



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC EVENTS, ALBERT PARK SATURDAY 30 MAY 2009

We had our biggest field for the season on Saturday with 90 walkers in action at Albert Park in cool and windy conditions. For all races except for the Under 9 and Under 12, handicap starts were used, with the slower walkers starting first and the faster walkers starting later. Thus the resultant display looks quite different to normal. The first column (Start time) is the time at which that walker started. The second column (Finish time) is the elapsed time at which that walker finished. The third column (Actual time) is the time that the walker actually took to walk the race distance. The final two columns are the Handicap places and the Actual time places. The emphasis this week was on the handicap winners and the overall handicap winner in each division got to choose from the prizes table after all the calculations were completed. Thanks to **Simon Baker** and **Terry Swan** (U12/U9) for some great photos.

Kirstin Shaw and Anand Thillaisundaram were our 8km handicap winners, being the first walkers to reach the finish line from the staggered starts. Kirstin gave a 13 minute head start to outmarker Margaret Beaumont but caught and passed her in the final lap. The accuracy of Mark Donahoo's handicapping may be seen in the fact that nearly all the walkers finished in the 1:01:00 - 1:03:40 timeframe – ie all finished within a few minutes of each other. Backmarkers Pam Tindal and Daniel Payne battled bravely and had the fastest times overall but could not bridge the gap to all those in front.

8 km Open	Start time	Finish time	Actual time	Hcp place	Actual place
Shaw, Kirstin	13:43	1:00:05	46:22	1	2
Feldman, Liz	13:25	1:01:54	48:29	2	4
Beaumont, Margaret	00:48	1:02:48	62:00	3	6
Tindal, Pam	19:32	1:02:48	43:16	4	1
Shaw, Robyn	11:13	1:02:51	51:38	5	5
McIntyre, Gayle	17:56	1:04:31	46:35	6	3
Thillaisundaram, Anand	07:11	1:01:01	53:50	1	8
Cooper, Stuart	09:16	1:01:29	52:13	2	7
Donahoo, Mark	21:17	1:02:44	41:27	3	2
McDonough, Aaron	18:46	1:02:47	44:01	4	3
Barrow, Geoff	11:12	1:02:49	51:37	5	6
Skrucany, Rudolf	05:51	1:02:57	57:06	6	10
Payne, Daniel	25:07	1:03:01	37:54	7	1
Dickinson, Murray	16:42	1:03:04	46:22	8	4
Gardiner, Bob	13:55	1:03:44	49:49	9	5
Wood, Robin	07:39	1:04:11	56:32	10	9
Beaumont, Ian	00:00	DQ		DQ	DQ
Keirl, Bernie	18:13	DQ		DQ	DQ



8km walkers Stu Cooper, Daniel Payne, Kirstin Shaw, Pam Tindal, Liz Feldman and Anand Thillaisundaram

Justine Box and Lindsay Harrison were our handicap winners in the Open 4km events. They made the most of their early starts, caught the walkers ahead of them and then held off all the challengers charging through behind them. Backmarkers Heather Carr and James Seid-Christmass both walked very fast times but finished mid field.

4 km Open	Start time	Finish time	Actual time	Hcp place	Act place
Box, Justine	08:33	40:05	31:32	1	11
Morrey, Jan	13:40	40:23	26:43	2	7
Laurie, Natalie	18:43	40:26	21:43	3	2
Wynen, Karen	16:22	40:28	24:06	4	4
Peachey, Anika	11:31	40:44	29:13	5	10
Stanway, Marlaine	11:52	40:47	28:55	6	9
Elms, Donna	16:40	41:04	24:24	7	5
Carr, Heather	19:32	41:06	21:34	8	1
Gourlay, Marlene	17:49	41:07	23:18	9	3
Steed, Gwen	16:57	41:33	24:36	10	6
Hammond, Nardene	16:15	43:06	26:51	11	8
Irshad, Amna	03:19	DNF		DNF	DNF
Mews, Pam	00:00	DQ		DQ	DQ
Harrison, Lindsay	11:14	40:13	28:59	1	5
Wicks, Barrie	12:57	40:30	27:33	2	4
Seid-Christmass, James	19:12	40:38	21:26	3	1
Barrett, Tony	17:09	40:55	23:46	4	3
Elms, Jason	17:28	41:02	23:34	5	2
Onley, Gordon	08:53	43:18	34:25	6	6
Elms, Damien	13:43	DQ		DQ	DQ



4km walkers Barrie Wicks, Justine Box, Heather Carr, James Seid-Christmass, Jan Morrey and Marlene Gourlay

Rebecca Guy and Aaron Gardner were the first U15 walkers to reach the finish line. They both recorded big PBs with times of 21:57 and 21:40 and showed just what you have to do to win handicap races. In fact, well over half the U15 walkers set new best times. This was certainly the case for backmarker Amelia Finnegan whose 20:49 was excellent but she could only manage fourth place. Special mention to Jared Walker who was just 4 secs slower than Aaron Gardner with his 21:44 – these two boys are having some great battles this season.

