

VCCL Results - Matt Grant

Member number: 231

Races: 125; Wins: 6 (4.8%); Top Ten: 74 (59.2%)

Active from 2011 to 2024

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
29/05/2011	Rendina Family Handicap	38	8	29:38	10	2:30		27:08	3:04	3:42
26/06/2011	Independent Signs Handicap	22	10	38:10	11	3:20		34:50	3:16	3:49
03/07/2011	VCCL 5x3km Relay Challenge	25	3	10:23	11	1:06		9:17	0:41	3:28
10/07/2011	Helmut & Maija Prentler Handicap	19	8	29:29	13	3:15		26:14	1:47	3:41
24/07/2011	Eric Greaves Memorial Handicap	14	10	37:02	15	4:35		32:27	1:53	3:42
31/07/2011	46th Annual Norm Charles Handicap	13	10	36:57	10	3:05		33:52	2:11	3:42
07/08/2011	Tony Rendina Legend Handicap	12	5	17:15	16	2:30		14:45	0:57	3:27
04/09/2011	Thermal Products Handicap	5	8	29:27	16	4:00		25:27	1:03	3:41
20/05/2012	Caruana Classic Handicap	28	8	29:51	14	3:30		26:21	2:09	3:44
27/05/2012	Helmut & Maija Prentler Handicap	11	8	30:35	14	3:30		27:05	2:05	3:49
03/06/2012	VCCL 5x3km Relay Challenge	13	3	10:45	14	1:24		9:21	0:22	3:35
01/07/2012	Yvonne Callaghan Handicap	30	5	18:32	5	0:50		17:42	3:28	3:42
22/07/2012	47th Norm Charles Handicap	13	10	37:35	16	4:50		32:45	2:26	3:46
29/07/2012	14th Eric Greaves Memorial Handicap	8	10	38:14	17	5:10		33:04	1:29	3:49
05/08/2012	VCCL Tony Moran Legend Handicap	16	8	30:45	17	4:15		26:30	1:26	3:51
02/09/2012	Coburg Lake Classic	12	6.5	23:40	17	3:25		20:15	1:24	3:38
09/09/2012	Churchill Park Classic	7	8	29:47	18	4:30		25:17	0:41	3:43
16/09/2012	President's Handicap	4	6.5	24:21	19	3:50		20:31	0:21	3:45
14/04/2013	Fred Grubb & Robert Charlton Memorial	4	6.5	24:25	17	3:25		21:00	0:58	3:45
21/04/2013	Moran Stable Handicap	7	5	17:56	17	2:45		15:11	1:05	3:35
28/04/2013	Helmut & Maija Prentler Handicap	7	8	30:33	17	4:15		26:18	0:52	3:49
05/05/2013	18th Caruana Cross Country Classic	17	8	29:45	18	4:15		25:30	1:16	3:43
19/05/2013	24th Rendina Family Handicap	14	8	30:06	17	4:15		25:51	1:21	3:46
26/05/2013	4th 5x3km Relay Challenge	3	3	10:13	0	1:30		8:43	0:16	3:24
02/06/2013	Family Feud Handicap	15	5	18:08	17	2:35		15:33	0:47	3:38
23/06/2013	20th Independent Signs Handicap	10	10	38:31	18	5:30		33:01	1:51	3:51
30/06/2013	Jim McLure Legend Handicap	5	5	17:31	18	2:45		14:46	0:49	3:30
14/07/2013	Churchill Park Handicap	2	6.5	24:22	4	3:35		20:47	0:06	3:45
04/08/2013	18th George Perdon Handicap	10	16.09	1:02:44	18	9:00		53:44	1:13	3:54
18/08/2013	2nd Kyneton Ridge Estate Winery	6	6.5	24:23	18	3:35		20:48	0:23	3:45
25/08/2013	14th Westgate Bridge Handicap	1	5	17:25	18	2:45		14:40	0:00	3:29
08/09/2013	48th Norm Charles Handicap	13	10	36:38	16	4:50		31:48	3:01	3:40
18/05/2014	Moran Stable Handicap	28	5	17:56	14	2:10		15:46	0:55	3:35
25/05/2014	25th Rendina Family Handicap	34	8	30:42	14	3:30		27:12	2:25	3:50
01/06/2014	19th Caruana Cross Country Classic	42	8	29:51	14	3:30		26:21	3:57	3:44
22/06/2014	5th 5x3km Relay Challenge	17	3	10:49	15	1:30		9:19	0:32	3:36
27/07/2014	30th Helmut & Maija Prentler Handicap	27	6.5	26:12	15	3:00		23:12	3:07	4:02
03/08/2014	2nd Jayen Engineers Handicap	39	5	18:40	15	2:15		16:25	2:06	3:44
17/08/2014	15th Westgate Bridge Handicap	40	5	18:34	15	2:15		16:19	1:40	3:43
24/08/2014	Ray O'Connor Legend Handicap	24	5	18:01	16	2:25		15:36	1:11	3:36
21/09/2014	Presidents & Ted Paulin Handicap	24	6.5	25:46	16	3:10		22:36	2:24	3:58
19/04/2015	Fred Grubb & Bob Charlton Memorial	4	6.5	23:19	16	3:10		20:09	0:21	3:35
26/04/2015	Moran Stable Handicap	10	5	17:29	16	2:25		15:04	0:44	3:30
17/05/2015	20th Caruana Cross Country Classic	13	8	30:22	16	4:00		26:22	1:36	3:48
24/05/2015	6th 5x3km Relay Challenge	13	3	10:14	16	1:36		8:38	0:50	3:25
31/05/2015	Austbrokers Phillips Handicap	18	8	30:56	16	4:00		26:56	2:27	3:52

