



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 44
27 July 2010



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CANTEEN CALLING

Our Canteen team has asked me to put the following call for helpers in the newsletter – our canteen is heavily used by us all, especially on those cold wet days, and it is always the same small group of generous club members who provide for us so well. Any help would be most appreciated by them and by us Tim

*Barb, Joyce and Kate need some help in the canteen. Are you able to spare an hour before the race or at the end of the races to help us. We can offer **warm friendly** working conditions. Help with serving, washing, setup or put away required.*

If we can get a few helpers, then we can share the load for all. Perhaps you can help once a month and/or if you see just two of us there on the day.

Many thanks

Barb, Joyce and Kate

VRWC – RWA INTERSTATE CHALLENGE, ALBERT PARK, SATURDAY 24 JULY 2010

Our annual Racewalking Australia Interstate Challenge day went off well with 74 walkers racing in perfect conditions at Albert Park on Saturday. This fixture was also our fundraising day for the **International Brain Tumour Alliance** (see <http://www.theibta.org>) and I am pleased to report that we raised **\$600** (from race fees, canteen takings and donations). In case you are wondering how we came to be associated with this group, Denis Strangman of ACT Race and Fitness Walking Club is the Chair and he invited Australian racewalking clubs to become involved some years ago. This is the third or fourth year that we have participated.

To kick things off, a reversing of order today to give some acknowledgement of all those people who help every week. The list from Saturday is pretty big (sorry if I missed anyone):

Judges: Gordon Loughnan (Chief), Peter Vysma, Terry Knape, Shane Bertrand, Kathleen Marsh, Brenda Felton, Lloyd Nicholls, Judy Mason (DQ Board), Graham George (DQ Board)

Officials Harry Summers, Tim Erickson, Ian Laurie, Natalie Laurie, Stuart Cooper, Paul Kozaris, Mark O'Mahony, Michael Brazel, Damien Elms, Justin McLaren, Don McLaren, Tina Miller, Craig Brill

Canteen: Kate Suich, Joyce Summers

Photos: Terry Swan – see <http://vrwc.org.au/coppermine/>

Video: Frances Attard – and see http://www.youtube.com/watch?v=yexi7QPj_gA for a 10 min extract of last week's races



Terry Knape, Justin McLaren, Judy Mason and Gordon Loughnan – four amongst the many key people

With a large variety of RWA events to be filled and with all our events running concurrently, walkers had to nominate their distance and age group and they all seemed to get it right as, for the first time in a number of years, we had at least one finisher in every division. Once all the RWA clubs have submitted their results from their home States, Mark Donahoo will work out the final results – fingers crossed!

The Masters, Open and U20 walkers all contested 10km. The Masters performances will be rated on Age Graded Tables so I have added these figures into their results. On this basis, our top Masters were **Heather Carr** (94.93%) and **Ralph Bennett** (87.47%) but the standard was high overall with 6 of the 12 Masters finishers rating above 80% on their performances. Heather and **Pam Tindal** walked together to finish in a fast 54:33 while other women to do well included **Liz Feldman** (breaking 60 mins yet again) and **Donna Elms** (1+ min PB with 62:45). In the Masters men, **Alan Lucas** 58:41 walked excellently as did **Rudolf Skrucany** who did a big season best with 66:59. Our Masters category continues to be perhaps our strongest division overall.

Masters 10km

E1	Carr, Heather	54:33	94.93%
E1	Tindal, Pam	54:33	85.04%
3.	Feldman, Liz	59:12	88.59%
4.	Thompson, Alison	62:30	79.94%
5.	Elms, Donna	62:45	73.21%
6.	Steed, Gwen	64:59	88.99%
7.	Johnson, Celia	69:19	76.64%
8.	Shaw, Robyn	69:49	65.80%
1.	Bennett, Ralph	57:25	87.47%
2.	Lucas, Alan	58:41	80.08%
3.	Dickenson, Russ	62:46	76.46%
4.	Skrucany, Rudolf	66:59	65.67%
	Summers, Harry	DNF	
	McDonough, Aaron	DNF	
	Wood, Robin	DNF	



Gwen Steed, Donna Elms, Ralph Bennett, Liz Feldman, Heather Carr, Harry Summers and Rudolf Skrucany

Kylie Irshad 53:41 and **Mark Donahoo** 51:30 were our fastest Open 10km walkers while in the U20 divisions, we were lucky enough to be able to count the overseas performances of Regan Lamble 47:55 and Rhydian Cowley 44:49 from Canada, both being walked in the same week. The U20 division also saw big PBs to **Kirstin Shaw** (a 90 sec PB with 55:55), **Simone McInnes** (a first ever time of 64:02) and **Chloe McNicol-Davidson** (a 1 minute PB with 69:05).

Open 10km

1.	Irshad, Kylie	53:41
2.	Hammond, Nardene	59:08
	Brunton, Caitlin	DNF
1.	Donahoo, Mark	51:30

Under 20 10km

1.	Lamble, Regan	47:55	(Canada)
2.	Shaw, Kirstin	55:55	
3.	McInnes, Simone	64:02	
4.	McNicol-Davidson, Chloe	69:05	
1.	Cowley, Rhydian	44:49	(Canada)
	McNicol-Davidson, Cody	DNF	



Chloe McNicol-Davidson, Simone McInnes, Alan Lucas, Nardene Hammond, Mark Donahoo, Kylie Irshad, Hilary Brazel and Kirstin Shaw

Our U18, U16 and U14 saw great times galore as our young walkers revelled in the competitive atmosphere. It's hard to choose but special mentions to **Jemima Montag** a wonderful exhibition of sustained speed walking to blitz the U14 fields with 14:44, **Nathan Brill** 23:32 and **Matt Felton** 23:49 battling out the u16 5km, **Michael O'Mahony** 39:24 and **Brad Simpson** 39:33 walking huge U18 8km times and showing that they are now ready to break the 10km 50 minute barrier now, **Hilary Brazel** doing a 3 min PB to place us very competitively in the women's U18 8km event, **Connor McShanag** a big PB in walking 25:05 in the U16 5km (this time would normally win this division but the competition is indeed hot this year!) and finally **Kyle Swan** who helped us out by walking the U14 event rather than the U12 and was rewarded with a great time of 15:46.



Connor McShanag, Nathan Brill, Kyle Swan, Matt Felton, Michael O'Mahony, Jemima Montag and Brad Simpson

Under 18 8km

- | | | | |
|----|-------------------|-------|---------------------|
| 1. | Brazel, Hilary | 43:32 | (3 min PB) |
| | Campbell, Caitlin | DNF | |
| 1. | O'Mahony, Michael | 39:24 | (big first up time) |
| 2. | Simpson, Bradley | 39:33 | (big first up time) |
| 3. | Kaiser, Josh | 43:09 | (49 sec PB) |

Under 16 5km

- | | | | |
|----|----------------------|-------|-------------|
| 1. | Finnegan, Amelia | 25:36 | (11 sec PB) |
| 2. | George, Stephanie | 26:42 | (62 sec PB) |
| 3. | Hockley-Samon, Jmara | 26:44 | |
| 4. | Raselli, Cassandra | 27:18 | |
| 5. | Attard, Bianca | 29:03 | |
| 1. | Brill, Nathan | 23:32 | |
| 2. | Felton, Matthew | 23:49 | (20 sec PB) |
| 3. | McShanag, Connor | 25:05 | (98 sec PB) |

Under 14 3km

1.	Montag, Jemima	14:44	(3 sec PB)
2.	Hamilton, Emily	16:04	(68 sec PB)
3.	Bertrand, Carly	16:31	(14 sec PB)
4.	Walker, Megan	16:59	
5.	Barbour, Beth	18:18	
6.	Collis, Lauren	18:32	(first ever 3km)
7.	Swan, Emily	20:07	
8.	Campbell, Rebecca	20:14	
9.	McLaren, Stacey	21:03	
	Irshad, Jasmine	DNF	
1.	Swan, Kyle	15:46	

The final RWA events to get underway were the U12 2km and the U10 1.5km and, once again, the walking was hot. **Cooper Owen** 10:30 and **Paige De Lisen** 11:18 were clear winners in the U12 while **Hayley George** 8:25 and **Harry Hockley-Samon** 8:16 were the best of the U10.

