



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC RACES, ALBERT PARK, SATURDAY 20 JUNE 2009

With a dreadful day forecast for Melbourne (very unusual for our wonderful metropolitan city!), we did not expect to see many walkers at Albert Park on Saturday but we were proved wrong yet again with 88 competitors in action. Special thanks to **Simon Baker** who took our photos this week.



The strong winds meant that good times were that bit harder to get but it did not stop Rhydian Cowley leading the way in the 10km event, powering to a good time of 45:55. Anand Thillaisundaram did a 1 minute PB to win the handicap while Aaron McDonough also walked very well for his 55:00. In the women's event, the 3 entrants were all close in times with Kylie Irshad fastest with 54:47 and Gayle McIntyre taking the handicap honours with 56:09.



10 km walkers Kylie Irshad, Anand Thillaisundaram, Rhydian Cowley and Gayle McIntyre

10 km Open			Handicap Place
1.	Cowley, Rhydian	45:55	2
2.	McDonough, Aaron	55:00	E3
3.	Dickinson, Murray	57:41	E3
4.	Lucas, Alan	60:43	
5.	Gardiner, Bob	61:34	5
6.	Thillaisundaram, Anand	64:24	1
	Wood, Robin	DQ	
1.	Irshad, Kylie	54:47	3
2.	Tindal, Pam	55:00	2
3.	McIntyre, Gayle	56:09	1

Paul Kennedy was our fastest 5km walker and improved considerably on his walk of last week to record 24:25. I noticed how well Rudolf Skrucany was walking on the day so it was no surprise when I saw that he had won the handicap with his time of 32:31. Hilary Brazel and Heather Carr had a good battle in the women's event with Hilary taking the fastest time honours with 26:57. 12 year old Sarah Burren did a big PB for her 27:44 but had to settle for second place in the handicap behind Kirstin Shaw with 28:43.

5 km Open			Handicap Place
1.	Kennedy, Paul	24:25	2
2.	Donahoo, Mark	25:21	5
3.	Elms, Jason	30:40	7
4.	Barrow, Geoff	31:09	3
5.	Skrucany, Rudolf	32:31	1
6.	Kozica, Jason	33:59	4
7.	Wicks, Barrie	35:57	6
1.	Brazel, Hilary	26:57	4
2.	Carr, Heather	27:03	6
3.	Burren, Sarah	27:44	2
4.	Shaw, Kirstin	28:43	1
5.	Gourlay, Marlene	29:33	9
6.	Feldman, Liz	29:36	8
7.	Payne, Emily	30:07	10
8.	Steed, Gwen	30:33	7
9.	Elms, Donna	31:03	11
10.	Shaw, Robyn	31:18	5
11.	Gage, Mykaela	34:29	3



Paul Kennedy, Sarah Burren, Ashley Albert, Heather Carr, Hilary Brazel and Rudolf Skrucany

A small number of Open walkers and a large number of U15 walkers contested the 3km events with Matthew Felton continuing on from his fine form of last week to record the fastest time of 14:41. Walkers to do PBs included Ryan Antidormi, Aaron Gardner and Stephanie George whose time of 14:55 made her both fastest time and handicap winner for the girls. It was also nice to welcome back Andrew Hogan after some time away from the club. Welcome also to Joshua Kaiser who had his first walk with the club, producing a promising 17:51.

3km Open			Handicap Place
1.	Seid-Christmass, James	15:31	2
2.	Harrison, Lindsay	21:19	1
	Onley, Gordon	DQ	

1.	Wynen, Karen	18:10	2
2.	Holmes, Janet	19:41	5
3.	Morrey, Jan	19:48	1
4.	Peachey, Anika	21:57	3
5.	Mews, Pam	31:23	4

3km Under 15

1.	Felton, Matthew	14:41	1
2.	Antidormi, Ryan	14:56	4
3.	Gardner, Aaron	15:50	3
4.	Walker, Jared	16:02	7
5.	Hogan, Andrew	16:41	
6.	McShanag, Connor	16:47	2
7.	Taylor, Lucas	16:56	5
8.	Kaiser, Joshua	17:51	
9.	McNicol-Davidson, Cody	19:43	6

