

2002 / 2003

THE RACEWALKING YEAR IN REVIEW

COMPLETE VICTORIAN RESULTS

**MAJOR AUSTRALIAN AND MAJOR INTERNATIONAL
RESULTS**

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25 February 2010

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A.V. SCHOOLS TRACK AND FIELD TITLES, U17-U20, 04-05 OCTOBER, 2002

The summer season gets going early for the Schools based walkers with the first track championships already over. Congratulations to our new Champions. It was good to see Bridgitte Burns walking again.

Women 5000 Metre Race Walk Under 20

1 Burns, Bridgitte	Sag	28:06.36
2 Jacobs, Fauve	Kai	28:19.26
3 Gleich, Laura	Lor	28:41.70
4 Rickard, Cassie	Mlc	29:43.66

Women 3000 Metre Race Walk Under 18

1 Wilkie, Rebecca	Eum	15:47.86
2 Adriaans, Monica	Sao	18:56.88

Women 3000 Metre Race Walk Under 17

1 Gray, Emma	Kai	16:12.12
2 Jenkins, Tara	Spe	16:14.95
3 Boddy, Tyne	Nos	16:38.12
4 Vandenheiligenb, Kylie	Lyn	20:41.08

Men 5000 Metre Race Walk Under 20

1 Tallent, Jared	Bal	22:27.90
-- Van Cooten, Caleb	Mhs	DQ

Men 3000 Metre Race Walk Under 18

1 Stevenson, David	Spa	15:10.21
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Men 3000 Metre Race Walk Under 17

1 Barnes, Jamie	Obe	14:34.27
2 Fawkes, Leigh	Ver	15:08.22
3 Lineen, Daniel	Nge	18:18.12

AV U13-16 SCHOOLS CHAMPIONSHIPS, OLYMPIC PARK, 2-3 NOVEMBER, 2002
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The U17-120 schools championships were held last month and this weekend it was the chance for the younger walkers to vie for medals. It as good to see some reasonably sized fields and some good performances. Congratulations to the winners – Fauve Jacobs, Sibon Fuzzard, Jessica Rothwell, Tim Stevenson, Leigh Fawkes and Jake Hogan. Fauve and Jessica both won AV walking awards in the winter season and most of the walkers in the fields were seen at one time or another at Albert Park over the winter. It is good to see Jake Hogan back in walking mode. Jake did a great Canberra in June 2000, winning the AFRWC U12 title but we lost him last winter to football. Well done Jake.

Girls 1500 Meter Race Walk Under 16

1.	Jacobs, Fauve	87	Kai	7:31.81
2.	Ranger, Lucy	87	Lcb	7:42.89
3.	Boddy, Tyne	87	Nos	7:50.43
4.	Ditchfield, Kate	87	Fra	8:30.90

Girls 1500 Meter Race Walk Under 15

1.	Fuzzard, Sibon	88	Gir	7:39.21
2.	Gray, Hollie	88	Kai	7:53.39
3.	Donovan, Siobhan	88	Bor	7:56.95
4.	Palfreyman, Brooke	88	Gol	8:40.03

Girls 1500 Meter Race Walk Under 14

1.	Rothwell, Jessica	89	Gou	7:34.75
2.	Alexander, Sarah	89	Kar	7:44.40
3.	Palfreyman, Jessie	90	Bwo	7:48.40
4.	Nielsen, Diana	90	Plc	7:51.84
5.	Lovus, Katie	90	Kin	8:07.19
6.	Gray, Jayde	91	Kai	9:11.07
7.	Seenan, Kate	89	Gen	10:43.12
	Girgin, Eda	90	Ric	DQ

Boys 1500 Meter Race Walk Under 16

1.	Stevenson, Tim	87	Spa	7:32.10
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Boys 1500 Meter Race Walk Under 15

2.	Fawkes, Leigh	88	Ver	7:00.04
3.	Trend, Jonathon	88	Nsc	9:09.57
4.	Elms, Bradley	88	Lal	9:54.37

Boys 1500 Meter Race Walk Under 14

1.	Hogan, Jake	90	Wnp	7:27.04
2.	Bryant, Kyle	89	Flo	7:34.15
3.	Lineen, Daniel	89	Ngs	7:42.05
4.	Ranger, David	89	Spa	8:01.30
5.	Platt, John	90	Clp	8:10.64
6.	Burgess, Shaun	89	Bhi	8:19.35
7.	Mirarchi, Nicholas	91	Smp	8:45.43
8.	Simmonds, Jack	89	Pat	8:51.03
9.	Ryan, Leigh	90	Dan	8:53.46
10.	Stoddart, Jayson	92	Rpp	9:33.28
	Boddy, Reece	89	Nos	DQ
	Lurati, Chase	92	Sjp	DQ
	Copland, Lee	90	Whe	DQ
	Girgin, Timucin	92	Ric	DQ

IGA AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS HOBART 5-8 DEC 2002

World Junior competitors Laura Johnson and Jared talent confirmed their places at the top of the Schools competition with wins in the Under 20 Events but in each case the winner of the Under 18 events (Lisa Grant and Adam Rutter) gave them some competition in backing up to record fine second places.

One of the other highlights was the walk of 14 year old Tanya Holiday in the 5km U20 event, walking the tremendous time of 24.25.

The walking was of a very high standard with few DQs and large competitive fields. As usual, NSW were the dominant state with many fine walkers. A small contingent of Victorians made the trip and we came away with 4 medals as follows

Jared Tallent	Gold	Under 20 5000m Walk	21:23.67
Jessica Rothwell	Gold	Under 14 1500m Walk	7:05.84.
Jake Hogan	Gold	Under 14 1500m Walk	7:06.79.
Bridgette Burns	Silver	Under 18 3000m Walk	14:06.94.

I must also mention Jamie Barnes who, although he did not win any medals, walked fantastic races in both the U18 300m and the U20 5000m. His 5000m time was a big PB and his 3000m time was just outside his PB walked in State League last week.

Girls 5000 Metre Walk Under 20

1. Johnson, Laura	NSW	St Pauls Cranebrook	23:16.18.
2. Grant, Lisa	NSW	Girraween HS	23:57.56.
3. Holliday, Tanya	SA	Brighton HS	24:25.35.
4. Burns-Rees, Lauren	NSW	Oxley HS	25:30.29.
5. Alldis, Fiona	NSW	Abbotsleigh	25:47.48.
6. Heazlewood, Brianna	NSW	Loreto Kirribilli	26:18.56.
7. Petith, Chantelle	QLD	Chisholm Coll	26:33.87.
8. Becker, Yvette	SA	Parafield Gardens HS	27:00.03.
9. Ebejer, Vanessa	NSW	Catherine McAuley	27:08.52.
10. Roberts, Lisa	SA	Gleeson Coll	27:20.25.
11. MAC Neeney, Teegan	WA	Ocean Reef SHS	27:25.23.
12. Alldis, Christina	NSW	Abbotsleigh	27:36.29.
13. Rutter, Jillian	NSW	Hornsby Girls HS	27:48.33.
14. Bannister, Lynette	TAS	Ogilvie	28:24.65.
15. Heazlewood, Jessica	NSW	Loreto Kirribilli	28:49.81.
16. Dodds, Katie	NSW	Bev. Hills Girls HS	29:35.13.
Lee, Beki	NSW	Rooty Hill HS	DQ.
Knapton, Susan	NSW	Erskine Park HS	DQ.

Boys 5000 Metre Walk Under 20

1. Tallent, Jared	VIC	Ballarat SC	21:23.67.
2. Rutter, Adam	NSW	Pennant Hills HS	21:32.17.
3. Archer, Shaun	ACT	Narabundah Coll	22:26.96.
4. Colquhuon, Ashley	ACT	MacKillop Coll	23:15.50.
5. Mellor, Aaron	NSW	Westfields Sp. HS	23:27.91.
6. Barnes, Jamie	VIC	Oberon SC	23:45.00.
7. Humphrey, Aaron	TAS	Hobart Coll	26:18.42.
Hemmings, Scott	QLD	MacGregor SHS	DNF.
McCagh, Michael	WA	Lockridge SHS	DQ.
Sellen, Glen	NSW	Rooty Hill HS	DQ.

Girls 3000 Metre Walk Under 18

1. Grant, Lisa	NSW	Girraween HS	13:47.85.
2. Burns, Bridgitte	VIC	Sacred Heart N'town	14:06.94.
3. Knapton, Susan	NSW	Erskine Park HS	14:12.71.
4. Heazlewood, Jessica	NSW	Loreto Kirribilli	14:19.91.
5. Lee, Beki	NSW	Rooty Hill HS	14:29.95.
6. Hosking, Jillian	ACT	Reeboth Christ.	14:32.26.

7.	Holliday, Tanya	SA	Brighton HS	14:40.73.
8.	Alldis, Fiona	NSW	Abbotsleigh	14:54.26.
9.	Gray, Emma	VIC	Kardinia Int. Coll	14:58.53.
10.	Heazlewood, Brianna	NSW	Loreto Kirribilli	15:00.08.
11.	Burns-Rees, Lauren	NSW	Oxley HS	15:07.42.
12.	Bannister, Lynette	TAS	Ogilvie	15:20.64.
13.	Roberts, Lisa	SA	Gleeson Coll	15:29.08.
14.	Ebejer, Vanessa	NSW	Catherine McAuley	15:29.81.
15.	Petith, Chantelle	QLD	Chisholm Coll	15:29.83.
16.	Jones, Chloe	NSW	Christ. Cath. Roo. Hi	15:29.85.
17.	MAC Neeney, Teegan	WA	Ocean Reef SHS	15:49.05.
18.	Becker, Yvette	SA	Parafield Gardens HS	15:53.32.
19.	Alldis, Christina	NSW	Abbotsleigh	16:03.62.
20.	Rutter, Jillian	NSW	Hornsby Girls HS	16:24.94.
21.	Dodds, Katie	NSW	Bev. Hills Girls HS	17:07.60.

Boys 3000 Metre Walk Under 18

1.	Rutter, Adam	NSW	Pennant Hills HS	12:12.20.
2.	Archer, Shaun	ACT	Narabundah Coll	12:27.16.
3.	McCagh, Michael	WA	Lockridge SHS	12:59.27.
4.	Colquhuon, Ashley	ACT	MacKillop Coll	13:39.20.
5.	Barnes, Jamie	VIC	Oberon SC	13:46.34.
6.	Sellen, Glen	NSW	Rooty Hill HS	14:12.30.
7.	Hemmings, Scott	QLD	MacGregor SHS	14:21.62.
8.	Egelton, Blake	NSW	St Dominics	14:28.54.
9.	Woods, Matthew	QLD	Laidley SHS	14:49.16.
10.	Humphrey, Aaron	TAS	Hobart Coll	15:07.77.
11.	Stevenson, David	VIC	St Pat. Coll Ball	15:39.54.
12.	Harris, Matt	SA	Norwood-Morialta HS	16:20.03.

Girls 1500 Metre Walk Under 16

1.	Hosking, Jillian	ACT	Reeboth Christ.	6:31.67.
2.	Holliday, Tanya	SA	Brighton HS	6:39.20.
3.	Heazlewood, Jessica	NSW	Loreto Kirribilli	6:49.52.
4.	Knapton, Susan	NSW	Erskine Park HS	6:53.21.
5.	Alldis, Fiona	NSW	Abbotsleigh	7:07.56.
6.	Kujat, Teagan	QLD	Emmanuel Coll	7:15.43.
7.	Petith, Chantelle	QLD	Chisholm Coll	7:19.79.
8.	Fuzzard, Sibon	VIC	Girton Gram	7:26.25.
9.	Boddy, Tyne	VIC	Norlane SC	7:42.11.
10.	Jacobs, Fauve	VIC	Kardinia Int. Coll	7:43.25.
11.	Worrall, Caitlin	ACT	Melrose HS	7:47.01.
12.	Buchanan, Jacqui	WA	Woodvale SHS	7:58.80.

Boys 1500 Metre Walk Under 16

1.	Sellen, Glen	NSW	Rooty Hill HS	6:36.26.
2.	Hemsworth, Phillip	QLD	Mansfield SHS	6:48.61.
3.	Egelton, Blake	NSW	St Dominics	6:54.36.
4.	Rayson, Ian	NSW	Gosford HS	7:01.15.
5.	Longman, Brendan	WA	Trinity Coll	7:03.27.
6.	Wolszczak, Gregorz	SA	Thomas More Coll	7:05.91.
7.	Stevenson, Tim	VIC	St Pat. Coll Ball	7:06.86.
8.	Cleasby, Benjamin	WA	Mt Lawley SHS	7:14.44.
9.	Weldon, Nicholas	TAS	Mackillop Coll	7:14.58.
10.	Coleman, Daniel	TAS	St Virgils	7:15.33.
11.	Plummer, Beau	NSW	Colo HS	7:17.73.
12.	Collier, Desmond	QLD	Dakabin SHS	7:30.07.
	Harris, Matt	SA	Norwood-Morialta HS	DNF.

Girls 1500 Metres Walk Under 14

1.	Rothwell, Jessica	VIC	Goulburn Vall. Gram	7:05.84.
2.	Fagan, Nicole	NSW	Monte St Angelo	7:11.75.
3.	Staples, Cassandra	NSW	Macarthur Ang.	7:22.05.

4.	Agius, Natasha	NSW	Emmaus Cath. Coll	7:29.56.
5.	Alexander, Sarah	VIC	Karingal Park SC	7:34.36.
6.	Malcomson, Lizzy	TAS	Fahan Sch	7:36.45.
7.	Biteznik, Katrina	NSW	Bev. Hills Girls HS	7:43.83.
8.	Menary, Brooke	QLD	John Paul Coll	7:46.72.
9.	Woodforth, Amber	QLD	Mt Alvernia SHS	7:48.29.
10.	Pike, Zara	QLD	Kirwan SHS	7:59.49.
11.	Hayes, Shannon	QLD	Lourdes Hill SHS	8:05.80.
12.	Worrall, Caitlin	ACT	Melrose HS	8:06.37.
13.	Palfreyman, Jessie	VIC	Brid'water Loddon PS	8:08.31.
14.	Beard, Alison	WA	John Wallaston	8:09.03.
15.	Brieske, Katrina	QLD	Rosewood SHS	8:12.54.
16.	D'Agnone, Gabrielle	WA	St Munchins	8:19.17.
17.	Adams, Rebecca	SA	Walford HS	8:28.92.
18.	Cashion, Caitlin	TAS	Ogilvie	8:41.71.
	Jones, Aimee	NSW	Christ. Cath. Roo. Hi	DQ.

Boys 1500 Metres Walk Under 14

1.	Hogan, Jake	VIC	Warragul Nth PS	7:06.79.
2.	Reading, Brendon	ACT	Belconnen HS	7:11.18.
3.	Coleman, Daniel	TAS	St Virgils	7:15.31.
4.	O'Connell, Jarryd	NSW	Patrician Bros. BTown	7:38.29.
5.	Laman, James	NSW	The Kings Sch	7:49.45.
6.	Platt, John	VIC	Canadian Lead PS	8:13.30.
	Cashion, Nathan	TAS	Rosetta PS	DNF.
	Wolszczak, Gregorz	SA	Thomas More Coll	DQ.

AUSTRALIAN YOUTH OLYMPIC FESTIVAL, HOMEBUSH, SYDNEY, 10-11 JANUARY 2003
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This annual event pits the top under age athletes from around Australia. To get away from State based associations, the athletes are arranged into non-State based groups and each group is managed by a former top athlete. It was good to see former Aussie and Victorian walker Dion Russell managing the Gang-Green team which went on to win the overall competition by 6 points in an exciting and hotly contested 2 days of running, walking, jumping and throwing. There were 2 walks, each of 5000m and Bridgette Burns and Jamie Barnes from Victoria were amongst the invitees.

1.	Susan Knapton	Aquaducks	24:11.88
2.	Lisa Grant	Gold Memberz	24:27.36
3.	Tanya Holliday	3 Star Pride	24:38.75
4.	Jessica Heazlewood	Crikey	24:47.84
5.	Jillian Hosking	Gang-Green,	25:54.04
6.	Fiona Alldis	Unattached	26:05.56
7.	Amanda Gorst	New Zealand	26:05.66
8.	Lauren Burns-Rees	Unattached	26:38.97
	Bridgitte Burns	Hot Chillies	DNF

1.	Adam Rutter	Aquaducks	22:20.55
1.	Shaun Archer	Hot Chillies	23:12.64
2.	Michael McCagh	Crikey	23:31.80
3.	Glen Sellen	Gang-Green	24:09.35
4.	Jamie Barnes	Gold Memberz	24:18.44
5.	Ashley Colquhuon	3 Star Pride	24:33.40
	Daniel Stott	New Zealand	DQ

TELSTRA A-SERIES 10,000M WALK, ADELAIDE, 6 FEBRUARY 2003

Oppressive conditions and a 5:20PM start meant that fast times were a tough ask for this 10,000m walk held at the Adelaide A Series meeting. We had 3 local representatives, all in the mens walk with Duane producing the best result. Jared and Chris both suffered in the heat but gamely battled on to finish in respectable times. The womens race was obviously a good battle between Jane and Natalie Saville with Jane just getting home by 5 secs. The next A Series walk will be a 20 km in Canberra on Feb 23.

1.	Adams, Luke	AIS	42:28.64
2.	Bown, Darren	AIS	43:00.30
3.	Murphy, Liam	AIS	43:55.85
4.	Cousins, Duane	VIS	45:14.60
5.	Rutter, Adam	NSW	46:38.72
6.	Saville, Jane	NSW	47:46.32
7.	Tallent, Jared	NSW	47:48.83
8.	Saville, Natalie	VIS	47:51.90
9.	Erickson, Chris	VIC	49:58.64
10.	Woods, Claire	AIS	50:03.27
11.	Walkley, Sarah	NSWIS	50:32.74
12.	Mottrom, Kim	SA	50:56.24
13.	Ventris, Lyn	WA	50:59.81
14.	Webb, Cheryl	AIS	51:28.94
15.	Cattermole, Sara-Jane	GBR	52:19.71
	Holliday, Tanya	SA	DNF
	Johnson, Laura	NSWIS	DNF
	McCagh, Michael	WA	DNF
	McFadden, Robbie	SA	DNF

VICTORIAN YOUTH CHAMPIONSHIPS, OLYMPIC PARK, SATURDAY 22 FEB 2003

A warm Melbourne day meant that times were effected but there were good performances none the less. Country based walkers dominated, winning all 6 gold medals. Best amongst the winners were Jessie Palfreyman, Jessica Rothwell and Jamie Barnes but that takes nothing away from all the medal winning walkers. Well done to all medallists.

Boys 1500 Meter Walk Under 14

1.	Platt, John	90	Eka	8:04.44
2.	Girgin, Timucin	92	Ric	8:23.48
3.	Mirarchi, Nicholas	91	Cor	9:41.85
4.	Geraghty, Daniel	90	Mil	10:55.89

Girls 1500 Meter Walk Under 14

1.	Palfreyman, Jessie	90	Sbe	7:21.25
2.	Nielsen, Daina	90	Boh	7:29.35
3.	Girgin, Eda	90	Ric	7:36.37
4.	Lovus, Katie	90	Kna	7:36.44
5.	Daniliuk, Stefanie	91	Ksb	9:31.76
6.	Daniliuk, Sheridan	93	Ksb	9:36.84
7.	Curtin, Kara	90	Rwd	9:44.37

Boys 1500 Meter Walk Under 16

1.	Lineen, Daniel	89	Glg	7:44.20
2.	Burgess, Shaun	89	Acw	8:03.41
3.	Elms, Bradley	88	Ptn	8:50.15
4.	Curtin, James	88	Rwd	9:18.81

Girls 1500 Meter Walk Under 16

1.	Rothwell, Jessica	89	Una	7:02.68
2.	Gray, Hollie	88	Glg	7:21.33
3.	Donovan, Siobhan	88	Kna	7:34.98
4.	Alexander, Sarah	89	Boh	7:38.62

Boys 3000 Meter Walk Under 18

1.	Barnes, Jamie	86	Cor	14:17.79
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Girls 3000 Meter Walk Under 18

1.	Gray, Emma	86	Acw	15:48.76
2.	Boddy, Tyne	87	Cor	16:56.38
3.	Jacobs, Fauve	87	Dkn	18:32.10
4.	Di Francesco, Sop	87	Ghy	18:47.60
5.	Jenkins, Tara	86	Fkn	DQ
6.	Burns, Bridgitte	86	Glg	DQ

CANBERRA A SERIES 20 KM WALK, SUNDAY 23 FEB 2003

A very interesting race from a spectator viewpoint. Luke, Darren and Liam headed off together and it was not until Liam was DQ'd at the halfway point that Luke started to apply the pressure and gradually built up a small break which he held over Darren till the end. Their times of 1:26:18 and 1:26:29 were quite fast considering this was the first 20 km race of the summer. We can expect to see faster times in the Sydney A Series meet in March if weather permits. Further back, Jane and Duane were staging a ding-dong battle with first one then the other forcing the pace. Eventually it was Jane who made the decisive break to come home in 3rd place overall in a very respectable time of 1:31:36 and Duane was not far behind in 1:31:59. It looks like Jane is fast getting back into her form of old. Her time was a World Championships A qualifier. Chris and Jared headed out with Jane and Duane but were soon dropped. Then Jared was forced to retire with stomach problems and that left Chris on his own. He held on well and finished near his best with 1:35:39 while Cheryl was not far behind him in 1:36:18. Other Victorians to finish were Mark Donahoo, Megan Peters and Justi Tonti-Filippini while Simone Wolowiec was forced to retire due to a niggling hamstring.

1.	Adams, Luke	AIS	1:26:18.00
2.	Bown, Darren	AIS	1:26:29.00
3.	Cousins, Duane	VIS	1:31:59.00
4.	Erickson, Chris	VIC	1:35:39.00
5.	Donahoo, Mark	VIC	1:45:34.00
6.	Osborne, Robert	NSW	1:56:03.00
	Tallent, Jarred	VIS	DNF
	Murphy, Liam	AIS	DQ

1.	Saville, Jane	NSWIS	1:31:36.00
2.	Webb, Cheryl	AIS	1:36:18.00
3.	Saville, Natalie	NSW	1:39:53.00
4.	Ventris, Lyn	WA	1:41:19.00
5.	Woods, Claire	AIS	1:42:16.00
6.	Peters, Megan	VIC	1:45:36.00
7.	Walkley, Sarah	NSWIS	1:47:09.00
8.	Tonti-Filippini, Justi	VIC	1:53:52.00
	Cattermole, Sara-Jane	GBR	DNF
	Wolowiec, Simone	VIS	DNF
	Grant, Lisa	NSW	DNF

A.V. STATE CHAMPIONSHIPS, 7-8 MARCH 2003

The men's race was on the Saturday evening at 7PM and conditions were perfect for racing. The pace was on from the start as Jared and Daniel started off with a 1:31 lap and a first km of 4:05. For the most part, Daniel was content to sit behind Jared and did not hit the lead until the halfway mark when he strode to the lead and gradually built a winning break. It was very disappointing for him when he was DQ'd at the 3km mark. This left Jared on his own and he hung on well for a 22 sec PB and dual golds – winning both the senior and junior titles.

