

# Vegetarian Cycling & Athletic Club



## Standard Results Report 01/10/2010 to 30/09/2011

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

Issue date: Nov 24<sup>th</sup> 2011

Web site: [www.vcac.vegfolk.co.uk](http://www.vcac.vegfolk.co.uk)

## VCAC Running Results – 2010/11

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>03/10/2010</b>								
Frostbite League, Priory Park, St Neots			Cross Country	Max D'Ayala	MV40	00:30:25	19/414	2nd approx 5 M
Standalone 10K			10K	Keith Hammond	MV45	00:39:51	57/1096	17/222 VCAC
Cricklade 10K			10K	James Cheseldine	MV40	00:41:28	16/200	VCAC
Standalone 10K			10K	Andrew Harper	MV45	00:44:04	167/1086	53/222 VCAC
Standalone 10K			10K	Sharon Hammond	FV45	01:00:00	819/1086	41/76 VCAC
<b>10/10/2010</b>								
Congleton Half Marathon			Half Marathon	Robert Mottram Jones	MV45	01:26:15	47/674	8th VCAC
Ridgeway Run (MT)			Multi Terrain	Nik Windle	MV45	01:27:47	259/474	VCAC approx 15K
Felixstowe Half Marathon			Half Marathon	Paul Horne	MV50	01:35:13	47/431	2nd VCAC
Leicester Half marathon			Half Marathon	Jeff Adams	MV50	01:40:15	298/2059	VCAC
<b>17/10/2010</b>								
Bridlington Half Marathon			Half Marathon	Emma Smith	FV35	02:02:26	547/709	20/36 VCAC
Abingdon Marathon			Marathon	Nik Windle	MV45	04:01:12	520/707	VCAC PB
<b>30/10/2010</b>								
Snowdonia Marathon			Marathon	David Palmer	MV40	04:11:42		VCAC
<b>31/10/2010</b>								
Candleford Canter - Ladies 10K			10K	Sharon Hammond	FV45	00:59:03	112/167	VCAC
Holmfirth 15			Other	Bill Balmer	MV40	01:43:51	33/171	6/36 2nd

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>07/11/2010</b>								
Frostbite League, Bushfield, Peterborough	Cross Country	Max D'Ayala	MV40	00:29:18	28/533		2nd	exactly 5M
PECO XC Race 1	Cross Country	Emma Smith	FV35	00:59:11	49/113	7/15	2nd	approx 5.8 M
Derentwater 10	10M	Bill Balmer	MV40	01:06:18	79/585	18/67	2nd	
Stevenage Half Marathon	Half Marathon	Keith Hammond	MV45	01:26:07	40/569	12/147	VCAC	
Stevenage Half Marathon	Half Marathon	Andrew Harper	MV45	01:39:05	150/569	48/147	VCAC	
Marlow Half Marathon	Half Marathon	Nik Windle	MV40	01:53:52	485/937		VCAC	course best
<b>14/11/2010</b>								
Watford Autumn Challenge - 5M XC	Cross Country	Peter Simpson	MV50	00:36:04	11/143		2nd	VRUK
Stowmarket 7	Other	Paul Horne	MV50	00:47:39	57/261		8	VCAC
Barnsley 10K	10K	Emma Smith	FV35	00:51:56	414/692		19/51	VCAC
Stowmarket Scenic 7	Other	Paul Kerrison	MV50	01:01:18				
<b>21/11/2010</b>								
Salomon Turbo X, Bordon, Hants (10	Multi Terrain	Johanna Starr	Sen F	01:22:49	66/954		1/185	
Cornish Marathon	Marathon	Simon Dunk	MV60	04:28:14	167/208			VCAC
<b>27/11/2010</b>								
Wolverton 5 Miles	5M	Peter Simpson	MV50	00:33:33	111/270		13th	VRUK
<b>04/12/2010</b>								
Jamaican Reggae Half Marathon	Half Marathon	Caroline Chapman	MV40	02:01:15				VCAC
<b>11/12/2010</b>								
Shuttleworth College	Cross Country	Peter Simpson	MV50	00:43:11	47/85			VRUK approx 10K
<b>12/12/2010</b>								
Frostbite League, Hinchingsbrooke Park, Huntingdon	Cross Country	Max D'Ayala	MV40	00:29:51	11/329		2nd	approx 5M
Tatton Yule Yomp	10K	Steve Coote	MV50	00:47:14	71/652	12/59		VCAC
Andy Reading 10K	10K	Nik Windle	MV40	00:47:17	196/443			VCAC course best
<b>26/12/2010</b>								
Boxing Day Run, Pirton	Other	Keith Hammond	MV45	00:22:21	25/176	7/30		VCAC 3.2 miles
Boxing Day Run, Pirton	Other	Andrew Harper	MV45	00:25:11	52/176			VCAC
Boxing Day Run, Pirton	Other	Simon Dunk	MV60	00:29:45	123/176	1/1		VCAC
Boxing Day Run, Pirton	Other	Sharon Hammond	FV45	00:31:18	135/176	9/13		VCAC

