



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AV AND VRWC RACES, MIDDLE PARK, SATURDAY 30 APRIL 2011

The 2011 VRWC winter season kicked off at Middle Park on Saturday with the Victorian 5km Teams Championships for men and women alongside the usual mixture of VRWC races for all age groups. Warm and sunny conditions met the 96 competitors who attended and the 1km course was awash with walkers once all the races got underway. Next week we expect to be back onto our normal 2km course as the Grand Prix cleanup process should be completed. Terry Swan has uploaded a fantastic collection of high quality photos from the day's racing to our VRWC picture gallery at <http://vrwc.org.au/coppermine> – thanks Terry!

The 5km events started first with Athletics Victoria walkers to the fore. Nathan Brill 22:20 and Stuart Kollmorgen 22:42 showed the way in the men's event while Tamara Attard 27:03 and Heather Carr 27:21 did likewise in the women's event. Because of the closure of the AV office over the last week (due to their relocation from Olympic Park to Albert Park), no attempt was made to finalise the AV Teams results on the day as there are a number of teams in contention in both events. We hope to finalise this early in the week once AV can confirm the eligibility of all entrants.



Tamara Attard, Stuart Kollmorgen, Nathan Brill, Heather Carr and Aaron McDonough

VICTORIAN 5KM TEAMS CHAMPIONSHIP, WOMEN

1.	Attard, Tamara	KNA	27:03	7
2.	Carr, Heather	BGO	27:21	5
3.	Raselli, Cassie	SCA	28:38	
4.	Stadus, Lauren	KNA	28:51	4
5.	Whiley, Ebony	BGO	29:07	3
6.	Major, Annette	BGO	29:35	2
7.	Attard, Bianca	KNA	30:11	1
8.	Hamilton, Emily	KNA	30:15	
9.	Heard, Amanda	BGO	30:31	
10.	Eastwood, Jessie	KNA	33:51	
	McNicol, Chloe	SCA	DNF	
	Finnegan, Amelia	KNA	DNF	

Teams:	1	KNA	12	Tamara Attard, Lauren Stadus, Bianca Attard
	2	BGO	10	Heather Carr, Ebony Whiley, Annette Major

VICTORIAN 5KM TEAMS CHAMPIONSHIP, MEN

1.	Brill, Nathan	BOH	22:20	10
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2.	Kollmorgen, Stuart	COL	22:42	8
3.	McDonough, Aaron	PTN	26:13	
4.	Evans, Simon	BOH	26:31	7
5.	Tam, Aaron	KNA	26:41	
6.	Kaiser, Joshua	SCA	27:01	6
7.	Dickenson, Russ	SCA	27:06	5
8.	Taylor, Lucas	SCA	27:28	4
9.	Garganis, Adam	COL	28:34	3
10.	Dyer, Bill	BOH	29:01	2
11.	Swan, Kyle	KNA	29:36	
12.	Gardiner, Bob	COL	29:54	1
	Felton, Matt	KNA	DNF	
	Donahoo, Mark	ATE	DNS	
	Walmsley, Reese	KNA	DQ	

Teams	1	BOH	19 Nathan Brill, Simon Evans, Bill Dyer
	2	SCA	15 Joshua Kaiser, Russ Dickenson, Lucas Taylor
	3	COL	12 Stuart Kollmorgen, Adam Garganis, Bob Gardiner

The VRWC events were all keenly contested and we welcomed a number of walkers having their first walks with us – Alex Poore, Michelle, Josephine and Beatrice Laufer, Bede Collis, Jonty and Mercedes Brennan and Brooklyn Utber. We also welcomed back Gerard Feain having his first walk for many years. Good to see you back on the road Gerard!

VRWC 5KM OPEN

1.	Hockley-Samon, Jmara	27:16
2.	Irshad, Kylie	29:14
3.	Laurie, Natalie	30:08
4.	Shaw, Robyn	30:22
5.	O'Neill, Karyn	35:18
6.	Burren, Sarah	DNF

1.	Kozica, Jason	24:37
2.	Kennedy, Paul	25:03
3.	Seid-Christmass, James	25:23
4.	Simpson, Brad	26:10
5.	Lucas, Alan	29:39
6.	Cooper, Stuart	33:25
7.	Barrow, Geoff	33:37
8.	Morrison, John	37:26
9.	Poore, Alex	38:37
	Jenkins, Llew	DQ

VRWC 3KM OPEN

1.	Laufer, Michelle	17:41
2.	Campbell, Caitlin	17:48
3.	Feldman, Liz	18:12
4.	Elms, Donna	18:18
5.	McIntyre, Gayle	18:37
6.	Beaumont, Margaret	24:34

1.	Bennett, Ralph	17:15
2.	Feain, Gerard	17:42
3.	Skrucany, Rudolf	21:30
	Beaumont, Ian	DQ
	Onley, Gordon	DQ

VRWC 3KM U15

1.	George, Stephanie	16:04
2.	Walker, Megan	18:11
3.	Collis, Lauren	18:34
4.	McLaren, Stacey	20:30
5.	Campbell, Rebecca	20:32
6.	Swan, Emily	21:09
7.	Guy, Rachael	21:30

