

# 2008-09 VCAC Running Results

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest
<b>05/10/2008</b>							
Standalone 10K Letchworth	10K	Keith Hammond	MV40	00:40:20	71/849	27/191	VCAC
Standalone 10K Letchworth	10K	Andy Harper	MV40	00:40:56	81/849	30/191	VCAC
Standalone 10K Letchworth	10K	Andy Jordan	MV40	00:43:37	150/849	52/191	VCAC
Standalone 10K Letchworth	10K	Sharon Hammond	FV40	01:00:37	691/849	73/116	VCAC
Congleton Half Marathon	Half Marathon	Graham Tracey	Sen M	01:29:30	70/451		VCAC
Harewood 10M trail race	10M	Emma Smith	Sen F	01:48:04	464/505	64/77 FV35	VCAC
Jersey Marathon	Marathon	Graham Beck	MV40	04:12:52	177		VCAC
<b>12/10/2008</b>							
Blenheim 10K	10K	Rod Paris	MV60	00:53:19	210/389		VCAC
Scarborough (Wykeham) 10 mile	10M	Jon Zigmond	MV50	01:15:44	38/98	11/22	VCAC
Ridgeway Run	Other	Mary Davis	FV40	01:31:57	297/439	63/133	VCAC
Peterborough Half Marathon	Half Marathon	Lesley Cliff	FV60	01:46:12	844/2702	1st	2nd
Henley Half Marathon	Half Marathon	Caroline Chapman	FV40	01:56:53			VCAC
Royal Parks Half Marathon (London)	Half Marathon	Iain Clark	Sen M	02:23:29			VCAC
<b>19/10/2008</b>							
Frieth Hilly	10K	Nik Windle	MV40	00:55:20	141/268		VCAC
Leicester Marathon	Marathon	Graham Tracey	Sen M	03:09:49	51/465		VCAC
Abingdon Marathon	Marathon	Keith Hammond	MV40	03:11:07	113/647	46/198	VCAC
Leicester Marathon	Marathon	Andy Harper	MV40	03:32:28	137/465		VCAC
Abingdon Marathon	Marathon	David Palmer	MV40	03:35:02	263/647	102/198	VCAC
Abingdon Marathon	Marathon	Peter Simpson	MV40	03:48:25	354/647	139/198	Vegan
Abingdon Marathon	Marathon	Graham Beck	MV40	04:18:47	519/647	181/198	VCAC
<b>26/10/2008</b>							
XXX Carrera Urbana Ciudad de Málaga	10K	Manuel Corriente	MV40	00:41:19			VCAC
Snowdonia Marathon	Marathon	Jon Zigmond	MV50	04:06:59	461/1133	17/42 MV55	VCAC

