



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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22 June 2010



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VRWC ROAD WALKS, ALBERT PARK, SATURDAY 19 JUNE 2010

Our annual 'Guess Your Finish Time' races were held on Saturday and 80 walkers took advantage of another day of excellent Melbourne weather and enjoyed some tough competition. No watches were allowed and no times were called – the idea is simple – the walker who gets closest to his/her time guess wins the prize. We also had two race videos playing in the clubrooms. Before our races, we played **Peter Vysma's** video of the Canberra carnival races last weekend. Then after the races, we played **Fran Attard's** video of the raceday of 5th June. This video started with a moving tribute to Ray Smith. Thanks to Fran and Peter for keeping the tradition going now that Ray is no longer with us. I am sure that he would be very pleased to see the baton passed on so well. And as usual, **Terry Swan** has uploaded a big selection of photos to <http://www.vrwc.org.au/coppermine>. Good work everyone!

Also, a few points for all our new walkers and families as I always get asked these sorts of questions

1. Competitors can stop and take a toilet break mid race as long as they exit and reenter the track at the same point. Toilets are located trackside near the tennis courts and in the clubrooms.
2. Water is available for all races and can be taken regardless of the distance. Sports drinks and such like can only be taken in events longer than 10km. These refreshment items can only be taken at the official drinks table and must be handed to the walker as he/she walks past. It is not permitted to run alongside a walker or pass them drinks from other positions along the course. These are the IAAF rules under which the sport works and we try to abide by them in our club races to get walkers used to the correct regime so that in big races there are no surprises.

And now onto the race results. The 10km race was the longest on offer and Pam Tindal and Aaron McDonough showed that they were the best judges of pace Mark Donahoo with 52:21 and Kylie Irshad with 55:22 were our fastest walkers. Young Cody McNicol-Davidson tested himself out over 10km for the first time and did a good first up 72:07. Well done Cody!

10km Open		Time	Guess	Diff	Actual Place
1	Pam Tindal	55:32	55:00	+0:32	2
2	Gayle McIntyre	58:25	56:46	+1:39	3
3	Kylie Irshad	55:22	60:00	-4:38	1
1	Aaron McDonough	55:36	55:00	+0:36	4
2	Mark Donahoo	52:21	51:40	+0:41	1
3	Bob Gardiner	64:03	63:00	+1:03	6
4	David De Bondi	70:36	69:15	+1:21	8
5	Harry Summers	68:37	67:10	+1:27	7
6	Russ Dickenson	59:07	57:10	+1:57	5
7	James Seid-Christmass	55:14	52:37	+2:37	3
8	Rudolf Skrucany	71:53	69:11	+2:42	9
9	Cody McNicol-Davidson	72:07	67:20	+4:47	10
10	Simon Evans	53:30	64:30	+6:00	2

The 5km races saw Heather Carr and Bernie Keirl win the prizes for best finish time guesses but Bernie only just got there by 1 second from Howard Gibson. Nathan Brill stormed through the race to take fastest time overall with 23:05, a 22 sec PB. Heather Carr was the fastest woman with 27:09 while Stephanie George did a 9 sec PB with her time of 27:44, Jason Kozica did a 9 sec PB with 26:49 and Cooper Owen took over 2 mins off his best with 27:41. Paul Kennedy was back in action after a fair layoff and walked very fast for 24:20 while Josh Dillon with 24:00 was also in fine walking form.

5km Open		Time	Guess	Diff	Actual Place
1	Heather Carr	27:09	27:20	-0:11	1
2	Liz Feldman	29:05	29:30	-0:25	3
3	Celia Johnson	34:24	33:56	+0:28	6
4	Gwen Steed	30:29	30:58	-0:29	5
5	Ella Mason	30:28	29:50	+0:38	4
6	Stephanie George	27:44	26:40	+1:04	2
	Caitlin Campbell	DNF			
	Beth Barbour	DNF			

1	Bernie Keirl	27:02	27:00	+0:02	6
2	Howard Gibson	37:27	37:30	-0:03	12
3	Nathan Brill	23:05	23:00	+0:05	1
4	Michael O'Mahony	25:44	26:00	-0:16	4
5	Alan Lucas	28:38	28:55	-0:17	8
6	Barrie Wicks	36:12	36:30	-0:18	11
7	Josh Dillon	24:00	24:20	-0:20	2
8	Geoff Barrow	32:28	33:10	-0:42	10
9	Jason Kozica	26:49	27:35	-0:46	5
10	Aaron Tam	29:49	29:00	+0:49	9
11	Cooper Owen	27:41	29:00	-1:19	7
12	Paul Kennedy	24:20	26:00	-1:40	3
13	Robin Wood	38:50	37:00	+1:50	13



Bernie Keirl, Heather Carr, Cody McNicol-Davidson, Kylie Irshad, Pam Tindal, Aaron McDonough and Jason Elms



Nathan Brill, Cooper Owen, Sandra Geisler, Donna Elms, Matt Felton and Josh Dillon

The 3km events saw Donna and Jason Elms take the honours in the Open events while Amelia Finnegan and Connor McShanag had the best guesses in the U15 divisions. Fastest times overall went to Matt Felton with a 25 sec PB time of 13:55 and Amelia Finnegan 15:01. It was great to welcome back Sandra Geisler after a break of some years and she wkled a very impressive first up 16:44.

