



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 34
24 May 2011



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VRWC RACES, MIDDLE PARK, SATURDAY 21 MAY 2011

Saturday turned out to be warm and sunny with a blustery wind – much better conditions overall than the last couple of weeks – and 76 walkers took advantage of the opportunity for some competitive racing. This week I show the full handicap placings so that everyone can see how their performances compare to their handicaps. Club handicapper **Mark Donahoo** sorts out the handicaps (a huge job) and bases your handicap on the average of your last few VRWC performances over this or comparable distances. If it is your first time competing over this particular sort of distance, you can't be awarded a handicap. Similarly, if you are not a club member or if you are competing in yellow club numbers, you will also be excluded from the points competitions. For that reason, you will see some finishers have blanks against the Hcp Time column.

It was also a prizes day and the winners of each of the handicaps (plus a few others) got to choose from our awards table which was laid out with a very interesting array of goods. As usual, **Terry Swan** has uploaded a great selection of photos to the photo gallery at <http://vrwc.org.au/coppermine> and I have used some for this report. I must also mention **Frances Attard** who takes extensive video coverage of each of our races and then produces a report that we can all view on the club TV the next race day. We are indeed blessed with a lot of energetic people! I have taken Frances' video from the previous week (Sat 14 May) and uploaded the first 10 minutes to YouTube. You can check it out at <http://www.youtube.com/watch?v=NikM40tvhRs>. Of course, all our videos are archived and you can always request a copy of any of them. The full archive listing may be seen at <http://www.vrwc.org.au/tim-archive/VRWC-Walking-DVDs.pdf>.

Our longest distance of the day was the 8km Open event and **James Seid-Christmass** 41:44, **Aaron McDonough** 42:31 and **Pam Tindal** 42:36 were our fastest. **Donna Elms** and James were the handicap winners.

8km Open	Time	Hcp Time	Diff	Hcp place
1. Pam Tindal	42:36	42:57	-0.21	2
2. Heather Carr	44:54	43:49	+1.05	4
3. Kirstin Shaw	48:43	47:15	+1.28	5
4. Liz Feldman	49:53	48:08	+1.45	6
5. Donna Elms	51:51	52:38	-0.47	1
6. Anna Wallace	51:51	51:00	+0.51	3
Amelia Finnegan	DNF			
Celia Johnson	DNF			
1. James Seid-Christmass	41:44	41:59	-0.15	1
2. Aaron McDonough	42:31	42:24	+0.07	3
3. Clarrie Jack	47:47			
4. Alan Lucas	48:41	46:34	+2.07	4
5. Tony Johnson	49:55	50:05	-0.10	2
6. Robin Wood	63:10			
Ralph Bennett	DNF			
Russ Dickenson	DNF			
Alex Poore	DQ			

The 4km Open and 4km U15 events saw lots of entrants and the U15 boys showed their strength - **Nathan Brill** 17:43, **Jared Walker** 20:12, **Billy Allamby** 21:02 and **Connor McShanag** 21:21 well ahead of the rest. Others to perform strongly included **Aaron Tam** 22:01 and **Emily Hamilton** 23:05. Our handicap winners were **Robyn Shaw**, **Barrie Wicks**, **Madeleine Feain** and **Cody McNicol-Davidson**.

4km Open	Time	Hcp Time	Diff	Hcp place
1. Robyn Shaw	24:15	25:21	-1.06	1
2. Caitlin Campbell	24:31	24:24	+0.07	4
3. Gayle McIntyre	24:49	24:14	+0.35	5
4. Gwen Steed	27:31	24:52	+2.39	7
5. Karen O'Neill	27:35	27:44	-0.09	3
6. Simone O'Neill	29:58			
7. Margaret Beaumont	33:11	32:31	+0.40	6
8. Pam Mews	43:50	44:06	-0.16	2

	Kylie Irshad	DNF			
	Michelle Thompson	DNF			
1.	Aaron Tam	22:01	20:50	+1.11	2
2.	Nicholas Mirarchi	23:30	22:17	+1.13	3
3.	Barrie Wicks	29:18	28:32	+0.14	1
4.	Gordon Onley	29:57			
5.	Ian Beaumont	31:55			
6.	Rudolf Skrucany	45:59			
	Bruce Conboy	DNF			

4km U15		Time	Hcp Time	Diff	Hcp place
1.	Emily Hamilton	23:05	23:38	-0.33	4
2.	Megan Walker	24:29	23:45	+0.55	6
3.	Emily Swan	26:22	27:24	-1.02	3
4.	Stacey McLaren	26:30	28:00	-1.30	2
5.	Jessie Eastwood	26:34	25:48	+0.46	7
6.	Caitlyn Mietzis	28:38	28:59	-0.21	5
7.	Madeleine Feain	29:01	31:06	-2.05	1
	Rebecca Campbell	DNF			
	Stephanie George	DNF			
1.	Nathan Brill	17:43	18:10	-0.27	3
2.	Jared Walker	20:12	20:07	+0.05	4
3.	Billy Allamby	21:02	21:39	-0.37	2
4.	Connor McShanag	21:21	21:14	+0.07	5
5.	Cody McNicol-Davidson	27:33	28:22	-0.49	1
6.	Paul Tremiglioizzi	30:04	27:13	+2.51	6
	Reese Walmsley	DQ			



Aaron McDonough, Caitlyn Mietzis, Caitlin Campbell, Nicholas Mirarchi and Amelia Finnegan



Connor McShanag, Madeleine Feain, Pam Tindal, Simone O'Neill, Cody McNicol-Davidson and Emily Swan

The U12 walkers contested a single lap of 2km and the pace was on from the start. **Kyle Swan** 10:40 and **Shelby Kay** 10:52 were the fastest while **Ethan Wright** and **Anaya Hodges** were our handicap winners. And welcome to **Thomas Mirarchi** (younger brother of Nicholas) in his first walk with the club.

2km U12		Time	Hcp Time	Diff	Hcp place
1.	Shelby Kay	10:52	11:34	-0.42	3
2.	Mikhala Hodges	11:40	12:02	-0.22	8
3.	Jessica Lillie	11:45	12:18	-0.33	6
4.	Hayley Brown	11:46	12:35	-0.49	2
5.	Anaya Hodges	12:00	12:56	-0.56	1
6.	Chelsea Owen-Smith	12:10	12:44	-0.34	5
7.	Tara Xuereb	12:25	13:04	-0.39	4
8.	Gabbie Crea	12:25	12:05	+0.20	9
9.	Jemma Eastwood	13:09	12:42	+0.27	10
10.	Lee Taylor	13:11	13:33	-0.22	7
1.	Kyle Swan	10:40	10:16	+0.24	8
2.	James Burren	11:32	11:53	-0.21	4
3.	Ethan Wright	12:16	13:18	-1.02	1
4.	Hayden Walmsley	12:29	13:15	-0.46	2
5.	Brendan O'Mahony	12:36	12:52	-0.16	5
6.	Justin Brill	13:05	13:35	-0.30	3
7.	Lachlan Feain	13:22	13:29	-0.07	6
8.	Harley Davidson	16:27	16:30	-0.03	7
9.	Thomas Mirarchi	17:13	No recorded time		

Only a small field of U9 walkers this week with **Brianna Lillie** 5:48 the fastest overall and **Kathleen O'Mahony** and **Caine Brill** both crossing the line together in 6:01. Caine and **Mercedes Brennan** were our handicap winners.

1 km U9		Time	Hcp Time	Diff	Hcp place
1.	Brianna Lillie	05:48	05:35	+0.13	3
2.	Kathleen O'Mahony	06:01	05:44	+0.17	4
3.	Payton Kay	06:28	06:47	-0.19	2
4.	Mercedes Brennan	06:29	06:52	-0.23	1
1.	Caine Brill	06:01	06:12	-0.11	1

Thanks as usual to all our officials – not sure if I have captured everyone – apologies if I missed you!

