

## VCCL Results - Greg Foran

Member number: 171

Races: 121; Wins: 2 (1.7%); Top Ten: 61 (50.4%)

Active from 2005 to 2022

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
22/04/2007	Fred Grubb Memorial Handicap	55	6.5	36:08	16	3:10		32:58	12:03	5:34
29/04/2007	Moran Stable Handicap	48	5	20:43	16	2:25		18:18	3:04	4:09
06/05/2007	Rendina Family Handicap	11	8	30:44	16	4:00		26:44	1:34	3:51
12/05/2007	Helmut & Maija Prentler Handicap	10	8	30:20	16	4:00		26:20	1:11	3:48
20/05/2007	Caruana Cross Country Classic	6	8	30:44	16	4:00		26:44	0:53	3:51
27/05/2007	Combined VCCL/GCCL Handicap	4	10	38:23	16	4:55		33:28	0:25	3:50
03/06/2007	VCCL Bob Charlton Handicap	6	6.5	24:28	16	3:10		21:18	0:58	3:46
17/06/2007	31st Anniversary Bob Cook Memorial Handicap	6	10	39:15	16	4:55		34:20	0:44	3:56
24/06/2007	RetireInvest Eaglehawk to Bendigo Handicap	12	6.5	23:28	17	3:25		20:03	1:02	3:37
01/07/2007	VCCL 5km Handicap	3	5	17:59	16	2:25		15:34	0:31	3:36
08/07/2007	34th Annual Murchison Handicap	14	10	37:13	16	4:55		32:18	2:44	3:43
15/07/2007	Eric Greaves Memorial Handicap	10	10	37:59	16	4:55		33:04	0:54	3:48
29/07/2007	Independent Signs Handicap	6	10	38:18	16	4:55		33:23	0:33	3:50
05/08/2007	VCCL John Cleland Handicap	10	8	29:22	16	4:00		25:22	1:37	3:40
12/08/2007	George Perdon Handicap	12	16.09	1:01:56	16	8:00		53:56	2:13	3:51
19/08/2007	Pinnacle Print Group Handicap	4	8	30:14	17	4:15		25:59	0:05	3:47
09/09/2007	16th Annual VCCL Social Club Handicap	8	6.5	24:30	17	3:25		21:05	0:34	3:46
16/09/2007	42nd Annual Norm Charles Handicap	7	10	38:17	17	5:10		33:07	1:33	3:50
23/09/2007	President's Handicap	13	6.5	24:55	17	3:25		21:30	0:37	3:50
30/09/2007	Westgate Bridge Memorial Handicap	12	5	18:02	17	2:35		15:27	1:18	3:36
06/04/2008	Fred Grubb Memorial Handicap	51	6.5	27:58	17	3:25		24:33	4:20	4:18
13/04/2008	Moran Stable Handicap	46	5	20:35	17	2:35		18:00	2:32	4:07
04/05/2008	17th Annual Social Club Handicap	16	6.5	25:29	18	3:35		21:54	0:49	3:55
18/05/2008	Combined VCCL/GCCC Handicap	17	10	38:58	18	5:30		33:28	2:17	3:54
25/05/2008	Caruana Cross Country Classic	26	8	31:17	18	4:30		26:47	2:45	3:55
01/06/2008	VCCL Ted Paulin Handicap	23	8	30:06	18	4:30		25:36	1:20	3:46
15/06/2008	32nd Annual Bob Cook Memorial Sealed Handicap	2	10	39:16	19	5:50		33:26	0:01	3:56
22/06/2008	Retire Invest Eaglehawk to Bendigo	10	6.5	23:59	19	3:50		20:09	0:42	3:41
29/06/2008	Hash House Harriers HHH Handicap	9	8	29:57	19	4:45		25:12	0:39	3:45
13/07/2008	35th Annual Murchison Handicap	6	10	37:59	20	6:05		31:54	0:54	3:48
20/07/2008	Eric Greaves Memorial Handicap	8	10	39:01	20	6:05		32:56	1:00	3:54
03/08/2008	43rd Annual Norm Charles Handicap	7	10	38:22	20	6:05		32:17	1:13	3:50
17/08/2008	George Perdon Handicap	12	16.09	1:03:31	20	10:00		53:31	2:57	3:57
24/08/2008	VCCL 75th Anniversary Classic Handicap	1	6.5	24:11	21	4:10		20:01	0:00	3:43
31/08/2008	Independant Signs Handicap	11	10	38:51	16	4:55		33:56	1:18	3:53
21/09/2008	President's Handicap	16	6.5	24:52	16	3:10		21:42	1:11	3:50
26/04/2009	Fred Grubb Memorial Handicap	20	6.5	24:57	16	3:10		21:47	1:29	3:50
03/05/2009	25th Helmut & Maija Prentler 8000m Handicap	16	8	30:16	16	4:00		26:16	1:18	3:47
09/05/2009	Moran Stable Handicap	21	5	18:10	16	2:25		15:45	2:08	3:38
17/05/2009	Rendina Family Handicap	8	8	30:04	17	4:15		25:49	0:58	3:46
31/05/2009	Caruana Cross Country Classic	13	8	29:57	17	4:15		25:42	0:56	3:45
06/06/2009	Boutique FPS Handicap	6	5	18:17	17	2:35		15:42	0:21	3:39
14/06/2009	Hash House Harriers HHH Handicap	9	8	29:24	17	4:15		25:09	0:53	3:41
09/08/2009	44th Annual Norm Charles Handicap	17	10	38:06	17	5:10		32:56	2:23	3:49

