

## VRWC Records

Edited and Created by Tim Erickson and Terry Swan

Creation Date 01-Oct-10

Last Edit Date 11-Sep-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**

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

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 29/08/2026

| 1.5KM ROAD | NAME                | PERFORMANCE | DATE       | EVENT                  | VENUE         | DOB        | AGE ON DAY |
|------------|---------------------|-------------|------------|------------------------|---------------|------------|------------|
| U9 BOYS    | Ryder Reid          | 0:07:56     | 26/07/2026 | VRWC Club Races        | Middle Park   | 14/09/2017 | 8          |
| 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+       |                     |             |            |                        |               |            |            |

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

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 11/09/2026

| <b>1500M TRACK</b> | <b>NAME</b>      | <b>ERFORMANC</b> | <b>DATE</b> | <b>EVENT</b>                    | <b>VENUE</b>         | <b>DOB</b> | <b>AGE ON DAY</b> |
|--------------------|------------------|------------------|-------------|---------------------------------|----------------------|------------|-------------------|
| <b>U9 BOYS</b>     | Ryder Reid       | 0:07:57          | 05/09/2026  | VRWC Track Walks                | Mentone              | 14/09/2017 | 9                 |
| <b>U10 BOYS</b>    | Ryder Reid       | 0:07:57          | 05/09/2026  | VRWC Track Walks                | Mentone              | 14/09/2017 | 9                 |
| <b>U11 BOYS</b>    | Nikola Mandic    | 7.28.8           | 30/11/2013  | AV Shield                       | Knox                 | 23/01/2003 | 10                |
| <b>U12 BOYS</b>    | Nikola Mandic    | 06:57.4          | 20/12/2014  | AV Shield                       | Casey Fields, Melb   | 23/01/2003 | 11                |
| <b>U13 BOYS</b>    | Travis Harbour   | 6.44.1           | 12/11/1988  | Victorian Interclub Competition | Knox                 | 12/12/1975 | 12                |
| <b>U14 BOYS</b>    | Travis Harbour   | 6.25.1           | 30/11/1989  | Victorian Interclub Competition | Knox                 | 12/12/1975 | 13                |
| <b>U15 BOYS</b>    | Stephen Brooks   | 5.48.0           | 27/03/1994  |                                 | Olympic Park, Melb   | 16/05/1979 | 14                |
| <b>U16 BOYS</b>    | Stephen Brooks   | 5.42.7           | 26/03/1995  |                                 | Olympic Park, Melb   | 16/05/1979 | 15                |
| <b>U17 BOYS</b>    | Stephen Brooks   | 5.42.7           | 26/03/1995  |                                 | Olympic Park, Melb   | 16/05/1979 | 15                |
| <b>U18 BOYS</b>    | Dion Russell     | 5.38.8           | 26/10/1992  |                                 | Olympic Park, Melb   | 8/05/1975  | 17                |
| <b>U20 MEN</b>     | Jesse Osborne    | 05:19.54         | 23/03/2014  | VRWC Track Race                 | Mentone              | 21/01/1995 | 19                |
| <b>U23 MEN</b>     | Jesse Osborne    | 05:19.54         | 23/03/2014  | VRWC Track Race                 | Mentone              | 21/01/1995 | 19                |
| <b>OPEN MEN</b>    | David Smith      | 5.19.1           | 07/02/1981  |                                 | Olympic Park, Melb   | 24/07/1955 | 25                |
| <b>M35+</b>        | Daniel Walters   | 06:02.1          | 24/03/2019  | VMA 1500m Championship          | Doncaster            | 19/12/1979 | 39                |
| <b>M40+</b>        | Paul Kennedy     | 6.15.0           | 3/02/2001   |                                 | Aberfeldie           | 3/04/1957  | 43                |
| <b>M45+</b>        | Paul Kennedy     | 6.14.3           | 2004        |                                 | Aberfeldie           | 3/04/1957  | 47                |
| <b>M50+</b>        | Andrew Jamieson  | 6.21.1           | 4/03/1999   |                                 | East Burwood         | 13/06/1946 | 52                |
| <b>M55+</b>        | Murray Dickinson | 6.44.1           | 7/10/1995   |                                 | Olympic Park, Melb   | 22/08/1938 | 56                |
| <b>M60+</b>        | Andrew Jamieson  | 6.52.5           | 9/03/2008   |                                 | Olympic Park, Melb   | 13/06/1946 | 61                |
| <b>M65+</b>        | Andrew Jamieson  | 06:52.6          | 25/03/2012  | VMA T&F Championships           | Doncaster            | 13/06/1946 | 65                |
| <b>M70+</b>        | Ralph Bennett    | 08:00.4          | 6/04/2012   | AMA T&F Championships           | Lakeside Stadium, AP | 26/12/1941 | 70                |
| <b>M75+</b>        | Bob Gardiner     | 7.57.44          | 3/04/2011   | Victorian Masters T&F Champs    | Doncaster            | 22/03/1936 | 75                |
| <b>M80+</b>        | unclaimed        |                  |             |                                 |                      |            |                   |
| <b>M85+</b>        | Bob Gardiner     | 10.34.0          | 26/04/2025  | VRWC 1500m Championship         | Mentone              | 22/03/1936 | 89                |
| <b>M90+</b>        | unclaimed        |                  |             |                                 |                      |            |                   |

