

# VMA 10000m Champs

Tuesday - 11/05/21

No.	Name	Age (Y-m)	Gender	Div.	Time	Age Grad	Venue	Heat	Est T.
21	GRUND Shane	39-04	M	35-39	30:46	89.8%	Knox	2	32.15
13	RINAUDO Lydia	38-10	F	35-39	38:01	81.0%	Doncaster	2	39.30
12	OSMAND Kym	38-07	F	35-39	41:53	73.4%	Eastern M.	2	40.00
11	HAMILTON-MORRIS Nicola	38-01	F	35-39	-----	-----	Eastern M.	DNF	44.00
23	HAWSON Ryan	42-03	M	40-44	36:50	76.7%	-----	2	37.45
14	LAMBERT Christy	40-11	F	40-44	39:14	79.4%	Eastern M.	2	41.00
22	BUYCK Brad	43-10	M	40-44	39:28	72.4%	Eastern M.	2	42.00
24	RAE Jamie	42-03	M	40-44	43:42	64.6%	Eastern M.	1	45.00
25	PRASAD Pramesh	47-00	M	45-49	42:14	69.4%	Frankston	2	42.30
26	BIRD Michael	51-04	M	50-54	39:48	76.2%	Geelong	2	39.30
31	TAYLOR Robert	52-05	M	50-54	43:45	69.9%	Frankston	1	45.00
28	DAY Stephen	51-00	M	50-54	43:57	68.8%	Eastern M.	1	45.00
27	CURRY John	52-08	M	50-54	46:00	66.6%	Doncaster	2	44.00
29	ELLIOTT Andrew	54-03	M	50-54	47:50	64.9%	Collingwood	1	45.00
30	SHEEDY Christopher	53-00	M	50-54	48:32	63.3%	Frankston	1	47.00
32	WALSHE Glenn	53-05	M	50-54	49:39	62.1%	Eastern M.	1	50.00
33	BIELNY Mike	58-05	M	55-59	36:45	87.5%	Knox	2	37.30
35	WINNEN Ian	59-02	M	55-59	45:46	70.7%	Collingwood	1	46.00
16	DYER Ros	56-10	F	55-59	61:18	60.9%	Croydon	1	60.00
17	HALTON Frances	59-07	F	55-59	70:16	55.3%	Frankston	1	65.00
15	BEDYN Erika	58-06	F	55-59	-----	-----	Croydon	DNF	58.30
34	MORRIS Matthew	55-05	M	55-59	-----	-----	Knox	DNF	44.00
39	RUSHEN Peter	60-09	M	60-64	37:02	88.6%	-----	2	37.00
38	QUIRK Steven	61-06	M	60-64	37:41	87.7%	-----	2	37.00
37	GAUNT Peter	61-11	M	60-64	42:09	78.7%	Collingwood	2	43.30
36	BONE Syd	63-09	M	60-64	47:50	70.5%	Glen Eira	1	45.00
40	BELAABED Yassine	69-02	M	65-69	40:00	88.7%	-----	2	41.20
42	McNAMARA FRANK	67-06	M	65-69	43:16	80.7%	Mentone	2	44.30
44	WILSON Greg	68-11	M	65-69	44:18	79.8%	Eastern M.	1	45.00
48	RIGA Claudio	65-10	M	65-69	50:47	67.6%	Springvale	1	51.00
43	SUTHERLAND David	67-01	M	65-69	51:38	67.3%	Frankston	1	52.30
41	CARR Michael	68-00	M	65-69	52:01	67.4%	Knox	1	53.00
46	JEFFS Barry	72-08	M	70-74	52:47	70.1%	Frankston	1	55.00
45	BAYLEY Rodney	74-11	M	70-74	55:44	68.7%	Collingwood	1	58.00
18	CARR Heather	71-08	F	70-74	55:52	84.9%	Frankston	1	65.00
47	THORNE Peter	72-11	M	70-74	57:11	65.0%	Knox	1	60.00
19	PETRIE Lavinia	77-07	F	75-79	50:17	105.8%	Knox	1	52.00
X		X							X

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GRUND Shane	39-04	M	35-39	30:46
RINAUDO Lydia	38-10	F	35-39	38:01
OSMAND Kym	38-07	F	35-39	41:53
HAMILTON-MORRIS Nicola	38-01	F	35-39	-----
HAWSON Ryan	42-03	M	40-44	36:50
LAMBERT Christy	40-11	F	40-44	39:14
BUYCK Brad	43-10	M	40-44	39:28
RAE Jamie	42-03	M	40-44	43:42
PRASAD Pramesh	47-00	M	45-49	42:14
BIRD Michael	51-04	M	50-54	39:48
TAYLOR Robert	52-05	M	50-54	43:45
DAY Stephen	51-00	M	50-54	43:57
CURRY John	52-08	M	50-54	46:00
ELLIOTT Andrew	54-03	M	50-54	47:50
SHEEDY Christopher	53-00	M	50-54	48:32
WALSHE Glenn	53-05	M	50-54	49:39
BIELNY Mike	58-05	M	55-59	36:45
WINNEN Ian	59-02	M	55-59	45:46
DYER Ros	56-10	F	55-59	61:18
HALTON Frances	59-07	F	55-59	70:16
BEDYN Erika	58-06	F	55-59	-----
MORRIS Matthew	55-05	M	55-59	-----
RUSHEN Peter	60-09	M	60-64	37:02
QUIRK Steven	61-06	M	60-64	37:41
GAUNT Peter	61-11	M	60-64	42:09
BONE Syd	63-09	M	60-64	47:50
BELAABED Yassine	69-02	M	65-69	40:00
McNAMARA FRANK	67-06	M	65-69	43:16
WILSON Greg	68-11	M	65-69	44:18
RIGA Claudio	65-10	M	65-69	50:47
SUTHERLAND David	67-01	M	65-69	51:38
CARR Michael	68-00	M	65-69	52:01
JEFFS Barry	72-08	M	70-74	52:47
BAYLEY Rodney	74-11	M	70-74	55:44
CARR Heather	71-08	F	70-74	55:52
THORNE Peter	72-11	M	70-74	57:11
PETRIE Lavinia	77-07	F	75-79	50:17
X	X			