

# VC&AC Athletics Results 2007-08

Event	Date		Age_cat	Time	Position	Category	Vest
<b>Other</b>							
Sri Chinmoy 24 Hr, Tooting Bec -84M	07/10/2007	Steve Coote	MV40	24:00:00	28/42		VCAC
Highland Fling (Milngavie-Tyndrum)	26/04/2008	David Palmer	MV40	11:44:24	51/104		1st
Poppyline 52 Miles	02/08/2008	Steve Coote	MV50	13:40:00			
High Peak 40 Mile Challenge	20/09/2008	David Palmer	MV40	08:35:58	71/154		VCAC
Connemara Ultra (Co Galway)	06/04/2008	David Palmer	MV40	06:22:13	50/96		1st
Marlborough Downs Challenge	17/05/2008	David Palmer	MV40	05:55:20	53/94		VCAC
Gloucester 50K	27/01/2008	David Palmer	MV40	04:45:29	29/43		VCAC
Caerphilly Summits Challenge	05/07/2008	David Palmer	MV40	08:04:00	4/34		VCAC
<b>Walk</b>							
Anglezarke Amble (26M)	09/02/2008	Steve Coote	MV40	05:00:00			VCAC
Durham Dales Challenge (LDWA) - 28M	28/06/2008	Steve Coote	MV40	07:00:00			

Event	Date		Age_cat	Time	Position	Category	Vest
<b>Marathon</b>							
London Marathon	13/04/2008	Graham Tracey	Sen M	03:05:41	1464/23685 M	354/4379 M35	VCAC
Leicester Marathon	14/10/2007	Graham Tracey	Sen M	03:11:37	69/570		VCAC
London Marathon	13/04/2008	Manuel Corriente	Sen M	03:15:32	2447/23685 M	520/4379 M35	VCAC
London Marathon	13/04/2008	Jonathan Morris	MV50	03:21:04	2996/23685 M	210/1818 M50	VCAC
Luton Marathon	02/12/2007	Keith Hammond	MV40	03:25:30	90/536		VCAC
Wolverhampton Marathon	07/09/2008	Robert Mottram Jones	MV40	03:25:47	59/245 M	13/36 MV45	VCAC
Luton Marathon	02/12/2007	Manuel Corriente	Sen M	03:27:20	98/536		VCAC
London Marathon	13/04/2008	Andy Harper	MV40	03:30:01	4279/23685 M	872/3977 M40	VCAC
London Marathon	13/04/2008	Michael Rimmer	MV40	03:32:46	4665/23685 M	934/3977 M40	VCAC
Wolverhampton Marathon	07/09/2008	John Morris	MV50	03:34:26	92/245	8/21	VCAC
London Marathon	13/04/2008	Andy Jordan	MV40	03:43:51	6330/23685 M	1261/3977 M40	2nd
Neolithic Marathon	04/05/2008	David Palmer	MV40	03:46:18	59/232		VCAC
Cornish Marathon	18/11/2007	David Palmer	MV40	03:50:11	86/212		VCAC
Snowdonia Marathon	27/10/2007	David Palmer	MV40	03:59:26	422/1175		VCAC
Anglesey Marathon	21/09/2008	David Palmer	MV40	04:05:01	118/248		VCAC
Great Langdale Marathon	14/09/2008	Andy Harper	MV40	04:11:32	43/99	8/15	VCAC
Fairlands Valley Challenge - Marathon	20/07/2008	Andy Harper	MV40	04:15:00	40/245		VCAC
Paris Marathon	06/04/2008	Mary Davis	FV40	04:19:29	19697	837/1801	
Isle of Man Marathon	10/08/2008	Graham Beck	MV40	04:19:35	62/98		1st
Wolverhampton Marathon	07/09/2008	Gert Cowling	FV60	04:20:44	16/45 F	1/1	1st
Anglesey Marathon	21/09/2008	Steve Coote	MV50	04:26:32	157/248		VCAC
Copenhagen Marathon	18/05/2008	Jens Kieffer-Olsen	MV60	04:27:04	5250/6535	88/139	VCAC
London Marathon	13/04/2008	Gert Cowling	FV60	04:28:04	3983/10726 F	35/142 F60	VCAC
Blackpool Marathon	27/04/2008	Michele Drasdo	FV40	04:37:08			VCAC
Luton Marathon	02/12/2007	Terry Vine	Sen M	04:38:45	461/536		1st
London Marathon	13/04/2008	Victoria Widowson	Sen F	04:44:15	5530/10726 F	1191/2228 F25	1st
Windermere Marathon	18/04/2008	Michele Drasdo	FV40	04:45:00			VCAC
Halstead Marathon	11/05/2008	Graham Beck	MV40	04:50:19	318/429		1st
London Marathon	13/04/2008	Terry Vine	MV40	04:51:47	18590/23685 M	3251/3977 M40	VCAC
London Marathon	13/04/2008	Rose Wigglesworth	Sen F	05:04:10	7142/10726 F	1344/ 2011 F30	VCAC
London Marathon	13/04/2008	Emma Smith	Sen F	06:05:42	9771/10726 F	1688/1824 F35	VCAC
<b>20M</b>							
Stafford 20	09/03/2008	Robert Mottram Jones	MV40	02:22:24			VCAC
South Cheshire 20M	11/05/2008	Robert Mottram Jones	MV40	02:25:28	14		VCAC
Oakley 20M, Bedfordshire	16/03/2008	Keith Hammond	MV40	02:28:42	99/687	33/168	VCAC
San Domenico 20M (Merthyr Tydfil)	09/03/2008	David Palmer	MV40	02:43:12	73/168		VCAC
Dunstable Downs	28/09/2008	Peter Simpson	MV40	02:57:21	36/116		Vegan
Finchley 20M	09/03/2008	Mary Davis	FV40	03:01:00			VCAC

