

VAC Cross Country Championships, Wimbledon Common, 18 January 2025

| Pos. | Bib | Time | First Name | Last Name | Club | Age Gp | Cat.Pos | VAC Medal | Open Medal |
|-------------|------------|-------------|-------------------|------------------|---------------|---------------|----------------|------------------|-------------------|
| 1 | 80 | 24:57 | David | Sharman | Wimbledon W. | M40 | 1 | | Gold |
| 2 | 10 | 25:27 | Rich | Berry | VAC | M50 | 1 | Gold | |
| 3 | 51 | 25:57 | Craig | Jackson | VAC | M50 | 2 | Silver | |
| 4 | 35 | 26:59 | Eric | Dol | VAC | M35 | 1 | Gold | |
| 5 | 86 | 27:13 | Mark | Tennyson | VAC | M60 | 1 | Gold | |
| 6 | 47 | 27:20 | Muhamud | Haile | VAC | M55 | 1 | Gold | |
| 7 | 36 | 27:39 | Martin | Edwards | VAC | M45 | 1 | Gold | |
| 8 | 37 | 27:43 | Clare | Elms | VAC | W60 | 1 | Gold | |
| 9 | 22 | 27:44 | Jim | Carrington | VAC | M45 | 2 | Silver | |
| 10 | 59 | 28:14 | Mariana | Marques | Clapham Ch. | W35 | 1 | | Gold |
| 11 | 62 | 28:30 | Susan | McDonald | VAC | W55 | 1 | Gold | |
| 12 | 4 | 28:35 | Jacob | Armstrong-Plieth | VAC | M50 | 3 | Bronze | |
| 13 | 30 | 28:37 | Andrew | Davies | VAC | M50 | 4 | | |
| 14 | 84 | 28:44 | Richard | Steeples | Collingwood | M45 | 3 | | Bronze |
| 15 | 32 | 28:57 | Malcolm | Davies | VAC | M55 | 2 | Silver | |
| 16 | 49 | 29:04 | Lucy | Hancock | Clapham Ch. | W40 | 1 | | Gold |
| 17 | 5 | 29:18 | Madeleine | Armstrong-Plieth | VAC | W40 | 2 | Gold | |
| 18 | 74 | 29:21 | Len | Reilly | VAC | M60 | 2 | Silver | |
| 19 | 18 | 29:26 | Victoria | Buck | VAC | W50 | 1 | Gold | |
| 20 | 9 | 29:34 | Rachel | Berry | VAC | W50 | 2 | Silver | |
| 21 | 48 | 29:37 | James | Hamilton | VAC | M50 | 5 | | |
| 22 | 81 | 29:50 | Andrew | Simms | VAC | M55 | 3 | Bronze | |
| 23 | 54 | 30:04 | Martin | Leat | VAC | M65 | 1 | Gold | |
| 24 | 69 | 30:13 | Tony | Pamphilon | VAC | M65 | 2 | Silver | |
| 25 | 27 | 30:15 | Alex | Coomber | VAC | W50 | 3 | Bronze | |
| 26 | 93 | 30:16 | Christopher | Williams | Clapham Ch. | M45 | 4 | | |
| 26 | 50 | 30:16 | Duncan | Haughey | VAC | M60 | 3 | Bronze | |
| 28 | 24 | 30:21 | Tom | Cheetham | VAC | M55 | 4 | | |
| 29 | 29 | 30:25 | Martin | Daoud | VAC | M60 | 4 | | |
| 30 | 76 | 30:30 | Nicola | Richmond | VAC | W50 | 4 | | |
| 31 | 71 | 30:35 | Rebecca | Pickard | VAC | W45 | 1 | Gold | |
| 32 | 38 | 31:03 | Richard | Evans | VAC | M60 | 5 | | |
| 33 | 95 | 31:17 | Lucy | Woolhouse | VAC | W60 | 2 | Silver | |
| 34 | 89 | 31:33 | Estle | Viljoen | Hercules Wim. | W50 | 5 | | |
| 35 | 14 | 32:19 | Stewart | Bond | VAC | M55 | 5 | | |
| 36 | 21 | 32:40 | Darko | Calina | VAC | M60 | 6 | | |
| 37 | 82 | 32:48 | Jenny | Sinfield | Collingwood | W45 | 2 | | Silver |

