



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 39
26 June 2012



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Peter Bennett**, well known as the President of QRWC but also our top ultra distance walker and he proved it again with a comprehensive victory at the Rouen 24 Hour event in France. His final distance of **213km** was only 3km shy of his best ever and it was his fourth victory from 6 starts in this event. That means he averaged just on 9km/hr for the full 24 hours of the event.

This week I have proposed another 3 fine performances for consideration, all done last weekend. Check the newsletter for the finer details. As usual, you can vote at www.vrwc.org.au.

- **Beki Lee** put the final tick in her Olympic plans with a fine pre-departure time of 1:36:45 in winning the Victorian 20km Championship at Middle Park. As VRWC photographer Terry Swan commented to me via email yesterday: *Beki was poetry in motion, wonderful to watch, These AIS athletes are so fit....she was powering along throughout the 20km fantastically.* She has now headed off to join her teammates in St Moritz for 4 weeks of altitude training before her London appointment.
- 14 year old **Tyler Jones** won the NSW U16 3km walk championship on Sunday morning in a PB time of 13:19. Tyler just keeps pushing out the big times week after week and seems to be a regular in this voting! One of the best of our many fine young walkers.
- Another one to keep pushing out the big performances is **Michelle Thompson** who was also in action in Sydney over the weekend in the Australian 24 Hour Championships. Although in the walk category she finished fourth woman overall against the runners with a PB distance of 174.893km, the second best ever by an Australian and a new W40 Australian record.

TASMANIAN ALL SCHOOLS RACE WALK CHAMPIONSHIPS, KEMPTON, 2 JUNE 2012

Thanks to Catherine Phillips for passing on the results of the recent Tasmanian Open and Schools Racewalk Championships

Women Open 10km Open Championship

1. Stephanie Stigwood 54:48

Girls U18 5km Schools Championship

1. Tahlia Hunt 27:11

Girls U16 3km Schools Championship

1. Tahlia Hunt 15:59
2. Sarah Guy 21:35

Girls U14 2km Schools Championship

1. Jemma Smith 11:19
2. Jennifer O'Connor 13:25
3. Sarah Guy 13:45

Girls U12 1.5km Schools Championship

1. Arabella Phillips 9:10
2. Kirrily Garwood 9:28
3. Madi Withrington 9:46
4. Emily Stanway 9:49
5. Jessica Minfrie 9:55

Men Open 10km Open Championship

1. Laurie Marsh 59:30
2. Brian Horton 67:29

Men 40 5km Open Championship

1. Brian Horton 33:27
2. David Moore 37:45

Boys U18 5km Schools Championship

1. Louis Rose 26:24

Boys U16 3km Schools Championship

1. Louis Rose 15:41

Boys U11 1.5km Schools Championship

1. Bailey Campbell 9:16
2. Angus Murrell 9:25

Girls U11 1:5km Schools Championship

1. Emma Beechey 11:38
2. Ava Faint 12:19

ACT WALKERS CLUB ROADWALKS, BLACK MOUNTAIN PENINSULAR, SATURDAY 23 JUNE

Thanks to Robin Whyte for the weekly results roundup from Canberra. Ann Staunton-Jugovic was in good form with her 10km time of 57:58.

10km Walk

1. Ann Staunton-Jugovic 57:58
2. Robin Whyte 1:04:15
3. Derek Robinson 1:08:13
4. Jennifer Gilchrist 1:16:03
5. Val Chesterton 1:26:01

5km Walk

1. Ashleigh Resch 28:56
2. Zoe Hunt 33:35
3. David Mackenzie 38:00
4. Bob Chapman 39:05
5. Rosemary Parker 41:50
6. Cilla Chapman 42:37

3km Walk

1. Gabby Hunt 16:29
2. Kate Black 19:53
3. Jack Thackray 25:48
4. Hilary Thackray 30:10

1km Walk

1. Thomas Hunt 07:40
2. Hana Jugovic 07:41

AV, AV SCHOOLS, AMA, VMA AND VRWC CLUB CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 24 JUNE

Sunday saw one of our biggest days of the winter at Middle Park with a variety of Victorian, Victorian Schools, VMA, AMA and VRWC Championships on offer. Unfortunately I was not there as I was in Sydney (read more about that later in the newsletter) but I am told that the weather was perfect (even some sun) and that the large fields of walkers showed excellent form. It is not often that we get right through this sort of championship day without one disqualification but that was the case on Sunday so well done everyone on your good walking. Overall, 87 walkers contested a variety of events. Thanks to VRWC Photographer Terry Swan for the photos used in this report (see full gallery at www.vrwc.org.au/coppermine).

We don't hold that many Sunday morning races in our calendar as the surrounding parklands and walking tracks are normally pretty busy. I am told that at one stage there was an altercation between walkers and other park users over right of way on the walking tracks so a quiet reminder to all that we sublease the roads from Parks Victoria on a shared basis - ie we have to coexist with other park users who also have the right to use the roads. So commonsense and a willingness to cooperate is needed on both sides. Enough said!

And now onto the racing. The first events to kick off at 9:30AM were the 20km championships - Victorian Open, Victorian Masters, Australian Masters and VRWC Open Men. Then we also had an Open non-championship for anyone else who wanted to walk 20km. Obviously many walkers featured in more than one championship so there is a fair bit of duplication in the results.

In total, we had over 30 walkers in the 20km events and the gun performer was NSW Olympian Beki Lee who was untroubled in taking fastest time overall with 1:36:45. With her pre-departure test now completed, she will fly out to Europe to join her Australian Olympic walking team mates in St Moritz. Behind her, local walkers Michelle Laufer 1:50:09 and Sarah Brennan 1:54:14 took Victorian Open gold and silver in their first ever 20km efforts while the bronze medal went to Kirstin Shaw who recorded a big PB with her time of 1:59:28. In the men's Victorian Open championship, Simon Evans 1:44:33 took gold ahead of Stuart Kollmorgen 1:45:50 and Aaron McDonough 1:47:05. There were plenty of PBs overall as shown below.

AV 20km Open Women

- | | | | | |
|----|---------------------|-----|---------|-----------------|
| 1. | Beki Lee | INV | 1:36:45 | |
| 2. | Michelle Laufer | COL | 1:50:09 | PB - first ever |
| 3. | Sarah Brennan | BYC | 1:54:14 | PB - first ever |
| 4. | Kirstin Shaw | WES | 1:59:28 | PB - 2:16 |
| 5. | Heather Carr | EAG | 2:03:59 | |
| 6. | Robyn Shaw | WES | 2:17:49 | PB 11:32 |
| 7. | Donna-Marie Elms | ATE | 2:20:29 | |
| | Jmara Hockley Samon | CHI | DNS | |
| | Emily Hamilton | KNA | DNS | |

AV 20km Open Men

- | | | | | |
|----|-------------------|-----|---------|---------|
| 1. | Simon Evans | BXH | 1:44:33 | PB 6:58 |
| 2. | Stuart Kollmorgen | COL | 1:45:50 | |
| 3. | Aaron McDonough | PTN | 1:47:05 | PB 2:29 |
| 4. | James Christmass | COR | 1:52:42 | PB 1:09 |
| 5. | Bob Gardiner | COL | 2:11:00 | |

Bradley Simpson	KNA	DNF
Andrew Jamieson	OSC	DNF
Billy Allamby	KNA	DNS



Beki Lee, Michelle Laufer, Sarah Brennan and Kirstin Shaw



**Left: Simon Evans, Stuart Kollmorgen and Aaron McDonough in action
Right: Simon and Freya Evans with the Alf Robinson Trophy**

Now onto the Masters Australian and Victorian Championships where standouts included Ralph Bennett (1:57:35 for M70), Bob Gardiner (2:11:00 for M75), Heather Carr (2:03:59 for W60) and Scott Nelson (1:45:50 for M40). Special mention also to Anna Wallace who won the W30 in a big PB time of 2:13:57. It always surprises me that more of these walkers don't also enter the concurrent AV Open Championships and such was the case of Sunday.