4 km Under 15	Start time	Finish time	Actual time	Hcp place	Act place
Guy, Rebecca	05:38	27:35	21:57	1	2
Mason, Ella	06:07	29:13	23:06	2	4
McNicol-Davidson, Chloe	03:19	29:14	25:55	3	9
Finnegan, Amelia	08:26	29:15	20:49	4	1
Stadus, Lauren	06:20	29:16	22:56	5	3
Gatens, Georgia	00:00	29:21	29:21	6	10
Barbour, Beth	05:01	29:42	24:41	7	8
Campbell, Caitlin	05:33	30:02	24:29	8	7
Hallett, Nicole	06:03	30:27	24:24	9	6
Attard, Bianca	06:30	30:49	24:19	10	5
George, Stephanie	05:10	DNF	DNF		DNF
Gardner, Aaron	06:59	28:39	21:40	1	1
Walker, Jared	07:32	29:16	21:44	2	2
McShanag, Connor	06:01	29:41	23:40	3	3
Felton, Matthew	08:24	DNF		DNF	DNF
O'Mahony, Michael	07:21	DNF		DNF	DNF



The U15 walkers get ready to start their 4km race

Our U9 and U12 walkers had their normal massed starts rather than the more complicated handicap starts. We then calculated their handicap placings after the event – you can see the outcomes below. In the U12 division, Larissa Cullen and Cooper Owen were the handicap winners while in the U9 division, Ryan Box and Livinia Mason won the handicap prizes. I took some time out to have a good watch this week and I was impressed by the overall standard of walking. While a few of the walkers may lose their style a little in the latter stages of the events (as they tire), the overall picture was excellent and omens well for the future.

	Actual time	Handicap	Difference	Hcp place	Act place
2 km Under 12					
Cullen, Larissa	12:33	13:59	-1:26	1	7
De Lisen, Paige	11:12	12:34	-1:22	2	4
McCann, Tessa	12:28	13:41	-1:13	3	6
Segota, Bronte	13:16	14:14	-0:58	4	10
Irshad, Jasmine	10:54	11:42	-0:48	5	1
Henderson, Keely	12:51	13:37	-0:46	6	9
Walker, Megan	11:11	11:44	-0:33	7	=2
Ventura, Amy	12:38	13:06	-0:28	8	8
Sanders, Jade	11:11	11:34	-0:23	9	=2
McLaren, Stacey	13:30	13:43	-0:13	10	11
Campbell, Rebecca	11:59	12:03	-0:04	11	5
Harrison, Annalise	15:00	14:55	+0:05	=12	12
Bertrand, Carly	11:42	11:37	+0:05	=12	4
Crea, Gabbie	DQ	13:43		DQ	DQ
Owen, Cooper	11:36	12:15	-0:39	1	3
McNicol-Davidson, Cody	12:45	13:18	-0:33	2	5
Allamby, Billy	10:35	10:59	-0:24	3	1
Walmsley, Reese	10:49	11:07	-0:18	4	2
Swan, Kyle	11:31	11:25	+0:06	5	4
Allamby, Jack	DNF			DNF	DNF



U12 walkers Paige De Lisen, Cody McNicol-Davidson, Larissa Cullen, Jasmine Irshad, Cooper Owen and Billy Allamby

1 km Under 9	Actual time	Handicap	Difference	Hcp place	Act place
Box, Ryan	07:47	08:02	-0:15	1	3
Burren, James	05:50	05:50	0:00	2	1
Candotti, Noah	10:05	09:19	+0:46	3	4
Candotti, Sam	07:11	06:21	+0:50	4	2
McShanag, Ethan	DNS			DNS	DNS
Mason, Livinia	07:46	08:12	-0:26	1	10
Bertrand, Georgia	05:38	05:48	-0:10	2	1
Owen-Smith, Chelsea	06:57	07:05	-0:08	=3	6
Box, Erin	07:18	07:26	-0:08	=3	9
Lee, Georgia	05:53	06:00	-0:07	5	2
Xuereb, Tara	06:30	06:27	+0:03	6	5
Lillie, Jessica	06:12	06:02	+0:10	7	4
George, Hayley	06:02	05:51	+0:11	8	3
Lillie, Brianna	07:08	06:34	+0:34	9	7
Harrison, Charlee	07:16	06:32	+0:44	10	8
McLennan, Allie	09:06	-			11



Tim with U9 walker Noah Candotti, Livinia Mason, Chelsea Owen-Smith, Allie McLennan, James Burren and Georgia Lee

As usual, thanks to the many people who helped keep the show on the road. Apologies to anyone I have missed.

