

# VC&AC Athletics Results 2004

Event	Date		Age_cat	Time	Position	Category	Vest
<b>Marathon</b>							
London Marathon	18/04/2004	Fiona Oakes	FV35	02:59:25			
London Marathon	18/04/2004	John Morris	MV45	03:11:14			
London Marathon	18/04/2004	Sam Wuermli	MV45	03:15:07	2551		Assoc
Abingdon Marathon	17/10/2004	Sam Wuermli	MV40	03:21:14	142nd		Assoc
Potteries Marathon	20/06/2004	Robert Mottram Jones	MV40	03:23:00			VCAC
London Marathon	18/04/2004	Sam North	MV50	03:29:05			
Luton Marathon	05/12/2004	Sam Wuermli	MV40	03:30:35	86th		Associate
Luton Marathon	05/12/2004	Andy Harper	Sen M	03:32:59	133 / 416		VCAC
Potteries	20/06/2004	John Morris	MV40	03:38:30			VCAC
Potteries	20/06/2004	Andy Harper	Sen M	03:44:00			VCAC
Cardiff Marathon	03/10/2004	David Palmer	MV40	03:44:08	356 / 828		VCAC
London Marathon	18/04/2004	Sally Whamby	Sen F	03:47:34			
Connemara Marathon (Co Galway)	28/03/2004	David Palmer	MV40	03:48:47	80/247		VCAC
London Marathon	18/04/2004	Gert Cowling	FV55	03:49:00			
New Forest Marathon	19/09/2004	David Palmer	MV40	03:51:08	153 / 387		VCAC
London Marathon	18/04/2004	Diana Worthy	FV55	03:56:30			
Shakespeare Marathon	25/04/2004	Andy Harper	Sen M	03:57:10	161/489		VCAC
London Marathon	18/04/2004	Adrian Reynolds	MV40	03:59:33			
Shakespeare Marathon	25/04/2004	Gert Cowling	FV50	04:01:28	184th	1st	VCAC
Shakespeare Marathon	25/04/2004	David Palmer	MV40	04:08:04	213/489		VCAC
London Marathon	18/04/2004	Gina Fitch-Roy	FV45	04:10:00			2nd
Copenhagen	16/05/2004	Jens Kieffer-Olsen	MV55	04:11:24		134/252	VCAC
London Marathon	18/04/2004	Muhayman Jamil	MV45	04:16:06			
London Marathon	18/04/2004	Vanessa Hudson	Sen F	04:28:30			
London Marathon	18/04/2004	Ros Stuttard	FV50	05:03:26			
London Marathon	18/04/2004	Sharon Davidson	Sen F	05:23:53			2nd
London Marathon	18/04/2004	Ruth Reynold	FV50	07:14:44			
<b>20M</b>							
Bramley 20	29/02/2004	Sam Wuermli	MV40	02:22:32	197th		Associate
Bramley 20	29/02/2004	Muhayman Jamil	MV40	02:40:00			
Gloucester 20	07/03/2004	David Palmer	MV40	02:43:09	176/357		VCAC
Ashby de la Zouch 20	14/03/2004	David Palmer	MV40	02:47:29	225/443		VCAC
Finchley 20 Miles	20/03/2004	Sharon Davidson	Sen F	03:27:34	318/342		

