

# VCAC Running Results - Fastest Standard Distances Summary to 31/12/2009: 10M

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal Notes
10M	16/12/2001	Waveney Valley (Suffolk)	Richard Jordan	MV40	00:54:01	3rd		2nd	
10M	19/11/2000	Hadleigh (Suffolk)	Richard Jordan	MV40	00:54:46	1st			
10M	06/05/2001	Leighton Buzzard (Beds)	Nick Berrill	Sen M	00:55:07	1st / 227			
10M	20/05/2001	Burton on Trent (Derbys)	Richard Jordan	MV40	00:55:34	5th			
10M	19/05/2002	Great Baddow (Essex)	David Tullett	Sen M	00:55:40	1st		2nd	
10M	02/12/2001	Nene Valley (Peterborough)	Nick Berrill	Sen M	00:55:43	6th		2nd	
10M	26/12/2000	Bedford Boxing Day	Nick Berrill	Sen M	00:55:48	3rd			
10M	26/11/2000	Great South Run	Richard Jordan	MV40	00:55:48	28th 3rd V			
10M	14/10/2001	Great South Run	Richard Jordan	MV40	00:56:23	40th			
10M	18/11/2001	Bishops Stortford (Hertfordshi)	Nick Berrill	Sen M	00:57:16	5th		2nd	
10M	26/12/2001	Bedford Boxing Day	Nick Berrill	Sen M	00:57:17	5th		2nd	
10M	14/12/2003	Christmas Pudding Run (West Mids)	Neil Clurow	Sen M	00:57:30			2nd	
10M		Great South Run	Dave Arnold	Sen M	00:58:47	65th		VCAC	
10M	12/10/2003	Great South Run	Dave Arnold	MV40	00:58:47	65th / 700		VCAC	
10M	07/11/2004	Hayling Island 10 (Hants)	Dave Arnold	MV40	00:59:30			2nd	
10M	30/03/2003	Woking (Berks)	Danielle Sanderson	FV40	01:00:23	1st F	1st	2nd	
10M	04/04/2004	Sandy 10	Danielle Sanderson	FV40	01:00:27		1st		
10M	05/09/2004	Welwyn Garden City	Danielle Sanderson	FV40	01:00:40	2nd F		2nd	
10M	19/01/2003	Fred Hughes (St. Albans)	Danielle Sanderson	FV40	01:01:01	13th, 3rd	1st FVt	2nd	
10M	10/12/2000	Brockwell Park (London) (BVAF)	Danielle Sanderson	Sen F	01:01:07	1st Female			
10M	19/11/2006	Preston 10	Graham Tracey	Sen M	01:01:20	42/476		VCAC	
10M	18/04/2003	Maidenhead (Berks)	Danielle Sanderson	FV40	01:01:27	2nd F 40/7	1st FV40	2nd	
10M	02/04/2005	Sandy 10M (Beds)	Danielle Sanderson	FV40	01:01:27	11th	1st	2nd	
10M	29/12/2002	Buntingford (Herts)	Danielle Sanderson	FV40	01:01:31	3rd F	1st Fvet	2nd	
10M	06/08/2006	Sale 10	Graham Tracey	Sen M	01:02:20	51/380		VCAC	
10M	02/12/2001	Nene Valley (Peterborough)	Anna Berrill	Sen F	01:02:40	PB 3rd		2nd	

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10M	03/03/2002	Wymondham (Norfolk)	Max D'Ayala	Sen M	01:02:45	11th		2nd	
10M	09/12/2001	Christmas Pudding Run (Bloxwic)	John Morris	MV40	01:02:56	52 / 508		VCAC	
10M	04/03/2007	St Annes 10	Graham Tracey	Sen M	01:03:02	27/341		VCAC	
10M	09/12/2001	Christmas Pudding Run (Bloxwic)	Dave Trevethick	MV40	01:03:02	53rd		VCAC	
