

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	05/11/2000	Harrow (Middx)	Richard Jordan	MV40	01:11:51	2nd 1st Ve			
Half	06/10/2002	Felixstowe	Richard Jordan	MV40	01:13:26	1st	1st MV40	2nd	
Half	16/09/2001	Great North Run	Richard Jordan	MV40	01:13:30				
Half	10/06/2001	Norwich	Richard Jordan	MV40	01:13:44	4th			
Half	04/03/2001	Roding Valley (Essex)	Nick Berrill	Sen M	01:13:56	6th			
Half	02/03/2003	Daffodil Run, Castle Ashby	Nick Berrill	Sen M	01:15:04	2nd		2nd	
Half	21/07/2002	Milton Keynes	Nick Berrill	Sen M	01:15:44	3rd		2nd	
Half	12/06/2005	Potteries Half	Pete Benyon	Sen M	01:17:13	6th		2nd	
Half	21/11/2004	Gosport Half Marathon (Hants)	Dave Arnold	MV40	01:18:26			2nd	
Half	13/03/2005	Brentwood Half Marathon	Fiona Oakes	Sen F	01:19:00	1st F		Vegan	
Half	02/02/2003	Watford (Herts)	Danielle Sanderson	FV40	01:20:22	3rd F	1st FV	2nd	
Half	15/03/2009	Stafford Half Marathon	Ryan Procter	Sen M	01:21:04	37/1714	22	2nd	
Half	01/05/2004	Korolyov (Russia)	Fiona Oakes	Sen F	01:21:12	1st F		VCAC	
Half	25/02/2007	Great North West Half Marathon	Graham Tracey	Sen M	01:21:41	36/1096		VCAC	
Half	08/03/2009	Inverness Half Marathon	David Gallie	MV40	01:21:43	28/1122	6th	2nd	
Half	16/06/2002	St. Albans	Danielle Sanderson	Sen F	01:21:44	1st F		2nd	
Half	08/06/2003	St. Albans Review (Herts)	Danielle Sanderson	FV40	01:21:47	1st F	1st	2nd	
Half	20/05/2001	Chester	John Morris	MV40	01:21:49			VCAC	
Half	03/02/2002	Watford	Danielle Sanderson	Sen F	01:21:54	3rd	1st Fvet	2nd	
Half	17/08/2003	Burnham Beeches Half	Danielle Sanderson	FV40	01:22:08		1st	2nd	
Half	14/07/2002	High Wycombe (Bucks)	Danielle Sanderson	Sen F	01:22:16	1st F		2nd	
Half	12/03/2006	Milton Keynes Half Marathon	Marcus Whelband	Sen M	01:23:07	71st	50th	1st	
Half	21/01/2007	4 Villages Half Marathon	Graham Tracey	Sen M	01:23:10	80/1562		VCAC	
Half	08/10/2006	Congleton Half Marathon	Graham Tracey	Sen M	01:23:18	13/458		VCAC	
Half	17/03/2002	Bildeston (Suffolk)	Graham White	MV40	01:23:18	5th	2nd vet	2nd	
Half	17/03/2002	Bildeston (Suffolk)	Graham White	MV40	01:23:18	5th		2nd	

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Half	19/11/2006	St Neots Half Marathon	Marcus Whelband	Sen M	01:23:19	32nd	17th	VCAC	
Half	19/03/2006	Wilmslow Half Marathon	Graham Tracey	Sen M	01:23:26	126/3370		VCAC	
Half	13/07/2003	Wycombe (Bucks)	Danielle Sanderson	FV40	01:23:28	15th / 1st	1st	2nd	
Half	18/01/2004	Four Villages Half Marathon	John Morris	MV40	01:23:30			VCAC	
Half	20/05/2007	Chester Half Marathon	Graham Tracey	Sen M	01:23:36	39/1856		VCAC	
Half	16/09/2001	Lake Vrynwy (Powys)	Simon Higgins	MV40	01:23:38			VCAC	
Half	16/09/2001	Lake Vrynwy (Powys)	John Morris	MV40	01:23:38			VCAC	
Half	03/06/2007	Blackpool Half Marathon	Graham Tracey	Sen M	01:23:43	16/1040		VCAC	
Half	04/06/2006	Blackpool Half Marathon	Graham Tracey	Sen M	01:23:53	23/1364		VCAC	
Half	06/10/2002	Great North Run	Anna Berrill	Sen F	01:24:24	26th F		2nd	
Half	10/12/2006	Bedford Half Marathon	Marcus Whelband	Sen M	01:24:35	71st		2nd	
Half	01/10/2006	Macclesfield Half Marathon	Graham Tracey	Sen M	01:24:41	25/581		VCAC	
Half	22/01/2006	Four Villages Half Marathon	Graham Tracey	Sen M	01:24:48			VCAC	
Half	26/02/2006	Great North West Half Marathon	Graham Tracey	Sen M	01:25:00			VCAC	
Half	22/02/2004	Wrexham Half Marathon	John Morris	MV40	01:25:00			VCAC	
Half	28/02/2004	Brentwood Half Marathon	Fiona Oakes		01:25:04	48/1132	1st F	VCAC	
Half	10/10/2004	Congleton Half Marathon	Robert Mottram Jones	MV40	01:25:10			VCAC	
Half	18/05/2008	Chester Half Marathon	Graham Tracey	Sen M	01:25:27	56/1841		VCAC	
Half	02/09/2001	Wolverhampton (W.Mids)	John Morris	MV40	01:25:27	38th		VCAC	
Half	01/06/2004	Southend (Essex)	Fiona Oakes	Sen F	01:25:30	2nd F		VCAC	
Half	24/09/2006	Swinton Half Marathon	Graham Tracey	Sen M	01:25:39	28/240		VCAC	
Half	07/03/2004	Ironbridge Half Marathon	John Morris	MV45	01:25:53	16th	2nd	VCAC	
Half	05/02/2006	Watford 1/2 Marathon	Marcus Whelband	Sen M	01:26:00			1st	
Half	25/03/2007	Reading Half Marathon	John Morgan	Sen M	01:26:00	304/9877		Vegan	
Half	09/04/2006	Reading Half Marathon	John Morgan	Sen M	01:26:15	287/8842			
Half	10/02/2008	Wokingham Half Marathon	John Morgan	Sen M	01:26:20	185/1998			
Half	11/10/2009	Birmingham Half marathon	Robert Mottram Jones	MV40	01:26:20			VCAC	

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Half	20/05/2001	Chester	Vaughan Griffiths	MV40	01:26:30				
Half	29/01/2006	Helsby Half	John Morris	MV40	01:26:30			VCAC	
Half	19/08/2001	Isle of Wight	John Morris	MV40	01:26:30			VCAC	
Half	25/09/2005	Swinton Half Marathon	Graham Tracey	Sen M	01:26:33			VCAC	
Half	14/06/2009	Potters 'Arf Marathon	Ryan Procter	Sen M	01:26:56	39		2nd	
