



VMC 2012-13 Meet 5 Results

Race 9 Men's A 5000m

7:54pm

Place	Name	Club Name	Time	Recent Best
1	Craig Appleby	Knox Athletics	14.33.1	14.58.0
2	Andrew White	Box Hill	14.34.2	14.57.0
3	Brady Threlfall	Bendigo Harriers	14.50.1	14.27.0
4	Harry Smithers	Old Melburnians	14.51.3	14.45.0
5	Sam Crowther	Knox Athletics	14.54.3	14.28.0
6	Michael Dowel	Box Hill	14.55.4	14.58.0
7	Josh Harris	TAS	14.59.3	14.32.64
8	Anthony Aloisio	St Kevins AAC	15.08.0	14.30.30
9	Nick Wightman	Deakin	15.13.7	14.25.00
10	Sascha Bondarenko-Edwards	Glenhuntly	15.18.1	15.17.0
11	Nick McGuire	Glenhuntly	15.18.5	15.30.0
12	Scott Mcpherson	NSW	15.41.1	15.26.00
13	David Paroissien	Melbourne University	15.41.6	15.10.27
14	Liam Delany	Collingwood Harriers	15.45.8	15.18.0
15	Mark Richards	Knox Athletics	16.08.8	15.15.0
16	Joji Mori	Richmond Harriers	16.13.9	15.30.9
17	Bryan Keely	Bendigo University	16.19.5	15.25.0



VMC 2012-13 Meet 5 Results

Race 10 Women's A 3000m (combined with 5000m) 8:11pm

Place	Name	Club Name	Time	Recent Best
1	Zoe Buckman	Knox Athletics	8.58.0	09.20.0
2	Stella Radford	Coburg Harriers	10.00.9	10.07.0

Race 10 Women's A 5000m (combined with 3000m) 8:11pm

Place	Name	Club Name	Time	Recent Best
1	Sarah Lund	Glenhuntly	17.24.0	17.33.0
2	Sarah Klein	Frankston	17.25.2	17.30.00
3	Brooke Williams	Athletics Chilwell	17.26.7	17.02.0
4	Emma Kraft	NT	17.42.6	17.36.0
5	Lauren Crowe	Diamond Valley	17.56.2	17.50.0
6	Amelia Aslanides	Glenhuntly	17.58.8	18.33.0
7	Brianna Bunworth	Western Athletics	18.39.7	18.57.0
8	Cassie Higham	Glenhuntly	18.41.9	18.54.9
9	Briony Shaw	Richmond Harriers	18.50.8	18.15.0
10	Alice Craigie	St Stephens Harriers	18.59.8	18.50.0
11	Stacey Bulger	Glenhuntly	19.24.7	19.33.0
12	Allana Landolfo	Casey Cardinia	19.27.3	20.04.9
13	Chloe Butt	NSW	20.09.7	19.45.0
14	Sarah Leeming	Diamond Valley	20.59.5	22.20.0

VMC 2012-13 Meet 5 Results

Race 11 Men's B 5000m

8:34pm

Place	Name	Club Name	Time	Recent Best
1	David Ireland	Keilor St Bernards	15.47.0	16.09.0
2	Cameron Simon	Diamond Valley	15.58.2	16.15.0
3	Matthew O'Donnell	Box Hill	16.03.5	16.32.0
4	Jack Stekelenburg	Deakin	16.11.9	16.01.21
5	Jamie Cook	Bendigo Harriers	16.12.9	16.04.0
6	Paul Marsh	Athletics Waverley	16.13.3	16.35.0
7	William Cannon	ACT	16.17.6	16.00.0
8	Chris Winter	Glenhuntly	16.32.1	16.01.4
9	Steve Quirk	South Coast Athletics	16.33.9	16.17.0
10	Chris Camilleri	Western Athletics	16.35.2	16.15.00
11	Flynn Boyle	Traralgon Harriers	16.47.1	16.31.9
12	Luke Toomey	Knox Athletics	16.51.2	16.22.0
13	Aidan Biggar	Old Xaverians	16.51.6	17.05.12
14	Robert Trott	Keilor St Bernards	16.52.6	16.44.8
15	Craig Ware	NSW	16.53.7	17.04.0
16	James Maguire	QLD	16.55.8	16.46.0
17	Peter Dutton	Casey Cardinia	17.09.1	16.57.70
18	Marcus Hanley	Old Xaverians	17.14.8	17.10.0
19	Dale Bickham	Box Hill	17.29.5	16.46.0



VMC 2012-13 Meet 5 Results

Race 12 Men's C 5000m

8:54pm

Place	Name	Club Name	Time	Recent Best
1	Mark Deslandes	Athletics Nunawading	17.04.6	17.13.0
2	Ben Howe	Glenhuntly	17.05.8	17.11.0
3	Matthew Schaumberg	Western Athletics	17.10.0	17.10.0
4	Han Quach	Glenhuntly	17.31.8	17.12.8
5	Domenic Michienzi	Keilor St Bernards	17.39.7	17.36.0
6	Jeffrey Jones	Athletics Essendon	18.04.3	17.15.0
7	Danny Wang	Box Hill	18.06.0	19.31.00
8	Danny Hawksworth	Athletics Essendon	18.12.8	17.49.5
9	Joel Clamp	Diamond Valley	18.14.3	19.00.0
10	Adam Knowles	Western Athletics	18.22.6	17.49.00
11	Steve Preece	Mornington Peninsula	18.26.2	18.15.0
12	David Mellings	Athletics Nunawading	18.48.8	18.44.9
13	Peter Gaffney	Keilor St Bernards	18.53.2	17.39.0
14	Michael Ryan	Glenhuntly	19.07.3	19.03.0
15	Rodney Prime	Casey Cardinia	19.31.5	19.35.0
16	Jason Kozica	St Kevins AAC	19.32.3	19.17.0
17	Rohan Simkin	Glenhuntly	19.35.8	19.36.9
18	Jim Wilson	Oakleigh	19.46.1	21.30.0
19	Lyndon Loader	Glenhuntly	20.46.4	20.49.00
20	Stephen Reid	Knox Athletics	20.55.2	22.00.0
21	Brendan Crowle	Casey Cardinia	21.01.0	20.42.6