



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AV AND VRWC CHAMPIONSHIPS, ALBERT PARK, SUNDAY 9 AUGUST 2009

My report is coming this week from Sweden where I am enjoying a few quiet days along the coast south of Goteberg with my cousins. Stu Cooper has kindly forwarded the race report to me and Terry Swan has uploaded a big selection of photos to the VRWC website for general viewing (<http://www.vrwc.org.au/coppermine>) and my job is just to put a bit of writing around the results – I've got the easy part! I haven't included many photos this week due to limited internet access – next week I should be back to normal in Berlin.

It was another big day of racing at Albert Park on Sunday as 88 walkers met to contest the annual Victorian roadwalking championships. The big event of the day (at least in terms of distance) was the 30 km for Open Men and it was Tom Barnes who won it for the third time in the last 4 years with a very good time of 2:20:21. It was then a long wait for the other two finishers, Simon Evans and Stuart Cooper. But for both walkers, it was a job well done just to finish such a challenging event. I checked back in my records and found that the last time Stuart Cooper scored a Victorian championship medal was in 1981 when he was second in the Victorian 50 km event. It is a case of a long time between drinks so well done to Stu on such a momentous comeback.

AV 30km Open Men

1.	Barnes, Tom	MUU	2:20:21
2.	Evans, Simon	BOH	2:59:37
3.	Cooper, Stuart	SSH	3:27:31



30km third place getter Stu Cooper says – thank goodness that's over! U10 10km winner Rhydian Cowley shows impeccable style as he powers to 47:45

Our younger walkers were in action over distances ranging up to 10km and the full results are shown below. The pick of the times were probably Rachel Tallent (a 3 sec PB of 49:31 for the U20 10km), Rhydian Cowley (47:45 for the U20 10km), Beth Alexander (24:37 for the U18 5km), Amy Burren (25:36 for the U16 5km), Stephanie George (15:07 for the U14 3km) and Brad Simpson (54:02 for the U18 10km).

AV 10km U20

1.	Cowley, Rhydian	GHY	47:45
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1.	Tallent, Rachel	BYC	49:31
2.	Attard, Tamara	KNA	1:01:30
3.	Shaw, Kirstin	WES	1:02:58

AV 10km U18 Men

1.	Simpson, Brad	KNA	54:02
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AV 5km U18 Women

1.	Alexander, Beth	KNA	24:37
2.	Brazel, Hilary	ANW	27:12
3.	Tallent, Ebony	BYC	29:20
4.	Payne, Emily	COR	30:24

AV 5km U16

1.	Clark, Lewis	CHI	26:26
2.	Walker, Jared	COR	27:30
3.	Gardner, Aaron	DIV	28:12
4.	Tam, Aaron	KNA	30:16
	Felton, Matt	KNA	DNF
	Antidormi, Ryan	ANW	DQ
1.	Burren, Amy	MAL	25:36
2.	Finnegan, Amelia	KNA	25:47
3.	Hockley Samon, Jmara	CHI	26:57
4.	Heard, Amanda	EAG	27:36
5.	Albert, Ashley	MAL	28:15
6.	Whiley, Ebony	EAG	28:25
7.	Mason, Ella	BOH	28:33
8.	Attard, Bianca	KNA	28:53
9.	Campbell, Caitlin	ATE	29:32

AV 3km U14

1.	Allamby, Billy	KNA	15:53
2.	Heiden, Dane	BEU	16:25
3.	Taylor, Lucas	SCA	16:59
	McShanag, Connor	ATE	DQ
1.	George, Stephanie	SCA	15:07
2.	Burren, Sarah	MAL	15:38
3.	Guy, Rebecca	CCA	16:16
4.	Irshad, Jasmine	SCA	16:26
5.	Stadus, Lauren	KNA	16:31
6.	Walker, Megan	COR	17:32
7.	Campbell, Rebecca	ATE	18:52



Billy Allamby, Stephanie George and Rachel Tallent take gold in their respective events



Amy Burren, Amelia Finnegan, Lewis Clark and Brad Simpson in action

There were also a selection of VRWC events on offer, including U9 and U12 2km club championships. The 5km event was keenly contested with James Seid-Christmass, Bernie Keirl, Megan Szirom and Kylie Irshad all doing good times. The U9 and U12 events were also great events by the look of things. Reese Walmsley and Kyle Swan walked neck and neck in the U12 boys event with Reese getting up by the smallest of margins, 10:40 to 10:41 while Megan Walker won the girls' event and also broke the 11 minute barrier with 10:58. In the U9 events, James Burren (13:07) and Georgia Bertrand (11:33) were the winners.

