# 2004 / 2005 THE RACEWALKING YEAR IN REVIEW

## COMPLETE VICTORIAN RESULTS MAJOR INTERNATIONAL RESULTS

**Tim Erickson** 

6 November 2005

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#### AUSTRALIAN UNIVERSITY GAMES, PERTH, SEPTEMBER 2004

The Australian University Games were held in September in Perth and Tom Barnes narrowly took out a very keenly contested Mens walk. Tom's time of 21:56.6 was an 18 second PB and indicates that he will be a major contender on the track this summer. Italian Raffaele Rinaldi, who is Melbourne based and who walked at Albert Park occasionally during the winter, took third place with a good 23:39. Full results were as follows

#### Men 5000 Metre Race Walk

1.	Barnes, Thomas	<b>MELB</b>	21:56.60 (PB)
2.	Smith, Michael	UOW	21:57.09
3.	Rinaldi, Raffaele	<b>MELB</b>	23:39.72
4.	Humphrey, Aaron	TUL	25:19.45
5	Easterbrook Patrick	UWA	28.48 63

#### Women 5000 Metre Race Walk

1.	Johnson, Laura	<b>ACPE</b>	23:19.54
2.	Grant, Lisa	USYD	23:57.76
3.	Heazlewood, Brianna	USYD	24:04.85
4.	Rutter, Jillian USYD	26:22.1	6
5.	McGrath, Lauren	ECU	27:29.40
6.	Alldis, Christina	UTS	28:45.43

#### U17-U20 VICTORIAN SCHOOLS T&F CHAMPS, DONCASTER, OCTOBER 9-10, 2004

The first instalment of the Schools championships was held last weekend at Doncaster and the pick of the walks would definitely have to be Siobhan Donovan who took over 20 secs off her PB, recorded during the winter season. Siobhan is improving with every race and will soon be making her presence felt amongst the senior walkers. Jess Rothwell also walked very well for her 25:31.

Girls 5000 Meter Walk Under 20			
1. JESS ROTHWELL	89	Gou	25:31.13
2. EDA GIRGIN	90	Mgi	28:23.72
3. KYLIE VANDENHEILIGENBERG	86	Lyn	34:44.41
Girls 3000 Meter Walk Under 18			
1. FAUVE JACOBS	87	Ccg	16:33.62
Girls 3000 Meter Walk Under 17			
<ol> <li>SIOBHAN DONOVAN</li> </ol>	88	Bor	14:43.51 (PB)
2. SIBON FUZZARD	88	Gir	16:10.47
Boys 3000 Meter Walk Under 18			
1. TIM STEVENSON	87	Spa	16:32.01
BRENT WOOD	87	Mon	DQ
Boys 3000 Meter Walk Under 17			
1. JAMES CURTIN	88	Whi	21:13.41
2. BRADLEY ELMS	88	Lal	21:29.71

#### AUSTRALIAN 50 KM CHAMPIONSHIP, SUNDAY 24 OCTOBER 2004

This prestigious event saw a disappointing entry list of only 4 Victorians – sad but not too hard to understand given the very late notification of this event - it was only announced in early August. By that stage, of course, everyone had completed their season and it is not possible to just drop everything, train for a couple of months and expect to walk a 50 km competitively. This illustrates the need for AA to set championship dates at least 12 months in advance. I believe that AA are now working towards this (let's keep our fingers crossed).

With defending champion Duane Cousins a late scratching, only 3 walkers started – Chris Erickson, Daniel Walters and Andrew Jamieson. Chris and Daniel walked together for the first 10 km (49:23) before Daniel increased the tempo to pass 20 km in 1:38:01, some 40 secs in front of Chris. Andrew was walking his own race further back, passing 20 km in a very conservative 1:50:01.

Daniel started to suffer from a hip problem soon after and was forced to retire around the 24 km mark. That left Chris well in front and he powered on to pass the 30 km mark in 2:28:35. But soon after this, he started to suffer back spasms (perhaps from the cold wind) and hit the proverbial wall!

With a big lead, all he had to do was keep on his feet to ensure a win and that's what he did to finally cross the line a very tired but relieved winner in 4:39:46. At only 22 years of age, Chris becomes one of the youngest ever Australian 50 km champions while at 58 years of age, Andrew becomes the oldest ever medallist in this event. This was Andrew' second 50 km event - his only other one was in 1971 when he finished in just over 5 hours. So his time yesterday (4:46:44) was a PB.

Other highlights on the day were as follows

**Liz Feldman** covered the 50 km distance in 5:45:08 to break the World Masters W55+ record by 11 minutes. Her 30 km split of 3:23:31 will probably also be a World W55 record also. She also sets inaugural Autralian Masters records for these two distances.

**Jared Tallent** won the Open mens 20 km event in a PB time of 1:27:02.

**Simone Wolowiec** won the Open womens 20 km event in 1:38:01.

**Megan Szirom** (nee Peters) amazed us all with a solid 15 km walk only 7 weeks after giving birth to baby Riley. Megan had baby and husband in tow and they were the centre of attention!





Chris and Daniel lead the AA 50 km

Liz walks to new Masters World Records

Full results for all events are as follows

Men's 50km AA & AV Championship	10km	20km	30km	40km	50km
1. Chris ERICKSON	49.23	1.38.41	2.28.35	3.30.39	4.39.46
2. Andrew JAMIESON	54.48	1.50.01	2.45.17	3.43.06	4.46.44
Daniel WALTERS	49.23	1.38.01	Ab.		
Duane COUSINS	DNS				

VRWC 50km Open Club Champ  1. Liz FELDMAN	oionship			40km 4.32.36	50km 5.45.08
<ol> <li>Chris ERICKSON</li> <li>Andrew JAMIESON</li> </ol>		49.23 54.48		3.30.39 3.43.06	
VRWC Open 20km Women 1. Simone WOLOWIEC Sandara GEISLER		10km 48.22 58.32	20km 1:38:01 Ab.		
VRWC Open 20km Men 1. Jared TALLENT 2. Daniel LOWE Travis MARTIN	10km	20km 43.18 56.4 Ab	1:27:02 1:57:21		
VRWC Open 15km Women  1. Megan SZIROM (PETERS) Claire WOODS Kylie IRSHAD		10km 60.25 50.51 57.42	15k 1:31:28 Ab Ab.		
VRWC Open 10km Women 1. Carma WATSON 2. Lisa WILSON 3. Alicia NEYLAN		54:01 57:43 1:11:31			
VRWC Open 10km Men 1. Ross REID 2. Danny HAWKSWORTH 3. John BUNKER		52:09 53:58 57:27			
VRWC Open 5km Women  1. Kellie WAPSHOTT  2. Eda GIRGIN		24:24 28:18			
VRWC Under 15 3km Girls 1. Anne WHITWORTH		17:54			
VRWC Under 15 3km Boys 1. Tim GIRGIN 2. Daniel PAYNE		16:04 17:24			
VRWC Under 12 2km Girls 1. Emily PAYNE 2. Nikky APOSTOLIDIS	14:13	13:13			
VRWC Under 9 1km Boys 1. Jordan HOWORTH		7:55			
VRWC Under 9 1km Girls 1. Sarah BURREN 2. Jasmine IRSHAD		6:19 7:01			

#### U12-U16 VICTORIAN SCHOOLS T&F CHAMPS, MEADOWGLEN, OCTOBER 30, 2004

The second part of the Victorian Schools T&F championships were held at the Meadowglen track a little over a week ago and the walks were well supported. Well done to our new State champions. Hopefully this is the first step on the way to bigger and better things.

Girls U14 - 1500m Walk.		Boys U14 - 1500m Walk.	
<ol> <li>Regan Ramble</li> </ol>	7:20.36	<ol> <li>Rhydian Cowley</li> </ol>	7:18.23
2. Mietta Feery	7:34.38	<ol><li>William Kennish</li></ol>	7:28.25
3. Natalie Laurie	7:43.59	3. Timucin Girgin	7:33.28
4. Beth Alexander	7:55.85	4. Ergenekon Girgin	7:54.45
<ol><li>Laura Farrell</li></ol>	8:33.42	5. Tommy Harrision	8:12.30
<ol><li>Alicia Neylan</li></ol>	8:51.43	<ol><li>Jackson Bews</li></ol>	8:35.28
7. Emily Payne	9:34.02	<ol><li>Nicholas Mararchi</li></ol>	8:48.93
8. Cate-Linne Fraser	10:16.78	<ol><li>Jack Palfreyman</li></ol>	9:05.32
		9. Damien Elms	11:58.07
Girls U15 - 3000m Walk.		Boys U15 - 3000m Walk.	
<ol> <li>Jessie Palfreyman</li> </ol>	16:30.42	1. Daniel Payne	16:28.89
2. Eda Girgin	16:40.16	2. John Platt	17:33.89
3. Anne Whitworth	18:21.40	<ol><li>Leigh Ryan</li></ol>	20:16.54
4. Amelia Aslanides	19:26.43	4. Jason Elms	21:52.92
Girls U16 - 3000m Walk.		Boys U16 - 3000m Walk.	
1. Jess Rothwell	15:01.58	1. Kyle Bryant	15:14.78
2. Sarah Alexander	16:08.30	2. Shaun Burgess	15:44.97
		3. David Ranger	16:03.11
		4. Dean Kelly	17:21.11
		<ol><li>Daniel Lineen</li></ol>	18:28.66

#### VRWC RACES, SUNDAY 21 NOVEMBER 2004

We had a good turnout for our VRWC summer championships. Our senior championships were won by Andrew Jamieson and Heather Carr with Heather winning the Stella Murnane Trophy for the eighth time in its 15 year history – that's a great record. Daniel Lowe impressed with his 20 km finish and is getting back into good walking form. Megan Szirom is gradually increasing her distances and will soon be back to top pace.

#### 20 Km Open Men Club Championship – Gus Theobold Trophy

1.	Andrew Jamieson	1:39:48
2.	Daniel Lowe	1:58:59

#### 10 Km Veteran Women Club Championship - Stella Murnane Trophy

1.	Heather Carr	57:36
2.	Liz Feldman	60:26
3.	Janet Holmes	64:08

#### 20 Km Open

Megan Szirom DNF (16 km in 1:34:42)

The 10 km event was a great finish with Chris Erickson coming from behind to just breast the tape ahead of John Bunker. Since John has consistently beaten me for the last few seasons, it was good to see an Erickson finally getting the upper hand! Carma Watson walked with John throughout the race and was rewarded with a good time of 54:50. Kylie Irshad has just found out that she is expecting twins – no wonder she slowed a bit in the second half – perhaps it was shock! Alan Lucas and Russ Dickenson were next over the line with consistent walks while Eda and Tim Girgin tested themselves out over their longest distance yet and crossed the line together (with the nod being given to Eda).

10 Km Open	
1. Chris Erickson	54:39
2. John Bunker	54:39
3. Carma Watson	54:50
4. Kylie Irshad	56:57
5. Alan Lucas	57:21
6. Russ Dickenson	59:04
7. Eda Girgin	59:24
8. Tim Girgin	59:24
Bob Gardiner	DNF
Robin Wood	DNF

Most people did not realise who was out the front in the 5 km event – former international walker Bill Dyer who represented Australia at 4 Racewalking World Cups (1981, 1983, 1985 and 1991). Bill is also famous for being the youngest ever person to become a Centurion when he walked the 100 mile distance in 22:50:30 in 1977 as a 16 year old. Bill brought daughter Chelsea down to walk in the Under 12 event and decided to have a stroll himself. He looked good with his 27:11. Tony Doran had his first walk back at Albert Park for some time and is back after getting over some injuries. We also welcomed Darwin walker Nikki Pearce who took up the sport last year and has the makings of a good walker - although she did comment on how cold it was!

#### 5 Km Open

e 11111 o p e 11	
1. Bill Dyer	27:11
2. Gwen Steed	30:43
3. Tony Doran	31:48
4. Robin Wood	34:44
5. Nikki Pearce	35:30
6. Christine Griffiths	44:36

We had only two starters in our Under 20 Championships. Sarah Alexander recorded a good time of 27:26 to win the girls event while Bradley Elms incorrectly stopped after 4 km so missed out on his medal – bad luck Bradley.

#### 5 Km Under 20 Club Championship

1.	Sarah Alexander	•	•	27:26
	Bradley Elms			Ab





Bill Dyer wins the Open 5 km walk

Nikki Pearce keeping warm in the 5 km walk

Our under age Club Championships saw good wins to Daniel Payne, Cassandra Raselli and Sarah Burren.

<ul><li>3 Km Under 15 Club Championship</li><li>1. Daniel Payne</li><li>2. Ergenekon Girgiin</li><li>3. Jason Elms</li></ul>	16:08 17:52 23:51
1.5 Km Under 12 Club Championship	
Cassandra Raselli	8:10
2. Emily Payne	8:55
3. Chelsea Dyer	8:58
4. Taylor Brogan	9:38
5. Nicki Apostolidis	10:08
1.5 Km Under 9 Club Championship	10.21
1. Sarah Burren	10:31
2. Jasmine Irshad	11:22

#### VRWC RACES, ALBERT PARK, SUNDAY 12 DECEMBER 2004

We held our last races for the year on Sunday December 12 and conditions were warm and humid. It was great to welcome Frank Bertei back from his overseas travels and he was one of a group of our top walkers who used the opportunity for a training session together. Daniel Walters chose the 30 km distance while the others were content for a 20 km stroll. I wish I could still stroll that fast!

<ul><li>30 Km Open</li><li>1. Daniel Walters</li></ul>	54:14	1:45:13	2:37:49
20 Km Open			
1. Frank Bertei	54:14	1:45:13	
2. Chris Erickson	54:14	1:45:13	
3. Danny Hawksworth	53:15	1:54:04	
4. Trevor Mayhew	58:00	1:58:58	
5. Ron McGregor	1:12:43	2:32:38	
1. Simone Wolowiec	54:14	1:45:13	



Chris, Trevor, Simone, Karma, Frank and Daniel lead the longer race in the early stages

The 10 km races saw Travis Middlemiss and Kellie Wapshott take the honours but Kellie was forced to play catchup after turning her ankle on the first turn and losing a lot of time on the rest of the field. Sandra tried hard to hold her out but Kellie was just too strong in the last lap. Megan continues to work on her fitness and is showing the benefits week by week.

10	Km Open	
	Travis Middlemiss	49:25
	John Bunker	Ab
1.	Kellie Wapshott	54:07
2.	Sandra Geisler	54:38
3.	Megan Szirom	56:55
	Kylie Irshad	Ab (6 km in 35:54)
	Celia Johnson	Ab (6 km in 38:22)
	Rachel Loone	Ab (5 km in 28:36)
	Annette Major	Ab (5 km in 27:16)
	Carma Watson	Ab (4 km in 21:28)
5 I	Km Open	
1.	Janet Holmes	29:55
2.	Gwen Steed	30:50
3.	Sandra Howorth	34:58
4.	Christine Griffiths	43:57

We saw only a small field of junior walkers due to the All Schools championships in Sydney. We welcomed Caitlin Bryers for her first walk at Albert Park and she showed good form to win the 2 km.



Jordan, Caitlin, Nikki and Sarah at the start of the 2 km / 1 km races

U12 2 Km Walk	
<ol> <li>Caitlin Bryers</li> </ol>	13:40
2. Nikki Apostolidis	14:07
U10 1 Km walk	
<ol> <li>Sarah Burren</li> </ol>	6:19
1. Jordan Howorth	8:39

#### IGA ALL SCHOOL & YOUTH ATHLETICS CHAMPS, SYDNEY, 9-12 DECEMBER 2004

The Australian All Schools Championships were held in Sydney over a 4 day period earlier this month and there were a lot of positives

- the large number of walkers from all over Australia
- the spread of medallists from NSW, SA, QLD, VIC, WA and ACT
- the good overall standard of walking

Walker of the meet was probably 12 year old Paige Hooper of SA who won golds in the U14 and U15 races and took silver in the U17 walk.

#### Congratulations to the Victorian medallists

Jess Rothwell	$2^{nd}$	U16 3000m walk	14:36.77
Regan Lamble	$3^{rd}$	U14 1500m walk	7:15.59
Rhydian Cowley	$3^{\rm rd}$	U15 3000m walk	15:05.13

Full results were as follows

Girls 5000 Metre Walk Under 20		Boys 5000 Metre Walk Unde	er 20		
<ol> <li>Tanya Holliday,</li> </ol>	SA	24:38.93	1. Matt Harris	SA	23:26.85
2. Jessica Heazlewood,	Nsw	24:43.14	2. Brendon Reading	Act	23:34.08
3. Chloe Jones,	Nsw	24:54.54	3. Alan Murray	Qld	23:47.45
4. Jess Rothwell,	Vic	25:21.89	4. Blake Egelton	Nsw	23:55.50
5. Lynette Bannister,	Tas	26:21.17	5. Ian Rayson	Nsw	24:07.67
6. Natasha Agius,	Nsw	26:28.00	6. Daniel Coleman	Tas	24:46.21
7. Fauve Jacobs,	Vic	28:13.33	7. Mark Sheehan	WA	25:37.19
8. Jacqui Buchanan,	WA	28:58.99	8. Kyle Bryant	Vic	25:59.73
9. Melissa McCagh,	WA	31:09.97	Benjamin Cleasby	WA	DQ
Katarina Grgurovic,	WA	DQ	Gregorz Wolszczak	SA	DQ
Fiona Alldis,	Nsw	DQ	· ·		~
Susan Knapton,	Nsw	DQ			
•					
Girls 3000 Metre Walk Und	or 18		Boys 3000 Metre Walk Unde	or 18	
1. Jessica Heazlewood,	Nsw	14:11.07	1. Matt Harris,	SA	13:23.74
2. Katarina Grgurovic,	WA	14:32.21	2. Gregorz Wolszczak,	SA	13:27.18
3. Susan Knapton,	Nsw	14:45.25	3. Brendon Reading,	Act	13:38.04
4. Lizzy Malcomson,	Tas	15:03.87	4. David Beach,	WA	13:57.66
5. Natasha Agius,	Nsw	15:08.33	5. Benjamin Cleasby,	WA	15:03.58
6. Lynette Bannister,	Tas	15:45.90	Daniel Coleman,	Tas	DQ
7. Fauve Jacobs,	Vic	16:02.53	Damer Coleman,	1 43	ЬQ
Jillian Hosking,	Act	DQ			
Jillan Hosking,	7101	ЬQ			
Girls 3000 Metre Walk Und	or 17		Boys 3000 Metre Walk Unde	or 17	
1. Tanya Holliday,	SA	14:07.09	1. Ian Rayson,	Nsw	13:14.94
2. Paige Hooper,	SA	14:08.70	2. Blake Egelton,	Nsw	13:31.85
3. Natasha Sorensen,	Qld	15:27.47	3. Alan Murray,	Qld	13:41.07
4. Dianne Petith,	Qld	16:18.67	4. Jared Loi,	Qld	13:44.92
Fiona Alldis,	Nsw	DQ	5. Daniel Neale,	Nsw,	13:47.67
i iolia Aliuis,	149W	ъQ	6. Mark Scorzelli,	Nsw,	15:47.67
			7. Beau Plummer,	Nsw	17:03.43
			Mark Sheehan,	WA	DQ
			Mark Succitan,	V V / T	שע

Girls 3000 Metre Walk Unde	r 16		Boys 3000 Metre Walk Under	r 16	
Cassandra Staples	Nsw	14:34.24	1. Brendon Reading	Act	13:28.80
2. Jess Rothwell	Vic	14:36.77	2. Gregorz Wolszczak	SA	13:45.79
3. Katarina Grgurovic	WA	15:08.17	3. David Beach	WA	14:06.50
4. Lizzy Malcomson	Tas	15:09.71	4. Daniel Coleman	Tas	14:09.80
5. Natasha Agius	Nsw	15:24.57	5. Kyle Bryant	Vic	14:34.90
6. Caitlin Worrall	Act	15:58.47	6. Cody Attwater	Nsw	15:31.48
7. Aimee Jones	Nsw	16:02.97	7. Shaun Burgess	Vic	15:44.87
8. Andrea Keenawinna	Nsw	16:07.00	8. Anson Perin	Nsw	15:51.07
9. Roxanne Busuttil	Nsw	16:08.43	9. Ashley Surman-Jenkins	Vic	16:23.11
10. Sarah Alexander	Vic	16:09.05	10. Ben Henmon	SA	16:55.75
11. Shannon Hayes	Qld	16:36.61		~	
Nicole Fagan	Nsw	DQ			
Girls 3000 Metre Walk Unde	r 15		Boys 3000 Metre Walk Under	r 15	
<ol> <li>Paige Hooper</li> </ol>	SA	14:03.77	1. Jared Loi	Qld	14:09.53
2. Natasha Sorensen	Qld	15:24.73	<ol><li>Brook Keys</li></ol>	Nsw	14:43.62
<ol><li>Rukshani Keenawinna</li></ol>	Nsw	15:41.77	<ol><li>Rhydian Cowley</li></ol>	Vic	15:05.13
4. Natalie Laurie	Vic	15:45.58	4. James Pisani	Nsw	15:22.86
<ol><li>Jessie Palfreyman</li></ol>	Vic	15:56.00	5. Dan De Wit	Nsw	15:38.38
6. Jessica Hills	Nsw	16:02.56	6. Aaron Jelfs	SA	15:43.96
7. Dianne Petith	Qld	16:09.38	7. Daniel Payne	Vic	15:59.28
<ol><li>Katrina Biteznik</li></ol>	Nsw	17:04.34	8. Michael Reading	Act	16:16.40
Anika Holliday	SA	DNS	9. Jonathon Birt	Qld	16:31.36
			10. Jarrod Harvey	Qld	16:59.83
			Derek Mulhearn	Nsw	DNF
			Jason Pisani	Nsw	DQ
Girls 1500 Metre Walk Unde	r 14		Boys 1500 Metre Walk Under	r 14	
1. Paige Hooper,	SA	6:42.64	1. Chase Richardson,	Tas	6:45.74
2. Jessica Bennett,	Nsw	7:14.59	2. Sean Fitzsimmons,	WA	6:59.64
3. Regan Lamble,	Vic	7:15.59	3. Aaron Jelfs,	SA	7:18.45
4. Natalie Laurie,	Vic	7:27.10	4. Daniel Woods,	Qld	7:31.78
5. Rhearne Ryan,	Nsw	7:27.70	<ol><li>Bradley Paton,</li></ol>	Nsw	7:39.61
6. Mietta Feery,	Vic	7:36.57	6. Shaun Ninyo,	Nsw	7:43.02
<ol><li>Rukshani Keenawinna,</li></ol>	Nsw	7:42.91	7. Tommy Harrison,	Vic	7:50.83
8. Shennae Hartley,	WA	7:44.46	8. Jackson Young,	Nsw	8:06.59
9. Courtney Danyi,	Nsw	7:51.48	<ol><li>Cash Davis,</li></ol>	SA	8:08.49
10. Caitlin Danyi,	Nsw	7:54.79	<ol><li>Daniel Kirchner-Dean,</li></ol>	Act	8:12.72
11. Natasha Hall,	Nsw	7:57.12	11. Bobby Malcolson,	Tas	8:50.01
12. Brittany Melrose,	Nsw	7:59.11	Rhydian Cowley,	Vic	DQ
13. Cindy-Anne Bevis,	Qld	8:01.43	Kyle Malone,	Nsw	DQ
14. Tracey Carrod,	WA	8:02.49			
15. Michelle O'Callaghan,	WA	8:04.46			
Anika Holliday,	SA	DNF.			
Karla Barrett,	WA	DQ.			

#### VRWC RACES, SUNDAY 23 JANUARY 2005, ALBERT PARK

Last weekend we staged our last Albert Park event for the summer. The Grand Prix was already encroaching onto our racing course but we managed to fit in a 1 km lap and the races were held without mishap.

Danny Hawksworth produced a 6 minute PB to win the longest event of the day. He stormed home with lots in reserve and we can expect to see this time slashed further at the National titles in Sydney in March. Simon Evans was the only other finisher but he struggled in the second half and is only getting back to race fitness at the moment. Carma Watson and Megan Szirom both showed good form but decided to call it quits with a few laps to go. Sandra Geisler and Daniel Lowe were the fastest of the 10 km walkers while Travis Middlemiss, Stuart Kollmorgen and Kellie Wapshott showed plenty of speed over the 5 km distance.



Russ Dickenson and Simon Evans lead Danny Hawksworth, Daniel Lowe and Carma Watson early in the race

20	km Open walk		
1.	Danny Hawksworth	54:04	107:31
2.	Simon Evans	56:00	119:50
	Carma Watson	53:57	(retired at $15 \text{ km} - 81:54$ )
	Megan Szirom	56:00	(retired at 14 km – 80:26)
10	km Open walk		
1.	Sandra Geisler	57:38	
2.	Daniel Lowe	60:50	
3.	Celia Johnson	63:14	
4.	Sarah Alexander	67:58	
	Marlaine Stanway	retired at 5 l	cm - 36:38
5 k	xm Open walk		
1.	Travis Middlemiss	23:24	
2.	Stuart Kollmorgen	24:09	
3.	Kellie Wapshott	24:17	
4.	Russ Dickensen	27:53	
5.	Rachael Loone	28:09	
6.	Tim Girgin	28:54	
7.	Eda Girgin	28:55	
8.	Janet Holmes	30:15	
9.	Tony Doran	30:58	
10.	Robin Wood	36:03	

#### 3 km Open and Under 15 1. Bradley Elms 17:27 2. Jason Elms 24:03 3. Christine Griffiths 24:08 2 km Under 12 12:16 1. Cassandra Raselli 2. Taylor Brogan 12:56 3. Caitlin Bryers 12:58 4. Damien Elms 17:39 1 km Under 9 1. Sarah Burren 6:04 2. Jasmine Irshad 6:57

#### 2005 AUSTRALIAN YOUTH OLYMPIC FESTIVAL, 20-21 JANUARY 2005, SYDNEY

China, the most powerful youth track and field team in the world, claimed 12 gold medals at the Australian Youth Olympic festival, held in Sydney last week. Over 1400 teenage athletes from 25 nations contested the third Australian Youth Olympic Festival, a multi-sport international youth competition hosted by the Australian Olympic Committee. Previously held in 2001 and 2003, the AYOF is a legacy from the 2000 Sydney Olympics.

An interested spectator at the AYOF was Australia's Athens 20km Walk medallist, Jane Saville, who witnessed China's two outstanding race walkers, Li Gabo and Chai Xue who completed dominated their events.



Chai Xue of China wins the 5000m Walk in Sydney (David Tarbottom)

The full results of the two racewalking events were as follows

Men 5000 Metre Race Walk		
1. Li Gabo	China	20:54.76
2. Brendon Reading	Australia C	23:28.59
3. Ian Rayson	Australia B	23:32.66
4. Blake Egelton	Australia A	24:33.05
5. Nathaniel Shaw	New Zealand	26:49.43
6. Alan Murray	Australia D	DQ
Women 5000 Metre Race W	alk	
<ol> <li>Chai Xue</li> </ol>	China	23:16.73.
2. Tanya Holliday	Australia D	24:37.60.
3. Fiona Alldis	Australia B	25:02.05.
4. Jessica Rothwell	Australia A	25:37.50.
5. Katarina Grugurovic	Australia C	26:07.24.
6 Kate Newitt	New Zealand	28.56.69

#### VICTORIAN COUNTRY T&F CHAMPS, GEELONG, JANUARY 28-30, 2005

Walk of the meet had to be that of Kelly Ruddick who won the Open Womens 5000m walk with 24:06. Kelly, at 31 years of age, comes off a running background, rarely walks and only competes 2-3 times per year. So it was a very impressive effort, with a beautiful flowing technique. Now that she's taking the sport up full-time after the weekend with a new coach (Jim Leppik), we hope to see a lot more of her. Jess Rothwell did well for second despite having a virus leading into the event.

The winners of the two U14 1500m events walked almost identical times. Rachel Tallent, aged 12, is the brother of World Junior and World Cup representative Jared Tallent, now at the AIS in Canberra. She looked very impressive with her late race surge. Lachlan Muir of Geelong is another young walker to watch as his time as just as good – both walked 7:49.

Daniel Payne, John Platt, David Ranger and Shaun Burgess were the best performers in the men. Regular walkers, the boys all produced excellent times over the 3000m distance.

As usual, the Bendigo, Ballarat, Geelong and Corio Walking Club members battled out the honours and the results were pretty evenly spread amongst the clubs.

Women 5000 Metre Race Walk	Open	
1. KELLY RUDDICK	BALLARAT HAR	24:06.62
2. JESSICA ROTHWELL	SOUTH BENDIG	25:52.90
3. ANNETTE MAJOR	EAGLEHAWK YM	26:35.41
4. FAUVE JACOBS	DEAKIN	28:11.09
1. KELLY RUDDICK 2. JESSICA ROTHWELL 3. ANNETTE MAJOR 4. FAUVE JACOBS		
Women 1500 Metre Race Walk	Under 14	
<ol> <li>RACHEL TALLENT</li> </ol>	BALLARAT YCW	7:49.58
2. KEELY TREW	SOUTH BENDIG	8:57.85
3. EMILY PAYNE	CORIO	9:36.15
<ol> <li>RACHEL TALLENT</li> <li>KEELY TREW</li> <li>EMILY PAYNE</li> <li>TAYLAH ROLLO</li> </ol>	CORIO	10:04.84
Women 3000 Metre Race Walk	Under 16	
		16:04.76
JESSIE PALFREYMAN 1. LANA BODDY	CORIO	19:57.27
I. LANA BODD I	CORIO	19.37.27
Women 5000 Metre Race Walk	Under 20	
1. FAUVE JACOBS	DEAKIN	28:11.09
W 5000 M 4 D W II	\$7.4.40.1	
Women 5000 Metre Race Walk		26.25.41
<ol> <li>ANNETTE MAJOR DENISE TWITE</li> </ol>	EAGLEHAWK YM	26:35.41
DENISE TWITE	TRARALGON HA	DQ
Men 1500 Metre Race Walk Ur	ıder 14	
		7:49.65
2. ADRIAN COAD	SOUTH BENDIG	8:32.02
LACHLAN MUIR     ADRIAN COAD     JACK PALFREYMAN	SOUTH BENDIG	DQ
		- (
Men 3000 Metre Race Walk Ur		
1. DANIEL PAYNE 2. JOHN PLATT	CORIO	15:42.89
2. JOHN PLATT	EUREKA	16:21.86
Men 3000 Metre Race Walk Ur	ıdar 18	
1. DAVID RANGER	EUREKA	15:38.97
2. SHAUN BURGESS	ACW	15:49.72
3. DANIEL LINEEN	GEELONG GUIL	18:44.72
3. DANIEL LINEEN	GEELONG GUIL	10.44.72
Men 5000 Metre Race Walk Ur		
1. JAMIE BARNES	CORIO	26:31.01
Men 5000 Metre Race Walk Op		26.21.01
<ol> <li>JAMIE BARNES</li> <li>ANDREW BLOOD</li> </ol>	COKIO	26:31.01
2. ANDKEW BLOOD	BALLARAT YCW	28:58.45
3. NICHOLAS MIRARCHI	CORIO	31:23.81

ROBERT JONES	BALLARAT YCW	DQ
Men 5000 Metre Race Wall	k Vet 40+	
<ol> <li>HAROLD BODDY</li> </ol>	CORIO	33:05.16
ROBERT JONES	BALLARAT YCW	DQ
Men 3000 Metre Race Wall	k Vet 50+	
1. PAUL MARTIN	BENDIGO YMCA	17:49.08
2. JOHN CARTER	SOUTH BENDIG	18:49.41
3. CLIVE VOGEL	BORDER	20:29.66

#### TELSTRA A SERIES MEET, CANBERRA, SUNDAY FEBRUARY 6, 2005

Olympic bronze medallists Nathan Deakes and Jane Saville both achieved World Championship A-qualifying standards to take out the men's and women's 20km walks at the Canberra Telstra A-series, held at Lake Burley Griffin on Sunday 6<sup>th</sup> February.

Deakes won the men's event with ease, clocking 1:19:23, a new meet record, World Championship A Qualifier and the second fastest time ever recorded by an Australian in Australia (behind Victorian Dave Smith's 1:19.22 in Hobart in 1987). Nathan commented after the race

"I am very happy to have performed well in my first race of the season. It is my fastest time in a first up race and has lifted a weight from my shoulders after the disqualification in Athens. This time shows my form is good and should set me up well for the rest of the season. As the Olympic bronze medallist, I need to consistently break 1:20 to remain competitive."



Nathan Deakes breaks 80 minutes yet again in an awesome display of power walking

Nathan then headed off to Threadbo with the rest of the AIS walking squad for a couple of weeks of altitude training. He will next be in action at the Australian T&F Championships in Sydney where he will defend his Australian 20 km roadwalk title on Sunday 6 March. Then he will head overseas to race in two IAAF Race Walking Challenge Meets, Tijuana on March  $20^{\text{th}}$  and Rio Major on April  $2^{\text{nd}}$ 

Also in the men's race, Jarred Tallent was impressive, clocking a PB 1:25.53 for second place, ahead of Adam Rutter who took third with 1:26.14. Duane Cousins powered through the field to finish fourth in his best time since 1999. There is only one thing to say about that walk – Duane is back! Young WA walker Michael McCagh held on to break 90 minutes in another impressive walk for fifth. This was the first ever 20 km race for both Adam and Michael and it is not often we see sub-90-minute 20 km walks on first up attempts. Adam's time of 1:26:14 is probably the fastest ever first up by an Australian. Chris Erickson was with Michael until shortly after the 10 km point when he was sick and then fell back a little to finish just 1 second outside his PB. Tom Barnes also walked very well to be less than 1 minute outside his PB. Young NSW walker Scott Hyland also walked his first 20 km and did well to break 100 minutes. Overall, this was a high quality race.

1. Deakes, Nathan	AIS	1:19:23	WCA qualifier
2. Tallent, Jared	AIS	1:25:53	(PB)
3. Rutter, Adam	AIS	1:26:14	(PB)
4. Cousins, Duane	VIS	1:27:51	(best since 1999)
<ol><li>McCagh, Michael</li></ol>	AIS	1:29:44	(PB)
6. Erickson, Chris	VIC	1:31:35	(1 second outside PB)
7. Barnes, Thomas	VIC	1:32:59	
8. Hyland, Scott	NSW	1:38:35	(PB)
9. Smith, Michael	NSW	1:41:20	

NSW

DNF.