Duane, who won last year's title in 21:07, was even faster this year but could not match the sheer speed of the front two walkers. But considering he has hardly raced this summer, his performance was still great and his finishing time of 21:03 was excellent.

Paul, Chris and Frank were together for the whole race and it was not until the final couple of laps that Frank faded and it was left to Paul to hold off Chris in a final 200m sprint. For Paul, it was a pleasing bronze medal after a number of years away from the track and for Chris, yet another PB. Frank was only 3 secs outside his 1994 PB of 21:34 so was also very pleased.

Behind them, Stuart Kollmorgen had a huge PB of 23:55, fantastic considering this is his first summer season of walking.

In the junior event, Jamie Barnes just held off his big brother Adam whose PB time of 24:54 shows that he is back on track after his Year 12 studies.

Jared was the winner of the George Knott Trophy which will be presented at the next AV title – the 10 km roadwalk at Albert Park in April.

Men 5000 Metre Race Walk Open

1.	Tallent, Jared	84	Byc	20:49.85 (PB – 22 secs)
2.	Cousins, Duane	73	Bendigo YMCA	21:03.56
3.	Van Kopplen, Paul	67	Ringwood	21:29.18
4.	Erickson, Chris	81	Athletics Ess	21:30.91 (PB – 38 secs)
5.	Bertei, Frank	66	Anw	21:37.22
6.	Kollmorgen, Stuart	69	Collingwood	23:55.85 (PB – 62 secs)
7.	Knox, Duncan	59	Athletics Ess	24:09.81
	Thorne, Daniel	79	Corio	DQ
	Middlemiss, Travis	84	Knox	DQ

Men 5000 Metre Race Walk Under 20

1.	Tallent, Jared	84	Byc	20:49.85 (PB 22 secs)
2.	Barnes, Jamie	86	Corio	24:46.56
3.	Barnes, Adam	84	Corio	24:54.07 (PB 25 secs)
	Middlemiss, Travis	84	Knox	DQ



Daniel Thorne leads Jared Tallent in the Open Mens 5000m track walk

The women's race was held on Sunday at noon and cool drizzly conditions also made for good walking. For Kellie, it was back to back titles and a time 7 secs faster than last year's win. She is now not far off her 23:12 which she recorded in 1999. But she had to work hard for the gold and finished less than 1 sec in front of Megan who recorded yet another PB – this time one of 18 secs. The two girls were well ahead of any opposition.

Third place was taken by Wendy whose collection of Victorian medals must weigh a ton by now!

Kylie, Rachael and Sandra all did PBs and capped off good seasons with more excellent performances. Erin is also gradually getting back into form and recorded an improving 26:15.

Emma was a worthy winner of the Under 20 title but got it easier than expected when Rebecca failed to finish. Fauve made it a country double when she took the silver. Both girls are still quite young and have a number of years left in the Under 20 age group so we can expect to see them all feature in future years.

Women 5000 Metre Race Walk Open

1.	Wapshott, Kellie	81	Knox	23:23.81
2.	Peters, Megan	77	Glenhuntly	23:24.51 (PB – 18 secs)
3.	Muldoon, Wendy	71	Box Hill	24:10.26
4.	Bonney, Kylie	71	Knox	24:34.19 (PB – 5 secs)
5.	Loone, Rachael	73	Aths Chilwell	24:39.81 (PB – 39 secs)
6.	Geisler, Sandra	77	Ringwood	25:20.71 (PB - 28 secs)
7.	Adamcewicz, Erin	83	Athletics Ess	26:15.82
8.	Jacobs, Fauve	87	Deakin	27:27.47

Women 5000 Metre Race Walk Under 20

1.	Gray, Emma	86	Aths Chilwell	26:29.20
2.	Jacobs, Fauve	87	Deakin	27:27.47
	Wilkie, Rebecca	85	Knox	DNF
	Catling, Sarah	85	Knox	DQ

The Masters Walks were held over a 3000m distance and featured Over 40 and Over 50 age groups. I continue to be surprised by the small number of participants, given the large veteran walking population in Melbourne. But that takes nothing away from the medallists who are the cream anyway.

Colin and Heather led their respective races and both did very good times. Congratulations in particular to the four Gold medallists. They now have the honour of wearing the laurel wreath on their AV numbers next season – a great honour indeed.

Men 3000 Metre Race Walk Over 40

1.	Heywood, Colin	54	Diamond Valley	13:34.55
2.	Kennedy, Paul	57	Muu	13:47.62
3.	Reid, Ross	54	Glenhuntly	13:49.58
4.	Evans, Simon	60	Box Hill	14:20.36
5.	Jones, Robert	55	Wendouree	14:24.65
6.	Boddy, Harold	55	Corio	17:05.22

Women 3000 Metre Race Walk Over 40

1.	Fawkes, Jenny	57	Anw	16:42.85
2.	Holmes, Janet	53	Glenhuntly	16:57.47
3.	Rosenbrock, Carolyn	62	Anw	17:33.63
4.	Drennan, Carmel	59	K St Bernards	17:53.35
5.	Howarth, Sandra	63	Vvc	18:23.59
	Emmett, Amanda	63	Knox	DQ

Men 3000 Metre Race Walk Over 50

1.	Bunker, John	50	K St Bernards	15:42.21
2.	Martin, Paul	46	Bendigo YMCA	17:02.34
3.	McGregor, Ron	42	Vvc	20:04.52

Women 3000 Metre Race Walk Over 50

1.	Carr, Heather	49	Vvc	15:26.81
2.	Steed, Gwen	42	Vvc	17:29.19
3.	Johnson, Celia	47	Vvc	17:53.87
4.	Orr, Shirley	20	Brunswick	21:45.02

LITTLE ATHLETICS VIC CHAMPS, OLYMPIC PARK, 15-16 MARCH, 2003

The annual Victorian Little Athletics Track Championships have been completed and it is good to see lots of VRWC present and past club members to the fore in the racewalks. Jayson Stoddart, Ergenekon Girgin, Jake Hogan, John Platt, Daniel Lineen, Jayden Strattan, Leigh Fawkes, Rachel Tallent, Eda Girgin, Natalie Laurie, Jessie Palfreyman and Daina Neilson all won medals.

The walk of the meet had to be that of Jessica Rothwell who has taken all before her in the last 12 months. She is one of a number of walkers around at the moment who will achieve great things if the interest can be maintained. As a side point of interest, Jessica lives on a dairy farm in Katunga in northern Victoria so she does not perhaps have all the advantages of those walkers who live in the city or the towns. But she is obviously not put off by the unique challenges associated with this and is achieving just the same.

These walkers are our future – we wish them all the best for the next few years as they continue their climb up the ladder through the junior ranks.

U9 Boys 1100mW	M Williams	Croydon	6:20.86 2	P Curtis	Bendigo	H McLardy	Knox
U10 boys 1100mW	J Stoddart	Fr'kston	5:59.59 2	E Girgin	Col'wood	A Coad	Bendigo
U11 Boys 1500mW	L Muir	Geelong	8:31.13 2	J Teesdale	Albury	J Smith	Knox
U12 Boys 1500mW	R Cowley	Knox	7:41.22 2	C Tilley	Knox	P Robinson	Geelong
U13 Boys 1500mW	J Hogan	Warragul	7:19.20 2	C Fairburn	Knox	J Platt	Ballarat
U14 Boys 1500mW	K Bryant	Bendigo	7:29.83 2	D Lineen	Corio	A Surman-Jenkins	Knox
U15 Boys 1500mW	J Strattan	Warragul	6:57.33 2	L Fawkes	N'wading	S Pocock	Geelong
U9 Girls 1100mW	A Burren	D'denong	6:07.29 2	M Grbin	Corio	C Raselli	Knox
U10 Girls 1100mW	R Tallent	Ballarat	5:55.18 2	B Alexander	Knox	M Graham	C'field
U11 Girls 1500mW	R Lamble	N'wading	8:01.58 2	K Whitelaw	Seaford	S Troy	Coburg
U12 Girls 1500mW	E Girgin	Col'wood	7:53.79 2	N Laurie	N'wading	A Hedger	Ballarat
U13 Girls 1500mW	J Palfreyman	Bendigo	7:18.71 2	D Nielsen	Waverley	K Lovus	Knox
U14 Girls 1500mW	J Rothwell	Shep'ton	6:45.92 2	S Fuzzard	Bendigo	H Gray	Geelong
U15 Girls 1500mW	K Thorpe	Col'wood	8:10.68 2	L Robinson	Geelong	K Chapman	Waverley

AUSTRALIAN YOUTH T&F CHAMPIONSHIPS, SYDNEY, MAR 21-23, 2003

The Australian UnderAge Track and Field Championships were held over the weekend in Sydney and a small number of Victorians made the trip up. One has to ask the question – why are our National fields so small when our overall fields and participation rates are quite large? In Victoria alone, we could send up to 10 competitors in each age group. I believe that the main reason lies in the AA/AV age groupings which are taken as of Dec 31 of the present year. This leads to the perception in our junior walkers that they are constantly competing up one or more age groups. When my boys were doing Little Aths, the ridiculous situation existed where they could compete in the LA State track titles as an U15 but would have to compete at National AA level as an U18. Now it doesn't take much thought to see which option is going to be chosen! It seems to me that we are chasing people away from serious competition just for the sake of the one or two who might qualify for World Youths or World Juniors. I can only speak from my own personal experience where my two youngest sons both gave away the sport and this was one of the main reasons they cited.

And if you think walking is hard done by, consider the hurdlers and throwers who are in one age group for the All Schools Champs in December and then have to move up an age group (and hence either throw a heavier implement or hurdle on a differing hurdle standard) less than 3 months later in the March National champs. Boy, I'm glad I don't coach in those areas. It must be just so difficult for both coaches and athletes.

Thank goodness that AFRWC still base their carnivals on 'age on the day'. I am convinced that that is the fairest way of doing things and I hope that we can resist the forces of change and keep that standard.

Congratulations to Jessica Rothwell who just missed on on Gold in the Under 16 girls walk in a sprint finish. Jamie Barnes and Emma Gray also walked well to be just outside their best times in their races.

Women 3000 metre Walk Under 18:

1.	Beki Lee	NSW	14:19.13
2.	Susan Knapton	NSW	14:24.40
3.	Jillian Hosking	ACT	14:39.02
4.	Jessica Heazlewood	NSW	14:52.27
5.	Lauren Burns-Rees	NSW	15:01.85
6.	Emma Gray	VIC	15:12.52
7.	Chloe Jones,	NSW	15:27.61
8.	Christina Alldis	NSW	15:50.83
9.	Sarah Alexander	VIC	15:54.50

Men 3000 metre Walk Under 18:

1.	Adam Rutter	NSW	12:43.77
2.	Michael McCagh	WA	12:59.26
3.	Ben Perske	QLD	13:31.54
4.	Jamie Barnes	VIC	13:53.61
5.	Ashley Colquhoun	ACT	14:09.29
6.	Blake Egelton	NSW	14:16.71
7.	Aaron Humphrey	TAS	14:39.39
8.	Glen Sellen	NSW	DQ

Women 1500 metre Walk Under 16:

1.	Fiona Alldis	NSW	6:58.27
2.	Jessica Rothwell	VIC	6:58.49
3.	Natasha Agius	NSW	7:09.93
4.	Hollie Gray	VIC	7:22.03
5.	Cassandra Staples	NSW	7:30.47
6.	Bernadette Morabito	NSW	7:52.23
7.	Tara Baker-Gabb	QLD	8:22.63
	Aimee Jonesq	NSW	DQ
	Tara Foran	QLD	DQ
	Sarah Alexander	VIC	DQ

Men 1500 metre Walk Under 16:

1.	Blake Egelton	NSW	6:52.35
2.	Beau Plummer	NSW	7:29.13.
	Ian Rayson	NSW	DQ
	Glen Sellen	NSW	DQ
	Brook Keys	NSW	DQ
	Daniel Neale	NSW	DQ

SYDNEY GRAND PRIX, MAR 22, 2003 – 20 KM ROADWALK

A small combined field of men and women took to the roads around the Olympic Stadium at Homebush for the second of the A Series 20 km roadwalks. The overall results were slow and only half the field managed to satisfy the judges. The starting list promised a much larger field but for one reason or another, walkers decided to bypass this walk and wait for the Nationals in Brisbane. The only Victorian rep was junior Jared Tallent who finished 2nd in a PB time of 1:37:19.

- | | | | |
|----|------------------------|------------|---------------------|
| 1. | Adams, Luke | AIS | 1:29:35 |
| 2. | Tallent, Jarred | VIS | 1:37:19 (PB) |
| | Mellor, Aaron | NSW | DQ |
| | Sundstrom, Troy | NSW | DQ |
| | Murphy, Liam | AIS | DQ |
| | Bown, Darren | AIS | DQ |
| | | | |
| 1. | Saville, Jane | NSWI | 1:38:12 |
| 2. | Saville, Natalie | NSW | 1:38:48 |
| 3. | Woods, Claire | AIS | 1:44:03 |
| | Webb, Cheryl | AIS, | DQ |

VICTORIAN VETERAN TITLES, DAY 1, GLENHUNTLY, SUNDAY 29 MARCH 2003

The Victorian Veteran titles are spread over 2 weekends and the first day featured the 5000m track walk for all age groups. A very polished group of walkers fronted and we saw lots of good performances. The pick of the performances would have to be by Colin Heywood who not only won by the proverbial mile but also did a 20 secs PB. As usual, Heather Carr and Brenda Riley dominated the womens event. Well done everyone. Sorry I could not make it – just starting again after a very quiet summer of recuperation!

M45	1	COLIN HEYWOOD	48	COL	23:04.0 (PB – 20 secs)
	2	PAUL KENNEDY	45	ABE	24:33.0
	3	ANDREW COCHRANE	47	ABE	24:46.0
M50	1	JOHN BUNKER	52	CIT	26:36.0
	2	GEOFF BARROW	54	MEN	30:13.0
M55	1	RON BILSTON	59	CAU	31:03.0
M60	1	MURRAY DICKINSON	64	COL	27:33.0
	2	JOHN MORRISON	63	MEN	30:33.0
	3	JOHN HALLO	60	FRA	31:18.0
	4	RON McGREGOR	61	ABE	34:26.0
M65	1	BOB GARDINER	67	COL	27:49.0
	2	GEOFF MAJOR	66	PRO	29:46.0
M70	1	GORDON GOURLAY	74	MEN	35:04.0
	2	DAVID MCNAIR	72	PRO	36:42.0
M85	1	ANDY SMITH	88	CAU	49:44.9
W40	1	MANDY EMMETT	40	CRO	28:24.4
W45	1	JENNY FAWKES	45	E.B	28:40.2
	2	JANET HOLMES	49	CAU	29:21.5
	3	HEATHER LANCASTER	46	FRA	34:25.3
W50	1	HEATHER CARR	53	TOO	26:56.7
	2	ALISON THOMPSON	50	CRO	27:45.9
	3	MARLENE GOURLAY	51	CIT	28:24.9
	4	CHRISTINE GRIFFITHS	54	CAU	41:13.3
W55	1	CELIA JOHNSON	55	CAU	30:53.8
W60	1	BRENDA RILEY	63	GEE	27:33.1
	2	GWEN STEED	60	MEN	29:35.8
	3	SYLVIA MACHIN	61	MEN	31:21.8
W65	1	MARGARET BEAUMONT	65	MEN	35:00.6
	2	TINA BAARSLAG-LEB	69	E.B	36:20.0
	3	SHIRLEY COPPOCK	67	E.B	38:55.7
W75	1	JEAN KNOX	76	GEE	35:48.2

VVAC TRACK CHAMPS DAY 2, GLENHUNTLY, SATURDAY APRIL 5, 2003

The second set of walks in the VVAC track championships were held on Saturday and the women competed over 1500m while the men were racing over 3000m. The great thing about the Vets is being able to compare performances based on the age tables. The higher the percentage, the better the performance relatively. So I can safely say that the best performances were Brenda Riley (96.8%), Heather Carr (93.2%) and Bob Gardiner (90.3%). Well done to all the medallists.

W40 1500M WALK	1 Anette Major	40	PRO	7:27.4	81.8%
	2 Mandy Emmett	40	CRO	7:41.9	79.2%
	3 Carmel Drennan	43	ABE	8:18.9	75.1%
W45 1500M WALK	1 Jenny Fawkes	45	E.B	7:47.3	81.5%
	2 Janet Holmes	49	CAU	7:54.8	82.9%
	3 Heather Lancaster	46	FRA	9:48.1	65.3%
W50 1500M WALK	1 Heather Carr	53	TOO	7:17.6	93.2%
	2 Alison Thompson	50	CRO	7:25.2	89.1%
	3 Marlene Gourlay	51	CIT	7:53.5	84.6%
	4 Christine Griffiths	54	CAU	11:51.0	57.9%
W55 1500M WALK	1 Celia Johnson	55	CAU	8:45.9	78.9%
	2 Maureen Binyon	55	CAU	9:19.8	74.1%
W60 1500M WALK	1 Brenda Riley	63	GEE	7:44.6	96.8%
	2 Gween Steed	60	MEN	8:19.7	87.2%
	3 Sylvia Machin	61	MEN	8:43.9	84.1%
	4 Beverley Hugo	63	MEN	10:27.4	71.7%
W65 1500M WALK	1 Margaret Beaumont	65	MEN	9:49.8	78.0%
	2 Tina Baarslag-Leb	69	E.B	9:50.0	81.7%
	3 Shirley Pocock	67	E.B	11:24.5	68.8%
W70 1500M WALK	1 Jean O'Neil	73	MEN	12:15.0	68.9%
W75 1500M WALK	1 Jean Knox	76	GEE	10:03.2	87.5%
M45 3000M WALK	1 Ross Reid	48	CIT	14:31.9	82.0%
	2 Ian Cassell	49	MEN	17:50.4	67.3%
M50 3000M WALK	1 Anthony Doran	50	SPR	17:10.8	70.5%
	2 Geoff Barrow	54	MEN	17:24.3	71.9%
M55 3000M WALK	1 Alan Lucas	55	CRO	17:06.9	73.7%
	2 Ron Bilson	59	CAU	18:19.0	71.4%
M60 3000M WALK	1 Murray Dickinson	64	COL	15:45.6	87.1%
	2 John Morrison	63	MEN	17:05.7	79.5%
	3 John Hallo	60	FRA	17:29.4	75.5%
	4 Barrie Wicks	62	CRO	19:28.7	69.1%
	5 Ron McGregor	61	ABE	19:50.0	67.2%
M65 3000M WALK	1 Bob Gardiner	67	COL	15:41.1	90.3%
	2 Geoff Major	66	RO	17:13.8	81.3%
	3 Bernie Goggin	65	COB	21:13.4	65.3%
	4 Ian Beaumont	67	MEN	22:23.6	63.2%
M70 3000M WALK	1 David McNair	72	PRO	21:17.3	70.3%
M75 3000M WALK	1 Victor Harley	77	CAU	26:16.8	60.6%
M85 3000M WALK	1 Andy Smith	88	CAU	38:56.8	48.6%

AUSTRALIAN MASTERS CHAMPIONSHIPS, 18-21 APRIL 2003, PERRY LAKES, PERTH

A small group of Victorians travelled to Perth for the Australian Masters championships and they came back laden with medals. Times were good considering the warm conditions and it is always hard to pick the top performances as times vary between age groups. But I am going to stick my head out and say that George White of SA in the M55, Lyn Ventris of WA in the W45 and Brenda Riley of Victoria in the W60 were the standouts. But well done to everyone – its an inspiration to see the fine performances put up by our older walkers.

5000m Track Walks

M40	1 Mark Donahoo	M44	VIC	24:06.30
	2 Simon Evans	M43	VIC	25:02.30
	3 Gregory Rowe	M41	NSW	29:59.00
M45	1 Tom Lenane	M47	WA	33:10.40
M50	1 Bruce Cornish	M54	WA	30:42.00
	2 Frank Overton	M54	NSW	31:51.60
	3 Rod Tinniswood	M53	WA	32:07.10
M55	1 George White	M57	SA	24:51.50
	2 Timothy Thompson	M57	SA	37:42.20
M60	1 Robin Whyte	M61	ACT	28:22.40
	2 Michael Burkinshaw	M61	NZ	31:42.80
	3 Peter Doyle	M62	WA	33:32.38
M65	1 Jim Seymon	M65	NSW	29:14.91
	2 Geoff Major	M66	VIC	29:39.05
	3 Ray Hall	M69	WA	34:37.25
	4 Jim Turnbull	M66	WA	35:40.50
	5 Ian Beaumont	M67	VIC	38:14.01
M70	1 Colin Hainsworth	M73	SA	32:12.48
	2 Colin Silcock-Delaney	M70	VIC	34:28.28
M75	1 Stan Jones	M77	WA	33:31.79
	2 Stan Delandgrafft	M76	WA	36:03.87
M80	1 Richard Keatinge	M80	QLD	34:50.11
	2 Fred Brown	M81	SA	42:49.50
M85	1 Andy Smith	M88	VIC	56:40.00
W30	1 Nardene Loveday	W30	VIC	27:50.00
W40	1 Robin King	W44	WA	27:31.40
	2 Amanda Emmett	W40	VIC	27:51.30
	3 Annette Major	W40	VIC	27:57.00
W45	1 Lyn Ventris	W46	WA	24:13.90
	2 Janet Holmes	W49	VIC	29:23.60
	3 Judy Moller	W49	QLD	29:53.70
	4 Rose-maree Hollaway	W48	WA	32:20.80
W50	1 Geraldine Waites	W53	SA	30:41.10
W55	1 Kerry Bray	W59	NSW	30:53.70
	2 Lesley Romeo	W58	WA	32:37.30
	3 Valerie Millard	W56	WA	32:59.00
	4 Margaret Trengove	W59	SA	36:04.30
	5 Roxani Papageorgio	W58	SA	36:24.30
	6 Valmai Padget	W58	SA	36:44.40
	7 Jill Rogers	W58	SA	38:25.40
W60	1 Brenda Riley	W63	VIC	27:33.00
	2 Joan Purcell	W61	NSW	33:46.90
	3 Lynne Schickert	W61	WA	34:30.10
	4 Luella Jenkins	W61	WA	35:10.40
	5 Elaine Ellard	W61	WA	37:44.30
W65	1 Margaret Beaumont	W65	VIC	35:29.90
	2 Tina Baarslag-Leb	W69	VIC	35:37.40
	3 Dorothy Whittam	W66	WA	37:30.00

W70	1 Christine Dauphine	W72	QLD	34:46.50
	2 Lorna Lauchlan	W73	WA	37:33.00
	3 Lil Heatly	W74	WA	44:55.50

20 km roadwalks

M40	1 Mark Donahoo	M44	VIC	1:47:43.80
	2 Simon Evans	M43	VIC	1:51:58.70
M50	1 Bruce Cornish	M54	WA	2:15:32.50
	2 Frank Overton	M54	NSW	2:20:25.20
M55	1 George White	M57	SA	1:48:58.90
	2 Timothy Thompson	M57	SA	2:40:00.60
M60	1 Robin Whyte	M61	ACT	1:59:00.60
	2 Alan Jennings	M63	WA	2:25:42.40
M65	1 Jim Seymon	M65	NSW	2:07:49.60
	2 Geoff Major	M66	VIC	2:12:48.40
	3 Ray Hall	M69	WA	2:26:32.40
	4 Jim Turnbull	M66	WA	2:33:04.00
	5 Ian Beaumont	M67	VIC	2:41:25.90

10 km roadwalks

M65	1 Jim Seymon	M65	NSW	1:37:49.50
M70	1 Colin Hainsworth	M73	SA	1:06:07.40
	2 Colin Silcock-Delaney	M70	VIC	1:09:33.40
M75	1 Stan Jones	M77	WA	1:08:18.40
	2 Stan Delandgraft	M76	WA	1:14:38.90
M80	1 Richard Keatinge	M80	QLD	1:11:10.50
	2 Fred Brown	M81	SA	1:26:43.50
W30	1 Nardene Loveday	W30	VIC	56:27.80
W40	1 Amanda Emmett	W40	VIC	59:22.40
	2 Annette Major	W40	VIC	1:01:59.60
W45	1 Lyn Ventris	W46	WA	49:47.60
	2 Judy Moller	W49	QLD	1:01:07.90
	3 Janet Holmes	W49	VIC	1:02:16.50
	4 Rose-maree Hollaway	W48	WA	1:06:40.90
W50	1 Geraldine Waites	W53	SA	1:03:47.80
W55	1 Kerry Bray	W59	NSW	1:05:09.00
	2 Valerie Millard	W56	WA	1:07:02.40
	3 Lesley Romeo	W58	WA	1:08:02.40
	4 Margaret Trengove	W59	SA	1:13:17.30
	5 Roxani Papageorgiou	W58	SA	1:13:36.50
W60	1 Brenda Riley	W63	VIC	57:22.70
	2 Joan Purcell	W61	NSW	1:08:02.90
	3 Luella Jenkins	W61	WA	1:11:00.00
	4 Lynne Schickert	W61	WA	1:12:50.90
	5 Elaine Ellard	W61	WA	1:19:12.00
W65	1 Margaret Beaumont	W65	VIC	1:14:34.20
W70	1 Christine Dauphinet	W72	QLD	1:11:29.20
	2 Lorna Lauchlan	W73	WA	1:16:13.70

ATHLETICS AUSTRALIA NATIONAL WALKS TITLES, BRISBANE

The National titles proved to be competitive events and the best Victorian performance was by 18 year old Jared Tallent who defended his Under 20 title on the Thursday and then backed up for third in the Open 20 km on Sunday. The Under 20 men's walk was walked in torrential rain (the other scheduled events were postponed but the walk had already started and hence had to continue). Jared was too good for young NSW start Adam Rutter but he is still a great talent for a 16 year old. Laura Johnson also defended her junior women's title and was a class above the other junior girls.