VRWC Open 5km

- | | | |
|----|------------------------|-------|
| 1. | Seid-Christmass, James | 26:13 |
| 2. | Keirl, Bernie | 26:16 |
| 3. | Bennett, Ralph | 26:52 |
| 4. | Elms, Jason | 30:06 |
| 5. | Dickenson, Russ | 32:55 |
| 6. | Doran, Anthony | 33:01 |
| 7. | Wood, Robin | 34:45 |
| 8. | Wicks, Barrie | 35:06 |
| 9. | Onley, Gordon | 39:30 |

- | | | |
|----|------------------|-------|
| 1. | Szirom, Megan | 25:22 |
| 2. | Irshad, Kylie | 26:07 |
| 3. | Elms, Donna | 32:11 |
| 4. | Johnson, Celia | 35:12 |
| | Brunton, Caitlin | DNF |

VRWC 2 km U12 Club Championship

- | | | |
|----|------------------------|-------|
| 1. | Walmsley, Reese | 10:40 |
| 2. | Swan, Kyle | 10:41 |
| 3. | Owen, Cooper | 11:02 |
| 4. | McNicol-Davidson, Cody | 12:14 |

- | | | |
|-----|-------------------|-------|
| 1. | Walker, Megan | 10:58 |
| 2. | Hamilton, Emily | 11:23 |
| 3. | Bertrand, Carly | 11:30 |
| 4. | Barbour, Beth | 11:52 |
| 5. | McCann, Tessa | 12:04 |
| 6. | Cullen, Larissa | 12:28 |
| 7. | Swan, Emily | 12:33 |
| 8. | McLaren, Stacey | 12:41 |
| 9. | Crea, Gabriella | 12:44 |
| 10. | Segota, Bronte | 13:34 |
| 11. | Harrison, Charlee | 13:42 |

VRWC 2 km U9 Club Championship

- | | | |
|----|----------------------|-------|
| 1. | Burren, James | 13:07 |
| | Hockley Samon, Harry | DQ |

Hockley Samon, Tom DQ

1. Bertrand, Georgia 11:33
2. George, Hayley 11:42
3. Lee, Georgia 12:01
4. Xuereb, Tara 13:12
5. Lillie, Jessica 13:34
6. Lillie, Brianna 13:57
7. Taylor, Lee 16:00



Megan Walker, Emily Hamilton, Jessica Lillie, James Swan, Tara Xuereb, Reese Walmsley, Kyle Swan and Georgia Bertrand in action in the VRWC U9 and U12 Club Championships.

Thanks to the many people who helped ensure a successful weekend. Sorry if I missed anyone.

Officials: Harry Summers, Bob Gardiner, Ron Miller, Jim Leppik, Russ Dickenson, Paul Kozaris, Marlaine Stanway, Celia Johnson, Bob Hallett, Don McLaren, Matt Owen

Judges: Gordon Loughlan (Chief), Peter Vysma, Lloyd Nicholas, Francis Attard, Elke Raselli, Alan Lucas, Shane Bertrand, Les Clarke (DQ board)

18th WORLD MASTERS ATHLETICS CHAMPIONSHIPS, LAHTI, FINLAND, 28 JULY – 8 AUGUST 2009

This week I conclude my report on the World Masters Championships with reviews of the two roadwalks.

10km Road Walks, Monday 3rd August 2009

Mark Donahoo reported as follows on what was a very successful day for the small Aussie contingent.

What a day- 4 gold, 3 silver 1 bronze and 1 bronze team medal for the Australian Team.

