



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### AV, AV SCHOOLS AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 10 JULY 2011

Sunday saw AV, AV Schools and VRWC Championships on offer at Middle Park and 75 walkers were in attendance. Unfortunately, so was the bad weather with bitterly cold conditions and strong blustery winds. This made it tough for competitors, officials and spectators and good times were hard to come by.

The Victorian 20km championships were the first events to start but, due to the World Masters Championships in Sacramento, we were missing many of our top walkers. AIS walker Chris Erickson went straight to the front and gave a great exhibition of power walking as he pushed out to an impressive winning time of 1:25:06, well ahead of second placed Aaron McDonough 1:51:25. We had expected a interesting battle in the women's championship with local Kelly Ruddick pitted against South Australian star Tanya Holliday. Tanya started fast and looked on track for a big time but unfortunately recent illness took its toll and she stopped soon after the half way mark. Kelly worked hard in the second half to keep her pace, dropping only 1 minute in the windy conditions, to win with an excellent 1:40:54 ahead of Kirstin Shaw 2:03:42.

#### AV OPEN 20KM MEN

1.	Chris Erickson	ATE (AIS)	41:56	1:25:06
2.	Aaron McDonough	PTN	54:17	1:51:25
	Paul Van Kopplen	CDN	48:30	DNF
	Stuart Kollmorgen	COL		DNS
	Simon Evans	BXH		DNS

#### AV OPEN 20KM WOMEN

1.	Kelly Ruddick	BHA	49:58	1:40:54
2.	Kirstin Shaw	WES	59:47	2:03:42
	Tamara Attard	KNA		DNF
	Tanya Holliday	SA (INV)	49:06	DNF



**Left: Chris Erickson, Right: Kelly Ruddick**

**Centre: Tanya Holliday, Donna Elms, Kirstin Shaw, Chris Erickson, Tamara Attard, Kelly Ruddick and Paul van Kopplen**

The AV Schools championships were also held with U20, U18, U16 and U14 walkers in action. The best walks on the day were probably from Nathan Brill (12:56), Amelia Finnegan (25:39), Jared Walker (25:10), Zoe Boldiston (14:56) and Kyle Swan (15:09).

#### AV SCHOOLS U20 10KM CHAMPIONSHIP MEN

1.	Brad Simpson	Yarra Valley Grammar	0:54:03
2.	Lucas Taylor	Lilydale High School	0:55:54

### AV SCHOOLS U20 10KM CHAMPIONSHIP WOMEN

1.	Bianca Attard	Aquinas College Ringwood	1:03:14
	Beth Alexander	Brentwood Secondary Collet	DNF
	Chloe McNicol-Davidson	Flinders Christian Community College	DNS

### AV SCHOOLS U18 5KM CHAMPIONSHIP MEN

1.	Jared Walker	Lara Secondary College	0:25:10
2.	Aaron Tam	Glen Waverley Sec. College	0:27:41
	Josh Dillon	St Josephs College Geelong	DNS

### AV SCHOOLS U18 5KM CHAMPIONSHIP WOMEN

1.	Amelia Finnegan	Mater Christi College	0:25:39
2.	Jmara Hockley-Samon	Clonard College	0:27:56
3.	Ebony Whiley	Catholic College Bendigo	0:29:08
4.	Caitlin Campbell	Copperfield College	0:30:33

### AV SCHOOLS U16 3KM CHAMPIONSHIP BOYS

1.	Nathan Brill	Rosebud Secondary College	0:12:56
2.	Billy Allamby	St Josephs Ferntree Gully	0:15:33
3.	Connor Mcshanag	St Bernards Essendon	0:16:28
4.	Jake Quinton	Ballarat High School	0:17:03

### AV SCHOOLS U16 3KM CHAMPIONSHIP GIRLS

1.	Zoe Boldiston	Notre Dame College	0:14:56
2.	Stephanie George	Yarra Valley Grammar	0:15:12
3.	Jade Sanders	Berwick Secondary School	0:16:23
4.	Lauren Stadius	Ivanhoe	0:16:29
5.	Kobie Somerfield	Mt. Clear College Ballarat	0:16:42
6.	Megan Walker	Clonard College Geelong	0:16:43
7.	Jessie Eastwood	Mater Christi College	0:17:53
8.	Brianna Cooke	Epping Secondary College	0:19:58
9.	Rebecca Campbell	Copperfield College	0:20:45

### AV SCHOOLS U14 3KM CHAMPIONSHIP BOYS

1.	Kyle Swan	The Knox School	0:15:09
2.	Cooper Owen	Viewbank College	0:16:03
3.	Reese Walmsley	Rowville Secondary College	0:16:10
4.	Harry Hockley Samon	Holy Spirit School Manifold Heights	0:16:23
5.	Ross Darlow	Ballarat High School	0:17:23
6.	Liam Burgess	St Marys Greensborough	0:17:52
7.	Cody McNicol-Davidson	Flinders Christian Community College	0:19:37

### AV SCHOOLS U14 3KM CHAMPIONSHIP GIRLS

1.	Shelby Kay	Selby Primary School	0:16:45
2.	Emily Hamilton	Marter Christi, Belgrave	0:17:07
3.	Lauren Collis	Our Lady Of Mercy College	0:17:48
4.	Hayley Brown	Fairhills Primary School	0:18:36
5.	Chelsea Owen-Smith	Watsonia Heights Primary School	0:19:13
	Jemma Eastwood	Menzies Creek Primary Sch	DQ



AV Schools winners Nathan Brill, Bianca Attard, Brad Simpson, Jared Walker and Amelia Finnegan



**Winners on Sunday - Brianna Lillie, Zoe Boldiston, Shelby Kay, Kyle Swan and Caine Brill**

VRWC Club Championships were on offer for Open Men, U12 and U9. Chris Erickson took the Open title with his AV 20km win while the younger winners were Shelby Kay (13:51), Kyle Swan (13:17), Brianna Lillie (8:49) and Caine Brill (9:14). Kyle and Shelby had already won their respective U14 Victorian Schools titles so they were in fine form.

**VRWC 20KM OPEN MEN CLUB CHAMPIONSHIP – ALF ROBINSON TROPHY**

1.	Chris Erickson	41:56	1:25:06
2.	Aaron McDonough	54:17	1:51:25
	Paul Van Kopplen	48:30	DNF

**VRWC 2.5KM U12 CLUB CHAMPIONSHIPS**

1.	Shelby Kay	13:51
2.	Hayley George	14:18
3.	Mikhala Hodges	14:23
4.	Anaya Hodges	14:30
5.	Jemma Peart	14:58
6.	Brodie Richardson	15:40
7.	Jessica Lillie	15:53
8.	Rebecca Henderson	16:45
9.	Tegan Miller	17:05

1.	Kyle Swan	13:17
2.	Jonty Brennan	14:59
3.	Hayden Walmsley	15:13
4.	Justin Brill	15:26
5.	Ethan Wright	16:44
	Brendon O'Mahony	DQ

**VRWC 1.5KM U9 CLUB CHAMPIONSHIPS**

1.	Brianna Lillie	08:49
2.	Kathleen O'Mahony	08:59
3.	Payton Kay	09:28
4.	Mercedes Brennan	09:42
5.	Alanna Peart	10:09
1.	Caine Brill	09:14
2.	Bede Collis	12:16

Finally, we had a number of club races for the other walkers in attendance. Donna Elms tested herself out over 20km and did it tough in the windy conditions to record 2:25:35. In the 5km event, David Armstrong was the best with 27:58 while Sandra Geisler walked 16:02 in the 3km event.

**VRWC 20KM OPEN WOMEN**

1.	Donna Elms	1:08:59	2:25:35
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**VRWC 5KM OPEN**

1.	David Armstrong	27:58
2.	Alan Lucas	28:34
3.	Ralph Bennett	28:55
4.	Sarah Brennan	29:44

5.	Tony Doran	32:31
6.	Robyn Shaw	33:20
7.	Barrie Wicks	36:07
8.	Jason Kozica	36:59
9.	Pam Mews	57:33

**VRWC 3KM OPEN**

1.	Sandra Geisler	16:02
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A large number of photos from Sunday can be seen at <http://vrwc.org.au/coppermine>, thanks to this week's cameraman Stu Cooper. Stu also took a number of photos from the presentations which are shown below.