Handicap Place

1.	George, Stephanie	14:55	1
2.	Finnegan, Amelia	15:13	7
3.	Mason, Ella	16:12	3
4.	Albert, Ashley	16:16	8
5.	Guy, Rebecca	17:15	9
6.	Sanders, Jade	17:46	4
7.	Gerlich, Annemaree	17:58	2
8.	Campbell, Rebecca	18:24	5
9.	Gelov, Lauren	19:15	6
	Bertrand, Carly	DNF	
	Attard, Bianca	DNF	
	Gatens, Georgia	DQ	



3km walkers Jan Morrey, Lindsay Harrison, Matt Felton, Joshua Kaiser and Stephanie George

Our U12 and U9 numbers are just so big and the fields are so competitive. In the U12s, Billy Allamby (10:24) and Jasmine Irshad (10:44) were the fastest boy and girl while Paul Tremigliozi and Paige De Lisen took handicap honours. And welcome to Emily Swan who had her first walk with us for a good time of 12:23.

2 km Under 12

1.	Allamby, Billy	10:24	4
2.	Swan, Kyle	10:44	3
3.	Owen, Cooper	11:51	5
4.	Burren, James	12:12	2
5.	Tremigliozi, Paul	13:32	1
	Walmsley, Reese	DQ	

Handicap Place

1.	Irshad, Jasmine	10:44	4
2.	Walker, Megan	10:51	5
3.	De Lisen, Paige	10:51	1
4.	Hamlton, Emily	11:57	11
5.	McCann, Tessa	12:03	3
6.	Cullen, Larissa	12:15	2
7.	Swan, Emily	12:23	

8.	Ventura, Amy	12:24	7
9.	Henderson, Keely	13:06	10
10.	McLaren, Stacey	13:15	9
11.	Crea, Gabriella	13:15	8
12.	Harrison, Charlee	14:12	6
13.	Harrison, Annalise	14:38	12



U12 walkers Billy Allamby, Emily Hamilton, Jasmine Irshad, Paige De Lisen, Paul Tremigliozi and Emily Swan

Sam Candotti walked excellently to take both fastest time and handicap honours in the boys U9 event with 6:13 but overall line honours went to Georgia Bertrand with her fine time of 5:30. Lee Taylor walked very well after a break from Albert Park and took handicap first place in the girls event with 6:48.

1 km Under 9			Handicap Place
1.	Candotti, Sam	06:13	1
2.	McShanag, Ethan	07:29	3
3.	Candotti, Noah	09:22	2
4.	Sanders, Jack	10:39	4
1.	Bertrand, Georgia	05:30	5
2.	Lillie, Jessica	05:57	7
3.	Xuereb, Tara	06:14	6
4.	Owen-Smith, Chelsea	06:15	2
5.	Lillie, Brianna	06:18	4
6.	Taylor, Lee	06:48	1
7.	Mason, Livinia	08:09	8
8.	McLennan, Allie	08:44	3



U9 walkers Sam Candotti, Lee Taylor, Allie McLennan, Georgia Bertrand and Jack Sanders

As usual, thanks to the many people who keep the show on the road every week. Sorry if I have missed anyone.

Judges: Peter Vysma, Kathleen Marsh, Brenda Felton, Lloyd Nicholas, Shane Bertrand, Mike Bodey, Frances Attard

Officials: Tim Erickson, Harry Summers, Celia Johnson, Paul Kozaris, Mark Davidson, Don McLaren, Matt Owen, Ron Miller
Canteen: Joyce Summers, Barb Gardiner, Kate Suich

