

VCAC Running Results - Fastest Standard Distances Summary to 31/12/2009: 20M

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal Notes
20M	02/03/2003	Bury St. Edmunds (Suffolk)	Richard Jordan	MV40	01:57:43	1st	1st	2nd	
20M	06/03/2005	Christchurch 20 (Hants)	Dave Arnold	MV40	02:06:26			2nd	
20M	21/05/2006	South Cheshire 20	Graham Tracey	Sen M	02:14:07	14/112		VCAC	
20M	19/03/2006	Ashby 20	Marcus Whelband	Sen M	02:20:06	84th		1st	
20M	13/03/2005	Stafford 20	Robert Mottram Jones	MV40	02:20:51	62 / 259		VCAC	
20M	20/05/2007	South Cheshire 20	Robert Mottram Jones	MV40	02:21:58	16th		VCAC	
20M	08/03/2009	Stafford 20	Robert Mottram Jones	MV40	02:22:12	82	16	VCAC	
20M	09/03/2008	Stafford 20	Robert Mottram Jones	MV40	02:22:24			VCAC	
20M	13/03/2005	Stafford 20	John Morris	MV40	02:22:30	70 / 259		VCAC	
20M	29/02/2004	Bramley 20	Sam Wuermli	MV40	02:22:32	197th		Associate	
20M	11/05/2008	South Cheshire 20M	Robert Mottram Jones	MV40	02:25:28	14		VCAC	
20M	16/03/2008	Oakley 20M, Bedfordshire	Keith Hammond	MV40	02:28:42	99/687	33/168	VCAC	
20M	15/03/2009	Finchley 20	Andy Jordan	MV40	02:30:47	138/505		VCAC	
20M	09/03/2003	Stafford	Robert Mottram Jones	MV40	02:31:31	113th		VCAC	
20M	19/03/2006	Rhayader 20	John Morris	MV40	02:32:30			VCAC	
20M	23/02/2003	Bramley (Berkshire)	Sam Wuermli	MV40	02:34:17	244/772		2nd	
20M	08/03/2009	Gloucester 20M	James Cheseldine	MV40	02:37:53	166		VCAC	
20M	25/02/2007	Bramley 20	Ade Gibbon	MV50	02:38:07	329/726		VCAC	
20M	29/02/2004	Bramley 20	Muhayman Jamil	MV40	02:40:00				
20M	20/03/2005	Oakley 20M	Paul Taylor	Sen M	02:41:06	167 / 458	76 / 152	VCAC	
20M	08/03/2009	Gloucester 20M	David Palmer	MV40	02:42:12	197/504		VCAC	
20M	07/03/2004	Gloucester 20	David Palmer	MV40	02:43:09	176/357		VCAC	
20M	09/03/2008	San Domenico 20M (Merthyr Tydfil)	David Palmer	MV40	02:43:12	73/168		VCAC	
20M	03/03/2002	Gloucester	David Palmer	MV40	02:44:05			VCAC	
20M	05/03/2005	Marston Vale Country Park 20M	Paul Taylor	Sen M	02:45:45	16 / 51		VCAC	
20M	14/03/2004	Ashby de la Zouch 20	David Palmer	MV40	02:47:29	225/443		VCAC	

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20M	05/03/2006	Gloucester 20	David Palmer	MV40	02:48:06	316/587		VCAC	
20M	24/02/2002	Bramley (Hampshire)	Ade Gibbon	MV40	02:50:00			VCAC	
20M	23/02/2003	Bramley (Berkshire)	Ade Gibbon	MV40	02:53:52	477/772		VCAC	
20M	28/09/2008	Dunstable Downs	Peter Simpson	MV40	02:57:21	36/116		Vegan	
20M	04/03/2007	Gloucester 20	David Palmer	MV40	02:58:02	376/511		VCAC	
20M	19/03/2005	Rhyader Round the Lakes 20M	David Palmer	MV40	02:58:15	159 / 354		VCAC	
20M	06/02/2001	Essex 20M	Mike Folland	MV60	02:58:55			VCAC	
20M	09/03/2008	Finchley 20M	Mary Davis	FV40	03:01:00			VCAC	
20M	20/03/2004	Finchley 20 Miles	Sharon Davidson	Sen F	03:27:34	318/342			
20M	11/04/2009	Compton Challenge	Nik Windle	MV40	03:45:42	140/171		VCAC	