**Open 20km: Chris and Aaron**



**Open 20km: Donna, Kelly and Kirstin**



**U20 10km: Bianca, Brad and Lucas**



**U18 5km: Ebony, Amelia and Aaron**



**U16 5km: Jade, Zoe and Stephanie**



**U16 5km: Nathan and Billy**



**U14 3km: Emily, Lauren and Shelby**



**U14 3km: Reese, Kyle and Cooper**



**U9 1.5km: Caine, Bede, Kathleen, Brianna and Payton**



**U12 2.5km: Jonty, Kyle, Hayden, Shelby, Mikhala and Hayley**

As usual, thanks to the many officials and helpers who lend their support every week. Sorry if I have missed anyone.

- Officials:** Tim Erickson, Bob Gardiner, Harry Summers, Michael Bodey, Mark Donahoo, Damien Elms, Ralph Bennett, Les Clarke,  
**Judges:** Judy Mason (Chief), Peter Vysma, Terry Knappe, Shane Bertrand, Daryl Biggin, Lincoln Mah, Terry Swan, Elke Raselli, Kathleen Marsh (DQ Board)  
**Course Setup:** Tim Erickson, Bob Gardiner, Harry Summers, Peter Vysma  
**Canteen:** Kate Suich, Wendy Cooper, Marlaine Stanway, Leanne Lambie  
**Video/Photos:** Stuart Cooper, Frances Attard

And finally, Frances Attard also had her video from 25 June (Vic 15km championship) going in the clubrooms. I have extracted the first 10 minutes and uploaded it to Youtube: <http://www.youtube.com/watch?v=1m47mCJG1w>. Check it out - you might see yourself! Copies of all our videos always available for copying - just email me.

### ACT WALKERS CLUB ROADRACES, LENNOX GARDENS, SATURDAY 9 JULY

Thanks to Robin Whyte for the weekly results from Canberra

**20km:** 1 Ann Staunton-Jugovic 2:04:08 2 Robin Whyte 2:16:30 3 Bryan Thomas 2:22:48 4 Monika Short 2.23.54  
5 Peter Baker 2.28.54 6 Pat Fisher 2.29.21

**10km:** 1 Jennifer Gilchrist 1:14:36 2 Bob Parker 1:14:45 3 Warren Butler 1:26:43 4 Desma Butler 1:29:12 5 Jim Short 1:29:12

**5km:** 1 Zoe Hunt 27:23 2 Meghann Griffin 30:27 3 Kate Black 31:29 4 John Donovan 38:19 5 Rosemary Parker 39:42  
6 Terry Munro 39:47 7 Helen Munro 47:47 8 Trish Thomas 55:26 Val Chesterton DNF

**3km:** 1 Thomas Hopkins 17:25 2 Callum Burns 17:33 3 Gabby Hunt 18:02 4 Callum Doherty 18:40 5 Karina Hopkins 19:00

**1km:** 1 Spencer Burns 06:41

### SAMA CLUB CHAMPIONSHIPS, ADELAIDE, SATURDAY 9 JULY

Thanks to Colin Hainsworth for the South Australian Masters walk results from last Saturday. Colin reports it was a wet cold afternoon.

Judges: Bob Cruise, Zoe Bryson, Stan Miller, Colin Hainsworth.

**15km Club Championship**

W50	Marie Maxted	1.43.00	1	69.94%
W45	Raelene Schild	1.54.54	1	59.69%
M75	Leigh Smith	1.55.17	1	73.85%
M75	David Robertson	2.03.52	2	69.78%
M70	Rodger Barber	2.01.35	1	67.06%
M65	James Hoare	1.43.34	1	77.31%
M65	Graham Harrison	1.44.26	2	72.34%
M65	Roger Lowe	2.01.40	3	62.84%
M60	Geoff Byham	1.39.44	1	73.24%
M55	Kevin Finn	1.36.58	1	71.62%

**10km Scratch**

W69	Elaine MacFarlane	1.23.52	70.03%
W63	Lillian Harpur	1.27.52	61.27%

**5km Scratch**

W60	Helen Suridge	34.01	72.65%
M75	Paul Boyce	39.31	67.65%
W	Roxy Papageorgiou	39.31	
W66	Jill Rogers	40.06	66.41%
W76	Ros Elix	40.21	76.97%
W57	Linda Whitelaw	41.07	58.14%
W58	Edna Bates	43.11	55.96%

**NSWRWC ROADWALKS, LEICHHARDT , SATURDAY 9 JULY**

Thanks to Kirstin Mitchell for the latest NSW Race Walking Club results from Leichhardt.

**Long Division 10km**

	<b>Finish Time</b>	<b>H'cap Time</b>	<b>H'cap Place</b>	
1.	Jay Felton	51.18	42.46	1
2.	Matthew Killen	55.32	45.42	3
3.	Mary Willis	61.06	44.50	2
4.	Michelle Mison	72.18	-	-
	Brendon Hyde	DNF		
	Amy Bettiol	DNF		

**Medium Division - 10km**

	<b>Finish Time</b>	<b>H'cap Time</b>	<b>H'cap Place</b>	
1.	Kirsty Klein	51.41	40.48	1
2.	Anthony Albanese	57.27	43.49	2
3.	Demi Psarianos	62.30	48.36	4
4.	Tony Psarianos	64.46	48.44	5
5.	Judy Brown	78.50	48.23	3
	Steven Washburn	DNF		

**Short Division - 5km**

	<b>Finish Time</b>	<b>H'cap Time</b>	<b>H'cap Place</b>	
1.	Tyler Jones	25.47	25.47	6
2.	Robert Murphy	26.19	26.09	7
3.	Tom Doyle	28.08	26.18	8
4.	Chris Ollerenshaw	29.11	-	-
5.	Stephanie Grujoski	29.18	23.20	2
6.	Sara Klein	29.34	23.17	1
7.	Caitlen Plummer	30.46	24.17	4
8.	John Thompson	30.47	24.39	5
9.	Amanda Barendregt	31.45	26.41	9
10.	Nicolle Mitchell	39.01	24.05	3

**U16 Division - 2km**

	<b>Finish Time</b>	<b>H'cap Time</b>	<b>H'cap Place</b>	
1.	Jasmyn McDonald	10.45	10.45	8
2.	Dylan Richardson	11.19	10.21	5
3.	Adam Mylonas	11.37	10.51	10
4.	Damien Owen	11.47	10.24	6
5.	Mascey Willis	11.47	8.36	1
6.	Travis Barendregt	12.12	10.11	4
7.	Ally Grujoski	12.13	9.49	3
8.	Tiffany Saker	12.20	9.25	2
9.	Josie Doyle	13.35	10.47	9
10.	Michael Murphy	14.29	12.25	12

11. Tayla Brookes	14.33	10.51	10
12. Jye Hardy	17.07	10.39	7

<b>U12 Division - 1km</b>		<b>Finish Time</b>	<b>H'cap Time</b>	<b>H'cap Place</b>
1.	Leah McDonald	4.54	8.20	3
2.	James Plummer	5.18	8.24	5
3.	Ryan Thomson	5.18	8.32	7
4.	Samantha Brown	5.20	8.22	4
5.	Madeline Owen	5.41	8.30	6
6.	Ben Tisdale	5.44	8.53	9
7.	Lewis Thompson	5.46	-	
8.	Renee Hardy	6.35	8.14	2
9.	Lauren Tisdale	7.01	7.28	1
10.	Logan Barendregt	8.19	8.41	8
11.	Aiden Hardy	12.05	12.05	10

### SARWC ROADWALKS, ADELAIDE PARKLANDS, SATURDAY 9 JULY

Thanks to Peter Crump for the weekly report from South Australia

First, a correction to an incorrect time that I attributed to Rhiannon Lovegrove for last week's 2.5km Mountain walk. While Rhiannon would have loved to have walked the time of 12:11 that was (incorrectly) listed, it should have been 18:11.

