

# VCAC Track and Field Results - All Results Summary to 31/12/2009

Event	Date	Dist / Height	Member	Cat	Time	Pos	Cat Pos	Colours	Personal
<b><u>Discus</u></b>									
Charnwood AC Senior Women Discus	31/08/2005	12.42m	Sophia Howard	Sen F				2nd	
Charnwood AC Track & Field - Discus	20/04/2008	13.59m	Sophia Howard	FV40				VCAC	
Midlands Vet Lge Finals Discus	03/09/2005	14.36m	Sophia Howard	Sen F				2nd	
Charnwood AC Club Champs Discus	19/09/2005	14.50m	Sophia Howard	Sen F			1st	2nd	
<b><u>Hammer</u></b>									
Charnwood Athletic Hammer	17/04/2005	10.22m	Sophia Howard	Sen F				VCAC	
Open Comp (Loughborough) Hammer	13/07/2005	12.59m	Sophia Howard	Sen F				VCAC	
Charnwood AC Club Champs Hammer	21/09/2005	13.00m	Sophia Howard	Sen F				2nd	
<b><u>High Jump</u></b>									
Masters Midlands League - High Jump	07/05/2008	1.10m	Sophia Howard	FV40		2/4		2nd	
Charnwood Athletic High Jump	17/04/2005	1.10m	Sophia Howard	Sen F				VCAC	
Charnwood AC Club Champs High Jump	12/09/2005	1.15m	Sophia Howard	Sen F			1st	2nd	
Charnwood AC Track & Field - High Jump	20/04/2008	1.15m	Sophia Howard	FV40				VCAC	
<b><u>Hurdles</u></b>									
Midland Womens League - 100m Hurdles	03/05/2008	100m	Sophia Howard	FV40	00:00:24.00	3/4		2nd	
Charnwood AC Club Champs (400MH)	05/09/2001	400m	Sophia Howard	Sen F					
Charnwood AC Senior Women 400m hurdles	31/08/2005	400m	Sophia Howard	Sen F	00:01:29.00			2nd	
Midland Womens League - 400m Hurdles	03/05/2008	400m	Sophia Howard	FV40	00:01:30.00	4/4		2nd	
<b><u>Javelin</u></b>									
Charnwood AC Track & Field - Javellin	20/04/2008	13.30m	Sophia Howard	FV40				VCAC	
Charnwood AC Club Championships	09/09/2009	14.67m	Sophia Howard	FV40					
Midlands Veteran League Javelin	11/08/2005	15.00m	Sophia Howard	Sen F				2nd	
Charnwood AC Club Champs Javelin	14/09/2005	15.27m	Sophia Howard	Sen F			1st	2nd	
Midland Womens League - Javellin	03/05/2008	9.00m	Sophia Howard	FV40		4/5		2nd	

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<b><u>Long Jump</u></b>									
Charnwood AC Club Champs Long Jump	05/09/2005	3.51m	Sophia Howard	Sen F			1st	2nd	
Open Comp (Loughborough) Long Jump	13/07/2005	3.58m	Sophia Howard	Sen F				VCAC	
Charnwood AC Club Championships	07/09/2009	3.60m	Sophia Howard	FV40					
<b><u>Pole Vault</u></b>									
Bury St Edmunds	13/07/2002	3.10m	Max D'Ayala	Sen M		1st		2nd	
SML Div 4 East (Hastings)	02/08/2003	3.40m	Max d'Ayala	Sen M		1st		2nd	
<b><u>Shot</u></b>									
Charnwood AC Club Champs Shot	26/09/2005	5.59m	Sophia Howard	Sen F			1st	2nd	
<b><u>Time Trial</u></b>									
Tooting Bec 1 hour (10,655m)	26/03/2005	10655m	Ron Franklin	MV70	01:00:00.00		1st	2nd	UK Record

