

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	04/11/2001	Leiston (Suffolk)	Richard Jordan	MV40	00:32:33	1st		2nd	
10K	09/07/2002	Milton Keynes	Job King	Sen M	00:32:44	3rd		VCAC	
10K	08/08/2001	Pitsford (Northants)	Job King	Sen M	00:33:01	1st / 250		VCAC	
10K	04/05/2004	Silverstone 10K	Job King	Sen M	00:33:06	7 / 832		2nd	
10K	07/10/2001	Southend	David Tullett	Sen M	00:33:15	4th			
10K	09/09/2001	Cheltenham (Gloucs)	Richard Jordan	MV40	00:33:18	100th			
10K	03/06/2002	Hatfield Broad Oak (Essex)	Richard Jordan	MV40	00:33:22	5th	1st vet	2nd	
10K	14/07/2002	Grange Farm Trotters	David Tullett	Sen M	00:33:25	2nd		2nd	
10K	21/08/2005	Birchwood 10K	Peter Benyon	Sen M	00:33:25	7/943		VCAC	
10K	23/04/2006	Air Products 10K Crewe	Peter Benyon	Sen M	00:33:31	3rd		VCAC	
10K	18/11/2000	Battersea Park	Richard Jordan	MV40	00:33:37	3rd			
10K	07/04/2002	City of Lincoln	Nick Berrill	Sen M	00:33:38	10th		2nd	
10K	22/09/2002	Langham (Essex)	Richard Jordan	MV40	00:33:40	1st		2nd	
10K	29/09/2002	Dedham (Essex)	Richard Jordan	MV40	00:33:46	1st	1st MV40	2nd	
10K	08/09/2002	Framlingham	Richard Jordan	MV40	00:33:46	2nd	1st MV40	2nd	
10K	14/07/2002	Grange Farm Trotters	Richard Jordan	MV40	00:33:51	4th	2nd vet	2nd	
10K	12/05/2002	Cranfield (Bedfordshire)	Nick Berrill	Sen M	00:33:53	2 / 260		2nd	
10K	22/07/2001	British Open (Westminster)	Richard Jordan	MV40	00:33:53		16th		
10K	03/07/2001	Milton Keynes	Nick Berrill	Sen M	00:33:54	3rd / 310		1st	
10K	22/08/2004	Birchwood (Warrington)	Peter Benyon	Sen M	00:34:38	19th		1st	
10K	15/04/2000	Harrow 10K	Max D'Ayala	Sen M	00:34:40	38/213		VCAC	
10K	09/03/2003	Fradley, Lichfield (Staffs)	Neil Clurow	Sen M	00:35:09	11/294		VCAC	
10K	09/09/2001	Kettering (Northants)	Job King	Sen M	00:35:11	3rd		VCAC	
10K	31/12/2000	Ely (Cambs)	Richard Jordan	MV40	00:35:18	7th 1st ve			
10K	09/01/2005	Stubbington 10K (Hants)	Dave Arnold	MV40	00:35:36			2nd	
10K	29/07/2001	Ipswich Ekiden Relays (10K leg)	Richard Jordan	MV40	00:35:50	3rd			
10K	22/08/2004	Birchwood (Warrington)	Suzanne Owen	Sen F	00:36:07	2nd F		2nd	

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10K	16/04/2006	Air Products 10K Crew	Suzanne Benyon	Sen F	00:36:16	1st		VCAC	
10K	12/01/2003	Stubbington Green (Hants)	Dave Arnold	Sen M	00:36:17			2nd	
10K	26/01/2003	Moorside (Huddersfield)	Richard Jordan	MV40	00:36:22	1st	1st	2nd	
10K	03/10/2004	Standalone 10K	Danielle Sanderson	FV40	00:36:26	2nd F	1st	2nd	
10K	08/08/2004	Bearbrook (Bucks)	Danielle Sanderson	FV40	00:36:42			2nd	
10K	07/05/2002	Silverstone	Anna Berrill	Sen F	00:36:45	3rd F		2nd	
10K	22/06/2003	Datchet Dash 10K	Danielle Sanderson	FV40	00:36:48	3rd F	1st	2nd	
10K	21/08/2005	Birchwood 10K	Suzanne Benyon	Sen F	00:36:50	55/943	2nd	VCAC	
10K	16/05/2004	Sudbury 10K	Danielle Sanderson	FV40	00:36:52		1st (cours		
10K	08/04/2001	Royston (Cambs)	Graham White	MV40	00:36:54	26 / 423			
10K	07/04/2002	City of Lincoln	Anna Berrill	Sen F	00:36:56	3rd F		2nd	
10K	05/10/2003	Lynda Jackson 10K	Danielle Sanderson	FV40	00:36:59	4th	1st	2nd	
10K	06/04/2007	Salford 10K	Graham Tracey	Sen M	00:37:02	92/557		VCAC	
10K	08/07/2001	Wolverhampton College	John Morris	MV40	00:37:02			VCAC	
10K	10/09/2006	Trafford 10K	Graham Tracey	Sen M	00:37:06	59/395		VCAC	
10K	25/03/2007	City of Lincoln 10K	Paul Elliott	Sen M	00:37:21	51/3263	40th	1st	
10K	16/06/2005	Ely Runners Handicap	Max D'Ayala	Sen M	00:37:22	5th		2nd	
10K	02/03/2009	Nairn 10K	David Gallie	MV40	00:37:23	15/366		2nd	
10K	09/07/2002	Milton Keynes	Anna Berrill	Sen F	00:37:25	3rd F		2nd	
10K	21/06/2009	St Michael's 10K	Ryan Procter	Sen M	00:37:28	31/426		2nd	
10K	05/05/2003	Watford (Herts)	Danielle Sanderson	FV40	00:37:28	2nd F	1st FV	2nd	
10K	12/05/2002	Woodbridge (Suffolk)	Adam White	U17	00:37:33		1st U-17	2nd	
10K	22/09/2002	Swansea	Anna Berrill	Sen F	00:37:36	8th		2nd	
10K	26/04/2003	St. Albans Ladies (Herts)	Danielle Sanderson	FV40	00:37:40	1st F	1st	2nd	
10K	18/05/2003	Sudbury Court 10K	Danielle Sanderson	FV40	00:37:45	2nd F	1st	2nd	
10K	04/05/2003	Fordingbridge (Hants)	Dave Arnold	MV40	00:37:57	19th		VCAC	
10K	10/05/2009	Muller 10K	Ryan Procter	Sen M	00:37:58	52/1248	50	2nd	

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10K	23/11/2008	Help The Aged 10K	Steve Wigglesworth	MV40	00:37:58			VCAC	
10K	26/11/2000	John Bailey (Staffs)	John Morris	MV40	00:37:59	25th		VCAC	
10K	03/05/2004	Watford 10K	Danielle Sanderson	FV40	00:38:02		1st		
10K	13/07/2001	Crown Classic (Telford)	John Morris	MV40	00:38:07			VCAC	
10K	13/07/2001	Crown Classic (Telford)	Simon Higgins	MV40	00:38:07	PB 25th		1st	
10K	12/12/2008	Howden 10K, East Yorkshire	Steve Wigglesworth	MV40	00:38:15	5/200	3/60	VCAC	
10K	16/05/2007	Askern & District 10K	Steve Wigglesworth	MV40	00:38:15	58/466	17/80	VCAC	
10K	20/12/2009	Ron Hill Surrey Series – Epsom 10K	Gideon Stanley	MV40	00:38:15	17/155	6/39	VCAC	
10K	25/06/2006	City of Manchester 10K	Graham Tracey	Sen M	00:38:18	40/1352		VCAC	
10K	01/02/2009	Dewsbury 10K	Steve Wigglesworth	MV40	00:38:23	92/931	9	VCAC	
10K	06/05/2009	Clayton 10K	Ryan Procter	Sen M	00:38:27	16/189	16	2nd	
10K	22/04/2007	Bolton 10K	Paul Elliott	Sen M	00:38:29	32nd	16th	1st	
10K	01/07/2007	Eastern Vets 10K,	Max D'Ayala	MV40	00:38:30	4/44	2nd	2nd	
10K	01/04/2005	Watford 10K	Danielle Sanderson	FV40	00:38:34		1st	2nd	
10K	13/05/2001	Woodbridge (Suffolk)	Graham White	MV40	00:38:36	20 / 363			