Back to normal this week over regulation distances in the Adelaide Parklands, with 8, 4, 2 and 1 km races. Over the longest distance, Darren Bown just came in ahead of a closing Kim Mottrom, with Kristie Goznic also walking a good time. Justin Hill continues to impress with his consistent lap times. Peter Crump walked a 2 year best, while Gloria Holliday walked a big PB over 8km.

Over 4km, Yvette Becker won over Jemma Potezny, while Alix Harlington showed that he is capable of good times over double his normal distance. Rhiannon Lovegrove also stepped up for the longer 4km this week, and walked a good time over both laps.

Anna Cross showed that her cross country running is not doing her any harm with yet another good time over 2km. Riona Tyler-Dowd and Beth Cross had a good fight to the line over the 2km distance.

Our casual 1km walkers, Joe and Summer had a good "come and try" over the 1km short course.

#### 8km Road Walk

1.	Darren Bown	38:58
2.	Kim Mottrom	39:02
3.	Kristie Goznic	39:26
4.	Justin Hill	42:52
5.	Peter Crump	43:43
6.	Gloria Holliday	50:45
7.	Bill Starr	57:41
	Barb Cain	DNF

#### 4km Road Walk

1.	Yvette Becker	20:36
2.	Jemma Potezny	21:53
3.	Alix Harlington	22:24
4.	Lachlan Tyler-Dowd	24:23
5.	Jessica Stephens	24:42
6.	Rhiannon Lovegrove	26:48
	Samara Holliday	DNF

#### 1km Road Walk

1.	Joe Cross	7:28
2.	Summer	7:51

#### 2km Road Walk

1.	Anna Cross	10:34
2.	Samantha Findlay	12:03
3.	Rhiana Hooker	12:52
4.	Riona Tyler-Dowd	13:01
5.	Beth Cross	13:02

### RWCWA ROADWALKS, WILSON, SUNDAY 10 JULY 2011

Thanks to Rick Catermole for the latest Western Australian results. Like a number of our clubs at the moment, the numbers were down with walkers away at the World Masters in Sacramento and, in their case, at the LA Internationals in Kuala Lumpur. Rick advises they are contesting the RWA State Challenge next week as the WA State Championships are being held on July 24<sup>th</sup>.

#### Open women 10km

1.	Vanessa Brown	61.59
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#### Open women 5km

1.	Michelle Butler	30.40
2.	Caitlyn Gerken	33.50
3.	Janine Butler	39.05

#### Open mixed 3km

1.	Summer Brown (u/8)	19.39
2.	Christopher Gerken	24.25

## TRWC ROADWALKS, DERWENT ENTERTAINMENT CENTRE, SAT 2 JULY

Thanks To Rosemary Coleman for the latest results from the Tasmanian Racewalking Club. She reports that conditions were fine and sunny with a slight breeze.

Eugene Gerlach	6km	38:47
Sophie Eberhardt	5km	27:56
Emma Walker	5km	31:14
David Moore	5km	38:02
Louis Rose	3km	16:22
Tahlia Hunt	3km	17:01
Megan Guy	3km	18:29
Kirrilly Garwood	3km	22:20
Sarah Guy	3km	22:33
Bailey Campbell	2km	15:13
Wayne Fletcher	2km	19:28

## 2011 DOWN UNDER CHAMPIONSHIPS, GOLD COAST CITY ATHLETICS CENTRE, 1-3 SEPT

I missed these Queensland results from last week so just adding them for completeness. I see that Victorian Rhydian Cowley and Kiwi Rosie Robinson were in action as well. Top performance of the day went to Dane Bird-Smith who won the U20 5000m walk with 20:50.69.

### Women 14-15 3000 Metre Race Walk

1. Martin, Katya	14	GCV	17:13.55
2. Haig, Jessica	15	Uni of Sunshine	18:16.95

### Women 16-17 5000 Metre Race Walk

1. Benzenati, Kenza	16	GCV	26:22.61
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### Women 18-19 5000 Metre Race Walk

1. Guo, Yue	19	QRWC	30:52.11
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### Women 20+ 5000 Metre Race Walk

1. Robinson, Roseanne	21	NZ	25:16.35
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### Men 15 & Under 3000 Metre Race Walk

1. McCutcheon, Luke	13	Redlands	15:42.59
2. Miles, Trent	13	Redlands	16:07.37

### Men 18-19 5000 Metre Race Walk

1. Bird-Smith, Dane	19	QRWC	20:50.69
2. Dewar, Brandon	19	QRWC	23:18.67

### Men 20+ 5000 Metre Race Walk

1. Cowley, Rhydian	20	VIC	21:37.56
2. Nipperess, Dean	40	QRWC	24:43.70
3. Lindenberg, Paul	49	QRWC	29:08.51

## WORLD YOUTH CHAMPIONSHIPS, LILLE, FRANCE, 6-10 JULY

The 7<sup>th</sup> World Youth T&F Championships have now been completed and I can report on the two track walks.

### Girls 5000m Race Walk Final, Friday 8 June, 4:15PM - Veale wins Ireland's first World Youth gold

The report on the Girls 5000m walk is taken from Laura Arcoletto's IAAF report. You can also check out a second IAAF report by Phil Minshull (see <http://www.iaaf.org/WYC11/news/newsid=60712.html>)

17-year-old Kate Veale walked to a new World Youth leading performance of 21:45.59 to claim the IAAF World Youth 5000m track walk title in Lille and finally break the run of four successive Russian victories. She also smashed her Irish Junior record of 22:36.97 which she set when finishing fourth at last year's World Youth Olympic Games in Singapore. The 17-year-old showed her championship form earlier this year when winning a bronze medal in the junior women's 10km at the European Cup of Race Walking in Olhao on May 21st so she went in as one of the pre-race favourites and she did not disappoint.

With 7 laps to go she moved to the front and took the lead from Peru's Yuli Capcha, the early leader who had taken the group through the first (4:38.61) and second (8:59.36) kilometres. Behind Veale, Italy's Anna Clemente, the World Youth Olympic champion, and Russia's Olga Nacharkina looked strong but that was before Veale upped the tempo a further notch.

Veale was timed in 13:12.74 at 3km and with now just 5 laps to go increased her lead to a good 20 metres on Galchenko and



Leontyeva another 10 metres down. Trailing behind the trio of China's Yanxue Mao, Mexico's Alejandra Ortega and a not-so-fresh Clemente lagged a further 5 metres behind. Veale's rhythm was a class above the rest's – she led by 40 metres with 4 laps to go, 60 metres with 3 laps to go, 70 metres at the bell... The focus had now fallen on a small group of 5 pursuers who briefly rejoined with 1500 metres to go. Galchenko, Leontyeva, Nacharkina, Ortega and Mao ... five women for just two medals.

Nacharkina was the first one to fall back probably paying for her early race efforts and with now just 800 metres to go Ortega also found herself trailing off the chasing pack. As Veale cruised seemingly effortlessly to clinch her country's first gold medal in the history of this competition, the bell rang with Leontyeva and Galchenko neck and neck and Mao, who won the World Youth Olympic silver medal last year in Singapore, just a couple of steps behind. The Chinese seemed to have the strongest change of speed and with 200 metres to go passed both Eastern Europeans, Leontyeva responded; Galchenko's legs couldn't.

Eventually, Mao held on for her second silver in two years in 22:00.15, a new personal best with Leontyeva a satisfied bronze medallist with another personal best time 22:00.84. Galchenko was visibly suffering on the homestretch her last few steps being more of a stumble through the line; she would be rewarded with a new personal best 22:12.47. More personal bests were recorded for Ortega in fifth (22:17.85), fast finishing Anezka Drahotova of the Czech Republic in sixth (22:32.87) and China's Yuanyuan Ni in seventh (22:36.62).

"It feels really nice to be the World champion," Veale said after her wonderful performance. "I can't really realize it. I felt strong during the whole race but until the last lap I wasn't sure I could be first. I know the Chinese has a good finish and I didn't know where they were behind me. My family was here to support me, they were louder than the Chinese and Russian fans."

Of our two Australian reps, **Jessica Pickles** was not far off her best to finish 15<sup>th</sup> in 24:01.42 while **Amy Burren** who started strongly was forced to withdraw with 6 laps remaining.