10M	05/08/2007	Sale 10	Graham Tracey	Sen M	01:03:16	46/267		VCAC	
10M	10/12/2006	Stockport 10	Graham Tracey	Sen M	01:03:30	46/610		VCAC	
10M	05/03/2006	St Annes 10	Graham Tracey	Sen M	01:03:38			VCAC	
10M	07/08/2005	Sale 10	Graham Tracey	Sen M	01:04:10			VCAC	
10M	05/08/2001	Sale (Manchester)	Simon Higgins	MV40	01:04:41			1st	
10M	12/12/2004	Sneyd Striders Christmas Pudding 10	Robert Mottram Jones	MV40	01:04:54	77th		VCAC	
10M	10/12/2000	Christmas Pudding Run (Sneyd W)	John Morris	MV40	01:04:59			VCAC	
10M	03/08/2008	Sale 10	Graham Tracey	Sen M	01:05:02	65/249		VCAC	
10M	09/09/2006	Lincolnshire Wolds Tough 10	Paul Elliott	Sen M	01:05:14	9/122	4th	1st	
10M	19/02/2006	Bramley 10	John Morgan	Sen M	01:05:33		30th	Vegan	
10M	04/11/2007	Flying Fox 10	Robert Mottram Jones	MV40	01:05:33	32		VCAC	
10M	16/03/2008	St Annes 10 Miles	Graham Tracey	Sen M	01:05:35	50/346		VCAC	
10M	16/04/2001	Sandy (Bedfordshire)	Nick Berrill	Sen M	01:05:36	3rd			
10M	18/04/2003	Maidenhead (Berks)	Anna Berrill	Sen F	01:05:38	5th F, 83/		2nd	
10M	22/07/2007	Trentham 10	Robert Mottram Jones	MV40	01:05:40	28th		VCAC	
10M	18/02/2001	Kent AC (Sidcup)	Peter Simpson	MV40	01:05:52	32 / 224		VCAC	
10M	26/12/2000	Bedford Boxing Day	Anna Berrill	Sen F	01:05:57	PB 1st Fem			
10M	21/09/2008	Leighton 10M	Keith Hammond	MV40	01:06:03	34/231	19/68	VCAC	
10M	12/12/2004	Christmas Pudding Run (Bloxwich, W Mids)	John Morris	MV40	01:06:04	92 / 580		VCAC	
10M	30/04/2006	Knighton 10M	Robert Mottram Jones	MV40	01:06:12	3rd		VCAC	

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10M	21/01/2007	St Albans 10	Manuel Corriente	Sen M	01:06:24	97/770		VCAC	
10M	11/12/2005	Stockport 10	Graham Tracey	Sen M	01:06:46			VCAC	
10M	18/01/2009	Fred Hughes 10M, St Albans	Manuel Corriente	Sen M	01:06:51	71/831		VCAC	
10M	02/08/2009	Sale 10 Miles	Graham Tracey	Sen M	01:06:58	94/271		VCAC	
10M	23/07/2006	Trentham 10	Robert Mottram Jones	MV40	01:07:01	38/276		VCAC	
10M	14/12/2003	Christmas Pudding Run (West Mids)	Robert Jones	MV40	01:07:25	PB		VCAC	
10M	11/11/2007	Trackless Ten	Robert Mottram Jones	MV40	01:07:26	2		VCAC	
10M	10/03/2002	Stowmarket 10 (Suffolk)	Paul Horne	MV40	01:07:27	30/125		VCAC	
10M	07/11/2004	Flying Fox 10	Robert Mottram Jones	MV40	01:07:28	36th		VCAC	
10M	18/11/2001	Brampton to Carlisle (Cumbria)	Ray Walker	MV50	01:07:36			VCAC	
10M	27/05/2001	Ipswich Jaffa	Paul Horne	MV40	01:07:41			VCAC	
10M	18/01/2009	Fred Hughes 10M, St Albans	Keith Hammond	MV40	01:07:45	85/831	29/175	VCAC	
10M	14/12/2008	Beccles 10M	Paul Horne	MV40	01:07:47	20/90		VCAC	
