

VCAC Running Results - Fastest Standard Distances 2010/11

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
5K								
5K	White Horse 5K Series	James Cheseldine	MV40	00:18:00	27	3	VCAC	
5K	One Bolton 5K	Bill Balmer	MV40	00:18:08	4/301	1/14	2nd	PB
5K	RunLiverpool Big Heart 5K	Bill Balmer	MV40	00:18:08	2/200	1	2nd	1st Red (ie Liverpool supporter) to finish
5K	Ron Hill's 73rd Birthday Race	Bill Balmer	MV40	00:18:19	18/191	4/20	2nd	V40 winner in 1st claim club champs
5K	Ian Casey Memorial Cowm Race, Whitworth	Bill Balmer	MV40	00:18:20	9/105	4/13	2nd	49 secs faster than 2010
5K	Vera Hirst 5K Road Race, Littleborough, Lancs	Bill Balmer	MV40	00:18:44	28/205	7/26	2nd	
5K	Newcastle Parkrun	David Anderson	Sen M	00:18:59	19		1st	Parkrun PB for 2010/11
5K	Bedford Parkrun	Keith Hammond	MV50	00:19:03	7/72	1/6	1st	PB
5K	Bedford Parkrun	Keith Hammond	MV50	00:19:04	5/95	1/7	1st	
5K	Bedford Parkrun	Keith Hammond	MV50	00:19:05	9/102	1/7	1st	
5K	Marston Forest 5K	Keith Hammond	MV45	00:19:09	36/326	12/85	VCAC	PB
5K	Elswick Cup 5K Newcastle	David Anderson	Sen M	00:19:40	55/169		1st	
5K	Horwich Festival 5K	Graham Tracey	MV40	00:20:34	25/57		VCAC	
5K	Miton Keynes Park Run	Peter Simpson	MV50	00:21:34	31/165	4th	VRUK	
5K	Madeley Matchmaker 5K	John Morris	MV50	00:21:34	89	10	VCAC	
5K	Stanwick Lakes 5K	Mark Wood	MV40	00:21:55			2nd	
5K	South Manchester Parkrun	John Allan	MV40	00:21:57	50			
5K	South Manchester Parkrun	John Allan	MV40	00:22:05	37	8	1st	
5K	South Manchester Parkrun	John Allan	MV40	00:22:16	48	10	1st	
5K	South Manchester Parkrun	John Allan	MV40	00:22:17	43			
5K	South Manchester Parkrun	John Allan	MV40	00:22:27	50	8	1st	
5K	South Manchester Parkrun	John Allan	MV40	00:22:46	57	11	1st	
5K	South Manchester Parkrun	John Allan	MV40	00:22:50	49	7	1st	
5K	South Manchester Parkrun	John Allan	MV40	00:22:54	83	6	1st	
5K	South Manchester Parkrun	John Allan	MV40	00:23:01	62	10	1st	
5K	Doncaster Town Centre 5K	Emma Smith	FV35	00:23:20	126/183	4/10	VCAC	PB
5K	Pontefract Parkrun 3	Emma Smith	FV35	00:23:25	14/42	1/4	1st	PB
5K	Abingdon Park Run	Nik Windle	MV40	00:23:37	20/56		1st	PB
5K	Pontefract Parkrun 4	Emma Smith	FV35	00:23:58	25/60	1/4	1st	

