



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC RACES, MIDDLE PARK, SATURDAY 4 JUNE 2011

It was another great day for racing at Middle Park on Saturday from both perspectives – excellent weather and very competitive walking by the 86 club members who toed the line. It was a prizes day today with the winner of each handicap event picking from the table, so the handicap placings are also shown in the results. It was good to see so many walkers beating their handicaps in the various events. Note there are a few people who do not have handicap time calculations – they were either racing in the yellow club numbers or were racing over a different distance to normal so our handicapper Mark Donahoo was not able to rank them.

A reminder that you can see race photos from Saturday in the VRWC photo gallery <http://vrwc.org.au/coppermine>, compliments of club photographer **Terry Swan**. Also, **Frances Attard** was at work with her video camera once again. We are always a week behind with the video but I have now uploaded part of last week's walks (29 May – AMA/VMA/Vic Country champs) to YouTube (and I think the music copyright issues are sorted out!) – check out <http://www.youtube.com/watch?v=CEzJ6Eckovs>

The longest event on offer was the 10km and the handicap wins went to **Karyn O'Neill** and **Aaron McDonough**. Special mentions to **Michelle Laufer** who did a wonderful 56:19 in her first 10km in her first season of walking since her junior days and to former NZ Olympian **Scott Nelson** who showed that he has lost little over the years with a great 48:30.

10km Open	Time	Hcp Place	Hcp	Hcp time
1. Heather Carr	55:52	3	55:32	+0:20
2. Michelle Laufer	56:19	4		
3. Michelle Thompson	59:50	2	59:33	+0:17
4. Karyn O'Neill	68:48	1	70:52	-2:04
1. Scott Nelson	48:30			
2. Aaron McDonough	53:25	1	53:40	-0:15
3. Simon Evans	53:30	2	53:35	-0:05
4. James Seid-Christmass	55:40	3	52:53	+2:47
5. Bob Gardiner	66:15	4	62:10	+4:05
6. Alex Poore	77:30			
Terry O'Neill	DNF			
Robin Wood	DNF			
Harry Summers	DNF			
Jason Kozica	DQ			



Karyn O'Neill, Michelle Laufer, Scott Nelson, Heather Carr and Aaron McDonough in the 10km

The 5km was a popular event with **Simone O'Neill** (in her first season) and **Stuart Kollmorgen** winning the handicaps. 2011 World Youth representative **Amy Burren** 25:25 and **Nathan Brill** 22:04 were our fastest walkers. It was also a case of welcoming back **Ross Reid** after quite some time off with back problems. Good to see you in racing mode, Ross.

5km Open		Time	Hcp Place	Hcp	Hcp time
1.	Amy Burren	25:25	7	25:17	+0:08
2.	Pam Tindal	25:46	3	26:41	-0:55
3.	Jmara Hockley Samon	26:09	4	26:43	-0:34
4.	Liz Feldman	30:06	8	29:38	+0:28
5.	Gayle McIntyre	30:12	6	30:40	-0:28
6.	Jade Sanders	30:22	2	31:48	-1:26
7.	Chloe McNicol-Davidson	33:23	5	33:57	-0:34
8.	Simone O'Neill	35:12	1	37:16	-2:04
	Caitlin Campbell	DNF			
1.	Nathan Brill	22:04	3	22:48	-0:46
2.	Stuart Kollmorgen	22:25	1	24:01	-1:36
3.	Paul Kennedy	24:25	2	25:23	-0:58
4.	Aaron Tam	26:03	4	26:45	-0:42
5.	Russ Dickenson	26:53	5	27:11	-0:18
6.	Ross Reid	27:51			
7.	Alan Lucas	29:07	6	28:41	+0:26
8.	Gerard Feain	32:57	9	30:02	+2:55
9.	Geoff Barrow	34:25	8	33:00	+1:25
10.	Barrie Wicks	36:58	7	36:11	+1:47
	Ralph Bennett	DNF			
	Rory Ogilvie	DNF			

The 3km events featured a small number of Open walkers and a big group of U15 walkers. We saw some fantastic walking by **Jared Walker** 14:34, **Connor McShanag** 14:38 and **Jemima Montag** 14:39 while our handicap winners were **Donna Elms**, **John Morrison**, **Madeleine Feain** and **Paul Tremigliozi**.