The women's 20 km was a close battle for the lead, with Jane Saville taking victory in a World Championships A-qualifying time of 1:33.07. Nipping at Jane's heels was fellow Olympian Cheryl Webb who also achieved the World Championships A-standard, crossing the line in 1:33.14. Third and fourth place getters, Natalie Saville and Simone Wolowiec achieved the World Championships B-standard, clocking 1:36.19 and 1:37.14 respectively. Claire Woods also broke 100 minutes in a great show of depth. NSW youngster Lisa Grant moved up to the 20 km distance for the first time and recorded a very promising 1:42:42 while Carma Watson did a PB to come seventh with 1:44:48. Again, another great show of depth.

1. Saville, Jane	NSWIS	1:33:07 WCA qualifier
2. Webb, Cheryl	NSWIS	1:33:14 WCA qualifier
3. Saville, Natalie	NSWIS	1:36:19 WCB qualifier
4. Wolowiec, Simone	VIC	1:37:14 WCB qualifier
5. Woods, Claire	ACTAS	1:39:05
6. Grant, Lisa	NSWIS	1:42:52
7. Watson, Carma	VIC	1:44:48 (PB)
8. Lee, Beki	NSWIS	1:57:07
9. Alldis, Christina	NSW	1:57:31
Gorst, Gabrielle	NZL	DNF
French, Michelle	NSW	DNF



Jane Saville leads Natalie Saville and Cheryl Webb early in the 20 km race

Junior 10,000m walks were also added at short notice and a number of our top under-age walkers availed themselves of the opportunity and recorded good times. Ashley Colquhoun and Fiona Allids were the two winners in closely contested races. We will see all the junior walkers in action over 10,000m again at the Nationals in Sydney in early March.

M	en 10000 metre Walk		
1.	Colquhoun, Ashley	ACT	48:03
2.	Reading, Brendon	ACT	48:36
3.	Egelton, Blake	NSW	49:26
4.	Coleman, Daniel	TAS	49:59
5.	Neale, Daniel	NSW	50:43
W	omen 10000 metre Walk		
_			
1.	Alldis, Fiona	NSW	50:03
	Alldis, Fiona Hosking, Jillian	NSW ACT	50:03 51:06
2.		- 1.0 11	
2. 3.	Hosking, Jillian	ACT	51:06
2. 3. 4.	Hosking, Jillian Heazlewood, Jessica	ACT NSW	51:06 51:19

#### VICTORIAN OPEN & U20 T&F CHAMPS, MELBOURNE, FEBRUARY 11-13, 2005

The Masters walks were held on the evening of Friday 11 February and this year we saw a good turnout from our older walkers. Our new Victorian champions are Paul Kennedy, Carmel Drennan, Andrew Jamieson and Heather Carr. In fact, Heather's time will be a new world record by 26 seconds for the W55 age group. Actually if we add in former members then there are 8 pending or current world records held by current or past members of VRWC. The record holders are Tom Daintry (deceased), Gus Theobald (deceased), David Smith, Willi Sawall, Andrew Jamieson, Brenda Riley, Liz Feldman and now Heather Carr. We thought that Murray Dickinson had also set a world record last year but the previous WMA statistician had been slow in updating records and Gerhard Weidner had recorded 50.40 for 10k M65 back in 1998 and this has now been updated as the current record.

Men 3000 metre Walk 40+		
<ol> <li>Paul Kennedy</li> </ol>	MUU	13:50.13
2. Mark Donahoo	ATE	14:41.72
3. David Armstrong	DIV	14:54.48
4. Chris Worsnop	OLX	17:05.38
Women 3000 metre Walk 40-	+	
1. Carmel Drennan	KSB	17:14.16
Men 3000 metre Walk 50+		
<ol> <li>Andrew Jamieson</li> </ol>	OSC	13:55.35
2. Ross Reid	COL	14:05.08
<ol><li>Clyde Riddoch</li></ol>	AWA	15:59.62
4. John Morrison	SAN	17:11.06
5. Paul Martin	BYM	17:21.07
6. Geoff Barrow	MEN	17:45.13
Russ Dickenson	VMA	DQ
Women 3000 metre Walk 50-	+	
<ol> <li>Heather Carr</li> </ol>	VMA	15:32.45 (**WR**)

The Open and Under 20 Men raced on Saturday afternoon. 50km World Cup representative Chris Erickson broke 21 minutes for the first time to easily retain his State track title. Last year the race was contested in 40°C heat but this year saw cooler conditions more suited to fast racing. Tom Barnes went out with Chris but dropped off after some 4-5 laps. Even so, his second placing was still a PB as was the third placing of Danny Hawksworth. Andrew Jamieson finished just behind Danny but was DQ'd. He was obviously a bit tired from his 3000m walk the night before and perhaps paid the penalty. Travis Martin headed off hard with Chris and Tom but dropped off after a couple of laps and then struggled. The only other finishers were Travis Middlemiss and Stuart Kollmorgen who also walked solid races. Most competitors commented that they felt under-raced and found it difficult to peak for a hard 5000m walk with so few preparation races on offer.

The Under 20 championship saw Jamie Barnes a clear winner while Shaun Burgess walked up the age groups for a bit of experience.

Men 5000 metre Walk Op	en	
Chris Erickson	ATE	20:58.26  (PB - 32  secs)
2. Tom Barnes	RWD	21:46.65 (PB – 10 secs)
3. Danny Hawksworth	ATE	23:15.26 (PB – 44 secs)
4. Travis Middlemiss	RWD	23:36.18
<ol><li>Stuart Kollmorgen</li></ol>	COL	24:20.22
Travis Martin	BOH	DQ
Andrew Jamieson	OSC	DQ
Men 5000 metre Walk Un	der 20	
<ol> <li>Jamie Barnes</li> </ol>	COR	25:12.40
2. Shaun Burgess	ACW	28:33.11

The Open and Under 20 women raced on Sunday afternoon in relatively warm conditions. Kellie Wapshott ended up a clear winner with an 18 second PB. I remember how fantastic Kellie was as a schoolgirl walker. It now seems that after 5 years in which her studies have taken precedence, she might be ready to take the next step up the ladder. Ballarat walker Kelly Ruddick showed that her win in the Country championships was no fluke – she took a further 9 seconds off her previous best time with a strong walk. Carma Watson challenged Kellie early but faded to finish third in just under 25 minutes. Jess Rothwell, as expected, took the Under 20 walk but Fauve Jacobs chased her all the way to a good second.

#### Women 5000 Metre Walk Open

1.	Kellie Wapshott	KNA	23:07.50 (PB - 18 secs)
2.	Kelly Ruddick	BHA	23:57.07 (PB - 9 secs)
3.	Carma Watson	ATE	24:51.60
4.	Megan Szirom	RWD	26:08.83
5.	Erin Adamcewicz	ATE	26:28.12
6.	Jess Rothwell	SBE	27:25.17
7.	Fauve Jacobs	DKN	27:38.15
	Sandra Geisler	RWA	DNF

#### Women 5000 Metre Walk Under 20

	0111011 0000 1:1001 0 :: 41111		
1.	Jess Rothwell	SBE	27:25.17
2.	Fauve Jacobs	DKN	27:38.15
3.	Eda Girgin	ATE	28:21.34
4.	Sarah Alexander	BOH	28:52.10
5.	Kylie Reid	KNA	34:53.14



The start of the AV 5000m walk for men. From left to right – Shaun Burgess, Danny Hawksworth, Andrew Jamieson, Jamie Barnes, Travis Middlemiss, Stuart Kollmorgen, Travis Martin, Tom Barnes and Chris Erickson

#### TELSTRA A SERIES 10,000M WALK, ADELAIDE, SATURDAY FEBRUARY 19, 2005

The Adelaide Grand Prix event included a 10,000m mixed walk and a number of our top walkers participated. Luke Adams showed that he has well and truly recovered from his recent leg operation. He was a clear winner in 40:04 and showed that he will be a serious contender for the National 20 km title in Sydney the week after next. Darren Bown, 30, did an outstanding job to walk 41:00 given he's basically "retired". 18 year old Adam Rutter was next to finish with 41.47. Jane Saville got the better of Cheryl Webb and her own sister Natalie with a solid 45.27 while 19 year old Lisa Grant produced another big personal best time walking 48.10.



Luke Adams finishes in Adelaide

1. Adams, Luke	AIS	40:04.88
2. Bown, Darren	SASI	41:00.66
3. Rutter, Adam	AIS	41:47.44
4. McCagh, Michael	AIS	45:11.11
5. Saville, Jane	NSWI	45:27.25
6. Webb, Cheryl	NSWI	46:03.10
7. Smith, Michael	NSW	46:29.02
8. Saville, Natalie	NSWI	46:31.47
9. Colquhoun, Ashley	ACT	46:54.91
10. Grant, Lisa	NSWI	48:10.94
11. Wolowiec, Simone	VIC	48:52.48
12. Egelton, Blake	NSW	49:28.47
13. Mottrom, Kim	SA	49:33.50
14. Reading, Brendon	ACT	49:39.41
15. Holliday, Tanya	SASI	51:08.38
16. Heazlewood, Jessica	NSW	52:39.46
17. Heazlewood, Brianna	NSW	53:43.02
Harris, Matt	SA	DNF
Woods, Claire	ACTA	DQ or DNF?
Tallent, Jared	AIS	DQ

#### VICTORIAN YOUTH AND U23 T&F CHAMPS, OLYMPIC PARK, 26-27 FEBRUARY

The younger walkers had their chance to compete in the Victorian Under Age championships last weekend and there were some top performances. Well done to all the medallists.

W	omen 1500 Metre Race Walk	Under 14						
1.	TALLENT, RACHEL	93	BYC	8:28.2				
2.	PAYNE, EMILY	93	COR	9:19.2				
W	Women 3000 Metre Race Walk Under 16							
	LAMBLE, REGAN	91	ANW	15:32.40				
	PALFREYMAN, JESSIE	90	SBE	15:43.78				
3.		91	ANW	15:53.33				
4.		90	BYC	18:36.44				
••	GIRGIN, EDA	90	ATE	DQ				
	omen 3000 Metre Race Walk							
1.	DONOVAN, SIOBHAN	88	KNA	14:40.11				
1.	Men 1500 Metre Race Walk	Under 14						
2.	KENNISH, WILLIAM	92	ANW	7:14.88				
3.	GIRGIN, TIMUCIN	92	ATE	7:25.43				
4.	MUIR, LACHLAN	92	GLG	7:40.85				
5.		92	SBE	8:49.16				
	ELMS, DAMIEN	92	PTN	DQ				
M	en 3000 Metre Race Walk Un	dou 16						
1.		91	KNA	14:47.91				
	PAYNE, DANIEL	90	COR	15:13.57				
	PLATT, JOHN	90	EKA	15:53.17				
	ELMS, JASON	90	PTN	20:28.00				
٠.	ELMO, WISOM	70	1111	20.20.00				
M	en 3000 Metre Race Walk Un	der 18						
1.	BRYANT, KYLE	89	SBE	14:30.64				
2.		89	ACW	16:22.03				
3.	ELMS, BRADLEY	88	PTN	18:36.83				







Winners William Kennish, Regan Lamble and Rhydian Cowley in action over the weekend.

#### VICTORIAN MASTERS CHAMPIONSHIPS, GLENHUNTLY, 5-6 MARCH 2005

The annual Victorian Masters Track and Field Championships were held last weekend at the Glenhuntly Athletics Ground in Murrumbeena and participants had to endure unseasonally cold and wet weather (very unlike Melbourne!).

#### Saturday 5/3/2005 - 5000m Race Walk.

The 5000m walks were held on Saturday with the women's event first at noon and in that event walkers had to battle cold and wet conditions and a couple of rain squalls. The weather for the men's event was slightly better in that it did not rain during the race but it was difficult to warm up amongst the many showers. The fields were surprisingly small and, with a number of disqualifications, the finishing lists looks a bit sparse. Annette Major led the women home followed by the wonderful Brenda Riley. The men's event was more closely contested with a good battle between Ross Reid and Mark Donahoo. Ross made his break a couple of laps out and finished in a fast 24:13.





#### Annette Major and Ross Reid lead their races (from the VMA website)

M45	1	Mark Donahoo	24m 34.00s	W30	1	Jillian Cole	37m 25.00s
10143	1.	Mark Dollarioo	24111 34.008	W 30	1.		37111 23.008
M50	1.	Ross Reid	24m 13.00s	W40	1	Annette Major	25m 51.00s
	2.	Colin Heywood	25m 23.00s	W45	1	Carmel Drennan	29m 24.00s
	3.	Ian Cassell	30m 24.00s	W50	1	Alison Thompson	28m 00.00s
M55	1.	Alan Lucas	27m 27.00s		2	Marlene Gourlay	28m 29.00s
	2.	Russ Dickinson	27m 33.00s		3.	Janet Holmes	28m 33.00s
	3.	Geoff Barrow	30m 51.00s	W65	1	Brenda Riley	27m 38.00s
	4.	Robin Wood	34m 31.00s		2	Margaret Beaumont	37m 26.00s
M60	1.	Tony Johnson	29m 10.00s	W75	1	Jean Knox	37m 31.00s
	2.	Ron Bilson	31m 18.00s				
M65	1.	Murray Dickinson	28m 23.00s				
	2.	John Morrison	26m 14.00				

#### Sunday 6/3/2005 - Men's 3000m Walk.

Sunday saw the men contesting 3000m and the women racing over 1500m. Once again Ross Reid and Annette Major recorded fastest times and the fields were slightly larger than the previous day.

M45	1	Mark Donahoo	14m 14.00s	W40	1.	Annette Major	7m 06.60s
	2.	David Wilkins	18m 44.00s	W45	1	Carmel Drennan	7m 57.90s
M50	1	Ross Reid	13m 54.00s	W50	1	Alison Thompson	7m 39.40s
	2	Frank Prowse	17m 37.00s		2.	Janet Holmes	7m 49.80s
	3	Ian Cassell	18m 22.00s	W55	1	Heather Carr	7m 27.00s
M55	1	Allan Lucas	16m 10.00s		2	Cecila Johnson	9m 09.90s
	2	Russ Dickenson	16m 14.00s		3	Christine Griffiths	11m 44.30s
	3	Geff Barrow	17m 51.00s	W60	1	Slyvia Machin	9m 14.00s
M60	1	Tony Johnson	16m 46.00s	W65	1	Brenda Riley	7m 48.20s
	2	John Hallo	18m 36.00s		2.	Margaret Beaumont	10m 57.00s
	3	Ron Bilston	18m 46.00s		3	Shirley Coppock	11m 37.70s
	4	Barry Wicks	19m 39.00s	W70	1	Tina Baarslag-Leb	10m 55.20s
M65	1.	John Morrison	17m 05.00s		2	Pam Mews	14m 03.60s
	2.	Terry Dunn	20m 37.00s	W75	1	Jean Knox	10m 56.10s
	3	Ian Beaumont	23m 08.00s				
M70	1.	Colin Silcock-Delaney	21m 34.00s				
M75	1	Kees Zwynenburg	22m 38.00s				
	2.	Victor Harley	25m 01.00s				

#### AUSTRALIAN 20 KM ROAD CHAMPIONSHIPS, SYDNEY, SUNDAY 6 MARCH 2005

I made the trip to Sydney last weekend and was able to watch two races of great depth and quality. The course was a road lap of 2 km within the Homebush Olympic site and was a demanding course with sharp turns and rises. To make matters even tougher the start time was moved forward to 6:45AM because of expected crowds for the Davis Cup tennis. You can imagine what time the walkers had to get up to be ready to race at such an hour – the gun went just as dawn was breaking!

Saturday had been hot, humid and windy in Sydney but Sunday morning was cool and more conducive to racing a 20 km event. The women started 5 minutes before the men and it was not long before the fields were intermixed, providing a wonderful spectacle.

#### Women 20k Walk Open Roadwalk Championship

The women's event was won by defending champion Jane Saville with yet another World Championships A qualifier. Cheryl Webb, a little down after a recent illness, hung on for second while Simone Wolowiec stormed home to pass Natalie Saville and take third. Natalie, although relegated to fourth, was one of three walkers who all recorded World Championship B qualifiers. When you review the almost compete lack of either A or B qualifiers in the rest of the Track and Field championships, the walks stand out as in a class of their own. Lyn Ventris, although giving her younger rivals over 20 years in age, was able to beat the 100 minutes with a wonderful fifth place. Lisa Grant took the Under 23 event with a PB while Queenslander Sarah Vardenega walked her first ever 20 km to take second place.



Cheryl Webb, Natalie Saville, Jane Saville and Simone Wolowie come down the hill in the first lap

Jane was a little disappointed with her effort, but took comfort in the times of her rivals. "I felt pretty slow and tired, I've felt like that all week," she said. "It's nice to know that no one was really super fast today."

1. Saville, Jane	Open	NSWIS	1:32:49.00	WCA
2. Webb, Cheryl	Open	NSWIS	1:35:14.00	WCB
3. Wolowiec, Simone	Open	VIC	1:35:44.00	WCB
4. Saville, Natalie	Open	NSWIS	1:37:08.00	WCB
5. Ventris, Lyn	Open	WA	1:39:09.00	
6. Grant, Lisa	U23	NSWIS	1:42:48.00	PB (4 secs)
<ol><li>Geisler, Sandra</li></ol>	Open	VIC	1:52:51.00	
8. Vardanega, Sarah	U23	QLD	1:53:59.00	PB (first time)
9. Heazlewood, Brian	U23	NSW	1:54:48.00	
10. Alldis, Christina	Open	NSW	2:00:31.00	
Woods, Claire	Open	ACTAS	DNF	

#### Men 20k Walk Open Roadwalk Championship

Defending champion Nathan Deakes produced another awesome performance to break 80 minutes once again. Luke Adams, in his first serious hitout since knee surgery late last year, showed that he is back in top shape with his second place and a time of under 82 minutes. Both Nathan and Luke recorded World Championship A qualifiers. In only his second 20km race, 18-year-old Adam Rutter's time was a new Australian Junior record and only a matter of seconds outside a World Championships B qualifier. What an amazing performance – under 85 minutes at 18 years of age! Darren Bown, although he tells us he is retired and is doing next to no training, was also under 85 minutes for fifth

palace after he and Adam walked side by side for most of the race. Jared Tallent went out hard early and passed the half way mark in just over 42 minutes. Alas, he slowed in the second half and faded to a time that probably disappointed him (fancy being disappointed with 87 minutes!) The next places were as for the Canberra A Series race with Duane Cousins followed by Michael McCagh, Chris Erickson, Tom Barnes and Matt Hyland. It was good to see that nearly all the young walkers did PBs, some by considerable amounts. This is certainly a strong event and I don't think that there would be many countries that could boast this sort of depth in a national championship.

In a strange quirk of fate, the walkers under 20 years of age (Adam Rutter and Michael McCagh) were not allowed to enter the U23 event and had to contest the open event. That left Jared Tallent, Michael Smith and Kim Mottram to take the medals in that event.



Nathan Deakes leads Luke Adams in the first lap of the 20 km race

Nathan was interviewed after the race and commented "Obviously I'm very happy with that, a sub 80 minute time is good any time of the year. I set my goals pretty high, and I didn't reach them today, but national championships are national championships so I'm still happy. I had a flat spot in the middle. I was a bit disappointed with myself at 14km, so I put in a bit more to pick it up again."

1. Deakes, Nathan	Open	AIS	1:19:39.00	WCA
2. Adams, Luke	Open	AIS	1:21:39.00	WCA
3. Rutter, Adam	Open	AIS	1:24:46.00	PB (1 min 28 secs)
4. Bown, Darren	Open	SA	1:24:56.00	
5. Tallent, Jared	U23	AIS	1:27:15.00	
6. Cousins, Duane	Open	VIS	1:28:06.00	
7. McCagh, Michael	Open	AIS	1:28:46.00	PB (58 secs)
8. Erickson, Chris	Open	VIC	1:30:28.00	PB (1 min 5 secs)
9. Barnes, Thomas	Open	VIC	1:31:40.00	PB (25 secs)
10. Hyland, Scott	Open	NSW	1:35:52.00	PB (2 mins 43 secs)
11. Smith, Michael	U23	NSW	1:39:43.00	
12. Jamieson, Andrew	Open	VIC	1:39:44.00	
13. Hawksworth, Danny	Open	VIC	1:42:17.00	PB (5 mins 14 secs)
14. Rose, Kurt	Open	QLD	1:47:44.00	
15. Mottrom, Kim	U23	SA	1:55:30.00	

#### VLAA STATE CHAMPIONSHIPS, OLYMPIC PARK, MARCH 19-20, 2005

Thanks to Gordon Loughnan who photocopied the results sheets from Victorian Little Athletics State Championship Walks, typed them all up and forwarded them to me for inclusion in the newsletter.

It is certainly great to see so many younger athletes taking the walks seriously and competing at such a high level. Well done everyone!

Girls Under 15 1500m	Walk		Boys Under 15 1500m		
Jesse Palfreyman	Bendigo	07:28.47	Daniel Payne Corio	06:56.3	3
2. C Brunton	Corio	07:33.89	2. C Fairburn	Knox	07:31.11
3. J Polmear	Maryborough	07:54.54	3. J Platt	Ballarat 07:36.8	
4. E Green	Sale	07:55.79	4. J Simmons	Seaford 07:59.6	
5. Dana Nielsen Waverl			5. L Ryan	Dandenong	08:03.19
6. J Finnegan	Knox	08:07.50	6. C Grocott	Cockatoo	08:20.04
7. T Lovett	Murr'	08:25.85	7. A Hocking	Whittlesea City	
8. A Contessotto		08:27.83			
9. T Attard	Nunawading Knox	08:37.42	8. K Abramczyk Seaford	1 09.33.4	7
10. E Rowarth					
10. E Rowaltii	Geelong	08:49.33			
Girls Under 14 1500m	Wallz		Boys Under 14 1500m		
1. Natalie Laurie	Nunawading	07:25.88	1. C Tilley	Knox	07:02.91
2. Eda Girgin	Collingwood	07:55.46	2. R Cowley	Knox	07:02.91
		07:59.50	3. L Sheppard		07:12:10
3. Brittany Fenton	Dandenong Altona		4. N Mirarchi	Dandenong Corio	
4. H Banks		08:21.59			07:53.58
5. L Boddy	Corio	08:38.00	5. J Bews	Geelong	08:14.71
6. C Wright	Knox	08:44.13	6. J Larkins	Corio	08:19.87
7. K Burgess	Knox	08:48.72	7. A Dunstan	Shepparton	08:53.19
8. A Hodgins	Brighton	09:16.24	8. D Bisach	Coburg	09:39.70
9. Katherine Vine	Caulfield	09:34.80			
10. M Brearley	Caulfield	09:43.65			
Girls Under 13 1500m	Walk		Boys Under 13 1500m		
Regan Lamble	Nunawading	07:24.83	1. L Muir	Geelong	07:39.04
2. D Davis	Corio	08:10.89	2. T Harrison	Waverley	07:47.35
3. Fenton	Geelong	08:40.85	3. B Duncan	Traralgon	09:01.87
4. A Neylan	Diamond Valley		4. S Favell	Dandenong	09:25.34
5. K Newman	Nunawading	08:56.72	5. C Jeffrey	Warragul	10:00.50
6. K Hart	Diamond Valley		5. C Jemey	waiiagui	10.00.30
7. Y Valladares	Whittlesea City	08:58.29			
8. K Maskell	Shepparton	08:58.45			
9. E Burgess	Knox	09:21.39			
9. L Durgess	Kilox	09.21.39			
Girls Under 12 1500m	Walk		Boys Under 12 1500m		
<ol> <li>Rachael Tallent</li> </ol>	Ballarat 07:39.10	0	1. E Girgin	Collingwood	07:48.13
2. B Alexander	Knox	07:51.42	2. J Palfreyman	Bendigo 08:07.5	
3. E Brunton	Corio	08:01.33	3. B Simpson	Knox	08:09.39
4. T Watt	Croydon	08:06.11	4. A Coad	Bendigo	08:13.71
5. S Duval	Croydon	08:21.03	5. S Marsh	Coburg	11:10.96
6. K Trew	Bendigo	08:29.64			- 1.10.70
7. A Collins	Dandenong	08:35.91			
8. E Payne	Corio	08:46.02			
9. M Terry	Geelong	08:47.06			
10. M Graham	Caulfield	08:52.66			
10. W Granalli	Cauring	00.52.00			

Girls Under 11 1500m	Walk		Boys Under 11 1500m		
1. A Burren	Dandenong	07:35.40	1. M Williams	Croydon	08:23.26
2. C Raselli	Knox	07:42.12	2. C Brunton	Knox	08:26.94
3. N Hallett	Casey	08:07.58	3. D Sloan	Seaford	08:35.41
4. C Dyer	Box Hill	08:46.29	4. P Curtis	Bendigo	08:44.24
5. M Grbin	Corio	08:58.06	<ol><li>J Kaiser</li></ol>	Frankston	09:11.98
6. E Miller	Diamond Valley	08:59.92	6. T Nelson	Dandenong	09:29.16
7. J Atkins	Whittlesea City	09:14.91	7. J Symons	Traralgon	09:51.28
8. B Alexander	Geelong	09:19.34			
9. J Newman	Nunawading	09:19.82			
<ol><li>N Apostolidis</li></ol>	Collingwood	09:20.84			
11. C Teesdale	Albury	09:21.31			
Girls Under 10 1100m	Walls		Boys Under 10 1100m		
1. E Whiley	Bendigo	05:52.02	1. M Fenton	Knox	06:18.40
2. T Collins	Dandenong	06:08.02	2. R Antidolmi	Nunawading	06:22.73
3. J Callaway	Knox	06:16.99	3. D Main	Ringwood	06:27.04
4. S Mann	Knox	06:30.18	4. J Simpson	Corio	06:31.73
5. C Lee	Sale	06:46.28	5. D Irwin	Warragul	06:39.87
6. E Tallent	Ballarat 06:50.2		6. L Polmear	Maryborough	06:54.55
7. L Daniels	Geelong 06:51.2		7. D Fromberg	Traralgon	06:56.46
8. C Campbell	Keilor	07:04.36	8. J Lanyon	Lancefield	06:56.63
9. Lambden	Geelong	07:06.48	9. C Seiger	Nunawading	07:07.62
10. Sarah Buchanan	Westernport	07:13.88	10. D Walsh	Nunawading	07:10.30
	r		11. K Davies	Knox	07:17.61
			12. P Griffiths	Sherbrooke	07:38.40
C'-l. II. l., 0, 1100			D U. J 0. 1100		
Girls Under 9 1100m 1. C Watts	Knox	06:45.56	Boys Under 9 1100m 1. B Mooney	Brighton	06:35.76
		07:35.51	2. N Miller		
<ol> <li>E Merrigan</li> <li>S Broadhead</li> </ol>	Knox Mildura 07:39.6		3. L Williams	Diamond Valley Croydon	06:43.54 06:49.32
4. M Jones			4. B Maskell		06:49.32
5. Cope	Maryborough Leongatha	08:02.10 08:03.61	5. M Norton	Shepparton Altona	06:52.47
6. M Holmes	Sale	08:08.70	6. J Ashcroft		00.32.80
7. F Durrant	Knox	08:20.36	7. M Hanson	Springvale Casey	07:10.70
8. M Wright	Albury	08:25.74	8. P Malelis	Waverley	07:11:03
9. N Shannon	Seaford 08:30.9		9. J Whelan	Sale	07:18.27
10.0 E Coppock	Nunawading	08:39.16	10. R Firth	Traralgon	07.39.02
11. C Wright	Coburg	08:40.50	10. K Film 11. A McDougall	Ballarat 08:30.2	
12. N Penny	Murr'	09:19.88	11. A McDougan	Danatat 00.30.2	ı
12. 18 1 Cilliy	iviuii	09.19.00			

#### IAAF GRAND PRIX WALKING EVENTS, TIJUANA, MEXICO, 20-21 MARCH 2005

The Tijuana Carnival was once again the first of the IAAF Grand Prix racewalking events and the Mexicans put on a great race. They closed one of the busiest streets in Tijuana and had a great crowd with plenty of sponsors and media.

Three Australian walkers made the trip to Mexico and all produced top results. Nathan Deakes won the men's 20 km event while Jane and Natalie Saville finished 2<sup>nd</sup> and 5<sup>th</sup> respectively in the women's 20 km walk. Nathan and Jane will compete next in the 2<sup>nd</sup> IAAF Race Walking Challenge in Rio Maior, Portugal, on 2<sup>nd</sup> April.

#### 20 km for men

Nathan crossed the line in a time of 1:21:28 and commented afterwards: "It was great to come away with a win... My time was not my concern in the event, what mattered was that I finished first. This is the first event for the 2005 World Race Walking Challenge, so I'm glad I got off to a good start."

World recod holder Bernardo Segura was third while 2004 Olympic champion Ivano Brugnetti was relegated to 8<sup>th</sup> spot.

1.	Nathan Deakes		AUS		1:21:28
2.	Omar Segura		MEX		1:21:45
3.	Bernardo Segura		MEX	1:21:46	
4.	Juan M. Molina		ESP		1:21:53
5.	Eder Sánchez	MEX		1:22:18	
6.	Andrés Choco		ECU		1:23:14
7.	Christian Berdeja		MEX		1:23:27
8.	Ivano Brugnetti		ITA		1:23:52



Nathan wins the 20km

#### 20 km for women

Jane Saville recorded 1:32:08 for second place in the women's 20 km roadwalk and commented afterwards: "I was happy with my place, however a little disappointed with the time... but it's an improvement on my Nationals time and I hope to continue with faster races."

Natalie finished 5<sup>th</sup> in a time of 1:35:01, a World Championships B qualifying time and an improvement on her National Championships performance. With a possible third spot still on offer for the IAAF world championships in August, she has now thrown down the gauntlet to the other contenders.

1. Melanie Seeger GER 1:30:48

2.	Jane Saville	AUS	1:32:08
3.	Elisa Rigaudo	ITA	1:32:24
4.	Susana Freitor	POR	1:32:46
5.	Natalie Saville	AUS	1:35:01
6.	Lyudmila Arkhipova	RUS	1:36:03
7.	Yeliz Ay	TUR	1:38:37
8.	Miriam Ramón	ECU	1:39:27
9.			



The chase pack in the women's 20km Susanna Feitor (POR), Elisa Rigaudo (ITA), Jane Saville (AUS), Lyudmila Arkhipova (RUS)

#### 50 km Men

The third and final event was a 50 km for men and Norwegian walker Trond Nymark recorded the biggest win of his career to take the race in a very good time of 3:46:05. There were no Australian competitors in this event.

<ol> <li>Trond Nymark</li> </ol>		NOR	3:46:05
<ol><li>Jesús García</li></ol>		ESP	3:48:19
<ol><li>Omar Zepeda</li></ol>	MEX		3:50:17 PB
4. Luis García		GUA	3:58:22
<ol><li>Miguel Solís</li></ol>		MEX	4:02:05
6. Claudio Vargas		MEX	4:03:12
7. Jesús Sánchez		MEX	4:08:07
8. Rogelio Sánchez		MEX	4:09:52

#### VRWCWINTER SEASON OPENING DAY - SATURDAY 2 APRIL

It was so hot and windy on Saturday that it seemed more like mid summer than mid autumn. But that did not daunt the many walkers who attended our Winter Season opening races. Colin Heywood and Sandra Geisler worked hard in the heat to win the 8 km events while Heather Carr and Mark Donahoo took the honours in the 4 km events.







**Bruce Conboy** 

**Daniel Lowe** 

John Morrison leads Carmel Drennan and Bradley Elms

8 k	cm Open			Нср
1.	Sandra GEISLER		43.10	1
1.	Colin HEYWOOD		40.45	2
2.	Jamie BARNES		45.03	
3.	Daniel LOWE		45.27	1
4.	Alan LUCAS	46.47	3	
5.	John BUNKER		46.47	4
6.	Nicholas MIRARCHI		57.49	
	Stuart COOPER		Ab.	
	Robin WOOD		Ab.	
	Bob GARDINER		Ab.	
	Trevor MAYHEW		Ab.	
	Ross REID		Ab.	

4 k	km Open		Нср
1.	Heather CARR	22.38	3
2.	Fauve JACOBS	23.39	
3.	Celia JOHNSON	25.00	2
4.	Carmel DRENNAN	25.15	4
5.	Margaret BEAUMONT	30.26	5
6.	Christine GRIFFITHS	32.24	1
7.	Maurea BINYON	27.15 (I	nvitation)
8.	Viki GRIGG	31.11 (I	nvitation)
	Marlaine STANWAY	Ab.	ĺ
1.	Mark DONAHOO	21.01	5
2.	Tony BARRETT	23.41	2
3.		24.41	3
4.	Geoff BARROW	24.55	
5.	Bruce CONBOY	27.23	1
6.	Ian BEAUMONT	31.33	4
	Bradley ELMS	Ab.	

4 l	km U15		Нср
	Regan LAMBLE	Ab.	
	Jason ELMS Damian ELMS	32.09 32.18	1

We had a good turnout in the younger age groups, given that the Little Athletics summer season has only just finished. We can expect the numbers to build further over the next few weeks. A special welcome to Caitlin Campbell who had her first walk with the club.



<ol> <li>2 km Under 12 Girls</li> <li>Amy BURREN</li> <li>Hilary BRAZEL</li> <li>Nicole HALLETT</li> <li>Caitlin CAMPBELL</li> <li>Josephine MIRARCHI 16.52</li> </ol>	11.37 11.42 11.44 14.21	Hcp 2 3 1
1 km Under 9 1. Sarah BURREN 2. Chloe McNicol-Davidson 1. Cody McNicol-Davidson	6.10 6.13 10.15	2

#### AMA CHAMPIONSHIPS, BRISBANE, MARCH 25-28, 2005

The Australian Masters Championships were held over Easter at the Queensland Sport and Athletic Centre in Brisbane. A small number of Victorian based walkers made the trip north and came back laden with medals. Well done to everyone on their successful racing.