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<b><u>Track / Field</u></b>									
BMAF Champs over 75 (10000m)	17/07/2005	10000m	Ron Franklin	MV70	00:55:34.00	1st		2nd	
World Masters Champs (10000m)	28/08/2005	10000m	Ron Franklin	MV70	00:56:44.00		9th	2nd	
VAC Championships (10000m)	07/09/2005	10000m	Ron Franklin	MV70	00:58:00.00		2nd	2nd	
Ipswich	20/08/2001	1000m	Richard Jordan	MV40	00:03:04.02		1st		
Yeovil Winter Athletics Open 1000m	17/11/2009	1000m	Guy Thompson	Sen M	00:03:18.00	last		2nd	
Open Comp (Loughborough) 100m	13/07/2005	100m	Sophia Howard	Sen F	00:00:16.00			VCAC	
Midlands Veteran Lge (100m)	06/07/2005	100m	Sophia Howard	Sen F	00:00:17.00			2nd	
Charnwood AC Open Graded - 100m	21/05/2008	100m	Sophia Howard	FV40	00:00:17.00			VCAC	
Masters Midlands League - 100m	07/05/2008	100m	Sophia Howard	FV40	00:00:17.00	7/7		2nd	
Charnwood AC Club Championships	07/09/2009	100m	Sophia Howard	FV40	00:00:17.10				
Midlands Veteran League (100m)		100m	Sophia Howard	Sen F	00:00:18.00				
Midland Senior Women Track & Field Lge	02/08/2009	100m	Sophia Howard	FV40	00:00:18.20	2/2			
Southern Men's Div.3 (Bedford)	07/07/2001	1500m	Max D'Ayala	Sen M	00:04:41.00			2nd	
UK Women's League (1500m)	03/06/2006	1500m	Suzanne Benyon	Sen F	00:04:42.00	5th		2nd	
Bedfordshire Champs	12/05/2002	1500m	Anna Berrill	Sen F	00:04:50.00	2nd		2nd	
Southern Women's League (1500m)	22/05/2004	1500m	Danielle Sanderson		00:05:05.00	1st			
Charnwood AC Club Champs 1500m	12/09/2005	1500m	Sophia Howard	Sen F	00:06:11.00		1st	2nd	
Midlands Veteran Lge 1500m	04/05/2005	1500m	Sophia Howard	Sen F	00:06:20.00			VCAC	
Masters Midlands League - 1500m	07/05/2008	1500m	Sophia Howard	FV40	00:06:23.00	6/6		2nd	
Midlands Veteran League (1500m)		1500m	Sophia Howard	Sen F	00:07:09.00				
BMAF Champs over 75 (1500m)	16/07/2005	1500m	Ron Franklin	MV70	00:07:34.00	2nd		2nd	
Yeovil Winter Athletics Open 150m	17/11/2009	150m	Guy Thompson	Sen M	00:00:23.00	last		2nd	
Midlands Veteran League 200m	11/08/2005	200m	Sophia Howard	Sen F	00:00:36.00			2nd	
Charnwood AC Open Graded - 200m	21/05/2008	200m	Sophia Howard	FV40	00:00:37.00			VCAC	
BMC (Loughborough) 3000m	15/06/2005	3000m	Suzanne Benyon	Sen F	00:09:54.00	3rd		2nd	
Steeplechase	23/06/2002	3000m	Job King	Sen M	00:09:55.00			2nd	
UK Women's League 3000m (B)	04/06/2005	3000m	Suzanne Benyon	Sen F	00:09:56.00	1st		2nd	

