

2005 / 2006

THE RACEWALKING YEAR IN REVIEW

COMPLETE VICTORIAN RESULTS

MAJOR INTERNATIONAL RESULTS

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AUSTRALIAN UNIVERSITY GAMES, QLD, 27-29 SEPTEMBER 2005

The 2005 Australian University Games were held last week at the University of Queensland, St Lucia. 5000m track walks were on offer for men and women and small fields fought out the medals. Congratulations to the 2 Victorian competitors, Erin Adamcewicz and Fauve Jacobs.

With the projected changes to compulsory Student Union Fees, this may well have been the scheduling of these championships. Only time will tell.

Men 5000 Metre Race Walk

1	Smith, Michael	UOW	24:29.09
2	Humphrey, Aaron	TU	25:56.28
3	Eastabrook, Patrick	UWA	32:34.45
	Cicioni Kolsky, Danny	ACU	DQ

Women 5000 Metre Race Walk

1	Grant, Lisa	USYD	23:55.40
2	Johnson, Laura	ACPE	24:52.77
3	Adamcewicz, Erin	UBAL	26:52.39
4	Heazlewood, Brianna	USYD	28:00.91
5	Jacobs, Fauve	DEAK	28:35.63
6	Alldis, Christina	UTS	29:47.93
	Ryan, Lisa	LTU	DNF

VICTORIAN SCHOOLS U17 – U20 TRACK AND FIELD CHAMPIONSHIPS, SAT 8 OCTOBER 2005

The Victorian Schools U17-U20 Track and Field Championships were held at Olympic Park in Melbourne recently. Walk fields were small but the standard of walking was good and there were no DQs. The weather was cold and windy with some rain. Congratulations everyone!

Girls 5000m Walk U20

1. Laurie Natalie	Kingswood College	26:48.26
2. Jessie Palfreyman	Golden Square SC.	27:19.95

Girls 3000m Walk U18

1. Siobhan Donovan	BOR	15:41.26
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Girls 3000m Walk U17

1. Jess Rothwell	Goulburn Valley SC.	15:07.84
2. Caitlin Brunton	Kai	16:22.37
3. Beth Alexander	Heany Park Primary	17:26.49
4. Lauren Drennan	Strathmore SC	18:20.81

Boys 5000m Walk 20.

1. Rhydian Cowley	MHS	24:49.51
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Boys 3000m Walk U18

1. Bradley Elms	Lalor North SC.	17:36.65
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Boys 3000m Walk U17

1. Shaun Burgess	Belmont High School	16:20.28
2. Jack Simmons	Patterson River SC.	17:34.58
3. Jason Elms	Lalor North SC.	21:43.84

VRWC RACES, ALBERT PARK, SUNDAY 23 OCTOBER 2005

Our first racing day for the summer attracted the cream of Australia's walkers from NSW, QLD, SA, ACT, Tasmania and the AIS – 19 interstate walkers in total.

The main event of the day was the Open Men's 50 km. Being the last chance for walkers to qualify for the Commonwealth Games or World Cup 50 km events, it attracted most of the key players and big times were expected. It was therefore surprising to see the walkers fall by the wayside one by one, victims perhaps of the early humid and warm weather. Eventually only 3 of the 9 walkers finished with Duane Cousins probably cementing his Commonwealth Games spot with a fine walk in the conditions. Troy Sundstrom walked a PB to finish 2nd and he has almost certainly confirmed his place in the 2006 World Cup team with his time of 4:18:26. The only other finisher was Queenslander Shane Pearson who won his State title with a gutsy walk.



Duane and Troy show the effort as they approach the finish line in the 50 km walk

OPEN MEN 50 KM		10km	20km	30km	40km	50km
1.	Duane Cousins	VIC 49:26	1:37:20	2:24:58	3:16:00	4:13:31
2.	Troy Sundstrom	NSW 50:31	1:39:24	2:29:50	3:22:57	4:18:26
3.	Shane Pearson	QLD 51:39	1:45:21	2:43:34	3:50:34	4:54:20
	Darren Bown	SA 49:14	1:36:32	2:28:30	DNF	
	Chris Erickson	VIC 49:26	1:37:21	2:29:40	DNF	
	Frank Bertei	VIC 51:22	1:42:36	2:35:43	DNF	
	Andrew Jamieson	VIC 52:03	1:44:09	2:37:48	DNF	
	Danny Hawksworth	VIC 51:58	1:49:05	2:40:54	DNF	
	Shaul Ladany	ISR 1:09:29	DQ			

The 20 km walk for men saw favourite Jared Tallent calling it quits after a fast 10 km. That left AIS team mate Michael McCagh to win with a PB time of 1:28:37. Adam Rutter and Tom Barnes were next in but both were off their expected times and also seemed victims of the day! Lachlan McDonald walked an inspired 20 km and would probably have broken the 100 minute barrier if not for a late nature call.

OPEN MEN 20 KM		2km	4km	6km	8km	10km	12km	14km	16km	18km	20km
1.	Michael McCagh	AIS 8:36	17:20	26:02	34:53	43:40	52:33	61:37	70:44	79:44	88:37
2.	Adam Rutter	AIS 8:27	17:01	26:02	34:53	44:41	54:36	64:28	74:22	84:34	94:03
3.	Tom Barnes	VIC 8:48	17:56	27:33	37:10	46:45	56:25	66:11	76:11	86:15	96:28
4.	Lachlan McDonald	VIC 9:20	19:01	28:58	38:29	48:49	58:49	69:00	81:48	91:37	102:09
5.	Michael Smith	NSW 9:08	19:01	29:05	40:06	50:46	62:36	74:42	86:59	99:05	111:10
	Ashley Coquhuon	ACT 9:07	18:34	28:11	37:59	47:51	58:01	68:40	DNF		
	Jared Tallent	AIS 8:24	16:51	25:41	34:37	43:46	DNF				

The women's 20 km was also a star studded event with Cheryl Webb the best credentialed walker. But Cheryl was simply out for a low key training session (she was down in Melbourne for a wedding) and she retired after an easy 10 km stroll. Natalie Saville led from the start and was pleased with her winning time of 1:40:01 after a break from training. Claire Woods was next in, followed by new AIS walker Michelle French who completed her first 20 km race for third place.

OPEN WOMEN 20 KM		2km	4km	6km	8km	10km	12km	14km	16km	18km	20km
1.	Natalie Saville NSW	9:35	19:20	28:57	38:36	48:20	58:10	68:13	78:33	89:08	100:01
2.	Claire Woods ACT	9:47	19:30	29:26	39:40	49:53	60:21	70:52	81:38	92:39	103:42
3.	Michelle French AIS	9:46	19:31	30:09	40:39	51:14	62:06	73:22	85:30	96:55	108:22
4.	Sarah Vardanega QLD	10:33	21:20	32:29	43:50	55:19	66:46	78:32	90:42	102:51	115:10
5.	Sandra Geisler VIC	10:45	21:30	32:22	43:30	55:05	66:56	78:48	92:44	107:05	119:57
6.	Liz Feldman VIC	12:57	25:50	38:44	52:04	65:35	79:17	92:51	106:25	120:07	133:51
7.	Sandra Howorth VIC	13:50	28:00	42:14	56:42	71:19	86:08	101:20	116:42	132:03	147:30
	Kellie Wapshott VIC	9:50	19:42	29:35	39:40	49:57	60:49	DNF			
	Megan Szirom VIC	9:46	19:44	29:52	40:08	50:36	61:29	DNF			
	Cheryl Webb NSW	10:05	20:56	31:42	42:36	53:30	DNF				

The 10 km events also saw a number of interstate walkers hoping to qualify for the World Cup Under 20 team and the best of them was Ian Rayson whose 46:43 was a B qualifier.

OPEN MEN 10 KM		2km	4km	6km	8km	10km
1.	Ian Rayson NSW	9:05	18:23	17:47	37:27	46:43
2.	Daniel Coleman TAS	9:24	19:01	29:00	39:24	49:41
3.	Blake Egelton NSW	9:26	19:11	29:28	40:14	50:46
4.	Mark Donahoo VIC	9:52	20:14	30:52	41:29	51:42
5.	Stuart Kollmorgen VIC	9:58	20:31	31:15	42:09	52:53
6.	Murray Dickinson VIC	11:18	22:59	35:02	47:31	60:07
7.	Bradley Elms VIC	12:22	25:19	38:42	52:03	65:09
8.	Ron Billston VIC	12:52	25:55	39:24	52:54	66:26
	Russ Dickenson VIC	11:23	23:11	DNF		

It would be remiss of me not to highlight the performance of **Brenda Riley** who broke the **World Masters W65 10 km walk record** by some 61 seconds. Brenda has recently turned 65 and is now going to rewrite the books in her new age group, just as she has done in her previous age groups. Her performance would have to be the walk of the day.

OPEN WOMEN 10 KM		2km	4km	6km	8km	10km
1.	Fiona Alldis NSW	9:37	19:52	30:49	41:43	52:12
2.	Carma Watson VIC	10:21	20:56	31:44	42:59	54:22
3.	Brenda Riley VIC	10:57	22:18	34:00	45:45	57:20.40 (World Record W65)
4.	Cassandra Staples NSW	10:21	21:57	33:46	46:11	58:36
5.	Natalie Laurie VIC	10:56	22:18	34:43	42:27	58:45
6.	Celia Johnson VIC	12:36	25:32	38:46	52:12	65:42
	Siobhan Donovan VIC	10:31	21:48	DNF		
	Heather Carr VIC	10:57	22:47	DNF		
	Susan Knapton NSW	9:38	19:52	30:19	41:01	DQ

We finished off the day with our own club races over the shorter distances and a number of walkers backed up after their Shield Competition walks the previous day. Well done everyone. It rounded off a great day of racing.

OPEN 5 KM

1.	Regan Lamble	26:27
2.	Tracey Feiner	28:15
3.	Fauve Jacobs	29:42
4.	Janet Holmes	30:16
	E5 Jean Knox	38:09
	E5 Margaret Beaumont	38:09

OPEN 3 KM

1.	Tim Girgin	15:48
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2. Rachel Tallent	15:50
3. Eda Girgin	15:52
4. Hilary Brazel	18:33
5. Jason Elms	20:40
Amy Burren	DNF
Damien Elms	DQ

2 KM U12

1. Caitlin Campbell	11:52
2. Dylan Sloan	13:07
3. Ebony Tallent	14:35
4. Madison Jones	15:54

1 KM U9

1. Sarah Burren	5:42
2. Rebecca Campbell	5:47

5 KM FITNESS WALK

Gordon Onley	32:42
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CHINESE NATIONAL GAMES, NANJING, 17-22 OCTOBER 2005

The Chinese have just completed what can only be described as a breathtaking National Games at the Nanjing Olympic Center Stadium. Results have been outstanding in both quality and depth and no events more so than the walks. They will certainly be a force to be reckoned with come 2008 and a home Olympics. Here are full reports from the 3 walks.

20 Km walk for men, Wednesday 19 October 2005

16-year-old Li Gaobo upset the more experienced walkers in the men's 20km walk, racing to a 1:18:22 win, just shy of his 1:18:07 Asian Junior record he set at the IAAF Race Walking Challenge in Cixi earlier this season. Urged on by the Jiangsu home crowd, the teen finished more than half a minute ahead of pre-race favourite Zhu Hongjun, who was second in 1:19:00. The 22-year-old Zhu, who finished ninth in the Helsinki World Championships and sixth at the Olympic Games in Athens, had been the clear Chinese No. 1 after lowering the Asian record to 1:17:41 in Cixi. 28-year-old 50 km specialist Yu Chaohong, who was fourth in the Athens Olympics over that distance, took third in 1:19:08. Yu won the 20 km at the National Championships earlier this season. In a truly high calibre race, 50 km world leader Han Yucheng finished fourth in 1:19:36.

1	Li Gaobo	CHN	23.7.89	1:18:22	
2	Zhu Hongjun	CHN	18.8.83	1:19:00	
3	Yu Chaohong	CHN	12.12.76	1:19:08	
4	Han Yucheng	CHN	16.12.78	1:19:36	
5	Cui Zhide	CHN	11.1.83	1:20:13	
6	Zhao Chengliang	CHN	1.6.84	1:20:20	PB
7	Sun Chao	CHN	8.1.87	1:20:59	PB
8	Li Jianbo	CHN	14.11.86	1:21:55	
9	Fang Pengfei	CHN	16.2.83	1:22:58	
10	Zhang Tianping	CHN	11.1.82	1:23:20	
11	Bai Liansheng	CHN	28.7.78	1:23:31	
12	Zeng Guoqiang	CHN	25.10.84	1:26:51	
13	Zhang Hong	CHN	25.4.78	1:27:39	
14	Lu Ronghua	CHN	21.2.83	1:28:01	
15	Xu Xingde	CHN	12.6.84	1:28:13	
16	Gao Lianzuo	CHN	30.8.85	1:28:14	
17	Liu Wenjun	CHN	8.1.87	1:28:26	
18	Xing Shucai	CHN	4.8.84	1:28:41	
	Liu Yunfeng	CHN	3.8.79	DNF	
	Si Tianfeng	CHN	17.6.84	DNF	
	Dong Jimin	CHN	10.10.85	DNF	
	Bian Aiguo	CHN	10.6.80	DQ	
	Shi Yong	CHN	7.2.87	DQ	
	Zhang Ronglong	CHN	2.11.84	DQ	
	Liu Guangjun	CHN	7.9.89	DQ	
	Lei Lingjie	CHN	3.1.87	DQ	

20 km walk for women, Thursday 20 October 2005

18-year-old Bai Yanmin upset the big names with a strong 1:27:37 win, a personal best. Competing in just her sixth race, Bai's win was the first of her young career. 2005 National Champion Jiang Jing, also from Jiangsu, was the favourite, having won the IAAF Race Walking Challenge in Cixi along with the national title in February. Jiang, who also finished second in the 2004 World Cup but was disqualified at this year's World Championships, bounced back nicely to finish second in 1:28:14. Shi Na was third in 1:28:24.

2000 Olympic champion, Wang Liping, who was second in the 2001 Games, was 11th today in 1:32:39. Song Hongjuan's season ended with in disappointment. The fastest Chinese in Helsinki where she was ninth, could not finish the race today.

1	Bai Yanmin	CHN	29/06/87	01:27:37	PB
2	Jiang Jing	CHN	23/10/85	01:28:14	
3	Shi Na	CHN	17/02/81	01:28:24	
4	Jiang Qiuyan	CHN	05/07/83	01:29:02	
5	He Dan	CHN	22/07/84	01:29:26	
6	Yang Sha	CHN	16/01/86	01:29:33	PB
7	Ha Mingming	CHN	15/04/82	01:30:14	PB
8	Liu Hong	CHN	12/05/87	01:30:22	

9	Zhai Lijun	CHN	28/11/86	01:30:44	
10	Chai Xue	CHN	21/01/88	01:31:37	PB
11	Wang Liping	CHN	08/07/76	01:32:39	
12	Xu Aihui	CHN	25/04/78	01:32:47	SB
13	Zou Ying	CHN	27/03/74	01:33:16	
14	Tang Yinghua	CHN	10/02/73	01:33:53	
15	Sun Lihua	CHN	30/09/83	01:34:00	
16	Xue Ailing	CHN	12/02/79	01:34:06	
17	Jiang Kun	CHN	18/05/85	01:34:24	
18	Yang Yawei	CHN	16/10/83	01:35:45	
19	Sun Limin	CHN	06/02/87	01:36:13	
20	Liu Feifei	CHN	16/09/86	01:37:23	
21	Zhang Nan	CHN	18/04/86	01:42:23	
	Song Hongjuan	CHN	04/07/84	DNF	
	Wang Qingqing	CHN	07/02/83	DNF	
	Gao Kelian	CHN	15/08/83	DQ	
	Pang Yingting	CHN	28/01/87	DQ	
	Liu Xiaoyan	CHN	04/09/85	DQ	

50 km walk for men, Saturday 22 October 2005 - World Record assault in the 50 km Walk

An Asian record by Yu Chaohong in men's 50 km Walk and a second victory by Olympic champion Xing Huina were the highlights of the sixth and final day of the 10th Chinese National Games in Nanjing.

The 28-year-old Yu, the fourth place finisher at the Olympic Games last year, and 21-year-old Zhao Chengliang, who was fifth at the World Championships in Helsinki maintained a World record pace until the waning stages when Yu pulled ahead to take the win in 3:36:06, just three seconds shy of Robert Korzeniowski's World record. Zhao held on for second, just seven seconds behind in 3:36:13. Yu, who had taken the bronze in the 2001 Games, said that despite his stunning performance, he isn't sure if he'll continue to compete until the 2008 Olympics in Beijing. In a fast race in which the top six top finishers set personal bests, Inner Mongolia walker Gadasu Alatan, 21, took the bronze in 3:40:23, with 19-year-old Ni Liang setting a world junior best* time of 3:41:30 for the fourth place.

Liaoning walker Han Yucheng, who set an Asian record of 3:36:20 in the national championships last February, was the favourite here too, but suffered the fate similar to that in his outing at the Helsinki World Championships. Not able to maintain the leaders' fast pace, he didn't finish the race. Another favourite, Xu Xingde, who was second in the National was disqualified this time. In Helsinki he was another non-finisher.

1	Yu Chaohong	CHN	12.12.76	3:36:06	AR	PB
2	Zhao Chengliang	CHN	1.6.84	3:36:13	PB	
3	Gadasu Alatan	CHN	27.1.84	3:40:23	PB	
4	Ni Liang	CHN	26.7.86	3:41:30	WJR	PB
5	Si Tianfeng	CHN	17.6.84	3:42:55	PB	
6	Zhao Jianguo	CHN	19.1.88	3:47:02	PB	
7	Yang Yongjian	CHN	28.4.73	3:54:13		
8	Zhang Defu	CHN	5.6.84	3:54:59	SB	
9	Liang Zhenggan	CHN	27.8.83	4:01:40		
10	Chang Chunhu	CHN	1.5.82	4:06:08		
11	Wang Weijun	CHN	31.12.80	4:07:48		
12	Guo Chao	CHN	5.2.83	4:19:05		
	Li Hongguang	CHN	10.2.80	DNF		
	Li Guoqing	CHN	1.10.79	DNF		
	Han Yucheng	CHN	16.12.78	DNF		
	Lu Ronghua	CHN	21.2.83	DNF		
	Xu Xingde	CHN	12.6.84	DNF		
	Wang Zhiping	CHN	11.12.83	DNF		
	Cui Zhide	CHN	11.1.83	DQ		
	Xing Shucai	CHN	4.8.84	DQ		
	Li Jianbo	CHN	14.11.86	DQ		
	Dong Jimin	CHN	10.10.85	DQ		
	Yu Guoping	CHN	13.6.86	DQ		
	Ao Xinli	CHN	26.1.81	DQ		

VICTORIAN ALL SCHOOLS U12-U16 CHAMPIONSHIPS, OLYMPIC PARK, 29 OCTOBER 2005

Last weekend the Victorian All Schools U12-U16 Track and Field championships were held at Olympic Park and the racewalks saw some fast times and a good overall standard of walking.

The 3000m was held as a single event for the U15 and U16 age groups and 16 walkers faced the gun. Chris Tilley led from the start with a some very fast opening laps. A second group of Regan Lamble, Daniel Payne, John Platt and Rhydian Cowley gamely chased and it was Rhydian who almost bridged the gap with a couple of laps to go. Just when it looked like a very close finish, Chris cleared out again to comprehensively win in 14:13 for what was probably the performance of the day.

3000m Walk - Girls U16

1.	Jessie	Palfreyman	Golden Square SC	15:31.53
2.	Eda	Girgin	MGC	15:41.22
3.	Tamara	Attard	Aquinas	18:42.15

3000m Walk - Boys U16

1.	Daniel	Payne	KAI	15:15.36
2.	John	Platt	Mt Clear SC	15:19.53
3.	Jason	Elms	Lalor North SC	20:20.40

3000m Walk - Girls U15

1.	Regan	Lamble	Strathcona BGGs	14:58.74
2.	Natalie	Laurie	Kingswood College	15:17.62
3.	Lana	Boddy	Norlane SC	18:36.48
4.	Kendelle	Hodges	HEC	19:35.64

3000m Walk - Boys U15

1.	Christopher	Tilley	St Joseph's College	14:13.33
2.	Rhydian	Cowley	MHS	14:29.16
3.	Nicholas	Mirarchi	St Joseph's College	16:02.58
4.	Jared	Larkins	Norlane SC	16:21.42
5.	Joshua	Platt	Mt Clear SC	16:45.07
6.	Beau	Lang	Ashwood College	20:51.04

The U14 competitors also raced in a single 1500m event with 17 walkers in attendance. Cassie Raselli and Tim Girgin cleared out early and had the race to themselves. But while Tim took gold in his event, Cassie, who crossed the line first in around 7:02, was disqualified. I am sure that she will learn from the experience and has lots of potential if she can put this disappointment behind her.

1500m Walk - Boys U14

1.	Timucin	Girgin	Kew High School	7:06.22
2.	Ergenekon	Girgin	Glenferrie PS	7:27.07
3.	Lachlan	Muir	Convent College	7:35.79
4.	Robert	Walsh	Mt Waverley SC	7:40.71
5.	Bradley	Simpson	Templeton PS	7:55.12
6.	Jack	Palfreyman	Golden Square SC	7:56.57

1500m Walk - Girls U14

1.	Rachel	Tallent	Ballarat HS	7:19.99
2.	Beth	Alexandra	Heny Park Primary	7:21.63
3.	Nicole	Hallett	St Michaels Berwick	7:51.42
4.	Hilary	Brazel	Holy Saviour	8:11.22
5.	Caitlin	Cambell	SYD	8:17.50
6.	Alicia	Neylan	View Bank College	8:18.32
7.	Emily	Payne	Hamlyn Banks PS	8:19.46
8.	Erin	Brunton	Lara Primary	8:39.42
9.	Ebony	Whiley	St Joseph's College	8:43.03
10.	Kiara	Dunn	CHR	9:32.09
--	Cassandra	Raselli	Berwick Lodge PS	DQ.

VRWC RACES, ALBERT PARK, SUNDAY 13 NOVEMBER 2005

Some 40 walkers turned up on Sunday for our annual VRWC Summer Championships and events were keenly contested.



Brenda Riley breaks her own W65 10 km World Record by nearly 2 minutes!

20km Men Championship – Gus Theobald Memorial Trophy

The first of our championships saw Tom Barnes walk to an easy victory with a very good time of 1:35:01. Andrew Jamieson defied his 59 years for second with an equally good 1:37:52 while Chris Erickson and Frank Bertei enjoyed a training walk to cross the finish line together. Lachlan McDonald was content with a fast 5 km before retiring.

1. Tom Barnes	1:35:01
2. Andrew Jamieson	1:37:52
E3 Chris Erickson	1:45:24
E3 Frank Bertei	1:45:24
Lachlan McDonald	Ab

10km Masters Women Championship – Stella Murnane Memorial Trophy

Our other major trophy on offer was the Stella Murnane for Masters Women and it was a high quality event with 3 of our top women contesting. The amazing Brenda Riley won, taking almost 2 minutes off her own W65 World Masters Record with an huge time of 55:31. Annette and Heather also walked great times but were relegated to the minor medals by Brenda's huge performance.

1. Brenda Riley	55:31:77	WR pending
2. Annette Major	56:50	
3. Heather Carr	58:43	

5km Under 20 Championship

Natalie Laurie and Tim Girgin both walked very good times to win the Under 20 Championships. Both are actually a long way under the U20 age group but walked confidently and fast.

1. Natalie Laurie	25:46
2. Regan Lamble	26:09
3. Eda Girgin	27:18
1. Timucin Girgin	26:47
2. Bradley Elms	31:14

3km Under 15 Championship

Damien Elms and Rachel Tallent won the U15 club championships and it was good to be able to give out 5 medals out of the possible 6 at the presentations.

1. Damien Elms	22:43	
Jason Elms	21:58	Invitation
1. Rachel Tallent	16:09	
2. Hilary Brazel	17:25	
3. Emily Payne	19:21	



Natalie Laurie (85) and Tim Girgin (1658) go straight to the front at the start of the 5 km /3 km



Nicole Hallett goes to the front at the start of the U9 and U12 1500m walk

1500m Under 12 Championship

Nicole Hallett walked superbly to win this event and take fastest time ahead of Caitlin Campbell and Ebony Whiley. Alas, our U12 boys were not present so missed a good racing opportunity.

1. Nicole Hallett	8:01
2. Caitlin Campbell	8:24
3. Ebony Whiley	8:52
4. Ebony Tallent	9:14
Madison Jones	11:04

1500m Under 9 Championship

Caitlin Campbell walked very well with her time of 9:17 and we welcomed first time walkier Ryan Dossetor (the son of former international walker Mark Dossetor) who won a gold medal to make his first race a memorable one.



Ryan and Rebecca with their U9 1500m gold medals

1. Rebecca Campbell	9:17
1. Ryan Dossetor	11:11

Other non-championship events were on offer and a number of walkers availed themselves of the opportunity. The best of the rest was definitely Kellie Wapshott whose 22:56 was a PB for 5 km.

10km Open

1. Murray Dickinson	60:35
2. Clarrie Jack	61:03
3. Stuart Cooper	66:03
Rachael Loone	Ab

5km Open

1. Kellie Wapshott	22:56
2. Carma Watson	25:13
3. Sandra Geisler	25:15
4. Janet Holmes	29:38
5. Celia Johnson	32:05
6. Gwen Steed	32:05
7. Margaret Beaumont	37:13
8. Ian Beaumont	39:01
Siobhan Donovan	Ab (3 km in 15:02)

5km Fitness Walk

Gordon Onley	29:31
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PACIFIC SCHOOLS GAMES, MELBOURNE, NOVEMBER 2005

This major event is held every four years somewhere in the Pacific Rim and involves athletes from schools all around the region. The Games involves a number of sports, not just Track & Field. Participating countries this year include Canada, China, Fiji, French Polynesia, Guam, Indonesia, Malaysia, Nauru, New Caledonia, New Zealand, Papua New Guinea, Philippines, Samoa, Singapore, Solomon Islands, South Africa, Thailand, Tonga, Tuvalu and Vanuatu.

The competition at Olympic Park has been of a very high standard and we have already seen some 8 or 9 Commonwealth Games B qualifiers spread across the Track & Field disciplines. Unfortunately (in my opinion), the restrictive nature of the teams based competition means that many of our aspiring walkers have been left out (this was not the case in previous Games). Of course, we were initially left out completely and had to fight hard to get reinstated. So at least some of our walkers have been able to participate in what will be one of the highlights of their careers.

The 1500m walks were held on the Monday and the 3000m walks were held on the Tuesday. Comments are from roving reporter Jim Leppik. Congratulations to the Victorian medallists who all walked fantastically!

Amy Burren	1 st	11 Years Girls 1500m Walk
Rhydian Cowley	1 st	13-14 Years Boys 3000m Walk
Jessica Rothwell	2 nd	15-16 Girls 3000m Walk
Ebony Whiley	3 rd	10 Years Girls 1500m Walk
Jack Sheridan	3 rd	11 Years Boys 1500m Walk
Rachel Tallent	3 rd	12 Years Girls 1500m Walk
Regan Lamble	3 rd	13-14 Years Girls 3000m Walk
Siobhan Donovan	3 rd	17-19 Years Girls 3000m Walk

And now onto the results

Monday 28 November – 1500m Walks

Boys 1500 Meter Race Walk 10 Years

1. McDonald, Michael	NSW	8:03.90
2. Stokell, Brodie	TAS	10:07.39
3. Rowden, Lachlan	QLD	10:42.96

Girls 1500 Meter Race Walk 10 Years

1. Bettiol, Amy	NSW	7:44.35
2. Laman, Anna	NSW	7:48.09
3. Whiley, Ebony	VIC	8:33.13
4. Burbury, Rosie	TAS	8:41.32
5. Phillips, Caitlyn	TAS	8:45.53
6. Young, Lucinda	QLD	8:45.88
7. Martin, Rachael	NZL	9:03.40

Boys 1500 Meter Race Walk 11 Years

1. Crouch, Daniel	SA	8:32.47
2. Weedon, Shannon	TAS	10:38.50
3. Sheridan, Jack	VIC	10:45.79
Fazldad, Nathan	NSW	DQ

Girls 1500 Meter Race Walk 11 Years

1. Burren, Amy	VIC	7:39.83
2. Bettiol, Emma	NSW	8:13.74
3. Abala, Tisharlia	NT	8:39.90
4. Stinger, Felicity	TAS	9:23.48
5. Davies, Zahlie	SA	9:48.84

Boys 1500 Meter Race Walk 12 Years

1. Chapman, Harley	WA	8:12.66
2. Howlett, Braden	TAS	9:14.06
Anthony, Julian	WA	DQ

The Girls 12 Years winner, Shannon Jennings, is an outstanding performer. At just 12 years old she already has a 13.52 3km and a 24.24 5km to her credit this year. Was never going to be troubled winning this event and duly did.