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>	<b>Notes</b>
<b>01/01/2011</b>								
New Year's Day 5	5M	James Cheseldine	MV40	00:31:22	13/62	2nd	VCAC	
<b>02/01/2011</b>								
Ackworth Winter Handicap (5.88 miles)	Other	Emma Smith	FV35	00:51:20	17/35	5/15	2nd	
<b>08/01/2011</b>								
Beds & Bucks XC Champs Hugheden Park Cross Country	Cross Country	Peter Simpson	MV50	00:55:39	72/100	43/57	VRUK	5h MV50 Bucks Champs
<b>09/01/2011</b>								
Hit The Trail	Multi Terrain	Steve Coote	MV50	00:36:57	36/130	5/12	VCAC	5 Miles
Edwinstowe 10K Trail Race	10K	Steve Wigglesworth	MV40	00:40:08	10/300	4/68	VCAC	
Edwinstowe 10K Trail Race	10K	Emma Smith	FV35	00:54:18	142/294	13/57	VCAC	
<b>16/01/2011</b>								
PECO XC Race 3 (% miles)	Cross Country	Emma Smith	FV35	00:51:51	65/120	5/15	2nd	
<b>22/01/2011</b>								
The Hebden LDWA	Other	Steve Coote	MV50	04:54:00	109/317		VCAC	22 miles
<b>23/01/2011</b>								
Fred Hughes 10M St Albans	10M	Manuel Corriente	MV40	01:05:41	45/702		VCAC	PB
York Knavesmire Harriers Half Marathon	Half Marathon	Steve Wigglesworth	MV45	01:27:32	203/1650	30/180	VCAC	
4 Villages Half Marathon	Half Marathon	Graham Tracey	MV40	01:34:45	357		VCAC	
Folksworth 15	Other	Jeff Adams	MV50	01:47:45	79/449		VCAC	
Gloucester Marathon	Marathon	Robert Mottram Jones	MV40	03:26:08	71/342	31/96	VCAC	
<b>29/01/2011</b>								
Gloucester Winter 5	5M	James Cheseldine	MV40	00:30:54	5/52	2nd	VCAC	
Hampstead Heath XC 15K	Cross Country	Peter Simpson	MV50	01:16:53	739/885		VRUK	
<b>05/02/2011</b>								
Radcliffe 10M Trail race	Multi Terrain	Steve Coote	MV50	01:23:51	106/231	8/19	VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>06/02/2011</b>								
Dewsbury 10K	10K	Bill Balmer	MV40	00:39:41	142/970		2nd	
May Hill Massacre	Other	James Cheseldine	MV40	01:04:03	28/500	8	VCAC	8.7 M
Watford Half Marathon	Half Marathon	Andy Jordan	MV40	01:25:44	100/1986	17/423	2nd	PB
Great Bentley Half Marathon	Half Marathon	Paul Horne	MV50	01:37:15	193/728	16/49	VCAC	
Watford Half Marathon	Half Marathon	Becky Wood	FV35	01:51:45	1073/1986		2nd	
<b>13/02/2011</b>								
Wokingham Half Marathon	Half Marathon	Nik Windle	MV40	01:44:49	952/2055		VCAC	PB
<b>14/02/2011</b>								
St Valentine's 30K, Stamford	Other	Jeff Adams	MV50	02:16:22	131/631	11th	VCAC	PB
<b>19/02/2011</b>								
National XC Championships	Cross Country	Peter Simpson	MV50	00:57:21	1017/1302		VRUK	
Endurance Life Coastal Trail Series - South Devon	Half Marathon	Jo Starr	Sen F	02:08:19	52/77	1st	1st	Multi Terrain event
<b>20/02/2011</b>								
Beacon Bash LDWA	Other	Steve Coote	MV50	04:18:00			VCAC	
<b>26/02/2011</b>								
White Horse 5	5M	James Cheseldine	MV40	00:30:14	10/41	2nd	VCAC	
Winter Poppyline LDWA	Other	Steve Coote	MV50	12:35:00			VCAC	
<b>27/02/2011</b>								
Winslow 10K	10K	Keith Hammond	MV45	00:39:18	18/238	8/59	VCAC	
Winslow 10K	10K	Roy Hughes	MV60	00:46:21	74/238	3rd	1st	
Winslow 10K	10K	Sharon Hammond	FV45	00:58:59	203/238		VCAC	
Snake Lane 10	10M	Emma Smith	FV35	01:30:59	520/662	26/44	VCAC	PB
Blackpool Half Marathon	Half Marathon	Jeff Adams	MV50	01:32:41	126/1144	11th	VCAC	
Wrexham Half Marathon	Half Marathon	John Morris	MV50	01:40:35	260	19	VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>05/03/2011</b>								
Milton Keynes Park Run	5K	Peter Simpson	MV50	00:21:34	31/165	4th	VRUK	
Shakespeare Raceway Half Marathon	Half Marathon	Jeff Adams	MV50	01:30:21	35/306	2nd	VCAC	
<b>06/03/2011</b>								
PECO XC Race 5 (4.8 miles)	Cross Country	Emma Smith	FV35	00:45:48	72/114	14/21	2nd	
Berkhamsted Half Marathon	Half Marathon	Caroline Chapman	FV45	02:02:03	915	24	VCAC	
Silverstone Half Marathon	Half Marathon	Paul Kerrison	MV40	02:05:43				PB
Berkhamsted Half Marathon	Half Marathon	Nicola Hatch	FV40	02:22:34	1156	56	VCAC	
<b>12/03/2011</b>								
Dentdale Run Road Race	Other	Bill Balmer	MV40	01:39:31	56/392	21/91	2nd	14.2 miles
<b>13/03/2011</b>								
Milton Keynes 10K	10K	Sharon Hammond	FV45	00:57:56	262/494	8/26	VCAC	
Milton Keynes Half Marathon	Half Marathon	Keith Hammond	MV40	01:26:49	110/2581	=7/203	VCAC	
Milton Keynes Half Marathon	Half Marathon	Manuel Corriente	MV40	01:30:39	185/2581	28/280	VCAC	
Milton Keynes Half Marathon	Half Marathon	Peter Simpson	MV50	01:37:36	392/2581	17/100	VRUK	
Milton Keynes Half Marathon	Half Marathon	Roy Hughes	MV65	01:43:11	550/2581	3/10	1st	
Milton Keynes Half Marathon	Half Marathon	Nik Windle	MV45	01:44:47	631/2581	73/203	VCAC	PB
Milton Keynes Half Marathon	Half Marathon	Becky Wood	FV35	01:55:17	1157/2581		2nd	
Retford Half Marathon	Half Marathon	Emma Smith	FV35	02:04:38	316/387	24/43	VCAC	
Finchley 20	20M	Andy Jordan	MV45	02:19:55	90/489		VCAC	
Ashby 20	20M	Jeff Adams	MV50	02:22:09	121/865	9th	VCAC	PB
<b>19/03/2011</b>								
Rhayader 20	20M	David Palmer	MV50	03:18:06			VCAC	
<b>20/03/2011</b>								
OX5 Run	5M	Nik Windle	MV40	00:38:01	100/946		1st	PB
Hogweed Hilly Half	Half Marathon	James Cheseldine	MV40	01:36:26	34/250		VCAC	
Newton's Fraction, Grantham Half	Half Marathon	Paul Kerrison	MV40	02:08:05				
<b>26/03/2011</b>								
Coniston Plus	Other	Graham Tracey	MV40	02:18:19	196		VCAC	16.7 miles

