



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2008/2009 Number 43
20 July 2009



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways Map 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

VRWC EVENTS, ALBERT PARK, SATURDAY 18 JULY 2009

There were plenty of conflicting options for our walkers on Saturday what with Little Athletics Cross Country open days and the Victorian All Schools Cross Country championships on offer but we still saw 71 walkers in action at Albert Park – and a number of them had come straight from running events. Like last week, it was extremely windy and quite cool but the rain stayed away again and the walkers raced well. We had our second Handicap Start day for the winter on Saturday so the results show the handicap place rather than the fastest time (Actual) place. The columns show the time at which the walker started, the finish time and the actual time. Obviously the first finisher wins the handicap. Thanks to **Terry Swan** and **Andrea Hallett** for our photos this week.

Kirstin Shaw and Stuart Cooper were the first 8km walkers to finish (1 to 2 minutes clear of all their opposition) while Pam Tindal and Rhydian Cowley were the fastest overall. You had to feel a bit sorry for Rhydian who had to wait nearly 5 minutes after everyone else had started before he was allowed to start his chase. To his credit, he caught 3 of the 8km walkers but found the gap too great to catch them all.

| 8 km Open Handicap | Start time | Finish | Actual time | Actual place |
|----------------------|------------|--------|-------------|--------------|
| 1. Shaw, Kirstin | 06:57 | 52:40 | 45:43 | 2 |
| 2. Feldman, Liz | 06:22 | 54:49 | 48:27 | 3 |
| 3. Tindal, Pam | 12:05 | 55:02 | 42:57 | 1 |
| 4. Shaw, Robyn | 03:34 | 56:23 | 52:49 | 5 |
| 5. Thompson, Alison | 07:50 | 60:29 | 52:39 | 4 |
| 1. Cooper, Stuart | 02:35 | 52:31 | 49:56 | 6 |
| 2. Evans, Simon | 12:41 | 54:08 | 41:27 | 3 |
| 3. Donahoo, Mark | 13:58 | 54:43 | 40:45 | 2 |
| 4. McDonough, Aaron | 11:32 | 55:00 | 43:28 | 4 |
| 5. Cowley, Rhydian | 18:36 | 55:51 | 37:15 | 1 |
| 6. Wood, Robin | 00:00 | 55:57 | 55:57 | 8 |
| 7. Dickinson, Murray | 09:14 | 55:58 | 46:44 | 5 |
| 8. Gardiner, Bob | 06:38 | 60:29 | 53:51 | 7 |



Liz Feldman, Kirstin Shaw, Stuart Cooper, Simon Evans and Mark Donahoo in the 8km events

The 4km walkers also had a staggered start and it was Anika Peachey and Gordon Onley who made the most of good starts and held off all opposition to notch handicap wins. Kylie Irshad and James Seid-Christmass were the fastest overall.

| 4 km Open Handicap | Start time | Finish | Actual time | Actual place |
|----------------------|------------|--------|-------------|--------------|
| 1. Peachey, Anika | 03:59 | 32:18 | 28:19 | 10 |
| 2. Stanway, Marlaine | 04:11 | 32:27 | 28:16 | 9 |

| | | | | | |
|-----|------------------------|-------|-------|-------|----|
| 3. | Wallace, Anna | 07:45 | 32:46 | 25:01 | 7 |
| 4. | Irshad, Kylie | 12:26 | 32:51 | 20:25 | 1 |
| 5. | Elms, Donna | 08:52 | 33:07 | 24:15 | 3 |
| 6. | Wynen, Karen | 08:36 | 33:09 | 24:33 | 5 |
| 7. | Beaumont, Margaret | 02:53 | 33:14 | 30:21 | 11 |
| 8. | Steed, Gwen | 09:05 | 33:26 | 24:21 | 4 |
| 9. | Carr, Heather | 11:54 | 33:31 | 21:37 | 2 |
| 10. | Brunton, Caitlin | 10:20 | 34:58 | 24:38 | 6 |
| 11. | Hallett, Nicole | 09:23 | 35:09 | 25:46 | 8 |
| 1. | Onley, Gordon | 00:00 | 31:57 | 31:57 | 8 |
| 2. | Beaumont, Ian | 01:23 | 32:09 | 30:46 | 7 |
| 3. | Wicks, Barrie | 05:21 | 32:23 | 27:02 | 6 |
| 4. | Skrucany, Rudolf | 06:58 | 32:42 | 25:44 | 5 |
| 5. | Seid-Christmass, James | 11:40 | 32:47 | 21:07 | 1 |
| 6. | Dickenson, Russ | 08:30 | 32:49 | 24:19 | 3 |
| 7. | Elms, Jason | 09:44 | 33:05 | 23:21 | 2 |
| 8. | Barrow, Geoff | 08:29 | 33:30 | 25:01 | 4 |



