



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 47
23 August 2011



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AUSTRALIAN ROADWALK CHAMPIONSHIPS, CANBERRA, SUNDAY 21 AUGUST 2011

The Australian Roadwalking Championships were held in perfect conditions in Weston Park, Canberra, last Sunday with nearly 150 of our best walkers competing in events ranging from U10 1km to Open 20km. Unfortunately, most of our top Open walkers were in Daegu for the World Championships but their absence opened the way for others to medal.

Firstly thanks to Terry Swan for some great photography - we have uploaded nearly 280 photos to our VRWC photo gallery - check them out at our <http://vrwc.org.au/coppermine>.

Secondly, since this event is principally a VRWC newsletter, I must start by acknowledging the many fine performances by the Racewalking Victoria team which won 14 individual and 7 team medal sets. Well done to all the team for their efforts.

Individual Medals

Gold (7)	Chris Erickson	AA Open 20km	1:29:01
	Andrew Jamieson	RWA Masters 20km	1:41:27
	Kirstin Shaw	AA U23 20km	2:09:47
	Kelly Ruddick	RWA Masters 10km	49:13
	Mercedes Brennan	RWA U10 1km	7:01
	Jemima Montag	AA U14 3km	16:17
	Nathan Brill	AA U16 5km	22:06
Silver (3)	Kelly Ruddick	AA Open 20km	1:39:56
	Kyle Swan	AA U14 3km	16:34
	Jade Sanders	AA U16 5km	26:13
Bronze (4)	Rhydian Cowley	AA Open 20km	1:30:54
	Kirstin Shaw	AA Open 20km	2:09:47
	Harry Hockley Samon	RWA U12 2km	11:25
	Connor McShanag	AA U16 5km	25:33

Team Medals

Gold (5)	Open 20km	Chris Erickson, Rhydian Cowley, Andrew Jamieson
	U12 Girls 2km	Hayley George, Mercedes Brennan, Tegan Miller
	U14 Boys 3km	Kyle Swan, Reese Walmsley, Cody McNicol-Davidson
	U16 Boys 5km	Nathan Brill, Connor McShanag, Kyle Swan
	U16 Girls 5km	Jade Sanders, Stephanie George, Shelby Kay
Silver (2)	U12 Boys 2km	Harry Hockley Samon, Jonty Brennan, Tom Hockley Samon
	U18 Girls 5km	Jmara Hockley Samon, Amelia Finnegan, Chloe McNicol-Davidson

The day started at 8AM with the Open 20km events where **Chris Erickson** (VIC) won the men's title for the second year in a row and **Tanya Holliday** (SA) claimed her first national women's crown. While Chris's win was clearcut, Tanya's win was not without drama as Jess Rothwell (VIC) reached the finishing line first, only to be disqualified as she was about to cross. Tanya's 20km win was her first ever 20km and the time of 1:37:54 was a great first up performance and signals her return to the ranks of our elite walkers.

Chris was interviewed by AA after his win - to quote from the AA website article:

Erickson 'rocked the cradle' as he crossed the finish line in 1:29:01, indicating it was his first race as a father. "It was my first race since becoming a father 9 days ago to little Oliver. It's been a whirlwind week and I'm a little bit sleep deprived," the Olympian said. It was the second national title over 20km for the 29-year-old, who had also won the 50km national crowns. "It's always nice to get another national title under the belt. It was good to have this race here in Canberra this time of the year. It gives you something to aim for in the middle of the year. When we've got our 50km trial in December, I'll be ready to go. It was perfect conditions out here. The course is a little bit undulating and I headed out at a pretty good tempo. I sort of decided I'd ease back a bit and walk with one of the other AIS guys for a bit. Then he dropped off and I just kicked home in the last couple of kilometres.

It was a relatively tough course with plenty of hills but special mentions to **Andrew Jamieson** (VIC) who set a new M65 World Record with his time of 1:41:27 and to **Kelly Ruddick** (VIC) whose second place time of 1:39:56 was a 15 sec PB.



Tanya Holliday, Kirstin Shaw, Andrew Jamieson, Chris Erickson and Kelly Ruddick in action

EVENT 1 OPEN MEN 20K

1.	Chris Erickson	1:29:01	RWV	VIC
2.	Darren Bown	1:30:29	SARWC	SA
3.	Rhydian Cowley	1:30:54	RWV	VIC
4.	Derek Mulhearn	1:41:22	NSWRWC	NSW
5.	Andrew Jamieson	1:41:27	RWV	VIC
6.	Ian Jessurun	1:46:29	NSWRWC	NSW
7.	Dean Nipperess	1:47:41	QRWC	QLD
8.	Peter Crump	1:54:17	SARWC	SA
9.	Anthony Albanese	2:02:56	NSWRWC	NSW
10.	David Smyth	2:06:16	RWCWA	WA
11.	Robert Osborne	2:08:00	REGAL	NSW
12.	Tony Psarianos	2:23:19	NSWRWC	NSW
	Sean Fitzsimons	DNF	WARWC	WA

MASTERS

1.	Andrew Jamieson	1:41:27	RWV
2.	Ian Jessurun	1:46:29	NSWRWC
3.	Dean Nipperess	1:47:41	QRWC
4.	Peter Crump	1:54:17	SARWC
5.	Anthony Albanese	2:02:56	NSWRWC
6.	David Smyth	2:06:16	RWCWA
7.	Robert Osborne	2:08:00	REGAL
8.	Tony Psarianos	2:23:19	NSWRWC

HANDICAP

1.	Derek Mulhearn	NSWRWC
2.	Dean Nipperess	QRWC
3.	Robert Osborne	REGAL

TEAMS

1.	RWV1	15	(Chris Erickson, Rhydian Cowley, Andrew Jamieson)
2.	NSWRWC1	7	(Derek Mulhearn, Ian Jessurun, Anthony Albanese)

