



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC ROADWALKS, ALBERT PARK, SUNDAY 3 JULY 2010

Yet another day of perfect racing conditions – cool, still and even some weak sun poking through the clouds. And 80 walkers made the most of the opportunity and put in some top times. As club media officer said when putting out his news release post-event:

Great results for the juniors at Middle Park today. Nathan Brill (14yo) raced his first 8km and won it in 37:18. Not far behind was Josh Dillon in 39:26. At last real depth is starting develop amongst our older boys, an area where we've been a little thin in recent years, but are now complementing the girls who've been a force for some time. It all augurs for an even stronger club and, therefore, a still stronger sport at national level. Keep it up, everyone!

Well said Peter. Thanks also to **Terry Swan** for his usual collection of top photos (see <http://www.vrwc.org.au/coppermine>) and to **Fran Attard** who had her video from the Canberra carnival showing in the clubrooms. In fact, Fran's Canberra video was so good that I have taken the first 10 mins (racing) and the last 8 minutes (presentations) and uploaded them to Youtube. Check them out at <http://www.youtube.com/watch?v=rDMCIWEX6c> and http://www.youtube.com/watch?v=wicM415W_Vs

It was great to see 25 walkers choose the 8km distance, a lot of our younger walkers amongst them. With World Juniors representative Rhydian Cowley having a hitout over 4km before he heads off for Canada, the pace was on from the start and young Nathan Brill was up to the task, going out with Rhydian and shadowing him for the 4km. From then on, he was on his own but he held on well, recording a great first up 37:18 to take fastest time. Stuart Kollmorgen and Josh Dillon (another one of our young stars) were not far behind him, finishing with 38:42 and 39:26 respectively. It was great to see Daniel Payne back after a big break from racing and his time of 41:59 was good under the circumstances. Kylie Irshad was the fastest of the women with 42:59 while youngsters Amelia Finnegan 42:55 and Stephanie George 45:19 put up very good first up 8km efforts.



Amelia Finnegan, Stuart Kollmorgen, Stephanie George, Josh Kaiser, Carly Bertrand, Matt Felton, Rhydian Cowley, Josh Dillon and Nathan Brill in action on Saturday

8km Open

1. Kylie Irshad
2. Amelia Finnegan
3. Stephanie George
4. Gayle McIntyre
5. Kirstin Shaw
6. Alison Thompson
7. Gwen Steed
8. Robyn Shaw

Handicap

- | | |
|-------|------------------|
| 42:49 | 2 |
| 42:55 | No previous time |
| 45:19 | No previous time |
| 45:25 | 3 |
| 47:48 | 4 |
| 49:10 | 5 |
| 50:54 | 1 |
| 58:34 | 6 |

1.	Nathan Brill	37:18	No previous time
2.	Stuart Kollmorgan	38:42	3
3.	Josh Dillon	39:26	No previous time
4.	Mark Donahoo	41:12	8
5.	Daniel Payne	41:59	12
6.	James Seid-Christmass	42:38	9
7.	Josh Kaiser	43:58	7
8.	Alan Lucas	46:04	1
9.	David Armstrong	46:42	No previous time
10.	Robert Gardiner	50:44	11
11.	Geoff Barrow	53:10	10
12.	Harry Summers	53:17	2
13.	David De Bondi	55:35	6
14.	Rudolf Skrucany	56:25	4
15.	Cody McNicol-Davidson	56:40	5
	Chloe McNicol-Davidson	Ab	
	Jason Elms	Disq	

Rhydian Cowley, who heads off on Thursday for Canada to compete in the World Junior champs, was the fastest over 4km with 18:04. Jason Kozica was a big improver with a very good 20:45 and showed that his decision to walk this winter rather than run cross country is definitely bearing fruit. Hilary Brazel 20:21 and Amy Burren 21:26 were the fastest women with Hilary winning out after a good battle.

