



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 42
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VRWC ROADWALKS, MIDDLE PARK, SUNDAY 17 JULY 2011

Conditions were perfect for the 67 walkers who toed the line at Middle Park on Saturday in another round of VRWC winter road walks. The longest distance on offer was 10km and we saw some great PBs from Amelia Finnegan 52:56, Michelle Laufer 54:53 and Michelle Thompson 57:37 as well as a first time ever 10km walk by Simone O'Neill 1:09:21. Of the men, Aaron McDonough was well ahead with his time of 52:50. Aaron, Michelle Thompson and Amelia were our handicap winners as expected.

10km Open

1. Finnegan, Amelia
2. Laufer, Michelle
3. Hockley-Samon, Jmara
4. Thompson, Michelle
5. Thompson, Alison
6. O'Neill, Simone
7. O'Neill, Karyn
8. McNicol-Davison, Chloe
9. Attard, Bianca

H'cap

- | | | |
|-------|---|------------|
| 52:56 | 1 | PB 2:23 |
| 54:53 | 4 | PB 1:07 |
| 56:39 | 5 | |
| 57:37 | 1 | PP 1:54 |
| 63:54 | 6 | |
| 67:25 | | First Time |
| 69:21 | 3 | |
| 70:21 | 7 | |
| DNF | | |
| | | |
| 52:50 | 1 | |
| 59:54 | 3 | |
| 63:28 | 4 | |
| 64:11 | 2 | |
| 76:36 | 5 | |



Aaron McDonough, Simone O'Neill, Amelia Finnegan, Michelle Laufer and Michelle Thompson in action

Quite a few walkers chose to do the shorter distances of 5km or 3km and once again there were PBs by Jade Sanders 29:20, Emily Hamilton 15:56 and Emily Swan 17:51. The winners were Stephanie George 26:46, Jared Walker 25:55, Gwen Steed 19:45, Gordon Onley 21:00, Emily Hamilton 15:56 and Billy Allamby 15:10.

5km Open

1. George, Stephanie
2. Sanders, Jade
3. Elms, Donna
4. Shaw, Robyn

H'cap

- | | | |
|-------|---|---------|
| 26:46 | 3 | |
| 29:20 | 1 | PB 1:02 |
| 30:56 | 4 | |
| 31:28 | 2 | |

5.	McIntyre, Gayle	32:02	6
6.	Johnson, Celia	35:06	5
1.	Walker, Jared	25:55	3
2.	Tam, Aaron	26:07	1
3.	Kennedy, Paul	26:10	4
4.	Reid, Ross	28:18	
5.	Feain, Gerard	32:25	6
6.	Barrow, Geoff	34:09	5
7.	Wicks, Barrie	36:16	2
8.	Poore, Alex	39:41	
9.	Wood, Robin	41:20	

3km Open

1.	Steed, Gwen	19:45	2
2.	Mews, Pam	30:52	1
	Campbell, Caitlin	DNF	

H'cap

1.	Onley, Gordon	21:00	
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3km U15

1.	Hamilton, Emily	15:56	3	PB 6 secs
2.	Walker, Megan	17:17	6	
3.	Swan, Emily	17:51	1	PB 34 secs
4.	De Lisen, Paige	17:55	5	
5.	Barbour, Beth	18:07	7	
6.	Campbell, Rebecca	19:33	4	
7.	Eastwood, Jessie	20:04	8	
8.	Feain, Madeleine	21:05	2	
1.	Allamby, Billy	15:10	2	
2.	McShanag, Connor	15:22	5	
3.	Swan, Kyle	15:33	4	
4.	Walmsley, Reese	16:16	1	
5.	Tremigliozi, Paul	19:23	3	
6.	Feain, Lachlan	20:31		First Ever



Emily Hamilton, Emily Swan, Connor McShanag, Kyle Swan, Amelia Finnegan, Billy Allamby, Jared Walker and Jade Sanders

Our younger walkers had their Intervals races this week with the U12s racing 3x1km and the U9s racing 2x1km on the 10 minute mark. Everyone seemed to handle it well and most walkers held their pace from one interval to the next. We welcomed two new walkers in William and Tom Kennedy and they had a great time in their first ever walks. Overall, winners include Hayley George, Harry Hockley-Samon, Brianna Lillie and William Kennedy.

3x1km U12 Intervals Race		1 st km	2 nd km	3 rd km	Total Time
1.	George, Hayley	5:26	5:29	5:29	16:24
2.	Richardson, Brodie	5:15	5:31	5:44	16:30
3.	Hodges, Mikhala	5:21	5:39	5:39	16:39
4.	Lillie, Jessica	5:49	5:42	5:49	17:20
5.	Crea, Gabriella	5:48	5:48	6:13	17:49
6.	Hodges, Anaya	5:26	5:48	6:54	18:08

7.	Taylor, Lee	6:17	6:20	6:15	18:52
8.	Eastwood, Jemma	6:04	6:26	6:58	19:28
9.	Miller, Tegan	7:00	7:31	9:04	23:35

1.	Hockley-Samon, Harry	5:14	5:24	5:25	16:03
2.	Brennan, Jonty	5:14	5:28	5:26	16:08
3.	Walmsley, Hayden	5:48	5:54	5:45	17:27
4.	O'Mahony, Brendon	5:49	5:46	6:01	17:36
5.	Wright, Ethan	6:08	6:23	6:56	19:27

2x1km U9 Intervals Race		1 st km	2 nd km	Total Time
1.	Lillie, Brianna	5:58	5:53	11:51
2.	Brennan, Mercedes	5:57	5:57	11:54
3.	O'Mahony, Kathleen	5:58	6:01	11:59
1.	Kennedy, William	5:49	6:10	11:59
2.	Kennedy, Tom	7:27	7:55	15:22



Jonty Brennan, Brodie Richardson, Harry Hockley-Samon, Hayley George, Kathleen O'Mahony, Brianna Lillie and Mercedes Brennan



**William (left) and Tom (right) Kennedy enjoy their first walks.
Middle - Bob Gardiner walks to the finish line with Tom**

Thanks to the many people who helped out on Saturday. It takes a lot of people power to run a weekly carnival of this size.

Officials Tim Erickson, Ian Laurie, Natalie Laurie, Peter Kozaris, Susan Taylor, Mark O'Mahony, Harry Summers, Damien Elms

Judges: Peter Vysma (Chief), Stuart Cooper, Lloyd Nichols, Ralph Bennett, Michael Bodey, Frances Attard (recorder)

Course Setup: Bob Gardiner, Harry Summers, Peter Vysma, Ross Reid
Photos: Terry Swan
Video: Frances Attard

As usual, Terry Swan was there taking photos as usual (I have used some of his photos in this report) so check out <http://www.vrwc.org.au/coppermine> to see all 70 of them. Also Frances Attard was also busy with the video camera as usual. She also had her video of last week's races on show and there was some great footage - I have extracted about 18 minutes from all the AV and AV Schools action and uploaded it to <http://www.youtube.com/watch?v=h1zUyMGU1Tg>.

