



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 36
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VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was 19 year old **Rachel Tallent** who powered through to a wonderful time of 48:13 (a 27 sec PB) in taking silver behind Kelly Ruddick in the Victorian Country Open 10km Roadwalk in Ballarat on Sunday. This comes of top of her fine performance in Saransk earlier this month in the World Race Walking Cup and bodes well for her next big race in the 2012 World Junior Championships in July in Barcelona.

This week's Walker of the Week will be a two way vote between two walkers who have both caught my eye in recent weeks So get busy and vote at www.vrwc.org.au.

- 18 year old **Josh Kaiser** of VRWC has been walking since 2009 but has only just started to show his potential this year. He walked a PB of 24:34 in the 5000m invitational event at the National T&F champs in April, then improved to 23:49 in the Vic Country champs in late May. A week later and he has now walked a huge 10km PB of 50:50 and I am sure that as the winter progresses, we will see further improvement.
- 20 year old **Brandon Dewar** of QRWC has kicked up a notch since being selected to represent Australia in the Oceania Championships later this year. Last weekend, he also raced 10km and his time was also a big PB - 44:12 in his case. Brandon is one of our up and coming walkers and, now that he has hit senior ranks, we can expect to see him and his twin brother Nick both nipping at the heels of our elite walkers as they progress up through the ranks.

REGAL RACEWALKERS, CHIPPING NORTON, SATURDAY 12 MAY

Division 1: 14km

1.	Robert Osborne	1:55:35
2.	Jim Seymon	1:55:35
	Jodie Sundstrom	1:09:35 (8km)

Division 2: 12km

	Kurtis Birch-Ward	10:41 (2km)
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Division 4: 2km

1.	Amy Henry	13:14
2.	Blake Dwyer	13:17
3.	Laura Henry	13:34
	Jordan Glover	5:43 (1km)
	Dakota Bennett-Ward	7:14 (1km)

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 2 JUNE

A big group of walkers descended on Middle Park (89 in all) on Saturday in perfect conditions for one last hitout before the LBG Carnival next weekend and good times were recorded across the board. As usual Terry Swan was there with his camera – check out <http://www.vrwc.org.au/coppermine/> for over 100 photos from the day's racing.

The 10km saw a huge battle between Josh Kaiser and Simon Evans with Josh finally breaking away in the final lap to record a 2:23 PB time of 50:50 ahead of Simon 50:56. It was no surprise that Josh also won the men's handicap. Michelle Laufer 53:27 was an easy winner in the women's 10km event while Simone O'Neill won the women's handicap with a time of 1:06:11, just outside her PB.

10km Open

1.	Michelle Laufer	53:27	H'cap Place	3
2.	Marlene Gourlay	59:00		4
3.	Anna Wallace	1:02:49		6
4.	Alison Thompson	1:03:19		7
5.	Simone O'Neill	1:06:11		1
6.	Donna Elms	1:06:34		2
7.	Celia Johnson	1:09:27		4

1.	Joshua Kaiser	50:50	1	PB 2:23
2.	Simon Evans	50:56	2	
3.	James Christmass	54:05	3	
4.	Nicholas Mirarchi	56:52	7	
5.	Duncan Knox	58:55	4	
6.	Gerard Feain	59:05	5	
7.	Bob Gardiner	1:03:36	6	
8.	Tony Johnson	1:07:33	8	
9.	Rudolf Skrucany	1:16:53	9	



Josh Kaiser, Marlene Gourlay, Simon Evans, Simone O'Neill and Michelle Laufer

In the Open 5km, Nathan Brill and Rhydian Cowley walked side by side with 3km entrant Jason Kozica and were they moving. Jason eventually cleared out to win the 3km in 12:42 (more about that later), leaving Nathan and Rhydian to walk together and cross the line in 21:26. Behind them, Brad Simpson walked a 10 sec PB with 23:38, his time winning the men's handicap. Mick Gray and Gerald Sofianos also recorded PBs. In the women's walk Kirstin Shaw won with 27:14 while the handicap honours went to her mum Robyn – a family affair!

