

**LRNSC 4 HOUR EVENT 18 OCTOBER 2014**  
**Hillingdon Cycle Circuit [Distance .94 mile/1.51km]**

No	Class	FirstName	LastName	Club	Laps	Position	Distance [miles]	Distance [kms]
16	V40+ M	Miroslav	Havelka	Unattached	63	M1	59.22	95.13
3	Senior Male	James	Wesstfall	Unattached	63	M2	59.22	95.13
2	Senior Male	Jordan	Andrews	Wessex	59	M3	55.46	89.09
27	V40+ M	Max	Zardini	Cambridge	56		52.64	84.56
8	Senior Male	Gergely	Somogyi	Hyde Park	55		51.7	83.05
26	V40+ M	Adam	Pinney	LRNSC	49		46.06	73.99
15	Senior Male	Jason	James	RAF	46		43.24	69.46
10	Senior Male	Mark	Shambrook	Thames Valley	35		32.9	52.85
43	V40+ M	Cynan	Rhodes	LRNSC	34		31.96	51.34
7	Senior Male	Max	Willcocks	Unattached	32		30.08	48.32
35	V40+ M	Anders	Soderback	LRNSC	32		30.08	48.32
38	V40+ M	Kwasi	Debrah	LRNSC	32		30.08	48.32
44	V40+ M	Ross	Connell	Thames Valley	31		29.14	46.81
13	Senior Male	Neil	Salmons	Thames Valley	30		28.2	45.3
47	V60+ M	Gerard	Ollier	LRNSC	30		28.2	45.3
32	V40+ M	Jeremy	Gore	Hyde Park	27		25.38	40.77
22	V40+ M	Darren	Clarke	LRNSC	18		16.92	27.18
40	V40+ M	David	Vale	Hyde Park	17		15.98	25.67
52	V60+M	Tom	Sutherland	LRNSC	16		15.04	24.16
29	V40+ M	Richard	Long	LRNSC	13		12.22	19.63
48	V60+ M	Dominic	Luck	LRNSC	13		12.22	19.63
23	V40+ M	Derek	Bowley	LRNSC	9		8.46	13.59
6	Senior Male	Ben	Steere	LRNSC	7		6.58	10.57
1	Senior Male	Marc	Ebanks	LRNSC	DNS			
25	V40+ M	Jeremy	Price	LRNSC	DNS			
12	Senior Female	Jane	Heward	Thames Valley	48	W1	45.12	72.48
4	Senior Female	Holly	Rees Lay	Thames Valley	48	W2	45.12	72.48
14	Senior Female	Katya	Rachel	Hyde Park	34	W3	31.96	51.34
11	Senior Female	Felicity	Bertram	Hyde Park	34		31.96	51.34
45	V60+ F	Glennis	Dore	LRNSC	32		30.08	48.32
39	V40+ F	Michele	Marshall	LRNSC	31		29.14	46.81
49	V60+ F	Mary	Wray	LRNSC	31		29.14	46.81
28	V40+ F	Sonia	Londero	Cambridge	30		28.2	45.3
51	V60+ F	Amanda	Richardson		30		28.2	45.3
9	Senior Female	Louise	Harney	Hyde Park	29		27.26	43.79
36	V40+ F	Catherine	Thorin	LRNSC	29		27.26	43.79
5	Senior Female	Jennifer	Snowdon	Hyde Park	27		25.38	40.77
34	V40+ F	Carol	James	Hyde Park	25		23.5	37.75
50	V60+ F	Penny	Caldwell	Hyde Park	22		20.68	33.22
46	V60+ F	Margaret	Chalmers	LRNSC	21		19.74	31.71
31	V40+ F	Alison	McKinlay	Thames Valley	20		18.8	30.2
20	V40+ F	Pauline	Styles	LRNSC	19		17.86	28.69
42	V40+ F	Lorraine	Field	LRNSC	19		17.86	28.69
41	V40+ F	Kim	Vale	Hyde Park	18		16.92	27.18
21	V40+ F	Claire	Attridge	LRNSC	15		14.1	22.65
30	V40+ F	Melanie	Long	LRNSC	13		12.22	19.63
24	V40+ F	Joyce	Martindale	LRNSC	12		11.28	18.12
37	V40+ F	Jane	Leary	LRNSC	10		9.4	15.1
33	V40+ F	Maureen	McHugh		DNS			
55	JU14 F	Beth	Ireland	Thames Valley	39	J1	36.66	58.89