We compare performances in the various age groups by the percentage figure in the right hand column. Any figure over 80% can generally be regarded as an excellent performance and we had a number of walkers in that elite category.

W30+	5000	Metre Race Walk Track				
W351	1	Brown, Suzanne	W39	NSW	32:42.48	65.64%
W40	1	Major, Annette	W42	VIC	28:02.28	78.31%
W45	1	Drennan, Carmel W45	VIC	29:18.7	76.67	
	2	Stallard, Trish	W47	NSW	37:54.74	60.26%
W50	1	Holmes, Janet	W51	VIC	28:53.80	81.79%
	2	Moller, Judy	W51	QLD	31:24.65	75.24%
	3	Lloyd, Nancy	W51	NSW	32:23.66	72.96%
	4	Wales, Robyn	W52	QLD	37:29.14	63.62%
	5	Carlon, Carmen	W53	ACT	43:04.97	55.85%
W55	1	Millard, Valerie	W58	WA	33:34.88	75.14%
W60	1	Lynch, Sally	W61	QLD	31:02.03	83.81%
	2	McKinven, Noela	W62	QLD	33:28.16	78.54%
	3	Schickert, Lynne W63	WA	33:58.3		
	4	Papageorgiou, Roxani	W60	SA	34:17.64	75.06%
W65	1	Beaumont, Margaret	W67	VIC	39:05.06	71.09%
W70	1	Dauphinet, Christiane	W73	QLD	35:52.34	83.36%
	2	Elix, Ros	W70	SA	36:03.17	79.85%
W75	1	Thompson, Lorna	W78	QLD	36:19.38	88.19%
				<b>(</b>		
M30+	5000	Metre Race Walk Track				
M35	1	Ludwig, Andrew M38	QLD	24:09.6		4%
	2	McFadden, Rob	M39	SA	26:23.72	73.02%
M40	1	Nash, Jody	M40	QLD	24:53.19	77.96%
	2	Leggett, Andrew M42	QLD	27:48.1	1 70.77	7%
	3	Rowe, Gregory	M43	NSW	28:32.12	69.45%
M45	1	Donahoo, Mark	M46	VIC	24:28.68	82.75%
	2	Bennett, Peter	M49	QLD	25:11.10	82.31%
M55	1	White, George	M59	SA	27:09.05	83.15%
	2	Dickenson, Russell	M59	VIC	28:22.72	79.55%
M60	1	Richardson, Ian	M60	QLD	27:22.90	83.21%
	2	Thomas, Bryan	M63	ACT	32:51.71	71.38%
	3	McWilliams, Peter	M61	NSW	43:10.41	53.29%
M65	1	Dickinson, Murray	M66	VIC	28:53.52	83.71%
	2	Sela, Patrick	M65	QLD	31:38.33	75.64%
	3	Megas, George	M68	QLD	34:41.39	71.22%
	4	Papageorgiou, Panagos	M66	SA	38:31.07	62.79%
	5	Beaumont, Ian	M68	VIC	38:58.10	63.40%
M70	1	Silcock-Delaney, Colin	M72	VIC	33:02.88	78.19%
M75	1	Lynch, Richard	M76	QLD	33:03.85	82.03%
	2	Bellette, Ernest	M76	QLD	41:21.59	65.57%
M80	1	Keatinge, Dick	M82	QLD	35:44.41	82.45%
3.520 (						
		000 Metre Race Walk Road	OI D	1 40 44	72.0	<b>7</b> 0/
M35	1	Ludwig, Andrew M38	QLD	1:48:44		
M40	1	Nash, Jody	M40	QLD	1:57:44.0	69.14%
	2	Leggett, Andrew M42	QLD	1:58:05		
3.645	3	Rowe, Gregory	M43	NSW	2:09:44.0	64.11%
M45	1	Donahoo, Mark	M46	VIC	1:47:06.0	79.43%
1455	2	Bennett, Peter	M49	QLD	1:49:30.0	79.54%
M55	1	White, George	M59	SA	1:51:17.0	85.43%
1460	2	Mayhew, Trevor	M58	VIC	1:54:10.0	82.49%
M60	1	Richardson, Ian	M60	QLD	2:04:27.0	77.12%
1465	2	Thomas, Bryan	M63	ACT	2:15:48.0	72.83%
M65	1	Dickinson, Murray	M66	VIC	2:10:56.0	77.95%

	2	Cala Datrials	1165	OI D	2.16.10.0	74 1 40/
	2 3	Sela, Patrick	M65	QLD	2:16:10.0	74.14%
	3	Megas, George	M68	QLD	2:28:33.0	70.22%
W30+	10000	Metre Race Walk Road				
W40	1	Major, Annette	W42	VIC	57:46.0	77.46%
W45	1	Drennan, Carmel W45	VIC	1:02:43	3.0 73.0	0%
W50	1	Holmes, Janet	W51	VIC	1:01:55.0	77.73%
	2	Moller, Judy	W51	QLD	1:02:27.0	77.07%
	3	Lloyd, Nancy	W51	NSW	1:08:49.0	69.94%
	4	Wales, Robyn	W52	QLD	1:20:01.0	60.68%
	5	Carlon, Carmen	W53	ÀСТ	1:35:26.0	51.33%
W55	1	Millard, Valerie	W58	WA	1:09:10.0	74.23%
W60	1	Lynch, Sally	W61	OLD	1:06:59.0	79.00%
	2	McKinven, Noela	W62	QLD	1:10:00.0	76.40%
	3	Schickert, Lynne W63	WA	1:11:00	0.0 76.1	2%
	4	Papageorgiou, Roxani	W60	SA	1:12:34.0	72.17%
	4	i apageorgiou, itoxum	******			
W65	1	1 0 0	W67	VIC	1:22:08.0	68.80%
W65 W70		Beaumont, Margaret			1:22:08.0 1:13:31.0	68.80% 82.69%
	1	Beaumont, Margaret Dauphinet, Christiane	W67	VIC		
	1 1	Beaumont, Margaret	W67 W73	VIC QLD	1:13:31.0	82.69%
	1 1 2	Beaumont, Margaret Dauphinet, Christiane Elix, Ros	W67 W73 W70	VIC QLD SA	1:13:31.0 1:17:03.0	82.69% 75.97%
W70	1 1 2 3	Beaumont, Margaret Dauphinet, Christiane Elix, Ros Baarslag-Leb, Tina	W67 W73 W70 W71	VIC QLD SA VIC	1:13:31.0 1:17:03.0 1:23:02.0	82.69% 75.97% 71.38%
W70 W75	1 1 2 3 1	Beaumont, Margaret Dauphinet, Christiane Elix, Ros Baarslag-Leb, Tina	W67 W73 W70 W71	VIC QLD SA VIC	1:13:31.0 1:17:03.0 1:23:02.0	82.69% 75.97% 71.38%
W70 W75	1 1 2 3 1	Beaumont, Margaret Dauphinet, Christiane Elix, Ros Baarslag-Leb, Tina Thompson, Lorna	W67 W73 W70 W71	VIC QLD SA VIC	1:13:31.0 1:17:03.0 1:23:02.0	82.69% 75.97% 71.38%
W70 W75 <b>M70</b> +	1 1 2 3 1	Beaumont, Margaret Dauphinet, Christiane Elix, Ros Baarslag-Leb, Tina Thompson, Lorna	W67 W73 W70 W71 W78	VIC QLD SA VIC QLD	1:13:31.0 1:17:03.0 1:23:02.0 1:14:53.0	82.69% 75.97% 71.38% 86.95%
W70 W75 <b>M70</b> +	1 1 2 3 1 10000 1 1 2 1	Beaumont, Margaret Dauphinet, Christiane Elix, Ros Baarslag-Leb, Tina Thompson, Lorna  Metre Race Walk Road Silcock-Delaney, Colin	W67 W73 W70 W71 W78	VIC QLD SA VIC QLD	1:13:31.0 1:17:03.0 1:23:02.0 1:14:53.0	82.69% 75.97% 71.38% 86.95%
W70 W75 M70+ M70	1 1 2 3 1 10000 1	Beaumont, Margaret Dauphinet, Christiane Elix, Ros Baarslag-Leb, Tina Thompson, Lorna  Metre Race Walk Road Silcock-Delaney, Colin Janes, Bert	W67 W73 W70 W71 W78	VIC QLD SA VIC QLD VIC QLD	1:13:31.0 1:17:03.0 1:23:02.0 1:14:53.0 1:08:20.0 1:12:51.0	82.69% 75.97% 71.38% 86.95% 77.68% 72.87%

#### DEAKES AND SAVILLE IN ACTION IN RIO MAIOR, SUNDAY 3 APRIL 2005

Australia's top walkers, Olympic bronze medallists Jane Saville and Nathan Deakes, were in action last weekend in the second round of the IAAF Race Walking Challenge, held in Rio Maior, Portugal. Both the men's and women's races, held in heavy soaking rain, were extremely competitive, with the best walkers in the world competing.

#### 20 KM MEN

Nathan faced a tough field, with the top three placegetters from Athens and no less than three former Olympic and World Champs medallists. The race developed into a close battle between Francisco Fernandez (the reigning European 20km champion and was second at the last World Championships and Olympic Games) and Nathan, with this pair holding off a strong posse of Chinese race walkers. Fernandez, who had his coach Poland's four-time Olympic champion Robert Korzeniowski at the side of the course for encouragement, crossed in 1:19:02 with Nathan, who won the opening Challenge race in Tijuana last month, second in 1:19:15. Third was China's Chaohong Yu, who was also under 1:20, with a 1:19:39 performance. Last year's winner Alessandro Gandellini of Italy was 15th in a season's best (1:23:27). There were 57 starters from which 45 completed the course.



Nathan training in Canberra - performances like this only come after the hard work is done

"Even though I finished second, I'm very happy with my performance," Nathan said after the race. "My time is solid for this stage of my preparation, but I know where I have to improve before Helsinki. Coming out of this race, I'm optimistic about China on the 23 April and for World Championships in August."

Amongst the other finishers was VRWC member Frank Bertei who was having one final European race before returning to Australia. He finished in 1:32:48, just 13 seconds outside his best ever. Well done Frank.

1.	Francisco Fernandez	ESP	1:19:02
2.	Nathan Deakes	AUS	1:19:15
3.	Chaohong Yu	CHN	1:19:39
4.	Yunfeng Liu	CHN	1:20:10
5.	Aigars Fadejevs	LET	1:20:55
6.	Ronghua Lu	CHN	1:21:06
7.	Juan Molina	ESP	1:21:09
8.	Hatem Ghoula	TUN	1:22:04
9.	João Vieira	POR	1:22:09
10.	Sílviu Casandra	ROM	1:22:14
34.	Frank Bertei	AUS	1:32:48

#### 20 KM WOMEN

In the women's event, Jane was up against six of the top eight women from the Olympics including Olympic Champion, Athanasia Tsoumeleka (Greece). The 2000 Olympic Champion Liping Wang (China) also competed, with three other highly ranked Chinese competitors. Margaryta Turava who had sped to a world indoor best for the 5000m race walk this winter (20:37.77) was in equally superb shape outdoors. The 24 year-old who had a previous personal best of 1:29:06 (Brest, 2004) sliced into top world class with a marvellous 1:27:19 national record win.

In the process of winning, Turava's performance which is the third quickest of 2005 defeated a string of the world's best including the Chinese Hongjuan Song (1:29:01), the world's quickest in 2004, and Liping Wang (1:30:06) the 2000 Olympic champion, who were second and third respectively. Also succumbing to Turava were Italy's Elisa Rigaudo (1:30:48) the defending race champion and 2004 Overall Challenge winner who was 6<sup>th</sup>, and Olympic bronze medallist Jane (1:31:06) who was 7<sup>th</sup>. Portugal's best race walker Susana Feitor, who was 4<sup>th</sup> in Tijuana (1:32:46), was over two minutes slower on this occasion, completing the race in 1:35:26. She had suffered some respiratory problems and had to stop for four minutes at one point but bravely battled on. China's 19 year-old Jiang Jing who was the World Cup silver medallist in 2004 was 14<sup>th</sup> in 1:36:47. In all there were 29 starters of who 18 finished, and one was disqualified.

"I was in a tight struggle with 4th, 5th and 6th places until about 4km when I dropped off the pace. I was quite happy as I raced hard and it was a solid performance" Jane said. "The pace was very slow for the first 500m. Then the tall, strong Belarussian Margaryta Turava took it to us and put her foot down; we didn't see her again. She was incredible, so strong! The pack stayed together until after 10km then a couple of the Chinese left us. But the Belarusian made it look so easy, like a walk in the park!"

1.	Margaryta Turava	BLR	1:27:19
2.	Hongjuan Song	CHN	1:29:01
3.	Liping Wang	CHN	1:30:06
4.	Yanmei Bai	CHN	1:30:16
5.	Claudia Steff	ROM	1:30:41
6.	Elisa Rigaudo	ITA	1:30:48
7.	Jane Saville	AUS	1:31:06
8.	Vera Santos	POR	1:31:30
9.	Larisa Emelianova	RUS	1:32:51
10.	Norica Cimpean	ROM	1:33:06

Both reigning Olympic champions were well off the pace with 12<sup>th</sup> places for both Ivano Brugnetti of Italy (1:22:50) and Athanasía Tsoumeléka of Greece (1:35:11) in the men's and women's races respectively. However, not too much should be read into these efforts as Brugnetti's time was an improvement on his Tijuana performance (1:22:50), and it was the Greek's opening race of the year.

Jane and Nathan both currently sit atop the Race Walking Challenge points table, Jane equal with Eliza Rigaudo (Italy). The six race Challenge series culminates at the World Championships in Helsinki this August.

Nathan has had an amazing series of races this year with 4 world class performances in just over 10 weeks. These have been as follows

February	Canberr	ra A Series wall	ζ.		1 st	1:19:23
March	Sydney	Aust 20 km Champion	iship 1 st	1:19:39		
March	Mexico	IAAF Grand Prix ever	nt	1 st	1:21:28	
April	Portugal IAAF C	Grand Prix event	$2^{nd}$	1:19:15		

He now returns to Australia to begin preparation for the next major event on the world walking calendar, the IAAF Race Walking Challenge, in Cixi City (near Shanghai), China on 23rd April.

Jane remains based in Spain also preparing for the next Challenge race in China, but in the meantime will race in the IX Memorial Margarita Huertas 10km event in Lloret De Mar, just north of Barcelona on Sunday 10 April, then will be in action as an invitation competitor in the Italian National Championships in Catania, Sicily on 17 April.

#### VRWC RACES, SATURDAY 9 APRIL 2005, ALBERT PARK

The Victorian Men's 10 km roadwalk championship was held on Saturday 9<sup>th</sup> April at Albert Park. Weather conditions were severe – a cloudless 32°C and a blustery northerly wind – precluding any fast times.

Defending champion Tom Barnes and current Victorian 5000m walk champion Chris Erickson took the lead immediately, passing the 1 km mark in a very fast 4 mins 17 secs. Chris was able to break away soon after and was never headed, winning by nearly 2 minutes.

Tom Barnes was a clear second, matching his silver medal in the recent Victorian 5000m walk title. A very good battle for third place was contested between Danny Hawksworth, Mark Donahoo and Colin Heywood with the young Essendon walker holding out his older rivals. Danny also took bronze in the Victorian 5000k walk title, ensuring that the medal placings were identical to those earned at the Track and Field titles in February.



Chris Erickson crosses the finish line to win the Victorian 10 km roadwalk title

1. Chris Erickson	ATE	47:24
2. Tom Barnes	RWD	49:23
3. Danny Hawksworth	ATE	53:23
4. Mark Donahoo	ATE	53:26
5. Colin Heywood	DIV	53:29
6. Ross Reid	COL	55:47
7. Stuart Kollmorgen	COL	57:34
8. Daniel Lowe	MEN	59:11
9. David Armstrong	DIV	62:01
10. Duncan Knox	ATE	62:09
11. Adam Patterson	RWD	67:58
12. Bob Gardiner	COL	69:22
Andrew Jamieson	OSC	DNF
Trevor Mayhew	COL	DQ

A Teams Event was also contested and Athletics Essendon took gold ahead of Collingwood Harriers.

- 1. ATE Chris Erickson, Danny Hawksworth, Colin Heywood
- 2. COL Ross Reid, Stuart Kollmorgen, Bob Gardiner

Apart from the Victorian championship, the normal range of VRWC club events was on offer and there were a number of good performances. Leading the way was Simone Wolowiec who finished second overall and did what I can only describe as a world class walk in the awful conditions. Her 10 km time of 47:41 was second only to Chris and not far behind at that. We also welcomed back former New Zealand Olympic walker (1996 20 km representative) Scott

Nelson, having his first race in some years. Scott breezed through the 10 km in 51:50 and showed that he is not too much the worse for wear after his time away from the sport.

# Open 10 km

1. 2. 3.	Simone WOLOWIEC Megan SZIROM Sandra GEISLER Carma WATSON	47.41 56.02 60.47 Ab
3. 4. 5. 6. 7. 8. 9.	Chris ERICKSON Tom BARNES Scott NELSON Mark DONAHOO Colin HEYWOOD Ross REID Daniel LOWE Alan LUCAS David ARMSTRONG Bob GARDINER Adam BARNES Jamie BARNES Andrew JAMIESON Nicholas MIRARCHI	47.24 49.23 51.50 53.26 53.29 55.47 59.11 61.14 62.01 69.22 Ab Ab Ab





Simone Wolowiec and Scott Nelson in action on the weekend

# Open 5 km

1.	Siobhan DONOVAN	28.33
2.	Heather CARR	29.59
3.	Janet HOLMES	31.12
4.	Celia JOHNSON	32.09
5.	Liz FELDMAN	33.34
6.	Carmel DRENNAN	33.40
7.	Margaret BEAUMONT	38.49
8.	Christine GRIFFITHS	42.04
1.	John BUNKER	28.05
	John BUNKER Tony BARRETT	28.05 29.37
2.	Tony BARRETT	29.37
2. 3.	Tony BARRETT Murray DICKINSON	29.37 29.41
2. 3. 4.	Tony BARRETT Murray DICKINSON John MORRISON	29.37 29.41 32.06

Or	oen 3 km	
1.	Bradley ELMS	18.37
2.	Harold BODDY	20.33
	Lana BODDY	Ab
Ur	nder 15 3 km	
_	Eda GIRGIN	17.44
1.	Alicia NEYLAN	Ab
		110
1.	Timucin GIRGIN	17.01
	Corryn GROCOTT	23.33
	Jason ELMS	24.25
Ur	ider 12 2 km	
		11.36
1.	nder 12 2 km Amy BURREN E2 Hilary BRAZEL	11.36 11.42
1. 2.	Amy BURREN	
1. 2. 3.	Amy BURREN E2 Hilary BRAZEL	11.42
1. 2. 3. 4.	Amy BURREN E2 Hilary BRAZEL E2 Nicole HALLETT	11.42 11.42
1. 2. 3. 4.	Amy BURREN E2 Hilary BRAZEL E2 Nicole HALLETT Taylor BROGAN	11.42 11.42 13.55
1. 2. 3. 4. 5.	Amy BURREN E2 Hilary BRAZEL E2 Nicole HALLETT Taylor BROGAN	11.42 11.42 13.55
1. 2. 3. 4. 5.	Amy BURREN E2 Hilary BRAZEL E2 Nicole HALLETT Taylor BROGAN Caitlin CAMPBELL	11.42 11.42 13.55
1. 2. 3. 4. 5. Ur 1. 2.	Amy BURREN E2 Hilary BRAZEL E2 Nicole HALLETT Taylor BROGAN Caitlin CAMPBELL  der 9 1 km Chloe McNICOL-DAVIDSON Sarah BURREN	11.42 11.42 13.55 14.34 6.09 6.10
1. 2. 3. 4. 5. Ur 1. 2.	Amy BURREN E2 Hilary BRAZEL E2 Nicole HALLETT Taylor BROGAN Caitlin CAMPBELL  der 9 1 km Chloe McNICOL-DAVIDSON	11.42 11.42 13.55 14.34

We also caught up on a few Athletics Victoria medal presentations. Our medal recipients are shown here



Tom Barnes, Chris Erickson, Danny Hawksworth and Andrew Jamieson getting their Victorian medals.

## TELSTRA U20 & U23 CHAMPIONSHIPS, 8-10 APRIL, BRISBANE

The Telstra Australia U20 and U23 championships and an U18 Interstate match were held at Brisbane last weekend and a small number of walkers contested the racewalking events. Fauve Jacobs was our sole Victorian representative and she took silver in the Under 20 event.



Fauve Jacobs in action in the Victorian Shield Final at Knox on April 2

# Women 10000 Metre Race Walk Under 20

Ι.	Tanya Holliday	SA	54:40.86
2.	Fauve Jacobs	VIC	58:18.52
3.	Lesley Cantwell	NZL	60:49.50

# Men 10000 Metre Race Walk Under 20

Ι.	Adam Rutter	AIS	43:32.63.
2.	Michael McCagh	AIS	43:52.31
3.	Ashley Colquhoun,	ACT	46:25.35
4.	Ian Rayson	NSW	46:35.46
5.	Daniel Coleman	TAS	49:48.48
6.	Brendon Reading	ACT	DNF

#### Women 3000 Metre Race Walk Under 18

1.	Tanya Holliday	SA	14:33.27
2.	Fiona Alldis	NSW	15:24.30
3	Natasha Sorenson	OI D	16:00 42

#### Men 3000 Metre Race Walk Under 18

1.	Brendon Reading	ACT	13:41.73
2.	Daniel Coleman	TAS	14:09.25
3.	Jarred Loi	QLD	14:35.88
4.	Blake Egelton	NSW	14:39.54

#### VRWC RACES, SATURDAY 16 APRIL

I was not at Albert Park on Saturday and I certainly missed some great walking. Chris Erickson stormed over the 10 km to break his PB by 34 seconds and record a great 43:46. Travis Martin finally put it together and recorded an excellent 50:06 for second, after a series of DNF's. Nicholas Mirarchi contested the 10 km, a long distance for someone so young, and his effort won him the Handicap first place. Megan Szirom won the women's 10 km with an excellent 51:53. She is another walker who is improving each week.

10km Open Women		Нср
<ol> <li>Megan Szirom</li> </ol>	51.53	1
2. Sandra Geisler	53.28	2
Fauve Jacobs	Ab (29.1	2 for 5km)
10km Open Men		Нср
<ol> <li>Chris Erickson</li> </ol>	43.46	3
2. Travis Martin	50.06	
3. Mark Donahoo	50.50	6
4. Colin Heywood	52.50	9
5. Jamie Barnes	53.53	4
6. Trevor Mayhew	54.05	8
7. Daniel Lowe	55.02	2
8. John Bunker	55.38	5
9. Alan Lucas	58.17	7
10. Stuart Cooper	64.53	
11. Nicholas Mirarchi	67.42	1
12. Robin Wood	71.04	10

The 5 km events saw Kellie Wapshott recording the fastest time of 24:24 ahead of the ever consistent Heather Carr. We had a good number of our younger walkers also contesting the 5 km and Daniel Payne showed speed and endurance with his time of 26:42.

Нср

5km Open Women

<ol> <li>Kellie Wapshott</li> </ol>	24.24	4
2. Heather Carr	27.35	1
3. Janet Holmes	29.28	3
4. Liz Feldman	29.46	6
5. Carmel Drennan	30.36	2
6. Margaret Beaumont	37.11	5
5km Open Men		Нср
1. Russ Dickenson	28.17	5
2. Robert Gardiner	29.04	7
3. Murray Dickinson	29.17	8
4. John Morrison	29.51	4
5. Bradley Elms	30.24	1
6. Anthony Doran	30.28	2
o. i mimony Borun		
7. Geoff Barrow	31.11	3
		3 6
7. Geoff Barrow	31.11	6
<ul><li>7. Geoff Barrow</li><li>8. Ian Beaumont</li></ul>	31.11	
<ul><li>7. Geoff Barrow</li><li>8. Ian Beaumont</li><li>5km Under 15 Girls</li></ul>	31.11 39.46	6 <b>Нср</b>
<ul> <li>7. Geoff Barrow</li> <li>8. Ian Beaumont</li> <li>5km Under 15 Girls</li> <li>1. Natalie Laurie</li> </ul>	31.11 39.46 29.03	6 <b>Hcp</b> 1
<ol> <li>Geoff Barrow</li> <li>Ian Beaumont</li> <li>Skm Under 15 Girls</li> <li>Natalie Laurie</li> <li>Eda Girgin</li> <li>Britany Fenton</li> </ol>	31.11 39.46 29.03 29.29	6 Hcp 1 2 NRT
<ol> <li>Geoff Barrow</li> <li>Ian Beaumont</li> <li>Skm Under 15 Girls</li> <li>Natalie Laurie</li> <li>Eda Girgin</li> <li>Britany Fenton</li> <li>Skm Under 15 Boys</li> </ol>	31.11 39.46 29.03 29.29	6 <b>Hcp</b> 1 2
<ol> <li>Geoff Barrow</li> <li>Ian Beaumont</li> <li>Ian Beaumont</li> <li>Matalie Laurie</li> <li>Eda Girgin</li> <li>Britany Fenton</li> <li>Daniel Payne</li> </ol>	31.11 39.46 29.03 29.29 30.59	6  Hcp 1 2 NRT  Hcp 1
<ol> <li>Geoff Barrow</li> <li>Ian Beaumont</li> <li>Skm Under 15 Girls</li> <li>Natalie Laurie</li> <li>Eda Girgin</li> <li>Britany Fenton</li> <li>Skm Under 15 Boys</li> </ol>	31.11 39.46 29.03 29.29 30.59	6  Hcp 1 2 NRT Hcp

The Under 12 and Under 9 age groups are very competitive this year. Amy and Sarah Burren each won her respective race this week and there are a lot of walkers close behind them. A special mention for Chloe McNicol-Davidson and Jasmine Irshad who have improved so much since last winter in the Under 9 division. Cody McNicol-Davidson and Ergenekon Girgin were our only two boys racing so we need to recruite some more male talent for these age groups.

2k	m Under 12 Girls		Нср
1.	Amy Burren	11.56	4
2.	Nicole Hallett	12.17	5
3.	Emily Payne	12.48	3
	Kiara Dunn	13.01	1
5.	Taylor Brogan	13.11	2
6.	Bronte Alexander	13.34	
7.	Josephine Mirarchi	16.36	6
	T. 1 40 D		
	m Under 12 Boys Ergenekon Girgin	11.17	<b>Нср</b> 1
1.	•	11.17	
1. 1k	Ergenekon Girgin	11.17 6.04	1
1. <b>1k</b> 1.	Ergenekon Girgin m Under 9 Girls		1 Hcp
1. 1k 1. 2.	Ergenekon Girgin m Under 9 Girls Sarah Burren	6.04	1 Hep 2
1. 1k 1. 2. 3.	Ergenekon Girgin  m Under 9 Girls Sarah Burren Chloe McNicol-Davidson	6.04 6.06	1 Hep 2

#### AUSTRALIAN CENTURIONS 24 HOUR WALK, 16-17 APRIL, COBURG

I think I have just about recovered from the weekend at Coburg. It was an exciting event with 53 athletes contesting either running or walking events over 6 hours, 12 hours or 24 hours. There was no rest for either the 24 hour competitors or the officials from 10AM on Saturday morning until 10AM on Sunday morning. The night's sleep was put aside for us all as the event rolled on at its own relentless pace.

Amongst the finishers was VRWC walker Sandra Howorth who completed a fantastic 102.555 km to come 4<sup>th</sup> in the women's 24 hour walk division.

Three walkers completed in excess of 100 miles and the Australian Centurions welcomed one new qualifier.

English legend Jill Green was the first to reach the 100 mile mark in an excellent 22 hours and 59 minutes and was the overall winner with 165.996 km. Jill, who is already an Australian Centurion (1999 – C38), competed with a torn hamstring but this did not seem to slow her as she led the whole way. Jill is one of only 2 people who have all 6 Centurion badges and she has completed over 50 100 mile walks during her illustrious career.



Jill Green completes yet another 100 mile walk – her 55th!

Geoff Hain, C49, who had previously completed the 100 mile distance in October 2004 in Adelaide, completed his second Australian qualifier and improved on his previous time with 23 hours and 25 minutes.

The third centurion finisher was young South Australian runner David Billett. In this same event last year, David completed 163.8 km in the 24 hour run. This year, he entered as a walker and recorded a very similar distance – 161.887 km. Along the way, he passed the 100 mile mark in 23:52:27 to become Australian Centurion Number 50. He is a member of the very elite group of ultra competitors who have completed both 100 miles within 24 hours as a runner and as a walker.



David Billett of SA passes the 100 mile mark in 23:52:27 to become Australian Centurion number 50

David was behind the required schedule at the 18 hour mark and had to dig deep during the final stages of the event to bring himself back into contention. The final outcome was a fitting reward for his efforts and it won him the Jack Webber Trophy which is awarded annually to the best Centurion performance of the meet.

This year, we hosted the inaugural Racewalking Australia 100 km Australian Walking Championships for men and women. We hope this will continue as an annual event.

Results from the walking events follow:

24 HOUR WALK MEN			
1. Geoff Hain	QLD	C49	163.041 km
2. David Billett	SA	C50 **	161.887 km
3. Fred Baker	QLD		103.200 km
4. Robin Whyte	ACT	C29	102.400 km
5. Don MacKechnie	VIC		82.394 km
6. Stan Miskin	VIC	C23	81.950 km
7. Graham Watt	VIC	C48	60.000 km
8. Fred Brooks	VIC	C42	37.200 km
9. Ron McGregor	VIC		DNS
24 HOUR WALK WOMEN			
<ol> <li>Jill Green</li> </ol>	UK	C38	165.986 km
<ol><li>Karyn Bollen</li></ol>	VIC	C45	132.988 km
3. Val Chesterton	ACT		109.967 km
4. Sandra Howorth	VIC		102.555 km
12 HOUD WALK MEN			
12 HOUR WALK MEN	MC		76 100 1
1. Ken Carter	VIC		56.188 km
6 HOUR WALK MEN			
1. Steve Jordan	VIC		43.600 km
2. Laurie Tinson	VIC		38.736 km
Willie Erasmus	VIC		33.232 km
Willie Erasilius	VIC		33.232 KIII
6 HOUR WALK WOMEN			
Ellwyn Miskin	VIC		38.793 km
2. Heather Beattie	VIC		34.429 km
2. House Double	, 10		5 1. 125 Km

#### AUSTRALIAN 100 KM CHAMPIONSHIP FOR MEN

1.	Geoff Hain	QLD
2.	David Billett	VIC
3.	Robin Whyte	QLD

#### **AUSTRALIAN 100KM CHAMPIONSHIP FOR WOMEN**

1.	Jill Green	UK
2.	Daryn Bollen	VIC
3.	Val Chesterson	ACT

# **CENTURION WALK QUALIFIERS**

Jill Green	C45	22:58
Geoff Hain	C49	23:25
David Billett	C50 **	23:52:27

Full results and photos of the walking events have been uploaded to the Australian Centurions website at  $\frac{\text{http://home.vicnet.net.au/}}{\text{austcent/index.html}}.$ 

# VRWC RACES, SATURDAY 16 APRIL

Another bumper day of racing at Albert Park with walkers trying themselves out over slightly longer distances this week.



