

## RESULTS - AMA & VMA 20km Walk Championships - 30/6/13

In fine conditions, the AMA & VMA championships were held on 30th June at Albert Park in conjunction with the AV 20 KM open championships.

There were some outstanding performances including Kelly Ruddick (W40) whose time of 1:36:46 was a new Victorian and Australian W40 record. This time is faster than many of the competitors recorded in the last Olympics with Kelly remaining very close to selection in Australian open teams.

Margaret Beaumont (W75) showed extreme endurance to set new Victorian and Australian records in her age group with a time of 3.06.59.

Other good performances were Michelle Laufer (W40) 1:47:51 and Sarah Brennan (W35) 1:49:22 who both achieved personal bests as well as taking silver and bronze in the Victorian open behind Kelly.

In the Men's event, Stuart Kollmorgen (M45) was the fastest male master in a time of 1:45:56 followed by James Christmass (M45) 1:48:45 who recorded a near 4 minute PB.

Best age graded performances were by Bob Gardiner (M75) 91.49%, , Heather Carr (W60) 91.24% and Kelly Ruddick (W40) 91.14%.

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P.S. for those interested in trying race walking, events are held at Middle Park (near the bowling club) each Saturday during winter. Beginners can start in the non judged category until they get the technique correct (see VRWC.org.au for more information)

AMA & VMA Championship 20km Men			AMA	VMA	
M40	Stuart Kollmorgen	VIC 1:45:56	1	1	77.92%
M45	James Christmass	VIC 1:48:45	1		76.49%
M50	Simon Evans	VIC 1:49:47	1	1	80.79%
M65	Russ Dickenson	VIC 2:05:46	1	1	80.73%
	Andrew Jamieson	VIC	DNF		
M70	Ralph Bennett	VIC 2:02:29	1	1	87.13%
	Murray Dickinson	VIC	DNF	2	
M75	Bob Gardiner	VIC 2:07:14	1	1	91.49%
AMA & VMA Championship 20km Women			AMA	VMA	
W35	Sarah Brennan	VIC 1:49:22	1	1	79.01%
W40	Kelly Ruddick	VIC 1:36:46	1	1	91.14%
					(New Aust&Vic W40 record)
	Michelle Laufer	VIC 1:47:51	2	2	83.90%
W50	Pam Tindal	VIC 2:03:22		1	81.08%
	Donna Elms	VIC 2:21:21	1	2	69.98%
W60	Heather Carr	VIC 2:04:36	1	1	91.24%
	Liz Feldman	VIC 2:11:19	2	2	87.84%
W75	Margaret Beaumont	VIC 3:06:59	1	1	74.66%
					(New Aust&Vic W75 record)