The day started with a lovely blue sky but not too hot, which was ideal for the Mens 70-90 10km walk. 3 Men started for Australia in the 70-75 age group with Murray Dickinson coming 2nd in 57.54min. He was again unable to beat Arthur Thomson from GB who won in 56.27min. Geoff Major went out for a stroll but his competitive nature took over for him to over take some of his competitors late in the race to finish in 1.11.58. Ian Beaumont again walked very well to finish in 1.19.04. The Men finished 4th in the teams. The course has a difference of 8 metres and was based on a triangle. One section on the way out of the triangle was difficult and so was the finish start (300m).

Womens 60+, Liz Feldman started steadily but again beat the European Champion to win the gold in 1.02.55. In the 70+, Margaret Beaumont walked her best for the winter to win the silver medal in 1.17.15 and Lynne Schickert walked well in the 65+ to finish in 1.15.34 The three combined to win the bronze team medal for the 60+ age group.

Andrew Jamieson won his 60+ race convincingly in 51.46min after a steady start. Lyn Ventris won her 50+ race after being the first walker across the line in 53.08 and Heather Carr came second in the 55+ walk, just 2 weeks of turning 60, in 58.08. Mark walked a solid race in the Men's 50+ to achieved a second SB for his races in Lahti to win the bronze medal in 51.58. Start Kollmorgen walked a well judged race in his first major international competition to win the Mens 40+ and earn his first gold medal in 50.03min.

Well done to all walkers

Mark in Lahti

The overall results for all the Australians read as follows

M70	Murray Dickinson	2 nd	57:54 (team 4 th)
M70	Geoff Major	15 th	71:58 (team 4 th)
M70	Ian Beaumont	22 nd	79:04 (team 4 th)
M60	Andrew Jamieson	1 st	51:46
M50	Mark Donahoo	3 rd	51:58
M40	Stuart Kollmorgen	1 st	50:03
W70	Margaret Beaumont	2 nd	77:15 (team 3 rd)
W65	Lynne Schickert	11 th	75:34 (team 3 rd)
W60	Liz Feldman	1 st	62:55 (team 3 rd)
W55	Heather Carr	2 nd	58:08
W50	Lyn Ventris	1 st	53:08

Thanks to Rudolf Skrucany for his review of the times of all the medallists in the 10km road walk. By the look of things, the top age groups in terms of time vs age were M70, M55 and W55. But a special note for the winner of the W65 10km – Heidi Maeder of Switzerland in 57:28. Now that is really hiking!

W100 : ----	M100: -----
W95 : -----	M95 : -----
W90 : - 108.07	M90 : -----
W85 : -----	M85 : - 78.57 - 89.11 - 114.12
W80 : - 84.19 - 91.32	M80 : - 69.00 - 70.05 - 70.18
W75 : - 86.50 - 91.48	M75 : - 64.47 - 65.43 - 65.47
W70 : - 76.13 - 77.15 - 83.07	M70 : - 56.27 - 57.54 - 58.56
W65 : - 57.28 - 65.01 - 66.34	M65 : - 55.56 - 57.49 - 61.01
W60 : - 62.55 - 63.46 - 64.45	M60 : - 51.46 - 53.08 - 53.22
W55 : - 56.46 - 58.08 - 59.18	M55 : - 49.28 - 49.38 - 50.21
W50 : - 53.08 - 56.47 - 56.59	M50 : - 49.59 - 50.29 - 51.58
W45 : - 54.12 - 54.23 - 55.30	M45 : - 46.37 - 47.17 - 47.34
W40 : - 68.41	M40 : - 50.03 - 53.38 - 53.47
W35 : - 55.35 - 57.05 - 59.04	M35 : - 44.07 - 45.04 - 46.41

Check out <http://live.time4results.com/au/2009/wma2009/textfiles/results090803.txt> for the full details of all events contested on that particular day.

