



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 48
28 August 2012



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 **Lyn Ventris for her W55 World Best time of 49:15**, done the previous Sunday in Perth. It is now the fourth time Lyn has rewritten this record. She set the original record at the Australian Masters Games Adelaide in October last year with 50.32. She then broke it again at the World Masters Indoor Championships in Finland in April with 49.59. She then broke it again on July 15 in Perth with 49.34 and then last Sunday she bettered it again with a time of 49.15.

And Lyn was one of the walkers to excel again this week. Here is the shortlist for voting - since there were so many top performances in Adelaide, I had to restrict the nominations by focusing on those walkers who did either a PB or a record along the way.

- 55 year old WA walker **Lyn Ventris** took bronze in the Australian Open Women 20km championship in Adelaide in a time of 1:40:41, bettering her own W55 World Record of 1:43:11 (done in July) by an extraordinary 2:32. Her Masters Age Graded calculation comes out at 101.67% - wow! Along the way, Lyn powered through the 10km mark in 49:32, not far outside the W55 10km World Record she set last week.
- 13 year old NSW walker **Jasmyn McDonald** won the U14 Girls 3km in convincing style, her time of 14:31 a 12 sec PB. She also won the U14 2km in the LBG carnival in Canberra in June and is the outstanding U14 girl walker in Australia.
- 14 year old NSW walker **Tyler Jones** won the U16 5km in a 26 sec PB of 23:33. He also won the U16 3km walk in Canberra and, like Jasmyn, has also had a fantastic winter.
- 15 year old Victorian walker **Zoe Boldiston** bounced back from 12 months out of the sport with back problems, winning the U16 5km walk in a 49 sec PB time of 24:38. She was our top U13/U14 age group walker from 2010 to early 2011 before being sidelined and she has emphatically announced her return to top flight competition.

As always, you can cast your vote at www.vrwc.org.au

AUSTRALIAN ROADWALK CHAMPIONSHIPS, ADELAIDE, SUNDAY 26 AUGUST

I lead with the Australian Roadwalking Championships, held on Sunday in Adelaide. After a week of rain, the weather cleared just in time, allowing perfect racing conditions on a fast 2km circuit in the parklands alongside the Torrens River. With around 150 walkers in attendance, it was a successful carnival in every way. Our club photographer Terry Swan was in action and has done an initial upload of photos to our VRWC photo gallery - see <http://www.vrwc.org.au/coppermine/>. I will add my own later to hopefully complement Terry's ones.

First well done to all the Victorian medallists. They did not have it their own way as SA, NSW, QLD and WA also sent strong teams and took their own fair share of honours.

| | | | | | |
|------------|--------|--------------------|--|--|---------|
| Individual | Gold | Masters Men 20km | Andrew Jamieson | 1:41:52 | |
| | | U18 Men 10km | Nathan Brill | 0:45:03 | |
| | | U14 Boys 3km | Kyle Swan | 0:14:41 | |
| | Silver | U16 Girls 5km | Zoe Boldiston | 0:24:38 | |
| | | Open Men 20km | Rhydian Cowley | 1:24:34 | |
| | | Masters Men 20km | Simon Evans | 1:45:33 | |
| | Bronze | U18 Women 5km | Stephanie George | 0:26:34 | |
| | | Masters Women 20km | Michelle Laufer | 1:50:05 | |
| | | U10 Girls 10km | Alana Peart | 0:05:26 | |
| | Teams | Gold | U16 Boys 5km | Adam Gargaris | 0:23:51 |
| | | | U18 Men 10km | Kyle Bird, Nathan Brill, Cody Mcnicol-davidson | |
| | | | U12 Girls 2km | Zahra Hayes, Tegan Miller, Jemma Peart | |
| Silver | | U18 Girls 5km | Stephanie George, Amanda Heard, Ebony Whiley | | |
| | | Open Men 20km | Rhydian Cowley, Simon Evans, Andrew Jamieson | | |
| | | U14 Girls 3km | Georgia Bertrand, Hayley George, Rachael Guy | | |

Bronze U16 Boys 5km
Open Womens 10km

Billy Allamby, Adam Gargaris, Reese Walmsley
Sarah Brennan, Kirstin Shaw, Michelle Laufer

I think Terry Swan summed things up when he emailed me to say:

*The organising committee did a fantastic job; what a venue, what a day and it all went very well, great facilities, great location (even with the animal sounds, perhaps motivational for some...).. a great course.
Also a special mention to Jared and Claire Tallent, standing there for many hours, talking with the kids and being photographed by countless parents and fans (including me). Jared and Claire, along with all the AIS athletes are great ambassadors for the sport. It is always fantastic to see those guys and girls come to see the NEW generation .
It was also good to see the WA team, also being very strong and taking their share of the loot.*



Kyle Swan gets a close up look at Jared Tallent's Olympic silver medal from London

First a couple of links:

Full race splits <http://nswathletics.info/liveresults/2012/aarw12/>

Overall results: <http://www.rwa.org.au/documents/2012%20RWA%20Australian%20Roadwalk%20Champs%20Adelaide.pdf>

And now onto the results. The first events to kick off at 8PM were the Open 20km championships. We were very excited to see Olympians Jared and Claire Tallent on the start line but on this occasion it was Claire who provided the highlight, winning the women's title with an excellent 1:31:12, some 7 minutes ahead of Cheryl Webb with Lyn Ventris taking the bronze with 1:40:41 and breaking her own W55 World Record. Jared was happy to just participate, racing in third place for some 12km before stepping off the track. By that stage, Dane Bird-Smith and Rhydian Cowley had cleared out and they stormed home to take first and second places with excellent times of 1:23:28 (just outside Dane's PB) and 1:24:34 (a big PB for Rhydian). Behind them the next generation of young walkers showed their potential with a whole string of times in the low 1:30's while M65 World Record Holder Andrew Jamieson showed he still has it with his 1:41:52 (98.52% age graded performance).

EVENT 1, OPEN MENS 20KM

| | | | | |
|-----|----------------------|---------|--------|--------------------|
| 1. | Dane Bird-Smith | 1:23:28 | RWQ | |
| 2. | Rhydian Cowley | 1:24:34 | RWV | PB 2:38 |
| 3. | Brendon Reading | 1:30:42 | ACTRWC | |
| 4. | Nick Dewar | 1:31:35 | RWQ | First ever |
| 5. | Kim Mottrom | 1:31:50 | SARWC | PB 2:00 |
| 6. | Brandon Dewar | 1:31:56 | RWQ | First ever |
| 7. | Daniel Coleman | 1:33:38 | RWQ | PB 3:02 |
| 8. | Kyle Malone | 1:37:23 | NSWRWC | PB 1:35 |
| 9. | Andrew Jamieson (M) | 1:41:52 | RWV | 98.52% Aged Graded |
| 10. | Derek Mulhearn | 1:42:42 | NSWRWC | |
| 11. | Justin Hill | 1:43:16 | SARWC | PB 3:59 |
| 12. | Simon Evans (M) | 1:45:33 | RWV | |
| 13. | Peter Crump (M) | 1:51:41 | SARWC | |
| 14. | Anthony Albanese (M) | 1:58:22 | NSWRWC | |
| 15. | David Smyth (M) | 1:59:51 | RWCWA | |
| 16. | Robin Whyte (M) | 2:04:57 | ACTRWC | |
| 17. | David Best (M) | 2:19:38 | RWCWA | PB 5:10 |
| | Jared Tallent | DNF | RWV | |

Jason Kozica DQ RWV

HANDICAP

- | | | |
|----|------------------|--------|
| 1. | Anthony Albanese | NSWRWC |
| 2. | Kyle Malone | NSWRWC |
| 3. | Nick Dewar | RWQ |

TEAMS

- | | | | |
|----|--------|----|--|
| 1. | RWQ1 | 31 | Dane Bird-Smith, Brandon Dewar, Nick Dewar |
| 2. | RWV1 | 20 | Rhydian Cowley, Simon Evans, Andrew Jamieson |
| 3. | SARWC1 | 15 | Peter Crump, Justin Hill, Kim Mottrom |

MASTERS

- | | | | |
|----|-----------------|-------|---------|
| 1. | Andrew Jamieson | RWV | 1:41:52 |
| 2. | Simon Evans | RWV | 1:45:33 |
| 3. | Peter Crump | SARWC | 1:51:41 |

EVENT 2: OPEN WOMENS 20 KM

- | | | | | |
|----|---------------------|---------|--------|---|
| 1. | Claire Tallent | 1:31:12 | SARWC | |
| 2. | Cheryl Webb (M) | 1:38:41 | NSWRWC | |
| 3. | Lynette Ventris (M) | 1:40:41 | WARWC | 101.67% age Grade, beats WMA W55 World Record |
| 4. | Michelle Laufer (M) | 1:50:05 | RWV | PB 0:04 |
| 5. | Sarah Brennan (M) | 1:53:07 | RWV | PB 1:07 |
| 6. | Kirstin Shaw | 1:58:38 | RWV | PB 0:50 |
| 7. | Allegra Steele | 2:13:00 | SARWC | |

MASTERS

- | | | | |
|----|-----------------|---------|--------|
| 1. | Cheryl Webb | 1:38:41 | NSWRWC |
| 2. | Lynette Ventris | 1:40:41 | WARWC |
| 3. | Michelle Laufer | 1:50:05 | RWV |



Lyn Ventris, Claire Tallent, Andrew Jamieson, Dane Bird-Smith and Rhydian Cowley

The 10km events kicked off next with Stephanie Stigwood recording a huge PB to win the Open Women's event with 50:10 ahead of Lauren Bourke 51:16 and Chloe Jones 51:48. The U20 championships were won by Brad Aiton (44:59) ahead of Blake Steele 45:33 and by Jessica Pickles 51:55 ahead of Kirsty Klein 52:16. The U18 title went to Nathan Brill 45:03 ahead of Jesse Osborne 45:57. Overall, good depth and excellent winning times.

