

VCCL Results - Irene James

Member number: 60

Races: 238; Wins: 9 (3.8%); Top Ten: 81 (34.0%)

Active from 2009 to 2023

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
26/04/2009	Fred Grubb Memorial Handicap	53	6.5	34:07	30	6:00		28:07	7:49	5:15
03/05/2009	25th Helmut & Maija Prentler 8000m Handicap	40	8	41:07	40	10:00		31:07	6:09	5:08
09/05/2009	Moran Stable Handicap	40	5	23:45	46	7:00		16:45	3:08	4:45
17/05/2009	Rendina Family Handicap	38	8	41:33	50	12:30		29:03	4:12	5:12
31/05/2009	Caruana Cross Country Classic	36	8	41:07	55	13:45		27:22	2:36	5:08
14/06/2009	Hash House Harriers HHH Handicap	41	8	42:36	55	13:45		28:51	4:35	5:20
21/06/2009	18th Annual VCCL Social Club Handicap	27	6.5	33:35	55	11:00		22:35	2:25	5:10
28/06/2009	RetireInvest Eaglehawk to Bendigo Handicap	33	6.5	31:41	55	11:00		20:41	2:05	4:52
05/07/2009	33rd Anniversary Bob Cook Memorial Handicap	31	10	55:00	56	17:05		37:55	5:28	5:30
19/07/2009	VCCL 'Ted Connell' 5k Legend Handicap	21	5	25:13	56	8:30		16:43	1:15	5:03
26/07/2009	Eric Greaves Memorial Handicap	30	10	53:39	56	17:05		36:34	4:49	5:22
02/08/2009	VCCL 'Joe Caruana' 8K Legend Handicap	29	8	41:06	57	14:15		26:51	2:10	5:08
09/08/2009	44th Annual Norm Charles Handicap	25	10	51:50	58	17:40		34:10	3:37	5:11
16/08/2009	Coburg Lake 6.5K Handicap	7	6.5	32:41	59	11:50		20:51	0:39	5:02
23/08/2009	Pinnacle Print Group Handicap	21	8	43:35	59	14:45		28:50	3:44	5:27
05/09/2009	Westgate Bridge Memorial Handicap	17	5	25:15	59	9:00		16:15	1:11	5:03
13/09/2009	Independent Signs Handicap	25	10	1:01:44	59	18:00		43:44	11:02	6:10
20/09/2009	President's Handicap	4	6.5	32:50	59	11:50		21:00	1:10	5:03
02/05/2010	Fred Grubb Memorial Handicap	10	6.5	31:58	59	11:50		20:08	0:45	4:55
08/05/2010	Moran Stable Handicap	7	5	23:50	59	9:00		14:50	0:30	4:46
16/05/2010	Rendina Family Handicap	18	8	40:26	59	14:45		25:41	1:31	5:03
30/05/2010	Caruana Cross Country Classic	48	8	43:17	59	14:45		28:32	3:31	5:25
06/06/2010	34th Annual Bob Cook Memorial Sealed Handicap	31	10	58:01	59	18:00		40:01	6:51	5:48
12/06/2010	Boutique FPS Handicap	8	5	23:58	59	9:00		14:58	0:25	4:48
20/06/2010	Retireinvest Eaglehawk to Bendigo Handicap	47	6.5	32:27	59	11:50		20:37	3:11	5:00
27/06/2010	Helmut & Maija Prentler Handicap	11	8	40:07	60	15:00		25:07	2:38	5:01
04/07/2010	Independent Signs Handicap	23	10	51:46	60	18:20		33:26	2:15	5:11
18/07/2010	VCCL 5x3km Relay Challenge	37	3	15:52	60	6:00		9:52	1:20	5:17
25/07/2010	Eric Greaves Memorial Handicap	12	10	50:45	60	18:20		32:25	1:18	5:05
01/08/2010	VCCL Roy McKenzie Legend Handicap	23	5	24:54	60	9:10		15:44	1:34	4:59
08/08/2010	45th Annual Norm Charles Handicap	38	10	1:03:12	61	18:40		44:32	14:01	6:19
15/08/2010	George Perdon Handicap	21	16.09	1:29:54	62	31:00		58:54	6:34	5:35
22/08/2010	Hash House Harriers Handicap	10	8	40:09	62	15:30		24:39	1:34	5:01
29/08/2010	Swann Electronics Handicap	9	8	41:54	63	15:45		26:09	1:35	5:14
04/09/2010	Coburg Lake Handicap	5	6.5	32:40	63	12:35		20:05	0:34	5:02
19/09/2010	President's Handicap	2	6.5	32:10	63	12:35		19:35	0:11	4:57
15/05/2011	Fred Grubb Memorial Handicap	20	6.5	34:00	63	12:35		21:25	2:14	5:14
22/05/2011	Moran Stable Handicap	27	5	26:43	65	9:55		16:48	2:09	5:21
05/06/2011	Caruana Cross Country Classic	43	8	44:53	66	16:30		28:23	4:16	5:37
11/06/2011	Boutique FPS Handicap	20	5	26:08	65	9:55		16:13	1:16	5:14
19/06/2011	Retireinvest Eaglehawk to Bendigo Handicap	20	6.5	32:18	65	13:00		19:18	1:25	4:58
26/06/2011	Independent Signs Handicap	13	10	53:17	67	20:25		32:52	1:18	5:20

