



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AV AND VRWC RACES, ALBERT PARK, SATURDAY 1 MAY 2010

Saturday saw 88 walkers in action at Albert Park in our second winter season walk. The sunny and mild conditions were mitigated by a stonger than needed breeze and a tight 1km course but the walking was high class and the atmosphere was great. Thanks to **Sabby George** for the photos – you can see a bigger selection in our VRWC photo gallery (<http://vrwc.org.au/coppermine/>).

The first events to kick off were the inaugural Victorian 5km Teams Championships, open to any walkers who are current members of Athletics Victoria clubs. We saw 4 teams in action in each of the competitions and I am sure that the numbers will build next year. In the men's event, Stuart Kollmorgen was the fastest with 24:05 but, alas, Collingwood had only 2 starters so they did not feature in the teams competition which was won by the strong Athletics Essendon team of Mark Donahoo, Connor McShanag and Duncan Knox. Knox was second, compliments of some fine walking by the young team of Brad Simpson, Billy Allamby and Matt Felton while third went to the experienced Box Hill team with Simon Evans, Bill Dyer and Harry Summers

VICTORIAN 5KM TEAMS CHAMPIONSHIP – MEN POINTS

1.	Kollmorgen, Stuart	COL	24:05	-
2.	Donahoo, Mark	ATE	24:27	13
3.	Simpson, Brad	KNA	24:48	11
4.	Seid-Christmass, James	COR	25:17	-
5.	Evans, Simon	BOH	25:29	10
6.	McShanag, Connor	ATE	26:43	9
7.	Kaiser , Joshua	SCA	26:52	8
8.	Knox, Duncan	ATE	27:28	7
9.	Allambym Billy	KNA	27:36	6
10.	Dyer, Bill	BOH	27:57	5
11.	Dickenson, Russ	SCA	28:05	4
12.	Felton, Matt	KNA	28:19	3
13.	Taylor, Lucas	SCA	29:05	2
14.	O'Mahony, Michael	KNA	29:45	-
15.	Gardiner, Bob	COL	30:03	-
16.	Summers, Harry	BOH	33:07	1
	Jamieson, Andrew	OSC	DNS	-
	Tam, Aaron	KNA	DNS	-
	Elms, Jason	ATE	DQ	-
1.	ATE	Mark Donahoo, Connor McShanag, Duncan Knox		13, 9, 7 = 29
2.	KNA	Brad Simpson, Billy Allamby, Matt Felton		11, 6, 3 = 20
3.	BOH	Simon Evans, Bill Dyer, Harry Summers		10, 5, 1 = 16
4.	SCA	Joshua Kaiser, Russ Dickenson, Lucas Taylor		8, 4, 2 = 14

The women's Teams Championship was won by the South Coast team, ably led by Kylie Irshad who was fastest overall, with youngsters Stephanie George and Cassie Raselli also in the top 5. The Eaglehawk team of Heather Carr, Ebony Whiley and Annette Major took second while the Athletics Essendon team of Caitlin Campbell, Nardene Hammond and Donna Elms took third. So 5 different AV teams featured overall in the 6 medal placings, a very good result.

VICTORIAN 5KM TEAMS CHAMPIONSHIP – WOMEN POINTS

1.	Irshad, Kylie	SCA	26:37	13
2.	Carr, Heather	EAG	27:12	11
3.	Campbell, Caitlin	ATE	27:37	10
4.	George , Stephanie	SCA	27:53	9
5.	Raselli, Cassie	SCA	28:30	8
6.	Hammond , Nardene	ATE	28:32	7
7.	Whiley, Ebony	EAG	29:52	6
8.	Major, Annette	EAG	30:11	5
9.	Attard, Bianca	KNA	30:21	4
10.	Stadus, Lauren	KNA	30:34	3
11.	Hamilton, Emily	KNA	30:47	2

12.	Elms, Donna	ATE	31:15	1
	Attard, Tamara	KNA	DNS	
	Callaway, Jessica	KNA	DNS	
	Campbell, Rebecca	ATE	DNS	

1.	SCA	Kylie Irshad, Stephanie George, Cassie Raselli	13, 9, 8 = 30
2.	EAG	Heather Carr, Ebony Whiley, Annette Major	11, 6, 5 = 22
3.	ATE	Caitlin Campbell, Nardene Hammond, Donna Elms	10, 7, 1 = 18
4.	KNA	Bianca Attard, Lauren Stadius, Emily Hamilton	4, 3, 2 = 9