AMA Master 20km Men & Women

1	W40-44	Michelle Laufer	Vic	1:50:09
1	W50-54	Donna-Marie Elms	Vic	2:20:29
1	W55-59	Alison Thompson	Vic	2:13:31
1	W60-64	Heather Carr	Vic	2:03:59
2	W60-64	Liz Feldman	Vic	2:10:16
1	M40-44	Scott Nelson	Vic	1:45:11
2	M40-44	Stuart Kollmorgen	Vic	1:45:50
3	M40-44	Aaron McDonough	Vic	1:47:05
4	M40-44	James Christmass	Vic	1:52:42

5	M40-44	Adam Patterson	Vic	2:09:55
	M40-44	David Smythe	WA	DNF
1	M45-49	Mark Thomas	Vic	1:55:59
2	M45-49	David Best	WA	2:24:48
1	M50-54	Simon Evans	Vic	1:44:33
1	M55-59	Clyde Riddoch	Vic	2:07:48
1	M60-64	Alan Lucas	Vic	2:15:35
	M65-65	Andrew Jamieson	Vic	DNF
	M65-69	Russ Dickenson	Vic	DNS
1	M70-74	Ralph Bennett	Vic	1:57:35
1	M75-79	Bob Gardiner	Vic	2:11:00

VMA Masters 20km Men & Women

1	W30-34	Anna Wallace	Vic	2:13:37	PB 5:22
1	W40-44	Michelle Laufer	Vic	1:50:09	
1	W50-54	Robyn Shaw	Vic	2:17:49	
2	W50-54	Donna-Marie Elms	Vic	2:20:29	
1	W55-59	Alison Thompson	Vic	2:13:31	
1	W60-64	Heather Carr	Vic	2:03:59	
2	W60-64	Liz Feldman	Vic	2:10:16	
1	M40-44	Scott Nelson	Vic	1:45:11	
2	M40-44	Stuart Kollmorgen	Vic	1:45:50	
3	M40-44	Aaron McDonough	Vic	1:47:05	
4	M40-44	Adam Patterson	Vic	2:09:55	
1	M45-49	Mark Thomas	Vic	1:55:59	
1	M50-54	Simon Evans	Vic	1:44:33	
1	M55-59	Clyde Riddoch	Vic	2:07:48	
2	M55-59	Rudolf Skrucany	Vic	2:33:26	
1	M70-74	Ralph Bennett	Vic	1:57:35	

We had two final 20km walkers in Terry and Karyn O'Neill who contested an Open event. Finally, we take all the 20km results from the VRWC Men and work out who wins the annual VRWC 20km Men Club Championship - Alf Robinson Trophy. This year it went to Simon Evans ahead of Scott Nelson and Stuart Kollmorgen.

VRWC Open 20km

1.	Terry O'Neill	VRWC	2:02:57
2.	Karyn O'Neill	VRWC	2:22:05

VRWC 20km Men Club Championship - Alf Robinson Trophy

1.	Simon Evans	VRWC	1:44:33
2.	Scott Nelson	VRWC	1:45:11
3.	Stuart Kollmorgen	VRWC	1:45:50
4.	Aaron McDonough	VRWC	1:47:05
5.	James Christmass	VRWC	1:52:42
6.	Mark Thomas	VRWC	1:55:59
7.	Ralph Bennett	VRWC	1:57:35
8.	Terry O'Neill	VRWC	2:02:57
9.	Clyde Riddoch	VRWC	2:07:48
10.	Adam Patterson	VRWC	2:09:55
11.	Bob Gardiner	VRWC	2:11:00
12.	Alan Lucas	VRWC	2:15:35
13.	Rudolf Skrucany	VRWC	2:33:26
	David Smythe	VRWC	DNF
	Andrew Jamieson	VRWC	DNF

The next championships to be contested were the Victorian Schools championships, with fields in U14, U16 and U18 divisions. We saw some fine walking here from gold medallists Nathan Brill 21:15, Stephanie George 26:00, Billy Allamby 13:56, Jemima Montag 14:27, Kyle Swan 14:59 and Rachael Guy 16:15. Special mention also to Kyle Bird 23:34 and Adam Garganis 14:07 who also posted nationally significant performances. There were plenty of PBs, especially in the younger division races.

AV School Un 18 Mens 5km

1.	Brill, Nathan	Rosebud Secondary College	21:15	
2.	Bird, Kyle	Padua College, Mornington	23:34	
3.	Taylor, Lucas	Lilydale High School	25:26	PB 0:07
	Allamby, Billy	St Joseph's	DNF	
	McShanag, Connor	St Bernard's College	DNS	

AV School U18 Women 5km

1.	George, Stephanie	Yarra Valley GS	26:00
2.	Finnegan, Amelia	Mater Christi College	26:41
3.	Heard, Amanda	Goulburn Valley GS	27:25
4.	Whiley, Ebony	Bendigo Senior Sec. Coll.	28:41
5.	Hockley Samon, Jmara	Clonard College	28:43
6.	Somerfield, Kobie	Mt Clear College	30:36
7.	Bertrand, Carly	Maribyrnong Sec. Coll.	33:02

AV School U16 Men 3km

1.	Allamby, Billy	St Joseph's	13:56	
2.	Garganis, Adam	Thornbury High School	14:07	PB 0:08
3.	Walmsley, Reese	Rowville Secondary College	15:23	
4.	Darlow, Ross	Ballarat High School	15:39	
5.	Owen, Cooper	Viewbank College	16:12	

AV School U16 Women 3km

1.	Montag, Jemima	Wesley College, St Kilda Rd	14:27	
2.	Irshad, Jasmine	Wantirna College	14:56	
3.	Eastwood, Jessie	Victorian College of the Arts	15:26	PB 0:50
4.	Hamilton, Emily	Mater Christi College	16:03	
5.	Walker, Megan	Clonard College	16:45	
6.	Swan, Emily	The Knox School	17:20	
7.	Irons, Julia	St Columba's College	18:37	PB 1:35
8.	Utber, Courtney	Mount St Josephs Girls' Coll.	18:48	PB 0:48
	Campbell, Rebecca	Copperfield College	DNS	
	Boldiston, Zoë	Notre Dame College	DNS	
	Sanders, Jade	Berwick Secondary College	DNS	

AV School U14 Men 3km

1.	Swan, Kyle	The Knox School	14:59
2.	Walmsley, Hayden	Karoo Primary School	19:34

AV School Un 14 Women 3km

1.	Guy, Rachael	Haileybury College	16:15	PB 0:31
2.	Bertrand, Georgia	Killara Primary School	16:53	PB 2:13
3.	Utber, Brooklyn	Baden Powell College	16:58	First ever
4.	Huse, Phillipa	Invitation	17:05	PB 0:03
5.	Eastwood, Jemma	Mater Christi College	17:37	PB 1:45
6.	Lillie, Jessica	Rowville Secondary College	17:41	PB 0:38
7.	Brown, Hayley	Fairhills High School	18:46	

The final events included VRWC U9 and U12 club championships with an Open 5km for everyone else. Well done to club our youngest club champions Carissa Brook, Jared Hodges, Mikhala Hodges and Hayden Walmsley.

VRWC U9 1km Club Championship

1.	Carissa Brook	06:01
2.	Gemma Lillie	06:37
3.	Freya Evans	07:07

1.	Jared Hodges	05:59
2.	Thomas Kennedy	07:15

VRWC U12 2km Club Championship

1.	Mikhala Hodges	10:48
2.	Brianna Lillie	10:50
3.	Brodie Richardson	11:05
4.	Kathleen O'Mahony	11:06

1.	Hayden Walmsley	12:01
2.	Ethan Wright	12:25
3.	Joseph Rickard	12:29
4.	Caine Brill	12:50
5.	Tom Mirarchi	16:12

VRWC Open 5km Race

1.	Mathilde Lacaze	28:08
2.	Simone O'Neill	32:39

3.	Celia Johnson	34:24
4.	Nicholas Mirarchi	26:37
5.	David Armstrong	29:49
6.	Barrie Wicks	31:59
7.	Anthony Doran	32:06
8.	Tony Johnson	32:43



Nathan Brill, Stephanie George, Billy Allamby, Jemima Montag and Kyle Swan in action



Rachael Guy, Jared Hodges, Carissa Brook, Mikhala Hodges and Hayden Walmsley

And finally, thanks to everyone who ran the show so well in my absence. I hear the presentations got under way very shortly after the last event finished and that all ran smoothly. I am sure my list is incomplete so sorry if I missed you. Everyone is appreciated!