EVENT 2 OPEN WOMEN 20K

1.	Tanya Holliday	1:37:54	SARWC	SA
2.	Kelly Ruddick	1:39:56	RWV	VIC
3.	Kirstin Shaw	2:09:47	RWV	VIC
	Cheryl Webb	DNF	NSWRWC	NSW
	Jessica Rothwell	DQ	RWV	VIC

The 10km events kicked off next and there were some fine performances. Special mentions to **Rachel Tallent** (VIC) 49:31 (U20 winner), **Dane Bird-Smith** (QLD) 43:57 (U20 winner) and **Brad Aiton** (QLD) 45:48 (U18 winner) who confirmed their places as National Champions. **Kristie Goznik** (SA) did a 90 sec PB to take silver in the U20 Women's event with 50:59 while **Jesse Osborne** (QLD) 46:07 was not far behind Brad in the U18 Men's event and confirmed his good form from the recent World Youth championships over the tough hilly 2km loop.



Brad Aiton, Kristie Goznik, Jesse Osborne, Dane Bird-Smith and Rachel Tallent

EVENT 3 OPEN WOMEN 10K

	Tanya Holliday(20k)	47:42	SARWC	SA
	Kelly Ruddick(20k)	49:13	RWV	VIC
1.	Ann Staunton-Jugovic	57:57	ACTW	ACT
	Kirstin Shaw (20k)	1:00:44	RWV	VIC
2.	Michelle Butler	1:01:30	RWCWA	WA
3.	Gloria Holliday	1:02:44	SARWC	SA
4.	Emily Fawcett	1:03:15	ACTW	ACT
5.	Mary Willis	1:03:56	NSWRWC	NSW
6.	Noela McKinven	1:18:51	QRWC	QLD
	Cheryl Webb	DNF	NSWRWC	NSW
	Jessica Rothwell	DQ	RWV	VIC

MASTERS

1.	Kelly Ruddick	49:13	RWV	
2.	Ann Staunton-Jugovic	57:57	ACTW	
3.	Michelle Butler	1:01:30	RWCWA	
4.	Gloria Holliday	1:02:44	SARWC	
5.	Emily Fawcett	1:03:15	ACTW	
6.	Mary Willis	1:03:56	NSWRWC	
	Noela McKinven	1:18:51	QRWC	
	Cheryl Webb	DNF	NSWRWC	

HANDICAP

1.	Gloria Holliday	SARWC
2.	Emily Fawcett	ACTW
3.	Mary Willis	NSWRWC

EVENT 4 UNDER 20 WOMEN 10K

1.	Rachel Tallent	49:31	RWV	VIC
2.	Kristie Goznik	50:59	SARWC	SA
3.	Amy Bettiol	52:52	NSWRWC	NSW
4.	Hilary Brazel	59:54	RWV	VIC
5.	Dimitra Psarianos	1:01:14	NSWRWC	NSW
6.	Yue Guo	1:02:23	QRWC	QLD
	Beth Alexander	DQ	RWV	VIC

HANDICAP

1.	Yue Guo	QRWC
2.	Dimitra Psarianos	NSWRWC
3.	Hilary Brazel	RWV

EVENT 5 UNDER 20 MEN 10K

1.	Dane Bird-Smith	43:57	QRWC	QLD
2.	Dale Hennighan	51:06	WARWC	WA
	Jordan Mulhearn	DNF	NSWRWC	NSW

EVENT 6 UNDER 18 MEN 10K

1.	Brad Aiton	45:48	QRWC	QLD
2.	Jesse Osborne	46:07	QRWC	QLD
3.	Harry Bates	50:19	ACTW	ACT
4.	Steven Washburn	52:36	NSWRWC	NSW
5.	Jay Felton	53:03	NSWRWC	NSW
6.	Matthew Killen	58:27	NSWRWC	NSW

HANDICAP

1.	Jay Felton	NSWRWC
2.	Matthew Killen	NSWRWC
3.	Steven Washburn	NSWRWC

TEAMS

1.	NSWRWC1	7	(Steven Washburn, Jay Felton , Matthew Killen)
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The next events to get underway were the U10 1km, U12 2km and U14 3km. Unfortunately, times were minutes slower than expected and indicate that the 1km loop used for these events was almost certainly significantly long. So we have to ignore the times and concentrate on the winning performances. Congratulations to our new Australian champions **Kyle Bedford** (NSW - U12 Boys 2km), **Leah McDonald** (NSW - U12 Girls 2km), **Tyler Jones** (NSW - U14 Boys 3km) and **Jemima Montag** (VIC - U14 Girls 3km). Well done also to our U10 winners **Mercedes Brennan** (VIC) and **Spencer Burns** (ACT).



Winners Spencer Burns, Jemima Montag, Kyle Bedford, Mercedes Brennan, Leah McDonald and Tyler Jones

EVENT 7 UNDER 10 BOYS 1K

1.	Spencer Burns	06:27	ACTW
2.	Tom Hunt	07:12	ACTW
3.	Logan Barendregt	08:52	NSWRWC

EVENT 8 UNDER 10 GIRLS 1K

1.	Mercedes Brennan	07:01	RWV
2.	Renee Hardy	07:06	NSWRWC
3.	Lauren Tisdale	07:48	NSWRWC
4.	Laura Burns	08:49	ACTW

EVENT 9 UNDER 12 BOYS 2K

1.	Kyle Bedford	11:07	NSWRWC	NSW
2.	Callum Burns	11:23	ACTW	ACT
3.	Harry Hockley Samon	11:25	RWV	VIC
4.	Dylan Richardson	11:45	NSWRWC	NSW
5.	Jonty Brennan	11:46	RWV	VIC
6.	Luke Button	11:58	RWCWA	WA
7.	Ryan Thomson	12:26	NSWRWC	NSW
8.	Benjamin Tisdale	12:35	NSWRWC	NSW
9.	James Plummer	13:27	NSWRWC	NSW
10.	Travis Barendregt	14:13	NSWRWC	NSW
11.	Tom Hockley Samon	19:06	RWV	VIC