Under 12 2km

1.	De Lisen, Paige	11:18	
2.	Bertrand, Georgia	11:51	
3.	Lillie, Jessica	11:58	
4.	Crea, Gabriella	12:24	
5.	Boothroyd, Charisma	12:41	
1.	Owen, Cooper	10:30	
2.	Walmsley, Reese	11:26	
3.	Feain, Lachlan	12:39	
4.	Davidson, Harley	16:30	

Under 10 1.5km

1.	George, Hayley	08:25	
2.	Hodges, Mikhala	08:35	
3.	Lillie, Brianna	08:37	
4.	O'Mahony, Kathleen	08:42	
5.	Owen-Smith, Chelsea	09:04	
6.	Miller, Tegan	09:14	
7.	Harrison, Charlee	09:17	
8.	Montag, Piper	09:45	
	Collis, Frances	DQ	
1.	Hockley-Samon, Harry	08:16	
2.	Walmsley, Hayden	09:03	
3.	Wright, Ethan	09:43	



Harry Hockley-Samon, Charisma Boothroyd, Hayley George, Cooper Owen, Paige De Lisen and Kathleen O'Mahony

As usual, we scheduled a 3km club race for anyone who just wanted a hitout and a number of walkers availed themselves of the opportunity. **James Seid-Christmass** was back to his best with a very fast 14:27 ahead of **Nicholas Mirarchi** with 16:17.

Open 3km

1.	Seid-Christmass, James	14:27	
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2.	Mirarchi, Nicholas	16:17
3.	Elms, Jason	16:38
4.	Morrey, Jan	18:56
5.	Onley, Gordon	20:54
6.	Wicks, Barrie	21:03

STYLE AWARD POINTS

Style Award points this week were allotted as follows.

Men	Women	U9 & U12 Boys	U9 & U12 Girls
5 Brad Simpson	3 Heather Carr	3 Cooper Owen	3 Kathleen O'Mahony
3 Nathan Brill	3 Stephanie George		2 Paige De Lisen
2 Michael O'Mahony	3 Robyn Shaw		
	3 Kylie Irshad		
	2 Amelia Finnegan		
	2 Emily Hamilton		
	2 Pam Tindal		
	1 Alison Thompson		
	1 Megan Walker		
	1 Gwen Steed		

Progressive points scores are available on the website – see <http://vrwc.org.au/2010StyleAwardPoints.pdf>

ACTR&FWC RESULTS, CARILLON, CANBERRA, SATURDAY 24 JULY 2010

Thanks to Val Chesterton for the weekly results from Canberra

12km	C Heywood 64.46 A Staunton Jugovic(f) 70.36 H Bialecki(f) 75.43 R Whyte 76.18 J Gilchrist(f) 92.59 J Short 93.04 N Gloe 97.07 D Fitzgerald 97.13 J Gloe 99.46 G Barker DNF
4km	H Bates 21.29 K Black(f) 26.49 M Banfield(f) 27.49 B Parker 28.35 T Munro 28.35 M Boroky(f) 28.50 R Parker(f) 30.13 B Chapman 32.00 C Chapman(f) 32.30 R Thompson(f) 36.53 H Munro(f) 37.52
3km	Z Hunt(f) 16.38 M Lees(WA) 17.10 C Burns 17.14 C Doherty 20.18
1km	G Hunt(f) 6.20 S Burns 7.50

RWCWA INTERSTATE CHALLENGE, WILSON, PERTH, SUNDAY 25 JULY 2010

Thanks to Rick Cattermole for passing on the Interstate Challenge results for RWCWA. Rick advises that their club has been hard hit by illness but they have done their best. Thanks Rick and good luck!

WOMEN	Open 10km	1.	Sara-Jane Cattermole	61.07	
	U20 10km	1.	Michelle Butler	67.03	
	U18 8km	1.	Andrea Hahn	51.56	
		2.	Melissa Ierace	52.30	
	U16 5km	1.	Raqeema Evans	30.39	
	U14 3km	1.	melissa Butler	20.14	
	U12 2km	1.	Jayha Mathews	11.12	
	U10 1.5m:	1.	Bethany Dib	12.30	
	MEN	Open 10km	1.	Daniel Lowe	59.22
		Vets 10km	1.	David Smyth	61.02
U20 10km		1.	Samuel Dib	54.51	
U18 8km		Nil			
U16 5km		1.	Nathaniel Dib	32.21	
U14 3km		NIL			
U12 2km		1.	Kurtis Mathews	10.40	
U10 1.5m:		1.	Luke Button	9.01	
		2.	Timothy Dib	9.52	

Walk Judges: Jacquie Cattermole (Chief), Helen Hahn, Janine Butler, Raadiah Evans, Amy Dib.
 Timekeepers/Recorders: Rick Cattermole, Mick Butler
 Drinks Station: Andrew Ierace

BENDIGO WALKERS CLUB REPORT, LAKE NEANGAR, BENDIGO, SUNDAY 25TH JULY 2010

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held events over 3km, 5km & 10km in breezy conditions at Lake Neanger on Sunday morning with the Club's competition being part of the Racewalking Australia State Challenge.

Best performance from the 3km event came from **Zoe Boldiston** as she broke the 14 year old Club under 14 record formerly held by Australian Championship medallist Erica McGinniskin, while Dane Heiden also walked strongly over the 3km distance.

In the 5km race **Amanda Heard** was the standout performance breaking her personal best by more than 30 seconds as she raced to a strong victory with Catherine Heard also producing her best time over the 5km distance in Club events.

Annette Curtis produced an excellent effort in the 10km event to walk more than 30 second's faster than her personal best that she set 4 years ago, while Barb Bryant also walked solidly as she continues to improve her times after a forced injury layoff during the first half of the year.

The Bendigo Walkers Club's next competition day will be held on Sunday 15th August at Lake Neanger with a 3.2km handicap race commencing at 10am. Enquirers phone 5442 6435 or 0400649610.

3km U14 Zoe Boldiston 15.05, Dane Heiden 16.31, Jeremiah Jones 19.47

3km Open: Ebony Whiley 16.28, Ebony-Jade Jones 24.12, Geoff Major 24.45, Jamie-Lee Jones 28.15

5km U16: Amanda Heard 27.06

5km Open: Catherine Heard 37.13

10km Masters: Barb Bryant 63.30; Annette Curtis 73.36

QRWC GOLD COAST ROAD WALK CHAMPS, LOGAN RIVER PARKLANDS, SUNDAY 25 JULY 2010

Thanks to Peter Aiton for his weekly Queensland report. Fantastic walks by Brad Brad Aiton (a huge 10km PB of 44:25) and Jesse Osborne (23:04 for 5km).

