

VCAC Running Results – 2009-10 - Fastest Standard Distances

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
5K								
5K	Lincoln Wellington AC 5K Series Race	Paul Elliott	Sen M	00:18:22	29/101		1st	
5K	Poole Runners 5k Open Race 1	Guy Thompson	Sen M	00:18:24	41/301	18/69	2nd	
5K	White Horse 5K	James Cheseldine	MV40	00:18:24	39/135		VCAC	
5K	Ron Hill's 71st Birthday 5K Road Race	Bill Balmer	MV40	00:18:37	26/291	10/51	2nd	PB
5K	Poole Runners 5K Open Race 2	Guy Thompson	Sen M	00:18:56	42/319	19/78	2nd	
5K	Marston Forest 5K	Keith Hammond	MV45	00:19:17	48/315	9/131	VCAC	PB
5K	Doug Anderson 5K	Peter Simpson	MV45	00:20:20	80/379		VRUK	
5K	Severn River Loop - Shrewsbury	John Morris	MV50	00:20:38	44/140	5th	VCAC	
5K	Prague, Track	Milos Bednar	MV55	00:21:01	27/76	3/9	VCAC	
5K	Doncaster Town Centre 5K	Emma Smith	FV35	00:23:54	102/146	3/8	VCAC	
5K	Doncaster Race For Life	Emma Smith	FV35	00:27:30			1st	
5K	Stopsley Striders Ladies 5K	Sharon Hammond	FV45	00:27:41	19/97		VCAC	PB
5K	Marston Forest 5K	Sharon Hammond	FV45	00:28:09	229/315	12/20	VCAC	
5M								
5M	Frostbite League, Huntingdon	Max D'Ayala	MV40	00:29:35	33/406		2nd	
5M	Poppy Race, Boston	Steve Wigglesworth	MV40	00:29:43	14/121	5	VCAC	
5M	Frostbite League, Bushfield,	Max D'Ayala	MV40	00:29:46	40/493		2nd	
5M	Clickem 5 Series Race 1	Paul Elliott	Sen M	00:30:33	5/82		1st	
5M	Mallards Pike 5	James Cheseldine	MV40	00:30:52	13/127	4	VCAC	PB
5M	Staffs Knot 5 Miler	Robert Mottram Jones	MV45	00:31:34	39th	3rd	VCAC	
5M	Milford & Keyhaven 5	Guy Thompson	Sen M	00:32:00	20/250	10/70	2nd	
5M	Clickem 5 Series Race 2	Paul Elliott	Sen M	00:32:44	17/97		1st	
5M	Eltham 5M (MT)	Peter Simpson	MV45	00:34:25	36/262		VRUK	
5M	Marlow 5	Ade Gibbon	MV50	00:35:25	235/1657		VCAC	
5M	Darrington 5 Mile	Emma Smith	FV35	00:43:47			2nd	