HANDICAP

1.	Jonty Brennan	RWV
2.	Dylan Richardson	NSWRWC
3.	Ryan Thomson	NSWRWC

TEAMS

- | | | | |
|----|---------|----|---|
| 1. | NSWRWC1 | 22 | (Kyle Bedford, Dylan Richardso, Ryan Thomson) |
| 2. | RWV1 | 15 | (Harry Hockley Samon, Jonty Brennan, Tom Hockley Samon) |
| 3. | NSWRWC2 | 9 | (Benjamin Tisdale, James Plummer, Travis Barendregt) |

EVENT 10 UNDER 12 GIRLS 2K

- | | | | |
|-----|--------------------|-------|--------|
| 1. | Leah McDonald | 11:30 | NSWRWC |
| 2. | Mikayla Johns | 11:38 | WARWC |
| 3. | Gabby Hunt | 11:46 | ACTW |
| 4. | Hayley George | 12:16 | RWV |
| 5. | Samantha Brown | 12:28 | NSWRWC |
| 6. | Rhiannon Lovegrove | 12:45 | SARWC |
| 7. | Courtney Johns | 12:56 | WARWC |
| 8. | Thalia Martin | 13:31 | QRWC |
| 9. | Arabella Phillips | 13:33 | TARWC |
| 10. | Mercedes Brennan | 13:43 | RWV |
| 11. | Tegan Miller | 14:05 | RWV |

HANDICAP

- | | | |
|----|------------------|--------|
| 1. | Mercedes Brennan | RWV |
| 2. | Samantha Brown | NSWRWC |
| 3. | Thalia Martin | QRWC |

TEAMS

- | | | | |
|----|------|---|---|
| 1. | RWV1 | 7 | (Hayley George, Mercedes Brennan, Tegan Miller) |
|----|------|---|---|

EVENT 11 UNDER 14 BOYS 3K

- | | | | | |
|-----|-----------------------|-------|--------|-----|
| 1. | Tyler Jones | 15:59 | NSWRWC | NSW |
| 2. | Kyle Swan | 16:34 | RWV | VIC |
| 3. | Getasew Ferguson | 16:50 | TARWC | TAS |
| 4. | Trent Miles | 16:53 | QRWC | QLD |
| 5. | Jordan Glover | 16:57 | REGAL | NSW |
| 6. | Reese Walmsley | 17:09 | RWV | VIC |
| 7. | Mitchell Lees | 17:40 | WARWC | WA |
| 8. | Jeremy Hill | 18:14 | WARWC | WA |
| 9. | Thomas Hopkins | 18:28 | ACTW | ACT |
| 10. | Jack Durr | 20:31 | ACTW | ACT |
| 11. | Karl Osbourne | 20:41 | REGAL | NSW |
| 12. | Cody McNicol-Davidson | 22:11 | RWV | VIC |

HANDICAP

- | | | |
|----|----------------|-------|
| 1. | Trent Miles | QRWC |
| 2. | Reese Walmsley | RWV |
| 3. | Jordan Glover | REGAL |

TEAMS

- | | | | |
|----|------|---|--|
| 1. | RWV1 | 7 | (Kyle Swan, Reese Walmsley, Cody McNicol-Davidson) |
|----|------|---|--|

EVENT 12 UNDER 14 GIRLS 3K

- | | | | | |
|-----|--------------------|-------|--------|-----|
| 1. | Jemima Montag | 16:17 | RWV | VIC |
| 2. | Jasmyn McDonald | 17:20 | NSWRWC | NSW |
| 3. | Tahlia Hunt | 17:40 | TARWC | TAS |
| 4. | Shelby Kay | 18:19 | RWV | VIC |
| 5. | Jemma Smith | 19:13 | TARWC | TAS |
| 6. | Danielle Kalemusic | 19:25 | NSWRWC | NSW |
| 7. | Karina Hopkins | 20:11 | ACTW | ACT |
| 8. | Ally Grujoski | 20:50 | NSWRWC | NSW |
| 9. | Kara Baker | 21:09 | ACTW | ACT |
| 10. | Aimee Reid | 22:59 | WARWC | WA |
| | Mascey Willis | DQ | NSWRWC | NSW |

HANDICAP

- | | | |
|----|---------------|--------|
| 1. | Ally Grujoski | NSWRWC |
| 2. | Jemma Smith | TARWC |
| 3. | Aimee Reid | WARWC |

TEAMS

- | | | | |
|----|---------|---|--|
| 1. | NSWRWC1 | 7 | (Jasmyn McDonald, Danielle Kalemusic, Ally Grujoski) |
|----|---------|---|--|

The remaining 5km events were walked over the same 1.25km loop that is used in the LBG carnival so there were no issues with distances for these races. Congratulations to **Nathan Brill** (VIC) who won the U16 Boys 3km by over 3 minutes, **Jessica Pickles**

(QLD) who won the U18 Girls 5km after a great battle with **Kirsty Klein** (NSW) and to **Katya Martin** (QLD) who came through the field in the last lap to take gold in the U16 Girls 5km ahead of **Jade Sanders** (VIC) who also walked a fantastic race.