4km Open

1.	Hilary Brazel	20:21	2
2.	Amy Burren	21:26	11
3.	Sandra Geisler	21:53	No previous time
4.	Liz Feldman	22:57	4
5.	Anna Wallace	23:38	6
6.	Emily Payne	24:19	5
7.	Donna Elms	24:41	9
8.	Jan Morrey	25:24	1
9.	Janet Holmes	26:05	8
10.	Annemaree Gerlich	26:24	10
11.	Celia Johnson	26:34	3
12.	Maryanne Harrison	29:13	7

Handicap

1.	Rhydian Cowley	18:04	7
2.	Jason Kozica	20:45	4
3.	Michael O'Mahony	21:30	3
4.	Ralph Bennett	22:44	8
5.	Anthony Doran	24:44	5
6.	Gordon Onley	27:58	2
7.	Barrie Wicks	28:24	6
8.	Robin Wood	28:53	1



Jan Morrey, Sarah and Amy Burren, Hilary Brazel

Matthew Felton 19:12 and Jmara Hockley-Samon 21:07 were the fastest of our U15 walkers while Aaron Tam walked a great PB time of 21:48.

4km Under 15		Handicap	
1.	Jmara Hockley Samon	21:07	4
2.	Sarah Burren	21:25	1
3.	Bianca Attard	22:11	3
4.	Caitlin Campbell	22:16	7
5.	Carly Bertrand	23:32	6
6.	Megan Walker	24:12	2
7.	Emily Swan	27:47	5
	Jasmine Irshad	Ab	
1.	Matthew Felton	19:12	1
2.	Aaron Tam	21:48	2
3.	Connor McShanag	22:11	3



Jmara Hockley-Samon, Aaron Tam, Mark Donahoo, Connor McShanag and Daniel Payne

The U12 walkers raced over 2.5km today and Kyle Swan proved the fastest of the youngsters with 12:30. Reese Walmsley was also in good form with 13:35 while Emily Hamilton took fastest time amongst the girls with 14:05 after a good battle with Paige De Lisen who finished with 14:16.

2500m Under 12		Handicap	
1.	Emily Hamilton	14:05	3
2.	Paige De Lisen	14:16	1
3.	Georgia Bertrand	14:59	2
4.	Lauren Collis	15:05	
5.	Selby Kay	15:12	E5
6.	Gabriella Crea	15:40	E5
7.	Bronte Segota	16:07	7
8.	Cassandra Kay	16:52	4
1.	Kyle Swan	12:30	4
2.	Reese Walmsley	13:35	3
3.	Sam Candotti	16:05	2
4.	Lachlan Feain	18:01	
5.	Harley Davidson	19:51	1
	Cooper Owen	Disq	

Harry Hockley-Samon 8:10 and Mikhala Hodges 8:37 were our fastest U19 walkers in their 1.5km race. Tegan Miller also walked very well for a big PB time of 9:16.

1500m Under 9		Handicap	
1.	Mikhala Hodges	8:37	4
2.	Tegan Miller	9:16	1
3.	Charlee Harrison	9:44	3
4.	Payton Kay	10:37	2
5.	Frances Collis	11:13	
6.	Ella Segota	12:57	5
1.	Harry Hockley Samon	8:10	1

2.	Hayden Walmsley	9:29	3
3.	Ethan Wright	10:27	4
4.	Noah Candotti	10:56	2



Paige De Lisen, Mikhala Hodges, Emily Hamilton, Harley Davidson and Kyle Swan



New walkers Frances and Lauren Collis

Finally, thanks to all our helpers who keep the show on the road. Sorry if I missed anyone!

Officials Tim Erickson, Stuart Cooper, Ian Laurie, Natalie Laurie, Karin Brazel, Matt Owen, Don McLaren
Judges Peter Vysma (Chief), Gordon Loughnan, Terry Knape, Brenda Felton, Shane Bertrand, Lloyd Nicholls
Course Setup Harry Summers, Bob Gardiner, Craig Brill, Tim Erickson
Canteen Barb Gardiner, Joyce Summers, Kate Suich

VRWC POINTS COMPETITIONS

This week was a points competition week – you can see the handicap and actual time places above. The style award points are as shown below and progressive points will be loaded onto the website as soon as possible.