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
10K								
10K	Bristol 10K	Rich Shelley	Sen M	00:35:03	82		2nd	PB
10K	Ivybridge 10K	Rich Shelley	Sen M	00:35:31	7/698	4	2nd	
10K	Poole 10K	Rich Shelley	Sen M	00:35:58	28/985	23	VCAC	
10K	Frampton 10K	James Cheseldine	MV40	00:37:59	28/454	6/93	VCAC	PB
10K	Ron Hill Surrey Series – Epsom 10K	Gideon Stanley	MV40	00:38:15	17/155	6/39	VCAC	
10K	Goodrich 10K	Robert Mottram Jones	MV40	00:38:38	68th	32	VCAC	PB
10K	Bedford 10K	Keith Hammond	MV45	00:38:47	17/304	4/35	VCAC	PB
10K	Castle Coombe 10K	James Cheseldine	MV40	00:38:54	7th	2nd	VCAC	PB
10K	Flitwick 10K	Keith Hammond	MV40	00:38:57	39/794	11/170	VCAC	PB
10K	Askern 10K	Steve Wigglesworth	MV45	00:38:58	69/457	7/53	VCAC	
10K	Standalone 10K	Keith Hammond	MV40	00:38:59	58/1008	20/208	VCAC	
10K	Bearbrook 10K	Keith Hammond	MV45	00:39:24	40/510	10/112	VCAC	
10K	Winslow Lions 10K	Keith Hammond	MV40	00:39:37	13/217	5/58	VCAC	
10K	Christchurch Christmas Pudding 10K	Guy Thompson	Sen M	00:39:58	66/569	30/96	2nd	
10K	Clayton 10K	Robert Mottram Jones	MV45	00:40:01	31/196		VCAC	
10K	Boscombe 10K	Guy Thompson	Sen M	00:40:12	32/436	18/119	2nd	
10K	Moonraker 10K	Bill Balmer	MV40	00:40:16	40	5	2nd	
10K	Stanwick 10K	Keith Hammond	MV40	00:40:32	27/282	12/65	VCAC	
10K	Luton 10K	Keith Hammond	MV45	00:41:01	17/145	17/103 M	VCAC	
10K	Stone 10K	Robert Mottram Jones	MV45	00:41:26	63/431		VCAC	
10K	Bearbrook 10K	Peter Simpson	MV45	00:41:27	67/510		VCAC	
10K	Rainforest Foundation 10K	Peter Simpson	MV45	00:41:39	12/395		VRUK	
10K	Milton Keynes 10K	Peter Simpson	MV45	00:42:12	107/379	16/39	VRUK	
10K	Standalone 10K	Andrew Harper	MV40	00:42:20	141/1008		VCAC	
10K	Devils Chimney Chase	James Cheseldine	MV40	00:42:44	17/179	8	VCAC	approx 10K
10K	SEAA 10K Crystal Palace	Peter Simpson	MV40	00:42:47	56/111		Vegan	
10K	Cransley 10K	Peter Simpson	MV45	00:43:19	39/379		VRUK	
10K	Berryhill 10K	Robert Mottram Jones	MV45	00:43:28	47/135		VCAC	
10K	Prestwood 10K	Peter Simpson	MV40	00:43:32	21/236		VCAC	
10K	Mount Ephraim 10K	Peter Simpson	MV45	00:43:35	33/238	9th	VRUK	
10K	Weedon 10K	Peter Simpson	MV45	00:43:55	99/254	12/28	VRUK	
10K	Framlingham 10K	Paul Horne	MV50	00:44:07	56/270	8/53	VCAC	
10K	Wittstock (Germany) - MT	Milos Bednar	MV55	00:44:28	13/68	2/7	VCAC	
10K	Headington 10K	Nik Windle	MV45	00:46:00	113/250		VCAC	PB
10K	Kirkbymoorside 10K	Jon Zigmond	MV50	00:46:31	136/383	20/48	2nd	watch time 46:10
10K	Bayer Newbury 10K	Glenn Chapman	MV40	00:46:32				

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
10K	Bechovice – Praha, Prague	Milos Bednar	MV55	00:46:44	470/1157	32/129	VCAC	
10K	Sarka (Prague) - MT	Milos Bednar	MV50	00:46:50	18/35	3/9	VCAC	
10K	Freith Hilly	Ade Gibbon	MV50	00:47:47			VCAC	
10K	Andy Reading 10K	Nik Windle	MV40	00:47:47	212/445		VCAC	
10K	Platt Fields 10K	Steve Coote	MV50	00:47:52	65/126	4/9	VCAC	
10K	Thame 10K	Nik Windle	MV40	00:48:20	213/825		VCAC	
10K	Bearbrook 10K	Nik Windle	MV45	00:49:16	230/510		VCAC	
10K	Maylarch Eynsham 10K	Nik Windle	MV40	00:49:35	316/542		VCAC	
10K	Prestwood 10K	Nik Windle	MV40	00:49:52	98/236		VCAC	
10K	Chiltern Chase (MT)	Nik Windle	MV40	00:49:57	139/372		VCAC	
10K	Askern 10K	Emma Smith	FV35	00:51:29	321/457	14/23	VCAC	
10K	Rotary Blenheim 10K	Nik Windle	MV40	00:52:09	217/457		VCAC	
10K	Bearbrook 10K	Mary Davis	FV45	00:53:05	326/510		VCAC	
10K	Prestwood 10K	Mary Davis	FV40	00:53:26	136/236		VCAC	
10K	Freith Hilly	Nik Windle	MV40	00:53:49	183/537		VCAC	
10K	Guernsey Easter 10K	Rod Paris	MV60	00:53:50	141/175	6/9	VCAC	
10K	Bayer Newbury 10K	Caroline Chapman	FV40	00:53:50				
10K	Wakefield Hospice 10K	Emma Smith	FV35	00:53:54	692/1185		VCAC	
10K	Sandall Beat 10K Trail Race	Emma Smith	FV35	00:54:09	152/231	3/16	VCAC	
10K	Barnsley 10K	Emma Smith	Sen F	00:56:29	686/882	28/51 FV35	VCAC	
10K	St Wilfrid's Muddy Boots' 10K	Emma Smith	FV35	00:57:32	195/282		VCAC	
10K	Bearbrook 10K	Sharon Hammond	FV45	00:57:57	412/510		VCAC	
10K	Hatfield Broad Oak 10K	Keith Hammond	MV45	00:58:12	979/1276		VCAC	
10K	Hatfield Broad Oak 10K	Sharon Hammond	FV45	00:58:12	978/1276		VCAC	
10K	Rothwell 10K	Emma Smith	FV35	00:58:28	560/648	28/42	VCAC	
10K	Wycombe 10K	Sharon Hammond	FV45	00:59:27	185/315	20/40	VCAC	
10K	Candleford Canter - Ladies Only Race	Sharon Hammond	FV40	01:01:01	99/124		VCAC	
10K	Standalone 10K	Sharon Hammond	FV40	01:01:53	838/1008		VCAC	
10K	Flitwick 10K	Sharon Hammond	FV45	01:02:05	666/794	39/60	VCAC	
10K	Woodley 10K	Nicola Hatch	Sen F	01:02:06				
10K	Olomouc	Olga Bednarova	FV55	01:02:33	53/100	4/6	VCAC	
10K	Goodrich 10K	Nicola Campbell Nichols	Sen F	01:02:47	201/215		VCAC	
10K	Stanwick 10K	Sharon Hammond	FV45	01:02:56	243/282		VCAC	
10K	Winslow Lions 10K	Sharon Hammond	FV45	01:03:05	196/217		VCAC	
10K	Bechovice - Praha, Prague	Olga Bednarova	FV55	01:03:44	1091/1157	9/11	VCAC	
10K	Wittstock - Germany	Olga Bednarova	FV55	01:04:26	30/38	2/3	VCAC	
10K	Wooburn Green	Nicola Hatch	FV40	01:06:11				
10K	Abington 10K	Carol Norwood	FV50	01:10:03	180/195	6/9	1 st	