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>	<b>Notes</b>
<b>27/03/2011</b>								
Carterton 10K	10K	Roy Hughes	MV65	00:44:51	42	2nd	1st	
Thirsk 10	10M	Emma Smith	FV35	01:27:56	589/640	28/44	VCAC	PB
Colchester Half Marathon	Half Marathon	Julian Russell	Sen M	01:33:04	68th	38th	1st	
Oakley 20	20M	Jeff Adams	MV50	02:18:25	70th	7th	VCAC	PB
Oakley 20	20M	Andy Jordan	MV45	02:23:57	97/797	17/108	VCAC	
<b>30/03/2011</b>								
Vera Hirst 5K Road Race, Littleborough, Lancs	5K	Bill Balmer	MV40	00:18:44	28/205	7/26	2nd	
<b>03/04/2011</b>								
Wakefield 10K	10K	Emma Smith	FV35	00:52:54	590/1121	28/92	VCAC	
Sandy 10	10M	Keith Hammond	MV45	01:05:30	47/517		VCAC	
Belvoir Half Marathon	Half Marathon	Jeff Adams	MV50	01:27:54	51/591	7th	VCAC	PB
Sandy 10M	10M	Sharon Hammond	FV45	01:39:09			VCAC	
<b>10/04/2011</b>								
Flitwick 10K	10K	Keith Hammond	MV45	00:39:01	40/826	6/83	VCAC	
Flitwick 10K	10K	Peter Simpson	MV50	00:42:29	100/826	11/59	VRUK	
Flitwick 10K	10K	Andrew Harper	MV45	00:44:43	163/826	19/83	VCAC	
Flitwick 10K	10K	Roy Hughes	MV65	00:45:44	193/826	2/13	VCAC	
White Horse Half	Half Marathon	Nik Windle	MV40	01:48:12	204/458		VCAC	
Brighton Marathon	Marathon	Becky Wood	FV35	04:17:38			2nd	
Connemara Ultra (Co Galway)	Ultra	David Palmer	MV50	06:58:35			1st	39.3M
<b>13/04/2011</b>								
Steve Rothwell Memorial Race, Rochdale (4 M)	Other	Bill Balmer	MV40	00:23:54	16/187	3/20	2nd	38 sec faster than in 2010
<b>16/04/2011</b>								
Votwo Oner Ultra	Ultra	Steve Coote	MV50			DNF	VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>17/04/2011</b>								
London Marathon	Marathon	Andy Jordan	MV45	03:10:32	1825/34738	232/2874	VCAC	PB
London Marathon	Marathon	Jeff Adams	MV50	03:17:32	2505/34738	160/1750	VCAC	
Madrid Marathon	Marathon	Manuel Corriente	MV40	03:18:44	1034/8583		VCAC	
London Marathon	Marathon	Gert Cowling	FV65	04:56:39	22772/3473	19/59	VCAC	
London Marathon	Marathon	Caroline Chapman	FV45	05:02:15	23955		VCAC	
London Marathon	Marathon	Mary Davis	FV45	05:03:06	24125/3473	808/1389	VCAC	
London Marathon	Marathon	Nicola Hatch	FV40	06:01:39	31859		VCAC	
<b>22/04/2011</b>								
Salford 10K	10K	John Allan	MV40	00:50:44	386/558	50	VCAC	
<b>23/04/2011</b>								
Pontefract Parkrun Pilot 1	5K	Emma Smith	FV35	00:26:25	4/13		1st	
<b>24/04/2011</b>								
Stanwick Lakes 5K	5K	Mark Wood	MV40	00:21:55			2nd	
Stanwick Lakes 5K	5K	Becky Wood	FV35	00:25:15			2nd	
Helmsley 10K	10K	Jon Zigmond	MV50	00:48:31	103/259	17/38	2nd	course slightly over 10K
<b>25/04/2011</b>								
Stanwick 10K	10K	Keith Hammond	MV45	00:39:28	22/277	7/61	VCAC	
Stanwick 10K	10K	Roy Hughes	MV65	00:45:48	77/277	5/12	VCAC	
Stanwick 10K	10K	Becky Wood	FV35	00:53:03	175/327	12/40	2nd	
Stanwick 10K	10K	Sharon Hammond	FV45	00:58:36	235/277	13/23	VCAC	
<b>30/04/2011</b>								
Pontefract Parkrun Pilot 2	5K	Emma Smith	FV35	00:24:40	3/12		1st	
The Highland Fling Ultra	Ultra	David Palmer	MV50	14:12:58			1st	53M
<b>01/05/2011</b>								
Kirkbymoorside 10K	10K	Jon Zigmond	MV50	00:47:47	113/354	10/34	2nd	
<b>02/05/2011</b>								
Great Weston 5 Mile	5M	Becky Wood	FV35	00:40:20	120/318		2nd	
Rothwell 10K	10K	Emma Smith	FV35	00:52:44	355/527	12/33	VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>04/05/2011</b>								
Silverstone 10K	10K	Keith Hammond	MV45	00:38:09	81/929	8/101	VCAC	PB
Silverstone 10K	10K	Peter Simpson	MV50	00:41:47	184/929	11/70	VRUK	
Silverstone 10K	10K	Sharon Hammond	FV45	00:56:55	780/929	22/28	VCAC	
<b>07/05/2011</b>								
Abingdon Park Run	5K	Nik Windle	MV40	00:23:37	20/56		1st	PB
Pontefract Parkrun 1	5K	Emma Smith	FV35	00:24:50	17/42	1/5	1st	
<b>08/05/2011</b>								
One Bolton 5K	5K	Bill Balmer	MV40	00:18:08	4/301	1/14	2nd	PB
Marlow 5	5M	Simon Cope	MV45	00:41:55	526/1323		VCAC	
Halstead Marathon	Marathon	Jeff Adams	MV50	03:36:14	96/608	9	VCAC	
<b>09/05/2011</b>								
Trunce Race 3	Other	Emma Smith	Sen F	00:40:46	158/188	14/21	1st	4.25 miles
<b>14/05/2011</b>								
Pontefract Parkrun 2	5K	Emma Smith	FV35	00:24:21	11/39	1/3	1st	
Marlborough Downs 33	Ultra	David Palmer	MV50	06:17:34			1st	33M
<b>15/05/2011</b>								
Prestwood 10K	10K	Keith Hammond	MV40	00:40:27	10/249	5/59	VCAC	
Prestwood 10K	10K	Peter Simpson	MV50	00:42:43	17/249	1/30	VCAC	
Prestwood 10K	10K	Nik Windle	MV40	00:47:50	80/249	29/59	VCAC	
Prestwood 10K	10K	Mary Davis	FV40	00:54:17	161/249	20/34	VCAC	
Stevington 12K	Other	Mark Wood	MV40	00:55:03	16/94		2nd	
Prestwood 10K	10K	Sharon Hammond	FV40	01:00:33	217/249	28/34	VCAC	
Stevington 12K	Other	Becky Wood	FV35	01:01:32	42/94		2nd	
<b>17/05/2011</b>								
Bedford 6 Mile	Other	Becky Wood	FV35	00:48:08	227/307	11/16	2nd	
<b>18/05/2011</b>								
Horwich Jubilee 1	5M	Graham Tracey	MV40	00:35:28	47/78		VCAC	
Askern 10K	10K	Emma Smith	FV35	00:48:40	276/495	10/20	VCAC	PB

