

VCAC Running Results - Fastest Standard Distances Summary to 31/12/2009: 5K

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal Notes
5K	12/05/2006	Christleton 5K	Pete Benyon	Sen M	00:15:53	8th		2nd	
5K	08/06/2006	Bowdon 5K	Pete Benyon	Sen M	00:16:04	8th		VCAC	
5K	24/06/2006	Lymm 5K	Pete Benyon	Sen M	00:16:12	4th		VCAC	
5K	12/07/2002	Cranfield (Bedfordshire)	Nick Berrill	Sen M	00:16:17	6th		2nd	
5K	17/06/2005	Dunham Massey 5K	Pete Benyon	Sen M	00:16:18	6th		VCAC	
5K	20/06/2001	Bedford	Nick Berrill	Sen M	00:16:26	3rd			
5K	05/06/2001	Harwich (Essex)	Richard Jordan	MV40	00:16:34	2nd			
5K	15/05/2001	Harwich (Essex)	Richard Jordan	MV40	00:16:36	2nd			
5K	24/04/2001	Harwich (Essex)	Richard Jordan	MV40	00:16:43	2nd			
5K	10/05/2002	Blisworth (Northants)	Nick Berrill	Sen M	00:16:44	10th		2nd	
5K	30/08/2002	Serpentine Last Friday	Richard Jordan	MV40	00:16:44	9th	2nd Vet	2nd	
5K	14/07/2001	Lord Mayor's City Centre Class	Richard Jordan	MV40	00:16:54	17th			
5K	12/05/2006	Christleton 5K	Suzanne Benyon	Sen F	00:17:06	3rd		2nd	
5K	26/06/2001	Harwich (Essex)	Richard Jordan	MV40	00:17:09	2nd			
5K	17/06/2005	Dunham Massey 5K	Suzanne Benyon	Sen F	00:17:20	1st		VCAC	
5K	08/06/2006	Bowden 5K	Suzanne Benyon	Sen F	00:17:22	1st		1st	
5K	17/07/2001	Harwich (Essex)	Richard Jordan	MV40	00:17:22	1st			
5K	04/05/2002	SML D3 (Milton Keynes)	Max D'Ayala	Sen M	00:17:24			2nd	
5K	20/07/2005	Peterborough 5K series (Ferry Meadows)	Max D'Ayala	Sen M	00:17:26	20 / 176		2nd	
5K	09/06/2005	Bowden 5K	Suzanne Benyon	Sen F	00:17:32	2nd		2nd	
5K	08/06/2002	SML D3 (Abingdon)	Max D'Ayala	Sen M	00:17:34	3rd (A tea		2nd	
5K	17/08/2005	Peterborough 5K Series	Max D'Ayala	Sen M	00:17:40	21/149		2nd	
5K	12/07/2002	Cranfield (Bedfordshire)	Anna Berrill	Sen F	00:17:40	30th	1st F	2nd	
5K	08/06/2008	Ipswich Chantry Park - Run For Moore	Paul Horne	MV40	00:17:44	6/350 (app		1st	
5K	22/06/2005	Peterborough 5K Series (Ferry Meadows)	Max D'Ayala	Sen M	00:17:46	17 / 174		2nd	

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5K	16/05/2003	Blisworth (Northants)	Anna Berrill	Sen F	00:17:50	1st F		2nd	
5K	30/08/2006	LWAC 5K	Paul Elliott	Sen M	00:17:51		3rd	1st	
5K	10/05/2002	Blisworth (Northants)	Anna Berrill	Sen F	00:17:53	1st F		2nd	
5K	17/05/2003	Southern Men's League Div 4 East	Max d'Ayala	Sen M	00:17:58	4th		2nd	
5K	18/08/2006	Covenham 5K	Paul Elliott	Sen M	00:17:59	6th		1st	
5K	02/08/2003	Southern Men's League Div 4 (Hastings)	Max d'Ayala	Sen M	00:18:03	1st		2nd	
