

VAC 5,000m Masters Track Championships, Tooting Bec, 25 June 2025

Pos.	First Name	Last Name	Time	Age Grp	Age Grp Pos.	VAC Medal	Open Medal	Club
1	Chris	Loudon	15:40.31	M40	1	Gold		Veterans AC
2	Richard	Macaulay	16:02.24	M35	1	Gold		Veterans AC
3	Jeff	Cunningham	16:08.86	M40	2		Silver	Herne Hill Harriers
4	Mohammed	Ismail	16:40.78	M40	3		Bronze	UFFO Athletic Satellite Clubs
5	Ben	Millar	16:41.18	M45	1	Gold		Veterans AC
6	Adrian	Russell	16:42.48	M45	2	Silver		Veterans AC
7	Terry	Booth	16:57.43	M55	1	Gold		Veterans AC
8	Michael	Caffyn	17:02.81	M35	2	Silver		Veterans AC
9	Stephen	Mcleod	17:03.25	M35	3		Bronze	Herne Hill Harriers
10	Rich	Berry	17:07.96	M50	1	Gold		Veterans AC
11	Paul	Calver	17:20.66	M40	4			Herne Hill Harriers
12	Tom	Webb	18:00.99	M55	2	Silver		Veterans AC
13	Mark	Tennyson	18:05.37	M60	1	Gold		Veterans AC
14	Muhamud	Haile	18:10.65	M55	3	Bronze		Veterans AC
15	Steve	Corfield	18:10.97	M60	2	Silver		Veterans AC
16	Osama	Baldo	18:13.19	M50	2		Silver	Hart RR
17	Jamie	Sullivan	18:37.50	M40	5			Ealing Eagles RC
18	Nikki	Sturzaker	18:40.34	W50	1	Gold		Veterans AC
19	Norman	Urquia	18:40.97	M55	4			Veterans AC
20	Andy	Jordan	18:42.22	M60	3	Bronze		Veterans AC
21	Thomas	Flannery	18:45.20	M40	6			Sutton Runners
22	William	Pearce	18:48.11	M40	7			CLC Striders
23	Paul	Woolley	19:23.60	M50	3	Silver		Veterans AC
24	Nigel	Herron	19:44.90	M60	4			Veterans AC
25	Paul	Mccrone	19:46.95	M55	5			Veterans AC
26	John	Ewbank	19:56.37	M60	5			Veterans AC
27	Mark	Stevens	19:59.36	M45	3	Bronze		Veterans AC
28	Anna	Critchlow	20:03.90	W55	1	Gold		Veterans AC
29	Clare	Norris	20:03.98	W45	1	Gold		Veterans AC
30	Kevin	Freeman	20:13.41	M55	6			Sutton Runners
31	Jeremy	Musselwhite	20:26.75	M65	1		Gold	SWVAC
32	Michael	Twomey	21:04.07	M65	2		Silver	United Kingdom
33	Lucy	Woolhouse	21:06.08	W60	1	Gold		Veterans AC
34	Mike	Forder	21:27.95	M70	1	Gold		Veterans AC
35	Terry	Lapins	21:48.58	M35	4			Croydon Harriers
36	Peter	Hall	21:50.87	M65	3	Gold		Veterans AC
37	Paul	Sanderson	21:57.91	M70	2	Silver		Veterans AC
38	Colin	Williams	22:23.09	M60	6			Veterans AC
39	Tom	Armstrong	22:23.73	M60	7			Veterans AC
40	Rebecca	Palser	22:27.44	W50	2		Silver	Kent AC
41	Pippa	Major	22:51.28	W60	2	Silver		Veterans AC
42	Caroline	Helder	22:56.78	W60	3	Bronze		Veterans AC
43	Matt	Blair	23:12.14	M40	8			Farnham Runners
44	Terry	Eakin	23:13.17	M75	1		Gold	North Down AC
45	Anna	Garnier	23:26.56	W70	1	Gold		Veterans AC
46	Maggie	Statham-Berry	24:05.30	W70	2	Silver		Veterans AC
47	Margaret	Wadman	24:21.86	W60	4			Veterans AC
48	Clive	Walker	24:23.50	M65	4	Silver		Veterans AC
49	Michael	Mann	24:44.72	M75	2	Gold		Veterans AC
50	Fiona	Bishop	25:08.16	W65	1	Gold		Veterans AC
51	Karen	Samuel	26:55.85	W60	5			SCVAC
52	Mike	Teasdale	27:33.96	M55	7			Veterans AC
53	Alan	Rich	28:17.01	M75	3	Silver		Veterans AC
54	John	Carter	29:35.69	M80	1	Gold		Veterans AC
55	Pauline	Rich	32:25.23	W80	1	Gold		Veterans AC
56	Bill	O'Connor	35:40.07	M80	2	Silver		Veterans AC