

RWA 50KM AUSTRALIAN ROADWALK CHAMPIONSHIP – WOMEN

The RWA 50km Championship was instituted in 2011, at the behest of the Victorian Race Walking Club, who were keen to further promote women's longer distance walking in Australia. It has been scheduled annually since then.

2011 RWA 50KM CHAMPIONSHIP FOR WOMEN, MIDDLE PARK, SUNDAY 11 SEPTEMBER

Michelle Thompson, better known as our top ultra distance walker, was the winner of the inaugural Racewalking Australia Women's 50km championship, recording a magnificent 5:13:14, a time some 10 minutes better than any other Australian women has done. She and Simon Evans, who was competing in the Victorian man's 50km championship, walked together for the first half but then she powered away as he slowed in the second half. Liz Feldman and Heather Carr were the other two women attempting the 50km championship and both were chasing W60 records. Heather was ahead at the 30km mark and she was rewarded with a new Australian Masters W60 30km record of 3:19:01. But she was listing badly to one side, a condition which got worse as the race progressed. Alas, it was so worrying to the officials that at the 45km mark, we had to withdraw her from the race, a decision about which she was understandably very disappointed. This opened the door for Liz who was still moving very well and she rose to the challenge, completing her 50km with a new World Masters W60 50km record of 6:05:43.

RWA 50KM CHAMPIONSHIP – WOMEN

1.	Michelle Thompson	VRWC	1:02:05	2:04:47	3:07:10	4:10:18	5:13:14
2.	Liz Feldman	VRWC	1:09:58	2:20:35	3:33:26	4:49:07	6:05:43
	Heather Carr	VRWC	1:03:13	2:09:59	3:19:01	4:33:46	DNF

2012 RWA 50KM CHAMPIONSHIP FOR WOMEN, MIDDLE PARK, SUNDAY 9 SEPTEMBER

VRWC walker Michelle Thompson mixed it with the men competing in the Victorian 50km championship to win the RWA championship in 5:23:38, a new Australian Masters W40 record but well outside her winning time last year.

RWA 50KM CHAMPIONSHIP - WOMEN

1.	Michelle Thompson	VRWC	1:02:10	2:05:00	3:08:30	4:18:17	5:23:37
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2013 RWA 50KM CHAMPIONSHIP FOR WOMEN, MIDDLE PARK, SUNDAY 15 SEPTEMBER

No starters

2014 RWA 50KM CHAMPIONSHIP FOR WOMEN, MIDDLE PARK, SUNDAY 14 SEPTEMBER

No starters

2015 RWA 50KM CHAMPIONSHIP FOR WOMEN, MIDDLE PARK, SUNDAY 13 SEPTEMBER

Australian ultra walker Michelle Thompson went straight to the lead and was never headed, winning the RWA 50km championship with 5:33:10, well outside her 2011 PB is 5:13:14, but good enough to account for everyone else. She then continued on to the 6 Hour mark, recording an impressive 53.788km.

RWA 50KM CHAMPIONSHIP - WOMEN

1.	Thompson, Michelle	VRWC	1:03:48	2:08:20	3:14:27	4:22:20	5:33:10
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2016 RWA 50KM CHAMPIONSHIP FOR WOMEN, MIDDLE PARK, SUNDAY 11 SEPTEMBER

No starters