

# VCAC Running Results - Fastest Standard Distances to

# 5M

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
5M	09/08/2002	Blisworth (Northants)	Job King	Sen M	00:26:05	8th		2nd	
5M	25/11/2000	Wolverton (Milton Keynes)	Job King	U20 M	00:26:22	15 / 242			
5M	25/11/2000	Wolverton (Milton Keynes)	Nick Berrill	Sen M	00:26:28	18th			
5M	17/08/2001	Blisworth Friday 5	Nick Berrill	Sen M	00:26:35	9th			
5M	24/11/2002	Wolverton (Willen Lake)	Nick Berrill	Sen M	00:26:35	24/ 354		2nd	
5M	24/11/2001	Wolverton (Milton Keynes)	Nick Berrill	Sen M	00:26:36	19 / 292		2nd	
5M	04/08/2002	Wellingborough (Northants)	Job King	Sen M	00:26:37	3rd		VCAC	
5M	23/09/2001	Ingatestone (Essex)	David Tullett	Sen M	00:26:38	3rd			
5M	22/05/2002	Corby (Northants)	Nick Berrill	Sen M	00:26:39	10th / 392		2nd	
5M	12/07/2002	Great Bentley (Essex)	Richard Jordan	MV40	00:26:39	2nd	1st Vet	2nd	
5M	06/02/2005	Alsager 5	Pete Benyon	Sen M	00:26:52	29th		2nd	
5M	09/08/2002	Blisworth (Northants)	Nick Berrill	Sen M	00:26:59	15th		2nd	
5M	21/10/2001	Tiptree (Essex)	Richard Jordan	MV40	00:27:12	1st			
5M	27/05/2001	Ipswich Jaffa (Suffolk)	Richard Jordan	MV40	00:27:16	1st			
5M	05/08/2001	Wellingborough (Northants)	Job King	Sen M	00:27:21	4th			
5M	29/03/2002	Sudbury Fun Run	Richard Jordan	MV40	00:27:24	2nd	1st vet	2nd	
5M	05/09/2004	Ingatestone (Essex)	David Tullett	Sen M	00:27:29	7th		2nd	
5M	15/06/2001	Springfield (Esswx)	Richard Jordan	MV40	00:27:31	6th			
5M	26/05/2002	Ipswich Jaffa	Richard Jordan	MV40	00:27:45	1st		2nd	
5M	20/08/2001	Mersea (Essex)	Richard Jordan	MV40	00:27:51	3rd 1st Ve			
5M	18/06/2002	Battersea Park (London)	Richard Jordan	MV40	00:27:53	1st		2nd	
5M	24/11/2002	Wolverton (Willen Lake)	Neil Clurow	Sen M	00:28:23	48 / 354		VCAC	
5M	24/11/2002	Wolverton (Willen Lake)	Anna Berrill	Sen F	00:29:10	63rd, 4th		2nd	
5M	09/03/2003	Hillingdon (Middx)	Danielle Sanderson	FV40	00:29:19		1st	2nd	
5M	09/08/2002	Blisworth (Northants)	Anna Berrill	Sen F	00:29:23	3rd F		2nd	
5M	04/02/2007	Frostbite League, Bourne Woods	Max D'Ayala	MV40	00:29:24	21/368		2nd	
5M	22/05/2002	Corby (Northants)	Anna Berrill	Sen F	00:29:27	53rd	2nd F	2nd	