EVENT 3: WOMENS 10KM (INCLUDING 10KM SPLITS FROM 20KM)

- | | | | | |
|----|---------------------|---------|--------|---------|
| | Claire Tallent | 0:45:24 | SARWC | |
| | Cheryl Webb (M) | 0:49:25 | NSWRWC | |
| | Lynette Ventris (M) | 0:49:32 | WARWC | |
| 1. | Stephanie Stigwood | 0:50:10 | RWQ | PB 4:38 |
| 2. | Lauren Bourke | 0:51:16 | NSWRWC | |
| 3. | Chloe Jones | 0:51:48 | REGAL | |
| | Michelle Laufer (M) | 0:54:06 | RWV | |
| 4. | Vanessa Emery | 0:54:42 | REGAL | |
| 5. | Mel Hayes | 0:55:26 | RWQ | |
| 6. | Vanessa Brown (M) | 0:56:22 | RWCWA | |
| | Sarah Brennan (M) | 0:56:50 | RWV | |

| | | | |
|-----|----------------------|---------|--------|
| | Kirstin Shaw | 0:57:06 | RWV |
| 7. | Deborah Page (M) | 0:58:26 | SARWC |
| 8. | Gloria Holliday (M) | 1:00:17 | SARWC |
| | Allegra Steele | 1:03:20 | SARWC |
| 9. | Charlene Ebejer | 1:04:30 | REGAL |
| 10. | Donna-Marie Elms (M) | 1:05:27 | RWV |
| 11. | Robyn Shaw (M) | 1:05:52 | RWV |
| 12. | Mary Willis (M) | 1:08:52 | NSWRWC |
| 13. | Joan Purcell (M) | 1:14:16 | NSWRWC |
| 14. | Noela Mckinvin (M) | 1:19:20 | RWQ |
| 15. | Jodie Sunstrom | 1:32:57 | REGAL |

HANDICAP

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|----|--------------|--------|
| 1. | Chloe Jones | REGAL |
| 2. | Joan Purcell | NSWRWC |
| 3. | Mary Wills | NSWRWC |

TEAMS

| | | | |
|----|---------|----|---|
| 1. | NSWRWC1 | 28 | Lauren Bourke, Mary Willis, Cheryl Webb |
| 2. | SARWC1 | 25 | Deborah Page, Gloria Holliday, Claire Tallent |
| 3. | RWV1 | 23 | Sarah Brennan, Kirstin Shaw, Michelle Laufer |
| 4. | REGAL | 23 | Charlene Ebejer, Vanessa Emery, Chloe Jones |
| 5. | RWQ | 22 | Mel Hayes, Noela McKinven, Steph Stigwood |

MASTERS

| | | | |
|----|-----------------|---------|-------|
| 1. | Vanessa Brown | 0:55:22 | RWCWA |
| 2. | Deborah Page | 0:58:26 | SARWC |
| 3. | Gloria Holliday | 1:00:17 | SARWC |

EVENT 4: UNDER 20 WOMEN 10 KM

| | | | |
|----|------------------|---------|--------|
| 1. | Jessica Pickles | 0:51:55 | RWQ |
| 2. | Kirsty Klein | 0:52:16 | NSWRWC |
| 3. | Shannon Jennings | 0:54:09 | NSWRWC |
| 4. | Amber Tuscharski | 0:59:21 | SARWC |

EVENT 5: MENS UNDER 20 10 KM

| | | | | |
|----|-----------------|---------|-------|---------|
| 1. | Brad Aiton | 0:44:59 | RWQ | |
| 2. | Blake Steele | 0:45:33 | SARWC | |
| 3. | Dale Hennighan | 0:48:46 | WARWC | PB 2:20 |
| 4. | Bradley Simpson | 0:51:08 | RWV | |
| 5. | Joshua Kaiser | 0:56:13 | RWV | |

HANDICAP

| | | |
|----|-----------------|-----|
| 1. | Bradley Simpson | RWV |
| 2. | Joshua Kaiser | RWV |

EVENT 6: Under 18 MENS 10 Km

| | | | |
|----|-----------------------|---------|--------|
| 1. | Nathan Brill | 0:45:03 | RWV |
| 2. | Jesse Osborne | 0:45:57 | RWQ |
| 3. | Jay Felton | 0:48:46 | NSWRWC |
| 4. | Kyle Bird | 0:52:53 | RWV |
| 5. | Mathew Killen | 0:57:10 | NSWRWC |
| 6. | Lachlan Tyler-Dowd | 0:58:51 | SARWC |
| 7. | Cody McNicol-Davidson | 1:08:25 | RWV |

HANDICAP

| | | |
|----|-----------------------|--------|
| 1. | Lachlan Tyler-Dowd | SARWC |
| 2. | Mathew Killen | NSWRWC |
| 3. | Cody Mcnicol-davidson | RWV |

TEAMS

| | | | |
|----|------|---|---|
| 1. | RWV1 | 7 | Kyle Bird, Nathan Brill, Cody Mencil-davidson |
|----|------|---|---|



Brad Aiton, Blake Steele, Nathan Brill, Jesse Osborne, Jessica Pickles, Lauren Bourke, Stephanie Stigwood and Chloe Jones

Our littlest walkers were on stage next with U10 Invitational events followed by U12 RWA and U14 AA championships. Spencer Burns 10:51 and Tiahna Ruane 10:27 won the RWA U12 titles while Kyle Swan 14:41 and Jasmyn McDonald 14:31 won the U14 AA titles. Kyle and Jasmyn are regular winners at this level and both look to have big potential.

EVENT 7: Under 10 Girls 1km (SARWC Invitational)

| | | | |
|----|------------------|---------|--------|
| 1. | Summer Brown | 0:05:13 | RWCWA |
| 2. | Renee Hardy | 0:05:16 | NSWRWC |
| 3. | Alana Peart | 0:05:26 | RWV |
| 4. | Mercedes Brennan | 0:06:06 | RWV |
| 5. | Summer Pelentsov | 0:06:48 | SARWC |
| 6. | Jada Thomson | 0:07:22 | NSWRWC |

EVENT 8: Under 10 Boys 1km (SARWC Invitational)

| | | | |
|----|------------------|---------|--------|
| 1. | Logan Barendregt | 0:06:59 | NSWRWC |
| 2. | Ryan Hooker | 0:07:51 | SARWC |
| 3. | Mark Hooker | 0:08:21 | SARWC |
| 4. | Riley Szirom | 0:08:21 | SARWC |

EVENT 9: UNDER 12 BOYS 2 KM

| | | | |
|----|-----------------|---------|--------|
| 1. | Spencer Burns | 0:10:51 | ACTRWC |
| 2. | James Plummer | 0:11:04 | NSWRWC |
| 3. | Benjamin Reid | 0:11:39 | WARWC |
| 4. | Lachlan Becroft | 0:13:09 | NSWRWC |

HANDICAP

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|----|-----------------|--------|
| 1. | Lachlan Becroft | NSWRWC |
|----|-----------------|--------|