Half	16/03/2008	Stafford Half Marathon	Robert Mottram Jones	MV40	01:26:59	71		VCAC	
Half	20/03/2005	Bath Half Marathon	Andy Harper	Sen M	01:27:07	280th		VCAC	
Half	13/12/2009	Bedford Half Marathon	Keith Hammond	MV40	01:27:11	105/1524	25/241	VCAC	
Half	20/03/2005	Wilmslow Half Marathon	Graham Tracey	Sen M	01:27:12	188th		VCAC	
Half	21/03/2004	Milton Keynes Half Marathon	Sam Wuermli	MV45	01:27:19	52/800	8th	Associate	
Half	27/05/2001	Plymouth (Devon)	Owen Barder	Sen M	01:27:20				
Half	13/02/2005	Wokingham Half	John Morgan	Sen M	01:27:33	148 / 1523		VCAC	
Half	29/04/2007	Uttoxeter Half Marathon	Robert Mottram Jones	MV40	01:27:38	35th		VCAC	
Half	08/02/2004	Wokingham Half Marathon	John Morgan	Sen M	01:27:50	168th	103rd	VCAC	
Half	26/07/2009	Milton Keynes NSPCC Half Marathon	Keith Hammond	MV40	01:27:58	61/1224		VCAC	
Half	20/01/2008	Helsby 4 Villages Half marathon	Graham Tracey	Sen M	01:27:59	147/1540		VCAC	
Half	11/12/2005	Bedford Half Marathon	Marcus Whelband	Sen M	01:28:01	118th		1st	
Half	08/03/2009	Nike Milton Keynes Half Marathon	Manuel Corriente	Sen M	01:28:01	173/3040		1st	
Half	07/09/2003	Wolverhampton Half Marathon	Robert Mottram Jones	MV40	01:28:05	67 / 925 P		VCAC	
Half	04/03/2001	Roding Valley (Essex)	Anna Berrill	Sen F	01:28:08	2nd F			
Half	24/02/2008	Great North West Half Marathon	Graham Tracey	Sen M	01:28:22	112/1186		VCAC	
Half	10/09/2006	Lake Vrynwy Half	John Morris	MV40	01:28:30	95/1100		VCAC	
Half	13/09/2009	Fleetwood Half Marathon	Graham Tracey	Sen M	01:28:35	18/149		VCAC	
Half	05/07/2009	Shifnal Half Marathon	Ryan Procter	Sen M	01:28:46	10	1st MV35	2nd	

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Half	22/02/2009	Great NorthWest Half Marathon	Graham Tracey	Sen M	01:28:55	140/1193		VCAC	
Half	02/10/2005	Bristol Half Marathon	John Morgan	Sen M	01:29:00	302/8502		VCAC	
Half	26/05/2002	Chester	Ray Walker	MV50	01:29:09			VCAC	
Half	15/03/2009	Stafford Half Marathon	Robert Mottram Jones	MV40	01:29:12	131		VCAC	
Half	28/06/2009	Borehamwood Half Marathon	Keith Hammond	MV40	01:29:23	12/146	4/42	VCAC	
Half	02/03/2003	Silverstone (Northants)	Andy Harper	Sen M	01:29:24	274 / 6217		VCAC	
Half	07/09/2003	Bristol Half Marathon	Andy Harper	Sen M	01:29:26			VCAC	
Half	05/10/2008	Congleton Half Marathon	Graham Tracey	Sen M	01:29:30	70/451		VCAC	
Half	05/09/2004	Wolverhampton	Robert Jones	MV40	01:29:30			VCAC	
Half	20/07/2008	Milton Keynes NSPCC Half Marathon	Keith Hammond	MV40	01:29:33	62/1117	14/223	VCAC	
Half	03/05/2009	Uttoxeter Half Marathon	Robert Mottram Jones	MV40	01:29:36	47/312		VCAC	
Half	08/03/2009	Friends of MicknPhil Half Marathon	Keith Hammond	MV40	01:29:37	11/288	4/76	VCAC	
Half	23/05/2004	Uttoxeter Half Marathon	Robert Mottram Jones	MV40	01:29:41	48th		VCAC	
Half	05/09/2004	Wolverhampton Half Marathon	Robert Mottram Jones	MV40	01:29:44	44th		VCAC	
Half	27/09/2009	Swinton Half Marathon	Graham Tracey	Sen M	01:29:49	53/247		VCAC	
Half	26/07/2009	Milton Keynes NSPCC Half Marathon	Gideon Stanley	MV40	01:29:49	81/1224		VCAC	
Half	04/11/2007	Stevenage Half Marathon	Manuel Corriente	Sen M	01:29:52	72/558		VCAC	
Half	17/05/2009	Chester Half Marathon	Graham Tracey	MV40	01:29:53	117/2081		VCAC	
Half	22/05/2005	Uttoxeter Half Marathon	Robert Mottram Jones	MV40	01:29:57	53 / 350		VCAC	
Half	10/06/2007	Potteries Half Marathon	Robert Mottram Jones	MV40	01:29:59	51st		VCAC	
Half	28/03/2004	Stafford Half Marathon	Robert Mottram Jones	MV40	01:29:59	142nd		VCAC	
Half	19/08/2007	Burnham Beeches Half Marathon	Mick Rimmer	MV40	01:29:59	98/916		VCAC	
Half	18/01/2009	Four Villages Half Marathon	Graham Tracey	Sen M	01:30:00	189/1533		VCAC	
Half	26/08/2007	Leek Half Marathon	Robert Mottram Jones	MV40	01:30:05	72		VCAC	

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Half	11/09/2005	Lake Vrynwy	John Morris	MV40	01:30:05			VCAC	
Half	11/05/2003	Uttoxeter (NSRRA) (Staffs)	Robert Mottram Jones	MV40	01:30:12	48th (PB)		VCAC	
Half	20/03/2005	Ironbridge Half Marathon	John Morris	MV40	01:30:16	41 / 537		VCAC	
Half	04/04/2004	Berlin Half Marathon	John Morgan	Sen M	01:30:43	662/11022		VCAC	
Half	13/05/2001	Uttoxeter (Staffs)	Simon Higgins	MV40	01:30:45	87th		1st	
Half	12/06/2005	Potteries Half Marathon	Robert Mottram Jones	MV40	01:30:47	62 / 964		VCAC	
Half	07/03/2004	Reading Half Marathon	John Morgan	Sen M	01:30:56	561st		VCAC	
Half	12/10/2003	Congleton (Cheshire)	Robert Jones	MV40	01:30:57	74th		VCAC	
Half	14/12/2008	Bedford Half Marathon	Keith Hammond	MV40	01:30:59	178/1327	25/136	VCAC	
Half	21/09/2008	Garstang Half Marathon	Graham Tracey	Sen M	01:31:02	32/191		VCAC	
Half	16/03/2003	Bath (Somerset)	Andy Harper	Sen M	01:31:10	379 / 3558		VCAC	
Half	02/03/2008	Milton Keynes Half Marathon	Manuel Corriente	Sen M	01:31:11	180/2091		VCAC	