- Judges:** Shane Bertrand (C), Lloyd Nichols, Matt Owen, Brian Williams, Judy Mason, Gordon Loughnan, Peter Vysma and Michael Bodey (DQ Board)
- Officials:** Stu Cooper, Mark O'Mahony, Ian Laurie, Mark Donahoo, Les Clarke, Tony Doran, Marlaine Stanway, Colin Thompson
- Canteen:** Kate Suich, Wendy Cooper
- Course Setup:** Harry Summers, Bob Gardiner, Peter Vysma
- Photos:** Terry Swan

SARWC INTERVALS ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 23 JUNE 2012

Our second recovery round saw the “rolling 1500 metres” session which we borrowed from Victoria, each start occurring every 12 minutes. Seven competed all 6 outings, with the stand out being Troy Hooker, who completed all 6 within the required time, but with minimal recovery time – a brilliant effort. Other performances of note included:

- Kim Mottrom who dropped down to a sizzling 6:13 for the final 1,500 (must have been holding something back)
- Peter Crump (10 second spread) and Justin Hill (12 second spread), who had very consistent times throughout
- Bill Starr and Jim Hoare for sharing honours in the senior age group
- Gloria Holliday for keeping Lachlan Tyler-Dowd honest when they matched each other at 8:03 in the fourth rotation.

Name	Completed	1	2	3	4	5	6	Average Time	Fastest Time
Kim Mottrom	6	06:39	06:34	06:33	06:31	06:28	06:13	06:29	06:13
Justin Hill	6	07:07	07:12	07:19	07:19	07:13	07:11	07:13	07:07
Peter Crump	6	07:41	07:49	07:48	07:51	07:44	07:45	07:46	07:41
Gloria Holliday	6	08:05	08:06	08:08	08:03	08:22	08:52	08:16	08:03
Bill Starr	6	10:08	10:11	10:04	10:15	10:16	10:43	10:16	10:04
Jim Hoare	6	10:48	10:58	10:07	10:07	10:11	10:05	10:22	10:05
Troy Hooker *	6	11:05	11:30	11:29	11:37	11:39	11:35	11:29	11:05
Lachlan Tyler-Dowd	5	08:09	09:13	08:03	08:13	08:05		08:20	08:03
Amber Tuscharski	5	08:21	08:21	08:26	08:28	08:43		08:27	08:21
Alix Harlington	4	07:26	07:38	07:32	07:56			07:38	07:26
Anna Cross	4	07:26	07:44	07:59	07:54			07:45	07:26
Rhiana Hooker	4	08:38	09:31	09:20	11:35			09:46	08:38
Ryan Hooker *	4	12:45	12:24	11:43	13:46			12:39	11:43
Mark Hooker *	4	12:51	13:16	11:52	14:07			13:01	11:52
Beth Cross	3	08:55	08:40	09:35				09:03	08:40
Michael Nicolaides	3	09:41	10:56	11:32				10:43	09:41
Corey Harlington	3	12:19	11:41	14:51				12:57	11:41
Danielle Walsh	2	08:09	08:22					08:15	08:09
Rhiannon Lovegrove	2	08:18	08:28					08:23	08:18
Ayeisha Wallace	2	09:57	09:59					09:58	09:57
Chris Nicolaides *	2	10:43	12:08					11:25	10:43
Summer Pelenstov	2	12:12	11:41					11:56	11:41
Riley Szirom *	2	12:45	13:16					13:00	12:45

SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 23 JUNE

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters in Adelaide. He advises that a *Turkey Handicap* is an 'estimate your time' handicap. I estimated a slow time of 39.10 and started off moderately but felt good and ended up walking faster than I did on the track in Melbourne at the 'Nationals'. Cold, damp, calm arvo. Number of walkers away.

5km Turkey Turkey Handicap

M67	George White	27.50	86.83%
W52	Marie Maxted	32.26	70.09%
M68	Graham Harrison	33.35	72.81%
M74	Rodger Barber	36.27	72.34%
M82	Colin Hainsworth	37.54	78.36%
W63	Jan Layng	38.34	66.42%
M78	David Robertson	41.06	67.9%
M69	Roger Lowe	43.04	57.46%
W59	Edna Bates	43.21	56.36%
M61	Jeff Kennett	46.42	48.51%

SRI CHINMOY AUSTRALIAN 24 HOUR TRACK CHAMPIONSHIPS, BLACKTOWN, NSW, 23-24 JUNE

I spent last weekend at the Blacktown Olympic Park complex at the Sri Chinmoy Australian 24 Hour Track Championships. This annual event swaps between the Sri Chinmoy Carnival (even years) and the Coburg Carnival (odd years) and this year it was Sydney's turn. Although principally a run championship, walkers may enter and I was there in my capacity as Centurions Secretary to vet the walkers as required and to do some crewing for the Victorian walk entrants.

First to the weather which was a talking point. The photos below make it look pretty good and that was the case on Saturday (10AM Sat morning start time) but by 4:30PM we were rummaging out jumpers and tracksuits as the temperature plummeted. By nightfall it was very cold and as the hours of darkness dragged on endlessly and the frost came, it got even colder. In fact, it was definitely the toughest night I have ever spent at one of these events. One of the many support crew went out to the carpark to have a snooze in their car late in the night and the temperature outside the car registered as -3C. Yes, we all survived but it didn't help my cold!

The field of 32 starters included 5 walkers - Victorians **Michelle Thompson** and **Steve Jordan** and NSW entrants **Kim Cook**, **Saul Richardson** and **Kip Melham**. The aim of all the walkers was to reach 100 miles (160.9km) in the required 24 hours but it was a very hard ask in such conditions. The feat requires a very good first half and Michelle, Steve, Kim and Kip were all on target at the 12 hour mark with intermediate splits in excess of 80km. Kim retired at that stage with blistered feet and Kip and Steve both found that they slowed too much in the second half and eventually also called it quits. Saul walked for the full duration to achieve 128.856km, a good first up effort for someone with no prior experience.

So it was left to Michelle Thompson, our top lady ultra walker, to do the deed and she did so in fine style, recording a PB final distance of **174.893km**. But it was not easy. She had passed the 12 Hour mark with 97.0km and looked set for a much bigger distance until the cold conditions set in and she struggled. This, combined with her own case of bad blisters, saw her reduced to survival mode. Even so, it was still the second fastest ever by an Australian (second only to Carol Baird's record of 182.657km and she set two new Australian W40 records as follows:

100 Miles:	21:36:14	PB 0:27:13
24 Hours	174.893km	PB 2.400km



VRWC members Michelle Thompson and Steve Jordan in action in Blacktown



Other walkers Kim Cook, Saul Richardson and Kip Melham (with Regal Racewalkers member Robert Osborne shadowing)

The full results (including all runners) follows. Regal Racewalkers Robert Osborne was also in the event but as a runner. He finished 14th with a PB distance of 150.569km.

