



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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26 May 2009



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VRWC EVENTS, ALBERT PARK SATURDAY 23 MAY 2009

Saturday delivered yet another big day of racing at Albert Park. Even though we were missing some regulars with the Country championships to be held in Bendigo on Sunday, we still saw 87 walkers in action in near perfect conditions – mild and sunny with a refreshing breeze. We are still coping with our short 1km lap so we sent the 10km walkers off 1 minute ahead of the rest of the field and we moved our U9 and U12 walkers to a 500m loop north of our start/finish line. This enabled us to minimize the crush. Special thanks to Gavin Burren for taking our photos this week.

Our senior walkers had a choice of 10km, 5km and 3km with the numbers fairly evenly split. There were plenty of good performances but just to single out a few that struck my eye – Bernie Keirl 56:20, Robyn Shaw 31:37, Bob Gardiner 29:25 (not bad for an M70!), Karen Wynen 17:57 and James Seid-Christmass 15:25.

10km Open

| | | | |
|----|--------------------|-------|---|
| 1. | Tindal, Pam | 55:54 | 3 |
| 2. | McIntyre, Gayle | 57:20 | 1 |
| 3. | Feldman, Liz | 62:53 | 2 |
| 4. | Beaumont, Margaret | 79:06 | 4 |

Handicap Place

| | | | |
|----|-------------------|-------|---|
| 1. | McDonough, Aaron | 55:53 | 3 |
| 2. | Keirl, Bernie | 56:20 | 2 |
| 3. | Cooper, Stuart | 67:47 | 4 |
| 4. | Skrucany, Rudolf | 71:37 | 5 |
| 5. | Beaumont, Ian | 78:55 | 1 |
| | Dickinson, Murray | DNF | |
| | Wood, Robin | DNF | |
| | Cowley, Rhydian | DQ | |

5km Open

| | | | |
|----|-------------------------|-------|---|
| 1. | Laurie, Natalie | 27:57 | 3 |
| 2. | Burren, Amy | 28:53 | 7 |
| 3. | Gourlay, Marlene | 29:33 | |
| 4. | Steed, Gwen | 30:47 | 5 |
| 5. | Campbell, Caitlin | 30:48 | 4 |
| 6. | Elms, Donna | 30:54 | 2 |
| 7. | Shaw, Robyn | 31:37 | 1 |
| 8. | McNicol-Davidson, Chloe | 34:29 | 6 |
| 9. | Shaw, Kirstin | 37:05 | 8 |

Handicap Place

| | | | |
|-----|-------------------|-------|----|
| 1. | Donahoo, Mark | 25:21 | 2 |
| 2. | Erickson, Tim | 27:25 | 6 |
| 3. | O'Mahony, Michael | 28:24 | 4 |
| 4. | Gardiner, Bob | 29:25 | 1 |
| 5. | Elms, Jason | 30:24 | 7 |
| 6. | McShanag, Connor | 30:44 | 10 |
| 7. | Barrow, Geoff | 31:55 | 8 |
| 8. | Doran, Anthony | 32:43 | 5 |
| 9. | Conboy, Bruce | 35:48 | 3 |
| 10. | Wicks, Barrie | 36:22 | 9 |
| | Dickenson, Russ | DNF | |

3km Open

| | | | |
|----|------------------|-------|---|
| 1. | Carr, Heather | 15:33 | 2 |
| 2. | Wynen, Karen | 17:57 | 3 |
| 3. | Hammond, Nardene | 18:42 | 6 |
| 4. | Morrey, Jan | 20:11 | 4 |
| 5. | Baker, Alison | 20:42 | 8 |

Handicap Place

| | | | |
|----|------------------------|-------|---|
| 6. | Stanway, Marlaine | 21:46 | 5 |
| 7. | Box, Justine | 24:32 | 7 |
| 8. | Mews, Pam | 29:55 | 1 |
| 1. | Seid-Christmass, James | 15:25 | 1 |
| 2. | Elms, Damien | 19:35 | 3 |
| 3. | Harrison, Lindsay | 21:21 | 2 |
| 4. | Onley, Gordon | 24:31 | 4 |



Open walkers Karen Wynen, Robin Wood, Bernie Keirl, James Seid-Christmass, Jan Morrey and Geoff Barrow in action

The Under 15s were in fine form Amelia Finnegan, Ashley Albert and Jmara Hockley-Samon all well under 16 minutes and Aaron Gardner walking a big PB to take first place ahead of a rapidly improving Jared Walker.

