

## VRWC Records

Edited and Created by Tim Erickson and Terry Swan

Creation Date 01-Oct-10

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### Tab legend

**1km is ROAD Event**

1000m Track Event

**2km is Road Event**

2000m is Track Event



**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 23/08/2019

<b>1KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 BOYS</b>	Joel Prys	0:05:06	07/06/2015	RWA LBG Carnival	Canberra	31/07/2006	8
<b>U10 BOYS</b>	Corey Dickson	0:05:03	10/06/2012	RWA LBG Carnival	Canberra	19/07/2002	9
<b>U11 BOYS</b>	Corey Dickson	0:05:03	10/06/2012	RWA LBG Carnival	Canberra	19/07/2002	9
<b>U12 BOYS</b>	Kyle Swan	0:04:44	23/05/2010	VRWC Club Race	Middle Park	28/03/1999	11
<b>1KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 GIRLS</b>	Ela Uzun	0:05:14	09/06/2019	RWA LBG Carnival	Canberra	21/04/2011	8
<b>U10 GIRLS</b>	Brodie Richardson	0:05:06	13/06/2010	RWA LBG Carnival	Canberra	05/12/2000	9
<b>U11 GIRLS</b>	Darcey Roberts	0:04:49	01/06/2018	VRWC Club Race	Middle Park	15/09/2007	10
<b>U12 GIRLS</b>	Darcey Roberts	0:04:43	06/07/2019	VRWC Club Race	Middle Park	15/09/2007	11

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 23/08/2019

<b>1.5KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 BOYS</b>	Joel Prys	0:08:11	05/07/2014	VRWC Club Races	Middle Park	31/07/2006	7
<b>U10 BOYS</b>	Harry Hockley-Samon	0:07:50	13/07/2010	VRWC Club Races	Middle Park	18/10/2000	9
<b>U11 BOYS</b>	Corey Dickson	0:07:18	30/06/2013	VRWC Club Champs	Middle Park	19/07/2002	10
<b>U12 BOYS</b>	Corey Dickson	0:07:18	30/06/2013	VRWC Club Champs	Middle Park	19/07/2002	10
<b>U13 BOYS</b>	Corey Dickson	0:07:18	30/06/2013	VRWC Club Champs	Middle Park	19/07/2002	10
<b>U14 BOYS</b>	Connor McShanag	0:07:04	06/02/2010	AV Shield Region Final	Moonee Valley	26/06/1996	13
<b>U15 BOYS</b>	Lucas Taylor	0:07:03	15/12/2010	VRWC Club Races	Clifton Hill	30/06/1996	14
<b>U16 BOYS</b>							
<b>U17 BOYS</b>							
<b>U18 BOYS</b>							
<b>U20 MEN</b>							
<b>U23 MEN</b>							
<b>OPEN MEN</b>							
<b>M35+</b>							
<b>M40+</b>							
<b>M45+</b>							
<b>M50+</b>							
<b>M55+</b>							
<b>M60+</b>							
<b>M65+</b>							
<b>M70+</b>							
<b>M75+</b>							
<b>M80+</b>							
<b>M85+</b>							
<b>M90+</b>							

<b>1.5KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 GIRLS</b>	Ela Uzun	0:08:20	04/05/2019	VRWC Club Races	Middle Park	21/04/2011	8
<b>U10 GIRLS</b>	Georgia Bertrand	0:08:05	27/06/2010	VRWC Club Races	Middle Park	12/07/2000	9
<b>U11 GIRLS</b>	Darcey Roberts	0:07:24	30/06/2018	VRWC Club Races	Middle Park	15/09/2007	10
<b>U12 GIRLS</b>	Darcey Roberts	0:07:13	03/08/2019	VRWC Club Races	Middle Park	15/09/2007	11
<b>U13 GIRLS</b>	Darcey Roberts	0:07:13	03/08/2019	VRWC Club Races	Middle Park	15/09/2007	11
<b>U14 GIRLS</b>							
<b>U15 GIRLS</b>							
<b>U16 GIRLS</b>							
<b>U17 GIRLS</b>							
<b>U18 GIRLS</b>							
<b>U20 WOMEN</b>							
<b>U23 WOMEN</b>							
<b>OPEN WOMEN</b>							
<b>W35+</b>							
<b>W40+</b>							
<b>W45+</b>							
<b>W50+</b>							
<b>W55+</b>							
<b>W60+</b>							
<b>W65+</b>	Heather Carr	0:07:54	13/06/2015	VRWC Club Races	Middle Park	13/08/1949	65
<b>W70+</b>							
<b>W75+</b>							
<b>W80+</b>							
<b>W85+</b>							
<b>W90+</b>							

## VRWC CLUB RECORDS

Last Updated: Tim Erickson, 12/02/2020

1500M TRACK	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 BOYS	Unclaimed						
U10 BOYS	Unclaimed						
U11 BOYS	Nikola Mandic	7.28.8	30/11/2013	AV Shield	Knox	23/01/2003	10
U12 BOYS	Nikola Mandic	06:57.4	20/12/2014	AV Shield	Casey Fields, Melb	23/01/2003	11
U13 BOYS	Travis Harbour	6.44.1	12/11/1988	Victorian Interclub Competition	Knox	12/12/1975	12
U14 BOYS	Travis Harbour	6.25.1	30/11/1989	Victorian Interclub Competition	Knox	12/12/1975	13
U15 BOYS	Stephen Brooks	5.48.0	27/03/1994		Olympic Park, Melb	16/05/1979	14
U16 BOYS	Stephen Brooks	5.42.7	26/03/1995		Olympic Park, Melb	16/05/1979	15
U17 BOYS	Stephen Brooks	5.42.7	26/03/1995		Olympic Park, Melb	16/05/1979	15
U18 BOYS	Dion Russell	5.38.8	26/10/1992		Olympic Park, Melb	8/05/1975	17
U20 MEN	Jesse Osborne	05:19.54	23/03/2014	VRWC Track Race	Mentone	21/01/1995	19
U23 MEN	Jesse Osborne	05:19.54	23/03/2014	VRWC Track Race	Mentone	21/01/1995	19
OPEN MEN	David Smith	5.19.1	07/02/1981		Olympic Park, Melb	24/07/1955	25
M35+	Daniel Walters	06:02.1	24/03/2019	VMA 1500m Championship	Doncaster	19/12/1979	39
M40+	Paul Kennedy	6.15.0	3/02/2001		Aberfeldie	3/04/1957	43
M45+	Paul Kennedy	6.14.3	2004		Aberfeldie	3/04/1957	47
M50+	Andrew Jamieson	6.21.1	4/03/1999		East Burwood	13/06/1946	52
M55+	Murray Dickinson	6.44.1	7/10/1995		Olympic Park, Melb	22/08/1938	56
M60+	Andrew Jamieson	6.52.5	9/03/2008		Olympic Park, Melb	13/06/1946	61
M65+	Andrew Jamieson	06:52.6	25/03/2012	VMA T&F Championships	Doncaster	13/06/1946	65
M70+	Ralph Bennett	08:00.4	6/04/2012	AMA T&F Championships	Lakeside Stadium, AP	26/12/1941	70
M75+	Bob Gardiner	7.57.44	3/04/2011	Victorian Masters T&F Champs	Doncaster	22/03/1936	75
M80+	unclaimed						
M85+	George Knott	12.04.6	7/10/1995		Olympic Park	24/03/1905	85
M90+	unclaimed						

