

**VAC 5,000m Masters Track Championships, Millennium Arena, 26 June 2024**

Place	Time	Bib	First Name	Last Name	Age Group	Age Gp Pos	VAC Medal	Open Medal	Club
1	15:42.52	51	Chris	Loudon	M35	1	Gold		Veterans AC
2	15:54.58	38	John	Hutchins	M40	1		Gold	Woking AC
3	15:55.01	15	Mike	Cummings	M35	2	Silver		Veterans AC
4	15:56.39	16	Jeff	Cunningham	M40	2		Silver	Herne Hill Harriers
5	16:02.16	50	Victor	Lio	M35	3		Bronze	Serpentine RC
6	16:05.10	4	Roman	Banias	M35	4			Veterans AC
7	16:05.58	65	Ben	Paviour	M50	1	Gold		Veterans AC
8	16:34.63	78	Julien	Tadeusz	M35	5			Clapham Chasers
9	16:34.97	6	Nicolas	Besson	M40	3		Bronze	Serpentine RC
10	16:38.48	60	Ben	Millar	M45	1		Gold	Herne Hill Harriers
11	16:44.84	28	Ben	Goddard	M35	6			Veterans AC
12	16:47.08	89	James	Wilson	M45	2	Gold		Veterans AC
13	16:53.28	86	Adrian	Whitwam	M45	3		Bronze	Morpeth Harriers
14	16:57.17	8	James	Blogg	M45	4	Silver		Veterans AC
15	17:19.88	42	Sebastian	Jones	M35	7			Clapham Chasers
16	17:27.11	19	Eric	Dol	M35	8			Veterans AC
17	17:32.43	17	Mark	Cursons	M60	1	Gold		Veterans AC
18	17:33.91	5	Rich	Berry	M45	5	Bronze		Veterans AC
19	17:35.78	36	Sean	Holohan	M35	9			Clapham Chasers
20	17:48.61	59	Stephen	Mcleod	M35	10			Herne Hill Harriers
21	17:59.07	13	John	Burnett	M45	6			Veterans AC
22	18:02.99	63	Christoph	Neumayer	M40	4			Clapham Chasers
23	18:03.34	68	Hannah	Pullen	W35	1		Gold	Aldershot Farnham & D
24	18:04.95	12	Harry	Brown	M35	11			SCVAC
25	18:10.99	30	Adrian	Haines	M55	1	Gold		Veterans AC
26	18:12.24	61	Jonathan	Moore	M55	2	Silver		Veterans AC
27	18:18.49	32	Carl	Hamill	M35	12			Clapham Chasers
28	18:19.09	84	Adam	Whitmee	M35	13			
29	18:19.64	25	Jeremy	Garner	M50	2	Silver		Veterans AC
30	18:36.08	44	Andy	Jordan	M60	2	Silver		Veterans AC
31	18:40.70	1	James	Adams	M40	5	Gold		Veterans AC
32	18:41.05	46	Jonathan	Kempson	M60	3		Bronze	Eynsham Road Runners
33	18:47.14	2	Felix	Allen	M50	3	Bronze		Veterans AC
34	18:50.86	10	Terry	Booth	M55	3	Bronze		Veterans AC
35	18:53.81	80	David	Thomas	M40	6			
36	18:55.60	88	David	Williams	M60	4	Bronze		Veterans AC
37	18:57.73	54	Adam	May	M40	7	Silver		Veterans AC
38	18:59.25	90	Martin	Winch	M50	4			Veterans AC
39	19:15.55	48	Peter	Lee	M55	4			Veterans AC
40	19:25.04	3	Dean	Angell	M60	5			Veterans AC

41	19:25.20	11	Bob	Bradbury	M70	1		Gold	SCVAC
42	19:26.22	35	Nigel	Herron	M60	6			Veterans AC
43	19:26.89	74	Peter	Robertson	M45	7			Veterans AC
44	19:32.80	77	William	Stenning	M55	5			Woking AC
45	19:44.11	94	Robert	Wakefield	M40	8			Aldershot Farnham & D
46	19:48.03	33	Lucy	Hancock	W40	1		Gold	Clapham Chasers
47	20:09.69	40	Peter	Johnson	M60	7			Veterans AC
48	20:16.86	93	Charles	Hampden-Smith	M60	8			Veterans AC
49	20:32.86	21	Jason	Drake	M60	9			Veterans AC
50	20:35.70	14	Simon	Cox	M65	1	Gold		Veterans AC
51	20:52.45	66	Helen	Pool	W50	1	Gold		Veterans AC
52	20:54.18	64	Pete	O'Connell	M60	10			Veterans AC
53	21:03.12	71	Neil	Rae	M50	5			Ranelagh Harriers
54	21:06.94	92	Lucy	Woolhouse	W60	1	Gold		Veterans AC
55	21:12.82	31	Peter	Hall	M65	2	Silver		Veterans AC
56	21:28.23	58	Paul	Mccrone	M55	6			Veterans AC
57	22:03.15	47	Ian	Kitching	M70	2	Gold		Veterans AC
58	22:54.37	81	Ella	Waddingham	W40	2		Silver	Wimbledon Windmilers
59	23:19.79	49	Christopher	Lee	M65	3	Bronze		Veterans AC
60	23:21.76	34	Caroline	Helder	W60	2	Silver		Veterans AC
61	23:39.61	26	Anna	Garnier	W65	1	Gold		Veterans AC
62	23:57.78	87	Colin	Williams	M60	11			Watford Joggers
63	24:01.99	53	Michael	Mann	M75	1	Gold		Veterans AC
64	24:03.88	82	Margaret	Wadman	W60	3	Bronze		Veterans AC
65	25:28.52	62	Tom	Morris	M65	4			Veterans AC
66	25:50.73	69	Val	Purnell	W60	4			Veterans AC
67	26:18.22	83	Clive	Walker	M65	5			Veterans AC
68	27:09.52	75	Karen	Samuel	W60	5			Veterans AC
69	29:54.83	41	Michael	Johnson	M80	1	Gold		Veterans AC