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

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 11/09/2026

| 2KM ROAD | NAME               | PERFORMANCE | DATE       | EVENT               | VENUE       | DOB        | AGE ON DAY |
|----------|--------------------|-------------|------------|---------------------|-------------|------------|------------|
| U9 BOYS  | Ryder Reid         | 0:10:57     | 8/08/2026  | VRWC Road Races     | Middle Park | 14/09/2017 | 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 | Fletcher Reid      | 0:09:26     | 23/08/2026 | AA Road Champs      | Ballarat    | 20/03/2015 | 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+     | Shaun Lewis        | 0:09:36     | 20/08/2026 | VRWC Road Races     | Middle Park | 2/03/1979  | 47         |
| 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          |             |            |                     |             |            |            |

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



**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 29/04/2026

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

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

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 29/08/2026

| <b>3KM ROAD</b> | <b>NAME</b>        | <b>PERFORMANCE</b> | <b>DATE</b> | <b>EVENT</b>                 | <b>VENUE</b>     | <b>DOB</b> | <b>AGE ON DAY</b> |
|-----------------|--------------------|--------------------|-------------|------------------------------|------------------|------------|-------------------|
| <b>U9 BOYS</b>  | Ryder Reid         | 0:17:20            | 20/06/2026  | VRWC Club Races              | Middle Park      | 14/09/2017 | 8                 |
| <b>U10 BOYS</b> | Ryder Reid         | 0:17:20            | 20/06/2026  | VRWC Club Races              | Middle Park      | 14/09/2017 | 8                 |
| <b>U10 BOYS</b> | Luke Epps          | 0:17:20            | 20/08/2016  | VRWC Club Races              | Middle Park      | 5/11/2006  | 9                 |
| <b>U11 BOYS</b> | Nikola Mandic      | 0:16:03            | 8/04/2013   | AV U14 Roadwalk Championship | Middle Park      | 23/01/2003 | 10                |
| <b>U12 BOYS</b> | Angus Shuttleworth | 0:15:00            | 16/07/2023  | VRWC Club Races              | Middle Park      | 14/08/2011 | 11                |
| <b>U13 BOYS</b> | Corey Dickson      | 0:14:28            | 19/07/2014  | VRWC Club Races              | Middle Park      | 19/07/2002 | 12                |
| <b>U14 BOYS</b> | Kyle Swan          | 0:14:10            | 18/11/2012  | VRWC Club Races              | Middle Park      | 28/03/1998 | 13                |
| <b>U15 BOYS</b> | Angus Shuttleworth | 0:12:51            | 8/08/2026   | VRWC Club Races              | Middle Park      | 14/08/2011 | 14                |
| <b>U16 BOYS</b> | Nathan Brill       | 0:12:21            | 19/05/2012  | VRWC Club Races              | Middle Park      | 24/05/1996 | 15                |
| <b>U17 BOYS</b> | Nathan Brill       | 0:12:04            | 3/02/2013   | VRWC Club Races              | Middle Park      | 24/05/1996 | 16                |
| <b>U18 BOYS</b> | Nathan Brill       | 0:12:04            | 3/02/2013   | VRWC Club Races              | Middle Park      | 24/05/1996 | 16                |
| <b>U20 BOYS</b> | Nathan Brill       | 0:12:04            | 3/02/2013   | VRWC Club Races              | Middle Park      | 24/05/1996 | 16                |
| <b>U23 MEN</b>  | Rhydian Cowley     | 0:11:55            | 28/10/2012  | VRWC Club Races              | Middle Park      | 4/01/1991  | 21                |
| <b>OPEN MEN</b> | Nathan Deakes      | 0:11:43            | 13/05/2005  | IAAF World Cup 20km - Split  | La Coruna, Spain | 17/08/1977 | 27                |
| <b>M35+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M40+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M45+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M50+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M55+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M60+</b>     | Alan Lucas         | 17:04              | 3/09/2011   | VRWC Club Races              | Middle Park      | 5/01/1948  | 63                |
| <b>M65+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M70+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M75+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M80+</b>     | Bob Gardiner       | 0:22:17            | 21/11/2020  | VRWC Club Races              | Middle Park      | 22/03/1936 | 84                |
| <b>M85+</b>     | Unclaimed          |                    |             |                              |                  |            |                   |
| <b>M90+</b>     | 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