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5M	02/12/2001	Aldersley (West Midlands)	John Morris	MV40	00:29:30			VCAC	
5M	24/11/2001	Wolverton (Milton Keynes)	Anna Berrill	Sen F	00:29:32	PB 2nd F		2nd	
5M	05/12/2004	Aldersley 5	Robert Mottram Jones	MV40	00:29:42	23rd		VCAC	
5M	08/11/2009	Poppy Race, Boston	Steve Wigglesworth	MV40	00:29:43	14/121	5	VCAC	
5M	08/11/2009	Bushfield 5M	Max D'Ayala	MV40	00:29:46			VCAC	
5M	06/02/2005	Frostbite League, Huntingdon	Max d'Ayala	Sen M	00:29:47	25 / 320		2nd	
5M	25/06/2002	Market Harborough	Anna Berrill	Sen F	00:29:49	2nd F		2nd	
5M	01/02/2009	Alsager 5	Ryan Procter	Sen M	00:29:53	119/1056	10	2nd	
5M	12/08/2006	Bossingham Bash 5	Paul Elliott	Sen M	00:30:00	12th		1st	
5M	15/08/2004	Thorney 5	Max d'Ayala	Sen M	00:30:01	20 / 214		1st	
5M	01/07/2004	Downham Market Midsummer 5	Max d'Ayala	Sen M	00:30:03	12/114		1st	
5M	22/11/2003	Wolverton 5	Anna Berrill	Sen F	00:30:06	84th	1st	VCAC	
5M	07/06/2009	Westbridge 5	Ryan Procter	Sen M	00:30:10	17/229	17	2nd	
5M	25/07/2001	Whittington	Simon Higgins	MV40	00:30:15			1st	
5M	09/11/2008	Poppy Run, Lincolnshire	Steve Wigglesworth	MV40	00:30:19			VCAC	
5M	03/06/2007	Eastern Vets 5M, Reach	Max D'Ayala	MV40	00:30:21	7/59	3rd	2nd	
5M	26/05/2005	Arthur Bowden Great East Run	Max D'Ayala	Sen M	00:30:22	23 / 195		VCAC	
5M	20/06/2007	Horwich Jubilee 5M (Race	Graham Tracey	Sen M	00:30:32			VCAC	
5M	13/11/2005	Frostbite League 5M	Max D'Ayala	Sen M	00:30:35	41/395		2nd	
5M	07/03/2004	Huntingdon 5	Max d'Ayala	Sen M	00:30:36	39/272		2nd	
5M	14/06/2006	Horwich Jubilee 5	Graham Tracey	Sen M	00:30:39			VCAC	
5M	16/05/2007	Horwich Jubilee 5M (Race	Graham Tracey	Sen M	00:30:48			VCAC	
5M	18/07/2007	Horwich Jubilee Race 3	Graham Tracey	Sen M	00:30:51	42/191		VCAC	
5M	17/08/2001	Blisworth Friday 5	Anna Berrill	Sen F	00:30:53	3rd F			
5M	20/06/2007	Midsummer 5	John Morgan	Sen M	00:31:01	30th		Vegan	
5M	30/11/2003	Aldersley	Robert Jones	MV40	00:31:06	22nd PB		VCAC	

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5M	20/08/2008	Horwich Jubilee Series Race	Graham Tracey	Sen M	00:31:18	46/119		VCAC	
5M	30/05/2001	Corby (Northants)	Anna Berrill	Sen F	00:31:26	6th F		VCAC	
5M	08/08/2007	Staffs Knot 5	Robert Mottram Jones	MV40	00:31:30	35th		VCAC	
5M	05/05/2003	Felixstowe (Suffolk)	Graham White	MV40	00:31:35	15th	1st MV45	2nd	
5M	15/08/2007	Horwich Jubilee Race 4	Graham Tracey	Sen M	00:31:36	45/146		VCAC	
5M	24/11/2002	Wolverton (Willen Lake)	Max d'Ayala	Sen M	00:31:36	108th		VCAC	
5M	23/04/2005	Manchester YMCA 5M	Graham Tracey	Sen M	00:31:38	26 / 180		VCAC	
5M	09/08/2006	Staffs Knot 5	Robert Mottram Jones	MV40	00:31:42	47/391		VCAC	
5M	21/05/2008	Horwich Jubilee Race 1	Graham Tracey	Sen M	00:31:43	25/129		VCAC	
5M	26/11/2005	Wolverton 5 (Milton Keynes)	Marcus Whelband	Sen M	00:31:44	92/420	48th	VCAC	
5M	25/11/2000	Wolverton (Milton Keynes)	Anna Berrill	Sen F	00:31:47	3rd Female			
5M	16/07/2008	Horwich Jubilee Series Race	Graham Tracey	Sen M	00:31:48	55/179		VCAC	
5M	07/06/2009	Westbridge 5	Robert Mottram Jones	MV40	00:31:49	40/229		VCAC	
5M	30/07/2003	Caverswall (Staffs)	Robert Mottram Jones	MV40	00:31:53	54 / 220 P		VCAC	
5M	25/10/2009	Milford & Keyhaven 5	Guy Thompson	Sen M	00:32:00	20/250	10/70	2nd	
5M	12/08/2009	Staffs Knot 5M	Robert Mottram Jones	MV40	00:32:01	38	11 (3rd MV)	VCAC	
5M	12/08/2005	Cranfield 5	Marcus Whelband	Sen M	00:32:03	37th		1st	
5M	14/08/2001	Staff Knot	Robert Mottram Jones	MV40	00:32:03	64 / 360		VCAC	
5M	13/08/2003	Staffs Knot	Robert Mottram Jones	MV40	00:32:11	72 / 350		VCAC	
5M	26/05/2002	Ipswich Jaffa	Paul Horne	MV40	00:32:13			VCAC	
5M	03/06/2007	Westbridge 5	Robert Mottram Jones	MV40	00:32:19	37th		VCAC	
5M	06/08/2001	Wellingborough (Northants)	Peter Simpson	MV40	00:32:20			VCAC	
5M	18/06/2008	Horwich Jubilee Race 2	Graham Tracey	Sen M	00:32:24	54/173		VCAC	
5M	12/11/2006	Boston 5	Steve Wigglesworth	Sen M	00:32:26			VCAC	
5M	24/11/2001	Wolverton (Milton Keynes)	Andy Harper	Sen M	00:32:34	134th		VCAC	
5M	18/06/2008	Mallards Pike 5	Jim Cheseldine	MV40	00:32:36	15/87		VCAC	
5M	27/06/2008	John O'Callaghan Memorial, Luton	Keith Hammond	MV40	00:32:39	32/127		VCAC	