3km Open		Time	Guess	Diff	Actual Place
1	Donna Elms	17:36	17:16	+0:20	4
2	Kirstin Shaw	16:53	16:30	+0:23	3
3	Hilary Brazel	15:30	14:54	+0:36	1
4	Janet Holmes	18:33	19:10	-0:37	6
5	Sandra Geisler	16:44	16:00	+0:44	2
6	Robyn Shaw	20:01	19:00	+1:01	7
7	Emily Payne	18:30	17:10	+1:20	5

1	Jason Elms	16:39	17:00	-0:21	1
2	Gordon Onley	20:13	22:30	-2:17	2
3km Under 15					
		Time	Guess	Diff	Actual Place
1	Amelia Finnegan	15:01	15:00	+0:01	1
2	Megan Walker	18:12	18:00	+0:12	6
3	Bianca Attard	15:56	15:43	+0:13	3
4	Jasmine Irshad	16:14	16:00	+0:14	4
5	Jemima Montag	15:19	15:35	-0:16	2
6	Cindy Collins	18:27	18:04	+0:23	7
7	Carly Bertrand	17:17	16:45	+0:32	5
8	Amy Ventura	18:59	18:24	+0:35	8
9	Rebecca Campbell	19:46	20:27	-0:41	10
10	Emily Swan	19:30	20:30	-1:00	9
1	Connor McShanag	14:57	15:02	-0:05	3
2	Kyle Swan	15:21	15:30	-0:09	4
3	Ryan Antidormi	14:51	14:40	+0:11	2
4	Matthew Felton	13:55	14:10	-0:15	1
5	Paul Tremigliozi	20:00	18:30	+1:30	5

We had a draw in the Under 12 girls' event with Jessica Lillie and Bronte Segota both within 2 secs of their guessed time while Sam Candotti won the boys' U12 event. Fastest times went to Shelby Kay (20 sec PB with 11:07) and Reese Walmsley. We also welcomed Madelaine and Lachlan Feain to Albert Park for their first races – their father Gerard was a walker with us for many years.



The start of the U12 races

2km Under 12					
		Time	Guess	Diff	Actual Place
E1	Jessica Lillie	11:57	11:55	+0:02	4
E1	Bronte Segota	11:57	11:55	+0:02	5
3	Paige De Lisen	11:11	11:05	+0:06	2
4	Shelby Kay	11:07	11:19	-0:12	1
5	Brodie Richardson	11:25	11:43	-0:18	3
6	Cassandra Kay	12:49	13:10	-0:21	8
7	Gabbie Crea	12:18	11:55	+0:23	6
8	Anaya Hodges	12:25	12:00	+0:25	7
9	Charisma Boothroyd	12:52	12:20	+0:32	9
10	Madelaine Feain	14:35	13:00	+1:35	10
1	Sam Candotti	12:22	12:32	-0:10	2
E2	Reese Walmsley	10:47	10:20	+0:27	1
E2	Josh Tremigliozi	15:27	15:00	+0:27	4
4	Harley Davidson	16:22	16:50	-0:28	5
5	Lachlan Feain	13:39	13:00	+0:39	3

Ethan Wright and Mikhala Hodges won the U9 events while Hayden Walmsley and Mikhala were the fastest overall.

1km Under 9		Time	Guess	Diff	Actual Place
1	Ethan Wright	06:31	06:30	+0:01	2
2	Hayden Walmsley	06:23	06:25	-0:02	1
3	Noah Candotti	07:34	07:23	+0:11	3
1	Mikhala Hodges	05:27	05:25	+0:02	1
2	Brianna Lillie	05:56	05:40	+0:16	2
3	Payton Kay	08:25	06:30	+1:55	4
4	Ella Segota	07:54	-	-	3



Madeleine Feain, Shelby Kay, Lachlan Feain, Jessica Lillie and Sam Candotti



Bronte Segota, Brianna Lillie, Ethan Wright, Hayden Walmsley and Mikhala Hodges

Thanks as usual to our many helpers who make our racedays so successful each week. Sorry if I missed anyone

Officials: Ron Miller, Tim Erickson, Bob Gardiner, Harry Summers, Russ Dickenson, Ian Laurie, Natalie Laurie, Damien Elms, Pauline McShanag, Matt Owen, Mark Davidson

Judges: Peter Vysma (Chief), Brenda Felton, Lloyd Nichols, Terry Knape, Michael Bodey Gordon Loughlan

Canteen: Barb Gardiner, Joyce Summers, Kate Suich

VRWC STYLE AWARD POINTS

We did not have fastest times or handicaps points on Saturday but the judges did give style award points. Progressive points have been added to the website.