20km roadwalks, Thursday 6 August 2009

It was another big medal day for Australia with the 20m roadwalks on Thursday 6 August. Liz Feldman (W60), Andrew Jamieson (M60) and Lynne Ventris (W50) won their third golds for the championships with dominant displays while Stuart Kollmorgen won his second gold from 2 starts. Heather Carr (W55) took a bronze to go with her 2 silvers while Murray Dickinson, walking in probably the strongest competition of the lot in the M70, had to be content with 4th place after his silvers in the two earlier races. The judges were out in force and there were a lot of disqualifications in the older age groups and Margaret and Ian Beaumont were amongst the walkers who were effected. The results for our walkers were as follows

W50	1	Lynne Ventris	1.48.04
W55	3	Heather Carr	2.03.36
W60	1	Liz Feldman	2.12.10
W70	DQ	Margaret Beaumont	
M40	1	Stuart Kollmorgen	1.44.39
M60	1	Andrew Jamieson	1.44.11
M70	4	Murray Dickinson	2.06.32
M70	11	Geoff Major	2.28.55
M70	DQ	Ian Beaumont	

Thanks to Rudolf Skrucany for extracting the times of all medallists in each division

M100: -----	W100 : ----
M95 : -----	W95 : ----
M90 : -----	W90 : ----
M85 : - dq's	W85 : - dq's
M80 : - 2.24.05 - 2.25.37 - 2.30.10	W80 : - dq'a
M75 : - 2.16.35 - 2.17.39 - 2.17.58	W75 : - dq's
M70 : - 1.58.19 - 2.04.44 - 2.05.02	W70 : - dq's
M65 : - 1.57.26 - 1.58.31 - 2.02.57	W65 : - 2.00.03 - 2.18.08 - 2.20.29
M60 : - 1.44.11 - 1.52.44 - 1.53.28	W60 : - 2.12.10 - 2.14.26 - 2.22.53
M55 : - 1.42.28 - 1.42.40 - 1.45.48	W55 : - 2.00.25 - 2.02.18 - 2.03.36
M50 : - 1.45.18 - 1.52.01 - 1.53.52	W50 : - 1.48.04 - 2.06.58 - 2.11.14
M45 : - 1.37.34 - 1.40.15 - 1.43.04	W45 : - 1.52.39 - 1.54.38 - 1.56.48

M40 : - 1.44.39 - 1.54.13 - 1.55.53
M35 : - 1.33.42 - 1.35.45 - 1.49.44

W40 : - ----
W35 : - 2.11.51

Check out <http://live.time4results.com/you/2009/wma2009/textfiles/results090806.txt> for the full details of all events contested on that particular day.

Finally, a special thanks to Emmanuel Tardi who forwarded me the following great shots of most of our walkers in the road events. You can see these and lots more photos from the World Masters events at his website: <http://www.athletissimo.com>



Triple gold medallists Andrew Jamieson, Liz Feldman and Lynne Ventris (photos Emmanuel Tardi)



Multiple medallists Heather Carr, Murray Dickinson and Mark Donahoo (photos Emmanuel Tardi)



Also walking with distinction – Geoff Major, Margaret Beaumont and Ian Beaumont (photos Emmanuel Tardi)

JESS ROTHWELL IN THE NEWS

David Armstong has done it again with another of his his superb video productions at athsvicTV. The latest is an indepth profile of our latest walking sensation Jess Rothwell who will represent Australia at the Berlin 2009 World Champs in the 20km Walk. Check out <http://www.youtube.com/watch?v=NOsZpDKRb0M>. Well done David – another top effort.

VLAA SEMINARS, SUNDAY 18 OCTOBER 2009

VLAA Development Officer Shane Bertrand is conducting two more walking activities this summer - a **Race Walking Judges seminar** and a **Race Walking Coaching clinic**. The date has been set for **Sunday 18th October** and the venue is once again the Collingwood Harriers Athletics Track in Clifton Hill. A highlight for the athletes will be the guess appearance of Jess Rothwell to assist with the coaching. Shane advises that the judges' seminar is ideally suited to some of the parents of our younger or beginning athletes in VLAA. These were popular events last year so I include links to the two registration forms – make sure you don't miss out

http://www.vrwc.org.au/Race_Walking_Judging_seminar_2009.doc

http://www.vrwc.org.au/Race_Walking_coaching_clinic_2009.doc

SBS TELEVISION WILL COVER THE IAAF WORLD CHAMPIONSHIPS

Fans of athletics will be treated to more than 40 hours of free-to-air TV coverage in Australia on SBS ONE and SBS TWO. In particular, all 3 racewalks at the IAAF World Championships in Berlin will be broadcast pretty much live. The full SBS broadcast schedule shows live coverage overnight and each evening as well as a highlights package each morning. See http://www.athletics.com.au/news/news/2009/august/sbs_to_broadcast_world_champio/sbs_broadcast_schedule for full details. Walks particulars as follows