<b>1500M TRACK</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 GIRLS</b>	Ela Uzun	08:04.0	22/01/2020	VRWC Track Races	Clifton Hill	21/04/2011	8
<b>U10 GIRLS</b>	Ela Uzun	08:04.0	22/01/2020	VRWC Track Races	Clifton Hill	21/04/2011	8
<b>U11 GIRLS</b>	Rebecca Henderson	07:45.84	24/03/2012	LAVic State Championships	Bendigo	4/07/2001	10
<b>U12 GIRLS</b>	Rebecca Henderson	0:07:17	24/03/2013	LAVic State Championships	Bendigo	4/07/2001	11
<b>U13 GIRLS</b>	Rebecca Henderson	6.48.79	29/03/2014	Victorian Little Athletics T&F Champ	Lakeside, Melb	4/07/2001	12
<b>U14 GIRLS</b>	Jemima Montag	6.44.36	19/03/2011	Victorian T&F Champs - 1500m U14	Olympic Park, Melb	15/02/1998	13
<b>U15 GIRLS</b>	Jemma Peart	6.29.19	19/03/2016	LAVic State Championships	Berwick	15-06-2001	14
<b>U16 GIRLS</b>	Jemma Peart	6.29.19	19/03/2016	LAVic State Championships	Berwick	15-06-2001	14
<b>U17 GIRLS</b>	Gabrielle Blythe	6.20.2	8/02/1986		Melbourne	9/03/1969	16
<b>U18 GIRLS</b>	Gabrielle Blythe	6.20.2	8/02/1986		Melbourne	9/03/1969	16
<b>U20 WOMEN</b>	Gabrielle Blythe	6.20.2	8/02/1986		Melbourne	9/03/1969	16
<b>U23 WOMEN</b>	Gabrielle Blythe	6.20.2	8/02/1986		Melbourne	9/03/1969	16
<b>OPEN WOMEN</b>	Sue Cook	6.19.0	8/11/1980		Melbourne	23/04/1958	22
<b>W35+</b>	Unclaimed						
<b>W40+</b>	Heather McDonald	6.45.0	3/90		Murrumbeena	13/08/1949	40
<b>W45+</b>	Heather McDonald	6.49.0	23/03/1996		Murrumbeena	13/08/1949	45
<b>W50+</b>	Pam Tindal	6.59.0	21/03/2010		Murrumbeena	2/12/1959	50
<b>W55+</b>	Heather Carr	7.11.91	12/11/2005		Murrumbeena	13/08/1949	56
<b>W60+</b>	Heather Carr	7.18.5	21/03/2010		Murrumbeena	13/08/1949	60
<b>W65+</b>	Brenda Riley	7.48.2	6/03/2005		Murrumbeena	9/11/1939	65
<b>W70+</b>	Heather Carr	8.37.0	22/01/2020	VRWC Track Races	Clifton Hill	13/08/1949	70
<b>W75+</b>	Margaret Beaumont	12:41.85	29/03/2013	AMA T&F Champs	Canberra	8/02/1938	75
<b>W80+</b>	unclaimed						
<b>W85+</b>	unclaimed						
<b>W90+</b>	unclaimed						

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 12/02/2020

<b>2KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 BOYS</b>	Joel Prys	0:11:02	6/09/2014	VRWC Road Races	Middle Park	31/07/2006	8
<b>U10 BOYS</b>	Corey Dickson	0:10:02	10/06/2012	LBG Carnival	Canberra	19/07/2002	9
<b>U11 BOYS</b>	Corey Dickson	0:10:01	25/05/2013	VRWC Races	Middle Park	19/07/2002	10
<b>U12 BOYS</b>	Kyle Swan	0:09:34	10/06/2010	VRWC Club Races	Middle Park	28/03/1999	11
<b>U13 BOYS</b>	Corey Dickson	0:09:12	7/06/2015	LBG Carnival	Canberra	19/07/2002	12
<b>U14 BOYS</b>	Corey Dickson	0:09:12	7/06/2015	LBG Carnival	Canberra	19/07/2002	12
<b>U15 BOYS</b>	Billy Allamby	0:08:58	30/06/2012	VRWC Intervals Race	Middle Park	24/11/1997	14
<b>U16 BOYS</b>	Billy Allamby	0:08:58	30/06/2012	VRWC Intervals Race	Middle Park	24/11/1997	14
<b>U17 BOYS</b>	Nathan Brill	0:08:10	30/06/2012	VRWC Intervals Race	Middle Park	24/05/1996	16
<b>U18 BOYS</b>	Nathan Brill	0:08:10	30/06/2012	VRWC Intervals Race	Middle Park	24/05/1996	16
<b>U20 MEN</b>	Nathan Brill	0:08:10	30/06/2012	VRWC Intervals Race	Middle Park	24/05/1996	16
<b>U23 MEN</b>	Rhydian Cowley	0:07:39	7/07/2013	VRWC Intervals Race	Middle Park	4/01/1991	22
<b>OPEN MEN</b>	Nathan Deakes	0:07:46	13/05/2005	IAAF World Cup 20km - Split	La Coruna, Spain	17/08/1977	27
<b>M35+</b>	Unclaimed						
<b>M40+</b>	Unclaimed						
<b>M45+</b>	Unclaimed						
<b>M50+</b>	Unclaimed						
<b>M55+</b>	Unclaimed						
<b>M60+</b>	Unclaimed						
<b>M65+</b>	Unclaimed						
<b>M70+</b>	Unclaimed						
<b>M75+</b>	Unclaimed						
<b>M80+</b>	Unclaimed						
<b>M85+</b>	Unclaimed						
<b>M90+</b>	Unclaimed						

<b>2KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 GIRLS</b>	Ela Uzun	0:11:11	19/01/2020	VRWC Club Races	Middle Park	21/04/2011	8
<b>U10 GIRLS</b>	Cassie Raselli	0:10:57	21/08/2004	VRWC Club Races	Middle Park	27/08/1994	9
<b>U11 GIRLS</b>	Darcey Roberts	0:09:53	14/07/2018	VRWC Club Races	Middle Park	15/09/2007	10
<b>U12 GIRLS</b>	Cassie Raselli	0:09:47	11/06/2006	LBG Carnival	Canberra	28/08/1994	11
<b>U13 GIRLS</b>	Rebecca Henderson	0:09:28	08-06-2014	LBG Carnival	Canberra	4/07/2001	12
<b>U14 GIRLS</b>	Jemma Peart	0:09:23	7/06/2015	LBG Carnival	Canberra	15/06/2001	13
<b>U15 GIRLS</b>	Jemma Peart	0:09:23	7/06/2015	LBG Carnival	Canberra	15/06/2001	13
<b>U16 GIRLS</b>	Jemma Peart	0:09:23	7/06/2015	LBG Carnival	Canberra	15/06/2001	13
<b>U17 GIRLS</b>	Jemma Peart	0:09:23	7/06/2015	LBG Carnival	Canberra	15/06/2001	13
<b>U18 GIRLS</b>	Jemma Peart	0:09:23	7/06/2015	LBG Carnival	Canberra	15/06/2001	13
<b>U20 WOMEN</b>	Jemma Peart	0:09:23	7/06/2015	LBG Carnival	Canberra	15/06/2001	13
<b>U23 WOMEN</b>	Unclaimed						
<b>OPEN WOMEN</b>	Unclaimed						
<b>W35+</b>	Unclaimed						
<b>W40+</b>	Unclaimed						
<b>W45+</b>	Michelle Laufer	0:10:11	30/06/2012	VRWC Intervals Race	Middle Park	10/11/1969	40
<b>W50+</b>	Pam Tindal	0:10:43	7/07/2013	VRWC Intervals Race	Middle Park	2/12/1959	53
<b>W55+</b>	Unclaimed						
<b>W60+</b>	Heather Carr	0:10:46	7/07/2013	VRWC Intervals Race	Middle Park	13/08/1949	63
<b>W65+</b>	Heather Carr	0:10:54	11/07/2015	VRWC Road Race	Middle Park	13/08/1949	65
<b>W70+</b>	Heather Carr	0:11:42	17/08/2019	VRWC Road Race	Middle Park	13/08/1949	70
<b>W75+</b>	Gwen Steed	0:13:41	15/07/2017	VRWC Road Race	Middle Park	14/07/1942	75
<b>W80+</b>	Unclaimed						
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						



## VRWC CLUB RECORDS

Last Updated: Tim Erickson, 12/02/2020

2000M TRACK	NAME	RFORMAN	DATE	EVENT	VENUE	DOB	AGE ON DAY
<b>U9 BOYS</b>							
<b>U10 BOYS</b>							
<b>U11 BOYS</b>	Nikola Mandic	10.09.2	18/01/2014	AV Shield - 2000m	Albert Park	23/01/2003	10
<b>U12 BOYS</b>	Nikola Mandic	9:42.3	15/11/2014	AV Shield - 2000m	Knox	23/01/2003	11
<b>U13 BOYS</b>	Nikola Mandic	9:18.51	31/10/2015	AV Shield - 2000m	Casey Fields	23/01/2003	12
<b>U14 BOYS</b>	Nikola Mandic	9:18.51	31/10/2015	AV Shield - 2000m	Casey Fields	23/01/2003	12
<b>U15 BOYS</b>	Nathan Brill	8:10.4	15/01/2011	AV Shield Round 11 East Region - 2000m	Doncaster	24/05/1996	14
<b>U16 BOYS</b>	Nathan Brill	8:10.4	15/01/2011	AV Shield Round 11 East Region - 2000m	Doncaster	24/05/1996	14
<b>U17 BOYS</b>	Nathan Brill	7:52.5	27/10/2012	AV Shield Round 3 East Region - 2000m	Box Hill	24/05/1996	16
<b>U18 BOYS</b>	Nathan Brill	7:51.9	27/10/2013	AV Shield E Region - 2000m	Nunawading	24/05/1996	17
<b>U20 MEN</b>	Jesse Osborne	7:38.3	18/01/2014	AV Shield NW Region - 2000m	Aberfeldie	21/01/1995	19
<b>U23 MEN</b>	Jesse Osborne	7:38.3	18/01/2014	AV Shield NW Region - 2000m	Aberfeldie	21/01/1995	19
<b>OPEN MEN</b>	Rhydian Cowley	7:29.1	24/02/2014	AV Shield - 2000m	Casey Fields	4/01/1991	23
<b>M35+</b>	Paul Kennedy	7:50.65	13/11/1993		Aberfeldie	3/04/1957	36
<b>M40+</b>	Paul Kennedy	8:06.5	12/02/2000		Aberfeldie	3/04/1957	42
<b>M45+</b>	Paul Kennedy	8:22.77	16/10/2004		Aberfeldie	3/04/1957	47
<b>M50+</b>	Andrew Jamieson	8:33.0	6/03/2000		Box Hill	13/06/1946	53
<b>M55+</b>	Andrew Jamieson	8:47.7	25/02/2003		Box Hill	13/06/1946	57
<b>M60+</b>	Andrew Jamieson	9:23.5	5/12/2009		Box Hill	13/06/1946	63
<b>M65+</b>	Andrew Jamieson	9:33.5	12/11/2011	AV Shield Round 4 East Region - 2000m	Doncaster	13/06/1946	65
<b>M70+</b>	Andrew Jamieson	10:28.3	18/01/2020	AV Shield 2000m	Frankston	13/06/1946	73
<b>M75+</b>	Bob Gardiner	11:20.1	22/10/2011	AV Shield Round 3 East Region - 2000m	Box Hill	22/03/1936	75
<b>M80+</b>	unclaimed						
<b>M85+</b>	unclaimed						
<b>M90+</b>	unclaimed						

