

Results of VAC 5 Mile road race, Battersea Park, 13 May 2025

Pos	Bib	Name	Time	Age Gp	Cat Pos	VAC Medal	Open Medal	Club	Lap 1	Lap 2	Finish
1	75	Adrian Russell	27:05	M45	1	Gold		Veterans AC	07:58	08:01	08:00
2	77	Ed Samuel	27:10	M45	2		Silver	London Heathside	07:58	08:02	08:04
3	22	Philip Cooper	27:13	M45	3		Bronze	Eastern Masters AC	07:58	08:01	08:08
4	51	Jani Kraner	27:14	M40	1	Gold		Veterans AC	08:00	08:01	08:08
5	29	Barnaby Day	27:39	M40	2		Silver	Kent AC	07:58	08:11	08:23
6	7	James Blogg	28:07	M45	4	Silver		Veterans AC	08:17	08:22	08:20
7	104	Steve Winder	28:14	M50	1	Gold		Veterans AC	08:17	08:23	08:19
8	109	Stephen McLeod	28:17	M35	1		Gold	Herne Hill Harriers	08:07	08:35	08:27
9	61	Ben Millar	28:24	M45	5	Bronze		Veterans AC	08:05	08:35	08:36
10	66	Patrick Nation	28:45	M40	3		Bronze	Kent AC	08:28	08:30	08:30
11	31	Eric Dol	28:54	M35	2	Gold		Veterans AC	08:29	08:40	08:28
12	83	Shaun Silander	29:05	M45	6			Epsom & Ewell Harriers	08:32	08:43	08:33
13	1	Steve Aish	29:13	M45	7			Veterans AC	08:35	08:43	08:35
14	63	Stuart McDonald	29:19	M50	2	Silver		Veterans AC	08:23	08:50	08:57
15	6	Jesse Baver	29:22	M35	3		Bronze	London City Runners	08:34	08:46	08:41
16	90	Samuel Taylor	29:38	M40	4			Kent AC	08:47	08:55	08:38
17	73	Bryony Proctor	29:42	W35	1		Gold	Herne Hill Harriers	08:45	08:50	08:42
18	52	Edward Lambert	29:49	M45	8			Epsom & Ewell Harriers	08:45	09:03	08:49
19	57	Adam May	29:57	M40	5	Silver		Veterans AC	08:47	08:56	08:56
20	91	Mark Tennyson	30:12	M60	1	Gold		Veterans AC	08:48	09:00	08:59
21	70	Stephen Plummer	30:16	M60	2	Silver		Veterans AC	08:46	08:57	09:06
22	82	Rob Shulman	30:20	M55	1		Gold	London Heathside	08:50	08:58	08:57
23	101	Jim Whitworth	30:28	M50	3		Bronze	Epsom & Ewell Harriers	09:01	09:01	08:59
24	98	Danny White	30:33	M40	6			Lordshill Road Runners	08:42	09:10	09:20
25	32	Martin Edwards	30:34	M45	9			Veterans AC	08:52	09:08	09:07
26	17	Martin Carmack	30:54	M55	2		Silver	Edmonton RC	09:00	09:08	09:19
27	28	Andrew Davies	30:59	M50	4	Bronze		Veterans AC	08:50	09:17	09:22
28	94	Norman Urquia	31:01	M55	3	Gold		Veterans AC	09:01	09:18	09:13
29	49	Andy Jordan	31:07	M60	3	Bronze		Veterans AC	09:05	09:13	09:15
30	67	David Ogden	31:19	M65	1	Gold		Veterans AC	09:14	09:17	09:09
31	27	Paul Davie	31:27	M45	10			Mornington Chasers	09:16	09:26	09:10
32	71	Simon Pocock	31:33	M45	11			Epsom & Ewell Harriers	09:10	09:32	09:22
33	20	Clare Elms	31:34	W60	1	Gold		Veterans AC	09:06	09:11	09:45
34	43	Tim Grose	32:13	M55	4	Silver		Veterans AC	09:40	09:26	09:19
35	87	Kev Stroud	32:19	M60	4			Veterans AC	09:23	09:40	09:39
36	54	Peter Lee	32:19	M55	5	Bronze		Veterans AC	09:24	09:38	09:38
37	25	Anna Critchlow	32:36	W55	1	Gold		Veterans AC	09:31	09:52	09:43
38	10	Andrew Bowles	32:36	M55	6			Veterans AC	09:31	09:43	09:42
39	84	Elinor Skinner	32:38	W45	1	Gold		Veterans AC	09:27	09:45	09:44
40	35	John Ewbank	33:01	M60	5			Veterans AC	09:36	09:56	09:46
41	19	Tom Cheetham	33:08	M55	7			Hercules Wimbledon AC	09:52	09:46	09:41
42	56	Thomas Martini	33:23	M50	5			Veterans AC	09:55	09:49	09:41
43	13	Victoria Buck	33:24	W50	1	Gold		Veterans AC	09:44	09:57	09:56
44	44	Smith	33:31	M60	6			Veterans AC	10:00	09:58	09:35
45	58	Kevin Mcaleer	33:37	M65	2		Silver	Thames Valley Harriers	09:55	10:04	09:57
46	14	Ian Budge	33:42	M60	7			Billericay Striders RC	09:55	10:02	09:52
47	11	Elise Brockhurst	33:45	W45	2		Silver	Mornington Chasers	10:09	09:48	09:49
48	24	Simon Cox	33:50	M65	3	Silver		Veterans AC	09:47	10:04	10:08
49	62	David Moore	34:06	M60	8			Veterans AC	09:21	09:35	11:28
50	15	Richard Burke	34:09	M60	9			Veterans AC	09:54	10:01	10:17

