



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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RACEWALKING AUSTRALIA POSTAL CHALLENGE, ALBERT PARK, SATURDAY 11 JULY 2009

We were worried that we mightn't have many walkers at Albert Park on Saturday with gale force winds and storms forecast but we need not have worried – 72 walkers tried their utmost and the rain stayed away. The same can't be said for the wind which was so strong that, at times, the walkers were just about blown to a stand still. It was definitely our worst day, weather wise, for quite some time. Yet despite it all, the times were pretty good and we even had one PB! Thanks to **Simon Baker** and **Terry Swan** (U10 and U12) for our photos this week.



Underway in our VRWC races last Saturday

Saturday saw the annual Racewalking Australia Postal Challenge and our annual fundraising day for the International Brain Tumour Alliance. Mark Donahoo will be posting the Challenge results in the next week of so so more of that in a future newsletter. On the IBTA side of things, we raised just on \$600 from race entries, canteen sales and donations and I have forwarded a cheque for the full amount to the Royal Melbourne Hospital Neuroscience Foundation. We also walked a total distance of 372km towards the IBTA 2009 Walk Around the World (see <http://www.theibta.org/>).

And now onto our race reports. 10 km walks were on offer for Open, Masters and Under 20 walkers and we were able to provide starters in all divisions. As usual, Rhydian Cowley led from the front with a slick 46:21 while Kylie Irshad and Pam Tindal were the fastest of the ladies with identical times of 55:32. In the Masters divisions, Murray Dickinson (M70 – 59:42) and Heather Carr (W55 – 58:11) were probably our best. It was good to see Simon Evans back after a break and he looked good for his 54:10. Anand Thillaisundaram walked a 3+ minute PB – wind and all! We were all astounded at this performance which I would have to rate as the walk of the week. And finally, Caitlin and Rebecca Campbell and Connor McShanag all walked well above their age groups and conquered the U20 10 km distance.

Open 10 km Walk

- | | | |
|----|------------------------|-------|
| 1. | Donahoo, Mark | 52:59 |
| 2. | McDonough, Aaron | 57:03 |
| 3. | Thillaisundaram, Anand | 60:44 |
| 1. | Irshad, Kylie | 55:32 |

Masters 10 km Walk

1.	Tindal, Pam	55:32
2.	Carr, Heather	58:11
3.	Feldman, Liz	62:29
4.	Elms, Donna	64:47
5.	Shaw, Robyn	64:55
	Thompson, Alison	DQ
1.	Evans, Simon	54:10
2.	Dickinson, Murray	59:42
3.	Cooper, Stuart	63:59
4.	Wood, Robin	71:32
	Skrucany, Rudolf	DNF
	Jamieson, Andrew	DQ
	Barrow, Geoff	DQ
	Bennett, Ralph	DQ

U20 10 km Walk

1.	Shaw, Kirstin	59:37
2.	Campbell, Caitlin	64:46
3.	Campbell, Rebecca	68:08
1.	Cowley, Rhydian	46:21
2.	McShanag, Connor	64:48
	Elms, Jason	DQ



Simon Evans, Murray Dickinson, Rhydian Cowley, Connor McShanag, Caitlin and Rebecca Campbell



Heather Carr, Emily Payne, Kirstin Shaw, Kylie Irshad, Pam Tindal and Aaron McDonough

U18 walkers walked 8km, U16s walked 5km, U14s walked 3km, U12s walked 2km and U10s walked 1.5km. We managed to fill all divisions except for two so were very pleased. The challenge always remains to get everyone together in one place at one time. But then again, if we did that, we would have so many walkers on the start line that we would have other problems! Our U16s in particular were very strong with Amelia Finnegan (26:09) and Matt Felton (25:49) walking excellently in the conditions.

U18 8 km Walk

1.	Payne, Emily	48:33
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U16 5km Walk

1.	Finnegan, Amelia	26:09
2.	Brazel, Hilary	27:36
3.	Hockley-Samon, Jmara	27:52
4.	Mason, Ella	28:33
5.	Gatens, Georgia	37:01

1.	Felton, Matthew	25:49
2.	Gardner, Aaron	27:47

U14 3km Walk

1.	Stadus, Lauren	16:49
2.	Bertrand, Carly	18:27
3.	McNicol-Davidson, Chloe	19:41
4.	Swan, Emily	20:32

1.	Walker, Jared	16:10
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Jared Walker, Amelia Finnegan, Matt Felton, Lauren Stadus, Ella Mason and Hilary Brazel

Our U12 and U10 numbers were big and the races were fiercely contested as usual. Megan Walker, Cooper Owen and Paige De Lisen all recorded fast winning times which should stand us in good stead for the Postal Challenge. I was on the bike and our littliest walkers certainly had to battle the wind!