Event	Date / Start Time (Berlin)	Date / Start Time (AEST)	SBS Coverage Time
20km walk men	Sat 15 August - 1PM	Sat 15 August - 9PM	7:30PM live coverage
20km walk women	Sun 16 August– 12PM	Sun 16 August– 8PM	7:30PM live coverage
50km walk men	Fri 21 August – 9:10AM	Fri 21 August – 5:10PM	7:30PM live coverage

PROVISIONAL START LISTS FOR THE BERLIN WORLD CHAMPS

Berlin, Germany - The Provisional Entry List for the 12th IAAF World Championships in Athletics, Berlin, Germany (15 to 23 Aug 2009) is now available on the IAAF Website. Fields are generally smaller than the Olympics as most countries send reduced teams – it is in fact generally harder to make a World Champs team than to make an Olympic team. The 3 racewalks each show some 50 starters but it 50 of the best in each event and the walks are going to be fantastic events to watch. Russia tops the list with 10 walk places filled (the previous winner of the women's event in 2007 is a wildcard entry). Australia, China and Japan come next with all 9 normal places filled, followed by Spain and Italy with 8 of the 9 spots filled. Other countries all have lesser numbers of walkers overall. It is a tough ask for a country to boast so many top walkers at any one time. A small number of walkers have nominated for the 20km / 50km double – Jared TALLENT and Luke ADAMS (AUS), Koichiro MORIOKA (JPN), Jesús SÁNCHEZ (MEX), Erik TYSSE (NOR) and Matej TÓTH (SVK).

