



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC CHAMPIONSHIPS, ALBERT PARK SUNDAY 3 MAY 2009

Our main winter club championships were held on Sunday with medals on offer in Open, U20, U16, U14, U12 and U9 divisions. A total of 79 walkers contested the various events in perfect conditions – sunny, windless and a temperature in the low to mid teens. Thanks to VRWC Publicity Officer **Stu Cooper** for the great photos and the results in Monday's newspapers.

OPEN 35 KM CLUB CHAMPIONSHIP – RAY SMITH TROPHY

The longest race on our winter calendar was contested today – 35 km – and two hardy souls lined up. Tom Barnes won the Ray Smith Trophy for the third time in a PB time of 2:46:50. To put that into perspective, Tom was well on the way towards a sub 4 hour 50 km. He is preparing for to represent Australia at the World University Games later this year and is in hard training. Behind Tom, Andrew Jamieson broke his own **M60 30 km World Record** of 2:29:46, set in 2008, on the way through to his final time of 3:00:55. Andrew holds the M60 Masters World Records for all walk distances and was the 2007 World Masters Athlete of the Year as voted by the IAAF. So I couldn't think of a better two walkers to kick proceedings off.

1.	Barnes, Tom	49:45	1:37:21	2:23:27	2:46:50
2.	Jamieson, Andrew	49:49	1:39:02	2:28:55	3:00:55

OPEN WOMEN 15 KM CLUB CHAMPIONSHIP – ELSIE JACOBSON TROPHY

The Open women were competing for another one of our perpetual trophies – the Elsie Jacobson Trophy. This year, Kylie Irshad won it (she also won it in 2004), ahead of Pam Tindal and Liz Feldman and was only 1 minute slower than her 2004 winning time. That's consistency!

1.	Irshad, Kylie	54:26	1:23:59
2.	Tindal, Pam	57:16	1:28:30
3.	Feldman, Liz	64:09	1:37:33
4.	Elms, Donna	67:38	1:41:26

UNDER 20 15 KM CLUB CHAMPIONSHIPS

Our Under 20 walkers had a tough outing with a 15 km club championship on offer. Rhydian Cowley, who represented Australia in the 2008 World Cup, was fastest overall with an excellent 1:10:02 and was our sole male entrant. In the female division, the three girls walked their first ever 15 km and all completed the course with flying colours. Rachel Tallent was first with a great 1:20:39 ahead of Kirsten Shaw and 13 year old Bianca Attard who was third.

1.	Cowley, Rhydian	47:04	1:10:02
1.	Tallent, Rachael	52:39	1:20:39
2.	Shaw, Kirsten	62:22	1:35:30
3.	Attard, Bianca	67:15	1:38:57



Club champions Kylie Irshad, Rhydian Cowley, Tom Barnes and Rachael Tallent and M60 World Record breaker Andrew Jamieson in action

UNDER 16 5 KM CLUB CHAMPIONSHIPS

The Under 16 walkers contested the 5 km distance with Aaron Gardner and Hilary Brazel winning their respective club championships. Michael O'Mahony was having his first walk with the club and got a silver medal for his efforts. Sarah Burren and Ebony Tallent took the minor medals in the girls event with Sarah getting away from Ebony in the final lap.

1.	Gardner, Aaron	28:45
2.	O'Mahony, Michael	29:52
1.	Brazel, Hilary	27:07
2.	Burren, Sarah	29:01
3.	Tallent, Ebony	29:06
4.	George, Stephanie	31:22

UNDER 14 3 KM CLUB CHAMPIONSHIP

The lower down in the age groups you go, the more competitors you see and the tougher the competition becomes and this was the case with the Under 14 walkers who contested the 3 km distance. Matthew Felton and Ashley Albert became our two new club champions. Special mentions to new club member Jared Walker who took silver in the boys event with a very good sub 16 walk and to Billy Allamby took the bronze in the boys event after winning the gold in the Under 12 1 km event a little earlier. The minor medallists in the girls were Lauren Stadius and Beth Barbour who both did good PBs.

