

## VCCL Results - Russell Johnson

Member number: 30

Races: 64; Wins: 4 (6.3%); Top Ten: 44 (68.8%)

Active from 2018 to 2023

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
15/04/2018	Jells Park Sealed Handicap	30	6.5	29:51	30	6:00		23:51	4:40	4:36
28/04/2018	parkrun	14	5	21:57	32	4:50	0:40	16:27	2:22	4:23
12/05/2018	parkrun	20	5	23:46	33	5:00	1:10	17:36	4:10	4:45
20/05/2018	Rendina Classic Handicap	19	8	37:06	34	8:30		28:36	4:03	4:38
02/06/2018	parkrun	18	5	22:07	36	5:25	0:30	16:12	2:08	4:25
10/06/2018	Caruana Classic Handicap	24	8	36:49	38	9:30		27:19	3:15	4:36
16/06/2018	AV Cross Country	18	10	50:55	40	12:10		38:45	8:08	5:06
23/06/2018	parkrun	15	5	22:09	42	6:20	0:40	15:09	1:09	4:26
30/06/2018	parkrun	7	5	22:25	43	6:30	1:00	14:55	0:23	4:29
22/07/2018	AV Road Race	20	10	46:58	43	13:05		33:53	5:00	4:42
28/07/2018	parkrun	16	5	24:15	44	6:40	1:20	16:15	2:22	4:51
11/08/2018	parkrun	1	5	21:51	45	6:45	0:50	14:16	0:00	4:22
25/08/2018	parkrun	10	5	22:23	43	6:30	0:40	15:13	1:19	4:29
02/09/2018	AV Road Race	9	21.1	1:46:30	43	28:20		1:18:10	9:23	5:03
08/09/2018	parkrun	16	5	22:41	43	6:30	0:20	15:51	1:40	4:32
15/09/2018	AV Relays	17	3.827	17:22	44	5:15		12:07	1:12	4:32
04/05/2019	AV Cross Country Relays	15	6	27:40	43	8:05		19:35	1:56	4:37
12/05/2019	Jells Park Sealed Handicap	8	6.5	29:15	44	8:50		20:25	1:18	4:30
18/05/2019	parkrun	3	5	22:07	44	6:40	0:36	14:51	0:12	4:25
26/05/2019	Rendina Classic Handicap	8	5	22:12	44	6:40		15:32	0:49	4:26
01/06/2019	AV Cross Country	17	8	44:50	44	11:00		33:50	7:45	5:36
08/06/2019	parkrun	4	5	22:17	44	6:40	0:39	14:58	0:19	4:27
15/06/2019	AV Cross Country	13	10	49:05	45	13:45		35:20	4:15	4:55
22/06/2019	AV Ekiden Relays	14	5	24:02	45	6:45		17:17	1:02	4:48
30/06/2019	Caruana Classic Handicap	7	8	37:02	46	11:30		25:32	1:24	4:38
06/07/2019	AV Road Relays	9	6.2	28:08	46	8:55		19:13	0:50	4:32
14/07/2019	AV Road Race	9	10	45:23	46	14:00		31:23	1:54	4:32
21/07/2019	Braeside Handicap	1	10	45:17	46	14:00		31:17	0:00	4:32
27/07/2019	AV Road Race	10	15	1:08:30	42	19:40		48:50	2:08	4:34
03/08/2019	parkrun	9	5	21:54	42	6:20	0:00	15:34	1:14	4:23
17/08/2019	parkrun	7	5	21:59	42	6:20	0:30	15:09	0:28	4:24
25/08/2019	Yarra Bend Handicap	9	6.5	29:46	42	8:25		21:21	1:50	4:35
31/08/2019	parkrun	9	5	22:54	42	6:20	0:57	15:37	1:06	4:35
08/09/2019	AV Road Race	7	21.1	1:49:47	43	28:20		1:21:27	5:05	5:12
14/09/2019	parkrun	8	5	22:52	43	6:30	1:00	15:22	1:03	4:34
21/09/2019	AV Relays	17	3.827	17:17	43	5:10		12:07	1:21	4:31
08/05/2021	parkrun	10	5	23:28	43	6:30	0:21	16:37	2:16	4:42
15/05/2021	parkrun	4	5	23:29	44	6:40	0:42	16:07	0:52	4:42
26/06/2021	parkrun	9	5	24:53	44	6:40	0:12	18:01	3:13	4:59
03/07/2021	parkrun	12	5	23:09	44	6:40	0:12	16:17	1:48	4:38
30/04/2022	parkrun	4	5	23:46	44	6:40	1:30	15:36	0:24	4:45
14/05/2022	parkrun	1	5	23:15	44	6:40	0:57	15:38	0:00	4:39
21/05/2022	parkrun	8	5	22:48	41	6:10	0:33	16:05	1:10	4:34
04/06/2022	parkrun	10	5	24:44	41	6:10	1:06	17:28	2:08	4:57
12/06/2022	Caruana Memorial Handicap	7	3	15:10	41	4:06		11:04	1:35	5:03
02/07/2022	parkrun	9	5	23:26	41	6:10	0:54	16:22	1:22	4:41
17/07/2022	Braeside Handicap	3	10	47:17	42	12:50		34:27	0:44	4:44
30/07/2022	parkrun	12	5	23:16	42	6:20	0:18	16:38	1:41	4:39
13/08/2022	parkrun	11	5	23:13	42	6:20	0:00	16:53	1:48	4:39
27/08/2022	parkrun	8	5	23:39	42	6:20	1:06	16:13	2:34	4:44
10/09/2022	parkrun	4	5	22:53	42	6:20	0:09	16:24	0:23	4:35
24/09/2022	parkrun	8	5	22:48	43	6:30	0:06	16:12	0:53	4:34
15/04/2023	parkrun	1	5	22:46	43	6:30	0:33	15:43	0:00	4:33
29/04/2023	parkrun	5	5	22:55	42	6:20	0:00	16:35	1:08	4:35
20/05/2023	parkrun	4	5	24:47	42	6:20	0:12	18:15	2:49	4:57

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Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
03/06/2023	parkrun	7	5	26:41	42	6:20	0:42	19:39	5:02	5:20
10/06/2023	parkrun	5	5	23:19	42	6:20	0:00	16:59	1:31	4:40
24/06/2023	parkrun	8	5	23:08	43	6:30	0:06	16:32	1:42	4:38
01/07/2023	parkrun	6	5	23:36	43	6:30	0:12	16:54	1:11	4:43
15/07/2023	parkrun	7	5	24:08	43	6:30	0:18	17:20	2:31	4:50
29/07/2023	parkrun	2	5	23:21	43	6:30	0:15	16:36	0:12	4:40
12/08/2023	parkrun	7	5	22:49	43	6:30	0:00	16:19	1:30	4:34
26/08/2023	parkrun	4	5	23:47	44	6:40	0:12	16:55	2:09	4:45
10/09/2023	Westgate Bridge Handicap	7	5	24:56	44	6:40		18:16	3:07	4:59