51	48	Brian Jones	34:17	M65	4			Eastern Masters AC	09:59	10:15	10:14
52	12	Amber Brough-Nuesink	34:28	W45	3	Silver		Veterans AC	10:05	10:23	10:10
53	69	David Pitt	34:29	M70	1	Gold		Veterans AC	10:08	10:14	10:11
54	46	Alex Jeffreys	34:37	M50	6			Veterans AC	10:05	10:24	10:20
55	121	Guy Laister	34:40	M45	12			Epsom & Ewell Harriers	10:13	10:24	10:12
56	72	Robert Pritchard	34:46	M45	13			Epsom & Ewell Harriers	10:14	10:24	10:26
57	18	Ron Cattle	34:55	M75	1		Gold	BRAT	10:15	10:27	10:19
58	105	Darren Woods	34:57	M35	4	Silver		Veterans AC	09:59	10:30	10:36
59	85	Mark Stevens	35:04	M45	14			Veterans AC	10:09	10:37	10:36
60	21	Terry Lapins	35:23	M35	5			Croydon Harriers	10:31	10:41	10:12
61	34	Simon Evans	35:31	M55	8			Epsom & Ewell Harriers	10:28	10:45	10:28
62	36	John Foss	35:34	M65	5	Bronze		Veterans AC	10:41	10:30	10:13
63	42	Mark Gregory	35:50	M65	6			Veterans AC	10:22	10:48	10:46
64	100	Pamela Whitter	35:56	W65	1	Gold		Veterans AC	10:28	10:54	10:34
65	8	Stewart Bond	35:57	M55	9			Veterans AC	10:33	10:48	10:37
66	76	Natalie Sacre	36:27	W35	2		Silver	Thames Hare & Hounds	10:31	10:53	11:00
67	92	James Thomas	36:40	M55	10			Epsom & Ewell Harriers	10:57	11:02	10:31
68	81	Catkin Shelley	36:41	W60	2	Silver		Veterans AC	10:36	10:56	11:18
69	102	Colin Williams	37:01	M60	10			Veterans AC	10:47	11:04	11:05
70	5	Ola Balme	37:20	W55	2	Silver		Veterans AC	10:53	11:04	11:10
71	4	Rose Baker	37:27	W60	3	Bronze		Veterans AC	10:49	11:17	11:09
72	93	Richard Turner	37:27	M70	2		Silver	Thames Hare & Hounds	11:07	11:08	11:06
73	79	Paul Sanderson	37:46	M70	3	Silver		Veterans AC	11:21	11:11	10:42
74	74	Lisa Roberjot	38:00	W55	3		Bronze	Horley Harriers	11:07	11:08	11:20
75	16	Darko Calina	38:01	M60	11			Veterans AC	10:49	11:30	11:43
76	37	Anna Garnier	38:15	W70	1	Gold		Veterans AC	11:07	11:24	11:29
77	9	Jerome Boughton Mills	38:21	M60	12			London Heathside	11:11	11:26	11:41
78	95	Tanya Viehoff	38:29	W60	4			Horley Harriers	11:04	11:29	11:34
79	26	Pippa Cumbers	38:33	W50	2	Silver		Veterans AC	11:03	11:39	11:34
80	60	Neil Mckeown	38:44	M50	7			Veterans AC	11:03	11:28	12:01
81	40	Peter Giles	38:55	M80	1	Gold		Veterans AC	11:11	11:45	11:44
82	97	Joe Warren	38:57	M55	11			Veterans AC	11:15	11:47	11:42
83	103	Lynn Wilson	39:11	W65	2	Silver		Veterans AC	11:31		39:11
84	78	Karen Samuel	41:23	W60	5			SCVAC	12:11	12:25	12:03
85	65	Tom Morris	41:27	M65	7			Veterans AC	12:10	12:23	12:17
86	96	Margaret Wadman	41:38	W60	6			Veterans AC	12:03	12:21	12:29
87	99	Paul Whitlock	42:06	M70	4			Thames Hare & Hounds	12:58	12:12	12:21
88	30	John Denyer	42:28	M75	2	Gold		Veterans AC	12:19	12:44	12:42
89	59	Ian Mccarthy	42:58	M65	8			Veterans AC	12:29	12:52	12:50
90	47	Carol Jones	43:20	W65	3	Bronze		Veterans AC	12:35	13:04	13:03
91	38	Jane Georghiou	45:02	W70	2	Gold		Veterans AC	13:12	13:22	13:29
92	2	Sarah Allen	46:32	W60	7			Veterans AC	13:35	13:43	13:55
93	106	Doug Milsom	58:47	M85	1	Gold		Veterans AC	16:42	18:38	17:29