STYLE AWARD POINTS

Open & U15 Men		Open & U15 Women	
Bob Gardiner	3	Michelle Thompson	3
Aaron McDonough	3	Megan Walker	3
Jared Walker	3	Stephanie George	3
Tony Johnson	2	Emily Hamilton	3
Ross Reid	2	Robyn Shaw	3
		Jmara Hockley-Samon	2
		Amelia Finnegan	2
		Paige De Lisen	2
		Michelle Laufer	1
		Jade Sanders	1
		Alison Thompson	1

SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 16 JULY

Thanks to Colin Hainsworth for his weekly South Australian Masters results from Adelaide. Colin's comments: Cold, sunny, calm arvo. West Beach, hilly course. Nearly came to a standstill fourth time up the hill near the start. At least it was down hill to the finish!

10k yacht handicap

M67	Graham Harrison	1.06.35	74.55%
M59	Kevin Finn	1.02.48	72.64%
W46	Raelene Schild	1.14.59	59.61%
M64	Geoff Byham	1.05.38	73.13%
M81	Colin Hainsworth	1.19.50	75.6%
W51	Marie Maxted	1.09.03	67.85%
W69	Elaine MacFarlane	1.24.25	69.58%

5k yacht handicap

M73	Rodger Barber	36.21	71.59%
M68	Roger Lowe	37.24	65.38%
W66	Jill Rogers	39.05	68.14%
M61	Jeff Kennett	42.16	53.6%
W60	Helen Suridge	33.40	73.41%
W76	Ros. Elix	39.34	78.49%
M75	Paul Boyce	39.02	68.49%
	Peter Papagiorgiou	41.35	
W77	Cynthia Dally	42.28	74.44%
W58	Edna Bates	43.24	55.68%
W57	Linda Whitelaw	42.04	56.83%

SARWC ROADWALKS, ADELAIDE PARKLANDS, SATURDAY 16 JULY

Thanks to Peter Crump for his weekly report from Adelaide. There were some great 10km times recorded as detailed below.

Small numbers this week, for our segment of the interstate challenge. That did not stop some good times, with **Tanya Holliday** pulling out a big PB over 10km, which must have come from her workout in the Victorian winds last week. **Justin Hill** again showed he has more to come with a good PB over 10km. **Jessica Stephens** and **Danielle Walsh** did well over their extended 5km, which is well outside their normal working distance. Another PB for **Alix Harlington** over 2km, ahead of Rhiannon and Rhianna in good times for both.

10km Roadwalk

1.	Darren Bown	44:51
2.	Tanya Holliday	44:55
3.	Justin Hill	53:21
4.	Yvette Becker	53:49
5.	Peter Crump	54:31
6.	Kim Mottrom	59:11

7.	Gloria Holliday	61:35
8.	Jim Hoare	68:59
9.	Bill Starr	72:05

5km Roadwalk

1.	Allegra Steele	28:13
2.	Piper Douglas	29:39
3.	Jessica Stephens	30:52
4.	Danielle Walsh	32:17

2km Roadwalk

1.	Alix Harlington	10:27
2.	Rhiannon Lovegrove	12:12
3.	Rhianna Hooker	12:39

1.5km Roadwalk

1.	Summer	7:51
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BENDIGO RACE WALKERS CLUB WALKS, LAKE NEANGAR, BENDIGO, SUNDAY 17 JULY

Thanks to Paul Rance for the weekly race results from Bendigo.

The Bendigo Walkers Club held 2km and 5km sealed handicap events at Lake Neangar in wet conditions on Sunday morning with a small number of walkers taking part. In the 2km race the sealed handicap section saw a dead heat between Annette Curtis and Paul Rance with Norm West in 3rd place while in the 5km event Zoe Boldiston racing over the distance for the first time scored a strong victory and also recorded fastest time with Barb Bryant 2nd and Colin Cleary in 3rd place. Results (in handicap finishing order)

2km Handicap Walk

E1.	Annette Curtis equal	13.47
E1.	Paul Rance equal	10.17
3.	Norm West	16.04
4.	Ebony Whiley	11.41

5km Handicap Walk

1.	Zoe Boldiston	26.02
2.	Barb Bryant	29.10
3.	Colin Cleary	37.36

RWCWA POSTAL CHALLENGE WALKS, WILSON, SUNDAY 17 JULY

Thanks to Rick Catermole for the results from the RWCWA Postal Challenge, held on Sunday in Perth.

Here are the final results of today's challenge at Wilson. Also thanks to our Judges etc for helping out and a mention must go to Jemma and Bre for graciously walking for us today even though they had just stepped off the plane a day earlier from hot, humid conditions in Malaysia into our cold dry Perth weather which was very hard to adjust to on such short time...thanks girls.

Masters men 10k	1.	Daniel Lowe	65.07
Masters Women 10k	1.	Vanessa Brown	62.15
Open Women 10k	1.	Michelle Butler	59.38
U20 Women 10k	1.	Andrea Hahn	68.20
U18 Women 8k	1.	Melissa Ierace	57.05
U16 Women 5k	1.	Breanna Brown	29.40
	2.	Caitlin Gerken	31.54
U14 3k women	1.	Jemma Brown	20.25
U14 3k men	1.	Christopher Gerken	24.39
U12 2k women	1.	Melissa Butler	11.58
	2.	Ella Manso-Vukovich	12.23
U12 3k men	1.	Luke Button	11.32
U10 1500m women	1.	Summer Brown	8.54
Open 5k Invitation	1.	Janine Butler	38.05

And thanks to Rick for passing on details of the Malaysian meet which was held the previous weekend. It is a combined meet between 3 sporting bodies - SSAM (Malaysian Students Society of Manchester), SSSC (Singapore School Sports Council) and WAALA (Western Australian Little Athletics) - and includes 1500m walks. What a great opportunity for the WA walkers.

U14 girls 1500m

1.	Emma Norris	WA	7.41.22
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2.	Ashley Granado	WA/RWCWA	7.51.38
3.	Aina Fadhlin	MALAYSIA	7.54.50
4.	Jemma Brown	WA/RWCWA	8.44.03

U15 girls 1500m

1.	Elena Goh Lin Yin	MALAYSIA	6.55.58
2.	Brooke Barritt	WA	7.23.39
3.	Breanna Brown	WA/RWCWA	7.26.03
4.	Katie Butterfield	WA	8.55.58

U14 boys 1500m

1.	Mohammed Bin Karazaman	MALAYSIA	6.39.66
2.	Amirudin Rushdi	SINGAPORE	7.24.66
3.	Lachlan Furmann	WA	7.59.12

U15 boys 1500m

1.	Muhammad Bin Salim	MALAYSIA	6.14.22
2.	Zac Partington	WA	6.27.01

QRWC ROADWALKS, MORNINGSIDE, SUNDAY 17 JULY

Thanks to Noela McKinven for the weekly results from Queensland where Dane Bird-Smith 42:28 and Rhydian Cowley 44:27 were the standout walkers.

