

VRWC Records

Edited and Created by Tim Erickson and Terry Swan

Creation Date 01-Oct-10

Last Edit Date 29-Jul-26

Tab legend

1km is ROAD Event

1000m Track Event

2km is Road Event

2000m is Track Event



VRWC CLUB RECORDS**Last Updated: Tim Erickson, 05/07/2025**

1KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 BOYS	Joel Prys	0:05:06	07/06/2015	RWA LBG Carnival	Canberra	31/07/2006	8
U10 BOYS	Corey Dickson	0:05:03	10/06/2012	RWA LBG Carnival	Canberra	19/07/2002	9
U11 BOYS	Fletcher Reid	0:04:59	24/06/2025	VRWC Championships	Middle Park	10/03/2015	10
U12 BOYS	Angus Shuttleworth	0:04:36	03/06/2023	VRWC Club Race	Middle Park	14/08/2011	11
1KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 GIRLS	Ela Uzun	0:05:14	09/06/2019	RWA LBG Carnival	Canberra	21/04/2011	8
U10 GIRLS	Ela Uzun	0:04:57	21/11/2020	VRWC Club Race	Middle Park	21/04/2011	9
U11 GIRLS	Ela Uzun	0:04:43	23/05/2021	VRWC Club Race	Middle Park	21/04/2011	10
U12 GIRLS	Ela Uzun	0:04:28	18/06/2022	VRWC Club Race	Middle Park	21/04/2011	11

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 28/07/2026

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

1.5KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 GIRLS	Ela Uzun	0:08:20	04/05/2019	VRWC Club Races	Middle Park	21/04/2011	8
U10 GIRLS	Ela Uzun	0:07:21	17/04/2021	VRWC Club Races	Middle Park	12/07/2000	10
U11 GIRLS	Ela Uzun	0:07:21	17/04/2021	VRWC Club Races	Middle Park	15/09/2007	10
U12 GIRLS	Ela Uzun	0:07:10	20/11/2022	VRWC Club Champs	Middle Park	15/09/2007	11
U13 GIRLS	Ela Uzun	0:07:10	20/11/2022	VRWC Club Champs	Middle Park	15/09/2007	11
U14 GIRLS							
U15 GIRLS							
U16 GIRLS							
U17 GIRLS							
U18 GIRLS							
U20 WOMEN							
U23 WOMEN							
OPEN WOMEN							
W35+							
W40+							
W45+							
W50+							
W55+							
W60+							
W65+	Heather Carr	0:07:54	13/06/2015	VRWC Club Races	Middle Park	13/08/1949	65
W70+							
W75+							
W80+	Gwen Steed	0:11:40	04/07/2026	VRWC Club Races	Middle Park	14/07/1942	82
W85+							
W90+							

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 29/04/2026

1500M TRACK	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 BOYS	Unclaimed						
U10 BOYS	Felix Skurka	8.41.0	26/04/2025	VRWC 1500m Championship	Mentone	16/05/2015	9
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+	Bob Gardiner	10.34.0	26/04/2025	VRWC 1500m Championship	Mentone	22/03/1936	89
M90+	unclaimed						

1500M TRACK	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 GIRLS	Ela Uzun	08:04.0	22/01/2020	VRWC Track Races	Clifton Hill	21/04/2011	8
U10 GIRLS	Ela Uzun	07:18.0	14/03/2021	VRWC Track Races	Clifton Hill	21/04/2011	9
U11 GIRLS	Ela Uzun	07:15.0	2/02/2022	VRWC Track Races	Clifton Hill	21/04/2011	10
U12 GIRLS	Ela Uzun	6.30.54	18/02/2023	LAVIC Regional Championships	Aberfeldie	21/04/2011	11
U13 GIRLS	Ela Uzun	6.26.14	10/02/2024	LAVIC Regional Championships	Epping	21/04/2011	12
U14 GIRLS	Ela Uzun	6.20.8	12/10/2024	AV Shield	Doncaster	21/04/2011	13
U15 GIRLS	Ela Uzun	6.11.2	18/10/2025	AV Shield	Doncaster	21/04/2011	14
U16 GIRLS	Ela Uzun	6.11.2	18/10/2025	AV Shield	Doncaster	21/04/2011	14
U17 GIRLS	Ela Uzun	6.11.2	18/10/2025	AV Shield	Doncaster	21/04/2011	14
U18 GIRLS	Ela Uzun	6.11.2	18/10/2025	AV Shield	Doncaster	21/04/2011	14
U20 WOMEN	Ela Uzun	6.11.2	18/10/2025	AV Shield	Doncaster	21/04/2011	14
U23 WOMEN	Ela Uzun	6.11.2	18/10/2025	AV Shield	Doncaster	21/04/2011	14
OPEN WOMEN	Rebecca Henderson	5.58.0	25/04/2026	VRWC Club Championships	Mentone	4/07/2001	24
W35+	Unclaimed						
W40+	Heather McDonald	6.45.0	3/90		Murrumbeena	13/08/1949	40
W45+	Heather McDonald	6.49.0	23/03/1996		Murrumbeena	13/08/1949	45
W50+	Pam Tindal	6.59.0	21/03/2010		Murrumbeena	2/12/1959	50
W55+	Heather Carr	7.11.91	12/11/2005		Murrumbeena	13/08/1949	56
W60+	Heather Carr	7.18.5	21/03/2010		Murrumbeena	13/08/1949	60
W65+	Brenda Riley	7.48.2	6/03/2005		Murrumbeena	9/11/1939	65
W70+	Heather Carr	8.37.0	22/01/2020	VRWC Track Races	Clifton Hill	13/08/1949	70
W75+	Heather Carr	10.06.0	26/04/2025	VRWC 1500m Championship	Mentone	13/08/1949	75
W80+	Gwen Steed	10:37.7	21/10/2023	AV Shield	Aberfeldie	14/07/1942	81
W85+	unclaimed						
W90+	unclaimed						

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 29/08/2025

2KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 BOYS	Joel Prys	0:11:02	6/09/2014	VRWC Road Races	Middle Park	31/07/2006	8
U10 BOYS	Corey Dickson	0:10:02	10/06/2012	LBG Carnival	Canberra	19/07/2002	9
U11 BOYS	Corey Dickson	0:10:01	25/05/2013	VRWC Races	Middle Park	19/07/2002	10
U12 BOYS	Angus Shuttleworth	0:09:32	6/08/2023	VRWC Intervals Race	Middle Park	14/08/2011	11
U13 BOYS	Corey Dickson	0:09:12	7/06/2015	LBG Carnival	Canberra	19/07/2002	12
U14 BOYS	Angus Shuttleworth	0:09:08	14/06/2025	LAVIC Road Champs	Middle Park	14/08/2011	13
U15 BOYS	Billy Allamby	0:08:58	30/06/2012	VRWC Intervals Race	Middle Park	24/11/1997	14
U16 BOYS	Billy Allamby	0:08:58	30/06/2012	VRWC Intervals Race	Middle Park	24/11/1997	14
U17 BOYS	Nathan Brill	0:08:10	30/06/2012	VRWC Intervals Race	Middle Park	24/05/1996	16
U18 BOYS	Marcus Wakim	0:07:54	6/08/2023	VRWC Intervals Race	Middle Park	3/05/2006	17
U20 MEN	Nathan Brill	0:08:10	30/06/2012	VRWC Intervals Race	Middle Park	24/05/1996	16
U23 MEN	Rhydian Cowley	0:07:39	7/07/2013	VRWC Intervals Race	Middle Park	4/01/1991	22
OPEN MEN	Rhydian Cowley	0:07:39	7/07/2013	VRWC Intervals Race	Middle Park	4/01/1991	22
M35+	Unclaimed						
M40+	Unclaimed						
M45+	Ben Skurka	0:14:22	11/05/2025	VRWC Road Races	Middle Park	14/09/1976	48
M50+	Unclaimed						
M55+	Unclaimed						
M60+	Unclaimed						
M65+	Unclaimed						
M70+	Unclaimed						
M75+	Unclaimed						
M80+	Bob Gardiner	0:14:59	31/08/2019	VRWC Club Races	Middle Park	22/03/1946	83
M85+	Bob Gardiner	0:16:27	15/01/2023	VRWC Club Races	Middle Park	22/03/1946	86
M90+	Unclaimed						

2KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 GIRLS	Ela Uzun	0:11:11	19/01/2020	VRWC Club Races	Middle Park	21/04/2011	8
U10 GIRLS	Ela Uzun	0:10:09	17/01/2021	VRWC Club Races	Middle Park	21/04/2011	9
U11 GIRLS	Ela Uzun	0:09:45	19/06/2021	VRWC Club Races	Middle Park	21/04/2011	10
U12 GIRLS	Ela Uzun	0:09:20	21/05/2022	VRWC Club Races	Middle Park	21/04/2011	11
U13 GIRLS	Ela Uzun	0:09:02	13/08/2023	VRWC Club Races	Middle Park	21/04/2011	12
U14 GIRLS	Ela Uzun	0:08:58	22/06/2024	LAVIC Roadwalk Champs	Middle Park	21/04/2011	13
U15 GIRLS	Ela Uzun	0:08:37	2/08/2025	VRWC Road Races	Middle Park	21/04/2011	14
U16 GIRLS	Ela Uzun	0:08:37	2/08/2025	VRWC Road Races	Middle Park	21/04/2011	14
U17 GIRLS	Ela Uzun	0:08:37	2/08/2025	VRWC Road Races	Middle Park	21/04/2011	14
U18 GIRLS	Ela Uzun	0:08:37	2/08/2025	VRWC Road Races	Middle Park	21/04/2011	14
U20 WOMEN	Ela Uzun	0:08:37	2/08/2025	VRWC Road Races	Middle Park	21/04/2011	14
U23 WOMEN	Ela Uzun	0:08:37	2/08/2025	VRWC Road Races	Middle Park	21/04/2011	14
OPEN WOMEN	Ela Uzun	0:08:37	2/08/2025	VRWC Road Races	Middle Park	21/04/2011	14
W35+	Unclaimed						
W40+	Unclaimed						
W45+	Michelle Laufer	0:10:11	30/06/2012	VRWC Intervals Race	Middle Park	10/11/1969	40
W50+	Pam Tindal	0:10:43	7/07/2013	VRWC Intervals Race	Middle Park	2/12/1959	53
W55+	Unclaimed						
W60+	Heather Carr	0:10:46	7/07/2013	VRWC Intervals Race	Middle Park	13/08/1949	63
W65+	Heather Carr	0:10:54	11/07/2015	VRWC Road Race	Middle Park	13/08/1949	65
W70+	Heather Carr	0:11:42	17/08/2019	VRWC Road Race	Middle Park	13/08/1949	70
W75+	Gwen Steed	0:13:41	15/07/2017	VRWC Road Race	Middle Park	14/07/1942	75
W80+	Gwen Steed	0:14:46	21/11/2023	VRWC Road Race	Middle Park	14/07/1942	81
W85+	Unclaimed						
W90+	Unclaimed						

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 29/04/2026

2000M TRACK	NAME	RFORMAN	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 BOYS							
U10 BOYS							
U11 BOYS	Nikola Mandic	10.09.2	18/01/2014	AV Shield - 2000m	Albert Park	23/01/2003	10
U12 BOYS	Nikola Mandic	9:42.3	15/11/2014	AV Shield - 2000m	Knox	23/01/2003	11
U13 BOYS	Nikola Mandic	9:18.51	31/10/2015	AV Shield - 2000m	Casey Fields	23/01/2003	12
U14 BOYS	Nikola Mandic	9:18.51	31/10/2015	AV Shield - 2000m	Casey Fields	23/01/2003	12
U15 BOYS	Angus Shuttleworth	8.09.9	28/02/2026	AV Shield - 2000m	Casey Fields	14/08/2011	14
U16 BOYS	Angus Shuttleworth	8.09.9	28/02/2026	AV Shield - 2000m	Casey Fields	14/08/2011	14
U17 BOYS	Nathan Brill	7:52.5	27/10/2012	AV Shield Round 3 East Region - 2000m	Box Hill	24/05/1996	16
U18 BOYS	Nathan Brill	7:51.9	27/10/2013	AV Shield E Region - 2000m	Nunawading	24/05/1996	17
U20 MEN	Jesse Osborne	7:38.3	18/01/2014	AV Shield NW Region - 2000m	Aberfeldie	21/01/1995	19
U23 MEN	Jesse Osborne	7:38.3	18/01/2014	AV Shield NW Region - 2000m	Aberfeldie	21/01/1995	19
OPEN MEN	Rhydian Cowley	7:29.1	24/02/2014	AV Shield - 2000m	Casey Fields	4/01/1991	23
M35+	Paul Kennedy	7:50.65	13/11/1993		Aberfeldie	3/04/1957	36
M40+	Paul Kennedy	8:06.5	12/02/2000		Aberfeldie	3/04/1957	42
M45+	Paul Kennedy	8:22.77	16/10/2004		Aberfeldie	3/04/1957	47
M50+	Andrew Jamieson	8:33.0	6/03/2000		Box Hill	13/06/1946	53
M55+	Andrew Jamieson	8:47.7	25/02/2003		Box Hill	13/06/1946	57
M60+	Andrew Jamieson	9:23.5	5/12/2009		Box Hill	13/06/1946	63
M65+	Andrew Jamieson	9:33.5	12/11/2011	AV Shield Round 4 East Region - 2000m	Doncaster	13/06/1946	65
M70+	Andrew Jamieson	10:28.3	18/01/2020	AV Shield 2000m	Frankston	13/06/1946	73
M75+	Andrew Jamieson	10:55.9	5/02/2022	AV Shield Round 3 East Region - 2000m	Cranbourne	13/06/1946	75
M80+	Bob Gardiner	13:03.0	21/01/2017	AV Shield 2000m Walk	Doncaster	22/03/1936	80
M85+	Bob Gardiner	14.32.8	28/02/2026	AV Shield 2000 Walk	Casey Fields	28/03/1936	89
M90+	unclaimed						

2000M TRACK	NAME	RFORMAN	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 GIRLS							
U10 GIRLS							
U11 GIRLS	Claire Noonan	11:30.73	31/01/2015	AV Shield Final, Lakeside Stadium	Albert Park	15/03/2004	10
U12 GIRLS	Ela Uzun	8.58.8	25/03/2023	AVSL Finals	Albert Park	21/04/2011	11
U13 GIRLS	Darcey Roberts	8:58.0	22/02/2020	AV Shield Final, Lakeside Stadium	Albert Park	15/09/2007	12
U14 GIRLS	Ela Uzun	8:47.3	12/01/2025	AV Shield NW Region - 2000m	Meadowglen	21/04/2011	13
U15 GIRLS	Ela Uzun	8.25.4	28/02/2026	AV Shield - 2000m	Casey Field	21/04/2011	14
U16 GIRLS	Ela Uzun	8.25.4	28/02/2026	AV Shield - 2000m	Casey Field	21/04/2011	14
U17 GIRLS	Ela Uzun	8.25.4	28/02/2026	AV Shield - 2000m	Casey Field	21/04/2011	14
U18 GIRLS	Ela Uzun	8.25.4	28/02/2026	AV Shield - 2000m	Casey Field	21/04/2011	14
U20 WOMEN	Ela Uzun	8.25.4	28/02/2026	AV Shield - 2000m	Casey Field	21/04/2011	14
U23 WOMEN	Ela Uzun	8.25.4	28/02/2026	AV Shield - 2000m	Casey Field	21/04/2011	14
OPEN WOMEN	Ela Uzun	8.25.4	28/02/2026	AV Shield - 2000m	Casey Field	21/04/2011	14
W35+	Kelly Ruddick	8:26.40	19/01/2013	AV Shield, Ballarat Region	Geelong	19/04/1973	39
W40+	Kelly Ruddick	8:46.8	16/11/2013	AV Shield - 2000m	Ballarat	19/04/1973	40
W45+	Kelly Ruddick	8:33.4	22/02/2020	AV Shield Final, Lakeside Stadium	Albert Park	19/04/1973	46
W50+	Heather Carr	9:43.0	3/03/2001		Murrumbeena	13/08/1949	51
W55+	Heather Carr	9:57.5	25/11/2006		Knox	13/08/1949	57
W60+	Heather Carr	10:10.4	14/01/2010		Murrumbeena	13/08/1949	60
W65+	Heather Carr	10:52.2	21/01/2017	AV Shield - 2000m	Casey Field	13/08/1949	66
W70+	Heather Carr	11:47.0	18/01/2020	AV Shield - 2000m	Frankston	13/08/1949	70
W75+	Gwen Steed	13:34.9	19/10/2019	AV Shield 2000m	Yarra Ranges	14/07/1942	77
W80+	Gwen Steed	14.18.6	28/02/2026	AVSL Shield 2000m	Casey Field	14/07/1942	83
W85+	Unclaimed						
W90+	Unclaimed						