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>19/05/2011</b>								
Ian Casey Memorial Cowm Race,	5K	Bill Balmer	MV40	00:18:20	9/105	4/13	2nd	49 secs faster than 2010
<b>21/05/2011</b>								
South Manchester Parkrun	5K	John Allan	MV40	00:22:54	83	6	1st	
Pontefract Parkrun 3	5K	Emma Smith	FV35	00:23:25	14/42	1/4	1st	PB
<b>22/05/2011</b>								
Jersey Half Marathon	Half Marathon	Rod Paris	MV70	02:04:00	391/504		1st	
<b>23/05/2011</b>								
Trunce Race 4	Other	Emma Smith	Sen F	00:37:58	114/165	11/19	1st	4.25 miles
<b>28/05/2011</b>								
Pontefract Parkrun 4	5K	Emma Smith	FV35	00:23:58	25/60	1/4	1st	
<b>30/05/2011</b>								
BUPA London 10,000m Road Race	10K	Peter Collins	MV45	00:42:52	695	35	Charity	
<b>02/06/2011</b>								
Reindeer Romp 1	Other	Emma Smith	Sen F	00:23:32	72/113	8/34	1st	3 miles
<b>04/06/2011</b>								
Pontefract Parkrun 5	5K	Emma Smith	FV35	00:24:04	16/51	1/3	1st	
<b>05/06/2011</b>								
Regent's Park Races 10K 6 race series	10K	Manuel Corriente	MV40	00:41:31	62/653		VCAC	
<b>11/06/2011</b>								
Pontefract Parkrun 6	5K	Emma Smith	FV35	00:24:14	17/47	1/2	1st	
Umbourne Ug 10K	10K	Jonathan Guy	MV40	01:00:59	47/74	5	VCAC	V hilly off road race
<b>12/06/2011</b>								
Bagley Wood Fun Run & Walk (MT)	Multi Terrain	Nik Windle	MV40	00:27:04	25/136		1st	5.25K
St Albans Half Marathon	Half Marathon	Peter Collins	MV40	01:36:36	215/1931	56/358	2nd	PB