A Grade 10km	Men:	(1)	Dane Bird-Smith	42.28		
		(2)	Rhydian Cowley	44.27		
		(3)	Peter Bennett	53.24		
		(4)	Paul Lindenberg	59.22		
		(5)	John Harris	65.54		
	Women:		Dean Nipperess	DNF		
		(1)	Kay Shaw	61.20		
		(2)	Noela McKinven	78.26		
		B Grade 5km	Men:	(1)	Richard Lynch	37.30
					Jesse Osborne	DNF
Women:	(1)		Yue Guo	32.05		
	(2)		Kate Sanford, Sally Lynch	34.13		
C Grade 3km	Women:	(4)	Christiane Dauphinat	39.28		
		(1)	Trent Miles	17.29		
		(1)	Mikaela Woodward	17.32		
E Grade 1.5km	Girls:		Katya Martin	DNF		
		(1)	Thalia Martin	10.09		

ACT ROADWALKS, TOWNSEND PLACE, LAKE GINNINDERRA, SATURDAY 16 JULY

Thanks to Robin Whyte for the results from last Saturday's ACT Walking Club events

10km 1 Harry Bates 51:44 2 Ann Staunton-Jugovic 55:23 3 Bryan Thomas 01:09:24 4 Bob Parker 01:12:37
5 Warren Butler 01:19:49

4km 1 Peter Baker 21:50 2 Thomas Hopkins 22:55 3 Helena Bialecki 23:38 4 Jane Bates 24:31 5 Karina Hopkins 25:53
6 Terry Munro 28:33 7 Wendy Kupkee 28:38 8 Rosemary Parker 28:47 9 Jack Thackray 32:21 10 Helen Munro 36:40

2km 1 Thomas Hopkins 10:46 2 Callum Burns 10:57 3 Karina Hopkins 12:14 4 Jack Thackray 16:03
5 Carmen Carlon 19:35 6 Hilary Thackray 19:51 7 Karen Knowles 19:51

1km Spencer Burns 5:25

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

Last week I reported on the 5000m walk results from the World Masters Championships in Sacramento. Since then, the 10km and 20km roadwalks have been held and the Aussies continued to star. Andrew Jamieson summed it up well in an email to me yesterday

Some great results for Aussie and Victorian athletes at the WMA Championships which are just finishing now. Individually there were 10 gold, 7 silver and 6 bronze plus a swag of teams medals which I have not had time to count! The undoubted star was **Lyn Ventris** (WA) who at 54 years had the best female times in all three events. **Heather Carr** and **Andrew Jamieson** had three

golds each (Andrew new 20k WR) and **Stuart Kollmorgen** gold in 20, silver in 10. **Pam Tindal** had the misfortune to be in Lyn Ventris's age group but scored three silvers. **Liz Feldman** won silvers in the 5 and 20 with bronze in 10. **Russ Dickinson** walked powerful races to win a bronze in the 10 and a silver in the 20. **Nardene Hammond**, now competing for Canada but still one of us, took a silver in the 20 and bronzes in the 5 and 10. **James Seid-Christmass** won a bronze in the 5 and **Colin Heywood** (suffering from a cold) took a plucky bronze in the 10. **Annette Major** walked beautifully in a tough age group for 4th in the 10.

The 5k was walked in extremely hot conditions but the 10 and 20 fortunately were in cooler weather. The tracks were good although the facilities, transport and many other factors we take for granted at this sort of event were very substandard. The officials and volunteers were great despite all the problems and Sacramento was a nice city which reminded us of Perth a lot.

Alan Lucas also pointed out to me that, in addition to all of the great walking results in Sacramento, **Heather Carr** also took 3rd in the W60 2km Steeplechase on the Sunday (the day after the 20km walk) and was only 2 seconds behind 2nd place.

The detailed results from the two roadwalks are on http://www.flashresults.com/2011_Meets/outdoor/07-06-wma/. This week I will report on last Tuesday's 10km walks. In next week's newsletter I will finish off with the 20km roadwalks which were held on Saturday. First, well done to our 10km medallists

W50	1	Ventris, Lynette	W54	Australia	49:51.84
W60	1	Carr, Heather	W61	Australia	57:19.43
M65	1	Jamieson, Andrew	M65	Australia	50:11.38
W50	2	Tindal, Pam	W51	Australia	53:59.00
M40	2	Kollmorgen, Stuart	M42	Australia	47:27.76
M55	3	Heywood, Colin	M56	Australia	50:11.81
M65	3	Dickenson, Russell	M65	Australia	56:01.53
W60	3	Feldman, Elizabeth	W62	Australia	1:02:10.48

And now onto the complete 10km results

M35 10km Race Walk

1.	Soto Maldonado, Etiel	M38	Mexico	46:51.38
2.	Babenko, Dmitry	M38	Russia	48:30.58
3.	Durand Pichard, David	M39	France	51:23.14
4.	Damaa, Ariunjargal	M35	Mongolia	1:08:22.50

M40 10km Race Walk

1.	Silva, Luis	M40	Portugal	44:41.09
2.	Kollmorgen, Stuart	M42	Australia	47:27.76
3.	Caliskan, Hakan	M42	Turkey	51:40.82
4.	Seid-Christmass, James	M43	Australia	51:52.12
5.	Jessurun, Ian	M43	Australia	52:31.56
6.	D'Orlando, Pasquale	M42	Italy	53:43.32
7.	Devicic, Berislav	M44	Croatia	56:49.96
8.	Kropik, Franz	M43	Austria	1:01:01.60
9.	Tardi, Emmanuel	M44	France	1:11:41.85
	Lorefice, Jorge	M41	Argentina	DQ

M45 10km Race Walk

1.	Banda, Royce	M45	Mexico	47:34.76
2.	Gnauck, Dick	M47	Germany	48:46.58
3.	Meyer, Steffen	M45	Germany	49:22.80
4.	Xu, Jianping	M45	Canada	51:05.78
5.	Swanepoel, Hannes	M45	South Africa	51:26.80
6.	Hernandez Vega, Ivan	M46	Puerto Rico	54:51.74
7.	Swarts, David	M46	United States	55:23.91
8.	Leon Lara, Jose Alejandr	M49	El Salvador	56:49.13
9.	Young, Don	M47	United States	58:36.22
10.	Berner, Claude	M48	Switzerland	1:00:09.67
11.	Morrow, Art	M47	United States	1:08:08.10
12.	Brzezowsky, Roman	M46	Austria	1:08:21.53
13.	Dahlen, Neal	M49	United States	1:12:14.76

M50 10km Race Walk

1.	De Los Angeles, Guadalup	M50	Mexico	50:07.16
2.	Schroter, Uwe	M51	Germany	51:08.53
3.	Ferenc, Major	M50	Hungary	51:37.96
4.	Sansevrino, Antonio	M51	Italy	51:57.23
5.	Abadias Palacin, Luis	M51	Spain	52:52.61
6.	Evans, Simon	M51	Australia	54:16.88
7.	Bonvarlet, Patrick	M51	France	54:36.60
8.	Hastie, Garry	M50	Australia	55:26.04
9.	Rodriguez Escobedo, Jesu	M52	Mexico	55:51.06