5K	Pontefract Parkrun 5	Emma Smith	FV35	00:24:04	16/51	1/3	1st
5K	Pontefract Parkrun 6	Emma Smith	FV35	00:24:14	17/47	1/2	1st
5K	Pontefract Parkrun 2	Emma Smith	FV35	00:24:21	11/39	1/3	1st
5K	Pontefract Parkrun 10	Emma Smith	FV35	00:24:27	21/58	1/5	1st
5K	Goole Handicap 5K	Emma Smith	Sen F	00:24:35	23/53	3/21	1st
5K	Pontefract Parkrun Pilot 2	Emma Smith	FV35	00:24:40	3/12		1st
5K	Methley Canal Race	Emma Smith	FV35	00:24:42	90/158	12/41	1st
5K	Pontefract Parkrun 1	Emma Smith	FV35	00:24:50	17/42	1/5	1st
5K	Pontefract Parkrun 11	Emma Smith	FV35	00:25:04	20/43	1/2	1st
5K	Stanwick Lakes 5K	Becky Wood	FV35	00:25:15			2nd
5K	Pontefract Parkrun Pilot 1	Emma Smith	FV35	00:26:25	4/13		1st
5K	Stopsley Striders Ladies Only 5K	Sharon Hammond	FV45	00:27:50	27/90		VCAC
5K	Bedford Parkrun	Sharon Hammond	FV45	00:28:11	58/72		1st
5K	Bedford Parkrun	Sharon Hammond	FV45	00:28:32			1st
5K	Marston Forest 5K	Sharon Hammond	FV45	00:28:33	252/326		VCAC

5M

5M	White Horse 5	James Cheseldine	MV40	00:30:14	10/41	2nd	VCAC	
5M	Gloucester Winter 5	James Cheseldine	MV40	00:30:54	5/52	2nd	VCAC	
5M	John O'Callaghan Memorial 5M, Luton	Keith Hammond	MV50	00:31:00	16/99	2/10	VCAC	PB
5M	New Year's Day 5	James Cheseldine	MV40	00:31:22	13/62	2nd	VCAC	
5M	Wolverton 5 Miles	Peter Simpson	MV50	00:33:33	111/270	13th	VRUK	
5M	Wellingborough 5 Mile Race	Peter Simpson	MV50	00:33:49	71/344	12	VRUK	
5M	Horwich Jubilee 2	Graham Tracey	MV40	00:35:19	44/82		VCAC	
5M	Horwich Jubilee 1	Graham Tracey	MV40	00:35:28	47/78		VCAC	
5M	Horwich Jubilee Series Race 3	Graham Tracey	MV40	00:35:55	104/208		VCAC	
5M	Horwich Jubilee Series Race 4	Graham Tracey	MV40	00:36:10	52/98		VCAC	
5M	OX5 Run	Nik Windle	MV40	00:38:01	100/946		1st	PB
5M	Great Weston 5 Mile	Becky Wood	FV35	00:40:20	120/318		2nd	
5M	Nostell Priory 5	Emma Smith	FV35	00:41:17	76/123	5/10	VCAC	
5M	Darrington 5	Emma Smith	Sen F	00:41:33	39/89	1/11	1st	
5M	Marlow 5	Simon Cope	MV45	00:41:55	526/1323		VCAC	