The leading group - Carma Watson, Megan Szirom, Jamie Barnes, Ross Reid and Chris Erickson

Open 12km Handicap 1. Carma WATSON 2. Megan SZIROM 3. Sandra GEISLER	64:34 64:44 67:07	Hep 1 2 3
<ol> <li>Chris ERICKSON</li> <li>Ross REID</li> <li>Jamie BARNES</li> <li>John BUNKER</li> <li>Colin HEYWOOD</li> <li>David ARMSTRONG</li> </ol>	59:41 62:13 63:53 66:39 67:11 69:37	6 4 2 3 5
Open 6km Handicap 1. Heather CARR 2. Fauve JACOBS 3. Janet HOLMES 4. Carmel DRENNAN 5. Celia JOHNSON 6. Barbara TUCKER 7. Marlaine STANWAY 8. Margaret BEAUMONT	33:48 34:13 35:52 36:26 37:09 40:32 43:03 45:10	Hcp 4 1 5 3 2
<ol> <li>Mark DONAHOO</li> <li>Tim GIRGIN</li> <li>Alan LUCAS</li> <li>Russ DICKENSON</li> <li>Tony JOHNSON</li> <li>Murray DICKINSON</li> <li>Anthony BARRETT</li> <li>Shaun BURGESS</li> <li>John MORRISON</li> <li>Geoff BARROW</li> <li>Bradley ELMS</li> <li>Mark TUCKER</li> <li>Robin WOOD          <ul> <li>Ian BEAUMONT</li> </ul> </li> </ol>	30:14 32:33 33:54 34:14 34:52 35:15 35:31 35:43 36:58 37:20 40:05 43:08 43:28 DQ	4 1 9 3 7 5 6 10 8 2 12

•	Open 4km		
1	. Shirley COPPOCK	32:09	
2	. Christine GRIFFITHS	35:49	
	. Anthony DORAN	24:19	
2	. Bruce CONBOY	26:23	
	Gordon ONLEY	DQ	
	I. J. 15 Alm. II 1		П
	Jnder 15 4km Handicap	22.02	Нср
	. Eda GIRGIN	23:03	2
2	. Brittany FENTON	24:53	1
1	. Daniel PAYNE	21:33	4
	. Nicholas MIRARCHI	23:03	1
	. Ergenekon GIRGIN	23:42	
	. Jason ELMS	29:39	2 3
٦	Damien ELMS	DQ	3
	Dannen ELWIS	ЬQ	
Į	Jnder 12 2500m Handicap		Нср
	J <b>nder 12 2500m Handicap</b> . Nicole HALLETT	14:20	<b>Нср</b> 1
1	. Nicole HALLETT	14:20 15:23	-
1 2	. Nicole HALLETT . Amy BURREN		1
1 2 3	. Nicole HALLETT  . Amy BURREN . Hilary BRAZEL	15:23	1 4 8
1 2 3 4	. Nicole HALLETT . Amy BURREN	15:23 15:48	1 4 8
1 2 3 4 5	<ul><li>Nicole HALLETT</li><li>Amy BURREN</li><li>Hilary BRAZEL</li><li>Emily PAYNE</li></ul>	15:23 15:48 16:45	1 4 8
1 2 3 4 5 6	<ul><li>Nicole HALLETT</li><li>Amy BURREN</li><li>Hilary BRAZEL</li><li>Emily PAYNE</li><li>Kiara DUNN</li></ul>	15:23 15:48 16:45 16:59	1 4 8
1 2 3 4 5 6 7	<ul> <li>Nicole HALLETT</li> <li>Amy BURREN</li> <li>Hilary BRAZEL</li> <li>Emily PAYNE</li> <li>Kiara DUNN</li> <li>Taylor ROGAN</li> </ul>	15:23 15:48 16:45 16:59 17:08	1 4
1 2 3 4 5 6 7	<ul> <li>Nicole HALLETT</li> <li>Amy BURREN</li> <li>Hilary BRAZEL</li> <li>Emily PAYNE</li> <li>Kiara DUNN</li> <li>Taylor ROGAN</li> <li>Caitlin CAMPBELL</li> </ul>	15:23 15:48 16:45 16:59 17:08 17:46	1 4 8
1 2 3 4 5 6 7 8	<ul> <li>Nicole HALLETT</li> <li>Amy BURREN</li> <li>Hilary BRAZEL</li> <li>Emily PAYNE</li> <li>Kiara DUNN</li> <li>Taylor ROGAN</li> <li>Caitlin CAMPBELL</li> </ul>	15:23 15:48 16:45 16:59 17:08 17:46	1 4 8
1 2 3 4 5 6 7 8	<ul> <li>Nicole HALLETT</li> <li>Amy BURREN</li> <li>Hilary BRAZEL</li> <li>Emily PAYNE</li> <li>Kiara DUNN</li> <li>Taylor ROGAN</li> <li>Caitlin CAMPBELL</li> <li>Josephine MIRARCHI</li> <li>Dylan SLOAN</li> </ul>	15:23 15:48 16:45 16:59 17:08 17:46 21:36	1 4 8 6 5 3 2 7
1 2 3 4 5 6 7 8 8	. Nicole HALLETT . Amy BURREN . Hilary BRAZEL . Emily PAYNE . Kiara DUNN . Taylor ROGAN . Caitlin CAMPBELL . Josephine MIRARCHI . Dylan SLOAN Juder 9 1500m Handicap	15:23 15:48 16:45 16:59 17:08 17:46 21:36	1 4 8 6 5 3 2 7
11 22 33 44 55 66 77 88 11	. Nicole HALLETT . Amy BURREN . Hilary BRAZEL . Emily PAYNE . Kiara DUNN . Taylor ROGAN . Caitlin CAMPBELL . Josephine MIRARCHI . Dylan SLOAN  Under 9 1500m Handicap . Sarah BURREN	15:23 15:48 16:45 16:59 17:08 17:46 21:36 16:49	1 4 8 6 5 3 2 7 
1 2 3 4 5 6 7 8 8	. Nicole HALLETT . Amy BURREN . Hilary BRAZEL . Emily PAYNE . Kiara DUNN . Taylor ROGAN . Caitlin CAMPBELL . Josephine MIRARCHI . Dylan SLOAN Juder 9 1500m Handicap	15:23 15:48 16:45 16:59 17:08 17:46 21:36	1 4 8 6 5 3 2 7



The start of the U9 and U12 events

## AUSTRALIAN LITTLE ATHS CHAMPIONSHIPS, HOBART, 23-24 APRIL 2005

This annual event is restricted to an Australian U13 Teams Championship and an U15 Multi Event championship so only 1 set of racewalks are contested. The ALA website described the conditions as challenging! New South Wales were the winners of the Trevor Billingham Trophy and the Alan Triscott Trophy, holding out Victoria on both occasions. Congratulations to our Victorian walkers, especially to VRWC member Regan Lamble who took silver in her event.

U1	3 1500 Metre Walk Boys		
1.	John Tilden	NSW	07.25.51
2.	Stirling Caiulo	WA	07.29.34
3.	Lachlan Muir	VIC	07.42.52
4.	Cameron Tew	QLD	08.10.93
5.	Bobby Malcolmson	TAS	08.16.04
6.	Rory Brokate	SA	08.18.81
7.	Cameron Clark	SA	08.53.48
8.	Daniel McLean	QLD	09.11.16
9.	Jordan Williamsz	VIC	10.38.43
10.	Christopher Jenkins	ACT	11.10.81
11.	Thomas Apps	ACT	11.11.76
	George Burbury	TAS	Disq
	Jeremiah Tiatia	NSW	Disq
	Levi Richardson	WA	Disq
U1	3 1500 Metre Walk Girls		
1.	Rhearne Ryan	NSW	07.18.48
2.	Regan Lamble	VIC	07.49.15
3.	Rose-Leigh Tobin	QLD	07.55.83
4.	Macey Olsen	TAS	08.20.43
5.	Ellen Mills	SA	08.24.31
6.	Madeleine Knee	TAS	08.33.86
7.	Naomi Burgess	ACT	08.49.98
8.	Kristie-Lee Addyman	ACT	09.27.06
9.	Sharnee Griffiths	SA	10.05.11
10.	Cassi Smetherham	WA	10.07.75
	Carly Dymond	VIC	10.55.03
12.	Georgina McKenzie	QLD	13.15.15
	Brydee Clarke	NSW	Disq
	Shannae Hartley	WA	Disq

#### IAAF RACEWALKING CHALLENGE, CIXI, CHINA, 24 APRIL 2005

#### 20 Km for Men, Sunday 24 April 2005

The third leg of the 2005 IAAF Race Walking Challenge in the city of Cixi, China, lived up to the expectations of quality fields. This time, however, it was not a Chinese walker finishing first, but the 2004 Olympic bronze medallist Nathan Deakes of Australia. Nathan crushed his four-year-old Oceania record of 1:18:14 setting a whole new standard with his winning mark of 1:17:33. This time is also the world leading time in 2005, surpassing Vladimir Parvatkin's (RUS) 1:18:06 which he walked in Sochi in March.

"That was the fastest race I have ever competed in. The field was huge and the lead pack kept putting in surges. It was a very hard win, but I'm absolutely over the moon. Words really can't describe this." said Deakes

Nathan was the only non-Chinese walker in the leading pack which went through the half-way mark at world-record pace. The Chinese surged continually in an effort to drop him. "They worked together," said Deakes of the tactics. "It was good to have that sort of thing going into the world championships later this year."

Nathan had a similar experience of team tactics when he was frozen out of the medals at the 2001 world championships by three Russians whose aggressive tactics crossed over into the physical as they trod on his heels and cut him off at corners in the closing stages of the race.

This time it was different as, one by one, the Chinese dropped off. He broke the last of his Chinese opponents - Zhu Hongjun, who finished seven seconds behind in second place - on the last of the 10 laps around a 2km circuit. His winning time was just 13 seconds outside the world record set by Jefferson Perez of Ecuador in winning the 2003 world championships.

"I'd always regarded that time as a bit Bob Beamonesque," said Deakes, referring to the 1968 Olympic long jump champion who set a record not approached for almost a quarter of a century.

This season, however, is looking to be Nathan's best ever and he probably now firms as favourite for gold in the 2005 World Championships in Helsinki. Deakes started his season with a fast 1:19:23 in Canberra in February before winning the Nationals in Sydney in March with 1:19:39. He then won the first leg of the IAAF Race Walking Challenge in Tijuana (1:21:28) and took second place with a season's best of 1:19:15 in the second leg in Rio Maior.

I also believe that this is the first time that any walker has ever broken 80 minutes 4 times in the one calendar year. And it is only April!

Nathan will have just over a week to rest before he fronts in the Australian 50km championship at Albert Park this Sunday.



Nathan leads the IAAF event in China on 23 April 2005 – he won ina world leading time of 1:17:33.

It was a good day for the other Australian competitors, too. Luke Adams recorded a personal best of 1:19.30 in finishing 13<sup>th</sup> and Jared Tallent clocked 1:22.54 to beat the A-standard for the world championships. This was a PB by nearly 3 minutes for Jared and, at 20 years of age, his future looks indeed bright.

The biggest upset in the race was produced by 15-year-old Li Gaobo, from Jiangsu province who finished in 4<sup>th</sup> place in 1:18:07. Li, who was 37<sup>th</sup> in last year's Kunshan meeting in 1:27:41, has progressed a great deal this season. In Nanning in February he set his personal best at 1:22:33, but the two months between that competition and Cixi really made the difference. Li's time is the best ever by 15, 16 and 17-year-olds and just missed Viktor Burayev's (RUS) World junior best of 1:18:06 from 2001 by only a second. Li moves to second place in the World junior all-time list.

There were an amazing 76 finishers, most of them Chinese.

1	Nathan Deakes	AUS	1:17:33	Oceanian record
2	Zhu Hongjun	CHN	1:17:41	Asian record
3	Cui Zhide	CHN	1:17:53	PB
4	Li Gaobo (23.7.1989)	CHN	1:18:07	Asian junior record
5.	Xing Shucai	CHN	1:18:27	PB
6	Yu Chaohong	CHN	1:18:30	PB
13	Luke Adams	AUS	1:19:19	
43	Jared Tallent	AUS	1.22.53	

#### 20 Km for Women, Sunday 24 April 2005

The favourite and 2005 Chinese National Champion Jiang Jing won the wome3ns race as expected in 1:27:56. But she was hard pressed all the way by 19 year old Yang Yawei. Yang, whose previous PB was 1:33:05, improved by over 5 minutes to finish just behind Jiang. Yang will almost certainly threaten Song Hongjuan's World junior mark of 1:27:16 later this season. The 2004 surprise Olympic champion Athanasia Tsoumeleka (GRE) was not as lucky, being disqualified.

Jane Saville placed 9<sup>th</sup> in her fourth fastest time ever, 1:29:33, finishing behind eight Chinese walkers. The other Australian in action, Simone Wolowiec, was a little disappointed with her 1.35.26 for 33<sup>rd</sup> place, but competed well after two warnings at 12km. Overall 41 walkers finished the course.

1	Jiang Jing	CHN	1:27:56	
2	Yang Yawei (86)	CHN	1:27:58	PB
3	Jiang Qiuyan	CHN	1:28:01	PB
9	Jane Saville	AUS	1:29:33	
33	Simone Wolowiec	AUS	1:35:26	

#### AA, AV AND VRWC RACES, ALBERT PARK, SUNDAY 1 MAY 2005

The feature event of the day was the Australian 50 km championship and it did not disappoint. Nathan Deakes, Craig Barrett and Duane Cousins lead early from Chris Erickson and Daniel Walters. By the 22 km mark, Nathan had made his break and went on to win comfortably in 3:47:51. His last 20 km was the fastest of the race – 88:39 – and he finished fresh only a week's after his fabulous 20 km victory in China.

Craig broke away from Duane around the 30 km mark and went on to record 3:58:39, a time which guarantees him selection for New Zealand in this year's World Championships. As Duane faded, Chris Erickson and then Darren Bown caught and passed him and it looked like Chris and Darren would fight out third spot. When Darren, with only a very limited preparation, faded at around the 40 km mark, Chris was left on his own to bring it home with 4:03:42, a PB by over 10 minutes and a time that pushes him well up the ranking lists. Duane held on for 4:04:35. Nathan, Chris and Duane all broke the 4:05:00 Commonwealth Games A standard so have put themselves in serious contention for next year's Games in Melbourne.

Darren held on for a good 4:07:22 (what would he do with a proper preparation) while Troy Sundstrom, in his first 50 km event, walked a sensible race and finished with a very creditable 4:18:28. Daniel Walters, in his first 50 km, walked with Chris Erickson until the 32 km mark before slowing and then receiving his third red card. But he showed that he has the maturity to go the distance and we can expect him to improve on this first effort.

The event started at 7:30AM and conditions remained cool and almost ideal throughout the race.



Nathan Deakes leads Duane Cousins, Daniel Thorne and Craig Barrett at the end of lap one.

Men's 50km AA Championship		10km	20km	30km	40km	50km
1. NATHAN DEAKES	VIC	47.06	1.33.36	2.19.11	3.03.45	3.47.51
2. CRAIG BARRETT	NZ	47.06	1.33.42	2.20.50	3.09.00	3.58.39
3. CHRIS ERICKSON	VIC	47.33	1.34.59	2.22.23	3.10.23	4.03.42 (PB)
4. DUANE COUSINS	VIC	47.06	1.33.36	2.20.55	3.11.01	4.04.35
5. DARREN BOWN	SA	48.34	1.36.35	2.23.02	3.10.11	4.07.22
6. TROY SUNDSTROM	NSW	50.01	1.42.20	2.33.26	3.24.28	4.18.28 (PB)
WALTERS DANIEL	VIC	DQ				
FRANK BERTIE	VIC	DNS				

1. There were a number of other events run concurrently with the Australian 50 km, the main one being the Victorian 50 kmchampionship. Interestingly, this was Nathan's first Victorian Open championship since winning the 15 km event in 1997!

Men's 50km AV Championship		10km	<b>20km</b>	30km	40km	50km
1. NATHAN DEAKES	VIC	47.06	1.33.36	2.19.11	3.03.45	3.47.51
2. CHRIS ERICKSON	VIC	47.33	1.34.59	2.22.23	3.10.23	4.03.42

3. DI	UANE COUSINS	VIC	47.06	1.33.36	2.20.55	3.11.01	4.04.35
W	ALTERS DANIEL	VIC	DQ				
FF	RANK BERTIE	VIC	DNS				
VRW	C 50km Open Club Championship		10km	20km	30km	40km	50km
	HRIS ERICKSON	M	47.33	1.34.59	2.22.23	3.10.23	4.03.42
2. TF	ROY SUNDSTROM	M	50.01	1.42.20	2.33.26	3.24.28	4.18.28
3. RA	AVIS MARTIN	M	54.29	1.48.38	2.52.14	DNF	
RA	ACHAEL LOONE	F	54.26	1.50.54	DNF		
VRW	C 35km Open Club Championship		10km	20km	30km	35km	
1. CI	HRIS ERICKSON	M	47.33	1.34.59	2.22.23	2.46.04	
2. TF	ROY SUNDSTROM	M	50.01	1.42.20	2.33.26	2.59.05	
TF	RAVIS MARTIN	M	54.29	1.48.38	2.52.14	DNF	
R.A	ACHAEL LOONE	F	54.26	1.50.54	DNF		



Chris Erickson, the big improver with a 10+ minute PB and a Commonwealth Games A qualifier

The Victorian Country Walking Championships were also held and a small group of our country walkers entertained with some spirited walking. Walk of the day in the Country Championships was by Kelly Ruddick who walked her first 10 km with an excellent time of 51:36.

AV Open 10KM Country Men  1. ANDREW BLOOD	BYC	57.40
AV Open 10 km Country Women  1. KELLY RUDDICK  2. ANNETTE MAJOR	BHA EAG	51.36 58.08
<b>AV Under 20 5km Country Men</b> 1. JAMIE BARNES	COR	25.56

	<b>) 5km Country Wom</b> IVE JACOBS		27.42
AV Under 18 1. DAVID R 2. SHAUN I			27.33 27.58
	<b>3 5km Country Wom</b> ONEGHETTI	nen BAW	DNS
<ol> <li>DANIEL</li> <li>JOHN PL</li> </ol>			15.38 16.19 16.24
<b>AV Under 16</b> 1. LANA BO	<b>6 3km Country Wom</b> ODDY	cOR	20.12
<b>AV Under 1</b> 4 1. ADRIAN	3km Country Men COAD	SBE	18.26
<b>AV Under 1</b> 4 1. RACHEL 2. KEELY T			16.14 18.33

Inaugural Racewalking Victoria championships were held for all young walkers from the 5 Victorian racewalking clubs and it was good to see representatives from Melbourne, Geelong, Bendigo and Ballarat in attendance. Nicole Hallett and Sarah Burren won the girls' walks while Cody McNicol-Davidson was the sole boy to wave the flag!

#### Racewalking Victoria Under 12 2km Girls

1.	NICOLE HALLETT	VRWC	11.04
2.	HILARY BRAZEL	VRWC	11.45
3.	ERIN BRUNTON	<b>GEEL</b>	12.17
4.	EBONY TALLENT	VRWC	12.29.1
5.	CAITLIN CAMPBELL	VRWC	12.29.5
6.	KIARA DUNN	VRWC	12.48
7.	BRONTE ALEXANDER	VRWC	12.56

#### Racewalking Victoria Under 10 1km Girls

1.	SARAH BURREN	VRWC	5.52.1
2.	EBONY WHILEY	BEND	5.52.6
3.	CHLOE McNICOL-DAVIDSON	VRWC	6.03
4.	JASMINE IRSHAD	VRWC	6.21
5.	REBECCA CAMPBELL	VRWC	6.48
6.	MADISON JONES	BALL	6.54

# Racewalking Victoria Under 10 1km Boys

1. CODY McNICOL-DAVIDSON VRWC 10.19

There were a variety of VRWC club events on offer, with the main features being the 20 km events starting at 9:30AM.

The women's event saw a head-to-head between all the main girls except for Jane Saville. Simone Wolowiec went to an early lead and held it until caught be Cheryl Webb soon after the 10 km mark. Cheryl then powered home to take first with a fine 1:33:42 while Simone took second with 1:34:48, only 4 seconds outside her PB. Natalie Saville and Claire Woods were next to finish, also with good walks.

Tom Barnes took the men's event with a good 1:36:04.

VRWC Open 20km Women			10km	20km
1. CHERYL WEBB		NSW	47.03	1:33.42
2. SIMONE WOLOWIEC		VRWC	46.37	1:34.48
3. NATALIE SAVILLE		NSW	46.49	1:39.25
4. CLAIRE WOODS		SA	48.49	1:41.05
5. KELLIE WAPSHOTT	VRWC	51.58	1:44.04	
6. MEGAN SZIROM		VRWC	52.19	1:46.28

7. CARMA WATSON	VRWC	53.23	1:50.18
8. SANDRA GEISLER		53.57	
	407	• • •	
VRWC Open 20km Men	10km	20km	
1. TOM BARNES	VRWC	46.54	1:36.04 1:44.31 1:49.21
2. MARK DONAHOO	VRWC	51.33	1:44.31
3. ROSS REID	VRWC	52.24	1:49.21
4. ADAM PATTERSON	VIC	58.17	2:00.39
5. JOHN BUNKER	VRWC	56.26	DNF
VDWC On an 10lana Wassan			
VRWC Open 10km Women	MDMC	50.26	
1. HEATHER CARR	VRWC		
2. CELIA JOHNSON	VRWC	63.05	
VRWC Open 10km Men			
1. RUSS DICKENSON	VRWC	58.28	
2. ALAN LUCAS	VRWC		
2. 135.11 ( 2 0 0 1 1 5	,10,,0	21,1	
VRWC Open 5km Men			
1. RHYDÎAN COWLEY	VRWC	26.29	
2. TIMUCIN GIRGIN	VRWC	26.57	
3. BRADLEY ELMS	VRWC VRWC	33.59	
4. ROBIN WOOD	VRWC	35.33	
110211, 11002	,11,,0	50.55	
VRWC Open 5km Women			
<ol> <li>JANET HOLMES</li> </ol>	VRWC	29.41	
2. EDA GIRGIN	VRWC	29.55	
3. CARMEL DRENNAN	VRWC 30.04		
4. BRITANY FENTON			
5. SANDRA HOWORTH	VRWC VRWC	34 46	
6. SHIRLEY COPPOCK	VRWC	39 47	
7. CHRISTINE GRIFFITHS	VRWC		
7. CHRISTINE GRITTITIS	VICWC	42.00	
VRWC Open 3km Men			
<ol> <li>ERGENEKON GIRGIN</li> </ol>	VRWC		
2. JASON ELMS	VRWC	20.43	
VRWC Open 3km Women			
1. CAITLIN BRUNTON	CEET	17 17	
I. CAITLIN BRUNTON	GEEL	1/.1/	

A total of 71 walkers participated in what was a great day's walking.

#### VRWC RACES, ALBERT PARK, SATURDAY 7 MAY 2005

We had our first handicap day for the winter season. Our slower walkers started first and our fastest walkers had to cool their toes before they started their chase. In a perfect world, everyone would cross the finish line together but this never happens – although we do get some close results and some exciting races.

In the 10 km event, Carma Watson had the fastest time overall (a very speedy 51:31) and also won the women's handicap. Stuart Cooper, enjoying his first season for some years, won the men's handicap with his own very solid walk.





10 km handicap winners Stuart Cooper and Carma Watson

<ol> <li>km Open Handicap</li> <li>Stuart COOPER</li> <li>Nicholas MIRARCHI</li> <li>John BUNKER</li> <li>Russ DICKENSON</li> <li>Ian BEAUMONT</li> <li>Alan LUCAS</li> <li>Trevor MAYHEW</li> <li>Robin WOOD</li> <li>Murray DICKINSON</li> <li>Duncan KNOX</li> <li>Mark DONAHOO</li> </ol>	Time 62:36 68:36 54:27 58:09 79:40 57:51 54:58 70:48 59:27 60:04 Ab.	F/T Place 7 8 1 4 10 3 2 9 5
<ol> <li>10 km Open Handicap</li> <li>Carma WATSON</li> <li>Janet HOLMES</li> <li>Margaret BEAUMONT</li> <li>Alison THOMPSON Megan SZIROM</li> </ol>	Time 51:31 62:14 74:53 59:54 Ab	F/T Place 1 3 4 2

Some walkers chose the shorter 5 km distances and Sandra Geisler and Bradley Elms won the associated handicaps. Marlaine Stanway suffered a bad fall on one of the bollard covers that has been recently repaired by Parks Victoria. It now sticks out slightly above ground level so we will have to leave that particular bollard cover in place for future racing. I hope you have recovered ok Marlaine!



New club member Barbara Tucker strides out in the 5 km walk

5 km Open Handicap	Time F/T Place		
1.	Sandra GEISLER	23:44	1
2.	Carmel DRENNAN	29:36	6
3.	Fauve JACOBS	27:35	2
4.	Sandra HOWORTH	34:14	9
5.	Eda GIRGIN	28:05	4
6.	Celia JOHNSON	30:37	7
7.	Marlene GOURLAY	28:46	5
8.	Heather CARR	27:43	3
9.	Barbara TUCKER	33:55	8
10	. Gwen STEED	36:40	10
	Marlaine STANWAY	Ab.	
1.	Bradley ELMS	29:25	3
2.	Geoff BARROW	30:43	4
3.	Travis MARTIN	23:26	1
4.	Stuart KOLLMORGAN	24:38	2
5.	Harold SUMMERS	34:46	5
	Gordon ONLEY	Disq	

The Under 15 walkers are setting a high standard each week and once again we had keenly contested events. Natalie Laurie and Jason Elms won their 3 km handicap events with good walks. It was obviously a good week for the Elms family!

km U15 and Open Handicap	Time	F/T Place
Natalie LAURIE	16:23	2
Brittany FENTON	18:25	4
Regan LAMBLE	15:58	1
Beth ALEXANDER	17:27	3
Jade FINNEGAN	19:39	5
Jason ELMS	20:03	3
Tim GIRGIN	15:23	1
Ergenekon GIRGIN	17:42	2
Damien ELMS	25:24	4
	km U15 and Open Handicap Natalie LAURIE Brittany FENTON Regan LAMBLE Beth ALEXANDER Jade FINNEGAN  Jason ELMS Tim GIRGIN Ergenekon GIRGIN Damien ELMS	Brittany FENTON 18:25 Regan LAMBLE 15:58 Beth ALEXANDER 17:27 Jade FINNEGAN 19:39  Jason ELMS 20:03 Tim GIRGIN 15:23 Ergenekon GIRGIN 17:42

Our U9 and U12 walkers did not have a handicap start but we conducted handicaps just the same. The results are shown in order of handicap places. Caitlin and Rebecca Campbell took the handicap doubles -I must get a photo of the girls

for next week's newsletter. They are amongst the keen group of young walkers being coached by Mark Donahoo at Aberfeldie.

Ur	der 12 2000m Handicap	Time	F/T Place
1.	Caitlin CAMPBELL	12:34	1
2.	Hilary BRAZIL	11:04	2
3.	Nicole HALLETT	11:08	3
4.	Taylor BROGAN	13:49	4
5.	Amelia FINNEGAN	12:25	
		rane.	ED/CE INI
Ur	der 9 1000m Handicap	Time	F/T Place
	der 9 1000m Handicap Rebecca CAMPBELL	6:34	
1.	-		1
1. 2.	Rebecca CAMPBELL	6:34	1 2
1. 2. 3.	Rebecca CAMPBELL Sarah BURREN	6:34 6:01	1 2
1. 2. 3.	Rebecca CAMPBELL Sarah BURREN Chloe McNICOL-DAVIDSON	6:34 6:01 6:18	1 2 3
1. 2. 3. 4.	Rebecca CAMPBELL Sarah BURREN Chloe McNICOL-DAVIDSON	6:34 6:01 6:18	1 2 3

## VRWC RELAY RACES, ALBERT PARK, SATURDAY 14 MAY 2005

Our annual relay race day was keenly contested as usual with 3x4 km relays for our older walkers and 1x3 km relays for our younger walkers.

#### 3x4km Relay

This turned out to be an easy win for John Bunker, Natalie Laurie and Nicholas Mirarchi after they all turned in excellent performances. There were plenty of other good walks from people like Rhydian Cowley, Carma Watson, Brittany Fenton, Heather Carr and Mark Donahoo but no one could bridge the gap.

1	John Bunker		Natalie Laurie		Nicholas Mirarchi		
	10:10	10:13	11:17	11:06	11:18	11:24	65:28
2	Watson Ca	ırma	Jason Elms	5	Carma Watson		
	9:33	10:11	13:44	13:39	9:55	9:49	66:51
3	Geoff Barr	row	Rhydian C	owley	Brittany Fe	Brittany Fenton	
	11:54	12:22	9:57	10:15	10:52	11:34	66:54
4	Russ Dick	enson	Bradley El	ms	Russ Dicke	Russ Dickenson	
	10:49	11:19	11:06	11:59	11:27	11:24	68:04
5	Murray Dickinson		Regan Lamble		Murray Dickinson		
	11:47	11:49	10:31	11:08	11:54	11:59	69:08
6	Heather Carr		Barbara Tucker		Heather Ca	arr	
	20:36	11:10	12:45	12:39	11:01	11:11	69:22
7	John Morr	ison	Anthony Barrett		Janet Holmes		
	11:34	12:23	11:43	11:58	11:39	11:39	70:56
8	Mark Donahoo		Christine Griffiths		Mark Donahoo		
	9:32	9:54	16:10	16:05	9:31	9:54	71:06
9	Alan Lucas		Gwen Steed		Alan Lucas		
	11:00	11:11	13:53	14:01	11:14	11:35	72:54







Amelia Finnegan Amy Burren Rhydian Cowley

## 3x1km Under 12 Relay

Nicole Hallett's partner did not turn up so she had to cool her heels for 6:40 between her two laps. She need not have worried as she powered to an easy win. There were some sparking walks from the other young walkers, especially Amy Burren, Hilary Brazel and Chloe McNicol-Davidson but the day belonged to Nicole.

1	Nicole Hallett	No walker, hold 6m 40s	Nicole Hallett	
	5:25	6:40	5:15	17:20
1	Amelia Finnegan	Chloe McNicol-Davidson	Amelia Finnegan	
	5:47	5:55	6:01	17:43
3	Amy Burren	Josephine Mirarchi	Amy Burren	
	5:18	7:14	5:33	18:05
4	Hilary Brazel	Cody McNicol-Davidson	Hilary Brazel	
	5:15	8:44	5:22	19:21

Other walkers had the chance to walk as individuals and a few turned up to avail themselves of the opportunity, choosing various distances.

Open Race	2km	4km	6km	8km	10km
Ross Reid	9.32	19.34	29.58	40.32	51.00
Trevor Mayhew	10.37	21.46	32.18		
Shirley Coppock	15.47	31.45			
Gordon Onley	DQ				
Damien Elms	DQ				

#### VRWC AND VMA CHAMPIONSHIPS, ALBERT PARK, SUNDAY 22 MAY 2005

Last weekend we welcomed the Victorian Masters walkers to Albert Park for the first of their Victorian roadwalk championships. The younger men contested a 20 km walk while the older walkers (M70+ and upwards) and the women contested 10 km.

#### VMA 20 Km Championship - Men

Andrew Jamieson was too good for his fellow competitors in the 20km and his time of 99:23 was excellent in the warm conditions. Andrew holds the Masters World Record for the M55 20km distance, having recorded 95:21 in 2001. Now at the top of the age group, he has slowed only a little. Mark Donahoo was expected to provide some opposition but he was off colour and retired after only a couple of laps. Colin Haywood, Ross Reid and Trevor Mayhew also recorded times well under the 2 hour mark while Ian Beaumont, as the oldest competitor, did very well to complete what was for him a very long distance!



The 20 km events get underway. Andrew Jamieson, Kim Mottram and Mark Donahoo lead.

M45	_	Mark Donahoo	DNF	
_	_			
M50	1	Colin Haywood	51:18	106:47
	2	Ross Reid	53:23	109:56
	-	Stuart Cooper	DNF	
M55	1	Andrew Jamieson	49:47	99:23
	2.	Trevor Mayhew	54:36	109:49
	3	Alan Lucas	59:32	124:29
	4	Russ Dickenson	59:41	126:29
M65	1	Ian Beaumont	79:51	165:03
	-	Murray Dickinson	DNF	

## VMA 10 km Championship – Men

The two Gordons contested the 10km championship distance for the M70+ and upwards and each was rewarded with a gold medal. I never cease to admire the oldest of our walkers, both men and women. Their efforts show us just what a lifetime sport walking can be.

M70	1	Gordon Onley	82:32
M75	1	Gordon Gourlay	73:27

#### VMA 10 km Championship - Women

The highlight of this race was definitely the performance of Heather Carr who broke her current Australian Age record of 57:20 with a wonderful time of 56:42. Heather holds so many Masters records that I don't have enough room to list them all – 1 World, 5 Australian and 19 Victorian and counting!

W40	1	Annette Major	58:16
	2	Sandra Howorth	71:43
W45	1	Carmel Drennan	62:58
W50	1	Alison Thompson	60:28
	2	Janet Holmes	61:39

1	W55	1	Heather Carr	56:42 (Australian Record)
		2	Liz Feldman	63:25
1	W60	1	Sylvia Machin	68:02
1	W65	1	Margaret Beaumont	78:02
		2	Shirley Coppock	81:01



Heather Carr and Tom Barnes lead out the 10 km walkers

A number of our senior walkers walked alongside the Masters with their own races over 10km, 15km and 20km. While there were no finishers over the 20km distance, we did see a keenly contested race for the Elsie Jacobson Memorial Trophy which was won by Sandra Geisler. Sandra is getting back into good racing form now and she and Megan Szirom were never separated by much throughout the race.

Tom Barnes and Kellie Wapshott both recorded 10 km times (45:33 and 48:48 respectively) that will put them well up in the 2005 Australian ranking lists. Kellie in particular recorded a big PB (first time under 50 km, I think). Both these young walkers are capable of matching it with our top walkers if they stick at it.

VRWC 20 km Open		
Kim Mottram	51:20	DNF (retired at 14 km mark)
Carma Watson	55:30	DNF (retired at 10 km mark)
Sandy Brunner	59:31	DNF (retired at 10 km mark)
VRWC 15km Open Women	Champions	hip – Elsie Jacobson Memorial Trophy
<ol> <li>Sandra Geisler</li> </ol>	51:15	79:43
2. Megan Szirom	53:29	82:04
Rachel Loone	59:02	DNF
VRWC 10km Open		
1. Tom Barnes	45:33	
<ol><li>Kellie Wapshott</li></ol>	48:48	
3. Stuart Kollmorgen	52:48	
4. Nicholas Mirarchi	63:46	
5. Ron Bilston	66:32	
VRWC 5km Open		
1. Bradley Elms	33:05	

34:31

41:53

2. Gwen Steed

3. Christine Griffiths

Our underage walkers also contested club championships in U20, U16, U14, U12 and U9 divisions and most of the competitors won medals. Fauve Jacobs and Shaun Burgess walked their first ever 15km events and finished strongly. Rhydian Cowley took the honours with the fastest time for the 5km – a PB of 26:06. The Girgins took 3 golds with wins to Eda, Tim and Ergenekon, all with very good times. Regan Lamble was well ahead of her rivals in the girls Under 16 walk. Hilary Brazel and Nicole Hallett staged a great battle in the Under 12 girls with Hilary just edging Nicole out Then Nicole took a second silver with a great walk in the Under 14 championship a little later. And finally Chloe and Cody Mc-Nicol-Davidson took golds in the Under 9 events in another family affair. Well done to everyone!

# **VRWC 15km Under 20 Championship - Women**1. Fauve Jacobs 59:28 91:13

# **VRWC 15km Under 20 Championship - Men**1. Shaun Burgess 59:32 90:41

## VRWC 5km Under 16 Championship - Girls

1.	Eda Girgin	28:27
2.	Brittany Fenton	30:17
3.	Caitlin Brunton	30:48

#### VRWC 5km Under 16 Championship - Boys

1.	Rhydian Cowley	26:06
2.	Daniel Payne	27:52
3.	Jason Elms	38:28

#### VRWC 3km Under 14 Championship - Girls

1.	Regan Lamble	16:03
2.	Nicole Hallett	17:06
3.	Beth Alexander	17:56
4.	Alana Boddy	18:55
5.	Emily Payne	19:06
	Hilary Brazel	DNF

#### VRWC 3km Under 14 Championship - Boys

1.	Tim Girgin	15:29
2.	William Kennish	16:45
3.	Damien Elms	26:32

#### VRWC 1km Under 12 Championship - Girls

1.	Hilary Brazel	5:10
2.	Nicole Hallett	5:11
3.	Caitlin Campbell	5:25
4.	Chelsea Dyer	5:36
5.	Amelia Finnegan	5:49
6	Taylor Brogan	6.12

#### VRWC 1km Under 12 Championship - Boys

1. Ergenekon Girgin 5:02

#### VRWC 1km Under 9 Championship - Girls

1.	Chloe McNicol-Davidson	6:01
2.	Rebecca Campbell	6:33

#### VRWC 1km Under 9 Championship - Boys

1. Cody McNicol-Davidson 8:40



Hilary Brazel (right) and Nicole Hallett (left) fight out the Under 12 Girls 1km championship

#### VRWC EVENTS, ALBERT PARK, SATURDAY 28 MAY 2005

It's been a busy season so far at Albert Park so it was a pleasant change to have a simple day of club races on offer. The 8 km events saw Chris Erickson and Frank Bertei lead from the front in what was obviously a friendly training session. Sandra Geisler and Rachael Loone had a good battle in the women's 8 km event with Sandra getting the upper hand. It was good to see Natalie Laurie walk her first 8 km event and she handled it comfortably and looked good.