Anika Peachey, Gordon Onley, Ian Beaumont (starting) and Marlane Stanway in the 4km events



Under 15 walkers Aaron Gardner, Connor McShanag, Jasmine Irshad, Lauren Stadius and Stephanie George

Lauren Stadius and Connor McShanag were the first to finish in the Under 14 4km, securing handicap wins; Lauren was also the fastest of the girls. Stephanie George walked a fast 3km after coming straight from the All Schools Cross Country running championships. Aaron Gardner was the fastest of the boys but still found himself finishing 13 secs behind Connor.

| 4 km Under 15 Handicap | Start time | Finish | Actual time | Actual place |
|------------------------|------------|---------------------|-------------|--------------|
| 1. Stadius, Lauren | 05:31 | 28:12 | 22:41 | 1 |
| 2. Irshad, Jasmine | 05:09 | 28:42 | 23:33 | 2 |
| 3. Campbell, Rebecca | 03:05 | 28:48 | 25:43 | 4 |
| 4. Gatens, Georgia | 00:00 | 28:49 | 28:49 | 5 |
| 5. Campbell, Caitlin | 04:06 | 28:49 | 24:43 | 3 |
| George, Stephanie | 08:02 | DNF (3 km in 15:20) | | |

| | | | | | |
|----|------------------|-------|-------|-------|---|
| 1. | McShanag, Connor | 05:04 | 27:52 | 22:48 | 2 |
| 2. | Gardner, Aaron | 06:22 | 28:05 | 21:43 | 1 |
| | Walker, Jared | 06:42 | DQ | | |
| | Felton, Matthew | 08:07 | DQ | | |

The Under 12 walkers had a normal massed start but the results are still shown in handicap order like the results for the older walkers. Paul Tremigliozi did a 30 sec PB to win the U12 handicap with his time of 13:03. Billy Allamby was the fastest overall with a very speedy 10:21 and had a good battle for a while with Simon Evans who was walking in the 8km event. Paig De Lisen and Megan Walker had a great battle in the U12 girls' event with Megan winning the final sprint to take fastest time with 10:54. But the battle helped Paige to win the handicap with her time of 10:58.

| 2 km Under 12 Handicap | | Time | Actual Place |
|------------------------|-------------------------|-------|--------------|
| 1. | De Lisen, Paige | 10:58 | 2 |
| 2. | Harrison, Charlee | 13:42 | 14 |
| 3. | Walker, Megan | 10:54 | 1 |
| 4. | McCann, Tessa | 12:33 | 6 |
| 5. | Crea, Gabbie | 13:08 | 11 |
| E6 | McLaren, Stacey | 13:08 | 10 |
| E6 | Hamilton, Emily | 11:54 | 4 |
| 9. | Segota, Bronte | 13:40 | 13 |
| 9. | Barbour, Beth | 11:57 | 5 |
| E10 | Swan, Emily | 12:33 | 7 |
| E10 | Ventura, Amy | 12:36 | 8 |
| E10 | Cullen, Larissa | 13:40 | 12 |
| 13. | Sanders, Jade | 11:32 | 3 |
| 14. | Harrison, Annaliese | 15:10 | 15 |
| 15. | McNicol-Davidson, Chloe | 13:04 | 9 |
| | | | |
| 1. | Tremigliozi, Paul | 13:03 | 6 |
| 2. | Swan, Kyle | 10:54 | 2 |
| 3. | McNicol-Davidson, Cody | 12:30 | 5 |
| 4. | Allamby, Billy | 10:21 | 1 |
| 5. | Owen, Cooper | 11:40 | 4 |
| 6. | Walmsley, Reese | 11:05 | 3 |