Stuart Kollmorgen (COL), Mark Donahoo (ATE), Brad Simpson (KNA) and James Seid-Christmas (COR)



Kylie Irshad (SCA), Heather Carr (EAG), Stephanie George (SCA), Jan Morrey (VRWC), Caitlin Campbell (ATE) and Cassie Raselli (SCA)

Our VRWC club races started 10 minutes later and soon the 1km loop was awash with walkers. Those walkers with an * against their names walked under 'Club Rules'. Pam Tindal 25:28 and Nathan Brill 25:11 were our fastest 5km walkers and would have featured strongly in the AV Teams events if their clubs had been strong enough to have fielded teams. Next year! Club recruiters get busy! We also welcomed first time VRWC walker Howard Gibson to Albert Park and he recorded a good time of 38:32.

VRWC 5KM OPEN

1.	Tindal, Pam	25:28
2.	Thompson, Alison	29:06
3.	Shaw, Kirstin	29:19
4.	Feldman, Liz	29:37
5.	Steed, Gwen	32:02
6.	Johnson, Celia	33:46
7.	Shaw, Robyn	33:53
8.	Gatens, Georgia	34:26
	Stanway, Marlane	DNF

1.	Brill, Nathan	25:11
2.	Bennett, Ralph	27:41
3.	Lucas, Alan	29:21
4.	Dickinson, Murray	30:23
5.	Skrucany, Rudolf	35:51
6.	Wicks, Barrie	36:44
7.	Wood, Robin *	37:07
8.	Gibson, Howard *	38:32

The 3km races also attracted strong fields with Hilary Brazel recording a 5 sec PB of 15:01 to take fastest overall. Other strong walks were seen from Jasmine Irshad who was just outside her best with 16:31 and Cindy Collins who completed her first 3km with 18:23. Young Knox walker Jessie Eastwood also had her first VRWC walk at Albert Park and her first 3km to boot, and she recorded a good 19:00. We also welcomed Josh Savage of Bendigo to his first VRWC walk and he was the fastest U15 boy with 18:52.

VRWC 3KM OPEN

1.	Brazel, Hilary	15:01
2.	McIntyre, Gayle	17:17
3.	Mason, Ella	18:16
4.	Wallace, Anna	18:23
5.	Morrey, Jan	19:11
6.	Holmes, Janet *	19:18
7.	Harrison, Maryanne	21:33
8.	Beaumont, Margaret	23:03

1.	Morrison, John	21:18
2.	Harrison, Lindsay	22:19
3.	Beaumont, Ian *	23:38
4.	Onley, Gordon *	24:43

VRWC 3KM UNDER 15

1.	Irshad, Jasmine	16:31
2.	Collins, Cindy	18:23
3.	Walker, Megan	18:25
4.	Barbour, Beth	18:40
5.	Gerlich, Annemaree	18:49
6.	Eastwood, Jessie	19:00
7.	Ventura, Amy	19:06

1.	Savage, Joshua	18:52
2.	Tremigliozi, Paul	20:00
3.	McNicol-Davidson, Cody	20:20



VRWC walkers Joshua Savage, Jessie Eastwood, Cindy Collins, Hilary Brazel, Howard Gibson and Nathan Brill in action

We had big Under 12 and Under 9 fields and the star performer was definitely Jemima Montag who powered through to take fastest time in the 2km with 10:57. In other performances of note, Bronte Segota did a 14 sec PB with 12:13, Jessica Lillie took over a minute of her best with 12:28 and Josh Tremigliozi was the fastest U12 boy with 16:33. In the U9s, Kristina Collins took 23 secs of her best from last winter, winning overall with 6:02 to just pip Chelsea Owen-Smith who recorded as 12 sec PB of 6:03 and Brianna Lillie whose 6:05 was a 13 sec PB. Hayden Walmsley was the fastest U9 boy with 6:29, a 13 sec PB.

