

### VAC 10,000m Championships, Battersea Park, 13 September 2023

Place	Performance	Bib	First Name	Last Name	Cat.	Pos't	VAC Medal	Open Medal	Team
1	33:11.82	8	Andy	Bond	M50-1		M50 Gold		VAC
2	33:46.69	59	Duncan	Woolmer	M40-1		M40 Gold		VAC
3	34:35.52	32	Jani	Kraner	M40-2		M40 Silver		VAC
4	34:39.06	2	Andrew	Aitken	M45-1			M45 Gold	SCVAC
5	35:56.77	30	Chris	Jones	M35-1			M35 Gold	SWVAC
6	36:03.50	55	Andy	Waterman	M40-3			M40 Bronze	Victoria Park & TH
7	36:12.22	31	Neil	Kirkham	M35-2			M35 Silver	Victoria Park & TH
8	36:16.36	4	Jesse	Baver	M35-3			M35 Bronze	London City Runners
9	36:23.31	10	Lara	Bromilow	W40-1			W40 Gold	EMAC
10	36:28.75	1	Shahab	Ahmad	M40-4				N. Herts
11	36:29.19	44	Justin	Reid	M50-2			M50 Silver	Hercules Wimbledon
12	36:38.08	19	Paul	Donohoe	M45-2			M45 Silver	26.2 RR
13	37:23.73	43	Jonathan	Ratcliffe	M55-1			M55 Gold	SCVAC
14	37:31.82	58	Pete	Woodward	M40-5				Crowborough
15	37:53.66	52	William	Stenning	M50-3			M50 Bronze	Woking AC
16	38:08.10	12	Ruben	Carvajal	M40-6				Queens Park Harrier
17	38:16.89	25	Jeremy	Garner	M45-3		M45 Gold		VAC
18	38:26.01	15	Steve	Corfield	M60-1		M60 Gold		VAC
19	38:55.16	5	Roger	Beardsworth	M60-2		M60 Silver		VAC
20	39:02.55	18	Fergal	Donnelly	M50-4		M50 Silver		VAC
21	39:42.40	38	Andrew	Noble	M55-2			M55 Silver	SCVAC
22	40:35.59	9	Andy	Bowen	M55-3		M55 Gold		VAC
23	40:42.11	29	Peter	Johnson	M55-4		M55 Silver		VAC
24	40:44.68	41	Stephen	Plummer	M60-3			M60 Bronze	Ealing Southall & Mic
25	40:44.99	17	Martin	Daoud	M60-4		M60 Bronze		VAC
26	41:41.62	27	Peter	Hall	M65-1		M65 Gold		VAC
27	41:50.90	3	Madeleine	Armstrong-Plieth	W40-2		W40 Gold		VAC
28	42:02.20	21	Louise	Faherty	W45-1			W45 Gold	Highgate
29	42:41.53	45	David	Robinson	M45-4				Serpentine
30	42:43.58	42	Helen	Pool	W45-2		W45 Gold		VAC
31	43:03.01	39	Clare	Norris	W45-3		W45 Silver		VAC
32	43:58.78	50	Edward	Smyth	M40-7				Dulwich Runners
33	44:50.20	49	Paul	Sanderson	M65-2		M65 Silver		VAC
34	46:07.98	13	Tom	Cheetham	M55-5		M55 Bronze		VAC
35	46:30.64	34	Jerry	Lockspeiser	M70-1		M70 Gold		VAC
36	46:30.71	11	Peter	Brown	M60-5				NMAC
37	46:58.13	51	Steve	Smythe	M65-3		M65 Bronze		VAC
38	47:40.85	16	Kevin	Daglish	M60-6				NEMAA
39	47:49.09	20	Sara	Ellen	W35-1			W35 Gold	MMAC
40	47:50.65	33	Christopher	Lee	M60-7				VAC
41	47:58.57	23	Mike	Forder	M70-2		M70 Silver		VAC
42	48:00.23	28	Caroline	Helder	W60-1		W60 Gold		VAC
43	49:49.31	35	Ian	McCarthy	M65-4				VAC
44	49:54.37	54	Clive	Walker	M65-5				VAC
45	50:34.07	60	Fiona	Bishop	W60-2		W60 Silver		VAC
46	52:40.71	48	Karen	Samuel	W60-3		W60 Bronze		VAC
47	55:25.33	7	Vera	Blei	W50-1		W50 Gold		VAC
48	55:33.96	53	Edward	Thorpe	M75-1		M75 Gold		VAC
49	57:45.84	47	John	Ryan	M65-6				VAC