



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 36
1 June 2010



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VRWC ROAD WALKS, ALBERT PARK, SATURDAY 29 MAY 2010

It was another big day at Albert Park with 79 walkers in attendance for the first of our Handicap Start races. Luckily, the forecast rain did not eventuate and conditions were almost perfect for fast walking. With the traditional handicap start – slowest walkers heading off first and fastest walkers heading off last – it was very interesting for spectators – would the backmarkers come through or would the outmarkers hold on for a win? Of course, if everyone walked to their handicaps, they would all reach the finish line close together but in reality that never happens!

As usual, **Terry Swan** has produced his usual fine selection of photos for the VRWC Gallery (<http://vrwc.org.au/coppermine/>) - over 100 in total – and I have extracted a few for the newsletter. In addition, **Fran Attard** has had her video camera in action the last two racedays and has produced a superb 20 min video of highlights from our races on 23 May. Unfortunately, we did not have a DVD player on hand on Saturday to show it but this coming Saturday that will be rectified. In the meanwhile, I have extracted and uploaded 10 mins of the video from 23 May to Facebook – check out http://www.youtube.com/watch?v=q_bYY-k2sRk

And now onto the races where there were prizes for the 10 handicap winners. This week, all races are shown terms of handicap finish placings rather than actual times placings. The Actual Time placings are shown as an additional column. Club Rules walkers are shown with an *.

The 8km handicaps were won by Rudolf Skrucany (who sprinted off fellow outmarker Harry Summers with a good display of finishing speed) and Heather Carr who came through as one of the backmarkers. Heather's time of 42:58 was a superb one for a W60 walker and actually gave her the fastest time overall out of the ladies, ahead of usual winner Pam Tindal who walked an almost identical time of 42:59, but off a different mark. Andrew Jamieson was the lonely backmarker in the men's race and, although he walked the quickest time of 39:37, he could not catch everyone ahead of him. James Seid-Christmass walked a 2 min PB with 40:55 but this could only guarantee him second place!



James Seid-Christmass, Rudolf Skrucany, Heather Carr, Harry Summers and Andrew Jamieson

8km Open Handicap	Actual Time	Actual Time Place
1. Heather Carr	42:58	1
2. Anna Wallace	49:54	5
3. Celia Johnson	54:14	6
4. Alison Thompson	47:35	4
5. Pam Tindal	42:59	2
6. Gayle McIntyre	46:17	3
Marlaine Stanway	DQ	

1.	Rudolf Skrucany	56:30	8
2.	James Seid-Christmass	40:55	2
3.	Harry Summers	53:04	7
4.	Andrew Jamieson	39:37	1
5.	Bob Gardiner	49:59	6
6.	Joshua Kaiser	43:59	3
7.	Russ Dickenson	48:31	5
8.	Murray Dickinson	48:12	4
	Robin Wood *	DNF	
	Bernie Keirl	DQ	
	Simon Evans	DNF	

The 4km Open handicaps were won by Maryanne Harrison and Gordon Onley, two of the outmarkers. Kylie Irshad walked a great race to take fastest time for the women with 19:59; she was not far behind Maryanne but could not bridge the gap. Club Handicapper Mark Donahoo was the fastest of the men with 19:21 but he could only take 4th place (good honest handicapping!). First time walker Rory Ogilvie did well with 34:31.



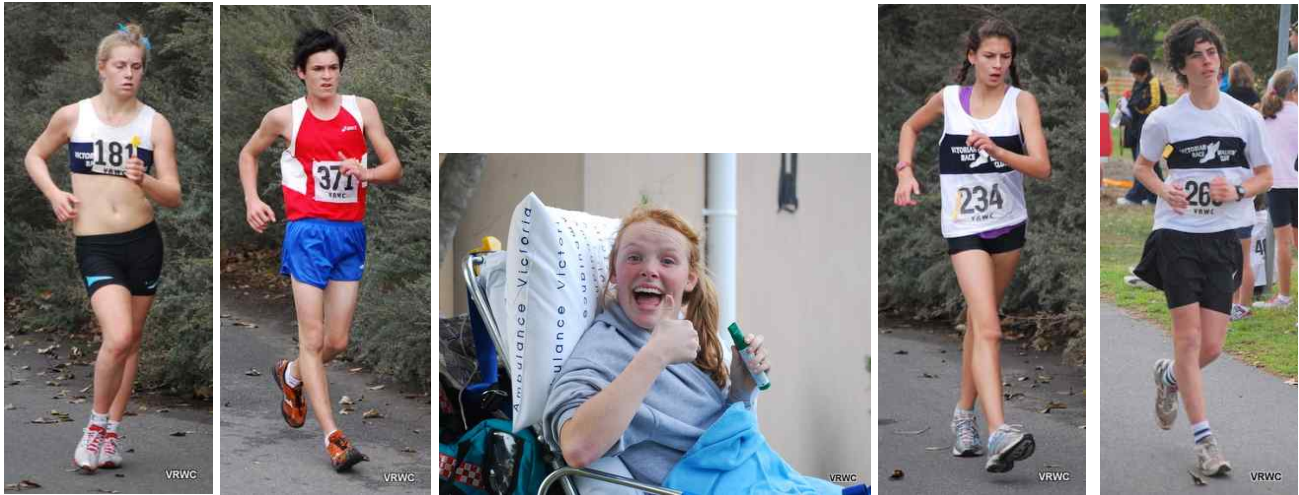
Gordon Onley, Rory Ogilvie, Kylie Irshad, Maryanne Harrison, Mark Donahoo and Pam Tindal