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
10K	Rye Harbour	John Munson	MV75	01:16:00			VCAC	
10K	Deal Dinosaur	John Munson	MV75	01:16:00			VCAC	
10K	Cliffe Woods 10K	John Munson	MV75	01:23:00			VCAC	
10M								
10M	Teignbridge Ten	Rich Shelley	MV35	00:59:27	8/205	3rd	2nd	PB
10M	Swineshead 10	Keith Hammond	MV45	01:05:10			VCAC	PB
10M	Fred Hughes 10M St Albans	Keith Hammond	MV40	01:06:23	54/617	18/169 MV4	VCAC	
10M	Self Transcendence 10M, London	Manuel Corriente	Sen M	01:06:35	25/195		VCAC	
10M	Sale 10M	Bill Balmer	MV40	01:06:50	83/250	11	2nd	
10M	Fred Hughes 10M St Albans	Manuel Corriente	Sen M	01:07:17	60/617		VCAC	
10M	Stockport 10	Graham Tracey	Sen M	01:08:08	110/693		VCAC	
10M	Wimborne 10	Guy Thompson	Sen M	01:09:09	91/567	44/129	2nd	
10M	Hadleigh 10	Paul Horne	MV40	01:09:54			VCAC	
10M	Hadleigh 10	Paul Horne	MV40	01:09:54			VCAC	
10M	Sandy 10	Keith Hammond	MV45	01:10:42	89/524		VCAC	
10M	Maidenhead Ten	Glenn Chapman	MV40	01:17:35	485/1055			
10M	Stockport 10	Steve Coote	MV50	01:18:09	315/693	20/47	VCAC	
10M	Derwentwater 10	Darren Brimer	MV40	01:27:21	306/410			
10M	Maidenhead Ten	Caroline Chapman	FV40	01:28:00				
10M	Snake Lane 10	Emma Smith	FV35	01:33:41	565/666		VCAC	
10M	Guy Fawkes 10	Emma Smith	Sen F	01:39:12	577/738	36/54 FV35	VCAC	
10M	Swineshead 10	Sharon Hammond	FV45	01:39:33			VCAC	
10M	Eccup 10 M	Emma Smith	FV35	01:39:57	454/536	28/37	VCAC	
10M	Stebbing 10M	Carol Norwood	FV50	01:41:47	415/440	29/33	1st	