3km Under 15

| | | Handicap Place |
|----|------------------------|-----------------------|
| 1. | Finnegan, Amelia | 3 |
| 2. | Albert, Ashley | 1 |
| 3. | Hockley Samon, Jmara | 4 |
| 4. | Mason, Ella | 5 |
| 5. | Attard, Bianca | 8 |
| 6. | Sanders, Jade | 7 |
| 7. | Campbell, Rebecca | 5 |
| 8. | Gelov, Lauren | 9 |
| 9. | Gatens, Georgia | 2 |
| 1. | Gardner, Aaron | 1 |
| 2. | Walker, Jared | 3 |
| 3. | Tam, Aaron | 4 |
| 4. | McNicol-Davidson, Cody | 2 |



U15 walkers Aaron Gardner, Jared Walker, Amelia Finnegan, Ashley Albert, Jmara Hockley-Samon and Aaron Tam (Heather Carr also pictured)

The U12 and U9 walks saw 30 competitors (wow, that must be a record!). In the Under 12 division, Sarah Burren lead early but Billy Allamby gradually hauled her back and finished a little ahead, 10:25 to 10:30. Reese Walmsley and Kyle Swan had a great battle the whole way with Reese winning the final sprint 10:42 to 10:49. Handicap winners were Bronte Segota (big PB) and Billy Allamby. The U9 division was just as competitive with James Burren, having his first walk with the club, finishing only 6 seconds behind Georgia Bertrand, 5:48 as against 5:42. Handicap winners were Tara Xuereb and Ethan McShanag. Who will win next week's handicaps in our prizes day (see info later in the newsletter).

| 2km Under 12 | | Handicap Place |
|---------------------|--------------------|-----------------------|
| 1. | Burren, Sarah | 10:30 |
| 2. | Walker, Megan | 11:41 |
| 3. | Barbour, Beth | 11:51 |
| 4. | De Lisen, Paige | 12:01 |
| 5. | Hamilton, Emily | 12:08 |
| 6. | Bertrand, Carly | 12:10 |
| 7. | Ventura, Amy | 12:54 |
| 8. | McCann, Tessa | 13:12 |
| 9. | Henderson, Keely | 13:16 |
| 10. | Segota, Bronte | 13:22 |
| 11. | Cullen, Larissa | 13:26 |
| 12. | McLaren, Stacey | 13:27 |
| 13. | Harrison, Annalise | 14:36 |
| | | |
| 1. | Allamby, Billy | 10:25 |
| 2. | Walmsley, Reese | 10:42 |
| 3. | Swan, Kyle | 10:49 |
| 4. | Owen, Cooper | 12:42 |
| 5. | Tremigliozi, Paul | 14:35 |
| | Allamby, Jack | DNF |

| 1km Under 9 | | Handicap Place |
|--------------------|----------------------|-----------------------|
| 1. | Burren, James | 05:48 |
| 2. | Candotti, Sam | 06:49 |
| 3. | McShanag, Ethan | 07:15 |
| | Candotti, Noah | DQ |
| | Hockley Samon, Harry | DQ |
| | | |
| 1. | Bertrand, Georgia | 05:42 |
| 2. | Lee, Georgia | 06:00 |
| 3. | Xuereb, Tara | 06:20 |
| 4. | Harrison, Charlee | 06:39 |
| 5. | Owen-Smith, Chelsea | 07:03 |
| 6. | Box, Erin | 07:30 |



U12 walkers Tessa McCann, Bronte Segota, Emily Hamilton, Kyle Swan, Paige De Lisen, Beth Barbour, Megan Walker, Cooper Owen and Sarah Burren

As usual, thanks to our many hard working judges and officials who keep the show on the road.

- Judges:** Peter Vysma (chief), Lloyd Nicholls, Michael Bodey, Frances Attard, Ralph Bennett
Officials: Harry Summers, Ron Miller, Bob Gardiner, Ian Laurie, Alan Lucas, Marlane Stanway, Don McLaren, Terry Swan, Mark Owen, Ray Smith
Canteen: Joyce Summers, Kate Suich, Barb Gardiner



U9 walkers Tara Xuereb, Ethan McShanag, Sam Candotti, James Burren, Georgia Lee and Georgia Bertrand

STYLE AWARD COMPETITION POINTS

We will have progress reports on all our points competitions (handicaps, fastest times and style awards) on the club notice board this weekend. The best stylists this week, as judged by our 6 walk judges, were as follows

| Men | | Women | | U12/U9 Boys | | U12/U9 Girls | |
|------------------|---|---------------------|---|--------------------|---|---------------------|---|
| Michael O'Mahony | 4 | Natalie Laurie | 5 | James Burren | 6 | Sarah Burren | 3 |
| Aaron McDonough | 3 | Jade Sanders | 3 | Kyle Swan | 1 | Emily Hamilton | 3 |
| Aaron Gardner | 2 | Liz Feldman | 3 | | | Tara Xuereb | 2 |
| Russ Dickenson | 2 | Caitlin Campbell | 3 | | | Keely Hamilton | 2 |
| Bernie Keirl | 2 | Jmara Hockley-Samon | 2 | | | Charlee Harrison | 1 |
| Rudolf Skrucany | 1 | Pam Tindal | 2 | | | Megan Walker | 1 |
| | | Robyn Shaw | 1 | | | | |
| | | Amy Burren | 1 | | | | |