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest
<b>27/10/2008</b>							
Dublin Marathon	Marathon	Gert Cowling	FV60	04:22:19	5381/9367	3/51	VCAC
<b>02/11/2008</b>							
Rainforest Foundation 10K	10K	Peter Simpson	MV40	00:44:30			Vegan
Through the Villages Race, 8.5M	Other	Graham Tracey	Sen M	00:58:10	71/304		VCAC
Stevenage Half Marathon	Half Marathon	Andy Jordan	MV40	01:32:19	113/758	41/183	VCAC
Barnes Green Half Marathon	Half Marathon	Caroline Chapman	FV40	01:53:22	675/1283		VCAC
Marlow Half Marathon	Half Marathon	Nik Windle	MV40	01:59:11	583/870		VCAC
Marlow Half Marathon	Half Marathon	Simon Cope	MV40	02:05:46	710/872		VCAC
<b>09/11/2008</b>							
Poppy Run, Lincolnshire	5M	Steve Wigglesworth	MV40	00:30:19			VCAC
Mad Jack Multi Terrain	5M	John Morris	MV50	00:38:52	51/200	3rd	VCAC
Stowmarket Scenic 7	Other	Paul Horne	MV40	00:47:16	41/336	14	VCAC
<b>16/11/2008</b>							
Druim Fada Hill Race - Fort William	Other	David Gallie	MV40	00:50:46	12/71		2nd
Herbert's Hole, Chesham	Cross Country	Simon Cope	MV40	01:00:50	223/357		VCAC
Gosport Half Marathon	Half Marathon	Caroline Chapman	FV40	01:53:03	763/1233		VCAC
Jersey Half Marathon	Half Marathon	Rod Paris	MV60	01:55:17	165/272		VCAC
<b>23/11/2008</b>							
Help The Aged 10K	10K	Steve Wigglesworth	MV40	00:37:58			VCAC
Hadleigh 10 M	10M	Paul Horne	MV40	01:12:26	55/241	19	VCAC
<b>29/11/2008</b>							
Wolverton 5 M	5M	Peter Simpson	MV40	00:33:51	164/375	23/49	Vegan
<b>30/11/2008</b>							
Norwich Half Marathon	Half Marathon	Glenn Chapman	MV40	01:52:53	913/2046	89/163 MV4	VCAC
Norwich Half Marathon	Half Marathon	Caroline Chapman	FV40	01:52:55	916/2046	22/98	VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>07/12/2008</b>							
Edwinstowe 10K trail race	10K	Steve Wigglesworth	MV40	00:39:39	14/340	5/92	VCAC
Edwinstowe 10K trail race	10K	Scott Baillie	MV40	00:48:42	104/340		VCAC
Edwinstowe 10K trail race	10K	Emma Smith	Sen F	01:02:17	287/340		VCAC
<b>12/12/2008</b>							
Howden 10K, East Yorkshire	10K	Steve Wigglesworth	MV40	00:38:15	5/200	3/60	VCAC
<b>14/12/2008</b>							
Andy Reading 10K	10K	Nik Windle	MV40	00:51:35	252/435		VCAC
Andy Reading 10K	10K	Rod Paris	MV60	00:52:01	261/435		VCAC
Beccles 10M	10M	Paul Horne	MV40	01:07:47	20/90		VCAC
Bedford Half Marathon	Half Marathon	Keith Hammond	MV40	01:30:59	178/1327	25/136	VCAC
Bedford Half Marathon	Half Marathon	Sharon Hammond	FV40	02:17:02	1234/1327		VCAC
<b>16/12/2008</b>							
Hastings Marathon	Marathon	Graham Beck	MV40	04:26:03	810/1178		VCAC
<b>26/12/2008</b>							
Boxing Day Run, Pirton	Other	Keith Hammond	MV40	00:21:47	28/287		1st
Boxing Day Run, Pirton	Other	Andy Harper	MV40	00:23:54	62/287		1st
Boxing Day Run, Pirton	Other	Sharon Hammond	FV40	00:33:36	236/287		VCAC
<b>28/12/2008</b>							
Festive 5, Wythenshawe	5M	Steve Coote	MV50	00:34:34	120/251		VCAC
Cliveden Cross Country	Cross Country	Ade Gibbon	MV50	00:50:09	138/289		VCAC
Cliveden Cross Country	Cross Country	Simon Cope	MV40	00:57:35	280/489		VCAC
<b>01/01/2009</b>							
Godiva New Year's Day	5M	Peter Simpson	MV40	00:35:39	80/184		Vegan
<b>03/01/2009</b>							
The Hebden (LDAW), Mytholmroyd	Other	Steve Coote	MV50	02:42:00	5/39		VCAC
<b>04/01/2009</b>							
Gloucester New Year 10	10M	James Cheseldine	MV40	01:12:42	120	22	VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>08/01/2009</b>							
Cloud 9 Hill Race	Fell Race	Ryan Procter	Sen M	01:03:48	34/427		2nd
<b>10/01/2009</b>							
Beds/Bucks Cross Country Champs	Cross Country	Peter Simpson	MV40	00:57:42	80/101	30/36 Buck	Vegan
<b>11/01/2009</b>							
Hit The Trail 5M, Stockport	Multi Terrain	Steve Wigglesworth	MV40	00:31:59	11/157		VCAC
Hit The Trail 5M, Stockport	Multi Terrain	Steve Coote	MV50	00:36:55	52/157		VCAC
Hit The Trail 5M, Stockport	Multi Terrain	Emma Smith	Sen F	00:44:56	114/157		VCAC
Hit The Trail 5M, Stockport	Multi Terrain	Rose Wigglesworth	Sen F	00:44:58	115/157		VCAC
Goring & District 10K	10K	Nik Windle	MV40	00:52:09	173/430		VCAC
Cannock Chase Trig Race (15M)	Multi Terrain	Robert Mottram Jones	MV40	02:23:52			VCAC
<b>18/01/2009</b>							
Fred Hughes 10M, St Albans	10M	Manuel Corriente	Sen M	01:06:51	71/831		VCAC
Fred Hughes 10M, St Albans	10M	Keith Hammond	MV40	01:07:45	85/831	29/175	VCAC
Fred Hughes 10M, St Albans	10M	Peter Simpson	MV40	01:11:37	155/831	54/175	Vegan
Four Villages Half Marathon	Half Marathon	Graham Tracey	Sen M	01:30:00	189/1533		VCAC
Fred Hughes 10M, St Albans	10M	Sharon Hammond	FV40	01:45:10	768/831		VCAC
<b>24/01/2009</b>							
Midland Counties Women's XC Champs	Cross Country	Lesley Cliff	FV60	00:41:04	116		2nd
South of England Men's XC Champs	Cross Country	Peter Simpson	MV40	01:18:15	520/672		Vegan
<b>25/01/2009</b>							
Gloucester 50K	Ultra	David Palmer	MV40	04:38:00	23/40		VCAC