10.	Venturi Degli Espost, Fr	M54	Italy	55:54.64
11.	Cossy, Bernard	M52	Switzerland	56:01.65
12.	Kenney, James	M54	Canada	57:44.31
13.	Aunan, Tommy	M52	United States	57:56.90
14.	Pacheco, Omar	M52	Mexico	59:00.83
15.	Blanchard, Michael	M50	United States	59:41.75
16.	Reifinger, Markus	M50	Austria	1:01:01.69
17.	Marvingt, Serge	M52	France	1:01:05.85
18.	Van Heyningen, William	M51	Curacao	1:01:16.58
19.	Forero Suarez, Pedro	M51	Colombia	1:12:14.06
20.	Nanjundappa, Chandrashek Lawrence, Don	M54 M51	India United States	1:27:23.34 DNF

M55 10km Race Walk

1.	Matthews, Jonathan	M55	United States	46:55.46
2.	Shipitsyn, Anatoly	M56	Russia	49:24.32
3.	Heywood, Colin	M56	Australia	50:11.81
4.	Ruzzier, Fabio	M58	Slovenia	50:31.75
5.	Parker, Mike	M58	New Zealand	50:58.63
6.	Monna, Fabian	M56	Colombia	51:37.07
7.	Barabash, Vladimir	M55	Russia	52:41.64
8.	Green, Mark	M55	United States	52:44.35
9.	Shagaev, Vladimir	M56	Russia	56:01.37
10.	Pecinovskiy, Steven	M56	United States	57:36.55
11.	Killingsworth, Kevin	M55	United States	57:58.46
12.	Aytmukhametov, Nariman	M59	Russia	58:14.08
13.	Thiedmann, Klaus	M56	Germany	1:00:04.79
14.	Reed, Bill	M58	United States	1:00:33.01
15.	Fasano, Sergio	M59	Italy	1:00:43.35
16.	Berendt, Joseph	M55	United States	1:01:53.17
17.	Corona Flores, Juan Manu	M56	Mexico	1:02:07.05
18.	Dunn, Rodney	M58	Great Britain	1:02:39.56
19.	Klein, Arthur	M58	United States	1:03:28.59
20.	Trofimov, Victor	M55	Russia	1:06:21.67
21.	Williamson, Conrad	M56	United States	1:12:00.42
22.	Twilling, John	M59	United States	1:13:42.17

M60 10km Race Walk

1.	Morotti, Graziano	M60	Italy	49:33.13
2.	Lopez Camarena, Jose Lui	M61	Mexico	49:50.84
3.	Richards, Ian	M63	Great Britain	50:01.34
4.	Schmid, Chris	M64	United States	52:32.30
5.	Pineda, Gildardo	M64	Mexico	53:12.05
6.	Niestelberger, Ludwig	M63	Austria	53:38.76
7.	Lopez, Jose Gpe.	M61	Mexico	53:41.96
8.	Kemsley, Eric	M60	New Zealand	53:45.13
9.	Smith, Andrew	M61	United States	54:12.51
10.	Wiggins, Michael	M62	United States	55:32.45
11.	Ponzio, Roby	M63	Switzerland	57:02.96
12.	Harper, Steve	M60	United States	57:06.99
13.	Pin, Jean Pierre	M62	France	57:56.23
14.	Keating, Robert	M64	United States	58:30.74
15.	Flamant, Claude	M62	France	59:35.63
16.	Siegele, Johann	M62	Austria	59:47.13
17.	Torabian, Shoja	M62	United States	1:00:03.34
18.	Yanybaev, Ivan	M62	Russia	1:00:11.68
19.	Savilonis, Brian	M61	United States	1:01:33.62
20.	McGuire, Richard	M63	United States	1:05:19.44
21.	Lopez Rendon, Benjamin	M62	Mexico	1:08:18.95
22.	Hysong, John	M64	United States	1:09:25.55
23.	Javier, Ramon	M63	Dominican Republic	1:10:44.93
24.	Brandenburg, Walter	M64	Switzerland	1:11:38.71
25.	Murphy, Garland	M63	United States	1:15:41.16

M65 10km Race Walk

1.	Jamieson, Andrew	M65	Australia	50:11.38
2.	Jobin, Marcel	M69	Canada	55:50.77
3.	Dickenson, Russell	M65	Australia	56:01.53
4.	White, George	M66	Australia	56:13.55
5.	Frable, Norman	M65	United States	56:52.44
6.	Jasionowski, Leon	M67	United States	57:31.83

7.	Campbell, Richard	M65	United States	57:36.69
8.	Kok, Thomas	M65	Malaysia	57:40.90
9.	Rabatel, Fernand	M65	France	57:58.32
10.	McMullin, John	M65	Ireland	58:33.44
11.	Kittredge, John	M66	Canada	1:00:42.42
12.	Giese, Wolf-Dieter	M68	Germany	1:03:56.62
13.	Honkonen, Antti	M65	Finland	1:05:12.20
14.	Minose, Hiroshi	M67	Japan	1:05:26.73
15.	Armstrong, Peter	M66	United States	1:07:27.75
16.	Moore, Alan	M66	United States	1:08:20.63
17.	Poncin, Francois	M66	France	1:08:45.84
18.	Stewart, Walter	M65	United States	1:10:06.88
19.	Kobayashi, Tomone	M67	Japan	1:14:00.47
20.	Alvarez, Eduardo	M66	Dominican Republic	1:14:17.86
21.	Baker, Bobby	M68	United States	1:19:04.86

M70 10km Race Walk

1.	Ing, Strieder, Hermann	M70	Austria	58:56.04
2.	Kuchumor, Aglya	M73	Russia	59:22.74
3.	Shillabeer, Edmund	M71	Great Britain	1:00:06.43
4.	Beckett, James	M72	United States	1:02:19.84
5.	Gottert, Klaus	M72	Germany	1:03:14.74
6.	Domingos, Joao	M73	Brazil	1:03:50.33
7.	Sela, Patrick	M71	Australia	1:05:15.16
8.	Backlund, John	M71	United States	1:07:05.84
9.	Walters, Ronald	M73	United States	1:07:14.44
10.	de Coppest, Alexis	M72	Switzerland	1:07:40.40
11.	Fernandez, Juan	M72	Mexico	1:09:24.66
12.	Leblanc, Herve	M72	Canada	1:10:06.99
13.	Herrera Roman, Jorge	M70	Mexico	1:13:04.31
14.	Bhujade, Changdeo	M71	India	1:13:58.17
15.	Robles, Gilberto	M73	Puerto Rico	1:17:43.34
16.	Finch, Bernie	M71	United States	1:17:49.85

M75 10km Race Walk

1.	Poisner, Alan	M76	United States	1:07:25.90
2.	Tsukrov, Semen	M75	Russia	1:07:31.71
3.	Acosta, Carlos	M77	United States	1:08:46.15
4.	Everson, Ray	M76	United States	1:09:51.76
5.	Stevens, David	M75	Great Britain	1:10:12.42
6.	Gomes, Gerald	M78	United States	1:11:18.10
7.	DuBois, Alfred	M79	United States	1:11:21.88
8.	Petruzzi, Thomas	M78	United States	1:16:11.73
9.	Major, Geoff	M75	Australia	1:18:26.74
10.	Beaumont, Ian	M75	Australia	1:20:52.53
11.	Elkins, Cliff	M79	United States	1:27:17.11
12.	MacPike, Ron	M78	United States	1:28:47.86
	Alvarez, Luciano	M77	Dominican Republic	DNF