Open & U15 Men	Open & U15 Women	U9 & U12 Boys	U9 & U12 Boys Girls
9 Nathan Brill	6 Amelia Finnegan	4 Ethan Wright	5 Mikhala Hodges
3 Simon Evans	6 Jemima Montag		2 Anaya Hodges
3 Cooper Owen	5 Kylie Irshad		
2 Aaron McDonough	3 Heather Carr		
2 Michael O'Mahony	3 Stephanie George		
2 Josh Dillon	2 Pam Tindal		
2 Kyle Swan	2 Megan Walker		
1 Russ Dickenson	2 Cindy Collins		
1 James seid-Christmass	2 Jasmine Irshad		
1 Mark Donahoo	1 Gwen Steed		
	1 Emily Swan		

WESTERN AUSTRALIAN RESULTS

Thanks to John Back for the WA All Schools roadwalking results from 2 weeks ago and for Sunday's races.

<p>Western Australian All Schools Race Walking Championships, Perth, Sunday 6 June</p> <p>Open 8km</p> <p>1. D Lowe 50.26</p> <p>U20 Women 10km</p> <p>1. J Smith 63.53</p> <p>U18 Men 10km</p> <p>1. M Catley 69.18</p> <p>U18 Women 5km</p> <p>1. H Watson 27.32</p> <p>2. A Hahn 30.35</p> <p>U16 Men 5km</p> <p>1. C Littke 32.02</p> <p>E Nolan DQ</p> <p>U16 Women 5km</p> <p>1. B Brown 29.05</p> <p>2. G Holt 35.50</p> <p>U14 Men 3km</p> <p>1. J Hill 19.11</p> <p>2. A Nolan 21.26</p> <p>U14 Women 3km</p> <p>1. R Evans 17.28</p> <p>2. C Unicom 18.02</p> <p>3. J Brown 19.01</p> <p>4. O Smith 19.46</p> <p>5. C Gerken 22.01</p> <p>U12 Men 2km</p> <p>1. M Lees 11.08</p> <p>2. K Mathews 11.28</p> <p>3. L Button 12.04</p> <p>4. N Piglett 15.40</p> <p>U12 Women 2km</p> <p>1. M Johns 10.45</p> <p>2. J Mathews 11.30</p> <p>3. J Francke 11.52</p> <p>4. E Manso-Vukovich 12.02</p> <p>5. B Glands 12.15</p> <p>6. M Butler 13.06</p> <p>7. C Yates 13.08</p>	<p>Western Australian Roadwalks, Perth, Sunday 20 June</p> <p>10km</p> <p>1. M Gooch 63.46</p> <p>5km</p> <p>1. K Holt 28.58</p> <p>2. L Romeo 37.21</p> <p>3. H Watson 26.54</p> <p>4. G Holt 36.35</p> <p>2k m</p> <p>1. A Rees 11.40</p> <p>2. H Hughes 11.06</p> <p>3. A Glands 11.50</p> <p>4. B Roberts 12.16</p> <p>5. M Johns 11.15</p> <p>6. Alexander Nolan 12.57</p> <p>7. Ethan Nolan 10.20</p>
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2010 CORPORATE CHALLENGE, SPORTS SUPER CENTRE, RUNAWAY BAY, SUNDAY 20 JUNE

Thanks to Peter Aiton for his weekly results set from Brisbane.

5km Walk - 2010 Corporate Challenge

1.	DANE BIRD-SMITH	20:50
2.	BRAD AITON	21:45
3.	JESSE OSBORN	23:13
4.	BRANDON DEWAR	23:42
5.	JESSICA PICKLES	27:01
6.	KAY SHAW	32:03
7.	SALLY LYNCH	32:26
8.	ANDREW LAKE	33:55
9.	KLAUS MAURER	35:06
10.	ROBYN WALES	37:16
11.	JIM MARTIN	40:50

AUSTRALIAN ULTRA DISTANCE WALKING IN THE SPOTLIGHT

Australian long distance walkers have also been in the news over the last week or so. First to France where Queensland Race Walking Club president Peter Bennett was defending his Rouen 24 Hour title on the weekend of 12-13 June. Then to Brisbane where some other walkers were in action in the Australian 24 Hour championships. Let's take them one at a time.

Rouen 24 Hour Race, Rouen, France, 12-13 June 2010

Peter Bennett has won this prestigious event for the last two years but he was not expecting to compete this year until he received a phone call the week before, making him an offer he could not refuse. So on short notice and without any real buildup, he packed his bags and caught his flight to France the next day! He was certainly in two minds as it meant that he would miss the annual LBG 20 mile which he has completed 17 times in a row, but go he did and he must now be pleased that he did. The event was held on a lap of just under 800m and here is what Peter had to say post-race

I have just arrived home after my trip to France for the Rouen 24 Hour race over the weekend (I went into work after my flight landed in Brisbane).

After arriving in France I had a couple of days doing what seemed like an seemingly endless rounds of meetings, receptions, seminars and dinners with lots of interesting and exceptional people from around the world, brought together by sport. On Thursday 10th June, I was one of 18 speakers at sports meeting in the town of Maromme.