Girls 1500 Meter Race Walk 12 Years

1. Jennings, Shannon	NSW	6:55.66
2. Chapple, Kini	NSW	7:09.45
3. Tallent, Rachel	VIC	7:22.42
4. Fitzsimons, Kate	WA	7:24.24
5. Sorensen, Courtney	QLD	7:24.65
6. Phillips, Teletha	TAS	8:00.87
7. Abala, Shekeira	NT	8:31.87
8. King, Katherine	WA	8:40.14
9. Griffin, Stephanie	ACT	8:45.99
10. Walker, Stephanie	TAS	9:01.24
11. Davies, Kara	SA	9:18.48

Tuesday 29 November – 3000m Walks

Despite the very windy condition there were a number of good performances over the 3000m. Rhydian Cowley was just 2 secs outside his PB to win the first event, the Boys 13-14.

Boys 3000 Meter Race Walk 13-14 Years

1. Cowley, Rhydian	VIC	14:29.30
2. Mulhearn, Jordan	NSW	14:50.41
3. Richardson, Chase	TAS	15:05.88
4. Davies, Cash	SA	16:01.49
5. Malcomson, Bobby	TAS	16:10.50
6. Platt, Joshua	VIC	17:15.21

Paige Hooper, who won the Girls 13-14, was particularly impressive for someone of 13 years. Despite the outstanding time she was still 28 seconds short of her PB (13.42) so she certainly has some talent. Paige also has a 24.12 5km and a 6.26 1500m to her credit recently as well.

Girls 3000 Meter Race Walk 13-14 Years

1. Hooper, Paige	SA	14:10.85
2. Zang, Yu	CHN	15:00.26
3. Lamble, Regan	VIC	15:14.51
4. Barrett, Karla	WA	16:09.22
5. Tobin, Rose-Leigh	QLD	16:26.93
6. Roberts, Naomi	SA	16:30.42
7. Song, Gie Chee	MAL	17:20.11
8. Linaker, Alexandra	CAN	19:24.14
9. McLean, Amy	CAN	19:24.21
Gerlach, Micaela	NT	DNF

Boys 3000 Meter Race Walk 15-16 Years

1. Reading, Brendon	ACT	13:06.82
2. Keys, Brook	NSW	13:12.13
3. Wolszczak, Grzegorz	SA	13:21.86
4. Coleman, Daniel	TAS	13:24.92
5. Loi, Jared	QLD	13:45.44
6. Beach, David	WA	14:05.47
7. Booyens, C	RSA	14:38.44
8. Chan, Wai Hung	MAL	14:45.96
9. Payne, Daniel	VIC	15:09.37
Von Geusau, Nicholas	WA	DQ

The Girls 15-15 Years event was a good race for 1500m between the Chinese girl and the winner of the 17+ age group, 17 yo Tanya Holliday. Tanya took control after 1500m and went on to win in 13.24. She looks to be our next big thing, recently walking 12.48 as well as a 22.07 for the 5km and looked mighty impressive yesterday. Be interesting to see how she performs in the Australian All Schools & Youth National Championships beginning the 8th December. Add rising young star Fiona Allidis, who didn't compete yesterday, to that field and it will have alot of strength. The All Schools produces some very strong fields and performances each year.

Girls 3000 Meter Race Walk 15-16 Years

1. Wang, Tingting	CHN	13:48.91
2. Rothwell, Jessica	VIC	14:41.79
3. Staples, Cassandra	NSW	15:01.95
4. Newitt, Kate	NZL	15:07.62
5. Stigwood, Stephanie	SA	15:30.63
6. Sorensen, Natasha	QLD	15:52.11
7. Malcomson, Lizzy	TAS	16:00.90
8. Grahame, Sarah	VIC	17:32.63
9. Simmons, Emma	WA	17:34.24
10. Beard, Alison	WA	18:52.44
Groenewald, Susanna	RSA	DQ

17+ Boy's winner, Ian Rayson, looked particularly impressive and was never troubled at any stage. Looks to have a good future.

Boys 3000 Meter Race Walk 17-19 Years

1. Rayson, Ian	NSW	12:36.52
2. Egelton, Blake	NSW	14:16.39
Eagleton, Kevin	RSA	DQ

Girls 3000 Meter Race Walk 17-19 Years

1. Holliday, Tanya	SA	13:24.87
2. Knapton, Susan	NSW	14:34.44
3. Donovan, Siobhan	VIC	15:34.03
4. Hopkins, Michelle	RSA	16:22.18
5. Higdon, Katherine	NT	18:04.62
Steinbring, Pamela	CAN	DQ

AUSTRALIAN ALL SCHOOLS CHAMPS, SYDNEY, 8-11 DECEMBER 2005

The Australian All Schools Championships were held over 4 days last week in Sydney and the cream of Australia's young walkers were in attendance. Amongst the top performers were a number of Vics. Thanks to Jim Leppik for his comments.

Day 1 - Thursday 8 December

There were some good results given conditions were very hot and humid. Although the walks started after 6pm, it was still very tough conditions.

In the Under 17 Boys walk, Brendon Reading made it a double after his win at the Pacific Schools Games last week with another excellent performance. Ian Rayson, another Pacific Games winner, reproduced that form with a win in great time in the Under 18 Boys walk.

Boys 3000 Metre Walk Under 17

1. Brendon Reading,	Act	Hawker C,	13:27.74
2. Daniel Coleman,	Tas	St Virgi,	14:04.26
3. Cody Attwater,	Nsw	Sth Graf,	14:17.61
4. David Beach,	WA	Ocean Ree,	14:33.77
5. Adam Dunn,	SA	Sacred He,	15:12.59
6. Anson Perin,	Nsw	Leumeah,	16:04.65
Gregorz Wolszczak,	SA	Thomas Mo,	DQ.
Shaun Burgess,	Vic	Belmont,	DQ.

Boys 3000 Metre Walk Under 18

1. Ian Rayson,	Nsw	Gosford,	12:34.90
2. Brook Keys,	Nsw	Mitchell,	13:24.22
3. Alan Murray,	Qld	Nerangba,	14:25.27
4. Michael Reading,	Act	Belconne,	15:12.84
5. Dan De Wit,	Nsw	N Syd BH,	15:35.30
6. Jonathon Birt,	Qld	West Moreton,	15:46.46
7. Desmond Collier,	Qld	Dakabin,	16:10.78
Mark Sheehan,	WA	Mater Dei,	DQ.

In the Under 17 Girls event, Jess Rothwell produced one of her best performances to win the under 17 age group in a PB time of 14.21. In what was a great result for the Vics, Natalie Laurie took the bronze with another great time – 14:48.

Girls 3000 Metre Walk Under 17

1. Jess Rothwell,	Vic	Goulburn,	14:21.96
2. Nicole Fagan,	Nsw	Monte St,	14:42.51
3. Natalie Laurie,	Vic	Kingswoo,	14:48.49
4. Lizzy Malcomson,	Tas	Fahan Sc,	14:54.56
5. Roxanne Busuttil,	Nsw	Lake Munmo,	15:02.36
6. Leanne Golebiowski,	Nsw	Wfiel Sp,	15:49.88
7. Caitlin Brunton,	Vic	Kardinia,	16:55.95
8. Naomi Roberts,	SA	Trinity C,	17:32.62
Cassandra Staples,	Nsw	Macarthur,	DQ.

Otstanding Junior Tanya Holliday must have been saving energy for the Under 20 5000m on Friday as her winning time of 14.03 was 75 seconds outside her best time. Big news on the Vic front was the third placing of Siobhan Donovan with 15:13..

Girls 3000 Metre Walk Under 18

1. Tanya Holliday,	SA	Brighton,	14:03.42
2. Fiona Alldis,	Nsw	Abbotsl,	14:34.93
3. Siobhan Donovan,	Vic	BoroniaH,	15:13.49
4. Natasha Sorensen,	Qld	Somervil,	15:19.22
5. Brianna Hollitt,	SA	Wildernes,	15:53.90
6. Stephanie Stigwood,	SA	Seaview H,	16:28.39

Day 2 - Friday 9 December

Day 2 of the Australian All Schools saw a good win for 13 yo speedster Paige Hooper in a PB time, and a fast one at that. 12 yo Shannon Jennings produced a great performance for second in a time that would win 9/10 under 14 events normally. An interesting point to this performance below is that ourstanding as it is it is actually still 20 seconds OUTSIDE our National Under 14 Girls record of 5.59.15 set in 1996 by Renee McAskill (it is also an Under, 18 and Under 20 record as well).Victorian Beth Alexander finished just outside the medals in an excellent walk.

Girls 1500 Metre Walk Under 14

1. Paige Hooper,	SA	St Franci,	6:19.33
2. Shannon Jennings,	Nsw	Carolin,	6:34.28
3. Rhearne Ryan,	Nsw	Macarthu,	7:03.21
4. Beth Alexander,	Vic	Heany Pa,	7:12.03
5. Courtney Sorensen,	Qld	Somervil,	7:34.86
6. Cassandra Raselli,	Vic	Berwick,	7:40.87
7. Julia Russell,	Nsw	Aquinas,	7:43.17
8. Tori Maxwell,	Nsw	Melville,	7:51.88
9. Rose-Leigh Tobin,	Qld	Corpus C,	7:55.77
10. Erin Brunton,	Vic	Lara PS,	8:04.84
11. Louise Richardson,	WA	Swan CC,	8:06.30
12. Melissa Currie,	Qld	Coorparoo,	8:11.95
13. Shenna Hartley,	WA	Coodanup Com,	8:17.48
14. Shere`e Boase,	WA	Yanchep Dist,	8:18.08
15. Alicia Neylan,	Vic	View Ban,	8:20.53
16. Emily Payne,	Vic	Hamlyn,	8:41.10
Danielle George,	Nsw	Olmc Par,	DQ

This event saw a pretty good win to young NSW walker Jordan Mulhearn. Times were generally slow as it was a real scorcher on Friday and Tim Girgin did well to finish 5th.

Boys 1500 Metre Walk Under 14

1. Jordan Mulhearn,	Nsw	Mari Eas,	6:58.67
2. Ben Connolly,	Qld	St Pauls,	7:03.49
3. Aaron Jelfs,	SA	Modbury P,	7:04.85
4. John Tilden,	Nsw	Oakflats Hig,	7:10.32
5. Timucin Girgin,	Vic	Kew HS,	7:14.63
6. Jackson Smith,	Nsw	Pen Hill,	7:28.07
7. Lachlan Muir,	Vic	Covenant,	7:38.85
8. Julian Anthony,	WA	Pion Vill,	7:49.21
9. Mark Roberts,	Qld	St Laure,	8:00.46
10. Joel Phillips,	WA	Challis PS,	8:04.31
11. Jack Palfreyman,	Vic	Golden S,	8:12.68
12. Beau Lane,	Qld	Emmanuel,	8:23.90
John Hallam,	Qld	Marist B,	DQ

With Tanya Holliday a non-starter, this event had the makings of a close race and so it went with only 8 seconds seperating the first 3 girls. Susan Knapton, 18, a 6th placegetter at World Youth level 2 years ago took first from Jessica Heazlewood, 18, who must have walked a PB. Jessica Rothwell, 16, has a had great series of walks with her third 3rd adding to her victory yesterday in the Under 17 age group.

Girls 5000 Metre Walk Under 20

1. Susan Knapton,	Nsw	StMar SH,	24:14.17
2. Jessica Heazlewood,	Nsw	Loreto K,	24:20.93
3. Jess Rothwell,	Vic	Goulburn,	24:22.78
4. Fiona Alldis,	Nsw	Abbotsl,	25:17.08
5. Nicole Fagan,	Nsw	Monte St,	25:37.65
6. Lizzy Malcomson,	Tas	Fahan Sc,	25:54.25
7. Natasha Agius,	Nsw	Emmaus C,	26:52.59
8. Cassandra Staples,	Nsw	Macarthu,	26:56.49
9. Brianna Hollitt,	SA	Wildernes,	27:19.73
10. Rukshani Keenawinna,	Nsw	Carolin,	28:06.85
11. Melissa Sullivan,	WA	Armadale,	29:49.50

Jillian Hosking,	Act	The Canb,	DQ
Beki Lee,	Nsw	StMar SH,	DQ

Day 3 - Saturday 10 December

Ian Rayson completed the Under 18-20 double, winning in 22.11, a good walk in what I'd imagine would have been pretty warm conditions (I'm relying on the weather forecast there).

Boys 5000 metre Walk Under 20

1. Ian Rayson,	Nsw	Gosford,	22:11.14
2. Daniel Coleman,	Tas	St Virgi,	24:11.44
3. Brendon Reading,	Act	Hawker C,	24:44.23
4. Gregorz Wolszczak,	SA	Thomas Mo,	25:05.16
5. Alan Murray,	Qld	Nerangba,	25:51.37
6. Adam Dunn,	SA	Sacred He,	26:07.17
7. David Beach,	WA	Ocean Ree,	26:16.21
8. Mark Sheehan,	WA	Mater Dei,	26:53.10
Ben Henmon,	SA	Mt Gambie,	DNF
Blake Egelton,	Nsw	St Domin,	DNS.

Once again the first two placegetters in yesterday's Under 14 girls went 1-2 today in the Under 15 event. Paige Hooper again took 1st in 13.40, just short of her PB, with Shannon Jennings taking 2nd in 14.19, good walks in the conditions. Natalie Laurie had a terrific series taking 3rd in 15.06, her second bronze medal of the championships after her 3rd place and PB of 14.45 in the Under 17 event on Thursday.

Girls 3000 metre Walk Under 15

1. Paige Hooper,	SA	St Franci,	13:50.90
2. Shannon Jennings,	Nsw	Carolin,	14:19.23
3. Natalie Laurie,	Vic	Kingswoo,	15:06.82
4. Melissa Hayes,	Nsw	Terra Sa,	15:31.53
5. Rhearne Ryan,	Nsw	Macarthu,	16:07.28
6. Samantha Tesch,	Qld	Dakabin,	16:16.23
7. Naomi Roberts,	SA	Trinity C,	16:28.26
8. Jessica Bennett,	Nsw	Muirfiel,	16:56.77
9. Shenna Hartley,	WA	Coodanup Com,	18:23.39
10. Cindy-Anne Bevis,	Qld	Wellington,	18:43.22
Tracey Carrod,	WA	Lockridge,	DQ
Regan Lamble,	Vic	Strathco,	DNS
Karla Barrett,	WA	MaterChristi,	DNS.

Stephanie Stigwood did a top job winning the Under 16 event in 15.33 while Bendigo walker Jessie Palfreyman took the bronze.

Girls 3000 metre Walk Under 16

1. Stephanie Stigwood,	SA	Seaview H,	15:33.19
2. Natasha Sorensen,	Qld	Somervil,	15:46.21
3. Jessie Palfreyman,	Vic	Golden S,	16:43.81
4. Nicolie Byrne,	WA	Sommerville,	16:53.90.

Day 4 - Sunday 11 December

The last day of the All Schools finished with the Boys Under 15 and 16 events. The Under 15 walk was a Victorian quinella with Chris Tilley continuing his great season to win in 14.27. Rhydan Cowley also walked excellently to take 2nd in 14.40.

Boys 3000 metre Walk Under 15

1. Christopher Tilley,	Vic	St Josephs F,	14:27.02
2. Rhydan Cowley,	Vic	Melb Hig,	14:40.78
3. Aaron Jelfs,	SA	Modbury P,	15:12.39
4. Jackson Young,	Nsw	Endea SH,	15:14.24
5. Shaun Ninyo,	Nsw	Matravil,	15:20.54
6. Jordan Mulhearn,	Nsw	Mari Eas,	15:26.14
7. Nicholas Mirarchi,	Vic	St Josephs F,	15:27.42

8. Jared Larkins,	Vic	Norlane,	15:48.05
9. Nathan Jones,	Nsw	Hills Sports,	16:04.01
10. Julian Anthony,	WA	Pion Vill,	16:26.99
11. Bobby Malcolson,	Tas	Mackillo,	16:33.72
Kyle Malone,	Nsw	St Domin,	DQ.

NSW walker Brook Keys continued his run of great results, easily winning the Under 16 boys event in 13.34, outside his best, which is near 13 min but a great time anyway. Daniel Payne walked a PB and was rewarded with 5th in the strong field.

Boys 3000 metre Walk Under 16

1. Brook Keys,	Nsw	Mitchell,	13:34.14
2. Michael Reading,	Act	Belconne,	14:10.80
3. Jared Loi,	Qld	BribieSH,	14:19.14
4. James Pisani,	Nsw	Condell,	14:30.40
5. Daniel Payne,	Vic	Kardinia,	14:36.05
6. Jonathon Birt,	Qld	West Moreton,	14:52.94
7. an Dewhurst,	Nsw	Arndell Ang,	15:13.62
8. John Platt,	Vic	Mt Cle S,	15:41.64
Dan De Wit,	Nsw	N Syd BH,	DQ.
Jason Pisani,	Nsw	Condell,	DQ.

VRWC RACES, SUNDAY 11 DECEMBER 2005

A larger than expected group of walkers ascended upon Albert Park last Sunday morning for our last Sunday event before the end of the year and there were some good performances on show.



The start of the 10 km and 5 km events

The Open 20 km event was won by Andrew Jamieson with his usual wonderful effort, beating 100 minutes once again. When he turns 60 in June next year, watch the M60 records tumble! We also had a welcome visitor in Dip Chand who raced with the club some 4-5 years ago. Dip is now based in Brisbane but needed to break 2 hours for the 20 km to put in a bid for Fiji Commonwealth Games selection. It was his first 20 km for a few years and he judged it beautifully, finishing in 1:59:12. Good luck Dip! We hope to see you in action at the Docklands in March!



Dip Chand and Rachel Loone in action

20 km Open

- | | | |
|---------------------|-------|-------------------------|
| 1. Andrew Jamieson | 49:20 | 1:38:48 |
| 2. Dip Chand (FIJI) | 59:20 | 1:59:12 |
| 3. Rachel Loone | | retired (8 km in 47:43) |

In the 10 km event we welcomed Lynette Bannister of Tasmania who was after a time of 52:00 to qualify for the World Cup Under 20 10 km event next year. She fell short on this occasion but still walked a big PB and wasn't too far outside the required standard. Next time Lyn! She was helped by Sandra Geisler who finished some 12 seconds in front. Colin Heywood was the fastest overall with 51:21 but a special mention for Megan Szirom who sped over the first 5 km in 23:25 before calling it quits. Megan is certainly in good form.

10 km Open

1. Colin Heywood	51:21
2. Sandra Geisler	53:13
3. Lynette Bannister (TAS)	53:25 (PB)
4. Simon Evans	58:28
5. Janet Holmes	62:36
6. Bob Gardiner	63:20
7. Gwen Steed	69:50
Megan Szirom	Retired (5 km in 23:25)
Murray Dickinson	Retired (4 km in 22:54)
Danny Hawksworth	Retired (2 km in 10:27)

The 5 km event saw Simon Baker making a welcome return to Albert Park. Simon, probably (on performance) our greatest ever 50 km walker, is now more active in coaching but not lost his stylish technique as the following photo shows



Simon Baker in action in the 5 km event

Siobhan Donovan was also a surprise starter, fresh from her third place in the Australian All Schools U18 5000m walk in Sydney only 2 days before. She had an easy stroll to finish in 26:38! Canadian Gayle McIntyre had her first ever walk and impressed with 35:54.

5 km Open

1. Simon Baker	26:25
2. Siobhan Donovan	26:38
3. Heather Carr	26:54
4. Fauve Jacobs	28:17
5. Kylie Irshad	29:33
6. Bradley Elms	30:58
7. Anthony Doran	31:46
8. Celia Johnson	31:59
9. Sandra Howorth	33:56
10. Jason Elms	35:33
11. Gayle McIntyre	35:54
12. Marlaine Stanway	36:16

13. Margaret Beaumont	36:27
14. Ian Beaumont	39:07
Eda Girgin	Retired (2 km in 11:12)
Gordon Onley	DQ (38:52)

Only a few of our younger walkers came down in what is a busy time of the Little Athletics year. Amy Burren and Nicole Hallett impressed with their 3 km walks while Caitlin Campbell was the fastest of the 2 km walkers. It was good to see Rebecca Campbell upping her distance to 2 km but that left Sarah Burren as our sole Under 9 walker. They are certainly an impressive group of young walkers.

3 Km Open and Under 15

1. Amy Burren	17:10
2. Nicole Hallett	18:16
3. Damien Elms	24:02

2 Km Under 12

1. Caitlin Campbell	12:21
2. Amelia Finnegan	13:03
3. Rebecca Campbell	14:06

1 km Under 9

1. Sarah Burren	6:08
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RON CLARKE CLASSIC MEET, GEELONG, 5000M WALK FOR ELITE MEN, SAT 17 DECEMBER 2005

AA has not staged a 5000m walk event during an "A" series since the 1966/97 season, nor as a National Championship since 1998, so this was the first time apart from Interclub that our top walkers have had the chance to race this distance.

And what a race it turned out to be with 7 of the 8 finishers recording PBs and with the first 3 finishers under 20 minutes and the fourth place just failing to break 20 minutes by 0.41 secs.

Jared Tallent went to the front immediately, reeling off successive 1:31 laps. Going through the 3000m mark in 11:35, he powered on to a huge PB time of 19:13 to shoot up to 4th on the all-time Australian ranking for this event. His AIS partners Michael McCagh and Adam Rutter, along with Chris Erickson, walked as a group with Adam and Chris applying the pressure and Michael nicely tucked in behind. They passed the 3000m in 11:55 but still nothing separated them. It was not until the final couple of laps that Michael showed his hand, sped to the front and stormed home to record 19:48. Adam and Chris fought on gamely with Adam crossing the line in 19:54 and Chris finishing in 20:00.



Jared Tallent surges to a PB 5000m time of 19:13.95

Tom Barnes found himself in no-mans land and had to walk on his own for the entire race. He too was rewarded with a big PB after an excellent walk. The only finisher not to record a PB was Duane Cousins. With the 50 km Commonwealth Games walk his priority, he had done a 20 km training session in the morning. 39 year old Frank Bertei broke a 12 year old PB to record 21:22 while 17 year old NSW walker Ian Rayson was the last man home in yet another big PB. The only non-finisher was Lachlan McDonald who came into the race at the last minute and was a bit underdone in terms of training.

We have yet to see an event in Australia where four walkers break 20 mins in the one race, but we came tantalisingly close on Saturday. If Luke Adams and Nathan Deakes had been starters, this would have been a certainty. We tend to think of the late 80's as our greatest walking era but I feel that we are just about back there again with this wonderful string of walkers. With the exceptions of Frank and Duane, they are all young. Jared is 21, Chris and Tom are 23 and Michael, Adam and Ian are still juniors. Add in Nathan and Luke and a few others like Troy Sundstrom and Darren Bown and the future looks bright indeed.

The young walkers also had a chance to meet and chat with Nick A'Hern, Simon Baker and Nathan Deakes, saw Ron Clarke and John Landy being interviewed and had the chance to see Steve Monagetti run an unforgettable 1 hour track race. All in all, it was a great meeting.



Chris Erickson, Michael McCagh and Adam Rutter walked together throughout the race

1.	Jared Tallent	VIC/AIS	19:13.95	PB – 25 secs
2.	Michael McCagh	WA/AIS	19:48.57	PB – 12 secs
3.	Adam Rutter	NSW/AIS	19:54.84	PB – 1 sec
4.	Chris Erickson	VIC	20:00.41	PB – 58 secs
5.	Tom Barnes	VIC	20:49.09	PB – 42 secs
6.	Duane Cousins	VIC	21:03.31	
7.	Frank Bertei	VIC	21:22.27	PB – 12 secs
8.	Ian Rayson	NSW	21:23.85	PB – approx 40 secs
9.	Lachlan McDonald	VIC		DQ

The Australian All-Time rankings have now suffered a major shuffle as a result of this race. It now reads as follows

Time	Name	State	DOB	Place	Venue	Date
18.51.39	Nick A'Hern	N	06/01/69	1	Auckland,NZ	21/02/98
18.52.87	Dave Smith	V	24/07/55	1	Canberra	21/02/86
19.09.74	Andrew Jachno	V	13/04/62	2	Sydney	23/02/91
19.13.95	Jared Tallent	V	17/01/84	1	Geelong	17/12/054
19.20.87	Brent Vallance	N	30/04/72	1	Sydney	20/02/00
19.24.12i	Simon Baker	V	06/02/58	7	Budapest,Hungary	05/03/89
19.27.4	Nathan Deakes	V	17/08/77	1	Melbourne	01/11/97
19.34.68	Luke Adams	N	11/10/76	2	Sydney	20/02/00
19.36.84	Dion Russell	V	08/05/75	3	Hobart	14/02/97
19.38.22	Troy Sundstrom	N	30/05/84	3	Sydney	19/02/00
19.45.65	Willi Sawall	V	07/11/41	2	Melbourne	31/03/84
19.46.91	Steve Beecroft	V	14/03/71	2	Melbourne	09/02/92
19:48.57	Michael McCagh	W	16/04/86	2	Geelong	17/12/05
19:54.84	Adam Rutter	N	24/12/86	3	Geelong	17/12/05
19.56.9	Jon Gawley	N	09/05/80	2	Sydney	06/03/99
19.57.9	Paul Copeland	V	25/04/57	2	Melbourne	14/12/89
19.58.65	Doug Connolly	N	30/10/82	1	Sydney	09/12/99
20:00.41	Chris Erickson	V	01/12/81	4	Geelong	17/12/05

GRAHAM BRIGGS MEMORIAL TRACK CLASSIC, HOBART, FRI 6 JANUARY 2006

Jim Leppik reports as follows on what was a very interesting race in Hobart last Friday evening

Times were slow due to very warm conditions with the seniors about a minute out and the juniors possibly as high as 2 min. There were some great little contests amongst the walkers. Darren and Chris had an interesting battle, exchanging not only the lead but big leads throughout the event. At various stages either was, more than once, 30-40m ahead of the other until, in the end, it came down to a shoot-out over the last 600m.

Jane's defeat wasn't that big a surprise, she's not always in shape during our domestic season and Cheryl, a 91 min walker over 20km, is a class act in her own right. It was a terrific race for 15 laps with Cheryl at Jane's shoulder, at which point Cheryl then made her break and very impressively won by 40+ seconds. Jane still looked pretty good and will certainly be ready by Commonwealth Games at the end of March. As for Cheryl, it was very promising for her and she may be more than capable of taking it right up to Jane in that event.

The two junior girls, Fiona Allidis and Lynette Bannister had an interesting battle despite their times being affected by the weather. Lynette was chasing the junior World Cup qualifier of 52 min while Fiona, already with a World Cup qualifier (also 16th at the last junior World Cup at 15 years of age) having walked 50.42 a few weeks ago, wanted the World Junior standard set by our country at 49.15. Fiona had good break for most of the event with Lynette whittling down the lead bit by bit during the last 5km, getting within 7 sec with 2 laps to go. Fiona though is a class act and had enough kick in her at the end to hold that lead and beat Lynette by 12 sec.

Junior male Daniel Coleman was very prominent early chasing the time needed to qualify him for junior World Cup (47 min) but it was a tough ask in the conditions and he did well to hold on and finish in 50.34.