1.	McShanag, Connor	16:01
2.	Owen, Cooper	17:06
3.	McNicol-Davidson, Cody	22:48
4.	Tremigliozi, Paul	24:00

Our U12 and U9 events were keenly contested as usual and it is always great to see our youngest walkers in action. Paige De Lisen

11:10 fought out the U12 Girls' event with Shelby Kay 11:14 while James Burren 11:58 took the honours in the Boys' event. Brooklyn Utber and Brianna Lillie had a great race in the U9 Girls' event, virtually crossing the line together in 5:50 while Caine Brill won the U9 Boys' event with 6:20.

VRWC 2KM U12

1.	De Lisen, Paige	11:10
2.	Kay, Shelby	11:14
3.	Richardson, Brodie	11:40
4.	Hodges, Mikhala	11:56
5.	Lillie, Jessica	12:09
6.	Owen-Smith, Chelsea	12:27
7.	Xuereb, Tara	12:46
8.	Taylor, Lee	12:52
9.	Henderson, Rebecca	13:05
10.	Laufer, Josephine	13:19
11.	Eastwood, Jemma	13:39
12.	Hodges, Anaya	15:02

1.	Burren, James	11:58
2.	Wright, Ethan	12:25
3.	Walmsley, Hayden	12:28
4.	Collis, Hugh	12:28
5.	Hockley-Samon, Harry	12:44
6.	Brennan, Jonty	12:45
7.	Feain, Lachlan	13:07
8.	Brill, Justin	13:09
	O'Mahony, Brendon	DQ

VRWC 1KM U9

1.	Utber, Brooklyn	5:50
2.	Lillie, Brianna	5:50
3.	O'Mahony, Kathleen	6:07
4.	Miller, Tegan	6:16
5.	Brennan, Mercedes	6:50
6.	Collis, Frances	6:51
7.	Kay, Payton	7:20
8.	Laufer, Beatrice	7:53

1.	Brill, Caine	6:20
2.	Collis, Bede	8:05



First time walkers Michelle Laufer, Brooklyn Utber, Alex Poore, Beatrice Laufer and Bede Collis

It was a big opening day with a lot of races in quick succession on a small 1km course but we had lots of our usual officials and judges on duty and they ensured that all went well. Thanks to everyone for their help as usual. Sorry if I missed anyone!

Officials: Tim Erickson, Ron Miller, Ian Laurie, Susan Taylor, Terry O'Neill, Don McLaren, Matt Owen, Damien Elms, Justin McLaren, Harry Summers, Mark O'Mahony

Judges: Gordon Loughnan (Chief), Judy Mason, Brenda Felton, Shane Bertrand, Kathleen Marsh, Terry Knape, Lloyd Nichols, Di Lowden, Peter Vysma (DQ Board)

Photos: Terry Swan
Setup: Craig Brill, Harry Summers, Bob Gardiner, Tim Erickson, Peter Vysma
Canteen: Kate Suich, Barb Gardiner, Marlane Stanway



Stephanie George, James Burren, Ethan Wright, Hugh Collis, Cassie Raselli and Caine Brill



Shelby Kay, Paige De Lisen, Josephine Laufer, Rebecca Henderson, Mercedes Brennan and Lauren Collis



Jonty Brennan, Tara Xuereb, Paul Kennedy and Jason Kozica

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 30 APRIL

The South Australian Race Walking Club held the third week of it's winter season walks last Saturday. Peter Crump reports

Another reminder of what winter walking should be about, and the weather then stayed clear for our Parklands walks this week. Over the 12km distance, Darren Bown had time to spare and took time out to still record a relatively good time of 53:40 over the 12km distance. We welcomed back Gloria Holliday as the sole female walker over the full distance.

Kim Mottrom continues to slum in the lesser distance, even though training up for the full LBG at other times during the week. Behind Kim, Paige Hooper walked ahead of Kristie Goznik and Megan Szirom for the whole distance, with little between all 3 over the 6 km distance. A good PB from Kristie over the 6km distance, and a welcome back to Megan after an extended break (something related to pregnancy and childbirth). Justin Hill continues to impress with another PB and having caught and passed Samara Holliday then gave her something to chase, but still held out (just) to Samara's typical strong finish.

Over the 3km distance Mason Heath was shadowed all the way by Alix Harlington, which was quite a sight given that Mason is about twice Alix's height. Excellent competitive walking from these two, which was also mirrored in the 1,500 metres, with Lachlan Tyler-Dowd being worried by the inseparable "twins" of Samantha Findlay and Danielle Walsh. Having a good go at his first competitive walk, we had Riley Szirom give the 1,500 metres a really determined go. A little way to go yet to catch his mum, but it was great to see Riley competing instead of just watching.

