

AV, AMA, VMA AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 30 JUNE

It was a big Sunday morning at Middle Park with AV, AV Schools, AMA, VMA and VRWC Championships on offer and the 85 walkers in attendance raced in perfect conditions - cool and still. We used our certified championships 2km loop course over near the lake and our walkers were in fine form. All photographs are taken from <http://www.vrwc.org.au/coppermine>.

The 20km events were first to kick off at 9AM with 2013 World Champs representatives Chris Erickson 1:23:28 (his best ever time walked in Australia) and Tanya Holliday 1:36:03 clear winners in the blue riband Victorian Open Championships. Young junior walker Jesse Osborne was second to Chris with an excellent 1:32:43, ahead of third placed Stuart Kollmorgen 1:45:56. Kelly Ruddick was second to Tanya and not all that far behind with a PB time of 1:36:46 (this time will set new VMA and AMA W40 records) while Michelle Laufer 1:47:51 was the third finisher in a PB time. Sarah Brennan 1:49:22 and James Christmass 1:48:46 also recorded good PBs.

AV 20km Open Men

1. Chris Erickson	ATE/VIC	1:23:28	
2. Jesse Osborne	BOH/VIC	1:32:43	
3. Stuart Kollmorgen	COL/VIC	1:45:56	
4. James Christmass	COR/VIC	1:48:45	PB 3:57
5. Simon Evans	BOH/VIC	1:49:47	
6. Russ Dickenson	SCA/VIC	2:05:46	
Andrew Jamieson	OSC/VIC	DNF	
David Armstrong	DIV/VIC	DNF	
Bradley Simpson	ANW/VIC	DNS	
Bernie Keirl	DIV/VIC	DNS	

AV 20km Open Women

1. Tanya Holliday	SA/VIC	1:36:03		
2. Kelly Ruddick	BHA/VIC	1:36:46	1st Vic	PB 0:12, new W40 record
3. Michelle Laufer	COL/VIC	1:47:51	2nd Vic	PB 0:38
4. Sarah Brennan	BYC/VIC	1:49:22	3rd Vic	PB 3:45
5. Kirstin Shaw	WES/VIC	2:04:00	4th Vic	
6. Heather Carr	EAG/VIC	2:04:36	5th Vic	



Chris Erickson, Jesse Osborne, Tanya Holliday, Kelly Ruddick and Michelle Laufer in action on Sunday

The Australian Masters and Victorian Masters championships were also contested and this added additional 20km walkers into the mix. I was particularly impressed with the walks of Margaret Beaumont (new W75 AMA and VMA record of 3:06:59), Ralph Bennett (M70 2:02:29) and Bob Gardiner (M75 2:07:14).

AMA & VMA Championship 20km Men				AMA	VMA
Stuart Kollmorgen	VIC	1:45:56	M40-44	1	1
James Christmass	VIC	1:48:45	M45-49	1	
Simon Evans	VIC	1:49:47	M50-54	1	1
Russ Dickenson	VIC	2:05:46	M65-69	1	1
Andrew Jamieson	VIC	DNF	M65-69	DNF	DNF
Ralph Bennett	VIC	2:02:29	M70-74	1	1
Murray Dickinson	VIC	DNF	M70-74		2
Bob Gardiner	VIC	2:07:14	M75-79	1	1

AMA & VMA Championship 20km Women				AMA	VMA	
Sarah Brennan	VIC	1:49:22	W35-39	1	1	
Kelly Ruddick	VIC	1:36:46	W40-44	1	1	
Michelle Laufer	VIC	1:47:51	W40-44	2	2	
Pam Tindal	VIC	2:03:22	W50-54		1	
Donna Elms	VIC	2:21:21	W50-54	1	2	
Heather Carr	VIC	2:04:36	W60-64	1	1	
Liz Feldman	VIC	2:11:19	W60-64	2	2	
Margaret Beaumont	VIC	3:06:59	W75-79	1	1	New W75 record

And still on the 20km front, all VRWC men were automatically in our own club championship for the Alf Robinson Trophy with places going to Chris Erickson, Jesse Osborne and Stuart Kollmorgen.

VRWC Championship - 20km Men - Alf Robinson Trophy

1.	Chris Erickson	1:23:28	
2.	Jesse Osborne	1:32:43	
3.	Stuart Kollmorgen	1:45:56	
4.	James Christmass	1:48:45	
5.	Simon Evans	1:49:47	
6.	Ralph Bennett	2:02:29	
7.	Russ Dickenson	2:05:46	
8.	Bob Gardiner	2:07:14	
9.	Steve Jordan	2:31:53	PB 0:06
10.	Alex Poore	2:45:24	PB 0:09
11.	Ian Beaumont	2:58:00	
	Murray Dickinson	DNF	
	Andrew Jamieson	DNF	
	Ross Reid	DNF	
	David Armstrong	DNF	
	Dariusz Wojcik	DQ	

Finally, we had an Open 20km walk for anyone else who wanted a hitout. Michelle Thompson excelled with a 2 minute PB of 1:56:41 while Karyn O'Neill was just outside her PB with 2:20:24. All in all, a great series of 20km results.

VRWC 20km - Open Women Non-Championship

1.	Michelle Thompson	1:56:41	PB 2:00
2.	Karyn O'Neill	2:20:24	

The Victorian Schools Roadwalk Championships were also contested with age groups ranging from U20 down to U14. Well done to our Victorian champions Mikhala Hodges, Adam Garganis, Stephanie George, Kyle Swan, Emily Hamilton, Corey Dickson and Zahra Hayes.