10000 Metres Walk

1. Darren Bown	SA	42:29.78
2. Chris Erickson	VIS	42:37.43 (PB – 61 secs)
3. Cheryl Webb	NSWIS	46:46.74
4. Jane Saville	NSWIS	47:29.57
5. Daniel Coleman	TAS	50:34.70
6. Fiona Allidis	NSW	53:54.49
7. Lynette Bannister	TAS	54:06.97

NSW 5000M TRACK WALK CHAMPIONSHIPS, SYDNEY, SAT 7 JANUARY 2006

It was a busy weekend for Jane Saville, Cheryl Webb and Fiona Alldis. The day after racing 10,000m in Hobart, they fronted for the NSW 5000m Track Championship in Sydney and this time it was Jane who came out the winner by 6 secs. Both Jane and Cheryl walked excellent times well under 22:30. The best performance was probably from last year's World Junior Rep and Junior World Cup competitor Lisa Grant who took 3rd in 22.31, a big PB. Dual World Junior competitor Laura Johnson did well to take 4th in just over 23 minutes. Fiona Alldis, at only 17, was probably still tired from the race the night before in Hobart but still did well to walk 5th in 25.52. All in all, it was a high quality race.

1. Saville, Jane	32	Randwick Botany	22:15.94
2. Webb, Cheryl	30	Blacktown	22:21.55
3. Grant, Lisa	21	Sydney Uni	22:31.18
4. Johnson, Laura	22	Asics Wests	23:01.90
5. Alldis, Fiona	18	Asics Wests	25:52.35
6. Staples, Cassandra	17	Campbelltown	26:02.72
7. Ebejer, Vanessa	21	Parramatta	26:46.31
8. Rutter, Jillian	21	Sydney Uni	27:54.98
9. Alldis, Christina	20	Uts Norths	28:31.30
10. Keenawinna, Rukshani	15	Parramatta	29:25.84
11. Sundstrom, Jodie	27	Illawarra BS	32:45.13

The men's walk which was superbly won by Luke Adams. Luke's time of 19:38 shows he is in top form and will be a major force in the National 20 km walk in 3 weeks time. Junior Ian Rayson improved on his Geelong time with another PB to take second place overall. His 21:18 is a great time for an 18 year old. But just as good was 16 year old Brook Keys who took third with 23:04. NSW certainly has some good walkers at the moment.

1. Adams, Luke	30	Bankstown	19:38.53
2. Rayson, Ian	18	Mingara	21:18.73
3. Keys, Brook	16	Nepean	23:04.99
4. Smith, Michael	22	Illawarra BS	23:27.60
5. Malone, Kyle	15	Nepean	24:41.54
6. Perin, Anson	17	Illawarra BS	27:22.79
7. Elms, Tony	31	Randwick Botany	28:07.53
8. Smyth, David	37	Parramatta	28:51.61
Sundstrom, Troy	25	Illawarra BS	DNF
Hyde, Brendon	61	Uts Norths	DQ

SA STATE CHAMPIONSHIPS, SANTOS STADIUM, MILE END, SA, 11 JANUARY 2006

The South Australians were also in action on the track last week with their State Championships and there were also some great times there. Best performances were by Darren Bown (20:26 for Open Men 5000m) and Claire Woods (22:49 for Open Women 5000m). Darren and Claire are both former AIS walkers and showed that they are still capable of maintaining top form.

Women 5000 Metre Walk Open

1. Claire Woods,	EH,	22:49.14.
2. Tanya Holliday,	FLIN,	23:58.86.

Women 5000 Metre Walk Under 20

1. Stephanie Stigwood,	FLIN,	27:39.74.
2. Brianna Hollitt,	WD,	28:23.85.

Women 5000 Metre Walk Over 50

1. Sandy Brunner,	AH,	28:39.99.
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Men 5000 Metre Walk Open

1. Darren Bown,	ELIZ,	20:26.6
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Men 5000 Metre Walk Under 23

1. Kim Mottrom,	AH,	23:09.2
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Men 5000 Metre Walk Over 35

1. Robert McFadden,	TTG,	26:08.8
2. John Leydon,	UC,	26:20.2
3. Peter Crump,	SPC,	27:18.2

Men 5000 Metre Walk Under 20

1. Greg Wolszczak,	ELIZ,	24:08.5
2. Adam Dunn,	FLIN,	28:13.4
3. Douglas Mayfield,	PEM,	28:51.2
Aaron Jelfs,	TTG,	DNF

VRWC RACES, ALBERT PARK, SUNDAY 12 JANUARY 2006

Quite a number of our top walkers decided to race the 10 km distance as a warmup for Sydney in 3 weeks time and the PBs came thick and fast. Tom Barnes was the fastest overall with a superb 44:05, a PB of nearly 30 secs. Danny Hawksworth took some 3 minutes off his best to finish second in 47:09 while Megan Szirom continued her superb form to take over 1 minute off her best. Megan will surprise a lot of the women at the National 20 km in Sydney in 3 weeks time. Kellie Wapshott was tired after a particularly heavy spell of training (including a session at Threadbo) and had a quiet walk to record 49:28. She just held out Carma Watson who broke 50 mins for the first time in many years and also did yet another PB. Chris Erickson simply finished off his long Sunday training walk with a final 10 km in 50:04 and looked pretty fresh after a 40 km morning. Sandra Geisler was not far outside her PB to be next in. A special mention for Jess Rothwell who was after the World Cup qualifying time of 52:00. She faded a little to finish just outside the required time but is a relative newcomer to the longer walks and will soon be well under the standard.



The start of the Open 5km and 10 km races



Megan Szirom, Danny Hawksworth and Jess Rothwell

10 km Open

1. Tom Barnes	8:43	17:24	26:11	35:08	44:05 PB
2. Danny Hawksworth	9:30	19:04	28:30	37:54	47:09 PB
3. Megan Szirom	9:29	18:52	28:14	37:43	47:13 PB

4. Kellie Wapshott	9:23	18:57	29:00	39:29	49:28
5. Carma Watson	9:57	19:49	29:40	39:35	49:30 PB
6. Chris Erickson	10:13	20:19	30:14	40:15	50:04
7. Sandra Geisler	10:14	20:19	30:15	40:43	51:44
8. Stuart Kollmorgen	9:58	20:07	30:32	41:27	52:14
9. Jess Rothwell	10:15	20:31	31:09	41:54	52:27 PB
10. Mark Worrell	11:22	23:13	35:10	47:24	59:32
11. Bob Gardiner	12:21	24:28	36:43	49:05	61:47
Simon Baker	10:15	DNF			
Siobhan Donovan	10:15	DNF			
Simon Evans		DQ			

Lachlan McDonald was in a class of his own in the 5 km division and looked good for his time of 22:54. 16 year old Lauren Drennan celebrated her first walk at Albert Park with a PB of 27:00 while Kylie Irshad improves each walk (pretty impressive after giving birth to twins last year!).

5 km Open

1. Lachlan McDonald	8:49	18:09	22:54
2. Lauren Drennan	10:30	21:35	27:00 PB
3. Kylie Irshad	10:17	22:24	28:41
4. Tony Doran	12:22	24:30	30:30
5. Bradley Elms	12:21	25:35	32:00
6. Sandra Howorth	13:36	27:33	34:21
7. Ron McGregor	13:43	27:49	35:04
8. Margaret Beaumont	14:38	29:34	37:02
Gordon Onley		DQ	
Ian Beaumont		DQ	

Regan Lamble had a clear victory in the 3 km walk with her usual classy effort while Eda and Tim Girgin had a good battle and just held out Beth Alexander to take the next 3 places. The first 4 were all comfortably under 16 mins in a good standard race. Ben Costa had his first walk at Albert Park and walked well for someone who has not attempted any long distances before.



The start of the 3 km walk

3 km Open and Under 15

1. Regan Lamble	15:13
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2. Eda Girgin	15:37
3. Tim Girgin	15:38
4. Beth Alexander	15:41
5. Ayla Collins	18:27
6. Taylor Brogan	19:50
7. Jason Elms	19:53
8. Ben Costa	21:53
9. Pam Mews	26:41
10. Robin Wood	26:42
Damien Elms	DQ



Beth Alexander, Eda Girgin and Tim Girgin in the Under 15 3 km walk

Our youngest walkers were also in action – and can they move! It was a mixture of seasoned Albert Park competitors and some new faces (welcome to Ashley Albert and Cindy Collins). All walked excellently and are obviously very fit from their Little Athletics seasons. One of the highlights was the dead heat between Cindy Collins and Ryan Dossetor in the 1 km. It was a case of two very determined walkers! Overall, Nicole Hallett and Sarah Burren took the honours with very good walks and excellent styles.



Talie Collins, Ashley Albert, Amelia Finnegan, Sarah Burren and Nicole Hallett

2 km Under 12

- | | |
|--------------------|-------|
| 1. Nicole Hallett | 11:26 |
| 2. Talie Collins | 11:59 |
| 3. Amelia Finnegan | 12:01 |

1 km Under 9

- | | |
|------------------|------|
| 1. Sarah Burren | 5:58 |
| 2. Ashley Albert | 6:22 |
| E3 Cindy Collins | 7:06 |
| E3 Ryan Dossetor | 7:06 |



Ryan Dossetor and Cindy Collins who fought out a dead heat in the Under 9 walk

Last weekend also saw the NSW State Championships being held. The U18 walks were held on the Friday evening and the Open walks were held on Saturday. The slow times and the large number of DNFs in the Open events indicate that it was probably hot! Luke Adams, as usual, defied the conditions and still recorded a great 42:30 for the 10,000m.

Women 3000 Metre Race walk Under 18

1. Jennings, Shannon	13	Nepean	14:48.15
2. Staples, Cassandra	17	Campbelltown	15:06.69
3. Agius, Natasha	17	Nepean	15:54.08
4. Chapple, Kini	13	Nepean	16:19.18
5. Ryan, Rhearne	14	Campbelltown	16:41.70

Men 3000 Metre Race walk Under 18

1. Keys, Brook	16	Nepean	13:15.86
2. Malone, Kyle	15	Nepean	14:32.52
3. Reading, Michael	16	Act	15:10.04
4. Perin, Anson	17	Illawarra BS	15:22.68
Smith, Andrew	17	Bathurst	DNS

Men 10000 Metre Race walk Open

1. Adams, Luke	30	Bankstown	42:30.86
2. Rayson, Ian	18	Mingara	48:54.17
3. Elms, Tony	31	Randwick Botany	60:16.95
Perin, Anson	17	Illawarra BS	DNF
Reading, Brendon	17	Randwick Botany	DNF
Sundstrom, Troy	25	Illawarra BS	DNS

Women 10000 Metre Race walk Open

1. Saville, Natalie	28	Randwick Botany	49:30.54
2. Grant, Lisa	21	Sydney Uni	50:34.02
3. Staples, Cassandra	17	Campbelltown	58:34.74
4. Alldis, Christina	20	Uts Norths	60:42.27
Knapton, Susan	19	Nepean	DNF
Sundstrom, Jodie	27	Illawarra BS	DNF
Rutter, Jillian	21	Sydney Uni	DNF
Saville, Jane	32	Randwick Botany	DNF
Alldis, Fiona	18	Asics Wests	DQ
Webb, Cheryl	30	Blacktown	DNS

VICTORIAN CHAMPIONSHIPS, OLYMPIC PARK, SATURDAY 21 JANUARY 2006

The hot weather continued over the weekend with the temperature gauge on top of the Nylex sign registering 39 degrees for the walks which were held on Saturday. Sunday was even hotter with the temperature reaching 42 degrees. It was a marathon effort for competitors and officials. The first walks were held without any relief but later in the day, water was made available in the back straight for the longer distance events. It goes without saying that times were slow and do not reflect the many fine performers on show. Congratulations to all the medallists.

Girls Under 14 1500m

1. Rachel Tallent	BYC	7:58.05
2. Erin Brunton	COR	8:05.31
3. Samatha Duval	RWD	8:11.68
4. Hilary Brazel	ANW	8:23.70
5. Emily Payne	COR	8:42.40

Boys Under 14 1500m

1. Ergeneken Girgin	ATE	8:29.18
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Girls Under 16 3000m

1. Regan Ramble	ANW	15:40.48
2. Beth Alexander	KNA	17:15.36
3. Natalie Laurie	ANW	17:53.37

Boys Under 16 3000m

1. Nicholas Mirachi	COR	15:39.44
2. Timucin Girgin	ATE	16:10.44
3. William Kennish	ANW	17:22.45.

Boys Under 18 3000m

1. Daniel Payne	COR	14:58.31
2. David Ranger	EKA	16:35.71
3. John Platt	EKA	16:38.17
4. Jason Elms	PTN	19:39.18

Girls Under 18 3000m

1. Lauren Drennan	KSB	16:02.54
2. Eda Girgin	ATE	16:19.45
3. Tamara Attard	KNA	18:08.76
4. Caitlin Brunton	COR	18:30.17

Women U20 5000m

1. Jessica Rothwell	SBE	26:44.33
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Men Under 20 5000m

1. Shaun Burgess	ACW	29:25.30
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Women Under 23 5000m

1. Siobhan Donovan	ANW	27:56.65
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Men Under 23 5000m

1. Jamie Barnes	COR	26:57.68
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Women 40+ 3000m

1. Carmel Drennan	KSB	20:13.69
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Men 40+ 3000m

1. Paul Kennedy	MUU	15:37.34
2. Duncan Knox	ATE	15:50.81
3. Geza Benke	OLM	17:53.48
4. David Long	PTN	21:12.31

Men 50+ 3000m

1. Collin Haywood	DIV	14:36.40
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2. Ross Reid	COL	15:35.99
3. David Armstrong	DIV	15:59.56
4. Robert Jones	BYC	16:20.68
5. Paul Martin	BYM	17:55.29
6. Geoff Barrow	MEN	17:59.26
7. John Morrison	MEN	18:51.64

RACEWALKING CARNIVAL, KINGS PARK, CANBERRA, SUNDAY 22 JANUARY 2006

Jim Leppik travelled to Canberra last weekend to view the special roadwalks that had been organised by the Regal and ACT Racewalking Clubs to provide Commonwealth Games and World Cup qualifying opportunities for our aspiring walkers. Thanks for the comprehensive report Jim.

Just for something different the day was hot again. Not too bad when the 20km'ers started at 7.30am, warming up quickly at 8.15am when the juniors started, although bearable, by 9am #@#! hot, close to the century by the afternoon!!!

Nat and Jane had a good race for 13km with the younger sibling getting the upper hand after 13km going on to have a good win in 96.31, a good walk in the conditions. 20yo Lisa Grant was 3rd in exactly 100 min and is well in contention, with many others, for a spot on the senior World Cup team, where she was 8th last time in the junior section. 21 yo Jared Tallent was way too good in the men's event walking 84.40, 40.50 for the first 10km but fatiguing a little in the second half as it got a lot warmer.

The juniors walked well despite the conditions. 18yo Ian Rayson produced a terrific walk to complete 10km in 45.10, way under the team qualifier (47.00) but just 10 sec outside an individual qualifier. Ian's improving all the time, especially during the last 12 months, and is looking a great prospect. Daniel Coleman, 17, continues to improve and would be well pleased with his effort in the conditions with his 48.41.

The girls did well too. 17 yo Tanya Holliday, despite doing little training since the December All-Schools with illness, walked a smart race, coming through the field to win in 51.25. Tanya has a 5k PB of 22.07 so we can look forward to something faster as she get fitter but it was under the 52 min qualifying time for World cup, which was the goal. 17yo Fiona Alldis returned to some top form, taking 2nd in 51.34 and in two weeks at the trials times should probably earn her 2nd trip to the World Cup where she was 16th the last time. Jillian Hosking walked her usual strong race taking 3rd in a qualifying time 51.37. I'm sure those girls would have been closer to, or even under the 50 min mark in better conditions although the first 2 girls have PB's under 50 min anyway.

Open Women 20km.

1. Natalie Saville	Randwick Botany Harries (NSW)	1:36.31	Com Games B, World Cup Team qualifier
2. Jane Saville	Randwick Botany Harries (NSW)	1:37.50	Com Games B, World Cup Team qualifier
3. Lisa Grant	Sydney University (NSW)	1:40.00	
4. Claire Woods	Enfield Harriers (SA)	1:42.46	
5. Laura Johnson	Asics West (NSW)	1:47.31	
6. Michelle French	Australian Institute of Sport	DNF	
7. Maja Landmann	Germany	DNF	
8. Christina Alldis	UTS Norths (NSW)	DNF	
9. Cheryl Webb	Blacktown (NSW)	DNF	

Open Men 20kmt.

1. Jared Tallent	Australian Institute of Sport	1:24.40	Com Games B, World Cup Team qualifier
2. Adam Rutter	Australian Institute of Sport	1:33.40	
3. Ashley Colquhoun	SCT (ACT)	1:48.35	
4. Peter Strangman	ACT Race and Fitness	1:55.56	
Michael McCagh	Australian Institute of Sport	DNF	

U/20 Women 10km

1. Tanya Holliday	Flinders (SA)	51.25	World Racewalking Cup team qualifier
2. Fiona Alldis	Asics West (NSW)	51.34	World Racewalking Cup team qualifier
3. Jillian Hosking	SCT (ACT)	51.37	World Racewalking Cup team qualifier
4. Lynette Bannister	Eastern Suburbs (TAS)	54.19	
5. Jessica Heazlewood	Sydney Pacific (NSW)	56.45	
Cassandra Staples	Campbelltown UWS (NSW)	DNF	
Susan Knapton	Nepean (NSW)	DQ	

U/20 Men 10km

1. Ian Rayson	Mingara (NSW)	45.10	World Racewalking Cup team qualifier
2. Daniel Coleman	Old Virgilians (TAS)	48.41	
3. Brendan Reading	North Canberra (ACT)	52.21	
Michael Reading	North Canberra (ACT)	DNF	

VICTORIAN CHAMPIONSHIPS, OLYMPIC PARK, SATURDAY 21 JANUARY 2006

The hot weather continued over the weekend with the temperature gauge on top of the Nylex sign registering 39 degrees for the walks which were held on Saturday. Sunday was even hotter with the temperature reaching 42 degrees. It was a marathon effort for competitors and officials. The first walks were held without any relief but later in the day, water was made available in the back straight for the longer distance events. It goes without saying that times were slow and do not reflect the many fine performers on show. Congratulations to all the medallists.

Girls Under 14 1500m

1. Rachel Tallent	BYC	7:58.05
2. Erin Brunton	COR	8:05.31
3. Samatha Duval	RWD	8:11.68
4. Hilary Brazel	ANW	8:23.70
5. Emily Payne	COR	8:42.40

Boys Under 14 1500m

1. Ergeneken Girgin	ATE	8:29.18
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Girls Under 16 3000m

1. Regan Ramble	ANW	15:40.48
2. Beth Alexander	KNA	17:15.36
3. Natalie Laurie	ANW	17:53.37

Boys Under 16 3000m

1. Nicholas Mirachi	COR	15:39.44
2. Timucin Girgin	ATE	16:10.44
3. William Kennish	ANW	17:22.45.

Boys Under 18 3000m

1. Daniel Payne	COR	14:58.31
2. David Ranger	EKA	16:35.71
3. John Platt	EKA	16:38.17
4. Jason Elms	PTN	19:39.18

Girls Under 18 3000m

1. Lauren Drennan	KSB	16:02.54
2. Eda Girgin	ATE	16:19.45
3. Tamara Attard	KNA	18:08.76
4. Caitlin Brunton	COR	18:30.17

Women U20 5000m

1. Jessica Rothwell	SBE	26:44.33
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Men Under 20 5000m

1. Shaun Burgess	ACW	29:25.30
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Women Under 23 5000m

1. Siobhan Donovan	ANW	27:56.65
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Men Under 23 5000m

1. Jamie Barnes	COR	26:57.68
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Women 40+ 3000m

1. Carmel Drennan	KSB	20:13.69
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Men 40+ 3000m

1. Paul Kennedy	MUU	15:37.34
2. Duncan Knox	ATE	15:50.81
3. Geza Benke	OLM	17:53.48
4. David Long	PTN	21:12.31

Men 50+ 3000m

1. Collin Haywood	DIV	14:36.40
2. Ross Reid	COL	15:35.99
3. David Armstrong	DIV	15:59.56
4. Robert Jones	BYC	16:20.68
5. Paul Martin	BYM	17:55.29
6. Geoff Barrow	MEN	17:59.26
7. John Morrison	MEN	18:51.64

RACEWALKING CARNIVAL, KINGS PARK, CANBERRA, SUNDAY 22 JANUARY 2006

Jim Leppik travelled to Canberra last weekend to view the special roadwalks that had been organised by the Regal and ACT Racewalking Clubs to provide Commonwealth Games and World Cup qualifying opportunities for our aspiring walkers. Thanks for the comprehensive report Jim.

Just for something different the day was hot again. Not too bad when the 20km'ers started at 7.30am, warming up quickly at 8.15am when the juniors started, although bearable, by 9am #@#! hot, close to the century by the afternoon!!!

Nat and Jane had a good race for 13km with the younger sibling getting the upper hand after 13km going on to have a good win in 96.31, a good walk in the conditions. 20yo Lisa Grant was 3rd in exactly 100 min and is well in contention, with many others, for a spot on the senior World Cup team, where she was 8th last time in the junior section. 21 yo Jared Tallent was way too good in the men's event walking 84.40, 40.50 for the first 10km but fatiguing a little in the second half as it got a lot warmer.

The juniors walked well despite the conditions. 18yo Ian Rayson produced a terrific walk to complete 10km in 45.10, way under the team qualifier (47.00) but just 10 sec outside an individual qualifier. Ian's improving all the time, especially during the last 12 months, and is looking a great prospect. Daniel Coleman, 17, continues to improve and would be well pleased with his effort in the conditions with his 48.41.

The girls did well too. 17 yo Tanya Holliday, despite doing little training since the December All-Schools with illness, walked a smart race, coming through the field to win in 51.25. Tanya has a 5k PB of 22.07 so we can look forward to something faster as she get fitter but it was under the 52 min qualifying time for World cup, which was the goal. 17yo Fiona Alldis returned to some top form, taking 2nd in 51.34 and in two weeks at the trials times should probably earn her 2nd trip to the World Cup where she was 16th the last time. Jillian Hosking walked her usual strong race taking 3rd in a qualifying time 51.37. I'm sure those girls would have been closer to, or even under the 50 min mark in better conditions although the first 2 girls have PB's under 50 min anyway.

Open Women 20km.

1. Natalie Saville	Randwick Botany Harries (NSW)	1:36.31	Com Games B, World Cup Team qualifier
2. Jane Saville	Randwick Botany Harries (NSW)	1:37.50	Com Games B, World Cup Team qualifier
3. Lisa Grant	Sydney University (NSW)	1:40.00	
4. Claire Woods	Enfield Harriers (SA)	1:42.46	
5. Laura Johnson	Asics West (NSW)	1:47.31	
6. Michelle French	Australian Institute of Sport	DNF	
7. Maja Landmann	Germany	DNF	
8. Christina Alldis	UTS Norths (NSW)	DNF	
9. Cheryl Webb	Blacktown (NSW)	DNF	

Open Men 20kmt.

1. Jared Tallent	Australian Institute of Sport	1:24.40	Com Games B, World Cup Team qualifier
2. Adam Rutter	Australian Institute of Sport	1:33.40	
3. Ashley Colquhoun	SCT (ACT)	1:48.35	
4. Peter Strangman	ACT Race and Fitness	1:55.56	
Michael McCagh	Australian Institute of Sport	DNF	

U/20 Women 10km

1. Tanya Holliday	Flinders (SA)	51.25	World Racewalking Cup team qualifier
2. Fiona Alldis	Asics West (NSW)	51.34	World Racewalking Cup team qualifier
3. Jillian Hosking	SCT (ACT)	51.37	World Racewalking Cup team qualifier
4. Lynette Bannister	Eastern Suburbs (TAS)	54.19	
5. Jessica Heazlewood	Sydney Pacific (NSW)	56.45	
Cassandra Staples	Campbelltown UWS (NSW)	DNF	
Susan Knapton	Nepean (NSW)	DQ	

U/20 Men 10km

1. Ian Rayson	Mingara (NSW)	45.10	World Racewalking Cup team qualifier
2. Daniel Coleman	Old Virgilians (TAS)	48.41	
3. Brendan Reading	North Canberra (ACT)	52.21	
Michael Reading	North Canberra (ACT)	DNF	

OCEANIA MASTERS CHAMPIONSHIPS, 14-21 JANUARY, CHRISTCHURCH, NZ

The complete results are now available and the Australian walkers were the dominant force in Christchurch. Many of them were VRWC members so special congratulations to the following club members who came home laden with medals.

Justi Roseman	Silver, Silver
Annette Major	Gold, Gold, Gold
Alison Thompson	Gold, Gold, Gold
Janet Holmes	Bronze, Bronze, Silver
Heather Carr	Gold, Gold, Gold
Celia Johnson	Bronze, Bronze, Silver
Gwen Steed	Silver, Silver, Silver
Mark Donahoo	Gold, Gold, Gold
Tony Johnson	Silver, Gold, Silver

Mark Donahoo and Heather Carr were the fastest man and woman in all 3 events. Heather Carr also astounded all with a **new world record time in the 10 km roadwalk (W55)** with a magnificent time of **54:01**. The previous record of 54:24 had stood since 1996. Heather continues to amaze with her excellence in walking.