- Officials:** Tim Erickson, Ron Miller, Natalie Laurie, Don McLaren, Susan Taylor, Paul Kozaris, Harry Summers, Bob Gardiner, Mark O'Mahony, Damien Elms, Justin McLaren
Course Setup: Craig Brill, Bob Gardiner, Harry Summers
Canteen: Barb Gardiner, Kate Suich, Wendy Cooper
Judges: Peter Vysma (chief), Stuart Cooper, Terry Knape, Michael Bodey, Lloyd Nichols, Graham George
Photos: Terry Swan
Video: Frances Attard



Shelby Kay, Ethan Wright, Payton Kay, Thomas Mirarchi, Kathleen O'Mahony and Caine Brill



Brianna Lillie, Jessie Eastwood, Kyle Swan, Mercedes Brennan, Anaya Hodges, James Burren and Jessica Lillie

STYLE AWARD POINTS FROM SATURDAY

Style award points from Saturday were awarded as follows:

Open and U15 Men	Open and U15 Women	U12 and U9 Boys	U12 and U9 Girls
Nathan Brill 9	Amelia Finnegan 9	Ethan Wright 4	Mikhala Hodges 7
James Seid-Christmass 8	Emily Hamilton 7	Thomas Mirarchi 3	Shelby Kay 5
Jared Walker 6	Kirstin Shaw 5	Caine Brill 3	Jessica Lillie 3
Connor McShanag 3	Pam Tindal 4	Kyle Swan 3	Kathleen O'Mahony 3
Tony Johnson 1	Heather Carr 2	Lachlan Feain 3	Tara Xuereb 2
		Hayden Walmsley 2	Payton Kay 2
		Brendan O'Mahony 1	Hayley Brown 2
			Jemma Eastwood 1

ACT WALKERS CLUB WALKS, TOWNSEND PLACE, LAKE GINNINDERRA, SATURDAY 21 MAY

Thanks to club secretary Robin Whyte for the latest ACTRWC results from Canberra. with 34 walkers in attendance, this is a very healthy club. This is also the club which hosts the hugely successful LBG Canberra carnival each year so they definitely fight above their weight! **Brendon Raeding** and **Zoe Hunt** were the standout walkers of the day.

7.1km walk 1 Brendon Reading 34:27 2 Colin Heywood 38:56 3 Harry Bates 40:29 4 Michael Reading 41:51
 5 Robin Whyte 43:09 6 Emily Fawcett 45:37 7 Meghann Griffin 46:35 8 Jane Bates 46:53
 9 Doug Fitzgerald 46:58 10 Bryan Thomas 47:03 11 Monika Short 47:34 12 Derek Robinson 49:13
 13 Geoff Barker 49:29 14 Marilyn Banfield 51:28 15 Terry Munro 51:28 16 Jennifer Gilchrist 52:28
 17 John Donovan 54:37 18 Wendy Kupkee 54:41 19 Jenny Reading 55:10 20 Val Chesterton 57:37
 21 Warren Butler 57:41 22 Desma Butler 01:06:58 23 Helen Munro 01:07:51 24 Jim Short 01:10:54

2km walk 1 Zoe Hunt 09:51 2 Karina Hopkins 10:57 3 Thomas Hopkins 10:58 4 Gabby Hunt 11:58
 5 Callum Doherty 12:31 6 Kate Black 13:19 7 Jack Thackray 16:07 8 Hilary Thackray 20:49
 9 Trish Thomas 23:17 10 Jenny Bourke 23:18

SOUTH AUSTRALIAN ROADWALK CHAMPIONSHIPS, ADELAIDE PARKLANDS, SUNDAY 22 MAY

Thanks to Peter Crump for his weekly report from Adelaide

The first of the ASA State Championships were held in overcast and blustery conditions, which were otherwise ideal for the long distance championship events. The open 20km event was yet again won by **Darren Bown**, with a modest time (even allowing for the regulation breaks) as he builds for LBG. **Peter Crump** walked a stronger first half before fading in the back half to record second in the Open championship while **Jim Hoare** took out the Over 35 championship. With no takers for the women's 20km Open, it was up to **Kristie Goznik** to show how it is done, recording another PB in the U20 10km championship to see off **Samara Holliday** in second place. **Jemma Potezny** walked smoothly to take out the U16 5km while **Alix Harlington** walked strongly over the U14 3km to finish just ahead of **Julia Potezny** who took out the girls title ahead of **Rhiannon Lovegrove**.

In the support races, **Justin Hill** again showed his quality as a walker, with a fine debut over 20km, recording 1:58:05 with reasonably consistent times for most of the 2km splits. **Bill Starr** completed another 20km as he warms up for yet another LBG 20 miler. Yvette Becker continued her steady return with a good workout with 26:51 over the 5km distance.

Walkers are now starting to focus on Canberra in two weeks' time, hoping that the handicapper has not been too zealous with his projected times.

20km State Championship - Open and Over 35

1.	Darren Bown	1:37:53
2.	Peter Crump	1:54:03
3.	Jim Hoare	2:25:03

10km State Championship - Under 20

1.	Kristie Goznik	0:52:57
2.	Samara Holliday	1:01:17

5km State Championship - Under 16

1.	Jemma Potezny	28:04
2.	Jessica Stephens	31:00
	Ryan Green	DQ

3km State Championship - Under 14

1.	Alix Harlington	17:02
1.	Julia Potezny	17:07
2.	Rhiannon Lovegrove	19:39

20km Support Walk

1.	Justin Hill	1:58:05
2.	Bill Starr	2:26:50
	Kim Mottrom	DNF

10km Support Walk

1.	Gloria Holliday	1:06:52
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5km Support Walk

1.	Yvette Becker	26:51
2.	Allegra Steele	28:42
3.	Lachlan Tyler-Dowd	30:18
4.	Piper Douglas	16:22
5.	Anna Cross	17:11

2km Support Walk

1.	Danielle Walsh	11:49
2.	Samantha Findlay	12:24
3.	Rhiana Hooker	12:57
4.	Riona Tyler-Dowd	14:11

1km Support Walk

1.	Beth Cross	6:21
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SOUTH AUSTRALIAN MASTERS ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 21 MAY

Thanks to Colin Hainsworth for the weekly SA Masters roadwalking results. Colin commented: *I finally had a turn-out myself. Peter Waddell would not have put down a time but just said 'slow'!*

10k yacht handicap:

M55	Kevin Finn	63.27	71.90%
W51	Marie Maxted	69.51	67.07%
W45	Raelene Schild	79.18	56.37%
M81	Colin Hainsworth	80.36	74.88%

6k yacht handicap

W66	Jill Rogers	48.19
W63	Lillian Harpur	53.09
W69	Elaine MacFarlane	48.48
M68	Roger Lowe	45.20
M60	Jeff Kennett	54.20
W60	Helen Suridge	43.20
W57	Linda Whitelaw	52.39
W6?	Roxy Papageorgiou	50.09
W77	Cynthia Dally	53.12
M6?	Peter Papageorgiou	56.55

NSW TEAM WALKS CHAMPIONSHIPS, NARELLAN, SUNDAY 22 MAY 2011

Last Sunday saw 64 walkers in action in the New South Wales Team Walks Championships at Narellan. I hear the weather was good but the technical 2km loop seems to have slowed the walkers a little as times overall were down on what we know all these walkers can do. A large group travelled up from Canberra to contest the 10km races – AIS walkers **Chris Erickson, Blake Steele, Cheryl Webb** and **Regan Lamble** and ACT based walkers **Brendon Reading, Harry Bates** and **Michael Reading**.

First to the 10km races where Chris Erickson 41:54 and Cheryl Webb 46:19 took line honours with both well ahead of their respective fields. The standard in the men's event was very high with the first 8 all under 48 minutes. Amongst the best were Harry Bates (a 2 minute PB of 47:35) and **Steven Washburn** (also a big PB with 47:50). It was also good to see **Blake Steele** back in racing mode after a shoulder operation.