VCCL Results - Irene James

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
03/07/2011	VCCL 5x3km Relay Challenge	2	3	15:09	65	6:30		8:39	0:03	5:03
10/07/2011	Helmut & Maija Prentler Handicap	8	8	41:58	67	16:45		25:13	0:46	5:15
24/07/2011	Eric Greaves Memorial Handicap	1	10	50:59	67	20:25		30:34	0:00	5:06
31/07/2011	46th Annual Norm Charles Handicap	29	10	53:35	56	17:05		36:30	4:49	5:22
07/08/2011	Tony Rendina Legend Handicap	17	5	24:41	62	9:25		15:16	1:28	4:56
14/08/2011	Hash House Harriers Handicap	10	8	39:41	63	15:45		23:56	0:42	4:58
21/08/2011	George Perdon Handicap	24	16.09	1:30:33	63	31:30		59:03	8:15	5:38
28/08/2011	Coburg Lake Handicap	7	6.5	32:02	63	12:35		19:27	0:33	4:56
04/09/2011	Thermal Products Handicap	22	8	43:18	63	15:45		27:33	3:09	5:25
11/09/2011	Westgate Bridge Memorial Handicap	24	5	25:39	63	9:35		16:04	1:46	5:08
18/09/2011	President's Handicap	12	6.5	33:37	63	12:35		21:02	1:35	5:10
22/04/2012	Moran Stable Sealed Handicap	34	6.5	36:33	61	12:10		24:23	4:43	5:37
29/04/2012	Fred Grubb Memorial Handicap	11	6.5	33:00	61	12:10		20:50	1:27	5:05
06/05/2012	Rendina Family Handicap	21	8	41:29	61	15:15		26:14	2:24	5:11
20/05/2012	Caruana Classic Handicap	38	8	42:38	62	15:30		27:08	2:56	5:20
27/05/2012	Helmut & Maija Prentler Handicap	10	8	42:21	62	15:30		26:51	1:51	5:18
03/06/2012	VCCL 5x3km Relay Challenge	3	3	15:12	62	6:12		9:00	0:01	5:04
09/06/2012	Family Feud Sealed Handicap	6	5	24:22	62	9:25		14:57	0:47	4:52
17/06/2012	Eaglehawk To Bendigo Handicap	20	6.4	32:09	62	12:25		19:44	1:24	5:01
24/06/2012	Independent Signs Handicap	13	10	53:38	62	18:55		34:43	2:15	5:22
01/07/2012	Yvonne Callaghan Handicap	5	5	24:49	62	9:30		15:19	1:04	4:58
08/07/2012	39th Murchison Handicap	15	10	51:05	62	18:55		32:10	1:58	5:07
22/07/2012	47th Norm Charles Handicap	11	10	52:01	64	19:30		32:31	2:12	5:12
29/07/2012	14th Eric Greaves Memorial Handicap	2	10	51:34	64	19:30		32:04	0:29	5:09
