

Vegetarian Cycling & Athletic Club



Standard Results Report 01/10/2009 to 30/09/2010

Key: VCAC = In Club colours; 1st /2nd = 1st/2nd claim - not in colours; GBR = International kit; VRUK = Vegan Runners

Issue date: 5th November 2010

Web site: www.vcac.vegfolk.co.uk

VCAC Running Results

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
03/10/2009								
Conniston Trail Race (15K)	Multi Terrain	Steve Coote	MV50	01:26:57	254/459		VCAC	
Conniston Challenge 15K	Other	Emma Smith	Sen F	01:44:55	124/303		VCAC	
04/10/2009								
Standalone 10K	10K	Keith Hammond	MV40	00:38:59	58/1008	20/208	VCAC	
Standalone 10K	10K	Andrew Harper	MV40	00:42:20	141/1008		VCAC	
SEAA 10K Crystal Palace	10K	Peter Simpson	MV40	00:42:47	56/111		VRUK	
Standalone 10K	10K	Sharon Hammond	FV40	01:01:53	838/1008		VCAC	
Abington 10K	10K	Carol Norwood	FV50	01:10:03	180/195	6/9	1st	
Kenilworth half Marathon	Half Marathon	Glenn Chapman	MV40	02:01:38				
Kenilworth Half Marathon	Half Marathon	Caroline Chapman	FV40	02:06:50				
11/10/2009								
Gold Hill 9.5k	Other	Guy Thompson	Sen M	00:41:19	8/141	5/34	2nd	
Tring Ridgeway 15K	Multi Terrain	Peter Simpson	MV40	01:11:39	52/473		VRUK	
Breidden Hills Race	Multi Terrain	John Morris	MV50	01:15:41	53/122		VCAC	
Birmingham Half marathon	Half Marathon	Robert Mottram Jones	MV40	01:26:20			VCAC	
Henley Half Marathon	Half Marathon	Ade Gibbon	MV50	01:39:13			VCAC	
Henley Half Marathon	Half Marathon	Caroline Chapman	FV40	02:04:27				
Leicester Marathon	Marathon	Graham Tracey	Sen M	03:19:28	131/702		VCAC	
Sydskyst Marathon, Copenhagen	Marathon	Jens Kieffer-Olsen	MV60	04:24:46	65/78		VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
16/10/2009								
Poole Runners 5k Open Race 1	5K	Guy Thompson	Sen M	00:18:24	41/301	18/69	2 nd	
18/10/2009								
Saxmundham Saxons MT 5 Miles	Multi Terrain	Paul Horne	MV40	00:33:44			VCAC	
Amphthill Trophy (8K)	Cross Country	Keith Hammond	MV40	00:37:42	68/239	15/36	VCAC	
Freith Hilly	10K	Ade Gibbon	MV50	00:47:47			VCAC	
Freith Hilly	10K	Nik Windle	MV40	00:53:49	183/537		VCAC	
Abingdon Marathon	Marathon	Manuel Corriente	Sen M	03:13:59	136/706		VCAC	
24/10/2009								
Burnham Beeches 10K	Cross Country	Glenn Chapman	MV40	00:59:22				
Burnham Beeches 10K	Cross Country	Caroline Chapman	FV40	00:59:22				
Snowdonia Marathon	Marathon	Jon Zigmond	MV50	04:09:37	552/1325		18/54 +2dnf	VCAC
Beachy Head Marathon	Marathon	Charles Simmons	MV60	05:40:00			VCAC	
Beachy Head Marathon	Marathon	Kathleen Hoyle	Sen F	06:45:00			VCAC	
25/10/2009								
Milford & Keyhaven 5	5M	Guy Thompson	Sen M	00:32:00	20/250	10/70	2 nd	
Rotary Blenheim 10K	10K	Nik Windle	MV40	00:52:09	217/457		VCAC	
Candleford Canter - Ladies Only Race	10K	Sharon Hammond	FV40	01:01:01	99/124		VCAC	
01/11/2009								
Through the Villages, (8.5M)	Other	Graham Tracey	Sen M	00:59:58	60/253		VCAC	
Derwentwater 10	10M	Darren Brimer	MV40	01:27:21	306/410			
Stevenage Half Marathon	Half Marathon	Manuel Corriente	Sen M	01:32:22	72/677		VCAC	
Stevenage Half Marathon	Half Marathon	Andy Jordan	MV40	01:32:33	74/677		VCAC	
Guy Fawkes 10	10M	Emma Smith	Sen F	01:39:12	577/738	36/54 FV35	VCAC	
Marlow Half Marathon	Half Marathon	Ade Gibbon	MV50	01:46:09	282/942		VCAC	
Stevenage Half Marathon	Half Marathon	Andrew Harper	MV40	01:48:30	288/677		VCAC	
Marlow Half Marathon	Half Marathon	Nik Windle	MV40	01:56:52	524/938		VCAC	
Marlow Half Marathon	Half Marathon	Mary Davis	FV40	02:05:37	692/942		VCAC	
07/11/2009								
Endurancelife Coastal Trail Series Dorset	Marathon	Stuart Crispin	Sen M	04:32:36	13/115			

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
08/11/2009								
Poppy Race, Boston	5M	Steve Wigglesworth	MV40	00:29:43	14/121	5	VCAC	
Frostbite League, Bushfield, Peterboroughn	5M	Max D'Ayala	MV40	00:29:46	40/493		2nd	
PECO XC League Race 1 (5M)	Cross Country	Emma Smith	Sen F	00:46:10	59/113	8/12 FV35	2nd	
Stowmarket Scenic 7 (miles)	Other	Paul Horne	MV40	00:48:42			VCAC	
Stebbing 10M	10M	Carol Norwood	FV50	01:41:47	415/440	29/33	1st	
09/11/2009								
Mad Jacks 5 - Shrewsbury	Multi Terrain	John Morris	MV50	00:39:08	77/316		VCAC	
12/11/2009								
Herberts Hole XC Challenge	Cross Country	Ade Gibbon	MV50	00:51:15			VCAC	
15/11/2009								
Barnsley 10K	10K	Emma Smith	Sen F	00:56:29	686/882	28/51 FV35	VCAC	
Wimborne 10	10M	Guy Thompson	Sen M	01:09:09	91/567	44/129	2nd	
22/11/2009								
Boscombe 10K	10K	Guy Thompson	Sen M	00:40:12	32/436	18/119	2nd	
Hadleigh 10	10M	Paul Horne	MV40	01:09:54			VCAC	
Hadleigh 10	10M	Paul Horne	MV40	01:09:54			VCAC	
Turbo X Trail Race – Bordon (10M)	Multi Terrain	Gideon Stanley	MV40	01:25:00	85/856	10/120	1st	
27/11/2009								
Poole Runners 5K Open Race 2	5K	Guy Thompson	Sen M	00:18:56	42/319	19/78	2nd	
29/11/2009								
Maylarch Eynsham 10K	10K	Nik Windle	MV40	00:49:35	316/542		VCAC	
Clowne Half Marathon	Half Marathon	Steve Coote	MV50	01:47:37	253/540		VCAC	
05/12/2009								
PECO XC League Race 2 (5M)	Cross Country	Emma Smith	Sen F	00:52:50	69/102	11/14 FV35	2nd	
Reggae Half Marathon – Jamaica	Half Marathon	Caroline Chapman	FV40	02:07:05				
Reggae Marathon – Jamaica	Marathon	Glenn Chapman	MV40	04:29:00				
Endurancelife Coastal Trail Series Gower	Marathon	Stuart Crispin	Sen M	04:41:18	24/159			