Mark Donahoo leads Michael Harte of NZ



Gwen Steed strides out in the W60 3000m walk

3000m Track Walks

W30	1	Wendy Healey	New Zealand	16:07.39
	2	Justijana Roseman	Australia	17:29.73
W35	1	Diana Pittwood-Adams	New Zealand	18:07.66
W40	1	Annette Major	Australia	15:32.22
	2	Bernadette Raffe	Cook Islands	23:24.17
	3	Gillian MacDougall	New Zealand	DNS
W45	1	Heather Lancaster	Australia	21:41.35
	2	Lyn Ventris	Australia	DNS
W50	1	Alison Thompson	Australia	16:03.30
	2	Sharon McDonald	New Zealand	17:01.06
	3	Janet Holmes	Australia	17:01.25
	4	Lynda Woodward	Australia	19:18.15
	5	Teraimateata Hill	Cook Islands	27:07.14
W55	1	Heather Carr	Australia	15:31.84
	2	Shirley Rolston	New Zealand	18:49.70
	3	Celia Johnson	Australia	18:51.66
W55	1	Sheryl Miratana	New Zealand	19:00.63
	2	Margaret Bray	New Zealand	24:16.69
W60	1	Sandy Brunner	Australia	16:50.23

	2	Gwen Steed	Australia	18:05.70
	3	Margaret Trengove	Australia	19:57.84
	4	Marion McIntosh	New Zealand	21:09.18
	5	Margaret Fraser	New Zealand	21:20.10
	6	Lynne Schickert	Australia	22:05.31
W65	1	Loloma Foster	New Zealand	21:17.03
	2	Ann Henderson	New Zealand	21:36.88
	3	Valerie Babe	New Zealand	23:23.65
	4	Lorraine Menzies	New Zealand	26:56.77
W70	1	Christine Dauphinet	Australia	21:35.48
	2	Clasina Vanderveeken	New Zealand	22:47.32
	3	Dawn Cumming	New Zealand	26:42.36
	4	Ros Elix	Australia	DNS
M40	1	Rodney Gillum	New Zealand	15:24.35
M45	1	Mark Donahoo	Australia	13:54.79
M50	1	Michael Harte	New Zealand	13:55.91
	2	Eric Kemsley	New Zealand	14:20.69
	3	John Hart	New Zealand	19:59.51
M55	1	Roger Denton	New Zealand	15:44.64
	2	Keith Rutherford	New Zealand	17:10.96
	3	David Barrett	New Zealand	18:05.94
M60	1	George White	Australia	15:33.90
	2	Bruce Patton	New Zealand	18:47.41
	3	Bryan Thomas	Australia	18:56.43
	4	Selwyn Hawken	Australia	24:19.35
	5	Peter McWilliams	Australia	25:46.63
M65	1	Eric Saxby	New Zealand	16:36.71
	2	Tony Johnson	Australia	16:37.17
	3	Patrick Sela	Australia	18:17.80
M70	1	Bert Janes	Australia	20:12.93
	2	Leigh Smith	Australia	20:17.79
	3	Morrie Hinton	New Zealand	DQ
M75	1	Colin Hainsworth	Australia	20:38.35
M80	1	Richard Keatinge	Australia	21:00.01

5000m Track Walks

W30	1	Wendy Healey	New Zealand	27:26.23
	2	Justijana Roseman	Australia	29:32.66
W40	1	Annette Major	Australia	27:00.50
	2	Bernadette Raffe	Cook Islands	36:53.39
	3	Mona Henderson	Cook Islands	43:12.32
W45	1	Heather Lancaster	Australia	36:55.48
W50	1	Alison Thompson	Australia	28:00.89
	2	Sharon McDonald	New Zealand	29:13.78
	3	Janet Holmes	Australia	29:18.50
	4	Lynda Woodward	Australia	32:48.53
W55	1	Heather Carr	Australia	26:21.36
	2	Celia Johnson	Australia	31:21.46
	3	Shirley Rolston	New Zealand	33:17.75
	4	Sheryl Miratana	New Zealand	34:31.60
W60	1	Sandy Brunner	Australia	28:24.59
	2	Gwen Steed	Australia	30:54.85
	3	Margaret Trengove	Australia	33:59.41
	4	Marion McIntosh	New Zealand	35:40.40
	5	Lynne Schickert	Australia	36:04.87
W65	1	Loloma Foster	New Zealand	35:46.91
	2	Ann Henderson	New Zealand	37:27.57
W70	1	Christine Dauphinet	Australia	35:53.64
	2	Clasina Vanderveeken	New Zealand	38:18.35
M40	1	Rodney Gillum	New Zealand	26:37.84

	2	Christopher Bowman	New Zealand	33:34.40
M45	1	Mark Donahoo	Australia	23:47.48
M50	1	Michael Harte	New Zealand	24:31.90
	2	Eric Kemsley	New Zealand	25:16.40
	3	John Hart	New Zealand	31:40.23
M55	1	Roger Denton	New Zealand	27:00.31
	2	Keith Rutherford	New Zealand	29:58.96
	3	David Barrett	New Zealand	31:34.27
M60	1	George White	Australia	25:53.96
	2	Bryan Thomas	Australia	31:42.02
	3	Bruce Patton	New Zealand	33:13.23
M65	1	Tony Johnson	Australia	28:26.03
	2	Eric Saxby	New Zealand	29:00.03
	3	Patrick Sela	Australia	31:41.57
M75	1	Colin Hainsworth	Australia	33:41.68
M80	1	Richard Keatinge	Australia	35:46.76

10km Road Walks

W30	1	Wendy Healey	New Zealand	55:53
W40	1	Annette Major	Australia	57:18
W45	1	Heather Lancaster	Australia	1:14:08
W50	1	Alison Thompson	Australia	57:40
	2	Janet Holmes	Australia	1:00:59
	3	Sharon McDonald	New Zealand	1:02:29
	4	Lynda Woodward	Australia	1:06:55
W55	1	Heather Carr	Australia	54:01 *** World W55 Rec.
	2	Celia Johnson	Australia	1:04:49
	3	Shirley Rolston	New Zealand	1:10:06
	4	Sheryl Miratana	New Zealand	1:11:45
	5	Margaret Bray	New Zealand	1:23:25
W60	1	Sandy Brunner	Australia	57:27
	2	Gwen Steed	Australia	1:05:05
	3	Margaret Trengove	Australia	1:08:09
	4	Marion McIntosh	New Zealand	1:13:56
	5	Lynne Schickert	Australia	1:16:24
W65	1	Loloma Foster	New Zealand	1:12:16
	2	Ann Henderson	New Zealand	1:19:01
	3	Lynn Fraser	New Zealand	1:19:44
W70	1	Christine Dauphinet	Australia	1:13:20
M35	1	David Smyth	Australia	1:00:51
M40	1	Rodney Gillum	New Zealand	57:05
	2	Christopher Bowman	New Zealand	1:07:23
M45	1	Mark Donahoo	Australia	48:51
M50	1	Michael Harte	New Zealand	50:37
	2	Eric Kemsley	New Zealand	51:46
	3	John Hart	New Zealand	1:07:23
M55	1	Roger Denton	New Zealand	55:49
	2	Keith Rutherford	New Zealand	59:44
	3	David Barrett	New Zealand	1:03:05
M60	1	George White	Australia	56:10
	2	Bryan Thomas	Australia	1:06:39
M65	1	Eric Saxby	New Zealand	57:26
	2	Tony Johnson	Australia	58:50
	3	Patrick Sela	Australia	1:04:46
M70	1	Morrie Hinton	New Zealand	1:01:15
	2	Bert Janes	Australia	1:09:03
	3	Leigh Smith	Australia	1:09:37
M75	1	Colin Hainsworth	Australia	1:07:43
M80	1	Richard Keatinge	Australia	1:12:14

VICTORIAN COUNTRY CHAMPIONSHIPS, BALLARAT, 28-29 JANUARY 2006

Thanks to Jim Leppik for the following entertaining report.

Last weekend we held the Victorian Country Athletics Championships, an event for our athletes based out "in the sticks", otherwise known as the Country area. Metropolitan athletes could compete but only by invitation. The country area is a strong one taking in current stars such as Nathan Deakes, Jared Tallent and Duane Cousins, all of whom having repped at Olympics and/or World Champs.

The conditions were very humid with the walk being delayed by 30 minutes with thunder and a single lightning bolt. At least the heavy rain kept the walkers cool.

The highlight was the outstanding performance of Megan Szirom in the Open Women's 5000m walk. Megan has come on in leaps on bounds over the last 3 months, taking the lead from the start and lapping the field, including the males. Megan regularly lapped in 1.50 going on to finish 5000m in 22.50 a big PB, although not officially claiming first place (being a metropolitan athlete). On top of a recent 10km of 47.13 she should be very competitive, and not without her chances, at the Commonwealth Games and World Cup Trials this weekend in Sydney.

Kelly Ruddick produced a top walk too. Currently reduced in training to about 15km per week due to having a ferritin level of 6, Kelly naturally walked conservatively throughout. She had enough left in the tank though to finish her last lap strongly in 1.50 giving her 1st place as the first country athlete in 25.26. Although 90 seconds outside her PB it was a top walk in the circumstances. The coach, as he sits here and types this, is very much looking forward to the winter road season with her.

20yo Jamie Barnes walked a solid race to win the men's Open section. Jamie led from the start, walking a very even race to finish in 25.08. Andrew Blood, who has improved out of sight this year, took 2nd place in 25.37, qualifying for a start at the Victorian titles next month at the famous Melbourne Cricket Ground. Paul Rance did well to take 3rd place in 25.43, an MCG qualifier as well, which also gave him first place in the 40+ age group.

The other top performance of the weekend was Under 18 male Daniel Payne who produced a near PB performance to win the Under 18 3000m walk in 14.38.

Women 1500 Meter Race Walk Under 14

1.	RACHEL TALLENT	BYC	7:52.20
2.	CASSANDRA RASELLI	BOX HILL	8:19.78 *
3.	EMILY PAYNE	CORIO J	8:36.08
4.	EBONY WHILEY	EAGLEHAWK YMCA	9:25.92
5.	EBONY - JADE JONES	SOUTH BENDIGO	9:49.48
6.	CARA JONES SOUTH	BENDIGO	10:33.51

Women 3000 Meter Race Walk Under 16

1.	KEELY TREW	SOUTH BENDIGO	19:01.18
2.	LANA BODDY	CORIO	20:28.95
	NICOLE MCINERNEY	SOUTH AUSTRALIA	DQ

Women 3000 Meter Race Walk Under 18

1.	JESSIE PALFREYMAN	EAGLEHAWK YMCA	16:04.9h
2.	CAITLIN BRUNTON	CORIO	16:50.88
3.	TAMARA ATTARD	KNOX ATHLETICS	16:57.5h *

Women 5000 Meter Race Walk Under 20

1.	FAUVE JACOBS	DEAKIN	27:34.90
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Women 5000 Meter Race Walk Open

1.	MEGAN SZIROM	RINGWOOD	22:50.80 *
2.	KELLY RUDDICK	BALLARAT HARRIERS	25:26.50
3.	ANNETTE MAJOR	EAGLEHAWK YMCA	26:42.10
4.	FAUVE JACOBS	DEAKIN	27:34.90
	ERIN ADAMCEWICZ	ATHLETICS ESSENDON	DQ

Women 5000 Meter Race Walk Vet 40+

1.	ANNETTE MAJOR	EAGLEHAWK YMCA	26:42.10
2.	RUTH REIDY	DIAMOND VALLEY	29:52.00 *

Men 3000 Meter Race Walk Under 16

1.	NICHOLAS MIRARCHI	CORIO	15:59.74
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Men 3000 Meter Race Walk Under 18

1.	DANIEL PAYNE	CORIO	14:38.58
2.	DAVID RANGER	EUREKA	15:35.57
3.	JOHN PLATT	EUREKA	15:49.76
4.	DANIEL LINEEN	GEELONG GUILD	18:50.07
	BEN HENMAN	SOUTH AUSTRALIA	DQ

Men 5000 Meter Race Walk Open

1.	JAMIE BARNES	CORIO	25:08.70
2.	ANDREW BLOOD	BYC	25:35.00
3.	PAUL RANCE	SOUTH BENDIGO	25:43.40
4.	DUNCAN KNOX	ATHLETICS ESSENDON	26:01.10 *
5.	NICHOLAS MIRARCHI	CORIO	27:30.50
6.	SHAUN BURGESS	ATHLETICS CHILWELL	27:54.60

Men 5000 Meter Race Walk Vet 40+

1.	PAUL RANCE	SOUTH BENDIGO	25:43.40
2.	DAVID ARMSTRONG	DIAMOND VALLEY	27:08.70 *
3.	TERRY O'NEILL	GIPPSLAND ATHLETICS	28:24.70
4.	DARYL BIGGIN	BYC	32:49.30

Men 3000 Meter Race Walk Vet 50+

1.	ROBERT JONES	BYC	15:41.88
2.	TERRY O'NEILL	GIPPSLAND ATHLETICS	16:38.36
3.	PAUL MARTIN	BYM	17:28.46
4.	GEOFF MAJOR	EAGLEHAWK YMCA	18:15.49
5.	HAROLD BODDY	CORIO	19:13.69
	CLIVE VOGEL	BDR	DQ

Walkers marked with * are not eligible for Country medals.

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AUSTRALIAN CHAMPIONSHIPS, SYDNEY, 4 FEBRUARY 2006

Last Saturday, the National Open 20 km Roadwalking titles were contested at Homebush in Sydney. The 8AM start combined with overcast conditions meant that walkers were spared the worst of the usually hot humid Sydney weather. On the Thursday it was 39°C so thank goodness for a bit of luck! The walks also doubled as the Commonwealth Games and Racewalking World Cup trials so were contested by absolutely everyone.

Men 20k Open and Under 23 Championship

Defending Commonwealth champions Nathan Deakes walked his way onto the Commonwealth Games team with a dominant display. Nathan, Luke Adams and Jared Tallent broke away right from the start and were never challenged for the top three placings. Nathan made his winning break just after half-way and went to the line unchallenged in a time of 1:22.13 - importantly under the A-qualifying standard. Luke was second (1:23.07), also an A-qualifier and automatic selection, with Jared third in a B qualifying time of 1:25.22.

Nathan now looks set to defend his 20km and 50km walk titles in Melbourne. But the final outcome was not certain. After finally overcoming the persistent hamstring problem a few months ago, he slipped and fell during a training walk in Thredbo two weeks ago, injuring his knee.

"At first they thought I'd torn my meniscus, which would have put me out of the Games, but the femur bone took most of the impact. I tore a muscle at the back of my knee and had fluid running down into my calf, so it has been quite painful. I just wanted to come out today and confirm that I'm one of the best athletes in Australia and I'm looking forward to defending my titles in Melbourne," said Nathan, who looked like he'd strolled done to the newsagents to pick up the morning paper, as opposed to the 20km he'd just endured at just over four-minutes per kilometre.



Jared Tallent, Luke Adams and Nathan Deakes lead the mens event

Further down in the field, the other walkers were keenly fighting for the other 2 World Cup places. The following pack was soon reduced to a group of 4 - Adam Rutter, Duane Cousins, Darren Bown and Chris Erickson. Eventually the 19 year old Rutter broke clear to take 4th place in 86.51 and Duane Cousins, who will be in the 50km Commonwealth Games team, took 5th with 87.54. A special mention to Danny Hawksworth who broke the 100 minute barrier with a huge PB.

1.	Nathan Deakes,	ACT,	1:22:13	CGA
2.	Luke Adams,	NSW,	1:23:09	CGA
3.	Jared Tallent (U23)	AIS,	1:25:23	CGB
4.	Adam Rutter (U23)	AIS,	1:26:51	CGB
5.	Duane Cousins,	VIS,	1:27:54	CGB
6.	Darren Bown,	SASI,	1:29:31	
7.	Chris Erickson,	VIS,	1:30:30	
8.	Thomas Barnes,	VIC,	1:33:28	
9.	Troy Sundstrom,	NSW,	1:37:07	

10. Danny Hawksworth,	VIC,	1:39:36
11. Kim Mottrom (U23)	SA,	1:39:43
12. Ashley Colquhoun (U23)	ACT,	1:44:05
13. Michael Smith (U23)	NSW,	1:47:02
Michael McCagh (U23)	AIS,	DNF



The chasing pack – Adam Rutter, Chris Erickson, Darren Bown and Duane Cousins

Women 20k Open and Under 23 Championship

In the women's event, Jane Saville was just as dominant. Despite making mutterings about retirement following a disappointing display in Helsinki, the 2002 Commonwealth Games champion was giving no such indication that she is about to hang up the shoes, even talking about the possibility of continuing on to Beijing following her weekend win. "After what happened in Helsinki you always question whether it's worth it, but I've put that behind me," she said.



Jane and Natalie Saville and Cheryl Webb break clear soon after the start

Saville recorded an automatic Commonwealth Games spot in winning with 1:33.25, ahead of sister Natalie (1:35.25), with Cheryl Webb third (1:35.59). Natalie and Cheryl beat the B standard and, as Australian's fill the first six places on the Commonwealth rankings, all three are certain to be selected and are likely to sweep the medals in Melbourne.

Further back in the field, Lisa Grant took out the Under 23 title as well as earning herself a place in the World Cup team with a 75 second PB of 96.40. Kellie Wapshot continued her outstanding form to take the last spot in the World Cup team with her own PB time of 97.22. Claire Woods also beat the 98.30 World Cup qualifying time with 97.42 and looks like the unlucky one who will miss out on an overseas trip. Megan Szirom had a fantastic walk, taking near 6 minutes off her PB to also break 100 minutes, recording 99.47.

1. Jane Saville,	NSWI,	1:33:19	CGA
2. Natalie Saville,	NSWI,	1:35:25	CGB

3.	Cheryl Webb,	NSWI,	1:35:59	CGB
4.	Lisa Grant (U23)	NSWI,	1:36:40	CGB
5.	Kellie Wapshott,	VIC,	1:37:22	CGB
6.	Claire Woods,	SASI,	1:37:43	CGB
7.	Megan Szirom,	VIC,	1:39:47	
8.	Michelle French,	AIS,	1:41:19	
9.	Laura Johnson (U23)	NSW,	1:47:15	
10.	Claire Bock,	QLD,	1:50:17	
11.	Vanessa Ebejer (U23)	NSW,	1:54:24	
12.	Chloe Jones (U23)	NSW,	1:56:48	
13.	Christina Alldis (U23)	NSW,	2:03:14	
	Carma Watson,	NZL,	DNF	
	Simone Wolowiec,	VIC,	DNF	



Jane on her way to the finish, well in front.

Nathan and Jane have dominated these championships in recent years. Nathan's win was a record 6th in 7 years (2000-2002, 2004-2006) and Jane's win was also her 6th in 7 years (2000, 2002-2006, equalling the 6 wins recorded by Kerry Saxby Junna. Nathan and Jane will both be appearing in the Queen's Baton Relay – Jane will carry the baton on February 26 in Sydney while Nathan will make his appearance on February 27 in Canberra. He has the honor of carrying the baton up Anzac Parade, Canberra's foremost street. He will receive the baton at the Vietnam Memorial and finish at the War Memorial. We are lucky to have two such wonderful ambassadors representing our sport.

Under 20 10 km Qualifying Events

Under 20 10 km roadwalks were held alongside the Open 20 km events. These races gave our top juniors an additional chance to qualify for the 2006 World Cup and the young walkers were up to the challenge.

Women 10k Race Walk Under 20

17 year old Tanya Holliday produced an absolute cracker of a walk with huge PB time of 47.41. Tanya has improved out of sight this season and will be very competitive wherever she competes on the international scene this year. 18 year old Susan Knapton broke 50 minutes for the first time with 49:57 while 17 year old Fiona Alldis produced another great performance with 50.42. Fiona has previously having gone under the 50 minutes as well and these 3 girls have put themselves into the box seat for World Cup selection. Jillian Hosking, who had previously qualified, was an unlucky 4th, walking a great 52.03, while 16 year old Jessica Rothwell did well to finish in 5th place with 52.34.

1.	Tanya Holliday,	SASI,	47:41
2.	Susan Knapton,	NSW,	49:57
3.	Fiona Alldis,	NSW,	50:42
4.	Jillian Hosking,	ACT,	52:03
5.	Jessica Rothwell,	VIC,	52:34
6.	Siobhan Donovan,	VIC,	57:34
7.	Cassandra Staples,	NSW,	58:40
8.	Lynette Bannister,	TAS,	58:49

Men 10k Race Walk Under 20

In the mens event, Ian Rayson again produced a top effort, finishing the 10km in 45:37 for yet another team qualifier but once again outside the individual qualification time of 47:00. That became irrelevant when 17 year old Daniel Coleman, in a gutsy effort, produced a sub 9 minute last 2km lap to force his way under the team qualifying standard of 47 minutes, finishing with 46:47 (a 1 minute PB). That performance will hopefully give the junior men a team for Spain.

- | | | | |
|----|------------------|-------|-------|
| 1. | Ian Rayson, | NSW, | 45:37 |
| 2. | Daniel Coleman, | TAS, | 46:47 |
| 3. | Brendon Reading, | ACTA, | 51:28 |
| | Martyn Wheatley, | WA, | DQ |

National Youth Interstate Challenge

In years past, we used to have National Under 18 Championships but that has been replaced with a National Youth Interstate Challenge event. 3000m walks were scheduled as part of the contest and Daniel Coleman backed up for a good win in the men's event. Lauren Drennan and Daniel Payne were the Victorian reps.

Women 3000 Metres Race Walk Under 18

- | | | | |
|----|-------------------|------|----------|
| 1. | Shannon Jennings, | NSW, | 14:18.94 |
| 2. | Natasha Sorensen, | QLD, | 16:08.70 |
| 3. | Lauren Drennan, | VIC, | 16:09.16 |

Men 3000 Metres Race Walk Under 18

- | | | | |
|----|------------------|------|----------|
| 1. | Daniel Coleman, | TAS, | 13:10.74 |
| 2. | Brook Keys, | NSW, | 13:23.02 |
| 3. | Brendon Reading, | ACT, | 13:24.36 |
| 4. | Ben Henman, | SA, | 15:18.28 |
| 5. | Daniel Payne, | VIC, | 17:38.87 |

VRWC RACES, COBURG ATHLETICS TRACK, SUNDAY 12 FEBRUARY 2006

We held our last VRWC event for the summer on Sunday at the Harold Stevens Athletics Track in Coburg where we combined with the Victorian Masters who were holding their 5000m racewalk championships. The Masters women were underway first and Heather Carr, Brenda Riley and Alison Thompson led the walkers out with fast opening laps. Heather gradually extended her lead to record overall fastest time of 26:46 but the huge performance came from 65 year old **Brenda Riley** who broke her own **World Masters Record** by 4 secs with a fantastic time of **27:19**. There seems no end to Brenda's achievements.

5km Masters Women Championship

W45	1	Carmel Drennan	29:37	
	2	Julie Challen	37:24	
W50	1	Alison Thompson	28:04	
	2	Janet Holmes	29:29	
W55	1	Heather Carr	26:46	
	2	Liz Feldman	30:18	
	3	Celia Johnson	32:09	
W60	1	Gwen Steed	31:06	
W65	1	Brenda Riley	27:19	World Rec pending
	2	Margaret Beaumont	37:09	



Our Masters women: Back: Alison, Carmel, Gwen, Margaret, Janet, Liz; Front: Heather, Celia, Brenda, Julie

The Masters men were off next and Andrew Jamieson turned the table on Mark Donahoo with a fantastic fastest time of 23:00. Mark was no slouch himself with his time of 23:29. Clyde Riddoch walked excellently for his 27:17 while further back in the field Tony Johnson won the M65 with a superb 28:06.

5km Masters Mens Championship

M45	1	Mark Donahoo	23:29
M50	1	Clyde Riddoch	27:17
	2	Frank Prowse	28:09
M55	1	Andrew Jamieson	23:00
	2	Alan Lucas	28:39

	3	Graeme Davis	28:54
	4	Geoff Barrow	29:48
M60	1	Russ Dickenson	28:22
M65	1	Tony Johnson	28:06
	2	Murray Dickinson	28:26
	3	Geoff Major	30:31
	4	Barrie Wicks	34:03
	5	Ian Beaumont	38:41
M75	1	Gordon Gourley	37:08



Our Masters men: Back: Alan, Clyde, Tony, Gordon, Graeme, Ian, Barrie, Frank; Front: Mark, Murray, Russ, Gordon

Our club events saw excellent walking with PBs recorded by Carma Watson, Lauren Drennan and David Armstrong.

5km Club Race

1.	Carma Watson	23:55 PB
2.	Lauren Drennan	26:59 PB
3.	Eda Girgin	27:39
1.	Danny Hawksworth	23:52
2.	Stuart Kollmorgen	24:27
3.	David Armstrong	25:55 PB
4.	Timucin Girgin	28:22
5.	Stuart Cooper	29:45
6.	Bradley Elms	31:03
7.	Robert Gardiner	31:55

3km Club Race

1.	Caitlin Campbell	18:40
1.	Jason Elms	22:43
	Gordon Onley	DQ

1500m Club Race

1.	Rebecca Campbell	10:09
1.	Ergenekon Girgin	8:13
	Damien Elms	DQ

AV 5000M TRACK WALK CHAMPIONSHIPS, 18-19 FEBRUARY 2006

Thanks to Jim Leppik for the following reports

Walkers, and other athletes got their first look at the famous MCG (Melbourne Cricket Ground) on the weekend at the Victorian championships. The G', host of the 1956 Olympics and home to the Commonwealth Games next month, is just about the most famous sporting stadium in the world. It was a tremendous site with an athletic track in place. Where normally we get about 300 entries all up, this year we got some 1600, many from interstate, with every man and his dog wanting to experience competing on the 'G. This included 163 entries in the men's 800m, 120 in the 5000m and 98 in the 1500m. The 5000m walks had 28 and 30 entries in the men's and women's race respectively. After the Commonwealth Games, the MCG will once again revert to a football and cricket stadium.

Men's 5000m Walk, 12:40PM, Saturday 18 February 2006

My Saturday started well, crashing off my bike leaving me with many "war wounds" (@#!# it hurt!!) but being the tough guy that I am I soldiered on to catch the men's walk which produced many impressive performances. 21 yo Jared Tallent took first place in a PB time of 19.12. After sauntering through the first km in near 4 min, Jared exploded away from his rivals with a 1.28 4th lap, going on to win easily. Adam Rutter, 19, took 2nd place, showing some of the best form he has for quite a while, finishing in 19.45. Some of Adam's later laps were as low as 1.31, a good sign with the World Cup getting closer. 19 yo Michael Mc Cagh took 3rd in 20.12 after a good battle with Chris Erickson. The next 2 places were filled by 50km guys Chis and Duane Cousins, the latter still managing to do PB's even though he's pushing 33. Both of those guys are in terrific shape with the Commonwealth 50km approaching. As Adam and Michael are both non-Victorians, Jared, Chris and Duane filled the placings for the state title. The next 5000m track walk in the agenda for our elite men is in the Melbourne A Series meet on Thursday 9 March. With Nathan Deakes and Luke Adams joining the fray and with a number of overseas walkers in attendance, we can expect to see even faster times if that's possible!



The leading pack early in the men's 5000m race – Adam Rutter, Jared Tallent, Tom Barnes (obscured), Duane Cousins, Chris Erickson, Michael McCagh

1. TALLENT Jared	BYC	17 OCT 1984	19:12:27
2. RUTTER Adam	ACT	4 SEP 1986	19:45:57
3. MCCAGH Michael	ACT		20:12:14
4. ERICKSON Chris	ATE	1 DEC 1981	20:16:33
5. COUSINS Duane	BYM	13 JUL 1973	20:30:27
6. BARNES Tom	RWD	22 SEP 1982	21:11:14

7.	SARGISSON Tony	NZL		22:06:34
8.	HAWKSWORTH Daniel	ATE	29 OCT 1979	22:18:50
9.	MCDONALD Lachlan	RIC	7 MAR 1979	22:24:38
10.	COLEMAN Daniel	TAS	2 FEB 1989	22:28:04
11.	MOTTROM Kim	SAA		22:36:21
12.	JAMIESON Andrew	OSC	13 JUN 1946	22:51:35
13.	DONAHOO Mark	ATE	27 MAY 1958	23:12:54
14.	KENNEDY Paul	MUU	3 APR 1957	24:32:39
15.	EVANS Simon	BOH	8 APR 1960	24:33:33
16.	REID Ross	COL	4 JUN 1954	24:36:02
17.	BARNES Jamie	COR	19 AUG 1986	24:59:51
18.	KNOX Duncan	ATE	22 MAY 1959	25:41:21
19.	BAKER Simon	OAK	6 FEB 1958	25:51:13
20.	BLOOD Andrew	BYC	14 SEP 1974	26:03:48
21.	ARMSTRONG David	DIV	5 DEC 1955	26:13:28
22.	RIDDOCH Clyde	AWA	25 JUL 1953	26:53:17
23.	PLATT John	EKA	11 FEB 1990	28:15:15
24.	MORRISON John	SAN	27 OCT 1939	28:18:55
25.	MIDDLEMISS Travis	RWD	29 MAY 1984	DQ

Jared's intermediate splits were 3:59, 7:43, 11:30, 15:24, 19:12 (3:59, 3:44, 3:47, 3:54, 3:48).

Women's 5000m Walk, 11:30AM, Sunday 19 February 2006

The women's race was a good one too with Natalie, the younger Saville sibling, asserting her authority after a few laps to go on and win well in 21.51. Natalie looked very impressive and is in great form with the Games so close. Claire Woods walked strongly through the field in what I thought was as impressive a walk as I've seen from her to be second across the line. I was surprised to find after the event that her "PB" of 22.01 won't count after she fell foul of the judges. This left second place to Michelle French who looked terrific, walking the distance in 22.05. Michelle, coming back after some time out of the sport, was a terrific junior, winning countless National titles, and is looking like coming back as good as ever. World Cup rep Kellie Wapshot was the first Victorian home after chasing Natalie hard early in the event. Kellie is also in great shape and her time was a PB, finishing with 22.35. Megan Szirom was next home and second Victorian, finishing off a great season again with her own PB of 22.43. Carma Watson's good recent form continued being the third Victorian home coming in with a fast 24.10. Natalie's intermediate splits were 4:18, 8:35, 12:59, 17:25, 22:51. That makes 1km splits of 4:18, 4:17, 4:24, 4:26 and 4:26. Very impressive walking indeed! Add in Jane Saville and Cheryl Webb and the sky's the limit. The girls will all meet again in the Brisbane A Series Meet on 3 March when a further 5000m track walk has been scheduled



Kellie Wapshot leads Michelle French



Winner Natalie Saville

1.	Natalie SAVILLE	NSW	21:51 SB
2.	Michelle FRENCH	ACT	22:06
3.	Kellie WAPSHOTT	KNA	22:35 PB 1st Vic Champ
4.	Megan SZIROM	RWD	22:44 PB 2nd Vic Champ
5.	Claire BOCK	QLD	24:02 SB
6.	Carma WATSON	ATE	24:10 SB 3rd Vic Champ
7.	Sandra GEISLER	RWD	24:29
8.	Jessica ROTHWELL	SBE	24:52
9.	Kelly RUDDICK	BHA	25:05
10.	Natalie LAURIE	ANW	25:35 PB
11.	Tracy FEINER	KNA	25:36 SB
12.	Lauren DRENNAN	KSB	25:57
13.	Sarah VARDANEGA	QLD	25:58 SB
14.	Natasha SORENSEN	QLD	26:05 PB
15.	Heather CARR	VMA	26:27
16.	Fauve JACOBS	DKN	26:34 SB
17.	Eda GIRGIN	ATE	26:43
18.	Siobhan DONOVAN	ANW	26:51
19.	Annette MAJOR	EAG	26:59
20.	Justijana ROSEMAN	ATE	28:21 SB
21.	Sandy BRUNNER	SAA	28:34 PB
22.	Caitlin BRUNTON	COR	28:50 SB
23.	Janet HOLMES	GHY	29:03
24.	Carmel DRENNAN	KSB	29:18
25.	Gwen STEED	VMA	30:46 SB
	Claire WOODS	SAA	DQ
	Erin ADAMCEWICZ	ATE	DQ



The start of the 5000m racewalk for women

TELSTRA A SERIES 5000M WALK WOMEN, BRISBANE, FRIDAY 3 MARCH 2006

The Telstra A Series meet in Brisbane was held in strong winds and driving rain, with the sprint events struggling into headwinds. A small field of elite women competed in the 5000m walk and the three Australian Commonwealth Games representatives, Jane and Natalie Saville and Cheryl Webb, dominated as expected. Cheryl broke her PB by some 13 secs and Claire Woods also broke her PB. With the first 5 girls under 23 minutes in the tough conditions, it was a great race.