5K	18/06/2006	Horwich Carnival 5K	Graham Tracey	Sen M	00:18:03			VCAC	
5K	18/05/2002	SML D3 (Oxford)	Max D'Ayala	Sen M	00:18:06			2nd	
5K	24/06/2007	Horwich Carnival 5K	Graham Tracey	Sen M	00:18:06			VCAC	
5K	25/08/2004	Werrington (Peterborough)	Max d'Ayala	Sen M	00:18:07	21 / 137		VCAC	
5K	05/04/2009	Dougie Mac 5K	Ryan Procter	Sen M	00:18:09	4/270	4	2nd	
5K	11/08/2004	Ferry Meadows (Peterborough)	Max d'Ayala	Sen M	00:18:10	24 / 132		VCAC	
5K	25/07/2007	Lincoln Wellington 5K Race 3	Paul Elliott	Sen M	00:18:12	13th	4th	VCAC	
5K	27/06/2007	Lincoln Wellington 5K Series, Race 2	Paul Elliott	Sen M	00:18:18	15th	5th	VCAC	
5K	24/08/2006	Willen Lake Men Only 5K	Marcus Whelband	Sen M	00:18:19	17th	12th	VCAC	
5K	22/06/2002	SML D3 (Yarmouth)	Max D'Ayala	Sen M	00:18:20	3rd (A tea		2nd	
5K	28/07/2004	Eye (Peterborough)	Max d'Ayala	Sen M	00:18:22	19 / 130		VCAC	
5K	16/10/2009	Poole Runners 5k Open Race 1	Guy Thompson	Sen M	00:18:24	41/301	18/69	2nd	
5K	12/05/2009	City Parks GP (Longton)	Ryan Procter	Sen M	00:18:25	22/114	22	2nd	
5K	23/05/2007	Lincoln Wellington 5K Series, Race 1	Paul Elliott	Sen M	00:18:27	22nd	8th	VCAC	
5K	22/03/2009	Stokesley Duathlon 5K Leg 1	Graham Tracey	Sen M	00:18:33			VCAC	
5K	10/06/2002	Sexarathon Series	Robert Mottram Jones	MV40	00:18:34			VCAC	
5K	16/06/2002	Aldridge (West Mids)	Robert Mottram Jones	MV40	00:18:34	3rd		VCAC	
5K	20/06/2001	Bedford	Anna Berrill	Sen F	00:18:35	3rd F			

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5K	17/07/2008	White Horse 5K	Jim Cheseldine	MV40	00:18:42	54/107	8	VCAC	
5K	19/07/2007	White Horse 5K	Jim Cheseldine	MV40	00:18:44	50th	7th	VCAC	
5K	25/07/2001	Bedford	Anna Berrill	Sen F	00:18:48	3rd F			
5K	22/03/2009	Stokesley Duathlon 5K Leg 2	Graham Tracey	Sen M	00:18:50			VCAC	
5K	10/06/2003	Tunstall Park (Staff)	Robert Mottram Jones	MV40	00:18:55	23 / 80		VCAC	
5K	27/11/2009	Poole Runners 5K Open Race 2	Guy Thompson	Sen M	00:18:56	42/319	19/78	2nd	
5K	22/08/2001	Bedford	Anna Berrill	Sen F	00:18:59	3rd series			
5K	25/06/2008	LWAC 5K Series - Race 2	Paul Elliott	Sen M	00:19:05	30/87	11/17	1st	
5K	19/08/2003	Hanley Park (Staffs)	Robert Mottram Jones	MV40	00:19:09	23 / 62		VCAC	
5K	26/08/2001	British Vets Champs (Milton Ke	Peter Simpson	MV40	00:19:09	56/67 Vet4		VCAC	
5K	06/08/2009	Sale Sizzler Race 4	Graham Tracey	Sen M	00:19:11	97/457		VCAC	
5K	22/07/2003	Fenton Park (Staffs)	Robert Mottram Jones	MV40	00:19:15	21 / 74		VCAC	