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
06/12/2009								
Doyen of the Downs (30M)	Ultra	Kathleen Hoyle	Sen F		DNF		VCAC	
Edwinstowe 10K Trail Race	Multi Terrain	Steve Wigglesworth	MV40	00:40:29	17/433	8	VCAC	
Edwinstowe 10K Trail Race	Multi Terrain	Emma Smith	Sen F	00:58:02	252/433	32/76	VCAC	
Luton Marathon	Marathon	Andy Jordan	MV40	03:33:48	154/492		VCAC	
Luton Marathon	Marathon	Andrew Harper	MV40	03:42:24	211/492		VCAC	
13/12/2009								
Frostbite League, Hinchingbrooke Park, Huntingon	Multi Terrain	Max D'Ayala	MV40	00:31:12	24/372		2nd	5 miles approx
Christchurch Christmas Pudding 10K	10K	Guy Thompson	Sen M	00:39:58	66/569	30/96	2nd	
Andy Reading 10K	10K	Nik Windle	MV40	00:47:47	212/445		VCAC	
Stockport 10	10M	Graham Tracey	Sen M	01:08:08	110/693		VCAC	
Stockport 10	10M	Steve Coote	MV50	01:18:09	315/693	20/47	VCAC	
Bedford Half Marathon	Half Marathon	Keith Hammond	MV40	01:27:11	105/1524	25/241	VCAC	
Bedford Half Marathon	Half Marathon	Sharon Hammond	FV40	02:20:41	1449/1524		VCAC	
20/12/2009								
Ron Hill Surrey Series – Epsom 10K	10K	Gideon Stanley	MV40	00:38:15	17/155	6/39	VCAC	
26/12/2009								
Pirton Boxing Day Run (3M)	3M	Keith Hammond	MV40	00:21:01	31/323	7/44 MV45	VCAC	
Pirton Boxing Day Run (3M)	3M	Andrew Harper	MV40	00:23:09	72/323		1st	
Pirton Boxing Day Run (3M)	3M	Sharon Hammond	FV40	00:30:28	238/323		VCAC	
27/12/2009								
Boxing Day Pilot (4M)	Other	James Cheseldine	MV40	00:24:28	15/100		VCAC	PB
28/12/2009								
Severn River Loop - Shrewsbury	5K	John Morris	MV50	00:20:38	44/140	5th	VCAC	
10/01/2010								
Cambridgeshire XC Champs, St Neots	Cross Country	Max D'Ayala	MV40	00:38:21	31/114		2nd	10K approx
Cebu Marathon, Philippines	Marathon	Manuel Corriente	Sen M	03:32:32	30/394		VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
17/01/2010								
Frostbite League, Ramsey	Multi Terrain	Max D'Ayala	MV40	00:32:25	28/404		2nd	5 mile approx
PECO xc League Race 3 (4.5M)	Cross Country	Emma Smith	FV35	00:48:56	60/89		2nd	
4 Villages Half Marathon, Helsby	Half Marathon	Graham Tracey	Sen M	01:29:41	165/1435		VCAC	
23/01/2010								
Endurancelife Coastal Trail Series Portland	Marathon	Stuart Crispin	Sen M	04:23:37	23/171			
24/01/2010								
Fred Hughes 10M St Albans	10M	Keith Hammond	MV40	01:06:23	54/617	18/169 MV4	VCAC	
Fred Hughes 10M St Albans	10M	Manuel Corriente	Sen M	01:07:17	60/617		VCAC	
Folksworth 15M	Other	Jeff Adams	MV50	01:53:22	125		VCAC	
Gloucester Marathon	Marathon	Robert Mottram Jones	MV40	03:40:28	83/282		VCAC	
Winter Tanners 30M	Ultra	Kathleen Hoyle	Sen F	10:05:00			1st	
30/01/2010								
South of England XC Champs, Parliament Hill, London	Cross Country	Peter Simpson	MV45	01:20:28	672/806		VRUK	15K
31/01/2010								
Hit The Trail 5, Reddish Vale Stockport	Multi Terrain	Steve Wigglesworth	MV40	00:30:21	3/86	1/11	VCAC	
Hit The Trail 5, Reddish Vale Stockport	Multi Terrain	Steve Coote	MV50	00:35:36	14/76	3/9	VCAC	
PECO XC League Race 4 (4.66M)	Cross Country	Emma Smith	FV35	00:41:25	60/101		2nd	
Loftus Poultry Race (8M)	Multi Terrain	Jon Zigmond	MV50	01:07:33	167/312	29/45	1st	
04/02/2010								
Helmsley MT 10K	Multi Terrain	Jon Zigmond	MV55	00:49:45	94/246	6/15	VCAC	
07/02/2010								
Frostbite League, Bourne Woods	Cross Country	Max D'Ayala	MV40	00:30:52	28	2nd		5 mile approx
Bookham 10K	Multi Terrain	Gideon Stanley	MV40	00:45:53	6/354	3/73	VCAC	
St Wilfrid's Muddy Boots' 10K	10K	Emma Smith	FV35	00:57:32	195/282		VCAC	
Watford Half Marathon	Half Marathon	Andrew Harper	MV40	01:38:43	458/1853		VCAC	
Watford Half Marathon	Half Marathon	Ade Gibbon	MV50	01:38:49	486/1853		VCAC	
Watford Half Marathon	Half Marathon	Mary Davis	FV40	02:02:30	1482/1853		VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
14/02/2010								
Stamford St Valentines 30K	Other	Jeff Adams	MV50	02:18:27	156		VCAC	
21/02/2010								
Winslow Lions 10K	10K	Keith Hammond	MV40	00:39:37	13/217	5/58	VCAC	
Winslow Lions 10K	10K	Sharon Hammond	FV45	01:03:05	196/217		VCAC	
Bungay 20K	Other	Paul Horne	MV50	01:30:36	77/416		VCAC	
Wokingham Half marathon	Half Marathon	Nik Windle	MV40	01:47:09	1011/1968		VCAC	PB
Portsmouth Coastal Half Marathon	Half Marathon	Victoria Widdowson	Sen F	02:08:23	461/608	27	VCAC	
27/02/2010								
National XC Champs (15K), Roundhay	Cross Country	Peter Simpson	MV40	00:59:01	1144/1428		VRUK	
Moonlight Challenge 33M	Ultra	Kathleen Hoyle	Sen F	04:50:00			1st	Time as at 20M
Endurancelife Coastal Trail Series South Devon	Marathon	Stuart Crispin	Sen M	04:34:11	15/170			
28/02/2010								
Castle Coombe 10K	10K	James Cheseldine	MV40	00:38:54	7th	2nd	VCAC	PB
Snake Lane 10	10M	Emma Smith	FV35	01:33:41	565/666		VCAC	
Sleaford Half Marathon	Half Marathon	Jeff Adams	MV50	01:35:14	90		VCAC	
06/03/2010								
Atacama Crossing - Chile	Ultra	Stuart Crispin	Sen M	36:07:04	13/122		2nd	7 day event, 250KM
07/03/2010								
Frostbite League, Huntingdon	5M	Max D'Ayala	MV40	00:29:35	33/406		2nd	
PECO XC League Race 5 (4.8M)	Cross Country	Emma Smith	FV35	00:47:07	59/86		2nd	
Bath Half Marathon	Half Marathon	Richard Shelley	Sen M	01:20:10	124/10725		2nd	
Milton Keynes Half marathon	Half Marathon	Keith Hammond	MV40	01:25:52	130/3246	5/58 MV45	VCAC	PB