2000M TRACK	NAME	PERFORMAN	DATE	EVENT	VENUE	DOB	AGE ON DAY
<b>U9 GIRLS</b>							
<b>U10 GIRLS</b>							
<b>U11 GIRLS</b>	Claire Noonan	11:30.73	31/01/2015	AV Shield Final, Lakeside Stadium	Albert Park	15/03/2004	10
<b>U12 GIRLS</b>	Cassie Raselli	10:17.5	15/10/2005	AV Shield Box Hill	Box Hill	27/08/1994	11
<b>U13 GIRLS</b>	Rebecca Henderson	9:36.90	20/02/2014	AV Shield Casey Fields	Casey Field	4/07/2001	12
<b>U14 GIRLS</b>	Jemima Montag	9:10.6	4/02/2012	AV Shield Round 12 South East Region - 2000m	Scoresby	15/02/1998	13
<b>U15 GIRLS</b>	Eliza Clarke	8:53.48	31/01/2015	AV Shield Final	Albert Park	29/02/2000	14
<b>U16 GIRLS</b>	Jemima Montag	8:37.8	16/11/2013	AV Shield East Region - 2000m	Knox	15/02/1998	15
<b>U17 GIRLS</b>	Jemima Montag	8:37.8	16/11/2013	AV Shield East Region - 2000m	Knox	15/02/1998	15
<b>U18 GIRLS</b>	Jemima Montag	8:37.8	16/11/2013	AV Shield East Region - 2000m	Knox	15/02/1998	15
<b>U20 WOMEN</b>	Jemima Montag	8:37.8	16/11/2013	AV Shield East Region - 2000m	Knox	15/02/1998	15
<b>U23 WOMEN</b>	Jemima Montag	8:37.8	16/11/2013	AV Shield East Region - 2000m	Knox	15/02/1998	15
<b>OPEN WOMEN</b>	Kelly Ruddick	8:26.40	19/01/2013	AV Shield, Ballarat Region	Geelong	19/04/1973	39
<b>W35+</b>	Kelly Ruddick	8:26.40	19/01/2013	AV Shield, Ballarat Region	Geelong	19/04/1973	39
<b>W40+</b>	Michelle Laufer	9:37.3	17/11/2012	AV Shield East Region - 2000m	Doncaster	10/11/1969	43
<b>W45+</b>	Michelle Laufer	9:28.39	14/12/2014	AV All Comers Meet	Albert Park	10/11/1969	45
<b>W50+</b>	Heather Carr	9:43.0	3/03/2001		Murrumbeena	13/08/1949	51
<b>W55+</b>	Heather Carr	9:57.5	25/11/2006		Knox	13/08/1949	57
<b>W60+</b>	Heather Carr	10:10.4	14/01/2010		Murrumbeena	13/08/1949	60
<b>W65+</b>	Heather Carr	10:52.2	21/01/2017	AV Shield - 2000m	Casey Field	13/08/1949	66
<b>W70+</b>	Heather Carr	11:47.0	18/01/2020	AV Shield - 2000m	Frankston	13/08/1949	70
<b>W75+</b>	Gwen Steed	13:34.9	19/10/2019	AV Shield 2000m	Yarra Ranges	14/07/1942	77
<b>W80+</b>	Unclaimed						
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 09/09/2019

<b>3KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 BOYS</b>	Unclaimed						
<b>U10 BOYS</b>	Luke Epps	0:17:20	20/08/2016	VRWC Club Races	Middle Park	5/11/2006	9
<b>U11 BOYS</b>	Nikola Mandic	0:16:03	8/04/2013	AV U14 Roadwalk Championship	Middle Park	23/01/2003	10
<b>U12 BOYS</b>	Billy Allamby	0:15:02	30/08/2009	Australian Roadwalking Championships - 3km U14	Parramatta	24/11/1997	12
<b>U13 BOYS</b>	Corey Dickson	0:14:28	19/07/2014	VRWC Club Races	Middle Park	19/07/2002	12
<b>U14 BOYS</b>	Kyle Swan	0:14:10	18/11/2012	VRWC Club Races	Middle Park	28/03/1998	13
<b>U15 BOYS</b>	Nathan Brill	0:13:16	13/06/2010	LBG RWA Carnival	Canberra	24/05/1996	14
<b>U16 BOYS</b>	Nathan Brill	0:12:21	19/05/2012	VRWC Club Races	Middle Park	24/05/1996	15
<b>U17 BOYS</b>	Nathan Brill	0:12:04	3/02/2013	VRWC Club Races	Middle Park	24/05/1996	16
<b>U18 BOYS</b>	Nathan Brill	0:12:04	3/02/2013	VRWC Club Races	Middle Park	24/05/1996	16
<b>U20 BOYS</b>	Nathan Brill	0:12:04	3/02/2013	VRWC Club Races	Middle Park	24/05/1996	16
<b>U23 MEN</b>	Rhydian Cowley	0:11:55	28/10/2012	VRWC Club Races	Middle Park	4/01/1991	21
<b>OPEN MEN</b>	Nathan Deakes	0:11:43	13/05/2005	IAAF World Cup 20km - Split	La Coruna, Spain	17/08/1977	27
<b>M35+</b>	Unclaimed						
<b>M40+</b>	Unclaimed						
<b>M45+</b>	Unclaimed						
<b>M50+</b>	Unclaimed						
<b>M55+</b>	Unclaimed						
<b>M60+</b>	Alan Lucas	17:04	3/09/2011	VRWC Club Races	Middle Park	5/01/1948	63
<b>M65+</b>	Unclaimed						
<b>M70+</b>	Unclaimed						
<b>M75+</b>	Unclaimed						
<b>M80+</b>	Unclaimed						
<b>M85+</b>	Unclaimed						
<b>M90+</b>	Unclaimed						

<b>3KM ROAD</b>	<b>NAME</b>	<b>PERFORMAN</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 GIRLS</b>	Ela Uzun	0:17:53	3/08/2019	VRWC Roadwalks	Middle Park	21/04/2011	8
<b>U10 GIRLS</b>	Ela Uzun	0:17:53	3/08/2019	VRWC Roadwalks	Middle Park	21/04/2011	8
<b>U11 GIRLS</b>	Darcey Roberts	0:15:44	4/08/2018	VRWC Roadwalks	Middle Park	15/09/2007	10
<b>U12 GIRLS</b>	Cassie Raselli	0:15:27	19/08/2006	VRWC Roadwalks	Middle Park	27/08/1994	11
<b>U13 GIRLS</b>	Jemima Montag	0:14:45	14/10/2010	VRWC Roadwalks	Middle Park	15/02/1998	12
<b>U14 GIRLS</b>	Jemima Montag	0:14:16	20/11/2011	VRWC Roadwalks	Middle Park	28/11/1992	13
<b>U15 GIRLS</b>	Rebecca Henderson	0:14:08	12/06/2016	LBG Carnival	Canberra	4/07/2001	14
<b>U16 GIRLS</b>	Rebecca Henderson	0:14:08	12/06/2016	LBG Carnival	Canberra	4/07/2001	14
<b>U17 GIRLS</b>	Rebecca Henderson	0:14:08	12/06/2016	LBG Carnival	Canberra	4/07/2001	14
<b>U18 GIRLS</b>	Beth Alexander	0:13:53	10/01/2010	VRWC Roadwalks	Middle Park	28/11/1992	17
<b>U20 WOMEN</b>	Unclaimed						
<b>U23 WOMEN</b>	Unclaimed						
<b>OPEN WOMEN</b>	Unclaimed						
<b>W35+</b>	Unclaimed						
<b>W40+</b>	Unclaimed						
<b>W45+</b>	Unclaimed						
<b>W50+</b>	Unclaimed						
<b>W55+</b>	Unclaimed						
<b>W60+</b>	Heather Carr	0:15:19	21/08/2010	VRWC Roadwalks	Middle Park	13/08/1949	61
<b>W65+</b>	Heather Carr	0:16:31	6/09/2014	VRWC Roadwalks	Middle Park	13/08/1949	65
<b>W70+</b>	Heather Carr	0:17:50	24/08/2019	VRWC Roadwalks	Middle Park	13/08/1949	70
<b>W75+</b>	Gwen Steed	0:20:44	2/09/2017	VRWC Roadwalks	Middle Park	14/07/1942	75
<b>W80+</b>	Margaret Beaumont	0:27	30/06/2018	VRWC Roadwalks	Middle Park	8/02/1938	80
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson 17/01/2020

