

**Fixture – Winter 1993**

<b>Month</b>	<b>Day</b>	<b>Venue</b>	<b>Distances</b>
<b>April</b>	3 – Sat	Albert Park	10km, 5km, 2km, 1km
	17 – Sat	Albert Park	10km, 5km, 2km, 1km
	25 – Sun	Knox Industrial Est.	30km, 10km, 8km, 5km, 4km, 3km, 2km
<b>May</b>	1 – Sat	Maribyrnong	10km, 5km, 2km, 1km
	8 – Sat	Albert Park	12km, 6km, 3km, 1.5km
	16 – Sun	Albert Park	35km, 20km, 15km, 10km, etc
	22 – Sat	Albert Park	10km, 5km, 2km, 1km
	30 – Sun	Bendigo	AV 15km, Vic Country Champs
<b>June</b>	5 – Sat	Albert Park	12km, 4km, 2km, 1km
	13 – Sun	Canberra	LBF Carnival
	19 – Sat	Albert Park	10km, 5km, 2km, 1km
	26 – Sat	Collingwood Track	2hr, 1hr, 4000m, 1500m, 800m
<b>July</b>	4 – Sun	Whittlesea	10km King of the Mountains, 2km
	10 – Sat	Albert Park	10km, 5km, 2km, 1km
	11 – Sun	Sydney	Australian Roadwalk Champs, Open, U20, U18
	18 – Sun	Albert Park	10km, 5km, AV Schools Roadwalks
	24 – Sat	Albert Park	12km, 4km, 2km, 1km
	31 – Sat	Templestowe	10km & 5km Partners Races, 3km, 1.5km
<b>August</b>	1 – Sun	Perth	Australian Roadwalk Champs – other ages
	8 – Sun	Fishermans Bend	20km, 10km, 5km, 2km
	14 – Sat	Albert Park	10km, 5km, 2km, 1km
	21 – Sat	Albert Park	12km, 6km, 3km, 1.5km
	29 – Sun	Melbourne	Second Federation Carnival, AA events
<b>September</b>	4 – Sat	Maribyrnong	Club Champs
	12 – Sun	Albert Park	AV 50km championship and other events

Winter Season Results**19-23 Mar 1993 Australian Track & Field Championships, Sydney****Men Under 18 3000m Track**

1	M	Russell	Dion	12.12.76	VIC
2	M	O'Mara	Damien	12.56.50	NSW
3	M	Collins	L	13.33.02	NSW

**Women Under 18 3000m Track**

1	F	Coffee	Linda	13.26.86	NSW
2	F	Saville	Natalie	14.10.13	NSW
3	F	Strangman	Jo	14.47.48	ACT

**Men Under 16 1500m Track**

1	M	McEwen	W	6.17.29	ACT
2	M	Cruickshanks	D	6.18.68	QLD
3	M	Stanton	T	6.27.52	NSW

**Women Under 16 1500m Track**

1	F	Saville	Natalie	6.15.71	NSW
2	F	Coffee	Linda	6.22.43	NSW
3	F	Lawrence	A	6.33.38	NSW

**Men Under 14 1500m Track**

1	M	Beacroft	D	6.41.92	NSW
2	M	Nappin	Andrew	6.54.16	NSW
3	M	Sundstrom	Troy	7.18.46	NSW

**Women Under 14 1500m Track**

1	F	French	Michelle	6.50.29	NSW
2	F	Farne	K	6.59.70	NSW
3	F	Scott	Carie	7.13.32	WA

**3 Apr 1993 VRWC Club Races, Albert Park****VRWC Open 10km Walk**

1	M	Beecroft	Steven	41.59
2	M	Copeland	Paul	43.56
3	M	Thomas	Mark	43.57
4	M	Wojcik	Daruis	45.34
5	M	Kennedy	Paul	46.41
6	M	Blackwood	Mark	47.37
7	M	Nunn	Paul	48.40
8	F	Vanstan	Carolyn	48.48
9	M	Lowden	Kevin	49.44
10	M	Gardiner	Robert	49.54
11	M	Cash	David	51.12
12	F	Muldoon	Wendy	51.40
13	M	Paton	George	51.43
14	M	Johnson	Tony	52.49
15	M	Dwyer	Marcus	52.52
16	M	Kuppler	Manfred	53.17
17	M	Dickinson	Murray	53.19
18	M	Feain	Gerard	53.48
19	M	Dudon	Bruce	53.48
20	M	Summers	Harry	55.21

21	M	Russell	Dion	56.51
22	M	Maslin	Brian	57.09
23	M	Eames	Jason	58.27
24	F	Davison	Natalie	59.17
25	M	Harris	Troy	60.34
26	F	Woloweic	Simone	60.55
27	M	Daintry	Tom	67.16

#### VRWC Open 5km Walk

1	F	McDonald	Heather	25.01
2	M	Barrett	Anthony	25.19
3	F	Woodward	Kathy	25.53
4	M	Dwyer	Robert	27.15
5	F	Kuppler	Simone	27.17
6	F	Osborne	Lee	27.18
7	F	Kelly	Celia	27.37
8	M	Davison	Jason	27.43
9	F	Nicholls	Michelle	27.53
10	F	May	Win	28.10
11	M	Martin	Gavin	28.39
12	M	Barrow	Geoff	28.46
13	M	Werner	Jamie	29.00
14	F	Charman	Tiffany	29.07
15	M	Hall	Penny	29.29
16	M	McDonald	Lachlan	29.42
17	F	Rosengrave	Tracey	29.42
18	F	Brown	Murray	30.06
19	F	Gorman	Margaret	30.52
20	F	Leb	Tina	31.15
21	M	Tendelli	Gino	31.47
22	F	Henry	J	31.52
23	F	Hay	Simone	31.53
24	F	Farrell	Judy	31.57
25	F	Colthup	Marjorie	32.11
26	F	Newman	Betty	32.36
27	F	King	Natalie	33.26
28	M	Field	Ralph	34.48
29	F	Hay	Eileen	35.30

#### VRWC U12 2km Walk

1	M	Mercer	Daniel	10.42
2	F	Arcadi	Vanessa	10.46
3	F	Moxham	R	11.39
4	F	Moxham	K	11.49
5	M	Trapalis	Nicholas	11.59
6	F	Russell	Jarrold	13.21
7	F	McDonald	Kenna	13.34
8	F	Williams	Rebecca	14.14
9	F	Mercer	M	15.25

#### VRWC U9 1km Walk

1	M	McDade	C	6.26
2	M	Radney	M	6.40
3	F	Arcadi	Anita	8.33

17 Apr 1993

VRWC Club Races, Albert Park

VRWC Open 10km Walk

1	M	Copeland	Paul	44.45
2	M	Thomas	Mark	46.32
3	M	McGrath	Dominic	47.04
4	M	Blackwood	Mark	47.29
5	F	Vanstan	Carolyn	48.15
6	M	Bourke	Steven	48.46
7	M	Feain	Gerard	51.34
8	M	Kuppler	Manfred	54.06
9	M	Goller	Jeff	54.29
10	M	Vysma	Peter	55.55
11	M	Feain	Phillip	56.06
12	F	Nichols	Michelle	56.10
13	M	Cooper	Stuart	59.09
14	F	Davison	Natalie	61.34
15	M	Harley	Vic	71.27

#### VRWC Open 5km Walk

1	M	Werner	Jamie	23.45
2	F	Woloweic	Simone	23.46
3	?	Nolan	P	25.48
4	F	Woodward	Kathy	26.21
5	F	Doherty	J	26.45
6	F	Charman	Tiffany	27.21
7	F	Kuppler	Simone	28.31
8	F	Osborne	Lee	29.39
9	F	Rosengrave	Tracey	29.01
10	F	Kozaris	Lisa	29.56
11	?	Doherty	R	30.16
12	F	DeGraaf	Michelle	30.22
13	F	Hay	Simone	31.22
14	F	Newman	Betty	31.42
15	M	Daintry	Tom	31.42
16	M	Tendelli	Gino	32.19
17	F	Hansen	Sarah	32.38
18	F	Deakes	Naomi	33.20
19	M	Mercer	Daniel	34.42
20	F	Hay	Eileen	34.50
21	M	Field	Ralph	35.15
22	M	Short	Jim	35.15

#### VRWC U12 2km

1	M	Blair	Matthew	12.23
2	M	Harvey	Richard	12.26
3	M	Trapalis	Nicholas	12.33
4	M	Radney	M	12.48
5	M	Harvey	Robert	12.51

#### VRWC U9 1km Walk

1	M	Marshall	A	6.14
2	M	Kozaris	Richard	7.24

25 Apr 1993

#### Victorian Road Walk championship, Knox

#### Open Mens 30km Road Walk Championship

1	M	Copeland	Paul	2.20.30	Box Hill
2	M	Wojcik	Daruis	2.22.40	ESS-EMH
3	M	McGrath	Dominic	2.28.20	Glenhuntley
4	M	Thomas	Mark	2.36.58	Werribee
5	M	Lowden	Kevin	2.28.20	Ringwood

M	Bertei	Frank	DNF Ringwood
M	Knox	Duncan	DNF ESS-EMH

#### **Under 20 Mens 10km Road Walk Championship**

1	M	Cousins	Duane	46.12 Bendigo YMCA
2	M	Coleman	Mark	46.37 Bellarine

#### **Under 20 Womens 10km Road Walk Championship**

1	F	Woloweic	Simone	48.23 Knox Sherbrooke
2	F	Davison	Natalie	55.34 St Josephs

#### **Under 18 Mens 8km Road Walk Championship**

1	M	Russell	Dion	35.02.15 ESS-EMH
2	M	Blackwood	Mark	37.10.71 Ringwood
3	M	Werner	Jamie	39.02.00 Corio
4	M	Styles	David	42.48.85 South Bendigo
5	M	Davison	Jason	43.08.56 St Josephs

#### **Under 18 Womens 8km Road Walk Championship**

1	F	Coleman	Christy	46.46.90
2	F	Cousins	Angela	48.08
3	F	Hay	Simone	50.42

#### **Under 16 Mens 4km Road Walk Championship**

1	M	Cornell	Ryan Kane	21.11 South Bendigo
2	M	McDonald	Lachlan	23.34 Warragul

#### **Under 16 Womens 4km Road Walk Championship**

1	F	Kuppler	Simone	20.12 Ringwood
2	F	Rosengrave	Tracey	21.51 Knox Sherbrooke
3	F	Thomson	Simone	25.07 Knox Sherbrooke

#### **Under 14 Mens 3km Road Walk Championship**

1	M	Connor	Anthony	16.37 Diamond Valley
2	M	Blair	Matthew	17.03 Geelong Guild
3	M	Mercer	Daniel	19.44 Sandringham

#### **Under 14 Womens 3km Road Walk Championship**

1	F	Arcadi	Vanessa	15.38.4
2	F	Kozaris	Lisa	15.55
3	F	Wapshott	Kelly	17.50
4	F	Marshall	K	18.07
5	F	Deakes	Naomi	18.39

#### **VRWC Open 5km Walk**

1	M	Bourke	Steven	21.54
2	F	Nicholls	Michelle	25.45
3	M	Eames	Jason	27.40
4	M	Cooper	Stuart	27.49
5	F	Geisler	Sandra	29.43
6	F	Arcadi	Franca	30.19
7	M	Tendelli	Gino	30.31
8	F	Moxham	R	31.13
9	F	Hay	Eileen	35.44

