

**AV, VMA VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 25 JUNE**

It was freezing for competitors, officials, judges and spectators at Middle Park on Sunday morning, but nearly all entrants turned up to race, ensuring our largest field so far this winter, 63 walkers in total.

The 20km races were the first events to get underway at 9AM. Championships included the Victorian 20km Championships, the Victorian Masters 20km Championships and the VRWC Open Men 20km Championship (for the Alf Robinson Trophy). The men's race was won by Rio Olympian **Rhydian Cowley** (1:28:53), ahead of 2016 World Junior representative **Adam Garganis** (1:32:26) and **Simon Evans** (1:59:44). The women's 20km saw New Zealand visitor **Roseanne Robinson** first to finish (1:47:28), while the Victorian Championship medals went to **Sarah Brennan** (1:56:17), **Sandra Geisler** (2:01:24) and **Carolyn Rosenbrock** (2:14:23).

**Open Men 20 km, 9AM**

			AV	VMA	VRWC
1.	Cowley, Rhydian	GHY	1:28:53	1	1
2.	Garganis, Adam	COL	1:32:26	2	2
3.	Evans, Simon	BOH	1:59:44	3	M55/1
4.	O'Neill, Terry	GPA	2:04:56	4	M60/1
5.	Keirl, Bernie		2:08:36		M50/1
6.	Van Dongen, Rupert	MEN	2:13:16	5	M40/1
7.	Harvey, Michael	AWA	2:16:48	6	
8.	Hess, Albin	IND	2:24:04	7	M55/2
	Kozica, Jason		DNS		DNS
	Prowse, Frank		DQ		M65/DQ
	Blackwood, Mark	KNA	DQ	DQ	M40/DQ
	Moritz, Paul		DQ		M55/DQ

**Open Women 20 km, 9AM**

			AV	VMA	VRWC
1.	Robinson, Roseanne	NZL	1:47:28	1	
2.	Brennan, Sarah	BYC	1:56:17	Vic 1	W40/1
3.	Geisler, Sandra	RWD	2:01:24	Vic 2	
4.	Rosenbrock, Carolyn	ANW	2:14:23	Vic 3	W55/1
5.	O'Neill, Karyn	GPA	2:23:13	Vic 4	W60/1
6.	Elms, Donna-Marie	PTN	2:27:28	Vic 5	W55/2
	Tindal, Pam		DNF		DNF
	McInnes, Simone		DNF		DNF
	Muldoon, Wendy		DNF		DNF
	Ruddick, Kelly	BHA	DNF	DNF	W40/DNF



*AV medallists Adam Garganis, Rhydian Cowley and Simon Evans (photos Terry Swan)*



*AV 20km placegetters Rozie Robinson (NZ), Sarah Brennan, Sandra Geisler and Carolyn Rosenbrock*

AV Schools Roadwalk Championships were held for U14 to U20 age groups. Lots of good walks but the pick had to be **Kyle Swan** (10km 45:52), **Rebecca Henderson** (5km, 24:23), **Will Thompson** (3km 14:16) and **Alanna Peart** (3km 14:48).

**10km Under 20 AV Mens Schools Championship**

- |    |           |                |       |
|----|-----------|----------------|-------|
| 1. | Kyle Swan | Melbourne High | 45:52 |
|----|-----------|----------------|-------|

**10km Under 20 AV Womens Schools Championship**

- |  |             |                              |     |
|--|-------------|------------------------------|-----|
|  | Ellen Dowie | Ballarat & Clarendon College | DNS |
|--|-------------|------------------------------|-----|

**5km Under 18 AV Girls School Championship**

- |    |                   |                       |       |         |
|----|-------------------|-----------------------|-------|---------|
| 1. | Rebecca Henderson | Berwick SC            | 24:23 |         |
| 2. | Jemma Peart       | Ballarat High         | 24:40 | PB 0:12 |
| 3. | Jasmin Hass       | Ringwood SC           | 28:18 | PB 0:23 |
| 4. | Kathleen O'Mahony | Mater Christi College | 30:49 |         |
|    | Charlotte Hay     | Brentwood SC          | DNS   |         |

**5km Under 18 AV Girls School Championship**

- |    |           |              |       |        |
|----|-----------|--------------|-------|--------|
| 1. | Angus Hay | Brentwood SC | 30:43 | Eq. PB |
|----|-----------|--------------|-------|--------|

