

**2003 / 2004**

**THE RACEWALKING YEAR IN REVIEW**

**COMPLETE VICTORIAN RESULTS**

**MAJOR AUSTRALIAN AND MAJOR INTERNATIONAL  
RESULTS**

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**1ST WORLD MASTERS CHAMPS INDOORS, SINDELFINGEN, GERMANY, MARCH 10-14, 2004**

Large fields contested the first of two walks held at the inaugural World Masters Indoor Championships. The 3000m track walk was held on the small indoor circuit while a 10 km roadwalk was also on the program. The full results may be seen at the website <http://www.sindelfingen2004.de> but I am simply reproducing the first 3 places in each age group for the record.

**3000m track walks, 14 March 2004**

M35	1. Kreutz, Manfred	GER	13:27,09	W35	1. Best, Nicole	GER	13:34,11
	2. Staedler, Karsten	GER	14:14,71		2. Brandenburg, Barbara	GER	13:44,57
	3. Tardi, Emmanuel	FRA	20:22,00		3. Sarembe-Stegmaier, C	GER	14:34,60
M40	1. Bengtsson, Bengt	SWE	12:25,80	W40	1. Bettucci, Paola	ITA	15:46,04
	2. Frixon, Jean-Michel	FRA	12:56,89		2. Garcia Frontons, Carmen	ESP	15:57,35
	3. Varnizy, Philippe	FRA	13:14,06		3. Terenteva, Natalia	RUS	16:05,75
M45	1. Tokarev, Volodymyr	UKR	13:03,01	W45	1. Alvernhe, Dominique	FRA	15:17,91
	2. Barabash, Vladimir	RUS	13:31,48		2. Picard, Marie-Francoise	FRA	15:31,94
	3. Blazek, Pavol	SVK	13:38,05		3. Sangvik, Sigrun	NOR	15:40,95
M50	1. Ruzzier, Fabio	SLO	13:26,27	W50	1. Fernandes, Maria Alice	POR	15:26,94
	2. Gaus, Peter	GER	13:28,86		2. Briz, Maria Josefa	ESP	17:15,36
	3. Korsun, Oleksandr	UKR	13:42,75		3. Max, Erika	GER	19:05,71
M55	1. Kehrer, Hans	GER	14:57,77	W55	1. Loyer, Suzanne	FRA	16:36,19
	2. Niestelberger, Ludwig	AUT	15:22,27		2. Werner, Annelore	GER	16:51,37
	3. Giannuzzi, Luigi	ITA	15:27,07		3. Lewis, Ann	GBR	17:19,62
M60	1. Degener, Karl	GER	15:21,45	W60	1. Fleetwood, Gudrun	SWE	17:19,60
	2. Schumm, Peter	GER	16:01,55		2. De Wolf, Frieda	BEL	18:06,49
	3. Strieder, Hermann	AUT	16:12,47		3. Karetie, Pirjo	FIN	18:14,76
M65	1. Sinagulov, Minivali	RUS	15:53,73	W65	1. Sommier, Josette	FRA	18:56,04
	2. Jordana, Alexis	FRA	16:05,88		2. Langford, Jill	GBR	19:36,96
	3. Pelliccia, Romolo	ITA	16:14,20		3. Westphal-Cher, Renate	GER	20:57,81
M70	1. Weidner, Gerhard	GER	16:01,47				
	2. Sciarretta, Mario	ITA	17:36,72				
	3. Hartwig, Karl-Heinz	GER	17:50,56				
M75	1. Aguayo, Mario	CHI	20:08,22				
	2. Schwab, Otto	GER	20:45,62				
	3. Withers, Denis	GBR	20:46,44				
M80	1. Herbst, Gerhard	GER	21:00,68				
	2. Gomes, Adriano	POR	26:09,46				
M85	1. Gaujers, Arvids	LAT	24:11,74				
	2. Gest, Henri	NED	24:15,80				

**10 km roadwalks, 14 March 2004**

M35	1. Kreutz, Manfred	GER	47:08	W35	1. Sarembe-Stegmaier, C.	GER	53:07
	2. Staedler, Karsten	GER	52:23		2. Primas, Barbara	GER	56:09
	3. Tardi, Emmanuel	FRA	64:01		3. Mauricio, Paula	POR	56:59
M40	1. Bengtsson, Bengt	SWE	44:40	W40	1. Terenteva, Natalia	RUS	57:32
	2. Varnizy, Philippe	FRA	46:55		2. Ehrenberger, Margot	GER	58:39
	3. Gnauck, Dick	GER	47:15		3. Bishop, Fiona Jane	GBR	62:24
M45	1. Blazek, Pavol	SVK	47:18	W45	1. Sangvik, Sigrun	NOR	55:52
	2. Kisselev, Mikhail	RUS	48:01		2. Marcenco, Natalia	ITA	56:13
	3. Barabash, Vladimir	RUS	50:18		3. Sweazey, Nanci	CAN	57:24
M50	1. Ruzzier, Fabio	SLO	47:21	W50	1. Fernandes, Maria Alice	POR	55:21
	2. Gaus, Peter	GER	47:27		2. Briz, Maria Josefa	ESP	62:17
	3. Korsun, Oleksandr	UKR	50:18		3. Götz, Anna Elisabeth	GER	66:44
M55	1. Kehrer, Hans	GER	53:23	W55	1. Loyer, Suzanne	FRA	57:02
	2. King, Patrick Anthony	IRL	54:07		2. Werner, Annelore	GER	57:48
M60	1. Degener, Karl	GER	53:23		3. Straka, Eduard	SVK	54:13
	2. Turner, Colin	GBR	55:58	W60	1. Seiler, Waltraud	GER	60:42
	3. Strieder, Hermann	AUT	56:28		2. Karetie, Pirjo	FIN	61:55

M65	1. Sinagulov, Minivali	RUS	54:35	W65	3. Herrendoerfer, Ursula	GER	65:02
	2. Jordana, Alexis	FRA	56:13		1. Sommer, Josette	FRA	63:40
	3. Irbe, Zigurds	LAT	58:29		2. Langford, Jill	GBR	67:21
M70	1. Weidner, Gerhard	GER	55:57	3. Westphal-Cher, Renate	GER	71:47	
	2. Sciarretta, Mario	ITA	62:38				
	3. Hartwig, Karl-Heinz	GER	62:46				
M75	1. Schwab, Otto	GER	67:35				
	2. Aguayo, Mario	CHI	70:02				
	3. Withers, Denis	GBR	71:16				
	3. Lewis, Ann	GBR	59:30				

## IAAF RACEWALKING CHALLENGE, TIJUANA, MEXICO, 20-21 MARCH 2004

The first of the IAAF Grand Prix walks has been held for 2004 and it was great to see a small contingent of Australians in action. In the 20 km walk for women, **Jane Saville** (91:51) came 6<sup>th</sup> and **Natalie Saville** (97:02) came 17<sup>th</sup>. In the 50 km for men, **Frank Bertei** (4:16:23) came 12<sup>th</sup> but unfortunately **Liam Murphy** was disqualified.

The first 10 in each event are recorded here for completeness. You can read the full results and view accompanying pictures at the IAAF Racewalking Challenge homepage at <http://www.iaaf.org/WRC04/Index.html>

I just want to reproduce one picture from Tim Watt's English RWA website. It shows the best 2 male racewalkers in the world – Jefferson Perez of Ecuador and Robert Korzeniowski of Poland, in action in the 20 km event. Perez leads, shadowed by Korzeniowski. Look at the front leg extension, the arm action, the contact with the ground, even at high speed. Both broke 80 minutes for the 20 km distance. That's how to walk!

### 20 km Women

1.	Elisa Riguado	Italia	1:28:50.51
2.	Maria Vasco	España	1:29:06.25
3.	Susana Feitor	Portugal	1:29:12.12
4.	Gillian O'sullivan	Irlanda	1:29:54.86
5.	Olive Loughnane	Irlanda	1:30:46.41
6.	Jane Saville	Australia	1:31:51.85
7.	Victoria Palacios	Tlaxcala	1:32:04.69
8.	Kjersti Platzer	Noruega	1:32:11.48
9.	Elizabetta Perrone	Italia	1:32:58.27
10.	Vera Santos	Portugal	1:32:59.72

### 20 km Men

1.	Jefferson Perez	Ecuador	1:19:32.20
2.	Korzeniowski Robert	Polonia	1:19:40.76
3.	Ivano brugnetti	Italia	1:19:42.39
4.	Alejandro Lopez Jalisco	Mexico	1:19:55.19
5.	Rodrigo Flores	Mexico	1:22:05.85
6.	Roberty Hefferman	Irlanda	1:22:10.04
7.	Joao Vieira	Portugal	1:22:35.42
8.	Alessandro Gandekini	Italia	1:22:50.33
9.	Horacio Nava Reza	Mexico	1:22:52.40
10.	Omar Segura Morelos	Mexico	1:23:05.83

### 50 km Men

1.	German Sanchez	Mexico	3.48.11.27
2.	Jesus Angel Garcia	España	3.48.25.29
3.	Mario Ivan Flores	Mexico	3.49.07.23
4.	Miguel Angel Rodriguez	Mexico	3.49.53.91
5.	Tim Berret	Canada	3.50.20.11
6.	Claudio Vargas	Mexico	3.51.34.74
7.	Rogelio Sanchez	Mexico	3.51.40.23
8.	Matukhin Nikolay	Rusia	3.55.27.33
9.	Philip Dunn	USA	3.59.11.55
10.	Edgar Hernandez	Mexico	4.01.47.93

<b>WMA NON-STADIA CHAMPIONSHIPS, AUCKLAND, NZ, 18-24 APRIL 2004</b>
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For the first time ever, the World Masters Non-Stadia championships have come to the Southern Hemisphere and a number of Australian walkers made the trip to New Zealand to compete. Amongst the events on offer are a number of road walks

- 20km (Women) / 30km (Men) Road Race Walk      Monday 19 April
- 10km Road Walk (Men & Women)                      Wednesday 21 April
- 50km Road Race Walk (Men & Women)              Friday 23 April

There is a comprehensive website (<http://wma2004.org>) to keep everyone up to date with proceedings. The first walking events were held on Monday and VRWC members **Heather Carr** (silver), **Andy Jamieson** (gold), **Colin Heywood** (gold), **Mark Donahoo** (silver) and **Simon Evans** (5<sup>th</sup>) all walked very well. Andy, Colin and Mark had the fastest 3 times in the mens 30 km walk so we saw 3 Aussies cross the finishing line first.

### 20 KM WMA ROADWALK FOR WOMEN, 19 APRIL 2004

W65	1	Aletta Ten Tusscher	NZL New Zealand	2:38:08
W60	1	Frieda De Wolf	BEL Belgium	2:14:14
	2	<b>Noela McKinven</b>	<b>AUS Australia</b>	<b>2:24:55</b>
	3	<b>Joan Purcell</b>	<b>AUS Australia</b>	<b>2:27:17</b>
	4	<b>Lynne Schickert</b>	<b>AUS Australia</b>	<b>2:37:44</b>
W55	1	Shirley Barber	NZL New Zealand	2:31:08
W50	1	Sharon McDonald	NZL New Zealand	2:07:51
	2	<b>Heather Carr</b>	<b>AUS Australia</b>	<b>2:14:05</b>
W45	1	<b>Lynette Ventris</b>	<b>AUS Australia</b>	<b>1:44:09</b>
	2	Natalia Marcenco	ITA Italy	2:08:46
	3	Les Ralph	NZL New Zealand	2:10:06
	4	Yuk Ling Fung	HKG Hong Kong	2:22:20
W40	1	Gabrielle Gorst	NZL New Zealand	1:39:47
	2	Amelia De Lorenzo	NZL New Zealand	2:00:34
	3	Gillian Mac Dougall	NZL New Zealand	2:11:48
	4	Fiona Bishop	GBR Great Britain	2:14:11
W35	1	<b>Lisa Wilson</b>	<b>AUS Australia</b>	<b>1:55:51</b>
	2	Diana Pittwood	NZL New Zealand	2:20:55
	3	Man Chun Yeung	HKG Hong Kong	2:27:48

### 30KM WMA ROADWALK FOR MEN, 19 APRIL 2004

M80		William Childs	NZL New Zealand	DNF
M75	1	Chandra De Dr Narayan	IND India	4:00:58
	2	Harvey Jaquest	GBR Great Britain	4:25:25
M70	1	<b>Bert Janes</b>	<b>AUS Australia</b>	<b>4:13:49</b>
		Shinichi Saijo	JPN Japan	DNF
M65	1	Eric Saxby	NZL New Zealand	3:12:06
	2	David Stevens	GBR Great Britain	3:22:05
	3	David Mace	GBR Great Britain	3:47:41
		Yoshikazu Kuruta	JPN Japan	DSQ
M60	1	Hermann Strieder	AUT Austria	3:03:35
	2	Ronald Penfold	GBR Great Britain	3:06:39
	3	Bill Purves	HKG Hong Kong	3:09:49
	4	Edmund Shillabeer	GBR Great Britain	3:11:42
	5	Ole Jensen	DEN Denmark	3:26:07
	6	Glyn Jones	GBR Great Britain	3:27:02
	7	John Ash	HKG Hong Kong	3:40:50
		Zdenek Gonsiorovsky	CZE Czech Republic	DSQ
M55	1	<b>Andrew Jamieson</b>	<b>AUS Australia</b>	<b>2:38:34</b>
	2	David Kates	GBR Great Britain	2:58:11
	3	Roby Ponzio	SUI Switzerland	3:01:03

	4	Johann Siegele	AUT Austria	3:02:42
	5	Peter Baillie	NZL New Zealand	3:18:50
	6	Arthur Lillefosse	NOR Norway	3:25:39
	7	Douglas Gartner	NZL New Zealand	3:41:05
		Tom Lamason	NZL New Zealand	DNF
		Luigi Giannuzzi	ITA Italy	DNF
		Helmut Munz	GER Germany	DNF
M50	1	Roberto Cervi	ITA Italy	2:44:17
	2	Peter Ryan	GBR Great Britain	2:47:15
	3	Eric Kemsley	NZL New Zealand	2:56:26
	4	Theodorus Koenis	NED The Netherlands	2:59:59
	5	Michael Harte	NZL New Zealand	3:01:36
	6	Shinichiro Tsujitani	JPN Japan	3:11:19
	7	Juergen Bruegel	GER Germany	3:15:36
		Gerald Dragomir	CAN Canada	DNF
M45	<b>1</b>	<b>Colin Heywood</b>	<b>AUS Australia</b>	<b>2:39:36</b>
	<b>2</b>	<b>Mark Donahoo</b>	<b>AUS Australia</b>	<b>2:42:58</b>
	3	Barabash Vladimir	RUS Russia	2:51:21
	4	Franco Venturi Degli	ITA Italy	No Time
	5	Klaus Thiedmann	GER Germany	3:14:42
		Laurence Dordoy	GBR Great Britain	DNF
		Kisselve Mikhail	RUS Russia	DNF
M40	1	Dick Gnauck	GER Germany	2:43:22
	2	Stephan Woegerbauer	AUT Austria	2:47:32
	3	Leon McPhillips	NZL New Zealand	2:59:32
	4	Ronald Papst	GER Germany	3:03:26
	<b>5</b>	<b>Simon Evans</b>	<b>AUS Australia</b>	<b>3:09:13</b>
	6	Rodney Gillum	NZL New Zealand	3:10:12
M35	1	Karsten Staedler	GER Germany	3:11:07

## 21 April 2004, 10km Road Race Walks

Congratulations to club members Andrew Jamieson (gold), Colin Heywood (silver), Mark Donahoo (bronze), Simon Evans (5<sup>th</sup>), Heather Carr (gold) and Annette Major (silver). The small VRWC contingent did us proud.

M80	1	1:11:13	Richard Keatinge	AUS	W75	1	1:13:38	Doreen Torbit	NZL
M75	1	1:13:53	Angelo Arena	ITA	W70	1	1:18:45	Clasina Van Der Veeken	NZL
	2	1:14:28	Chandra De Dr Narayan	IND	W65	1	1:16:21	Aletta Ten Tusscher	NZL
M70	1	1:07:54	Giuseppe Desiderio	ITA		2	1:17:54	Lynn Fraser	NZL
	1	1:10:29	Bert Janes	AUS	W60	1	1:04:57	Frieda De Wolf	BEL
	2	1:10:42	Shinichi Saijo	JPN		2	1:11:02	Lynne Schickert	AUS
	3	1:13:45	Giuseppe Galfetti	SUI		3	1:12:40	Judith Kenyon	AUS
M65	1	1:02:30	David Stevens	GBR		4	1:16:13	Loloma Foster	NZL
	2	1:06:53	David Mace	GBR	W55	1	1:05:15	Shirley Barber	NZL
	3	1:09:31	Gerhard Kessner	GER		2	1:08:31	Shirley Rolston	NZL
	4	1:10:17	Yoshikazu Kuruta	JPN		3	1:12:53	Pamela Owers	NZL
M60	1	55:41	Hermann Strieder	AUT	W50	1	<b>58:26</b>	<b>Heather Carr</b>	<b>AUS</b>
	2	56:52	Ole Jensen	DEN		2	1:02:37	Sharon McDonald	NZL
	3	57:32	Bill Purves	HKG		3	1:11:39	Jacqueline Gartner	NZL
	4	58:38	Edmund Shillabeer	GBR			DSQ	Janet Holmes	AUS
	5	59:17	Alan O'Rawe	GBR	W45	1	49:23	Lynette Ventris	AUS
	6	1:01:36	Zdenek Gonsiorovsky	CZE		2	58:03	Natalia Marcenco	ITA
	7	1:05:54	Michael Burkinshaw	NZL		3	1:01:12	Marcia Soanes	NZL
	8	1:07:46	John Ash	HKG		4	1:07:46	Yuk Ling Fung	HKG
	9	1:08:02	David Lonsdale	NZL	W40	1	55:54	Amelia De Lorenzo	<b>NZL</b>
M55	1	<b>48:03</b>	<b>Andrew Jamieson</b>	<b>AUS</b>		2	<b>58:21</b>	<b>Annette Major</b>	<b>AUS</b>
	2	53:23	Luigi Giannuzzi	ITA		3	1:01:01	Gillian Mac Dougall	NZL
	3	53:42	Johann Siegele	AUT		4	1:02:43	Fiona Bishop	GBR
	4	57:13	Ian Richardson	AUS			DSQ	Debi Woodward	NZL
	5	58:39	Peter Baillie	NZL	W35	1	1:07:10	Man Chun Yeung	HKG
	6	59:50	John Lambert	NZL		2	1:11:42	Kristeene Parkes	NZL
	7	1:00:56	Arthur Lillefosse	NOR					
	8	1:04:20	David Barrett	NZL					

	9	1:10:07	Douglas Gartner	NZL
		DSQ	Roby Ponzio	SUI
M50	1	49:01	Roberto Cervi	ITA
	2	52:40	Michael Harte	NZL
	3	52:47	Eric Kemsley	NZL
	4	53:19	Theodorus Koenis	NED
	5	57:37	Juergen Bruegel	GER
	6	58:58	Rodney Thorne	NZL
	7	1:01:35	Anthony Burrell	NZL
M45	1	47:25	Kisselev Mikhail	RUS
	2	<b>47:49</b>	<b>Colin Heywood</b>	<b>AUS</b>
	3	<b>48:00</b>	<b>Mark Donahoo</b>	<b>AUS</b>
	4	52:04	Franco Venturi Degli	ITA
	5	52:56	Stephen Appel	NZL
	6	1:09:31	Wolfgang Dorr	GER
		DSQ	Klaus Thiedmann	GER
M40	1	47:43	Dick Gnauck	GER
	2	48:32	Stephan Woegerbauer	AUT
	3	52:05	Leon McPhillips	NZL
	4	53:15	Ronald Papst	GER
	5	<b>53:27</b>	<b>Simon Evans</b>	<b>AUS</b>
M35	1	53:22	David Matulovich	NZL
	2	54:34	Karsten Staedler	GER

### 23 April 2004, 50km Road Race Walks

The 50 km roadwalks saw very small fields as expected and Simon Evans was our only representative. Simon has never walked further than 20 km previously and completed both the 30 km and 10 km walks earlier in the week. It is no wonder he retired in the 50 km! You have to admire those walkers who could actually finish it after the strenuous activities already completed.

M75	1	7:09:13	Chandra De Dr Narayan	IND	W45	1	6:15:57	Yuk Ling Fung	HKG
M70	1	6:44:40	Eric Horwill	GBR	W35	1	5:23:08	Lisa Wilson	AUS
M65	1	DSQ	Yoshikazu Kuruta	JPN					
M60	1	5:18:33	Hermann Strieder	AUT					
	2	5:29:19	Edmund Shillabeer	GBR					
	3	5:44:22	Zdenek Gonsiorovsky	CZE					
	4	6:03:41	Bill Purves	HKG					
	5	6:15:57	John Ash	HKG					
M55	1	5:30:29	David Kates	GBR					
	2	5:36:49	Peter Baillie	NZL					
	3	DNF	Luigi Giannuzzi	ITA					
	4	DSQ	Roby Ponzio	SUI					
	5	DSQ	Johann Siegele	AUT					
M50	1	4:53:09	Roberto Cervi	ITA					
	2	5:11:12	Peter Ryan	GBR					
	3	5:34:22	Vlado Haluska	USA					
M45	1	4:47:57	Kisselev Mikhail	RUS					
	2	4:59:21	Barabash Vladimir	RUS					
	3	5:22:04	Franco Venturi Degli	ITA					
M40	1	4:41:53	Stephan Woegerbauer	AUT					
	2	5:28:38	Ronald Papst	GER					
		<b>DNF</b>	<b>Simon Evans</b>	<b>AUS</b>					

## RACEWALKING WORLD CUP, NAUMBURG, GERMANY, 1-2 MAY 2004

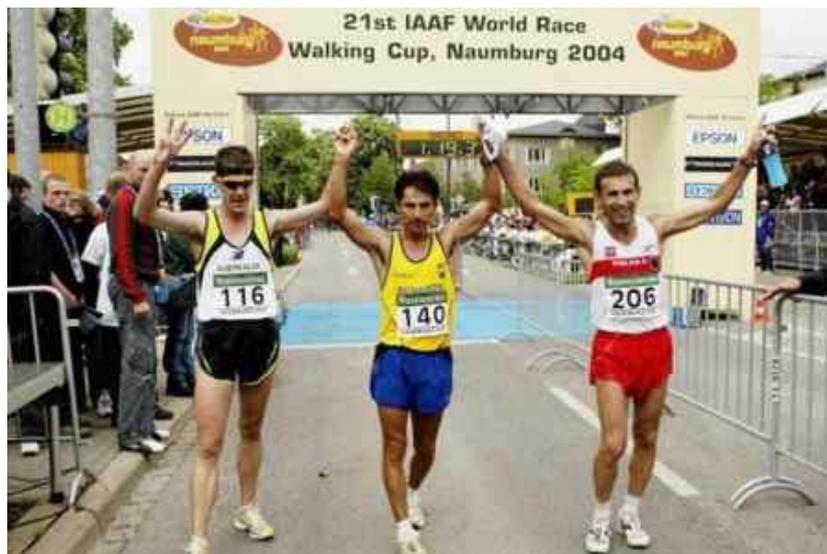
The Australian team did wonderfully in Germany last weekend. The full results are available at the IAAF Naumburg website at <http://www.iaaf.org/wrw04/index.html> so I won't reproduce them all here but simply extract out the Australian highlights for those who might not have caught up on the news.

After a long break from the international circuit due to injury, Victorian **Nathan Deakes** is back, winning his first medal in a major walks championships, claiming the bronze in the Men's 20km. Nathan clocked his first Olympic A qualifying time over this distance, of 1:19.11, a season's best, his second best performance and just the second ever medal by an Australian in a major 20km Race Walking championship.

Ecuador's world record holder Jefferson Pérez claimed the gold (1:18:42), with reigning Olympic 20km and 50km champion, three-time World Champion at 50km and World record holder Poland's Robert Korzeniowski in second place (1:19:02).

Nathan was delighted with the result: "I am very happy to have performed well in my first international race back. I'm under no illusion that I was beaten by two of the all time greats. It is nice to know that I am up there with the best at this time in an Olympic year" said Nathan.

Behind Nathan, **Luke Adams** of NSW set his second Olympic A-qualifier (1:21.24) to finish 14<sup>th</sup> while Victorian **Jared Tallent** crossed the line in 1:30:01 (75<sup>th</sup> place), with **Darren Bown** of SA walking a seasons best of 1:31:01 for 78<sup>th</sup> place.



The 20 km medallists – Nathan Deakes, Jefferson Perez and Robert Korzenioski

In the women's 20km, it was the 3 NSW walkers who dazzled with their form. **Jane Saville** set a new Australian record, finishing just outside the medals in fourth place, recording 1:27.44. Her sister **Natalie Saville** also smashed her own personal best to finish 25<sup>th</sup> in 1:31.34 – easily beating the Olympic A qualifying standard of 1:33.00. Natalie is now third on the Australian all time list, behind her sister Jane and Kerry Kerry Saxby Junna. **Cheryl Webb**, finishing just behind Natalie Saville in 26<sup>th</sup> place, also broke the Olympic A qualifier and a new personal best time of 1:31.43 – taking her to number four on the Australian all time list. On top of that, SA walker Claire Woods also clocked a new personal best of 1:35:25 for 42<sup>nd</sup> place. Victorian **Simone Wolowiec** was tragically disqualified at the 18 km mark when just behind Natalie and Cheryl and also heading for an Olympic A qualifier and a huge PB. Our thoughts go out to Simone who had put so much into this race and now probably has to resign herself to missing the 2004 Olympics.

The men's 50 km was just about an all Victorian team. **Duane Cousins**, the reigning Australian champion, walked a seasons best time of 4:09:14 to finish 26<sup>th</sup>, while **Chris Erickson** set a new personal best of 4:14:16, crossing the line in 31<sup>st</sup> position. **Frank Bertei** came home in 40<sup>th</sup> place (4:21:22) only 6 weeks after walking a PB 50 km in Mexico to force his way into the team. Frank has walked 3 tough 50 km events in 6 months, a tough ask by any standard. SA walker **Liam Murphy** was unfortunate to be disqualified at the 31 km mark when well placed near the front of the field

and well on the way to an Olympic A qualifier. Like Simone, this might have been the last roll of the dice for Liam.



**The start of the 50 km event – Duane Cousins (number 2) leads the Australian charge**

For the first time ever, Under 20 10km events were scheduled for men and women and we saw 2 top ten finishers, an awesome feat at this level. NSW walker **Lisa Grant** came 8<sup>th</sup> in her event in a new personal best of 49:25 while fellow NSW walker **Adam Rutter** finished 9<sup>th</sup> in his event in a personal best of 42:07.

Australian results with 5 km splits follow

#### 50 Km Men

1	Aleksey Voyevodin	RUS	3:42:44	(22:12, 22:00, 22:01, 22:01, 22:02, 22:04, 22:15, 22:21, 22:40, 22:58)
26	Duane Cousins	AUS	4:09:14	(23:17, 23:05, 23:22, 23:38, 23:36, 24:04, 26:17, 27:04, 27:10, 26:41)
31	Chris Erickson	(PB) AUS	4:14:16	(25:03, 24:50, 24:41, 24:44, 24:23, 24:35, 25:20, 26:17, 27:03, 27:10)
40	Frank Bertei	AUS	4:21:22	(25:29, 25:25, 25:19, 25:24, 26:30, 25:53, 26:17, 27:07, 27:53, 27:05)
-	Liam Murphy	AUS	DQ	(23:18, 23:04, 23:23, 23:26, 23:08, 23:28)

#### 10 Km Junior Men

1	Chau Sun	CHN	40:38	(20:06, 20:32)
9	Adam Rutter	(PB) AUS	42:07	(20:47, 21:20)
29	Michael McCagh	AUS	45:32	(22:09, 23:23)
46	Ben Perske	AUS	48:41	(22:47, 25:54)

#### 10 Km Junior Women

1	Vera Sukolova	RUS	45:29	(22:20, 23:09)
8	Lisa Grant	(PB) AUS	49:25	(24:09, 25:16)
16	Fiona Alldis	AUS	51:29	(25:13, 26:16)
33	Jessica Heazlewood	AUS	53:43	(25:43, 28:00)

#### 20 Km Women

1	Yelena Nikolayeva	RUS	1:27:24	(22:05, 21:24, 21:44, 22:11)
4	Jane Saville	(PB) AUS	1:27:44	(22:10, 21:46, 21:47, 21:51)
25	Natalie Saville	(PB) AUS	1:31:34	(22:41, 22:35, 22:57, 23:21)
26	Cheryl Webb	(PB) AUS	1:31:43	(22:41, 22:39, 22:54, 23:29)
432	Claire Woods	(PB) AUS	1:35:25	(23:33, 23:29, 24:00, 24:13)
-	Simone Wolowiec	AUS	DQ	(22:44, 22:43, 23:05)

## 20 Km Men

1	Jefferson Perez	EQU	1:18:42	(20:02, 19:52, 19:40, 19:08)
3	Nathan Deakes	AUS	1:19:11	(20:02, 19:52, 19:40, 19:27)
14	Luke Adams	AUS	1:21:24	(20:04, 20:19, 20:34, 20:27)
75	Jared Tallent	AUS	1:30:01	(21:00, 21:56, 22:58, 24:07)
78	Darren Bown	AUS	1:31:01	(20:44, 21:07, 22:49, 27:21)

This was the biggest international walking festival ever held, with over 400 walkers representing some 30 countries. The biggest event was the 20 km for men with 116 starters. Overall, 37 walkers were disqualified out of the 424 starters, a rate of around 9%. This is around what we would expect in such a scenario when walkers are pushing themselves to the absolute limit and throwing caution to the wind in what is sometimes an all-or-none situation.

Event	Total	Finishers	DNF	DQ
50 km Men	94	54	28	12
10 km Junior Men	63	54	4	5
10 km Junior Women	53	50	-	3
20 Km Women	98	78	11	9
20 Km Men	116	97	11	8
	424	333	54	37

Australia was one of only 3 countries who scored top 10 places in all 5 Teams Competitions (8<sup>th</sup> in 50km, 4<sup>th</sup> in 10km women, 7<sup>th</sup> in 10km men, 8<sup>th</sup> in 20km men and 5<sup>th</sup> in 20km women).

Assuming you might award 10 points for a Teams first place, 9 for a second place and so on down to 1 point for a tenth place, the overall rankings look like this

Russia	45 points (10, 10, 9, 7, 9)
China	39 points (9, 2, 8, 10, 10)
Spain	27 points (8, -, 6, 6, 7)
Australia	23 points (3, 7, 4, 3, 6)
Italy	19 points (6, 8, 5, -, -)
Germany	15 points (1, 7, 4, 3, -)
Poland	14 points (9, 5, -, -, -)
Equador	12 points (3, 9, -, -, -)
Mexico	10 points (10, -, -, -, -)

So we did fantastically and, on my reckoning, were the fourth best performing country overall in the whole competition, beating such walking powerhouses as Italy and Mexico.

This shows the benefit of sending full teams in each event, something that we have to fight hard to do with the AA selection policy. Congratulations to our walkers who rose to the challenge and made the grade in spite of the tough standards being asked. There were a number of countries there who sent full teams even though they did not achieve the same sort of qualifying times as our athletes (eg USA).

I believe that our next step must be to convince AA that a Team is 3 senior athletes and 2 junior athletes – not 4 and 3 respectively. We would not have had a 50km team there even with Frank's qualifying walk in Mexico 6 weeks ago except for the fact that Liam chose to swap from 20km to 50km. This is not fair to the athletes concerned- 3 is a team, not 4!

Conversely, there were some countries who sent just about no one – Great Britain, Canada, New Zealand. This is going to set walking back even further in those places. A short sighted approach like that is not going to inspire people to do better – it is going to make them give up and move on with their lives.

## DUBLIN INTERNATIONAL GRAND PRIX OF RACE WALKING, 27 JUNE 2004

This prestigious international carnival featured a number of Australians in action – our 5 Olympic walkers and our own VRWC roving international walker Frank Bertei.

### 20km Men International

In the men's 20km, red hot favourite **Nathan Deakes** shot straight to the front, going through the first 2km in 7.50, 10 seconds ahead of local star Robert Heffernan. But as Nathan tried to increase the pace, his hamstring tightened up and he decided to call it a day just after going through 10km in well under 40 minutes.

"I'm disappointed not to have finished but I decided it wasn't worth the risk of missing a few weeks training" he said afterwards before confirming that he will attempt to win medals over both distances in Athens.

In his absence, local favourite Robert Heffernan had a ding dong battle with Columbian Fredy Hernandez which was only decided in the final 500m with Heffernan winning in 1.24.56 from Hernandez 1.25.02. **Frank Bertei** produced another top walk of 1:33:30 to be just outside his PB. I noted that **Luke Adams** was a non starter so let's hope that all is well with him as the Olympics are not far away now.

1.	Robert Heffernan	Ireland	1.24.56
2.	Fredy Hernandez	Columbia	1.25.02
3.	Augusto Cardoso	Portugal	1.25.52
4.	Anttii Kempas	Finland	1.27.46
5.	Dom King	G Britain	1.27.52 PB
6.	Bruno Reis	Portugal	1.29.58
7.	<b>Frank Bertei</b>	<b>Australia</b>	<b>1.33.30 SB</b>
8.	David Kidd	Ireland	1.35.12
9.	Nathan Adams	G Britain	1.38.11
10.	Peter Kaneen	G Britain	1.40.04
11.	Graham Chapman	G Britain	1.44.54
12.	Bobby King	Ireland	1.56.31
13.	Sean Pender	Ireland	2.11.22
14.	Mohammedd Rahman	Malaysia	DSQ
15.	<b>Nathan Deakes</b>	<b>Australia</b>	<b>DNF</b>
16.	Jamie Costin	Ireland	DNF
17.	Colin Griffin	Ireland	DNF
18.	Pat Ryan	Ireland	DNF
19.	Alan Callow	Isle of Man	DNF
20.	<b>Luke Adams</b>	<b>Australia</b>	<b>DNS</b>

### 50 km Men International

German Andre Hohne produced the performance of the day when, in his debut at 50km, he produced a stunning 3.49.00, the fastest 50km ever seen in Ireland. Taking a solo lead from the gun, he immediately went into a rhythm of 4.30-35 per kilometre and opened up a big lead. The 26 year old Berliner, who suffered agony at this event 4 years ago when his brave attempt to make the German Olympic standard over 20km fell short by 5 seconds, reached half way in 1.53.40. Although he slowed marginally over the second half, he declared himself very happy with his debut.

"I have not decided yet whether I will double up but after a confidence boost like that over 50km I may do both" said the Peter Selzer coached athlete. "I love this course and this city" he added, having also gained his qualification for the Paris World Championships at this event 12 months ago

Behind him, the ultra consistent Federik Svenssen recorded a personal best of 3.53.46 to secure his place on the Swedish Olympic team while German Maik Berger and Slovakian Kazimer Verkin also dipped under the magical 4 hours.

