

VC&AC Athletics Results 2005

Event	Date		Age_cat	Time	Position	Category Position	Vest
Marathon							
Amsterdam Marathon	16/10/2005	Fiona Oakes	Sen F	02:48:06		9th	U
London Marathon	17/04/2005	Fiona Oakes	Sen F	02:49:56		30th	Vegan
London Marathon	17/04/2005	John Morris	MV40	03:09:31	1737 / 34999	1620th	VCAC
Abingdon Marathon	16/10/2005	Graham Tracey	Sen M	03:19:31			VCAC
London Marathon	17/04/2005	Andy Harper	Sen M	03:29:36	4283 / 34999	3868th	VCAC
Luton Marathon	04/12/2005	Andy Harper	MV40	03:32:39	121/426		VCAC
Blackpool Marathon	19/06/2005	Andy Harper	Sen M	03:39:30			VCAC
White Peak Marathon	21/05/2005	Andy Harper	Sen M	03:41:30			VCAC
London Marathon	17/04/2005	Paul Taylor	Sen M	03:46:53	7228 / 34999	7228th	VCAC
Robin Hood Marathon (Nottingham)	11/09/2005	Marcus Whelband	Sen M	03:47:18	475/1204		VCAC
Blackpool Marathon	19/06/2005	Graham Tracey	Sen M	03:47:30			VCAC
Shakespeare Marathon	24/04/2005	David Palmer	MV40	03:51:00	220 / 673		VCAC
London Marathon	17/04/2005	Gert Cowling	FV50	03:54:47	9079 / 34999	1326th	VCAC
London Marathon	17/04/2005	Mike Phillips	Sen M	03:57:04	9745 / 34999	8276th	VCAC
Cardiff Marathon	09/10/2005	David Palmer	MV40	04:00:50	712/1302		VCAC
Shakespeare Marathon	24/04/2005	Gert Cowling	FV50	04:01:30	330 / 673	1st	1st
Copenhagen Marathon	22/05/2005	Jens Kieffer-Olsen	MV50	04:09:02		89 / 179	VCAC
Abingdon Marathon	16/10/2005	Sharon Davidson	Sen F	04:15:22	503/680	87/154	Vegan
Berlin Marathon	26/09/2005	Geoff Wolsingham		04:34:00			U
London Marathon	17/04/2005	Sharon Davidson	Sen F	04:38:18	20578 / 34999	4479th	VCAC
Dublin Marathon	31/10/2005	Geoff Wolsingham		04:47:00			U
Luton Marathon	04/12/2005	Sharon Davidson	Sen F	04:59:43	415/426	73/75	Vegan
20M							
Christchurch 20 (Hants)	06/03/2005	Dave Arnold	MV40	02:06:26			2nd
Stafford 20	13/03/2005	Robert Mottram Jones	MV40	02:20:51	62 / 259		VCAC
Stafford 20	13/03/2005	John Morris	MV40	02:22:30	70 / 259		VCAC
Oakley 20M	20/03/2005	Paul Taylor	Sen M	02:41:06	167 / 458	76 / 152	VCAC
Marston Vale Country Park 20M	05/03/2005	Paul Taylor	Sen M	02:45:45	16 / 51		VCAC
Rhyader Round the Lakes 20M	19/03/2005	David Palmer	MV40	02:58:15	159 / 354		VCAC
Half Marathon							
Potteries Half	12/06/2005	Pete Benyon	Sen M	01:17:13	6th		2nd
Brentwood Half Marathon	13/03/2005	Fiona Oakes	Sen F	01:19:00	1st F		Vegan
Swinton Half Marathon	25/09/2005	Graham Tracey	Sen M	01:26:33			VCAC
Bath Half Marathon	20/03/2005	Andy Harper	Sen M	01:27:07	280th		VCAC
Wilmslow Half Marathon	20/03/2005	Graham Tracey	Sen M	01:27:12	188th		VCAC