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 28/07/2026

3KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 BOYS	Ryder Reid	0:17:20	20/06/2026	VRWC Club Races	Middle Park	14/09/2017	8
U10 BOYS	Ryder Reid	0:17:20	20/06/2026	VRWC Club Races	Middle Park	14/09/2017	8
U10 BOYS	Luke Epps	0:17:20	20/08/2016	VRWC Club Races	Middle Park	5/11/2006	9
U11 BOYS	Nikola Mandic	0:16:03	8/04/2013	AV U14 Roadwalk Championship	Middle Park	23/01/2003	10
U12 BOYS	Angus Shuttleworth	0:15:00	16/07/2023	VRWC Club Races	Middle Park	14/08/2011	11
U13 BOYS	Corey Dickson	0:14:28	19/07/2014	VRWC Club Races	Middle Park	19/07/2002	12
U14 BOYS	Kyle Swan	0:14:10	18/11/2012	VRWC Club Races	Middle Park	28/03/1998	13
U15 BOYS	Nathan Brill	0:13:16	13/06/2010	LBG RWA Carnival	Canberra	24/05/1996	14
U16 BOYS	Nathan Brill	0:12:21	19/05/2012	VRWC Club Races	Middle Park	24/05/1996	15
U17 BOYS	Nathan Brill	0:12:04	3/02/2013	VRWC Club Races	Middle Park	24/05/1996	16
U18 BOYS	Nathan Brill	0:12:04	3/02/2013	VRWC Club Races	Middle Park	24/05/1996	16
U20 BOYS	Nathan Brill	0:12:04	3/02/2013	VRWC Club Races	Middle Park	24/05/1996	16
U23 MEN	Rhydian Cowley	0:11:55	28/10/2012	VRWC Club Races	Middle Park	4/01/1991	21
OPEN MEN	Nathan Deakes	0:11:43	13/05/2005	IAAF World Cup 20km - Split	La Coruna, Spain	17/08/1977	27
M35+	Unclaimed						
M40+	Unclaimed						
M45+	Unclaimed						
M50+	Unclaimed						
M55+	Unclaimed						
M60+	Alan Lucas	17:04	3/09/2011	VRWC Club Races	Middle Park	5/01/1948	63
M65+	Unclaimed						
M70+	Unclaimed						
M75+	Unclaimed						
M80+	Bob Gardiner	0:22:17	21/11/2020	VRWC Club Races	Middle Park	22/03/1936	84
M85+	Unclaimed						
M90+	Unclaimed						

3KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 GIRLS	Ela Uzun	0:17:53	3/08/2019	VRWC Roadwalks	Middle Park	21/04/2011	8
U10 GIRLS	Ela Uzun	0:15:45	28/11/2020	VRWC Roadwalks	Middle Park	21/04/2011	9
U11 GIRLS	Ela Uzun	0:15:04	3/07/2021	VRWC Roadwalks	Middle Park	21/04/2011	10
U12 GIRLS	Ela Uzun	0:14:27	28/05/2022	VRWC Roadwalks	Middle Park	21/04/2011	11
U13 GIRLS	Ela Uzun	0:13:49	25/08/2024	RWA Roadwalk Champs	Middle Park	21/04/2011	13
U14 GIRLS	Ela Uzun	0:13:49	25/08/2024	RWA Roadwalk Champs	Middle Park	21/04/2011	13
U15 GIRLS	Ela Uzun	0:13:27	18/05/2025	AV Schools Roadwalk Champs	Middle Park	21/04/2011	14
U16 GIRLS	Ela Uzun	0:13:02	11/07/2026	VRWC Roadwalks	Middle Park	21/04/2011	15
U17 GIRLS	Ela Uzun	0:13:02	11/07/2026	VRWC Roadwalks	Middle Park	21/04/2011	15
U18 GIRLS	Ela Uzun	0:13:02	11/07/2026	VRWC Roadwalks	Middle Park	21/04/2011	15
U20 WOMEN	Ela Uzun	0:13:02	11/07/2026	VRWC Roadwalks	Middle Park	21/04/2011	15
U23 WOMEN	Ela Uzun	0:13:02	11/07/2026	VRWC Roadwalks	Middle Park	21/04/2011	15
OPEN WOMEN	Ela Uzun	0:13:02	11/07/2026	VRWC Roadwalks	Middle Park	21/04/2011	15
W35+	Unclaimed						
W40+	Unclaimed						
W45+	Unclaimed						
W50+	Unclaimed						
W55+	Unclaimed						
W60+	Heather Carr	0:15:19	21/08/2010	VRWC Roadwalks	Middle Park	13/08/1949	61
W65+	Heather Carr	0:16:31	6/09/2014	VRWC Roadwalks	Middle Park	13/08/1949	65
W70+	Heather Carr	0:17:50	24/08/2019	VRWC Roadwalks	Middle Park	13/08/1949	70
W75+	Gwen Steed	0:20:44	2/09/2017	VRWC Roadwalks	Middle Park	14/07/1942	75
W80+	Gwen Steed	0:22:17	13/05/2023	VRWC Roadwalks	Middle Park	14/07/1942	80
W85+	Unclaimed						
W90+	Unclaimed						