1.	Andre Hohne	Germany	3.49.00 (PB)	(45.55, 1.30.59, 2.16.24, 3.01.53)
2.	Frederick Svensson	Sweden	3.53.46 SB	(47.31, 1.33.56, 2.20.13, 3.06.50)
3.	Maik Berger	Germany	3.57.39 PB	(47.31, 1.33.56, 2.20.04, 3.07.08)
4.	Kazimer Verkin	Slovakia	3.59.09 PB	(47.50, 1.35.15, 2.23.16, 3.11.19)
5.	Jeff Cassin	Ireland	4.08.02 SB	(47.31, 1.34.23, 2.21.09, 3.10.52)
6.	Bengt Bengtsson	Sweden	4.08.53 SB	(48.05, 1.36.31, 2.25.08, 3.16.06)
7.	Steve Partington	G Britain	4.26.06 PB	(51.45, 1.43.44, 2.35.47, 3.29.40)
8.	Marek Janek	Slovakia	DSQ	(25km @ 2.00.48)
9.	Andreas Gustaffson	Sweden	DSQ	(25km @ 1.59.40)

10. Martin Pupis	Slovakia	DNF	(35km @ 2.49.48)
11. Jacob Sorensen	Denmark	DNF	(30km @ 2.22.30)
12. Andi Drake	G Britain	DNF	(25km @ 2.09.36)
13. Sean Albert	USA	DNF	(30km @ 2.31.01)
14. Denis Trautmann	Germany	DNF	(35km @ 2.43.17)
15. Mike Trautmann	Germany	DNF	(30km @ 2.22.00)
16. Robert Tubak	Hungary	DNF	(25km @ 2.00.25)
17. Jorge Lorefcie	Argentina	DNF	(30km @ 2.28.41)

### 20 km Women International

Olive Loughnane made a bold attempt to walk away from the field with a 4.22 opening kilometre. Jane clawed her way back into contention by mid race. After a neck and neck battle, she had the strength to win her first International race of the season in 1.32.04, 8 seconds clear of Loughnane. Fellow Australian Olympians Natalie Saville and Cheryl Webb came 3<sup>rd</sup> and 4<sup>th</sup>, completing a very successful race for Australia.



**Jane Saville leads fellow Aussie Cheryl Webb in Dublin**

<b>1. Jane Saville</b>	<b>Australia</b>	<b>1.32.04</b>
2. Olive Loughnane	Ireland	1.32.12
<b>3. Natalie Saville</b>	<b>Australia</b>	<b>1.34.15</b>
<b>4. Cheryl Webb</b>	<b>Australia</b>	<b>1.34.58</b>
5. Maria Gonzalez	Columbia	1.38.40 SB
6. Outii Silanpaa	Finland	1.46.37
7. Jo Hesketh	G Britain	1.49.47
8. Anne Boyle	Ireland	2.07.25
9. Miriam Hamilton	Ireland	2.07.26

## 2004 OLYMPIC 20 KM WALKS

What wonderful stuff – two bronze medals to Australia through the efforts of **Nathan Deakes** and **Jane Saville**. The television coverage was fantastic and the commentary was definitely an improvement on previous years, even if there was general confusion about cautions and warnings!

For Nathan, it was a case of fulfilling the potential he has shown over many years. His record up till now has been fantastic. Since first representing Australia in 1996 in the World Junior Championships, he has rarely been out of the top ten. Have a look at this astonishing list of successes which confirm his standing as our top male walker ever. It is not surprising that he has now achieved an Olympic medal to add to his Commonwealth, World Cup and World Junior medals.

1996 World Junior Champs	Canberra	10,000m	3 <sup>rd</sup>	41:11
1997 Racewalking World Cup	Prague	20 km	53 <sup>rd</sup>	1:23:54
1997 World Student Games	Catania	20 km	5 <sup>th</sup>	1:28:04
1998 Commonwealth Games	Kuala Lumpur	20 km	3 <sup>rd</sup>	1:26:06
1999 Racewalking World Cup	Mezidon	20 km	DQ	
1999 IAAF World Champs	Seville	20 km	7 <sup>th</sup>	1:25:26
2000 Olympic Games	Sydney	20 km	8 <sup>th</sup>	1:21:03
2000 Olympic Games	Sydney	50 km	6 <sup>th</sup>	3:47:29
2001 IAAF World Champs	Edmonton	20 km	4 <sup>th</sup>	1:20:55
2001 IAAF World Champs	Edmonton	50 km	DQ	
2001 Goodwill Games	Brisbane	20,000m	1 <sup>st</sup>	1:19:48
2002 Commonwealth Games	Manchester	20 km	1 <sup>st</sup>	1:25:35
2002 Commonwealth Games	Manchester	50 km	1 <sup>st</sup>	3:52:40
2004 Racewalking World Cup	Naumburg	20 km	3 <sup>rd</sup>	1:19:11
2004 Olympic Games	Athens	20 km	3 <sup>rd</sup>	1:20:02



**The Olympic medallists make the decisive break – Nathan Deakes, Francisco Fernandez and Ivano Brugnetti**

1.	Brugnetti Ivano	ITA	1:19:40 (PB)
2.	Fernández Francisco Javier	ESP	1:19:45
3.	<b>Deakes Nathan</b>	<b>AUS</b>	<b>1:20:02</b>
4.	Pérez Jefferson	ECU	1:20:38

5.	Molina Juan Manuel	ESP	1:20:55
6.	Zhu Hongjun	CHN	1:21:40
7.	Andreyev Vladimir	RUS	1:21:53
8.	Höhne André	GER	1:21:56
9.	Fadejevs Aigars	LAT	1:22:08 (SB)
10.	Vieira João	POR	1:22:19
<b>11.</b>	<b>Adams Luke</b>	<b>AUS</b>	<b>1:23:52</b>

The lap times show the way the event was raced – negative splitting as usual. No wonder they looked tired!

8:11, 16:23, 24:26, 32:22, 40:18, 48:12, 56:05, 63:58, 71:47, 79:40  
8:11, 8:12, 8:03, 7:56, 7:56, 7:54, 7:53, 7:53, 7:49, 7:53

It is hard to believe that Jane Saville is only 29 years old, given her wonderful career so far. Since representing Australia at the World Junior Championships in 1990, she has amassed 18 major international vests. She now has an Olympic medal to add to her Commonwealth and World Junior ones. While this cannot make up for the incredible turmoil and disappointment of Sydney 2000, it is nonetheless a wonderful reward for her determination. She is a wonderful role model for us all.

1990 World Junior Champs	Plovdic	5,000 metres	13 <sup>th</sup>	23:42.46
1992 World Junior Champs	Seoul	5,000 metres	2 <sup>nd</sup>	21:58.64
1993 Racewalking World Cup	Monterey	10 km	43 <sup>rd</sup>	50:15.0
1994 Commonwealth Games	Victoria	10 km	8 <sup>th</sup>	47:14.0
1996 Olympic Games	Atlanta	10 km	26 <sup>th</sup>	45:56.0
1997 IAAF World Champs	Athens	10,000 metres	Ht2 13 <sup>th</sup>	46:12.0
1997 Racewalking World Cup	Prague	10 km	40 <sup>th</sup>	45:19.0
1997 World Student Games	Catania	10 km	10 <sup>th</sup>	49:06.0
1998 Commonwealth Games	Kuala Lumpur	10 km	1 <sup>st</sup>	43:57.0
1999 IAAF World Champs	Seville	20 km	7 <sup>th</sup>	1:32:13.0
1999 Racewalking World Cup	Mezidon	20 km	18 <sup>th</sup>	1:31:58.0
2000 Olympic Games	Sydney	20 km	DQ	
2001 IAAF World Champs	Edmonton	20 km	DQ	
2002 Commonwealth Games	Manchester	20 km	1 <sup>st</sup>	1:36:34
2002 Racewalking World Cup	Turin	20 km	24 <sup>th</sup>	1:35:35
2003 IAAF World Champs	Paris	20 km	11 <sup>th</sup>	1:30:51
2004 Racewalking World Cup	Naumburg	20 km	4 <sup>th</sup>	1:27:44
2004 Olympic Games	Athens	20 km	3 <sup>rd</sup>	1:29:25



Relief and joy for Jane as she acknowledges the crowd from the victory dias

1.	Tsoumeléka Athanasía	GRE	1:29:12	(PB)
2.	Ivanova Olimpiada	RUS	1:29:16	
3.	<b>Saville Jane</b>	<b>AUS</b>	<b>1:29:25</b>	
4.	Turava Ryta	BLR	1:29:39	
5.	Seeger Melanie	GER	1:29:52	
6.	Rigaudo Elisa	ITA	1:29:57	
7.	Vasco María	ESP	1:30:06	
8.	Wang Liping	CHN	1:30:16	
9.	Ginko Elena	BLR	1:30:22	
10.	Papayiánni Athiná	GRE	1:30:37	
1.	<b>Saville Natalie</b>	<b>AUS</b>	<b>1:36:54</b>	
38.	<b>Webb Cheryl</b>	<b>AUS</b>	<b>1:37:40</b>	

The laptimes once again show negative splitting. This was obvious from the television coverage and the speed of the final two kilometres had to be seen to be believed.

9:16, 18:23, 27:21, 36:18, 45:16, 54:12, 63:03, 71:55, 80:27, 89:12  
 9:16, 9:07, 8:58, 8:57, 8:58, 8:56, 8:51, 8:52, 8:32, 8:45

### 2004 OLYMPIC 50 KM WALK

It was truly disappointing to see Nathan Deakes disqualified in the Olympic 50 km event last Friday. Nathan and Robert Korzenioski were clear of the rest of the field at the 33 km mark and looked set to fight out the gold and silver medals. Nathan still has his Olympic bronze medal from the 20 km event but he looked certain to improve on that and hence become our greatest ever Olympic walker, to add to his many feats achieved so far.

With Nathan out of the way, Korzenioski was left to walk to the easiest of his 4 Olympic gold medals. Although 36 years of age, he must be thinking – perhaps I should give it one more go in 2008 – that was easy! A true national hero, he was congratulated by the President of State Aleksaner Kwasniewski who was waiting for his most illustrious athlete by the finish line.

“Those were my last steps as a competitive walker that you saw out there on the track but I will most definitely stay in the world of athletics. I love the sport too much to just let go of it. Right now I am thinking about writing a book on Race Walking,” said a delighted Korzeniowski.

The top 10 placings were as follows

1.	Korzeniowski Robert	POL	3:38:46	
2.	Nizhegorodov Denis	RUS	3:42:50	
3.	Voyevodin Aleksey	RUS	3:43:34	
4.	Yu Caohong	CHN	3:43:45	
5.	García Jesús Angel	ESP	3:44:42	(SB)
6.	Magdziarczyk Roman	POL	3:48:11	
7.	Sudol Grzegorz	POL	3:49:09	(PB)
8.	Pérez Santiago	ESP	3:49:48	(SB)
9.	Andronov Yuriy	RUS	3:50:28	
10.	A Latangadasu	CHN	3:51:55	



**Robert Korzeniowski raises his arms in triumph as he crosses the finish line**

**AUSTRALIAN UNIVERSITY GAMES, 30/09/2003 TO 2/10/2003, NEWCASTLE**

Congratulations to Megan Peters and Erin Adamcewicz who took gold and silver in the Womens 5000m racewalk at the Australian University Games in Newcastle a couple of weeks ago. There were no Victorian entrants in the Mens event and Queensland walkers Pete Beacroft and Peter Brock shared the medals with NSW walker Michael Smith.

**Women 5000 m Race**

1.	Peters, Megan	VU	24:32.43
2.	Adamcewicz, Erin	UBAL	26:02.19
3.	Bock, Claire	USC	26:55.70
4.	Ebejer, Vanessa	UWS	28:02.86
5.	Rutter, Jillian	USYD	28:07.35
6.	Brady, Sarah	QUT	29:25.83
7.	Johnson, Adele	USYD	32:49.93

**Men 5000 m Race Walk**

1.	Beacroft, Pete	BOND	23:15.86 9
2.	Smith, Michael	CSUB	23:24.59 7
3.	Bock, Peter	UQ	25:46.86 6
4.	Higgins, Richard	USYD	37:41.77
	Harrison, Luke	ACPE	DNF
	Lee, David	UNSW	DNF
	Bellemore, Nick	USYD	DQ
	Reynolds, James	UNSW	DQ

**AUSTRALIAN MASTERS CHAMPS, CANBERRA, 31/10 – 09/11**

The Australian Masters Championships were recently held in Canberra and there were 3 walking events on offer – 1500m track, 5000m track and 10 km road. A number of Victorians made the trip north and they did us proud with lots of medals. The best were Marlaine Stanway (3 gold), Brenda Riley (3 gold), Jean Knox (3 gold), Trevor Mayhew (3 gold), Geoff Major (3 gold) and Tina Baarslag-Leb (2 gold). Full results are as follows. Apologies if I have left anyone out.

**Women 10 km Road Walk**

W35	1. Wilson, Lisa	W36	Act	57.27
	2. Staunton, Ann	W39	Act	1:00.31
	3. Bialecki, Helena	W39	Act	1:05.16
W45	1. Ventris, Lyn	W47	WA	50.26
	2. Hollaway, Rose-Mar	W48	WA	1:01.06
	3. Lloyd, Nancy	W49	Nsw	1:11.17
W50	1. Woodward, Lynda	W50	Qld	1:05.53
	2. Cousins, Mary	W54	Tas	1:14.49
	3. Wales, Robyn	W51	Qld	1:19.59
W55	1. Daye, Gwen	W59	NT	1:22.48
W60	<b>1. Riley, Brenda</b>	<b>W63</b>	<b>Vic</b>	<b>57.13</b>
	2. Lynch, Sally	W60	Qld	1:03.24
	3. Chesterton, Val	W63	Act	1:14.50
W65	<b>1. Stanway, Marlaine</b>	<b>W65</b>	<b>Vic</b>	<b>1:07.28</b>
	2. Elix, Ros	W69	SA	1:14.00
	3. Satchithananda, Ma	W67	Sri L	1:20.26
W75	<b>1. Knox, Jean</b>	<b>W76</b>	<b>Vic</b>	<b>1:17.36</b>

**Men 10 km Road Walk**

M35	1. McFadden, Robert	M37	SA	52.25
	<b>2. McKinnon, Christop</b>	<b>M38</b>	<b>Vic</b>	<b>1:06.22</b>
M40	1. Wilkinson, Lachlan	M44	Act	59.46
	2. Rowe, Gregory	M42	Nsw	1:01.06
	3. Worrall, Mark	M43	Act	1:02.30
M45	1. Hall, Bruce	M46	Nsw	1:03.26
M50	1. Stenhouse, John	M52	Act	58.58
	<b>2. Wood, Robin</b>	<b>M53</b>	<b>Vic</b>	<b>1:07.06</b>
	3. Nilon, John	M52	Nsw	1:10.22
M55	<b>1. Mayhew, Trevor</b>	<b>M57</b>	<b>Vic</b>	<b>56.00</b>
	<b>2. Lucas, Alan</b>	<b>M55</b>	<b>Vic</b>	<b>56.54</b>
	3. Gross, John	M57	Act	1:05.38
	4. Hyde, Brendon	M58	Nsw	1:08.45
	5. Andrews, Tony	M58	Act	1:13.05
M60	1. Whyte, Robin	M61	Act	57.11
	<b>2. McGregor, Ron</b>	<b>M61</b>	<b>Vic</b>	<b>1:10.11</b>
	3. Whalen, James	M62	Nsw	1:22.58
M65	<b>1. Major, Geoffrey</b>	<b>M67</b>	<b>Vic</b>	<b>1:02.48</b>
	2. Megas, George	M67	Qld	1:10.53
	3. Munro, Terry	M65	Act	1:17.38
M75	1. O'Neil, Ron	M76	SA	1:07.28
	2. Whyte, Don	M78	Nsw	1:13.40
M80	1. Keatinge, Dick	M80	Nsw	1:12.15

**Women 5000m Track Walk**

W35	1. Wilson, Lisa	W36	Act	27:57.49
	2. Staunton, Ann	W39	Act	28:17.37
	3. Bialecki, Helena	W39	Act	31:28.16
	4. Jones, Kim	W38	Nsw	32:31.08
W45	1. Ventris, Lyn	W47	WA	24:45.51
	2. Hollaway, Rose-Mar	W48	WA	29:55.01
	3. Lingley, Jenny	W47	Nsw	40:12.62

	4. Hazarika, Sumitra	W45	India	41:41.64
W50	1. Woodward, Lynda	W50	Qld	32:08.64
	<b>2. Tucker, Barbara</b>	<b>W54</b>	<b>Vic</b>	<b>32:58.74</b>
	3. Cousins, Mary	W54	Tas	38:06.96
	4. Wales, Robyn	W51	Qld	38:17.66
	5. Purnell, Teresa	W54	Nsw	42:01.62
	6. Carlon, Carmen	W51	Act	43:17.64
W55	1. Daye, Gwen	W59	NT	40:04.60
W60	<b>1. Riley, Brenda</b>	<b>W63</b>	<b>Vic</b>	<b>27:36.20</b>
	2. Lynch, Sally	W60	Qld	31:22.45
W65	<b>1. Stanway, Marlaire</b>	<b>W65</b>	<b>Vic</b>	<b>32:12.38</b>
	2. Elix, Ros	W69	SA	36:04.47
	3. Satchithananda, Ma	W67	Sri L	38:19.85 ....
	4. Marshall, Anne	W66	NT	38:27.93
W70	<b>1. Baarslag Leb, Tina</b>	<b>W70</b>	<b>Vic</b>	<b>36:47.73</b>
	Kendall, Yvonne	W74	Nsw	DNF
	O'Shea, Colleen	W74	Nsw	DQ
W75	<b>1. Knox, Jean</b>	<b>W76</b>	<b>Vic</b>	<b>38:19.86</b>
	2. Bamford, Justine E	W77	Tas	44:48.20
	3. Krause, Maragret	W77	Qld	47:52.62

#### Men 5000m Track Walk

M35	<b>1. McKinnon, Christop</b>	<b>M38</b>	<b>Vic</b>	<b>33:09.11</b>
M40	1. Wilkinson, Lachlan	M44	Act	27:28.08
	2. Rowe, Gregory	M42	Nsw	28:41.03
	3. Worrall, Mark	M43	Act	30:51.07
M45	1. Hall, Bruce	M46	Nsw	32:00.66
M50	1. Stenhouse, John	M52	Act	28:30.73
	<b>2. Wood, Robin</b>	<b>M53</b>	<b>Vic</b>	<b>33:27.64</b>
	3. Nilon, John	M52	Nsw	35:28.61
M55	<b>1. Mayhew, Trevor</b>	<b>M57</b>	<b>Vic</b>	<b>26:46.70</b>
	<b>2. Lucas, Alan</b>	<b>M55</b>	<b>Vic</b>	<b>27:09.20</b>
	3. Gross, John	M57	Act	32:24.56
M60	1. Whyte, Robin	M61	Act	28:27.02
	2. Whalen, James	M62	Nsw	39:54.23
	3. Wiggins, Bruce	M62	Nsw	40:29.07
M65	<b>1. Major, Geoffrey</b>	<b>M67</b>	<b>Vic</b>	<b>30:38.05</b>
	2. Chapman, Robert	M69	Act	31:11.92
	3. Smith, Robert Leig	M68	SA	34:23.48
	4. Megas, George	M67	Qld	34:25.33
	5. Denham, Raymond	M69	Qld	40:48.56
M70	1. DE, Narayan Chandr	M74	India	38:08.88
	<b>2. Heywood, Wesley</b>	<b>M74</b>	<b>Vic</b>	<b>41:05.08</b>
	3. Sette, Raphael	M71	Act	42:01.85
M75	1. O'Neil, Ron	M76	SA	33:38.15
	2. Whyte, Don	M78	Nsw	34:05.86
M80	1. Keatinge, Dick	M80	Nsw	35:53.64

#### Women 1500m Track Walk

W35	1. Staunton, Ann	W39	ACT	7:35.64
	2. Wilson, Lisa	W36	ACT	7:41.32
	3. Bialecki, Helena	W39	ACT	8:16.87
	4. Jones, Kim	W38	NSW	8:33.89
	<b>5. Lambrick, Fiona</b>	<b>W39</b>	<b>VIC</b>	<b>11:24.22</b>
	6. Nurmi, Laura	W39	QLD	14:18.28
W40	<b>1. Sheehan, Karen</b>	<b>W40</b>	<b>VIC</b>	<b>9:42.58</b>
	2. Powe, Narelle	W40	NSW	10:41.95
	3. Taylor, Sally Anne	W42	SA	11:44.17
W45	1. Ventris, Lyn	W47	WA	6:52.67
	2. Hollaway, Rose-Mar	W48	WA	8:32.36
W50	1. Woodward, Lynda	W50	QLD	9:02.80
	<b>2. Tucker, Barbara</b>	<b>W54</b>	<b>VIC</b>	<b>9:19.83</b>

	3. Cousins, Mary	W54	TAS	10:22.80
	4. Purnell, Teresa	W54	NSW	11:37.98
	5. Carlon, Carmen	W51	ACT	11:45.64
W55	1. Daye, Gwen	W59	NT	11:39.98
W60	<b>1. Riley, Brenda</b>	<b>W63</b>	<b>VIC</b>	<b>7:50.39</b>
	2. Lynch, Sally	W60	QLD	8:11.27
	<b>3. Herbert, Joy</b>	<b>W60</b>	<b>VIC</b>	<b>9:45.29</b>
W65	<b>1. Stanway, Marlaine</b>	<b>W65</b>	<b>VIC</b>	<b>9:06.73</b>
	2. Elix, Ros	W69	SA	10:10.83
	3. Marshall, Anne	W66	NT	11:08.09
W70	<b>1. Baarslag Leb, Tina</b>	<b>W70</b>	<b>VIC</b>	<b>10:21.94</b>
	2. O'Shea, Colleen	W74	NSW	11:36.41
	3. Kendall, Yvonne	W74	NSW	13:43.31
W75	<b>1. Knox, Jean</b>	<b>W76</b>	<b>VIC</b>	<b>10:28.86</b>
	2. Krause, Maragret	W77	QLD	13:26.93

### Men 1500m Track Walk

M35	<b>1. McKinnon, Christop</b>	<b>M38</b>	<b>VIC</b>	<b>9:18.20</b>
	2. Suthers, Steven	M36	QLD	DQ
M40	1. Wilkinson, Lachlan	M44	ACT	7:53.54
	2. Worrall, Mark	M43	ACT	8:13.31
M50	1. Stenhouse, John	M52	ACT	7:19.54
	<b>2. Wood, Robin</b>	<b>M53</b>	<b>VIC</b>	<b>9:25.54</b>
	3. Nilon, John	M52	NSW	9:49.52
M55	<b>1. Mayhew, Trevor</b>	<b>M57</b>	<b>VIC</b>	<b>7:29.76</b>
	<b>2. Lucas, Alan</b>	<b>M55</b>	<b>VIC</b>	<b>7:39.70</b>
	3. Gross, John	M57	ACT	8:59.80
M60	1. Whyte, Robin	M61	ACT	8:11.93
	<b>2. McGregor, Ron</b>	<b>M61</b>	<b>VIC</b>	<b>9:47.67</b>
	3. Whalen, James	M62	NSW	11:27.47
M65	<b>1. Major, Geoffrey</b>	<b>M67</b>	<b>VIC</b>	<b>8:12.85</b>
	2. Chapman, Robert	M69	ACT	8:53.66
	3. Smith, Robert Leig	M68	SA	9:49.97
	4. Megas, George	M67	QLD	10:03.97
	5. Denham, Raymond	M69	QLD	12:15.56
M70	1. Sette, Raphael	M71	ACT	10:54.97
	2. DE, Narayan Chandr	M74	INDIA	10:57.19
	<b>3. Heywood, Wesley</b>	<b>M74</b>	<b>VIC</b>	<b>11:09.98</b>
M75	1. O'Neil, Ron	M76	SA	9:27.11
	2. Whyte, Don	M78	NSW	9:52.55
M80	1. Keatinge, Dick	M80	NSW	10:33.46
M85	<b>1. Smith, Andy</b>	<b>M88</b>	<b>VIC</b>	<b>17:02.14</b>

**IAAF WORLD JUNIOR CHAMPS, GROSSETO, ITALY.**



**Ruzavin Andrey of Russia shares the lead with Kim of Korea**



**Irina Petrova of Russia wins the women's race**

The World Junior championships have now completed in Grosseto in Italy and amongst the events were 10,000m track walks for men and women. Australia had 2 representatives – Lisa Grant and Adam Rutter, both of NSW.

**Junior Women 10,000 Racewalk, 16 July 2004, 7:15PM**

19 year-old Irina Petrova of Russia set a new personal best of 45:50.39 to win the 10,000m walk at the World Junior Championships in Grosseto, one year after claiming the European Junior title in Tampere. Sokolova had been expected to win after her wonderful walk in the World Cup in May (45:29) but on this occasion, Petrova was just too strong. The depth of Russian walking is just astounding. Zhang of China, who was third in Naumburg, improved to the silver position on this occasion. The number of PBs indicates the good conditions and the wonderful racing atmosphere. Lisa Grant just about matched her 49:25 which she recorded in Naumburg in May but it only got her 15<sup>th</sup> place this time in a very high quality event.

The kilometre splits show just how these top races are walked. There is no mad rush from the start. The pace is very well judged and the second half is normally significantly faster than the first half.

4:45, 9:19, 13:56, 18:34, 23:09, 27:47, 32:25, 37:08, 41:33, 45:50

4:45, 4:34, 4:37, 4:38, 4:35, 4:38, 4:38, 4:43, 4:25, 4:17

1.	Petrova Irina	RUS	45:50.39	(PB)
2.	Zhang Nan	CHN	45:58.54	(SB)
3.	Sokolova Vera	RUS	46:53.02	(SB)
4.	Mitsumura Fumi	JPN	47:10.89	
5.	Liu Xiaoyan	CHN	47:57.62	(PB)
6.	Suzuki Sumiko	JPN	48:00.24	
7.	Ragonesi Agnese	ITA	48:00.69	(PB)
8.	Landmann Maja	GER	48:16.48	
9.	Virbalyté Brigita	LTU	48:51.25	(SB)
10.	Loriou Mandy	FRA	49:03.35	(PB)
11.	Trapletti Valentina	ITA	49:06.52	(PB)
12.	Zapounidou Déspina	GRE	49:18.93	(PB)
13.	Loughnane Ann	IRL	49:24.89	(NJR)
14.	Huzzey Megan	CAN	49:25.50	(PB)

<b>15. Grant Lisa</b>	<b>AUS</b>	<b>49:32.54</b>	
16. Ordóñez Johana	ECU	50:05.95	(PB)
17. Iglesias Eva Maria	ESP	50:27.82	(PB)
18. Gerendási Eszter	HUN	50:34.85	(PB)
19. Kuznyetsova Anastasiya	UKR	50:46.30	(PB)
20. Erdos Ivett	HUN	50:58.95	(PB)
21. Gorst Amanda	NZL	51:02.74	(PB)
22. Michta Maria	USA	51:42.95	
23. Llactahuaman Jheny	PER	51:55.67	
24. Guamán Yadira	ECU	52:07.82	(PB)
25. Hayes Catherine	USA	52:27.15	(PB)
26. Saglam Narim	TUR	53:01.80	
27. Mc Mahon Caitriona	IRL	54:38.19	(PB)
28. Rusak Aliona	BLR	DQ	
29. Petrosyan Tatevik	ARM	DNF	

#### Junior Men 10,000 Racewalk, 17 July 2004

In a thrilling battle over the final kilometre, Andrey Ruzavin and Vladimir Kanaykin came from behind to make it a Russian double ahead of Korea's Hyun-sup Kim.

The lead swapped frequently during the race as many of the walkers tried unsuccessfully to assert their authority on the big field. Adam Rutter stayed with the lead group until the 5000m mark before fading a little. He was eventually disqualified, a bitter disappointment for him after his recent wonderful racing form (his time of 40:54 in the NSW walk titles had made him a definite medal prospect).

Approaching the 9000m mark, Russians Andrey Ruzavin and Vladimir Kanaykin started their move, coming into place behind Kim and Sanchez and gradually pulling away from Rojas. Twenty metres to the bell and Kim accelerated smoothly to the front followed by Ruzavin and Kanaykin, with Sanchez just holding on. 200 metres out and Ruzavin moved smoothly ahead of Kim, with Kanaykin following him and passing the Korean with twenty metres to go to the line, giving the Russians gold and silver and Kim the bronze medal, with a winning time for Ruzavin of 40:58.16. Kanaykin crossed the line in 40:58.48 and Kim in 40:59.24 to complete the closest World Junior walk event ever. 3 seconds separated the first 4.

Again, the kilometre splits tell the story of the race – even pace and then a final surge to the finish

4:08, 8:19, 12:27, 16:36, 20:40, 24:48, 29:00, 33:07, 37:10, 40:58  
 4:08, 4:11, 4:08, 4:09, 4:04, 4:08, 4:12, 4:07, 4:03, 3:48

1. Ruzavin Andrey	RUS	40:58.15	
2. Kanaykin Vladimir	RUS	40:58.48	(SB)
3. Kim Hyun-sup	KOR	40:59.24	(SB)
4. Sánchez Eder	MEX	41:01.64	(PB)
5. Rojas Alejandro	MEX	41:14.24	(PB)
6. Morioka Koichiro	JPN	41:14.61	(PB)
7. Ortega Osvaldo	ECU	41:19.79	(PB)
8. Sánchez Benjamin	ESP	41:21.13	(PB)
9. Tsivanchuk Vadzim	BLR	41:40.11	(PB)
10. Rubino Giorgio	ITA	42:00.63	
11. Sun Chao	CHN	42:04.91	(SB)
12. Krause Michael	GER	42:05.01	(SB)
13. Shi Yong	CHN	42:12.75	(PB)
14. Chaloupka Jiri	CZE	42:15.90	(PB)
15. Janevics Ingus	LAT	42:22.06	(PB)
16. Mikelionis Vilius	LTU	43:04.10	(PB)
17. Suzuki Yusuke	JPN	43:43.26	(PB)
18. Ursu Doru	ROM	43:49.46	(PB)
19. Dolci Mirko	ITA	44:14.45	
20. Savanovic Vladimir	SCG	44:33.02	(PB)
21. de Almeida Herbert Alvacir	BRA	44:39.83	
22. Ziukas Marius	LTU	44:44.91	(PB)
23. Borgoño Carlos	CHI	44:57.13	(SB)
24. dos Santos Vanderlei	BRA	45:21.91	
25. Ibañez Anatole	SWE	45:35.23	(PB)

26. hurqui Eben Ezer	BOL	45:40.14	(PB)
27. Ríos Juan Carlos	ESP	46:09.12	(PB)
28. Araya Yerko	CHI	48:20.94	(SB)
29. Blazek Michal	SVK	DQ	
<b>30. Rutter Adam</b>	<b>AUS</b>	<b>DQ</b>	
31. Schmidt Carsten	GER	DNF	

**AUSTRALIAN ALL SCHOOL T&F CHAMPS, BRISBANE, 12-15 DECEMBER 2003**

Only a small number of Victorians made the long trip to Queensland but there were still some very good results, spearheaded by Silver Medals to **Natalie Laurie** (Under 14 Girls), **Jake Hogan** (Under 14 Boys) and **Jessie Rothwell** (Under 16 Girls) and a Bronze Medal to **Rhydian Cowley** (Under 14 Boys).

With the walk events spread over all 4 days, many of the younger athletes took the opportunity to enter more than one age group and thus featured in multiple results. On the first day of competition, the U18 walks were held late in the evening in cooler conditions. This saw fast times by winners Jillian Hosking and Adam Rutter.

**Girls 3000 metre Walk Under 18:**

1. Hosking, Jillian,	ACT	Reeboth Christ.,	13:47.46
2. Knapton, Susan,	NSW	Erskine Park HS,	13:59.70
3. Heazlewood, Jessica,	NSW	Loreto Kirribilli,	14:15.76
4. Burns-Rees, Lauren,	NSW	Oxley HS,	14:26.89
5. Lee, Beki,	NSW	St Marys Sen HS,	14:38.82
6. <b>Rothwell, Jess,</b>	<b>VIC</b>	Goulburn Vall. Gram,	14:48.11
7. Alldis, Fiona,	NSW	Abbotsleigh,	14:53.98
8. Jones, Chloe,	NSW	St Marys Sen HS,	15:00.08
9. Bannister, Lynette,	TAS	Rosny Coll,	15:04.03
10. <b>Fuzzard, Sibon,</b>	<b>VIC</b>	Girton Gram,	15:32.52
11. Worrall, Caitlin,	ACT	Melrose HS,	15:47.37
12. <b>Jacobs, Fauve,</b>	<b>VIC</b>	Christian Coll,	16:17.79
13. Alldis, Christina,	NSW	Abbotsleigh,	16:38.03
14. Biggs, Jessica,	QLD	Alex. Hills SHS,	16:45.98
Holliday, Tanya,	SA	Brighton HS,	DQ

**Boys 3000 metre Walk Under 18:**

1. Rutter, Adam,	NSW	Pennant Hills HS,	12:12.99
2. Perske, Ben,	QLD	Padua Coll,	12:40.66
3. Harris, Matt,	SA	Norwood-Morialta HS,	13:50.94
4. Reading, Brendon,	ACT	Belconnen HS,	13:52.79
5. Egelton, Blake,	NSW	St Dominics,	14:04.43
6. Colquhoun, Ashley,	ACT	MacKillop Coll,	14:17.02
7. Wolszczak, Gregorz,	SA	Thomas More Coll,	14:20.21
8. Coleman, Daniel,	TAS	St Virgils,	14:26.18
9. Humphrey, Aaron,	TAS	Hobart Coll,	14:34.40
10. Sellen, Glen,	NSW	Rooty Hill HS,	14:48.25
Cleasby, Benjamin,	WA	Mt Lawley SHS,	DQ

Day 2 saw the two Under 14 walks being held mid afternoon in hot conditions (daytime temperature in the low thirties with high humidity). The times overall reflect this fact. In both events, we saw a fine battle between the first two walkers with the Victorians just missing out on gold on both occasions. The finishing times of Jared Loi and Jake Hogan in the boys event were excellent.