VICTORIAN COUNTRY ROADWALKING CHAMPIONSHIPS, BENDIGO, SUNDAY 24 MAY 2009

The Victorian Country roadwalking championships were held in Bendigo on Sunday 24 May. A new course, on the roads inside the Bendigo Livestock Exchange, proved to be a successful venue. Conditions were good with a temperature around 20°C and a light breeze to keep the competitors cool. The carnival also hosted the Victorian Open 15km roadwalking championships which saw two first time Victorian road champions in Stuart Kollmorgen of Collingwood Harriers and Kelly Ruddick of Ballarat Harriers.

Victorian Open Men 15km Roadwalking Championship

| | | | |
|----|--------------------|-----|---------|
| 1. | Kollmorgen, Stuart | COL | 1:17:36 |
| 2. | Reid, Ross | COL | 1:24:37 |
| 3. | Knox, Duncan | ATE | 1:26:45 |

Victorian Open Women 15km Roadwalking Championship

| | | | |
|----|-------------------|-----|---------|
| 1. | Ruddick, Kelly | BHA | 1:16:31 |
| 2. | Carr, Heather | EAG | 1:27:31 |
| 3. | Bryant, Barbara | EAG | 1:29:02 |
| | Szirom, Megan | FKN | DNF |
| | Rothwell, Jessica | EAG | DNF |
| | Irshad, Kylie | SCA | DNS |

The Victorian Country 10km roadwalking championships were held alongside the 15 km events and allowed country athletes to participate in both championships. Jess Rothwell produced the walk of the day to win the women's 10km event with a super fast 44:19. Jess, who is soon to head off to Europe as part of the IAAF World Championship team, showed that she is in great shape and this will be a confidence booster to her ahead of her trip. Young Geelong walker Daniel Payne was the fastest of the 10km men and with a good 48:51. And finally a special mention to Eaglehawk walker Geoff Major, the oldest competitor at 72 years of age, who took third place in the men's championship with 1:10:02.

Victorian Country Open Men 10 km Roadwalking Championship

| | | | |
|----|----------------------|-----|---------|
| 1. | Payne, Daniel | COR | 48:51 |
| 2. | Prendergast, Maurice | BYC | 59:56 |
| 3. | Major, Geoff | EAG | 1:10:02 |
| | Biggin, Daryl | BYC | DQ |
| | Cousins, Duane | EAG | DNS |
| | Nunn, Paul | WEN | DNS |

| | | |
|---------------|-----|-----|
| Luke, Peter | WEN | DNS |
| Blood, Andrew | BYC | DNS |

Victorian Country Open Women 10km Roadwalking Championship

| | | | |
|----|-------------------|-----|---------|
| 1. | Rothwell, Jessica | EAG | 44:19 |
| 2. | Ruddick, Kelly | BHA | 50:34 |
| 3. | Carr, Heather | EAG | 57:35 |
| 4. | Bryant, Barbara | EAG | 58:39 |
| 5. | Brennan, Sarah | BYC | 58:50 |
| 6. | Major, Annette | EAG | 1:03:12 |
| | Lenehan, Deborah | EKA | DNS |
| | Irshad, Kylie | SCA | DNS |



Open winners Jess Rothwell, Kelly Ruddick, Stuart Kollmorgen and Daniel Payne in action

Victorian Country championships were held for U20, U18, U16 and U14 age groups with results as shown below. The U16 and U14 3km girls events produced a very exciting finish with the first three girls crossing the line locked together in 15:39. The finishing judges managed to split them with Stephanie George, who took gold in the U14 event, the first to finish, just ahead of Ebony Whiley and Amanda Heard who took gold and silver in the U16 event.