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest
<b>01/02/2009</b>							
Alsager 5	5M	Ryan Procter	Sen M	00:29:53	119/1056	10	2nd
Dewsbury 10K	10K	Steve Wigglesworth	MV40	00:38:23	92/931	9	VCAC
Dewsbury 10K	10K	Emma Smith	Sen F	00:53:43	774/931	179/275	VCAC
Watford Half Marathon	Half Marathon	Andy Jordan	MV40	01:31:34	238		VCAC
Watford Half Marathon	Half Marathon	Ade Gibbon	MV50	01:39:53	591/1956		VCAC
Watford Half Marathon	Half Marathon	Peter Simpson	MV40	01:40:15	581/1872		Vegan
Watford Half Marathon	Half Marathon	Scott Baillie	MV40	01:53:21	1259		
Watford Half Marathon	Half Marathon	Nik Windle	MV40	01:53:57	1271/1872		VCAC
Watford Half Marathon	Half Marathon	Caroline Chapman	FV40	01:54:53	1313		
Watford Half Marathon	Half Marathon	Mary Davis	Sen F	01:55:57	1366		
Watford Half Marathon	Half Marathon	Glenn Chapman	MV40	02:02:02	1568		

### 08/02/2009

Knypersley Pools Race (M.T.) 3.9M	Multi Terrain	Ryan Procter	Sen M	00:24:16	3/75		2nd
Bookham 10K	Cross Country	Gideon Stanley	MV40	00:53:26	15	6/67	VCAC
Ashford & District 10K	10K	Kathleen Hoyle	Sen F	00:55:25	372/568		

### 15/02/2009

Hardwick X-Stream	Cross Country	Peter Simpson	MV40	00:46:22	67/232		Vegan
Bungay 20K	Other	Paul Horne	MV40	01:26:57			VCAC

### 21/02/2009

English National XC Championships	Cross Country	Peter Simpson	MV40	00:58:47	1076/1455		Vegan
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### 22/02/2009

Tim Sutton - Fowlmead 5	5M	Kathleen Hoyle	Sen F	00:43:32	78/120		
Great NorthWest Half Marathon	Half Marathon	Graham Tracey	Sen M	01:28:55	140/1193		VCAC
Snake Lane 10	10M	Emma Smith	Sen F	01:37:40	612/685	39/46	VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>01/03/2009</b>							
Norton 9	Other	Emma Smith	Sen F	01:24:28	424/510	11/20	VCAC
Berkhamsted Half Marathon	Half Marathon	Andy Harper	MV40	01:36:00	179/1186		VCAC
Berkhamsted Half Marathon	Half Marathon	Ade Gibbon	MV50	01:37:25	224/1191		VCAC
Berkhamsted Half Marathon	Half Marathon	Caroline Chapman	FV40	01:56:25			
Berkhamsted Half Marathon	Half Marathon	Glenn Chapman	MV40	01:56:25			
Barcelona Marathon	Marathon	Mary Davis	Sen F	04:23:22	6881	292	1st
Wye Ultra 30M (MT)	Ultra	David Palmer	MV40	04:49:25	56/112		VCAC
Steyning Stinger Marathon	Marathon	Kathleen Hoyle	Sen F	05:43:00			
<b>02/03/2009</b>							
Nairn 10K	10K	David Gallie	MV40	00:37:23	15/366		2nd
<b>08/03/2009</b>							
Stanley Park 10K	10K	Graham Tracey	Sen M	00:40:12	27/287		VCAC
Stanley Park 10K	10K	Steve Coote	MV50	00:44:33	60/287	5/16	VCAC
Clapham Common Innovation Series	10K	Eike Adams	Sen F	00:52:35	194/330	34	VCAC
Inverness Half Marathon	Half Marathon	David Gallie	MV40	01:21:43	28/1122	6th	2nd
Nike Milton Keynes Half Marathon	Half Marathon	Manuel Corriente	Sen M	01:28:01	173/3040		1st
Friends of MicknPhil Half Marathon	Half Marathon	Keith Hammond	MV40	01:29:37	11/288	4/76	VCAC
Nike Milton Keynes Half Marathon	Half Marathon	Andy Jordan	MV40	01:33:25	346/3040		VCAC
Nike Milton Keynes Half Marathon	Half Marathon	Peter Simpson	MV40	01:37:32	499/3040		Vegan
Stafford 20	20M	Robert Mottram Jones	MV40	02:22:12	82	16	VCAC
Banbury Run (15M)	Other	Nik Windle	MV40	02:22:48	317/378		VCAC
Friends of MicknPhil Half Marathon	Half Marathon	Sharon Hammond	FV40	02:27:22	277/288		VCAC
Gloucester 20M	20M	James Cheseldine	MV40	02:37:53	166		VCAC
Gloucester 20M	20M	David Palmer	MV40	02:42:12	197/504		VCAC
<b>11/03/2009</b>							
Teddy Hall Relays (3.5 Miles)	Other	Eike Adams	Sen F	00:28:22	122/201		2nd
<b>15/03/2009</b>							
Stafford Half Marathon	Half Marathon	Ryan Procter	Sen M	01:21:04	37/1714	22	2nd
Stafford Half Marathon	Half Marathon	Robert Mottram Jones	MV40	01:29:12	131		VCAC
Brentwood Half Marathon	Half Marathon	Carol Norwood	FV40	02:12:44	1436/1783		1st
Finchley 20	20M	Andy Jordan	MV40	02:30:47	138/505		VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>21/03/2009</b>							
Craig Dunain Hill Race (5.5M)	Other	David Gallie	MV40	00:37:11	22/62	7th	2nd
<b>22/03/2009</b>							
Stokesley Duathlon 5K Leg 1	5K	Graham Tracey	Sen M	00:18:33			VCAC
Stokesley Duathlon 5K Leg 2	5K	Graham Tracey	Sen M	00:18:50			VCAC
Wimbledon 10K	10K	Peter Simpson	MV40	00:42:08	63/937		Vegan
Hogweed Hilly Half	Half Marathon	Andy Harper	MV40	01:43:15	60/270		VCAC
Milford 21M (off road)	Other	Ryan Procter	Sen M	02:43:38	32/132	30	2nd
Milford 21M (off road)	Other	Robert Mottram Jones	MV40	03:01:34	64		VCAC
Guernsey Church to Church Run	Other	Graham Beck	MV40	03:12:38	21		VCAC
<b>28/03/2009</b>							
Coniston 14	Other	Graham Tracey	Sen M	01:40:19	162/1472		VCAC
<b>29/03/2009</b>							
Joe Cox Half Marathon (Stowmarket)	Half Marathon	Paul Horne	MV40	01:31:30	69/361		VCAC
Reading Half Marathon	Half Marathon	Peter Simpson	MV40	01:36:19	1360/11871		Vegan
Wilmslow Half Marathon	Half Marathon	Steve Coote	MV50	01:39:34	798/3905	46/218	VCAC
Joe Cox Half Marathon (Stowmarket)	Half Marathon	Carol Norwood	FV40	02:13:40	333/361	26/29	1st
Conemarra Ultra (39.3M)	Ultra	David Palmer	MV40	06:14:58	48/105		VCAC
<b>04/04/2009</b>							
Knockfarrell Hill Race (5.5M)	Other	David Gallie	MV40	00:45:16	11/45	4th	2nd
Llanbedr – Blaenavaon Fell Race	Fell Race	David Palmer	MV40	03:23:33			
<b>05/04/2009</b>							
Dougie Mac 5K	5K	Ryan Procter	Sen M	00:18:09	4/270	4	2nd
Wakefield 10K	10K	Emma Smith	Sen F	00:59:13	953/1182	58/83	VCAC
Chedworth Roman Trail 10M	10M	Nik Windle	MV40	01:29:16	226/339		VCAC
Paris Marathon	Marathon	Manuel Corriente	Sen M	03:08:52	1843/30334	910	VCAC
<b>10/04/2009</b>							
Salford 10K	10K	Graham Tracey	Sen M	00:39:43	133/544		VCAC
Maidenhead Easter 10M	10M	Glenn Chapman	MV40	01:16:32	491/1152		VCAC