Under 12 walkers Charlee Harrison, Cody McNicol-Davidson, Tessa McCann, Emily Swan, Paige De Lisen, Megan Walker, Paul Tremigliozi and Kyle Swan

The Under 9's also had a massed start and the handicap results were calculated later on. Georgia Bertrand took fastest time of 5:42 and also won the girls' handicap. Brothers Noah and Sam Candotti were our only two boys and they shared the honours with Noah winning the handicap with 9:25 while Sam too fastest time with 6:27.

| 1 km Under 9 Handicap | | Time | Actual Place |
|-----------------------|---------------------|-------|--------------|
| 1. | Bertrand, Georgia | 05:42 | 1 |
| 2. | George, Hayley | 05:43 | 2 |
| 3. | Lillie, Brianna | 06:42 | 4 |
| 4. | Lillie, Jessica | 06:20 | 3 |
| 5. | Owen-Smith, Chelsea | 06:52 | 5 |
| | | | |
| 1. | Candotti, Noah | 09:25 | 2 |
| 2. | Candotti, Sam | 06:27 | 1 |



Under 9 walkers Brianna Lillie, Sam Candotti, Hayley George, Georgia Bertrand and Noah Candotti

Thanks as usual to all our officials. Sorry if I have missed anyone.

Officials: Harry Summers, Bob Gardiner, Tim Erickson, Ron Miller, Celia Johnson, Bob Hallett, Paul Kozaris, Don McLaren

Judges: Peter Vysma (chief), Lloyd Nicholls, Shane Bertrand, Ralph Bennett

Canteen: Barb Gardiner, Joyce Summers, Marlaine Stanway, Celia Johnson

POINTS COMPETITION UPDATE

We are nearing the end of our Points competitions for the winter (we have 3 weeks to go) so I include the progressive points in all 3 competitions below - firstly the style award points for this week followed by the progressive points..

| Men | | Women | | U12 & U9 Boys | | U12 & U9 Girls | |
|----------------------|---|------------------|---|---------------|---|----------------|---|
| Simon Evans | 9 | Stephanie George | 4 | Sam Candotti | 2 | Jessica Lillie | 3 |
| Aaron McDonough | 4 | Kirstin Shaw | 4 | Kyle Swan | 2 | Hayley George | 1 |
| Aaron Gardner | 3 | Jasmine Irshad | 3 | | | | |
| James Seid-Christmas | 3 | Heather Carr | 3 | | | | |
| Stuart Cooper | 2 | Gwen Steed | 3 | | | | |
| Rhydian Cowley | 2 | Karen Wynen | 2 | | | | |
| Mark Donahoo | 1 | Pam Tindal | 2 | | | | |
| | | Lauren Stadius | 2 | | | | |
| | | Kylie Irshad | 1 | | | | |

Progressive Style Award Points

<http://www.vrwc.org.au/2009StyleAward.pdf>

Progressive Handicap Points

<http://www.vrwc.org.au/2009HandicapPoints-18-July.xls>

Progressive Actual Time Points

<http://www.vrwc.org.au/2009ActualTimePoints-18-July.xls>

NEW PHOTO GALLERY AREA NOW OPEN ON THE VRWC WEBSITE

Terry Swan and I have been doing some background work and have now setup a new Photo Gallery area on our VRWC website. It is early days yet but we have a small number of galleries with a few photos from Canberra and photos from the last 2 weeks of racing as well as albums of a couple of past walkers. This will gradually build up over time. Once we name the photos, the overall gallery is searchable so it should be possible to extract all the photos for a particular walker. Have a look at <http://vrwc.org.au/coppermine/> and feel free to make any suggestions you feel might enhance the new pages.