Men 10000 metre Walk Under 20

1. Tallent, Jared	VIS	45:20.16
2. Rutter, Adam	NSW	45:29.46
3. McCagh, Michael	WA	47:22.03
4. Middlemiss, Travis	VIC	50:02.57
5. Perske, Ben	QLD	51:14.05
6. Smith, Michael	NSW	51:27.67
7. Ash, David	NZL	52:15.08
8. Humphrey, Aaron	TAS	52:28.14
9. Barnes, Jamie	VIC	53:53.12
10. Woods, Matthew	QLD	56:21.04
Barnes, Adam	VIC	DQ

Women 10000 metre Walk Under 20

1. Johnson, Laura	NSWIS	49:37.18
2. Grant, Lisa	NSW	51:04.42
3. Lee, Beki	NSW	6:29.59
4. Ebejer, Vanessa	NSW	57:59.55
5. Petith, Chantelle	QLD	58:03.58
6. Dodds, Katie	NSW	1:05:08.00
Alldis, Christina	NSW	DQ

The senior events were held on the road outside the stadium and the 7AM start ensured that the competitors were spared hot conditions. Luke Adams and Jane Saville confirmed their places at the top of Australian walking (in the continuing absence of Nathan Deakes). Special mention to Frank Bertie who was very near his best time to narrowly miss a medal.

Men 20k Walk Open:

1. Adams, Luke	AIS	1:23.22
2. Bown, Darren	AIS	1:27.18
3. Tallent, Jared	VIS	1:33.01
4. Bertei, Frank	VIC	1:33.57
5. Sundstrom, Troy	NSW	1:37.32
6. Erickson, Chris	VIC	1:37.49
7. Pearson, Shane	QLD	1:40.00
8. Bennett, Peter	QLD	1:47.28
9. Rose, Kurt	QLD	1:58.43
10. Lowe, Daniel	WA	DNF
Thorne, Daniel	VIC	DQ
Murphy, Liam	AIS	DQ
Cousins, Duane	VIS	DQ

Women 20k Walk RR Open:

1. Saville, Jane	NSWIS	1:31.47
2. Saville, Natalie	NSW	1:35.55
3. Webb, Cheryl	AIS	1:37.41
4. Woods, Claire	AIS	1:43.10
5. Wolowiec, Simone	VIS	1:43.58
6. Bock, Claire	QLD	1:47.07
7. Loone, Rachael	VIC	1:50.13
8. McKinven, Noela	QLD	2:23.42
Cattermole, Sara-Jane	GBR	DNF
Peters, Megan	VIC	DNF
Woodward, Lynda	QLD	DQ

Well done to all our Victorian competitors.

WORLD MASTERS TRACK WALKS, OLYMPIC PARK, MELBOURNE, WEDNESDAY 9 OCT 2002

Perfect conditions for walkers and a high standard of good walking by all. VRWC members are highlighted.

W30-59 5000 Metre Race Walk

1 Ventris, Lyn	W46	AUSTRALIA	24:09.44
2 Bonney, Kylie	W30	AUSTRALIA	25:27.84
3 Carr, Heather	W53	AUSTRALIA	26:36.87
4 Loveday, Nardene	W30	AUSTRALIA	27:17.44
5 Chneider, Larissa	W41	RUSSIA	27:32.84
6 King, Robin	W44	AUSTRALIA	27:40.81
7 Gourlay, Marlene	W50	AUSTRALIA	27:51.23
8 Emmett, Amanda	W39	AUSTRALIA	28:17.05
9 Maccougall, Gillian	W41	NEW ZEALAND	28:34.93
10 McDonald, Sharon	W49	NEW ZEALAND	28:47.86
11 Feldman, Elizabeth	W54	AUSTRALIA	29:05.39
12 Holmes, Janet	W49	AUSTRALIA	29:10.38
13 Howorth, Sandra	W39	AUSTRALIA	29:22.20
14 Johnson, Celia	W55	AUSTRALIA	29:53.83
15 Kriegler, Lili-Ann	W45	AUSTRALIA	30:05.12
16 Weekes, Anne	W40	AUSTRALIA	30:50.04
17 Pownall, Lee	W59	AUSTRALIA	31:10.48
18 Armstrong, Ginger	W40	USA	31:27.79
19 Dodds, Jan	W45	AUSTRALIA	32:07.67
20 Carter, Jayne	W51	AUSTRALIA	32:52.32
21 Leung, Patricia	W48	AUSTRALIA	34:04.01
22 Hawkins, Annette	W52	AUSTRALIA	35:07.54
23 Garden, Ruth	W50	AUSTRALIA	35:11.72
24 Lancaster, Heather	W45	AUSTRALIA	35:19.96
25 Wilson, Bernadette	W37	AUSTRALIA	35:39.86
26 Bell, Simone	W56	NEW ZEALAND	35:53.71
27 Quirk, Anne	W44	AUSTRALIA	36:40.88
28 Clarke, Rosemary	W41	AUSTRALIA	36:54.72
29 Carey, Margaret	W53	AUSTRALIA	38:02.58
30 Lynch, Prue	W51	AUSTRALIA	41:26.52
31 Bingham, Kathleen	W53	AUSTRALIA	42:35.00

W60+ 5000 Metre Race Walk

1 Riley, Brenda	W62	AUSTRALIA	28:15.66
2 Edmonds, Beverly	W62	AUSTRALIA	32:12.30
3 Albury, Jean	W73	AUSTRALIA	32:36.54
4 Schickert, Lynne	W60	AUSTRALIA	34:02.62
5 Kaufman, Janice	W66	AUSTRALIA	34:04.61
6 Beaumont, Margaret	W64	AUSTRALIA	34:08.86
7 Thompson, Larna	W75	AUSTRALIA	34:40.70
8 Dauphinet, Christiane	W71	AUSTRALIA	34:41.96
9 Elix, Ros	W68	AUSTRALIA	34:51.49
10 Richards, Anthea	W60	AUSTRALIA	35:12.07
11 Baarslag-Leb, Tina	W69	AUSTRALIA	35:50.29
12 Bass, Pamela	W71	SOUTH AFRICA	36:08.06
13 Knox, Jean	W75	AUSTRALIA	36:14.18
14 O'Reilly, Juani	W74	AUSTRALIA	36:26.29
15 Satchithananda, Mallika	W66	SRI LANKA	37:15.70
16 Coppock, Shirley	W66	AUSTRALIA	38:37.78
17 Mews, Pamela	W67	AUSTRALIA	38:38.28
18 Faulconbridge, Ruth-Mary	W65	AUSTRALIA	40:47.53
19 Perdue, Winnie	W64	USA	41:36.11
20 Greeff, Veejay	W66	SOUTH AFRICA	46:31.17
21 Krause, Margaret	W76	AUSTRALIA	48:01.25
22 Lorensini, Mary	W83	AUSTRALIA	50:40.26
23 Warman, Laures	W81	NEW ZEALAND	51:47.68

M30-54 5000 Metre Race Walk

1 Tokarev, Volodymyr	M46	UKRAINE	22:59.00
2 Barabash, Vladimir	M46	RUSSIA	22:59.51
3 Donahoo, Mark	M44	AUSTRALIA	23:01.94
4 Asorey Rial, Jose	M38	RUSSIA	23:44.00
5 Morgan, Gary	M42	USA	23:50.82
6 Reid, Ross Thomas	M48	AUSTRALIA	23:53.55
7 Cochrane, Andrew	M47	AUSTRALIA	25:08.77
8 Bunker, John Alan	M52	AUSTRALIA	25:08.82
9 Erickson, Timothy	M51	AUSTRALIA	25:17.80
10 Rance, Paul	M44	AUSTRALIA	25:18.97
11 Siegele, Johann	M53	AUSTRIA	25:19.28
12 Knox, Keith	M52	AUSTRALIA	25:41.40
13 Stenhouse, John	M50	AUSTRALIA	26:01.32
14 Rowe, Gregory	M40	AUSTRALIA	28:01.04
15 Boddy, Harold	M47	AUSTRALIA	28:11.04
16 Cooper, Stuart	M51	AUSTRALIA	28:52.81
17 Evans, Simon	M42	AUSTRALIA	29:01.12
18 Barrow, Geoff	M53	AUSTRALIA	29:31.71
19 Overton, Francis	M54	AUSTRALIA	30:03.60
20 Worsnop, Christopher	M45	AUSTRALIA	30:22.52
21 McLay, David	M46	AUSTRALIA	32:15.03
22 Wood, Robin	M52	AUSTRALIA	32:40.88
23 McKinnon, Christopher	M37	AUSTRALIA	32:57.99
24 Lovett, Chris	M51	AUSTRALIA	33:52.52
25 Staehr, Clinton	M32	AUSTRALIA	41:29.05

M55-74 5000 Metre Race Walk

1 Jamieson, Andrew	M56	AUSTRALIA	23:39.78
2 Little, Gary	M60	NEW ZEALAND	23:44.09
3 Sawall, Willi	M60	AUSTRALIA	25:14.46
4 Pivonka, Milan	M59	CZECH REPUBLIC	25:35.27
5 Opsahl, George	M60	USA	28:26.78
6 Hall, Eric William	M70	ENGLAND	29:46.98
7 Walters, Kenneth	M70	AUSTRALIA	30:00.97
8 Hallo, John	M60	AUSTRALIA	30:38.30
9 Major, Geoffrey	M66	AUSTRALIA	30:48.67
10 Conboy, Bruce	M57	AUSTRALIA	31:13.65
11 Hainsworth, Colin	M72	AUSTRALIA	31:43.76
12 Morrison, John	M62	AUSTRALIA	32:14.14
13 Brooks, Fredrick	M68	AUSTRALIA	33:09.94
14 Smith, Robert	M67	AUSTRALIA	33:17.28
15 Gourlay, Gordon	M73	AUSTRALIA	34:19.80
16 Thompson, Timothy	M56	AUSTRALIA	34:40.28
17 Doyle, John	M70	AUSTRALIA	35:03.42
18 Chandra, De Narayan	M73	INDIA	35:04.42
19 McNair, David	M71	AUSTRALIA	35:57.55
20 West, Norm	M60	AUSTRALIA	35:59.36
21 Sicklemore, Graham	M73	AUSTRALIA	37:17.90
22 Beaumont, Ian	M66	AUSTRALIA	37:22.80
23 Sidhu, Bhagsingh	M73	USA	37:54.11
24 Bellette, Mick	M73	AUSTRALIA	38:08.56
25 Heywood, John	M73	AUSTRALIA	38:32.34
26 McCormack, Kevin	M68	AUSTRALIA	39:45.07
27 McWilliams, Peter	M58	AUSTRALIA	39:45.82
28 O'Hara, Sean Peter	M65	AUSTRALIA	45:39.18
29 Smyth, John	M71	AUSTRALIA	50:49.51

M75+ 5000 Metre Race Walk

1 Dubjak, Vratislav	M75	CZECH REPUBLIC	32:33.29
2 Balcarik, Alois	M75	CZECH REPUBLIC	32:33.86
3 O'Neil, Norman	M75	AUSTRALIA	32:55.77
4 Whyte, Donald	M77	AUSTRALIA	33:19.60

5 Grigg, Russell	M75	AUSTRALIA	41:26.45
6 Hopkins, Kevin	M84	AUSTRALIA	41:28.04
7 Field, Ralph	M88	AUSTRALIA	50:54.78

WORLD MASTERS ROADWALKS, ALBERT PARK, SATURDAY 12 OCTOBER 2002

A 1.25 km lap at Albert Park was used for the roadwalks and a large number of walkers faced the gun in the 4 events. The day was hot and windy and a number of competitors were very distressed at the finish and needed support from the First Aid staff in attendance. In particular, Bruce Conboy had to be taken to hospital and it turned out he had experienced a heart attack. Bruce seems to be on the mend and we wish him a speedy recovery.

VRWC members were to the forefront and won the following medals

Gold	-	12
Silver	-	6
Bronze	-	5

M30 + 20KM WALK

1. 40028	Donahoo, Mark	58	Australia	1:39:58	M40-44 1
2. 55143	Jamieson, Andrew	46	Australia	1:41:56	M55-59 1
3. 45184	Barabash, Vladimir	56	Russia	1:43:17	M45-49 1
4. 45162	Tokarev, Volodymyr	56	Ukraine	1:44:08	M45-49 2
5. 60131	Little, Gary	41	New Zealand	1:46:40	M60-64 1
6. 40121	Morgan, Gary	60	Usa	1:47:34	M40-44 2
7. 35006	Thomas, Mark	62	Australia	1:49:05	M35-39 1
8. 50042	Siegele, Johann	48	Austria	1:49:30	M50-54 1
9. 50126	Bunker, John	50	Australia	1:51:37	M50-54 2
10. 50258	Knox, Keith	50	Australia	1:52:28	M50-54 3
11. 40032	Rance, Paul	58	Australia	1:56:12	M40-44 3
12. 60140	Whyte, Robin	42	Australia	1:59:27	M60-64 2
13. 60125	Opsahl, George	41	Usa	2:00:50	M60-64 3
14. 40218	Rowe, Gregory	61	Australia	2:07:36	M40-44 4
15. 70087	Walters, Kenneth	32	Australia	2:09:30	M70-74 1
16. 55006	Pivonka, Milan	42	Czech Republic	2:12:31	M55-59 2
17. 75031	Balcarik, Alois	27	Czech Republic	2:16:20	M55-59 3
18. 45262	Worsnop, Christopher	57	Australia	2:18:07	M45-49 3
19. 75032	O'Neil, Norman	27	Australia	2:19:05	M75-79 1
20. 65050	Major, Geoffrey	36	Australia	2:22:37	M65-69 1
21. 65092	Brooks, Fred	34	Australia	2:24:26	M65-69 2
22. 70016	Chandra, De Narayan	29	India	2:27:13	M70-74 2
23. 50094	Wood, Robin L	50	Australia	2:28:04	M50-54 4
24. 70079	Doyle, John	32	Australia	2:28:35	M70-74 3
25. 70019	Sidhu, Bhagsingh	29	Usa	2:31:17	M70-74 4

M30 + 10KM WALK

1. 45085	Reid, Ross	54	Australia	50:54	M45-49 1
2. 35048	Asorey Rial, Antonio	64	Russia	50:54	M35-39 1
3. 60119	Sawall, Willi	41	Australia	52:58	M60-64 1
4. 50153	Erickson, Timothy	50	Australia	53:09	M50-54 1
5. 45132	Cochrane, Andrew	55	Australia	54:45	M45-49 2
6. 50196	Stenhouse, John	51	Australia	57:05	M50-54 2
7. 40156	Cassidy, Kevin	60	Australia	57:52	M40-45 1
8. 55139	Mayhew, Trevor	46	Australia	59:52	M55-59 1
9. 50151	Cooper, Stuart	50	Australia	1:01:15	M50-54 3
10. 45320	Boddy, Harold	55	Australia	1:02:04	M45-49 3
11. 50251	Dirk, Van Der Gaag	51	Australia	1:03:16	M50-54 4
12. 40139	Evans, Simon	60	Australia	1:03:48	M40-44 2
13. 70085	Hall, Eric	32	England	1:04:18	M70-74 1
14. 60150	Hallo, John	42	Australia	1:04:49	M60-64 2
15. 70029	Hainsworth, Colin	29	Australia	1:05:08	M70-74 2
16. 55083	Conboy, Bruce	44	Australia	1:05:35	M55-59 2
17. 50032	Cornish, Bruce	48	Australia	1:05:43	M50-54 5
18. 75034	Dubjak, Vratislav	27	Czech Republic	1:06:35	M75-79 1

19.	45166	McLay, David	56	Australia	1:07:38	M45-49 4
20.	60051	Morrison, John	39	Australia	1:08:44	M60-64 3
21.	65034	Smith, Robert	35	Australia	1:09:44	M65-69 1
22.	35097	McKinnon, Christopher	67	Australia	1:11:18	M35-39 2
23.	60134	McGregor, Ron	42	Australia	1:11:29	M60-64 4
24.	55135	Thompson, Timothy	46	Australia	1:13:36	M55-59 3
25.	50149	Lovett, Chris	50	Australia	1:13:40	M50-54 6
26.	75016	Whyte, Donald	25	Australia	1:14:09	M75-79 2
27.	65047	Beaumont, Ian	36	Australia	1:16:45	M65-69 2
28.	70006	Bellette, Mick	28	Australia	1:18:21	M70-74 3
29.	70021	Heywood, John	29	Australia	1:21:49	M70-74 4
30.	75027	Grigg, Russell	27	Australia	1:22:49	M75-79 3
31.	55094	Batrouney, Robert	45	Australia	1:22:54	M55-59 4
32.	55045	McWilliams, Peter	44	Australia	1:22:54	M55-59 5
33.	65015	McCormack, Kevin	33	Australia	1:23:44	M65-69 3
34.	80010	Brown, Frederick	22	Australia	1:25:03	M80-84 1
35.	60198	Lloyd, Maurice	38	Australia	1:35:30	M60-64 5

W30-49 10KM WALK

1.	45523	Ventris, Lyn	56	Australia	50:46	F45-49 1
2.	30456	Bonney, Kylie	71	Australia	56:13	F30-34 1
3.	35408	Emmett, Amanda	63	Australia	59:27	F35-39 1
4.	30459	Loveday, Nardene	72	Australia	59:32	F30-34 2
5.	40538	Major, Annette	62	Australia	59:47	F40-44 1
6.	40495	Chneider, Larissa	60	Russia	1:00:16	F40-44 2
7.	45401	McDonald, Sharon	52	New Zealand	1:00:20	F45-49 2
8.	35430	Staunton, Ann	63	Australia	1:01:05	F35-39 2
9.	35411	Howorth, Sandra	63	Australia	1:01:08	F35-39 3
10.	40512	Macdougall, Gillian	61	New Zealand	1:02:38	F40-44 3
11.	45410	Holmes, Janet	53	Australia	1:02:52	F45-49 3
12.	45510	Kriegler, Lili-Ann	57	Australia	1:03:52	F45-49 4
13.	40537	Weekes, Anne	62	Australia	1:06:17	F40-44 4
14.	45496	Dodds, Jan	57	Australia	1:07:27	F45-49 5
15.	40545	Armstrong, Ginger	62	Usa	1:07:29	F40-44 5
16.	45499	Lancaster, Heather	57	Australia	1:14:10	F45-59 6

W50 + 10KM WALK

1.	50444	Carr, Heather	49	Australia	55:31	F50-54 1
2.	60411	Riley, Brenda	39	Australia	58:00	F60-64 1
3.	50502	Gourlay, Marlene	51	Australia	58:53	F50-54 2
4.	50417	Feldman, Elizabeth	48	Australia	1:02:17	F50-54 3
5.	55468	Johnson, Celia	47	Australia	1:02:45	F55-59 1
6.	60415	Edmonds, Beverly	40	Australia	1:04:06	F60-64 2
7.	55404	Pownall, Lee	43	Australia	1:06:45	F55-59 2
8.	60446	Steed, Gwen	42	Australia	1:07:23	F60-64 3
9.	50497	Carter, Jayne	51	Australia	1:08:27	F50-54 4
10.	55420	Papageorgiou, Roxani	44	Australia	1:10:26	F55-59 3
11.	70414	Dauphinet, Christiane	31	Australia	1:11:29	F70-74 1
12.	50510	Garden, Ruth	51	Australia	1:11:32	F50-54 5
13.	75409	Thompson, Larna	27	Australia	1:12:49	F75-79 1
14.	75408	Knox, Jean	26	Australia	1:14:27	F75-79 2
15.	65412	Elix, Ros	34	Australia	1:14:29	F65-69 1
16.	45441	Salter, Cecile	54	Australia	1:14:45	F45-49 7 *
17.	60404	Beaumont, Margaret	38	Australia	1:15:29	F60-64 4
18.	70413	Bass, Pamela	30	South Africa	1:16:35	F70-74 2
19.	55449	Tumminello Ryan	46	Australia	1:17:39	F55-59 4
20.	65423	Coppock, Shirley	36	Australia	1:19:21	F65-69 2
21.	65427	Satchithananda, Mallika	36	Sri Lanka	1:20:29	F65-69 3
22.	65435	Faulconbridge, Ruth-Mary	37	Australia	1:25:32	F65-69 4
23.	65419	Greeff, Veejay	35	South Africa	1:41:32	F65-69 5

VRWC EVENTS, ALBERT PARK , SUNDAY 27 OCTOBER 2002

A small number of walkers took the opportunity to have a walk in the first of our 4 scheduled walk days at Albert Park this summer. We can expect the numbers to grow for our next 2 walks as walkers get back into training for the summer and want to do some longer races. We had a variety of events and the day was windy with the occasional shower.