**Kate Veale takes all before her in the World Youth 5000m (photos [www.iaaf.org](http://www.iaaf.org))**

1.	Kate Veale	IRL	21:45.59	WYL
2.	Yanxue Mao	CHN	22:00.15	PB
3.	Nadezhda Leontyeva	RUS	22:00.84	PB
4.	Alina Galchenko	UKR	22:12.47	PB
5.	Alejandra Ortega	MEX	22:17.85	PB
6.	Anezka Drahotová	CZE	22:32.87	PB
7.	Yuanyuan Ni	CHN	22:36.62	PB
8.	Anna Clemente	ITA	22:47.32	SB
9.	Olga Nacharkina	RUS	22:52.40	
10.	Nozomi Okazaki	JPN	23:11.00	
11.	Eliška Drahotová	CZE	23:23.10	PB
12.	Makoto Yamanaka	JPN	23:25.77	
13.	Ana Leydy Daza	COL	23:28.91	PB
14.	Nikola Piliarová	SVK	23:35.33	PB
15.	<b>Jessica Pickles</b>	<b>AUS</b>	<b>24:01.42</b>	
16.	Natalia Alfonso	VEN	24:19.41	PB
17.	Elysle Albino	BRA	24:20.53	
18.	Mercédes Márton	HUN	24:27.17	PB
19.	Alessia Constantino	ITA	24:30.73	PB
20.	Askale Tiksa	ETH	24:43.11	PB
21.	Mihaela Puscasu	ROU	24:44.51	PB
22.	Amanda Cano	ESP	24:47.19	
23.	Madison Lориou	FRA	25:41.84	
24.	Askal Hailaye	ETH	27:36.45	PB

<b>Amy Burren</b>	<b>AUS</b>	<b>DNF</b>
Yuli Capcha	PER	DNF
Gamze Özgör	TUR	DNF

### Boys 10000m Race Walk Final, Saturday 9 June, 9:45AM - Parshin wins title in dramatic circumstances

To quote from David Martin's IAAF report (<http://www.iaaf.org/WYC11/news/newsid=60742.html>):

There was a dramatic finish to the Boys 10000m Race Walk on the morning of a cool and damp Day 4 when Colombian Manuel Esteban Soto was disqualified after outpacing the pre-event favourite Pavel Parshin in the final 50 metres but was subsequently disqualified for loss of contact.

The Colombian, who held third place for most of the 25 lap competition, had his celebrations in the finish area turn to despair when the chief judge rushed over to him a minute later and waved the red card. That saw Parshin correctly awarded the gold medal, becoming the sixth Russian to win the title in what has been a Russian dominated event. Parshin who came to Lille as the world leader (41:18) also set a new Championship record of 40:51.31, replacing the the mark of 41:35.99 which Germany's Hagen Pohle posted when breaking the Russian dominance of the event in Bressanone two years ago. There was some consolation for the Columbian team when Kenny Martin Perez, the only walker apart from early leader Mohammed Saleh of Egypt to take a turn at the front, finished second.

The silver medallist, who fell away with 200m remaining when Parshin and Soto made their break, finished in a personal best 40:59.25 while Erwin Gonzalez of Mexico who had been dropped between 8km and 9km took the bronze medal with his own lifetime fastest of 41:09.60.

Of our two Australian representatives, **Brad Aiton** perhaps paid the price for going out with the leaders in the early stages, finishing 16<sup>th</sup> in 45:00.02 while **Jesse Osborne** was two places further back in 45:11.78. But that is not a negative reflection on Brad's performance - you have to give it all you have got in such races and Brad and Jesse both did that.



**Soto and Parshin sprint for the finishing line in the World Youth 10,000m walk (photo [www.iaaf.org](http://www.iaaf.org))**

1.	Pavel Parshin	RUS	40:51.31	CR
2.	Kenny Martín Pérez	COL	40:59.25	PB
3.	Erwin González	MEX	41:09.60	PB
4.	Jesús Tadeo Vega	MEX	41:09.61	PB
5.	Tyler Sorensen	USA	41:23.14	PB
6.	Kaihua Wang	CHN	41:50.75	PB
7.	Jiaxing Yin	CHN	42:04.37	PB
8.	Álvaro Martín	ESP	42:27.28	PB
9.	Patrik Špevák	SVK	42:39.78	
10.	Brian Pintado	ECU	42:44.02	PB
11.	Marco Antonio Rodríguez	BOL	42:52.71	PB
12.	Marius Šavelkis	LTU	43:02.57	PB
13.	Artsiom Turkou	BLR	43:54.22	PB
14.	Sergio Carrillo	PER	44:18.45	PB
15.	- Kuldeep	IND	44:48.73	PB
16.	<b>Brad Aiton</b>	<b>AUS</b>	<b>45:00.02</b>	<b>PB</b>
17.	Arturo Peralbo	ESP	45:00.21	
18.	<b>Jesse Osborne</b>	<b>AUS</b>	<b>45:11.78</b>	
19.	Aymene Abdelfettah Sabri	ALG	45:12.70	PB
20.	Adrian-Ionut Dragomir	ROU	45:13.99	PB

21.	Sahin Senoduncu	TUR	45:14.55	PB
22.	Adrien Cassagnes	FRA	46:06.94	PB
23.	Mohamed Ramoul	ALG	46:14.88	PB
24.	Konstadinos Dedópoulos	GRE	46:34.87	
25.	Cosmin Bahneanu	ROU	46:46.17	PB
26.	Miguel Carvalho	POR	47:40.46	PB
27.	Junhyeok Lee	KOR	47:53.12	
28.	Ghassen Saidi	TUN	47:53.23	PB
29.	Evan Lynch	IRL	49:17.95	PB
30.	Raivo Saulgriezis	LAT	51:44.91	
	Manuel Esteban Soto	COL	DQ	
	Mohamed Mohamed Saleh	EGY	DQ	
	Denis Tolstov	RUS	DQ	
	Andrej Dolinský	SVK	DQ	
	Vito Minei	ITA	DNF	
	Michele Palmisano	ITA	DNF	
	Richard Vargas	VEN	DNF	

The splits tell the story of what was a fast race with the final kilometre of 3:50.75 the fastest of all:

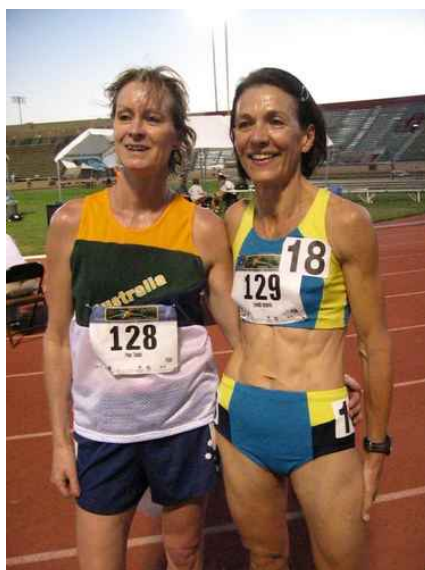
3:53.25, 7:53.34, 11:59.48, 16:08.60, 20:17.75, 24:28.53, 28:45.22, 32:54.55, 37:00.56, 40:51.31

### 2011 WMA WORLD TRACK & FIELD CHAMPIONSHIPS, SACRAMENTO, 7-17 JULY

The 19<sup>th</sup> World Masters T&F Champs Stadia is now in full swing in Sacramento, California, and the small group of Australian walkers are in the mix. The first walks to be contested were the 5000m track events, held over Thursday 7 July and Friday 8 July, and we saw 3 golds, 2 silvers and one bronze to our Australian contingent

W60	1	Carr, Heather	W61	28:26.07
M65	1	Jamieson, Andrew	M65	25:57.71
W50	1	Ventris, Lynette	W54	24:25.56
W50	2	Tindal, Pam	W51	25:56.09
W60	2	Feldman, Elizabeth	W62	31:02.31
M40	3	Seid-Christmass, James	M43	24:49.71

On top of that, Nardene Hammond (former VRWC member, now representing Canada) took third in the W35 division and Kiwis Nyle Sunderland (1st in W40), Mike Parker (3rd in M55), Sue Hoskin (3rd in W60) and Shirley Barber (3rd in W65) also medalled.