**Girls 1500 M Walk Under 14:**

1. Duffy, Natalie,	NSW	St Vincents Coll,	7:23.25
2. <b>Laurie, Natalie,</b>	<b>VIC</b>	Kingswood Coll,	7:26.89
3. Petith, Dianne,	QLD	Chisholm Coll,	7:35.43
4. Sorensen, Natasha,	QLD	Somerville Hse,	7:43.62
5. Biteznik, Katrina,	NSW	Bev. Hills Girls HS,	7:50.12
6. <b>Polmear, Jacinta,</b>	<b>VIC</b>	Loreto Coll,	7:51.91
7. Hayward, Morgan,	QLD	St Columbans HS,	7:54.75
8. Tillman, Kimberley,	NSW	Elderslie HS,	8:00.05
9. <b>Palfreyman, Jessie,</b>	<b>VIC</b>	Golden Square SC,	8:00.53
10. Holliday, Anika,	SA	BRIGHTON PS,	8:03.88
11. Sanford, Kate,	QLD	Forest Lake College,	8:06.96
12. <b>Lovus, Katie,</b>	<b>VIC</b>	Kingswood Coll,	8:10.36
13. <b>Neylan, Alicia,</b>	<b>VIC</b>	Watsonia North PS,	8:16.34
14. Attwell, Aimee,	WA	Bungaree PS,	8:19.43

Foran, Tara,	QLD	Benowa S H S,	DQ
Densley-Scott, Danielle,	WA	South Fremantle Shs,	DQ
Roddy, Amy,	WA	John Septimus Roe,	DQ
D'Agnone, Gabrielle,	WA	Lumen Christ. Coll,	DQ

#### Boys 1500 M Walk Under 14:

1. Loi, Jared,	QLD	Bribie Is. SHS,	6:54.99
2. <b>Hogan, Jake,</b>	VIC	St Pauls Ang,	6:57.96
3. <b>Cowley, Rhydian,</b>	VIC	Glen Waverley SC,	7:16.01
4. De Wit, Dan,	NSW	Nth Syd. Boys HS,	7:34.89
5. Mulhearn, Derek,	NSW	Marist Coll E'wood,	7:43.10
6. Birt, Jonathan,	QLD	West Moreton SHS,	7:46.93
7. Richardson, Chase,	TAS	Gagebrook PS,	7:49.05
8. Mawson, Curtis,	NSW	Menai HS,	7:49.06
9. Harvey, Jarrod,	QLD	Boonah SHS,	7:54.04
10. Ninyo, Shaun,	NSW	Matraville Sp. HS,	7:55.28
11. Fitzgerald, Justin,	NSW	St Dominics,	7:57.14
12. <b>Platt, John,</b>	VIC	Mt Clear SC,	7:57.60
13. Crimmin, Glenn,	QLD	Beachmere SHS,	8:01.65
14. Sellen, Shane,	NSW	Erskine Park HS,	8:06.43
15. Goodwin, Sam,	QLD	Caloundra SHS,	8:28.37
Pisani, Jason,	NSW	Condell Park HS,	DQ
Keys, Brook,	NSW	Mitchell HS,	DQ

Luckily for the U20 girls, their walk was not held until 7:15PM and so they were spared from the tough daytime conditions. This allowed quick times with 18 year old Lisa Grant taking the gold in 24.17, not far ahead of 16 year old Susan Knapton who was the runner-up in the under 18 Girls event the previous day.

#### Girls 5000 M Walk Under 20:

1. Grant, Lisa,	NSW	Girraween HS,	24:17.11
2. Knapton, Susan,	NSW	Erskine Park HS,	24:24.03
3. Holliday, Tanya,	SA	Brighton HS,	24:55.07
4. Heazlewood, Jessica,	NSW	Loreto Kirribilli,	24:56.57
5. Lee, Beki,	NSW	St Marys Sen HS,	25:11.01
6. Alldis, Fiona,	NSW	Abbotsleigh,	26:01.26
7. Burns-Rees, Lauren,	NSW	Oxley HS,	26:09.26
8. Jones, Chloe,	NSW	St Marys Sen HS,	26:46.79
9. Bannister, Lynette,	TAS	Rosny Coll,	27:01.78
10. <b>Jacobs, Fauve,</b>	VIC	Christian Coll,	28:01.68
11. Alldis, Christina,	NSW	Abbotsleigh,	28:38.97
12. Biggs, Jessica,	QLD	Alex. Hills SHS,	29:47.19
13. Dodds, Katie,	NSW	Bev. Hills Girls HS,	30:24.33

Day 3 saw more hot weather for the Under 20 Boys 5000m and the Under 16 Girls 3000m which were both held in the afternoon session. Tanya Holliday bounced back from her DQ in the Under 18 event and made no mistakes in holding out Jess Rothwell in a thrilling finish. Tanya has just completed an outstanding month of walking with this win coming on top of two recent SA State Records over 3000m (13.42) and 5000m (24.08).

World Youth representative Adam Rutter had an easy win in the Under 20 boys 5000m in 22.18, following up his win in the Under 18 3000m on Friday. Friday's runner-up Ben Perske again took silver, this time in 22.39.

#### Girls 3000 M Walk U16:

1. Tanya Holliday,	SABG,	14:54.30
2. <b>Jess Rothwell,</b>	VIGV,	14:56.11
3. Fiona Alldis,	NSAB,	15:07.25
4. <b>Sibon Fuzzard,</b>	VIGT,	15:23.18
5. <b>Siobhan Donovan,</b>	VIXZ,	15:43.24
6. Lizzy Malcomson,	TAFa,	15:58.87
7. Caitlin Worrall,	ACML,	16:02.34
8. Cassandra Staples,	NSMQ,	16:11.75
9. <b>Sarah Alexander,</b>	VIKP,	16:30.66
10. Dianne Petith,	QLCS,	16:39.31

11. Amy Roddy,	WAJS,	16:49.64
12. <b>Jessie Palfreyman,</b>	VIGD,	17:08.98
13. Amber Woodforth,	QLMA,	17:30.13
14. Tara Baker-Gabb,	QLHE,	18:12.03
Chantelle Shorten,	NSGM,	DNF
Gabrielle D'Agnone,	WALC,	DQ
Catherine Swann,	WAKC,	DQ

**Boys 5000 M Walk U20:**

1. Adam Rutter,	NSPS,	22:18.02
2. Ben Perske,	QLPC,	22:39.69
3. Aaron Humphrey,	TAHC,	25:07.75
4. Benjamin Cleasby,	WAMT,	25:38.52
Matt Harris,	SANM,	DQ
Ashley Colquhoun,	ACMK,	DQ

The Boys Under 16 3000m was the final walk on the program and was held on Sunday afternoon (day 4). To complete a good spread of medals, Queenslander Alan Murray won the second Gold medal for that State. Fellow Queenslander Jared Loi, who won the Under 14 1500m, was 4<sup>th</sup> in this event, an excellent effort.

**Boys 3000 M Walk U16:**

1. Alan Murray,	QLNV,	13:58.42
2. Brendon Reading,	ACBE,	14:03.15
3. Gregorz Wolszczak,	SATM,	14:09.45
4. Jared Loi,	QLBI,	14:17.74
5. Daniel Coleman,	TASV,	14:19.96
6. Blake Egelton,	NSSN,	14:31.07
7. Ian Rayson,	NSGH,	14:48.96
8. Justin Smith,	QSHC,	15:03.26
9. Daniel Neale,	NSIS,	15:03.31
10. <b>David Ranger,</b>	VISY,	15:25.04
11. Desmond Collier,	QLDK,	15:57.81
12. Liam Daley,	QLRS,	16:38.85
Beau Plummer,	NSCM,	DNF
Mark Sheehan,	WAMD,	DQ
Glen Sellen,	NSRH,	DQ

The walker of the meet would have to be 17 year old NSW walker Adam Rutter. His Golds in the Under 20 and Under 18 events were both comprehensive and the times were excellent. Adam repped in the 2003 World Youth Champs and is odds on to represent Australia again in the 2004 World Junior championships. He was one of three walkers (including Victorian Jared Tallent) who fought out an exciting Australian Under 20 10 km roadwalk in Canberra last year. With Jared soon to move up to Senior ranks, Adam takes over the mantle as our top male Junior.



**Adam Rutter (71) shadows Jared Tallent (115) in the 2003 Australian Under 20 10 km Championship**

<b>A SERIES 10000M WALKS, BRISBANE, 23-24 JANUARY 2004</b>
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This was the first of the A Series racewalks and a 10,000m track event was chosen to give our Junior walkers chances to qualify for both World Junior Championships and the Racewalking World Cup. A number of senior walkers also took the opportunity to have a hitout over the shorter distance.

**Men 10000 M Walk, Friday 23 January 2004, 9:40PM**

While Luke Adams was the clear winner in this event, it was the next generation of walkers who took centre stage. 19 year old Jared Tallent and 17 year old Adam Rutter both did PBs to take second and third place and they relegated Liam Murphy to fourth. Canadian veteran Tim Berrett, over for a month of training in Canberra, was next in ahead of WA Junior Michael McCagh. It is good to see the juniors doing so well.

1.	Luke Adams	AIS	41:53.58
2.	Jared Tallent	AIS	43:16.79
3.	Adam Rutter	NSWIS	44:02.15 (World Juniors Qual and World Cup Individual Qual)
4.	Liam Murphy	AIS	44:53.94
5.	Tim Berrett	CAN	46:13.74
6.	Michael McCagh	WAIS	46:21.31 (World Cup Team Qualifier)
7.	Ben Perske	QLD	47:35.24
8.	Andrew Ludwig	QLD	48:20.88
9.	Kurt Rose	QLD	50:45.00
10.	Shane Pearson	QLD	51:11.43
11.	Aaron Humphrey	TAS	54:18.94
12.	Darren Bown	SA	DNF

**Women 10000 M Walk, Saturday 24 January 2004, 7:00AM**

Jane and Natalie Saville took first and second place in a race held in humid conditions. Victorian Simone Wolowiec walked well for fourth place and split former AIS walkers Cheryl Webb and Claire Wood. Then it was the Juniors with Lisa Grant producing a World Cup qualifier and Fiona Alldis missing out on the qualifying standard by only 1 second.

11.	Jane Saville	NSWIS	46:10.31
12.	Natalie Saville	NSW	46:58.97
13.	Cheryl Webb	ACTAS	47:18.60
14.	Simone Wolowiec	VIC	48:10.26
15.	Claire Woods	ACT	48:45.98
16.	Lisa Grant	NSW	51:32.07 (World Cup Team Qualifier)
17.	Fiona Alldis	NSW	52:01.17
18.	Chloe Jones	NSW	56:43.19
19.	Vanessa Ebejer	NSW	57:48.37
20.	Christina Alldis	NSW	57:56.64
21.	Claire Bock	QLD	59:47.38
	Lauren Burns-Rees	NSW	DNF
	Beki Lee	NSWIS	DNF

## A SERIES WALKS, CANBERRA, 31 JANUARY 2004

Only a week after the Brisbane walks, yet more opportunities for our walkers to show out in another A Series Meet. A fast flat cyclepath along the edge of Lake Burley Griffin, a 7AM start and a cool Canberra morning meant perfect conditions for the large number of walkers who had entered. The only notable absentees seemed to be Nathan Deakes and Darren Bown.

### Men 20 km Walk

It was Luke Adams in front again with a strong winning time of 1:23:45 but once more interest was focused on the group behind him. Liam Murphy, Jared Tallent and Adam Rutter (in the 10 km junior event) headed out together before Liam and Adam increased their tempo and pulled away from Jared. With Adam finishing his race at the 10 km mark, it was left to Liam to hold on for a good 1:27:25 while Jared walked a very even race to record a 3 minute PB for third place. Jared has shown great improvement during his short time at the AIS and now has a World Cup qualifier to his credit. Further back in the field, Frank Bertei, Aaron Meller and Chris Erickson all did PBs, indicating the healthy depth currently in our senior walking.

1. Adams, Luke	AIS	1:23:45.00 (World Cup Team Qualifier)
2. Murphy, Liam	AIS	1:27:25.00 (World Cup Team Qualifier)
3. Tallent, Jared	AIS	1:28:10.00 (World Cup Team Qualifier) (PB)
4. Berrett, Tim	CAN	1:29:28.00
5. Cousins, Duane	VIS	1:30:58.00
6. Bertei, Frank	VIC	1:32:35.00 (PB)
7. Mellor, Aaron	NSW	1:33:56.00 (PB)
8. Erickson, Chris	VIC	1:34:07.00 (PB)
9. Smith, Michael	NSW	1:42:15.00
10. Humphrey, Aaron	TAS	1:58:11.00
Sundstrom, Troy	NSW	DNF

### Women 20 km Walk

Jane and Natalie Saville took first and second once again in impressive performances but the disappointed walker in the field was Cheryl Webb who was just behind Jane and also on target for an Olympic A qualifier before being disqualified on the last lap after receiving 3 late reds. Simone Wolowiec had been hoping for a good time but had to retire midrace after a niggly hamstring made its presence felt. The only other Victorian rep was Megan Peters who finished in sixth



place.

### Jane Saville in action in the Canberra A Series 20 km roadwalk

1. Saville, Jane	NSWIS	1:32:53.00 (Olympic A Qualifier, World Cup Individual Qualifier)
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2.	Saville, Natalie	NSW	1:36:18.00 (World Cup Individual Qualifier)
3.	Woods, Claire	ACT	1:39:18.00
4.	Johnson, Laura	NSWIS	1:48:32.00
5.	Wilson, Lisa	ACT	1:50:32.00
6.	Peters, Megan	VIC	1:51:43.00
	Wolowiec, Simone	VIC	DNF
	Webb, Cheryl	ACTAS	DQ
	Bock, Claire	QLD	DNS

#### Junior Men 10 km walk

17 year old Adam Rutter took over minute off his PB with his brilliant 42.58. Just who good is this young bloke!

1.	Rutter, Adam	NSWIS	42:58.00 (World Junior Qual and World Cup Individual Qual) (PB)
2.	Reading, Brendon	ACT	52:38.00

#### Junior Women 10 km walk

The junior girls were outstanding in their 10 km event. Lisa Grant, 18, did a huge personal best to win in 49:29 but even more impressive was the performance by 15 year old Fiona Alldis who took over 2 minutes from her PB to walk 49:34. Another 15 year old, Jessica Heazelwood, was 3<sup>rd</sup> in 51:23 with World Youth representative Beki Lee (17 years of age) 4<sup>th</sup> in 51:46. In fact, all 4 girls recorded huge PB's. If you include World Youth representative Susan Knapton, who didn't compete here, it'll be tough to get into this particular Junior World Cup team.

1.	Grant, Lisa	NSW	49:29.00 (World Cup Individual Qualifier) (PB)
2.	Alldis, Fiona	NSW	49:34.00 (World Cup Individual Qualifier) (PB)
3.	Heazelwood, Jessica	NSW	51:23.00 (World Cup Team Qualifier) (PB)
4.	Lee, Beki	NSWIS	51:46.00 (World Cup Team Qualifier) (PB)
5.	Jones, Chloe	NSW	53:14.00
6.	Rutter, Jillian	NSW	54:49.00
7.	Worrall, Caitlin	ACT	55:34.00
8.	Alldis, Christina	NSW	55:45.00
9.	Ebejer, Vanessa	NSW	57:22.00
	Burns-Rees, Lauren	NSW	58:55.00

<b>AUSTRALIAN RACEWALK CHAMPIONSHIPS, SYDNEY, 27-28 FEBRUARY 2004</b>
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The Telstra Australian Open and Under 20 Championships were held last weekend in Sydney in cool conditions. These championships also doubled as the 2004 Olympic Trials and all events were keenly contested. Amongst the events were the Under 20 10,000m track walks and the Open 20 km road walks.

### Men 10000 Metre Walk Under 20

Western Australian Michael McCagh turned the tables on rival Adam Rutter and won comfortably. As expected, the big 3 of McCagh and Rutter and Perske dominated. These 3 have already qualified for the World Cup Racewalking Under 20 team and consolidated their positions with their medals here.

1. McCagh, Michael,	WA,	45:40.38
2. Rutter, Adam,	NSWI,	46:42.72
3. Perske, Ben,	QLD,	47:39.76
4. Harris, Matt,	SA,	50:25.86
Reading, Brendon,	ACT,	DQ

### Women 10000 Metre Walk Under 20

With Laura Johnson finally out of Junior ranks, someone else had a chance for gold and Lisa Grant improved on her previous best of 49:29 to win by over a lap. Fiona Alldis and Jessica Heazlewood took the minor medals as expected and all 3 girls have probably now confirmed their places in the Racewalking World Cup Under 20 Team. Our one Victorian rep, Laura Gleich, improved on her previous best by nearly 2 mins and definitely shows promise in her first season of serious walking.

1. Grant, Lisa,	NSW	48:58.83 (PB)
2. Alldis, Fiona,	NSW	52:01.02
3. Heazlewood, Jessica,	NSW	53:06.32
4. Holliday, Tanya,	SA	54:10.39
5. Jones, Chloe,	NSW	54:56.87
6. Ebejer, Vanessa,	NSW	56:11.79
7. Rutter, Jillian,	NSW	56:27.43
<b>8. Gleich, Laura,</b>	<b>VIC</b>	<b>56:47.66</b>
9. Alldis, Christina,	NSW	57:32.23
10. Dodds, Katie,	NSW	67:20.92
Lee, Beki,	NSWI	DQ.

### Men 20k Walk Open

Here is what Len Johnson of the Melbourne Age had to say about Nathan's fine winning performance in the Open Mens 20 km event:

*Nathan Deakes clinched an Olympic spot by winning the men's 20-kilometre walk. Perversely, the place he clinched was in the 50 km, not the 20. Deakes won the 50-km trial, held separately last December, in an Olympic A-standard but then received a stress fracture of the femur. Although he ultimately wants selection for both events, Deakes walked yesterday to prove his fitness to the selectors.*

*The win, in 1:23:11, over two-and-a-half minutes ahead of world championships fifth placegetter Luke Adams, made certain Deakes will be in the team - at 50 km. Unfortunately, despite his world championships performance, Adams is now not an automatic nomination because he was beaten by a non-automatic nomination at 20 km.*

*Deakes decided only on Wednesday to contest the event. "It was a bit of a risk, but a risk I was willing to take," he said. Deakes has kept his fitness up by cross-training, only returning to walking in the past two weeks.*

*"The first week was terrible," he said, "and it only started to come together in the last six days."*

*Deakes will walk the 20 km only at the World Walking Cup, where he will have an excellent opportunity to achieve the Australian Olympic A-standard of 1:22:30.*

It was certainly great to see Nathan back in the winning circle in his first race since his amazing 50 km in December. It was also wonderful to see 7 Victorians amongst the 14 finishers. Jared Tallent continued on his merry way, breaking 88 minutes for another PB. The big surprise of the race was Tom Barnes who did a 2 min PB to record 95:58 in only his second 20 km race. Wow! Finally, Michael Beaton-Wells also did a PB in only his second or third 20 km race.

<b>1. Deakes, Nathan</b>	<b>AIS</b>	<b>1:23:11.00</b>
2. Adams, Luke	AIS	1:25:31.00

3.	Murphy, Liam	AIS	1:26:50.00
4.	<b>Tallent, Jared</b>	<b>AIS</b>	<b>1:27:34.00 (PB)</b>
5.	Bown, Darren	SASI	1:29:29.00
6.	Barrett, Craig	NZL	1:30:41.00
7.	<b>Cousins, Duane</b>	<b>VIS</b>	<b>1:31:54.00</b>
8.	<b>Bertei, Frank</b>	<b>VIC</b>	<b>1:35:44.00</b>
9.	<b>Barnes, Thomas</b>	<b>VIC</b>	<b>1:35:58.00 (PB)</b>
10.	<b>Erickson, Chris</b>	<b>VIC</b>	<b>1:36:50.00</b>
11.	Sundstrom, Troy	NSW	1:38:39.00
12.	Smith, Michael	NSW	1:39:40.00
13.	<b>Beaton-Wells, Michael</b>	<b>VIC</b>	<b>1:42:23.00 (PB)</b>
14.	Rose, Kurt	QLD	2:00:16.00

### Women 20k Walk Open

Jane Saville, Australian record holder and defending title holder, made no mistakes in winning her umpteenth Australian title in convincing style. This performance also caught the attention of the media and Len Johnson of the Age commented as follows

*Just a few hundred metres away from where a gold medal was snatched from her grasp by disqualification in the Sydney 2000 Olympic Games, Jane Saville clinched a place in the Athens 2004 Australian Olympic team when she won the women's 20 kilometres road walk at Homebush yesterday.*

Competing on Shirley Strickland Drive, on the opposite side of the main stadium to where the Olympic walk course was situated, Saville won in one hour 32 minutes six seconds, an Olympic A-standard to match the one she attained in finishing 11th in the world championships in Paris last year.

*Because of her Paris result, a win would have sufficed to put Saville among the automatic nominations to the Australian Olympic Committee on Monday for the Athens team. Another A-standard was icing on the cake.*

*If any athlete deserves an extra dollop of icing, it is Saville. Her grace and demeanour on being pulled from the 2000 Olympic course with 150 metres to go just as she was about to claim gold was exemplary and extraordinary.*

*Saville corrected one question seeking her reaction to competing in the environs in which she became "famous" four years earlier - "more like infamous," she said - before dealing with the sorrowful issue with good grace for the umpteenth time. Saville accepts it will be a "story" until she wins an Olympic gold to make up for it.*

*Saville leaves next week for Spain, where she lives with her husband, cyclist Matthew White, and will race in Mexico next month and at the World Walking Cup in Germany in the first weekend in May.*

The 4 World Cup qualified athletes (Jane, Cheryl, Natalie and Simone) did all that was necessary and took the first 4 positions. It was great to see Victorian Simone Wolowiec recover from a hamstring tear and put in a strong walk. These 4 can now plan their World Cup trip. Claire Woods also broke the World Cup Team standard of 1:38:30 so it will be interesting to see if the selectors name 4 or 5 girls in the team.

1.	Saville, Jane	NSWIS	1:32:06.00
2.	Webb, Cheryl	ACT	1:34:36.00
3.	Saville, Natalie	NSW	1:36:33.00
4.	<b>Wolowiec, Simone</b>	<b>VIC</b>	<b>1:38:21.00</b>
5.	Woods, Claire	SA	1:38:27.00
6.	Johnson, Laura	NSWIS	1:42:46.00
7.	Ventris, Lyn	WA	1:45:20.00
8.	Wilson, Lisa	ACT	1:56:01.00
9.	Bock, Claire	QLD	DNF
10.	<b>Roseman, Justijana</b>	<b>VIC</b>	<b>DNF</b>
11.	<b>Peters, Megan</b>	<b>VIC</b>	<b>DNF</b>

**IGA AUSTRALIAN YOUTH CHAMPIONSHIPS, CANBERRA, MARCH 26-28, 2004**

These U16 and U18 National championships, held at the AIS Stadium in Canberra last weekend, attracted few competitors overall with sparse fields in most events. I personally think the time has come for AA to seriously consider some alternatives like the following:

- Perhaps combine these championships with the Open/U20 championships or
- Expand them to include U15, U16, U17, U18 and U19 age groups or
- Revert from the current age criteria (age on 31 Dec 2004) to age on the day.

It is a well known fact that many young athletes bypass the Underage championships due to the perception that they will have to compete in higher age groups against older athletes. You have the crazy situation where an athlete can compete as U15 in Little Athletics but be forced to compete as U18 in AA events!

With that said, I do not wish to detract from the standard of the walks which was excellent. It was even more satisfying was to see was the distribution of walking medals amongst the States – SA 3, ACT 3, VIC 2, WA 2, TAS 1 and NSW 1.

The U16 events were held on day 1 in very hot conditions (around 35°C) and times were duly effected. Of great excitement for Victorians was the victory of **Jessica Rothwell** who won the U16 Australian roadwalk title in Melbourne last August. She has now confirmed her standing as the top U16 with another fine victory.

**Women 3000 Metre Walk Under 16**

1.	<b>Rothwell, Jessica</b>	<b>VIC</b>	<b>14:56.66</b>
2.	Grgurovic, Katarina	WA	15:12.67
3.	Hooper, Paige	SA	15:16.13
4.	Agius, Natasha	NSW	15:52.73
5.	Staples, Cassandra	NSW	16:18.96
6.	Worrell, Caitlin	ACT	16:50.96
7.	Biteznik, Katrina	NSW	17:41.27
8.	Foran, Tara	QLD	18:11.44
	Alexander, Sarah	VIC	DQ

**Men 3000 Metre Walk Under 16**

1.	Reading, Brendan	ACT	14:19.01
2.	Coleman, Daniel	TAS	14:53.91
3.	Wolszczak, Greg	SA	15:22.51
4.	Pisani, Jason	NSW	17:31.21

The U18 events were held in cooler conditions on day 2 and times were accordingly faster. An interesting note - the ages of the first four girls were 16, 14, 14 and 11. Fourth place Paige Hooper is only 11 and backed up from a bronze in the U16 event to record a huge PB and break 15 minutes. Jessica Rothwell medalled again in a time some 20 seconds faster than the previous day. Fauve Jacobs also walked and her time of 16:14 was good.

**Women 3000 Metre Walk Under 18**

1.	Hosking, Jillian	ACT	14:04.00
2.	Grgurovic, Katarina	WA	14:26.92
3.	<b>Rothwell, Jessica</b>	<b>VIC</b>	<b>14:35.05</b>
4.	Hooper, Paige	SA	14:47.99
5.	Knapton, Susan	NSW	14:59.10
6.	Alldis, Fiona	NSW	15:18.35
7.	Staples, Cassandra	NSW	15:27.32
8.	Worrell, Caitlin	ACT	16:07.65
9.	Jacobs, Fauve	VIC	16:14.03

**Men 3000 Metre Walk Under 18**

1.	Harris, Matt	SA	13:53.00
2.	Reading, Brendan	ACT	14:04.53
3.	Rayson, Ian	NSW	14:21.07
4.	Wolszczak, Greg	SA	14:33.03
5.	Coleman, Daniel	TAS	14:37.11
6.	Neale, Daniel	NSW	14:57.80
	Cleasby, Ben	WA	DQ

<b>AUSTRALIAN MASTERS CHAMPIONSHIPS, MELBOURNE, 9-12 APRIL, 2004</b>
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The Australian Masters Championships are held each year over the Easter long weekend and this year Melbourne was the host. Amongst the many events on offer were track walks (5000m) and road walks (10 km and 20 km). As usual, Victorian walkers took the bulk of the medals and there were many outstanding performances.

#### **MEN 5KM TRACK WALKS, OLYMPIC PARK, SAT 10 APRIL 2004**

Unfortunately only results for the M65+ age groups are available at this time. Murray Dickinson was the standout walker in these age groups and is getting back into top shape. A special mention to 82 year old Ken Matchett who was the oldest walker to complete the distance. Ken will be competing in the 24 Hour run at the Coburg Carnival next weekend – there seems to be no stopping him in his endeavours. How many of us are still likely to be that fit at such an age?

M65	1 DICKINSON, Murray	65	VIC	27:12.90	87.9%
	2 DUNN, Terry	66	VIC	30:46.83	78.5%
	3 GOGGIN, Bernie	66	VIC	39:15.58	61.6%
M70	1 HAINSWORTH, Colin	74	SA	32:24.32	81.6%
	2 SILCOCK-DELANEY, Col	71	VIC	34:29.34	74.0%
	3 BROOKS, Fred	70	VIC	34:40.67	72.8%
	4 MCNAIR, David	73	VIC	36:58.92	70.7%
M75	1 LYNCH, Richard	75	QLD	32:26.80	82.5%
	2 O'NEIL, Ron	76	SA	33:16.06	81.5%
	3 GOURLAY, Gordon	75	VIC	35:26.96	75.5%
	4 HARLEY, Victor	78	VIC	38:47.01	71.7%
M80	1 MATCHETT, Ken	82	VIC	39:45.40	74.1%

#### **WOMEN 5KM TRACK WALKS, OLYMPIC PARK, SAT 10 APRIL 2004**

The women's walk was very keenly contested. Standout performances were from Lyn Ventris (fastest overall in 23:56) and Brenda Riley (27:13 at 64 years of age) but there were many other fine walks.

W40	1 MAJOR, Annette	41	VIC	27:52.62	78.1%
	2 EMMETT, Mandy	41	VIC	29:11.41	74.6%
W45	1 VENTRIS, Lyn	47	WA	23:56.62	95.4%
	2 DRENNAN, Carmel	45	VIC	30:55.94	72.6%
	3 LANCASTER, Heather	47	VIC	34:49.07	65.6%
W50	1 THOMPSON, Alison	51	VIC	26:40.33	88.6%
	2 CARR, Heather	54	VIC	28:10.50	86.1%
	3 GOURLAY, Marlene	52	VIC	28:42.80	83.0%
	4 HOLMES, Janet	50	VIC	28:57.53	80.9%
	5 WOODWARD, Lynda	51	QLD	31:50.64	74.2%
	6 LLOYD, Nancy	50	NSW	33:17.44	70.4%
W55	1 FELDMAN, Liz	55	VIC	28:30.05	86.0%
	2 JOHNSON, Celia	56	VIC	31:31.75	78.5%
	3 MILLARD, Valerie	57	WA	31:55.26	78.2%
W60	1 RILEY, Brenda	64	VIC	27:13.41	98.6%
	2 STEED, Gwen	61	VIC	30:16.11	85.9%
	3 LYNCH, Sally	60	QLD	30:31.70	84.3%
	4 BRAY, Kerry	60	NSW	31:13.82	82.4%
	5 POWNALL, Lee	60	VIC	33:04.18	77.8%
	6 SCHICKERT, Lynne	62	WA	34:51.74	75.4%
	7 CHESTERTON, Val	63	ACT	35:53.68	74.0%
W65	1 STANWAY, Marlaine	65	VIC	33:03.98	82.1%
	2 DE CHAZAL, Nola	65	ACT	44:56.97	60.4%
W70	1 ALBURY, Jean	74	TAS	33:46.73	89.7%
	2 DAUPHINET, Christiane	73	QLD	35:29.54	84.2%
	3 BAARSLAG-LEB, Tina	70	VIC	36:23.55	79.1%
W75	1 KNOX, Jean	77	VIC	36:15.53	87.0%

## WOMEN 10 KM ROADWALK, ALBERT PARK, MONDAY 12 APRIL 2004

In a high quality 10 km walk, highlights included

- Brenda Riley breaking her own World Masters Record of 55:28 for the W60-64 10 km walk. Brenda's time of 55:18.0 eclipses her previous record by 10 secs. Brenda's time is even more significant as, at 64 years of age, she is at the top end of the age group. We normally expect to see records broken by those in the bottom of the age brackets.
- Lyn Ventris winning overall with a very speedy 48:54.
- Alison Thompson recording a PB to win the W50+ walk in a great 55:23. It is not often that we see Heather Carr suffering a loss but Alison was just too good on the day and is really in fine form.
- Jean Knox showing that age is no barrier with a fine walk in the W75+ age group.

W40	1. MAJOR, Annette	41	VIC	59:02
	2. HOWORTH, Sandra	41	VIC	69:11
W45	1. VENTRIS, Lyn	47	WA	48:54
	2. LANCASTER, Heather	47	VIC	71:29
W50	1. THOMPSON, Alison	51	VIC	55:23
	2. CARR, Heather	54	VIC	57:49
	3. GOURLAY, Marlene	52	VIC	59:15
	4. HOLMES, Janet	50	VIC	60:24
	5. WOODWARD, Lynda	51	QLD	66:16
	6. LLOYD, Nancy	50	NSW	69:23
W55	1. FELDMAN, Liz	55	VIC	59:58
	2. JOHNSON, Celia	56	VIC	64:10
	3. MILLARD, Valerie	57	WA	65:01
W60	1. RILEY, Brenda	64	VIC	55:18 (World Record)
	2. LYNCH, Sally	60	QLD	63:03
	3. STEED, Gwen	61	VIC	63:44
	4. BRAY, Kerry	60	NSW	65:37
	5. POWNALL, Lee	60	VIC	69:57
	6. SCHICKERT, Lynne	62	WA	71:01
	7. CHESTERTON, Val	63	ACT	75:34
W65	1. STANWAY, Marlaine	65	VIC	67:56
W70	1. ALBURY, Jean	74	VIC	70:08
	2. DAUPHINET, Christiane	73	QLD	74:53
	3. BAARSLAG-LEB, Tina	70	VIC	77:32
W75	1. KNOX, Jean	77	VIC	77:07

## MEN '40-69' 20 KM ROADWALK, ALBERT PARK, MONDAY 12 APRIL 2004

Only a small field contested the 20 km event, an indication of the daunting nature of this event for older walkers. Andrew Jamieson was the winner in a very strong M55 division and recorded fastest time overall. Andrew and Colin Heywood used this as a final hitout before the World Masters Non-Stadium Championships starting next Sunday in New Zealand.

M40	1. EVANS, Simon	44	VIC	1:51:08
	2. ROWE, Greg	42	NSW	2:13:36
M45	1. HEYWOOD, Colin	49	VIC	1:45:01
M50	1. BUNKER, John	54	VIC	1:53:38
	2. WOOD, Robin	54	VIC	2:19:56
M55	1. JAMIESON, Andrew	57	VIC	1:40:38
	2. WHITE, George	58	SA	1:47:12
	3. MAYHEW, Trevor	57	VIC	1:47:36
	4. RICHARDSON, Ian	59	QLD	1:54:32
	5. LUCAS, Alan	56	VIC	1:59:05
M60	1. JOHNSON, Tony	63	VIC	2:03:08
	2. MORRISON, John	64	VIC	2:16:50
	3. McGREGOR, Ron	62	VIC	2:17:43
M65	1. DICKINSON, Murray	65	VIC	1:56:04
	2. SEYMON, Jim	66	NSW	2:04:58

DQ WHYTE, Robin, BROOKS, Fred  
DNF SUMMERS, Harry, McFADDEN, Rob, DAVEY, Jim

**MEN '70+' 10 KM ROADWALK, ALBERT PARK, MONDAY 12 APRIL 2004**

The older men only had to conquer a 10 km walk (only?) and they attacked it in fine form.

M70	1. HAINSWORTH, Colin	74	VIC	66:49
	2. SILCOCK-DELANEY, Col	71	VIC	67:52
M75	1. LYNCH, Richard	74	QLD	65:41
	2. O'NEILL, Ron	76	SA	68:01
	3. GOURLAY, Gordon	75	VIC	71:54
	4. HARLEY, Victor	78	VIC	75:20

## NATIONAL RACEWALKING CHAMPIONSHIPS, CANBERRA, SATURDAY 28 AUGUST 2004

A small group of Victorians made the trip to Canberra for the Australian roadwalking championships which were held on a fast section of bike track alongside Lake Burley Griffin. The event was very well organised and went off without any hitches. They did themselves proud with most doing PBs and a number gaining medals. With our top walkers still overseas at the Olympics, the senior walkers had a unique chance to chase the Open titles.

### Men 30k Race Walk

The Open Men's 30 km event was a particularly interesting one. Young Victorian guns Jared Tallent, Chris Erickson and Tom Barnes soon cleared away from the rest of the field and the medals looked certain to be shared amongst them. The race complexion changed when Jared clearly increased his pace at the 16 km mark. Tom dropped behind first and eventually Chris also found the pace too hard as Jared opened a winning break at the 20 km mark. The sunny conditions took their toll as Tom was forced to retire just after 24 km. Jared slowed towards the end and Chris partly bridged the gap but a win for Jared was never really in doubt. For Jared, it was his first 30 km walk and his first Australian senior title. Chris was also rewarded with a big PB and took the silver. It was a great result for Victoria.