Amy Burren, Ross Reid, Simone O'Neill, Stuart Kollmorgen and Nathan Brill all raced over 5km

3km Open		Time	Hcp Place	Hcp	Hcp time
1.	Donna Elms	17:43	1	17:49	-0:06
2.	Gwen Steed	20:05	2	18:22	+1:43
3.	Catherine Graham	24:32			
1.	Gordon Onley	20:15		Club Rules	
2.	John Morrison	21:44	1	21:37	+0:07
3km Under 15		Time	Hcp Place	Hcp	Hcp time
1.	Jemima Montag	14:39	6	15:16	-0:37
2.	Stephanie George	15:18	7	15:32	-0:14
3.	Megan Walker	16:35	5	17:25	-0:50
4.	Bianca Attard	17:04	9	16:54	+0:10
5.	Emily Hamilton	17:09	8	17:13	-0:04
6.	Emily Swan	18:25	2	20:00	-1:35
7.	Lauren Collis	18:31	10	18:05	+0:26
8.	Stacey McLaren	19:13	3	20:30	-1:17

9.	Brianna Cooke	19:27	4	20:35	-1:08
10.	Rebecca Campbell	20:35	11	19:58	+0:37
11.	Madeleine Feain	21:05	1	22:50	-1:45
1.	Jared Walker	14:34	5	14:48	-0:14
2.	Connor McShanag	14:38	3	15:31	-0:53
3.	Kyle Swan	15:30	4	15:52	-0:22
4.	Lucas Taylor	15:46	7	15:47	-0:01
5.	Cooper Owen	16:21	6	16:25	-0:04
6.	Reese Walmsley	17:45	8	17:34	+0:11
7.	Paul Tremigliozi	18:27	1	20:13	-1:46
8.	Cody McNicol-Davidson	19:41	2	20:38	-0:57
	Billy Allamby	DNF			



John Morrison, Jemima Montag, Jared Walker, Connor McShanag, Donna Elms and Paul Tremigliozi in the 3km

Our U12 and U9 walkers were the last to kick off and they contested 2km and 1km distances respectively. The handicap winners were **Shelby Kay, Justin and Caine Brill and Mercedes Brennan**. There were certainly a lot of PBs amongst the finishers. Special mention to **Shelby Kay 10:33 and Paige De Lisen 10:36** who had a great battle and who both walked excellently.

2000m Under 12	Time	Hcp Place	Hcp	Hcp time
1. Shelby Kay	10:33	1	11:33	-1:00
2. Paige De Lisen	10:36	5	11:13	-0:37
3. Hayley George	11:08	2	11:58	-0:50
4. Mikhala Hodges	11:23	4	12:02	-0:39
5. Brodie Richardson	11:51	9	11:51	+0:00
6. Chelsea Owen-Smith	11:55	3	12:41	-0:46
7. Jessica Lillie	12:01	7	12:17	-0:16
8. Tegan Miller	13:16	6	13:40	-0:24
9. Lee Taylor	13:19	8	13:32	-0:13
10. Anaya Hodges	14:26	10	12:47	+1:39
	Hanna Svozil		No recorded time	
	Gabriella Crea	DQ		
1. Harry Hockley Samon	10:57	6	11:20	-0:23
2. Jonty Brennan	11:56	5	12:32	-0:36
3. Justin Brill	12:15	1	13:29	-1:16
4. Ethan Wright	12:26	3	13:12	-0:46
5. Hayden Walmsley	12:27	4	13:11	-0:44
6. Lachlan Feain	12:40	2	13:29	-0:49
7. Harley Davidson	16:45	7	16:31	+0:14
	Brendan O'Mahony	DQ		
1000m Under 9	Time	Hcp Place	Hcp	Hcp time
1. Brianna Lillie	05:43	3	05:35	+0:08
2. Kathleen O'Mahony	05:54	4	05:43	+0:11
3. Mercedes Brennan	06:32	1	06:50	-0:18
4. Frances Collis	07:13	2	07:06	+0:07
1. Caine Brill	05:52	1	06:08	-0:16
2. Bede Collis	08:13	2	08:10	+0:03



Paige De Lisen, Shelby Kay, Mikhala Hodges, Jonty Brennan, Mercedes Brennan and U15 walker Brianna Cooke



Family affairs – Frances, Lauren and Bede Collis, Madeleine and Gerard Feain

As usual, thanks to our officials who keep the show on the road each week - sorry if I missed anyone!

- Course Setup:** Craig Brill, Harry Summers, Bob Gardiner, Peter Vysma
Officials: Tim Erickson, Russ Dickenson, Mark O'Mahony, Susan Taylor, Ian Laurie, Paul Kozaris, Daniel Elms, Justin McLaren, Ken Walters, Nelinda Kay
Judges: Peter Vysma (chief), Gordon Loughnan, Lloyd Nicholls, Michael Bodey, Terry Knape, Graham George, Stuart Cooper, Brian Williams
Canteen: Barb Gardiner, Marlaine Stanway, Wendy Cooper

STYLE AWARD POINTS

With a full panel of judges, there were plenty of style award points on offer and it was not surprising to see some of our best looking walkers topping the voting lists on Saturday.

