

Hi everyone

It is now under 3 months to the AMA 20km Walk Championships (Sunday 11th August) – plenty of time to increase your mileage to do it comfortably. It would be a great preparation for the Oceania Championships to be held a few weeks later.



The Venue again is the South Parklands, from the Adelaide Harriers Clubrooms, corner of South Terrace and Peacock Road. The course is AIMS certified, fast and flat and we have the benefit of having Zoe Eastwood-Bryson as Chief Judge. Zoe was of course Chief Judge at the recent Commonwealth Games and while being a top international judge is also sympathetic to Masters Walkers and the “no advantage concept” where older walkers are trying their best to conform to the rules. For those of you who may be a little concerned about the judging I suggest you talk to Ian and Margaret Beaumont for their impressions from last year.

Last year we had walkers from SA, Victoria, Northern Territory and the ACT. In a team challenge Victoria took out bragging rights by being the top state/territory with their first 3 walkers taking home a bottle of good SA wine. Let’s make the inter-state rivalry even better and have NSW, Queensland, WA and Tasmania take up the challenge with a chance to win the wine? Points are awarded from 25 for the first finisher down to 1 for the 25th finisher. Highest total for up to 3 walkers from the same state or territory wins.

For those needing to stay in Adelaide - Rydges, on the corner of South Terrace and West Terrace (only a short distance from the course), have the following offer:

- 15% off their best available rates
- Discounted full buffet breakfast for \$20.00 (normally \$28.00)
- Complimentary parking (normally \$10.00)
- Complimentary WIFI

The Hotel also has a gym, swimming pool & spa, Happy Hour each night from 4.00pm – 6.00pm. The link is www.rydges.com/private-page/rewarding-our-locals-rydges-adelaide/

Cheers, George

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