VRWC 2KM UNDER 12

- | | | |
|----|-------------------|-------|
| 1. | Montag, Jemima | 10:57 |
| 2. | De Lisen, Paige | 11:48 |
| 3. | Segota, Bronte | 12:13 |
| 4. | McCann, Tessa | 12:16 |
| 5. | George, Hayley | 12:22 |
| 6. | Lillie, Jessica | 12:28 |
| 7. | Kay, Shelby | 12:42 |
| 8. | Harrison, Charlee | 13:39 |

- | | | |
|----|---------------------|-------|
| 1. | Tremigliozi, Joshua | 16:33 |
| | Walmsley, Reese | DQ |
| | Davidson, Harley | DQ |

VRWC 1KM UNDER 9

- | | | |
|----|---------------------|-------|
| 1. | Collins, Kristina | 06:02 |
| 2. | Owen-Smith, Chelsea | 06:03 |
| 3. | Lillie, Brianna | 06:05 |
| 4. | O'Mahony, Kathleen | 06:14 |
| 5. | Taylor, Lee | 06:30 |
| 6. | Mason, Livinia | 07:44 |

- | | | |
|----|------------------|-------|
| 1. | Walmsley, Hayden | 06:29 |
| 2. | Wright, Ethan | 07:12 |
| 3. | Candotti, Noah | 07:52 |



Jemima Montag, Joshua Tremigliozi, Bronte Segota, Lee Taylor (with Hayley George in back) and Hayden Walmsley



AV Teams presentations – Caitlin, Nardene, Kylie, Stephanie, Cassie, Annette, Ebony and Heather



AV Teams presentations – Mark, Connor, Duncan, Billy, Brad and Matt

Finally, thanks to all those who keep the show on the road each week. Sorry if I have missed anyone

Officials: Tim Erickson, Ron Miller, Bob Gardiner, Harry Summers, Stuart Cooper, Judy Walters, Mark O'Mahony, Matt Owen, Damien Elms, Jim Leppik, Natalie Laurie, Brian Hamer

Judges: Gordon Loughnan (C), Peter Vysma, Lloyd Nichols, Brian Williams, Kathleen Marsh, Brenda Felton, Terry Knappe, Judy Mason, Micheal Bodey (DQ Board)

Canteen: Barb Gardiner, Joyce Summers, Kate Suich

VRWC STYLE AWARD COMPETITION KICKS OFF

We kicked off our winter season Style Award competition on Saturday. These points build up over the season in each of the four divisions shown and trophies are presented to the 4 winners at our end of season presentations in September.

Open/U15 Men	Open/U15 Women	U9/U12 Boys	U9/U12 Girls
9 Stuart Kollmorgen	9 Jasmine Irshad	6 Ethan Wright	3 Jemima Montag
4 James Seid-Christmass	6 Pam Tindal	2 Noah Candotti	3 Jessica Lilley
3 Nathan Brill	3 Kylie Irshad	2 Joshua Tremigliozi	3 Kristina Collins
3 Russ Dickenson	3 Stephanie George		3 Charlee Harrison
3 Billy Allamby	2 Cassie Raselli		2 Hayley George
2 Rudolf Skrucany	2 Heather Carr		1 Lee Taylor
2 Brad Simpson	2 Lauren Stadus		
1 Duncan Knox			

A good style is a walker's greatest asset and we as a club want to reinforce the importance of this aspect of racewalking. But what exactly is a good style? We all have our own ideas but the ones best situated to decide are the judges. Hence, we ask each judge to award 3,2 and 1 points for the male and female walkers who walk with the fairest and best style each week. It does not matter in which event the walker is competing, nor does the age of the walker matter. A judge might award 3 points to a 13 year old walker and 2 points to an 80 year old walker! That is up to the judge.

Note that 'club rules' walkers (yellow numbers in the range 481-500) are excluded from this competition but they do accrue points in our Handicap and Fastest Times competitions which I will discuss in greater depth next week.

ACT RACE & FITNESS WALKING CLUB WALKS, LAKE GINNINDERRA, SATURDAY 1 MAY 2010

Thanks to Robin Whyte for the ACT results from Saturday – quick walking by Brendon and Michael Reading and Harry Bates.

7.1 km Walk

B Reading 33.46 M Reading 37.14 H Bates 37.44 A Staunton-Jugovic (f) 40.32 H Bialecki(f) 43.58 R Whyte 44.24 R Gilchrist 47.44 M Short(f) 47.53 G Barker 50.13 D Robinson 51.43 J Gilchrist (f) 53.38 N Gloe 56.40 J Gloe 58.31 V Chesterton (f) 60.01 J Bourke(f) 68.15 M Wahren (f) 68.41 N de Chaza l(f) 68.54.