20 km Race Walk Men	Country	DOB	PB	SB
Juan Manuel CANO	ARG	12 Dec 87	1:26:36	1:26:36
Luke ADAMS	AUS	22 Oct 76	1:19:15	1:21:17
Adam RUTTER	AUS	24 Dec 86	1:21:49	1:22:16
Jared TALLENT	AUS	17 Oct 84	1:19:41	1:19:42
Dzianis SIMANOVICH	BLR	20 Apr 87	1:22:26	1:22:43
José Alessandro BAGIO	BRA	16 Apr 81	1:21:43	1:22:53
Moacir ZIMMERMANN	BRA	30 Dec 83	1:21:35	1:21:35
Yerko ARAYA	CHI	14 Feb 86	1:24:18	1:24:18
Yafei CHU	CHN	5 Sep 88	1:18:44	1:19:51
Jianbo LI	CHN	14 Nov 86	1:19:34	1:19:57
Hao WANG	CHN	16 Aug 89	1:19:27	1:19:27
Luis LÓPEZ	COL	3 Jun 79	1:20:26	1:22:18
Allan SEGURA	CRC	23 Dec 80	1:23:12	1:29:06
Mauricio ARTEAGA	ECU	8 Aug 88	1:23:18	1:23:18
Andrés CHOCHO	ECU	4 Nov 83	1:22:05	1:24:51
Rolando SAQUIPAY	ECU	21 Jul 79	1:19:21	1:27:17
José Ignacio DÍAZ	ESP	22 Nov 79	1:21:48	1:22:17
Francisco Javier FERNÁNDEZ	ESP	6 Mar 77	1:17:22	1:19:57
Juan Manuel MOLINA	ESP	15 Mar 79	1:19:19	1:23:02
André HÖHNE	GER	10 Mar 78	1:20:00	1:21:30
Babubhai PANUCHA	IND	10 Aug 78	1:23:40	1:24:05
Robert HEFFERNAN	IRL	28 Feb 78	1:19:22	1:23:35
Ivano BRUGNETTI	ITA	1 Sep 76	1:19:36	1:22:33
Jean-Jacques NKOULOUKIDI	ITA	15 Apr 82	1:21:45	1:23:55
Giorgio RUBINO	ITA	15 Apr 86	1:19:37	1:19:37
Isamu FUJISAWA	JPN	12 Oct 87	1:21:00	1:21:00
Koichiro MORIOKA	JPN	2 Apr 85	1:21:16	1:21:16
Yusuke SUZUKI	JPN	2 Jan 88	1:22:05	1:22:05
Rustam KUVATOV	KAZ	9 Nov 77	1:23:16	1:23:16
David KIMUTAI	KEN	19 Aug 69	1:20:40	1:23:13
Young-joon BYUN	KOR	20 Mar 84	1:22:37	1:22:37
Hyunsub KIM	KOR	31 May 85	1:19:41	1:22:00
Chil-sung PARK	KOR	8 Jul 82	1:20:17	1:20:45
Vilius MIKELIONIS	LTU	5 Mar 85	1:23:39	1:23:39
Pedro Daniel GÓMEZ	MEX	31 Dec 90	1:22:17	1:22:17
Eder SÁNCHEZ	MEX	21 May 86	1:18:34	1:19:36
Jesús SÁNCHEZ	MEX	23 Mar 76	1:21:14	1:21:14
Erik TYSSE	NOR	4 Dec 80	1:19:11	1:19:44
Pavel CHIHUAN	PER	19 Jan 86	1:24:22	1:24:22
Artur BRZOZOWSKI	POL	29 Mar 85	1:22:23	1:22:23
Jakub JELONEK	POL	7 Jul 85	1:22:17	1:22:17
João VIEIRA	POR	20 Feb 76	1:20:09	1:21:45
Sérgio VIEIRA	POR	20 Feb 76	1:20:58	1:23:24
Valeriy BORCHIN	RUS	11 Sep 86	1:17:38	1:17:38
Andrey KRIVOV	RUS	14 Nov 85	1:19:06	1:19:55
Petr TROFIMOV	RUS	28 Nov 83	1:19:02	1:19:02
Predrag FILIPOVIC	SRB	5 Oct 78	1:21:50	1:27:04
Matej TÓTH	SVK	10 Feb 83	1:20:53	1:20:53
Hassanine SBAI	TUN	21 Apr 84	1:22:14	1:22:14
Ruslan DMYTRENKO	UKR	22 Mar 86	1:21:21	1:21:21
50 km Race Walk Men	Country	DOB	PB	SB
Luke ADAMS	AUS	22 Oct 76	3:47:45	3:47:45
Chris ERICKSON	AUS	1 Dec 81	3:55:30	3:55:30
Jared TALLENT	AUS	17 Oct 84	3:39:27	3:39:27
Mario José DOS SANTOS JR	BRA	10 Sep 79	3:58:30	3:58:30
Lei LI	CHN	29 Nov 87	3:52:38	3:52:38
Faguang XU	CHN	17 May 87	3:54:25	3:55:04
Chengliang ZHAO	CHN	1 Jun 84	3:36:13	3:45:16
Magno Mesias ZAPATA	ECU	8 Jan 81	4:00:29	4:08:10
Marco BENAVIDES	ESA	2 May 86	4:06:01	4:06:01
José Alejandro CAMBIL	ESP	26 Jan 75	3:51:20	3:53:31
Jesús Angel GARCÍA	ESP	17 Oct 69	3:39:54	3:46:27
Mikel ODRIOZOLA	ESP	25 May 73	3:41:47	3:53:13
Jarkko KINNUNEN	FIN	19 Jan 84	3:52:25	3:52:25
Herve DAVAUX	FRA	22 Aug 78	3:57:57	4:10:13
Yohan DINIZ	FRA	1 Jan 78	3:38:45	3:38:45
Cedric HOUSSAYE	FRA	13 Dec 79	3:56:43	4:27:16