05/08/2012	VCCL Tony Moran Legend Handicap	1	8	41:04	64	16:00		25:04	0:00	5:08
12/08/2012	Kyneton Ridge Estate Handicap	15	6.5	33:39	60	12:00		21:39	1:51	5:11
19/08/2012	17th George Perdon Handicap	22	16.09	1:36:06	60	30:00		1:06:06	15:14	5:58
26/08/2012	Westgate Bridge Memorial Handicap	27	5	25:27	60	9:10		16:17	1:44	5:05
02/09/2012	Coburg Lake Classic	21	6.5	33:21	61	12:10		21:11	2:20	5:08
09/09/2012	Churchill Park Classic	15	8	41:43	61	15:15		26:28	1:52	5:13
16/09/2012	President's Handicap	15	6.5	33:54	62	12:25		21:29	1:19	5:13
14/04/2013	Fred Grubb & Robert Charlton Memorial	21	6.5	34:09	60	12:00		22:09	2:07	5:15
21/04/2013	Moran Stable Handicap	16	5	25:02	60	9:20		15:42	1:36	5:00
28/04/2013	Helmut & Maija Prentler Handicap	12	8	41:58	61	15:15		26:43	1:17	5:15
05/05/2013	18th Caruana Cross Country Classic	31	8	41:59	61	15:15		26:44	2:30	5:15
19/05/2013	24th Rendina Family Handicap	20	8	41:35	61	15:15		26:20	1:50	5:12
26/05/2013	4th 5x3km Relay Challenge	8	3	14:46	0	6:00		8:46	0:19	4:55
02/06/2013	Family Feud Handicap	1	5	24:01	61	9:15		14:46	0:00	4:48
16/06/2013	Flack Advisory Eaglehawk to Bendigo	18	6.4	31:46	59	11:50		19:56	1:01	4:58
23/06/2013	20th Independent Signs Handicap	16	10	51:05	58	17:40		33:25	2:15	5:07
30/06/2013	Jim McLure Legend Handicap	21	5	24:21	58	8:50		15:31	1:34	4:52
07/07/2013	40th Murchison Handicap	9	10	49:00	58	17:40		31:20	1:28	4:54
14/07/2013	Churchill Park Handicap	15	6.5	33:21	58	11:35		21:46	1:05	5:08
21/07/2013	15th Eric Greaves Memorial	12	10	51:04	58	17:40		33:24	1:18	5:06
28/07/2013	Jayen Engineers Woodlands Classic	29	5	24:42	58	8:35		16:07	1:29	4:56
04/08/2013	18th George Perdon Handicap	3	16.09	1:22:11	59	29:30		52:41	0:10	5:06
11/08/2013	Parks Victoria Handicap	3	8	40:15	59	14:45		25:30	0:06	5:02
18/08/2013	2nd Kyneton Ridge Estate Winery	10	6.5	33:04	59	11:50		21:14	0:49	5:05
25/08/2013	14th Westgate Bridge Handicap	36	5	25:44	59	9:00		16:44	2:04	5:09