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
10K								
10K	Frampton Village 10K	James Cheseldine	MV40	00:37:53	22		VCAC	
10K	Silverstone 10K	Keith Hammond	MV45	00:38:09	81/929	8/101	VCAC	PB
10K	Bedford 10K	Keith Hammond	MV50	00:38:13	30/321	3/25	VCAC	
10K	Moonraker 10K, Middleton, Greater Manchester	Bill Balmer	MV40	00:38:22	15/185	6/20	2nd	
10K	Rochdale 10K	Bill Balmer	MV40	00:38:31	32/275	8/38	2nd	
10K	Flitwick 10K	Keith Hammond	MV45	00:39:01	40/826	6/83	VCAC	
10K	Milton Keynes 10K	Keith Hammond	MV50	00:39:12	65/414	4/34	VCAC	
10K	Winslow 10K	Keith Hammond	MV45	00:39:18	18/238	8/59	VCAC	
10K	Stanwick 10K	Keith Hammond	MV45	00:39:28	22/277	7/61	VCAC	
10K	Dewsbury 10K	Bill Balmer	MV40	00:39:41	142/970		2nd	
10K	Standalone 10K	Keith Hammond	MV45	00:39:51	57/1096	17/222	VCAC	
10K	Edwinstowe 10K Trail Race	Steve Wigglesworth	MV40	00:40:08	10/300	4/68	VCAC	
10K	Prestwood 10K	Keith Hammond	MV40	00:40:27	10/249	5/59	VCAC	
10K	Bearbrook 10K	Keith Hammond	MV50	00:40:43	69/495	8/63	VCAC	
10K	Cricklade 10K	James Cheseldine	MV40	00:41:28	16/200		VCAC	
10K	Regent's Park Races 10K 6 race series	Manuel Corriente	MV40	00:41:31	62/653		VCAC	
10K	Silverstone 10K	Peter Simpson	MV50	00:41:47	184/929	11/70	VRUK	
10K	Flitwick 10K	Peter Simpson	MV50	00:42:29	100/826	11/59	VRUK	
10K	Prestwood 10K	Peter Simpson	MV50	00:42:43	17/249	1/30	VCAC	
10K	BUPA London 10,000m Road Race	Peter Collins	MV45	00:42:52	695	35	Charity	
10K	Standalone 10K	Andrew Harper	MV45	00:44:04	167/1086	53/222	VCAC	
10K	Flitwick 10K	Andrew Harper	MV45	00:44:43	163/826	19/83	VCAC	
10K	Carterton 10K	Roy Hughes	MV65	00:44:51	42	2nd	1st	
10K	Wooburn Park 10K	Joe Chapman	Sen M	00:45:29	34		VCAC	Multi terrain
10K	Flitwick 10K	Roy Hughes	MV65	00:45:44	193/826	2/13	VCAC	
10K	Stanwick 10K	Roy Hughes	MV65	00:45:48	77/277	5/12	VCAC	
10K	Winslow 10K	Roy Hughes	MV60	00:46:21	74/238	3rd	1st	
10K	Bedford 10K	Roy Hughes	MV65	00:46:46	133/321		VCAC	
10K	Kolín/Road Race	Milos Bednar	MV50	00:47:01	65/99	11/20	VCAC	
10K	Tatton Yule Yomp	Steve Coote	MV50	00:47:14	71/652	12/59	VCAC	
10K	Andy Reading 10K	Nik Windle	MV40	00:47:17	196/443		VCAC	course best
10K	Běchovice-Praha/Road Race	Milos Bednar	MV55	00:47:27	578/1292	42/129	VCAC	
10K	Ústí nad Labem /Road Race	Milos Bednar	MV55	00:47:35	15/79	1/3	VCAC	
10K	Kirkbymoorside 10K	Jon Zigmund	MV50	00:47:47	113/354	10/34	2nd	
10K	Bearbrook 10K	Roy Hughes	MV65	00:47:48	208/495		VCAC	
10K	Prestwood 10K	Nik Windle	MV40	00:47:50	80/249	29/59	VCAC	