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

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

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 9/08/2026

| <b>5KM ROAD</b> | <b>NAME</b>        | <b>PERFORMANCE</b> | <b>DATE</b> | <b>EVENT</b>                  | <b>VENUE</b> | <b>DOB</b> | <b>AGE ON DAY</b> |
|-----------------|--------------------|--------------------|-------------|-------------------------------|--------------|------------|-------------------|
| <b>U11 BOYS</b> | Nikola Mandic      | 0:28:35            | 19/01/2014  | VRWC Road Races               | Middle Park  | 23/01/2003 | 10                |
| <b>U12 BOYS</b> | Corey Dickson      | 0:27:06            | 07/09/13    | VRWC Road Races               | Middle Park  | 19/07/2002 | 11                |
| <b>U13 BOYS</b> | Corey Dickson      | 0:25:41            | 16/08/2014  | VRWC Road Races               | Middle Park  | 19/07/2002 | 12                |
| <b>U14 BOYS</b> | Angus Shuttleworth | 0:23:23            | 6/07/2025   | AV Roadwalk Championships     | Middle Park  | 14/08/2011 | 13                |
| <b>U15 BOYS</b> | Nathan Brill       | 0:21:52            | 9/01/2011   | VRWC Road Races               | Middle Park  | 24/05/1996 | 14                |
| <b>U16 BOYS</b> | Angus Shuttleworth | 0:21:33            | 23/08/2026  | AA Roadwalk Championships     | Ballarat     | 14/08/2011 | 15                |
| <b>U17 BOYS</b> | Nathan Brill       | 0:20:15            | 18/05/2013  | VRWC Road Races               | Middle Park  | 24/05/1996 | 16                |
| <b>U18 BOYS</b> | Nathan Brill       | 0:20:15            | 18/05/2013  | VRWC Road Races               | Middle Park  | 24/05/1996 | 16                |
| <b>U20 MEN</b>  | Nathan Brill       | 0:20:15            | 18/05/2013  | VRWC Road Races               | Middle Park  | 24/05/1996 | 16                |
| <b>U23 MEN</b>  | Jared Tallent      | 0:19:53            | 6/08/2006   | IAAF World Champ 20km - Split | Helsinki     | 17/10/1984 | 21                |
| <b>OPEN MEN</b> | Rhydian Cowley     | 0:19:13            | 8/06/2025   | LBG Carnival                  | Canberra     | 4/01/1991  | 33                |
| <b>M35+</b>     | Daniel Walters     | 0:22:24            | 21/01/2018  | VRWC Road Races               | Middle Park  | 19/12/1979 | 38                |
| <b>M40+</b>     | Pramesh Prasad     | 0:24:41            | 22/01/2017  | VRWC Road Races               | Middle Park  | 21/04/1974 | 42                |
| <b>M45+</b>     | James Christmass   | 0:23:44            | 11/09/2016  | VRWC Road Races               | Middle Park  | 17/11/1967 | 48                |
| <b>M50+</b>     | Unclaimed          |                    |             |                               |              |            |                   |
| <b>M55+</b>     | Unclaimed          |                    |             |                               |              |            |                   |
| <b>M60+</b>     | Unclaimed          |                    |             |                               |              |            |                   |
| <b>M65+</b>     | Andrew Jamieson    | 0:24:07            | 5/05/2012   | VRWC Road Races               | Middle Park  | 13/06/1946 | 66                |
| <b>M70+</b>     | Unclaimed          |                    |             |                               |              |            |                   |
| <b>M75+</b>     | Unclaimed          |                    |             |                               |              |            |                   |
| <b>M80+</b>     | Bob Gardiner       | 0:33:45            | 26/06/2016  | VRWC Road Races               | Middle Park  | 22/03/1936 | 80                |
| <b>M85+</b>     | Bob Gardiner       | 0:38:28            | 31/05/2025  | VRWC Road Races               | Middle Park  | 22/03/1936 | 89                |
| <b>M90+</b>     | Unclaimed          |                    |             |                               |              |            |                   |

