

## Results - VMA 10,000m Track Championship - 2009

Age	Venue	Time
W35 10000 Meter Run		
1 Lynne Maughan	W37 Collingwood	44:40.91
2 Kylie Doyle	W38 Collingwood	49:48.43
3 Nina Field	W36 Collingwood	49:53.79
--- Sandra Doyle	W35 Croydon	DNF
W40 10000 Meter Run		
1 Kate Hecker	W40 Collingwood	38:42.74
W45 10000 Meter Run		
1 Pam Tindall	W49 Croydon	45:43.04
W50 10000 Meter Run		
1 Anne McPherson	W52 Knox	43:51.92
2 Helen Stanley	W53 Knox	46:48.40
W55 10000 Meter Run		
1 Bronwen Cardy	W57 no venue	40:56.47
W60 10000 Meter Run		
1 Petrina Trowbridge	W62 Collingwood	46:55.19
W65 10000 Meter Run		
1 Lavinia Petrie	W65 Knox	45:04.59
M30 10000 Meter Run		
1 Nick Schilling	M30 no venue	34:26.71
2 Trevor Hansen	M32 Collingwood	39:19.21
M40 10000 Meter Run		
1 Paul Van Kopplen	M42 Croydon	36:30.94
2 Danny Hecker	M40 Collingwood	39:55.03
M45 10000 Meter Run		
1 Tony Dell	M46 Croydon	39:09.29
M50 10000 Meter Run		
1 Rod Neal	M52 Croydon	38:03.70
2 Peter Black	M54 Aberfeldie	40:51.45
3 Paul Ban	M54 Collingwood	42:27.72
4 Tony Keegan	M51 Doncaster	42:42.12
5 Andrew Tunne	M50 Croydon	45:28.00
M55 10000 Meter Run		
1 Andrew Edwards	M55 Caufield	38:06.79
2 Paul Twining	M59 Knox	38:50.23
3 Colin Page	M55 Croydon	39:23.00
4 Ron Scholes	M55 Collingwood	41:37.37
5 Ernie Stewart	M58 Aberfeldie	41:44.49
6 Ian U'Ren	M58 Knox	43:53.63
7 Frank Prowse	M57 East Burwood	44:12.65
8 Jim Hopkins	M59 Collingwood	44:57.13

9 Glenn Claiden	M55 Knox	46:14.78
10 Alfred Lendvai	M55 Aberfeldie	46:48.66
M60 10000 Meter Run		
1 Kevin Solomon	M62 Collingwood	38:14.06
2 Peter Moore	M60 Collingwood	39:02.81
3 Gary Stewart	M63 Knox	40:35.52
4 Westley Windsor	M64 Collingwood	42:34.83
M70 10000 Meter Run		
1 Ted Paulin	M71 Collingwood	42:16.16
2 Hawley Thomas	M70 East Burwood	51:49.63
3 Barry Murley	M70 Croydon	52:18.98
M75 10000 Meter Run		
1 Bill Page	M78 Aberfeldie	53:38.69
2 John Markham	M79 Mentone	54:25.81
3 Roy Jennings	M75 no venue	59:50.42
4 Colin Silcock-Delaney	M76 Geelong	1:10:54.00
M80 10000 Meter Run		
1 Bob Lewis	M81 East Burwood	54:08.54