VRWC CLUB RECORDS

Last Updated: Tim Erickson 29/04/2026

3000M TRACK	NAME	ERFORMANC	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 BOYS	Unclaimed						
U10 BOYS	Unclaimed						
U11 BOYS	Nikola Mandic	15.49.37	27/10/2013	AV All Schools Champs	Albert Park	23/01/2003	10
U12 BOYS	Corey Dickson	15:16.01	14/03/2014	Aust Junior T&F Champs	Sydney	19/07/2002	11
U13 BOYS	Nikola Mandic	14:18.6	14/11/2015	AV Shield Competition	Frankston	23/01/2003	12
U14 BOYS	Mark Blackwood	13.56.7	19/01/1991	Interclub	Olympic Park	25/01/1977	13
U15 BOYS	Angus Shuttleworth	12.28.48	15/04/2026	Aust Junior T&F Champs	Brisbane	14/08/2011	14
U16 BOYS	Nathan Brill	12:16.25	18/02/2012	Sydney Track Classic	Homebush, Sydney	24/05/1996	15
U17 BOYS	Dion Russell	11:52.8	25/11/1991	Australian Schools T&F Champs	Brisbane	8/05/1975	16
U18 BOYS	Marcus Wakim	11:36.1	21/10/2023	AV Shield Competition	Aberfeldie	3/05/2006	17
U20 MEN	Jesse Osborne	11.19.0	12/04/2014	AV Shield Final	Albert Park	21/01/1995	19
U23 MEN	Nathan Deakes	11:17.0	10/12/1998	Interclub	Melbourne	17/08/1977	21
OPEN MEN	Andrew Jachno	10:56.22	7/02/1991		Olympic Park	13/04/1962	33
M35+	Willi Sawall	11.28.2	15/03/1980		Olympic Park	7/11/1941	38
M40+	Willi Sawall	11.28.3	21/02/1982		Albert Park	7/11/1941	40
M45+	Paul Kennedy	12.50.2	11/02/2003		Aberfeldie	3/04/1957	45
M50+	Willi Sawall	12.56.0	2/12/1993		Olympic Park	7/11/1941	52
M55+	Willi Sawall	12.44.0	14/12/1996		Geelong	7/11/1941	55
M60+	Andrew Jamieson	13.24.1	31/03/2007		Olympic Park	13/06/1946	60
M65+	Andrew Jamieson	14:13.6	3/11/2012	AV Shield Competition	Doncaster	13/06/1946	66
M70+	Andrew Jamieson	15:17.0	8/10/2016	AV Shield Competition	East Burwood	13/06/1946	70
M75+	Andrew Jamieson	16:47.0	4/12/2021	AV Shield Competition	Knox	13/06/1946	75
M80+	Tom Daintry	18.44.0	5/04/1992		Murrumbeena	7/04/1911	81
M85+	Gus Theobald	19.31.0	10/04/1982		Perth	1897	85
M90+	Gus Theobald	21.21.0	5/04/1987		Murrumbeena	1897	90

3000M TRACK	NAME	ERFORMANC	DATE	EVENT	VENUE	DOB	AGE ON DAY
U9 GIRLS	Ela Uzun	16:50.0	11/12/2019	VRWC Competition	Clifton Hill	21/04/2011	8
U10 GIRLS	Ela Uzun	16:50.0	11/12/2019	VRWC Competition	Clifton Hill	21/04/2011	8
U11 GIRLS	Ela Uzun	14:58.0	1/12/2021	VRWC Competition	Clifton Hill	21/04/2011	10
U12 GIRLS	Ela Uzun	13.45.73	25/02/2023	AV Championships	Albert Park	21/04/2011	11
U13 GIRLS	Ela Uzun	13.36.8	13/01/2024	AV Shield	Doncaster	21/04/2011	12
U14 GIRLS	Ela Uzun	13:21.24	8/04/2025	Australian T&F Championships	Perth	21/04/2011	13
U15 GIRLS	Ela Uzun	13:11.5	15/11/2025	AV Shield Competition	Murrumbeena	21/04/2011	14
U16 GIRLS	Ela Uzun	13:11.5	15/11/2025	AV Shield Competition	Murrumbeena	21/04/2011	14
U17 GIRLS	Ela Uzun	13:11.5	15/11/2025	AV Shield Competition	Murrumbeena	21/04/2011	14
U18 GIRLS	Ela Uzun	13:11.5	15/11/2025	AV Shield Competition	Murrumbeena	21/04/2011	14
U20 WOMEN	Sally Pierson	13:02.71	21/02/1982		Melbourne	8/05/1982	19
U23 WOMEN	Gabrielle Blythe	12.22.1	24/02/1994		Melbourne	09/03/1969	24
OPEN WOMEN	Gabrielle Blythe	12.22.1	24/02/1994		Melbourne	09/03/1969	24
W35+	Kelly Ruddick	13:02.10	12/01/2013	A.V. Shield Competition	Frankston	19/04/1973	39
W40+	Kelly Ruddick	12:58.58	9/01/2016	AV Shield Competition	Ballarat	19/04/1973	42
W45+	Kelly Ruddick	13:11.6	11/01/2020	AV Shield Competition	Ballarat	19/04/1973	46
W50+	Pam Tindal	14.58.3	20/03/2010	Vic Masters T&F Championships	Murrumbeena	2/12/1959	50
W55+	Heather Carr	15.08.4	24/03/2007	Vic Masters T&F Championships	Knox	13/08/1949	57
W60+	Heather Carr	15.30.7	21/01/2010	AV Shield Competition	Frankston	13/08/1949	60
W65+	Brenda Riley	16.22.1	1/04/2006	Vic Masters T&F Championships	Murrumbeena	9/11/1939	65
W70+	Heather Carr	17.50.6	11/01/2020	AV Shield Competition	Frankston	13/08/1949	70
W75+	Gwen Steed	20:04.5	21/10/2017	AV Shield Competition	Nunawading	14/07/1942	75
W80+	Gwen Steed	21:41.3	15/10/2022	AV Shield Competition	Murrumbeena	14/07/1942	80
W85+	unclaimed						
W90+							

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 28/07/2026

5KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U11 BOYS	Nikola Mandic	0:28:35	19/01/2014	VRWC Road Races	Middle Park	23/01/2003	10
U12 BOYS	Corey Dickson	0:27:06	07/09/13	VRWC Road Races	Middle Park	19/07/2002	11
U13 BOYS	Corey Dickson	0:25:41	16/08/2014	VRWC Road Races	Middle Park	19/07/2002	12
U14 BOYS	Angus Shuttleworth	0:23:23	6/07/2025	AV Roadwalk Championships	Middle Park	14/08/2011	13
U15 BOYS	Nathan Brill	0:21:52	9/01/2011	VRWC Road Races	Middle Park	24/05/1996	14
U16 BOYS	Kyle Swan	0:21:38	24/05/2014	VRWC Road Races	Middle Park	28/03/1999	15
U17 BOYS	Nathan Brill	0:20:15	18/05/2013	VRWC Road Races	Middle Park	24/05/1996	16
U18 BOYS	Nathan Brill	0:20:15	18/05/2013	VRWC Road Races	Middle Park	24/05/1996	16
U20 MEN	Nathan Brill	0:20:15	18/05/2013	VRWC Road Races	Middle Park	24/05/1996	16
U23 MEN	Jared Tallent	0:19:53	6/08/2006	IAAF World Champ 20km - Split	Helsinki	17/10/1984	21
OPEN MEN	Rhydian Cowley	0:19:13	8/06/2025	LBG Carnival	Canberra	4/01/1991	33
M35+	Daniel Walters	0:22:24	21/01/2018	VRWC Road Races	Middle Park	19/12/1979	38
M40+	Pramesh Prasad	0:24:41	22/01/2017	VRWC Road Races	Middle Park	21/04/1974	42
M45+	James Christmass	0:23:44	11/09/2016	VRWC Road Races	Middle Park	17/11/1967	48
M50+	Unclaimed						
M55+	Unclaimed						
M60+	Unclaimed						
M65+	Andrew Jamieson	0:24:07	5/05/2012	VRWC Road Races	Middle Park	13/06/1946	66
M70+	Unclaimed						
M75+	Unclaimed						
M80+	Bob Gardiner	0:33:45	26/06/2016	VRWC Road Races	Middle Park	22/03/1936	80
M85+	Bob Gardiner	0:38:28	31/05/2025	VRWC Road Races	Middle Park	22/03/1936	89
M90+	Unclaimed						

5KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U10 GIRLS	Ela Uzun	0:28:28	6/12/2020	VRWC Road Races	Middle Park	21/04/2011	9
U11 GIRLS	Ela Uzun	0:25:22	3/07/2021	VRWC Roadwalks	Middle Park	21/04/2011	10
U12 GIRLS	Ela Uzun	0:25:22	3/07/2021	VRWC Roadwalks	Middle Park	21/04/2011	10
U13 GIRLS	Ela Uzun	0:24:58	1/12/2019	AA Invitational Race	Fawkner Park	21/04/2011	12
U14 GIRLS	Ela Uzun	0:23:41	15/12/2024	VRWC Roadwalks	Middle Park	21/04/2011	13
U15 GIRLS	Ela Uzun	0:22:57	24/08/2025	AA Roadwalk Championships	Ballarat	21/04/2011	14
U16 GIRLS	Ela Uzun	0:22:23	19/07/2026	AV Roadwalks	Middle Park	21/04/2011	15
U17 GIRLS	Ela Uzun	0:22:23	19/07/2026	AV Roadwalks	Middle Park	21/04/2011	15
U18 GIRLS	Ela Uzun	0:22:23	19/07/2026	AV Roadwalks	Middle Park	21/04/2011	15
U20 WOMEN	Ela Uzun	0:22:23	19/07/2026	AV Roadwalks	Middle Park	21/04/2011	15
U23 WOMEN	Jess Rothwell	0:22:06	18/09/2010	IAAF Challenge 10km Final - split	Beijing, China	18/06/1989	21
OPEN WOMEN	Regan Lamble	0:21:52	28/05/2016	La Coruna Grand Prix - Split	La Coruna	14/10/1991	24
W35+	Unclaimed						
W40+	Unclaimed						
W45+	Unclaimed						
W50+	Unclaimed						
W55+	Unclaimed						
W60+	Heather Carr	0:26:42	24/04/2010	VRWC Races	Middle Park	13/08/1949	61
W65+	Heather Carr	0:28:46	21/05/2016	VRWC Races	Middle Park	13/08/1949	66
W70+	Gwen Steed	0:30:45	7/09/2013	VRWC Races	Middle Park	14/07/1942	71
W75+	Gwen Steed	0:35:21	20/10/2019	VRWC Races	Middle Park	14/07/1942	77
W80+	Gwen Steed	0:37:56	3/06/2023	VRWC Races	Middle Park	14/07/1942	80
W85+	Unclaimed						
W90+	Unclaimed						

VRWC CLUB RECORDS

Last Updated: Tim Erickson 29/04/2026

5000M TRACK	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U11 BOYS	Unclaimed						
U12 BOYS	Kyle Swan	25.57.0	15/12/2010	VRWC Track Race	George Knott Reserve	28/03/1999	11
U13 BOYS	Kyle Swan	25.57.0	15/12/2010	VRWC Track Race	George Knott Reserve	28/03/1999	11
U14 BOYS	Kyle Swan	25.57.0	15/12/2010	VRWC Track Race	George Knott Reserve	28/03/1999	11
U15 BOYS	Angus Shuttleworth	21.48.0	25/04/2026	VRWC Track Race	Mentone	14/08/2011	14
U16 BOYS	Nathan Brill	20:44.66	18/02/2012	Sydney Track Classic	Homebush, Sydney	24/05/1996	15
U17 BOYS	Nathan Brill	20:08.22	19/01/2013	Youth Olympics	Homebush, Sydney	24/05/1996	16
U18 BOYS	Marcus Wakim	19:56.98	24/02/2024	AV 5000m C'ship	Albert Park, Melb	3/05/2006	17
U20 MEN	Will Thompson	19.26.97	26/02/2022	AV 5000m C'ship	Albert Park, Melb	18/11/2002	19
U23 MEN	Jared Tallent	19.12.27	Feb 2006	AV 5000m C'ship	MCG, Melbourne	17/10/1984	21
OPEN MEN	Rhydian Cowley	18.28.47	24/02/2024	AV 5000m C'ship	Albert Park, Melb	4/01/1991	35
M35+	Simon Baker	19.57.43	13/02/1994		Olympic Park, Melb	6/02/1958	36
M40+	Willi Sawall	19.45.65	31/03/1984		Olympic Park, Melb	7/11/1941	42
M45+	Willi Sawall	21.12.19	31/03/1990		Olympic Park, Melb	7/11/1941	48
M50+	Willi Sawall	21.38.3	19/03/1992		Olympic Park, Melb	7/11/1941	50
M55+	Willi Sawall	22.11.5	26/01/1997	Vic Country T&F Champs	Ballarat	7/11/1941	56
M60+	Andrew Jamieson	22.38.7	1/03/2007		Olympic Park, Melb	13/06/1946	60
M65+	Andrew Jamieson	24:14.4	14/04/2012	AA Challenge Race	Albert Park, Melb	13/06/1946	65
M70+	Andrew Jamieson	26.42.1	26/10/2016	World Masters T&F Champs	Perth	13/06/1946	70
M75+	Tom Daintry	28.02.26	Dec 1987		Olympic Park, Melb	7/04/1911	76
M80+	Gus Theobold	30.42.0	8/08/1977	World Vets T&F Champs	Sweden	Apr 1897	80
M85+	Gus Theobold	33.14.2	10/04/1982	Aust Masters T&F Champs	Perth	Apr 1897	85
M90+	Gus Theobold	36.09.5	Apr 1987	Aust Masters T&F Champs	NSW	Apr 1897	90

5000M TRACK	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U11 GIRLS	Havana Ali	29.24.0	1/09/2022	VRWC Track Races	Mentone	25/10/2011	10
U12 GIRLS	Ela Uzun	25.17.0	1/09/2022	VRWC Track Races	Mentone	21/04/2011	11
U13 GIRLS	Ela Uzun	25.17.0	1/09/2022	VRWC Track Races	Mentone	21/04/2011	11
U14 GIRLS	Ela Uzun	23.32.0	7/09/2024	VRWC Track Races	Mentone	21/04/2011	13
U15 GIRLS	Ela Uzun	22.38.40	14/02/2026	AV Junior Champs	Lakeside Stadium, Melb	21/04/2011	14
U16 GIRLS	Jemima Montag	22.32.95	14/02/2014	Vic U20 5000m C'Ship	Lakeside Stadium, Melb	15/02/1998	15
U17 GIRLS	Jemima Montag	22.32.95	14/02/2014	Vic U20 5000m C'Ship	Lakeside Stadium, Melb	15/02/1998	15
U18 GIRLS	Jemima Montag	22.04.29	14/06/2015	AA Meet	Brisbane	15/02/1998	17
U20 WOMEN	Jess Rothwell	21.03.33	20/02/2009	AV 5000m C'Ship	Olympic Park, Melb	18/06/1989	19
U23 WOMEN	Jess Rothwell	21.03.33	20/02/2009	AV 5000m C'Ship	Olympic Park, Melb	18/06/1989	19
OPEN WOMEN	Jemima Montag	20.17.35	26/02/2022	AV 5000m C'Ship	Lakeside Stadium, Melb	24/01/1900	23
W35+	Kelly Ruddick	21:50.13	1/03/2013	AV 5000m C'Ship	Lakeside Stadium, Melb	19/04/1973	39
W40+	Kelly Ruddick	21.46.68	29/03/2014	Qld Track Classic	Brisbane	19/04/1973	40
W45+	Heather McDonald	25.04.5	Oct 1994		Brisbane	13/08/1949	45
W50+	Pam Tindal	25.18.53	3/04/2010	AMA Champs	Perth	2/12/1959	50
W55+	Heather Carr	25.54.11	24/02/2007	AV 5000m C'Ship	Olympic Park, Melb	13/08/1949	56
W60+	Heather Carr	26.29.26	3/04/2010	AMA Champs	Perth	13/08/1949	60
W65+	Brenda Riley	27.19.1	12/02/2006		Coburg	9/11/1939	66
W70+	Heather Carr	30:46.0	11/12/2019	VRWC Track Races	Clifton Hill	13/08/1949	70
W75+	Heather Carr	33.17.0	7/09/2024	VRWC Track Races	Mentone	13/08/1949	75
W80+	Gwen Steed	37.22.0	7/09/2024	VRWC Track Races	Mentone	14/07/1942	82
W85+	Unclaimed						
W90+	Unclaimed						

