

Course Records: VAC Cross Country, Thatched Cottage course, Wimbledon Common, 4.5m (approx)

	VAC CC Championships Course Records			Course records, including Inter Area Challenge (8 Oct 2016)	
	2014, 2015, 2016, 2017, 2018 and 2020*				
Age Group	Name	Time	Date	Name	Time
M35	Mike Cummings	23:47	18 Jan 2020	Mike Cummings	23:47
M40	Richard McDowell	24:03	18 Jan 2020	Richard McDowell	24:03
M45	Andy Weir	25:10	17 Jan 2015	Andy Weir	25:10
M50	Tony Tuohy	25:46	21 Jan 2017	Tony Tuohy	25:46
M55	Gary Ironmonger	26:12	21 Jan 2017	Julian Critchlow	25:24
M60	Alan Camp	27:40	21 Jan 2017	Alan Camp	27:40
M65	Mike Mann	30:58	18 Jan 2014	Don Powell	30:39
M70	Peter Giles	31:21	23 Jan 2016	Peter Giles	31:21
M75	Peter Giles	33:32	18 Jan 2020	Peter Giles	33:32
M80	Doug Milsom	46:30	18 Jan 2020	Tony Berry	40:46
M85	R Pitcairn Knowles	52:30	20 Jan 2018	R Pitcairn-Knowles	52:30
W35	Megan De Silva	28:08	18 Jan 2020	Megan De Silva	28:08
W40	Liz Stavreski	29:19	21 Jan 2017	Liz Stavreski	29:19
W45	Rachel Badham	29:35	21 Jan 2017	Sarah Urwin-Mann	28:57
W50	Sue McDonald	29:00	18 Jan 2020	Clare Elms	27:44
W55	Ange Norris	29:54	21 Jan 2017	Ange Norris	29:40
W60	Maggie Statham	32:42	17 Jan 2015	Maggie Statham	32:42
W65	Ros Tabor	33:11	17 Jan 2015	Ros Tabor	33:11
W70	Lesley Bowcott	42:26	17 Jan 2015	Lesley Bowcott	42:26
W75	Lesley Bowcott	44:54	18 Jan 2020	Lesley Bowcott	44:54

* Results in 2019 were not eligible for records as the course had to be diverted.