

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 26 MAY

Conditions were perfect for what was one of our major racewalking days for the winter, with sunny and relatively still conditions greeting the 63 walkers who turned out to contest the Victorian and Victorian Country, VRWC and Racewalking Victoria championships on offer at Middle Park on Sunday morning.

The AV AV Country 10km championships started proceedings, with **Rhydian Cowley** (41:09) and **Jemima Montag** (44:38) walking superbly to take the golds and **Kyle Swan** (44:17), **Daniel Walters** (46:08), **Kelly Ruddick** (47:39) and **Sarah Brennan** (57:43), taking the minor medals. Special mention for **Pramesh Prasad** who set a Fijian national record with his 4th place finishing time of 49:27.

Victorian 10km Roadwalk Championships Men

1.	Cowley, Rhydian	GHY	41:09
2.	Swan, Kyle	ANW	44:17
3.	Walters, Daniel	COR	46:08
4.	Prasad, Pramesh	VMA	49:27
5.	Garganis, Adam	COL	52:59
6.	Kollmorgen, Stuart	MFR	54:11
7.	Jamieson, Andrew	OSC	57:51
8.	Hess, Albin	VMA	1:05:17
9.	Nelson, Scott	WYN	1:05:20
	Van Dongen, Rupert	MEN	DNS
	Blackwood, Mark	KNA	DNS

AV COUNTRY	AV 40+	AV 50+	
			Bert Gardiner Medallist
1			
	1		Fijian National Record
		1	
		2	
		3	
	2		

Victorian 10km Roadwalk Championships Women

1.	Montag, Jemima	MUU	44:38
2.	Ruddick, Kelly	BHA	47:39
3.	Brennan, Sarah	BYC	57:43
4.	Geisler, Sandra	RWD	59:07
5.	Elms, Donna-Marie	PTN	1:05:06
6.	Carr, Heather	GHY	1:06:15
7.	Grace, Marnie	VMA	1:08:26
8.	Steed, Gwen	GHY	1:17:10
	Feiner, Tracy	KNA	DNS

AV COUNTRY	AV 40+	AV 50+
1	1	
2	2	
	3	
		1
		2
	4	
		3



Rhydian Cowley, Kyle Swan, Daniel Walters and Pramesh Prasad in action on Sunday (photos Terry Swan)



Jemima Montag, Kelly Ruddick and Sarah Brennan on Sunday (photos Terry Swan)

Victorian Country Championships for U14-U20 followed next and were run alongside our own VRWC Club Championships for those same age groups. AV Country Wins to **Jemma Peart, Alanna Peart, Fraser Saunder, Kaylah Heikkila-Dubowki, Scott Peart** and **Riannah Tatlock**.

Victorian Country 5km Roadwalk Championship U20

- | | | | |
|----|--------------|-----|-------|
| 1. | Peart, Jemma | BYC | 24:04 |
|----|--------------|-----|-------|

Victorian Country 5km Roadwalk Championship U18

- | | | | |
|----|----------------|-----|-------|
| 1. | Peart, Alanna | BYC | 24:00 |
| 2. | Nelson, Arnika | WYN | 28:38 |

Victorian Country 3km Roadwalk Championship U16

- | | | | |
|----|-----------------|-----|-------|
| 1. | Saunder, Fraser | BYC | 14:37 |
| 2. | Costin, Owen | CHI | 16:36 |

- | | | | |
|----|--------------------------|-----|-------|
| 1. | Heikkila-Dubowik, Kaylah | COR | 17:41 |
|----|--------------------------|-----|-------|

Victorian Country 3km Roadwalk Championship U14

- | | | | |
|----|--------------|-----|-------|
| 1. | Peart, Scott | BYC | 18:02 |
|----|--------------|-----|-------|

- | | | | |
|----|------------------|-----|-------|
| 1. | Tatlock, Riannah | BEL | 16:59 |
|----|------------------|-----|-------|

VRWC 5km Roadwalk Championship U20

- | | | | |
|----|--------------|------|-------|
| 1. | Peart, Jemma | VRWC | 24:04 |
|----|--------------|------|-------|

VRWC 5km Roadwalk Championship U18

- | | | | |
|----|------------------|------|-------|
| 1. | Dickson, Corey | VRWC | 23:26 |
| 2. | Beveridge, Heath | VRWC | 24:47 |
| 3. | Hay, Angus | VRWC | 31:35 |

- | | | | |
|----|--------------------|------|-------|
| 1. | Peart, Alanna | VRWC | 24:00 |
| 2. | Cocking, Holly | VRWC | 27:50 |
| 3. | O'Mahony, Kathleen | VRWC | 28:07 |
| 4. | Briet, Brianna | VRWC | 29:40 |

VRWC 3km Roadwalk Championship U16

- | | | | |
|----|--------------|------|-------|
| 1. | Costin, Owen | VRWC | 16:36 |
|----|--------------|------|-------|