10M	06/05/2001	Leighton Buzzard (Beds)	Anna Berrill	Sen F	01:07:50	2nd F 53rd			
10M	29/04/2007	Bramley 10	Manuel Corriente	Sen M	01:08:03	59/483		VCAC	
10M	13/12/2009	Stockport 10	Graham Tracey	Sen M	01:08:08	110/693		VCAC	
10M	02/05/2004	Knighthon 10	Robert Mottram Jones	MV40	01:08:12	9th		VCAC	
10M	01/08/2004	Trackless 10	Robert Mottram Jones	MV40	01:08:15	4th		VCAC	
10M	10/11/2002	Hadleigh (Suffolk)	Paul Horne	MV40	01:08:15			VCAC	
10M	25/07/2004	Trentham (Joultram) 10	Robert Mottram Jones	MV40	01:08:27	108th		VCAC	
10M	27/07/2003	Trentham (Staffs)	Robert Mottram Jones	MV40	01:08:28	120 / 400		VCAC	
10M	19/07/2009	Trentham 10M	Robert Mottram Jones	MV40	01:08:31	51/256	23	VCAC	
10M	25/11/2007	Hadleigh 10M	Paul Horne	MV40	01:08:31	63/333		VCAC	
10M	23/09/2007	Leighton Buzzard 10	Keith Hammond	MV40	01:08:32	65/265	25/74	VCAC	
10M	21/01/2001	Dartford (Kent)	Ray Walker	MV50	01:08:34			VCAC	
10M	19/10/2003	Rugby 10	Andy Harper	Sen M	01:08:37			VCAC	

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10M	26/12/2000	Bedford Boxing Day	Tony Garratt	Sen M	01:08:42	52nd		VCAC	
10M	25/02/2007	Bramley 10	Peter Simpson	MV40	01:08:50	62/483	16/75	Vegan	
10M	31/08/2008	Oldbury 10M	Jim Cheseldine	MV40	01:08:53	118/400		VCAC	
10M	20/07/2008	Trentham (Staffs) 10K	Robert Mottram Jones	MV40	01:08:56	56		VCAC	
10M	09/04/2004	Maidenhead Easter 10	John Morgan	Sen M	01:08:59	187/897		VCAC	
10M	15/11/2009	Wimborne 10	Guy Thompson	Sen M	01:09:09	91/567	44/129	2nd	
10M	18/02/2001	Kent AC (Sidcup)	Neil Kirsh	Sen M	01:09:15	64th			
10M	26/03/2006	Stowmarket	Peter Simpson	MV40	01:09:16	31/149		Vegan	
10M	02/09/2001	Welwyn (Hertfordshire)	Kevin Daly	Sen M	01:09:30			1st	
10M	02/09/2001	Welwyn (Hertfordshire)	Kevin Daly	Sen M	01:09:30			1st	
10M	17/12/2006	Beccles 10	Paul Horne	MV40	01:09:30			VCAC	
10M	31/05/2009	Dorking 10	Gideon Stanley	MV40	01:09:32	111/671	31/157	VCAC	
10M	14/10/2006	Washingborough Ducks and Drakes	Paul Elliott	Sen M	01:09:33	15/104	8th	1st	
10M	14/01/2001	St. Albans	Peter Simpson	MV40	01:09:33	104 / 534		VCAC	
10M	06/05/2001	Leighton Buzzard (Beds)	Peter Simpson	MV40	01:09:35	73rd		VCAC	
10M	29/03/2002	Folkestone	Peter Simpson	MV40	01:09:48	123 / 396			
10M	19/02/2006	Bramley 10	Peter Simpson	MV40	01:09:51			Vegan	
10M	27/11/2005	Hadleigh	Paul Horne	Sen M	01:09:54	69/306	20th	VCAC	
10M	22/11/2009	Hadleigh 10	Paul Horne	MV40	01:09:54			VCAC	
10M	20/01/2002	Fred Hughes (St. Albans)	Peter Simpson	MV40	01:09:54			VCAC	