Men 10k Walk Open

1.	Erickson, Chris	30	Int (Interstate)	41:54
2.	Reading, Brendon		Int (Interstate)	44:31
3.	Rayson, Ian	23	Min (Mingara)	44:36
4.	Steele, Blake	18	Int (Interstate)	45:20
5.	Malone, Kyle	20	Nep (Nepean)	46:29
6.	Sundstrom, Troy	30	Ibs (Illawarra BS)	47:06
7.	Bates, Harry	16	Int (Interstate)	47:35
8.	Washburn, Steven	17	Nep (Nepean)	47:50
9.	Mulhearn, Derek	21	Syu (Sydney Uni)	50:51

10.	Jessurun, Ian	44	Nma (Nsw Masters)	52:31
11.	Keys, Brook	21	Nep (Nepean)	56:04
12.	Williams, Dennis	63	Nma (Nsw Masters)	57:29
13.	Osborne, Robert	56	Nep (Nepean)	57:53
14.	Seymon, Jim	74	Utn (Uts Norths)	1:13:04
15.	Connors, Robert	63	Nma (Nsw Masters)	1:14:47
	Reading, Michael	21	Int (Interstate)	DNF

Team Scores

1.	Nep (Nepean District)	24	5 8 11
2.	Nma (Nsw Masters)	37 1	0 12 15

Women 10k Walk Open

1.	Webb, Cheryl	35	Bla (Blacktown)	46:19
2.	Lamble, Regan	20	Int (Interstate)	48:06
3.	Ebejer, Vanessa	26	Bma (Blue Mountains)	56:46
4.	Willis, Mary	49	Nma (Nsw Masters)	1:03:05
5.	Ebejer, Charlene	25	Bma (Blue Mountains)	1:10:21
6.	Challinor, Nicolle	39	Gos (Gosford)	1:13:19
7.	Lloyd, Nancy	58	Nma (Nsw Masters)	1:13:35
8.	Purcell, Joan	70	Asw (Asics Wests)	1:14:55
9.	Brown, Judy	61	Gos (Gosford)	1:22:41
10.	Stallard, Trish	53	Nma (Nsw Masters)	1:22:41
11.	Sundstrom, Jodie	32	Ibs (Illawarra BS)	1:24:14
	Fagan, Nicole	22	Syp (Sydney Pacific)	DNF

Team Scores

1.	Nma (Nsw Masters)	21	4 7 10
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Men 10km Walk Veterans

M35+	1	Jessurun, Ian	44	Nma (Nsw Masters)	52:31
M55+	1	Williams, Dennis	62	Nma (Nsw Masters)	57:29
	2	Osborne, Robert	55	Nep (Nepean)	57:53
	3	connors, robert	63	Nma (Nsw Masters)	1:14:47
M65+	1	Seymon, Jim	73	Utn (Uts Norths)	1:13:04
W35+	1	Challinor, Nicolle	38	Gos (Gosford)	1:13:19
W45+	1	Willis, Mary	49	Nma (Nsw Masters)	1:03:05
	2	Stallard, Trish	53	Nma (Nsw Masters)	1:22:41
W55+	1	Lloyd, Nancy	57	Nma (Nsw Masters)	1:13:35
	2	Brown, Judy	61	Gos (Gosford)	1:22:41
W65+	1	Purcell, Joan	69	Asw (Asics Wests)	1:14:55

The younger walkers were also in fine form with good fields in all divisions. Well done to winners **Jay Felton** 24:26, **Amy Bettiol** 25:13, **Kyle Bedford** 17:03 and **Jasmyne McDonald** 15:59.

Men 5k Walk Under 18

1.	Felton, Jay	16	Gos (Gosford)	24:26
2.	Jones, Tyler	13	Wyo (Wyang)	24:33
3.	Birch-Ward, Kurtis	16	Sut (Sutherland)	25:33
4.	Murphy, Robert	15	Sos (South Sydney)	27:42
5.	Doyle, Tom	14	Sos (South Sydney)	28:44
6.	Barendregt, Amanda	15	Nep (Nepean)	29:10
7.	Santa Maria, Adrian	17	Bma (Blue Mountains)	29:10
8.	Marshall, Kyle	14	Nep (Nepean)	31:34
9.	Beasley, Bryony	14	Nep (Nepean)	32:44
	O'Connell, Declan	17	Sos (South Sydney)	DQ
	Fazldad, Nathan	17	Asw (Asics Wests)	DQ

Team Scores

1.	Nep (Nepean District)	23	6 8 9
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Women 5k Walk Under 18

1.	Bettiol, Amy	16	Syp (Sydney Pacific)	25:13
2.	Klein, Kirsty	17	Asw (Asics Wests)	25:43
3.	Barendregt, Amanda	15	Nep (Nepean)	29:10
4.	Southern, Shay	16	Asw (Asics Wests)	29:27
5.	Grujoski, Stephanie	14	Sos (South Sydney)	30:30
6.	Plummer, Caitlin	14	Syp (Sydney Pacific)	31:08
7.	Klein, Sara	17	Asw (Asics Wests)	31:28
8.	Beasley, Bryony	14	Nep (Nepean)	32:44

Team Scores

1.	Asw (Asics Wests Track)	13	2 4 7
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Men 3k Walk Under 14

1.	Bedford, Kyle	11	Nep (Nepean)	17:03
2.	Mavin, Harrison	10	Syp (Sydney Pacific)	17:06
3.	estrada, patrick	13	Bma (Blue Mountains)	17:45
4.	Thomson, Ryan	11	Nep (Nepean)	17:53
5.	Plummer, James	10	Syp (Sydney Pacific)	17:56
6.	Kerr, Aidan	13	Syp (Sydney Pacific)	18:02
7.	Barendregt, Travis	11	Nep (Nepean)	19:11
8.	Millican, Hayden	11	Syp (Sydney Pacific)	19:34

Team Scores

1.	Nep (Nepean District)	12	1 4 7
2.	Syp (Sydney Pacific)	13	2 5 6

Women 3k Walk Under 14

1.	McDonald, Jasmyn	12	Parramatta	15:59
2.	McDonald, Leah	11	Parramatta	16:34
3.	Francis, Lucinda	12	Syp (Sydney Pacific)	16:54
4.	Kalemusic, Danielle	12	Ill (Illawong)	17:40
5.	Kelland, Sarah	13	Ryd (Ryde)	18:29
6.	Willis, Mascey	12	Cbt (Campbelltown)	18:46
7.	Grujoski, Ally	12	Sos (South Sydney)	19:18
8.	Tejcek, Katherine	11	Syp (Sydney Pacific)	22:37
9.	Salisbury, Daniella	10	Syp (Sydney Pacific)	27:58

Team Scores

1.	Syp (Sydney Pacific)	20	3 8 9
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QUEENSLAND ROAD WALK CHAMPIONSHIPS, MURARRIE, QUEENSLAND, SUNDAY 22 MAY 2011

The Queensland Open Roadwalking Championships were held on Sunday morning at Murarrie, along with a series of invitational walks. Thanks to Noela McKinven for the results and well done to **Peter Bennett** and **Noela** on their State titles. Peter improved his 30km time by 2m30s from last year and Noela's was 7m36s better. **Dean Nipperess** was up with Peter for 23km before flagging.

Men's 30km 1 Peter Bennett 2h55.28, Dean Nipperess DNF, Paul Lindenberg DNS.

Women's 20km 1 Noela McKinven 2h42.17.

10km Invitation Walk Men: 1 Patrick Sela 67.36, John Harris DQ
Women: 1 Kay Shaw 64.21.

5km Invitation Walk Men: 1 Brad Aiton 21.59, 2 Jesse Osborne 22.19, 3 Brandon Dewar 24.40, 4 Nick Dewar 26.00.
Women: 1 Jessica Pickles 24.41, 2 Kenza Benzenati 27.09, 3 Lucy-Rose Boardman 34.15
4 Jessica Wright 35.01, Katya Martin DNF.

3km Invitation Walk Boys: 1 Trent Miles 17.24, 2 Yanis Benzenati 17.28 Ryan Pinchen DQ.
Girls: 1 Mikaela Woodward 17.54, 2 Jessica Haig 19.43, 3 Robyn Wales 23.10

2km Invitation Walk Boys: 1 Callum Haig 14.28.
Girls: 1 Clancy Smith 13.15, 2 Riley Sims 13.26, 3 Taylor McCarthy-Smith 14.49, Thalia Martin DNF

1km Invitation Walk Girls: 1 Jasmine McRoberts 7.28

WARWC WALK UPDATE

See below for the latest from Western Australia with WARWC and RWCWA walk results.

WARWC Results, Perth, Sunday 8 May			
10km	1	D. Hennighan	57:05
5km	1	T Andrews	32.53
	2	J Hill	30.42
	3	M Lees	31.55
1.5km	1	A. Glands	8:46

WARWC Results, Perth, Sunday 22 May			
8km	1	M Mison	56:05
	2	D hennighan	42:54
	3	T Lenane	54:52
5km	1	L Romeo	36.50
	2	M Lees	29.51
	3	H Hughes	28.43
	4	J Hill	31.26
3km	1	B Barritt	18.15

WARWC Results, Perth, Sunday 15 May

RWCWA Results, Wilson, Sunday 22 May

5km	1	H Hughes	30.14	10km	1	David Smyth	57.37
	2	M Lees	30.30		2	Michelle Butler	62.27
	3	J Hill	30.47	5km	1	Breanna Brown	27.28
	4	T Lenane	33.58		2	Caitlin Gerken	35.44
	5	L Romeo	37.47	3km	1	Jemma Brown	18.06
2km	1	M Johns	11.57	2km	1	Janine Butler	15.52
	2	B Barritt	11.50	1km	1	Summer Brown	6.31
	3	A Glands	11.57		2	Rick Cattermole	10.45
	4	C Johns	13.56				

4 WALKERS IN AUSTRALIAN SUMMER UNIVERSIADE GAMES TEAM

Athletics Australia has selected 30 athletes (15 men and 15 women) for the 2011 World University Games, to be held this year in Shenzhen in China from 11-23 August. Well done to the 4 walkers who met the qualification standard and who have been duly selected. For Ian it is his second Universiade selection. For Brendon, Nicole and Beki, it is their first.

