

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SATURDAY 11 MAY

Friday in Melbourne was dreadfully cold and wet but luckily it cleared overnight, with Saturday cool and overcast but dry and relatively still – in other words, great conditions for racing – and we saw 55 walkers in action.

Our 15km walks were first off at 2PM, with Victorian and VRWC championships on offer. **Rhydian Cowley** (1:06:43) and **Kelly Ruddick** (1:13:49) won the Victorian 15km Roadwalk Championships, with Kelly's time a new Victorian W45 record. Kelly also won the VRWC Women's 15km Club Championship, while **Kyle Swan** won the VRWC U20 Men's 15km Club Championship.

AV 15km Roadwalk - Men

1.	Cowley, Rhydian	GHY	1:06:43
2.	Swan, Kyle	ANW	1:09:51
3.	Walters, Daniel	COR	1:15:10
4.	Prasad, Pramesh	VMA	1:16:29
5.	Garganis, Adam	COL	1:17:09
	Evans, Simon	BOH	DNS

AV 15km Roadwalk - Women

1.	Ruddick, Kelly	BHA	1:13:49
2.	Feiner, Tracy	KNA	1:21:39
3.	Elms, Donna-Marie	PTN	1:40:30
	Carr, Heather	GHY	DNS

VRWC 15km Championship Open Women - Elsie Jacobson Trophy

1.	Ruddick, Kelly	W40-59	1:13:49	New W45 Victorian Record
2.	Feiner, Tracy	Open	1:21:39	
3.	Feain, Madeleine	Open	1:31:57	First one
4.	Elms, Donna-Marie	W40-59	1:40:30	

VRWC U20 15km Championship

1.	Swan, Kyle	ANW	1:09:51
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VRWC Open 15km

1.	Rew, Quentin	1:13:11
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AV medallists Rhydian Cowley, Kyle Swan and Daniel Walters (photos Terry Swan)



AV medallists Kelly Ruddick, Tracy Feiner and Donna Elms (photos Terry Swan)

The VRWC 10km and 5km walks were next to start, at 2:15PM. Well done to **Kaylah Heikkila-Dubowik** (31:28) and **Angus Hay** (27:47) for their big PBs.

VRWC Open 10km

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|----|--------------------|---------|--|
| 1. | O'Mahony, Kathleen | 1:02:43 | |
| 2. | Samanna, Claire | 1:03:08 | |
| 3. | Carr, Heather | 1:04:29 | |
| | | | |
| 1. | Jamieson, Andrew | 58:41 | |

VRWC Open 5km

- | | | | |
|----|--------------------------|-------|----------------|
| 1. | Hay, Charlotte | 25:31 | |
| 2. | Cocking, Holly | 28:06 | |
| 3. | Louey, Grace | 29:54 | |
| 4. | Heikkila-Dubowik, Kaylah | 31:28 | PB 0:49 |
| 5. | Thompson, Merilyn | 36:04 | |
| | | | |
| 1. | Dickson, Corey | 23:51 | |
| 2. | Blackwood, Mark | 24:30 | |
| 3. | Cassidy, Kevin | 25:27 | |
| 4. | Hay, Angus | 27:47 | PB 1:00 |
| 5. | Feain, Gerard | 34:13 | |
| 6. | Gardiner, Bob | 36:39 | |
| | Beveridge, Heath | DNF | (4km in 22:18) |
| | Epps, Luke | DNF | (3km in 15:58) |

We had big fields for our club 3km and 1.5km walks at 2:30PM, with many of the field young and new to the sport and the club. This is great to see. We welcomed first timers **Maddison Nash** and **Max Davidson**. Well done also to **Ariana Pashutina**, **Dee Holohan** and **Havana Ali** for PBs.

VRWC Open 3km

- | | | | |
|----|-------------------|-------|---------|
| 1. | Briet, Brianna | 17:21 | |
| 2. | Tatlock, Riannah | 17:33 | |
| 3. | Smith, Emily | 17:42 | |
| 4. | Pashutina, Ariana | 18:18 | PB 0:29 |
| 5. | Morgan, Mietta | 18:46 | |
| 6. | Holohan, Dee | 19:06 | PB 0:03 |
| 7. | Shaw, Robyn | 19:16 | |
| 8. | Dingli, Alannah | 19:22 | |
| 9. | Hugo, Beverly | 25:27 | |
| | Dingli, Isabella | DNS | |

1.	Wakim, Marcus	16:07
2.	Barrett, Anthony	20:50
3.	Barrow, Geoff	21:26

VRWC Open 1.5km

1.	Holmes, Sarah	07:54	
2.	Holmes, Molly	07:55	
3.	Uzun, Ela	08:25	
4.	Ali, Havana	09:38	PB 0:15
5.	Heikkila-Dubowik, Zahlia	09:40	
6.	Nash, Maddison	09:52	First walk with us
7.	Steed, Gwen	10:25	
8.	Beaumont, Margaret	13:58	
9.	Mews, Pam	16:40	

1.	Hutchins, Liam	07:47	
2.	Davidson, Max	08:20	First walk with us
3.	Morgan, Eden *	08:42	
4.	Weickhardt, Sebastian	08:42	
5.	Coughlan, Riley	09:28	
6.	Nash, Ethan	09:34	
7.	Smith, Aiden	09:47	
8.	Wapshott, Cody	10:42	
9.	Tatlock, Heath	12:24	
10.	Beaumont, Ian	13:59	



Kaylah Heikkila-Dubowik, Angus Hay, Maddison Nash and Max Davidson (photos Terry Swan)

Thanks as always to all our officials, judges and helpers. Apologies for anyone I have missed. You are all much appreciated.

Officials: Ralph Bennett, Mark Donahoo, Tim Erickson, Bill Carr, Terry Swan, Darlene Swan, Deb Schroer, Charlotte Holmes

Judges: Kathleen Marsh (Chief), Gordon Loughnan, Terry O'Neill, Stuart Cooper, Shane Dickson, Brenda Felton, Mark O'Mahony, Ralph Bennett, Peter Vysma (bike)

Canteen: Wendy Cooper, Kate Suich

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?/category/531>)

Tim Erickson
Race Director
Monday 13 May 2019