

**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

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

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

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

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

**2016 Victorian 5000m Championship - 17/11/2016****Lakeside Stadium****Results - Victorian 5km Champs****Event 6 Women 5000 Meter Run Women A Race**

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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

**2016 Victorian 5000m Championship - 17/11/2016****Lakeside Stadium****Results - Victorian 5km Champs****Event 7 Men 5000 Meter Run Men A Race**

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

Name Year Team Finals

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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