But, the real reason I was invited to France was to participate in the Rouen 24 Hour International Walk held over the weekend of 12-13 June (5PM Saturday till 5PM Sunday). The race was won by Aleksí Rodinov from Russia, one of the worlds greatest ultra walkers . Aleksí walked 221.01km and I did 216.24km. I am pleased with my race in that I was able to keep Aleksí under pressure the whole race and not let him ease off or take a break at any stage .

1.	RODIONOV Alexei	221,010 km
2.	BENNETT Peter	216,240 km
3.	BEGIN Jean-Pierre	174,105 km
4.	RENONCOURT Christian	155,025 km



Peter walking in the Rouen 24 Hour classic

That distance is actually Peter's furthest ever, beating his previous Rouen winning distances of 214.65km (2008) and 213.885km (2009). 216km is an astonishing distance to walk in 24 hours and it took one of the world's best ultra distance walkers to beat him. For the record, Peter has now done ten 24 hour / 100 mile walks, starting with his first in 1994. After that, he had a big break to pursue his own racewalking career but in the past 2 years, he has done 5 of these long walks. What a legendary effort. Here is his overall list.

100 miles in 19:42:54	1 st	08-09 Oct 1994	Clifton Hill, Victoria
172.500 km in 24H	9 th	18-19 Sept 2005	Genting Highlands, Mal
176.175 km in 24H	3 rd	15-16 April 2006	Rouen, France
165.26 km in 24H	5 th	11-12 August 2007	Kuala Lumpur, Malaysia
214.65 km in 24H	1 st	5-6 July 2008	Rouen, France
213.885 km in 24H	1 st	30-31 May 2009	Rouen, France
100 miles in 19:48:40	3 rd (against runners)	27-28 June 2009	St Lucia, Queensland
177.300 km in 24H	3 rd (against runners)	1-2 August 2009	Caboolture, Queensland
100 miles in 22:01:35	1 st	17-18 April 2010	Coburg, Victoria
216.240 km in 24H	2 nd	12-13 June 2010	Rouen, France

Sri Chinmoy Australian 24 Hour Championship, Brisbane, QLD, 19-20 June 2010

The annual Australian 24 Hour Track championships were held on the weekend of 19-20 June at the St Lucia athletics track in inner Brisbane. With a 9AM start on the Saturday morning, a very hot day might have spelt disaster but, although it was sunny, the temperature stopped at the low twenties, making it warm enough but not a killer. I believe that the cold overnight conditions were probably worse for the competitors. Peter Bennett had intended to start until his Rouen trip came to fruition so he was content to watch and help those walkers who did decide to try themselves out against the runners.

The event saw two Melbourne walkers contest the 24 Hour - **Steve Jordan** finished 13th in 138+km and **Doug McKay** finished 15th in 129+km. **John Harris** from QRWC contested the 12 Hour event and finished with a very good 87km (John won the fitness 20 mile event the week before at the LBG carnival) while Melbourne walker **Michelle Thompson** stormed through the 6 Hour event with **53.4km** to set a new **Australian 6 Hour Residential Walking Record** (the previous was held by Heather Carr with 51.423km). Michelle was not far short of the Australian All-Comers record of 54.180km, held by England's Sandra Brown and she looks set to challenge that soon. She won our VRWC 4 hour walk in May with 36km and kept the same pace going for the additional 2 hours in Brisbane to set her new record. Sorry but I haven't been able to find any photos of official results from this event yet.

COWLEY, ROTHWELL NAMED ALF ROBINSON AWARDEES

The following press release went up on Monday on the Athletics Australia website

Rising stars of the international race walking world **Rhydian Cowley** and **Jess Rothwell** have been named recipients of the Alf Robinson Memorial Race Walking Foundation awards for 2010.



Rhydian and Jess racing in Chihuahua last month

Nineteen-year-old Cowley has enjoyed a stellar start to 2010, setting new personal best times over 10km in Hobart in February (44:26) and 10,000m in Sydney the following month (43:22).

In May he lined up at his second IAAF World Race Walking Cup, placing 15th in the junior men's race in a time of 46:57.

Next month the Victorian young gun will travel to Moncton, Canada, to represent Australia in the 10,000m walk at the IAAF world junior championships.

Fellow award recipient Jess Rothwell has enjoyed a similarly strong start to the year, making a stellar return from injury to place ninth at the IAAF World Race Walking Cup in Chihuahua (MEX) last month to shore up nomination to the women's 20km walk at the Commonwealth Games in New Delhi, India, in October.

Established in 1977 following the death of former Racewalking Australia President Alf Robinson, the Foundation acts as a developmental fund for the benefit of Australia's most promising junior walkers and those open-aged walkers under 25 years of age who show the potential to achieve on the international stage.

The funds within this Foundation are held in trust by Athletics Australia and a Board of Trustees, made up of representatives of Athletics Australia and Racewalking Australia.

The Alf Robinson Memorial Race Walking Foundation and Athletics Australia congratulate Rhydian Cowley and Jess Rothwell for their achievements in taking out the 2010 Foundation awards.

RWA MERIT AWARDS

Congratulations to the following Racewalking Australia members who were given Merit Awards at our AGM in Canberra on Saturday June 12th. You can read the finer details of each nomination and review the full list of Merit Award holders on the Merit Awards page of the RWA website <http://www.rwc.org.au>.