Men: 20km walk: **Ian Rayson (ACT), Brendon Reading (ACT)**
 Women: 20km walk: **Nicole Fagan (NSW), Beki Lee (ACT)**

Their selections were based on their 20km qualifying times of

Brendon: 1:24:51 (China, April 2011)
 Ian: 1:26:30 (Melb, Oct 2010)
 Beki: 1:35:35 (China, April 2011)
 Nicole: 1:35:55 (Hobart, Feb 2011)



Brendon, Nicole, Ian and Beki in action in recent races

OVERSEAS SNIPPETS

LIMA (PER, May 14): Yuli Magali Capcha, the 16-year old walking sensation from Peru, improved the South American Open 5000m walk record to 21:53.8 at a local meet.

9TH EAA EUROPEAN CUP RACEWALKING, OLHAO, PORTUGAL, SATURDAY 21 MAY 2011

Last Saturday saw the first big walks championship for the year – the 9th European Cup of Race Walking in Olhão, Portugal. The one day carnival saw large teams from all over Europe competing over 50km, 20km and 10km distances and, as expected, Russia dominated, winning four out of the five individual events of the day and dominating the teams championships. The event got a lot of coverage on the IAAF and European athletics website and it was also covered in detail on the event website at <http://www.olhao2011.com/>

Some of the other links to event reports include:

- <http://www.european-athletics.org/9th-european-cup-race-walking/emelyanov-and-sokolova-make-it-memorable-for-russia.html>
- <http://www.european-athletics.org/9th-european-cup-race-walking/nizhegorodov-reigns-supreme-at-the-european-cup-race-walking.html>

- <http://www.iaaf.org/news/newsid=60063.html>

I must also mention a great article and a YouTube interview of Ireland's Kate Veale who came third in the Junior Women's 10km in a PB time of 46:32. What a talent!

- <http://www.european-athletics.org/9th-european-cup-race-walking/kate-veale-from-european-athletics-youth-reporter-to-european-medallist.html>
- <http://www.youtube.com/watch?v=rdY7qelh7Dg&feature=youtu.be>

My reports are taken from Paul Warburton's IAAF website report (see <http://www.iaaf.org/news/newsid=60063.html>)

Open Men 50km , 7:30AM

The 50km was up first and a big field faced the gun in hot and trying conditions. Denis Nizhegorodov may have been a forlorn figure at the last IAAF World Championships but he let it be known he was back in business with his 50km race at Olhão. The Russian World Record holder has been in the wars for the last two years after becoming a DNF in Berlin two years ago. A double muscle rupture in his leg delayed his return to the podium – but there was only one walker willing to follow his blistering promenade on the Algarve. Marco De Luca mounted a brave challenge up to 30 kilometers, and once the Italian wilted in the heat it was a coast for Nizhegorodov to the finish.

It gave him back-to-back wins in the Cup, and the chance to put all his injury woes behind him. He said: “I couldn’t put any pressure on my legs for a long time, but slowly I’ve got back to fitness, and finished a low key 50k race in Russia behind today’s second place as a way of preparing for this one.”

The second place in question was Igor Yerohkin, who bided his team deep inside a large group before making tracks on De Luca in the last 20k. The second Russian passed the slowing Italian, and that was that as far as the podium was concerned. De Luca said: “I had the confidence to go with Nizhegorodov – and I wanted a medal and a PB, but one out of two was still very good.”

The group containing Chris Linke (Germany), Artur Brzozowski (Poland) and Colin Griffin (Ireland) were part of Yerohkin’s original group, with the first two claiming fourth and fifth while Italian Jean-Jacques Nkouloukidi debuted at the distance and walked a perfectly judged race for sixth.

Needless to say, the team podium put Russia on top with De Luca and Nkouloukidi cementing Italy’s silver followed by a solid Polish performance for third.



Nizhegorodov walks to an easy victory in the 50km event (photo <http://www.european-athletics.org>)

1.	NIZHEGORODOV Denis	RUS	1980	03:45:58	
2.	EROKHIN Igor	RUS	1985	03:49:05	
3.	DE LUCA Marco	ITA	1981	03:50:13	
4.	LINKE Christopher	GER	1988	03:52:56	PB
5.	BRZOZOWSKI Artur	POL	1985	03:53:51	
6.	NKOULOUKIDI Jean-Jacques	ITA	1982	03:54:19	
7.	AUGUSTYN, Rafal	POL	1984	03:54:38	
8.	STASIEWICZ, Michal	POL	1988	04:02:51	
9.	KAZANIN Oleksiy	UKR	1982	04:03:19	
10.	DESSI Lorenzo	ITA	1989	04:04:00	PB
11.	CAPORASO Teodorico	ITA	1987	04:04:12	PB
12.	STRELKOV Denis	RUS	1990	04:04:36	
13.	CORCHETE Luis Manuel	ESP	1984	04:05:25	PB
14.	PRIETO Miguel Angel	ESP	1964	04:06:45	
15.	COLLADOS Ferrán	ESP	1985	04:06:57	
16.	FILIPOVIC Predrag	SRB	1978	04:07:54	
17.	LE COZ Xavier	FRA	1979	04:08:04	
18.	LOSJEV Ivan	UKR	1986	04:10:02	PB
19.	CARDOSO Augusto	POR	1970	04:10:03	

20.	IBÁÑEZ Ato	SWE	1985	04:10:54	
21.	KRAUCHUK Dzianis	BLR	1987	04:13:31	
22.	VILLANUEVA Claudio	ESP	1988	04:14:27	
23.	MAJDÁN Dušan	SVK	1987	04:15:10	
24.	BUDZA Serhiy	UKR	1984	04:16:26	
25.	KING Dominic	GBR	1983	04:18:56	
26.	COSTA Jorge	POR	1961	04:25:04	
27.	RÁCZ Sándor	HUN	1986	04:28:09	PB
28.	TUBAK Róbert	HUN	1979	04:33:47	
29.	LUIK Margus	EST	1980	04:34:11	
	STRAUTINŠ Janis	LAT	1989	DQ	
	FILIPOVIC Nenad	SRB	1978	DQ	
	GUSTAFSSON Andreas	SWE	1981	DQ	
	DZIUBIN Dzmity	BLR	1990	DNF	
	TALASHKA Andrei	BLR	1982	DNF	
	TROTSKI Ivan	BLR	1976	DNF	
	KEMPAS Antti	FIN	1980	DNF	
	DAVAUX Hervé	FRA	1978	DNF	
	GRIGORJEVS Vjaceslavs	LAT	1973	DNF	
	RUMBENIEKS Arnis	LAT	1988	DNF	
	NYMARK Trond	NOR	1976	DNF	
	MARTINS Pedro	POR	1968	DNF	
	PEREIRA António	POR	1975	DNF	
	RUZAVIN Andrey	RUS	1986	DNF	
	SAVANOVIC, Vladimir	SRB	1985	DNF	
	FLOREZ Alex	SUI	1971	DNF	
	BÁTOVSKÝ Miloš	SVK	1979	DNF	
	KOVALENKO Maksym	UKR	1989	DNF	

Junior Men 10km , 8:45AM

The two Junior 10km races got underway next. Ukraine became the newest major gold medallist in a walk when Ihor Lyashchenko hammered out a last 3k to get the better of Germany's IAAF World Youth champion Hagen Pohle – and just as good, the winner's team took team gold thanks to Oleksandr Verbytskyi in fourth. In between, early leader Dementiy Cheparev (Russia) tailed off from the front two at 8k, but still had enough for third and team silver even though pre-race favourite Pavel Parshin suffered a relative off day to finish fifth in a sprint with Spain's Alvaro Martin.