10K	20/05/2009	Askern 10K	Steve Wigglesworth	MV40	00:38:38	71	9	VCAC	
10K	10/06/2001	Ellesmere (Shrops)	John Morris	MV40	00:38:40			VCAC	
10K	26/11/2006	Abbey Dash (Leeds)	Steve Wigglesworth	Sen M	00:38:41			VCAC	
10K	11/09/2005	Trafford 10K	Graham Tracey	Sen M	00:38:44			VCAC	
10K	17/05/2004	Ely Runners 10K, Little Downham Handicap	Max d'Ayala	Sen M	00:38:44	12/60		1st	
10K	08/07/2001	Wolverhampton College	Simon Higgins	MV40	00:38:45			1st	
10K	21/03/2008	Salford 10K	Graham Tracey	Sen M	00:38:51	110/542		VCAC	
10K	08/04/2001	Royston (Cambs)	Adam White	U16	00:38:52	57th 1st U			
10K	13/07/2009	Frampton 10K	James Cheseldine	MV40	00:38:55	40/500		VCAC	
10K	09/03/2008	Trafford 10K	Graham Tracey	Sen M	00:38:56	90/372		VCAC	
10K	06/05/2003	Silverstone 10K	Sam Wuermli	MV45	00:38:58	143rd	14th	VCAC	

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10K	07/05/2003	Silverstone (Northants)	Sam Wuermli	MV40	00:38:58			1st	
10K	05/05/2009	Silverstone 10K	Keith Hammond	MV40	00:38:59	77/805	19/201	VCAC	
10K	04/10/2009	Standalone 10K	Keith Hammond	MV40	00:38:59	58/1008	20/208	VCAC	
10K	18/07/2004	St Ives	Max d'Ayala	Sen M	00:39:00	33rd		1st	
10K	16/05/2004	Eye 10K	Max d'Ayala	Sen M	00:39:00	33rd			
10K	08/06/2009	Westonbirt Arboretum Tree Trot	James Cheseldine	MV40	00:39:05	19/600	13	VCAC	
10K	19/04/2009	Flitwick 10K	Keith Hammond	MV40	00:39:09	67/819	26/198	VCAC	
10K	25/03/2005	Salford 10K	Graham Tracey	Sen M	00:39:10	137th		VCAC	
10K	13/05/2001	Blackpool	John Morris	MV40	00:39:12			VCAC	
10K	13/04/2009	Stanwick 10K	Keith Hammond	MV40	00:39:13	28/296	8/65	VCAC	
10K	08/10/2006	Woburn 10K	Marcus Whelband	Sen M	00:39:19	20th	16th	1st	
10K	01/07/2007	St Michael's 10K (Stone)	Robert Mottram Jones	MV40	00:39:20	36th		VCAC	
10K	24/06/2001	RAF Stafford	Simon Higgins	MV40	00:39:20	68 / 395		1st	
10K	25/06/2006	St Michaels School 10K	Robert Mottram Jones	MV40	00:39:20	22/222		VCAC	
10K	25/05/2009	Hatfield Broad Oak 10K	Keith Hammond	MV40	00:39:21	79/1120	26/250	VCAC	
10K	19/02/2006	SIS Woburn 10K	Marcus Whelband	Sen M	00:39:22	33rd		1st	
10K	27/12/2005	Ribble Valley 10K	Graham Tracey	Sen M	00:39:23			VCAC	
10K	02/05/2005	Shinfield 10K	John Morgan	Sen M	00:39:27	54th		VCAC	
10K	16/09/2007	Goodrich 10K	Robert Mottram Jones	MV40	00:39:27	29		VCAC	
10K	09/08/2009	Bearbrook 10K	Keith Hammond	MV40	00:39:28	41/418		VCAC	
10K	15/05/2005	Woodley 10K	John Morgan	Sen M	00:39:39	38th	24th	VCAC	
10K	07/12/2008	Edwinstowe 10K trail race	Steve Wigglesworth	MV40	00:39:39	14/340	5/92	VCAC	
10K	04/07/2007	Offerton 10K	Graham Tracey	Sen M	00:39:40	12/143		VCAC	
10K	06/07/2005	Offerton 10K	Graham Tracey	Sen M	00:39:40	21 / 205		VCAC	
10K	17/05/2006	Askem 10K	Steve Wigglesworth	MV40	00:39:40			VCAC	
10K	10/04/2009	Salford 10K	Graham Tracey	Sen M	00:39:43	133/544		VCAC	
10K	04/05/2004	Silverstone 10K	Sam Wuermli	MV45	00:39:45	118	18	Assoc	

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10K	30/03/2008	Wakefield 10K	Steve Wigglesworth	MV40	00:39:50	112/1260	29	VCAC	
10K	06/05/2003	Silverstone (Northants)	Andy Harper	Sen M	00:39:52	184 / 940		VCAC	
10K	02/05/2007	Clayton Batehouse 10K	Robert Mottram Jones	MV40	00:39:53	31st		VCAC	
10K	03/05/2005	Silverstone 10K	Andy Harper	Sen M	00:39:54	164 / 1030	84th	VCAC	
10K	09/09/2001	Cardiff	Peter Simpson	MV40	00:39:56			VCAC	
10K	23/06/2007	City of York AC 10K	Steve Wigglesworth	MV40	00:39:57	21/360	7/50	VCAC	
10K	13/12/2009	Christchurch Christmas Pudding 10K	Guy Thompson	Sen M	00:39:58	66/569	30/96	2nd	
10K	07/06/2009	Whipsnade 10K	Keith Hammond	MV40	00:40:02	43/536	16/84	VCAC	
10K	23/06/2001	Datchet Dash (Berks)	Peter Simpson	MV40	00:40:02	72 / 471		VCAC	
10K	30/09/2001	Highclere	Steve Bienkowski	MV40	00:40:04	700m short			
10K	08/03/2009	Stanley Park 10K	Graham Tracey	Sen M	00:40:12	27/287		VCAC	
10K	22/11/2009	Boscombe 10K	Guy Thompson	Sen M	00:40:12	32/436	18/119	2nd	
10K	10/05/2009	Muller 10K	Robert Mottram Jones	MV40	00:40:12	90/1248		VCAC	
10K	06/05/2008	Silverstone 10K	Keith Hammond	MV40	00:40:12	130/992	8/101 MV45	VCAC	
10K	26/11/2005	Wesham 10K	Graham Tracey	Sen M	00:40:14			VCAC	
10K	07/05/2008	Clayton Gatehouse 10K	Robert Mottram Jones	MV40	00:40:15	33		VCAC	
10K	03/05/2004	Shinfield 10K	John Morgan	Sen M	00:40:19	40/493		2nd	
10K	05/07/2005	Milton Keynes 10K	Andy Harper	Sen M	00:40:19			VCAC	
10K	03/07/2001	Milton Keynes	Peter Simpson	MV40	00:40:20	68th		VCAC	
10K	05/10/2008	Standalone 10K Letchworth	Keith Hammond	MV40	00:40:20	71/849	27/191	VCAC	
10K	09/04/2006	Wakefield 10K	Steve Wigglesworth	MV40	00:40:23		17th	VCAC	
10K	08/04/2001	Lilleshall (Staffs)	Vaughan Griffiths	Sen M	00:40:24			VCAC	
10K	21/06/2009	St Michael's 10K	Robert Mottram Jones	MV40	00:40:24	67/426		VCAC	
10K	27/09/2009	Cirencester Park 10K	James Cheseldine	MV40	00:40:25	60/600		VCAC	
10K	02/09/2007	Beacon 10K	Jim Cheseldine	MV40	00:40:28	41st	6th	VCAC	
10K	14/10/2001	Cambridge	Kevin Daly	Sen M	00:40:30			1st	
10K	22/06/2008	St Michael's (Stone)	Robert Mottram Jones	MV40	00:40:31			VCAC	

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10K	09/10/2005	Woburn Rhino 10K	Marcus Whelband	Sen M	00:40:34	21st	12th	1st	
10K	08/07/2007	Burnden 10K	Graham Tracey	Sen M	00:40:35	23/103		VCAC	
10K	12/05/2002	Woodbridge (Suffolk)	Paul Horne	MV40	00:40:35	50th		VCAC	
10K	22/07/2001	St. Ives (Cambs)	Tony Garratt	MV40	00:40:36			VCAC	