VCCL Results - Irene James

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
08/09/2013	48th Norm Charles Handicap	4	10	49:24	60	18:20		31:04	2:17	4:56
15/09/2013	President's Handicap	13	6.5	33:15	59	11:50		21:25	1:15	5:07
04/05/2014	Fred Grubb & Bob Charlton Memorial	33	6.5	33:54	59	11:50		22:04	2:27	5:13
18/05/2014	Moran Stable Handicap	44	5	25:39	58	8:50		16:49	1:58	5:08
25/05/2014	25th Rendina Family Handicap	38	8	42:53	60	15:00		27:53	3:06	5:22
01/06/2014	19th Caruana Cross Country Classic	56	8	42:41	60	15:00		27:41	5:17	5:20
08/06/2014	Family Feud Sealed Handicap	25	5	24:55	60	9:00		15:55	1:24	4:59
15/06/2014	Flack Advisory Winter Classic	38	6.4	33:41	60	12:00		21:41	2:45	5:16
22/06/2014	5th 5x3km Relay Challenge	38	3	15:55	61	6:06		9:49	1:02	5:18
29/06/2014	21st Independent Signs Handicap	27	10	54:48	61	18:35		36:13	4:58	5:29
06/07/2014	Austbrokers Phillips Handicap	26	8	42:07	61	15:15		26:52	1:52	5:16
13/07/2014	Myrniong Handicap	30	6.5	37:01	62	12:25		24:36	4:08	5:42
20/07/2014	16th Eric Greaves Memorial	29	10	53:27	62	18:55		34:32	3:20	5:21
27/07/2014	30th Helmut & Maija Prentler Handicap	35	6.5	36:52	62	12:25		24:27	4:22	5:40
03/08/2014	2nd Jayen Engineers Handicap	41	5	26:15	62	9:20		16:55	2:36	5:15
10/08/2014	19th George Perdon Handicap	22	16.09	1:29:45	63	31:30		58:15	6:02	5:35
17/08/2014	15th Westgate Bridge Handicap	36	5	25:36	63	9:30		16:06	1:27	5:07
24/08/2014	Ray O'Connor Legend Handicap	37	5	27:03	63	9:30		17:33	3:08	5:25
31/08/2014	49th Norm Charles Handicap	32	10	55:33	63	19:15		36:18	4:55	5:33
14/09/2014	3rd Kyneton Ridge Estate Handicap	29	6.5	37:44	64	12:50		24:54	4:49	5:48
21/09/2014	Presidents & Ted Paulin Handicap	26	6.5	35:33	64	12:50		22:43	2:31	5:28
19/04/2015	Fred Grubb & Bob Charlton Memorial	13	6.5	33:47	64	12:50		20:57	1:09	5:12
26/04/2015	Moran Stable Handicap	29	5	25:53	64	9:40		16:13	1:53	5:11
03/05/2015	26th Rendina Family Handicap	6	8	41:32	65	16:15		25:17	0:46	5:12
17/05/2015	20th Caruana Cross Country Classic	9	8	42:25	65	16:15		26:10	1:24	5:18
24/05/2015	6th 5x3km Relay Challenge	3	3	14:38	65	6:30		8:08	0:20	4:53
31/05/2015	Austbrokers Phillips Handicap	33	8	47:11	62	16:15		30:56	6:27	5:54
07/06/2015	Family Feud Sealed Handicap	9	5	25:04	65	9:45		15:19	0:35	5:01
21/06/2015	16th Westgate Bridge Handicap	23	5	25:34	65	9:45		15:49	0:54	5:07
28/06/2015	22nd Independent Signs Handicap	12	10	53:13	65	19:50		33:23	2:24	5:19
12/07/2015	Myrniong Adventure Handicap	9	6.5	34:58	65	13:00		21:58	0:55	5:23
19/07/2015	17th Eric Greaves Memorial	17	10	52:34	65	19:50		32:44	1:39	5:15
02/08/2015	20th George Perdon Handicap	10	16.09	1:27:02	65	32:30		54:32	3:01	5:25
16/08/2015	31st Helmut & Maija Prentler Handicap	10	6.5	34:01	65	13:00		21:01	0:48	5:14
30/08/2015	50th Norm Charles Handicap	1	10	49:49	66	20:10		29:39	0:00	4:59
13/09/2015	4th Kyneton Ridge Estate Handicap	17	6.5	33:49	54	10:50		22:59	2:50	5:12
20/09/2015	Presidents & Ted Paulin Handicap	13	6.5	33:54	54	10:50		23:04	1:36	5:13
17/04/2016	Fred Grubb & Bob Charlton Memorial	27	6.5	36:34	54	10:50		25:44	5:16	5:38
24/04/2016	Moran Stable Handicap	22	5	24:38	55	8:15		16:23	2:06	4:56
01/05/2016	27th Rendina Family Handicap	22	8	41:34	55	13:45		27:49	3:09	5:12
22/05/2016	Fraser Murray Family Feud Handicap	15	5	25:12	56	8:25		16:47	1:55	5:02
29/05/2016	AB Phillips Handicap	23	6.5	35:42	56	11:10		24:32	3:25	5:30
19/06/2016	17th Westgate Bridge Handicap	28	5	25:55	57	8:35		17:20	2:44	5:11
26/06/2016	23rd Woodlands Handicap	23	10	53:36	57	17:25		36:11	4:59	5:22
10/07/2016	32nd Helmut & Maija Prentler Handicap	21	5	25:28	58	8:45		16:43	1:38	5:06
24/07/2016	18th Eric Greaves Memorial Handicap	25	10	55:02	58	17:40		37:22	6:11	5:30
31/07/2016	Nortons Park Park Handicap	15	6.5	38:34	59	11:50		26:44	5:18	5:56
21/08/2016	21st George Perdon Handicap	15	16.09	1:29:00	59	29:30		59:30	7:09	5:32