**Lyn (right) and Pam (left) after their gold and silver performances in the W50 5000m Track (photo John Ventris)**

Lyn Ventris was the standout walker, over a minute quicker than any other woman and beating most of the men. Not surprisingly, she scored highest on Age Graded Tables. The performances of Heather Carr and Pam Tindal were also in the top 10 overall.

Name	Age	Country	Time	Percent
Lynette Ventris	54	AUS	24:25.56	94.91%
Denise Leclerc	77	FRA	34:33.24	91.50%
Elton Richardson	72	USA	31:53.61	91.08%
Ma Ramirez vda de Banue	94	MEX	52:54.16	90.07%

Louise Walters	71	USA	32:13.51	88.80%
Shirley Dockstader	78	USA	36:33.09	88.09%
Heather Carr	61	AUS	28:26.07	87.92%
Barbara Nell	56	S. Africa	27:05.07	87.32%
Pam Tindal	51	AUS	25:56.09	86.82%
Pirjo Karetie	68	FIN	31:59.43	85.55%

Full results have been extracted from [http://www.flashresults.com/2011\\_Meets/outdoor/07-06-wma/SacCity/](http://www.flashresults.com/2011_Meets/outdoor/07-06-wma/SacCity/)

#### M35 5000 Meter Race Walk

1.	Soto Maldonado, Etiel	M38	Mexico	21:53.68
2.	Babenko, Dmitry	M38	Russia	24:20.17
3.	Durand Pichard, David	M39	France	25:20.67
4.	Zamudio, Adrian	M35	United States	30:15.21

#### M40 5000 Meter Race Walk

1.	Silva, Luis	M40	Portugal	21:27.52
2.	Lorefice, Jorge	M41	Argentina	21:41.40
3.	<b>Seid-Christmass, James</b>	<b>M43</b>	<b>Australia</b>	<b>24:49.71</b>
4.	Singh, Sher	M40	India	25:56.31
5.	Devicic, Berislav	M44	Croatia	27:21.34
6.	<b>Smyth, David</b>	<b>M41</b>	<b>Australia</b>	<b>28:31.59</b>
	Caliskan, Hakan	M42	Turkey	DQ

#### M45 5000 Meter Race Walk

1.	Banda, Royce	M45	Mexico	23:11.13
2.	Gnauck, Dick	M47	Germany	23:35.07
3.	Xu, Jianping	M45	Canada	24:08.55
4.	Meyer, Steffen	M45	Germany	24:40.83
5.	Swanepoel, Hannes	M45	South Africa	24:47.21
6.	Swarts, David	M46	United States	25:22.97
7.	Hernandez Vega, Ivan	M46	Puerto Rico	26:57.36
8.	Berner, Claude	M48	Switzerland	28:32.04
9.	Dahlen, Neal	M49	United States	36:32.12
10.	Alencar da Silva, Josias	M46	Brazil	37:44.78

#### M50 5000 Meter Race Walk

1.	De Los Angeles, Guadalup	M50	Mexico	23:43.40
2.	Schroter, Uwe	M51	Germany	24:33.49
3.	Ferenc, Major	M50	Hungary	25:23.23
4.	Bonvarlet, Patrick	M51	France	25:42.90
5.	Lawrence, Don	M51	United States	25:51.78
6.	Kenney, James	M54	Canada	25:52.90
7.	<b>Hastie, Garry</b>	<b>M50</b>	<b>Australia</b>	<b>26:53.07</b>
8.	Rodriguez Escobedo, Jesu	M52	Mexico	27:00.88
9.	Cossy, Bernard	M52	Switzerland	27:02.34
10.	Pacheco, Omar	M52	Mexico	28:12.68
11.	Blanchard, Michael	M50	United States	28:23.87
12.	Marvingt, Serge	M52	France	28:49.58
13.	Van Heyningen, William	M51	Curacao	29:46.03
14.	Singh, Sukhbir	M52	India	31:29.87
15.	Smith, Don	M54	United States	32:44.34

#### M55 5000 Meter Race Walk

1.	Matthews, Jonathan	M55	United States	22:33.47
2.	Shipitsyn, Anatoly	M56	Russia	23:52.50
3.	Parker, Mike	M58	New Zealand	24:09.00
4.	Monna, Fabian	M56	Colombia	24:09.91
5.	<b>Heywood, Colin</b>	<b>M56</b>	<b>Australia</b>	<b>24:22.11</b>
6.	Barabash, Vladimir	M55	Russia	24:35.30
7.	Green, Mark	M55	United States	25:24.38
8.	Pecinovsky, Steven	M56	United States	27:15.98
9.	Shagaev, Vladimir	M56	Russia	27:25.61
10.	Reed, Bill	M58	United States	27:53.48
11.	Killingsworth, Kevin	M55	United States	27:57.98
12.	Aytmukhametov, Nariman	M59	Russia	28:33.17
13.	Kazaryan, Alex	M56	United States	28:54.62
14.	Corona Flores, Juan Manu	M56	Mexico	29:38.75
15.	Berendt, Joseph	M55	United States	29:49.21
16.	Dunn, Rodney	M58	Great Britain	30:01.77
17.	Setty, Subba	M58	India	30:15.71

18.	Klein, Arthur	M58	United States	30:37.31
	Twilling, John	M59	United States	DQ

#### M60 5000 Meter Race Walk

1.	Morotti, Graziano	M60	Italy	24:09.66
2.	Lopez Camarena, Jose Lui	M61	Mexico	24:27.95
3.	Richards, Ian	M63	Great Britain	24:41.66
4.	Schmid, Chris	M64	United States	25:47.26
5.	Pineda, Gildardo	M64	Mexico	25:54.77
6.	Lopez, Jose Gpe.	M61	Mexico	26:12.54
7.	Niestelberger, Ludwig	M63	Austria	26:16.62
8.	Kemsley, Eric	M60	New Zealand	26:40.85
9.	Smith, Andrew	M61	United States	27:06.42
10.	Pin, Jean Pierre	M62	France	28:12.46
11.	Wiggins, Michael	M62	United States	28:18.24
12.	Flamant, Claude	M62	France	29:22.60
13.	Siegele, Johann	M62	Austria	29:41.64
14.	Torabian, Shoja	M62	United States	30:01.68
15.	Yanybaev, Ivan	M62	Russia	30:25.10
16.	Burrows, Roger	M64	Canada	31:35.29
17.	McGuire, Richard	M63	United States	32:27.16
18.	Tian, Jiucheng	M60	China	34:41.32
19.	Javier, Ramon	M63	Dominican Rep	34:52.12
20.	Brandenburg, Walter	M64	Switzerland	34:52.79
21.	Lopez Rendon, Benjamin	M62	Mexico	35:08.98
22.	Murphy, Garland	M63	United States	37:06.94
23.	Birnbaum, Jorge	M64	United States	37:40.33
24.	Lopez Beltran, Guillermo	M64	El Salvador	40:58.38
	Demianto, Demianto	M61	Indonesia	DQ

#### M65 5000 Meter Race Walk

1.	<b>Jamieson, Andrew</b>	<b>M65</b>	<b>Australia</b>	<b>25:57.71</b>
2.	Jobin, Marcel	M69	Canada	27:41.94
3.	Budnik, Michael	M65	United States	28:06.64
4.	Kok, Thomas	M65	Malaysia	28:27.72
5.	<b>White, George</b>	<b>M66</b>	<b>Australia</b>	<b>28:29.87</b>
6.	Rabatel, Fernand	M65	France	28:34.98
7.	Frable, Norman	M65	United States	28:40.16
8.	Campbell, Richard	M65	United States	29:44.71
9.	Kittredge, John	M66	Canada	29:51.49
10.	Rogosheske, Philip	M66	United States	31:48.83
11.	Minose, Hiroshi	M67	Japan	32:13.96
12.	Honkonen, Antti	M65	Finland	33:18.67
13.	Armstrong, Peter	M66	United States	33:30.47
14.	Giese, Wolf-Dieter	M68	Germany	33:43.94
15.	Poncin, Francois	M66	France	33:44.33
16.	Moore, Alan	M66	United States	34:25.41
17.	Stewart, Walter	M65	United States	36:06.17
18.	Alvarez, Eduardo	M66	Dominican Rep	37:00.64
19.	Baker, Bobby	M68	United States	40:04.27
20.	Jersan Lucas, Ortiz Guil	M65	Nicaragua	40:50.22
	<b>Dickenson, Russ</b>	<b>M65</b>	<b>Australia</b>	<b>DNF</b>
	Zavala Guzman, Miguel An	M65	Peru	DQ