UPDATE ON OUR IBTA FUNDRAISING DAY

Last week, I announced the excellent results from our International Brain Tumour Foundation support day on Saturday 11 July. Denis Strangman has now updated the IBTA website to include our effort. See <http://www.theibta.org/2009completedevents.html>

OTHER BITS AND PIECES

REIMS (FRA, July 14)

French champion Yohan Diniz dominated the the 5000m track walk (18:47.53) at the recent Alma Athletics Tour meet in Reims in France.

European Athletics 23 Championships, Kaunas, Lithuania, 16-19 July 2009

Womens 20 km walk, Friday 17 July

The 20 km walk for women, starting at 8AM, was the first Final in Day 2 of the European Athletics U23 Championships in Kaunas, Lithuania. The three fastest women in the field were left to fight it out for the medals alongside the Oak Wood that surrounds Kaunas' stadium. Fastest coming into the championships was Yelena Shumkina of Russia and she was first across the line in 1:33.05. At the half-way point in 47.16, the medals were already decided. It was just a question of how they would be handed out. Shumkina, compatriot Tatyana Shemyakina and Zuzana Schindlerova of the Czech Republic were locked together until Shumkina made the definitive break, opening up a six-second gap at the 14km mark. Initially, it looked as though it would be a one-two for the Russian School of Walking, but Schindlerlova stuck to her task and eventually prevailed over the defending champion, Shemyakina, crossing the line 37sec down on the winner with Shemyakina a further 31sec in arrears.

| | | | |
|-----|-----------------------|-----|---------|
| 1. | Yelena Shumkina | RUS | 1:33:05 |
| 2. | Zuzana Schindlerová | CZE | 1:33:42 |
| 3. | Tatyana Shemyakina | RUS | 1:34:13 |
| 4. | Olha Yakovenko | UKR | 1:36:24 |
| 5. | Julia Takács | ESP | 1:36:49 |
| 6. | Agnese Pastare | LAT | 1:36:59 |
| 7. | Karoliina Kaasalainen | FIN | 1:37:36 |
| 8. | Raquel González | ESP | 1:38:00 |
| 9. | Anamaria Greceanu | ROU | 1:38:20 |
| 10. | Federica Ferraro | ITA | 1:38:56 |
| 11. | Eleonora Giorgi | ITA | 1:39:42 |
| 12. | Katarzyna Golba | POL | 1:39:59 |
| 13. | Lucyna Chrusciel | POL | 1:40:15 |
| 14. | Mária Czaková | SVK | 1:41:47 |
| 15. | Laura Reynolds | IRL | 1:43:07 |
| 16. | Inga Mastianica | LAT | 1:47:37 |
| 17. | Rita Kaselyte | LTU | 1:47:54 |
| 18. | Valerija Lišakova | LTU | 1:51:25 |
| | Alba Sánchez | ESP | DQ |
| | Hanna Drabenia | BLR | DQ |

Mens 20 km walk, Saturday 18 July

Miguel Angel Lopez added to the considerable Spanish walking legacy when he collected gold in the 20km race in 1:22.43 at the beginning of Day 3 last Saturday. Second was Dzianis Simanovich of Belarus while bronze went to Italy's Matteo Giupponi. "The temperature (21C) was perfect," commented the winner. "In Spain now it is 40C. The course was a bit difficult, but all in all everything was good."

It was Simanovich who was to make the early pace as he tried to steal a march on the opposition. At the half-way mark in 41:48 he had opened up a ten-second gap on a small chasing group including Lopez, Giupponi, Aleksey Bartseykin and Sergey Sergachev of Russia, but it was never decisive.

By 14km Lopez had moved into the lead and started to up the tempo, covering the next two kilometres in the fastest sector of the race (7:57). That was enough to open up a five-second gap on Simanovich, that stretched to 34 sec at the line. Giapponi, who was never out of the top three, finished a further three seconds down on the Belarusian.