10km Men Open	(1) Peter Bennett	53:46	(2) Patrick Sela	68:08		
10km Women Open	(1) Sally Lynch	72:22	(2) Christiane Dauphinot	78:53		
10km Men U20	(1) Brad Aiton	44:25				
8km Women U18	(1) Jessica Pickles	48:45				
5km Men U16	(1) Jesse Osborne	23:04				
5km Women U16	(1) Rachel Barker	28:54	(2) Marybeth Paviell	34:08		
3km Boys U14	(1) Trent Miles	17:50				
3km Girls U14	(1) Katya Martin	15:33	(2) Kenza Benzenati	16:00	(3) Jessica Haig	19:11
2km Boys U12	(1) Callum Haig	15:20				
2km Girls U12	(1) Mikaela Woodward	11:45	(2) Kirsty Barker	13:03	(3) Taylor McCarthy Smith	14:25
1.5km Girls U10	(1) Thaila Martin	10:08	(2) Chloe Leonard	12:08	(3) Amelia Wales	12:54
	(4) Cheyenne Trembath	14:53				
Women 2km Non Champ	(1) Robyn Wales	16:03				

SOUTH AUSTRALIAN WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 24 JULY 2010

Thanks to Peter Crump for his report from Adelaide

Today we shared our course with the SA Masters, as they raced their Club 15km championships in conjunction with our own Club Championships over the same distance (Open and Masters).

The 2.5 km loop course suited most competitors, who posted good times. **Darren Bown** showed a clean pair of heels in the open men, while **Tanya Holliday** tackled the distance for the first time and was outstanding in her speed and consistency. Not to be outdone by her daughter, **Gloria Holliday** was the standout, just missing the 90 minute mark in a huge PB, clocking a 10km PB on the way. It seems that training with Tanya might be paying off!

The whole field in the under 15 5km produced PB's which is an indication of their depth and competitiveness. It looks like last week's handicaps showed a few people they have more speed in them than they thought. **Jessica Stephens** in particular, who took over 3 minutes off her PB.

It was good for all competitors to have a busy track, in conjunction with the Masters, with **Sandy Brunner** putting in a pretty decent age based time.

SARWC Club Championships

15km Open Men	1	Darren Bown	1:06:53
	2	Kim Mottrom	1:14:56
15km M35+	1	Peter Crump	1:24:41
	2	Jim Hoare	1:42:29
15km Open Women	1	Tanya Holliday	1:11:57
	2	Allegra Steele	1:35:49
15km W35+	1	Gloria Holliday	1:30:01
	2	Sandy Brunner*	1:32:51

7.5km U17 Girls	1	Samara Holliday	41:51
5km U15 Boys	1	Lachlan Tyler Dowd	30:28
5km U15 Girls	1	Jemma Potezny	25:55
	2	Piper Douglas	28:01
	3	Jessica Stephens	28:06
	4	Rebecca Burat	30:32
2.5km U13 Boys	1	Alix Harlington	14:42
2.5km U13 Girls	1	Issy Tucker	15:06
	2	Rhiannon Lovegrove	17:08
	3	Riona Tyler Dowd	18:30

SA Masters Club Championships 15km

W65	1	Sandy Brunner	1:32:51
W65	2	Margaret Trengove	1:50:46
W50	1	Gloria Holliday	1:30:03
W50	2	Marie Maxted	1:39:36
W45	1	Raelene Schild	1:55:24
W45	2	Andrea Wilson	2:13:51
M80	1	Colin Hainsworth	1:55:48
M75	1	Leigh Smith	1:52:43
M70	1	Colin Trengove	1:50:46
M70	2	Rodger Barber	1:57:06
M70	3	Paul Boyce	2:01:36
M65	1	George White	1:24:19
M65	2	Graham Harrison	1:40:30
M65	3	Roger Lowe	1:57:28
M60	1	Geoff Byham	1:35:08
M55	1	Kevin Finn	1:34:08

WORLD JUNIOR CHAMPIONSHIPS, MONCTON, CANADA, 19-25 JULY 2010

The World Junior championships in Canada have now completed and Australia performed exceptionally well, confirming our competitiveness on the world stage. The 10,000m track walks were held during the last week with Dane Bird Smith 5th and Regan Lamble 8th both adding to the tally of top-eight finishes for Australia. Team Walks Coach **Brent Vallance** has forwarded a race report along with photos – thanks Brent.

First to Brent's analysis of where we are at in Australian walking at the moment

As I write this report from Moncton Canada, we can all look back and reflect proudly on all the junior walkers across the country who have come through the National Youth U17, U19, U21, & U23 programs and the good work that has been done by the many coaches and administrators from all the walking clubs Australia wide. Since 2006, Athletics Australia's National Youth program has given between 4 and 9 athletes per year the opportunity to attend education and training camps at the AIS, combined with competition experience with one of the domestic senior meets, and this has now culminated in the following achievements:

- Additional funding to run Junior Walks Camps at the AIS in addition to the National Youth Program camps, up to four weeks per year for some walkers
- A full team of four walkers selected in the 2010 WJ Championship Team (this is a first since 2002)
- A further two unlucky walkers who achieved the WJ Qualification standard in 2010, showing an increased depth in junior level walking not seen since the 1990's
- Two Top-8 racewalking performances at a WJ Championships (last achieved at a home WJ Champs in 1996)

The year the Youth program started (2006), Australia had sunk to an all time low at the World Junior Championships with only four Top 8 results in total. This poor result was masked by the fact that we had 3 medallists (two gold) but the depth and performance levels across athletics in Australia was poor. In Race Walking we had failed to fill 3 of the 4 positions in the team, with no male athlete at the World Juniors for the first time since the WJ Championships started in Athens in 1986.

In an e-mail exchange with Simon Baker earlier this week, Simon made the point that he thought that

Jess (4th in the 2008 WJ Champs), Regan, and Dane demonstrate the coordination and support needed for success

- *the need for a long term training pathway (coaching, competition, camps)*
- *the development facilities and options that need to be available,*
- *what the key development targets and steps are, and*
- *how a state based program and National program thru the AIS walks high performance centre can achieve results*

There are a lot of Jess, Regans, Danes, out there!

Australian walking now has in its High Performance system either in the National Youth program or in the National Centre for Race Walking at the AIS no less than 6 athletes who have achieved a top result on the world stage in one four year cycle. These athletes are Jared Tallent, Luke Adams, Nathan Deakes, Jess Rothwell (U/21 Squad), Dane Bird-Smith (U/19 Squad), and Regan Lamble (U/19 squad).

And now onto Brent's reports from the walks at Moncton

Women's 10,000m Walk, Wednesday 21 July 2010, 11:30AM

The girls started with a very conservative first lap of 2:02, no athlete willing to take the front in the warm conditions. The pace soon began to pick up with the Russian girls covering the second kilometre in 4:17, walking their own race out front after only a brief challenge from the Japanese. **Regan Lamble** and **Paige Hooper** both settled into the group behind the Russians with 4:50 and 4:27 opening kilometre splits.

