

<b>VAC One Mile Championship, Westminster Mile, 21 September 2024</b>					
<b>Pos.</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age Grp</b>	<b>Result</b>	<b>VAC Medal</b>
1	Jani	Kraner	M40	4:54	Gold
2	Rich	Berry	M50	4:57	Gold
3	Andy	Jordan	M60	5:18	Gold
4	Norman	Urquia	M55	5:19	Gold
5	Clare	Elms	W60	5:21	Gold
6	David	Moore	M55	5:22	Silver
7	Anna	Critchlow	W55	5:48	Gold
8	Rebecca	Pickard	W45	5:58	Gold
9	Dean	Saliba	M45	6:00	Gold
10	Jason	Drake	M60	6:01	Silver
11	Peter	Hall	M65	6:04	Gold
12	Lucy	Woolhouse	W60	6:09	Silver
13	Darko	Calina	M60	6:09	Bronze
14	Helen	Rochester	W50	6:10	Gold
15	Tom	Cheetham	M55	6:28	Bronze
16	Anna	Garnier	W70	6:39	Gold
17	Paul	Negri	M65	6:46	Silver
18	Sonnii	Pine	W45	6:50	Silver
19	Cliff	Cole	M65	6:54	Bronze
20	Hugh	Woolhouse	M60	6:56	
21	James	de Vivenot	M50	7:00	Silver
22	Ronald	Vialls	M70	7:16	Gold
23	Maggie	Statham-Berry	W70	7:32	Silver
24	Ros	Tabor	W75	7:43	Gold
25	Andy	Murray	M70	8:49	Silver
26	Anne	Lippitt	W65	9:06	Gold
27	Douglas	Milsom	M85	9:18	Gold
28	Martin	Lippitt	M70	9:56	Bronze
29	Bill	O'Connor	M75	10:14	Gold
30	Richard	Pitcairn-Knowles	M90	22:18	Gold