

VAC 5M Road Championships, Battersea Park, 7 May 2024

Place	Bib	Name	Time	Age Group	Age Gp Pos	VAC Medal	Open Medal	Club
1	63	Richard Mcdowell	25:39	M45	1	Gold		Veterans AC
2	33	Daniel Gaffney	25:58	M40	1		Gold	South London Harriers
3	57	Richard Macaulay	26:34	M35	1	Gold		Veterans AC
4	10	Andy Bond	26:41	M50	1	Gold		Veterans AC
5	53	James Lawler	27:09	M45	2		Silver	Eastern Masters AC
6	68	Tatsuya Okamoto	27:37	M40	2		Silver	Striders of Croydon
7	96	Duncan Woolmer	27:43	M40	3	Gold		Veterans AC
8	80	Adrian Russell	27:49	M45	3	Silver		Veterans AC
9	74	Bryn Reynolds	27:53	M35	2	Silver		Veterans AC
10	13	Mark Boulton	28:32	M40	4			Victoria Park Harriers & TH AC
11	86	James Smith	28:42	M40	5			Eastern Masters AC
12	38	Denis Gorman	28:47	M45	4			NIMAA
13	5	Nick Barker	28:49	M40	6			Loughton AC
14	88	Julien Tadeusz	28:53	M35	3		Bronze	Clapham Chasers
15	72	Jonathan Ratcliffe	29:05	M55	1		Gold	Southern Counties Veterans AC
16	60	Adam May	29:10	M40	7	Silver		Veterans AC
17	67	Jani Kraner	29:23	M40	8	Bronze		Veterans AC
18	6	Jesse Bayer	29:38	M35	4			London City Runners
19	97	Muhamud Haile	30:01	M55	2	Gold		Veterans AC
20	42	Karima Harris	30:16	W50	1	Gold		Veterans AC
21	50	Andy Jordan	30:35	M60	1		Gold	St Albans Striders
22	11	Terry Booth	31:09	M55	3	Silver		Veterans AC
23	91	Dominic Wake	31:17	M50	2		Silver	Hart Road Runners
24	19	Jim Carrington	31:26	M45	5	Bronze		Veterans AC
25	54	Peter Lee	31:31	M55	4	Bronze		Veterans AC
26	30	Clare Elms	31:40	W60	1	Gold		Veterans AC
27	16	Laura Donnelly	31:56	W35	1		Gold	Herne Hill Harriers
28	79	David Rowe	32:01	M65	1	Gold		Veterans AC
29	25	Martin Daoud	32:05	M60	2	Gold		Veterans AC
30	45	Nadi Jahangiri	32:12	M60	3	Silver		Veterans AC
31	26	Andrew Davies	32:24	M50	3	Silver		Veterans AC
32	17	Bryan Camfield	32:30	M55	5			Veterans AC
33	3	Felix Allen	32:34	M50	4	Bronze		Veterans AC
34	78	Clive Rolfe	33:13	M45	6			Veterans AC
35	9	Stewart Bond	33:17	M55	6			Veterans AC
36	89	Ali Trautmansdorff	33:47	W50	2		Silver	Eastern Masters AC
37	15	Ian Budge	33:49	M60	4			Eastern Masters AC
38	20	Tom Cheetham	34:11	M55	7			Veterans AC

39	39	Peter Hall	34:29	M65	2	Silver		Veterans AC
40	41	Phil Hanby	34:32	M40	9			London Frontrunners
41	31	Mike Forder	34:35	M70	1	Gold		Veterans AC
42	75	Jacqueline Richardson	35:16	W50	3		Btonze	Hercules Wimbledon AC
43	87	Michelle Tafili	35:56	W35	2		Silver	Walton AC
44	24	Pete Crockford	36:07	M65	3	Bronze		Veterans AC
45	36	Peter Giles	36:37	M75	1	Gold		Veterans AC
46	76	Andrew Roberts	36:45	M70	2	Silver		Veterans AC
47	84	Catkin Shelley	37:43	W60	2	Silver		Veterans AC
48	64	Terry Lapins	38:09	M35	5			Croydon Harriers
49	43	Caroline Helder	38:13	W60	3	Bronze		Veterans AC
50	92	James Ward	38:32	M45	7			Veterans AC
51	58	Michael Mann	39:28	M75	2	Silver		Veterans AC
52	21	Ciarán Clarke	39:47	M35	6			LONDON FRONTRUNNERS
53	94	Colin Williams	40:13	M60	5			Watford Joggers
54	12	Jerome Boughton Mills	40:33	M60	6			London Heathside
55	29	Fergal Dunne	40:50	M60	7			Ealing Southall & Middlesex AC
56	65	Lesley Mill	41:49	W55	1	Gold		Veterans AC
57	81	Karen Samuel	42:36	W60	4			Veterans AC
58	27	Laura Denham-Jones	42:40	W55	2	Silver		Veterans AC
59	1	Linda Aird	43:13	W65	1		Gold	North Herts Road Runners
60	46	John James	44:59	M55	8			Veterans AC
61	48	Michael Johnson	46:09	M80	1	Gold		Veterans AC
62	82	Robert Sargent	49:18	M65	4			Veterans AC
63	14	Launa Broadley	50: 15	W55	3	Bronze		Veterans AC
64	55	Michael Leigh	54:14	M80	2		Silver	Hercules Wimbledon AC
65	37	Nigel Goodwin	62:15	M70	3		Btonze	Herne Hill Harriers