Event	Date		Age_cat	Time	Position	Category	Result
<b>Half Marathon</b>							
Korolyov (Russia)	01/05/2004	Fiona Oakes	Sen F	01:21:12	1st F		VCAC
Four Villages Half Marathon	18/01/2004	John Morris	MV40	01:23:30			VCAC
Wrexham Half Marathon	22/02/2004	John Morris	MV40	01:25:00			VCAC
Brentwood Half Marathon	28/02/2004	Fiona Oakes		01:25:04	48/1132	1st F	VCAC
Congleton Half Marathon	10/10/2004	Robert Mottram Jones	MV40	01:25:10			VCAC
Southend (Essex)	01/06/2004	Fiona Oakes	Sen F	01:25:30	2nd F		VCAC
Ironbridge Half Marathon	07/03/2004	John Morris	MV45	01:25:53	16th	2nd	VCAC
Milton Keynes Half Marathon	21/03/2004	Sam Wuermli	MV45	01:27:19	52/800	8th	Associate
Wokingham Half Marathon	08/02/2004	John Morgan	Sen M	01:27:50	168th	103rd	VCAC
Wolverhampton	05/09/2004	Robert Jones	MV40	01:29:30			VCAC
Uttoxeter Half Marathon	23/05/2004	Robert Mottram Jones	MV40	01:29:41	48th		VCAC
Wolverhampton Half Marathon	05/09/2004	Robert Mottram Jones	MV40	01:29:44	44th		VCAC
Stafford Half Marathon	28/03/2004	Robert Mottram Jones	MV40	01:29:59	142nd		VCAC
Berlin Half Marathon	04/04/2004	John Morgan	Sen M	01:30:43	662/11022		VCAC
Reading Half Marathon	07/03/2004	John Morgan	Sen M	01:30:56	561st		VCAC
Lake Vrynwy	19/09/2004	John Morris	MV40	01:31:30			VCAC
Marlow Half Marathon	07/11/2004	Sam Wuermli	MV40	01:31:46	77 / 280		Associate
Wokingham Half Marathon	08/02/2004	Sam Wuermli	MV40	01:31:55	286th	37th	Associate
Leek Half Marathon	29/08/2004	Robert Mottram Jones	MV40	01:32:00			VCAC
Jersey Half Marathon	23/05/2004	Ade Gibbon	MV50	01:33:58	65/320		VCAC
Wycombe	11/07/2004	Sam Wuermli	MV40	01:34:00			Assoc
Wolverhampton	05/09/2004	John Morris	MV40	01:34:30			VCAC
Burnham Beeches	15/08/2004	Andy Harper	Sen M	01:34:49	166 / 1115		VCAC
Paddock Wood Half Marathon	28/03/2004	Muhayman Jamil	MV40	01:35:00			
Burnham Beeches	15/08/2004	Sam Wuermli	MV40	01:35:22	180th		Assoc
Shakespeare Half Marathon	25/04/2004	Robert Mottram Jones	MV40	01:35:52	101st	31st	VCAC
Wokingham Half Marathon	09/02/2004	Ade Gibbon	MV40	01:36:48			VCAC
Tour of Torfaen Half Marathon	19/10/2004	David Palmer	MV40	01:36:55	97 / 280		VCAC
Wycombe	11/07/2004	Ade Gibbon	MV50	01:37:00			VCAC
Milton Keynes Half Marathon	21/03/2004	Ade Gibbon	MV45	01:37:00	164/800		VCAC
Brentwood Half Marathon	28/02/2004	Peter Simpson	MV40	01:37:05	174/1132	166/843 M	VCAC
Fleet	14/03/2004	Muhayman Jamil	MV40	01:39:00			
Tewkesbury Half Marathon	09/05/2004	David Palmer	MV40	01:39:11	166/615		VCAC
Shakespeare Half Marathon	25/04/2004	Peter Simpson	MV40	01:40:22	173rd	52nd	VCAC
Burnham Beeches	15/08/2004	Ade Gibbon	MV50	01:41:29	316th		VCAC
Brentwood Half Marathon	28/02/2004	Steve Coote		01:41:39	251/1142	230/843 M	VCAC
Blackpool Half Marathon	20/06/2004	Sally Whamby	Sen F	01:42:30			
Shifnall Half Marathon	04/07/2004	Robert Mottram Jones	MV40	01:44:00			VCAC
Marlow Half Marathon	07/11/2004	David Palmer	MV40	01:44:27	97 / 280		VCAC
Burnham Beeches	15/08/2004	Peter Simpson	MV40	01:44:43			VCAC

