

**VAC 5K Road Championships, Battersea Park, 6 June 2023**

Place	Time	Bib	Name	Age Group	Age Gp pos.	VAC medal	Open medal	Club
1	16:18	64	Peter Lighting	M40	1		Gold	Kent AC
2	16:25	26	Neil Danby	M55	1	Gold		Veterans AC
3	16:26	54	Tom Hollis	M35	1		Gold	Lonely Goat RC
4	16:27	94	Simon Shaw	M50	1	Gold		Veterans AC
5	16:35	99	Daniel St Martin	M35	2		Silver	Medway & Maidstone AC
6	16:56	90	Chris Ryans	M40	2		Silver	Epsom & Ewell Harriers
7	16:58	73	Ben Millar	M45	1		Gold	Herne Hill Harriers
8	17:05	92	Ed Samuel	M40	3		Bronze	London Heathside
9	17:05	42	Marco Gazzelloni	M40	4			Epsom & Ewell Harriers
10	17:11	45	Richard Giles	M45	2		Silver	Kent AC
11	17:11	144	Michael Tay	M35	3	Gold		Veterans AC
12	17:14	147	Adam Tibbals	M45	3		Bronze	Tonbridge AC
13	17:16	87	Bryn Reynolds	M35	4	Silver		Veterans AC
14	17:21	21	Francis Colledge	M35	5			South West Road Runners
15	17:23	151	James Wallace	M40	5			Fleet & Crookham AC
16	17:28	16	Gabriel Carnwath	W40	1		Gold	Sutton Striders
17	17:35	1	Shahab Ahmad	M40	6			North Herts Road Runners
18	17:44	156	Tom Woolley	M40	7			Tonbridge AC
19	17:47	76	Caoimhe Nic Fhogartaigh	W45	1		Gold	Kent AC
20	17:51	23	Steve Corfield	M60	1	Gold		Veterans AC
21	17:56	9	Alastair Bloore	M55	2	Silver		Veterans AC
22	17:58	11	Terry Booth	M55	3	Bronze		Veterans AC
23	17:59	34	Gavin Englefield	M45	4	Gold		Veterans AC
24	18:02	149	Tony Tuohy	M60	2	Silver		Veterans AC
25	18:02	155	Joseph Wilkes	M45	5	Silver		Veterans AC
26	18:04	89	Steve Roberts	M55	4			Welsh Masters Athletics
27	18:10	58	Daniel Johnson	M50	2		Silver	Epsom & Ewell Harriers
28	18:11	70	Adam May	M40	8	Gold		Veterans AC
29	18:12	96	Andrew Simpson	M40	9	Silver		Veterans AC
30	18:16	81	Mark Pitcairn-Knowles	M55	5			Southern Counties Veterans AC
31	18:21	36	Nichola Evans	W40	2		Silver	Southern Counties Veterans AC
32	18:24	153	Stephen Watts	M40	10			Kent AC
33	18:26	95	Natasha Sheel	W35	1		Gold	Serpentine RC
34	18:29	143	Nikki Sturzaker	W45	2	Gold		Veterans AC
35	18:37	82	Bruce Poll	M50	3	Silver		Veterans AC
36	18:46	47	Tim Grose	M55	6			Veterans AC
37	18:47	77	Zoe Oldfield	W45	3		Bronze	Eastern Masters AC
38	18:49	57	Pete Jewell	M60	3	Bronze		Veterans AC
39	18:52	93	Tim Sharp	M45	6	Bronze		Veterans AC
40	18:57	24	Mary Cormack	W35	2		Silver	Clapham Chasers
41	18:58	12	Andrew Bowles	M55	7			Veterans AC
42	19:01	3	Claire Altmann	W35	3		Bronze	Thames Hare & Hounds
43	19:21	145	Michael Thomson	M50	4			Tonbridge AC
44	19:27	29	Claire Day	W40	3		Bronze	Tonbridge AC
45	19:28	46	Gordon Gooding	M50	5			Unattached
46	19:35	51	Stephen Haughton	M55	8			Veterans AC
47	19:36	7	Barry Blackwell	M55	9			Southern Counties Veterans AC
48	19:38	28	Martin Daoud	M60	4			Veterans AC