#### **VRWC U12 2km Walk**

1	F	McDade	K	11.32
2	M	Trapalis	Nicholas	12.18
3	M	McDade	C	13.05

4 F McDonald Kenna 13.43

1 May 1993

Essendon Championship and Handicap Races, Maribyrnong River, Maribyrnong

Open / U20 10km Walk

H'Cap Place

1	M	Copeland	Paul	44.59	4.21	12	
2	M	Thomas	Mark	45.15	4.51	10	
3	M	Wojcik	Darius	45.40	4.50	13	
4	M	Sawall	Willie	48.04	6.14	16	
5	M	Cash	David	51.29	11.12	9	
6	M	Johnson	Tony	51.40	12.49	2	
7	M	Feain	Gerard	52.14	12.23	5	
8	M	Dudon	Bruce	52.42	13.48	3	
9	M	Kuppler	Manfred	53.20	13.42	4	
10	M	Dwyer	Marcus	53.34	13.04	11	Under 20
11	M	Dickinson	Murray	53.49	12.42	15	
12	M	Vysma	Peter	54.54	13.51	14	
13	M	Barrett	Anthony	55.21	no recorded time		
14	M	Bodey	Michael	55.32	13.05	17	
15	M	Feain	Phillip	55.36	15.25	7	
16	M	Maslin	Brian	57.23	17.09	8	
17	M	Werner	Jamie	57.48	7.52	6	Under 20
18	M	Cooper	Stuart	57.49	19.09	1	
	M	Hallo	J	Abs	Unfinancial		
	M	Barrow	Geoff	Abs			
1	F	Vanston	Carolyn	49.50	8.46	2	
2	F	Woodward	Kathy	55.12	14.18	1	

VRWC Open 5km Walk

H'Cap Place

1	M	Blair	Matthew	27.05	7.08	1	Under 15
2	M	Eames	Jason	28.39	8.15	2	Under 20
3	M	Dwyer	Robert	29.54	8.39	3	Open
	M	Martin	Gavin	Abs			
1	F	Davison	Natalie	25.30	No recorded time		Under 20
2	F	Kuppler	Simone	27.09	7.40	2	Under 15
3	F	Charman	Tiffany	27.18	8.14	1	Under 15
4	F	Doherty	J	27.48	6.44	8	Open
5	F	May	Win	29.19	9.03	6	Open
6	F	Hay	Simone	31.19	11.13	5	Under 20
7	F	Arcadi	Franca	31.30	11.27	4	Open
8	F	Hay	Eileen	35.51	14.56	7	Open
9	F	Eames	Kellie	38.27	18.44	3	Under 15
	F	Jones	A	Abs			Open
	F	Hansen	Sarah	Abs			Under 15

VRWC U12 2km Walk

H'Cap Place

1	M	Blair	Matthew	12.20	3.23	1	
2	M	Trapalis	Nicholas	12.25	3.17	2	
3	M	Sawall	Aaron	12.25	No recorded time		
1	F	Blair	Emily	12.58	No recorded time		

VRWC U9 1km Walk

H'Cap Place

1	F	Tarticchio	Maria	7.54	2.31	2	
2	F	Arcadi	Anita	8.52	3.52	1	

8 May 1993

VRWC Club Races, Albert Park

**VWC Open 12km Walk**

1	M	Donahoo	Mark	52.58
2	M	Thomas	Mark	53.11
3	M	Blackwood	Mark	55.02
4	M	Kennedy	Paul	55.05
5	M	Sawall	Willie	55.28
6	M	Bourke	Steven	55.47
7	M	McGrath	Dominic	56.02
8	M	Vysma	Peter	61.55
9	M	Feain	Gerard	61.56
10	M	Bodey	Michael	62.34
11	M	Dickinson	Murray	62.37
12	M	Dwyer	Robert	63.11
13	F	McDonald	Heather	63.29
14	M	Kuppler	Manfred	63.48
15	F	Woodward	Kathy	63.58
16	M	Knox	Duncan	65.23
17	M	Feain	Phillip	65.31
18	M	Martin	C	67.27
19	F	Davison	Natalie	70.17
20	M	Eames	Jason	70.35

**VRWC Open 6km Walk**

1	M	Werner	Jamie	29.10
2	M	Johnson	Tony	30.07
3	M	Barrett	Anthony	30.38
4	F	Nicholls	Michelle	31.32
5	F	Doherty	J	32.07
6	F	Kuppler	Simone	32.52
7	F	Kelly	Celia	33.00
8	F	Coleman	Christy	33.08
9	F	Harris	Troy	33.46
10	M	McDonald	Lachlan	34.25
11	F	Rosengrave	Tracey	34.38
12	M	Barrow	Geoff	36.00
13	F	May	Win	36.26
14	F	Arcadi	Franca	36.26
15	?	Doherty	R	36.51
16	?	Thompson	J	36.54
17	M	Tendelli	Gino	37.25
18	M	Daintry	Tom	37.28
19	F	Moxham	R	38.36
20	F	King	Natalie	41.00
21	F	Hay	Eileen	41.06
22	M	Short	Jim	41.48

**VRWC U12 3km Walk**

1	M	Connor	Anthony	16.33
2	M	Blair	Matthew	16.53
3	F	Moxham	K	18.20
4	M	Trapalis	Nicholas	18.28
5	F	McDonald	Kenna	20.01
6	M	Harvey	R	20.33
7	M	Sawall	Aaron	20.38

**VRWC U9 1.5km Walk**

1	?	Moxham	S	10.45
2	F	Tarticchio	Maria	12.13

3	F	Arcadi	Anita	12.36
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**16 May 1993 VRWC Club Championships, Albert Park**

**VRWC 35km Open Championship Men**

1	M	Wojcik	Daruis	164.54	2h44m54s
2	M	Donahoo	Mark	179.30	2h59m30s
3	M	Lowden	Kevin	185.01	3h05m01s
4	M	Thomas	Mark	186.45	3h06m45s
5	M	Feain	Gerard	201.55	3h21m55s
6	M	Summers	Harry	215.57	3h35m57s

**VRWC 15km Club Championship Women**

1	F	Vanston	Carolyn	73.08	1h13m08s
2	F	Muldoon	Wendy	74.06	1h14m06s
3	F	Woodward	Kathy	81.44	1h21m44s
4	F	Nicholls	Michelle	82.21	1h22m21s

**VRWC U20 15km Club Championship**

1	F	Woloweic	Simone	74.09	1h14m.09s
1	M	Blackwood	Mark	72.52	1h12m52s
2	M	Coleman	Mark	76.55	1h16m55s
3	F	Harris	Troy	85.19	1h25m19s

**VRWC Open 15km Walk**

1	M	Bourke	Steven	100.25	1h40m25s
2	M	Walters	Ken	119.02	1h59m02s

**VRWC Open 20km Walk**

1	M	Kuppler	Manfred	80.44	1h20m44s
2	M	Sharp	Ross	83.19	1h23m19s

**VRWC Open 10km Walk**

1	M	Maslin	Brian	56.46
2	F	Osborne	Lee	60.23
3	F	Jardine	G	64.46
4	M	Daintry	Tom	68.31

**VRWC Open 5km Walk**

1	M	Werner	Jamie	23.35
2	M	Johnson	Tony	25.10
3	F	DeGraaf	Michelle	26.12
4	F	Coleman	Christy	26.52
5	F	Kelly	Celia	27.02
6	F	McDonald	Heather	28.16
7	F	May	Win	29.04
8	M	McDonald	Lachlan	29.22
9	F	Williams	Lisa	29.23
10	F	Stanway	Marlene	29.25
11	?	Hutman	B	30.12
12	F	Williams	Jackie	30.43
13	F	Gorman	Margaret	31.04
14	F	Hay	Simone	31.56
15	F	Farrell	Judy	32.16
16	F	Newman	Betty	32.22
17	F	King	Natalie	33.33
18	F	Hay	Eileen	34.29
19	F	Jones	Jan	41.57



**VRWC U16 5km Club Championship**

1	F	Kuppler	Simone	26.18
2	F	Rosengrave	Tracey	27.25
3	F	Geisler	Sandra	27.36
4	F	Hansen	Sarah	30.36

**VRWC U14 5km Club Championship**

1	F	Moxham	R	30.43
2	F	Deakes	Naomi	30.55

**VRWC U13 5km Club Championship**

1	F	Moxham	K	29.58
2	F	McDade	K	30.06
3	F	Thomson	C	33.59
1	M	Connor	Anthony	27.51
2	M	Blair	Matthew	28.02

**VRWC U12 2km Club Championship**

1	M	Mercer	Daniel	10.48
2	M	McDade	C	10.50
3	M	Trapalis	Nicholas	11.16
4	M	Harvey	Robert	11.41
5	M	Harvey	Richard	11.42
1	F	Blair	Emily	11.50
2	F	Jardine	Emma	12.22
3	F	Keall	Chantell	13.56
4	F	McDonald	Kenna	16.50

**VRWC U9 1km Club Championship**

1	M	Keall	Haydn	5.49
2	M	Radney	M	6.36
1	F	Tarticchio	Maria	7.08

22 May 1993

**VRWC Club Races, Albert Park****VRWC Open 10km Handicap Walk**

1	M	Thomas	Mark	71.37
2	M	Bourke	Steven	69.58
3	M	Wojcik	Daruis	73.32
4	M	Kennedy	Paul	72.31
5	M	Lockwood	Chris	75.43
6	M	Bodey	Michael	67.54
7	M	Johnson	Tony	71.06
8	M	Vysma	Peter	69.24
9	M	Dwyer	Marcus	70.48
10	M	Kuppler	Manfred	71.17
11	M	Gardiner	Robert	72.48
12	M	Feain	Phillip	70.55
13	M	Cooper	Stuart	70.23
14	M	Summers	Harry	73.48
15	M	Eames	Jason	71.57
16	M	Barrow	Geoff	74.21
17	M	Blackwood	Mark	0
18	M	Donahoo	Mark	0