1.	Felton, Matthew	15:22
2.	Walker, Jared	15:57
3.	Allamby, Billy	16:24
4.	McShanag, Connor	17:07
1.	Albert, Ashley	16:33
2.	Stadius, Lauren	17:41
3.	Barbour, Beth	18:32
4.	Gelov, Lauren	18:39
5.	Campbell, Rebecca	19:41
6.	McLaren, Stacey	21:50
	Irshad, Jasmine	DNF



Club champions Hilary Brazel, Matthew Felton, Ashley Albert and Aaron Gardner along with 13 year old Bianca Attard who was third in the Under 20 15 km club championship

UNDER 12 1 KM CLUB CHAMPIONSHIPS

The Under 12 and Under 9 walkers both contested 1 km events (the first of 3 club championships for them over the winter). It is not often that U12 walkers get the chance to race over such a short distance and I think they all enjoyed the opportunity. Billy Allamby (5:07) and Jade Sanders (5:12) were the two winners and there were a lot of really fast times as you can see below.

1.	Allamby, Billy	5:07
2.	Swan, Kyle	5:30
3.	Tremigliozi, Paul	6:31
4.	Allamby, Jack	8:33
1.	Sanders, Jade	5:12
2.	Bertrand, Carly	5:16
3.	Walker, Megan	5:17
4.	Collins, Cindy	5:33
5.	Hamilton, Emily	5:46
6.	Ventura, Amy	5:53

7.	McLaren, Stacey	6:01
8.	Vasiljevic, Taylor	6:04
9.	Henderson, Keely	6:05
10.	McCann, Tessa	6:12
11.	Cullen, Larissa	6:33
12.	Segota, Bronte	6:40
13.	Harrison, Charlee	6:46

UNDER 9 1 KM CLUB CHAMPIONSHIPS

The Under 9 walkers also contested the 1 km distance alongside the Under 12s and it gave them a chance to be part of a big field and chase the older walkers. The first 3 girls were all under 6 minutes with Georgia Bertrand (5:43) taking the honours ahead of Hayley George and Gabriella Crea. Ryan Box was our sole boy so he won gold for his efforts. Well done Ryan!

1.	Box, Ryan	8:19
1.	Bertrand, Georgia	5:43
2.	George, Hayley	5:51
3.	Crea, Gabriella	5:53
4.	Collins, Kristina	6:25
5.	Xuereb, Tara	6:40
6.	Box, Erin	7:24



Club champions Billy Allamby, Jade Sanders, Ryan Box and Georgia Bertrand. Unfortunately we did not catch Ryan and Georgia with the camera on Sunday so I have had to use older photos – sorry Ryan and Georgia!

We also had non-championship events on offer for those club members who just wanted a walk – and there were plenty of them. Mark Donahoo completed the Open 10 km and then, a few minutes later, lined up for and won the Open 5 km. Now that is a good day's work by any standard.

OPEN 20 KM

Reid, Ross	DNF	12 km in 1:08:14
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OPEN 10 KM

1.	Mirarchi, Nicholas	54:08
2.	Bennett, Ralph	54:14
3.	McDonough, Aaron	55:34
4.	Donahoo, Mark	56:48
5.	Erickson, Tim	56:51
6.	Dickenson, Russ	56:55
7.	Knox, Duncan	60:36
8.	Elms, Jason	62:15
9.	Steed, Gwen	65:07
10.	Shaw, Robyn	66:28
11.	Wood, Robin	73:53
	Campbell, Caitlin	DNF
	Raselli, Cassandra	DNF

OPEN 5 KM

1.	Donahoo, Mark	28:06
2.	Laurie, Natalie	28:16
3.	Seid-Christmass, James	29:02
4.	Wynen, Karen	31:37
5.	Baker, Alison	34:07