AV School Under 20 Women 10km

1.	Mikhala Hodges	Park Ridge Primary School	1:08:52
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AV School Under 18 Mens 5km

1.	Adam Garganis	Thornbury HS	25:02
2.	Lucas Taylor	Lilydale HS	26:48

AV School Under 18 Women 5km

1.	Stephanie George	Yarra Valley GS	27:09
2.	Jade Sanders	Berwick SC	28:46
3.	Emily Swan	John Monash Science School	29:25

4.	Jessie Eastwood	Mater Christi College	31:27
5.	Chloe McNicol-Davidson	Flinders Christian Comm. Coll.	32:59
6.	Carly Bertrand	Maribymong SC	35:10

AV School Under 16 Men 3km

1.	Kyle Swan	The Knox School	13:53	
2.	Reese Walmsley	Rowville SC	14:10	
3.	Cody McNicol-Davidson	Finders Christian Comm. Coll.	17:03	PB 0:25
	Ross Darlow	Ballarat HS	DNS	

AV School Under 16 Women 3km

1.	Emily Hamilton	Mater Christi C	15:59	
2.	Paige De Lisen	Nazareth College	17:24	
3.	Jessica Lillie	Rowville SC	17:38	PB 0:03
4.	Taylor Vasiljevic	Casey Grammar School	17:51	
5.	Lauren Collis	Our Lady of Mercy College	18:45	

AV School Under 14 Men 3km

1.	Corey Dickson		16:12	
2.	Harry Hockley-Samon		17:52	First one
3.	Hayden Walmsley	Karoo Primary S	19:36	

AV School Under 14 Women 3km

1.	Zahra Hayes	Our Lady of the Sacred Heart PS	16:05	PB 1:05
2.	Brodie Richardson	Mater Christi College	16:34	PB 0:01
3.	Jemma Peart	Black Hill Primary School	16:37	
4.	Mackayla Davison	St Ignatius College	16:53	
5.	Karla Bulte		16:59	
6.	Kathleen O'Mahony	Scoresby Primary School	17:14	
7.	Tegan Miller	Patterson River SC	18:13	
8.	Madison Hill	Cursoe College Kangaroo Flat	18:49	
9.	Emily Noonan		19:22	PB 3:22
10.	Jemma Eastwood	Mater Christi College	20:01	
11.	Lee Taylor	Mt Evelyn Primary School	20:08	
	George Bertrand	Maribyrnong SC	DNF	



Adam Garganis, Stephanie George, Emily Hamilton, Kyle Swan and Mikhala Hodges in action in the Schools Champs

Our VRWC U9 and U12 club championships also saw good fields with some of the younger U14 walkers dropping down for a second race (a particular note for Corey Dickson who won both the U14 3km and the U12 1.5km championships). Well done to winners Tegan Miller, Corey Dickson, Hayley Woolfe and Marcus Byron.

VRWC Under 12 1.5km Club Championship

1. Tegan Miller 07:58
2. Kathleen O'Mahony 08:06
3. Alanna Peart 08:09
4. Brianna Lillie 08:13
5. Arnika Nelson 08:41
6. Mackenzie Mielczarek 09:42
7. Caitlyn Rudston-Brown 10:26

1. Corey Dickson 07:18
2. Nikola Mandic 07:26

VRWC Under 9 1.5km Club Championship

1. Hayley Woolfe 08:50
2. Brianna Briett 09:00
3. Gemma Lillie 09:17
4. Claire Noonan 10:15

1. Marcus Byron 08:20
2. Jared Hodges 11:27
3. Scott Peart 12:06



Corey Dickson, Marcus Byron, Tegan Miller and Hayley Woolfe

Finally, we had a club 5km race for anyone left over and we were very excited to have yet another one of our 2013 World Championships walkers racing in Rhydian Cowley (a fast 21:47).

VRWC Open 5km Race

1. Gabbie Crea 32:02 First one
 2. Jan Morrey 36:44
 3. Pam Mews 46:23
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1. Rhydian Cowley 21:47
 2. David Smyth 28:51
 3. Anthony Doran 35:52

It was a very big day so thanks to everyone who helped out in any way. Sorry if I have missed any names.

Officials: Tim Erickson, Harry Summers, Mark O'Mahony, Ian Laurie, Les Clarke, Damien and Jason Elms, Lavinia Petrie, Anthony Doran, Don and Justin McLaren, Alan Lucas, Simon Evans

Course Setup: Bob Gardiner, Tim Erickson, Peter Vysma, Terry Swan, Michael Bodey, Anthony Doran

Judges: Terry Swan (Chief), Lincoln Mah, Judy Mason, Gordon Loughnan, Kathleen Marsh, Matt Owen,

Stuart Cooper, Lloyd Nichols, Michael Bodey (DQ Board), Peter Vysma (mentoring)
Wendy Clarke, Marlaine Stanway, Donna Elms

Canteen:



AV 20km medallists Michelle Laufer, Kelly Ruddick, Sarah Brennan, Jesse Osborne, Chris Erickson (with son Ollie) and Stuart Kollmorgen



Masters medallists Michelle Laufer, Sarah Brennan, Kelly Ruddick, Margaret Beaumont, Liz Feldman, Heather Carr, Donna Elms and Pam Tindal



Masters medallists Stuart Kollmorgen, Ralph Bennett, Bob Gardiner, Simon Evans and Russ Dickenson