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
Half Marathon								
Half Marathon	Plymouth Half Marathon	Rich Shelley	Sen M	01:19:14	22/4689	17	2nd	
Half Marathon	Bath Half Marathon	Rich Shelley	Sen M	01:20:10	124/10725		2nd	
Half Marathon	Brandon Half Marathon	Max D'Ayala	MV40	01:23:18	8/263	2nd	VCAC	
Half Marathon	Milton Keynes Half marathon	Keith Hammond	MV40	01:25:52	130/3246	5/58 MV45	VCAC	PB
Half Marathon	Birmingham Half marathon	Robert Mottram Jones	MV40	01:26:20			VCAC	
Half Marathon	Milton Keynes Half Marathon	Manuel Corriente	Sen M	01:26:42	137/3246		VCAC	PB
Half Marathon	Wombourne Half Marathon	Robert Mottram Jones	MV45	01:26:48	42/507		VCAC	
Half Marathon	Bedford Half Marathon	Keith Hammond	MV40	01:27:11	105/1524	25/241	VCAC	
Half Marathon	Retford Half Marathon	Steve Wigglesworth	MV40	01:27:13	27/338	13/87	VCAC	
Half Marathon	Uttoxeter Half Marathon	Robert Mottram Jones	MV45	01:27:44	43/329		VCAC	
Half Marathon	Sparks Half Marathon	Jeff Adams	MV50	01:28:05	35		VCAC	PB
Half Marathon	Wycombe Half Marathon	Keith Hammond	MV45	01:28:38	36/987	8/234	VCAC	
Half Marathon	Southend Half Marathon	Jeff Adams	MV50	01:28:50	73/1511	1st		
Half Marathon	Tewkesbury Half Marathon	James Cheseldine	MV40	01:29:18	89/1187	16/32	VCAC	PB
Half Marathon	Chippenham Half Marathon	James Cheseldine	MV40	01:29:25	92/1400		VCAC	
Half Marathon	4 Villages Half Marathon, Helsby	Graham Tracey	Sen M	01:29:41	165/1435		VCAC	
Half Marathon	Forest of Dean Half Marathon	James Cheseldine	MV40	01:31:29	99/2400	27	VCAC	
Half Marathon	Shakespeare Half Marathon	Robert Mottram Jones	MV45	01:31:53	74/1765		VCAC	
Half Marathon	Stevenage Half Marathon	Manuel Corriente	Sen M	01:32:22	72/677		VCAC	
Half Marathon	Stevenage Half Marathon	Andy Jordan	MV40	01:32:33	74/677		VCAC	
Half Marathon	Burnham Beeches Half Marathon	Peter Simpson	MV45	01:33:06	148/906		VCAC	
Half Marathon	Leek Half Marathon	Robert Mottram Jones	MV45	01:34:52	38/246	9th	VCAC	
Half Marathon	Wycombe Half Marathon	Peter Simpson	MV45	01:35:05	77/987		VCAC	
Half Marathon	Sleaford Half Marathon	Jeff Adams	MV50	01:35:14	90		VCAC	
Half Marathon	Joe Cox Half Marathon, Stowmarket	Paul Horne	MV50	01:35:18	51/304		VCAC	
Half Marathon	Southend Half Marathon	Andrew Harper	MV45	01:35:57	179/1511		VCAC	
Half Marathon	Potters Arf	Robert Mottram Jones	MV45	01:35:59	143/1397		VCAC	
Half Marathon	Berkhamsted Half Marathon	Peter Simpson	MV40	01:37:55	200/1151		VRUK	
Half Marathon	Olomouc Road Race	Milos Bednar	MV55	01:38:31	210/990	5/40	VCAC	
Half Marathon	Watford Half Marathon	Andrew Harper	MV40	01:38:43	458/1853		VCAC	
Half Marathon	Berkhamsted Half Marathon	Ade Gibbon	MV50	01:38:48	262/1151		VCAC	
Half Marathon	Watford Half Marathon	Ade Gibbon	MV50	01:38:49	486/1853		VCAC	
Half Marathon	Birmingham & Black Country Half Marathon	Robert Mottram Jones	MV45	01:38:57	108		VCAC	

