

2008-09 VCAC Multisport Results

Date and Event	Format	Distance	Member	Cat	Time	Position	Cat Position	Colours
05/10/2008								
Carsington Duathlon,	R/B/R	5K/30K/5K	Steve Wigglesworth	MV40	01:27:04	11/250	3/100	VCAC
19/10/2008								
Clipstone Forest, Off Road Duathlon,	R/B/R	6K/18K/3K	Steve Wigglesworth	MV40	01:13:18	12/200	1/20	VCAC
07/03/2009								
Clumber Park, Nottinghamshire	Duathlon	5K/20K/2.5K	Steve Wigglesworth	MV40	01:01:02	1st	1st	VCAC
22/03/2009								
Stokesley Duathlon, North Yorkshire	Duathlon	5K/30K/5K	Steve Wigglesworth	MV40	01:32:47	2 (Relay)		VCAC
Stokesley Duathlon, North Yorkshire	Duathlon	5K/30K/5K	Jon Zigmond	MV50	01:54:22	121/213	12/21	2nd
Stokesley Duathlon, North Yorkshire	Duathlon	5K/30K/5K	Steve Coote	MV50	02:02:37	163/213		VCAC
05/04/2009								
Diss Duathtlon	Duathlon	5k/30K/5K	Graham White	MV50	01:37:38	20/105	1st	2nd
26/04/2009								
Burton, Lincs	Triathlon	400m/22K/5K	Steve Wigglesworth	MV40	01:03:59	5	1	VCAC
Scarborough Duathlon	Duathlon	10K/31K/5K	Jon Zigmond	MV50	02:26:08	36/56	5/6	2nd
10/05/2009								
Woodhall Spa, Lincs	Triathlon	400m/24K/5K	Steve Wigglesworth	MV40	01:04:01	5	1	VCAC
15/05/2009								
Holme Pierrpoint, Notts	Triathlon	750m/20K/5K	Steve Wigglesworth	MV40	01:04:53	14	1	VCAC
17/05/2009								
Darlington Triathlon	Triathlon	440m/16M/3M	Jon Zigmond	MV50	01:24:19	61/144	5/12	2nd
20/05/2009								
Southwell, Notts	Triathlon	400m/19.3K/5K	Steve Wigglesworth	MV40	00:53:45	12	1	VCAC

Date and Event	Format	Distance	Member	Cat	Time	Position	Cat Position	Colours	Personal
14/06/2009									
Bala Middle Distance Triathlon	Triathlon	2000m/80K/20K	Jon Zigmond	MV50	05:39:55	330/490 +	20/35 +3dn	2nd	
28/06/2009									
New Mills, Derbyshire	Triathlon	400m/21.5K/8K	Steve Wigglesworth	MV40	01:16:39	2	1	VCAC	
04/07/2009									
Cleveland Steelman	Triathlon	2000m/58M/12M	Jon Zigmond	MV50	05:28:45	103/155	8/10	2nd	
12/07/2009									
Dorney, Buckinghamshire	Triathlon	800m/30K/7.5K	Steve Wigglesworth	MV40	01:32:19	4th	1st - MV45	VCAC	
26/07/2009									
Blithfield, Staffordshire	Triathlon	750m/20K/5K	Steve Wigglesworth	MV40	01:08:52	8th	2nd - MV45	VCAC	
02/08/2009									
Ironman UK	Triathlon	2.4M/112M/26.2M	Jon Zigmond	MV50	13:59:53	896/1378 +	9/18 + 4DN	2nd	
30/08/2009									
Stockton, Teeside	Triathlon	750m/20K/5K	Steve Wigglesworth	MV40	01:09:34	3rd	1st - MV40	VCAC	
05/09/2009									
Vitruvian Triathlon	Triathlon	1900m/85K/21K	Jon Zigmond	MV50	05:36:58	487/778	5/12	2nd	
13/09/2009									
Gold Coast, Australia	Triathlon	750m/20K/5K	Steve Wigglesworth	MV40	01:06:39	9th	ITU World	GBR	
20/09/2009									
Bonshaker Duathlon (off	Duathlon	5K/20K/5K	Nik Windle	MV40	01:52:49	123/226		1st	
27/09/2009									
Ludlow, Shropshire	Triathlon	400m/26K/6.25K	Steve Wigglesworth	MV40	01:15:40	6th	2nd - MV40	VCAC	

All results will be posted on the website
30/03/2010

www.vcac.vegfolk.co

VCAC = In Club colours; 1st /2nd = 1st/2nd claim - not in colours; GBR = International kit; Vegan = Vegan