1. Jane Saville	Nswis	21:48.58
2. Natalie Saville	Nswis	21:56.97
3. Cheryl Webb	Nswis	22:04.39 (PB – 13 secs)
4. Claire Woods	Actas	22:44.93 (PB – 5 secs)
5. Michelle French	Ais	22:52.68
6. Lisa Grant	Nswis	23:14.35
7. Claire Bock	Qld	23:52.40

A SERIES MEET 5000M WALK MEN, MELBOURNE, THURS 9 MARCH 2006

Thanks to Jim Leppik for this comprehensive report on what was a fantastic race.

It was the first stop in the IAAF World tour and it was nice to have a walk on the program on such a wonderful night of athletics. With the Commonwealth Games just a few days away, many walkers were after one final warm up race. The atmosphere in Melbourne is really starting to buzz.

Nathan Deakes broke the **Australian and Commonwealth 5000m track walk record** with his time of **18.45.19**. After a close battle with Luke Adams for 4 laps Nathan gradually increased his lead to win easily. His laps went from 1.29-1.31 throughout, splitting 3km in 11.10. He looks almost certain to take the 20/50k double on 20 & 24 March at the Commonwealth Games. Luke, a 5th placegetter in his own right at World Championships, hung on very well to take 2nd place, walking a personal best time of 19.01 for 5km (3km split in 11.19). Luke is looking more than ready for the Games 20 km. 19 year old Adam Rutter gets better with each walk and although on his own for most of the event still managed to take 9 seconds of his PB, finishing in 19.36 (3km 11.39). 19 year old Michael McCagh was his usual consistent self, taking 4th place in 19.54 after breaking away from Duane Cousins. Duane, despite pushing 33, took 25 seconds of his personal best to finish with 20.08. Important for Duane is not just his good form leading to the Games 50km, but the fact he won a slab of beer (24 stubbies) from AIS coach Brent Vallance for breaking 12 minutes for 3km, after splitting in 11.59. Let's hope he shares, especially with the author of this write-up!!!! Our other Games rep Chris Erickson was next in 20.35, a fair effort given he lost considerable time being sick at 4km. Maybe Duane was sharing his slab early!!!! Both Duane and Chris couldn't be more ready for their 50 kms in 2 weeks. Unfortunately Jared Tallent, 19.12 in his last 5km at the State Championships 2 weeks ago at the MCG, didn't start as a precautionary measure due to mild hamstring soreness, not wanting to take a risk with the Games so close.

The best of the internationals was Dominic King, next in 21.20 after Daniel King suffered the wrath of the judges during the last lap. Daniel looked to be heading for about somewhere in the 20.30's.

1. Nathan Deakes	AIS	18:45.19	PB - 38 secs
2. Luke Adams	NSWIS	19:01.73	PB - 33 secs
3. Adam Rutter	AIS	19:36.30	PB - 9 secs
4. Michael McCagh	AIS	19:54.60	
5. Duane Cousins	VIS	20:08.22	PB - 22 secs
6. Christopher Erickson	VIC	20:35.40	
7. Dominic King	ENG	21:20.86	
8. Tony Sargisson	NZL	21:38.72	
9. Steve Partington	IOM	21:46.76	
10. Frank Bertei	VIC	21:48.71	
Daniel King	ENG	DQ	

Nathan's lap times show what it takes to walk that sort of superhuman time:

Laps 1:27, 2:56, 4:25, 5:54, 7:24, 8:54, 10:24, 11:55, 13:26, 14:58, 16:29, 18:00, 18:45
 Km splits 3:42, 7:24, 11:10, 14:58, 18:45 (3:42, 3:42, 3:46, 3:48, 3:47)

VICTORIAN LITTLE ATHLETICS CHAMPIONSHIPS, BENDIGO, 4-5 MARCH 2006

The Little Athletics championships were forced out of Melbourne by the Commonwealth Games preparations and had to host their annual Track and Field championships in Bendigo last weekend. It was a hot time both on and off the track with scorching times and trying weather. Walks were contested in all age groups from U9 to U15 and I include the first 5 placings from each age group. Some races (especially the girls' events) had in excess of 20 competitors. Well done to all our future champions!

Under 9 Boys 1100 M WALK 1 D Heiden Bendigo 6:11.14 2 J Jones Bendigo 6:11.39 3 J Galbraith Ringwood 7:12.28 4 J Exell Bendigo 7:55.06 5 A Dritsas Nunawading 7:57.94	Under 9 Girls 1100 M WALK 1 S Burren Dandenong 6:03.53 2 C McNicol-Davidson Seaford 6:14.54 3 R Campbell Keilor 6:28.62 4 H Mayall Corio 6:47.06 5 D Corless Knox 6:47.34
Under 10 Boys 1100 M WALK 1 A Fiddes Box Hill 6:13.59 2 L Taylor Lilydale/YR 7:05.91 3 N Miller Diamond Valley 7:12.76 4 J Whelan Sale 7:22.51 5 L Williams Croydon 7:30.89	Under 10 Girls 1100 M WALK 1 C Watts Knox 6:12.67 2 M Playford Bendigo 6:27.18 3 J Wilson Bendigo 6:27.51 4 A Albert Dandenong 6:36.10 5 O Cope Leongatha 6:47.90
Under 11 Boys 1500 M WALK 1 M Felton Knox 8:11.50 2 R Antidormi Nunawading 8:21.06 3 T Oates Knox 8:51.63 4 J Shay Bendigo 8:51.99 5 J Dillon Corio 9:01.18	Under 11 Girls 1500 M WALK 1 E Whiley Bendigo 8:01.90 2 T Collins Waverley 8:06.27 3 C Campbell Keilor 8:06.55 4 A Finnegan Knox 8:09.87 5 C Lee Sale 8:33.50,
Under 12 Boys 1500 M WALK 1 L Clark Geelong 8:27.33 2 J Ettridge Corio 8:32.03 3 J Kaiser Frankston 8:54.01 4 P Curtis Bendigo 8:57.10 5 T Nelson Dandenong 8:57.29	Under 12 Girls 1500 M WALK 1 A Burren Dandenong 7:38.50 2 C Raselli Knox 7:43.15 3 C Dyer Box Hill 8:02.12 4 N Hallett Casey 8:02.28 5 H Brazel Nunawading 8:11.53
Under 13 Boys 1500 M WALK 1 B Simpson Knox 8:00.56 2 J Palfreyman Bendigo 8:23.17 3 R Walsh Nunawading 8:27.30 4 A Coad Bendigo 8:41.40 5 S Marsh Coburg 8:56.85	Under 13 Girls 1500 M WALK 1 B Alexander Knox 7:27.60 2 E Brunton Corio 7:43.00 3 R Tallent Ballarat 7:50.32 4 T Watt Croydon 7:56.44 5 A Thorne Knox 8:00.13
Under 14 Boys 1500 M WALK 1 W Kennish Nunawading 7:29.36 2 L Muir Geelong 7:37.82 3 S Flavell Knox 8:17.40 4 B Duncan Traralgon 8:24.43	Under 14 Girls 1500 M WALK 1 R Lamble Nunawading 7:11.53 2 D Davis Corio 8:02.64 3 E Fenton Geelong 8:08.71 4 K Maskell Shepparton 8:21.13 5 Y Valladares Whittlesea City 8:25.55
Under 15 Boys 1500 M WALK 1 C Tilley Knox 7:17.81 2 N Mirarchi Corio 7:19.44 3 J Larkins Corio 7:24.48 4 L Sheppard Dandenong 8:39.84 5 A Maskell Dunstan Shepparton 9:17.83	Under 15 Girls 1500 M WALK 1 N Laurie Nunawading 6:53.56 2 B Fenton Dandenong 8:05.59 3 H Banks Altona 8:29.93 4 B Simpson Knox 8:54.30 5 L Boddy Corio 9:08.36

2006 COMMONWEALTH GAMES 20 KM RACEWALKS, DOCKLANDS PRECINCT, MELBOURNE



Australia made history in the 20 km walks on Monday 20 March at Melbourne's new Docklands area, sweeping both the men's and women's events for the first time. Saville sisters Jane and Natalie and team mate Cheryl Webb took gold, silver and bronze for Australia in the morning. Australia's men followed in their footsteps in the early afternoon with Nathan Deakes taking the gold ahead of Luke Adams and Jared Tallent.

The Docklands course offered maximum viewing opportunities for spectators and allowed them to get up close and personal with the walkers as they swept past. Thousands lined the 2 km lap and the atmosphere was one of excitement and cheerful support. The weather was overcast early and even when the sun came out later and the temperature crept towards the mid twenties, a cool onshore breeze provided some relief. Although the course was a fairly technical one with lots of twists and turns, the times were fast and competitors seemed to handle it well.

20 K WOMEN, 9AM, MONDAY 20 MARCH 2006

Australian Jane Saville won her third consecutive Commonwealth Games gold medal in the 20km Walk with sister Natalie taking silver and fellow Aussie Cheryl Webb the bronze. All 3 girls were under Jane's Games record which she set in winning in Manchester in 2002.

Sri Lanka's Geetha Gallage started the race hard and went to an initial lead in the first lap, followed by the 3 Australians. Soon she was swallowed up by the Australian juggernaut and from then on, it was a succession of gold singlets. Jane went to the lead but Natalie chased hard and remained within striking distance for most of the race.



Jane's final time of 1:32.46 was some 4 minutes faster than Manchester and Natalie hung on superbly for her silver medal winning time of 1:33.33. They join Cycling sisters Anna and Kerry Meares as the second pair of Australian sisters to take out gold and silver in the same event at these Games.

In her first Commonwealth Games appearance, Cheryl Webb won the bronze medal with a time of 1:36.03. She had chased the Saville sisters throughout the 20 km but the gap always looked unassailable. The South African competitors, who were well positioned throughout the race, finished behind the Australian pack, with Nicolene Cronje taking fourth place and Suzanne Erasmus fifth. India's Deepmala L Devi finished sixth, with the English pair of Johanna Jackson and Niobe Menendez finishing seventh and eighth. Geetha Gallage, who had led early, withdrew from the event after 12km, apparently suffering from exhaustion.

1.	SAVILLE Jane	AUS	05/11/1974	1:32:46	GR
2.	SAVILLE Natalie	AUS	07/09/1978	1:33:33	SB
3.	WEBB Cheryl	AUS	03/10/1976	1:36:03	
4.	CRONJE Nicolene	RSA	16/06/1983	1:38:19	SB
5.	ERASMUS Suzanne	RSA	28/09/1985	1:40:54	PB
6.	L. DEVI Deepmala	IND	16/04/1985	1:41:54	SB
7.	JACKSON Johanna	ENG	17/01/1985	1:42:04	PB
8.	MENENDEZ Niobe	ENG	01/09/1966	1:47:35	
9.	GALLAGE Geetha	SRI	18/09/1978	DNF	

Jane's lap times read impressively: 9:14, 8:14, 27:24, 36:34, 45:48, 55:04, 1:04:16, 1:13:39, 1:23:10, 1:32:46.

20 KM MEN, 12PM, MONDAY 20 MARCH 2006

The Australians made a clean sweep of the Men's Walk medals, in a repeat of this morning's podium line-up in the women's event. Nathan Deakes and Luke Adams went out fast and the field was well spread before the first lap was even completed. Jared Tallent went out more conservatively in a small group which included the Kenyan David Rotich (third in Manchester), the Indian Jalan and the English walkers.

Such was Nathan's pace that Luke was forced to let him go after only 2 km and from then on it was Nathan walking against the clock. He went through the first 10 km in about 39:36 in a superb display of speed walking. If anyone thought that he might be taking it easy with a 50 km event to follow in only 4 days, Nathan had other plans. His final time of 1:19:55 took over 4 minutes off his Manchester Games record (in fact, the first 3 all broke the Games record).

Luke gamely chased Nathan throughout the race and really only lost significant ground in the final laps. His final time of 1:21:38 earned him a second silver medal, matching his Manchester effort. Jared Tallent, the youngest competitor in the field at the age of 21, soon broke away from the second group and walked the remainder of the race on his own behind Nathan and Luke but well clear of the other walkers! His final time of 1:23.32 was his second fastest ever and rounded out the trifecta. Kenya's David Kimutai Rotich held on to finish in fourth place, a position he had maintained since the early stages of the race. He had taken third in Manchester and this was a much faster walk but he it was too hard an ask to split the strong Australian team. Fifth place went to India's Parayil Jalan and the English walkers filled out the remaining places.



Deakes has only a short time for recover and prepare for the gruelling 50km Walk. “Four days isn’t long and 50km is a pretty daunting distance, but I’m pretty optimistic about my chances,” he said.

Nathan's post-race comment summed it up nicely: “I’m a Melburnian at heart, and with the absolutely fabulous support - an Aussie trifecta in the Women’s and Men’s - we couldn’t have scripted it better.”

1. DEAKES Nathan	AUS	17/08/1977	1:19:55	GR
2. ADAMS Luke	AUS	22/10/1976	1:21:38	
3. TALLENT Jared	AUS	17/10/1984	1:23:32	
4. KIMUTAI ROTICH David	KEN	19/08/1969	1:25:42	
5. JALAN Parayil	IND	23/10/1983	1:30:43	
6. KING Daniel	ENG	30/05/1983	1:31:17	
7. KING Dominic	ENG	30/05/1983	1:32:21	
8. PENN Andrew	ENG	31/03/1967	1:32:54	
9. CHAND Dip	FIJ	27/08/1969	DNF	
10. MOHD SHARRULHAIZY Abd	MAS	19/02/1980	DSQ	

Nathan's lap times show amazing consistency with his slowest lap still a very swift 8:10:
7:44, 15:32, 23:32, 31:39, 39:36, 47:34, 55:38, 1:03:43, 1:11:53, 1:19:55

50 KM MEN, 8AM, FRIDAY 24 MARCH 2006

The last of the Commonwealth Games walks was completed on Friday morning at the Docklands in Melbourne. The day was expected to be hot (max expected 30 degrees) and, while the 8AM start was some consolation, it was expected to be a torrid affair in the Melbourne sun.

Luckily early morning cloud cover and the morning shadows from the surrounding buildings shielded the walkers for the first half of the race but the second half was walked in the sunshine with the temperature quickly rising.



The start – still overcast for not for long

Nathan Deakes did not disappoint, breaking his own Games record by 10 minutes to finish in a fantastic 3:42:53. He walked with the other walkers for the first couple of laps before heading off on his own and increasing his pace each 10 km split right through to the end. The first 10 km was the slowest of his race! What an amazing athlete. That's 4 golds from the last 2 Commonwealth Games.

The battle for the minor medals was fierce with Craig Barrett, Tim Berrett and Duane Cousins pushing each other through the first 20 km in 1:32:17. Chris Erickson decided to let them go, relying on the second half to sort things out. The early pace took its toll and first Tim Barrett and then Craig Barrett dropped off. That left the 3 Aussies clearly in front with Nathan leading Duane and Chris hot in pursuit. Chris worked hard to bridge the gap to Duane and got it down to 20 secs at one stage before Duane responded brilliantly and started to increase the gap. But then tragedy for Duane as he was informed he had been disqualified. This left Chris in second spot with 5 km to go and it looked like it was all over. But the second of the Kiwi walkers, Tony Sargisson, was walking an inspired race further back in the field and he had other ideas.

Catching Chris with just over 1 lap to go, he surged past the slowing Australian and powered home to take silver in 3:58:05. His splits were 1:59:59 followed by 1:58:06. He negative split the second half by nearly 2 minutes. Chris held on gamely for third with 3:58:22. It was the first time under 4 hours for both Tony and Chris and these results give them the all important A qualifiers for the 2007 IAAF World Champs next year (and hopefully a big boost for 2008 Olympic selection).

Craig Barrett finished next in 4:02:27 ahead of Tim Barrett who was fifth in 4:08:18. Both these walkers headed out hard and the warm conditions perhaps laid waste to their plans. Tim had just come from Canada with its sub zero temperatures so he was never going to be acclimatised for the hot Melbourne weather.

Steve Partington (Isle of Man) was next in in 4:25:18. This is his sixth Comm Games appearance, a great record that will take some beating.

The only other finisher was Abdul Mohd Sharrulhaizy of Malaysia who showed great courage to labour through the midday heat and complete the course in 5:07:39.



Chris Erickson, Tim Berrett and Duane Cousins were amongst the early pace setters but Tony Sargisson spoiled the party

Once again, huge crowds lined the course and witnessed an exciting event.

1.	DEAKES Nathan	AUS	17/08/1977	3:42:53	GR
2.	SARGISSON Tony	NZ	24/06/1975	3:58:05	PB
3.	ERICKSON Christopher	AUS	01/12/1981	3:58:22	PB
4.	BARRETT Craig	NZ	16/11/1971	4:02:27	
5.	BERRETT Tim	CAN	23/01/1965	4:08:18	
6.	PARTINGTON Steve	IOM	17/09/1965	4:25:39	
7.	MOHD SHARRULHAIZY Abd	MAS	19/02/1980	5:07:32	
	AROSANYIN Charles	NGR	23/06/1967	DSQ	
	COUSINS Duane	AUS	13/07/1973	DSQ	
	CHAND Dip	FIJ	27/08/1969	DNS	



The crowd stayed to cheer last man home, Abdul Mohd Sharrulhaizy

The splits for the competitors tells the story of the race in vivid terms

Nathan	23:08	46:03	1:08:11	1:30:26	1:52:23	2:14:16	2:36:08	2:58:02	3:20:26	3:42:53
Tony	24:39	48:52	1:13:03	1:36:59	1:59:59	2:23:18	2:46:49	3:10:37	3:34:18	3:58:05
Chris	23:11	46:09	1:09:03	1:32:32	1:56:01	2:19:37	2:43:29	3:07:49	3:33:07	3:58:22
Craig	23:08	46:03	1:09:01	1:32:17	1:55:25	2:18:49	2:42:37	3:07:46	3:35:02	4:02:27
Tim	23:11	46:08	1:09:02	1:32:18	1:55:49	2:20:19	2:46:05	3:13:05	3:40:52	4:08:18
Steve	26:02	51:37	1:16:50	1:42:29	2:07:50	2:33:35	3:00:16	3:28:01	3:57:12	4:25:39
Abdul	28:44	56:11	1:23:17	1:50:44	2:20:35	2:52:53	3:25:30	3:58:23	4:32:07	5:07:32
Duane	23:11	46:09	1:09:01	1:32:17	1:55:25	2:18:49	2:42:15	3:07:02	3:32:21	DQ
Charles	30:13	DQ								

AUSTRALIAN U20/U23 CHAMPIONSHIPS, ADELAIDE, 31 MARCH-2 APRIL 2006

Tanya Holliday, 17, with another brilliant effort, qualified for the World Junior Championship with her time of 48.42, 31 seconds under the qualifying time of 49.15. That is Tanya's fastest time on the track although she did 47.40 on the road at the World Cup trials on February 4. A girl with an exciting future. Fiona Alldis again walked a great race to take second place in 50.24, her fastest time this year, and well on target for another great World Cup race in May. Third place was taken by Cassandra Staples in 53.18, a time that must have been a pretty decent PB.

Women 10000 Metres Race Walk Under 20

- | | | |
|------------------------|-------|----------|
| 1. Tanya Holliday, | Sasi, | 48:42.15 |
| 2. Fiona Alldis, | Nsw, | 50:24.29 |
| 3. Cassandra Staples, | Nsw, | 53:18.82 |
| 4. Stephanie Stigwood, | SA, | 55:32.48 |
| 5. Fauve Jacobs, | Vic, | 55:46.42 |

Ian Rayson, 18, produced another great PB to win the men's race, walking 44.43 to take 27 seconds off his previous best. He is improving rapidly with each race and can hopefully find another 38 seconds to make the World Junior team. Brooke Keys, 17, produced a huge PB to take second in 46.28 which should make him a late inclusion in our World Cup team. World Cup rep Daniel Coleman, 17, just got under his personal best time to take third in 46.43, topping off a great season.

Men 10000 Metres Race Walk Under 20

- | | | |
|---------------------|--------|----------|
| 1. Ian Rayson, | Nsw, | 44:43.75 |
| 2. Brook Keys, | Nsw, | 46:28.96 |
| 3. Daniel Coleman, | Tas, | 46:43.75 |
| 4. Brendon Reading, | Actas, | 47:00.75 |
| 5. Adam Dunn, | SA, | 52:35.40 |

RIO MAIOR RACE WALK CHALLENGE, SUNDAY 2 APRIL 2006

Lisbon, Portugal - A lovely sunny spring afternoon greeted a strong pack of competitors in Rio Maior for the second leg of the 2006 IAAF Race Walking Challenge. The races were held on a still 20+ degrees temperature day and the time recorded by the competitors were of a very high standard. And, fresh from their Commonwealth Games medals, **Luke Adams and Jane Saville each came third in season best times**. António Manuel Fernandes for IAAF reported as follows:

Mens 20 km

Francisco Fernandez, the 2005 World and 2004 Olympic silver medallist, took the title in Rio Maior in a solo race, controlling the other competitors and only slowing down during the last of the 10 laps, when his advantage dropped to 5 seconds. His time was slower than last year (1:19:02), but "Paquillo" and his coach, Robert Korzeniowski, explained that it was because of "too much work at altitude, in the last few weeks". They also said that they treated the race like a "hard training session for his goals": the IAAF World Race Walking Cup in La Coruña (13-14 May) and the European Championship in August. "My goal in Rio Maior was winning, no matter what the final time and I achieved it."

In second place was the Russian Iliya Markov, winner in 1999, who upped his rhythm in the last lap, dropping the Australian Luke Adams, who was second in the Commonwealth Games, in Melbourne (20 March).

In the fourth place, just two seconds off his personal best (1:21:11) was Erik Tysse, NOR, in front of Hatem Ghoula, TUN, and the 2005 Helsinki bronze medallist, Alex Schwazer of Italy. The best Portuguese was João Vieira (9th).

1. Francisco Fernandez,	ESP	1:20:36
2. Iliya Markov,	RUS	1:20:41
3. Luke Adams,	AUS	1:20:49
4. Erik Tysse,	NOR	1:21:13
5. Hatem Ghoula,	TUN	1:21:34
6. Alex Schwarzer,	ITA	1:21:38
7. José Dias Velazquez,	ESP	1:21:48
8. Giorgio Rubino,	ITA	1:22:32
9. João Vieira,	POR	1:23:22
10. Benjamin Sanchez,	ESP	1:23:44

Womens 20 km

Rio Maior is the home town of Susana Feitor, the 2005 Helsinki World Championship bronze medallist, and the crowd tried to push her to first place. But she isn't yet in good shape (she came from an altitude training, where she will return next Monday), and all the people watched a great competition between Margaryta Turava, the 2005 IAAF Race Walking Challenge winner (also winner in Rio Maior) and the German Melanie Seeger.

Turava forced herself into the lead, and carved out an advantage over the field but in the third lap Seeger caught her and they walked side by side until the seventh lap, when Seeger was too powerful and a tired Turava had to quit the race.

From that point, Seeger increased her pace and finished first, 45 seconds ahead of the Romanian Claudia Steff, winner of the first leg of the 2006 IAAF Race Walking Challenge. The Australian Jane Saville, the 2006 Commonwealth Games champion finished in the third place.

:This win was a great surprise", said Seeger. "It was my first competition after winter training and I didn't know how good my shape was. So I came to Rio Maior, see the pace of the others and improve myself to try winning. I'm very happy with that and I'm looking forward for the IAAF World Race Walking Cup."

The best Portuguese was Susana Feitor, who finished ahead of Inês Henriques, in 6th.

The 2006 IAAF Race Walking Challenge continues on 22 April, with the Race Walking Grand Prix in Yangzhou, China, will followed by Coppa Città di Sesto San Giovanni, Italy, on 1 May, before the IAAF World Race Walking Cup in La Coruña, Spain, May 13-14.

1. Melanie Seeger,	GER	1:29:15
2. Cláudia Steff,	ROM	1:30:00
3. Jane Saville,	AUS	1:30:23
4. Norica Cipean,	ROM	1:30:38
5. Kristina Saltanovic,	LTU	1:31:17
6. Susana Feitor,	POR	1:31:43
7. Inês Henriques,	POR	1:32:18
8. Sabine Zimmer,	ALE	1:33:54
9. Elisa Rigaudó,	ITA	1:34:23
10. Maria José Povés,	ESP	1:35:14



Francisco Fernandez and Melanie Seeger celebrate their wins in Rio Maior

VMA T&F CHAMPIONSHIPS, GLENHUNTLY, 1-2 APRIL 2006

The Victorian Masters Track and Field Championships were held at the Glenhuntly Athletics Track on 1-2 April and, just like last year, the weather was cold, windy and showery. Our masters walkers must be wondering what is going on!

The walks were well supported and the standard of walking was excellent. Mark Donahoo and Annette Major were the fastest overall but it's a combination of age vs speed so fastest does not necessarily mean best overall. But Mark and Annette were legitimately fast so don't think I am having a go!

From my reading of things, the best walks on the weekend were by (in no particular order) Annette Major, Alison Thompson, Heather Carr, Brenda Reilly, Jean Knox, Mark Donahoo, Colin Heywood, Russ Dickenson, Murray Dickinson, Tony Johnson, Gordon Gourlay and Ken Walters. But my hat goes off to everyone who competed.