EVENT 10: UNDER 12 GIRLS 2 KM

| | | | |
|-----|-------------------|---------|--------|
| 1. | Tiahna Ruane | 0:10:27 | WARWC |
| 2. | Samantha Brown | 0:10:34 | NSWRWC |
| 3. | Summer Brown | 0:10:41 | RWCWA |
| 4. | Jemma Peart | 0:10:58 | RWV |
| 5. | Tegan Miller | 0:11:00 | RWV |
| 6. | Zahra Hayes | 0:11:01 | RWV |
| 7. | Courtney Johns | 0:11:22 | WARWC |
| 8. | Arabella Phillips | 0:11:59 | TRWC |
| 9. | Arianna Tolardo | 0:12:08 | WARWC |
| 10. | Riona Tyler-Dowd | 0:12:14 | SARWC |
| 11. | Thailia Martin | 0:12:23 | RWQ |
| 12. | Ayeisha Wallace | 0:12:25 | SARWC |
| 13. | Olivia Skepper | 0:12:46 | WARWC |
| 14. | Mercedes Brennan | 0:13:37 | RWV |
| 15. | Rachael Karmenier | 0:13:48 | SARWC |
| 16. | Renee Hardy | 0:14:11 | NSWRWC |

HANDICAP

| | | |
|----|--------------|-----|
| 1. | Tegan Miller | RWV |
| 2. | Zahra Hayes | RWV |

3. Ayeisha Wallace SARWC

TEAMS

1. RWV1 21 Zahra Hayes, Tegan Miller, Jemma Peart
2. WARWC1 19 Courtney Johns, Taihna Ruane, Arianna Tolardo
3. SARWC1 6 Rachael Karmenier, Riona Tyler-Dowd, Ayeisha Wallace

EVENT 11: BOYS UNDER 14 3 KM

1. Kyle Swan 0:14:41 RWV
2. Alix Harlington 0:14:54 SARWC
3. Callum Burns 0:15:03 ACTRWC
4. Kyle Bedford 0:15:16 NSWRWC
5. Mitchell Lees 0:16:08 WARWC
6. Ryan Thomson 0:16:37 NSWRWC
7. Jonty Brennan 0:18:03 RWV
8. Travis Barendregt 0:18:05 NSWRWC
9. Ryan Pinchen 0:18:16 RWQ
10. Christopher Gerken 0:21:58 RWCWA

HANDICAP

1. Mitchell Lees WARWC
2. Travis Barendregt NSWRWC
3. Ryan Thomson NSWRWC

TEAMS

1. NSWRWC1 7 Travis Barendregt, Kyle Bedford, Ryan Thomson

EVENT 12: UNDER 14 GIRLS 3 KM

1. Jasmyn McDonald 0:14:31 NSWRWC PB 0:12
2. Anna Cross 0:14:52 SARWC
3. Leah McDonald 0:15:14 NSWRWC
4. gabby Hunt 0:15:30 ACTRWC
5. Mikaela Woodward 0:15:43 RWQ
6. Mikayla Johns 0:15:49 WARWC
7. Rachael Guy 0:15:55 RWV
8. Rhiannon Lovegrove 0:16:00 SARWC
9. Hayley George 0:16:15 RWV
10. Aimee Brackin 0:16:32 RWQ
11. Jasmin Burgess 0:16:36 RWCWA
12. Georgia Bertrand 0:16:44 RWV
13. Alice Randall 0:16:51 TRWC
14. Melissa Butler 0:16:52 RWCWA
15. Rhiana Hooker 0:17:59 SARWC
16. Emily Hopkins 0:18:29 ACTRWC
17. Chantelle Nicolaidis 0:19:46 SARWC
18. Sarah Damin 0:19:47 SARWC
Kay Shelby DQ RWV
Bethany Cross DQ SARWC

HANDICAP

1. Rachael Guy RWV
2. Alice Randall TRWC
3. Rhiana Hooker SARWC

TEAMS

1. SARWC1 12 Anna Cross, Rhiana Hooker, Rhiannon Lovegrove
2. RWV1 10 Georgia Bertrand, Hayley George, Rachael Guy



Jasmyn McDonald, Kyle Swan, Spencer Burns, Taihna Ruane and Summer Brown

The final events, the U16 and U18 5km championships, provided the morning's dramas. First in the U16 Boys' event, Tyler Jones, Tom Doyle and Billy Allamby were locked together for the first half of the race until a knee injury forced Billy to slow. Tyler then applied the screws, forcing a winning break to his NSW teammate, 23:33 as against 23:36. It was yet another win for Tyler who dominates this age group. Then in the U18 5km race, Stephanie George was well in front and looking set for victory, only to slow and surrender the lead to Jasmine Dighton - the final result Jasmine first in 26:05, Stephanie second in 26:34. Finally in the U16 Girls' event, Zoe Boldiston and defending champion Jemima Montag surged to a big lead and looked set for a great battle when, at the half way mark, Jemima lost contact, withdrawing soon after. This left Zoe a long way in front and assured of victory. She slowed considerably in the last 2km but her winning time of 24:38 was still a big PB and a big comeback after a horrible last year of injuries. Clara Smith took second in 24:46 and was closing rapidly on Zoe. She too walked an excellent race. It was a fitting way for the championships to end.

EVENT 13: BOYS UNDER 16 5 KM

| | | | | |
|-----|-----------------------|---------|--------|---------|
| 1. | Tyler Jones | 0:23:33 | NSWRWC | PB 0:26 |
| 2. | Tom Doyle | 0:23:36 | NSWRWC | PB |
| 3. | Adam Gargaris | 0:23:51 | RWV | PB 0:19 |
| 4. | Reese Walmsley | 0:25:05 | RWV | |
| 5. | Billy Allamby | 0:25:06 | RWV | |
| 6. | Louis Rose | 0:25:26 | TRWC | |
| 7. | Kyle Swan | 0:25:54 | RWV | |
| 8. | Aidan Kerr | 0:26:22 | NSWRWC | |
| 9. | Nathan Brown | 0:26:25 | NSWRWC | |
| 10. | Trent Miles | 0:26:36 | RWQ | |
| 11. | Thomas Hopkins | 0:27:34 | ACTRWC | |
| 12. | Ryan Green | 0:31:54 | SARWC | |
| 13. | Murray Nankivell | 0:32:22 | SARWC | |
| 14. | Michael Nicolaides | 0:34:01 | SARWC | |
| 15. | Cody Mcnicol-davidson | 0:34:48 | RWV | |

HANDICAP

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|----|------------------|--------|
| 1. | Murray Nankivell | SARWC |
| 2. | Nathan Brown | NSWRWC |
| 3. | Ryan Green | SARWC |

TEAMS

| | | | |
|----|---------|----|--|
| 1. | NSWRWC1 | 22 | Tom Doyle, Tyler Jones, Aidan Kerr |
| 2. | RWV1 | 18 | Billy Allamby, Adam Gargaris, Reese Walmsley |
| 3. | SARWC1 | 6 | Ryan Green, Murray Nankivell, Michael Nicolaides |

EVENT 14: UNDER 18 WOMEN 5 KM

| | | | |
|----|-------------------|---------|--------|
| 1. | Jasmine Dighton | 0:26:05 | NSWRWC |
| 2. | Stephanie George | 0:26:34 | RWV |
| 3. | Breanna Brown | 0:26:56 | RWCWA |
| 4. | Kate Holt | 0:27:16 | WARWC |
| 5. | Amanda Heard | 0:27:39 | RWV |
| 6. | Ebony Whiley | 0:28:18 | RWV |
| 7. | Amanda Barendregt | 0:28:44 | NSWRWC |
| 8. | Danielle Walsh | 0:28:58 | SARWC |

- | | | | | |
|-----|------------------------|---------|--------|---------|
| 9. | Chloe Nenicol-davidson | 0:29:00 | RWV | PB 2:18 |
| 10. | Bryony Beasley | 0:31:10 | NSWRWC | |
| 11. | Carly Bertrand | 0:32:34 | RWV | |

HANDICAP

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|----|------------------------|--------|
| 1. | Amanda Barendregt | NSWRWC |
| 2. | Danielle Walsh | SARWC |
| 3. | Chloe Nenicol-davidson | RWV |

TEAMS

- | | | | |
|----|---------|----|--|
| 1. | RWV1 | 12 | Stephanie George, Amanda Heard, Ebony Whiley |
| 2. | NSWRWC1 | 10 | Amanda Barendregt, Bryony Beasley, Jasmine Dighton |

EVENT 15: UNDER 16 GIRLS 5 KM

- | | | | | |
|-----|------------------------|---------|--------|---------|
| 1. | Zoe Boldiston | 0:24:38 | RWV | PB 0:49 |
| 2. | Clara Smith | 0:24:46 | RWQ | PB 0:25 |
| 3. | Katya Martin | 0:25:42 | RWQ | PB 0:12 |
| 4. | Jasmine Ishrad | 0:26:04 | RWV | |
| 5. | Holly Hughes | 0:26:28 | WARWC | |
| 6. | Asleigh Resch | 0:26:38 | ACTRWC | |
| 7. | Tahlia Hunt | 0:26:47 | TRWC | |
| 8. | Stephanie Grujoski | 0:27:48 | NSWRWC | |
| 9. | Zoe Hunt | 0:28:02 | ACTRWC | |
| 10. | Tayla-paige Billington | 0:28:52 | RWQ | |
| 11. | Julia Potezny | 0:29:16 | SARWC | |
| 12. | Caitlan Gerken | 0:30:25 | RWCWA | |
| 13. | Karina Hopkins | 0:31:34 | ACTRWC | |
| 14. | Isabella Tolardo | 0:32:05 | WARWC | |
| 15. | Aimee Reid | 0:34:53 | WARWC | |
| | Jemima Montag | DNF | RWV | |