2 km Walk

Z Hunt (f) 11.29 K Baker (f) 13.55 T Hopkins 15.55 Courtney Hopkins (f) 16.06 Cassandra Hopkins (f) 19.13 C Booth (f) 19.30 E Hopkins(f) 20.50.

1 km Walk

G Hun t(f) 6.18 M Bavongkhoun (f) 8.30.

BENDIGO WALKERS CLUB EVENTS, LAKE NEANGAR, BENDIGO, SUNDAY 2 MAY 2010

Thanks to Paul Rance for his usual weekly report from Bendigo. It is good to see Josh Savage and Ebony Whiley backing up after their walks at Albert Park the day before.

The Bendigo Walkers Club held 2km, 5km and 8km races on Sunday morning. Dane Heiden was first across the line in the 2km with Grace Edlin close up in 2nd place, while the sealed handicap section of the event saw the placings reversed with Grace taking the sealed handicap victory and Dane in 2nd place with Jamie-Lee Jones 3rd.

The 5km race saw a close encounter between Amanda Heard and Ebony Whiley with Amanda holding off the fast finishing Ebony to take line honours with both athletes recording excellent times while Josh Savage was the 3rd athlete to finish. The sealed handicap section saw Annette Curtis winning her 2nd successive race with Amanda Heard and Ebony Whiley taking 2nd and 3rd placings respectively.

Geoff Major was the only starter in the 8km event and he completed the course in a time of 57.53.

2km Walk

Dane Heiden 11.30, Grace Edlin 11.38, Charlotte Edlin 13.29, Jamie-Lee Jones 19.13

5km Walk

Amanda Heard 28.42, Ebony Whiley 28.44, Josh Savage 33.17, Annette Curtis 36.43, Colin Cleary 37.44, Catherine Heard 38.53, Ebony-Jade Jones 44.04

8km Walk

Geoff Major 57.53

The Club's next competition will be held on Sunday 16th May with 1600m and 3200m handicap races being held at Lake Neanger at 10am.

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE , SATURDAY 1 MAY 2010

Thanks to Peter Crump for his report on the first week of the winter season for the South Australian Race Walking Club.

The first week of the winter season saw a large group of new (junior) walkers, and we hope that the enthusiasm that they showed in their first walk with SARWC will continue. **Darren Bown** (certainly not a junior) showed his resilience with a strong first up time for the 8km, on the comeback from a hamstring tear from March. **Paige Hooper** produced a strong time for the 4km, to remind us that she remains at the top of her form following her attainment of selection at both World Cup and World Junior levels. Among the new junior walkers, we were pleased to see PB's from **Rhiannon Lovegrove**, **Chantelle Nicolaides** and **Jessica Stevens**.

We look forward to further improvement and solid results from all of our new members, as they have a number of strong role models in our club.

8 km Walk

1.	Darren Bown	36:10
2.	Kim Mottrom	41:13
3.	Peter Crump	46:34
4.	Kristie Goznik	46:36
5.	Gloria Holliday	51:55
6.	Jim Hoare	54:17
7.	Bill Starr	56:08
8.	Barb Cain	59:40

4 km Walk

1.	Paige Hooper	18:37
2.	Lotta Danner	20:51
3.	Amber Tuscharski	21:26
4.	Jemma Potezny	21:46
5.	Sandy Brunner	23:55
6.	Alison Stampke	26:00

2 km Walk

1.	Yvette Becker	10:39
2.	Piper Douglas	11:41
3.	Jessica Stephens	11:43
4.	Mason Heath	11:45
5.	Issy Tucker	12:04
6.	Julia Potezny	12:10
7.	Rebecca Burat	12:17

1 km Walk

1.	Alix Harlington	5:39
2.	Rhiannon Lovegrove	6:07
3.	Michaela Caddman	6:11
4.	Elsie Potezny	6:54
5.	Chantelle Nicolaides	6:58
6.	Michael Nicolaides	8:01

WESTERN AUSTRALIAN ROADWALKS, WILSON, SUNDAY 2 MAY 2010

Thanks to Terry Jones for forwarding the WA walk results from Sunday when team relays were the order of the day.