Milton Keynes Half Marathon	Half Marathon	Manuel Corriente	Sen M	01:26:42	137/3246		VCAC	PB
Berkhamsted Half Marathon	Half Marathon	Peter Simpson	MV40	01:37:55	200/1151		VRUK	
Berkhamsted Half Marathon	Half Marathon	Ade Gibbon	MV50	01:38:48	262/1151		VCAC	
Berkhamsted Half Marathon	Half Marathon	Glenn Chapman	MV40	01:54:37	694/1151			
Berkhamsted Half Marathon	Half Marathon	Mary Davis	FV40	01:57:00	889/1151		VCAC	
Berkhamsted Half Marathon	Half Marathon	Caroline Chapman	FV40	02:02:57	889/1151		1st	
Milton Keynes Half Marathon	Half Marathon	Sharon Hammond	FV40	02:22:00	2896/3246		VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
13/03/2010								
Sparks Half Marathon	Half Marathon	Jeff Adams	MV50	01:28:05	35		VCAC	PB
14/03/2010								
Lydd Half Marathon	Half Marathon	Mike Phillips	Sen M	01:40:47	94/353		VCAC	
Staffod 20M	20M	Robert Mottram Jones	MV40	02:31:37	85/303		VCAC	
Stafford 20M	20M	John Morris	MV50	02:36:39	106/303		VCAC	
21/03/2010								
Sports Relief, Ipswich (6M)	Other	Paul Horne	MV50	00:50:40			1st	
Chedworth 10	Multi Terrain	James Cheseldine	MV40	01:21:31	128	16	VCAC	
Retford Half Marathon	Half Marathon	Steve Wigglesworth	MV40	01:27:13	27/338	13/87	VCAC	
Chedworth 10	Multi Terrain	Nik Windle	MV40	01:33:55	228/336		VCAC	
Water For Life Half Marathon, Bisham	Half Marathon	Glenn Chapman	MV40	01:54:00				
Retford Half Marathon	Half Marathon	Emma Smith	FV35	02:07:45	297/337		VCAC	
Water For Life Half Marathon, Bisham	Half Marathon	Caroline Chapman	FV40	02:08:00				
Hastings Half Marathon	Half Marathon	David Taylor	MV50	02:08:02	2791/3992			
Ashby 20	20M	Jeff Adams	MV50	02:22:45	78/795		VCAC	
27/03/2010								
Coniston (16.7M)	Other	Graham Tracey	Sen M	01:58:23	82/1291		VCAC	
Endurancelife Coastal Trail Series	Marathon	Stuart Crispin	Sen M	04:12:32	17/117		VCAC	
Pembrokeshire								
28/03/2010								
Wakefield Hospice 10K	10K	Emma Smith	FV35	00:53:54	692/1185		VCAC	
Teignbridge Ten	10M	Richard Shelley	MV35	00:59:27	8/205	3rd	2nd	PB
Forest of Dean Half Marathon	Half Marathon	James Cheseldine	MV40	01:31:29	99/2400	27	VCAC	
Joe Cox Half Marathon, Stowmarket	Half Marathon	Paul Horne	MV50	01:35:18	51/304		VCAC	
Oakley 20	20M	Jeff Adams	MV50	02:22:23	67/793	7th MV50	VCAC	
Oakley 20	20M	Keith Hammond	MV40	02:27:34	102/793	24/96 MV45	VCAC	
Oakley 20	20M	Andrew Harper	MV45	02:44:54	291/793		VCAC	
31/03/2010								
Goole Handicap (4.8M)	Other	Emma Smith	Sen F	00:41:08	9/19		2 nd	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
02/04/2010								
Guernsey Easter 10K	10K	Rod Paris	MV60	00:53:50	141/175	6/9	VCAC	
Maidenhead Ten	10M	Glenn Chapman	MV40	01:17:35	485/1055		1st	
Maidenhead Ten	10M	Caroline Chapman	FV40	01:28:00			1st	
03/04/2010								
Compton 20	20M	Nik Windle	MV40	03:36:33	112/177		VCAC	
Compton 40	Ultra	Andy Jordan	MV40	06:13:33	13/105		VCAC	
05/04/2010								
Stanwick 10K	10K	Keith Hammond	MV40	00:40:32	27/282	12/65	VCAC	
Stanwick 10K	10K	Sharon Hammond	FV45	01:02:56	243/282		VCAC	
11/04/2010								
Sandy 10	10M	Keith Hammond	MV45	01:10:42	89/524		VCAC	
Malaga Half Marathon	Half Marathon	Manuel Corriente	Sen M	01:40:26	1310/3065		VCAC	
18/04/2010								
Flitwick 10K	10K	Keith Hammond	MV40	00:38:57	39/794	11/170	VCAC	PB by 2 secs
Flitwick 10K	10K	Sharon Hammond	FV45	01:02:05	666/794	39/60	VCAC	
Bungay Marathon	Marathon	Paul Horne	MV50	03:36:29	59/210	5/19	VCAC	
24/04/2010								
Prague - Brandys Road Race (15K)	Other	Milos Bednar	MV50	01:09:59	23/38	2/5	2nd	
Endurancelife Coastal Trail Series - Cornwall	Marathon	Stuart Crispin	Sen M	06:06:48	93/117		VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
25/04/2010								
Shakespeare Half Marathon	Half Marathon	Robert Mottram Jones	MV45	01:31:53	74/1765		VCAC	
London Marathon	Marathon	Rich Shelley	Sen M	02:56:30	802/36539	486/13430	2nd	PB
London Marathon	Marathon	Jeff Adams	MV50	03:04:51	1421/36359	65/1851	1st	PB
London Marathon	Marathon	Keith Hammond	MV45	03:10:19	1904/36539	241/3154	VCAC	
London Marathon	Marathon	John Morris	MV50	03:18:50	2828/36539	175/1851	1st	
London Marathon	Marathon	Ade Gibbon	MV55	03:58:07	10383	242/933	VCAC	
London Marathon	Marathon	Glenn Chapman	MV45	04:09:42	13354	1490/3154	1st	
London Marathon	Marathon	Gert Cowling	FV60	04:33:24	19765	47/173	1st	
London Marathon	Marathon	Stuart Crispin	Sen M	04:37:50	20888	8732/13430	1st	
London Marathon	Marathon	Graham Beck	MV45	04:57:18	25753	2519/3154	1st	
01/05/2010								
Pocerady - Louny Road Race (15K)	Other	Milos Bednar	MV50	01:08:13	53/97	9/19	1st	
02/05/2010								
Kirkbymoorside 10K	10K	Jon Zigmund	MV50	00:46:31	136/383	20/48	2nd	watch time
Uttoxeter Half Marathon	Half Marathon	Robert Mottram Jones	MV45	01:27:44	43/329		VCAC	
Neolithic Marathon	Marathon	Nik Windle	MV40	05:26:58	226/248		VCAC	
03/05/2010								
Rothwell 10K	10K	Emma Smith	FV35	00:58:28	560/648	28/42	VCAC	
05/05/2010								
Croxby Race 1	Other	Paul Elliott	Sen M	00:28:05	13/94		1st	4.44 miles
Clayton 10K	10K	Robert Mottram Jones	MV45	00:40:01	31/196		VCAC	
Guernsey Easter Half Marathon	Half Marathon	Rod Paris	MV60	01:57:55	126/154	4/6	VCAC	
08/05/2010								
The Fellsman	Ultra	Andy Jordan	MV40	18:35:00	122/297 +102	DNF		61 Miles, 11,200 ft ascent