Event	Date		Age_cat	Time	Position	Category Position	Vest
Wokingham Half	13/02/2005	John Morgan	Sen M	01:27:33	148 / 1523		VCAC
Bedford Half Marathon	11/12/2005	Marcus Whelband	Sen M	01:28:01	118th		1st
Bristol Half Marathon	02/10/2005	John Morgan	Sen M	01:29:00	302/8502		VCAC
Uttoxeter Half Marathon	22/05/2005	Robert Mottram Jones	MV40	01:29:57	53 / 350		VCAC
Lake Vrynwy	11/09/2005	John Morris	MV40	01:30:05			VCAC
Ironbridge Half Marathon	20/03/2005	John Morris	MV40	01:30:16	41 / 537		VCAC
Potteries Half Marathon	12/06/2005	Robert Mottram Jones	MV40	01:30:47	62 / 964		VCAC
Four Villages Half Marathon (Cheshire)	23/01/2005	John Morris	MV40	01:31:30			VCAC
Macclesfield Half Marathon	02/10/2005	Graham Tracey	Sen M	01:32:42			VCAC
Wolverhampton Half	04/09/2005	John Morris	MV40	01:33:30			VCAC
Milton Keynes Half Marathon	20/03/2005	Ade Gibbon	MV50	01:35:30			VCAC
Felixstowe Half Marathon	02/10/2005	Paul Home	MV40	01:36:48	85/366	22nd	
Hinkley Half Marathon	08/05/2005	Lesley Cliff	FV50	01:36:50		1st	U
Shifnall Steeplechase Half	03/07/2005	Robert Mottram Jones	MV40	01:37:06	20 / 101		VCAC
Milton Keynes Half Marathon	20/03/2005	Peter Simpson	MV40	01:37:31	235 / 1196	43 / 140	VCAC
Wootton Half Marathon	11/12/2005	Paul Taylor	Sen M	01:38:49	333/1195	150/452	VCAC
Shakespeare Half	24/04/2005	Peter Simpson	MV40	01:39:17	164 / 1786		VCAC
Robin Hood Marathoon (Nottingham)	11/09/2005	Peter Simpson	MV40	01:39:27			VCAC
Plymouth Half	29/05/2005	Judith Oakley	FV40	01:39:44	433 / 2200	6th	VCAC
Newark Half Marathon	14/09/2005	Jon Zigmond	MV50	01:41:57	285/672	32/65	VCAC
Mansfield Half Marathon	03/07/2005	Adrian Reynolds	MV40	01:43:30			VCAC
Wycombe Half Marathon	10/07/2005	Ade Gibbon	MV50	01:45:30			VCAC
Vejle Amt Half Marathon	10/04/2005	Jens Kieffer-Olsen	MV50	01:49:40		86 / 116	VCAC
Southend Half	12/06/2005	Neil Kirsh	Sen M	01:51:30			VCAC
Marlow Half Marathon	06/11/2005	David Palmer	MV40	01:52:41	461/922		VCAC
Marlow Half Marathon	06/11/2005	Sharon Davidson	Sen F	01:54:53	511/925	71/246	VCAC
Robin Hood Marathon (Nottingham)	11/09/2005	Ant Walker	Sen M	02:04:00			VCAC
Wycombe Half Marathon	10/07/2005	Simon Cope	MV40	02:06:22			2nd
Sheffield Half Marathon	01/05/2005	Mike Whawell	MV60	02:26:19		19th	VCAC

10M

Sandy 10M (Beds)	02/04/2005	Danielle Sanderson	FV40	01:01:27	11th	1st	2nd
Sale 10	07/08/2005	Graham Tracey	Sen M	01:04:10			VCAC
Stockport 10	11/12/2005	Graham Tracey	Sen M	01:06:46			VCAC
Hadleigh	27/11/2005	Paul Home	Sen M	01:09:54	69/306	20th	VCAC
Christmas Pudding Run	11/12/2005	Robert Mottram Jones	MV40	01:10:43	142/623		VCAC
Folkestone 10	25/03/2005	Peter Simpson	MV40	01:10:44	152/546		VCAC
Folkestone 10	25/03/2005	Mike Phillips	Sen M	01:12:30	172/542		VCAC
Sandy 10M (Beds)	02/04/2005	Paul Taylor	Sen M	01:12:56	112th		VCAC
Newmarket Jow Cox 10M	27/03/2005	Paul Home	MV40	01:13:33	61/168	22nd	VCAC

