

AV, AV SCHOOLS, VMA AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 24 JUNE 2018

It was a big morning of roadwalking at Middle Park on Sunday, with a variety of AV, AV Schools, VMA and VRWC championships and club races on offer. Conditions were perfect, with still mild conditions for the 59 walkers in attendance.

The 20km walkers were first to start, at 8:30AM. **Rhydian Cowley** led from start to finish, winning with 1:33:05 to take the men's AV Championship ahead of **Pramesh Prasad** (1:49:28) and **Adam Patterson** (1:59:43). Second fastest time of the day went to **Daniel Walters** who was the first of the VMA walkers to finish, with 1:37:16. Numbers were sparse in the women's field, with **Carolyn Rosenbrock** winning her inaugural Victorian Championship gold with 2:09:16, ahead of **Donna-Marie Elms** (2:27:52). Special mention to **Kevin Cassidy** who walked an excellent first up 1:51:41.

| AV/VMA/VRWC Men 20 km | | | | AV | VMA | VRWC Championship (Alf Robinson Trophy) |
|-----------------------|------------------|-----|---------|----|---------|---|
| 1. | Cowley, Rhydian | GHY | 1:33:05 | 1 | | 1 |
| 2. | Walters, Daniel | VMA | 1:37:16 | | M35 - 1 | 2 |
| 3. | Prasad, Pramesh | COL | 1:49:28 | 2 | M40 - 1 | 3 |
| 4. | Cassidy, Kevin | VMA | 1:51:41 | | M55 - 1 | 4 |
| 5. | Patterson, Adam | ANW | 1:59:43 | 3 | M45 - 1 | 5 |
| 6. | Smyth, David | VMA | 2:05:08 | | M45 - 2 | 6 |
| 7. | Dickenson, Russ | VMA | 2:28:45 | | M70 - 1 | 7 |
| 8. | Ilgoutz, Gunther | VMA | 2:34:54 | | M75 - 1 | |
| | Beaumont, Ian | VMA | DNF | - | - | - |
| | Garganis, Adam | COL | DNF | - | - | - |
| | Hess, Albin | VMA | DQ | - | - | - |

| AV/VMA Women 20 km | | | | AV | VMA |
|--------------------|---------------------|-----|---------|----|---------|
| 1. | Rosenbrock, Carolyn | ANW | 2:09:16 | 1 | W55 - 1 |
| 2. | O'Neill, Karyn | VMA | 2:24:34 | | W60 - 1 |
| 3. | Elms, Donna-Marie | PTN | 2:27:52 | 2 | W55 - 2 |
| | Beaumont, Margaret | VMA | DQ | - | - |
| | Howorth, Sandra | VMA | DQ | - | - |
| | Ruddick, Kelly | BHA | DNS | | |
| | Tallent, Rachel | BYC | DNS | - | |



Rhydian Cowley, Daniel Walters, Pramesh Prasad and Adam Patterson (all photos by Terry Swan)



Carolyn Rosenbrock, Donna-Marie Elms and Kevin Cassidy

The annual Victorian Schools Roadwalk Championships were held for the U14, U16, U18 and U20 age groups, with starters in all divisions. Well done to all the winners. Well done to winners **Alanna Peart, Fraser Saunder, Rebecca Henderson, Corey Dickson, Darcey Roberts and Charlotte Hay, Lachlan Feain and Luke Epps.**

AV Schools U20 Boys 10km Championship

- | | | | | |
|----|----------------|------------------------------|-------|--|
| 1. | Feain, Lachlan | Salesian College Rupertswood | 59:29 | |
|----|----------------|------------------------------|-------|--|

AV Schools U20 Girls 10km Championship

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|----|----------------|-----------------------------|-------|---------|
| 1. | Hay, Charlotte | Brentwood Secondary College | 56:02 | PB 1:45 |
|----|----------------|-----------------------------|-------|---------|

AV Schools U18 Boys 5km Championship

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|----|----------------|------------------------|-------|-----------|
| 1. | Dickson, Corey | Tintern Grammar School | 23:56 | |
| 2. | Dynes, William | Parade College | 28:19 | Inaugural |

AV Schools U18 Girls 5 km Championship

- | | | | | |
|----|--------------------|---------------------------|-------|---------|
| 1. | Henderson, Rebecca | Berwick Secondary College | 24:32 | |
| 2. | Cocking, Holly | Luther College | 28:37 | PB 0:57 |
| 3. | O'Mahony, Kathleen | Mater Christi College | 28:53 | |

