

VCCL Results - Richard Polkinghorne

Member number: 61

Races: 102; Wins: 2 (2.0%); Top Ten: 36 (35.3%)

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	5	6.5	22:28	4	0:50		21:38	0:43	3:27
29/04/2007	Moran Stable Handicap	7	5	16:28	4	0:35		15:53	0:39	3:18
06/05/2007	Rendina Family Handicap	2	8	26:58	4	1:00		25:58	0:48	3:22
12/05/2007	Helmut & Maija Prentler Handicap	5	8	26:57	4	1:00		25:57	0:48	3:22
20/05/2007	Caruana Cross Country Classic	17	8	28:18	4	1:00		27:18	1:27	3:32
27/05/2007	Combined VCCL/GCCL Handicap	1	10	34:18	4	1:15		33:03	0:00	3:26
03/06/2007	VCCL Bob Charlton Handicap	11	6.5	21:35	1	0:10		21:25	1:05	3:19
09/06/2007	Boutique FPS Handicap	19	5	16:03	1	0:05		15:58	0:47	3:13
17/06/2007	31st Anniversary Bob Cook Memorial Handicap	31	10	36:14	1	0:20		35:54	2:18	3:37
24/06/2007	RetireInvest Eaglehawk to Bendigo Handicap	37	6.5	21:38	4	0:50		20:48	1:47	3:20
01/07/2007	VCCL 5km Handicap	24	5	16:45	3	0:25		16:20	1:17	3:21
08/07/2007	34th Annual Murchison Handicap	31	10	34:50	4	1:15		33:35	4:01	3:29
15/07/2007	Eric Greaves Memorial Handicap	19	10	34:55	4	1:15		33:40	1:30	3:30
22/07/2007	Hash House Harriers HHH Handicap	19	8	27:11	5	1:15		25:56	1:25	3:24
29/07/2007	Independent Signs Handicap	13	10	35:32	5	1:30		34:02	1:12	3:33
05/08/2007	VCCL John Cleland Handicap	20	8	27:06	5	1:15		25:51	2:06	3:23
12/08/2007	George Perdon Handicap	18	16.09	57:29	5	2:30		54:59	3:16	3:34
19/08/2007	Pinnacle Print Group Handicap	16	8	28:17	5	1:15		27:02	1:07	3:32
09/09/2007	16th Annual VCCL Social Club Handicap	25	6.5	22:54	5	1:00		21:54	1:23	3:31
16/09/2007	42nd Annual Norm Charles Handicap	14	10	35:28	6	1:50		33:38	2:04	3:33
23/09/2007	President's Handicap	17	6.5	22:56	6	1:10		21:46	0:53	3:32
30/09/2007	Westgate Bridge Memorial Handicap	26	5	17:05	6	0:55		16:10	2:01	3:25
06/04/2008	Fred Grubb Memorial Handicap	6	6.5	22:42	6	1:10		21:32	1:19	3:30
27/04/2008	Helmut & Maija Prentler Handicap	31	8	28:40	6	1:30		27:10	2:46	3:35
04/05/2008	17th Annual Social Club Handicap	35	6.5	24:44	7	1:25		23:19	2:14	3:48
06/07/2008	VCCL 5km Handicap	29	5	19:05	10	1:30		17:35	1:47	3:49
20/07/2008	Eric Greaves Memorial Handicap	20	10	36:52	9	2:45		34:07	2:11	3:41
17/08/2008	George Perdon Handicap	30	16.09	1:01:30	9	4:30		57:00	6:26	3:49
21/09/2008	President's Handicap	23	6.5	24:09	10	2:00		22:09	1:38	3:43
18/07/2010	VCCL 5x3km Relay Challenge	52	3	11:32	6	0:36		10:56	2:24	3:51
08/08/2010	45th Annual Norm Charles Handicap	31	10	41:16	20	6:05		35:11	4:40	4:08
05/06/2011	Caruana Cross Country Classic	8	8	29:09	15	3:45		25:24	1:17	3:39
03/07/2011	VCCL 5x3km Relay Challenge	36	3	11:08	13	1:18		9:50	1:14	3:43
10/07/2011	Helmut & Maija Prentler Handicap	25	8	30:16	13	3:15		27:01	2:34	3:47
24/07/2011	Eric Greaves Memorial Handicap	18	10	37:42	15	4:35		33:07	2:33	3:46
31/07/2011	46th Annual Norm Charles Handicap	20	10	37:29	9	2:45		34:44	3:03	3:45
07/08/2011	Tony Rendina Legend Handicap	16	5	17:43	16	2:30		15:13	1:25	3:33
14/08/2011	Hash House Harriers Handicap	14	8	28:09	16	4:00		24:09	0:55	3:31
11/09/2011	Westgate Bridge Memorial Handicap	12	5	17:49	16	2:30		15:19	1:01	3:34
22/04/2012	Moran Stable Sealed Handicap	11	6.5	24:27	14	2:50		21:37	1:57	3:46
29/04/2012	Fred Grubb Memorial Handicap	29	6.5	25:32	14	2:50		22:42	3:19	3:56
06/05/2012	Rendina Family Handicap	31	8	30:41	14	3:30		27:11	3:21	3:50
28/07/2013	Jayen Engineers Woodlands Classic	26	5	18:09	14	2:10		15:59	1:21	3:38
04/08/2013	18th George Perdon Handicap	20	16.09	1:02:24	14	7:00		55:24	2:53	3:53
25/08/2013	14th Westgate Bridge Handicap	31	5	18:33	14	2:10		16:23	1:43	3:43