1	F	Davison	Natalie	69.42
2	F	Woodward	Kathy	72.48

#### VRWC Open 5km Handicap Walk

1	M	Barrett	Anthony	35.49
2	M	Dwyer	Robert	37.05
3	M	Davison	Jason	38.47
4	M	Summers	Harry	38.10
5	M	McDonald	Lachlan	36.27
6	M	Tendelli	Gino	37.14
7	M	Field	Ralph	37.50
8	M	Blair	Matthew	0.00
9	M	Martin	Gavin	0.00

1	F	Woloweic	Simone	38.33
2	F	Waters	Yvonne	37.16
3	F	McDonald	Heather	38.00
4	F	Nicholls	Michelle	37.31
5	F	Kelly	Celia	36.27
6	F	Rosengrave	Tracey	37.56
7	F	Kuppler	Simone	40.39
8	F	Arcadi	Franca	36.53
9	F	Gorman	Margaret	37.00
10	F	Hay	Simone	37.16
11	F	May	Win	39.32
12	F	Hansen	Sarah	37.41
13	F	Hay	Eileen	37.17
14	F	Eames	Kellie	36.28
	F	Jones	Jan	0.00

#### VRWC U12 2km Handicap Walk

1	M	Blair	Matthew	11.17
2	M	Trapalis	Nicholas	11.20
1	F	Arcadi	Vanessa	11.13
2	F	McDonald	Kenna	14.49
3	F	Tarticchio	Maria	15.19

#### VRWC U9 1km Handicap Walk

1	F	Williams	Rebecca	6.14
2	F	Arcadi	Anita	8.12

30 May 1993

#### Victorian Country Championships, Lake Neangar, Eaglehawk

##### AV Country Open 10km

1	M	Cousins	Duane	45.51
2	M	Sawall	Willie	46.31
3	M	Nunn	Paul	51.49
4	M	Coleman	Mark	51.59
1	F	McDonald	Heather	53.53
2	M	DeGraff	Michelle	57.40

##### VRWC Open 10km & 15km Races

10km	M	Russell	Graham	56.21
15km	M	Feain	Gerard	1h27m50s

#### Victorian 15km Open Championships

1	M	Russell	Dion	1h05m58s
2	F	Harvey	Michael	1h06m22s
3	M	Donahoo	Mark	1h06m26s
4	M	Thomas	Mark	1h06m27s
5	M	Wojcik	Daruis	1h08m37s
6	M	McGrath	Dominic	1h09m08s
7	M	Burke	Steven	1h11m57s
8	M	Bertei	Frank	1h12m45s
9	M	Knox	Duncan	1h13m08s
10	M	Cousins	Duane	1h19m52s
11	M	Sharpe	Ross	1h21m26s
12	M	Dudon	Bruce	1h23m55s

1	F	Muldoon	Wendy	1h13m02s
2	F	Vanston	Carolyn	1h14m14s
3	F	Waters	Yvonne	1h22m12s
4	F	McDonald	Heather	1h22m57s
5	F	Nichols	Michelle	1h24m50s

#### Victorian Country U20 Men 10km

1	M	Cousins	Duane	25.38
2	M	Coleman	Mark	29.42

#### Victorian Country U20 Women 5km

1	F	Davison	Natalie	24.45
2	F	Cousins	Angela	29.41

#### Victorian Country U18 Men 5km

1	M	Styles	David	25.26
2	M	Davison	Jason	27.05

#### Victorian Country U16 Men 3km

1	M	Cornell	Ryan Kane	16.19
2	M	McDonald	Lachlan	17.47

#### Victorian Country U14 Women 3km

1	F	Hansen	Sarah	18.50
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#### Victorian Country U14 Men 3km

1	M	Blair	Matthew	17.04
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5 June 1993

#### VRWC Club Handicap Walks, Albert Park

##### VRWC 12km Open/U20 Handicap Walks

					H'cap	Place
1	M	Blackwood	Mark	54.16	5	Under 20
2	M	Wojcik	Daruis	55.51		Open
3	M	Sawall	Willie	56.47		Open
4	M	Lockwood	Chris	57.16	4	Open
5	M	Knox	Duncan	58.32	1	Open
6	M	Dwyer	Marcus	61.29	3	Under 20
7	M	Johnson	Tony	61.44		Open
8	M	Kuppler	Manfred	62.00	2	Open
9	M	Gardiner	Robert	62.44		Open
10	M	Feain	Phillip	65.36		Open
11	M	Cooper	Stuart	68.34		Open
	M	Summers	Harry	Abs		Open
	M	Dickinson	Murray	Abs		Open
	M	Barrow	Geoff	Abs		Open

	M	Maslin	Brian	Abs		Open
	M	Daintry	Tom	Abs		Open
1	F	Woloweic	Simone	58.33	2	Under 20
2	F	Davison	D	65.03	3	Under 20
3	F	Woodward	Kathy	65.18	4	Open
4	F	Jardine	G	74.28	1	Open
	F	Waters	Yvonne	Abs	1	Open

#### VRWC 4km Open Handicap Walks

#### H'cap Place

1	M	Coleman	Mark	17.58	2	Under 20
2	M	Barrett	Anthony	19.22	3	Open
3	M	Paton	George	21.09		Open
4	M	McDonald	Lachlan	22.26	1	Under 15
5	M	Dwyer	Robert	22.37		Open
6	M	Williams	Geoff	26.27		Open
7	M	Field	Ralph	27.08	4	Open
8	M	Short	Jim	27.08	4	Open
	M	Blair	Matthew	Abs		Under 15

1	F	McDonald	Heather	20.08		Open
2	F	Scott	Melissa	20.37	2	Under 20
3	F	Coleman	Christy	20.57	3	Under 20
4	F	Geisler	Sandra	21.31	4	Under 15
5	F	Kelly	Celia	21.35		Open
6	F	Rosengrave	Tracey	21.44		Under 20
7	F	Kuppler	Simone	23.08		Under 15
8	F	Arcadi	Franca	23.38		Open
9	F	Ford	J	23.50		Open
10	F	Thompson	S	24.02	5	Open
11	F	Hay	Simone	24.24		Under 20
12	F	Newman	Betty	25.59		Open
13	F	Hay	Eileen	27.13		Open
14	F	Hansen	B	27.14		Under 15
15	F	Deakes	Naomi	27.14		Under 15
16	F	Jones	Jan	28.23	1	Open
17	F	Eames	Kellie	31.29		Under 15

#### VRWC U12 2km Handicap Walks

#### H'cap Place

1	M	Blair	Matthew	11.21	1
2	M	Trapalis	Nicholas	11.25	2
3	M	Harvey	Richard	11.52	4
4	M	Harvey	Robert	11.59	3
1	F	Arcadi	Vanessa	11.01	2
2	F	McDonald	Kenna	15.18	3
3	F	Tarticchio	Maria	15.25	1

#### VRWC U9 1km Handicap Walks

#### H'cap Place

1	F	Arcadi	Anita	8.32	1
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### 13 June 1993 Lake Burley Griffin Race Walking Carnival

[Complete list of results](#)

on the Racewalking Australia web site

### 19 June 1993 Athletics Victoria Championships, Hagenauers Reserve, Box Hill

#### AV 10,000m Open Men

1	M	Copeland	Paul	42m16.33s	Box Hill
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2	M	Russell	Dion	42m35.24s	ESS EMH	U19 Victorian Record
3	M	Thomas	Mark	43.35	ESS EMH	
4	M	Blackwood	Mark	44.05	Ringwood	
5	M	Cousins	Duane	44.43	Bendigo YMCA	
6	M	McGrath	Dominic	45.52	Glenhuntly	
7	M	Coleman	Mark	46.07	Bellarine	
8	M	Knox	Duncan	46.46	ESS EMH	
9	M	Sawall	Willie	46.57	Ballarat	
10	M	Lockwood	Chris	47.36	Sandringham	
11	M	Dwyer	Marcus	51.01	Ivanhoe	
12	M	Gardiner	Robert	51.07	Collingwood	
13	M	Dudon	Bruce	51.55	ESS EMH	
14	M	Sharpe	Ross	54.25	Collingwood	
15	M	Barrow	Geoff	58.37	Sandringham	
	M	Donahoo	Mark	DNF	Collingwood	
	M	Wojcik	Daruis	DQ	ESS EMH	
	M	Cash	David	DNS	Sandringham	
	M	Bertei	Frank	DNS	Ringwood	
	M	Burke	Steven	DNS	Old Xaverians	

### VRWC 10,000m Open Handicap Walk

### H'cap Place

1	M	Copeland	Paul	42m16.33s	4	Open
2	M	Russell	Dion	42m35.24s	2	Under 20
3	M	Thomas	Mark	43.35	11	Open
4	M	Blackwood	Mark	44.05	5	Under 20
5	M	Cousins	Duane	44.43	7	Under 20
6	M	McGrath	Dominic	45.52	6	Open
7	M	Coleman	Mark	46.07	10	Under 20
8	M	Knox	Duncan	46.46	1	Open
9	M	Sawall	Willie	46.57	13	Open
10	M	Lockwood	Chris	47.36	8	Open
11	M	Dwyer	Marcus	51.01	11	Under 20
12	M	Gardiner	Robert	51.07	14	Open
13	M	Dudon	Bruce	51.55	9	Open
14	M	Sharpe	Ross	54.25		Open
15	M	Barrow	Geoff	58.37	3	Open
	M	Donahoo	Mark	Retired		Open
	M	Wojcik	Daruis	Disq		Open

### VRWC 5,000m Open Handicap Walk

### H'cap Place

1	M	Jardine	John	24.33		Open
2	M	Johnson	Tony	24.38	2	Open
3	M	Kuppler	Manfred	24.46		Open
4	M	Dickinson	Murray	25.39	5	Open
5	M	Summers	Harry	25.55	4	Open
6	M	Dwyer	Robert	26.19	3	Open
7	M	Eames	Jason	27.46	7	Under 20
8	M	McDonald	Lachlan	28.07	1	Under 15
9	M	Tendelli	Gino	31.46	6	Under 15
1	F	Nichols	Michelle	25.41	4	Open
2	F	McDonald	Heather	25.54	6	Open
3	F	Woodward	Kathy	26.31	7	Open
4	F	Kelly	Celia	27.59	9	Open
5	F	Kuppler	Simone	28.10	14	Under 15
6	F	Osborne	Lee	28.36	11	Open
7	F	Williams	Lisa	28.38	2	Under 20
8	F	Arcadi	Vanessa	28.44		Under 15
9	F	Jardine	G	29.22		Open

10	F	May	Win	29.23	10	Open
11	F	Arcadi	Franca	29.28	3	Open
12	F	Gorman	Margaret	30.47	7	Open
13	F	Ford	J	31.11		Open
14	F	Thomson	C	31.22	1	Under 15
15	F	Hay	Simone	31.41	5	Under 20
16	F	Hay	Eileen	35.21	12	Open
17	F	Eames	Kellie	37.39	13	Under 15
	F	Jones	A	Disq		Open