Victorian Country U20 Women 5km Roadwalking Championship

| | | | |
|----|--------------------|-----|-------|
| 1. | Palfreyman, Jessie | EAG | 28:08 |
| 2. | Payne, Emily | COR | 28:39 |

Victorian Country U18 Girls 5km Roadwalking Championship

| | | | |
|----|-----------------|-----|-------|
| 1. | Tallent, Rachel | BYC | 25:31 |
|----|-----------------|-----|-------|

Victorian Country U16 Boys 3km Roadwalking Championship

| | | | |
|----|---------------|-----|-------|
| 1. | Clark, Lewis | CHI | 15:00 |
| 2. | Curtis, Peter | SBE | 20:52 |

Victorian Country U16 Girls 3km Roadwalking Championship

| | | | |
|----|----------------------|-----|-------|
| 1. | Whiley, Ebony | EAG | 15:39 |
| 2. | Heard, Amanda | EAG | 15:39 |
| 3. | Raselli, Cassie | SCA | 16:06 |
| 4. | Tallent, Ebony | BYC | 16:49 |
| 5. | Jones, Ebony-Jade | EAG | 20:43 |
| | Campbell, Grace | EAG | DNS |
| | Hockley-Samon, Jmara | CHI | DNS |
| | Jones, Madison | BYC | DNS |

Victorian Country U14 Boys 3km Roadwalking Championship

| | | | |
|----|-----------------|-----|-------|
| 1. | Jones, Jeremiah | EAG | 16:29 |
| 2. | Taylor, Lucas | SCA | 17:10 |
| | Maskell, Ben | EAG | DNS |

Victorian Country U14 Girls 3km Roadwalking Championship

| | | | |
|----|-------------------|-----|---------------------------------|
| 1. | George, Stephanie | SCA | 15:39 |
| 2. | Stadus, Lauren * | KNA | 16:39 (invitation) |
| 3. | Irshad, Jasmine | SCA | 17:35 (2 nd Country) |
| 4. | Wilson, Jessey | EAG | 17:36 (3 rd Country) |
| 5. | Ohlsen, Shae | EKA | 21:44 |
| 6. | Luke, Sarah | WEN | 25:10 |



Underage winners Rachel Tallent, Jessie Palfreyman, Jeremiah Jones, Ebony Whiley, Stephanie George and Lewis Clark

Our youngest walkers had their own championships compliments of Racewalking Victoria and seven U12 and U10 walkers contested 2km and 1km events respectively.

Racewalking Victoria U12 Boys 2km Roadwalking Championship

- | | | |
|-----------------|---------|-------|
| 1. Heiden, Dane | Bendigo | 10:48 |
|-----------------|---------|-------|

Racewalking Victoria U12 Girls 2km Roadwalking Championship

- | | | |
|-----------------|---------|-------|
| 1. Edlin, Grace | Bendigo | 10:40 |
|-----------------|---------|-------|

Racewalking Victoria U10 Girls 1km Roadwalking Championship

- | | | |
|---------------------|----------|-------|
| 1. Edlin, Charlotte | Bendigo | 05:33 |
| 2. Heiden, Bree | Bendigo | 06:21 |
| 3. Taylor, Lee | VRWC | 06:35 |
| 4. Biggin, Rhianna | Ballarat | 07:53 |
| 5. Currie, Shelby | Ballarat | 08:32 |



Racewalking Victoria winners Grace Edlin, Dane Heiden and Charlotte Edlin

Thanks to championship organizer Paul Rance who, along with officials from the Bendigo Race Walking Club and the Athletics Victoria Bendigo Region, ensured that the carnival ran smoothly and to time.

NSW TEAM WALKS, HARRINGTON PARK LAKE, NARELLAN, SUNDAY 24 MAY 2009

The NSW Team Walking championships were held on Sunday in Narellan with both quantity (66 walkers in total) and quality in evidence. This omens well for the Canberra carnival where we can once again expect to battle with NSWRC and Regal Racewalkers in many of the age groups. Top times were recorded by Kyle Malone and Cheryl Webb and a number of the younger walkers. It was also great to see Kellie Wapshott having her first race since the Olympics 9 months ago. It has been a long road back for Kellie but she is now back in full training and will be in our team for Canberra.

Men 10k Race Walk Open

| | | | | |
|-----|------------------|----|--------------|---------|
| 1. | Malone, Kyle | 18 | Nepean Distr | 47:32 |
| 2. | Pisani, James | 19 | Bankstown Sp | 55:48 |
| 3. | Dredge, Mark | 48 | Mingara Athl | 57:11 |
| 4. | Osborne, Robert | 54 | Nepean Distr | 59:54 |
| 5. | Williams, Dennis | 61 | Hills Distri | 1:00:47 |
| 6. | Thompson, John | 46 | South Sydney | 1:02:06 |
| 7. | Seymon, Jim | 72 | U.T.S. North | 1:02:07 |
| 8. | Rowe, Gregory | 48 | Mingara Athl | 1:05:00 |
| 9. | Psarianos, Tony | 45 | South Sydney | 1:07:21 |
| 10. | Smith, John | 71 | Mingara Athl | 1:12:06 |