Half	01/09/2002	Wolverhampton	Robert Mottram Jones	MV40	01:31:11	93rd		VCAC	
Half	26/07/2009	Milton Keynes NSPCC Half Marathon	Manuel Corriente	Sen M	01:31:16	100/1224		VCAC	
Half	19/09/2004	Lake Vrynwy	John Morris	MV40	01:31:30			VCAC	
Half	23/01/2005	Four Villages Half Marathon (Cheshire)	John Morris	MV40	01:31:30			VCAC	
Half	29/03/2009	Joe Cox Half Marathon (Stowmarket)	Paul Horne	MV40	01:31:30	69/361		VCAC	
Half	03/09/2006	Wolverhampton Half Marathon	John Morris	MV40	01:31:30	48/1043		VCAC	
Half	20/07/2008	Milton Keynes NSPCC Half Marathon	Manuel Corriente	Sen M	01:31:34	74/1117	47/394	VCAC	
Half	01/02/2009	Watford Half Marathon	Andy Jordan	MV40	01:31:34	238		VCAC	
Half	07/11/2004	Marlow Half Marathon	Sam Wuermli	MV40	01:31:46	77 / 280		Associate	
Half	17/08/2003	Burnham Beeches (Bucks)	Sam Wuermli	MV40	01:31:50	137th / 69	42 / 199 M	VCAC	
Half	08/02/2004	Wokingham Half Marathon	Sam Wuermli	MV40	01:31:55	286th	37th	Associate	
Half	30/03/2003	Whitehorse Half Marathon	Sam Wuermli	MV45	01:31:57	60th		2nd	

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Half	29/08/2004	Leek Half Marathon	Robert Mottram Jones	MV40	01:32:00			VCAC	
Half	27/04/2008	Sheffield Half Marathon	Peter Simpson	MV40	01:32:07	393/4540	80/717	Vegan	
Half	26/05/2008	Brandon Half Marathon	Paul Horne	MV40	01:32:12	30/229	10	VCAC	
Half	29/04/2007	Bracknell Half Marathon	Manuel Sanchez	Sen M	01:32:13	63rd		VCAC	
Half	20/07/2003	Milton Keynes 1/2 Marathon	Andy Harper	Sen M	01:32:19			VCAC	
Half	02/11/2008	Stevenage Half Marathon	Andy Jordan	MV40	01:32:19	113/758	41/183	VCAC	
Half	01/11/2009	Stevenage Half Marathon	Manuel Corriente	Sen M	01:32:22	72/677		VCAC	
Half	22/07/2007	Milton Keynes NSPCC Half	Keith Hammond	MV40	01:32:22	101/1179	25/243	VCAC	
Half	19/03/2006	Stafford Half	Robert Mottram Jones	MV40	01:32:30			VCAC	
Half	26/02/2006	Wrexham Half	John Morris	MV40	01:32:30			VCAC	
Half	07/09/2003	Wolverhampton	John Morris	MV40	01:32:30			VCAC	
Half	23/03/2008	Stowmarket Half Marathon	Paul Horne	MV40	01:32:31	21/175		VCAC	
Half	01/11/2009	Stevenage Half Marathon	Andy Jordan	MV40	01:32:33	74/677		VCAC	
Half	03/05/2004	Fleet Half Marathon	John Morgan	Sen M	01:32:41	300th		VCAC	
Half	02/10/2005	Macclesfield Half Marathon	Graham Tracey	Sen M	01:32:42			VCAC	
Half	04/02/2001	Watford	Ray Walker	MV50	01:32:50	189th		VCAC	
Half	22/07/2007	Milton Keynes Half Marathon	Mick Rimmer	MV40	01:33:00	112/1179		VCAC	
Half	22/07/2001	Milton Keynes	Andy Harper	Sen M	01:33:01	82 / 501		VCAC	
Half	13/07/2003	Wycombe (Bucks)	Sam Wuermli	MV40	01:33:01	64th / 888		2nd	
Half	08/07/2007	Shifnal Half Marathon	Robert Mottram Jones	MV40	01:33:11			VCAC	
Half	08/03/2009	Nike Milton Keynes Half Marathon	Andy Jordan	MV40	01:33:25	346/3040		VCAC	
Half	12/10/2003	Great Cumbrian Run	Adrian Reynolds	MV40	01:33:26	PB by 3 mi		VCAC	
Half	04/09/2005	Wolverhampton Half	John Morris	MV40	01:33:30			VCAC	
Half	02/03/2008	Milton Keynes Half Marathon	Keith Hammond	MV40	01:33:32	243/2091	29/155	VCAC	
Half	13/09/2009	Robin Hood Half Marathon	Peter Simpson	MV40	01:33:37	329/6645		Vegan	
Half	28/05/2007	Brandon Half Marathon	Paul Horne	MV40	01:33:41	36/228	14th	VCAC	
Half	23/05/2004	Jersey Half Marathon	Ade Gibbon	MV50	01:33:58	65/320		VCAC	

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Half	11/07/2004	Wycombe	Sam Wuermli	MV40	01:34:00			Assoc	
Half	24/08/2003	Leek (Staffs) Half Marathon	Robert Jones	MV40	01:34:00			VCAC	
Half	22/07/2001	Milton Keynes	Kevin Daly	Sen M	01:34:04	90th		1st	
Half	12/03/2006	Milton Keynes HM	Peter Simpson	MV40	01:34:10			Vegan	
Half	22/07/2001	Milton Keynes	Peter Simpson	MV40	01:34:12	92nd		VCAC	
Half	11/03/2007	Milton Keynes Half Marathon	Andrew Harper	MV40	01:34:13				
Half	28/06/2009	Borehamwood Half Marathon	Andrew Harper	MV40	01:34:14	17/146	6/42	VCAC	
Half	04/02/2001	Watford	Peter Simpson	MV40	01:34:19	233rd		VCAC	
Half	21/10/2007	Stroud Half Marathon	Jim Cheseldine	MV40	01:34:21	320	72	VCAC	
Half	26/07/2009	Milton Keynes NSPCC Half Marathon	Peter Simpson	MV40	01:34:22	147/1224		VCAC	
Half	26/10/2003	Worksop 1/2 Marathon	Adrian Reynolds	Sen M	01:34:23			VCAC	
Half	25/05/2009	Brandon Forest Half	Paul Horne	MV40	01:34:26	33/256		VCAC	
Half	03/03/2002	Haweswater (Cumbria)	Ray Walker	MV50	01:34:28	55/192	6th V50	VCAC	
Half	30/09/2001	St. Albans (Hertfordshire)	Kevin Daly	Sen M	01:34:30			1st	
Half	30/09/2001	St. Albans (Hertfordshire)	Kevin Daly	Sen M	01:34:30			1st	
Half	05/09/2004	Wolverhampton	John Morris	MV40	01:34:30			VCAC	
Half	19/08/2001	Burnham Beeches (Bucks)	Peter Simpson	MV40	01:34:34	150 / 711		VCAC	
Half	04/02/2007	Watford Half Marathon	Andrew Harper	MV40	01:34:42				