OPEN 10KM

1.	Andrew Cochane	54:06
2.	Bob Gardiner	56:48
3.	Simon Evans	58:10
4.	Liz Feldman	58:36
5.	Alan Lucas	58:48
6.	Celia Johnson	65:04
7.	John Bunker	ab 8k 43:49
8.	Robin Wood	ab 6k 42:28

OPEN 15KM

10 km 15 km

1.	Kylie Bonney	57:13	ab 12k 71:23
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OPEN 20KM

10 km 20 km

1.	Brian Trower	56:35	113:08
2.	Rachel Loone	54:25	ab 16k 81:57

OPEN 5KM

3 km 5 km

1.	Janet Holmes	17:44	29:32
2.	Gwen Steed	19:10	32:06
3.	Jane Carter	20:14	33:45
4.	Heather Lancaster	21:21	35:46
5.	Shirley Coppock	22:06	37:15
6.	Andria Loughnan	22:15	39:07
7.	Jennifer Graham	24:50	41:45
8.	Christine Griffiths	26:48	44:09

UNDER 9 1KM

1.	Jasmine Irshad	8:09
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WALK JUDGES - Michael Bodey, Gordon Loughnan, Lloyd Nichols.

VRWC EVENTS, ALBERT PARK, SUNDAY 24 NOVEMBER 2002

We were pretty worried with a forecast of a sunny windy 34° but the expected change came through early and cooler cloudy conditions made for perfect racing conditions. A good turnout of 30 walkers competed and Brian Trower was our gamest competitor, doing a solid 20 km performance.

OPEN 20KM 1 Brian Trower 53:41 109:38

Rachael Loone had a good win in the 15 km event while Jared Tallent and Duncan Knox had a good training session and finished fresh.

OPEN 15KM 1 Rachael Loone 57:30 85:18
 2 Erin Adamcewicz 63:50 97:58
 3 Ezo Girgin 67:36 102:04
 1 Jared Tallent 62:06 88:42
 2 Duncan Knox 62:06 88:42
 3 Andrew Blood 63:50 97:58

The 10 km event attracted a mixed field. New walker Simon Evans won overall with a very good 56:20 and we welcomed John Banks back to his first walk since the early 50's when he last competed. John walked a brisk 5 km before retiring. Welcome back John.

OPEN 10KM 1 Simon Evans 56:20
 2 Bob Gardiner 58:29
 3 Alan Lucas 59:45
 4 Robin Wood 70:24
 5 Ian Beaumont 77:16
 · Mark Donahoo ab 6km 31:05
 · John Banks ab 4km 31:20
 1 Celia Johnson 63:52
 2 Margaret Beaumont 74:05
 3 Shirley Coppock 78:27
 · Megan Peters ab 6km 30:15

OPEN 5KM 1 Heather Carr 28:35
 2 Eda Girgin 30:12
 3 Gwen Steed 31:02
 4 Janet Holmes 32:01
 5 Marlaine Stanway 32:45
 6 Jane Carter 33:52
 7 Heather Lancaster 34:54
 8 Christine Griffiths 45:05
 1 John Bunker 27:07
 2 Timucin Girgin 30:09
 · Robin Wood ab 3km 19:50

Under 15 3KM 1 Ergenekon Girgin 14:45
 1 Sarah Alexander 18:38

WALK JUDGES Michael Bodey, Gordon Loughnan, Lloyd Nichols, Peter Vysma.
TIMEKEEPERS / RECORDERS Paul Kozaris, Ron Miller.

VRWC CHRISTMAS RACES, ALBERT PARK, SUNDAY 15 DECEMBER 2002

We are always at the mercy of the weather for these annual races and this year we copped a beauty – 35°C and lots of sun. We had quite a number of walkers who came down hoping for good times – including AIS walkers Claire Woods and Cheryl Webb. And young Irish walker Hugh Fitzpatrick who is over here with his family on holidays must have wondered what struck him! Last year at this time, conditions were good and the times were scorcher but on this occasion the day was a scorcher and the times suffered.

The two main events from our perspective were out two memorial races and they were ably won by Paul Van Kopplen and Heather Carr. Well done to Paul and Heather.

GUS THEOBALD MEMORIAL - 20 KM FOR OPEN MEN

1. Paul Van Kopplen	48:25	99:59
2. Brian Trower	54:31	108:59
3. Simon Evans	58:43	126:50
Jared Tallent	49:01	ab 12km 60:36
Michael Beaton-Wells	53:12	ab 12km 65:19

STELLA MURNANE MEMORIAL - 10KM FOR VETERAN WOMEN

1. Heather Carr	59:32
2. Celia Johnson	66:30
3. Gwen Steed	69:49
4. Shirley Coppock	84:54

20KM Open Women

1. Justi Tonti-Filippini	57:39	121:00
Claire Woods	ab 10km	52:12
Megan Peters	ab 8km	52:36
Cheryl Webb	ab 8km	39:28
Sandra Howarth	ab 6km	39:26
Rachael Loone	ab 2km	10:22

10KM OPEN

1. Wendy Muldoon	52:45
2. Jamie Barnes	53:02
3. Duncan Knox	54:18
4. Hugh Fitzpatrick	57:14
5. Adam Barnes	58:19
6. Bob Gardiner	62:20
7. Robin Wood	71:43
8. Christine Griffiths	85:27

5KM OPEN

1. Mark Donahoo	24:43
2. Stuart Kollmorgen	26:14
3. John Bunker	26:35
4. Grant Saunders	27:41
5. Erin Adamcewicz	27:52
6. Alan Lucas	29:28
7. Janet Holmes	31:07
8. Murray Dickinson	32:25
9. Marlaine Stanway	33:46
10. Ron McGregor	35:34
11. Michael Bodey	36:41
12. Tina Baarslag-Leb	38:25

3KM VRWC CHAMPIONSHIP UNDER 15 MEN & WOMEN

1. Sarah Alexander	19:04
Bradley Elms	ab 2km 15:25

1500M VRWC CHAMPIONSHIP UNDER 12 BOYS & GIRLS

1. Jayson Stoddart	10:46
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WALK JUDGES: S. Barnes, K. Bowyer, K. Hall, A. Johnson, G. Loughnan, D. Lowden, D. Middlemiss, L. Nichols, P. Vysma

VRWC ROAD EVENTS, ALBERT PARK, SUNDAY 2 FEBRUARY 2003

Our monthly summer race at Albert Park was very well attended and we used a fast 1 km course that everyone seemed to enjoy. The early pace was set by Simone Wolowiec (down from Canberra) and Megan Peters while Chris Erickson and Jared Tallent were content to sit back and enjoy a quieter pace. Simone held it all together very well to record an excellent 47:21 in her first race since the Commonwealth Games. Megan went through the 10 km mark in a quick 49:24 to also beat the 50 min barrier.

Amongst the other good performers were Brian Trower who improved a couple of mins on his recent 20 km form and Simon Evans who did a huge 10 km PB – Simon has only been walking since the World Masters and is improving very quickly.

We now have a new category of race – the fitness walk – and 3 first time walkers took up the challenge for the 5 km distance and did very well. Let's hope it marks the start of this event as a valuable contribution to the scene.

Open 15 km	5km	10km	15km
1. Erin Adamcewicz	28:46	59:13	90:12
Megan Peters	24:05	49:24	ab 12k 60:25

1. Chis Erickson	28:15	52:27	78:31
2. Duncan Knox	28:46	59:11	90:13
Andrew Blood	ab 5k	33:14	

Open 20 km	10km	20km
1. Brian Trower	51:14	105:48
2. Jared Tallent	57:47	109:44

Open 10 km	5km	10km
1. Simone Wolowiec	23:31	47:21
2. Celia Johnson	30:57	62:30
3. Margaret Beaumont	36:17	72:48

1. Simon Evans	25:38	51:48
2. Bob Gardiner	28:16	56:45
3. Robin Wood	34:00	68:43

Open 5 km	5km
1. Nicole Sansonetti	28:47
2. Janet Holmes	29:16
3. Gwen Steed	29:36
4. Tina Baarslag-Leb	36:52
5. Andrea Loughnan	38:33
6. Shirley Coppock	39:02
7. Christine Griffiths	39:45
Marlaine Stanway	ab 3k 19:59

1. John Bunker	25:49
2. Murray Dickinson	28:01
3. Anthony Doran	30:38
4. Ron McGregor	34:24
5. Ian Beaumont	37:10

Fitness 5km [unjudged]	
1. Janet Riddell	39:13
2. Judy Brennan	46:39
Margaret Carey	ab 2k 16:17

Under 15 3 km	
1. Sarah Alexander	16:26

Simone leads Megan early in the race



GEELONG 10,000M TRACK WALK, SUNDAY 2 MARCH 2003

The weather was cool and overcast but the blustery wind did not seem to trouble the walkers who availed themselves of the rare opportunity of walking a track 10,000m in Victoria. Thanks to Sue Barnes and the Geelong Athletics Centre for their initiative which was well received by the walkers.

Daniel Thorne was well in front and heading into his last lap when he received notification of a DQ so that left Chris Erickson to win in a time of 45:02, convincingly beating his previous PB of 46:28. Further back Colin Heywood walked a good 2nd and Stuart Kollmorgen, in his first season, recorded an excellent 50:50 for 3rd.

Rachael Loone won the women's section in a PB time of 51:37 with a very good display of walking while Jamie Barnes and Tyne Boddy won the Under 20 sections.

1.	Chris Erickson	ESS	45:02.9 (PB)	1 st Open Men
2.	Colin Heywood	DV	49:10.1	2 nd Open Men
3.	Stuart Kollmorgen	COLL	50:50.3 (PB)	3 rd Open Men
4.	Rachael Loone	CHIL	51:37.8 (PB)	1 st Open Women
5.	Jamie Barnes	CORIO	52:03.5	1 st U20 Men
6.	Ross Reid	GLEN	52:40.7	
7.	John Bunker	KSB	55:09.7	
8.	Adam Barnes	CORIO	55:45.2	2 nd U20 Men
9.	Duncan Knox	ESS	56:15.1	
10.	Erin Adamcewicz	ESS	56:17.1	2 nd Open Women
11.	Bob Gardiner	COLL	58:32.2	
12.	Harold Boddy	CORIO	64:07.2	
13.	Tyne Boddy	CORIO	64:55.7	1 st U20 Women



Chris Erickson – winner Open Men



Rachael Loone – winner Open Women

VRWC SCRATCH RACES, ALBERT PARK, SATURDAY 5 APRIL 2003

With the Vic Vets and AA National titles on the same weekend, we were missing quite a few of our regular competitors but we still have some 40 walkers for this first week of our winter competition. There were a variety of distances on offer and a massed start ensured a good competition (except for Nicole Sansonetti who was late!). It was also great to see 8 ladies join us for the unjudged walk – and they all seemed to enjoy it and walked very well. We hope that this will build up over the winter and that it will provide an enjoyable fitness afternoon for those who come to try it. We also seem to be building up good groups of Under 9 and Under 12 walkers.

8 km Open Scratch Races

1. Sandra Geisler	43.52
2. Nardene Loveday	44.09
3. Janet Holmes	48.53
4. Ezo Girgin	50.47

1. Mark Donahoo	38.43
2. Stuart Kollmorgan	41.33
3. John Bunker	43.03

5km Open Scratch Races

1. Nicole Sansonetti	27.52
2. Heather Carr	28.59
3. Eda Girgin	31.12
4. Gwen Steed	32.40

1. Tom Barnes	25.42
2. Tim Erickson	25.44
3. Trevor Mayhew	29.41
4. Timucin Girgin	32.33
5. Ergenekon Girgin	37.18

3km Open and Under 15 Scratch Races

1. Sarah Alexander	16.03
2. Daina Nielsen	16.58
3. Siobhan Donovan	17.36

1. Jayson Stoddart	17.48
2. Nicholas Mirarchi	19.10
3. Bradley Elms	20.00
4. Jason Elms	28.01

2km Under 12 Scratch Races

1. Anne Whitworth	12.24
2. Hannah Banks	12.48
3. Alicia Neylan	12.49
4. Josephine Mirarchi	16.42

David Butteriss 7.23 1km

1km Under 9 1 km Scratch Race

1. Chloe McNichol-Davidson	7.38
2. Karla Nielsen	8.22

5km Unjudged Fitness walk

Christina Carey	27.51 3km
Georgia Fillmore	27.51 3km
Janet Riddell	38.14
Margaret Carey	38.38
Julie Stoddart	40.45
Judy Bennett	41.58
Janet Bunker	47.38
Jessica Butteriss	56.25

VRWC RACES, ALBERT PARK, SATURDAY 12 APRIL 2003

AV 10 km Roadwalk Championship

The first Athletics Victoria walking championship for the winter was conducted over a 1 km lap at Albert Park on Saturday. Conditions were hot and sunny and times were correspondingly slower than expected. Former champion walker Paul van Kopplen continued his resurgence and recorded a fine win after fending off attacks by youngsters Chris Erickson and Jared Tallent who took out the minor medals. The strong Athletics Essendon team continued its domination of the teams event and were too strong for the Ballarat YCW team.

1.	Paul van Kopplen	Ringwood	46.39
2.	Chris Erickson	Athletics Essendon	47.11
3.	Jared Tallent	Ballarat YCW	48.01
4.	Frank Bertie	Nunawading	48.16
5.	Andrew Jamieson	Old Scotch	49.14
6.	Colin Heywood	Diamond Valley	49.35
7.	Mark Donahoo	Athletics Essendon	52.32
8.	Stuart Kollmorgen	Collingwood	52.52
9.	Simon Evans	Box Hill	53.48
10.	Duncan Knox	Athletics Essendon	54.27
11.	Tim Stevenson	Ballarat YCW	64.02
12.	Andrew Blood	Ballarat YCW	66.02
	Daniel Thorne	Corio	Disq

1.	Athletics Essendon	Chris Erickson, Mark Donahoo, Duncan Knox
2.	Ballarat YCW	Jared Tallent, Tim Stevenson, Andrew Blood

Apart from the AV Title, there was a selection of VRWC events on offer and a large group of walkers were in attendance. Two of our new Under 9 walkers, Nicole Hallett and Nikki Apostolidis, scorched the field with great times under 6 minutes for the 1 km distance. They might have passed me – lucky I wasn't walking!

VRWC 10km handicap

1.	Sandra Geisler	56.52
2.	Amanda Emmett	60.58
3.	Celia Johnson	63.02
	Rachael Loone	DNF 10.06 for 2km
	Marlaine Stanway	DNF 42.27 for 6km

1.	Mark Donahoo	52.32
2.	Tom Barnes	56.42
3.	Alan Lucas	59.27
	Bob Gardiner	DNF 29.01 for 5km
	Clarrie Jack	DNF 23.15 for 4km

VRWC 5km handicap

1.	Heather Carr	26.57
2.	Nicole Sansonetti	27.42
3.	Jenny Fawkes	29.17
4.	Janet Holmes	29.25
5.	Gwen Steed	32.05
6.	Tina Baarslag-Leb	36.53
7.	Jessica Butteriss	DNF 15.05 for 2km

1.	Trevor Mayhew	28.13
2.	John Morrison	30.43
3.	Robin Wood	33.41
4.	Nicholas Mirarchi	34.45
5.	Geoff Barrow	DNF 25.24 for 4km

VRWC Unjudged fitness walk

Jessica Butteriss	33.04 for 4km
Margaret Carey	22.52 for 3km
Janet Riddell	22.52 for 3km

VRWC Open and U15 3km handicap

1.	Daina Nielsen	16.04
2.	Sarah Alexander	16.11
3.	Lili-Ann Kriegler	20.49
4.	Christine Griffiths	27.02
	Hannah Banks	DNF 15.05 for 2km
1.	Bradley Elms	19.17
2.	Jason Elms	29.03

VRWC Under 12 2km handicap

1.	Anne Whitworth	12.26
2.	Alicia Neylan	13.32
3.	Amy Johnson	15.17
4.	Candice Kriegler	16.05
5.	Josephine Mirarchi	17.39

1.	Jayson Stoddart	11.24
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VRWC Under 9 1km handicap

1.	Nicole Hallett	5.51
2.	Nikki Apostolidis	5.56
3.	Chloe McNicol-Davidson	7.02
4.	Madeline Rowe	8.22
5.	Karla Nielsen	8.41

VRWC RACES, ALBERT PARK, SATURDAY 26 APRIL 2003

We had a wonderful turnout of 59 walkers who contested a variety of distances ranging up to 12 km. Given that the AV Country championships were on in opposition this weekend and we were missing quite a number of regulars, that omens well for even bigger fields as the season progresses. The first races at 2:15 saw a huge lineup and part of it is shown in the photo below.



Walkers as far as the eye can see at the start of the Open and Under 15 walks

The 12 km races attracted the some of the more serious walkers who are preparing for the 15 km Victorian championships next week. Megan Peters made the early pace and it took most of the race before Colin Heywood and Chris Erickson caught her. Megan, who is recovering from a hip injury, called it quits after a very good 10 km split and that left Colin and Chris to lead the fields home. Colin unfortunately incurred the judges' displeasure and that left Chris and Rachel Loone to take the accolades. The results also show the handicap places for financial members and Rachel and Alan Lucas shared the honours as handicap winners.

12km Open Handicap for women

1.	Rachael Loone	1:06:04	1
2.	Sandra Geisler	1:08:32	2
3.	Nicole Sansonetti	1:14:01	3
	Megan Peters	Ab (51.13 for 10km)	

12km Open Handicap for men

1.	Chris Erickson	1:02:56	3
2.	John Bunker	1:10:26	2
3.	Alan Lucas	1:13:21	1
	Colin Heywood	DQ	
	Robin Wood	DNF (54.45 for 8km)	

The 6 km events were the most popular with the majority of walkers keeping their race distances within known limits and erring on the conservative side in this early part of the season. Kylie Bonney went out fast as usual and led the men for the first 2 km before Tom Barnes bridged the gap and took a winning lead. Kylie hung on well to record a good win in the womens section, holding off top ace Kellie Wapshott. Murray Dickinson made a welcome return to Albert Park after a quiet summer and was rewarded with a handicap win in the mens section while Jenny Fawkes won the womens handicap section with a fine walk. Of course, I was handicapped out of it by the brutal handicapper but I refuse to complain and take it on the chin as usual!

6km Open Handicap for women

			Hcp
1.	Kylie Bonney	32:05	2
2.	Kellie Wapshott	32:57	10
3.	Rebecca Wilkie	33:09	4
4.	Heather Carr	33:48	6
5.	Jenny Fawkes	35:27	1

6.	Eda Girgin	36:05	3
7.	Celia Johnson	37:04	5
8.	Ezo Girgin	37:33	8
9.	Gwen Steed	38:43	11
10.	Marlaine Stanway	41:21	9
11.	Kylie Vandenheiligenberg	44:09	12
12.	Tina Baarslag-Leb	45:39	7
	Sarah Catling	DNF (23.14 for 4km)	

6km Open Handicap for men Hcp

1.	Tom Barnes	31:22	4
1.	Tim Erickson	31:41	5
2.	Murray Dickinson	33:11	1
3.	Tony Barrett	35:38	6
4.	John Morrison	37:39	3
5.	Ron McGregor	41:50	2

The fitness walk continues to attract an ongoing audience and, after some email discussions this week, we may have some more new entrants next week. It was great to see former top walker Mark Thomas and his wife Andrea having a nice stroll. I'll bet most people did not know that they were passing a former Australian international walker when they zoomed past Mark.

4km unjudged fitness walk

Mark Thomas	33:57
Andrea Thomas	33:57
Jessica Butteriss	38:13
Mark Butteriss	38:14

These under 15 walkers are actually a very talented lot and their 4 km times indicate just how fast they are walking at the moment. They beat most of the older walkers in the Open 4 km walk. Timucin is actually Under 12 and is walking up an age group so his time is even more impressive. Of the girls, Sarah won well considering she had been ill – a gutsy performance. Siobhan was the handicap winner in a tight contest.

4km U15 Handicap for girls	Hcp
1. Sarah Alexander	22:22 2
2. Siobhan Donovan	23:28 1
3. Daina Nielsen	24:22 3

4km U15 Handicap for boys	Hcp
1. Timucin Girgin	23:57 1

The Open 4 Km event saw a mixed field with new members like Katie Lovus and Ann Holcombe mixing it with seasoned campaigners like Club President Harry Summers. Is Harry finally starting his fitness campaign? A special mention for Janet Riddell who had a judged walk on this occasion after a few weeks in the unjudged walk. Well done Janet – you passed muster with the judges.

4km Open

1.	Janet Holmes	23:02
2.	Katie Lovus	23:41
3.	Ann Holcombe	24:09
4.	Harry Summers	26:38
5.	Andrea Contessotto	26:48
6.	Carmel Drennan	26:58
7.	Anne Bilston	29:30
8.	Andrea Loughnan	33:14
9.	Janet Riddell	33:35
10.	Christine Griffiths	33:49

The Under 12 and Under 9 walkers contested a combined 1500m race and it is wonderful to see a nice group building up there. In the Under 12 event, Natalie Laurie won after a good battle with Regan Lamble who was having her first walk at Albert Park. In the Under 9 events, Ergenekon Girgin was able to match it with the Under 12 walkers and walked a great time of 9:14 while Nicole Hallett and Nikki Apostolidis had a great battle in the girls event with Nicole just edging Nikki out.

Our apologies to a few of these walkers as we did not have our 1500m turn marked and some walkers (David Butteriss and

Jasmine Irshad for two) walked past the turn before being advised to “go back”. We will make sure that in future weeks we are a bit more careful.



The Under 9 and Under 12 walkers start their 1500m walk. From left to right – Ergenekon Girgin, David Butteriss, Regan Lamble, Natalie Laurie, Cate-Linne Fraser, Nicole Hallett, Alicia Jade Neylan and Anne Whitworth.