M80 10km Race Walk

1.	Starr, John	M82	United States	1:11:22.61
2.	Moremen, William	M83	United States	1:14:19.90
3.	Michel Paoli, Sergio Aug	M80	Dominican Republic	1:17:32.23
4.	Saijo, Shinichi	M81	Japan	1:23:22.46
5.	Theurel Franoy, Teofilo	M83	Mexico	1:23:29.83

M85 10km Race Walk

1.	Amano, Kohsoh	M85	Japan	1:19:46.55
2.	Vallabhajosyula, Sriramu	M87	India	1:21:22.44
3.	Hansen, Richard	M85	United States	1:27:54.14

W35 10km Race Walk

1.	Schenker, Bianca	W36	Germany	53:29.78
2.	Schroter, Brit	W36	Germany	53:40.16
3.	Hammond, Nardene	W39	Canada	54:09.89
4.	Raetsen, Sarah	W35	Canada	1:05:35.69
5.	Beltran Ortiz, Ilda	W36	Mexico	1:07:58.92

W40 10km Race Walk

1.	Sunderland, Nyle	W44	New Zealand	57:03.15
2.	Stevenson, Tamara	W41	United States	57:35.53

3.	Bogdanovich, Elena	W44	Russia	1:02:52.47
4.	Rossmann, Diana	W44	United States	1:04:40.29
5.	Bergeson, Jolene	W40	Canada	1:07:24.24
6.	Schwendiman, Julie	W43	United States	1:10:58.19
7.	Stigwood, Rosemarie	W43	Australia	1:17:49.53

W45 10km Race Walk

1.	Grimes, Kathryn	W47	United States	56:51.16
2.	Brooke, Susan	W46	Canada	57:27.82
3.	Guzman Rodriguez, Maria	W46	El Salvador	1:00:03.47
4.	Major, Annette	W48	Australia	1:02:45.10
5.	Mathews, Stephanie	W47	United States	1:02:51.15
6.	Garson, Rebecca	W46	United States	1:05:26.46
7.	Bruning, Annmarie	W46	United States	1:05:57.66
8.	Armstrong, Ginger	W48	United States	1:07:43.14
9.	Martinez, Ana	W48	Chile	1:09:17.74
10.	Gormley, Anne	W48	Ireland	1:09:23.83
11.	Storrs, Helen	W45	United States	1:20:21.90
	Shepard, Elisabeth	W46	United States	DNF

W50 10km Race Walk

1.	Ventris, Lynette	W54	Australia	49:51.84
2.	Tindal, Pam	W51	Australia	53:59.00
3.	Garcia Frontons, Carmen	W50	Spain	57:59.52
4.	Risk, Monica	W53	South Africa	58:42.27
5.	Cochereau, Veronique	W51	France	58:48.11
6.	Picard, Marie-Francoise	W53	France	59:29.60
7.	Ricciutelli, Daniela	W54	Italy	1:00:55.44
8.	Pritchard, Vicki	W52	United States	1:02:02.67
9.	Calleros, Maria	W51	Mexico	1:04:38.53
10.	Bellerud, Nana	W51	Japan	1:05:15.31
11.	Vazquez Prado, Concepcion	W51	Mexico	1:05:48.62
12.	Faber, Lena	W53	Russia	1:07:43.47
13.	Bishop, Fiona Jane	W52	Great Britain	1:08:01.60
14.	McIntyre, Susan	W54	Canada	1:08:12.10
15.	Calvert, Dawn	W52	United States	1:12:29.13
16.	McGuinness, Margaret	W54	New Zealand	1:13:14.13
17.	Wang, Michelle	W54	Canada	1:15:44.84
18.	Viramontes, Silvia	W54	Mexico	1:17:01.98
19.	Marvingt, Beatrice	W52	France	1:18:05.46

W55 10km Race Walk

1.	Nell, Barbara	W56	South Africa	54:58.31
2.	Flipsen, Johanna	W56	Canada	56:53.47
3.	Marcenco, Natali	W56	Italy	58:29.33
4.	Wilson, Linda	W56	Canada	59:47.90
5.	Topham, Debbie	W58	United States	1:00:41.67
6.	Vazquez Garcia, Rosa Elv	W55	Mexico	1:01:24.07
7.	Sweazey, Nancy	W55	Canada	1:01:36.56
8.	Stoyanowski, Karen	W56	United States	1:02:18.62
9.	Mayfield, Cathy	W59	United States	1:04:09.83
10.	Osorio, Dorys	W56	Venezuela	1:04:52.93
11.	Bonvarlet, Liliane	W57	France	1:05:06.05
12.	Alvarez, Aurora	W59	Spain	1:05:20.93
13.	Nityagovskaya, Liudmila	W57	Russia	1:06:06.25
14.	Poncet, Sabine	W55	France	1:06:13.87
15.	Mears, Susan	W56	United States	1:06:22.74
16.	Whalen, Liliana	W59	Canada	1:06:51.94
17.	Kozell, Kris	W58	Canada	1:07:48.15
18.	Green, Donna	W58	United States	1:09:15.33
19.	Gage, Joanne	W56	Canada	1:10:54.67
20.	Hysong, Phyllis	W57	United States	1:12:30.72
21.	Gonzalez, Ayde	W58	Mexico	1:13:39.17
22.	Woodburn, Melissa	W58	United States	1:13:45.46
23.	Toikka, Hillevi	W58	Finland	1:15:49.37
24.	Banuelos Ramirez, Rosa M	W55	Mexico	1:25:05.00
	Frias, Francisca	W56	Mexico	DQ

W60 10km Race Walk

1.	Carr, Heather	W61	Australia	57:19.43
2.	Martino, Marianne	W61	United States	1:01:53.52

3. Feldman, Elizabeth	W62	Australia	1:02:10.48
4. Hoskin, Sue	W60	New Zealand	1:02:13.73
5. Geer, Panseluta	W64	United States	1:03:16.55
6. Mendell, Paula	W61	United States	1:03:53.25
7. Brandt, Diane	W63	United States	1:06:37.75
8. Baglin, Mary	W64	United States	1:06:50.00
9. Wilkinson, Carol	W61	United States	1:08:47.84
10. McGuire, Doris	W62	United States	1:11:07.14
11. Gomez, Blanca	W64	Colombia	1:13:31.78
12. Gallegos Gonzalez, Marga	W61	Mexico	1:13:57.83
13. Medina Neri, Maria Alber	W61	Mexico	1:15:17.76
14. Cardiel Guajardo, Silvia	W62	Mexico	1:15:28.76
15. Vargas oe Murillo, Diana	W61	Peru	1:18:46.71
16. Coila, Sandy	W60	United States	1:18:53.69
17. Cabrera Briseneno, Imelda	W61	Mexico	1:21:37.19