10K	Helmsley 10K	Jon Zigmond	MV50	00:48:31	103/259	17/38	2nd	course slightly over 10K
10K	Askern 10K	Emma Smith	FV35	00:48:40	276/495	10/20	VCAC	PB
10K	Bearbrook 10K	Nik Windle	MV45	00:49:20	254/495		VCAC	
10K	Salford 10K	John Allan	MV40	00:50:44	386/558	50	VCAC	
10K	Barnsley 10K	Emma Smith	FV35	00:51:56	414/692	19/51	VCAC	
10K	Run Jericho 10K	Nik Windle	MV45	00:52:03	254/495		1st	
10K	Rothwell 10K	Emma Smith	FV35	00:52:44	355/527	12/33	VCAC	
10K	Wakefield 10K	Emma Smith	FV35	00:52:54	590/1121	28/92	VCAC	
10K	Stanwick 10K	Becky Wood	FV35	00:53:03	175/327	12/40	2nd	
10K	Prestwood 10K	Mary Davis	FV40	00:54:17	161/249	20/34	VCAC	
10K	Edwinstowe 10K Trail Race	Emma Smith	FV35	00:54:18	142/294	13/57	VCAC	
10K	Princes Risborough 10K	Simon Cope	MV40	00:54:34	170/245		VCAC	
10K	Great Bramham 10K (trail)	Emma Smith	FV35	00:55:25	88/141	20/55	VCAC	
10K	Wooburn Park 10K	Caroline Chapman	FV45	00:56:33	127/13		VCAC	Multi terrain
10K	Shardeloes 10K	Simon Cope	MV40	00:56:53	121/172		VCAC	
10K	Silverstone 10K	Sharon Hammond	FV45	00:56:55	780/929	22/28	VCAC	
10K	Bedford 10K	Sharon Hammond	FV45	00:57:20	272/321		VCAC	
10K	Milton Keynes 10K	Sharon Hammond	FV45	00:57:56	262/494	8/26	VCAC	
10K	Stanwick 10K	Sharon Hammond	FV45	00:58:36	235/277	13/23	VCAC	
10K	Moor Park 10K	Manuel Corriente	MV40	00:58:56	436/695		1st	ran 10M race in morning
10K	Winslow 10K	Sharon Hammond	FV45	00:58:59	203/238		VCAC	
10K	Candleford Canter - Ladies 10K	Sharon Hammond	FV45	00:59:03	112/167		VCAC	
10K	Standalone 10K	Sharon Hammond	FV45	01:00:00	819/1086	41/76	VCAC	
10K	Prestwood 10K	Sharon Hammond	FV40	01:00:33	217/249	28/34	VCAC	
10K	Bearbrook 10K	Sharon Hammond	FV45	01:00:39	435/495		VCAC	
10K	Umbourne Ug 10K	Jonathan Guy	MV40	01:00:59	47/74	5	VCAC	V hilly off road race
10K	Ústí nad Labem /Road Race	Olga Bednarova	FV55	01:01:11	30/50	1/2	VCAC	
10K	Běchovice-Praha/Road Race	Olga Bednarova	FV55	01:01:26	231/279	10/11	VCAC	
10K	Kolín/Road Race	Olga Bednarova	FV45	01:02:57	21/24	2/3	VCAC	
10K	Wooburn Park 10K	Nicola Hatch	FV40	01:07:23	179	25	VCAC	Multi terrain

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Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
10M								
10M	Sandy 10	Keith Hammond	MV45	01:05:30	47/517		VCAC	
10M	Fred Hughes 10M St Albans	Manuel Corriente	MV40	01:05:41	45/702		VCAC	PB
10M	Standish Woodland Chase 10	James Cheseldine	MV40	01:06:11	16	2	VCAC	Multi terrain
10M	Derentwater 10	Bill Balmer	MV40	01:06:18	79/585	18/67	2nd	
10M	Self Transcendence 10 M	Manuel Corriente	MV40	01:08:01	34/149		VCAC	
10M	Welwyn Garden City 10	Manuel Corriente	MV40	01:09:17	54/254		VCAC	11mins faster than 2004
10M	Sale 10	Graham Tracey	MV40	01:12:30	109/203		VCAC	
10M	Cotswold Challenge	Nik Windle	MV45	01:27:27	130/171		VCAC	PB
10M	Thirsk 10	Emma Smith	FV35	01:27:56	589/640	28/44	VCAC	PB
10M	Snake Lane 10	Emma Smith	FV35	01:30:59	520/662	26/44	VCAC	PB
10M	Sandy 10M	Sharon Hammond	FV45	01:39:09			VCAC	