SARWC	Bill Starr	40 years - Administration and Competition
SARWC	Bob Cruise	25 Years - Administration and Judging
SARWC	Zoe Bryson	15 Years - Administration and Judging
QRWC	Noela McKinven	15 Years - Administration, Competition and Judging
VRWC	Chris Erickson	15 Years - Competition
VRWC	Michael Bodey	15 Years - Judging and Competition
NSWRWC	Joan Purcell	15 Years - Competition
ACTRFWC	Bob Chapman	15 Years - Administration and Competition

OVERSEAS RESULTS

LISBOA (POR, Jun 12): I advised last week that on the first day of the Portugese Club Championships, Vera Santos had clocked a new national 3000m track walk record with 12:17.59. Luis Dias subsequently emailed me to advise that the best Portugese 3000m outdoors performance is actually 12:08.30, set by Susana Feitor in 2001. He also pointed me to another time done recently by Vera - a 5000m time of 21:01.42 done on June 10th in a meeting in Abrantes, Portugal. That is fast walking indeed!

Russian Racewalking Championships, Cheboksary, 12-13 June 2010

I reported very briefly on these championships last week but am now able to give a fuller report, compliments of the Russian Athletics Federation website.

Today, the Russian Race Walking Championships started in Cheboksary, where the 2008 IAAF Race Walking Cup was held. Candidates for Russian team for the European Race Walking Championships in Barcelona will be selected at these championships. Berlin World Championship 4th placer and World season leader Anisya Kirdyapkina clocked 1:26.31 in the women's 20km, beating Tatyana Sibileva second (1:28.30) and Svetlana Solovyova third (1:30.55).

Stanislav Yemelyanov won the men's 20km clocking 1:20.48. Denis Strelkov finished second with 1:21.22, and Andrey Rusavin was third with 1:22.25.

Race walking Head Coach Aleksey Melnikov said, "The first day of the championships was gone very well including the conditions and the weather. The coach council will recommend Anisya Kirdyapkina and Stanislav Yemelyanov to include to the Russian team for Barcelona. We have already included to the team Olga Kaniskina, Vera Sokolova, Valeriy Borchin and Andrey Krivov".

And today, there was a celebration of the end of Olimpiada Ivanova's race walking career. Ivanova has many titles including the 2004 Olympic silver medalist and the 2001 and 2005 World champion. Nikolay Fyodorov, the President of Chuvashia, took part in the celebration and congratulated Ivanova.

The boys' and girls' races were held after the celebration. Yevgeniy Neustayev won the boys' 10km clocking 45.24. Nikolayev Malanchev finished second with 45.25 and Yevgeniy Yeldin was third with 45.40. Anna Yermina won the girls' 5000m with 23.41. Natalya Kopolyenko was second (23.50) and Olga Nacharkina was third (24.34).

Day 2 of the championships saw Yuriy Andronov win the men's 50km championship, clocking 3:56.26. Andronov, 38, was 9th at the 2004 Olympic Games, 3rd at the 2004 IAAF World Cup and the 2006 IAAF World Cup and 3rd at the 2006 European Championships. This season, he finished 12th in Chihuahua. The coach council has added him to the list for the European Championships team. 2009 World champion Sergey Kirdyapkin was earlier named as a candidate to the team in the men's 50km. Sergey Bakulin finished second in 3:58.07 and Aleksandr Yargunkin was third with 4:03.30.

20km Race Walk

1.	Stanislav Yemelyanov	RUS	1:20.49
2.	Denis Strelkov	RUS	1:21.23
3.	Andrei Ruzavin	RUS	1:22.26
4.	Andrei Trofimov	RUS	1:25.03
5.	Aleksandr Bibaev	RUS	1:25.15
6.	Aleksandr Prokhorov	RUS	1:25.57
7.	Ivan Kuznetsov	RUS	1:26.21

Women 20km

1.	Anisya Kirdyapkina	RUS	1:26.32
2.	Tatiana Sibiliova	RUS	1:28.31
3.	Svetlana Soloviova	RUS	1:30.54
4.	Lyudmila Arkhipova	RUS	1:31.10
5.	Larisa Yemelyanova	RUS	1:32.09
6.	Malvina Petrova	RUS	1:33.15
7.	Natalia Graber	RUS	1:33.19
8.	Antonina Petrova	RUS	1:34.16
9.	Irina Yumanova	RUS	1:35.29
10.	Elmira Alembekova	RUS	1:35.53

Men 50km

1.	Yuri Andronov	RUS	3:56.26
2.	Sergey Bakulin	RUS	3:58.07
3.	Aleksandr Yargunkin	RUS	4:03.31
4.	Yuri Chesnokov	RUS	4:07.08
5.	Sergei Korepanov	RUS	4:26.06
6.	Aleksey Khimin	RUS	4:29.41

24TH GRAN PREMIO CANTONES DE LA CORUÑA, LA CORUÑA, SPAIN, SATURDAY 19 JUNE 2010

Five of the six Australian race walkers bound for the 2010 Commonwealth Games took their preparations offshore when they lined up last Saturday in Round 10 of the IAAF Race Walking Challenge, the “Gran Premio Cantones de Marcha” in La Coruna, Spain. Headlining the action was dual Olympic medallist **Jared Tallent**, who was joined in Europe by Australian teammates **Luke Adams**, **Jess Rothwell**, **Claire Tallent** and **Cheryl Webb**. And they certainly raced well with four of them taking top 10 finishes in this prestigious event.