Officials Tim Erickson, Bob Hallett, Ian Laurie, Alan Lucas, Paul Kozaris, Harry Summers, Mark Owen, Don McLaren, Ron Miller

Judges Peter Vysma (chief), Brenda Felton, Gordon Loughnan, Frances Attard, Lloyd Nicholls, Shane Bertrand

Canteen Bar Gardiner, Joyce Summers, Kate Suich

STYLE AWARD COMPETITION POINTS

Our judges' picks for the best walking styles this week were awarded as follows

Men	U12 & U9 Boys	Women	U12 & U9 Girls
Anand Thillaisundaram 5	James Burren 6	Kirstin Shaw 4	Charlee Harrison 3
Daniel Payne 5	Cody McNicol-Davidson 3	Gayle McIntyre 3	Jasmine Irshad 3
Aarn Gardner 3	Kyle Swan 2	Heather Carr 3	Jessica Lillie 3
James Seid-Christmass 3	Billy Allamby 2	Rebecca Guy 3	Hayley George 2
Jared Walker 2	Reese Walmsley 1	Robyn Shaw 2	Georgia Bertrand 1
Murray Dickinson 2		Lauren Stadius 2	
Bob Gardiner 2		Gwen Steed 2	
Mark Donahoo 1		Pam Tindal 2	
		Amelia Finnegan 1	

After 4 rounds, the leaders are as follows

Tom Barnes 16	James Burren 12	Kirstin Shaw 11	Paige De Lisen 8
Aaron Gardner 7	Cooper Owen 10	Pam Tindal 11	Jasmine Irshad 7
Stuart Kollmorgen 7	Ryan Box 10	Natalie Laurie 8	Megan Walker 6
Michael O'Mahony 6	Adam Garganis 8	Bianca Attard 8	Charlee Harrison 5
Rhydian Cowley 6	Kyle Swan 7	Kylie Irshad 6	Jessica Lillie 5
	Paul Tremigliozzi 6	Lauren Stadius 5	Beth Barbour 5

GET WELL SOON

A special 'Get Well Soon' to VRWC walker and committee member Russ Dickenson who is currently in the Alfred Hospital recovering from a very serious workplace accident. Last Thursday Russ, who works in the building industry, fell from a considerable height, breaking 7 ribs and puncturing a lung. It is a big blow for him as he was training for the 2009 World Masters Games in Finland in August. Good luck with your recovery Russ. We are all thinking of you.



NEW WEBSITE FOR GEELONG WALKERS

Harold Boddy has pointed me to the new website for Geelong Walkers Club - <http://www.gwc.sportingpulse.net> . Well done Harold – it is coming on nicely.

IAAF RACE WALKING CHALLENGE EVENT, KRAKOW, POLAND, SATURDAY 30 MAY

The fifth round of the 2009 IAAF Race Walking Challenge was staged last Saturday evening in Krakow in Poland but over the lesser used 10 km distance rather than the more normal Olympic distances. This particular event, organised by Robert Korzeniowski, is now a regular feature on the European calendar and is held at the Main Market Square of the famous Old Town in Krakow. Janusz Rozum for the IAAF reported on the events as follows (see <http://www.iaaf.org>). Further information, including the full results, can be seen on the event website at <http://www.narynekmarsz.pl>

Women's 10 km racewalk

The 37-year-old Kjersti Plätzer, the current leader in the IAAF Race Walking Challenge, increased her advantage after winning her fourth Challenge event this year. Finishing the first loop (approx. 1.35 km) there were only two athletes in contention, Plätzer and Kaniskina, the current World, Olympic and World Cup 20 km champion. At the finish the much taller Norwegian was in a better position due to the Russian's two red cards. Plätzer has competed often over the shorter distance while for Kaniskina, it was her first outing over the distance in five years. Their match on Saturday was a revenge battle from the Olympic Games and was their first meeting since Beijing.

Plätzer crossed the finish line in 41:41 with Kaniskina just behind in 41:42, both considerably faster than the previous world-leading performances.

Italy's Elisa Rigaudo was third, equaling her finish from Challenge events in Chihuahua and in Sesto San Giovanni. For a third of the race the Italian was 30 seconds ahead of the rest of the field but not seeing a chance to compete with the two leaders, she slowed her pace considerably choosing to secure her third place finish. She finished more than two minutes behind the leaders in 43:44.

Behind her back four walkers were in a heated battle. At the beginning of the race the best of them was Claudia Stef of Romania, competing for points in her fourth IAAF Challenge race this year. But at the finish she was overtaken by Vera Santos of Portugal. Another Portuguese, Ines Henriques, closed the gap on Stef, finishing just a second behind. Three seconds behind her, Irishwoman Olive Loughnane, fourth in the European Cup race a week ago, was next across the line.