Event	Date		Age_cat	Time	Position	Category	Result
Brentwood Half Marathon	28/02/2004	Vanessa Hudson	Sen F	01:56:53	642/1132	104/289 F	VCAC
Burnham Beeches	15/08/2004	Sharon Davidson	Sen F	01:57:15	695th		1st
Watford Half Marathon	01/02/2004	Sharon Davidson	Sen F	02:02:47	1385/1737		
Burnham Beeches	15/08/2004	Simon Cope	Sen M	02:05:44	864th		VCAC
Wycombe	11/07/2004	Simon Cope	Sen M	02:08:18	696 / 906		VCAC
Oatmoor Challenge	05/06/2004	Sharon Davidson	Sen F	02:11:13			VCAC

## 10M

Sandy 10	04/04/2004	Danielle Sanderson	FV40	01:00:27		1st	
Welwyn Garden City	05/09/2004	Danielle Sanderson	FV40	01:00:40	2nd F		2nd
Sneyd Striders Christmas Pudding 10	12/12/2004	Robert Mottram Jones	MV40	01:04:54	77th		VCAC
Christmas Pudding Run (Bloxwich, W	12/12/2004	John Morris	MV40	01:06:04	92 / 580		VCAC
Flying Fox 10	07/11/2004	Robert Mottram Jones	MV40	01:07:28	36th		VCAC
Knighton 10	02/05/2004	Robert Mottram Jones	MV40	01:08:12	9th		VCAC
Trackless 10	01/08/2004	Robert Mottram Jones	MV40	01:08:15	4th		VCAC
Trentham (Joultram) 10	25/07/2004	Robert Mottram Jones	MV40	01:08:27	108th		VCAC
Maidenhead Easter 10	09/04/2004	John Morgan	Sen M	01:08:59	187/897		VCAC
Folkestone 10	09/04/2004	Peter Simpson	MV40	01:10:31			VCAC
Notts 10M	01/06/2004	Lesley Cliff	FV50	01:11:23			VCAC
Christmas Pudding Run (Bloxwich, W	12/12/2004	Peter Simpson	MV40	01:11:30	178 / 580		VCAC
Thames Towpath Ten	04/04/2004	Muhayman Jamil	MV40	01:12:00			
Great Baddow 10	23/05/2004	Neil Kirsh	Sen M	01:18:01			1st
Brecon 10	01/08/2004	David Palmer	MV40	01:22:12	195 / 317		VCAC

## 10K

Silverstone 10K	04/05/2004	Job King	Sen M	00:33:06	7 / 832		2nd
Birchwood (Warrington)	22/08/2004	Peter Benyon	Sen M	00:34:38	19th		1st
Birchwood (Warrington)	22/08/2004	Suzanne Owen	Sen F	00:36:07	2nd F		2nd
Standalone 10K	03/10/2004	Danielle Sanderson	FV40	00:36:26	2nd F	1st	2nd
Bearbrook (Bucks)	08/08/2004	Danielle Sanderson	FV40	00:36:42			2nd
Sudbury 10K	16/05/2004	Danielle Sanderson	FV40	00:36:52		1st (course record)	
Watford 10K	03/05/2004	Danielle Sanderson	FV40	00:38:02		1st	
Ely Runners 10K, Little Downham	17/05/2004	Max d'Ayala	Sen M	00:38:44	12/60		1st
Eye 10K	16/05/2004	Max d'Ayala	Sen M	00:39:00	33rd		
St Ives	18/07/2004	Max d'Ayala	Sen M	00:39:00	33rd		1st
Silverstone 10K	04/05/2004	Sam Wuermli	MV45	00:39:45	118	18	Assoc
Shinfield 10K	03/05/2004	John Morgan	Sen M	00:40:19	40/493		2nd
Clayton Gatehouse 10K	05/05/2004	Robert Mottram Jones	MV40	00:40:37	56th		VCAC
Buckingham Fun Run (Multi Terrain)	17/10/2004	Peter Simpson	MV40	00:40:55	23 / 227		VCAC
Dumfries	01/09/2004	Peter Simpson	MV40	00:41:10			VCAC
Silverstone 10K	04/05/2004	Andy Harper	Sen M	00:41:15			2nd