5km Open		H'Cap Place		
1.	Kirstin Shaw	27:14	7	
2.	Heather Carr	27:45	5	
3.	Jmara Hockley Samon	28:35	8	
4.	Liz Feldman	29:46	4	
5.	Robyn Shaw	30:19	1	
6.	Gwen Steed	32:03	2	
7.	Chloe McNicol- Davidson	32:04	3	
8.	Karen O'Neill	34:24	6	
	Amelia Finnegan	DNF		
E1	Nathan Brill	21:26	5	
E1	Rhydian Cowley	21:26	6	
3.	Brad Simpson	23:38	1	PB 0:10
4.	Kyle Bird	27:04	12	
5.	Ralph Bennett	27:25	2	
6.	Russ Dickenson	29:09	9	
7.	Mick Gray	29:21	4	PB 0:43
8.	Alan Lucas	31:37	8	
9.	Gerald Sofianos	32:49	3	PB 0:13
10.	Geoff Barrow	33:10	7	
11.	Barrie Wicks	38:02	10	
12.	Alex Poore	43:35	11	

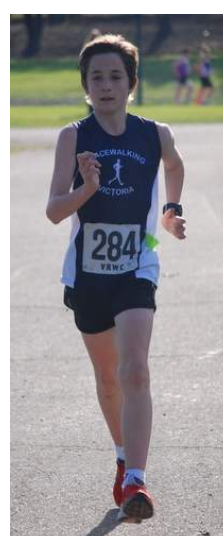
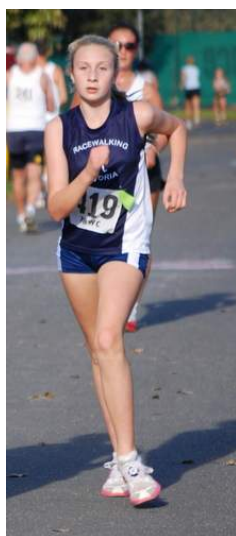
In the Open 3km, Jason Kozica was the standout with a 39 sec PB time of 12:42, also winning the handicap. Jan Morrey did the same double in the Open women's 3km with her time of 20:36. In the U15 3km, Kyle Swan was the quickest with 14:31, ahead of Jasmine Irshad 14:55 while the handicap winners were Emily Swan with 17:13 and Cody McNicol-Davidson with 18:55. Shelby Kay 16:32, Paige De Lisen 16:05, Emily Swan 17:13 and Reese Walmsley 15:08 all did PBs.

3km Open			
1.	Jan Morrey	20:36	1
2.	Cathy Huse	21:45	3

3.	Pam Mews	26:33	2	
	Stephanie George	DNF		
1.	Jason Kozica	12:42	1	PB 0:39
2.	Paul Kennedy	15:25	4	
3.	Gordon Onley	21:31	2	
4.	John Morrison	22:00	3	
5.	Tony Barrett	23:00	5	



Rhydian Cowley, Nathan Brill, Jason Kozica, Mick Gray and Jan Morrey



Shelby Kay, Paige De Lisen, Emily Swan, Kyle Swan and Brad Simpson

3km Under 15

1.	Jasmine Irshad	14:55	10	
2.	Emily Hamilton	15:49	4	
3.	Paige De Lisen	16:05	2	PB 0:18
4.	Shelby Kay	16:32	8	PB 0:01
5.	Jessie Eastwood	17:00	3	
6.	Emily Swan	17:13	1	PB 0:10
7.	Mikhala Hodges	17:15	5	
8.	Philippa Huse	17:27	7	
9.	Carly Bertrand	18:03	6	
10.	Beth Barbour	18:42	12	
11.	Rebecca Campbell	19:19	9	
12.	Gabbie Crea	19:42	11	
13.	Courtney Utber	20:02	13	
14.	Stacey McLaren	21:33	14	