The best of the 10 starting Poles was Sylwia Korzeniowska, the sister of race organiser and Race Walk legend Robert Korzeniowski. She finished ninth but nowadays, the Polish record holder over the 20 km distance specializes in the shorter races. She has a win streak of 35 over the shorter 3 km and 5 km distances, achieved mainly in France where she has been living for years.

1.	Kjersti Tysse Plätzer	Norway	41:41
2.	Olga Kaniskina	Russia	41:42
3.	Elisa Rigaudo	Italy	43:44
4.	Vera Santos	Portugal	44:07
5.	Claudia Stef	Romania	44:21
6.	Ines Henriques	Portugal	44:22
7.	Olive Loughnane	Ireland	44:25

8.	Tatiana Korotkova	Russia	45:57
9.	Sylwia Korzeniowska	Poland	46:26
10.	Zuzana Schindlerova	Czech Republic	46:52

Men's 20 km racewalk

In his last five races, Valeriy Borchin has lost only once, to Francisco Javier Fernandez of Spain. But in Krakow the Spaniard, who has been unbeaten this year, withdrew due to a back injury. So the Russian could play the main role in the race as he planned. To the fourth kilometre there were nine walkers in the lead group with Borchin resting in the middle.

At 5 km Borchin began pushing the pace and after the third loop only Erik Tysse of Norway and Yohan Diniz of France still were following closely. Over the next few loops the gap increased to four seconds at 6 km and 27 seconds at 8.7 km. On the second loop the split was 5:22 but the fastest was by Borchin (5:00), enabling him to break away from Tysse and Diniz. In the last kilometre Tysse, Plätzer's brother, proved that he is the current leader of Challenge standings by finishing strongly eight seconds ahead of Diniz, the current European Champion at 50 km.

Nowadays the best walkers rather rarely take part in the 10 km races so the race produced many personal bests. Borchin clocked 38:11, ahead of the previous season's best, 39:36 by Brazil's Moacir Zimmermann. Borchin now leads the world at both the 10 km and 20 km (1:17:38).

The top seven finishers in Krakow helped rewrite the world season's list. Tysse crossed the finish line in 38:38 but he is an exception, walking often over the shorter distances - his national record is 37:33. Diniz was probably very satisfied with his 38:45, as he is the only man this year below 3:40 at 50 km, his strongest distance. There were solid results below 39:30 for the next four walkers, competing in the second half of the race in pairs of two. European championship medallist Joao Vieira of Portugal along with the other reigning Olympic champion in the field, Alex Schwazer of Italy, achieved 39:12 and 39:15 respectively.

Grzegorz Sudol, the local favourite, was very active in the first part of the race. He walked more than 9 km with Hatem Ghoula of Tunisia but at the end the best African walker in history was faster finishing sixth in 39:23, four seconds ahead of Sudol.

VRWC member **Tom Barnes**, in Europe preparing for the World University Games, came a good 18th in the strong international field, walking just outside his PB with 42:51. Well done Tom!

Fortunately the weather in Krakow was much better than the forecast, 15 degrees C, cloudy but without rain.

1.	Valeriy Borchin	Russia	38:11
2.	Erik Tysse	Norway	38:38
3.	Yohan Diniz	France	38:46
4.	Joao Vieira	Portugal	39:12
5.	Alex Schwazer	Italy	39:15
6.	Hatem Ghoula	Tunisia	39:23
7.	Grzegorz Sudol	Poland	39:27
8.	Matej Toth	Slovakia	39:41
9.	Jakub Jelonek	Poland	40:16
10.	Rafał Augustyn	Poland	40:32
	18. Tom Barnes	Australia	42:51



Krakow men's podium: Erik Tysse, Valeriy Borchin, Yohan Diniz and Joao Vieira who finished fourth

OTHER BITS AND PIECES

DARMSTADT (GER): Host country Germany announced its selection for the Berlin World Championship non-stadium events. Only two walkers are selected - Sabine Krantz in the women's 20 km and Andre Hohne who should contest both 20 km and 50 km. This is a disappointing result for Germany which, for many years, was amongst the world's top walking nations.

MOSCOW (RUS): Following the European Cup Race Walking championships, Russian walks head coach Aleksey Melnikov has announced the first walkers for the Russian walking team in Berlin. He has proposed Denis Nizhegorodov and Yuriy Andronov for 50 km, Pyotr Trofimov for 20 km and Anisiya Kirdyapkina and Larisa Yemelyanova for the women's 20 km. Olga Kaniskina is an automatic wild card entrant. Others will be selected based on the Russian Walking Championships in June.

WHAT'S COMING UP NEXT?

There will be NO walks at Albert Park next weekend as most of us will be at the big Racewalking Australia carnival in Canberra. With our biggest team ever, we are hoping to have a great day of racing next Sunday. Expect a full report in next week's newsletter.

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

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>)