

VRWC AND AV CHAMPIONSHIPS, MIDDLE PARK, SATURDAY 26 MAY

A perfect autumn morning greeted the 61 walkers who travelled to Middle Park on Sunday morning for a series of AV, AV Country and VRWC roadwalk championships.

The Victorian Open and Masters and AV Country Victorian Championships opened proceedings at 10AM. Wins went to **Adam Garganis** (COL) with 45:48 and **Kelly Ruddick** (BHA) with 48:36. Kelly's time broke her own recent new Victorian Masters W45 record. Victorian Country titles went to Kelly and to **Peter Curtis** (SBE) with 1:04:55.

The **Bert Gardiner Medal** was presented to Adam Garganis, the winner of the Men's 10km Victorian Championship, by Bert's son Bob.

AV / AV COUNTRY 10KM CHAMPIONSHIPS MEN				COUNTRY	AV 40+	AV 50+
1.	Garganis, Adam	COL	45:48			
2.	Kozica, Jason	STK	48:21			
3.	Swan, Kyle	ANW	49:03			
4.	Blackwood, Mark	KNA	49:10		1	
5.	Prasad, Pramesh	COL	52:43		2	
6.	Kollmorgen, Stuart	COL	54:48		3	
7.	Patterson, Adam	ANW	58:47		4	
8.	Curtis, Peter	SBE	1:02:38	1		
9.	Van Dongen, Rupert	MEN	1:04:55		5	
10.	Hess, Albin	VMA	1:07:47			1

AV / AV COUNTRY 10KM CHAMPIONSHIPS WOMEN				COUNTRY	AV 40+	AV 50+
1.	Ruddick, Kelly	BHA	48:36	1	1	
2.	Knight, Cassandra	BOH	1:04:04			
3.	Rosenbrock, Carolyn	ANW	1:04:44			1
4.	Elms, Donna-Marie	PTN	1:07:44			2



Adam Garganis, Kelly Ruddick and Peter Curtis in action on Sunday (photos Terry Swan)

Victorian Country Championships were contested for U18, U16 and U14 walkers. Best performances by **Alanna Peart** (14:02), **Fraser Saunder** (14:53) and **Corey Dickson** (24:06).

AV COUNTRY U18 5KM CHAMPIONSHIPS

1.	Dickson, Corey (INV)	KNA	24:06
1.	Peart, Alanna	BYC	25:33
2.	O'Mahony, Kathleen (INV)	KNA	30:34

AV COUNTRY U16 3KM CHAMPIONSHIPS

1.	Saunder, Fraser	BYC	14:53	PB 0:07
2.	Costin, Owen	CHI	17:49	PB 0:21

1. Peart, Alanna BYC 14:02

AV COUNTRY U14 3KM CHAMPIONSHIPS

1. Peart, Scott BYC 19:04

1. Heikkila-Dubowik, Kaylah COR 18:32



Fraser Saunter, Corey Dickson and Alanna Peart in action on Sunday (photos Terry Swan)

A series of underage VRWC Club Championships were also contested. Our U12 and U10 walkers excelled, with large numbers of PBs. Special mentions to U12 winners **Marcus Wakim** (11:12) and **Darcey Roberts** (10:27) and the U10 winners **Alyssa Chapman** (5:51) and **Hamish Blackwood** (5:25).