1.	Mike Canty	M 50-59	210.829 km
2.	Trevor Allen	M 0-49	193.41 0 km
3.	Allison Lilley	F 0-49	192.168 km
4.	Justin Scholz	M 0-49	190.66 0 km
5.	Cassie Smith	F 0-49	181.479 km
6.	Paul Wright	M 50-59	181.002 km
7.	Larissa Tichon	F 0-49	180 .000 km
8.	Phill Le Marinel	M 0-49	177.894 km
9.	Michelle Thompson (W)	F 0-49	174.896 km
10.	Jason Murphy	M 0-49	168.586 km
11.	Rob Knowles	M 0-49	166.444 km
12.	Mathew Darcy	M 0-49	163.862 km
13.	Mark Williams	M 0-49	152 .000 km
14.	Robert Osborne	M 50-59	150.569 km
15.	Grant Campbell	M 0-49	146.508 km
16.	Karen Woon Cheung Chan	F 0-49	143.758 km
17.	Bradley Carron-Arthur	M 0-49	130 .000 km
18.	Saul Richardson (W)	M 0-49	128.856 km
19.	Stephen Jordan (W)	M 50-59	126.514 km
20.	Daniel Taylor	M 0-49	123.532 km
21.	Anyce 'Kip' Melham (W)	M 50-59	122.8 00 km
22.	Neil Armstrong	M 0-49	121.504 km
23.	Tavishi Matthews	F 0-49	120.834 km
24.	Darren McClellan	M 0-49	120.8 00 km
25.	Dean Metcalf	M 0-49	112.84 0 km
26.	Jonathan Blake	M 0-49	110.4 00 km
27.	Annabel Hepworth	F 0-49	106.034 km
28.	Billy Pearce	M 0-49	100 .000 km
29.	Kim Cook (W)	M 50-59	85.6 00 km
30.	Tamyka Bell	F 0-49	80.4 00 km
31.	Anth Courtney	M 0-49	74.4 00 km
32.	Jason Dunn	M 0-49	25.6 00 km

You can see lots more photos at http://gallery.srichinmoyraces.org/australia/24-hour/?g2_page=11

NSW SHORT WALKS CHAMPIONSHIPS, NARELLAN, SUNDAY 24 JUNE

Thanks to Brad Jones for pointing me to the results of last weekend's NSW Short Walks Championships. He commented: *It was a great day for racing, sun was shining, cool breeze blowing.* There were some great performances - Brendon Reading (20km 1:36:26), Tyler Jones (13:19), Jasmine McDonald 9:23 and Kyle Bedford 9:39. However, the Open Women's 15km is definitely incorrect or else we have just seen a new world record!

Men 20km Walk

1.	Reading, Brendon.	23	Sydney Unive	1:36:26
2.	Mulhearn, Derek	22	Sydney Unive	1:53:04
3.	Dredge, Mark	51	Mingara	2:00:15
4.	Mulhearn, Jordan	20	Sydney Unive	2:04:57

Women 15km Walk

1.	Webb, Cheryl	36	Blacktown Ci	1:01:43
2.	Bourke, Lauren	22	Mingara	1:07:25
3.	Jones, Chloe	26	Blue Mountai	1:12:39
4.	Emery (Ebejer), Vanessa	27	Blue Mountai	1:12:39
5.	Noble, Vanessa	20	Sydney Unive	1:18:15

Masters Women 5km

1	W35-44	Challinor, Nicolle	40	Gosford	31:42
2	W35-44	Redzic, Angela	42	Campbelltown	35:02
1	W45-54	Willis, Mary Maria	50	Campbelltown	31:20
1	W55-64	Brown, Judy	62	Nsw Masters	40:05
2	W65+	purcell, joan	71	Asics Wests	36:33

Masters Men 5km

1	M45-54	Albanese, Anthony	51	South Sydney	28:06
2	M45-54	Psarianos, Tony	48	South Sydney	30:58
3	M55-64	Connors, Robert	64	Uts Norths	35:08
4	M55-64	Greenland, Peter	59	Nsw Masters	DQ

1 M65+ Seymon, Jim 75 Uts Norths 31:07

Women U20 10km Walk

1. Denney, Hannah 17 Randwick Bota 1:03:44
 Bettiol, Amy 17 Sydney Pacif DNF

Men U20 10km Walk

1. Bates, Harry 17 Interstate 49:31
 2. Washburn, Steven 18 Nepean Distr 50:53
 3. Felton, Jay 17 Mingara 52:12
 4. Murphy, Robert 16 South Sydney 58:10

Women U16 3km Walk

1. Hill, Jayde 15 Nambucca Dis 15:39
 2. Billington, Tayla-Paige 15 Hills Aim 15:57
 3. Grujoski, Stephanie 15 South Sydney 16:41
 4. Plummer, Caitlin 15 Sydney Pacif 17:40
 5. Beasley, Bryony 15 Nepean Distr 18:19

Men U16 3km Walk

1. Jones, Tyler 14 Wyong 13:19 PB 0:07
 2. Doyle, Tom 15 South Sydney 14:36
 3. Kerr, Aidan 14 Sydney Pacif 15:31
 4. Brown, Nathan 14 Parramatta C 15:37

Girls U14 2km Walk

1. McDonald, Jasmyn 13 Parramatta C 9:23 PB 0:09
 2. Francis, Lucy 13 Sydney Pacif 9:45 PB 0:10
 3. McDonald, Leah 12 Parramatta C 9:53 Eq PB
 4. Grujoski, Ally 13 South Sydney 11:32
 5. Salisbury, Daniela 12 Sydney Pacif 13:42
 6. Willis, Mascey Jade 13 Campbelltown 14:06

Boys U14 2km Walk

1. Bedford, Kyle 12 Nepean Distr 9:39
 2. Richardson, Dylan 12 Mingara 10:37
 3. Thomson, Ryan 12 Nepean Distr 10:59
 4. Tisdale, Benjamin 12 Hills Aim 11:25
 5. Barendregt, Travis 12 Nepean Distr 12:36

Girls U12 1km Walk

1. Brown, Samantha 11 Parramatta C 5:05
 2. Tisdale, Lauren 10 Hills Aim 5:27
 3. Sanday, Niamh 10 Parramatta C 5:34
 4. Hardy, Renee 9 Asics Wests 5:45
 5. Bennett-Ward, Dakota 9 Sutherland D 7:19

Boys U12 1km Walk

1. Gibson, Samuel 11 Hills Aim 5:00
 2. Dwyer-Hall, Blake 11 Blacktown Ci 5:03
 3. Plummer, James 11 Sydney Pacif 5:29
 4. Carrothers, Dion 9 Hills Aim 5:32
 5. Little, Bayden 9 Sydney Pacif 5:38
 6. Little, Morgan 10 Sydney Pacif 6:18

QRWC ROAD RACES, PIZZEY PARK, BRISBANE, SUNDAY 24 JUNE

Thanks to Noela McKinven for the latest results from the Queensland Race Walking Club in Brisbane. Dane Bird-Smith 47:20, Nick Dewar 22:28 and Clara Smith 25:11 looked the best on paper.

A Grade 10km

1. Dane Bird-Smith 47.20
 2. Ignacio Jimenez 55.03
 3. Kay Shaw 64.11
 4. Donna Beikoff 67.15
 5. Jessica Wright 74.18
 6. Noela McKinven 76.27

C Grade 3km

1. Trent Miles 15.37
 2. Mikaela Woodward 15.39
 3. Doug Miles 22.53
 4. Robyn Wales 24.02

D Grade 2km

Melissa Hayes	DNF	1. Ryan Pinchen	11.40
		2. Thalia Martin	12.34
		3. Riley Sims	12.57
B Grade 5km		F Grade 1km	
1. Nick Dewar	22.28	1. Sean Brackin	6.45
2. Clara Smith	25.11	2. Jasmine-Rose McRoberts	6.55
3. Katya Martin	27.15	3. Amelia Wales	8.18
4. Aimee Brackin	30.58		
5. Sally Lynch	33.06		
6. Patrick Sela	35.21		
7. Denise Fellows	37.23		
8. Richard Lynch	38.18		
Jesse Sims	DNF		

WARWC WALK RESULTS, SHELLEY, SUNDAY 24 JUNE

Thanks to John Back for the WARWC walk results from Perth in Western Australia

10km Handicap		1.5km Handicap	
1. Dale Hennighan	52:25	1. Amy Holland	9:28
		2. Georgia Curulli	9:45
		3. Mitchell Curulli	13:06
5km Handicap		4. Jaymee Curry	10:20
1. Amy Holland	36:58	5. Olivia Skepper	9:34
2. Aimee Reid	35:45	6. Emily Holland	9:22
3. Georgia Curulli	38:14	7. Ben Reid	10:08
4. Mitchell Curulli	53:03		
Jaymee Curry	DNF		

UKA 5000M TRACK WALK CHAMPIONSHIPS, BIRMINGHAM ,SUNDAY 24 JUNE 2012

The British 5000m Track Championships were held on Sunday in Birmingham on Day 3 of the UKA Olympic Trials. Mark Wall advised that the weather was slightly windy but a comfortable 14°C with some drizzle at times during the day. Mark reported as follows on the two races.

