

VCCL Results - Paul Connolly

Member number: 475

Races: 29; Wins: 1 (3.4%); Top Ten: 11 (37.9%)

Active from 2003 to 2009

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
12/05/2007	Helmut & Maija Prentler Handicap	40	8	33:32	12	3:00		30:32	5:23	4:12
20/05/2007	Caruana Cross Country Classic	62	8	33:03	12	3:00		30:03	4:12	4:08
29/07/2007	Independent Signs Handicap	23	10	39:35	14	4:15		35:20	2:30	3:58
05/08/2007	VCCL John Cleland Handicap	42	8	31:07	15	3:45		27:22	3:37	3:53
06/04/2008	Fred Grubb Memorial Handicap	33	6.5	25:57	15	3:00		22:57	2:44	4:00
20/04/2008	Rendina Family Handicap	49	8	33:44	15	3:45		29:59	5:11	4:13
14/06/2009	Hash House Harriers HHH Handicap	51	8	36:45	15	3:45		33:00	8:44	4:36
02/08/2009	VCCL 'Joe Caruana' 8K Legend Handicap	39	8	33:46	17	4:15		29:31	4:50	4:13