

## RESULTS - VMA 10k Walks Championships Held 18 July 2015 at Albert Park

Some “red hot” performances in these Championships. Kelly Ruddick, who is in hard training mode for her walk in the IAAF World Championships, breezed through her 10k in 46.55. Four of our “Lyon Bound” walkers and I would say likely medallists, Barb Bryant, Heather Carr, Andrew Jamieson and Ralph Bennett, all recorded age graded results in the 90’s, as did Gwen Steed, a dual Gold Medallist from Brazil, who should be going as she would be very hard to beat over there. Also tuning up for Lyon were Mark Donahoo, Simon Evans, Marg and Ian Beaumont and Terry and Karen O’Neill.

W35	1.	Sandra Geisler	56:48	73.44%	
W40	1.	Kelly Ruddick	46:55	92.11%	
	2.	Clare Garganis	1:16:13	57.64%	
W50	1.	Carolyn Rosenbrock	58:26	81.83%	PB 2:16
	2.	Donna-Marie Elms	1:02:44	77.03%	PB 0:12
	3.	Robyn Shaw	1:13:33	65.70%	
W55	1.	Pam Tindal	55:28	88.06%	
W60	1.	Barb Bryant	56:56	90.96%	PB
	2.	Karyn O’Neill	1:05:46	78.74%	PB 1:23
	3.	Alison Thompson	1:10:45	75.09%	
W65	1.	Heather Carr	57:50	95.68%	
W70	1.	Gwen Steed	1:08:27	91.68%	
W75	1.	Margaret Beaumont	1:26:26	78.21%	
M40	1.	Adam Patterson	1:04:57	61.34%	
M45	1.	Michael Gillies-Smith	53:30	78.15%	PB 2:56
	2.	David Smyth	1:00:56	66.43%	
M55	1.	Mark Donahoo	52:39	85.04%	
	2.	Simon Evans	52:56	83.10%	
	3.	Paul Moritz	1:07:55	65.34%	
	4.	Chris Worsnop	1:23:14	53.79%	
M60	1.	Clyde Riddoch	1:06:33	69.90%	
M65	1.	Andrew Jamieson	53:05	95.75%	
	2.	Russ Dickenson	1:02:47	80.96%	
M70	1.	Ralph Bennett	57:59	92.29%	
M75	1.	Bob Gardiner	1:05:40	88.96%	
	2.	Barrie Wicks	1:23:02	66.26%	
		Ian Beaumont	DQ		
M80		William Lotherington	DQ		

The lucky Victorian walkers who are going to Lyon. Heather Carr, Kate Suich ( partner of Mark Donahoo), Marg Beaumont, Simon Evans, Karen O’Neill, Ian Beaumont, Barb Bryant, Mark Donahoo and Andrew Jamieson. Also going are Terry O’Neill, Ralph Bennett, Aaron McDonough and Stuart Kollmorgen