Open & U15 Men	U12 & U9 Boys	Open & U15 Women	U12 & U9 Girls
10 Stuart Kollmorgen	5 Hayden Walmsley	10 Amelia Finnegan	5 Mikhala Hodges
9 Nathan Brill	3 Harry Hockley-Samon	9 Stephanie George	3 Emily Hamilton
3 Rhydian Cowley	2 Ethan Wright	3 Amy Burren	2 Tegan Miller
2 David Armstrong	1 Lachlan Feain	2 Kylie Irshad	1 Frances Collis
2 Mark Donahoo		2 Alison Thompson	1 Shelby Kay
1 Daniel Payne		1 Jmara Hockley-Samon	
1 James Seid-Christmass			

CHOCOLATES, CHOCOLATES, CHOCOLATES



As mentioned briefly in last week's newsletter, we are offering our families the chance to sell Cadbury chocolates to raise funds for the National roadwalking championships next month. **Karen McNicol-Davidson** took orders last Saturday and will have the boxes of chocolates on deck this Saturday to pass over to those who ordered. See Karen this Saturday if you missed her last week but want some chocolates to sell.

ACT RACE & FITNESS WALKING CLUB WALK RESULTS

Thanks to Robin Whyte for the past couple of week's worth of results from the ACT Race and Fitness Walking Club in Canberra.

ACTR&FWC Roadwalks, Townsend Place, Canberra, Saturday 3 July

12km walk

A Staunton-Jugovic(F) 70.25 R Whyte 74.58 H Bialecki(f) 76.44 M Short(f) 82.20 G Barker 86.48 J Short 93.54 D Fitzgerald 96.16

6km walk

M Reading 32.26 H Bates 36.51 P Baker 38.04 J Bates(f) 38.40 D Robinson 43.46 T Munro 45.52 R Thompson(f) 51.22 P Fisher 53.22 C Booth(f) 55.38 J Bourke(f) 56.47 H Munro(f) 57.57.

2km walk

Z Hunt(f) 11.14 C Burns 11.55 K White(f) 13.37 N Brownette(f) 18.26. 1K S Burns 9.06.

ACTR&FWC Roadwalks, Commonwealth Park, Canberra, Saturday 26 June

10km Walk

H Bialecki(f) 64.57 R Gilchrist 70.03 M Short(f) 70.07 G Barker 72.04 J Gilchrist(f) 77.46 N Gloe 79.38 J Short 81.30 J Gloe 82.02

4km Walk

L Wilkinson 26.36 T Munro 29.54 C Chapman(f) 32.21 B Chapman 32.48 C Booth(f) 34.00 R Thompson(f) 34.02 H Munro(f) 38.18

2km Walk

Z Hunt(f) 11.12 C Burns 11.57 K White(f) 13.10 K Black(f) 13.45 C Doherty 13.53 N Brownette 22.52

1km Walk

G Hunt(f) 6.36 S Burns 7.36

SARWC CLUB CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 3 JULY 2010

Thanks to Peter Crump for his usual weekly report from South Australia

Hello Tim, my weekly report follows.

Our first Club Championships, over the shorter distances for the open walkers (8km), ranging down to 2km for the younger walkers. A single gun start saw all walkers starting at the same time, which made for a bit of crowding. However, it did not take long for the pack to disperse, to be led out (and remain unchallenged) by Darren Bown in the open men and Tanya Holliday in the open women. Tanya's times continue to be impressive and today was no exception.

Blake Steel and Paige Hooper were clear winners over the 8km in the under 20, with this being her last walk before leaving for Canada (World Juniors) later this week. We wish Paige all of the best for her 10km walk in Canada coming up.