HANDICAP

- | | | |
|----|--------------------|--------|
| 1. | Stephanie Grujoski | NSWRWC |
| 2. | Aimee Reid | WARWC |
| 3. | Julia Potezny | SARWC |

TEAMS

- | | | | |
|----|---------|----|---|
| 1. | RWQ1 | 22 | Tayla-paige Billington, Katya Martin, Clara Smith |
| 2. | ACTRWC1 | 14 | Karina Hopkins, Zoe Hunt, Asleigh Resch |
| 3. | WARWC1 | 10 | Holly Hughes, Aimee Reid, Isabella Tolardo |



Jemima Montag, Zoe Boldiston, Clara Smith, Tom Doyle, Billy Allamby, Tyler Jones and Jasmine Dighton



Left: RWV walkers Carly Bertrand, Stephanie George, Kyle Swan, Billy Allamby, Kyle Bird, Adam Garganis and Reese Walmsley
 Right: Super Masters Andrew Jamieson and Kyn Ventris

SAMA ROADWALKS, ADELAIDE, SATURDAY 25 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: 8k (2x4k) yacht handicap. Prizes. Couple of reasonable hills each lap, cold breeze, shower commenced near finish. Then became heavy.

8km (2 x 4km) Yacht Handicap

| | | | | |
|----|-------------------|---------|-----|--------|
| 1. | Roger Lowe | 0:59:37 | M69 | 67.71% |
| 2. | Margaret Trengove | 0:59:00 | W68 | 77.01% |
| 3. | Geoff Byham | 0:51:27 | M66 | 74.91% |
| 4. | David Robertson | 1:04:29 | M79 | 71.84% |
| 5. | Marie Maxted | 0:52:04 | W52 | 71.75% |
| 6. | Rodger Barber | 0:59:35 | M74 | 72.26% |
| 7. | Graham Harrison | 0:52:56 | M69 | 76.25% |
| 8. | Colin Hainsworth | 1:02:46 | M82 | 77.47% |
| 9. | Helen Suridge | 0:56:12 | W61 | 73.49% |

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 25 AUGUST

While most of our Victorian walkers were in Adelaide last weekend for the National roadwalk champs, we did have races at Middle Park for our other walkers and just on 30 turned up for a stroll. Stuart Kollmorgen was the gun walker of the day with a fast 38:59 in the 8km event.

8km Open

| | | |
|----|-------------------|-------|
| 1. | Stuart Kollmorgen | 38:59 |
| 2. | Simon Evans | 41:33 |
| 3. | James Christmass | 42:52 |
| 4. | Nicholas Mirarchi | 43:10 |
| 5. | Mark Donahoo | 44:01 |
| 6. | Bob Gardiner | 50:21 |
| 7. | Anna Wallace | 51:04 |
| 8. | Gerard Feain | 55:06 |
| 9. | Geoff Barrow | 55:48 |

4km Open

| | | |
|----|-----------------|-------|
| 1. | Sandra Geisler | 21:25 |
| 2. | Erin Adamcewicz | 22:37 |
| 3. | Heather Carr | 23:23 |
| 4. | Gwen Steed | 25:40 |
| 5. | Barrie Wicks | 30:47 |
| 6. | Gordon Onley | 30:48 |
| 7. | John Morrison | 32:12 |

6km Open

| | | |
|----|----------------------|-------|
| 1. | Ralph Bennett | 33:55 |
| 2. | Catherine Rutherford | 35:43 |
| 3. | Alison Thompson | 38:05 |
| 4. | Madeleine Feain | 43:24 |

4km Under 15

| | | |
|----|------------------|-------|
| 1. | Paige De Lisen | 22:35 |
| 2. | Gabbie Crea | 26:35 |
| 3. | Paul Tremiglozzi | 27:42 |

2km Under 12

| | | |
|----|-----------------|-------|
| 1. | Brianna Lillie | 11:28 |
| 2. | Jessica Lillie | 11:35 |
| 3. | Lachlan Feain | 11:46 |
| 4. | Hayden Walmsley | 12:01 |

1km Under 9

| | | |
|----|--------------|-------|
| 1. | Gemma Lillie | 07:02 |
|----|--------------|-------|

Thanks to our judges and officials. Sorry if I missed anyone!

Judges: Peter Vysma (Chief), Michael Bodey, Lloyd Nichols, Dave Cash
Officials: Bob Gardiner, Mark Donahoo, Damien Elms, Ian Laurie, Marlaine Stanway, Paul Kozaris, Harry Summers, Mark Donahoo
Canteen: Barb Gardiner, Kate Suich
Setup: James Christmass, Bob Gardiner, Peter Vysma

QRWC CLUB CHAMPIONSHIPS, KALINGA PARK, BRISBANE, SUNDAY 19 AUGUST

And a catchup result from Queensland which came in too late for last week's newsletter. What a great walk by Rhydian Cowley!

Men 10km

| | | |
|----|----------------------|-------|
| 1. | Rhydian Cowley | 40.38 |
| 2. | Brandon Dewar | 43.14 |
| 3. | Nick Dewar | 43.57 |
| 4. | Brad Aiton | 46.44 |
| 5. | Ignacio Jimenez | 49.41 |
| 6. | Dean Nipperess | 50.38 |
| 7. | Peter Bennett | 51.28 |
| 8. | John Harris | 66.44 |
| | | |
| 1. | Nyle Sunderland | 58.02 |
| 2. | Kay Shaw | 63.21 |
| 3. | Donna Beikoff | 67.46 |
| 4. | Sally Lynch | 72.05 |
| 5. | Denise Fellows | 75.58 |
| 6. | Noela McKinven | 76.18 |
| 7. | Christiane Dauphinot | 81.34 |

Open 6km

| | | |
|----|---------------|-------|
| 1. | Richard Lynch | 45.32 |
|----|---------------|-------|

U20 8km

| | | |
|----|-----------------|-------|
| 1. | Jessica Pickles | 42.19 |
|----|-----------------|-------|

U18 6km

| | | |
|----|--------------------|-------|
| 1. | Katya Martin | 34.17 |
| 2. | Lucy-Rose Boardman | 36.34 |

U16 4km

| | | |
|----|-------------|-------|
| 1. | Clara Smith | 19.37 |
| 2. | Trent Miles | 22.04 |

U14 2km

| | | |
|----|------------------|-------|
| 1. | Mikaela Woodward | 10.19 |
| 2. | Aimee Brackin | 11.04 |
| 3. | Ryan Pinchen | 11.22 |

U12 1.5km

| | | |
|----|---------------|-------|
| 1. | Thalia Martin | 8.59 |
| 2. | Sean Brackin | 11.25 |
| 3. | Amelia Wales | 12.45 |

U10 750m

| | | |
|----|------------------------|------|
| 1. | Jasmine-Rose McRoberts | 5.16 |
|----|------------------------|------|

18TH EUROPEAN MASTERS R&F CHAMPIONSHIPS, ZGORZELEC, POLAND, 16-25 AUGUST

The European Masters Athletics Championships in Zgorzelec in Poland have now completed. The second set of walk championships (10km for women and 20km for men) were held on Wednesday 22nd August in the town of Hrádek nad Nisou. There were 3 races in all, as follows

9AM : 10km Women 35-79
 11AM : 20km Men 35-59
 2PM : 20km Men 60-89

I am told conditions were very warm after overnight rain. Results follow but are restricted to the top 10, For the full results, see <http://www.evacs2012.com/en/starters/>.