Men's 5000m Championship

The athletes for these events are invited from those who have met the required standard, but for whatever reason a small field met the starter. After a brisk start by Tom Bosworth, Alex Wright grabbed the lead and pushed on to record a time to take him to third on the all-time list. Tom paid for his early pace but was unchallenged for the silver. He left shortly after to take up Olympic torch bearer duties in Leeds. The real battle was for third with Irishman Michael Doyle prevailing over his fellow Saransk 50km competitor Dan King. It was a hard fought contest with each determined to come out on top. Alex Eaton and Adam Cowan walked isolated races, Adam who earlier this year was rewarded with an England Vest for the European Challenge race at Lugano, recorded a PB.

1. Alex WRIGHT	21	19:48.14	PB BELGRAVE H
2. Tom BOSWORTH	22	20:26.13	TONBRIDGE A C
3. Michael DOYLE	25	21:42.99	IRELAND
4. Daniel KING	29	21:55.62	COLCHESTER H
5. Alex EATON	16	23:53.92	PB MANX H
6. Adam COWIN	17	25:38.90	MANX H

Women 's 5000m Championship

Jo Jackson returned a dominant performance to retain her title and narrowly miss claiming the national record. Her last 2km in 8:17.3 underlines that she is back on an upward plane. Junior standout Heather Lewis demonstrated that she is now an entrenched second ranked walker in the country, comfortably accounting for the remainder of the field in a PB some 57 seconds better than last year. Bethan Davies again showed out in a 46 second PB for a clear third. She has now gone from 27:22 on the road for 5km in May to a medal at National level. Time will see if she can make a major impact on the road over 20km. Given her ability to run a reasonable half marathon, the indications are good. In a return to form, Lauren Whelan also recorded a PB after being in the mix for the medals up to the middle stages of the race. Ellie Dooley again walked consistently and belied her lack of real experience, whilst Fiona McGorum was able to secure a season's best after her career has been blighted in recent years by a foot issue. Tasha Webster, troubled by her ankle injury, was unable to give of her best (she has a 26:10 to her name). Jasmine Nicholls was also isolated; this was worsened by the disqualification of Beccy Collins.

1. Johanna JACKSON	27	21:45.98	MIDDLESBOROUGH & CLEVELAND
2. Heather LEWIS	18	24:02.13	P BPEMBROKE
3. Bethan DAVIES	21	24:47.87	CARDIFF
4. Lauren WHELAN	19	25:34.13	P MANX H
5. Ellie DOOLEY	16	26:25.07	LEEDS CITY

6.	Fiona MCGORUM	23	26:31.80	LEICESTER W C
7.	Tasha WEBSTER	16	27:00.60	BIRCHFIELD H
8.	Jasmine NICHOLLS	16	27:46.73	LEICESTER W C
	Rebecca COLLINS	20	DQ	MEDWAY & MAIDSTONE

The UK All-Time lists read as follows:

Women All-Time 5000m

1.	20:46.58	Johanna JACKSON	2009 Mixed
2.	21:42.51	Lisa KEHLER	2002
3.	21:52.38	Vicky LUPTON	1995
4.	22:02.06	Betty SWOROWSKI	1999
5.	22:37.47	Julie DRAKE	1993
6.	22:41.19	Carolyn PARTINGTON	1995
7.	22:51.23	Helen ELLEKER	1990
8.	23:11.2	Carol TYSON	1979
9.	23:11.7	Catherine CHARNOCK	1999
10.	23:15.04	Bev ALLEN	1987

Men All-Time 5000m

1.	19:29.87	Tom BOSWORTH	2011
2.	19:35.0	Darrell STONE	1989
3.	19:48.14	Alex WRIGHT	2012
4.	19:55.8	Ian MCCOMBIE	1989
5.	19:57.91	Dominic KING	2004
6.	19:57.95	Daniel KING	2004
7.	20:05.7	Phil KING	1995
8.	20:06.66	Matthew HALES	2000
9.	20:09.0	Steve PARTINGTON	1992
10.	20:13.0	Martin BELL	1992

WOODIE'S AAI TRACK & FIELD CHAMPIONSHIPS, TULLAMORE, SUNDAY 24 JUNE 2012

Tullamore Harriers stadium provided a good venue for the Woodie's DIY Irish Junior and U23 T&F Championships last Sunday with reasonable weather throughout the day. Kate Veale earned another national title when winning the Junior Women's 3000m walk in 14:56.61, with Alicia Boylan a very close second in 14:58.61. James Treanor also walked very well to win the Junior Men's 5000m with 22:27.30,

5000 m Walk - Junior Men

1.	James Treanor	Shercock A.C.	22.27.30
2.	Ryan Cleary	Clonliffe Harriers A.C.	24.52.60
3.	Simon Gillespie	Ballina A.C.	26.14.27
4.	Eric Hynes	Swinford A.C.	26.21.17
5.	Paul Murphy	Claremorris A.C.	29.35.79
	Luke Hickey	Leevale A.C.	DQ

3000 m Walk - Junior Women

1.	Kate Veale	West Waterford A.C.	14.44.23
2.	Alicia Boylan	Oriel A.C.	14.58.61
3.	Cliona Mulroy	Swinford A.C.	15.16.58
4.	Laura Bestom	Claremorris A.C.	16.52.12

5000 m Walk - U23 Men

1.	Michael Moran	Claremorris A.C.	24.25.16
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Athletics Ireland has now named Kate, who is the reigning World Youth walk champion, as part of a 15 member squad to compete at the World Junior Championships next month, She finished an impressive sixth at the recent IAAF World Race Walking Cup in Saransk so will be fighting for another top finish in Barcelona. Emma Prendiville has also been selected in the 10,000m walk.

CZECH REPUBLIC UNDER AGE T&F CHAMPIONSHIPS, PRAGUE, 23-24 JUNE

The Czech Junior and U18 T&F Championships were held last weekend in the capital Prague with 10,000m and 5,000m track walk titles on offer. The U18 girls provided the best quality event with the Drahotova twins taking first and second.

U18 Women 5,000m Track Championship

1.	Anežka Drahotová	955722	Univerzitní sportovní klub Praha	22:35.81
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2.	Eliška Drahotová	955722	Univerzitní sportovní klub Praha	23:24.63
3.	Adéla Frydrychová	955320	AC Česká Lípa	25:31.94
4.	Viktorie Michutová	965305	TJ Jiskra Nový Bor	29:07.74
5.	Petra Jeníková	965123	Spartak Praha 4	31:31.68
6.	Nikola Hokeová	966001	A. C. TEPO Kladno	32:29.18
7.	Marie Záhorová	965110	TJ Sokol Hradec Králové	32:39.10

They then backed up the next day to take first and second places in the U18 3000m run. They have both been nominated to walk in the 10,000m walks at this year's World Junior championships in Barcelona where Anežka will also compete in the 1500m run.

You can see the full result set at <http://online.atletika.cz/vysledky.aspx?idk=14885&day=&discType=1440>

SLOVAKIAN U18 T&F CHAMPIONSHIPS, BANSKA BYSTRICA, 23-24 JUNE

The U18 walks at the Slovak U18 T&F Championships in Banska Bystrica were held last Saturday. The boys' race saw very good times from the two finishers, both of whom are born 1996 so are still quite young.

