

VAC 5,000m Masters Track Championships, Tooting Bec, 21 June 2023

Place	Time	Bib	First Name	Last Name	Age Group	Age Gp Pos.	VAC Medal	Open Medal	Club
1	15:30.92	36	Chris	Loudon	M35	1	Gold		VAC
2	16:12.47	48	Ben	Paviour	M50	1	Gold		VAC
3	16:15.83	13	Jeff	Cunningham	M40	1		Gold	Herne Hill Harriers
4	16:29.49	40	Ben	Millar	M45	1		Gold	Herne Hill Harriers
5	16:44.26	25	Joseph	Gonzalez-Armas	M50	2	Silver		VAC
6	16:44.58	47	Nick	Ostrowski	M40	2		Silver	Kent AC
7	16:58.50	26	Oliver	Gosden	M45	2		Silver	Guildford & Godalming
8	17:12.19	57	Louis	Taub	M45	3		Bronze	Brighton & Hove
9	17:20.92	14	Mark	Cursons	M60	1	Gold		VAC
10	17:44.23	59	Mark	Tennyson	M55	1	Gold		VAC
11	17:46.73	50	Pierre	Philippon	M40	3		Bronze	Serpentine
12	18:01.25	41	Jonathan	Moore	M50	3	Bronze		VAC
13	18:02.24	6	Terry	Booth	M55	2	Silver		VAC
14	18:12.14	65	Joseph	Wilkes	M45	4	Gold		VAC
15	18:14.49	60	Tony	Tuohy	M60	2	Silver		VAC
16	18:17.23	52	Jonathan	Ratcliffe	M55	3		Bronze	SCVAC
17	18:22.07	55	William	Stenning	M50	4			WOK
18	18:23.49	66	David	Williams	M60	3		Bronze	Guildford & Godalming
19	18:35.00	24	Ben	Gilmore	M45	5	Silver		VAC
20	18:37.03	56	Nikki	Sturzaker	W45	1	Gold		VAC
21	19:00.55	27	Tim	Grose	M55	4	Bronze		VAC
22	19:22.34	11	Anna	Critchlow	W55	1	Gold		VAC
23	19:24.24	18	Craig	Duncan	M35	2		Silver	Herne Hill Harriers
24	19:30.91	39	Paul	Mccrone	M55	5			VAC
25	19:36.07	17	Martin	Daoud	M60	4	Bronze		VAC
26	19:39.28	5	Barry	Blackwell	M55	6			SCVAC
27	19:50.15	10	Paul	Collyer	M50	5			London Heathside
28	19:57.63	21	John	Foss	M60	5			VAC
29	20:00.49	44	Robert	Nagorski	M60	6			VAC
30	20:02.68	28	Peter	Hall	M65	1	Gold		VAC
31	20:26.74	62	Barry	Warne	M60	7			EMAC
32	20:41.67	2	Luke	Armitage	M55	7			Kent AC
33	20:48.20	12	Pete	Crockford	M65	2	Silver		VAC
34	20:50.85	45	Clare	Norris	W45	2	Silver		VAC
35	20:51.60	68	Lucy	Woolhouse	W60	1	Gold		VAC
36	20:56.34	33	Terry	Lapins	M35	3		Bronze	Croydon Harriers
37	21:28.28	9	Tom	Cheetham	M55	8			VAC
38	21:32.02	8	Kate	Carter	W45	3	Bronze		VAC
39	21:32.57	19	Mike	Forder	M70	1	Gold		VAC
40	22:20.37	23	Peter	Giles	M75	1	Gold		VAC
41	22:23.27	46	Brian	O'Kane	M55	9			VAC
42	22:35.22	34	Christopher	Lee	M60	8			VAC
43	22:38.87	15	Kevin	Daglish	M60	9			NEMAA
44	22:45.80	35	Jerry	Lockspeiser	M70	2	Silver		VAC
45	22:46.04	64	Gordon	Whitson	M65	3	Bronze		VAC
46	23:02.85	58	Julia Chi	Taylor	W60	2	Silver		VAC
47	23:44.33	37	Michael	Mann	M70	3	Bronze		VAC
48	23:48.37	22	Martin	Garrett	M65	4			VAC
49	24:06.08	4	Fiona	Bishop	W60	3	Bronze		VAC
50	24:16.08	43	Tom	Morris	M65	5			VAC
51	24:20.86	61	Clive	Walker	M65	6			VAC
52	24:22.80	38	Alexandra	Marginean	W35	1	Gold		VAC
53	25:25.97	42	Claire	Morgan	W60	4			VAC
54	26:24.03	53	Karen	Samuel	W60	5			VAC