

## VAC Cross Country Championships, Wimbledon Common, 19 January 2019

Place	Bib	Time	First name	Last name	Age Group	Club	Masters' club	VAC Medal	Guest Medal	CatPos
1	127	25:55	Richard	McDowell	M35	Hercules Wimbledon AC	VAC	Gold		M35-1
2	149	26:08	Paul	Cheetham	M45	Thames Hare & Hounds	VAC	Gold		M45-1
3	122	26:25	Robin	Jones	M45	Herne Hill Harriers	VAC	Silver		M45-2
4	128	26:52	Robert	McHarg	M55	Datchet Dashers	SCVAC		Gold	M55-1
5	153	27:20	Matthew	Hyett	M35	Kingston & Poly	OPEN		Silver	M35-2
6	142	27:28	Mark	Tennyson	M55	Guildford & Godalming AC	VAC	Gold		M55-2
7	121	27:41	Dan	Hallam	M40	Herne Hill Harriers	VAC	Gold		M40-1
8	105	28:00	Terry	Booth	M50	Guildford & Godalming AC	VAC	Gold		M50-1
9	124	28:32	Tony	Macdowall	M35	Victoria Park Harriers & TH AC	VAC	Silver		M35-3
10	114	28:47	Malcolm	Davies	M50	Stragglers Running Club	VAC	Silver		M50-2
11	156	29:21	Edward	Lambert	M40	South London Harriers	VAC	Silver		M40-2
12	126	30:14	Susan	McDonald	W50	South London Harriers	VAC	Gold		W50-1
13	152	30:42	Nikki	Sturzaker	W45	Herne Hill Harriers	VAC	Gold		W45-1
14	167	30:52	Stephen	Smythe	M60	Dulwich Runners	VAC	Gold		M60-1
15	110	31:03	Tom	Cheetham	M50	Hercules Wimbledon AC	VAC	Bronze		M50-3
16	168	31:08	Andy	Del Nevo	M50	Croydon Harriers	VAC			M50-4
17	136	31:24	Andrew	Simms	M50	Herne Hill Harriers	VAC			M50-5
18	131	31:33	Simon	Pannell	M55	Striders of Croydon	SCVAC		Bronze	M55-3
19	144	31:41	Lucy	Woolhouse	W55	Veterans AC	VAC	Gold		W55-1
20	151	31:47	Andrew	Masters	M45	West 4 Harriers	OPEN		Bronze	M45-3
21	134	32:38	Fiona	Russell	W50	Mornington Chasers	VAC	Silver		W50-2
22	112	32:48	Helen	Davies	W45	Stragglers Running Club	VAC	Silver		W45-2
23	162	33:06	Chris	Bailey	M55	Highgate Harriers	VAC	Silver		M55-4
24	147	33:40	Gareth	George	M45	Epsom & Ewell	OPEN			M45-4
25	138	34:05	Maggie	Stacey	W50	26.2 Roadrunners Club	VAC	Bronze		W50-3
26	117	34:08	Anna	Garnier	W60	Thames Hare & Hounds	VAC	Gold		W60-1
27	157	34:27	Vanda	Caulfield	W50	Epsom & Ewell	OPEN			W50-4
28	143	34:36	Patricia	Thomas	W50	Ealing Southall & Midd.	VAC			W50-5
29	164	34:38	Valdis	Pauzers	M60	Herne Hill Harriers	VAC	Silver		M60-2
30	107	35:06	Gary	Budinger	M55	Dulwich Runners	VAC	Bronze		M55-5
31	104	35:12	Lloyd	Bevan	M55	Serpentine RC	VAC			M55-6
32	120	35:25	Peter	Giles	M70	Hercules Wimbledon AC	VAC	Gold		M70-1
33	129	35:34	Tom	Morris	M60	Hercules Wimbledon AC	VAC	Bronze		M60-3
34	123	35:39	Glen	Keegan	M50	Herne Hill Harriers	VAC			M50-6
35	155	35:41	Trevor	Robinson	M45	Ilford AC	VAC	Bronze		M45-5
36	158	35:44	Gerald	Smith	M65	Epsom & Ewell	VAC	Gold		M65-1
37	159	35:47	Joanna	Quantrill	W60	South London Harriers	VAC	Silver		W60-2
38	139	35:51	Cathy	Stewart	W50	Aldershot Farnham & District	SCVAC			W50-6
39	148	36:25	Margaret	Moody	W65	Basingstoke	VAC	Gold		W65-1
40	119	37:03	Jane	Georghiou	W65	Farnham Runners	VAC	Silver		W65-2
41	135	37:15	Mary	Setyabule	W50	Herne Hill Harriers	VAC			W50-7
42	160	37:28	Carol	Jones	W60	Ealing Southall & Midd.	VAC	Bronze		W60-3
43	150	37:35	Graham	Ashby	M50	26.2 Roadrunners Club	OPEN			M50-7
44	137	37:44	Trevor	Solomon	M65	Veterans AC	VAC	Silver		M65-2
45	161	38:22	David	Greenfield	M60	Kingston & Poly	VAC			M60-4
46	130	38:38	Andy	Murray	M65	Dulwich Runners	VAC	Bronze		M65-3
47	118	39:43	Martin	Garrett	M65	Sudbury Court Running Club	VAC			M65-4
48	165	40:40	Dan	Maskell	M70	Veterans AC	VAC	Silver		M70-2
49	163	40:46	Doug	Milsom	M75	Hillingdon AC	VAC	Gold		M75-1
50	109	41:19	John	Carter	M75	Wimbledon Windmilers	VAC	Silver		M75-2
51	154	41:59	Sue	Belcher	W40	Sutton Runners	OPEN		Gold	W40-1
52	140	42:08	Ian	Strong	M55	Herne Hill Harriers	VAC			M55-7
53	146	43:42	John	Garber	M75	Herne Hill Harriers	EMAC		Bronze	M75-3
54	145	44:38	Bill	O'Connor	M70	Queens Park Harriers	VAC	Bronze		M70-3
55	125	45:00	Maurice	Marchant	M70	Tonbridge AC	VAC			M70-4
56	106	45:13	Lesley	Bowcott	W70	Wimbledon Windmilers	VAC	Gold		W70-1
57	101	51:45	Joe	Aspinall	M80	Veterans AC	VAC	Gold		M80-1
58	132	53:20	Richard	Pitcairn-Knowles	M85	Sevenoaks AC	VAC	Gold		M85-1
59	103	53:37	Ann	Bath	W70	26.2 Roadrunners Club	VAC	Silver		W70-2