

2008-09 VCAC Athletics Results - Standard Distances

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest
5000m							
5000m	BMAF Championships	Ron Franklin	MV80	00:37:26.	1st	1st	2nd
5000m	World Masters Championships - Finland	Ron Franklin	MV80	00:41:22.	6th		2nd
5K							
5K	Dougie Mac 5K	Ryan Procter	Sen M	00:18:09.	4/270	4	2nd
5K	City Parks GP (Longton)	Ryan Procter	Sen M	00:18:25.	22/114	22	2nd
5K	Stokesley Duathlon 5K Leg 1	Graham Tracey	Sen M	00:18:33.			VCAC
5K	Stokesley Duathlon 5K Leg 2	Graham Tracey	Sen M	00:18:50.			VCAC
5K	Sale Sizzler Race 4	Graham Tracey	Sen M	00:19:11.	97/457		VCAC
5K	Marston Forest 5K	Keith Hammond	MV40	00:19:18.	53/379	19/87	VCAC
5K	Sale Sizzler Race 3	Graham Tracey	Sen M	00:19:20.	96/417		VCAC
5K	Horwich Carnival 5K	Graham Tracey	Sen M	00:19:20.	63/127		VCAC
5K	Marston Forest 5K	Peter Simpson	MV40	00:20:25.	82/379		Vegan
5K	Doncaster Town Centre 5K	Emma Smith	Sen F	00:24:02.	121/180	1/5	VCAC
5K	Marston Forest 5K	Sharon Hammond	FV40	00:30:08.	313/379	VCAC	
5M							
5M	Alsager 5	Ryan Procter	Sen M	00:29:53.	119/1056	10	2nd
5M	Westbridge 5	Ryan Procter	Sen M	00:30:10.	17/229	17	2nd
5M	Poppy Run, Lincolnshire	Steve Wigglesworth	MV40	00:30:19			VCAC
5M	Westbridge 5	Robert Mottram Jones	MV40	00:31:49.	40/229		VCAC
5M	Staffs Knot 5M	Robert Mottram Jones	MV40	00:32:01.	38	11 (3rd MV45)	VCAC
5M	Horwich Jubilee Race 3	Graham Tracey	Sen M	00:32:45.	59/182		VCAC
5M	Horwich Jubilee Race 4	Graham Tracey	Sen M	00:32:51.	34/106		VCAC
5M	Horwich Jubilee Race 1	Graham Tracey	Sen M	00:32:51.	51/127		VCAC
5M	Horwich Jubilee Race 2	Graham Tracey	Sen M	00:33:27.	71/141		VCAC
5M	Wolverton 5 M	Peter Simpson	MV40	00:33:51	164/375	23/49	Vegan
5M	Festive 5, Wythenshawe	Steve Coote	MV50	00:34:34	120/251		VCAC
5M	Godiva New Year's Day	Peter Simpson	MV40	00:35:39	80/184		Vegan
5M	Marlow 5	Steven Boswell	Sen M	00:38:47.	395/1524		VCAC
5M	Mad Jack Multi Terrain	John Morris	MV50	00:38:52	51/200	3rd	VCAC
5M	Marlow 5	Simon Cope	MV40	00:40:02.	466/1524		VCAC
5M	Priory Five	Emma Smith	Sen F	00:41:05.	38/65	1/2	VCAC
5M	Banbury 5M	Bob Simpson	MV50	00:42:19.	308/370		VCAC
5M	Harborough 5M	Bob Simpson	MV50	00:42:59.	350/401		VCAC
5M	Darrington Fun Run	Emma Smith	Sen F	00:43:21.	81/150	7/22	1st
5M	Tim Sutton - Fowlmead 5	Kathleen Hoyle	Sen F	00:43:32.	78/120		
5M	Tilty Hilly 5	Carol Norwood	FV40	00:48:49.	154/165	11/11	1 st
5M	Wibbly Wobbly Log Jog - Thetford	Carol Norwood	FV50	00:51:04.	243/292	7/11	1st

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest
10K							
10K	Nairn 10K	David Gallie	MV40	00:37:23.	15/366	2nd	
10K	St Michael's 10K	Ryan Procter	Sen M	00:37:28.	31/426		2nd