STYLE AWARDS POINTS THIS WEEK

Style award points from this week were as follows

Men	U12 & U9 Boys	Women	U12 & U9 Girls
Rhydian Cowley 11	James Burren 6	Kylie Irshad 12	Megan Walker 4
Paul Kennedy 6	Billy Allamby 5	Ashley Albert 6	Jasmine Irshad 3
Aaron McDonough 5	Cooper Owen 3	Pam Tindal 5	Emily Hamilton 3
Mark Donahoo 5	Ethan McShanag 3	Kirstin Shaw 5	Georgia Bertrand 3
Ryan Antidormi 3	Paul Tremigliozi 1	Heather Carr 3	Jessica Lillie 3
Anand Thillaisundaram 3		Amelia Finnegan 3	Brianna Lillie 2
Murray Dickinson 2		Robyn Shaw 2	Keely Henderson 1
Aaron Gardner 2		Stephanie George 2	Gabriella Crea 1
Bob Gardiner 1		Lauren Gelov 1	
		Sarah Burren 1	

Progressive Style Award points can be seen at <http://www.vrwc.org.au/2009StyleAward.pdf>

GET WELL SOON DAVID

VRWC walkers and AthsVic TV editor **David Armstrong** is recuperating at home after battling it out with a car – and, of course, being a bike rider, he lost! David has medial ligament damage to both knees after being cleaned up last Tuesday while riding home from work. He is now hobbling around with a leg brace and waiting for an MRI scan. Good luck with it all David – we hope the recovery is swift and that you are soon back on the roads at Albert Park.

IAAF RACE WALKING CHALLENGE EVENT, LA CORUNA, SPAIN, SATURDAY 20 JUNE 2009

The sixth IAAF Race Walking Challenge event of the year, the Gran Premio Cantones de Marcha, was held on Saturday afternoon in the Spanish coastal town of La Coruna with 5 Australians in action – **Jared and Claire Tallent, Luke Adams, Chris Erickson and Tom Barnes**. The usually high quality 20 km fields were even larger this year as the Chinese and Japanese chose to use this meet as their final selection trial to decide their teams for the Berlin World Championships. The IAAF website (<http://www.iaaf.org>) reported as follows in the two 20km events for elite walkers

20 km Men

Over the 1km-long flat circuit, the men's contest soon became a three-horse fight between China's Yafei Chu, defending champion Eric Tysse of Norway and Mexico's Eder Sánchez; by the 5km point this triumvirate led with a 19:45 clocking. They reached midway in 39:50, some seven seconds ahead of Australia's double Olympic medallist Jared Tallent, who finally dropped out in the fifteenth kilo.

By the 17km point, Chu and Tysse had opened a four-second gap on reigning World Cup bronze medallist Sanchez and the neck-to-neck battle between the Chinese and the Norwegian was decided inside the last kilometre where the Beijing Olympics 20km 10th placed Chu broke away from his long-legged rival to romp home in a SB of 1:19.51 and a four-second margin on Tysse and 35 seconds ahead of Sanchez, arguably holder of the best technique in the field.

Surprisingly, despite his convincing win here, Chu – a gifted prodigy who clocked 1:18:44 for the distance at the age of 17 – declared, "I have won today but it doesn't guarantee me a berth for Berlin; back in China the team for the Worlds will still have to be discussed. Anyway, I'm delighted to have succeeded at such prestigious permit like today." Chu had had two appearances at this season's challenge with a fourth in Rio Maior (1:21:10) as his best outing.

As for Tysse, the Osaka Worlds and Beijing Olympics 50km fifth finisher said after his third second place in a row (Sesto San Giovanni, Krakow and La Coruña): "I suffered stomach problems throughout the race and so I have to be satisfied with my result. I'm now planning an altitude stint in St. Moritz before a 5km track test in the Norwegian championships. Of course, I'll again do the double 20/50km again in Berlin."

With only the Berlin Worlds and the Challenge final in Saransk (Russia) on 19 September to be contested Tysse has strengthened his leadership with 45 points to Eder Sanchez's 30 points in second.

What of the Australians who had arrived a few days earlier after the long flight from Australia via London and Madrid? **Jared Tallent** was suffering from a stomach upset and was forced to stop for a toilet break just after the 10km mark after making the early pace. He tried to rejoin the race but had lost too much time and was forced to retire after a further 5km. **Luke Adams** walked strongly for his 6th place finish time of 1:21:30, **Chris Erickson** walked his usual consistent race to finish 13th with 1:24:31 while World University Games representative **Tom Barnes** was not too far outside his best for 24th place with 1:27:41. There were a lot of non-finishers in the tough conditions.