1500m Under 12 Handicap for girls

1.	Natalie Laurie	8:25	2
2.	Regan Lamble	8:30	
3.	Anne Whitworth	9:15	4
4.	Alicia Neylan	9:27	3
5.	Cate-Linne Fraser	9:30	
6.	Amy Johnson	10:29	1

1500m Under 9 Handicap for girls

1.	Nicole Hallett	10:30	5
2.	Nikki Apostolidis	10:32	4
3.	Karla Nielsen	12:35	2
4.	Chloe McNicol-Davidson	13:08	3
5.	Jasmine Irshad	13:14	1

1500m Under 9 Handicap for boys

1.	Ergenekon Girgin	9:14	1
2.	David Butteriss	11:05	



Darren Bown (AIS) at full stride as he completes his last lap



Jared Tallent wins the AV 15 km title

Apart from the AV events, we had a series of handicap races for our own competitors. The first was a 15km handicap which was run in conjunction with the AV 15km event and Colin Heywood took the points over Mark Donahoo.

VRWC Open Men 15km Handicap		Hcp
1. Mark Donahoo	74:28	2
2. Colin Heywood	74:52	1

A few keener walkers chose the 10km handicap events and Ross Reid and Rebecca Wilkie led the fields home. A good battle between John Bunker and Tim Erickson saw John take the honours and win the handicap while Ezo Girgin won the women's handicap with what must have been a PB.

VRWC Open Men 10km Handicap		Hcp
1. Ross Reid	50:28	3
2. John Bunker	52:58	1
3. Tim Erickson	53:17	4
4. Alan Lucas	58:06	2

VRWC Open Women 10km Handicap		Hcp
1. Rebecca Wilkie	55:53	e2
2. Ezo Girgin	57:50	1
3. Amanda Emmett	58:38	e2

The 5 km event was the choice for most walkers and Tom Barnes and Heather Carr both walked very competitive times. Nicole Sansonetti showed that she is over her injuries and getting back into good form with a handicap win in the women's event while veteran walker John Morrison won the men's handicap and had made a very good comeback in quick time.

VRWC Open Men 5km Handicap		Hcp
1. Tom Barnes	24:53	2
2. Geoff Barrow	30:49	3
3. John Morrison	29:59	1
Harry Summers	Ab.	

VRWC Open Women 5km Handicap		Hcp
1. Heather Carr	26:30	3
2. Nicole Sansonetti	27:30	1
3. Ann Holcombe	29:46	2
4. Celia Johnson	30:22	4
5. Gwen Steed	30:32	5
6. Marlaine Stanway	33:24	6
7. Kylie Vandenheiligenberg	35:29	8
8. Tina Baarslag-Leb	37:49	7
9. Christine Griffiths	47:46	9

Our junior fields continue to be very well supported and a number of our younger walkers successfully moved up to the 5 km distance. Daniel Payne, having his first walk with the club, did a good first up 31:20 while Tim Girgin jumped up from U12 once again to win the boy's event. The girls' race was very competitive with good times by everyone. They will all improve further with the continuing competition.

VRWC U15 Boys 5km Handicap		Hcp
1. Timucin Girgin	29:27	1
2. Daniel Payne	31:20	

VRWC U15 Girls 5km Handicap		Hcp
1. Sarah Alexander	27:09	3
2. Eda Girgin	28:33	4
3. Daina Nielsen	28:51	2
4. Siobhan Donovan	29:32	5
5. Andrea Contessotto	31:59	1

In the Under 12 race Natalie Laurie and Regan Lamble had another great battle with Natalie once again the narrow victor but the big improver was Cate-Linne Fraser who easily won the handicap for girls. Jayson Stoddart did well considering a cross country run in the morning. He took the double, taking both the fastest times and handicap points in the boys' event.

VRWC U12 Boys 2km Handicap		Hcp
1. Jayson Stoddart	11:37	1
2. Ergenekon Girgin	12:33	2
3. David Butteriss	16:03	3

VRWC U12 Girls 2km Handicap		Hcp
1. Natalie Laurie	11:04	2
2. Regan Lamble	11:07	3
3. Cate-Linne Fraser	11:58	1
4. Anne Whitworth	12:02	4
5. Alicia Neylan	12:38	6
6. Hannah Banks	12:59	7
7. Emily Payne	13:39	
8. Amy Johnson	14:21	5

The Under 9 girls was an exciting event with Nicole Hallett once again just edging out Nikki Apostolidis.

VRWC U9 Girls 1km Handicap		Hcp
1. Nicole Hallett	6:35	3
2. Nikki Apostolidis	6:36	1
3. Karla Nielsen	8:40	2

VRWC RACES, ALBERT PARK, SATURDAY 10 MAY 2003

This week's handicap start presented its usual unique challenge and it took some time before we had everything organised and we could let the first competitors go. Luckily the day was sunny and everyone took the delay well. The races proved to be very competitive with the outmarkers walking for all they were worth to hold off the chasers while those who were further back were trying to catch those given the start. The order in the results this week is the place going over the finish line and reflects the handicap points placings. The fastest times placings are shown on the right hand side.

In the 10 km for women, Heather Carr walked a very good race and is approaching top form while Alan Lucas held off his faster rivals and won by the proverbial mile. Alan's time was a couple of minutes improvement on his times of last season and he deserved his win. It is good to see Tom Barnes walking the winter and moving up to the 10 km distance.

10 km handicap for women

1.	Heather Carr	55:48	1
2.	Nardene Loveday	57:44	2

10 km handicap for men

1.	Alan Lucas	57:33	5
2.	Mark Donahoo	48:20	1
3.	Ron Bilston	64:21	6
4.	Tom Barnes	50:39	2
5.	John Bunker	52:02	3
6.	Tim Erickson	52:22	4
7.	Robin Wood	67:08	7

While most of the men chose the 10 km event, the women were more circumspect and most chose the 5 km distance. Christine Griffiths was another outmarker to walk above her normal standard and, like Alan in the 10 km race, also held off her opposition with a good walk. Nicole Sansonetti seems to be over her summer injuries and is getting faster once again. Young Shaun Burgess recorded both handicap and fastest time wins in the 5 km for men.

5 km handicap for women

1.	Christine Griffiths	42:17	8
2.	Nicole Sansonetti	26:48	1
3.	Ann Holcombe	28:53	3
4.	Anne Bilston	37:05	
5.	Janet Holmes	29:02	4
6.	Tina Baarslag-Leb	36:36	9
7.	Liz Feldman	29:08	
8.	Gwen Steed	30:35	6
9.	Marlaine Stanway	33:01	7
10.	Celia Johnson	30:31	5
11.	Emma Gray	27:42	2

5 km handicap for men

1.	Shaun Burgess	29:41	1
2.	Geoff Barrow	29:15	
3.	Ron McGregor	33:08	2

A special mention to Sarah Alexander who walked a great 15:20 in the Under 15 3 km. But not even that time was sufficient to catch Andrea Contessotto who made the most of her handicap lead and walked a good 18:13 to win the handicap by 4 secs. Eda Girgin was a further 3 seconds in arrears. This proved to be our closest finish. Nicholas Mirarchi had too big a lead over Tim Girgin in the boys' event and was yet another successful outmarker.

Under 15 3km for girls

1.	Andrea Contessotto	18:13	5
2.	Sarah Alexander	15:20	1
3.	Eda Girgin	16:19	e2
4.	Siobhan Donovan	16:40	3
5.	Daina Neilsen	16:19	e2
6.	Katie Lovus	16:58	4

Under 15 3km for boys

1.	Nicholas Mirarchi	18:50	2
2.	Timucin Girgin	17:56	1

Josephine Mirarchi, like her brother in the Under 15 event, also held off the chasers for the handicap win while Natalie Laurie made the most of what turned out to be a very generous starting position and walked a great 10:54 for fastest time and second place in the handicap. Regan Lamble gamely chased but could not bridge the gap. Jayson Stoddart was another Under 12 to record a very fast time in winning the boys' handicap. They are certainly a fast lot.

U12 2000m for girls

1.	Josephine Mirarchi	16:24	6
2.	Natalie Laurie	10:54	1
3.	Cate-Linne Fraser	11:33	3
4.	Amy Johnson	13:52	5
5.	Regan Lamble	11:08	2
6.	Alicia Neylan	12:43	4

U12 2000m for boys

1.	Jayson Stoddart	11:16
2.	Ergenekon Girgin	13:09

Only a few Under 9 walkers in attendance this week but they walked well with Nikki Apostolidis and David Butteris taking the points.

U9 1000m for girls

1.	Nikki Apostolidis	6:23	1
2.	Karla Nielsen	8:23	2

U9 1000m for boys

1.	David Butteriss	6:49
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Open 3km

1.	Ann Whitworth	18:59	1
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5 km Unjudged fitness walk

Mark Butteriss	45:35
Jessica Butteris	Ab. 46.10 for 4km

VRWC, AV AND AA RACES, ALBERT PARK, SUNDAY 18 MAY 2003

It may have been a cold miserable day but over 60 walkers walked in what was a big day in every sense. And the races were followed by a very enjoyable luncheon and Presentation in the Bowling Club dining room.

ATHLETICS AUSTRALIA 50KM OPEN CHAMPIONSHIP

Duane Cousins claimed his second Australian 50km walk title today at the Telstra Australian Men's 50km Road Walking Championship, held at Albert Park in Melbourne.

In cold and drizzly conditions, with temperature ranging from 10 to 15 degrees, Luke Adams led the field to the 35km mark, before calling it a day, saying he was "satisfied with his performance at this stage of his training program". Following Luke's withdrawal, it was Darren Bown heading the field. Darren's lead looked unassailable but Duane, determined to improve on last year's silver medal, put in a brilliant final second 25kms, overtaking the leader and winning the race in an excellent sub four hour performance (3:59:33). Duane also won the Victorian 50 km title, held concurrently.

Liam Murphy chased Duane all the way, determined to maintain his two year 50km National Championship winning streak, but couldn't bridge the gap, finishing second in 4:04:56. Darren, although suffering badly, struggled home to take the bronze, recording 4:18:43.

A notable omission from the starting line up was Australia's number one male race walker, Nathan Deakes. The 2002 Commonwealth Games champion has withdrawn his name from nomination and consideration for both 20km and 50km events at this year's world championships, as he turns his focus to rehabilitation of his left hamstring and sciatic nerve, and training towards the 2004 Olympics.

		10 km	20 km	30 km	40 km	50 km	
1.	Duane Cousins	Vic	47:52	1:35:19	2:23:12	3:10:02	3:59:33
2.	Liam Murphy	SA	47:26	1:36:13	2:24:33	3:12:38	4:04:56
3.	Darren Bown	SA	47:12	1:34:22	2:21:51	3:20:47	4:18:43
	Luke Adams	NSW	47:11	1:34:22	2:21:49	Ab	
	Mark Donahoo	Vic	53.49	1:46:23	2:44:21	Ab	
	Andrew Jamieson	Vic	53.49	1:45:57	2:39:11	Ab	
	Duncan Knox	Vic	59:25	Ab			



Luke Adams leads Darren Bown early in the wet conditions



Duane Cousins powers around a corner at the 40 km mark

ATHLETICS VICTORIA 50KM OPEN CHAMPIONSHIP

		10 km	20 km	30 km	40 km	50 km	
1.	Duane Cousins	Bendigo YMCA	47:52	1:35:19	2:23:12	3:10:02	3:59:33
	Mark Donahoo	Aths Ess	53.49	1:46:23	2:44:21	Ab	
	Andrew Jamieson	Old Scotch	53.49	1:45:57	2:39:11	Ab	
	Duncan Knox	Aths EssAb.	59:25	Ab			

VRWC 35KM MENS CHAMPIONSHIP (RAY SMITH TROPHY)

We held our own club VRWC Championship in conjunction with the 50 km event and we had a healthy 5 starters. Jared Tallent was just after a fast 20 km hitout and he actually led the top 50 km walkers throughout the early stages of the race to record a very slick 1:34:12. Frank, Chris, Mark and Andy had all started more conservatively and were using the occasion as a solid training session in preparation for the Canberra 20 miler in 3 weeks time. Mark was the first to drop off the pace at about the 17 km mark and then Andy faded back soon after. That left Frank and Chris to fight it out and the pace in the second half of the race was considerably faster. Eventually Frank made the winning break at the 31 km mark and he went on to win by nearly 2 minutes. He was awarded the Ray Smith Trophy, one of our most coveted perpetual trophies.



From the left, Mark, Andrew, Frank and Chris, the pack in the early stages of the 35 km club championship

	10km	20km	30km	35km
1. Frank Bertie	53.49	1:45:52	2:37:10	3:02:07
2. Chris Erickson	53.49	1:45:52	2:37:11	3:03:56
3. Mark Donahoo	53.49	1:46:23	2:44:21	3:14:27
Andrew Jamieson	53.49	1:45:57	2:39:11	
Jared Tallent	46.56	1:34:12		

VRWC 15KM WOMENS CLUB CHAMPIONSHIP (ELSIE JACOBSON TROPHY)

While the men were fighting out the 35 km championship, the women were contesting the Elsie Jacobson Trophy, held over 15 km. It was good Megan Peters recover from her hamstring problems and record a good win. Rachael Loone also walked strongly for a good time and Sandra Geisler is moving well for someone doing her first season of longer walks. The other finisher was Nicole Sansonetti who also seems to be back on course after an injury ridden summer.

1. Megan Peters	1:16:58
2. Rachael Loone	1:20:32
3. Sandra Geisler	1:25:27
4. Nicole Sansonetti	1:31:21

Apart from these senior events, we also had the full range of underage club championships and most age groups were well supported. Travis was our lone Under 20 walker and he had a good hitout over 15 km. He is building up for the Australian 10 km roadwalk title which will be held in Canberra in 3 weeks time.

VRWC 15 KM U20 WOMEN CLUB CHAMP'SHIP

No starters

VRWC 15 KM U20 MEN CLUB CHAMPIONSHIP

1. Travis Middlemiss 1:20:23

Our Under 16 walkers had to perform over a 5 km distance and Tyne Boddy and Shaun Burgess were the two outstanding walkers here. Tyne is getting back to her form of last year after a quiet summer.

VRWC 5KM U16 WOMEN CLUB CHAMPIONSHIP

1. Tyne Boddy 29:22
2. Kylie Vandenheiligenberg 35:55

VRWC 5KM U16 MEN CLUB CHAMPIONSHIP

1. Shaun Burgess 29:46
 2. Nicholas Mirarchi 33:08
- Bradley Elms Ab

The lower age groups continue to be the most keenly contested and Sarah and Eda and Daina all recorded very good times in taking the medals in the girls Under 14 race. Daniel Payne, one of our new newest members, won his first club championship with a very good walk in the boys event. Jayson Stoddart, although eligible for Under 10, jumped up to the Under 14 and walked very well for the silver.

VRWC 3KM U14 WOMEN CLUB CHAMPIONSHIP

1. Sarah Alexander 15:54
2. Eda Girgin 16:12
3. Diana Nielsen 16:35
4. Siobhan Donovan 16:56
5. Katie Lovus 17:11
6. Andrea Contessotto 19:06

VRWC 3KM U14 MEN CLUB CHAMPIONSHIP

1. Daniel Payne 17:22
2. Jayson Stoddart 19:59

The Under 12 and Under 10 walkers both contested a 1 km race and it was amazing to see the speed at which they all took off! But by the time they returned, the fields had spread out and we had clear winners in all events. Regan Lamble was the fastest of the speedsters and Ballarat walker Rachel Tallent was not far behind. Tim and Ergenekon Girgin did not let brotherly love get in the way of their racing while Nicole Hallet and Nikki Apostolidis had a great battle in the Under 9.

VRWC 1KM U12 GIRLS CLUB CHAMPIONSHIP

1. Regan Lamble 5:02
2. Rachel Tallent 5:11
3. Anne Whitworth 5:30
4. Lana Boddy 5:35
5. Cate-Linne Fraser 5:38
6. Alicia Neylan 5:45
7. Emily Payne 5:54
8. Josephine Mirarchi 7:56

VRWC 1KM U12 BOYS CLUB CHAMPIONSHIP

1. Timucin Girgin 5:21
2. Ergenekon Girgin 5:32

VRWC 1km U9 Girls Club Championship

1. Nicole Hallett 6:17
2. Nikki Apostolidis 6:20
3. Chloe McNicol-Davidson 7:54

VRWC 1KM U9 BOYS CLUB CHAMPIONSHIP

- David Butteriss Disq

20km non championship events for both men and women were also held. Top Victorian walker Simone Wolowiec was a convincing winner in the women's 20km, crossing the line in 1:39:19 while in the men's 20km event, 18 year old South Australian walker Kim Mottrom walked a PB to win in 1:37:29.

20KM WOMENS NON CHAMPIONSHIP EVENT

1. Simone Wolowiec 1:39:19 0:49:15
- Rachael Loone Ab. 80.32 for 15km
- Megan Peters Ab. 76.58 for 15km
- Claire Woods Ab. 20.57 for 4km

20KM MENS NON CHAMPIONSHIP EVENT

1. KimMottrom 49:10 1:37:29
- Alan Lucas Disq

We also had two non-championship races for those who wanted a race but for whom the other distances were a bit long.

10KM OPEN NON CHAMPIONSHIP EVENT

1. Tom Barnes 50:48
2. John Bunker 52:59
3. Heather Carr 56:15
4. Amanda Emmett 59:32
5. Jenny Fawkes 60:57
6. Marlene Stanway 69:08
- Celia Johnson Disq
- Nadene Loveday Ab. 11.38 for 2km

5KM OPEN NON CHAMPIONSHIP EVENT

1. Gwen Steed 31:13
2. Ann Holcombe 31:32
3. Tina Baarslag-Leb 37:01

VRWC RACES, ALBERT PARK, SATURDAY 24 MAY 2003

Another good day's competition saw over 40 walkers testing themselves out over a variety of distances. Results show both Fastest Time places and Handicap places. Special mention for Megan Peters who is really looking good and moving fast out in front of the women. With lots of these walkers intending to walk in Canberra in 2 weeks time (see list below), it omens well.

12km Open Handicap				4km U15 Handicap			
	Time	Place	Hcp Place		Time	Place	Hcp Place
Megan Peters	61:03	1	2	Sarah Alexander	21:15	1	3
Marlaine Stanway	82:59	2	1	Eda Girgin	21:58	2	1
Chris Erickson	59:19	1	5	Siobhan Donovan	22:33	3	2
Mark Donahoo	60:27	2	3	Daina Nielsen	23:01	4	6
John Bunker	62:54	3	1	Katie Lovus	23:42	5	e4
Tim Erickson	63:10	4	2	Andrea Contessotto	26:03	6	e4
Bob Gardiner	61:01	5	4	Daniel Lineen	24:52	1	2
				Nicholas Mirarchi	27:37	2	1
6km Open Handicap				1.5km U12 Handicap			
	Time	Place	Hcp Place		Time	Place	Hcp Place
Kylie Bonney	30:46	1	e3	Natalie Laurie	7:35	1	2
Heather Carr	32:14	2	5	Alicia Neylan	8:42	2	3
Nicole Sansonetti	33:03	3	2	Amy Johnson	8:44	3	1
Rebecca Wilkie	33:33	4	11	Hannah Banks	8:55	4	4
Jenny Fawkes	34:17	5	1	Anne Whitworth	9:35	5	5
Janet Holmes	34:58	6	6	Timucin Girgin	7:51	1	1
Ann Holcombe	35:20	7	e3	Ergenekon Girgin	9:30	2	2
Ezo girgin	36:16	8	8				
Celia Johnson	36:56	9	10	1.5km U9 Handicap			
Gwen Steed	37:06	10	9		Time	Place	Hcp Place
Jodie Emmerson	38:00	11	13	Nikki Apostolidis	08:52	1	1
Kylie Vandenheiligenberg	43:46	12	12	Chloe McNicol-Davidson	11:59	2	2
Tina Baarsleg_Leb	44:16	13	7	Karla Nielsen	12:55	3	3
Alan Lucas	33:51	1	1	Jasmine Irshad	15:00	4	4
Robin Wood	39:25	2	3	David Butteriss	10:59	1	1
Ron McGregor	39:46	3	2				

VRWC RACES, ALBERT PARK, SATURDAY 31 MAY 2003

Our annual relay day went off very well with both events being keenly contested. Luckily the weather was not too bad but it was still a tough ask for those who walked multiple laps – how to stay warm and stop tightening up between laps. But everyone seemed equal to the task.

3x1km U9 and U12 Relay

The Under 9s and Under 12s had to be altered a bit on the day due to several withdrawals but we managed to get 4 teams up and running and the Girgin boys had what turned out to be a comfortable win. Timucim had the fastest two splits for the day and set it up nicely for younger brother Ergenekon.

1. Timucim Girgin	5.09	Timucim Girgin	5.36	Ergenekon Girgin	6.32	17.17
2. Ergenekon Girgin	6.09	Nikki Apostolidis	6.21	Amy Johnson	5.49	18.19
3. David Butteris	6.54	AnneWhitworth	5.32	Nicole Hallett	5.58	18.24
4. Jayson Stoddart	6.54	Chloe McNicol-Davidson	9.21	Jayson Stoddart	5.49	22.04

5x4km Open Relay

The Open relay saw the lead change on a number of occasions in what was an intriguing race. Frank Bertie was at top speed for his 3 laps and took so much time off the other teams that there was no way anyone was going to match his team. He gave Heather Carr a lead of over 2 minutes going into the last lap but still won comfortably.

Further back in the field, Harry Summers had to pull out after only 1 km in the first leg and that left Ron McGregor and Chris Erickson with the tough task of walking Harry's extra 3 km as well as their own laps. Ron did 5 km and Chris did 14 km to make sure the team finished.

The team of Andy Jamieson, Heather Carr and Alan Lucas actually finished 2nd but were penalized 3 mins for a DQ in the first leg. That relegated them to 3rd place and let the team of Sarah Alexander, John Bunker and Jenny Fawkes move up to 2nd place.

Duncan Knox and Tim Erickson, like Frank and Chris, were gluttons for punishment and also did 3 laps each.

1. Frank Bertie	Tina Baarslag-Leb	Frank Bertie	Anne Holcombe	Frank Bertie	
17.55	28.44	17.42	23.24	17.50	105.35
2. Sarah Alexander	Jenny Fawkes	John Bunker	Jenny Fawkes	John Bunker	
21.23	22.22	19.58	22.40	20.44	107.07
3. Andrew Jamieson	Alan Lucas	Heather Carr	Alan Lucas	Heather Carr	
Penalty of 3 mins	22.19	21.27	22.15	21.48	109.40
4. Tim Erickson	Daina Nielsen	Tim Erickson	Gwen Steed	Tim Erickson	
20.24	22.52	20.27	25.16	21.20	110.19
5. Janet Holmes	Bob Gardiner	Andrew Jamieson	Janet Holmes	Bob Gardiner	
23.00	22.36	18.54	23.17	23.43	111.30
6. Duncan Knox	Jodie Emmerson	Duncan Knox	Jodie Emmerson	Duncan Knox	
20.50	24.45	20.28	25.02	20.53	111.58
7. Harry Summers	Ron McGregor	Chris Erickson	Chris Erickson	Chris Erickson	
28.51	51.40	72.50	19.42	20.02	112.34
8. Celia Johnson	Marlaine Stanway	Mark Donahoo	Celia Johnson	Mark Donahoo	
24.02	26.40	18.38	25.02	18.30	112.36
9. Ezo Girgin	Eda Girgin	Nicole Sansonetti	Ezo Girgin	Nicole Sansonetti	
23.47	23.06	21.46	23.52	22.34	115.05

4km Open Race

A 4 km open race was held for those others who turned up on the day and Ross Reid walked a very brisk time in winning.