Event	Date		Age_cat	Time	Position	Category	Vest
<b>Other</b>							
Buttermere 34K	17/02/2008	Michele Drasdo	FV40	04:06:27			VCAC
Stamford 30K	10/02/2008	Keith Hammond	MV40	02:20:42	179/608	58/173	VCAC
Diss 15M	28/09/2008	Paul Horne	MV40	01:51:03			VCAC
Folksworth 15 M	20/01/2008	Terry Vine	Sen M	02:25:01	392/435		1st
Coniston 14, Cumbria	05/04/2008	Graham Tracey	Sen M	01:32:26	44/1303		VCAC
Coniston 14, Cumbria	05/04/2008	Ant Walker	Sen M	02:06:08			VCAC
Coniston 14, Cumbria	05/04/2008	Michele Drasdo	FV40	02:16:29			VCAC
Dentdale 14M	08/03/2008	Michele Drasdo	FV40	02:27:10			VCAC
Cannock Chase Trig Race	13/01/2008	Robert Mottram Jones	MV40	02:16:22		85	VCAC

## Half Marathon

Chester Half Marathon	18/05/2008	Graham Tracey	Sen M	01:25:27	56/1841		VCAC
Wokingham Half Marathon	10/02/2008	John Morgan	Sen M	01:26:20	185/1998		
Stafford Half Marathon	16/03/2008	Robert Mottram Jones	MV40	01:26:59	71		VCAC
Helsby 4 Villages Half marathon	20/01/2008	Graham Tracey	Sen M	01:27:59	147/1540		VCAC
Great North West Half Marathon	24/02/2008	Graham Tracey	Sen M	01:28:22	112/1186		VCAC
Milton Keynes NSPCC Half Marathon	20/07/2008	Keith Hammond	MV40	01:29:33	62/1117	14/223	VCAC
Stevenage Half Marathon	04/11/2007	Manuel Corriente	Sen M	01:29:52	72/558		VCAC
Leek Half Marathon	26/08/2007	Robert Mottram Jones	MV40	01:30:05	72		VCAC
Garstang Half Marathon	21/09/2008	Graham Tracey	Sen M	01:31:02	32/191		VCAC
Milton Keynes Half Marathon	02/03/2008	Manuel Corriente	Sen M	01:31:11	180/2091		VCAC
Milton Keynes NSPCC Half Marathon	20/07/2008	Manuel Corriente	Sen M	01:31:34	74/1117	47/394	VCAC
Sheffield Half Marathon	27/04/2008	Peter Simpson	MV40	01:32:07	393/4540	80/717	Vegan
Brandon Half Marathon	26/05/2008	Paul Horne	MV40	01:32:12	30/229	10	VCAC
Stowmarket Half Marathon	23/03/2008	Paul Horne	MV40	01:32:31	21/175		VCAC
Milton Keynes Half Marathon	02/03/2008	Keith Hammond	MV40	01:33:32	243/2091	29/155	VCAC
Stroud Half Marathon	21/10/2007	Jim Cheseldine	MV40	01:34:21	320	72	VCAC
Congleton Half Marathon	07/10/2007	Robert Mottram Jones	MV40	01:35:26	106		VCAC
Burnham Beeches	17/08/2008	Peter Simpson	MV40	01:36:42	207/932		Vegan
Burnham Beeches	17/08/2008	Ade Gibbon	MV50	01:36:49	209/932		VCAC
White Horse Half Marathon,	06/04/2008	Peter Simpson	MV40	01:36:53	95/381		Vegan
Tewkesbury Half Marathon	11/05/2008	Jim Cheseldine	MV40	01:37:09	125/1300		VCAC
Brentwood Half Marathon	09/03/2008	Peter Simpson	MV40	01:37:11	299/2051		Vegan
Cardiff Half Marathon	14/10/2007	Peter Simpson	MV40	01:37:19	534	46/304	Vegan
Milton Keynes Half Marathon	02/03/2008	Peter Simpson	MV40	01:37:37	369/2091		Vegan
Milton Keynes Half Marathon	02/03/2008	Ade Gibbon	MV50	01:39:04	425/2091		VCAC
Watford Half Marathon	03/02/2008	Andy Jordan	MV40	01:39:44	505		VCAC
Wycombe Half Marathon	20/07/2008	Ade Gibbon	MV50	01:40:19	175/914		2nd
Wycombe Half Marathon	20/07/2008	Peter Simpson	MV40	01:41:09	193/914		Vegan
Leeds Half Marathon	07/09/2008	Jon Zigmond	MV50	01:41:37	450/278	59/84 (MV55)	VCAC