1.	CHU Yafei	1988	CHINA	1:19:51
2.	TYSSE ERIC	1980	NORWAY	1:19:55
3.	SANCHEZ Eder	1986	MEXICO	1:20:30
4.	WANG Hao	1989	CHINA	1:21:15
5.	XU Fanguang	1987	CHINA	1:21:23
6.	ADAMS Luke	1976	AUSTRALIA	1:21:30
7.	VIEIRA Joao	1976	PORTUGAL	1:21:45
8.	HASSANINE SBAI	1985	TUNIZIA	1:22:14
9.	GOMEZ CRUZ Pedro Daniel	1990	MEXICO	1:22:17
10.	DIAZ VELAZQUEZ Jose Ignacio	1979	SPAIN	1:22:17
11.	GARCIA Jesus Angel	1969	SPAIN	1:23:00
12.	YAMAZAKI Yuki	1984	JAPAN	1:23:31
13.	ERICKSON Chris	1981	AUSTRALIA	1:24:31
14.	DOMINGUEZ GUIMERA David	1980	SPAIN	1:24:42
15.	VIEIRA Sergio	1976	PORTUGAL	1:24:47
16.	YU Wei	1987	CHINA	1:24:48
17.	NYMARK Trond	1976	NORWAY	1:24:51
18.	SUGIMOTO Akihiro	1981	JAPAN	1:24:55
19.	MEJIA David	1986	MEXICO	1:25:22
20.	LEYVER OJEDA Jesus		MEXICO	1:25:22
21.	SHELEST Oleksey	1973	UKRAINE	1:26:10
22.	KAZANIN Oleksey	1982	UKRAINE	1:26:47
23.	SAQUIPAY Rolando	1979	ECUADOR	1:27:17
24.	BARNES Tom	1982	AUSTRALIA	1:27:41
25.	MORIOKA Koichiro	1975	JAPAN	1:28:27

20 km Women

The women's event opened quite cautiously and by the fifth kilometre point a quintet comprising Norway's reigning Olympic silver medallist Kjersti Plätzer, Portugal's Vera Santos, Lithuania's Kristina Saltanovic, Japan's Mayumi Kawasaki and Germany's Sabine Zimmer went through in 22:57.

Plätzer and the 27-year-old Zimmer injected a brisker pace in the second 5km section (22:26 for a 45:23 split) to leave the others with no chances of winning. The decisive movement came in the 12th kilometre when the German sped away easily from Tysse to increase gradually her advantage until the finish line which she crossed in 1:30:20 and a massive 35 seconds margin on the 37-year-old Norwegian.

The battle for the minor place in the podium was fierce: with eight kilometres left Mayumi had opened a 32 seconds on Santos but the Portuguese, coming from behind over the closing 5km, bounced back to take eventual third in 1:31:11 while Saltanovic also overtook a fading Kawasaki to finish fourth 15 seconds adrift Santos but six clear of the Japanese.

An ecstatic Zimmer commented, "Honestly, I didn't expect to win today, especially after having a look at the quality start list; I have walked in solitude for the last 8km and that has been really tough due to the wind."

Asked whether this success puts her into the Berlin medal picture, a humble Zimmer replied: "At the beginning of the season, I had set myself the target of being a top-10 in Berlin and this victory doesn't change my mind at all." Zimmer, who is a former (2000) World Junior 10km bronze medallist comes from Postdam, not far from the Worlds venue and revealed she will make her final preparations at home.

Overall, Plätzer solidly leads the Challenge with 58 points well ahead of Santos, 35 points.

Out solo Australian rep, **Claire Tallent**, finished 17th in 1:37:16.