Open & U15 Men		Open & U15 Women		U12 & U9 Boys		U12 & U9 Girls	
Nathan Brill	16	Amy Burren	12	Harry Hockley-Samon	7	Hayley George	9
Scott Nelson	14	Stephanie George	10	Caine Brill	6	Mikhala Hodges	4
Stuart Kollmorgen	8	Jemima Montag	6	Hayden Walmsley	5	Mercedes Brennan	4
Jared Walker	2	Pam Tindal	5	Ethan Wright	5	Paige De Lisen	4
James Seid-Christmass	1	Megan Walker	3	Jonty Brennan	2	Brianna Lillie	5
Russ Dickenson	1	Jade Sanders	2			Shelby Kay	3
Lucas Taylor	1	Emily Hamilton	2			Brodie Richardson	3
CodyMcNicol-Davidson	1	Michelle Laufer	1			Chelsea Owen-Smith	3
		Chloe McNicol-Davidson	1			Jessica Lillie	2
						Lee Taylor	1

ACT WALKING CLUB ROAD RACES, YERRABI POND, CANBERRA, SATURDAY 4 JUNE

Thanks to Robin Whyte for the weekly results from Canberra last Saturday. Zoe Hunt was the standout with an excellent 9:46 for the 2km race.

- 8km walk** 1 Ann Staunton-Jugovic 44:50 2 Robin Whyte 48:25 3 Doug Fitzgerald 52:38 4 Monika Short 52:47
5 Geoff Barker 56:46 6 Bob Parker 57:26 7 Pat Fisher 01:01:33 8 Warren Butler 01:06:45
9 Desma Butler 01:08:39 10 Jim Short 01:11:37 Val Chesterton DNF
- 4km walk** 1 Emily Fawcett 23:27 2 Ashleigh Resch 24:37 3 Meghann Griffin 24:54 4 Jane Bates 24:56
5 Kate Black 26:05 6 Marilyn Banfield 27:46 7 John Donovan 29:09 8 Wendy Kupkee 29:39
9 Rosemary Parker 31:31 10 Jack Thackray 32:34 11 Nola de Chazal 39:14 Elizabeth Hosking DNF
- 2km walk** 1 Zoe Hunt 09:46 2 Callum Burns 11:08 3 Elizabeth Hosking 11:15 4 Ashleigh Resch 11:23
5 Caitlin Hosking 11:48 6 Gabby Hunt 11:57 7 Spencer Burns 12:29 8 Tahneia Resch 14:56
9 Val Chesterton 17:20 10 Hilary Thackray 20:40 11 Karen Knowles 20:40
- 1km walk** 1 Thomas Hunt 08:16 2 Laura Burns 09:54

SA MASTERS ROADWALKS, LEFEVRE TERRACE, NORTH ADELAIDE, SATURDAY 4 JUNE

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters. Colin advised: Calm, mild afternoon. Yacht handicaps, prizes. M66 masters champion George White was the best with a fast 46:44 for the 8km distance.

8km Walk

M73	Rodger Barber	59.13	71.73 %
W43	Rose Stigwood	62.13	55.40 %
W69	Elaine MacFarlane	65.32	70.38 %
M64	Geoff Byham	52.17	72.91 %
M67	Graham Harrison	56.24	69.89 %
M68	Roger Lowe	61.16	65.10 %
W51	Marie Maxted	55.18	66.90 %
W77	Cynthia Dally	70.03	75.51 %
M66	George White	46.44	83.40 %
M81	Colin Hainsworth	63.40	75.12 %

4km Walk

M59	Jack Russell	29.52
W60	Helen Suridge	33.19
W57	Linda Whitelaw	40.25
M60	Jeff Kennett	41.40
W76	Ros Elix	39.12
W66	Jill Rogers	38.44
M75	Frank Rogers	50.39

SA RACE WALKING CLUB WALK CHAMPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 4 JUNE

Thanks to Peter Crump for his weekly report from South Australia

Our long Club Championships distances saw good groups for the longest and shortest distances, with less appetite from the older juniors for the longer distances. Over the 15km distance, **Darren Bown** had a light workout ahead of **Tanya Holliday**, who worked among the hardest for the day, as she had a strong hit out a week before LBG. **Kim Mottrom** pulled out a better time over the longer distance, while **Justin Hill** showed that he has been steadily developing speed over the longer distances. All of this coming out of the wood work after the LBG handicaps have been set ! Peter Crump was the best of the masters walkers.

Over the 5km training distance, **Allegra Steele** put in a season best, followed by good walking from **Lachlan Tyler-Dowd** and **Jessica Stephens**. **Anna Cross** put in an impressive 3km, out on her own for the duration, yet another PB, as well as one for Rhiannon Lovegrove. Looking forward to a big LBG carnival with the rest of our interstate colleagues !