4km Open Handicap		Actual Time	Actual Time Place
1.	Maryanne Harrison	28:08	8
2.	Kylie Irshad	19:59	1
3.	Georgia Gatens	27:24	7
4.	Liz Feldman	23:03	2
5.	Jan Morrey	25:38	5
6.	Donna Elms	23:51	3
7.	Gwen Steed	24:27	4
8.	Janet Holmes *	25:58	6
1.	Gordon Onley *	28:58	7
2.	Alan Lucas	22:33	4
3.	Lindsay Harrison	29:26	8
4.	Mark Donahoo	19:21	1
5.	Barrie Wicks	28:32	6
6.	Hilary Brazel	20:58	2
7.	Michael O'Mahony	21:33	3
8.	Geoff Barrow	25:50	5
9.	Rory Ogilvie *	34:31	9

Beth Barbour with a 45 sec PB of 23:56 and Matt Felton with a 2 min PB time of 18:53 (wow) were the handicap winners in the U15 event and it was not surprising that no one could catch them, given their fine performances. Matt was only just a few secs slower than Nathan Brill whose 18:47 was yet another top effort while Amelia Finnegan with 20:42 was the fastest of the girls and is getting back into racing shape again after a break overseas. The event was not without drama as Jess Callaway went down with a broken right fibula (ankle) that required evacuation to hospital via ambulance. Jess is now wearing the big space boot and it will be some weeks before we see her back in action – what bad luck! Recover quickly Jess.

4km U15 Handicap		Actual Time	Actual Time Place
1.	Beth Barbour	23:56	5
2.	Emily Swan	27:28	7
3.	Bianca Attard	22:41	3
4.	Amelia Finnegan	20:42	1
5.	Megan Walker	25:14	6

6.	Stephanie George	22:25	2
7.	Caitlin Campbell	23:51	4
	Jessica Callaway	DNF	
	Jasmine Irshad	DNF	
1.	Matthew Felton	18:53	2
2.	Aaron Tam	23:03	5
3.	Paul Tremigliozzi	25:53	6
4.	Connor McShanag	20:22	3
5.	Nathan Brill	18:47	1
6.	Billy Allamby	21:33	4



Amelia Finnegan, Nathan Brill, Jess Callaway, Matt Felton and Beth Barbour

Our U12 2km events saw 20 starters and they were fiercely contested events with Bronte Segota (a 20 sec PB of 11:53) and Cooper Owen (a 16 sec PB of 10:17) taking handicap honours. This event also saw super fast PBs from Kyle Swan 9:41 and Jemima Montag 9:44 and I think that there were quite a few PBs elsewhere in the field. Just to pick a few out, Brodie Richardson jumped up from U9 again and did a 10 sec PB with her time of 11:58, Hayden Walmsley jumped up from U9 with his first ever 2km in 14:07 and Charlee Harrison did a big PB with 12:36. Finally, we welcomed Cassandra Kay for her first walk with us.



Kyle Swan, Memima Montag, Hayden Walmsley, Cooper Owen, Charlee Harrison and Bronte Segota

2km U12 Handicap		Actual Time	Actual Time Place
1.	Bronte Segota	11:53	6
2.	Charlee Harrison	12:36	11
3.	Jemima Montag	09:44	1
4.	Shelby Kay	11:31	3
5.	Hayley George	11:51	5
6.	Jessica Lillie	12:02	9
7.	Gabbie Crea	12:01	8
8.	Anaya Hodges	12:35	10
9.	Emily Hamilton	11:19	2
10.	Brodie Richardson	11:58	7

11.	Jade Sanders	11:36	4
12.	Tara Xuereb	13:20	12
13.	Cassandra Kay	13:31	13
1.	Cooper Owen	10:17	2
2.	Kyle Swan	09:41	1
3.	Hayden Walmsley	14:07	5
4.	Reese Walmsley	11:18	3
5.	Cody McNicol-Davidson	12:56	4
6.	Sam Candotti	14:30	6
	Harley Davidson	DNF	

The U9 1km saw Mikhala Hodges (15 sec PB with 5:39) and Noah Candotti (24 sec PB with 7:18) take handicap honours. Mikhala was also the fastest of the girls while Ethan Wright was the fastest of the boys, finishing only 1 sec shy of his PB with 6:42. Tegan Miller had her first walk with us and recorded a promising 6:40.

1km U9 Handicap		Actual Time	Actual Time Place
1.	Mikhala Hodges	05:39	1
2.	Piper Montag	06:18	4
3.	Brianna Lillie	06:01	2
4.	Kathleen O'Mahoney	06:04	3
5.	Tegan Miller	06:40	5
	Payton Kay	DQ	
1.	Noah Candotti	07:18	2
2.	Ethan Wright	06:42	1
	Jack Sanders	DQ	



Cassandra Kay, Tegan Miller, Ethan Wright, Mikhala Hodges and Noah Candotti

And finally, thanks to all our officials who keep the show on the road. Sorry if I have missed anyone.

