

VCCL Results - Ashley Cowen

Member number: 223

Races: 20; Wins: 3 (15.0%); Top Ten: 13 (65.0%)

Active from 2017 to 2024

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
16/07/2017	AV 10km Road Race	5	10	34:05	9	2:45		31:20	1:07	3:25
10/09/2017	Presidents & Ted Paulin Handicap	6	3	9:24	9	0:54		8:30	0:28	3:08
15/04/2018	Jells Park Sealed Handicap	2	6.5	21:37	9	1:50		19:47	0:36	3:20
21/04/2018	AV Cross Country Relays	2	6	19:45	9	1:40		18:05	0:36	3:18
05/05/2018	AV Cross Country	3	8	28:19	9	2:15		26:04	0:26	3:32
10/06/2018	Caruana Classic Handicap	3	8	26:43	9	2:15		24:28	0:24	3:20
16/06/2018	AV Cross Country	1	10	33:37	10	3:00		30:37	0:00	3:22
15/07/2018	Braeside Handicap	21	10	38:30	9	2:45		35:45	4:58	3:51
22/07/2018	AV Road Race	9	10	33:21	7	2:05		31:16	2:23	3:20
15/09/2018	AV Relays	8	3.827	12:21	7	0:50		11:31	0:36	3:14
23/09/2018	Westerfold Park Handicap	5	3	9:41	9	0:50		8:51	0:18	3:14
18/06/2022	AV Cross Country	12	12	50:25	9	3:25		47:00	6:18	4:12
17/09/2022	AV Relays	2	3.827	12:22	9	1:05		11:17	0:14	3:14
22/04/2023	AV Cross Country Relays	2	6	20:08	9	1:40		18:28	0:02	3:21
22/07/2023	AV Cross Country	1	10	34:43	9	2:45		31:58	0:00	3:28
19/08/2023	AV Ekiden Relay	1	5	17:56	9	1:25		16:31	0:00	3:35
16/09/2023	AV Relays	2	3.827	12:04	9	1:05		10:59	0:15	3:09
27/04/2024	XCR Jell Park Relays	2	6	19:18					0:30	3:13
02/06/2024	XCR Lakeside	3	10	31:46					0:59	3:11
15/06/2024	XCR Bendigo Cross Country	3	8	27:32					0:25	3:27