Kirsty Klein, Jessica Pickles, Katya Martin, Nathan Brill and Jade Sanders

EVENT 13 UNDER 16 BOYS 5K

1.	Nathan Brill	22:06	RWV	VIC
2.	Zac Partington	25:25	WARWC	WA
3.	Connor McShanag	25:33	RWV	VIC
4.	Louis Rose	25:52	TARWC	TAS
5.	Robert Murphy	26:46	NSWRWC	NSW
6.	Kyle Swan	27:15	RWV	VIC
7.	Mitchell Walker	28:15	TARWC	TAS
8.	Tom Doyle	31:06	NSWRWC	NSW
9.	Callum Doherty	33:13	ACTW	ACT

HANDICAP

1.	Callum Doherty	ACTW
2.	Robert Murphy	NSWRWC
3.	Louis Rose	TARWC

TEAMS

1.	RWV1	7	(Nathan Brill, Connor McShanag, Kyle Swan)
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EVENT 14 UNDER 18 WOMEN 5K

1.	Jessica Pickles	24:42	QRWC	QLD
2.	Kirsty Klien	24:49	NSWRWC	NSW
3.	Amy Bettiol	25:35	NSWRWC	NSW
4.	Tiffany Dagnone	26:21	RWCWA	WA
5.	Jmara Hockley Samon	26:31	RWV	VIC
6.	Amelia Finnegan	26:34	RWV	VIC
7.	Breanna Brown	26:39	RWCWA	WA
8.	Hannah Denney	28:39	REGAL	NSW
9.	Sara Klein	31:46	NSWRWC	NSW
10.	Chloe McNicol-Davidson	33:29	RWV	VIC

HANDICAP

1.	Hannah Denney	REGAL
2.	Jmara Hockley Samon	RWV
3.	Chloe McNicol-Davidson	RWV

TEAMS

1.	NSWRWC1	14	(Kirsty Klie, Amy Bettiol, Sara Klein)
2.	RWV1	8	(Jmara Hockley Samon, Amelia Finnegan, Chloe McNicol-Davidson)

EVENT 15 UNDER 16 GIRLS 5K

1.	Katya Martin	25:54	QRWC	QLD
2.	Jade Sanders	26:13	RWV	VIC
3.	Jemma Potezny	26:20	SARWC	SA
4.	Zoe Hunt	26:35	ACTW	ACT
5.	Stephanie George	26:35	RWV	VIC

6.	Rachelle Taylor	26:54	TARWC	TAS
7.	Kate Holt	27:02	WARWC	WA
8.	Stephanie Grujoski	27:49	NSWRWC	NSW
9.	Piper Douglas	27:53	SARWC	SA
10.	Shelby Kay	28:10	RWV	VIC
11.	Sophie Eberhardt	28:34	TARWC	TAS
12.	Emma Walker	29:05	TARWC	TAS
13.	Caitlin Plummer	29:49	NSWRWC	NSW
14.	Amanda Barendregt	30:35	NSWRWC	NSW
15.	Ally Durr	30:47	ACTW	ACT
16.	Caitlin Gerken	30:55	RWCWA	WA
17.	Bryony Beasley	30:59	NSWRWC	NSW
18.	Hannah Harrison	31:03	TARWC	TAS
	Kenza Benzenati	DQ	QRWC	QLD
	Jasmine Dighton	DQ	NSWRWC	NSW

HANDICAP

1.	Stephanie Grujoski	NSWRWC
2.	Caitlin Plummer	NSWRWC
3.	Shelby Kay	RWV

TEAMS

1.	RWV1	23	(Jade Sanders, Stephanie George, Shelby Kay)
2.	TARWC1	14	(Rachelle Taylor, Sophie Eberhardt, Emma Walker)
3.	NSWRWC1	9	(Stephanie Grujoski, Caitlin Plummer, Amanda Barendregt)

And finally to the Brennen Shield which was won by RWV after a close battle with NSWRWC.

BRENNEN SHIELD

Place	Club	LBG Carnival	Aust Roadwalk Champs	Total
1	RWV	1068	835	1603
2	NSWRWC	925	444	1369
3	SARWC	328	-	328
4	ACTRWC	281	-	281
5	TARWC	132	68	200
6	QRWC	143	-	143
7	REGAL	70	-	90



Part of the winning RWV team with the Brennen Shield

VRWC RACES, MIDDLE PARK, SATURDAY 20 AUGUST 2011

While our Racewalking Victoria team was busy in Canberra at the National Championships, the regular VRWC weekly races went on as usual and 43 walkers came out to play. Thanks to Stuart Cooper for forwarding the results to me. Anand Thillaisundaram got straight down to business after his return to Australia and walked in the 3km event. We also welcomed first time walker Lanarose Picioane who competed in the U9 1.5km.

10km Open

1.	Lucas, Alan	59.40	
2.	O'Neill, Terry	1.01.18	
	Seid-Christmass, James	DNF	(7km 39.32)
	Evans, Simon	DNF	(4km 20.22)
1.	Tindal, Pam	54.18	
2.	Thompson, Alison	1.04.53	
3.	O'Neill, Simone	1.05.41	
4.	Elms, Donna	1.05.43	
5.	O'Neill, Karyn	1.10.05	

5km Open

1.	Walker, Jared	25.28	
2.	Kozica, Jason	26.34	
3.	Tam, Aaron	27.12	
4.	Feain, Gerard	31.22	
5.	Johnson, Tony	31.56	
6.	Tremigliozi, Paul	32.15	
7.	Doran, Anthony	32.52	
8.	Wicks, Barrie	36.20	
9.	Poore, Alex	38.30	

3km Open

1.	Kennedy, Paul	14.39	
2.	Thillaisundaram, Anand	18.22	
3.	Onley, Gordon	20.21	
4.	Morrison, John	22.09	
1.	Steed, Gwen	20.03	
2.	Davidson, Kelly	25.22	
3.	Mews, Pam	30.12	
	Laurie, Natalie	DNF	(1km 6.11)