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
15/09/2013											

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
	President's Handicap										

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
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VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
			6.5							

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
				24:59							

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
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14

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
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2:50

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
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VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
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22:09

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
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1:59

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
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3:51

VCCL Results - Richard Polkinghorne

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
18/05/2014	Moran Stable Handicap	6	5	17:15	14	2:10		15:05	0:14	3:27
01/06/2014	19th Caruana Cross Country Classic	18	8	28:29	14	3:30		24:59	2:35	3:34
06/07/2014	Austbrokers Phillips Handicap	20	8	29:56	14	3:30		26:26	1:26	3:45
10/08/2014	19th George Perdon Handicap	19	16.09	1:03:58	15	7:30		56:28	4:15	3:59
19/07/2015	17th Eric Greaves Memorial	9	10	36:47	15	4:35		32:12	1:07	3:41
26/07/2015	3rd Jayen Engineers Handicap	10	5	17:39	15	2:15		15:24	0:40	3:32
02/08/2015	20th George Perdon Handicap	4	16.09	1:00:39	15	7:30		53:09	1:38	3:46
16/08/2015	31st Helmut & Majja Prentler Handicap	21	6.5	24:40	15	3:00		21:40	1:27	3:48
30/08/2015	50th Norm Charles Handicap	17	10	37:10	16	4:55		32:15	2:36	3:43
15/04/2018	Jells Park Sealed Handicap	22	6.5	25:49	16	3:10		22:39	3:28	3:58
20/05/2018	Rendina Classic Handicap	15	8	31:28	17	4:15		27:13	2:40	3:56
10/06/2018	Caruana Classic Handicap	29	8	34:17	17	4:15		30:02	5:58	4:17
15/07/2018	Braeside Handicap	17	10	40:21	18	5:30		34:51	4:04	4:02
30/04/2022	parkrun	14	5	21:07	18	2:45	0:12	18:10	2:58	4:13
14/05/2022	parkrun	8	5	20:10	19	2:55	0:00	17:15	1:37	4:02
02/07/2022	parkrun	14	5	21:13	19	2:55	0:00	18:18	3:18	4:15
30/07/2022	parkrun	13	5	19:41	19	2:55	0:00	16:46	1:49	3:56