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Burnham Beeches	17/08/2008	David Palmer	MV40	01:44:31	353/932		VCAC
Brass Monkey Half Marathon, York	20/01/2008	Ant Walker	Sen M	01:48:55	555/1015		VCAC
Guernsey Half Marathon	15/06/2008	Graham Beck	MV40	01:51:18	116/221		1st
Guernsey Half Marathon	24/03/2008	Rod Paris	MV60	01:52:00	120/152	4	VCAC
Amsterdam Half Marathon	21/10/2007	Rod Paris	MV60	01:52:00	3699/8450		VCAC
Great Eastern Run	14/10/2007	Terry Vine	Sen M	01:52:11	1011/2285	834/1474	VCAC
Sheffield Half Marathon	27/04/2008	Ant Walker	Sen M	01:53:11	2230/4540		VCAC
Wycombe Half Marathon	20/07/2008	Sharon Davidson	Sen F	01:55:50	491/914		Vegan
Berkhamsted Half Marathon	02/03/2008	Mary Davis	FV40	01:56:00			VCAC
Wycombe Half Marathon	20/07/2008	Mary Davis	FV40	01:56:23	501/914		VCAC
Burnham Beeches	17/08/2008	Simon Cope	MV40	01:56:29	602/932		VCAC
Chippenham Half Marathon	14/09/2008	Caroline Chapman	FV40	01:56:59	672		1st
Reading Half Marathon	02/03/2008	Rod Paris	MV60	01:57:00	5859/11181		VCAC
Guernsey Half Marathon	15/06/2008	Rod Paris	MV60	01:57:32	145/221		VCAC
Wycombe Half Marathon	20/07/2008	Steven Boswell	Sen M	01:57:46	529/974		VCAC
Milton Keynes NSPCC Half Marathon	20/07/2008	Rod Paris	MV60	01:58:28	654/1117	11/29	VCAC
Watford Half Marathon	03/02/2008	Mary Davis	FV40	01:59:00			VCAC
Fleet Half Marathon	16/03/2008	Gwen Morys	Sen F	02:00:04			1st
Marlow Half Marathon	04/11/2007	Steven Boswell	Sen M	02:01:06	637/1335		VCAC
Burnham Beeches	17/08/2008	Caroline Chapman	FV40	02:01:43	699/932		VCAC
Wycombe Half Marathon	20/07/2008	Simon Cope	MV40	02:02:33	610/914		2nd
Wycombe Half Marathon	20/07/2008	Caroline Chapman	FV40	02:03:35	629/914		VCAC
Great North-West Half Marathon	24/02/2008	Michele Drasdo	FV40	02:04:34			VCAC
Jersey Half Marathon	18/05/2008	Rod Paris	MV60	02:05:23	284/337		VCAC
Wycombe Half Marathon	20/07/2008	Gwen Morys	Sen F	02:11:00	728/914		VCAC
Keswick Half Marathon	04/05/2008	Michele Drasdo	FV40	02:13:31			VCAC
Burnham Beeches	17/08/2008	Nicola Hatch	Sen F	02:42:24	924/932		VCAC
Mooathon Half Marathon, Donegal	28/09/2008	Emma Smith	Sen F	02:45:45	278/321		1st