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5M	26/05/2008	White Horse Whitsun 5	Jim Cheseldine	MV40	00:32:39	13/31	4	VCAC	
5M	21/08/2005	Bedford Embankment 5	Marcus Whelband	Sen M	00:32:43	42nd		VCAC	
5M	15/07/2009	Horwich Jubilee Race 3	Graham Tracey	Sen M	00:32:45	59/182		VCAC	
5M	20/05/2009	Horwich Jubilee Race 1	Graham Tracey	Sen M	00:32:51	51/127		VCAC	
5M	19/08/2009	Horwich Jubilee Race 4	Graham Tracey	Sen M	00:32:51	34/106		VCAC	
5M	24/11/2002	Wolverton (Willen Lake)	Kevin Daly	Sen M	00:33:02	135th		VCAC	
5M	22/11/2003	Wolverton 5	Andy Harper	Sen M	00:33:02	130th		VCAC	
5M	22/11/2003	Wolverton 5	John Morgan	Sen M	00:33:04	131st		VCAC	
5M	08/06/2003	Stone Festival (Staffs)	Robert Mottram Jones	MV40	00:33:07	26 / 129		VCAC	
5M	14/08/2002	Staffs Knot (Staffs)	Robert Mottram Jones	MV40	00:33:09			VCAC	
5M	06/07/2007	Cranfield 5	Keith Hammond	MV40	00:33:11	63/323	21/75	VCAC	
5M	15/08/2003	Cranfield (Bedfordshire)	Peter Simpson	MV40	00:33:12			VCAC	
5M	09/09/2007	Linslade - Stoke Hammond	Peter Simpson	MV40	00:33:13	37/240		Vegan	
5M	03/06/2002	Dolgellau (Wales)	Michael Oakley	Sen M	00:33:14	28 / 83		1st	
5M	27/11/2004	Wolverton 5 (Milton Keynes)	Peter Simpson	MV40	00:33:15	121 / 341		VCAC	
5M	11/08/2004	Staffs Knot 5	Robert Mottram Jones	MV40	00:33:17	66th		VCAC	
5M	15/06/2004	Banbury 5M	Peter Simpson	MV40	00:33:20	107 / 337	22nd	VCAC	
5M	26/11/2005	Wolverton 5 (Milton Keynes)	Andy Harper	MV40	00:33:25	137/420	29th	VCAC	
5M	25/05/2003	Ipswich (Suffolk)	Peter Simpson	MV40	00:33:26	30th	4th MV40	VCAC	
5M	17/06/2009	Horwich Jubilee Race 2	Graham Tracey	Sen M	00:33:27	71/141		VCAC	
5M	10/06/2008	Banbury 5M	Peter Simpson	MV40	00:33:27	112/324	9/30 MV45	Vegan	
5M	08/08/2003	Blisworth Friday 5	Peter Simpson	MV40	00:33:30			VCAC	
5M	08/05/2005	Marlow 5	Ade Gibbon	MV50	00:33:33	123 / 1200		VCAC	
5M	20/06/2006	Market Harborough 5	Peter Simpson	MV40	00:33:34	97/310	14/33	Vegan	
5M	02/05/2003	Open Univ. H'cap (Bucks)	Andy Harper	Sen M	00:33:35	4 / 50		VCAC	
5M	06/06/2004	Westbridge (Stone) 5	Robert Mottram Jones	MV40	00:33:35	38th		VCAC	
5M	04/06/2006	Westbridge 5	Robert Mottram Jones	MV40	00:33:36	37/219		VCAC	

