

## VCCL Results - Jo Whittle

Member number: 357

Races: 8; Wins: 1 (12.5%); Top Ten: 6 (75.0%)

Active from 2023 to 2023

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
15/04/2023	parkrun	7	5	27:17	35	5:15	0:00	22:02	6:19	5:27
22/04/2023	AV Cross Country Relays	20	6	35:40	45	8:15		27:25	8:59	5:57
07/05/2023	AV Road Race	22	10	54:06	55	16:45		37:21	6:41	5:25
27/05/2023	AV Cross Country	6	8	46:46	60	15:00		31:46	4:33	5:51
10/06/2023	parkrun	4	5	26:22	65	9:45	0:00	16:37	1:09	5:16
26/08/2023	parkrun	5	5	27:19	67	10:05	0:12	17:02	2:16	5:28
03/09/2023	AV Road Race	7	21.1	2:02:41	70	46:10		1:16:31	6:36	5:49
10/09/2023	Westgate Bridge Handicap	1	5	25:59	72	10:50		15:09	0:00	5:12