**2016 Victorian 5000m Championship - 17/11/2016**

**Lakeside Stadium**

**Results - Victorian 5km Champs**

**Event 1 Women 5000 Meter Run Women B Race**

| | | Name | Year | Team | Finals |
|---|---|---|---|---|---|
| Finals | | | | | |
| 1 | 1217 | Bainbridge, Nardin | | Western Athletics | 18:21.22 |
| 2 | 2184 | McDade, Shannon | | Ringwood Ath | 18:38.97 |
| 3 | 9714 | Kraft, Emma | | Northern Territory | 18:41.42 |
| 4 | 1980 | Macdonald, Anna | | Knox Athletics | 18:53.97 |
| 5 | 3079 | Hook, Brianne | | Wendouree At | 19:10.02 |
| 6 | 1286 | Hodgart, Claire | | Western Athletics | 19:49.32 |
| 7 | 1840 | Dekkers, Dana | | Glenhuntly | 19:51.37 |
| 8 | 124 | Henderson, Rebecca | | Casey Cardinia A | 19:52.61 |
| 9 | 2140 | Barry, Rebecca | | St Stephens Harr | 19:56.09 |
| 10 | 2684 | Leeming, Sarah | | Diamond Valley | 19:57.85 |
| 11 | 2606 | Strauks, Anita | | Doncaster | 20:13.67 |
| 12 | 1548 | Hunter, Pia | | Box Hill | 20:17.10 |
| 13 | 2555 | Jenkins, Tara | | Morningotn Penin | 20:25.50 |
| 14 | 3752 | Czajkowski, Karoli | | Athletics Essendon | 20:30.64 |
| 15 | 4773 | Hession, Merlina | | Diamond Valley | 21:22.11 |
| 16 | 2883 | Ward, Katie | | Collingwood | 21:55.24 |
| 17 | 1394 | Delany, Zoe | | Collingwood | 22:19.06 |
| 18 | 2032 | Atkins, Julia | | Melbourne Uni | 22:38.26 |
| -- | 1204 | Murray, Shania | | Diamond Valley | DNF |

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**Results - Victorian 5km Champs**

**Event 2 Men 5000 Meter Run Men E Race**

| | | Name | Year | Team | Finals |
|---|---|---|---|---|---|
| 1 | 1067 | Murphy, Aaron | | South Melbourne | 16:59.40 |
| 2 | 4830 | Allery, James | | Collingwood | 17:32.62 |
| 3 | 2724 | Conlon, William | | Coburg Harriers | 17:35.96 |
| 4 | 1473 | Zonneveldt, Matthe | | Athletics Waverley | 17:55.39 |
| 5 | 2493 | Jones, Jeffrey | | Athletics Essendon | 17:56.27 |
| 6 | 4792 | Oke, Michael | | Collingwood | 17:58.41 |
| 7 | 1400 | Burke, Roland | | Athletics Essendon | 18:05.01 |
| 8 | 3294 | Simmons, Steven | | Collingwood | 18:17.43 |
| 9 | 1237 | Brennan, Steve | | Williamstown | 18:19.57 |
| 10 | 2796 | Calder, Garth | | Box Hill | 18:20.61 |
| 11 | 2645 | O'Callaghan, Alexa | | Old Xaverians | 18:37.73 |
| 12 | 2475 | Imbriano, Dino | | St Kevin's A | 18:39.60 |
| 13 | 1066 | Trott, Robert | | Keilor St Bernards | 18:49.05 |
| 14 | 9669 | Rushen, Peter | | Invitational | 18:53.64 |
| 15 | 1940 | Michienzi, Domenic | | Keilor St Bernards | 18:53.66 |
| 16 | 2213 | Drain, Brendon | | South Melbourne | 19:13.34 |
| 17 | 2161 | James, Lachlan | | Richmond Harriers | 19:19.76 |
| 18 | 1410 | Hawksworth, Danny | | Athletics Essendon | 19:28.44 |
| 19 | 3124 | Eury, Michael | | Box Hill | 19:28.90 |
| 20 | 3456 | Sullivan, David | | Melbourne Uni | 20:05.82 |
| 21 | 3011 | Likar, Filip | | Oakleigh | 20:08.06 |
| 22 | 2695 | Moroni, Ben | | Richmond Harriers | 20:10.99 |
| 23 | 2170 | Sandiford, Doug | | Richmond Harriers | 20:24.86 |
| -- | 1675 | Viney, Paul | | Collingwood | DNF |
| -- | 2528 | Langelaan, Tony | | Box Hill | DNF |
| -- | 1981 | Martinez, Justin | | Knox Athletics | DNF |