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>	<b>Notes</b>
<b>15/06/2011</b>								
Horwich Jubilee 2	5M	Graham Tracey	MV40	00:35:19	44/82		VCAC	
<b>17/06/2011</b>								
Marston Forest 5K	5K	Keith Hammond	MV45	00:19:09	36/326	12/85	VCAC	PB
Marston Forest 5K	5K	Sharon Hammond	FV45	00:28:33	252/326		VCAC	
<b>18/06/2011</b>								
Darrington 5	5M	Emma Smith	Sen F	00:41:33	39/89	1/11	1st	
<b>19/06/2011</b>								
Horwich Festival 5K	5K	Graham Tracey	MV40	00:20:34	25/57		VCAC	
Penn 7	Other	Simon Cope	MV45	01:00:30	135/268		VCAC	
Freckleton Half Marathon	Half Marathon	Bill Balmer	MV40	01:27:33	35/548	8/68	2nd	
Guernsey Half Marathon	Half Marathon	Rod Paris	MV70	02:01:00	186/245		1st	
<b>24/06/2011</b>								
John O'Callaghan Memorial 5M, Luton	5M	Keith Hammond	MV50	00:31:00	16/99	2/10	VCAC	PB
<b>29/06/2011</b>								
Goole Handicap 5K	5K	Emma Smith	Sen F	00:24:35	23/53	3/21	1st	
<b>03/07/2011</b>								
Princes Risborough 10K	10K	Simon Cope	MV40	00:54:34	170/245		VCAC	
Shifnal Half Marathon	Half Marathon	John Morris	MV50	01:43:03	60	3	VCAC	Multi terrain
<b>05/07/2011</b>								
Methley Canal Race	5K	Emma Smith	FV35	00:24:42	90/158	12/41	1st	
Milton Keynes 10K	10K	Keith Hammond	MV50	00:39:12	65/414	4/34	VCAC	
<b>06/07/2011</b>								
Rochdale 10K	10K	Bill Balmer	MV40	00:38:31	32/275	8/38	2nd	
<b>09/07/2011</b>								
Pontefract Parkrun 10	5K	Emma Smith	FV35	00:24:27	21/58	1/5	1st	
<b>10/07/2011</b>								
Stopsley Striders Ladies Only 5K	5K	Sharon Hammond	FV45	00:27:50	27/90		VCAC	
Run Jericho 10K	10K	Nik Windle	MV45	00:52:03	254/495		1st	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>11/07/2011</b>								
Frampton Village 10K	10K	James Cheseldine	MV40	00:37:53	22		VCAC	
<b>13/07/2011</b>								
Doncaster Town Centre 5K	5K	Emma Smith	FV35	00:23:20	126/183	4/10	VCAC	PB
Royton Trail Race	Other	Bill Balmer	MV40	00:35:09	21/189	9/19	2nd	5.5 M multi terrain
<b>16/07/2011</b>								
Pontefract Parkrun 11	5K	Emma Smith	FV35	00:25:04	20/43	1/2	1st	
Self Transcendence 10 M	10M	Manuel Corriente	MV40	01:08:01	34/149		VCAC	
<b>17/07/2011</b>								
Great Bramham 10K (trail)	10K	Emma Smith	FV35	00:55:25	88/141	20/55	VCAC	
NSPCC Milton Keynes Half Marathon	Half Marathon	Keith Hammond	MV50	01:28:39	42/1300	4/81	VCAC	
Fairlands Valley Challenge	Other	Andrew Harper	MV40	01:35:00	4/106		VCAC	12.3 miles
NSPCC Milton Keynes Half Marathon	Half Marathon	Roy Hughes	MV65	01:42:32	250/1300	6/30	VCAC	
Wycombe Half Marathon	Half Marathon	Ade Gibbon	MV50	01:44:56	238/921		VCAC	
Wycombe Half Marathon	Half Marathon	Simon Cope	MV40	02:01:13	575/921		VCAC	
Wycombe Half Marathon	Half Marathon	Mary Davis	FV40	02:02:30	586/921		VCAC	
Wycombe Half Marathon	Half Marathon	Caroline Chapman	FV45	02:07:22	680/921		VCAC	
<b>20/07/2011</b>								
Horwich Jubilee Series Race 3	5M	Graham Tracey	MV40	00:35:55	104/208		VCAC	
Nostell Priory 5	5M	Emma Smith	FV35	00:41:17	76/123	5/10	VCAC	
<b>21/07/2011</b>								
White Horse 5K Series	5K	James Cheseldine	MV40	00:18:00	27	3	VCAC	
<b>23/07/2011</b>								
South Manchester Parkrun	5K	John Allan	MV40	00:22:50	49	7	1st	
<b>24/07/2011</b>								
Moonraker 10K, Middleton, Greater Manchester	10K	Bill Balmer	MV40	00:38:22	15/185	6/20	2nd	
Down Tow Up Flow Half Marathon	Half Marathon	Glenn Chapman	MV45	01:49:34	179	40	VCAC	Multi terrain
Down Tow Up Flow Half Marathon	Half Marathon	Caroline Chapman	FV45	02:13:37	539	49	VCAC	Multi terrain

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>	<b>Notes</b>
<b>27/07/2011</b>								
Elswick Cup 5K Newcastle	5K	David Anderson	Sen M	00:19:40	55/169		1st	
<b>31/07/2011</b>								
Wellingborough 5 Mile Race	5M	Peter Simpson	MV50	00:33:49	71/344	12	VRUK	
<b>04/08/2011</b>								
Lloyds TSB Fitness 4	Other	James Cheseldine	MV40	00:23:53	2	1	VCAC	4 miles
<b>06/08/2011</b>								
Bedford Parkrun	5K	Keith Hammond	MV50	00:19:03	7/72	1/6	1st	PB
South Manchester Parkrun	5K	John Allan	MV40	00:23:01	62	10	1st	
<b>07/08/2011</b>								
RunLiverpool Big Heart 5K	5K	Bill Balmer	MV40	00:18:08	2/200	1	2nd	1st Red (ie Liverpool supporter) to finish
Sale 10	10M	Graham Tracey	MV40	01:12:30	109/203		VCAC	
Hackney Half Marathon	Half Marathon	Manuel Corriente	MV40	01:31:47	19/251		VCAC	
<b>10/08/2011</b>								
Saddleworth 6	Other	Bill Balmer	MV40	00:38:06	28/202	10/49	2nd	6 miles
<b>13/08/2011</b>								
South Manchester Parkrun	5K	John Allan	MV40	00:22:46	57	11	1st	
<b>14/08/2011</b>								
Bearbrook 10K	10K	Keith Hammond	MV50	00:40:43	69/495	8/63	VCAC	
Bearbrook 10K	10K	Roy Hughes	MV65	00:47:48	208/495		VCAC	
Bearbrook 10K	10K	Nik Windle	MV45	00:49:20	254/495		VCAC	
Bearbrook 10K	10K	Sharon Hammond	FV45	01:00:39	435/495		VCAC	
Standish Woodland Chase 10	10M	James Cheseldine	MV40	01:06:11	16	2	VCAC	Multi terrain

