

## RESULTS - AMA and VMA 20k Walk Championships

Fine, still but very chilly weather greeted the walkers for the AMA 20km walk championships held in Melbourne on the 21st June 2015.

The fields were up slightly on 2015 with 16 entrants and 14 finishers. Still, there were no interstate competitors and for the next 3 years the AMA event will be held in Adelaide. This will most likely result in smaller fields, but perhaps some Victorians will make the trip over there to compete.

The fastest time was by Kelly Ruddick (W40-45) with an outstanding time of 1:36:45.

First in the mens event was Stuart Kollmorgen (M45-50) in 1:41:41 closely followed by Aaron McDonough (M40-45) in 1:44:52.

Best age adjusted performances were Kelly Ruddick, Heather Carr and Barb Bryant and Ralph Bennet whilst Margaret Beaumont again showed extreme endurance for another good time of 3:01:23 in the (W75-80).



### Simon Evans

#### Women

##### W40

1 Ruddick, Kelly 1:36:45 92.71%

##### W50

1 Elms, Donna 2:18:57 72.82%

2 Howorth, Sandra 2:34:04 64.21%

##### W60

1 Bryant, Barb 1:59:36 91.15%

##### W65

1 Carr, Heather 2:07:10 92.09%

##### W75

1 Beaumont, Margaret 3:01:23 80.24%

#### Men

##### M40

1 McDonough, Aaron 1:44:52 78.11%

##### M45

1 Kollmorgen, Stuart 1:41:41 82.44%

2 Gillies-Smith, Michael 1:54:53 74.73%

3 Smyth, David 2:04:43 66.70%

##### M50

1 Keirl, Bernie 2:02:04 71.47%

##### M55

1 Evans, Simon 1:54:25 78.82

2 Donahoo, Mark 2:00:13 76.31%

DQ Moritz, Paul

##### M70

1 Bennett, Ralph 2:02:22 89.61%