**VRWC U12 2000m Handicap**

**H'cap Place**

1	M	Harvey	Robert	11.59	1
	M	Harvey	Richard	Disq	
1	F	Arcadi	Vanessa	11.01	1
2	F	Jardine	Emma	13.16	2
3	F	McDonald	Kenna	15.02	3

**VRWC U9 1000m Handicap**

**H'cap Place**

1	F	Arcadi	Anita	9.02	1
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26 June 1993

**VRWC Track Walks, George Knott Reserve, Clifton Hill**

**VRWC 2 Hour Track Walk**

km

1	M	Donahoo	Mark	26.046.48
2	M	Wojcik	Daruis	25.532.43
3	M	Cousins	Duane	25.279.20
4	M	Feain	Gerard	21.651.15
5	M	Feain	Phillip	21.149.95
6	M	Summers	Harry	21.134.35
7	M	Johnson	Tony	21.210.68
	M	Coleman	T	dnf
	M	McGrath	Dominic	dnf
	M	Coller	J	dnf
	M	Dickinson	Murray	dnf
1	F	Muldoon	Wendy	22.806.77

**Records**

M	Cousins	Duane	94m06.17s	20km Australian Under 20 20km Victorian Under 20 20km Victorian Country U20
M	Cousins	Duane	25.279.20	2hr Australian Under 20 2hr Victorian Under 20 2hr Victorian Country U20
M	Cousins	Duane	12.647.88	1hr Victorian Under 20 1hr Victorian Country U20
F	Muldoon	Wendy	99m00.30s	20km Victorian Open 22.806.77 2hr Victorian Open

**VRWC 1 Hour Track Walk**

1	M	Sawall	Willie	12.944.35
2	M	Kennedy	Paul	12.788.50
3	M	Gardiner	Robert	11.648.36
4	M	Kuppler	Manfred	11.596.90
5	M	Sharpe	Ross	10.829.19

6	M	Maslin	Brian	10.560.80
7	M	Dwyer	Robert	10.426.97
8	M	Tendelli	Gino	9.761.03
9	M	Daintry	Tom	8.761.03
	M	Paton	George	dnf
	F	Harris	Troy	dnf
	M	Hannon	J	dnf
	M	Blackwood	Mark	dnf

1	F	Vanstan	Carolyn	12.436.50
2	F	Davison	Natalie	11.222.68
3	F	Woodward	Kathy	11.043.92
4	F	Kelly	Celia	10.282.80
5	F	Bainbridge	C	9.383.00
6	F	Hay	Eileen	8.808.34
	F	Williams	Lisa	dnf
	F	Woloweic	Simone	dnf
	F	Nichols	Michelle	dnf
	F	Gorman	Margaret	dnf
	F	Arcadi	Franca	dnf

### Records

F	Vanstan	Carolyn	12.436.50 1hr Victorian Open
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### VRWC 4000m Track Walk

1	F	Werner	Jamie	18.52
2	F	Kuppler	Simone	21.07
3	F	Coleman	Christy	21.15
4	F	Rosengrave	Tracey	23.00
5	F	May	Win	23.23
6	F	Thomson	Simone	23.33
7	F	Hay	Simone	24.06
8	F	Hansen	Sarah	24.32
9	F	Ford	J	24.43
10	F	Newman	Betty	26.18
	F	Kozaris	Lisa	dnf

### VRWC U12 1500m Walk

1	M	Blair	Matthew	7.46
2	M	Trapalis	Nicholas	8.11

### VRWC U9 1500m Walk

1	M	Kozaris	Richard	5.16
2	F	Tarticchio	Maria	5.28
3	F	Arcadi	Anita	6.16

4 July 1993

### VRWC King of the Mountain Walks, Whittlesea

#### VRWC Open 10km Walk

1	M	Thomas	Mark	48.25
2	M	Donahoo	Mark	53.28
3	F	Muldoon	Wendy	54.12
4	M	Gardiner	Robert	54.36
5	M	Dickinson	Murray	57.54
6	M	Summers	Harry	58.43
7	M	Dwyer	Robert	59.57
8	F	Scott	Melissa	61.26
9	F	Noala	Bannon	65.41

2km M Trapalis Nicholas 13.17 Under 12

**10 July 1993 VRWC Club Races, Albert Park**

**VRWC Open 10km Walks**

1	M	Thomas	Mark	43.07
2	M	McGrath	Dominic	44.46
3	M	Sawall	Willie	45.20
4	M	Knox	Duncan	48.22
5	M	Johnson	Tony	49.50
6	M	Bodey	Michael	50.09
7	M	Kuppler	Manfred	50.12
8	M	Dickinson	Murray	50.15
9	M	Dudon	Bruce	50.52
10	M	Goller	Jeff	51.14
11	M	Prasad	Parmesh	52.14
12	M	Feain	Phillip	52.24
13	M	Feain	Gerard	55.17
14	M	Maslin	Brian	55.45
	M	Bannon	Jim	dns
1	F	Woloweic	Simone	48.23
2	F	Nichols	Michelle	52.16
3	F	Woodward	Kathy	53.06
4	F	Kelly	Celia	55.52
5	F	Williams	Lisa	58.12
6	F	Hay	Eileen	69.53

**VRWC Open 5km Walks**

1	M	Barrett	Anthony	25.05
2	M	Sharpe	Ross	25.36
3	M	Dwyer	Robert	26.27
4	M	McDonald	Lachlan	27.35
5	M	Barrow	Geoff	28.59
6	F	Hay	Simone	31.13
7	M	Daintry	Tom	32.46
8	M	Short	Jim	34.28
9	M	Field	Ralph	34.38
	M	Paton	George	dnf
1	F	Kuppler	Simone	25.25
2	F	McDonald	Heather	25.58
3	F	Kozaris	Lisa	27.36
4	F	Hansen	Sarah	29.10
5	F	May	Win	29.15
6	F	Arcadi	Franca	29.22
7	F	Ford	F	29.38
8	F	Deakes	Naomi	32.15
9	F	King	Natalie	33.10
	F	Thomson	Simone	dnf
	F	Williams	Jackie	dnf
	F	Newman	Betty	dnf
	F	Jones	Jan	disq

**VRWC U12 2km Walk**

1	F	Arcadi	Vanessa	10.35
1	M	Connor	Anthony	10.53
2	M	Blair	Matthew	11.16



3	M	Trapalis	Nicholas	11.19
4	M	Sawall	Aaron	13.12

#### VRWC U9 1km Walk

1	F	Tarticchio	Maria	8.04
1	M	Kozaris	Richard	7.01

11 July 1993

#### Australian Roadwalk Championships, Richmond, NSW

##### Australian 50km Roadwalk Championship

##### NSW State Title

1	F	Harvey	Michael	3h57m20s	
2	M	Wojcik	Daruis	4m01m46s	
3	M	Donahoo	Mark	4h13m48s	
4	M	Ludwig	Andrew	4h39m23s	
5	M	Bennett	Peter	4h43m52s	
6	M	Summers	Harry	4h57m21s	
7	M	Huxley	Rod	4h58m53s	1
8	M	Law	Keith	5h10m11s	2
9	M	Overton	Frank	5h15m37s	3
10	M	Beveridge	Steele	5h30m55s	
11	M	Thompson	Paul	5h36m00s	

**Teams:** 1. Victoria Harvey, Wojcik, Donahoo

##### Australian 20km Open Women Roadwalk Championship NSW State Title

1	F	Manning	Anne	94.27	1
2	F	Jones	S	96.16	
3	F	Barbour	Jane	99.02	
4	F	Vanston	Carolyn	101.41	
5	F	Muldoon	Wendy	102.42	
6	F	Gordon	Wendy	105.13	
7	F	Harding	M	106.57	
8	F	Narbey	S	108.12	
9	F	Rogers	Alana	114.02	
10	F	Robb	M	116.05	2
11	F	McQueeney	M	122.31	3
12	F	Mitchell	N	129.29	
13	F	Crawford	J	133.53	

**Teams:** 1. NSW Manning, Robb, McQueeney

##### Australian 20km U20 Men Roadwalk Championship

1	M	Russell	Dion	89.50
2	M	Cousins	Duane	90.24
3	M	Moore	J	93.13
4	M	Coleman	Mark	94.43
5	M	Bown	Darian	95.21
6	M	Robertson	M	96.51
7	M	Mitchell	A	107.28
8	M	Carter	J	119.10

##### Australian 8km U18 Women Roadwalk Championship NSW State Title

1	F	Webb	Cheryl	39.22	1
2	F	Saville	Natalie	40.46	2
3	F	Crooks	Jenny	40.55	
4	F	York	Simone	41.43	
5	F	Keillah	J	42.03	
6	F	Callum	C	42.11	

7	F	Linning	K	43.59	
8	F	Coleman	Christy	44.58	
9	F	Cousins	Angela	48.18	
10	F	Geyteman	H	48.50	3
11	F	Overton	Lauren	49.40	
12	F	Duggan	Tenille	50.42	

**Teams:** 1. NSW Webb, Saville, Geyteman,  
2. QLD Keillah, Callum, Linning

**Australian 8km U18 Men Roadwalk Championship NSW State Title**

1	M	Miles	D	36.13	
2	M	Collis	Luke	36.40	1
3	M	Adams	Luke	37.08	2
4	M	D'Alton	A	38.18	3
5	M	Ploeg	G	38.26	4
6	M	McEwen	W	38.31	
7	M	O'Mara	D	39.12	5
8	M	Watt	Graham	40.18	
9	M	Jones	A	41.58	
10	M	Pearson	Michael	44.31	6

**Teams:** 1. NSW Collis, Adams, D'Alton, Ploeg

**NSW State Little Athletics Championships - U15 Women 2km**

1	F	Saville	Natalie	8.41.3
2	F	Lawrence	A	9.41.6
3	F	Dark	K	10.22
4	F	Bathe	H	10.51
5	F	Geyteman	Katrina	10.52.2
6	F	Loder	Michelle	11.50
7	F	Mitchell	Simone	12.16

**NSW State Little Athletics Championships - U14 Women 2km**

1	F	Ritchie	D	10.08
2	F	Coombs	L	10.12
3	F	Moffitt	E	10.12
4	F	Lloyd	K	10.32
5	F	Craft	C	10.59
6	F	Holliday	S	11.00
7	F	Clarke	H	11.17
8	F	Sundstrom	Jodie	11.20