Event	Date		Age_cat	Time	Position	Category	Vest
<b>Other</b>							
Great East Run, Bungay, 20K	17/02/2008	Paul Horne	MV40	01:25:22	70/542	10th MV45	VCAC
<b>10M</b>							
Sale 10	03/08/2008	Graham Tracey	Sen M	01:05:02	65/249		VCAC
Flying Fox 10	04/11/2007	Robert Mottram Jones	MV40	01:05:33	32		VCAC
St Annes 10 Miles	16/03/2008	Graham Tracey	Sen M	01:05:35	50/346		VCAC
Leighton 10M	21/09/2008	Keith Hammond	MV40	01:06:03	34/231	19/68	VCAC
Trackless Ten	11/11/2007	Robert Mottram Jones	MV40	01:07:26	2		VCAC
Hadleigh 10M	25/11/2007	Paul Horne	MV40	01:08:31	63/333		VCAC
Oldbury 10M	31/08/2008	Jim Cheseldine	MV40	01:08:53	118/400		VCAC
Fred Hughes 10M, St Albans	20/01/2008	Manuel Corriente	Sen M	01:10:18	82		VCAC
Gloucester New Year 10M	06/01/2008	Jim Cheseldine	MV40	01:10:52	86	17	VCAC
Fred Hughes 10M, St Albans	20/01/2008	Keith Hammond	MV40	01:11:17	191/911	55/161	VCAC
Stockport 10M	09/12/2007	Peter Simpson	MV40	01:14:23	201/624	25/69	Vegan
Welwyn Garden City 10M	07/09/2008	Sharon Davidson	Sen F	01:23:23	209/378	16/54	VCAC
Maidenhead Easter 10M	21/03/2008	Gwen Morys	Sen F	01:29:52			1st
Grizedale 10M	15/03/2008	Michele Drasdo	FV40	01:36:42			VCAC
<b>Other</b>							
Stevington 12K (Beds)	18/05/2008	Keith Hammond	MV40	00:49:58	4/95	2/46 MV	VCAC
Farnborough Flier 12K, Banbury	22/06/2008	Rod Paris	MV60	01:07:25			VCAC
<b>Other</b>							
Cwmcarn Scenic 7	23/07/2008	David Palmer	MV40	00:57:47	70/106		VCAC
Penn 7 miles	15/06/2008	Mary Davis	FV40	00:59:38			VCAC

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<b>10K</b>							
Salford 10K	21/03/2008	Graham Tracey	Sen M	00:38:51	110/542		VCAC
Trafford 10K	09/03/2008	Graham Tracey	Sen M	00:38:56	90/372		VCAC
Wakefield 10K	30/03/2008	Steve Wigglesworth	MV40	00:39:50	112/1260		29 VCAC
Silverstone 10K	06/05/2008	Keith Hammond	MV40	00:40:12	130/992	8/101 MV45	VCAC
Clayton Gatehouse 10K	07/05/2008	Robert Mottram Jones	MV40	00:40:15	33		VCAC
St Michael's (Stone)	22/06/2008	Robert Mottram Jones	MV40	00:40:31			VCAC
Zycko Fairford 10K	01/06/2008	Jim Cheseldine	MV40	00:40:49	32/336	8	VCAC
Standalone 10K	07/10/2007	Keith Hammond	MV40	00:40:49	104/904	34/207	VCAC
Chichester 10K	01/10/2007	Peter Simpson	MV40	00:40:55	218	47/204	Vegan
Berryhill 10K	07/08/2007	Robert Mottram Jones	MV40	00:41:04	26th		VCAC
Hatfield Broad Oak 10K (Essex)	26/05/2008	Keith Hammond	MV40	00:41:07	122/1017	41/224	VCAC
Flitwick 10K	20/04/2008	Keith Hammond	MV40	00:41:09	99/841	26/180	VCAC
Bearbrook 10K (Bucks)	10/08/2008	Keith Hammond	MV40	00:41:09	67/501	19/106	VCAC
Stanwick 10K	24/03/2008	Keith Hammond	MV40	00:41:15	36/279	11/65	VCAC
Woodley 10K, Reading	18/05/2008	Peter Simpson	MV40	00:41:18	46/627		Vegan
Headington	31/08/2008	Peter Simpson	MV40	00:41:33	88/399		Vegan
Bearbrook 10K (Bucks)	10/08/2008	Peter Simpson	MV40	00:41:41	79/501	22/106	VCAC
Betty Willett 10K (Luton)	11/05/2008	Keith Hammond	MV40	00:41:48	18/150	4/34	VCAC
Framlingham 10K	07/09/2008	Paul Horne	MV40	00:41:50			VCAC
Silverstone 10K	08/05/2008	Peter Simpson	MV40	00:42:12	193/992	15/101 MV45	Vegan
Milton Keynes 10K	01/07/2008	Peter Simpson	MV40	00:42:26	110/419	12/43 MV45	Vegan
Bugatti Beer Race	06/08/2008	Jim Cheseldine	MV40	00:42:41	50/400	18	VCAC
Flitwick 10K	20/04/2008	Peter Simpson	MV40	00:42:42	137/841	41/180	Vegan
Bungay, Roger Wing Charity 10K	21/03/2008	John Gabriel	MV50	00:43:05	35/163	6/22	VCAC
Weedon 10K, Northamptonshire	03/06/2008	Peter Simpson	MV40	00:43:09	95/305	11/31 MV45	Vegan
Thame 10K	29/06/2008	Ade Gibbon	MV50	00:43:39	174/853		VCAC
Silverstone 10K	08/05/2008	Ade Gibbon	MV50	00:43:57	271/992	31/84	VCAC
Bearbrook 10K (Bucks)	10/08/2008	Ade Gibbon	MV50	00:44:56	146/501	20/60	VCAC
Trafford 10K	09/03/2008	Steve Coote	MV40	00:45:19	178/372	21/39 MV45	VCAC
Derby 10K	07/10/2007	Matt Harris	Sen M	00:46:02	147/349		1st
Salford 10K	21/03/2008	Steve Coote	MV40	00:46:13	298/542	38/56 MV45	VCAC
Silverstone 10K	08/05/2008	Scott Baillie	MV40	00:46:41	416/992	82/135	VCAC
Kirkbymoorside 10K	04/05/2008	Jon Zigmond	MV50	00:47:14	128/412	23/51	VCAC
Salford 10K	21/03/2008	Ant Walker	Sen M	00:47:38	344/541		VCAC
Arkendale 10K	30/03/2008	Jon Zigmond	MV50	00:47:40	80/230	9/22	VCAC
Bearbrook 10K (Bucks)	10/08/2008	Steve Coote	MV50	00:47:55	215/501	30/60	VCAC
Princes Risborough 10K	06/07/2008	Steven Boswell	Sen M	00:48:14	136/229 M		VCAC