Emeterio Valiente for the IAAF (see <http://www.iaaf.org>) reported on the events as follows

Men’s race - unforgettable three-horse sprint finish

Over the 1km long flat circuit, the men’s contest opened quite conservatively as the large lead pack cruised the 5000m point in 20:34 headed by the Chinese pair of Yafei Zhu and newly-minted World Cup winner Hao Wang while the rest of favourites walked tucked behind, the Australian duo of reigning Olympic bronze medallist Jared Tallent and Luke Adams plus Mexico’s Eder Sánchez among others.

They all reached the halfway point in 40:54 and there were not major changes until the closing 5k when Zhu and the current World silver medallist Hao broke away from the rest with only Colombia’s Luis Fernando López, who was a creditable fifth at last month’s World Cup in Chihuahua, for company.

Entering the closing kilometre, a thrilling sprint for victory seemed inevitable and it was the case. To the delight of the knowledgeable La Coruña crowd, the three walkers fought fiercely through the finish line and it was Zhu who proved to be fastest in 1:21:11 with a one-second advantage to runner-up Lopez, himself another second clear of Hao.

Sanchez, the 2009 World Cup bronze medallist and arguably holder of the best technique in the field, had to be satisfied with fourth place as he finished with 1:21:16.

Zhu – a gifted prodigy who clocked 1:18:44 for the distance at the age of 17 – declared, “Today was a fantastic and tough win. I’m just competing at several events across Europe but my primary goal for this year are the Asian Games to be held in November in Guangzhou (China).”

“Before that,” he continued, “I’ll also take part at the IAAF World Challenge final in Beijing next 19 September. My compatriots and I are already accustomed to Europe customs, food, etc, as we have spent a lot of time this year here.” After his win in Krakow on 29 May, where he clocked a 38:40 PB over 10 Km, Zhu and his colleagues travelled to Italy for a training stint with former World and Olympic champion, Maurizio Damilano.

20km Men (Leading results)

1.	Yafei Zhu	China	1:21:11
2.	Luis Fernando López	Colombia	1:21:12
3.	Hao Wang	China	1:21:13
4.	Eder Sánchez	Mexico	1:21:16
5.	Jared Tallent	Australia	1:21:31
6.	Luke Adams	Australia	1:21:35
7.	Sbai Hassanine	Tunisia	1:21:47
8.	Juan Manuel Molina	Spain	1:21:57

9.	Maik Berger	Alemania	1:22:28
10.	Freddy Hernando Hernández	Colombia	1:22:28

Women;s race - Pascual regains fitness just in time for Barcelona

In contrast to men's event, the women's race opened at a brisk pace with a 5000m split of 22:14 for a quintet comprising the Portuguese triumvirate of Vera Santos, Ines Henriques and Ana Cabecinha, Ireland's reigning World silver medallist Olive Loughnane and Spain's Beatriz Pascual.

The Spaniard, who was a disappointing 11th in Chihuahua in 1:36:08, was determined to take revenge for that below-par performance and by the halfway point she walked alone at the front in 44:09, with a seven-second margin on this year's World Cup leader Santos. By then, Loughnane had dropped to fourth some 37 seconds in arrears.

Throughout the second half, Pascual maintained her dominance while a fading Santos was comfortably overtaken by Loughnane with six kilometres to go. At the finish line, Pascual clocked her second fastest time of 1:28:05, only bettered by the 1:27:44 which led her to the 6th place at the Beijing Olympics. The Irish star came second 31 seconds behind but 20 seconds clear of Santos.

It's also worth mentioning that the fifth place of Spain's Julia Takacs (1:30:14) was a Spanish National U23 record and the seventh place of Britain's Johanna Jackson (1:30.41) was a new British National record.

"My 2010 season was not going too well so this win is a huge moral booster ahead of next month's Europeans in my hometown of Barcelona," Pascual said. "I suffered a knee injury last November and could only resume full training in March. My two-week training camp in Font Romeu just ahead of today's event has proved to be positive so I plan now to return there for another two weeks."

Pasqual plans to compete just once more before the European Championships. "I'll only compete at the Spanish Championships in Avilés where I'll contest 10km on the track as a test."