1.	Kyle Swan	14:31	2	
2.	Reese Walmsley	15:08	3	PB 0:37
3.	Cody McNicol- Davidson	18:55	1	
4.	Paul Tremigliozzi	19:12	4	
	Brendan O'Mahony	DQ		
	Callum Evans	DNS		

The U12 walkers were in amazing form with the majority of the field recording PBs. Rachael Guy dropped down from U15 to U12 so that she could kick out over 2km and she was rewarded with fastest time of 10:08. She finished just behind Corey Dickson 10:03 who took the double – boys' fastest and boys' handicap. Georgia Bertrand won the U12 girls' race with 10:39 while Brodie Richardson won the handicap. In the U9 division, Freya Evans stepped straight onto the track from dancing (still in her dancing shoes!) and was rewarded with a huge PB of 6:25, winning the girls' race and handicap. Jared Hodges was the fastest of the boys with 6:19 while Thomas Kennedy won the boys' handicap with 8:25.

2km Under 12

1.	Rachael Guy	10:08	-	PB 1:01
2.	Georgia Bertrand	10:39	4	PB 0:19
3.	Brodie Richardson	10:44	1	PB 0:11
4.	Brianna Lillie	11:08	3	PB 0:20
5.	Jessica Lillie	11:25	6	PB 0:04
6.	Kathleen O'Mahony	11:26	2	PB 0:11
7.	Jemma Eastwood	12:03	7	
8.	Mackayla Davison	12:04	8	
9.	Tegan Miller	12:10	5	PB 0:03
10.	Anaya Hodges	12:15	9	
1.	Corey Dickson	10:03	1	PB 0:38
2.	Hayden Walmsley	11:39	4	
3.	Lachlan Feain	11:44	3	PB 0:08
4.	Liam Evans	12:11	2	PB 0:36
5.	Justin Brill	13:23	5	

1km Under 9

1.	Freya Evans	06:25	1	PB 0:58
2.	Gemma Lillie	06:26	3	
3.	Zara Irshad	10:42	4	
1.	Jared Hodges	06:19	2	
2.	Thomas Kennedy	08:25	1	
3.	William Kennedy	08:26	2	



Brodie Richardson, Tom and William Kennedy, Corey Dickson, Freya Evans, Gemma Lillie and Jared Hodges

And finally, thanks to our many officials. Sorry if I missed anyone!

Officials: Tim Erickson, Mark Donahoo, Stuart Cooper, Mark O'Mahony, Ian Laurie, Mark Davidson, Damien Elms, Jason Elms, Don McLaren, Jason McLaren

Judges: Peter Vysma (Chief), Stuart Cooper, Shane Bertrand, Dave Cash, Lloyd Nichols, Gordon Loughnan

Course Setup: Bob Gardiner, Harry Summers

Photos: Terry Swan

STYLE AWARD POINTS

Once I get the updated Handicap and Actual Time points from Mark Donahoo, I will update the website with the progressive totals in all our Points competitions. In the meanwhile, here are our Style Award points from Saturday.

Open / U15 Men	Open / U15 Women	U12 / U9 Boys	U12 / U9 Girls
Nathan Brill 7	Jasmine Irshad 5	Jared Hodges 9	Jessica Lillie 6
Rhydian Cowley 5	Paige De Lisen 3	Corey Dickson 5	Gemma Lillie 4
James Christmass 3	Emily Swan 3	Hayden Walmsley 4	Brianna Lillie 1
Kyle Bird 2	Marlene Gourlay 1	Jared Hodges 3	
Nicholas Mirarchi 2	Heather Carr 1	Justin Brill 1	
Duncan Knox 1			

ACTRWC ROADWALKS, POINT HUT POND, CANBERRA, SATURDAY 2 JUNE

Thanks to Robin Whyte for the weekly walk results from Canberra.