1.	KRANTZ (nee ZIMMER) Sabine	1981	GERMANY	1:30:20
2.	PLATZER Kjersti	1971	NORWAY	1:30:56
3.	SANTOS Vera	1981	PORTUGAL	1:31:13
4.	SALTANOVIC Kristina	1975	LITHUANIA	1:31:29
5.	KAWASAKI Mayumi	1980	JAPAN	1:31:34
6.	GROZA Ana Maria	1976	GREECE	1:32:27
7.	PASCUAL RODRIGUEZ Beatriz	1982	SPAIN	1:32:44
8.	LIU Hong	1987	CHINA	1:32:45
9.	YANG Yawei	1983	CHINA	1:33:06
10.	YANG Mingxia	1990	CHINA	1:33:11
11.	POVALYAYEVA Olga	1984	RUSSIA	1:33:44
12.	FLORIDO FLORIDO Rocio	1976	SPAIN	1:34:13
13.	LUACES BARRIL Lorena	1984	SPAIN	1:35:16
14.	PINEDO Ainoa	1979	SPAIN	1:35:48
15.	IRUSTA PINTO Geovana	1975	BOLIVIA	1:36:35
16.	LI Yanfei	1990	CHINA	1:36:43
17.	TALLEN Claire		AUSTRALIA	1:37:16
18.	HATZIPANAGIOTIDOU Maria	1982	GREECE	1:37:59
19.	CHAIMA TRABELSI	1984	TUNIZIA	1:38:27
20.	GONZALBES Maribel	1978	PORTUGAL	1:38:56



Sabine Zimmer takes a convincing victory in La Coruña Men's podium: Eric Tysse, Yafei Chu and Eder Sánchez

Full results including splits can be seen at <http://www.atletismogalego.org/>

FROM THE VICTORIAN SCHOOLS ROAD RUNNING RELAYS

Stu Cooper has sent me this great photo of Amy Burren, Sarah Burren and Ashley Albert, the Killester College schoolmates who won the bronze medal in the Under 16 division of the Victorian Schools road relays. Congratulations girls – it is great to see you mixing your walking and running so successfully.



JESÚS ANGEL GARCÍA OF SPAIN – WALKING LEGEND

In the report from the La Coruna event, the small print shows that 11th place in the men's 20km event was taken by **Jesus Angel Garcia** of Spain. What the report does not highlight is the fact that Garcia, at 39 years of age, had recorded a 9 second PB of 1:23:00. he is one of the true legends of the sport and I thought that he deserved a bit of attention after such a superb performance.

Jesus Angel Garcia, born 17/10/1969 in Madrid, is perhaps the longest standing elite exponent of our sport, having raced internationally every year since 1992, specializing in the gruelling 50 km distance. His PBs are spread over his entire career, from his 10km PB of 40:38, set in 1991, to his most recent 20km PB set last weekend in La Coruna.

5000 Metres Race Walk	19:33.3	Getafe	10/07/2001
10,000 Metres Race Walk	40:43.85	Sabadell	17/07/2004
10 Kilometres Race Walk	40:38	Madrid	17/03/1991
20 Kilometres Race Walk	1:23:00	La Coruña	20/06/2009
30 Kilometres Race Walk	2:08:47	El Prat de Llobregat	18/02/2001
50 Kilometres Race Walk	3:39:54	Podebrady	19/04/1997

His yearly best time for 50km shows his wonderful consistency over a period of 19 years in the toughest event in the Track and Field program.

1991	4:05:10	Valencia	24/02/1991
1992	3:48:24	Badalona	22/03/1992
1993	3:41:41	Stuttgart	21/08/1993
1994	3:41:28	Orense	20/03/1994
1995	3:41:54	Beijing	30/04/1995
1996	3:46:59	Prat del Llobreg	25/02/1996
1997	3:39:54	Podebrady	19/04/1997
1998	3:43:17	Dudince	25/04/1998
1999	3:40:40	Mézidon - Canon	02/05/1999
2000	3:42:51	Eisenhüttenstadt	18/06/2000
2001	3:43:07	Edmonton	11/08/2001
2002	3:44:33	München	08/08/2002
2003	3:43:56	Paris Saint-Denis	27/08/2003
2004	3:44:42	Athina (Olympic Stadium)	27/08/2004
2005	3:48:19	Tijuana	20/03/2005
2006	3:42:48	Göteborg	10/08/2006
2007	3:46:08	Royal Leamington Spa	20/05/2007
2008	3:44:08	Beijing (National Stadium)	22/08/2008
2009	3:46:27	Metz	24/05/2009



