

## ***VMA 10KM RACEWALK CHAMPIONSHIPS***

***ALBERT PARK - 16 MAY 2009***

[ Extract from VRWC "Heel and Toe" - 2008/2009 - Number 34 - 19 May 2009 ]

Pam Tindal was the other standout 10km walker with her PB time of 54:34 – she walked the whole way with Ralph Bennett who finished with the same time. Pam is quickly developing into one of our top Masters walkers. Club coach Mark Donahoo showed that he is getting back into racing shape with his 52:47 while Murray Dickinson's 57:40 is fantastic (as usual) for an M70 walker. Finally special mentions to Gayle McIntyre (56:40), to Lewis Clark (59:54) who walked his first ever 10km event . . . . . It was great to see so many walkers attacking the 10km distance. Note that club members who raced in the VMA championship are also recorded in the club 10 km event for point scoring purposes.



**Paul Van Kopplen, Pam Tindal and Ralph Bennett in action in the 10km**

## **VICTORIAN MASTERS 10 KM MEN CHAMPIONSHIP**

1	Van Kopplen, Paul	M40	46:11
1	Donahoo, Mark	M50	52:47
1	Riddoch, Clyde	M55	63:43
2	Cooper, Stuart	M55	67:22
1	Dickenson, Russ	M60	58:53
2	Lucas, Alan	M60	60:41
	Barrow, Geoff	M60	DQ
	Jamieson, Andrew	M60	DQ
1	Bennett, Ralph	M65	54:34
2	Morrison, John	M65	72:46
3	Wicks, Barrie	M65	75:12
1	Dickinson, Murray	M70	57:40
	Beaumont, Ian	M70	DQ

## **VICTORIAN MASTERS 10 KM WOMEN CHAMPIONSHIP**

1	McIntyre, Gayle	W40	56:40
1	Tindal, Pam	W45	54:34
2	Elms, Donna	W45	64:30
1	Carr, Heather	W55	57:46
2	Thompson, Alison	W55	58:54
	Gourlay, Marlene	W55	DQ
1	Feldman, Liz	W60	61:31
1	Steed, Gwen	W65	65:54
1	Beaumont, Margaret	W70	77:23
	Stanway, Marlaine	W70	DNF

**VRWC OPEN 10 KM      Handicap Place**

1. Barnes, Tom	42:47	5
2. Cowley, Rhydian	46:06	4
3. Van Kopplen, Paul	46:11	
4. Mirarchi, Nicholas	52:02	7
5. Donahoo, Mark	52:47	2
6. Bennett, Ralph	54:34	6
7. Dickinson, Murray	57:40	1
8. Knox, Duncan	58:21	3
9. Dickenson, Russ	58:53	8
10. Clark, Lewis	59:34	
11. Lucas, Alan	60:41	9
12. Riddoch, Clyde	63:43	10
13. Cooper, Stuart	67:22	
14. Morrison, John	72:46	
15. Wicks, Barrie	75:12	
Wood, Robin	DQ	
Beaumont, Ian	DQ	
Elms, Jason	DQ	
Barrow, Geoff	DQ	
Jamieson, Andrew	DQ	
1. Szirom, Megan	48:22	8
2. Tindal, Pam	54:34	3
3. McIntyre, Gayle	56:40	12
4. Carr, Heather	57:46	10
5. Thompson, Alison	58:54	4
6. Attard, Tamara	59:54	1
7. Feldman, Liz	61:31	6
8. Shaw, Kirsten	61:36	5
9. Elms, Donna	64:30	2
10. Steed, Gwen	65:54	11
11. Shaw, Robyn	66:08	7
12. Beaumont, Margaret	77:23	9