The race developed into two distinct groups – the Russians were the only athletes racing for gold and stayed together until the back straight in the final lap, continuing their complete and utter domination of World Youth and World Junior Championships titles of recent years. The winning time for Elena LASHMANOVA was 44:12.06, a truly astonishing performance given the time of day and the heat in which the girls raced. Her splits for the event were 4:47.4, 4:17.3, 4:24.5, 4:30.1, 4:27.6, 4:23.9, 4:23.4, 4:25.9, 4:23.2 and 4:09.01

Behind the leaders, the group that established really got stuck into each other, knowing that they were only racing for one medal – this group contained Qin HE & Jing ZHAO of China and the Japanese pairing of Chiaki ASADA & Kumiko OKADA. Surprisingly, a gap had formed back to the World Walking Cup winner Antonella PALMISANO of Italy who was herself ahead of the group of fighting for 8th place, Regan included, with Paige back a little further back. The two Australian girls passed the halfway mark in 23:19 and 23:44 respectively but disappointingly for Paige, she was disqualified soon after.

When PALMISANO caught the second group, she went straight to the front and began to push her claims for a medal but it was not to be. It was eventually OKADA who won the tight finish for Bronze ahead of HE of China with PALMISANO claiming 5th place.

Regan stormed home over the last lap which she started in 9th place under pressure from both fast finishing Mexicans behind. She was able to kick away and storm past a tiring athlete in the home straight for 8th place in a Track PB of **47:55.78**

Regan's effort this year is an amazing performance given her lack of training and competition in 2009, as she concentrated on her VCE studies in year 12. Her promise as an athlete has always been there, and her establishment as the country's best junior in 2010 was excellent as she didn't contest an event in 2009 at that distance. She has dropped 2:20 of her pb this year.

Paige was able to re-establish herself this year after not such a great year in 2009. Although her result in Moncton was not what she would have liked, her steady progress and return to some of her best form in 2010 is excellent for her, and one that she will continue, as she still has another year or two as a junior.



**Centre: Elena Lashmanova wins (www.iaaf.org)
Left and Right: Paige Hooper and Regan Lamble in action (photos Brent Vallance)**

1.	Elena Lashmanova	RUS	44:11.90	(WJL)
2.	Anna Lukyanova	RUS	44:17.98	(PB)
3.	Kumiko Okada	JPN	45:56.15	
4.	Qin He	CHN	46:08.36	(PB)
5.	Antonella Palmisano	ITA	46:08.57	(NJ)
6.	Chiaki Asada	JPN	46:39.93	(PB)
7.	Jing Zhao	CHN	46:54.90	(PB)
8.	Regan Lamble	AUS	47:55.67	(PB)
9.	Sandra Yerga	ESP	47:57.66	(PB)
10.	Sandra Nevarez	MEX	48:00.20	(PB)
11.	Federica Curiazzi	ITA	48:11.34	(PB)
12.	Georgiana Enache	ROU	48:29.60	
13.	Inès Pastorino	FRA	48:42.30	(PB)
14.	Charlyne Czychy	GER	49:00.11	(PB)
15.	Anna Chernenko	UKR	49:01.00	
16.	Ekaterini Theodoropoulou	GRE	49:11.23	

17.	Sara Alonso	ESP	49:44.28	(PB)
18.	Yuli Capcha	PER	49:59.96	
19.	Emilie Menuet	FRA	50:20.46	(PB)
20.	Berta Kriván	HUN	51:39.50	(SB)
21.	Magdalena Jasinska	POL	52:16.80	(SB)
22.	Linda Paz	ESA	52:52.09	(NJ)
23.	Anne Voyer	CAN	59:53.24	
	Paige Hooper	AUS	DQ	
	Alejandra Ortega	MEX	DQ	

Men's 10,000m Walk, Friday 23 July 2010, 12:30PM

With race in Moncton starting at 12:30PM, this event was always going to be one done in temperatures in the mid to high 20's and in the sun. Unlike the women's event two days earlier, there was an early aggressor in the form of the German Hagen Pohle, the reigning World Youth Champion, who went straight to the front with a 4:01 opening kilometre. This broke the field, with a large leading group of 11 tightly in behind, including the Chinese Pair of Fudong CONG & Zelin CAI, the Russian pairing of Petr BOGATYREV & Valery FILIPCHUK, José Leonardo MONTAÑA (COL), Alberto AMEZCUA (ESP), Caio BONFIM, Australia's **Dane Bird-Smith** and, to the surprise of many, the Kenyan athlete David Munyao NGEI. **Rhydian Cowley** was in a chasing group of athletes who passed the first kilometre in 4:11.

The tight group began to slow, with the second and third kilometres done in 4:06, and 4:10, with the group waiting to see who would take control of the race after the fast opening. At the 3km mark, it was BOGATYREV and FILIPCHUK who moved to the front, splitting the pack in two. Heading out with the Russians were the Brazilian Athlete BONFIM and CAI from China and they covered the fourth km covered in 3:59. Chasing them was a group of five including Dane who couldn't match this dramatic change of pace but who were content to stay together with a kilometre split of around 4:10.

The leaders however soon gave on up on this pace and slowed once more at the 5000m mark with the Russians now more than happy to then allow the chase group back on, and then to drop behind the rest of the group and do little if any work. FILIPCHUK at this stage looked a winner all the way, and seemed in control. When the pack joined the leaders again, Dane had a brief stint at the front of the pack, and found it difficult to give up the position to another athlete even when it was offered to them, as again there was little interest by the Russian and Chinese athletes to take the lead.

The leaders went through the 5000m in 20:32, with a clear lead pack that would form the first 8 places. Little changed between 5km and 7km with consecutive 4:10 splits. At this stage, the Russians again started to wind up the pace, reeling off a 4:04 kilometre split to 8km. The lead pack was now reduced to four athletes as only the Chinese competitors could respond.

When CONG was dropped and then disqualified at 9km, Dane was now holding down 5th place. The lead group of three did not crack in the battle for the gold until 200m to go, when the pace was too hot for BOGATYREV, as the other two flew over the last 200m. Once FILIPCHUK had his nose in front, he held on for the victory with his last two km's in 4:00, and 3:44. In a very tight finish, he won by 0.46 sec from CAI.

With MONTAÑA also disqualified late in the last km and Dane passing another walker, he entered the top of the straight in 4th place but was passed by the Brazilian athletes who covered his last 400m in 1:26. Thus Dane finished 5th in **41:32.44**.

Dane's performance was an outstanding achievement. He has finally arrived as a walker at the longer distances and displayed what we've all known has been there. His ability to compete in a tough World Championship event, on foreign soil, when he was the younger athlete in the field should be enough to concern some of senior athletes coming into the London Olympics, and the rest of the world who know that there is another Deakes, Tallent, or Adams on the way to continue our production line of elite male walkers. Well done to Dane and his father Dave for preparing him well for this Championship.

Rhydian finished 17th in **44:49.55**, was a very gallant effort as he had some difficulty mid race. To his credit, he never gave up and even walked a full lap with leaders late in the race after being lapped, to again get going after a bad patch.