6.	Thillaisundaram, Anand	34:10	
7.	Wicks, Barrie	35:01	
8.	Stanway, Marlaine	36:38	
9.	Peachey, Anika	37:28	
10.	Beaumont, Margaret	38:01	
11.	Beaumont, Ian	38:40	
12.	Harrison, Lindsay	39:50	
13.	Box, Justine	40:23	
	Onley, Gordon	DNF	3 km in 0:27:03



Club walkers James Seid, Nicholas Mirarchi, Karen Wynen, Liz Feldman and Mark Donahoo

It takes a lot of people to run such a big day's racing. Apologies if I have missed anyone. Many thanks to

Judges: Peter Vysma (Chief), Lloyd Nicholls, Judy Mason, Gordon Onley

Officials: Ralph Bennett, Harry Summers, Tim Erickson, Ian Laurie, Celia Johnson, Don McLaren, Adrianna Crea, Justin McLaren, Marlaine Stanway, Ray Smith, Stuart Cooper

Canteen: Joyce Summers, Kate Suich

HOW JUDGING WORKS

With a number of new members walking this winter, it might be timely to give a bit of a refresher course on the Rules of Racewalking. So I have updated our VRWC website (<http://www.vrwc.org.au>) to revamp the Rules sections and add an additional page called "The Racewalking Rules Explained". You will now find the following 4 pages on our website under the heading 'The Rules of Racewalking'

- [A History of the Racewalking Rules](#)
- [The current IAAF Racewalking Rules](#)
- [Judging - Australian Specific ByLaws](#)
- [The Racewalking Rules Explained](#)

You are also invited to chat with any of our judges on any weekend at Albert Park or to chat with Ray Smith, former IAAF International judge and VRWC Life Member.

AV SUMMER GENERAL MEETING NEWS

The AV Summer General Meeting was held at Olympic Park last Wednesday night. Two motions, moved by Athletics Victoria's Summer Competition Committee, were passed at the meeting, namely:

- *"That the Metropolitan Regions have similar numbers of athletes."* AV sought an in principle agreement from the meeting. The initial intention is to ask whether any clubs would voluntarily locate to another region to even up the numbers. Your AV club will keep you informed about this. It does not effect VRWC as a specialist club..
- *"That the Shield Competition be a two day program (events to be held every second week instead of two out of three as per last season)."* The draft fixture presented shows walks scheduled on both programs (a 3000m/1500m on one week and 2000m on the other). That means that walks are now likely to be scheduled in EVERY AV Shield competition. That is great news for walkers.

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

The Australian Little Athletics Championships were held at the Santos Stadium in Adelaide on Sunday 26th April in windy and damp conditions. This is not a fully fledged National Championships but is a cut-down competition that involves only a small number of Under 13 athletes per State. So to be selected for your State, you have to have more than one discipline in your repertoire. Hence our top walkers often miss out in favour of a distance runner who can also walk. Elke Raselli has kindly sent the following report:

Thought you might be interested in a quick up date on how our walkers did. The national ALAC championship was in Adelaide this year on the Sunday just gone. As you may know the athletes chosen for the team need to be multi-skilled so therefore our top walkers may not even get chosen. We had an initial squad of 30 athletes from which, after several training sessions, a team of 22 was chosen to represent Victoria generally 11 of each gender. We only chose one seasoned walker in the team, namely Jmara Hockley-Samon from Geelong and she finished with a pb of 7:06 and finished a credible 4th in the 1500 metre run. The other girl who joined Jmara in the walk was Samantha Prime who placed 6th in the walk and first in the 1500m run.

Of the two boys who walked, Zac Rouse came 4th in the walk and third in the 1500m run while Kieran Thompson came 7th in the walk and 1st in the 800m run. These two boys hadn't ever walked before so in a handful of sessions did extremely well. Jmara, Samatha and Zac all did their 1500m runs before the walk so could really hit out in the walk. Young Kieran, however walked a nice safe conservative walk coming 7th as he only had just over half hour until his 800metre. He convincingly won the 800 metre run in 2:16 which was amazing since he had just finished the walk.