André HÖHNE	GER	10 Mar 78	3:49:00	3:49:03
Konstadinos STEFANOPOULOS	GRE	11 Jul 84	4:03:12	4:03:12
Luis Fernando GARCÍA	GUA	13 Sep 74	3:53:31	3:56:58
Jamie COSTIN	IRL	1 Jun 77	3:50:51	3:50:51
Colin GRIFFIN	IRL	3 Aug 82	3:51:32	3:53:54
Diego CAFAGNA	ITA	9 Jul 75	3:53:46	4:01:47
Marco DE LUCA	ITA	12 May 81	3:47:04	3:54:35
Alex SCHWAZER	ITA	26 Dec 84	3:36:04	3:37:04
Koichiro MORIOKA	JPN	2 Apr 85	3:49:12	3:49:12
Takayuki TANI	JPN	14 Feb 83	3:47:23	3:52:22
Yuki YAMAZAKI	JPN	16 Jan 84	3:40:12	3:40:12
Ingus JANEVICS	LAT	29 Apr 86	3:49:50	3:49:50
Donatas ŠKARNULIS	LTU	21 Oct 77	3:49:30	3:53:43
Tadas ŠUŠKEVICIUS	LTU	22 May 85	3:54:37	3:54:40
Horacio NAVA	MEX	20 Jan 82	3:45:21	3:45:21
Jesús SÁNCHEZ	MEX	23 Mar 76	3:51:29	3:53:17
Omar ZEPEDA	MEX	8 Jun 77	3:49:01	3:55:45
Trond NYMARK	NOR	28 Dec 76	3:41:30	3:51:06
Erik TYSSE	NOR	4 Dec 80	3:45:08	3:45:08
Rafał AUGUSTYN	POL	14 May 84	3:52:16	3:52:16
Rafał FEDACZYNSKI	POL	3 Dec 80	3:46:51	3:46:51
Grzegorz SUDOL	POL	28 Aug 78	3:45:47	3:45:47
Augusto CARDOSO	POR	13 Dec 70	3:55:14	4:01:13
António PEREIRA P	OR	10 Jul 75	3:48:12	3:48:12
Yuriy ANDRONOV	RUS	6 Nov 71	3:42:06	3:49:09
Sergey KIRDYAPKIN	RUS	18 Jun 80	3:38:08	3:49:04
Denis NIZHEGORODOV	RUS	26 Jul 80	3:34:14	3:42:47
Nenad FILIPOVIC	SRB	5 Oct 78	4:02:16	4:02:16
Miloš BÁTOVSKÝ	SVK	26 May 79	3:54:08	3:55:35
Matej TÓTH	SVK	10 Feb 83	3:41:32	3:41:32
Andreas GUSTAFSSON	SWE	10 Aug 81	4:00:48	4:06:32
Oleksiy SHELEST	UKR	27 Mar 73	3:55:16	3:55:19