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
09/05/2010								
Bristol 10K	10K	Rich Shelley	Sen M	00:35:03	82		2nd	PB
Marlow 5	5M	Ade Gibbon	MV50	00:35:25	235/1657		VCAC	
Tewkesbury Half Marathon	Half Marathon	James Cheseldine	MV40	01:29:18	89/1187	16/32	VCAC	PB
Leeds Half Marathon	Half Marathon	Jon Zigmond	MV55	01:42:00	520/2824	8/55	2nd	
Halstead Marathon	Marathon	Keith Hammond	MV45	03:35:27	130/508		VCAC	PW
Gordon Bentley Memorial 12 Hour Track Race - Tipton	Ultra	Robert Mottram Jones	MV45	12:00:00	2nd		VCAC	95K 359 metres
12/05/2010								
Wolds Dash race 1	Other	Paul Elliott	Sen M	00:27:06	3/48		1st	7,137 m
13/05/2010								
Chaloupky 8K Cross Country	Cross Country	Milos Bednar	MV50	00:35:29	33/55	4/7	VCAC	
15/05/2010								
Ivybridge 10K	10K	Rich Shelley	Sen M	00:35:31	7/698	4	2nd	
Sarka (Prague) - MT	10K	Milos Bednar	MV50	00:46:50	18/35	3/9	VCAC	
16/05/2010								
Prestwood 10K	10K	Peter Simpson	MV40	00:43:32	21/236		VCAC	
Prestwood 10K	10K	Nik Windle	MV40	00:49:52	98/236		VCAC	
Prestwood 10K	10K	Mary Davis	FV40	00:53:26	136/236		VCAC	
Woodley 10K	10K	Nicola Hatch	Sen F	01:02:06			Undeclared	
19/05/2010								
Clickem 5 Series Race 1	5M	Paul Elliott	Sen M	00:30:33	5/82		1st	
Askern 10K	10K	Steve Wigglesworth	MV45	00:38:58	69/457	7/53	VCAC	
Askern 10K	10K	Emma Smith	FV35	00:51:29	321/457	14/23	VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
22/05/2010								
Brno Road Race (10.8K)	Other	Milos Bednar	MV50	00:47:50	27/56	6/10	VCAC	
Endurancelife Coastal Trail Series - Exmoor	Marathon	Stuart Crispin	Sen M	04:36:41	7/186		VCAC	8th overall in series, 1st out of competitors completing 7 races
26/05/2010								
Lincoln Wellington AC 5K Series Race 1	5K	Paul Elliott	Sen M	00:18:22	29/101		1st	
Prague, Track	5K	Milos Bednar	MV55	00:21:01	27/76	3/9	VCAC	
30/05/2010								
Bayer Newbury 10K	10K	Glenn Chapman	MV40	00:46:32				
Bayer Newbury 10K	10K	Caroline Chapman	FV40	00:53:50				
Plymouth Half Marathon	Half Marathon	Rich Shelley	Sen M	01:19:14	22/4689	17	2nd	
31/05/2010								
Hatfield Broad Oak 10K	10K	Keith Hammond	MV45	00:58:12	979/1276		VCAC	
Hatfield Broad Oak 10K	10K	Sharon Hammond	FV45	00:58:12	978/1276		VCAC	
Brandon Half Marathon	Half Marathon	Max D'Ayala	MV40	01:23:18	8/263	2nd	VCAC	
Chester Marathon	Marathon	Jeff Adams	MV50	03:11:38	77/764	6th		
Chester Marathon	Marathon	Robert Mottram Jones	MV45	03:31:41	205/764		VCAC	
01/06/2010								
Weedon 10K	10K	Peter Simpson	MV45	00:43:55	99/254	12/28	VRUK	
03/06/2010								
Pilot 4	Other	James Cheseldine	MV40	00:24:58	6/100		VCAC	
05/06/2010								
Wittstock (Germany) - MT	10K	Milos Bednar	MV55	00:44:28	13/68	2/7	VCAC	
Wittstock - Germany	10K	Olga Bednarova	FV55	01:04:26	30/38	2/3	VCAC	
Otmoor Half (MT)	Half Marathon	Nik Windle	MV40	02:00:53	148/296		VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
06/06/2010								
Poole 10K	10K	Rich Shelley	Sen M	00:35:58	28/985	23	VCAC	
13/06/2010								
Eltham 5M (MT)	5M	Peter Simpson	MV45	00:34:25	36/262		VRUK	
Chiltern Chase (MT)	10K	Nik Windle	MV40	00:49:57	139/372		VCAC	
Chaloupky, 8K cross country	Cross Country	Olga Bednarova	FV55	00:51:10	15/15	4/4	VCAC	
Southend Half Marathon	Half Marathon	Jeff Adams	MV50	01:28:50	73/1511	1st		
Southend Half Marathon	Half Marathon	Andrew Harper	MV45	01:35:57	179/1511		VCAC	
Potters Arf	Half Marathon	Robert Mottram Jones	MV45	01:35:59	143/1397		VCAC	
St Albans Half Marathon	Half Marathon	Glenn Chapman	MV40	01:53:36	746/1976	171	1st	
St Albans Half Marathon	Half Marathon	Caroline Chapman	FV45	02:09:13	1417/1976	46	VCAC	
St Albans Half Marathon	Half Marathon	Nicola Hatch	FV35	02:24:37	1775/1976	188	1st	
16/06/2010								
Mallards Pike 5	5M	James Cheseldine	MV40	00:30:52	13/127	4	VCAC	PB
Sandall Beat 10K Trail Race	10K	Emma Smith	FV35	00:54:09	152/231	3/16	VCAC	
18/06/2010								
Marston Forest 5K	5K	Keith Hammond	MV45	00:19:17	48/315	9/131	VCAC	PB by 1 sec
Marston Forest 5K	5K	Sharon Hammond	FV45	00:28:09	229/315	12/20	VCAC	
19/06/2010								
Darrington 5 Mile	5M	Emma Smith	FV35	00:43:47				2nd
20/06/2010								
Wombourne Half Marathon	Half Marathon	Robert Mottram Jones	MV45	01:26:48	42/507		VCAC	
23/06/2010								
Clickem 5 Series Race 2	5M	Paul Elliott	Sen M	00:32:44	17/97			1st
26/06/2010								
Olomouc	10K	Olga Bednarova	FV55	01:02:33	53/100	4/6	VCAC	
Olomouc Road Race	Half Marathon	Milos Bednar	MV55	01:38:31	210/990	5/40	VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
27/06/2010								
Doncaster Race For Life	5K	Emma Smith	FV35	00:27:30			1st	
Stone 10K	10K	Robert Mottram Jones	MV45	00:41:26	63/431		VCAC	
Platt Fields 10K	10K	Steve Coote	MV50	00:47:52	65/126	4/9	VCAC	
Thame 10K	10K	Nik Windle	MV40	00:48:20	213/825		VCAC	
29/06/2010								
Milton Keynes 10K	10K	Peter Simpson	MV45	00:42:12	107/379	16/39	VRUK	
03/07/2010								
Devils Chimney Chase	10K	James Cheseldine	MV40	00:42:44	17/179	8	VCAC	approx 10K
Birmingham & Black Country Half Marathon	Half Marathon	Robert Mottram Jones	MV45	01:38:57	108		VCAC	
04/07/2010								
Shifnal Steeplechase Half Marathon	Half Marathon	Robert Mottram Jones	MV45	01:40:46	48		VCAC	
06/07/2010								
Berryhill 10K	10K	Robert Mottram Jones	MV45	00:43:28	47/135		VCAC	
08/07/2010								
JP Morgan Corporate Challenge - Battersea Park	Other	Sharon Hammond	FV45	00:34:29			1st	3.5 Miles
11/07/2010								
Stopsley Striders Ladies 5K	5K	Sharon Hammond	FV45	00:27:41	19/97		VCAC	PB
Mount Ephraim 10K	10K	Peter Simpson	MV45	00:43:35	33/238	9th	VRUK	
Cliffe Woods 10K	10K	John Munson	MV75	01:23:00			VCAC	
Eccup 10 M	10M	Emma Smith	FV35	01:39:57	454/536	28/37	VCAC	
12/07/2010								
Frampton 10K	10K	James Cheseldine	MV40	00:37:59	28/454	6/93	VCAC	PB
14/07/2010								
Doncaster Town Centre 5K	5K	Emma Smith	FV35	00:23:54	102/146	3/8	VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
16/07/2010								
Rye Harbour	10K	John Munson	MV75	01:16:00	VCAC			
18/07/2010								
Wycombe 10K	10K	Sharon Hammond	FV45	00:59:27	185/315	20/40	VCAC	
Wycombe Half Marathon	Half Marathon	Keith Hammond	MV45	01:28:38	36/987	8/234	VCAC	
Wycombe Half Marathon	Half Marathon	Peter Simpson	MV45	01:35:05	77/987		VCAC	
Wycombe Half Marathon	Half Marathon	Mary Davis	FV45	02:01:27	617/987		VCAC	
Wycombe Half Marathon	Half Marathon	Caroline Chapman	FV45	02:06:04	689/987		1st	
Wycombe Half Marathon	Half Marathon	Nicola Hatch	FV40	02:28:57	918/987		1st	
25/07/2010								
Moonraker 10K	10K	Bill Balmer	MV40	00:40:16	40	5	2 nd	
Luton 10K	10K	Keith Hammond	MV45	00:41:01	17/145	17/103 M	VCAC	
26/07/2010								
Deal Dinosaur	10K	John Munson	MV75	01:16:00			VCAC	
29/07/2010								
Doug Anderson 5K	5K	Peter Simpson	MV45	00:20:20	80/379		VRUK	
31/07/2010								
24 Hour Thunder Run - Catton Park	Ultra	Robert Mottram Jones	MV45	24:00:00	5th Team		2nd	68.5 miles
01/08/2010								
Sale 10M	10M	Bill Balmer	MV40	01:06:50	83/250	11	2 nd	
08/08/2010								
Bearbrook 10K	10K	Keith Hammond	MV45	00:39:24	40/510	10/112	VCAC	
Bearbrook 10K	10K	Peter Simpson	MV45	00:41:27	67/510		VCAC	
Bearbrook 10K	10K	Nik Windle	MV45	00:49:16	230/510		VCAC	
Bearbrook 10K	10K	Mary Davis	FV45	00:53:05	326/510		VCAC	
Bearbrook 10K	10K	Sharon Hammond	FV45	00:57:57	412/510		VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
11/08/2010								
Staffs Knot 5 Miler	5M	Robert Mottram Jones	MV45	00:31:34	39th	3rd	VCAC	
Frank Hodson Saddleworth 6	Other	Bill Balmer	MV40	00:38:35	39/274	10/51	2nd	6 miles - PB by 58s
18/08/2010								
White Horse 5K	5K	James Cheseldine	MV40	00:18:24	39/135		VCAC	
22/08/2010								
Burnham Beeches Half Marathon	Half Marathon	Peter Simpson	MV45	01:33:06	148/906		VCAC	
Leek Half Marathon	Half Marathon	Robert Mottram Jones	MV45	01:34:52	38/246	9th	VCAC	
Burnham Beeches Half Marathon	Half Marathon	Ade Gibbon	MV50	01:43:46	324/906		VCAC	
Burnham Beeches Half Marathon	Half Marathon	Nik Windle	MV45	01:48:57	406/906		VCAC	
Burnham Beeches Half Marathon	Half Marathon	Glenn Chapman	MV40	01:51:45	464/906		VCAC	
Burnham Beeches Half Marathon	Half Marathon	Caroline Chapman	FV45	02:01:23	642/906		VCAC	
Burnham Beeches Half Marathon	Half Marathon	Nicola Hatch	FV40	02:28:42	875/906		VCAC	
02/09/2010								
Pilot 4	Other	James Cheseldine	MV40	00:24:16	4/100	MV40	1st	4 miles
05/09/2010								
Bedford 10K	10K	Keith Hammond	MV45	00:38:47	17/304	4/35	VCAC	PB
Rainforest Foundation 10K	10K	Peter Simpson	MV45	00:41:39	12/395		VRUK	
Framlingham 10K	10K	Paul Horne	MV50	00:44:07	56/270	8/53	VCAC	
Headington 10K	10K	Nik Windle	MV45	00:46:00	113/250		VCAC	PB
Worcester Half Marathon	Half Marathon	Nicola Campbell Nichols	Sen F	02:24:43	173/187	18/23	1st	
Wolverhampton Marathon	Marathon	Robert Mottram Jones	MV45	03:05:04	21/289	5/31	VCAC	PB