1.	<b>Jared Tallent</b>	<b>VIC</b>	<b>2:23:22 (PB)</b>
2.	<b>Chris Erickson</b>	<b>VIC</b>	<b>2:23:54 (PB)</b>
3.	Aaron Mellor	NSW	2:31:30
4.	Troy Sundstrom	NSW	2:34:28
5.	Andrew Jamieson	VIC	2:36:01
6.	Shane Pearson	QLD	2:37:48



Tom, Jared and Chris make the early pace in the 30 km event

### Women 10k Race Walk Open

The Open women's event was missing most of the big guns and it turned out to be an easy win for former AIS walker Claire Woods. But the big news for Victorians was the second place for Erin Adamcewicz. Erin, a former top junior walker, won her first senior medal—a silver. Her time was an improving 53:44 and she looks to be getting back towards the form she displayed as a junior a couple of years ago. The other Victorian rep, Justi Roseman, was pleased with her time as she had hoped to be near the 60 minute mark and was spot on.

1.	Claire Woods	ACT	49:35
2.	<b>Erin Adamcewicz</b>	<b>VIC</b>	<b>53:44</b>
3.	Sara-Jane Cattermol	WA	54:43
4.	Sarah Vardanega	QLD	55:39
5.	Christina Alldis	NSW	59:01

6.	Catalina Malone	NZL	59:02
7.	<b>Justijana Roseman</b>	<b>VIC</b>	<b>60:02</b>
8.	Jan Dodds	NSW	66:03
9.	Ann Staunton	ACT	66:33
10.	Jodie Sundstrom	NSW	68:00
11.	Katie Dobbs	NSW	71:35

#### Men 20k Race Walk Under 20

1.	Ashley Colquhoun	ACT	1:40:24
2.	Aaron Humphrey	TAS	2:02:26

#### Women 10k Race Walk Under 20

Our sole rep, Emma Gray, finished just outside the medals in a PB time of 55:02. Emma has raced the last couple of months at Albert Park and showed the benefits of this in her fine walk. Hopefully she will continue on now and reduce this time even further.

1.	Lisa Grant	NSW	51:39
2.	Chloe Jones	NSW	54:19
3.	Jillian Rutter	NSW	54:37
4.	<b>Emma Gray</b>	<b>VIC</b>	<b>55:02 (PB)</b>
5.	Brianna Heazlewood	NSW	55:24
6.	Vanessa Ebejer	NSW	57:04
7.	Charlene Ebejer	NSW	64:35

#### Men 8k Race Walk Under 18

1.	Ian Rayson	NSW	39:38
2.	Matt Harris	SA	39:59
3.	Martyn Wheatley	WA	40:00
4.	Daniel Neale	NSW	40:47
5.	Mark Sheehan	WA	44:59
6.	Beau Plummer	NSW	47:28

#### Women 8k Race Walk Under 18

1.	Jill Hosking	ACT	40:43
2.	Tanya Holliday	SA	41:40
3.	Jessica Heazlewood	NSW	42:50
4.	Lynnette Bannister	TAS	46:15
5.	Rebecca Goodwin	NSW	52:15
6.	Katie Ethell	NSW	53:38
7.	Joanna Moulds	QLD	55:03
8.	Danica McDonald	NSW	56:38

#### Men 5k Race Walk Under 16

Kyle Bryant and Shaun Burgess both walked excellently for 5<sup>th</sup> and 7<sup>th</sup> place in a very competitive event. With the first kilometre covered by the leaders in around 4:30, it was always going to be survival of the fittest and the two boys held their form and their speed well.

1.	Brendon Reading	ACT	24:24
2.	Greg Wolszczak	SA	24:57
3.	Daniel Coleman	TAS	25:00
4.	David Beach	WA	25:12
5.	<b>Kyle Bryant</b>	<b>VIC</b>	<b>25:59 (PB)</b>
6.	Brook Keys	NSW	26:54
7.	<b>Shaun Burgess</b>	<b>VIC</b>	<b>27:04 (PB)</b>
8.	James Pisani	NSW	27:38
9.	Daniel De Wit	NSW	28:05
10.	Adam Dunn	SA	30:12
11.	Michael Reading	ACT	30:34
12.	Douglas Mayfield	SA	30:40
13.	Anson Perin	NSW	30:51

### Women 5k Race Walk Under 16

Jess Rothwell, the current title holder, started slowly, expecting to catch the fast starters as the race progressed. But she did not count on WA walker Katring Grgurovic who maintained her pace and her position at the front of the field. Although Jess chased gamely, she had given Katrina too much start and had to settle for the silver. Our other competitor was Sarah Alexander who walked well to be not far outside her PB.

1.	Katrina Grgurovic	WA	24:46
2.	<b>Jess Rothwell</b>	<b>VIC</b>	<b>25:09</b>
3.	Cassandra Staples	NSW	26:06
4.	Natasha Sorensen	QLD	26:57
5.	Amber Woodforth	QLD	27:13
6.	Caitlin Worrall	ACT	27:25
7.	<b>Sarah Alexander</b>	<b>VIC</b>	<b>27:42</b>
8.	Gabrielle D'Agnone	WA	27:56
9.	Katrina Biteznik	NSW	28:57
10.	Natasha Agius	NSW	29:18
11.	Andrea Keenawinna	NSW	30:38
12.	Bernadette Morabito	NSW	30:47
13.	Aimee Jones	NSW	31:25
14.	Emma Simmons	WA	31:31
15.	Ellen Lingley	NSW	32:15
16.	Laura Hahn	WA	32:27

### Men 3k Race Walk Under 14

1.	Aaron Jelfs	SA	14:50
2.	Kyle Malone	NSW	15:27
3.	Chase Richardson	TAS	16:14
4.	Jordon Zupanovich	WA	18:10

### Women 3k Race Walk Under 14

Our two young competitors walked fantastic races and were never far apart. Mietta Feery has just turned 12 and this was her first National race. Rachel Tallent is even younger at age 11. Both girls have great styles and big futures. They will be back again next year with more experience and another year of racing and should feature in the medals.

1.	Paige Hooper	SA	15:00
2.	Lauren Biagioni	WA	15:06
3.	Kini Chapple	NSW	15:54
4.	Amy Roddy	WA	16:01
5.	Rukshani Keenawinna	NSW	16:03
6.	Courtney Danyi	NSW	16:14
7.	<b>Rachel Tallent</b>	<b>VIC</b>	<b>16:29 (PB)</b>
8.	<b>Mietta Feery</b>	<b>VIC</b>	<b>16:32 (PB)</b>
9.	Jessica Bennett	NSW	16:39
10.	Caitlin Danyi	NSW	16:45
11.	Anika Holliday	SA	17:01
12.	Marie Decker	WA	17:08
13.	Karla Barrett	WA	17:25
14.	Michelle O'Callaghan	WA	18:28

**VIC SCHOOLS TRACK & FIELD CHAMPIONSHIPS U17-20, OLYMPIC PARK, 4 OCTOBER 2003**

This first weekend of the Victorian All-Schools championships has been held and it featured the U17, U18 and U20 track walks. As usual, only small fields contested the events but the standard was still good and we can expect to see some of these walkers representing Victoria at the Australian All-Schools in Brisbane in December.

**Boys 3000 Metre Walk U 17**

1.	TIM STEVENSON	87	St Patrick's	15:41.66
2.	DANIEL LINEEN	89	North Geelong SC	18:09.89
3.	BRADLEY ELMS	88	Lalor North SC	20:18.03

**Girls 3000 Metre Walk U 17**

1.	FAUVE JACOBS	87	Ccg	15:56.67
2.	SIOBHAN DONOVAN	88	Bor	16:05.88
3.	TYNE BODDY	87	Cbc	17:11.74

**Girls 3000 Metre Walk U 18**

1.	EMMA GRAY	86	Kai	15:44.98
2.	JESSIE PALFREYMAN	90	Golden Square SC	16:28.60
3.	SARAH ALEXANDER	89	Karingal Park SC	16:41.07
4.	STEFANIE TYMMS	86	Avilla College	20:09.06
5.	KYLIE VANDENHEILIG	86	Lyndale SC	20:33.68

**Girls 5000 Metre Walk U 20**

1.	JESSICA ROTHWELL	89	Goulburn Valley SC	26:01.11
2.	SIBON FUZZARD	88	Girton Grammar	28:25.28
3.	JODIE EMMERSON	85	Berwick SC	30:15.88

<b>VRWC RACES, SUNDAY 19 OCTOBER 2003</b>
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Walkers may have been forgiven for thinking we had reverted back to winter as the rain pelted down ALL morning without a break. But I am sure that those who made the effort were rewarded with the satisfaction of knowing that they had a good morning's training! And to top it all off, Michael Beaton-Wells recorded a 10 sec PB over the 10 km distance after a great battle with Travis Middlemiss. Well done Mike!

**VRWC Open 20 km**

1. Mark Donahoo	54:40	105:38
2. Sandra Geisler	57:05	117:07

**VRWC Open 15 km**

1. Alan Lucas	58:34	87:46
E2 Erin Adamcewicz	60:29	91:18
E2 Duncan Knox	60:29	91:28

**VRWC Open 10 km**

1. Michael Beaton-Wells	47:58 (PB)
2. Travis Middlemiss	47:58
3. Simon Evans	55:09
4. Bob Gardiner	61:48
5. Marlaine Stanway	67:38
6. Robin Wood	69:07
7. Christine Griffiths	92:18
Nicole Sansonetti	DNF

**VRWC Open 5 km**

1. Ann Holcombe	28:32
2. Janet Holmes	29:25
3. Gwen Steed	30:20
4. Celia Johnson	31:19
5. Margaret Beaumont	37:17
6. Pam Mews	45:55

**VRWC U12 2 km**

15. Jayson Stoddart	11:49
16. Alicia Neylan	12:12
17. Emily Payne	13:02

<b>STATE LEAGUE ROUND 1, 30 OCTOBER 2003, OLYMPIC PARK</b>
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Athletics Eastside and Essendon Athletics look set to dominate the walks from a teams perspective this year. Essendon boasts Chris Erickson and Mark Donahoo in the men and Erin Adamcewicz and Jessica Rothwell in the women while Eastside has Travis Middlemiss, Frank Bertei, Simone Wolowiec and Kellie Wapshott.

Chris Erickson and Frank Bertei had a great battle out front before Chris cleared out in the last lap to record a brisk time of 22:13. Mark Donahoo is also showing very good form considering his veteran status and easily beat 23 minutes while Travis Middlemiss was not far behind. But the pick of the performances must go to Michael Beaton-Wells who was only 2 seconds outside his PB and Stuart Kollmorgen who equalled his PB. Things look set to heat up in Round 2 next Thursday night.

1.	Erickson, Chris	Athletics Essendon	22:13.19
2.	Donahoo, Mark	Athletics Essendon	22:40.25
3.	Middlemiss, Travis	Athletics Eastside	22:49.09
4.	Beaton-Wells Michael	Aps United	22:55.20
5.	Barnes, Thomas	Glenhuntly	23:36.16
6.	Kollmorgen, Stuart	Ivanhoe - Yarra	23:55.87 (eq PB)
7.	Kennedy, Paul	Muu	24:35.17
8.	Reid, Ross	Glenhuntly	25:12.87
9.	Evans, Simon	Box Hill	25:50.68
	Blood, Andrew	Western Suburbs	DNF
	Bertei, Frank	Athletics Eastside	DQ

Jessica Rothwell and Fauve Jacobs both had their first State League walks this week and easily beat the qualifying standard. Leading from the front was a very fit looking Simone Wolowiec who broke 23 minutes and had a good battle with Michael Beaton-Wells in the last lap.

1.	Wolowiec, Simone	Athletics Eastside	22:57.16
2.	Wapshott, Kellie	Athletics Eastside	24:31.34
3.	Muldoon, Wendy	Box Hill	25:06.45
4.	Rothwell, Jessica	Athletics Essendon	25:07.24
5.	Adamcewicz, Erin	Athletics Essendon	25:14.12
6.	Bonney, Kylie	Athletics Eastside	26:26.04
7.	Sansonetti, Nicole	Box Hill	26:55.29
8.	Jacobs, Fauve	Geelong Region	27:10.08
	Peters, Megan	Bayside	DNF

**Walkers of the round:** Jessica Rothwell and Stuart Kollmorgen

This year Paul van Kopplen and I will be running the Duncan Knox and Wendy Muldoon awards once again. We will keep individual and teams points each week and see who turns out on top after the 8 State League rounds are completed. The first points will be published after round 2.

<b>AV SCHOOLS U13-U16 TRACK AND FIELD TITLES, 1-2 NOVEMBER</b>
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The second half of the Schools Titles were held on the weekend in horrendously wet weather but it did not deter a large number of entrants and some very good standard walking. The best time was recorded by Jessica Rothwell with a sparking 14:31 but congratulations to all the medallists.

**Girls 3000 Meter Walk Under 16**

1. Sibon Fuzzard	88	Girton Grammar	15:44.39
2. Paula Nguyen	88	Wsc	19:13.12
3. Tracy Nguyen	88	Wsc	19:55.77

**Girls 3000 Meter Walk Under 15**

1. Jessica Rothwell	89	Gou	14:31.11
2. Sarah Alexander	89	Karingal Park SC	16:28.82

**Girls 1500 Meter Walk Under 14**

1. Jessie Palfreyman	90	Golden Square SC	7:18.61
2. Natalie Laurie	91	Kingswood College	7:25.40
3. Regan Lamble	91	Laburnum Primary	7:35.65
4. Eda Girgin	90	Mgc	7:41.45
5. Katie Lovus	90	Kingswood College	7:42.48
6. Rachel Tallent	93	Black Hill Primary	8:06.78
7. Andrea Contessotto	90	Huntingtower School	8:15.31
8. Daina Nielsen	90	Plc	8:08.97
9. Jacinta Polmear	90	Lcb	8:12.04
10. Hannah Banks	90	Lor	8:17.40
11. Alicia Neylan	92	Watsonia North PS	8:19.96
12. Anne Whitworth	90	Ashwood College	8:33.08
13. Kara Curtin	90	Our Lady of Sion	8:42.24
14. Rachel Cosans	90	Patterson River SC	9:10.23
15. Cate-Linne Fraser	91	Beaconhills SC	9:58.96
16. Shelby Troy	91	Coburg PS	10:12.41

**Boys 3000 Meter Walk Under 16**

1. Bradley Elms	88	Lalor North SC	20:05.70
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**Boys 3000 Meter Walk Under 15**

1. David Ranger	89	Spa	15:27.44
2. Kyle Bryant	89	Flora Hill SC	15:39.42
3. Shaun Burgess	89	Belmont High School	16:46.37
4. Daniel Lineen	89	North Geelong SC	17:28.40
Reece Boddy	89	Norlane SC	DQ
Alex Carew	89	St Kevins College	DQ

**Boys 1500 Meter Walk Under 14**

6. Jake Hogan	90	Stp	7:08.06
7. Rhydian Cowley	91	Glen Waverley SC	7:14.30
8. John Platt	90	Mt Clear SC	7:37.77
9. Timucin Girgin	92	Glenferrie PS	7:44.78
10. Daniel Payne	90	Kai	7:57.09
11. Jayson Stoddart	92	Rpp	7:57.73
12. Nicholas Mirarchi	91	Smp	8:21.17
13. Lachlan Muir	92	Bannockburn PS	8:27.54
14. Leigh Ryan	90	Dandenong HS	8:47.90
15. Jason Elms	90	Lalor North SC	11:03.75

**STATE LEAGUE ROUND 2, 6 NOVEMBER 2003, OLYMPIC PARK, 3000M WALK**

What a race with Nathan down from the AIS and having his first hitout since the 2002 Commonwealth Games. Any thoughts that he might have down on fitness were quickly allayed as he pushed out a first lap of 1:30. He then maintained this pace with monotonous (well, pretty exciting actually) regularity, stopping the clock at 1:30 or 1:31 for every lap, to record a sizzling 11:17. This was his first 3000m race since about 1998 and was only a few seconds outside his PB. Jared Tallent chased Nathan early and was rewarded with a sub-12. He was only 3 secs outside his PB of 11:54. Duane Cousins, having a rare appearance over the 3000m, started slowly and worked his way through the field to fly home in 12:13 for another excellent result. Behind these class walkers came the rest of the field and there were a number of PBs – Chris Erickson, Michael Beaton-Wells and Travis Middlemiss. Mark Donahoo was also spot on the pace with his best time for some years – a good omen with the WMA Titles coming up in New Zealand in April 2004.

1. Deakes, Nathan	Geelong Region	11:17.91
2. Tallent, Jared	Western Suburbs	11:57.76
3. Cousins, Duane	Glenhuntly	12:13.97
4. Erickson, Chris	Athletics Essendon	12:35.48 (PB 5 secs)
5. Bertei, Frank	Athletics Eastside	13:00.18
6. Beaton-Wells, Michael	Aps	13:06.18 (PB 10 secs)
7. Middlemiss, Travis	Athletics Eastside	13:06.64 (PB 3 secs)
8. Donahoo, Mark	Athletics Essendon	13:09.22
9. Barnes, Thomas	Glenhuntly	13:20.56
10. Jamieson, Andrew	Aps	13:44.75
11. Kollmorgen, Stuart	Ivanhoe - Yarra	13:57.46
12. Reid, Ross	Glenhuntly	14:11.65
13. Evans, Simon	Box Hill	14:49.44

It was a case of Athletics Eastside and then the rest as Simone and Kellie walked away from the field. Kellie shadowed Simone early but Simone was too strong and Kellie down on training with her Uni exams in progress. We can expect to see her challenge more strongly as the season progresses. Erin Adamcewicz did her best time for a couple of years and looks to be finally over the effects of her glandular fever. Nicole Sansonetti is having a very good State League season and her time of just over 15 minutes was an indicator of things to come. Young Sibon Fuzzard walked her first State League and was only a few seconds outside her PB. Things are looking good.

1. Wolowiec, Simone	Athletics Eastside	13:27.94
2. Wapshott, Kellie	Athletics Eastside	13:53.37
3. Adamcewicz, Erin	Athletics Essendon	14:24.11
4. Peters, Megan	Bayside	14:26.80
5. Muldoon, Wendy	Box Hill	14:34.05
6. Sansonetti, Nicole	Box Hill	15:05.60
7. Fuzzard, Sibon	Athletics Essendon	15:18.06

**Walkers of the round:** Nathan Deakes and Erin Adamcewicz

**VRWC RACES, SUNDAY 9 NOVEMBER 2003, ALBERT PARK**

**VRWC Open 30 km**

Frank, Chris and Andy were using the occasion as a hitout before the AA 50 km Racewalking World Cup trial in December. They walked a very evenly judged race and Frank and Chris in particular hardly seemed to raise a puff as they recorded a comfortable time in just over 2½ hours. But the man of the moment was club captain Andy Jamieson who broke **the Masters M55-59 30 km World Record** by nearly 100 seconds. The record had been held by New Zealander Gary Little and Andy now adds that to his considerable collections of Masters Records. Andy and Mark Donahoo will be racing in the World Masters Long Distance championships in New Zealand next April and both look strong contenders.

E1.	Frank Bertei	51:07	101:25	151:19
E1.	Chris Erickson	51:07	101:25	151:19
3.	Andrew Jamieson	51:07	101:25	152:04.3 (WMA World Record, M55-59)
	Mark Donahoo	52:17	104:23	DNF

**VRWC Gus Theobald Memorial 20 km for Men**

A sizzling pace was set by Nathan Deakes who passed the 5 km mark in 20:01 and the 10 km mark in 40:12. Further back, Jared Tallent and Liam Murphy were locked together for the first 8 km before Jared kicked ahead to record a PB time of 43:31 for the 10 km. Liam, walking more conservatively, was content to pass the 10 km point in 43:40. But then the complexion of the race quickly changed. Nathan retired at the 12 km mark and Jared slowed after his 10 km hitout, leaving Liam to walk a solo second half. He was certainly up to the challenge and negative split to come home in a very fast 86:32 and become our Gus Theobald Memorial holder for 2003. The only other finisher was the ever consistent Duncan Knox who had a training walk with Erin Adamcewicz.



**Nathan Deakes in full flight**



**Liam Murphy and Jared Tallent fight out the first 10 km**

1.	Liam Murphy	43:40	86:32
2.	Duncan Knox	56:25	113:46
	Nathan Deakes	40:12	DNF
	Jared Tallent	43:31	DNF
	Andrew Blood	60:27	DNF
	Travis Martin	5 km in 26:47	

**VRWC Open Women 20 km**

Sandra Geisler and Erin Adamcewicz were never far apart but Sandra maintained her lead in the latter stages to record a good win.

1. Sandra Geisler	54:28	112:01
2. Erin Adamcewicz	55:51	113:46
Megan Peters	52:31	DNF
Rachel Loone	4 km in 22:12	

#### **VRWC Stella Murnane Memorial 10 km for Veteran Women**

Our other major race was the Stella Murnane Memorial and Heather Carr won it for the fourth or fifth time in a row, although in a fairly easy time by her high standard. Janet Holmes and Celia Johnson took the minor medals.

1. Heather Carr	59:27
2. Janet Holmes	61:12
3. Celia Johnson	63:02
4. Marlaine Stanway	66:13
5. Margaret Beaumont	74:35
6. Shirley Coppock	80:40
7. Christine Griffith	91:07

#### **VRWC Open Women 10 km**

14 year old Jessica Rothwell continues to impress over all distances. In her first 10 km walk, she shone with a wonderful 53:14. She looks good enough to challenge for a spot in a few of the A.A. underage events in the next couple of years. Nicole Sansonetti is getting back into top form herself and seems to be completely over her recent injuries.

1. Jessica Rothwell	53:14
2. Nicole Sansonetti	54:16
3. Mandy Emmett	61:08

#### **VRWC Open Men 10 km**

A good battle between Michael Beaton-Wells and Travis Middlemiss with Michael showing his usual withering final lap speed to take the honours.

1. Michael Beaton-Wells	48:00
2. Travis Middlemiss	48:13
3. Alan Lucas	56:18
4. Bob Gardiner	58:50
Robin Wood	DNF (4 km in 28:10)

#### **VRWC Open 5 km**

3. Stuart Kollmorgen	23:45
4. Gwen Steed	31:35
5. Tina Baarslag-Leb	37:06
6. Ian Beaumont	39:53
Bruce Conboy	DNF (2 km in 13:48)

Although the summer races do not normally attract many of our under age walkers (there are just so many walks on for them to contest), a small number contested our Club Championships and all were rewarded with medals. Well done to Daniel, Anne, Alicia, Emily, Nicole and Nikki.

#### **VRWC U15 Boys 2 km Club Championships**

1. Daniel Payne	17:48
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#### **VRWC U15 Girls 2 km Club Championships**

1. Anne Whitworth	19:32
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#### **VRWC U12 Girls 1 km Championship**

1. Alicia Neylan	8:32
2. Emily Payne	9:07
E3. Nicole Hallett	10:06
E3. Nikki Apostolidis	10:06



**STATE LEAGUE ROUND 3, SAT 14 NOVEMBER 2003, BALLARAT, 5000M WALK**

Super hot conditions and a strong wind made for very trying conditions. In fact, the day looked so bad that many of the walkers obviously decided not to make the trip to Ballarat. Jared Tallent shot to an early lead but found the going tough (in exam mode) and decided to retire before the halfway mark after being passed by Chris Erickson and Tom Barnes. Chris and Tom walked together till the last lap when Chris kicked away to a good win. Pity Duncan Knox and Sarah Alexander who had their first State League walks for the summer and had the bad luck of encountering the Ballarat weather.

1.	Erickson, Chris	Athletics Eastside	23:53.1
2.	Barnes, Tom	Glenhuntly	24:03.4
3.	Knox, Duncan	Athletics Essendon	26:07.9

It was a very tough walk also for the girls and the times do not reflect the effort involved. Megan, Erin and Nicole all walked well to qualify easily. Young Sarah Alexander had her first ever State League walk and we can expect to see her again soon.

1.	Peters, Megan	Bayside	26:30.8
2.	Adamcewicz, Erin	Athletics Essendon	27:17.5
3.	Sansonetti, Nicole	Box Hill	27:41.8
4.	Alexander, Sarah	Box Hill	28:14.7

**STATE LEAGUE ROUND 4, THURS 20 NOVEMBER 2003, OLYMPIC PARK, 3000M WALK**

As Jim Leppik pointed out, there is some great young talent around. Jared, Chris and Tom are aged 19, 21 and 21 respectively while Jessica and Sibon are 14 and 15 respectively. Add in Erin (20) who was the first woman across the line and add in our other young walkers who are in the middle of exams and you have a strong mixture of young and old(er) walkers fighting out State League.

Jared Tallent celebrated the news of his AIS scholarship with an all-the-way win in a very good 12:08. Chris Erickson was dead last early but worked his way through the field in a very strong performance to take second with a big PB. Tom Barnes and Mark Donahoo had a good battle with Tom having to dig deep to take third.

1.	Tallent, Jared	Western Suburbs	12:08.34	
2.	Erickson, Chris	Athletics Essendon	12:27.83	(PB 8 secs)
3.	Barnes, Tom	Glenhuntly	13:13.57	
4.	Donahoo, Mark	Athletics Essendon	13:15.96	
5.	Kollmorgen, Stuart	Ivanhoe-Yarra	14:07.42	
6.	Reid, Ross	Glenhuntly	14:08.07	
7.	Evans, Simon	Box Hill	15:20.17	
8.	Blood, Andrew	Western Suburbs	15:52.54	

Sandra Geisler is the inform walker at the moment and continues to improve with each outing. Jessica Rothwell held out Megan Peters in another good walking display while Nicole Sansonetti broke 15 minutes for the second time in the week and is another big improver. Sibon Fuzzard walked a big PB and was unlucky not to break 15 minutes – next time! Erin Adamcewicz is also getting back into top shape and, although disqualified, will soon be able to control her new found speed and I look forward to seeing her break 14 minutes soon.

1.	Geisler, Sandra	Ringwood United	14:19.65	(PB 16 secs)
2.	Rothwell, Jessica	Athletics Essendon	14:34.03	
3.	Peters, Megan	Bayside	14:37.36	
4.	Muldoon, Wendy	Box Hill	14:44.68	
5.	Sansonetti, Nicole	Box Hill	14:53.82	
6.	Fuzzard, Sibon	Athletics Essendon (invite)	15:02.14	(PB 8 secs)
	Adamcewicz, Erin	Athletics Essendon	DQ	

Athletics Essendon, with 5 of the 15 walkers (and Duncan Knox watching) is definitely the club with the most walking depth at the moment.

**Walkers of the round:** Chris Erickson and Sandra Geisler

**STATE LEAGUE ROUND 5, THURS 27 NOVEMBER 2003, OLYMPIC PARK, 5000M WALK**

Conditions were still very warm even with a 7PM start time. In the men's event, Chris Erickson and Mark Donahoo led early to establish a good lead. However, Mark eventually faded, leaving Chris to record a comfortable win. Andy Jamieson came steaming home to pass Mark and recorded a fantastic second place time of 22.59 (at age 57!).

The women's race was a good one with the first 4 walkers (Megan, Wendy, Sandra and Erin) within a few metres of each other with 500m to go. Sandra had the best kick in the end and got up to win in the last 30 metres to record another huge PB. She is certainly the big improver of the summer so far. It was a shame to see Simone, Kylie and Rachael all retiring early but we expect to see them bounce back soon.

1.	Erickson, Chris	Athletics Essendon	22:29.68
2.	Jamieson, Andrew	Aps	22:59.71
3.	Donahoo, Mark	Athletics Essendon	23:06.12
4.	Beaton-Wells, Michael	Aps	23:20.73
5.	Kollmorgen, Stuart	Ivanhoe-Yarra	24:45.31
6.	Martin, Travis	Box Hill	25:11.07
7.	Reid, Ross	Glenhuntly	25:25.42
8.	Evans, Simon	Box Hill	25:45.61
1.	Geisler, Sandra	Ringwood United	24:51.50 (PB – 29 secs)
2.	Peters, Megan	Bayside	24:52.44
3.	Muldoon, Wendy	Box Hill	24:52.75
4.	Adamcewicz, Erin	Athletics Essendon	25:05.27
5.	Sansonetti, Nicole	Box Hill	25:59.94
6.	Jacobs, Fauve	Geelong	28:52.00
	Wolowiec, Simone	Athletics Eastside	DNF
	Bonney, Kylie	Athletics Eastside	DNF
	Loone, Rachael	Geelong	DNF

**Walkers of the round:** Andrew Jamieson and Sandra Geisler

The AV website had a series of photos from State League and included were a couple of beauties from the walks.



**Simone Wolowiec leads Mark Donahoo in the first lap**



**Chris Erickson takes the lead**

**AUSTRALIAN 50KM TRIAL – 2004 RACEWALKING WORLD CUP TRIAL, SUN 7 DEC, ALBERT PARK**

**3:39:42 record breaking 50km comeback for Nathan Deakes!**

What an event! Those of us who were lucky enough to witness the Australian 50 km Trial for the 2004 Racewalking World Cup saw the fastest 50 km ever walked in Australia and one of the fastest ever witnessed anywhere in the world.

The event promised a lot with a strong field of 12 walkers, most with high credentials.

Craig Barrett	Top NZ walker with a PB of 3:48:05 (2001) and best placing of 7 <sup>th</sup> in 1999 World Championships
Frank Bertei	Repped in Australian 2002 World Cup team and a best of 4:19
Darren Bown	Former AIS walker with a PB of 3:55:05 (2001). Numerous places in Aust champs 1992 – 2002.
Duane Cousins	Current Australian 50 km champion with a PB of 3:54:38 (1995).
Nathan Deakes	Aust's leading walker. 50 km PB of 3:43:33. Great international record and multiple Aust records.
Chris Erickson	Youngest in field. Just turned 22 and attempting his first 50 km. Placed 3 <sup>rd</sup> in 2003 Aust 30 km.
Andrew Jamieson	Oldest competitor at 57 but capable of a sub 4:20 on his day.
Graeme Jones	Young NZ walker hoping for a sub 4:30 to achieve an NZ qualifier.
Andrew Ludwig	Ever consistent Qld walker with a PB of 4:25.
Liam Murphy	Current AIS walker. PV of 3:54:37. Winner of AA 50km titles in 2001 and 2002. 2 <sup>nd</sup> in 2003 title.
Shane Pearson	Former World Cup rep with a PB of around 4:12. Qld based and on a comeback trail.
Tony Sargisson	Another top NZ walker with a 50 km PB of 4:02 on the track!

A Melbourne scheduling in December is always a risky procedure and the previous Sunday was in the mid-thirties with strong northerly winds. But a week of unseasonably cold weather had us keeping our fingers crossed. Would it last till Sunday? Our prayers were partly answered – a cool and partially overcast morning and a 7AM start time meant that at least the first half of the race was walked in perfect conditions. Craig and Nathan shot to the lead with a first 2km lap of 8:56, signalling that a fast time was on the cards. At 8 km the two walkers were still together but Nathan's relentless pressure told as the fifth lap progressed and a vital 4 second break was in place by the 10 km mark (44:48 to 44:52).



**Craig Barrett (NZ) leads Nathan Deakes (Aust) in the early stages of lap 1 in the 50 km event**

From then on it was all Nathan as he relentlessly increased his pace and extended his lead. His 10 km splits tell the story. Consider this amazing set of statistics:

**44:48, 1:28:52 (44:04), 2:12:57 (44:05), 2:56:36 (43:39), 3:39:43 (43:07)**

The sun broke through at around 9AM and the second half of the race was a war of attrition as, one by one, the other contenders dropped their pace and went into survival mode. The temperature peaked at 27.8°C early in the afternoon and it felt all of that by the time the event finished.

Craig Barrett was the next to finish in a world class time of 3:50:34, only 2 minutes outside his PB. Like Nathan, he walked impressively and was able to maintain his pace well in the gradually worsening conditions.

The next group of Liam Murphy, Darren Bown, Duane Cousins and Tony Sargisson started together and maintained contact as a group until Sargisson was dropped at the 12 km mark. The other 3, all long time rivals, matched each other until Liam eventually made his break at around the 32 km mark. He looked fresh and was moving confidently towards a sub 4 hour result when he was informed that he had been disqualified. Then within a couple of kms, Darren Bown was out with a recurring back condition and Duane was all alone in third spot. He maintained his pace as best he could and was rewarded with third place in 4:09:43.



**The second group – Tony Sargisson (NZ), Liam Murphy, Darren Bown and Liam Murphy – early in the event.**

The final group consisted of the remaining 7 walkers. They grouped together early in the race with Andrew Ludwig making the pace. The pace was perfectly pitched for a sub 4:20, the qualifying time that all were after. It was not until the 28 km mark that Andrew finally started to wilt and Chris Erickson was left on his own out in front by the 30 km



mark.

**The third group – Frank Bertei, Andrew Jamieson, Graeme Jones (NZ), Chris Erickson, Shane Pearson and Andrew Ludwig**  
 From then on, Chris was the only one of the group who had a chance to beat the 4:20 mark but only if he could maintain his pace – a tough ask for a first timer in hot conditions. But he was equal to the task and came home like a train to pass a tiring Tony Sargisson and record a great first up time of 4:19:48.

Full results (with 10 km splits) are as follows

PLACE	COMPETITOR	STATE	10KM	20KM	30KM	40KM	50KM
1	DEAKES, Nathan	VIC/AIS	44.48	1.28.52	2.12.57	2.56.36	3.39.43
2	BARRETT, Craig	NZ	44.52	1.30.15	2.17.24	3.03.42	3.50.34
3	COUSINS, Duane	VIC	48.20	1.35.58	2.23.14	3.13.02	4.09.43
4	ERICKSON, Chris	VIC	51.32	1.41.40	2.33.03	3.25.51	4.19.48
5	SARGISSON, Tony	NZ	48.20	1.37.30	2.34.09	3.31.44	4.27.48
6	BERTIE, Frank	VIC	51.55	1.43.43	2.36.18	3.33.36	4.27.52
7	JONES, Graeme	NZ	51.32	1.41.40	2.33.56	3.31.48	4.29.54
8	LUDWIG, Andrew	QLD	51.23	1.41.19	2.33.48	3.32.01	4.36.02
	BOWN, Darren	SA	48.20	1.35.58	2.22.49	Ab	
	JAMIESON, Andrew	VIC	51.35	1.44.02	2.36.48	Ab	
	PEARSON, Shane	QLD	51.55	1.42.48	2.41.55	Ab	
	MURPHY, Liam	SA/AIS	48.20	1.35.58	2.22.55	Dq	

The news of Nathan's time spread quickly around the world and the following article (reproduced in part) was published on the IAAF website by the next day:

Gruelling 35km sessions on a treadmill primed Commonwealth 50km Walk champion Nathan Deakes for a dramatic comeback from career-threatening injury to stake his claim yesterday for a medal in the 50km Olympic Race Walk.

Canberra-based Deakes, 26, became the 11<sup>th</sup> fastest in history at the punishing road event and smashed Simon Baker's 14-year-old Australian record by four minutes in an Olympic selection trial in Melbourne.