Event	Date		Age_cat	Time	Position	Category Position	Vest
Christmas Pudding Run	11/12/2005	Peter Simpson	MV40	01:16:40	238/623		VCAC
Plymouth Hoe 10	20/02/2005	Judith Oakley	FV40	01:17:15	268th	13th	VCAC
Harewood 10M Trail Race	09/10/2005	Jon Zigmond	MV50	01:21:43	241/539	45/77	VCAC
10K							
Shrewsbury 10K	25/09/2005	John Morris	MV40		20/180		VCAC
Birchwood 10K	21/08/2005	Peter Benyon	Sen M	00:33:25	7/943		VCAC
Stubbington 10K (Hants)	09/01/2005	Dave Arnold	MV40	00:35:36			2nd
Birchwood 10K	21/08/2005	Suzanne Benyon	Sen F	00:36:50	55/943	2nd	VCAC
Ely Runners Handicap	16/06/2005	Max D'Ayala	Sen M	00:37:22	5th		2nd
Watford 10K	01/04/2005	Danielle Sanderson	FV40	00:38:34		1st	2nd
Trafford 10K	11/09/2005	Graham Tracey	Sen M	00:38:44			VCAC
Salford 10K	25/03/2005	Graham Tracey	Sen M	00:39:10	137th		VCAC
Ribble Valley 10K	27/12/2005	Graham Tracey	Sen M	00:39:23			VCAC
Shinfield 10K	02/05/2005	John Morgan	Sen M	00:39:27	54th		VCAC
Woodley 10K	15/05/2005	John Morgan	Sen M	00:39:39	38th	24th	VCAC
Offerton 10K	06/07/2005	Graham Tracey	Sen M	00:39:40	21 / 205		VCAC
Silverstone 10K	03/05/2005	Andy Harper	Sen M	00:39:54	164 / 1030	84th	VCAC
Wesham 10K	26/11/2005	Graham Tracey	Sen M	00:40:14			VCAC
Milton Keynes 10K	05/07/2005	Andy Harper	Sen M	00:40:19			VCAC
Woburn Rhino 10K	09/10/2005	Marcus Whelband	Sen M	00:40:34	21st	12th	1st
Silverstone 10K	03/05/2005	Ade Gibbon	MV50	00:41:30	236 / 1030	13th	VCAC
Dewsbury 10K (W. Yorks)	06/02/2005	Peter Simpson	MV40	00:41:39			VCAC
Bupa Great Ireland Run	09/04/2005	Peter Simpson	MV40	00:42:46	304th		VCAC
Silverstone 10K	03/05/2005	Peter Simpson	MV40	00:42:53	290 / 1030	53rd	VCAC
Silverstone 10K	03/05/2005	Paul Taylor	Sen M	00:43:03	301 / 1030	142 / 386	VCAC
Birchwood 10K	21/08/2005	Peter Simpson	MV40	00:43:03	255/943		VCAC
Dedham 10K	25/09/2005	Paul Horne	MV40	00:43:18			VCAC
Nottingham Heritage Series	28/06/2005	Adrian Reynolds	MV40	00:43:25			VCAC
Woburn Save The Rhino Run	09/10/2005	Peter Simpson	MV40	00:43:30			VCAC
Aylesbury Road Race	14/08/2005	Peter Simpson	MV40	00:44:10	127/435		VCAC
Framlingham 10K	04/09/2005	Paul Horne	MV40	00:44:59	56/228	15th	VCAC
Princes Risborough	03/07/2005	Peter Simpson	MV40	00:45:20			VCAC
Aylesbury Road Race	14/08/2005	David Palmer	MV40	00:45:30	155/435		VCAC
Derby 10K	22/05/2005	Mike Higgott	Sen M	00:45:36	376 / 1571		VCAC
Bildeston 10K	13/03/2005	Paul Horne	MV40	00:45:50	31 / 106	14th	VCAC
Sorbbrook 10K	08/05/2005	David Palmer	MV40	00:46:30	22 / 67		VCAC
St Clare's Hospice	03/04/2005	Barry Clark	MV50	00:48:30			VCAC
Dorney Dash	02/07/2005	Sharon Davidson	Sen F	00:48:30			VCAC
Brentwood 10K	17/07/2005	Neil Kirsh	Sen M	00:49:01			VCAC