8Km Handicap (Time, Start)

1. Derek Robinson	52:50	(35:45)
2. Robin Whyte	50:33	(39:30)
3. Geoff Barker	57:37	(32:40)
4. Brendon Reading	42:39	(50:45)
5. ?	25:38	(44:05)
6. Robin Whyte	31:59	(38:10)
7. Rod Gilchrist	36:27	(34:55)
8. Geoff Barker	37:37	(34:55)
9. Pat Fisher	41:33	(33:15)

4Km Handicap (Time, Start)

1. Jenny Reading	29:56	(12:00)
2. David Mackenzie	29:54	(13:00)
3. Harry Bates	19:53	(23:15)
4. Jane Bates	25:33	(17:45)
5. Helena Bialecki	25:35	(17:55)
6. Zoe Hunt	22:18	(21:15)

SARWC CLUB CHAMPIONSHIPS, ADELAIDE PARKLANDS, SATURDAY 2 JUNE

Thanks to Peter Crump for his weekly report from Adelaide.

Our long course championships were held in ideal conditions as our last work out before LBG next week with some good times recorded across all distances. Kim Mottrom continued his fine form, even though he did not break his PB, still a good time over the 15 km distance ahead of training partner Justin Hill in a smart debut time over the distance. Over the 3km distance for U14s, Jacob Nipperess showed that the family form has passed down a generation. The U14 girls produced yet another good time for Anna Cross as she edged nearer her track 3km PB over the road, followed by Beth Cross and Rhiannon Lovegrove (both under 12) who were unable to be split by the time keeper.

15km Open Men

1. Kim Mottrom	1:10:12
2. Justin Hill	1:19:21

Over 35 Men

1. Peter Crump	1:22:27
2. Bill Starr	1:45:02
3. Jim Hoare	1:48:16

10Km Under 20 Women

Amber Tuscharski	DNF
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3Km Under 14 Boys

1. Jacob Nipperess	18:49
Alix Harlington	DNF

Under 14 Girls

1. Anna Cross	15:37
E2. Beth Cross	16:36
E2. Rhiannon Lovegrove	16:36
4. Rhiana Hooker	18:32
5. Riona Tyler-Dowd	20:13

Support Events

5Km

1. Lachlan Tyler-Dowd	28:43
2. Danielle Walsh	29:35

3km

1. Julia Potezny	16:33
2. Peter Walsh *	22:13
3. Troy Hooker *	22:13

2Km

1. Joe Cross	12:12
2. Jessica Stephens	12:43
3. Sarah Damin	13:14
4. Sarah Nipperess	13:55
5. Ayeisha Wallace	14:00

Come & Try

1. Ryan Hooker	17:01
2. Mark Hooker	17:02
3. Corey Harlington *	20:49

SAMA ROADWALKS, ADELAIDE, SATURDAY 2 JUNE

Thanks to Colin Hainsworth for Saturday's South Australian Masters roadwalk results. Colin commented: *Tim, contrary to weather forecast it was a cool, calm, dry arvo. Good for walking. 10k SAMA Championships along with a 6k supporting event.*

10k Championship walk

1	W65	Margaret Trengove	1.11.51	80.49%
1	W60	Jan Layng	1.20.58	66.49%
1	W55	Linda Whitelaw	1.20.04	63.13%
2	W55	Edna Bates	1.29.34	57.11%
1	W50	Marie Maxted	1.08.07	69.48%
1	W45	Raelene Shild	1.15.59	53.36%
1	M80	Colin Hainsworth	1.17.21	79.35%
1	M75	David Robertson	1.22.06	70.05%
1	M70	Rodger Barber	1.15.27	71.90%
1	M65	George White	58.15	84.25%
2	M65	Graham Harrison	1.09.03	72.74%
3	M65	Roger Lowe	1.19.53	63.63%
1	M60	Jack Russell	1.04.29	71.44%

6k Supporting walk

1	W67	Jill Rogers	49.24
2	W64	Lillian Harpur	51.52
3	M61	Jeff Kennett	56.10

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 3 JUNE

Thanks to Rick Cattermole for the latest walk results from the Race Walking Club of Western Australia.