Jesus Angel Garcia finishes 4th in the 50km event at the 2008 Olympic Games (photo Jeff Salvage)

Finally, his international appearance list (not necessarily complete but showing the main ones) reads so impressively with gold medals at the 1993 World Championships, the 1995 World Racewalking Cup and the 2001 European Race Walking Cup as well as silver and bronze medals and a whole swag of top ten finishes. His credentials (at least the ones I could find at short notice – I have probably missed a few) include 4 Olympic, 6 World Championship and 5 World Racewalking Cup appearances.

1991	Universiade	20km	5	1:26:17	Sheffield, England
1992	25 th Olympic Games	50km	10	3:58:43	Barcelona
1993	4th IAAF World Championships in Athletics	50km	1	3:41:41	Stuttgart
1994	16th European Championships in Athletics	50km	4	3:45:25	Helsinki
1995	17th IAAF World Race Walking Cup	50km	4	3:41:54	Beijing
1995	5th IAAF World Championships in Athletics	50km	5	3:48:05	Göteborg
1996	26 th Olympic Games	50km	DNF		Atlanta
1997	18th IAAF WORLD RACE WALKING CUP	50km	1	3:39:54	Podebrady
1997	6th IAAF World Championships In Athletics	50km	2	3:44:59	Athina

1998	17th European Championships in Athletics	50km	DNF		Dudince
1999	19th IAAF World Race Walking Cup	50km	4	3:40:40	Mézidon - Canon
1999	7th IAAF World Championships In Athletics	50km	DNF		Seville
2000	27th Olympic Games	50km	12	3:49:31	Sydney
2001	EAA Race Walking Cup	50km	1	3:44:26	Dudince
2001	8th IAAF World Championships	50km	2	3:43:07	Edmonton
2002	18th European Championships in Athletics	50km	3	3:44:33	München
2003	9th IAAF World Championships in Athletics	50km	6	3:43:56	Paris Saint-Denis
2004	21st IAAF World Race Walking Cup	50km	6	3:50:33	Naumburg
2004	28th Olympic Games	50km	5	3:44:42	Athens
2006	22nd IAAF World Race Walking Cup	50km	6	3:46:11	La Coruña
2006	19th European Athletics Championships	50km	2	3:42:48	Göteborg
2008	23rd IAAF World Race Walking Cup	50km	14	3:52:31	Cheboksary
2008	The XXIX Olympic Games	50km	4	3:44:08	Beijing

And yes, two months shy of his fortieth birthday, he will be competing in Germany in the 50km event at this year's World Championships and you would be unwise to disregard him from the final honours list.

OTHER BITS AND PIECES

CHEBOKSARY (RUS, June 13-14)

The Russian walking championships, held in Cheboksary on the weekend of 13-14 June in very hot weather, were even more important than usual as they determined the final makeup of the Russian walk teams for the World Championships in Berlin.

The 20 km events were held on the Saturday. Andrey Krivov won the men's event in 1:23:23 ahead of Andrey Ruzavin (1:23:57) and Aleksey Bartsaykin (1:26:29). Vera Sokolova (1:27:33) won the women's event ahead of Tatyana Shemyakina (1:29:33) and Olga Mikhaylova (1:31:56). The 50 km event was held on the Sunday with 2005 world champion Sergey Kiryapkin winning in 3:49:04 ahead of Sergey Bakulin (3:54:36) and Sergey Melentyev (4:04:45). Kiryapkin joins Denis Nizhegorodov and Yuriy Andronov who had already been pre-selected in their 50 km team.

See full results at http://eng.rusathletics.com/sor/sor.php?sor_in=1599&ppr=1

ALYTUS (LTU, June 12)

Poland's Grzegorz Sudol won the 20 km walk at 35th Alytus meet in 1:22:12. Brigita Virbalyte was the best woman with 1:33:52.