Peter

8km Open Men	Darren Bown	35:33
	Kim Mottrom	40:13
8km M35+	Peter Crump	45:21
	Jim Hoare	54:39
8km Open Women	Tanya Holliday	37:58
8km W35+	Gloria Holliday	49:10
	Barb Cain	56:42
8km U20 Men	Blake Steele	36:49
8km U20 Women	Paige Hooper	41:09
	Nicole McInerny	46:18
6km U17 Boys	Mason Heath	34:53
4km U15 Girls	Jemma Potezny	21:39

	Piper Douglas	22:53
	Jessica Stephens	24:02
	Rebecca Burat	24:13
2km U13 Girls	Issy Tucker	12:06
	Rhiannon Lovegrove	13:53

WARWA ROAD WALK RESULTS, PERTH, SUNDAY 4TH JULY 2010

Thanks to Terry Jones for the weekly results from the Western Australian Race Walking Club.

U20 Men 10K Ron Davies Trophy:

1. Dale Hennighan 54.43

Open Women 10km

1. Michelle Butler 66.49

U20 Women 5K Anne Murray Trophy

1. Hanah Watson 27.27
2. Kate Holt 27.35
3. Jacqueline Smith 30.42

Open 5km

1. Kimberley Smith 29.41
2. Mathew Gooch 30.44
3. Jeremy Hill 33.43
4. Lesley Romeo 37.18

Open 1.5km

1. Mikayla Johns 7.58
2. Ashlee Glands 8.50

2010 DOWN UNDER CHAMPIONSHIPS, GOLD COAST CITY ATHLETICS CENTRE, SUNDAY 4 JULY

Thanks to Peter Aiton for the latest Queensland Results.

Hi Tim

Queensland results from Downunder Championships. It was good to have a young lady from NZ in the U/18 girls race. Temperatures were very warm for the 11.40am start, nice easy racing from everyone for the day! Its good to see Nathan Brill & Josh Dillon doing great times; well done boys!

Cheers

Peter Aiton

Women 15 & Under 3000m Race Walk

- | | | | | |
|----|-------------------|----|-----------------------|----------|
| 1. | Benzenati, Kenza | 13 | Gold Coast Victory | 16:05.21 |
| 2. | Barker, Rachel | 14 | Gold Coast Victory | 16:59.23 |
| 3. | Martin, Katya | 13 | Gold Coast Victory AC | 18:21.55 |
| 4. | Paviell, Marybeth | 14 | Gold Coast Victory AC | 18:47.72 |

Women 16-17 5000m Race Walk

- | | | | | |
|----|------------------|----|----------------------|----------|
| 1. | Pickles, Jessica | 16 | Jimboomba AC | 27:59.80 |
| 2. | Shaw, Lucinda | 17 | Athletics Canterbury | 28:46.66 |
| 3. | Sims, Casey | 16 | Athletics North AC | 32:38.97 |

Women 18-19 5000m Race Walk

- | | | | | |
|----|----------|----|-----------------------|----------|
| 1. | Guo, Yue | 18 | Qld Race Walking Club | 33:39.57 |
|----|----------|----|-----------------------|----------|

Men 15 & Under 3000m Race Walk

- | | | | | |
|----|----------------|----|---------------------------|----------|
| 1. | Osborne, Jesse | 15 | Queensland Race Walking C | 13:09.47 |
|----|----------------|----|---------------------------|----------|

Men 16-17 5000m Race Walk

- | | | | | |
|----|-------------|----|-----------------------|----------|
| 1. | Aiton, Brad | 16 | Gold Coast Victory AC | 23:23.08 |
|----|-------------|----|-----------------------|----------|

Men 18-19 5000m Race Walk

- | | | | | |
|----|------------------|----|---------------------------|----------|
| 1. | Bird-Smith, Dane | 18 | Qld Race Walking Club | 23:06.43 |
| 2. | Dewar, Brandon | 18 | Queensland Race Walking C | 24:47.84 |
| | Dewar, Nick | 18 | Qld Race Walking Club | DNF |

BENDIGO WALKERS CLUB RACES, LAKE NEANGAR, BENDIGO, SUNDAY 4 JULY

Thanks to Paul Rance for his report from Bendigo

The Bendigo Walkers Club's Winter Season of race walking continued at Lake Neanger on Sunday morning with 1200m and 5km sealed handicap events being held.