Victoria made it a hat trick, winning its third overall Teams Championship by a massive 22 points. Go Vics!!! Victoria also comfortably won the Handicap Trophy and the Life Members Trophy. Tasmania won the Dick Healey Trophy for Small Associations.



Jmara in action in March 2009 in the Victorian U14 1500m walk championship

And now onto the results of the two Under 13 1500m walks.

1 Ben Tesch	QLD	07:11.4	G	1 Jmara Hockley Samon	VIC	07:07.3
2 Jason Dredge	NSW	07:57.4	S	2 Lotta Danner	SA	07:18.4
3 Tarwyn Filipek	WA	08:20.8	B	3 Gabrielle Moseley	NSW	07:30.0
4 Zachary Rouse	VIC	08:32.0	4	4 Ally Durr	ACT	07:30.2
5 Martin Campbell	QLD	08:33.1	5	5 Rachel Barker	QLD	07:38.6
6 Mitchell Walker	TAS	08:37.4	6	6 Samantha Prime	VIC	07:50.7
7 Kieran Thompson	VIC	08:56.8	7	7 Brooke Barritt	WA	08:07.5
8 Daniel Herbert	TAS	09:42.6	8	8 Rachele Taylor	TAS	08:47.6
9 Jacob Mitchell	ACT	10:12.9	9	9 Stephanie Holloway	TAS	09:36.9
10 Ivor Metcalf	NSW	10:59.3	10	10 Becky Clark	NSW	09:49.0
11 James Martens	ACT	11:00.4	11	11 Hannah Watt	WA	10:29.8
Joshua Russo	SA	disq		12 Shannon O'Dempsey	QLD	11:57.1
Daniel Weetra	SA	disq		Jemma Potezny	SA	disq
Ethan-Lee Nolan	WA	disq		Naomi Stewart	ACT	disq

Full results for all events can be seen at the Australian Little Athletics website: <http://www.littleathletics.com.au/>

ATHLETICS VICTORIA AVIS-09 DEVELOPMENT SQUAD NAMED

First a quick addition to last week's announcement on the National Under 17 Development Squad. In addition to the 4 walkers named last week, **Chelsea Dyer** was also named but as a javelin thrower. Chelsea, the daughter of former VAWC international walker Bill Dyer, is a walker herself and recently took the silver medal in the Victorian Little Athletics U15 1500m walk championship. Well done Chelsea!

And now onto this week's announcement. The Athletics Victoria AVIS-09 Development Squad has now been finalised and a number

of our walkers are in the news again. I scanned the list and picked up the following walkers

Hilary Brazel	Athletics Nunawading
Filip Cosic	Athletics Essendon
Aaron Gardner	Preston
Stephanie George	South Coast
Rebecca Guy	South Coast
Jmara Hockley-Samon	Athletics Chillwell
Jack Palfreyman	Eaglehawk YMCA
Anika Peachey	Diamond Valley (Anika is actually in as a thrower)
Cassandra Raselli	South Coast
Kirstin Shaw	Western Aths
Lauren Stadus	Knox
Lucas Taylor	South Coast

Apologies if I missed anyone. You can see the full list at <http://www.athsvic.org.au/news/newsfile.php?newsFileID=3401>

CANBERRA RACE WALKING RESULTS

Thanks to Phil Essam for the following report from this weekend's walking in Canberra where the ACT Race And Fitness Walking Club operate. It is this club which puts on the annual Canberra Carnival each June and what a great job they do.

Over 20 walkers came out for the fine conditions on Saturday 2nd May at the Lake Tuggeranong Sea Scout Hall with 12km and 6km options on offer. In a close finish, Michael Reading won the 12km in a time of 67.17 from Ann Jugovic in 68.32. Third in the 12km was Peter Kallid with 81.06. The 6km event saw some very close racing with Mark Worrall winning with a time of 40.08. Second was Rod Gilcrest with 43.28 and third was Marianne Banfield with a time of 44.53.