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**Results - Victorian 5km Champs**

**Event 3 Men 5000 Meter Run Men D Race**

| | | Name | Year | Team | Finals |
|---|---|---|---|---|---|
| 1 | 9639 | Jamnick, Nicholas | | Invitational | 15:52.14 |
| 2 | 6022 | Thiele, Shane | | Invitational | 15:53.64 |
| 3 | 4192 | Higgs, Lachlan | | Diamond Valley | 16:03.64 |
| 4 | 1928 | Hughes, Damian | | Keilor St Bernards | 16:20.11 |
| 5 | 3031 | Sykes, Alexander | | Keilor St Bernards | 16:20.62 |
| 6 | 1427 | Tesema, Muse | | Athletics Essendon | 16:29.36 |
| 7 | 1657 | Newton, Matthew | | Collingwood | 16:32.74 |
| 8 | 2335 | McDonald, Alistair | | Western Athletics | 16:33.85 |
| 9 | 2670 | Harry, James | | Knox Athletics | 16:38.74 |
| 10 | 1314 | Quirk, Steven | | Victorian Ma | 16:41.46 |
| 11 | 1091 | Highnam, Jack | | Glenhuntly | 16:42.36 |
| 12 | 2411 | Crowley, Nathan | | Williamstown | 16:43.21 |
| 13 | 1064 | Wellington, Shea | | Keilor St Bernards | 16:45.81 |
| 14 | 1420 | Mottram, Zach | | Athletics Essendon | 16:46.18 |
| 15 | 1936 | Matthews, Patrick | | Keilor St Bernards | 16:48.17 |
| 16 | 9660 | Dennis, Nicholas | | United Kingdom | 16:48.56 |
| 17 | 2334 | Masseni, Michael | | Western Athletics | 16:55.85 |
| 18 | 1866 | McEvoy, Andrew | | Glenhuntly | 17:00.19 |
| 19 | 2166 | Little, Jonathon | | Richmond Harriers | 17:36.61 |
| 20 | 1004 | Law, Andrew | | Old Xaverians | 17:47.19 |
| 21 | 2347 | Schaumberg, Matthe | | Western Athletics | 17:55.42 |

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**Results - Victorian 5km Champs**