Our best wishes go to Bob Cruise as he continues to recuperate from open heart surgery, following a few symptoms that required a closer look. Despite rumours to the contrary, Bob did not have ice running through the veins, nor red wine, and appears to be just as human as the rest of us. As you would expect, Bob has put in place temporary arrangements for his training group, and expects to be regularly posted on their progress. Bob does not expect to make it to Canberra and his presence there will be missed by us all. Strong recovery Bob !

12km

1.	Darren Bown	53:40
2.	Peter Crump	67:32
3.	Gloria Holliday	77:42
4.	Bill Starr	86:02
	Jim Hoare	DQ

3km

1.	Mason Heath	16:30
2.	Alix Harlington	16:31
3.	Jessica Stephens	18:09
4.	Rhiannon Lovegrove	21:03

6km

1.	Kim Mottrom	28:48
2.	Paige Hooper	30:16
3.	Kristie Goznik	30:37
4.	Megan Szirom	30:54
5.	Justin Hill	32:06
6.	Samara Holliday	32:09

1,500m

1.	Lachlan Tyler-Dowd	8:53
2.	Samantha Findlay	9:00
3.	Danielle Walsh	9:04
4.	Rhiana Hooker	9:23
5.	Riona Tyler-Dowd	10:08
6.	Rile Szirom	15:02

AUSTRALIAN LITTLE ATHLETICS TEAMS CHAMPIONSHIPS, SYDNEY, SATURDAY 30 APRIL

The 2011 ASICS Little Athletics Australian Teams Championships for U13 athletes was held on Saturday 30 April 2011 at the Sydney Olympic Park Athletic Centre. It is not really a full championship event as it is restricted to State based teams of 22 athletes (usually 11 boys and 11 girls) from each affiliated Association. So you really have to be able to do more than 1 event to confirm a place in one of the teams. However, it is normally a very good standard and this was the case once again in the walks.

Harry Bates from ACT tells us about the action.

Tyler Jones won the boys in about 6:41.61 with Ethan Dhu second and Billy Allamby third. Zoe Hunt won the girls in 7:00.83 ahead of Jade Sanders and Katrina Shaw! It was very wet. The boys race started out pretty fast with the three eventual medallists (Tyler, Ethan and Billy) going through 400m in 1:35-36. Tyler then pulled away and gradually reared his lead during the rest of the race. Zoe Hunt lead from the start, going through 400m in 1:42 and built up her lead more as the race went on, eventually winning by 18 secs. In terms of the winning times, I think it's one of the fastest groups at ALAC for a long time, particularly in the boys. And perhaps if Jemima was there, she and Zoe would have walked well under 7 mins given that Zoe walked 6:50 at our ACT State titles.

Girls U 13 - 1500 Metre Walk

1.	Zoe Hunt	ACT	7:00.83
2.	Jade Sanders	VIC	7:18.43
3.	Katrina Shaw	NSW	7:26.57
4.	Tahlia Hunt	TAS	7:33.74
5.	Chloe Priest	WA	7:36.07
6.	Rhiannon Minett	NSW	7:37.50
7.	Zoe Schwerkolt	VIC	7:59.59
8.	Emma Henderson	QLD	8:06.55
9.	Julia Potezny	SA	8:21.08
10.	Fiona Smith	TAS	8:53.92
11.	Chelsea Kelly	SA	9:10.45
	Munash Zhoya	WA	DQ

Heather Burrige	QLD	DQ
Karina Hopkins	ACT	DQ

Boys U 13 - 1500 Metre Walk

1.	Tyler Jones	NSW	6:41.61
2.	Ethan Dhu	NSW	6:54.06
3.	Billy Allamby	VIC	7:04.67
4.	Thomas Hopkins	ACT	7:24.80
5.	Luke McCutcheon	QLD	7:30.07
6.	Brandon Pritchard	QLD	7:48.31
7.	Callum Walker	TAS	7:58.25
8.	Jack Durr	ACT	8:13.24
9.	Steven Slimming	SA	8:59.63
10.	Lewis Munt	WA	9:24.66
11.	Kayde Wright	WA	9:38.14
12.	Andrew McGrath	VIC	10:05.08
13.	Keegan Wylie	TAS	10:49.25
14.	Liam Moss	SA	11:28.81

And thanks to Harry Bates for the following great photos.



Zoe Hunt leads the Girls 1500m ahead of Rhiannon Minett and Katrina Shaw



Tyler Jones (217), Ethan Dhu (216) and Billy Allamby (313) lead the Boys 1500m

BENDIGO WALKERS CLUB RACES, LAKE NEANGER, BENDIGO, SUNDAY 1 MAY

Paul Rance reports from Bendigo:

The Bendigo Walkers Clubs 2011 Winter Season of race walking commenced at Lake Neanger on Sunday morning with 2km and 8km races being conducted. In the 2km race Zahra Hayes took handicap honours with a stylish first up performance with Annette Curtis producing a personal best effort to take 2nd place while Shepparton walkers Catherine Heard and Corrina Boldiston fought out 3rd place with Catherine prevailing and Ebony Whiley taking fastest time honours.