10K	05/05/2004	Clayton Gatehouse 10K	Robert Mottram Jones	MV40	00:40:37	56th		VCAC	
10K	08/07/2001	Cliffe Woods (nr Rochester	Peter Simpson	MV40	00:40:38	80 / 454		VCAC	
10K	06/05/2009	Clayton 10K	Robert Mottram Jones	MV40	00:40:40	38/189		VCAC	
10K	05/10/2003	Standalone 10K	Andy Harper	Sen M	00:40:45			VCAC	
10K	08/04/2001	Lilleshall (Staffs)	Simon Higgins	MV40	00:40:47			1st	
10K	01/06/2008	Zycko Fairford 10K	Jim Cheseldine	MV40	00:40:49	32/336	8	VCAC	
10K	07/10/2007	Standalone 10K	Keith Hammond	MV40	00:40:49	104/904	34/207	VCAC	
10K	09/07/2006	Burden 10K	Graham Tracey	Sen M	00:40:52	32/143		VCAC	
10K	17/10/2004	Buckingham Fun Run (Multi Terrain)	Peter Simpson	MV40	00:40:55	23 / 227		VCAC	
10K	01/10/2007	Chichester 10K	Peter Simpson	MV40	00:40:55	218	47/204	Vegan	
10K	16/09/2001	Wimbledon (Surrey)	Peter Simpson	MV40	00:40:56			VCAC	
10K	05/10/2008	Standalone 10K Letchworth	Andy Harper	MV40	00:40:56	81/849	30/191	VCAC	
10K	07/05/2003	Clayton Gatehouse (NSRRA) (Staffs)	Robert Mottram Jones	MV40	00:41:00	61st		VCAC	
10K	03/07/2001	Milton Keynes	Anna Berrill	Sen F	00:41:03	3rd F 81st		1st	
10K	02/05/2006	Silverstone 10K	Andy Harper	MV40	00:41:03	172/1011	37/168	VCAC	
10K	07/08/2007	Berryhill 10K	Robert Mottram Jones	MV40	00:41:04	26th		VCAC	
10K	07/05/2002	Silverstone	Andy Harper	Sen M	00:41:05			VCAC	
10K	03/06/2001	Cranfield (Beds)	Peter Simpson	MV40	00:41:06	71 / 329		VCAC	
10K	26/05/2008	Hatfield Broad Oak 10K (Essex)	Keith Hammond	MV40	00:41:07	122/1017	41/224	VCAC	
10K	03/06/2002	Chasewater Jubilee (Staffs)	Robert Mottram Jones	MV40	00:41:08	42nd		VCAC	
10K	08/09/2002	Framlingham (Suffolk)	Paul Horne	MV40	00:41:08			VCAC	
10K	20/04/2008	Flitwick 10K	Keith Hammond	MV40	00:41:09	99/841	26/180	VCAC	

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10K	10/08/2008	Bearbrook 10K (Bucks)	Keith Hammond	MV40	00:41:09	67/501	19/106	VCAC	
10K	12/08/2007	Bearbrook 10K	Keith Hammond	MV40	00:41:10	65/241	24/88	VCAC	
10K	01/09/2004	Dumfries	Peter Simpson	MV40	00:41:10			VCAC	
10K	21/09/2003	Seven Bridges (Shopshire)	John Morris	MV40	00:41:11			VCAC	
10K	09/07/2002	Milton Keynes	Andy Harper	Sen M	00:41:13	128th		VCAC	
10K	04/05/2004	Silverstone 10K	Andy Harper	Sen M	00:41:15			2nd	
10K	24/03/2008	Stanwick 10K	Keith Hammond	MV40	00:41:15	36/279	11/65	VCAC	
10K	07/07/2002	Eden Valley (Cumbria)	Ray Walker	MV50	00:41:16	4 / 40		VCAC	
10K	08/06/2003	Two Castles (Warwicks)	Peter Simpson	MV40	00:41:17	66th		VCAC	
10K	18/05/2008	Woodley 10K, Reading	Peter Simpson	MV40	00:41:18	46/627		Vegan	
10K	01/08/2006	Berryhill 10K	Robert Mottram Jones	MV40	00:41:19	24/155		VCAC	
10K	26/10/2008	XXX Carrera Urbana Ciudad de Málaga	Manuel Corriente	MV40	00:41:19			VCAC	
10K	19/03/2006	Clapham Common Series	Peter Simpson	MV40	00:41:25			Vegan	
10K	03/05/2006	Clayton Gatehouse 10K	Robert Mottram Jones	MV40	00:41:25	44th		VCAC	
10K	03/08/2003	Hucknall (Notts)	Peter Simpson	MV40	00:41:27	29 / 165		VCAC	
10K	17/06/2006	Melbourne 10K	Steve Wigglesworth	MV40	00:41:28			VCAC	
10K	22/09/2002	Swansea	Peter Simpson	MV40	00:41:28			VCAC	
10K	06/10/2002	Southend	Peter Simpson	MV40	00:41:28			VCAC	
10K	09/08/2009	Bearbrook 10K	Peter Simpson	MV40	00:41:29	65/418		VCAC	
10K	03/05/2005	Silverstone 10K	Ade Gibbon	MV50	00:41:30	236 / 1030	13th	VCAC	
10K	10/05/2009	St Albans 10K	Andy Jordan	MV40	00:41:31	38/465		VCAC	
10K	30/09/2007	Cannon Hill Park 10K	Peter Simpson	MV40	00:41:32	29/140		Vegan	
10K	31/08/2008	Headington	Peter Simpson	MV40	00:41:33	88/399		Vegan	
10K	01/07/2009	Offerton 10K	Graham Tracey	Sen M	00:41:34	36/201		VCAC	
10K	14/07/2002	Wolverhampton College	Robert Mottram Jones	MV40	00:41:37	58th		VCAC	
10K	06/02/2005	Dewsbury 10K (W. Yorks)	Peter Simpson	MV40	00:41:39			VCAC	
10K	10/08/2008	Bearbrook 10K (Bucks)	Peter Simpson	MV40	00:41:41	79/501	22/106	VCAC	

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10K	07/07/2009	Berryhill 10K	Robert Mottram Jones	MV40	00:41:45	25	16	VCAC	
10K	13/05/2001	Stockwood Park (Luton)	Andy Harper	Sen M	00:41:46	PB		VCAC	
10K	04/07/2006	Milton Keynes 10K	Peter Simpson	MV40	00:41:48	80/224	18th	Vegan	
10K	12/08/2001	Red Lion 10K (Herne Hill)	Peter Simpson	MV40	00:41:48	80 / 372		VCAC	
10K	11/05/2008	Betty Willett 10K (Luton)	Keith Hammond	MV40	00:41:48	18/150	4/34	VCAC	
10K	23/05/2004	Betty Willett 10K	Andy Harper	Sen M	00:41:49	41st		VCAC	
10K	07/09/2008	Framlingham 10K	Paul Horne	MV40	00:41:50			VCAC	
10K	12/09/2004	Lichfield (Staffs)	Peter Simpson	MV40	00:41:54			VCAC	
10K	04/07/2006	Milton Keynes 10K	Andy Harper	MV40	00:41:55	83/224	21st	VCAC	
10K	07/11/2004	Rainforest Foundation (East London)	Peter Simpson	MV40	00:41:55			VCAC	
10K	30/06/2002	Dunstable	Peter Simpson	MV40	00:41:56	54 / 191		VCAC	
10K	04/05/2004	Silverstone 10K	Ade Gibbon	MV45	00:42:00			VCAC	
10K	21/04/2002	Lancaster	Ray Walker	MV50	00:42:02	59 / 258	8/25 V50	VCAC	
10K	12/05/2002	Cranfield (Bedfordshire)	Peter Simpson	MV40	00:42:02	53 / 260		VCAC	
10K	08/09/2002	Cardiff	Peter Simpson	MV40	00:42:04			VCAC	
10K	12/08/2007	Clapham Common 10K	Peter Simpson	MV40	00:42:04	64th		Vegan	
10K	08/05/2007	Silverstone 10K	Peter Simpson	MV40	00:42:06	209/924	29/86	Vegan	
10K	22/03/2009	Wimbledon 10K	Peter Simpson	MV40	00:42:08	63/937		Vegan	
10K	13/05/2001	Woodbridge (Suffolk)	Peter Simpson	MV40	00:42:08	48th		VCAC	
10K	21/11/2004	Chelmsford 10K	Peter Simpson	MV40	00:42:10			VCAC	