Women 10k Race Walk Open

| | | | | |
|-----|----------------------|----|--------------|---------|
| 1. | Webb, Cheryl | 33 | Blacktown Ci | 46:41 |
| 2. | Wapshopp, Kellie | 28 | Unattached | 50:01 |
| 3. | Heazlewood, Brianna | 24 | Sydney Unive | 51:45 |
| 4. | Heazlewood, Jess | 22 | Sydney Unive | 53:52 |
| 5. | Jones, Chloe | 23 | Blue Mountai | 55:22 |
| 6. | Bourke, Lauren | 19 | Gosford Athl | 56:08 |
| 7. | Bonham, Jillian | 24 | Gosford Athl | 58:22 |
| 8. | Waterfield, Celia | 26 | Gosford Athl | 59:30 |
| 9. | Hayes, Melissa | 18 | Asics Wests | 1:01:35 |
| 10. | Willis, Mary | 47 | Campbelltown | 1:03:24 |
| 11. | Keenawinna, Rukshani | 18 | Nepean Distr | 1:04:03 |
| 12. | Shaw, Maryanne | 45 | Blue Mountai | 1:04:15 |
| 13. | Challinor, Nicolle | 38 | Gosford Athl | 1:04:43 |
| 14. | Porley, Fiona | 41 | Blue Mountai | 1:05:46 |
| 15. | Cameron, Krystal | 18 | Mingara Athl | 1:07:19 |
| 16. | Ebejer, Charlene | 23 | Blue Mountai | 1:08:53 |
| 17. | Lloyd, Nancy | 56 | U.T.S. North | 1:12:48 |
| 18. | Sundstrom, Jodie | 30 | Illawarra Bl | 1:15:44 |
| 19. | Brown, Judy | 59 | Gosford Athl | 1:20:15 |
| | Lee, Beki | 23 | Asics Wests | DQ |
| | Hosking, Jillian | 22 | Unattached | DQ |
| | Thomas, Jessica | 15 | Gosford Athl | DQ |

Men 10km Race Walk Masters

| | | | | | |
|--------|---|------------------|----|--------------|---------|
| M45-54 | 1 | Osborne, Robert | 54 | Nepean Distr | 59:54 |
| | 2 | Thompson, John | 46 | South Sydney | 1:02:06 |
| | 3 | Rowe, Gregory | 48 | Mingara Athl | 1:05:00 |
| | 4 | Psarianos, Tony | 45 | South Sydney | 1:07:21 |
| M55-64 | 1 | Williams, Dennis | 61 | Hills Distri | 1:00:47 |
| M65+ | 1 | Seymon, Jim | 72 | U.T.S. North | 1:02:07 |
| | 2 | Smith, John | 71 | Mingara Athl | 1:12:06 |

Women 10km Race Walk Masters

| | | | | | |
|--------|---|--------------------|----|--------------|---------|
| W35-44 | 1 | Challinor, Nicolle | 38 | Gosford Athl | 1:04:43 |
| | 2 | Porley, Fiona | 41 | Blue Mountai | 1:05:46 |
| W45-54 | 1 | Willis, Mary | 47 | Campbelltown | 1:03:24 |
| | 2 | Shaw, Maryanne | 45 | Blue Mountai | 1:04:15 |
| W55-64 | 1 | Lloyd, Nancy | 56 | U.T.S. North | 1:12:48 |
| | 2 | Brown, Judy | 59 | Gosford Athl | 1:20:15 |

Men 5k Race Walk Under 18

| | | | | |
|----|------------------|----|--------------|-------|
| 1. | Mulhearn, Jordan | 17 | Sydney Unive | 24:40 |
| 2. | Maruta, Kai | 17 | Asics Wests | 26:45 |
| 3. | Fazldad, Nathan | 15 | Asics Wests | 27:07 |
| 4. | Egelton, Cheyne | 16 | U.T.S. North | 27:53 |
| 5. | Gralton, Ebony | 16 | Asics Wests | 31:06 |
| 6. | Shaw, Andrew | 15 | Blue Mountai | 32:37 |
| 7. | Dhu, Jack | 14 | Blue Mountai | 35:52 |
| | Washburn, Steven | 15 | Nepean Distr | DQ |

Women 5k Race Walk Under 18

| | | | | |
|----|--------------------|----|--------------|-------|
| 1. | Jennings, Shannon | 16 | Nepean Distr | 25:44 |
| 2. | Psarianos, Dimitra | 16 | South Sydney | 28:33 |
| 3. | Southern, Shay | 14 | Asics Wests | 29:05 |
| 4. | Klein, Kirsty | 15 | Asics Wests | 29:30 |
| 5. | Gilroy, Darcy | 16 | Illawarra Bl | 30:24 |
| 6. | Noble, Vanessa | 17 | Bankstown Sp | 30:52 |
| 7. | Andreou, Stephanie | 14 | Campbelltown | 31:43 |
| 8. | Torres, Chantelle | 13 | Campbelltown | 32:17 |

| | | | | |
|-----|-----------------|----|--------------|-------|
| 9. | Porley, Tabitha | 14 | Blue Mountai | 32:56 |
| 10. | Legeret, Amy | 14 | Campbelltown | 33:59 |
| 11. | Klein, Sara | 15 | Asics Wests | 34:12 |