Officials: Tim Erickson, Bob Gardiner, Harry Summers, Russ Dickenson, Ian Laurie, Natalie Laurie, Michael Brazel, Matt Owen, Stuart Cooper

Judges: Peter Vysma (chief), Brenda Felton, Lloyd Nicholls, Graham George, Gordon Loughan, Terry Knappe

Canteen: Kate Suich, Barb Gardiner, Joyce Summers

POINTS COMPETITION UPDATES

Saturday saw points awarded in the Handicap, Style Award and Actual Time competitions. The judges awarded style award points as shown below. Progressive scores in all 3 competitions can be sourced on our website <http://www.vrwc.org.au>

Open and U15 Men	Open and U15 Women	U9 & U12 Boys	U9 & U12 Girls		
5	Nathan Brill	3	Cooper Owen	5	Jade Sanders
3	Murray Dickinson	2	Hayden Walmsley	3	Emily Hamilton
3	Mark Donahoo				
3	Josh Kaiser				
2	Russ Dickenson				
2	James Seid-Christmass				
2	Michael O'Mahony				
1	Matt Felton				

QLD ROAD WALKING CHAMPIONSHIPS, MURARRIE SPORTS CENTRE, SUNDAY MAY 23 2010

Thanks to Peter Aiton for the Queensland Road Walking Championship results from Sunday 23 May. It came too late for last week's newsletter so here it is this week.

OPEN MEN 30 KM

1.	Ignacio Jimenez	Mayne Harriers	2:52:41
2.	Peter Bennett	Mayne Harriers	2:57:58

OPEN WOMEN 20 KM

1.	Noela McKinven	QRWC	2:49:53
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INVITATION 10 KM

1.	Dane Bird-Smith	49:28
2.	Corey Buckler	56:06
3.	Patrick Sela	1:05:40
4.	Paul Lindenberg	1:06:09
5.	Kay Shaw	1:07:18
6.	Sally Lynch	1:07:43
	John Harris	DQ
	Jesse Osborne	DNF
	Nick Dewar	DNF

INVITATION 5 KM

1.	Elliot Hodgson	24:22
2.	Brandon Dewar	25:01
3.	Ben Tesch	25:59
4.	Jessica Pickles	27:27
5.	Casey Sims	31:09
6.	Kate Sanford	34:12
7.	Lucy-Rose Boardman	35:48
8.	Richard Lynch	36:47
9.	Jessica Wright	37:42
10.	Robyn Wales	38:06
	Marybeth Paviell	DNF

INVITATION 3 KM

1.	Jesse Sims	17:55
2.	Denita Grehan	21:48

INVITATION 2 KM

1.	Mikaela Woodward	11:46
2.	Riley Sims	13:33

WESTERN AUSTRALIAN WALKS RESULTS

Thanks to Terry Jones for the last couple of weeks worth of results from Perth

Road walks, Sunday 23 May 2010

8 km Handicap

1.	Corey Littke	55:31
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4 km Handicap

1.	Carla Unicomb	24:46
2.	Holly Hughes	24:47
3.	Kate Holt	22:51
4.	Mathew Gooch	23:54

2 km Handicap

1.	Michael Catley	11:24
2.	Mikayla Johns	11:43
3.	Cheyenne Yates	13:40
4.	Alana Rees	12:28
5.	Jeremy Hill	12:20
6.	Ashlee Glands	13:01

Road Walks, Sunday 30 May 2010

10 km Handicap

1.	Mathew Gooch	58.25
2.	Michael Catley	72.33
	Jacqueline Smith	DNF
	Ben Catley	DNF
	Corey Littke	DNF
	Hannah Watson	DNF

5 km Handicap

1.	Peter Back	28.40
2.	Kate Holt	28.29
3.	Georgia Holt	35.04

3 km Handicap

1.	Jeremy Hill	18.17
2.	Holly Hughes	17.39
3.	Mitchell Lees	17.06
4.	Carla Unicomb	17.39
5.	Robyn Hughes	24.33
6.	Maelene Back	29.41

BENDIGO WALKERS CLUB ROAD WALKS, LAKE NEANGER, SUNDAY 30 MAY 2010

Thanks to Paul Rance for his usual weekly report.

The Bendigo Walkers Club held 2km and 4km sealed handicap events at Lake Neanger on Sunday morning in cool, windy conditions. In the 2000m event Dane Heiden produced his best performance for the 2010 Winter Season as he raced to 1st place in the sealed handicap and he also recorded fastest time with Wendy Ennor 2nd and Grace Edlin finishing 3rd. The 4km event saw Catherine Heard warming up for her first Canberra Federation race in 2 Weeks time as she claimed a strong victory in the sealed handicap from the inform Annette Curtis in 2nd place with both walkers producing personal best efforts for the 4km distance while Ebony Whiley secured 3rd place and fastest time honours just in front of Amanda Heard. The Club will now have a mini break with no events held during June with the next competition day on Sunday 4th July at Lake Neanger with 1200m and 5km events being held from 10am. Enquirers phone 5442 6435 or 0400649610.

