

VMA 3KM TRACK CHAMPIONSHIP 26th APRIL 2009

| Age-Group | Name | VMA Venue | Time |
|-----------|--|--|--|
| W45 | Janine Higham | No Venue | 11.52.78 |
| W50 | Julie Hertz | Collingwood | 14.06.60 |
| W55 | Janet Holmes | Caulfield | 13.44.44 |
| W60 | Sandra Middleton Vicki Thompson | Caulfield No Venue | 14.43.50 19.40.71 |
| W70 | Pam Mews | Mentone | 28.58.16 |
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| M40 | Mal Grimmett | Springvale | 11.22.42 |
| M50 | Tony Keegan | Doncaster | 11.05.40 |
| M55 | Andrew Edwards Colin Page Greg Moore | Caulfield Croydon Aberfeldie | 10.43.50 10.52.96 11.31.86 |
| M60 | Peter Moore Gary Stewart Charlie Mallia Des Middleton Gerry Sofianos Murray Hutchison | Collingwood Knox Frankston Caulfield No Venue Croydon | 11.29.39 11.32.63 12.09.16 12.19.11 12.27.29 13.13.89 |
| M65 | Graham Philpott Malcolm Brown | E. Burwood Collingwood | 12.55.25 17.09.86 |
| M70 | Eddy Stack | E. Burwood | 20.17.44 |
| M75 | Colin Silcock-Delaney | Geelong | 24.16.88 |
| M80 | Bob Lewis | E. Burwood | 16.28.44 |