

VAC Cross Country Championships, Wimbledon Common, 20 January 2024

Place	Bib	Time	Name	Club	Category	Cat Pos	VAC Medal	Open Medal
1	52	25:30	Richard McDowell	VAC	M40	1	Gold	
2	41	26:38	Jani Kraner	VAC	M40	2	Silver	
3	94	27:27	Steve Winder	VAC	M50	1	Gold	
4	38	27:36	Neil Henderson	EE	M45	1		Gold
5	27	27:39	Marco Gazzelloni	EE	M45	2		Silver
6	93	27:52	James Wilson	EE	M45	3		Bronze
7	50	28:12	David Mason	HW	M40	3		Bronze
8	82	28:42	Michael Tay	VAC	M35	1	Gold	
9	83	29:07	Mark Tennyson	VAC	M60	1	Gold	
10	10	29:42	Pip Bennett	HHH	M40	4		
11	89	30:13	Mike Webber	VAC	M55	1	Gold	
12	92	30:28	David Williams	VAC	M60	2	Silver	
13	58	30:31	Chris Ness	VAC	M50	2	Silver	
14	78	30:33	Richard Steeples	SUST	M45	4		
15	17	30:45	Jim Carrington	VAC	M45	5	Gold	
16	1	30:51	James Adams	VAC	M40	5	Bronze	
17	33	30:52	Muhamud Haile	VAC	M55	2	Silver	
18	43	30:52	Matilde Lomba	HW	W35	1		Gold
19	56	30:54	David Moore	VAC	M55	3	Bronze	
20	80	31:03	Nikki Sturzaker	VAC	W50	1	Gold	
21	62	31:45	Tony Pamphilon	VAC	M65	1	Gold	
22	2	32:16	Felix Allen	VAC	M50	3	Bronze	
23	14	33:00	Terry Booth	VAC	M55	4		
24	35	33:18	Charles Hampden-Smith	VAC	M60	3	Bronze	
25	7	33:23	Madeleine Armstrong-Plieth	VAC	W40	1	Gold	
26	57	33:33	James Moore	CRO	M50	4		
27	11	33:34	Rachel Berry	VAC	W50	2	Silver	
28	19	33:40	Tom Cheetham	VAC	M55	5		
29	6	33:52	Jacob Armstrong-Plieth	VAC	M50	5		
30	64	33:58	Rebecca Pickard	VAC	W45	1	Gold	
31	34	34:00	James Hamilton	HW	M45	6		
32	73	34:10	Andrew Simms	VAC	M55	6		
33	21	34:25	Chloe Constantine	VAC	W50	3	Bronze	
34	24	34:30	Vikki Filsell	VAC	W55	1	Gold	
35	95	34:37	Lucy Woolhouse	VAC	W60	1	Gold	
36	70	34:58	Duncan Rimmer	VAC	M45	7	Silver	
37	84	35:04	James Thomas	EE	M55	7		
38	16	35:16	Ian Butler	THH	M60	4		
39	69	35:17	Ben Revill	VAC	M50	6		
40	42	35:20	Rosemary Lewis	W4H	W55	2		Silver

41	75	35:23	Steve Smythe	VAC	M65	2	Silver	
42	13	35:28	Stewart Bond	VAC	M50	7		
43	86	35:30	Estle Viljoen	HW	W50	4		
44	91	36:02	Pamela Whitter	VAC	W60	2	Silver	
45	4	36:11	William Arbury	VAC	M55	8		
46	74	36:18	Jenny Sinfield	COL	W45	2		Silver
47	36	36:51	Tony Harran	HHH	M60	5		
48	63	36:54	Valdis Pauzers	HHH	M65	3		Bronze
49	5	37:13	Tom Armstrong	VAC	M60	6		
50	9	37:31	Anna Beausire	W4H	W60	3	Bronze	
51	77	37:39	Mark Standing	HHH	M55	9		
52	28	37:45	Gareth George	EE	M50	8		
53	65	38:38	Sonnii Pine	VAC	W45	3	Silver	
54	39	38:49	Peter Kennedy	VAC	M70	1	Gold	
55	72	38:50	Mary Setyabule	VAC	W55	3	Silver	
56	47	39:34	Alexandra Marginean	VAC	W35	2	Gold	
57	8	39:47	Nicky Atkins	VAC	W55	4	Bronze	
58	46	39:56	Michael Mann	VAC	M75	1	Gold	
59	88	39:59	Nattalie Ward	SBSR	W35	3		Bronze
60	26	40:23	Susannah Gates	HYR	W35	4		
61	68	40:35	Joanna Quantrill	VAC	W65	1	Gold	
62	51	40:55	Ian McCarthy	VAC	M65	4	Bronze	
63	87	40:55	Keith Ward	SBSR	M60	7		
64	12	41:17	Vera Blei	VAC	W50	5		
65	22	41:32	Chiara Cristoni	VAC	W50	6		
66	23	41:39	Peter Dry	EPO	M65	5		
67	90	41:50	Dave West	VAC	M65	6		
68	40	41:55	Jen Kingwill	W4H	W40	2		Silver
69	32	42:45	David Greenfield	VAC	M65	7		
70	29	43:48	Jane Georghiou	VAC	W70	1	Gold	
71	71	44:51	John Ryan	VAC	M65	8		
72	59	44:54	Paul Newby	THH	M75	2		Silver
73	67	45:15	Catherine Porter	VAC	W55	5		
74	61	45:36	Liam O'Hare	VAC	M75	3	Silver	
75	60	46:06	Susan O'Connor	WW	W65	2		Silver
76	48	46:55	Dan Maskell	VAC	M75	4		
77	15	47:37	Keith Brown	VAC	M65	9		
78	79	53:30	Ian Strong	VAC	M60	8		