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<b>11/04/2009</b>							
Compton Challenge	20M	Nik Windle	MV40	03:45:42	140/171		VCAC
<b>13/04/2009</b>							
Stanwick 10K	10K	Keith Hammond	MV40	00:39:13	28/296	8/65	VCAC
Stanwick 10K	10K	Sharon Hammond	FV40	00:59:55	254/296		VCAC
<b>16/04/2009</b>							
Handchurch (approx 5M - off road)	Other	Ryan Procter	Sen M	00:32:55	13/189	13	2nd
<b>19/04/2009</b>							
Flitwick 10K	10K	Keith Hammond	MV40	00:39:09	67/819	26/198	VCAC
Newcastle 7	Other	Ryan Procter	Sen M	00:43:42	18/279	18	2nd
Newcastle 7	Other	Robert Mottram Jones	MV40	00:45:59	39/279	8th	VCAC
Darent Valley 10	10K	Kathleen Hoyle	Sen F	00:56:23	331/448		1st
Flitwick 10K	10K	Sharon Hammond	FV40	01:01:12	700/819		VCAC
Redcar Half Marathon	Half Marathon	Jon Zigmond	MV50	01:36:56	300/1391	11/43	VCAC
Paddock Wood Half Marathon	Half Marathon	Kathleen Hoyle	Sen F	02:02:00	1378		1st
<b>23/04/2009</b>							
Spring Treble (Milford) - 5.5M off road	Other	Ryan Procter	Sen M	00:37:19	12/116	12	2nd
<b>25/04/2009</b>							
The Highland Fling - 53M	Other	David Palmer	MV40	11:57:00	159		2nd
<b>26/04/2009</b>							
London Marathon	Marathon	Ryan Procter	Sen M	03:07:29	1370	783	2nd
London Marathon	Marathon	Andy Jordan	MV40	03:22:36	2751	427 MV45	VCAC
London Marathon	Marathon	Ade Gibbon	MV50	03:47:18	6080	170 MV55	VCAC
London Marathon	Marathon	James Cheseldine	MV40	03:56:31	7819	1522 MV40	VCAC
London Marathon	Marathon	Sally Clayton	FV40	04:15:29	14236	323 FV45	2nd
London Marathon	Marathon	Caroline Chapman	FV40	05:12:56	7533	832 FV45	2nd
Shakespeare Marathon	Marathon	Charles Simmons	MV60	05:20:18	834/865		2nd
<b>30/04/2009</b>							
Spring Treble (Kibblestone) 5M off road	Other	Ryan Procter	Sen M	00:35:37	21/130	21	2nd