U12 2km Walk

1.	Walker, Megan	11:01
2.	Barbour, Beth	12:11
3.	Cullen, Larissa	12:14
4.	Hamilton, Emily	12:14
5.	Ventura, Amy	12:20
6.	McLaren, Stacey	13:09
7.	Henderson, Keely	13:17
8.	Crea, Gabriella	13:29

1.	Owen, Cooper	11:26
2.	Swan, Kyle	11:41
3.	McNicol-Davidson, Cody	12:33
4.	Tremigliozi, Paul	13:29
	Walmsley, Reese	DQ

U10 1.5km Walk

1.	De Lisen, Paige	08:27
2.	Bertrand, Georgia	08:42
3.	Lee, Georgia	08:54
4.	Lillie, Jessica	09:30
5.	Xuereb, Tara	09:39
6.	Lillie, Brianna	09:46
7.	Mason, Livinia	12:25
	Owen-Smith, Chelsea	DQ



Cooper Owen, Beth Barbour, Megan Walker, Paul Tremigliozi, Gabriella Crea and Georgia Bertrand



Start of the Under 12 2km walk and Paige De Lisen, the winner of the U10 1.5km walk (photos Terry Swan)

Terry Swan has kindly provided high quality photos of the U10 and U12 races on his website for anyone to download for personal use. Thanks Terry! See <http://www.detak.com.au/photos/thumbnails.php?album=29>

Finally, we had a 3km Open walk for those club members who just wanted a fitness workout for the day. James Seid-Christmass was the fastest man as usual while Gwen Steed was the best of the women. Also welcome back to Anna Wallace who had her first walk for the winter.

VRWC 3km Open

- | | | |
|----|-----------------------|-------|
| 1. | Steed, Gwen | 18:17 |
| 2. | Wallace, Anna | 19:43 |
| 3. | Peachey, Anika | 21:21 |
| 4. | Stanway, Marlaine | 21:22 |
| 5. | Beaumont, Margaret | 22:33 |
| 6. | Davidson, Kelly | 24:10 |
| 7. | Mews, Pam | 37:55 |
| | | |
| 1. | Seid-Christmas, James | 15:40 |
| 2. | Wicks, Barrie | 20:34 |
| 3. | Morrison, John | 21:23 |
| 4. | Onley, Gordon | 24:52 |
| | Beaumont, Ian | DQ |

In closing, thanks as usual to the many hard workers who make our weekly races so successful. Sorry if I missed your name.

Officials: Harry Summers, Bob Gardiner, Tim Erickson, Ron Miller, Celia Johnson, Caroline Peachey, Matt Owen, Don McLaren, Paul Kozaris, David Campbell

Judges: Peter Vysma, Gordon Loughnan, Alan Lucas, Lloyd Nicholls, Brenda Felton, Michael Bodey, Kathleen Marsh

Canteen: Barb Gardiner, Kate Suich, Joyce Summers

STYLE AWARD POINTS THIS WEEK

There were no points allocated today for the Handicap and Fastest Times competitions but our Style Award did go on as usual and the results are below. Amelia Finnegan certainly caught the judges' attention in the most positive way.

Men	Women	U12 & U9 Boys	U12 & U9 Girls.
Rhydian Cowley 6	Amelia Finnegan 12	Paul Tremigliozi 2	Megan Walker 3
Rudolf Skrucany 5	Pam Tindal 3	Cody McNicol-Davidson 1	Emily Hamilton 2
Aaron McDonough 4	Kirstin Shaw 3		Georgia Bertrand 2
Simon Evans 4	Kylie Irshad 2		Keely Henderson 1
John Morrison 2	Heather Carr 2		
Mark Donahoo 2	Carly Bertrand 2		
Aaron Gardner 1	Lauren Stadus 1		
Jared Walker 1			

Progressive points in this competition will be updated on the website: <http://www.vrwc.org.au/2009StyleAward.pdf>

ARE THE WALKS EVER CANCELLED?

