

# VC&AC Athletics Results (received Jan – Mar 07)

Event	Dat		Time	Positio
<b>Marathon</b>				
Flora London Marathon	22/04/2007	Pete Benyon	03:06:51	1305/35669
Flora London Marathon	22/04/2007	Robert Mottram Jones	03:41:02	5376/35669
Flora London Marathon	22/04/2007	Ade Gibbon	03:49:32	6847/35669
Cardiff Marathon	15/10/2006	David Palmer	03:56:04	616/1246
Flora London Marathon	22/04/2007	Emma Smith	03:56:07	8262/35669
Snowdonia Marathon	29/10/2006	David Palmer	04:07:15	442/1046
Flora London Marathon	22/04/2007	Gert Cowling	04:40:59	18791/35669
Flora London Marathon	22/04/2007	Michael Birdseye	05:22:20	27823/35669

## 20M

Gloucester 20	04/03/2007	David Palmer	02:58:02	376/511
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## Half Marathon

Great North West Half Marathon	25/02/2007	Graham Tracey	01:21:41	36/1096
4 Villages Half Marathon	21/01/2007	Graham Tracey	01:23:10	80/1562
Reading Half Marathon	25/03/2007	Jogn Morgan	01:26:00	304/9877
Milton Keynes Half Marathon	11/03/2007	Andrew Harper	01:34:13	
Watford Half Marathon	04/02/2007	Andrew Harper	01:34:42	
Tour of Torfaen Half Marathon	22/10/2006	David Palmer	01:38:12	116/303
Wilmslow Half Marathon	25/03/2007	Jon Zigmond	01:39:40	750/3450
Reading Half Marathon	25/03/2007	Rod Paris	01:55:00	4857/9877
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Brass Monkey Half Marathon	21/01/2007	Emma Smith	02:06:41	872/1011
Bath Half Marathon	25/03/2007	Iain Clark	02:07:38	5705th
Bath Half Marathon	19/03/2006	Paula Inglis	02:08:21	4404th
Wokingham Half Marathon	11/02/2007	Michael Birdseye	02:10:00	
Tewkesbury Half Marathon	07/05/2006	Paula Inglis	00:00:00	605th

## 10M

St Annes 10	04/03/2007	Graham Tracey	01:03:02	27/341
St Albans 10	21/01/2007	Manuel Corriente	01:06:24	97/770
Bramley 10	29/04/2007	Manuel Corriente	01:08:03	59/483
Bramley 10	25/02/2007	Peter Simpson	01:08:50	62/483
Sowmarket Joe Cox 10	25/03/2007	Paul Horne	01:12:47	58th
Chedwort Roman 10	01/04/2007	Jim Cheseldine	01:21:40	128th
Snake Lane 10	25/02/2007	Emma Smith	01:32:43	577/667
Folkestone 10	06/04/2007	John Munson	01:41:00	438/513
Chedworth 10	01/04/2007	Paula Inglis	01:41:24	180th

## 10K

City of Lincoln 10K	25/03/2007	Paul Elliott	00:37:21	51/3263
Eas 10k, Castle Combe	04/03/2007	Jim Cheseldine	00:42:58	20th
Salford 10K	06/04/2007	Steve Coote	00:44:16	248/557
Arkendale 10K	01/04/2007	Jon Zigmond	00:46:36	100/348
Guernsey 10K	06/04/2007	Rod Paris	00:51:00	141/207
Dewsbury 10K	04/02/2007	Rose Wigglesworth	00:51:33	
Dewsbury 10K	04/02/2007	Emma Smith	00:54:21	799/1060

Event	Dat		Time	Positio
Barnsley 10K	07/01/2007	Rose Wigglesworth	00:55:28	
St Clare Hospice 10K	01/04/2007	Barry Clark	00:56:58	
St Clare Hospice 10K	01/04/2007	Carol Clark	00:56:58	
Ashford 10K	18/02/2007	John Munson	00:58:54	396/498
Sevenoaks 10K	25/03/2007	John Munson	01:03:00	

## 5M

Frostbite League, Bourne Woods	04/02/2007	Max D'Ayala	00:29:24	21/368
Draycote Water 5	18/03/2007	Peter Simpson	00:34:34	47/159
Highworth 5	30/04/2006	Paula Inglis	00:43:27	
Victory 5	03/12/2006	Paula Inglis	00:45:27	598th

## Other

Centurion Running Club 2K	01/04/2007	Ged Hickman	00:10:39	
Centurion Running Club 2K	04/03/2007	Ged Hickman	00:11:30	
Gloucester Grocery 4	17/03/2007	Jim Cheseldine	00:25:45	
Lostock 6	25/02/2007	Paul Elliott	00:37:33	48/432
Norton 9	04/03/2007	Rose Wigglesworth	01:26:11	
Norton 9	04/03/2007	Emma Smith	01:28:35	415/440
Coniston 14	24/03/2007	Graham Tracey	01:31:56	67/1359
Folksworth 15	21/01/2007	Terry Vine	02:27:10	374/422
Stamford 30K	11/02/2007	Terry Vine	03:09:51	501/560

## Multi Terrain

Wendover Hill Woods 5	14/01/2007	Peter Simpson	00:37:17	42/297
Wellingborough MT Series (10K)	11/02/2007	Peter Simpson	00:44:12	30/130
Orion 15 MT, Epping Forest	24/03/2007	Peter Simpson	02:03:23	106/230

## Cross Country

W Galmorgan League, Gnoll Park	04/02/2007	Judith Oakley	00:20:25	
Lakenheath Charity 5	28/01/2007	Max D'Ayala	00:34:28	7/121
Vets AC XC Champs, Wimbledon	20/01/2007	Peter Simpson	00:39:45	14/38
SEAA Masters XC, Ruislip (10K)	03/02/2007	Peter Simpson	00:43:49	117/139
Thames Valley League, Bramshill	28/01/2007	Judith Oakley	00:45:46	
English Senior XC Champs (12K)	10/03/2007	Peter Simpson	00:56:29	760/916
Bucks/Beds Mens XC Champs (12K)	06/01/2007	Peter Simpson	00:57:04	83/120
SEAA Senior Champs (15K)	27/01/2007	Peter Simpson	01:06:49	410/553

**25 April 2007**

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