Centre: Valery Filipchuk and Zelin Cai keep cool in the hot conditions (www.iaaf.org)
Left and Right: Rhydian Cowley and Dane Bird-Smith in action (photo Brent Vallance)

1.	Valery Filipchuk	RUS	40:43.17	WJL
2.	Zelin Cai	CHN	40:43.59	PB
3.	Petr Bogatyrev	RUS	40:50.37	PB
4.	Caio Bonfim	BRA	41:32.28	SB
5.	Dane Bird-Smith	AUS	41:32.36	PB
6.	Ever Palma	MEX	41:34.92	PB
7.	Trevor Barron	USA	41:50.29	NJ
8.	Erwin González	MEX	41:58.67	PB
9.	Alberto Amezcua	ESP	42:06.71	PB
10.	Alexander Castaneda	COL	42:26.26	PB
11.	Hagen Pohle	GER	42:33.31	SB
12.	Byeong Kwang Choe	KOR	42:34.28	PB
13.	Massimo Stano	ITA	43:03.58	PB
14.	Veli-Matti Partanen	FIN	43:48.21	SB
15.	Tyler Sorensen	USA	43:55.49	
16.	Giovanni Renó	ITA	44:11.14	
17.	Rhydian Cowley	AUS	44:49.42	
18.	Lukás Gdula	CZE	46:21.50	PB
19.	Pavel Schrom	CZE	47:11.42	PB
20.	Ferhat Belaïd	ALG	49:39.87	
21.	Bruno Carrière	CAN	50:47.93	PB
	Fudong Cong	CHN	DQ	
	José Leonardo Montaña	COL	DQ	
	David Munyao Ngei	KEN	DQ	

Dane's time of 41:32.36 was only 21 secs outside Nathan Deakes' Australian record of 41:11.44, set in 1996. With another year to go in the junior ranks, he has a good chance of taking that record along with whatever other junior records are on offer.

Note that 200m splits for all competitors in both walks can be found on the Championship website at http://www.iaaf.org/mm/Document/Competitions/Competition/05/76/91/20100723095423_httppostedfile_10000mWalkMen_21529.pdf and http://www.iaaf.org/mm/Document/Competitions/Competition/05/76/78/20100723034503_httppostedfile_10000mWalkWomen_21511.pdf



Early stages in both walks – Regan back centre in left photo, Dane centre front in right photo (photos Brent Vallance)

20TH EUROPEAN ATHLETICS CHAMPIONSHIPS, BARCELONA, 27 JULY – 1 AUGUST 2010

The highly anticipated 2010 European T&F Championships started today in Barcelona in Spain and the first event to be held was the 20km walk for men, starting at 8AM and contested over a 1km loop in inner Barcelona. The following report is drawn from the championship website: <http://www.european-athletics.org/20th-european-athletics-championships-2010/event-report-m-20km-walk-russias-emelyanov-win-the-first-gold-medal-of-barcelona-2010.html>

As expected, the Russian school of race walking harvested yet another gold medal but it was not won by the pre-race favourite Valerij Borchin. In fact, only 2 Russians reached the start line with Borchin a noticeable absentee. But it did not matter in the end as 19-year-old Stanislav Emelyanov, former World Youth and World Junior champion, celebrated his first senior championship win with a time of 1:20:10. Silver went to the fastest man in the field on paper, Italy's Alex Schwazer with João Viera of Portugal repeating his bronze from Göteborg.

“I thought I would be fighting for the lead for much longer,” said the gold medallist who hails from Saransk, a hotbed of Russian walking. “I was surprised to find myself out in the lead so early. Even though I got one warning my coach told me to keep on pushing and not worry about the yellow card.”

Right from the gun, it was Schwazer, the 50km Olympic champion, who shot into the lead like a man with a mission, opening up

a five-metre gap with Balkan champion, Silviu Casandra of Romania and Emelyanov quickly joining him to give the trio an early 10m lead over the field.

After one lap the gap was already considerable, the young Russian shadowing the tall Italian with Casandra starting to feel the early pace and falling back. As two kilometres were passed the gap to the main group was 12sec and it was surely only a matter of time before Emelyanov wilted.

Lap three and Emelyanov was not letting go and looking comfortable tracking Schwazer but it was the Italian making the pace. Meanwhile Robert Heffernan of Ireland and the Italian 2004 Olympic champion, Ivano Brugnetti, were heading the chasing group who were holding the gap at 10sec and starting to look as though they had serious designs on the two up front.

At this stage the group consisted of the Italians Brugnetti and Giorgio Rubino, Heffernan, Belarussian Denis Simanovich, Russian Andrey Krivov, Vieira and Dzianis Simanovich of Belarus.

The first drama occurred after six kilometres when the chasers made a concerted attempt to close the gap, dramatically reducing the lead. Sensing danger and with a maturity belying his years. Emelyanov eased himself in front and started re-establishing his position.

Surprisingly Schwazer was unable to respond and was swallowed up by the chasing group which now numbered seven. The Russian's lead was only an agonising two seconds but he was sticking to his task. Slowly but surely he was strengthening his hold on the race and from this point on he was not to relinquish it.

After settling in the pack, Schwazer was staging a recovery and was locked in a struggle with Simanovich, but the gap was growing and there was nothing anyone could do about it.

At the half way mark, reached by Emelyanov in 40:14, it was Schwazer's and Rubino's turn to try to eat into the Russian's hold on gold but Emelyanov had opened up another 11sec gap and was looking composed while he set about turning the screw.

At each of the U-turns on the tight 1km course, Emelyanov could clearly see his rivals and must have taken heart. His only problem seemed to be how to negotiate the tight turns, at times holding on to the railing to get round without falling.

By 14km the medals had been practically decided. Schwazer was revived and was now 15secs down with Vieira a further two seconds behind and the Irishman at 18sec. In the 16th kilometre Emelyanov received his only warning of the race, but from here on in he could relax.

At the bell the young Russian could enjoy his victory lap while still in the race. Behind him Schwazer had embarked on a furious sprint to claim silver with Viera happy in bronze.

After winning the last two titles in Munich and Göteborg, Spain had to relinquish their grasp on the title, their lead walker, Juan Manuel Molina, crossing the line in 9th. First blood to Russia.



Stanislav Emelyanov wins his first senior title (photo <http://www.european-athletics.org>)

1.	EMELYANOV, Stanislav	RUS	1:20:10	
2.	SCHWAZER, Alex	ITA	1:20:38	
3.	VIEIRA, João	POR	1:20:49	SB
4.	HEFFERNAN, Robert	IRL	1:21:00	
5.	RUBINO, Giorgio	ITA	1:22:12	SB
6.	KRIVOV, Andrey	RUS	1:22:20	SB
7.	TOTH, Matej	SVK	1:22:20	
8.	JELONEK, Jakub	POL	1:22:24	SB
9.	MOLINA, Juan Manuel	ESP	1:22:35	

10.	AUGUSTYN, Rafal	POL	1:22:40	
11.	KOVENKO, Andriy	UKR	1:22:43	SB
12.	DMYTRENKO, Ruslan	UKR	1:22:45	
13.	DAVAUX, Hervé	FRA	1:24:12	
14.	LÓPEZ, Miguel Ángel	ESP	1:24:28	
15.	CASANDRA, Silviu	ROU	1:24:51	
16.	BERGER, Maik	GER	1:25:01	
17.	KUCMIN, Anton	SVK	1:25:12	
18.	DÍAZ, José Ignacio	ESP	1:25:36	
19.	TOMALA, Dawid	POL	1:25:50	
20.	COSTIN, Jamie	IRL	1:26:05	
21.	VIEIRA, Sérgio	POR	1:27:07	
22.	LOSIEV, Ivan	UKR	1:27:12	
23.	RUMBENIEKS, Arnis	LAT	1:30:50	SB
24.	IBÁÑEZ, Ato	SWE	DSQ	
25.	SIMANOVICH, Dzianis	BLR	DSQ	
26.	BRUGNETTI, Ivano	ITA	DNF	
27.	HELEBRANDT, Máté	HUN	DNF	

OTHER OVERSEAS RESULTS

MAYAGUEZ (PUR, Jul 24): The 21st Central American Games in Puerto-Rico started with athletics on Saturday. A fast 20 km walk saw Mexican Eder Sanchez winning in a new Games Record of 1:22:32 over Colombians Luis Lopez 1:22:55 and Gustavo Restrepo with a life-time best 1:22:56. In the women's 20 km walk, the winner was Sandra Galvis of Colombia with 1:38:27.

