

RESULTS

4.5M XC (4.5M)

VAC Cross Country Championships 2019 - 2019-01-19 START TIME: 14:00

Rank	Bib	Name	Club	Age Group	Lane	Result
1	127	Richard McDowell	VAC	M35		25:55.00
2	149	Paul Cheetham	VAC	M45		26:08.00
3	122	Robin Jones	VAC	M45		26:25.00
4	128	Robert McHarg	SCVAC	M55		26:52.00
5	153	Matthew Hyett	OPEN	M35		27:20.00
6	142	Mark Tennyson	VAC	M55		27:28.00
7	121	Dan Hallam	VAC	M40		27:41.00
8	105	Terry Booth	VAC	M50		28:00.00
9	124	Tony Macdowall	VAC	M35		28:32.00
10	114	Malcolm Davies	VAC	M50		28:47.00
11	156	Edward Lambert	VAC	M40		29:21.00
12	126	Susan McDonald	VAC	W50		30:14.00
13	152	Nikki Sturzaker	VAC	W45		30:42.00
14	167	Stephen Smythe	VAC	M60		30:52.00
15	110	Tom Cheetham	VAC	M50		31:03.00
16	168	Andy Del Nevo	VAC	M50		31:08.00
17	136	Andrew Simms	VAC	M50		31:24.00
18	131	Simon Pannell	SCVAC	M55		31:33.00
19	144	Lucy Woolhouse	VAC	W55		31:41.00
20	151	Andrew Masters	OPEN	M45		31:47.00
21	134	Fiona Russell	VAC	W50		32:38.00
22	112	Helen Davies	VAC	W45		32:48.00
23	162	Chris Bailey	VAC	M55		33:06.00
24	147	Gareth George	OPEN	M45		33:40.00
25	138	Maggie Stacey	VAC	W50		34:05.00
26	117	Anna Garnier	VAC	W60		34:08.00
27	157	Vanda Caulfield	OPEN	W50		34:27.00
28	143	Patricia Thomas	VAC	W50		34:36.00
29	164	Valdis Pauzers	VAC	M60		34:38.00
30	107	Gary Budinger	VAC	M55		35:06.00
31	104	Lloyd Bevan	VAC	M55		35:12.00
32	120	Peter Giles	VAC	M70		35:25.00
33	129	Tom Morris	VAC	M60		35:34.00
34	123	Glen Keegan	VAC	M50		35:39.00
35	155	Trevor Robinson	VAC	M45		35:41.00
36	158	Gerald Smith	VAC	M65		35:44.00
37	159	Joanna Quantrill	VAC	W60		35:47.00
38	139	Cathy Stewart	SCVAC	W50		35:51.00
39	148	Margaret Moody	VAC	W65		36:25.00

Rank	Bib	Name	Club	Age Group	Lane	Result
40	119	Jane Georghiou	VAC	W65		37:03.00
41	135	Mary Setyabule	VAC	W50		37:15.00
42	160	Carol Jones	VAC	W60		37:28.00
43	150	Graham Ashby	OPEN	M50		37:35.00
44	137	Trevor Solomon	VAC	M65		37:44.00
45	161	David Greenfield	VAC	M60		38:22.00
46	130	Andy Murray	VAC	M65		38:38.00
47	118	Martin Garrett	VAC	M65		39:43.00
48	165	Dan Maskell	VAC	M70		40:40.00
49	163	Doug Milsom	VAC	M75		40:46.00
50	109	John Carter	VAC	M75		41:19.00
51	154	Sue Belcher	OPEN	W40		41:59.00
52	140	Ian Strong	VAC	M55		42:08.00
53	146	John Garber	EMAC	M75		43:42.00
54	145	Bill O'Connor	VAC	M70		44:38.00
55	125	Maurice Marchant	VAC	M70		45:00.00
56	106	Lesley Bowcott	VAC	W70		45:13.00
57	101	Joe Aspinall	VAC	M80		51:45.00
58	132	Richard Pitcairn-Knowles	VAC	M85		53:20.00
59	103	Ann Bath	VAC	W70		53:37.00