15km Road Walk

1.	Darren Bown	1:11:13
2.	Tanya Holliday	1:12:37
3.	Kim Mottrom	1:12:54
4.	Justin Hill	1:23:25
5.	Peter Crump	1:25:26
6.	Gloria Holliday	1:37:27
7.	Jim Hoare	1:45:10
8.	Bill Starr	1:45:51

1. 5km Road Walk

2.	Allegra Steele	28:31
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3.	Lachlan Tyler-Dowd	30:12
4.	Jessica Stephens	30:39

3km Road Walk

1.	Anna Cross	16:09
2.	Danielle Walsh	17:43
3.	Alix Harlington	17:47
4.	Rhiannon Lovegrove	18:26
5.	Samantha Findlay	18:57
6.	Rhiana Hooker	18:59

RACEWALKING CLUB OF WA ROADWALKS, WILSON, SUNDAY 5 JUNE

Thanks to Rick Cattermole for the weekly results from Western Australia. Rick advised that it was a long weekend in WA so they had some walkers unavailable.

Open mixed 5km Walk

1.	Breanna Brown	U17	27.52
2.	David Smyth	MAST	28.25
3.	Michelle Butler	U20	29:46
4.	Caitlin Gerken	U14	32:20

Open 3km Walk

1.	Tiffany D'Agnone	U18	16.09
2.	Janine Butler	MAST	22.47

1.5km Walk

1.	Summer Brown	U8	9.48
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BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, SUNDAY 5 JUNE

Thanks to Paul Rance for this report from Bendigo Walkers Club.

The Bendigo Walkers Club held a 5km handicap event at Lake Neanger on Sunday morning with **Geoff Major** producing a strong effort to record a strong but narrow victory over limit marker **Colin Cleary** in 2nd place and the inform **Barb Bryant** sprinting to the line to take 3rd place with **Amanda Heard** securing fastest time honors.

5km Handicap Walk

1.	Geoff Major	35.47
2.	Colin Cleary	36.25
3.	Barb Bryant	28.32
4.	Annette Curtis	35.20
5.	Amanda Heard	28.13
6.	Catherine Heard	37.13
7.	Annette Major	32.09

The Club's next competition day will be held on Sunday June 19th with 3km and 10km sealed handicap events commencing at 9-30am at Lake Neanger, Eaglehawk. Enquirers phone 0400649610 for further information.

47TH SOUTH AMERICAN T&F CHAMPIONSHIPS, BUENOS AIRES, ARGENTINA, 2-5 JUNE 2011

20,000m track walk championships were held on the last day of the South American Championships in Buenos Aires and records fell across the board in the cool early morning conditions. In fact, Andres Chocho, the winner of the men's walk, was honoured as the best male athlete of the meet. Full meet results at <http://www.consudatle.org/ResultadosWeb2011/resultados.php>

Men's 20,000m Walk, Sunday 5 June

Following in the footsteps of his famous countryman Jefferson Pérez, Andres Chocho of Equador won a very highly contested men's 20,000m track championship with what the event website reports was a South American record time of 1:20:23.8. Fellow competitors Gustavo Restrepo (Colombia, 1:20:36.6) and Yerko Araya (Chile, 1:20:47.2) also beat the South American record. Brazilian Caio Oliveira Sena Bonfim, in his first season in the Seniors, was fourth with his own new national record: 1:20:58.5. The fifth place went to another Colombian, Rendón, with 1:21:13.6. Local Argentinian walker Juan Manuel Cano, after setting the pace for the initial stages, had his prize: sixth place, 1:23:09.0 and a new national record. Bolivian Ronald Quispe also set a new national record in finishing ninth in 1:25:59.2.

1.	Chocho Andres	ECU	1.20.23.8	Area Record
2.	Restrepo Gustavo	COL	1.20.36.6	NR
3.	Araya Yerko	CHI	1.20.47.2	NR
4.	Caio Oliveira De Sena Bonfim	BRA	1.20.58.5	NR

5.	Rendon Villegas James Aurelio	COL	1.21.13.6	
6.	Cano Juan Manuel	ARG	1.23.09.0	NR
7.	Arteaga Mauricio	ECU	1.23.46.5	
8.	Gonzalez Fabio	ARG	1.25.39.2	
9.	Quispe Misme Ronald Rey	BOL	1.25.59.2	NR
	Moacir Zimmermann	BRA	DQ	
	Araya Edward	CHI	DQ	

Women's 20,000m, Sunday 5 June

The women also walked impressively with the first four all below the previous top South American time of 1:34:57.9, set by Johana Ordonez of Ecuador in 2009. Final victory went to Colombian Ingrid Hernandez Rosales with 1:32:09.4 ahead of Davila Milanggela who set a new Venezuelan national record time of 1:32:17.6

1.	Hernandez Ingrid	COL	1.32.09.4	Area Record
2.	Milanggela F Rosales Davila	VEN	1.32.17.6	NR
3.	Orjuela Arabelly	COL	1.32.48.7	
4.	Guaman Yadira	ECU	1.33.18.0	
5.	Cisiane Dutra Lopes	BRA	1.35.49.6	
6.	Erica Rocha De Sena	BRA	1.40.24.3	
7.	Irusta Pinto Geovana	BOL	1.42.43.0	
8.	Fariluz Morales	PER	1.42.48.6	
9.	Lujan Daiana Belen	ARG	1.46.31.7	
	Perez Paola		DQ	