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Dewsbury 10K, West Yorks	03/02/2008	Ant Walker	Sen M	00:49:06	580/1097		VCAC
BUPA Manchester Great Run	18/05/2008	Sally Clayton	FV40	00:49:16		3981	VCAC
Princes Risborough 10K	06/07/2008	Sharon Davidson	Sen F	00:49:20	28/126 F		2nd
Rothwell 10K Leeds	20/04/2008	Ant Walker	Sen M	00:49:51	399/670		VCAC
Mortimer 10K	28/09/2008	Caroline Chapman	FV40	00:50:10			VCAC
Bearbrook 10K (Bucks)	10/08/2008	Mary Davis	FV40	00:51:30	282/501		VCAC
Princes Risborough	06/07/2008	Simon Cope	MV40	00:51:43	207/335		VCAC
Prestwood 10K	18/05/2008	Mary Davis	FV40	00:51:53	127/263		VCAC
Huddersfield Road Runners 10K	24/02/2008	Ant Walker	Sen M	00:52:01	243/461		VCAC
Alderney	06/08/2008	Rod Paris	MV60	00:52:05			VCAC
Cleethorpes New Year's Day	01/01/2008	Terry Vine	Sen M	00:52:13	210/313		1st
Thame 10K	29/06/2008	Rod Paris	MV60	00:52:16	492/853	13/33	VCAC
Bearbrook 10K (Bucks)	10/08/2008	Simon Cope	MV40	00:52:21	294/501	76/106	VCAC
Princes Risborough 10K	06/07/2008	Rod Paris	MV60	00:52:34	173/229 M		VCAC
Thame 10K	29/06/2008	Simon Cope	MV40	00:52:46	494/853		VCAC
Wallingford Thames Run	08/06/2008	Mary Davis	FV40	00:52:49	33/96 F		VCAC
Meltham 10K, West Yorks	27/01/2008	Ant Walker	Sen M	00:52:52	125/200		VCAC
Princes Risborough 10K	06/07/2008	Caroline Chapman	FV40	00:52:58	48/126 F		VCAC
Headington 10K	31/08/2008	Nik Windle	MV40	00:53:03	296/399		1st
Longworth 10K	28/09/2008	Nik Windle	MV40	00:54:37	38/77		1st
Bearbrook 10K (Bucks)	10/08/2008	Caroline Chapman	FV40	00:54:55	359/501		VCAC
Belvoir Castle 10K	12/07/2008	Steve Coote	MV40	00:55:13	23/71		VCAC
Milton Keynes 10K	01/07/2008	Toby Slaney	Sen M	00:55:22	347/419		VCAC
Thame 10K	29/06/2008	Caroline Chapman	FV40	00:55:25	571/853		VCAC
Chiltern Chase	01/06/2008	Rod Paris	MV60	00:56:32	375/550		VCAC
Silverstone 10K	08/05/2008	Toby Slaney	Sen M	00:56:32	804/992		VCAC
Longworth 10K	28/09/2008	Rod Paris	MV60	00:57:05			VCAC
Bearbrook 10K (Bucks)	10/08/2008	Gwen Morys	Sen F	00:57:16	386/501		1st
Bearbrook 10K (Bucks)	10/08/2008	Sharon Davidson	Sen F	00:57:38	391/501		VCAC
Stanwick 10K	24/03/2008	Sharon Hammond	FV40	00:57:47	229/279	54/82	1st
Machen Mountain 10K (MT)	25/08/2008	David Palmer	MV40	00:58:19	86/153		VCAC
Hatfield Broad Oak 10K (Essex)	26/05/2008	Sharon Hammond	FV40	01:00:02	877/1017	247/343	VCAC
Flitwick 10K	20/04/2008	Sharon Hammond	FV40	01:00:10	681/841		1st
Bearbrook 10K (Bucks)	10/08/2008	Sharon Hammond	FV40	01:00:37	436/501		VCAC
Betty Willett 10K (Luton)	11/05/2008	Sharon Hammond	FV40	01:00:42	116/150		VCAC
Princes Risborough 10K	06/07/2008	Nicola Hatch	Sen F	01:02:40	114/126		VCAC
Bearbrook 10K (Bucks)	10/08/2008	John Munson	MV70	01:03:01	461/501	29/36 MV60	VCAC