The USA Masters T&F chams are being held in Sacramento where next year's World Masters championships will be staged. Alan Lucas has pointed me to the results link: <http://www.usatf.org/events/2010/USAMastersOutdoorTFChampionships/schedule.asp> .

VRWC 1991-1992 SUMMER SEASON RESULTS NOW ONLINE

Thanks to **Ian Laurie** for taking all the results sheets from the VRWC 1991-1992 Summer Season and typing them up. I have now uploaded them to the VRWC website – see <http://vrwc.org.au/1991-1992%20VRWC%20Summer%20Season%20results.xls>. The eventual aim is to put all the results from 1991 onwards on the website and we continue chip away at this big task. **Anyone who can help with some typing is invited to contact me – it is not too onerous a job and can be done in bits and pieces.** We were certainly strong even in those days, some 18 years ago, and I reproduce three race reports from that season by way of illustration.

VRWC Summer Season Opening Races, Collingwood Harriers Track, Clifton Hill, 6 November 1991

In those days, we scheduled weekly walks right through the summer and the opening round featured 5000m/800m track walks at the Collingwood Harriers Track. Paul Copeland won the 5000m in a very fast 20:49 and the first 5 walkers were all under 24 minutes.

5000m Walk Open

1.	Copeland, Paul	M	20.49
2.	Kennedy, Paul	M	22.21
3.	Barrett, Anthony	M	23.10
4.	Yysma, Peter	M	23.29
5.	Illingworth, Richard	M	23.55
6.	Johnson, Tony	M	25.18
7.	Woodward, Kathy	F	26.09
8.	Paton, George	M	26.10
9.	Eames, Jason	M	26.55
10.	Francois, Georgie	M	27.14
11.	Summers, Harry	M	27.37
12.	Dwyer, Marcus	M	28.04
13.	Barbaro, Angela	F	28.41
14.	Kozaris, Lisa	F	28.42
15.	Newnham, Pam	F	29.06
16.	Clark, Des	M	30.10
17.	Mackay, Clive	M	30.14
18.	Tatarskyj, Tania	F	31.20
19.	Kozaris, Susan	F	32.43
20.	Tendelli, Gino	M	33.31

800m Under 12

1.	Mercer, Daniel	M	4.05
2.	Connor, Anthony	M	4.13
3.	Burke, Damian	M	4.40
4.	Illingworth, Anna	F	4.55
5.	Eames, Kelly	F	5.00
6.	Mercer, Mahrie	F	6.30

V.A.W.C Christmas Races, Albert Park, Sunday 8 December 1991

The VAWC (we were still 'Amateur' in those days) fixture always scheduled roadwalks in December and it often attracted the top AIS walkers. As this was in the lead-in period to the 1992 Olympics, walkers were after qualifiers and the standard in the Men's 20km and Women's 10km was exceptional as you can see below, with Nick A'Hern and Kerry Saxby-Junna taking the honours ahead of the strong Victorian contingent.

20km Walk, Open

1.	A'Hern, Nick (NSW)	M	82.44
2.	Beecroft, Steve	M	87.34
3.	Jeffrey, Craig	M	89.04
4.	Harvey, Michael	M	89.21
5.	Brill, Craig	M	89.52
6.	Lockwood, Chris	M	93.21
7.	Dyer, Bill	M	94.53
8.	Sawall, Willi	M	98.13
9.	Knox, Duncan	M	102.12
10.	Johnson, Tony	M	108.21
11.	Gardiner, Robert	M	109.52
12.	Kuppler, Manfred	M	112.49
13.	Daintry, Tom	M	133.36

10km Walk Open

1.	Junna-Saxby, Kerry (NSW)	F	43.39
2.	Jachno, Lorraine	F	46.42
3.	Nunn, Paul	M	46.54
4.	Vanstan, Carolyn	F	48.24
5.	Nicholson, Lorraine	F	49.06
6.	Lewry, Jane	F	49.44
7.	Muldoon, Wendy	F	50.19
8.	Dickinson, Murray	M	52.23
9.	McDonald, Heather	F	52.23
10.	Massie-Bertei, Celia	F	52.52
11.	Woodwood, Kathy	F	54.14
12.	Dwyer, Marcus	M	56.17
13.	Gorman, Monique	F	58.29
14.	Hangan, Ray	M	58.46
15.	Clark, Des	M	59.41
16.	Mackay, Clive	M	61.34
17.	Brown, Murray	M	66.52

5km Walk Open

1.	Donahoo, Mark	M	22.42
2.	Blackwood, Mark	M	24.32
3.	Eames, Jason	M	26.06
4.	Rudd, Michelle	F	26.15
5.	Beecroft, Julie	F	26.16
6.	Kuppler, Julian	M	26.18
7.	Coleman, Celia	F	26.45
8.	Newnham, Pam	F	28.46
9.	McDonald, Lachlan	M	29.49
10.	Kozaris, Lisa	F	29.47
11.	Harris, Troy	M	30.58
12.	Kelly, Celia	F	31.05
13.	Stanway, Marlaine	F	32.16
14.	Newman, Betty	F	32.16
15.	May, Win	F	33.08
16.	Tendelli, Gino	M	33.13
17.	Colthup, Marg	F	33.27
18.	Kozaris, Susan	F	34.00

2km Walk U12

1.	Mercer, Daniel	M	11.52
2.	Burke, Damian	M	11.55
3.	Illingworth, Anna	F	13.52
4.	Eames, Kelly	F	15.41
5.	McDonald, Kenna	F	16.31

Victorian 10,000m Track Championship, Olympic Park, Melbourne, 5 January 1992

The Victorian 10km title was held on the track in 1992 to enable some record chasing and it was a successful venture with a Victorian Open record of 40:46.4 going to Steve Beecroft and a Victorian U17 record of 43:44.2 going to Dion Russell. But everyone had to lower their colours to then world record holder Stefan Johansson of Sweden who was training in Australia for the summer and who won in a sensational 40:04.5. Note 17 male walkers under 50 minutes!

10km Walk Open

1.	Johansson, Stefan (SWE)	M	40.04.5	
2.	Beecroft, Steve	M	40.46.4	1 st Victorian + Country Record
3.	Copeland, Paul	M	41.05.5	2 nd Victorian
4.	Baker, Simon	M	41.57.7	3 rd Victorian
5.	Kollorz, M	M	42.14.9	
6.	Jeffrey, Craig	M	43.21.9	
7.	Russell, Dion	M	43.44.2	Victorian U17 Record
8.	Robertson, Greg (TAS)	M	43.48.0	
9.	Sawall, Willie	M	44.10.1	
10.	Kennedy, Paul	M	44.25.9	
11.	Cooke, Ricky (QLD)	M	46.47.0	
12.	Knox, Duncan	M	46.59.3	
13.	Bertei, Frank	M	47.01.7	
14.	Reid, Russ	M	47.20.7	
15.	Nunn, Paul	M	47.23.1	
16.	Lockwood, Chris	M	48.11.9	
17.	Walters, Stuart	M	49.31.5	
18.	Vysma, Peter	M	50.18.6	
19.	Dyer, Bill	M	DQ	
20.	Cousins, Dwane	M	DQ	
21.	Wojcik, Darisuz	M	DQ	
22.	Jachno, Andrew	M	DNF	
23.	Andrikis, Daniel (ACT)	M	DNF	
24.	Illingworth, Richard	M	DNF	

LILLIAN HARPUR – SA AND AUSTRALIAN CHAMPION

When Bob Cruise reminded me that **Lillian Harpur** was amongst the starters in Saturday's South Australian Masters championships (she recorded 44:05 for the 5km walk held in conjunction with the 15km championships), I thought it about time that I revisited her stellar walking career.