UKA 20KM WALK CHAMPIONSHIPS, 2012 OLYMPIC COURSE, MONDAY 30 MAY

In last week's newsletter, I discussed the UKA 20km Race Walk Championships which were held over the 2012 Olympic Walks Course on The Mall (outside Buckingham Palace) just over a week ago. I now have the results as well as a selection of great photos so here goes! I will use the race reports from <http://www.uka.org.uk/media/news/may-2011/31-05-11-uk-race-walking/>

Mens 20km Walk

The men's race was dominated by Chinese athletes currently based at St Mary's College in Richmond, west London, but the UK title went to Wears, the first Briton home in seventh place overall, with Dan King (coach: Andi Drake) just behind him in eighth. Wang Zhen and Li Jianbo set an impressive pace in the early stages and the pair had a lead of almost a minute by 8km. Wang eventually broke clear at halfway and extended his lead to finish in 1:24:24. "This was a just a test for us and preparation for the World Championships in Daegu," said Wang, the 19-year-old who won the recent IAAF Challenge event in Taicang. Wang added that course landmarks such as Buckingham Palace were a reminder of home: "The course is good but the hill is quite tough and the ground is not level. It's good to be racing here, though. It reminded me of Beijing when we go through Tiananmen Square."

Li was second in 1:25:45 with US walker John Nunn third in 1:26:19. Wears, who crossed the line in 1:30:32, was excited to have experienced the Olympic course. "That was tough," he joked. "I'm not sure I want to go to the Olympics now! Seriously though, I really enjoyed it, it was an experience and a half. For the first few laps I couldn't get over where I was, going past the Palace and up and down The Mall. After that I found a zone and stuck at it. I didn't tire until 3km to go when the heavens opened and I had to concentrate. The time's not excellent but for me to be the winning Brit was the number one aim. I think the course is excellent, they couldn't have chosen anywhere better in the whole country. It's tough, but everyone's got to do the same. Without a doubt this has given me extra incentive to be here next year."

King finished in 1:30:40, with Alex Wright (coach: Andi Drake) claiming third spot in the UK championships in 1:31:42 in ninth overall.

1.	ZHEN Wang	CHN	24 AUG 1991	1:24:24	
2.	JIANBO Li	CHN	14 NOV 1986	1:25:45	~
3.	NUNN John	USA	3 FEB 1978	1:26:19	
4.	GUSTAFSSON Andreas	SWE		1:28:55	~
5.	WENBIN Niu	CHN	20 JAN 1991	1:29:51	~
6.	YAFEI Chu	CHN	9 MAY 1988	1:30:27	
7.	WEARS Ben	GBR	7 APR 1990	1:30:32	
8.	KING Daniel	GBR	30 MAY 1983	1:30:40	>>
9.	WRIGHT Alex	GBR	19 DEC 1990	1:31:42	~
10.	BOSWORTH Tom	GBR	17 JAN 1990	1:32:28	
11.	KING Dominic	GBR	30 MAY 1983	1:33:51	>
12.	BOYCE Brendan	IRL	10 AUG 1986	1:33:51	
13.	FAGUANG Xu	CHN	17 MAY 1987	1:35:11	>
14.	TIANFENG Si	CHN	17 JUN 1984	1:36:18	
15.	KIDD David	IRL		1:36:57	
16.	ZELIN Cai	CHN	4 NOV 1991	1:39:00	~
17.	O'KANE Mark	GBR	3 JUL 1991	1:40:32	
18.	FITZPATRICK Paul	IRL	27 APR 1989	1:41:45	
19.	MORAN Michael	IRL	14 JUL 1990	1:42:12	
20.	BARNARD Philip	GBR	1 NOV 1984	1:45:51	PB

21.	RICHARDS Ian	GBR	4 DEC 1948	1:48:19	>>
22.	CIRILLO Antonio	GBR	8 MAR 1991	1:48:38	~
23.	JONES Trevor	GBR	10 FEB 1956	1:49:10	PB
24.	MILLER Andrew	GBR	27 APR 1969	1:49:56	PB
25.	UTTLEY Steven	GBR	18 MAY 1957	1:50:49	PB
26.	HOBBS Jonathan	GBR	17 MAY 1993	1:51:02	>
27.	ARNOLD Stephen	GBR	18 JUL 1963	1:53:21	
28.	SPENCELEY Richard	GBR	7 MAR 1963	1:54:52	PB
29.	EDWARDS Adrian	GBR	19 MAR 1956	1:56:20	
30.	ALLEN Steve	GBR	5 JAN 1956	1:56:27	> PB
31.	HALL John	GBR	18 JAN 1949	1:58:27	
32.	BERWICK Chris	GBR	5 JAN 1946	1:59:10	
33.	CONSTANDINOU John	CYP	16 JUL 1972	1:59:28	
34.	THOMSON Arthur	GBR	22 APR 1936	2:02:14	
35.	BELL Tony	GBR	20 FEB 1963	2:03:14	>>