Event	Date		Age_cat	Time	Position	Category Position	Vest
St Clare's Hospice	03/04/2005	Carol Clark	FV50	00:52:30			VCAC
Woburn Rhino 10K	09/10/2005	Michelle Gander	Sen F	00:53:19	232nd	38th	1st
Kirkstall Abbey 10K	25/09/2005	Ant Walker	Sen M	00:54:03	297/390		VCAC
European Road Champs over 75	13/05/2005	Ron Franklin	MV70	00:54:07	6th		2nd
Southend 10K	02/10/2005	Ron Franklin	MV70	00:55:09		1st	2nd
British 10K	03/07/2005	Simon Cope	MV40	00:55:22			2nd
Elloughton 10K	07/07/2005	Emma Smith	Sen F	00:56:47		75/155	VCAC
BMAF 10K Champs (Motherwell)	24/09/2005	Ron Franklin	MV70	00:57:02		2nd	2nd
Croydon 10K	03/04/2005	Ron Franklin	MV70	00:57:45	511th	2nd	2nd
Wheldrake 10K	11/06/2005	Emma Smith	Sen F	00:59:12	220/249		VCAC
Sandal Castle 10K	22/05/2005	Emma Smith	Sen F	01:01:36		85/125	VCAC
Harrogate Town 10K	31/07/2005	Emma Smith	Sen F	01:02:32	535/597		VCAC
Notfast 10K	10/07/2005	Emma Smith	Sen F	01:03:06	222/285		VCAC
Wakefield 10K	10/04/2005	Emma Smith	Sen F	01:07:59		181/192	VCAC

5M

Alsager 5	06/02/2005	Pete Benyon	Sen M	00:26:52	29th		2nd
Frostbite League, Huntingdon	06/02/2005	Max d'Ayala	Sen M	00:29:47	25 / 320		2nd
Arthur Bowden Great East Run	26/05/2005	Max D'Ayala	Sen M	00:30:22	23 / 195		VCAC
Frostbite League 5M	13/11/2005	Max D'Ayala	Sen M	00:30:35	41/395		2nd
Manchester YMCA 5M	23/04/2005	Graham Tracey	Sen M	00:31:38	26 / 180		VCAC
Wolverton 5 (Milton Keynes)	26/11/2005	Marcus Whelband	Sen M	00:31:44	92/420	48th	VCAC
Cranfield 5	12/08/2005	Marcus Whelband	Sen M	00:32:03	37th		1st
Bedford Embankment 5	21/08/2005	Marcus Whelband	Sen M	00:32:43	42nd		VCAC
Wolverton 5 (Milton Keynes)	26/11/2005	Andy Harper	MV40	00:33:25	137/420	29th	VCAC
Marlow 5	08/05/2005	Ade Gibbon	MV50	00:33:33	123 / 1200		VCAC
Warwick University (Coventry)	01/01/2005	Peter Simpson	MV40	00:34:28			VCAC
Wolverton 5 (Milton Keynes)	26/11/2005	Peter Simpson	MV40	00:34:45	178/420	21st	VCAC
Nottingham Heritage series	07/07/2005	Adrian Reynolds	MV40	00:34:51			VCAC
Cranfield 5	12/08/2005	Paul Taylor	Sen M	00:34:57	80/288	37/88	VCAC
Wolverton 5 (Milton Keynes)	26/11/2005	Paul Taylor	Sen M	00:35:15	188/420	80th	VCAC
Wellingborough Road Race	07/08/2005	Peter Simpson	MV40	00:35:27			VCAC
Glynneath 5	26/12/2005	Judith Oakley	FV40	00:35:39	119/258	4th	U
Hale 5	11/12/2005	Jon Hobson	MV40	00:37:34	112/273		U
Marlow 5	08/05/2005	Sharon Davidson	Sen F	00:40:15	427 / 1200		2nd
Marlow 5	08/05/2005	Simon Cope	MV40	00:41:12	480 / 1200		2nd
Bedford Embankment 5	21/08/2005	Michelle Gander	Sen F	00:43:55	182nd		VCAC