W65 10km Race Walk

1. Karetie, Pirjo	W68	Finland	1:03:36.98
2. Matsumoto, Hatsue	W69	Japan	1:05:42.19
3. Heller, Judy	W65	United States	1:06:32.25
4. Balsler, Kathleen	W68	United States	1:07:21.12
5. Barber, Shirley	W65	New Zealand	1:07:36.58
6. Lafayette, Donna	W68	United States	1:07:50.72
7. de Coppet, Brigita	W65	Switzerland	1:08:49.00
8. Pomario, Sheila	W66	South Africa	1:09:02.01
9. Steigerwalt, Jolene	W67	United States	1:09:19.30
10. Backlund, Darlene	W65	United States	1:09:25.42
11. Frable, Kathleen	W65	United States	1:10:02.94
12. Purcell, Joan	W69	Australia	1:13:02.11
13. Sarkar, Eileen	W69	Canada	1:13:38.01
14. Thornburg, B J	W66	United States	1:14:03.54
15. Schickert, Lynne	W69	Australia	1:14:07.58
16. Kolesnikova, Alla	W69	Russia	1:14:08.09
17. Kallal, Elsie	W67	United States	1:14:17.11
18. Hults, Sandra	W69	United States	1:14:32.51
19. Bersaneti, Alice	W65	Brazil	1:20:37.39
20. Sanchez Cruz, Santa	W65	Puerto Rico	1:21:26.06
21. Kohigashi, Kiyoko	W68	Brazil	1:28:14.44
22. Reynoso, Nohemi	W67	Mexico	1:30:50.83
23. Bernaga Torres, Luz Elen	W67	Mexico	1:33:20.11
24. Wahlberg, Marie-Louise	W65	Sweden	1:41:08.27

W70 10km Race Walk

1. Richardson, Elton	W72	United States	1:04:03.90
2. Walters, Louise	W71	United States	1:04:04.22
3. Vey, Hildegard	W70	South Africa	1:05:43.91
4. Robinson, Janet	W70	United States	1:07:51.46
5. Cassels, Doris	W71	United States	1:11:34.10
6. van Leeuwen, Dianne	W70	Canada	1:12:12.55
7. Sinkovec, Rita	W71	United States	1:12:24.31
8. Lebedieva, Larysa	W70	Ukraine	1:15:26.64
9. Hatfield, Roberta	W70	United States	1:15:48.91
10. Paulina, Alejandro	W73	Bolivia	1:17:10.01
11. Garcia Moreno, Maria Cel	W72	Mexico	1:21:17.50
12. Beaumont, Margaret	W73	Australia	1:23:53.74
13. Cabrera, Esther	W74	Bolivia	1:25:02.07
14. Nagate, Masako	W71	Japan	1:25:57.42
Frazer-Munroe, Ruth	W74	Trinidad and Tobago	DQ

W75 10km Race Walk

1. Dockstader, Shirley	W78	United States	1:15:36.43
2. Horne, Jean	W78	Canada	1:15:57.23
3. Meza Gonzalez, Alicia	W75	Mexico	1:21:58.70
4. Gonzalez Gonzalez, Luisa	W76	Mexico	1:25:03.15

W80 10km Race Walk

1. Carrier, Ruth	W80	Canada	1:27:18.40
2. Moremen, Grace	W80	United States	1:27:26.62
3. Elkins, Claire	W81	United States	1:32:23.95

W90 10km Race Walk

1. Ramirez vda de Banue, Ma W94 Mexico 1:51:29.16

We also scored 4 golds and 2 silvers in the associated Teams Events. Well done to the 18 walkers - that is most of the team!

M40	1	Australia	Stuart Kollmorgen, James Seid-Christmass, Ian Jessurun
M50	1	Australia	Colin Heywood, Simon Evans, Garry Hastie
M65	1	Australia	Andrew Jamieson, Russ Dickenson, George White
M70	2	Australia	Patrick Sela, Geoff Major, Ian Beaumont
W45	1	Australia	Lyn Ventris, Pam Tindal, Annette Major
W60	2	Australia	Heather Carr, Liz Feldman, Joan Purcell

And photos - I have heaps, thanks to Emmanuel Tardi, John Ventis and others. And to top it off, Ian Jessurun has made his photos available online - thanks a lot Ian. Here is what Ian had to say

I raced the 10km but unfortunately became sick and could not compete in the 20km. However this did give me the chance to play spectator/photographer/cheer squad which was lots of fun. We took lots of photos of the 10/20km events and some medal ceremonies and I would be happy for you to pass on link <http://jessurun.fotki.com/racewalking/wma-2011/> to any of the other competitors featured as they may wish to download copies. Originals of all images may be downloaded by clicking on the little icon at the top right of any image. Unfortunately I could not attend all the races and hope that others were able to also capture photos of those to make a more complete archive.

This was my first time competing in a WMA event and I felt a strong sense of belonging to a great team who were proud to wear the Australian colours.



In action in the 10km - Geoff Major, Lyn Ventris, George White and Ian Beaumont



**Left: Stuart Kollmorgen with Emmanuel Tardi of France who provided many of the photos used here
Right: Stuart Kollmorgen, James Seid-Christmass, Ian Jessurun, Simon Evans and Garry Hastie**



**Left: M70 Silver Medal in the Teams to Ian Beaumont, Patrick Sela and Geoff Major
Right: W50 medallists Carmen Garcia Frontons (Spain), Lyn Ventris and Pam Tindal**



**Left: M65 medallists Russ Dickenson, Andrew Jamieson and Marcel Jobin (Canada). Marcel won the 1978 Comm Games walk
Right: W60 medallists Liz Feldman, Heather Carr and Judy Heller (USA)**

Finally, here are the top performances, male and female, from an Age Graded perspective. It is great to see Australians Andrew Jamieson and Lyn Ventris atop their respective lists.

1.	Andrew Jamieson	65	AUS	50:11.38	96.67%
2.	Ian Richards	63	GBR	50:01.34	94.92%
3.	Jonathan Matthews	55	USA	46:55.46	93.73%
4.	Jose Luis Lopez Camarena	61	MEX	49:50.84	93.32%
5.	Graziano Morotti	60	ITA	49:33.13	92.97%
6.	Chris Schmid	64	USA	52:32.30	91.36%
7.	Marcel Jobin	69	CAN	55:50.77	91.02%
8.	Aglya Kuchumor	73	RUS	59:22.74	90.13%
9.	Anatoly Shipitsyn	56	RUS	49:24.32	89.84%
10.	Fabio Ruzzier	58	SLO	50:31.75	89.42%
11.	Mike Parker	58	NZL	50:58.63	88.63%
12.	Colin Heywood	56	AUS	50:11.81	88.42%
1.	Lynette Ventris	54	AUS	49:51.84	96.90%
2.	Elton Richardson	72	USA	1:04:03.90	96.28%
3.	Ma Ramirez vda de Banue	94	MEX	1:51:29.16	95.42%
4.	Louise Walters	71	USA	1:04:04.22	94.66%
5.	Heather Carr	61	AUS	57:19.43	91.50%
6.	Shirley Dockstader	78	USA	1:15:36.43	91.22%
7.	Pirjo Karetie	68	FIN	1:03:36.98	90.91%
8.	Barbara Nell	56	RSA	54:58.31	89.86%
9.	Hatsue Matsumoto	69	JAP	1:05:42.19	89.39%
10.	Janet Robinson	70	USA	1:07:51.46	87.95%
11.	Pam Tindal	51	AUS	53:59.00	86.79%
12.	Panseluta Geer	64	USA	1:03:16.55	86.24%

FUTURE WORLD MASTERS CHAMPIONSHIP VENUES DECIDED

The venues for the next World Masters Championships were decided at this year's world championships in Sacramento. The 2014 indoor championships have been awarded to Budapest (end of March / beginning of April) and it will include track 3000m and 10km road. The 2015 stadia championships have been awarded to Lyon (end of July/beginning of August) and it will include 5000m track, 10km road and 20km road.