Men 3k Race Walk Under 14

| | | | | |
|----|-----------------------|----|--------------|-------|
| 1. | Anestoudis, Johnathon | 12 | Nepean Distr | 16:57 |
| 2. | Oswald, Matthew | 13 | Illawarra Bl | 18:14 |
| 3. | Acey, Mitchell | 12 | Illawarra Bl | 18:23 |
| 4. | Dhu, Ethan | 12 | Blue Mountai | 18:36 |
| 5. | Estrada, Patrick | 11 | Blue Mountai | 20:06 |

Women 3k Race Walk Under 14

| | | | | |
|-----|-------------------------|----|--------------|-------|
| 1. | Billington, Tayla-Paige | 12 | Nepean Distr | 16:20 |
| 2. | Dighton, Jasmine | 13 | Nepean Distr | 16:58 |
| 3. | Shaw, Katrina | 12 | Blue Mountai | 17:12 |
| 4. | Plummer, Caitlin | 12 | Nepean Distr | 17:28 |
| 5. | Barendregt, Amanda | 13 | Nepean Distr | 18:58 |
| 6. | Dhu, Abbey | 9 | Blue Mountai | 20:04 |
| 7. | Estrada, Natasha | 13 | Blue Mountai | 20:42 |
| 8. | Porley, Candice | 11 | Blue Mountai | 21:06 |
| 9. | Southern, Demi | 12 | Asics Wests | 22:47 |
| 10. | Dhu, Rachel | 10 | Blue Mountai | 23:25 |

BITS AND PIECES

TENDO (JPN, May 16-17): The East Japan Corporate team championships saw 5000m walk national records for Akihiro Sugimoto (18:56.70) in the men's race and Mayumi Kawasaki (20:49.70) in the women's race.

PARIS (FRA, May 16-17): Some interesting marks during French Interclub weekend included 2007 European champion Yohan Diniz clocking a super fast 5000m track walk time of 18:35.10 in Reims.

Australian running website 'The Runners Tribe' features an interview with recently retired Australian racewalker Jane Saville. Check out <http://www.runnerstribes.com/janesavillemay2009.php>

EAA RACE WALKING CUP, METZ, FRANCE, SUNDAY MAY 24, 2009

Sunday's 8th European Cup Race Walking, which was held in Metz in France, promised a lot with many of the top Europeans in action and chasing qualifiers for this year's IAAF World Championships. Although the Russians had selected a relatively young team including a number of new names (let's face it – when over half of your top walkers are out on drug suspensions you have no choice!), they were still expected to be the dominant country. Luckily for them, their junior ranks are currently unaffected and their team boasted both reigning world junior champions from Bydgoszcz 2008 (Stanislav Yemelyanov and Tatyana Mineyeva) and 50km world record holder Denis Nizhegorodov.

There have been reports on a number of websites (see http://www.metz2009.fr/2nd_language/index.html, <http://www.european-athletics.org> and <http://www.iaaf.org>). I will reproduce the report from Paul Warburton from the IAAF website.

Metz, France - It was good news for walking when only one of five favourites rose highest on the podium at the eighth European Cup Race Walking in Metz this afternoon, Sunday 24. Things didn't go according to plan for a number of walkers with afternoon temperatures soaring into the mid 30s.

Open Men 50km

It's one of the few reasons to walk 50km. Everybody toes the line for an early 8am start and there is an awful lot of 2km laps – but at least the heat isn't at its worst until the end. Not that it made any difference to Denis Nizhegorodov. The Russian World record holder was never going to let this race slip once he took the lead on 30k. The only one to go with last year's IAAF World Race Walking Cup winner was Oleksiy Kazanin (UKR) but when he succumbed to the Russian's relentless pace it was all over as a contest.

Jesus Angel Garcia will be 40 in October but it hardly shows. More than a minute back at 20k, the 1993 World champion and the World Race Walking Cup gold medallist as far back as 1997, steadily passed the sufferers to record a time two minutes down on his fourth at the Olympics in Beijing – but two places better. He said: "At nearly 40 – it's getting tougher, but I will continue to walk for as long as possible."