VCAC Running Results - Fastest Standard Distances

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
Half Marathon								
Half Marathon	Watford Half Marathon	Andy Jordan	MV40	01:25:44	100/1986	17/423	2nd	PB
Half Marathon	Stevenage Half Marathon	Keith Hammond	MV45	01:26:07	40/569	12/147	VCAC	
Half Marathon	Congleton Half Marathon	Robert Mottram Jones	MV45	01:26:15	47/674	8th	VCAC	
Half Marathon	Milton Keynes Half Marathon	Keith Hammond	MV40	01:26:49	110/2581	=7/203	VCAC	
Half Marathon	York Knavesmire Harriers Half Mara	Steve Wigglesworth	MV45	01:27:32	203/1650	30/180	VCAC	
Half Marathon	Freckleton Half Marathon	Bill Balmer	MV40	01:27:33	35/548	8/68	2nd	
Half Marathon	Belvoir Half Marathon	Jeff Adams	MV50	01:27:54	51/591	7th	VCAC	PB
Half Marathon	NSPCC Milton Keynes Half Marathon	Keith Hammond	MV50	01:28:39	42/1300	4/81	VCAC	
Half Marathon	Shakespeare Raceway Half Marathon	Jeff Adams	MV50	01:30:21	35/306	2nd	VCAC	
Half Marathon	Milton Keynes Half Marathon	Manuel Corriente	MV40	01:30:39	185/2581	28/280	VCAC	
Half Marathon	Hackney Half Marathon	Manuel Corriente	MV40	01:31:47	19/251		VCAC	
Half Marathon	Blackpool Half Marathon	Jeff Adams	MV50	01:32:41	126/1144	11th	VCAC	
Half Marathon	Colchester Half Marathon	Julian Russell	Sen M	01:33:04	68th	38th	1st	
Half Marathon	4 Villages Half Marathon	Graham Tracey	MV40	01:34:45	357		VCAC	
Half Marathon	Felixstowe Half Marathon	Paul Horne	MV50	01:35:13	47/431	2nd	VCAC	
Half Marathon	Maidenhead Half Marathon	Joe Chapman	Sen M	01:35:43	228		VCAC	
Half Marathon	Lake Vrnwy Half Marathon	John Morris	MV50	01:36:07	234	16	VCAC	
Half Marathon	Hogweed Hilly Half	James Cheseldine	MV40	01:36:26	34/250		VCAC	
Half Marathon	St Albans Half Marathon	Peter Collins	MV40	01:36:36	215/1931	56/358	2nd	PB
Half Marathon	Great Bentley Half Marathon	Paul Horne	MV50	01:37:15	193/728	16/49	VCAC	
Half Marathon	Milton Keynes Half Marathon	Peter Simpson	MV50	01:37:36	392/2581	17/100	VRUK	
Half Marathon	Stevenage Half Marathon	Andrew Harper	MV45	01:39:05	150/569	48/147	VCAC	
Half Marathon	Leicester Half marathon	Jeff Adams	MV50	01:40:15	298/2059		VCAC	
Half Marathon	Wrexham Half Marathon	John Morris	MV50	01:40:35	260	19	VCAC	
Half Marathon	NSPCC Milton Keynes Half Marathon	Roy Hughes	MV65	01:42:32	250/1300	6/30	VCAC	
Half Marathon	Shifnal Half Marathon	John Morris	MV50	01:43:03	60	3	VCAC	Multi terrain
Half Marathon	Milton Keynes Half Marathon	Roy Hughes	MV65	01:43:11	550/2581	3/10	1st	
Half Marathon	Milton Keynes Half Marathon	Nik Windle	MV45	01:44:47	631/2581	73/203	VCAC	PB
Half Marathon	Wokingham Half Marathon	Nik Windle	MV40	01:44:49	952/2055		VCAC	PB
Half Marathon	Wycombe Half Marathon	Ade Gibbon	MV50	01:44:56	238/921		VCAC	
Half Marathon	Oxford Half Marathon	Nik Windle	MV45	01:47:42	460/1512		VRUK	
Half Marathon	Burnham Beeches Half Marathon	Glenn Chapman	MV45	01:48:10	306	35	VCAC	
Half Marathon	White Horse Half	Nik Windle	MV40	01:48:12	204/458		VCAC	
Half Marathon	Down Tow Up Flow Half Marathon	Glenn Chapman	MV45	01:49:34	179	40	VCAC	Multi terrain

