

**VAC 5000m Championship: Wimbledon Park, 21 July 2021**

Place	Time	Bib	First Name	Last Name	Category	VAC Medal	Guest	Team Name
1	15:35.46	144	Richard	McDowell	M40	M40 Gold		Veterans AC
2	16:24.97	151	Ben	Paviour	M45	M45 Gold		Veterans AC
3	16:25.32	107	Andy	Bond	M45	M45 Silver		Veterans AC
4	16:34.63	152	Sage	Pearce-Higgins	M35	M35 Gold		Veterans AC
5	16:37.16	108	Terry	Booth	M50	M50 Gold		Veterans AC
6	17:13.68	132	Gary	Ironmonger	M55	M55 Gold		Veterans AC
7	17:47.52	120	Mark	Cursons	M55	M55 Silver		Veterans AC
8	17:58.31	138	Edward	Lambert	M40	M40 Silver		Veterans AC
9	18:13.46	155	Jonathan	Ratcliffe	M50		M50 Silver	Herne Hill Harriers
10	18:15.83	169	Denis	Gorman	M40		M40 Bronze	London Frontrunners
11	18:30.31	139	Ian	Lawson	M50	M50 Silver		Veterans AC
12	18:41.72	124	Paul	Doyle	M50	M50 Bronze		Veterans AC
13	18:41.82	110	Mike	Boyle	M60	M60 Gold		Veterans AC
14	18:49.01	111	Bob	Bradbury	M65		M65 Gold	Woking AC
15	19:02.52	105	Simon	Bean	M60		M60 Silver	SCVAC
16	19:06.92	116	John	Cooper	M60	M60 Silver		Veterans AC
17	19:08.72	118	Anna	Critchlow	W50	W50 Gold		Veterans AC
18	19:10.02	122	Malcolm	Davies	M50	M50-5		Veterans AC
19	19:13.86	133	Nadi	Jahangiri	M60	M60 Bronze		Veterans AC
20	19:20.08	145	Paul	Mccrone	M50	M50-6		Veterans AC
21	19:26.61	129	Tim	Grose	M50	M50-7		Veterans AC
22	19:32.85	161	Ginevra	Stoneley	W45	W45 Gold		Veterans AC
23	19:34.56	149	Andrew	Orchard	M50		M50-8	West 4 Harriers
24	19:46.41	119	Pete	Crockford	M60	M60-5		Veterans AC
25	19:52.86	115	Trevor	Chilton	M50		M50-9	Herne Hill Harriers
26	19:53.67	135	Peter	Johnson	M55	M55 Bronze		Veterans AC
27	19:56.50	137	Ian	Kitching	M65	M65 Gold		Veterans AC
28	19:59.26	154	David	Pitt	M65	M65 Silver		Veterans AC
29	20:00.00	114	Nigel	Burnell	M60	M60-6		Veterans AC
30	20:01.85	117	Andrew	Cornish	M55	M55-4		Veterans AC
31	20:18.63	104	Ian	Barnett	M60		M60-7	Blackburn H & AC
32	20:21.82	130	Peter	Hall	M60	M60-8		Veterans AC
33	21:03.84	166	Lucy	Woolhouse	W55	W55 Gold		Veterans AC
34	21:21.43	126	Vikki	Filsell	W50		W50 Silver	Thames Hare & Hounds
35	21:46.39	140	Stuart	Leigh	M55	M55-5		Veterans AC
36	21:48.17	121	Helen	Davies	W50	W50 Silver		Veterans AC
37	22:40.13	160	Julian	Spencer-Wood	M70	M70 Gold		Veterans AC
38	22:45.21	112	Jim	Brown	M70	M70 Silver		Veterans AC
39	23:52.72	167	Anthony	Young	M55	M55-6		Veterans AC
40	24:00.16	147	Rhiannon	Needham	W40	W40 Gold		Veterans AC
41	24:13.47	143	Ian	McCarthy	M65	M65 Bronze		Veterans AC
42	24:14.12	146	Tom	Morris	M60	M60-9		Veterans AC
43	24:39.93	148	Liam	O'Hare	M70	M70 Bronze		Veterans AC
44	25:53.58	165	Malcolm	Woodman	M55		M55-7	Reigate Priory AC
45	26:08.76	157	Robert	Sargent	M65	M65-5		Veterans AC
46	26:37.97	134	Michael	Johnson	M75	M75 Gold		Veterans AC
47	26:42.84	106	Fiona	Bishop	W60	W60 Gold		Veterans AC
48	28:16.31	170	Bill	O'Connor	M75	M75 Silver		Veterans AC
49	34:31.67	103	Joe	Aspinall	M80	M80 Gold		Veterans AC