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
12/09/2010								
Goodrich 10K	10K	Robert Mottram Jones	MV40	00:38:38	68th	32	VCAC	PB
Goodrich 10K	10K	Nicola Campbell Nichols	Sen F	01:02:47	201/215		VCAC	
Swineshead 10	10M	Keith Hammond	MV45	01:05:10			VCAC	PB
Wooburn Green	10K	Nicola Hatch	FV40	01:06:11				
Chippenham Half Marathon	Half Marathon	James Cheseldine	MV40	01:29:25	92/1400		VCAC	
Swineshead 10	10M	Sharon Hammond	FV45	01:39:33			VCAC	
Dunstable Downs Half (MT)	Multi Terrain	Nik Windle	MV45	02:05:03	49/104		VCAC	
19/09/2010								
Cransley 10K	10K	Peter Simpson	MV45	00:43:19	39/379		VRUK	
Self Transcendence 10M, London	10M	Manuel Corriente	Sen M	01:06:35	25/195		VCAC	
Great North Run	Half Marathon	Glenn Chapman	MV40	01:45:16				
Great North Run	Half Marathon	Caroline Chapman	FV45	02:01:30				
23/09/2010								
Ron Hill's 71st Birthday 5K Road Race	5K	Bill Balmer	MV40	00:18:37	26/291	10/51	2nd	PB
26/09/2010								
Bechovice - Praha: Prague	10K	Milos Bednar	MV55	00:46:44	470/1157	32/129	VCAC	
Bechovice - Praha, Prague	10K	Olga Bednarova	FV55	01:03:44	1091/1157	9/11	VCAC	
Windsor Half Marathon	Half Marathon	Glenn Chapman	MV40	01:46:07				
Windsor Half Marathon	Half Marathon	Caroline Chapman	FV45	02:01:21				
Donegal Mooathon	Half Marathon	Emma Smith	FV35	02:17:50	104/184	16/27	1st	
Anglesey Marathon	Marathon	Robert Mottram Jones	MV45	03:03:22	7/210	1/52	VCAC	PB