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Loughborough Int (3000m)	21/05/2006	3000m	Suzanne Benyon	Sen F	00:09:58.00	7th		2nd	
Track	16/07/2002	3000m	Anna Berrill	Sen F	00:10:02.00			2nd	
Southern Women's League (3000m)	22/05/2004	3000m	Danielle Sanderson		00:10:32.00	1st			
Charnwood AC Club Champs 3000m	07/09/2005	3000m	Sophia Howard	Sen F	00:13:13.00		1st	2nd	
Midlands Veteran League 3000m	11/08/2005	3000m	Sophia Howard	Sen F	00:13:48.00			2nd	
Midlands Vet Lge Finals 3000m	03/09/2005	3000m	Sophia Howard	Sen F	00:13:55.00			2nd	
Yeovil Winter Athletics Open 300m	17/11/2009	300m	Guy Thompson	Sen M	00:00:49.00	last		2nd	
Charnwood AC Club Champs 400m	07/09/2005	400m	Sophia Howard	Sen F	00:01:16.00		1st	2nd	
Midlands Veteran Lge 400m	04/05/2005	400m	Sophia Howard	Sen F	00:01:18.00			VCAC	
Masters Midlands League - 400m	07/05/2008	400m	Sophia Howard	FV40	00:01:20.00	2/6		2nd	
Midlands Veteran League (400m)		400m	Sophia Howard	Sen F	00:01:24.00				
Southern League (season best)		5000m	David Tullett	Sen M	00:15:41.00				
BAL League Div 2 (5000m)	06/05/2006	5000m	Pete Benyon	Sen M	00:15:52.00	7th		2nd	
British Men's League Div 2 5000m (B)	04/06/2005	5000m	Pete Benyon	Sen M	00:16:15.00	7th		2nd	
BMC 5000m	24/06/2006	5000m	Suzanne Benyon	Sen F	00:16:50.00	15th		2nd	
BMC (Solihull)	25/06/2005	5000m	Suzanne Benyon	Sen F	00:16:52.00			2nd	
Southern Men's Div.3 (Bedford)	07/07/2001	5000m	Max D'Ayala	Sen M	00:17:35.00	5th		2nd	
Southern Men's Div.3 (Thurrock)	04/08/2001	5000m	Max D'Ayala	Sen M	00:17:52.00	5th		2nd	
BMAF Champs over 75 (5000m)	16/07/2005	5000m	Ron Franklin	MV70	00:26:40.00	1st		2nd	
World Masters Champs (5000m)	25/08/2005	5000m	Ron Franklin	MV70	00:27:01.00		11th	2nd	
BMAF Championships	05/07/2009	5000m	Ron Franklin	MV80	00:37:26.00	1st	1st	2nd	
World Masters Championships - Finland	01/08/2009	5000m	Ron Franklin	MV80	00:41:22.00	6th		2nd	
Yeovil Winter Athletics Open 600m	17/11/2009	600m	Guy Thompson	Sen M	00:01:55.00	last		2nd	
Yeovil Winter Athletics Open 60m	17/11/2009	60m	Guy Thompson	Sen M	00:00:09.00	last		2nd	
Southern Men's Div.3 (Bedford)	07/07/2001	800m	Max D'Ayala	Sen M	00:02:09.00	3rd		2nd	
Charnwood AC Club Championships	07/09/2009	800m	Sophia Howard	FV40	00:02:52.00				
Midlands Veteran League 800m	11/08/2005	800m	Sophia Howard	Sen F	00:02:56.00			2nd	
Charnwood AC Club Champs 800m	05/09/2005	800m	Sophia Howard	Sen F	00:02:57.00		1st	2nd	
Charnwood Athletic 800m	17/04/2005	800m	Sophia Howard	Sen F	00:02:59.00			VCAC	

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Midlands Vet Lge Finals 800m	03/09/2005	800m	Sophia Howard	Sen F	00:03:00.00			2nd	
Charnwood AC Senior Women 800m	31/08/2005	800m	Sophia Howard	Sen F	00:03:01.00			2nd	
Midland Womens League - 800m	03/05/2008	800m	Sophia Howard	FV40	00:03:12.00	6/6		2nd	

## **Triple Jump**

Midlands Veteran League Triple Jump	11/08/2005	7.59m	Sophia Howard	Sen F				2nd	
Charnwood AC Club Champs Triple Jump	28/09/2005	7.59m	Sophia Howard	Sen F			1st	2nd	

## **Walk**

Midlands Veteran Lge (2K walk)	06/07/2005	2K	Sophia Howard	Sen F	00:13:14.00			2nd	
Midlands Veteran Lge 2K walk	04/05/2005	2K	Sophia Howard	Sen F	00:13:15.00			VCAC	
Midlands Veteran League 2K walk	11/08/2005	2K	Sophia Howard	Sen F	00:13:23.00			2nd	
Midlands Veteran League (2K walk)		2K	Sophia Howard	Sen F	00:13:47.00				
Midlands Vet Lge Finals 2K walk	03/09/2005	2K	Sophia Howard	Sen F	00:13:55.00			2nd	