Event	Date		Age_cat	Time	Position	Category Position	Vest
5K							
Dunham Massey 5K	17/06/2005	Pete Benyon	Sen M	00:16:18	6th		VCAC
Dunham Massey 5K	17/06/2005	Suzanne Benyon	Sen F	00:17:20	1st		VCAC
Peterborough 5K series (Ferry Meadows)	20/07/2005	Max D'Ayala	Sen M	00:17:26	20 / 176		2nd
Bowden 5K	09/06/2005	Suzanne Benyon	Sen F	00:17:32	2nd		2nd
Peterborough 5K Series	17/08/2005	Max D'Ayala	Sen M	00:17:40	21/149		2nd
Peterborough 5K Series (Ferry Meadows)	22/06/2005	Max D'Ayala	Sen M	00:17:46	17 / 174		2nd
Vale of Aylesbury Boxing Day 5K	26/12/2005	Marcus Whelband	Sen M	00:20:01	37th		1st
Marston Vale Forest 5K	24/06/2005	Paul Taylor	Sen M	00:21:05	54 / 250	18 / 53	VCAC
Bedford Park 5K	27/07/2005	Paul Taylor	Sen M	00:21:14	82/258	44/80	VCAC
Nottingham Heritage Series	30/06/2005	Adrian Reynolds	MV40	00:21:50			VCAC
County Hall Handicap	29/04/2005	Mike Higgott	Sen M	00:22:09	5th		VCAC
County Hall Handicap	30/03/2005	Mike Higgott	Sen M	00:22:28	4th		VCAC
County Hall Handicap	23/02/2005	Mike Higgott	Sen M	00:23:10	6th		VCAC
County Hall Handicap	26/01/2005	Mike Higgott	Sen M	00:23:20	3rd		VCAC
Doncaster Race for Life	26/06/2005	Emma Smith	Sen F	00:23:31			1st
Nos Galan 5K	31/12/2005	Judith Oakley	FV40	00:23:58	79/270	9th	U
BMAF 5K Champs	26/06/2005	Ron Franklin	MV70	00:26:29	191st	1st	2nd

Walk

Sevenoaks (30)	20/03/2005	Allana Clare	FV50				1st
Chelmer Hike (16M)	15/05/2005	Allana Clare	FV50				1st
Chelmer Hike (25M)	15/05/2005	Bill Clare	MV60				1st
Henley-on-Thames (20)	07/05/2005	Allana Clare	FV50				1st
Henley-on-Thames (20)	07/05/2005	Bill Clare	MV60				1st
Sevenoaks (30)	20/03/2005	Bill Clare	MV60				1st
Chiltern Landmarks (100M)	28/05/2005	Bill Clare	MV60				1st
Fairlands Valley Challenge Walk Marathon	17/07/2005	Peter Simpson	MV40	07:32:00			VCAC
Centurion 24hr Race Walk (54M)	30/07/2005	Peter Simpson	MV40	15:15:00	53 / 81		VCAC

Other

Midlands Veteran Lge (400m)	06/07/2005	Sophia Howard	Sen F		2nd		2nd
World Masters Champs (4x400m)	03/09/2005	Ron Franklin	MV70		2nd		2nd
Midlands Veteran League 4x400m	11/08/2005	Sophia Howard	Sen F		2nd		2nd
Open Comp (Loughborough) 100m	13/07/2005	Sophia Howard	Sen F	00:00:16			VCAC
Midlands Veteran Lge (100m)	06/07/2005	Sophia Howard	Sen F	00:00:17			2nd
Midlands Veteran League 200m	11/08/2005	Sophia Howard	Sen F	00:00:36			2nd
Charnwood Athletic High Jump	17/04/2005	Sophia Howard	Sen F	00:01:10			VCAC
Charnwood AC Club Champs 400m	07/09/2005	Sophia Howard	Sen F	00:01:16		1st	2nd
Midlands Veteran Lge 400m	04/05/2005	Sophia Howard	Sen F	00:01:18			VCAC

