

VCCL Results - Corey Lawson

Member number: 233

Races: 69; Wins: 1 (1.4%); Top Ten: 35 (50.7%)

Active from 2004 to 2023

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
09/05/2009	Moran Stable Handicap	16	5	16:53	10	1:30		15:23	1:46	3:23
17/05/2009	Rendina Family Handicap	15	8	28:46	10	2:30		26:16	1:25	3:36
06/06/2009	Boutique FPS Handicap	12	5	17:34	10	1:30		16:04	0:43	3:31
14/06/2009	Hash House Harriers HHH Handicap	11	8	27:59	11	2:45		25:14	0:58	3:30
23/08/2009	Pinnacle Print Group Handicap	19	8	31:29	11	2:45		28:44	3:38	3:56
22/05/2011	Moran Stable Handicap	23	5	18:06	11	1:40		16:26	1:47	3:37
29/05/2011	Rendina Family Handicap	25	8	28:32	12	3:00		25:32	1:28	3:34
11/06/2011	Boutique FPS Handicap	8	5	17:20	13	2:00		15:20	0:23	3:28
03/07/2011	VCCL 5x3km Relay Challenge	22	3	10:29	13	1:18		9:11	0:35	3:30
10/07/2011	Helmut & Maija Prentler Handicap	9	8	28:33	13	3:15		25:18	0:51	3:34
24/07/2011	Eric Greaves Memorial Handicap	5	10	35:28	13	3:55		31:33	0:59	3:33
07/08/2011	Tony Rendina Legend Handicap	14	5	17:04	13	2:00		15:04	1:16	3:25
14/08/2011	Hash House Harriers Handicap	38	8	31:38	14	3:30		28:08	4:54	3:57
21/08/2011	George Perdon Handicap	3	16.09	59:46	14	7:00		52:46	1:58	3:43
04/06/2017	22nd Caruana Cross Country Classic	14	8	29:41	14	3:30		26:11	1:35	3:43
11/06/2017	18th Westgate Bridge Handicap	8	5	17:57	15	2:15		15:42	0:34	3:35
24/06/2017	Yarra Bend Handicap	11	8	31:39	15	3:45		27:54	3:18	3:57
16/07/2017	AV 10km Road Race	1	10	35:03	16	4:50		30:13	0:00	3:30
29/07/2017	AV 15km Road Race	2	15	54:57	13	6:05		48:52	0:23	3:40
06/08/2017	19th Eric Greaves Memorial Handicap	6	10	36:58	13	3:55		33:03	1:15	3:42
19/08/2017	Jells Park Handicap	6	5	17:16	13	2:00		15:16	1:27	3:27
21/04/2018	AV Cross Country Relays	10	6	22:12	13	2:25		19:47	2:18	3:42
05/05/2018	AV Cross Country	10	8	31:36	13	3:15		28:21	2:43	3:57
12/05/2018	parkrun	6	5	17:13	13	2:00	0:20	14:53	1:27	3:27
26/05/2018	AV Cross Country	9	12	47:03	14	5:15		41:48	3:15	3:55
16/06/2018	AV Cross Country	12	10	37:30	14	4:15		33:15	2:38	3:45
07/07/2018	AV Road Relays	14	3.1	10:48	14	1:26		9:22	1:08	3:29
22/07/2018	AV Road Race	14	10	36:45	15	4:35		32:10	3:17	3:41
04/08/2018	AV Road Race	3	15	55:08	15	7:00		48:08	0:33	3:41
02/09/2018	AV Road Race	5	21.1	1:21:57	15	9:55		1:12:02	3:15	3:53
15/09/2018	AV Relays	16	3.827	13:59	16	1:55		12:04	1:09	3:39
04/05/2019	AV Cross Country Relays	8	6	21:46	15	2:50		18:56	1:17	3:38
15/06/2019	AV Cross Country	8	10	38:01	15	4:35		33:26	2:21	3:48
22/06/2019	AV Ekiden Relays	9	5	19:17	16	2:25		16:52	0:37	3:51
14/07/2019	AV Road Race	10	10	36:14	16	4:50		31:24	1:55	3:37
22/05/2021	AV Cross Country	7	8	32:00	16	4:00		28:00	2:04	4:00
10/07/2021	AV Cross Country	3	12	46:48	17	6:25		40:23	0:52	3:54
07/05/2022	AV Cross Country Relays	2	6.2	22:44	17	3:10		19:34	0:28	3:40
18/06/2022	AV Cross Country	8	12	48:57	17	6:25		42:32	1:50	4:05
25/06/2022	AV Ekiden Relay	5	5	19:50	17	2:35		17:15	1:03	3:58
30/07/2022	parkrun	7	5	18:22	17	2:35	0:00	15:47	0:50	3:40
07/08/2022	AV Road Race	13	10	38:31	17	5:30		33:01	1:24	3:51
20/08/2022	AV Road Race	6	15	59:18	18	8:25		50:53	2:22	3:57
04/09/2022	AV Road Race	11	21.1	1:29:41	18	11:50		1:17:51	8:24	4:15
17/09/2022	AV Relays	7	3.827	13:58	18	2:10		11:48	0:45	3:39
24/09/2022	parkrun	4	5	18:17	18	2:45	0:00	15:32	0:13	3:39
22/04/2023	AV Cross Country Relays	10	6	23:21	18	3:20		20:01	1:35	3:54
24/06/2023	parkrun	3	5	18:44	19	2:55	0:00	15:49	0:59	3:45
01/07/2023	parkrun	3	5	18:54	19	2:55	0:00	15:59	0:16	3:47
08/07/2023	AV Road Relays	12	6.2	23:59	19	3:45		20:14	1:49	3:52
22/07/2023	AV Cross Country	9	10	41:10	19	5:45		35:25	3:27	4:07
12/08/2023	parkrun	3	5	17:57	19	2:55	0:00	15:02	0:13	3:35

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Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
03/09/2023	AV Road Race	5	21.1	1:27:07	19	12:30		1:14:37	4:42		4:08
16/09/2023	AV Relays	6	3.827	13:50	20	2:25		11:25	0:41		3:37