W30 3000 Metre Race Walk	1 Kylie Irshad	W34	Croydon	16:11.00
	2 Jillian Cole	W34	no venue	20:43.00
W40 3000 Metre Race Walk	1 Annette Major	W43	no venue	15:02.00
	2 Frances Halton	W44	Frankston	19:47.00
W45 3000 Metre Race Walk	1 Carmel Drennan	W46	Aberfeldie	16:32.00
	2 Pam Tindal	W46	Croydon	16:34.00
	3 Julie Challen	W48	Croydon	19:47.00
W50 3000 Metre Race Walk	1 Alison Thompson	W53	Croydon	16:09.00
	2 Marlene Gourlay	W54	no venue	16:43.00
	3 Janet Holmes	W52	Caulfield	16:58.00
W55 3000 Metre Race Walk	1 Heather Carr	W56	no venue	15:51.00
	2 Liz Feldman	W57	Croydon	17:05.00
	3 Celia Johnson	W58	Springvale Noble Park	19:06.00
W60 3000 Metre Race Walk	1 Gwen Steed	W63	Mentone	17:44.00
	2 Slyvia Machin	W64	Mentone	19:07.00
	3 Heidi Engel	W63	Mentone	25:20.00
W65 3000 Metre Race Walk	1 Brenda Riley	W66	Geelong	16:22.10
	2 Margaret Beaumont	W68	Mentone	21:51.00
	3 Beverly Hugo	W66	Mentone	22:03.00
W70 3000 Metre Race Walk	1 Shirley Coppock	W70	East Burwood	23:27.00
W75 3000 Metre Race Walk	1 Jean Knox	W79	Geelong	22:14.00
M45 3000 Metre Race Walk	1 Mark Donahoo	M47	Aberfeldie	13:53.03
	2 David Wilkins	M48	Mentone	18:35.69
M50 3000 Metre Race Walk	1 Colin Heywood	M51	Collingwood	14:44.56
	2 Clyde Riddoch	M52	Aberfeldie	15:48.03
	3 Frank Prowse	M54	Doncaster	16:26.17
	4 Ian Cassell	M52	Mentone	18:30.71
M55 3000 Metre Race Walk	1 Alan Lucas	M58	Croydon	16:27.98
	2 Graeme Davis	M56	Caulfield	16:32.09
	3 Geoff Barrow	M57	Mentone	18:02.70
M60 3000 Metre Race Walk	1 Russ Dickenson	M60	Croydon	16:10.59
	2 Ron Bilston	M62	Caulfield	18:52.61
	3 John Hallo	M63	Frankston	19:17.84
M65 3000 Metre Race Walk	1 Murray Dickinson	M67	Collingwood	16:33.97
	2 Tony Johnson	M65	Springvale Noble Park	16:37.43
	3 John Morrison	M66	Mentone	17:22.92
	4 Geoff Major	M69	no venue	18:11.87
	5 Barrie Wicks	M65	Croydon	19:41.00
M70 3000 Metre Race Walk	1 Ken Walters	M73	Croydon	20:05.52
	2 Colin Silcock-Delaney	M73	Geelong	20:12.85
	3 Ian Beaumont	M70	Mentone	22:26.26
M75 3000 Metre Race Walk	1 David McNair	M75	no venue	22:18.00
	2 Kees Zwynenburg	M77	Frankston	22:59.00
	3 Jim Machin	M75	Mentone	25:26.00
M80 3000 Metre Race Walk	1 Victor Harley	M80	Caulfield	24:59.00
W30 1500 Metre Race Walk	1 Kylie Irshad	W34	Croydon	6:58.43

	2 Jillian Cole	W34	no venue	9:50.00
W40 1500 Metre Race Walk	1 Annette Major	W43	no venue	6:59.78
W45 1500 Metre Race Walk	1 Carmel Drennan	W46	Aberfeldie	7:37.92
	2 Pam Tindal	W46	Croydon	7:57.12
	3 Lynette Pimm	W45	no venue	9:44.00
W50 1500 Metre Race Walk	1 Alison Thompson	W53	Croydon	7:25.25
	2 Janet Holmes	W52	Caulfield	7:57.76
W55 1500 Metre Race Walk	1 Heather Carr	W56	no venue	7:17.92
	2 Liz Feldman	W57	Croydon	8:06.28
	3 Celia Johnson	W58	Springvale Noble Park	9:10.88
W60 1500 Metre Race Walk	1 Gwen Steed	W63	Mentone	8:27.92
	2 Sylvia Machin	W64	Mentone	9:13.44
	3 Heidi Engel	W63	Mentone	12:18.96
W65 1500 Metre Race Walk	1 Brenda Riley	W66	Geelong	7:54.90
	2 Margaret Beaumont	W68	Mentone	9:57.58
	3 Beverly Hugo	W66	Mentone	11:02.57
W70 1500 Metre Race Walk	1 Tina Baarslag-Leb	W72	Croydon	10:57.48
	2 Shirley Coppock	W70	East Burwood	11:49.36
	3 Pam Mews	W71	Mentone	14:03.86
W75 1500 Metre Race Walk	1 Jean Knox	W79	Geelong	11:03.97
M45 1500 Metre Race Walk	1 Mark Donahoo	M47	Aberfeldie	6:24.90
	2 David Wilkins	M48	Mentone	9:26.50
M50 1500 Metre Race Walk	1 Colin Heywood	M51	Collingwood	7:00.70
	2 Clyde Riddoch	M52	Aberfeldie	7:06.30
	3 Frank Prowse	M54	Doncaster	7:59.10
	4 Ian Cassell	M52	Mentone	8:56.00
M55 1500 Metre Race Walk	1 Alan Lucas	M58	Croydon	7:39.10
	2 Graeme Davis	M56	Caulfield	7:49.90
	3 Geoff Barrow	M57	Mentone	8:07.20
M60 1500 Metre Race Walk	1 Russ Dickenson	M60	Croydon	7:28.90
	2 Ron Bilston	M62	Caulfield	9:06.90
M65 1500 Metre Race Walk	1 Tony Johnson	M65	Springvale Noble Park	7:52.30
	2 Murray Dickinson	M67	Collingwood	7:56.30
	3 John Morrison	M66	Mentone	8:04.10
	4 Geoff Major	M69	no venue	8:45.90
	5 Barrie Wicks	M65	Croydon	9:34.60
M70 1500 Metre Race Walk	1 Ken Walters	M73	Croydon	9:51.10
	2 Colin Silcock-Delaney	M73	Geelong	10:56.60
	3 Ian Beaumont	M70	Mentone	11:10.70
M75 1500 Metre Race Walk	1 Gordon Gourlay	M77	Mentone	10:45.88
	2 David McNair	M75	no venue	10:48.15
	3 Kees Zwynenburg	M77	Frankston	11:20.11
M80 1500 Metre Race Walk	1 Victor Harley	M80	Caulfield	13:12.36

AUSTRALIAN MASTERS CHAMPIONSHIPS, CANBERRA, 14-17 APRIL 2006

Last weekend the Australian Masters Championships was held in Canberra. Amongst the highlights were

- **Andrew Jamieson's** terrific time of 1:39.44 for the 20km (at 59 years of age)
- **Mark Donahoo's** fine double in the M45 division with 23.19 for 5000m and 1:38.49 for 20km
- **George White's** double in the M60 division with 25.37 for the 5000m and 1:42.20 for the 20km
- **Lyn Ventris's** double in the W45 division with 23.51 for 5000m and 48.54 for the 10km
- **Brenda Riley** who, at 65 years of age, was just about the best of the lot with a W65 double of 27:51 and 56.53

See <http://www.actvac.com.au/AMA06/Home.htm> for full results and photos.

W30 5000 Meter Race Walk	1	Justijana Roseman	W	VIC	28:29.71
W40 5000 Meter Race Walk	1	Annette Major	W	VIC	26:25.47
	2	Suzanne Brown	W	NSW	31:11.42
	3	Salvina Agius	W	NSW	31:43.93
	4	Sandra Howorth	W	VIC	35:04.46
W45 5000 Meter Race Walk	1	Lynette Ventris	W	WA	23:51.03
	2	Carmel Drennan	W	VIC	28:46.38
	3	Trish Stallard	W	NSW	36:34.47
	4	Annette Tillman	W	NSW	40:46.25
W50 5000 Meter Race Walk	1	Nancy Lloyd	W	NSW	32:56.32
	2	Carmen Carlon	W	ACT	43:18.81
W55 5000 Meter Race Walk	1	Elizabeth Feldman	W	VIC	29:13.97
	2	Barbara Tucker	W	ACT	32:54.59
	3	Valerie Millard	W	WA	33:13.78
W60 5000 Meter Race Walk	1	Sylvia Machin	W	VIC	32:14.12
	2	Kerry Bray	W	NSW	32:46.01
	3	Margaret Trengove	W	SA	34:05.96
	4	Joan Purcell	W	NSW	34:54.50
	5	Lynne Schickert	W	WA	36:37.36
W65 5000 Meter Race Walk	1	Brenda Riley	W	VIC	27:51.04
	2	Judy Kenyon	W	NSW	35:39.79
	3	Margaret Beaumont	W	VIC	36:29.06
	4	Val Chesterton	W	ACT	36:36.34
W75 5000 Meter Race Walk	1	Christiane Dauphinet	W	QLD	36:45.06
M35 5000 Meter Race Walk	1	David Smyth	M	NSW	27:09.04
M40 5000 Meter Race Walk	1	Greg Rowe	M	NSW	28:13.42
M45 5000 Meter Race Walk	1	Mark Donahoo	M	VIC	23:19.22
	2	Simon Evans	M	VIC	25:35.25
	3	Mark Worrall	M	ACT	28:29.39
M50 5000 Meter Race Walk	1	Frank Prowse	M	VIC	30:02.30
	2	Dez Wildwood	M	ACT	30:47.77
M55 5000 Meter Race Walk	1	Alan Lucas	M	VIC	27:44.60
	2	Robert Kennelly	M	ACT	44:46.96
M60 5000 Meter Race Walk	1	George White	M	SA	25:37.96
	2	Russell Dickenson	M	VIC	27:23.42
	3	Robin Whyte	M	ACT	28:57.28
	4	Bryan Thomas	M	ACT	31:29.89
M65 5000 Meter Race Walk	1	Murray Dicksonson	M	VIC	28:03.09
	2	Jim Seymon	M	NSW	29:36.83
	3	Geoff Major	M	VIC	30:45.62
	4	Patrick Sela	M	QLD	31:52.09
	5	George Megas	M	QLD	34:59.19
	6	Terry Munro	M	ACT	35:49.39
M70 5000 Meter Race Walk	1	Bob Chapman	M	ACT	32:07.59
	2	Colin Silcock-Delaney	M	VIC	34:40.95
	3	Ian Beaumont	M	VIC	38:30.30
M75 5000 Meter Race Walk	1	Gordon Gourlay	M	VIC	37:25.94
	2	James Machin	M	VIC	42:31.31

W30 10km Race Walk Road	1	Justijana Roseman	W	VIC	59.47
W40 10km Race Walk Road	1	Annette Major	W	VIC	56.28
	2	Suzanne Brown	W	NSW	1:04.29
	3	Salvina Agius	W	NSW	1:05.31
W45 10km Race Walk Road	1	Lynette Ventris	W	WA	48.34
	2	Carmel Drennan	W	VIC	1:01.08
W50 10km Race Walk Road	1	Nancy Lloyd	W	NSW	1:06.13
W55 10km Race Walk Road	1	Elizabeth Feldman	W	VIC	1:00.21
	2	Barbara Tucker	W	ACT	1:05.57
	3	Valerie Millard	W	WA	1:07.31
W60 10km Race Walk Road	1	Sylvia Machin	W	VIC	1:06.19
	2	Kerry Bray	W	NSW	1:08.32
	3	Margaret Trengove	W	SA	1:09.13
	4	Joan Purcell	W	NSW	1:11.42
	5	Lynne Schickert	W	WA	1:16.05
W65 10km Race Walk Road	1	Brenda Riley	W	VIC	56.53
	2	Judy Kenyon	W	NSW	1:14.06
	3	Margaret Beaumont	W	VIC	1:16.10
M70 10km Race Walk Road	1	Bob Chapman	M	ACT	1:05.36
	2	Colin Silcock-Delaney	M	VIC	1:14.09
	3	Ian Beaumont	M	VIC	1:21.24
M35 20km Race Walk Road	1	David Smyth	M	NSW	2:01.15
M40 20km Race Walk Road	1	Greg Rowe	M	NSW	2:06.00
M45 20km Race Walk Road	1	Mark Donahoo	M	VIC	1:38.49
	2	Mark Worrall	M	ACT	2:05.02
M50 20km Race Walk Road	1	Colin Heywood	M	VIC	1:48.55
	2	Frank Prowse	M	VIC	2:15.46
	3	Dez Wildwood	M	ACT	2:17.52
M55 20km Race Walk Road	1	Andrew Jamieson	M	VIC	1:39.44
	2	Alan Lucas	M	VIC	2:04.11
M60 20km Race Walk Road	1	George White	M	SA	1:42.20
	2	Russell Dickenson	M	VIC	1:58.21
	3	Robin Whyte	M	ACT	2:06.40
	4	Bryan Thomas	M	ACT	2:13.01
M65 20km Race Walk Road	1	Murray Dickinson	M	VIC	2:01.16
	2	Jim Seymon	M	NSW	2:06.43
	3	Patrick Sela	M	QLD	2:11.28
	4	Geoff Major	M	VIC	2:17.37
	5	George Megas	M	QLD	2:29.17

Thanks to Brent Vallance for this very comprehensive report. What races!

Last Saturday, six Australians competed at the third leg of the IAAF Race Walking Challenge held in Yangzhou, China. With Nathan Deakes winning this event in 2005 (held in Cixi) with a world-leading 1:17:33, followed by a staggering 17 athletes under 1:20:00, expectation was for a similar high standard of racing in 2006. With 95 men standing on the start line at 8:20am, and the morning drizzle stopping just minutes before the gun went off, people began to comment on the similarities to the previous year's event.



Lead pack of Men's 20km event at 1km. Nathan far right in second row.

Men's 20km

The race got under way with a fast first 2km lap of 7:50, and a very large lead pack of over 20 athletes including Australia's **Nathan Deakes** and **Luke Adams**. The pace initially slowed to just on or around 8:00 for the next two laps, and a tight lead pack of 12 athletes cruised through 10km in a very solid 39:40. Luke Adams had just fallen back at this stage, and Nathan was left to do battle with Francisco Fernandez of Spain, Illya Markov of Russia, and China's best including former National 20km/50km Champion Han Yucheng, and current champion, 16 year old Li Gaobo.

The tempo increased over the next three laps to 7:50 or faster. Despite this, it wasn't until the 16km mark that the group of 12 was split. It was the young 16 year old Li Gaobo who made a decisive move, and the pack turned into a single file of chasers behind him. 1999 World Champion Illya Markov, who was World Junior Champion the year Li Gaobo was born, was the only athlete who was able to chase him all the way to the finish, with Markov losing by the narrowest of margins of 1 second. Third place was last years winner of the Walking Challenge Francisco Fernandez.

At the conclusion of the event, it must be said that with the Chinese domestic race walking depth and with Markov, Fernandez and Deakes in attendance, this is an event that is only won by one of the World's very best athletes, and points on the World Walking Challenge are very hard to come by.

Chinese Athletic Official Colin Fee said *"we did propose to the IAAF for next year to stage the event as on 10th March. But we are still waiting for their confirmation. It is very difficult for us to invite international athletes in late April as it is between the two races in POR and ITA."*

This would have the staging of the 2007 event just two weeks before the tentative date set down for our own National Championships.

Amazingly, three of the walkers who beat Nathan were Juniors ie all eligible for this years World Juniors.

1:18:17	Gaobo Li	CHN	23/07/1989	1	Yangzhou	22/04/2006	16 Years and 277 days
1:18:44	Yafei Chu	CHN	05/09/1988	5	Yangzhou	22/04/2006	17 Years and 233 days

1:18:57 Xuejin Bai CHN 06/06/1987 7 Yangzhou 22/04/2006 18 Years and 325 days

Nathan Deakes finished in **1:19:07**, his third fastest time of his career, to claim 8th place in a very high quality field. Luke Adams was to finish in 13th in **1:21:14**. Although further back in the field, the exciting thing for Australian walking on the eve of the World Cup was the promising performance of the two younger Australians - **Jared Tallent** (21), and **Adam Rutter** (19) both recording pb's. Jared improved his position from 2005 by 20 places in this event, and recorded a time 22 seconds faster of **1:22:31**, in what was a slower race.



Jared Tallent early in the Men's 20km

The official results have Adam Rutter at 1:22:55, a time being disputed at the moment by us. His watch, my watch, and the big clock at the finishing gantry had him cross the line in **1:22:41**, however we don't look like we're going to win on this one, so 1:22:55 will stand. We know that Adam walked 41:37 at 10km and a strong second 10km of 41:04.

With the IAAF Qualifying time for the Osaka World Championships set at 1:23:00, we now have four early season qualifiers' for this event. Adam became the youngest Australian to post an A qualifying time since the start of the AIS program, and has now walked faster than his predecessors Jared Tallent, Nathan Deakes, Dion Russell, and Nick Ahern at the same age.



Adam Rutter doing battle with Guo Chao of China

The first 25 places are shown below.

1	LI Gaobo		01:18:17
2	Ilya MARKOV	RUS	01:18:18
3	F. FERNANDEZ	ESP	01:18:33
4	HAN YUCHENG		01:18:35
5	CHU Yafei		01:18:44
6	DONG Jimin		01:18:45
7	bai xuejin		01:18:57
8	Nathan Deakes	AUS	01:19:07
9	LI Jianbo		01:19:38
10	SUN Chao		01:20:15
11	SHI Yong		01:20:56
12	CUI Zhide		01:20:59
13	Luke Adams	AUS	01:21:14
14	ZHAO Chengliang		01:21:23
15	WANG Zhiping		01:21:33
16	YU Caohong		01:21:34
17	Lü RONGHUA		01:21:48
18	ZHANG Ronglong		01:22:19
19	Yargunkin Alex	RUS	01:22:27
20	Jared Tallent	AUS	01:22:31 (PB)
21	FANG Pengfei		01:22:36
22	GUO CHAO		01:22:38
23	Adam Rutter	AUS	01:22:55 (PB)
24	WU Guosong		01:23:06
25	XU Faguang		01:23:08

Women's 20km

Australia was represented by Commonwealth games bronze medallist **Cheryl Webb**, and former World Cup rep **Claire Woods** in a field of 45, which just like the men's event, was dominated by the sheer number of Chinese participants.

The lead pack of 8 rolled through the first 2km in 8:30 (World Record Pace), and it was then pointed out to me by Nathan Deakes that their best walkers of 2004 and 2005 JIANG Jing and SONG Hongjuan weren't even competing.

It was Claire Woods, who was the more aggressive of the Australian moving past Cheryl after the first lap of 9:03. The Australian's then battled with the other foreign contingent from either Belarus or Cheboksary (Russia). Claire split a PB of 46:19 through 10km but Cheryl moved strongly past Claire, and had a good tussle with Elena Ginko from Belarus.

The leading pack of three who had been alone since the 14km mark did not break until 1km to go. The race leader throughout most of the morning was Liu Hong, and had looked very comfortable to that point. It was a surprise to see her fall back to third as Song Xiaoling, and He Dan dropped her with ease as they began to charge for home. He Dan held on to win in 1:28.20 by three seconds from Song Xiaoling. China claimed the first 12 places in the women's event.

Cheryl Webb finished with her season's best time of **1:34:38** in 16th and Claire Woods finished with a pb of **1:35:18** in 18th place.

The first 25 places are as follows

1	HE Dan		01:28:20
2	SONG Xiaoling		01:28:23
3	LIU Hong		01:28:26
4	JIANG Qiuyan		01:29:23
5	NIE Jingjing		01:29:50
6	WANG Shanshan		01:30:02
7	BO Yanmin		01:30:42
8	PANG Yingting		01:30:47
9	YANG yawei		01:31:40
10	CAI XUE		01:33:05
11	HAN Jie		01:33:08
12	FENG Rui		01:34:08
13	Y.Sniazhana	BLR	01:34:09

14	Ginko Elena	BLR	01:34:23
15	Mikhailova Olga	RUS	01:34:30
16	Cheryl Webb	AUS	01:34:38
17	ZHAI Lijun		01:34:40
18	Claire Woods	AUS	01:35:18 (PB)
19	ZOU YING		01:35:56
20	YAN YANG		01:36:18
21	LI Shuang		01:36:49
22	Shivireva N	RUS	01:37:22
23	XU LiQin		01:38:01
24	WANG Xue Hui		01:38:34
25	YANG Shuo		01:38:39



LtoR Liu Jing (CHN), Elena Ginko (BEL), Cheryl Webb (AUS), Deng Duocn(CHN)

After the Event in China, the updated Australian All-time Ranking lists for the men's 20km is listed below. Nathan and Luke sit at the top of the list and Jared and Adam are in 9th and 10th places.

01:17:33	Nathan Deakes	V	17/08/77	1	Cixi	23/04/05
01:19:19	Luke Adams	N	22/10/76	13	Cixi	23/04/05
01:19:22	David Smith	V	24/07/55	1	Hobart	19/07/87
01:19:33	Nick A'Hern	N	06/01/69	1	Melbourne	15/12/90
01:20:43	Andrew Jachno	V	13/04/62	1	Brisbane	26/08/90
01:20:49	Dion Russell	V	08/05/75	1	Melbourne	19/03/99
01:21:19	Simon Baker	V	06/02/58	1	Canberra	27/08/88
01:21:36	Willi Sawall	V	07/11/41	1	Melbourne	04/07/82
01:22:31	Jared Tallent	V	17/10/84	20	Yangzhou	22/04/06
01:22:55	Adam Rutter	N	24/12/86	23	Yangzhou	22/04/06
01:24:11	Liam Murphy	S	05/06/79	1	Adelaide	26/07/03
01:24:20	Duane Cousins	V	13/07/73	5	Melbourne	09/03/99
01:24:34	Brent Vallance	N	30/04/72	15	Naumburg	23/05/98
01:24:54	Paul Copeland	V	25/04/67	1	Melbourne	10/11/91
01:24:56	Darren Bown	S	30/06/74	4	Sydney	06/03/05

AUSTRALIAN CENTURIONS ANNUAL WALKS, 22-23 APRIL, COBURG, VICTORIA

I spent last weekend at the Harold Stevens Athletics Track in suburban Coburg helping run the Coburg 24 Hour carnival. This ultra distance running and walking event featured 24 hour walk/run, 12 hour walk/run and 6 hour walk/run categories and 52 intrepid competitors strode manfully around the 400m track, starting at 10AM on Saturday and finishing at 10AM on Sunday.

Sleep – forget it! Stop and you lose your position in this keenly contested race. The aim is to keep on keeping on for as long as you can. For walkers, the ultimate prize is an Australian Centurions badge for those who complete 100 miles (160.934 km or 402 laps!) within the 24 hour timeframe. And 4 people did just that - Jens Borello, Pat Fisher, Deryck Skinner and Geoff Hain.



New centurions Jens Borello (C 52) and Pat Fisher (C 53) in action at Coburg last weekend

- **Jens Borello** from Denmark was already a triple centurion - Continental (C317 22:15:34 2004), British (C1026 23:17:36 2005) and American (C62 23:21:14 2006) – and he made the trip to Australia specifically for this event. He judged his pace perfectly, sitting back in the pack as others pushed the pace early. His patience was rewarded as those ahead of him came back to the field. He took the lead soon after the 100 km mark and was untroubled to become Australian Centurion number 52 with a fine time of **22:36:14**.
- **Patrick Fisher** came into the event with only one ultra distance walk to his credit, a noteworthy 87.8 km in the 2006 Gosford 12 Hour. Prepared by and supported during the event by Canberra based centurions Robyn White and Carol Baird, he always looked strong and was still full of walking as he reached the 100 mile mark in **23:14:03** to become Australian Centurion number 53.
- **Deryck Skinner** became Australian Centurion number 51 with an astonishing walk in the 2005 Sri Chinmoy. Aged 72 years at that time, he completed the 100 miles in 22:39:55 to set a whole swag of new Australian M70 running and walking records. Now aged 73, he completed his second centurion qualifier, this time with a time of **23:23:43**.
- **Geoff Hain**, Australian Centurion number 49, had already completed 3 100 mile qualifiers in the previous 18 months (including one in NZ). Coming from a background as an ultra distance runner, he has made a very successful transition to ultra distance walking and produced a fourth centurion performance at Coburg in a time of **23:38:25**.

Of particular interest to all was the race within a race between octogenarians Ken Matchett (84 years young) and Stan Miskin (80 years young) who between them broke (subject to ratification) six IAU World M80 running records. Ken, entered as a runner, broke the World M80 records for 30 Miles, 40 Miles, 50 Miles and 12 Hours. Stan, entered as a walker, broke the World M80 24 hour record. The World M80 100 km record was almost certainly also broken but we

will have to wait a few days to see which of these combatants passed that milestone first.

As usual, the Coburg Harriers did an outstanding job in hosting and manning this event. They were ably supported by various external experts, the principal ones being Malcolm Matthews (computer timing), Michael Gillam (masseur) and Les Clark (whatever is required) who turn up year after year and without whom the event would struggle.

Results and a selection of photos from the events are available at the following websites

The Coburg Harriers event website <http://www.coburgharriers.org.au/html/24hour.htm>

The Australian Centurion Walkers website <http://home.vicnet.net.au/~austcent/index.html>.

The TallarookImages website <http://tallarookimages.com/coppermine/index.php?cat=8>

Walk results were as follows

24 HOUR WALK MALE	1	FISHER, Patrick	414 laps	165.605 km
	2	SKINNER, Deryck	411	164.577
	3	HAIN, Geoff	403	161.200
	4	BORELLO, Jens	402	160.934
	5	BILLETT, David	382	152.992
	6	MISKIN, Stan	350	140.018
	7	CUMMINS, Louis	328	131.517
	8	O'NEILL, Terry	273	109.525
	9	SKRUCANY, Rudolf	215	86.220
	10	BAKER, Fred	178	71.200
24 HOUR WALK FEMALE	1	BOLLEN, Karyn	386	154.725
	2	HOWORTH, Sandra	209	83.668
12H WALK MALE	1	TURNER, Gary	171	68.715
	2	JACKSON, Ross	156	62.457
	3	CARTER, Ken	134	53.827
12H WALK FEMALE	1	CHOMYN, Sharon	207	82.814
6H WALK MALE	1	WHYTE, Robin	128	51.200
	2	JORDAN, Stephen	110	44.121
	3	PROUDFOOT, Gordon	91	36.431
6H WALK FEMALE	1	BAIRD, Carol	105	42.359
	2	MARSHALL, Diana	105	42.007
	3	MISKIN, Ellwyn	96	38.756

Racewalking Australia 100 km championships were also held over the 100 km distance for men and women and former VRWC member Terry O'Neill, having his first walk for many years, was a fine winner in a little over 13 hours. Results remain provisional until the lapsheets can be viewed to hone in on the individual times.

AUSTRALIAN 100 KM MEN	1	O'NEILL, Terry	13:20:00
	2	BORELLO, Jens	13:40:00
	E3	HAIN, Geoff	13:50:00
	E3	FISHER, Patrick	13:50:00
AUSTRALIAN 100 KM WOMEN	1	BOLLEN, Karyn	14:03:00

VRWC OPENING RACES, BRAESIDE PARK, SUNDAY 30 APRIL 2006

With Albert Park out of action until mid May, we had our opening race of the winter season at Braeside Park in Moorabin. It was a cool and wet Sunday morning and a gravel track but we still had some 40 starters who enthusiastically race against the clock over a variety of distances. Times were generally slow, as you would expect from a non-bitumen track but it was still a good hitout for our club walkers.

10 Km Open

Kellie Wapshott, Lachlan Wilkinson and Megan Peters battled early but Kellie was the one who eventually saw out the distance to finish in a good time of 50:01. This was Kellie's last race before heading off next Saturday for Spain where she will contest the 20 km event. Good luck Kellie!

1. Kellie Wapshott	50:01
2. Harry Summers	70:44
Lachlan Wilkinson	DNF (8 km in 41:35)
Megan Peters	DNF (5 km in 24:37)

5 km Open

There is one thing for certain in life and that is the flamboyant nature of Ross Reid's racing uniforms. But the glaring colours did not interfere with Ross's racing style as he showed a clean pair of heels to the opposition. Lauren Drennan was not far behind Ross and looks set for a very good winter season. It was great to see Lindsay and Maryanne Harrison do 3 km walks, their first with the club, while their son Tommy swapped roles and read the laptimes from the stopwatch!

1. Ross Reid	26:03
2. Travis Middlemiss	26:37
3. Alan Lucas	28:46
4. Russ Dickenson	29:11
5. Tony Johnson	30:36
6. John Morrison	30:57
7. Ralph Bennett	31:00
8. Bob Gardiner	33:12
Lindsay Harrison	DNF (3 km in 21:15)

1. Lauren Drennan	26:18
2. Regan Lamble	27:36
3. Siobhan Donovan	27:52
4. Kylie Irshad	28:39
5. Caitlin Brunton	29:35
6. Liz Feldman	29:59
7. Carmel Drennan	30:48
8. Erin Brunton	32:30
9. Jenny Fawkes	32:56
10. Celia Johnson	34:37
11. Marlaine Stanway	36:07
12. Gayle McIntyre	37:24
13. Margaret Beaumont	37:45
14. Sandra Howorth	37:45
15. Pam Mews	47:38
Maryanne Harrison	DNF (3 km)

2 Km Under 12

The Under 12 age group looks like being strongly contested again this year with Ayla Collins and Caitlin Campbell having a great battle in the opening race . Add in our other Under 12 girls and we should see some great races as the season progresses.