| <b>5KM ROAD</b>   | <b>NAME</b>   | <b>PERFORMANCE</b> | <b>DATE</b> | <b>EVENT</b>                      | <b>VENUE</b>   | <b>DOB</b> | <b>AGE ON DAY</b> |
|-------------------|---------------|--------------------|-------------|-----------------------------------|----------------|------------|-------------------|
| <b>U10 GIRLS</b>  | Ela Uzun      | 0:28:28            | 6/12/2020   | VRWC Road Races                   | Middle Park    | 21/04/2011 | 9                 |
| <b>U11 GIRLS</b>  | Ela Uzun      | 0:25:22            | 3/07/2021   | VRWC Roadwalks                    | Middle Park    | 21/04/2011 | 10                |
| <b>U12 GIRLS</b>  | Ela Uzun      | 0:25:22            | 3/07/2021   | VRWC Roadwalks                    | Middle Park    | 21/04/2011 | 10                |
| <b>U13 GIRLS</b>  | Ela Uzun      | 0:24:58            | 1/12/2019   | AA Invitational Race              | Fawkner Park   | 21/04/2011 | 12                |
| <b>U14 GIRLS</b>  | Ela Uzun      | 0:23:41            | 15/12/2024  | VRWC Roadwalks                    | Middle Park    | 21/04/2011 | 13                |
| <b>U15 GIRLS</b>  | Ela Uzun      | 0:22:57            | 24/08/2025  | AA Roadwalk Championships         | Ballarat       | 21/04/2011 | 14                |
| <b>U16 GIRLS</b>  | Ela Uzun      | 0:22:16            | 23/08/2026  | AA Roadwalk Championships         | Ballarat       | 21/04/2011 | 15                |
| <b>U17 GIRLS</b>  | Ela Uzun      | 0:22:16            | 23/08/2026  | AA Roadwalk Championships         | Ballarat       | 21/04/2011 | 15                |
| <b>U18 GIRLS</b>  | Ela Uzun      | 0:22:16            | 23/08/2026  | AA Roadwalk Championships         | Ballarat       | 21/04/2011 | 15                |
| <b>U20 WOMEN</b>  | Ela Uzun      | 0:22:16            | 23/08/2026  | AA Roadwalk Championships         | Ballarat       | 21/04/2011 | 15                |
| <b>U23 WOMEN</b>  | Jess Rothwell | 0:22:06            | 18/09/2010  | IAAF Challenge 10km Final - split | Beijing, China | 18/06/1989 | 21                |
| <b>OPEN WOMEN</b> | Regan Lamble  | 0:21:52            | 28/05/2016  | La Coruna Grand Prix - Split      | La Coruna      | 14/10/1991 | 24                |
| <b>W35+</b>       | Unclaimed     |                    |             |                                   |                |            |                   |
| <b>W40+</b>       | Unclaimed     |                    |             |                                   |                |            |                   |
| <b>W45+</b>       | Unclaimed     |                    |             |                                   |                |            |                   |
| <b>W50+</b>       | Unclaimed     |                    |             |                                   |                |            |                   |
| <b>W55+</b>       | Unclaimed     |                    |             |                                   |                |            |                   |
| <b>W60+</b>       | Heather Carr  | 0:26:42            | 24/04/2010  | VRWC Races                        | Middle Park    | 13/08/1949 | 61                |
| <b>W65+</b>       | Heather Carr  | 0:28:46            | 21/05/2016  | VRWC Races                        | Middle Park    | 13/08/1949 | 66                |
| <b>W70+</b>       | Gwen Steed    | 0:30:45            | 7/09/2013   | VRWC Races                        | Middle Park    | 14/07/1942 | 71                |
| <b>W75+</b>       | Gwen Steed    | 0:35:21            | 20/10/2019  | VRWC Races                        | Middle Park    | 14/07/1942 | 77                |
| <b>W80+</b>       | Gwen Steed    | 0:37:56            | 3/06/2023   | VRWC Races                        | Middle Park    | 14/07/1942 | 80                |
| <b>W85+</b>       | Unclaimed     |                    |             |                                   |                |            |                   |
| <b>W90+</b>       | Unclaimed     |                    |             |                                   |                |            |                   |