**NSW State Little Athletics Championships - U13 Women 1.5km**

1	F	Edwards	Beth	7.12
2	F	Wells	Alisa	7.22
3	F	Farne	K	7.36
4	F	Gillies	B	7.47
5	F	Muller	S	8.00
6	F	Ellias	N	8.47

**NSW State Little Athletics Championships - U12 Women 1.5km**

1	F	Kay	T	7.36
2	F	Butow	K	7.37
3	F	Dwyer	A	7.48
4	F	Nilon	Cath	7.52
5	F	Robinson	N	7.59
6	F	Riakos	M	8.05
7	F	Fava	M	8.11

8	F	Brennan	M	8.14
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**NSW State Little Athletics Championships - U11 Women 1.5km**

1	F	McAskill	Renee	6.40.4	Record
2	F	Reilly	K	7.08	
3	F	Bock	C	7.11	
4	F	Desira	N	7.39	
5	F	Van Tilburg	M	7.56	
6	F	Loder	S	8.19	
7	F	West	R	8.24	
8	F	Coker	M	8.27	

**NSW State Little Athletics Championships - U10 Women 1.2km**

1	F	Harriden	Amy	5.57
2	F	Dodds	R	5.58
3	F	Allsop	C	6.13
4	F	Middlemass	L	6.20

**NSW State Little Athletics Championships - U9 Women 1.2km**

1	F	McIlvenie	Lisa	5.58
2	F	Drennan	K	6.19
3	F	Sherringham	A	6.40
4	F	Slade	K	6.46
5	F	Connolly	K	6.47
6	F	Sewell	P	6.50

**NSW State Little Athletics Championships - U15 Boys 2km**

1	M	Stanton	T	8.47
2	M	Pearson	Michael	9.03
3	M	Hurley	Brendan	9.17
4	M	Burling	Anthony	9.48
5	M	McLucas	I	10.31

**NSW State Little Athletics Championships - U14 Boys 2km**

1	M	James	M	9.20
2	M	McIntyre	M	9.23
3	M	Kurp	C	10.09

**NSW State Little Athletics Championships - U13 Boys 2km**

1	M	Beacroft	D	6.22
2	M	Nappin	Andrew	6.29
3	M	Little-Overton	T	7.09
4	M	Upward	D	7.12
5	M	Collis	B	7.54
6	M	Craft	P	8.18
7	M	Dent	C	8.40
8	M	Byrnes	S	8.47

**NSW State Little Athletics Championships - U12 Boys 1.5km**

1	M	Sundstrom	Troy	7.06
2	M	Clarke	B	7.20
3	M	Haimes	N	7.22
4	M	Weaver	N	7.43
5	M	McMurray	S	7.56
6	M	Roff	T	8.16
7	M	Bernett	R	8.48

**NSW State Little Athletics Championships - U11 Boys 1.5km**

1	M	Beacroft	P	7.18
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2	M	Vellis	D	7.38
3	M	Charsky	B	8.23
4	M	Bold	J	9.05
5	M	Bock	P	9.05
6	M	Kay	T	9.34
7	M	Wilcock	C	11.41

**NSW State Little Athletics Championships - U10 Boys 1.2km**

1	M	Khatab	Omar	5.14
2	M	Upward	T	5.44
3	M	Neist	R	5.49
4	M	Wells	B	5.51
5	M	Basha	F	5.56
6	M	Harpley	A	6.28

**NSW State Little Athletics Championships - U9 Boys 1.2km**

1	M	Appleby	Justin	5.52
2	M	Cross	E	6.15
3	M	Weaver	M	6.22
4	M	O'Dea	S	6.50
5	M	Baldwin	B	6.50
6	M	Van Tilburg	C	7.00
7	M	Harpley	K	7.00.9
8	M	Crawford	K	7.23

18 July 1993

**AV Schools and VRWC Roadwalks, Albert Park**

**VRWC Open 10km Walk**

1	M	Sawall	Willie	45.43
2	M	Thomas	Mark	50.44
3	M	Donahoo	Mark	50.47
4	M	Kuppler	Manfred	51.21
5	M	Dickinson	Murray	51.24
6	M	Feain	Gerard	52.54
7	M	Cousins	Duane	52.58
8	M	Feain	Phillip	54.44
	M	Prasad	Parmesh	abs
	M	Summers	Harry	abs
	M	Johnson	Tony	abs

1	F	Muldoon	Wendy	48.44
2	F	Nichols	Michelle	53.16
3	F	Kelly	Celia	56.40
4	F	Osborne	Lee	62.11

**VRWC Open 5km Walk**

1	M	Barrett	Anthony	24.27
1	F	Davison	Natalie	24.23
2	F	McDonald	Heather	25.14
3	F	Woodward	Kathy	25.59
4	F	May	Win	29.35
5	F	Hay	Simone	31.15
6	F	Ford	J	31.17
7	F	Jones	Jan	34.32
8	F	Hay	Eileen	34.41
	F	Eames	Kellie	Abs
	F	Stanway	Marlene	Abs
	F	King	Natalie	Abs

F Newnham Pam Abs

**AV Schools U19 10km Walk**

1	M	Werner	Jamie	55.04	Bell Park SC
2	M	Eames	Jason	58.15	Craigieburn SC
1	F	Cousins	Angela	61.12	Bendigo SC

**AV Schools U17 5km Walk**

1	M	Blackwood	Mark	22.28.8	Mullauna SC
2	M	Dwyer	Marcus	24.07.8	Eltham SC
3	M	Tendelli	Gino	31.52.0	Thornbury Darebin SC
1	F	Scott	Melissa	26.32.3	Our Lady of Mercy
2	F	Geisler	Sandra	30.55.0	Croydon SC

**AV Schools U15 3km Walk**

1	M	Malcolm	Bradley	15.23.2	Balwyn High
2	M	McDonald	Lachlan	15.55.8	Rosebud High
3	M	Hunter	B	15.58.4	Chandler SC
4	M	Thorne	D	16.03.1	Flinders Park SC
5	M	Blair	Matthew	16.39.0	geelong High
6	M	Leonard	Brian	16.42.0	Brentwood SC
7	M	Trapani	M	17.23.8	Wallarano PS
8	M	Trapalis	Nicholas	17.56.5	Cathedral Colelge
9	M	Trapani	A	18.10.6	Chandler SC
10	M	Geisler	Terry	18.49.4	Croydon SC
	M	Connor	Anthony	dnf	St Helena SC
	M	Mercer	Daniel	dnf	John Paul College
1	F	Kuppler	Simone	15.05.1	parkwood SC
2	F	Wapshott	Kelly	15.44.2	fairhills High
3	F	McDade	K	16.14.3	Avila College
4	F	Kozaris	Lisa	16.25.7	Methodist LC
5	F	Thomson	Simone	16.49.5	Rowville SC
6	F	Wilson	S	16.57.0	St Margarets
7	F	Hansen	Sarah	17.06.7	Grovedale SC
8	F	Bryan	Murray	17.22.4	Kilvington Grammar
9	F	Deakes	Naomi	17.46.7	Newcomb SC
10	F	Moxham	R	18.19.4	Eumemmerring SC
11	F	Williams	Jackie	18.35.4	Cheltenham SC
12	F	Vinken	R	18.41.8	western Heights SC
13	F	Moxham	K	19.10.3	Thomas Mitchell PS

24 July 1993

**VRWC Handicap Races, Albert Park**

**VRWC Open 12km Handicap**

					H'cap	Place
1	M	Donahoo	Mark	53.47	5	Open
2	M	Blackwood	Mark	57.27	10	Under 20
3	M	Wojcik	Daruis	60.01	12	Open
4	M	Dwyer	Marcus	60.07	1	Under 20
5	M	Knox	Duncan	60.38	11	Open
6	M	Dickinson	Murray	61.13	4	Open
7	M	Kuppler	Manfred	61.54	7	Open
8	M	Gardiner	Robert	62.14	8	Open
9	M	Feain	Gerard	62.59	6	Open
10	M	Dudon	Bruce	64.24	9	Open
11	M	Sharpe	Ross	64.59	3	Open

12	M	Summers	Harry	66.02	2	Open
	M	Prasad	Parmesh	Abs		Under 20
	M	Maslin	Brian	Abs		Open
	M	Bodey	Michael	Abs		Open
1	F	Vanstan	Carolyn	60.07	5	Open
2	F	Williams	Lisa	71.52	1	Under 20
	F	Jardine	G	Abs		

#### VRWC Open &U20 4km Handicap

				H'cap Place		
1	M	Barrett	Anthony	19.23	3	Open
2	M	Johnson	Tony	20.17	4	Open
3	M	Eames	Jason	21.19	6	Under 20
4	F	Harris	Troy	21.54	2	Under 20
5	M	McDonald	Lachlan	22.04	1	Under 15
6	M	Tendelli	Gino	24.21	5	Under 15
7=	M	Field	Ralph	28.06	7	Open
7=	M	Short	Jim	28.06	7	Open

1	F	McDonald	Heather	19.58	3	Open
2	F	Scott	Melissa	20.11	1	Under 20
3	F	Woodward	Kathy	20.42	7	Open
4	F	Kuppler	Simone	21.50	13	Under 15
5	F	Kelly	Celia	21.55	8	Open
6	F	Kozaris	Lisa	22.29	10	Under 15
7	F	Osborne	Lee	22.31	11	Open
8	F	May	Win	23.54	12	Open
9	F	Hay	Simone	24.07	6	Under 20
10	F	Arcadi	Franca	24.10	9	Open
11	F	King	Natalie	25.41	2	Open
12	F	Hay	Eileen	27.08	4	Open
13	F	Jones	O	28.05	5	Open
	F	Eames	Kellie	Abs		Under 15

#### VRWC U12 2km Walk

1	M	Blair	Matthew	11.35	1
2	M	Trapalis	Nicholas	12.34	2
1	F	Arcadi	Vanessa	11.04	2
2	F	Jardine	Emma	13.24	3
3	F	McDonald	Kenna	14.13	1

#### VRWC U9 1km Walk

1	M	Kozaris	Richard	6.52	1
1	F	Arcadi	Anita	8.47	1

31 July 1993

#### VRWC Box Hill C'ship, Birrarung Park, Templestowe (lap just short of 1.25km)

Men				10km	5km	3km	1.5km (m/s)
	M	Kozaris	Richard				10.17
	M	Trapalis	Nicholas			18.44	
	M	Dando	M		27.11		
	M	Tendelli	Gino		31.02		
1	M	Ahern	N	38.44			
2	M	Baker	Simon	41.42			
3	M	Donahoo	Mark	43.12			
4	M	McGrath	Dominic	45.23			

