

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

### Race 1

Place	Performance	Bib	First Name	Last Name	Category	Club
1	22:20.37	23	Peter	Giles	M75	VAC
2	22:23.27	46	Brian	O'Kane	M55	VAC
3	22:35.22	34	Christopher	Lee	M60	VAC
4	22:38.87	15	Kevin	Daglish	M60	NEMAA
5	22:45.80	35	Jerry	Lockspeiser	M70	VAC
6	22:46.04	64	Gordon	Whitson	M65	VAC
7	23:02.85	58	Julia Chi	Taylor	W60	VAC
8	23:44.33	37	Michael	Mann	M70	VAC
9	23:48.37	22	Martin	Garrett	M65	VAC
10	24:16.08	43	Tom	Morris	M65	VAC
11	24:20.86	61	Clive	Walker	M65	VAC
12	24:22.80	38	Alexandra	Marginean	W35	VAC
13	25:25.97	42	Claire	Morgan	W60	VAC
14	26:24.03	53	Karen	Samuel	W60	VAC

### Race 2

Place	Performance	Bib	First Name	Last Name	Category	Club
1	19:36.07	17	Martin	Daoud	M60	VAC
2	19:50.15	10	Paul	Collyer	M50	London Heathside
3	19:57.63	21	John	Foss	M60	VAC
4	20:00.49	44	Robert	Nagorski	M60	VAC
5	20:02.68	28	Peter	Hall	M65	VAC
6	20:26.74	62	Barry	Warne	M60	EMAC
7	20:41.67	2	Luke	Armitage	M55	Kent AC
8	20:48.20	12	Pete	Crockford	M65	VAC
9	20:50.85	45	Clare	Norris	W45	VAC
10	20:51.60	68	Lucy	Woolhouse	W60	VAC
11	20:56.34	33	Terry	Lapins	M35	Croydon Harriers
12	21:28.28	9	Tom	Cheetham	M55	VAC
13	21:32.02	8	Kate	Carter	W45	VAC
14	21:32.57	19	Mike	Forder	M70	VAC
15	24:06.08	4	Fiona	Bishop	W60	VAC

### Race 3

Place	Performance	Bib	First Name	Last Name	Category	Club
1	18:01.25	41	Jonathan	Moore	M50	VAC
2	18:12.14	65	Joseph	Wilkes	M45	VAC
3	18:14.49	60	Tony	Tuohy	M60	VAC
4	18:17.23	52	Jonathan	Ratcliffe	M55	SCVAC
5	18:22.07	55	William	Stenning	M50	WOK
6	18:35.00	24	Ben	Gilmore	M45	VAC
7	18:37.03	56	Nikki	Sturzaker	W45	VAC
8	19:00.55	27	Tim	Grose	M55	VAC
9	19:22.34	11	Anna	Critchlow	W55	VAC
10	19:24.24	18	Craig	Duncan	M35	Herne Hill Harriers
11	19:30.91	39	Paul	Mccrone	M55	VAC
12	19:39.28	5	Barry	Blackwell	M55	SCVAC

**Race 4**

<b>Place</b>	<b>Performance</b>	<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Category</b>	<b>Club</b>
1	15:30.92	36	Chris	Loudon	M35	VAC
2	16:12.47	48	Ben	Paviour	M50	VAC
3	16:15.83	13	Jeff	Cunningham	M40	Herne Hill Harriers
4	16:29.49	40	Ben	Millar	M45	Herne Hill Harriers
5	16:44.26	25	Joseph	Gonzalez-Armas	M50	VAC
6	16:44.58	47	Nick	Ostrowski	M40	Kent AC
7	16:58.50	26	Oliver	Gosden	M45	Guildford & Godalming
8	17:12.19	57	Louis	Taub	M45	Brighton & Hove
9	17:20.92	14	Mark	Cursons	M60	VAC
10	17:44.23	59	Mark	Tennyson	M55	VAC
11	17:46.73	50	Pierre	Philippon	M40	Serpentine
12	18:02.24	6	Terry	Booth	M55	VAC
13	18:23.49	66	David	Williams	M60	Guildford & Godalming