

## 2021 VMA 3000 Metre Championship

<b>CAT</b>	<b>No:</b>	<b>Act Time</b>	<b>F Name</b>	<b>Last Name</b>	<b>AGE</b>	<b>Venue</b>
W35	1st	11:47	Nicola	Hamilton-Morris	38	Eastern Masters
W35	2nd	11:47	Kym	Osmand	38	Eastern Masters
W40	1st	13:35	Sarah	Lorentzen	42	Glen Eira
W50	1st	14:19	Michelle	Quan	51	Knox
W55	1st	12:42	Susanne	Wilson	55	Knox
W55	2nd	13:01	Laura	Campbell	59	Doncaster
W55	3rd	14:44	Rozlyn	Walker	58	Mentone
W55		14:52	Erika	Bedyn	58	Croydon
W65		15:39	Jo	Cockwill	68	Glen Eira
W65			Maggie	Hawkes	65	Knox
W70	1st	16:34	Heather	Carr	71	Frankston
W85	1st	32:15	Pam	Mews	86	Mentone
M40	1st	11:17	Dave	Palmer	44	Geelong
M45	1st	10:25	Michael	Thomas	49	Mentone
M50	1st	10:19	Andrew	Evans	52	Collingwood
M50	2nd	11:44	Richard	Belford	52	Frankston
M50	3rd	11:44	Stephen	Day	50	East Burwood
M50		12:31	John	Curry	52	Doncaster
M50		16:18	Brendan	Peel	53	Collingwood
M55	1 <sup>st</sup>	11:27	Rob	Italia	55	Casey
M55	2 <sup>nd</sup>	12:14	Matthew	Morris	55	Knox
M60	1 <sup>st</sup>	10:49	Peter	Rushen	60	
M60	2 <sup>nd</sup>	12:18	Douglas	Sandiford	63	Doncaster
M60	3 <sup>rd</sup>	13:48	Simon	Evans	61	Doncaster
M60		14:29	Christopher	Worsnop	63	East Burwood
M60		16:00	Trevor	O'Brien	63	East Burwood
M60		16:31	Greg	Hughes	62	Glen Eira

<b>CAT</b>	<b>No:</b>	<b>Act Time</b>	<b>F Name</b>	<b>Last Name</b>	<b>AGE</b>	<b>Venue</b>
M65	1 <sup>st</sup>	11:28	YASSINE	BELAABED	69	
M65	2 <sup>nd</sup>	11:31	Leslie	Williams	69	Springvale/Noble Park
M65	3 <sup>rd</sup>	11:60	FRANK	MCNAMARA	65	Mentone
M65		12:16	Michael	Phillips	66	Aberfeldie
M65		12:34	Simon	Lloyd	67	Glen Eira
M65		13:53	Mike	Clapper	69	Glen Eira
M65		14:26	Greg	Moore	69	Aberfeldie
M70	1 <sup>st</sup>	13:07	John	Graham	70	Knox
M70	2 <sup>nd</sup>	15:56	Peter	Thorne	72	Knox
M75	1 <sup>st</sup>	14:52	Ashley	Birrell	76	Mentone
M75	2 <sup>nd</sup>	14:53	Tony	Guttmann	76	
M75	3 <sup>rd</sup>	17:58	Phillip	Urquhart	76	Glen Eira
M80	1 <sup>st</sup>	16:17	Ashley	Page	80	Mentone
M80	2 <sup>nd</sup>	26:09	Robert	Davey	81	Coburg
M85	1 <sup>st</sup>	25:06	Colin	Silcock Delaney	88	Geelong