His phenomenal time of 3:39:42 is a huge boost for Deakes personally and for Australian athletics.

Deakes, 2001 Goodwill Games 20,000m and 2002 Commonwealth 20km & 50km Race Walking champion, missed Paris while recuperating from an April 30 operation on the hamstring muscles of his left leg to clean up scarring around the sciatic nerve.

While Sydney Olympic champion Robert Korzeniowski set the world best of 3:36:03 in Paris and led four others to go faster than Deakes, who was fourth over 20km at the 2001 World Championships in Edmonton, Deakes was training on a treadmill at the Australian Institute of Sport.

Coached by a former Sydney rival, Brent Valance, the Geelong-born Deakes logged up to 35km at a session on the treadmill.

"I had a couple of 200km weeks. I was determined to burn that machine out," Deakes told yesterday.

"That made me mentally tougher. It's been a long hard road back but I'm glad to do my bit for the sport at a time when there's been so many negatives."

Though Deakes won the 20km and 50km titles at last year's Manchester Games, the part-time university commerce student remains unsponsored.

"I'm supported by my wife, Antoinette, who works in marketing and communications for Seeing Machines which has created lifesaving computer technology for motor vehicles."

With Luke Adams, who was a revelation placing 5<sup>th</sup> in the Paris 20km and Jane Saville, 11<sup>th</sup> in Paris, Deakes is leading the strongest event group in Australia's 2004 Olympic athletics team.

"We could have three really good goes at the medals in Athens next year."

Mike Hurst (Daily and Sunday Telegraph, Australia) for the IAAF

Five walkers have now beaten the Australian qualifying standard of 4:20:00 and are in contention for Racewalking World Cup selection. As a team of up to 5 walkers may be selected, we could see them all in action in Naumburg in Germany next May. Qualifiers are as follows

3:39:43	Nathan Deakes	(V)	Melbourne	07/12/03
3:59.33	Duane Cousins	(V)	Melbourne	18/05/03
4:04.56	Liam Murphy	(S)	Melbourne	18/05/03
4:18.43	Darren Bown	(S)	Melbourne	18/05/03
4:19:48	Chris Erickson	(V)	Melbourne	07/12/03

**VRWC RACES, ALBERT PARK, SUNDAY 7 DEC 2003**

In addition to the Australian 50 km trial, there were a host of other race distances to choose from at Albert Park on Sunday and there were a number of other fine performances.

**Open 20km**

Super talented junior Jared Tallent broke his previous PB by nearly 2 minutes to record an excellent 1:31:23. Jared has to take another couple of minutes off this time to get a guernsey in the Racewalking World Cup 20 km team but he is ready for that big breakthrough and his AIS scholarship should provide the impetus for the next big push.

Cheryl Webb of NSW also produced a beauty in recording 1:36:21. This is a Team Standard qualifier for the Racewalking World Cup so the top performers are starting to come to the fore.

We also saw the top NZ lady walker, Gabrielle Gorst, in action. She zipped through the first 10 km in a speedy 48:37 before retiring due to some nagging back problems. It is better to stop in such circumstances and we can expect to see Gabrielle representing NZ in the World Cup 20 km for women next year.

1.	TALLENT, Jared	VIC	1:31:23.85
2.	WEBB, Cheryl	NSW	1:36:21.28
3.	PETERS, Megan	VIC	1:48:54
4.	LUCAS, Alan	VIC	1:57:17
5.	GEISLER, Sandra	VIC	1:59:05
6.	EVANS, Simon	VIC	2:01:34
	ADAMCEWICZ, Erin	VIC	Ab (1:23:41 for 15km)
	DONAHOO, Mark	VIC	Ab (1:01:45 for 12km)
	GORST, Gabriella	NZ	Ab (48.37 for 10km)
	KNOX, Duncan	VIC	Ab (56.13 for 10km)
	ROSEMAN, Justijana	VIC	Ab (61.00 for 10km)
	LOONE, Rachael	VIC	Ab (35.02 for 6km)

**Open 10km**

Michael Beaton-Wells headed out at a very fast pace and held out SA and former AIS speedster Claire Woods. Both recorded good times and were well clear of the field. It was good to see Murray Dickinson back in action and looking a bit fitter than when he last raced.

1.	BEATON-WELLS, Michael	VIC	49.45
2.	WOODS, Claire	SA	50.51
3.	DICKINSON, Murray	VIC	56.18
4.	HOLCOMBE, Ann	VIC	58:53
5.	GARDINER, Robert	VIC	1:00:57
6.	HOLMES, Janet	VIC	1:03:05
7.	WOOD, Robin	VIC	1:08:04
8.	COPPOCK, Shirley	VIC	1:22:29

**Open 5km**

1.	Kylie Bonney	26:16
2.	John Bunker	26:19
3.	Heather Carr	27:59
4.	Eda Girgin	29:01
5.	Timucin Girgin	30:16
6.	Gwen Steed	30:28
7.	Nicholas Mirarchi	31:36
8.	Celia Johnson	31:51
9.	Egrenekon Girgin	32:51
10.	Stephen Egan	34:58
11.	Christine Griffiths	41:40
	Pam Mews	3 km in 33:50
	Tina Baarslag-leb	DQ

**Under 15 3km**

1.	Sarah Alexander	16:07
2.	Ann Whitworth	20:02

**Under 12km**

1. Jayson Stoddart 11:30
2. Alicia Neylan 11:52
3. Josephine Mirarchi 16:52

**Under 9 1km**

1. Jasmine Irshad 9:00

**STATE LEAGUE ROUND 6, OLYMPIC PARK, TUES 9 DECEMBER 2003**

It was a super hot evening and quite a few regular competitors took the night off after the 50 km trial only 2 days before. That left Mark Donahoo, Tom Barnes and Michael Beaton-Wells to battle it out. Mark ended up winning comfortably and is certainly in good form. Despite the heat, he was only some 8 seconds outside his season best.

1.	Donahoo, Mark	Athletics Essendon	13:18.81
2.	Barnes, Tom	Glenhuntly	13:31.80
3.	Beaton-Wells, Michael	Aps	13:34.22
4.	Kennedy, Paul	Muu	13:51.81
5.	Kollmorgen, Stuart	Ivanhoe-Yarra	14:07.69
6.	Reid, Ross	Glenhuntly	14:19.14
7.	Heywood, Colin	Ivanhoe-Yarra	14:22.36
8.	Knox, Duncan	Athletics Essendon	14:25.47
9.	Martin, Travis	Box Hill	14:31.40
10.	Jamieson, Andrew	Aps	15:04.18

Kellie Wapshott, back from a holiday in NZ, was too quick for Megan Peters in an interesting race. The other girls suffered in the heat but still held on well.

1.	Wapshott, Kellie	Athletics Eastside	14:31.51
2.	Peters, Megan	Bayside	14:42.79
3.	Adamcewicz, Erin	Athletics Essendon	15:02.99
4.	Sansonetti, Nicole	Box Hill	15:27.42
	Bonney, Kylie	Athletics Eastside	DNF

**STATE LEAGUE ROUND 7, DONCASTER, TUES 13 JANUARY 2004**

We had a very strong field for this first State League round for January and ideal racing conditions and a great venue (Doncaster) proved the right combination for fast walking.

Chris Erickson had an easy win with a very slick time of 21:52 and behind him a great battle developed between Michael Beaton-Wells, Frank Bertei and Simone Wolowiec. It's pretty hard to beat Michael in a last lap sprint and, true to form, he cleared away from the others in the dying stages of the event for second overall and a big PB. Simone then held Frank out to walk her fastest time in some years. Tom Barnes was next in and was just outside his PB with a very good sub 23 minute walk. Simon Evans and Travis Martin both gained their first points for the season to help Box Hill in the final push for the finals. Travis seems to have turned the corner with regards to his comeback this season and he walked very evenly for his 23:52. Spare a thought for Stuart Kollmorgen who thought it was a 3000m – and got to the end to find he had 5 laps to go. He managed to hang on and just beat the qualifying standard of 25 minutes! Roisin Gleich had her first competition for the summer and easily qualified with a good first up walk

3.	Erickson, Chris	Athletics Essendon	21:52.7
4.	Beaton-Wells, Michael	Aps	22:34.0 (PB – 19 secs)
5.	Bertei, Frank	Athletics Eastside	22:38.6
6.	Barnes, Tom	Glenhuntly	22:51.6 (only 1 sec outside his PB)
7.	Jamieson, Andrew	Aps	22:54.1
8.	Middlemiss, Travis	Athletics Eastside	23:19.4
9.	Donahoo, Mark	Athletics Essendon	23:22.1
10.	Heywood, Colin	Ivanhoe-Yarra	23:25.9
11.	Reid, Ross	Glenhuntly	23:26.9
12.	Kennedy, Paul	Muu	23:42.6
13.	Martin, Travis	Box Hill	23:52.9
14.	Evans, Simon	Box Hill	24:54.4
15.	Kollmorgen, Stuart	Ivanhoe-Yarra	24:55.4
1.	Wolowiec, Simone	Athletics Eastside	22:37.7
2.	Muldoon, Wendy	Box Hill	24:55.0
3.	Bonney, Kylie	Athletics Eastside	25:07.4
4.	Geisler, Sandra	Ringwood United	25:10.4
5.	Peters, Megan	Bayside	25:19.0
6.	Adamcewicz, Erin	Athletics Essendon	25:40.6
7.	Sansonetti, Nicole	Box Hill	26:46.3
8.	Gleich, Roisin	Muu	26:53.1

**Walkers of the Round** Michael Beaton-Wells and Simone Wolowiec

**STATE LEAGUE WALKING AWARDS DECIDED**

The final round of State League was washed out last Thursday evening so the Walking Awards points remain unchanged from Round 7. Chris Erickson has won the Duncan Knox Award for the second year in a row while Megan Peters has taken the Wendy Muldoon Award. We will present the winners with their trophies at the Victorian Championships later this month.

**Duncan Knox Award**

1.	Chris Erickson	Ess	108 points
2.	Tom Barnes	Glen	100
3.	Mark Donahoo	Ess	91

**Wendy Muldoon Award**

1.	Megan Peters	Bs	86 Points
2.	Nicole Sansonetti	Bh	84
3.	Erim Adamcewicz	Ess	74

The top State League walkers were presented with their awards after the Victorian 5000m walks last weekend. Chris Erickson won the Duncan Knox Award and Megan Peters won the Wendy Muldoon Award.



**Duncan presents Chris with his award**



**Wendy presents Megan with her award.**

**VRWC RACES, ALBERT PARK, SUNDAY 1 FEBRUARY 2004**

Our last event for the summer saw a good number of walkers contesting a variety of events in perfect conditions with the highlights being the performances of Colin Heywood and Tom Barnes.

**Open 30 Km Walk Men**

Colin, Mark Donahoo and Andy Jamieson are all in training for the World Masters Non Stadia Championships to be held in New Zealand in April. Accordingly they took the opportunity to test themselves over a 30 km distance. Mark retired at 18 km and Andy at 20 km and that left Colin to complete the distance on his own. This was his first ever 30 km race and he easily beat his personal target of 2:45.

1. Colin Heywood	26:05	51:39	1:17:57	1:44:36	2:12:44	2:42:18 (PB)
Andrew Jamieson	24:54	50:06	1:17:16	1:43:24	DNF	
Mark Donahoo	26:05	51:33	1:17:30	DNF		

**Open 20 Km Walk Men**

To break 100 minutes in your first 20 km race is no mean feat and young Tom Barnes made a meal of it with a wonderful 1:37:59. He negative split and finished full of walking. Ron McGregor also walked his first ever 20 km and was still ticking the laps over nicely when he finished.

1. Tom Barnes	24:54	49:46	1:13:40	1:37:59 (PB)
2. Ron McGregor	36:10	1:12:34	1:50:20	2:28:41 (PB)
Travis Martin	24:54	DNF		

**Open 20 Km Walk Women**

Sandra Geisler was the sole lady to contest the 20 km distance and she also completed the distance successfully and was no far outside her best which she recorded last winter season.

1. Sandra Geisler	28:07	56:33	1:25:21	1:54:53
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Most walkers chose conservatively and opted for the shorter distances which were keenly contested. Results were as follows

**Open 10 Km Walk Women**

1. Nicole Sansonetti	27:00	54:52
2. Laura Gleich	28:48	58:23
3. Mandy Emmett	29:31	59:15
4. Anne Holcombe	29:44	60:09
5. Gwen Steed	30:59	63:39
6. Celia Johnson	31:46	64:45
7. Margaret Beaumont	37:02	74:31
Heather Carr	DNF (23:09 for 4 km)	

**Open 10 Km Walk Men**

5. Ross Reid	25:23	52:41
6. John Bunker	28:07	54:52
7. Alan Lucas	28:07	56:30
8. Murray Dickinson	28:14	58:18
9. Duncan Knox	28:48	58:22
10. David Armstrong	28:07	58:49
Robin Wood	33:53	68:22

**Open 5 Km Walk Women**

1. Janet Holmes	30:00
2. Liz Feldman	30:18
3. Sophie DiFrancesco	30:43
4. Marlaine Stanway	33:28
5. Shirley Coppock	38:31
6. Pam Mews	42:55
Christine Griffiths	44:42

**Open 5 Km Walk Men**

1. Ian Beaumont	38:35
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**U12 2 Km Walk Girls**

13. Chloe DiFrancesco	5:44	11:46
14. Alicia Neylan	5:54	12:16

**U9 1 Km Walk Girls**

1. Jasmin Irshad	8:51
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<b>STATE LEAGUE FINAL, TUESDAY 3 FEBRUARY 2004</b>
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**Men 5000 m Walk**

Box Hill, helped by solid performances from Travis Martin and Simon Evans, won the Mens State League Competition. Overall winner of the walk was Tom Barnes who shattered his previous best time by 38 secs, only 2 days after his inaugural 20 km time of 97:59. As they say, when you are hot, you're hot! Travis Middlemiss was only 1 second outside his PB in recording a fast 22:30, a good warmup before his first senior track 5000m in 2 weeks time. With Michael Beaton-Wells incurring the judges' displeasure, Ross Reid was next in just ahead of fellow Masters walker Andy Jamieson. Can these old blokes walk!

1.	Barnes, Tom	Glenhuntly	22:12.22 (PB – 38 secs)
2.	Middlemiss, Travis	INV	22:30.56
3.	Reid, Ross	Glenhuntly	23:08.46
4.	Jamieson, Andrew	Aps	23:10.94
5.	Martin, Travis	Box Hill	24:05.67
6.	Thomas, Mark	Bayside	24:32.25
7.	Evans, Simon	Box Hill	24:40.20
	Beaton-Wells, Michael	Aps	DQ

**Women 5000 m Walk**

Bayside was the dominant womens' team and sole walking rep Megan Peters added valuable points towards the win. However, she had to concede overall honours on the night to Kylie Bonney, Wendy Muldoon and Sandra Geisler who had a very competitive race. It was Kylie who won in a time only a few seconds outside her best time and, as usual, Sandra did yet another PB. Nicole Sansonetti was a little down on previous form and Erin Adamcewicz was still sick after her Bali trip so their times were not up to their usual standard. It was great to see sisters Roisin and Laura Gleigh both qualifying to complete the result.

1.	Bonney, Kylie	INV	24:41.54
2.	Muldoon, Wendy	Box Hill	24:45.05
3.	Geisler, Sandra	Ringwood	24:47.85 (PB – 4 secs)
4.	Peters, Megan	Bayside	25:33.90
5.	Sansonetti, Nicole	Box Hill	26:19.86
6.	Adamcewicz, Erin	Ate	26:58.79
7.	Gleight, Roisin	Muu	27:20.73
8.	Gleight, Laura	Ate	27:36.08

## VICTORIAN CHAMPIONSHIPS, 13-15 FEBRUARY, 2004

The A.V. Masters walks were held on the Friday evening in good conditions and the times were suitably fast. Mark Donahoo, Ross Reid and Duncan Knox took the medals in the Men 40+ division, showing the benefit of regular State League participation. This is certainly a competitive Masters age bracket. There were no 50+ male walkers even though there are a lot of candidates out there. It illustrates the fact that most Masters are still not aware of this prestigious event on the yearly calendar.

### Men 3000 Metre Walk 40+

1.	Donahoo, Mark	ATHLETICS ESSENDON	13:20.24
2.	Reid, Ross	GLENHUNTLY AC	13:52.30
3.	Knox, Duncan	ATHLETICS ESSENDON	14:12.56
4.	Jones, Robert	BALLARAT YCW	14:27.55
5.	Evans, Simon	BOX HILL AC	14:35.88
6.	Armstrong, David	DIAMOND VALLEY AC	15:19.00
	Heywood, Colin	DIAMOND VALLEY AC	DQ
	Worsnop, Christopher	OLD XAVERIANS AC	DQ

As with the men, only a small number of women participated in the 40+ and 50+ races but that does not detract from their performances. Heather Carr was the fastest, as usual!

### Women 3000 Metre Walk 40+

1.	Drennan, Carmel	KEILOR ST BE	17:49.81
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### Women 3000 Metre Walk 50+

1.	Carr, Heather	VMA	15:58.53
2.	Steed, Gwen	VMA	17:22.72

**How hot is 40°C.** Just ask our Open, Masters and Junior walkers who competed in the Victorian 5000m walks on Saturday 14 February at Olympic Park. When the men started their race at 1:30PM, the Jolimont clock was showing 40°C and when the women started at 2:10PM, it had risen to 42°C. By the time the women finished, it was showing 43°C. By coincidence, the South Australian 10,000m walk championship was also held on the same day in Adelaide and they also faced 43°C temperatures.

### Men 5000 Metre Walk Open

With Duane Cousins and Frank Bertei suffering from viruses, the race was wide open, allowing Chris Erickson to race to the front and open up a lead of around 20 seconds. As he coasted to an easy win, a great battle developed between Michael Beaton-Wells, Mark Donahoo and Tom Barnes for the minor medals. Mark made the break with 2 laps to go and seemed to have it sewn up before tiring in the main straight (after his gold medal walk in the Masters 40+ walk the previous evening). Tom and Michael stormed past but Tom was subsequently disqualified, giving the minor medals to Michael and Mark.



**The start – Michael Beaton Wells, Duncan Knox, Tom Barnes, Mark Donahoo, Chris Erickson and Travis Middlemiss**

1.	Erickson, Christopher	ATHLETICS ESSENDON	23:08.15
2.	Beaton-Wells, Michael	OLD SCOTCH C	23:16.03
3.	Donahoo, Mark	ATHLETICS ESSENDON	23:19.50
4.	Cousins, Duane	BENDIGO YMCA	24:09.12
5.	Bertei, Frank	ATHLETICS NU	24:21.09
6.	Middlemiss, Travis	KNOX SHERBROOKE AC	24:55.61
7.	Knox, Duncan	ATHLETICS ESSENDON	26:03.20
	Barnes, Tom	GLENHUNTLY AC	DQ

**Women 5000 Metre Walk Open**

With Simone Wolowiec a non-starter, a 4 way battle quickly developed between Kellie Wapshott, Nicole Sansonetti, Wendy Muldoon and Kylie Bonney. As the race progressed, the pack broke up and Kellie eventually strode confidently



to an easy win. Nicole was next to cross the finish line and was very pleased to win her first track medal since her junior days some 10 years ago. Wendy took bronze to add to her considerable collection of Victorian medals and the only other finisher was Roisin Gleich who walked well in the terrible conditions.

**Nicole Sansonetti, Wendy Muldoon, Kylie Bonney and Kellie Wapshott in action**

1.	Wapshott, Kellie	KNOX SHERBROOKE AC	25:35.31
2.	Sansonetti, Nicole	BOX HILL AC	26:36.47
3.	Muldoon, Wendy	BOX HILL AC	27:14.81
4.	Gleich, Roisin	MELBOURNE UN	29:47.11
	Bonney, Kylie	KNOX SHERBROOKE AC	DNF
	Adamcewicz, Erin	ATHLETICS ESSENDON	DNF
	Loone, Rachael	ATHLETICS CHILWELL	DNF
	Ruddick, Kelly	BALLARAT HARRIERS	DNF

**Women 5000 Metre Walk Under 20**

The Junior event was run concurrently with the senior walk and that meant the junior girls also had to survive the hothouse. Laura Gleich outlasted Sarah Alexander to win gold and it was good to see 3 finishers.

1.	Gleich, Laura	ATHLETICS ESSENDON	30:22.01
2.	Alexander, Sarah	BOX HILL AC	30:47.65
3.	Vandenheilgenberg, Kylie	KNOX SHERBROOKE AC	39:52.38
	Jacobs, Fauve	DEAKIN AC	DNF

<b>A.V. UNDERAGE WALK CHAMPIONSHIPS, 6-7 MARCH 2004</b>
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Congratulations to all the medallists in the Victorian Underage track walks. With South Bendigo taking 3 of the 6 gold medals on offer, it seemed like a bit of a country coup. I think we need the water tested! Well done to Bendigo coach Paul Rance and his charges.

**Women 1500 M Walk U 14**

1. Laurie, Natalie	91	ANW	7:25.63
2. Tallent, Rachel	93	BYC	8:15.87
3. Neylan, Alicia	92	BOH	8:25.46
4. Troy, Shelby	91	PTN	9:22.92
Kondogonis, Stephanie	91	KSB	DQ

**Women 3000 M Walk U 16**

1. Rothwell, Jessica	89	SHE	15:02.76
2. Alexander, Sarah	89	BOH	15:56.50
3. Girgin, Eda	90	RIC	16:13.91
4. Palfreyman, Jessie	90	SBE	17:56.64
5. Lovus, Katie	90	KNA	18:08.77
6. Curtin, Kara	90	RWD	21:21.81

**Women 3000 M Walk U 18**

1. Fuzzard, Sibon	88	SBE	15:10.26
2. Donovan, Siobhan	88	KNA	15:19.57
3. Jacobs, Fauve	87	DKN	16:36.21
4. DI Francesco, Sophie	87	GHY	17:07.95
5. Nguyen, Paula Thangh	88	INT	19:12.84
6. Nguyen, Tracy	88	INT	19:36.72

**Men 1500 M Walk U 14**

1. Cowley, Rhydian	99	KNA	7:03.10
2. Girgin, Timucin	92	RIC	7:35.56
3. Stoddart, Jayson	92	ANW	8:17.18
4. Mirarchi, Nicholas	91	COR	8:21.80
5. Palfreyman, Jack	92	SBE	9:12.02

**Men 3000 M Walk U 16**

1. Bryant, Kyle	89	SBE	15:26.90
2. Ranger, David	89	EKA	16:22.90
3. Lineen, Daniel	89	GLG	16:36.26
Elms, Jason	90	PTN	DQ
Burgess, Shaun	89	ACW	DNS

**Men 3000 M Walk U 18**

1. Curtin, James	88	RWD	DNF
Elms, Bradley	88	PTN	DQ

**VLAA TRACK AND FIELD CHAMPIONSHIPS, OLYMPIC PARK, MARCH 13-14, 2004**

The annual Victorian Little Athletics championships were held last weekend at Olympic Park and a lot of our regular Albert Park walkers featured in the medals. I reproduce the first 3 from each age group. Well done to all our future champions.

U9 Girls 1100m W	1. A. Finnegan (Knox)	6:42.9	2. T. Collins (D'nong)	3. E. Tallent (Ballarat)
U10 Girls 1100m W	1. A. Burren (D'nong)	5:56.7	2. S. Wilson (Geelong)	3. H. Brazel (N'wading)
U11 Girls 1500m W	1. B. Alexander (Knox)	8:00.6	2. R. Tallent (Ballarat)	3. M. Graham (C'field)
U12 Girls 1500m W	1. R. Lambie (N'wading)	7:24.0	2. C. Di Francesco (B'ton)	3. K. Whitelaw (Seaford)
U13 Girls 1500m W	1. N. Laurie (N'wading)	7:28.2	2. E. Girgin (Coll)	3. L. Farrell (Ringwood)
U14 Girls 1500m W	1. J. Palfreyman (Bendigo)	7:26.8	2. D. Nielsen (Wav)	3. C. Brunton (Corio)
U15 Girls 1500m W	1. J. Rothwell (Shep'ton)	6:45.8	2. S. Fuzzard (Bendigo)	3. S. Alexander (Oakleigh)
U9 Boys 1100m W	1. A. Antidormi (N'wad)	7:06.3	2. D. Irwin (Warragul)	3. J. McSweeney (D'nong)
U10 Boys 1100m W	1. D. Sloan (Seaford)	6:29.3	2. P. Curtis (Bendigo)	3. A. Goodson (Sunbury)
U11 Boys 1500m W	1. E. Girgin (Coll)	8:06.5	2. J. Palfreyman (Bendigo)	3. A. Coad (Bendigo)
U12 Boys 1500m W	1. W. Kennish (N'wad)	7:34.1	2. T. Harrison (Waverley)	3. L. Muir (Geelong)
U13 Boys 1500m W	1. R. Cowley (Knox)	7:13.5	2. S. Grayson (Casey)	3. J. McVitty (Ballarat)
U14 Boys 1500m W	1. D. Payne (Corio)	7:39.1	2. C. Fairburn (Knox)	3. A. David (Mildura)
U15 Boys 1500m W	1. K. Bryant (Bendigo)	7:20.1	2. S. Burgess (Geelong)	3. D. Lineen (Werribee)

**VMA T&F CHAMPIONSHIPS, DUNCAN MCKINNON RESERVE , GLENHUNTLY, MARCH 13-14, 2004**

It's a case of titles and medals flowing everywhere. Last weekend also saw the Victorian Masters titles at the Glenhuntly track. As usual, lots of walkers attended and we saw some fine performances. The best way to compare masters performances is to look at the right hand column which compares each individual's performance to the World tables based on age and distance. Anyone who manages to get to the 85% mark or higher is really moving well. I have highlighted those performances to draw attention to them. In particular, I want to mention the amazing Brenda Riley who was just outside the world record both the W60 1500m and 5000m walks.

**Women 1500m Walk**

W40	1 ANNETTE MAJOR	41	NON	7:19.64	83.9%
	2 MANDY EMMETT	41	CRO	7:46.27	79.1%
	3 CARMEL DRENNAN	44	ABE	8:46.55	71.7%
W45	1 HEATHER LANCASTER	47	FRA	10:01.99	64.2%
W50	1 HEATHER CARR	54	TOO	7:27.10	<b>92.1%</b>
	2 ALISON THOMPSON	51	CRO	7:29.82	<b>89.1%</b>
	3 JANET HOLMES	50	CAU	8:00.44	82.6%
W55	1 LIZ FELDMAN	55	CRO	7:49.04	<b>88.4%</b>
	2 CELIA JOHNSON	56	SPR	8:53.81	78.5%
	3 MAUREEN BINYON	56	CAU	9:13.77	75.6%
	4 ANNE BILSTON	56	CAU	9:42.86	71.8%
	5 MARGARET WEGENER	57	BUR	11:02.37	64.0%
W60	1 BRENDA RILEY	64	GEE	7:45.22	<b>97.8%</b>
	2 GWEN STEED	61	MEN	8:15.76	<b>88.9%</b>
	3 SLYVIA MACHIN	62	MEN	8:58.26	82.8%
	4 BEVERLY HUGO	64	MEN	11:27.65	66.1%
	5 HEIDI ENGEL	61	MEN	12:17.82	59.7%
W65	1 MARLAINE STANWAY	65	CAU	9:20.73	82.0%
	2 MARGARET BEAUMONT	66	MEN	10:48.06	71.9%
	3 PAM MEWS	69	MEN	12:09.28	66.1%
W70	1 TINA BAARSLAG-LEB	70	BUR	10:34.99	76.8%
	2 JEAN O'NEILL	74	MEN	12:56.20	66.2%
W75	1 JEAN KNOX	77	GEE	10:31.93	84.8%

**Men 3000m Walk**

M35	1 DAVID LONG	38	NON	21:32.23	51.5%
M45	1 ROSS REID	49	NON	13:56.87	<b>86.1%</b>
	2 ANDREW COCHRANE	48	ABE	15:23.97	77.3%
	3 ROD NEAL	47	CRO	16:30.68	71.6%
M50	S MIDDLETON	57	CAU	19:21.28	66.4%
M60	1 TONY JOHNSON	63	SPR	15:56.32	<b>85.3%</b>
	2 JOHN MORRISON	64	MEN	17:26.74	78.7%
	3 RON BILSTON	60	CAU	18:12.84	72.5%
	4 BARRIE WICKS	63	CRO	19:21.06	70.2%
M65	1 MURRAY DICKINSON	65	COL	16:15.55	<b>85.2%</b>
	2 TERRY DUNN	66	CRO	18:06.80	77.3%
	3 GORDON ONLEY	69	COL	19:14.54	75.2%
	4 JOHN BECK	67	MEN	21:54.80	64.6%
	5 IAN BEAUMONT	67	MEN	22:27.33	63.0%
M70	1 COLIN SILCOCK-DELANEY	71	GEE	20:18.29	72.9%
	2 GORDON GOURLAY	74	MEN	20:35.33	74.4%
	3 DAVID MCNAIR	73	NON	21:39.82	70.0%
	4 JIM MACHIN	73	MEN	23:51.20	63.5%
M75	JACK KILFOYLE	79	FRA	22:23.52	73.1%
	2 VICTOR HARLEY	78	CAU	22:25.72	72.0%
	3 KEES ZWYNENBURG	75	FRA	22:39.61	70.0%
	4 JIM SINCLAIR	79	SPR	23:56.26	68.3%
M80	1 KEN MATCHETT	82	CRO	22:15.31	76.7%

**Men 5000m Walk**

M35	1 DAVID LONG	38	NON	35:22.50	54.1%
M40	1 STEPHEN EGAN	44	KNO	37:08.00	53.7%
M45	1 COLIN HEYWOOD	49	COL	23:37.80	<b>87.7%</b>
	2 ROSS REID	49	NON	23:53.70	<b>86.7%</b>
M50	1 CLYDE RIDDOCH	50	ABE	30:52.90	67.6%
	2 IAN CASSELL	50	MEN	32:20.90	64.5%
M55	1 ALAN LUCAS	56	CRO	27:07.50	80.9%
	2 DES MIDDLETON	57	CAU	31:09.20	71.1%
	3 GEOFF BARROW	55	MEN	31:41.40	68.7%
M60	1 TONY JOHNSON	63	SPR	28:20.30	82.8%
	2 JOHN MORRISON	64	MEN	30:47.30	76.9%
	3 RON BILSTON	60	CAU	30:56.00	73.6%
	4 JOHN HALLO	61	FRA	31:48.80	72.3%
M65	1 MURRAY DICKINSON	65	COL	27:32.60	<b>86.9%</b>
	2 TERRY DUNN	66	CRO	31:01.90	77.9%
	3 IAN BEAUMONT	67	MEN	37:53.30	64.4%
M70	1 COLIN SILCOCK-DELANEY	71	GEE	34:29.20	74.0%
	2 GORDON GOURLAY	74	MEN	35:16.80	74.9%
	3 DAVID MCNAIR	73	NON	36:54.00	70.8%
M75	1 VICTOR HARLEY	78	CAU	38:33.00	72.2%
	2 KEES ZWYNENBURG	75	FRA	38:45.00	69.1%
	3 ALLAN JONES	78	NON	42:58.00	64.7%
M80	1 KEN MATCHETT	82	CRO	36:58.00	79.7%
M90	1 RALPH FIELD	90	CAU	50:40.00	67.1%

#### Women 5000m Walk

W40	1 ANNETTE MAJOR	41	NON	27:12.00	80.0%
	2 MANDY EMMETT	41	CRO	28:45.00	75.7%
	3 CARMEL DRENNAN	44	ABE	31:05.00	71.7%
W45	1 HEATHER LANCASTER	47	FRA	35:12.00	64.9%
W50	1 HEATHER CARR	54	TOO	27:33.00	<b>88.1%</b>
	2 ALISON THOMPSON	50	CRO	27:44.00	84.5%
	3 JANET HOLMES	50	CAU	29:17.00	80.0%
W55	1 LIZ FELDMAN	55	CRO	28:49.00	<b>85.0%</b>
	2 CELIA JOHNSON	56	SPR	31:59.00	77.3%
W60	1 BRENDA RILEY	64	GEE	27:20.00	<b>98.2%</b>
	2 GWEN STEED	61	MEN	29:46.00	<b>87.4%</b>
	3 SLYVIA MACHIN	62	MEN	31:47.00	82.7%
	4 MARLENE PETROFF	62	FRA	37:20.00	70.4%
	5 BEVERLY HUGO	64	MEN	38:40.00	69.4%
	6 HEIDI ENGEL	61	MEN	43:04.00	60.4%
W65	1 MARLAINE STANWAY	65	CAU	32:26.00	83.7%
	2 MARGARET BEAUMONT	66	MEN	35:31.00	77.3%
	3 PAM MEWS	69	MEN	48:16.00	58.9%
W70	1 TINA BAARSLAG-LEB	70	UR	36:50.00	78.1%

**VRWC WINTER SEASON OPENING RACES, SATURDAY 3 APRIL 2004**

**A.V. 10 KM CHAMPIONSHIP FOR MEN**

With defending champion Paul van Koppen now coaching instead of racing, with Jared Tallent at the AIS in Canberra, with Frank Bertei overseas and with Chris Erickson and Duane Cousins preparing for the Racewalking World Cup, the event was wide open. Young Tom Barnes, the big improver of the summer season, made the most of the opportunity. Leading from the start, he walked impressively to take his first Victorian Championship in a PB time of 47:11. Tom, who walked 95:58 for 8<sup>th</sup> in the National 20 km title just over a month ago, continues his good form and is in for a great winter season.

Mark Donahoo, at 45 years of age, shows no signs of slowing. A former winner of this event (1997), Mark stormed home to pass Travis Middlemiss and take the silver. Travis, just out of junior ranks, earned his first senior medal with a fine walk for third.

The Collingwood team of Trevor Mayhew, Stuart Kollmorgen and Bob Gardiner took the A.V. Teams medal. I must mention in particular Trevor's performance. His time of 52:31 for 5<sup>th</sup> place at 57 years of age was exceptional.

1.	Tom Barnes	GHY	9:20	18:52	28:20	37:42	47:11 (PB)
2.	Mark Donahoo	ATE	9:23	18:59	28:47	38:23	48:15
3.	Travis Middlemiss	RING	9:22	18:52	28:33	38:26	48:49
4.	Simon Evans	BOH	9:51	20:10	30:52	41:53	52:28
5.	Trevor Mayhew	COL	10:32	21:08	31:48	42:17	52:31
6.	Stuart Kollmorgen	COL	9:55	20:35	31:25	42:17	53:08
7.	Duncan Knox	ATE	10:41	21:35	32:20	43:11	53:57
8.	Bob Gardiner	COL	11:39	23:31	35:45	48:17	60:56

A.V. Teams Event            1. COL (Trevor Mayhew, Stuart Kollmorgen, Bob Gardiner)

As well as the A.V. championship, it was our first VRWC racing day and we had a bumper turnout of keen walkers of all ages and experience, including a number of first timers. I hope it wasn't too daunting! The serious walkers attacked the 10 km distance with the standout performance by 65 year old Murray Dickinson who seems to be getting back into top shape after a quiet year or so.