5	M	Bertei	Frank	46.59
6	M	Dwyer	Marcus	49.15
7	M	Vysma	Peter	49.26
8	M	Dickinson	Murray	49.29
9	M	Gardiner	Robert	49.51
10	M	Feain	Gerard	50.47
11	M	Thomas	Mark	51.52
12	M	Jardine	John	51.54
13	M	Barrett	Anthony	52.09
14	M	Sharpe	Ross	52.40
15	M	Feain	Phillip	53.26
16	M	Prasad	Parmesh	55.31
17	M	Eames	Jason	56.12
18	M	Maslin	Brian	56.34
	M	Johnson	Tony	Abs

**Women**

				<b>10km</b>	<b>5km</b>	<b>3km</b>	<b>1.5km (m/s)</b>
F	Arcadi	Anita					13.32
F	Arcadi	Vanessa				16.09	
F	Jardine	Emma				20.50	
F	McDonald	Kenna				21.34	
F	Junna-Saxby	Kerry			20.48		
F	Davison	Natalie			24.08		
F	McDonald	Heather			24.49		
F	Woodward	Kathy			25.57		
F	Coleman	Christy			26.35		
F	Kozaris	Lisa			27.13		
F	Kelly	Celia			27.16		
F	Ford	J			29.16		
F	May	Win			29.19		
F	Gorman	Margaret			29.53		
F	Arcadi	Franca			30.04		
F	Hay	Simone			31.10		
F	Hansen	Sarah			32.03		
F	Jones	Jan			34.52		
F	King	Natalie			35.30		
F	Eames	Kellie			38.41		
F	Nichols	Michelle		54.15			
F	Jardine	G		64.48			
F	Hay	Eileen		72.06			

**Partners Result**

				<b>Time (M/s)</b>
M	Ahern	Tendelli		70.16
M	Nichols	Junna-Saxby		75.33
M	Sharpe	Eames		91.21
M	Thomas	Woodward		77.49
M	Barrett	S.Hay		83.19
M	Gardiner	Jones		86.43
M	P.Feain	Coleman		80.01
M	Dickinson	Murray		78.46
M	J.Eames	Dando		83.23
M	Maslin	Kelly		83.50
M	Baker	Kozaris		68.53
M	Bertei	McDonald		71.48
M	J.Jardine	Davison		76.32
M	G.Jardine	Hansen		97.51
M	Johnson	Arcadi		Abs
M	Donahoo	Hansen		75.15

M	McGrath	Arcadi	75.27
M	G.Feain	Tendelli	81.49
M	Dwyer	Davison	73.23
?	Prasad	Kelly	82.47
M	E.Hay	Ford	101.22
M	Vysma	King	84.56
M	G.Jardine	Gorman	75.41

1st report: 30secs  
 2nd report: 60secs  
 3rd report: 120secs

1 Aug 1993

**Australian Schools Roadwalk Championships, Perth**

**Australian Schools Men U19 10km Roadwalk**

1	M	Watt	Graham	53.46	WA
2	M	Bone	Chris	55.08	WA
3	M	Duffield	Robert	56.24	WA
4	M	Little-Overton	T	62.09	NSW
5	M	Pearson	Michael	64.51	NSW
6	M	Burling	Anthony	66.48	NSW

**Australian Schools Men U17 5km Roadwalk**

1	M	Bone	Christian	23.35	WA
2	M	Groves	Matthew	23.40	TAS
3	M	Styles	David	24.01	VIC
4	M	Pearson	Michael	25.15	NSW
5	M	Hurley	Brendan	25.37	NSW
6	M	Burling	Anthony	27.50	NSW
7	M	Healy	S	28.58	WA
8	M	Bone	Robert		WA

**Australian Schools Men U15 3km Roadwalk**

1	M	Sundstrom	Troy	14.21	NSW
2	M	Murtha	Ryan	14.29	WA
3	M	Parmar	Stewart	14.31	QLD
4	M	Mitchell	Ben	14.32	QLD
5	M	Schmidberger	Dan	15.16	WA
6	M	McDonald	Lachlan	15.38	VIC
7	M	Dack	Steve	15.50	WA
8	M	Dack	Nick	16.38	WA
9	M	Little-Overton	T	17.07	NSW
10	M	Bone	Rob		

**Australian Schools Women U19 10km Roadwalk**

1	F	Cousins	Angela	61.02	VIC
2	F	Geyteman	Katrina	64.04	NSW
3	F	Overton	Lauren	67.39	NSW
4	F	Wells	Alisa	70.34	NSW
5	F	Little	C	75.09	NSW

**Australian Schools Women U17 5km Roadwalk**

1	F	O'Brien	Maureen	26.25	WA
2	F	Lock	Amanda	26.58	WA
3	F	Tilt	Corrine	27.38	NSW
4	F	Cattermole	Sara	27.53	WA
5	F	Overton	Lauren	28.51	NSW
6	F	Loder	Michelle	28.54	NSW



7	F	Geyteman	Katrina	29.07	NSW
8	F	Duggan	Tenille	29.45	
9	F	Hendry	Marilyn	29.54	QLD
10	F	Gallon	Amanda	30.17	

#### Australian Schools Women U15 3km Roadwalk

1	F	Kuppler	Simone	15.07	VIC
2	F	Scott	Carie	15.13	WA
3	F	McCarley	Kate	15.22	WA
4	F	Edwards	Beth	15.42	NSW
5	F	Scriggins	Kellie	15.52	QLD
6	F	Gurney	Kellie	15.53	WA
7	F	Montague	Amanda	16.04	QLD
8	F	Irwin	Sam	16.10	WA
9	F	Holloway	Tanya	16.24	WA
10	F	Chircop	Kristie	16.26	WA

8 Aug 1993

#### Victorian Roadwalking Championships, Fishermans Bend, Melbourn

Weather was partly overcast, with a strong northerly wind and cool conditions.

#### Victorian Championship - 20km Open Men and Women

1	M	Copeland	Paul	89.38.9	Box Hill
2	M	Donahoo	Mark	89.43.2	Collingwood
3	M	Thomas	Mark	92.47.9	ESS-EMH
4	M	Cousins	Duane	93.37	Bendigo YMCA
5	M	McGrath	Dominic	96.35	Glenhuntley
6	M	Knox	Duncan	103.00	ESS-EMH
7	M	Gardiner	Robert	104.15	Collingwood
8	M	Prasad	Parmesh	110.07	FIJI
9	M	Dudon	Bruce	111.05	ESS-EMH
10	M	Sharpe	Ross	112.57	Collingwood
11	M	Wojcik	Daruis	dns	ESS-EMH
12	M	Bertei	Frank	dns	Ringwood
13	M	Sawall	Willie	dns	Ballarat
14	M	Bourke	Steven	dns	Old Xaverians
15	M	Coleman	Mark	dns	Bellarine
16	M	Kennedy	Paul	dns	MUAC

#### Teams:

1. ESS-EMH
2. Collingwood

1	F	Vanstan	Carolyn	48.25.5	Collingwood
2	F	Muldoon	Wendy	48.58.9	Knox Sherbrooke
3	F	Woloweic	Simone	49.56.7	Knox Sherbrooke
4	F	Nichols	Michelle	55.36.6	Nunawading

#### VRWC 6km Open Walk

1	M	Blackwood	Mark	26.37	
2	M	McDonald	Anthony	30.13	
3	M	Feain	Gerard	30.25	
4	M	McDonald	Lachlan	33.41	
5	M	Feain	Phillip	33.51	
1	F	Scott	Melissa	31.58	
2	F	Arcadi	Vanessa	32.23	
3	F	Kozaris	Lisa	34.43	
4	F	Rosengrave	Tracey	35.50	
5	F	Thomson	Simone	36.44	
6	F	Arcadi	Franca	36.47	

7	F	Hay	Simone	39.00
	F	Hay	Eileen	Abs

#### VRWC U12 2km Walk

1	M	Blair	Matthew	11.04
2	M	Trapalis	Nicholas	11.12
3	M	Harvey	Richard	12.03
4	M	Harvey	Robert	12.09
1	F	Blair	Emily	13.38

#### Victorian Veteran Racewalking Championships, Fishermans Bend, Melbourne

##### Victorian Veterans 20km Roadwalk - Men

1	M	Dickinson	Murray	103.50	54	M50
2	M	Johnson	Tony	111.52	53	M50
1	M	Summers	Harry	118.21	58	M55
1	M	Silcock	Colin	140.50	60	M60

##### Victorian Veterans 10km Roadwalk - Men

1	M	Kuppler	Manfred	51.42	54	M50
1	M	Major	Geoff	60.17	57	M55
1	M	Harley	Vic	65.45	67	M65
1	M	Hogarty	George	65.46	70	M70
1	M	Field	Ralph	71.12	79	M75
1	M	Daintry	Tom	68.30	82	M80

##### Victorian Veterans 10km Roadwalk - Women

1	F	McDonald	Heather	51.43	43	W40
2	F	Woodward	Kathy	54.04	44	W40
3	F	Jones	Jan	70.36	42	W40
1	F	Kelly	Celia	57.11	45	W45
2	F	Sodoli	Karin	66.55	46	W45
1	F	Osborne	Lee	58.26	50	W50
2	F	May	Win	61.42	51	W50
3	F	Gorman	Margaret	62.53	52	W50
4	F	King	Natalie	71.25	51	W50
1	F	Stanway	Marlene	64.29	55	W55
1	F	Leb	Tina	66.11	60	W60

14 Aug 1993

#### VRWC Handicap Races, Albert Park

Weather: overcast

##### VRWC Open / U20 10km Handicap

				H'cap Place		
1	M	Thomas	Mark	43.34	5	Open
2	M	Blackwood	Mark	43.42	3	Under 20
3	M	Vysma	Peter	49.01	2	Open
4	M	Dickinson	Murray	49.36	4	Open
5	M	Feain	Gerard	50.10	1	Open
6	M	Gardiner	Robert	50.55	6	Open
7	M	Feain	Phillip	55.49	8	Open
8	M	Barrow	Geoff	61.33	7	Open
	M	Maslin	Brian	Abs		Open
1	F	Woodward	Kathy	53.59	1	
2	F	Gorman	Margaret	61.42		

##### VRWC Open/U20/U15 5km Handicap

				H'cap Place		
1	M	Barrett	Anthony	24.06	1	Open
2	M	Johnson	Tony	24.56	2	Open

3	M	Sharpe	Ross	26.08	3	Open
4	M	Eames	Jason	26.47	6	Under 20
5	M	Tendelli	Gino	31.36	7	Under 15
6=	M	Field	Ralph	34.43	4=	Open
6=	M	Short	Jim	34.43	4=	Open
1	F	Woloweic	Simone	23.30	3	Under 20
2	F	McDonald	Heather	25.16	6	Open
3	F	Nichols	Michelle	27.11	12	Open
4	F	Coleman	Christy	27.21	10	Under 20
5	F	Kelly	Celia	27.24	7	Open
6	F	Kozaris	Lisa	27.29	4	Under 15
7	F	Osborne	Lee	27.41	5	Open
8	F	Williams	Lisa	27.58	2	Open
9	F	Thompson	S	28.42	1	Under 15
10	F	May	Win	28.54	8=	Open
11	F	Arcadi	Franca	30.21	11	Open
12	F	Kozaris	Susan	33.37	8=	Under 15
13	F	Jones	D	disq		Open
14	F	Eames	Kellie	Abs		Under 15