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>03/05/2009</b>							
Kirkbymoorside 10K	10K	Jon Zigmond	MV50	00:45:12	96/433	16/52	VCAC
Uttoxeter Half Marathon	Half Marathon	Robert Mottram Jones	MV40	01:29:36	47/312		VCAC
Heritage Coast Half Marathon	Cross Country	Paul Horne	MV40	01:36:08			VCAC
Neolithic Marathon	Marathon	Nik Windle	MV40	04:57:53	233/303		VCAC
<b>04/05/2009</b>							
Rothwell (W Yorks) 10K	10K	Emma Smith	Sen F	00:54:03	640/798	35/49	VCAC
<b>05/05/2009</b>							
Silverstone 10K	10K	Keith Hammond	MV40	00:38:59	77/805	19/201	VCAC
Silverstone 10K	10K	Bob Simpson	MV50	00:53:15	563/805	72/98	VCAC
Silverstone 10K	10K	Sharon Hammond	FV40	01:02:56	760/805	53/61	VCAC
<b>06/05/2009</b>							
Clayton 10K	10K	Ryan Procter	Sen M	00:38:27	16/189	16	2nd
Clayton 10K	10K	Robert Mottram Jones	MV40	00:40:40	38/189		VCAC
<b>10/05/2009</b>							
Marlow 5M	5M	Ade Gibbon	MV50	00:34:22			VCAC
Muller 10K	10K	Ryan Procter	Sen M	00:37:58	52/1248	50	2nd
Marlow 5	5M	Steven Boswell	Sen M	00:38:47	395/1524		VCAC
Marlow 5	5M	Simon Cope	MV40	00:40:02	466/1524		VCAC
Muller 10K	10K	Robert Mottram Jones	MV40	00:40:12	90/1248		VCAC
St Albans 10K	10K	Andy Jordan	MV40	00:41:31	38/465		VCAC
Leeds Half Marathon	Half Marathon	Jon Zigmond	MV50	01:36:40	374/2875	7/68	VCAC
Halstead Marathon	Marathon	Carol Norwood	FV40	04:53:32	398/463	16/20	1st
<b>12/05/2009</b>							
City Parks GP (Longton)	5K	Ryan Procter	Sen M	00:18:25	22/114	22	2nd
<b>16/05/2009</b>							
Marlborough Downs 33 Miles	Ultra	Andy Jordan	MV40	05:18:55			VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>17/05/2009</b>							
Woodley 10K	10K	Peter Simpson	MV40	00:42:35	66/659		Vegan
Wheathampstead 10K	10K	Andrew Harper	MV40	00:43:54	53/680	20/42	VCAC
Stevington 12K	Other	Keith Hammond	MV40	00:48:52	3/106	2/46	VCAC
Oxford Town & Gown	10K	Eike Adams	Sen F	00:51:01	1052	44	2nd
Prestwood 10K	10K	Mary Davis	FV40	00:54:54	145/220		
Woodley 10K	10K	Caroline Chapman	FV40	01:00:55	543/659		
Woodley 10K	10K	Glenn Chapman	MV40	01:00:55	542/659		
Chester Half Marathon	Half Marathon	Graham Tracey	MV40	01:29:53	117/2081		VCAC
Brathay Windermere Marathon	Marathon	Robert Mottram Jones	MV40	03:26:08	91/847	19	VCAC
<b>19/05/2009</b>							
Bedford 6 Mile	Other	Bob Simpson	MV50	00:50:09	264/319		VCAC
<b>20/05/2009</b>							
Horwich Jubilee Race 1	5M	Graham Tracey	Sen M	00:32:51	51/127		VCAC
Askern 10K	10K	Steve Wigglesworth	MV40	00:38:38	71	9	VCAC
Askern 10K	10K	Emma Smith	Sen F	00:52:48	372/512	11/20	VCAC
<b>24/05/2009</b>							
BUPA London 10K	10K	Carol Norwood	FV40	01:00:24	1509/3850	109/280	1st
Wokingham Half Marathon	Half Marathon	Simon Cope	MV40	02:01:59	794/1062		VCAC
Wokingham Half Marathon	Half Marathon	Nik Windle	MV40	02:02:05	795/1062		
Wokingham Half Marathon	Half Marathon	Gwenllian Morys	FV40	02:20:44	991/1062		
Plymouth Half Marathon	Half Marathon	Victoria Widdowson	Sen F	02:23:40	3045/3889	425/642	
<b>25/05/2009</b>							
Hatfield Broad Oak 10K	10K	Keith Hammond	MV40	00:39:21	79/1120	26/250	VCAC
Hatfield Broad Oak 10K	10K	Sharon Hammond	FV40	01:03:33	1019/1120		VCAC
Brandon Forest Half Marathon	Half Marathon	Paul Horne	MV40	01:34:26	33/256		VCAC
<b>28/05/2009</b>							
Reindeer Romp race 1 (3 miles)	Other	Emma Smith	Sen F	00:26:28	72/90	5/5	VCAC
<b>29/05/2009</b>							
European Veterans Road Champ. -	10K	Ron Franklin	MV80	01:18:05		4	2nd