**Event 4 Men 5000 Meter Run Men C Race**

| | | Name | Year | Team | Finals |
|---|---|---|---|---|---|
| 1 | 1895 | Strintzos, Haftu | | Glenhuntly | 15:17.95 |
| 2 | 1624 | Bryant, Tim | | Collingwood | 15:19.74 |
| 3 | 1521 | Cook, Jamie | | Bendigo Harr | 15:23.19 |
| 4 | 6245 | Haraguchi, Takanor | | Japan | 15:38.13 |
| 5 | 1760 | Johnsen, Matthew | | Doncaster | 15:41.31 |
| 6 | 3388 | McCullough, Corbin | | Mentone | 15:44.86 |
| 7 | 3026 | Lalor, Brent | | Athletics Chilwell | 15:51.29 |
| 8 | 1255 | Delany, Liam | | Collingwood | 15:52.33 |
| 9 | 1092 | Bullock, Jack | | Glenhuntly | 15:54.94 |
| 10 | 188 | Dunsmore, Jesse | | Frankston | 15:58.26 |
| 11 | 1963 | Deubel, Noah | | Knox Athletics | 16:03.25 |
| 12 | 1245 | Bevege, Simon | | Collingwood | 16:13.05 |
| 12 | 2677 | Drake, Jeremy | | Athletics Essendon | 16:13.05 |
| 14 | 1637 | Hall, Tom | | Collingwood | 16:13.67 |
| 15 | 6281 | Brown, Aran | | Invitational | 16:29.80 |
| 16 | 1258 | Ockenden, William | | Glenhuntly | 16:32.94 |
| 17 | 6138 | Miyahara, Kohei | | Japan | 16:53.43 |
| 18 | 1325 | Dutton, Peter | | Frankston | 17:00.99 |
| 19 | 1554 | Mebrahtu, Welday | | Box Hill | 17:12.75 |
| 20 | 1037 | Kuppler, Julian | | Glenhuntly | 17:20.47 |
| -- | 1552 | McIntyre, Klarie | | Box Hill | DNF |
| -- | 3087 | Phelan, Adrian | | Athletics Essendon | DNF |

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**Results - Victorian 5km Champs**

**Event 5 Men 5000 Meter Run Men B Race**

| | | Name | Year | Team | Finals |
|---|---|---|---|---|---|
| 1 | 3090 | Oey, Julian | | Deakin | 14:45.28 |
| 2 | 4246 | Stevens, Max | | South Australia | 14:47.17 |
| 3 | 1533 | Baggott, Nicholas | | Box Hill | 14:48.82 |
| 4 | 1721 | Logan, Tim | | Diamond Valley | 14:57.15 |
| 5 | 24 | Clifford, Jaryd | | Diamond Valley | 15:01.39 |
| 6 | 1422 | O'Brien, Toby | | Athletics Essendon | 15:01.70 |
| 7 | 2126 | Davy, Matthew | | Oakleigh | 15:04.15 |
| 8 | 2130 | Smithers, Harry | | Old Melburnians | 15:06.11 |
| 9 | 1531 | Waring, Andre | | Box Hill | 15:11.40 |
| 10 | 165 | Kernahan, Michael | | Mentone | 15:11.48 |
| 11 | 401 | Fullerton, Jesse | | Eureka | 15:15.06 |
| 12 | 170 | Kelly, Ben | | Glenhuntly | 15:17.60 |
| 13 | 1252 | O'Connell, James | | Box Hill | 15:18.73 |
| 14 | 1967 | Friend, David | | Knox Athletics | 15:24.00 |
| 15 | 2190 | Tromp, Dean | | Ringwood Ath | 15:29.68 |
| 16 | 1126 | Toll, Samuel | | Glenhuntly | 15:31.13 |
| 17 | 2563 | Dowel, Michael | | Box Hill | 15:41.92 |
| 18 | 2349 | Shanahan, Cody | | Western Athletics | 15:43.85 |
| 19 | 2958 | rodgers, nathan | | St Stephens Harr | 15:44.18 |
| 20 | 1627 | Carroll, Dale | | Collingwood | 15:45.20 |
| 21 | 1428 | Vernon, Tom | | Athletics Essendon | 15:48.19 |
| 22 | 3171 | Clark, Daniel | | Box Hill | 15:53.68 |
| 23 | 176 | Burns, Luke | | Frankston | 15:55.01 |
| 24 | 1335 | O'Donnell, Matthew | | Box Hill | 15:56.15 |
| -- | 3093 | Cashion, Mitchell | | St Stephens Harr | DNF |

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**Results - Victorian 5km Champs**