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Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
19/07/2015	17th Eric Greaves Memorial	19	10	38:05	16	4:50		33:15	2:10	3:49
26/07/2015	3rd Jayen Engineers Handicap	8	5	17:44	17	2:35		15:09	0:25	3:33
02/08/2015	20th George Perdon Handicap	11	16.09	1:03:06	17	8:30		54:36	3:05	3:55
16/08/2015	31st Helmut & Maija Prentler Handicap	5	6.5	23:56	17	3:25		20:31	0:18	3:41
23/08/2015	VCCL Legends Handicap	2	5	17:09	17	2:35		14:34	0:04	3:26
30/08/2015	50th Norm Charles Handicap	12	10	37:01	17	5:10		31:51	2:12	3:42
20/09/2015	Presidents & Ted Paulin Handicap	2	6.5	24:58	17	3:25		21:33	0:05	3:50
17/04/2016	Fred Grubb & Bob Charlton Memorial	3	6.5	24:15	17	3:25		20:50	0:22	3:44
01/05/2016	27th Rendina Family Handicap	16	8	30:55	18	4:30		26:25	1:45	3:52
15/05/2016	Parks Victoria 5x3km Relay Challenge	2	3	10:09	17	1:42		8:27	0:18	3:23
10/07/2016	32nd Helmut & Maija Prentler Handicap	5	5	18:18	18	2:45		15:33	0:28	3:40
24/07/2016	18th Eric Greaves Memorial Handicap	11	10	38:08	18	5:30		32:38	1:27	3:49
31/07/2016	Nortons Park Park Handicap	7	6.5	26:11	18	3:25		22:46	1:20	4:02
18/09/2016	Presidents & Ted Paulin Handicap	2	3	10:01	18	1:48		8:13	0:17	3:20
30/04/2017	Fred Grubb & Bob Charlton Memorial	1	6.5	24:38	18	3:35		21:03	0:00	3:47
06/05/2017	28th Rendina Family Handicap	5	8	28:40	12	3:00		25:40	1:24	3:35
14/05/2017	Brimbank Handicap	8	5	18:06	12	1:50		16:16	0:43	3:37
20/05/2017	Moran Stable Handicap	3	5	16:45	12	1:50		14:55	0:07	3:21
04/06/2017	22nd Caruana Cross Country Classic	5	8	28:01	12	3:00		25:01	0:25	3:30
29/07/2017	AV 15km Road Race	6	15	57:43	12	5:40		52:03	3:34	3:51
19/08/2017	Jells Park Handicap	23	5	18:29	12	1:50		16:39	2:50	3:42
27/08/2017	33rd Helmut & Maija Prentler Handicap	8	6.5	24:11	13	2:35		21:36	1:14	3:43
10/09/2017	Presidents & Ted Paulin Handicap	11	3	10:11	13	1:18		8:53	0:51	3:24
15/04/2018	Jells Park Sealed Handicap	4	6.5	22:43	13	2:35		20:08	0:57	3:30
05/05/2018	AV Cross Country	7	8	30:34	13	3:15		27:19	1:41	3:49
12/05/2018	parkrun	2	5	17:04	13	2:00	0:30	14:34	1:08	3:25
20/05/2018	Rendina Classic Handicap	6	8	28:34	13	3:15		25:19	0:46	3:34
26/05/2018	AV Cross Country	6	12	45:46	14	5:15		40:31	1:58	3:49
02/06/2018	parkrun	5	5	17:08	14	2:10	0:30	14:28	0:24	3:26
16/06/2018	AV Cross Country	7	10	36:18	14	4:15		32:03	1:26	3:38
23/06/2018	parkrun	16	5	17:44	14	2:10	0:20	15:14	1:14	3:33
30/06/2018	parkrun	5	5	17:47	15	2:15	0:40	14:52	0:20	3:33
15/07/2018	Braeside Handicap	7	10	36:38	14	4:15		32:23	1:36	3:40
22/07/2018	AV Road Race	3	10	35:09	15	4:35		30:34	1:41	3:31
28/07/2018	parkrun	3	5	17:17	16	2:25	0:30	14:22	0:29	3:27
18/08/2018	parkrun	12	5	18:03	16	2:25	0:30	15:08	0:58	3:37
25/08/2018	parkrun	11	5	19:02	17	2:35	0:50	15:37	1:43	3:48
15/09/2018	AV Relays	2	3.827	13:05	17	2:00		11:05	0:10	3:25
04/05/2019	AV Cross Country Relays	1	6	20:29	15	2:50		17:39	0:00	3:25
12/05/2019	Jells Park Sealed Handicap	3	6.5	22:09	12	2:25		19:44	0:37	3:24
18/05/2019	parkrun	6	5	17:18	12	1:50	0:09	15:19	0:38	3:28
01/06/2019	AV Cross Country	4	8	29:36	12	3:00		26:36	0:31	3:42
15/06/2019	AV Cross Country	4	10	36:37	12	3:40		32:57	1:52	3:40
22/06/2019	AV Ekiden Relays	6	5	18:26	12	1:50		16:36	0:21	3:41
14/07/2019	AV Road Race	11	10	35:06	12	3:40		31:26	1:57	3:31
21/07/2019	Braeside Handicap	8	10	36:40	13	3:55		32:45	1:28	3:40
27/07/2019	AV Road Race	1	15	52:47	13	6:05		46:42	0:00	3:31
08/09/2019	AV Road Race	5	21.1	1:16:27	10	6:35		1:09:52	3:30	3:37
14/09/2019	parkrun	7	5	17:05	10	1:30	0:21	15:14	0:55	3:25
21/09/2019	AV Relays	11	3.827	12:44	10	1:10		11:34	0:48	3:20