With the gale force winds encountered on Saturday, I thought it worthwhile resurrecting an article I published in the club newsletter in 2004 after a particularly bad day. On that occasion, I commented

Saturday 14 August 2004 was easily our worst day for quite some time from a weather perspective. Bitter cold strong winds and rain made it survival of the fittest for the 31 competitors and the small band of officials who braved the elements.

The two questions that always spring to mind on such days as Saturday are pretty obvious

1. Have we ever had to actually cancel events due to the weather?

The answer is yes. In the 1980's when our clubrooms were on the other side of the lake, our regular course was on Lakeside Drive which we shared with traffic. On two occasions, the rain was so severe and visibility so reduced that the events scheduled for that particular day were cancelled.

2. What are the worst weather conditions in which anyone remembers racing?

The answer seemed pretty unanimous when discussed in 2004. Bob Gardiner and Alan Lucas, who both have long memories, were in agreement that a 10 mile road event, held in Traralgon, in May 1969, was the worst ever. The event was held in what they both described as 'horizontal sleet' Competitor Justin Coxhead was in such bad shape at the end of the race that it took an hour or more of hot drinks, brandy and blankets at a friend's house to stop him shivering. For the record, I reproduce the race report which was written up in the Heel and Toe magazine of the time

The Unforgettable Traralgon Ten Mile - 31 May 1969

The club conducted its country meet at the new venue of Traralgon but unfortunately the atrocious prevailing weather conditions kept most members home. Only 13 men and 3 girls ventured out in the biting cold win and teeming rain for the events. Organization was not up to scratch and the course was inaccurate, adding to the morbid atmosphere. However, after the first few miles which resembled a pack walk as all warmed up, Bob Gardiner strolled away to win in 79:08. Robin Wood 81:06 and Geoff Laycock 82:49 showed out well with surprise efforts coming from Alan Lucas 84:20 and Andy Jamieson 85:12. Justin Coxhead suffered from crook shins for most of his 85:18 after chasing a determined Ray Smith who clocked 85:55. Another to have a nudge was Kevin Bolton 87:35. Jim Forrest 99:38 and Graham Anderson 102:24 were fine performances in the conditions. Frank Overton sat down after 7 miles.

The junior section of 4 miles was won by Greg Carter in 38:57 from Gary Knape who clocked 39:17. The girls 2 miles was taken off by Kay Pitman in 19:12 from R. Knape 22:50 and Julie Smith 22:50.

A word of sincere thanks to our club president Mr Alf Robinson and secretary Mr Norm Goble and Ron Wood. These men made the race possible and took times and gave directions to the miserable wretches along the way.

Alan Lucas reminisced that there was also a running event on in the area that day and Geoff Watt (the late father of Olympic Gold Medal cyclist Kathy Watt) who was renowned as the toughest runner going said that they were the worst conditions he had ever experienced.

Geoff had won fame by running to the top of Mt Kilimanjaro in Kenya (20,000 ft) without climbing gear, surprising a Japanese climbing party. Sadly, a few years later, he got lost in the hills north of Traralgon on a training run and ended up dying of hypothermia.

Closer to home, last winter season we had a dreadful day on Sunday 10 August 2008. The newsletter reported it as follows

The weather was dreadful – and I see that in the hills surrounding Melbourne, it was snowing. I think Stu Cooper's comments summed it up: "Conditions wet, freezing cold ... so cold it hurt to hold the camera. Road flooded in parts, no hope of bailing or sweeping."



The photo below shows Tom Barnes labouring along the flooded roadway on that occasion.

Anyway, enough history. Suffice it to say it was cold and miserable on Saturday but not as bad as 31 May 1969!

25th WORLD UNIVERSIADE GAMES, BELGRADE, SERBIA, JULY 1-12 2009

The World Universiade Games are held each two years and Australia is one of the many countries who always sends a team. 20 km walks for men and women were on offer and four walkers were selected to represent us – Adam Rutter, Tom Barnes, Ian Rayson and Jillian Hosking. Adam pulled out some weeks ago to ensure that he was ready for the IAAF World Championship 20km in August so that left the other 3 walkers to wave the flag on our behalf.

Mens 20 km Walk, Thursday 9 July, 7:30AM

The men's race saw the first 5 walkers all better Robert Korzenioski's 1993 Universiade Games record of 1:22:01. The Russians showed their depth, taking gold and silver while our two reps, Tom Barnes and Ian Rayson finished in 19th and 21st respectively. In March they recorded 1:26:57 and 1:27:43 respectively but their times in Serbia were a little down on this.