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>30/05/2009</b>							
Wincle Fell Race (approx 9K)	Fell Race	Ryan Procter	Sen M	00:45:08	26/300	26	2nd
<b>31/05/2009</b>							
Yorkshire Veterans' Ath Assoc (5.5 Mile)	Other	Emma Smith	Sen F	00:50:06	144/172		1st
Dorking 10	10M	Gideon Stanley	MV40	01:09:32	111/671	31/157	VCAC
<b>01/06/2009</b>							
Cork Marathon	Marathon	Gert Cowling	FV60	04:33:19	766/1269		VCAC
<b>02/06/2009</b>							
Weedon 10K	10K	Peter Simpson	MV40	00:43:33	112/326		Vegan
Weedon 10K	10K	Bob Simpson	MV50	00:55:15	284/326		VCAC
<b>06/06/2009</b>							
Thames Run 10K	10K	Mary Davis	FV40	00:56:33	225/469		
<b>07/06/2009</b>							
Westbridge 5	5M	Ryan Procter	Sen M	00:30:10	17/229	17	2nd
Westbridge 5	5M	Robert Mottram Jones	MV40	00:31:49	40/229		VCAC
Whipsnade 10K	10K	Keith Hammond	MV40	00:40:02	43/536	16/84	VCAC
Tilty Hilly 5	5M	Carol Norwood	FV40	00:48:49	154/165	11/11	1st
Penn Seven	Other	Ade Gibbon	MV50	00:51:00	38/289		VCAC
Whipsnade 10K	10K	Sharon Hammond	FV40	00:58:50	401/536		VCAC
Penn Seven	Other	Mary Davis	FV40	01:00:00	154/289		
Penn Seven	Other	Simon Cope	MV40	01:00:14	149/289		VCAC
Northants Ultra 34M	Ultra	Andy Jordan	MV40	06:14:55	6/30		VCAC
<b>08/06/2009</b>							
Westonbirt Arboretum Tree Trot	10K	James Cheseldine	MV40	00:39:05	19/600	13	VCAC
<b>09/06/2009</b>							
Banbury 5M	5M	Bob Simpson	MV50	00:42:19	308/370		VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>14/06/2009</b>							
Potters 'Arf Marathon	Half Marathon	Ryan Procter	Sen M	01:26:56	39		2nd
St Albans Half Marathon	Half Marathon	Peter Simpson	MV40	01:35:09	124/2021	37	Vegan
St Albans Half Marathon	Half Marathon	Scott Baillie	MV40	02:00:22	1200/2021	291	VCAC
North Downs 30K	Other	Kathleen Hoyle	Sen F	04:27:00	427		VCAC
<b>16/06/2009</b>							
Harborough 5M	5M	Bob Simpson	MV50	00:42:59	350/401		VCAC
<b>17/06/2009</b>							
Horwich Jubilee Race 2	5M	Graham Tracey	Sen M	00:33:27	71/141		VCAC
Sandal Trail Race	10K	Emma Smith	Sen F	00:53:56	148/212	5/9	VCAC
<b>19/06/2009</b>							
Marston Forest 5K	5K	Keith Hammond	MV40	00:19:18	53/379	19/87	VCAC
Marston Forest 5K	5K	Peter Simpson	MV40	00:20:25	82/379		Vegan
Marston Forest 5K	5K	Sharon Hammond	FV40	00:30:08	313/379		VCAC
<b>20/06/2009</b>							
Darrington Fun Run	5M	Emma Smith	Sen F	00:43:21	81/150	7/22	1st
<b>21/06/2009</b>							
Horwich Carnival 5K	5K	Graham Tracey	Sen M	00:19:20	63/127		VCAC
Bagley Wood Fun Run (5.25K)	Multi Terrain	Nik Windle	MV40	00:25:59	17		1st
St Michael's 10K	10K	Ryan Procter	Sen M	00:37:28	31/426		2nd
St Michael's 10K	10K	Robert Mottram Jones	MV40	00:40:24	67/426		VCAC
Guernsey Half Marathon	Half Marathon	Graham Beck	MV40	02:07:28	198		VCAC
<b>25/06/2009</b>							
Reindeer Romp race 2 (3 Miles)	Other	Emma Smith	Sen F	00:25:57	62/87	3/6	VCAC
<b>28/06/2009</b>							
Thame 10K	10K	Nik Windle	MV40	00:51:11	329/920		VCAC
Thame 10K	10K	Simon Cope	MV40	00:56:21	503/920		VCAC
Borehamwood Half Marathon	Half Marathon	Keith Hammond	MV40	01:29:23	12/146	4/42	VCAC
Borehamwood Half Marathon	Half Marathon	Andrew Harper	MV40	01:34:14	17/146	6/42	VCAC
Borehamwood Half Marathon	Half Marathon	Mary Davis	FV40	02:05:04	113/146		VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>30/06/2009</b>							
Milton Keynes 10K	10K	Peter Simpson	MV40	00:42:45	110/385	14/50 MV45	Vegan
Milton Keynes 10K	10K	Bob Simpson	MV50	00:53:49	304/385	30/32	VCAC
<b>01/07/2009</b>							
Offerton 10K	10K	Graham Tracey	Sen M	00:41:34	36/201		VCAC
<b>02/07/2009</b>							
Pilot Inn 4 Mile	Other	James Cheseldine	MV40	00:25:25	5/108	2nd	VCAC
<b>05/07/2009</b>							
Shifnal Half Marathon	Half Marathon	Ryan Procter	Sen M	01:28:46	10	1st MV35	2nd
Shifnal Half Marathon	Half Marathon	Robert Mottram Jones	MV40	01:35:36	32	14	VCAC
Shifnal Half Marathon	Half Marathon	John Morris	MV50	01:45:20	79		VCAC
<b>07/07/2009</b>							
Berryhill 10K	10K	Robert Mottram Jones	MV40	00:41:45	25	16	VCAC
<b>12/07/2009</b>							
Cheadle 4 Miles	Other	Robert Mottram Jones	MV40	00:25:22	22	12	VCAC
Asics British 10K London Run	10K	Eike Adams	Sen F	00:53:42			2nd
Cliffe 10k	10K	Kathleen Hoyle	Sen F	01:01:00	436		VCAC
Felsted 10K	10K	Carol Norwood	FV40	01:04:12	400/442	30/36 FV45	1st
Eccup 10	10M	Emma Smith	Sen F	01:35:40	435/523	46/68	VCAC
<b>13/07/2009</b>							
Frampton 10K	10K	James Cheseldine	MV40	00:38:55	40/500		VCAC
<b>15/07/2009</b>							
Doncaster Town Centre 5K	5K	Emma Smith	Sen F	00:24:02	121/180	1/5	VCAC
Horwich Jubilee Race 3	5M	Graham Tracey	Sen M	00:32:45	59/182		VCAC
<b>17/07/2009</b>							
Telford 10K	10K	John Morris	MV40	00:45:50	35/89		