5K	19/06/2009	Marston Forest 5K	Keith Hammond	MV40	00:19:18	53/379	19/87	VCAC	
5K	09/05/2004	Pendeford 5K Fun Run	Robert Mottram Jones	MV40	00:19:19	3rd		VCAC	
5K	21/06/2009	Horwich Carnival 5K	Graham Tracey	Sen M	00:19:20	63/127		VCAC	
5K	23/07/2009	Sale Sizzler Race 3	Graham Tracey	Sen M	00:19:20	96/417		VCAC	
5K	13/05/2003	Longton Park (NSRRA) (Staffs)	Robert Mottram Jones	MV40	00:19:27	41st		VCAC	
5K	22/06/2008	Horwich Carnival 5K	Graham Tracey	Sen M	00:19:30	105/201		VCAC	
5K	01/05/2004	Harlow Ladies (Essex)	Fiona Oakes	Sen F	00:19:30	1st		VCAC	
5K	20/06/2008	Marston Vale 5K	Keith Hammond	MV40	00:19:39	56/367	17/82	VCAC	
5K	27/05/2001	Stevenage (Herts)	Peter Simpson	MV40	00:19:50			VCAC	
5K	02/06/2002	Sexarathon Series	Robert Mottram Jones	MV40	00:19:59			VCAC	
5K	26/12/2005	Vale of Aylesbury Boxing Day 5K	Marcus Whelband	Sen M	00:20:01	37th		1st	
5K	28/07/2004	Bedford Park	Peter Simpson	MV40	00:20:13	50/255		VCAC	
5K	29/08/2004	Battersea (London)	Peter Simpson	MV40	00:20:15	9th (last)		VCAC	

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5K	22/06/2007	Marston Vale Forest Centre 5K	Keith Hammond	MV40	00:20:15	56/328	16/71	VCAC	
5K	11/07/2003	Cranfield (Bedfordshire)	Peter Simpson	MV40	00:20:16			VCAC	
5K	28/05/2003	Charndon (Bucks)	Peter Simpson	MV40	00:20:20			VCAC	
5K	19/06/2009	Marston Forest 5K	Peter Simpson	MV40	00:20:25	82/379		Vegan	
5K	22/06/2007	Marston Forest 5K	Daniel Parker	Sen M	00:20:36	65/305		1st	
5K	04/12/2001	Stevenage (Series)	Jack Brooks	MV40	00:20:40			2nd	
5K	28/05/2002	Marlow (Bucks)	Judith Oakley	Sen F	00:20:44	61 / 267	5 / 97 F	2nd	
5K	30/07/2003	Bedford Park	Peter Simpson	MV40	00:20:44	72 / 270		VCAC	
5K	02/07/2006	Kennet Kanter	John Morgan	Sen M	00:20:46	2/49			
5K	22/07/2004	Waddesdon Manor (Bucks)	Peter Simpson	MV40	00:20:49			VCAC	
5K	28/06/2003	Everton Fun Day Trail Race	Paul Taylor	Sen M	00:20:55	5 / 31	4 / 18	VCAC	
5K	20/11/2001	Stevenage (Series)	Jack Brooks	MV40	00:21:02			2nd	
5K	31/12/2001	Nos Galan (South Wales)	Judith Oakley	Sen F	00:21:04		3rd V35	2nd	
5K	24/06/2005	Marston Vale Forest 5K	Paul Taylor	Sen M	00:21:05	54 / 250	18 / 53	VCAC	
5K	03/12/2003	Stevenage 5K Series	Paul Taylor	Sen M	00:21:12	131/267	66/95	VCAC	
5K	27/07/2005	Bedford Park 5K	Paul Taylor	Sen M	00:21:14	82/258	44/80	VCAC	
5K	11/07/2003	Cranfield 5K	Paul Taylor	Sen M	00:21:14	149 / 376	71 / 127	VCAC	
5K	30/03/2008	Edinburgh	Paul Horne	MV40	00:21:21	201/775	51	VCAC	