10K	27/09/2009	Manches Moor Park 10K	Manuel Corriente	Sen M	00:42:11	38/723		1st	
10K	27/09/2009	Manches Moor Park	Manuel Corriente	Sen M	00:42:11	38/723		VCAC	
10K	30/09/2007	Manches Moor Park	Manuel Corriente	Sen M	00:42:12	32/551		1st	
10K	30/09/2007	Manches Moor Park 10K	Manuel Corriente	Sen M	00:42:12	32/551		1st	
10K	08/07/2001	Wolverhampton College	Robert Mottram Jones	Sen M	00:42:12	63 / 175		VCAC	
10K	08/05/2008	Silverstone 10K	Peter Simpson	MV40	00:42:12	193/992	15/101 MV4	Vegan	
10K	03/02/2002	Dewsbury (West Yorks)	Peter Simpson	MV40	00:42:14			VCAC	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	07/05/2002	Silverstone	Peter Simpson	MV40	00:42:18			VCAC	
10K	04/10/2009	Standalone 10K	Andrew Harper	MV40	00:42:20	141/1008		VCAC	
10K	02/05/2006	Silverstone 10K	Ade Gibbon	MV50	00:42:25	233/1011	13/73	VCAC	
10K	06/09/2009	Framlingham 10K	Paul Horne	MV40	00:42:25	35/266		VCAC	
10K	08/10/2006	Run London 10K (Hyde	Max Hunt	MV40	00:42:25			1st	
10K	01/07/2008	Milton Keynes 10K	Peter Simpson	MV40	00:42:26	110/419	12/43 MV45	Vegan	
10K	23/03/2003	Sheffield (South Yorks)	Peter Simpson	MV40	00:42:27	117 / 671		VCAC	
10K	27/04/2003	Sutton Park (West Midlands)	Andy Harper	Sen M	00:42:28	92 / 1299		VCAC	
10K	13/10/2002	Cambridge Wildlife	Kevin Daly	Sen M	00:42:30			VCAC	
10K	11/01/2004	Stubbington (Hants)	Peter Simpson	MV40	00:42:30			VCAC	
10K	02/07/2006	Princes Risborough 10K	Peter Simpson	MV40	00:42:32	25/155	9th	Vegan	
10K	11/06/2002	Weedon (Northants)	Peter Simpson	MV40	00:42:32	101 / 288	27	VCAC	
10K	17/05/2009	Woodley 10K	Peter Simpson	MV40	00:42:35	66/659		Vegan	
10K	03/02/2002	Dewsbury (West Yorks)	Adrian Reynolds	Sen M	00:42:37	PB		VCAC	
10K	04/04/2004	Lincoln 10K	Peter Simpson	MV40	00:42:39	122 / 146		VCAC	
10K	06/08/2008	Bugatti Beer Race	Jim Cheseldine	MV40	00:42:41	50/400	18	VCAC	
10K	26/09/2004	Shrewsbury	Peter Simpson	MV40	00:42:42	12th		VCAC	
10K	20/04/2008	Flitwick 10K	Peter Simpson	MV40	00:42:42	137/841	41/180	Vegan	
10K	14/09/2003	Victoria Park 10K	Peter Simpson	MV40	00:42:44	48th		VCAC	
10K	30/06/2009	Milton Keynes 10K	Peter Simpson	MV40	00:42:45	110/385	14/50 MV45	Vegan	
10K	29/10/2006	Rainforest Foundation (London)	Peter Simpson	MV40	00:42:46	93/970	6/115	Vegan	
10K	09/04/2005	Bupa Great Ireland Run	Peter Simpson	MV40	00:42:46	304th		VCAC	
10K	04/10/2009	SEAA 10K Crystal Palace	Peter Simpson	MV40	00:42:47	56/111		Vegan	
10K	26/09/2004	Shrewsbury	John Morris	MV40	00:42:47	13th		VCAC	
10K	03/05/2005	Silverstone 10K	Peter Simpson	MV40	00:42:53	290 / 1030	53rd	VCAC	
10K	13/03/2003	Rushcliffe (Notts)	Lesley Cliff	FV50	00:42:53	6th F	1st FV40	VCAC	
10K	10/10/2004	Dulwich 10K	Peter Simpson	MV40	00:42:56			VCAC	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	04/03/2007	Eas 10k, Castle Combe	Jim Cheseldine	MV40	00:42:58	20th	5th	VCAC	
10K	22/06/2002	Datchet Dash (Berks)	Judith Oakley	Sen F	00:43:01	176 / 632	24 / 184 F	2nd	
10K	03/05/2005	Silverstone 10K	Paul Taylor	Sen M	00:43:03	301 / 1030	142 / 386	VCAC	
10K	21/08/2005	Birchwood 10K	Peter Simpson	MV40	00:43:03	255/943		VCAC	
10K	21/03/2008	Bungay, Roger Wing Charity 10K	John Gabriel	MV50	00:43:05	35/163	6/22	VCAC	
10K	07/05/2003	Silverstone (Northants)	Ade Gibbon	MV40	00:43:05			VCAC	
10K	07/05/2002	Silverstone	Ade Gibbon	MV40	00:43:09			VCAC	
10K	03/06/2008	Weedon 10K, Northamptonshire	Peter Simpson	MV40	00:43:09	95/305	11/31 MV45	Vegan	
10K	05/08/2004	Paisley (Renfrew)	Peter Simpson	MV40	00:43:10			VCAC	
10K	25/09/2005	Dedham 10K	Paul Horne	MV40	00:43:18			VCAC	
10K	19/07/2009	Wycombe 10K	Peter Simpson	MV40	00:43:20	28/396	7th	Vegan	
10K	10/05/2003	Chinnor (Oxon)	Peter Simpson	MV40	00:43:21	16 / 98	7th V40	VCAC	
10K	13/08/2006	Bearbrook 10K	Ade Gibbon	MV50	00:43:22	128/437		2nd	
10K	01/01/2006	Hyde Park 10K	Peter Simpson	MV40	00:43:22	104th	10th	Vegan	
10K	17/12/2000	Stifford Clays (Essex)	Neil Kirsh	Sen M	00:43:23				
10K	10/08/2003	Bearbrook 10K	Andy Harper	Sen M	00:43:24			VCAC	
10K	28/06/2005	Nottingham Heritage Series	Adrian Reynolds	MV40	00:43:25			VCAC	
10K	11/08/2002	Bearbrook (Aylesbury)	Andy Harper	Sen M	00:43:28	123 / 391		VCAC	
10K	06/05/2003	Silverstone 10K	Ade Gibbon	MV40	00:43:30				
10K	09/10/2005	Woburn Save The Rhino Run	Peter Simpson	MV40	00:43:30			VCAC	
10K	14/07/2003	Clumber Park (Notts)	Lesley Cliff	FV50	00:43:30	5th F	1st FV45,	VCAC	
10K	08/09/2007	Penistone Show 10K	Keith Hammond	MV40	00:43:31	54/262	18/63	VCAC	
10K	02/06/2009	Weedon 10K	Peter Simpson	MV40	00:43:33	112/326		Vegan	
10K	12/05/2002	Cranfield (Bedfordshire)	Andy Harper	Sen M	00:43:34	76 / 260		VCAC	
10K	05/10/2008	Standalone 10K Letchworth	Andy Jordan	MV40	00:43:37	150/849	52/191	VCAC	
10K	21/04/2003	Wollaton Park (Notts)	Lesley Cliff	FV50	00:43:38	9th F	1st FV40	VCAC	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	29/06/2008	Thame 10K	Ade Gibbon	MV50	00:43:39	174/853		VCAC	
10K	01/01/2002	Hyde Park (London)	Peter Simpson	MV40	00:43:40			VCAC	
10K	29/09/2002	Clumber Park	Lesley Cliff	FV50	00:43:40	4th F	1st FV40	VCAC	
10K	08/09/2007	Tree Trot	Jim Cheseldine	MV40	00:43:41	29th	8th	VCAC	
10K	15/04/2007	Flitwick 10K	Peter Simpson	MV40	00:43:44	135/788		Vegan	
10K	08/08/2004	Red Lion (Herne Hill, Kent)	Peter Simpson	MV40	00:43:47	25/184		VCAC	
10K	17/05/2009	Wheathampstead 10K	Andrew Harper	MV40	00:43:54	53/680	20/42	VCAC	