Half Marathon	Watford Half Marathon	Becky Wood	FV35	01:51:45	1073/1986		2nd	
Half Marathon	Marlow Half Marathon	Nik Windle	MV40	01:53:52	485/937		VCAC	course best
Half Marathon	Wolverhampton Half Marathon	Peter Simpson	MV50	01:55:15	400/907	22/47	VRUK	
Half Marathon	Milton Keynes Half Marathon	Becky Wood	FV35	01:55:17	1157/2581		2nd	
Half Marathon	Maidenhead Half Marathon	Caroline Chapman	FV45	01:59:57	1004	68	VCAC	
Half Marathon	Guernsey Half Marathon	Rod Paris	MV70	02:01:00	186/245		1st	
Half Marathon	Wycombe Half Marathon	Simon Cope	MV40	02:01:13	575/921		VCAC	
Half Marathon	Jamaican Reggae Half Marathon	Caroline Chapman	MV40	02:01:15			VCAC	
Half Marathon	Berkhamsted Half Marathon	Caroline Chapman	FV45	02:02:03	915	24	VCAC	
Half Marathon	Bridlington Half Marathon	Emma Smith	FV35	02:02:26	547/709	20/36	VCAC	
Half Marathon	Wycombe Half Marathon	Mary Davis	FV40	02:02:30	586/921		VCAC	
Half Marathon	Jersey Half Marathon	Rod Paris	MV70	02:04:00	391/504		1st	
Half Marathon	Retford Half Marathon	Emma Smith	FV35	02:04:38	316/387	24/43	VCAC	
Half Marathon	New Forest Half Marathon	Glenn Chapman	MV45	02:05:29	1158		VCAC	
Half Marathon	New Forest Half Marathon	Caroline Chapman	FV45	02:05:33	1162	39	VCAC	
Half Marathon	Silverstone Half Marathon	Paul Kerrison	MV40	02:05:43				PB
Half Marathon	Wycombe Half Marathon	Caroline Chapman	FV45	02:07:22	680/921		VCAC	
Half Marathon	Newton's Fraction, Grantham Half Marathon	Paul Kerrison	MV40	02:08:05				
Half Marathon	Endurance Life Coastal Trail Series - South Devon	Jo Starr	Sen F	02:08:19	52/77	1st	1st	Multi Terrain event
Half Marathon	Burnham Beeches Half Marathon	Simon Cope	MV40	02:08:44	585/749		VCAC	
Half Marathon	Burnham Beeches Half Marathon	Caroline Chapman	FV45	02:11:48	618	24	VCAC	
Half Marathon	Down Tow Up Flow Half Marathon	Caroline Chapman	FV45	02:13:37	539	49	VCAC	Multi terrain
Half Marathon	Berkhamsted Half Marathon	Nicola Hatch	FV40	02:22:34	1156	56	VCAC	
Half Marathon	Burnham Beeches Half Marathon	Nicola Hatch	FV40	02:35:40	717	32	VCAC	

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
Marathon								
Marathon	London Marathon	Andy Jordan	MV45	03:10:32	1825/34738	232/2874	VCAC	PB
Marathon	Wolverhampton Marathon	Robert Mottram Jones	MV50	03:15:34	37/318	2/20	VCAC	
Marathon	London Marathon	Jeff Adams	MV50	03:17:32	2505/34738	160/1750	VCAC	
Marathon	Madrid Marathon	Manuel Corriente	MV40	03:18:44	1034/8583		VCAC	
Marathon	Gloucester Marathon	Robert Mottram Jones	MV40	03:26:08	71/342	31/96	VCAC	
Marathon	Halstead Marathon	Jeff Adams	MV50	03:36:14	96/608	9	VCAC	
Marathon	Wolverhampton Marathon	John Morris	MV50	03:40:01	92/318	11/20	VCAC	
Marathon	Dingle Marathon	David Palmer	MV50	03:59:38			1st	
Marathon	Abingdon Marathon	Nik Windle	MV45	04:01:12	520/707		VCAC	PB
Marathon	Snowdonia Marathon	David Palmer	MV40	04:11:42			VCAC	
Marathon	Brighton Marathon	Becky Wood	FV35	04:17:38			2nd	
Marathon	Cornish Marathon	Simon Dunk	MV60	04:28:14	167/208		VCAC	
Marathon	London Marathon	Gert Cowling	FV65	04:56:39	22772/3473	19/59	VCAC	
Marathon	London Marathon	Caroline Chapman	FV45	05:02:15	23955		VCAC	
Marathon	London Marathon	Mary Davis	FV45	05:03:06	24125/3473	808/1389	VCAC	
Marathon	London Marathon	Nicola Hatch	FV40	06:01:39	31859		VCAC	

All results will be posted on the website
22/11/2011

www.vcac.vegfalk.co

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