**VRWC CLUB RECORDS**

Last Updated: Tim Erickson 11/09/2026

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

| <b>5000M TRACK</b> | <b>NAME</b>      | <b>PERFORMANCE</b> | <b>DATE</b> | <b>EVENT</b>         | <b>VENUE</b>           | <b>DOB</b> | <b>AGE ON DAY</b> |
|--------------------|------------------|--------------------|-------------|----------------------|------------------------|------------|-------------------|
| <b>U11 GIRLS</b>   | Havana Ali       | 29.24.0            | 1/09/2022   | VRWC Track Races     | Mentone                | 25/10/2011 | 10                |
| <b>U12 GIRLS</b>   | Ela Uzun         | 25.17.0            | 1/09/2022   | VRWC Track Races     | Mentone                | 21/04/2011 | 11                |
| <b>U13 GIRLS</b>   | Ela Uzun         | 25.17.0            | 1/09/2022   | VRWC Track Races     | Mentone                | 21/04/2011 | 11                |
| <b>U14 GIRLS</b>   | Ela Uzun         | 23.32.0            | 7/09/2024   | VRWC Track Races     | Mentone                | 21/04/2011 | 13                |
| <b>U15 GIRLS</b>   | Ela Uzun         | 22.38.40           | 14/02/2026  | AV Junior Champs     | Lakeside Stadium, Melb | 21/04/2011 | 14                |
| <b>U16 GIRLS</b>   | Ela Uzun         | 22.20.0            | 5/09/2026   | AV 5000m Teams Champ | Mentone                | 21/04/2011 | 15                |
| <b>U17 GIRLS</b>   | Ela Uzun         | 22.20.0            | 5/09/2026   | AV 5000m Teams Champ | Mentone                | 21/04/2011 | 15                |
| <b>U18 GIRLS</b>   | Jemima Montag    | 22.04.29           | 14/06/2015  | AA Meet              | Brisbane               | 15/02/1998 | 17                |
| <b>U20 WOMEN</b>   | Jess Rothwell    | 21.03.33           | 20/02/2009  | AV 5000m C'Ship      | Olympic Park, Melb     | 18/06/1989 | 19                |
| <b>U23 WOMEN</b>   | Jess Rothwell    | 21.03.33           | 20/02/2009  | AV 5000m C'Ship      | Olympic Park, Melb     | 18/06/1989 | 19                |
| <b>OPEN WOMEN</b>  | Jemima Montag    | 20.17.35           | 26/02/2022  | AV 5000m C'Ship      | Lakeside Stadium, Melb | 24/01/1900 | 23                |
| <b>W35+</b>        | Kelly Ruddick    | 21:50.13           | 1/03/2013   | AV 5000m C'Ship      | Lakeside Stadium, Melb | 19/04/1973 | 39                |
| <b>W40+</b>        | Kelly Ruddick    | 21.46.68           | 29/03/2014  | Qld Track Classic    | Brisbane               | 19/04/1973 | 40                |
| <b>W45+</b>        | Heather McDonald | 25.04.5            | Oct 1994    |                      | Brisbane               | 13/08/1949 | 45                |
| <b>W50+</b>        | Pam Tindal       | 25.18.53           | 3/04/2010   | AMA Champs           | Perth                  | 2/12/1959  | 50                |
| <b>W55+</b>        | Heather Carr     | 25.54.11           | 24/02/2007  | AV 5000m C'Ship      | Olympic Park, Melb     | 13/08/1949 | 56                |
| <b>W60+</b>        | Heather Carr     | 26.29.26           | 3/04/2010   | AMA Champs           | Perth                  | 13/08/1949 | 60                |
| <b>W65+</b>        | Brenda Riley     | 27.19.1            | 12/02/2006  |                      | Coburg                 | 9/11/1939  | 66                |
| <b>W70+</b>        | Heather Carr     | 30:46.0            | 11/12/2019  | VRWC Track Races     | Clifton Hill           | 13/08/1949 | 70                |
| <b>W75+</b>        | Heather Carr     | 33.17.0            | 7/09/2024   | VRWC Track Races     | Mentone                | 13/08/1949 | 75                |
| <b>W80+</b>        | Gwen Steed       | 37.22.0            | 7/09/2024   | VRWC Track Races     | Mentone                | 14/07/1942 | 82                |
| <b>W85+</b>        | Unclaimed        |                    |             |                      |                        |            |                   |
| <b>W90+</b>        | Unclaimed        |                    |             |                      |                        |            |                   |