Half	15/08/2004	Burnham Beeches	Andy Harper	Sen M	01:34:49	166 / 1115		VCAC	
Half	28/03/2004	Paddock Wood Half	Muhayman Jamil	MV40	01:35:00				
Half	14/06/2009	St Albans Half Marathon	Peter Simpson	MV40	01:35:09	124/2021	37	Vegan	
Half	15/08/2004	Burnham Beeches	Sam Wuermli	MV40	01:35:22	180th		Assoc	
Half	13/05/2007	Tewkesbury Half Marathon	Jim Cheseldine	MV40	01:35:23	138th	44th	VCAC	
Half	07/10/2007	Congleton Half Marathon	Robert Mottram Jones	MV40	01:35:26	106		VCAC	
Half	20/03/2005	Milton Keynes Half Marathon	Ade Gibbon	MV50	01:35:30			VCAC	
Half	10/06/2001	Southend (Essex)	Ray Walker	MV50	01:35:30	161 / 747		VCAC	
Half	30/09/2001	Robin Hood (Notts)	Peter Simpson	MV40	01:35:34			VCAC	

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Half	05/07/2009	Shifnal Half Marathon	Robert Mottram Jones	MV40	01:35:36	32	14	VCAC	
Half	24/02/2002	Brighton	Steve Coote	MV40	01:35:42			VCAC	
Half	06/09/2009	Wolverhampton Half Marathon	John Morris	MV50	01:35:51	112/1211	4/51	VCAC	
Half	11/02/2007	Wokingham Half Marathon	Ade Gibbon	MV50	01:35:52	399/1679		VCAC	
Half	25/04/2004	Shakespeare Half Marathon	Robert Mottram Jones	MV40	01:35:52	101st	31st	VCAC	
Half	12/03/2006	Milton Keynes Half Marathon	Ade Gibbon	MV50	01:35:57	379/1818		VCAC	
Half	01/03/2009	Berkhamsted Half Marathon	Andy Harper	MV40	01:36:00	179/1186		VCAC	
Half	29/03/2009	Reading Half Marathon	Peter Simpson	MV40	01:36:19	1360/11871		Vegan	
Half	02/11/2003	Marlow Half Marathon	Sam Wuermli	MV40	01:36:28	74th		2nd	
Half	17/03/2002	Hastings (East Sussex)	Peter Simpson	MV40	01:36:30	374 / 2749		VCAC	
Half	19/08/2001	Burnham Beeches (Bucks)	Kevin Daly	Sen M	01:36:37	184th		1st	
Half	10/05/2009	Leeds Half Marathon	Jon Zigmond	MV50	01:36:40	374/2875	7/68	VCAC	
Half	17/08/2008	Burnham Beeches	Peter Simpson	MV40	01:36:42	207/932		Vegan	
Half	09/02/2004	Wokingham Half Marathon	Ade Gibbon	MV40	01:36:48			VCAC	
Half	02/10/2005	Felixstowe Half Marathon	Paul Horne	MV40	01:36:48	85/366	22nd		
Half	28/10/2001	Worksop (Notts)	Adrian Reynolds	Sen M	01:36:49	PB		VCAC	
Half	17/08/2008	Burnham Beeches	Ade Gibbon	MV50	01:36:49	209/932		VCAC	
Half	23/11/2003	Clowne 1/2 Marathon	Adrian Reynolds	Sen M	01:36:50			VCAC	
Half	17/03/2002	Hitchin (Herts)	Andy Harper	Sen M	01:36:50			VCAC	
Half	08/05/2005	Hinkley Half Marathon	Lesley Cliff	FV50	01:36:50		1st	U	
Half	26/07/2009	Milton Keynes NSPCC Half Marathon	Andy Jordan	MV40	01:36:51	184/1224		VCAC	
Half	06/04/2008	White Horse Half Marathon,	Peter Simpson	MV40	01:36:53	95/381		Vegan	
Half	19/10/2004	Tour of Torfaen Half Marathon	David Palmer	MV40	01:36:55	97 / 280		VCAC	
Half	19/04/2009	Redcar Half Marathon	Jon Zigmond	MV50	01:36:56	300/1391	11/43	VCAC	
Half	11/07/2004	Wycombe	Ade Gibbon	MV50	01:37:00			VCAC	
Half	21/03/2004	Milton Keynes Half Marathon	Ade Gibbon	MV45	01:37:00	164/800		VCAC	

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Half	28/02/2004	Brentwood Half Marathon	Peter Simpson	MV40	01:37:05	174/1132	166/843 M	VCAC	
Half	03/07/2005	Shifnal Steeplechase Half	Robert Mottram Jones	MV40	01:37:06	20 / 101		VCAC	
Half	11/05/2008	Tewkesbury Half Marathon	Jim Cheseldine	MV40	01:37:09	125/1300		VCAC	
Half	09/03/2008	Brentwood Half Marathon	Peter Simpson	MV40	01:37:11	299/2051		Vegan	
Half	11/03/2007	Milton Keynes Half Marathon	Ade Gibbon	MV50	01:37:12	386/2039		VCAC	
Half	30/09/2001	Robin Hood (Notts)	Lesley Cliff	FV50	01:37:13	31st F 1st		VCAC	
Half	20/08/2006	Burnham Beeches Half	Ade Gibbon	MV50	01:37:18			VCAC	
Half	14/10/2007	Cardiff Half Marathon	Peter Simpson	MV40	01:37:19	534	46/304	Vegan	
Half	16/09/2007	Nottingham Robin Hood Half	Peter Simpson	MV40	01:37:20	526/6507	49/433	Vegan	
Half	01/03/2009	Berkhamsted Half Marathon	Ade Gibbon	MV50	01:37:25	224/1191		VCAC	
Half	09/03/2002	Reading	Judith Oakley	Sen F	01:37:30	962 / 7032		2nd	
Half	14/09/2003	Lake Vrynwy (Powys)	Ade Gibbon	MV40	01:37:30			VCAC	
Half	20/03/2005	Milton Keynes Half Marathon	Peter Simpson	MV40	01:37:31	235 / 1196	43 / 140	VCAC	
Half	08/03/2009	Nike Milton Keynes Half Marathon	Peter Simpson	MV40	01:37:32	499/3040		Vegan	
Half	05/11/2000	Marlow (Bucks)	Andy Harper	Sen M	01:37:36	118 / 699		VCAC	
Half	02/03/2008	Milton Keynes Half Marathon	Peter Simpson	MV40	01:37:37	369/2091		Vegan	
Half	28/04/2002	Bracknell (Berks)	Judith Oakley	Sen F	01:37:41	10th F		2nd	
Half	15/10/2006	Cardiff Half Marathon	Peter Simpson	MV40	01:37:41	512th	35th	Vegan	
Half	20/05/2001	Hereford	Peter Simpson	MV40	01:37:42	83 / 294		VCAC	
Half	11/02/2001	Wokingham (Berks)	Jack Brooks	MV40	01:37:50				
Half	02/07/2006	Shifnal Steeplechase Half	Robert Mottram Jones	MV40	01:37:53	18/160		VCAC	
Half	03/03/2002	Daffodil Run (Northants)	Andy Harper	Sen M	01:37:54			VCAC	