Event	Date		Age_cat	Time	Position	Category Position	Vest
Charnwood AC Senior Women 400m	31/08/2005	Sophia Howard	Sen F	00:01:29			2nd
Midlands Veteran League 800m	11/08/2005	Sophia Howard	Sen F	00:02:56			2nd
Charnwood AC Club Champs 800m	05/09/2005	Sophia Howard	Sen F	00:02:57		1st	2nd
Charnwood Athletic 800m	17/04/2005	Sophia Howard	Sen F	00:02:59			VCAC
Midlands Vet Lge Finals 800m	03/09/2005	Sophia Howard	Sen F	00:03:00			2nd
Charnwood AC Senior Women 800m	31/08/2005	Sophia Howard	Sen F	00:03:01			2nd
Open Comp (Loughborough) Lon Jump	13/07/2005	Sophia Howard	Sen F	00:03:58			VCAC
Ely Club Handicap	23/08/2005	Max D'Ayala	Sen M	00:05:05	4th		2nd
Charnwood AC Club Champs 1500m	12/09/2005	Sophia Howard	Sen F	00:06:11		1st	2nd
Midlands Veteran Lge 1500m	04/05/2005	Sophia Howard	Sen F	00:06:20			VCAC
BMAF Champs over 75 (1500m)	16/07/2005	Ron Franklin	MV70	00:07:34	2nd		2nd
BMC (Loughborough) 3000m	15/06/2005	Suzanne Benyon	Sen F	00:09:54	3rd		2nd
UK Women's League 3000m (B)	04/06/2005	Suzanne Benyon	Sen F	00:09:56	1st		2nd
Charnwood Athletic Hammer	17/04/2005	Sophia Howard	Sen F	00:10:22			VCAC
Open Comp (Loughborough) Hammer	13/07/2005	Sophia Howard	Sen F	00:12:59			VCAC
Charnwood AC Club Champs 3000m	07/09/2005	Sophia Howard	Sen F	00:13:13		1st	2nd
Midlands Veteran Lge (2K walk)	06/07/2005	Sophia Howard	Sen F	00:13:14			2nd
Midlands Veteran Lge 2K walk	04/05/2005	Sophia Howard	Sen F	00:13:15			VCAC
Midlands Veteran League 2K walk	11/08/2005	Sophia Howard	Sen F	00:13:23			2nd
Midlands Veteran League 3000m	11/08/2005	Sophia Howard	Sen F	00:13:48			2nd
Midlands Vet Lge Finals 3000m	03/09/2005	Sophia Howard	Sen F	00:13:55			2nd
Midlands Vet Lge Finals 2K walk	03/09/2005	Sophia Howard	Sen F	00:13:55			2nd
British Athletics Lge Div 2 (5K)	25/06/2005	Pete Benyon	Sen M	00:15:53			2nd
British Men's League Div 2 5000m (B)	04/06/2005	Pete Benyon	Sen M	00:16:15	7th		2nd
Peterborough 5K series (Eye)	06/07/2005	Max D'Ayala	Sen M	00:16:45	13th		VCAC
BMC (Solihull)	25/06/2005	Suzanne Benyon	Sen F	00:16:52			2nd
National Road Relays (2.95M)	23/04/2005	Suzanne Benyon	Sen M	00:17:10	3rd		2nd
Tattenhall Runners 4M Handicap	18/12/2005	Peter Benyon	Sen M	00:20:38	3rd		U
Tattenhall Runners 4M Handicap	18/12/2005	Suzanne Benyon	Sen F	00:22:30	10th		U
BMAF Champs over 75 (5000m)	16/07/2005	Ron Franklin	MV70	00:26:40	1st		2nd
World Masters Champs (5000m)	25/08/2005	Ron Franklin	MV70	00:27:01		11th	2nd
Bedford 6	18/05/2005	Paul Taylor	Sen M	00:41:59	118 / 298	44 / 76	VCAC
Twentymans 6.8M (Bilbrook, Staffs)	26/06/2005	Robert Mottram Jones	MV40	00:44:43	7th		VCAC
Nostell Priory 10K (short)	05/06/2005	Emma Smith	Sen F	00:53:41	44/53		VCAC
BMAF Champs over 75 (10000m)	17/07/2005	Ron Franklin	MV70	00:55:34	1st		2nd
Cwmbran 7	13/07/2005	David Palmer	MV40	00:56:16	66 / 109		VCAC
World Masters Champs (10000m)	28/08/2005	Ron Franklin	MV70	00:56:44		9th	2nd
Through the Villages Race (8.5M)	06/11/2005	Graham Tracey	Sen M	00:57:51			VCAC
VAC Championships (10000m)	07/09/2005	Ron Franklin	MV70	00:58:00		2nd	2nd
Kilburn Feast 7.2M	10/07/2005	Jon Zigmond	MV50	00:58:23	84 / 225	18 / 44	1st