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

| <b>10KM ROAD</b> | <b>NAME</b>     | <b>PERFORMANCE</b> | <b>DATE</b> | <b>EVENT</b>         | <b>VENUE</b>   | <b>DOB</b> | <b>AGE ON DAY</b> |
|------------------|-----------------|--------------------|-------------|----------------------|----------------|------------|-------------------|
| <b>U12 BOYS</b>  | Kyle Swan       | 0:55:18            | 4/09/2010   | VRWC 10km            | Middle Park    | 28/03/1999 | 11                |
| <b>U13 BOYS</b>  | Corey Dickson   | 0:53:56            | 6/09/2014   | VRWC 10km            | Middle Park    | 19/07/2002 | 12                |
| <b>U14 BOYS</b>  | Corey Dickson   | 0:53:56            | 6/09/2014   | VRWC 10km            | Middle Park    | 19/07/2002 | 12                |
| <b>U15 BOYS</b>  | Nathan Brill    | 0:46:42            | 19/02/2011  | AA Invit 10km        | Hobart, TAS    | 24/05/1996 | 14                |
| <b>U16 BOYS</b>  | Kyle Swan       | 0:44:20            | 22/02/2015  | AA Invit 10km        | Adelaide, SA   | 28/03/1999 | 15                |
| <b>U17 BOYS</b>  | Marcus Wakim    | 0:42:42            | 12/02/2023  | AA 10km U20 Race     | Melbourne, VIC | 3/05/2006  | 16                |
| <b>U18 BOYS</b>  | Riley Coughlan  | 0:41:03            | 21/04/2024  | World RW Team Champs | Turkey         | 14/01/2007 | 17                |
| <b>U20 MEN</b>   | Nathan Brill    | 0:41:07            | 3/05/2014   | IAAF World Cup       | Taicang, China | 24/05/1996 | 18                |
| <b>U23 MEN</b>   | Jared Tallent   | 0:39:59            | July 2005   | NSW 10km C'ship      | Sydney         | 17/10/1984 | 20                |
| <b>OPEN MEN</b>  | Nathan Deakes   | 0:38:09            | 9/06/2001   | IAAF Race            | Krakow, Poland | 17/08/1977 | 23                |
| <b>M35+</b>      | Mark Donahoo    | 0:43:45            | 9/04/1994   |                      | Box Hill       | 27/05/1958 | 35                |
| <b>M40+</b>      | Willi Sawall    | 0:40:08            | 1982        | RWA Champ            | Richmond, NSW  | 7/11/1941  | 40                |
| <b>M45+</b>      | Mark Donahoo    | 0:46:41            | 21/06/2003  | VRWC 10km            | Middle Park    | 27/05/1958 | 45                |
| <b>M50+</b>      | Willi Sawall    | 0:44:11            | 5/01/1992   |                      | Albert Park    | 7/11/1941  | 50                |
| <b>M55+</b>      | Andrew Jamieson | 0:46:33            | 30/07/2005  | VMA 10km C'ship      | Middle Park    | 13/06/1946 | 59                |
| <b>M60+</b>      | Andrew Jamieson | 0:46:23            | 21/07/2007  | VMA 10km C'ship      | Middle Park    | 13/06/1946 | 61                |
| <b>M65+</b>      | Andrew Jamieson | 0:48:38            | 19/05/2012  | VRWC 10km            | Middle Park    | 13/06/1946 | 66                |
| <b>M70+</b>      | Andrew Jamieson | 0:53:17            | 23/07/2016  | VRWC 10km            | Middle Park    | 13/06/1946 | 70                |
| <b>M75+</b>      | Andrew Jamieson | 0:57:36            | 28/05/2022  | VRWC 10km            | Middle Park    | 22/03/1936 | 76                |
| <b>M80+</b>      | Tom Daintry     | 1:04:23            | 25/04/1993  |                      | Knox           | 7/04/1911  | 82                |
| <b>M85+</b>      | George Knott    | 1:28:29            | 31/03/1997  |                      | Olympic Park   | 19/08/1910 | 86                |
| <b>M90+</b>      | 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 29/08/2026**

