

# VCAC Multisport Results - Fastest Standard Distances\* Summary to 31/12/2009

Event	Date	Distance	Member	Cat	Time	Position	Cat Position	Colours	Personal Notes
<b><u>Triathlon S/B/R</u></b>									
<b><u>1500m/40K/10K</u></b>									
Chester Triathlon	25/06/2006	1500m/40K/10K	Steve Wigglesworth	MV40	02:15:43	39/500	10/100	VCAC	
Shropshire Olympic Tri	09/06/2003	1500m/40K/10K	Lesley Cliff	FV50	02:26:28		1st FV50	VCAC	
Nat Age Group Champs (Wakefield)	02/07/2006	1500m/40K/10K	Steve Wigglesworth	MV40	02:30:25		55/110	VCAC	
Dambuster Triathlon	26/06/2005	1500m/40K/10K	Lesley Cliff	FV50	02:31:00		1st	U	
European Tri (Gyor, Hungary)	07/07/2002	1500m/40K/10K	Lesley Cliff	FV50	02:31:00	8th F	1st FV50	GBR	
European Tri Champs (CH)	21/08/2005	1500m/40K/10K	Lesley Cliff	FV50	02:32:00		2nd	GBR	
Wetherby Triathlon	20/05/2007	1500m/40K/10K	Jon Zigmond	MV50	02:36:57	64/108	2/8	2nd	
Dambuster Olympic Distance Triathlon		22/06/2003	1500m/40K/10K	Mike Folland	MV60	02:48:08		210 / 251	VCAC
Dambuster Olympic Triathlon	29/06/2003	1500m/40K/10K	Mike Folland	MV60	02:48:08	210 / 251		2nd	
Cambridge Tri	10/08/2008	1500m/40K/10K	Terry Vine	MV40	02:49:21	159/217		2nd	
Dambuster Standard Distance Tri	21/06/2008	1500m/40K/10K	Terry Vine	MV40	02:50:02	338/441		2nd	
Rutland Triathlon	30/06/2002	1500m/40K/10K	Mike Folland	MV60	02:52:01		33 / 43 MV	VCAC	
Prince Bishops Triathlon	29/07/2007	1500m/40K/10K	Jon Zigmond	MV50	02:52:42	69/115	9/12	2nd	
Bath Olympic Tri	09/07/2006	1500m/40K/10K	Max Hunt	MV40	02:54:41	137th	41st	1st	
Jordan Bedford Classic	26/08/2007	1500m/40K/10K	Kevin Daly	MV40	02:55:51	261/316		VCAC	
Little Beaver Standard Distance Tri	12/07/2008	1500m/40K/10K	Terry Vine	MV40	02:58:51	90/115		2nd	
Bedford Triathlon	11/08/2002	1500m/40K/10K	Kevin Daly	Sen M	03:01:00			VCAC	
Prince Bishops Triathlon	26/07/2008	1500m/40K/10K	Jon Zigmond	MV50	03:07:19	101/122 (+)	6/7 (+2 DN)	2nd	
Rother Valley Standard Distance Tri	01/06/2008	1500m/40K/10K	Terry Vine	MV40	03:13:33	127/147		2nd	
Cambridge Tri	05/08/2007	1500m/40K/10K	Terry Vine	Sen M	03:30:03	212/215		2nd	
<b><u>1900m/85K/21K</u></b>									
Vitruvian Triathlon	05/09/2009	1900m/85K/21K	Jon Zigmond	MV50	05:36:58	487/778	5/12	2nd	
The Vitruvian	07/09/2008	1900m/85K/21K	Terry Vine	MV40	06:16:42	612/700	118/129	2nd	

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<b><u>2.4M/112M/26.2M</u></b>									
Ironman UK	02/08/2009	2.4M/112M/26.2M	Jon Zigmond	MV50	13:59:53	896/1378 +	9/18 + 4DN	2nd	
<b><u>2000m/52M/13.2M</u></b>									
BTA National Middle Dist Champs	04/06/2005	2000m/52M/13.2M	Lesley Cliff	FV50	05:09:00	12th	1st	U	
Bala Mid Distance Tri	04/06/2007	2000m/52M/13.2M	Jon Zigmond	MV50	05:10:04	184/345	4/16	2nd	
Bala Middle Distance Tri	04/06/2006	2000m/52M/13.2M	Jon Zigmond	MV50	05:29:39	206/279	11/15	2nd	
Bala Middle Distance Triathlon	14/06/2009	2000m/52M/13.2M	Jon Zigmond	MV50	05:39:55	330/490 +	20/35 +3dn	2nd	
National Middle Distance Tri (Belvoir)	09/07/2006	2000m/52M/13.2M	Jon Zigmond	MV50	05:53:30	163/212		2nd	
National Middle Distance Champs	08/09/2007	2000m/52M/13.2M	Terry Vine	Sen M	06:38:27	666/689		2nd	
<b><u>2000m/93K/20K</u></b>									
Cleveland Steelman	04/07/2009	2000m/93K/20K	Jon Zigmond	MV50	05:28:45	103/155	8/10	2nd	
Cleveland Steelman Tri	07/07/2007	2000m/93K/20K	Jon Zigmond	MV50	05:33:36	70/105	8/13	2nd	
Cleveland Steelman Triathlon	05/07/2008	2000m/93K/20K	Jon Zigmond	MV50	05:40:19	138/166	8/13	2nd	

