

**AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 28 JULY**

Sunday morning was sunny, still and cool, making conditions perfect for the 51 walkers in attendance at the Victorian and VRWC Road Championships at Middle Park.

The first races to get underway were the 30km, 20km and 3 Hour walks, and it was 2016 Olympian **Rhydian Cowley** who provided the highlight, storming through to a huge debut finish time of 2:120:33. This rockets him to 11<sup>th</sup> on our Australian all-time listing for 30km and puts him in elite company indeed. For second placed **Kyle Swan**, it was also a debut performance (2:37:29), as was also the case for **Jason Kozica**, who finished equal third with **Adam Garganis** with 2:43:39. **Tracy Feiner** was the sole finished in the women's 30km, and she improved over 5 minutes on her 2018 time with 2:49:20.

**Victorian 30km Men Championship**

1.	Cowley, Rhydian	GHY	44:47	1:28:25	2:10:33	Debut
2.	Swan, Kyle	ANW	49:16	1:37:58	2:37:29	Debut
3.	Garganis, Adam	COL	52:08	1:47:46	2:43:39	
4.	Kozica, Jason	STK	54:29	1:47:51	2:43:39	Debut

**Victorian 30km Women Championship**

1.	Feiner, Tracy	KNA	54:38	1:50:50	2:49:20	PB 5:21
	Ruddick, Kelly	BHA	54:28	1:49:34	DNF	



*Rhydian Cowley, Tracy Feiner, Jason Kozica, Kelly Ruddick, Adam Garganis and Kyle Swan in action (photos Tim Erickson)*

The Victorian Underage Roadwalk Championships were also contested. Big PBs and high quality walks to **Rebecca Henderson** (48:54), **Heath Beveridge** (51:58), **Alanna Peart** (23:12) and **Fraser Saunder** (24:36). Special mentions also to **Jemma Peart** (52:21) and **Corey Dickson** (48:33). Overall, well done to all our Victorian champions.

**Victorian U20 Girls 10 km Championship**

1.	Henderson, Rebecca	MEN	48:54	PB 0:07
2.	Peart, Jemma	BYC	52:21	
3.	O'Mahony, Kathleen	KNA	1:07:27	

**Victorian U18 Boys 10 km Championship**

1.	Dickson, Corey	KNA	48:33	
2.	Beveridge, Heath	WES	51:58	PB 7:08
	Hay, Angus	KNA	DQ	

**Victorian U18 Girls 5 km Championship**

1.	Peart, Alanna	BYC	23:12	PB 0:27
2.	Hay, Charlotte	KNA	26:12	
3.	Cocking, Holly	ANW	28:25	
4.	Louey, Grace	KNA	29:40	

**Victorian U16 Boys 5 km Championship**

1.	Saunder, Fraser	BYC	24:36	PB 0:20
	Costin, Owen	CHI	DNS	

### Victorian U16 Girls 5 km Championship

1. Heikkila-Dubowik, Kaylah COR 31:14

### Victorian U14 Boys 3 km Championship

1. Imbriano, Joel STK 15:59
2. Hutchins, Liam KNA 16:09 PB 0:05
3. Weickhardt, Sebastian KSB 17:17 PB 0:19
4. Peart, Scott BYC 18:11

### Victorian U14 Girls 3 km Championship

1. Roberts, Darcey KNA 16:07
2. Smith, Emily KNA 16:17 PB 0:24
3. Tatlock, Riannah BEL 18:57



*Heath Beveridge, Jemma Peart, Rebecca Henderson, Joel Imbriano and Corey Dickson*



*Kaylah Heikkila-Dubowik, Fraser Saunder, Darcy Roberts and Alanna Peart (photos Tim Erickson)*

We also contested VRWC club championships for Open Women and for U10 and U12 boys and girls. Results below.

### VRWC 10km Championship Open Women - Mabel Robinson Trophy

1. Geisler, Sandra 57:59
2. Samanna, Claire 58:58 PB 0:53
3. Carr, Heather 1:05:51

**VRWC U12 2km Club Championship**

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|----|--------------|-------|---------|
| 1. | Nash, Ethan  | 12:32 |         |
| 2. | Smith, Aiden | 13:29 | PB 0:12 |

- |    |                          |       |         |
|----|--------------------------|-------|---------|
| 1. | Nash, Maddison           | 11:30 | PB 0:25 |
| 2. | Heikkila-Dubowik, Zahlia | 13:03 |         |

**VRWC U10 2km Club Championship**

- |    |                |       |                |
|----|----------------|-------|----------------|
| 1. | Wapshott, Cody | 16:55 | First 2km walk |
| 2. | Tatlock, Heath | 18:14 | PB 1:41        |

- |    |                      |       |                |
|----|----------------------|-------|----------------|
| 1. | Uzun, Ela            | 11:44 |                |
| 2. | Ali, Havana          | 13:31 |                |
| 3. | MacDonell, Charlotte | 14:50 | First 2km walk |

Finally, we had a number of VRWC non championship races for everyone else. Special mention to **Madeleine Feain** who not only bettered her 20km PB by just over a minute, but did PBs for 5km, 10km and 15km along the way.

**VRWC Open 3 Hour Walk**

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|----|-------------|-----------|--|
| 1. | Hess, Albin | 26.271 km |  |
|----|-------------|-----------|--|

**VRWC Open 20km Walk**

- |    |                  |         |         |                                   |
|----|------------------|---------|---------|-----------------------------------|
| 1. | Feain, Madeleine | 59:34   | 1:59:53 | PBs for 5km, 10km, 15km and 20km! |
| 2. | O'Neill, Karyn   | 1:13:11 | 2:30:25 |                                   |
|    | Irshad, Kylie    | 1:07:11 | DNF     | (16km in 1:47:12)                 |

**VRWC Open 10km Walk**

- |    |               |         |  |
|----|---------------|---------|--|
| 1. | Feain, Gerard | 1:02:46 |  |
|----|---------------|---------|--|

**VRWC Open 5km Walk**

- |    |                |       |         |
|----|----------------|-------|---------|
| 1. | Cassidy, Kevin | 25:08 | PB 0:19 |
| 2. | Holohan, Dee   | 32:04 | PB 0:42 |
| 3. | Elms, Donna    | 32:40 |         |
| 4. | Steed, Gwen    | 35:51 |         |
| 5. | Barrow, Geoff  | 37:18 |         |

**VRWC Open 2km Walk**

- |    |                    |       |         |
|----|--------------------|-------|---------|
| 1. | Chitty, Jade       | 12:17 | PB 1:14 |
| 2. | McPherson, Glennis | 14:10 |         |
|    | Beaumont, Ian      | DQ    |         |
|    | Beaumont, Margaret | DQ    |         |

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

**Officials:** Bill Carr, Ralph Bennett, Tim Erickson, Donna Dickson, Cheryl Beveridge, Simon Baker

**Judges:** Kathleen Marsh (Chief), Brenda Felton, Stuart Cooper, David Cash, Gordon Loughnan, Mark O'Mahony, Terry O'Neill, Shane Dickson, Peter Vysma (Bike/Board)

**Canteen:** Wendy Cooper

**Photos:** Tim Erickson and Gerard Feain

Tim Erickson  
Victorian Race Walking Club  
Monday, 29 July 2019