10K	Help The Aged 10K	Steve Wigglesworth	MV40	00:37:58			VCAC
10K	Muller 10K	Ryan Procter	Sen M	00:37:58.	52/1248	50	2nd
10K	Howden 10K, East Yorkshire	Steve Wigglesworth	MV40	00:38:15	5/200	3/60	VCAC
10K	Dewsbury 10K	Steve Wigglesworth	MV40	00:38:23.	92/931	9	VCAC
10K	Clayton 10K	Ryan Procter	Sen M	00:38:27.	16/189	16	2nd
10K	Askern 10K	Steve Wigglesworth	MV40	00:38:38.	71	9	VCAC
10K	Frampton 10K	James Cheseldine	MV40	00:38:55.	40/500		VCAC
10K	Silverstone 10K	Keith Hammond	MV40	00:38:59.	77/805	19/201	VCAC
10K	Westonbirt Arboretum Tree Trot	James Cheseldine	MV40	00:39:05.	19/600	13	VCAC
10K	Flitwick 10K	Keith Hammond	MV40	00:39:09.	67/819	26/198	VCAC
10K	Stanwick 10K	Keith Hammond	MV40	00:39:13.	28/296	8/65	VCAC
10K	Hatfield Broad Oak 10K	Keith Hammond	MV40	00:39:21.	79/1120	26/250	VCAC
10K	Bearbrook 10K	Keith Hammond	MV40	00:39:28.	41/418		VCAC
10K	Edwinstowe 10K trail race	Steve Wigglesworth	MV40	00:39:39	14/340	5/92	VCAC
10K	Salford 10K	Graham Tracey	Sen M	00:39:43.	133/544		VCAC
10K	Whipsnade 10K	Keith Hammond	MV40	00:40:02.	43/536	16/84	VCAC
10K	Stanley Park 10K	Graham Tracey	Sen M	00:40:12.	27/287		VCAC
10K	Muller 10K	Robert Mottram Jones	MV40	00:40:12.	90/1248		VCAC
10K	Standalone 10K Letchworth	Keith Hammond	MV40	00:40:20	71/849	27/191	VCAC
10K	St Michael's 10K	Robert Mottram Jones	MV40	00:40:24.	67/426		VCAC
10K	Cirencester Park 10K	James Cheseldine	MV40	00:40:25.	60/600		VCAC
10K	Clayton 10K	Robert Mottram Jones	MV40	00:40:40.	38/189		VCAC
10K	Standalone 10K Letchworth	Andrew Harper	MV40	00:40:56	81/849	30/191	VCAC
10K	XXX Carrera Urbana Ciudad de Málaga	Manuel Corriente	MV40	00:41:19.			VCAC
10K	Bearbrook 10K	Peter Simpson	MV40	00:41:29.	65/418		VCAC
10K	St Albans 10K	Andy Jordan	MV40	00:41:31.	38/465		VCAC
10K	Offerton 10K	Graham Tracey	Sen M	00:41:34.	36/201		VCAC
10K	Berryhill 10K	Robert Mottram Jones	MV40	00:41:45.	25	16	VCAC
10K	Wimbledon 10K	Peter Simpson	MV40	00:42:08.	63/937		Vegan
10K	Manches Moor Park 10K	Manuel Corriente	Sen M	00:42:11.	38/723		1st
10K	Framlingham 10K	Paul Horne	MV40	00:42:25.	35/266		VCAC
10K	Woodley 10K	Peter Simpson	MV40	00:42:35.	66/659		Vegan
10K	Milton Keynes 10K	Peter Simpson	MV40	00:42:45.	110/385	14/50 MV45	Vegan
10K	Wycombe 10K	Peter Simpson	MV40	00:43:20.	28/396	7th	Vegan
10K	Weedon 10K	Peter Simpson	MV40	00:43:33.	112/326		Vegan
10K	Standalone 10K Letchworth	Andy Jordan	MV40	00:43:37	150/849	52/191	VCAC
10K	Wheathampstead 10K	Andrew Harper	MV40	00:43:54.	53/680	20/42	VCAC
10K	Rainforest Foundation 10K	Peter Simpson	MV40	00:44:30			Vegan
10K	Stanley Park 10K	Steve Coote	MV50	00:44:33.	60/287	5/16	VCAC
10K	Kirkbymoorside 10K	Jon Zigmund	MV50	00:45:12.	96/433	16/52	VCAC