20km Women (Leading results)

1.	Beatriz Pascual	Spain	1:28:05
2.	Olive Loughnane	Ireland	1:28:36
3.	Vera Santos	Portugal	1:28:56
4.	Ines Henriques	Portugal	1:29:36
5.	Julia Takacs	Spain	1:30:14
6.	Hong Liu	China	1:30:26
7.	Johanna Jackson	Great Britain	1:30:41
8.	Susana Feitor	Portugal	1:30:41
9.	Jess Rothwell	Australia	1:30:53
10.	Claire Tallent	Australia	1:32:02 (10 sec PB)

Full results can be seen at <http://www.iaaf.org/wrc10/results/index.html#>

EAA RACE WALKING PERMIT COMPETITION, BEDFORD, ENGLAND, SUNDAY 20 JUNE 2010

Sunday saw England host the annual Small Nation's match which saw walkers from 11 European nations compete. The event, which had an EAA Permit, took place in Bedford on June 20th and included a final chance for English walkers to qualify for the Commonwealth Games. John Constantinou emailed me to say

Some fantastic performances by the English with new PB's and within the Commonwealth Games selection standards for four men and one more woman. Weather was going to be very hot, but clouds covered and there was a worry of strong winds and chance of rain, but it remained windless on the sheltered course and cloud covered - perfect weather conditions for fast times.... Looks like England will be supporting the Commonwealth Games racewalks better than expected, depending on what we can now push through with the official selectors.

20km Women

1.	Katalin Varró	HUN	1:35:25
2.	Neringa Aidietyte	LTU	1:36:27
3.	Laura Polli	CHE	1:37:36
4.	Marie Polli	CHE	1:39:23
5.	Lisa Kehler	GBR	1:40:46
6.	Niobe Menendez	ESP	1:45:08
7.	Diane Bradley	GBR/ENG	1:53:38
	Emma Farrell	IRL	DNF

20km Men

1.	Carsten Schmidt	DEU	1:24:15
2.	Mate Helbrand	DEU	1:24:48
3.	Alex Wright	GBR/ENG	1:25:46
4.	Carl Dohmann	DEU	1:26:04
5.	Brendan Boyce	IRL	1:26:35
6.	Luke Finch	GBR/ENG	1:27:43
7.	Tom Bosworth	GBR/ENG	1:28:24
8.	Ben Wears	GBR	1:29:00
9.	Michael Doyle	IRL	1:30:04
10.	Darrell Stone	GBR/ENG	1:30:42

11.	Tommy Taylor	GBR/ENG	1:30:52
12.	David Kidd	IRL	1:32:08
13.	Andreas Nielsen	DNK	1:34:26
14.	Paul Evenett	GBR/ENG	1:36:25
15.	Harold Van Beek	NLD	1:40:42
16.	Bruno Grandjean	CHE	1:42:22
17.	Gyula Dudás	HUN	1:42:40
18.	Marcelino Sobczak	NLD	1:42:41
19.	Niall Prenderville	IRL	1:42:50
20.	Urbain Girod	CHE	1:45:34
21.	Michael Moran	IRL	1:49:43
22.	John Constantinou	CYP	1:59:48

AUSTRALIAN ROADWALKING CHAMPS, SUNDAY 22 AUGUST, BRISBANE, QLD

Entries are now open for the 2010 Australian Race Walking Championships, to be held at the University of Queensland at St Lucia (Brisbane) on Sunday 22nd August. Athletics Australia are now taking entries for this event online - point browsers to http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=526&OrgID=887

This is a combined event with the Individual Championships being run as Athletics Australia events and with the Teams Championships being run as Racewalking Australia events. I will be going up to help ensure that it all runs well. Entries close at midnight on the 9th August so get busy and start planning. The timetable reads as follows

1	8.00 am	A.A. R.W.A. R.W.A.	Open Men Masters Men Open Men	20 km Championship 20 km Championship 20 km Teams Race
2	8.00 am	A.A. R.W.A.	Under 20 Men Under 20 Men	10 km Championship 10 km Teams Race
3	8.00 am	A.A. R.W.A.	Under 18 Men Under 18 Men	10 km Championship 10 km Teams Race
4	8.05 am	A.A. R.W.A.	Open Women Open Women	20 km Championship 10 km Teams Race
5	8.05 am	R.W.A. R.W.A. R.W.A.	Open Women Open Women Masters Women	10 km Championship 10 km Teams Race 10 km Championship
6	8.05 am	A.A. R.W.A.	Under 20 Women Under 20 Women	10 km Championship 10 km Teams Race
7	9.25 am	R.W.A. R.W.A.	Under 12 Boys Under 12 Boys	2 km Championship 2 km Teams Race
8	9.25 am	R.W.A. R.W.A.	Under 12 Girls Under 12 Girls	2 km Championship 2 km Teams Race
9	9.45 am	A.A. R.W.A.	Under 14 Boys Under 14 Boys	3 km Championship 3 km Teams Race
10	9.45 am	A.A. R.W.A.	Under 14 Girls Under 14 Girls	3 km Championship 3 km Teams Race
11	10.05 am	A.A. R.W.A.	Under 16 Boys Under 16 Boys	5 km Championship 5 km Teams Race
12	10.05 am	A.A. R.W.A.	Under 16 Girls Under 16 Girls	5 km Championship 5 km Teams Race
13	10.30 am	A.A. R.W.A.	Under 18 Women Under 18 Women	5 km Championship 5 km Teams Race
14	10.30 am	Invitation	Open	5 km Invitation
15	11.00 am	Invitation	Under 10 Boys Under 10 Girls	1 km Invitation 1 km Invitation

FORWARD PLANNING – SOME KEY DATES

I have been advised that Athletics Australia is working towards the following key dates

- **2010 Australian 50 km championship** – planned for the weekend of 11-12 December, probably at Fawkner Park in Melbourne. We have asked that 20km Open and 10km U20 invitation events be included.
- 2011 Australian 20km Summer championships – planned for Hobart on Saturday 19 February. We have asked that 10km U20 invitation events be included.