3km U15

1.	Feain, Lachlan	20.06	
1.	DeLisen, Paige	17.14	
2.	Irshad, Jasmine	17.22	
3.	Collis, Lauren	18.28	
4.	Barbour, Beth	18.38	
5.	Feain, Madeleine	21.15	
	Cooke, Brianna	DNF	(2km 13.48)

2.5km U12

1.	Walmsley, Hayden	15.29	
1.	Brown, Hayley	15.06	
2.	Richardson, Brodie	15.18	
3.	Lillie, Jessica	15.29	
4.	Taylor, Lee	16.09	

1.5km U9

1.	Kennedy, William	10.23	
2.	Kennedy, Thomas	10.34	
3.	Collis, Bede	12.04	
1.	Lillie, Brianna	08.26	
	Picioane, Lanarose	DNF	

Thanks as usual to our many helpers who turn up every week and do such a professional job

Officials: Harry Summers, Ian Laurie, Natalie Laurie, Damien Elms, Paul Kozaris, Stu Cooper

Canteen: Wendy Cooper, Marlaine Stanway

And a special note that I have uploaded Frances Attard's video from the Victorian Roadwalk champs on 7 August - check out <http://www.youtube.com/watch?v=gFHfNULuZQ>

And Matt Owen, aka racewalkoz, has uploaded a video of the VRWC races of Saturday 13 August - talk about a feast of viewing. Check out <http://www.youtube.com/watch?v=G4cjISeM9n4&feature=feedu> for that one.

SAMA CLUB CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SUNDAY 21 AUGUST 2011

Thanks to Colin Hainsworth for the weekly walks report from the South Australian Masters. It was a bumper turnout in what Colin described as perfect conditions.

20km Club Championships

W40	1	Rose Stigwood	2.43.18	55.41%
W45	1	Raelene Schild	2.32.21	61.05%
W50	1	Marie Maxted	2.19.24	70.19%
M55	1	Kevin Finn	2.14.22	69.51%
M65	1	George White	2.00.36	83.22%
M65	2	Geoff Byham	2.10.26	76.09%
M65	3	Graham Harrison	2.20.06	73.34%
M75	1	Leigh Smith	2.38.21	72.37%
M75		David Robertson	DNF	

16km Walk

W60 Lillian Harpur

10km Walk

M69	Bill Starr	1.14.18	68.41%
M55	Richard Moyle	1.16.28	57.53%
W76	Ros Elix	1.22.29	80.39%
W62	Gill White	1.24.19	63.01%
W40	Elaine MacFarlane	1.24.48	69.26%
W77	Cynthia Dally	1.26.48	77.89%
M61	Geoff Kennett	1.27.59	52.87%

6km Walk

W60	Helen Suridge	40.38
M73	Rodger Barber	43.54
M75	Paul Boyce	47.10
W66	Jill Rogers	48.41
W58	Edna Bates	51.47

Judges: Colin Hainsworth, Stan Miller, Arthur Jones

OVERSEAS SHORTS

The meet in Minsk in Belarus on 28 July included 10,000m track walks. Results were as follows:

10000W Men: 1 Aliaksandr Liakhovich 42:54.1h; 2 Andrei Talashka 43:52.4h; 3 Vitali Kadzevich 45:48.3h;
10000W Women: 2 Nastassia Yatsevich 46:23.1h

The Finnish National U20 and U23 Championships were held in Uusikaupunki on 20-21 August:

U23: 10000W Men: 1 Aku Partanen 42:28.47; 2 Matias Korpela 44:08.05; 3 Eemeli Kiiski 44:18.04
U20: 10000W Men: 1 Aleksi Ojala 43:54.07

WORLD SUMMER UNIVERSIADE GAMES, SHENZHEN, CHINA, AUGUST 2011

The 26th World Summer Universiade Games have now been completed in Shenzhen, China with the 20km racewalks held late late week. Four Australian walkers were in action and thanks to team coach **Simon Baker**, we have a comprehensive race report with photos. Over to Simon!

The World Universiade competition is a significant event on the sporting calendar that seems totally overlooked in general.

The walks program consisted of 20km events for both men and women, conducted on separate days. Conditions were hot and humid, around 30C with 80% humidity on both days, although probably the women had the worst of it with more sun on the course during their event. The course was flat, very smooth, and with some shade. The Australian team consisted of Brendan Reading and Beki Lee in their first major internationals along with Ian Rayson and Nicole Fagan who have previously been members of Australian World Walking Cup teams.

Men's 20km Walk, Thursday 18 August, 7:30AM

The temperature was already 28°C at the scheduled start time of 7:30AM and the associated high humidity (79%) meant torrid conditions for such a long distance walk. Not surprisingly, there were no PBs and times were generally anything up to 5 minutes outside stated best times.

A group of about 8 athletes led the field through the first lap in 8:14. While they slowed over the next few laps, passing 10km in just under the 42 minute mark, the pace quickened when Russian Andrey Krivov exerted his dominance and a quick 8:12 lap.

This quickly broke the pack. A long chase by his compatriot Mikhail Rhyzov and Ecuadorian Chocho Leon filled the minor places. **Brendan Reading** perhaps started a little too hard at first in the tough conditions and slowed early on, but then rallied well to come home steadily and finish in 16th place, while **Ian Rayson** struggled to get into a rhythm, was on two reds from about half way, eventually falling foul of the judges not far from the finish.