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest
10K	Telford 10K	John Morris	MV40	00:45:50.	35/89		
10K	Bearbrook 10K	Ade Gibbon	MV50	00:45:58.	139/418		VCAC
10K	Headington 10K	Nik Windle	MV40	00:48:32.	176/310		VCAC
10K	Edwinstowe 10K trail race	Scott Baillie	MV40	00:48:42	104/340		VCAC
10K	Oxford Town & Gown	Eike Adams	Sen F	00:51:01.	1052	44	2nd
10K	Castleton Show Run	Jon Zigmond	MV50	00:51:08.	44/68	11/19	VCAC
10K	Thame 10K	Nik Windle	MV40	00:51:11.	329/920		VCAC
10K	Prince of Wales Hospice 10K	Emma Smith	Sen F	00:51:33.	125/233	3/23	VCAC
10K	Andy Reading 10K	Nik Windle	MV40	00:51:35	252/435		VCAC
10K	Andy Reading 10K	Rod Paris	MV60	00:52:01	261/435		VCAC
10K	Goring & District 10K	Nik Windle	MV40	00:52:09.	173/430		VCAC
10K	Clapham Common Innovation Series	Eike Adams	Sen F	00:52:35.	194/330	34	VCAC
10K	Askern 10K	Emma Smith	Sen F	00:52:48.	372/512	11/20	VCAC
10K	Bearbrook 10K	Mary Davis	FV40	00:52:59.	256/418		VCAC
10K	Silverstone 10K	Bob Simpson	MV50	00:53:15.	563/805	72/98	VCAC
10K	Blenheim 10K	Rod Paris	MV60	00:53:19	210/389		VCAC
10K	Asics British 10K London Run	Eike Adams	Sen F	00:53:42.			2nd
10K	Dewsbury 10K	Emma Smith	Sen F	00:53:43.	774/931	179/275	VCAC
10K	Milton Keynes 10K	Bob Simpson	MV50	00:53:49.	304/385	30/32	VCAC
10K	Sandal Trail Race	Emma Smith	Sen F	00:53:56.	148/212	5/9	VCAC
10K	Rothwell (W Yorks) 10K	Emma Smith	Sen F	00:54:03.	640/798	35/49	VCAC
10K	Sandal Castle	Emma Smith	Sen F	00:54:29.	289/577	18/56	VCAC
10K	Prestwood 10K	Mary Davis	FV40	00:54:54.	145/220		
10K	Weedon 10K	Bob Simpson	MV50	00:55:15.	284/326	VCAC	
10K	Frieth Hilly	Nik Windle	MV40	00:55:20	141/268		VCAC
10K	Ashford & District 10K	Kathleen Hoyle	Sen F	00:55:25.	372/568		
10K	Thame 10K	Simon Cope	MV40	00:56:21.	503/920		VCAC
10K	Darent Valley 10	Kathleen Hoyle	Sen F	00:56:23.	331/448		1st
10K	Thames Run 10K	Mary Davis	FV40	00:56:33.	225/469		
10K	Whipsnade 10K	Sharon Hammond	FV40	00:58:50.	401/536		VCAC
10K	Wakefield 10K	Emma Smith	Sen F	00:59:13.	953/1182	58/83	VCAC
10K	Stanwick 10K	Sharon Hammond	FV40	00:59:55.	254/296		VCAC
10K	BUPA London 10K	Carol Norwood	FV40	01:00:24.	1509/3850	109/280	1st
10K	Standalone 10K Letchworth	Sharon Hammond	FV40	01:00:37	691/849	73/116	VCAC
10K	Woodley 10K	Glenn Chapman	MV40	01:00:55.	542/659		
10K	Woodley 10K	Caroline Chapman	FV40	01:00:55.	543/659		
10K	Cliffe 10K	Kathleen Hoyle	Sen F	01:01:00.	436		VCAC
10K	Flitwick 10K	Sharon Hammond	FV40	01:01:12.	700/819		VCAC
10K	Edwinstowe 10K trail race	Emma Smith	Sen F	01:02:17	287/340		VCAC
10K	Bearbrook 10K	Sharon Hammond	FV40	01:02:54.	386/418		VCAC
10K	Silverstone 10K	Sharon Hammond	FV40	01:02:56.	760/805	53/61	VCAC