In addition it was also decided to move all World Stadia Championships after 2015 to even years and all Indoor Championships to odd years. As a result there will also be a World Stadia Championships in Perth in October 2016. This change has been made so that after 2013 there will no longer be clashes between World Masters Games and World Masters Championships which are held every 4 years, in odd years. In the summer of 2013 there will be a World Masters Games in Torino, Italy and a World Masters Championship in Brazil. World Masters Championships are equivalent to IAAF World Championships while World Masters Games are multi sport championships that include athletics and can be likened to the Olympics. The World Masters Association has decided to work with the World Masters Games organisers so that these different championships complement each other in the future.

There does appear to be some momentum behind moving the World Masters Games, which includes most of the Olympic sports, to becoming a Masters Olympics so that there is a full suite of Games from Youth, Senior, Paralympic to Masters. The last World Masters Games were held in Sydney and attracted 28,000 competitors. Torino is expected to attract 50,000 competitors from around 100 countries who will compete in 28 sports.

8TH EUROPEAN U23 CHAMPIONSHIPS, OSTRAVA, CZE, 14-17 JULY

The highly anticipated European Under 23 Championships were held last week in Ostrava in the Czech Republic, with the two racewalks contested on Sunday.

Men's 20km Walk, Sunday 17 July, 8AM

The mens championship was held first, starting at 8AM and enjoying the cool early morning conditions. At the end, you could have thrown a blanket over the top three as Russia's Pyotr Bogatyrev broke the beam first with Poland's Dawid Tomala breathing down his neck and Denis Strelkov, also Russia, claiming bronze in the men's 20km walk. Fourth place was only a further 5 secs back in what was a very closely contested race. From world junior bronze last year, Bogatyrev is now European Under-23 champion.

"The weather was OK for me today. We are used to training when it is around 30 degrees in Mordovia, Russia," said Bogatyrev. "There were strong opponents today and the pace was quite fast. We were changing the positions every kilometre. My tactics were to keep with the group until the half of the race and then to speed up. The last kilometre was very difficult as it was hard to keep proper technique and to avoid mistakes."

1.	BOGATYREV, Petr	RUS	1:24:20	
2.	TOMALA, Dawid	POL	1:24:21	
3.	STRELKOV, Denis	RUS	1:24:25	
4.	FILIPCHUK, Valery	RUS	1:24:30	
5.	HELEBRANDT, Máté	HUN	1:25:14	SB
6.	TONTODONATI, Federico	ITA	1:26:07	
7.	PARTANEN, Veli-Matti	FIN	1:26:37	SB
8.	MACCHIA, Riccardo	ITA	1:28:31	
9.	ADRAGNA, Andrea	ITA	1:29:13	
10.	HALMAN, Wojciech	POL	1:29:46	
11.	LIAKHOVICH, Aliaksandr	BLR	1:30:22	
12.	KOZLOVSKIJ, Genadij	LTU	1:31:05	
	KARLSTRÖM, Perseus	SWE	DNF	
	WOLSKI, Dawid	POL	DQ	
	DOHMANN, Carl	GER	DQ	

Women's 20km Walk, Sunday 17 July, 10AM

The women started at 10AM so conditions had warmed considerably. As expected, Russian champion Tatyana Mineyeva took the 20km walk gold from fellow Russian, Nina Ochotnikova, with Spain's Julia Takacs taking bronze. Again, little separated the top 3.

"I was afraid because I received two warnings," admitted Mineyeva. "The first warning I did not expect at all. Takacs has a similar style and she did not get any warnings. The last kilometre I walked very slowly. I was afraid of being disqualified. The hot weather did not affect the race. I am used to even hotter conditions."

1.	MINEYEVA, Tatyana	RUS	1:31:42	
2.	OKHOTNIKOVA, Nina	RUS	1:31:51	
3.	TAKÁCS, Julia	ESP	1:31:55	
4.	PALMISANO, Antonella	ITA	1:36:26	
5.	GIORGI, Eleonora	ITA	1:38:41	
6.	KAZEMAKA, Anita	LAT	1:38:59	
7.	GOLBA, Katarzyna	POL	1:39:36	
8.	MENUET, Emilie	FRA	1:41:52	
9.	ENACHE, Georgiana	ROU	1:43:56	PB
10.	JASINSKA, Magdalena	POL	1:44:18	
11.	ELSS, Christin	GER	1:44:27	

12.	MASTIANICA, Inga	LTU	1:44:44
13.	GRADINARIU, Alexandra	ROU	1:44:59
14.	GONZÁLEZ, Raquel	ESP	1:45:46
15.	PLATACE, Kristine	LAT	1:48:48
16.	BAJNAI, Eszter	HUN	1:51:36
17.	CARDOSO, Daniela	POR	1:56:02
	LÖFBACKA, Mikaela	FIN	DNF
	LUKYANOVA, Anna	RUS	DQ
	LITWINIUK, Agata	POL	DQ

23RD CENTRAL AMERICAN AND CARIBBEAN CHAMPS, MAYAGUEZ, PUERTO RICO, 15-17 JULY 2011

Still talking major events, the Central American and Caribbean Championships, held in Mayagüez in Puerto Rico, have also just completed. Their walks were also held on Sunday with early starts. I gather that they were track events but don't hold me to that!

Men 2000 Meter Race Walk, Sunday 17 July

1.	Allan Segura	Costa Rica	1:28:56.08
2.	Joe Bonilla	Puerto Rico	1:40:18.94
3.	Luis Lopez	Puerto Rico	1:40:34.16
	Jose Perez	Dominican Republic	DQ

Women 10,000m Race Walk, Sunday 17 July

1.	Milanggela Rosales	Venezuela	47:19.91	Championship record
2.	Sandra Galvis	Colombia	48:23.59	
3.	Wilane Cuebas	Puerto Rico	55:52.53	

PARKS VICTORIA PARKING TICKET RISE

Middle Park regulars know that parking within the Albert Park parklands incurs a parking fee. I have received notification from Parks Victoria that the weekend parking fee has now risen from \$20 to \$2.30 so please bear this in mind when you next come down to race.