Ladies 20km Walk

Jo Jackson produced an outstanding victory in an Olympic Games qualifying time of 1:31:50 at the UK 20km Race Walk Championship and Olympic test event in central London yesterday, while Ben Wears won the men's UK title behind two top quality Chinese walkers. Jackson dominated the women's race in wet conditions following a morning of warm sunshine in the capital to finish just over a minute outside her lifetime best on the London 2012 course which encompasses Buckingham Palace, Constitution Hill and The Mall. It was a superb performance by the Middlesbrough & Cleveland athlete coming less than 24 hours after she was crowned UK Inter-Counties champion and a week after finishing 12th at the European Race Walking Cup, the highest ever placing by a British athlete in that event. The victory continues a great run of form for the Commonwealth champion and a remarkable turnaround for an athlete who was forced to take time out after suffering illness over Christmas and a hamstring injury while training in Australia at the start of the year.

Jackson, coached by Drake at UKA's National Race Walking Centre in Leeds, broke away from a group of four leading women just before half way to leave in her wake the eventual runner-up and England Athletics champion, Adietyte Neringa of Lithuania (1:34:01), and third-place finisher Sylvia Korzeniowska, the French champion (1:35:24). "I'm delighted because I didn't know what to expect today," said the 26-year old who has benefited in the past 12 months from altitude training at the UKA/London Marathon altitude training camp in Font Romeu, France. "It was certainly a faster time than I expected. I just wanted to get the 'A' qualifier out of the way and it's good to go well under that. It's fantastic to come out and test the course and get a feel for what the crowd will be like next year. It was great today so I can't imagine what it'll be like when they're all out there cheering for me next year. On lap six I was thinking 'Oh my god, I'm going past Buckingham Palace; what am I doing here?' I was hoping the Queen would be in! It's great to think I could be here in a year's time."

JACKSON Joanna	GBR	17 JAN 1985	1:31:50	
NERINGA Adietyte	LTU		1:34:01	
KORZENIOWSKA Sylvia	FRA	25 APR 1980	1:35:24	
HONG Liu	CHN	5 DEC 1987	1:39:00	
RANDALL Susan	USA	9 JAN 1974	1:46:51	
KOVACS Andrea	HUN	21 JUL 1980	1:49:46	
DRAKE Julie	GBR	21 MAY 1969	1:50:24	PB
BRADLEY Diane	GBR	13 SEP 1961	1:54:58	
LENNON Joan	GBR	27 FEB 1957	1:57:13	PB
NOEL Maureen	GBR	16 AUG 1963	2:03:44	>>
MIDDLETON Helen	GBR	11 SEP 1962	2:04:10	

The event also incorporated the UK junior 10km championships and the two races were dominated by a pair of 17-year-old Britons with great futures - Jamie Higgins (coach: Andi Drake) and Heather Lewis (coach: Martin Bell) - both fresh from last weekend's European Race Walking Cup in Portugal.

A former middle distance runner, Higgins came within one second of his lifetime best when clocking 47:29 after a commanding display in only his seventh ever race walk event. "I was hoping to do between 46 and 47 minutes but under these conditions I'm pretty pleased with my time," said the Leeds City athlete, who was 30th in Portugal on his international debut and has been race walking for less than a year under Drake's guidance. "I've gone close to my PB today which shows I've got consistency," he added. "I'm hoping to get closer to 46 minutes by July and hopefully get the World Youth qualifying time of 45:30. It was a good course, although the hill at the far end was a little tough. But I think that shows a little lack of stamina on my part. Today's been great promotion for our event."

Pembrokeshire's Lewis, 19th in the European Race Walking Cup, took the junior women's title in a personal best of 51:46 after breaking clear of a group of three after 3km as she stuck to the heels of her training partner, Antonio Cirillo. "I'm really pleased to win," said Lewis, who is targeting the European Junior Championships this summer. "I knew I'd be in the top three but I just wanted to go out and see how I got on. I wanted to get under 51 minutes, which is the qualifying time, so I'm a little disappointed with the time, but I've still got one more chance to qualify. "It was really good today, I loved it. It was such a good atmosphere and the course was nice and flat. Now I just want to get more PBs and keep improving."

And now onto some great photos - thanks to Mark Wall, Andi Drake, Peter Ryan and Emmanuel Tardi who each emailed me with photos, race results and comments.