10K	Hatfield Broad Oak 10K	Sharon Hammond	FV40	01:03:33.	1019/1120		VCAC
10K	Felsted 10K	Carol Norwood	FV40	01:04:12.	400/442	30/36 FV45	1st
10K	Magor Marsh 10K (incl BM Championship)	Ron Franklin	MV80	01:08:53.	269	1st	2nd
10K	Bearbrook 10K	John Munson	MV70	01:13:38.	412/418		2nd
10K	European Veterans Road Champ. - Denmark	Ron Franklin	MV80	01:18:05.	4	2 nd	

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest
10M							
10M	Fred Hughes 10M, St Albans	Manuel Corriente	Sen M	01:06:51	71/831		VCAC
10M	Sale 10 Miles	Graham Tracey	Sen M	01:06:58.	94/271		VCAC
10M	Fred Hughes 10M, St Albans	Keith Hammond	MV40	01:07:45	85/831	29/175	VCAC
10M	Beccles 10M	Paul Horne	MV40	01:07:47	20/90		VCAC
10M	Trentham 10M	Robert Mottram Jones	MV40	01:08:31.	51/256	23	VCAC
10M	Dorking 10	Gideon Stanley	MV40	01:09:32.	111/671	31/157	VCAC
10M	Fred Hughes 10M, St Albans	Peter Simpson	MV40	01:11:37	155/831	54/175	Vegan
10M	Hadleigh 10 M	Paul Horne	MV40	01:12:26	55/241	19	VCAC
10M	Gloucester New Year 10	James Cheseldine	MV40	01:12:42.	120	22	VCAC
10M	Scarborough (Wykeham) 10 mile	Jon Zigmond	MV50	01:15:44	38/98	11/22	VCAC
10M	Maidenhead Easter 10M	Caroline Chapman	FV40	01:16:32.	491/1152		VCAC
10M	Chedworth Roman Trail 10M	Nik Windle	MV40	01:29:16.	226/339		VCAC
10M	Eccup 10	Emma Smith	Sen F	01:35:40.	435/523	46/68	VCAC
10M	Snake Lane 10	Emma Smith	Sen F	01:37:40.	612/685	39/46	VCAC
10M	Fred Hughes 10M, St Albans	Sharon Hammond	FV40	01:45:10	768/831		VCAC
10M	Harewood 10M trail race	Emma Smith	Sen F	01:48:04	464/505	64/77 FV35	VCAC

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest
Half Marathon							
Half Marathon	Stafford Half Marathon	Ryan Procter	Sen M	01:21:04.	37/1714	22	2nd
Half Marathon	Inverness Half Marathon	David Gallie	MV40	01:21:43.	28/1122	6th	2nd
Half Marathon	Potters 'Arf Marathon	Ryan Procter	Sen M	01:26:56.	39		2nd
Half Marathon	Milton Keynes NSPCC Half Marathon	Keith Hammond	MV40	01:27:58.	61/1224		VCAC
Half Marathon	Nike Milton Keynes Half Marathon	Manuel Corriente	Sen M	01:28:01.	173/3040		1st
Half Marathon	Fleetwood Half Marathon	Graham Tracey	Sen M	01:28:35.	18/149		VCAC
Half Marathon	Shifnal Half Marathon	Ryan Procter	Sen M	01:28:46.	10	1st MV35	2nd
Half Marathon	Great NorthWest Half Marathon	Graham Tracey	Sen M	01:28:55.	140/1193		VCAC
Half Marathon	Stafford Half Marathon	Robert Mottram Jones	MV40	01:29:12.	131		VCAC
Half Marathon	Borehamwood Half Marathon	Keith Hammond	MV40	01:29:23.	12/146	4/42	VCAC
Half Marathon	Congleton Half Marathon	Graham Tracey	Sen M	01:29:30	70/451		VCAC
Half Marathon	Uttoxeter Half Marathon	Robert Mottram Jones	MV40	01:29:36.	47/312		VCAC