The winning time represented an improvement on the winner's personal best of 1min, 21sec, established in Cherboksary last year. Giupponi's time of 1:23.00 was also a PB.

The gold is Lopez's biggest performance to date. In the 2005 World Youth championships he was sixth and was 14th in the World Juniors the following year. In the 2005 championships he had Simanovich in front of him. Today he reversed the order and doubled Spain's gold medal total after Mohammed Elbendir's win in the 5000m.

| | | | | |
|-----|-----------------------|-----|---------|----|
| 1. | Miguel Ángel López | ESP | 1:22:23 | PB |
| 2. | Dzianis Simanovich | BLR | 1:22:57 | |
| 3. | Matteo Giupponi | ITA | 1:23:00 | PB |
| 4. | Christopher Linke | GER | 1:24:29 | PB |
| 5. | Aleksey Bartsaykin | RUS | 1:25:01 | |
| 6. | Aléxandros Papamiháil | GRE | 1:25:06 | PB |
| 7. | Dawid Tomala | POL | 1:25:26 | |
| 8. | Bertrand Moulinet | FRA | 1:25:30 | PB |
| 9. | Nazar Kovalenko | UKR | 1:25:47 | |
| 10. | Andrea Adragna | ITA | 1:25:54 | PB |
| 11. | Máté Helebrandt | HUN | 1:26:56 | |
| 12. | Rafal Sikora | POL | 1:27:47 | |
| 13. | Lukasz Nowak | POL | 1:28:21 | |
| 14. | Federico Tontodonati | ITA | 1:29:08 | |
| 15. | Valerijus Grinko | LTU | 1:30:38 | |
| 16. | Damien Molmy | FRA | 1:34:59 | |
| | Tautvydas Žekas | LTU | DNF | |
| | Ricardas Rekst | LTU | DQ | |
| | Arnis Rumbenieks | LAT | DQ | |
| | Sergey Sergachev | RUS | DQ | |

RICHARD DUNWOODY MATCHES CAPTAIN BARCLAY'S FEAT

Yes, he's done it. Richard Dunwoody has matched Captain Barclay's famous feat. The following press release is taken from his website <http://www.dunwoody1000mile.com>.

At 2.20pm on Friday 10th July, Richard Dunwoody completed his '1000 Mile Challenge', having walked day and night for 42 days one mile every hour for 1000 consecutive hours. He was joined for the last mile by racing legend Lester Piggott and together they passed the winning post in front of packed stands on Newmarket Racecourse.

Whereas Captain Barclay undertook the challenge for a 1000 Guineas bet, Richard completed the challenge to raise money for four charities - Racing Welfare, the Alzheimer's Society, Sparks and Spinal Research. Bookmaker Paddy Power recreated the bet and will donate the sum of £10,000 to the Charity Trust. The challenge has so far raised in excess of £100,000 but more is hoped for and needed and donations can be made via this website.

Richard said: "I undertook this challenge to raise as much money as I could for the charities but I had absolutely no idea that I would receive this level of support. It's been great that so many people have got involved and I have been both humbled and inspired by this. There are so many people that I need to thank - the team who have looked after me, the Bedford Lodge Hotel who have housed and fed me, and our partners, in particular Godolphin, Darley, Barclays, Paddy Power, Nike and the Jockey Club. It is an experience I shall never forget, although I'm looking forward to getting a little bit of sleep now!"



Richard Dunwoody walks his final mile with racing legend Lester Piggott
photo: <http://www.dunwoody1000mile.com>

UK CENTURIONS 2009 QUALIFYING EVENT, NEWMARKET, 11-12 JULY 2009

The UK Centurions 100 miles qualifying event and supporting races were a great finale to Richard Dunwoody's success in emulating Captain Barclay's 1000 miles in 1000 hours. The centurion event was held on a toughish course of 50 x2 miles at Newmarket Racecourse and started soon after Richard Dunwoody's event finished.