Colin Cleary secured a fine victory in the handicap section of the 8km race with Barb Bryant, fresh from a triple gold medal winning performance at the Australian Masters Championships, taking 2nd place as she set a new Club 55+ record. 13 year old Shepparton athlete Zoe Boldiston who was racing further than 4km for the first time took 3rd place along with fastest time honours as she set a new Club Under 14 mark. Club president Paul Rance broke the Club 50+ record with a solid effort Amanda Heard also produced a strong performance and Josh savage also raced well to record a personal best.

2km Walk Zahra Hayes 1st 13.41, Annette Curtis 2nd 13.49, Catherine Heard 3rd 14.51, Corrina Boldiston 4th 16.08, Ebony Whiley 5th 12.16, Annette Major 6th 13.42, Yazmin Hayes DNF

8km Walk Colin Cleary 1st 1.01.25, Barb Bryant 2nd 47.42, Zoe Boldiston 3rd 44.34, Amanda Heard 4th 46.12, Paul Rance 5th 44.52, Josh Savage 6th 50.38

The Club's next competition day will be on Sunday 22nd May with 10km and 3km sealed handicap events commencing at 9-30am at Lake Neanger. Enquirers phone Paul Rance 5442 6435 or 0400649610.

BALLARAT RACE WALKERS CLUB RACES, LAKE WENDOUREE, BALLARAT, SUNDAY 1 MAY

Daryl Biggin reports from Ballarat:

Walkers from Ballarat Walkers Club contested the **Benita van Raaphorst Memorial 3 km Handicap** at North Gardens, Lake Wendouree last Sunday. Due to a clash with the Ballarat Gift, numbers were down but overall, conditions were perfect and it was another excellent day of racing. Congratulation to Jemma Peart on winning the Benita van Raaphorst Handicap again in a PB time of 17.53. Jemma is only 9 years old but has a good blood line (she is a niece of the Tallents). Well done to new walker Jake Quinton who walked 18.00 for a one minute PB and to Josh Dillon who recorded the fastest time of 13.02.

3km Roadwalk

1.	Jemma Peart	17.53 (PB)
2.	Jake Quinton	18.00 (PB)
3.	Sarah Brennan	17.20
4.	Josh Dillon	13.02
5.	John Ohlsen	23.03
6.	Rodney Davis	21.46
7.	Kobie Sommerfield	18.13
8.	Ross Darlow	18.36
9.	Shae Ohlsen	21.21
10.	Olivia Davis	25.55

2km Roadwalk

1.	Alanna Peart	17.10
2.	Mia Darlow	19.39



John Ohlsen with Jemma Peart, the winner of the Benita van Raaphorst trophy. Right: 5 year old Mia Darlow

QUEENSLAND RACE WALKING CLUB RACES, NEW FARM PARK, BRISBANE, SUNDAY 1 MAY

The Queensland Race Walking Club winter season kicked off on Sunday with their first Handicap racing day. A good turnout of 32 walkers was in attendance, with best performances by Brad Aiton (22:29 for 5km) and Jesse Osborne (23:17 for 5km). Peter Aiton commented

New Farm Park is the toughest road meet we have all year so the results are good. The weather was warm for the first race of the QRWC winter season.

A Grade 10km

Men: (1) Dane Bird-Smith 48.04 (2) Brandon Dewar 49.28 (3) Peter Bennett 52.44 (4) Paul Lindenberg 60.10
(5) Dean Nipperess 63.42 (6) John Harris 66.22 (7) Patrick Sela 66.48 John Hallam DNF.
Women: (1) Suzanne Grasmeyer 61.33 (2) Kay Shaw 64.39 (3) Noela McKinven 79.01

B Grade 5km

Men: (1) Brad Aiton 22.29 (2) Jesse Osborne 23.17 (3) Richard Lynch 37.25
Women: (1) Jess Pickles 25.31 (2) Kenza Benzenati 27.36 (3) Kate Sanford 34.05 (4) Sally Lynch 35.40
(5) Christiane Dauphinat 39.45 Yue Guo DNF

C Grade 3km

Men: (1) Trent Miles 18.31
Girls: (1) Katya Martin 17.23 (2) Robyn Wales 22.53

D Grade 2km

Boys: (1) Yanis Benzenati 10.29 (2) Ryan Pinchen 11.35
Girls: (1) Mikaela Woodward 11.31 (2) Clancy Smith 14.08 (3) Taylor McCarthy-Smith 14.22 (4) Kirsty Barker 14.27