Ihor Lyashchenko wins the Junior 10km (photo <http://omarchador.blogspot.com>)

1.	LYASHCHENKO Ihor	UKR	1993	00:41:26	
2.	POHLE Hagen	GER	1992	00:41:36	
3.	CHEPAREV Dementiy	RUS	1992	00:41:58	
4.	VERBYTSKYI Oleksandr	UKR	1992	00:42:09	
5.	PARSHIN Pavel	RUS	1994	00:42:16	
6.	MARTIN Alvaro	ESP	1994	00:42:17	PB
7.	AMEZCUA Luís Alberto	ESP	1992	00:43:10	
8.	DEI TOS Leonardo	ITA	1992	00:43:21	
9.	SPEVAK Patrik	SVK	1994	00:43:41	
10.	LEHMBERG Marcel	GER	1992	00:43:48	
11.	OJALA Aleks	FIN	1992	00:44:00	PB
12.	GOSELIN Nicolas	FRA	1992	00:44:03	PB

13.	STANO Massimo	ITA	1992	00:44:35	
14.	PUZANOV Ihor	UKR	1993	00:44:48	
15.	RAYA Juan Antonio	ESP	1993	00:44:49	PB
16.	SENODUNCU Sahin	TUR	1994	00:45:14	PB
17.	MÁRKUS Viktor	HUN	1992	00:45:43	
18.	PEREIRA Samuel	POR	1993	00:45:46	
19.	SRP Milkós	HUN	1993	00:45:51	PB
20.	FABER Marcel	SVK	1992	00:46:06	
21.	PEDRO Bruno	POR	1993	00:46:19	
22.	SERRA Leonardo	ITA	1993	00:46:44	
23.	GJACS, Edgars	LAT	1993	00:46:55	PB
24.	HANSSON Anders	SWE	1992	00:46:56	
25.	DRAGOMIR Adrian	ROU	1994	00:47:00	
26.	LYNCH Evan	IRL	1995	00:47:08	PB
27.	VALTERS Gerins	LAT	1993	00:47:21	PB
28.	DENIMAL Romain	FRA	1992	00:47:26	PB
29.	HIGGINS Jamie	GBR	1994	00:47:28	PB
30.	LOBACZEWSKI Andrzej	POL	1992	00:47:47	
31.	TICHY Peter	SVK	1993	00:47:57	
32.	HERBA Jakub	POL	1992	00:48:42	
33.	KOSTKA Lukasz	POL	1994	00:49:04	
34.	PAMUK Ozgur Ozan	TUR	1993	00:49:12	
	BAYBIKOV Damir	RUS	1994	D Q	

Junior Women 10km , 9:45AM

If the junior men's was in doubt until the second half of the race, the junior women's 10k was over by the second half of lap one. Yelena Lashmanova got the better of Russian team-mate Svetlana Vasilyeva to reverse the one-two finish at the Russian Winter Championships in February. The first two even had time for a word on the PA system before Kate Veale crossed for third two minutes later – but what a race for the Irish 17-year-old. Red haired and fair skinned, she made light of the blistering conditions to not only claim bronze – but a PB as well (46:32) – one of the very few on a difficult day. Fourth was three minutes further back, underlining the huge gap between the medallists and the mass.



Lashmanova and Vasilyeva celebrate after the Junior women's 10km (photo <http://omarchador.blogspot.com>)

1.	LASHMANOVA Yelena	RUS	1992	00:43:10	PB
2.	VASILYEVA Svetlana	RUS	1992	00:44:02	
3.	VEALE Kate	IRL	1994	00:46:32	PB
4.	CLEMENTE Anna	ITA	1994	00:49:08	PB
5.	CURIAZZI Federica	ITA	1992	00:49:14	
6.	GUNES Tugce	TUR	1993	00:49:16	PB
7.	DRAHOVÁ Anezka	CZE	1995	00:49:36	
8.	DUBROVINA Olga	RUS	1993	00:49:36	
9.	MARTÍNEZ Paula	ESP	1992	00:49:51	
10.	YAKOVCHUK Halyna	UKR	1992	00:50:01	
11.	CZYCHY Charlyne	GER	1992	00:50:39	
12.	DRAHOVÁ Eliska	CZE	1995	00:50:58	
13.	KACANOVA Diana	LTU	1993	00:51:06	
14.	OZGUR Gamze	TUR	1994	00:51:14	PB
15.	LOPARCO Sara	ITA	1992	00:51:19	
16.	MARCOU Amandine	FRA	1992	00:51:27	
17.	PASTORINO Ines	FRA	1992	00:51:44	
18.	MELLADO Coralie	FRA	1993	00:51:48	
19.	PLOMINSKA Natalia	POL	1992	00:52:08	

20.	CURLEY Maeve	IRL	1992	00:52:37	PB
21.	TROYANO Sandra	ESP	1995	00:52:37	
22.	LEWIS Heather	GBR	1993	00:52:56	PB
23.	CANO Amanda	ESP	1994	00:53:06	
24.	PRENDIVILLE Emma	IRL	1993	00:54:15	
25.	WHELAN Lauren	GBR	1993	00:54:20	PB
26.	PARVIAINEN Erika	FIN	1995	00:54:31	
27.	DAVYDENKO Tetiana	UKR	1993	00:55:22	
28.	MONTEIRO Sandra	POR	1992	00:56:42	
	OLIANOVSKA Liudmyla	UKR	1993	DNF	

If Russia had got used to hearing its own anthem played at the medal ceremonies for the first 3 events, more of the same was on the menu for the two 20km championships which were held later in the day.

Open Men 20km , 4:30PM

Stanislav Emelyanov's future as a senior is assured after this 20k win in Olhão – to follow up his fabulous victories as an IAAF junior and youth. The Russian proved that gold in last year's European Championships was just the start of something big – and when he got to 18k, he left the chasers for dead. When Spaniard Ben Sanchez suddenly clutched his hamstring like he had been shot with 500 metres left, this allowed IAAF World Walking Cup 50km winner Matej Toth to take silver at the shorter distance and leave the bronze to surprise package Jakub Jalonek from Poland. Jalonek has a modest 1:22:17 PB, but the protégé of former IAAF World champion Ilya Markov was always up with the leaders – and deserved a reward for his courage.



Stanislav Emelyanov wins again – this time in the European Cup 20km (photo <http://www.european-athletics.org>)

1.	EMELYANOV Stanislav	RUS	1990	01:23:27
2.	TÓTH Matej	SVK	1983	01:23:53
3.	JELONEK Jakub	POL	1985	01:23:59
4.	SÁNCHEZ Benjamín	ESP	1985	01:24:12
5.	RUBINO Giorgio	ITA	1986	01:24:14
6.	KANAYKIN Vladimir	RUS	1985	01:24:20
7.	LÓPEZ Miguel Ángel	ESP	1988	01:24:37
8.	KRIVOV Andrey	RUS	1985	01:25:14
9.	BOYEZ Antonin	FRA	1984	01:25:21
10.	HEFFERNAN Robert	IRL	1978	01:25:34
11.	CAMPION Kevin	FRA	1988	01:25:50
12.	GIUPPONI Matteo	ITA	1988	01:26:30
13.	MOROZOV Sergey	RUS	1988	01:26:44
14.	TONTODONATI Federico	ITA	1989	01:26:59
15.	KOVALENKO Nazar	UKR	1989	01:27:03
16.	ISIDRO Pedro	POR	1985	01:27:39
17.	KUCIMN, Anton	SVK	1984	01:28:14
18.	SUDOL, Grzegorz	POL	1978	01:28:49
19.	ARCILLA Francisco	ESP	1984	01:28:59
20.	ZIUKAS Marius	LTU	1985	01:29:16
21.	BOULAY Emmanuel	FRA	1970	01:29:45
22.	SIKORA, Rafal	POL	1987	01:29:52
23.	PARTANEN Veli-Matti	FIN	1991	01:29:54
24.	WOLSKI Dawid	POL	1989	01:30:33
25.	WRIGHT Alex	GBR	1990	01:30:36
26.	DIAZ José Ignacio	ESP	1979	01:31:05

