

## VCCL Results - Francis Dowdle

Member number: 369

Races: 33; Wins: 2 (6.1%); Top Ten: 23 (69.7%)

Active from 2021 to 2023

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