VCAC Cycling Results

Event / Date	Location	Member	Cat	Distance	Time	Position	Cat Position	Jersey	Notes
Audax									
10/10/2009	Anfractus	Nik Windle	MV40	200K	10:15:00			1st	
07/11/2009	Upper Thames 200	Nik Windle	MV40	214K	11:15:00			1st	
27/12/2009	South East Oxford Perm	Nik Windle	MV40	206K	11:31:00			1st	
23/01/2010	Poor Student Perm	Nik Windle	MV40	215K	11:24:00			1st	
06/02/2010	Marlborough Connection Perm	Nik Windle	MV40	213K	11:01:00			1st	
14/03/2010	Chiltern Cotswold Brevet	Nik Windle	MV40	205K	10:56:00			VCAC	
08/04/2010	Poor Student Perm	Nik Windle	MV40	206K	11:14:00			1st	
09/05/2010	New Forest Excursion	Nik Windle	MV40	201K	10:30:00			VCAC	
19/06/2010	Avon Cycleway	Nik Windle	MV40	138K				VCAC	
05/07/2010	Poor Student Perm	Nik Windle		206K	09:34:00			VCAC	
Time Trial									
24/04/2010	Sheriff Hutton, N Yorks	Steve Wigglesworth	MV40	13M	00:32:28	6/30	2/6	VCAC	
Cycloportive									
18/07/2010	Anthony Maynard Sportive	Nik Windle		110K	04:38:28			VCAC	