**Left: Jo Jackson in action:
Right: In action on the feed station - Pam Ficken, Sue Ray, Mark Wall (expatriate Aussie) and Bob Dobson**



UK National Walks Coach Andi Drake hands drinks to Tom Bosworth and Alex Wright with Buckingham Palace in the background. Andi commented tha the drinks table dated from the 1948 Olympics.

Andi's comments re the test event

We had hoped for a 10km event and to include the event in the IAAF Challenge but the 2012 organisers wanted a full race distance - for them the logistics exercise was priority (they also ran a marathon in the morning with 50 club runners, before a 10 km race with thousands of runners) - they will have learned a lot from the experience!

For Johanna it was a great day - after a period of disrupted training with injury from December to April the last two weeks have been a good show of form with strong finishes in the European Cup and London. Jo can now prepare for Daegu (and London) with restored confidence. We will push a big block of work and an altitude block in Font Romeu in July.

It was clear that athletes who had raced in the European Cup were tired and most race results reflected this. GB sent its largest

team to a European or World Cup since 2000 and we hope most of the athletes can still challenge for team places in the World U18, European U20 or U23 Championships this summer; and for some to make the Olympic Team! It was valuable experience for them to be able to race on the course. As well as the athletes from a few different countries competing, Japan sent a delegation to observe the races.



Wang Zhen and Li Gianbo pass the front gates of Buckingham palace

SLOVAKIAN ROADWALK CHAMPIONSHIPS, BORSKY MIKULAS, SATURDAY 4 JUNE

Matej Tóth was the main drawcard at the annual Slovakian roadwalking championships (held in conjunction with the 42nd edition of the Zahoracka Classic) and he did not disappoint, winning the 20km title for the 6th time (2005-2009, 2011) with a time of 1:22:47, in conditions that were described as warm and muggy. The legendary Joseph Pribilinic won this title 7 times and Toth is fast closing. He went to the lead from the start on the 900m circuit and won by some 6 minutes from his team mates Anton Kučmín 1:28:44 and Dušan Majdán 1:29:44. Junior walker Peter Tichy walked his first ever 20km, recording an excellent 1:33:57. The main women's race was the 10km and it was won by Hungarian walker Viktória Madarászová with 49:00. Further down in the event list, World Youth rep Patrick Spevák walked a very fast 21:38 for the 5km.

20km Open Men	1	Matej Tóth	(VŠC Dukla Banska Bystrica)	1:22:47
	2	Anton Kučmín	(VŠC Dukla Banska Bystrica)	1:28:44
	3	Dušan Majdán	(VŠC Dukla Banska Bystrica)	1:29:44
	4	Roman Řiha	(CZE)	1:31:07
	5	Miloš Bátovský	(VŠC Dukla Banska Bystrica)	1:31:23
	6	Peter Tichy	(VŠC Dukla Banska Bystrica)	1:33:57
20km Open Women	1	Nawrocki Monika	(POL)	1:48:40
10km Open Women	1	Viktória Madarászová	(HUN)	49:00
	2	Eszter Bajnaiová	(HUN)	52:54
	3	Nikola Piliarová	(VSC Dukla Banska Bystrica),	53:24
10km Junior Men	1	Luděk Hanč	(CZE)	48:05
10km Junior Women	1	Barbora Havranová	(CZE)	27:26
5km Boys	1	Patrick Spevák	(AK Bacúch)	21:38
5km Girls	1	Adéla Fridrichová	(CR)	26:24
3km Boys	1	Miroslav Úradník	(VSC Dukla Banska Bystrica)	14:49
3km Girls	1	Radoslav Piliarová	(AK Bacúch)	15:37
2km Boys	1	Lukáš Murín	(AK Bacúch)	10:36
2km Girls	1	Ema Hačundová	(Borský Nicholas)	11:10
1km Boys	1	Marek Nickel	(AK Bacúch)	4:57
1km Girls	1	Alexandra Zlúkyová	(AK Bacúch)	4:59

OTHER OVERSEAS SHORTS

FIRENZE (ITA, Jun 4): During first day of Coppa Italia in Firenze, Giorgio Rubino recorded 39:43.20 to win the 10000m walk while Beijing bronze medallist Elisa Rigauda recorded 21:12.73 to win the 5000m walk.

FOCUS ON THE CANBERRA CARNIVAL

With the Lake Burley Griffin Carnival scheduled for next Sunday in Canberra, let's have a quick review of its history and the history of its central events, the 20 Mile and 10 Mile Championships.

Carnival History

The inaugural Canberra carnival was held on the Queens Birthday Long Weekend in June 1967 and it included only one event, an Open 20 Mile. On that occasion, there were 14 finishers in what was a small affair. Very quickly a carnival built up around the 20 Mile championship and other events were added, including a 2 Mile championship for women. The Open Women's walk soon became the biggest event of the carnival and in 1978 it was changed to 5km. In 1989, an Open Women's 10 Mile event was added into the mix so that women now had the chance to compete over the classic 10 Mile or the shorter 5km distance. Men now also had the chance now to compete over the long 20 Mile or the shorter 10 Mile distance.