10km Open

1.	Vanessa Brown	56.36
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3km Open

1.	Melissa Butler	19.12
2.	Jasmin Burgess	20.26

5km Open

1.	Michelle Butler	30.43	PB
2.	Sara Cattermole	31.24	
3.	Christopher Gerken	40.51	
	Caitlin Gerken	DNF	

2km Open

1.	Summer Brown	11.21	
2.	Andrea Hahn	13.00	
3.	Helen Hahn	18.43	PB

And talking of RWCWA, David Smyth emailed me over the weekend to say

Today I did a 15km walk with the Masters as part of the racewalking champs -1:26:45 very happy BUT then more excitement when I was given a certificate for my 3000m time 15:55:02 in Finland. It was not only a personal best BUT was also a new WA state record. I'm a happy racewalking chef today :)

Good on you David, well deserved.

WARWC ROADWALKS, WILSON, SATURDAY 2 JUNE

And more walking results from Western Australia, this time from the Western Australian Race Walking Club.

5km Handicap

1.	I Tolardo	36:20
2.	Lesley Romeo	37:53
3.	Tiahna Ruane	35:31
4.	Holly Hughes	31:31
	Tanya Andrew	DNF

3km Handicap

1.	Courtney Johns	19:40
2.	Aimee Reid	21:06
3.	A Tolardo	21:05
4.	O Skepper	21:20
5.	H Ruane	22:11
6.	B Reid	22:32
7.	M Back	26:08
8.	G Currulli	24:32
9.	M Currulli	31:19

1.5km Handicap

1.	A Holland	10:30
2.	E Holland	10:13
3.	J Curry	11:45
4.	S Millington	9:07
5.	J Millington	10:08

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 3 JUNE

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held 2km and 4km sealed handicap events at Lake Neangar on Sunday morning with excellent conditions prevailing. In the 2km event Madison Hill produced an excellent personal best to score a fine victory in 12.03 with Zahra Hayes recording the fastest time in the event of 11.58 and securing 2nd in the handicap section with Carissa Brook claiming 3rd place also with a personal best time of 14.00. In the 4km race Norm West scored a narrow handicap victory with a time of 32.31 with Colin Cleary close up in 2nd place in 29.23 and Annette Curtis taking 3rd with a 28.18 performance.

2km Handicap Walk

1.	Madison Hill	12:03
2.	Zahra Hayes	11:58
3.	Carissa Brook	14:00
4.	Geoff Major	14:51

4km Handicap Walk

1.	Norm West	32:31
2.	Colin Cleary	29:23
3.	Annette Curtis	28:18
4.	Barb Bryant	24:53
5.	Annette Major	26:07
6.	Ebony Whiley	24:52

The next Bendigo Walkers Club race day will be held on Sunday 17th June at Lake Neangar Eaglehawk with a 3.2km handicap event commencing at 10am. New Walkers are welcome to attend. Enquirers phone 5442 6435 or 0400649610

QRWC ROADWALKS, PIZZEY PARK, BRISBANE, SUNDAY 3 JUNE

Last weekend saw our World Junior Championship athletes participating in a pre-departure camp at the Gold Coast and the walkers made the most of the opportunity and joined their Brisbane compatriots at Pizzezy Park on Sunday morning, Blake Steele 43:12 and Rachel Tallent 48:35 both showing excellent form prior to their departure for Spain later this month. Add in local walkers Dane Bird-Smith 42:45, Brandon Dewar 44:12 (a huge PB), Nick Dewar 45:10 and Jesse Osborne 49:39 and you certainly had a top quality field. I also note that Nyle Sutherland has now completed her move from New Zealand to the Gold Coast and she had her first race with QRWC, winning the 5km event with 28:46.

