

VAC 10k Road Championship, Richmond 10k, 25 June 2023						
Name	Surname	Gender	Gun Time	Category	Medal	Club
Andy	Bond	Male	00:33:55	M45	Gold	Dulwich Runners AC
Ben	Goddard	Male	00:34:01	M35	Gold	Woking AC
Bryn	Reynolds	Male	00:34:32	M35	Silver	Sutton Striders
Joseph	Gonzalez-Armas	Male	00:36:03	M50	Gold	26.2 Road Runners Club
Alex	Mogford	Male	00:36:36	M35	Bronze	Woking AC
Alastair	Bloore	Male	00:37:44	M55	Gold	Epsom and Ewell Harriers
David	Ogden	Male	00:37:47	M60	Gold	South London Harriers
Jeremy	Garner	Male	00:38:49	M45	Silver	Epsom Oddballs
Andrew	Simpson	Male	00:38:53	M40	Gold	Stragglers Running Club
Steve	Corfield	Male	00:38:55	M60	Silver	Striders Of Croydon
April	James-Welsh	Female	00:39:47	W45	Gold	South London Harriers
Duncan	Haughey	Male	00:40:01	M60	Bronze	Elmbridge RRC
Debbie	Jackson	Female	00:40:16	W50	Gold	South London Harriers
Ben	Gilmore	Male	00:40:19	M45	Bronze	Guildford & Godalming AC
Paul	Woolley	Male	00:40:24	M50	Silver	Datchet Dashers
Andrew	Davies	Male	00:40:25	M45		Hercules Wimbledon AC
Robert	Smith	Male	00:40:33	M35		Walton AC
Ginevra	Stoneley	Female	00:40:53	W45	Silver	Reigate Priory AC
Susan	McDonald	Female	00:40:54	W55	Gold	South London Harriers
Anna	Critchlow	Female	00:41:33	W55	Silver	West 4 Harriers
Gavin	Englefield	Male	00:41:50	M45		South London Harriers
Peter	Johnson	Male	00:42:03	M55	Silver	Striders Of Croydon
Martin	Daoud	Male	00:42:09	M60		Ealing Southall
Thomas	Cheetham	Male	00:42:32	M55	Bronze	Hercules Wimbledon AC
Robert	Nagorski	Male	00:42:36	M60		Herne Hill Harriers
John	Foss	Male	00:43:07	M60		South London Harriers
Andrew	Cornish	Male	00:43:46	M55		Holland Sports AC
Ruth	Hutton	Female	00:43:51	W55	Bronze	South London Harriers
Peter	Hall	Male	00:44:06	M65	Gold	West 4 Harriers
Madeleine	Armstrong-Plieth	Female	00:44:16	W40	Gold	Croydon Harriers
Stewart	Bond	Male	00:44:38	M50	Bronze	Hercules Wimbledon AC
Richard	Burke	Male	00:44:45	M60		Veterans AC
Rachel	Berry	Female	00:44:46	W50	Silver	West 4 Harriers
Helen	Pool	Female	00:44:47	W45	Bronze	Reading Roadrunners
Sheridan	Marshall	Female	00:44:48	W40	Silver	Epsom and Ewell Harriers
Susanna	Harrison	Female	00:45:20	W60	Gold	Guildford & Godalming AC
Simon	Evans	Male	00:45:23	M55		Herne Hill Harriers

Pippa	Major	Female	00:46:43	W55		South London Harriers
Dean	Saliba	Male	00:47:00	M40	Silver	Victoria Park & TH
Penny	Wilkins	Female	00:48:17	W60	Silver	South London Harriers
Shun-Lai	Chan	Female	00:48:47	W50	Bronze	South London Harriers
Kate	Carter	Female	00:49:10	W45		Wimbledon Windmilers
Jo	Quantrill	Female	00:49:46	W65	Gold	South London Harriers
Darko	Calina	Male	00:49:51	M55		Sutton Runners
Jay	Hadfield	Female	00:49:55	W50		Elmbridge RRC
Caroline	Helder	Female	00:50:45	W60	Bronze	Wimbledon Windmilers
Dave	West	Male	00:51:06	M60		Dulwich Runners AC
Nichola	Atkins	Female	00:52:06	W55		Kingston AC & Poly Harriers
Fiona	Bishop	Female	00:52:36	W60		Woking AC
Jane	Rowden	Female	00:53:51	W70	Gold	West 4 Harriers
Ruth	Gledhill	Female	00:55:21	W60		Ranelagh Harriers
Lisa	Compton	Female	00:55:41	W65	Silver	Lingfield RC
Jon	Scott-Francis	Male	00:55:42	M70	Gold	West 4 Harriers
Claire	Morgan	Female	00:56:49	W60		Wimbledon Windmilers
Sue	Garner	Female	00:57:27	W75	Gold	Lingfield RC
Edward	Thorpe	Male	00:58:01	M75	Gold	Reading Roadrunners
Ros	Tabor	Female	00:58:56	W70	Silver	Dulwich Runners AC
Marion	Rayner	Female	01:00:24	W70	Bronze	West 4 Harriers
Maggie	Statham-Berry	Female	01:00:27	W70		Lingfield RC
Edward	Skinner	Male	01:01:01	M65	Silver	Tiptree Road Runners
Andy	Murray	Male	01:01:40	M70	Silver	Dulwich Runners AC
Keith	Brown	Male	01:03:04	M65	Bronze	Croydon Harriers
Rob	Sargent	Male	01:08:28	M65		Ilford AC
Lee	Goddard	Male	01:09:24	M60		Epsom Oddballs RC