12k M Reading 67.17, A Jugovic (f) 68.32, P Kallid 81.06, P Stragman 82.58, M Short (f) 83.31, D Robinson 83.31, P Fisher 90.20, D Fitzgerald 99.56, P Essam 103.27

6k M Worrall 40.08, R Gilcrest 43.28, M Banfield (f) 44.53, T Munro 45.29, J Reading (f) 46.04, J Gilcrest (f) 46.05, N Gloe 46.57, J Gloe 47.03, C Chapman (f) 50.41, J Rourke (f) 54.08, H Munro (f) 55.50, N Dechazal(f) 57.25

Saturday 9th May will see walkers having the option of four distances. These are 1/3/5/15km. Racing starts from the Rowing Club, Rusty Robertson Drive, Black Mountain Peninsular (Map 58 L5) with the long distances at 1.30pm and the short at 2.00pm. Walkers in Canberra are gearing up towards the 43rd Lake Burley Griffin Racewalking Carnival that will be held on the 7th June 2009. To find out more information about race and fitness walking activities in the ACT, go to <http://www.actwalkers.org.au/>

Phil Essam
ACT Race and Fitness Walking Club

CROSSING TO THE DARK SIDE

Now that I have your attention with the heading, I can continue on with this little piece. I was chatting with Rudolf Skrucany via email recently when the topic of run/walk doubles came up and Rudolf threw a couple of stats at me. I thought it was good enough to open it up for general input to see what we could put together.

A run/walk double is obviously just that – add up the run time and the walk time over comparable distances to see who has the lowest total time. Comparable distances might be

5000m run / 5000m walk
10 km run / 10 km walk
half marathon / 20 km walk
marathon / 50 km walk
100 km run / 100 km walk
100 mile run / 100 mile walk
24 hour run / 24 hour walk

Here are some initial worthy efforts:

Athlete	Run / Walk	Total Time
Peter Tichy (CZE)	110 km run in 7:22 / 100 km walk in 9:02	16:24:00
Aigars Fadejevs (LAT)	marathon in 2:18:19 / 50 km walk in 3:43:18. The 2000 Olympic 50 km medallist has become a very solid marathon runner in his post-walking career	06:01:39
Yiannis Kouros (AUS/GRE)	100 mile run in 11:57:59 / 100 mile walk in 22:55:23	34:53:22
Yiannis Kouros (AUS/GRE)	24 hour run of 303.506 km / 24 hour walk of 168.406 km	471.912 km

Now I know for a fact that David Smith (10 km walk in 38:06) and Nick A'Hern (10 km walk in 39:10) were both able to run 10 km in under 30 minutes so they would have to be up there for the 10 km walk / 10 km run double.

What interesting double efforts do you know about – let me know.



Tichy, Fadejevs and Kouros in running mode

FROM THE WEB

There are plenty of motivational and inspirational training videos around on the web but few are better than the following one on Mark Allan, six time winner of the gruelling Hawaii Iron Man Triathlon. Thanks to Rudolf Skrucany for pointing me to it: <http://video.google.com/videoplay?docid=1825076947170595499>

OVERSEAS NEWS

Balkan Walking Championships, Bucharest, Romania, Saturday April 25th

Romania dominated the Balkan Walking Championships with 38 points ahead of Greece (34) and Turkey (32). 32 year old Olympian Ana Maria Groza won the women's 20 km and, for third time in her career, broke the 90 minute barrier with 1:29:56. In the men's 20 km walk, young Romanian Dragos Neacsu (22) improved from a best of 1:26 to win with 1:23:21. Outstanding results were achieved by two Romanians in the younger age categories - Ana Maria Greceanu, who completed the 10km race at 46:30, registered a new Balkan junior record while in the youth girls 5km race, Adriana Daniela Turnea also walked the Balkan best time with 23:39. The Junior men's 10km was won by Florin Zaharia Mucuta of Romania with 44:22, and the youth boys' 5km winner was the Moldovan Chiril Capatina at 22:20. For full results and further commentary, see http://www.european-athletics.org/index.php?option=com_content&task=view&id=6205&Itemid=2