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Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
16/08/2009	Coburg Lake 6.5K Handicap	9	6.5	24:31	17	3:25		21:06	0:54	3:46
30/08/2009	George Perdon Handicap	16	16.09	1:04:43	17	8:30		56:13	4:08	4:01
13/09/2009	Independent Signs Handicap	6	10	38:57	18	5:30		33:27	0:45	3:54
20/09/2009	President's Handicap	11	6.5	24:56	18	3:35		21:21	1:31	3:50
12/06/2010	Boutique FPS Handicap	22	5	18:16	18	2:45		15:31	0:58	3:39
20/06/2010	Retireinvest Eaglehawk to Bendigo Handicap	24	6.5	23:12	18	3:35		19:37	2:11	3:34
04/07/2010	Independent Signs Handicap	15	10	38:51	20	6:05		32:46	1:35	3:53
11/07/2010	37th Annual Murchison Handicap	7	10	37:00	20	6:05		30:55	1:13	3:42
18/07/2010	VCCL 5x3km Relay Challenge	10	3	11:12	21	2:06		9:06	0:34	3:44
01/08/2010	VCCL Roy McKenzie Legend Handicap	10	5	18:02	20	3:05		14:57	0:47	3:36
08/08/2010	45th Annual Norm Charles Handicap	6	10	37:33	20	6:05		31:28	0:57	3:45
29/05/2011	Rendina Family Handicap	6	8	29:33	20	5:00		24:33	0:29	3:42
05/06/2011	Caruana Cross Country Classic	6	8	30:06	20	5:00		25:06	0:59	3:46
26/06/2011	Independent Signs Handicap	5	10	37:53	20	6:05		31:48	0:14	3:47
17/07/2011	38th Annual Murchison Handicap	10	10	36:42	20	6:05		30:37	0:53	3:40
31/07/2011	46th Annual Norm Charles Handicap	4	10	37:33	15	4:35		32:58	1:17	3:45
28/08/2011	Coburg Lake Handicap	3	6.5	23:28	21	4:10		19:18	0:24	3:37
06/05/2012	Rendina Family Handicap	9	8	29:48	19	4:45		25:03	1:13	3:44
20/05/2012	Caruana Classic Handicap	8	8	29:39	19	4:45		24:54	0:42	3:42
22/07/2012	47th Norm Charles Handicap	20	10	39:55	21	6:25		33:30	3:11	4:00
12/08/2012	Kyneton Ridge Estate Handicap	8	6.5	25:10	21	4:10		21:00	1:12	3:52
19/08/2012	17th George Perdon Handicap	8	16.09	1:05:23	21	10:30		54:53	4:01	4:04
21/04/2013	Moran Stable Handicap	17	5	18:50	19	3:05		15:45	1:39	3:46
28/04/2013	Helmut & Maija Prentler Handicap	28	8	33:50	19	4:45		29:05	3:39	4:14
05/05/2013	18th Caruana Cross Country Classic	21	8	30:25	19	4:45		25:40	1:26	3:48
19/05/2013	24th Rendina Family Handicap	8	8	30:20	20	5:00		25:20	0:50	3:48