VCCL Results - Irene James

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
28/08/2016	5th Kyneton Ridge Estate Handicap	16	6.5	36:57	60	12:00		24:57	5:17	5:41
18/09/2016	Presidents & Ted Paulin Handicap	18	3	15:31	60	6:00		9:31	1:35	5:10
30/04/2017	Fred Grubb & Bob Charlton Memorial	21	6.5	38:12	60	12:00		26:12	5:09	5:53
06/05/2017	28th Rendina Family Handicap	16	8	42:59	61	15:15		27:44	3:28	5:22
14/05/2017	Brimbank Handicap	18	5	26:56	61	9:10		17:46	2:13	5:23
20/05/2017	Moran Stable Handicap	18	5	25:27	61	9:10		16:17	1:29	5:05
04/06/2017	22nd Caruana Cross Country Classic	30	8	42:58	61	15:15		27:43	3:07	5:22
11/06/2017	18th Westgate Bridge Handicap	22	5	26:50	61	9:10		17:40	2:32	5:22
24/06/2017	Yarra Bend Handicap	18	8	47:39	62	15:30		32:09	7:33	5:57
01/07/2017	AB Phillips Handicap	14	6.5	33:51	62	12:25		21:26	2:09	5:12
16/07/2017	AV 10km Road Race	14	10	53:24	63	19:15		34:09	3:56	5:20
06/08/2017	19th Eric Greaves Memorial Handicap	16	10	54:51	63	19:15		35:36	3:48	5:29
19/08/2017	Jells Park Handicap	22	5	26:04	64	9:40		16:24	2:35	5:13
27/08/2017	33rd Helmut & Maija Prentler Handicap	14	6.5	35:11	64	12:50		22:21	1:59	5:25
10/09/2017	Presidents & Ted Paulin Handicap	17	3	15:42	64	6:24		9:18	1:16	5:14
15/04/2018	Jells Park Sealed Handicap	29	6.5	36:34	65	13:00		23:34	4:23	5:38
28/04/2018	parkrun	1	5	24:40	67	10:05	0:30	14:05	0:00	4:56
05/05/2018	AV Cross Country	15	8	46:34	65	16:15		30:19	4:41	5:49
12/05/2018	parkrun	5	5	25:13	65	9:45	0:40	14:48	1:22	5:03
20/05/2018	Rendina Classic Handicap	3	8	41:11	65	16:15		24:56	0:23	5:09
02/06/2018	parkrun	1	5	24:09	65	9:45	0:20	14:04	0:00	4:50
10/06/2018	Caruana Classic Handicap	4	8	40:29	63	15:45		24:44	0:40	5:04
16/06/2018	AV Cross Country	14	10	54:30	63	19:15		35:15	4:38	5:27
23/06/2018	parkrun	17	5	25:16	62	9:20	0:40	15:16	1:16	5:03
30/06/2018	parkrun	6	5	24:54	62	9:20	0:40	14:54	0:22	4:59