- | | | | |
|----|----------------|------|-------|
| 1. | Hay, Charlotte | VRWC | 15:05 |
| 2. | Louey, Grace | VRWC | 17:00 |

VRWC 3km Roadwalk Championship U14

- | | | | |
|----|---------------|------|-------|
| 1. | Wakim, Marcus | VRWC | 16:07 |
| 2. | Peart, Scott | VRWC | 18:02 |

1. Smith, Emily

VRWC 17:07



Country champions Scott Peart, Riannah Tatlock, Alanna and Jemma Peart and Fraser Saunderson



Country champion Kaylah Heikkila-Dubowik and new VRWC members Jade Chitty, Katie Barnes and Sarah Barnes

Racewalking Victoria (RWV) Championships were contested for the U10 and U12 walkers, with **Liam Hutchins** and **Darcey Roberts** (both 10:37) taking the U12 titles and **Ela Uzun** (5:23) and **Cody Wapshott** (6:52) taking the U10 titles.

RWV 2km Roadwalk Championship U12

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|----|-------------------|------|-------|--------------------|
| 1. | Hutchins, Liam | VRWC | 10:37 | |
| 2. | Blackwood, Hamish | VRWC | 11:05 | |
| 3. | Barnes, Alex | VRWC | 11:13 | First time with us |
| 4. | Nash, Ethan | VRWC | 12:25 | |
| 5. | Smith, Aiden | VRWC | 13:44 | |

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|----|--------------------------|------|-------|--------------------|
| 1. | Roberts, Darcey | VRWC | 10:37 | |
| 2. | Heikkila-Dubowik, Zahlia | VRWC | 13:26 | |
| 3. | Barnes, Katie | VRWC | 13:41 | First time with us |

RWV 1km Roadwalk Championship U10

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|----|----------------|------|-------|
| 1. | Wapshott, Cody | VRWC | 06:52 |
| 2. | Tatlock, Heath | VRWC | 08:02 |

1.	Uzun, Ela	VRWC	05:23
2.	Morgan, Mietta	VRWC	05:33
3.	Paulke, Addison	VRWC	06:03
4.	Ali, Havana	VRWC	06:31
5.	McDonnell, Charlotte	VRWC	06:41



*Left: U12 medallists Alex Barnes, Hamish Blackwood, Liam Hutchins, Katie Barnes, Darcey Roberts and Zahlia Heikkila-Dubowik
Right: U10 medallists Addison Paulke, Mietta Morgan, Ela Uzun, Cody Wapshott and Heath Tatlock (photos Kerrie Peart)*

Finally, various VRWC non-championship races were run alongside the main events. Best effort to **Simone McInnes** (48:14 for 10km). Overall, we welcomed three new members having a first walk with us – **Alex and Katie Barnes** and **Jade Chitty**.

VRWC Open 10km Roadwalk

1.	McInnes, Simone	VRWC	48:14
2.	Kozica, Jason	VRWC	49:44
3.	Cassidy, Kevin	VRWC	53:21
4.	Smyth, David	VRWC	59:41
5.	Samanna, Claire	VRWC	59:51
6.	O'Neill, Karyn	VRWC	11:04

VRWC Open 5km Roadwalk

1.	Donahoo, Mark	VRWC	30:12
2.	Holohan, Dee	VRWC	32:46
3.	Gardiner, Bob	VRWC	36:40
4.	Howorth, Sandra	VRWC	38:20

VRWC Open 3km Roadwalk

1.	Dingli, Alannah	VRWC	19:36
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VRWC Open 2km Roadwalk

1.	Morgan, Eden *	VRWC	11:03	
2.	Chitty, Jade	VRWC	13:01	First time with us

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

Officials: Ralph Bennett, Mark Donahoo, Bill Carr, Tim Erickson, Ian Laurie, Donna Dickson, Darlene Swan, Frances Attard, Kerrie Peart

Judges: Shane Dickson (Chief), Kathleen Marsh, Ralph Bennett, Terry O'Neill, Di Lowden, Dave Cash, Peter Vysma (Board)

Canteen: Eija Heikkila

Photos: Terry Swan, Kerrie Peart (see <https://www.facebook.com/photo.php?fbid=10218787287734080>)

One final photo from the presentations, with Bob Gardiner presenting the Bert Gardiner Medal to Rhydian Cowley. This medal, in honour of Bob's dad Bert, is presented annually to the winner of the Victorian Men's 10km Roadwalk Championship. Bert won many Australian and Victorian championships in the period from 1925 to 1932 and went on to become one of our most highly respected administrators and statisticians. You can read about the medal at <http://www.vrwc.org.au/tim-archive/articles/wv-bert-gardiner-medal.pdf>.



Bob Gardiner presents the Bert Gardiner Medal to AV 10km Roadwalk winner Rhydian Cowley (photo Kerrie Peart)