10K	08/05/2008	Silverstone 10K	Ade Gibbon	MV50	00:43:57	271/992	31/84	VCAC	
10K	24/09/2006	Dedham 10K	Paul Horne	MV40	00:43:57			VCAC	
10K	07/10/2001	Goose Fair Gallop (Notts)	Adrian Reynolds	Sen M	00:43:58			VCAC	
10K	20/07/2003	St. Ives (Cambridgeshire)	Peter Simpson	MV40	00:43:59			VCAC	
10K	05/10/2003	Chase Challenge	Robert Jones	MV40	00:44:01	13th		VCAC	
10K	08/06/2004	Weedon 10K	Peter Simpson	MV40	00:44:02	108 / 313	30th	VCAC	
10K	03/09/2006	Framlingham 10K	Paul Horne	MV40	00:44:03	55/239		VCAC	
10K	24/09/2006	Sutton Six 10K	Peter Simpson	MV40	00:44:10	110/275	13th	Vegan	
10K	14/08/2005	Aylesbury Road Race	Peter Simpson	MV40	00:44:10	127/435		VCAC	
10K	11/08/2002	Bearbrook (Aylesbury)	Peter Simpson	MV40	00:44:13	139 / 391		VCAC	
10K	03/06/2007	Woodhall Spa 10K	Paul Elliott	Sen M	00:44:16	104th		1st	
10K	06/04/2007	Salford 10K	Steve Coote	MV40	00:44:16	248/557	36/56	VCAC	
10K	24/06/2001	Ranby Prison (Notts)	Adrian Reynolds	Sen M	00:44:19			VCAC	
10K	01/12/2002	Xmas Pudding (Notts)	Mark Robertson	Sen M	00:44:20			VCAC	
10K	22/09/2002	Swansea	Judith Oakley	Sen F	00:44:23			2nd	
10K	02/11/2003	Ouzel Valley 10K	Andy Harper	Sen M	00:44:28	2nd		VCAC	
10K	08/07/2001	Cliffe Woods (nr Rochester)	Ray Walker	MV50	00:44:28	150th		VCAC	
10K	09/09/2001	Castle Point (Essex)	Neil Kirsh	Sen M	00:44:29				
10K	06/05/2003	Silverstone 10K	Paul Taylor	Sen M	00:44:30	388/940	179/335	VCAC	
10K	30/12/2001	Caythorpe (Notts)	Adrian Reynolds	Sen M	00:44:30	169 / 412		VCAC	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	09/06/2002	Wargrave (Berks)	Judith Oakley	Sen F	00:44:30	113 / 432	7 / 77 F	2nd	
10K	02/11/2008	Rainforest Foundation 10K	Peter Simpson	MV40	00:44:30			Vegan	
10K	08/03/2009	Stanley Park 10K	Steve Coote	MV50	00:44:33	60/287	5/16	VCAC	
10K	17/06/2001	Sinfin (Derbys)	Adrian Reynolds	Sen M	00:44:37			VCAC	
10K	06/04/2003	Hatfield RNLI 10K	Muhayman Jamil	MV40	00:44:44			VCAC	
10K	10/06/2001	Wargrave (Berks)	Judith Shakeshaft	Sen F	00:44:45	170th 8 /			
10K	30/06/2002	Dunstable	Kevin Daly	Sen M	00:44:46	94 / 191		VCAC	
10K	10/08/2003	Red Lion 10K, Hernhill	Peter Simpson	MV40	00:44:49	32 / 272	11 / 40	VCAC	
10K	20/10/2002	Bestwood Park (Nottingham)	Mark Robertson	Sen M	00:44:50	PB		VCAC	
10K	23/04/2006	Bolton 10K	Steve Coote	MV40	00:44:50	101/546	18/42	VCAC	
10K	10/08/2008	Bearbrook 10K (Bucks)	Ade Gibbon	MV50	00:44:56	146/501	20/60	VCAC	
10K	06/06/2006	Weedon 10K	Peter Simpson	MV40	00:44:56	123/313	20/42	Vegan	
10K	26/06/2001	Nottingham Heritage GP Series	Adrian Reynolds	Sen M	00:44:59			VCAC	
10K	04/09/2005	Framlingham 10K	Paul Horne	MV40	00:44:59	56/228	15th	VCAC	
10K	04/05/2004	Silverstone 10K	Peter Simpson	MV40	00:45:00	342 / 832	61st	VCAC	
10K	08/04/2001	Lilleshall (Staffs)	John Morris	MV40	00:45:00	5mins late		VCAC	
10K	03/05/2009	Kirkbymoorside 10K	Jon Zigmond	MV50	00:45:12	96/433	16/52	VCAC	
10K	21/09/2003	Woodhall Spa (Lincs)	Adrian Reynolds	MV40	00:45:13			VCAC	
10K	26/06/2002	Holme Pierrepont (Notts)	Mike Folland	MV60	00:45:17			VCAC	
10K	09/03/2008	Trafford 10K	Steve Coote	MV40	00:45:19	178/372	21/39 MV45	VCAC	
10K	03/07/2005	Princes Risborough	Peter Simpson	MV40	00:45:20			VCAC	
10K	08/07/2007	Princes Risborough 10K	Peter Simpson	MV40	00:45:22	78/220		Vegan	
10K	19/05/2002	Elvaston Castle (Derbys)	Adrian Reynolds	Sen M	00:45:30			VCAC	
10K	14/08/2005	Aylesbury Road Race	David Palmer	MV40	00:45:30	155/435		VCAC	
10K	22/05/2005	Derby 10K	Mike Higgott	Sen M	00:45:36	376 / 1571		VCAC	
10K	28/04/2002	Lung Run	Andy Harper	Sen M	00:45:46			VCAC	
10K	03/07/2007	Milton Keynes 10K	Peter Simpson	MV40	00:45:46	179/337	22/31	Vegan	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	03/07/2007	Milton Keynes 10K	Peter Simpson	MV40	00:45:47	179/337	22/31	Vegan	
10K	13/03/2005	Bildeston 10K	Paul Horne	MV40	00:45:50	31 / 106	14th	VCAC	
10K	17/07/2009	Telford 10K	John Morris	MV40	00:45:50	35/89			
10K	03/08/2003	Hucknall (Notts)	Adrian Reynolds	MV40	00:45:56			VCAC	
10K	09/08/2009	Bearbrook 10K	Ade Gibbon	MV50	00:45:58	139/418		VCAC	
10K	16/09/2001	Wimbledon (Surrey)	Derek Gear	MV50	00:45:58			VCAC	
10K	01/01/2002	Hyde Park (London)	Derek Gear	MV50	00:46:00			VCAC	
10K	21/07/2002	Tara Kinder	Lesley Cliff	FV50	00:46:00	6th F	1st V45	VCAC	
10K	07/10/2007	Derby 10K	Matt Harris	Sen M	00:46:02	147/349		1st	
10K	17/08/2003	Blackburn 10K	David Palmer	MV40	00:46:05	97/227		VCAC	
10K	30/04/2006	Kirbymoorside 10K	Jon Zigmond	MV50	00:46:06	122/414	15/46	VCAC	
10K	21/03/2008	Salford 10K	Steve Coote	MV40	00:46:13	298/542	38/56 MV45	VCAC	
10K	09/03/2003	River Cam 10K	Paul Taylor	Sen M	00:46:16	115/401	106/243	VCAC	
10K	23/03/2002	Rushcliffe (Notts)	Mark Robertson	Sen M	00:46:30	105 / 273		VCAC	
10K	08/05/2005	Sorbrook 10K	David Palmer	MV40	00:46:30	22 / 67		VCAC	
10K	21/01/2001	Cotswold Wildlife Park	Lesley Cliff	FV50	00:46:30			VCAC	
10K	01/04/2007	Arkendale 10K	Jon Zigmond	MV50	00:46:36	100/348	17/42	VCAC	
10K	08/05/2008	Silverstone 10K	Scott Baillie	MV40	00:46:41	416/992	82/135	VCAC	
10K	11/05/2003	Sorbrook Challenge 10K	David Palmer	MV40	00:46:43	34/75		VCAC	
10K	01/01/2007	Hereford New Year 10K	Jim Cheseldine	MV40	00:46:50	114th	20th	VCAC	
10K	05/09/2004	Cardiff 10K	David Palmer	MV40	00:46:55	477 / 2049		VCAC	
10K	30/12/2001	Caythorpe (Notts)	Mark Robertson	Sen M	00:46:59	210 / 412		1st	
10K	06/04/2003	Darent Valley 10K	Dave Taylor	MV40	00:47:00	102nd		VCAC	
