

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 29 JULY 2018

It was cold and very windy at Middle Park on Sunday morning for our AV and VRWC roadwalking championships, but it did not daunt the 47 hardy souls who turned out to race.

The first events to start were the 30km, 3 Hour and 20km walks, with **Kelly Ruddick** providing the highlight with her 30km winning time of 2:37:36. Both Kelly and third placed **Tracy Feiner** (2:54:21) set new Victorian Masters 30km records in what was their first time over the distance for them both. **Pramesh Prasad** took second place in the event with a 5 min PB time of 2:46:51.

Victorian Open 30km Roadwalk Championship

1.	Ruddick, Kelly	BHA	52:04	1:45:33	2:37:36	W45 VIC, VRWC record
2.	Prasad, Pramesh	COL	53:01	1:47:55	2:46:51	PB 4:47
3.	Feiner, Tracy	KNA	56:03	1:54:08	2:54:21	W40 VIC, VRWC record

VRWC 3 Hour Non-Championship Walk

1.	O'Neill, Karyn	VRWC	1:11:12	2:26:41	24.323 km
	Hess, Albin	VRWC	1:14:14	2:30:59	23.820 km (DQ)

VRWC 20km Non-Championship Walk

1.	Cassidy, Kevin	VRWC	54:42	1:49:22
	Jamieson, Andrew	VRWC	DNF	
	Dickenson, Russ	VRWC	DNF	



AV 30km medallists Kelly Ruddick, Pramesh Prasad and Tracy Feiner (photos Terry Swan)

The shorter distance Victorian roadwalk championships started later in the morning, with small fields but plenty of good performances. The standout performance was by 14 year old Alanna Peart whose 5km time of 23:39 was a new VRWC U15 record. Others to perform excellently included **Corey Dickson, Will Thompson, Jemma Peart, Fraser Saunder, Luke Epps and Darcey Roberts.**

Victorian U20 10km Roadwalk Championship

1.	O'Mahony, Kathleen	KNA	1:03:28
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Victorian U18 10km Roadwalk Championship Men

1.	Dickson, Corey	KNA	49:40	
2.	Thompson, Will	CCA	51:20	PB 1:25

Victorian U18 5km Roadwalk Championship Women

1.	Peart, Jemma	BYC	24:39
2.	Cocking, Holly	ANW	29:01

Victorian U16 5km Roadwalk Championship

1.	Peart, Alanna	BYC	23:39	VRWC U15 Record, PB 0:54
2.	Hay, Charlotte	KNA	26:59	
3.	Walker, Charli	BEL	33:30	

1.	Saunders, Fraser	BYC	25:47	First one
2.	Beveridge, Heath	WES	28:59	
3.	Costin, Owen	CHI	31:17	First one
	Hay, Angus	KNA	DQ	

Victorian U14 3km Roadwalk Championship

1.	Roberts, Darcey	KNA	17:16	PB 0:07
2.	Heikkila-Dubowik, Kaylah	COR	18:12	PB 0:08
3.	Tatlock, Riannah	VRW	20:23	
	Langelaan, Tahlia		DNS	
1.	Epps, Luke	KNA	16:55	
2.	Imbriano, Joel	STK	17:29	
	Wakim, Marcus	COL	DNS	



Alanna Peart, Corey Dickson, Fraser Saunder and Will Thompson



Luke Epps, Jemma Peart and Darcey Roberts

A variety of VRWC championship and non-championship races were also contested. Again, lots of good performances. Special mentions to **Hamish Blackwood, Zahlia Heikkila-Dubowik, Ela Uzun** and **Alannah Upson**.

VRWC Open 10km Championship Women - Mabel Robinson Trophy

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|----|---------------------|------|---------|
| 1. | Rosenbrock, Carolyn | VRWC | 1:04:01 |
| 2. | Elms, Donna-Marie | VRWC | 1:05:26 |

VRWC U12 2km Roadwalk Championship

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|----|------------------|---|-------|---------|
| 1. | Upson, Alannah | F | 11:59 | PB 0:15 |
| 2. | Smith, Emily | F | 12:26 | PB 0:08 |
| 3. | Cunningham, Ella | F | 13:46 | PB 0:21 |
| 1. | Epps, Luke | M | 11:02 | |
| 2. | Peart, Scott | M | 12:04 | |
| 3. | Smith, Aiden | M | 15:00 | |

VRWC U10 2km Roadwalk Championship

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|----|--------------------------|---|-------|-------------------------------|
| 1. | Heikkila-Dubowik, Zahlia | F | 12:37 | PB 0:18 |
| 2. | Lennon, Harli | F | 13:25 | First time over this distance |
| 3. | Uzun, Ela | F | 13:35 | VRWC U9 Club Record, PB 0:06 |
| 4. | Paulke, Addison | F | 14:52 | |
| 5. | Ali, Havana | F | 16:10 | |
| 1. | Blackwood, Hamish | M | 11:13 | |
| 2. | Tatlock, Heath | M | 19:55 | PB 0:18 |

VRWC 5km Non-Championship Walk

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| 1. | Smyth, David | M | 28:35 |
| 2. | Louey, Grace | F | 30:58 |
| 3. | Bennett, Ralph | M | 31:36 |
| 4. | Steed, Gwen | F | 35:21 |
| 5. | Barrow, Geoff | M | 35:32 |
| 6. | Howorth, Sandra | F | 39:03 |

VRWC 2km Non-Championship Walk

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| 1. | Dingli, Isabella | F | 13:06 |
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Scott Peart, Alannah Upson, Addison Paulke, Harli Lennon, Zahlia Heikkila-Dubowik and Hamish Blackwood

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

Setup: Peter Vysma, Tim Erickson, Terry Swan, Shane Dickson, Donna Dickson, Stuart Cooper, Mark O'Mahony
Registration/Lapscoring: Mark Donahoo, Ralph Bennett, Tim Erickson, Mark Roberts, Simon Baker
Judges: Suzanne Callaway (chief), David Cash, Kathleen Marsh, Gordon Loughnan, Stu Cooper, Brenda Felton, Shane Dickson, Terry O'Neill (Board), Peter Vysma (bike)
Canteen: Kate Suich, Kate Suich, Donna Elms
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/480>)

Tim Erickson, Monday 30 July 2018