**VRWC 10 KM HANDICAP**

**H'cap points**

1.	Mark Donahoo	9:23	18:59	28:47	38:23	48:15	6
2.	John Bunker	10:26	21:08	31:48	42:17	52:33	4
3.	Stuart Kollmorgen	9:55	20:35	31:25	42:17	53:08	5
4.	Murray Dickinson	10:34	21:29	32:37	43:55	55:01	7
5.	John Morrison	12:32	25:33	38:28	51:39	64:54	2
6.	Ron McGregor	13:08	26:30	40:12	54:01	67:46	2
7.	Robin Wood	13:41	27:26	41:22	55:28	69:30	3
8.	Travis Martin	DNF (4 km in 19:04)					
1.	Alison Thompson	10:53	22:06	33:31	45:14	56:53	-
2.	Sandra Geisler	10:42	21:46	33:47	46:50	60:19	7

The 5 km distance also attracted good fields. David Dos Santos, a top junior a couple of years ago, made a welcome return to racing and did his first 5 km in a speedy 27:01 to win the men's section. Kylie Irshad easily won the women's section in a very stylish 25:23.

**VRWC 5 KM HANDICAP**

**H'cap points**

1.	David Dos Santos	10:37	21:39	27:01	2
2.	Alan Lucas	16:29	22:01	27:40	6
3.	Tony Barrett	11:37	23:16	29:04	5
4.	Tim Erickson	15:20	28:22	33:34	4
5.	Ian Beaumont	15:02	30:26	38:11	7
6.	Kylie Irshad	9:41	20:10	25:23	4
7.	Heather Carr	10:57	22:11	27:58	2
8.	Rachael Loone	10:18	21:52	28:03	2
9.	Janet Holmes	11:24	23:24	29:22	2

10. Gwen Steed	11:53	24:17	30:23	5
11. Celia Johnson	18:34	24:48	31:05	2
12. Marlaine Stanway	12:53	26:10	32:50	5
13. Margaret Beaumont	14:20	28:58	36:09	7
14. Tina Barslagg-Leb	14:26	29:26	36:40	3

The 3 km distance saw an interesting mix of walkers. First timers Jane Fitter and Sandy Newman braved the butterflies and successfully completed the distance while at the other end of the spectrum Liz Feldman walked 16:18 which is a huge time for someone in the Masters 55+ age group. Club President Harry Summers made a rare appearance and comfortably completed the distance – let's hope we see some more of Harry on the road during the season.

#### **VRWC 3 KM OPEN**

1. Bradley Elms (U20)	12:33	19:00		
2. Barry Wicks	12:51	19:17		
3. Harry Summers	12:12	19:23		
1. Liz Feldman	10:49	16:18		
2. Jane Fitter	12:51	19:12		
3. Sandy Newman	15:20	23:03		

The younger age groups were also well represented and this omens well for the season, given that some of our regulars were not on deck. Since the Australian Federation of Race Walking Clubs carnival in June will feature official team competitions in both U10 and U12 age groups this year, our aim will be to field full teams.

#### **VRWC 3 KM U15 HANDICAP**

#### **H'cap points**

1. Daniel Payne	11:49	17:59	5
2. Nicholas Mirarchi	12:11	18:11	6
3. Jason Elms	17:05	25:42	7

#### **VRWC 2 KM U12 HANDICAP**

#### **H'cap points**

1. Jayson Stoddart	5:42	11:34	7
1. Amy Burren	5:45	11:58	2
2. Alicia Neylan	5:41	11:51	5
3. Nicole Hallett	6:17	12:42	7
4. Mietta Feery	6:15	12:47	2
5. Emily Payne	6:36	13:17	4
6. Hilary Brasel	6:40	13:31	2
7. Taylor Brogan	6:43	14:01	2
8. Kiarra Dunn	6:56	14:26	2
9. Josephine Mirarchi	7:49	16:44	6

#### **1 KM U9 HANDICAP**

#### **H'cap points**

1. Sarah Burren	6:48	2
2. Chloe McNicol-Davidson	7:18	7

**VRWC RACES, SATURDAY 17 APRIL, 2004**

Another day of big numbers and fine walking. Special welcome to Italian walker Raffaele Rinaldi who is now living in Melbourne and who made an impressive start to his local walking career. Also welcome to former WA walker Daniel Lowe who had his first race since moving to Melbourne late last year. These races were also handicap events but I will leave it to Club Handicapper Mark Donahoo to work out the Handicap points upon his return. I have simply listed the handicap placings in each event for completeness.

Chris Erickson, having one of his last races before heading off for the Racewalking World Cup, was well out in front in the mens event, as was Kylie Irshad in the womens event. Heather Carr had one final hitout before flying out for NZ to compete in the World Masters walks, starting on Monday. Harry Summers and Janet Holmes cleaned everyone up in the 4 km handicap races

**VRWC 8 Km Walk**

						<b>Handicap Placings</b>
1.	Chris Erickson	9:44	19:17	28:35	37:51	2
2.	Raffaele Rinaldi	10:43	20:33	30:33	40:42	
3.	Duncan Knox	10:43	21:42	32:45	43:41	1
4.	John Bunker	10:48	22:07	33:35	44:38	5
5.	Alan Lucas	11:02	22:15	33:35	44:46	4
6.	Bob Gardiner	11:44	23:21	35:15	47:33	3
	Travis Martin	9:51	19:36	DNF		
1.	Kylie Irshad	9:52	19:57	31:32	42:17	4
2.	Nicole Sansonetti	10:45	22:07	33:35	44:38	1
3.	Rachel Loone	10:26	21:33	32:51	43:56	5
4.	Marlaine Stanway	12:57	26:14	39:43	53:17	2
5.	Kylie Vandenheiligenberg	13:46	28:33	43:28	58:42	3

**VRWC 4 Km Walk**

						<b>Handicap Placings</b>
8.	David Dos Santos	10:27	22:02			5
9.	Daniel Lowe	10:48	22:09			
10.	Tony Barrett	11:31	22:52			3
11.	Russ Dickenson	11:52	23:30			
12.	John Morrison	11:45	23:51			4
13.	Harry Summers	12:56	25:42			1
14.	Bruce Conboy	13:33	27:04			
15.	Ian Beaumont	15:15	30:27			2
	Gordon Onley	13:15	26:56 (DQ)			
1.	Sandra Geisler	9:55	19:58			
2.	Heather Carr	10:58	22:49			6
3.	Ann Holcombe	11:37	23:04			3
4.	Janet Holmes	11:27	23:11			1
5.	Jenny Fawkes	11:46	23:47			8
6.	Gwen Steed	12:14	24:57			4
7.	Margaret Beaumont	14:27	28:51			2
8.	Tina Baarslag-Leb	15:03	30:21			7
9.	Shirley Coppock	15:32	31:30			5

It is great to see such a large number of young walkers at Albert Park. We intend to put on a few special awards for the younger age groups over the next few months to add to their enjoyment.

**U15 4 Km Walk**

1.	Shaun Burgess	11:08	23:08	2
2.	Tim Girgin	11:29	23:54	E3
3.	Nicholas Mirarchi	12:17	25:13	E3
4.	Sam Grayson	12:31	27:38	
5.	Jason Elms	17:03	35:15	1
	Bradley Elms	12:43	26:45 (DQ)	

1.	Eda Girgin	11:29	23:33	3
2.	Daina Nielsen	11:57	24:42	2
3.	Anne Whitworth	12:21	25:24	1

**U12 2 Km Walk**

1.	Ergenekon Girgin	5:19	10:58	2
2.	Jayson Stoddart	5:35	11:32	3
3.	Tommy Harrison	-	11:53	
4.	Damien Elms	7:39	15:59	1

1.	Regan Lambie	5:10	10:28	6
2.	Alicia Neylan	5:49	11:57	4
3.	Amy Burren	5:52	12:05	8
4.	Mietta Feery	-	12:15	7
E5	Nicole Hallett		12:16	2
E5	Hilary Brazel	-	12:16	4
7.	Emily Payne	-	12:23	1
8.	Taylor Brogan	6:53	14:43	9
9.	Josephine Mirarchi	7:45	16:16	3

**U9 1 Km Walk**

E1	R. Martin	6:28		
E1	Sarah Burren	6:28		2
3.	Chloe McNicol Davidson	7:37	16:00	1

**VRWC RACES, SATURDAY 24 APRIL, 2004**

We had good fields once again this week and the threatening clouds held off until after the races had completed. It was especially pleasing to have Simone Wolowiec and Chris Erickson present for one final race before leaving to represent Australia at the racewalking World Championships next weekend.

**12 KM OPEN HANDICAP**

Chris Erickson and Tom Barnes crossed the line together to win 12 km event and Tom was rewarded with a PB of nearly 1 minute. Sandra Geisler and Kylie Irshad had a good battle early before Sandra cleared away in the second half to win the women's section of the 12 km.

								Handicap	
1.	E1	Chris Erickson	9:13	18:17	27:35	36:55	46:16	55:40	2
2.	E1	Tom Barnes	9:13	18:20	27:35	36:55	46:16	55:40	1
3.		John Bunker	10:42	21:17	31:57	42:35	53:16	64:04	3
4.		Bob Gardiner	12:10	24:19	36:29	48:41	60:00	73:23	4
		Travis Middlemiss	9:34	19:22	29:52	40:45	Ab		
1.		Sandra Geisler	10:42	21:17	31:57	42:30	53:16	64:04	1
2.		Kylie Irshad	10:42	21:17	31:57	43:07	54:17	65:29	4
3.		Alison Thompson	10:54	22:04	33:18	45:06	56:59	68:46	2
4.		Marlaine Stanway	13:00	26:06	39:17	52:59	66:50	80:44	3
		Rachel Loone	10:13	40:54	32:20	43:26	Ab		
		Megan Peters	11:17	23:13	35:34	48:22	Ab		



**Sandra Geisler, Kylie Irshad, John Bunker, Sarah Alexander and Alison Nicholls all show good form for the camera!**

**6 KM OPEN HANDICAP**

This was our most popular event and Travis Martin finally finished a race to record a very swift 28:53. Young David Dos Santos, also on the comeback trail, held out Murray Dickinson in an exciting sprint finish for second. Liz Feldman has finally decided to do a winter season of walking and walked well for her 34:10 to take out the womens race but she was not far ahead of Ann Holcombe who finished strongly.

					Handicap places	
1.		Travis Martin	9:34	19:10	28:53	
2.		David Dos Santos	10:51	21:33	32:25	2
3.		Murray Dickinson	10:51	21:36	32:29	5
4.		Alan Lucas	11:05	22:13	33:26	6
5.		Russ Dickinson	11:33	23:34	35:31	

6.	John Morrison	11:41	24:01	36:26	e3
7.	Harry Summers	12:00	26:06	39:13	1
8.	Robin Wood	13:47	27:46	42:06	7
9.	Ian Beaumont	15:05	30:45	46:32	e3
10.	Gordon Onley	15.50	27.40	50.15	
1.	Liz Feldman	11:21	22:42	34:10	2
2.	Ann Holcombe	-	22:53	34:20	4
3.	Mandy Emmett	11:35	23:40	35:40	7
4.	Gwen Steed	11:59	-	37:51	5
5.	Kylie Vandeneiligenberg	13:49	28:12	42:19	3
6.	Margaret Beaumont	14:15	28:41	43:07	1
7.	Tina Baarslag-Leb	14:43	29:58	45:28	6

#### 4 KM OPEN

Simone wolowiec had a final hitout over 4 km before flying out to Germany and she looks in very good form indeed.

1.	Simone Wolowiec	9:13	18:17
2.	Jane Fitter	12:20	25:28

#### U15 4 KM HANDICAP

Once again, we had a talented group of younger walkers on the track and Siobhan Donovan not only took the overall honours but also caught the judges' eyes, scoring highly in the style award points.

1.	Shaun Burgess	11:05	22:57	3
2.	Nicholas Mirarchi	11:54	24:44	2
3.	Sam Grayson	12:23	26:20	1
1.	Siobhan Donovan	10:30	21:20	1
2.	Sarah Alexander	10:54	22:07	3
3.	Anne Whitworth	12:21	25:56	2
	Hannah Banks	12:57	DNF	

#### U12 2500M HANDICAP

Our Under 12 and Under 9 walkers are growing in number each week and there are some real speedsters amongst them. I must apologise for the confusion this week and for the fact that some walkers got a bit confused with our course. We will ensure that we sort this out for next week. We had certificates for all our young walkers and medals for the winners of the handicap events in U9 an U12. If you left early, see Ron to collect your certificate/medal this week.

1.	Jayson Stoddart	14:23	1
1.	Regan Lamble	13:20	2
2.	Mietta Feery	14:43	1
3.	Amy Burren	14:57	6
4.	Nicole Hallett	15:26	5
5.	Hilary Brazel	15:39	3
6.	Cassandra Raselli	16:40	
7.	Ayla Collins	17:10	
8.	Nikki Apostolidis	17:20	7
9.	Taylor Brogan	18:20	8
10.	Josephine Mirarchi	21:52	4

#### U9 1500M HANDICAP

1.	Talie Collins	10:25	
2.	Sarah Burren	10:26	1
3.	Chloe McNicol-Davidson	11:13	2
4.	Jasmine Irshad	17:25 (walked 2000m)	3
5.	Karla Nielsen (U12)	11:28	

**VRWC RACES, SATURDAY 1 MAY, 2004**

With a number of our top walkers overseas at the Racewalking World Championships, medals were there for the taking and we saw two good winning performances and two new champions this year. Overall, nearly 60 walkers braved the cold conditions and enjoyed a competitive day's walking.

**A.V. 15 KM CHAMPIONSHIP FOR MEN**

Daniel Walters (Thorne) made a welcome return to racing after over a year's absence and was rewarded with his first Victorian Open title since winning the 1999 Victorian 5000m track title as a Junior. Tom Barnes kept with him early but dropped off after 5 km. Tom was still rewarded with a huge PB and his second Victorian medal this winter (he won the Victorian 10 km walk several weeks ago). Travis Middlemiss collected his second Victorian bronze medal this winter with another good walk.

1.	Daniel Walters	COR	8:45	17:46	26:48	36:03	45:14	54:28	63:55	68:35
2.	Tom Barnes	GHY	8:45	17:46	26:57	36:19	45:44	55:12	64:52	69:33
3.	Travis Middlemiss	KNOX	10:09	20:05	29:52	39:38	49:30	60:21	70:58	76:57
4.	Simon Evans	BOH	10:52	21:24	31:44	42:08	52:47	63:32	74:25	79:39
5.	Duncan Knox	ATE	11:03	22:45	33:53	45:17	56:56	68:27	80:24	86:39
6.	Bob Gardiner	COL	12:26	24:51	37:10	49:33	61:52	74:04	86:49	92:55
	Trevor Mayhew	COL	10:27	20:06	DNF					
	Mark Donahoo	ATE	DNF							
	Chris Erickson	ATE	DNF							
	Stuart Kollmorgen	COL	DNF							

**A.V. 15 KM CHAMPIONSHIP FOR WOMEN**

After a couple of minor medals in Victorian championships over the last couple of years, Kylie Irshad finally made the big breakthrough and secured her first Open title in a very good time of 79:12. Sandra Geisler, who had been expected to provide the main challenge, could not sustain the pace and fell off early to collect the silver. Rachael Loone finished strongly but could not bridge the gap and took bronze.

1.	Kylie Irshad	RWD	10:32	20:58	31:12	41:32	52:02	62:41	73:45	79:12
2.	Sandra Geisler	RWD	10:36	21:20	31:37	42:17	53:16	64:46	76:25	82:21
3.	Rachael Loone	ACW	10:36	21:53	33:15	44:05	55:04	66:20	77:30	82:58
4.	Nicole Sansonetti	BOH	10:36	21:30	32:52	44:06	56:07	68:48	82:32	89:39

**OPEN 10KM**

				<b>Handicap place</b>
1.	Mandy Emmett		60:24	3
2.	Marlaine Stanway		66:11	2
3.	Kylie Vadewnheiligenberg		71:58	1
1.	John Bunker		52:42	1
2.	Murray Dickinson		55:01	3
3.	Alan Lucas		55:51	2
4.	Harry Summers		66:38	

**OPEN 5KM HANDICAP**

1.	Jenny Fawkes		29:47	5
2.	Gwen Steed		30:44	e3
3.	Carmel Drennan		30:47	1
4.	Jane Fitter		31:30	2
5.	Celia Johnson		32:01	6
6.	Margaret Beaumont		35:34	e3
1.	David Dos Santos		27:07	e4
2.	Daniel Lowe		28:04	e4
3.	Tony Johnson		29:00	
4.	John Morrison		29:52	3
5.	Bruce Conboy		33:52	1
6.	Bradley Elms		35:24	6
7.	Ian Beaumont		37:57	2

Gordon Onley Disq

**VRWC UNDER 15 5KM HANDICAP**

1.	Siobhan Donovan	26:27	1
2.	Sarah Alexander	27:25	3
3.	Eda Girgin	29:01	2
1.	Shaun Burgess	28:44	4
2.	Timucin Girgin	29:18	2
3.	Nicholas Mirarchi	30:43	3
4.	Sam Grayson	31:54	1

**VRWC UNDER 12 3KM HANDICAP**

1.	Regan Lamble	16:17	4
2.	Amy Burren	18:18	5
3.	Hilary Brazel	18:31	2
4.	Mietta Feery	19:10	8
5.	Alicia Neylan	19:36	3
6.	Cassandra Raselli	20:29	6
7.	Taylor Brogan	21:52	7
8.	Josephine Mirarchi	25:01	1
1.	Tommy Harrison	17:32	2
2.	Ergenekon Girgin	20:49	3
3.	Jason Elms	22:04	1
4.	Damien Elms	Disq	
5.	Jason Stoddart	Ab.	

**VRWC UNDER 9 1500M HANDICAP**

1.	Sarah Burren	10:29	2
2.	Chloe McNicol-Davidson	12:03	3
3.	Jasmine Irshad	12:23	1

**VRWC RACES, SATURDAY 8 MAY, 2004**

Last Saturday saw our first handicap starts and some exciting contests ensued. Lots of walkers recorded PBs in the perfect weather conditions. This just shows how much more incentive there is in this sort of race – everyone has a chance to win and will walk that little harder to either stay in front or catch those in front.

Overall, the highlight of the day had to be the walk of **Murray Dickinson** who broke his **own Masters World Record (M65)** for the 10 km walk. Murray held the record at 54:55 and shattered it with a time of **54:16**. Forms were filled out and in due course, he will receive official recognition for his new mark. Interestingly, Murray only came third in the 10 km handicap for men. This does raise the rather interesting question – just how much do you have to pay the handicapper nowadays?

Murray's superb walk overshadowed some other fine performances, especially by the handicap winners – Liz Feldman (big PB), Duncan Knox (put in the big effort), Carmel Drennan, Ian Beaumont, Siobhan Donovan, Daniel Payne, Cassandra Raselli, Tommy Harrison and Chloe McNicol-Davidson. There were PBs all over the place in the junior races with some sizzling times done.

<b>10km Open</b>	<b>Hcp Place</b>	<b>Actual time</b>	<b>F/T Place</b>
Liz Feldman	1	58.41	2
Marlaine Stanway	2	65.28	4
Alison Thompson	3	55.56	1
Kylie Vandenheiligenberg	4	73.19	5
Heather Carr	5	60.22	3
Duncan Knox	1	53.41	2
John Bunker	2	52.33	1
Murray Dickinson	3	54.16	3 World Record
Alan Lucas	4	55.57	4
Harry Summers	5	67.37	5
<b>5km Open</b>			
Carmel Drennan	1	30.41	4
Marlene Gourlay	2	28.46	1
Gwen Steed	3	30.39	3
Margaret Beaumont	4	35.32	6
Janet Holmes	5	30.19	2
Celia Johnson	6	32.02	5
Ian Beaumont	1	38.36	1
<b>3km Open</b>			
Bradley Elms	1	20.47	1
<b>3km Under 15</b>			
Siobhan Donovan	1	15.08	1
Anne Whitworth	2	18.05	3
Lana Boddy	3	19.20	5
Sarah Alexander	4	16.07	2
Daina Nielsen	5	18.20	4
Daniel Payne	1	16.39	2
Shaun Burgess	2	16.05	1
Nicholas Mirarchi	3	17.58	3
<b>2km Under 12</b>			
Cassandra Raselli	1	12.02	8
Hilary Brazel	e2	11.38	5
Taylor Brogan	e2	13.28	9
Nicole Hallett	4	11.58	7

Josephine Mirarchi	5	16.39	10
Mietta Feery	6	11.29	3
Regan Lamble	7	10.09	1
Amy Burren	8	11.33	4
Chloe Di Francesco	9	11.24	2
Alicia Neylan	10	11.52	6

Tommy Harrison	1	10.39	1
Damien Elms	2	15.49	4
Jayson Stoddart	3	10.43	2
Jason Elms	-	13.30	3

**1km Under 9**

Chloe McNicol-Davidson	1	7.12	2
Sarah Burren	2	6.57	1

## VRWC RACES, SATURDAY 15 MAY, 2004

The Relay day is usually an exciting day and this year proved no exception to the rule. With club handicapper Mark Donahoo doing his best to create very even teams, the races were up for grabs and everyone put in big efforts.

### 4 X 3 KM OPEN RELAY

The first 3 placed teams were within 40 secs of each other at the finish and it took a huge last 4 km by Murray Dickinson to hold out Mark Donahoo who really fired up for the occasion. The winning team of Liz Feldman, Harry Summers and Murray Dickinson showed that the Masters walkers can still do it on demand! Last year Harry retired after only 1 km so this year he was out to make amends. We will present the winning team with small awards at next Sunday's events.

Special mentions also to Alison Thompson, Daniel Payne and Marlene Stanway who also walked excellently. And spare a thought for Nicholas Mirarchi who walked his 4 km leg after being away all week at a school camp. The rumour was that after the event, he was going home to catch up on from much needed sleep.



**The start of the Open Relay and the concurrent Open 4 Km race**

1	Liz Feldman	Harry Summers	Murray Dickinson	
	10:54	11:16	12:00	12:29
	10:22	10:36	67:37	
2	Mark Donahoo	Jason Elms	Mark Donahoo	
	9:15	9:33	14:48	15:37
	9:13	9:34	68:00	
3	Alison Thompson	Marlaine Stanway	Alison Thompson	
	10:29	10:40	12:40	12:41
	10:50	10:58	68:18	
4	Eda Girgin	Daniel Payne	Janet Holmes	
	11:12	12:13	11:24	11:25
	11:33	12:06	69:53	
5	Gwen Steed	Sarah Alexander	Timucin Girgin	
	12:08	12:39	10:55	11:25
	11:27	12:18	70:52	
6	Nicholas Mirarchi	Daina Nielsen	Bob Gardiner	
	12:09	12:35	11:34	12:50
	11:34	12:22	73:04	
7	John Bunker	Bradley Elms	John Bunker	
	10:42	11:14	13:36	15:03
	11:24	11:39	73:41	

### 4KM OPEN

1.	Regan Lamble	10:41	21:56	1.	Russ Dickenson	11:38	23:24
2.	Marlene Gourlay	11:12	22:56	2.	Barry Wicks	12:51	26:10
3.	Natalie Laurie	12:35	24:57	3.	Sam Grayson	11:50	26:46
4.	Sophie DeFrancesco	12:37	25:44	4.	Bruce Conboy	13:38	27:20
5.	Maureen Binyon	12:56	26:08		Gordon Onley	DQ	
6.	Anne Bilston	14:14	29:08				
	Siobhan Donovan	10:04	DNF				

### 3 x 1 KM RELAY U9 & U12

It was a very fast first lap with Jayson Stoddart and Tommy Harrison clocking just over 5 minutes for their opening kilometre. But it is the overall team performance that determines the winner and Alicia Neylan and Nicole Hallett were just too strong a combination for anyone to seriously challenge. Ergenekon Girgin stormed home in the last lap to pass Tommy Harrison (doing his second leg) and take his team up to second after good first legs by Chloe McNicol-Davidson and Cassandra Raselli.



The start of the Junior Relay – Tommy, Alicia, Hilary, Jayson, Taylor and Amy (Chloe hidden at the back)

1	Alicia Neylan	Nicole Hallett	Alica Neylan	
	5:24	5:48	5:48	17:00
2	Chloe McNicol-Davidson	Cassandra Raselli	Ergenekon Girgin	
	7:13	5:36	5:06	17:55
3	Tommy Harrison	Josephine Mirarchi	Tommy Harrison	
	5:06	7:29	5:41	18:16
4	Taylor Brogan	Mietta Feery	Mietta Feery	
	6:12	5:54	6:21	18:27
5	Amy Burren	Amy Burren	Taylor Brogan	
	5:35	6:03	6:55	18:33
6	Hilary Brazel	Sarah Burren	Hilary Brazel	
	5:24	5:53	6:27	18:41
7	Jayson Stoddart	Damien Elms	Jayson Stoddart	
	5:05	7:34	6:55	19:34

## VRWC RACES, SUNDAY 24 MAY, 2004

Last Sunday saw our first set of VRWC Club Championships and we used our 'Championship Course' alongside the lake. The events were keenly contested and large fields made for a great day of walking.

### OPEN 20 KM

We saw 3 wonderful performances in the Open 20 km event. The overall winner was **Daniel Walters**, fresh from his Victorian 15 km racewalk title win a few weeks ago and walking even faster on this occasion to leave the rest of the field far behind. His time of 88:41 ranks him very high nationally and he can only improve as the season progresses and he gets more races under his belt. At only 23 years of age, Daniel has hopefully a long and illustrious career ahead of him.



**Daniel checks the time as he passes the 10 km mark in 44:01**

Behind Daniel, we saw two outstanding Masters walks by **Sandy Brunner** of SA and **Liz Feldman** of Melbourne.



**Liz Feldman – W55 Australian record**



**Sandy Brunner – W60 World and Australian records**

Sandy has only been walking for a short time and is being coached by SA walker Kim Mottram. On Sunday she broke the World and Australian records for the W60 20 km racewalk. Her time of 1:57:42.2 broke the previous world record of 2:02:56 by over 5 minutes. Technically she looked to have plenty in reserve and I think we may soon see this mark being lowered again.

Liz Feldman is also relatively new to serious racewalking but comes off a background as a distance runner (she has finished the Melbourne Marathon an amazing 18 times). She broke the Australian record for the W55 20 km racewalk in her first ever attempt at the distance. Her time of 2:06:06.8 broke the previous record of 2:08:51 by nearly 3 minutes. Again, Liz will have plenty of opportunities to lower this mark as her walking progresses.

1.	Daniel Walters	8:44	17:30	26:20	35:08	44:01	52:57	61:55	70:55	79:51	88:41
2.	Kim Mottram (SA)	10:32	21:09	31:45	42:10	52:32	62:58	73:31	83:56	94:23	104:52
3.	Harry Summers	13:15	26:31	39:57	53:45	67:34	81:26	95:31	109:51	123:47	138:19
	Alan Lucas	11:48	23:40	35:36	47:51	59:56	72:21	85:14	98:54	DNF	
	Duncan Knox	11:37	23:20	35:08	46:50	58:37	70:02	81:32	DNF (15 km in 87:42)		
	Jamie Barnes	10:59	21:56	32:52	44:01	55:11	DNF				
1.	Sandy Brunner (SA)	11:41	23:27	35:18	47:04	58:48	70:34	82:22	94:13	105:59	117:42.2
2.	Liz Feldman	11:48	23:40	35:36	47:53	60:24	73:02	86:00	99:07	112:42	126:06.8

### VRWC 15 KM CHAMPIONSHIP FOR WOMEN – ELSIE JACOBSON TROPHY

This championship was won by Kylie Irshad for the second time in 3 years. She won the Victorian 15 km title a few weeks ago and was once again too strong for her opposition. Alison Thompson walked her first ever 15 km (I think) as did Laura Gleich. It is good to see everyone testing themselves out over the longer distances.

17.	Kylie Irshad	10:57	21:27	32:08	43:01	54:11	65:35	77:05	82:43
18.	Alison Thompson	11:01	22:23	33:55	45:20	56:56	68:42	80:29	86:19
19.	Laura Gleich	11:27	20:50	33:55	45:26	57:12	69:16	81:33	87:55
20.	Marlaine Stanway	13:15	26:31	39:37	53:45	67:35	81:27	93:31	102:29
	Sandra Geisler	10:55	21:43	33:12	DNF				

### OPEN 10 KM

Adam Barnes made his first appearance at the club for some time and walked well to win the 10 km walk (and his brother Jamie walked 10 km in the 20 km event, also his first appearance in a while). David Dos Santos walked his first 10 km event and found it pretty hard work – but will benefit from the experience. Tony Johnson is getting back into some decent walking shape after a couple of years enjoying his retirement too much! Tony's better half, Celia, was the lone contestant in the womens 10 km event.

1.	Adam Barnes	11:05	22:16	33:38	44:54	56:06
2.	David Dos Santos	11:10	22:16	33:38	44:57	56:56
3.	Tony Johnson	11:35	23:15	35:05	46:55	58:42
4.	Russ Dickenson	11:39	23:32	35:33	47:51	59:52
5.	Daniel Lowe	11:22	23:31	35:46	48:11	60:16
6.	Robin Wood	13:08	26:33	40:01	53:49	67:51
7.	Mark Donahoo	11:02	DNF			
1.	Celia Johnson	12:49	26:09	39:23	52:56	66:12

### OPEN 5 KM

Stuart Kollmorgen and Erin Adamcewicz showed clean pairs of heels to the other 5 km walkers and both were rewarded with fast times. Nicholas Mirarchi could have walked in the Under 16 4 km championship but chose the longer 5 km event this week and was just outside the 30 minute mark, a good first up effort.

1.	Erin Adamcewicz	9:57	20:41	25:59
2.	Janet Holmes	11:42	22:53	29:50
3.	Gwen Steed	12:01	24:30	30:48
4.	Anne Bilston	13:37	27:56	35:17
1.	Stuart Kollmorgen	9:27	19:26	24:18
2.	Nicholas Mirarchi	12:12	24:15	30:09
	Gordon Onley	13:59	20:09	37:07 (DQ)

The remaining events were all underage club championships and we had 27 walkers of age 15 and lower – a great sign for the future. All the winners walked excellently and we had a lot of medal presentations to celebrate!

### 16 VRWC 5 KM CHAMPIONSHIP

Siobhan Donovan had a great battle with Erin Adamcewicz and this helped her to a PB of nearly 30 sec. She was walking over 28 minutes last winter but is so much stronger and faster this year. She looks a real prospect for the National Under 16 championships in Canberra later this year. Shaun Burgess is having his first regular winter season with the club and is also showing steady improvement each week. I expect to see his times keep coming down also.

1.	Siobhan Donovan	9:57	20:44	26:03
2.	Sarah Alexander	10:36	22:10	27:46
1.	Shaun Burgess	10:36	22:12	28:03
2.	Bradley Elms	12:45	27:02	34:09

#### **U14 VRWC 3 KM CHAMPIONSHIP**

Regan Lambie has made the transition from the U12 to the U14 age group this year and seems to be handling the longer distances well. Daniel Payne is also walking confidently and stylishly and both spearhead strong age groups. Tommy Harrison and Jayson Stoddart jumped up from U12 for a second race and walked the extra distance without too much discomfort.

1.	Regan Lambie	10:37	16:05
2.	Eda Girgin	11:01	16:55
1.	Daniel Payne	10:46	16:19
2.	Tim Girgin	11:04	16:41
3.	Tommy Harrison	11:29	17:04
4.	Jayson Stoddart	11:28	17:09
5.	Jason Elms	15:07	23:03

#### **U12 VRWC 1 KM CHAMPIONSHIP**

We started the Under 12 and Under 9 1 km events together and it was amazing to see the speed and enthusiasm with which the walkers sprinted from the starting line. Most of the field did PBs and Ergenekon Girgin and Chloe Di Francesco lead them home in just over 5 minutes each. Sarah Burren was the winner of the Under 9 race which saw the 3 girls walk excellently.

1.	Chloe Di Francesco	5:08
2.	Hilary Brazel	5:12
3.	Alicia Neylan	5:15
4.	Cassandra Raselli	5:20
5.	Nicole Hallett	5:36
6.	Emily Payne	5:37
7.	Taylor Brogan	6:14
8.	Kiara Dunn	6:39
9.	Josephine Mirarchi	7:18
1.	Ergenekon Girgin	5:02
2.	Tommy Harrison	5:11
3.	Jayson Stoddart	6:13
4.	Damien Elms	7:13

#### **U9 VRWC 1 KM CHAMPIONSHIP**

1.	Sarah Burren	6:40
2.	Chloe McNicol-Davidson	6:45
3.	Jasmine Irshad	7:05

<b>VRWC RACES, SATURDAY 30 MAY, 2004</b>
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Another bumper day of competitive racing! Let's reverse the order of reporting this week to focus on our younger walkers first. We continue to get large numbers in the U9 and U12 divisions and the pace was on from the gun. Gosh to be young once again! Mietta Feery and Ergenekon Girgin were the standouts, both winning their respective U12 handicap and fastest times categories, a difficult double. Quite a few of our young walkers are off to Canberra for the big carnival and we can expect to see some very competitive performances there.

**VRWC 9 1500m** **Handicap place**

1. Sarah Burren	10.03	3
2. Chloe McNicol-Davidson	10.28	2
3. Jasmine Irshad	11.26	1

**VRWC U12 2500m**

1. Mietta Feery	13.45	1
2. Amy Burren	14.13	6
3. Hilary Brazel	14.15	3
4. Cassandra Raselli	14.27	4
5. Nicole Hallett	15.09	5
6. Emily Payne	16.52	8
7. Taylor Brogan	18.19	7
8. Josephine Mirarchi	20.32	2

1. Ergenekon Girgin	13.28	1
2. William Kennish	13.36	-
3. Tommy Harrison	13.40	3
4. Jayson Stoddart	15.49	4
5. Damien Elms	19.57	2

The Under 15's are enjoying racing against the Open walkers and are gaining valuable experience. I was very impressed by the performance of Regan Lamble who had a great battle with David Dos Santos and must have walked a big PB. Our U14 Canberra team of Regan, Natalie and Alicia will be very strong indeed.

**VRWC U15 4 km** **Handicap place**

1. Regan Lamble	20.48	2
2. Sarah Alexander	21.51	4
3. Natalie Laurie	22.18	3
4. Alicia Neylan	25.09	1

1. Shaun Burgess	22.17	5
2. Timucin Girgin	22.18	E2
3. Daniel Payne	22.35	E2
4. Nicholas Mirarchi	24.07	4
5. Jason Elms	30.09	1

The Open age walkers had a choice of 4 km or 8 km and the shorter distances gave everyone the chance to stretch out and go for times. Travis Middlemiss, Ross Reid and Kylie Irshad led early before Travis cleared out for an impressive win. But the handicaps tell another story with Heather Carr, Bradley Elms, Liz Feldman and Ross Reid taking the honours from that perspective. Even the Masters walkers were getting into the act – Marlaine Stanway told me after the race that it was her fastest race for some years.