It was not until the 1970's that women started to break the athletics glass ceiling and the first of those to question the long standing norms was Lillian who walked in South Australia from 1970 until 1983. I remember her well as she won many Australian titles over the shorter distances of 3000m and 5000m and was renowned for her fighting spirit and never-say-die attitude. Many times she staggered over the line in complete exhaustion - a trait that few of us can develop - the ability to push ourselves to the absolute limit. During the period from 1972 to 1976 she was pre-eminent, winning the majority of the track and road titles on offer and from 1977 to 1983, she continued to mix it with the newer group of younger walkers, winning more medals. Overall she placed in national championships on 17 occasions and had 6 Australian Championship victories to her name. She also had many wins at the Federation level and many memorable battles with the likes of Alison Nicholls (now Alison Thompson), Sue Cook and Sally Pierson.



Left: 1972 Australian 5 km roadwalking championship in Canberra – Lillian leads Alison Nicholls
Right: 1973 Australian 3000m track championship in Hobart – Alison Nicholls leads Lillian

Her list of Australian Championship medals reads impressively (road first, followed by track)

Australian Women 3 km Road Championship

1971	Di Behan	NSW	15:15.6	Lillian Harpur	SA	15:40.4	Alison Nicholls	VIC	15:50.6
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Australian Women 5 km Road Championship

1972	Alison Nicholls	VIC	24:55.0	Lillian Harpur	SA	27:07.0	Bev Wilkins	NSW	28:08.2
1973	Lillian Harpur	SA	23:24.0	Alison Nicholls	VIC	24:29.0	Bev Wilkins	NSW	25:42.0
1975	Lillian Harpur	SA	25:59.8	Bev Wilkins	NSW	27:19.2	Rachel Thompson	NSW	27:30.6
1976	Lillian Harpur	SA	24:25.0	Sue Cook	VIC	25:05.0	Janette Whimpey	VIC	26:14.0
1977	Sue Cook	VIC	24:52.4	Lillian Harpur	SA	25:11.8	Rachel Thompson	NSW	26:08.8
1978	Lillian Harpur	SA	24:21.7	Rachel Thompson	NSW	24:55.4	Lorraine Young	VIC	25:44.6
1979	Sue Cook	VIC	24:47.4	Lillian Harpur	SA	24:55.0	Sally Pierson	VIC	25:04.2
1980	Sue Cook	VIC	24:14.0	Lorraine Jachno	VIC	24:38.0	Lillian Harpur	SA	24:53.8
1982	Sue Cook	VIC	22:27.9	Anne Ryan	NSW	24:27.0	Lillian Harpur	SA	24:38.9

Australian 20 km Open Women

1983	Sally Pierson	VIC	1:39:34	Lillian Harpur	SA	1:47:10	Lisa Harrison	NSW	1:53:17
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Australian Women 1500m Track Championship

1971	Di Behan	NSW	7:04.8	Gail Syratt	NSW	7:18.1	Lillian Harpur	SA	7:22.0
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Australian Women 3000m Track Championship

1973	Alison Nicholls	VIC	14:17	Lillian Harpur	SA	14:53	Bev Wilkins	NSW	15:24
1974	Lillian Harpur	SA	14:21	Anne Pembroke	NSW	14:50	Bev Wilkins	NSW	15:42
1976	Lillian Harpur	SA	14:38.8	Alison Nicholls	VIC	14:46.8	Sue Orr	VIC	14:58.6
1977	Sue Orr	VIC	14:09	Lillian Harpur	SA	14:41	Rachel Thompson	NSW	14:52

Australian Women 5000m Track Championship

1978	Sue Orr	VIC	24:21	Rachel Thompson	NSW	25:04	Lillian Harpur	SA	25:18
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Lillian competes in a 1980's Australian Masters championship (photo George White)

Her silver medal in the 1983 Australian 20km championship deserves special attention as she and her husband John, together with her daughter as passenger, rode their bicycles from Adelaide to Melbourne for the event. After taking silver behind Sally Pierson, they returned to Adelaide by cycle again.

Another of her outstanding feats was recording a world best 20km of 103:38 in 1977. Egon Rasmussen's World Race Walking Statistics book lists her as slashing 3:31 off Swedish walker Simm's world best with that performance.

However, her greatest walks were over the longer distances, and were generally unacknowledged and unrecognised. Lillian came to Australia in 1970 from Ireland and in her very first season at the age of 22 and with a young baby, she completed the SA 50 km event in **5:27:11**. This still stands as the second fastest 50 km time by ever by an Australian woman. When I asked Lillian how she had done such a feat in her first season of racewalking, she acknowledged that she had a background of trekking in the dales of Ireland. George White in his book "*Age is an Advantage: A History of Veterans Athletics in South Australia*" writes

Earlier in her native Ireland, even as a young child, distance meant little to her as she would often walk up to 60 miles in a day. In fact, on one rather momentous occasion, after a passing motorist had reported seeing a young girl and her dog early in the morning and the same girl about 30 miles away later in the day, the local police felt it was necessary to hold her and her dog in custody until a phone call established that she was just out for a day's walk.

The officials of that era in SA refused to acknowledge her long walks and never put her performances in the results. Thus the papers never record her performances and the official results never mention her. How tunnel-visioned many people were just a short while ago.

Lillian did not carry on with distance events under such adverse circumstances, only completing the occasional one. What a shame! If she could walk so well over the 50 km distance in her first season, what could she have done if she had had the motivation to keep going. An indication her potential is to be seen in her 30 km time of **2:47:13**, achieved on 23 Aug 1981 in the SA State Championship. She was in fact second overall to Peter Fullager and finished just ahead of George White.

Unfortunately Lillian was forced to retire from elite competition in 1983 after suffering a brain haemorrhage. She still competes occasionally in the Masters movement but is wary of pushing herself too hard.

For completeness, the list of Australian women who have completed the 50 km walk in less than 6 hours follows

Lisa Wilson	W35	ACT	5:23:08	23/04/2004	World Masters Championships, Auckland, NZ
Lillian Harpur	22	SA	5:27:11	1970	SA 50 Km Championship, Adelaide, SA
Sandra Brown	50	ENG	5:29:58	18/09/1999	Australian Centurion 24H Walk, Coburg, VIC
Michelle Thompson	41	VIC	5:36:35	20/06/2010	Australian 24H Championships, Brisbane, QLD
Lillian Harpur	24	SA	5:41:03	1972	SA 50 Km Championship, Adelaide, SA
Liz Feldman	56	VIC	5:45:08	24/10/2004	VRWC 50 km Championship, Albert Park, Melbourne
Marlaine Stanway	42	VIC	5:52:03	05/09/1982	Victorian 50 km Championship, Albert Park, Melb.
Ann Staunton	36	ACT	5:53:23	22/07/2000	ACT 50 KM Championship, Canberra, ACT
Carol Baird	51	ACT	5:54:18	07/01/2001	Coastal Classic 12H Walk, Gosford, NSW
Carol Baird	53	ACT	5:55:55	13/04/2002	Australian Centurion 24H Walk, Coburg, VIC

JESS ROTHWELL'S ATHLETE DIARY

Athletics Australia is running a series of athlete diary features on its website (http://www.athletics.com.au/fanzone/athlete_diaries) in the leadup to the Comm Games and today's entry (http://www.athletics.com.au/news/news/2010/july/athlete_diary_jess_rothwells) is Jess Rothwell.