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<b><u>400m/20K/5K</u></b>									
Southwell Sprint Tri	23/09/2007	400m/20K/5K	Steve Wigglesworth	MV40	00:53:04	5/500	2/90	VCAC	
Southwell Tri	24/09/2006	400m/20K/5K	Steve Wigglesworth	MV40	00:54:23	5/400	1/90	VCAC	
Warwick Tri	28/09/2008	400m/20K/5K	Steve Wigglesworth	MV40	00:56:12	3/250	1/60	VCAC	
Warwick Triathlon	15/04/2007	400m/20K/5K	Steve Wigglesworth	MV40	00:57:39	1/250	1/60	VCAC	
Warwick Triathlon	15/04/2007	400m/20K/5K	Steve Wigglesworth	MV40	00:57:39	1/250	1/60	VCAC	
Duston Sprint Triathlon, Beds	27/04/2008	400m/20K/5K	Steve Wigglesworth	MV40	00:59:07	9/400	1/50	VCAC	
Bedford Triathlon	23/04/2006	400m/20K/5K	Steve Wigglesworth	MV40	01:01:57	7/90		VCAC	
Lincolnshire Tri	20/07/2008	400m/20K/5K	Steve Wigglesworth	MV40	01:02:05	10/380	1/40	VCAC	
Derby Tri	17/09/2006	400m/20K/5K	Steve Wigglesworth	MV40	01:02:19	25/650	9/150	VCAC	
Derby Triathlon	11/09/2005	400m/20K/5K	Steve Wigglesworth	MV40	01:02:32	12/525	3/200	VCAC	
Just Racing	17/04/2005	400m/20K/5K	Steve Wigglesworth	MV40	01:04:28	26 / 350	6 / 104	VCAC	
Skipton Triathlon	29/04/2007	400m/20K/5K	Steve Wigglesworth	MV40	01:05:12	22/400	5/80	VCAC	
Rugby Sprint Triathlon	31/08/2008	400m/20K/5K	John Gabriel	MV50	01:09:00	58/251	18/60 MV	VCAC	
Duston Triathlon	22/04/2007	400m/20K/5K	Scott Baillie	MV40	01:13:44	141/276	30/60	1st	
St Albans Triathlon	10/06/2007	400m/20K/5K	Scott Baillie	MV40	01:16:47	82/206	12/30	1st	
Cheshire Sundog Sprint Tri	03/06/2007	400m/20K/5K	Steve Coote	MV40	01:19:07	229/497		VCAC	

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<b><u>750m/20K/5K</u></b>									
Allerthorpe Sprint Triathlon, E Yorks	22/06/2008	750m/20K/5K	Steve Wigglesworth	MV40	01:03:19	7/170	2/50	VCAC	
Holme Pierrpoint, Notts	15/05/2009	750m/20K/5K	Steve Wigglesworth	MV40	01:04:53	14	1	VCAC	
Big Cow Sprint Triathlon, Bucks	18/05/2008	750m/20K/5K	Steve Wigglesworth	MV40	01:05:05	20/250	6/80	VCAC	
Hartlepool Triathlon	28/08/2005	750m/20K/5K	Steve Wigglesworth	MV40	01:05:31	15/180	4/80	VCAC	
Nottingham Triathlon	07/08/2005	750m/20K/5K	Steve Wigglesworth	MV40	01:06:01	14/180	6/75	VCAC	
Gold Coast, Australia	13/09/2009	750m/20K/5K	Steve Wigglesworth	MV40	01:06:39	9th	ITU World	GBR	
Hatfield Tri S.Yorks	27/07/2008	750m/20K/5K	Steve Wigglesworth	MV40	01:06:41	7/200	2/39	VCAC	
Hartlepool Tri	27/08/2006	750m/20K/5K	Steve Wigglesworth	MV40	01:08:00	12/140	6/40	VCAC	
Milton Keynes Sprint Tri	08/07/2007	750m/20K/5K	Steve Wigglesworth	MV40	01:08:04	16/240	1/80	VCAC	
Blithfield, Staffordshire	26/07/2009	750m/20K/5K	Steve Wigglesworth	MV40	01:08:52	8th	2nd - MV45	VCAC	
Hatfield Sprint Triathlon	30/07/2006	750m/20K/5K	Steve Wigglesworth	MV40	01:09:09	9/120	6/25	VCAC	
Mallory Sprint Triathlon, Leics	04/05/2008	750m/20K/5K	Steve Wigglesworth	MV40	01:09:11	19/120	6/40	VCAC	
Stockton, Teeside	30/08/2009	750m/20K/5K	Steve Wigglesworth	MV40	01:09:34	3rd	1st - MV40	VCAC	
Spalding Sprint Triathlon	20/07/2003	750m/20K/5K	Scott Baillie	Sen M	01:09:59	144 / 255		VCAC	
Hatfield Triathlon	31/07/2005	750m/20K/5K	Steve Wigglesworth	MV40	01:11:10	18/140	8/39	VCAC	
Southwell Sprint Tri (Notts)	21/05/2003	750m/20K/5K	Mike Folland	MV60	01:11:14	216 / 429		2nd	
Hatfield Sprint Tri	29/07/2007	750m/20K/5K	Steve Wigglesworth	MV40	01:14:21	9/200	2/40	VCAC	
Grendon Tri Northants	07/09/2008	750m/20K/5K	Steve Wigglesworth	MV40	01:15:31	2/250	1/80	VCAC	
Salford Tri	30/07/2006	750m/20K/5K	Max Hunt	MV40	01:17:06	49th	8th	1st	
Duston Sprint Triathlon	25/05/2003	750m/20K/5K	Scott Baillie	Sen M	01:17:40	142 / 196		VCAC	
Nottingham Sprint Tri	03/08/2008	750m/20K/5K	Terry Vine	MV40	01:20:14	192/266		2nd	
Hatfield Sprint Triathlon	30/07/2006	750m/20K/5K	Jon Zigmond	MV50	01:21:08	63/104	8/10	2nd	
Nottingham Tri	12/08/2007	750m/20K/5K	Terry Vine	Sen M	01:36:36	161/185		2nd	