In the 100 mile event, which incorporated the RWA National Long Distance championship, 28 people completed the distance inside 24 hours. The winner was Sandra Brown who crossed the line in a time of 19:57:24, a wonderful performance given the seven hour downpour during the night. Husband Richard was runner up in 20:12:44 with Dutchman Gerard Heunks third in 20:49:27. There were eleven new Centurions (C 1068 – C 1078), 4 English and 7 from overseas. Amongst the finishers was one Robert Barclay in 29th place who is a descendant of the man who started it all. Richard Dunwoody stayed on in Newmarket to start the event and present some of the awards. The great news - there were two Aussies amongst the new qualifiers - **Mark Wall (C 1068)** and **Carol Baird (C 1071)**.

Carol, a member of the ACT Racewalking Club, kept her trip very quiet - I did not know that at all until I received an email a few weeks ago from Peter Bennett - he had seen the start list and noticed Carol's name. Apart from her 20 mile walk in Canberra in June this year, she has not done any competitive walking since 2003. After her last centurion walk that year (her 9th in a five year period) she swapped to running and competed very successfully, becoming one of our top women ultra runners for a number of years (with a best of just under 200km in 24H) until she was forced out with ankle injuries. She had one or more operations and was told that her ultra career was over. She told me in Canberra last month that the ankle(s) seemed to have recovered sufficiently for her to do some competitive walking again but the last thing I expected to see was her name on the start list for the English event. Given that, what a wonderful performance by her.

Carol battled stomach problems and the 7 hours of heavy rain to become English Centurion 1071 with a finish time of 22:34:05. This is her tenth Centurion finish and earns her a fourth badge to match her AUS, NZ and MALAYSIA ones. Carol was in fact presented with her Centurions medal at the end of the 100 miles race and at the AGM next January she will be formally admitted to the UK

Centurions and a Certificate will be sent to her.

Expatriate Aussie Mark Wall also successfully conquered the course to become British Centurion 1069 in a time of 21:08:36 (10:03 at 50 mile). He was 4th overall behind Sandra and Richard Brown and Dutch walker Gerard Heunks. Older Victorian readers will know Mark who used to compete for Box Hill in the seventies on the track and who tried unsuccessfully in a number of our centurion walks at that time. For those who want to send Mark a congratulatory email, his email address is marnwal@hotmail.com. I will be talking more about Mark's long walking career in next week's newsletter.

And finally, how could I let this occasion pass without a few words on the wonderful Sandra Brown. Her latest hundred increases her grand total to 135 events of 100 miles or more - a feat that will probably never be matched. Further, her finish in the UK Centurion event takes her tally to 23 UK Centurion 100 finishes - she was already the most prolific finisher in this event - now the record is even more impressive. And to top it off, her time of 19.57.24 is undoubtedly a W60 world best. Annie van der Meer did 21.18.00 at 60 in Battersea Park in 2007 but Sandra's time is in a league all of its own.

Mark Wall had this to say to me in an email a couple of days after his great walk

Tim,

I am still in the never again mode! I am unsure I want to do it again but have spoken previously of having to do it at home again. I suspect if I do, it will be years away. Must admit I am replying to this at 2:30am, drinking a Horlicks (I too am aging!) having awoken about 40 or so minutes earlier.

I too remember your walk in Adelaide. We stayed with the Marists and I walked 50km at 19 years of age. I recall the stop every 10km and the lounge, I did a similar thing but at 88, 92 and 96 but allowed only 2-3 minutes each time. I think it surprised Jill Green.

I am a bit of a mess on parts of the feet but that in part is due to sodden shoes and socks rubbing etc. I am waddling around, sore legs, wondering why everywhere I go has stairs, be it the house (very narrow ones too!) or work. I have not missed a day since I started at my current school, so I did keep up my 100% record, some of the hoons were still a hassle but I could not get too distraught.