2km; Dane Heiden 10.34, Grace Edlin 11.43, Colin Cleary 15.08, Wendy Ennor 16.30, Charlotte Edlin 17.01, Jamie-Lee Jones 20.20

4km; Ebony Whiley 22.10, Amanda Heard 22.14, Josh Savage 24.37, Jeremiah Jones 24.45, Annette Major 27.17, Annette Curtis 28.17, Catherine Heard 28.52, Ebony-Jade Jones 31.57

QRWC ROADWALKS, PIZZHEY PARK, GOLD COAST, SUNDAY 30 MAY 2010

Thanks to Peter Aiton for his usual weekly report for the Queensland Race Walking Club – they are certainly walking well up there. Some of the walkers warmed up a couple of hours beforehand with walks in the Gold Coast Corporate Challenge

Gold Coast Corporate Challenge, Sunday 30 May 2010 5km (walk results)

1.	Brad Aiton	22:39
2.	Nic Dewar	23:09
3.	Jessica Pickles	25:49
4.	Paul Lindenberg	31:59
5.	Lyn Woodwood	33:08
6.	Robyn Wales	40:54

and Katya Martin and Yanis Benzenati ran the Corporate Challenge 5km before the VRWC races.

And now onto the QRWC report which featured some fast walking from the likes of Dane Bird-Smith (21:05), Nick Dewar (14:07), Kenza Benzenati (15:17) and Yanis Benzenati (10:56).

Queensland Race Walking Club Roadwalks, Pizzey Park, Gold Coast, Sunday 30 May 2010

A Grade 10km

Men: (1) Ignacio Jimenez 50.53 (2) Peter Bennett 53.43 (3) Patrick Sela 65.01 (4) Paul Lindenberg 69.40
Women: (1) Kay Shaw 65.03 (2) Sally Lynch 67.02 (3) Lyn Woodward 70.37 (4) Noela McKinven 79.27

B Grade 5km

Men: (1) Dane Bird-Smith 21.05 (2) Brad Aiton 23.07 (3) Richard Lynch 36.55 (4) Dick Keatinge 38.54 (5) Richard Hill 41.35
Women: (1) Jess Pickles 29.24 (2) Robyn Wales 38.24 (3) Christiane Dauphinet 38.46

C Grade 3km

Boys: (1) Nick Dewar 14.07 (2) Brandon Dewar 14.24
Girls: (1) Kenza Benzenati 15.17 (2) Katya Martin 16.41 (3) Rachel Barker 17.47 (4) Marybeth Paviell

D Grade 2km

Boys: (1) Trent Miles 11.08
Girls: (1) Kirsty Barker 13.46

E Grade 2km

Boys: (1) Yanis Benzenati 10.56
Girls: (1) Thalia Martin 16.15

F Grade 1km

Boys: (1) Dane Shaw 7.29
Girls: (1) Amelia Wales 9.00

The day also featured the Queensland Masters Short Walks Championships so some walkers featured in an additional set of results from their 10km and 5km walks.

QMA 10km Roadwalk Championship – 10km Men

M45	I. Jimenez	50.53
M50	P. Bennett	53.43
M70	P. Sela	65.01

QMA 10km Roadwalk Championship – 5km Men

M80	R. Lynch	36.55
M85	R. Keatinge	38.54

QMA 10km Roadwalk Championship – 5km Women

W50	K. Shaw	32.11
W55	L. Woodward	34.54
	R. Wales	38.24
W65	S. Lynch	32.52
	N. McKinven	38.19
W75	C. Dauphinet	38.46

SARWC RESULTS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 29 MAY 2010

Thanks to Peter Crump for his weekly report from Adelaide

While the Club's walkers were competing over shorter distances, Club President Zoe Bryson was completing a 50 (years that is), and the whole Club wishes Zoe a happy 50th birthday for last Saturday.

Despite our first wet walk for the season, our numbers remained high (buoyed by our new junior walkers), and this was a good work out for Canberra's winter conditions. Darren Bown was back into distance this week and showed a clean pair of heels to daylight and the rest. Tanya Holliday showed that her good form last week was just a foundation for a strong hit out

over 6km this week. Good form also by the gaggle that followed in the women's 6km group.

Samara Holliday continues to impress after a relatively short season post injury, with another PB (or near PB) over 3 km. Alix Harlington demonstrated great technique and stamina in taking out the 1.5 km event, and even had enough energy afterwards to put Darren Bown in his place after medal presentations for the previous week. It looks like Darren may have met a younger version of himself!