1	Russian Federation	Bakulin Sergey	13/11/1986	1:20:52		UB
2	Russian Federation	Ruzavin Andrey	28/01/1986	1:21:08		SB
3	Brazil	Zimmermann Moacir	30/12/1983	1:21:35		
4	People's Republic of China	Wei Yang	26/03/1989	1:21:57	~	
5	Korea	Kim Hyun Sub	31/05/1985	1:22:00		
6	Japan	Fujisawa Isamu	12/10/1987	1:22:12	~	
7	Ukraine	Dmytrenko Ruslan	22/03/1986	1:22:46		
8	Poland	Augustyn Rafal	14/05/1984	1:23:00	>	SB
9	Italy	Nkouloukidi Jean-Jaques	15/04/1982	1:24:13		
10	Korea	Park Chil Sung	08/07/1982	1:24:16	~	
11	Spain	Arcilla Aller Francisco	14/01/1984	1:24:43		SB
12	Ecuador	Chocho Cristian Andres	04/11/1983	1:24:51	~	
13	Japan	Suzuki Yusuke	02/01/1988	1:25:08		
14	Russian Federation	Masimov Konstantin	17/06/1982	1:25:49		
15	Algeria	Ameur Mohamed	07/11/1984	1:26:21	>	SB
16	Poland	Jelonek Jakub	07/07/1985	1:26:50		
17	Romania	Neacsu Georghe Dragos	03/12/1986	1:27:35		
18	Serbia	Savanovic Vladimir	12/06/1985	1:27:53		
19	Australia	Barnes Thomas	22/09/1982	1:28:11	>	
20	Canada	Gomez Inaki	16/01/1988	1:29:55		
21	Australia	Rayson Ian	02/02/1988	1:30:59		
	Mexico	Garcia Cordova Alvaro	18/10/1983	DSQ	>>>	
	Qatar	Mohamed Mabrook Saleh	23/04/1983	DNS		
	Australia	Rutter Adam	24/12/1986	DNS		

Womens 20 km Walk, Friday 10 July, 7:30AM

The women's race was also fast with the first 4 all bettering the Universiade Games record of 1:33:13, held by Chinese walker Jiang Qiuyan. Again, it was a Russian win. I believe that Jillian Hosking was well up when disqualified mid race. This is a disappointing outcome for Jillian in her first international race but hopefully she can bounce back.

1	Russian Federation	Mikhailova Olga		1:30:43		UB
2	Japan	Fuchise Masumi	02/09/1986	1:31:42		
3	Russian Federation	Povalyaeva Olga	19/10/1984	1:33:58		
4	Greece	Ksinou Evangelia	22/11/1981	1:34:48		
5	Brazil	Lopes Cisiane	17/02/1983	1:36:07		
6	Italy	Trapletti Valentina		1:36:32		PB

7	Czech Republic	Pelantova Lucie	07/05/1986	1:36:51	
8	Canada	Lavallee Rachel	14/01/1986	1:37:22	
9	Spain	Luaces Barril Lorena	29/02/1984	1:38:01	
10	Spain	Pinedo Gonzalez Ainhoa	17/02/1983	1:38:23	
11	Poland	Dygacz Agnieszka	18/07/1985	1:39:00	
12	Romania	Rodean Ana Veronica	23/06/1984	1:39:55	
13	Brazil	Picagevitz Alessandra	20/02/1984	1:40:20	
14	Kazakhstan	Kichigina Galina	14/07/1988	1:40:45	
15	Ecuador	Ordonez Johana	12/12/1987	1:43:01	
16	Bosnia & Herzegovina	Mulahalilovic Meliha	17/09/1988	1:58:34	
	Lithuania	Aidietyte Neringa	05/06/1983	DSQ	>>>
	Australia	Hosking Jillian	02/12/1987	DSQ	~
	Afghanistan	Hashemi Layegha		DNS	

Full results can be viewed at website <http://www.universiade-belgrade2009.org>

WORLD YOUTH CHAMPIONSHIPS, BRESSANONE, ITALY, 8-12 JULY 2009

Boys 10,000m Walk, Friday 10 July, 6:20PM

Hagen Pohle of Germany led from start to finish to smash the 10,000m Walk Championship record with a time of 41:35.99 (the previous record was 41:49.91, set by Russia's Stanislav Emelyanov in Ostrava two years ago). Russia's Dementiy Cheparev was second in a personal best of 41:53.76 while Ukrainian Ihor Lyashchenko, who had led the year's rankings coming into the competition, had to settle for third with a time of 42:50.16. PBs were the order of the the day as can be seen from the results below.