20 km Road Walk Men, Wednesday 22 August

The fastest walkers were Andrei Pupyshev of Russia (M40, 1.38.21), Steffen Borsch of Germany (M35, 1.39.10) and Viacheslav Degtyarenko of Russia (M40, 1.39.27) while the best age-graded performance went to 76 year old Romolo Pelliccia of Italy (88.24 %, 2.09.52).

| | | | | | |
|-----|---|------------------------|------|-----|---------|
| M35 | 1 | BORSCH Steffen | 1973 | GER | 1:39:10 |
| | 2 | MEDERA Zdenko | 1975 | SVK | 1:43:50 |
| | 3 | CROCI Ernesto | 1973 | ITA | 1:48:39 |
| | 4 | RODRIGUEZ JIMENEZ Jose | 1975 | ESP | 1:51:26 |
| | 5 | CERVELLO David | 1977 | ESP | 1:52:43 |
| | 6 | FERN Thorsten | 1975 | GER | 1:53:25 |
| | 7 | DERENZIS Edwyn | 1976 | BEL | 2:00:32 |
| | 8 | EICHHOLTZER Sebastien | 1976 | FRA | 2:02:32 |
| M40 | 1 | PUPYSHEV Andrei | 1972 | RUS | 2:38:21 |
| | 2 | DEGTYARENKO Viacheslav | 1971 | RUS | 1:39:27 |
| | 3 | IVZANS Normunds | 1971 | LAT | 1:44:20 |
| | 4 | MONTRESOR Albano | 1971 | ITA | 1:46:05 |
| | 5 | MAIER Joachim | 1970 | GER | 1:48:55 |
| | 6 | HIRSCHMUGL Dietmar | 1968 | AUT | 1:52:42 |

| | | | | | |
|-----|----|------------------------|------|-----|---------|
| | 7 | KROPIK Dr Franz | 1968 | AUT | 1:55:34 |
| | 8 | DURAND PICHARD David | 1972 | FRA | 1:55:57 |
| | 9 | BRIERE Regis | 1968 | FRA | 1:58:46 |
| | 10 | FERNANDEZ Mario | 1968 | ESP | 2:04:23 |
| M45 | 1 | GARNYK Petro | 1964 | UKR | 1:45:39 |
| | 2 | CACIA Salvatore | 1967 | ITA | 1:47:24 |
| | 3 | IGLESIAS Julian | 1962 | ESP | 1:49:12 |
| | 4 | VERSEC Vladimir | 1963 | SLO | 1:50:56 |
| | 5 | ZANOLLI Cristiano (I) | 1965 | ITA | 1:51:45 |
| | 6 | SMOLA Josef (I) | 1964 | CZE | 1:52:51 |
| | 7 | GNAUCK Dick | 1963 | GER | 1:55:16 |
| | 8 | STRANO Daniele | 1965 | ITA | 1:56:03 |
| | 9 | BREIDE Madars (I) | 1964 | LAT | 1:59:50 |
| | 10 | MEYER Steffen | 1966 | GER | 2:01:39 |
| M50 | 1 | REIS Francisco | 1960 | GBR | 1:46:47 |
| | 2 | DIETSCHE Klaus | 1962 | GER | 1:47:09 |
| | 3 | NASO Andrea | 1960 | ITA | 1:49:42 |
| | 4 | MAJOR Ferenc | 1961 | HUN | 1:51:53 |
| | 5 | ABADIAS PALACIN Luis | 1959 | ESP | 1:53:42 |
| | 6 | SANSEVRINO Antonio | 1959 | ITA | 1:54:50 |
| | 7 | MALECKI Waldemar | 1958 | POL | 1:59:03 |
| | 8 | COLOMBO Daniele | 1958 | ITA | 2:01:24 |
| | 9 | KWITA Zbigniew | 1959 | POL | 2:03:26 |
| | 10 | DEKSNIS Vitalijs | 1958 | LAT | 2:08:29 |
| M55 | 1 | RUZZIER Fabio | 1953 | SLO | 1:48:13 |
| | 2 | LUNIEWSKI Mirosław (I) | 1957 | POL | 1:48:50 |
| | 3 | PRIELER Helmut | 1955 | GER | 1:49:35 |
| | 4 | BARABASH Vladimir | 1956 | RUS | 1:52:29 |
| | 5 | GAUBE Wilfried | 1956 | GER | 1:53:37 |
| | 6 | MORENO Javier | 1957 | ESP | 1:54:12 |
| | 7 | LYZHIN Sergey | 1955 | RUS | 1:54:54 |
| | 8 | ZHYRKOV Pavlo | 1953 | UKR | 1:55:22 |
| | 9 | UTTLEY Steven (I) | 1957 | GBR | 1:55:46 |
| | 10 | FLIEGL Miroslav | 1954 | CZE | 1:57:21 |
| M60 | 1 | BROCHOT Patrice | 1951 | FRA | 1:51:29 |
| | 2 | GAUS Peter | 1952 | GER | 1:51:32 |
| | 3 | BSCHOR Alois | 1951 | GER | 1:56:54 |
| | 4 | HALL John | 1949 | GBR | 1:58:29 |
| | 5 | PONZIO Roby | 1947 | SUI | 2:01:16 |
| | 6 | DELAYRE Bernard | 1947 | FRA | 2:03:49 |
| | 7 | SIEGELE Johann | 1948 | AUT | 2:04:09 |
| | 8 | LANGNER Gerhard | 1949 | GER | 2:04:48 |
| | 9 | JANOUSEK Jiri | 1951 | CZE | 2:07:24 |
| | 10 | KOVAR Rostislav | 1951 | CZE | 2:07:51 |
| M65 | 1 | FORMENTIN Ettore | 1947 | ITA | 2:02:32 |
| | 2 | MCMULLIN John | 1946 | IRL | 2:06:18 |
| | 3 | SCHUMM Peter | 1942 | GER | 2:06:47 |
| | 4 | RABATEL Fernand | 1946 | FRA | 2:08:30 |
| | 5 | KISS Gyorgy | 1947 | HUN | 2:12:25 |
| | 6 | BINGGELI Bernard (I) | 1946 | SUI | 2:14:39 |
| | 7 | STRAKA Eduard | 1946 | SVK | 2:14:45 |
| | 8 | BJORSVIK Arvid (I) | 1943 | NOR | 2:14:56 |
| | 9 | RUTOLO Ferdinando | 1947 | ITA | 2:15:13 |
| | 10 | PTAK Jaroslav | 1947 | CZE | 2:16:36 |
| M70 | 1 | PALMAR Ants | 1940 | EST | 2:06:49 |
| | 2 | SHILLABEER Edmund (I) | 1939 | GBR | 2:09:57 |
| | 3 | SARTAKOV Alexander | 1942 | RUS | 2:11:00 |
| | 4 | KUSHAROV Anatolii | 1941 | UKR | 2:15:44 |
| | 5 | GONSIOROVSKY Zdenek | 1941 | CZE | 2:18:18 |
| | 6 | VOLSKYI Oleksandr | 1940 | UKR | 2:20:09 |
| | 7 | DRIBINCEVS Vladimirs | 1940 | LAT | 2:20:48 |
| | 8 | KANSKY Vladimir | 1940 | CZE | 2:22:28 |
| | 9 | RUBENIS Gunars | 1938 | LAT | 2:22:33 |
| | 10 | LENZ Horst | 1937 | GER | 2:23:16 |
| M75 | 1 | PELLICCIA Romolo (I) | 1936 | ITA | 2:09:52 |
| | 2 | MENAFRO Vincenzo | 1935 | ITA | 2:16:52 |
| | 3 | IRBE Zigurds (I) | 1936 | LAT | 2:19:55 |
| | 4 | TSUKROV Semen | 1935 | RUS | 2:27:08 |
| | 5 | PANASEIKO Mykola | 1934 | UKR | 2:31:46 |
| | 6 | SCHAEFER DR Wolfgang | 1936 | GER | 2:31:49 |
| | 7 | KNAERINGER Frank | 1936 | GER | 2:39:04 |

| | | | | | |
|-----|---|--------------------|------|-----|---------|
| | 8 | HORWILL Eric | 1933 | GBR | 2:45:04 |
| M80 | 1 | RUTYNA Mieczyslaw | 1931 | POL | 2:30:15 |
| | 2 | TEUFERT Karlheinz | 1929 | GER | 2:33:53 |
| | 3 | PUSHKIN Ivan | 1930 | UKR | 2:34:40 |
| M85 | 1 | CIESIELSKI Guenter | 1926 | GER | 2:45:34 |
| | 2 | BALCARIK Alois (I) | 1927 | CZE | 2:47:50 |

10km Road Walk Women, Wednesday 22 August

The fastest walkers were Bianca Schenker of Germany (W35 - 52.49), Sandrine Eichholtzer of France (W35 - 53.07) and Linda Betto of Germany (W35 - 54.25) while the best age-graded performance went to 79 year old Denise Leclerc of France, (97.30% (1.12.22).