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
Half Marathon	Henley Half Marathon	Ade Gibbon	MV50	01:39:13			VCAC	
Half Marathon	Malaga Half Marathon	Manuel Corriente	Sen M	01:40:26	1310/3065		VCAC	
Half Marathon	Shifnal Steeplechase Half Marathon	Robert Mottram Jones	MV45	01:40:46	48		VCAC	
Half Marathon	Lydd Half Marathon	Mike Phillips	Sen M	01:40:47	94/353		VCAC	
Half Marathon	Leeds Half Marathon	Jon Zigmond	MV55	01:42:00	520/2824	8/55	2nd	
Half Marathon	Burnham Beeches Half Marathon	Ade Gibbon	MV50	01:43:46	324/906		VCAC	
Half Marathon	Great North Run	Glenn Chapman	MV40	01:45:16				
Half Marathon	Windsor Half Marathon	Glenn Chapman	MV40	01:46:07				
Half Marathon	Marlow Half Marathon	Ade Gibbon	MV50	01:46:09	282/942		VCAC	
Half Marathon	Wokingham Half marathon	Nik Windle	MV40	01:47:09	1011/1968		VCAC	PB
Half Marathon	Clowne Half Marathon	Steve Coote	MV50	01:47:37	253/540		VCAC	
Half Marathon	Stevenage Half Marathon	Andrew Harper	MV40	01:48:30	288/677		VCAC	
Half Marathon	Burnham Beeches Half Marathon	Nik Windle	MV45	01:48:57	406/906		VCAC	
Half Marathon	Burnham Beeches Half Marathon	Glenn Chapman	MV40	01:51:45	464/906		VCAC	
Half Marathon	St Albans Half Marathon	Glenn Chapman	MV40	01:53:36	746/1976	171		
Half Marathon	Water For Life Half Marathon, Bisham Abbey	Glenn Chapman	MV40	01:54:00				
Half Marathon	Berkhamsted Half Marathon	Glenn Chapman	MV40	01:54:37	694/1151			
Half Marathon	Marlow Half Marathon	Nik Windle	MV40	01:56:52	524/938		VCAC	
Half Marathon	Berkhamsted Half Marathon	Mary Davis	FV40	01:57:00	889/1151		VCAC	
Half Marathon	Guernsey Easter Half Marathon	Rod Paris	MV60	01:57:55	126/154	4/6	VCAC	
Half Marathon	Otmoor Half (MT)	Nik Windle	MV40	02:00:53	148/296		VCAC	
Half Marathon	Windsor Half Marathon	Caroline Chapman	FV45	02:01:21				
Half Marathon	Burnham Beeches Half Marathon	Caroline Chapman	FV45	02:01:23	642/906		VCAC	
Half Marathon	Wycombe Half Marathon	Mary Davis	FV45	02:01:27	617/987		VCAC	
Half Marathon	Great North Run	Caroline Chapman	FV45	02:01:30				
Half Marathon	Kenilworth half Marathon	Glenn Chapman	MV40	02:01:38				
Half Marathon	Watford Half Marathon	Mary Davis	FV40	02:02:30	1482/1853		VCAC	
Half Marathon	Berkhamsted Half Marathon	Caroline Chapman	FV40	02:02:57	889/1151		1st	
Half Marathon	Henley Half Marathon	Caroline Chapman	FV40	02:04:27				
Half Marathon	Marlow Half Marathon	Mary Davis	FV40	02:05:37	692/942		VCAC	
Half Marathon	Wycombe Half Marathon	Caroline Chapman	FV45	02:06:04	689/987		1st	
Half Marathon	Kenilworth Half Marathon	Caroline Chapman	FV40	02:06:50				
Half Marathon	Reggae Half Marathon – Jamaica	Caroline Chapman	FV40	02:07:05				

Distance	Event	Member	Cat	Time	Position	Cat Position	Vest	Notes
Half Marathon	Retford Half Marathon	Emma Smith	FV35	02:07:45	297/337		VCAC	
Half Marathon	Water For Life Half Marathon, Bisham Abbey	Caroline Chapman	FV40	02:08:00				
Half Marathon	Hastings Half Marathon	David Taylor	MV50	02:08:02	2791/3992			
Half Marathon	Portsmouth Coastal Half Marathon	Victoria Widdowson	Sen F	02:08:23	461/608	27	VCAC	
Half Marathon	St Albans Half Marathon	Caroline Chapman	FV45	02:09:13	1417/1976	46	VCAC	
Half Marathon	Donegal Mooathon	Emma Smith	FV35	02:17:50	104/184	16/27	1st	
Half Marathon	Bedford Half Marathon	Sharon Hammond	FV40	02:20:41	1449/1524		VCAC	
Half Marathon	Milton Keynes Half Marathon	Sharon Hammond	FV40	02:22:00	2896/3246		VCAC	
Half Marathon	St Albans Half Marathon	Nicola Hatch	FV35	02:24:37	1775/1976	188		
Half Marathon	Worcester Half Marathon	Nicola Campbell Nichols	Sen F	02:24:43	173/187	18/23	1st	
Half Marathon	Burnham Beeches Half Marathon	Nicola Hatch	FV40	02:28:42	875/906		VCAC	
Half Marathon	Wycombe Half Marathon	Nicola Hatch	FV40	02:28:57	918/987		1st	