#### M70 5000 Meter Race Walk

1.	Ing, Strieder, Hermann	M70	Austria	29:28.10
2.	Kuchumor, Aglya	M73	Russia	29:58.45
3.	Vainikka, Einari	M70	Finland	30:07.08
4.	Leblanc, Herve	M72	Canada	30:35.95
5.	Beckett, James	M72	United States	30:50.63
6.	Shillabeer, Edmund	M71	Great Britain	31:11.15
7.	Gottert, Klaus	M72	Germany	31:14.80
8.	<b>Sela, S Patrick</b>	<b>M71</b>	<b>Australia</b>	<b>32:53.08</b>
9.	de Coppes, Alexis	M72	Switzerland	33:01.31
10.	Nichols, Robert	M72	United States	33:13.78
11.	Walters, Ronald	M73	United States	33:35.53
12.	Backlund, John	M71	United States	34:12.73
13.	Herrera Roman, Jorge	M70	Mexico	35:42.46
14.	Segura, Francisco	M74	Mexico	35:45.70
15.	Bhujade, Changdeo	M71	India	36:53.03
16.	Robles, Gilberto	M73	Puerto Rico	39:02.89

17.	Okada, Yosuke	M70	Japan	40:48.35
	Domingos, Joao	M73	Brazil	DNF
<b>M75 5000 Meter Race Walk</b>				
1.	Poisner, Alan	M76	United States	33:34.89
2.	Tsukrov, Semen	M75	Russia	33:50.77
3.	Stevens, David	M75	Great Britain	34:13.67
4.	Acosta, Carlos	M77	United States	34:16.58
5.	DuBois, Alfred	M79	United States	34:54.34
6.	Everson, Ray	M76	United States	35:19.70
7.	Kessner, Gerhard	M75	Germany	36:12.42
8.	MacPike, Ron	M78	United States	37:22.62
9.	Petruzzi, Thomas	M78	United States	37:28.36
10.	Ghode, Rambhau Narayan R	M78	India	37:46.07
11.	<b>Beaumont, Ian</b>	<b>M75</b>	<b>Australia</b>	<b>40:26.84</b>
12.	Elkins, Cliff	M79	United States	42:08.19
	Gomez, Rene	M77	Mexico	DQ
	Alvarez, Luciano	M77	Dominican Rep	DQ
	Nunez Lopez, Angel	M77	Mexico	DQ
	Kukkonen, Toivo	M76	Finland	DQ
<b>M80 5000 Meter Race Walk</b>				
1.	Starr, John	M82	United States	36:41.38
2.	Moremen, William	M83	United States	36:58.69
3.	Michel Paoli, Sergio Aug	M80	Dominican Rep	37:21.74
4.	Theurel Franoy, Teofilo	M83	Mexico	39:10.60
5.	Saijo, Shinichi	M81	Japan	42:01.51
	Aguayo, Letelier	M82	Chile	DQ
<b>M85 5000 Meter Race Walk</b>				
1.	Amano, Kohsoh	M85	Japan	38:09.60
2.	Vallabhajosyula, Sriramu	M87	India	39:47.92
3.	Hansen, Richard	M85	United States	42:45.33
	Kivioja, Olli	M86	Finland	DQ
<b>M90 5000 Meter Race Walk</b>				
1.	Estanol Dorantes, Armand	M91	Mexico	45:36.80
<b>W35 5000 Meter Race Walk</b>				
1.	Schenker, Bianca	W36	Germany	25:40.37
2.	Schroter, Brit	W36	Germany	26:08.21
3.	Hammond, Nardene	W39	Canada	26:43.68
4.	Raetsen, Sarah	W35	Canada	30:32.86
5.	Montoya Cabanillas, Mire	W39	Mexico	32:34.74
6.	Beltran Ortiz, Ilda	W36	Mexico	32:39.11
7.	Gandra, Shoba Devi	W36	India	36:32.88
<b>W40 5000 Meter Race Walk</b>				
1.	Sunderland, Nyle	W44	New Zealand	27:33.11
2.	Stevenson, Tamara	W41	United States	28:04.73
3.	Bogdanovich, Elena	W44	Russia	31:19.26
4.	Bergeson, Jolene	W40	Canada	32:41.96
5.	<b>Stigwood, Rosemarie</b>	<b>W43</b>	<b>Australia</b>	<b>38:07.18</b>
<b>W45 5000 Meter Race Walk</b>				
1.	Terry, Joan	W47	United States	26:05.33
2.	Grimes, Kathryn	W47	United States	27:32.07
3.	Guzman Rodriguez, Maria	W46	El Salvador	28:49.36
4.	Salvato, Liz	W48	United States	28:51.31
5.	Jackinsky, Carmen	W48	United States	29:06.29
6.	<b>Major, Annette</b>	<b>W48</b>	<b>Australia</b>	<b>30:07.60</b>
7.	Matthews, Stephanie	W47	United States	30:10.49
8.	Armstrong, Ginger	W48	United States	33:47.31
9.	Martinez, Ana	W48	Chile	34:04.51
10.	Berger, Lorraine	W46	United States	34:11.38
11.	Gormley, Anne	W48	Ireland	34:16.94
12.	Puspa, Delima	W47	Indonesia	35:08.49
13.	Brahma, Mayarani	W48	India	35:46.73
<b>W50 5000 Meter Race Walk</b>				
1.	<b>Ventris, Lynette</b>	<b>W54</b>	<b>Australia</b>	<b>24:25.56</b>

2.	<b>Tindal, Pam</b>	<b>W51</b>	<b>Australia</b>	<b>25:56.09</b>
3.	Daniel, Maryanne	W52	United States	27:35.57
4.	Cochereau, Veronique	W51	France	28:11.25
5.	Risk, Monica	W53	South Africa	28:45.22
6.	Picard, Marie-Francoise	W53	France	28:58.23
7.	Pritchard, Vicki	W52	United States	30:16.49
8.	Calleros, Maria	W51	Mexico	30:29.35
9.	Vazquez Prado, Concepcio	W51	Mexico	31:32.84
10.	Faber, Lena	W53	Russia	33:14.74
11.	McIntyre, Susan	W54	Canada	33:16.35
12.	Bishop, Fiona Jane	W52	Great Britain	33:29.53
13.	Calvert, Dawn	W52	United States	34:48.38
14.	Marvingt, Beatrice	W52	France	36:25.18
15.	Velandia De Ramirez, Luz	W51	Colombia	36:32.89
16.	Wang, Michelle	W54	Canada	37:55.21
17.	Singh, Ila Dutta	W50	India	38:52.55

#### W55 5000 Meter Race Walk

1.	Nell, Barbara	W56	South Africa	27:05.07
2.	Flipsen, Johanna	W56	Canada	27:49.21
3.	Marcenco, Natali	W56	Italy	28:43.98
4.	Wilson, Linda	W56	Canada	29:12.87
5.	Topham, Debbie	W58	United States	29:39.07
6.	Sweazey, Nancy	W55	Canada	29:57.82
7.	Stoyanowski, Karen	W56	United States	29:58.88
8.	Vazquez Garcia, Rosa Elv	W55	Mexico	30:20.02
9.	Bonvarlet, Liliane	W57	France	31:07.88
10.	Kozell, Kris	W58	Canada	31:32.24
11.	Alvarez, Aurora	W59	Spain	31:33.01
12.	Poncet, Sabine	W55	France	31:56.04
13.	Mears, Susan	W56	United States	31:56.63
14.	Green, Donna	W58	United States	32:05.95
15.	Nityagovskaya, Liudmila	W57	Russia	32:18.88
16.	Osorio, Dorys	W56	Venezuela	32:34.74
17.	Chavez Myers, Virginia	W58	United States	32:45.26
18.	Whalen, Liliana	W59	Canada	32:58.38
19.	Veresehagina, Elena	W58	Russia	33:10.88
20.	Lee, Shew Keng	W56	Malaysia	33:46.97
21.	Gage, Joanne	W56	Canada	33:59.97
22.	B C, Parvathy	W55	India	34:49.77
23.	Morales, Luz	W59	United States	34:59.58
24.	Woodburn, Melissa	W58	United States	36:15.94
25.	Toikka, Hillevi	W58	Finland	37:51.80
26.	Banuelos Ramirez, Rosa M	W55	Mexico	42:32.45
27.	Delgado, Genoveva	W59	Mexico	44:14.06

