

VCCL Results - John Mackay

Member number: 203

Races: 78; Wins: 0 (0.0%); Top Ten: 1 (1.3%)

Active from 2009 to 2021

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
19/07/2009	VCCL 'Ted Connell' 5k Legend Handicap	36	5	29:13	60	9:10		20:03	4:35	5:51
26/07/2009	Eric Greaves Memorial Handicap	32	10	1:01:44	70	21:10		40:34	8:49	6:10
02/08/2009	VCCL 'Joe Caruana' 8K Legend Handicap	36	8	46:29	70	17:30		28:59	4:18	5:49
09/08/2009	44th Annual Norm Charles Handicap	37	10	59:13	70	21:10		38:03	7:30	5:55
16/08/2009	Coburg Lake 6.5K Handicap	32	6.5	36:53	65	13:00		23:53	3:41	5:40
23/08/2009	Pinnacle Print Group Handicap	31	8	49:30	70	17:30		32:00	6:54	6:11
05/09/2009	Westgate Bridge Memorial Handicap	32	5	29:30	65	9:55		19:35	4:31	5:54
13/09/2009	Independent Signs Handicap	26	10	1:10:44	70	21:20		49:24	16:42	7:04
20/09/2009	President's Handicap	32	6.5	37:51	70	14:00		23:51	4:01	5:49
16/05/2010	Rendina Family Handicap	33	8	44:50	70	17:30		27:20	3:10	5:36
23/05/2010	Combined VCCL/GCCC Handicap	21	10	57:45	70	21:20		36:25	4:39	5:47
30/05/2010	Caruana Cross Country Classic	56	8	46:55	70	17:30		29:25	4:24	5:52
12/06/2010	Boutique FPS Handicap	39	5	26:44	65	9:55		16:49	2:16	5:21
20/06/2010	Retireinvest Eaglehawk to Bendigo Handicap	71	6.5	35:52	65	13:00		22:52	5:26	5:31
27/06/2010	Helmut & Maija Prentler Handicap	31	8	44:25	70	17:30		26:55	4:26	5:33
11/07/2010	37th Annual Murchison Handicap	38	10	56:11	70	21:20		34:51	5:09	5:37
18/07/2010	VCCL 5x3km Relay Challenge	49	3	17:24	70	7:00		10:24	1:52	5:48
25/07/2010	Eric Greaves Memorial Handicap	29	10	56:29	70	21:20		35:09	4:02	5:39
01/08/2010	VCCL Roy McKenzie Legend Handicap	32	5	27:09	70	10:45		16:24	2:14	5:26
08/08/2010	45th Annual Norm Charles Handicap	39	10	1:10:47	65	19:50		50:57	20:26	7:05
15/08/2010	George Perdon Handicap	26	16.09	1:41:15	70	35:00		1:06:15	13:55	6:18
22/08/2010	Hash House Harriers Handicap	30	8	44:21	70	17:30		26:51	3:46	5:33
29/08/2010	Swann Electronics Handicap	23	8	47:07	70	17:30		29:37	5:03	5:53
04/09/2010	Coburg Lake Handicap	31	6.5	37:33	70	14:00		23:33	4:02	5:47
12/09/2010	Westgate Bridge Memorial Handicap	34	5	27:49	65	9:55		17:54	3:07	5:34
19/09/2010	President's Handicap	28	6.5	38:04	70	14:00		24:04	4:40	5:51
15/05/2011	Fred Grubb Memorial Handicap	34	6.5	36:53	65	13:00		23:53	4:42	5:40
22/05/2011	Moran Stable Handicap	37	5	28:02	65	9:55		18:07	3:28	5:36
29/05/2011	Rendina Family Handicap	33	8	44:22	70	17:30		26:52	2:48	5:33
05/06/2011	Caruana Cross Country Classic	49	8	47:21	70	17:30		29:51	5:44	5:55
11/06/2011	Boutique FPS Handicap	36	5	28:24	65	9:55		18:29	3:32	5:41
19/06/2011	Retireinvest Eaglehawk to Bendigo Handicap	50	6.5	37:27	65	13:00		24:27	6:34	5:46
10/07/2011	Helmut & Maija Prentler Handicap	34	8	48:45	70	17:30		31:15	6:48	6:06
17/07/2011	38th Annual Murchison Handicap	33	10	57:04	70	21:20		35:44	6:00	5:42
24/07/2011	Eric Greaves Memorial Handicap	31	10	58:07	70	21:20		36:47	6:13	5:49
31/07/2011	46th Annual Norm Charles Handicap	40	10	59:08	60	18:20		40:48	9:07	5:55
07/08/2011	Tony Rendina Legend Handicap	41	5	27:54	65	9:55		17:59	4:11	5:35
14/08/2011	Hash House Harriers Handicap	39	8	45:54	70	17:30		28:24	5:10	5:44
21/08/2011	George Perdon Handicap	33	16.09	1:44:35	70	35:00		1:09:35	18:47	6:30
28/08/2011	Coburg Lake Handicap	27	6.5	37:24	70	14:00		23:24	4:30	5:45
04/09/2011	Thermal Products Handicap	28	8	48:38	70	17:30		31:08	6:44	6:05
11/09/2011	Westgate Bridge Memorial Handicap	39	5	28:31	65	9:55		18:36	4:18	5:42
18/09/2011	President's Handicap	32	6.5	40:47	70	14:00		26:47	7:20	6:16
29/04/2012	Fred Grubb Memorial Handicap	32	6.5	38:27	70	14:00		24:27	5:04	5:55
06/05/2012	Rendina Family Handicap	30	8	44:33	70	17:30		27:03	3:13	5:34