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Marathon								
Marathon	London Marathon	Rich Shelley	Sen M	02:56:30	802/36539	486/13430	2nd	PB
Marathon	Anglesey Marathon	Robert Mottram Jones	MV45	03:03:22	7/210	1/52	VCAC	PB
Marathon	London Marathon	Jeff Adams	MV50	03:04:51	1421/36359	65/1851	1st	PB
Marathon	Wolverhampton Marathon	Robert Mottram Jones	MV45	03:05:04	21/289	5/31	VCAC	PB
Marathon	London Marathon	Keith Hammond	MV45	03:10:19	1904/36539	241/3154	VCAC	
Marathon	Chester Marathon	Jeff Adams	MV50	03:11:38	77/764	6th		
Marathon	Abingdon Marathon	Manuel Corriente	Sen M	03:13:59	136/706		VCAC	
Marathon	London Marathon	John Morris	MV50	03:18:50	2828/36539	175/1851	1st	
Marathon	Leicester Marathon	Graham Tracey	Sen M	03:19:28	131/702		VCAC	
Marathon	Chester Marathon	Robert Mottram Jones	MV45	03:31:41	205/764		VCAC	
Marathon	Cebu Marathon, Phillippines	Manuel Corriente	Sen M	03:32:32	30/394		VCAC	
Marathon	Luton Marathon	Andy Jordan	MV40	03:33:48	154/492		VCAC	
Marathon	Halstead Marathon	Keith Hammond	MV45	03:35:27	130/508		VCAC	PW
Marathon	Bungay Marathon	Paul Horne	MV50	03:36:29	59/210	5/19	VCAC	
Marathon	Gloucester Marathon	Robert Mottram Jones	MV40	03:40:28	83/282		VCAC	
Marathon	Luton Marathon	Andrew Harper	MV40	03:42:24	211/492		VCAC	
Marathon	London Marathon	Ade Gibbon	MV55	03:58:07	10383	242/933	VCAC	
Marathon	Snowdonia Marathon	Jon Zigmond	MV50	04:09:37	552/1325	18/54 (+2dnf)	VCAC	
Marathon	London Marathon	Glenn Chapman	MV45	04:09:42	13354	1490/3154	1st	
Marathon	Endurancelife Coastal Trail Series - Pembrokeshire	Stuart Crispin	Sen M	04:12:32	17/117		VCAC	
Marathon	Endurancelife Coastal Trail Series - Portland	Stuart Crispin	Sen M	04:23:37	23/171			
Marathon	Sydkyst Marathon, Copenhagen	Jens Kieffer-Olsen	MV60	04:24:46	65/78		VCAC	
Marathon	Reggae Marathon – Jamaica	Glenn Chapman	MV40	04:29:00				
Marathon	Endurancelife Coastal Trail Series -	Stuart Crispin	Sen M	04:32:36	13/115			
Marathon	London Marathon	Gert Cowling	FV60	04:33:24	19765	47/173	1st	

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Marathon	Endurance Life Coastal Series - S Devon	Stuart Crispin	Sen M	04:34:11	15/170			
Marathon	Endurancelife Coastal Trail Series - Exmoor	Stuart Crispin	Sen M	04:36:41	7/186		VCAC	8th overall in series, 1st out of competitors
Marathon	London Marathon	Stuart Crispin	Sen M	04:37:50	20888	8732/13430	1 st	
Marathon	Endurancelife Coastal Trail Series -	Stuart Crispin	Sen M	04:41:18	24/159			
Marathon	London Marathon	Graham Beck	MV45	04:57:18	25753	2519/3154	1st	
Marathon	Neolithic Marathon	Nik Windle	MV40	05:26:58	226/248		VCAC	
Marathon	Beachy Head Marathon	Charles Simmons	MV60	05:40:00			VCAC	
Marathon	Endurancelife Coastal Trail Series - Cornwall	Stuart Crispin	Sen M	06:06:48	93/117		VCAC	
Marathon	Beachy Head Marathon	Kathleen Hoyle	Sen F	06:45:00			VCAC	

All results will be posted on the website
12/11/2010

www.vcac.vegfolk.co

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