3 x 2km Team Relay

1 st	Team 2	Michael Catley	12.36, 12.02	Team total:	70.10
		Mikayla Johns	12.10, 12.23		
		Hannah Watson	10.16, 10.43		
2 nd	Team 4	Carla Unicom	11.53, 12.21	Team total:	71.57
		Alana Rees	13.15, 13.30		
		Kate Holt	10.24, 10.30		
3 rd	Team 1	Mathew Gooch	10.46, 10.54	Team total:	72.12
		Jayde Frank	12.34, 11.54		
		Breanna Fallows	13.16, 12.48		
4 th	Team 5	Tom Lenane	11.54, 12.08	Team total:	73.25
		Jeremy Hill	12.38, 12.19		
		Holly Hughes	11.46, 12.40		
5 th	Team 3	Mitchell Lees	11.45, 11.22	Team total:	73.58
		Cheyenne Yates	14.04, 14.17		
		Jacqueline Smith	10.46, 11.44		

Mothers Day Trophy 2K

1.	Tanya Fallows	14.35
2.	Robin Hughes	14.58
3.		
4.	Belinda Frank	15.55
5.	Debra Hill	16.59
6.	Debbie Lees	17.08
7.	Rose Hollaway	17.28

53RD COPPA CITTÀ DI SESTO SAN GIOVANNI, SESTO SAN GIOVANNI, ITALY, SATURDAY 1ST MAY

Reigning 50 km Olympic champion Alex Schwazer of Italy and Vera Santos of Portugal took the honours at the 53rd edition of the famous Coppa Città di Sesto San Giovanni race on Saturday. This IAAF Race Walking Challenge event, the only one on Italian soil, was the last chance for a hitout for the top Europeans before the World Racewalking Cup in Mexico in 2 weeks time and the big names were out in force. The race started and finished in the Dordoni Stadium and used 2km laps around the inner city streets. You can check out full race details and full results at the race website <http://www.sestowalks.it>. My report and photos are taken from Diego Sampaolo's report on the IAAF website (<http://www.iaaf.org>).



Sesto San Giovanni winners Vera Santos (Portugal) and Alex Schwazer (Italy) will be amongst the favourites in Mexico in 2 weeks time

20km Men

The men's race set off from the Pino Dordoni Stadium at 4 pm on a warm and humid afternoon. The leading pack, featuring Schwazer, Eric Tysse of Norway, Yohan Diniz of France, Ireland's Robert Heffernan and Brazilian Moacir Zimmermann, started conservatively in the first part reaching the 5km in 20:27.

Schwazer, who broke the 20km Italian record in Lugano with 1:18:24 last March, broke away at 6km when he launched his decisive attack. He reached the 10km mark in 40:17 (with a 5km split between 5 and 10km clocked in 19:48).

He increased his lead on Tysse from 18 seconds at 10km to 25 seconds at 12km. His margin on the Norwegian grew to 30 seconds at 15km which he passed in 1:00:19 (19:59 between 10 to 15km). Diniz was caught by Tunisia's Hassanine Sbai at 14km. The Frenchman managed to respond, clinching third place in the final 500 metres and crossing the finish-line in 1:22:44 to hold off Sbai by seven seconds.

The final 5km were a stroll in the park for Schwazer who received a strong support along the course from his famous girlfriend Carolina Kostner, the European Ice Skating Champion and his fans coming from Südtirol who follow him in every race. The Italian entered the Pino Dordoni Stadium with a gap of one minute over Tysse (fifth at the Olympic Games in Beijing in the 50km). He crossed the finish-line in 1:20:29, a good result in humid weather conditions.

"In Lugano I wanted to clock a fast time. Today my goal was to win and not to walk a fast time. It is difficult to walk fast times in Sesto. It's a race with a great history," said Schwazer. "I was unsure about my shape after training hard at altitude in Val Senales. I stayed in the pack at the beginning of the race. Then I realized that I was in good shape and I launched my attack. It was not so easy as it seemed."

Schwazer will return to Val Senales where he stays until 6 May, when he leaves to Mexico. He will train at altitude there to be ready for the World Cup in Chihuahua where he plans to compete in the 50km. His splendid 1:18:24, set in Lugano where he bettered Maurizio Damilano's national record by 30 seconds, opened to him the possibility of a 20km-50km double at this summer's European Championships in Barcelona, although it seems unlikely as the 50km race takes place on 30th July only three days after the 20km. "My main race is the 50km. I will take a definitive decision about a possible double in Barcelona after my return from Mexico."