<b>Date and Event</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Vest</b>	<b>Notes</b>
<b>17/08/2011</b>								
Horwich Jubilee Series Race 4	5M	Graham Tracey	MV40	00:36:10	52/98		VCAC	
<b>20/08/2011</b>								
Bedford Parkrun	5K	Keith Hammond	MV50	00:19:05	9/102	1/7	1st	
South Manchester Parkrun	5K	John Allan	MV40	00:22:27	50	8	1st	
Bedford Parkrun	5K	Sharon Hammond	FV45	00:28:11	58/72		1st	
<b>21/08/2011</b>								
Burnham Beeches Half Marathon	Half Marathon	Glenn Chapman	MV45	01:48:10	306	35	VCAC	
Burnham Beeches Half Marathon	Half Marathon	Simon Cope	MV40	02:08:44	585/749		VCAC	
Burnham Beeches Half Marathon	Half Marathon	Caroline Chapman	FV45	02:11:48	618	24	VCAC	
Burnham Beeches Half Marathon	Half Marathon	Nicola Hatch	FV40	02:35:40	717	32	VCAC	
<b>27/08/2011</b>								
South Manchester Parkrun	5K	John Allan	MV40	00:22:16	48	10	1st	
Kolín/Road Race	10K	Milos Bednar	MV50	00:47:01	65/99	11/20	VCAC	
Kolín/Road Race	10K	Olga Bednarova	FV45	01:02:57	21/24	2/3	VCAC	
Ridgeway 85	Ultra	David Palmer	MV50	24:37:00			VCAC	
<b>03/09/2011</b>								
South Manchester Parkrun	5K	John Allan	MV40	00:22:05	37	8	1st	
Dingle Marathon	Marathon	David Palmer	MV50	03:59:38			1st	
<b>04/09/2011</b>								
Bedford 10K	10K	Keith Hammond	MV50	00:38:13	30/321	3/25	VCAC	
Bedford 10K	10K	Roy Hughes	MV65	00:46:46	133/321		VCAC	
Bedford 10K	10K	Sharon Hammond	FV45	00:57:20	272/321		VCAC	
Maidenhead Half Marathon	Half Marathon	Joe Chapman	Sen M	01:35:43	228		VCAC	
Wolverhampton Half Marathon	Half Marathon	Peter Simpson	MV50	01:55:15	400/907	22/47	VRUK	
Maidenhead Half Marathon	Half Marathon	Caroline Chapman	FV45	01:59:57	1004	68	VCAC	
Wolverhampton Marathon	Marathon	Robert Mottram Jones	MV50	03:15:34	37/318	2/20	VCAC	
Wolverhampton Marathon	Marathon	John Morris	MV50	03:40:01	92/318	11/20	VCAC	
<b>07/09/2011</b>								
Madeley Matchmaker 5K	5K	John Morris	MV50	00:21:34	89	10	VCAC	

Date and Event	Distance	Member	Cat	Time	Position	Cat Position	Vest	Notes
<b>10/09/2011</b>								
Bedford Parkrun	5K	Keith Hammond	MV50	00:19:04	5/95	1/7	1st	
Bedford Parkrun	5K	Sharon Hammond	FV45	00:28:32			1st	
<b>11/09/2011</b>								
Wooburn Park 10K	10K	Joe Chapman	Sen M	00:45:29	34		VCAC	Multi terrain
Wooburn Park 10K	10K	Caroline Chapman	FV45	00:56:33	12713		VCAC	Multi terrain
Wooburn Park 10K	10K	Nicola Hatch	FV40	01:07:23	179	25	VCAC	Multi terrain
Cotswold Challenge	10M	Nik Windle	MV45	01:27:27	130/171		VCAC	PB
Cransley Half Marathon	Half	Mark Affuso	Sen M	01:34:48	28/157		VCAC	
Lake Vrnwy Half Marathon	Half Marathon	John Morris	MV50	01:36:07	234	16	VCAC	
<b>17/09/2011</b>								
Newcastle Parkrun	5K	David Anderson	Sen M	00:18:59	19		1st	Parkrun PB for 2010/11
South Manchester Parkrun	5K	John Allan	MV40	00:22:17	43			
<b>18/09/2011</b>								
Ústí nad Labem /Road Race	10K	Milos Bednar	MV55	00:47:35	15/79	1/3	VCAC	
Shardeloes 10K	10K	Simon Cope	MV40	00:56:53	121/172		VCAC	
Ústí nad Labem /Road Race	10K	Olga Bednarova	FV55	01:01:11	30/50	1/2	VCAC	
<b>22/09/2011</b>								
Ron Hill's 73rd Birthday Race	5K	Bill Balmer	MV40	00:18:19	18/191	4/20	2nd	V40 winner in 1st claim club champs
<b>24/09/2011</b>								
South Manchester Parkrun	5K	John Allan	MV40	00:21:57	50			
<b>25/09/2011</b>								
Běchovice-Praha/Road Race	10K	Milos Bednar	MV55	00:47:27	578/1292	42/129	VCAC	
Moor Park 10K	10K	Manuel Corriente	MV40	00:58:56	436/695		1st	ran 10M race in morning
Běchovice-Praha/Road Race	10K	Olga Bednarova	FV55	01:01:26	231/279	10/11	VCAC	
Welwyn Garden City 10	10M	Manuel Corriente	MV40	01:09:17	54/254		VCAC	11mins faster than in 2004
Oxford Half Marathon	Half Marathon	Nik Windle	MV45	01:47:42	460/1512		VRUK	
New Forest Half Marathon	Half Marathon	Glenn Chapman	MV45	02:05:29	1158		VCAC	
New Forest Half Marathon	Half Marathon	Caroline Chapman	FV45	02:05:33	1162	39	VCAC	