The 1200m events saw a small field of 3 competitors line up with Jeremiah Jones taking 1st in the sealed handicap section and recording fastest time in 6.29 with Wendy Ennor 2nd with a time of 9.34 and Jamie-Lee Jones in 3rd place in 10.56.

Nine athletes lined up for the 5km event and once again the fastest athlete in Ebony Whiley took the sealed handicap victory as she produced a personal best time of 27.45, Annette Curtis a prolific handicap winner this Season had to settle for 2nd with a Season best time of 35.29 with Ebony-Jade Jones claiming 3rd place in 38.50, other athletes' times for the 5km were Amanda Heard 29.04, Dane Heiden 29.26, Paul Rance 29.28, Barb Bryant 31.20, Josh Savage 32.53 and Catherine Heard 38.50.

Next Sunday the Club will hold 2km, 4km and 8km race walking events at Lake Neanger Eaglehawk commencing at 9.30am.

CONGRATULATIONS TO BOB GARDINER – A.V. LIFE MEMBER

Congratulations to VRWC Vice President and Life Member **Bob Gardiner** on being elected a **Life Member of Athletics Victoria**. Bob is also a 50 year merit award holder of AV and a life member of Collingwood Harriers as well as one of our best ever international walkers (with selections in 3 Olympic and 1 Commonwealth Games).



Shots of Bob over the last 54 years: 1957 winning in New Zealand, 1966 winning a Melbourne interclub race at Olympic Park and 2010 walking in the Victorian 5km Teams championship.

Bob started racewalking in 1953 at 17 years of age and is still going strong 57 years later at 74 years of age. And Bob starts his day off at Albert Park each Saturday doing event setup and sundry other activities. You can read about Bob's wonderful career at the following link: <http://www.vrwc.org.au/tim-archive/wv-bob-gardiner.pdf>

2010 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS, PAPEETE, TAHITI, 3-10 JULY 2010

A small number of Australian walkers made the trip to Tahiti for the 2010 Oceania Masters Athletics Championships which kicked off on Saturday. The 10km roadwalks were held on Sunday morning and the 5000m/3000m track walks are to be held later in the week. See <http://hosting1.sportingpulse.com/www.athletics-oceania.com/?id=323> for further details.

10km Roadwalks, Sunday 4 July, 7AM

It might have been a 7AM start but it must still have been pretty hot and humid given the slow times overall. Victorian walkers Heather Carr, Annette Major and Geoff Major all walked well and took gold, gold and silver respectively.

W45	1	Major, Annette	W47	Australia	1:16:08	59.24%
W55	1	Perard, Georgia	W58	French Polynesia	1:19:25	63.65%
W60	1	Carr, Heather	W60	Australia	1:00:14	85.98%
W65	1	Schickert, Lynne	W68	Australia	1:22:40	69.96%

W75	1	Dauphinet, Christiane	W79	Australia	1:23:46	84.05%
M55	1	Barret, Christophe	M55	New Caledonia	1:04:54	67.78%
M65	1	White, George	M65	Australia	59:55	80.98%
	2	Lowe, Roger	M67	Australia	1:25:50	57.83%
M70	1	Sela, Patrick	M70	Australia	1:11:45	71.73%
	2	Major, Geoff	M74	Australia	1:19:10	68.53%
	3	Watts, Pete	M70	New Zealand	1:32:59	55.35%
	-	Hines, John	M74	New Zealand	DQ	

FURTHER OVERSEAS RESULTS

UK T&F Championships, Birmingham UK, Sunday 27 June 2010

Alex Wright and Jo Jackson won the British 5000m track walk championships at the UK Track and Field championships on 27 June.