VRWC CLUB RECORDS**Last Updated: Tim Erickson, 18/10/2024**

10KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U12 BOYS	Kyle Swan	0:55:18	4/09/2010	VRWC 10km	Middle Park	28/03/1999	11
U13 BOYS	Corey Dickson	0:53:56	6/09/2014	VRWC 10km	Middle Park	19/07/2002	12
U14 BOYS	Corey Dickson	0:53:56	6/09/2014	VRWC 10km	Middle Park	19/07/2002	12
U15 BOYS	Nathan Brill	0:46:42	19/02/2011	AA Invit 10km	Hobart, TAS	24/05/1996	14
U16 BOYS	Kyle Swan	0:44:20	22/02/2015	AA Invit 10km	Adelaide, SA	28/03/1999	15
U17 BOYS	Marcus Wakim	0:42:42	12/02/2023	AA 10km U20 Race	Melbourne, VIC	3/05/2006	16
U18 BOYS	Riley Coughlan	0:41:03	21/04/2024	World RW Team Champs	Turkey	14/01/2007	17
U20 MEN	Nathan Brill	0:41:07	3/05/2014	IAAF World Cup	Taicang, China	24/05/1996	18
U23 MEN	Jared Tallent	0:39:59	July 2005	NSW 10km C'ship	Sydney	17/10/1984	20
OPEN MEN	Nathan Deakes	0:38:09	9/06/2001	IAAF Race	Krakow, Poland	17/08/1977	23
M35+	Mark Donahoo	0:43:45	9/04/1994		Box Hill	27/05/1958	35
M40+	Willi Sawall	0:40:08	1982	RWA Champ	Richmond, NSW	7/11/1941	40
M45+	Mark Donahoo	0:46:41	21/06/2003	VRWC 10km	Middle Park	27/05/1958	45
M50+	Willi Sawall	0:44:11	5/01/1992		Albert Park	7/11/1941	50
M55+	Andrew Jamieson	0:46:33	30/07/2005	VMA 10km C'ship	Middle Park	13/06/1946	59
M60+	Andrew Jamieson	0:46:23	21/07/2007	VMA 10km C'ship	Middle Park	13/06/1946	61
M65+	Andrew Jamieson	0:48:38	19/05/2012	VRWC 10km	Middle Park	13/06/1946	66
M70+	Andrew Jamieson	0:53:17	23/07/2016	VRWC 10km	Middle Park	13/06/1946	70
M75+	Andrew Jamieson	0:57:36	28/05/2022	VRWC 10km	Middle Park	22/03/1936	76
M80+	Tom Daintry	1:04:23	25/04/1993		Knox	7/04/1911	82
M85+	George Knott	1:28:29	31/03/1997		Olympic Park	19/08/1910	86
M90+	Gus Theobald	1:17:52	22/01/1990			Apr 1897	93

10KM ROAD	NAME	ERFORMANC	DATE	EVENT	VENUE	DOB	AGE ON DAY
U12 GIRLS	Mikhala Hodges	1:05:36	3/08/2013	VRWC 10km	Middle Park	19/08/2001	11
U13 GIRLS	Rebecca Henderson	0:58:10	10/05/2014	VRWC 10km	Middle Park	4/07/2001	12
U14 GIRLS	Jemima Montag	0:53:18	11/09/2011	VRWC 10km	Middle Park	15/02/1998	13
U15 GIRLS	Rebecca Henderson	0:52:58	15/05/2016	VRWC 10km	Middle Park	4/07/2001	14
U16 GIRLS	Jemima Montag	0:47:00	2/02/2014	AA 10km U20 Race	Hobart, TAS	15/02/1998	15
U17 GIRLS	Jemima Montag	0:47:00	2/02/2014	AA 10km U20 Race	Hobart, TAS	15/02/1998	15
U18 GIRLS	Jemima Montag	0:47:00	2/02/2014	AA 10km U20 Race	Hobart, TAS	15/02/1998	15
U20 WOMEN	Jess Rothwell	0:44:01	15/02/2009	VRWC 10km	Middle Park	18/06/1989	19
U23 WOMEN	Jess Rothwell	0:44:01	15/02/2009	VRWC 10km	Middle Park	18/06/1989	19
OPEN WOMEN	Jemima Montag	0:43:25	23/05/2022	AC Country Champs	Middle Park	15/02/1998	24
W35+	Kelly Ruddick	0:46:52	27/05/2012	AV Country Champs	Ballarat	19/04/1973	39
W40+	Kelly Ruddick	0:45:26	17/08/2013	VMA 10km Champs	Middle Park	19/04/1973	40
W45+	Kelly Ruddick	0:47:30	14/07/2018	VMA 10km C'Ship	Middle Park	19/04/1973	45
W50+	Pam Tindal	0:52:19	15/05/2010	VRWC 10km	Middle Park	2/12/1959	50
W55+	Heather Carr	0:53:42	21/07/2007	VMA 10km C'ship	Middle Park	13/08/1949	57
W60+	Heather Carr	0:53:56	5/06/2010	VRWC 10km	Middle Park	13/08/1949	60
W65+	Brenda Riley	0:55:32	13/11/2005	VRWC 10km	Middle Park	9/11/1939	66
W70+	Heather Carr	1:04:55	17/11/2019	VRWC 10km	Middle Park	13/08/1949	70
W75+	Gwen Steed	1:12:59	4/08/2018	VRWC 10km	Middle Park	14/07/1942	76
W80+	Gwen Steed	1.19.04	27/07/2024	VMA 10km C'ship	Middle Park	14/07/1942	82
W85+	Unclaimed						
W90+	Unclaimed						

VRWC CLUB RECORDS**Last Updated: Tim Erickson 05/05/2023**

10000M TRACK	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U12 BOYS	Unclaimed						
U13 BOYS	Unclaimed						
U14 BOYS	Unclaimed						
U15 BOYS	Kyle Swan	46:50.00	16/03/2014	Aust Junior T&F U20 10km	Sydney	28/03/1999	14
U16 BOYS	Kyle Swan	43:50.85	13/03/2015	Aust Junior T&F U20 10km	Sydney	28/03/1999	15
U17 BOYS	Marcus Wakim	42.01.26	31/03/2023	Aust U20 10,000m Title	Brisbane	3/05/2006	16
U18 BOYS	Marcus Wakim	42.01.26	31/03/2023	Aust U20 10,000m Title	Brisbane	3/05/2006	16
U20 MEN	Will Thompson	41:00.0	22/01/2022	Supernova 10,00m Walk	Canberra	18/11/2002	19
U23 MEN	Kyle Swan	39:22.0	22/01/2022	AIS Elite 10,000m Walk	Canberra	28/03/1999	22
OPEN MEN	David Smith	38:06.6	25/09/1986	Sydney Grand Prix Meet	Sydney	24/07/1955	31
M35+	Unclaimed						
M40+	Unclaimed						
M45+	Unclaimed						
M50+	Unclaimed						
M55+	Unclaimed						
M60+	Unclaimed						
M65+	Unclaimed						
M70+	Unclaimed						
M75+	Unclaimed						
M80+	Unclaimed						
M85+	Unclaimed						
M90+	Unclaimed						

10000M TRACK	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U12 GIRLS	Unclaimed						
U13 GIRLS	Darcey Roberts	56:42.0	13/11/2019	VRWC Track Races	Mentone	15/09/2007	12
U14 GIRLS	Rebecca Henderson	53:44.49	13/03/2015	Aust U20 10,000m Title	Sydney	4/07/2001	13
U15 GIRLS	Rebecca Henderson	53:44.49	13/03/2015	Aust U20 10,000m Title	Sydney	4/07/2001	13
U16 GIRLS	Rebecca Henderson	53:44.49	13/03/2015	Aust U20 10,000m Title	Sydney	4/07/2001	13
U17 GIRLS	Jemima Montag	48:25.18	14/03/2014	Aust U20 10,000m Title	Sydney	15/02/1998	16
U18 GIRLS	Jemima Montag	48:25.18	14/03/2014	Aust U20 10,000m Title	Sydney	15/02/1998	16
U20 WOMEN	Jess Rothwell	44.44.20	9/07/2008	World Junior C'Ships	Poland	18/06/1989	18
U23 WOMEN	Jemima Montag	42.35.2	31/01/2021	A.A. Elite 10,000m Walk	Clifton Hill	15/02/1998	22
OPEN WOMEN	Jemima Montag	42.35.2	31/01/2021	A.A. Elite 10,000m Walk	Clifton Hill	15/02/1998	22
W35+	Unclaimed						
W40+	Unclaimed						
W45+	Unclaimed						
W50+	Unclaimed						
W55+	Unclaimed						
W60+	Unclaimed						
W65+	Unclaimed						
W70+	Unclaimed						
W75+	Unclaimed						
W80+	Unclaimed						
W85+	Unclaimed						
W90+	Unclaimed						