U18 Men 5000m

1.	Úradník Miroslav	960324	VŠC Dukla Banská Bystrica	22:06.98
2.	Morvay Michal	960819	ŠG Stavbár Nitra	22:39.38

U18 Women 5000m

1.	Hornáková Monika	950706	AK Spartak Dubnica nad Váhom	25:25.22
2.	Škantárová Dáša	951208	Atletický klub Bacúch	25:53.44
3.	Piliarová Radoslava	961021	Atletický klub Bacúch	26:35.53
4.	Abbatantuono Nikolet	971007	ŠG Stavbár Nitra	26:46.12
5.	Čubaňová Lucia	950809	Atletický klub Bacúch	27:49.39

Rudolf Skrucany points out that Bacúch is very small village with a strong focus on race walking. On this occasion, only the girls from Bacúch raced but the village also has a number of good boys including Patrik Spevak who is on line for World Junior selection. The Junior championships next week should decide the nature of their team for these championships.

POLISH, NATIONAL JUNIOR CHAMPIONSHIPS, BIAŁYSTOK, 22-24 JUNE

The Polish Junior 10,000 walk championships were held on Friday 22 June in Białystok as part of their Junior T&F Championships. The main placings are shown below. Full results can be sourced from <http://www.forsport.info/>.

Junior Men 10,000m Walk

1.	KOSTKA Łukasz	94-09-19	GTS Bojszowy	44:14.34
2.	SZABO Wiktor	93-02-26	MKS Polonia Warszawa	46:16.40
3.	DMOWSKI Tomasz	94-04-18	WLKS Iganie Nowe	48:17.83
4.	BIELECKI Łukasz	94-01-27	CKS Budowlani Czestochowa	48:35.98
5.	MATUSZEWSKI Adrian	94-02-15	KL Lechia Gdansk	49:33.57

Junior Women 10,000m Walk

1.	CHOJECKA Marlena	94-01-01	WLKS Iganie Nowe	51:51.20
2.	BEMOWSKA Joanna	94-06-27	PLKS Gwda Piła	52:10.98
3.	WLAZŁO Natalia	94-02-04	CWKS Resovia Rzeszów	53:08.06
4.	WIERUS Karolina	93-01-21	CKS Budowlani Czestochowa	54:11.33
5.	LUPA Magdalena	94-06-19	CWKS Resovia Rzeszów	54:19.09

SPANISH JUNIOR T&F CHAMPIONSHIPS, AVILÉS, 23-24 JUNE

The Spanish Junior Championships were played out last week-end in Avilés with the 10,000m walks producing some high quality performances. Amanda Cano easily won the women's race with a time of 48.32,61 (PB and fifth best Spanish all-time). Alvaro Martín, already selected as part of the Spanish 20km team for the London Olympics, won the men's championship with 41.34,95 (a new PB and 4th best in the junior world rankings for this year). The depth was on show in the men's event with Marc Tur 41.59,73, Ivan Pajuelo 42.38,35, Arturo Peralbo 43.03,63 and Juan Antonio Raya 43.19,56 all under the World Junior qualifying standard. Alas, only two of the men can be selected for Barcelona.

10,000m Walk Junior Women, Saturday 23 June

1.	Amanda Cano Gomez	UCAM-Athleo Cieza	48.32,61
2.	Mar Juarez Gallardo	AA Catalunya	50.30,68
3.	Rocio Carbia Lojo	Ourense-Ac.Postal	54.36,66
4.	Clara Boix Enrich	Playas de Castellon	57.32,42

5.	Miriam Costas Gomez	At. Femenino Celta	57.41.86
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10,000m Walk Junior men, Sunday 24 June

1.	Alvaro Martin Uriol	Playas de Castellon	41.34,95
2.	Marc Tur Pico	Independiente	41.59,73
3.	Ivan Pajuelo Paredes	CAB Pto. Alicante	42.38,35
4.	Arturo Peralbo Ruiz	Atletismo Cordobes	43.03,63
5.	Juan Antonio Raya Sanchez	Unicaja Atletismo	43.19,56
6.	Luis Cambronero Lopez	Playas de Castellon	44.48,40
7.	Francisco Jose Duran Acuña	Ourense-Ac.Postal	45.01,07
8.	David Reyes Afonso	TenerifeCajaCanarias	45.54,70
9.	Adria Galin Pons	FC Barcelona	47.50,03
10.	Marcos Santamaria Cue	Anta Banderas FDR	51.58,98
11.	Pablo Maciñeiras Perez	A.D.A.S.	52.45,39

EUEOPEAN SMALL NATIONS MATCH, LA TOUR DE PEILZ, SUNDAY 24 JUNE

Thanks to Emmanuel Tardi who reported in on the 32nd edition of the European Small Nations match, held annually between Belgium, the Netherlands, Switzerland, Denmark, England and Ireland. It was staged last weekend as part of the Tour de Peilz in Switzerland and saw 3 races (20km men, 10km women and 10km junior men) over a flat 1km loop. The meet also hosted the Swiss national championships. Emmanuel was able to walk by invitation and hence be part of the event.

The first event was the Men's 20km and it saw French walker Antonin Boyez go to an immediate lead (passing the 5km mark in around 21 mins) before slowing in the hot weather to finish with an easy win in 1:32:04. The women's race started at 4.15PM and weather was cooler by that stage. French Junior Emilie Tissot started fastest and held the lead for the first 3 km before the Polli sisters of Switzerland passed her, Laura finishing first with 47:36 ahead of Marie with 47:37. Emilie held on for third with 48:19, a PB. In the Junior Men's event, Evan Lynch of Ireland won with 46:36.

Overall, Ireland won the Match with 36 points, ahead of the Netherlands 24 and Switzerland 18, followed by Britain 15, Belgium 14 and Denmark 9. The Irish also won the team classification in the Men's and Juniors, while Switzerland was ranked first in the Women.

See http://www.swisswalking.org/data/pdf/resultats/2012/20120623_match_6nations_cs20km_latourdepeilz.pdf for the full results. The main placings are shown below

20km Men

1.	Antonin BOYER	84	FRA	1.32:04
2.	David KIDD	80	IRL	1.38:25
3.	Luis Manuel CORREIA	78	SWI	1.40:51
4.	Niall PRENDIVILLE	90	IRL	1.42:31
5.	Harold VAN BEEK	62	NED	1.44:12
6.	Arturo SANTILLAN	69	DEN	1.48:20
7.	Richard LEIJENAAR	59	NED	1.49:46
8.	Johathon HOBBS	93	GBR	1.51:20
9.	Paolo GHIRLANDA	67	SUI	1.51.24
10.	Wilfried VAN BREMEN	87	NED	1.53:08

10km Women

1.	Laura POLLI	83	SUI	0.47:36
2.	Marie POLLI	80	SUI	0.47:37
3.	Emilie TISSOT	93	FRA	0.48:19
4.	Maeve CURLEY	92	IRL	0.48:44
5.	Emma PRENDIVILLE	93	IRL	0.50:55
6.	Corinne HENCHOZ	64	SWI	0.56:49
7.	Myriam NICOLAS	63	BEL	0.56:57
8.	Helen MIDDLETON	62	GBR	0.58:24
9.	Dora JAKOB	59	SWI	0.59:37
10.	Colette GIRARD	62	SWI	1.02:57

10km Junior Men

1.	Evan LYNCH	95	IRL	0.46:36
2.	Patrick BELL	95	IRL	0.49:22
3.	Cameron CURBISHLEY	96	GBR	0.49:52
4.	Benjamin PARSONS	95	GBR	0.54:04
5.	Colin VERSTEEG	95	NED	0.56:30
6.	Ludwig RENARD	94	BEL	0.58:27

See <http://www.facebook.com/media/set/?set=a.3832636228556.152714.1657411914&type=3&l=5df448d137> for Emmanuel's photos. Here are a couple of the senior winners.



Laura and Marie Polli with Emilie Tissot



Antonin Boyer

PARIS-COLMAR CLASSIC, FRANCE, 20-23 JUNE

The longest and most prestigious ultra distance walk on the calendar has once again been held in France with men challenging themselves over a gruelling 436.1km and women walking over 228.9km (from Paris to Colmar in eastern France). First a bit of history.