1	Hagen POHLE	GER	41:35.99	CR
2	Dementiy CHEPAREV	RUS	41:53.76	PB
3	Ihor LYASHCHENKO	UKR	42:01.90	PB
4	Trevor BARRON	USA	42:22.79	PB
5	Jose MONTANA	COL	42:28.76	PB
6	Cristhian de Jesus GOMEZ	MEX	43:15.32	PB
7	Alberto AMEZCUA	ESP	43:35.39	PB
8	Dane BIRD-SMITH	AUS	43:53.62	
9	Julio Cesar SALAZAR	MEX	44:07.03	SB
10	Leonardo DEI TOS	ITA	44:26.20	PB
11	Evgeniy NUSHTAEV	RUS	44:29.06	PB
12	Koichi NIWA	JPN	44:32.61	
13	Kildong KANG	KOR	45:29.96	
14	Massimo STANO	ITA	46:00.85	
15	Jiahui LI	CHN	46:03.80	PB
16	Ferhat BELAID	ALG	47:31.59	PB
17	Marcel FABER	SVK	47:34.72	PB
18	Anders HANSSON	SWE	47:53.18	PB
19	Iiro LEHTORANTA	FIN	48:20.03	PB
20	Yauhen ZALESKI	BLR	48:32.12	
21	Edgars GJACS	LAT	49:08.07	
22	Bruno PEDRO	POR	49:23.34	PB
23	Viktor MARKUS	HUN	49:30.69	
24	Mate LALIK	HUN	50:30.95	PB
	Juan Carlos HERNANDEZ	GUA	DQ	
	Kento HONDA	JPN	DQ	
	Sebastian INOSTROZA	CHI	DNF	
	Ivan PAJUELO	ESP	DNF	

Australia's sole rep, **Dane Bird-Smith**, crossed the line in 8th place with 43:53.62, just shy of the personal best 43:47.00 he set at the under 20 National Championships in Adelaide in April. The AA website carried the following report on Dane's great walk

The top-eight finish marked an impressive conclusion to a tough day at the office for the Queensland athlete. "It started out in the call room, I was getting a bit sick and I didn't feel too good coming into the race," Bird-Smith said. "It might have just been nerves, I wasn't feeling up for it but I still managed to hang in there for most of it and finish just outside my PB so that was really good."

German athlete Hagen Pohle set a cracking pace in the final, leading from the gun to claim the gold medal in the new championships record time of 41:35.99.

Holding down second place in a tight pack of athletes for the opening laps of the race, Bird-Smith moved through the four-kilometre mark in 16:46 behind Pohle in 16:33.18. "I knew I had to go out fast to keep the pace even because I knew they'd come home quick but I couldn't hold on, I just didn't feel up to it," Bird-Smith said.

Moving through the eight-kilometre mark in 34:59, Bird-Smith held on to eighth place across the final five laps to join fellow Australians Liam Speers, Huw Peacock and Amy Pejkoivic on the top-eight finishers' list at the conclusion of day three.

Hoping for a new personal best at the meet, Bird-Smith was in no way surprised by the pace set by the field. "I thought the German bloke and Dementiy Cheparev (RSA) would be up there and I was hoping to be able to pull out a pretty good PB and

stick with them for most of it but it doesn't always happen on the day," he said. "It's a bit hot out there and maybe I just didn't get a good enough lead-up and enough distance and endurance."

Bird-Smith said the opportunity to race alongside the best youth walkers in the world was a massive boost to his race walking career. "It's been a great experience and I just love racing, I loved having the great competition here, you don't get much of it back in Australia so it's great to have a real crack and see some of the best walkers out here," he said.



Dane sits in second place early in the race, behind eventual winner Hagen Pohle of Germany (photo Chris Erickson)

Pohle's splits were 4:04, 8:16, 12:25, 16:34, 20:44, 24:55, 29:03, 33:14, 37:27, 41:35.99

Dane's splits were 4:09, 8:17, 12:31, 16:45, 21:07, 25:36, 30:16, 34:49, 39:25, 43:53

To put Dane's walk in perspective, his time in the race (43:53:62) is the fastest time ever done by an Australian at a World Youth Championship. Dane is the fourth boy to have competed in the WYC after Jared Tallent (44:50:94 in 2001), Michael McCagh (44:38 in 2003) and Adam Rutter (DNF in 2005).

