

## RESULTS - 2019 VMA 3000m Championships

Held 31st March - Duncan McKinnon Reserve

<b>W35</b>				
1st	Kym Osmand	36	Eastern Masters	11:43:9
2nd	Meghann Blakeman	39	Collingwood	14:57:5
<b>W40</b>				
1st	Sarah Lorentzen	40	Glen Eira	12:55:6
2nd	Andrea Draper	42	Aberfeldie	16:31:4
<b>W45</b>				
1st	Tracy Colbert	49	Coburg	14:45:6
<b>W50</b>				
1st	Ros Dyer	54	Croydon	16:12:4
<b>W55</b>				
1st	Janet Robinson	59	None	12:57:8
<b>60 - 64</b>				
1st	Helen Stanley	63	Knox	13:21:5
<b>W65</b>				
1st	Janet Holmes	65	Glen Eira	15:08:7
2nd	Joan Cockwill	66	Glen Eira	16:46:4
<b>W80</b>				
1st	Pam Mews	84	Mentone	31:55
<b>M45</b>				
1st	Shane Draper	45	Aberfeldie	10:11:3
2nd	Michael Bishop	47	Mentone	10:47:5
3rd	Wil Pratt	46	Frankston	10:51:4
4th	Domenic Michienzi	49	None	11:05:7
<b>W50</b>				
1st	Tony Langelaan	52	Doncaster	10:17:2
2nd	John Curry	50	Doncaster	11:38:4
3rd	Paul Long	52	Eastern Masters	14:24:9
<b>M60</b>				
1st	Chris Brown	63	Glen Eira	14:09:8
2nd	Greg Hughes	60	Glen Eira	14:38:7
<b>M65</b>				
1st	Andrew Edwards	65	Glen Eira	12:27:4
2nd	Greg Moore	66	Aberfeldie	12:45:1
3rd	Colin Page	65	Croydon	13:06:9
4th	Mike Clapper	66	Glen Eira	13:36:5
<b>M70</b>				
1st	Peter Thorne	70	Knox	15:54:5
<b>M75</b>				
1st	Robert Davey	79	Coburg	22:31
DNF	Pete Battrick	75	Glen Eira	



*The oldest competitor Pam Mews and the youngest Men's group - Shane Draper, Michael Bishop and Will Pratt*