Men 5000m Championship

1.	Alex WRIGHT	BELGRAVE	20:11.09	SR
2.	Tom BOSWORTH	TONBRIDGE	20:50.01	PB
3.	Luke FINCH	COLCHESTER	21:29.89	SB
4.	Tom TAYLOR	BIRCHFIELD	22:05.18	PB
5.	Dominic KING	COLCHESTER	22:14.12	SB
6.	Mark O'KANE	COVENTRY	23:22.11	SB
7.	Antonio CIRILLO	SWANSEA	24:13.06	PB
	Daniel KING	COLCHESTER	DQ	

Women 5000m Championship

1.	Johanna JACKSON	MID'BRO	21:52.95	SB
2.	Lisa KEHLER	WOLV & BIL	24:21.92	SB
3.	Fiona MCGORUM	LEICESTER	26:08.99	PB
4.	Lauren WHELAN	MANX	26:16.37	PB
5.	Diane BRADLEY	TONBRIDGE	26:40.47	SB
6.	Heather LEWIS	PEMBROKE	26:57.86	PB
7.	Kate FUNNELL	ASHFORD	24:59.16	
8.	Kelsey HOWARD	TONBRIDGE	25:06.11	

French National League Meeting, Reims, Wednesday 30 June 2010

AIS/NSW walker Luke Adams was in action mid week in Reims in France where he came second in 19:03.48 over 5000m.

5000m Walk

1.	Yohann DINIZ	FRA	18:49.66
2.	Luke ADAMS	AUS	19:03.48
3.	Gregorz SUDOL	POL	19:16.98
4.	Hassanine SBEI	TUN	19:22.03
5.	Jamie COSTIN	IRL	19:24.51
6.	Bertrand MOULINET	FRA	19:31.81
7.	Kevin CAMPION	FRA	19:42.77
8.	Cedric HOUSSAYE	FRA	19:46.49
9.	Herve DAVAUX	FRA	19:54.23

Italian T&F Championships, Grosseto, Italy, Wednesday 30 June 2010

The first day of 100th Italian Championships saw Alex Schwarzer, the Olympic 50 km champion, win the Italian 10,000m track championship with 40:04.59 ahead of training partner Giorgio Rubino 40:43.99. Schwarzer will contest both the 20km and 50km events at the European champs in Barcelona and his final preparation reads as follows: another week at altitude, then a 10 km road walk in Naples on July 10th and then to Merano for his final buildup. Sybilla Di Vincenzo won the women's 5000m track title in 22:42 and will also compete in the European championships, in the women's 20km event.

10,000m track walk Men

1.	Alex Schwarzer	40:04.99
2.	Giorgio Rubino	40:43.12
3.	Daniel Paris	42:52.43

5,000m track walk Women

1.	Sybilla Di Vincenzo	22:42:00
2.	Serena Pruner	22:54:48
3.	Anna Eleonora Giorgi	22:59:47

14th Asian Junior Championships, Hanoi, Vietnam, Friday 2nd July 2010

Women 10.000m Walk

1.	Tong Lingling	CHN	25/01/1992	49:11.93
2.	Maeda Hiroi	JPN	06/01/1991	49:25.87

3.	Kozhakhmetova Aiman	KAZ	23/04/1991	50:17.04
4.	Kaga Yakako	JPN	10/04/1991	51:07.62
5.	Yang Lixia	CHN	18/02/1992	51:15.43
6.	Kozhakhnetova Sholpan	KAZ	23/04/1991	51:49.74
7.	Kim Bo Ram	KOR	18/04/1992	57:55.84