1. Ayla Collins	11:40
2. Caitlin Campbell	11:42
3. Talie Collins	12:19
4. Sarah Burren	12:35
5. Annalise Harrison	16:22

1 Km Under 9

Chloe and Cody McNicol-Davidson have certainly improved since last winter and they walked excellently. Bebecca Campbell also walked very well and we can expect to see her and Chloe both improving week by week. Cindy Collins and Stay McLaren joined us for the first time and both walked very well with just over 7 mins for the 1 km distance.

- | | |
|---------------------------|------|
| 1. Chloe McNicol-Davidson | 5:55 |
| 2. Rebecca Campbell | 6:27 |
| E3 Cindy Collins | 7:07 |
| E3 Stacey McLaren | 7:07 |
| | |
| 1. Cody McNicol-Davidson | 7:25 |

IAAF 20 KM RACEWALK, SESTO SAN GIOVANNI , ITALY, MONDAY 1 MAY 2006

Sesto San Giovanni, Italy - The seasonal debut of reigning 20 Km Olympic champion Ivano Brugnetti was supposed to highlight the Italian leg of the IAAF Walking Challenge in Sesto San Giovanni, near Milan on Monday 1 May. The popular Italian walking event celebrated the 49th edition for the men's race and the 27th for the women's. Both races started and finished in the Pino Dordoni Stadium, which was named after the legendary Italian walker who won the Olympic gold medal in the 50 Km in Helsinki in 1952 and the first three editions of the Coppa Città di Sesto from 1957 to 1959.

Mens 20 km Walk

Ilya Markov, fresh from his second place finish in Kunshan City just over a week ago, was far too strong for his opposition and cleared out in the second half of the race to win by nearly 1 minute. 2004 Olympic 20 km champion Brugnetti was a surprise DNF; he was well off the pace at the time and perhaps decided it was better not to finish under those circumstances. Chris Erickson and Duane Cousins were having a final hitout before the World Cup and both walked well considering their Commonwealth Games 50 km walks just over a month ago.

The race saw the disqualification of the top 3 Mexicans – Sanchez, Guevara and Ortiz and the Mexican team will be forced into some intensive soul searching with only 2 weeks to go before the World Cup.



Ilya Markov en route to a dominating win in Sesto San Giovanni (IAAF Website)

1. MARKOV, ILYA	RUSSIA	1972	1h20'28"
2. VIEIRA, JOAO	PORTOGALLO	1976	1h21'21"
3. TYSSE, ERIK	NORVEGIA	1980	1h21'30"
4. GHOULA, HATEM	TUNISIA	1973	1h22'54"
5. MAGDZIARCZYK, ROMAN	POLONIA	1977	1h23'03"
6. MOLINA, MOROTE JUAN MANUEL	SPAGNA	1979	1h24'20"
7. GONZALES, JOSE ANTONIO	SPAGNA	1979	1h24'25"
8. TOSCANO, JUAN EMILIO	MESSICO	1981	1h24'30"
9. GARCIA, BRAGADO JESUS ANGEL	SPAGNA	1969	1h24'45"
10. CORCHETE, LUIS MANUEL	SPAGNA	1984	1h24'48"
11. GANDELLINI, ALESSANDRO	FIAMME ORO - PADOVA	1973	1h25'21"
12. PINARDO, FRANCISCO	SPAGNA	1975	1h25'48"
13. PORRAS, JUAN ANTONIO	SPAGNA	1972	1h25'51"
14. NAVA, HORACIO	MESSICO	1982	1h27'15"
15. MANFREDINI, ANDREA	G.A. FIAMME GIALLE - OSTIA	1978	1h27'19"
16. CICCARESE, DAVIDE	ATL. CENTO TORRI - PAVIA	1983	1h28'32"
17. ERICKSON, CHRIS	AUSTRALIA	1981	1h29'01"
18. COUSINS, DUANE	AUSTRALIA	1973	1h31'45"
19. GARZON, JACINTO	SPAGNA	1982	1h32'14"
20. PINERA, RUBEN	SPAGNA	1975	1h34'04"
21. MOROTTI, GRAZIANO	U.S. QUERCIA ROVERETO-TN	1951	1h35'09"
22. VAN HILLE, DOMINIQUE	FRANCIA	1977	1h39'23"
23. SANCHEZ, VICTOR MORENO	SPAGNA	1973	1h39'48"
24. GIROUD, THIERRY	SVIZZERA	1966	1h41'06"
25. DURAND, PICHARD DAVID	FRANCIA	1972	1h43'04"

26. ZANNI, VITO	CUS - PAVIA	1983	1h47'06"
27. TAMBURINI, PIERINO	ATLETICA IMOLA SACMI AVIS	1954	1h52'46"
28. MARCADINI, SALVATORE	C. A. S. PIETRO CLARENZA	1981	1h56'10"

DQ: SANCHEZ E, GUEVARA E, ORTIZ G, RESTREPO G, TASCHINI A, ARAGONA P, VANNI S, GONZALES F
DNF: BRUGNETTI I., PERRIER N, DIDONI M, PARIS D. NEVELLI L

20 km Women

Reigning World silver medallist Rita Turava from Belarus, who recently won their national championships in 1:26:11, easily took her second consecutive win in this 20 Km women race. She had been expected to face strong opposition from 2005 World bronze medallist Susana Feitor (Portugal) and Jane Saville, fresh from her second consecutive Commonwealth gold medal in Melbourne and third place in Rio Major. But Feitor failed to finish and Jane was amongst the other walkers in the lead group who were unable to match Turava's finishing burst.

Former IAAF Walking Challenge champion Elisa Rigaud, sixth at the Olympic Games in Athens and seventh at the World Championships in Helsinki, was expected to carry the Italian hopes but was a non stater. That meant overall that it was a disappointing meet for the locals. Jane still finished a very good fifth in just over 90 mins while younger sister Natalie was 11th with another solid performance.

1. TURAVA, RYTA	BIELORUSSIA	1980	1h29'22"
2. IOVAN, STEF CLAUDIA	ROMANIA	1978	1h29'59"
3. ZIMMER, SABINE	GERMANIA	1981	1h30'06"
4. SEEGER, MELANIE	GERMANIA	1977	1h30'19"
5. SAVILLE, JANE	AUSTRALIA	1974	1h30'39"
6. CIMPEAN, NORICA	ROMANIA	1972	1h30'41"
7. MILUSAUSKAITE, SONATA	LITUANIA	1973	1h31'02"
8. HENRIQUES, INES	PORTOGALLO	1980	1h31'56"
9. SANTOS, VERA	PORTOGALLO	1981	1h33'27"
10. BUDILEANU, VERONICA	ROMANIA	1976	1h34'35"
11. SAVILLE, NATALIE	AUSTRALIA	1978	1h35'08"
12. POLLI, LAURA	SAL LUGANO - SVIZZERA	1983	1h36'37"
13. POLLI, MARIE	SAL LUGANO - SVIZZERA	1980	1h36'37"
14. LINARES, TERESA	SPAGNA	1969	1h38'13"
15. PINEDO, AINHOA	SPAGNA	1983	1h43'39"
16. BETTO, LINDA	NUOVA ATLETICA ASTRO-MI	1977	1h53'05"
17. TOIA, KATIA	CUS ATLETICA 2000 MILANO	1976	1h53'32"
18. PASQUINUCCI, IRENE	PADANIA SPORT - MILANO	1986	2h03'43"

DQ: SALTANOVIC K, GODINEZ F

DNF: FEITOR S, ALMEIDA SAAVEDRA L, SCIACCA A



Turava (BLR) approaching the finish line (IAAF website)

VRWC CLUB CHAMPIONSHIPS, BURWOOD EAST, SATURDAY 6 MAY 2006

It was last minute battle stations when we found out with only 1 week to go that the Collingwood Harriers track refurbishments were well behind schedule and hence the track would not be available for us to use for our club championships last weekend.

After various phone calls, the Bill Sewart Athletics Track in East Burwood was chosen and we tried to let everyone know either by email or phone – not an easy task! To anyone who fell through our net and who made the trip to Clifton Hill, we apologise – it was a bit of a logistics nightmare.

49 walkers contested the various events on Saturday – an improvement on recent years. I think this was due to the venue eventually chosen. East Burwood is centrally placed to a great many of our club members. We shall be keen to use it again; it is an excellent venue even if it was a cool and windy day!

The 2 Hour, 1 Hour and 30 Minute walks all started at 2PM and it took quite a few officials to keep tabs on everyone. There were a significant number of retirements in the longer races as the cool wind in the back straight took its toll but Yolanda Russell (having her first race with us for some years) and Harry Summers saw it out to the finish and were the only walkers left on the track for the last 45 minutes.

Andrew Jamieson, only 1 month short of 60 years of age (he turns 60 on 13 June), powered through to win the 20 km Club Championship with a fantastic time of 1:37:23. Those M60 records are going to take a pounding soon! Frank Bertei and Megan Szirom walked together (Megan won the 10 km Club Championship for women with a brisk 48:40 and then kept going!) and both eventually retired after passing the 15 km mark in around 1:13:55.

2 Hour Open Walk

- | | |
|--------------------|-----------|
| 1. Yolanda Russell | 18.745 km |
| 2. Harry Summers | 15.200 km |

20 Km Club Championship for Men

- | | |
|--------------------|------------------------|
| 1. Andrew Jamieson | 97:23 |
| Frank Bertei | DNF (15.6 km in 77:00) |
| Tom Barnes | DNF (4.8 km in 22:43) |

10 Km Club Championship for Women

- | | |
|-----------------|-------|
| Megan Szirom | 48:40 |
| Yolanda Russell | 62:59 |

Stuart Kollmorgen easily won the 1 Hour men's event ahead of evergreen Duncan Knox while Sandra Howorth and Gayle McIntyre had a great battle in the women's section with Gayle just failing to catch Sandra in the dying stages. Gayle is obviously enjoying her first racewalking season.

1 Hour / 10 Km Walk

- | | |
|----------------------|-----------|
| 1. Stuart Kollmorgen | 11.293 km |
| 2. Duncan Knox | 10.155 km |
| 3. Sandra Howorth | 8.021 km |
| 4. Gayle McIntyre | 8.013 km |
| Mark Donahoo | DNF |
| Bruce Conboy | DNF |

Kylie Irshad just keeps getting better each week and had easily her best walk since the twins came on the scene. She just failed to hold out Bill Dyer in a great last lap and both were well past the 5km mark. The next few places saw the young brigade (Amy Burren – aged 12, Hilary Brazel – aged 12 and Nicole Hallett – aged 11) fighting it out with John Morrison who is definitely no longer in the young brigade!. It is good to see the young walkers trying themselves out over the longer distances. Well done girls!

And I can't forget a special mention to Donna Elms who has decided to join her boys and don the walking shoes for the winter season – well done Donna!

30 Minute Open Walk

- | | |
|------------------|----------|
| 1. Bill Dyer | 5.562 km |
| 2. Kylie Irshad | 5.554 km |
| 3. Amy Burren | 5.062 km |
| 4. John Morrison | 5.009 km |

E5. Hilary Brazel	4.949 km	
E5. Nicole Hallett	4.949 km	
7. Tamara Attard	4.918 km	
8. Janet Holmes	4.860 km	
9. Bradley Elms	4.763 km	
10. Jason Elms	4.238 km	
11. Kaylene Miller	3.274 km	
12. Shirley Coppock	3.229 km	
13. Donna Elms	3.114	km
Maryanne Harrison	DNF	
Gwen Steed	DNF	

The Under 12 and Under 10 boys and girls walked together and it was great to see 8 new walkers who are having their first season with the club. They will improve a lot over the winter if they compete regularly and try the occasional longer walk.

Overall, Cassandra Raselli and Ryan Antidormi won the Under 12 gold medals and Sarah Burren and Cody McNicol-Davidson won the Under 10 gold medals. The Under 12 girls event in particular saw a close contest for the minor medals with Caitlin Campbell getting home ahead of Amelia Finnegan and Chelsea Dyer.

Under 12 1500m Club Championship

1. Cassandra Raselli	7:39
2. Caitlin Campbell	8:00
3. Amelia Finnegan	8:04
4. Chelsea Dyer	8:09
5. Ella Mason	9:18
6. Taylor Brogan	9:26
7. Annaliese Harrison	11:31

1. Ryan Antidormi	8:00
Matthew Fenton	DNF

Under 10 1500m Club Championship

1. Sarah Burren	9:03
2. Rebecca Campbell	9:11
3. Ashley Albert	9:27
4. Chloe McNicol-Davidson	9:28
5. Carly Bertrand	9:42
6. Stacey McLaren	10:15
7. Amber Duncan	10:35
8. Ally Platt	11:07

1. Cody McNicol-Davidson	10:32
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VRWC RACES, ALBERT PARK, SATURDAY 13 MAY 2006

Our first day at Albert Park for the winter season saw good fields and some very competitive racing. Handicaps were also conducted with each event and the handicap placings are also shown. To be eligible for a handicap place, a competitor must have a previous performance over this or a comparable distance. Hence at this early part of the season, some of our new members are not yet eligible for handicap points but that will soon change over the next few weeks.

First season competitor Gayle McIntyre won the women's 10 km event with her first ever attempt over the distance, recording a creditable 69:14, while Mark Donahoo was our fastest man with 48:53. In the 5 km races, Sandra Geisler and Ross Reid took the fastest times but Kylie Irshad and first year walkers Ralph Bennett walked best as far as the handicapper was concerned.



The start of the Open events

10 km Open Walk	Time	H'cap Place
1. Gayle McIntyre	69:14	-
2. Marlaine Stanway	72:11	-
Carma Watson	DNF (8 km in 42:10)	
1. Mark Donahoo	48:53	4
2. John Bunker	54:45	6
3. Alan Lucas	57:24	3
4. Daniel Lowe	58:11	5
5. Bob Gardiner	60:16	2
6. Harry Summers	65:21	1
Lachlan McDonald	DNF (6 km in 29:03)	
Travis Martin	DNF (5 km in 25:21)	
Russ Dickenson	DNF (5 km in 28:01)	
5 km Walk Open		
1. Sandra Geisler	24:18	6
2. Kylie Irshad	26:13	1
3. Heather Carr	26:21	3
4. Fauve Jacobs	28:32	7
5. Carmel Drennan	28:41	2
6. Tamara Attard	29:18	-
7. Celia Butler	29:35	-
8. Janet Holmes	30:26	8
9. Gwen Steed	31:13	5
10. Jenny Fawkes	32:08	4

11.	Christine Griffiths	44:23	9
	Andrea Edye	43:23	Unjudged
	Siobhan Donovan	DNF	
	Lauren Drennan	DNF	
1.	Ross Reid	24:48	2
2.	Travis Middlemiss	24:55	4
3.	Ralph Bennett	28:51	1
4.	John Morrison	29:54	3
5.	Geoff Barrow	30:44	5
	Greg Shepherd	43:23	Unjudged

Our young walkers were out in force with some great walks. Regan Lamble and Beth Alexander were best over the longer distances while Ryan Antidorni was the pick of the Under 12 and Under 10 walkers with a fantastic 10:49 for the 2 km.



The start of the Under 10 and Under 12 walks

5 km Walk Under 15

1.	Regan Lamble	25:18	1
2.	Natalie Laurie	26:11	2
1.	Jason Elms	34:02	1

3 km Walk Open

1.	Beth Alexander	15:40	1
2.	Hilary Brazel	16:50	2
3.	Donna Elms	27:42	-
	Anne Reid	27:40	Unjudged
1.	Bruce Conboy	22:27	1 (5 km in 34:10)

Under 12 2 km Walk

1.	Nicole Hallett	11:04	3
2.	Caitlin Campbell	11:25	1
3.	Amelia Finnegan	11:40	2
4.	Brigette Brockenshire	15:17	-
5.	Ally Platt	17:26	4
1.	Ryan Antidorni	10:49	1

Under 10 1 km Walk

1.	Rebecca Campbell	5:57	1
2.	Carly Bertrand	6:01	2
3.	Amber Duncan	7:04	3
4.	Stacey McLaren	7:14	4
1.	Ryan Dossetor	7:23	1



Ryan Antidormi, Ralph Bennett, Gayle McIntyre, Brad McLaren and Bob Gardiner

WORLD RACE WALKING CUP, LA CORUNA, SPAIN, 13-14 MAY 2006

Last weekend, many of us were glued to the internet as the IAAF website was regularly updated with the splits from the various races being contested in Spain as part of the World Race Walking Cup. A total of 19 walkers competed in 5 different events and Australia achieved its first ever Team Medal - 2nd place in the Open Men's 20 km event. Overall, 9 of the 13 senior walkers achieved times qualifying them for the 2007 World Champs - 5 broke the IAAF A standard and 4 broke the IAAF B Standard.

Full results and lap splits are found on the La Coruna website at <http://www.iaaf.org/wrw06/results/byevent.html>

What better way to report on the various events than by using the comprehensive daily reports published on the AA website (prepared by David Tarbotton and Michael Thomson). Here we go...

Open Men 20 km walk (115 starters, 95 finishers)

The Australian 20km men's team claimed silver at the 22nd IAAF World Race Walking Cup held in La Coruna Spain yesterday. They were the highlight of day one, but there were many other fine performances by the women's 20km Walk team, Jane Saville in the individual race and the men's junior 10km walkers.

A genuine team effort carried the Australian men to a first ever team medal in the 20km walk. Hosts, Spain took the gold with 33 points, but Australia were a close second scoring 37 points. Australia defeated a host of race walking powerhouses including Russia, China, Italy and Mexico. Australia's previous best had been fourth in the 50km Walk in 2002 where Duane Cousins and Luke Adams were team members. The well respected Australian team received a special ovation from the crowd when they received their medals.

The win in La Coruna yesterday was led home by **Nathan Deakes**, who placed 5th in a time of **1:19.37**. Only he and Simon Baker have ever placed higher at a Race Walking Cup. Deakes had gone out hard with Spain's Francisco Javier Fernandez walking at sub-78 minute pace, but after Fernandez pulled away, Deakes found himself in 'no mans land' as, he eventually dropped back to the chasing pack, which he continued with from 10km to the finish.

Ballarat's **Jared Tallent** capped a magnificent six weeks which have included two personal bests, a Commonwealth Games medal and now a World Cup medal. He placed 14th in a time of **1:21.36**. The third member of the team was **Luke Adams**, who was walking his fourth 20km race in six weeks, placed 18th clocking **1:22.11**. Teenager **Adam Rutter** placed 50th in **1:26.54**, while dual Olympian **Duane Cousins** clocked 1:27.08, his fastest time in the 20km walk for seven years.



The successful 20 km team – Luke Adams, Duane Cousins, Adam Rutter, Nathan Deakes and Jared Tallent (AA website)

After the race, Deakes spoke about his mixed emotions.

"I was disappointed with my individual performance, getting beaten in the sprint to the finish for fourth and then thought it could cost the team. I heard we were third and was over the moon. When they announced we were second I was ecstatic. To be able to stand up there as a team is what the World Cup is all about, and to

see blokes like Duane at his sixth World Cup finally win a medal is so rewarding, particularly after what he has been through recently including the disappointment of the Commonwealth Games."

At 32 years of age, team captain, Duane Cousins was inspiring. Typical of his determined team approach was the fact that he turned around his Commonwealth Games disqualification with his best 20km time in seven years. For the Bendigo-based icon, it was his second championship medal and his first at a World level following his silver at the Commonwealth Games in 1998.

"I thought we were an outside chance of a medal, with Spain at home, and Russia, China and Ecuador very tough - 5th or 6th would be realistic. To knock off China and Russia shows that we have the depth. I have been on several trips where we have had individuals shine, but this is what World Cup is all about, the team," said Duane Cousins.

1	Fernández Francisco Javier	ESP	1:18:31	(SB)	
2	Pérez Jefferson	ECU	1:19:08	(SB)	
3	Han Yucheng	CHN	1:19:10		
4	Ghoula Hatem	TUN	1:19:36	(SB)	
5	Deakes Nathan	AUS	1:19:37		IAAF A Qualifier
6	Bakulin Sergey	RUS	1:20:10		
7	Burayev Viktor	RUS	1:20:18		
8	Vieira João	POR	1:20:33	(SB)	
9	Tysse Erik	NOR	1:20:34	(NR)	
10	García Daniel	MEX	1:20:52	(SB)	
14	Tallent Jared	AUS	1:21:36	(PB)	IAAF A Qualifier
18	Adams Luke	AUS	1:22:11		IAAF A qualifier
50	Rutter Adam	AUS	1:26:54		
51	Cousins Duane	AUS	1:27:08	(SB)	

Open Women 20 km walk (88 starters, 71 finishers)

In her 21st outing for Australia, **Jane Saville** was superb. After a conservative start, and reaching the 10km mark in 44:49, Saville negative split the race coming home in 44:16. Saville placed 7th in a magnificent time of **1:29.05** - her third fastest ever. She led home a tremendous team result of sixth. Commonwealth Games medalists **Natalie Saville** and **Cheryl Webb** were the two next scoring members of the Australian team. Natalie placed 28th in **1:34.51**, with Webb 37th in **1:36.33**. Australia's depth was highlighted by very encouraging performances by **Kellie Wapshott** and **Lisa Grant**. Wapshott was 38th in a personal best time of **1:36.49**, with Grant 42nd in **1:37.40**. It was a particularly gallant effort by Wapshott who on debut for Australia had to content with painful shin splints for the entire race.

1	Turava Ryta	BLR	1:26:27	(CR)	
2	Ivanova Olimpiada	RUS	1:27:26	(SB)	
3	Petrova Irina	RUS	1:27:46		
4	He Dan	CHN	1:28:52		
5	Kaniskina Olga	RUS	1:28:59		
6	Liu Hong	CHN	1:28:59		
7	Saville Jane	AUS	1:29:05	(SB)	IAAF A Qualifier
8	Ginko Elena	BLR	1:29:06	(SB)	
9	Jiang Qiuyan	CHN	1:29:08	(SB)	
10	Rigauda Elisa	ITA	1:29:37	(SB)	
28	Saville Natalie	AUS	1:34:51		IAAF B Qualifier
37	Webb Cheryl	AUS	1:36:33		IAAF B Qualifier
38	Wapshott Kellie	AUS	1:36:49	(PB)	IAAF B Qualifier
42	Grant Lisa	AUS	1:37:40		IAAF B Qualifier

Junior Men 10 km (60 starters, 54 finishers)

A young junior team was led home by Tasmanian **Daniel Coleman** who placed 42nd in time of **47.02** - just outside his personal best. Coleman started well clocking 23:14 for the first 5km. **Brook Keys**, just 16, placed 47th in a time of **47:57**. NSW Central Coast race walker, **Ian Rayson** was unfortunately disqualified in the second half of the race after passing the 5km mark in 32nd place. The team of Coleman and Keys placed 15th with 89 points.

1	Morozov Sergey	RUS	40:26	(CR)
2	López Miguel Ángel	ESP	41:41	(PB)
3	Grigoryev Aleksey	RUS	41:52	
4	Sánchez José	MEX	41:57	(PB)
5	Arteaga Mauricio	ECU	42:42	(PB)
6	Hamzunou Dzmitry	BLR	42:49	

7	Shorin Dmitry	RUS	43:05	
8	Krauchuk Dzianis	BLR	43:23	
9	Cano Juan Manuel	ARG	43:25	(NJ)
10	Papamihaíl Aléxandros	GRE	43:31	(NJ)
42	Coleman Daniel	AUS	47:02	
47	Keys Brook	AUS	47:57	
	Rayson Ian	AUS	DQ	

Open Men 50 km walk (82 starters, 63 finishers)

Commonwealth Games Bronze medallist **Chris Erickson** was the standout performance amongst the Australians on Day 2 at the IAAF World Race Walking Cup with his 26th placing in the 50km walk. Erickson who broke four hours for the gruelling event for the first time in winning Bronze in Melbourne backed up that performance with another sub 4 hour effort today, walking **3:59:20**.

Erickson started conservatively passing the 15 km mark in 48th position, at 25 kms he had moved up to 37th place and gradually moving through the field to finish in 26th. **Darren Bown** and **Troy Sundstrom** also started the race with Erickson, but with Sundstrom disqualified at 24 km and Bown retired close to the 35 kilometre mark with hamstring trouble. Bown had been walking well up until that time with Erickson, but the pain was too much for the South Australian who had to withdraw, the first time he has ever done it in an international race.

1	Nizhegorodov Denis	RUS	3:38:02	(CR)
2	Nymark Trond	NOR	3:41:30	(NR)
3	Andronov Yuriy	RUS	3:42:38	(SB)
4	Odriozola Mikel	ESP	3:44:59	(SB)
5	Magdziarczyk Roman	POL	3:45:47	(SB)
6	Garcia Jesús Angel	ESP	3:46:11	(SB)
7	Nava Horacio	MEX	3:48:22	(PB)
8	Zhao Chengliang	CHN	3:49:29	(SB)
9	De Luca Marco	ITA	3:49:43	(PB)
10	Cambil José Alejandro	ESP	3:51:32	(PB)
26	Erickson Chris	AUS	3:59:20	IAAF A Qualifier
	Bown Darren	AUS	DNF	
	Sundstrom Troy	AUS	DQ	

Junior Women 10 km walk (48 starters, 44 finishers)

In the junior women's 10,000m race the three Australian girls got off to a flying start and at one stage **Fiona Alldis** was sitting in 8th position and **Tanya Holliday** 10th, with the team, 4th midway through the race, then in the blink of an eye, the two Aussie girls were swamped by their competitors dropping back to 16th and 22nd and the team 8th. The third Australian **Susan Knapton** was unfortunately disqualified after 3 kms. Holliday had one warning early and then as she made a late surge captured two more warnings to be retired early. Alldis went on to finish in 20th place in **50:39**.

1	Sokolova Vera	RUS	44:49	(CR)
2	Kudryashova Alexandra	RUS	44:52	(PB)
3	Chai Xue	CHN	45:04	(PB)
4	Mazuronak Volha	BLR	47:40	
5	Vavilova Svitlana	UKR	48:22	
6	Davydenko Yuliya	UKR	48:40	(SB)
7	Mielcarek Anna	POL	48:49	(PB)
8	Ferraro Federica	ITA	49:01	
9	Golba Katarzyna	POL	49:25	
10	Castrillo Lorena	ESP	49:33	(PB)
20	Alldis Fiona	AUS	50:39	
	Holliday Tanya	AUS	DQ	
	Knapton Susan	AUS	DQ	

Team Manager, Michael Thomson, summed up the tour and competition.

"Although we have had some mixed results, overall the trip has been a terrific success for the Australians, one that has earned us much respect from the stronger European countries. Our men have walked away with our best ever team placing of second, only three points behind the local heroes Spain, and two enormous personal bests to Jared Tallent and Kellie Wapshott. Above all our junior walkers have gained invaluable experience on the International stage and will go home inspired to return to Russia in two years for the next World Race Walking Cup."

VRWC RACES, ALBERT PARK, SATURDAY 20 MAY 2006

Our biggest field for the season so far, 63 walkers in all, enjoyed perfect conditions for our Albert Park races last Saturday.

The 10 km event saw some fantastic racing from a number of walkers but none better than Megan Szirom (a PB of 47:08) and Heather Carr (A W55 World Record of 53:55). She already held the record with 54:01 and she told me after the race that her time today took her by surprise – and what a pleasant surprise it was! On the men's side, Masters walkers Mark Donahoo and Colin Heywood led the way, both breaking the 50 minute barrier with even walks. And it is great to see club President Harry Summers back on the track each week and getting ready for the 10 Mile event in Canberra. Harry took the handicapper by surprise with his fine time of 1:06:05 (not bad for 70 years of age!)



Lachlan McDonald, John Bunker and Heather Carr in action – Heather set a new W55 World Record for the 10 km

10 km Open	Time	Handicap Place
1. Megan SZIROM	47:08	1
2. Sandra GEISLER	52:30	5
3. Heather CARR	53:55	2
4. Yolanda RUSSELL	56:58	
5. Carmel DRENNAN	59:38	4
6. Gayle McINTYRE	1:07:04	3
1. Mark DONAHOO	48:49	7
2. Colin HEYWOOD	49:54	6
3. Stuart KOLLMORGAN	51:54	3
4. John BUNKER	53:21	4
5. Alan LUCAS	57:09	5
6. Shaun BURGESS	57:45	9
7. Daniel LOWE	58:46	8
8. Nicholas MIRARCHI	59:28	2
9. Harry SUMMERS	1:06:05	1

The standout walk in the 5 km events was that of young Beth Alexander. Beth, only 13 years of age, walked a 3 minute PB to record a fantastic time of 26:08 – and I thought that style wise, she looked great. It was also great to see Marlaine Stanway back walking after missing most of the last 12 months with shoulder injuries. She won the women's handicap event and is on the way back to racing fitness. In the men's event, Lachlan McDonald was the fastest (Lachlan is Heather Carr's son so the walking genes have obviously been passed on!) ahead of Masters walker Ross Reid, both walkers well under the 25 minute mark.