#### W60 5000 Meter Race Walk

1.	<b>Carr, Heather</b>	<b>W61</b>	<b>Australia</b>	<b>28:26.07</b>
2.	<b>Feldman, Elizabeth</b>	<b>W62</b>	<b>Australia</b>	<b>31:02.31</b>
3.	Hoskin, Sue	W60	New Zealand	31:23.30
4.	Mendell, Paula	W61	United States	31:46.01
5.	Geer, Panseluta	W64	United States	31:52.87
6.	Eichel, Yoko	W64	United States	33:00.60
7.	Gardner, Alene	W64	United States	35:09.69
8.	Neidel, Heidrun	W63	Germany	35:25.05
9.	McGuire, Doris	W62	United States	35:31.12
10.	Herman, Leslie	W64	United States	35:32.81
11.	Girdler Engler, Kathleen	W60	United States	36:09.99
12.	Gomez, Blanca	W64	Colombia	36:59.09
13.	Lopes, Helenice de Azeve	W61	Brazil	39:44.44
14.	Reyes Agosto, Eva	W60	Puerto Rico	40:15.12
15.	Cabrera Briseno, Imelda	W61	Mexico	40:40.83
16.	Vargas oe Murillo, Diana	W61	Peru	40:55.64
17.	Armbruster, Trent	W62	United States	41:38.03

#### W65 5000 Meter Race Walk

1.	Karetie, Pirjo	W68	Finland	31:59.43
2.	Balser, Kathleen	W68	United States	33:40.56
3.	Barber, Shirley	W65	New Zealand	33:55.03
4.	Matsumoto, Hatsue	W69	Japan	33:58.53
5.	Heller, Judy	W65	United States	34:19.33

6.	de Coppet, Brigita	W65	Switzerland	34:41.32
7.	Pomario, Sheila	W66	South Africa	34:49.41
8.	Steigerwalt, Jolene	W67	United States	35:02.60
9.	Backlund, Darlene	W65	United States	35:13.42
10.	Lafayette, Donna	W68	United States	35:52.82
11.	Thornburg, B J	W66	United States	36:52.86
12.	Sarkar, Eileen	W69	Canada	36:58.94
13.	Kolesnikova, Alla	W69	Russia	37:05.34
14.	Frable, Kathleen	W65	United States	37:08.31
15.	<b>Purcell, Joan</b>	<b>W69</b>	<b>Australia</b>	<b>37:09.96</b>
16.	Kallal, Elsie	W67	United States	37:16.48
17.	Hults, Sandra	W69	United States	37:37.72
18.	<b>Schickert, Lynne</b>	<b>W69</b>	<b>Australia</b>	<b>37:51.90</b>
19.	Sullivan, Mary Jo	W69	United States	40:36.69
20.	Reynoso, Nohemi	W67	Mexico	44:09.80
21.	Bernaga Torres, Luz Elen	W67	Mexico	46:10.28
22.	Bersaneti, Alice	W65	Brazil	46:34.44
23.	Vergara, Eva	W68	Chile	46:41.62
24.	Kohigashi, Kiyoko	W68	Brazil	48:24.32
25.	Wahlberg, Marie-Louise	W65	Sweden	50:04.11
26.	Checa Budih, Eshenni	W68	Mexico	51:12.81

#### W70 5000 Meter Race Walk

1.	Richardson, Elton	W72	United States	31:53.61
2.	Walters, Louise	W71	United States	32:13.51
3.	Vey, Hildegard	W70	South Africa	32:52.16
4.	Robinson, Janet	W70	United States	33:44.28
5.	Sinkovec, Rita	W71	United States	34:58.33
6.	Cassels, Doris	W71	United States	35:37.13
7.	van Leeuwen, Dianne	W70	Canada	36:19.86
8.	Hatfield, Roberta	W70	United States	37:11.62
9.	Garcia Moreno, Maria Cel	W72	Mexico	39:29.81
10.	Frazer-Munroe, Ruth	W74	Trinidad and To	39:47.88
11.	Buntika, Ilga	W72	Latvia	39:59.96
12.	Edmond, May	W70	Mauritius	43:05.63
13.	<b>Beaumont, Margaret</b>	<b>W73</b>	<b>Australia</b>	<b>43:36.58</b>
	Lebiedieva, Larysa	W70	Ukraine	DNF
	Rosas Rosas, Alma Margar	W72	Mexico	DNF

#### 1. W75 5000 Meter Race Walk

2.	Leclerc, Denise	W77	France	34:33.24
3.	Dockstader, Shirley	W78	United States	36:33.09
4.	Horne, Jean	W78	Canada	37:17.91
5.	Lu, Yinfeng	W76	China	38:35.12
6.	Meza Gonzalez, Alicia	W75	Mexico	39:05.58
7.	Larragoite, Marjorie	W76	United States	40:08.09
8.	Veeraraghava Iyengar, Se	W75	India	41:22.03
9.	Gonzalez Gonzalez, Luisa	W76	Mexico	41:38.43
10.	Brenes, Virginia	W75	Costa Rica	43:57.01
11.	Sumarni, Enny	W79	Indonesia	47:08.53
	Cumming, Dawn	W77	New Zealand	DNF
	Acton, Myrtle	W78	Canada	DNF

#### W80 5000 Meter Race Walk

1.	Carrier, Ruth	W80	Canada	43:32.40
2.	Elkins, Claire	W81	United States	44:53.80
3.	Moremen, Grace	W80	United States	45:02.72
4.	Estrada Esquivel, Petra	W82	Mexico	65:32.18

#### W85 5000 Meter Race Walk

1.	Thomas, Athanasia	W86	United States	46:08.93
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#### W90 5000 Meter Race Walk

1.	Ramirez vda de Banue, Ma	W94	Mexico	52:54.16
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The 10km roadwalks will be held today (Tuesday 12 July) and the 20km roadwalks will be held tomorrow (Wednesday 13 July). Good luck everyone!



## OTHER OVERSEAS RESULTS

### Italian National Championships, Molfetta, Italy, Saturday 2 July

First to Italy for their National Championships which were held a week ago.

#### 20km Men

1.	DE LUCA Marco	1h28:54
2.	CAPORASO Teodorico	1h30:15
3.	PARIS Daniele	1h30:43
4.	DESSI Lorenzo	1h31:32
5.	VIGANO' Giacomo	1h32:31
6.	D'ASCANIO Ruggero	1h33:08
7.	DI BARI Vito	1h33:45
8.	DOLCI Mirko	1h34:28
9.	BOLDRINI Federico	1h40:18
10.	DE CEGLIA Domenico	1h43:42
11.	PANNOFINO Davide	1h45:44
12.	TAMBURINI Pierino	2h00:10

#### 20km Women

1.	FERRARO Federica	1h38:08
2.	STETSKIV Cecilia	1h50:04
3.	AMBROSINI Letizia	1h50:25
4.	CARACCIA Roberta	1h54:26
5.	MANCINI Daniela	1h54:35
6.	DELL'AQUILA Nicoletta	2h02:54
7.	ASTONE Angelica	2h04:45
8.	OCCHIPINTI Lucia	2h04:45
9.	CATINA Silvia	2h14:16
10.	SCALIA Anna	2h17:52
11.	LENA Elisa	2h24:34

#### 20km Junior Men

1.	STANO Massimo	1h36:46
2.	SOMMA Ciro	1h42:40
3.	QUACQUARELLI Giuseppe	1h44:47
4.	MUSSO Alessio Giuseppe	1h45:55
5.	GARGANO Matteo	1h53:13
6.	NOKA Bledar	1h57:30
7.	DIDIO Vincenzo	1h57:53