Girls 5,000m Walk, Saturday 11 July, 10AM

Yet another Russian win - 17-year-old Elena Lashmanova led from the front to take the gold medal in this year's world best time of 22:55.45. She becomes the fifth Russian to win the 5000m Walk in the 10-year history of this competition. The IAAF website reported as follows

Lashmanova didn't leave anything to chance this morning as she led from start to finish although she did fail to maintain the 100m lead she had gathered half way through the 12 and a half laps. Eventually Lashmanova had just under five seconds to spare over fast finishing Yanelli Caballero of Mexico (22:59.27) who prevented Russia from scoring their second consecutive one-two finish as she overtook Svetlana Vasilyeva in the very last metres.

"This was a difficult race," said the winner. "I am not very happy with my time but it was enough to win the gold medal."

Lashmanova was well off two-time World Youth champion Tatyana Kalmykova's World Youth best of 20:28.05 set in Ostrava two years ago but conditions in this Northern Italian city were very different. If Lashmanova's first place was never challenged, the race for silver proved the most interesting as Vasilyeva's attempt to stay within reach of her strongest compatriot early in the race eventually meant she could not respond to Caballero's surge.

The diminutive Mexican who turned to race walking just one year ago had a more conservative start deciding to remain in the chasing pack until the last kilometre before improving gradually and eventually winning her country's third medal in the history of this competition, a silver after two bronze medals (also in the race walking events!).

Unfortunately, the news was not good for our two Australian walkers – **Paige Hooper** was disqualified and **Shannon Jennings** finished well back in 25:47.76, nearly 2 minutes outside her best.

1	Elena Lashmanova	RUS	22:55.45	(WYL)
2	Yanelli Caballero	MEX	22:59.27	(PB)
3	Svetlana Vasilyeva	RUS	23:00.15	(PB)
4	Paula Martínez	ESP	23:13.07	.
5	Ekaterini Theodoropoulou	GRE	23:18.95	(PB)
6	Ilse Guerrero	MEX	23:21.38	(PB)

7	Shiori Toba	JPN	23:28.76	.
8	Nanae Harima	JPN	23:34.89	.
9	Katarina Strmenová	SVK	23:49.88	(PB)
10	Charlyne Czychy	GER	24:05.21	.
11	Maria Melania Ruican	ROU	24:07.05	(SB)
12	Federica Curiuzzi	ITA	24:12.67	.
13	Aynalem Eshetu	ETH	24:13.29	(PB)
14	Francesca Cocchi	ITA	24:14.43	(PB)
15	Wendy Cornejo	BOL	24:42.69	(PB)
16	Diana Kacanova	LTU	24:47.22	(PB)
17	Karolina Švedaitė	LTU	24:47.45	(PB)
18	Veronika Privalincová	SVK	24:48.46	(PB)
19	Florida Miniyanova	KAZ	25:06.74	(PB)
20	Shannon Jennings	AUS	25:47.76	.
21	Fikirte Diriba	ETH	27:01.02	(PB)
.	Paige Hooper	AUS	DQ	.
.	Liu Yang	CHN	DQ	.
.	Kimberly Garcia	PER	DQ	.



Winner Elena Lashmanova of Russia (photo <http://www.iaaf.org>)

Full results can be viewed at website <http://www.suedtirol2009.org/>

OTHER BITS AND PIECES

22nd Central American and Caribbean Track and Field Championships, Havana, Cuba, 3-5 July 2009

The Central American and Caribbean T&F Championships were held in Havana Cuba over the weekend of 3-5 July. The walks were scheduled for early morning starts on the Saturday and it was good to see Cuba, not well known as a walking nation, taking first and second places in the women's 10km walk. The men's field was very small and overall the times were probably disappointing.