AV Schools U16 Boys 3km Championship

- | | | | | |
|----|------------------|--------------------------------|-------|---------|
| 1. | Saunder, Fraser | Ballarat Grammar School | 14:50 | PB 0:03 |
| 2. | Beveridge, Heath | Overnewton Anglican College | 14:59 | PB 0:14 |
| 3. | Hay, Angus | Brentwood Secondary College | 16:47 | |
| 4. | Costin, Owen | Kardinia International College | 16:55 | PB 0:54 |

AV Schools U16 Girls 3km Championship

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|----|----------------|----------------------|-------|--|
| 1. | Peart, Alanna | Ballarat High School | 14:14 | |
| 2. | Walker, Charli | Oberon High School | 18:49 | |

AV Schools U14 Boys 3km Championship

- | | | | | |
|----|---------------|------------------------------|-------|---------|
| 1. | Epps, Luke | Rowville Primary School | 16:39 | |
| 2. | Wakim, Marcus | Carey Baptist Grammar School | 17:11 | PB 0:26 |

AV Schools U14 Girls 3km Championship

- | | | | | |
|----|--------------------------|---------------------------------|-------|-----------|
| 1. | Roberts, Darcey | Billanook Primary School | 17:23 | PB 1:26 |
| 2. | Heikkila-Dubowik, Kaylah | Matthew Flinders Girls Sec Coll | 18:29 | |
| 3. | Tatlock, Riannah | Leopold Primary School | 19:16 | Inaugural |
| 4. | Langelaa, Tahlia | Marannatha Catholic School | 20:35 | Inaugural |
| 5. | Dynes, Catherine | Our Lady of Mercy College | 21:29 | Inaugural |



Darcey Roberts, Corey Dickson, Alanna Peart and Charlotte Hay



Fraser Saunder, Rebecca Henderson, Luke Epps and Lachlan Feain

Finally, VRWC Championships for U12 and U10 walkers, along with non-championship VRWC scratch races, rounded out what was a big morning. Well done to club champions **Alannah Upson, Marcus Wakim, Alyssa Chapman** and **Hamish Blackwood**.

VRWC 2.5km U12 Club Championships

| | | | |
|----|----------------|---|-------|
| 1. | Upson, Alannah | F | 14:55 |
| 2. | Smith, Emily | F | 15:08 |
| 1. | Wakim, Marcus | M | 15:36 |
| 2. | Smith, Aiden | M | 19:17 |

VRWC 1.5km U10 Club Championships

| | | | | |
|----|--------------------------|---|-------|----|
| 1. | Chapman, Alyssa | F | 08:58 | PB |
| 2. | Heikkila-Dubowik, Zahlia | F | 09:44 | |
| 3. | Upson, Tamisha | F | 10:09 | |
| 4. | Uzun, Ela | F | 10:22 | |
| 5. | Ali, Havanna | F | 12:15 | |
| 1. | Blackwood, Hamish | M | 08:05 | PB |
| 2. | Tatlock, Heath | M | 14:21 | |

VRWC 10km Non-Championship Walk

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|----|----------------|---|-------|
| 1. | Swan, Kyle | M | 44:55 |
| 2. | Kozica, Jason | M | 47:50 |
| 3. | Muldoon, Wendy | F | 60:03 |

VRWC 5km Non-Championship Walk

| | | | |
|----|------------------|---|-------|
| 1. | Evans, Simon | M | 31:20 |
| 2. | Barrow, Geoff | M | 34:55 |
| 3. | Doran, Anthony | M | 35:21 |
| 4. | Steed, Gwen | F | 35:29 |
| 5. | Dingli, Isabella | F | 35:31 |
| 6. | Machin, Sylvia | F | 37:47 |
| 7. | Hugo, Beverly | F | 44:48 |
| 8. | Mews, Pam | F | 53:51 |

VRWC 2km Non-Championship Walk

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|----|-------------|---|-------|
| 1. | Morrey, Jan | F | 15:41 |
|----|-------------|---|-------|

Thanks as always to our many officials, judges and helpers. I think I captured everyone; apologies for anyone left out.

Officials: Mark Donahoo, Tim Erickson, Ian Laurie, Paul Moritz, Simon Baker, Frances Attard, Bob Gardiner, Terry Swan

Judges: Shane Dickson (Chief), Brenda Felton, Stuart Cooper, Paul Nunn, Mark O'Mahony, Kathleen Marsh, Gordon Loughnan, Terry O'Neill (DQ Board), Peter Vysma (Bike)

Canteen: Wendy Cooper, Donna Elms

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?/category/474>).

Tim Erickson

Monday 25 June 2018