VCAC Multisport Results

Date and Event	Format	Distance	Member	Cat	Time	Position	Cat Position	Colours	Notes
13/10/2009									
Sherwood Pines, Notts	Duathlon	6K/18K/3K	Steve Wigglesworth	MV40	01:12:04	2/149	2	VCAC	
18/10/2009									
Thruxton Mass Attack	Duathlon	5K/30K/5K	Guy Thompson	Sen M	01:35:25	38/62		1st	
06/03/2010									
Clumber Park, Notts	Duathlon	5K/20K/2.5K	Steve Wigglesworth	MV40	01:04:51	12/180	1/18	VCAC	
28/03/2010									
Stokesley Duathlon	Duathlon	5K/30K/5K	Steve Wigglesworth	MV40	01:37:39	19/246	6/76	VCAC	
Stokesley Duathlon	Duathlon	5K/30K/5K	Jon Zigmond	MV50	01:56:54	134/246	14/21	2 nd	
04/04/2010									
South Huntson, E Yorks	Triathlon	400m/20K/5K	Steve Wigglesworth	MV40	01:03:21	7/137	2/35	VCAC	
18/04/2010									
Skipton, N Yorks	Triathlon	400m/20K/5K	Steve Wigglesworth	MV40	01:06:01	24/572	7/155	VCAC	
Prince Bishops Duathlon	Duathlon	5K/25K/5K	Jon Zigmond	MV50	01:43:35	44/81	5/8	2 nd	
02/05/2010									
New Forest Triathlon	Triathlon	1.1K/36K/10K	Mike Phillips	Sen M	02:40:22	274/339	99	1st	
09/05/2010									
Woodhall Spa, Lincs	Triathlon	400m/24K/5K	Steve Wigglesworth	MV45	01:04:11	7/485	1/52	VCAC	
30/05/2010									
Southwell, Notts	Triathlon	400m/19.3K/5K	Steve Wigglesworth	MV45	00:54:41	13/481	1/48	VCAC	
06/06/2010									
British Sprint Triathlon Championships, Emberton	Triathlon	750m/20K/5K	Steve Wigglesworth	MV45	01:04:54	60/780	7/82	VCAC	

Date and Event	Format	Distance	Member	Cat	Time	Position	Cat Position	Colours	Notes
12/06/2010 Chorlton X Tri	Triathlon	750m/14K(MB)/6.5	Steve Coote	MV50	01:31:49	92/154	2/6	VCAC	
13/06/2010 Bala Middle Distance	Triathlon	2000m/81K/20K	Jon Zigmond	MV50	05:44:00	464/624	25/37 +4dn	2nd	
20/06/2010 Allerthorpe, E Yorks	Triathlon	750m/20K/5K	Steve Wigglesworth	MV40	01:02:47	12/265	4/59	VCAC	
03/07/2010 Cleveland Steelman	Triathlon	2000m/93K/19K	Jon Zigmond	MV50	05:46:55	142/193	12/17	2nd	
04/07/2010 Lincoln - One Step Beyond	Triathlon	400m/22K/5K	Steve Wigglesworth	MV45	01:05:01	8/357	1/44	VCAC	OSB3 - 1st in age cat, 3rd overall
24/07/2010 Newbiggin Bay, Tyne Tri	Triathlon	1900m/86K/20K	Steve Wigglesworth	MV45	04:21:23	12/120	2/26	VCAC	
Northumberland Middle Distance Triathlon	Triathlon	1700m/86K/19.6K	Jon Zigmond	MV55	05:30:49	87/108	3/3	2nd	+20 dnf
08/08/2010 Outlaw Triathlon	Triathlon	3,400m/180K/42.2K	Jon Zigmond	MV55	13:52:01	566/688	10/15	2nd	+29 dnf
22/08/2010 Stockton, Tri Hard	Triathlon	750m/24K/5K	Steve Wigglesworth	MV40	01:11:47	6/160	3/41	VCAC	
29/08/2010 Rugby Triathlon	Triathlon	400m/20K/5K	Steve Wigglesworth	MV40	00:59:50	5/308	1/62	VCAC	
12/09/2010 Leeds Triathlon (Relay)	Triathlon	1500m/40K/10K	Steve Coote		02:29:04		2/6 Relay	VCAC	
Leeds Triathlon (Relay)	Triathlon	1500m/40K/10K	Steve Wigglesworth		02:29:04	26/277	2/6 relay	VCAC	
26/09/2010 South Shropshire LA	Triathlon	400m/26K/6.25K	Steve Wigglesworth	MV40	01:16:23	4/265	2/78	VCAC	

VCAC Other Results

Date and Event	Event	Sub-format	Dist / Height	Member	Cat	Time	Pos	Cat Pos	Colours	Notes
17/11/2009										
Yeovil Winter Athletics Open 1000m	Track / Field		1000m	Guy Thompson	Sen M	00:03:18.00	last		2nd	
Yeovil Winter Athletics Open 150m	Track / Field		150m	Guy Thompson	Sen M	00:00:23.00	last		2nd	
Yeovil Winter Athletics Open 300m	Track / Field		300m	Guy Thompson	Sen M	00:00:49.00	last		2nd	
Yeovil Winter Athletics Open 600m	Track / Field		600m	Guy Thompson	Sen M	00:01:55.00	last		2nd	
Yeovil Winter Athletics Open 60m	Track / Field		60m	Guy Thompson	Sen M	00:00:09.00	last		2nd	
23/01/2010										
Hebden 22M	LDWA		22 Miles	Steve Coote	MV50	05:15:00			VCAC	
07/03/2010										
Walk to 'Eil and Back, Greetland	LDWA		30 Miles	Steve Coote	MV50					Completed
03/04/2010										
Kielder Canix,	Canix		6.1K	Steve Coote with Len	MV50	00:34:42	17/36		VCAC	
18/04/2010										
Loughborough	Track / Field	400m Hurdles		Sophia Howard	FV40	00:01:29.30			VCAC	Charnwood AC Open Meeting
Loughborough	Track / Field	Shot Putt	5.61m	Sophia Howard	FV40				VCAC	
01/05/2010										
Loughborough	Track / Field	400m Hurdles		Sophia Howard	Sen F	00:01:28.40	2/2		2nd	Midlands Senior League Div 1