<b>3000M TRACK</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 BOYS</b>	Unclaimed						
<b>U10 BOYS</b>	Unclaimed						
<b>U11 BOYS</b>	Nikola Mandic	15.49.37	27/10/2013	AV All Schools Champs	Albert Park	23/01/2003	10
<b>U12 BOYS</b>	Corey Dickson	15:16.01	14/03/2014	Aust Junior T&F Champs	Sydney	19/07/2002	11
<b>U13 BOYS</b>	Nikola Mandic	14:18.6	14/11/2015	AV Shield Competition	Frankston	23/01/2003	12
<b>U14 BOYS</b>	Mark Blackwood	13.56.7	19/01/1991	Interclub	Olympic Park	25/01/1977	13
<b>U15 BOYS</b>	Nathan Brill	12:32.06	27/02/2011	Victorian T&F Championships	Olympic Park	24/05/1996	14
<b>U16 BOYS</b>	Nathan Brill	12:16.25	18/02/2012	Sydney Track Classic	Homebush, Sydney	24/05/1996	15
<b>U17 BOYS</b>	Dion Russell	11:52.8	25/11/1991	Australian Schools T&F Champs	Brisbane	8/05/1975	16
<b>U18 BOYS</b>	Dion Russell	11:52.8	25/11/1991	Australian Schools T&F Champs	Brisbane	8/05/1975	16
<b>U20 MEN</b>	Jesse Osborne	11.19.0	12/04/2014	AV Shield Final	Albert Park	21/01/1995	19
<b>U23 MEN</b>	Nathan Deakes	11:17.0	10/12/1998	Interclub	Melbourne	17/08/1977	21
<b>OPEN MEN</b>	Andrew Jachno	10:56.22	7/02/1991		Olympic Park	13/04/1962	33
<b>M35+</b>	Willi Sawall	11.28.2	15/03/1980		Olympic Park	7/11/1941	38
<b>M40+</b>	Willi Sawall	11.28.3	21/02/1982		Albert Park	7/11/1941	40
<b>M45+</b>	Paul Kennedy	12.50.2	11/02/2003		Aberfeldie	3/04/1957	45
<b>M50+</b>	Willi Sawall	12.56.0	2/12/1993		Olympic Park	7/11/1941	52
<b>M55+</b>	Willi Sawall	12.44.0	14/12/1996		Geelong	7/11/1941	55
<b>M60+</b>	Andrew Jamieson	13.24.1	31/03/2007		Olympic Park	13/06/1946	60
<b>M65+</b>	Andrew Jamieson	14:13.6	3/11/2012	AV Shield Competition	Doncaster	13/06/1946	66
<b>M70+</b>	Andrew Jamieson	15:17.0	8/10/2016	AV Shield Competition	East Burwood	13/06/1946	70
<b>M75+</b>	Bob Gardiner	17:01.0	2/04/2011	Vic Masters T&F Championships	Doncaster	22/03/1936	75
<b>M80+</b>	Tom Daintry	18.44.0	5/04/1992		Murrumbeena	7/04/1911	81
<b>M85+</b>	Gus Theobald	19.31.0	10/04/1982		Perth	1897	85
<b>M90+</b>	Gus Theobald	21.21.0	5/04/1987		Murrumbeena	1897	90

<b>3000M TRACK</b>	<b>NAME</b>	<b>PERFORMANC</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U9 GIRLS</b>	Ela Uzun	16:50.0	11/12/2019	VRWC Competition	Clifton Hill	21/04/2011	8
<b>U10 GIRLS</b>	Ela Uzun	16:50.0	11/12/2019	VRWC Competition	Clifton Hill	21/04/2011	8
<b>U11 GIRLS</b>	Ela Uzun	16:50.0	11/12/2019	VRWC Competition	Clifton Hill	21/04/2011	8
<b>U12 GIRLS</b>	Charlotte Hay	16:18.45	8/11/2015	AV Schools T&F Champs	Albert Park	01-12-2003	11
<b>U13 GIRLS</b>	Jemima Montag	14:35.20	6/11/2010	Victorian All Schools T&F Champs	Olympic Park	15/02/1998	12
<b>U14 GIRLS</b>	Jemima Montag	14:04.5	31/01/2012	A.V. Shield Competition	SAC, Albert Park	15/02/1998	13
<b>U15 GIRLS</b>	Jemima Montag	13:38.63	2/12/2012	Australian Schools Championships	Hobart	15/02/1998	14
<b>U16 GIRLS</b>	Jemima Montag	13:13.32	27/10/2013	AV Shield, Lakeside Stadium, Albert Park	Albert Park	15/02/1998	15
<b>U17 GIRLS</b>	Gabrielle Blythe	13:12.6	6/01/1986		Olympic Park	9/03/1969	16
<b>U18 GIRLS</b>	Gabrielle Blythe	13:12.6	6/01/1986		Olympic Park	9/03/1969	16
<b>U20 WOMEN</b>	Sally Pierson	13:02.71	21/02/1982		Melbourne	8/05/1982	19
<b>U23 WOMEN</b>	Gabrielle Blythe	12.22.1	24/02/1994		Melbourne	09/03/1969	24
<b>OPEN WOMEN</b>	Gabrielle Blythe	12.22.1	24/02/1994		Melbourne	09/03/1969	24
<b>W35+</b>	Kelly Ruddick	13:02.10	12/01/2013	A.V. Shield Competition	Frankston	19/04/1973	39
<b>W40+</b>	Kelly Ruddick	12:58.58	9/01/2016	AV Shield Competition	Ballarat	19/04/1973	42
<b>W45+</b>	Kelly Ruddick	13:11.6	11/01/2020	AV Shield Competition	Ballarat	19/04/1973	46
<b>W50+</b>	Pam Tindal	14.58.3	20/03/2010	Vic Masters T&F Championships	Murrumbeena	2/12/1959	50
<b>W55+</b>	Heather Carr	15.08.4	24/03/2007	Vic Masters T&F Championships	Knox	13/08/1949	57
<b>W60+</b>	Heather Carr	15.30.7	21/01/2010	AV Shield Competition	Frankston	13/08/1949	60
<b>W65+</b>	Brenda Riley	16.22.1	1/04/2006	Vic Masters T&F Championships	Murrumbeena	9/11/1939	65
<b>W70+</b>	Heather Carr	17.50.6	11/01/2020	AV Shield Competition	Frankston	13/08/1949	70
<b>W75+</b>	Gwen Steed	20:04.5	21/10/2017	AV Shield Competition	Nunawading	14/07/1942	75
<b>W80+</b>	Pam Mews	30.25.9	19/03/2016	Vic Masters T&F Championships	Doncaster	21/12/1934	81
<b>W85+</b>	unclaimed						
<b>W90+</b>							

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 17/01/2020

<b>5KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U11 BOYS</b>	Nikola Mandic	0:28:35	19/01/2014	VRWC Road Races	Middle Park	23/01/2003	10
<b>U12 BOYS</b>	Corey Dickson	0:27:06	07/09/13	VRWC Road Races	Middle Park	19/07/2002	11
<b>U13 BOYS</b>	Corey Dickson	0:25:41	16/08/2014	VRWC Road Races	Middle Park	19/07/2002	12
<b>U14 BOYS</b>	Nathan Brill	0:23:27	23/05/2010	VRWC Road Races	Middle Park	24/05/1996	13
<b>U15 BOYS</b>	Nathan Brill	0:21:52	9/01/2011	VRWC Road Races	Middle Park	24/05/1996	14
<b>U16 BOYS</b>	Kyle Swan	0:21:38	24/05/2014	VRWC Road Races	Middle Park	28/03/1999	15
<b>U17 BOYS</b>	Nathan Brill	0:20:15	18/05/2013	VRWC Road Races	Middle Park	24/05/1996	16
<b>U18 BOYS</b>	Nathan Brill	0:20:15	18/05/2013	VRWC Road Races	Middle Park	24/05/1996	16
<b>U20 MEN</b>	Nathan Brill	0:20:15	18/05/2013	VRWC Road Races	Middle Park	24/05/1996	16
<b>U23 MEN</b>	Jared Tallent	0:19:53	6/08/2006	IAAF World Champ 20km - Split	Helsinki	17/10/1984	21
<b>OPEN MEN</b>	Nathan Deakes	0:19:32	13/05/2005	IAAF World Cup 20km - Split	La Coruna, Spain	17/08/1977	27
<b>M35+</b>	Daniel Walters	0:22:24	21/01/2018	VRWC Road Races	Middle Park	19/12/1979	38
<b>M40+</b>	Pramesh Prasad	0:24:41	22/01/2017	VRWC Road Races	Middle Park	21/04/1974	42
<b>M45+</b>	James Christmass	0:23:44	11/09/2016	VRWC Road Races	Middle Park	17/11/1967	48
<b>M50+</b>	Unclaimed						
<b>M55+</b>	Unclaimed						
<b>M60+</b>	Unclaimed						
<b>M65+</b>	Andrew Jamieson	0:24:07	5/05/2012	VRWC Road Races	Middle Park	13/06/1946	66
<b>M70+</b>	Unclaimed						
<b>M75+</b>	Unclaimed						
<b>M80+</b>	Unclaimed						
<b>M85+</b>	Unclaimed						
<b>M90+</b>	Unclaimed						