Regards

Mark

And now onto a partial result set to acknowledge the 28 walkers (out of 72) who got to the tough 100 mile mark within 24 hours.

| | | | | | | |
|----|-----|--------------------------|--------------------------|------|----------|-----------------|
| 1 | L1 | Sandra Brown | (Surrey Walking Club) | 100m | 19.57.24 | 735 |
| 2 | M1 | Richard Brown | (Surrey Walking Club) | 100m | 20.12.44 | 760 |
| 3 | M2 | Gerard Heunks | (RWV Rotterdam) | 100m | 20.49.27 | 1068 New |
| 4 | M3 | Mark Wall | (Leicester Walking Club) | 100m | 21.08.39 | 1069 New |
| 5 | L2 | Marleen Radder-Willems | (RWV Rotterdam) | 100m | 21.14.15 | 783 |
| 6 | M4 | Boetje Huliselan | (OLAT St.Oedenrode) | 100m | 21.23.40 | 1009 |
| 7 | M5 | Ludo Schaerlaeckens | (Sparta Bornem) | 100m | 21.37.37 | 1058 |
| 8 | M6 | Robert de Wolf | (RWV Rotterdam) | 100m | 21.46.24 | 980 |
| 9 | M7 | Kevin Marshall | (Ilford Athletic Club) | 100m | 22.00.38 | 1001 |
| 10 | L3 | Marie-Paule Vandenabeele | (OLAT St.Oedenrode) | 100m | 22.25.06 | 1070 New |
| 11 | M8 | Frans Derijcke | (OLAT St.Oedenrode) | 100m | 22.25.06 | 1019 |
| 12 | L4 | Carol Baird | (Australian Centurions) | 100m | 22.34.05 | 1071 New |
| 13 | M9 | Frank van der Gulik | (SV de LAT Amsterdam) | 100m | 22.40.45 | 1022 |
| 14 | M10 | Jaap Visser | (RWV Rotterdam) | 100m | 22.44.34 | 944 |
| 15 | M11 | Johan Koning | (SV de LAT Amsterdam) | 100m | 23.01.59 | 1072 New |
| 16 | M12 | Marc Haumesser | (Villeneuve a Ascq) | 100m | 23.05.39 | 1073 New |
| 17 | M13 | Boudewijn Blom-Hertbeek | (SV de LAT Amsterdam) | 100m | 23.07.48 | 1074 New |
| 18 | 14 | Martin Fisher | (Redcar RWC) | 100m | 23.09.03 | 788 |
| 19 | 15 | Christopher Flint | (London Vidarians) | 100m | 23.14.05 | 849 |
| 20 | 16 | Adrie Zoon | (RWV Rotterdam) | 100m | 23.17.55 | 991 |
| 21 | 17 | Steve Kemp | (Unattached) | 100m | 23.21.20 | 1075 New |
| 22 | 18 | Andrew Trigg | (Leicester Walking Club) | 100m | 23.21.41 | 1076 New |
| 23 | 19 | Jan Asselberghs | (OLAT St.Oedenrode) | 100m | 23.23.29 | 1077 New |
| 24 | 20 | Hedwig Vandenputte | (RWV Rotterdam) | 100m | 23.34.22 | 1054 |
| 25 | 21 | Willy Vermeulen | (RWV Rotterdam) | 100m | 23.38.16 | 1018 |
| 26 | 22 | Michael Sutton | (Ilford Athletic Club) | 100m | 23.45.18 | 1078 New |
| 27 | 23 | Marcel Dekker | (SV de LAT Amsterdam) | 100m | 23.47.53 | 957 |
| 28 | 24 | Oliver Browne | (Ilford Athletic Club) | 100m | 23.49.31 | 789 |

Finally, Mark Easton has put together a great website photo gallery at <http://photosbymark.fotoblog.co.uk> and I taken the liberty of extracting a few photos for our newsletter.



Sandra Brown, Carol Baird and Mark Wall in action - photos by Mark Easton: see <http://photosbymark.fotoblog.co.uk/>

WHAT'S COMING UP NEXT?