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>19/07/2009</b>							
Wycombe 10K	10K	Peter Simpson	MV40	00:43:20	28/396	7th	Vegan
Trentham 10M	10M	Robert Mottram Jones	MV40	01:08:31	51/256	23	VCAC
Magor Marsh 10K (incl BM)	10K	Ron Franklin	MV80	01:08:53	269	1st	2nd
Wycombe Half Marathon	Half Marathon	Simon Cope	MV40	01:59:01	555/963		VCAC
Wycombe Half Marathon	Half Marathon	Mary Davis	FV40	01:59:51	569/963		VCAC
Wycombe Half Marathon	Half Marathon	Scott Baillie	MV40	02:01:29	610/963		VCAC
<b>23/07/2009</b>							
Sale Sizzler Race 3	5K	Graham Tracey	Sen M	00:19:20	96/417		VCAC
<b>25/07/2009</b>							
Swissalpine Marathon	Marathon	Ade Gibbon	MV50	05:22:15	379/745		VCAC
<b>26/07/2009</b>							
Milton Keynes NSPCC Half Marathon	Half Marathon	Keith Hammond	MV40	01:27:58	61/1224		VCAC
Milton Keynes NSPCC Half Marathon	Half Marathon	Gideon Stanley	MV40	01:29:49	81/1224		VCAC
Milton Keynes NSPCC Half Marathon	Half Marathon	Manuel Corriente	Sen M	01:31:16	100/1224		VCAC
Milton Keynes NSPCC Half Marathon	Half Marathon	Peter Simpson	MV40	01:34:22	147/1224		VCAC
Milton Keynes NSPCC Half Marathon	Half Marathon	Andy Jordan	MV40	01:36:51	184/1224		VCAC
Milton Keynes NSPCC Half Marathon	Half Marathon	Nik Windle	MV40	01:52:27	538/1224		VCAC
Milton Keynes NSPCC Half Marathon	Half Marathon	Sharon Hammond	FV40	02:22:22	1090/1224		VCAC
<b>28/07/2009</b>							
World Masters Championships - Finland	Cross Country	Ron Franklin	MV80	01:08:13	9th	1st	2nd
<b>29/07/2009</b>							
Priory Five	5M	Emma Smith	Sen F	00:41:05	38/65	1/2	VCAC
<b>02/08/2009</b>							
Sale 10 Miles	10M	Graham Tracey	Sen M	01:06:58	94/271		VCAC
<b>06/08/2009</b>							
Sale Sizzler Race 4	5K	Graham Tracey	Sen M	00:19:11	97/457		VCAC
<b>07/08/2009</b>							
Wibbly Wobbly Log Jog - Thetford	5M	Carol Norwood	FV50	00:51:04	243/292	7/11	1st