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Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
22/05/2021	AV Cross Country	6	8	30:21	10	2:30		27:51	1:55	3:48
03/07/2021	parkrun	4	5	17:15	11	1:40	0:05	15:30	1:01	3:27
10/07/2021	AV Cross Country	1	12	43:41	11	4:10		39:31	0:00	3:38
28/05/2022	AV Cross Country	5	8	29:33	8	2:00		27:33	0:26	3:42
18/06/2022	AV Cross Country	5	12	44:51	8	3:00		41:51	1:09	3:44
25/06/2022	AV Ekiden Relay	2	5	18:02	8	1:15		16:47	0:35	3:36
02/07/2022	parkrun	6	5	17:15	8	1:15	0:06	15:54	0:54	3:27
09/07/2022	AV Road Relays	5	6.2	21:03	8	1:30		19:33	1:09	3:24
17/07/2022	Braeside Handicap	5	10	37:07	8	2:25		34:42	0:59	3:43
23/07/2022	AV Cross Country	4	10	36:21	9	2:45		33:36	1:01	3:38
07/08/2022	AV Road Race	1	10	34:22	9	2:45		31:37	0:00	3:26
04/09/2022	AV Road Race	4	21.1	1:16:52	6	3:55		1:12:57	3:30	3:39
17/09/2022	AV Relays	9	3.827	12:35	6	0:45		11:50	0:47	3:17
22/04/2023	AV Cross Country Relays	6	6	20:47	6	1:05		19:42	1:16	3:28
10/06/2023	parkrun	2	5	16:54	6	0:55	0:00	15:59	0:31	3:23
17/06/2023	AV Cross Country	5	12	44:57	6	2:15		42:42	2:37	3:45
01/07/2023	parkrun	8	5	18:50	6	0:55	0:03	17:52	2:09	3:46
08/07/2023	AV Road Relays	13	6.2	21:37	7	1:20		20:17	1:52	3:29
15/07/2023	parkrun	5	5	17:59	7	1:05	0:09	16:45	1:56	3:36
22/07/2023	AV Cross Country	5	10	35:37	7	2:05		33:32	1:34	3:34
29/07/2023	parkrun	6	5	18:30	7	1:05	0:12	17:13	0:49	3:42
06/08/2023	AV Road Race	3	15	53:27	8	3:45		49:42	0:54	3:34
12/08/2023	parkrun	6	5	17:08	8	1:15	0:00	15:53	1:04	3:26
19/08/2023	AV Ekiden Relay	3	5	18:38	8	1:15		17:23	0:52	3:44
03/09/2023	AV Road Race	3	21.1	1:18:04	8	5:15		1:12:49	2:54	3:42
10/09/2023	Westgate Bridge Handicap	5	5	17:46	8	1:15		16:31	1:22	3:33
16/09/2023	AV Relays	10	3.827	12:34	8	1:00		11:34	0:50	3:17
27/04/2024	XCR Jell Park Relays	10	6	20:58					2:10	3:30
02/06/2024	XCR Lakeside	14	10	35:00					4:13	3:30