The start of the Open 4km and 8km events.

8km Handicap Women		Нср
<ol> <li>Sandra Geisler</li> </ol>	41:31	2
2. Rachael Loone	41:54	1
3. Fauve Jacobs	44:44	4
4. Heather Carr	45:16	3
5. Eda Girgin	47:30	6
6. Natalie Laurie	48:48	-
7. Margaret Beaumont	58:29	5
8 km Handicap Men		Нср
8 km Handicap Men 1. Frank Bertei	38:38	Нср -
•	38:38 38:38	Hep - 6
1. Frank Bertei		
<ol> <li>Frank Bertei</li> <li>Chris Erickson</li> </ol>	38:38	6
<ol> <li>Frank Bertei</li> <li>Chris Erickson</li> <li>Timucin Girgin</li> </ol>	38:38 44:36	6 2
<ol> <li>Frank Bertei</li> <li>Chris Erickson</li> <li>Timucin Girgin</li> <li>Russ Dickenson</li> </ol>	38:38 44:36 45:24	6 2 3
<ol> <li>Frank Bertei</li> <li>Chris Erickson</li> <li>Timucin Girgin</li> <li>Russ Dickenson</li> <li>Nicholas Mirarchi</li> </ol>	38:38 44:36 45:24 47:07	6 2 3 1

There were a number of good performances but none better than Rhydian Cowley who recorded a big PB to win the men's 4 km event with 19:37. Rhydian has a big future if he keeps at it. Interestingly, he could not win the handicap as Bradley Elms beat his PB by even more and is also another improving walker.

Regan Lamble had no trouble winning the women's 4 km event and also took the handicap points as well. It was a case of our young walkers leading from the front.

4km Handicap Women		Нср
1. Regan Lamble	20:37	1
2. Janet Holmes	23:21	2
3. Celia Johnson	25:01	3

4.	Gwen Steed	27:15	5
5.	Christine Griffiths	35:48	4
4k	m Handicap Men		Нср
1.	Rhydian Cowley	19:37	2
2.	John Bunker	20:31	3
3.	Shaun Burgess	22:21	6
4.	Bradley Elms	22:39	1
5.	Geoff Barrow	24:33	5
6.	Jason Elms	28:32	4
7.	Gordon Onley	30:04	8
8.	Ian Beaumont	30:55	7

Our youngest walkers were untroubled by the slightly longer distances this week. Nicole Hallett took the honours against Hilary Brazel in the 2500m but both had to lower their colours to Ergenekon Girgin who had the fastest time overall. Caitlin Campbell won the Girls Under 12 handicap with a very good walk. The Under 9's make up for their small numbers with their enthusiastic approach to walking and Chloe McNicol-Davidson is the big improver this season.

2500m Under 12 Handicap Girls		Нср
1. Nicole Hallett	14:17	2
2. Hilary Brazel	14:30	5
3. Caitlin Campbell	15:42	1
4. Kiara Dunn	16:17	3
5. Taylor Brogan	16:40	4
2500m Under 12 Handicap Boys		Нср
1. Ergenekon Girgin	14:07	1
1500m Under O Handison Cirls		Hon
1500m Under 9 Handicap Girls	0.25	Hcp
Chloe McNicol-Davidson	9:35	1
2. Rebecca Campbell	10:15	2
1500m Under 9 Handicap Boys		Нср
Cody McNicol-Davidson	14:23	1

#### EUROPEAN CUP RACE WALKING 2005, MISKOLC, HUNGARY, 21 MAY 2005

This event, held every 2 years, was last staged in Cheboksary in Russia in 2003. This year, the event was held in Miskolc in Hungary and, once again, Russia dominated. The familiar Russian national anthem was heard for all team and individual results, except for one upset brought about by the Portuguese women's 20km squad. The timetable saw all 5 events held on a warm sunny Saturday (temperature 24°C) with the following timetable

08.00 Men 50 km 09:00 Junior Men 10 km 10.00 Junior Women 10 km 13.30 Women 20 km 15.30 Men 20 km

Tim Watt produced a great report for the IAAF website and I have reused that report here to add a bit of flavour to the results. As usual, Europe remains the powerhouse of world walking!

#### Men's 50km

Vladimir Kanaykin of Russia blazed a trial for the first 30km of the Men's 50km race but - as experienced 50km walkers know - that's where the race really starts. No one in the field knows better how to pace their efforts or has been as successful in Cup competitions as 34-year-old Alexey Voyevodin (RUS) and he walked almost the exact race plan as when winning the IAAF World Cup last year.

"For a long time Kanaykin had the first place," said Voyevodin of his junior team mate. "It was his first 50km race and he showed his ability - I think he is the future of our sport." 20-year-old Kanaykin curbed his enthusiasm early on but only as far as the 10km point, reached in 44:22 which is 3 hours 41 minute pace for 50km. Then he decided to do it his way - and by 15km had pulled out a lead of 30 seconds.

Two Russians (Voyevodin and 25-year-old Sergey Kirdyapin), plus the Polish walkers Michael Jarosz and Kamil Kalka walked together - with Aigars Fadjevs of Latvia 10m back from the group. By 20km Kanaykin was on 3:38 pace - his 20km split of 1:28:00 was described by watching Olympic Champion Robert Korzeniowski as "suicidal". The chasers by then were down to the two Russians, walking at even pace behind Kanaykin who reached 30km in 2:12:05. But by the slight incline on the back straight of the scenic city centre course the young Russian looked laboured and the chasers gained 10 seconds in just one of the 2km laps. Less than half a lap later Voyevodin and Kirdyapin took the lead - at which point Kanaykin dropped out. Another Russian was in reserve for the team race though and Yiruy Andronov steadily moved up to be a minute and 22 seconds behind Voyevodin, with Yohan Diniz of France another 43 seconds back



Voyevodin of Russia wins the European Cup 50 km event

The two Russians ahead worked together, consistently walking 8:53 2km splits. Andronov was moving a few seconds a lap faster but this was not enough to catch the leaders as his deficit was almost two minutes at 40km. Just as when he won the last IAAF World Cup, Voyevodin did what he had to and simply moved up a gear in the last 2km lap to create enough of a gap to relax and wave to the appreciative crowd and win by eight seconds from Kirdyapkin. "It was a hard race," said Voyevodin afterwards. "I walked my planned rhythm. "The winning time of 3:41:03 was well inside Jesus Angel Garcia's (ESP) meeting record of 3:42:51 set in far more favourable conditions in 2000. Sergey Kirdapkin was also pleased with his two minute improvement on his previous best: "I spared my energy for later in the race and it helped walking with a team mate." Yuriy Andronov completed a Russian 1, 2, 3 and Yohan Diniz led the French team home for second team by walking a seven minute personal best time.

Voyevodin's 5 km splits show just how evenly this champion walks his races: 22:08, 22:24, 22:03, 22:13, 21:53, 22:04, 21:42, 22:07, 21:59, 22:30

<ol> <li>VOYEVODIN, Aleksey</li> </ol>	09.08.70	RUS	44:32	1:28:48	2:12:45	2:56:34	3:41:03
2. KIRDYAPKIN, Sergey	18.06.80	RUS	44:32	1:28:48	2:12:45	2:56:34	3:41:11
3. ANDRONOV, Yuriy	06.11.71	RUS	45:14	1:29:44	2:14:07	2:58:26	3:42:34
4. DINIZ, Yohan	01.01.78	FRA	45:38	1:30:21	2:14:50	2:59:09	3:45:17
5. LANGLOIS, Denis	10.10.68	FRA	46:07	1:31:28	2:16:41	3:02:00	3:47:31
6. SCHWARZER, Alex	26.11.84	ITA	46:13	1:32:08	2:18:41	3:04:16	3:49:42
<ol><li>KORCOK, Peter</li></ol>	12.08.74	SVK	47:30	1:33:59	2:20:48	3:06:35	3:51:30
8. STEPANCHUK, Andrey	12.06.79	BLR	47:29	1:33:58	2:20:45	3:06:22	3:51:40
9. BATOVSKY, Milos	26.05.79	SVK	47:31	1:33:59	2:20:48	3:06:59	3:54:49
10. BOULANGER, David	11.12.74	FRA	46:38	1:32:45	2:19:06	3:05:57	3:55:11
11. CAFAGNA, Diego	09.07.75	ITA	47:33	1:34:33	2:21:13	3:07:58	3:55:18
12. GINKO, Viktor	07.12.65	BLR	47:29	1:33:58	2:21:33	3:08:56	3:55:22
13. DE LUCA, Marco	12.05.81	ITA	48:09	1:35:23	2:21:38	3:09:08	3:55:30
14. FEDACZYNSKI, Rafal	03.12.80	POL	48:18	1:36:30	2:24:29	3:11:19	3:56:13
15. MISTRETTA, Alessandro	06.03.71	ITA	49:37	1:38:25	2:25:58	3:11:41	3:56:32
16. KAZANIN, Aleksey	22.05.82	UKR	48:10	1:35:19	2:21:11	3:06:51	3:56:44
17. SVENSSON, Fredrik	10.09.73	SWE	47:31	1:34:15	2:21:36	3:09:24	3:57:16
18. RAKOVIC, Aleksandar	13.04.68	SCG	49:03	1:37:28	2:24:48	3:11:16	3:57:30
19. KEMPAS, Antti	03.10.80	FIN	48:10	1:35:51	2:23:42	3:11:28	3:59:01
20. MARTINS, Pedro	12.01.68	POR	47:30	1:33:59	2:20:51	3:10:09	4:03:28

#### Junior Men 10km

Aleksander Prokhorov was hot favourite for the Junior Men's race as a result of winning the Russian Championships, but he had to give way to Andrey Ruzavin. Ruzavin didn't race at Adler in March and finished sixth and one place behind Prokhorov at IAAF World Cup 10km in Naumburg last year. Right from the start the three Russians Prokhorov, Ruzavin plus Grigoriev walked apart from the field, followed by the Belorussians Denis Simanovich and Vadim Tsivancuck. First European last year at Naumburg was Germany's Carsten Schmidt and after a cautious start he decided to get among the Russians along with Italy's Giorgio Rubino. At 6km Grigoriev was disqualified from third position as Rubino was catching fast - with Schmidt and the two Belorussians following. At 8km Rubino took the fancied Russian Prokhorov and started to chase down Ruzavin but the Russian was able to maintain his exceptional sub 40 minute pace. Rubino was more than satisfied with a three minute personal best and Silver medal. Russia, with first and third took the team award and ahead of Germany and Belarus.

2. RUBINO, Giorgio 15.04.86 ITA 20:20 40:	26
A PROTEIN OF ALL 1 AS ALAC PIEC 10.50 AL	
3. PROKHOROV, Aleksandr 22.01.86 RUS 19:58 41:	
4. SCHMIDT, Carsten 29.05.86 GER 20:28 41:	31
5. SIMANOVICH, Denis 20.04.87 BLR 20:31 42:	04
6. DMYTRENKO, Ruslan 22.03.86 UKR 21:23 42:	15
7. TONAT, Hannes 07.03.86 GER 21:07 42:	24
8. TSIVANCHUK, Vadim 16.07.86 BLR 20:34 42:	30
9. JANEVICS, Ingus 29.04.86 LAT 21:01 42:	30
10. KAFKAS, Ioánnis 09.09.86 GRE 21:33 43:	33
11. LOPEZ, Miguel Angel 03.07.88 ESP 21:52 43:	47
12. TSIPORENKO, Yuriy 30.01.87 UKR 21:51 43:	54
13. HUDAK, Jakub 04.08.87 SVK 22:12 43:	54
14. CHKHAN, Sergey 09.04.87 UKR 22:02 44:	00
15. BAYARCHANKA, Vitali 12.07.86 BLR 22:20 44:	24
16. MAJDAN, Dusan 08.09.87 SVK 22:02 44:	38
17. MARTA, Tibor 23.06.87 HUN 22:15 44:	39
18. BALL, Nicholas 29.04.88 GBR 21:49 44:	58
19. GLAZER, Szabolcs 08.02.86 HUN 22:29 45:	04

20. RACZ, Sándor	14.09.86	HUN	22:29	45:11
21. PAPAMIHAIL. Alexandros	01.01.88	GRE	22:16	45:29

#### Junior Women 10km

The Junior Women's 10km was a rematch of the Russian Championships - ending in the same order for the first three interspersed with Belorussians Yelena Rusak in third and Hanna Drabenia in fifth. The 17-year-old Junior World Cup winner Vera Sokolova walked even faster to win in 44:18. Demonstrating superfast cadence, Sokolova said she found the competition tiring but didn't show much sign of that as she broke into a broad smile when crossing the line for a seven second personal best. She even had time to take a glance at the architecture and comment on the beauty of the city of Miskolc to the press afterwards!

1.	SOKOLOVA, Vera	08.06.87	RUS	21:27	44:09
2.	KALMYKOVA, Tatyana	10.01.90	RUS	21:47	45:02
3.	RUSAK, Yelena	16.05.86	BLR	22:46	46:37
4.	KUBASOVA, Aleksandra	19.08.86	RUS	22:45	47:19
5.	DRABENIA, Hanna	15.08.87	BLR	23:13	48:47
6.	GABRIELLI, Martina	15.02.86	ITA	24:29	49:21
7.	MALIKOVA, Klara	10.01.87	SVK	24:40	49:39
8.	LOUGHNANE, Ann	08.04.86	IRL	24:27	49:50
9.	SAGLAM, Narin	23.09.87	TUR	24:25	50:05
10	. SHEVCHUK, Olena	23.03.86	UKR	24:33	50:13
11	. PELANTOVA, Lucie	07.05.86	CZE	24:34	50:15
12	. ERDOS, Ivett	18.12.87	HUN	25:13	50:28
13	. RODRIGUES, Fatima	13.05.86	POR	24:51	50:30
	. BUZIAK, Paulina	16.12.86	POL	24:27	50:38
15	. VAVILOVA, Svitlana	05.12.88	UKR	24:17	50:50
16	. GONZALEZ, Raquel	16.01.89	ESP	25:13	51:19
17	. TREVISAN, Sabrina	14.11.88	ITA	25:13	51:38
18	. PENTTINEN, Kati	04.06.86	FIN	25:34	51:49
19	. KOVALCHUK, Nina	26.01.87	UKR	25:28	52:03
20	. GODINHO, Catarina	03.02.89	POR	25:35	52:13

#### Women 20km

Olimpiada Ivanova holds the quickest time in the field but hasn't tested her abilities since winning Olympic silver medallist in August last year. The 35-year-old knows how to prepare for warm conditions and demonstrated a faultless performance for a surprisingly easy win. "I was not going for Gold medal position," she claimed afterwards. "I just wanted to be among the first to to qualify for Helsinki."



Ivanova of Russia wins the women's 20 km event

The Russians Ivanova and World leader this year Iradya Pudkovkina walked side by side together ahead of Germany's Melanie Seeger (winner of the IAAF Race Walking Challenge in Tijuana), followed by two more Russians, Yuliya Voyevodina and Tatyana Kozlova, together behind with the second German Sabine Zimmer. By 4km both Germans were cast aside leaving the four Russians well ahead. IAAF World Race Walking Challenge leader Ryta Turova (BLR)

held back with Italy's Elisa Riguado, with Susana Feitor (POR) and Claudia Stef (ROM) chasing behind. Sub nine minute laps left Ivanova walking away with it, but two disqualifications behind meant that for the first time in the day there would be a national anthem played other than Russia's.

The group of Turava and Riguado began catching the remaining Russian Voyevodina, meanwhile Feitor moved up to take over the both of them at 11.5km. At 12km Feitor pulled through to take second from Voyevodina who was shortly after taken by Riguado, Turava and Stef. Turava was surprisingly disqualified as she struggled to match the pace of Feitor, but ahead Ivanova cruised to victory in 1:28:18. Feitor grinned through whole of the last lap knowing she had a clear margin for second and with Vera Santos seventh and Maribel Concalves 16<sup>th</sup>. She had the double joy of leading Portugal to a single point team win over Italy. Perhaps it always seems easy when you win, but according to Ivanova: "I would be very happy for a repeat result in Helsinki - but it is boring to walk alone for that long!"

1.	IVANOVA, Olimpiada	05.05.70	RUS	43:25	1:28:18
2.	FEITOR, Susana	28.01.75	POR	44:43	1:29:01
3.	RIGAUDO, Elisa	17.06.80	ITA	44:40	1:29:26
4.	STEF, Claudia	25.02.78	ROM	44:43	1:30:11
5.	VOYEVODINA, Yuliya	17.10.71	RUS	44:19	1:30:34
6.	ZIMMER, Sabine	06.02.81	GER	44:41	1:30:57
7.	SANTOS, Vera	03.12.81	POR	45:27	1:31:58
8.	MISYULYA, Natalya	14.04.66	BLR	45:28	1:32:03
9.	GARGALLO, Mayte	15.10.69	ESP	45:28	1:32:18
10	ORSINI, Gisella	09.12.71	ITA	45:27	1:32:23
11	. GROZA, Ana-Maria	01.06.76	ROM	45:39	1:32:40
12	. MALIKOVA, Zuzana	02.08.83	SVK	46:37	1:32:48
13	. GIORDANO, Rossella	01.12.72	ITA	45:29	1:32:57
14	. SALTANOVIC, Kristina	20.02.75	LTU	45:55	1:33:15
15	. CIMPEAN, Norica	22.03.72	ROM	45:56	1:33:30
16	. GONCALVES, Maribel	01.04.78	POR	45:48	1:34:07
17	. HENRIQUES, Ines	01.05.80	POR	46:19	1:35:12
18	. POVES, Maria Jose	16.03.78	ESP	46:19	1:35:31
19	. GALIKOVA, Maria	21.08.80	SVK	47:09	1:35:32
20	. DUKURE, Jolanta	20.09.79	LAT	46:52	1:35:55

#### Men 20km

The Olympic crown may rest uneasily on some but Ivano Brugnetti was determined to show he is already back to his best. Unfortunately for him and the Italian team the required technique was beyond him and he was disqualified from a clear winning position approaching 16km. The Italian led most of the way from the Russians Vladimir Stankin, Ilya Markov, 18-year-old Vladimir Parvatkin and Stepan Yudin in a pack with Robbie Heffernan of Ireland and Andrey Yurin of the Ukraine also close to the front.

Stankin made the first break at 5km, with Brugnetti not letting him go. These two led to half way in 40:09 at which point Brugnetti made his effort, but after the chief judge's intervention Stankin found himself in front with two laps to go. He couldn't maintain a lead however, as Juan Manuel Molina of Spain and the 1999 World Champion Ilya Markov passed him for a 4km race for Gold medal position. Markov has superior speed and in the last half kilometre pulled out the narrowest win of the day, 1:20:50 to 1:20:54 for Molina. Both were pleased with the result, especially as they guaranteed themselves selection for the World Championships. The team result went, naturally, to Russia as Stankin held on for third and Yukin finsihed fifth. Back to the 50km – though not to the leaders... Reminding the Miskolc crowd that there's always a surprising amount left in a 42-year-old, the first Hungarian to finish was Zoltan Czukor carrying the symbol of the event, a toy frog." Still blinking as a frog in pig jelly" is a Hungarian tale of a frog that hopped into the traditional Hungarian dish in a restaurant pantry and when served rose blinking above surface of the dish very, very much to the surprise of the diners! Carrying the symbolic frog aloft for the last half lap, Czukor made it to the end – just 26 minutes behind the Russian winner.

1.	MARKOV, Ilya	19.06.72	RUS	40:28	1:20:50
2.	MOLINA, Juan Manuel	15.03.79	ESP	40:28	1:20:54
3.	STANKIN, Vladimir	19.02.74	RUS	40:13	1:21:28
4.	YURIN, Andrey	20.01.84	UKR	40:28	1:22:13
5.	YUDIN, Stepan	03.04.80	RUS	40:29	1:22:20
6.	MAGDZIARCZYK, Roman	05.07.77	POL	41:21	1:22:26
7.	ASANDRA, Silviu	27.10.75	ROM	41:13	1:23:00
8.	TYSSE, Erik	04.12.80	NOR	41:52	1:23:04
9.	SUDOL, Grzegorz	28.08.78	POL	41:13	1:23:17
10.	. TALASHKO, Andrey	31.05.82	BLR	41:35	1:23:49
11.	CIVALLERO, Lorenzo	08.08.75	ITA	41:51	1:23:55
12.	TOTH, Matej	10.02.83	SVK	41:56	1:23:58

13. VALCHENKO, Artem	03.04.84	UKR	41:16	1:24:03
14. GARCIA, Jesus Angel	17.10.69	ESP	42:02	1:24:05
15. HEFFERNAN, Robert	20.02.78	IRL	41:14	1:24:20
16. NYMARK, Trond	28.12.76	NOR	42:31	1:25:02
17. SANCHEZ, Benjamin	10.03.85	ESP	41:57	1:25:45
18. DUDAS, Gyula	10.08.66	HUN	42:02	1:25:50
19. DOMINGUEZ, Jose David	29.07.80	ESP	41:16	1:26:01
20. DIDONI, Michele	07.03.74	ITA	42:03	1:26:59

#### VRWC EVENTS, ALBERT PARK, SATURDAY 4 JUNE 2005

Races were held as handicap starts on Saturday and a very strong turnout supported the day. This sort of race normally brings out the best in our walkers and this week was no exception. Race results are listed in order of handicap finish.



John Bunker and Trevor Mayhew in action - two of our top Masters walkers

Duncan Knox and Sandra Geisler won the 10 km Open handicap events but with very different walks. Sandra was off scratch and had to catch and pass the other women contesting the distance. By way of comparison, Duncan was off a good mark and had to hold out a rampaging Tom Barnes who stormed through the field from scratch and recorded a big PB and an excellent time of 44:32. But he could not catch Duncan who was still over 10 secs in front at the finish.

10 km Handicap Open Women	Time	F/T
1. SANDRA GEISLER	52:19	1
2. MARGARET BEAUMONT	73:15	5
3. CARMA WATSON	55:14	2
4. CARMEL DRENNAN	64:45	4
5. LIZ FELDMAN	61:26	3
10 km Handicap Open Men	Time	F/T
<ol> <li>DUNCAN KNOX</li> </ol>	56:55	4
2. TOM BARNES	44:32	1
3. FRANK BERTEI	47:24	2
4. ALAN LUCAS	56:41	3
5. MURRAY DICKINSON	60:04	5
6. IAN BEAUMONT	80:18	6
MARK DONAHOO	Ab.	
TRAVIS MIDDLEMISS	Ab.	
RUSS DICKENSON	Ab.	

The 5 km events were the most popular with 23 entrants. The scratch walkers walked terrific races (Megan Szirom with 24:26 and John Bunker with a PB 24:46) but they could not bridge the gaps to those who had departed ahead of them. Gwen Steed and Bruce Conboy both walked strongly to hold out the various chasers and both recorded good wins.

- 1	II l' O W	TP*	E/E	
	m Handicap Open Women			_
	GWEN STEED		42	9
2.	RACHAEL LOONE	26:	28	3
3.	SHIRLEY COPPOCK	38:	54	11
4.	MEGAN SZIROM	24:	26	1
5.	BARBARA TUCKER	32:	06	8
6.	FAUVE JACOBS	27:	48	6
7.	SANDRA HOWORTH	34:	03	10
8.	HEATHER CARR	27:	06	5
9.	CELIA JOHNSON	31:	02	7
10.	ERIN ADAMCEWICZ	26:	21	2
11.	CHRISTINE GRIFFITHS	42:	45	12
12.	REGAN LAMBLE	26:	51	4
5 k	m Handicap Open Men	Tiı	ne	F/T
1.	BRUCE CONBOY	30:	48	9
2.	GEOFF BARROW	29:	35	7
3.	ANTHONY DORAN	29:	36	8
=4	JOHN BUNKER	24:	46	1
=4	BRADLEY ELMS	29:	11	6
6.	TREVOR MAYHEW	25:	37	2
7.	SHAUN BURGESS	27:	49	4
8.	BILL DYER	27:	03	
9.	TONY JOHNSON	28:	41	5
10.	BOB GARDINER	31:	44	10

In the Under 15 events, Natalie Laurie came through from scratch to win while Jason Elms went off first and outlasted his rivals to win from the front.

5 km Handicap U15 Girls	Time	F/T
1. NATALIE LAURIE	16:24	1
2. EDA GIRGIN	16:32	2
3. BETH ALEXANDER	18:15	3
5 km Handicap U15 Boys	Time	F/T
5 km Handicap U15 Boys 1. JASON ELMS	<b>Time</b> 19:58	F/T 3
		-,-
1. JASON ELMS	19:58	3

The Under 12 and Under 9 walkers headed off with a mass start rather than with a staggered handicap start but the final results are still recorded in order of handicap finish. Chelsea Dyer walked a very improved race to be the first Under 12 girl with 11:36, almost matching the times of Nicole Hallett and Hilary Brazel who walked their normally impressive races. Our sole Under 12 boy, Robert Walsh, walked with Hilary and his final time of 11:22 indicates that he is a talented walker also and has a big future if he sets his mind to it.

2 km Handicap U12 Girls	Time	F/T
1. CHELSEA DYER	11:36	3
=2 EMILY PAYNE	12:21	5
=2 KIARA DUNN	12:48	6
4. NICOLE HALLETT	11:30	2
5. AMELIA FINNEGAN	12:07	4
6. HILARY BRAZEL	11:21	1
7. CAITLIN CAMPBELL	13:00	7
2 km Handicap U12 Boys	Time	F/T
1. ROBERT WALSH	11:22	1

Our Under 9 walkers are always great to watch – how do those little legs go so fast! It was a McNicol-Davidson day with Chloe and Cody winning their respective handicaps.

1 l	km Handicap U9 Girls	Time	F/T
1.	CHLOE McNICOL-DAVIDSON	6:17	1
2.	REBECCA CAMPBELL	6:49	2
1.	CODY McNICOL-DAVIDSON	9:01	1

### RACEWALKING AUSTRALIA CARNIVAL, CANBERRA, SUNDAY 12 JUNE 2005

The 39<sup>th</sup> edition of the Canberra Racewalking Carnival was better than ever. With race numbers up (towards 300 overall) and the best weather we have seen for many a year, the ACT Race and Fitness Walking Club did its usual wonderful performance in professionally running this huge event.

The first events to start at 8AM were the 10 mile and 20 mile events and it was exciting to see a field of some 60 walkers toe the line. We were looking forward to seeing Nathan Deakes in action in the longer race but unfortunately he was a late withdrawal. That left Jared Tallent and Craig Barrett to take the mantle as race favorites.

Jared, after 3 years as the leading junior walker and contesting his first senior 20 mile event, walked confidently alongside Craig and quickly left the other walkers behind, passing the first 5 miles in 35:35. To the surprise of many people, he subsequently broke away from Craig at the 8 mile mark and actually increased his pace over the next 10 miles, recording further 5 mile splits of 35:23 and 34:36. By the 15 mile mark, he had a lead of over 4 minutes and had the event all but won. The only other 20 year old to do so well on debut was Nathan Deakes in 1998 when he took second place in 2:21:50. At the 18 mile mark, Jared was on target to match Nathan's time but he slowed a little in the last few miles to record a winning time of 2:22:39.

Chris Erickson, walking a very evenly paced race, broke away from the chasing pack at the 8 mile mark, passed Craig Barrett at the 13 mile mark and came home strongly to take second place for the second year in a row – but with a time some 10 minutes faster than last year. Craig Barrett medalled yet again, making a total of 4 golds, 2 silvers and 1 bronze from 7 attempts. Duane Cousins came in next, completing the powerful VRWC team which took the Teams Trophy for the 10<sup>th</sup> time in the last 12 years.





**Craig Barrett and Jared Tallent** 

**Darren Bown and Chris Erickson** 

Jared and Chris enter the "Who's Who" of walkers who have broken 2:30 for this 20 mile event.

Willi Sawall	1980	VIC	2:16:48
Craig Barrett	1998	NZ	2:19:37
Dion Russell	2000	VIC	2:21:35
Nathan Deakes	1998	VIC	2:21:50
Nick A'Hern	1997	NSW	2:22:19
Jared Tallent	2005	VIC	2:22:39
<b>Duane Cousins</b>	1996	VIC	2:24:39
Simon Baker	1987	VIC	2:25:18

Michael Harvey	1994	VIC	2:25:55
<b>Chris Erickson</b>	2005	VIC	2:27:04
Andrew Jachno	1989	VIC	2:27:19
Tim Erickson	1981	VIC	2:27:23
Scott Nelson	1995	NZ	2:28:45
Paul Copeland	1993	VIC	2.29.13

The 10 mile events were run concurrently and NSW walker Cheryl Webb was a clear winner in the prestigious women's event with 78:10. She returned to the road in the afternoon to win the women's 5 km roadwalk in a time around 22:40. It was an impressive double and omens well for the IAAF Worlds where she will contest the 20 km alongside Jane Saville.

The carnival also hosts the Australian Junior Men's 10 km roadwalk title and WA's Micheal McCagh led from the start to win with a PB time of 42:38. McCagh, an AIS athlete, was pushed by fellow AIS walker and training partner Adam Rutter until Rutter was disqualified for contact with less than 2 kilometres to go. In fairness, Adam had been sick this last week and was below his best.





Natalie Laurie and Nicholas Mirarchi in action

Apart from Frank and Jared, there were a number of other fine Victorian performances and the majority of the VRWC competitors achieved PBs in their races. It is always hard to pick out particular walks for special mention but my picks were as follows

- Jared Tallent and Chris Erickson for their outstanding walks in the Open 20 Mile and the associated ACT 30 km championship.
- Andrew Jamieson who, the day before his 59<sup>th</sup> birthday, did a PB for the Open 20 Mile and finished in a fine 8<sup>th</sup> place in 2:48:24.
- Nicholas Mirarchi who came 2<sup>nd</sup> in the Under 14 2km race in a PB time of 10:56 and then backed up in the Under 16 3km to make up a team and came 8<sup>th</sup> in an even faster time of 16:16 and another big PB.
- Daniel Payne who battled out the Under 16 3km walk with NSW walker James Pisani and only just lost out in a final sprint. His time of 14:45 was a huge PB and a wonderful exhibition of walking.
- Natalie Laurie who was in perhaps the highest standard race of all. She walked an excellent 10:34 in the Under 14 Girls 2km but had to settle for 5<sup>th</sup> place.