VRWC U18 5KM CHAMPIONSHIPS

1. Dickson, Corey VRWC 24:06

1. Peart, Alanna VRWC 25:33

2. Hass, Jasmine VRWC 28:12

3. O'Mahony, Kathleen VRWC 30:34

VRWC U16 3KM CHAMPIONSHIPS

1. Saunter, Fraser VRWC 14:53

2. Beveridge, Heath VRWC 15:35

3. Costin, Owen VRWC 17:49

1. Peart, Alanna VRWC 14:02

2. Cocking, Holly VRWC 16:59

VRWC U14 3KM CHAMPIONSHIPS

1. Epps, Luke VRWC 16:22

2. Hay, Angus VRWC 17:34

3. Peart, Scott VRWC 19:04

1. Hay, Charlotte VRWC 15:49

2. Briet, Brianna VRWC 17:37

3. Heikkila-Dubowik, Kaylah VRWC 18:32

VRWC U12 2KM CHAMPIONSHIPS

1. Wakim, Marcus VRWC 11:12 PB 0:03

2. Smith, Aiden VRWC 15:39

1. Roberts, Darcey VRWC 10:27

2. Upson, Alannah VRWC 12:14 PB 0:55

3. Tatlock, Riannah VRWC 12:36 PB 0:53

4. Smith, Emily VRWC 12:46 PB 0:14

VRWC U10 1KM CHAMPIONSHIPS

1.	Chapman, Alyssa	VRWC	05:51	First one recorded
2.	Heikkila-Dubowik, Zahlia	VRWC	06:07	PB 0:22
3.	Lennon, Harli	VRWC	06:24	PB 0:31
4.	Uzun, Ela	VRWC	07:00	PB 0:15
5.	Upson, Tamisha	VRWC	07:38	Eq PB
6.	Blackwood, Sophie	VRWC	07:46	
7.	Ali, Havana	VRWC	07:50	
1.	Blackwood, Hamish	VRWC	05:25	
2.	Tatlock, Heath	VRWC	09:52	



Marcus Wakim, Hamish Blackwood, Alyssa Chapman and Darcey Roberts on Sunday (photos Terry Swan)

Finally a series of VRWC non-championship races were contested. Fantastic walk by **Daniel Walters**, with 46:01 for 10km. In his first season back after many years off, he is starting to really hit his straps.

VRWC NON-CHAMPIONSHIP 10KM

1.	Walters, Daniel	VRWC	46:01
2.	Cassidy, Kevin	VRWC	53:20
3.	Smyth, David	VRWC	58:50
4.	Muldoon, Wendy	VRWC	1:01:19
5.	Beaumont, Ian	VRWC	1:34:10
	Tindal, Pam	VRWC	DNF
	Keirl, Bernie	VRWC	DNF
	Beaumont, Margaret	VRWC	DQ

VRWC NON-CHAMPIONSHIP 5KM

1.	Dingli, Alannah	VRWC	35:40
2.	Doran, Tony	VRWC	36:04
3.	Barrow, Geoff	VRWC	36:05
4.	Steed, Gwen	VRWC	36:24
5.	Dingli, Isabella	VRWC	37:03
6.	Mews, Pam	VRWC	57:18

VRWC NON-CHAMPIONSHIP 2KM

1.	Feain, Lachlan	VRWC	10:03	PB
2.	Evans, Simon	VRWC	12:41	
3.	Morrey, Jan	VRWC	15:54	

Runners World Kew proprietor Neil Ryan attended the presentations, to acknowledge our two VRWC Summer Season Champions Jemima Montag and Kyle Swan. We thank Neil for his very generous ongoing support of our club. You can read more at <http://www.vrwc.org.au/vrwcrunners-world.shtml>.



Daniel Walters, Jemima Montag, Kyle Swan and Runners World Kew proprietor and club sponsor Neil Ryan

Thanks as always to our many officials, judges and helpers. Apologies if I have missed anyone.

- Officials:** Tim Erickson, Ralph Bennett, Terry Swan, Heather Carr, Bill Carr, Simon Baker, Ian Laurie, Bob Gardiner
Mark O'Mahony
- Judges:** Gordon Loughnan (Chief), Diane Lowden, Stuart Cooper, Kathleen March, Shane Dickson, Brenda Felton
Peter Vysma (DQ Board)
- Canteen:** Eija Heikkila-Dubowik, Wendy Cooper, Donna-Marie Elms
- Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/470>)

Tim Erickson
Monday 28 May 2018