

VMA 3000m - 3/05/2026
Duncan Mckinnon Reserve
Results - 3000m

Event 1 Mixed 3000 Metre Run C race C race

Name	Age	Team	Finals	Points
Section 1				
1 Cassidy, Kevin	M65	Mentone	14:22.2h	
2 King, Keira	W61	Knox	14:47.9h	
3 Gall, David	M56	Knox	14:52.1h	
4 Dell, Tony	M63	Collingwood	14:55.6h	
5 Clennell, Elizabeth	W57	Knox	14:57.70	
6 Williamson, Rachel	W53	Knox	15:20.7h	
7 Pelgrim, Annette	W71	Mentone	15:41.3h	
8 Hess, Albin	M66	Casey Cardinia	15:50.1h	
9 Skocic, Sonja	W50	Glen Eira Gl	15:52.3h	
10 Quan, Michelle	W56	Eastern Masters	15:54.2h	
11 Adamson, Talia	W53	Mornington	16:10.0h	
12 Guttman, Tony	M81	Melbourne Un	16:18.3h	
13 Jones, David	M75	Aberfeldie Essendon	16:26.0h	
14 Sutton, Rob	M64	Doncaster	16:56.3h	
15 Nidorfer, Eloisa	W56	Mentone	18:22.4h	
16 Carr, Heather	W76	Frankston Peninsula	18:29.9h	
17 Cockwill, Jo	W73	Glen Eira Gl	18:59.5h	
18 Thorne, Peter	M77	Knox	20:04.5h	
19 Oxenham, Lindsay	M76	Dandenong Sp	20:23.3h	
20 Murdoch, William	M77	Mentone	21:53.3h	
21 D'Monte, Arlene	W67	Casey Cardinia	22:10.7h	
22 McDonald, Gerard	M62	Knox	24:23.9h	
23 Zeleznikowz, John	M75	Glen Eira Gl	31:03.8h	

Event 2 Mixed 3000 Metre Run B race B race

Name	Age	Team	Finals	Points
1 Newling, Rob	M66	Mornington	12:46.52	
2 Correia, Christopher	M38	Knox	12:47.89	
3 Hayward, Tracey	W55	Casey Cardinia	12:50.40	
4 Herft, Patrick	M63	Casey Cardinia	13:17.14	
5 Kompogiorgas, Steven	M53	Casey Cardinia	13:18.62	
6 Turner, Yvette	W61	Frankston Peninsula	13:24.13	
7 Edwards, Andrew	M72	Glen Eira Gl	13:39.43	
8 Sherry, Damien	M54	Casey Cardinia	13:40.00	
9 Sutherland, Dave	M72	Frankston Peninsula	13:45.05	
10 Bence, Peter	M76	Glen Eira Gl	13:49.06	
11 Gawthorn, Kath	W51	Doncaster	13:50.97	
12 Velupillai, Ajith	M46	Casey Cardinia	13:54.79	
13 Sandiford, Doug	M68	Doncaster	14:04.44	
14 McLoughlan, Bernie	M73	Doncaster	14:09.33	
15 Cook, Roslyn	W45	Casey Cardinia	14:14.74	
16 Solomon, Kevin	M79	Richmond	14:15.44	
17 Humphrys, Megan	W50	Casey Cardinia	14:30.49	
18 Kompogiorgas, Eftalia	W52	Casey Cardinia	14:30.82	
19 Joshi, Amol	M54	Casey Cardinia	14:35.80	
20 Stanley, Helen	W70	Knox	14:38.90	
21 Gilbert, Kara	W56	Knox	14:38.98	
22 Moore, Greg	M74	Aberfeldie Essendon	14:56.40	
23 Grover, Elizabeth	W62	Doncaster	15:07.24	
24 Lennon, Chester	M48	Frankston Peninsula	15:27.05	
25 Hopkins, Jim	M76	Collingwood	15:53.48	
26 Armstrong, Maggie	W64	Aberfeldie Essendon	15:59.86	

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Event 3 Mixed 3000 Metre Run A race A Race

Name	Age	Team	Finals	Points
1 Dawes, Kynan	M55	Box Hill	10:10.35	
2 Morton, Scott	M45	Knox	10:19.81	
3 Mcdermott, Joseph	M48	Casey Cardinia	10:49.14	
4 Cutting, Andrew	M49	Casey Cardinia	10:59.76	
5 Tamang, Kebi	M37	Frankston Peninsula	11:08.40	
6 Bloomfield, Jarrod	M40	Mentone	11:12.35	
7 Martinez, David	M51	Melbourne Un	11:13.61	
8 Barton, Damien	M40	Mentone	11:15.38	
9 Kennedy, Kathryn	W35	Coburg	11:19.01	
10 Abfalter, David	M58	Aberfeldie Essendon	11:29.05	
11 Lorencak, Mat	M52	Mentone	11:30.55	
12 Ross, Andrew	M63	Doncaster	11:32.59	
13 Woodward, Ingrid	W55	Bendigo	11:37.61	
14 Purvis, Mark	M68	Casey Cardinia	11:43.46	
15 Jones, Matt	M54	Glen Eira Gl	11:44.62	
16 Hanson, Angus	M48	Knox	11:55.16	
17 Belaabed, Yassine	M74	Croydon	12:15.47	
18 Murray, Fraser	M54	Coburg	12:36.41	
19 Lammers, Monica	W58	Old Scotch	12:44.91	
20 Lucas, Emma	W42	Aberfeldie Essendon	13:32.30	
21 Phillips, Michael	M71	Aberfeldie Essendon	13:47.81	