1.	KRIVOV Andrey	RUS	14 NOV 1985	1:24:15
2.	RYZHOV Mikhail	RUS	17 DEC 1991	1:24:26
3.	CHOCHO LEON Cristian	ECU	4 NOV 1983	1:24:44
4.	ZIMMERMANN Moacir	BRA	30 DEC 1983	1:25:06
5.	GOMEZ Inaki	CAN	16 JAN 1988	1:26:21
6.	ZIUKAS Marius	LTU	29 JUN 1985	1:26:30
7.	CAI Zelin	CHN	11 APR 1991	1:26:55
8.	BONFIM Caio	BRA	19 MAR 1991	1:27:19
9.	JELONEK Jakub	POL	7 JUL 1985	1:27:26
10.	TONTODONATI Federico	ITA	30 OCT 1989	1:27:32
11.	NOWAK Lukasz Pawel	POL	18 DEC 1988	1:27:53
12.	YU Wei	CHN	11 SEP 1987	1:28:51
13.	NIU Wenbin	CHN	20 JAN 1991	1:29:10
14.	DUNFEE Evan	CAN	28 SEP 1990	1:29:13
15.	BOYCE Brendan	IRL	8 OCT 1986	1:29:48
16.	READING Brendon	AUS	26 JAN 1989	1:30:26
17.	RUZAVIN Andrey	RUS	28 MAR 1986	1:30:38
18.	AONO Daichi	JPN	12 MAY 1989	1:32:00
19.	DOYLE Michael	IRL	17 MAY 1987	1:32:48
20.	YANG Tao	CHN	12 DEC 1989	1:33:01
21.	REKST Ricard	LTU	10 OCT 1987	1:33:43
22.	CHOON SIENG Lo	MAS	16 NOV 1985	1:38:12
	DOHMANN Carl Arwed	GER	18 MAY 1990	DQ
	RAYSON Ian	AUS	4 FEB 1988	DQ

Women's 20km Walk, Friday 19 August, 7:30AM

It was more of the same the next morning for the women's walk with the temperature starting at 27°C and soaring to 31°C by race end, with humidity in the high eighties. Understandably the pace was very slow early, with race favourite Russian Tatyana Shemyakina (2nd at World Champs in 2007) leading the group through the first half of the race in a steady 49:08. Here the Spaniard Julia Takacs (5th at World Juniors three years ago) asserted herself, perhaps spurred by her non-selection in the Spanish team in the upcoming World Championships. She set the pace for the remainder of the race with a stunning second 10km of 45:41, demolishing the opposition to win in by over 30 seconds from Shemyakina.

Both Australians **Beki Lee** and **Nicole Fagan** started well although Nicky was troubled early with cramping. Beki remained strong, maintaining her rhythm when the pace quickened, eventually moving up to 9th. While she faded to tenth in the conditions, her first major race showed her fighting spirit and bodes well for next year's World Cup (her splits were 49:45 and 51:09). Nicky was able to get back into her stride, and eventually finished in 14th place, both fine efforts.

1.	TAKACS NYERGES Julia	ESP	29 JUN 1989	1:33:51
2.	SHEMYAKINA Tatiana	RUS	3 SEP 1987	1:34:23
3.	OKHOTNIKOVA Nina	RUS	11 MAR 1991	1:35:10
4.	PELANTOVA Lucie	CZE	7 MAY 1986	1:36:14
5.	SHI Yang	CHN	24 JAN 1983	1:37:35
6.	YANG Yawei	CHN	16 OCT 1983	1:39:45
7.	FERRARO Federica	ITA	18 AUG 1988	1:40:40
8.	SZWARNOG Agnieszka	POL	28 DEC 1986	1:41:21
9.	WANG Shanshan	CHN	16 JUN 1987	1:41:37
10.	LEE Rebecca	AUS	25 NOV 1986	1:41:54
11.	SCHINDLEROVA Zuzana	CZE	25 APR 1987	1:42:03
12.	REYNOLDS Laura	IRL	21 JAN 1989	1:43:27
13.	CZAKOVA Maria	SVK	2 OCT 1988	1:43:36
14.	FAGAN Nicole	AUS	24 JUL 1989	1:48:02
15.	URIBE Erandi	MEX	1 MAR 1990	1:48:52
16.	OKADA Kumiko	JPN	17 OCT 1991	1:54:07
	ELSS Christin	GER	4 SEP 1989	DNF
	KRUCHINKINA Elena	RUS	26 OCT 1988	DNF
	LOPES Cisiane	BRA	17 FEB 1983	DNF
	SENA Erica	BRA	MAY 1985	DNF

All in all a first class experience for these developing talents, all showing commendable professionalism in preparing for their events and racing their hearts out on the day. With their compatriots soon to race in Korea, it bodes well for the depth of talent now progressing into senior ranks. It was a privilege to help such fine walkers.

You can pick up full race splits on the official website at <http://www.sz2011.org/Universiade/>

And now to Simon's photos.



Left: Nicole Fagan (139) far left at race start. Right: Beki Lee is pleased with her 10th place finish.



Brendon Reading, Ian Rayson and Beki Lee (far right of women's pack) in action

NZ ROADWALK CHAMPIONSHIPS, WELLINGTON, SATURDAY 20 AUG 2011

Rosie Robinson and former international Mike Parker won their respective New Zealand 10km Roadwalk championships at Wellington last Saturday. Rosie led the field through the 8km mark before being caught by Mike. After sharing the lead for the next 1.5km, Mike broke away in the final stages to win the men's event with 49:58, 4 secs ahead of Rosie with 50:02. She retained her 2010 national title and bettered her PB by 29 secs. It was good to see a large number of walkers in action over all the events.

