

Thursday 6 July 2023

Wilkie Miles at King's College track, Ruislip

Race One - Estimated Over 6:30

Pos	Forename	Surname	Gender	Age	Time
1	Cara	Trainor	F	11	5 . 54.0
2	Katie	Newman	F	28	6 . 22.5
3	Paul	Spencer	M	52	6 . 30.6
4	Steve	Edwards	M	53	6 . 30.6
5	Melanie	Spencer	F	46	6 . 35.8
6	Aimee	Horn	F	46	6 . 40.7
7	Elise	Delgranges	F	27	6 . 43.8
8	Devan	Daurka	M	12	6 . 45.3
9	Vivek	Upadhyay	M	38	6 . 54.3
10	Alice	Coburn	F	32	6 . 55.4
11	Lynn	Hyde	F	48	6 . 56.9
12	Michael	Illing	M	67	7 . 00.4
13	Ava	Wright	F	13	7 . 02.5
14	Ellie	Henderson	F	26	7 . 03.8
15	Alan	Wells	M	59	9 . 05.7

Race Two - Estimated Under 6:30

Pos	Forename	Surname	Gender	Age	Time
1	Kallum	Pritchard	M	30	4 . 46.5
2	Finn	Combe	M	18	4 . 56.0
3	Neil	Kirkham	M	37	5 . 00.7
4	Charlie	Edwards	M	26	5 . 04.9
5	Zachary	Dickens	M	18	5 . 08.2
6	Edward	Spencer	M	16	5 . 13.9
7	Ryan	Stoddart	M	16	5 . 15.6
8	Charlie	Reed	M	13	5 . 22.7
9	Adam	Laing	M	28	5 . 36.7
10	Nikki	Penty-Alvaraez	F	27	5 . 48.0
11	Patrick	Griffin	M	54	5 . 49.4
12	Spencer	Harding	M	46	5 . 54.7
13	Iain	Betson	M	49	6 . 02.1
14	Jason	Steel	M	51	6 . 05.5
15	Stefan	Lammel	M	67	6 . 12.2
16	Andrew	Murphy	M	43	6 . 14.3
17	David	Smith	M	58	6 . 21.5

Pos	Team	Finish
1	G	4 . 05
2	D	4 . 39
3	H	4 . 45
4	E	4 . 49
5	C	5 . 05
6	B	5 . 16
7	F	5 . 19
8	A	5 . 47

Race Three - Mile Relay

Leg	Forename	Surname	Time
1	Ryan	Stoddart	61
2	Zachary	Dickens	61
3	Robert	Thompson	66
4	Finn	Combe	58
1	Kallum	Pritchard	65
2	Charlie	Edwards	66
3	Spencer	Harding	75
4	Patrick	Griffin	72
1	Dylan	Lewis	63
2	Charlie	Reed	66
3	Ryan	Stoddart	84
4	Zachary	Dickens	72
1	Stefan	Lammel	78
2	Iain	Betson	74
3	David	Smith	71
4	Jason	Steel	67
1	Melanie	Spencer	89
2	Paul	Spencer	74
3	Steve	Edwards	79
4	Edward	Spencer	63
1	Ellie	Henderson	89
2	Elise	Delgranges	81
3	Nikki	Penty-Alvaraez	78
4	Adam	Laing	68
1	Ava	Wright	80
2	Cara	Trainor	72
3	Isabella	Mayor	84
4	Devan	Daurka	84
1	Aimee	Horn	93
2	Lynn	Hyde	88
3	Alice	Coburn	92
4	Andrew	Murphy	74

Race Four - Watchless Guess Your Time Mile

Pos	Forename	Surname	Diff	Finish	Estimate
1	Melanie	Spencer	3	6 . 57	7 . 00
1	Andrew	Murphy	3	7 . 03	7 . 00
1	Jason	Steel	3	8 . 13	8 . 10
4	Spencer	Harding	4	7 . 07	7 . 03
4	Paul	Spencer	4	8 . 04	8 . 00
4	Alice	Coburn	4	8 . 20	8 . 24
4	Michael	Illing	4	8 . 26	8 . 30
8	Ellie	Henderson	5	8 . 05	8 . 00
8	Elise	Delgranges	5	8 . 05	8 . 00
10	Edward	Spencer	6	6 . 29	6 . 23
11	Steve	Edwards	7	8 . 07	8 . 00
12	Charlie	Edwards	8	6 . 23	6 . 15
12	Aimee	Horn	8	7 . 02	6 . 54
14	Iain	Betson	10	7 . 00	6 . 50
15	Kallum	Pritchard	11	6 . 11	6 . 00
16	David	Smith	13	8 . 13	8 . 00
17	Patrick	Griffin	14	6 . 59	6 . 45
18	Robert	Thompson	21	5 . 56	5 . 35
18	Nikki	Penty-Alvaraez	21	6 . 59	7 . 20
20	Lynn	Hyde	48	7 . 32	8 . 20

Officials - Gavin Collett, Phil Welch, Sharon Talbot, Andy Torrance

Thursday 13 July 2023 - 5K Training Race at Ruislip, 6.40pm start

Thursday 10 August 2023 - 5K Training Race at Ruislip, 6.40pm start

Tuesday 29 August 2023 - Devil Takes the Hindmost

at Rochester Road, Northwood Hills, 7.00pm start

Thursday 14 September 2023 - 5K Training Race at Ruislip, 6.40pm start