**VRWC OPEN 4 km**

1. Sandra Geisler	21.14	5
2. Heather Carr	21.49	1
3. Emma Gray	22.10	2
4. Daina Nielsen	23.43	3
5. Kylie Vandenheiligenberg	28.18	4

1. David Dos Santos	20.41	2
2. Tim Erickson	21.33	5
3. John Morrison	24.05	4
4. Bradley Elms	26.54	1

5.	Bruce Conboy	27.22	3
	Gordon Onley	Disq	

**VRWC OPEN 8 km**

1.	Kylie Irshad	41.20	4
2.	Liz Feldman	46.19	1
3.	Eda Girgin	47.32	-
4.	Janet Holmes	49.17	6
5.	Celia Johnson	51.27	5
6.	Marlaine Stanway	52.02	3
7.	Margaret Beaumont	57.43	2
8.			
1.	Travis Middlemiss	37.27	2
2.	Ross Reid	39.03	1
3.	Mark Donahoo	39.39	7
4.	Alan Lucas	45.00	4
5.	Russell Dickenson	47.38	5
6.	Robin Wood	52.56	3
7.	Ian Beaumont	62.23	6
8.	Bob Gardiner	Ab	

<b>VRWC RACES, SATURDAY 5 JUNE, 2004</b>
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We staged another 'yacht handicap' day last Saturday and large fields showed their approval for the concept and enjoyed the staggered starts. The 10 km handicaps worked out well and, in the final laps, we saw a lot of walkers coming together and vying for the win. Marlane Stanway and Harry Summers were able to withstand the inevitable challenges and each held on to cross the line first, holding out the faster walkers. Tom Barnes walked a sizzling time of 45:05, a PB by some 40 secs and a time that ranks him very highly at the National level – but he still could not catch Harry! He looks set to be the next Victorian walker to threaten at the top level and, given his current rate of improvement, we may not have long to wait.

<b>10 km Open Handicap</b>	<b>Actual Time</b>	<b>F/T Place</b>
1. Marlane Stanway	64:36	3
2. Margaret Beaumont	72:08	4
3. Alison Thompson	56:00	2
4. Brenda Riley	55:40	(F/T)
Kylie Vandenheiligenberg	Ab	
Emma Gray	Ab	
1. Harold Summers	64:20	9
2. Tom Barnes	45:05	1 (F/T)
3. Robert Gardiner	59:44	6
4. John Morrison	62:43	7
5. Russ Dickenson	59:29	5
6. Alan Lucas	56:33	4
7. Ron Bilsto	64:07	8
8. Robin Wood	77:37	10
9. Murray Dickinson	56:24	3
10. Tim Erickson	55:50	2
Ian Beaumon	DQ	
Mark Donahoo	Ab	

The shorter races also attracted good fields and Carmel Drennan and Harold Boddy won the 5 km handicap events. In fact, it was a bit of a Boddy whitewash as Tyne was second in the Open 5 km handicap and Lana won the U15 3 km handicap for girls alongside Jason Elms who won the U15 3 km handicap for boys. I must make special mention of our two U15 fastest time walkers, Siobhan Donovan (15:09) and Shaun Burgess (16:18) who both showed very good speed. And a further special mention to Jayson Stoddart who came up from U12 and was just a few seconds slower than Shaun. We have plenty of talent in these age groups.

<b>5 Km Open Handicap</b>	<b>Actual Time</b>	<b>F/T Place</b>
1. Carmel Drennan	29:43	8
2. Tyne Boddy	30:59	9
3. Alicia Neylan	31:51	11
4. Sandra Geisler	26:26	1 (F/T)
5. Marlene Gourlay	28:25	4
6. Sarah Alexander	26:55	2
7. Janet Holmes	29:04	6
8. Heather Carr	27:33	3
9. Daina Nielsen	29:42	7
10. Mandy Emmett	28:49	5
11. Jean Knox	36:27	12
12. Celia Johnson	31:16	10
1. Harold Boddy	31:35	3
2. Bruce Conboy	33:28	4
3. Daniel Lowe	27:33	1 (F/T)
4. Anthony Barrett	28:36	2
5. Bradley Elms	34:58	5
Gordon Onley	35:06	DQ

<b>3 Km Under 15 Handicap</b>	<b>Actual Time</b>	<b>F/T Place</b>
1. Lana Boddy	18:04	4
2. Siobhan Donovan	15:09	1 (F/T)

3.	Amy Burren	18:19	5
4.	Eda Girgin	16:46	2
5.	Natalie Laurie	17:17	3
1.	Jason Elms	21:10	5
2.	Jayson Stoddart	16:21	2
3.	Nicholas Mirarchi	16:58	4
4.	Shaun Burgess	16:18	1 (F T)
5.	Timucin Girgin	16:57	3

The Under 12 and Under 9 walkers had a group start so the handicap winners were worked out after the event. It turned out that Josephine Mirarchi and Damien Elms were the best walkers against their expected handicaps but what can you say about Regan Lamble to blitzed everyone with a wonderful time of 9:52. Regan just gets better and better every time she walks. Tommy Harrison was the fastest of the boys and his time of 10:54 was also a good one.

<b>2 Km Under 12</b>		<b>Actual Time</b>	<b>F/T Place</b>
1.	Josephine Mirarchi	15:09	7
2.	Nicole Hallett	11:45	5
3.	Regan Lamble	09:52	1 (F/T)
4.	Hilary Brazel	11:17	3
5.	Cassandra Raselli	11:27	4
6.	Taylor Brogan	13:58	6
7.	Chloe Di Francesco	11:15	2
1.	Damien Elms	15:12	3
2.	Tommy Harrison	10:54	1 (F/T)
3.	David Butteriss	14:42	2

<b>U9 1 km Handicap</b>		<b>Actual Time</b>	<b>F/T Place</b>
1.	Chloe McNicol-Davidson	7:06	1

## AFORWC CARNIVAL, CANBERRA, SUNDAY 13 JUNE, 2004

The Canberra Carnival certainly lived up to its reputation as the top racewalking event of the year. Walking clubs from Victoria, NSW, Queensland, SA, Tasmania and ACT all sent strong teams and some 200 competitors raced over a wide variety of events. The medals were shared between all States – a good indication of the depth of the sport throughout the country. As usual, ACT Race and Fitness Walking Club did an outstanding job in putting on such a demanding carnival. VRWC sent over 40 competitors and our walkers did us proud. We brought home 7 Perpetual Trophies and had 5 individual winners. Highlights were many. A few of the ones to stick in my mind are as follows

- **Regan Lamble** winning out in a memorable final sprint in the Under 14 Girls 2000m. Regan trailed SA walker Paige Hooper with 100m to go but managed to produce a fantastic final sprint to win by the shortest of margins. Her style under pressure was impeccable and, even with such a desperate final sprint, she incurred no cautions or warnings and looked safe. Her time of 9:44 was an 8 second PB as she continues her outstanding season.



**Regan Lamble gets ready for her final winning sprint**

- **Jared Tallent** doing a 30 sec PB to just go down to Adam Rutter in an unforgettable Under 20 Mens 10 km walk. Adam walked 42:13 and Jared walked 42:18 in a wonderful display of sustained speed. They are the future of 20 km walking in Australia.



**Jared Tallent and Adam Rutter at top pace but maintaining good style**

- **Tommy Harrison** coming from behind to win the Under 12 Boys 2000m. Tommy had to overcome NSW walker Nicky Cockerell as they both surged towards the finish. But he managed to make the decisive break with a short distance to go and held on for his win.

- **Simone Wolowiec** easily winning the Open Womens 10 Mile for the second time in a row. Simone has come back well from her disappointment in the recent Racewalking World Cup and was too good for her opposition once again.
- **Chris Erickson** doing a huge PB (6+ mins) to come second in the Open 20 mile and take the Federation Shield as first Australian. This 20 mile event is the toughest race in Australia with the hilly course and cold early morning conditions making an interesting mix. It is survival of the toughest and fittest and Chris was the best of the Australians. The overall winner was Craig Barrett of NZ who has won this event twice before. After 5<sup>th</sup> in 2002 and 4<sup>th</sup> in 2003, Chris made the big breakthrough with overall 2<sup>nd</sup> in 2:37:07.



**Chris shows the strain as he crosses the finish line after 20 miles of tough hilly racing**

- The great team performances by our Under 10 Girls (**Nicole Hallett, Cassandra Raselli, Ebony Tallent**) and Under 14 Girls (**Regan Lamble, Natalie Laurie, Alicia Neylan**) who won the overall teams events for their respective divisions.



**Nicole Hallett, Alicia Neylan, Cassie Raselli, Regan Lamble and Ebony Tallent with their trophies**

Although we are still waiting for the full results to be posted, key VRWC statistics are summarised as follows:

<b>EVENT</b>	<b>NAMES</b>	<b>PLACE</b>	<b>TIME</b>
OPEN 20M	ERICKSON, Chris	2	2:37:07
	KNOX, Duncan (V)	8	3:23:21
ACT 30 KM	ERICKSON, Chris	1	2:25:50
OPEN/VET WOMEN 10M	FELDMAN, Liz (V)	10	1:40:45
	GEISLER, Sandra	6	1:31:58
	ROSEMAN, Justijana	11	1:41:41
	STANWAY, Marlane (V)	15	1:52:07
	WOLOWIEC, Simone	1	1:20:32
OPEN/VET MEN 10M	DOS SANTOS, David	8	1:40:41
	ERICKSON, Tim (V)	4	1:32:03
	GARDINER, Robert (V)	9	1:40:47
	LUCAS, Alan (V)	6	1:36:00
	MAYHEW, Trevor (V)	3	1:29:16
	SUMMERS, Harry (V)	12	1:50:13
BOYS U10 1000M	POLMEAR, Luke	3	7:06
GIRLS U10 1000M	HALLETT, Nicole	2	5:16
	McNICOL-DAVIDSON, Chloe	11	6:56
	RASELLI, Cassandra	3	5:20
	TALLENT, Ebony	6	5:48
BOYS U12 2000M	BUTTERISS, David	6	14:44
	HARRISON, Thomas	1	10:57
	STODDART, Jayson	DNF	-
GIRLS U12 2000M	BRAZEL, Hilary	8	11:17
	MIRARCHI, Josephine	22	15:58
	PAYNE, Emily	13	12:20
	TALLENT, Rachel	4	10:43
BOYS U14 2000M	MIRARCHI, Nicholas	10	11:42
	PLATT, Joshua	6	11:06
	STODDART, Jayson	7	11:10
GIRLS U14 2000M	LAMBLE, Regan	1	9:44
	LAURIE, Natalie	6	10:34
	NEYLAN, Alicia	11	11:53
BOYS U16 3000M	BURGESS, Shaun	7	16:30
	MIRARCHI, Nicholas	17	17:50
	PAYNE, Daniel	6	16:08
	PLATT, John	10	16:57
GIRLS U16 3000M	ALEXANDER, Sarah	10	16:09
	DONOVAN, Siobhan	3	15:12
	POLMEAR, Jacinta	14	17:38
GIRLS U18 5000M	GRAY, Emma	5	27:15
WOMEN 5000M	CARR, Heather (V)	10	28:19
	JONES, Kelly	21	34:47
	PLATT, Belinda (V)	18	32:01
MEN U20 10000M	BARNES, Jamie	6	55:16
	TALLENT, Jared	2	42:18
AA MEN U20 10000M	BARNES, Jamie	5	55:16

## WINNERS OF PERPETUAL SHIELDS

Winner, Under 12 Boys 2000m	Tommy Harrison
Winner, Under 14 Girls 2000m	Regan Lamble
Winner Open Women 10 Mile	Simone Wolowiec
Winner Veteran Men 10 Mile	Trevor Mayhew
Winner Open Men 20 Mile	Chris Erickson (2 <sup>nd</sup> finisher but first Federation member)
U10 Girls 1000m Teams Event Winners	Nicole Hallett, Cassandra Raselli, Ebony Tallent
U14 Girls 2000m Teams Event Winners	Regan Lamble, Natalie Laurie, Alicia Neylan

## OTHER TEAMS EVENT MEDALLISTS

U12 Girls 2000m	2 <sup>nd</sup>	Rachel Tallent, Hilary Brazel, Emily Payne
U14 Boys 2000m	2 <sup>nd</sup>	Joshua Platt, Jayson Stoddart, Nicholas Mirarchi
U16 Boys 3000m	2 <sup>nd</sup>	Daniel Payne, Shaun Burgess, John Platt
U16 Girls 3000m	3 <sup>rd</sup>	Siobhan Donovan, Sarah Alexander, Jacinta Polmear
Open Women 10 Mile	2 <sup>nd</sup>	Simone Wolowiec, Sandra Geisler, Liz Feldman

<b>VRWC RACES, SATURDAY 19 JUNE 2004, ALBERT PARK</b>
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The wintery conditions (windy, cold, wet) did not deter a small group of really keen walkers from attending. I must admit that earlier in the day, the weather was so bad that I thought at one stage that I might be the only walker toeing the start line but it cleared at just the right time and most of us managed to get through the race dry! You have to really appreciate the officials and judges on a day like Saturday. Thanks everyone.

<b>8 KM OPEN</b>	<b>2 km</b>	<b>4 km</b>	<b>6 km</b>	<b>8 km</b>	<b>Hcp Place</b>
1. Kylie Irshad	9:50	20:26	31:32	42:34	2
2. Janet Holmes	11:44	23:56	36:31	48:50	1
3. Margaret Beaumont	14:52	29:42	44:15	59:00	3
4. Rachel Loone	11:31	23:06	DNF		
1. Tim Erickson	10:32	21:30	32:45	43:54	3
2. Bob Gardiner	11:48	23:22	35:17	46:52	1
3. Russ Dickinson	11:36	23:18	35:07	46:56	2
4. Robin Wood	13:17	26:42	40:37	54:37	4
5. Ian Beaumont	15:16	31:11	47:35	64:09	5

<b>4 KM OPEN</b>			<b>Hcp Place</b>
1. Heather Carr	10:44	22:03	4
2. Gwen Steed	12:01	24:05	2
3. Celia Johnson	12:34	25:04	3
4. Marlaine Stanway	12:39	25:18	1
1. John Morrison	11:53	24:05	2
2. Harold Boddy	12:25	25:46	3
3. Bruce Conboy	13:34	27:06	1
4. Gordon Onley	13:46	29:56	DQ

<b>4 KM UNDER 15</b>			
1. Siobhan Donovan	9:59	20:32	2
2. Regan Lamble	10:32	21:12	3
3. Alicia Neylan	12:21	25:02	1
1. Shaun Burgess	10:42	22:20	2
2. Nicholas Mirarchi	11:40	23:25	1
3. William Kennish	11:29	23:57	

<b>2 KM UNDER 12</b>		<b>Hcp Place</b>
1. Hilary Brazel	11:19	4
2. Cassandra Raselli	11:25	3
3. Amy Burren	11:48	5
4. Nicole Hallett	11:51	2
5. Taylor Brogan	12:08	6
6. Josephine Mirarchi	16:22	1

<b>1 KM UNDER 9</b>		
1. Sarah Burren	6:38	3
2. Chloe McNicol-Davidson	7:04	1
3. Jasmine Irshad	7:47	2

## VRWC AND VMA RACES, SATURDAY 26 JUNE 2004, ALBERT PARK

A large number of walkers braved wintery forecasts on Saturday and the Masters walkers took centre stage in one of their main championship days. The racing was keenly contested with the pick of the performances going to Trevor Mayhew and Brenda Riley.

### VMA 10km Road Walking Championship - Men

Trevor Mayhew is currently improving at a great rate and his time of 52:01 was a PB by some 40 secs. At 58 years of age, I think there would be few to challenge him in the world at the moment. Russ Dickenson, who has only been racing for around 6 months, took over a minute off his previous best with a great 58:14. Murray Dickinson, Alan Lucas and Paul Rance had a great contest before Paul Rance stormed home and took the honours in their battle. Ross Reid celebrated his move to the M50 age group with a clear win in that category and that left Colin Heywood and Mark Donahoo to fight out the M45. But Colin is also soon to turn 50 so we can expect to see the rivalry between him and Ross Reid start afresh.

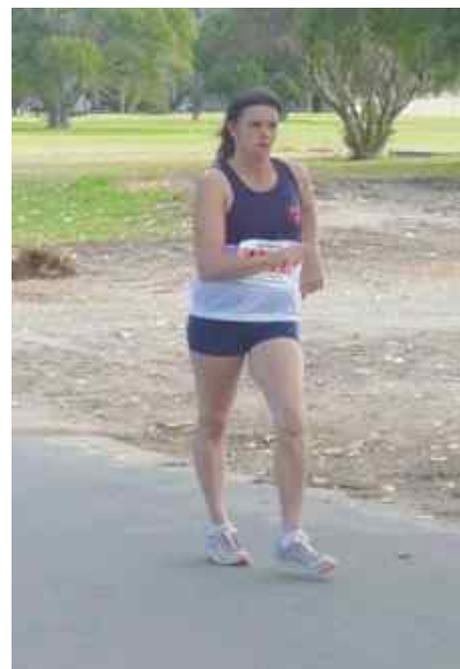


**Trevor Mayhew showing great style**

M45	1	Colin HEYWOOD	50:25
	2	Paul RANCE	55:11
		Mark DONAHOO	Ab
M50	1	Ross REID	50:54
	2	Tim ERICKSON	54:24
	3	Robin WOOD	65:53
M55	1	Trevor MAYHEW	52:01
	2	Alan LUCAS	55:57
	3	Russ DICKENSON	58:14
M60	1	Tony JOHNSON	59:43
	2	John MORRISON	62:27
M65	1	Murray DICKINSON	55:25
	2	Geoff MAJOR	67:01
M70	1	Fred BROOKS	71:06
M75	1	Gordon GOURLEY	71:48

### VMA 5km Road Walking Championship - Women

Annette Major lead early and seemed to have the fastest time sewn up with 500m to go. Then Alison Thompson unleashed a wonderful finishing burst and took the lead in the final straight. The amazing Brenda Riley (can you believe she is 64) was not far behind and continues to set the standard for all of us.



**Annette Major in action**

M40	1	Annette MAJOR	26:36
	2	Mandy EMMETT	28:37
M45	1	Carmel DRENNAN	28:45
M50	1	Alison THOMPSON	26:33
	2	Heather CARR	27:34
	3	Marlene GOURLAY	28:38
	4	Janet HOLMES	28:50
M55	1	Liz FELDMAN	27:47
	2	Celia JOHNSON	30:50
M60	1	Brenda RILEY	26:52
	2	Gwen STEED	29:51
	3	Silvia MACHIN	30:53
	4	Beverley HUGO	37:42
	5	Heidi ENGEL	44:54
M65	1	Marlaine STANWAY	32:00
M70		Tina BAARSLAG-LEB	Disq
M75	1	Jean KNOX	37:07

Apart from the Masters championships, a number of VRWC handicap/fastest time races were held and, as usual, these were keenly contested. Special mention to Siobhan Donovan, Regan Lamble, William Kennish, Tommy Harrison and Shaun Burgess who, in particular, walked excellently.

**10km Open Handicap race** **Handicap Place**

1. Sandra GEISLER	Ab	
1. Colin HEYWOOD	50:25	7
2. Tim ERICKSON	44:24	6
3. Alan LUCAS	55:57	4
4. Russ DICKENSON	58:14	2
5. Tony JOHNSON	59:43	5
6. John MORRISON	62:27	3
7. Robin WOOD	65:53	1
Mark DONAHOO	Ab	

**5km Open Handicap race**

1. Kylie IRSHAD	25:26	12
2. Siobhan DONOVAN	25:39	5
3. Alison THOMPSON	26:33	9
4. Heather CARR	27:34	13
5. Liz FELDMAN	27:47	8
6. Eda GIRGIN	28:06	3
7. Mandy EMMETT	28:37	10
8. Carmel DRENNAN	28:45	1
9. Janet HOLMES	28:50	11
10. Gwen STEED	29:51	2
11. Celia JOHNSON	30:50	6
12. Marlaine STANWAY	32:00	7
13. Kylie VANDENHEILIGENBERG	34:07	4

**3km Open Non-handicap race**

1. Bradley ELMS	19:30	1
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**3km Under 15 Handicap race**

3. Natalie LAURIE	17:08	2
5. Daina NIELSEN	17:58	3
6. Katie LOVUS	18:21	5
7. Anne WHITWORTH	18:33	1
8. Sophie DI FRANCESCO	18:51	4
14. Shaun BURGESS	16:10	3
15. Timucim GIRGIN	16:24	2
16. Nicholas MIRARCHI	17:07	1

**3km Under 12 Handicap race**

1. Regan LAMBLE	15:35	6
2. Mietta FEERY	17:35	2
3. Hilary BRAZEL	17:46	5
4. Alicia NEYLAN	17:49	4
5. Cassandra RASELLI	18:33	1
6. Chloe DI FRANCESCO	18:57	
7. Taylor BROGAN	20:42	3
8. Josephine MIRARCHI	25:25	7
1. William KENNISH	15:43	
2. Tommy HARRISON	16:18	2
3. Jason ELMS	20:45	1
Ergenekon GIRGIN	Disq	

**1000m Under 9 Handicap race**

1. Jasmine IRSHAD	7:00	1
1. Damien ELMS	6:59	Invitation

**VRWC RACES, SATURDAY 3 JULY 2004, ALBERT PARK**

The annual 'Guess Your Time' races attracted a lot of interest and it was amazing to see just how close to their projected times many of the walkers actually came. Just about every winner was spot on despite the windy conditions. Best guess of the lot was Taylor Brogan who was exact, ahead of Alicia Neylan and Daniel Payne who were only one second out.

<b>8 km Open Men</b>	<b>2 Km</b>	<b>4 Km</b>	<b>6 Km</b>	<b>8 Km</b>	<b>Guess</b>	<b>Difference</b>
1. Alan Lucas	11:08	22:14	33:25	44:42	44:45	0:03
2. Tim Erickson	10:21	21:07	31:56	42:54	43:00	0:06
3. Mark Donahoo	11:30	23:32	35:22	47:07	47:00	0:07
4. Murray Dickinson	10:54	21:55	33:05	44:10	44:00	0:10
5. Duncan Knox	10:41	21:49	33:05	44:11	44:00	0:11
6. Tom Barnes	9:00	18:15	27:34	36:47	37:00	0:13
7. Tony Johnson	11:22	23:06	34:46	46:36	47:00	0:24
8. Robin Wood	13:31	26:41	39:59	53:29	53:00	0:29
9. John Bunker	10:49	21:50	32:50	43:30	44:15	0:45
10. Bob Gardiner	11:57	23:49	35:35	47:55	47:00	0:55

<b>8 km Open Women</b>						
1. Eda Girgin	11:25	23:30	35:22	47:07	47:10	0:03
2. Erin Adamcewicz	10:16	21:10	32:26	43:36	44:00	0:24
3. Janet Holmes	12:38	25:02	37:49	50:14	49:30	0:44
4. Celia Johnson	12:31	25:19	38:32	51:30	50:38	0:52
5. Alison Thompson	10:35	21:33	32:44	43:38	44:35	0:57
6. Gwen Steed	12:15	24:54	37:35	50:42	49:30	1:12
7. Kylie Vandenheiligenberg	13:16	27:20	41:36	55:20		-
Liz Feldman	11:20	23:08	DNF			

<b>4 km Open Men</b>	<b>2 Km</b>	<b>4 Km</b>	<b>Guess</b>	<b>Difference</b>
1. Ian Beaumont	15:23	31:19	31:15	0:04
2. John Morrison	11:54	24:07	23:55	0:12
3. Bradley Elms (U20)	12:32	26:13	26:00	0:13
4. Russ Dickenson	11:09	22:32	23:30	0:58

<b>4 km Open Women</b>				
1. Marlaine Stanway	12:42	25:25	25:35	0:10
2. E2. Heather Carr	10:40	21:47	22:02	0:15
3. E2. Margaret Beaumont	14:31	29:02	28:47	0:15
4. Jane Fitter	12:50	25:13	24:50	0:23
5. Tina Baarslag-Leb	15:03	30:41	30:17	0:24
6. Christine Griffiths	17:49	35:23	36:00	0:37

<b>4 km U15 Boys</b>				
1. Daniel Payne	11:21	22:59	23:00	0:01
2. Shaun Burgess	10:42	22:00	22:15	0:15
3. Timucin Girgin	11:08	22:24	22:05	0:19
4. Jason Elms	15:24	30:39	30:00	0:39
5. Nicholas Mirarchi	11:56	24:40	23:15	1:25
6. Tommy Harrison	11:25	28:35	22:30	6:05

<b>4 km U15 Girls</b>				
1. Alicia Neylan	11:56	24:32	24:30	0:01
2. Anne Whitworth	12:16	25:14	25:50	0:36
3. Siobhan Donovan	10:04	20:22	-	
4. Katie Lovus	12:03	24:32	-	

<b>2 km U12 Girls</b>	<b>2 Km</b>	<b>Guess</b>	<b>Difference</b>
1. Taylor Brogan	13:50	13:50	0:00
2. Cassandra Raselli	11:32	11:20	0:12
3. Chloe DeFrancesco	11:38	11:24	0:14
4. Hilary Brazel	10:53	11:15	0:22
5. Emily Payne	13:21	14:10	0:49

6.	Josephine Mirarchi	16:30	15:30	1:00
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**2 km U12 Boys**

1.	Jayson Stoddart	12:20	12:00	0:20
2.	Damien Elms	15:01	15:30	0:29

**1 km U9 Girls**

		<b>1 Km</b>	<b>Guess</b>	<b>Difference</b>
1.	Chloe McNicol-Davidson	6:51	6:45	0:06
2.	Jasmine Irshad	6:58	6:50	0:08

**AFORWC CHALLENGE, SATURDAY 10 JULY 2004, ALBERT PARK**

The inaugural AFORWC Challenge was successfully held last Saturday. Each of the Federation clubs contested the same fixture of events and Mark Donahoo tallied the overall results to see which club would become holders of the new Challenge Shield for the year. Some 50 walkers turned up at Albert Park to represent us and we saw some great walking.

<p><b>Under 10 1.5km Female</b></p> <p>1. Cassandra Raselli 8:10                      2. Sarah Burren 9:56                      3. Jasmine Irshad 10:57                      4. Chloe McNicol-Davidson 12:29</p>	
<p><b>Under 12 2km Female</b></p> <p>1. Hilary Brazel 11:14                      2. Nicole Hallett 11:33                      3. Amy Burren 12:44                      4. Taylor Brogan 13:45                      5. Josephine Mirarchi 15:36</p>	<p><b>Under 12 2km Male</b></p> <p>1. Ergenekon Girgin 10:55                      2. Tommy Harrison 10:59                      3. Jayson Stoddart 12:26</p>
<p><b>Under 14 3km Female</b></p> <p>1. Regan Lamble 15:36                      2. Eda Girgin 16:35                      3. Alicia Neylan 17:54                      4. Mietta Feery 17:55                      5. Anne Whitworth 18:36</p>	<p><b>Under 14 3km Male</b></p> <p>1. Timucin Girgin 16:49                      2. Nicholas Mirarchi 17:38                      3. Jason Elms 22:16                      Damien Elms DNF</p>
<p><b>Under 16 5km Female</b></p> <p>1. Siobhan Donovan 25:42                      2. Katie Lovus 31:24</p>	<p><b>Under 16 5km Male</b></p> <p>1. Shaun Burgess 27:42</p>
<p><b>Under 18 8km Female</b></p> <p>1. Kylie Vandenheiligenberg 56:21                      2. Sarah Alexander 47:15</p>	
<p><b>Open 10km Female</b></p> <p>1. Kylie Irshad 53:43                      2. Alison Thompson 54:45                      3. Nicole Sansonetti 59:50                      4. Janet Holmes 60:50                      5. Gwen Steed 63:30                      6. Celia Johnson 64:58                      Marlaine Stanway DNF</p>	<p><b>Open 10km Male</b></p> <p>15. Tom Barnes 46:28                      16. Travis Middlemiss 50:46                      17. Ross Reid 51:39                      18. John Bunker 54:30                      19. Tim Erickson 54:39                      20. Murray Dickinson 56:07                      21. Alan Lucas 56:40                      22. Tony Johnson 58:34                      23. John Morrison 62:30                      Mark Donahoo DNF</p>

The big news is that VRWC was the winning club. Nine of the Federation clubs participated and the winner was the club with the least number of points. Here is how it panned out. Congratulations everyone on a big team performance.

1. VRWC	59
2. RWCWA	65
3. Regal Racewalkers	72
4. NSWRC	78
5. SA Race Walkers	79
6. Tasmanian Race Walking Club	81
7. ACT Race and Fitness Walking Club	90
8. WARWC	91
9. Qld Race Walking Club	100

We also put on an Open 5 km walk for those walkers who wanted a short race. Welcome to Carma Watson of New Zealand who has come over to Melbourne to race for the foreseeable future and prepare for the 2006 Commonwealth Games. Carma

recorded 26:57 in her first race in some time and she can only improve from there. Good luck in your training Carma.

**VRWC 5km Open**

- |                 |       |
|-----------------|-------|
| 1. Carma Watson | 26:57 |
| 2. Bruce Conboy | 34:35 |

**AV AND VRWC CHAMPIONSHIPS, SUNDAY 18 JULY 2004, ALBERT PARK**

A total of 64 walkers braved cold and windy weather for these annual A.V. Open, A.V. Schools and VRWC racewalking championships. I include a selection of photos with this newsletter and will post more in next week's newsletter.

**AV 20 KM OPEN CHAMPIONSHIP - MEN**

A great battle developed between young walkers Chris Erickson and Tom Barnes in the A.V. Open 20 Km championship. Chris eventually made a winning break at around 15 km and went on to win his first Victorian 20 km title with a 29 second PB of 91:33. Tom held on for second place and his time of 92:07 was a 4 minute PB. Both walked very fairly and strongly and it was unfortunate that there could be only 1 winner. The only other finisher was VRWC club captain Andrew Jamieson who is short on training but never short on guts and determination.



**Tom Barnes and Chris Erickson battle out the AV 20 Km title**

1	ERICKSON, Chris	ATE	9:14	18:26	27:35	36:38	45:46	54:52	64:01	73:09	82:21	91:33
2	BARNES, Tom	GHY	9:14	18:26	27:35	36:38	45:46	54:51	64:01	73:20	82:41	92:07
3	JAMIESON, Andrew	OS	9:43	19:30	29:18	39:14	49:06	59:03	69:14	79:28	90:39	101:58
	MIDDLEMISS, Travis	RWD	10:05	20:35	31:25	42:17	53:58	DNF				
	KNOX, Duncan	ATE	11:26	22:55	34:13	45:27	56:35	DNF				

**AV 10 KM OPEN CHAMPIONSHIP - WOMEN**

Kylie Irshad convincingly won the AV Open Women's 10 km title, adding to her AV 15 km title win in May. NZ walker Carma Watson has now joined Athletics Essendon club and walked very well for second place. She is coming back after a long layoff and we should see continued improvement over the next few months as she gets her walking legs back. With Sandra Geisler below par, Erin Adamcewicz was able to take the bronze with a walk that confirms she is on her way back to top shape after some recent illness.

1	IRSHAD, Kylie	RWD	10:10	20:25	31:05	41:45	52:14
2	WATSON, Carma	ATE	10:26	20:55	31:24	42:00	52:40
3	ADAMCEWICZ, Erin	ATE	10:14	20:49	31:48	42:40	54:14
4	LOONE, Rachael	ACW	10:38	22:22	34:07	45:14	55:58
5	MAJOR, Annette	EAG	10:59	22:17	34:06	46:32	58:50
6	DRENNAN, Carmel	KSB	11:52	24:08	37:10	49:02	61:52
	GEISLER, Sandra	RWD	10:26	21:04	32:22	DNF	

The AV Schools championships were also held on Sunday and we saw good fields, especially in the Under 16 events. We hope that next year AV will add Under 14 races to the Schools Program. In their absence, a lot of our younger walkers raced well above their age groups in the Under 16 division but certainly acquitted themselves well.

Alas, no Under 20 boys fronted but Fauve Jacobs had a very comfortable win in the Under 20 Girls Schools event, Tim Stevenson and Siobhan Donovan walked to easy wins in the Under 18 Schools events and David Ranger and Jessica Rothwell easily beat their rivals in the Under 16 Schools events..



**Schools winners – Fauve Jacobs, Tim Stevenson and Siobhan Donovan**

**AV 10 KM UNDER 20 SCHOOLS CHAMPIONSHIP - WOMEN**

1	JACOBS, Fauve	Christian College Geelong	11:11	22:51	34:09	45:31	56:38
2	ELMS, Kylie	Lalor North S.C.	12:21	26:17	40:02	54:25	68:08
3	TYMMS, Stefanie	Avila College	12:36	26:28	40:15	54:37	68:18
4	VANDENHEILIGENBERG, Kylie	Lyndale S.C.	12:54	26:36	40:32	54:52	68:42

**AV 5 KM UNDER 18 SCHOOLS CHAMPIONSHIP - MEN**

1	STEVENSON, Tim	St Patrick's Clge, Ballarat	10:26	21:31	27:01
2	ELMS, Bradley	Lalor North S.C.	12:58	27:04	33:35

**AV 5 KM UNDER 18 SCHOOLS CHAMPIONSHIP - WOMEN**

1	DONOVAN, Siobhan	Boronia Heights College	10:06	20:35	25:54
2	FUZZARD, Sibon	Girton G.S.	10:40	21:56	27:25
3	ALEXANDER, Sarah	Karingal Park S.C.	10:48	22:09	27:39
4	BODDY, Tyne	Corio Bay Senior College	11:33	24:39	30:49
5	DI FRANCESCO, Sophie	Star of the Sea College	12:03	25:11	31:20

**AV 3 KM UNDER 16 SCHOOLS CHAMPIONSHIP - MEN**

1	RANGER, David	St Patrick's College	14:36
2	BURGESS, Shaun	Belmont S.C.	15:44
3	PAYNE, Daniel	Kardinia Int.College	15:55
4	KENNISH, William	Wattle Park P.S.	16:14
5	BRYANT, Kyle	Flora Hill S.C	16:26
6	GIRGIN, Ergenekon	Glenferrie P.S.	16:36
7	HARRISON, Tommy	Brentwood Park P.S.	17:18
8	PLATT, John	Mount Clear College	17:32
9	STODDART, Jayson	Rowellyn Park P.S.	19:01
10	ELMS, Jason	Lalor North S.C.	21:26

**AV 3 KM UNDER 16 SCHOOLS CHAMPIONSHIP - WOMEN**

2	ROTHWELL, Jessica	Goulburn Valley G.S.	14:53
3	LAMBLE, Regan	Strathcoma Baptist G. G.	15:23
4	PALFREYMAN, Jessie	Golden Square S.C.	16:02
5	GIRGIN, Eda	Melbourne Girls College	16:17
6	FEERY, Mietta	Rowville S.C.	17:32
7	NEYLAN, Alicia	Viewbank College	17:34
8	WITHWORTH, Anne	Ashwood College	18:01

Apart from the AV events, we had our own VRWC club championships. The prestigious Alf Robinson and Mabel Robinson Trophies were keenly contested and Chris Erickson and Kylie Irshad made it a double and added them to their AV bounty. But the highlight of the Open VRWC races was the performance of Liz Feldman who broke the Australian Masters W50 10 km record by some 30 seconds. Liz is making a habit of setting new Masters records.