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5M	22/04/2004	Hanchurch Woods 5	Robert Mottram Jones	MV40	00:33:39	42nd		VCAC	
5M	29/04/2001	Nicola's 5 (Canvey Island)	Peter Simpson	MV40	00:33:40	61 / 283		VCAC	
5M	09/09/1996	Ipstones 5	Robert Mottram Jones	MV40	00:33:41			VCAC	
5M	18/06/2002	Banbury	Peter Simpson	MV40	00:33:42	132 / 341	31	VCAC	
5M	13/07/2003	Ipstones (Staffs)	Robert Mottram Jones	MV40	00:33:48	26 / 124		VCAC	
5M	13/09/2003	Ipstones	Robert Jones	MV40	00:33:48	26th		VCAC	
5M	24/11/2001	Wolverton (Milton Keynes)	Peter Simpson	MV40	00:33:50	167th		VCAC	
5M	07/05/2006	Marlow 5	Ade Gibbon	MV50	00:33:51	98/1263		VCAC	
5M	29/11/2008	Wolverton 5 M	Peter Simpson	MV40	00:33:51	164/375	23/49	Vegan	
5M	13/06/2006	Banbury 5	Peter Simpson	MV40	00:33:53	113/302	17/34	Vegan	
5M	21/04/2002	Nicola's 5 (Canvey Island)	Peter Simpson	MV40	00:33:54	101 / 393		VCAC	
5M	21/10/2001	Scott King (Notts)	Adrian Reynolds	Sen M	00:33:55	PB		VCAC	
5M	08/09/2007	Ipstones 5M	Robert Mottram Jones	MV40	00:33:56	33		VCAC	
5M	25/11/2006	Wolverton 5	Peter Simpson	MV40	00:33:57	122/288	22/51	Vegan	
5M	01/02/2004	Alsager (Cheshire)	Peter Simpson	MV40	00:33:57			VCAC	
5M	13/05/2007	Marlow 5	Ade Gibbon	MV50	00:33:59	121/1335		VCAC	
5M	03/06/2002	Dolgellau (Wales)	Judith Oakley	Sen F	00:34:02	32 / 83	2nd F, 1 V	2nd	
5M	06/08/2006	Wellingborough 5	Peter Simpson	MV40	00:34:05			Vegan	
5M	09/05/2004	Marlow 5	Ade Gibbon	MV50	00:34:12	140/939		VCAC	
5M	19/09/2004	Bedford	Peter Simpson	MV40	00:34:17	66 / 294		VCAC	
5M	15/04/2001	Massey Ferguson (Coventry)	Peter Simpson	MV40	00:34:20	113 / 194		VCAC	
5M	25/11/2000	Wolverton (Milton Keynes)	Peter Simpson	MV40	00:34:20	140th		VCAC	
5M	10/05/2009	Marlow 5M	Ade Gibbon	MV50	00:34:22			VCAC	
5M	01/01/2005	Warwick University (Coventry)	Peter Simpson	MV40	00:34:28			VCAC	
5M	24/11/2002	Wolverton (Willen Lake)	Andy Harper	Sen M	00:34:30	168th		VCAC	
5M	01/06/2004	Notts 5M	Lesley Cliff	FV50	00:34:32			VCAC	
5M	28/12/2008	Festive 5, Wythenshawe	Steve Coote	MV50	00:34:34	120/251		VCAC	