| | | | | | |
|-----|----|--------------------------|------|-----|---------|
| W35 | 1 | SCHENKER Bianca | 1974 | GER | 52:49 |
| | 2 | EICHHOLTZER Sandrine | 1977 | FRA | 53:07 |
| | 3 | BETTO Linda | 1977 | GER | 54:25 |
| | 4 | MARKGRAF Yvonne | 1975 | GER | 1:04:51 |
| | 5 | JAKUBOVSKA Aiva | 1973 | LAT | 1:05:49 |
| | 6 | VARASYD Edit | 1973 | HUN | 1:14:47 |
| W40 | 1 | NAUMANN Marit | 1968 | FRA | 55:09 |
| | 2 | HOGRELL Ellinor | 1968 | SWE | 55:54 |
| | 3 | MOMBELLI Roberta | 1968 | ITA | 57:26 |
| | 4 | UNTERHOLZNER Maria | 1968 | GER | 59:04 |
| | 5 | HOERL Nicole | 1971 | GER | 1:00:06 |
| | 6 | LIAMINA Irina | 1968 | RUS | 1:01:05 |
| | 7 | ROGALE Aija (I) | 1968 | LAT | 1:02:47 |
| | 8 | MAIER Andrea | 1969 | GER | 1:03:04 |
| | 9 | STASCH Katrin | 1970 | GER | 1:03:15 |
| | 10 | SAENGER Angela | 1969 | GER | 1:06:43 |
| W45 | 1 | KOKORINA Irina | 1964 | RUS | 56:26 |
| | 2 | HENCHOZ Corinne | 1964 | SUI | 56:31 |
| | 3 | NICOLAS Myriam | 1963 | BEL | 56:40 |
| | 4 | PRIMAS Barbara | 1965 | GER | 58:22 |
| | 5 | SAREMBE-STEGMAIER Chris | 1966 | GER | 59:17 |
| | 6 | ZAGALSKA Valentyna | 1964 | UKR | 1:00:24 |
| | 7 | WAEDELDE Silvia | 1966 | GER | 1:00:56 |
| | 8 | PONGIN Catherine | 1963 | FRA | 1:02:50 |
| | 9 | NOEL Maureen Elvaria | 1963 | GBR | 1:03:08 |
| | 10 | REGNIER Sylvie | 1962 | FRA | 1:03:09 |
| W50 | 1 | TERENTYIEVA Natalia | 1961 | RUS | 57:24 |
| | 2 | CHAVE Maryse | 1959 | FRA | 58:09 |
| | 3 | COCHEREAU Veronique | 1959 | FRA | 58:45 |
| | 4 | VEREMIICHUK Olena (I) | 1959 | UKR | 59:20 |
| | 5 | GARCIA FRONTONS Carmen | 1960 | ESP | 59:58 |
| | 6 | JAKOB Dora | 1959 | SUI | 1:01:30 |
| | 7 | PICARD Marie Françoise | 1957 | FRA | 1:01:41 |
| | 8 | FUCHS Marion | 1960 | GER | 1:02:58 |
| | 9 | KIRCHESCH Ilona | 1958 | GER | 1:03:53 |
| | 10 | PATRZALEK Brigitte | 1958 | GER | 1:05:22 |
| W55 | 1 | KRYVOKHYZHZA Tetyana (I) | 1956 | UKR | 55:57 |
| | 2 | WHEELER Ann (I) | 1955 | GBR | 1:00:21 |
| | 3 | DUHIG Cath (I) | 1954 | GBR | 1:01:16 |
| | 4 | MOURGUES Martine | 1956 | FRA | 1:03:53 |
| | 5 | ECHLE Maria Rita | 1957 | GER | 1:03:56 |
| | 6 | SCHWANTZER Monika | 1955 | AUT | 1:06:44 |
| | 7 | PATER Jocelyne | 1954 | BEL | 1:06:55 |
| | 8 | MAGGIORE Yvonne | 1955 | FRA | 1:07:07 |
| | 9 | NITYAGOVSKAYA Liudmila | 1954 | RUS | 1:07:35 |
| W60 | 1 | FERNANDES Maria Alice | 1952 | POR | 59:30 |
| | 2 | DYGAS Karin | 1950 | GER | 1:03:14 |
| | 3 | ALVAREZ Aurora | 1952 | ESP | 1:03:25 |
| | 4 | BROCHOT Edith | 1952 | FRA | 1:03:52 |
| | 5 | ANXIONNAT Claudine | 1951 | FRA | 1:04:21 |
| | 6 | GROLIG Dorothea | 1951 | AUT | 1:05:11 |
| | 7 | BRIZ Maria Jose | 1951 | ESP | 1:06:12 |
| | 8 | SHYMKO Liubov | 1950 | UKR | 1:07:57 |
| | 9 | NEIDEL Heidrun | 1947 | GER | 1:09:10 |
| | 10 | TEUFERT - SHIBATA Yoshi | 1950 | GER | 1:09:50 |
| W65 | 1 | MAEDER Heidi | 1943 | SUI | 1:02:29 |
| | 2 | TYSHKO Antonina | 1947 | UKR | 1:05:13 |
| | 3 | BERNIER Janine | 1946 | FRA | 1:07:26 |
| | 4 | DE COPPET Brigita | 1946 | SUI | 1:08:04 |

| | | | | | |
|-----|---|-----------------------|------|-----|---------|
| | 5 | KLINK Ursula | 1944 | GER | 1:08:17 |
| | 6 | LOYER Suzanne | 1947 | FRA | 1:08:24 |
| | 7 | WAHLBERG Marie-louise | 1945 | SWE | 1:43:13 |
| W70 | 1 | THEUNISSEN Gisela | 1942 | GER | 1:10:11 |
| | 2 | GRINBERTE Vera (I) | 1940 | LAT | 1:11:39 |
| | 3 | NAGELL-DAHL Halldis | 1942 | NOR | 1:11:57 |
| | 4 | ZICKERT Viktoria | 1941 | GER | 1:12:32 |
| | 5 | HERRENDOERFER Ursula | 1940 | GER | 1:12:40 |
| | 6 | GIRARDS Rosa | 1939 | GER | 1:17:19 |
| | 7 | ELBING Helene | 1938 | GER | 1:19:12 |
| | 8 | DRAEGER Helga | 1939 | GER | 1:21:17 |
| W75 | 1 | LECLERC Denise | 1933 | FRA | 1:12:22 |
| | 2 | FIJALKOWSKA Janina | 1936 | POL | 1:12:37 |
| | 3 | ANTRITTER Erna | 1935 | GER | 1:27:24 |

Thanks to Emmanuel Tardi for the following photos



Left: Irina Kokorina (3447) W45 , Natalya Terentieva (3550) W50 and Corinne Henchoz (3638) W45
Right: M40 walkers Andrei Papishev (3512) and Viacheslav Degtyarenko (3427)



Left: W35 walkers Sandrine Eichholtzer (857) and Bianca Schenker (2267)
Centre: W75 walkers Denise Leclerc (893) and Janina Fijalkowska (320)
Right: Final sprint between M60 walkers Patrice Brochot and Peter Gaus

24 HEURES DE WADELINCOURT, BELGIUM, 25-26 AUGUST

Thanks to Emmanuel Tardi who was in Belgium last Sunday (he does get around!) for the first of the qualifying races for the 2013 Paris-Colmar classic. A new race, it was held on a 3.685km road circuit for the first 23 hours after which walkers swapped to a 683m loop for the last hour. French ultra walker Philippe Morel won the race with the very strong mark of 206.738km after passing the 100km mark in the excellent time of 10:40:49. Corinne Fauqueur won the women's race with 187km after passing the 100km mark in 12:01:26. Conditions were far from perfect with 3 hours of strong rain during the Saturday night and rain again on the Sunday morning.

The meet also included 6 Hour walks (individual and teams). Remi Bonotte won with 59.112km while Benjamin Leroy (4:01 for 50km in 2000 was second with 57.478km while Dominique Malochet was the first woman with 53.109km. As for Emmanuel, he had an easy walk with Robert Schoukens in a team named Les Escargots (The Snails). Partial results follow

Les 24 heures de Wadelincourt (finishers only)

| | | | |
|-----|-----------------------|------------------------------|--------------|
| 1. | Morel Philippe | AC Chateau-Thierry | 206 km 738 m |
| 2. | Letessier Gilles | PLM Conflans Ste Honorine | 193 km 587 m |
| 3. | Langlois Patrick | AM St Thibault des Vignes | 193 km 100 m |
| 4. | Lailler Patrick | ASPTT Tours | 192 km 825 m |
| 5. | Fauqueur Corinne (F) | Elan 59 Dunkerque | 187 km 124 m |
| 6. | Pellerin Alain | Club athletique Ageen | 184 km 787 m |
| 7. | Varain Cedric | Ac Chateau-Thierry | 183 km 819 m |
| 8. | Hazenbosch Kris (Bel) | DCLA | 178 km 023 m |
| 9. | Thevenin Pascal | AM St Thibault des Vignes | 177 km 909 m |
| 10. | Marechal Jean | AC Chateau Thierry | 173 km 279 m |
| 11. | Boufflert Eric | GABS | 172 km 093 m |
| 12. | Thevenin hugues | Marne et Gondoire Athletisme | 170 km 830 m |
| 13. | Biet Christophe | NL | 170 km 723 m |
| 14. | Varin Sylviane (F) | AM St Thibault des Vignes | 161 km 825 m |
| 15. | Seynaeve Serge (Bel) | CM Roubaix | 161 km 156 m |
| 16. | Derrien Franck | NL (Bruz) | 154 km 718 m |
| 17. | Mauny Claude | Neuilly/Marne Athletisme | 146 km 446 m |
| 18. | Renoncourt Christian | NL | 145 km 446 m |
| 19. | Hausmann Martina (F) | Ger) (LG Wurzburg | 137 km 673 m |
| 20. | Landru Noelle (F) | AS Corbeil Essonnes | 134 km 233 m |
| 21. | Pichon Jean | AM St Thibault des Vignes | 126 km 319 m |
| 22. | Rassaind Andre | AL Voiron | 119 km 387 m |
| 23. | Auvre Alain | AAE St Blimont | 115 km 971 m |
| 24. | Spieser Jean-Paul | AVEC | 106 km 282 m |
| 25. | Biebuyck Pascal | Bel) (Ath AC) | 103 km 189 m |
| 26. | Dandoy Jeremy | CM Roubaix | 92 km 133 m |