A Grade 10km - Men

1.	Dane Bird-Smith	42.45	
2.	Blake Steele	43.12	
3.	Brandon Dewar	44.12	PB 1:38
4.	Nick Dewar	45.10	
5.	Jesse Osborne	49.39	
6.	Ignacio Jimenez	49.51	
7.	Peter Bennett	51.46	
8.	John Harris	65.04	
9.	Brad Aiton	DNF	

C Grade 3km

1.	Mikaela Woodward	15.48
2.	Aimee Brackin	17.51
3.	Robyn Wales	24.09

D Grade 2km

1.	Ryan Pinchen	11.41
2.	Dane Shaw	15.28 (Not Judged)

F Grade 1km

1.	Simone Berndt	6.30
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A Grade 10km - Women

1.	Rachel Tallent	48.35
2.	Kay Shaw	66.10
3.	Donna Beikoff	69.20
4.	Noela McKinven	77.19

U8 500m

1.	Kris Hayward	2.30
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B Grade 5km

1.	Nyle Sunderland	28.46
2.	Sally Lynch	33.09
3.	Christiane Dauphinnet	38.52
4.	Richard Lynch	39.57

The Queensland Athletics Winter Series meet at QSAC at Nathan on Sunday morning also featured a 3000m walk with Jessica Pickles and Clara Smith both recording good times.

Women 3000m Track Walk

1.	Pickles, Jessica	18	Aus	13:55.64
2.	Smith, Clara	14	Unq	14:26.43

CZECH INTERCLUB MEET, KLDNO, CZECH REPUBLIC, SATURDAY 2 JUNE

Czech walker Lucie Pelantová recorded a big PB of 21:34.33 to set a new national record for the 5000m track walk when competing in the Extraliga Interclub competition in Kladno last Saturday. The first 5 placings from both men's and women's races are shown below.

5000m Walk Women

1.	Lucie Pelantová	865507	PSK Olymp Praha	21:34.33
2.	Eliška Drahotová	955722	Univerzitní sportovní klub Praha	22:57.48
3.	Hana Herberová	815103	Hvězda SKP Pardubice	25:18.39
4.	Anna Selniková	945906	AK SSK Vítkovice	27:10.07
5.	Martina Netolická	825525	AK Olymp Brno	28:32.12

5000m Walk Men

1.	Lukáš Gdula	911206	Hvězda SKP Pardubice	20:50.03
2.	Karel Ketner	900411	AK Kroměříž	20:54.03
3.	Jiří Malysa	910515	AK Kroměříž	22:03.47
4.	Pavel Schrom	910317	VSK Univerzita Brno	22:11.94
5.	Roman Říha	900610	AK SSK Vítkovice	22:22.49

38TH INTERNATIONAL RACE WALKING FESTIVAL, ALYTUS, LITHUANIA, FRIDAY 1 JUNE

Walkers from a large number of European countries gathered in Alytus in Lithuania last Friday for their International Race Walk Festival. Results for the finishers shown below.

20 km walk Men

1.	Marius Žiūkas	LTU	29 Jun 85	1:24:06
2.	Arnis Rumbenieks	LAT	4 Apr 88	1:24:18
3.	Aku Partanen	FIN	28 Oct 91	1:27:02
4.	Genadij Kozlovskij	LTU	7 Jan 91	1:27:11
5.	Andrei Stsepanchuk	BLR	12 Jun 79	1:27:56
6.	Artur Mastianica	LTU	30 Jul 92	1:32:41
7.	Janis Strautins	LAT	18 Jun 89	1:34:59
8.	Evaldas Silčenko	LTU	17 Jul 92	1:41:08

20 km walk Women

1.	Agnese Pastare	LAT	27 Oct 88	1:32:49
2.	Kristina Saltanovič	LTU	20 Feb 75	1:33:28
3.	Brigita Virbalytė-Dimšienė	LTU	1 Feb 85	1:34:15
4.	Anita Kažemāka	LAT	30 May 90	1:34:29
5.	Antigóni Drisbióti	GRE	21 Mar 84	1:38:04
6.	Kristine Platace	LAT	11 Jan 90	1:39:03
7.	Panayióta Tsinopoulou	GRE	16 Oct 90	1:39:59
8.	Agnė Klebauskaitė	LTU	13 Apr 92	1:44:34
9.	Lisa Kehler	GBR	15 Mar 67	1:49:27