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 29/08/2025

15KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U12 BOYS	Unclaimed						
U13 BOYS	Unclaimed						
U14 BOYS	Corey Dickson	1:24:33	5/05/2016	Victorian 15km C'Ship	Middle Park	19/07/2002	13
U15 BOYS	Corey Dickson	1:24:33	5/05/2016	Victorian 15km C'Ship	Middle Park	19/07/2002	13
U16 BOYS	Corey Dickson	1:24:33	5/05/2016	Victorian 15km C'Ship	Middle Park	19/07/2002	13
U17 BOYS	Dion Russell	1:07:49	26/04/1992	VRWC U20 Club C'Ship	Albert Park	8/05/1975	16
U18 BOYS	Marcus Wakim	1:04:38	12/06/2023	LBG Carnival	Canberra	3/05/2006	17
U20 MEN	Will Thompson	1:02:51	27/06/2021	Victorian 15km C'Ship	Middle Park	18/11/2002	18
U23 MEN	Jared Tallent	1:00:30	13/05/2006	Official 15km split, 2006 W	La Coruna, Spain	17/10/1984	21
OPEN MEN	Rhydian Cowley	0:58:50	1/03/2025	WA Tour Meet	Taicang, China	4/01/1991	33
M35+	Daniel Walters	1:11:36	24/06/2018	VMA 20km - 15km split	Middle Park	19/12/1979	38
M40+	Stuart Kollmorgen	1:11:44	29/05/2011	Victorian 15km C'Ship	Middle Park	20/04/1969	42
M45+	Mark Donahoo	1:19:32	3/05/2008	VRWC Open	Middle Park	27/05/1958	49
M50+	Andrew Jamieson	1:09:19	21/05/2000	AV C'ship	Ballarat	13/06/1946	53
M55+	Andrew Jamieson	1:12:36	25/06/2005	Victorian 15km C'Ship	Middle Park	13/06/1946	59
M60+	Andrew Jamieson	1:10:43	3/05/2008	VRWC Open	Middle Park	13/06/1946	61
M65+	Ralph Bennett	1:21:45	3/05/2008	VRWC Open	Middle Park	26/12/1941	66
M70+	Andrew Jamieson	1:28:57	9/06/2019	LBG Carnival	Canberra	13/06/1946	72
M75+	Unclaimed						
M80+	Unclaimed						
M85+	Unclaimed						
M90+	Unclaimed						

15KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U12 GIRLS	Unclaimed						
U13 GIRLS	Unclaimed						
U14 GIRLS	Unclaimed						
U15 GIRLS	Unclaimed						
U16 GIRLS	Rebecca Henderson	1:18:52	14/05/2017	Victorian 15km C'Ship	Middle Park	4/07/2001	15
U17 GIRLS	Rebecca Henderson	1:18:52	14/05/2017	Victorian 15km C'Ship	Middle Park	4/07/2001	15
U18 GIRLS	Maddison Nash	1:18:26	22/06/2024	Victorian 15km C'Ship	Middle Park	1/12/2006	17
U20 WOMEN	Rebecca Henderson	1:09:56	27/06/2021	Victorian 15km C'Ship	Middle Park	4/07/2001	19
U23 WOMEN	Jess Rothwell	1:07:42	19/06/2010	Official Split – IAAF 20km	La Coruna, Spain	18/06/1989	21
OPEN WOMEN	Jemima Montag	1:05:29	27/06/2021	Victorian 15km C'Ship	Middle Park	15/02/1998	23
W35+	Kelly Ruddick	1:11:53	3/02/2013	VRWC Road Races	Middle Park	19/04/1973	39
W40+	Kelly Ruddick	1:10:12	3/07/2015	AV 15km C'Ship	Middle Park	19/04/1973	42
W45+	Kelly Ruddick	1:13:49	11/05/2019	AV 15km C'Ship	Middle Park	19/04/1973	46
W50+	Pam Tindal	1:22:45	23/05/2010	VRWC C'ship	Middle Park	2/12/1959	50
W55+	Heather Carr	1:27:31	24/05/2009	AV C'ship	Bendigo	13/08/1949	59
W60+	Heather Carr	1:24:48	18/07/2010	Victorian 15km C'Ship	Middle Park	13/08/1949	60
W65+	Heather Carr	1:29:14	4/07/2015	Victorian 15km C'Ship	Middle Park	13/08/1949	65
W70+	Heather Carr	1:45:20	6/12/2020	VRWC C'ship	Middle Park	13/08/1949	70
W75+	Unclaimed						
W80+	Unclaimed						
W85+	Unclaimed						
W90+	Unclaimed						

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 18/10/2024

20KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U17 BOYS	Craig Brill	1:37:20	19/08/1984	Aust U20 20km	Fisherman's Bend	10/11/1967	16
U18 BOYS	Adam Garganis	1:31:08	21/06/2015	Vic 20km C'ship	Middle Park	18/09/1997	17
U20 MEN	Nathan Deakes	1:23:58	19/04/1997	Racewalking World Cup 20km	Podebrady	17/08/1977	19
U23 Men	Nathan Deakes	1:20:15	26/01/99	Adelaide Grand Prix 20km	Adelaide	18/08/77	21
OPEN MEN	Nathan Deakes	1.17.33	23/04/2005	IAAF Meet	Cixi, China	17/08/1977	27
M35+	Willi Sawall	1.24.05	23/03/1980	Aust Olympic Trial	Sydney	7/11/1941	38
M40+	Willi Sawall	1.21.36	4/07/1982	Vic 20km C'ship	Albert Park	7/11/1941	40
M45+	Willi Sawall	1.25.03	27/08/1988	Aust 20km C'Ship	Canberra	7/11/1941	46
M50+	Andrew Jamieson	1.34.38	18/07/1999	Vic 20km C'Ship	Middle Park	13/06/1946	53
M55+	Andrew Jamieson	1.35.13	18/08/2001	VRWC 2 Hour	Coburg	13/06/1946	55
M60+	Andrew Jamieson	1.35.39	24/06/2008	Vic 20km C'Ship	Middle Park	13/06/1946	62
M65+	Andrew Jamieson	1:40:13	28/07/2012	VRWC Club Race	Middle Park	13/06/1946	66
M70+	Andrew Jamieson	1:52:35	26/06/2016	VMA 20km C'Ship	Middle Park	13/06/1946	70
M75+	Tom Daintry	1.59.20	22/06/1986		Murrumbeena	7/04/1911	75
M80+	Gus Theobald	2.11.55	13/08/1977	WMA Champs	Sweden	Apr 1897	80
M85+	Gus Theobald	2.26.07	21/08/1982			Apr 1897	85
M90+	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	Rebecca Henderson	1:29:54	12/02/2023	Aust 20km C'ship	Melbourne	4/07/2001	21
OPEN WOMEN	Jemima Montag	1.26.25	1/08/2024	Olympic 20km Walk	Paris, FRA	15/02/1998	26
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+	Heather Carr	2:22:49	6/12/2020	VRWC Club Walk	Middle Park	13/08/1949	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+							
W90+	Unclaimed						

VRWC Club Championships - 20km Road

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 30 May 2026

On 1st October 2025, the 20km and 35km walks were replaced by the Half Marathon and Marathon walks.
as the two Open walk events to be contested at major international meets.