Men 10.000m Walk

1.	Wang Zhendong	CHN	01/11/1991	44:35.95
2.	Aoki Manabu	JPN		45:01.73
3.	Patel Mani Ram	IND	16/09/1991	45:06.51
4.	Theyagason Dhiban Raj	MAS	15/03/1992	48:46.47
5.	Niu Wenbin	CHN	20/01/1991	50:09.73
6.	Nguyen Thanh Ngung	VIE		53:29.34
7.	Alhasan Alahmad Hazem	SYR	20/04/1993	56:29.28

Canadian National Junior Championships, Moncton, Saturday 3 July 2010

The Canadian Junior Championships, held last weekend, were the final trials to select their team for the World Junior Championships, starting in 3 weeks time, and they were held in Moncton, where the WJ's will be held. Voyer and Carrière, who won their walk championships, have both been announced as part of the Canadian team.

Women's 10,000

1.	Voyer, Anne	93	Mille Pays	59:34.58 10
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Men's 10,000

1.	Carrière, Bruno	92	Gatineau	51:36.85 10
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Slovak Junior Championships, Nove Zamky, Slovakia, Saturday July 3

10,000 m Junior Men

1.	Tichý Peter	VŠC Dukla Banská Bystrica	46:51,74
2.	Spevák Patrik	Atletický klub Bacúch	47:07,45
3.	Tištan Martin	VŠC Dukla Banská Bystrica	47:23,17

5000 m Junior Women

1.	Piliarová Nikola	VŠC Dukla Banská Bystrica	25:10,62
2.	Privalincová Veronik	Šport.gymnázium Stavbár Nitra	25:31,26
3.	Tydorová Sona	AK Olympia ŠG Košice	27:09,74

59th Annual Cork City Sports Festival, Cork, Ireland, Saturday 3 July 2010

Rounding out a big weekend of track and field action, Australian Commonwealth Games 20km walk nominee **Luke Adams** has been named Athlete of the Meet at the 59th annual Cork City Sports in Cork, Ireland after clocking **10:59.04** in the men's 3000m walk to take out the event more than 12 seconds clear of his nearest rival.

1.	Luke Adams	AUS	10:59.04	
2.	Jamie Costin	IRL	11:12.02	
3.	Michael Doyle	IRL	12:16.39	
4.	Olive Loughnane	IRL	12:51.06	
5.	Kate Veale	IRL	12:58.60	(16 yo – new Irish Junior Record)
6.	Tim Healy	IRL	13:38.57	
7.	Evan Lynch		13:39.07	

I have updated my unofficial 3000m ranking list which now reads as shown below (of course, Jared and Nathan would be right down there if the opportunity to race over that distance had arisen at the right time – 3000m is a rarely raced distance nowadays and a number of these rankings have been 3000m splits in the more normally raced 5000m distance). Luke is closing in on Andrew Jachno's 19 year old Australian best. It is interesting to note that the top 3 performances were done by athletes aged 33, 33 and 31. Who says your speed drops as you get older!

Rank	Time	Name	State	Place	Location	Date	Age
1	10.56.22	Andrew Jachno	V	1	Melbourne	07/02/1991	33
2	10.59.04	Luke Adams	N	2	Cork, Ireland	03/07/2010	33
3	11.00.56	Dave Smith	V	1	Perth	24/01/1987	31
4	11.11.45	Nick A'Hern	N	2	Melbourne	07/02/1991	22
5	11.13.77	Jared Tallent	V	1	Sydney	28/02/2009	25
6	11.16.2	Troy Sundstrom	N	1	Sydney	27/11/1999	18
7	11.17.0	Nathan Deakes	V	1	Melbourne	10/12/1998	21
8	11.23.2	Steve Beecroft	V	1	Melbourne	13/01/1994	22
9	11.26.0	Simon Baker	V	1	Solleftuna	07/07/1989	31
10	11.27.0	Michael McCagh	W	2	Sydney	17/02/2007	20
11	11.27.7	Adam Rutter	N	3	Sydney	17/02/2007	20
12	11.28.2	Willi Sawall	V	1	Melbourne	15/03/1980	38
13	11.29.7	Brent Vallance	N	1	Sydney	06/12/1997	25
14	11.32.9	Doug Connolly	N	2	Sydney	27/11/1999	17
15	11.33.0	Chris Erickson	V	1	Melbourne	21/02/2009	27