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5M	18/03/2007	Draycote Water 5	Peter Simpson	MV40	00:34:34	47/159		Vegan	
5M	30/12/2007	Festive 5, Wythenshawe	Steve Coote	MV40	00:34:36	120/288	17/27	VCAC	
5M	26/11/2005	Wolverton 5 (Milton Keynes)	Peter Simpson	MV40	00:34:45	178/420	21st	VCAC	
5M	31/12/2006	Festive Five	Steve Coote	MV40	00:34:47	138/361	17/29	VCAC	
5M	22/11/2003	Wolverton 5	Peter Simpson	MV40	00:34:50	159th		VCAC	
5M	29/04/2001	Nicola's 5 (Canvey Island)	Neil Kirsh	Sen M	00:34:51	73rd			
5M	07/07/2005	Nottingham Heritage series	Adrian Reynolds	MV40	00:34:51			VCAC	
5M	27/03/2004	Victoria Park 5	Muhayman Jamil	MV40	00:34:52				
5M	12/08/2005	Cranfield 5	Paul Taylor	Sen M	00:34:57	80/288	37/88	VCAC	
5M	22/11/2003	Wolverton 5	Paul Taylor	Sen M	00:35:09	164th		VCAC	
5M	28/10/2001	Langdon (Essex)	Neil Kirsh	Sen M	00:35:13				
5M	26/11/2005	Wolverton 5 (Milton Keynes)	Paul Taylor	Sen M	00:35:15	188/420	80th	VCAC	
5M	05/08/2007	Wellingborough 5	Peter Simpson	MV40	00:35:17			Vegan	
5M	07/08/2002	Joy Cann (Huncote, Leics)	Lesley Cliff	FV50	00:35:17	14th F	1st FV50	VCAC	
5M	12/06/2002	Bracknell Forest (Berks)	Michael Oakley	Sen M	00:35:20	83 / 321		1st	
5M	07/08/2005	Wellingborough Road Race	Peter Simpson	MV40	00:35:27			VCAC	
5M	24/11/2002	Wolverton (Willen Lake)	Mike Folland	MV60	00:35:31	191st		VCAC	
5M	06/05/2002	Pednor (Bucks)	Judith Oakley	Sen F	00:35:38	10th F		2nd	
5M	01/01/2009	Godiva New Year's Day	Peter Simpson	MV40	00:35:39	80/184		Vegan	
5M	26/12/2005	Glynneath 5	Judith Oakley	FV40	00:35:39	119/258	4th	U	
5M	12/06/2002	Bracknell Forest (Berks)	Judith Oakley	Sen F	00:35:45	91 / 321	8 / 101 F	2nd	
5M	15/08/2003	Cranfield 5	Paul Taylor	Sen M	00:35:48	87 / 240	43 / 95	VCAC	
5M	11/05/2003	Marlow (Bucks)	Ade Gibbon	MV40	00:35:51			VCAC	
5M	22/11/2003	Wolverton 5	Mike Folland	MV60	00:36:20	191st		VCAC	
5M	08/06/2003	Bedford Embankment 5	Paul Taylor	Sen M	00:36:25	95 / 212	37 / 61	VCAC	
5M	26/07/2002	Notts	Lesley Cliff	FV50	00:36:30	15th F	1st V50	VCAC	
5M	13/08/2004	Cranfield 5	Paul Taylor	Sen M	00:36:32	92 / 214	41 / 71	VCAC	