20 km Race Walk Women	Country	DOB	PB	SB
Jess ROTHWELL	AUS	18 Jun 89	1:30:25	1:30:25
Cheryl WEBB	AUS	3 Oct 76	1:29:44	1:29:44
Claire WOODS-TALLENT	AUS	6 Jul 81	1:32:12	1:32:12
Sniazhana YURCHANKA	BLR	1 Aug 84	1:30:33	1:32:53
Geovana IRUSTA	BOL	26 Sep 75	1:32:06	1:36:35
Alessandra PICAGEVICZ	BRA	20 Feb 84	1:35:28	1:37:50
Tania Regina SPINDLER	BRA	10 Apr 77	1:33:23	1:35:41
Rachel LAVALLÉE	CAN	14 Jan 86	1:37:22	1:37:22
Hong LIU	CHN	12 May 87	1:27:17	1:30:01
Mingxia YANG	CHN	13 Jan 90	1:28:56	1:31:40
Yawei YANG	CHN	16 Oct 83	1:27:58	1:30:05
Zuzana SCHINDLEROVÁ	CZE	25 Apr 87	1:32:26	1:32:26
Johana ORDÓÑEZ	ECU	12 Dec 87	1:34:30	1:38:53
Cristina LÓPEZ	ESA	19 Sep 82	1:30:08	1:42:05
Beatriz PASCUAL	ESP	9 May 82	1:27:44	1:29:54
María VASCO	ESP	26 Dec 75	1:27:25	1:32:53
Johanna JACKSON	GBR	17 Jan 85	1:31:16	1:31:16
Sabine KRANTZ	GER	6 Feb 81	1:27:56	1:29:03
María HATZIPANAYIOTÍDOU	GRE	17 Jan 82	1:34:00	1:34:04
Evaggelia XINOÚ	GRE	22 Nov 81	1:32:19	1:33:40
Olive LOUGHNANE	IRL	14 Jan 76	1:27:45	1:30:57
Elisa RIGAUDO	ITA	17 Jun 80	1:27:12	1:29:04
Valentina TRAPLETTI	ITA	12 Jul 85	1:32:53	1:36:32
Masumi FUCHISE	JPN	2 Sep 86	1:28:03	1:28:03
Mayumi KAWASAKI	JPN	10 May 80	1:28:49	1:28:49
Kumi OTOSHI	JPN	29 Jul 85	1:31:42	1:31:42
Svetlana TOLSTAYA	KAZ	9 Aug 71	1:28:38	1:34:03
Kristina SALTANOVIC	LTU	20 Feb 75	1:30:44	1:31:26
Brigita VIRBALYTĖ	LTU	1 Feb 85	1:32:08	1:32:08
Kjersti PLÄTZER	NOR	18 Jan 72	1:27:07	1:28:50
Agnieszka DYGACZ	POL	18 Jul 85	1:32:39	1:32:39
Susana FEITOR	POR	28 Jan 75	1:27:55	1:31:37
Inês HENRIQUES	POR	1 May 80	1:30:24	1:30:34
Vera SANTOS	POR	3 Dec 81	1:28:14	1:29:27
Anamaria GRECEANU	ROU	12 May 89	1:34:21	1:34:21

Ana Maria GROZA	ROU	1 Jun 76	1:29:31	1:29:57
Claudia STEF	ROU	25 Feb 78	1:27:41	1:31:07
Larisa EMELYANOVA	RUS	6 Jan 80	1:25:52	1:25:52
Olga KANISKINA	RUS	19 Jan 85	1:24:56	1:24:56
Anisya KIRDYAPKINA	RUS	23 Oct 89	1:25:26	1:25:26
Vera SOKOLOVA	RUS	8 Jun 87	1:25:26	1:25:26
Marie POLLI	SUI	28 Nov 80	1:32:36	1:32:36
Mária GÁLIKOVÁ	SVK	21 Aug 80	1:33:03	1:33:03
Zuzana MALÍKOVÁ	SVK	2 Aug 83	1:32:14	1:37:40
Monica SVENSSON	SWE	26 Dec 78	1:31:20	1:34:31
Olfa LAFI	TUN	16 Sep 86	1:37:59	1:37:59
Chaima TRABELSI	TUN	80	1:37:44	1:37:44
Olha YAKOVENKO	UKR	1 Jun 87	1:35:16	1:35:16
Teresa VAILL	USA	20 Nov 62	1:33:23	1:36:19

WHAT'S COMING UP NEXT?

Next Saturday is the last points competition day for the winter season and the program reads as follows

Saturday 15th August 2008, Albert Park

VRWC EVENTS: Last Handicap event for the season, Entries close for all events at 2.00pm sharp.

2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	3km	Handicap	Under 15
2.30pm	2km	Handicap	Under 12
2.30pm	1km	Handicap	Under 9

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

Sat 5 Sept, 2009 Last VRWC races for the winter season and Winter Season Presentations, Albert Park

2009 International Fixture

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

Sat 10 Oct 2009 AV Shield Competition commences at all 6 venues with Round 1

6-8 Nov 2009 Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne

Sun 22 Nov 2009 2009 Australian 50 km championship, Fawcner Park, 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 at Olympic Park)

11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs: venue TBC, date tentative.

26-28 Mar 2010 Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)

2-5 April 2010 Easter weekend - Australian Masters T&F Champs, Perth

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 19-25, 2010 World Junior Championships, Moncton, Canada

14-26 Aug, 2010 World Youth Olympics, Singapore

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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