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<u>R/B/R/B/R</u>									
<u>2M/10M/2M</u>									
Milton Keynes Duathlon	15/09/2002	2M/10M/2M	Graham White	MV40	01:29:19	32nd		2nd	
Milton Keynes Duathlon	15/09/2002	2M/10M/2M	Lesley Cliff	FV50	01:41:39	8th F		VCAC	
Milton Keynes Duathlon	15/09/2002	2M/10M/2M	Adrian Reynold	MV40	01:42:41	69th		1st	
Milton Keynes Duathlon	15/09/2002	2M/10M/2M	Andy Harper	Sen M	01:44:26	71st		1st	
Milton Keynes Duathlon	15/09/2002	2M/10M/2M	Peter Simpson	MV40	01:52:26	84th		VCAC	

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<b><u>Duathlon R/B/R</u></b>									
<b><u>10K/40K/10K</u></b>									
Scarborough	11/09/2005	10K/40K/10K	Jon Zigmond	MV50	02:52:55	78/122	6/11	2nd	
<b><u>10K/40K/5K</u></b>									
Clumber Park Classic Duathlon	08/03/2008	10K/40K/5K	John Gabriel	MV50	02:07:57	158/273	4/10	1st	
National Duathlon (Swindon)	18/05/2003	10K/40K/5K	Graham White	MV40	02:13:25	128th		2nd	
Milton Keynes Duathlon	13/04/2008	10K/40K/5K	John Gabriel	MV50	02:18:24	166/2280	5/10	VCAC	
Swindon Duathlon	06/04/2008	10K/40K/5K	John Gabriel	MV50	02:20:15	79/156	2/4	VCAC	
European Duathlon Champs (Hungary)	15/05/2005	10K/40K/5K	Lesley Cliff	FV50	02:29:00	4th	1st	GBR	
Swindon Duathlon	03/04/2005	10K/40K/5K	Lesley Cliff	FV50	02:29:00	8th	1st	U	
ITU World Duathlon Champs	28/09/2008	10K/40K/5K	John Gabriel	MV50	02:36:14	520/621	29/46 M55-	GBR	
National Duathlon (Swindon)	18/05/2003	10K/40K/5K	Dave Arnold	MV40	09:59:59				
<b><u>5K/20K/2.5K</u></b>									
Clumber Park, Nottinghamshire	07/03/2009	5K/20K/2.5K	Steve Wigglesworth	MV40	01:01:02	1st	1st	VCAC	
Clumber Classic Sprint Duathlon	10/03/2007	5K/20K/2.5K	Steve Wigglesworth	MV40	01:07:20	12/100	3/40	VCAC	
Spalding Duathlon	06/05/2006	5K/20K/2.5K	Emma Smith	Sen F	01:27:58	47/49		VCAC	
<b><u>5K/20K/5K</u></b>									
Hairy Legs Challenge	16/05/2004	5K/20K/5K	John Morgan	Sen M	01:46:39	11th		2nd	
Hairy Legs Duathlon	14/05/2006	5K/20K/5K	John Morgan	Sen M	01:47:25	23/195			
Boneshaker Duathlon (off road)	20/09/2009	5K/20K/5K	Nik Windle	MV40	01:52:49	123/226		1st	
Colne Duathlon	28/04/2002	5K/20K/5K	Ian Stuttard	Sen M	01:58:57	31st		VCAC	
Hairy Legs Challenge	08/05/2005	5K/20K/5K	John Morgan	Sen M	02:05:04	122nd		VCAC	
Burnley Duathlon	14/04/2002	5K/20K/5K	Ian Stuttard	Sen M	02:18:55	48th		VCAC	
Hairy Legs Duathlon	14/05/2006	5K/20K/5K	Sharon Davidson	Sen F	02:31:24	187/195	12/15	Vegan	

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