27.	MOULINET Bertrand	FRA	1987	01:31:26
28.	VENHLOVSKYY Oleksandr	UKR	1985	01:31:30
29.	BOYCE Brendan	IRL	1986	01:32:17
30.	KUKKONEN Heikki	FIN	1987	01:32:29
31.	BOSWORTH Tom	GBR	1990	01:32:48
32.	DMYTRENKO Ruslan	UKR	1986	01:32:55
33.	DOYLE Michael	IRL	1987	01:34:24
34.	GELECEK Kemal	TUR	1990	01:36:35
35.	KETNER Karel	CZE	1990	01:40:18
36.	LELUMES Lauri	EST	1978	01:42:57
	KIISKI Eemeli	FIN	1991	DQ
	SUSKEVICIUS Tadas	LTU	1985	DQ
	NIELSEN Andreas	DEN	1988	DNF
	OVSJANNIKOV Akim	EST	1991	DNF
	WEARS Ben	GBR	1990	DNF
	HÖHNE André	GER	1978	DNF
	SCHMIDT Carsten	GER	1986	DNF
	HELEBRANDT Máté	HUN	1989	DNF
	PARIS Daniele	ITA	1984	DNF
	VIEIRA João	POR	1976	DNF
	VIEIRA Sérgio	POR	1976	DNF
	KARLSTRÖM Perseus	SWE	1990	DNF
	ÇELIK Recep	TUR	1983	DNF

Open Women 20km , 6:30PM

World record holder Vera Sokolova was never in trouble from halfway when she forged a gap over team-mate Anisya Kirdyapkina. But although the winner was assured, second and third switched back and forth like a tennis match. 2010 IAAF World Walking Cup winner Maria Vasco was caught by Olive Loughnane and, when the IAAF World champion silver medallist was disqualified on the last lap, a revived Kirdyapkina was back in second place. From way back, Elisa Rigaudo came on like a train and with eight-month old daughter Elena in mind, took third as well as an IAAF World Championships qualifying time for her pains.



Vera Sokolova wins the women's 20km event (photo <http://omarchador.blogspot.com>)

1.	SOKOLOVA Vera	RUS	1987	01:30:02	
2.	KIRDYAPKINA Anisya	RUS	1989	01:30:41	
3.	RIGAUDO Elisa	ITA	1980	01:30:55	
4.	VASCO Maria	ESP	1975	01:31:41	
5.	YAKOVENKO Olha	UKR	1987	01:32:08	PB
6.	SEEGER Melanie	GER	1977	01:32:14	
7.	BOROVSKA Nadiya	UKR	1981	01:32:30	PB
8.	POVES Maria José	ESP	1978	01:32:36	
9.	FEITOR Susana	POR	1975	01:32:43	
10.	TAKÁCS Julia	ESP	1989	01:33:09	
11.	LUKYANOVA Anna	RUS	1991	01:33:27	
12.	JACKSON Jo	GBR	1985	01:33:53	
13.	HENRIQUES Inês	POR	1980	01:34:11	
14.	SCHINDLEROVÁ Zuzana	CZE	1987	01:34:15	
15.	CABECINHA Ana	POR	1984	01:34:31	
16.	VIRBALYTE-DIMSIENE Brigita	LTU	1985	01:34:35	
17.	YATSEVICH Nastassia	BLR	1985	01:35:21	

18.	POLLI Marie	SUI	1980	01:35:37	
19.	FERRARO Federica	ITA	1988	01:35:48	
20.	SHUMKINA Yelena	UKR	1988	01:36:20	
21.	REYNOLDS Laura	IRL	1989	01:36:31	
22.	KOROTKOVA Tatyana	RUS	1982	01:36:43	
23.	AIDIETYTE Neringa	LTU	1983	01:36:55	
24.	GROZA Ana Maria	ROU	1976	01:37:18	
25.	KWOKA Katarzyna	POL	1985	01:37:23	
26.	PELANTOVÁ Lucie	CZE	1986	01:37:37	
27.	KAASALAINEN Karoliina	FIN	1988	01:38:21	
28.	GIORGI Eleonora	ITA	1989	01:38:29	
29.	MENUET Emilie	FRA	1991	01:38:33	PB
30.	PALMISANO Antonella	ITA	1991	01:39:00	
31.	DYGACZ Agnieszka	POL	1985	01:39:16	
32.	SZWARNOG Agnieszka	POL	1986	01:39:45	
33.	DRABENIA Hanna	BLR	1987	01:39:53	
34.	POLLI Laura	SUI	1983	01:40:01	
35.	OLSSON Mari	SWE	1986	01:40:20	
36.	KAZIMAKA, Anita	LAT	1990	01:40:57	
37.	FÜSTI Edina	HUN	1982	01:41:00	
38.	HALKIVAHA Anne	FIN	1986	01:41:01	
39.	SHEVCHUK Olena	UKR	1986	01:42:07	
40.	BUZIAK Paulina	POL	1986	01:42:19	
41.	CZAKOVÁ Mária	SVK	1988	01:44:22	
42.	MADARÁSZ Viktória	HUN	1985	01:45:02	
43.	GERENDÁSI Eszter	HUN	1985	01:47:27	
44.	KEHLER Lisa	GBR	1967	01:47:58	
45.	CHUNOVA, Anita	LAT	1985	01:55:39	PB
46.	SKRASKOVA Karolina	CZE	1987	02:02:19	
	PASTARE Agnese	LAT	1988	DQ	
	STEF Claudia	ROU	1978	DQ	
	LUACES Lorena	ESP	1984	DQ	
	LOUGHNANE Olive	IRL	1976	DQ	
	MATVEYUK Alina	BLR	1990	DNF	
	MILUSAUSKAITE Sonata	LTU	1973	DNF	
	SALTANOVIC Kristina	LTU	1975	DNF	
	SANTOS Vera	POR	1981	DNF	
	RODEAN Ana Veronica	ROU	1984	DNF	

The Teams Championship placegetters were

50km Open Men	1	RUSSIA	1 + 2 + 12	15
	2	ITALY	3 + 6 + 10	19
	3	POLAND	5 + 7 + 8	20
20km Open Men	1	RUSSIA	1 + 6 + 8	15
	2	SPAIN	4 + 7 + 19	30
	3	ITALY	5 + 12 + 14	31
20km Open Women	1	RUSSIA	1 + 2 + 11	14
	2	SPAIN	4 + 8 + 10	22
	3	UKRAINE	5 + 7 + 20	3
10km Junior Men	1	UKRAINE	1 + 4	5
	2	RUSSIA	3 + 5	8
	3	GERMANY	2 + 10	12
10km Junior Women	1	RUSSIA	1 + 2	3
	2	ITALY	4 + 5	9
	3	CZECH REPUBLIC	7 + 12	19

The new kids on the walking block were clearly Ukraine. Not only did they pick up double gold in the junior men's race, they also won team bronze in the senior women's 20k.

And thanks to Peter Ryan for emailing me a fine selection of photos from the big day. Note that races were contested over a 1km loop and, like most recent major meets, walkers' bibs had the name on the front and the number on the back (just to keep the judges on their toes!). Two things to note from the photos – the obviously fluent walking styles and the big booming strides. You don't get to the top of the rung unless you are technically very good.



Left: Junior Men 10km leading pack



Right: 20km winner Stanislav Emelyanov



A couple of shots of the 20km leading group early in the event



Left: 50km group shot



Right: Denis Nizhegorodov on his own out in front in the 50km

STOP PRESS - AMY BETTIOL ANNOUNCED IN TEAM FOR COMMONWEALTH YOUTH GAMES

Amy Bettiol is amongst 27 Track and Field athletes named today to represent Australia in the 2011 Commonwealth Youth Games, to be held in the Isle of Man from 7-13 September 2011. You can read the full announcement on the Athletics Australia website at http://www.athletics.com.au/news/news/2011/may/twenty-seven_up_and_coming_sta

The Australian team will join athletes from each of the 72 Commonwealth nations in the Isle of Man, with more than 1300 athletes set to compete across seven disciplines – athletics, badminton, boxing, cycling, gymnastics, rugby 7's and swimming.

Congratulations to Amy who will contest the 5000m walk.



Amy wins the U16 Australian Schools 3000m walk ahead of Jmara Hockley-Samon and Jasmine Dighton in December 2010

VALE ALBERT JOHNSON

It is with great sadness that I notify readers that Albert Johnson passed away last Friday, 20 May 2011. Albert was a past Olympic walker, representing Great Britain at the 1956 and 1960 Olympic Games. Luckily for us in Australia, Albert settled in Tasmania in the 1970's and coached there for many years. One of his protoges, Daniel Coleman, has forwarded to me a number of photos and biographical details so I am able to present this picture into a life that succeeded on all fronts against the odds.

When Albert Johnson was born in Sheffield, Yorkshire, on May 1st 1931, one of seven children (2 brothers and 4 sisters) and one of twin boys, no one ever dreamed that he would go on to become a dual Olympic walker. Born with a deformed foot, he was told that he would never be able to walk without the aid of leg calipers and he was aged six and starting school when he started to use them.