5K	30/07/2003	Doug Anderson Memorial 5K, Bedford	Paul Taylor	Sen M	00:21:23	86 / 270	43 / 97	VCAC	
5K	26/06/2003	HPRC Wollaton Park	Lesley Cliff	FV50	00:21:23		1st FV45	VCAC	
5K	15/05/2002	Wargrave (Berks)	Michael Oakley	Sen M	00:21:33	75 / 264	23 / 44 SM	2nd	
5K	15/05/2002	Wargrave	Judith Oakley	Sen F	00:21:33	74 / 264	9 / 93 F	2nd	
5K	18/06/2002	Handy Cross (Bucks)	Judith Oakley	Sen F	00:21:45	59 / 273	5 / 120 F		
5K	30/05/2002	Serpentine (London)	Mike Folland	MV60	00:21:48	105 / 180		VCAC	
5K	30/06/2005	Nottingham Heritage Series	Adrian Reynolds	MV40	00:21:50			VCAC	
5K	18/06/2002	Handy Cross (Bucks)	Michael Oakley	Sen M	00:21:55	63 / 273	21 / 43 SM	1st	

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5K	16/05/2001	Wargrave (Berks)	Judith Shakeshaft	Sen F	00:21:58	83rd 5th/3			
5K	25/08/2003	Peterborough 5K	Mike Folland	MV60	00:21:59			VCAC	
5K	28/04/2004	County Hall Runners 5K Handicap	Mike Higgott	Sen M	00:22:08	1st			
5K	29/04/2005	County Hall Handicap	Mike Higgott	Sen M	00:22:09	5th		VCAC	
5K	05/06/2001	Handy Cross (Bucks)	Michael Oakley	Sen M	00:22:10	80th			
5K	09/07/2004	Cranfield 5K	Paul Taylor	Sen M	00:22:11	171 / 406	67 / 126	VCAC	
5K	16/07/2003	Lincoln Wellington 5K	Mike Folland	MV60	00:22:11			VCAC	
5K	26/05/2004	County Hall Runners 5K Handicap	Mike Higgott	Sen M	00:22:17	7th		VCAC	
5K	28/07/2004	Doug Anderson Memorial 5K (Bedford Park)	Paul Taylor	Sen M	00:22:18	106th		VCAC	
5K	29/05/2001	Burnham (Bucks)	Judith Shakeshaft	Sen F	00:22:18	78th 7th /			
5K	30/03/2005	County Hall Handicap	Mike Higgott	Sen M	00:22:28	4th		VCAC	
5K	29/04/2007	Lacey Green Fun Run	Steven Boswell	Sen M	00:22:47	28/95		VCAC	
5K	25/06/2006	Doncaster Race for Life	Emma Smith	Sen F	00:22:47			1st	
5K	30/11/2004	Stevenage Midweek Series - Race 2	Paul Taylor	Sen M	00:22:49	220 / 364	94 / 110	VCAC	
5K	21/05/2003	Lincoln Wellington 5K	Mike Folland	MV60	00:22:50			VCAC	
5K	23/02/2005	County Hall Handicap	Mike Higgott	Sen M	00:23:10	6th		VCAC	
5K	26/01/2005	County Hall Handicap	Mike Higgott	Sen M	00:23:20	3rd		VCAC	
5K	25/07/2001	SSAFA 5K (3rd in series Cardif	Peter Bradley	MV50	00:23:22			VCAC	
5K	31/12/2007	Nos Galan 5K, Mountain Ash	Judith Oakley	FV40	00:23:28	108/387	7	Vegan	
5K	26/06/2005	Doncaster Race for Life	Emma Smith	Sen F	00:23:31			1st	
5K	23/08/2001	Les Croupiers 5K (Cardiff)	Peter Bradley	MV50	00:23:31			VCAC	
5K	19/07/2006	Waddesdon Manor 5K	Sharon Davidson	Sen F	00:23:41	136/328	18/113	VCAC	
5K	31/12/2005	Nos Galan 5K	Judith Oakley	FV40	00:23:58	79/270	9th	U	