Half	11/06/2006	Potteries Half Marathon	Robert Mottram Jones	MV40	01:37:55	65/818		VCAC	
Half	28/09/2003	Retford (Notts)	Adrian Reynolds	MV40	01:37:57			VCAC	
Half	22/10/2006	Tour of Torfaen Half Marathon	David Palmer	MV40	01:38:12	116/303		VCAC	
Half	06/07/2006	Wycombe Half Marathon	Ade Gibbon	MV50	01:38:15	163/938		2nd	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	04/02/2001	Watford	Steve Coote	MV40	01:38:23	355th			
Half	13/05/2007	Leeds Half Maraton	Jon Zigmond	MV50	01:38:35	386/2962	15/76	VCAC	
Half	03/03/2002	Haweswater (Cumbria)	Peter Simpson	MV40	01:38:38	76/192		VCAC	
Half	15/06/2003	Guernsey Half Marathon	Ade Gibbon	MV40	01:38:47	46 / 245		VCAC	
Half	11/12/2005	Wootton Half Marathon	Paul Taylor	Sen M	01:38:49	333/1195	150/452	VCAC	
Half	08/12/2002	Turkey Trot (Notts)	Mark Robertson	Sen M	01:38:50			VCAC	
Half	14/03/2004	Fleet	Muhayman Jamil	MV40	01:39:00				
Half	02/03/2008	Milton Keynes Half Marathon	Ade Gibbon	MV50	01:39:04	425/2091		VCAC	
Half	03/11/2002	Marlow (Bucks)	Peter Simpson	MV40	01:39:10	188 / 924		VCAC	
Half	09/05/2004	Tewkesbury Half Marathon	David Palmer	MV40	01:39:11	166/615		VCAC	
Half	11/10/2009	Henley Half Marathon	Ade Gibbon	MV50	01:39:13			VCAC	
Half	24/04/2005	Shakespeare Half	Peter Simpson	MV40	01:39:17	164 / 1786		VCAC	
Half	11/09/2005	Robin Hood Marathoon (Nottingham)	Peter Simpson	MV40	01:39:27			VCAC	
Half	24/09/2006	Selby Half Marathon	Jon Zigmond	MV50	01:39:29	160/447	10/26	VCAC	
Half	23/09/2001	Ashbourne (Derbys)	Steve Bienkowski	MV40	01:39:30				
Half	11/06/2006	Potteries Half Marathon	John Morris	MV40	01:39:30	74/819		VCAC	
Half	28/10/2001	Worksop (Notts)	Lesley Cliff	FV50	01:39:30	9th F 3rd		VCAC	
Half	28/10/2001	Worksop (Notts)	Lesley Cliff	FV50	01:39:30	9th F	3rd FV45	VCAC	
Half	29/03/2009	Wilmslow Half Marathon	Steve Coote	MV50	01:39:34	798/3905	46/218	VCAC	
Half		Mansfield Half Marathon	Sally Whamby	Sen F	01:39:36				
Half	25/05/2003	Plymouth (Devon)	Julian Cross-Williams	MV40	01:39:37			VCAC	
Half	25/03/2007	Wilmslow Half Marathon	Jon Zigmond	MV50	01:39:40	750/3450	19/104	VCAC	
Half	03/02/2008	Watford Half Marathon	Andy Jordan	MV40	01:39:44	505		VCAC	
Half	29/05/2005	Plymouth Half	Judith Oakley	FV40	01:39:44	433 / 2200	6th	VCAC	
Half	28/05/2006	Canterbury Half	Andy Harper	MV40	01:39:46	78/517		VCAC	
Half	01/02/2009	Watford Half Marathon	Ade Gibbon	MV50	01:39:53	591/1956		VCAC	
Half	07/04/2002	Baildon Boundary Way M/T	Ray Walker	MV50	01:40:03			VCAC	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	05/11/2000	Stevenage	Neil Mitchell	MV40	01:40:10			VCAC	
Half	01/02/2009	Watford Half Marathon	Peter Simpson	MV40	01:40:15	581/1872		Vegan	
Half	22/04/2001	Copenhagen	Jens Kieffer-Olsen	MV50	01:40:16	513/1230 m		VCAC	
Half	20/07/2008	Wycombe Half Marathon	Ade Gibbon	MV50	01:40:19	175/914		2nd	
Half	25/04/2004	Shakespeare Half Marathon	Peter Simpson	MV40	01:40:22	173rd	52nd	VCAC	
Half	19/05/2002	Jersey	Ade Gibbon	MV40	01:40:23			VCAC	
Half	19/08/2007	Isle of Wight Half Marathon	Jim Cheseldine	MV40	01:40:27	47th	14th	VCAC	
Half	22/07/2007	Milton Keynes Half Marathon	Kevin Daly	Sen M	01:40:28	220/1179		VCAC	
Half	29/09/2002	Robin Hood (Nottingham)	Mark Robertson	Sen M	01:40:30			VCAC	
Half	09/02/2003	Wokingham (Berks)	Ade Gibbon	MV40	01:40:30			VCAC	
Half	12/05/2002	Tewksbury (Gloucs)	David Palmer	MV40	01:40:41	196 / 574		VCAC	
Half	12/08/2001	Newark (Notts)	Adrian Reynolds	Sen M	01:40:43	251 / 586		VCAC	
Half	05/11/2006	Marlow Half Marathon	Ade Gibbon	MV50	01:40:50	187/884		VCAC	
Half	09/06/2002	Isle of Skye	Adrian Reynolds	Sen M	01:40:52			VCAC	
Half	04/02/2001	Watford	Ade Gibbon	MV40	01:41:05	434th		VCAC	
Half	20/07/2008	Wycombe Half Marathon	Peter Simpson	MV40	01:41:09	193/914		Vegan	
Half	20/05/2001	Jersey	Ade Gibbon	MV40	01:41:12	125/335		VCAC	
Half	14/07/2002	High Wycombe (Bucks)	Judith Oakley	Sen F	01:41:15	193rd		2nd	
Half	13/07/2003	Wycombe (Bucks)	Peter Simpson	MV40	01:41:22	165th		VCAC	
Half	07/04/2006	Leeds Half Marathon	Jon Zigmond	MV50	01:41:25	569/2908	23rd	VCAC	
Half	16/09/2001	Great North Run	Piers Hale	Sen M	01:41:26			1st	
Half	15/07/2001	Wycombe (Bucks)	Ade Gibbon	MV40	01:41:28			VCAC	
Half	15/08/2004	Burnham Beeches	Ade Gibbon	MV50	01:41:29	316th		VCAC	
Half	19/08/2007	Burnham Beeches Half Marathon	David Palmer	MV40	01:41:35	275/916		VCAC	
Half	07/09/2008	Leeds Half Marathon	Jon Zigmond	MV50	01:41:37	450/2785	9/84 (MV55)	VCAC	
Half	19/08/2001	Burnham Beeches (Bucks)	Ade Gibbon	MV40	01:41:37	263rd		VCAC	
Half	10/12/2000	Keyworth (Notts)	Mike Folland	MV60	01:41:39			VCAC	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	28/02/2004	Brentwood Half Marathon	Steve Coote	MV40	01:41:39	251/1142	230/843 M	VCAC	
Half	05/11/2000	Marlow (Bucks)	Ade Gibbon	MV40	01:41:47	202nd		VCAC	