5km Race Walk Women

W19	1	Courtney Ruske	Christchurch Avon AC	25:16
	2	Natasha Murrhiy	Athletics Wellington Inc	27:26
	3	Sarah-Amy Drummond	Racewalking Auckland Inc	32:30

5km Race Walk Men

B14	1	Andrew Paton	Athletics Wellington Inc	29:01
M16	1	Jonathan Lord	South Canterbury AAC	24:24
	2	Stuart Hood	Athletics Wellington Inc	27:01
	3	Paul Jackson	Racewalking Auckland Inc	27:41
	4	Andrew Jackson	Waitakere City Athletic Club Inc.	28:02

10km Race Walk Women

SW	1	Roseanne Robinson	Hill City AAC	50:02
	2	Alana Barber	Racewalking Auckland Inc	55:55
	3	Lesley Cantwell	Fiordland Athletic Club	57:14
W40	1	Nyle Sunderland	Athletics Nelson Inc	56:02
	2	Katie	Tahere Egmont Athletics	1:08:57

W45	1	Serena Coombes	Taranaki Race Walking Club	1:08:13
W50	1	Robyn McArthur	Athletics Wellington Inc	59:25
	2	Terri Grimmett	Wellington Scottish Athletics Club Inc.	1:02:38
W55	1	Anne Fraser	Taranaki Race Walking Club	1:12:52
W60	1	Susan Hoskin P	almerston North A & HC	1:03:55
	2	Marlene White	Taranaki Race Walking Club	1:07:42
W65	1	Jacqueline Wilson	Athletics Wellington Inc	1:06:52
W70	2	Sue Park	Taranaki Race Walking Club	1:23:17

10km Race Walk Men

SM	1	Mike Parker	Calliope Athletic & Harrier Club Inc.	49:58
	2	Peter Baillie	Athletics Wellington Inc	56:29
	3	Bob Gardner	Wellington Scottish Athletics Club Inc.	1:06:03
M45	1	Des Hussey	Stratford Runners & Walkers Club	58:55
	2	David Wackrow	Taranaki Race Walking Club	1:08:40
M50	1	Kevin Watson	Athletics Wellington Inc	1:06:33
M55	1	Ian Bailey	Palmerston North A & HC	1:04:41
	2	John Leonard	Wellington Scottish Athletics Club Inc.	1:09:46
M60	1	Eric Kemsley	Taranaki Race Walking Club	55:23
	2	Peter Zwart	Palmerston North A & HC	57:46
M65	1	Geoff Iremonger	Wellington Scottish Athletics Club Inc.	1:12:49

IAAF WORLD CHAMPIONSHIP PREVIEWS

Now it's on to the **13th IAAF World Championships in Athletics** which start in Daegu later this week. Luke, Adam and Jared are the first of our walkers to race, on Sunday. A reminder of the walks timetable.

Sun 28 August 9.00AM	20km Walk Men	Luke Adams, Adam Rutter, Jared Tallent
Wed 31 August 9.00AM	20km Walk Women	Regan Lamble, Claire Tallent
Sat 3 Sept 8.00AM	50km Men	Luke Adams, Nathan Deakes, Jared Tallent

The provisional entry list for the championships shows 202 national teams and some 1945 athletes have been entered. This makes it almost identical in size to the 2012 Olympic T&F Program which is restricted to 2000 athletes. You can read excellent previews of all 3 walk events on the IAAF website:

50km Preview	http://daegu2011.iaaf.org/NewsEventPreviewsListDetail.aspx?id=61170
20km Men Preview:	http://daegu2011.iaaf.org/NewsEventPreviewsListDetail.aspx?id=61172
20km Women Preview:	http://daegu2011.iaaf.org/NewsEventPreviewsListDetail.aspx?id=61171

AUSTRALIAN SELECTION CRITERIA, 2012 OLYMPIC GAMES

Yesterday AA released its Selection Policy for the 2012 Olympic Games and our top walkers will all be reading it with interest - see http://www.athletics.com.au/high_performance/high_performance_news/team_information/2012olympics/selection

AA went with the IAAF 'A' and 'B' standards for all events except the marathon. But for more than one athlete to be entered in any event, all athletes must attain the IAAF 'A' Qualifying Standard in the Qualifying Period. Effectively, this means that our walkers have to achieve the following A Standards within the specified qualification periods to be considered for selection:

Men 20k walk	1:22:30	Qualification Period: 1 May 2011 to 8 July 2012
Women 20k walk	1:33:30	Qualification Period: 1 May 2011 to 8 July 2012
Men 50k walk	3:59:00	Qualification Period: 1 January 2011 to 14 May 2012

Walkers who do well at the 2011 IAAF World Champs can put into the Nomination Squad (see the selection document for an explanation) but only a maximum of 2 per event. The first placed eligible athlete at the Nomination Trial will also be eligible for nomination to the AOC provided that:

- (i) the Athlete achieved the Nomination Standard at the 2011 IAAF World Championship; or
- (ii) the Athlete achieved the Nomination Standard performance in the Nomination Trial; or
- (iii) at the time of the relevant Nomination Trial the Athlete has achieved a Nomination Standard performance in the relevant event during the Athletics Australia Qualifying Period on more than one (1) occasion.

The Nomination Trials are as follows:

50K Walk Event – the 2011 Australian 50K Walk Championship 11 December 2011, Melbourne
 20K Walk Events – the 2012 Australian 20K Walk Championship 25 February 2012, Hobart

All qualifying performances must be achieved during competitions organised or authorized by the IAAF, its Area Associations and its National Member Federations. A list of qualifying competitions for the Race Walking events, which meet the IAAF's qualifying criteria, will be maintained by the IAAF.

OTHER IAAF NEWS

To the second of the big events for 2012, the IAAF World Junior Championships, to be held in Barcelona in Spain on 10-15 July. The IAAF Council has just approved the entry standard to the 10,000m racewalks - **44:20** for Men and **51:00** for women. AA will soon follow with its selection criteria.