10K	09/07/2002	Milton Keynes	Neil Mitchell	MV40	00:47:13	268th		VCAC	
10K	04/05/2008	Kirkbymoorside 10K	Jon Zigmond	MV50	00:47:14	128/412	23/51	VCAC	
10K	09/03/2003	Fradley, Lichfield (Staffs)	Peter Simpson	MV40	00:47:15	136/294		VCAC	
10K	13/05/2007	Sorbrook 10K	David Palmer	MV40	00:47:22	35/76		VCAC	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	29/04/2007	Derby DBS 10K	Matt Harris	Sen M	00:47:27	539/2165	282/732	1st	
10K	21/03/2008	Salford 10K	Ant Walker	Sen M	00:47:38	344/541		VCAC	
10K	09/07/2002	Milton Keynes	Bob Simpson	MV40	00:47:38	276th		VCAC	
10K	30/03/2008	Arkendale 10K	Jon Zigmond	MV50	00:47:40	80/230	9/22	VCAC	
10K	24/05/2008	Moulton 10K	Lesley Cliff	FV60	00:47:43	15th F	2nd FV45	2nd	
10K	18/10/2009	Freith Hilly	Ade Gibbon	MV50	00:47:47			VCAC	
10K	13/12/2009	Andy Reading 10K	Nik Windle	MV40	00:47:47	212/445		VCAC	
10K	09/07/2002	Milton Keynes	Charity King	Sen F	00:47:49	281st		VCAC	
10K	01/01/2003	Hyde Park (London)	Muhayman Jamil	MV40	00:47:53			VCAC	
10K	10/08/2008	Bearbrook 10K (Bucks)	Steve Coote	MV50	00:47:55	215/501	30/60	VCAC	
10K	17/09/2006	Wetherby 10K	Jon Zigmond	MV50	00:47:57	75/202	13/26	VCAC	
10K	06/09/2003	Chalfont St Giles 10K	Scott Baillie	Sen M	00:48:00			VCAC	
10K	07/05/2002	Silverstone	Bob Simpson	MV40	00:48:05			VCAC	
10K	11/06/2002	Weedon (Northants)	Bob Simpson	MV40	00:48:10	189 / 288	38	VCAC	
10K	06/07/2008	Princes Risborough 10K	Steven Boswell	Sen M	00:48:14	136/229 M		VCAC	
10K	10/06/2001	Wargrave (Berks)	Michael Oakley	Sen M	00:48:19	263 / 528			
10K	23/05/2004	Derby 10K	Mike Higgott	Sen M	00:48:22	509/1428		VCAC	
10K	23/03/2003	Sheffield (South Yorks)	Malcolm Peet	MV50	00:48:25	283 / 671		VCAC	
10K	02/07/2005	Dorney Dash	Sharon Davidson	Sen F	00:48:30			VCAC	
10K	22/09/2002	Swansea	Peter Bradley	MV50	00:48:30			VCAC	
10K	03/04/2005	St Clare's Hospice	Barry Clark	MV50	00:48:30			VCAC	
10K	06/09/2009	Headington 10K	Nik Windle	MV40	00:48:32	176/310		VCAC	
10K	07/12/2008	Edwinstowe 10K trail race	Scott Baillie	MV40	00:48:42	104/340		VCAC	
10K	24/09/2006	Swansea Bay 10K	Barry Weston		00:48:50			1st	
10K	17/07/2005	Brentwood 10K	Neil Kirsh	Sen M	00:49:01			VCAC	
10K	03/02/2008	Dewsbury 10K, West Yorks	Ant Walker	Sen M	00:49:06	580/1097		VCAC	
10K	10/08/2003	Bearbrook 10K Aylesbury	Scott Baillie	Sen M	00:49:10	136/353		VCAC	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	09/09/2001	Cardiff	Peter Bradley	MV50	00:49:11	PB		VCAC	
10K	18/05/2008	BUPA Manchester Great Run	Sally Clayton	FV40	00:49:16		3981	VCAC	
10K	06/07/2008	Princes Risborough 10K	Sharon Davidson	Sen F	00:49:20	28/126 F		2nd	
10K	29/06/2003	Penny Lane Striders 10K, Liverpool	Jon Hobson		00:49:20	247 / 417		VCAC	
10K	09/04/2006	Benson Bun Run	Sharon Davidson	Sen F	00:49:29	122/284	24/116	VCAC	
10K	03/09/2006	Headington 10K	Sharon Davidson	Sen F	00:49:35	167/320	29/101	Vegan	
10K	29/11/2009	Maylarch Eynsham 10K	Nik Windle	MV40	00:49:35	316/542		VCAC	
10K	06/07/2004	Milton Keynes 10K	Bob Simpson	MV40	00:49:36			VCAC	
10K	19/08/2006	Pride 10K	Muhayman Jamil	MV40	00:49:37			2nd	
10K	10/08/2003	Red Lion 10K, Hernhill	Mike Phillips	Sen M	00:49:38	83 / 272		VCAC	
10K	24/06/2007	Thame 10K	Scott Baillie	MV40	00:49:40	367/703	109/174	VCAC	
10K	20/04/2008	Rothwell 10K Leeds	Ant Walker	Sen M	00:49:51	399/670		VCAC	
10K	04/02/2007	Dewsbury 10K	Ant Walker	Sen M	00:49:54	663/1060		VCAC	
10K	20/05/2007	Ashton on Trent 10K	Matt Harris	Sen M	00:49:54	72/160		1st	
10K	22/09/2002	Swansea	Michael Oakley	Sen M	00:49:55			2nd	
10K	04/05/2004	Silverstone 10K	Bob Simpson	MV45	00:49:56	553 / 832	65th	VCAC	
10K	23/09/2001	Swansea	Peter Bradley	MV50	00:49:57			VCAC	
10K	04/03/2007	Woburn 10K	Scott Baillie	MV40	00:49:58	399/1303	66/123	VCAC	
10K	28/09/2008	Mortimer 10K	Caroline Chapman	FV40	00:50:10			VCAC	
10K	02/05/2006	Silverstone 10K	Bob Simpson	MV40	00:50:13	608/1011	63/84	VCAC	
10K	16/12/2001	Merthyr Mawr (S Wales)	David Palmer	MV40	00:50:31	186 / 393		VCAC	
10K	10/12/2006	Bicester Andy Reading 10K	Rod Paris	MV60	00:51:00			VCAC	
10K	06/04/2007	Guernsey 10K	Rod Paris	MV60	00:51:00	141/207	7th	VCAC	
10K	17/05/2009	Oxford Town & Gown	Eike Adams	Sen F	00:51:01	1052	44	2nd	
10K	04/07/2006	Milton Keynes 10K	Bob Simpson	MV40	00:51:01	187/224	37th	VCAC	
10K	08/08/2004	Red Lion (Herne Hill, Kent)	Mike Phillips	Sen M	00:51:02	83/184		VCAC	
10K	12/09/2009	Castleton Show Run	Jon Zigmond	MV50	00:51:08	44/68	11/19	VCAC	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	28/06/2009	Thame 10K	Nik Windle	MV40	00:51:11	329/920		VCAC	
10K	08/06/2004	Weedon 10K	Bob Simpson	MV40	00:51:13	235 / 313	35th	VCAC	
10K	02/08/2007	Headington 10K	Rod Paris	MV60	00:51:15	203/326	13/25	VCAC	
10K	04/07/2007	Greetland 10K	Ant Walker	Sen M	00:51:29	138/203		VCAC	
10K	28/05/2001	Watford	Bill Clare	MV60	00:51:30			VCAC	
10K	10/08/2008	Bearbrook 10K (Bucks)	Mary Davis	FV40	00:51:30	282/501		VCAC	
10K	13/09/2009	Prince of Wales Hospice 10K	Emma Smith	Sen F	00:51:33	125/233	3/23	VCAC	
10K	04/02/2007	Dewsbury 10K	Rose Wigglesworth	Sen F	00:51:33				
10K	14/12/2008	Andy Reading 10K	Nik Windle	MV40	00:51:35	252/435		VCAC	
10K	06/07/2008	Princes Risborough	Simon Cope	MV40	00:51:43	207/335		VCAC	
10K	08/08/2001	Pitsford (Northants)	Charity King	U20 F	00:51:53	209th			
10K	18/05/2008	Prestwood 10K	Mary Davis	FV40	00:51:53	127/263		VCAC	
10K	24/06/2007	Thame 10K	Rod Paris	MV60	00:52:00			VCAC	