E Grade 1km

Girls: (1) Thalia Martin 6.44 (2) Paris Beikoff, Donna Beikoff 8.18

IAAF RACE WALKING CHALLENGE, SESTO SAN GIOVANNI, ITALY, SUNDAY 1 MAY 2011

Reigning Olympic and World champions Valeriy Borchin and Olga Kaniskina claimed a Russian sweep at the 54th edition of the Coppa Città di Sesto San Giovanni, the fourth leg of the 2011 IAAF Race Walking Challenge. Borchin dipped under 1:20 in the men's 20km, crossing the finish line in 1:19:43 despite very warm conditions and beating the surprise runner-up, Isamu Fujisawa from Japan by 2:28. Reigning Olympic, World and European champion Olga Kaniskina dominated the women's 20km race in 1:29:32 beating Spain's Beatriz Pasqual by 44 seconds. Ines Henriques from Portugal took third place in 1:30:29 ahead of her compatriot and last year's Sesto San Giovanni's winner Vera Santos (1:31:42). I will only quote the first 20 places in each event. See <http://www.marciaitaliana.com/risultati/Sesto%20Risultati.pdf> for the full results. Diego Sampaolo reports for the IAAF:

Men's 20km Race

Borchin went to the lead with Japanese Yusuke Suzuki in the early stages of the race. The chasing group was formed by Hassanine Sebei from Tunisia, Petr Trofimov from Russia, Mexico's José Leyver Ojeda and Fujisawa. Borchin went through the 5Km in 20:28 and later increased his pace breaking away from Suzuki. He passed the halfway mark in 40:14 with the 5Km split between the fifth and 10th kilometres in 19:46 and the 15Km in 60:00 (19:47 between kilometres 10 and 15). The Russian star romped home in 1:19:43 showing that he is able to produce fast times under any conditions. "The weather did not create any problems for me," said Borchin. "I liked the course where I heard the support of a lot of my compatriots. This was my last test before Daegu."

Behind Borchin the fight for second place between Sebei, Suzuki, Fujisawa and Trofimov heated up. It was 24-year-old Fujisawa who prevailed by taking the runner-up spot in the final stages clocking 1:22:11 holding off Sebei, who finished third in 1:22:23. "It was a great surprise. I am happy because I managed to qualify for Daegu. It was a very important race because it was the last chance to qualify for Daegu," said Fujisawa.

Olympic 50Km champion Alex Schwazer finished 12th in 1:24:15 in his first 20Km race of the year since recovering from a knee injury sustained during a skiing accident. "This result was in line with what I expected on the eve of the race. I don't like finishing 12th but it was just a test to prepare for Daegu. I started training again only two months ago and I am aiming to reach my peak in Daegu," Schwazer said.

1.	BORCHIN Valery	RUS	1986	1:19:43
2.	FUJISAWA Isamu	JPN	1987	1:22:11
3.	SEBEI Hassanine	TUN	1984	1:22:23
4.	TROFIMOV Petr	RUS	1983	1:22:47
5.	SUZUKI Yusuke	JPN	1988	1:22:53
6.	LEYVER OJEDA José	MEX	1985	1:22:56
7.	HOHNE André	GER	1978	1:22:58
8.	TROTSKIY Ivan	BLR	1976	1:23:45
9.	VIEIRA Joao	POR	1976	1:23:58
10.	C. OLIVEIRA BONFIM Caio	BRA	1991	1:23:59

11.	KIRDYAPKIN Sergey	RUS	1980	1:24:04
12.	SCHWAZER Alex	ITA	1986	1:24:18
13.	BARRONDO Erick	GUA	1991	1:24:32
14.	KINNUNEN Jarkko	FIN	1984	1:24:48
15.	GOMEZ CRUZ Pedro Daniel	MEX	1990	1:25:22
16.	PAPAMICHAEL Alexandros	GRE	1988	1:26:16
17.	SEGURA Allan	CRC	1980	1:26:35
18.	SAQUIPAY Rolando Jaime	ECU	1970	1:26:36
19.	BERDEJA VILLA Cristian	MEX	1981	1:26:54
20.	GOMEZ CRUZ Cristhian De Jesus	MEX	1992	1:27:07

Women's 20km Race



Olga Kaniskina wins in Sesto (www.iaaf.org)

Five women (Pasqual, Zuzana Schindlerova from Czech Republic, Kaniskina, Santos and Henriques) formed the leading pack in the early stages of the race inside the athletics track named after Pino Dordoni, the 1952 Olympic champion in the 50Km Race Walk. During the first lap Pasqual went to the front closely followed by Kaniskina and Santos who carved out a gap of about 40 metres on the rest of the group. Pasqual, sixth at the World Championships in Berlin, and Kaniskina dropped Santos during the second lap. The Spaniard continued to keep the lead with the Russian closely behind. They went through the first five kilometres in 22:18 and reached 10Km in 44:45. Pasqual remained in the lead until the 13th kilometre but Kaniskina decided that it was time to unleash her attack and switched gears, breaking away from the Spaniard at 15Km which she passed in 1:07:14 (5km split between 10 and 15 km clocked in 22:19).