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|----|----|-------|----------|------------|----------------|-----|----|--------|--------|
| 38 | 41 | 32:59 | Gareth | George | VAC | M55 | 6 | | |
| 39 | 20 | 33:12 | Ian | Butler | VAC | M60 | 7 | | |
| 40 | 88 | 33:13 | Richard | Turner | Thames HH | M70 | 1 | | Gold |
| 41 | 83 | 33:23 | Steve | Smythe | VAC | M65 | 3 | Bronze | |
| 42 | 3 | 33:54 | Tom | Armstrong | VAC | M60 | 8 | | |
| 43 | 8 | 33:57 | Inga | Bellahn | Herne Hill H. | W50 | 6 | | |
| 44 | 65 | 34:03 | Andy | Millbank | VAC | M60 | 9 | | |
| 45 | 31 | 34:12 | Helen | Davies | VAC | W55 | 2 | Silver | |
| 46 | 26 | 34:38 | David | Coates | SCVAC | M70 | 2 | | Silver |
| 47 | 94 | 34:51 | Lynn | Wilson | VAC | W65 | 1 | Gold | |
| 48 | 33 | 35:03 | Merilyn | Davis | SCVAC | W65 | 2 | | Silver |
| 49 | 70 | 35:33 | Valdis | Pauzers | VAC | M70 | 3 | Gold | |
| 50 | 91 | 35:40 | Nattalie | Ward | MMAC | W35 | 2 | | Silver |
| 51 | 7 | 35:45 | Michael | Barrett | Epsom Oddballs | M65 | 4 | | |
| 52 | 6 | 36:23 | Nicky | Atkins | VAC | W60 | 3 | Bronze | |
| 53 | 57 | 36:29 | Michael | Mann | VAC | M75 | 1 | Gold | |
| 54 | 2 | 36:34 | Mick | Anglim | SWVAC | M75 | 2 | | Silver |
| 55 | 64 | 36:51 | Lesley | Mill | VAC | W55 | 3 | Bronze | |
| 56 | 72 | 36:55 | Jo | Quantrill | VAC | W65 | 3 | Silver | |
| 57 | 43 | 37:08 | Peter | Giles | VAC | M80 | 1 | Gold | |
| 58 | 28 | 37:39 | Chiara | Cristoni | VAC | W50 | 7 | | |
| 59 | 92 | 37:45 | Dave | West | VAC | M65 | 5 | | |
| 60 | 61 | 37:50 | Ian | McCarthy | VAC | M65 | 6 | | |
| 61 | 40 | 38:04 | Martin | Garrett | VAC | M70 | 4 | Silver | |
| 62 | 45 | 38:35 | David | Greenfield | VAC | M65 | 7 | | |
| 63 | 11 | 39:37 | Fiona | Bishop | VAC | W65 | 4 | Bronze | |
| 64 | 19 | 39:57 | Gary | Budinger | VAC | M60 | 10 | | |
| 65 | 1 | 40:21 | Sarah | Allen | VAC | W60 | 4 | | |
| 66 | 42 | 40:57 | Jane | Georghiou | VAC | W70 | 1 | Gold | |
| 67 | 17 | 41:19 | Keith | Brown | VAC | M65 | 8 | | |
| 68 | 60 | 41:59 | Dan | Maskell | VAC | M75 | 3 | Silver | |
| 69 | 67 | 43:29 | Paul | Newby | Thames HH | M80 | 2 | | Silver |
| 70 | 90 | 44:23 | Keith | Ward | MMAC | M60 | 11 | | |
| 71 | 78 | 46:12 | Annie | Ross | VAC | W70 | 2 | Silver | |
| 72 | 44 | 53:45 | Nigel | Goodwin | Herne Hill H. | M70 | 5 | | |
| 73 | 68 | 54:27 | Bill | O'Connor | VAC | M75 | 4 | Bronze | |