10 km walk U20 Men

1.	Marius Šavelskis	LTU	30 Jul 94	42:09
2.	Wiktor Szabo	POL	26 Feb 93	44:57
3.	Peter Tichý	SVK	25 Jun 93	45:14
4.	Aurelien Quinion	FRA	27 Jan 93	45:38
5.	Yauheni Tsitsiak	BLR	9 Jul 93	47:42
6.	Raivo Saulgriezis	LAT	4 Jul 94	47:56
7.	Normantas Petriša	LTU	6 May 94	49:12
8.	Vadzim Lamanosau	BLR	16 Apr 95	50:17

10 km walk U20 Women

1.	Émilie Tissot	FRA	11 Apr 93	49:15
2.	Jolanta Karaš	POL	9 Mar 89	53:00
3.	Radoslava Piliarová	SVK	21 Oct 96	53:57
4.	Lucia Škantárová	SVK	28 Dec 96	54:12
5.	Daiva Šadauskaitė	LTU	19 Oct 90	55:35
6.	Lucia Čubaňová	SVK	9 Aug 95	55:39
7.	Diana Kačanová	LTU	7 Jan 93	56:02
8.	Inga Ritere	LAT	17 Sep 95	57:31
9.	Felicia Hogrell	SWE	29 Mar 94	58:53
10.	Terézia Tomajková	SVK	7 Dec 95	59:16

USA 10 KM WALK CHAMPIONSHIPS, EMPIRE STATE PLAZA, ALBANY, NY, SATURDAY JUNE 2
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And to the USA where the annual USA 10km walk championships were contested in New York State.

10km Men

1.	Dan Serianni	21	World Class Team, Rochester NY	44:25
2.	Michael Mannozi	26	Miami Valley TC, Miami FL	45:40
3.	Richard Luettchau	27	Shore AC, Somerset NJ	45:46
4.	Ben Shorey	29	Shore AC, Kenosha WI	47:15
5.	Dave Talcott	52	Shore AC, Owego NY	48:31
6.	Kyle Hively	24	Shore AC, Gallipolis OH	50:22
7.	Dan O'Brien	47	Pegasus AC, Port Huron, MI	53:09
8.	Mark Green	56	Pegasus AC, MI	53:28
9.	Andrew Smith	62	Pegasus AC,	55:07

10. Bill Vayo 47 Walk USA, NY 57:29

10km Women

1.	Teresa Vaill	49	Pegasus AC, Gainesville, FL	47:41
2.	Erin Taylor-Talcott	34	Shore AC, Owego, NY	50:00
3.	Susan Randall	38	Miami Valley TC, Dayton, OH	50:38
4.	Rachael Tylock	19	Mansfield Univ , Mansfield, PA	51:54
5.	Maite Moscoso	34	Florida AC, Longwood, FL	52:53
6.	Katie Smith	24	Pegasus TC, Grand Rapids, MI	1:00:17
7.	Debbie Topham	58	Pegasus AC, Mayville, MI	1:01:02
8.	Cheryl Armstrong	U40	Raleigh Walkers, NC	1:03:53
9.	Sandra Denoon	57	Florida AC, FL	1:07:58
10.	Panseluta Geer	65	Shore AC, NJ	1:08:14

OVERSEAS SHORTS

YALTA (UKR, Jun 2): Lyudmila Olyanovska set a new national mark of 45:54.94 in winning the 10000m track walk during the last day of the Ukrainian Junior championships.

SANDNES (NOR, Jun 1): Trond Nymark won the Norwegian 10 km walk title in Sandnes with 42:09.