The carnival was backed by the Australian Federation of Race Walking Clubs (now trading as Racewalking Australia) and became its major yearly event. By the mid eighties the carnival boasted over 200 walkers and by 1999 it had grown to over 300. Since that time, it has kept these heady numbers and it remains the biggest and most competitive walking carnival in Australia.

But for me, the Open 20 Mile and Women's 10 Mile championships around the lake are the events which make this a unique carnival so I am going to zoom in on those 2 events for the purposes of this article.

The Women's 10 Mile Championship

This event went live in 1989 and is now in its 23rd year. 10 Miles is not an international distance but the event continues to attract our top women. In fact, some of them do the double – walk the 10 Mile championship in the morning and then walk the 5km championship in the afternoon – now that's a tough ask.

The best ever time of 74:09 was done by Kerry Saxby-Junna in 2001 and Jess Rothwell got close in 2009, recording 74:33. The top 10 performances are all under 80 minutes and the list reads as follows:

2001	Kerry Saxby-Junna	NSW	74:09
2009	Jess Rothwell	VRWC	74:33
1995	Jo Strangman	ACT	76:24
2000	Lisa Paolini	NSW	76:25
2007	Cheryl Webb	REG	76:33
1996	Simone Wolowiec	VRWC	77:39
2007	Claire Woods	SA	78:01
2009	Jillian Hosking	ACT	78:19
1998	Linda Coffee	NSW	78:47
2010	Regan Lamble	VRWC	79:04

Simone Wolowiec is the most prolific winner with 4 wins (1996-7, 2003-4) and we have a few walkers on 2 wins.

Four women have managed to win the 10 Mile / 5km double and all recorded high quality performances

2000	Lisa Paolini	76:25 / 22:55
2005	Cheryl Webb	78:10 / 22:40
2006	Michelle French	80:02 / 23:09
2008	Claire Tallent	78:02 / 23:00

The Open 20 Mile Championship

The 20 Mile event is as challenging event as you can get but it regularly attracts between 30 and 50 walkers each year. The tough hilly course challenges the walkers, both international and club standard, and the cream of Australia's walkers have strived to win this prestigious event year after year. Indeed it is one of the most highly sought prizes in the Australian racewalking calendar.

Undoubtedly Willi Sawall is the king of the Canberra 20 miles. His race record of 2:16:48, set in 1980, withstood all attacks until 2007 when Jared Tallent finally beat it with 2:15:43. In fact, he held the two fastest times overall until Jared's fantastic walk. This, combined with his 8 wins and 2 second placings, puts him at the top of the pedestal. Those of us who were privileged to see Willi at his peak are not surprised at this. Jared Tallent has now beaten Willi's championship record and, with 5 wins himself, looks set to overtake him in the next few years and claim honours as the most prolific winner also. We watch expectantly.

Over the years, a number of women have conquered this demanding course, the best of them being Kerry Saxby Junna whose time of 2:41:43, set in 2000, is a daunting standard. She and Megan Szirom (2:49:54) and Simone Wolowiec (2:55:14) are the only women to have bettered the 3 hour standard. Val Chesterton is the most prolific female competitor with 6 finishes to her credit, Ann Staunton has 4 finishes and Shiela Miller has 3 finishes.

In 1998 and again in 2009 we had 4 walkers under 2:30:00 but this year looks set to better that with the strongest field ever assembled - Jared Tallent, Luke Adams, Nathan Deakes, Chris Erickson, Adam Rutter, Ian Rayson and Brendon Reading should all

be under that barrier if all goes to plan for them. The top 10 performers on time are

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Dion Russell	2000	VIC	2:21:35
6.	Nathan Deakes	1998	VIC	2:21:50
7.	Nick A'Hern	1997	NSW	2:22:19
8.	Chris Erickson	2009	VIC	2:22:47
9.	Duane Cousins	1996	VIC	2:24:39
10.	Simon Baker	1987	VIC	2:25:18

Robin Whyte has started every 20 Mile event since its inception and has failed to finish on only 3 occasions – DNF in 1969 and DQs in 1982 and 2005. So he has 43 finishes (all are documented except for his performance in 1969 for which the results are incomplete). Bill Starr and Duncan Knox are next numerically with 32 and 30 finishes respectively. Since all 3 walkers are still regular competitors, their dominance of this list is expected to extend even further over the next few years.

And that's just two events from what will be a huge carnival next Sunday. I can hardly wait!

WHAT'S COMING UP

Next weekend sees most of us in Canberra for the annual Lake Burley Griffin racewalking carnival so there are no races at Middle Park. But we will be back in action on the following Saturday 18th June. More about that in next week's newsletter.

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 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	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

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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