WHAT'S COMING UP NEXT

Next Sunday is a big morning at Albert Park with 5 separate championship events on offer

- Victorian 20km championships for men and women
- Victorian Schools roadwalking championships for U14, U16, U18 and U20.
- Australian Masters 20km championships for men and women June.
- Victorian Masters 20km championships for men and women
- VRWC U12 and U9 1.5km club championships

With such a big program, we need a lot of lapscorers and timekeepers so if you can help, email me and I will slot you into one of the teams that we will have in action. The more officials we have, the smoother the whole morning will go.

Sunday 27 June 2010, Albert Park			
9.30am	20km	Victorian Championship	Open Men
9.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.30am	20km	Victorian Championship	Open Women
9.30am	20km	Australian & Victorian Masters Championship	Masters Men
9.30am	20km	Australian & Victorian Masters Championship	Masters Women
9.30am	20km		Open
10.00am	3km	Victorian Schools Championship	Under 16 Boys/Girls
10.25am	3km	Victorian Schools Championship	Under 14 Boys/Girls
10.50am	10km	Victorian Schools Championship	Under 20 Men/Women
11.00am	5km	Victorian Schools Championship	Under 18 Men/Women
11.00am	5km		Open
11.30am	1.5km	VRWC Championship	Under 9 Boys/Girls
11.30am	1.5km	VRWC Championship	Under 12 Boys/Girls
12.20pm		Presentations	

I was forwarded a list of entrants for the AV walks as of last Friday (see below) – if you have put in a late entry, you may not be on my list but will be on the final list for next weekend. AMA start lists are also shown below.

Australian Masters 20km - Women Nardene Hammond 35 - 39 VIC Heather Carr 60 - 64 VIC Kylie Irshad 35 - 39 VIC Donna-Marie Elms 45 - 49 VIC Pam Tindal 50 - 54 VIC Lynette Ventris 50 - 54 WA Alison Thompson 55 - 59 VIC Heather Carr 60 - 64 VIC Liz Feldman 60 - 64 VIC Marlaire Stanway 70 - 74 VIC	Australian Masters 20km – Men Rupert Van Dongen 35 - 39 VIC Stuart Kollmorgen 40 - 44 VIC Mark Donahoo 50 - 54 VIC Rudolf Skrucany 50 - 54 VIC Kevin Finn 55 - 59 SA Russell Dickenson 60 - 64 VIC Alan Lucas 60 - 64 VIC Ralph Bennett 65 - 69 VIC Harold Summers 70 - 74 VIC Robert Gardiner 70 - 74 VIC Aaron McDonough 35 - 39 VIC
Victorian Open 20km – Women Attard, Tamara KNA Carr, Heather EAG Hammond, Nardene ATE Irshad, Kylie SCA Ruddick, Kelly BHA Tindal, Pam CDN	Victorian Open 20km – Men Donahoo, Mark ATE Evans, Simon BOH Jamieson, Andrew OSC Knox, Duncan ATE Kollmorgen, Stuart COL McDonough, Aaron PTN Seid-Christmass, James COR Van Dongen, Rupert CCA
Victorian Schools U20 10km – Women ALEXANDER, BETH ATTARD, BIANCA	Victorian Schools U20 10km – Men No current entries
Victorian Schools U18 5km – Girls BRAZEL, HILARY CAMPBELL, CAITLIN PAYNE, EMILY TALLENT, RACHEL	Victorian Schools U18 5km – Boys CLARK, LEWIS FELTON, MATT O'MAHONY, MICHAEL
Victorian Schools U16 3km – Girls BERTRAND, CARLY FINNEGAN, AMELIA GEORGE, STEPHANIE HEARD, AMANDA HOCKLEY SAMON, JMARA SOMERFIELD, KOBIE	Victorian Schools U16 3km – Boys ANTIDORMI, RYAN BRILL, NATHAN GARDNER, AARON MCSHANAG, CONNOR SAVAGE, JOSHUA TAM, AARON

WHILEY, EBONY	TAYLOR, LUCAS
Victorian Schools U14 3km – Girls BOLDISTON, ZOE CAMPBELL, REBECCA COLLINS, CINDY EASTWOOD, JESSIE HAMILTON, EMILY IRSHAD, JASMINE VENTURA, AMY WALKER, MEGAN MONTAG, JEMIMA	Victorian Schools U14 3km – Boys ALLAMBY, BILLY JONES, JEREMIAH OWEN, COOPER SWAN, KYLE WALMSLEY, REESE

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 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://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

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

Sept 18, 2010 IAAF Race Walking Challenge Final, Beijing, CHN

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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
 Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)