Half	06/05/2001	Bracknell (Berks)	Ade Gibbon	MV40	01:41:53	161/495		VCAC	
Half	14/09/2005	Newark Half Marathon	Jon Zigmond	MV50	01:41:57	285/672	32/65	VCAC	
Half	03/11/2002	Marlow (Bucks)	Adrian Gibbon	MV40	01:42:00	245th		VCAC	
Half	15/06/2003	Viborg (Denmark)	Jens Kieffer-Olsen	MV50	01:42:04		6th V55-59	VCAC	
Half	10/05/2003	Chinnor (Oxon)	Andy Harper	MV40	01:42:12	36 / 91		VCAC	
Half	17/08/2003	Burnham Beeches (Bucks)	Ade Gibbon	MV40	01:42:17	30th / 695	96th / 199	VCAC	
Half	24/09/2006	Swinton Half Marathon	Steve Coote	MV40	01:42:22	110/240		VCAC	
Half	27/04/2003	Bracknell 1/2Ma	Muhayman Jamil	MV40	01:42:28				
Half	12/08/2001	Burnham Beeches Helpers Run (B)	Judith Shakeshaft	Sen F	01:42:30				
Half	20/06/2004	Blackpool Half Marathon	Sally Whamby	Sen F	01:42:30				
Half	14/09/2003	Robin Hood (Nottingham)	Adrian Reynolds	MV40	01:42:41			VCAC	
Half	30/09/2001	Windsor Great Park (Berks)	Ade Gibbon	MV40	01:42:58			VCAC	
Half	08/09/2002	Chepstow (Gwent)	David Palmer	MV40	01:43:01	55 / 165			
Half	14/12/2003	Great Barford Half	Paul Taylor	Sen M	01:43:12	338/977	161/366	VCAC	
Half	22/03/2009	Hogweed Hilly Half	Andy Harper	MV40	01:43:15	60/270		VCAC	
Half	18/08/2002	Burnham Beeches (Bucks)	Ade Gibbon	MV40	01:43:23	298 / 756		VCAC	
Half	30/09/2001	Robin Hood (Notts)	Mike Folland	MV60	01:43:25			VCAC	
Half	03/07/2005	Mansfield Half Marathon	Adrian Reynolds	MV40	01:43:30			VCAC	
Half	12/08/2001	Newark (Notts)	Mike Folland	MV60	01:43:49	298th		VCAC	
Half	04/07/2004	Shifnall Half Marathon	Robert Mottram Jones	MV40	01:44:00			VCAC	
Half	19/03/2006	Wilmslow Half Marathon	Jon Zigmond	MV50	01:44:04	1024/3370	81 / 261	VCAC	
Half	28/07/2002	Gloucester	David Palmer	MV40	01:44:20	115 / 304		VCAC	
Half	07/11/2004	Marlow Half Marathon	David Palmer	MV40	01:44:27	97 / 280		VCAC	
Half	17/08/2008	Burnham Beeches	David Palmer	MV40	01:44:31	353/932		VCAC	
Half	15/08/2004	Burnham Beeches	Peter Simpson	MV40	01:44:43			VCAC	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	25/02/2001	Sleaford (Lincs)	Mike Folland	MV60	01:45:01			VCAC	
Half	06/10/2002	Great North Run	Mark Robertson	Sen M	01:45:10			VCAC	
Half	15/10/2006	Amsterdam Half Marathon	Mike Phillips	Sen M	01:45:11	2133/6988		VCAC	
Half	05/07/2009	Shifnal Half Marathon	John Morris	MV50	01:45:20	79		VCAC	
Half	10/07/2005	Wycombe Half Marathon	Ade Gibbon	MV50	01:45:30			VCAC	
Half	23/08/2009	Burnham Beeches Half Marathon	Ade Gibbon	MV50	01:45:34	343/953		VCAC	
Half	19/08/2001	Burnham Beeches (Bucks)	Steve Bienkowski	MV40	01:45:46	354th			
Half	19/03/2006	Hogweed Hilly Half	David Palmer	MV40	01:45:48	75 / 182		VCAC	
Half	29/09/2002	Euroman (Copenhagen)	Jens Kieffer-Olsen	MV50	01:45:52	459 / 889		VCAC	
Half	16/09/2001	Lake Vrynwy (Powys)	Peter Bradley	MV50	01:45:54			VCAC	
Half	12/10/2008	Peterborough Half Marathon	Lesley Cliff	FV60	01:46:12	844/2702	1st	2nd	
Half	23/03/2003	Forest of Dean Trails Half Mar	David Palmer	MV40	01:46:19	210/485		VCAC	
Half	23/03/2003	Paddock Wood HM	Dave Taylor		01:47:00			VCAC	
Half	09/02/2003	Wokingham Half Marathon	Simon Cope	Sen M	01:47:18	869/1679			
Half	30/09/2001	Robin Hood (Notts)	Adrian Reynolds	Sen M	01:47:30			VCAC	
Half	29/11/2009	Clowne Half Marathon	Steve Coote	MV50	01:47:37	253/540		VCAC	
Half	15/07/2001	Wycombe (Bucks)	David Palmer	MV40	01:47:59	482 / 1113		VCAC	
Half	04/11/2001	Marlow	Ade Gibbon	MV40	01:48:00			VCAC	
Half	01/04/2001	Islwyn (Wales)	David Palmer	MV40	01:48:24	193 / 295		1st	
Half	26/10/2001	Amsterdam	Mike Phillips	Sen M	01:48:26			VCAC	
Half	01/11/2009	Stevenage Half Marathon	Andrew Harper	MV40	01:48:30	288/677		VCAC	
Half	20/01/2008	Brass Monkey Half Marathon, York	Ant Walker	Sen M	01:48:55	555/1015		VCAC	
Half	20/05/2001	Hereford	David Palmer	MV40	01:49:08	157th		1st	
Half	05/11/2000	Marlow (Bucks)	Steve Bienkowski	MV40	01:49:34	328th			
Half	09/07/2006	Wycombe Half Marathon	Sharon Davidson	Sen F	01:49:40	397/937	47/240	VCAC	
Half	10/04/2005	Vejle Amt Half Marathon	Jens Kieffer-Olsen	MV50	01:49:40		86 / 116	VCAC	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	15/07/2001	Wycombe (Bucks)	Neil Mitchell	MV40	01:49:40			VCAC	
Half	14/07/2002	Wycombe (Bucks)	Ade Gibbon	MV40	01:50:21	379th		VCAC	
Half	09/03/2002	Reading	Ade Gibbon	MV40	01:50:30			VCAC	
Half	03/02/2002	Watford	Ade Gibbon	MV40	01:50:30			VCAC	
Half	15/06/2008	Guernsey Half Marathon	Graham Beck	MV40	01:51:18	116/221		1st	
Half	07/05/2006	Leeds Half Marathon	Ant Walker	Sen M	01:51:19	1255th		VCAC	
Half	12/06/2005	Southend Half	Neil Kirsh	Sen M	01:51:30			VCAC	
Half	24/03/2008	Guernsey Half Marathon	Rod Paris	MV60	01:52:00	120/152	4	VCAC	
Half	21/10/2007	Amsterdam Half Marathon	Rod Paris	MV60	01:52:00	3699/8450		VCAC	
