

## VCCL Results - Michael Ryde

Member number: 219

Races: 17; Wins: 2 (11.8%); Top Ten: 9 (52.9%)

Active from 2008 to 2024

| Date       | Event                             | Place | km    | Time    | Spot | H'cap | C/Adj | N/Time  | Margin | km Rate |
|------------|-----------------------------------|-------|-------|---------|------|-------|-------|---------|--------|---------|
| 06/04/2008 | Fred Grubb Memorial Handicap      | 45    | 6.5   | 24:09   | 3    | 0:35  |       | 23:34   | 3:21   | 3:43    |
| 13/04/2008 | Moran Stable Handicap             | 20    | 5     | 17:00   | 3    | 0:25  |       | 16:35   | 1:07   | 3:24    |
| 27/04/2008 | Helmut & Maija Prentler Handicap  | 34    | 8     | 28:27   | 4    | 1:00  |       | 27:27   | 3:03   | 3:33    |
| 03/08/2008 | 43rd Annual Norm Charles Handicap | 34    | 10    | 35:51   | 5    | 1:30  |       | 34:21   | 3:17   | 3:35    |
| 29/05/2011 | Rendina Family Handicap           | 42    | 8     | 28:52   | 5    | 1:15  |       | 27:37   | 3:33   | 3:37    |
| 22/04/2023 | AV Cross Country Relays           | 4     | 6     | 20:33   | 5    | 0:55  |       | 19:38   | 1:12   | 3:26    |
| 07/05/2023 | AV Road Race                      | 5     | 10    | 33:09   | 5    | 1:30  |       | 31:39   | 0:59   | 3:19    |
| 27/05/2023 | AV Cross Country                  | 1     | 8     | 28:28   | 5    | 1:15  |       | 27:13   | 0:00   | 3:34    |
| 03/06/2023 | parkrun                           | 9     | 5     | 25:29   | 5    | 0:45  | 0:00  | 24:44   | 10:07  | 5:06    |
| 22/07/2023 | AV Cross Country                  | 4     | 10    | 35:05   | 6    | 1:50  |       | 33:15   | 1:17   | 3:31    |
| 06/08/2023 | AV Road Race                      | 1     | 15    | 51:38   | 6    | 2:50  |       | 48:48   | 0:00   | 3:27    |
| 03/09/2023 | AV Road Race                      | 6     | 21.1  | 1:18:54 | 6    | 3:55  |       | 1:14:59 | 5:04   | 3:44    |
| 16/09/2023 | AV Relays                         | 8     | 3.827 | 12:17   | 7    | 0:50  |       | 11:27   | 0:43   | 3:13    |
| 27/04/2024 | XCR Jell Park Relays              | 3     | 6     | 19:49   |      |       |       |         | 1:01   | 3:18    |
| 11/05/2024 | XCR Hanging Rock                  | 3     | 12    | 41:49   |      |       |       |         | 0:50   | 3:29    |
| 02/06/2024 | XCR Lakeside                      | 5     | 10    | 32:05   |      |       |       |         | 1:18   | 3:13    |
| 15/06/2024 | XCR Bendigo Cross Country         | 4     | 8     | 27:54   |      |       |       |         | 0:47   | 3:29    |