Event	Date		Age_cat	Time	Position	Category Position	Vest
Tooting Bec 1 hour (10,655m)	26/03/2005	Ron Franklin	MV70	01:00:00		1st (UK record)	2nd
Lliswerry 8M (Newport)	30/01/2005	David Palmer	MV40	01:01:32	195 / 358		VCAC
Penn 7	19/06/2005	Sharon Davidson	Sen F	01:02:15			VCAC
22nd Ricky Road Run (9M)	30/10/2005	Sharon Davidson	Sen F	01:13:25	234/473	36/144	Vegan
Charnwood AC Club Champs High Jump	12/09/2005	Sophia Howard	Sen F	01:15:00		1st	2nd
Tring Ridgeway Run	09/10/2005	Paul Taylor	Sen M	01:18:00	143/461		VCAC
Coniston 14	19/03/2005	Pete Benyon	Sen M	01:21:12	7th		VCAC
Folksworth 15	23/01/2005	Andy Harper	Sen M	01:45:57	71st		VCAC
Race The Train (Snowdonia - 14M)	20/08/2005	John Morris	MV40	01:50:00	113th		VCAC
Marston Vale Country Park 15M	20/02/2005	Paul Taylor	Sen M	01:58:36	5 / 35		VCAC
Stafford 20 (19.3 miles)	13/03/2005	Robert Mottram Jones	MV40	02:20:51	62 / 259		VCAC
Charnwood AC Club Champs Long Jump	05/09/2005	Sophia Howard	Sen F	03:51:00		1st	2nd
Boddington 50K	31/07/2005	David Palmer	MV40	04:58:10	40/62		VCAC
Dartmoor Discovery (32.4M)	04/06/2005	David Palmer	MV40	05:43:04	79 / 123		VCAC
Charnwood AC Club Champs Shot	26/09/2005	Sophia Howard	Sen F	05:59:00		1st	2nd
Connemara Ultramarathon (39.3M)	30/01/2005	David Palmer	MV40	07:02:10	44 / 57		1st
St Albans Walk Group (21M)	16/10/2005	Peter Simpson		07:30:00			
St Albans Walk Group (21M)	16/10/2005	Bill Clare		07:30:00			
St Albans Walk Group (21M)	16/10/2005	Allana Clare		07:30:00			
Charnwood AC Club Champs Triple Jump	28/09/2005	Sophia Howard	Sen F	07:59:00		1st	2nd
Midlands Veteran League Triple Jump	11/08/2005	Sophia Howard	Sen F	07:59:00			2nd
Charnwood AC Senior Women Discus	31/08/2005	Sophia Howard	Sen F	12:42:00			2nd
Charnwood AC Club Champs Hammer	21/09/2005	Sophia Howard	Sen F	13:00:00			2nd
Midlands Vet Lge Finals Discus	03/09/2005	Sophia Howard	Sen F	14:36:00			2nd
Charnwood AC Club Champs Discus	19/09/2005	Sophia Howard	Sen F	14:50:00		1st	2nd
Midlands Veteran League Javelin	11/08/2005	Sophia Howard	Sen F	15:00:00			2nd
Charnwood AC Club Champs Javelin	14/09/2005	Sophia Howard	Sen F	15:27:00		1st	2nd

Multi Terrain

Dovedale Dash (Approx 5M)	05/11/2005	Lesley Cliff	FV50		230th		U
Shugborough Relays (2M)	22/06/2005	Pete Benyon	Sen M	00:10:06	1st		VCAC
Shugborough Relays (2M)	22/06/2005	Suzanne Benyon	Sen F	00:10:53	1st		VCAC
Amersham Multi Terrain	18/09/2005	Ade Gibbon	MV50	00:34:32	52/216	9th	VCAC
Amersham Multi Terrain 5	18/09/2005	Peter Simpson	MV40	00:35:10	60/216		VCAC
Wellingborough MT Series (10K)	23/01/2005	Peter Simpson	MV40	00:42:39	50 / 139		VCAC
Leighton Buzzard Multi Terrain	04/09/2005	Peter Simpson	MV40	00:44:44			VCAC
Spofforth 10K Trail	29/08/2005	Jon Zigmond	MV50	00:46:18	64 / 187		1st
Herberts Hole (10.5K)	20/11/2005	Ade Gibbon	MV50	00:49:59		82/218	VCAC
Herberts Hole (10.5K)	20/11/2005	Peter Simpson	MV40	00:56:04		154/218	VCAC
Sandstone Trail 9.8	02/10/2005	Peter Benyon	Sen M	01:03:41	1st	1st	VCAC