#### VRWC 2km U12 Handicap

1	F	Arcadi	Vanessa	11.04	1
1	M	Trapalis	Nicholas	12.24	1

#### VRWC 1km U9 Handicap

1	F	Arcadi	Anita	8.26	1
1	M	Kozaris	Richard	7.09	1

21 Aug 1993

#### VRWC Club Races, Albert Park

##### VRWC Open 12km Walk

1	M	Waters	Ian	53.24
2	M	Thomas	Mark	57.55
3	M	McGrath	Dominic	58.43
4	M	Donahoo	Mark	59.07
5	M	Feain	Gerard	62.55
	M	Johnson	Tony	Abs
	M	Prasad	Parmesh	Abs
	M	Maslin	Brian	Abs
1	F	Vanstan	Carolyn	59.56
2	F	McDonald	Heather	61.23
3	F	Woodward	Kathy	66.25
	F	Gorman	Margaret	Abs
	F	May	Win	Abs
	F	Osborne	Lee	Abs
	F	Celia	Kelly	Abs

##### VRWC Open 6km Walk

1	M	Kuppler	Manfred	30.43
2	M	Eames	jason	33.39
3	M	Barrow	Geoff	37.18
4	M	Tendelli	Gino	39.29
5	M	Short	Jim	42.42
	M	Trapalis	Nicholas	Abs
	M	Field	Ralph	Abs

1	F	Coleman	Christy	33.50
2	F	Hay	Simone	37.59
3	F	Hansen	Sarah	40.46
4	F	Hay	Eileen	41.50
5	F	Eames	Kellie	47.51
	F	Marsh	Lisa	Abs
	F	Jones	Jan	Disq

29 Aug 1993

**Athletics Australia and AFORWC Championships, Canberra**

**AA/AFORWC Open Men 20km**

**Vets Title**

1	M	Copeland	Paul	90.35	VIC	
2	M	Donahoo	Mark	92.03	VIC	
3	M	McGrath	Dominic	93.08	VIC	
4	M	Cousins	Duane	93.16	VIC	
5	M	Ludwig	Andrew	94.51	QLD	
6	M	Little	Gary	94.52	NZ	1
7	M	Pearson	Shane	94.52	QLD	
8	M	Jones	Gary	96.33	NZ	
9	M	Dossetor	Mark	97.12	ACT	
10	M	Knox	Duncan	98.00	VIC	2
11	M	Lowden	Kevin	99.12	PP	
12	M	Leydon	John	100.59	NSW	
13	M	Bertei	Frank	101.00	VIC	
14	M	Bennett	Peter	101.13	QLD	
15	M	Knox	Keith	101.45	NSW	
16	M	Stenhouse	John	104.42	ACT	3
17	M	Law	Keith	109.25	NSW	
18	M	Whyte	Robin	111.40	ACT	
19	M	Chapman	Brian	115.18	ACT	
20	M	Thomson	Paul	117.54	NSW	
21	M	Overton	Frank	119.57		
22	M	Maybir	Caleb	121.05	QLD	
23	M	Hall	Robin	121.39		
24	M	White	B	121.40		
25	M	Geyteman	H	124.19	NSW	

<b>Teams</b>	1. Victoria	Copeland, Donahoo, McGrath, Cousins
	2. Queensland	Ludwig, Pearson, Bennett, Maybir
	3. ACT	Dossetor, Stenhouse, Whyte, Chapman

**AA/AFORWC Open Women 10km**

**Vets Title**

1	F	Billington	Jennie	46.06	QLD	
2	F	Letherby	Therese	46.41	QLD	
3	F	Manning	Anne	46.57	NSW	
4	F	Vanston	Carolyn	48.32	VIC	
5	F	Coffee	N	48.49	NSW	
6	F	Barbour	Jane	48.57	SA	
7	F	Webb	Cheryl	49.25	NSW	
8	F	Saville	Jane	49.36	NSW	
9	F	Muldoon	Wendy	49.36	VIC	
10	F	Strangman	Jo	49.40	ACT	
11	F	Gordon	Wendy	50.42	SA	
12	F	Davison	Natalie	50.50	VIC	
13	F	Harding	M	50.55		1
14	F	Saville	Natalie	51.19	NSW	
15	F	Barrett	Di	51.26	NZ	
16	F	Woloweic	Simone	51.45	VIC	
17	F	Crooks	Jenny	52.50	SA	

18	F	Gibbon	Rachel	53.24	NZ	
19	F	Keillah	J	54.29	QLD	
20	F	Rogers	Alana	54.37	TAS	
21	F	Robb	M	54.46	NSW	2
22	F	Tuka	Christine	55.51	NZ	
23	F	Heckenburg	Amanda	55.55	NSW	
24	F	McQueeney	M	57.52	NSW	
25	F	Mitchell	N	59.01		
26	F	Horricks	Sue-Ellen	59.52	NSW	
27	F	Geyteman	Katrina	62.06	NSW	
28	F	Mitchell	K	62.44	NSW	
29	F	Overton	Sue	71.15	NSW	3
30	F	Evans	K	77.31	NSW	
31	F	Carlton	C	80.06	ACT	
32	F	Aitkin	G	80.28	QLD	
33	F	Mulligan	B	95.12		

**Teams:** 1. Victoria Vanstan, Muldoon, Davison  
2. NSW Manning, Saville, Robb  
3. SA Barbour, Gordon, Crooks

**AA/AFORWC U20 Men 10km**

1	M	Russell	Dion	44.42	VIC	
2	M	Moore	J	44.53	QLD	
3	M	Andrikis	Duane	45.00		
4	M	Sargisson	Tony	45.32	NZ	
5	M	Collis	Luke	45.38	NSW	
6	M	Adams	Luke	47.08	NSW	
7	M	Vogler	G	47.49		
8	M	Page	Darren	48.22	SA	
9	M	Coleman	Mark	50.32	VIC	
10	M	Mitchell	A	52.22	NSW	
11	M	Frilingos	G	57.05	QLD	
12	M	Hinkler	Greg	57.05	QLD	
13	M	Carter	J	57.35	NSW	

**Teams:** 1. NSW Collis, Adams, Mitchell  
2. QLD Moore, Frilingos, Hinkler

**AA/AFORWC U20 Women 10km**

1	F	Coffee	Linda	48.49	NSW	
2	F	Webb	Cheryl	49.25	NSW	
3	F	Strangman	Jo	49.40	ACT	
4	F	Saville	Natalie	51.19	NSW	
5	F	Woloweic	Simone	51.45	VIC	
6	F	Crooks	Jenny	52.50		
7	F	Gibbon	Rachel	53.24	NZ	
8	F	Keillah	J	54.29	QLD	
9	F	Rogers	Alana	54.37	TAS	
10	F	Heckenburg	Amanda	55.55		

**Teams:** 1. NSW Coffee, Webb, Saville

**AA/AFORWC U17 Women 5km**

1	F	Webb	Cheryl	25.04	NSW	
2	F	Scott	Melissa	25.34	VIC	
3	F	Coffee	Linda	26.12	NSW	
4	F	Coleman	Christy	27.06	VIC	
5	F	Linning	K	27.25	QLD	

6	F	Lacey	Nicole	27.48	QLD
7	F	Caldwell	J	29.09	ACT
8	F	Heckenburg	Amanda	29.15	NSW
9	F	Thomson	Simone	29.58	VIC
10	F	Geyteman	Katrina	31.25	NSW
11	F	Mitchell	Simone	33.41	NSW

**Teams:** 1. NSW Webb, Coffee, Heckenburg  
2. VIC Scott, Coleman, Thomson  
3. QLD Linning, Lacy, Duggan

**AA/AFORWC U17 Men 5km**

1	M	Adams	Luke	23.14	NSW
2	M	Strangman	K	25.27	ACT
3	M	Hurley	Brendan	25.52	NSW
4	M	Pearson	Michael	27.01	NSW
5	M	Burling	Anthony	27.40	NSW

**Teams:** 1. NSW Adams, Hurley, Pearson, Burling

**AA/AFORWC U15 Women 3km**

1	F	Saville	Natalie	13.57	NSW
2	F	York	Simone	14.3	SA
3	F	McAskill	Renee	14.55	NSW
4	F	French	M		NSW
5	F	Maddison	Toni		SA
6	F	Crooks	Natalie		SA
7	F	Scriggins	Kellie		QLD
8	F	Harriden	Amy		NSW
9	F	Stapper	Mariekie		ACT
10	F	Coombs	Kate		NSW
11	F	Wells	Alisa		NSW
12	F	Watson	Natalie		NSW
13	F	Beckman	R		QLD
14	F	Dodds	R		NSW
15	F	Pullar	Leanne		QLD
16	F	Desira	N		NSW
17	F	Riakos	M		NSW
18	F	Muller	S		NSW
19	F	Kraft	Cathy		NSW
20	F	Middlemass	L		NSW
21	F	Nilon	Cath		NSW
22	F	Sundstrom	Jodie		NSW
23	F	Richards	S		NSW
24	F	Krueger	Cath		NSW
25	F	West	R		NSW

**Teams:** 1. NSW Saville, McAskill, French, Wells  
2. SA York, Crooks, T Maddison  
3. QLD Beckman, Pullar, Scriggins

**AA/AFORWC U15 Men 3km**

1	M	York	David	13.59	SA
2	M	Sundstrom	Troy	14.09	NSW
3	M	Nappin	Andrew		NSW
4	M	Parmar	Stewart		QLD
5	M	Strangman	P		ACT
6	M	Kattab	Omar		NSW
7	M	Appleby	Justin		NSW

8	M	Upward	D	NSW
9	M	Beckon	D	NSW
10	M	Little-Overton	T	NSW
11	M	Lansbury	J	QLD
12	M	Griggs	Matt	ACT
13	M	Craft	P	NSW
14	M	Wells	B	NSW

**Teams:** 1. NSW Nappin, Sundstrom, Khattab, Little-Overton

**AA/AFORWC Invitation U12 2km**

1	F	Mcllvenie	Lisa	10.23	NSW
2	F	Watson	Natalie	10.37	NSW
3	F	Harriden	Amy	10.41	NSW
4	F	Dodds	R	10.58	NSW
5	F	Desira	N	11.07	NSW
6	F	Middlemass	L	11.22	NSW
7	F	Smith	T	11.54	ACT
8	F	Wagstaff	N	12.05	
9	F	Iselin	A	12.08	QLD
10	F	Perry	M	13.31	ACT
11	F	Paterson	H	14.04	ACT