07/07/2018	AV Road Relays	1	3.1	14:44	63	6:30		8:14	0:00	4:45
15/07/2018	Braeside Handicap	9	10	51:14	60	18:20		32:54	2:07	5:07
22/07/2018	AV Road Race	13	10	49:29	58	17:40		31:49	2:56	4:57
28/07/2018	parkrun	8	5	23:44	58	8:45	0:20	14:39	0:46	4:45
04/08/2018	AV Road Race	7	15	1:18:00	58	27:10		50:50	3:15	5:12
11/08/2018	parkrun	10	5	25:04	59	8:55	0:40	15:29	1:13	5:01
18/08/2018	parkrun	16	5	25:21	59	8:55	0:30	15:56	1:46	5:04
25/08/2018	parkrun	7	5	24:20	59	8:55	0:40	14:45	0:51	4:52
02/09/2018	AV Road Race	3	21.1	1:49:13	59	38:55		1:10:18	1:31	5:11
08/09/2018	parkrun	12	5	24:31	59	8:55	0:30	15:06	0:55	4:54
15/09/2018	AV Relays	7	3.827	18:37	60	7:10		11:27	0:32	4:52
04/05/2019	AV Cross Country Relays	18	6	31:23	60	11:15		20:08	2:29	5:14
12/05/2019	Jells Park Sealed Handicap	16	6.5	32:35	60	10:00		22:35	3:28	5:01
18/05/2019	parkrun	13	5	25:25	61	9:10	0:15	16:00	1:21	5:05
26/05/2019	Rendina Classic Handicap	6	5	24:27	61	9:10		15:17	0:34	4:53
01/06/2019	AV Cross Country	11	8	43:16	61	15:15		28:01	1:56	5:25
08/06/2019	parkrun	12	5	25:06	61	9:10	0:00	15:56	1:17	5:01
15/06/2019	AV Cross Country	16	10	54:30	61	18:35		35:55	4:50	5:27
22/06/2019	AV Ekiden Relays	15	5	26:41	62	9:20		17:21	1:06	5:20
30/06/2019	Caruana Classic Handicap	5	8	40:26	61	15:15		25:11	1:03	5:03
06/07/2019	AV Road Relays	1	6.2	30:23	62	12:00		18:23	0:00	4:54
14/07/2019	AV Road Race	3	10	48:47	59	18:00		30:47	1:18	4:53
21/07/2019	Braeside Handicap	5	10	50:28	59	18:00		32:28	1:11	5:03
27/07/2019	AV Road Race	2	15	1:14:26	59	27:40		46:46	0:04	4:58
03/08/2019	parkrun	2	5	23:38	59	8:55	0:00	14:43	0:23	4:44
17/08/2019	parkrun	2	5	24:00	59	8:55	0:15	14:50	0:09	4:48
25/08/2019	Yarra Bend Handicap	3	6.5	32:07	59	11:50		20:17	0:46	4:56
31/08/2019	parkrun	10	5	24:49	59	8:55	0:15	15:39	1:08	4:58
08/09/2019	AV Road Race	3	21.1	1:46:01	59	38:55		1:07:06	0:44	5:01