VRWC CLUB RECORDS

We have already had quite a few changes to the first cut of our VRWC club records. In particular, thanks to AIS walks coach Brent Ballance who has pointed out a number of past top performances that we had missed. All required updates have now been made and you can view the new record list at <http://www.vrwc.org.au/VRWC-Club-Records-2011-07-13.pdf>

Some categories are complete. For instance the 1km road records now read

1KM ROAD		PERF	DATE	EVENT	VENUE	DOB	AGE
U9 BOYS	Timucin Girgin	0:05:20	11/06/2000	RWA LBG Carnival	Canberra	12/02/1992	8
U10 BOYS	Harry Hockley-Samon	0:05:09	13/06/2010	RWA LBG Carnival	Canberra	18/10/2000	9
U11 BOYS	Harry Hockley-Samon	0:05:09	13/06/2010	RWA LBG Carnival	Canberra	18/10/2000	9
U12 BOYS	Kyle Swan	0:04:44	23/05/2010	VRWC Club Race	Middle Park	28/03/1999	11
U9 GIRLS	Georgia Bertrand	0:05:21	07/06/2009	RWA LBG Carnival	Canberra	12/07/2000	8
U10 GIRLS	Brodie Richardson	0:05:06	13/06/2010	RWA LBG Carnival	Canberra	05/12/2000	9
U11 GIRLS	Brodie Richardson	0:05:06	13/06/2010	RWA LBG Carnival	Canberra	05/12/2000	9
U12 GIRLS	Paige De Lisen	0:05:04	23/05/2010	VRWC Club Race	Middle Park	09/10/1998	11

and the 10km road records read

10KM ROAD		PERF	DATE	EVENT	VENUE	DOB	AGE
U12 BOYS	Kyle Swan	0:55:18	04/09/2010	VRWC 10km	Middle Park	28/03/1999	11
U13 BOYS	Kyle Swan	0:55:18	04/09/2010	VRWC 10km	Middle Park	28/03/1999	11
U14 BOYS	Kyle Swan	0:55:18	04/09/2010	VRWC 10km	Middle Park	28/03/1999	11
U15 BOYS	Nathan Brill	0:46:42	19/02/2011	AA Invit 10km	Hobart, TAS	24/05/1996	14
U16 BOYS	Nathan Brill	0:45:42	29/05/2011	VRWC Roadwalk	Middle Park	24/05/1996	15
U17 BOYS	Jared Tallent	0:43:53	09/06/2001	Aust 10km C'sHip	Canberra	17/10/1984	16
U18 BOYS	Dion Russell	0:43:36	07/06/1992	LBG Carnival	Canberra	08/05/1975	17
U20 MEN	Nathan Deakes	0:41:19	01/06/1997	Aust 10km C'sHip	Canberra	17/08/1977	19
U23 MEN	Jared Tallent	0:39:59	July 2005	NSW 10km C'ship	Sydney	17/10/1984	20
OPEN MEN	Nathan Deakes	0:38:09	09/06/2001	IAAF Race	Krakow	17/08/1977	23
M35+ MEN	Mark Donahoo	0:43:45	09/04/1994		Box Hill	27/05/1958	35
M40+ MEN	Willi Sawall	0:40:08	1982	RWA Champ	Richmond	07/11/1941	40
M45+ MEN	Mark Donahoo	0:46:41	21/06/2003	VRWC 10km	Middle Park	27/05/1958	45
M50+ MEN	Willi Sawall	0:44:11	05/01/1992		Albert Park	07/11/1941	50

M55+ MEN	Andrew Jamieson	0:46:33	30/07/2005	VMA 10km C'ship	Middle Park	13/06/1946	59
M60+ MEN	Andrew Jamieson	0:46:23	21/07/2007	VMA 10km C'ship	Middle Park	13/06/1946	61
M65+ MEN	Ralph Bennett	0:51:56	18/08/2007	VRWC 10km	Middle Park	26/12/1941	65
M70+ MEN	Tom Daintry	0:54:17	09/05/1981	WMA Champs	Christchurch	07/04/1911	70
M75+ MEN	Bob Gardiner	1:01:22	14/05/2011	Vic 10km C'ship	Middle Park	22/03/1936	75
M80+ MEN	Tom Daintry	1:04:23	25/04/1993		Knox	07/04/1911	82
M85+ MEN	George Knott	1:28:29	31/03/1997		Olympic Park	1910	86
M90+ MEN	Gus Theobald	1:17:52	22/01/1990			Apr 1897	93

U12 GIRLS	Unclaimed						
U13 GIRLS	Unclaimed						
U14 GIRLS	Chloe McNicol-Davidson	1:06:41	22/08/2010	Aust 10km Open	Brisbane	13/12/1996	13
U15 GIRLS	Jmara Hockley-Samon	0:57:10	04/09/2010	VRWC 10km	Middle Park	12/10/1995	14
U16 GIRLS	Amy Burren	0:53:30	13/02/2010	World Cup Trial	Hobart, TAS	4/03/1994	15
U17 GIRLS	Regan Lambale	0:49:38	10/05/2008	Racewalking World Cup	Cheboksary	14/10/1991	16
U18 GIRLS	Rachel Tallent	0:48:40	19/02/2011	AA 10km U20 Race	Hobart, TAS	20/02/1993	17
U20 WOMEN	Jess Rothwell	0:44:01	15/02/2009	VRWC 10km	Middle Park	18/06/1989	19
U23 WOMEN	Jess Rothwell	0:44:01	15/02/2009	VRWC 10km	Middle Park	18/06/1989	19
OPEN WOMEN	Gabrielle Blythe	0:43:28	10/07/1993		Hawksbury	09/03/1969	24
W35+ WOMEN	Kelly Ruddick	0:46:54	29/05/2011	Vic 10km C'Ship	Middle Park	19/04/1973	38
W40+ WOMEN	Heather McDonald	0:49:37	16/06/1990		Grasseau	13/08/1949	40
W45+ WOMEN	Heather McDonald	0:50:35	04/06/1995		Geelong	13/08/1949	45
W50+ WOMEN	Pam Tindal	0:52:19	15/05/2010	VRWC 10km	Middle Park	02/12/1959	50
W55+ WOMEN	Heather Carr	0:53:42	21/07/2007	VMA 10km C'ship	Middle Park	13/08/1949	57
W60+ WOMEN	Heather Carr	0:53:57	05/06/2010	VRWC 10km	Middle Park	13/08/1949	60
W65+ WOMEN	Brenda Riley	0:55:32	13/11/2005	VRWC 10km	Middle Park	09/11/1939	66
W70+ WOMEN	Margaret Beaumont	1:14:47	12/07/2008	VRWC 10km	Middle Park	29/03/1936	72
W75+ WOMEN	Unclaimed						
W80+ WOMEN	Unclaimed						
W85+ WOMEN	Unclaimed						
W90+ WOMEN	Unclaimed						

Make sure you check them out and advise us of any performances you think may better what we have. You can submit such requests at <http://www.vrwc.org.au/vrwc-records.html>

WHAT'S COMING UP

Next Saturday 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. All events are 'Age on the Day' for this competition.

Saturday 23 July 2011, Middle Park			
RWA State Challenge and IBTA Fund Raising Day			
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 Saturday 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 th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

Aug 12-22, 2011	26 th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
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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

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 **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**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
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**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)