**Event 6 Women 5000 Meter Run Women A Race**

Vic Record: V 14:41.02 25/09/2002 Sonia O'Sullivan, Glenhunt

| | | Name | Year | Team | Finals |
|---|---|---|---|---|---|
| 1 | 84 | Hall, Linden | | Athletics Essendon | 15:53.96 |
| 2 | 80 | Moloney, Virginia | | Collingwood | 16:24.94 |
| 3 | 4217 | Lopes, Lucinda | | Diamond Valley | 16:44.53 |
| 4 | 1174 | Kelly, Anna | | South Melbourne | 16:48.68 |
| 5 | 3163 | Radford, Stella | | Melbourne Uni | 16:52.09 |
| 6 | 3065 | James, Sarah | | Melbourne Uni | 17:06.76 |
| 7 | 1215 | Aslanides, Amelia | | Glenhuntly | 17:13.32 |
| 8 | 2250 | Sharpe, Whitney | | St Stephens Harr | 17:14.07 |
| 9 | 4156 | Wilson, Charlotte | | Athletics Essendon | 17:17.29 |
| 10 | 1887 | Saw, Anna | | Glenhuntly | 17:17.85 |
| 11 | 1013 | Higham, Cassie | | Glenhuntly | 17:21.21 |
| 12 | 190 | Mayne, Jesse | | Diamond Valley | 17:37.47 |
| 13 | 309 | Waters, Sarah | | Deakin | 17:37.48 |
| 14 | 1271 | Seeley, Brigitte | | Athletics Nu | 17:46.47 |
| 15 | 1837 | Bulger, Stacey | | Glenhuntly | 17:49.26 |
| 16 | 2156 | Ryan, Sophie | | Old Xaverians | 17:52.81 |
| 17 | 2185 | McDade, Carly | | Ringwood Ath | 17:53.84 |
| 18 | 4145 | Whishaw, Camilla | | Collingwood | 17:56.18 |
| 19 | 1351 | Murray-Bartlett, E | | Collingwood | 18:09.39 |
| 20 | 413 | Hayes, Teleah | | South Bendig | 18:21.26 |

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**Results - Victorian 5km Champs**

**Event 7 Men 5000 Meter Run Men A Race**

Vic Record: V 12:55.76 30/07/2004 Craig Mottram, Deakin

| | | Name | Year | Team | Finals |
|---|---|---|---|---|---|
| 1 | 6177 | Gusman, Jordan | | Invitational | 14:02.06 |
| 2 | 1226 | Brown, Mitchel | | Athletics Essendon | 14:08.26 |
| 3 | 2045 | Hockey, Isaac | | Melbourne Uni | 14:24.70 |
| 4 | 2519 | Rayner, Toby | | Glenhuntly | 14:26.94 |
| 5 | 6230 | Harris, Josh | | Tasmania | 14:30.64 |
| 6 | 6244 | Burgess, Joe | | New South Wales | 14:30.74 |
| 7 | 1983 | Nelson, Jordan | | Knox Athletics | 14:31.28 |
| 8 | 9284 | Cocks, Jacob | | South Australia | 14:32.85 |
| 9 | 2539 | Marantelli, Michae | | Athletics Essendon | 14:33.08 |
| 10 | 2598 | Conway, Frankie | | Melbourne Uni | 14:33.18 |
| 11 | 79 | Wightman, Nicholas | | Deakin | 14:37.90 |
| 12 | 62 | Earl, Nicholas | | Melbourne Uni | 14:39.28 |
| 13 | 2890 | Park, Charlie | | Melbourne Uni | 14:40.10 |
| 14 | 2239 | Buckingham, Ben | | St Stephens Harr | 14:43.37 |
| 15 | 3071 | Shaw, Reilly | | Deakin | 14:59.74 |
| 16 | 1288 | Percy, Nathan | | Knox Athletics | 15:20.07 |
| 17 | 2235 | Holden, Jack | | St Kevin's A | 15:26.65 |
| 18 | 1312 | Quirk, Samuel | | St Stephens Harr | 15:32.25 |