Event	Date		Age_cat	Time	Position	Category	Vest
Betty Willett 10K	23/05/2004	Andy Harper	Sen M	00:41:49	41st		VCAC
Lichfield (Staffs)	12/09/2004	Peter Simpson	MV40	00:41:54			VCAC
Rainforest Foundation (East London)	07/11/2004	Peter Simpson	MV40	00:41:55			VCAC
Silverstone 10K	04/05/2004	Ade Gibbon	MV45	00:42:00			VCAC
Chelmsford 10K	21/11/2004	Peter Simpson	MV40	00:42:10			VCAC
Stubbington (Hants)	11/01/2004	Peter Simpson	MV40	00:42:30			VCAC
Lincoln 10K	04/04/2004	Peter Simpson	MV40	00:42:39	122 / 146		VCAC
Shrewsbury	26/09/2004	Peter Simpson	MV40	00:42:42	12th		VCAC
Shrewsbury	26/09/2004	John Morris	MV40	00:42:47	13th		VCAC
Dulwich 10K	10/10/2004	Peter Simpson	MV40	00:42:56			VCAC
Paisley (Renfrew)	05/08/2004	Peter Simpson	MV40	00:43:10			VCAC
Red Lion (Herne Hill, Kent)	08/08/2004	Peter Simpson	MV40	00:43:47	25/184		VCAC
Weedon 10K	08/06/2004	Peter Simpson	MV40	00:44:02	108 / 313	30th	VCAC
Silverstone 10K	04/05/2004	Peter Simpson	MV40	00:45:00	342 / 832	61st	VCAC
Cardiff 10K	05/09/2004	David Palmer	MV40	00:46:55	477 / 2049		VCAC
Derby 10K	23/05/2004	Mike Higgott	Sen M	00:48:22	509/1428		VCAC
Milton Keynes 10K	06/07/2004	Bob Simpson	MV40	00:49:36			VCAC
Silverstone 10K	04/05/2004	Bob Simpson	MV45	00:49:56	553 / 832	65th	VCAC
Red Lion (Herne Hill, Kent)	08/08/2004	Mike Phillips	Sen M	00:51:02	83/184		VCAC
Weedon 10K	08/06/2004	Bob Simpson	MV40	00:51:13	235 / 313	35th	VCAC
Birmingham 10000m	29/07/2004	Ron Franklin	MV70	00:54:30	2nd		VCAC
Standalone 10K	03/10/2004	Ron Franklin	MV70	00:55:54	668 / 857	5th	
Bearbrook (Aylesbury)	08/08/2004	Sharon Davidson	Sen F	00:56:00			VCAC
Croydon 10K	17/10/2004	Ron Franklin	MV70	00:56:18	470th	1st	2nd
European Vets Champs 10,000m	23/07/2004	Ron Franklin	MV70	00:57:01	3rd		VCAC
British Masters (Portsmouth)	05/09/2004	Ron Franklin	MV70	00:57:31		4th V75	2nd
<b>5M</b>							
Ingatestone (Essex)	05/09/2004	David Tullett	Sen M	00:27:29	7th		2nd
Aldersley 5	05/12/2004	Robert Mottram Jones	MV40	00:29:42	23rd		VCAC
Thorney 5	15/08/2004	Max d'Ayala	Sen M	00:30:01	20 / 214		1st
Downham Market Midsummer 5	01/07/2004	Max d'Ayala	Sen M	00:30:03	12/114		1st
Huntingdon 5	07/03/2004	Max d'Ayala	Sen M	00:30:36	39/272		2nd
Wolverton 5 (Milton Keynes)	27/11/2004	Peter Simpson	MV40	00:33:15	121 / 341		VCAC
Staffs Knot 5	11/08/2004	Robert Mottram Jones	MV40	00:33:17	66th		VCAC
Banbury 5M	15/06/2004	Peter Simpson	MV40	00:33:20	107 / 337	22nd	VCAC
Westbridge (Stone) 5	06/06/2004	Robert Mottram Jones	MV40	00:33:35	38th		VCAC
Hanchurch Woods 5	22/04/2004	Robert Mottram Jones	MV40	00:33:39	42nd		VCAC