10M	22/11/2009	Hadleigh 10	Paul Horne	MV40	01:09:54			VCAC	
10M	28/07/2001	Heckington (Lincs)	Peter Simpson	MV40	01:10:00			VCAC	
10M	20/01/2008	Fred Hughes 10M, St Albans	Manuel Corriente	Sen M	01:10:18	82		VCAC	
10M	27/07/2002	John Oultram (Staffs)	Robert Mottram Jones	MV40	01:10:23	43rd		VCAC	
10M	07/04/2002	Sandy (Bedfordshire)	Andy Harper	Sen M	01:10:25	63rd		VCAC	
10M	01/06/2001	Holme Pierrepont (Notts)	Lesley Cliff	FV50	01:10:28	10th F		VCAC	
10M	16/09/2001	Ware (Hertfordshire)	Kevin Daly	Sen M	01:10:30			1st	

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10M	16/09/2001	Ware (Hertfordshire)	Kevin Daly	Sen M	01:10:30			1st	
10M	09/04/2004	Folkestone 10	Peter Simpson	MV40	01:10:31			VCAC	
10M	11/12/2005	Christmas Pudding Run	Robert Mottram Jones	MV40	01:10:43	142/623		VCAC	
10M	25/03/2005	Folkestone 10	Peter Simpson	MV40	01:10:44	152/546		VCAC	
10M	11/11/2001	Derwentwater (Cumbria)	Ray Walker	MV50	01:10:49	115/373		VCAC	
10M	26/11/2006	Hadleigh 10	Paul Horne	MV40	01:10:51	92/357		VCAC	
10M	06/01/2008	Gloucester New Year 10M	Jim Cheseldine	MV40	01:10:52	86	17	VCAC	
10M	20/01/2008	Fred Hughes 10M, St Albans	Keith Hammond	MV40	01:11:17	191/911	55/161	VCAC	
10M	07/01/2001	Tadworth (Surrey)	Peter Simpson	MV40	01:11:22	54 / 322		VCAC	
10M	01/06/2004	Notts 10M	Lesley Cliff	FV50	01:11:23			VCAC	
10M	09/12/2001	Christmas Pudding Run (Bloxwic)	Peter Simpson	MV40	01:11:27	162nd		VCAC	
10M	12/12/2004	Christmas Pudding Run (Bloxwich, W Mids)	Peter Simpson	MV40	01:11:30	178 / 580		VCAC	
10M	18/01/2009	Fred Hughes 10M, St Albans	Peter Simpson	MV40	01:11:37	155/831	54/175	Vegan	
10M	10/03/2002	Hemel Hempstead (Herts)	Adrian Reynolds	Sen M	01:11:40			VCAC	
10M	18/04/2003	Maidenhead (Berks)	Peter Simpson	MV40	01:11:45	175 / 772		VCAC	
10M	19/01/2003	Fred Hughes (St. Albans)	Peter Simpson	MV40	01:11:51	102 / 445		VCAC	
10M	26/12/2006	Christmas Pudding Run (West Mids)	Peter Simpson	MV40	01:11:54	170/715		Vegan	
10M	04/04/2004	Thames Towpath Ten	Muhayman Jamil	MV40	01:12:00				
10M	28/07/2001	Heckington (Lincs)	Steve Coote	MV40	01:12:00			VCAC	
10M	07/04/2002	Sandy (Bedfordshire)	Kevin Daly	Sen M	01:12:03	76th		VCAC	
10M	29/03/2002	Maidenhead	Judith Oakley	Sen F	01:12:04	27th F		2nd	
10M	29/03/2002	Maidenhead	Judith Oakley	Sen F	01:12:04	26 / 235 F	13th v35	2nd	
10M	23/11/2008	Hadleigh 10 M	Paul Horne	MV40	01:12:26	55/241	19	VCAC	
10M	14/01/2001	St. Albans	Mike Folland	MV60	01:12:28	153rd		VCAC	
10M	25/03/2005	Folkestone 10	Mike Phillips	Sen M	01:12:30	172/542		VCAC	