10K	08/09/2002	Cardiff	Peter Bradley	MV50	00:52:00			VCAC	
10K	24/02/2008	Huddersfield Road Runners 10K	Ant Walker	Sen M	00:52:01	243/461		VCAC	
10K	14/12/2008	Andy Reading 10K	Rod Paris	MV60	00:52:01	261/435		VCAC	
10K	06/08/2008	Alderney	Rod Paris	MV60	00:52:05			VCAC	
10K	25/10/2009	Rotary Blenheim 10K	Nik Windle	MV40	00:52:09	217/457		VCAC	
10K	11/01/2009	Goring & District 10K	Nik Windle	MV40	00:52:09	173/430		VCAC	
10K	01/01/2008	Cleethorpes New Year's	Terry Vine	Sen M	00:52:13	210/313		1st	
10K	29/06/2008	Thame 10K	Rod Paris	MV60	00:52:16	492/853	13/33	VCAC	
10K	10/08/2008	Bearbrook 10K (Bucks)	Simon Cope	MV40	00:52:21	294/501	76/106	VCAC	
10K	09/04/2006	Wakefield 10K	Ant Walker	Sen M	00:52:22	653/1121	258/348	VCAC	
10K	03/04/2005	St Clare's Hospice	Carol Clark	FV50	00:52:30			VCAC	
10K	06/07/2008	Princes Risborough 10K	Rod Paris	MV60	00:52:34	173/229 M		VCAC	
10K	08/03/2009	Clapham Common Innovation Series	Eike Adams	Sen F	00:52:35	194/330	34	VCAC	

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10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	29/04/2007	Rothwell 10K	Ant Walker	Sen M	00:52:40	555/726		VCAC	
10K	29/06/2008	Thame 10K	Simon Cope	MV40	00:52:46	494/853		VCAC	
10K	20/05/2009	Askern 10K	Emma Smith	Sen F	00:52:48	372/512	11/20	VCAC	
10K	08/06/2008	Wallingford Thames Run	Mary Davis	FV40	00:52:49	33/96 F		VCAC	
10K	27/01/2008	Meltham 10K, West Yorks	Ant Walker	Sen M	00:52:52	125/200		VCAC	
10K	13/08/2006	Bearbrook 10K	Simon Cope	MV40	00:52:57	304/436			
10K	06/07/2008	Princes Risborough 10K	Caroline Chapman	FV40	00:52:58	48/126 F		VCAC	
10K	09/08/2009	Bearbrook 10K	Mary Davis	FV40	00:52:59	256/418		VCAC	
10K	01/10/2006	Kirkstall Abbey 10K	Ant Walker	Sen M	00:53:00	250/370		VCAC	
10K	08/07/2007	Princes Risborough	Rod Paris	MV60	00:53:00			VCAC	
10K	30/04/2006	Rothwell 10K	Ant Walker	Sen M	00:53:01	545/708	137/152	VCAC	
10K	31/08/2008	Headington 10K	Nik Windle	MV40	00:53:03	296/399		1st	
10K	05/05/2009	Silverstone 10K	Bob Simpson	MV50	00:53:15	563/805	72/98	VCAC	
10K	09/10/2005	Woburn Rhino 10K	Michelle Gander	Sen F	00:53:19	232nd	38th	1st	
10K	12/10/2008	Blenheim 10K	Rod Paris	MV60	00:53:19	210/389		VCAC	
10K	04/07/2006	Milton Keynes 10K	Michelle Gander	Sen F	00:53:37	65/97	13th	2nd	
10K	12/07/2009	Asics British 10K London	Eike Adams	Sen F	00:53:42			2nd	
10K	01/02/2009	Dewsbury 10K	Emma Smith	Sen F	00:53:43	774/931	179/275	VCAC	
10K	30/06/2009	Milton Keynes 10K	Bob Simpson	MV50	00:53:49	304/385	30/32	VCAC	
10K	18/10/2009	Freith Hilly	Nik Windle	MV40	00:53:49	183/537		VCAC	
10K	17/06/2009	Sandal Trail Race	Emma Smith	Sen F	00:53:56	148/212	5/9	VCAC	
10K	25/09/2005	Kirkstall Abbey 10K	Ant Walker	Sen M	00:54:03	297/390		VCAC	
10K	04/05/2009	Rothwell (W Yorks) 10K	Emma Smith	Sen F	00:54:03	640/798	35/49	VCAC	
10K	09/09/2007	Wetherby 10K	Ant Walker	Sen M	00:54:06			VCAC	
10K	13/05/2005	European Road Champs over 75	Ron Franklin	MV70	00:54:07	6th		2nd	
10K	08/06/2003	British Masters Track Champs (Derby)	Ron Franklin	MV75	00:54:19	1st MV75		2nd	

VCAC Running Results - Fastest Standard Distances to

10K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	04/02/2007	Dewsbury 10K	Emma Smith	Sen F	00:54:21	799/1060		VCAC	
10K	06/09/2009	Sandal Castle	Emma Smith	Sen F	00:54:29	289/577	18/56	VCAC	
10K	29/07/2004	Birmingham 10000m	Ron Franklin	MV70	00:54:30	2nd		VCAC	
10K	28/09/2008	Longworth 10K	Nik Windle	MV40	00:54:37	38/77		1st	
10K	17/05/2009	Prestwood 10K	Mary Davis	FV40	00:54:54	145/220			
10K	10/08/2008	Bearbrook 10K (Bucks)	Caroline Chapman	FV40	00:54:55	359/501		VCAC	
10K	03/09/2006	Headlington 10K	Rod Paris	MV60	00:55:00			VCAC	
10K	02/10/2005	Southend 10K	Ron Franklin	MV70	00:55:09		1st	2nd	
10K	12/07/2008	Belvoir Castle 10K	Steve Coote	MV40	00:55:13	23/71		VCAC	
10K	02/06/2009	Weedon 10K	Bob Simpson	MV50	00:55:15	284/326		VCAC	
10K	02/07/2006	Princes Risborough	Sharon Davidson	Sen F	00:55:17		26/76	VCAC	
10K	25/02/2007	Huddersfield 10K	Ant Walker	Sen M	00:55:20	330/494		VCAC	
10K	19/10/2008	Frieth Hilly	Nik Windle	MV40	00:55:20	141/268		VCAC	
10K	01/07/2008	Milton Keynes 10K	Toby Slaney	Sen M	00:55:22	347/419		VCAC	
10K	03/07/2005	British 10K	Simon Cope	MV40	00:55:22			2nd	
10K	08/02/2009	Ashford & District 10K	Kathleen Hoyle	Sen F	00:55:25	372/568			
10K	09/04/2006	Wakefield 10K	Emma Smith	Sen F	00:55:25		75/172	VCAC	
10K	29/06/2008	Thame 10K	Caroline Chapman	FV40	00:55:25	571/853		VCAC	
10K	07/01/2007	Barnsley 10K	Rose Wigglesworth	Sen F	00:55:28				
10K	20/05/2001	Burton-on-Trent (Derbys)	Richard Jordan	MV40	00:55:34	5th			
10K	16/03/2003	St Clare Hospice 10K	Carol Clark	FV50	00:55:39		1st		
10K	03/10/2004	Standalone 10K	Ron Franklin	MV70	00:55:54	668 / 857	5th		
10K	08/08/2004	Bearbrook (Aylesbury)	Sharon Davidson	Sen F	00:56:00			VCAC	
10K	16/11/2003	Herberts Hole 10K	Scott Baillie	Sen M	00:56:15	164/230		VCAC	
10K	30/04/2006	Rothwell 10K	Emma Smith	Sen F	00:56:17		42/62	VCAC	
10K	17/10/2004	Croydon 10K	Ron Franklin	MV70	00:56:18	470th	1st	2nd	
10K	28/01/2007	Meltham 10K	Ant Walker	Sen M	00:56:20	157/215		VCAC	

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Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	28/06/2009	Thame 10K	Simon Cope	MV40	00:56:21	503/920		VCAC	
10K	19/04/2009	Darent Valley 10	Kathleen Hoyle	Sen F	00:56:23	331/448		1st	