The famous PARIS - STRASBOURG event has been the yardstick by which the top ultra distance walkers have measured themselves for over 80 years. In 1926, Emile Anthoine, President of le Cercle des Sports de France, launched a 504 km event and some 50 walkers took up the challenge. It made sense to start the event in Paris while Strasbourg, the capital of Alsace, was chosen as the finish point. Strasbourg was chosen to reinforce the French links with the Alsace region, recently returned to the motherland after the Great War.

Soon after the Second World War, the event swapped direction to become the STRASBOURG - PARIS. In 1981, on the initiative of Francis Jenevein, the finish was changed to COLMAR and the event was rebadged as the PARIS - COLMAR. The distance has varied from year to year as the event weaves its way through different towns, like the famous Tour de France in the cycling world. Even so, the event is normally over 440+ km in distance (the record is 552 km in 1952). An event was added for women in 1989; this event is held concurrently with the men's event and traverses anything up to 300 km to also finish at Colmar.

In the early days, there was no time limit and the last finisher might be some 4-5 days behind the winner. Eventually, time limits were brought in and nowadays those competitors not able to reach the intermediate timing points within the set times are compulsorily withdrawn from the race.

It is not an event for the inexperienced. In recent years, strict qualifying criteria have been put into place and qualifying events are held. Entry to the PARIS - COLMAR is by invitation only and only the very best are invited.

This year, men and women competitors walked the first two stages together, a short 5.4 km prologue in Paris followed by a 21 km leg from Neuilly-sur-Marne to St Thibaut des Vignes. Then the women waited for their race to start in earnest from Vitry-le-Francois, some 173km down the road.

Emmanuel Tardi watched the first two stages before departing for the European Small Nations Meet and has loaded lots of photos to his gallery - see <https://plus.google.com/photos/113493053302679203574/albums/5756228473859117057>. It is a huge event and you can check it out further at its own website - <http://www.pariscolmaralamarche.fr/>

Russian Dmitryi Osipov, a dual winner in 2009 and 2011, was again the logical favorite in the men's event but the French were hoping for a local victory with the likes of Jean-Marie Rouault, David Régy, Dominique Bunel and Gilles Letessier in action. In the women's race, Dominique Alvernhe went in as the favourite but was expected to have to fight off the talented young Nicoletta Mizera and the experienced Claudine Anxionnat.

The men's race in particular was one of drama. As expected, Osipov was nearly an hour in front with 3 stages and some 63km to go when he tore his thigh and started to suffer internal bleeding. In a lesser race, it would have spelt the end and the doctors would have taken him off the course. But this is the famous Paris-Colmar and this was not an option for the Russian walker. As his lead

diminished, he fought both the clock and himself and tried to maintain his narrow lead over French walker Phillippe Thibaux. Things were further complicated for him when he took a five minute penalty, the judges deciding his style was not sufficiently good. Finally, he arrived at Colmar, limping but with a vital 8 minute gap over the Frenchman, to claim his third victory.

The women's race saw the four top ranked walkers fill the first 4 places in that order with Dominique Alvernhe taking victory for France in a time of 36:33:18 ahead of former winner Irina Poutinseva of Russia and French walker Maggy Labyllle who was only 6 seconds ahead of the Italian Nicoletta Mizera ... six seconds after 289 kilometers of racing! In the words of Roger Quemeneur, a seven times winner and now a spectator: *"In the Paris-Colmar, everything is outsized ..."*

And now to the results. The time shown for each walker is the actual walking time, spread across the 3 days.

Men: Paris - Colmar: 436.1km

1	1	Ossipov Dmitryi	55:54:26	436.1 km	7.800 km/h
2	10	Thibaux Philippe	56:02:26	436.1 km	7.782 km/h
3	6	Bunel Dominique	58:05:13	436.1 km	7.508 km/h
4	5	Girod Urbain	58:59:23	436.1 km	7.393 km/h
5	3	Letessier Gilles	60:30:42	436.1 km	7.207 km/h
6	11	Gilles Philippe	62:15:10	436.1 km	7.005 km/h
7	14	Biebuyck Pascal	62:18:03	436.1 km	7.000 km/h
8	15	Dufrien Pascal	62:41:20	436.1 km	6.957 km/h
9	20	Bunel Pascal	DNF	314.8 km	
10	9	Maréchal Pascal	DNF	257.5 km	
11	2	Rouault Jean-Marie	DNF	235.5 km	
12	4	Czukur Zoltan	DNF	224.5 km	
13	29	Giraudeau Denis	DNF	224.5 km	
14	17	Rozé Eddy	DNF	212.3 km	
15	21	Lailier Patrick	DNF	190.0 km	
16	16	Fauqueur Raymond	DNF	189.0 km	
17	12	Georgelin Serge	DNF	183.0 km	
18	7	Régy David	DNF	161.4 km	
19	19	Lougrada Saadi	DNF	143.0 km	
20	25	Bibrac Eric	DNF	136.7 km	
21	30	Obydol Yvan	DNF	136.7 km	

Women: Neuilly sur Marne - Colmar : 288.9km

1	1	Alvernhe Dominique	36:33:18	288.9km	7.903 km/h
2	2	Poutinseva Irina	37:59:20	288.9km	7.605 km/h
3	3	Labyllle Maggy	38:29:01	288.9km	7.507 km/h
4	4	Mizera Nicoletta	38:29:06	288.9km	7.507 km/h
5	6	Perevalo Iryna	39:44:09	288.9km	7.271 km/h
6	9	Quinqueton Bernadette	46:10:56	288.9km	6.256 km/h
7	15	Bizard Claudie	48:09:48	288.9km	5.998 km/h
8	10	Berthault-Korzhyk Annie	49:40:15	288.9km	5.816 km/h



Ossipov takes the accolades after hanging on to win in Colmar



Dominique Alvernhe in action in the event

U.S. JUNIOR 10,000M WALK CHAMPIONSHIPS, BLOOMINGTON, 15-17 JUNE

Tyler Sorensen and Maite Moscoso are the American Junior 10,000 track champions, the events being held as part of the USA Junior T&F Championships at the Robert C. Haugh sporting complex in Bloomington, Indiana, on 15-17 June. Tyler, with 45:35.46, was some 25 seconds ahead of Michael Nemeth with 46:00.46 while Maite won the women's event with 54:32.81.

10,000m Men

1.	Tyler Sorensen	45.35,46
2.	Michael Nemeth	46.00,82
3.	Jonathan Hallman	47.38,51
4.	Alejandro Chavez	48.54,18
5.	Nathaniel Roberts	50.40,00
6.	Anthony Peters	51.43,79
7.	Mitchell Brickson	54.30,38
8.	Alexander Peters	55.18,62
9.	Samuel Beal	57.21,15
10.	Andy Vasquez	59.46,30
11.	Isaac Withrow	59.50,51

10,000m Women

1.	Maite Moscoso	54.32,82
2.	Katie Michta	56.07,79
3.	Nicolette Sorensen	57.31,66
4.	Kaitlin Flanders	58.04,21
5.	Abby Dunn	59.04,19
6.	Molly Josephs	59.10,54
7.	Kelly Maranchuck	59.27,54
8.	Holly Lindoe	1.00.21,56
9.	Nicole Court-Menendez	1.01.45,18
10.	Emily Belovich	1.02.52,67
11.	Sarah La Port	1.03.30,58
12.	Natalie DeQuarto	1.06.49,57

MANX TELECOM PARISH WALK, ISLE OF MAN, 23 JUNE 2012

The Parish Walk is a huge walking carnival that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. It is the biggest walking event in the Isle of Man and this year it was held last Saturday. The Parish Walk is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is given, and there are cut-off times for reaching each stage. Only a small proportion of walkers are expected to complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish, with an official time and distance.