**VRWC 20 KM MEN CLUB CHAMPIONSHIP – ALF ROBINSON TROPHY**

1.	ERICKSON, Chris	91:33
2.	BARNES, Tom	92:07
3.	LUCAS, Alan	124:15
4.	DICKENSON, Russ	126:56
	MARTIN, Travis	DNF

**VRWC 10 KM WOMEN CLUB CHAMPIONSHIP – MABEL ROBINSON TROPHY**

1.	IRSHAD, Kylie	52:14
2.	ADAMCEWICZ, Erin	54:14
3.	THOMPSON, Alison	54:43
4.	RILEY, Brenda	55:53
5.	FELDMAN, Liz	57:25 (AMA Record – W50)
6.	EMMETT, Mandy	59:29
7.	HOLMES, Janet	61:16
8.	DRENNAN, Carmel	61:52
9.	STEED, Gwen	66:19
	STANWAY, Marlaine	DNF
	GEISLER, Sandra	DNF

**VRWC OPEN 5 KM**

1.	WOOD, Robin	33:40
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We also featured our second lot of U12 and U9 club championships, this time over the 1500m distance. Although some of the Under 12 walkers choosing to walk the Under 16 Schools event, these events were still very keenly contested and some great times were recorded. The Under 13 Girls race in particular was a beauty with Hilary Brazel, Cassandra Raselli and Chloe Di Francesco fighting out the lead for most of the way. Cassie fell at the second turn but came back well to still take second, a courageous performance.

**VRWC 1.5 KM UNDER 12 GIRLS CLUB CHAMPIONSHIP**

1.	BRAZEL, Hilary	8:01
2.	RASELLI, Cassandra	8:11
3.	DI FRANCESCO, Chloe	8:16
4.	BURREN, Amy	8:21
5.	HALLETT, Nicole	8:41
6.	PAYNE, Emily	9:16
	BROGAN, Taylor	DNF

**VRWC 1.5 KM UNDER 12 BOYS CLUB CHAMPIONSHIP**

1.	STODDART, Jayson	8:53
2.	ELMS, Damien	11:29

**VRWC 1.5 KM UNDER 9 GIRLS CLUB CHAMPIONSHIP**

1.	BURREN, Sarah	9:55
2.	McNICOL-DAVIDSON, Chloe	10:46
3.	IRSHAD, Jasmine	11:07

**VRWC EVENTS, SATURDAY 24 JULY 2004, ALBERT PARK**

Once again, we had handicap starts and a small group of walkers braved the wintery conditions and keenly contested the events on offer. The 10km handicap for men was a particularly exciting race with Russ Dickenson having to better his PB by over 30 seconds to hold off the fast finishing field. Duncan Knox passed Alan Lucas with 20m to go to take second place and they both had to really push the final 200m to hold out Andrew Jamieson. Well done to Mark Donahoo on some great handicapping. Most of the women chose to do the 5km Handicap race with Sarah Alexander walking fantastically for 27:03 (certainly her best walk for the season) and it took all of that to catch Marlaine Stanway just before the finish. A special mention for Siobhan Donovan who walked her first 8 km, recording an excellent 43:26.

<b>10km Handicap</b>		<b>Start time</b>	<b>Finish time</b>	<b>Actual time</b>
1.	Kylie VANDENHEILIGENBERG	6:52	77:37	70:45 (F/T)
2.	Margaret BEAUMONT	5:58	79:40	73:42
3.	Siobhan DONOVAN	11:22	Ab (8 km in 43:26)	
1.	Russ DICKENSON	19:24	77:12	57:48
2.	Duncan KNOX	22:51	78:05	55:14
3.	Alan LUCAS	22:03	78:07	56:04
4.	Andrew JAMIESON	30:24	78:10	47:46 (F/T)
5.	Ian BEAUMONT	00:00	80:33	80:33

<b>5km Handicap</b>				
1.	Sarah ALEXANDER	11:52	38:55	27:03
2.	Marlaine STANWAY	6:46	38:58	32:12
3.	Heather CARR	12:09	39:07	26:58 (F/T)
4.	Gwen STEED	8:50	39:09	30:19
5.	Liz FELDMAN	11:22	39:19	27:57
6.	Christine GRIFFITHS	00:00	39:55	39:55
7.	Katie LOVUS	9:17	40:37	31:20
8.	Janet HOLMES	10:25	41:36	31:11
1.	Bradley ELMS	5:11	38:43	33:32 (F/T)
2.	Bruce CONBOY	5:25	40:16	34:51

<b>1km Handicap</b>				
1.	Anne WHITWORTH	4:15	21:54	17:39 (F/T)
2.	Alicia NEYLAN	4:27	22:40	18:13
3.	Daina NIELSEN	5:03	23:48	18:45
1.	Jason ELMS	00:00	21:40	21:40
2.	Shaun BURGESS	6:27	22:25	15:58 (F/T)
3.	Nicholas MIRARCHI	5:02	22:38	17:36
4.	Rhydian COWLEY	7:10	23:25	16:15

The U9 and U12 walkers had a mass start rather than a handicap start and handicap winners were worked out after the finish. Cassandra Raselli had a close win over Taylor Brogan and Hilary Brazel in the Under 12 Girls event while Damien Elms and Chloe McNicol-Davidson had their events all to themselves.

<b>2km Under 12</b>		<b>Actual time</b>	<b>Expected</b>	<b>Difference</b>
1.	Cassandra RASELLI	11:14	10:48	0:26
2.	Taylor BROGAN	13:39	13:11	0:28
3.	Hilary BRAZEL	10:55	10:23	0:32
4.	Nicole HALLETT	12:12	11:27	0:45
5.	Regan LAMBLE	10:27	9:41	0:46 (F/T)
6.	Josephine MIRARCHI	16:52	16:02	0:50
1.	Damien ELMS	15:36	15:01	0:35 (F/T)

<b>1km Under 9</b>				
1.	Chloe McNICOL-DAVIDSON	6:53	5:59	0:54 (F/T)

**VRWC EVENTS, SATURDAY 31 JULY 2004, ALBERT PARK**

We expected a quiet day but 43 walkers turned up for what turned out to be a very interesting day's racing.

**VRWC 8 Km Open Handicap**

The long race of the day was the 8 km handicap and Tony Johnson and Janet Holmes showed best form against their projected handicaps to take the honours in that department. Tom Barnes (at 22 year of age) and Brenda Riley (at 64 year of age) took the fastest time honours to show that age is no barrier to fast walking. Murray Dickinson and Alan Lucas continued their weekly battle with Alan getting the better of Murray on this occasion. Russ Dickenson must have done another PB but the handicapper was obviously expecting this and the performance could still only get him 3<sup>rd</sup> place.

1.	Tom Barnes	9:10	18:28	27:44	36:50	5
2.	Alan Lucas	10:49	21:43	32:44	43:51	2
3.	Murray Dickinson	10:49	21:59	33:18	44:53	6
4.	Tony Johnson	11:04	22:26	33:52	45:23	1
5.	Russ Dickenson	11:15	22:44	34:21	45:56	3
6.	Duncan Knox	10:48	22:52	35:20	46:50	8
7.	Bob Gardiner	11:57	23:34	35:25	47:35	4
8.	Ian Beaumont	15:35	31:40	47:46	63:53	7

1.	Brenda Riley	10:35	21:35	32:49	44:03	2
2.	Liz Feldman	11:32	23:06	34:51	46:30	4
3.	Janet Holmes	11:50	24:07	36:26	48:43	1
4.	Margaret Beaumont	14:47	29:40	44:30	59:32	5
5.	Jean Knox	15:13	30:41	46:40	62:15	3
	Emma Gray	10:32	21:44	DNF		

**VRWC 4 Km Open Handicap**

As usual, we had our share of walkers who chose to do the shorter distance and some good times were recorded, especially by the women. Erin Adamcewicz walked strongly for her fastest time but very good performances were also seen from John Morrison, Gordon Onley, Gwen Steed and Marlaine Stanway (who is having a top season).

1.	John Morrison	11:32	23:47	2
2.	Gordon Onley	14:36	29:15	1
3.	Bradley Elms	15:05	30:22	3

1.	Erin Adamcewicz	9:58	20:50	6
2.	Heather Carr	10:23	21:22	4
3.	Sandra Geisler	11:04	21:50	3
4.	Mandy Emmett	11:25	23:08	7
5.	Gwen Steed	11:33	23:18	1
6.	Celia Johnson	12:12	24:49	5
7.	Marlaine Stanway	12:39	25:22	2
8.	Christine Griffiths	17:54	35:45	8

Our younger walkers were having a final hitout before the Victorian championships next weekend so we saw some fast walks. Good luck to everyone next Sunday.

**VRWC 4 Km Under 15 Handicap**

1.	Shaun Burgess	10:39	21:37	1
2.	Tim Girgin	11:08	22:36	2
3.	Nicholas Mirarchi	11:33	23:42	3
4.	Jason Elms	15:43	34:21	4

1.	Eda Girgin	10:50	21:41	1
2.	Anne Whitworth	11:15	23:59	2
3.	Alicia Neylan	11:49	24:43	3
4.	Amy Burren	12:47	26:02	4

**VRWC 2 Km Under 12 Handicap**

1.	Ergenekon Girgin	10:56	2
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2.	William Kennish	11:11	3
3.	Damien Elms	15:18	1
1.	Hilary Brazel	10:59	4
2.	Cassandra Raselli	11:10	2
3.	Nicole Hallett	12:19	3
4.	Josephine Mirarchi	15:26	1

**VRWC 1 Km Under 9 Handicap**

1.	Sarah Burren	6:41	2
2.	Chloe McNicol-Davidson	6:52	1

<b>ATHLETIC VICTORIA ROADWALKING CHAMPIONSHIPS, ALBERT PARK, SUNDAY 8 AUGUST 2004</b>
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We had more races than you could poke a stick at on Sunday with AV, AV Country and VRWC championships on offer. It was a busy time keeping tabs on everyone but we got through it with a minimum of fuss. Thanks to those club members who offered their services and helped with the various tasks that come with such a big day.

One of the few disappointments of the day was the dearth of competitors in the Open Men 30 km walk. This is one of the blue riband events on the calendar and it is normally keenly contested. But this year for various reasons (a combination of some walkers being injured and others saving their big effort for the National 30 km in three weeks time), we had only 2 starters. Andy Jamieson walked strongly to his first ever Victorian championship – at 58 years of age and after many years of trying. Andy was only 30 seconds outside his Masters M55 World Record for the 30 km distance and I am sure that if there had been a few walkers around him, he would have set a new World standard.

<b>Open Men 30km Championship</b>	Club	10km	20km	30km
ANDREW JAMIESON	OSC	49.40	99.55	2:32:35
DUNCAN KNOX	ATE	60.24		Abs

Again, many of our good female walkers were unavailable for various legitimate reasons so this event also saw a reduced field size. Kylie Irshad was expected to make the pace but was carrying an injury and surrendered the lead early. That left new club member Carma Watson (ex New Zealand) to take her first ever Victorian title with a very good walk. All 3 girls found the distance a tough ask on the day and Carma, Kylie and Justi were all exhausted at the finish. But it was good to see them all finish – it just shows once again that walking is a tough event and our walkers are a tough bunch.

<b>Open Women 20km</b>	Club	10km	20km
CARMA WATSON	ATE	54.30	1:51:59
KYLIE IRSHAD	RWD	56.39	2:02:02
JUSTIJANA ROSEMAN	ATE	62.41	2:13:24
SANDRA GEISLER	RWD	60.50	Ab

The under age events saw plenty of good walking and country walkers were to the fore. Emma Gray (Geelong), Kyle Bryant (Bendigo) and Jess Rothwell (Bendigo) shared the golds with Melbourne walkers Siobhan Donovan, Rhydian Cowley and Regan Lambie. There were plenty of PBs (Shaun Burgess and Sarah Alexander were two that I know of) and I look forward to seeing lots of these walkers at the Nationals in Canberra in 3 weeks time.

<b>Under 20 Women 10km</b>	Club	2km	4km	6km	8km	10km
EMMA GRAY	ACW	10.58	22.28	33.49	45.05	56:13
FAUVE JACOBS	DKN	11.19	22.54	34.25	45.55	57:16
KYLIE VANDENHEILIGENBERG	KNA	13.21	27.41	42.11	56.40	70:38

<b>Under 18 Women 8km Championship</b>	Club	2km	4km	6km	8km
SIOBHAN DONOVAN	KNA	10.32	21.42	33.10	44:26

<b>Under 16 Men 5km Championship</b>	Club	2km	4km	5km
KYLE BRYANT	SBE	9.53	20.22	25:32
DAVID RANGER	EKA	9.55	20.42	26:17
SHAUN BURGESS	ACW	10.18	21.33	27:13
JOHN PLATT	EKA	12.02	24.58	31:18

<b>Under 16 Women 5km Championship</b>	Club	2km	4km	5km
JESS ROTHWELL	SBE	9.53	20.22	25:21
SARAH ALEXANDER	BOH	10.19	21.18	26:34
EDA GIRGIN	ATE	10.34	22.21	28:14
KATIE LOVUS	KNA	11.48	25.16	31:45

<b>Under 14 Boys 3km Championship</b>	Club	2km	3km
RHYDIAN COWLEY	KNA	10.31	15:52
TIMUCIN GIRGIN	ATE	10.58	16:41
JOSHUA PLATT	EKA	11.59	18:32
JACK PALFREYMAN	SBE	13.17	20:27

<b>Under 14 Girls 3km Championship</b>	Club	2km	3km
REGAN LAMBIE	ANW	10.20	15:38

NATALIE LAURIE	ANW	10.50	16:30
RACHEL TALLENT	BYC	11.27	17:13
ALICIA NEYLAN	BOH	11.59	17:48

We also hosted the Victorian Country championships. This was a last minute decision by Athletics Victoria and country based walkers really had to choose to do either the Country or the State events as they were over different distances and at different times. But some walkers were able to race concurrent events by mixing different age groups (very ingenious) and some like David Ranger and John Platt even walked two events one after the other. Hopefully next year the Country championships can be scheduled as a carnival in its own right and country walking will get the recognition it deserves. We had a good chat on the day with Tony Williams, the convenor of the Victorian Winter Committee and he is keen to rectify the current situation.

**Under 20 Women 5km Country Championship**

		2km	4km	5km	Place
JESS ROTHWELL	SBE	9.53	20.22	25:21	

**Under 18 Men 5km Country Championship**

		2km	4km	5km
KYLE BRYANT	SBE	9.53	20.22	25:32

**Under 18 Country Women 5km Championship**

		2km	4km	5km
SIBON FUZZARD	SBE	10.17	21.26	26:41

**Under 16 Men 3km Country Championship**

		2km	3km
DAVID RANGER	EKA	10.31	16:22
JOHN PLATT	EKA	11.31	17:19

**Under 16 Women 3km Country Championship**

		2km	3km
JESSIE PALFREYMAN	SBE	10.18	15:32
JACINTA POLMEAR	BYC	12.19	19:17

**Under 14 Boys 3km Country Championship**

		2km	3km
JOSHUA PLATT	EKA	11.59	18:32
JACK PALFREYMAN	SBE	13.17	20:27

**Under 14 Girls 3km Country Championship**

		2km	3km
RACHEL TALLENT	BYC	11.27	17:13

We also had our own VRWC club championships for the Under 9 and Under 12 walkers and Mietta Feery really blitzed the field with a big PB win in the Under 12 division and fastest time overall while Sarah Burren won the Under 9 event.

**Under 12 Girls 2km Championship**

Mietta Feery	10:35
Hilary Brazel	11:07
Cassandra Raselli	11:17
Nicole Hallett	11:47
Amy Burren	11:59
Emily Payne	12:15

**Under 12 Boys 2km Championship**

Ergenekon Girgin	DQ
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**Under 9 Girls 2km Championship**

Sarah Burren	13:55
Chloe McNicol-Davidson	14:34
Jasmine Irshad	14:57

And last but not least, we had our usual suspects who just wanted a club walk for the weekend and thought that 5 km sounded just the ticket. Tony Johnson is certainly getting fit again – watch out Masters walkers!

**Open 5km**

Tony Johnson	27:58
Mandy Emmett	29:14
Janet Holmes	29:21
Gwen Steed	29:22
Celia Johnson	31:37
Robin Wood	33:18

## VRWC RACES, ALBERT PARK, SATURDAY 14 AUGUST 2004

It was easily our worst day of the winter season so far from a weather perspective. Bitter cold strong winds and rain made it survival of the fittest for both competitors and officials. This generated plenty of discussion around two main points

### 1. Have we ever had to actually cancel events due to the weather?

The answer is yes. In the 1980's when our clubrooms were on the other side of the lake, our regular course was on Lakeside Drive which we shared with traffic. On two occasions, the rain was so severe and visibility so reduced that the events scheduled for that particular day were cancelled.

### 2. What are the worst weather conditions in which anyone remembers racing?

The answer seemed pretty unanimous. Bob Gardiner and Alan Lucas, who both have pretty long memories, were in agreement that a 10 mile road event, held in Traralgon, in May 1969, was the worst. The event was held in what they both described as 'horizontal sleet' Competitor Justin Coxhead was in such bad shape at the end of the race that it took an hour or more of hot drinks, brandy and blankets at a friend's house to stop him shivering. For the record, I reproduce the race report which was written up in the Heel and Toe magazine of the time

#### *The Unforgettable Traralgon Ten Mile - 31 May 1969*

*The club conducted its country meet at the new venue of Traralgon but unfortunately the atrocious prevailing weather conditions kept most members home. Only 13 men and 3 girls ventured out in the biting cold win and teeming rain for the events. Organization was not up to scratch and the course was inaccurate, adding to the morbid atmosphere. However, after the first few miles which resembled a pack walk as all warmed up, Bob Gardiner strolled away to win in 79:08. Robin Wood 81:06 and Geoff Laycock 82:49 showed out well with surprise efforts coming from Alan Lucas 84:20 and Andy Jamieson 85:12. Justin Coxhead suffered from crook shins for most of his 85:18 after chasing a determined Ray Smith who clocked 85:55. Another to have a nudge was Kevin Bolton 87:35. Jim Forrest 99:38 and Graham Anderson 102:24 were fine performances in the conditions. Frank Overton sat down after 7 miles.*

*The junior section of 4 miles was won by Greg Carter in 38:57 from Gary Knape who clocked 39:17. The girls 2 miles was taken off by Kay Pitman in 19:12 from R. Knape 22:50 and Julie Smith 22:50.*

*A word of sincere thanks to our club president Mr Alf Robinson and secretary Mr Norm Goble and Ron Wood. These men made the race possible and took times and gave directions to the miserable wretches along the way.*

Alan Lucas reminisced that there was also a running event on in the area that day and Geoff Watt (the late father of Olympic Gold Medal cyclist Kathy Watt) who was renowned as the toughest runner going said that they were the worst conditions he had ever experienced. Geoff had won fame by running to the top of Mt Kilimanjaro in Kenya (20,000 ft) without climbing gear, surprising a Japanese climbing party. Sadly, a few years later, he got lost in the hills north of Traralgon on a training run and ended up dying of hypothermia. Anyway, enough history. Suffice it to say it was cold and miserable on Saturday but not as bad as 31 May 1969! A small group of determined walkers fronted and results were as follows

<b>10km Open Handicap</b>	<b>Time</b>	<b>H'cp Place</b>
1. Alan Lucas	57:06	1
2. Robin Wood	Ab	
1. Janet Holmes	62:19	1
Emma Gray	Ab.	
<b>5km Open Handicap</b>		
1. Sandra Geisler	26:37	3
2. Heather Carr	27:37	4
3. Sarah Alexander	28:14	5
4. Gwen Steed	30:02	2
5. Liz Feldman	30:43	7
6. Marlaine Stanway	32:12	1
7. Margaret Beaumont	38:00	6
1. Mark Donahoo	26:33	6
2. Bob Gardiner	27:46	1
3. John Bunker	29:04	4

4.	Tony Barrett	29:54	3
5.	John Morrison	30:30	2
6.	Ian Beaumont	39:52	5
	Gordon Onley	Disq	

### 3km Under 15 Handicap

1.	Anne Whitworth	19:26	1
1.	Shaun Burgess	16:02	1
2.	Nicholas Mirarchi	18:23	2
3.	Jason Elms	23:28	3

### 3km Open

1.	Erin Adamcewicz	15:23	
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### 2 km Under 12 Handicap

1.	Mietta Feery	11:28	2
2.	Cassandra Raselli	11:52	3
3.	Taylor Brogan	14:38	4
4.	Josephine Mirarchi	16:26	1

1.	Damien Elms	15:18	1
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### 1 km Under 9 Handicap

1.	Sarah Burren	6:41	2
2.	Chloe McNicol-Davidson	7:08	1

**VRWC RACES, ALBERT PARK, SATURDAY 21 AUGUST 2004**

The season is drawing to a finish but we still had a good turnout of walkers, some of whom were having a final hitout before the National titles in Canberra next weekend. Club captain Andrew Jamieson was the fastest walker of the day, pursued by Kylie Irshad and Erin Adamcewicz for the first 4 km. Sarah Alexander walked well over the longer 10 km distance but most walkers opted for the shorter distance options of either 6 km or 4 km. William Kennish and Shaun Burgess were fastest over 4 km, with Shaun taking the honours.

**10 Km Open Handicap - Women**

- |                    |       |
|--------------------|-------|
| 1. Sarah Alexander | 59:50 |
| 2. Janet Holmes    | 61:24 |

**10 Km Open Handicap - Men**

- |                    |                     |
|--------------------|---------------------|
| 1. Andrew Jamieson | 48:08               |
| 2. Alan Lucas      | 55:53               |
| 3. John Morrison   | 65:30               |
| Russ Dickenson     | Ab. (6 km in 34:24) |

**6 Km Open Handicap - Women**

- |                      |       |
|----------------------|-------|
| 1. Sandra Geisler    | 33:21 |
| 2. Eda Girgin        | 33:50 |
| 3. Liz Feldman       | 34:44 |
| 4. Mandy Emmett      | 36:02 |
| 5. Gwen Steed        | 36:04 |
| 6. Marlaine Stanway  | 38:36 |
| 7. Margaret Beaumont | 43:13 |

**6 Km Open Handicap - men**

- |                 |       |
|-----------------|-------|
| 1. Bob Gardiner | 33:30 |
| 2. John Bunker  | 33:41 |
| 3. Tony Barrett | 35:31 |
| 4. Robin Wood   | 41:56 |
| 5. Ian Beaumont | 47:14 |

**4 Km Under 15 Handicap - Girls**

- |                |                     |
|----------------|---------------------|
| 1. Amy Burren  | 25:46               |
| Anne Whitworth | DNF (2 km in 12:06) |

**4 Km Under 15 Handicap - Boys**

- |                      |       |
|----------------------|-------|
| 1. Shaun Burgess     | 21:30 |
| 2. William Kennish   | 21:51 |
| 3. Timucin Girgin    | 22:51 |
| 4. Nicholas Mirarchi | 23:49 |
| 5. Ergenekon Girgin  | 24:18 |

**4 Km Open**

- |                    |       |
|--------------------|-------|
| 1. Kylie Irshad    | 20:31 |
| 2. Erin Adamcewicz | 20:37 |
| 3. Carmel Drennan  | 23:49 |

The young walkers had their usual battle before Mietta Feery won out, with Mietta, Hilary Brazel and Cassandra Raselli all beating 11 minutes for the 2 km. Chloe had the better of Jasmine this week and both of these very young walkers have improved markedly over the season.

**2 Km Under 12 Handicap**

- |                        |       |
|------------------------|-------|
| 10. Mietta Feery       | 10:45 |
| 11. Hilary Brazel      | 10:54 |
| 12. Cassandra Raselli  | 10:57 |
| 13. Nicole Hallett     | 12:18 |
| 14. Emily Payne        | 13:12 |
| 15. Josephine Mirarchi | 16:08 |

**1 Km Under 9 Handicap**

- |                           |      |
|---------------------------|------|
| 1. Chloe McNicol-Davidson | 6:40 |
| 2. Jasmine Irshad         | 7:10 |

**6 Km Unjudged Fitness Walk**

- |                    |       |
|--------------------|-------|
| 1. Shirley Coppock | 47:05 |
|--------------------|-------|

**VRWC RACES, ALBERT PARK, SATURDAY 28 AUGUST 2004**

Saturday was the last opportunity for walkers to gain points in our handicap, fastest times and style award competitions so the races were keenly contested. Amongst the best performances of the day were those of Marlaine Stanway, Cassandra Raselli and Chloe McNicol-Davidson but it is always difficult to single out particular walkers when everyone gives their all.

**Open 10km Race Women**

		<b>Hcp</b>
1. Mandy Emmett	61:56	3
2. Janet Holmes	63:07	2
3. Marlaine Stanway	67:22	1

**Open 10km Race Men**

		<b>Hcp</b>
1. Trevor Mayhew	54:09	4
2. Alan Lucas	56:19	2
3. Bob Gardiner	60:25	1
4. Russ Dickenson	60:50	3
5. Robin Wood	70:31	5

**Open 5km Race Women**

		<b>Hcp</b>
1. Kylie Irshad	26:30	10
2. Sandra Geisler	26:47	3
3. Heather Carr	27:16	7
4. Brenda Riley	27:21	8
5. Eda Girgin	27:50	5
6. Gwen Steed	29:28	2
7. Carmel Drennan	30:07	9
8. Margaret Beaumont	35:53	4
9. Jean Knox	36:04	1
10. Shirley Coppock	39:08	6

**Open 5km Race Men**

		<b>Hcp</b>
1. John Bunker	27:12	1
2. John Morrison	30:55	4
3. Bruce Conboy	34:35	2
4. Ian Beaumont	39:27	3
William Kennish	Ab	

**Under 15 3km Race Girls**

		<b>Hcp</b>
1. Anne Whitworth	18:35	1
2. Amy Burren	19:22	2
Regan Lamble	Ab.	

**Under 15 3km Race Boys**

		<b>Hcp</b>
11. Timucin Girgin	16:56	3
12. Nicholas Mirarchi	17:46	2
13. Jason Elms	21:56	1

**Under 12 2km Race Girls**

		<b>Hcp</b>
1. Regan Lamble	11:00	3
2. Hilary Brazel	11:01	2
3. Cassandra Raselli	11:04	1
4. Josephine Mirarchi	16:51	4
Taylor Brogan	Ab	

**Under 12 2km Race Boys**

		<b>Hcp</b>
7. Ergenekon Girgin	10:59	2
8. Damien Elms	15:10	1

**Under 9 1km Race Girls**

		<b>Hcp</b>
2. Sarah Burren	6:32	2
3. Chloe McNicol-Davidson	6:41	1

**Open 3km Non handicap Race**

1. Bradley Elms	21:23
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**VRWC RACES, ALBERT PARK, SATURDAY 4 SEPTEMBER 2004**

With the winter season all but over, only a small group made the weekly pilgrimage to Albert Park for a spot of walking but we still saw some good performances.

**Paul Kennedy** made his first appearance for the winter (dusting off the cobwebs for the summer season) and showed good form to take fastest time of 39:13 in the 8 km event.

**Trevor Mayhew** also walked very well for 42:01 but was heard muttering “too slow” to himself at each laptime – gee, I wish I was still walking that fast!

**Liz Feldman** was the fastest of the women with a 30 second PB time of 45:44. Liz is doing lots of work in preparation for a crack at the VRWC 50 km on October 24 and I look forward to seeing a great first up effort. Not many of our women have a go at the 50 km so she is a bit of a trend setter – good on you Liz.

**Shaun Burgess** shadowed Paul Kennedy for the first lap and was rewarded with a 4 km PB time of 21:19. Shaun is one of a number of our young walkers who have had great winter seasons.

**Mietta Feery** was back in action after a great walk in the AA Under 14 3 km walk in Canberra last weekend. She was our fastest Under 12 walker today with a speedy 12:01.

<b>Open 8 Km Walk</b>	<b>Time</b>
1. Paul Kennedy	39:13
2. Trevor Mayhew	42:01
3. Alan Lucas	43:49
4. Russ Dickenson	45:58
1. Liz Feldman	45:44
2. Janet Holmes	47:32
3. Gwen Steed	48:46
4. Carmel Drennan	49:59
5. Celia Johnson	Ab
6. Robin Wood	Ab

<b>Open 6 km Walk</b>	<b>Time</b>
1. John Bunker	33:50
2. John Morrison	36:12
3. Gordon Onley	DQ
1. Sandra Geisler	31:41

<b>Under 15 4 Km Walk</b>	<b>Time</b>
1. Shaun Burgess	21:19
1. Amy Burren	26:29

<b>U12 2 km Walk</b>	<b>Time</b>
1. Mietta Feery	12:01
2. Emily Payne	13:08

<b>U9 1 km Walk</b>	<b>Time</b>
1. Sarah Burren	6:34
2. Jasmine Irshad	7:54

## VRWC RACES, ALBERT PARK, SATURDAY 11 SEPTEMBER 2004

While hail and torrential rain fell elsewhere, Albert Park cleared for our races and near perfect conditions greeted our competitors. We welcomed US walker Kevin Killingsworth who was over from Marin RaceWalkers in San Francisco. Kevin decided to test himself over the 5 km distance and had a great battle with Heather Carr. Heather just held him out and they both finished not far behind Alan Lucas. Kevin was rewarded with a 20 sec PB so will have good memories from his trip



**Heather holds Kevin out at the end of the 5 km walk.**

Chris Erickson was fastest overall with an even paced 51:36 for 10 km. David Dos Santos made his first appearance since Canberra and showed that he has kept his fitness up pretty well. The Under 12 race saw a great battle between Mietta Feery and Tommy Harrison. Mietta's time of 10:41 was just a few seconds outside her PB and Tommy's time of 10:46 was a big PB. It is good to see our young walkers on the improve.

### 10 km Open

1.	Chris Erickson	51:26	
2.	Duncan Knox	57:53	
3.	Bob Gardiner	57:57	
4.	Tony Johnson	57:28	
5.	Robin Wood	DNF	(6 km in 41:16)

### 5 km Open

1.	Alan Lucas	26:32
2.	Kevin Killingsworth	26:42
3.	David Dos Santos	27:40
4.	Russ Dickenson	27:46
5.	John Bunker	28:07
6.	John Morrison	31:04
7.	Geoff Barrow	32:37
8.	Stuart Cooper	32:51
9.	Bruce Conboy	35:28
10.	Ian Beaumont	39:12

1.	Heather Carr	26:42
2.	Liz Feldman	27:50
3.	Janet Holmes	28:43
4.	Gwen Steed	29:30
5.	Carmel Drennan	29:34

- |    |                   |       |
|----|-------------------|-------|
| 6. | Celia Johnson     | 31:50 |
| 7. | Marlaine Stanway  | 32:39 |
| 8. | Margaret Beaumont | 35:54 |

**5 km Under 15**

- |    |                |       |
|----|----------------|-------|
| 1. | Natalie Laurie | 29:03 |
|----|----------------|-------|

**2 Km Under 12**

- |    |              |       |
|----|--------------|-------|
| 1. | Mietta Feery | 10:41 |
|----|--------------|-------|

- |    |                |       |
|----|----------------|-------|
| 1. | Tommy Harrison | 10:46 |
|----|----------------|-------|

**1 km Under 9**

- |    |                        |      |
|----|------------------------|------|
| 1. | Chloe McNicol-Davidson | 7:18 |
|----|------------------------|------|

**VMA AND VRWC RACES, ALBERT PARK, SUNDAY 19 SEPTEMBER 2004**

This week we hosted the Victorian Masters Roadwalk Championships and we were lucky enough to witness two wonderful performances

1. **Brenda Riley** broke her own **Masters W60 10 km World Record** with a time of 55:12.0. Earlier this year at Albert Park Brenda had recorded 55:17.9 to break the record by over 30 secs. Now she has taken a further 5.9 secs off that time. Brenda just gets faster each time she races – not bad for a 64 year old!
2. **Heather Carr** celebrated her move to the W55 age group with a new **Masters W55 10 km Australian record**. Her time of 57:20 broke Gwen Steed's 1998 record that stood at 57:59. Bad luck Gwen but no records last forever!



**Heather Carr leads Alan Lucas in a recent race style**



**Brenda Riley shows her usual perfect**

**VMA Women 10 Km Championship**

18 walkers faced the gun in the womens race and nearly all were rewarded with medals. With ages ranging from 41 to 75, they were spread over the full range of Masters age groups and we saw some fine walks apart from those of Heather and Brenda. At the top end of the age groupings, Jean Knox inspired everyone with her great walking while Mandy Emmett, Carmel Drennan and Alison Thompson, at the other end of the spectrum, were all close together in times and staged a good battle.

W40	1	Mandy Emmett	41	60:06	
W45	1	Carmel Drennan	45	60:47	
W50	1	Alison Thompson	51	59:32	
	2	Janet Holmes	51	60:13	
		Marlene Gourlay	52	DQ	
W55	1	Heather Carr	55	57:20	<b>New Australian Record</b>
	2	Liz Feldman	56	59:07	
	3	Celia Johnson	56	64:40	
W60	1	Brenda Riley	64	55:12	<b>New World Record</b>
	2	Gwen Steed	60	63:13	

	3	Sylvia Machin	63	64:44
	4	Beverley Hugo	64	78:41
	5	Marlene Petroff	62	81:53
		Heidi Engel	62	DQ
W65	1	Marlaine Stanway	66	68:10
	2	Margaret Beaumont	66	74:26
	3	Shirley Coppock	68	78:23
W75	1	Jean Knox	75	78:28

### VMA Men 20 KM Championship

A disappointingly small field fronted for the 20 km event which is always a tough ask for the masters walkers. Colin Heywood had his first race for some time and was untroubled to take fastest time. Alan Lucas also walked strongly for a sub 2 hour performance. Ken Walters celebrated his 72<sup>nd</sup> birthday on Sunday with a fine 20 km walk – his first in some time.

M50	1	Colin Heywood	50	1:50:26
M55	1	Alan Lucas	56	1:56:23
	2	Russ Dickenson	58	2:08:37
M70	1	Ken Walters	72	2:15:58
	2	Col Silcock-Delaney	71	2:33:14

### VRWC 10 km walk

1.	Kylie Irshad	54:21
2.	Simon Evans	54:49
3.	Tony Johnson	58:16
4.	Ian Beaumont	80:07
5.	Bob Gardiner	DNF (4 km in 24:03)

### VRWC 5 km walk

1.	Erin Adamcewicz	25:41
2.	Sandra Geisler	25:43

### VRWC 1 km Under 12

1.	Hilary Brazel	13:37
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