<b>5KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U10 GIRLS</b>	Gemma Lillie	0:32:46	16/05/2015	VRWC Road Races	Middle Park	11/06/2005	9
<b>U11 GIRLS</b>	Darcey Roberts	0:29:19	10/06/2018	LBG Carnival	Canberra	15/09/2007	10
<b>U12 GIRLS</b>	Darcey Roberts	0:26:46	8/09/2019	Aust Roadwalk Championships	Adelaide	15/09/2007	11
<b>U13 GIRLS</b>	Darcey Roberts	0:24:58	1/12/2019	AA Invitational Race	Fawkner Park	15/09/2007	12
<b>U14 GIRLS</b>	Jemima Montag	0:24:51	12/11/2011	AA Invitational Race	Fawkner Park	15/02/1998	13
<b>U15 GIRLS</b>	Alanna Peart	0:23:39	29/07/2018	AV Roadwalk Championships	Middle Park	6/09/2003	14
<b>U16 GIRLS</b>	Jemima Montag	0:22:55	10/11/2013	VRWC Club Championships	Middle Park	15/02/1998	15
<b>U17 GIRLS</b>	Jemima Montag	0:22:55	10/11/2013	VRWC Club Championships	Middle Park	15/02/1998	15
<b>U18 GIRLS</b>	Jemima Montag	0:22:52	7/06/2015	LBG Carnival	Canberra	15/02/1998	17
<b>U20 WOMEN</b>	Regan Lambie	0:22:39	12/06/2011	LBG Carnival	Canberra	14/10/1991	19
<b>U23 WOMEN</b>	Jess Rothwell	0:22:22	19/06/2010	Official Split – IAAF 20km Race	La Coruna, Spain	18/06/1989	21
<b>OPEN WOMEN</b>	Regan Lambie	0:22:15	7/05/2016	IAAF World Cup (split)	Rome, Italy	9/04/2016	30
<b>W35+</b>	Unclaimed						
<b>W40+</b>	Unclaimed						
<b>W45+</b>	Unclaimed						
<b>W50+</b>	Unclaimed						
<b>W55+</b>	Unclaimed						
<b>W60+</b>	Heather Carr	0:26:42	24/04/2010	VRWC Races	Middle Park	13/08/1949	61
<b>W65+</b>	Heather Carr	0:28:46	21/05/2016	VRWC Races	Middle Park	13/08/1949	66
<b>W70+</b>	Gwen Steed	0:30:45	7/09/2013	VRWC Races	Middle Park	14/07/1942	71
<b>W75+</b>	Gwen Steed	0:35:21	20/10/2019	VRWC Races	Middle Park	14/07/1942	77
<b>W80+</b>	Margaret Beaumont	0:46:07	12/05/2018	VRWC Races	Middle Park	8/02/1938	80
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						



**VRWC CLUB RECORDS**

Last Updated: Tim Erickson 12/02/2020

<b>5000M TRACK</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U11 BOYS</b>	Unclaimed						
<b>U12 BOYS</b>	Kyle Swan	25.57.0	15/12/2010	VRWC Track Race	George Knott Reserve	28/03/1999	11
<b>U13 BOYS</b>	Kyle Swan	25.57.0	15/12/2010	VRWC Track Race	George Knott Reserve	28/03/1999	11
<b>U14 BOYS</b>	Kyle Swan	25.57.0	15/12/2010	VRWC Track Race	George Knott Reserve	28/03/1999	11
<b>U15 BOYS</b>	Stephen Brooks	22.59.0	17/03/1994	AV 5000m C'ship	Olympic Park, Melb	16/05/1979	14
<b>U16 BOYS</b>	Nathan Brill	20:44.66	18/02/2012	Sydney Track Classic	Homebush, Sydney	24/05/1996	15
<b>U17 BOYS</b>	Nathan Brill	20:08.22	19/01/2013	Youth Olympics	Homebush, Sydney	24/05/1996	16
<b>U18 BOYS</b>	Nathan Brill	20:08.22	19/01/2013	Youth Olympics	Homebush, Sydney	24/05/1996	16
<b>U20 MEN</b>	Jesse Osborne	19:46.23	2/03/2014	AV 5000m C'ship	Albert Park, Melb	21/01/1995	19
<b>U23 MEN</b>	Jared Tallent	19.12.27	Feb 2006	AV 5000m C'ship	MCG, Melbourne	17/10/1984	21
<b>OPEN MEN</b>	Jared Tallent	18.41.83	28/02/2009	AV 5000m C'ship	Olympic Park, Melb	17/10/1984	24
<b>M35+</b>	Simon Baker	19.57.43	13/02/1994		Olympic Park, Melb	6/02/1958	36
<b>M40+</b>	Willi Sawall	19.45.65	31/03/1984		Olympic Park, Melb	7/11/1941	42
<b>M45+</b>	Willi Sawall	21.12.19	31/03/1990		Olympic Park, Melb	7/11/1941	48
<b>M50+</b>	Willi Sawall	21.38.3	19/03/1992		Olympic Park, Melb	7/11/1941	50
<b>M55+</b>	Willi Sawall	22.11.5	26/01/1997	Vic Country T&F Champs	Ballarat	7/11/1941	56
<b>M60+</b>	Andrew Jamieson	22.38.7	1/03/2007		Olympic Park, Melb	13/06/1946	60
<b>M65+</b>	Andrew Jamieson	24:14.4	14/04/2012	AA Challenge Race	Albert Park, Melb	13/06/1946	65
<b>M70+</b>	Andrew Jamieson	26.42.1	26/10/2016	World Masters T&F Champs	Perth	13/06/1946	70
<b>M75+</b>	Tom Daintry	28.02.26	Dec 1987		Olympic Park, Melb	7/04/1911	76
<b>M80+</b>	Gus Theobold	30.42.0	8/08/1977	World Vets T&F Champs	Sweden	Apr 1897	80
<b>M85+</b>	Gus Theobold	33.14.2	10/04/1982	Aust Masters T&F Champs	Perth	Apr 1897	85
<b>M90+</b>	Gus Theobold	36.09.5	Apr 1987	Aust Masters T&F Champs	NSW	Apr 1897	90

<b>5000M TRACK</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U11 GIRLS</b>	Unclaimed						
<b>U12 GIRLS</b>	Unclaimed						
<b>U13 GIRLS</b>	Darcey Roberts	25.31.54	24/02/2020	Vic Country Champs	Geelong	15/09/2007	12
<b>U14 GIRLS</b>	Darcey Roberts	25.31.54	24/02/2020	Vic Country Champs	Geelong	15/09/2007	12
<b>U15 GIRLS</b>	Jemima Montag	23.57.60	25/01/2013	AV Country Champs	Geelong	15/02/1998	14
<b>U16 GIRLS</b>	Jemima Montag	22.32.95	14/02/2014	Vic U20 5000m C'Ship	Lakeside Stadium, Melb	15/02/1998	15
<b>U17 GIRLS</b>	Jemima Montag	22.32.95	14/02/2014	Vic U20 5000m C'Ship	Lakeside Stadium, Melb	15/02/1998	15
<b>U18 GIRLS</b>	Jemima Montag	22.04.29	14/06/2015	AA Meet	Brisbane	15/02/1998	17
<b>U20 WOMEN</b>	Jess Rothwell	21.03.33	20/02/2009	AV 5000m C'Ship	Olympic Park, Melb	18/06/1989	19
<b>U23 WOMEN</b>	Jess Rothwell	21.03.33	20/02/2009	AV 5000m C'Ship	Olympic Park, Melb	18/06/1989	19
<b>OPEN WOMEN</b>	Jess Rothwell	21.03.33	20/02/2009	AV 5000m C'Ship	Olympic Park, Melb	18/06/1989	19
<b>W35+</b>	Kelly Ruddick	21:50.13	1/03/2013	AV 5000m C'Ship	Lakeside Stadium, Melb	19/04/1973	39
<b>W40+</b>	Kelly Ruddick	21.46.68	29/03/2014	Qld Track Classic	Brisbane	19/04/1973	40
<b>W45+</b>	Heather McDonald	25.04.5	Oct 1994		Brisbane	13/08/1949	45
<b>W50+</b>	Pam Tindal	25.18.53	3/04/2010	AMA Champs	Perth	2/12/1959	50
<b>W55+</b>	Heather Carr	25.54.11	24/02/2007	AV 5000m C'Ship	Olympic Park, Melb	13/08/1949	56
<b>W60+</b>	Heather Carr	26.29.26	3/04/2010	AMA Champs	Perth	13/08/1949	60
<b>W65+</b>	Brenda Riley	27.19.1	12/02/2006		Coburg	9/11/1939	66
<b>W70+</b>	Heather Carr	30:46.0	11/12/2019	VRWC Track Races	Clifton Hill	13/08/1949	70
<b>W75+</b>	Gwen Steed	35:10.0	31/01/2018	Vic Team Championships	Mentone	14/07/1942	75
<b>W80+</b>	Margaret Beaumont	0:46:14	18/02/2018	VMA 5000m C'Ship	Mentone	8/02/1938	80
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 21/11/2019