Daniel Payne sprints to second place in the Under 16 3km

# Main results were as follows

OP	PEN 20 MILES		
1	TALLENT, JARED	VRWC	2:22:39
2	ERICKSON, CHRIS	VRWC	2:27:04
3	BARRETT, CRAIG	ACTRFWC	2:28:24
4	COUSINS, DUANE	VRWC	2:37:20
7	BERTI, FRANK	VRWC	2:45:50
8	JAMIESON, ANDREW	VRWC	2:48:24
11	KNOX, DUNCAN	VRWC	3:34:10
AC	TA MENS 30K CHAMPIONSHIP		
1	TALLENT, JARED	VRWC	2:12:23
2	ERICKSON, CHRIS	VRWC	2:16:55
3	COUSINS, DUANE	VRWC	2:25:59
5	BERTI, FRANK	VRWC	2:34:41
6	JAMIESON, ANDREW	VRWC	2:36:59
OP	PEN & VETERAN WOMENS 10 MILES		
1	WEBB, CHERYL	REGAL	1:18:10
2	SAVILLE, NATALIE	REGAL	1:20:29
3	GRANT, LISA	NSWRWC	1:22:17
6	SZIROM, MEGAN	VRWC	1:26:01
7	WATSON, CARMA	VRWC	1:29:48
14	FELDMAN, ELIZABETH	VRWC	1:45:19
OP	PEN & VETERAN MENS 10 MILES		
1	HYLAND, SCOTT	REGAL	1:14:11
2	MOTTROM, KIM	SAAWC	1:22:21
3	HAWKESWORTH, DANNY	VRWC	1:25:16
5	LUCAS, ALAN	VRWC	1:38:12
BC	OYS U10 1,000 METRES		
1	GILROY, BRYCE	REGAL	6:28
2	BELL, CHARLIE	NSWRWC	6:54
3	JONES, JEREMIAH	BRWC	7:13
4	MCNICOL-DAVIDSON, CODY	VRWC	8:01
GI	RLS U10 1,000 METRES		
1	BETTIOL, AMY	NSWRWC	5:11
2	BILLINGTON, TAYLA-PAIGE	NSWRWC	5:12
3	ONEILL, MONIQUE	NSWRWC	5:30
	,		

<ul><li>7 MCNICOL-DAVIDSON, CHLOE</li><li>9 HEALEY, MIKAELA</li></ul>	VRWC VRWC	6:32 6:51
BOYS U12 2,000 METRES 1 FAZLDAD, NATHAN 2 HEINRICH, KARL 3 HOSKING, GREG 4 POLMEAR, LUKE	NSWRWC NSWRWC ACTRFWC VRWC	10:39 10:44 11:34 12:21
GIRLS U12 2,000 METRES  1 CHAPPLE, KINI 2 BETTIOL, EMMA 3 BETTIOL, AMY 5 HALLETT, NICOLE 7 BRAZEL, HILARY 12 TALLENT, EBONY 13 FINNEGAN, AMELIA	NSWRWC NSWRWC NSWRWC VRWC VRWC VRWC VRWC	10:02 10:42 10:48 11:14 11:31 12:04 12:06
BOYS U14 2,000 METRES  1 MALONE, KYLE  2 MIRARCHI, NICHOLAS  3 FAZLDAD, NATHAN	NSWRWC VRWC NSWRWC	9:58 10:56 11:12
GIRLS U14 2,000 METRES  1 JENNINGS, SHANNON  2 CHAPPLE, KINI  3 HAYES, MELISSA  5 LAURIE, NATALIE  6 TALLENT, RACHEL  10 ALEXANDER, BETH  15 PAYNE, EMILY  21 MOLESWORTH, KATE	NSWRWC NSWRWC NSWRWC VRWC VRWC VRWC VRWC VRWC	9:37 9:59 10:11 10:35 10:48 11:34 12:21 14:10
BOYS U16 3,000 METRES 1 PISANI, JAMES 2 PAYNE, DANIEL 3 MALONE, KYLE 7 PLATT, JOHN 8 MIRARCHI, NICHOLAS	NSWRWC VRWC NSWRWC VRWC VRWC	14:44 14:45 15:00 15:44 16:11
GIRLS U16 3,000 METRES 1 JENNINGS, SHANNON 2 FAGAN, NICOLE 3 AGIUS, NATASHA 11 BRUNTON, CAITLIN 12 POLMEAR, JACINTA 13 BODDY, LANA	NSWRWC NSWRWC NSWRWC VRWC VRWC VRWC	15:08 15:36 16:10 18:34 19:36 19:55
BOYS U18 5,000 METRES  1 READING, BRENDON  2 BRYANT, KYLE  3 PISANI, JAMES  4 BURGESS, SHAUN	ACTRFWC BRWC NSWRWC VRWC	23:47 25:00 27:19 27:37
GIRLS U18 5,000 METRES 1 ALLDIS, FIONA 2 HOLLIDAY, TANYA 3 STAPLES, CASSANDRA 4 LAURIE, NATALIE 5 JACOBS, FAUVE	REGAL SAAWC REGAL VRWC VRWC	24:45 25:28 26:20 27:36 27:40
WOMENS 5,000 METRES 1 WEBB, CHERYL 2 FRENCH, MICHELLE 3 WOODS, CLAIRE	REGAL REGAL SAAWC	22:40 23:08 23:29

6 22	SZIROM, MEGAN PLATT, BELINDA	VRWC VRWC	25:21 33:30
FE	DERATION MENS U20 10,000 METRES		
1	McCAGH, MICHAEL	RWCWA	42:39
2	COLQUHUON, ASHLEY	ACTRFWC	47:09
3	COLEMAN, DANIEL	TARWC	48:54
Αl	USTRALIAN MENS U20 10,000 METRES C	CHAMPIONSHIP	
1	McCAGH, MICHAEL	RWCWA	42:39
2	COLQUHUON, ASHLEY	ACTRFWC	47:09
3	COLEMAN, DANIEL	TARWC	48:54
A(	CTA MENS U20 10,000 METRES CHAMPI	ONSHIP	
1	McCAGH, MICHAEL	RWCWA	42:39
2	COLQUHUON, ASHLEY	ACTRFWC	47:09
3	COLEMAN, DANIEL	TARWC	48:54
OF	PEN SENIOR 10,000 METRES		
1	BENNETT, PETER	QRWC	56:24
2	ALBANESE, ANTHONY	NSWRWC	1:10:53

# VRWC RACES, ALBERT PARK, SATURDAY 18 JUNE 2005

We had a few people taking well earned rests after the Canberra carnival last weekend but we still saw a good turnout for our club races on Saturday. The big performance came from Ballarat walker Kelly Ruddick who showed lots of strength and a great style in recording 39:44 for the 8 km distance. Kelly, who won the Victorian Country Track walk last summer, will be a serious contender in next week's Victorian 15 km championship. She had a good battle early on with Ross Reid but drew away as the race progressed. A special mention also to Natalie Laurie who walked an excellent 8 km and is improving quickly over the longer distances.

VR	WC 8 Km Handicap Men	Num	Time	Нср
1.	Ross Reid	15	40:14	4
2.	John Bunker	45	42:50	3
3.	Duncan Knox	6	44:55	2
4.	Murray Dickinson	18	45:30	1
5.	Geoff Barrow	59	51:49	-
6.	Robin Wood	1221	55:49	5
	Ian Beaumont	16	DQ	
	Mark Donahoo	14	DNF	
VR	RWC 8 Km Handicap Women	Num	Time	Нср
1.	Kelly Ruddick	273	39:44	-
2.	Erin Adamcewicz	1	43:14	2
3.	Natalie Laurie	85	44:22	1
4.	Margaret Beaumont	17	59:07	3



Mark Donahoo and Kelly Ruddick early in the 8 km event

The 4 km events were the most popular and Travis Martin showed everyone a clean pair of heels to win with a fast 19:21.

The Under 15 4 km events saw some very good performances, especially from Tim Girgin (21:04) and Regan Lamble (21:00) who walked PBs and took fastest times. Also I must give a special mention to Amy Burren who moved up from the Under 12 division and walked a brisk 24:27 to win the Under 15 girls' handicap.

VRWC 4 Km Handicap Men	Num	Time	Нср
1. Travis Martin	146	19:21	3

	David Armstrong	44	21:04	-
3.	Russ Dickenson	3684	22:43	2
4.	Bob Gardiner	30	24:11	1
5.	John Morrison	121	24:49	4
6.	Bradley Elms	102	27:32	5
	Gordon Onley	135	DQ	
VR	WC 4 Km Handicap Women	Num	Time	Нср
1.	Fauve Jacobs	182	22:14	3
2.	Janet Holmes	2	23:12	5
3.	Celia Johnson	34	24:33	4
4.	Barbara Tucker	179	24:55	2
5.	Gwen Steed	60	26:05	1
6.	Christine Griffiths	3879	34:26	6
VR	WC 4 Km Handicap U15 Boys	Num	Time	Нср
1.	Tim Girgin	27	21:04	2
2.	William Kennish	164	22:40	3
3.	Ergenekon Girgin	232	23:01	1
4.	Jason Elms	105	29:07	4
	Damien Elms	115	DATE	
	Dannen Enns	115	DNF	
VR		Num	DNF Time	Нср
<b>VR</b> 1.	WC 4 Km Handicap U15 Girls	-		<b>Нср</b> 2
	WC 4 Km Handicap U15 Girls Regan Lamble	Num	Time	<b>Hcp</b> 2 4
1.	WC 4 Km Handicap U15 Girls Regan Lamble Eda Girgin	<b>Num</b> 122	<b>Time</b> 21:00	2
1. 2.	WC 4 Km Handicap U15 Girls Regan Lamble	Num 122 1791	<b>Time</b> 21:00 22:32	2 4
1. 2. 3. 4.	WC 4 Km Handicap U15 Girls Regan Lamble Eda Girgin Amy Burren	Num 122 1791 143	Time 21:00 22:32 24:27	2 4 1

The young walkers contested  $2\ km$  and  $1\ km$  events and Nicole Hallett and Sarah Burren not only took fastest times but won the handicaps as well.

VRWC 2 Km Handicap U12 Girls	Num	Time	Нср
1. Nicole Hallett	119	11:15	1
2. Hilary Brazel	150	11:39	5
3. Amelia Finnegan	181	12:10	3
4. Caitlin Campbell	168	12:18	2
5. Taylor Brogan	151	13:31	4
VRWC 1 Km Handicap U9 Girls	Num	Time	Нср
1. Sarah Burren	142	6:07	1
2. Rebecca Campbell	172	6:56	2

# VRWC AND AV RACES, ALBERT PARK, SATURDAY 25 JUNE 2005

#### Men's Victorian 15 km Championship

The Victorian 15 km roadwalk was expected to be a close competition between Chris Erickson and Tom Barnes. With Tom a late scratching, Chris was left to walk to a relatively easy victory to add to his recent 5000m track and 10 km road titles. Frank Bertei and Andrew Jamieson also recorded good times in taking the minor medals.

The Collingwood Harriers team of Colin Heywood, Stuart Kollmorgen and Ross Reid took the Teams gold.



Andrew Jamieson, Frank Bertei, Simone Wolowiec and Chris Erickson early on in the race

1.	Chris Erickson	ATE	9:26	18:53	28:18	37:39	46:55	55:48	1:04:46	1:09:16
2.	Frank Bertei	ANW	9:26	18:53	28:19	37:40	47:04	56:43	1:06:24	1:11:13
3.	Andrew Jamieson	OSC	9:26	18:53	28:25	38:07	47:51	57:45	1:07:40	1:12:38
4.	Colin Heywood	COL	9:49	19:39	29:25	39:15	49:11	59:12	1:09:33	1:14:44
5.	Stuart Kollmorgen	COL	10:08	20:35	31:08	41:47	-	1:03:12	1:14:15	1:19:39
6.	Ross Reid	COL	10:09	20:36	31:13	42:11	53:31	1:05:02	1:17:06	1:23:31
7.	Duncan Knox	ATE	12:32	24:35	36:42	48:38	1:00:19	1:11:51	1:23:12	1:28:38
8.	David Armstrong	DIV	11:19	23:02	34:41	46:20	58:06	1:10:11	1:22:40	1:29:19
9.	Robert Gardiner	COL	12:48	25:47	38:55	52:12	1:05:26	1:18:50	1:32:26	1:39:34
	Daniel Walters	COR	DNS							
	Mark Donahoo	ATE	DNS							
	Tom Barnes	RWD	DNS							
	Trevor Mayhew	COL	DNS							
	Daniel Lowe	MEN	DNS							

# Teams Event

1. COL Colin Heywood, Stuart Kollmorgen, Ross Reid

# Women's Victorian 15 km Championship

Simone Wolowiec walked to an easy victory in the women's race after matching it with the leading men in the first few laps of the race. Ballarat walker Kelly Ruddick earned her first Victorian Open roadwalk medal to finish second ahead of Sandra Geisler after the two had staged a keenly fought race.

1.	Simone Wolowiec	KNA	9:26	18:53	28:20	37:50	47:30	57:15	1:07:03	1:11:52
2.	Kelly Ruddick	BHA	10:24	20:47	31:10	41:39	52:07	1:02:42	1:13:15	1:18:28

3.	Sandra Geisler	RWD	10:08	20:19	30:45	41:36	52:08	1:02:52	_	1:20:55
4.	Annette Major	EAG	11:18	23:18	35:31	47:57	1:00:40	1:13:48	1:27:15	1:34:02
5.	Carmel Drennan	KSB	12:30	25:05	37:42	50:30	1:05:14	1:18:59	1:32:25	1:40:29
	Rachael Loone	RWD	10:24	22:34	35:02	47:31	DNF			
	Megan Szirom	RWD	10:08	21:02	32:43	DNF				
	Erin Adamcewicz	ATE	DQ							



Kelly Ruddick chases Sandra Geisler mid race

Apart from the Victorian championships, a number of VRWC events were keenly contested and over 60 walkers contested the various events. It was great to see so many at the start line at 2:15PM.

VRWC 15km handicap 1. Sandra Geisler 2. Carmel Drennan 3. Sandra Howorth	1:20:55 1:40:29 1:49:16	1 hcp 2
<ol> <li>Chris Erickson</li> <li>Andrew Jamieson</li> <li>Colin Heywood</li> <li>David Armstrong Travis Middlemiss</li> </ol>	1:09:16 1:12:38 1:14:44 1:29:19 Ab.	4 hcp 2 1 3
VRWC 10km handicap		
<ol> <li>Heather Carr</li> <li>Margaret Beaumont</li> </ol>	0:58:00 1:14:06	2 hcp
<ol> <li>Mark Donahoo</li> <li>John Bunker</li> <li>Shaun Burgess</li> <li>Alan Lucas</li> <li>Russ Dickenson</li> <li>Murray Dickinson</li> <li>Nicholas Mirarchi Robin Wood</li> </ol>	0:51:30 0:53:21 0:56:49 0:57:14 0:57:27 0:58:20 1:05:27 Ab	6 hcp 1 5 2 3 4

The best race of the day was the 5 km where our young walkers really excelled themselves. Siobhan Donovan, Natalie Laurie and Regan Lamble all recorded excellent times in the women's section while Rhydian Cowley smashed his PB with a wonderful time of 24:22. These young walkers all have excellent styles and lots of speed and we can expect to see them continuing to improve over the next few years if they keep at it.

VRWC 5km	handicap
1 Siobhan D	Onovan -

1.	Siobhan Donovan	0:26:15	6 hcp
2.	Natalie Laurie	0:26:25	1
3.	Regan Lamble	0:26:37	4
4.	Janet Holmes	0:29:28	5

5.	Celia Johnson	0:30:51	3
6.	Gwen Steed	0:32:39	2
1.	Rhydian Cowley	0:24:22	2 hcp
2.	Bill Dyer	0:26:51	5
3.	Tony Johnson	0:29:27	7
4.	Bradley Elms	0:29:38	1
5.	Geoff Barrow	0:29:55	4
6.	John Morrison	0:30:51	6
7.	Ian Beaumont	0:37:54	3
	Gordon Onley	Disq	
Vŀ	RWC 3km Under 15 handid	cap	
1.	Beth Alexander	0:17:10	1 hcp
2.	Christine Griffiths	0:24:24	
	William Kennish Jason Elms	0:16:22 0:21:21	1 hcp 2
	Damien Elms	Disq	

Our Under 12 walkers increased their distance to 3 km this week but everyone finished strongly. Robert Walsh, in one of his first races with us, walked very well for his time of 17:12 while Nicole Hallett and Hilary Brazel staged their usual battle, with both breaking the 17 minute barrier.



Caitlin Campbell and Sarah Burren in action 2 weeks ago

# VRWC 3km Under 12 handicap

1.	Nicole Hallett	0:16:50	1 hcp
2.	Hilary Brazel	0:16:59	2
3.	Amy Burren	0:17:54	4
4.	Chelsea Dyer	0:19:05	7
5.	Caitlin Campbell	0:19:54	6
6.	Sarah Burren	0:20:21	3
7.	Taylor Brogan	0:21:07	5
	-		
1	Robert Walsh	0.17.12	1 hcp

And finally, our Under 9 walkers were joined this week by Mitchell Dyer in his first race with the club. Welcome Mitchell!

# VRWC 1km Under 9 handicap

Chloe McNicol-Davidson	0:06:23	1 hcp
Rebecca Campbell	0:07:50	2
Mitchell Dyer Cody McNicol-Davidson	0:06:44 0:09:23	

# VRWC RACES, ALBERT PARK, SATURDAY 2 JULY 2005

This week our 'Guess Your Own Time' races were held and they attracted considerable interest from our walkers. The idea is simple – nominate your expected time and the winner is the person who comes closest. No watches are worn and no lap times are called.

The human clock, Alan Lucas, won his division once again and reliable sources informed me that Alan always wins these events when held with the Veterans. Siobhan Donovan was the closest overall, being only 1 second different to her nominated time. In all cases, the winners were spot on.

1. 2.	km Open Siobhan Donovan Janet Holmes Alison Thompson Fauve Jacobs	Time 0:43:29 0:49:28 0:47:23 0:48:23	Difference 1 sec 13 sec 78 sec 136 sec
9.	Alan Lucas John Bunker Bradley Elms Duncan Knox Mark Donahoo Murray Dickinson Robert Gardiner Robin Wood Nicholas Mirarchi Russ Dickenson	0:45:00 0:42:38 0:50:31 0:43:50 0:39:57 0:45:45 0:52:59 0:55:39 0:48:45 0:45:05	3 sec 16 sec 29 sec 30 sec 38 sec 45 sec 59 sec 69 sec 75 sec 82 sec
1. 2. 3. 4.	m Open Carmel Drennan Gwen Steed Margaret Beaumont Liz Feldman Christine Griffiths Pam Mews	Time 0:23:54 0:25:44 0:29:05 0:23:03 0:33:32 Disq	Difference 6 sec 7 sec 11 sec 13 sec 28 sec
	Ian Beaumont Harry Summers	0:31:08 0:27:53	38 sec 108 sec
1. 2. 3. 4. 1. 2. 3.	Nicole Hallett Eda Girgin Amy Burren  Jason Elms Daniel Payne Rhydian Cowley	Time 0:20:54 0:22:52 0:23:24 0:25:20 0:29:01 0:21:38 0:20:14	Difference 6 sec 18 sec 69 sec 80 sec 19 sec 23 sec 44 sec
4.  2ki 1. 2. 3. 4.	Timucin Girgin  m Under 12 Caitlin Campbell Emily Payne Hillary Brazel Amelia Finnegan	0:22:40  Time 0:12:13 0:12:47 0:10:53 0:12:46	85 sec  Difference 11 sec 12 sec 22 sec 40 sec
1. 2. 1kr	Robert Walsh Ergenekon Girgin n Under 9	0:11:05 0:10:45 <b>Time</b>	10 sec 15 sec <b>Difference</b>
1. 1. 2.	Cody McNicol-Davidson  Rebecca Campbell Chloe McNicol-Davidson	0:08:45 0:06:56 0:06:19	15 sec 6 sec 19 sec

# RACEWALKING AUSTRALIA CHALLENGE, ALBERT PARK, SAT 9 JULY 2005

As the temperature slowly climbed towards the 10°C mark and wind and rain swept the course, a large contingent of hardy walkers tested themselves in what could only be described as truly miserable conditions. The occasion was the annual Racewalking Australia challenge and we, like all the other Federation clubs, competed in a common program of events. A full complement of 9 judges kept everyone honest and the walking was of a high standard, especially given the inclement weather.

There were plenty of great performances with Frank Bertei and Simone Wolowiec leading the way in great 10 km times. They were followed by Travis Middlemiss and Kellie Wapshott (another great walk) who sauntered through the first 5 km together before coming home with a scorching second half.

Amongst the many other good performers were Fauve Jacobs (PB in the U20 10 km), Shaun Burgess and Siobhan Donovan (showing plenty of form in the U18 8 km event), Rhydian Cowley (easily beating 25 mins in the U16 5 km), Regan Lamble (just over 15 mins in the U14 3 km), Cassandra Raselli and Robert Walsh (PBs to win their U12 2 km events) and Chloe McNicol-Davidson (in the U10 1.5km).



From the files - Frank Bertei, John Bunker, Chris Erickson, Sandra Geisler and Regan Lamble on 28 May 2005

10km Walk Open	
1. FRANK BERTEI	46:36
2. TRAVIS MIDDLEMISS	49:35
3. MARK DONAHOO	49:55
4. JOHN BUNKER	54:32
5. ALAN LUCAS	57:26
6. LACHLAN WILKINSON (ACT)	58:24
7. MURRAY DICKINSON	58:27
TREVOR MAYHEW	Ab.
RUSS DICKENSON	Ab.
1. SIMONE WOLOWIEC	47:55
2. KELLIE WAPSHOTT	49:35
3. ALISON THOMPSON	59:32
4. LIZ FELDMAN	60:43
5. SANDRA HOWORTH	70:52
JANET HOLMES	Ab.
CARMA WATSON	Ab.
10km Walk U20	
1. FAUVE JACOBS	56:20

8km Walk U18	
1. SHAUN BURGESS	43:38
2. BRADLEY ELMS	48:35
<ol> <li>SIOBHAN DONOVAN</li> </ol>	43:24
5km Walk U16	
<ol> <li>RHYDIAN COWLEY</li> </ol>	24:42
2. JASON ELMS	37:22
1. NATALIE LAURIE	26:39
2. EDA GIRGIN	29:34
2. EDA GIRGIN	29.34
5 Km Walk Open	
1. GEOFF BARROW	30:33
2. JOHN MORRISON	31:01
3. STUART COOPER	31:33
4. GWEN STEED	32:39
5. ROBIN WOOD	34:59
GORDON ONLEY	
GORDON ONLEY	DISQ
3km Walk U14	
ERGENEKON GIRGIN	16:31
DAMIEN ELMS	DISO
Di Willer Celivio	DioQ
1. REGAN LAMBLE	15:10
2. BETH ALEXANDER	16:48
<b>2</b> . <i>BB</i> 11111 <i>B</i> 311111, <i>B</i> 211	10.10
3 km Open	
<ol> <li>CHRISTINE GRIFFITHS</li> </ol>	25:34
3 km Open Fitness Walk	
VICKI GRIGG	23:22
AL 177 II 174A	
2km Walk U12	
<ol> <li>CASSANDRA RASSELLI</li> </ol>	10:40
2. HILARY BRAZEL	10:56
3. NICOLE HALLETT	10:53
4. AMELIA FINNEGAN	12:36
1 DODEDT WALCH	10.56
1. ROBERT WALSH	10:56
1.5km Walk U10	
1. CHLOE McNICOL-DAVIDSON	10:20
1. CHEOL WICHICOL-DAVIDSON	10.20
1. JORDAN HOWORTH	11:57
2. CODY McNICOL-DAVIDSON	12:42
2. CODT MONICOL DITYIDDON	12.72

Once all clubs forwarded their results to Mark Donahoo and he merged and collated the results, VRWC was adjudged the winner by the smallest margin of 1 point.

1	Victorian Race Walking Club	44
2	New South Wales Race Walking Club	45
3	Race Walking Club of WA	79
Eq 4	Regal Racewalkers	86
Eq 4	South Australian Race Walkers	86
6	Queensland Race Walking Club	97
7	Bendigo Walkers Club	98
8	Western Australian Race Walking Club	105
9	Tasmanian Race Walking Club	107
10	ACT Race and Fitness Walking Club	110

The full results may be viewed at the Racewalking Australia website. Point your browser to <a href="http://www.racewalkingaustralia.com.au/">http://www.racewalkingaustralia.com.au/</a> and choose the 2005 Carnival Results page from the Left Hand Index.

# AV AND VRWC CHAMPIONSHIPS, ALBERT PARK, SUNAY 17 JULY 2005

On a cold and windy morning, good fields of walkers fronted for a variety of Victorian and VRWC championships.



Chris Erickson leads Duane Cousins and Simone Wolowiec at the 1 km mark

# 20 KM OPEN CHAMPIONSHIP FOR MEN

Chris Erickson took yet another State title with a fine all-the-way win. His time of 1:28:22 was a PB by over 2 minutes and put him well clear of rivals Duane Cousins, Tom Barnes and Frank Bertei. Duane took second with a well judged walk while Tom had to battle hard in the final lap to hold off Frank in a sprint finish. The next 4 places were filled by Masters walkers, a reflection of the quality of our older athletes. A particular mention to Andrew Jamieson who was only just over 1 minute outside his M55+ World Record. In the accompanying teams event, the Athletics Essendon team just pipped the Collingwood team to take gold.

		CLUB	4 K	8 K	10 K	12 K	14 K	16 K	18 K	20 K
1.	ERICKSON, Chris	ATE	17:43	35:11	44:01	52:49	61:42	70:36	79:30	88:22
2.	COUSINS, Duane	BYM	17:48	35:30	44:23	53:24	62:34	71:46	81:10	90:42
3.	BARNES, Tom	RWD	18:37	36:43	46:07	55:27	64:50	74:13	83:44	93:13
4.	BERTEI, Frank	ANW	18:27	36:54	46:15	55:34	64:58	74:25	83:54	93:14
5.	JAMIESON, Andrew	OSC	19:07	38:24	48:04	57:47	67:36	77:28	87:16	96:55
6.	HEYWOOD, Colin	COL	20:04	40:23	50:33	60:51	71:20	81:51	92:15	102:42
7.	DONAHOO, Mark	ATE	20:19	40:56	51:07	61:32	72:12	82:48	93:30	103:47
8.	MAYHEW, Trevor	COL	21:23	42:48	53:36	64:25	75:22	86:20	97:30	108:32
9.	KOLLMORGEN, Stuart	COL	20:48	43:57	55:27	67:14	79:17	91:30	103:40	115:04
10.	KNOX, Duncan	ATE	23:26	46:46	58:44	70:49	83:20	95:30	108:02	119:47
11.	ARMSTRONG, David	DIV	25:22	50:25	62:53	75:22	87:51	100:30	113:16	126:11
	GARDINER, Bob	COL	25:29	51:53	65:23	Ab.				

### TEAMS RACE

1. ATE	10 points	Chris ERICKSON, Mark DONAHOO, Duncan KNOX
2. COL	11 points	Colin HEYWOOD, Trevor MAYHEW, Stuart KOLLMORGEN

#### 10 KM OPEN CHAMPIONSHIP FOR WOMEN

Knox team mates Simone Wolowiec and Kellie Wapshott went immediately to the front and were never headed. Simone eventually broke away and won with a fine 46:21 and Kellie's second place time of 47:11 was a PB by over 1 minute. Expatriate Kiwi Carma Watson took the bronze with a good walk after losing serious training time to some niggling injuries.

1.	WOLOWIEC, Simone	KNA	9:09	18:15	27:35	36:54	46:21
2.	WAPSHOTT, Kellie	KNA	9:09	18:24	27:39	37:13	47:11
3.	WATSON, Carma	ATE	10:09	20:09	30:35	40:59	51:45
4.	SZIROM, Megan	RWD	-	20:56	31:44	42:35	53:31
5.	ADAMCEWICZ, Erin	ATE	10:17	21:07	32:00	42:55	53:45
6.	GEISLER, Sandra	RWD	9:47	20:04	30:52	42:57	54:50
7.	MAJOR, Annette	EAG	11:01	22:17	33:49	45:48	57:40
8.	DRENNAN, Carmel	KSB	12:29	25:03	37:56	51:05	64:41

#### AV 10 KM UNDER 20 CHAMPIONSHIP FOR MEN

1. BURGESS, Shaun

Only 2 starters contested the men's under 20 championship and Jamie Barnes beat his Geelong counterpart Shaun Burgess for the title.

1.	BARNES, Jamie	COR	10:35	21:35	33:13	44:55	56:14
2.	BURGESS, Shaun	ACW	10:50	21:50	34:30	45:44	57:26

Apart from the Victorian championships, a full range of Victorian Schools championships were held for the age groups of U14, U16, U18 and U20. There were a number of good performances but the best on paper would be

- Rhydian Cowley who moved up from the Under 16 age group to contest the longer Under 18 distance. He was rewarded with a big PB gold medal performance.
- **Siobhan Donovan** and **Jess Rothwell** who fought out the Under 18 girls event. It took a big effort in the last 1 km loop for Siobhan to pass Jess and take the gold.
- Daniel Payne who won the Under 16 boys 3 km walk with a big PB time of 14:34. In fact, all 3 placegetters in this event did PBs to gain their medals.
- **Regan Lamble** who led home the girls in a very strong Under 16 event. It was also a PB for Regan who ended up winning easily.
- Tim Girgin and Rachel Tallent who won their respective 3 km Under 14 events in fine fashion.

Schools results were as follows

#### AV 10 KM UNDER 20 SCHOOLS CHAMPIONSHIP FOR MEN

Belmont H.S.

AV	5 KM UNDER 18 SCHO	OLS CHAMPIONSHIP FOR	MEN		
1.	COWLEY, Rhydian	Melbourne H.S.	9:47	19:37	24:19
2.	BRYANT, Kyle	Bendigo Sen. S.C.	9:47	19:46	24:58

57:26

2.	BRYANT, Kyle	Bendigo Sen. S.C.	9:47	19:46	24:58
3.	RANGER, David	St Patrick's Coll.	10:29	22:20	28:24
4.	ELMS, Bradley	Lalor North S.C.	13:44	27:37	33:35

# AV 5 KM UNDER 18 SCHOOLS CHAMPIONSHIP FOR WOMEN

1.	DONOVAN, Siobhan	Boronia Heights College	9:59	20:35	25:46
2.	ROTHWELL, Jess	Goulburn Valley G.S.	9:59	20:29	25:49
3.	BRUNTON, Caitlin	Kardinia International Coll	11:42	24:58	31:02
	SMITH. Emma	Cobden Tech. Sch	DNS		

# AV 3 KM UNDER 16 SCHOOLS CHAMPIONSHIP FOR BOYS

1.	PAYNE, Daniel	Kardinia Int.College	9:35	14:34
2.	PLATT, John	Mount Clear College	10:12	15:22
3.	MIRARCHI, Nicholas	St Joseph's College	10:42	16:05
4.	LYON, Matt	Caulfield G.S.	11:31	18:10
5.	ELMS, Jason	Lalor North S.C.	13:37	20:09

#### AV 3 KM UNDER 16 SCHOOLS CHAMPIONSHIP FOR GIRLS

1.	LAMBLE, Regan	Strathcona G.G.	9:51	14:48
2.	LAURIE, Natalie	Kingswood College	9:51	15:22
3.	PALFREYMAN, Jessie	Golden Square S.C	10:36	16:07
4.	FENTON, Brittany	Gleneagles S.C.	11:13	16:56
5.	GIRGIN, Eda	Melbourne Girls College	11:23	17:33

6. ASLANIDES, Amelia Brentwood S.C. 11:57 18:18 7. BODDY, Lana Norlane H.S. 12:17 18:48



Under 16 Schools medallists Natalie Laurie, Regan Lamble and Jessie Palfreyman

### AV 3 KM UNDER 14 SCHOOLS CHAMPIONSHIP FOR BOYS

7 R V	o in cribble i sciio	OLD CHAMITOTOMINE TO	DOID	
1.	GIRGIN, Tim	Kew H.S.	10:11	15:30
2.	GIRGIN, Ergenekon	Glenferrie P.C.	10:55	16:36
3.	WALSH, Robert	Mt Waverley S.C.	11:10	17:01
4.	PALFREYMAN, Jack	Golden Square S.C.	11:47	17:42
	KENNISH, William	De La Salle College	DQ	
	ELMS, Damien	Lalor North S.C.	DNS	

# AV 3 KM UNDER 14 SCHOOLS CHAMPIONSHIP FOR GIRLS

1.	TALLENT, Rachel	Ballarat H.S.	10:20	15:47
2.	ALEXANDER, Beth	Heany Park P.S.	10:24	16:00
3.	HALLETT, Nicole	St Michael's School	10:51	16:12
4.	RASSELLI, Cassandra	Berwick Lodge P.S	10:45	16:25
5.	BRAZEL, Hilary	Holy Saviour P.S.	11:10	16:54
6.	PAYNE, Emily	Hamlyn Banks P. S.	12:04	18:30
7.	COLLINS, Ayla	St John's Regional College	12:13	18:49





Siobhan Donovan makes the winning break against Jess Rothwell Rhydian Cowley walks to an easy win



Under 14 Schools medallists - Robert Walsh, Ergenekon Girgin and Tim Girgin

A number of VRWC club championship and non-championship events were also held. The Open Mens 20 km championship was for the **Alf Robinson Trophy** while the Open Womens 10 km championship was for the **Mabel Robinson Trophy**. These are two of our most prestigious club championships and Chris Erickson and Simone Wolowiec were worthy winners.

#### VRWC OPEN MEN 20 KM CLUB CHAMPIONSHIP

Chris Erickson	88:22
Tom Barnes	93:13
Frank Bertei	93:14
Andrew Jamieson	96:55
Colin Heywood	102:42
Mark Donahoo	103:47
Trevor Mayhew	108:32
Murray Dickinson	118:32
David Armstrong	126:11
Stuart Cooper	DNF (14 km in 92:34)
	Chris Erickson Tom Barnes Frank Bertei Andrew Jamieson Colin Heywood Mark Donahoo Trevor Mayhew Murray Dickinson David Armstrong Stuart Cooper

#### VRWC OPEN WOMEN 10 KM CLUB CHAMPIONSHIP

1.	Simone Wolowiec	46:21
2.	Carma Watson	51:45
3.	Sandra Geisler	54:50
4.	Liz Feldman	60:21
5.	Carmel Drennan	64:41
6	Sandra Howorth	70:35

I must make a special mention of the performance of Russ Dickenson in the Open 10 km event. His time was a PB by over a minute (67 sec's) and, as he is 59, it gives him an age graded percentage of about 83% which puts his performance into the elite category for Masters. Given that he only took up walking 18 months ago it is a wonderful affort and worthy of mention.

### VRWC OPEN 10 KM WALK

1.	Travis Middlemiss	50:36
2.	Russ Dickenson	56:14
3.	Alan Lucas	60:04
4.	Bob Gardiner	65:23

#### VRWC OPEN 5 KM WALK

1.	Heather Carr	27:50
2.	Daniel Lowe	28:53
3.	Janet Holmes	29:39
4.	Gwen Steed	32:18

# VRWC UNDER 12 1.5 KM CLUB CHAMPIONSHIP

	Ebony Whiley	8:16 8:17
	Caitlin Campbell Ebony Tallent	8:51
	Amelia Finnegan	9:14
5.	Ebony Jones	11:02
1.	Simeon Whiley	11:52

#### VRWC UNDER 9 1.5 KM CLUB CHAMPIONSHIP

1. Chloe McNicol-Davidson 9:36

2.	Rebecca Campbell	10:01
	Jeremiah Jones Cody McNicol-Davidson	11:06 12:34



Under 12 Club Championship medallists Ebony Tallent, Caitlin Campbell and Ebony Whiley

# AV EVENTS, ALBERT PARK, SATURDAY 23 JULY 2005

Handicap starts were to be held but a few last minute hiccups meant that we opted instead for a massed start. Handicap winners are also shown alongside the fastest times results.



Siobhan Donovan and Natalie Laurie lead John Bunker

The 10 km events were well supported. Siobhan Donovan was both fastest time and handicap winner in her first outing over the longer distance – and she will improve further as her distance fitness rises. Tom Barnes put in his usual speedy effort and also cleaned up on the Style Award points also – showing that you can walk fast and still look good. Bob Gardiner is getting fit again after returning from his European trip and won the men's handicap.

Op	en 10 km Handicap		Hep
1.	Siobhan Donovan	54:59	1
2.	Heather Carr	57:09	2
3.	Fauve Jacobs	59:24	4
4.	Margaret Beaumont	74:50	3
1.	Tom Barnes	47:33	5
2.	John Bunker	53:53	e3
3.	Tony Johnson	58:25	2
4.	Robert Gardiner	62:46	1
5.	Ian Beaumont	79:54	e3
	Murray Dickinson	Ab	
	Russ Dickenson	Ab	
	Robin Wood	Ab	

The 5 km events also produced some fine walking. The fastest time of the day was by Simone Wolowiec who, with 22:35, was only some 10 seconds outside her PB. This also won her the handicap. Kelly Ruddick walked a PB to be next in with 23:58 and she is improving each time she walks. Throw in Kellie Wapshott and we can expect to see some great walking in 2 weeks time in the AV 20 km for women.