1. Ross Reid	18.51
2. Geoff Barrow	24.08
3. Daniel Lineen	24.25
4. John Morrison	24.35
5. Ron Bilston	24.50
6. Carmel. Drennan	26.47
7. Robin Wood	27.32
8. Shirley Coppock	30.48

AFRWC CARNIVAL, CANBERRA, SUNDAY 9 JUNE 2003

The Canberra Carnival is over once again and what a wonderful weekend it was. The Peter Waddell memorial walk on the Saturday afternoon was a great success with over 50 walkers remembering Peter's memory in a non-race 5 km walk. The Federation Conference saw Harry Summers re-elected as AFRWC President. The Sunday races were held in the best Canberra weather we have seen for many years and over 200 walkers from all over Australia keenly raced against each other. NSWRC continue to set the standard and won the Brennan Shield once again but our walkers did themselves proud with some fine walking. Many of our walkers did PBs and no Victorian walkers were disqualified – a great result. The Victorian results (unofficially from my own reckoning) were as follows

AFRWC OPEN 20M	3	BERTIE, Frank	162:12
	4	ERICKSON, Chris	163:58
	5	DONAHOO, Mark	183:33 (1 st Veteran)
	7	KNOX, Duncan	193:19
ACT 30 KM	1	BERTIE, Frank	162:12
	2	ERICKSON, Chris	163:58
AFRWC OPEN/VET WOMEN 10M	1	WOLOWIEC, Simone	79:44
	3	PETERS, Megan	85:11
	6	SANSONETTI, Nicole	94:42
AFRWC OPEN/VET MEN 10M	3	ERICKSON, Tim	87:04 (1 st Veteran)
	4	BUNKER, John	87:11 (2 nd Veteran)
AFRWC GIRLS U17 5000M	5	BODDY, Tyne	28:39
AFRWC BOYS U17 5000M	5	STEVENSON, Tim	28:16
AFRWC GIRLS U15 3000M	3	ALEXANDER, Sarah	15:46
	9	NIELSEN, Daina	16:28
	12	GIRGIN, Eda	16:37
	21	POLMEAR, Jacinta	18:25
AFRWC BOYS U15 3000M	6	PLATT, John	16:44
	11	BODDY, Reece	18:34
BOYS/GIRLS U9 1000M	3	TALLENT, Ebony	6:37
	4	McNICOL_DAVIDSON, Chloe	6:51
	7	NIELSEN, Karla	7:36
AFRWC GIRLS U12 2000M	4	LAURIE, Natalie	10:42
	6	LAMBLE, Regan	10:47
	9	TALLENT, Rachel	11:26
	20	APOSTOLIDIS, Nikki	13:41
	23	MIRARCHI, Josephine	16:45
AFRWC BOYS U12 2000M	1	GIRGIN, Timucin	10:31
	3	STODDART, Jayson	11:21
	4	GIRGIN, Ergenekon	11:37
	8	MIRARCHI., Nicholas	11:46
	10	PLATT, Joshua	12:05
	12	BUTTERISS, David	15:40
AFRWC WOMEN OPEN 5000M	2	PETERS, Megan	24:58
	7	CARR, Heather	27:02 (1 st Veteran)
	15	GIRGIN, Eda	29:28
	16	GIRGIN, Ezo	29:39
	24	PLATT, Belinda	32:15
	28	JONES, Kelly	36:15
	28	JONES, Kelly	36:15
AFRWC MEN U20 10000M	2	TALLENT, Jared	44:55
	5	MIDDLEMISS, Travis	47:36
AA MEN U20 10000M	1	TALLENT, Jared	44:55
	4	MIDDLEMISS, Travis	47:36

Top walking performers

It is always a bit tricky to single out particular walkers but there are a few who bear special mention.

Jared Tallent won his third straight Athletics Australia U20 10 km roadwalk in the very fast time of 44:55. In fact, it was a blanket finish with the first 3 across the line all within a metre of each other. NSW walker Aaron Mellor was first to cross the line but was disqualified by the chief judge for infringing in the final 100m of the race, leaving Jared to claim the AA title. But this same rule could not be applied to the AFRWC 10 km roadwalk which was held concurrently. So we have the very interesting situation where Jared has won the AA title but Aaron has won the AFRWC title. Obviously this will have to be fixed for next year so that this sort of situation cannot re-occur. But Jared continues to set the standard for all other Junior walkers in Australia and can, in my book, continue to hold onto the mantle as our top junior.



Jared leads his 2 NSW rivals in the Under 20 race

Timicin Girgin won his fourth title in 5 years in the Canberra Carnival. His last 5 years in Canberra are as follows

1999	Under 9 1000m	1 st	5:38
2000	Under 9 1000m	1 st	5:20
2001	Under 12 2000m	5 th	11:07
2002	Under 12 2000m	1 st	10:30
2003	Under 12 2000m	1 st	10:31

Tim has dominated his age groups over a 5 year period and has a record that few other walkers in Australia can match. We wish him all the best as he moves up the age groups.



The winning Under 12 Boys team – Jayson Stoddart, Timucin Girgin and Ergenekon Girgin with presenter Andrew Jachno.
Simone Wolowiec was a convincing winner in the 10 Mile walk for Open Women. She left all in her wake to become the inaugural winner of the Peter Waddell trophy. She is fast getting back to the form which saw her selected to represent Australia in two World Cup events. Her style is looking very safe and she has bounced back wonderfully from her injury ridden last 12 months.

Megan Peters came 3rd in the 10 Mile walk for Women in the morning (85:11) and then came 2nd in the 5000m walk for Women in the afternoon (24:58) in a great double. In her afternoon walk, she was only a short distance behind the winner, Claire Woods of the AIS.



Simone Wolowiec, Megan Peters and Nicole Sansonetti with the Open Womens 10 Mile Teams Shield

Frank Bertie and **Chris Erickson** both contested the tough 20 miler and came 3rd and 4th behind the two AIS aces, Darren Bown and Liam Murphy. Both walkers did PBs and improved on their places and times from last year.



Peter Bennett (QLD), Chris Erickson and Frank Bertie – the ACT 30 km title placegetters.

A number of our teams were successful in winning team medals also. The successful teams were

Open Men 20 Mile	2 nd	Frank Bertie, Chris Erickson, Mark Donahoo
Open Women 10 mile	1 st	Simone Wolowiec, Megan Peters, Nicole Sansonetti
Open Women 5000m	3 rd	Megan Peters, Heather Carr, Eda Girgin
Under 15 Girls 3000m	2 nd	Sarah Alexander, Daina Nielsen, Eda Girgin
Under 12 Girls 2000m	2 nd	Natalie Laurie, Regan Lamble, Rachel Tallent
Under 12 Boys 2000m	1 st	Timicin Girgin, Jayson Stoddart, Ergenekon Girgin

Under 12 Boys 2000m

3rd

Nicholas Mirarchi, Joshua Platt, David Butteriss

VRWC AND VVAC RACE RESULTS, ALBERT PARK, SATURDAY 14 JUNE 2003

The Arctic weather did not stop 62 keen walkers from converging on the Middle Park Bowling Club on Saturday where we hosted the first Victorian Veteran walk championships of the winter. And we were able to celebrate two new Veteran records

- **Mark Donahoo** broke George Paton's Victorian and Australian M45+ 10 km roadwalk record (48:27)
- **Andy Jamieson** broke Murray Dickonson's Victorian and Australian M55+ 10 km roadwalk record (48:54)

Congratulations to our newest record breakers. Full results are as follows

VVAC 5km Womens Championship

Narden Loveday	30	27:05	1
Carmel Drennan	40	33:03	1
Jenny Fawkes	45	28:06	1
Janet Holmes	45	28:36	2
Heather Lancaster	45	36:40	3
Heather Carr	50	26:32	1
Liz Feldman	50	29:12	2
Jayne Carter	50	33:10	3
Christine Griffiths	50	42:24	4
Celia Johnson	55	30:17	1
Brenda Riley	60	27:31	1
Sylvia Machin	60	30:21	2
Marlaine Stanway	60	33:06	3
Heide Engel	60	Disq	
Shirley Coppock	65	37:49	1
Jean Knox	75	36:40	1

VVAC 5km Mens Championship

Gordan Gourley	70	35:00	1
Sid Elks	75	39:47	1

VVAC 10km Mens Championship

Mark Donahoo	45	47:25	1 ** Record
Colin Heywood	45	51:17	2
Paul Rance	45	51:29	3
Ian Cassell	45	61:18	4
Ross Reid	45	Disq	
John Bunker	50	51:35	1
Tim Erickson	50	51:47	2
Geoff Barrow	50	62:50	3
Andrew Jamieson	55	47:30	1 ** Record
Alan Lucas	55	56:35	2
Ron Bilston	55	64:04	3
John Morrison	60	62:30	1
John Hallo	60	64:29	2
Geoff Major	65	60:48	1
Ian Beaumont	65	77:52	2



**Record breaker Mark Donahoo in action
in the recent AV 15 km championship**

**Record breaker Andy Jamieson with Frank Bertie
in the recent VRWC 35 km championship.**

Apart from the Vets championships, we had our usual handicap and fastest times races and there were some closely contested events and some great performances.

VRWC 10km Open Handicap Hcap place

1.	Kylie Bonney	53:01	2
2.	Sandra Geisler	53:44	1
3.	Jodie Emmerson	64:26	3
	Rebecca Wilkie	DNF	

1.	Mark Dohanoo	47:25	3
2.	John Bunker	51:35	4
3.	Tim Erickson	51:47	5
4.	Alan Lucas	56:35	2
5.	John Morrison	62:30	1

VRWC 5km Open Handicap

1.	Shaun Burgess	29:16	1
1.	Nicole Sansonetti	26:25	2
2.	Naradene Loveday	27:05	5
3.	Jenny Fawkes	28:06	1
4.	Anne Holcombe	28:33	3
5.	Janet Holmes	28:36	4
6.	Ezo Girgin	31:40	8
7.	Marlaine Stanway	33:05	6
8.	Kylie Vandenheiligenberg	35:28	7

VRWC 3km Under 15 Handicap

1.	Timucin Girgin	16:45	2
2.	Daniel Lineen	17:07	3
3.	Nicholas Mirarchi	17:57	1
4.	Jayson Stoddart	18:49	4
1.	Sarah Alexander	15:40	3
2.	Eda Girgin	16:27	4
3.	Siobhan Donovan	16:37	2
4.	Katie Lovus	16:47	1

VRWC 2km Under 12 Handicap

1.	Ergenekon Girgin	13:13	1
1.	Natalie Laurie	10:51	2
2.	Regan Lambie	11:08	4
3.	Anne Whitworth	11:33	1
4.	Alicia Neylan	12:20	5
5.	Josephine Mirarchi	17:14	3

VRWC 1km Under 9 Handicap

1.	Nikki Apostolidis	6:28	2
2.	Chloe McNicol-Davidson	7:13	1

VRWC AND VVAC RACE RESULTS, ALBERT PARK, SATURDAY 21 JUNE 2003

The handicap races always turn out to be exciting events that bring out the best in all competitors.

VRWC 10 Km Handicap

Sandra Geisler and Jenny Fawkes both did PBs in taking the handicap honours in the women's 10 km event. They are having great winter seasons. In the men's event John Bunker did a huge PB to win the handicap event with a time close to 50 mins, just holding out Mark Donahoo who powered through from scratch to break his **Australian and Victorian M45+ 10 km record**. Alan Lucas took another minute off his season best time but could only manage third in the handicap behind these 2 great times.

			Hcp				Hcp
1.	SANDRA GEISLER	53:02	2	1.	MARK DONAHOO	46:41	2
2.	REBECCA WILKIE	56:29	4	2.	JOHN BUNKER	50:16	1
3.	JENNY FAWKES	57:10	1	3.	COLIN HEYWOOD	51:13	5
4.	AMANDA EMMETT	59:35	3	4.	TOM BARNES	51:16	6
5.	JODIE EMMERSON	65:58	5	5.	TIM ERICKSON	52:58	4
6.	MARLAINE STANWAY	77:07	6	6.	ALAN LUCAS	55:48	3
	MEGAN PETERS	Ab			ROBIN WOOD	Ab.	

VRWC 5 km Handicap

Nicole Sansonetti was last to start in the women's 5 km handicap and she caught and passed everyone except for Ann Holcombe who was just too consistent and took the handicap honours with a 10 second win. John Morrison is enjoying his return to road walking and held out Shaun Burgess to win the men's handicap.

1.	NICOLE SANSONETTI	26:35	2	1.	SHAUN BURGESS	29:42	2
2.	NARDENE LOVEDAY	27:45	6	2.	JOHN MORRISON	29:59	1
3.	JANET HOLMES	28:45	3	3.	ROBERT GARDINER	30:10	4
4.	ANN HOLCOMBE	28:59	1	4.	ANTHONY DORAN	31:13	
5.	EZO GIRGIN	30:01	4				3
6.	CELIA JOHNSON	30:38	5				
7.	GWEN STEED	32:05	9				
8.	KYLIE VANDENHEILIGENBERG	36:19	8				
9.	PRUE LYNCH	39:04	10				
10.	CHRISTINE GRIFFITHS	44:58	7				

VRWC 3 Km Handicap

Everyone walked excellently in this event and there were personal bests all around. Andrea Contessotto and Nicholas Mirarchi won the handicap events so were deemed by the handicapper to be the best overall but Sarah Alexander did a superb 15:25. It was also great to see so many of our young walkers moving up to the 3 km distance.

1.	SARAH ALEXANDER	15:25	2	1.	TIMUCIN GIRGIN	17:14	3
2.	EDA GIRGIN	16:25	3	2.	NICHOLAS MIRARCHI	18:12	1
3.	NATALIE LAURIE	16:38	4	3.	JAYSON STODDART	18:26	2
4.	DAINA NIELSEN	17:52	5				
5.	ANDREA CONTESSOTTO	17:59	1				

VRWC U12 2 Km Handicap

The U12 and U9 girls and boys also got into the spirit and keenly contested their handicap events. Congratulations to our handicap winners – Alicia Neylan, Ergenekon Girgin, Chloe McNicol-Davidson and David Butteris.

1.	REGAN LAMBLE	10:51	3	1.	ERGENEKON GIRGIN	12:05	1
2.	ALICIA NEYLAN	11:32	1				
3.	HANNAH BANKS	12:03	2				
4.	ANNE WHITWORTH	12:55	4				
5.	AMY JOHNSON	14:05	5				

VRWC U9 1 Km Handicap

1.	NIKKI APOSTOLIDIS	6:17	2	1.	DAVID BUTTERISS	7:02	1
2.	CHLOE McNICOL-DAVIDSON	6:42	1				

VRWC 5 Km Fitness Walk

1. SHIRLEY COPPOCK 0:38:59

VRWC AND AV RACE RESULTS, ALBERT PARK, SUNDAY 29 JUNE 2003

Over 60 walkers braved cold wet conditions for what was one of the big fixtures on the winter calendar with AV, Schools and VRWC championships on offer.

AV Mens 20km Championship

AIS Walker Darren Bown made the most of his trip to Victoria and won convincingly in a very good time of 86:52. He sped through the 10 km mark in just on 42:20 to establish a big lead which was never threatened. Frank Bertei was the best of the local walkers and took the Victorian title in a PB time of 93:25 after a great tussle with young Jared Tallent of Ballarat who took the bronze. Chris Erickson finished next to take the AV bronze as the third Victorian.

1. Darren Bown	INV	86.52	
2. Frank Bertei		ANW	93.25
3. Jared Tallent	BYC	93.55	
4. Chris Erickson	ATE	100.23	
5. Colin Heywood	DIV	105.58	
Mark Donahoo	ATE	Ab.	
Andrew Cochrane		OSB	DNS
Andrew Jamieson	OSB	DNS	
Duncan Knox	ATE	DNS	
Stuart Kollmorgen		COL	DNS

AV Womens 10km Championship

Simone Wolowiec won the Open Women's title as expected after a fine walk from the front. Megan Peters and Kylie Bonney both did PBs to take the silver and bronze medals in what were also excellent walks. An excellent field of 10 walkers made this a very strong event.

1. Simone Wolowiec		KNA	48.38
2. Megan Peters	GHY	48.57	
3. Kylie Bonney	KNA	51.48	
4. Kellie Wapshott	KNA	53.03	
5. Sandra Geisler	RWD	53.12	
6. Nicole Sansonetti		BOH	56.38
7. Jenny Fawkes	ANW	57.25	
8. Annette Major	EYC	57.29	
9. Rebecca Wilkie	KNA	9.01	
10. Ezo Girgin		RIC	63.02
Rachael Loone	ACW	DNS	

AV Mens Under 20 10km Championship

Although Travis was the only entry, he still recorded an excellent time to take out this Victorian Junior championship. This follows on from his good 4th place in the Australian Junior 10 km race in Canberra recently.

1. Travis Middlemiss KNA 47.38 1

AV Girls Under 16 3km Schools Championship

With no AV Schools Under 14 events (hopefully they will be added next year), there were big fields in the Under 16 events as many younger walkers moved up from the lower age groups. Sarah Alexander walked very well in spite of a sore

back and held out Eda Girgin who is really benefiting from her move into the longer distances. Young Natalie Laurie (U12) made a great transition into the higher age groups and her time was superb given her age. The standard was very high with another 5 other girls also under 17 minutes.

1. Sarah Alexander	Karingal Park Secondary College	15.35	1
2. Eda Girgin	Melbourne Girls College	15.42	2
3. Natalie Laurie	Kingswood College	15.55	3
4. Jessie Palfreyman	Golden Square Secondary College	16.10	4
5. Sibon Fuzzard	Girton Grammar School	16.23	5
6. Siobhan Donovan Boronia	Heights Secondary College	16.26	6
7. Katie Lovus	Kingswood College	16.42	7
8. Daina Nielsen	Presbyterian Ladies College	16.51	8
9. Dominique O'Sullivan	Star of the Sea	19.57	9
Alicia Neyland	Watsonia North Primary School	DNS	

AV Boys Under 16 3km Schools Championship

Like the Under 16 girls event, this was also a big event with a very good overall standard of walking. Kyle Bryant just held off a fast finishing David Ranger and young Tim Girgin, who like Natalie Laurie in the girls race, is also Under 12, walked well to take the bronze.

1. Kyle Bryant	Flora Hill Secondary College	15.47
2. David Ranger	St Patrick's College Ballarat	15.50
3. Timucin Girgin	Glenferrie Primary School	16.08
4. Daniel Lineen	North Geelong Secondary College	16.13
5. Shaun Burgess	Belmont High School	16.25
6. John Platt	Mount Clear College	16.49
7. Ergenekon Girgin	Glenferrie Primary School	17.47
8. Jayson Stoddart	Rowellyn Park Primary School	18.06
9. Reece Boddy	Norlane High School	18.18
10. Bradley Elms	Lalor North Secondary College	19.37

AV Girls Under 18 5km Schools Championship

Tyne Boddy is gradually getting back into some good form and, although suffering from shins early, was able to record a good winning time of under 29 minutes. Fauve Jacobs was one of our top girls last year when she was walking regular sub 29 minute for the 5 km. However we have not seen much of her so far this season and she was down on racing fitness and had to be content for the silver. Stefanie Tymms made her annual appearance for the Schools walk and was rewarded with the bronze just ahead of regular walker Kylie Vandenheiligenberg

1. Tyne Boddy	Corio Bay Senior College	28.58
2. Fauve Jacobs Christian	College Geelong	29.14
3. Stefanie Tymms Avila	College	34.22
4. Kylie Vandenheiligenberg	Lyndale Secondary College	34.31
Lucy Ranger	Loreto College	DNS

It was a shame that only 2 older walkers participated in the U18 and U20 Schools championships but this reflects the priorities which students must place upon their time in the final years of their secondary education. But Tim and Jodie both walked well and deserved their titles.

AV Boys Under 18 5km Schools Championship

1. Tim Stevenson	St Patrick's College Ballarat	28.24
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AV Womens Under 20 10km Schools Championship

1. Jodie Emmerson Berwick Secondary College 64.10

Apart from the Athletics Victoria titles, we had our own set of VRWC club championships with two very prestigious perpetual trophies on offer. I mistakenly announced that Darren Bown had won the Alf Robinson Trophy but this is restricted to club members so it should have been awarded to Frank Bertei. My apologies to Frank. In another omission, I should have awarded VRWC silver and bronzes for the two Open Championships as well - my apologies also to Chris and Colin and Megan and Kylie. We will award them at the next available opportunity.

VRWC Men's 20km Championship - Alf Robinson Trophy

1. Frank Bertei		93.25
2. Chris Erickson	100.23	
3. Colin Heywood	105.58	
4. Alan Lucas		118.42
Mark Donahoo	Ab.	
John Bunker		Ab.

VRWC Women's 10km Championship - Mabel Robinson Trophy

1. Simone Wolowiec		48.38
2. Megan Peters	48.57	
3. Kylie Bonney	51.48	
4. Sandra Geisler	53.12	
5. Nicole Sansonetti		56.38
6. Annette Major	57.29	
7. Amanda Emmett	60.18	
8. Jodie Emmerson	64.10	

Our U9 and U12 championships also saw a number of good performances. In particular, Jayson Stoddart walked in the Under 16 schools Championship after winning his U12 Boys Club Championship. Well done to all our medallists in these events.

VRWC U9 Girls 1500m Championship

1. Nicole Hallett	9.55
2. Nikki Apostolidis	10.02
3. Jasmine Irshard	11.20

VRWC U9 Boys 1500m Championship

1. David Butteriss	9.51
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VRWC U12 Girls 1500m Championship

1. Anne Whitworth	8.39
2. Hanna Banks	8.58
3. Amy Johnson	9.36
4. Lana Boddy	10.08

VRWC U12 Boys 1500m Championship

1. Jayson Stoddart	9.06
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VRWC Open 5km race

Finally we had an open 5 km race for those who just wanted some exercise and it was good to see Michael Beaton-Wells having his first race since breaking his wrist back in March (who said walking the dog was not dangerous!).

1. Micheal Beaton-Wells	24.01
2. Anthony Barrett	28.30
3. Janet Holmes	29.00
4. Celia Johnson	30.53
5. Gwen Steed	31.25
6. Nicholas Mirarchi	32.57
7. Marlaine Stanway	33.40

VRWC RACE RESULTS, ALBERT PARK, SATURDAY 5 JULY 2003

The 'guess your time' races are always interesting - it is much harder to predict your pace when you are not wearing a watch and lap times are not called. A small group of enthusiasts decided to try themselves out in this novel format and it was interesting to see how close some were and how far off some were.

The results show both fastest times placings and placings in the 'guess your time' component. Small presentations were made to those who got closest to their estimated time in each race.