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Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
20/05/2012	Caruana Classic Handicap	67	8	48:52	70	17:30		31:22	7:10	6:07
27/05/2012	Helmut & Maija Prentler Handicap	44	8	50:16	70	17:30		32:46	7:46	6:17
09/06/2012	Family Feud Sealed Handicap	26	5	28:55	70	10:40		18:15	4:05	5:47
17/06/2012	Eaglehawk To Bendigo Handicap	58	6.4	37:15	65	13:00		24:15	5:55	5:49
24/06/2012	Independent Signs Handicap	31	10	1:04:19	70	21:20		42:59	10:31	6:26
22/07/2012	47th Norm Charles Handicap	31	10	1:00:50	70	21:20		39:30	9:11	6:05
29/07/2012	14th Eric Greaves Memorial Handicap	23	10	1:00:10	70	21:20		38:50	7:15	6:01
05/08/2012	VCCL Tony Moran Legend Handicap	25	8	50:27	70	17:30		32:57	7:53	6:18
12/08/2012	Kyneton Ridge Estate Handicap	34	6.5	40:22	70	14:00		26:22	6:34	6:13
19/08/2012	17th George Perdon Handicap	23	16.09	1:46:40	70	35:00		1:11:40	20:48	6:38
02/09/2012	Coburg Lake Classic	33	6.5	40:07	70	14:00		26:07	7:16	6:10
09/09/2012	Churchill Park Classic	24	8	48:36	70	17:30		31:06	6:30	6:05
16/09/2012	President's Handicap	25	6.5	39:52	80	16:00		23:52	3:42	6:08
14/04/2013	Fred Grubb & Robert Charlton Memorial	45	6.5	41:42	70	14:00		27:42	7:40	6:25
21/04/2013	Moran Stable Handicap	51	5	29:54	70	10:50		19:04	4:58	5:59
28/04/2013	Helmut & Maija Prentler Handicap	37	8	51:50	80	19:00		32:50	7:24	6:29
05/05/2013	18th Caruana Cross Country Classic	68	8	50:07	70	17:30		32:37	8:23	6:16
19/05/2013	24th Rendina Family Handicap	58	8	52:03	70	17:30		34:33	10:03	6:30
21/07/2013	15th Eric Greaves Memorial	39	10	1:05:30	80	24:05		41:25	9:19	6:33
11/08/2013	Parks Victoria Handicap	34	8	57:51	83	20:45		37:06	11:42	7:14
12/05/2018	parkrun	22	5	32:30	83	12:30	0:20	19:40	6:14	6:30
02/06/2018	parkrun	22	5	32:41	88	13:15	0:20	19:06	5:02	6:32
23/06/2018	parkrun	25	5	32:18	93	14:00	0:20	17:58	3:58	6:28
30/06/2018	parkrun	17	5	32:51	98	14:45	0:20	17:46	3:14	6:34
28/07/2018	parkrun	17	5	32:15	100	15:00	0:20	16:55	3:02	6:27
18/08/2018	parkrun	19	5	33:25	101	15:10	0:20	17:55	3:45	6:41
25/08/2018	parkrun	15	5	32:41	102	15:20	0:20	17:01	3:07	6:32
08/09/2018	parkrun	19	5	32:50	103	15:30	0:20	17:00	2:49	6:34
18/05/2019	parkrun	22	5	34:44	100	15:00	0:00	19:44	5:05	6:57
31/08/2019	parkrun	18	5	33:22	100	15:00	0:06	18:16	3:46	6:40
14/09/2019	parkrun	14	5	32:38	100	15:00	0:00	17:38	3:19	6:32
26/06/2021	parkrun	10	5	41:24	100	15:00	0:00	26:24	11:36	8:17
03/07/2021	parkrun	17	5	40:55	100	15:00	0:00	25:55	11:26	8:11