

AMA, VMA, AV, RWV AND VRWC RACES, MIDDLE PARK, SUNDAY 29 MAY 2011

It was one of our major championship days at Middle Park on Sunday with Australian Masters, Victorian Masters, Victorian County and Racewalking Victoria championships on offer alongside our usual VRWC club races. Conditions were perfect - cool, overcast and still - and 86 walkers were in action across the full gamut of events from U10 to Masters.

The 20km and 10km events were first to kick off at 9:30AM with the cream of our Masters walkers in action. During the course of these events, we saw 4 records broken as follows

- **Lyn Ventris (W50)** broke her own W50 World Record by an amazing 5 minutes, lowering it from 1:45:09 to 1:39:51. Although Lyn is at the top end of her age group, she is still rewriting her own records. When she turns 55 later this year, watch out while she attacks the W55 records. To give some idea of the relative merit of Lyn's performance on Sunday, the Age Graded calculation for this walk is 101.32% - it is many years since I have seen a walk stat over the 100% mark. Astonishing!
- **Heather Carr (W60)** broke her own W60 World Record by 25 secs, lowering it from 1:56:43 to 1:56:18. Like Lyn, Heather is unbeatable in her division and has been setting World Masters Records since the W40 division!
- **Stuart Kollmorgen (M40)** broke his own Victorian M40 15km record on the way through to 20km - his time of 1:11:44 was well ahead of his old record which stood at 1:15:04
- **Kelly Ruddick (W35)** broke her own Victorian W35 10km record by 40 secs in the Victorian Country 10km championship with a PB time of 46:54.

First to the AMA/VMA 20km championships which attracted 25 entrants - this is good for what is a challenging long distance event for our older walkers. In the men's, Stuart Kollmorgen 1:37:55 and Colin Heywood 1:44:42 led the way. Special mention to Aaron McDonough whose 1:49:34 was a PB. In the women's, Lyn Ventris 1:39:51 and Heather Carr 1:56:28 led the way with their World Records but special mentions to Nyle Sunderland of NZ a PB 1:57:26, Barb Bryant a fantastic 2:00:23 in the W55 division and Liz Feldman 2:09:28 in the W60 division. Wow!

AMA/VMA 20km Roadwalk Championships AMA VMA 10km 20km

M35 McDonough, Aaron VIC 1 1 0:54:14 1:49:34 72.25%
M40 Kollmorgen, Stuart VIC 1 1 0:47:02 1:37:55 83.02%
Seid-Christmass, James VIC 2 2 0:56:08 1:55:30 70.91%
Radotic, Sasha CROATIA - 3 1:00:05 2:03:46 64.73%
Smyth, David WA 3 - 0:58:49 2:05:21 69.03%
M45 Keirl, Bernie VIC DNS DNS
M55 Heywood, Colin ACT 1 - 0:51:26 1:44:42 86.86%
Riddoch, Clyde VIC 2 1 1:01:48 2:16:55 66.99%
M60 Lucas, Alan VIC 1 1 1:02:44 2:05:55 77.14%
Jamieson, Andrew VIC DQ DQ
M65 Dickenson, Russ VIC 1 1 0:59:12 1:55:33 85.88%
Jack, Clarrie VIC DNF DNF
M75 Summers, Harry VIC 1 1 1:13:04 2:29:21 75.57%
Gardiner, Bob VIC DNS DNS
Silcock-Delaney, Colin VIC DQ DQ

W35 Tonti-Filippini, Justi VIC DNS DNS
W40 Sunderland, Nyle NZ 1 - 0:57:38 1:57:26 77.75%
W45 Shaw, Robyn VIC 1 1 1:08:30 2:29:21 64.15%
W50 Ventris, Lynette WA 1 - 0:49:02 1:39:51 101.32% **
Tindal, Pam VIC DNF DNF 0:59:18 DNF
W55 Bryant, Barb VIC 1 1 0:58:40 2:00:23 85.93%
Thompson, Alison VIC 2 2 1:03:54 2:14:33 78.93%
W60 Carr, Heather VIC 1 1 0:57:45 1:56:18 95.02%
Feldman, Liz VIC 2 2 1:03:44 2:09:28 86.55%
W70 Beaumont, Margaret VIC 1 1 1:28:15 3:01:27 72.59%