VCCL Results - Irene James

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
14/09/2019	parkrun	2	5	23:18	59	8:55	0:00	14:23	0:04	4:40
21/09/2019	AV Relays	1	3.827	17:51	59	7:05		10:46	0:00	4:40
28/09/2019	parkrun	5	5	23:40	56	8:25	0:15	15:00	0:13	4:44
05/10/2019	Presidents Handicap	3	3	14:10	56	5:15		8:55	0:18	4:43
24/04/2021	Jells Park Sealed Handicap	7	5	25:58	56	8:25		17:33	2:18	5:12
01/05/2021	AV Cross Country Relays	22	6	33:15	56	10:30		22:45	3:58	5:33
08/05/2021	parkrun	17	5	26:54	57	8:35	0:12	18:07	3:46	5:23
22/05/2021	AV Cross Country	12	8	44:32	57	14:15		30:17	4:21	5:34
03/07/2021	parkrun	3	5	24:18	58	8:45	0:05	15:28	0:59	4:52
10/07/2021	AV Cross Country	6	12	1:04:51	58	21:45		43:06	3:35	5:24
30/04/2022	parkrun	11	5	26:32	58	8:45	0:12	17:35	2:23	5:18
14/05/2022	parkrun	12	5	27:36	58	8:45	0:21	18:30	2:52	5:31
21/05/2022	parkrun	16	5	27:11	58	8:45	0:00	18:26	3:31	5:26
28/05/2022	AV Cross Country	8	8	46:30	58	14:30		32:00	4:53	5:49
04/06/2022	parkrun	11	5	26:14	58	8:45	0:00	17:29	2:11	5:15
12/06/2022	Caruana Memorial Handicap	6	3	16:29	59	5:54		10:35	1:06	5:30
18/06/2022	AV Cross Country	13	12	1:11:32	59	22:10		49:22	8:40	5:58
02/07/2022	parkrun	10	5	25:27	60	9:00	0:00	16:27	1:27	5:05
09/07/2022	AV Road Relays	17	6.2	33:41	60	11:35		22:06	3:42	5:26
23/07/2022	AV Cross Country	12	10	1:00:01	60	18:20		41:41	9:06	6:00
30/07/2022	parkrun	16	5	26:35	61	9:10	0:00	17:25	2:28	5:19
07/08/2022	AV Road Race	18	10	54:04	61	18:35		35:29	3:52	5:24
13/08/2022	parkrun	9	5	25:47	61	9:10	0:00	16:37	1:32	5:09
20/08/2022	AV Road Race	9	15	1:21:55	62	29:05		52:50	4:19	5:28
27/08/2022	parkrun	11	5	28:20	62	9:10	0:21	18:49	5:10	5:40
04/09/2022	AV Road Race	9	21.1	1:57:06	63	41:30		1:15:36	6:09	5:33
10/09/2022	parkrun	6	5	26:23	63	9:20	0:10	16:53	0:52	5:17
17/09/2022	AV Relays	16	3.827	21:03	63	7:35		13:28	2:25	5:30
24/09/2022	parkrun	11	5	26:01	64	9:40	0:00	16:21	1:02	5:12
02/10/2022	Presidents Handicap	7	3	16:00	64	6:24		9:36	0:50	5:20
15/04/2023	parkrun	5	5	28:18	64	9:40	0:12	18:26	2:43	5:40
22/04/2023	AV Cross Country Relays	16	6	33:29	64	11:45		21:44	3:18	5:35
29/04/2023	parkrun	3	5	26:03	65	9:45	0:00	16:18	0:51	5:13
07/05/2023	AV Road Race	16	10	53:49	65	19:50		33:59	3:19	5:23
20/05/2023	parkrun	5	5	28:19	65	9:45	0:12	18:22	2:56	5:40
27/05/2023	AV Cross Country	7	8	48:40	66	16:30		32:10	4:57	6:05
03/06/2023	parkrun	3	5	25:49	66	9:55	0:00	15:54	1:17	5:10
10/06/2023	parkrun	6	5	27:19	66	9:55	0:06	17:18	1:50	5:28
17/06/2023	AV Cross Country	9	12	1:13:33	66	24:15		49:18	8:13	6:08
24/06/2023	parkrun	5	5	26:22	67	10:05	0:06	16:11	1:21	5:16
01/07/2023	parkrun	7	5	28:17	70	10:30	0:09	17:38	1:55	5:39
08/07/2023	AV Road Relays	16	6.2	35:05	72	13:55		21:10	2:45	5:40
15/07/2023	parkrun	3	5	27:33	75	11:15	0:00	16:18	1:29	5:31
06/08/2023	AV Road Race	5	15	1:28:39	76	35:05		53:34	4:46	5:55
12/08/2023	parkrun	1	5	26:24	77	11:35	0:00	14:49	0:00	5:17