Half Marathon	Friends of MicknPhil Half Marathon	Keith Hammond	MV40	01:29:37.	11/288	4/76	VCAC
Half Marathon	Swinton Half Marathon	Graham Tracey	Sen M	01:29:49.	53/247		VCAC
Half Marathon	Milton Keynes NSPCC Half Marathon	Gideon Stanley	MV40	01:29:49.	81/1224		VCAC
Half Marathon	Chester Half Marathon	Graham Tracey	MV40	01:29:53.	117/2081		VCAC
Half Marathon	Four Villages Half Marathon	Graham Tracey	Sen M	01:30:00.	189/1533		VCAC
Half Marathon	Bedford Half Marathon	Keith Hammond	MV40	01:30:59	178/1327	25/136	VCAC
Half Marathon	Milton Keynes NSPCC Half Marathon	Manuel Corriente	Sen M	01:31:16.	100/1224		VCAC
Half Marathon	Joe Cox Half Marathon (Stowmarket)	Paul Horne	MV40	01:31:30.	69/361		VCAC
Half Marathon	Watford Half Marathon	Andy Jordan	MV40	01:31:34.	238		VCAC
Half Marathon	Stevenage Half Marathon	Andy Jordan	MV40	01:32:19	113/758	41/183	VCAC
Half Marathon	Nike Milton Keynes Half Marathon	Andy Jordan	MV40	01:33:25.	346/3040		VCAC
Half Marathon	Robin Hood Half Marathon	Peter Simpson	MV40	01:33:37.	329/6645		Vegan
Half Marathon	Borehamwood Half Marathon	Andrew Harper	MV40	01:34:14.	17/146	6/42	VCAC
Half Marathon	Milton Keynes NSPCC Half Marathon	Peter Simpson	MV40	01:34:22.	147/1224		VCAC
Half Marathon	Brandon Forest Half Marathon	Paul Horne	MV40	01:34:26.	33/256		VCAC
Half Marathon	St Albans Half Marathon	Peter Simpson	MV40	01:35:09.	124/2021	37	Vegan
Half Marathon	Shifnal Half Marathon	Robert Mottram Jones	MV40	01:35:36.	32	14	VCAC
Half Marathon	Wolverhampton Half Marathon	John Morris	MV50	01:35:51.	112/1211	4/51	VCAC
Half Marathon	Berkhamsted Half Marathon	Andrew Harper	MV40	01:36:00.	179/1186		VCAC
Half Marathon	Reading Half Marathon	Peter Simpson	MV40	01:36:19.	1360/11871		Vegan
Half Marathon	Leeds Half Marathon	Jon Zigmond	MV50	01:36:40.	374/2875	7/68	VCAC
Half Marathon	Milton Keynes NSPCC Half Marathon	Andy Jordan	MV40	01:36:51.	184/1224		VCAC
Half Marathon	Redcar Half Marathon	Jon Zigmond	MV50	01:36:56.	300/1391	11/43	VCAC
Half Marathon	Berkhamsted Half Marathon	Adrian Gibbon	MV50	01:37:25.	224/1191		VCAC
Half Marathon	Nike Milton Keynes Half Marathon	Peter Simpson	MV40	01:37:32.	499/3040		Vegan
Half Marathon	Wilmslow Half Marathon	Steve Coote	MV50	01:39:34.	798/3905	46/218	VCAC
Half Marathon	Watford Half Marathon	Adrian Gibbon	MV50	01:39:53.	591/1956		VCAC
Half Marathon	Watford Half Marathon	Peter Simpson	MV40	01:40:15.	581/1872		Vegan

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest
Half Marathon	Hogweed Hilly Half	Andrew Harper	MV40	01:43:15.	60/270		VCAC
Half Marathon	Shifnal Half Marathon	John Morris	MV50	01:45:20.	79		VCAC
Half Marathon	Burnham Beeches Half Marathon	Ade Gibbon	MV50	01:45:34.	343/953		VCAC