6 Hour Walk (only those who walked further than 50km)

| | | | |
|----|------------------------|---------------------------|--------------|
| 1. | Bonnotte Remi | Dijon UC | 59 km 112 m |
| 2. | Leroy Benjamin | ACLO | 57 km 478 m |
| 3. | Gilmet Patrick | NL | 54 km 060 m |
| 4. | Demaerschalk Patrick | CABW | 53 km 109 m |
| 5. | Malochet Dominique (F) | ASC Le Havre | 53 km 109 m. |
| 6. | Giraudeau Denis | PLM Conflans Ste Honorine | 52 km 426 m |
| 7. | Pannier Josiane (F) | Havre AC | 50 km 375 m |

The race included the Belgium 100k walk Championship with results as follows

| | | |
|----|-----------------|----------|
| 1. | Pascal BIEBUYCK | 11:43:42 |
| 2. | Kris HAZENBOSCH | 13:14:16 |
| 3. | Peter VAN HOVE | 15:19:31 |

Thanks to Emmanuel for the following photos



Remi Bonotte



Philippe Morel



Dominique Malochet



Corinne Fauqueur



Belgium 100km Podium - Pascal Biebuyck Kris Hazenbosch Peter van Hove

NORDIC JUNIOR MATCH, VAXJO, SWEDEN, SUNDAY 19 AUGUST

Junior Men 5000m

| | | | |
|----|------------------|---------|----------|
| 1. | Elmo Koivunen | Finland | 22,21,32 |
| 2. | Joakim Stolen | Norway | 22,32,31 |
| 3. | Fredrik Sandmer | Sweden | 24,59,33 |
| 4. | Juuso Joukas | Finland | 25,17,38 |
| 5. | Sindre Olness | Norway | 26,55,37 |
| 6. | Anton Nicklasson | Sweden | 27,34,63 |

Junior Women 3000m

| | | | |
|----|---------------------|---------|----------|
| 1. | Annika Norrman | Finland | 14,52,32 |
| 2. | Tia Kuikka | Finland | 15,20,67 |
| 3. | Felicia Hogrell | Sweden | 16,26,86 |
| 4. | Kristiane Rygg | Norway | 16,44,18 |
| 5. | Maria Aydin | Sweden | 17,25,35 |
| 6. | Sara Dorthea Jensen | Norway | 18,53,13 |

ESTONIAN CHAMPIONSHIPS, TALLINN, ESTONIA, AUG 18-19**20,000m Men**

| | | | | |
|----|----------------|------|--------------------|------------|
| 1. | Margus LUIK | 1980 | B.Junk Käimisklubi | 1.40.36,45 |
| 2. | Virgo ADUSOO | 1985 | EMÜ SK | 1.43.05,42 |
| 3. | Artjom DJATŠUK | 1989 | KJK Kalev-Sillamäe | 1.58.50,80 |

10,000m Women

| | | | | |
|----|----------------|------|--------------------|------------|
| 1. | Maarika TAUKUL | 1985 | B.Junk Käimisklubi | 51.48,02 |
| 2. | Anna KUKANKOVA | 1990 | KJK Atleetika | 1.01.31,98 |
| 3. | Anneli ARU | 1975 | Läänemaa KJK | 1.04.34,59 |

CZECH LEAGUE RESULTS**Athletics League Meet, Tabor, Czech Republic, Monday 21 August**

Karel Ketner 21:38.08 and Mária Czaková 23:30.59 were the top walkers last week in the Czech Athletics Meet in Tabor.

5000m Men

| | | | | |
|----|--------------|--------|----------------------|----------|
| 1. | Karel Ketner | 900411 | AK Kroměříž | 21:38.02 |
| 2. | Lukáš Gdula | 911206 | Hvězda SKP Pardubice | 22:05.45 |
| 3. | Jiří Malysa | 660814 | VSK Univerzita Brno | 22:24.77 |
| 4. | Jiří Malysa | 910515 | AK Kroměříž | 22:52.67 |
| 5. | Ondřej Motl | 940725 | TJ Rumburk | 23:04.22 |
| 6. | Milan Švehla | 780504 | VSK Univerzita Brno | 24:07.57 |
| 7. | Jakub Zajíc | 890208 | Hvězda SKP Pardubice | 25:51.97 |
| 8. | Tomáš Gdula | 970109 | Hvězda SKP Pardubice | 26:17.11 |

3000m Women

| | | | | |
|----|-------------------|--------|--------------------------|----------|
| 1. | Mária Czaková | 886002 | Star SKP Pardubice | 23:30.59 |
| 2. | Lenka Borovičková | 735104 | SK Nove Mesto nad Metují | 29:49.84 |
| 3. | Martin Netolická | 825525 | AK Olymp Brno | 30:30.34 |

Athletics League Meet, Pardubice, Czech Republic, Sunday 26 August

They were back in action 6 days later in Pardubice and the times were a lot faster with Ketner 12:05.19 and Czaková a 9 sec PB of 12:55.82. It was her third race in the last week and she is certainly continuing on her good form from the London Olympics.

3000m Men

| | | | | |
|----|--------------|--------|----------------------|----------|
| 1. | Karel Ketner | 900411 | AK Kroměříž | 12:05.19 |
| 2. | Lukáš Gdula | 911206 | Hvězda SKP Pardubice | 12:13.60 |
| 3. | Ondřej Motl | 940725 | TJ Rumburk | 12:29.30 |

3000m Women

| | | | | |
|----|-------------------|--------|--------------------------|----------|
| 1. | Mária Czaková | 886002 | Hvězda SKP Pardubice | 12:55.82 |
| 2. | Hana Herberová | 815103 | Hvězda SKP Pardubice | 14:39.95 |
| 3. | Lenka Borovičková | 735104 | SK Nové Město nad Metují | 16:58.71 |

USA VS CANADA JUNIOR TEAMS COMPETITION, TORONTO, CANADA, SUNDAY 19 AUGUST

USA narrowly beat Canada (24 points to 20) in their annual Junior Teams meet, held on a 2.5km circuit in Hanlans Island, Toronto, Canada. Best performer on the day was obviously Canadian Ben Thorne with a quick 42:11.

10km Junior Men

| | | | | |
|----|-------------------|-----|------|-------|
| 1. | Benjamin Thorne | CAN | 1993 | 42.11 |
| 2. | Michael Nemeth | USA | 1993 | 45.17 |
| 3. | Marek Adamowicz | CAN | 1996 | 47.10 |
| 4. | Roberts Nathaniel | USA | 1996 | 48.33 |
| 5. | Jonathan Hallman | USA | 1993 | 51.26 |
| 6. | Anthony Peters | USA | 1996 | 51.56 |
| 7. | Mitchell Brickson | USA | 1993 | 53.33 |
| 8. | Jeff Surprenant | CAN | 1995 | 55.03 |

5km Junior Women

| | | | | |
|----|-----------------------|-----|------|-------|
| 1. | Nicolette Sorensen | USA | 1995 | 26.00 |
| 2. | Katelynn Ramage | CAN | 1993 | 26.25 |
| 3. | Abigail Dunn | USA | 1994 | 26.45 |
| 4. | Maite Natalia Moscoso | USA | 1995 | 26.51 |
| 5. | Kaitlin Flanders | USA | 1994 | 26.53 |
| 6. | Katherine Michta | USA | 1996 | 27.42 |

| | | | | |
|----|-------------|-----|------|-------|
| 7. | Simran Rai | CAN | 1994 | 30.56 |
| 8. | Mandy Roach | CAN | 1996 | 31.21 |

SPANISH WALK CHAMPIONSHIPS, NAVARRA, SATURDAY 25 AUGUST

The first day of the Spanish Athletics Championships in Pamplona, Navarra, saw Beatriz Pascual win the Women's 10,000m walk in a very fast 43:18.97. In the men's event, held on Sunday evening, Miguel Ángel López, fifth place in the London Olympic 20km, won easily with 41:45.67 ahead of London 50km walker Benjamin Sanchez 41:45.67 with 20 year old Luis Alberto Amezcua completing the podium places with 41.52,57.