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5M	24/11/2001	Wolverton (Milton Keynes)	Mike Folland	MV60	00:36:34	214th		VCAC	
5M	08/08/2003	Blisworth Friday 5	Paul Taylor	Sen M	00:36:45	193 / 459	78 / 140	VCAC	
5M	05/05/2003	Pednor 5	Scott Baillie	Sen M	00:36:55	61/101		VCAC	
5M	03/06/2001	Eltham (Kent)	Neil Kirsh	Sen M	00:37:05	69 / 213			
5M	15/04/2004	Milford Common 5	Robert Mottram Jones	MV40	00:37:07	30th		VCAC	
5M	22/11/2003	Wolverton 5	Muhayman Jamil	MV40	00:37:07			VCAC	
5M	01/05/2003	Kibblestone Camp 3/3	Robert Mottram Jones	MV40	00:37:08	31st		VCAC	
5M	03/07/2002	Rawnsley & Slade Hills (Staffs)	Robert Mottram Jones	MV40	00:37:08	13th		VCAC	
5M	22/05/2002	Corby (Northants)	Mike Folland	MV60	00:37:18			VCAC	
5M	26/12/2007	Glyneath 5M	Judith Oakley	FV40	00:37:20	151/310	3	Vegan	
5M	31/12/2006	Old Father Time 5 (Llandaff)	Judith Oakley	FV40	00:37:32	121/192		Vegan	
5M	11/12/2005	Hale 5	Jon Hobson	MV40	00:37:34	112/273		VCAC	
5M	22/05/2002	Corby (Northants)	Bob Simpson	MV40	00:37:38	260th	46th v40	VCAC	
5M	24/08/2003	Headington 5M	Scott Baillie	Sen M	00:37:44	152/309		VCAC	
5M	26/12/2006	Glynneath Boxing Day 5	Judith Oakley	FV40	00:37:45	151/266		Vegan	
5M	06/08/2004	Blisworth Friday 5	Paul Taylor	Sen M	00:37:52	224 / 453	81 / 131	VCAC	
5M	07/05/2006	Marlow 5	Sharon Davidson	Sen F	00:37:55	271st	41/591	VCAC	
5M	10/06/2007	Long Eaton 5	Matt Harris	Sen M	00:38:04	157/352	46/83	1st	
5M	19/09/2004	Embankment 5	Paul Taylor	Sen M	00:38:11	135 / 296	51 / 80	VCAC	
5M	30/12/2007	Old Father time, Llandaff	Judith Oakley	FV40	00:38:15	111/177	4	Vegan	
5M	12/12/2004	Hale Village 5	Jon Hobson	MV40	00:38:17	164 / 363	45 / 114	VCAC	
5M	13/05/2007	Marlow 5	Steven Boswell	Sen M	00:38:19	310th		VCAC	
5M	26/05/2004	Rockingham 5M	Bob Simpson	MV40	00:38:34	247 / 326	36th	VCAC	
5M	22/06/2004	Harborough 5M	Bob Simpson	MV40	00:38:43	209th	38th	VCAC	
5M	10/05/2009	Marlow 5	Steven Boswell	Sen M	00:38:47	395/1524		VCAC	
5M	09/11/2008	Mad Jack Multi Terrain	John Morris	MV50	00:38:52	51/200	3rd	VCAC	
5M	29/04/2004	Kibblestone 5	Robert Mottram Jones	MV40	00:39:14	48th		VCAC	

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5M	08/08/2003	Blisworth Friday 5	Charity King	Sen F	00:39:30			2nd	
5M	15/05/2003	Cranfield (Bedfordshire)	Charity King	Sen F	00:39:30			VCAC	
5M	15/06/2004	Banbury 5M	Bob Simpson	MV40	00:39:39	255 / 337	44th	VCAC	
5M	10/05/2009	Marlow 5	Simon Cope	MV40	00:40:02	466/1524		VCAC	
5M	28/09/2003	Amersham 5	Simon Cope	Sen M	00:40:06	119/177			
5M	20/06/2006	Market Harborough 5	Bob Simpson	MV40	00:40:09	221/310	32/33	1st	
5M	08/05/2005	Marlow 5	Sharon Davidson	Sen F	00:40:15	427 / 1200		2nd	
5M	11/05/2003	Marlow (Bucks)	Simon Cope	Sen M	00:40:29			1st	
5M	13/05/2007	Marlow 5	Simon Cope	MV40	00:40:36	487/1335			
5M	31/08/2006	Blisworth 5	Michelle Gander	Sen F	00:40:55	30/70	4th	2nd	
5M	25/05/2003	Ipswich (Suffolk)	Mike Deacon	MV40	00:41:00	75th		VCAC	
5M	29/07/2009	Priory Five	Emma Smith	Sen F	00:41:05	38/65	1/2	VCAC	
5M	08/05/2005	Marlow 5	Simon Cope	MV40	00:41:12	480 / 1200		2nd	
5M	24/11/2002	Wolverton (Willen Lake)	Dave Doorne	MV40	00:41:14	294th		VCAC	
5M	11/05/2008	Marlow 5	Steven Boswell	Sen M	00:41:16	481/1599		VCAC	
5M	13/06/2006	Banbury 5	Bob Simpson	MV40	00:41:37	243/302	32/34	VCAC	
5M	16/09/2007	Amersham 5	Simon Cope	MV40	00:41:37	109/225			
5M	09/05/2004	Marlow 5	Simon Cope	Sen M	00:41:46	438/939		VCAC	
5M	24/11/2001	Wolverton (Milton Keynes)	Sophia Howard	Sen F	00:41:59	65th F		VCAC	
5M	29/05/2002	Woodland	Michael Oakley	Sen M	00:42:17			1st	
5M	09/06/2009	Banbury 5M	Bob Simpson	MV50	00:42:19	308/370		VCAC	
5M	29/05/2002	Woodland (Crowthorne, Berks)	Judith Oakley	Sen F	00:42:25			2nd	
5M	14/09/2008	Peamore 5M	Nik Windle	MV40	00:42:36	106/166		1st	
5M	19/01/2003	Wendover 5 multi terrain	Scott Baillie	Sen M	00:42:37	48/157		VCAC	
5M	14/01/2007	Wendover Woods 5	Scott Baillie	MV40	00:42:39	129/297		VCAC	
5M	22/11/2003	Wolverton 5	Mike Deacon	MV40	00:42:48	265th		VCAC	
5M	16/06/2009	Harborough 5M	Bob Simpson	MV50	00:42:59	350/401		VCAC	