5K	15/07/2009	Doncaster Town Centre 5K	Emma Smith	Sen F	00:24:02	121/180	1/5	VCAC	

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5K	24/08/2006	Chicks Challenge	Sharon Davidson	Sen F	00:24:07	24/169		Vegan	
5K	20/06/2001	SSAFA 5K (2nd in series Cardif	Peter Bradley	MV50	00:24:11			VCAC	
5K	31/12/2007	Nos Galan 5K, Mountain Ash	Michael Oakley	MV40	00:24:16	134/387	41	Vegan	
5K	22/07/2004	Waddesdon Manor (Bucks)	Sharon Davidson	Sen F	00:24:25			VCAC	
5K	30/06/2004	Maidenhead Summer Series	Sharon Davidson	Sen F	00:24:30			VCAC	
5K	20/06/2004	Marlow Summer Series 5K	Sharon Davidson	Sen F	00:24:46			VCAC	
5K	11/07/2003	Cranfield 5K	Mike Deacon	MV40	00:25:06			VCAC	
5K	28/06/2003	Everton Fun Day Trail Race	Justina McLennan	Sen F	00:25:07	17 / 31	2 / 9	VCAC	
5K	30/07/2003	Doug Anderson Memorial 5K, Bedford	Justina McLennan	Sen F	00:25:12	180 / 270	12 / 39	VCAC	
5K	20/05/2007	Calderdale 5K	Ant Walker	Sen M	00:25:23	61/133		VCAC	
5K	16/05/2004	Wycombe Race for Life	Sharon Davidson	Sen F	00:25:30			VCAC	
5K	16/05/2003	Blisworth (Northants)	Mike Deacon	Sen M	00:25:33	164/223		1st	
5K	20/06/2008	Marston Vale 5K	Toby Slaney	Sen M	00:26:00	243/367		VCAC	
5K	22/06/2003	BMAF Champs (Horwich)	Ron Franklin	MV70	00:26:10		2nd MV75	2nd	
5K	22/07/2003	Battersea Park (London)	Ron Franklin	MV70	00:26:18			2nd	
5K	28/07/2004	European Vets Champs 5000m	Ron Franklin	MV70	00:26:22	5th		VCAC	
5K	03/12/2003	Stevenage 5K Series	Justina McLennan	Sen F	00:26:28	229/267	21/33	VCAC	
5K	26/06/2005	BMAF 5K Champs	Ron Franklin	MV70	00:26:29	191st	1st	2nd	
5K	07/06/2003	British Masters Track Champs (Derby)	Ron Franklin	MV75	00:26:43	1st MV75		2nd	
5K	11/07/2003	Cranfield 5K	Justina McLennan	Sen F	00:27:03	297 / 376	26 / 53	VCAC	
5K	20/07/2003	Stopsley Striders Ladies 5K	Justina McLennan	Sen F	00:27:05	23 / 61	6 / 15	VCAC	
5K	28/07/2004	Bedford Park	Justina McLennan	Sen F	00:27:19	194 / 255	7 / 12	VCAC	
5K	18/07/2004	Stopsley Striders	Justina McLennan	Sen F	00:27:43	28 / 61		VCAC	
5K	19/10/2003	Eastway (NE London)	Ron Franklin	MV70	00:27:53		1st MV75	2nd	
5K	20/06/2008	Marston Vale 5K	Sharon Hammond	FV40	00:28:06	285/367	22/41	VCAC	

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5K	16/05/2003	Blisworth (Northants)	Justina McLennan	Sen F	00:29:20	203/223	23/24	1st	
5K	19/06/2009	Marston Forest 5K	Sharon Hammond	FV40	00:30:08	313/379		VCAC	
5K	18/08/2002	European Vets Champs	Ron Franklin	MV70	00:30:21		15th	2nd	