The IAAF has also released the dates of its 2012 Race Walking Challenge Series. They read as follows

Sat 3 Mar	Chihuahua, MEX
29-31 Mar	Taicang, CHN
Sat 14 Apr	Rio Major, POR
12-13 May	IAAF Race Walking Cup, Saransk, RUS
Sun 26 May	La Coruna, ESP
Sat 2 June	Sesto San Giovanni, ITA
3-12 Aug	Olympic Games, London, GBR
Sat 15 Sept	IAAF RW Challenge Final, Erdos, CHN

LITTLE ATHLETICS INFORMATION

Thanks to Shane Bertrand for passing on the following informational items, relevant to Victorian Little Athletes and their parents.

Firstly, the annual **LAVic Race Walking Coaching Clinic and Judging Seminar** is to be held at the Collingwood Harriers Track in Clifton Hill on Sunday 16th October. This is the fourth year for this dual event and it is proving very popular for both the athletes and parents.

U9-U16 Race Walking Clinic

All athletes will receive expert coaching during this comprehensive clinic in Race Walking. Along with skills training, the athletes will receive advice on preparation, clothing, hydration and nutrition.

Cost: \$5.00 (Online Credit Card Payment Only)

Registered U9-U16 Athletes Only!

PLACES LIMITED TO THE FIRST 50 ATHLETES

Date: Sunday 16th October

Venue: George Knott Reserve - Collingwood LAC
Heidelberg Road, Clifton Hill (Mel Ref: 30 G12)

Time: 10.30am - 12.30pm

Athletes of all abilities are invited to attend

To Register click on the link: [Race Walking Coaching Clinic](#)

Registrations Close: Wednesday 12th October (Midnight)

All enquires to Shane Bertrand at the LAVic Office on 9676 3600 or shane.bertrand@lavic.com.au

Race Walking Judging Seminar

This seminar will assist in training & development of Race Walk Judges, with a focus on the Beginner and D Grade Walk Judge. The seminar will be both theory and practical, with athletes assisting in the practical judging sessions. An added bonus, all attendees will receive a copy of the Race Walking Judging & Coaching handbook, along with the updated Race Walk Judging slips. Participants can sit for their D Grade Race Walking exam.

Cost: FREE

Date: Sunday 16th October

Venue: George Knott Reserve - Collingwood LAC
Heidelberg Road, Clifton Hill (Mel Ref: 30 G12)

Time: 10.30am - 12.30pm

To Register click on the link: [Race Walk Judging Seminar](#)

Registrations Close: Wednesday 12th October (Midnight)

All enquires to Shane Bertrand at the LAVic Office on 9676 3600 or shane.bertrand@lavic.com.au

And a further note to all LAVic members in the older age groups. As a Little Athlete, you can participate in what is called a **Dual Registration** and also make yourself eligible to race in the Athletics Victoria competitions and championships as well as in your local Little Athletics competitions. For further info, read the AV flyer which I have placed at <http://www.vrwc.org.au/Dual%20%20Youth%20Athletics%20Flyer%20%28AS%29%203-3-11.pdf>.

WHAT'S COMING UP

Next Saturday sees us back at Middle Park for VRWC scratch races. The program reads:

Saturday 27 August 2011, Middle Park		
VRWC EVENTS: Entries close for all events at 2.00pm sharp.		
2.15pm	8km	Open
2.15pm	6km	Open
2.15pm	4km	Open
2.15pm	4km	Under 15
2.30pm	2km	Under 12
2.30pm	1km	Under 9

A reminder that the final races in our winter season on Sunday 11 September include our long distance championships. The Women's 50km event is a combined VRWC and a RWA championship so there will be two sets of medals on offer. There is no time limit and it is one of the very few occasions when our ladies can test themselves out over such distances. Please contact me if you are intending to race in one of the long events. You can still enter on the day for all events except the Victorian 50km championship but we need to know numbers so that we can plan accordingly.

Sunday 11 September 2011, Middle Park		
7.30am	50km Victorian Championship	Open Men
	50km VRWC/RWA championship	Open Women
	35km VRWC Championship – Ray Smith Trophy	
	5 hour race *	Open
	4 hour race *	Open
10.00am	20km	Open
11.00am	10km	Open

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

7-16 Oct, 2011 13th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

Aug 27-Sept 4, 2011 13th IAAF World Championships in Athletics, Daegu, Korea. See <http://daegu2011.iaaf.org/home.aspx>

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

2011/2012 Australian/Victorian Summer Season Key Dates

Sat 15 Oct 2011 AV Shield Competition starts
Sun 16 Oct 2011 LAVic Coaching Clinic and Judging Seminar
Sun 23 Oct 2011 VRWC Summer Season commences, Middle Park, Melbourne
4-6 Nov 2011 AV Schools T&F Championships, Melbourne
3-5 Dec 2011 2011 All Schools Championships, University of Queensland, St Lucia
Sun 11 Dec 2011 2011 Australian 50km Championship, Fawkner Park, Melbourne, VIC
13-15 Jan 2012 Victorian Country T&F Championships, Bendigo
Sat 25 Feb 2012 Australian 20km roadwalk Championships, Hobart, TAS (World Walking Cup trials for 10km and 20km)
24-26 Feb 2012 Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012 IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012 Victorian Open T&F Championships, Melbourne
15-19 Mar 2012 2012 Australian Junior Championships, Sydney Olympic Park
5-9 Apr 2012 Australian Masters T&F Championships, Melbourne

2012 International Fixture

Feb 5-12, 2012 **Oceania Masters Athletics Championships, Tauranga, New Zealand**
Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyväskylä, Finland**
May 12-13, 2012 **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/>

2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012 Chihuahua, MEX
29-31 Mar, 2012 Taicang, CHN
Sat 14 Apr, 2012 Rio Major ,POR
12-13 May, 2012 IAAF Race Walking Cup, Saransk, RUS
Sun 26 May, 2012 La Coruna, ESP
Sat 2 June, 2012 Sesto San Giovanni, ITA
3-12 Aug, 2012 Olympic Games, London, GBR
Sat 15 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

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>)