Tysse achieved his fourth podium in Sesto San Giovanni (first in 2007, third in 2006 and 2008) in finishing second. "It was a very good competition. The race started slowly because of the high humidity. It was important to finish in the top-three. Alex made a very strong race. I will compete in the 20km in both Chihuahua and Barcelona," said Tysse.

1.	Alex Schwazer	Italy	1:20:29
2.	Erik Tysse	Norway	1:21:29
3.	Yohan Diniz	France	1:22:44
4.	Hassanine Sbai	Tunisia	1:22:51
5.	Bertrand Moulinet	France	1:23:23
6.	Yu Wei	China	1:23:38
7.	Wang Zhen	China	1:23:49
8.	Herve Davaux	France	1:23:52
9.	Chen Ding	China	1:24:13
10.	Joao Vieira	Portugal	1:24:17

20km Women

Vera Santos became the first Portuguese woman in history to take the win at the Coppa Città di Sesto San Giovanni which celebrated the 31st edition of the women's race. Santos narrowly missed her own PB clocking a solid 1:28:29 on an overcast morning in Sesto San Giovanni on the outskirts of Milan. It was the second win in a row for the 28-year-old Portuguese after the first place on home-turf in Rio Major. Santos beat German Melanie Seeger by 51 seconds after a dominating race from the 10km. Johanna Jackson from Great Britain finished third in 1:32:05.

Santos and Seeger took the early lead during the three laps inside the Pino Dordoni athletics stadium closely followed by Berlin's World silver medallist Olive Loughnane from Ireland and China's World Junior bronze medallist Li Yanfei who was planning to walk only the first half as a test before the Chihuahua IAAF World Cup.

Santos and Li (winner in the Lugano Memorial Albiseti on 14th March) took the initiative from the early kilometres and walked in the front at 5km which they passed in 22:09. Li and Santos engaged a neck-to-neck race until the 10km, while Seeger managed to close the gap on the leading group.

After Li went through the halfway mark in 44:03, she dropped out according to plans and Santos remained in the front alone with a lead of 15 seconds over Seeger. The Portuguese, third at the 2008 IAAF World Cup in Cheboksary, increased her lead over Seeger to 29 seconds at the 15km (1:06:21 to 1:06:50 for the German). This attack proved to be decisive for Santos who continued to push the pace, opening up a lead of over 50 seconds in the final five kilometres. Olive Loughnane was disqualified at 15km. Santos romped home in the Sesto athletics stadium in 1:28:29, the second fastest time of her career after her PB of 1:28:14 set in 2008. For Santos it's the fifth fastest time in the world this year.

"I am still working hard to be in top form for Chihuahua. The World Cup will be held at altitude which may become a negative factor for me. My biggest goal is the European Championships in Barcelona this summer," said Santos.

Seeger, who received two warnings at 12km, did not take any risks and managed to defend her second place dipping under 1:30 with 1:29:20. The German, who gave birth to her daughter Helena last year, had already set the qualifying time for the European Championships in Barcelona with her 1:30:11 in her previous race in Rio Major where she finished second behind Santos.

"I enjoyed this race. The course was fast and there were a lot of spectators to support us. I have not set goals in my comeback year. I won't go to Chihuahua as the German Federation will not send a team. Before the European Championships in Barcelona I am planning to compete in La Coruna. It may be hot this summer in Barcelona but I am not afraid of hot weather," said Seeger.

1.	Vera Santos	Portugal	1:28:29
2.	Melanie Seeger	Germany	1:29:20
3.	Johanna Jackson	Great Britain	1:32:05
4.	Lingling Tong	China	1:35:17
5.	Ni Gao	China	1:35:33
6.	Zuzana Malikova	Slovakia	1:36:24
7.	Ainoha Pinedo	Spain	1:36:29
8.	Federica Ferraro	Italy	1:36:39
9.	Laura Polli	Switzerland	1:36:54
10.	Viktoria Madarasz	Hungary	1:39:28