WHAT'S COMING UP

Next weekend sees all our Australian racewalking clubs at Canberra for the annual LBG carnival. This is the biggest racewalking carnival in the Australian racewalking fixture and normally sees over 300 walkers in action in events ranging from U10 2km to the classic Open 20 Mile event, held on a tough hilly course around Like Burley Griffin.

FOCUS ON THE CANBERRA CARNIVAL

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

Carnival History

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

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

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

The Women's 10 Mile Championship

This event went live in 1989 and is now in its 24th year. 10 Miles is not an international distance but the event continues to attract our top women. In fact, some of them do the double – walk the 10 Mile championship in the morning and then walk the 5km championship in the afternoon – now that's a tough ask.

The best ever time of 74:09 was done by Kerry Saxby-Junna in 2001 and Jess Rothwell got close in 2009, recording 74:33 and Regan Lamble got even closer last year with 74:26. The top 10 performances are all under 80 minutes and the list reads as follows:

2001	Kerry Saxby-Junna	NSW	74:09
2011	Regan Lamble	RWV	74:26
2009	Jess Rothwell	VRWC	74:33
1995	Jo Strangman	ACT	76:24
2000	Lisa Paolini	NSW	76:25
2007	Cheryl Webb	REG	76:33
1996	Simone Wolowiec	VRWC	77:39
2007	Claire Woods	SA	78:01
2009	Jillian Hosking	ACT	78:19
1998	Linda Coffee	NSW	78:47

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

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

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

The Open 20 Mile Championship

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

Undoubtedly Willi Sawall is the king of the Canberra 20 miles. His race record of 2:16:48, set in 1980, withstood all attacks until 2007 when Jared Tallent finally beat it with 2:15:43. In fact, he held the two fastest times overall until Jared's fantastic walk. This, combined with his 8 wins and 2 second placings, puts him at the top of the pedestal. Those of us who were privileged to see Willi at his peak are not surprised at this. Jared Tallent has now beaten Willi's championship record and, with 6 wins himself, looks set to overtake him in the next few years and claim honours as the most prolific winner also. We watch expectantly.

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

In 1998 and again in 2009 we had 4 walkers under 2:30:00 and in 2010 we had a record 5 walkers under this mark. This year looks set to maintain this standard with Jared Tallent, Chris Erickson, Adam Rutter, Japanese walker Isamu Fujisawa, Ian Rayson and Brendon Reading all set to fire. The top 10 performers on time are

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

Robin Whyte has started every 20 Mile event since its inception and has failed to finish on only 3 occasions – DNF in 1969 and DQs in 1982 and 2005. So he has 44 finishes (all are documented except for his performance in 1969 for which the results are incomplete). Bill Starr and Duncan Knox are next numerically with 33 and 30 finishes respectively. Since all 3 walkers are still regular competitors, their dominance of this list is expected to extend even further over the next few years.

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

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.

2012 Victorian/Australian Winter Season Key Dates

Sun June 10, 2012	LBG Carnival, Canberra
Sun June 24, 2012	AV Schools Roadwalks, Middle Park
Sun 14 July, 2012	RWA State Challenge, each club in its own State
Sun 29 July, 2012	Victorian Roadwalk championships, Middle Park
Sun 26 Aug, 2012	Australian Roadwalk Championships, Adelaide

2013 Victorian/Australian Summer Season Key Dates

13-20 Oct 2012	Alice Springs Masters Games, Alice Springs, N.T.
3-11 Nov 2012	Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
12-17 Mar 2013	Australian Junior Athletics Championships, Perth, WA
11-14 April 2013	Australian Open Athletics Championships, Sydney, NSW

2012 International Fixture

Sun 8 July 2012	International Racewalk Meet, Os, Norway
July 10-15, 2012	14th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30th Olympic Games, London. See http://www.london2012.com/

Remaining 2012 IAAF Race Walking Challenge Dates

Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A

14 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**
5-12 October 2013 Australian Masters Games, Geelong
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
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**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)