Half Marathon	Peterborough Half Marathon	Lesley Cliff	FV60	01:46:12	844/2702	1st	2nd
Half Marathon	Milton Keynes NSPCC Half Marathon	Nik Windle	MV40	01:52:27.	538/1224		VCAC
Half Marathon	Norwich Half Marathon	Glenn Chapman	MV40	01:52:53	913/2046	89/163 MV45	VCAC
Half Marathon	Norwich Half Marathon	Caroline Chapman	FV40	01:52:55	916/2046	22/98	VCAC
Half Marathon	Gospport Half Marathon	Caroline Chapman	FV40	01:53:03	763/1233		VCAC
Half Marathon	Watford Half Marathon	Scott Baillie	MV40	01:53:21.	1259		
Half Marathon	Barnes Green Half Marathon	Caroline Chapman	FV40	01:53:22	675/1283		VCAC
Half Marathon	Watford Half Marathon	Nik Windle	MV40	01:53:57.	1271/1872		VCAC
Half Marathon	Watford Half Marathon	Caroline Chapman	FV40	01:54:53.	1313		
Half Marathon	Jersey Half Marathon	Rod Paris	MV60	01:55:17	165/272		VCAC
Half Marathon	Watford Half Marathon	Mary Davis	Sen F	01:55:57.	1366		
Half Marathon	Berkhamsted Half Marathon	Glenn Chapman	MV40	01:56:25.			
Half Marathon	Berkhamsted Half Marathon	Caroline Chapman	FV40	01:56:25.			
Half Marathon	Henley Half Marathon	Caroline Chapman	FV40	01:56:53			VCAC
Half Marathon	Burnham Beeches Half Marathon	Nik Windle	MV40	01:57:54.	591/953		VCAC
Half Marathon	Wycombe Half Marathon	Simon Cope	MV40	01:59:01.	555/963		VCAC
Half Marathon	Marlow Half Marathon	Nik Windle	MV40	01:59:11	583/870		VCAC
Half Marathon	Wycombe Half Marathon	Mary Davis	FV40	01:59:51.	569/963		VCAC
Half Marathon	St Albans Half Marathon	Scott Baillie	MV40	02:00:22.	1200/2021	291	VCAC
Half Marathon	Wycombe Half Marathon	Scott Baillie	MV40	02:01:29.	610/963		VCAC
Half Marathon	Wokingham Half Marathon	Simon Cope	MV40	02:01:59.	794/1062		VCAC
Half Marathon	Paddock Wood Half Marathon	Kathleen Hoyle	Sen F	02:02:00.	1378		1st
Half Marathon	Watford Half Marathon	Glenn Chapman	MV40	02:02:02.	1568		
Half Marathon	Wokingham Half Marathon	Nik Windle	MV40	02:02:05.	795/1062		
Half Marathon	Burnham Beeches Half Marathon	Simon Cope	MV40	02:02:11.	653/953		VCAC
Half Marathon	Borehamwood Half Marathon	Mary Davis	FV40	02:05:04.	113/146		VCAC
Half Marathon	Marlow Half Marathon	Simon Cope	MV40	02:05:46	710/872		VCAC
Half Marathon	Guernsey Half Marathon	Graham Beck	MV40	02:07:28.	198		VCAC
Half Marathon	Henfield Half Marathon	Charles Simmons	MV60	02:10:25.	107/132		VCAC
Half Marathon	Brentwood Half Marathon	Carol Norwood	FV40	02:12:44.	1436/1783		1st
Half Marathon	Joe Cox Half Marathon (Stowmarket)	Carol Norwood	FV40	02:13:40.	333/361	26/29	1st
Half Marathon	Burnham Beeches Half Marathon	Scott Baillie	MV40	02:13:50.	814/953		VCAC
Half Marathon	Bedford Half Marathon	Sharon Hammond	FV40	02:17:02	1234/1327		VCAC