Jess needs no introduction, being a former World Junior championships representative, where she placed fourth in the 10,000m walk in 2008. Now in senior ranks, the past year has seen her competing in the 20km race walk at the 12th IAAF world championships in Berlin (GER) and placing 9th in the 20km race walk at the IAAF World Race Walking Cup in Chihuahua (MEX) in May and she is now a regular member of our international teams. Boasting a 20km personal best of 1:30.25, Jess hails from Katunga in rural Victoria and trained for many of her junior years on her own. She has since relocated to Melbourne where she is a VIS scholarship holder and in 2008/09 she was crowned Athletics Australia's Junior Athlete of the Year.

Entry 8: Jess Rothwell - Jess Rothwell's keeping Cherry Ripe

68 days until the games... WOW! This year really is flying... Look out Delhi belly!

It seems a lifetime ago that I was anxiously dialling Si's (coach Simon Baker) mobile and receiving race updates from our national race walking championships in Hobart, the official selection trial for the World Race Walking Cup and Commonwealth Games.

Unfortunately, like it can for all elite athlete that push their bodies to the limit, the horrible 'i' word (injury) had prevented me from competing but thankfully, a third position was up for grabs and I was fortunate to be selected after the World Race Walking Cup in Chihuahua, Mexico.

This is the perfect opportunity to express my gratitude to the guys I like to consider 'Ma boys and A team', a fantastic, fantastic support team. As cliché as it sounds, I don't believe our performances are possible without the incredible time, effort, thought and support of so many wonderful individuals, organisations and of course family and friends. They mend, motivate and move our bodies in the right direction, 'igniting our Spark and fueling our Flame! (Ha ha, sorry, couldn't resist!!) I won't mention names, but you all know who you are, so a never-ending THANK YOU from me! You got me to the line and in my cool masseur Marcus's words- you're keeping me 'Cherry Ripe!'

For those courageously dealing with the continual day-to-day niggles and more serious injuries, keep your head up, keep persisting and seeking alternatives... do things that make you happy and enjoy the other aspects of life that add colour to your day-to-day happenings. My advice: try baking, it's very therapeutic! Things will just fall into place!

And so the next 68 days will be filled with heat sessions to assist acclimation, strength and conditioning, pool, bike, physio, massage, good recovery, TLC and specific walking and running sessions to go for gold. Not to mention a weekly baking 'sesh' to keep the VIS crew happy!

I'm starting to get quite excited now; I think the Games are going to be hot and spicy! I can't wait to stand on that start line and release all the hours!

A huge CONGRATULATIONS to the 'Spark' too, you guys rock!

Happy training, competing, coaching, officiating and spectating!

Best wishes to the rest of the Commonwealth Games team in your final competitions and preparations, look forward to seeing you all soon!

Yours in walking,

Jess

ALF ROBINSON MEMORIAL RACE WALKING FOUNDATION UPDATE

In the past 3 years, 10 walkers have received funding from the Alf Robinson Memorial Race Walking Foundation (see http://www.rwa.org.au/alf_robinson_foundation.html)

- 2008 Melissa Hayes (NSW) and Brendon Reading (ACT)
- 2009 Jillian Hosking (ACT), Ian Rayson (NSW), Dane Bird-Smith (QLD), Sean Fitzsimons (WA), Paige Hooper (SA) and Shannon Jennings (NSW)
- 2010 Jess Rothwell (VIC) and Rhydian Cowley (VIC).

Racewalking Australia is keen for this funding to continue and to grow in size but this can only happen if we grow the money in the Fund. To this end, RWA President David Smith has put out a call to members, past and present, and to those interested in seeing our young athletes develop, to send donations to Athletics Australia for deposit into the Alf Robinson Trust Fund so that we may grow this base of \$20k to up around \$100k.

If you are able to donate toward this cause, please send your cheques to the Alf Robinson Trust Fund, C/- Athletics Australia, Suite 22, Fawkner Towers, 431 St Kilda Road, Melbourne Vic 3004.

WHAT'S COMING UP NEXT

This Saturday we have another club point scoring days with events as shown below. **It is also a prizes day** with prizes to be awarded to the walkers with the most handicap points from the races done on 3rd July, 17th July and 31st July (this Saturday). If you want to see how you are going after the first 2 weeks, check out <http://vrwc.org.au/Special%20Handicap%20points%202010.xls>

Saturday 31 July 2010, Albert Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes day			
2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	5km	Handicap	Under 15
2.30pm	3km	Handicap	Under 12
2.30pm	1.5km	Handicap	Under 9

A week later, we have the Victorian Roadwalking championships. To compete in these AV championships, you must be a current member of an AV club and you must pre-enter with Athletics Victoria. The carnival also includes further VRWC championships (enter on the day for VRWC championships) and a 3 Hour walk which will be held alongside the Victorian Men's 30km event. AIS walkers Chris Erickson and Jared Tallent are coming down for the 30km championship so it should be a beauty. We are negotiating with Parks Victoria to use our championship course over near the lake on this day. The timetable reads as follows

Sunday 8 August 2010, Albert Park			
ATHLETICS VICTORIA, VRWC EVENTS			
8.30am	30km	Victorian Championship	Open Men
8.30am	3 Hour Walk		Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	Victorian Championship	Under 20 Men
9.00am	10km	Victorian Championship	Under 20 Women
9.00am	10km	Victorian Championship	Under 18 Men
10.00am	3km	Victorian Championship	Under 14 Boys/Girls
10.20am	5km	Victorian Championship	Under 16 Boys/Girls
11.00am	5km	Victorian Championship	Under 18 Women
11.00am	5km		Open
11.10am	2km	VRWC Championship	Under 12 Boys/Girls
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
Medal presentations at the conclusion of the events.			

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 are now up to **74** entries (https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=Display_Competitor_List&MeetID=526&OrgID=887&dts=572010248). The clock is ticking on this one as **entries close on Monday 9th August**. We are hoping for a huge carnival with strong fields in all age groups. The 30 Victorian entries so far are

Women	Finnegan, Amelia	Shaw, Kirstin	Hockley Samon, Harry
Alexander, Beth	George, Hayley	Tallent, Rachel	McDonough, Aaron
Attard, Bianca	George, Stephanie	Tindal, Pam	McShanag, Connor
Bertrand, Carly	Hamilton, Emily	Men	Owen, Cooper
Bertrand, Georgia	Hockley Samon, Jmara	Brill, Nathan	Payne, Daniel
Burren, Amy	Mcnicol-Davidson, Chloe	Clark, Lewis	Swan, Kyle
Burren, Sarah	Owen-Smith, Chelsea	Cowley, Rhydian	Taylor, Lucas
Campbell, Caitlin	Payne, Emily	Donahoo, Mark	
Campbell, Rebecca	Ruddick, Kelly		

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 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

Aug 3, 2010 8th World Gay Games VIII, Cologne, Germany (5000m walks). See <http://www.gaygames.com/>
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 Champs Stadia, Sacramento, California, USA. See <http://www.wma2011.com/>
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>)