02/06/2013	Family Feud Handicap	5	5	18:13	20	3:05		15:08	0:22	3:39
23/06/2013	20th Independent Signs Handicap	9	10	38:53	20	6:05		32:48	1:38	3:53
21/07/2013	15th Eric Greaves Memorial	5	10	38:53	20	6:05		32:48	0:42	3:53
28/07/2013	Jayen Engineers Woodlands Classic	11	5	18:19	20	3:05		15:14	0:36	3:40
04/08/2013	18th George Perdon Handicap	9	16.09	1:03:38	20	10:00		53:38	1:07	3:57
25/08/2013	14th Westgate Bridge Handicap	9	5	18:34	20	3:05		15:29	0:49	3:43
08/09/2013	48th Norm Charles Handicap	7	10	37:24	20	6:05		31:19	2:32	3:44
04/05/2014	Fred Grubb & Bob Charlton Memorial	3	6.5	24:20	21	4:10		20:10	0:33	3:45
18/05/2014	Moran Stable Handicap	5	5	18:08	21	3:10		14:58	0:07	3:38
13/07/2014	Myrniong Handicap	11	6.5	25:33	21	4:10		21:23	0:55	3:56
20/07/2014	16th Eric Greaves Memorial	11	10	38:29	21	6:25		32:04	0:52	3:51
03/08/2014	2nd Jayen Engineers Handicap	12	5	18:01	21	3:10		14:51	0:32	3:36
10/08/2014	19th George Perdon Handicap	8	16.09	1:04:02	21	10:30		53:32	1:19	3:59
17/08/2014	15th Westgate Bridge Handicap	10	5	18:13	21	3:10		15:03	0:24	3:39
19/04/2015	Fred Grubb & Bob Charlton Memorial	10	6.5	24:52	21	4:10		20:42	0:54	3:50
26/04/2015	Moran Stable Handicap	12	5	18:20	21	3:10		15:10	0:50	3:40
17/05/2015	20th Caruana Cross Country Classic	7	8	31:37	22	5:30		26:07	1:21	3:57
08/06/2019	parkrun	14	5	21:21	22	3:20	1:30	16:31	1:52	4:16
15/05/2021	parkrun	3	5	20:28	22	3:20	1:12	15:56	0:41	4:06
26/06/2021	parkrun	2	5	20:05	22	3:20	1:12	15:33	0:45	4:01
03/07/2021	parkrun	5	5	20:07	22	3:20	1:12	15:35	1:06	4:01
21/05/2022	parkrun	15	5	22:18	22	3:20	1:03	17:55	3:03	4:28
04/06/2022	parkrun	9	5	21:19	23	3:30	1:03	16:46	1:28	4:16

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Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
12/06/2022	Caruana Memorial Handicap	5	3	12:16	23	2:18		9:58	0:29	4:05
30/07/2022	parkrun	10	5	20:52	23	3:30	1:03	16:19	1:22	4:10
13/08/2022	parkrun	7	5	20:26	23	3:30	0:30	16:26	1:21	4:05
10/09/2022	parkrun	1	5	20:44	24	3:40	1:03	16:01	0:00	4:09
24/09/2022	parkrun	15	5	21:51	21	3:10	1:03	17:38	2:19	4:22