Event	Date		Age_cat	Time	Position	Category Position	Vest
Colworth Trail Race (8.1M)	18/06/2005	Paul Taylor	Sen M	01:10:41	78 / 126	26 / 38	VCAC
Sandstone Trail 9.8	02/10/2005	Suzanne Benyon	Sen F	01:12:20	1st	1st	VCAC
Bronte Way 8 Fell Run	09/10/2005	Ant Walker	Sen M	01:34:00			VCAC
Belvoir Challenge (16.8M)	26/02/2005	Lesley Cliff	FV50	02:37:00	6th	1st	U
Charnwood Challenge (16M+)	09/04/2005	Lesley Cliff	FV50	02:40:00	4th		U
Cranleigh MT (21M) (Surrey)	20/03/2005	Sharon Davidson	Sen F	04:34:40			VCAC

Cross Country

East Midlands Cross Country (5K)	06/03/2005	Lesley Cliff	FV50		6th		U
East Midlands Cross Country Series	06/03/2005	Lesley Cliff	FV50		2nd	1st	U
East Midlands Cross Country (5K)	21/02/2005	Lesley Cliff	FV50		8th		U
East Midlands Cross Country (5K)	23/01/2005	Lesley Cliff	FV50		6th		U
Notts County Summer League	18/05/2005	Lesley Cliff	FV50		14th		U
Notts County Summer League (6M)	15/06/2005	Lesley Cliff	FV50		11th		U
North Midlands XC (6K)	15/10/2005	Lesley Cliff	FV50		40th		U
North Midlands XC (6K)	04/11/2005	Lesley Cliff	FV50		36th		U
Notts County Summer League (5.8M)	27/04/2005	Lesley Cliff	FV50		15th		U
North Midlands Cross Country (6K)	08/01/2005	Lesley Cliff	FV50		36th		U
Notts County Champs (8K)	15/01/2005	Lesley Cliff	FV50		2nd		U
Frostbite League, Bourne Woods (~5.1M)	06/02/2005	Max d'Ayala	Sen M	00:29:19	11 / 334		2nd
Chillington XC (Staffs, 4M)	20/03/2005	Robert Mottram Jones	MV40	00:29:38	3 / 40		VCAC
Frostbite League, Ramsey (~5M)	09/01/2005	Max d'Ayala	Sen M	00:30:35	22 / 322		2nd
Inter Counties Women (8K)	05/03/2005	Suzanne Benyon	Sen F	00:31:02	35th		2nd
Notts County Summer League (5M)	13/07/2005	Lesley Cliff	FV50	00:36:10	15th		U
Letchworth XC	18/12/2005	Paul Taylor	Sen M	00:36:12			2nd
English National Women's XC Champs	19/02/2005	Lesley Cliff	FV50	00:37:56	247 / 451		VCAC
Cambs XC Champs, Huntingdon	16/01/2005	Max d'Ayala	Sen M	00:41:05	28th		2nd
Vets AC XC Series, Wimbledon (5.5M)	26/02/2005	Peter Simpson	MV40	00:41:15	18 / 34		VCAC
Staffs AAA XC Champs (Sandwell Valley)	15/01/2005	Robert Mottram Jones	MV40	00:45:00	76 / 88		VCAC
British Masters XC Champs (10K)	12/03/2005	Peter Simpson	MV40	00:45:27	48 / 49		VCAC
Inter Counties Men (12K)	04/03/2005	Peter Benyon	Sen M	00:46:00	197th		2nd
European Road Champs (8K XC)	23/08/2005	Ron Franklin	MV70	00:48:36	1st team	9th	2nd
English National XC, Birmingham (12K)	19/02/2005	Max d'Ayala	Sen M	00:50:10	709 / 1316		2nd
MCAA XC Champs (12K)	29/01/2005	Robert Mottram Jones	MV40	00:54:53			VCAC
English National Men's XC Champs (12K)	19/02/2005	Peter Simpson	MV40	00:58:06	1139 / 1316		VCAC
English National Men's XC Champs (12K)	19/02/2005	Robert Mottram Jones	MV40	00:58:06	1138 / 1316		VCAC
English National XC, Birmingham (12K)	19/02/2005	Robert Mottram Jones	MV40	00:58:06			VCAC
Bucks SC Champs (12K)	15/01/2005	Andy Harper	Sen M	00:59:22	33 / 43		VCAC
Buckinghamshire Men's XC Champs (12K)	15/01/2005	Peter Simpson	MV40	01:00:02	35 / 43		VCAC
Bucks XC Champs (12K)	17/12/2005	Peter Simpson	MV40	01:01:15	51/54		VCAC