<b>Event</b>	<b>Date</b>	<b>Age_cat</b>	<b>Time</b>	<b>Position</b>	<b>Category</b>	<b>Vest</b>
Belvoir Castle 10K	12/07/2008	Rose Wigglesworth	Sen F	01:03:55	44/71	VCAC
Belvoir Castle 10K	12/07/2008	Sharon Hammond	FV40	01:04:10	45/71	VCAC
Belvoir Castle 10K	12/07/2008	Keith Hammond	MV40	01:04:10	46/71	VCAC
Thame 10K	29/06/2008	Nicola Hatch	Sen F	01:04:14	571/853	VCAC
Mortimer 10K	28/09/2008	Nicola Hatch	Sen F	01:06:12		VCAC

## Other

Rugby 6M	14/05/2008	Peter Simpson	MV40	00:40:36	102/321	30/73	Vegan
Adelaide Torrens Race, 9KM	12/02/2008	Rod Paris	MV60	00:46:00	67/132	3	VCAC
Rugby 6M	14/05/2008	Toby Slaney	Sen M	00:55:36	306/321		VCAC
Windsor	20/09/2008	Caroline Chapman	FV40	00:42:01	54		1st

## 5M

Horwich Jubilee Series Race 4	20/08/2008	Graham Tracey	Sen M	00:31:18	46/119		VCAC
Staffs Knot 5	08/08/2007	Robert Mottram Jones	MV40	00:31:30	35th		VCAC
Horwich Jubilee Race 1	21/05/2008	Graham Tracey	Sen M	00:31:43	25/129		VCAC
Horwich Jubilee Series Race 3	16/07/2008	Graham Tracey	Sen M	00:31:48	55/179		VCAC
Horwich Jubilee Race 2	18/06/2008	Graham Tracey	Sen M	00:32:24	54/173		VCAC
Mallards Pike 5	18/06/2008	Jim Cheseldine	MV40	00:32:36	15/87		VCAC
White Horse Whitsun 5	26/05/2008	Jim Cheseldine	MV40	00:32:39	13/31	4	VCAC
John O'Callaghan Memorial, Luton	27/06/2008	Keith Hammond	MV40	00:32:39	32/127		VCAC
Banbury 5M	10/06/2008	Peter Simpson	MV40	00:33:27	112/324	9/30 MV45	Vegan
Festive 5, Wythenshawe	30/12/2007	Steve Coote	MV40	00:34:36	120/288	17/27	VCAC
Glyneath 5M	26/12/2007	Judith Oakley	FV40	00:37:20	151/310	3	Vegan
Old Father time, Llandaff 5M	30/12/2007	Judith Oakley	FV40	00:38:15	111/177	4	Vegan
Marlow 5	11/05/2008	Steven Boswell	Sen M	00:41:16	481/1599		VCAC
Peamore 5M	14/09/2008	Nik Windle	MV40	00:42:36	106/166		1st
Marlow 5	11/05/2008	Simon Cope	MV40	00:44:11	722/1599		VCAC
Amersham 5	21/09/2008	Simon Cope	MV40	00:47:01	92/134		VCAC
Wendover Woods	20/01/2008	Mary Davis	FV40	00:48:00			1st
Amersham 5	21/09/2008	Mary Davis	FV40	00:50:36			VCAC