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>09/08/2009</b>							
Bearbrook 10K	10K	Keith Hammond	MV40	00:39:28	41/418		VCAC
Bearbrook 10K	10K	Peter Simpson	MV40	00:41:29	65/418		VCAC
Bearbrook 10K	10K	Ade Gibbon	MV50	00:45:58	139/418		VCAC
Bearbrook 10K	10K	Mary Davis	FV40	00:52:59	256/418		VCAC
Bearbrook 10K	10K	Sharon Hammond	FV40	01:02:54	386/418		VCAC
Bearbrook 10K	10K	John Munson	MV70	01:13:38	412/418		2nd
Salisbury 54321 Ultra Marathon (27M)	Ultra	Robert Mottram Jones	MV40	04:00:38	47/237		VCAC
<b>12/08/2009</b>							
Staffs Knot 5M	5M	Robert Mottram Jones	MV40	00:32:01	38	11 (3rd MV	VCAC
Saddleworth 6	Other	Steve Coote	MV50	00:44:09	112/272	22/50	VCAC
<b>19/08/2009</b>							
Horwich Jubilee Race 4	5M	Graham Tracey	Sen M	00:32:51	34/106		VCAC
<b>23/08/2009</b>							
Burnham Beeches Half Marathon	Half Marathon	Ade Gibbon	MV50	01:45:34	343/953		VCAC
Burnham Beeches Half Marathon	Half Marathon	Nik Windle	MV40	01:57:54	591/953		VCAC
Burnham Beeches Half Marathon	Half Marathon	Simon Cope	MV40	02:02:11	653/953		VCAC
Burnham Beeches Half Marathon	Half Marathon	Scott Baillie	MV40	02:13:50	814/953		VCAC
<b>29/08/2009</b>							
Ridgeway Challenge - 85 Miles	Ultra	Andy Jordan	MV40	17:15:00	5th	1st	1st
Ridgeway 85M	Ultra	David Palmer	MV40	21:46:00	32		
<b>06/09/2009</b>							
Framlingham 10K	10K	Paul Horne	MV40	00:42:25	35/266		VCAC
Headington 10K	10K	Nik Windle	MV40	00:48:32	176/310		VCAC
Sandal Castle	10K	Emma Smith	Sen F	00:54:29	289/577	18/56	VCAC
Wolverhampton Half Marathon	Half Marathon	John Morris	MV50	01:35:51	112/1211	4/51	VCAC
Ben Nevis Hill Race	Fell Race	David Gallie	MV40	01:57:06	65/464		2nd
Henfield Half Marathon	Half Marathon	Charles Simmons	MV60	02:10:25	107/132		VCAC
Wolverhampton Marathon	Marathon	Robert Mottram Jones	MV40	03:17:59	44/306	7/34 MV45	VCAC
Wolverhampton Marathon	Marathon	Gert Cowling	FV60	04:31:27	239/306	1/1	VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>
<b>12/09/2009</b>							
Castleton Show Run	10K	Jon Zigmond	MV50	00:51:08	44/68	11/19	VCAC
<b>13/09/2009</b>							
Prince of Wales Hospice 10K	10K	Emma Smith	Sen F	00:51:33	125/233	3/23	VCAC
Fleetwood Half Marathon	Half Marathon	Graham Tracey	Sen M	01:28:35	18/149		VCAC
Robin Hood Half Marathon	Half Marathon	Peter Simpson	MV40	01:33:37	329/6645		Vegan
Robin Hood Half Marathon	Half Marathon	Sharon Hammond	FV40	02:25:53	5748/6645		VCAC
Robin Hood Marathon	Marathon	Keith Hammond	MV40	03:14:02	93/1345	12/117 MV4	VCAC
Robin Hood Marathon	Marathon	Andrew Harper	MV40	03:43:02	372/1325		VCAC
<b>20/09/2009</b>							
Green Chain Marathon (27 Miles)	Ultra	Kathleen Hoyle	Sen F	06:35:00			VCAC
<b>26/09/2009</b>							
Windsor 8K	Other	Caroline Chapman	FV40	00:42:07			
Windsor 8K	Other	Nicola Hatch	FV40	00:52:15			
<b>27/09/2009</b>							
Cirencester Park 10K	10K	James Cheseldine	MV40	00:40:25	60/600		VCAC
Manches Moor Park	10K	Manuel Corriente	Sen M	00:42:11	38/723		VCAC
Manches Moor Park 10K	10K	Manuel Corriente	Sen M	00:42:11	38/723		1st
Swinton Half Marathon	Half Marathon	Graham Tracey	Sen M	01:29:49	53/247		VCAC
Diss 15 Mile Road Race	Other	Paul Horne	MV40	01:48:01	29/78		VCAC

All results will be posted on the website [www.vcac.vegfolk.co](http://www.vcac.vegfolk.co) VCAC = In Club colours; 1st /2nd = 1st/2nd claim - not in colours; GBR = International kit; Vegan = Vegan  
30/03/2010