10 km walk Women, Saturday 4 July, 7:15AM

1.	CONTE, Yanelis	CUB	46:46
2.	RODRÍGUEZ, Leisis	CUB	47:42
3.	LÓPEZ, Cristina	ESA	49:30
4.	ROSALES, Milángela	VEN	50:11
5.	FRANCO, Jamy	GUA	51:19
6.	COLINDRES, Verónica	ESA	52:08
7.	OCHOA, Adriana	MEX	57:38
8.	RODRÍGUEZ, Susel (F/C)	INV	54:05
9.	MACHADO, Aliuska (F/C)	INV	50:22
	SANCHEZ, María Esther	MEX	DNS

20 km walk Men, Saturday 4 July, 7:00AM

1.	SANDOVAL, Walter	ESA	1:33:10
2.	SEGURA, Allan	CRC	1:34:58
3.	SANTINI, Noel	PUR	1:39:44
4.	PAAU, Aníbal	GUA	1:40:39
5.	SOTO, Yosley (F/C)	INV	1:36:19
	HERRERA, Adrián	MEX	DNS
	MEJIA, David	MEX	DNS

HERNÁNDEZ, Yurbraile	CUB	DNF
SOTO, Juan Carlos	CUB	DQ
REYES, Ricardo	ESA	DQ
OLIVA, Bernardo (F/C)	INV	DQ

German T&F Championships, Ulm, Sunday 5 July 2009

The German Championships in Ulm saw big spectator crowds of around 15,000. André Höhne kicked off day 2 on Sunday 5 July with a win in the men's 10000m walk (40:38.49) and later in the morning Sabine Krantz won the women's 5000m walk (21:14.75).

Men 10,000m Walk, Sunday 5 July

1. Höhne, André	SCC Berlin	40:38.49
2. Linke, Christopher	SC Potsdam	41:42.48
3. Schmidt, Carsten	SCC Berlin	42:40.21
4. Berger, Maik	SCC Berlin	43:38.54
5. Möckel, Max	SC Potsdam	46:54.07
6. Dermitzel, Tom	SC Potsdam	50:11.50
Roschinsky, Christoph	SCC Berlin	DSQ

Women 5,000m Walk, Sunday 5 July, 11AM

1. Krantz, Sabine	TV Wattenscheid	21:14.75
2. Krause, Sandra	SC Potsdam	23:54.89
3. Schenker, Bianca	LG Vogtland	24:09.41
4. Eiß, Christin	SC Potsdam	DSQ

WHAT'S COMING UP NEXT?

Next Saturday, we have another of our Handicap Start days with the slower walkers starting first and the fastest walkers starting last. This is a popular event but does take some organization on our part so entries close at 1.45pm. Note that walkers can only race in events in which they have competed during the 2009 session.

Saturday 18th July 2009 Albert Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp.			
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

Also, some forward planning for the **Victorian Roadwalking Championships** which are scheduled for **Sunday 9 August**. To compete in these Victorian championships, you must be a current member of an Athletics Victoria club and you must enter the event on the official AV entry form (see <http://www.vrwc.org.au/2009%20AV%20Walk%20Entry%20Form.pdf>). Note that for AV championships, age is taken as of 31 December 2009.

Sunday 9th August 2009 Albert Park			
ATHLETICS VICTORIA & VRWC EVENTS			
8.30am	30km	Victorian Championship	Open Men
8.30am	20km		Open Women
9.00am	10km	Victorian Championship	Under 20 Men
9.00am	10km	Victorian Championship	Under 20 Women
9.00am	10km	Victorian Championship	Under 18 Boys
10.00am	3km	Victorian Championship	Under 14 Boys/Girls
10.20am	5km	Victorian Championship	Under 16 Boys/Girls
11.00am	5km	Victorian Championship	Under 18 Girls
11.00am	5km		Open
11.10am	2km	VRWC Championship	Under 12 Boys/Girls
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
Medal presentations at the conclusion of the events.			

I am told by the local organisers that they are meeting with the ANSW competition department this week and hope to have entry procedures in place very soon for the forthcoming **Australian Roadwalking Championships at Paramatta Park in Sydney**. Stay tuned.

And a reminder that entries close at the end of this month for the **World Masters Games** in Sydney in October (see <http://www.2009worldmasters.com/>). I know a lot of our masters walkers are intending to compete.

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

2009 International Fixture

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

Victorian & National Fixture – Summer 2009/2010

Sun 22 Nov 2009 2009 Australian 50 km championship – Melbourne
4-7 Dec 2009 Australian All Schools T&F Championships, Hobart
Sat 13 Feb 2010 Australian Summer 20 km road championships , Hobart
Thurs 18 Feb 2010 Victorian 5000m track walk title (in conjunction with an AV All Comers Meet)
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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