## Other

Arlingham Bank Holiday Road Race	25/08/2008	Jim Cheseldine	MV40	00:27:18	14/38	6	VCAC
Lloyds tsb Pilot Series 3 (4 miles)	11/07/2008	Jim Cheseldine	MV40	00:24:51	4/66	2	VCAC
Lloyds tsb series, Pilot Inn Gloucester	19/06/2008	Jim Cheseldine	MV40	00:25:30	8/59	3	VCAC
Lloyds tsb series, Pilot Inn Gloucester	01/05/2008	Jim Cheseldine	MV40	00:26:27	16/70	3	VCAC

Event	Date		Age_cat	Time	Position	Category	Vest
<b>5K</b>							
Ipswich Chantry Park - Run For Moore	08/06/2008	Paul Horne	MV40	00:17:44	6/350 (approx)		1st
White Horse 5K	17/07/2008	Jim Cheseldine	MV40	00:18:42	54/107	8	VCAC
LWAC 5K Series - Race 2	25/06/2008	Paul Elliott	Sen M	00:19:05	30/87	11/17	1st
Horwich Carnival 5K	22/06/2008	Graham Tracey	Sen M	00:19:30	105/201		VCAC
Marston Vale 5K	20/06/2008	Keith Hammond	MV40	00:19:39	56/367	17/82	VCAC
Edinburgh	30/03/2008	Paul Horne	MV40	00:21:21	201/775	51	VCAC
Nos Galan 5K, Mountain Ash	31/12/2007	Judith Oakley	FV40	00:23:28	108/387	7	Vegan
Nos Galan 5K, Mountain Ash	31/12/2007	Michael Oakley	MV40	00:24:16	134/387	41	Vegan
Marston Vale 5K	20/06/2008	Toby Slaney	Sen M	00:26:00	243/367		VCAC
Marston Vale 5K	20/06/2008	Sharon Hammond	FV40	00:28:06	285/367	22/41	VCAC

## Other

San Silvestre, Malaga 4.5K	30/12/2007	Manuel Corriente	Sen M	00:16:59			VCAC
Pirton Boxing Day Run, 3.2M	26/12/2007	Keith Hammond	MV40	00:23:13	36/203	13/44	VCAC
Rivington Pike Fell (3.25M 700ft)	22/03/2008	Graham Tracey	Sen M	00:24:22	113/296		VCAC
Rivington Pike Fell (3.25M 700ft)	22/03/2008	Steve Coote	MV40	00:27:32	195/296		VCAC
Wolds Dash 1, 7,137m	14/05/2008	Paul Elliott	Sen M	00:28:11	13/56	2/5	1st
Croxby 4.44 Miles	04/06/2008	Paul Elliott	Sen M	00:28:46	18/75	11/21	1st
Croxby 4.44 Miles	07/05/2008	Paul Elliott	Sen M	00:30:05	23/76	8/18	1st
Prince of Wales 4M, Kenfig	01/01/2008	Judith Oakley	FV40	00:32:35		3	Vegan
Stowmarket Scenic 7M	11/11/2007	Paul Horne	MV40	00:47:07	55/379		VCAC
Wolds Dash 2 , 12,122m	11/06/2008	Paul Elliott	Sen M	00:47:16	9/41	2/3	1st
Through The Villages, 8.5M	04/11/2007	Graham Tracey	Sen M	00:56:09	61/333		VCAC
Woodland Challenge, Kirkburton 6	24/10/2007	Ant Walker	Sen M	00:56:55			VCAC
Not the Roman XI, 12K	08/01/2008	Rod Paris	MV60	01:01:00	303/592	6	VCAC
Luton Marathon Relay (1st leg) 8.7M	02/12/2007	Keith Hammond	MV40	01:02:52	63/166		VCAC
Luton Marathon Relay (1st leg) 8.7M	02/12/2007	Andy Harper	MV40	01:03:00	39/166		VCAC
Luton Marathon Relay (3rd leg) 8.7M	02/12/2007	Peter Simpson	MV40	01:05:48	39/166		Vegan
Luton Marathon Relay (2nd leg) 8.7M	02/12/2007	Ade Gibbon	MV50	01:08:12	39/166		VCAC
Luton Marathon Relay (3rd leg) 8.7M	02/12/2007	Steve Coote	MV40	01:10:00	63/166		VCAC
Luton Marathon Relay (2nd leg) 8.7M	02/12/2007	Rod Paris	MV60	01:16:16	63/166		VCAC

