

VAC 5M Road Championships, Battersea Park, 9 May 2023

Place	Time	Bib	Name	Age Group	Age Gp pos.	VAC medal	Open medal	Club
1	26:08	7	Andy Bond	M45	1	Gold		Veterans AC
2	26:35	47	Ben Goddard	M35	1	Gold		Veterans AC
3	26:38	18	Che Compton	M45	2		Silver	Kent AC
4	26:45	88	Raj Paranandi	M45	3		Bronze	Herne Hill Harriers
5	26:57	133	Steve Winder	M50	1	Gold		Veterans AC
6	27:12	98	Bryn Reynolds	M35	2		Silver	Sutton Striders
7	27:19	109	Simon Shaw	M50	2	Silver		Veterans AC
8	27:35	23	Neil Danby	M55	1	Gold		Veterans AC
9	27:44	36	Stephen Fabes	M40	1		Gold	Victoria Park Harriers & TH AC
10	27:53	100	Andrew Ridley	M55	2	Silver		Veterans AC
11	28:04	31	Micah Evans	M40	2	Gold		Veterans AC
12	28:08	64	Robert Laing	M45	4			Kent AC
13	28:09	132	David Williams	M50	3		Bronze	South London Harriers
14	28:13	69	Daniel Longhurst	M40	3		Bronze	Tonbridge AC
15	28:14	122	Richard Tomlinson	M55	3	Bronze		Veterans AC
16	28:14	95	Sam Rahman	M40	4			Ilford AC
17	28:24	60	Robin Jones	M50	4	Bronze		Veterans AC
18	28:45	48	Joseph Gonzalez-Armas	M50	5			Veterans AC
19	28:59	125	James Wallace	M40	5			Fleet & Crookham AC
20	29:00	66	Gavin Lau	M35	3		Bronze	Victoria Park Harriers & TH AC
21	29:12	121	Adam Tibbals	M45	5			Tonbridge AC
22	29:21	118	Mark Tennyson	M55	4			Veterans AC
23	29:26	1	Shahab Ahmad	M40	6			North Herts Road Runners
24	29:31	85	David Ogden	M60	1	Gold		Veterans AC
25	29:35	135	Tom Woolley	M40	7			Tonbridge AC
26	29:43	96	Jonathan Ratcliffe	M55	5			Southern Counties Veterans AC
27	29:43	134	Paul Woolley	M50	6			Veterans AC
28	29:47	129	Danny White	M35	4			Lordshill Road Runners
29	29:49	110	Kay Sheedy	W35	1	Gold		Veterans AC
30	30:14	124	Tony Tuohy	M60	2	Silver		Veterans AC
31	30:21	45	Brendon Gilbert	M45	6	Silver		Veterans AC
32	30:23	103	Steve Roberts	M55	6			Welsh Masters Athletics Limited
33	30:25	116	Nikki Sturzaker	W45	1	Gold		Veterans AC
34	30:25	35	Nichola Evans	W40	1		Gold	Southern Counties Veterans AC
35	30:36	93	Christian Poulton	M55	7			Cambridge Harriers
36	30:49	86	Zoe Oldfield	W45	2		Silver	Eastern Masters AC
37	30:53	131	David Williams	M60	3		Bronze	Guildford & Godalming AC
38	30:56	30	Gavin Englefield	M45	7	Bronze		Veterans AC
39	31:01	46	Richard Giles	M45	8			Kent AC
40	31:22	52	Mark Halls	M55	8			Southern Counties Veterans AC
41	31:34	90	Mark Pitcairn-Knowles	M55	9			Southern Counties Veterans AC
42	31:35	72	Peter Mannion	M60	4			Windle Valley Runners
43	31:45	5	Alexandra Baird	W40	2	Gold		Veterans AC
44	31:45	87	Andrew Orchard	M50	7			Veterans AC
45	31:47	81	Becky Morrish	W35	2		Silver	Tonbridge AC
46	32:15	76	Susan McDonald	W55	1	Gold		Veterans AC

47	32:32	57	Stephen Ingledew	M60	5	Bronze		Veterans AC
48	32:55	82	Robert Nagorski	M55	10			Veterans AC
49	33:01	78	Edwina Mcdowall	W50	1		Gold	Headington RR
50	33:03	104	Ged Ruffle	M70	1	Gold		Veterans AC
51	33:05	25	Martin Daoud	M60	6			Veterans AC
52	33:12	17	Tom Cheetham	M55	11			Veterans AC
53	33:16	51	Peter Hall	M60	7			Veterans AC
54	33:20	94	Eberhard Prill	M60	8			Veterans AC
55	33:23	54	Richard Hassall	M40	8			Orpington Road Runners
56	33:27	12	Ian Budge	M60	9			Billericay striders
57	33:30	34	Richard Evans	M60	10			Veterans AC
58	33:31	58	Alex Jeffreys	M45	9			Veterans AC
59	33:33	65	Terry Lapins	M35	5			Croydon Harriers
60	33:37	8	Stewart Bond	M50	8			Veterans AC
61	33:51	33	Simon Evans	M55	12			Veterans AC
62	34:00	13	Richard Burke	M60	11			Veterans AC
63	34:15	55	Stephen Haughton	M55	13			Veterans AC
64	34:17	20	Andrew Cornish	M55	14			Veterans AC
65	34:21	123	Ali Trauttmansdorff	W50	2		Silver	Eastern Masters AC
66	34:37	2	Merlin Allan	M65	1	Gold		Veterans AC
67	34:45	97	Simon Reid	M40	9			City of Sheffield and Dearne AC
68	34:53	75	Graham Maynard	M60	12			Southern Counties Veterans AC
69	35:39	53	David Hamed	M60	13			Blackwater Valley Runners
70	35:40	15	Darko Calina	M55	15			Veterans AC
71	35:43	37	Vikki Filsell	W55	2	Silver		Veterans AC
72	35:46	27	Andrew Deighton	M55	16			Veterans AC
73	35:50	83	Clare Norris	W45	3	Silver		Veterans AC
74	36:23	14	Joanne Burkett	W45	4	Bronze		Veterans AC
75	36:25	71	Pippa Major	W55	3	Bronze		Veterans AC
76	37:07	40	John Foss	M60	14			Veterans AC
77	37:28	50	Jay Hadfield	W50	3	Gold		Veterans AC
78	37:50	67	Graham Laylee	M65	2	Silver		Veterans AC
79	38:37	56	Caroline Helder	W60	1	Gold		Veterans AC
80	39:15	126	Dave West	M60	15			Veterans AC
81	40:08	42	Martin Garrett	M65	3	Bronze		Veterans AC
82	40:58	99	Avril Riddell	W65	1	Gold		Veterans AC
83	41:38	63	Sarah Knox	W50	4	Silver		Veterans AC
84	42:00	111	Edward Skinner	M65	4			Veterans AC
85	42:04	120	Edward Thorpe	M75	1	Gold		Veterans AC
86	42:09	43	Jane Georghiou	W70	1	Gold		Veterans AC
87	42:31	119	Patricia Thomas	W55	4			Veterans AC
88	42:50	117	Ros Tabor	W70	2	Silver		Veterans AC
89	45:40	59	Michael Johnson	M80	1	Gold		Veterans AC
90	46:24	106	Karen Samuel	W60	2	Silver		Veterans AC
91	46:30	16	John Carter	M75	2	Silver		Veterans AC
92	46:50	26	Margaret Deighton	W65	2		Silver	Tunbridge Wells Harriers
93	51:39	74	Dan Maskell	M75	3	Bronze		Veterans AC
94	57:02	84	Bill O'Connor	M75	4			Veterans AC