FERENANDEZ OUT FOR TWO YEARS

It was some months ago when the media first reported that Spanish race walker Francisco Javier Fernandez, who won a silver medal at the 2004 Athens Olympics, was being investigated for possession of doping substances. The IAAF has now announced a two year suspension, starting from Feb 11 and running until Feb 10, 2012. This means that he will not be eligible for the London Games because IOC rules say that any athlete who receives a doping suspension of six months or more is banned from the next Olympics. See <http://www.universalsports.com/news/article/newsid=470649.html>

AUSTRALIAN WORLD CUP TEAM SETTLES INTO ALBUQUERQUE

With only 2 weeks to go before the World Racewalking Cup in Chichuahua in Mexico, the Australian walking team has settled in Albuquerque in New Mexico for a final period of training and altitude acclimatisation. Chris Erickson has provided a brief report on their first few days there as well as a selection of photos – thanks Chris.

Well the Aussie team has finally arrived and settled into our base in Albuquerque, New Mexico. With the arrival of Jared and Claire Tallent and Dane Bird-Smith tomorrow the whole team will be in camp, except for Cheryl Webb who will join us in Mexico next week. Whilst the bulk of the team arrived to some cool weather the grey skies have finally lifted to reveal some beautiful blue sky days making life very enjoyable.

The Paseo Del Bosque Trial provides the team with km after km of uninterrupted path making training easy, although you must remember to stay on the right! Piling into our 2 vans we head to morning training after breakfast with people covering various distances all under the watchful eyes of Brent and Simon. There is lots of encouragement amongst everyone and also to physio Stan as he heads off on his morning run.

Days are filled in with various activities like shopping, the search for good coffee (some say it doesn't exist in America), lunching, and taking advantage of the hotels free internet connection. Picking of the restaurant for dinner is on a rotation basis, with each room pairing given 24hrs notice to find something tasty. Shaun and Tom kicked us off with an enjoyable Brazilian style all you can eat grill, but only after Shaun's suggestion of Subway was knocked back. Tomorrow night Stan is stepping up to the plate and has been giving the word from the local Barber Shop about what's good in town.

Team spirit is high and we are looking forward to the challenge ahead.



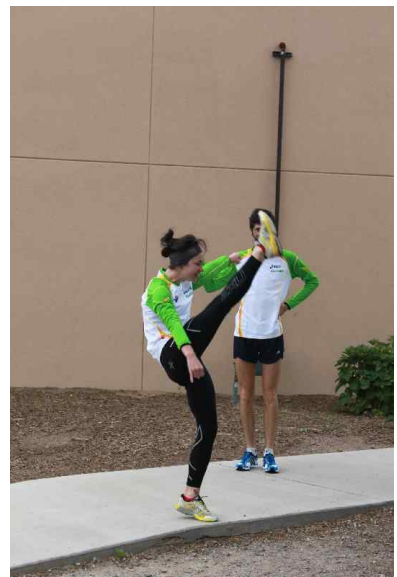
Off to training in the bus – Rachel, Rhydian, Beth, Sean



Beth ready for action!



Jess, Rhydian, Regan and Chris getting ready – it looks cold!



Left: Sean, Beth, Simon, Regan training

Right: Regan shows off her American Football Punting skills!



Ian, Simon, Rhydian, Beth, Tom, Sean, Jess and Regan out on the biketrack – keep to the right!

CANBERRA CARNIVAL HOTS UP

The Racewalking Australia Carnival, held annually around Lake Burley Griffin in Canberra on the Queens Birthday weekend, is now looming large on the horizon. This is the biggest walking carnival in Australia with over 300 walkers in action and VRWC will be sending its usual big team. An informational handout and race entry form have been available in the clubrooms on the last two VRWC racing days and I already have a number of entries. Key dates are as follows:

- **Saturday 15 May** Last chance to nominate your details if you intend to stay at the team hotel in Queanbeyan
- **Sunday 23 May** Closing date for Canberra Carnival entries (entries must be via VRWC for club members)
- **Sunday 13 June** Racewalking Australia Carnival, Canberra

Chat with me via email or talk to me next Saturday. You mustn't miss this carnival – it is the best in Australia. Key websites:

ACT Race and Fitness Club website – entry forms, etc <http://sites.google.com/site/walkact/lbg-carnival>
 The LBG Carnival on Facebook <http://www.facebook.com/?ref=logo#!/group.php?gid=116927058324565>
 The Racewalking Australia website – history, results <http://www.rwa.org.au/>