Event	Date		Age_cat	Time	Position	Category	Vest
<b>Multi Terrain</b>							
Hit the Trail, 5 Miles	13/01/2008	Steve Coote	MV40	00:35:50	26/120	5/15	VCAC
Watford Autumn Challenge 5M	11/11/2007	Peter Simpson	MV40	00:37:59	32/178	12	Vegan
Littleborough 5M trail race	09/12/2007	Ant Walker	Sen M	00:42:55	60/88		VCAC
Merthyr Mawr 10K	16/12/2007	David Palmer	MV40	00:48:04	147/360		VCAC
Race The Train 10K	18/08/2007	Robert Mottram Jones	MV40	00:53:41			VCAC
Woodland Challenge, Kirkburton	14/10/2007	Ant Walker	Sen M	00:56:55	101/154		VCAC
Cannock Chase Trig Race, 15M	13/01/2008	Robert Mottram Jones	MV40	02:16:21			VCAC
Meon Valley Plod (nr Petersfield) 19.5M	17/02/2008	Peter Simpson	MV40	03:40:32	194/352		Vegan

## Cross Country

W Glamorgan League, Port Talbot 3M	03/11/2007	Judith Oakley	FV40	00:24:49	19/40	2	2nd
Lakenheath Charity 5 Mile	27/01/2008	Max D'Ayala	MV40	00:32:23	5th	1st MV40	VCAC
Lode Muddy Marvel 5 (Cambs)	02/03/2008	Max D'Ayala	MV40	00:32:51	9th		VCAC
W.Glamorgan League, Corus Port	13/01/2008	Judith Oakley	FV40	00:37:11	13/35 (Women)	1	2nd
British Masters XC Champs (vet 35-	29/03/2008	Peter Simpson	MV40	00:39:43	103/106		Vegan
Cambridge Champs, St Neots, approx	06/01/2008	Max D'Ayala	MV40	00:40:27		35	2nd
SEAA Masters XC (Vet 35-49) -	02/02/2008	Peter Simpson	MV40	00:42:28	100/117		Vegan
Campbell park, Milton Keynes, 11K	16/12/2007	Peter Simpson	MV40	00:51:02	24/91	5	Vegan
Cliveden 6M	30/12/2007	Peter Simpson	MV40	00:51:53	126/496	21/22	Vegan
Bucks/Beds County Champs 12K	05/01/2008	Peter Simpson	MV40	00:55:29	108/135 (Men)	21/22 (Bucks)	Vegan
Hardwick Cross Stream (approx 6M)	17/02/2008	Simon Cope	MV40	00:57:07	195/241		VCAC
Herbert's Hole XC (approx 10K)	18/11/2007	Simon Cope	MV40	00:58:59	193/341		VCAC
Cliveden (approx 6M)	30/12/2007	Simon Cope	MV40	01:02:31	328/496		VCAC

## Other – Track & Field

Charnwood AC Open Graded - 100m	21/05/2008	Sophia Howard	FV40	00:00:17.8			VCAC
Masters Midlands League - 100m	07/05/2008	Sophia Howard	FV40	00:00:17.3	7/7		2nd
Midland Womens League - 100m hurdles	03/05/2008	Sophia Howard	FV40	00:00:24.3	3/4		2nd
Charnwood AC Open Graded - 200m	21/05/2008	Sophia Howard	FV40	00:00:37.1			VCAC
Masters Midlands League - High Jump	07/05/2008	Sophia Howard	FV40	1.10m	2/4		2nd
Masters Midlands League - 400m	07/05/2008	Sophia Howard	FV40	00:01:20.0	2/6		2nd
Midland Womens League – 400m hurdles	03/05/2008	Sophia Howard	FV40	00:01:30.6	4/4		2nd
Midland Womens League - 800m	03/05/2008	Sophia Howard	FV40	00:03:12.4	6/6		2nd
Charnwood AC Open Graded – Long Jump	21/05/2008	Sophia Howard	FV40	3.44m			VCAC
Masters Midlands League - 1500m	07/05/2008	Sophia Howard	FV40	00:06:23.0	6/6		2nd
Midland Womens League - Javelin	03/05/2008	Sophia Howard	FV40	09.75m	4/5		2nd
Charnwood AC Track & Field – High Jump	20/04/2008	Sophia Howard	FV40	1.15m			VCAC
Charnwood AC Track & Field - Javelin	20/04/2008	Sophia Howard	FV40	13.30m			VCAC
Charnwood AC Track & Field – Discus	20/04/2008	Sophia Howard	FV40	13.74m			VCAC