# VCAC Cycling Results - 2010/11

Event / Date	Location	Member	Cat	Distance	Time	Position	Cat Position	Jersey	Notes
<b>Audax</b>									
22/11/2010	Slaughter Badby DIY Perm	Nik Windle		214K	12:32:00			VCAC	
22/11/2010	Poor Student	Nik Windle	MV40	205K	11:05:00			VCAC	fixed gear
30/12/2010	Denham Chippy DIY Perm	Nik Windle		213K	10:59:00			VCAC	
19/02/2011	Moreton DIY Perm	Nik Windle	MV40	215K	11:32:00			VCAC	fixed gear
26/02/2011	Winchcombe DIY Perm	Nik Windle	MV40	216K	12:18:00			VCAC	fixed gear
26/03/2011	The Dean 300	Nik Windle	MV40	307K	16:45:00			VCAC	fixed gear
23/04/2011	Heart of England	Nik Windle		306K	16:47:00			VCAC	fixed gear
30/04/2011	Brevet Cymru	Nik Windle		408K	26:10:00			VCAC	fixed gear
19/05/2011	Slaughter Badby Perm	Nik Windle		210K	10:45:00			VCAC	fixed gear
18/06/2011	Lincs Leadout 600	Nik Windle		632K	39:55:00			VCAC	fixed gear
22/07/2011	Poor Student Perm (Audax)	Nik Windle		210K	10:39:00			VCAC	fixed gear
21/08/2011	PBP DIY Perm (Audax)	Nik Windle		225K	11:37:00			VCAC	fixed gear
29/09/2011	Marlborough Connection Perm (Audax)	Nik Windle		210K	11:25:00			VCAC	fixed gear
<b>Cyclosportive</b>									
10/04/2011	Cornwall Tor Sportive	Noel Molland		44M				VCAC	Bronze finishing time
05/06/2011	Norwich 100 Bike ride	Paul Kerrison		100M	06:20:15				
26/06/2011	Dartmoor Classic Sportive	Noel Molland		100K	06:04:21			VCAC	
17/07/2011	Anthony Maynard Sportive	Nik Windle		110K	04:49:00	138/284		VCAC	fixed gear
17/07/2011	Anthony Maynard Sportive	Steve Coote	MV50	110K	04:53:00	'152/284	'33/59	VCAC	

Event / Date	Location	Member	Cat	Distance	Time	Position	Cat Position	Jersey	Notes
<b>Road Race</b>									
06/03/2011	Surrey League Road Race	Mike Betts		105K		47th		VCAC	
27/03/2011	Bill Jinks memorial Road Race (2/3/4)	Mike Betts		103K		53rd		VCAC	
17/04/2011	Archer Spring Road Race & Inverse RT Road Race	Mike Betts		80K		33rd		VCAC	
30/04/2011	Andy Morrison memorial Road Race	Mike Betts		65K		8th		VCAC	
08/05/2011	West Pennine RC Road Race (2/3/4)	Mike Betts		90K		24th		VCAC	
14/05/2011	Roy Ludford Memorial - Tour of the Milburys (stage 2)	Mike Betts				22nd		VCAC	
14/05/2011	Roy Ludford Memorial - Tour of the Milburys (general)	Mike Betts				40th		VCAC	
28/05/2011	Surrey League Road Race	Mike Betts		96K		7th		VCAC	
05/06/2011	Banbury Star Road Race	Mike Betts		72K		19th		VCAC	
<b>Time Trial</b>									
14/05/2011	Roy Ludford Memorial - Tour of the Milburys (stage 1)	Mike Betts		116K		48th		VCAC	
<b>Track/ Circuit</b>									
11/12/2010	Hillingdon Winter Series (Race)	Mike Betts		40K		9th		VCAC	
01/01/2011	Hillingdon Winter Series (Race)	Mike Betts		42K		12th		VCAC	
12/02/2011	Upavon Winter Series	Mike Betts				12th		VCAC	
20/03/2011	Omega Thruxton Circuits (3rd)	Mike Betts		56K		42nd		VCAC	
02/04/2011	Beyond Spring Crits (2/3/4)	Mike Betts		54K		51st		VCAC	
13/04/2011	Ray Martin Memorial 150 Distance League 3	Mike Betts				30th		VCAC	
20/04/2011	Ray Martin Memorial 150 Distance League 4	Mike Betts				18th		VCAC	
02/05/2011	Millbrook Classic Circuit Race (2/3/4)	Mike Betts		81K		36th		VCAC	
11/05/2011	Portsmouth Circuits 2 (3/4)	Mike Betts				13th		VCAC	
18/05/2011	Portsmouth Circuits 3 (E/1/2/3)	Mike Betts				14th		VCAC	
18/05/2011	Portsmouth Circuits 3 (3/4)	Mike Betts				3rd		VCAC	

# VCAC Multisport Results - 2010/2011

Date and Event	Format	Distance	Member	Cat	Time	Position	Cat Position	Colours	Notes
<b>03/10/2010</b>									
Tameside X Tri	Triathlon	500m/13.5K/8.4K	Steve Coote	MV50	02:31:52	74/137		VCAC	
<b>10/10/2010</b>									
Evil Sheriff Off Road Duathlon, Sherwood Pines, Nottinghamshire	Triathlon	5.5K/18K/3.5K	Steve Wigglesworth	MV40	01:91:55	1/132	1/47	VCAC	
<b>27/03/2011</b>									
East Leake Sprint	Triathlon	400m/23K/5K	Steve Wigglesworth	MV40	01:00:24	7/350	1/78	VCAC	
Stokesley Duathlon	Duathlon	5K/30K/5K	Jon Zigmond	MV60	01:47:48	155/246	3/7	2nd	
<b>03/04/2011</b>									
Oulton Park Sprint	Duathlon	4.3K/21.6K/4.3K	Steve Wigglesworth	MV45	01:09:31	5/90	1/12	VCAC	
<b>17/04/2011</b>									
Peterlee Sprint	Triathlon	400m/21K/5K	Steve Wigglesworth	MV40	01:09:06	16/143	9/47	VCAC	
<b>30/04/2011</b>									
Extremadura, Spain	Triathlon	1000m/20K/6K	Steve Wigglesworth	MV45	02:04:24	15/50	15/50	VCAC	World XC Age Group Triathlon Championship
<b>15/05/2011</b>									
Newmarket Sprint	Triathlon	300m/22K/4K	Steve Wigglesworth	MV45	00:56:39	3/160	1/31	VCAC	
Roadford Sprint Tri,	Triathlon	750m/20K/5K	Jo Starr	Sen F	01:17:34	9/73	1st	1st	1st Female overall
<b>29/05/2011</b>									
Speedy Beaver Sprint Triathlon Qualifier	Triathlon	750m/20K/5K	Jo Starr	Sen F	01:15:51	174/452	10/31	1st	