Next Saturday sees us hosting the Victorian 10 km road walking championships for men and women as well as our own VRWC club championship for women over the same distance (for the Mabel Robinson Trophy).

| Saturday 25th July 2009, Albert Park | | | |
|---|------|--|------------|
| Athletics Victoria & VRWC Events: VRWC Entries close for all events at 2.00pm sharp. | | | |
| 2.15pm | 10km | Victorian Championship & Teams event | Open Men |
| | | Winner is awarded the C.H. [Bert] Gardiner Medal | |
| 2.15pm | 10km | Victorian Championship | Open Women |
| 2.15pm | 10km | VRWC Championship - Mabel Robinson Trophy | Open Women |
| 2.15pm | 10km | Handicap | Open |
| 2.30pm | 5km | Handicap | Open |
| 2.30pm | 3km | Handicap | Open |
| 2.30pm | 3km | Handicap | Under 15 |
| 2.40pm | 2km | Handicap | Under 12 |
| 2.40pm | 1km | Handicap | Under 9 |

The Victorian men's 10 km championship is a special event for us as the winner is awarded the **C. H. (Bert) Gardiner Medal**. This medal commemorates the life of one of our greatest life members, Bert Gardiner, who was the father of current club member Bob. The award was first awarded in 1996 and since then it has been won by a number of our top walkers.

| | | | |
|------|-------------------|---------------|---------|
| 1996 | Harbour, Travis | Ringwood | 45.24.0 |
| 1997 | Donahoo, Mark | Collingwood | 44.13.0 |
| 1998 | Harvey, Michael | Waverley | 44.22.0 |
| 1999 | Donahoo, Mark | Aths Essendon | 46.55.0 |
| 2000 | Malcolm, Bradley | Doncaster | 46.56.0 |
| 2001 | Tallent, Jared | Ballarat YCW | 44.15.0 |
| 2002 | Tallent, Jared | Ballarat YCW | 45.55.0 |
| 2003 | Van Kopplen, Paul | Ringwood | 46.39.0 |
| 2004 | Barnes, Tom | Glenhuntly | 47.11.0 |
| 2005 | Erickson, Chris | Aths Essendon | 47:24 |
| 2006 | Tom Barnes | Ringwood | 44:49.8 |
| 2007 | Daniel Coleman | TAS | 46:35 |
| 2008 | Tom Barnes | MUAC | 43:01 |

Here is a brief rundown of some of Bert's credits – he is one of the legends of Victorian Athletics.

Australian 7 miles Walk Champion -1925
 Victorian 10 miles Walk Champion - 1925
 Winner of four consecutive 1 mile Victorian Walk Championships, 1929 to 1932
 Life member and founding member, V.A.W.C. (now V.R.W.C.)
 and Victorian Marathon Club.
 Chairman, Australian Athletic selection panel - 18 years

Athletics Team Manager, 1958 British Empire & Commonwealth Games, Cardiff
 Chairman & Referee - Road Events, 1956 Olympic Games, Melbourne
 Member of World Athletic Statisticians
 Referee - Marathon, 1962 Commonwealth Games Perth
 Chief Finish Judge - Road Events, 1982 Commonwealth Games Brisbane
 Life Member & Award of Merit, A.A.U. (now A.A.)
 Life Member, 1953, V.A.A.A. (now A.V.)
 Life Member, Moreland A.C.
 Founder, Preston A.C., Moreland Womens A.C.
 Awarded the Queens Jubilee Medal 1977
 I.A.A.F. 75th. Anniversary Award 1987
 Also a handy runner, he competed over every distance from 100 yards to marathon
 Inter services and R.A.A.F. 1 mile walk, 440 yards & 1 mile run Champion, 1923
 Victorian Interclub regular competitor for 36 years
 Returned to competition aged 85, winning the silver medal in the 5K walk at the World Veterans
 Games, Melbourne 1987



Overall winner Bert Gardiner (white shorts, centre) accepts the Glover Shield trophy after the Victorian team won the teams event at the 1925 Australian 7 Mile walk championship. This trophy, now full, is to be seen on our clubroom walls. It is the most significant trophy in Australian racewalking, having been awarded annually since 1923.

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. | | | |

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**

Tim Erickson, Secretary, VRWC

terick@melbpc.org.au

Home: 03 90125431 Mob: 0412 257 496

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