Andronov limped across the line for bronze, and the team gold was sealed when Bakulin made fourth spot together with the knowledge that an extra 15k can demote you from contender to casualty very quickly.

| | | | | | |
|----|-----------------------|----|----|-----|---------|
| 1. | NIZHEGORODOV Denis | 80 | 36 | RUS | 3:42:47 |
| 2. | GARCIA Jesus Angel | 69 | 4 | ESP | 3:46:27 |
| 3. | ANDRONOV Yuriy | 71 | 33 | RUS | 3:49:09 |
| 4. | BAKULIN Sergey | 86 | 34 | RUS | 3:52:38 |
| 5. | ODRIOZOLA Mikel | 73 | 5 | ESP | 3:53:13 |
| 6. | CAMBIL Jose Alejandro | 75 | 3 | ESP | 3:53:31 |
| 7. | SKARNULIS Donatas | 77 | 27 | LTU | 3:53:43 |

| | | | | | |
|-----|-----------------|----|----|-----|---------|
| 8. | DE LUCA Marco | 81 | 21 | ITA | 3:54:35 |
| 9. | SHELEST Oleksiy | 73 | 42 | UKR | 3:55:19 |
| 10. | CARDOSO Augusto | 70 | 29 | POR | 4:01:13 |

Open Men 20km

The men's 20km was a turn up for the book. Italy's Giorgio Rubino won the race to go with his PB posted only a month ago, and won it because he was smart enough to play a waiting game in the heat. Three ahead of him were passed at 16km, after home-grown Yohann Diniz set off at a suicide pace. Once Rubino commanded a winning lead, there was a cat-and-mouse game between Ivano Brugnetti, Pyotr Trofimov and Robert Heffernan for the places. Brugnetti, the 2004 Olympic gold medallist moved into second, quickly followed by Irishman Heffernan – but a third Italian had the last laugh. Jean-Jacques Nkouloukidi, born of an Italian mother and a Congolese father, had other ideas. His last lap charge for third left Heffernan in despair. He was beaten for the same spot in exactly the same way two years ago at the last edition.

| | | | | | |
|-----|--------------------------|----|-----|-----|---------|
| 1. | RUBINO Giorgio | 86 | 429 | ITA | 1:24:06 |
| 2. | BRUGNETTI Ivano | 76 | 426 | ITA | 1:24:54 |
| 3. | NKOULOUKIDI Jean-Jacques | 82 | 428 | ITA | 1:25:07 |
| 4. | HEFFERNAN Robert | 78 | 425 | IRL | 1:25:21 |
| 5. | TROFIMOV Pyotr | 83 | 446 | RUS | 1:25:50 |
| 6. | MOLINA Juan Manuel | 79 | 409 | ESP | 1:25:58 |
| 7. | AUGUSTYN Rafal | 84 | 435 | POL | 1:26:06 |
| 8. | DINIZ Yohann | 78 | 414 | FRA | 1:26:59 |
| 9. | TOTH Matej | 83 | 451 | SVK | 1:27:29 |
| 10. | KINNUNEN Jarkko | 84 | 412 | FIN | 1:27:43 |

Open Women 20km

In the women's 20km, Maria Vasco finally made it to a gold medal in her 18th year of walking. Three major thirds became a gold in a slowish time as the heat rose. But the Spaniard was also canny enough to wait until others had wilted, and as DQs took their toll, both Anisa Kirdyapkina (Russia, second) and Kristina Saltanovic moved on to the podium. The latter's bronze was Lithuania's first walking medal of any sort in modern times.

| | | | | | |
|-----|---------------------|----|-----|-----|---------|
| 1. | VASCO Maria | 75 | 310 | ESP | 1:32:53 |
| 2. | KIRDYAPKINA Anisya | 89 | 344 | RUS | 1:33:28 |
| 3. | SALTANOVIC Kristina | 75 | 330 | LTU | 1:34:17 |
| 4. | LOUGHNANE Olive | 76 | 325 | IRL | 1:34:51 |
| 5. | YEMELYANOVA Larisa | 80 | 347 | RUS | 1:35:16 |
| 6. | PASCUAL Beatriz | 82 | 308 | ESP | 1:35:28 |
| 7. | SHUMKINA Elena | 88 | 345 | RUS | 1:35:51 |
| 8. | YURCHANKA Sniazhana | 84 | 304 | BLR | 1:36:14 |
| 9. | XINOOU Evaggelia | 81 | 320 | GRE | 1:36:39 |
| 10. | SOKOLOVA Vera | 87 | 346 | RUS | 1:36:43 |



Open winners Denis Nizhegorodov, Giorgio Rubino and Maria Vasco

Russia were predictable winners of the two junior races – but not the favourites. Once again, the DQ board played a part in the women's race to allow Tatayana Mineeva to beat her more illustrious team-mates. And Stanislav Emelyanov showed his PB in February was no flash in the pan performance, when he streaked ahead to win the junior men's race.

