

RESULTS -

2016 VMA 3000M CHAMPIONSHIP

SUNDAY 24TH APRIL

DUNCAN MCKINNON RESERVE



Duncan McKinnon Reserve
 Sunday 24th April 2016
 10.00 Sign In

On a perfect Autumn day a good turnout of XX runners did the run and then enjoyed lunch with most staying for the AGM.

The main thing that struck me was that several people came long distances to take part. Lisa Ryan came from Albury, Steve and Carmel Quirk from Mirboo North, Kevin Bell from Kyabram, Glenn and Heather Sullivan from Wonthaggi and Colin Silcock - Delany was staying in town but comes from Port Campbell. Great to see.

There were 2 races with a slower heat first, and then the quick one.

None was quicker than Shane Draper who flew around the track in 9.34.58 Behind Shane there was a tight contest between Steve Quirk, Andrew Egginton and Michael Bishop, finishing in that order.

W30	Kym Osmand	N/A	11:40:60
W35	Lisa Ryan	N/A	12:55:79
	Andrea Draper	Aberfeldie	15:22:12
W40	Kath Gawthorn	Doncaster	13:13:06
W45	Heather Sullivan	N/A	13:56:75
	Michelle Quan	Knox	14:01:09
	Liz Eastwood	E. Burwood	14:01:94
W50	Elizabeth Grover	Doncaster	13:13:59
	Lisa Ierardo	Abefeldie	13:20:05
	Carmel Quirk	N/A	13:54:97
	Monica Haddow Cook	N/A	14:07:52
	Maria Barbetti	Coburg	14:10:57
	Karen Archer	Croydon	17:46:40
	Maggie Armstrong	Aberfeldie	18:45:14
	Frances Halton	Frankston	19:42:85 *
W55	Pam Tindal	Croydon	12:54:82
	Helen VanDerNagel	E. Burwood	15:59:13
	Evelyn Kuys	Knox	16:38:14
	Julie Hertz	Collingwood	16:58:42
W65	Rhonda Trengrove	Glen Eira	17:03:46
W70	Vicky Thompson	Casey	22:13:30
W80	Pam Mews	Mentone	29:05:57*

* Ran 1 extra lap

M40	Shane Draper	Aberfeldie	9:34:58
	Michael Bishop	Mentone	10:02:66
M45	Glenn Sullivan	N/A	10:46:62
M50	Andrew Egginton	Croydon	9:55:52
	Rob Italia	Casey	10:40:59
	Paul Viney	Collingwood	10:48:52
	Tony Dell	Croydon	11:52:50

M55	Steven Quirk	N/A	9:53:54
	Simon Evans	N/A	11:47:45
	Greg Hughes	Glen Eira	12:03:35
	Joseph Campisi	Glen Eira	13:11:33
	Chris Worsnop	E. Burwood	13:48:78
M60	Les Williams	SVNP	10:43:79
	Greg Moore	Aberfeldie	11:48:38
	Kevin Bell	N/A	11:49:92
	Hank Kuys	Knox	13:22:85
M65	John Graham	Knox	11:29:21
M70	Ashley Birrell	Mentone	13:04:70
	Tony Guttman	N/A	13:26:27
	Alan Irwin	N/A	15:08:19
	Russ Dickenson	Croydon	16:36:04
	Phillip Urquhart	Glen Eira	18:07:29
M75	Ashley Page	Mentone	14:54:85
	John Hertz	Collingwood	17:03:09
	Al Willey	Croydon	17:04:54
M80	Colin Silcock Delaney	Geelong	20:58:24

Newcomer Kim Osmand ran impressively to be fastest female