Only 12 sleeps left to LBG! See you there, Peter

12km Walk

- 1. Darren Bown 53:34
- 2. Kim Mottrom 65:12
- 3. Peter Crump 69:21
- 4. Bill Starr 82:52

3km Walk

- 1. Samara Holliday 15:22
- 2. Jessica Stephens 17:38
- 3. Rebecca Burat 17:58
- 4. Simone Martland 22:08

6km Walk

- 1. Blake Steele 27:22
- 2. Tanya Holliday 28:43
- 3. Claire Xian 31:21
- 4. Lotta Danner 32:25
- 5. Amber Tuschanski 32:59
- 6. Allegra Steele 33:57
- 7. Gloria Holliday 36:17
- 8. Allison Stampke 41:00
- 9. Barb Cain 41:29

1.5km Walk

- 1. Alix Harlington 8:30
- 2. Issy Tucker 8:54
- 3. Ethan Martland 9:06
- 4. Rhiannon Lovegrove 9:22
- 5. Alisha Martland 10:22
- 6. Michaela Goodman 10:30
- 7. Elsie Potezny 10:49

WESTERN AUSTRALIAN LITTLE ATHLETICS ROADWALKS, WHITMANS PARK, SAT 29 MAY 2010

Thanks to Rick Cattermole for forwarding the performances of RWCWA members from the fortnightly Western Australian Little Athletics roadwalking competition which was held on Saturday at Whitmans Park in Ellenbrook.

U10 Girls 2km	2.	Ella Manso-Vukovich	11.50
	3.	Melissa Butler	12.07
U9 Boys 1.5km	1.	Luke Button	8.27
U11 Boys 2km	3.	Simeon Leatherland	12.18
	4.	Kurtis Mathews	12.18
U11 Girls 2km	4.	Jaya Mathews	12.35
U13 Girls 2km	2.	Jemma Brown	11.27
	3.	Ashley Granado	11.56
U13 Boys 2km	5.	Thomas Button	13.33
U14 Girls 2km	1.	Breanna Brown	10.14 (PB)
U16 Girls 2km	1.	Andrea Hahn	10:54
	2.	Melissa Ierace	11.57

JESS ROTHWELL ADDED TO OUR COMMONWEALTH GAMES TEAM



Jess with coach Simon Baker after her great 9th place in Chihuahua on May 15th (photo Emmanuel Tardi)

As expected, Jess Rothwell has now been named as the third walker in our Women's 20km team for the Commonwealth Games. See the A.A. Announcement http://www.athletics.com.au/news/news/2010/may/five_join_road_to_commonwealth. Her nomination takes the number of athletes submitted to the Australian Commonwealth Games Association to 74. The final Australian athletics team is expected to feature up to of 90 athletes when final nominations are announced. Well done to Jess – you are joining a very strong walks team.

20km walk Men **Luke Adams** (33, NSW), **Chris Erickson** (28, Vic), **Jared Tallent** (25, Vic)
 20km walk Women **Jessica Rothwell** (20, Vic), **Claire Tallent** (28, SA), **Cheryl Webb** (33, NSW)

13TH NA RYNEK MARSZ, KRAKOW, POLAND, SATURDAY 29 MAY 2010



Jess Rothwell and Cheryl Webb after the race in Krakow on Saturday. You can see more great photos compliments of Cheryl at <http://www.facebook.com/?ref=home#!/album.php?aid=170760&id=545917966>.

Jess Rothwell and Cheryl Webb raced on Saturday in the latest IAAF Race Walking Challenge event in Poland and both excelled, Jess finishing in a superb 4th in **44:05** and Cheryl 11th in **47:14**. Jess was just a few seconds outside her PB of 44:01, done in Melbourne in February 2009 and she took some big scalps along the way. The IAAF reported on the event as detailed below (see <http://www.iaaf.org/WRC10/news/kind=100/newsid=56896.html>).

Kaniskina and Chu take 10Km wins in Krakow – IAAF Race Walking Challenge

Olga Kaniskina of Russia and Chu Yafei of China won their respective 10km Race Walk titles at the Na Rynek Marsz!, or "March on Market Square!" on Saturday, the third B Category Race Walking Grand Prix meeting of the 2010 IAAF Race Walking Challenge.

In the women's race, it was Germany's Melanie Seeger who controlled the race early on, leading for the first three kilometers. Then Kaniskina, the two-time World and reigning Olympic 20Km champion, took over and maintained the lead through the finish. It was a close battle between the pair over the final 500 metres, but Kaniskina held on to beat Seeger by two seconds in 43:03. Seeger's 43:05 was a career best. Liu Hong of China was a distant third clocking 43:47, also a personal best.

The men's race was considerably more competitive in the opening stages with Norway's Erik Tysse, Chu Yafei, Ireland's Robert Heffernan, Grzegorz Sudol of Poland, Mexico's Eder Sanchez and Luis-Fernando Lopez of Colombia forming the lead pack. Chu Yafei maintained command through the second kilometer with Sanchez following closely.

Yafei held on to win in 38:40, with Sanchez second in 38:46 after two warnings. The battle for third was tight as well, with Lopez holding off Sudol by eight seconds in 39:06. Sudol's finish was the highest here for a Pole since legend Robert Korzenioski's retirement.