Travis Martin and Rhydian Cowley had a great battle in the men's 5 km walk with Travis doing an inspired 'Tour de France' final sprint to just pip Rhydian on the line. It was a big PB for Rhydian as both recorded 23:48. Further back in the field, old stager Stu Cooper took the handicap first place with a good time of 30:47.

Open 5 km Handicap			Нср
1.	Simone Wolowiec	22:35	1
2.	Kelly Ruddick	23:58	
3.	Regan Lamble	26:12	3
4.	Natalie Laurie	28:29	7
5.	Liz Feldman	28:34	4
6.	Janet Holmes	30:06	6

7. 8. 9. 10.	Beth Alexander Celia Johnson Gwen Steed Kylie Irshad Pam Mews	30:53 31:04 32:22 33:39 Disq	8 5 2 9
1. 2. 3. 4. 5. 6. 7.	Travis Martin Rhydian Cowley Mark Donahoo Bill Dyer Alan Lucas Daniel Lowe Stuart Cooper Bradley Elms Gordon Onley	23:48 23:48 24:31 26:51 27:18 27:48 30:47 Disq	7 2 5 6 3 4 1

For those who can remember that far back, I include a photo of Stuart Cooper taken in 1972. It shows (from left to right), Stu, Jim Gleeson and Clarrie Jack after the 3 walkers had completed 100 mile walks at the Preston Harriers track in Reservoir. Old walkers never die – they just get slower!



The younger walkers also contested their own events. Hilary Brazel jumped up from Under 12 and tried herself out over the longer 3 km distance, walking a very good time of 17:05 to win the Under 15 girls while the two Elms brothers fought out the Under 15 boys event with Jason taking fastest time and Damien taking the handicap win.

Under 15 3 km Handicap			Нср
1.	Jason Elms	21:29	2
2.	Damien Elms	23:09	1
1.	Hilary Brazel	17:05	1
2.	Ayla Collins	19:10	

In the Under 12 race, Nicole Hallett took both the fastest time and the handicap win with an excellent 10:58 for the 2 km. Overall the standard was very high with PBs to Chelsea Dyer, Caitlin Campbell and Amelia Finnegan. The Under 9 walkers also got into the action in their event – Rebecca Campbell also recording a PB to take the handicap win over the 1 km distance.

Under 12 2 km handicap			Нср
1.	Nicole Hallett	10:58	1
2.	Chelsea Dyer	11:45	4
3.	Caitlin Campbell	11:45	2

4. <i>A</i>	Amelia Finnegan	12:04	3
	Tali Collins	12:24	
6. I	Bronte Alexander	14:07	5
Unde	er 9 1 km handicap		Нср
	Cody McNicol-Davidson	9:19	1
1. (	Chloe McNicol-Davidson	6:10	2
2. F	Rebecca Campbell	6:26	1



The start of the Under 9 and Under 12 events

### RUSSIA DOMINATES THE EUROPEAN JUNIOR CHAMPIONSHIPS

The European Junior Championships must be seen to be believed. The standard is truly awesome in most events, but especially in the Walks. This is not surprising given that the Eastern Europeans have long set the standard to which the rest of the world aspires. In fact, the women's 10000m walk produced the only World Junior Record of the meet. To see all the results, point your browsers to <a href="http://www.european-athletics.org">http://www.european-athletics.org</a>

#### Women's 10000m walk – 22 July 2005 - Sokolova sets world junior record

It was no surprise when Russian ace Vera Sokolova won the women's 10000m walk. She was the leading Russian representative in the women's event, was World Youth Champion over 5000m in 2003, took Bronze in last year's World Juniors and won the Junior race at the European Cup Race Walking in May.

Her winning time was a new world junior record of **43:11.34**. She was followed - albeit almost two and a half minutes later - by her teammate, Olga Mikhaylova, who won the Silver in a PB 45:31.49. Martina Gabrielli (ITA) took the Bronze, also in a personal best of 46:38.53.

Sokolova had lead the competition from the start, and she hit every kilometre check point as the front runner. The three Russians moved to the front early in the race and it appeared that they were heading for a clean sweep of the medals. That would have been the outcome, had Yelena Ladanova, who crossed the line first not been disqualified after the race as she received two red cards on the final lap. She had overtaken Sokolova in the final half kilometre and crossed the finish in a time just under 43 minutes. It was a high quality competition, with ten of the thirteen finishers setting personal bests. The first 10 places were as follows

<ol> <li>Sokolova, Vera</li> </ol>	RUS	43:11.34	CR EJR
2. Mikhaylova, Olga	RUS	45:31.49	PB
3. Gabrielli, Martina	ITA	46:38.53	PB
4. Drabenya, Anna	BLR	46:56.25	PB
<ol><li>Rusak, Yelena</li></ol>	BLR	47:31.59	
6. Loughnane, Anne	IRL	48:21.71	PB
7. Malikova, Klara	SVK	48:50.46	PB
<ol><li>Kernács, Krisztina</li></ol>	HUN	49:06.85	PB
9. Erds, Ivett	HUN	50:16.69	PB
10. Buziak, Paulina	POL	50:52.96	



Vera Sokolova, Gold medallist in a new world junior record, leads the womens 10000m walk

The Intermediate Times for Sololova show just how consistently she walked.

4:23.30, 8:39.10, 12:51.21, 17:05.09, 21:22.92, 25:44.44, 30:03.00, 34:28.05, 38:53.08, 39:28.45

# Men's 10000m walk - 23 July 2005 - Russian men dominate as expected

Russia was certainly expecting some medals in the 10,000m race walking event for men. **Aleksandr Prokhorov** and **Andrey Ruzavin** had both walked under 40 minutes for 10km on the road this year and **Vyacheslav Golovin** headed the 10,000m track rankings with 44:00. **Prokhorov** was the World Youth Champion in 2003 when **Golovin** took the Bronze medal. **Ruzavin** was the reigning World Junior Champion and winner of the junior race at this year's European Cup Race Walking, where **Prokhorov** was third. What a team.

As it was, Golovin was disqualified and that left Ruzavin and Prokhorov to take the gold and sinver medals. Ruzavin's time was a new meet record and saw him as the only walker to break 40 minutes.

The first 10 places are shown below

Duzavin Andrew	DIIC	20.28 45	CR
Prokhorov, Aleksandr	RUS	40:43.67	PB
Rubino, Giorgio	ITA	40:46.95	PB
Schmidt, Carsten	GER	41:19.82	PB
Simanovich, Denis	BLR	41:37.67	PB
Tsivanchuk, Vadim	BLR	42:19.72	SB
Janevics, Ingus	LAT	42:22.40	
Tonat, Hannes	GER	42:41.21	
López, Miguel Angel	ESP	42:49.72	PB
. Kafkás, Ioánnis	GRE	42:55.22	PB
	Ruzavin, Andrey Prokhorov, Aleksandr Rubino, Giorgio Schmidt, Carsten Simanovich, Denis Tsivanchuk, Vadim Janevics, Ingus Tonat, Hannes López, Miguel Angel Kafkás, Ioánnis	Prokhorov, Aleksandr RUS Rubino, Giorgio ITA Schmidt, Carsten GER Simanovich, Denis BLR Tsivanchuk, Vadim BLR Janevics, Ingus LAT Tonat, Hannes GER López, Miguel Angel ESP	Prokhorov, Aleksandr RUS 40:43.67 Rubino, Giorgio ITA 40:46.95 Schmidt, Carsten GER 41:19.82 Simanovich, Denis BLR 41:37.67 Tsivanchuk, Vadim BLR 42:19.72 Janevics, Ingus LAT 42:22.40 Tonat, Hannes GER 42:41.21 López, Miguel Angel ESP 42:49.72



Winner of the men's 10000m walk Andrey Ruzavin

The Intermediate Times for winner Ruzavin are also shown

3:59.35, 7:53.87, 11:45.21, 15:37.39, 19:29.85, 23:25.49, 27:23.39,31:23.99, 35:26.19, 39:28.45

# BRUGNETTI SETS 10 KM WALK WORLD BEST - SUNDAY 24 JULY 2005

Ivano Brugnetti, Olympic 20km Race Walk champion, showed that he is returning to his best after this winter's pelvis injury with an impressive **unofficial World best** of **37:58.60** over the 10000m race walking distance on the track in his final test before the World Championships at Helsinki.

The race was held in the Pino Dordoni athletics stadium in Sesto San Giovanni, near Milan where he trains regularly. The previous World best was set by the then Czechoslovakian Jozef Priblinec (SVK) who walked 38:02.60 in Banska Bystrica on 30 August 1985.

Last year, Brugnetti who is coached by Antonio La Torre broke the Italian record with 38:23.5 in Saluzzo just two weeks before his fabulous Olympic win in Athens.

The 20 km race for the World title in the Finnish capital will be held on Saturday 6 August, the opening day of the World Championships in Helsinki. We can expect to see a great race between Brugnetti, our own Nathan Deakes and the other top walkers. I can hardly wait!

### AV EVENTS, ALBERT PARK, SATURDAY 30 JULY 2005

#### VMA Roadwalking Championships

This week we played host to the Victorian Masters as they hosted their annual Victorian roadwalking championships. In a day of exceptionally high standard racing, Andrew Jamieson stood out - his time of **46:32** took nearly 1 minute off his current Australian M55 record which stands at 47:30.1. As Andrew is now 59, he is actually improving with age! That's pretty fantastic.



Andrew Jamieson, close behind Tom Barnes, powers towards a new Australian Masters record

VMA Secretary Alan Lucas has analysed the times and produced the graded percentages for each walker. This figure takes into account the walker's age and the standard expected for that age group and is a well known way of comparing performances. I reproduce the results and Alan's comments below

Below are the results from Saturday with the age graded percentages and the age graded result which is what the performance equates to for a person in their twenties. Of course with walks you can't say that Andy would have walked 38.10 because of style and judging factors but at least in terms of effort it is equivalent to "somebody" doing that time. As the standard to be classed as "elite" is 82% for men and 80% for women then you have to say that overall we are a very elite (elitist?) group. Why the difference for men and women? No one has ever given me a satisfactory answer.

10 km Men	1	Actual	%	Adjusted
M45	Mark Donahoo	47.49	87.70	43.22
M50	Colin Heywood	47.50	90.45	42.03
M50	John Bunker	53.45	83.22	45.42
M50	Tony Doran	62.11	70.15	54.13
M55	Andrew Jamieson	46.32	99.64	38.10
M55	Alan Lucas	55.24	82.19	46.17
M55	Russ Dickenson	55.37	83.37	45.37
M55	Robin Wood	68.17	65.51	58.04
M65	Murray Dickenson	55.22	89.71	42.24
M65	Tony Johnson	57.57	84.82	44.51
M65	Ian Beaumont	DQ		
5 km Men		Actual	%	Adjusted
M70	Gordon Onley	DQ		
M75	Gordon Gourlay	35.36	76.18	23.57
M80	Jim Sinclair	DQ		
5 km Wom	en	Actual	%	Adjusted
W40	Annette Major	26.26	83.70	24.14

W45	Carmel Drennan	30.09	75.15	27.00
W50	Alison Thompson	27.17	87.41	23.12
W50	Marlene Gourlay	28.38	84.04	24.08
W50	Janet Holmes	29.19	81.35	24.56
W55	Heather Carr	26.56	91.11	22.16
W55	Liz Feldman	28.21	87.29	23.14
W55	Celia Johnson	30.40	81.48	24.54
W60	Gwen Steed	31.36	84.08	24.07
W60	Heidi Engel	DQ		
W65	Margaret Beaumont	36.31	76.08	26.40
W65	Shirley Coppock	39.18	72.38	28.01
W70	Pam Mews	48.31	59.33	34.11

In the above list there are 16 elite athletes (including 3 world record holders) and if we add in Trevor Mayhew and Brenda Riley and a couple of others such as Paul Kennedy, Ross Reid and Willi Sawall then the overall standard of walking in Victoria is remarkably high and must rank very close to the top of world standard for one club.

#### **VRWC** Events

Alongside the Masters championships, we conducted our usual range of VRWC club events and the standard of walking was amazing. Frank Bertei led from the front and powered to a PB of 45:22. We have already commented on Andrew's performance. Tom Barnes improved by a minute on his last outing, Mark Donahoo walked his best 10 km for some time and Colin Heywood walked a huge PB to win the handicap. Further back in the field, Murray Dickinson and Alan Lucas staged a huge battle with Murray getting the upper hand in the final sprint. Russ Dickenson took another minute off his best time (when will it all end?) while Tony Johnson is also getting back to racing fitness. Watch out! Siobhan Donovan and Megan Peters were the only two women who contested the longer distance and Siobhan took over 30 secs of her PB to take the handicap win. What performances!



Frank Bertei approaches the finishing line - his time of 45:22 was the fastest of the day and a PB

VRWC 10 km Open		Нср
1. MEGAN SZIROM	53:42	2
2. SIOBHAN DONOVAN	54:13	1
1 EDANIZ DEDTEL	45:22	7
1. FRANK BERTEI		/
2. ANDREW JAMIESON	46:32	8
3. TOM BARNES	46:42	12
4. MARK DONAHOO	47:49	4
<ol><li>COLIN HEYWOOD</li></ol>	47:50	1
6. JOHN BUNKER	53:45	11
7. MURRAY DICKINSON	55:22	=2
8. ALAN LUCAS	55:24	5
9. RUSS DICKENSON	55:37	6

10. DUNCAN KNOX	56:58	10
11. TONY JOHNSON	57:57	9
12. NICHOLAS MIRARCHI	67:45	13
13. ROBIN WOOD	68:07	=2
IAN BEAUMONT	Disq	

The 5 km club races also attracted large fields. Gwen Steed walked her best time for the year to take the handicap in the women's section while Daniel Lowe, recovering from recent injuries, walked well to take the men's handicap. Special mention also to the performances of Beth Alexander, Regan Lamble and Natalie Laurie who all moved up from the U15 ranks to fight it out with our senior walkers. And a hello to Claudia Mazzei from Italy who is staying in Melbourne and keen to make the most of her time with some good walking.

VRWC 5 km Open		Hej
1. CARMA WATSON	25:02	9
2. REGAN LAMBLE	26:02	8
3. NATALIE LAURIE	26:38	2
4. HEATHER CARR	26:54	=4
5. ALISON THOMPSON	27:17	13
6. FAUVE JACOBS	27:42	=4
7. LIZ FELDMAN	28:21	10
8. CLAUDIA MAZZEI	29:10	
9. JANET HOLMES	29:19	11
10. BETH ALEXANDER	29:27	3
11. CARMEL DRENNAN	30:09	6
12. CELIA JOHNSON	30:40	7
13. GWEN STEED	31:36	1
14. KYLIE IRSHAD	32:41	
15. BARBARA TUCKER	32:46	14
16. MARGARET BEAUMONT	36:31	12
17. PAM MEWS	48:41	
1. SHAUN BURGESS	27:09	2
2. DANIEL LOWE	27:10	1
GORDON ONLEY	Disq	•
TRAVIS MARTIN	Ab	
	110	

The Under 15 events saw a top walk from Tim Girgin with a huge PB time of 15:06 Yet he only came 4<sup>th</sup> in the handicap - his problem was that the other boys also walked above themselves. Robert Walsh took over 1 minute from his previous 3 km best while Jason and Damien Elms also walked much faster than they have done this winter. Not to be outdone, Hilary Brazel also walked a PB with her time of 16:51.

VRWC 3 km Under 15		Нер
1. HILARY BRAZEL	16:51	1
1 TIMUCINI CIDCINI	15.06	4
TIMUCIN GIRGIN	15:06	4
2. ROBERT WALSH	15:59	2
3. JASON ELMS	20:03	3
4. DAMIEN ELMS	22:14	1

Finally our Under 12 and Under 9 walkers also participated in the performance spree. Rebecca Campbell was the best of them with a big PB that got her both fastest time and handicap wins.

VRWC 2 km Under 12 1. CAITLIN CAMPBELL	12:02	<b>Нср</b> 1
VRWC 1 km Under 9		Нср
1. REBECCA CAMPBELL	5:52	1
2. SARAH BURREN	6:07	2
3. CHLOE McNICOL-DAVIDSON	6:22	3
1. CODYMcNICOL-DAVIDSON	10:34	1

### AV AND VRWC EVENTS, ALBERT PARK, SUNDAY 7 AUGUST 2005

#### AV OPEN MEN 30 KM

The AV 30 km for Men saw Chris Erickson and Duane Cousins walk together for most of the first 25 km before Chris made the vital break and went on to win by a safe margin. This completes a near clean slate for the young Essendon walker who finishes the local season with golds in the 10 km, 15 km, 20 km and 30 km championships and a silver in the 50 km championship. Tom Barnes completed his first 30 km event to take the bronze while Frank Bertei, although relegated to 4<sup>th</sup> place, did a PB and showed his own good form. Colin Heywood did well to finish in 5<sup>th</sup> after completing the AV 16 km cross country the day before in Frankston.

			TUKIII	ZUKIII	JUKIII
1.	Chris Erickson	ATE	46:18	1:33:10	2:20:14
2.	Duane Cousins	BYM	46:17	1:33:10	2:21:45
3.	Tom Barnes	GHY	49:27	1:37:48	2:24:26
4.	Frank Bertei	ANW	49:28	1:37:48	2:25:39
5.	Colin Heywood	COL	50:39	1:43:07	2:41:39
	Mark Donahoo	ATE	50:39	DNF	
	Andrew Jamieson	OSC	49:56	DNF	
	Daniel Lowe	MEN	DNS		
	Daniel Walters	COR	DNS		



Chris Erickson and Duane Cousins check their watches at they pass the 20 km mark

#### AV OPEN WOMEN 20 KM

Knox team mates Simone Wolowiec and Kellie Wapshott walked brilliant races to record Commonwealth Games B qualifiers. For Simone, it was her usual honest and high quality race but for Kellie it was a PB by over 6 minutes and catapults her into the national spotlight. She has shown good form over the shorter distances but showed with this walk that she is ready to step up to the longer distanc. Sandra Geisler was the only other finisher with a time not far outside her own best.

			10km	20km
1.	Simone Wolowiec	KNA	47:38	1:36:25
2.	Kellie Wapshott	KNA	49:29	1:37:46
3.	Sandra Geisler	RWD	55:01	1:50:56
	Carma Watson	ATE	54:27	DNF







Kellie Wapshott

A full range of underage championships were conducted and the medals were spread between Melbourne, Geelong, Bendigo and Ballarat walkers.

AV U20 MEN 20 KM 1. Jamie Barnes	COR	10km 54:20	<b>20km</b> 1:55:11
AV U20 WOMEN 10 KM 1. Lynette Bannister 2. Fauve Jacobs	TAS DKN	55:34 56:04	
AV U18 MEN 8 KM  1. Kyle Bryant  2. Shaun Burgess  3. Bradley Elms David Ranger	SBE ACW PTN EKA		
AV U18 WOMEN 8 KM 1. Siobhan Donovan 2. Jess Rothwell	KNA SBE	43:17 DNS	



The start of the Under 16 walks

A١	U16 BOYS 5 KM		
1.	Rhydian Cowley	GHY	24:45
2.	Daniel Payne	COR	25:31
3.	John Platt	EKA	27:33
4.	Nicholas Mirarchi	COR	27:57
	Jason Elms	PTN	DNS
A١	U16 GIRLS 5 KM		
1.	Natalie Laurie	ANW	25:53
2.	Regan Lamble	ANW	25:58
3.	Jessie Palfreyman	SBE	28:10
4.	Brittany Fenton	DAN	30:39
A١	U14 BOYS 3 KM		
1.	Timucin Girgin	ATE	15:56
2.	Ergenekon Girgin	ATE	16:47
3.	Robert Walsh	ANW	17:11
4.	Jack Palfreyman	SBE	17:52
	Damien Elms	PTN	DQ
	William Kennish	ANW	DNS
A١	U14 GIRLS 3 KM		
1.	Rachel Tallent	BYC	15:48
2.	Hilary Brazel	ANW	16:29
3.	Beth Alexander	KNA	16:54
4.	Cassie Raselli	BOH	17:16
	Emily Payne	COR	18:22
6.	Keely Trew	SBE	18:24
7.	Cara Jones	SBE	22:38

Apart from the AV races, a number of Victorian Race Walking Club events were on offer and results were as follows

VRWC 20 Km Open 1. Murray Dickinson	<b>10km</b> 58:10	<b>20km</b> 2:01:19
VRWC 5 Km Open	20.10	2.01.17
Stuart Kollmorgen	24:28	
2. John Bunker	26:56	
3. Alan Lucas	27:38	
4. Tony Johnson	28:12	
5. Liz Feldman	28:30	
6. Janet Holmes	29:37	
<ol><li>Kylie Irshad</li></ol>	31:04	
8. Celia Johnson	31:42	
9. Robin Wood	33:45	
Claudia Mazzei	DNF	

# VRWC U12 BOYS 2 KM CHAMPIONSHIP

1.	Peter Curtis	12:20
2.	Simeon Whiley	15:32

# **VRWC U12 GIRLS 2 KM CHAMPIONSHIP**

1.	Nicole Hallett	10:47
2.	Chelsea Dyer	11:15
3.	Amelia Finnegan	11:16
4.	Hilary Brazel	11:18
5.	Ebony Whiley	11:34
6.	Caitlin Campbell	11:49
7.	Ebony Tallent	11:56
8.	Taylor Brogan	12:54
9.	Ebony Jones	14:58

# VRWC U9 BOYS 2 KM CHAMPIONSHIP

1. Jeremiah Jones 15:39

2. Cody McNicol-Davidson 16:50

VRWC U9 GIRLS 2 KM CHAMPIONSHIP
1. Chloe McNicol-Davidson 13:02
2. Caitlin Campbell 13:21

VRWC 5 Km FITNESS WALK Gordon Onley 33 33:26

### IAAF WORLD CHAMPIONSHIPS, HELSINKI, 5-11 AUGUST 2005

#### Deakes withdraws from the 20 km event.

Olympic bronze medallist Nathan Deakes has halved his chances of a medal at the world athletics championships, pulling out of the 20km walk because of injury to focus solely on the 50km event.

Deakes provides the best chance of a medal for Australia's injury-ravaged squad at the championships which begin at Helsinki's 1952 Olympic Stadium on Saturday, but was forced out of his preferred event with a hamstring strain. He said he did not have time to recover for the 20km walk on the opening day but would be fit for the gruelling 50km on August 12.

"I've got plenty of time to get ready for that," Deakes said. "I've prepared more for the 20km and have the fastest time in the world this year so it's very disappointing not to do both. I'd really set myself to do well in both events. So I'll just concentrate on the 50k, I'm fairly confident with that and very determined to win. I don't want to go away empty handed. You could say my chances are cut in half or it's a blessing in disguise, I'll be a lot fresher for the 50 now." Deakes, 27, took over the mantle as Australia's best hope in Helsinki after defending 400m hurdles champion Jana Pittman pulled out with a back injury and pole vaulter Paul Burgess withdrew because of a calf injury. Doctors injected Deakes with cortisone yesterday to ease the swelling in his chronic hamstring which was also aggravating his sciatic nerve.

The Geelong walker flew from his training base in Germany to the Australian team's pre-championships camp in Loughborough in England to have a scan which revealed a slight strain in his hamstring. The hamstring injury has lingered for a number of years and he had surgery in 2003 but after training in pain last week, Deakes decided it needed a scan.

He was one of the medal favourites for the 20km after setting the world's fastest time for 2005 when he broke the Australian record with 1h17.33m in Cixi, China, in April, a week before winning the National 50km title.

"In terms of preparation I'm not really worried," Deakes said. "I've done enough in my career to know what I must do. I'm only in one race now, I don't want to mess it up. I want to bring home the shiniest medal of all."

#### The sacrifice of a friend pays dividend for Perez and Ecuador - Sunday 7 August 2005

National heroes can arrive in all different shapes and with all different styles and attitudes but modesty is not always their most striking trait. Here in Helsinki, the first athlete to win gold at these 10th IAAF World Championships in Athletics dispels that theory.

The rain had not quite started as Jefferson Perez, of Ecuador, came charging into the Olympic Stadium to win the 20km Race Walk on Saturday night (6 Aug). It was an outstanding performance, a race where he bided his time, had a little help from his friend - something he did not forget - before retaining his title with victory by over 100 metres.



Jefferson Perez of Ecuador wins the 20km race walk gold medal in Helsinki

The help from his teammate Rolando Saquipay was endorsed not long after his victory. "He sacrificed himself for his country," said Perez, 31, after Saquipay established a fierce pace which many of the walkers could not contend with. It allowed arguably the biggest superstar in Ecuadorian sport to take advantage, moving through to retain his title in 1:18:35 ahead of Spaniards Francisco Javier Fernandez, who was second in 1:19:36, and Juan Manuel Molina, third in 1:19:44. It was the same one-two as Paris two years

In this commercial age of sport, where iconic figures play such important roles, Perez remains anything but your stereotype. He is quietly spoken and he talks with a calm manner that almost suggests he is honoured to be treated this way.

Catholisim plays a huge part in his life. He once walked 460 km through the Andean mountains in Ecuador as a religious promise and he says that despite all his success, it is the family background he has - where he was allowed to progress into a career where he has become one of the sport's greatest advocates - that will always remain so important to him.

"It can be good to be a relative of a someone who has this kind of popularity. But then there are other times when it can be heavy. The greatest gift that God has given me is my family."

That arrived after an upbringing where he had to work selling newspapers to help a family where he was one of five children. He became a national hero in 1996. He won the Olympic title in Atlanta and the honours bestowed upon him were immense. A stamp was made with his picture on in recognition of his achievements in becoming Ecuador's first Olympic champion. Never mind, that additionally he was also given a pension for life along with cars and other rewards for bringing such glory to the South American country.

But last night, perhaps this triumph was his greatest of all. At the World Championships in Paris in 2003, his victory in 1:17:21 was a world record which still stands. But prior to the runners starting on their first lap in the stadium before heading out onto the streets of Helsinki, he was not even among the world's top 10 this year on times. A survey in Ecuador had produced the results that 80 per cent of people thought he would not win. "I wanted to prove them wrong," said Perez.

He did that in style. As he takes each step, he seems to say something to himself. On occasions, the pain etched in his face produces a small smile. In Helsinki, he had much to be happy about. "Everything went really well, but it was not quite a perfect race," said Perez. "But I am very satisfied with my gold medal."

There were doubts whether he could do it again, and particularly Olympic champion Ivano Brugnetti looked a strong contender to beat him. But he failed to finish the race, though Perez may have passed him anyway.

1. Pér	ez Jefferson	ECU	1:18:35	(SB)
2. Fern	nández Francisco Javier	ESP	1:19:36	( )
3. Mo	lina Juan Manuel	ESP	1:19:44	(PB)
4. Höl	nne André	GER	1:20:00	(PB)
5. Gho	oula Hatem	TUN	1:20:19	(SB)
6. Star	nkin Vladimir	RUS	1:20:25	` ,
7. Kuo	cinski Benjamin	POL	1:20:34	(PB)
	chez Eder	MEX	1:20:45	` /
9. Zhu	ı Hongjun	CHN	1:21:01	
10. <b>Ad</b> a	ams Luke	AUS	1:21:43	
11. Yur	rin Andriy	KR	1:22:15	
12. Lóp	ez Luis Fernando	COL	1:22:28	
13. Tys	se Erik	NOR	1:22:45	
14. Civ	allero Lorenzo	ITA	1:22:52	(SB)
15. Gal	dino Sérgio Vieira	BRA	1:23:03	
16. Shir	n Il-yong	KOR	1:23:10	(SB)
17. Fad	ejevs Aigars	LAT	1:23:12	
18. <b>Tal</b>	lent Jared	AUS	1:23:42	
19. Cas	andra Silviu	ROM	1:23:46	
20. Tala	ashko Andrei	BLR	1:23:52	
21. Tót	h Matej	SVK	1:23:55	
22. Día	z José Ignacio	ESP	1:24:00	
23. Tan	iii Takayuki	JPN	1:24:17	
24. Kal	ka Kamil	POL	1:25:02	
25. Sug	gimoto Akihiro	JPN	1:25:28	
26. Dys	s Rafal	POL	1:26:35	
27. Cen	nteno Edwin	PER	1:26:45	
28. Liu	Yunfeng	CHN	1:26:54	

29. Morioka Koichiro	JPN	1:27:08	
30. Nunn John	USA	1:27:10	(SB)
31. Seaman Timothy	USA	1:29:58	. ,
32. Bengtsson Bengt	SWE	1:30:10	
Markov Ilya	RUS	DQ	
Segura Bernardo	MEX	DQ	
Trotskiy Ivan	BLR	DQ	
Yu Chaohong	CHN	DQ	
Berdeja Cristian	MEX	DQ	
Heffernan Robert	IRL	DQ	
Sandoval Walter	ESA	DQ	
Saquipay Rolando	ECU	DQ	
Brugnetti Ivano	ITA	DNF	
Burayev Viktor	RUS	DNF	
Vieira João	POR	DNF	

Ivanova sets new World record in women's 20km race walk - Sunday 7 August 2005

Olimpiada Ivanova regained her status as World champion this morning with a consummate display of race walking around the streets of Helsinki, as she set the first World record of the 10th IAAF World Championships in the 20km Race Walk. Ivanova clocked 1:25:41, bettering Yan Wang's 1:26:22 from 2001, and so will claim a \$100,000 record bonus.

The 34-year-old Russian was never headed through the 20 kilometres up and down Mannerheiminte, a street named after one of Finland's greatest war heroes and past presidents, as rivals tried to challenge her, but either faded away or failed to match Ivanova's technique. Ivanova did not receive a single judge's warning throughout the race, in which her 5km splits were 21:43, 42:54 and 1:04:05.

"This victory makes me the happiest person here. I haven't really realized it yet. In the morning before the race I always pray for success. After the first few kilometres I found the pace and felt fine. At 16km it was a bit more difficult but at that point I was quite confident. I've worked hard for this. I had set my training to aim around 1:27 finishing time. The race was a bit faster but it all went fine. All in all I prefer hard uphill training. Had I won in Athens I would probably have quit competing. Maybe I was not ready to win then. Now I'll continue until Bejing but next year I might not compete at all."



Olimpiada Ivanova walks towards a new World record in the women's 20km race walk

When they named their daughter, a dream must have lain deep in the hearts of the parents of Olympiada Ivanova. "I had no choice - they chose that name themselves," she said, laughing all the way to the bank after her World record breaking victory in the women's 20km Race Walk at the 10th IAAF World Championships in Athletics.

"I don't know why they called me that. Yes, they were sports people, but amateurs. They did not compete in the Olympics. My mother is a physical education teacher. She was a gymnast and an athlete. My father was a freestyle wrestler."

She was bitterly disappointed not to live up to her name in last year's Olympics, though her World record in Helsinki, and \$160,000 which she will collect subject to mandatory anti-doping controls, will surely help assuage that

She collected silver in Greece, missing gold by just four seconds. "If I'd won in Athens, I would probably have retired," she said. "That certainly influenced my decision to try to be the best, and train harder. Maybe I was not ready to win then. Now I will continue until Beijing, but next year I might not compete at all."

She was in no mood to stop yesterday, completing an extra half lap in the stadium before officials convinced her she had already finished - "I just didn't know," she said afterwards.

It seemed a metaphor for her athletics career, now in its twentieth international year. Aged 15, she was ninth in the European Junior Championships, though athletics went on hold for a while. She said she would probably keep going until someone younger beats her. At 34 years and 344 days she acknowledges that she is old for her event. "I'll continue to walk, because I have no rivals. If none of the younger girls come to challenge me, I will carry on."

Splits: 5Km 21:43 10Km 42:54 15Km 1:04:05 Finish 1:25:41

<ol> <li>Olimpiada IVANOVA</li> </ol>	RUS	1:25:41	WR
2. Ryta TURAVA	BLR	1:27:05	NR
3. Susana FEITOR	POR	1:28:44	SB
4. Maria VASCOE	SP	1:28:51	SB
5. Barbora DIBELKOVA	CZE	1:29:05	NR
6. Athina PAPAYIANNI	GRE	1:29:21	SB
7. Elisa RIGAUDO	ITA	1:29:52	
8. Claudia STEF	ROM	1:30:07	
9. Hongjuan SONG	CHN	1:30:32	
10. Yuliya VOYEVODINA	RUS	1:30:34	
11. Melanie SEEGER	GER	1:31:00	
12. Kristina SALTANOVICL	TU	1:31:23	
13. Elena GINKO	BLR	1:31:36	
			CD
14. Ana Maria GROZA	ROM	1:31:48	SB
15. Vera SANTOS	POR	1:32:17	
16. Maria Teresa GARGALLO	ESP	1:32:24	
17. Svetlana TOLSTAYA	KAZ	1:32:40	
18. Tatyana GUDKOVA	RUS	1:33:05	
19. Geovana IRUSTA	BOL	1:33:19	SB
20. Jane SAVILLE	AUS	1:33:44	~_
21. Cheryl WEBB	AUS	1:33:58	
			CD
22. Jolanta DUKURE	LAT	1:34:24	SB
23. Sabine ZIMMER	GER	1:34:24	
24. Maria GALIKOVA	SVK	1:34:38	PB
25. Gisella ORSINI	ITA	1:35:05	
26. Vira ZOZULYA	UKR	1:35:12	
27. Inês HENRIQUES	POR	1:35:44	
28. Maria Jose POVESE	SP	1:36:12	
29. Mi-Jung KIM	KOR	1:37:01	
30. Sonata MILUSAUSKAITE	LTU	1:37:17	
31. Mayumi KAWASAKI	JPN	1:37:30	
32. Monica SVENSSON	SWE	1:38:11	
33. Maria Graciela MENDOZA	MEX	1:39:56	
34. Mabel ONCEBAY	PER	1:40:46	
35. Outi SILLANPAA	FIN	1:41:03	
Jing JIANG	CHN	DQ	
Cristina LOPEZ	ESA	DQ	
Olive LOUGHNANE	IRL	DQ	
Gulnara MAMMADOVA	AZE	DQ	
Evelyn NUNEZ	GUA	DQ	
Athanasia TSOUMELEKA	GRE	DQ	
Sachiko KONISHI	JPN	DNF	
Natalya MISYULYA	BLR	DNF	
Yelena NIKOLAYEVA	RUS	DNF	
Miriam RAMON	ECU	DNF	
Teresa VAILL	USA	DNF	
Liping WANG	CHN	DNF	
Dibing Mand	CIIIV	DIM	

#### Kirdyapkin - "I love to walk. I can just walk and walk for hours around the city" - Friday 12 August 2005

Helsinki, Finland - Sergey Kirdyapkin after his 50km Race Walk win at the 10th IAAF World Championships in Athletics commented, "I love to walk. I can just walk and walk for hours around the city."