	F/T	Time	Guessed time	Difference	Place
8km Open					
Rachael Loone	1	42:50	42:15	0:35	2
Nicole Sansonetti	2	44:03	43:54	0:09	1
Rebecca Wilkie	3	49:03			
Kylie Vandenheiligenberg	4	59:44	58:46	0:58	3

Tom Barnes	1	39:07	41:00	1:53	6
Colin Heywood	2	39:12	40:00	0:48	3
John Bunker	3	41:17	42:00	0:43	2
Alan Lucas	4	44:32	43:58	0:34	1
Murray Dickinson	5	45:06	44:00	1:06	4
David Armstrong	6	46:15	48:00	1:45	5

4km Under 15					
Daina Nielsen	1	22:53	22:21	0:32	4
Siobhan Donovan	2	23:03	22:50	0:13	2
Katie Lovus	3	24:00	23:30	0:30	3
Andrea Contessotto	4	24:57	25:07	0:10	1
Nicholas Mirarchi	1	25:00	25:30	0:30	1
Daniel Payne		Ab.			

4km Open					
Ann Holcombe	1	22:55	22:40	0:15	1
Gwen Steed	2	25:04	24:30	0:34	2
Marlaine Stanway	3	27:19	26:40	0:39	3
Christine Griffiths	4	41:18	33:10	8:08	4
Bob Gardiner	1	22:23	22:30	0:07	1

2km Under 12					
Regan Lambie	1	11:48	11:00	0:48	2
Anne Whitworth	2	12:01	11:30	0:31	1
Alicia Neylan	3	12:15	11:32	0:43	3

1km Under 9					
Nikki Apostolidis	1	06:18	06:20	0:02	1
Nicole Hallett	2	06:24	06:00	0:24	2
Karla Nielsen	3	07:42	09:00	1:18	3
David Butteriss	1	06:24	06:53	0:31	1
Isaac Heywood	2	06:37	09:00	2:23	2

8km Fitness Walk					
Robin Wood		54:02			

VRWC RACES, SATURDAY 12 JULY 2003

Another good turnout even though the day was cold and very windy. Both fastest times and handicap placings are shown.

Under 12 Girls 1500m handicap

1. Alicia NEYLAN	8:41	1
2. Hannah BANKS	9:11	3
3. Emily PAYNE	9:37	2
4. Josephine MIRARCHI	13:40	4

Under 12 Boys 1500m handicap

1. Jayson STODDART	8:33	1
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Under 9 Girls 1500m handicap

1. Nikki APOSTOLIDIS	9:39	2
2. Chloe McNICOL-DAVIDSON	10:08	1

Under 9 Boys 1500m handicap

1. David BUTTERISS	10:07	1
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Under 15 Girls 4 km handicap

1. Sarah ALEXANDER	21:23	3
2. Siobhan DONOVAN	22:10	2
3. Katie LOVUS	23:08	4
4. Eda GIRGIN	23:16	5
5. Andrea CONTESSOTTO	24:07	1
6. Anne WHITWORTH	26:55	6

Under 15 Boys 4 km handicap

1. Reece BODDY	24:50	2
2. Shaun BURGESS	22:33	3
3. Timucin GIRGIN	24:07	5
4. Daniel LINEEN	23:48	4
5. Nicholas MIRARCHI	24:54	1

6 km handicap for Women

1. Nicole SANSONETTI	31:13	4
2. Rebecca WILKIE	32:36	7
3. Jenny FAWKES	33:23	1
4. Fauve JACOBS	33:50	2
5. Mandy EMMETT	33:58	3
6. Emma GRAY	34:34	12
7. Ann HOLCOMBE	34:38	6
8. Nardene LOVEDAY	35:06	13
9. Celia JOHNSON	36:39	10
10. Jodie EMMERSON	37:05	11
11. Gwen STEED	37:57	9
12. Marlaine STANWAY	40:31	8
13. Kylie VANDENHEILIGENBERG	41:25	5
14. Tyne BODDY	Ab.	

6 km handicap for Men

1. Mark DONAHOO	29:07	4
2. John BUNKER	30:54	3
3. Bob GARDINER	33:31	1
4. Robin WOOD	39:14	2

12 km handicap for Women

1. Sandra GEISLER	65:12	1
2. Rachael LOONE	Ab.	
3. Megan PETERS	Ab.	

12 km handicap for Men

1. Tom BARNES	59:08	1
2. Ross REID	62:11	3
3. Alan LUCAS	68:19	2
4. Murray DICKINSON	Ab.	

Open 4 km

1. Hollie GRAY	22:50	1
2. Gordan ONLEY	Disq	
3. Harold BODDY	25:37	2

4 km Fitness Walk

Jenny BUTTERISS	39:14	
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WORLD MASTERS GAMES, PUERTO RICO, JULY 1-13, 2003
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Only a very small contingent of Australians made the trip to the World Masters Games in Puerto Rico – the high cost and expected hot weather deterred many. But Heather Carr and Margaret and Ian Beaumont were amongst the small band of hardy enthusiasts. Results can be seen on the very comprehensive Games website at <http://www.puertorico2003.org/>

So far, the 5000m track walks have been held and Heather Carr suffered a rare defeat in the W50 division, having to settle for 2nd place with a time of 28:08. Margaret and Ian also competed well and were very similar in times. As usual, the standard was very high.

W 50	2	Carr, Heather	Australia	28:08.79
W 65	7	Beaumont, Margaret	Australia	38:36.63
M 65	10	Beaumont, Ian	Australia	38:58.71

A second set of walks (on the road this time) were also held, once again in hot conditions. Our three club members performed well with Heather winning gold and Margaret winning bronze and Ian finishing the tough 20 km distance. We expect to see the medals when you next come to Albert Park!

1	Carr, Heather	W53	Australia	10 km walk	56:26
3	Beaumont, Margaret	W65	Australia	10 km walk	1:16:54
10	Beaumont, Ian	M67	Australia	20 km walk	2:54:08

IAAF WORLD YOUTH CHAMPIONSHIPS, SHERBROOKE, CANADA

There were no Victorians in this team but I am pleased to report that the walkers selected certainly did us proud. NSW ace Susan Knapton finished 6th in the U18 Girls race in a PB time of 24:06 and WA speedster Michael McCagh finished 6th in the U18 Boys walk in a PB time of 44:38.

5000m Walk for Women, Thurs, July 10, 2003, 7.50PM

1.	Sokolova Vera	RUS	22:50.23
2.	Loughnane Ann	IRL	23:37.00
3.	Nishide Noriko	JPN	23:50.69
4.	Buziak Paulina	POL	23:52.00
5.	Orozco Rosa	MEX	23:52.60 (PB)
6.	Knapton Susan	AUS	24:06.28 (PB)
7.	Hovi Mia	FIN	24:17.17 (PB)
8.	Varró Katalin	HUN	24:38.83
9.	Gorst Amanda	NZL	24:39.29 (PB)
10.	Michta Maria	USA	24:52.06
11.	Lee Beki	AUS	25:36.15
12.	Myo Tun Kay Khing	MYA	25:38.04
13.	Rodriguez Chelsea	CAN	25:58.76
	Makatrova Nastassia	BLR	DQ
	Kernács Krisztina	HUN	DQ

10000m for Men, Sun, July 13, 2003, 9:30AM

1.	Prokhorov Aleksandr	RUS	42:16.16 (CR)
2.	Sawada Makoto	JPN	42:17.62 (PB)
3.	Golovin Vyacheslav	RUS	42:37.15 (SB)
4.	Rubino Giorgio	ITA	43:00.37 (PB)
5.	Schmidt Carsten	GER	43:25.52 (PB)
6.	McCagh Michael	AUS	44:38.68 (PB)
7.	Sikora Rafal	POL	44:53.49
8.	Tanoue Shoichi	JPN	45:22.56
9.	Araya Yerko	CHI	45:38.88 (PB)
10.	Ménard Pierre-Luc	CAN	45:41.18 (PB)
11.	Pollinger Zach	USA	46:08.59 (PB)
12.	Bejinha Gonçalo	POR	47:23.30 (PB)
13.	Glázer Szabolcs	HUN	47:30.17
14.	Amrouch Ali	ALG	47:30.43 (PB)
15.	Benavides Marco	ESA	47:44.71 (PB)
16.	Martos Rafael	ESP	48:05.57 (PB)
17.	Akhmetov Alexandr	KAZ	48:59.23
18.	Araya Edward	CHI	49:16.92
19.	Márta Tibor	HUN	50:10.20
	Simanovich Dzianis	BLR	DQ
	Sánchez Eder	MEX	DQ
	Flores Diego	MEX	DQ
	Park Hyun-jin	KOR	DQ
	Rutter Adam	AUS	DNF

AV AND VRWC CHAMPIONSHIPS, SUNDAY 20 JULY 2003, ALBERT PARK

AV Open Men 30km Championship

Frank Bertei increased his pace markedly at the 10 km point and eventually started to pull away from Chris Erickson at the half way mark. Both walkers slowed in the final 10 km but Chris could not bridge the gap. Frank eventually walked to a well earned victory, adding the 30 km title to his recent win in the Victorian 20 km. His time was a 3 minute PB and Chris's time was a 5 minute PB. Veteran Andy Jamieson, although down on fitness, held together to take the bronze.

1.	BERTEI, Frank	ANW	48:27	1:36:06	2:25:44 (PB)
2.	ERICKSON, Chris	ATE	48:27	1:36:35	2:27:04 (PB)
3.	JAMIESON, Andrew	OSC	51:16	1:43:00	2:39:49
	KNOX, Duncan	ATE	56:45		Ab.
	COCHRANE, Andrew	OSC			DNS
	DONAHOO, Mark	ATE			DNS

AV Open Women 20km Championship

Simone Wolowiec walked from the front to win in an excellent time that will place her near the top of the Australian rankings. With Megan Peters struggling and eventually retiring at the 16 km mark, Rachael Loone walked into the silver medal position with a big PB. Former Junior champion Kellie Wapshott took the bronze with a very even walk and it is great to see this talented walker moving up to the longer distances. Sandra Geisler had swapped positions with Kellie throughout the race and just faded slightly in the final laps to miss out on the medals.

1.	WOLOWIEC, Simone	KNA	48:28	1:38:15	
2.	LOONE, Rachael	ACW	52:24	1:46:29 (PB)	
3.	WAPSHOTT, Kellie	KNA	54:45	1:49:09	
4.	GEISLER, Sandra	RWD	54:33	1:49:37 (PB)	
5.	BONNEY, Kylie	KNA	54:01	1:53:33	
6.	SANSONETTI, Nicole	BOH	54:54	1:56:23	
	PETERS, Megan	GHY	50:19		Ab.
	MAJOR, Annette	EAG			DNS
	ROSEMAN, Justijana	AJM			DNS

Apart from the Open events, there were a full complement of underage events and the standard of walking was very high.

AV Under 20 Men 20km Championship

1.	TALLENT, Jared	BYC	50:39	1:40:21
2.	MIDDLEMISS, Travis	KNA	49:58	1:40:23

AV Under 20 Women 10km Championship

1.	WILKIE, Rebecca	KNA	56:49
	EMMERSON, Jodie	RWD	DNS

AV Under 18 Boys 8km Championship

No starters

AV Under 18 Girls 8km Championship

1.	JACOBS, Fauve	DKN	45:08
2.	GRAY, Emma	ACW	45:20
3.	BODDY, Tyne	COR	50:33
4.	VANDENHEILIGENBERG, Kylie	KNA	57:36

AV Under 16 Boys 5km Championship

1.	BRYANT, Kyle	SBE	27:04
2.	BURGESS, Shaun	ACW	29:06
3.	LINEEN, Daniel	GLG	29:39
4.	BODDY, Reece	COR	31:31

AV Under 16 Girls 5km Championship

1.	ROTHWELL, Jess	SHE	25:52
2.	ALEXANDER, Sarah	BOH	26:41
3.	FUZZARD, Sibon	SBE	27:38

4.	DONOVAN, Siobhan	KNA	27:57
5.	GRAY, Hollie	GLG	29:12

AV Under 14 Boys 3km Championship

1.	GIRGIN Timucin	RIC	16:24
2.	PLATT John	EKA	16:36
3.	PAYNE Daniel	COR	17:30
4.	STODDART Jayson	VRW	17:54
5.	MIRARCHI Nicholas	COR	18:05
6.	PLATT Joshua	EKA	18:58

AV Under 14 Girls 3km Championship

1.	PALFREYMAN, Jessie	SBE	15:26
2.	LOVUS, Katie	KNA	15:32
3.	LAURIE, Natalie	ANW	16:29
4.	GIRGIN, Eda	RIC	17:09
5.	CONTESSOTTO, Andrea	ANW	17:10

Apart from the AV Championships, there were a number of VRWC championships and races on offer. Results are as follows

VRWC Open 20 km

1.	VAN KOPPLEN, Paul	50:17	1:40:21
2.	BEATON-WELLS, Michael	50:17	1:42:30 (PB)
3.	BUNKER, John	54:33	1:49:15 (PB)

VRWC Under 12 Boys 2km Championship

1.	STODDART, Jayson	11:21
2.	GIRGIN, Ergenekon	12:23

VRWC Under 12 Girls 2km Championship

1.	LAURIE, Natalie	11:02
2.	WHITWORTH, Anne	11:25
3.	NEYLAN, Alicia	11:35
4.	BANKS, Hanna	11:56
5.	PAYNE, Emily	12:29
6.	JOHNSON, Amy	12:51
7.	MIRARCHI, Josephine	17:30

VRWC Under 9 Boys 2km Championship

BUTTERISS, David	Disq
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VRWC Under 9 Girls 2km Championship

1.	APOSTOLIDIS, Nikki	13:00
2.	HALLETT, Nicole	13:06
3.	McNICOL-DAVIDSON, Chloe	13:42

VRWC Open Men 5km

1.	LUCAS, Alan	26:57
2.	WOOD, Robin	33:36

VRWC Open Women 5km

1.	LOVEDAY, Nardene	27:50
2.	EMMETT, Mandy	28:07
3.	HOLMES, Janet	29:07
4.	STEED, Gwen	30:39
5.	STANWAY, Marlaine	32:28
6.	GRIFFITHS, Christine	45:12

VRWC RACES, SATURDAY 26 JULY 2003, ALBERT PARK

A small number of enthusiasts turned out for what was an interesting day's racing. The handicap starts meant that the walkers were spread over some 20 minutes and the race was on to see who would reach the finishing line first.

Emma Gray and Tom Barnes walked scorchers to win the 10km handicap events. Tom's walk was a very fast 47:47, a huge PB and a time which confirms his huge potential. For Emma, this was her first 10 km event as was also the case for Hollie Gray and Shaun Burgess. It is good to see our younger walkers prepared to tackle the longer distances.

VRWC 10km Handicap for Men	F/T Place	VRWC 10km Handicap for Women	F/T Place
1. Tom BARNES	47:47 1	1. Emma GRAY	57:18 2
2. John BUNKER	50:18 2	2. Jenny FAWKES	55:50 1
3. Murray DICKINSON	55:01 4	3. Jodie EMMERSON	62:02 3
4. Alan LUCAS	55:12 5	Hollie GRAY	ab
5. Robin WOOD	65:48 7		
6. Ross REID	51:39 3		
7. Bob GARDINER	61:44 6		
8. Shaun BURGESS	68:43 8		



Tom Barnes speeds towards 47:47 walk with 57:18

Emma Gray completes her first 10 km

The shorter Open distance event saw veteran John Morrison and new World Masters champion Heather Carr take the honours while the Under 15 events saw Nicholas Mirarchi and Andrea Contessotto get to the finishing line first.

VRWC 5km Handicap for Men	F/T Place	VRWC 5km Handicap for Women	F/T Place
1. John MORRISON	30:14 3	1. Heather CARR	26:11 1
2. Geoff BARROW	30:06 2	2. Ann HOLCOMBE	28:22 3
3. Tim ERICKSON	26:38 1	3. Marlaine STANWAY	32:52 6
		4. Nicole SANSONETTI	26:17 2
		5. Siobhan DONOVAN	28:51 4
		6. Celia JOHNSON	31:07 5
		7. N KING	36:36 7

VRWC 3km U15 Handicap for Boys	F/T Place	VRWC 3km U15 Handicap for Girls	F/T Place
1. Nicholas MIRARCHI	18:01 1	1. Andrea CONTESSOTTO	17:48 3
		2. Katie LOVUS	16:42 2
		3. Daina NIELSEN	16:40 1

The Under 9 and Under 12 competitors walked with a massed start. The Under 12 event was a very fast affair with Natalie Laurie and Jayson Stoddart leading from the gun.

VRWC 2km U12 Handicap	F/T Place	VRWC 2km U12 Handicap	F/T Place
1. Ann WHITWORTH	11:26 2	2. Natalie LAURIE	10:37 1
		3. Alicia NEYLAN	12:00 3

4. Amy JOHNSON	13:31	4	2. Nikki APOSTOLIDIS	6:01	1
1. Jayson STODDART	10:46	1			
VRWC 1km U9 Handicap		F/T Place			
1. Karla NIELSEN	7:54	2			

VRWC RESULTS, SATURDAY 9 AUGUST 2003, ALBERT PARK

The forecast of bad weather did not deter the nearly 50 walkers who struck it lucky with sunny ideal racing conditions. With this last race before the National titles next week, a number of our younger walkers were after a final hitout and the pace was on from the start. Top Australian walking judge Bob cruise (Director of Athletics SA) made a special guest appearance as chief judge.

The 10 km event was well supported and Sandra Geisler produced the walk of the week with a PB of over 1 minute. Her time of just over 52 minutes puts her in line for a good finish in the Open Womens 10 km walk next Sunday. Yet, even with such a fine walk, she had to be content with second place in the handicap behind Marlaine Stanway who also walked very steadily for a season best.

The 10 km for men was shaping up for a fine battle between Mark Donahoo and Tom Barnes but Mark blew a gasket at the 6 km mark (only joking) and Tom was left to take fastest time with another sub 50 minute performance. John Bunker has a stanglehold on the handicaps at the moment and won yet again with his usual consistent walk. John and Alan Lucas are having an close battle for the Veteran points award in the VRWC races and the remaining events will be keenly contested.

Open 10km Women			Hcp place	Open 10km Men			Hcp place
1. Sandra Geisler	52:03	2		1. Tom Barnes	49:17	2	
2. Alison Thompson	58:26	Unfinancial		2. John Bunker	51:53	1	
3. Amanda Emmett	59:01	3		3. Alan Lucas	56:32	3	
4. Liz Feldman	61:50	Unfinancial		4. Bob Gardiner	60:03	5	
5. Marlaine Stanway	68:01	1		5. Robin Wood	66:36	4	
Janet Holmes	48.38	for 8km		Mark Donahoo	29.17	for 6km	

Megan Peters showed everyone a clean pair of heels (including our 5 km and 10 km men) and zoomed over the 5 km distance in just under 24 minutes. She looked very comfortable and should record a good time next week in the National womens 10 km title. But she was only 6th in the handicap, showing just how tough it is to win from the back mark - Jenny Fawkes was the handicap winner, just ahead of Ann Holcombe who is really having a very good first season with the club. The mens event saw a good battle between training partners Geoff Barrow and John Morrison with youth transcending experience in this case. But the handicapper was kind to me so I graciously accepted the handicap win!

Open 5km Women			Hcp Place	Open 5km Men			Hcp Place
1. Megan Peters	23:55	6		1. Tim Erickson	25:56	1	
2. Rachael Loone	26:19	5		2. Shaun Burgess	29:12	4	
3. Heather Carr	27:13	8		3. Geoff Barrow	29:33	2	
4. Emma Gray	27:34	7		4. John Morrison	30:04	3	
5. Jenny Fawkes	27:38	1		5. Gordon Onley	37:01		
6. Ann Holcombe	28:08	2					
7. Siobhan Donovan	28:36	3					
8. Jodie Emmerson	29:01	4					
9. Hollie Gray	29:40	11					
10. Fauve Jacobs	30:21	10					
11. Gwen Steed	31:23	9					

Sarah Alexander and Daniel Lineen who will both compete in the National U16 5 km road walk next weekend, took the fastest times as expected and the other walkers in this race, who will all compete in the National U14 3 km road walk, vied for the minor places. Sarah mixed it with the older walkers for the first 1 km before slowing a little but looked good all the way. Natalie Laurie was the pick of the younger walkers and walked a very fast time of 16:05 to take the girls' handicap.

Under 15 3km Girls			Hcp place	Under 15 3km Boys			Hcp place
1.	Sarah Alexander	15:49	4	1.	Daniel Lineen	17:51	2
2.	Natalie Laurie	16:05	1	2.	Nicholas Mirarchi	18:26	1
3.	Eda Girgin	16:39	3				
4.	Katie Lovus	17:33	5				
5.	Daina Nielsen	17:46	6				
6.	Andrea Contessotto	18:08	2				

Alicia Neylan and Anne Whitworth will move up a few age groups next week and compete in the U14 3000m walk so they warmed up today with a good battle in the U12 2 km walk. All the U9 and U12 walkers are reminded that next week at the National titles, we will have U9 and U12 Boys and Girls 1500m races and there will be medals and certificates on offer for the first 3 places in each of the events

Under 12 2km Girls			Hcp place	Under 12 2km Boys			Hcp place
1.	Alicia Neylan	11:33	1	1.	Jayson Stoddart	11:16	1
2.	Anne Whitworth	11:48	2	2.	Ergenekon Girgin	13:39	2
3.	Josephine Mirarchi	18:02	3				

Under 9 1km Girls			Hcp place	Under 9 1km Boys			Hcp place
	Nikki Apostolidis	6:15	2		David Butteriss	6:24	1
	Chloe McNicol-Davidson	7:18	1				
	Taylah Gray	9:20	unfinancial				

AUSTRALIAN ROADWALKING CHAMPS, ALBERT PARK, SUNDAY 17 AUGUST 2003

It was a huge and successful day of racing at Albert Park last Sunday. An entry of 122 walkers made this the biggest Nationals for many years. Walkers from Tasmania, Queensland, ACT, NSW, Victoria, SA and WA contested the various events on offer and Victorians won a lot of medals.

Congratulations to our National champions for 2003



Frank Bertei – Open Men 30 km Walk



Jared Tallent – U20 Men 20 km Walk



Simone Wolowiec – Open Women 10 km Walk



Jessica Rothwell – U16 Girls 5 km Walk

Men 30k Walk Open

This was a race in parts. AIS walker Darren Bown lead early but was disqualified around the 12 km mark. That handed the lead to Frank Bertei with a pack not far behind. Just as Paul Van Kopplen had broken clear from the chasers and looked to be closing the gap, he too was disqualified. Then Troy Sundstrom made a move but a couple of forced breaks enabled

Frank to maintain the gap and win in an impressive time in the cold windy conditions. Troy who won this event in 2001 took silver while Chris Erickson faded but had enough to hold out a fast finishing Andy Jamieson. None of the other starters were able to finish.