<b>10KM ROAD</b>	<b>NAME</b>	<b>PERFORMANC</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U12 BOYS</b>	Kyle Swan	0:55:18	4/09/2010	VRWC 10km	Middle Park	28/03/1999	11
<b>U13 BOYS</b>	Corey Dickson	0:53:56	6/09/2014	VRWC 10km	Middle Park	19/07/2002	12
<b>U14 BOYS</b>	Corey Dickson	0:53:56	6/09/2014	VRWC 10km	Middle Park	19/07/2002	12
<b>U15 BOYS</b>	Nathan Brill	0:46:42	19/02/2011	AA Invit 10km	Hobart, TAS	24/05/1996	14
<b>U16 BOYS</b>	Kyle Swan	0:44:20	22/02/2015	AA Invit 10km	Adelaide, SA	28/03/1999	15
<b>U17 BOYS</b>	Kyle Swan	0:42:48	22/02/2016	AA Invit 10km	Adelaide, SA	28/03/1999	16
<b>U18 BOYS</b>	Nathan Brill	0:42:33	3/08/2013	AV 10km U20 Race	Middle Park	24/05/1996	17
<b>U20 MEN</b>	Nathan Brill	0:41:07	3/05/2014	IAAF World Cup	Taicang, China	24/05/1996	18
<b>U23 MEN</b>	Jared Tallent	0:39:59	July 2005	NSW 10km C'ship	Sydney	17/10/1984	20
<b>OPEN MEN</b>	Nathan Deakes	0:38:09	9/06/2001	IAAF Race	Krakow, Poland	17/08/1977	23
<b>M35+</b>	Mark Donahoo	0:43:45	9/04/1994		Box Hill	27/05/1958	35
<b>M40+</b>	Willi Sawall	0:40:08	1982	RWA Champ	Richmond, NSW	7/11/1941	40
<b>M45+</b>	Mark Donahoo	0:46:41	21/06/2003	VRWC 10km	Middle Park	27/05/1958	45
<b>M50+</b>	Willi Sawall	0:44:11	5/01/1992		Albert Park	7/11/1941	50
<b>M55+</b>	Andrew Jamieson	0:46:33	30/07/2005	VMA 10km C'ship	Middle Park	13/06/1946	59
<b>M60+</b>	Andrew Jamieson	0:46:23	21/07/2007	VMA 10km C'ship	Middle Park	13/06/1946	61
<b>M65+</b>	Andrew Jamieson	0:48:38	19/05/2012	VRWC 10km	Middle Park	13/06/1946	66
<b>M70+</b>	Andrew Jamieson	0:53:17	23/07/2016	VRWC 10km	Middle Park	13/06/1946	70
<b>M75+</b>	Bob Gardiner	0:59:55	9/04/2012	AMA T&F Champs	Fawkner Park, Melb	22/03/1936	76
<b>M80+</b>	Tom Daintry	1:04:23	25/04/1993		Knox	7/04/1911	82
<b>M85+</b>	George Knott	1:28:29	31/03/1997		Olympic Park	1910	86
<b>M90+</b>	Gus Theobald	1:17:52	22/01/1990			Apr 1897	93

<b>10KM ROAD</b>	<b>NAME</b>	<b>PERFORMANC</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U12 GIRLS</b>	Mikhala Hodges	1:05:36	3/08/2013	VRWC 10km	Middle Park	19/08/2001	11
<b>U13 GIRLS</b>	Rebecca Henderson	0:58:10	10/05/2014	VRWC 10km	Middle Park	4/07/2001	12
<b>U14 GIRLS</b>	Jemima Montag	0:53:18	11/09/2011	VRWC 10km	Middle Park	15/02/1998	13
<b>U15 GIRLS</b>	Rebecca Henderson	0:52:58	15/05/2016	VRWC 10km	Middle Park	4/07/2001	14
<b>U16 GIRLS</b>	Jemima Montag	0:47:00	2/02/2014	AA 10km U20 Race	Hobart, TAS	15/02/1998	15
<b>U17 GIRLS</b>	Jemima Montag	0:47:00	2/02/2014	AA 10km U20 Race	Hobart, TAS	15/02/1998	15
<b>U18 GIRLS</b>	Jemima Montag	0:47:00	2/02/2014	AA 10km U20 Race	Hobart, TAS	15/02/1998	15
<b>U20 WOMEN</b>	Jess Rothwell	0:44:01	15/02/2009	VRWC 10km	Middle Park	18/06/1989	19
<b>U23 WOMEN</b>	Jess Rothwell	0:44:01	15/02/2009	VRWC 10km	Middle Park	18/06/1989	19
<b>OPEN WOMEN</b>	Gabrielle Blythe	0:43:28	10/07/1993		Hawksbury, NSW	9/03/1969	24
<b>W35+</b>	Kelly Ruddick	0:46:52	27/05/2012	AV Country Champs	Ballarat	19/04/1973	39
<b>W40+</b>	Kelly Ruddick	0:45:26	17/08/2013	VMA 10km Champs	Middle Park	19/04/1973	40
<b>W45+</b>	Kelly Ruddick	0:47:30	14/07/2018	VMA 10km C'Ship	Middle Park	19/04/1973	45
<b>W50+</b>	Pam Tindal	0:52:19	15/05/2010	VRWC 10km	Middle Park	2/12/1959	50
<b>W55+</b>	Heather Carr	0:53:42	21/07/2007	VMA 10km C'ship	Middle Park	13/08/1949	57
<b>W60+</b>	Heather Carr	0:53:56	5/06/2010	VRWC 10km	Middle Park	13/08/1949	60
<b>W65+</b>	Brenda Riley	0:55:32	13/11/2005	VRWC 10km	Middle Park	9/11/1939	66
<b>W70+</b>	Heather Carr	1:04:55	17/11/2019	VRWC 10km	Middle Park	13/08/1949	70
<b>W75+</b>	Gwen Steed	1:12:59	4/08/2018	VRWC 10km	Middle Park	14/07/1942	76
<b>W80+</b>	Margaret Beaumont	1:35:05	30/06/2018	VMA 10km Champs	Middle Park	8/02/1938	80
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson 14/11/2019

<b>10000M TRACK</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U12 BOYS</b>	Unclaimed						
<b>U13 BOYS</b>	Unclaimed						
<b>U14 BOYS</b>	Unclaimed						
<b>U15 BOYS</b>	Kyle Swan	46:50.00	16/03/2014	Aust Junior T&F U20 10km	Sydney	28/03/1999	14
<b>U16 BOYS</b>	Kyle Swan	43:50.85	13/03/2015	Aust Junior T&F U20 10km	Sydney	28/03/1999	15
<b>U17 BOYS</b>	Nathan Brill	42:48.70	12/03/2013	Aust Junior T&F Champs	Perth	24/05/1996	16
<b>U18 BOYS</b>	Jared Tallent	42:48.70	12/03/2013	Aust Junior T&F Champs	Perth	24/05/1996	16
<b>U20 MEN</b>	Dion Russell	41:05.5	1/04/1995	Vic 10000m C'Ship	Doncaster	8/05/1975	19
<b>U23 MEN</b>	Nathan Deakes	40:32.8	8/02/1999	Canberra Grand Prix Meet	Canberra	18/08/77	21
<b>OPEN MEN</b>	David Smith	38:06.6	25/09/1986	Sydney Grand Prix Meet	Sydney	24/07/1955	31
<b>M35+</b>	Unclaimed						
<b>M40+</b>	Unclaimed						
<b>M45+</b>	Unclaimed						
<b>M50+</b>	Unclaimed						
<b>M55+</b>	Unclaimed						
<b>M60+</b>	Unclaimed						
<b>M65+</b>	Unclaimed						
<b>M70+</b>	Unclaimed						
<b>M75+</b>	Unclaimed						
<b>M80+</b>	Unclaimed						
<b>M85+</b>	Unclaimed						
<b>M90+</b>	Unclaimed						