Kaniskina increased her lead over Pasqual to about 60 metres with two laps to go. The Spaniard managed to defend a solid margin over Ines Henriques who overtook her compatriot Santos in the fight for third place. Kaniskina romped home inside the Dordoni track in 1:29:32 taking her second win in this year's IAAF Walking Challenge after Rio Major.

"I feel honoured to compete in Sesto for the first time in my career," said Kaniskina, the twice World champion. "It means a lot to win this race and add my name to the list of athletes who have made the history of the Coppa di Sesto. I enjoyed the great support from the crowd along the course. I will now return home to prepare the title defence in Daegu where I am aiming at a third World title." Pasqual was also delighted with her second place. "I felt good at the beginning. I tried to keep my rhythm and when Olga changed gears I tried to go with her but she was stronger."

1.	KANISKINA Olga	RUS	1985	1:29:32
2.	PASCUAL Beatriz	ESP	1982	1:30:16
3.	HENRIQUES Inês	POR	1980	1:30:29
4.	SANTOS Vera	POR	1981	1:31:42
5.	STEF Claudia	ROU	1978	1:33:07
6.	SALTANOVIC Kristina	LTU	1975	1:33:19
7.	YEMELYANOVA Larisa	RUS	1980	1:33:30
8.	CABECINA Ana	POR	1984	1:34:03
9.	GROZA Ana Maria	ROU	1976	1:34:11
10.	VIRBALITE Brigita	LTU	1985	1:35:33
11.	PRUNER Serena	ITA	1986	1:37:11
12.	PINEDO Ainhoa	ESP	1983	1:37:31
13.	INOUE Rei	JPN	1991	1:37:43
14.	GUINAUDEAU Christine	FRA	1978	1:38:05
15.	ORTIZ Mirna	GUA	1987	1:38:14
16.	TRABELSI Chaima	TUN	1982	1:38:53
17.	CASTRILLO GONZALES Lorena	ESP	1989	1:39:42
18.	POLLI Laura	SUI	1983	1:40:24
19.	GALVIS GOMEZ Sandra Viviana	COL	1986	1:40:48
20.	PICAGEVICZ Alessandra	BRA	1984	1:44:19

10,000M TRACK WALKS, ALESSANDRIA, ITALY, SUNDAY 1 MAY 2011

On the same day that the other Italian walkers were testing themselves in Sesto San Giovanni, one of the greatest stars of the Italian walking world, Elisa Rigaudo, who gave birth to her first daughter Elena last September, made her own comeback, taking a 10,000m Race Walk on the track in Alessandria in a confidence-boosting 44:44. "My life has changed since the birth of Elena," said Rigaudo, the Olympic bronze medallist from Beijing. "I feel that I am fit and regenerated. I have to look after my daughter but I can rely on the help of my husband Daniele and my parents. This season is a transitional year. My real goal is the 2012 Olympic season."

Giorgio Rubino, fourth at the World Championships in Berlin in the 20km, won the men's 10,000m contest in 41:05, beating Federico Tontodonati who improved his PB to 41:09. "I am very happy considering all the problems I had during the winter," Rubino said.

10000m Women

1.	Elisa Rigaudo	44:44.23
2.	Federica Ferraro	46:13.35
3.	Rossella Giordano	47:37.08

10000m Men

1.	Giorgio Rubino	41:05.24
2.	Federico Tontodonati	41:09.86
3.	Riccardo Macchia	43:29.63

MIKENO MEMORIALMEET, BIRSTONAS, LITHUANIA, SATURDAY 30 APRIL

Marius Ziukas of Lithuania improved his best to 1:22:55 to win the 20km event at the 25th edition of the Mikeno Memorial meet in Birstonas in Lithuania. In the women's 10 km event, Agnese Pastare of Latvia won in 46:28. Overall, nearly 160 walkers from 5 countries competed.

Ziukas's winning time of 1:22:55 beat his personal best in a minute. Second place went to Ricard Rekest with 1:28:09 and third place went to Genadij Kozlovski with 1:29:26, a PB of over 2 minutes. In the women's 10 km race, the places went to Agnese Pastare 46.28, Anita Kazemaka 47.15 and Nadzeya Darazhuk 47.38.

The annual meet is held in honour of Antanas Mikeno who was born in Lithuania on 24 February 1924 and who took the silver medal in the Melbourne Olympic 20km walk in an all Soviet podium. Mikeno died on September 23, 1994.

You can check out the full result set at <http://www.lengvoji.lt/2011out/20110430AMM.xls>

TOTH AND KUČMÍN IMPROVE PERSONAL RECORDS IN 10,000M WALK, SATURDAY 30 APRIL

The second annual track walks on the Banska Bystrica track, which were part of the 2011 Slovakia Grand Prix Athletics Series last Saturday, saw Matej Tóth record a new PB of 39:24.8 while Anton Kučmín bettered 40 minutes (39:47.0) for the first time. In the women's 5000m walk, Nikola Piliarová won in 24:52.6. Coach Juraj Benčík was very pleased with Kucmin's improvement. Bencik also points to the performance of Katarina Strmenova who had a very severe ankle injury in January and only resumed walking 2 weeks ago.

