

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

Race 1

Position	First Name	Last Name	Time	Age Grp	Club
1	Tom	Armstrong	22:23.73	M60	Veterans AC
2	Anna	Garnier	23:26.56	W70	Veterans AC
3	Maggie	Statham-Berry	24:05.30	W70	Veterans AC
4	Margaret	Wadman	24:21.86	W60	Veterans AC
5	Clive	Walker	24:23.50	M65	Veterans AC
6	Michael	Mann	24:44.72	M75	Veterans AC
7	Fiona	Bishop	25:08.16	W65	Veterans AC
8	Karen	Samuel	26:55.85	W60	SCVAC
9	Mike	Teasdale	27:33.96	M55	Veterans AC
10	Alan	Rich	28:17.01	M75	Veterans AC
11	John	Carter	29:35.69	M80	Veterans AC
12	Pauline	Rich	32:25.23	W80	Veterans AC
13	Bill	O'Connor	35:40.07	M80	Veterans AC

Race 2

Position	First Name	Last Name	Time	Age Grp	Club
1	Paul	Mccrone	19:46.95	M55	Veterans AC
2	John	Ewbank	19:56.37	M60	Veterans AC
3	Anna	Critchlow	20:03.90	W55	Veterans AC
4	Clare	Norris	20:03.98	W45	Veterans AC
5	Kevin	Freeman	20:13.41	M55	Sutton Runners
6	Jeremy	Musselwhite	20:26.75	M65	SWVAC
7	Michael	Twomey	21:04.07	M65	United Kingdom
8	Lucy	Woolhouse	21:06.08	W60	Veterans AC
9	Mike	Forder	21:27.95	M70	Veterans AC
10	Terry	Lapins	21:48.58	M35	Croydon Harriers
11	Peter	Hall	21:50.87	M65	Veterans AC
12	Paul	Sanderson	21:57.91	M70	Veterans AC
13	Colin	Williams	22:23.09	M60	Veterans AC
14	Rebecca	Palser	22:27.44	W50	Kent AC
15	Pippa	Major	22:51.28	W60	Veterans AC
16	Caroline	Helder	22:56.78	W60	Veterans AC
17	Matt	Blair	23:12.14	M40	Farnham Runners
18	Terry	Eakin	23:13.17	M75	North Down AC

Race 3

Position	First Name	Last Name	Time	Age Grp	Club
1	Mark	Tennyson	18:05.37	M60	Veterans AC
2	Muhamud	Haile	18:10.65	M55	Veterans AC
3	Steve	Corfield	18:10.97	M60	Veterans AC
4	Osama	Baldo	18:13.19	M50	Hart RR
5	Jamie	Sullivan	18:37.50	M40	Ealing Eagles RC
6	Nikki	Sturzaker	18:40.34	W50	Veterans AC
7	Norman	Urquia	18:40.97	M55	Veterans AC
8	Andy	Jordan	18:42.22	M60	Veterans AC
9	Thomas	Flannery	18:45.20	M40	Sutton Runners
10	William	Pearce	18:48.11	M40	CLC Striders
11	Paul	Woolley	19:23.60	M50	Veterans AC
12	Nigel	Herron	19:44.90	M60	Veterans AC
13	Mark	Stevens	19:59.36	M45	Veterans AC

Race 4

Position	First Name	Last Name	Time	Age Grp	Club
1	Chris	Loudon	15:40.31	M40	Veterans AC
2	Richard	Macaulay	16:02.24	M35	Veterans AC
3	Jeff	Cunningham	16:08.86	M40	Herne Hill Harriers
4	Mohammed	Ismail	16:40.78	M40	UFFO Athletic Satellite Clubs
5	Ben	Millar	16:41.18	M45	Veterans AC
6	Adrian	Russell	16:42.48	M45	Veterans AC
7	Terry	Booth	16:57.43	M55	Veterans AC
8	Michael	Caffyn	17:02.81	M35	Veterans AC
9	Stephen	Mcleod	17:03.25	M35	Herne Hill Harriers
10	Rich	Berry	17:07.96	M50	Veterans AC
11	Paul	Calver	17:20.66	M40	Herne Hill Harriers
12	Tom	Webb	18:00.99	M55	Veterans AC