10km Women

1.	Olga KANISKINA	85	RUS	43:03
2.	Melanie SEEGER	77	GER	43:05
3.	Hong LUI	87	CHN	43:47
4.	Jess ROTHWELL	89	AUS	44:05
5.	Olive LOUGHNANE	76	IRE	44:08
6.	Zuzana MALIKOVA	83	SVK	44:43
7.	Agnieszka DYGACZ	85	POL	45:12
8.	Susana FEITOR	75	POR	45:26
9.	Yelena SHUMKINA	88	UKR	45:47
10.	Paulina BUZIAK	86	POL	45:58
11.	Cheryl WEBB	76	AUS	47:14
12.	Maria CZAKOVA	88	SVK	49:04
13.	Lucyna CHRUŚCIEL	88	POL	50:14
14.	Monika NAWROCKA	90	POL	50:50

10km Men (27 finishers)

1.	Yafei CHU	88	CHN	38:40
2.	Eder SANCHEZ	86	MEX	38:46
3.	Luis-Fernando LOPEZ	79	COL	39:06
4.	Grzegorz SUDOL	78	POL	39:14
5.	Erik TYSSE	80	NOR	39:17
6.	Robert HEFFERNAN	78	IRE	39:21
7.	Juan-Manuel MOLINA	79	ESP	39:25
8.	Rafał FEDACZYŃSKI	80	POL	39:33
9.	Rafał AUGUSTYN	84	POL	39:47
10.	Jakub JELONEK	85	POL	39:51
11.	Jamie COSTIN	77	IRE	39:56
12.	Hao WANG	89	CHN	40:21
13.	Sergey KIRDYAPKIN	80	RUS	40:23
14.	Xu FAGUANG	87	CHN	40:26

15. Marta STASIEWICZ	92	POL	53:23	15. Trond NYMARK	76	NOR	41:17
16. Kinga OSINIAK	92	POL	55:47	16. Łukasz NOWAK	88	POL	41:40
Karolina KOMIAŻYK	92	POL	DQ	17. Rafał SIKORA	87	POL	41:49
				18. Dawid WOLSKI	89	POL	42:24

EUROPEAN 'WORLD YOUTH OLYMPICS' QUALIFYING TRIALS, MOSCOW, 22-24 MAY 2010

The official European trials for the 2010 World Youth Olympics were held in Moscow on 22-24 May with a 5000m walk for U18 Women and a 10000m walk for U18 Men on offer. Reports follow (YOG means qualified to the World Youth Olympics)

U18 Women 5000m Walk

Nadezhda Leontyeva of Russia was a local winner, taking the girl's 5000m Walk in 22:24.95, the best time by a youth in the world this year by more than half-a-minute. In a thrilling finish to the race, Leontyeva just held off the Ukraine's Alina Halchenko who finished second in 22:25.21 and also smashed her personal best.

1.	LEONTEVA Nadezhda	12/09/94	RUS	22:24.95	YOG PB
2.	GALCHENKO Alina	18/09/94	UKR	22:25.01	YOG
3.	THEODOROPOULOU Aikaterini	01/12/93		22:33.38	YOG PB
4.	VEALE Kate	05/01/94	IRL	23:01.03	YOG PB
5.	STRMENOVA Katarina	25/01/93		23:08.60	YOG PB
6.	KACANOVA Diana	07/01/93	LTU	23:29.65	YOG PB
7.	CLEMENTE Anna	06/01/94	ITA	23:50.24	YOG
8.	MEDVEDEVA Ekaterina	29/03/94	RUS	24:04.89	
9.	PUCA Carmela	25/03/93	ITA	24:38.10	
10.	DUKHOUNIK Volha	23/09/94	BLR	24:40.02	YOG
11.	CANO Amanda	19/08/94	ESP	24:41.48	PB
12.	PILAROVA Nikola	30/03/94	SVK	24:53.98	PB
13.	PRENDIVILLE Emma	23/02/93	IRL	25:13.36	
14.	VAICIUKEVICIUTE Gintare	24/09/94	LTU	25:43.00	
15.	HORVATH Timea	05/08/94	HUN	25:56.86	
16.	JUAREZ Mar	27/09/93	ESP	26:03.78	
17.	PESIC Emilija	14/09/93	SRB	26:17.17	
18.	GUNES Tugce	27/09/93	TUR	26:34.62	
19.	OLYANOVSKA Lyudmyla	20/02/93	UKR	DNF	
20.	PONOMARIOVA Anna	17/01/93	MDA	DQ	
	MAZIARZ Monika	02/08/93	POL	DQ	

U18 Men 10000m Walk

Ukrainian walker Ihor Lyaschenko, the 2009 IAAF World Youth Championships bronze medallist, dominated this event from the early stages of the race and eventually won by almost 40 seconds from his nearest rival, Russia's Pavel Parshin, who finished second in 42:24.27. The hot conditions meant that he was a short of his best of 41:10.24, set at last month's national trials in Yalta, the fastest time of the year, but Lyaschenko will go to Singapore as arguably the favourite for his event.

