

Thursday 12 June 2014
5K Training Race at Ruislip (incl Gosunder Handicap Trophy)

Pos	Walker	Club	Gender	Age	Finish	Actual	Fastest	Hcap
1	Mike	Wilson	M	56	36 . 17	20 . 02	4	16 . 15
2	Dan	Spinks	M	40	36 . 32	22 . 02	10	14 . 30
3	John	Luscombe	M	40	36 . 44	22 . 44	14	14 . 00
4	Doug	Milsom	M	75	36 . 44	25 . 29	32	11 . 15
5	Andy	Miles	M	59	36 . 48	18 . 48	2	18 . 00
6	Curtis	Allman	M	48	37 . 00	23 . 45	22	13 . 15
7	James	Laing	M	22	37 . 05	16 . 20	1	20 . 45
8	Gerard	O'Connell	M	47	37 . 07	24 . 52	27	12 . 15
9	James	Davies	M	36	37 . 09	22 . 09	11	15 . 00
10	Caroline	Ford	F	41	37 . 09	23 . 09	18	14 . 00
11	David	Ford	M	51	37 . 12	22 . 42	13	14 . 30
12	Lyndsey	Browne	F	35	37 . 18	28 . 03	36	9 . 15
13	Pauline	Fischer	F	57	37 . 19	24 . 04	23	13 . 15
14	Elisa	Morse	F	46	37 . 26	25 . 26	31	12 . 00
15	Dean	Burch	M	35	37 . 27	19 . 42	3	17 . 45
16	Steven	Ford	M	41	37 . 27	21 . 27	9	16 . 00
17	Bob	Burton	M	55	37 . 38	22 . 53	15	14 . 45
18	Melanie	Spencer	F	37	37 . 45	24 . 30	25	13 . 15
19	Alicia	Van Veen	F	28	37 . 52	23 . 37	21	14 . 15
20	Robert	Didd	M	44	37 . 54	22 . 54	16	15 . 00
21	Peter	Humm	M	51	37 . 54	24 . 39	26	13 . 15
22	Lee	Benjamin	M	56	37 . 54	20 . 09	5	17 . 45
23	Carol	Jones	F	56	37 . 57	22 . 57	17	15 . 00
24	Will	Murray	M	21	38 . 00	20 . 30	6	17 . 30
25	Anna	Talbot	F	12	38 . 06	26 . 51	34	11 . 15
26	John	Doyle	M	57	38 . 08	25 . 23	30	12 . 45
27	Steve	Thompson	M	52	38 . 15	27 . 15	35	11 . 00
28	Lynda	Copson	F	52	38 . 19	25 . 34	33	12 . 45
29	Lesley	Conway	F	59	38 . 23	24 . 08	24	14 . 15
30	Donna	Nash	F	47	38 . 24	23 . 24	20	15 . 00
31	Rob	Clarke	M	49	38 . 27	23 . 12	19	15 . 15
32	Dave	Smith	M	49	38 . 46	21 . 16	7	17 . 30
33	Fabian	Deuter	M	34	38 . 46	25 . 16	29	13 . 30
34	John	Bartlett	M	29	38 . 56	22 . 41	12	16 . 15
35	Brian	Feldman	M	67	39 . 06	28 . 51	37	10 . 15
36	Dave	Newman	M	53	39 . 55	21 . 25	8	18 . 30
37	Andy	Torrance	M	58	40 . 39	24 . 54	28	15 . 45
38	Mick	Miller	M	75	42 . 34	32 . 34	38	10 . 00
39	Bob	Beales	M	74	50 . 11	33 . 26	39	16 . 45

Officials - Gavin Collett, Gerry Archer, Cathy Girvan, Sharon Talbot, Phil Welch

Next Race: Thursday 10 July 2014, 6.40pm start

Dates for your diary: Tuesday 26 August - Devil Takes the Hindmost at Northwood Hills, 7.00pm start

Summer Series Races: 06-Jul Princes Risborough 10Km **CANCELLED**
10-Aug Bearbrook 10Km