10K	15/11/2009	Barnsley 10K	Emma Smith	Sen F	00:56:29	686/882	28/51 FV35	VCAC	
10K	08/05/2008	Silverstone 10K	Toby Slaney	Sen M	00:56:32	804/992		VCAC	
10K	01/06/2008	Chiltern Chase	Rod Paris	MV60	00:56:32	375/550		VCAC	
10K	06/06/2009	Thames Run 10K	Mary Davis	FV40	00:56:33	225/469			
10K	07/07/2005	Elloughton 10K	Emma Smith	Sen F	00:56:47		75/155	VCAC	
10K	01/04/2007	St Clare Hospice 10K	Barry Clark	MV60	00:56:58				
10K	01/04/2007	St Clare Hospice 10K	Carol Clark	FV60	00:56:58				
10K	23/07/2004	European Vets Champs 10,000m	Ron Franklin	MV70	00:57:01	3rd		VCAC	
10K	24/09/2005	BMAF 10K Champs (Motherwell)	Ron Franklin	MV70	00:57:02		2nd	2nd	
10K	28/07/2002	BVAF Track Champs	Ron Franklin	MV70	00:57:04		3rd	2nd	
10K	28/09/2008	Longworth 10K	Rod Paris	MV60	00:57:05			VCAC	
10K	17/05/2006	Askern 10K	Emma Smith	Sen F	00:57:07	374/421		VCAC	
10K	17/06/2006	Wheldrake 10K	Emma Smith	Sen F	00:57:11		34/55	VCAC	
10K	10/08/2008	Bearbrook 10K (Bucks)	Gwen Morys	Sen F	00:57:16	386/501		1st	
10K	04/06/2006	Humber Bridge 10K	Emma Smith	Sen F	00:57:26		73/115	VCAC	
10K	05/02/2006	Dewsbury 10K	Emma Smith	Sen F	00:57:28	819/955		VCAC	
10K	05/09/2004	British Masters (Portsmouth)	Ron Franklin	MV70	00:57:31		4th V75	2nd	
10K	10/08/2008	Bearbrook 10K (Bucks)	Sharon Davidson	Sen F	00:57:38	391/501		VCAC	
10K	03/04/2005	Croydon 10K	Ron Franklin	MV70	00:57:45	511th	2nd	2nd	
10K	24/03/2008	Stanwick 10K	Sharon Hammond	FV40	00:57:47	229/279	54/82	1st	
10K	26/02/2006	Huddersfield 10K	Ant Walker	Sen M	00:58:19	399/494		VCAC	
10K	25/08/2008	Machen Mountain 10K (MT)	David Palmer	MV40	00:58:19	86/153		VCAC	
10K	08/07/2001	Cliffe Woods (nr	John Munson	MV60	00:58:22	404th		VCAC	
10K	03/06/2007	Woodhall Spa 10K	Terry Vine	Sen M	00:58:47			VCAC	

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Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	03/06/2007	Woodhall Spa 10K	Terry Vine	Sen M	00:58:47			VCAC	
10K	07/06/2009	Whipsnade 10K	Sharon Hammond	FV40	00:58:50	401/536		VCAC	
10K	18/02/2007	Ashford 10K	John Munson	MV70	00:58:54	396/498		VCAC	
10K	30/07/2006	Harrogate 10K	Emma Smith	Sen F	00:59:05	341/431		VCAC	
10K	11/06/2005	Wheldrake 10K	Emma Smith	Sen F	00:59:12	220/249		VCAC	
10K	05/04/2009	Wakefield 10K	Emma Smith	Sen F	00:59:13	953/1182	58/83	VCAC	
10K	13/04/2009	Stanwick 10K	Sharon Hammond	FV40	00:59:55	254/296		VCAC	
10K	26/05/2008	Hatfield Broad Oak 10K (Essex)	Sharon Hammond	FV40	01:00:02	877/1017	247/343	VCAC	
10K	20/04/2008	Flitwick 10K	Sharon Hammond	FV40	01:00:10	681/841		1st	
10K	29/04/2007	Rothwell 10K	Emma Smith	Sen F	01:00:24	675/726		VCAC	
10K	24/05/2009	BUPA London 10K	Carol Norwood	FV40	01:00:24	1509/3850	109/280	1st	
10K	05/10/2008	Standalone 10K Letchworth	Sharon Hammond	FV40	01:00:37	691/849	73/116	VCAC	
10K	10/08/2008	Bearbrook 10K (Bucks)	Sharon Hammond	FV40	01:00:37	436/501		VCAC	
10K	11/05/2008	Betty Willett 10K (Luton)	Sharon Hammond	FV40	01:00:42	116/150		VCAC	
10K	17/05/2009	Woodley 10K	Glenn Chapman	MV40	01:00:55	542/659			
10K	17/05/2009	Woodley 10K	Caroline Chapman	FV40	01:00:55	543/659			
10K	12/07/2009	Cliffe 10k	Kathleen Hoyle	Sen F	01:01:00	436		VCAC	
10K	25/10/2009	Candleford Canter - Ladies Only Race	Sharon Hammond	FV40	01:01:01	99/124		VCAC	
10K	19/04/2009	Flitwick 10K	Sharon Hammond	FV40	01:01:12	700/819		VCAC	
10K	29/08/2006	Armthorpe 10K	Emma Smith	Sen F	01:01:15			VCAC	
10K	22/05/2005	Sandal Castle 10K	Emma Smith	Sen F	01:01:36		85/125	VCAC	
10K	04/10/2009	Standalone 10K	Sharon Hammond	FV40	01:01:53	838/1008		VCAC	
10K	07/12/2008	Edwinstowe 10K trail race	Emma Smith	Sen F	01:02:17	287/340		VCAC	
10K	31/07/2005	Harrogate Town 10K	Emma Smith	Sen F	01:02:32	535/597		VCAC	
10K	06/07/2008	Princes Risborough 10K	Nicola Hatch	Sen F	01:02:40	114/126		VCAC	
10K	09/08/2009	Bearbrook 10K	Sharon Hammond	FV40	01:02:54	386/418		VCAC	

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Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
10K	05/05/2009	Silverstone 10K	Sharon Hammond	FV40	01:02:56	760/805	53/61	VCAC	
10K	25/03/2007	Sevenoaks 10K	John Munson	MV70	01:03:00			VCAC	
10K	10/08/2008	Bearbrook 10K (Bucks)	John Munson	MV70	01:03:01	461/501	29/36 MV60	VCAC	
10K	10/07/2005	Notfast 10K	Emma Smith	Sen F	01:03:06	222/285		VCAC	
10K	25/05/2009	Hatfield Broad Oak 10K	Sharon Hammond	FV40	01:03:33	1019/1120		VCAC	
10K	12/07/2008	Belvoir Castle 10K	Rose Wigglesworth	Sen F	01:03:55	44/71		VCAC	
10K	12/07/2008	Belvoir Castle 10K	Keith Hammond	MV40	01:04:10	46/71		VCAC	
10K	12/07/2008	Belvoir Castle 10K	Sharon Hammond	FV40	01:04:10	45/71		VCAC	
10K	12/07/2009	Felsted 10K	Carol Norwood	FV40	01:04:12	400/442	30/36 FV45	1st	
10K	29/06/2008	Thame 10K	Nicola Hatch	Sen F	01:04:14	571/853		VCAC	
10K	28/09/2008	Mortimer 10K	Nicola Hatch	Sen F	01:06:12			VCAC	
10K	10/04/2005	Wakefield 10K	Emma Smith	Sen F	01:07:59		181/192	VCAC	
10K	19/07/2009	Magor Marsh 10K (incl BM Championship)	Ron Franklin	MV80	01:08:53	269	1st	2nd	
10K	29/05/2001	Watford	Allana Clare	FV40	01:10:00			VCAC	
10K	04/10/2009	Abington 10K	Carol Norwood	FV50	01:10:03	180/195	6/9	1st	
10K	14/07/2003	British Open (London)	Steve Roome	Sen M	01:10:27			VCAC	
10K	09/08/2009	Bearbrook 10K	John Munson	MV70	01:13:38	412/418		2nd	
10K	23/03/2002	Rushcliffe (Notts)	Ruth Williams	FV40	01:17:44	270		VCAC	
10K	29/05/2009	European Veterans Road Champ. - Denmark	Ron Franklin	MV80	01:18:05		4	2nd	