1.	LYASHCHENKO Ihor	24/08/93	UKR	41:44.34	YOG
2.	PARSHIN Pavel	02/01/94	RUS	42:24.27	YOG
3.	IVANOV Nikolay	21/11/93	RUS	43:28.89	
4.	ZALESSKI Yauheni	18/07/93	BLR	44:17.79	YOG
5.	SAVELSKIS Marius	30/07/94	LTU	44:24.76	YOG
6.	SHARHAR Barys	31/03/93	BLR	44:42.40	
7.	MARTIN Alvaro	18/06/94	ESP	44:49.09	YOG
8.	PAJUELO Ivan	27/08/93	ESP	45:08.80	
9.	SERRA Leonardo	05/01/93	ITA	45:10.48	YOG PB
10.	DRAGOMIR Adrian Ionut	01/11/94	ROU	45:18.81	
11.	SEREMET Igor	15/01/94	MDA	45:39.02	PB
12.	TREANOR James	12/04/93	IRL	46:22.70	
13.	GERINS Valters	17/03/93	LAT	47:10.05	SB
14.	SRP Miklos	06/03/93	HUN	48:30.99	
15.	KELEPOURIS Dimitrios	05/06/93	GRE	48:55.28	
16.	GJACS Edgars	27/08/93	LAT	49:52.30	
17.	QUINION Aurelien	27/01/93	FRA	50:09.20	
18.	TICHY Peter	25/06/93	SVK	50:31.08	
19.	ZARA Iulian Ionut	30/07/93	ROU	51:07.20	
	PEREIRA Samuel	25/11/93	POR	DNF	
	DANO Jozef	03/09/94	SVK	DSQ	

MORE SNIPPETS FROM EUROPE

NAUMBURG (GER, May 30) Andre Hohne won his sixth German National 20 km walking title in 1:24:24 despite stomach problems . Second placed Maik Berger (1:24:58) missed the Barcelona qualifying time of 1:23:00. Czech Zuzana Schindlerova won women's 20 km race in 1:35:33.

BORGO VALSUGANA (ITA, May 30): The Italian Walking Grand Prix continued with Ivano Brugnetti winning the 10 km road walk with 39:28.

ATHLETICS VICTORIA WALKS COACHING SEMINAR, SATURDAY 26 JUNE

A few people have been asking about whether they can attend the Athletics Victoria Walks Coaching Seminar on Saturday 26 June. I have checked with Matt Griffin of AV and it is open to all. You don't have to be an AV registered coach to attend – the seminar is open to existing coaches and interested people who are looking to expand their knowledge of walks coaching. All you have to do is register with Matt and then turn up and pay on the day. Note that you just can't turn up – you have to register first so that we know the numbers attending. Once again, the link: <http://www.athsvic.org.au/news/newsfile.php?newsFileID=4241>

FROM THE VAULT - THE 1923 AUSTRALASIAN 7 MILE CHAMPIONSHIP

The following historic photo has been passed onto me by club life member Ray Smith and shows the Victorian team that contested the 1923 Australasian 7 Mile championship. This was the first longer distance Australian walking championship ever held in Australia¹ and is hence of great significance.



The 1923 Victorian Walking Team - photo taken outside the Yarra Yarra Rowing Club Sheds
Back: Eric Sunderland, Les Nicholson, Bert Gardiner, Rex Merrick, Edward Winstanley, Lionel McMillan and Bill Murray
Front: Vic Dowling, Ted Drayton and Frank O'Rourke

There had been a number of specialist racewalking clubs in existence for some time and Australia's first Olympic walker Bill Murray (1912) had been a member of the Victorian Walkers and Field Games Club, formed in 1911. The Sydney Amateur Walkers Club had also been formed in 1911 and racewalking was also strong in South Australia and Queensland.

The First World War put everything on the backburners with the Melbourne based walking club actually ceasing activities in 1915 as all of its Executive had enlisted. It was not until 1921 that the Victorians reformed, now calling themselves the Victorian Amateur Walkers' Club (VAWC).

Late in 1921, officials from the NSW and Victorian walking clubs met with a view to instigating an interstate walking race. An offer was made by Footscray jeweller, Mr Glover, whose son was a sprinter with the Footscray Harriers, to donate a Shield to be known as

¹ 1 Mile and 3 Mile track walks were held with the bi-annual Australian Track and Field Championships but this was the first attempt at staging a longer distance walk championship.

the Glover Shield. The proposed championship date was October 1922 and N.S.W. requested A.A.U. to hold a postal vote amongst member States to validate the championship. Whilst the majority of States voted in favour of the concept, a number of V.A.A.A. officers were opposed to the event and voted against the motion. Thus it did not win the day.

With the A.A.U. refusing to sanction the event, the walking clubs continued with their own planning, targeting a date of 14th July 1923 and billing the event as the Australasian 7 Mile Walk Championship. Each walking club was to select its own team and the race would be held in Melbourne at the Malvern Cricket Ground. NSW and Victoria selected full teams (the Victorian team was Vic Dowling, Ted Drayton, Norman Asker, Rex Merrick, Lionel McMillan, Bill Murray, Bert Gardiner, Eric Sunderland, Bob Osborne, Frank O'Rourke, Jack Merrifield and Ted Winstanley) while South Australia sent George Wilson, the current holder of the Victorian 25 Mile Championship.