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

| <b>10000M TRACK</b> | <b>NAME</b>       | <b>PERFORMANCE</b> | <b>DATE</b> | <b>EVENT</b>            | <b>VENUE</b> | <b>DOB</b> | <b>AGE ON DAY</b> |
|---------------------|-------------------|--------------------|-------------|-------------------------|--------------|------------|-------------------|
| <b>U12 GIRLS</b>    | Unclaimed         |                    |             |                         |              |            |                   |
| <b>U13 GIRLS</b>    | Darcey Roberts    | 56:42.0            | 13/11/2019  | VRWC Track Races        | Mentone      | 15/09/2007 | 12                |
| <b>U14 GIRLS</b>    | Rebecca Henderson | 53:44.49           | 13/03/2015  | Aust U20 10,000m Title  | Sydney       | 4/07/2001  | 13                |
| <b>U15 GIRLS</b>    | Rebecca Henderson | 53:44.49           | 13/03/2015  | Aust U20 10,000m Title  | Sydney       | 4/07/2001  | 13                |
| <b>U16 GIRLS</b>    | Rebecca Henderson | 53:44.49           | 13/03/2015  | Aust U20 10,000m Title  | Sydney       | 4/07/2001  | 13                |
| <b>U17 GIRLS</b>    | Jemima Montag     | 48:25.18           | 14/03/2014  | Aust U20 10,000m Title  | Sydney       | 15/02/1998 | 16                |
| <b>U18 GIRLS</b>    | Jemima Montag     | 48:25.18           | 14/03/2014  | Aust U20 10,000m Title  | Sydney       | 15/02/1998 | 16                |
| <b>U20 WOMEN</b>    | Jess Rothwell     | 44.44.20           | 9/07/2008   | World Junior C'Ships    | Poland       | 18/06/1989 | 18                |
| <b>U23 WOMEN</b>    | Jemima Montag     | 42.35.2            | 31/01/2021  | A.A. Elite 10,000m Walk | Clifton Hill | 15/02/1998 | 22                |
| <b>OPEN WOMEN</b>   | Jemima Montag     | 42.13.40           | 2/08/2026   | Commonwealth Games      | Glasgow      | 15/02/1998 | 28                |
| <b>W35+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W40+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W45+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W50+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W55+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W60+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W65+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W70+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W75+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W80+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W85+</b>         | Unclaimed         |                    |             |                         |              |            |                   |
| <b>W90+</b>         | Unclaimed         |                    |             |                         |              |            |                   |

**VRWC CLUB RECORDS**

Last Updated: Tim Erickson, 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         |             |            |                             |                  |            |            |

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

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



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

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

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

**VRWC CLUB RECORDS****Last Updated: Tim Erickson, 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**

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

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