

VCCL Results - Matthew Sullivan

Member number: 145

Races: 34; Wins: 1 (2.9%); Top Ten: 9 (26.5%)

Active from 2015 to 2019

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
17/05/2015	20th Caruana Cross Country Classic	10	8	29:11	12	3:00		26:11	1:25	3:39
24/05/2015	6th 5x3km Relay Challenge	24	3	10:15	12	1:12		9:03	1:15	3:25
31/05/2015	Austbrokers Phillips Handicap	8	8	28:40	12	3:00		25:40	1:11	3:35
21/06/2015	16th Westgate Bridge Handicap	7	5	16:55	12	1:50		15:05	0:10	3:23
28/06/2015	22nd Independent Signs Handicap	4	10	35:44	12	3:40		32:04	1:05	3:34
12/07/2015	Myrniong Adventure Handicap	1	6.5	23:28	12	2:25		21:03	0:00	3:37
19/07/2015	17th Eric Greaves Memorial	10	10	34:38	8	2:25		32:13	1:08	3:28
26/07/2015	3rd Jayen Engineers Handicap	22	5	17:09	8	1:15		15:54	1:10	3:26
02/08/2015	20th George Perdon Handicap	14	16.09	58:46	8	4:00		54:46	3:15	3:39
16/08/2015	31st Helmut & Maija Prentler Handicap	20	6.5	23:08	8	1:35		21:33	1:20	3:34
23/08/2015	VCCL Legends Handicap	20	5	17:04	8	1:15		15:49	1:19	3:25
30/08/2015	50th Norm Charles Handicap	10	10	35:06	11	3:20		31:46	2:07	3:31
20/09/2015	Presidents & Ted Paulin Handicap	9	6.5	23:45	8	1:35		22:10	0:42	3:39
04/06/2017	22nd Caruana Cross Country Classic	36	8	31:22	9	2:15		29:07	4:31	3:55
10/06/2018	Caruana Classic Handicap	30	8	32:17	9	2:15		30:02	5:58	4:02
04/05/2019	AV Cross Country Relays	20	6	22:34	10	1:50		20:44	3:05	3:46
12/05/2019	Jells Park Sealed Handicap	15	6.5	24:09	10	2:00		22:09	3:02	3:43
18/05/2019	parkrun	18	5	18:17	10	1:30	0:09	16:38	1:59	3:39
01/06/2019	AV Cross Country	16	8	33:44	11	2:45		30:59	4:54	4:13
08/06/2019	parkrun	15	5	18:40	11	1:40	0:21	16:39	2:00	3:44
15/06/2019	AV Cross Country	19	10	40:31	12	3:40		36:51	5:46	4:03
22/06/2019	AV Ekiden Relays	17	5	20:13	12	1:50		18:23	2:08	4:03
30/06/2019	Caruana Classic Handicap	14	8	32:01	13	3:15		28:46	4:38	4:00
06/07/2019	AV Road Relays	16	6.2	25:29	13	2:30		22:59	3:56	4:07
14/07/2019	AV Road Race	20	10	40:51	14	4:15		36:36	7:07	4:05
21/07/2019	Braeside Handicap	17	10	40:48	14	4:15		36:33	5:16	4:05
27/07/2019	AV Road Race	15	15	59:30	15	7:00		52:30	5:48	3:58
03/08/2019	parkrun	16	5	19:17	15	2:15	0:00	17:02	2:42	3:51
17/08/2019	parkrun	13	5	18:33	16	2:25	0:36	15:32	0:51	3:43
25/08/2019	Yarra Bend Handicap	13	6.5	25:18	16	3:10		22:08	2:37	3:54
31/08/2019	parkrun	14	5	18:29	16	2:25	0:00	16:04	1:33	3:42
08/09/2019	AV Road Race	8	21.1	1:24:44	17	11:15		1:13:29	7:07	4:01
21/09/2019	AV Relays	16	3.827	13:56	17	2:00		11:56	1:10	3:38
28/09/2019	parkrun	12	5	19:58	18	2:45	0:57	16:16	1:29	4:00