HALF MARATHON	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U18 MEN							
U20 MEN	Marcus Wakim	1:46:34	15/03/2026	Aust Roadwalk Champs	Adelaide, SA	3/05/2006	19
U23 MEN	Marcus Wakim	1:46:34	15/03/2026	Aust Roadwalk Champs	Adelaide, SA	3/05/2006	19
OPEN MEN	Rhydian Cowley	1:24:52	15/03/2026	Aust Roadwalk Champs	Adelaide, SA	4/01/1991	35
M35+							
M40+							
M45+							
M50+							
M55+							
M60+							
M65+							
M70+							
M75+							
M80+							
M85+							
M90+							

HALF MARATHON	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U18 WOMEN							
U20 WOMEN							
U23 WOMEN							
OPEN WOMEN	Rebecca Henderson	1:32:25	15/03/2026	Aust Roadwalk Champs	Adelaide, SA	4/07/2001	24
W35+							
W40+							
W45+							

W50+							
W55+							
W60+	Carolyn Rosenbrock	2:18:52	24/05/2026	AV Roadwalk Championship	Melbourne, VIC	26/01/1962	64
W65+							
W70+							
W75+							
W80+							
W85+							
W90+							

VRWC CLUB RECORDS**Last Updated: Tim Erickson, 19/04/2025**

30KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U20 MEN	Adam Garganis	2:17:24	6/08/2017	Vic 30km C'Ship	Melbourne	18/09/1997	19
U23 MEN	Jared Tallent	2:06:27	10/06/2007	LBG Carnival	Canberra	17/10/1984	22
OPEN MEN	Rhydian Cowley	2:03:15	16/03/2025	Asian Champs	Nomi, JPN	4/01/1991	34
M35+	Willi Sawall	2.10.11	18/05/1980	Vic 30km C'Ship	Albert Park	7/11/1941	39
M40+	Willi Sawall	2.08.01	16/05/1982	Vic 30km C'Ship	Albert Park	7/11/1941	40
M45+	Willi Sawall	2.17.02	29/05/1988	Vic 30km C'Ship	Albert Park	7/11/1941	46
M50+	Andrew Jamieson	2.31.20	5/09/1999	Aust 30km C'Ship	Middle Park	13/06/1946	53
M55+	Andrew Jamieson	2.32.05	9/11/2003	VRWC Open 30km	Middle Park	13/06/1946	57
M60+	Andrew Jamieson	2.28.55	3/05/2009	VRWC 35km C'Ship	Middle Park	13/06/1946	62
M65+	Andrew Jamieson	2:39:25	11/09/2011	VRWC 35km C'Ship	Middle Park	13/06/1946	65
M70+	Unclaimed						
M75+	Unclaimed						
M80+	Unclaimed						
M85+	Unclaimed						
M90+	Unclaimed						

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

VRWC CLUB RECORDS**Last Updated: Tim Erickson, 14 June 2026**

On 1st October 2025, the 20km and 35km walks were replaced by the Half Marathon and Marathon walks.
as the two Open walk events to be contested at major international meet.

MARATHON ROA	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U18 MEN							
U20 MEN							
U23 MEN							
OPEN MEN	Rhydian Cowley	3:16:30	7/06/2026	LBG Carnival	Canberra, ACT	4/01/1991	35
M35+							
M40+							
M45+							
M50+							
M55+							
M60+							
M65+							
M70+							
M75+							
M80+							
M85+							
M90+							

MARATHON ROA	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U18 WOMEN							
U20 WOMEN							
U23 WOMEN	Alanna Peart	3:56:50	29/11/2025	Australian Half Marathon C'ship	Canberra, ACT	6/09/2003	22
OPEN WOMEN	Alanna Peart	3:56:50	29/11/2025	Australian Half Marathon C'ship	Canberra, ACT	6/09/2003	22
W35+							
W40+							
W45+							

W50+							
W55+							
W60+							
W65+							
W70+							
W75+							
W80+							
W85+							
W90+							

VRWC CLUB RECORDS

Last Updated: Tim Erickson, 19/04/2025

In 2021, the 35km replaced the 50km as is the official international long distance walk. VRWC has now extended our club records to include this new category.

VRWC has held a 35km club championship since 2010 so the times from these races were able to be used in building initial club records and ranking lists.

I am also indebted to Brent Vallance and Emmanuel Tardi for the large number of 35km splits which he has passed on from international 50km races involving Australian walkers. These have also been incorporated to produce our initial listings.

Now there are possibly faster times done in 50km walks, most notably Nathan Deakes' 50km world record from 2006, but without official 35km splits, such times cannot be added into the mix.

I do remember that when our 50km events were held around Albert Park Lake, the lap was 5km. There will be official 35km splits in those races from the likes of Willi Sawall, Bob Gardiner, etc. But that's a job for another time.

35KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U18 MEN	Adam Garganis	3:04:54	14/09/2014	VRWC 35km Club Championship	Middle Park	18/09/1997	16
U20 MEN	Craig Brill	2:59:21	02/05/1987	Racewalking World Cup 50km (split)	New York, USA	10/11/1967	19
U23 MEN	Will Thompson	2:29:58	17/10/2024	All Japan 35km Championship	Takahata, JPN	18/11/2002	24
OPEN MEN	Rhydian Cowley	2:25:21	16/03/2025	Asian Walk Championships	Nomi, JPN	4/01/1991	33
M35+	Willi Sawall	2:37:44	30/09/1979	Racewalking World Cup 50km (split)	Eschborn, GER	7/11/1941	37
M40+	Willi Sawall	2:49:27	28/05/1985	Racewalking World Cup 50km (split)	Douglas, IOM	7/11/1941	43
M45+	Harry Summers	3:11:06	04/10/1981	Racewalking World Cup 50km (split)	Valencia, ESP	1/06/1935	46
M50+	Simon Evans	3:48:38	14/09/2014	VRWC 35km Club Championship	Middle Park	08/04/1960	53
M55+	Harry Summers	3:35:56	8/05/1994	VRWC 35km Club Championship	Knox	1/06/1935	58
M60+	Andrew Jamieson	3:00:55	3/05/2009	VRWC 35km Club Championship	Middle Park	13/06/1946	62
M65+	Andrew Jamieson	3:17:52	11/09/2011	VRWC 35km Club Championship	Middle Park	13/06/1946	65
M70+							
M75+							
M80+							
M85+							
M90+							

35KM ROAD	NAME	PERFORMANCE	DATE	EVENT	VENUE	DOB	AGE ON DAY
U18 WOMEN							
U20 WOMEN							
U23 WOMEN	Rebecca Henderson	2:47:34	9/06/2024	LBG 35km Championship	Canberra, ACT	4/07/2001	22
OPEN WOMEN	Rebecca Henderson	2:47:34	9/06/2024	LBG 35km Championship	Canberra, ACT	4/07/2001	22
W35+							
W40+	Tracy Feiner	3:22:44	15/09/2019	VRWC 35km Club Championship	Middle Park	25/08/1977	38
W45+	Michelle Thompson	3:48:03	13/09/2015	VRWC 35km Club Championship	Middle Park	12/12/1968	45
W50+	Kelly Ruddick	3:09:53	15/12/2024	Australian 35km Championship	Middle Park	19/04/1973	51
W55+	Karyn O'Neill	4:23:35	11/09/2011	VRWC 35km Club Championship	Middle Park	27/01/1955	56
W60+	Heather Carr	4:01:10	11/09/2011	VRWC 35km Club Championship	Middle Park	13/08/1949	62
W65+							
W70+							
W75+							
W80+							
W85+							
W90+							

VRWC CLUB RECORDS**Last Updated: Tim Erickson, 17/01/2020**

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

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