Event	Date		Age_cat	Time	Position	Category	Vest
Alsager (Cheshire)	01/02/2004	Peter Simpson	MV40	00:33:57			VCAC
Marlow 5	09/05/2004	Ade Gibbon	MV50	00:34:12	140/939		VCAC
Bedford	19/09/2004	Peter Simpson	MV40	00:34:17	66 / 294		VCAC
Notts 5M	01/06/2004	Lesley Cliff	FV50	00:34:32			VCAC
Victoria Park 5	27/03/2004	Muhayman Jamil	MV40	00:34:52			
Cranfield 5	13/08/2004	Paul Taylor	Sen M	00:36:32	92 / 214	41 / 71	VCAC
Milford Common 5	15/04/2004	Robert Mottram Jones	MV40	00:37:07	30th		VCAC
Blisworth Friday 5	06/08/2004	Paul Taylor	Sen M	00:37:52	224 / 453	81 / 131	VCAC
Embankment 5	19/09/2004	Paul Taylor	Sen M	00:38:11	135 / 296	51 / 80	VCAC
Hale Village 5	12/12/2004	Jon Hobson	MV40	00:38:17	164 / 363	45 / 114	VCAC
Rockingham 5M	26/05/2004	Bob Simpson	MV40	00:38:34	247 / 326	36th	VCAC
Harborough 5M	22/06/2004	Bob Simpson	MV40	00:38:43	209th	38th	VCAC
Kibblestone 5	29/04/2004	Robert Mottram Jones	MV40	00:39:14	48th		VCAC
Banbury 5M	15/06/2004	Bob Simpson	MV40	00:39:39	255 / 337	44th	VCAC
Marlow 5	09/05/2004	Simon Cope	Sen M	00:41:46	438/939		VCAC
Ox5 Run (Blenheim Palace)	07/03/2004	Sharon Davidson	Sen F	00:44:31	218/521		
Marlow 5	09/05/2004	Sharon Davidson	Sen F	00:45:26	601/939		2nd
Amersham 5	26/09/2004	Simon Cope	Sen M	00:46:06	124 / 200		VCAC