When the Second World War came in 1939, Albert and his family were forced to evacuate from Sheffield and he spent 4 years in Leicester. This was obviously a difficult time for a young boy as he only saw his parents twice during this entire period. By the time it was safe to return to his home in 1944, his health had deteriorated as he had contracted a debilitating hip infection in the early part of his compulsory sojourn. His family were advised that he might die at a very early age and their concern was great indeed.

At the age of sixteen, he was given the chance of a normal life by going through a series of operations, enabling him to gain complete mobility in his hips and legs, something he later regarded as 'a gift from God'. At the age of seventeen, he commenced work as a manual labourer and, despite his ordeal with the surgery a year before, his hip and foot did not cause him any further trouble.

Soon after this, whilst working as a silversmith, he overheard a conversation between two employees about a local 12 mile race walk for novices called the 'Star Walk.' That afternoon he and a mate Doug Wainwright decided to enter the walk that they had heard so much about, even although they had no experience or knowledge of race walking. They were laughed at and ridiculed by many people who said they would be lucky to make it to half way but they persevered, finishing the race in last position together. A great feat!

Following his introduction to walking, Albert joined the Sheffield United Harriers and began to train. He approached a coach for specialised training but was rejected because he was told he would never make it because of his deformed foot. After much searching, he found a training partner and a coach who was willing to take him on. His coach, Mr. Woodward, would ride behind him when he was walking on the road, keeping him motivated and protecting him from vehicles.

In 1949, aged 18, Albert again competed in the Star Walk. The two years of hard work and dedication had paid off as he finished

in a credible third place. The secret of his success was simple - strolling for three to four hours nearly every day to strengthen his legs - he would catch a bus to work in the morning then walk back home in the evening. This training program of long strolls was interspersed with weights, fartleks, and speed work – quite sophisticated for that era.

At the age of nineteen he enlisted in the British Army but his career was short lived – as soon as army officials found out about his foot deformity, he was discharged. This spurred him on and he trained even harder, to be rewarded with selection in the county team to contest the National 10 Mile Junior walk championship. Racing against strong competition in Manchester, he finished fourth. He was now tasting some success after years of disappointment and walking was fast becoming his main activity in life.

Albert would train every Wednesday at his local club where there would be around one hundred walkers of all ages doing laps of the track. He enjoyed this tremendously as the walkers treated everyone as equals, something that he had not often experienced. His Wednesday training session – some 20 miles of continuous walking, from 5PM until 8PM. During the rest of the week he would train on different road courses surrounding Sheffield.

He worked at many different occupations throughout his life - cutlery maker, security guard, sales assistant, labourer and nurse – but his walking was a constant.

In 1954, aged 22, he dipped his toe into senior competition, finishing second in The Leicester Mercury 20 Mile Walk classic. With this under his belt, he targeted the Bradford walk, a gruelling race of nearly 30 miles. Leaving the more highly credentialled favourites behind, he had a 3 minute lead by the half way point and was well under the race record. Although fading in the latter stages, his lead was too big to bridge and he won in 4:36:36, the youngest winner for many years. After news of his win filtered through the town, he had his name plastered all over every local newspaper and had finally made 'the big time'. Not long after his Bradford triumph he produced another stellar performance to win the Outer Circle Walk.

His next serious outing came in the UK 50km championship, held in his hometown of Sheffield. Although he finished the race in second place behind the 1948 Olympic champion John Ljunggren (after surrendering a thirty second lead to remove a stone from his shoe) he was the first British walker home and was rewarded with the gold medal. This was not his only reward – he was now chosen for the UK team to compete at the 1954 European Championship to be held in Zurich, Switzerland. He was given big raps by the local media and talked up as a possible medal chance. Alas, on the morning of his race, the weather was scorching and, in the trying conditions, he became so dehydrated that he was forced to retire from the race. This was a new feeling. He had never retired from a race before and he was bitterly disappointed.



Albert wins his first National 50km in 1954

Despite his failure in Zurich, he continued training and in 1955 he won almost every walking race he contested. He continued his good form into 1956, winning the Leicester, Bradford, Hillsborough, Outer Circle and UK Championships easily and looked set for Olympic selection along with fellow walkers Don Thompson and Derek Hall.

The good news came in August when his Olympic selection was confirmed and he was soon off to Australia with the British team, flying from London to Melbourne with stops at Calcutta and Singapore.

Arriving on Australian soil, the British team were hit with the heat of the Australian summer, a rude awakening for them coming from a cold English autumn. He roomed with Don Thompson in the Olympic village and trained with him and Roland Harding.

Onto the 50km race day – after eating two pieces of toast covered in honey and a glass of fruit juice for breakfast, he prepared his race drinks, which consisted of a teaspoon of sugar in cold water, packed his bag and set off to the M.C.G. with Harding.

The twenty athletes from eleven nations assembled at the start line in the huge arena that was the Melbourne Cricket Ground. From there the course wound its way out to Springale before a return to finish at the track. He left the stadium in around eighth

place, nicely tucked in the leading pack. His race plan was to set out conservatively because of the heat and to gradually pick up the pace during the race, but he never got into his rhythm and always felt awkward, struggling in the oppressive conditions (this was the hottest day of the Games). By the half way point he was in eleventh position, some twenty minutes behind the leaders. Towards the end of the gruelling race he made up some ground on his opponents, finishing strongly in 8th position in a time of 5:02:19, over 30 minutes outside his best. But it was still the ultimate buzz and a memory he cherished for this whole life. *“It was a great experience, something I’ll never forget, walking into the M.C.G with 80,000 people cheering.”*



The 1956 Olympic 50km – Albert in Dandenong Road

After a month's break, he began training again, looking towards the 1960 Rome Olympics. From 1957 to 1959, he maintained his form and, when selected for his second Olympics, he felt he was in the best form of his life and capable of attacking the 4 hour barrier.

Come Rome, he got off to a great start, blitzing the field out of the stadium and onto the road. He was ahead and felt great. However, his confidence was soon dented as he soon heard he was on two reports. A few kilometres later the unthinkable happened – a third report and he was disqualified. He was shattered. The British team officials protested, maintaining that his form was correct and that the reports were biased, one at least being given by a judge who was the coach of one of the other main contenders. Alas, like all such protests, it was dismissed. As an interesting aside, Australian walkers Noel Freeman and Ron Crawford were also disqualified soon after taking the lead after Albert's dismissal.



Albert in his prime as a racewalker

Back home, he continued to race, competing in a large variety of events year by year, including his favourites – the Leicester Mercury walk, the Bradford Whit Walk and Isle of Man Parish Walk. He also started to coach and soon caught the eye of the Isle of Man authorities and he was duly invited to represent them in the inaugural 1966 Commonwealth Games as an athlete and a coach. In his last international event, in the heat of Jamaica, he finished the 20 mile walk event in 8th place with 3:08:06.

In 1967 he moved to the Isle of Man where he was offered a coaching job and in 1969, he married Mildred, a local Manx girl. While there, he coached a number of prominent walkers including John Warhurst and Roy Thorpe who took gold and silver in the 1972 Christchurch Commonwealth Games. He didn't walk as much now but still trained with his athletes when possible.

In 1971, he moved back to Sheffield with Mildred and they started their family, eventually having 3 children Catherine, Denise and Adrian. In May 1974 he and Mildred decided to move to Australia and start a new life with their young family. Their destination was Tasmania and they settled in New Norfolk where he worked as a qualified nurse at the hospital.

He had no intention in resuming his coaching career but was persuaded otherwise and over the years, he has coached a whole swag of top Tasmanian athletes, including

- Russell Foley – winner of the 1990 Melbourne Marathon
- Dean Giblin and Michael Dalton – competitive long distance runners in the 1990s
- Mandy Giblin – 1998 Commonwealth Games and World Cross Country representative
- Kylie Risk – Olympic Comm Games and World Cross Country representative
- Ricky Cooke – 1991 Racewalking World Cup representative – Open 50km walk
- Greg Robertson – 1988 World Junior Championships representative – 10,000m walk
- Daniel Coleman – 2008 Racewalking World Cup representative – Junior 10km

Unfortunately due to ill health, Albert was forced to retire from coaching in 2004, leaving a great hole in the Australian coaching scene but leaving his mark in the history of athletics. He died on the 20th May 2011, aged 80.