1.	Bertei, Frank	VIC	2:27:21
2.	Sundstrom, Troy	NSW	2:30:11
3.	Erickson, Chris	VIC	2:35:22
4.	Jamieson, Andrew	VIC	2:35:31

Women 10k Walk Open

The women's Open race turned out to be an easy win for Simone Wolowiec who capped off a great season with the National title. Simone strode immediately to the front and was never challenged. The expected battle with Megan Peters did not eventuate as Megan broke a toe mid week and could only watch from the sidelines. Young ace Sarah Walkley from NSW took the silver while Kylie Bonney won her first senior medal in what was a big occasion walk. Our women also took the team gold with Sandra Geisler joining Simone and Kylie for the medal presentation.

1.	Wolowiec, Simone	VIC	47:45
2.	Walkley, Sarah	NSW	50:57
3.	Bonney, Kylie	VIC	52:27
4.	Bock, Claire	QLD	53:05
5.	Geisler, Sandra	VIC	53:30
6.	Sansonetti, Nicole	VIC	55:41
7.	Wilson, Lisa	ACT	56:19
8.	Staunton, Ann	ACT	58:24
9.	Cassell, Renee	NSW	60:28
10.	Dodds, Katie	NSW	64:58
11.	Sundstrom, Jodie	NSW	70:49

Team Scores	1	VIC	8
	2	NSW	13

Men Under 20 20k Walk

Jared Tallent successfully defended his title with a great time of just under 94 minutes. After a closely contested race in Canberra earlier in the season in the Junior 10 km, another tough battle was expected but Jared had the race to himself. Kim Mottram went out hard and chased Jared all the way for a good second placing in just under 97 mins. Travis Middlemiss took third with his usual consistent walk.

1.	Tallent, Jared	VIC	1:33:54
2.	Mottram, Kim	SA	1:36:47
3.	Middlemiss, Travis	VIC	1:41:30
4.	Smith, Michael	NSW	1:51:54
5.	Woods, Matthew	QLD	1:58:43

Women Under 20 10k Walk

Laura Johnson was the clear favourite on paper but it is always a case of who peaks on the day and on this occasion it was Lisa Grant who won out. Rebecca Wilkie was our sole Victorian rep and walked well for fourth place.

1.	Grant, Lisa	NSW	51:39
2.	Johnson, Laura	NSW	52:52
3.	Becker, Yvette	SA	56:06
4.	Wilkie, Rebecca	VIC	57:00
5.	Dodds, Katie	NSW	64:58

Men Under 18 8k Walk

A small field but a good one. Ben Perske walked strongly and won comfortably while Matt Harris and Aaron Humphrey were never more than a few metres apart throughout the race and finished within a few seconds of each other. Tim Stevenson was our sole Victorian rep and he also walked well.

1.	Perske, Ben	QLD	38:41
2.	Harris, Matt	SA	40:09
3.	Humphrey, Aaron	TAS	40:12

4 . **Stevenson, Tim**

VIC

44:47

Women Under 18 8k Walk

You've got to hand it to the NSW walkers. They are never scared of backing up. In this case, Fiona Alldis backed up after a fine second place in the U16 race and took a second silver in the Under 18 event. It was great to see Jillian Hosking from ACT take the gold and Fiona was not far behind in second. Our Victorian girls took silver in the teams – Emma, Fauve and Tyne certainly looked happy to receive the medals.

1.	Hosking, Jillian	ACT	41:22
2.	Alldis, Fiona	NSW	41:47
3.	Burns-Rees, Lauren	NSW	43:28
4.	Bannister, Lynette	TAS	44:10
5.	Gray, Emma	VIC	44:56
6.	Jacobs, Fauve	VIC	47:13
7.	Boddy, Tyne	VIC	48:47
8.	Moulds, Joanna	QLD	55:47
9.	Jackson, Chloe	NSW	56:50

Team Scores	1	NSW	9
	2	VIC	12

Boys Under 16 5k Walk

Three separate States for the 3 medals – NSW, SA and ACT – a great result for Australian walking. Glen Sellen walked well and won convincingly. He is one of the many fast NSW youngsters. Our Victorian reps Shaun, Daniel and Reece were rewarded with Teams silver medals for their walks.

1.	Sellen, Glen	NSW	24:22
2.	Wolszczak, Gregorz	SA	25:46
3.	Reading, Brendon	ACT	25:53
4.	Neale, Daniel	NSW	26:09
5.	Beach, David	WA	28:06
6.	Plummer, Beau	NSW	28:14
7.	Burgess, Shaun	VIC	29:35
8.	Lineen, Daniel	VIC	30:04
9.	Boddy, Reece	VIC	32:07

Team Scores	1	NSW	6
	2	VIC	15

Girls Under 16 5k Walk

What a time! Jessica Rothwell is improving with every race and her first serious 5 km walk was a beauty. She has only just turned 14 and should be back again next year to defend her Under 16 title. Her time of 24:09 is one of the fastest winning times ever in this event. Fiona Alldis was unlucky to meet Jessica as her time in taking silver would normally win. Tanya Holliday of SA took bronze and was one of a number of SA walkers to win a medal on the day. This was our largest field and it was great to see the Victorian girls win the teams gold. Jessica, Hollie and Sibon certainly walked well.

1.	Rothwell, Jessica	VIC	24:09
2.	Alldis, Fiona	NSW	24:46
3.	Holliday, Tanya	SA	26:00
4.	Grgurovic, Nina	WA	26:07
5.	Christie, Elise	WA	26:45
6.	Gray, Hollie	VIC	26:58
7.	Fuzzard, Sibon	VIC	27:06
8.	Staples, Cassandra	NSW	27:07
9.	Agius, Natasha	NSW	27:33
10.	Alexander, Sarah	VIC	28:00
11.	Donovan, Siobhan	VIC	28:06
12.	Worrall, Caitlin	ACT	28:15
13.	Hollitt, Brianna	SA	28:20
14.	Huitema, Megan	SA	28:22
15.	Buchanan, Jacquie	WA	28:40
16.	Biteznik, Katrina	NSW	30:13
17.	Malcomson, Lizzy	TAS	30:18

18. Simmons, Emma	WA	30:31
19. Goodwin, Rebecca	NSW	30:49
20. Ethell, Katie	NSW	30:50
21. Lingley, Ellen	NSW AC	32:13
22. Grant, Julie	NSW AC	32:13
23. McDonald, Danica	NSW AC	35:13

Team Scores	1	VIC	14
	2	NSW	19
	3	WA	21
	4	SA	24

Boys Under 14 3k Walk

John Platt walked very well for silver and the Victorian boys would certainly have won team gold if there had been another team to compete against. But unfortunately it takes 2 teams to make a teams competition and a second team was not forthcoming - bad luck for the boys.

1. Jelfs, Aaron	SA	16:07
2. Platt, John	VIC	16:27
3. Pisani, Jason	NSW	16:43
4. Payne, Daniel	VIC	16:51
5. Sellen, Shane	NSW	17:06
6. Girgin, Timucin	VIC	17:25
7. Mirarchi, Nicholas	VIC	17:48
8. Worrall, Michael	ACT	19:17
9. Reading, Michael	ACT	20:06
10. Platt, Joshua	VIC	20:07

Girls Under 14 3k Walk

The final Australian championship on which to report was the Under 14 girls event and it was another big field. Jessie Palfreyman of Bendigo walked fantastically well for the bronze and the Victorian girls (Jessie, Natlaie and Katie) won the teams silver medals.

1. Biagioni, Lauren	WA	15:01
2. Densley Scott, Danielle	WA	15:24
3. Palfreyman, Jessie	VIC	15:27
4. D'Agnone, Gabrielle	WA	15:29
5. Roddy, Amy	WA	15:31
6. Petith, Dianne	QLD	15:46
7. Laurie, Natalie	VIC	16:05
8. Lovus, Katie	VIC	16:15
9. Danyi, Courtney	NSW	16:19
10. Biteznik, Katrina	NSW	16:34
11. Girgin, Eda	VIC	16:45
12. Danyi, Caitlin	NSW	17:34
13. Contessotto, Andrea	VIC AC	17:39
14. Tillman, Kimberley	NSW	17:46
15. Clauson, Emily	WA AC	17:48
16. Whitworth, Anne	VIC AC	17:51
17. Raich, Tanya	WA AC	18:00
18. Neylan, Alicia	VIC AC	18:00
19. Carrod, Tracy	WA AC	18:06

Team Scores	1	WA	7
	2	VIC	14
	3	NSW	24

Under 9 and Under 12 VRWC Events

The younger walkers contested 1500m races and it was great to see so many WA walkers join in. The occasion was best summed up by WARWC Team Manager Phil Holloway who emailed me a day or so later to say

We had a wonderful trip. The Under 9 and Under 12 walkers thought it was just great and were so excited when the senior athletes who won signed their shirts. They are showing anyone who will look at the shirts. They know their names and which race they won. Frank and Simone are great ambassadors for the sport.

Medals were presented to all place getters and certificates were presented to all finishers. The WA walkers formed a very strong contingent and I am sure our walkers enjoyed the competition.



The Under 9 and Under 12 races get underway with a massed start

U9 GIRLS 1500M WALK

1.	Krystal Leinasers	WA	8.13
2.	Ashlee Troode	WA	8.44
3.	Shannon Iredell	WA	8.56
4.	Nicole Iredell	WA	9.34
5.	Nicole Hallett	VIC	9.50
6.	Nikki Apostolidis	VIC	9.50
7.	Chloe McNicol-Davidson	VIC	10.37
8.	Jasmine Irshad	VIC	12.21

U9 BOYS 1500M WALK

1.	Jeremy Anthony	WA	8.03
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U12 GIRLS 1500M WALK

1.	Natalie Laurie	VIC	7.35
2.	Kate Fitzsimmons	WA	8.07
3.	Natalie Cusworth	WA	8.13
4.	Amy Johnson	VIC	8.54
5.	Emily Payne	VIC	9.11

U12 BOYS 1500M WALK

1.	Jayson Stoddart	VIC	7.36
2.	Julian Anthony	WA	7.48
3.	Chris Ninyett	WA	7.56
4.	Erg Girgin	VIC	8.41
5.	Jack Palfreyman	VIC	8.45

VRWC Open 5 km walk

The final event of the day as a 5 km race for anyone who just wanted a bit of a fitness workout. It proved to be a great race between Michael Beaton Wells and Tom Barnes with Michael just edging Tom out. It was good to see Erin Adamcewicz having her first stroll for quite some time and she walked well for someone short on training.

1.	Michael Beaton-Wells	22:41
2.	Tom Barnes	22:41
3.	Erin Adamcewicz	27:24
4.	Alan Lucas	27:29
5.	Janet Holmes	28:58

- | | | |
|----|------------------|-------|
| 6. | Gwen Steed | 30:53 |
| 7. | Marlaine Stanway | 33:02 |
| 8. | Robin Wood | 33:46 |

VRWC RACES, ALBERT PARK, SATURDAY 23 AUGUST 2003

With the Nationals now over, most walkers had a rest this week but a good selection of keen walkers chose to come along for another week of punishment! The performance of the week was by John Bunker who walked very evenly for a PB of just over 50 minutes for the 10 km. On present indications, John will soon be under the 50 minute barrier and that is great walking for a 50+ age group Vet.

Another performance of worthy note was that of Tina Baarslag-Leb. Some 8 weeks ago, Tina was rushed to hospital with a life threatening twisted bowel. Immediate surgery followed and she was only able to start walking lightly a few weeks ago. But Tina believes that the best road to recovery is an active one and she completed the 5 km event with flying colours.



John Bunker in the Open 10 km walk



Tina Baarslag-Leb in the Open 5 km walk

10 km Open walk

- | | | |
|----|------------------|-------|
| 1. | Colin Heywood | 49:13 |
| 2. | John Bunker | 50:08 |
| 3. | Murray Dickinson | 54:55 |
| 4. | Alan Lucas | 55:48 |
| 5. | Bob Gardiner | 56:46 |
| 6. | Robin Wood | 66:07 |

- | | | |
|----|------------------|-------|
| 1. | Sandra Geisler | 56:37 |
| 2. | Heather Carr | 57:05 |
| 3. | Janet Holmes | 61.21 |
| 4. | Marlaine Stanway | 66:35 |

5 km Open Walk

- | | | |
|----|---------------|-------|
| 1. | Tim Erickson | 26:50 |
| 2. | Geoff Barrow | 29:34 |
| 3. | John Morrison | 30:14 |
| 4. | Gordon Onley | 35:14 |

- | | | |
|----|-------------------|-------|
| 1. | Jenny Fawkes | 27:59 |
| 2. | Ann Holcombe | 28:31 |
| 3. | Jodie Emmerson | 30:06 |
| 4. | Gwen Steed | 30:18 |
| 5. | Tina Baarslag-Leb | 37:41 |

3 km Under 15

- | | | |
|----|-------------------|-------|
| 1. | Nicholas Mirarchi | 17:40 |
|----|-------------------|-------|

- | | | |
|----|--------------------|-------|
| 1. | Siobhan Donovan | 16:00 |
| 2. | Sarah Alexander | 16:04 |
| 3. | Andrea Contessotto | 17:30 |

2 km Under 12

- | | | |
|----|-----------------|-------|
| 1. | Jayson Stoddart | 11:19 |
|----|-----------------|-------|

- | | | |
|----|----------------|-------|
| 1. | Natalie Laurie | 10:34 |
| 2. | Alicia Neylan | 11:21 |
| 3. | Anne Whitworth | 11:42 |

1 km Under 9

- | | | |
|----|----------------|------|
| 1. | David Butteris | 6:47 |
|----|----------------|------|

- | | | |
|----|-------------------|------|
| 1. | Nikki Apostolidis | 6:06 |
| 2. | Nicole Hallett | 6:08 |

VRWC RACES, ALBERT PARK, SATURDAY 30 AUGUST 2003

We had handicap starts on Saturday for all events from 3 km upwards and the races were keenly contested. Michael Beaton-Wells continues his successful return after his broken wrist earlier this year and I am looking forward to seeing him on the track in the summer. Other top walks included Jenny Fawkes, Natalie Laurie, Chloe McNicol-Davidson and Nikki Apostolidis.



Michael Beaton-Wells and Tom Barnes go head to head earlier this month.

10 km Handicap for Men

			Hcp
1.	Micheal Beaton-Wells	48:09	1
2.	John Bunker	51:53	3
3.	Bob Gardiner	59:46	4
4.	Robin Wood	65:12	2
	Murray Dickinson	Ab.	

5 km Handicap for Women

			Hcp
1.	Erin Adamcewicz	26:43	3
2.	Jenny Fawkes	27:11	1
3.	Heather Carr	27:13	e4
4.	Ann Holcombe	28:35	e4
5.	Janet Holmes	29:02	6
6.	Gween Steed	30:23	7
7.	Celia Johnson	31:41	8
8.	Marlaine Stanway	32:52	2
9.	Tina Baarslag-Leb	38:03	9
	Jodie Emmerson	Ab.	

5 km Handicap for Men

			Hcp
1.	Tim Erickson	25:54	2
2.	Alan Lucas	27:15	1
3.	John Morrison	30:21	3

Under 15 3 km Handicap for Boys

			Hcp
1.	Nicholas Mirarchi	18:00	1

Under 15 3 km Handicap for Girls

			Hcp
1.	Sarah Alexander	16:29	2
2.	Daine Nielsen	17:34	1

Under 9 1 km Handicap for Girls

			Hcp
1.	Nikki Apostolidis	5:59	2
2.	Chloe McNicol-Davidson	6:41	1

Under 12 2 km Handicap for Girls

			Hcp
1.	Natalie Laurie	10:53	1
2.	Alicia Neylan	12:04	2
3.	Amy Johnson	13:46	3

Under 12 2 km Handicap for Boys

			Hcp
1.	Jayson Stoddart	12:46	1

VRWC RACES, ALBERT PARK, SATURDAY 6 SEPTEMBER 2003

VVAC 10 KM WALK FOR WOMEN

Brenda Riley sets Australian and World marks in the VVAC 10 km roadwalk at Albert Park

Brenda Riley slashed her Australian W60 10 km roadwalk record of 56:26 by nearly 1 minute in a wonderful display of sustained walking that left us all looking for superlatives. Now 64, she also made mincemeat of the World W60 record which stood at 55:58. Her time of 55:28 was the fastest time overall amongst the Veteran women walkers on Saturday, leaving her younger rivals in the dust.

Brenda, from Point Lonsdale, began running and walking about 8 years ago through the efforts of Jean Knox (who won the W75 walk on Sunday) and she has quickly worked her way to the top. In the 2001 World Vets titles in Brisbane, she won golds in the 5000m trackwalk and the 10km roadwalk and showed her versatility in winning a silver in the 5000m track run. Her world record this weekend is a yet another high for this talented athlete.

There were other good performances on the day, as can be seen from the results below. Alison Thompson also walked her best time since returning to walking and was not far behind ace Heather Carr in the W50 division.

W40	1	Annette Major	57:52
	2	Mandy Emmett	58:06
W50	1	Heather Carr	56:11
	2	Alison Thompson	56:55
	3	Janet Holmes	60:39
	4	Christine Griffiths	88:55
W55	1	Ann Holcombe	58:50
	2	Celia Johnson	66:16
W60	1	Brenda Riley	55:28 (WR/AR)
	2	Sylvia Machin	63:00
	3.	Heidi Engel	90:30
W65	1	Marlaine Stanway	66:00
	2	Margaret Beaumont	77:11
	3	Shirley Coppock	77:50
W70	1	Tina Baarslag-Leb	78:12
W75	1	Jean Knox	77:11



**Jean Knox and Brenda Riley
train on the Point Lonsdale sand.**

VVAC MEN'S ROADWALK TITLES

The younger men had the challenge of a 20 km walk while the older men had to face a distance of 10 km. It was good to see a good turnout for these Veteran long walk titles. In other years, the fields have sometimes been pretty sparse. Colin Heywood was the pick of the walkers with a PB time of 1:40:55 to win the 20 km. This pace was very consistent and he won by the proverbial mile (and a bit!). John Bunker managed to talk his way around the course, normally accompanied by a group of 3 or 4 others. It must have been an interesting conversation.

I was very impressed with Alan Lucas's walk given his comeback after major illness a couple of years ago.

VVAC 20 KM FOR MEN 35-69

M45	1	Colin Heywood	49:51	1:40:55
M45	2	Ross Reid	56:25	ab
M50	1	John Bunker	56:56	1:55:05
M50	2	Ian Cassell	1:03:00	2:13:19
M55	1	Alan Lucas	57:32	1:56:59
M55	2	Ron Bilston	1:10:16	2:28:01
M65	1	Murray Dickinson	56:30	1:56:25
M65	2	Geoff Major	1:03:10	2:09:43

VVAC 10 KM WALK FOR MEN 70+

M70	1	Col Silcock-Delaney	69:22
	2	Gordon Gourlay	69:50
M75	DQ	Stan Miskin	74:36

Apart from the Vets titles, there was a selection of VRWC walks and a good number of athletes turned up. Best performances came from Nicole Sansonetti, Sandra Geisler, John Morrison, Natalie Laurie and Jayson Stoddart. It was good to see Nicole Hallett and Nikki Apostolidis moving up from U9 to U12 and having a spirited battle over the 2km distance.

VRWC Open 20 Km

1.	Chris Erickson	53:38	1:45:17
2.	Nicole Sansonetti	56:25	1:57:22
	Megan Peters	51:38	ab

VRWC Open 10 Km

1.	Robin Wood	65:11	
2.	Ron McGregor	70:46	
	Ian Beaumont	78:55 (DQ)	

VRWC Open 5 Km

1.	Sandra Geisler	25:40	
2.	Geoff Barrow	29:40	
3.	John Morrison	29:42	
4.	Gwen Steed	29:57	
	Gordon Onley	36:26 (DQ)	
	J Machin	40:06 (DQ)	

VRWC Under 15 3 Km

1.	Natalie Laurie	16:00	
2.	Eda Girgin	16:42	
3.	Daina Nielsen	16:59	

1.	Timucin Girgin	17:03	
2.	Nicholas Mirarchi	17:35	
3.	Bradley Elms	19:36	

VRWC Under 12 2 Km

1.	Jayson Stoddart	10:40	
2.	Ergenekon Girgin	12:00	
3.	Jason Elms	17:33	
4.	D Elms	18:40	

1.	Amy Johnson	13:03	
2.	Nikki Apostolidis	13:33	
3.	Nicole Hallett	13:37	

VRWC Under 9 1 Km

1.	Karla Nielsen	7:32	
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And an amendment from last week's results when I showed the 1 km splits for the U9 and U12. I should have shown the following 2 km results.

Under 12 2 km Handicap for Girls Hcp

1. Natalie Laurie	10:53	1
2. Alicia Neylan	12:04	2
3. Amy Johnson	13:46	3

Under 12 2 km Handicap for Boys Hcp

1. Jayson Stoddart	12:46	1
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VRWC RACES, ALBERT PARK, SATURDAY 13 SEPTEMBER 2003

Our final racing day for the winter has come and gone and we can now all look forward to a bit of time off for active rest before the track season starts in earnest. We had an influx of walking judges as part of the scheduled Judging Seminar and the walkers were under perhaps greater scrutiny than normal. But that did not seem to effect the normal enthusiasm with which our walkers attack their races.

VRWC 10 km Open Women

1. Heather Carr	58:51
2. Sarah Alexander	65:33
Marlaine Stanway	DNF

VRWC 10 km Open Men

1. Chris Erickson	52:48
2. Trevor Mayhew	56:10
3. Alan Lucas	57:16
4. Ron McGregor	65:50
5. Robin Wood	68:47
6. Ron Bilson	71:41

VRWC 5 km Open Women

1. Sandra Geisler	27:03
2. Nicole Sansonetti	27:14
3. Mandy Emmett	29:05
4. Ann Holcombe	29:16
5. Janet Holmes	29:27
6. Gwen Steed	30:37
7. Celia Johnson	31:25
Megan Peters	DNF (4 km in 19:34)
Tina Baarslag-Leb	38:40 (DQ)
Christine Griffiths	44:35 (DQ)

VRWC 5 Km Open Men

1. John Bunker	26:00
2. Bob Gardiner	28:56
3. John Morrison	30:36

VRWC 5 km U15 Women

1. Daina Nielsen	30:32
2. Alicia Neylan	33:00

VRWC 5 Km U15 Men

1. Shaun Burgess	28:33
2. Daniel Payne	30:23
3. Nicholas Mirarchi	31:21
4. Bradley Elms	36:11

VRWC 2 km U12 Girls

1. Natalie Laurie	11:08
2. Nikki Apostolidis	12:55

VRWC 2 km U12 Boys

1. Jayson Stoddart	12:49
2. Jason Elms	16:19
3. Damien Elms	18:38

VRWC 1 km U9 Girls

1. Chloe McNicol-Davidson	7:20
2. Karla Nielsen	7:41



Alan Lucas leads Janet Holmes, Gwen Steed and Marlaine Stanway at the start of a recent race

VRWC 1 km U9 Boys

1. David Butteriss

6:36