10,000m Track Championship Women, Saturday 25 August

| | | | |
|-----|----------------------|------|----------|
| 1. | Beatriz Pascual | 1982 | 43.18,97 |
| 2. | Maria Jose Poves | 1978 | 44.22,59 |
| 3. | Julia Takacs | 1989 | 46.00,46 |
| 4. | Ainhoa Pinedo | 1983 | 46.10,56 |
| 5. | Eva Maria Iglesias | 1985 | 46.30,50 |
| 6. | Myriam Fernandez | 1981 | 50.49,64 |
| 7. | Maria Dolores Marcos | 1979 | 51.13,06 |
| 8. | Laura Gutierrez | 1988 | 53.06,13 |
| 9. | Andrea Cabre | 1988 | 53.07,47 |
| 10. | Carla Santa Elena | 1996 | 56.18,63 |

10,000m Track Championship Men, Sunday 26 August

| | | | |
|-----|-------------------------|------|----------|
| 1. | Miguel Ángel López | 1988 | 40.25,31 |
| 2. | Benjamin Sanchez | 1985 | 41.45,67 |
| 3. | Luis Alberto Amezcua | 1992 | 41.52,57 |
| 4. | Luis Manuel Martinez | 1984 | 42.22,93 |
| 5. | Alex Florez Studer | 1971 | 44.01,24 |
| 6. | Francisco Arcilla Aller | 1984 | 44.05,90 |
| 7. | Mario Sillero Mesonero | 1990 | 44.51,77 |
| 8. | Jose Fernandez Nieves | 1980 | 46.29,21 |
| 9. | Ivan Pajuelo Paredes | 1993 | 46.36,84 |
| 10. | David Mateos Redondo | 1981 | 49.25,27 |

'ATLETICKY' MOST TRACK MEET, DUBNICA NAD VAHOM, SLOVAKIA, SUNDAY 26 AUGUST

Matej Toth 11:05.95 won with a fast last lap over training partner Anton Kučmín 11:15.32 in a Slovakian track meet on Sunday.

3000m walk Men

| | | | |
|----|----------------------|----------|-------------|
| 1. | Matej Tóth | 11:05,95 | meet record |
| 2. | Anton Kučmín | 11:15,32 | |
| 3. | Grzegorz Sudol (POL) | 11:21,90 | |
| 4. | Dušan Majdán | 11:47,97 | |
| 5. | Miroslav Úradník | 12:32,49 | |
| 6. | Michal Morvay | 13:06,57 | |

BITS AND PIECES

ABC Television segment on racewalking from one of our local children's TV shows (thanks to Mark Wall for this link which features young South Australian walker Alix Harlington): <http://www.abc.net.au/btn/story/s3559438.htm>

2013 FISU SUMMER UNIVERSIADE FORMAT CHANGES

Next year sees the 27th Summer Universiade which will be held in Kazan, Russia, in early July. These championships, held every two years, always include 20km road walks but next year the racewalks (and half-marathons) will be extended from individual to teams events. This is a major change and does raise the possibility of more walkers getting the chance to represent Australia in major international competition.

As yet, Athletics Australia has not put out its own Selection Policy but the Kazan website (see <http://www.kazan2013.com>) does spell out the basic details from a FISA perspective. To quote:

The athletics qualification period starts at 01/01/2012 and ends 10 days before the first competition day.

Each country is authorised to enter in:

- an individual event: two (2) athletes, both of whom have achieved the entry standard for the event in the year before the Universiade or one (1) athlete who has not achieved the entry standard;

- a team event: one (1) team
- For 10.000m for men and women, a maximum of three (3) athletes, all of whom have achieved the entry standard of the event in the year before the Universiade or two (2) who have not achieved the entry standard.
- For the half-marathon and 20-km walk for men and women, a maximum of five (5) athletes, all of whom have achieved the entry standard of the event in the year before the Universiade or three (3) who have not achieved the entry standard.
- Each delegation entering a race walk or half-marathon team shall take part with a minimum of three (3) and a maximum of five (5) athletes.

It has set 20km roadwalk qualification standards at 1.26.30 (men) and 1.43.00 (women). Of course, AA may choose tougher standards so stay tuned for further news as it becomes available.

WHAT'S COMING UP

Nest Saturday sees our annual **Beat Your Season Best Time** races and we have **prizes** for the winners (male and female) in each category. After the racing finishes, we will have our **VRWC Winter Season Presentations** so make sure you come along and celebrate what will be the final day's racing for many of our walkers.

| Saturday 1st September 2011 Middle Park | | | |
|--|---|----------------------------|----------|
| VRWC EVENTS: Beat Your Season Best time. Prizes for all winners. | | | |
| The winners are the walkers in each race to beat their season best time by the largest margin. | | | |
| 2.15pm | 10km | Beat Your Season Best Time | Open |
| 2.15pm | 5km | Beat Your Season Best Time | Open |
| 2.15pm | 3km | Beat Your Season Best Time | Open |
| 2.15pm | 3km | Beat Your Season Best Time | Under 15 |
| 2.30pm | 1km | Beat Your Season Best Time | Under 9 |
| 2.40pm | 2km | Beat Your Season Best Time | Under 12 |
| 3.15pm | VRWC Winter Season Presentations | | |

The following Sunday sees VRWC hosting the **AV 50km Championship (Men)** and the **RWA 50km Championship (Women)**. Men must pre-enter the AV 50km Championship via the AV website - see <https://members.athsvic.org.au/competitions/comp-details?c=MmRkY2E4MmYtYWVmMC1IMTExLTliNjgtMDAxNTVkY2MzOTBi>. The RWA 50km for women may be entered on the day. We will also have a variety of other long events on as shown below and we are hoping to see lots of walkers challenging themselves over a longer distance of timeframe than normal. VRWC walkers who enter any one of the longer events on offer are automatically eligible to contest the **Ray Smith 35km Club Championship**.

| Sunday 9th September 2011 Middle Park | | | |
|---|---|------------------------|------------|
| AV, RWA & VRWC EVENTS | | | |
| 7.30am | 50km | Victorian Championship | Open Men |
| | 50km | RWA Championship | Open Women |
| | 4 hour race * | | Open |
| | 5 hour race * | | Open |
| | 6 hour race * | | Open |
| | Incorporating 35km V.R.W.C. Championship – Ray Smith Trophy | | |
| 10.00am | 20km | | Open |
| 11.00am | 10km | | |
| | Open | | |
| * Rules for 4 & 5 & 6 hour events | | | |
| The aim is to walk as far as possible in the time allocated. | | | |
| Walkers may leave the track and re-enter the race as often as they wish as long as they do so at the start/finish line. | | | |
| When restarting, walkers should notify the recorder. | | | |

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.

2012/2013 Victorian/Australian Summer Season Key Dates

| | |
|----------------------|--|
| Sat Oct 13, 2012 | AV Shield Starts with Round 1 (2000m) |
| Oct 13-20, 2012 | Alice Springs Masters Games, Alice Springs, N.T. |
| Nov 3-11, 2012 | Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au |
| Nov 9-11, 2012 | AV All Schools T&F Champs, Albert Park |
| Nov 30 - Dec 2, 2012 | Australian Schools T&F Champs, Hobart, TAS |
| Sun Dec 9 2012 | Australian 50km Championship, Fawkner Park, Melbourne |
| Jan 26-28, 2013 | Victorian Country T&F Champs, Geelong |
| Feb 8-10, 2013 | Victorian Junior T&F Champs, Albert Park |
| Sun Feb 24, 2013 | Australian 20km Summer Championships, Hobart, TAS |
| Mar 1-3, 2013 | Victorian Open F&F Champs, Albert Park |
| Mar 12-17, 2013 | Australian Junior Athletics Championships, Perth, WA |
| Mar 29-Apr 1, 2013 | Australian Masters T&F Champs, Canberra, ACT |

April 11-14, 2013 Australian Open Athletics Championships, Sydney, NSW

2012 International Fixture

Sunday 28 Oct, 2012 2012 MTR HONG KONG Race Walking Carnival, Hong Kong. See <http://www.hkaaa.com/>

Remaining 2012 IAAF Race Walking Challenge Dates

14 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

2013 International Fixture

June 29 - Jul 20, 2013 **27th Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)

July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

October 5-12, 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>

August 5-13, 2017 **156th IAAF World Championships in Athletics, London, UK**

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>)