Half	14/10/2007	Great Eastern Run	Terry Vine	Sen M	01:52:11	1011/2285	834/1474	VCAC	
Half	26/07/2009	Milton Keynes NSPCC Half Marathon	Nik Windle	MV40	01:52:27	538/1224		VCAC	
Half	06/11/2005	Marlow Half Marathon	David Palmer	MV40	01:52:41	461/922		VCAC	
Half	30/11/2008	Norwich Half Marathon	Glenn Chapman	MV40	01:52:53	913/2046	89/163 MV4	VCAC	
Half	30/11/2008	Norwich Half Marathon	Caroline Chapman	FV40	01:52:55	916/2046	22/98	VCAC	
Half	16/11/2008	Gosport Half Marathon	Caroline Chapman	FV40	01:53:03	763/1233		VCAC	
Half	27/04/2008	Sheffield Half Marathon	Ant Walker	Sen M	01:53:11	2230/4540		VCAC	
Half	01/02/2009	Watford Half Marathon	Scott Baillie	MV40	01:53:21	1259			
Half	02/11/2008	Barnes Green Half Marathon	Caroline Chapman	FV40	01:53:22	675/1283		VCAC	
Half	16/09/2001	Great North Run	Adrian Reynolds	Sen M	01:53:30			VCAC	
Half	22/06/2003	Colworth Half Marathon	David Taylor	MV40	01:53:44	60 / 133		VCAC	
Half	01/02/2009	Watford Half Marathon	Nik Windle	MV40	01:53:57	1271/1872		VCAC	
Half	28/05/2006	Canterbury Half	Mike Phillips	Sen M	01:54:40	247/517		VCAC	
Half	21/05/2006	Dunfermline Half	Sharon Davidson	Sen F	01:54:53	523/814	75/205	VCAC	
Half	06/11/2005	Marlow Half Marathon	Sharon Davidson	Sen F	01:54:53	511/925	71/246	VCAC	
Half	01/02/2009	Watford Half Marathon	Caroline Chapman	FV40	01:54:53	1313			
Half	25/03/2007	Reading Half Marathon	Rod Paris	MV60	01:55:00	4857/9877	6th	VCAC	
Half	16/11/2008	Jersey Half Marathon	Rod Paris	MV60	01:55:17	165/272		VCAC	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	13/05/2007	Tewkesbury Half Marathon	Paula Inglis	FV40	01:55:19	579th	35th	1st	
Half	13/05/2007	Leeds Half Marathon	Ant Walker	Sen M	01:55:37	763/1011		VCAC	
Half	20/07/2008	Wycombe Half Marathon	Sharon Davidson	Sen F	01:55:50	491/914		Vegan	
Half	01/02/2009	Watford Half Marathon	Mary Davis	Sen F	01:55:57	1366			
Half	02/03/2008	Berkhamsted Half Marathon	Mary Davis	FV40	01:56:00			VCAC	
Half	20/07/2008	Wycombe Half Marathon	Mary Davis	FV40	01:56:23	501/914		VCAC	
Half	01/03/2009	Berkhamsted Half Marathon	Glenn Chapman	MV40	01:56:25				
Half	01/03/2009	Berkhamsted Half Marathon	Caroline Chapman	FV40	01:56:25				
Half	17/08/2008	Burnham Beeches	Simon Cope	MV40	01:56:29	602/932		VCAC	
Half	01/11/2009	Marlow Half Marathon	Nik Windle	MV40	01:56:52	524/938		VCAC	
Half	28/02/2004	Brentwood Half Marathon	Vanessa Hudson	Sen F	01:56:53	642/1132	104/289 F	VCAC	
Half	12/10/2008	Henley Half Marathon	Caroline Chapman	FV40	01:56:53			VCAC	
Half	20/08/2006	Burnham Beeches Half Marathon	Simon Cope	MV40	01:56:54	502/754			
Half	14/09/2008	Chippenham Half Marathon	Caroline Chapman	FV40	01:56:59	672		1st	
Half	16/09/2007	Nottingham Robin Hood Half	Matt Harris	Sen M	01:57:00	2183/6305		1st	
Half	02/03/2008	Reading Half Marathon	Rod Paris	MV60	01:57:00	5859/11181		VCAC	
Half	15/08/2004	Burnham Beeches	Sharon Davidson	Sen F	01:57:15	695th		1st	
Half	28/09/2003	Windsor 1/2 Marathon	Scott Baillie	Sen M	01:57:20	2268/4231		VCAC	
Half	15/06/2008	Guernsey Half Marathon	Rod Paris	MV60	01:57:32	145/221		VCAC	
Half	21/01/2007	Brass Monkey Half Marathon	Ant Walker	Sen M	01:57:45	763/1011		VCAC	
Half	20/07/2008	Wycombe Half Marathon	Steven Boswell	Sen M	01:57:46	529/974		VCAC	
Half	23/08/2009	Burnham Beeches Half Marathon	Nik Windle	MV40	01:57:54	591/953		VCAC	
Half	17/08/2003	Burnham Beeches Half Marathon	Simon Cope	Sen M	01:58:17	664/930			
Half	20/07/2008	Milton Keynes NSPCC Half Marathon	Rod Paris	MV60	01:58:28	654/1117	11/29	VCAC	
Half	14/09/2003	Lake Vrynwy (Powys)	Simon Cope	Sen M	01:58:30			VCAC	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	19/11/2006	Jersey Half Marathon	Rod Paris	MV60	01:59:00	154th	13th	VCAC	
Half	03/02/2008	Watford Half Marathon	Mary Davis	FV40	01:59:00			VCAC	
Half	19/07/2009	Wycombe Half Marathon	Simon Cope	MV40	01:59:01	555/963		VCAC	
Half	02/11/2008	Marlow Half Marathon	Nik Windle	MV40	01:59:11	583/870		VCAC	
Half	19/08/2007	Burnham Beeches Half Marathon	Simon Cope	MV40	01:59:34	665/916			
Half	19/07/2009	Wycombe Half Marathon	Mary Davis	FV40	01:59:51	569/963		VCAC	
Half	07/05/2006	Tewkesbury Half Marathon	Paula Inglis	FV40	02/07/36	605th		1st	
Half	16/03/2008	Fleet Half Marathon	Gwen Morys	Sen F	02:00:04			1st	
Half	14/06/2009	St Albans Half Marathon	Scott Baillie	MV40	02:00:22	1200/2021	291	VCAC	
Half	05/11/2000	Harrow (Middx)	Peter Reid	Sen M	02:00:59				
Half	04/11/2007	Marlow Half Marathon	Steven Boswell	Sen M	02:01:06	637/1335		VCAC	
Half	19/07/2009	Wycombe Half Marathon	Scott Baillie	MV40	02:01:29	610/963		VCAC	
Half	18/08/2002	Burnham Beeches	Simon Cope	Sen M	02:01:30	588th		2nd	
Half	04/10/2009	Kenilworth half Marathon	Glenn Chapman	MV40	02:01:38				