16	11.38.8	Liam Murphy	S	1	Adelaide	13/11/1999	20
17	11.42.7	Damien O'Mara	N	2	Sydney	04/01/1997	21
18	11.45.5	Paul Copeland	V	1	Melbourne	16/01/1992	24
19	11.46.09	Anthony Miles	Q	2	Brisbane	16/11/1991	19
20	11.47.09	Dane Bird-Smith	Q	1	Brisbane	27/06/2010	17



Luke Adams enters the stadium in the 2008 Olympic 50km event (photo Jeff Salvage)

Luke excels over all distances as evidenced by his current PBs, all set in the last couple of years.

3000m	10.59.04	Cork, Ireland	03/07/2010
5000m	18:56.67	Sydney	30/01/2010
10km	39.14	Beijing, Olympic 20 km (2 nd 10 km split)	16/08/2008
20km	1:19.15	Cheboksary, Russia	10/05/2008
50km	3:43:39	Berlin	21/08/2009

2011 WORLD YOUTH QUALIFYING STANDARDS

Athletics Australia has not yet officially released the Selection Criteria for the 2011 World Youth Championships (Lille, France, 6-10 July 2011) but AIS walks coach Brent Vallance advises that the Australian standards have been set as follows

Boys 10000m Walk	45.00
Girls 5000m Walk	24:00

This is only slightly different from the past few editions where the A.A. Qualifying standards which read as follows

	2005	2007	2009	2011
Men 10,000m Walk	45:10	45:20	45:20	45:00
Women 5,000m Walk	24:20	24:45	24:25	24:0

WHAT'S COMING UP NEXT

This Saturday, we have a completely new sort of race on offer – an **Intervals Race** in which walkers can choose to either 4km, 6km, 8km or 10km in 2km intervals.

Saturday 10 July 2010, Albert Park		
SPECIAL VRWC INTERVALS EVENT		
2.15pm	Intervals Race – 4km, 6km, 8km or 10km	Open
2.25pm	4km	Open
2.25pm	4km	Under 15
2.30pm	2.5km	Under 12
2.30pm	1.5km	Under 9

Each interval lasts 16 minutes so the start times for the 2km legs are as follows:

Start time	2x2km Race Legs	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1	1
2.31pm	2	2	2	2
2.47pm		3	3	3
3.03pm			4	4
3.19pm				5

To walk in this event, you must be able to complete each leg in less than 16 minutes. If, for example, you walk 11.30min for the 1st leg, you have 4.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 16 minutes, he/she will not be allowed to continue in the next leg. For those who don't want to participate, there are ordinary 4km races on offer, starting at the slightly later time of 2:25PM. Note that our U9 and U12 walkers have their Intervals races the following Saturday.

And a reminder that the **Victorian Country championships are on Sunday 18th July in Ballarat** – have you entered yet with Athletics Victoria? Daryl Biggin and I have prepared an informational sheet with details of venue and course. Check it out on the front page at <http://www.vrwc.org.au>.

And a reminder to get your entry in with Athletics Australia for the **National Roadwalking Champs in Brisbane on 22 August**. I see from the AA website that we already have 22 entries (https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=Display_Compitor_List&MeetID=526&OrgID=887&dt=572010248). The clock is ticking on this one. We are hoping for a huge carnival with strong fields in all age groups.

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 July 18, 2010 Victorian Country Roadwalk Champs, Ballarat (entries via AV)
 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
 Entries close with Athletics Australia on 9th August.

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 6-10, 2011 **7th World Youth T&F Championships, Lille, France**
 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, Jyväskylä, 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, Taicang, 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>)