Date and Event	Format	Distance	Member	Cat	Time	Position	Cat Position	Colours	Notes
<b>05/06/2011</b>									
Allerthorpe Sprint	Triathlon	750m/24K/5K	Steve Wigglesworth	MV40	01:04:38	10/227	2/61	VCAC	
<b>12/06/2011</b>									
Bala Middle Distance Triathlon	Triathlon	2000m/82K/20K	Jon Zigmond	MV60	06:35:51	342/383	2/2	2nd	141 dnf, 2 dnf in category
<b>18/06/2011</b>									
Harwich sprint tri	Triathlon	300m/24K/5K	Paul Kerrison		01:16:50				
<b>19/06/2011</b>									
Cholmondeley Castle Sprint	Triathlon	400m/22K/4K	Steve Wigglesworth	MV40	01:03:12	1/147	1/39	VCAC	
BTF National Championships	Triathlon	1500m/42K/10K	Jo Starr	Sen F	02:27:07	251/1000	11/51	1st	
The Dambuster Triathlon									
<b>02/07/2011</b>									
Cleveland Steelman Triathlon	Triathlon	2000m/58M/12M	Jon Zigmond	MV60	05:41:52	125/189	1/3	2nd	33 DNF
<b>03/07/2011</b>									
Bristol Tri - Olympic Distance	Triathlon	1500m/40K/10K	Jo Starr	Sen F	02:28:29	46/100	2nd Female	1st	
Bristol Tri Olympic	Triathlon	750m/40K/10K	Jo Starr		02:28:29	46/200	2F	1st	
<b>09/07/2011</b>									
Ripon Triathlon	Triathlon	1500m/40K/10K	Jon Zigmond	MV60	02:44:41	378/668	1/11	2nd	12 DNF
Ripon olympic tri	Traithlon	1500m/41K/10K	Paul Kerrison		02:58:42				
<b>16/07/2011</b>									
Harwich olympic tri swim leg cancelled 4k run	Triathlon	4K	Paul Kerrison		00:19:50				

<b>Date and Event</b>	<b>Format</b>	<b>Distance</b>	<b>Member</b>	<b>Cat</b>	<b>Time</b>	<b>Position</b>	<b>Cat Position</b>	<b>Colours</b>	<b>Notes</b>
<b>24/07/2011</b>									
Newbiggin Bay, Ironman 70.3 Antwerp	Triathlon	950m/27K/5K	Steve Wigglesworth	MV45-49	01:18:15	1/11	1/3	VCAC	
	Triathlon	1.2M/56M/13.1M	Paul Kerrison		06:31:06				
<b>26/07/2011</b>									
Outlaw Triathlon	Triathlon	3800m/112M/26.2M	Jon Zigmond	MV60	13:44:05	392/506	5/8 +1dnf	2nd	21dnf
<b>30/07/2011</b>									
British Aquathlon Championships	Aquathlon	750m/5K	Jo Starr	FV30-34	00:35:03	9th F	3rd	1st	
<b>21/08/2011</b>									
Stockton Triathlon standard distance	Triathlon	1500m/38.5K/10K	Jon Zigmond	MV60	02:48:30	118/168	1/3	2nd	6 dnf
<b>28/08/2011</b>									
Penrith, Cumbria	Triathlon	400m/22K/5K	Steve Wigglesworth	MV40-49	01:44:33	8/232	3/43	VCAC	
<b>18/09/2011</b>									
Ludlow, Shropshire Challenge Henley-on-Thames	Triathlon	400m/26K /6.25K	Steve Wigglesworth	MV40-49	01:17:59	3/350	1/89	VCAC	
	Triathlon	3800m/112M/26.2M	Jon Zigmond	MV60	14:37:13	421/495	2/3	2nd	38 dnf

# VCAC Other Results - 2010/11

Date and Event	Event	Sub-format	Dist / Height	Member	Cat	Time	Pos	Cat Pos	Colours	Notes
<b>16/10/2010</b>										
Where Ravens Dare (Caerphilly) LDWA Challenge	LDWA		Other	David Palmer		05:09:00.			1st	25.5M
<b>27/03/2011</b>										
Corby Canix 5K	Canix		5K	Steve Coote with Len	MV50	00:24:04.00	24/60			VCAC
<b>15/05/2011</b>										
Great Salford Swim	Swim		1 Mile	Steve Coote	MV50	00:33:42.00	630/1281	24/49		VCAC
<b>28/05/2011</b>										
Housman 100 (LDWA event)	LDWA		Ultra	David Palmer		34:44:00.			1st	101M
<b>11/06/2011</b>										
Gt East 2 mile Swim	swim		2M	Paul Kerrison		01:02:03.				
<b>26/06/2011</b>										
Henley Classic Swim (Upstream)	Swim		2.1K	Steve Coote	MV50	00:47:07.00	328/485	20/54		VCAC
<b>07/07/2011</b>										
Edmonscode Stadium, Leamington Spa	Track / Field	400m		Sophia Howard	FV35	00:01:18.70	4/5		2nd	Midlands Masters' League
<b>31/07/2011</b>										
Manchester Urbanathlon			Other	Steve Coote	MV50	00:33:12.	99/708			VCAC 5K urban obstacle course
<b>03/09/2011</b>										
Dart 10K Swim	swim		10K	Jo Starr						1st female to finish
Dart 10K Swim	swim		10K	Steve Coote		02:59:05.			1st	
<b>17/09/2011</b>										
Ambleside Open Water	swim		1000m	Stuart Ryder		00:23:05.	4th		1st	