## 5K

Werrington (Peterborough)	25/08/2004	Max d'Ayala	Sen M	00:18:07	21 / 137		VCAC
Ferry Meadows (Peterborough)	11/08/2004	Max d'Ayala	Sen M	00:18:10	24 / 132		VCAC
Eye (Peterborough)	28/07/2004	Max d'Ayala	Sen M	00:18:22	19 / 130		VCAC
Pendeford 5K Fun Run	09/05/2004	Robert Mottram Jones	MV40	00:19:19	3rd		VCAC
Harlow Ladies (Essex)	01/05/2004	Fiona Oakes	Sen F	00:19:30	1st		VCAC
Bedford Park	28/07/2004	Peter Simpson	MV40	00:20:13	50/255		VCAC
Battersea (London)	29/08/2004	Peter Simpson	MV40	00:20:15	9th (last)		VCAC
Waddesdon Manor (Bucks)	22/07/2004	Peter Simpson	MV40	00:20:49			VCAC
County Hall Runners 5K Handicap	28/04/2004	Mike Higgott	Sen M	00:22:08	1st		
Cranfield 5K	09/07/2004	Paul Taylor	Sen M	00:22:11	171 / 406	67 / 126	VCAC
County Hall Runners 5K Handicap	26/05/2004	Mike Higgott	Sen M	00:22:17	7th		VCAC
Doug Anderson Memorial 5K (Bedford)	28/07/2004	Paul Taylor	Sen M	00:22:18	106th		VCAC
Stevenage Midweek Series - Race 2	30/11/2004	Paul Taylor	Sen M	00:22:49	220 / 364	94 / 110	VCAC
Waddesdon Manor (Bucks)	22/07/2004	Sharon Davidson	Sen F	00:24:25			VCAC
Maidenhead Summer Series	30/06/2004	Sharon Davidson	Sen F	00:24:30			VCAC
Marlow Summer Series 5K	20/06/2004	Sharon Davidson	Sen F	00:24:46			VCAC
Wycombe Race for Life	16/05/2004	Sharon Davidson	Sen F	00:25:30			VCAC
European Vets Champs 5000m	28/07/2004	Ron Franklin	MV70	00:26:22	5th		VCAC
Bedford Park	28/07/2004	Justina McLennan	Sen F	00:27:19	194 / 255	7 / 12	VCAC
Stopsley Striders	18/07/2004	Justina McLennan	Sen F	00:27:43	28 / 61		VCAC

Event	Date		Age_cat	Time	Position	Category	Vest
<b>Walk</b>							
Fairlands Valley 18.6M (Stevenage)	18/09/2004	Peter Simpson	MV40	05:53:00			VCAC
Steppingley Step Walk	07/11/2004	Paul Taylor	Sen M	06:16:00	23 / 106		
<b>Other</b>							
Daventry 3K(Northants)	01/07/2004	Charity King	Sen F				2nd
Southern Women's League (1500m)	22/05/2004	Danielle Sanderson		00:05:05	1st		
Southern Women's League (3000m)	22/05/2004	Danielle Sanderson		00:10:32	1st		
St Louis 4K (Paris)	16/05/2004	Peter Simpson	MV40	00:18:00	1st		VCAC
Geoff Nobes (Essex)	01/06/2004	Fiona Oakes	Sen F	00:21:30	1st F		VCAC
Everton Fun Day 3M Trail Race	19/06/2004	Paul Taylor	Sen M	00:22:32	13 / 31		VCAC
Everton Fun Day 3M Trail Race	19/06/2004	Justina McLennan	Sen F	00:26:55	20 / 31		VCAC
Daventry 6	10/10/2004	Job King	Sen M	00:33:43	3rd		2nd
Wheaton Aston 5.9	27/12/2004	Robert Mottram Jones	MV40	00:38:08			VCAC
Bedford 6M	18/05/2004	Peter Simpson	MV40	00:40:07	74 / 313	20th	VCAC
Rugby 6M	12/05/2004	Peter Simpson	MV40	00:41:05	116 / 305	27th	VCAC
Twentymans 6.8	27/06/2004	Robert Mottram Jones	MV40	00:44:00	10th		VCAC
Penn 7	20/06/2004	Sam Wuermli	MV40	00:46:32	9th		Assoc
Swithland 6 (Leics Road Running Lge)	13/06/2004	Mike Higgott	Sen M	00:46:50	281 / 431	233 / 303	VCAC
Penn 7	27/06/2004	Ade Gibbon	MV40	00:50:10	29 / 280		VCAC
Bedford 6M	18/05/2004	Bob Simpson	MV45	00:51:13	235 / 305	31st	VCAC
Cwmcarn Scenic 7	14/07/2004	David Palmer	MV40	00:57:20	83 / 120		VCAC
Not the Roman IX 12K	18/01/2004	Robert Mottram Jones	MV40	00:58:43	375th		VCAC
Luton 3-Stage Relay (8.7M)	05/12/2004	Andy Harper	Sen M	01:03:15	55 / 153		VCAC
Luton 3-Stage Relay	05/12/2004	Peter Simpson	MV40	01:03:58	55 / 153		VCAC
Meerbrook 15K	19/09/2004	Robert Mottram Jones	MV40	01:04:59	31st		VCAC
Luton 3-Stage Relay	05/12/2004	Ade Gibbon	MV50	01:06:35	55 / 153		VCAC
Luton 3-Stage Relay (8.7M)	05/12/2004	Muhayman Jamil	MV40	01:09:19	60 / 153		VCAC
Beast at Corfe Castle (~14M)	05/09/2004	Sandra Hood	FV40	02:03:00			VCAC
Race The Train 14M (Wales)	15/08/2004	John Morris	MV40	02:04:00			VCAC
Dartmoor Discovery 32	05/06/2004	David Palmer	MV40	05:33:55	44 / 100		VCAC
Gill 100 Enduro (50M)	25/04/2004	John Morgan	Sen M	05:47:09	30/99		2nd
Twentymans 6.8	27/06/2004	John Morris	MV40	09:59:59	9th		VCAC
<b>Multi Terrain</b>							
Sherbourne Castles (Dorset)	21/03/2004	Peter Simpson	MV40	00:44:52	45 / 180	15th MV	VCAC
Sherbourne Castles(Dorset)	21/03/2004	Sandra Hood	FV 40	00:52:49	98 / 180	4th FV45	VCAC
Herbert's Hole (~8M)	21/11/2004	Simon Cope	Sen M	01:03:29		194 / 239	VCAC
Ridgeway Run (~9M)	19/10/2004	Simon Cope	Sen M	01:32:57	389 / 476		VCAC