Unfortunately the track was water logged after continuous rain so times were very slow. 1924 Olympian Ernie Austen led early from Bert Kitchen and Vic Dowling. After covering two miles, he led them by 100 yards and was untroubled from then on, winning in 55:44. 1912 Olympian Bill Murray showed his experience, moving up through the field to catch and pass all the chasers except for Vic Dowling who finished 2 seconds ahead of him in second place with Murray taking third. Victoria won both the Open Teams event and the concurrently held Junior Teams event. For the record, the results read as follows

1.	Ernie Austen	NSW	55:44.2
2.	Vic Dowling	VIC	57:25
3.	Bill Murray	VIC	57:27
4.	Bert Kitchen	NSW	58:25
5.	Norm Asker	VIC	58:47
6.	Eric Sunderland	VIC	58:55
7.	George Wilson	SA	59:10
8.	Ernie Smith	NSW	59:20
9.	Ted Drayton	VIC	59:52
10.	Rex Merrick	VIC	60:10
11.	Mick McNamara	NSW	60:58
12.	Bert Gardiner	VIC	61:03
13.	Frank O'Rourke	VIC	61:10
14.	Lyle Brown	NSW	63:07
15.	Bob Osborne	VIC	63:14
16.	Jack Merrifield	VIC	63:17
17.	Ted Winstanley	VIC	63:52
18.	Jack Parker	NSW	63:59
19.	Reg Foster	NSW	64:10
20.	Lionel McMillan	VIC	65:24
21.	Harry Campbell	NSW	67:23

In the evening following the event, a dance was held, followed by a Sunday trip on the Puffing Billy, then going right through to Gembrook

The 7 Mile championship was held another 8 times in subsequent years before being replaced with an official Australian championship, over 10,000m in 1939. The medallists in these historic Australasian 7 Mile championships were:

1923	Ernest Austin	NSW	55:44	Victor Dowling	VIC	57:25	William Murray	VIC	57:27
1924	George Parker	NSW	53:07	Albert Kitchen	NSW	55:17	Ernest Smith	NSW	57:30
1925	Bert Gardiner	VIC	57:07	Joseph Mulcahy	VIC	57:09	William Pitt	NSW	58:11
1926	Eric Sunderland	VIC	55:16	Robert Osborne	VIC	55:58	Thomas Wyatt	SA	56:05
1927	George Parker	NSW	53:53	Raymond Latham	NSW	54:32	Bert Gardiner	VIC	54:45
1929	Horace Wilson	SA	53:17	Tom Daintry	NSW	53:26	Joseph Mulcahy	VIC	54:43
1931	Glen Houghton	SA	54:16	Joseph Mulcahy	VIC	54:18	Jack Cummins	VIC	54:28
1933	William Clark	NSW	54:45	Joseph O'Farell	VIC	54:50	Jack Cummins	VIC	54:54
1937	Alan Reid	VIC	55:17	Keith McCluskey	VIC	56:12	Sydney Sheedy	NSW	56:22

The Glover Shield is still contested in the second Racewalking Australia carnival each year and remains our oldest and most significant walking trophy – see <http://www.rwa.org.au/afrwcvglowershield.html>

MORE ON AGE GROUPS

Following on from last week's explanatory article on how the various rules governing age groups in Australia, Brian Roe has emailed me to clarify the A.A. 'Age on 31 December' ruling. Thanks Brian – it is sometimes hard as an outsider to get all the reasoning correct on some matters. Hopefully one day we can all find common ground and reach consensus on this one.

Dear Tim,

Always good to read your newsletter, as I do religiously.

I read your note about age groups but do not believe it accurately reflects the history of the matter. AA's decision to base age, ranking and record definition based on calendar years was essentially to bring consistency to the operation of the sport nationally. Aligning thereby with the worldwide practice was more of a side effect, although we saw logic to that as well.

At the time the most significant area of teenage athletic activity was in schools, and the school system uses the calendar year.

AA saw great sense in aligning itself with the school age groups because the two systems had the same client group, ie 12 to 19 year olds.

The suggestion that the decision was made to fit in with IAAF leads people to believe that the decision was made for some reason that relates more to elite performance, which is incorrect. Sadly Little Athletics was unable for a variety of reasons, to make a similar decision so that all three athletic systems were the same. That decision has to be respected.

Regards, Brian

THE FINAL WORD FROM CHIHUAHUA

I could not resist a final couple of photos from the recent World Cup in Chihuahua, compliments of Emmanuel Tardi's facebook page. Emmanuel is a regular photo contributor to the newsletter so I know he won't mind me pinching a few of his great Chihuahua collection – see <http://www.facebook.com/#!/profile.php?id=1657411914&v=photos>



Left: Tom Barnes cools down in the ice tub after finishing the 50km event in scorching conditions
Right: Our 3 Under 20 girls – Beth Alexander, Regan Lamble and Rachel Tallent – all VRWC members

And Russ Dickenson has pointed me to a 10 minute YouTube video of the Junior Women's 10km walk in which Italy's Antonella Palmisano walked superbly from the front to win – check out <http://www.youtube.com/watch?v=jaEJUaanHdo>. Not only will you see a wonderful exhibition from the winner but you will also see a few snippets of Beth and Regan early on while they were in the leading pack.

WHAT'S COMING UP NEXT

Next Saturday sees our final club races before Canberra and like last week we have prizes for our Handicap winners but this time it's a mass start rather than a handicap start. So make sure you come along for what should be a great day's racing.

Saturday 5 June 2010, Albert Park

VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes for handicap winners.

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. Let me know of any errors/omissions.

Australian/Victorian Winter Season Key Dates

Sun June 13, 2010 44th Lake Burley Griffin Racewalking Australia Carnival, Canberra, ACT
Sat June 26, 2010 A.V. Racewalking Seminar, VRWC Club Rooms, Albert Park, 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://vicvets.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

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

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>)