WHAT'S COMING UP NEXT

Next Saturday sees walkers back at Albert Park competing over some longer distances and hopefully accumulating points in the VRWC Handicap, Fastest Times and Style Award competitions. We will also be using our regular 2km course alongside the clubrooms so walkers will have a bit more room to move and less turns overall. Note also the club coach Mark Donahoo is kicking proceedings off with a coaching session with hints and tips on how to improve your racewalking. This starts at 1PM and goes for about 40 mins. You can enter your races either before the coaching session starts at 1PM or after it finishes at around 1:40PM

Saturday 8 May 2010, Albert Park			
<u>VRWC EVENTS & COACHING SESSION: Entries close for all events at 2.00pm sharp.</u>			
1.00pm	Coaching session: Theory and practical session on improving your race walking.		
2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	3km	Handicap	Under 15
2.30pm	2.5km	Handicap	Under 12
2.30pm	1.5km	Handicap	Under 9

The following Saturday, we host the **Victorian 10km Championships for Open, 40+ and 50+** divisions (pre-enter with Athletics Victoria) and the **Victorian Masters 10km championships** (enter on the day). To enter the AV championship, you must use the official entry form (see <http://www.vrwc.org.au/2010%20AV%20Walk%20Entry%20Form.pdf>) and entries close this Thursday.

Saturday 15 May 2010, Albert Park			
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Men
Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal			
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Women
2.15pm	10km	Victorian Masters Championship	Masters Men
2.15pm	10km	Victorian Masters Championship	Masters Women
2.15pm	10km	Handicap	Open
2.30pm	5km	Handicap	Open

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

Australian/Victorian Winter Season Key Dates

Sat 15 May, 2010 Victorian 10km racewalk and VMA 10km racewalk championships, Albert Park, VIC
 Sun June 13, 2010 44th Lake Burley Griffin Racewalking Australia Carnival, Canberra, ACT
 Sat June 26, 2010 A.V. Racewalking Seminar (details to be advised), Melbourne, VIC
 Sun June 27, 2010 Australian Masters, Victorian and Victorian Schools roadwalking championships, Albert Park, VIC
 Entries for AMA 20km championship close on Sat 19 June.
 AMA entry form: http://vievets.mhsoftware.com/attachments/23/111/AMA_20k_EntryForm_2010.pdf
 Sat July 24, 2010 Racewalking Australia State Challenge, in each State
 Sun Aug 8, 2010 Major Victorian Roadwalking championships carnival, Albert Park, VIC
 Sun August 22, 2010 Australian Roadwalking Championships and RWA carnival, St Lucia, Brisbane, QLD

2010 International Fixtures

May 15-16, 2010 **24th IAAF World Race Walking Cup, Chihuahua, Mexico.** See <http://www.iaaf.org/wrc10/preview.html>
 July 3-10, 2010 **Oceania Masters Championships, Tahiti**
 Aug 3, 2010 **8th World Gay Games VIII, Cologne, GERMANY** (5000m walks). See <http://www.gaygames.com/>
 July 19-25, 2010 **13th World Junior Championships, Moncton, Canada.** See <http://www.moncton2010.ca/>

Aug 14-26, 2010 **1st World Youth Olympics, Singapore** (10000mW boys, 5000mW girls). See <http://www.singapore2010.sg>
Oct 3-14, 2010 **19th Commonwealth Games, Delhi, India**. See <http://www.cwgdelhi2010.com/>

2010 Race Walking Challenge Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 th Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 th Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 rd Coppa Città di Sesto San Giovanni , Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 th IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	13 th Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	24 th Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN	

2010 – Other International Opportunities

May 30, 2010 German 20km Championships, Naumburg (see <http://www.racewalking-naumburg.de>)
Aug 28, 2010 20th International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)

2011 International Fixture

July 7-17, 2011 **19th World Masters T&F Championships Stadia, Sacramento, California, USA**
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea**. See <http://english.daegu2011.org>
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China**. See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**
May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
July 2010 ? **14th World Junior Championships, Barcelona, Spain**
July 27-Aug 12, 2012 **30th Olympic Games, London**. See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, China**
July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow** . See <http://www.glasgow2014.com/>

Looking even further forward

Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL**. See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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