Half Marathon	Wokingham Half Marathon	Gwenllian Morys	FV40	02:20:44.	991/1062		
Half Marathon	Milton Keynes NSPCC Half Marathon	Sharon Hammond	FV40	02:22:22.	1090/1224		VCAC
Half Marathon	Royal Parks Half Marathon (London)	Iain Clark	Sen M	02:23:29			VCAC
Half Marathon	Plymouth Half Marathon	Victoria Widdowson	Sen F	02:23:40.	3045/3889	425/642	
Half Marathon	Robin Hood Half Marathon	Sharon Hammond	FV40	02:25:53.	5748/6645		VCAC
Half Marathon	Friends of MicknPhil Half Marathon	Sharon Hammond	FV40	02:27:22.	277/288		VCAC

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Marathon							
Marathon	London Marathon	Ryan Procter	Sen M	03:07:29.	1370	783	2nd
Marathon	Paris Marathon	Manuel Corriente	Sen M	03:08:52.	1843/30334	910	VCAC
Marathon	Leicester Marathon	Graham Tracey	Sen M	03:09:49	51/465		VCAC
Marathon	Abingdon Marathon	Keith Hammond	MV40	03:11:07	113/647	46/198	VCAC
Marathon	Robin Hood Marathon	Keith Hammond	MV40	03:14:02.	93/1345	12/117 MV45	VCAC
Marathon	Wolverhampton Marathon	Robert Mottram Jones	MV40	03:17:59.	44/306	7/34 MV45	VCAC
Marathon	London Marathon	Andy Jordan	MV40	03:22:36.	2751	427 MV45	VCAC
Marathon	Brathay Windermere Marathon	Robert Mottram Jones	MV40	03:26:08.	91/847	19	VCAC
Marathon	Leicester Marathon	Andrew Harper	MV40	03:32:28	137/465		VCAC
Marathon	Abingdon Marathon	David Palmer	MV40	03:35:02	263/647	102/198	VCAC
Marathon	Robin Hood Marathon	Andrew Harper	MV40	03:43:02.	372/1325		VCAC
Marathon	London Marathon	Ade Gibbon	MV50	03:47:18.	6080	170 MV55	VCAC
Marathon	Abingdon Marathon	Peter Simpson	MV40	03:48:25	354/647	139/198	Vegan
Marathon	London Marathon	James Cheseldine	MV40	03:56:31.	7819	1522 MV40	VCAC
Marathon	Snowdonia Marathon	Jon Zigmond	MV50	04:06:59	461/1133	17/42 MV55	VCAC
Marathon	Jersey Marathon	Graham Beck	MV40	04:12:52	177		VCAC
Marathon	London Marathon	Sally Clayton	FV40	04:15:29.	14236	323 FV45	2nd
Marathon	Abingdon Marathon	Graham Beck	MV40	04:18:47	519/647	181/198	VCAC
Marathon	Dublin Marathon	Gert Cowling	FV60	04:22:19.	5381/9367	3/51	VCAC
Marathon	Barcelona Marathon	Mary Davis	Sen F	04:23:22.	6881	292	1st
Marathon	Hastings Marathon	Graham Beck	MV40	04:26:03	810/1178		VCAC
Marathon	Wolverhampton Marathon	Gert Cowling	FV60	04:31:27.	239/306	1/1	VCAC
Marathon	Cork Marathon	Gert Cowling	FV60	04:33:19.	766/1269		VCAC
Marathon	Halstead Marathon	Carol Norwood	FV40	04:53:32.	398/463	16/20	1st
Marathon	Neolithic Marathon	Nik Windle	MV40	04:57:53.	233/303		VCAC
Marathon	London Marathon	Caroline Chapman	FV40	05:12:56.	7533	832 FV45	2nd
Marathon	Shakespeare Marathon	Charles Simmons	MV60	05:20:18.	834/865		2nd
Marathon	Steyning Stinger Marathon	Kathleen Hoyle	Sen F	05:43:00.			