1	M	Khattab	Omar	9.49	NSW
2	M	Appleby	Justin	10.02	NSW
3	M	Paterson	Adam	10.05	ACT
4	M	Upward	T	10.31	NSW
5	M	Cross	E	10.32	NSW
6	M	Smith	G	10.35	ACT
7	M	Wells	B	10.58	NSW
8	M	Cross	J	11.09	NSW
9	M	Strangman	B	11.37	ACT
10	M	Miles	S	15.03	QLD

**AA/AFORWC Invitation U9 1km**

1	M	Dodds	N	5.47	NSW
2	M	Wagstaff	J		ACT
3	M	Strangman	G		ACT
1	F	Venzlauskas	K	5.32	NSW
2	F	Great	K	5.44	NSW
3	F	Keauger	Cath	5.45	NSW

**4 Sept 1993**

**VRWC Road Races, Maribyrnong River, Maribyrnong**

**VRWC Open Men 3 laps (1 lap = 4.069km)**

1	M	Thomas	Mark	57.12	
2	M	Sawall	Willie	58.07	
3	M	Kennedy	Paul	58.48	
4	M	Bertei	Frank	59.22	
5	M	Dickinson	Murray	60.43	
6	M	Feain	Gerard	68.47	
7	M	Feain	Phillip	69.02	
	M	Gardiner	Robert	Abs	
	M	Vysma	Peter	Disq	

**VRWC Open Women 2 laps (1 lap = 4.069km)**

1	F	McDonald	Heather	40.16	Open
2	F	Woodward	Kathy	45.10	Open

3	F	Kozaris	Lisa	47.10	Under 15
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**VRWC U20/U15 2 laps (1 lap = 4.069km)**

1	M	Eames	jason	21.45	Under 20
2	M	McDonald	Lachlan	24.48	Under 15
3	M	Tendelli	Gino	24.52	Under 15

**VRWC Open Women 1 lap (1 lap = 4.069km)**

1	F	Rosengrave	Tracey	21.56	Under 20
2	F	Arcadi	Vanessa	22.04	Under 15
3	F	Kennedy	Lisa	24.50	Open
4	F	Marsh	Lisa	27.32	Under 20
5	F	Hay	Eileen	29.07	Open
6	F	Eames	Kellie	33.43	Under 15

**VRWC U12 2km Walk**

1	M	Harvey	Robert	12.34
2	M	Sawall	Mark	13.32
3	M	Harvey	Richard	14.07

**VRWC U9 1km Walk**

1	M	Kozaris	Richard	7.50
1	F	Arcadi	Anita	10.16

12 Sept 1993

**Athletics Victoria Championships, Knox Industrial Estate, Knox**

**Victorian 50km Open Championship**

1	M	Copeland	Paul	4h14m20s
2	M	Donahoo	Mark	4h32m37s
3	M	Thomas	Mark	4h42m21s
4	M	McGrath	Dominic	4h51m21s
5	M	Feain	Gerard	5h22m34s
6	M	Cousins	Duane	Abs
	M	Bertei	Frank	Abs
	M	Lowden	Kevin	Abs
	M	Summers	Harry	Abs

**Victorian 20km Open Women Championship**

1	F	McDonald	Heather	1h42m22s
2	F	Vanstan	Carolyn	1h43m54s
3	F	Muldoon	Wendy	1h48m28s
4	F	Davison	Natalie	1h55m46s
5	F	Williams	Lisa	2h07m05s

**Victorian 20km U20 Men Championship**

1	M	Russell	Dion	1h34m07s
2	M	Blackwood	Mark	1h37m30s
3	M	Coleman	Mark	1h40m48s
4	M	Eames	Jason	2h08m24s

**VRWC Open 20km Walk Men**

1	M	Beecroft	Steven	1h29m58s
2	M	Dickinson	Murray	1h39m43s

**VRWC U20 10km Walk Men**

1	M	Dwyer	Marcus	47.53
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**VRWC Open/U20/U15 10km Walk Women**

1	F	Kelly	Celia	56.11	Open
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2	F	Arcadi	Vanessa	56.42	Under 15
3	F	Osborne	Lee	57.58	Open
4	F	Gorman	Margaret	59.49	Open
5	F	May	Win	60.27	Open
6	F	Jones	Jan	70.17	Open
7	F	Hay	Eileen	70.40	Open
	F	Kozaris	Lisa	Abs	Under 15

**VRWC Open/U15 5km Walk**

1	M	Barrett	Anthony	24.57	Open
2	M	Werner	Jamie	26.12	Under 20
3	M	Dwyer	Robert	27.13	Open
4	M	McDonald	Lachlan	27.53	Under 15
5	M	Tendelli	Gino	30.53	Under 15

1	F	Ford	J	29.28	Open
2	F	Eames	Kellie	41.59	Under 15

**VRWC U12 2km Walk**

1	M	Trapalis	Nicholas	11.29	
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## Victorian Amateur Walking Club

Winter 1993

## VAWC Awards, 1992-1993 Season

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times
OP	M	Barrett Anthony	67	26	19	20	2
OP	M	Johnson Tony	62.5	26	12	19	5.5
OP	M	Feain Gerard	50	12	1	20	17
OP	M	Dickinson Murray	43.5	14	4	16	9.5
OP	M	Kennedy Paul	36	2	2	15	17
OP	M	Summers Harry	31	13	1	15	2
OP	M	Dwyer Robert	31	18	9	4	
OP	M	Gardiner Robert	29	10		12	7
OP	M	Thomas Mark	26	9	17		
OP	M	Donahoo Mark	24	5	5	4	10
OP	M	Vysma Peter	23	14	3	2	4
OP	M	Wojcik Darius	22	9	13		
OP	M	Bourke Steven	22	5	4	4	9
OP	M	Kuppler Manfred	19	16	3		
OP	M	Wildwood Des	18			17	1
OP	M	Knox Duncan	18	16	2		
OP	M	Copeland Paul	16	6	10		
OP	M	Sharpe Ross	15	12	3		
OP	M	Copper Stuart	13	13			
OP	M	Feain Phillip	12	8		4	
OP	M	Field Ralph	12	12			
OP	M	Paton George	12	2	3	5	2
OP	M	Sawall Willie	11	6	5		
OP	M	Barrow Geoff	11	11			
OP	M	Lockwood Clive	11	8	3		
OP	M	Bodey Michael	10	10			
OP	M	Short Jim	9	9			
OP	M	Dudon Bruce	9	9			
OP	M	Martin Gavin	9	6	3		
OP	M	Hangan Ray	8			8	
OP	M	Jardine John	7	2	5		
OP	M	Daintry Tom	7	1			
OP	M	Maslin Brian	5	5			

OP	M	Cash	David	3	2	1		
OP	M	McGrath	Dominic	2	2			
OP	M	Williams	Geoff	2	2			
OP	M	O'Connell	Laurie	2			2	
OP	M	Bannon	Jim	1			1	

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times
OP	F	Woodward Kathy	97	28	22	24	23
OP	F	McDonald Heather	85	13	19	24	29
OP	F	Kelly Celia	54	15	6	26	7
OP	F	Arcadi Franca	31	20		11	
OP	F	May Win	29	10	1	14	4
OP	F	Williams Lisa	23	19	4		
OP	F	Vanstan Carolyn	19	9	10		
OP	F	Jones Jan	14	14			
OP	F	King Natalie	14	6		8	
OP	F	Gorman Margaret	13	2	4	6	1
OP	F	Hay Eileen	12	12			
OP	F	Jardine G	12	10	2		
OP	F	Newnham Pam	12			8	4
OP	F	Nichols Michelle	10	2	3	2	3
OP	F	Osborne Lee	7	7			
OP	F	Muldoon Wendy	7			2	5
OP	F	Bonney Kylie	7			4	3
OP	F	Waters Yvonne	7	3	4		
OP	F	Francois Sandy	6			6	
OP	F	Doherty J	4	2	2		
OP	F	Ford J	4	4			
OP	F	Newman Betty	2	2			
OP	F	Stanway Marlene	1			1	

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times
20	M	Eames Jason	48	15	10	21	2
20	M	Blackwood Mark	30	14	16		
20	M	Dwyer Marcus	26	19	2	4	1
20	M	Coleman Mark	13	8	5		
20	M	Russell Dion	10	6	4		
20	M	Francois George	10			9	1

20	M	Harris	Troy	8	6	2		
20	M	Cousins	Duane	3	2	1		
20	M	Werner	Jamie	2	2			
20	M	Dennehy	Adam	2			2	
20	M	Prasad	Parmesh	1	1			

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times	
20	F	Woloweic	Simone	28	13	15		
20	F	Davison	Natalie	28	14	14		
20	F	Scott	Melissa	26	13	8	2	3
20	F	Hay	Simone	13	13			
20	F	Coleman	Christy	12	7	5		
20	F	Rosengrave	Tracey	4	4			
20	F	McDonald	Olivia	3			3	

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times	
15	M	McDonald	Lachlan	42	27	5	10	
15	M	Tendelli	Gino	32	11	2	19	
15	M	Davison	Jason	5	2	3		
15	M	Blair	Matthew	3	3			
15	M	Trapalis	Nicholas	1	1			
15	M	Mercer	Daniel	1			1	
15	M	Erickson	David	1			1	

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times	
15	F	Eames	Kellie	32	17	15		
15	F	Kozaris	Lisa	24	6	11	7	
15	F	Kuppler	Simone	21	14	7		
15	F	Kozaris	Susan	20	2	18		
15	F	Thompson	S	10	10			
15	F	Charman	Tiffany	10	7	3		
15	F	Tisserverasin	R	7		6	1	
15	F	Thomson	C	7	7			
15	F	Geisler	Sandra	6	4	2		
15	F	Hansen	Sarah	5	5			
15	F	Arcadi	Vanessa	2	2			
15	F	Deakes	Naomi	2	2			

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times
12	M	Trapalis Nicholas				21	
12	M	Blair Matthew				20	
12	M	Harvey Robert				6	
12	M	Harvey Richard				3	
12	M	Sawall Aaron				2	

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times
12	F	Arcadi Franca				25	
12	F	McDonald Kenna				14	
12	F	Tarticchio Maria				11	
12	F	Jardine Emma				8	
12	F	Blair Emily				5	

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times
9	F	Arcadi Anita				30	
9	F	Williams Rebecca				5	

Age	Sex	Name	Total Points	Winter HCP	Winter Fastest Times	Summer HCP	Summer Fastest Times
9	M	Kozaris Richard				10	