10000m Men

1.	Matej Tóth	39:24,8
2.	Anton Kučmín	39:47,0
3.	Peter Tichý	44:56,5

5000m Women

1.	Nikola Piliarová	24:52,6
2.	Katarína Strmeňová	25:37,7
3.	Monika Hornáková	27:44,7

After the meet, Athletics Slovakia nominated the walking teams for the European Cup, to be held in Olhao in Portugal later this year

20k Men:	Toth, Kucmin
50km Men:	Batovsky, Majdan
20km Women:	Czakova
10km Junior Men	Spevak, Faber, Tichy jnr.

Peter Tichy is the son of the well-known Slovakian walker by the same name who competed over 50km at the 1994 and 1998 European Championships and 1996 and 2000 Olympic Games.

HEATHER CARR AND LYN VENTRIS TAKE TOP HONOURS

At the completion of the Australian Masters T&F Championships each year, the Australian Masters Athletics Awards are announced. This year it all happened in Brisbane on Easter Monday, with the awards based on athletic performances achieved in 2010. Two of the awards were of special significance to the walking fraternity.

- In the **Racewalk division**, the 6 finalists included George White (SA), Heather Carr (VIC), Lyn Ventris (WA), Patrick Sela (QLD), Christiane Dauphinet (QLD) and Andrew Jamieson (VIC).
- In voting for the **Most Outstanding Female Athlete**, the 5 Finalists included Marie Kay (QLD), Cassie Neubauer (SA), Lyn Ventris (WA), Heather Carr (VIC) and Lavinia Petrie (VIC).

And the outcomes as extracted from the Awards announcement (see <http://www.australianmastersathletics.org.au>)

WALKS

This category continues to be the toughest of all the awards to win, such is the quality and depth of our walkers in this country. Our winner has been a regular participant at all levels of our championships and has been a regular winner of this particular award. Besides winning their walking events at the Perth Championships, they also won their Open State Championships and set a World Record in the 20km event.

Congratulations: W50 Lyn Ventris

MOST OUTSTANDING FEMALE ATHLETE

Our recipient has had an amazing year setting 8 race walking world records in the W60 age group: two over 3km outdoors, one 3km indoors at Kamloops, one 5km record, two 10km records and one 20km record. At the WMA Indoor Championships, where our recipient won two gold medals (including a world record), she showed a lot of fortitude and courage when the news reached her that her mother had passed away just before the competition commenced. Our recipient returned home as soon as her second event was completed. At the WMA Regional Oceania Championships in Tahiti, our recipient won 5 gold medals, three in her preferred walking events as well as in the 1500m and steeplechase.

Congratulations: W60 Heather Carr

Heather's comments:

I was thrilled and delighted to receive the Most Outstanding Female Athlete for 2010. Being the recipient of this award was a huge surprise as all the nominated finalists accomplishments were of a high standard, and I really didn't rate myself amongst them. So, I'm really proud that racewalking has indeed rated prominently, and I can hold the flag up high!!



Stan Perkins presents Heather Carr is presented with her certificate as Most Outstanding Female Masters athlete

HEATHER CARR IN THE NEWS AGAIN ALONG WITH NATHAN BRILL

Each year, Neil Ryan of Runners World Kew provides ongoing sponsorship for VRWC walkers in the form of major Winter Season and Summer Season awards. The VRWC Committee votes on a short list of our best performers at the end of each season to select the overall winners. I am pleased to announce that the **VRWC Runner World Walkers of the Summer** are **Heather Carr** and **Nathan Brill**. As part of their award, each will receive \$500 in cash and \$500 worth of goods from Runners World Kew.

It was a tough vote this summer as we had so many outstanding performers but who can argue with this outcome. Both have had wonderful summers and both are untouchable in their own age groups Australia wide.

Thanks to Neil for his ongoing and very generous support. Remember to do all your athletics related shopping at Runners World Kew. It is actually the best shoe and clothing shop around and I buy all my shoes there.

MELBOURNE'S NEW ATHLETICS TRACK TAKES SHAPE

Thanks to our unknown correspondent Russ who risked life and limb to take these exclusive shots of the new State Athletics Centre being built at Albert Park, Melbourne. The track has been finished for some time and Athletics Victoria has just moved into its new offices as progress continues.



WHAT'S COMING UP

Next Saturday's Races

Next Saturday sees us back at Middle Park for our first club Points Races. We have 3 Points Competitions that run over the winter

- The Handicap Competition
- The Actual Time Competition
- The Style Award Competition

How does these Points Competitions work – check out <http://www.vrwc.org.au/vrwcpointscmps.html> for the finer details.