# VCAC Running Results - Fastest Standard Distances to

# 5M

Distance	Date	Event	Member	Cat	Time	Position	Cat Position	Vest	Personal
5M	20/06/2009	Darrington Fun Run	Emma Smith	Sen F	00:43:21	81/150	7/22	1st	
5M	30/04/2006	Highworth 5	Paula Inglis	FV40	00:43:27			1st	
5M	22/02/2009	Tim Sutton - Fowlmead 5	Kathleen Hoyle	Sen F	00:43:32	78/120			
5M	17/09/2006	Amersham 5	Simon Cope	MV40	00:43:38	103rd		VCAC	
5M	21/08/2005	Bedford Embankment 5	Michelle Gander	Sen F	00:43:55	182nd		VCAC	
5M	11/05/2008	Marlow 5	Simon Cope	MV40	00:44:11	722/1599		VCAC	
5M	07/03/2004	Ox5 Run (Blenheim Palace)	Sharon Davidson	Sen F	00:44:31	218/521			
5M	22/11/2003	Wolverton 5	Justina McLennan	Sen F	00:44:52	278th		VCAC	
5M	09/05/2004	Marlow 5	Sharon Davidson	Sen F	00:45:26	601/939		2nd	
5M	03/12/2006	Victory 5	Paula Inglis	FV40	00:45:27	598th		1st	
5M	08/08/2003	Blisworth Friday 5	Justina McLennan	Sen F	00:45:31	393 / 459	32 / 48	VCAC	
5M	26/09/2004	Amersham 5	Simon Cope	Sen M	00:46:06	124 / 200		VCAC	
5M	23/06/2007	Darrington 5	Emma Smith	Sen F	00:46:30			VCAC	
5M	21/09/2008	Amersham 5	Simon Cope	MV40	00:47:01	92/134		VCAC	
5M	07/05/2006	Marlow 5	Simon Cope	MV40	00:47:12	795/1265			
5M	20/01/2008	Wendover Woods	Mary Davis	FV40	00:48:00			1st	
5M	07/06/2009	Tilty Hilly 5	Carol Norwood	FV40	00:48:49	154/165	11/11	1st	
5M	29/05/2003	Vets AC Battersea Park (London)	Ron Franklin	MV75	00:49:00	1st MV75		2nd	
5M	08/06/2003	Bedford Embankment 5	Justina McLennan	Sen F	00:49:55	190 / 212	12 / 21	VCAC	
5M	21/09/2008	Amersham 5 Mile	Mary Davis	FV40	00:50:36	136/192		VCAC	
5M	07/08/2009	Wibbly Wobbly Log Jog - Thetford	Carol Norwood	FV50	00:51:04	243/292	7/11	1st	