

<b>VAC Cross Country Championships, Wimbledon Common</b>			
<b>Age Group Records set in 2023, 2024 and 2026*</b>			
<b>Age Group</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>
M35	Chris Loudon	26:13	21/01/2023
M40	Richard McDowell	25:30	20/01/2024
M45	Richard McDowell	26:32	17/01/2026
M50	Steve Winder	27:27	20/01/2024
M55	Mark Tennyson	27:55	21/01/2023
M60	Mark Tennyson	29:05	17/01/2026
M65	Tony Pamphilon	31:45	20/01/2024
M70	Peter Kennedy	36:19	21/01/2023
M75	Peter Giles	37:41	21/01/2023
M80	Peter Giles	40:49	17/01/2026
<b>WOMEN</b>			
W35	Matilde Lomba	30:52	20/01/2024
W40	Madeleine Armstrong Plieth	33:23	20/01/2024
W45	Nikki Sturzaker	31:30	21/01/2023
W50	Nikki Sturzaker	30:53	17/01/2026
W55	Vikki Filsell	32:34	17/01/2026
W60	Clare Elms	30:13	17/01/2026
W65	Pamela Whitter	35:16	17/01/2026
W70	Jane Georghiou	42:47	21/01/2023

\* Times set in 2025 were not counted for course records as the course was short.