

VCCL Results - Adrian Wrout

Member number: 390

Races: 28; Wins: 3 (10.7%); Top Ten: 8 (28.6%)

Active from 2008 to 2013

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
06/04/2008	Fred Grubb Memorial Handicap	18	6.5	26:54	24	4:50		22:04	1:51	4:08
13/04/2008	Moran Stable Handicap	21	5	20:16	24	3:40		16:36	1:08	4:03
20/04/2008	Rendina Family Handicap	11	8	32:38	25	6:15		26:23	1:35	4:05
27/04/2008	Helmut & Maija Prentler Handicap	2	8	31:10	25	6:15		24:55	0:31	3:54
04/05/2008	17th Annual Social Club Handicap	1	6.5	26:05	25	5:00		21:05	0:00	4:01
25/05/2008	Caruana Cross Country Classic	21	8	31:35	20	5:00		26:35	2:33	3:57
01/06/2008	VCCL Ted Paulin Handicap	18	8	30:29	20	5:00		25:29	1:13	3:49
06/07/2008	VCCL 5km Handicap	19	5	19:55	20	3:00		16:55	1:07	3:59
20/07/2008	Eric Greaves Memorial Handicap	11	10	39:40	21	6:25		33:15	1:19	3:58
03/08/2008	43rd Annual Norm Charles Handicap	4	10	38:37	22	6:45		31:52	0:48	3:52
17/08/2008	George Perdon Handicap	1	16.09	1:01:34	22	11:00		50:34	0:00	3:50
21/09/2008	President's Handicap	12	6.5	25:03	17	3:25		21:38	1:07	3:51
26/04/2009	Fred Grubb Memorial Handicap	14	6.5	25:00	17	3:25		21:35	1:17	3:51
03/05/2009	25th Helmut & Maija Prentler 8000m Handicap	11	8	30:01	17	4:15		25:46	0:48	3:45
17/05/2009	Rendina Family Handicap	7	8	29:59	17	4:15		25:44	0:53	3:45
31/05/2009	Caruana Cross Country Classic	9	8	29:43	17	4:15		25:28	0:42	3:43
26/07/2009	Eric Greaves Memorial Handicap	4	10	37:18	17	5:10		32:08	0:23	3:44
02/08/2009	VCCL 'Joe Caruana' 8K Legend Handicap	1	8	28:56	17	4:15		24:41	0:00	3:37
16/08/2009	Coburg Lake 6.5K Handicap	18	6.5	24:36	13	2:35		22:01	1:49	3:47
05/09/2009	Westgate Bridge Memorial Handicap	16	5	18:06	13	1:55		16:11	1:07	3:37
02/05/2010	Fred Grubb Memorial Handicap	20	6.5	23:56	14	2:50		21:06	1:43	3:41
16/05/2010	Rendina Family Handicap	46	8	32:33	15	3:45		28:48	4:38	4:04
30/05/2010	Caruana Cross Country Classic	34	8	31:33	16	4:00		27:33	2:32	3:57
18/09/2011	President's Handicap	28	6.5	27:16	18	3:35		23:41	4:14	4:12
06/05/2012	Rendina Family Handicap	38	8	31:41	14	3:30		28:11	4:21	3:58
20/05/2012	Caruana Classic Handicap	57	8	32:28	15	3:45		28:43	4:31	4:04
05/05/2013	18th Caruana Cross Country Classic	55	8	33:21	15	3:45		29:36	5:22	4:10
19/05/2013	24th Rendina Family Handicap	43	8	33:49	16	4:00		29:49	5:19	4:14