BANSKA BYSTRICA (SLV, June 13)

Matej Tóth was true to his word, destroying the Slovakian national 30,000m track walk record in a special track meet in Banska Bystrica on June 13th. With the old record standing at 2:19:02, he was expected to easily beat it, given his road PB of 2:10:50 and beat it he did – with a final time of 2:08:14.6 ahead of Miloš Bátorvský 2:16:09.2 and Dušan Majdan 2:18:48.8. Bátorvský's time was a new Under 22 national record. Toth set a new national 2 Hour record of 28.026km along the way.

IKSAN (KOR, 19-21 June)

David Smith, the new Korean National Racewalking coach, reported on the Korean National Schools T&F Championships which were held in Iksan from 19-21 June. Conditions were very hot (eg 30 degrees for the Girls km U16) and the times reflect this fact.

Boys 5km U16	1st 26.01 , 2nd 26.21 , 3rd 27.32 , 4th 30.17 .
Girls 5km U16	1st 25.14 , 2nd 25.35 , 3rd 26.25 , 4th 27.19 , 5th 28.30
Boys 10km U19	1st 45.20 , 2nd 47.36 , 3rd 48.23 , 4th 49.07 (5km split 22.38 for the winner)
Girls 10 km U19	1st 53.46 , 2nd 55.12 , 3rd 55.59 , 4th 57.06

Dave commented further below

Fields were low in the younger age group as quite a few years ago the decision was made to not hold races at shorter distances for junior athletes . 5 and 10kml only. This is set to change for next year so we can introduce younger athletes to racewalking over shorter distances .

From the above results , the National Junior Team will be selected and they will go into a 3 week training camp (south east of Seoul) from the 17th July . I will have the Womens Snr Team join them for four days (21st July) so that they can see and train with their peers.

There are 6 major training camps here in Korea. The one that we are in currently is in the island of Jeju (a purpose built marathon training centre), which is starting to get very hot as summer kicks in. Very high humidity and warm. The cloud level drops significantly here and we have a visibility of a hundred or so metres at the moment .. I like it but the Koreans don't.

At the end of this month, we have a 10km race for the Snr Women back on the mainland and we will move to the Taebek training centre (about three hours nth east Seoul) where we will set up camp for approx 6 weeks. It is set in the mountains and gives a much cooler environment . The month of July is purely training (no races) so we will be able to consolidate for a racing period in Aug / Sept

I trust that all is well back in Australia. Miss you all

Dave Smith, KAF National Racewalking Coach Korea

WHAT'S COMING UP NEXT?

Next Sunday is one of our BIG racing days for the season, featuring Victorian Schools, Victorian Open, Victorian Masters and VRWC Championships. The timetable reads as follows but we may well decide to start the men's and women's 20km events concurrently at 9:30AM if the numbers are not too big.

Sunday 28th June 2009, Albert Park			
9.30am	20km	Victorian Championship & Teams	Open Men
9.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.30am	20km	Victorian Masters Championship	Masters Men
9.35am	20km	Victorian Masters Championship	Masters Women
9.35am	20km	Victorian Championship	Open Women
9.35am	20km		Open
10.00am	3km	Victorian Schools Championship	Under 16 Boys/Girls
10.25am	3km	Victorian Schools Championship	Under 14 Boys/Girls
10.50am	10km	Victorian Schools Championship	Under 20 Men/Women
11.00am	5km	Victorian Schools Championship	Under 18 Boys/Girls
11.00am	5km		Open
11.30am	1.5km	VRWC Championship	Under 9 Boys/Girls
11.30am	1.5km	VRWC Championship	Under 12 Boys/Girls
12.20pm		Presentations	

Note that in years past, we have held this event on our championship course over near the lake but I am not going to be there this Sunday so have recommended to the committee that we use the 2 km club course that we have used for the past 2 weeks. This will make it a bit easier for all concerned.

Let's take it apart a bit with a few words of explanation.