10M	07/07/2002	Chase (Milford,Staffs)	Robert Mottram Jones	MV40	01:12:41	20th		VCAC	

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10M	04/01/2009	Gloucester New Year 10	James Cheseldine	MV40	01:12:42	120	22	VCAC	
10M	25/03/2007	Sowmarket Joe Cox 10	Paul Horne	MV40	01:12:47	58th	16th	VCAC	
10M	10/02/2002	ENVA	Judith Oakley	Sen F	01:12:51	1st F; 1st		2nd	
10M	02/04/2005	Sandy 10M (Beds)	Paul Taylor	Sen M	01:12:56	112th		VCAC	
10M	02/03/2002	Bramley (Hampshire)	Judith Oakley	Sen F	01:13:03		10th F	2nd	
10M	26/05/2002	Holme Pierrepont (Notts)	Lesley Cliff	FV50	01:13:04	12th F	3rd FV45	VCAC	
10M	26/03/2006	Stowmarket Joe Cox 10	Paul Horne	MV40	01:13:22	52/149		VCAC	
10M	11/08/2001	John Oultram (Staffs)	Robert Mottram Jones	MV40	01:13:30	77 / 183		VCAC	
10M	01/09/2002	Notts County Champs	Lesley Cliff	FV50	01:13:31	6th F	1st FV45	VCAC	
10M	27/03/2005	Newmarket Jow Cox 10M	Paul Horne	MV40	01:13:33	61/168	22nd	VCAC	
10M	18/02/2001	Kent AC (Sidcup)	Derek Gear	MV50	01:13:37	92nd 3rd V		VCAC	
10M	26/12/2000	Bedford Boxing Day	Mike Folland	MV60	01:13:51	92nd 3rd V		VCAC	
10M	14/01/2001	St. Albans	Neil Kirsh	Sen M	01:14:00	176th			
10M	19/10/2003	Cabbage Patch (Middx)	Muhayman Jamil	MV40	01:14:01	PB by 3 mi		VCAC	
10M	14/04/2006	Folkestone 10	Peter Simpson	MV40	01:14:22			Vegan	
10M	09/12/2007	Stockport 10M	Peter Simpson	MV40	01:14:23	201/624	25/69	Vegan	
10M	01/10/2003	Ropsley 10	Mike Folland	MV60	01:15:27			VCAC	
10M	12/10/2003	Ropsley (Lincs)	Mike Folland	MV60	01:15:27			VCAC	
10M	14/12/2003	Christmas Pudding Run (West Mids)	Peter Simpson	MV40	01:15:30			VCAC	
10M	10/03/2002	Hemel Hempstead (Herts)	Kevin Daly	Sen M	01:15:32	269th		VCAC	
10M	12/10/2008	Scarborough (Wykeham) 10 mile	Jon Zigmond	MV50	01:15:44	38/98	11/22	VCAC	
10M	26/12/2001	Bedford Boxing Day	Mike Folland	MV60	01:15:56			VCAC	
10M	06/04/2003	Sandy (Bedfordshire)	Paul Taylor	Sen M	01:16:00			VCAC	
10M	12/10/2003	Tring Ridgway	Ade Gibbon	MV40	01:16:09	138 / 475		VCAC	
10M	31/12/2000	Buntingford (Herts)	Neil Kirsh	Sen M	01:16:20				
10M	10/04/2009	Maidenhead Easter 10M	Glenn Chapman	MV40	01:16:32	491/1152		VCAC	

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10M	11/12/2005	Christmas Pudding Run	Peter Simpson	MV40	01:16:40	238/623		VCAC	
10M	27/07/2002	Heckington (Lincs)	Mike Folland	MV60	01:16:45	45 / 101	3rd V60	VCAC	
10M	30/03/2003	Thames Towpath 10M	Muhayman Jamil	MV40	01:17:01			VCAC	
10M	20/02/2005	Plymouth Hoe 10	Judith Oakley	FV40	01:17:15	268th	13th	VCAC	
10M	26/08/2001	Mersea Island (Essex)	Neil Kirsh	Sen M	01:17:32				