Junior Men 10km

| | | | | | |
|----|----------------------|----|-----|-----|-------|
| 1. | YEMELYANOV Stanislav | 90 | 137 | RUS | 41:22 |
| 2. | FILIPCHUK Valeriy | 91 | 135 | RUS | 41:45 |
| 3. | PARTANEN Veli-Matti | 91 | 111 | FIN | 41:54 |
| 4. | POHLE Hagen | 92 | 119 | GER | 42:25 |
| 5. | HALMAN Wojciech | 90 | 132 | POL | 42:29 |
| 6. | DI BARI Vito | 90 | 124 | ITA | 42:35 |

| | | | | | |
|-----|------------------|----|-----|-----|-------|
| 7. | LYASHCHENKO Ihor | 93 | 144 | UKR | 42:50 |
| 8. | WIATER Tomasz | 90 | 133 | POL | 43:00 |
| 9. | MACCHIA Riccardo | 90 | 125 | ITA | 43:13 |
| 10. | STRELKOV Denis | 90 | 136 | RUS | 43:28 |

Junior Women 10km

| | | | | | |
|-----|-----------------------|----|-----|-----|-------|
| 1. | MINEYEVA Tatyana | 90 | 227 | RUS | 44:16 |
| 2. | TURNEA Adriana | 91 | 225 | ROU | 46:32 |
| 3. | PALMISANO Antonella | 91 | 219 | ITA | 46:48 |
| 4. | TSINOPOULOU Panayiota | 90 | 212 | GRE | 48:25 |
| 5. | DELON Laurene | 90 | 207 | FRA | 48:37 |
| 6. | MENUET Emilie | 91 | 208 | FRA | 48:45 |
| 7. | CURIAZZI Federica | 92 | 218 | ITA | 48:47 |
| 8. | KAEMAKA Anita | 90 | 220 | LAT | 49:00 |
| 9. | ALONSO Sara | 91 | 203 | ESP | 49:24 |
| 10. | GRADINARIU Alexandra | 90 | 224 | ROU | 49:30 |



Russians Stanislav Yemelyanov and Tatyana Mineyeva who won the Junior 10km championships

WHAT'S COMING UP NEXT?

Next Saturday, we have quite a different and exciting type of race with prizes on offer for all winners. It is one of two Handicap Start races for the season. The idea is a true and tried one. All entrants are ranked according to their handicap time and then sent off in reverse order. Thus the walkers with the expected slowest times start first and the walkers with the expected fastest times start last. The first male and female competitor in each category to reach the finish line is the winner. If walkers walk to their expected times, we should see lots of people all coming together on the last lap of their respective races and a big surge for the finish line.

This means that you can only participate in the Handicap start if you have been given a handicap (expected) time for that distance by our club handicapper Mark Donahoo. That normally means you need to have walked that distance (or a comparable one) at least once this season. When you get to the clubrooms on Saturday, Mark will have all the handicap sheets up on the board and you can check. Of course, you can choose not to participate in the handicap start and just have your normal walk.

Note that, since this takes a lot of organisation to get off the ground, we ask that all walkers register by 1:45PM. We will have enough people taking registrations at the table to ensure that there are no holdups. That way, we can ensure that the events kick off at 2:15PM.

The U9 and U12s will not have handicap starts but we will still be calculating handicap placings and awarding prizes for winners. We hope to have all our calculations completed for presentations at 3:45PM.

| | | | |
|---|-------------------------|----------------|----------|
| Saturday 30th May 2009, Albert Park | | | |
| VRWC EVENTS: Entries close for all events at 1.45pm sharp. Prizes for winners. | | | |
| 2.15pm | 8km | Handicap Start | Open |
| 2.15pm | 4km | Handicap Start | Open |
| 2.15pm | 4km | Handicap Start | Under 15 |
| 2.45pm | 2km | Handicap | Under 12 |
| 2.45pm | 1km | Handicap | Under 9 |
| 3:45pm | Presentations of Prizes | | |

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 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

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

Victorian & National Fixture – Summer 2009/2010

?? Dec 2009 2009 Australian 50 km championship – venue and date still to be advised
4-7 Dec 2009 Australian All Schools T&F Championships, Hobart
Thu 18 Feb 2010 Victorian 5000m track walk title (in conjunction with an AV All Comers Meet)
?? Australian Summer 20 km road championships – venue and date still to be advised.
26-28 Mar, 2010 Victorian Open T&F Championships, Olympic Park
11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs: venue TBC, date tentative.
2-5 April 2010 Easter weekend - Australian Masters T&F Champs
16-18 April 2010 Australian Open and U23 Track and Field Championships, Perth

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>)