Event	Date		Age_cat	Time	Position	Category	Vest
<b>Cross Country</b>							
North Midlands XC League	09/10/2004	Job King	Sen M		5th		2nd
Frostbite League, Bushfield (5M)	21/11/2004	Max d'Ayala	Sen M	00:29:12	23 / 388		2nd
Chillington Cross Country (4M)	14/03/2004	Robert Mottram Jones	MV40	00:30:35	9th		VCAC
Frostbite League, St Neots (~5M)	10/10/2004	Max d'Ayala	Sen M	00:30:45	22 / 355		2nd
Frostbite League, St Neots (~5M)	10/10/2004	Max d'Ayala	Sen M	00:30:45	22 / 355		2nd
Ryston Cross Country (~9K)	14/11/2004	Max d'Ayala	Sen M	00:31:54	9th	5th	2nd
Bourne Woods	08/02/2004	Max d'Ayala	Sen M	00:32:34	39/233		2nd
Bucks X country (RAF Halton)	07/02/2004	Sharon Davidson	Sen F	00:33:17	27/31		
Ramsey	11/01/2004	Max D'Ayala	Sen M	00:33:21	41/249		2nd
SEAA Women's Champs	24/01/2004	Lesley Cliff	FV50	00:41:30	147/297		VCAC
English National Women's Champs	21/02/2004	Lesley Cliff	FV50	00:43:19	261/454		VCAC
Clivedon Cross Country (~6M)	27/12/2004	Sam Wuermli	MV40	00:46:44	71 / 528		2nd
Clivedon Cross Country (~6M)	27/12/2004	Ade Gibbon	MV50	00:49:26	117 / 528		VCAC
Bucks Men's Champs	07/02/2004	Peter Simpson	MV40	00:52:28	50/58		VCAC
Clivedon Cross Country (~6M)	27/12/2004	Simon Cope	Sen M	01:02:35	374 / 528		VCAC
English National Men's Champs	21/02/2004	Peter Simpson	MV40	01:03:16	1141/1395		VCAC
English National Men's Champs	21/02/2004	Adrian Reynolds	MV40	01:05:18	1218th		VCAC
SEAA Men's Champs	24/01/2004	Peter Simpson	MV40	01:09:56	655/800		VCAC
SEAA Men's Champs	24/01/2004	Adrian Reynolds	MV40	01:12:00	696th		VCAC