- The Victorian Masters 20km champs are 'enter on the day' and will cost \$8 per entry. Age is 'age on the day'. You must be a current member of the Victorian Masters Assn to compete. You must wear your VMA uniform.
- All male VMA walkers who enter the VMA championship are automatically entered into our Alf Robinson Trophy championship. No additional fee is required.
- The VRWC U9 and U12 1.5km club championships are 'enter on the day' and will cost \$5 per entry. Age is age as on 1st October 2008 (ie same as for Little Athletics). These are open championships – anyone can enter. We present VRWC medals to the first 3 overall and to the first 3 VRWC walkers in each division.
- The Victorian Open 20km Championships must be pre-entered with Athletics Victoria and I believe that entries have now closed. Contact the AV office immediately if you have not yet entered.
- The Victorian Schools Championships must be pre-entered with Athletics Victoria and I believe that entries have now closed. Contact the AV office immediately if you have not yet entered.
- For those walkers who just want a non-championship walk of some sort, we have two VRWC events – a 20km and a 5km. Just enter on the day and pay your usual \$5.

The start lists, as of Tuesday 23 June, are shown below (contact AV if there are any queries or omissions).

M/OPEN 20KM WALK 1 DONAHOO MARK 2 EVANS SIMON 3 JAMIESON ANDREW 4 KOLLMORGEN STUART 5 MC DONOUGH AARON 6 NUNN PAUL 7 PAYNE DANIEL 8 REID ROSS 9 VAN KOPPLEN PAUL	F/OPEN 20KM WALK 1 ATTARD TAMARA 2 CARR HEATHER 3 ROSEMAN JUSTIJANA 4 RUDDICK KELLY 5 SZIROM MEGAN
U/20 Boys Road Walk Championship (1990/1991) NO ENTRIES	U/20 Girls Road Walk Championship (1990/1991) 1 ALEXANDER BETH 2 SHAW KIRSTIN
U/18 Boys Road Walk Championship (1992/1993) 1 KAISER JOSHUA 2 SIMPSON BRAD	U/18 Girls Road Walk Championship (1992/1993) 1 BRAZEL HILARY 2 CAMPBELL CAITLIN 3 GAGE MYKAELA 4 PAYNE EMILY 5 TALLENT RACHEL
U/16 Boys Road Walk Championship (1994/1995) 1 ANTIDORMI RYAN 2 CLARK LEWIS	U/16 Girls Road Walk Championship (1994/1995) 1 ALBERT ASHLEY 2 ATTARD BIANCA

3	CURTIS	PETER	3	BURREN	AMY
4	FELTON	MATTHEW	4	CALLAWAY	JESSICA
5	GARDNER	AARON	5	FINNEGAN	AMELIA
6	WALKER	JARED	6	GELOV	LAUREN
			7	HEARD	AMANDA
			8	HOCKLEY-SAMON	JMARA
			9	JONES	EBONY-JADE
			10	MASON	ELLA
			11	RASELLI	CASSIE
			12	TALLENT	EBONY
			13	WHILEY	EBONY
U/14 Boys Road Walk Championship (1996/1997 +)			U/14 Girls Road Walk Championship (1996/1997 +)		
1	ALLAMBY	BILLY	1	BARBOUR	BETHANIE
2	COLEMAN	HARRY	2	BERTRAND	CARLY
3	HEIDEN	DANE	3	BOLDISTON	ZOE
4	HOGAN	ANDREW	4	BURREN	SARAH
5	JONES	JEREMIAH	5	CAMPBELL	REBECCA
6	MASKELL	BENJAMIN	6	GEORGE	STEPHANIE
7	MCNICOL-DAVIDSON	CODY	7	GUY	REBECCA
8	MCSHANAG	CONNOR	8	HAMILTON	EMILY
9	TAYLOR	LUCAS	9	IRSHAD	JASMINE
10	TREMIGLIOZZI	PAUL	10	MCNICOL-DAVIDSON	CHLOE
			11	STADUS	LAUREN
			12	WALKER	MEGAN
			13	WILSON	JESSEY

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 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.suedtirol2009.org/>
 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

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>)