	36	20. 49	
19	James Quinn	M	53	20. 56	
20	Andy Wood	M	41	20. 59	
21	Michaela Hutchison	F	35	21. 00	
22	Clara Higgs	F	17	21. 02	
23	Spencer Harding	M	43	21. 37	
24	Caroline Ford	F	47	21. 56	
25	Steve O'Keefe	M	51	22. 00	
26	Sam Hurley	M	21	22. 31	
27	Anthony Warnakulasuriya	M	33	22. 35	
28	Paul McCay	M	46	22. 36	
29	Melanie Spencer	F	43	22. 45	
30	Dave Smith	M	55	22. 45	
31	Martin Searle	M	62	23. 00	
32	Karen O'Rourke	F	55	23. 03	
33	Ciara Williams	F	27	23. 20	
34	Debbie Brown	F	47	24. 03	
35	Stephanie Sungtong	F	53	24. 09	
36	Zoe Dobbs	F	50	24. 11	
37	John Bignell	M	68	24. 17	
38	Karen Trunkfield	F	50	24. 47	
39	Andy Torrance	M	63	25. 12	
40	Jason Steel	M	48	25. 28	
41	Ellie Henderson	F	23	25. 30	
42	Bhavna Quinn	F	55	25. 55	
43	Lesley Conway	F	65	26. 05	
44	Alison Miller	F	58	26. 30	
45	Nastaran Sepanj	F	33	26. 35	
46	Vicky Brownlee	F	52	26. 39	
47	Sae Hussain	F	41	26. 55	
48	Elisa Morse	F	52	27. 09	
49	Lucy Duncan	F	45	27. 15	
50	Bill Harding	M	70	27. 20	
51	Tracey McDonald	F	58	28. 06	
52	Heidi Smith	F	31	29. 04	
53	Alan Wells	M	56	29. 10	
54	Lyndsey Browne	F	41	29. 18	
55	Jackie O'Dowd	F	62	29. 59	
56	Jenny Laing	F	56	30. 17	
57	Sharon Talbot	F	55	30. 32	
58	Rebecca Williams	F	27	32. 00	
59	Julie Gibson	F	52	32. 02	
60	Preena Divecha	F	27	32. 07	
61	Tony Shaw	M	72	33. 42	
62	Katherine Wells	F	29	34. 07	
63	Phil Welch	M	71	38. 04	
64	Jess Luscombe	F	53	43. 58	
65	Lee Collett	W	M	39	52. 54
66	Gavin Collett	W	M	53	52. 54

**Stay Alert! Keep our distance, wash our hands,  
 think of others and play our part. (And loads of running!)**

All the Runnersworld shops remain closed for now, but our website [www.runnersworld.ltd.uk](http://www.runnersworld.ltd.uk) is still there to take your orders and we are providing a local delivery service. If there is anything you would like but can't see on the website, please ring the Eastcote shop number on 0208 868 6997 for advice, or email Jason at the Watford shop [jsteel7@hotmail.com](mailto:jsteel7@hotmail.com)