**3km Under 16 AV Boys Schools Championship**

- |    |                 |                     |       |
|----|-----------------|---------------------|-------|
| 1. | Will Thompson   | Balcombe Grammar    | 14:16 |
| 2. | Corey Dickson   | Tintern Gramma      | 15:17 |
| 3. | Heath Beveridge | Overnewton Anglican | 18:05 |
|    | Angus Hay       | Brentwood SC        | DNS   |

**3km Under 16 AV Girls Schools Championship**

- |    |                   |                  |       |
|----|-------------------|------------------|-------|
| 1. | Alanna Peart      | Ballarat High    | 14:48 |
| 2. | Chloe Karagiorgos | Wantirna College | 15:25 |
| 3. | Arnika Nelson     | Clonard College  | 16:47 |
| 4. | Holly Cocking     | Luther College   | 16:57 |
| 5. | Charli Walker     |                  | 20:12 |
|    | Charlotte Hay     | Brentwood SC     | DNS   |

**3km Under 14 AV Boys Schools Championship**

- |    |                |                                |       |         |
|----|----------------|--------------------------------|-------|---------|
| 1. | Fraser Saunder | Ballarat Grammar               | 16:50 |         |
| 2. | Eden Morgan    | Belgrave Heights Christian Sch | 17:00 | PB      |
| 3. | Owen Costin    | Christian College              | 18:10 | PB 0:24 |
| 4. | Scott Peart    | Block Hill PS                  | 18:28 |         |
|    | Keelan Perry   | Marian                         | DQ    |         |

### 3km Under 14 AV Girls Schools Championship

1. Kaylah Heikkila-Dubowik Drysdale PS

19:17



*AV Schools winners Kyle Swan, Will Thompson, Rebecca Henderson and Alanna Peart (photos Terry Swan)*

Our youngest walkers were able to contest VRWC U12 2.5km and U10 1.5km Club Championships.

#### 2.5km Under 12 VRWC Championship

- |    |                         |       |
|----|-------------------------|-------|
| 1. | Gemma Lillie            | 15:54 |
| 2. | Zoe Pandey              | 17:57 |
|    | Kaylah Heikkila-Dubowik | DNS   |
| 1. | Sebastian Weickhardt    | 17:23 |
|    | Scott Peart             | DQ    |

#### 1.5km Under 10 VRWC Championship

- |    |                  |       |
|----|------------------|-------|
| 1. | Alannah Upson    | 08:54 |
| 2. | Madison Vaughin  | 08:55 |
| 3. | Ella Cunningham  | 10:14 |
| 1. | Lucas Kent       | 09:03 |
| 2. | Hamish Blackwood | 09:05 |
| 3. | Remy Pandey      | 10:09 |

Finally to the VRWC 5km Open and 2km Open roadwalks for any extra walkers who wanted a hitout on the day.

#### 5km Open

- |    |               |       |
|----|---------------|-------|
| 1. | David Smyth   | 29:07 |
| 2. | Ralph Bennett | 31:10 |
| 3. | Bob Gardiner  | 36:07 |

#### 2km Open

- |    |                   |       |
|----|-------------------|-------|
| 1. | Alannah Dingli    | 13:21 |
| 2. | Isabella Dingli   | 13:45 |
| 3. | Merilyn Thompson  | 14:42 |
| 4. | Margaret Beaumont | 17:59 |
| 5. | Christopher Kent  | 15:43 |
| 6. | Ian Beaumont      | 18:07 |

Thanks to all our officials, judges and helpers. It was indeed cold! Apologies if I have missed anyone.

**Officials,** Mark Donahoo, Bob Gardiner, Tim Erickson, Mark Donahoo, Karyn O'Neill, Simon Baker, Scott Nelson,  
**Judges:** Kathleen Marsh (C), Mark O'Mahony, Paul Nunn, Ebony Whiley, Shane Dickson, David Long, Josh Savage, Stuart Cooper, Peter Vysma (DQ Board, Bike), Gordon Loughnan (DQ Board)  
**Canteen:** Kate Suich  
**Drinks Table:** Claire Garganis, David Smyth  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?/category/1>)  
**Chip Timing:** Ralph Bennett (see <http://vrwc.org.au/wp1/race-splits-laps/>)

Finally, Runners World Kew proprietor Neil Ryan was on hand to present the VRWC Runners World Summer Season award to Simone McInnes.

To read more about Neil's very generous club sponsorship, see <http://www.vrwc.org.au/vrwcrunners-world.shtml>. And remember to use Runners World Kew (<http://www.runnersworld.com.au/>) for all your sporting purchases.



*Neil Ryan with Simone McInnes on Sunday (photo Terry Swan)*

Tim Erickson  
VRWC, Monday 26 June 2017