This year saw a record number of finishers - 140 men and 63 women. Of these 243 walkers, 96 were first timer finishers. The event saw its first ever joint winners as **Richard Gerrard** and **Vinny Lynch** crossed the line together in 14:32:32 to smash the current course record. Third place finisher **Michael George** was also inside the record after leading for 50 miles. In the women's division, **Sue Biggart** won again with 17:03:53 and now has 7 of the 9 fastest times ever.

You can read this and much more at the event website <http://www.parishwalk.co.uk>.



Joint winners Vinny Lynch (left) and Richard Gerrard (right) - photo <http://www.parishwalk.co.uk>

I'll just restrict myself to those walkers who walked the 85 miles in less than 18 hours - an amazing performance in itself given the hilly nature of the course.

1st=	Richard Gerrard	Veteran Men (40 and over)	14:42:32
1st=	Vinny Lynch	Veteran Men (40 and over)	14:42:32
3rd	Michael George	Veteran Men (40 and over)	14:47:11

4th	Richard Spenceley	Veteran Men (40 and over)	15:50:20
5th	Phil Marshall	Men	16:32:31
6th	Mike Readshaw	Veteran Men (40 and over)	16:43:23
7th	Simon Briggs	Veteran Men (40 and over)	16:53:57
8th	Sue Biggart	Veteran Ladies (35 and over)	17:03:53
9th	Robbie Callister	Veteran Men (40 and over)	17:10:33
10th	Jonathan Wild	Veteran Men (40 and over)	17:20:50
11th	David Mapp	Men	17:23:42
12th	Tufty Nash	Veteran Men (40 and over)	17:28:18
13th	Maureen Moffatt	Veteran Ladies (35 and over)	17:31:21
14th	Samantha Draper	Ladies	17:37:31
15th	Andy Green	Veteran Men (40 and over)	17:43:57
16th	Frans Leijtens	Men	17:51:03
17th	Brian Kelly V	eteran Men (40 and over)	17:53:07
18th	Jean-Pierre Vernier	Veteran Men (40 and over)	17:55:02
19th	Stephen Corkill	Men	17:55:12
20th=	Andrew Titley	Veteran Men (40 and over)	17:55:25
20th=	Chris Cale	Veteran Men (40 and over)	17:55:25
20th=	Eammon Harkin	Veteran Men (40 and over)	17:55:25

ASSORTED SHORTS

DIEZ (GER, Jun 24): The German walking championships were held on Sunday in Diez with Sabine Krantz winning the 5,000m (21:01.73) and Andre Hohne winning the 10,000m (40:10.47). Both have already qualified for London Games. Second in the men's championship went to U23 winner Hagen Pohle (40:17.71). Melanie Seeger did not compete. Full results can be found at http://www.leichtathletik.de/results/4887_Diez_Ergebnisse_2406.htm.

MERLENE OTTEY - AN AMAZING ATHLETE

I normally restrict myself to walking topics in this newsletter but just occasionally something is so extraordinary that it deserves a special mention. And that is the case this week when, tucked down among the entries for next week's European Athletics Championships was the name of the Slovenian sprinter Merlene Ottey. Ottey, now 52, was included in Slovenia's squad for the women's 4x100m relay. If she makes an appearance in the event's heats on Saturday 30 June, she will be the oldest person to compete in the European Athletics Championships, beating her own record set two years ago in Barcelona when she anchored the Slovenian quartet. There is a question mark over whether she will be asked to don her spikes this time as she is only the fifth fastest member of their squad, although she ran a season's best of 11.82 when she finished third at the Slovenian Cup meeting in Maribor recently. However, she remains the embodiment of the European Athletics mission statement 'Your Sport For Life' and it is a huge testament to her appetite for the sport that she will be rubbing shoulders on the plane to the Finnish capital with team mates less than half her age.

In addition to various records for longevity, the Jamaican-born athletics legend's achievements include having competed at a record seven Olympic Games and winning nine medals. Ottey, who claimed her first Olympic medal at the Moscow Games in 1980, knows Helsinki's Olympic stadium well after having won a 200m silver medal there at the inaugural IAAF World Championships in 1983. You can check out her amazing record at <http://www.iaaf.org/athletes/biographies/letter=o/country=slo/athcode=61432/index.html>.



Ottey runs in the Slovenian colours (photo <http://www.european-athletics.org>)

CAUGHT OUT!

Thanks to David Robertson of Adelaide for this great photo from North Korea, taken by top photographer David Guttenfelder. Where's a racewalk judge when you need one! You can view the high quality original photo at <http://www.guardian.co.uk/world/2012/apr/15/north-korea-leader-addresses-nation>.



AP's photographer David Guttenfelder's pictures reveal the overt, and hidden, faces of North Korea: Soldiers march in a mass parade in Pyongyang in April to celebrate 100 years since the birth of founder Kim Il-sung, above and below right, and the bunker-like apartment blocks of the capital

WHAT'S COMING UP

Next weekend sees our annual Intervals Races for Open and U15. The U12 and U9 contest their intervals races 3 weeks later on Saturday 21 July.

Saturday 30th June 2012, Middle Park

2.15pm	VRWC Intervals Race – 4km, 6km, 8km or 10km	Open
2.25pm	VRWC 4km	Open
2:25pm	VRWC 4km	Under 15
2.30pm	VRWC 1.5km Points Races	Under 9
2.40pm	VRWC 2.5km Points Races	Under 12

In the Intervals Race, walkers choose to walk either 4km, 6km, 8km or 10km in 2km intervals. Each interval lasts 17 minutes so the start times for the 2km legs will be as follows:

Start time	2x2km Race Legs	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1	1
2.32pm	2	2	2	2
2.49pm		3	3	3
3.06pm			4	4
3.23pm				5

To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. It is a fun event but also a very tough one so come along and test yourself out.

The following weekend (**Saturday 7 July**) sees the **Victorian 15km Open Roadwalk Championships** for men and women. Remember you will need to register with AV - see the online entry panels at <https://members.athsvic.org.au/competitions>.

Internationally, we have a couple of big events coming up for some of our walkers.

First to the **Oceania Championships** which will be held in Cairns from 27-29 June. We will have 5 walkers in action but I am yet to find an actual championship timetable which shows the dates on which the walks will be held.

- | | | |
|-----|-----------------------|---|
| • ? | Open Women 5000m Walk | Claire Tallent (SA/AIS), Kelly Ruddick (VIC) |
| • ? | Open Women 10km Walk | Tanya Holliday (SA), Kelly Ruddick (VIC) |
| • ? | Open Men 5000m Walk | Ian Rayson (NSW), Brandon Dewar (QLD), Nick Dewar (QLD) |
| • ? | Open Men 10km Walk | Ian Rayson (NSW) |

And then to the **World Junior Champs** which will be held in Barcelona from 10-15 July. We have 4 walkers in action as follows

- | | | |
|--------------------------|---------------------------|---|
| • 9:30AM, Wed 11 July | Junior Women 10,000m Walk | Rachel Tallent (VIC/AIS) and Jess Pickles (QLD) |
| • 9.00AM, Friday 13 July | Junior Men 10,000m Walk | Blake Steele (SA/AIS) and Brad Aiton (QLD) |

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 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 |

2012/2013 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 |
| Sun 9 Dec 2012 | Australian 50km Championship, Fawkner Park, Melbourne |
| 12-17 Mar 2013 | Australian Junior Athletics Championships, Perth, WA |
| 11-14 April 2013 | Australian Open Athletics Championships, Sydney, NSW |

2012 International Fixture

- | | |
|----------------------|--|
| 27-29 June | Oceania T&F Championships, Cairns. See http://www.athletics-oceania.com/ |
| Sun 8 July 2012 | International Racewalk Meet, Os, Norway |
| July 10-15, 2012 | 14th World Junior Championships, Barcelona, Spain. See http://www.iaaf.org/mini/wjc12/index.aspx |
| July 27-Aug 12, 2012 | 30th Olympic Games, London. See http://www.london2012.com/ |

Remaining 2012 IAAF Race Walking Challenge Dates

- | | | |
|----------------|---|------------|
| 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 |

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)