49	19:53	40	John Foss	M60	5			Veterans AC
50	20:02	88	Charlie Richardson	M40	11			Tonbridge AC
51	20:04	18	Michelle Carter	W40	4			Epsom & Ewell Harriers
52	20:13	5	Jacky Balfour	W60	1	Gold		Veterans AC
53	20:16	13	Ian Budge	M60	6			Billericay Striders
54	20:16	83	Helen Pool	W45	4	Silver		Veterans AC
55	20:16	20	Tom Cheetham	M55	10			Veterans AC
56	20:16	78	Clare Norris	W45	5	Bronze		Veterans AC
57	20:17	63	Barry Warne	M60	7			Peterborough & Nene Valley
58	20:23	35	Simon Evans	M55	11			Veterans AC
59	20:24	25	Andrew Cornish	M55	12			Veterans AC
60	20:24	10	Stewart Bond	M50	6	Bronze		Veterans AC
61	20:24	84	Eberhard Prill	M60	8			Veterans AC
62	20:27	30	Susan Dixon	W55	1		Gold	Cambridge Harriers
63	20:29	31	David Edwards	M40	12			North Herts Road Runners
64	20:35	85	Simon Reid	M40	13			City of Sheffield AC
65	20:38	86	Ben Revill	M50	7			Veterans AC
66	20:43	2	Merlin Allan	M65	1	Gold		Veterans AC
67	20:43	49	David Hamed	M60	9			Blackwater Valley Runners
68	20:46	62	Terry Lapins	M35	6			Croydon Harriers
69	20:49	53	Gemma Hockett	W35	4			Bromley Veterans AC
70	20:52	27	Pete Crockford	M65	2	Silver		Veterans AC
71	20:52	39	Mike Forder	M70	1	Gold		Veterans AC
72	21:18	80	Penny Pilbeam	W50	1		Gold	Tonbridge AC
73	21:44	15	Nigel Burnell	M65	3	Bronze		Veterans AC
74	22:01	17	Sally Carr	W50	2		Silver	Cambridge Harriers
75	22:49	48	Jay Hadfield	W50	3	Gold		Veterans AC
76	22:59	52	Caroline Helder	W60	2	Silver		Veterans AC
77	23:02	65	Zoe Lynam	W45	6			Veterans AC
78	23:19	67	Michael Mann	M70	2	Silver		Veterans AC
79	23:45	71	Ian McCarthy	M65	4			Veterans AC
80	23:54	74	Tom Morris	M65	5			Veterans AC
81	24:12	154	Dave West	M60	10			Veterans AC
82	24:18	41	Anna Garnier	W65	1	Gold		Veterans AC
83	24:34	100	Mark Standing	M55	13			Herne Hill Harriers
84	24:45	59	Carol Jones	W65	2	Silver		Veterans AC
85	25:00	8	Vera Blei	W50	4	Silver		Veterans AC
86	25:18	43	Helen Geldert	W60	3		Bronze	Thames Hare & Hounds
87	26:00	56	Liam O'Hare	M75	1	Gold		Veterans AC
88	26:04	44	Jane Georghiou	W70	1	Gold		Veterans AC
89	26:31	91	Karen Samuel	W60	4	Bronze		Veterans AC
90	26:45	146	Edward Thorpe	M75	2	Silver		Veterans AC
91	29:02	32	Penny Elliott	W80	1	Gold		Veterans AC
92	36:06	4	Joe Aspinall	M85	1	Gold		Veterans AC
93	36:15	148	Peter Torre	M80	1	Gold		Veterans AC
94	37:33	68	Maurice Marchant	M70	3	Bronze		Veterans AC