

Thursday 13 June 2013
5K Training Race at Ruislip (incl Gosunder Handicap Trophy)

Pos		W	Club	Gender	Age	Finish	Actual	Fastest	Hcap		
1	Alicia		Van Veen	Hill	F	27	34 . 45	23 . 0	24	11 . 45	
2	Curtis		Allman	Hill	M	47	35 . 09	23 . 39	26	11 . 30	
3	Daren		Roscoe	Hill	M	37	35 . 26	18 . 11	4	17 . 15	
4	Roger		Vince	Unatt	M	59	35 . 28	21 . 13	13	14 . 15	
5	Tony		Lee	Hill	M	39	35 . 33	19 . 18	10	16 . 15	
6	Elisa		Morse	Hill	F	45	35 . 39	24 . 39	30	11 . 00	
7	Andrew		Paterson	Hill	M	36	35 . 42	18 . 57	9	16 . 45	
8	Dave		Newman	Hill	M	52	35 . 43	18 . 43	7	17 . 00	
9	Robert		Thompson	Hill	M	22	35 . 48	15 . 48	1	20 . 00	Course Rec
10	Jackie		O'Dowd	Hill	F	55	35 . 49	27 . 34	37	8 . 15	
11	Dean		Burch	Hill	M	34	35 . 51	19 . 36	11	16 . 15	
12	Yvonne		Budd	Hill	F	45	35 . 51	25 . 21	34	10 . 30	
13	Simon		CConnell	Hill	M	39	35 . 55	18 . 40	6	17 . 15	
14	Sally		Bundock	Hill	F	66	35 . 56	29 . 56	39	6 . 00	
15	Bob		Burton	Hill	M	54	35 . 58	22 . 28	19	13 . 30	
16	Donna		Nash	Hill	F	46	35 . 59	21 . 44	15	14 . 15	
17	Matt		Willis	Hill	M	37	36 . 04	18 . 19	5	17 . 45	
18	Colin		Phelps	Hill	M	35	36 . 09	24 . 39	30	11 . 30	
19	Lesley		Conway	Hill	F	58	36 . 14	22 . 44	22	13 . 30	
20	Gill		Ewing	Unatt	F	37	36 . 14	30 . 59	41	5 . 15	
21	Melanie		Spencer	Unatt	F	36	36 . 16	24 . 46	32	11 . 30	
22	Sharon		Talbot	Hill	F	48	36 . 29	27 . 29	36	9 . 00	
23	Karmen		Pardoe	Unatt	F	43	36 . 35	20 . 20	12	16 . 15	
24	Andy		Miles	Hill	M	58	36 . 36	18 . 51	8	17 . 45	
25	Carol		Jones	ESM	F	55	36 . 41	22 . 26	18	14 . 15	
26	Andy		Torrance	Hill	M	57	36 . 42	21 . 42	14	15 . 00	
27	Pauline		Fischer	Hill	F	56	36 . 49	24 . 19	28	12 . 30	
28	Martin		Bateman	Hill	M	36	36 . 56	17 . 11	2	19 . 45	
29	John		Myall	Hill	M	63	36 . 57	22 . 42	21	14 . 15	
30	Brian		Leach	Hill	M	69	37 . 14	22 . 44	22	14 . 30	
31	Daniel		Thompson	Hill	M	25	37 . 22	18 . 7	3	19 . 15	
32	John		Bartlett	Hill	M	28	37 . 28	22 . 28	19	15 . 00	
33	Alan		Butler	Hill	M	49	38 . 16	24 . 1	27	14 . 15	
34	Louis		Jordan	Ching	M	38	38 . 26	23 . 26	25	15 . 00	
35	Chris		Prosser	Hill	M	17	39 . 04	25 . 34	35	13 . 30	
36	Alex		Ozdemir	Hill	M	28	39 . 04	21 . 49	16	17 . 15	
37	Dave		Smith	Hill	M	48	39 . 19	22 . 19	17	17 . 00	
38	Ian		Kendall	Ching	M	37	39 . 22	24 . 22	29	15 . 00	
39	Russell		Vroobel	W	Hill	M	39 . 42	33 . 42	42	6 . 00	
40	Paul		Martin	Hill	M	46	40 . 08	25 . 8	33	15 . 00	
41	Bill		Harding	Hill	M	63	41 . 42	30 . 57	40	10 . 45	
42	John		Rose	Unatt	M	72	44 . 52	29 . 52	38	15 . 00	

Officials - Gavin Collett, Phil Welch

Next Race: Thursday 11 July 2013, 6.40pm start