German Walking Championships, Zittau, Germany, Saturday 25th

It was a clear win for Andre Hohne at the German Walking Championships as he clocked 1:24:50 in the 20 km with the second placer nearly five minutes behind. Sabine Krantz won the women's 20 km race (for the sixth time) in 1:36:49. The following link shows the full results - http://www.leichtathletik.de/results/1733_zittau_dmgehen_250409.htm

Of special interest to Australians was the presence of South African walker Marc Mundell in the 50 km field. Marc spent the summer training at the AIS in 2007/2008 and went back to SA determined to kick on. Here is what he had to say about his PB winning time of 4:04:42 – well done Marc!

Sorry that I have been so super quiet for so long, but I haven't had any information I felt worthy of sharing regarding my walking until recently.

I walked my debut 50km on Saturday 25 April in Zittau, Germany at the German Nationals.

Unfortunately it wasn't the biggest of fields (7 athletes) and the two lead athletes were dq'd before 20km leaving me to race alone from the 21km mark

The 1km course was super and the race conditions were cool and ideal.

I went through 25km in 2:03:10 and finished in 4:04:42, which is a new South African Record and an IAAF B qualifier as well. I will only know on May 10th if I will be selected for the World Champs as the national policy states only A standard.

I hope that this will be the start of many bigger and better things for me in the future.

Yours in walking,

Kind regards

Marc Mundell

1st Americas Walking Championships, San Salvador, El Salvador, 1-2 May 2009

The inaugural Americas Walking Championships were held last weekend in El Salvador. Participating countries included El Salvador, Colombia, Ecuador, Brasil, Costa Rica, Guatamala, Mexico, Puerto Rico, United States of America, Canada, Panama, Nicaragua and the Dominican Republic. Full results can be sourced at <http://www.americasracewalkingelsalvador2009.tk/>. Here are the first 5 placings from each of the major championships on offer.

Open Men 20 km

1.	Luis LOPEZ	Colombia	03-jun-79	30	1,22,18
2.	James RENDON	Colombia	07-abr-85	24	1,23,21
3.	Omar SEGURA	Mexico	24-mar-81	28	1,23,49
4.	Pedro GOMEZ	Mexico	31-dic-90	19	1,23,58
5.	Adrian HERRERA	Mexico	25-may-84	25	1,24,33

Junior Men 10 km

1.	Caio BONFIM	Brasil	19-mar-91	18	43,04
2.	Adrian OCHOA	Mexico	30-ene-91	18	43,05
3.	Julian RENDON	Colombia	07-ago-91	18	43,57
4.	Evan DUNFEE	Canada	28-sep-90	19	44,16
5.	Isaac PALMA	Mexico	26-oct-90	19	44,19

Open Men 50 km

1.	Cristian BERDEJA	Mexico	21-jun-81	28	3,58,46
2.	Mesias ZAPATA	Ecuador	08-ene-81	28	4,08,10
3.	Rodrigo MORENO	Colombia	29-abr-66	43	4,09,31
4.	Nestor RUEDA	Colombia	15-may-79	30	4,12,29
5.	Salvador MIRA	El Salvador	23-ago-84	25	4,15,48

Open Women 20 km

1.	Tania SPINDLER	Brasil	10-abr-77	32	1,38,53
2.	Veronica COLINDRES	El Salvador	09-jul-86	23	1,39,45
3.	Maria SANCHEZ GUERRERO	Mexico	23-oct-73	36	1,42,12
4.	Sandra GALVIS	Colombia	28-jun-86	23	1,43,48
5.	Sandra ZAPATA	Colombia	03-feb-77	32	1,44,59