The 25-year-old was referring to his adopted hometown of Saransk, Russia, but he could have just as easily been describing his tour of the Finnish capital during his commanding win. After breaking from compatriot Aleksey Voyevodin just past the midway point, he cruised to a 3:41:25 victory, the largest victory margin ever at a World championship.

Despite the huge gap he created on the runner-up, Kirdyapkin said he didn't expect to succeed three-time World and Olympic champion Robert Korzeniowski. "Actually, I'm completely surprised with the victory,' he said after a performance that fell just shy of his personal best. "I don't think that I performed with some super, super performance. But I was just preparing for the result that I showed today."

He began preparing just five years ago, a relatively short period in which to rise to the top of event. A self-described recreational athletes in his youth, Kirdyapkin moved from his native Insar to Saransk, the sprawling capital of the Russian state of Mordavia in 1997 to pursue a degree in chemistry at the local university. It wasn't until he graduated in 2000 that he began training for the grueling walk event. Prior to then, he said, he was an 800 and 1500m runner. But not a very good one.

"I didn't really have any good results," he admitted, refusing to reveal his personal bests. "I was more of an amateur runner. My coach suggested that I make the change to the walk to see what would happen." Apparently, it wasn't a bad decision.

He is coached by Viktor Chogin Mikhailovich, himself a former walker, who Kirdyapkin said, "never produced good results." But he has produced a World champion. We had a plan with my coach to keep a very even pace here, both in the beginning of the race and at the end of the race." It was a simple plan, and one that worked exceptionally well.

Kirdyapkin trains with a larger group of walkers in Saransk, logging between 600 and 800 kilometres monthly. In his spare time he reads lots of books, mostly Russian classics. He himself doesn't write, but might give it a shot someday. "Who knows, maybe one day I'll try."



Kirdyapkin celebrates as he crosses the finish line to win

Before he gets carried away with any literary aspirations, Kirdyapkin will stick with his athletics career now that he has claimed his first international title. With enough support from the Mordavian state government, Kirdyapkin said he can give his undivided attention to his life, and now, hopefully his career, as a professional athlete. Kirdyapkin said he's not sure how others in Saransk, or in his hometown of Insar will react to his championships, but he promises to remain humble.

"It's the first time in my life that I've achieved such an honour," he said, "but I don't think it will change my relationship to other people. I will not be 'sick' like some stars." Not particularly surprising for someone who prefers the anonymity of roaming his city's streets. "Even after training, I just love to walk around."

1.	Kirdyapkin Sergey	RUS	3:38:08(PB)
2.	Voyevodin Aleksey	RUS	3:41:25
3.	Schwazer Alex	ITA	3:41:54(NR)
	Nymark Trond	NOR	3:44:04(NR)
	Zhao Chengliang	CHN	3:44:45
	Zepeda Omar	MEX	3:49:01(PB)
	Magdziarczyk Roman	POL	3:49:55(SB)
	Yamazaki Yuki	JPN	3:51:15
9.	Nava Horacio	MEX	3:53:57(PB)
10.	Korcok Peter	SVK	3:55:02
11.	Berrett Tim	CAN	3:55:48(SB)
12.	Martínez Julio René	GUA	3:57:56(SB)
13.	De Luca Marco	ITA	3:58:32
14.	Langlois Denis	FRA	3:59:31
	Akashi Ken	JPN	3:59:35
	Kim Dong-young	KOR	4:01:25(SB)
	Liepinš Modris	LAT	4:01:54(SB)
	Bátovský Miloš	SVK	4:05:44
	Korepanov Sergey	KAZ	4:06:23(SB)
	Martins Pedro	POR	4:08:12
	Kempas Antti	FIN	4:10:30
	Costa Jorge	POR	4:22:17
	Dunn Phillip	USA	4:25:27
	Svensson Fredrik	SWE	DQ
	Barrett Craig	NZL	DQ
	García Jesús Angel	ESP	DQ
	Lehtinen Jani	FIN	DQ
	Rakovic Aleksandar	SCG	DQ
	Ginko Viktor	BLR	DQ
	Holuša Miloš	CZE	DQ
	Fadejevs Aigars	LAT	DQ
	Odriozola Mikel	ESP	DQ
	Sudol Grzegorz	POL	DQ
	Kanaykin Vladimir	RUS	DQ
	Cafagna Diego	ITA	DQ
	Solis Miguel	MEX	DQ
	Diniz Yohan	FRA	DQ
	Han Yucheng	CHN	DNF
	Xing Shucai	CHN	DNF
	Kazanin Oleksiy	UKR	DNF
	Fedaczynski Rafal	POL	DNF
	Stepanchuk Andrey	BLR	DNF
	Galdino Sérgio Vieira	BRA	DNF
	García Luis Fernando	GUA	DNF

# VRWC EVENTS, ALBERT PARK, SATURDAY 13 AUGUST 2005

It was a quieter day at Albert Park on Saturday with many walkers having a rest after the last of the Victorian championships. But those who did come enjoyed some serious racing and a number of our younger walkers produced fine PBs. Amongst the many walkers who recorded Pbs were Regan Lamble, Natalie Laurie, Amy Burren, Tim Girgin and Hilary Brazel.







Tim Girgin	Sarah Burren	Regan Lamble
I IIII GII EIII	Saran Durien	Kegan Lambic

10	km Open	Time	Нср	
	Mark Donahoo	53:02		6
2.		53:26		4
	Duncan Knox	56:08		1
	Alan Lucas	57:13		5
	Daniel Lowe	57:26		3
	Bob Gardiner	63:09		2
0.	John Bunker	DNF		_
5 lz	m Open	Time	Нср	
1.		27:21	пер	1
	Fauve Jacobs	28:07		4
2. 2	Kylie Irshad	30:51		5
3. 1	Janet Holmes	31:22		6
	Gwen Steed	31:43		3
5. 6	Barbara Tucker	36:01		<i>5</i>
7.		36:07		2
7.	Margaret Beaumont	30.07		2
1.	Murray Dickinson	27:03		1
2.	Shaun Burgess	27:38		2
3.	Geoff Barrow	31:06		4
4.	Bradley Elms	32:50		5
5.	Ian Beaumont	38:26		3
6.	Gordon Onley	DQ		
3 k	m Under 15	Time		Нср
1.	Regan Lamble	14:35		3 (PB)
2.	Natalie Laurie	14:51		4 (PB)
3.	Amy Burren	16:25		1 (PB)
	Cassie Raselli	17:05		2
	Brittany Fenton	17:48		6
6.	Alicia Neylan	18:03		5
1.	Timucin Girgin	14:57		1 (PB)
2.	Robert Walsh	16:40		
3.	Jason Elms			2 3
٥.	Jason Eiiis	21:12		3

2 k	m Under 12	Time	Нср
1.	Hilary Brazel	10:43	3 (PB)
2.	Caitlin Campbell	11:53	4
3.	Taylor Brogan	12:15	2
4.	Tali Collins	12:22	1
1 k	m Under 9	Time	Нср
	am Under 9 Rebecca Campbell	<b>Time</b> 5:50	<b>Hcp</b> 1
1.			1
1.	Rebecca Campbell	5:50	1 2
1. 2.	Rebecca Campbell Sarah Burren	5:50 6:01	1 2

## VRWC EVENTS, ALBERT PARK, SATURDAY 20 AUGUST 2005

We held our final points day on Saturday andf weather conditions were overcast and cool – perfect for some fast racing. The various Handicaps and Fastest Times points placegetters are published later in the newsletter.

Tom Barnes led from the front with a great time of 44:35, just a couple of seconds outside his best ever. But the handicap winner was Danny Hawksworth who smashed his best ever 10 km with 51:08. Siobhan Donovan and Nicholas Mirarchi warmed up for the Nationals next week with fast 6 km times and handicap wins. Natalie Laurie, Tim Girgin and Rhydian Cowley are also Adelaide bound next weekend and had a final warmup over the 4 km distance but the standout walker over that distance was Jason Elms who took a huge chunk of time off his best and was way out in front in the handicap event. Amy Burren and Robert Walsh both took the doubles in the Under 12 events with fastest times and handicap wins and Rebecca, Sarah and Chloe were all only a few seconds apart in the Under 9 event. All in all, it was another great day of racing.





Tom Barnes wins the 10 km event

Natalie Laurie and Rhydian Cowley in the 4 km event

Op	en 10 Km Handicap		Hcp Place
1.	Tom Barnes	44:35	2
2.	Colin Heywood	49:47	4
3.	•	51:08	1
4.	Bob Gardiner	62:50	3
	Robin Wood	DNF.	
On	en 6 km Handicap		Hcp Place
1.		32:19	1
2.	Fauve Jacobs	33:32	3
3.	Gwen Steed	38:11	2
	Kylie Irshad	DNF	
1.	John Bunker	32:36	4
	Nicholas Mirarchi	33:32	1
3.		35:41	3
4.	Geoff Barrow	36:16	2
5.	John Morrison	39:51	5
٥.	V 01111 111011110011	37.31	

Op	Open and Under 15 4 km Handicap		
1.	Natalie Laurie	22:09	4
2.	Janet Holmes	23:14	1
3.	Hilary Brazel	23:54	3
4.	Alicia Neylan	25:29	2
	Cassie Raselli	DNF (3 km	n in 16:54)
	Brittany Fenton	DNF	
1.	Rhydian Cowley	20:16	4
2.	Tim Girgin	21:22	3
3.	Ergenekon Girgin	22:54	2
4.	Jason Elms	27:29	1





# Amy Burren

Robert Walsh

	Hcp Place
10:48	1
11:58	E3
12:19	E3
12:21	2
10:30	1
	Hcp Place
5:46	3
5:52	2
5:55	1
	11:58 12:19 12:21 10:30 5:46 5:52

### AUSTRALIAN ROADWALKING TITLES, ADELAIDE, AUG 28, 2005

A small team of Victorians travelled to South Australia for the National roadwalking titles last weekend. The 2 km course around Santos Stadium was very demanding - 6 turns and 2 rises per lap with a very narrow section which restricted the walkers to single file. Combine that with a sunny warm day with a blustery wind and it was indeed a challenging day. But the Victorians rose to the challenge and won the most medals of any State (3 Golds, 4 Silvers and 2 Bronzes), just ahead of NSW. The medallists were as follows

Jared Tallent	Gold	Open Men 30 km Walk	2:12:58
Simone Wolowiec	Gold	Open Women 10 km Walk	47:27
Regan Lamble	Gold	Under 16 Girls 5 km Walk	25:40
Chris Erickson	Silver	Open Men 30 km Walk	2:15:04
Kellie Wapshott	Silver	Open Women 10 km Walk	48:17
Jess Rothwell	Silver	Under 18 Women 8 km Walk	43:27
Natalie Laurie	Silver	Under 16 Girls 5 km Walk	26:56
Siobhan Donovan	Bronze	Under 18 Women 8 km Walk	45:36
Tim Girgin	Bronze	Under 14 Boys 3 km Walk	15:41

### Men 30k Roadwalk Championship Open

The first event to get underway was the Open 30 km championship and Jared Tallent and Chris Erickson reproduced their 1 and 2 placings from last year's Australian championship but in times which were some 10 minutes faster! Jared shot to an early lead while Chris and SA ace Darren Bown walked together further back. Jared had a big break by the 20 km mark but Chris then began the chase, closing to within a couple of minutes by race end. Chris was in fact one of the very few walkers to record a PB on the day. Darren found the last few kilometres very hard and dropped vital minutes as he struggled to the finish. Troy Sundstrom and Frank Bertei walked well to also record good times in the conditions. The only other finisher was John Leydon who worked hard to make sure he broke the 3 hour mark.



Jared crosses the line to win in 2:12:58



Chris crosses in second place in 2:15:04

1.	Jared Tallent	VIC	2:12:58
2.	Chris Erickson	VIC	2:15:04 (PB)
3.	Darren Bown	SA	2:23:59
4.	Troy Sundstrom	NSW	2:26:35
5.	Frank Bertei	VIC	2:30:34
6.	John Leydon	SA	2:57:29

#### Women 10k Roadwalk Championship Open

The other Open event on offer was the 10 km for women and Simone Wolowiec and Kellie Wapshott put on a great exhibition of speed walking to take the gold and silver. For Simone, it follows on from her 2003 win in this same event and cements her place amongst our current top women. For Kellie, it is the big breakthrough that we have been expecting and also puts other walkers on notice. Our third walker was Erin Adamcewicz who took 5<sup>th</sup> place in 56:22.



From left to right, Claire Woods, Lisa Grant, Kellie Wapshott and Simone Wolowiec soon after the start

1.	Simone Wolowiec	VIC	47:27
2.	Kellie Wapshott	VIC	48:17
3.	Claire Woods	SA	48:54
4.	Lisa Grant	NSW	49:40
5.	Erin Adamcewicz	VIC	56:22
6.	Vanessa Ebejer	NSW	58:42
7.	Claudia Mazzei	ITA X	62:54
8.	Jodie Sundstrom	NSW	69:27

The next few events had no Victorian contestants and the medals were shared around amongst the various states. Perhaps the biggest surprise here was the retirement of AIS walker Adam Rutter (after 2 toilet stops) in the Under 20 mens 20 km event. That left his AIS team mate Michael McCagh to walk to an easy win.

## Men 20k Roadwalk Championship Under 20

1	Michael McCagh	WA	1:32:19
2.	Aaron Humphrey	TAS	1:59:43
	Adam Rutter	NSW	DNF

# Women 10k Roadwalk Championship Under 20

,,,	mich for found with	Circuit	
1.	Jillian Hosking	ACT	54:05
2.	Chloe Jones	NSW	54:07
3.	Lynette Bannister	TAS	56:15
4.	Charlene Ebejer	NSW	68:10
	Katie Ethell	NSW	DQ

### Men 8k Roadwalk Championship Under 18

1.	Daniel Coleman	TAS	39:22
2.	Grzegorz Wolszczak	SA	41:08
3.	Brendon Reading	ACT	42:34
4.	Adam Dunn	SA	44:54
5.	Anson Perin	NSW	47:57
6.	Ben Henman	SA	48:39
	Ian Ravson	NSW	DO

### Women 8k Roadwalk Championship Under 18

Fiona Alldis was the standout walker in this event but the big news for Victorians was the form of Jess Rothwell and Siobhan Donovan. The two girls had already contested a couple of close battles in the Victorian underage titles and they were never far apart in this race. Jess, although suffering from a sprained ankle, was able to negotiate the twists and turns of the course and took silver in 43:27 while Siobhan took the bronze in 45:36. I must apologise for not having any photos from this race – so I will reproduce a good photo of the girls from earlier this season at Albert Park.



Siobhan leads Jess in the Victorian Schools walk earlier this season at Albert Park

1.	Fiona Alldis	NSW	41:54
2.	Jess Rothwell	VIC	43:27
3.	Siobhan Donovan	VIC	45:36
4.	Natasha Agius	NSW	47:04
5.	Brianna Hollitt	SA	47:36
6.	Ellen Lingley	NSW	48:48
7.	Elizabeth Malcolmson	TAS	50:02
8.	Emma Simmons	WA	50:45
9.	Megan Huitema	SA	51:55
	Cassandra Staples	NSW	DNF

### Men 5k Roadwalk Championship Under 16

We lost a probable gold medal when Rhydian Cowley, suffering with a severe head cold, was forced to retire from the event - Rhydian was the dominant walker on times. That left Daniel Payne and Nicholas Mirarchi to carry the flag for us and they did it in fine style with very good walks. In fact, Nicholas did a PB, one of the few recorded on the day.

1.	Brook Keys	NSW	25:01
2.	Kyle Malone	NSW	25:31
3.	Chase Richardson	TAS	26:01
4.	Daniel Payne	VIC	27:03
5.	Derek Mulhearn	NSW	27:29
6.	Nicholas Mirarchi	VIC	27:44 (PB)
7.	Michael Reading	ACT	28:20
8.	Douglas Mayfield	SA	28:42
9.	Cash Davies	SA	29:01
	Rhydian Cowley	VIC	DNF

#### Women 5k Roadwalk Championship Under 16

The Under 16 Girls walk was nearly an all Victorian affair as our team of Regan Lamble. Natalie Laurie and Jessie Palfreyman finished 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup>. The girls also won the Australian Teams Event Gold medals. Regan had a huge win in the Under 14 Girls walk in the Canberra Carnival last year and she is shaping up as a big time performer! I was very excited by this result from 3 very good walkers.



Regan, Natalie and Jessie in celebratory mood after the event

1.	Regan Lamble	VIC	25:40 (PB)
2.	Natalie Laurie	VIC	26:56
3.	Danielle Densley	WA	27:16
4.	Jessie Palfreyman	VIC	27:51
5.	Stephanie Stigwood	SA	28:04
6.	Gabrielle D'Agnone	WA	28:26
7.	Rukshani Keenawinna	NSW	28:55
8.	Naomi Roberts	SA	29:14
9.	Jessica Bennet	NSW	29:18
10.	Nicole Byrne	WA	31:22
11.	Katrina Biteznik	NSW	32:08
12.	Nicole McInerney	SA	32:13
	Kimberley Tillman	NSW	DNF

# Men 3k Roadwalk Championship Under 14

Tim Girgin has been one of our outstanding Victorian underage walkers for a number of years and he has worked hard this year at Albert Park, recording a series of PBs. His bronze medal in this event was just reward and he was ably backed up by Jack Palfreyman.



Tim Girgin shows good form as he powers towards third place

1. 1.0011011 1 021000		Timucin Girgin	VIC	15:41
1. Nathan Fazldad NSW 15:1	2	Iordon Mulhoorn	NSW	15:26
	1.	Nathan Fazldad	NSW	15:14

4. Jack Palfreyman VIC 18:065. Daniel Crouch SA 18:54

#### Women 3k Roadwalk Championship Under 14

The final event on offer was the Girls Under 14 3 km roadwalk and Rachel Tallent and Emily Payne were our two entrants. Paige Hooper of SA produced one of the best walks of the day with a powerful display of sustained speed. Overall this event was of a very high standard and Rachel did well to finish 5<sup>th</sup> with a time of 16:57. Older brother Jared was cheering on from the sidelines.



#### Rachel Tallent in action at Adelaide

1.	Paige Hooper	SA	14:21
2.	Shannon Jennings	NSW	14:45
3.	Kini Chapple	NSW	15:16
4.	Karla Barrett	WA	16:05
5.	Rachel Tallent	VIC	16:57
6.	Danielle George	NSW	17:33
7.	Shennae Hartley	WA	17:42
8.	Tiffany D'Agnone	WA	17:55
9.	Ebony Gralton	NSW	18:06
10.	Ellen Mills	SA	18:51
11.	<b>Emily Payne</b>	VIC	20:02
12.	Caragh Thomas	SA	20:42

With the medal winning performances of Jared, Simone, Chris and Kellie in their respective races, it is perhaps opportune to review the all time Australian rankings for these 2 distances. All 4 of these walkers now rank in the best 20 Australians of all time in their respective events.

Here are the lists (as compiled by Paul Jenes). But first a few comments

- There is no set timeframe for greatness. Walkers as young as 18 (Linda Coffee and Natalie Saville) and as old as 40 (Willi Sawall) are represented in these lists. Careers develop at different rates, some walkers retire early, some burn brightly at a young age and then move on, others are late developers.
- The 30 km rankings would look a lot different if Nathan Deakes had found the time to challenge himself over this distance in the last few years. His 1998 time was done as a 20 year old. What could he walk now!
- The amazing Sally Pierson has the oldest time in the rankings. In 1982 as a 19 year old, she recorded a time of 45:38.

#### 30 KM WALK ALL TIME LIST - MEN

	Time	Name	Sta	te Birthday	Pos	snVenue	Date	Age
1.	2:05.59.0	Dave Smith	V	240755	1	Canberra	10 May 86	30
2.	2:06.39.0	Simon Baker	V	060258	1	Melbourne	7 May 89	31
3.	2:07.53.0	Nick A'Hern	N	060169	1	Victoria	25 Aug 94	25
4.	2:08.01.0	Willi Sawall	V	071141	1	Melbourne	16 May 82	40
5.	2:09.09.0	Andrew Jachno	V	130462	2	Auckland	2 Feb 90	27
6.	2:09.35.0	Duane Cousins	V	130773	1	Melbourne	16 Aug 98	25
7.	2:10.02.0	Dion Russell	V	080875	1	Melbourne	6 Aug 00	24

8. 2:11.10.0	Nathan Deakes	V	170877	1	Canberra	7 Jun 98	20
9. 2:12.23.0	Jared Tallent	V	171074	1	Canberra	12 June 05	20
10. 2:13.34.0	Dominic McGrath	V	040672	2	Melbourne	16 Aug 98	26
11. 2:13.47.0	Darren Bown	S	300674	1	Melbourne	4 Aug 02	28
12. 2:14.54.0	Paul Copeland	V	250467	3	Melbourne	29 Oct 89	22
13. 2:15.04.3	Chris Erickson	V	011281	2	Adelaide	28 Aug 05	23
14. 2:15.40.0	Craig Brill	V	101167	2	Melbourne	21 Apr 91	23
15. 2:15.47.0	Tim Erickson	V	231150	2	Melbourne	18 May 80	29
16. 2:15.52.0	Mark Donahoo	V	270558	3	Gold Coast	24 Apr 94	25
17. 2:16.07.0	Liam Murphy	S	050679	2	Melbourne	6 Aug 00	21
18. 2:16.36.0	Dariusz Wojcic	V	240959	3	Melbourne	21 Apr 91	31
19. 2:17.17.0	Troy Sundstrom	N	300581	1	Hobart	3 Sep 01	20
20. 2:17.33.0	Luke Adams	N	221076	-	Melbourne	5 May 02	25
10 KM WALK	(ROAD) ALL TIME LIS	T - V	WOMEN				
1. 41.30.0	Kerry Saxby Junna	N	020661	1	Canberra	27 Aug 88	27
2. 42.15.0	Jane Saville	N	051174	6	Eisenhuttenstadt, Germany	8 May 99	24
3. 43.28.0	Gabrielle Blythe	V	090369	-	Hawkesbury	10 Jul 93	24
4. 44.27.0	Anne Pembroke Manning	N	131159	1	Melbourne	21 Jan 96	36
5. 45.10.0	Natalie Saville	N	070978	2	Melbourne	27 Feb 97	18
6. 45.18.0	Jill Barrett-Maybir	Q	130764	3	Melbourne	27 Feb 97	32
7. 45.19.0	Sue Cook	V	230458	1	Brisbane	28 Jun 87	29
8. 45.22.0	Wendy Muldoon	V	270571	1	Melbourne	19 Jul 98	27
9. 45.25.0	Lorraine Young Jachno	V	210959	1	Melbourne	19 May 91	31
10. 45.25.0	Wendy Muldoon	V	270571	28	Eisenhuttenstadt, Germany	11 May 96	24
11. 45.38.0	Sally Pierson	V	100363	1	Melbourne	8 May 82	19
12. 45.40.0	Simone Wolowiec	V	120274	1	Melbourne	14 Dec 97	23
13. 45.51.0	Jane Lewry Barbour	S	090561	2	Melbourne	21 Jan 96	34
14. 46.06.0	Jenny Jones Billington	Q	200467	1	Canberra	28 Aug 93	26
15. 46.06.0	Teresa Letherby	Q	050472	3	Melbourne	17 Dec 95	23
16. 46.43.0	Cheryl Webb	Ñ	031076	-	Rio Maior, Portugal	15 Apr 00	23
17. 46.50.0	Bev Wilkins Hayman	N	090561	1	Richmond	24 May 86	25
18. 47.01.0	Linda Coffee	N	310777	1	Naumburg, Germany	28 Apr 96	18
19. 47.02.0	Celia Massie Bertei	V	180166	2	Melbourne	19 May 91	25
20. 47.11.0	Kellie Wapshott	V	230381	2	Melbourne	17 Jul 05	24

# VRWC RACES, ALBERT PARK, SATURDAY 27 AUGUST, 2005

While the National roadwalks were on in Adelaide on the weekend of 27-28 August, a small group of walkers enjoyed some low key events at Albert Park. Results were as follows

1. Danny Hawksworth       53:06         1. Sandra Geisler       53:11         VRWC 5 km Open       2. Bill Dyer       27:25         3. Alan Lucas       27:58         4. Russ Dickenson       28:21         5. Tony Barrett       29:31         6. Geoff Barrow       29:48         7. Anthony Doran       30:34         8. John Morrison       32:31         Gordon Onley       DQ         1. Fauve Jacobs       28:27         2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open       22:03         1. Jason Elms       22:03         2. Damien Elms       22:03         VRWC 2 km Open       10:30         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9       1. Mitchell Dyer       6:49         7. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell	VI	RWC 10 km Open	
VRWC 5 km Open         1. John Bunker       26:01         2. Bill Dyer       27:25         3. Alan Lucas       27:58         4. Russ Dickenson       28:21         5. Tony Barrett       29:31         6. Geoff Barrow       29:48         7. Anthony Doran       30:34         8. John Morrison       32:31         Gordon Onley       DQ         1. Fauve Jacobs       28:27         2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open       22:03         1. Jason Elms       22:03         2. Damien Elms       22:08         VRWC 2 km Open       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9       1. Mitchell Dyer       6:49         1. Rebecca Canpbell       5:43	1.	Danny Hawksworth	53:06
1. John Bunker       26:01         2. Bill Dyer       27:25         3. Alan Lucas       27:58         4. Russ Dickenson       28:21         5. Tony Barrett       29:31         6. Geoff Barrow       29:48         7. Anthony Doran       30:34         8. John Morrison       32:31         Gordon Onley       DQ         1. Fauve Jacobs       28:27         2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open         1. Jason Elms       22:03         VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43	1.	Sandra Geisler	53:11
2. Bill Dyer       27:25         3. Alan Lucas       27:58         4. Russ Dickenson       28:21         5. Tony Barrett       29:31         6. Geoff Barrow       29:48         7. Anthony Doran       30:34         8. John Morrison       32:31         Gordon Onley       DQ         1. Fauve Jacobs       28:27         2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open         1. Jason Elms       22:03         2. Damien Elms       22:08         VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43			
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4. Russ Dickenson       28:21         5. Tony Barrett       29:31         6. Geoff Barrow       29:48         7. Anthony Doran       30:34         8. John Morrison       32:31         Gordon Onley       DQ         1. Fauve Jacobs       28:27         2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open         1. Jason Elms       22:03         2. Damien Elms       22:08         VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43	2.	Bill Dyer	
5. Tony Barrett       29:31         6. Geoff Barrow       29:48         7. Anthony Doran       30:34         8. John Morrison       32:31         Gordon Onley       DQ         1. Fauve Jacobs       28:27         2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open         1. Jason Elms       22:03         2. Damien Elms       22:08         VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43			
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8. John Morrison       32:31         Gordon Onley       DQ         1. Fauve Jacobs       28:27         2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open         1. Jason Elms       22:03         2. Damien Elms       22:08         VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43	6.	Geoff Barrow	
DQ	7.	Anthony Doran	
1. Fauve Jacobs       28:27         2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open         1. Jason Elms       22:03         2. Damien Elms       22:08         VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43	8.		
2. Janet Holmes       29:31         3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open         1. Jason Elms       22:03         2. Damien Elms       22:08         VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43		Gordon Onley	DQ
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3. Kylie Irshad       29:47         4. Liz Feldman       30:06         5. Gwen Steed       31:59         6. Barbara Tucker       32:44         VRWC 3 km Open         1. Jason Elms       22:03         2. Damien Elms       22:08         VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43			
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<ul> <li>6. Barbara Tucker 32:44</li> <li>VRWC 3 km Open</li> <li>1. Jason Elms 22:03</li> <li>2. Damien Elms 22:08</li> <li>VRWC 2 km Open</li> <li>1. Amy Burren 10:30</li> <li>2. Hilary Brazel 10:54</li> <li>3. Nicole Hallett 11:11</li> <li>4. Caitlin Campbell 11:20</li> <li>5. Chelsea Dyer 12:26</li> <li>VRWC 1 km Under 9</li> <li>1. Mitchell Dyer 6:49</li> <li>2. Cody McNicol-Davidson 7:38</li> <li>1. Rebecca Canpbell 5:43</li> </ul>			
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VRWC 2 km Open         1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9       6:49         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43	1.	Jason Elms	22:03
1. Amy Burren       10:30         2. Hilary Brazel       10:54         3. Nicole Hallett       11:11         4. Caitlin Campbell       11:20         5. Chelsea Dyer       12:26         VRWC 1 km Under 9         1. Mitchell Dyer       6:49         2. Cody McNicol-Davidson       7:38         1. Rebecca Canpbell       5:43	2.	Damien Elms	22:08
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<ul> <li>4. Caitlin Campbell 11:20</li> <li>5. Chelsea Dyer 12:26</li> <li>VRWC 1 km Under 9</li> <li>1. Mitchell Dyer 6:49</li> <li>2. Cody McNicol-Davidson 7:38</li> <li>1. Rebecca Canpbell 5:43</li> </ul>			
<ul> <li>5. Chelsea Dyer 12:26</li> <li>VRWC 1 km Under 9</li> <li>1. Mitchell Dyer 6:49</li> <li>2. Cody McNicol-Davidson 7:38</li> <li>1. Rebecca Canpbell 5:43</li> </ul>	3.	Nicole Hallett	
VRWC 1 km Under 9  1. Mitchell Dyer 6:49  2. Cody McNicol-Davidson 7:38  1. Rebecca Canpbell 5:43	4.	Caitlin Campbell	
<ol> <li>Mitchell Dyer</li> <li>Cody McNicol-Davidson</li> <li>Rebecca Canpbell</li> <li>5:43</li> </ol>	5.	Chelsea Dyer	12:26
<ol> <li>Cody McNicol-Davidson</li> <li>Rebecca Canpbell</li> <li>5:43</li> </ol>			
1. Rebecca Canpbell 5:43			
	2.	Cody McNicol-Davidson	7:38
	1.	Rebecca Canpbell	5:43
			5:44
3. Sarah Burren 5:54	3.	Sarah Burren	5:54

# VRWC RACES, ALBERT PARK, SATURDAY 3 SEPTEMBER, 2005

Last Saturday, we finished the winter season with a final set of races, an inspirational talk by Simon and Alison Baker and our winter season presentations. It was a big afternoon.

VF	RWC 8 km Open	
1.	Tom Barnes	36:36
2.	Chris Erickson	41:37
3.	John Bunker	43:01
4.	Alan Lucas	44:54
5.	Tim Girgin	45:57
6.	Russ Dickenson	45:58
7.	Tony Johnson	47:04
8.	Bob Gardiner	47:50
1.	Sandra Geisler	43:01
2.	Natalie Laurie	43:14
3.	Alison Thompson	46:07
4.	Celia Johnson	52:17



## The start of the first events

VI	RWC 6 km Open	
1.	Geoff Barrow	35:59
2.	John Morrison	37:59
	Robin Wood	DNF
2. 3. 4. 5.	Siobhan Donovan Liz Feldman Fauve Jacobs Janet Holmes Barbara Tucker Gwen Steed Kylie Irshad	34:20 34:51 35:10 35:32 38:11 38:51 DNF
VI	RWC 4 km Open and Under 15	
	RWC 4 km Open and Under 15 Robert Walsh	23:24
<ol> <li>1.</li> <li>1.</li> </ol>	Robert Walsh Eda Girgin	21:54
<ol> <li>1.</li> <li>1.</li> </ol>	Robert Walsh	
1. 1. 2.	Robert Walsh Eda Girgin	21:54
1. 1. 2. <b>VI</b>	Robert Walsh  Eda Girgin Christine Griffiths	21:54

<ol> <li>Nicole Hallett</li> <li>Amelia Finnegan</li> </ol>	11:12 12:53
VRWC 1 km Under 9 1. Rebecca Campbell	5:52

# WORLD MASTERS CHAMPS, SAN SEBASTIAN, SPAIN, AUG 22 - SEPT 3, 2005

The World Masters Championships have now completed and our small group of Victorians produced some great results. Leading from the front were Heather Carr (2 golds) and Mark Donahoo (1 gold and 1 silver). Well done to everyone.

M45	2	Mark Donahoo	23:15.88
M65	8	Murray Dickinson	27:11.86
M65	26	Ian Beaumont	38:24.30
M70	13	Colin Silcock-Delaney	34:15.01
W55	1	Heather Carr	27:45.97
W65	11	Margaret Beaumont	30:37.82
M45	1	Mark Donahoo	1:42:37
M50	DQ	Colin Heywood	
M55	DQ	Trevor Mayhew	
M65	6	Murray Dickinson	2:01:15
M65	DQ	Ian Beaumont	
W55	1	Heather Carr	59:14
W65	11	Margaret Beaumont	77:00
M50	16	Colin Heywood	3:02:59
	M65 M65 M70 W55 W65 M45 M50 M55 M65 M65	W55 1 W65 11 M45 1 M50 DQ M55 DQ M65 6 M65 DQ W55 1 W65 11	M65 8 Murray Dickinson M65 26 Ian Beaumont M70 13 Colin Silcock-Delaney W55 1 Heather Carr W65 11 Margaret Beaumont M45 1 Mark Donahoo M50 DQ Colin Heywood M55 DQ Trevor Mayhew M65 6 Murray Dickinson M65 DQ Ian Beaumont W55 1 Heather Carr W65 11 Margaret Beaumont