10M	14/09/2003	Swineshead 10	Paul Taylor	Sen M	01:17:58	42 / 95	40/77	VCAC	
10M	23/05/2004	Great Baddow 10	Neil Kirsh	Sen M	01:18:01			1st	
10M	13/12/2009	Stockport 10	Steve Coote	MV50	01:18:09	315/693	20/47	VCAC	
10M	09/06/2001	Ranby (Notts)	Adrian Reynolds	Sen M	01:18:30				
10M	08/04/2001	Thames Towpath (Surrey)	Peter Reid	Sen M	01:19:00			1st	
10M	26/12/2004	Buntingford 10 (Herts)	Barry Clark	MV50	01:19:20			VCAC	
10M	27/07/2002	Heckington (Lincs)	Adrian Reynolds	Sen M	01:19:25	52 / 101		VCAC	
10M	12/10/2003	Tring Ridgway	Peter Simpson	MV40	01:19:51	193 / 475		VCAC	
10M	28/07/2001	Heckington (Lincs)	Mike Folland	MV40	01:21:16			VCAC	
10M	01/04/2007	Chedworth Roman 10	Jim Cheseldine	MV40	01:21:40	128th		VCAC	
10M	09/10/2005	Harewood 10M Trail Race	Jon Zigmond	MV50	01:21:43	241/539	45/77	VCAC	
10M	01/08/2004	Brecon 10	David Palmer	MV40	01:22:12	195 / 317		VCAC	
10M	07/09/2003	Welwyn Garden 10	Scott Baillie	Sen M	01:23:08	336/567		VCAC	
10M	07/09/2008	Welwyn Garden City 10M	Sharon Davidson	Sen F	01:23:23	209/378	16/54	VCAC	
10M	08/01/2007	Cloicester 10	Jim Cheseldine	MV40	01:24:00	173rd		VCAC	
10M	19/01/2003	Witton 10M	Dave Taylor		01:24:24			VCAC	
10M	12/10/2003	Tring Ridgway	Simon Cope	Sen M	01:27:04	308 / 475		VCAC	
10M	01/11/2009	Derwentwater 10	Darren Brimer	MV40	01:27:21	306/410			
10M	14/01/2001	St. Albans	Bill Clare	MV60	01:27:35	399th		VCAC	
10M	05/04/2009	Chedworth Roman Trail 10M	Nik Windle	MV40	01:29:16	226/339		VCAC	
10M	21/03/2008	Maidenhead Easter 10M	Gwen Morys	Sen F	01:29:52			1st	
10M	25/02/2007	Snake Lane 10	Emma Smith	Sen F	01:32:43	577/667	44/57	VCAC	

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10M	12/07/2009	Eccup 10	Emma Smith	Sen F	01:35:40	435/523	46/68	VCAC	
10M	15/03/2008	Grizedale 10M	Michele Drasdo	FV40	01:36:42			VCAC	
10M	14/04/2006	Maidenhead 10	Mike Birdseye	MV50	01:37:00				
10M	22/02/2009	Snake Lane 10	Emma Smith	Sen F	01:37:40	612/685	39/46	VCAC	
10M	01/11/2009	Guy Fawkes 10	Emma Smith	Sen F	01:39:12	577/738	36/54	VCAC	
10M	01/11/2009	Guy Fawkes 10	Emma Smith	Sen F	01:39:12	577/738	36/54 FV35	VCAC	
10M	06/04/2007	Folkestone 10	John Munson	MV70	01:41:00	438/513	4/6	VCAC	
10M	01/04/2007	Chedworth 10	Paula Inglis	FV40	01:41:24	180th			
10M	08/11/2009	Stebbing 10M	Carol Norwood	FV50	01:41:47	415/440	29/33	1st	
10M	18/01/2009	Fred Hughes 10M, St Albans	Sharon Hammond	FV40	01:45:10	768/831		VCAC	
10M	05/10/2008	Harewood 10M trail race	Emma Smith	Sen F	01:48:04	464/505	64/77 FV35	VCAC	
10M	14/01/2001	St. Albans	Allana Clare	FV40	02:14:58	534th		VCAC	