Junior women 10 km

1.	Anlly PINEDA	Colombia	13-abr-90	19	49,50
2.	Erandi URIBE	Mexico	01-mar-90	19	50,50
3.	Adriana OCHOA	Mexico	30-ene-91	18	51,29
4.	Jamy FRANCO	Guatemala	07-jul-91	18	54,21
5.	Monica MEJIA	El Salvador	11-mar-91	18	54,30

IAAF Race Walking Challenge Events, Sesto San Giovanni, Italy, Friday May 1st

Spain's Francisco Fernandez, reigning European 20 km champion and 2006 IAAF World Cup winner, and 2008 Olympic silver medallist Kjersti Plätzer cruised to outstanding wins in the 52nd edition of the Coppa Città di Sesto San Giovanni, the fourth leg of the IAAF World Walking Challenge 2009. See full details at <http://www.iaaf.org/wrc09/index.html>



Plätzer and Fernandez win in Sesto San Giovanni (<http://www.iaaf.org>)

Mens 20km walk

Fernandez, who is coached by Polish walking legend Robert Korzeniowski, won the Coppa Città di Sesto for the third time in his career after his previous two victories in 2003 and 2005. It was an impressive win for Fernandez who clocked 1:19:57 to beat Norway's Erik Tysse (younger brother of Kjersti Tysse Plätzer), second in 1:21:53 and Portugal's Joao Vieira, third in 1:23:15. Jesus Sanchez from Mexico (1:23:21) and the first Italian Giorgio Rubino (1:23:42) rounded out the top five.

1.	Francisco Fernandez	Spain	1:19:57
2.	Erik Tysse	Norway	1:21:53
3.	Joao Vieira	Portugal	1:23:15
4.	Jesus Sanchez Gonzales	Mexico	1:23:21
5.	Giorgio Rubino	Italy	1:23:42
6.	André Höhne	Germany	1:23:56
7.	Alex Schwazer	Italy	1:24:23
8.	Trond Nymark	Norway	1:25:18
9.	Alejandro Cambil	Spain	1:25:36
10.	Jarkko Kinnunen	Finland	1:25:49

Womens 20 km walk

Norway's Olympic silver medallist Kjersti Plätzer won the 20 km walking race at the Coppa Città di Sesto San Giovanni. Plätzer scored her third win in Sesto, adding it to her previous victories in 2002 and 2008. It was the eighth time the Norwegian has stood on the podium in this race. She backed up her lead in the IAAF Walking Challenge with her third win, following wins in Chihuahua and Rio Major. Plätzer crossed the finish-line in 1:28:50, her seasonal best. Sabine Zimmer Krantz from Germany finished second thirteen seconds behind in 1:29:03 holding off Italian Olympic bronze medallist Elisa Rigauda by just one second in a close finish in the final straight on the track of the Pino Dordoni Stadium, named after the legendary 1952 Olympic champion Pino Dordoni.

1.	Kjersti Plätzer	Norway	1:28:50
2.	Sabine Krantz	Germany	1:29:03
3.	Elisa Rigauda	Italy	1:29:04
4.	Vera Santos	Portugal	1:29:27
5.	Beatriz Pasqual	Spain	1:29:54
6.	Claudia Stef	Romania	1:31:53
7.	Kumi Othoshi	Japan	1:31:57
8.	Masumi Fuchise	Japan	1:32:45
9.	Ana Maria Groza	Romania	1:33:56
10.	Zuzana Schindlerova	Czech Republic	1:35:33

Chodecká Trojkoruna 2009, Czech Republic, 1-3 May 2009

The Czech Republic hosted a 3 day Walking Cup event last weekend with 10 km walks being held on 3 successive days, the first day on track, the second day on a road circuit and third day a point to point race on a hilly road (Praha-Brandys). Peter Tichy won the overall crown as not all the fast walkers walked on all 3 days. While not a highly credentialled international race, it is still an interesting concept and worth reporting. I do like the concept.