Saturday 7th May 2011, Middle Park

VRWC EVENTS & COACHING SESSION: Entries close for all events at 2.00pm sharp.

1.00pm: Coaching session: Theory and practical session on improving your race walking.

2.15pm	8km	Points Competitions	Open
2.15pm	4km	Points Competitions	Open
2.15pm	4km	Points Competitions	Under 15
2.30pm	2.5km	Points Competitions	Under 12
2.30pm	1.5km	Points Competitions	Under 9

Club Coach Mark Donahoo advises that his 1PM coaching session will be on the topic: “**How to plan training to prepare for racing**” and he explains it as follows:

All athletes must train but how should you train to be able to race better? The purpose of training is to improve your performances in races; does this mean every race should be faster than the next? NO, it does not. With a well planned training program, you should be able to improve over a few weeks, months or years.

Also note that we shut our entry table at **2PM** so that we have time to prepare our race sheets and keep to our published start time of 2:15PM. So please complete your race registration before 2PM. With around 100 walkers to process week by week, it is a huge administrative job and requires us all to help by avoiding last minute rushes.

Looking Further Ahead

Saturday 14 May sees the Victorian and Victorian Masters 10km roadwalking championships. While you can enter the VMA championships on the day, the AV championships must be pre-entered via the appropriate online panel on the AV website – see https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=9768&OrgID=189. Entries normally close with AV nine days in advance so you have only a couple of days left before the online panel is likely to be taken down. So get to it before you miss out. Remember that the AV championship includes Open, 40+ and 50+ categories.

Sunday 29 May sees the Victorian 20km champs, the Victorian Country champs and the AMA/VMA 20km champs – this is one

of our most prestigious dates for the entire winter season and the AV, AV Country and AMA events must all be pre-entered before the entry closure dates. Entry for the AMA Championships close on Saturday 21st May with Alan Lucas. See https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=9768&OrgID=189

Canberra News

- Daryl Biggin tells me that the Ballarat section of Racewalking Victoria is taking a brand new 59 seater bus coach to Canberra and they have spare seats for anyone interested. The bus leaves Ballarat at 7:30AM on Friday 10th June so can pick people up along the way if pre-organized. The bus leaves Canberra to return to Victoria at 8AM on Monday 13th June. You can contact Daryl on 0408 457947 to chat further. He assures me it will be economically priced.
- I have confirmed that our new Racewalking Victoria singlets will be available for us to sell on Sunday 29th May. We are also checking out whether it is possible to also get some crop tops for our female walkers – but no promises at this stage!
- Canberra entries close with your club secretary (that's me for VRWC walkers) on Saturday 21st May. That is less than 3 weeks away now so time is off the essence. This is also the closing date for anyone wishing to book accommodation through us at one of our 2 hotels. Talk to me on Saturday if you wish to discuss any aspects of this wonderful carnival.

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.

2011 Australian/Victorian Winter Season Key Dates

Sat May 14, 2011	AV and VMA 10km championships, Middle Park, VIC
Sun May 29, 2011	Australian Masters 20km championships, Middle Park, VIC
	Victorian Country Roadwalking Championships, Middle Park, VIC
Sun 12 June, 2011	Lake Burley Griffin Racewalking Carnival, Canberra, ACT
Sun 10 July, 2011	Victorian Schools Roadwalking Championships, Middle Park, VIC
Sat 23 July, 2011	Racewalking Australia Postal Challenge (each club in their home state)
Sun 21 Aug, 2011	Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)
7-16 Oct, 2011	13 th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

July 6-10, 2011	7 th World Youth T&F Championships, Lille, France. See http://www.lillemetropole2011.com/
July 7-17, 2011	19 th World Masters T&F Champs Stadia, Sacramento, California, USA. See http://www.wma2011.com/
Aug 12-22, 2011	26 th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
Aug 27-Sept 4, 2011	13 th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Sept 7-13, 2011	4 th Commonwealth Youth Games, Isle of Man, UK. See http://www.cyg2011.com/

2011 IAAF RaceWalking Challenge Series – Remaining Races

26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)		10km

2011 key EAA European Meets

Sat 21 May, 2011	9 th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
Sun 26 Jun, 2011	Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihil Shield, Dublin, Ireland

2012 International Fixture

Feb 5-12, 2012	Oceania Masters Athletics Championships, Tauranga, New Zealand
Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyväskylä, Finland
May 12-13, 2012	25 th IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012	14 th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30 th Olympic Games, London. See http://www.london2012.com/

2013 International Fixture

Aug 10-18, 2013	14 th IAAF World Championships in Athletics, Moscow, Russia
July 10-14, 2013	8 th World Youth T&F Championships, Donetsk, Ukraine
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

2014 International Fixture

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

Looking even further forward

August 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China
Aug 2016	31 st Olympic Games, Rio de Janeiro, BRAZIL. See http://www.rio2016.org.br/en/Default.aspx
July 2020	32 nd 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>)