Date and Event	Event	Sub-format	Dist / Height	Member	Cat	Time	Pos	Cat Pos	Colours	Notes
05/05/2010										
Nuneaton	Track / Field	100m		Sophia Howard	FV35	00:00:17.80	5/5		2nd	Midland Masters League East Division
Nuneaton	Track / Field	2K Walk		Sophia Howard	FV35	00:13:27.90			2nd	PB
Nuneaton	Track / Field	400m		Sophia Howard	FV35	00:01:20.30	4/5		2nd	
13/05/2010										
Loughborough	Track / Field	800m		Sophia Howard	FV40	00:02:54.90	3/10		VCAC	Charnwood AC Open meeting
02/06/2010										
Tamworth	Track / Field	200m		Sophia Howard	FV35	00:00:36.20	4/5		2nd	Midland Masters Track & Field Lg East Division
Tamworth	Track / Field	2K Walk		Sophia Howard	FV35	00:13:34.70	3/7		2nd	
Tamworth	Track / Field	4 x 400m (2nd lg)		Sophia Howard	Sen F	00:05:13.00	5/7		2nd	
06/06/2010										
Alexander Stadium, Birmingham	Track / Field	400m		Sophia Howard	Sen F	00:01:23.20			2nd	Midland Seniors League Div 1
Alexander Stadium, Birmingham	Track / Field	400m Hurdles		Sophia Howard	Sen F	00:01:29.50	2/2		2nd	
Alexander Stadium, Birmingham	Track / Field	Javellin	10.97m	Sophia Howard	Sen F		6/6		2nd	
Alexander Stadium, Birmingham	Track / Field	Shot Putt	5.50m	Sophia Howard	Sen F		6/6		2nd	
Paula Radcliffe Stadium, Loughborough	Track / Field	1500m		Sophia Howard	FV40	00:05:55.70			VCAC	Charnwood AC Open Graded Meeting
Paula Radcliffe Stadium, Loughborough	Track / Field	Shot Putt	5.49m	Sophia Howard	FV40				VCAC	Charnwood AC Open Graded Meeting

Date and Event	Event	Sub-format	Dist / Height	Member	Cat	Time	Pos	Cat Pos	Colours	Notes
03/07/2010										
Stoke	Track / Field	100m Hurdles		Sophia Howard		00:00:24.10	4/4		2nd	Midlands Seniors Lg
Stoke	Track / Field	400m		Sophia Howard		00:01:19.40	6/6		2nd	Div 1
Stoke	Track / Field	400m Hurdles		Sophia Howard		00:01:27.40	2/3		2nd	
Stoke	Track / Field	Hammer Throw	17.37m	Sophia Howard			3/5		2nd	
07/07/2010										
Edmonscote Stadium, Leamington Spa	Track / Field	100m		Sophia Howard	FV35	00:00:17.20	4/5		2nd	Midlands Masters' League
Edmonscote Stadium,	Track / Field	1500m		Sophia Howard	FV40	00:06:15.80	5/6		2nd	
Edmonscote Stadium	Track / Field	2K Walk		Sophia Howard	FV40	00:13:11.30	4/7		2nd	
14/07/2010										
Paula Radcliffe Stadium, Loughborough	Track / Field	Hammer Throw	16.21m	Sophia Howard	FV40				VCAC	Open Graded Competition
Paula Radcliffe Stadium, Loughborough	Track / Field	High Jump	1.15m	Sophia Howard	FV40				VCAC	Open Graded Competition
21/07/2010										
Tooting Bec, London	Track / Field	1500m		Sophia Howard	FV40	00:05:59.10	2/2		2 nd	
11/08/2010										
Paula Radcliffe Stadium, Loughborough	Track / Field	800m		Sophia Howard	FV40	00:02:51.50			VCAC	Open Graded Competition
Paula Radcliffe Stadium, Loughborough	Track / Field	Discus	14.56m	Sophia Howard	FV40				VCAC	Open Graded Competition
05/09/2010										
Coritanians Stadium	Track / Field	2K Walk		Sophia Howard	FV40	00:16:01.20	2/3		2nd	East Division of
Coritanians Stadium	Track / Field	4 x 100m Relay		Sophia Howard		00:01:17.30	2/3		2nd	Midlands Masters
Coritanians Stadium	Track / Field	High Jump	1.15m	Sophia Howard	FV40		3/3		2nd	Track & Field
Coritanians Stadium	Track / Field	Long Jump	3.17m	Sophia Howard	FV35		3/4		2nd	League B Team
Coritanians Stadium	Track / Field	Triple Jump	7.07m	Sophia Howard	FV40		1/2		2nd	Cup Competition

Date and Event	Event	Sub-format	Dist / Height	Member	Cat	Time	Pos	Cat Pos	Colours	Notes
06/09/2010										
Paula Radcliffe Stadium, Loughborough	Track / Field	100m		Sophia Howard	FV40	00:00:17.50	1/1		2nd	Charnwood AC Club Championships
Paula Radcliffe Stadium,	Track / Field	800m		Sophia Howard	FV40	00:03:01.80	1/1		2nd	Charnwood AC Club Championships
Paula Radcliffe Stadium,	Track / Field	Long Jump	3.39m	Sophia Howard	FV40		1/1		2nd	Charnwood AC Club Championships
08/09/2010										
Paula Radcliffe Stadium,	Track / Field	Javellin	15.45m	Sophia Howard	FV40		1/1		2nd	Charnwood AC Club Championships
13/09/2010										
Paula Radcliffe Stadium,	Track / Field	High Jump	1.15m	Sophia Howard	FV40		1/1		2nd	Charnwood AC Club Championships
15/09/2010										
Paula Radcliffe Stadium,	Track / Field	3000m		Sophia Howard	FV40	00:13:15.40	1/1		2nd	Charnwood AC Club Championships
Paula Radcliffe Stadium,	Track / Field	Discus	14.43m	Sophia Howard	FV40		1/2		2nd	Charnwood AC Club Championships
22/09/2010										
Paula Radcliffe Stadium,	Track / Field	Shot Putt	5.39m	Sophia Howard	FV40		2/2		2nd	Charnwood AC Club Championships
29/09/2010										
Paula Radcliffe Stadium,	Track / Field	Hammer Throw	20.16m PB	Sophia Howard	FV40		2/2		2nd	Charnwood AC Club Championships
Paula Radcliffe Stadium,	Track / Field	Triple Jump	7.63m	Sophia Howard	FV40		2/2		2nd	Charnwood AC Club Championships

All results will be posted on the website www.vcac.vegfolk.co VCAC = In Club colours; 1st /2nd = 1st/2nd claim - not in colours; GBR = International kit; Vegan = Vegan