Fri 1 May, 10000 track walk, Děčín	1.P.Tichý 48:21	2.J.Zajíc 49:07	3.M.Nedvidek 49:18	4.A.Kozelka 52:00
Sat 2 May, 10 km road walk, Praha - Žižkovská	1.M.Holuša 46:26	2.J.Malyša 46:37	3.P.Tichý 46:36	4.J.Zajíc 48:51
Sun 3 May, 10 km road walk, Praha - Brandýs	1.J.Malyša 43:37	2.J.Polašek 43:39	3.R.Řiha 44:39	4.P.Tichý 45:12

Overall results: 1.P.Tichý 2:20:19 2.J.Zajíc 2:29:20 3.A.Kozelka 2:33:30

WHAT'S COMING UP NEXT?

Next Saturday, we return to Albert Park for some low key club racing. Club coach Mark Donahoo will be running our first coaching session for the season, starting at 1PM.

Saturday 9th May 2008, Albert Park

VRWC EVENTS & Coaching Session: Entries close for all events at 2.00pm sharp.

1.00pm	Coaching session with club coach Mark Donahoo		
2.15pm	8km	Handicap	Open
2.15pm	4km	Handicap	Open
2.15pm	4km	Handicap	Under 15
2.30pm	2km	Handicap	Under 12
2.30pm	1km	Handicap	Under 9

The Canberra Carnival is fast approaching and VRWC entries close with me in 2 weeks time (Saturday 16th May). Entry forms and further information are available in the clubrooms. Talk to me on Saturday if you need further details.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

Victorian & National Fixture – Winter 2009

Sunday 24 May, 2009	Victorian Country Roadwalking Championships, Bendigo. Entries close with AV on Thurs 14 May.
Sunday 7 June, 2009	Lake Burley Griffin Carnival, Canberra
Sunday 28 June, 2009	Victorian Schools roadwalking Championships, Albert Park
July 11-12, 2009	Racewalking Australia Winter Postal Challenge

Sunday 9 August 2009 Victorian Roadwalking Championships, Albert Park
Sunday Aug 30, 2009 Australian Roadwalking Championships, Parramatta Park, Sydney, NSW

2009 International Fixture

May 24, 2009 EAA Race Walking Cup, Metz, France - http://www.metz2009.fr/2nd_language/index.html
July 1-12, 2009 **25th World Summer Universiade Games, Belgrade, Serbia** - <http://www.universiade-belgrade2009.org/en>
July 8-12, 2009 **6th IAAF World Youth Championships, Bressanone, Italy** - <http://www.iaaf.org/wyc09/preview.html>
July 28 – Aug 8, 2009 **18th World Masters Athletics Championships Stadia, Lahti, Finland** - <http://english.wma2009.org/>
Aug 15-23, 2009 **12th IAAF World Championships in Athletics, Berlin, Germany** - <http://www.iaaf.org/wch09/index.html>
Oct 10-18, 2009 **World Masters Games, Sydney** - <http://www.2009worldmasters.com>

2009 – Remaining IAAF Race Walking Challenge Events

May 30, 2009 5 - Krakow, Poland
June 20, 2009 6 - La Coruna, Spain
Aug 15-23, 2009 7 - IAAF World Championships, Berlin
Sept 19, 2009 8 - IAAF Challenge Final, Saransk, RUS

2009 - Remaining EAA Permit Walks

June 28, 2009 Dublin, Ireland

2010 International Fixture

May 15-16, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**
July 20-25, 2010 **World Junior Championships, Moncton, Canada**
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2011 International Fixture

Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.**
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>
July 7-17, 2011 **19th World Masters Athletics Championships Stadia, Sacramento, USA**

2012 International Fixture

July 27-Aug 12, 2012 **Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)