A final word to Daniel Coleman, one of his many successful athletes:

Albert was a man of high integrity, a man of passion and a man with high expectations. He never missed any of his athletes' training sessions. Even if it was pouring with rain, he would be at the athletics track telling us to go home or telling stories about when he was an athlete to get us motivated to train.

Albert was known on the athletics scene as the man in the akubra hat and blazer – he wore them to every training session and every competition.

CANBERRA CARNIVAL ENTRIES CONFIRMED

Entries have now closed for next month's Lake Burley Griffin carnival, to be held in Canberra on Sunday 12 June and once again. Team Vic has a huge squad of over 80 walkers, many of whom will contest more than one event. I am especially excited by the Open 20 Mile team of 8 walkers, spearheaded by Australian representatives Jared Tallent, Nathan Deakes and Chris Erickson – and 3 of our women are contesting this event also. Our 20 Mile team will be up against NSW internationals Luke Adams, Adam Rutter and Ian Rayson – what an event that will be! At the moment, our team reads as shown below (* for second event and ** for third event). Many of our walkers choose more than 1 event to make the weekend even more challenging!

	EVENT	TIME	NAMES
1	OPEN 20 MILES	08:00 AM	Deakes, Nathan Erickson, Chris Jack, Clarrie (V) Kollmorgen, Stuart (V) Lamble, Regan O'Neill, Karyn (V) Tallent, Jared Thompson, Michelle (V)
2	FITNESS 20 MILES	08:00 AM	
3	M/W AACT 30 KM	08:00 AM	Deakes, Nathan Erickson, Chris Jack, Clarrie Kollmorgen, Stuart Tallent, Jared
4	W OPEN VET 10M	08:00 AM	Attard, Tamara Carr, Heather (V) Elms, Donna-Marie (V) Lamble, Regan Tallent, Rachel Wallace, Anna
5	M OPEN VET 10M	08:00 AM	Biggin, Daryl (V) McDonough, Aaron Kozica, Jason Lockwood, Chris (V) Luke, Peter (V) Nelson, Scott (V) Prendergast, Maurice (V) Summers, Harry (V)
6	FITNESS 10M	08:00 AM	Finnegan, Amelia O'Neill, Terry Wood, Robin

7	FITNESS 5M	09:00 AM	Brill, Debra Elms, Damien Elms, Jason Finnegan, Bronwyn Ogilvie Rory
8	MEN U20 10 KM	10:30 AM	Taylor, Lucas
9	AACT MEN U20 10KM	10:30 AM	
10	OPEN 10 KM	10:30 AM	Lamble, Regan
11	BOYS U10 1 KM	11:40 AM	Brill, Caine Wright, Ethan
12	GIRLS U10 1 KM	11:40 AM	Brennan, Mercedes Canavan, Amy Davis, Olivia Hodges, Mikhala Lillie, Brianna O'Mahony, Kathleen Peart, Alana Peart, Jemma Taylor, Lee
13	BOYS U12 2 KM	11:50 AM	Brennan, Jonty Brill, Justin Davis, Rodney Hockley-Samon, Harry Davidson, Harley Walmsley, Hayden
14	GIRLS U12 2KM	11:50 AM	Brennan, Mercedes * Canavan, Amy * George, Hayley Hodges, Anaya Hodges, Mikhala * Lillie, Jessica Lillie, Brianna * Lotherington, Katelyn O'Mahony, Kathleen * Peart, Jemma * Richardson, Brodie Taylor, Lee *
15	BOYS U14 2 KM	12:10 PM	Allamby, Billy Brennan, Jonty * Darlow, Ross Hockley-Samon, Harry * McNicol-Davidson, Cody O'Mahony, Brendan Swan, Kyle Walmsley, Hayden * Walmsley, Reese Wright, Ethan *
16	GIRLS U14 2KM	12:30 PM	Campbell, Rebecca Guy, Rachael Hamilton, Emily Hodges, Anaya * Hodges, Mikhala ** Kay, Shelby Montag, Jemima Richardson, Brodie * Swan, Emily
17	BOYS U16 3 KM	12:50 PM	Allamby, Billy * Brill, Nathan Darlow, Ross * McShanag, Connor O'Mahony, Brendan * Quinton, Jake Swan, Kyle * Taylor, Lucas * Walmsley, Hayden ** Walmsley, Reese *
18	GIRLS U16 3 KM	01:15 PM	Attard, Bianca

			Campbell, Rebecca * George, Stephanie Guy, Rebecca Hockley-Samon, Jmara McLaren, Stacey Ohlsen, Shae Sommerfield, Kobie
19	BOYS U18 5 KM	01:40 PM	Allamby, Billy ** Brill, Nathan * Dillon, Josh McNicol-Davidson, Cody * McShanag, Connor * Swan, Kyle ** Tam, Aaron Taylor, Lucas ** Walmsley, Reese **
20	GIRLS U18 5 KM	01:40 PM	Campbell, Caitlin Campbell, Rebecca ** Finnegan, Amelia * Hamilton, Emily * McNicol-Davidson, Chloe Montag, Jemima * Raselli, Cassandra
21	WOMEN 5 KM	02:20 PM	Attard, Bianca * Campbell, Caitlin * Elms, Donna (V) * George, Stephanie * Hockley-Samon, Jmara * Irshad, Kylie (V) Kay, Shelby * Lamble, Regan * Laurie, Natalie McNicol-Davidson, Chloe * McLaren, Stacey * Raselli, Cassandra * Tallent, Rachel * Wallace, Anna *

WHAT'S COMING UP

Next Sunday sees one of our major championship days for the winter with a whole variety of championships on offer as follows:

- Australian Masters 20km championships (entries closed last Saturday)
- Victorian Masters 20km championships (enter on the day)
- Victorian Country Championships (enter with AV – hurry as entries will close any time now)
- Racewalking Victorian U12 and U10 championships (enter on the day – age on day used to determine age group).

Medals are on offer in all the above events. The timetable reads as follows:

Sunday 29th May 2011, Middle Park			
9.30am	20km	Australian & Victorian Masters Championship	Masters Men
9.30am	20km	Australian & Victorian Masters Championship	Masters Women
9.30am	20km	VRWC Non championship event	Open
9.30am	10km	Victorian Country Championship	Open Men/Women
9.30am	10km	VRWC Non championship event	Open
10.30am	5km	Victorian Country Championship	Under 20 Men/Women
10.30am	5km	Victorian Country Championship	Under 18 Men/Women
10.30am	5km	VRWC Non championship event	Open
11.00am	3km	Victorian Country Championship	Under 16 Boys/Girls
11.00am	3km	Victorian Country Championship	Under 14 Boys/Girls
11.00am	3km	VRWC Non championship event	Open
11.30am	2km	Racewalking Victoria Championship	Under 12 Boys/Girls
11.30am	1km	Racewalking Victoria Championship	Under 10 Boys/Girls
12:00pm		Presentations at the Middle Park Bowling Club	

If you are still to enter the Victorian Country championships, you need to do it asap. The AV online entry panel is still open as I write (<http://www.athsvic.org.au/webScript.php?webPageID=10&script=webMeet.php&years=2011:2012&meetID=1226>) but it is going to close very soon. Metropolitan based walkers can still enter the event and race as guests.

I also note in the latest Victorian Little Athletics newsletter that a Cross Country and Walks Challenge day is going to be held at St Leonards School, Riverend Road, Bangholme, on Saturday 18 June 2011 and will feature 3 walks as follows:

U9 to U10 1500m Walk
U11 to U13 2000m Walk
U14 to Open 2000m Walk

You can read more about it at [https://assets.clubsonline.com.au/assets/console/events/attachments/2011%20-%20SMR%20Cross%20Country%20Challenge%20Flyer\[1\].pdf](https://assets.clubsonline.com.au/assets/console/events/attachments/2011%20-%20SMR%20Cross%20Country%20Challenge%20Flyer[1].pdf)

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

Sun May 29, 2011 AMA and VMA 20km championships, Middle Park, VIC
Victorian Country Roadwalking Championships, Middle Park, VIC
Sun 12 June, 2011 Lake Burley Griffin Racewalking Carnival, Canberra, ACT
Sat 18 June, 2011 SMR CC and Walks Challenge (LAVic), St Leonards School, Riverend Road, Bangholme
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 13th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

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

Sun 26 Jun, 2011 Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill 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, Jyvaskyla, Finland
May 12-13, 2012 25th IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012 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 10-14, 2013 8th World Youth T&F Championships, Donetsk, Ukraine
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

August 22-30, 2015 15th IAAF World Championships in Athletics, Beijing, China
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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