<b>10000M TRACK</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U12 GIRLS</b>	Unclaimed						
<b>U13 GIRLS</b>	Darcey Roberts	56:42.0	13/11/2019	VRWC Track Races	Mentone	15/09/2007	12
<b>U14 GIRLS</b>	Rebecca Henderson	53:44.49	13/03/2015	Aust U20 10,000m Title	Sydney	4/07/2001	13
<b>U15 GIRLS</b>	Rebecca Henderson	53:44.49	13/03/2015	Aust U20 10,000m Title	Sydney	4/07/2001	13
<b>U16 GIRLS</b>	Rebecca Henderson	53:44.49	13/03/2015	Aust U20 10,000m Title	Sydney	4/07/2001	13
<b>U17 GIRLS</b>	Jemima Montag	48:25.18	14/03/2014	Aust U20 10,000m Title	Sydney	15/02/1998	16
<b>U18 GIRLS</b>	Jemima Montag	48:25.18	14/03/2014	Aust U20 10,000m Title	Sydney	15/02/1998	16
<b>U20 WOMEN</b>	Jess Rothwell	44.44.20	9/07/2008	World Junior C'Ships	Poland	18/06/1989	18
<b>U23 WOMEN</b>	Jemima Montag	43.50.84	25/06/2019	Oceania Championships	Townsville	15/02/1998	21
<b>OPEN WOMEN</b>	Jemima Montag	43.50.84	25/06/2019	Oceania Championships	Townsville	15/02/1998	21
<b>W35+</b>	Unclaimed						
<b>W40+</b>	Unclaimed						
<b>W45+</b>	Unclaimed						
<b>W50+</b>	Unclaimed						
<b>W55+</b>	Unclaimed						
<b>W60+</b>	Unclaimed						
<b>W65+</b>	Unclaimed						
<b>W70+</b>	Unclaimed						
<b>W75+</b>	Unclaimed						
<b>W80+</b>	Unclaimed						
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 23/08/2019

<b>15KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U12 BOYS</b>	Unclaimed						
<b>U13 BOYS</b>	Unclaimed						
<b>U14 BOYS</b>	Corey Dickson	1:24:33	5/05/2016	Victorian 15km C'Ship	Middle Park	19/07/2002	13
<b>U15 BOYS</b>	Corey Dickson	1:24:33	5/05/2016	Victorian 15km C'Ship	Middle Park	19/07/2002	13
<b>U16 BOYS</b>	Corey Dickson	1:24:33	5/05/2016	Victorian 15km C'Ship	Middle Park	19/07/2002	13
<b>U17 BOYS</b>	Dion Russell	1:07:49	26/04/1992	VRWC U20 Club C'Ship	Albert Park	8/05/1975	16
<b>U18 BOYS</b>	Dion Russell	1:07:49	26/04/1992	VRWC U20 Club C'Ship	Albert Park	8/05/1975	16
<b>U20 MEN</b>	Jared Tallent	1:05:54	2/05/2004	RWWC 20km - 10km split	Naumburg, GER	17/10/1984	19
<b>U23 MEN</b>	Jared Tallent	1:00:30	13/05/2006	Official 15km split, 2006 W	La Coruna, Spain	17/10/1984	21
<b>OPEN MEN</b>	Nathan Deakes	0:59:21	13/05/2006	Official 15km split, 2006 W	La Coruna, Spain	17/08/1977	28
<b>M35+</b>	Daniel Walters	1:11:36	24/06/2018	VMA 20km - 15km split	Middle Park	19/12/1979	38
<b>M40+</b>	Stuart Kollmorgen	1:11:44	29/05/2011	Victorian 15km C'Ship	Middle Park	20/04/1969	42
<b>M45+</b>	Mark Donahoo	1:19:32	3/05/2008	VRWC Open	Middle Park	27/05/1958	49
<b>M50+</b>	Andrew Jamieson	1:09:19	21/05/2000	AV C'ship	Ballarat	13/06/1946	53
<b>M55+</b>	Andrew Jamieson	1:12:36	25/06/2005	Victorian 15km C'Ship	Middle Park	13/06/1946	59
<b>M60+</b>	Andrew Jamieson	1:10:43	3/05/2008	VRWC Open	Middle Park	13/06/1946	61
<b>M65+</b>	Ralph Bennett	1:21:45	3/05/2008	VRWC Open	Middle Park	26/12/1941	66
<b>M70+</b>	Andrew Jamieson	1:28:57	9/06/2019	LBG Carnival	Canberra	13/06/1946	72
<b>M75+</b>	Unclaimed						
<b>M80+</b>	Unclaimed						
<b>M85+</b>	Unclaimed						
<b>M90+</b>	Unclaimed						

<b>15KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U12 GIRLS</b>	Unclaimed						
<b>U13 GIRLS</b>	Unclaimed						
<b>U14 GIRLS</b>	Unclaimed						
<b>U15 GIRLS</b>	Unclaimed						
<b>U16 GIRLS</b>	Rebecca Henderson	1:18:52	14/05/2017	Victorian 15km C'Ship	Middle Park	4/07/2001	15
<b>U17 GIRLS</b>	Rebecca Henderson	1:18:52	14/05/2017	Victorian 15km C'Ship	Middle Park	4/07/2001	15
<b>U18 GIRLS</b>	Rebecca Henderson	1:18:52	14/05/2017	Victorian 15km C'Ship	Middle Park	4/07/2001	15
<b>U20 WOMEN</b>	Jemima Montag	1:13:37	14/05/2017	Victorian 15km C'Ship	Middle Park	15/02/1998	19
<b>U23 WOMEN</b>	Jess Rothwell	1:07:42	19/06/2010	Official Split – IAAF 20km	La Coruna, Spain	18/06/1989	21
<b>OPEN WOMEN</b>	Regan Lambie	1:06:48	7/05/2016	IAAF World Cup (split)	Rome, Italy	9/04/2016	30
<b>W35+</b>	Kelly Ruddick	1:11:53	3/02/2013	VRWC Road Races	Middle Park	19/04/1973	39
<b>W40+</b>	Kelly Ruddick	1:10:12	3/07/2015	AV 15km C'Ship	Middle Park	19/04/1973	42
<b>W45+</b>	Kelly Ruddick	1:13:49	11/05/2019	AV 15km C'Ship	Middle Park	19/04/1973	46
<b>W50+</b>	Pam Tindal	1:22:45	23/05/2010	VRWC C'ship	Middle Park	2/12/1959	50
<b>W55+</b>	Heather Carr	1:27:31	24/05/2009	AV C'ship	Bendigo	13/08/1949	59
<b>W60+</b>	Heather Carr	1:24:48	18/07/2010	Victorian 15km C'Ship	Middle Park	13/08/1949	60
<b>W65+</b>	Heather Carr	1:29:14	4/07/2015	Victorian 15km C'Ship	Middle Park	13/08/1949	65
<b>W70+</b>	Marlaine Stanway	1:49:04	23/05/2010	VRWC C'ship	Middle Park	1/07/1938	71
<b>W75+</b>	Unclaimed						
<b>W80+</b>	Unclaimed						
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						



**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 06/08/2018

<b>20KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U17 BOYS</b>	Craig Brill	1:37:20	19/08/1984	Aust U20 20km	Fisherman's Bend	10/11/1967	16
<b>U18 BOYS</b>	Adam Garganis	1:31:08	21/06/2015	Vic 20km C'ship	Middle Park	18/09/1997	17
<b>U20 MEN</b>	Nathan Deakes	1:23:58	19/04/1997	Racewalking World Cup 20km	Podebrady	17/08/1977	19
<b>U23 Men</b>	Nathan Deakes	1:20:15	26/01/99	Adelaide Grand Prix 20km	Adelaide	18/08/77	21
<b>OPEN MEN</b>	Nathan Deakes	1.17.33	23/04/2005	IAAF Meet	Cixi, China	17/08/1977	27
<b>M35+</b>	Willi Sawall	1.24.05	23/03/1980	Aust Olympic Trial	Sydney	7/11/1941	38
<b>M40+</b>	Willi Sawall	1.21.36	4/07/1982	Vic 20km C'ship	Albert Park	7/11/1941	40
<b>M45+</b>	Willi Sawall	1.25.03	27/08/1988	Aust 20km C'Ship	Canberra	7/11/1941	46
<b>M50+</b>	Andrew Jamieson	1.34.38	18/07/1999	Vic 20km C'Ship	Middle Park	13/06/1946	53
<b>M55+</b>	Andrew Jamieson	1.35.13	18/08/2001	VRWC 2 Hour	Coburg	13/06/1946	55
<b>M60+</b>	Andrew Jamieson	1.35.39	24/06/2008	Vic 20km C'Ship	Middle Park	13/06/1946	62
<b>M65+</b>	Andrew Jamieson	1:40:13	28/07/2012	VRWC Club Race	Middle Park	13/06/1946	66
<b>M70+</b>	Andrew Jamieson	1:52:35	26/06/2016	VMA 20km C'Ship	Middle Park	13/06/1946	70
<b>M75+</b>	Tom Daintry	1.59.20	22/06/1986		Murrumbeena	7/04/1911	75
<b>M80+</b>	Gus Theobald	2.11.55	13/08/1977	WMA Champs	Sweden	Apr 1897	80
<b>M85+</b>	Gus Theobald	2.26.07	21/08/1982			Apr 1897	85
<b>M90+</b>	Gus Theobald	2.34.01	21/04/1987	Aust Masters Champs	NSW	Apr 1897	90

20KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U17 GIRLS	Unclaimed						
U18 GIRLS	Unclaimed						
U20 WOMEN	Jessica Rothwell	1.30.25	7/03/2009	Aust 20km C'ship	Melbourne	18/06/1989	19
U23 WOMEN	Regan Lambie	1:30:08	1/08/2012	Olympic 20km Walk	London, UK	14/10/1991	20
OPEN WOMEN	Regan Lambie	1:30:08	1/08/2012	Olympic 20km Walk	London, UK	14/10/1991	20
W35+	Kelly Ruddick	1:36:58	24/02/2013	Aust 20km C'ship	Hobart	19/04/1973	39
W40+	Kelly Ruddick	1:33:15	1/09/2013	Aust 20km C'ship	Launceston, TAS	19/04/1973	40
W45+	Kathy Woodward	1.48.01	8/05/1994	VRWC Club Championship	Knox	2/04/1949	45
W50+	Pam Tindal	1:51:07	27/06/2010	VRWC Roadwalk	Middle Park	2/12/1959	50
W55+	Heather Carr	1.54.17	19/08/2006	Aust 20km C'Ship	Middle Park	13/08/1949	57
W60+	Heather Carr	1:56:18	29/05/2011	VRWC Roadwalk	Middle Park	13/08/1949	61
W65+	Brenda Riley	1.57.39	17/12/2006	VRWC Club Walk	Middle Park	9/11/1939	67
W70+	Marlaine Stanway	2:33:11	27/06/2010	VMA Chanpionship	Middle Park	1/07/1938	71
W75+	Margaret Beaumont	2:57:00	3/08/2013	VRWC Races	Middle Park	8/02/1938	75
W80+	Margaret Beaumont	3:17:34	5/08/2018	AMA 20km Championship	Adelaide	8/02/1938	80
W85+	Unclaimed						
W90+	Unclaimed						

VRWC Club Championships - 20km Road

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 23/08/2019

<b>30KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U20 MEN</b>	Adam Garganis	2:17:24	6/08/2017	Vic 30km C'Ship	Melbourne	18/09/1997	19
<b>U23 MEN</b>	Jared Tallent	2:06:27	10/06/2007	LBG Carnival – ACT 30	Canberra	17/10/1984	22
<b>OPEN MEN</b>	Nathan Deakes	2.05.06	28/08/2006	Aust 30km C'Ship	Hobart	17/08/1977	29
<b>M35+</b>	Willi Sawall	2.10.11	18/05/1980	Vic 30km C'Ship	Albert Park	7/11/1941	39
<b>M40+</b>	Willi Sawall	2.08.01	16/05/1982	Vic 30km C'Ship	Albert Park	7/11/1941	40
<b>M45+</b>	Willi Sawall	2.17.02	29/05/1988	Vic 30km C'Ship	Albert Park	7/11/1941	46
<b>M50+</b>	Andrew Jamieson	2.31.20	5/09/1999	Aust 30km C'Ship	Middle Park	13/06/1946	53
<b>M55+</b>	Andrew Jamieson	2.32.05	9/11/2003	VRWC Open 30km	Middle Park	13/06/1946	57
<b>M60+</b>	Andrew Jamieson	2.28.55	3/05/2009	VRWC 35km C'Ship	Middle Park	13/06/1946	62
<b>M65+</b>	Andrew Jamieson	2:39:25	11/09/2011	VRWC 35km C'Ship	Middle Park	13/06/1946	65
<b>M70+</b>	Unclaimed						
<b>M75+</b>	Unclaimed						
<b>M80+</b>	Unclaimed						
<b>M85+</b>	Unclaimed						
<b>M90+</b>	Unclaimed						

<b>30KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U20 WOMEN</b>	Unclaimed						
<b>U23 WOMEN</b>	Regan Lamble	2:21:43	10/06/2012	LBG Carnival	Canberra	14/10/1991	20
<b>OPEN WOMEN</b>	Regan Lamble	2:21:43	10/06/2012	LBG Carnival	Canberra	14/10/1991	20
<b>W35+</b>	Sarah Brennan	2:58:36	7/08/2016	AV 30km C'Ship	Middle Park	22/04/1976	40
<b>W40+</b>	Tracy Feiner	2:49:20	28/07/2019	AV 30km C'Ship	Middle Park	25/08/1977	41
<b>W45+</b>	Kelly Ruddick	2:27:36	29/07/2018	AV 30km C'Ship	Middle Park	19/04/1973	45
<b>W50+</b>	Unclaimed						
<b>W55+</b>	Karyn O'Neill	3:45:30	11/09/2011	VRWC 35km C'Ship	Middle Park	27/01/1955	56
<b>W60+</b>	Heather Carr	3:19:01	11/09/2011	VRWC 35km C'Ship	Middle Park	13/08/1949	62
<b>W65+</b>	Heather Carr	3:37:02	13/09/2015	VRWC 35km C'Ship	Middle Park	13/08/1949	66
<b>W70+</b>	Unclaimed						
<b>W75+</b>	Unclaimed						
<b>W80+</b>	Unclaimed						
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 17/01/2020

<b>50KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U20 MEN</b>	Craig Brill	4.19.46	3/05/1987	Lugano Cup	New York	10/11/1967	19
<b>U23 MEN</b>	Dion Russell	3:48:12	14/12/1997	Aust 50km C'Ship	Middle Park	08/05/1975	22
<b>OPEN MEN</b>	Nathan Deakes	3.35.47	2/12/2006	Aust 50km C'ship	Geelong	17/08/1977	29
<b>M35+</b>	Willi Sawall	3.46.34	6/04/1980	Aust 50km C'Ship	Adelaide	7/11/1941	38
<b>M40+</b>	Willi Sawall	3.59.48	16/08/1986	Aust 50km C'Ship	Adelaide	7/11/1941	44
<b>M45+</b>	Willi Sawall	4.12.29	11/06/1905	Aust 50km C'Ship	Melbourne	7/11/1941	48
<b>M50+</b>	Willi Sawall	4.12.57	24/05/1992	Aust 50km C'Ship	Fisherman's Bend	7/11/1941	50
<b>M55+</b>	Andrew Jamieson	4.46.44	24/10/2004	Aust 50km C'Ship	Middle Park	13/06/1946	58
<b>M60+</b>	Andrew Jamieson	4.27.40	2/12/2006	Aust 50km C'Ship	Geelong	13/06/1946	62
<b>M65+</b>	Unclaimed						
<b>M70+</b>	Unclaimed						
<b>M75+</b>	Unclaimed						
<b>M80+</b>	Unclaimed						
<b>M85+</b>	Unclaimed						
<b>M90+</b>	Unclaimed						

<b>50KM ROAD</b>	<b>NAME</b>	<b>PERFORMANCE</b>	<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DOB</b>	<b>AGE ON DAY</b>
<b>U20 WOMEN</b>	Unclaimed						
<b>U23 WOMEN</b>	Unclaimed						
<b>OPEN WOMEN</b>	Kelly Ruddick	4:54:31	2/12/2018	A.A. 50km C'Ship	Fawkner Park	19/04/1973	45
<b>W35+</b>	Unclaimed						
<b>W40+</b>	Tracy Feiner	4:59:32	1/12/2019	A.A. 50km C'Ship	Fawkner Park	25/08/1977	42
<b>W45+</b>	Kelly Ruddick	4:54:31	2/12/2018	A.A. 50km C'Ship	Fawkner Park	19/04/1973	45
<b>W50+</b>	Unclaimed						
<b>W55+</b>	Liz Feldman	5.45.08	24/10/2004	VRWC 50m C'ship	Middle Park	18/08/1948	56
<b>W60+</b>	Liz Feldman	6:05:43	11/09/2011	RWA 50km C'ship	Middle Park	18/08/1948	63
<b>W65+</b>	Unclaimed						
<b>W70+</b>	Unclaimed						
<b>W75+</b>	Unclaimed						
<b>W80+</b>	Unclaimed						
<b>W85+</b>	Unclaimed						
<b>W90+</b>	Unclaimed						