Half	17/08/2008	Burnham Beeches	Caroline Chapman	FV40	02:01:43	699/932		VCAC	
Half	24/05/2009	Wokingham Half Marathon	Simon Cope	MV40	02:01:59	794/1062		VCAC	
Half	19/04/2009	Paddock Wood Half	Kathleen Hoyle	Sen F	02:02:00	1378		1st	
Half	01/02/2009	Watford Half Marathon	Glenn Chapman	MV40	02:02:02	1568			
Half	24/05/2009	Wokingham Half Marathon	Nik Windle	MV40	02:02:05	795/1062			
Half	23/08/2009	Burnham Beeches Half Marathon	Simon Cope	MV40	02:02:11	653/953		VCAC	
Half	20/07/2008	Wycombe Half Marathon	Simon Cope	MV40	02:02:33	610/914		2nd	
Half	01/02/2004	Watford Half Marathon	Sharon Davidson	Sen F	02:02:47	1385/1737			
Half	13/07/2003	Wycombe (Bucks)	Simon Cope	Sen M	02:03:23	550th / 88		2nd	
Half	20/07/2008	Wycombe Half Marathon	Caroline Chapman	FV40	02:03:35	629/914		VCAC	
Half	11/09/2005	Robin Hood Marathon (Nottingham)	Ant Walker	Sen M	02:04:00			VCAC	
Half	08/09/2007	Alderney Half Marathon	Rod Paris	MV60	02:04:00	16/21	1st	VCAC	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	11/10/2009	Henley Half Marathon	Caroline Chapman	FV40	02:04:27				
Half	24/02/2008	Great North-West Half Marathon	Michele Drasdo	FV40	02:04:34			VCAC	
Half	09/07/2006	Wycombe Half Marathon	Simon Cope	MV40	02:04:44	661/1216			
Half	10/07/2005	Wycombe Half Marathon	Simon Cope	MV40	02:04:45	567/906		2nd	
Half	28/06/2009	Borehamwood Half Marathon	Mary Davis	FV40	02:05:04	113/146		VCAC	
Half	08/02/2004	Wokingham Half Marathon	Simon Cope	Sen M	02:05:05	1469/1757			
Half	18/05/2008	Jersey Half Marathon	Rod Paris	MV60	02:05:23	284/337		VCAC	
Half	15/08/2004	Burnham Beeches	Simon Cope	Sen M	02:05:44	864/1115		VCAC	
Half	02/11/2008	Marlow Half Marathon	Simon Cope	MV40	02:05:46	710/872		VCAC	
Half	06/04/2003	Belvoir Half Marathon	Mike Folland	MV60	02:06:00			Furry dog	
Half	21/01/2007	Brass Monkey Half Marathon	Emma Smith	Sen F	02:06:41	872/1011	61/77	VCAC	
Half	04/10/2009	Kenilworth Half Marathon	Caroline Chapman	FV40	02:06:50				
Half	07/05/2006	Shakespeare Half Marathon	Mike Birdseye	MV50	02:07:00				
Half	05/12/2009	Reggae Half Marathon – Jamaica	Caroline Chapman	FV40	02:07:05				
Half	21/06/2009	Guernsey Half Marathon	Graham Beck	MV40	02:07:28	198		VCAC	
Half	25/03/2007	Bath Half Marathon	Iain Clark	Sen M	02:07:38	5705th			
Half	11/07/2004	Wycombe	Simon Cope	Sen M	02:08:18	696 / 906		VCAC	
Half	19/03/2006	Bath Half Marathon	Paula Inglis	FV40	02:08:21	4404th		1st	
Half	11/02/2007	Wokingham Half Marathon	Michael Birdseye	MV50	02:10:00				
Half	06/09/2009	Henfield Half Marathon	Charles Simmons	MV60	02:10:25	107/132		VCAC	
Half	20/07/2008	Wycombe Half Marathon	Gwen Morys	Sen F	02:11:00	728/914		VCAC	
Half	05/06/2004	Oatmoor Challenge	Sharon Davidson	Sen F	02:11:13			VCAC	
Half	15/03/2009	Brentwood Half Marathon	Carol Norwood	FV40	02:12:44	1436/1783		1st	
Half	15/07/2007	Wycombe Half Marathon	Simon Cope	MV40	02:13:29	675/883			
Half	04/05/2008	Keswick Half Marathon	Michele Drasdo	FV40	02:13:31			VCAC	
Half	29/03/2009	Joe Cox Half Marathon (Stowmarket)	Carol Norwood	FV40	02:13:40	333/361	26/29	1st	

VCAC Running Results - Fastest Standard Distances to

Half Marathon

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
Half	23/08/2009	Burnham Beeches Half Marathon	Scott Baillie	MV40	02:13:50	814/953		VCAC	
Half	14/12/2008	Bedford Half Marathon	Sharon Hammond	FV40	02:17:02	1234/1327		VCAC	
Half	16/09/2001	Great North Run	Mike Whawell	MV60	02:18:39			VCAC	
Half	13/12/2009	Bedford Half Marathon	Sharon Hammond	FV40	02:20:41	1449/1524		VCAC	
Half	24/05/2009	Wokingham Half Marathon	Gwenllian Morys	FV40	02:20:44	991/1062			
Half	26/07/2009	Milton Keynes NSPC Half Marathon	Sharon Hammond	FV40	02:22:22	1090/1224		VCAC	
Half	12/10/2008	Royal Parks Half Marathon (London)	Iain Clark	Sen M	02:23:29			VCAC	
Half	24/05/2009	Plymouth Half Marathon	Victoria Widdowson	Sen F	02:23:40	3045/3889	425/642		
Half	13/09/2009	Robin Hood Half Marathon	Sharon Hammond	FV40	02:25:53	5748/6645		VCAC	
Half	01/05/2005	Sheffield Half Marathon	Mike Whawell	MV60	02:26:19		19th	VCAC	
Half	08/03/2009	Friends of MicknPhil Half Marathon	Sharon Hammond	FV40	02:27:22	277/288		VCAC	
Half	10/09/2006	Mablethorpe Half	Emma Smith	Sen F	02:28:11	230/263		VCAC	
Half	30/09/2001	Robin Hood (Notts)	Ruth Williams	FV40	02:28:30	PB by 10 m		VCAC	
Half	16/09/2001	Great North Run	Ruth Williams	FV40	02:38:00			VCAC	
Half	26/02/2006	Tunbridge Wells Half Marathon	Mike Whawell	MV60	02:40:00			VCAC	
Half	01/01/2003	Hastings Half Marathon	Steve Roome	Sen M	02:42:21	2749th			
Half	17/08/2008	Burnham Beeches	Nicola Hatch	Sen F	02:42:24	924/932		VCAC	
Half	28/09/2008	Mooathon Half Marathon, Donegal Eire	Emma Smith	Sen F	02:45:45	278/321		1st	
Half	26/09/2004	Great North Run	Mike Whawell	MV60	02:52:33			VCAC	