#### 20km Junior Women

1.	LOPARCO Sara	1h45:53
2.	DE ROSA Carolina	1h53:17
3.	MARINO MERLO Laura	2h24:33

### Belarus T&F Championship s, Grodno, Friday July 7

Then to Belarus where their National Championships were held last weekend

#### 20km Women

1.	Anastasia Yatsevich	1:29:30
2.	Alena Matveyuk	1:35:20
3.	Nadezhda Dorozhuk	1:38:14
4.	Tatiana Stefanenko	1:38:38
5.	Daria Bolkunets	1:41:44 (jr)
6.	Ekaterina Pashkovskaya	1:47:58
7.	Elizabeta Chekovskaya	1:48:33 (jr)

#### 20km Men

1.	Ivan Trotsky	1:20:48
2.	Denis Simanovich	1:21:01
3.	Andrei Talashko	1:25:32
4.	Vitali Talankov	1:27:40
5.	Igor Sakharuk	1:27:54
6.	Yevgeniy Tityak	1:28:11 (jr)
7.	Boris Shargar	1:29:56 (jr)
8.	Dimitri Dyubin	1:32:15
9.	Aleksei Maksimuk	1:34:27
10.	Aleksander Kolomyets	1:35:20
11.	Vladimir Burundukov	1:51:20
12.	Viktor Nefedev	1:52:23 (jr)

### 50km Men

1.	Denis Kravchuk	4:04:49
2.	Dimitri Gamznov	4:12:25
3.	Cyril Maslov	4:27:40
4.	Andrei Tarnovski	4:32:54
5.	Andrei Stepanchuk	4:35:20
6.	Oleg Pronev	4:47:39
7.	Vitaliy Kadevich	4:54:21

### Meeting Pro Athlé Tour de Reims, Friday 5 July

Ands finally to Reims in France where 50km Track Walk World Record holder Yohann Diniz was untroubled to win his 20th 5000m walk in a row (that's some streak). Australia's **Luke Adams** was a fine second in 19:07.91 after going with Yohan early.

### 5000 m walk

1	Yohann Diniz	FRA	01.01.78	18:35.96	SB
2	<b>Luke Adams</b>	<b>AUS</b>	<b>22.10.76</b>	<b>19:07.91</b>	
3	Cédric Houssaye	FRA	13.12.79	19:34.58	PB
4	Hatem Ghoula	TUN	07.06.73	19:59.54	
5	Kevin Champion	FRA	23.05.88	20:17.62	SB
6	Antonin Boyez	FRA	09.11.84	21:05.62	
7	Florian Letourneau	FRA	19.12.88	21:54.41	PB

I mentioned a winning streak of 20 races over 5000m - here it is - not too shabby for a 50km walker! His last loss over 5000m was in 2007 when he came second in Metropole with a time of 18:50.27.

### Winstreak: 20 (finals)

18:35.96	SB	1	Reims	05 Jul	2011
18:45.98		1	Tomblaine	24 Jun	2011
19:38.41		1	Reims	22 May	2011
18:38.42		1	Compiègne	08 May	2011
20:11.00A		1	Font-Romeu	14 Jul	2010
18:49.66	SB	1	Reims	30 Jun	2010
18:47.57	SB	1	Nogent-sur-Oise	31 Jan	2010
18:47.53		1	Reims	14 Jul	2009
18:38.12		1	Villeneuve d'Ascq	30 Jun	2009
18:54.86		1	Montreuil-sous-Bois	11 Jun	2009
18:35.10	SB	1	Reims	17 May	2009
18:40.26	NR PB	1	Liévin	21 Feb	2009
19:02.34		1	Mondeville	31 Jan	2009
18:43.24		1	Reims	08 Jul	2008
18:18.01	NR PB	1	Villeneuve d'Ascq	27 Jun	2008
18:42.67		1	Sotteville-lès-Rouen	15 Jun	2008
19:32.54		1	Saran	18 May	2008
19:13.33		1	Reims	17 Jul	2007
19:34.03		1	Amiens	27 Jun	2007
18:35.54	SB	1	Paris	17 Jun	2007

## VRWC CLUB RECORDS NOW OPEN

We have been talking in Committee for some time now about setting up VRWC Club Records and I am pleased to announce we are now live with our first cut - check out <http://www.vrwc.org.au/VRWC-Club-Records-2011-07-07.pdf>.

It has been a big job to go back over past performances and so there are bound to be some missed. But you have to start somewhere. To read the finer detail of how it will work, read <http://www.vrwc.org.au/vrwc-records.html>. That page also contains a panel for applying for club records.

There are some top times in there compliments of past and present champions like Dion Russell, Nathan Deakes, Jared Tallent, Andrew Jachno, David Smith, Willi Sawall, Gabrielle Blythe, Sue Cook, Sally Pierson, Regan Lambie, Jess Rothwell and many more. It's now over to our many members, past and present, to check out the categories and age groups and respond accordingly. Oh, and also let me know if you see errors. There are bound to be a few.

## RACEWALKING IN THE AWARDS AGAIN

More accolades for members of the racewalking fraternity at the Athletics Victoria AGM on Wednesday 30 June

- 50 Year Membership awards to former VAWC club members **Graeme Nicholls, Peter Buller and Phil Hutton**
- 50 Year Membership award to current VRWC club member **Bruce Conboy**
- AV Merit Award to Victorian racewalk judge **Diane Lowden**

Of course, Graeme has a fair way to go to match the effort of his father Stan who was awarded a 75 Year Membership by AV. That will take some beating!



**Graeme Nicholls with AV President Anne Lord on receiving his 50 Year Membership award**

### WHAT'S COMING UP

Next Saturday sees us back at Middle Park with the second round of Intervals Races - this time for our U12 and U9 walkers. For our Open and U15 walkers, it is a Points Competition day (Style Award, Handicap and Actual Times).

<b>Saturday 16 July 2011, Middle Park</b>			
<b>VRWC EVENTS: INTERVALS EVENT FOR U12 AND U9</b>			
2.15pm	10km	Points Competitions	Open
2.15pm	5km	Points Competitions	Open
2.15pm	3km	Points Competitions	Open
2.15pm	3km	Points Competitions	Under 15
2.30pm	Intervals Race - 3 x 1km on 10 minutes		Under 12
2.30pm	Intervals Race - 2 x 1km on 10 minutes		Under 9

The following weekend sees us participating in the annual State Challenge. This is a Racewalking Australia club versus club competition. The points from the fastest competitor from each member club in each race will be added and the club with the lowest point declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Master athletes will not be scored on their time but their age grading so all Master athletes must submit their age at entry time.

<b>Saturday 23 July 2011, Middle Park</b>			
<b>RWA State Challenge and IBTA Fund Raising Day</b>			
2.15pm	10km	Racewalking Australia Challenge	Open Men/Women
2.15pm	10km	Racewalking Australia Challenge	Masters Men/Women
2.15pm	10km	Racewalking Australia Challenge	Under 20 Men/Women
2.15pm	8km	Racewalking Australia Challenge	Under 18 Men/Women
2.15pm	5km	Racewalking Australia Challenge	Under 16 Boys/Girls
2.15pm	3km	Racewalking Australia Challenge	Under 14 Boys/Girls
2.15pm	3km		Open
2.30pm	2km	Racewalking Australia Challenge	Under 12 Boys/Girls
2.30pm	1.5km	Racewalking Australia Challenge	Under 10 Boys/Girls

We won this last year so are keen to defend our title so make sure you keep that date free for racing. This is also a fundraising day for us and all proceeds from the day go towards the International Brain Tumour Association.

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

#### **2011 Australian/Victorian Winter Season Key Dates**

Sat 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 <sup>th</sup> Australian Masters Games, Adelaide (see <a href="http://www.AustralianMastersGames.com">www.AustralianMastersGames.com</a> )

### 2011 International Fixture

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

### 2011 IAAF RaceWalking Challenge Series – Remaining Races

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, Jyvaskyla, Finland**  
May 12-13, 2012 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

### 2013 International Fixture

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

### 2014 International Fixture

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

### Looking even further forward

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

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