5 km Open	Time	Handicap Place
1. Tracey FEINER	25:42	2
2. Liz FELDMAN	28:35	4
3. Janet HOLMES	29:39	6
4. Gwen STEED	31:20	5
5. Celia JOHNSON	32:12	1

6.	Marlaine STANWAY	33:54	3
7.	Andrea EDYE	40:43	
	Siobhan DONOVAN	Ab	(2km 10.20)
1.	Lachlan McDONALD	23:39	8
2.	Ross REID	24:36	3
3.	Travis MARTIN	25:13	10
4.	Daniel PAYNE	27:29	9
5.	Russ DICKENSON	27:41	5
6.	John MORRISON	30:23	4
7.	Geoff BARROW	30:25	7
8.	Bradley ELMS	31:13	11
9.	Bruce CONBOY	34:32	6
10.	Robin WOOD	34:53	1
11.	Jason ELMS	34:32	2

5 km Under 15

		Time	Handicap Place
1.	Beth ALEXANDER	26:08	1
2.	Regan LAMBLE	26:24	2



Yolanda Russell, Andrea Edye and Emily Payne in action

The 3 km events saw a lot of newcomers, having their first season with the club this winter. The standard was very pleasing and we can expect to see them improve as the season progresses.

3 km Unjudged

	Time
1. Kiersten COULTER	24:41
2. Helen HOU	27:35

3 km Open

	Time	Handicap Place
1. Eda GIRGIN	17:25	5
2. Emily PAYNE	19:22	4
3. Christine GRIFFITHS	24:41	3
4. Pam MEWS	26:47	1
5. Donna ELMS	27:10	2
Maryanne HARRISON	Ab	
1. Ergenekon GIRGIN	18:44	1
2. Lindsay HARRISON	21:07	
3. Bradley McLAREN	23:00	

A total of 17 young walkers made for very competitive 2 km and 1 km racing. A number of the Geelong Walking Club members are regularly competing with us and this helps create a great environment in which all the walkers will improve. Cassandra Raselli walked a fantastic 10:11 for fastest time in the Under 12 race and shared the honours with Briggette Brockenshire who took the handicap win. Cody and Chloe McNicol-Davidson make it a double in the Under 9 race, taking both fastest times and handicap honours.

2 km Under 12

	Time	Handicap Place
1. Cassandra RASELLI	10:11	3
2. Nicole HALLETT	11:05	5
3. Amelia FINNEGAN	11:10	2
4. Caitlin CAMPBELL	11:16	4
5. Talie COLLINS	11:45	
6. Taylor BROGAN	13:09	8
7. Brigette BROCKENSHIRE	14:01	1
8. Annaliese HARRISON	15:53	6
9. Ally PLATT	17:06	7

1 km Under 9

	Time	Handicap Place
1. Chloe McNICOL-DAVIDSON	5:46	1
2. Rebecca CAMPBELL	5:52	2
3. Carly BERTRAND	5:53	3
4. Amber DUNCAN	6:49	4
5. Cindy COLLINS	7:00	
6. Stacey McLAREN	7:06	5
1. Cody McNICOL-DAVIDSON	6:50	1
2. Ryan DOSSETOR	6:59	2



Brigette Brockenshire, Nicole Hallett, Carly Bertrand and Rebecca Campbell



Ryan Dossetor about to pass his dad Mark while Talie Collins is a picture of concentration.

VRWC RACES, ALBERT PARK, SATURDAY 27 MAY 2006

With a selection of Victorian and Victorian Country championships on offer at Geelong on Sunday, we expected our numbers to be relatively low for our regular Saturday club races but were pleasantly surprised to see nearly 50 walkers in attendance. This week we have sorted the order in handicap place order because our 10 handicap winners each win a Telstra drink bottle and cap. These will be presented next week. Well done to Natalie Laurie, Harry Summers, Donna Elms, Jason Elms, Hilary Brazel, Bradley McLaren, Cassandra Raselli, Ryan Antidormi, Rebecca Campbell and Cody McNicol-Davidson.



Ralph Bennett and Natalie Laurie in action.

Russ Dickenson has to think quick to avoid the U9 girls

8km Open	Place	Time	Hcp Place
Natalie Laurie	2	0:44:04	1
Gayle McIntyre	6	0:52:38	2
Janet Holmes	5	0:50:10	3
Siobhan Donovan	4	0:45:41	4
Regan Lambie	1	0:41:50	No time recorded previously
Kylie Irshad	3	0:44:24	No time recorded previously
Harry Summers	8	0:51:19	1
John Bunker	3	0:41:53	2
Colin Heywood	2	0:39:26	3
Bradley Elms	7	0:50:42	4
Russ Dickenson	4	0:45:28	5
Ralph Bennett	6	0:47:18	6
Lachlan McDonald	1	0:38:56	No time recorded previously
Simon Baker	5	0:47:07	No time recorded previously
Travis Middlemiss		Ab.	3km in 14.48
Robin Wood		Ab.	6km in 41.46
4km Open	Place	Time	Hcp Place
Donna-Marie Elms	8	0:35:41	1
Christine Griffiths	6	0:33:01	2
Heather Carr	1	0:20:47	3
Marlaine Stanway	4	0:27:16	4
Margaret Beaumont	5	0:28:42	5
Jenny Fawkes	3	0:25:41	6
Eda Girgin	2	0:22:56	7
Kiersten Coulter	7	0:33:01	No time recorded previously
Anne Reid	9	0:36:25	No time recorded previously
Maryanne Harrison		Ab	3km in 20.52
Jason Elms	2	0:25:32	1
Lindsay Harrison	3	0:27:17	2

John Morrison	1	0:24:06	3
Ian Beaumont	4	0:31:19	4

4km Under 15	Place	Time	Hcp Place
Hilary Brazel	2	0:22:19	1
Nicole Hallett	3	0:22:26	2
Beth Alexander	1	0:20:34	3
Bradley McLaren	3	0:31:38	1
Timucin Girgin	1	0:21:41	2
Ergenekon Girgin	2	0:24:49	3
Damien Elms		Disq	

2500m Under 12	Place	Time	Hcp Place
Cassandra Raselli	1	0:13:08	1
Amelia Finnegan	2	0:14:57	2
Caitlin Campbell	3	0:15:42	3
Ryan Antidormi	1	0:14:18	1



Damien Elms leads Ian Beaumont



Marlaine Stanway leads Lindsay Harrison



Cassie Raselli



Cody McNicol-Davidson



Stacey McLaren leads Annalise Harrison

1500m Under 9	Place	Time	Hcp Place
Rebecca Campbell	2	0:08:53	1
Carly Bertrand	3	0:08:54	2
Chloe McNicol-Davidson	1	0:08:46	3
Annalise Harrison	4	0:11:04	4
Stacey McLaren	4	0:11:04	5
Cody McNicol-Davidson	1	0:10:17	1
Ryan Dossetor	2	0:10:54	2

A.V. CHAMPIONSHIPS, GEELONG, SUNDAY 28 MAY 2006

The Victorian Open 15 km walk championships and the Victorian Country Open and Underage walk championships were held on Sunday morning on a 2 km out and back course along the Barwon River in Geelong. The carnival was jointly hosted by the Geelong Walking Club and the Ballarat Walking Club and saw a good turnout of walkers in this first championship for the winter season.

Ringwood walkers Tom Barnes and Megan Szirom won the Open 15 km titles by big margins while the County medals were evenly spread between the Geelong, Ballarat and Bendigo walkers. There were quite a number of PBs amongst the younger walkers but perhaps the walk of the day was by 17 year old Bendigo walker Jessica Rothwell who won the Open 10 km Country championship in 51:40, a PB by nearly 1 minute.

A.V. 15 KM OPEN CHAMPIONSHIP MEN

1.	Tom Barnes	RWD	8:50	17:54	27:16	36:41	46:05	55:20	1:04:37	1:09:05
2.	Stuart Kollmorgen	COL	9:09	19:48	30:30	41:10	51:53	1:02:05	1:13:55	1:19:17
3.	Ross Reid	COL	10:25	20:47	31:28	42:14	53:05	1:04:10	1:15:28	1:21:15
4.	Duncan Knox	ATE	11:37	23:26	35:00	46:35	58:34	1:10:18	1:21:59	1:27:49
5.	Bob Gardiner	COL	11:57	24:14	36:56	49:53	1:03:08	1:16:22	1:29:57	1:36:33
	Mark Donahoo	ATE	DNS							
	Frank Bertei	ANW	DNS							

TEAMS: Collingwood 1st (Stuart Collmorgen, Ross Reid, Bob Bardiner)

A.V. 15 KM OPEN CHAMPIONSHIP WOMEN

1.	Megan Szirom	RWD	9:10	18:46	28:32	38:18	48:01	57:44	1:07:30	1:12:20 (PB)
2.	Sandra Geisler	RWD	10:25	20:40	30:55	41:12	51:45	1:02:26	1:13:28	1:18:57 (PB)
3.	Annette Major	EAG	11:37	23:26	35:55	48:28	1:00:47	1:13:20	1:26:30	1:33:13
4.	Carmel Drennan	KSB	12:08	24:43	37:26	50:25	1:03:50	1:17:43	1:31:53	1:38:51
	Heather Carr	VMA	10:54	22:14	33:36	45:00	56:30	1:08:10	1:19:59	1:25:50 (INVIT)
	Kellie Wapshott	KNA	DNS							
	Carma Watson	ATE	DNS							

A.V. COUNTRY 10 KM OPEN CHAMPIONSHIP WOMEN

1.	Jess Rothwell	SBE	10:11	20:24	30:45	41:10	51:40 (PB)			
2.	Kelly Ruddick	BHA	10:11	20:24	30:45	41:28	52:02			
3.	Yolanda Russell	GLG	11:11	23:17	35:00	46:34	58:27			
4.	Annette Major	EAG	11:37	23:26	35:55	48:28	1:00:47			

A.V. COUNTRY 10 KM OPEN CHAMPIONSHIP MEN

1.	Adam Barnes	COR	12:01	25:07	38:13	51:05	1:03:33			
	Geoff Major	EAG	DNS							

A.V. COUNTRY 5 KM U20 CHAMPIONSHIP WOMEN

1.	Tyne Boddy	COR	10:50	22:36	28:21					
2.	Fauve Jacobs	DKN	11:14	23:44	29:41					

A.V. COUNTRY 5 KM U20 CHAMPIONSHIP MEN

1.	Shaun Burgess	CHI	10:24	21:30	26:57					
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A.V. COUNTRY 5 KM U18 CHAMPIONSHIP GIRLS

1.	Jessica Palfreyman	EAG	10:30	22:00	27:49					
2.	Caitlin Brunton	COR	11:07	22:42	28:38					
	Tamara Attard	KNX	10:59	22:38	28:29 (INVIT)					

A.V. COUNTRY 5 KM U18 CHAMPIONSHIP BOYS

1.	David Ranger	EKA	10:22	21:01	26:03					
2.	Daniel Payne	COR	10:21	21:02	26:05					
3.	John Platt	EKA	10:50	22:22	28:13					

A.V. COUNTRY 3 KM U16 CHAMPIONSHIP GIRLS

1.	Keely Trew	SBE	12:11	18:32						
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2. Lana Boddy COR 12:47 19:31

A.V. COUNTRY 3 KM U16 CHAMPIONSHIP BOYS

1. Jared Larkins COR 10:05 15:12
2. Nicholas Mirarchi COR 10:06 15:36

A.V. COUNTRY 3 KM U14 CHAMPIONSHIP GIRLS

1. Rachel Tallent BYC 10:19 16:12
2. Emily Payne COR 11:33 17:26
3. Erin Brunton COR 11:33 17:41
4. Ebony Tallent BYC 12:42 19:10
5. Ebony Whiley EAG 12:18 19:33
6. Cara Jones SBE 13:45 21:06

RACEWALKING VICTORIA 2 KM U12 CHAMPIONSHIP BOYS

1. Ebony-Jade Jones BWC 13:03
2. Elly Larkins GWC 13:16
3. Brigette Brockenshire GWC 13:52
4. Madison Jones BWC 14:49

RACEWALKING VICTORIA 2 KM U12 CHAMPIONSHIP BOYS

1. Conor Nunn BWC 15:51

RACEWALKING VICTORIA 1 KM U10 CHAMPIONSHIP GIRLS

1. Carly Bertrand VRWC 5:50
2. Amber Duncan GWC 6:04
3. Ally Platt GWC 7:22

RACEWALKING VICTORIA 1 KM U10 CHAMPIONSHIP BOYS

1. Dane Heiden VRWC 5:54
2. Jeremiah Jones BWC 6:04

JARED TALLENT WINS IN ESTONIA

After the World Cup competition was over, AIS walkers Jared Tallent, Adam Rutter and Michael McCagh travelled with AIS coach Brent Vallance to St Petersburg in Russia where they spent a little over a week training with the Russian walkers. Then it was on to Estonia where Jared and Michael competed in the annual Bruno Junk Memorial 10 km track race on Saturday 27 May. Jared was the overall winner in a fantastic time of **40:41**. This is a track PB for Jared and puts the icing on a wonderful overseas trip. His next race will be in Canberra in 2 weeks time when he defends his 20 mile title.

VRWC RACES, ALBERT PARK, SATURDAY 3 JUNE 2006

This week, we had our first handicap starts for the winter. In this very traditional sort of race, the slowest walkers start first and the fastest walkers start last. The aim is to reach the finish line first and all walkers theoretically have an equal chance of achieving this if the handicapper has his way. But of course, this never happens as there are always those who rise to the occasion and put in the big effort. And Saturday was no exception with most winners well clear of the field. The one exception was in the Under 15 5000m walk where Taylah Watt finished just 1 second clear of Beth Alexander. The best of the back markers were Beth Alexander (14:39 in the U15 3000m) and Cassandra Raselli (10:02 for the U12 2000m). Both these girls have shown huge improvement this winter and are walking fantastically.



Kiersten Coulter and Christine Griffiths



Yolanda Russell



Stuart Cooper

Open 10 km Walk		StartTime	FinishTime	ActualTime	F/T Place
1.	Margaret BEAUMONT	05:48	1:19:19	1:13:31	3
2.	Liz FELDMAN	19:07	1:20:34	1:01:27	2
3.	Yolanda RUSSELL	22:59	1:23:07	1:00:08	1
1.	Stuart COOPER	15:38	1:17:42	1:02:04	1
2.	Ian BEAUMONT	00:00	1:19:45	1:19:45	4
3.	Harry SUMMERS	14:36	1:20:00	1:05:24	2
4.	Bradley ELMS	15:45	1:23:40	1:07:55	3
	Lachlan McDONALD	30:55	Ab		
Open 5 km Walk		StartTime	FinishTime	ActualTime	F/T Place
1.	Kiersten COULTER	00:48	40:24	39:36	12
E2.	Marlaine STANWAY	08:00	41:47	33:47	11
E2.	Christine GRIFFITHS	00:00	41:47	41:47	13
E4.	Regan LAMBLE	17:05	42:08	25:03	1
E4.	Carmel DRENNAN	12:28	42:08	29:40	7
6.	Heather CARR	15:52	42:09	26:17	2
7.	Lauren DRENNAN	16:13	42:31	26:18	3
8.	Gwen STEED	11:32	42:32	31:00	8
9.	Tamara ATTARD	13:40	42:40	29:00	6
10.	Jenny FAWKES	10:27	42:45	32:18	10
11.	Celia JOHNSON	11:51	43:17	31:26	9
12.	Natalie LAURIE	16:17	44:18	28:01	5
13.	Carma WATSON	17:57	44:55	26:58	4
1.	Robin WOOD	04:15	39:02	34:47	9
2.	Ralph BENNETT	13:03	41:03	28:00	4
3.	John MORRISON	12:58	42:02	29:04	5
4.	Bruce CONBOY	07:50	42:05	34:15	8

5.	Russ DICKENSON	14:50	42:13	27:23	3
6.	Mark DONAHOO	18:29	42:15	23:46	1
7.	Bob GARDINER	12:00	42:20	30:20	6
8.	Ross REID	17:49	42:40	24:51	2
9.	Geoff BARROW	12:52	44:09	31:17	7



Beth Alexander

Bradley McLaren

Tamara Attard

Ryan Antidormi

Under 15 3 km walk

	StartTime	FinishTime	ActualTime	F/T Place
1. Taylah WATT	09:48	26:00	16:12	2
2. Beth ALEXANDER	11:22	26:01	14:39	1
3. Hilary BRAZEL	09:45	26:27	16:42	3
4. Nicole HALLETT	10:01	27:01	17:00	4

1. Bradley McLAREN	03:42	25:35	21:53	1
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Open 3000m walk

	StartTime	FinishTime	ActualTime	F/T Place
1. Donna ELMS	00:00	26:52	26:52	3
2. Maryanne HARRISON	05:53	27:17	21:24	2
3. Lana BODDY	08:00	27:38	19:38	1

1. Jason ELMS	06:37	25:22	18:45	1
2. Lindsay HARRISON	06:14	26:48	20:34	2



Rebecca Campbell leads Taylor Brogan

Ryan Dossetor

Cindy Collins

Under 12 2000m walk

1. Annalise HARRISON

Actual Time

15:04

F/T Place

6

RACEWALKING AUSTRALIA CARNIVAL, CANBERRA, SUNDAY 11 JUNE 2006

First I start with an aside. Yes, it was cold in Canberra last weekend but today was Canberra's coldest June day for 40 years. It was -2°C at 8:30M and warmed up to -1°C by midday! It later reached about 8°C when the sun finally came out a little after 1 PM. Anyway, onto the report!

Cold and windy conditions failed to dampen the spirits and competitiveness of nearly 300 racewalkers from all over Australia when they competed in the 40th Lake Burley Griffin Racewalking Carnival on Sunday 11th June.

The Mens 20 mile event saw a close battle between Commonwealth Games representatives Duane Cousins and Jared Tallent. After leading early, Duane was caught and passed by Jared soon after the half way mark and it looked like he would have to settle for second place. Surprisingly, Jared slowed at the Shrivener Dam and surrendered his lead soon afterwards. Duane stormed home to record his first official win in this prestigious event. In 1994 and 1995 he finished second to NZ ace Craig Barrett but this year he won in his own right in what was a popular victory. His time of 2:32:48 saw him 5 minutes clear of Jared who strolled home in second place after a month's furlough from training. It is Duane's 7th sub-2:40 performance in this event. Tom Barnes, in his first Canberra appearance, took third place with an impressive time of 2:40:40. The strong Victorian contingent took first and second in the teams event and Andrew Jamieson walked a PB time of 2:46:23 to come 5th and take the Veteran's trophy (and he turns 60 years of age later this month!).



Duane makes the winning move at the 17 mile mark

The Womens 10 mile event was a much closer affair with Michelle French of NSW holding out Claire Woods of South Australia by just six seconds when she won with a time of 1:20:02. 17 year old Jess Rothwell was the first Victorian home in 6th place with a great 1:25:13.

Overall, the VRWC team had a great weekend, winning 4 individual and 4 team medals as well as a whole swag of silver and bronze. The highlights included

Open Men 20 Mile	Teams	1st	Duane Cousins, Jared Tallent, Tom Barnes
		2nd	Andrew Jamieson, Lachlan McDonald, Duncan Knox
Open Women 10 Mile	Teams	2nd	Jess Rothwell, Carma Watson, Siobhan Donovan
Under 10 Girls 1000m	Teams	1st	Chloe McNicol-Davidson, Carly Bertrand, Rebecca Campbell
Under 12 Girls 2000m	Teams	2nd	Cassandra Raselli, Nicole Hallett, Caitlin Campbell

Under 14 Girls 2000m	Teams	1st	Beth Alexander, Rachel Tallent, Hilary Brazel
Under 16 Girls 3000m	Teams	3 rd	Regan Lamble, Natalie Laurie, Hilary Brazel
Under 18 Boys 5000m	Teams	1st	Daniel Payne, Shaun Burgess, Nicholas Mirarchi
Under 18 Girls 5000m	Teams	3 rd	Lauren Drennan, Caitlin Brunton, Tamara Attard
Open Women 5000m	Teams	2 nd	Kelly Ruddick, Regan Lamble, Natalie Laurie
	Teams	3 rd	Tyne Boddy, Celia Butler, Laura Richenderfer

Open Men 20 Mile	1st	Duane Cousins
	2 nd	Jared Tallent
	3 rd	Tom Barnes
Veteran Men 10 Mile	1st	Mark Donahoo
	2 nd	Ross Reid
	3 rd	Simon Baker
Under 10 Girls 1000m	2 nd	Chloe McNicol_Davidson
	3 rd	Carly Bertrand
Under 12 Boys 2000m	3 rd	Ryan Antidormi
Under 12 Girls 2000m	1st	Cassandra Raselli
Under 14 Girls 2000m	1st	Beth Alexander
	2 nd	Rachel Tallent
	3 rd	Jared Larkins
Under 16 Boys 3000m	2 nd	Regan Lamble
Under 16 Girls 3000m	3 rd	Daniel Payne
Under 18 Boys 5000m	2 nd	Regan Lamble
U20 Women 5000m		



Beth Alexander on her way to gold



The winning Under 10 team – Chloe, Carly and Rebecca

As an extra, US walker Laura Richenderfer had her first walk with VRWC in this event. Laura is over here on an exchange program for 6 weeks at Melbourne University but extended her stay to take in this event and the second Federation event on August 6 in Melbourne. Despite being jetlagged, she still managed 9th in the Open women's 5km in 27.45. Welcome Laura!

And now onto the results which Robin Whyte scanned in and sent me earlier tonight. Being a scan, there might be a few spelling mistakes on names so apologies to anyone whose name looks strange. Sorry especially to Ryan Antidormi whose time has not come through. Next week!

OPEN 20 MILES

1	102	COUSINS, DUANE	VRWC	2:32:48
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2	106	TALLENT, JARED	VRWC	2:37:31
3	101	BARNES, TOM	VRWC	2:40:40
4	81	SUNDSTROM, TROY	REGAL	2:41:52
5	105	JAMIESON, ANDREW	VRWC	2:46:23
6	172	CROSS, ANDREW	QRWC	2:50:18
7	104	MCDONALD, LACHLAN	VRWC	3:07:10
9	171	BENNETT, PETER	QRWC	3:07:45
9	103	KNOX, DUNCAN	VRWC	3:20:44
10	1	WHYTE, ROBIN	ACFRFWC	3:32:36
11	14	THOMAS, BRYAN	ACFRFWC	3:42:31
12	2	WORRALL, MARK	ACFRFWC	3:48:51
13	8	STRANGMAN, PETER	ACFRFWC	3:55:01
14	3	CHESTERTON, VAL	ACFRFWC	4:31:34
	191	STARR, BILL	SAAWC	DQ

ACTA MENS 30K CHAMPIONSHIP

i	102	COUSINS, DUANE	VRWC	2:21:16
2	172	CROSS, ANDREW	QRWC	2:33:52
3	105	JAMIESON, ANDREW	VRWC	2:35:03
4	104	MCDONALD, LACHLAN	VRWC	2:53:53
5	171	BENNETT, PETER	QRWC	2:54:51
6	1	WHYTE, ROBIN	ACFRFWC	3:17:11
	21	RUTTER, ADAM	NSWRWC	DNS

OPEN WOMENS 10 MILES

1	28	FRENCH, MICHELLE	NSWRWC	1:20:02
2	192	WOODS, CLAIRE	SAAWC	1:20:08
3	85	WEBB, CHERYL	REGAL	1:21:46
4	24	GRANT, LISA	NSWRWC	1:22:23
5	187	VENTRIS, LYN	WARWC	1:24:13
6	111	ROTHWELL, JESSICA	VRWC	1:25:13
7	113	WATSON, CARMA	VRWC	1:29:28
8	108	DONOVAN, SIOBHAN	VRWC	1:33:19
9	107	CARR, HEATHER	VRWC	1:33:45
10	26	EBEJER, VANESSA	NSWRWC	1:33:49
11	27	JONES, CHLOE	NSWRWC	1:33:59
12	25	RUTTER, JILLIAN	NSWRWC	1:35:04
13	153	MAJOR, ANNETTE	BRWC	1:39:45
14	110	ROSEMAN, JUSTIJANA	VRWC	1:40:57
15	152	BRYANT, BARBARA	BRWC	1:42:49
16	7	BIALECKI, HELEN	ACFRFWC	1:46:06
17	83	EBEJER, CHARLENE	REGAL	1:49:52
18	109	DRENNAN, CARMEL	VRWC	1:51:37
19	193	GOODGER, DI	SAAWC	1:53:46
20	23	PURCELL, JOAN	NSWRWC	1:59:31
21	173	MCKINVEN, NOELA	QRWC	2:00:52
22	84	SUNDSTROM, JODJE	REGAL	2:02:09
	82	ALLDIS, FIONA	REGAL	DNS
	112	RUDDICK, KELLY	VRWC	DNS

OPEN MENS 10 MILES

1	194	MOTTROM, KIM	SAAWC	1:18:31
2	88	SMITH, MICHAEL	REGAL	1:18:50
3	5	COLQUHUON, ASHLEY	ACFRFWC	1:21:58
4	115	DONAHOO, MARK	VRWC	1:24:27
5	117	REID, ROSS	VRWC	1:28:21
6	175	ROSE, KURT	QRWC	1:31:26
7	114	BAKER, SIMON	VRWC	1:33:24
8	32	ROWE, OREG	NSWRWC	1:38:05
9	29	SMYTH, DAVID	NSWRWC	1:38:37
10	86	SEYMON, JIM	REGAL	1:42:49
11	4	WILKINSON, LACHLAN	ACFRFWC	1:46:06
12	31	ALBANESE, ANTHONY	NSWRWC	1:47:07

13	87	SMITH, KEN	REGAL	1:47:29
14	6	BARKER, GEOFF	ACFRFWC	1:49:59
15	118	SUMMERS, HARRY	VRWC	1:50:32
16	116	GARDINER, BOB	VRWC	1:50:32
17	154	MAJOR, GEOFF	BRWC	1:53:56
18	22	HYDE, BRENDON	NSWRWC	2:09:16
	30	KNOX, KEITH	NSWRWC	DNS
	174	CHAND, DIP	QRWC	DNS

BOYS U10 1,000 METRES

1	155	HETDEN, DANE	BRWC	5:39
2	33	SUDULIC, CALEB	NSWRWC	5:42
3	157	JONES, JEREMIAH	BRWC	5:53
4	119	MCNICOL-DAVIDSON, CODY	VRWC	6:28
5	89	GOW, WILLIAM	REGAL	6:31
6	156	COAD, JARROD	BRWC	6:32

GIRLS U10 1,000 METRES

1	39	BILLINGTON, TAYLA-PAIGE	NSWRWC	5:24
2	122	MCNICOL-DAVIDSON. CHLOE	VRWC	5:43
3	120	BERTRAND, CARLY	VRWC	5:49
4	121	CAMPBELL, REBECCA	VRWC	5:54
5	35	PLUMMER, CAITLIN	NSWRWC	6:05
6	38	COCKERELL, EMILY	NSWRWC	6:40
7	36	PORLEY, CANDICE	NSWRWC	6:46
8	34	SOUTHERN, DEMI	NSWRWC	8:19
9	90	ANDERSEN, STEPHANIE	REGAL	8:35

BOYS U12 2,000 METRES

1	42	FAZLDAD, NATHAN	NSWRWC	10:04
2	40	WASHBURN, STEVEN	NSWRWC	10:23
3	130	ANTIDORMI, RYAN	VRWC	11:12
4	33	SUDULIC, CALEB	NSWRWC	12:08
5	43	KILLEN, MATHEW	NSWRWC	12:17
6	157	JONES, JEREMIAH	BRWC	13:24
	41	COCKERELL, MATTHEW	NSWRWC	DISQ

GIRLS U12 2,000 METRES

1	127	RASELLI, CASSANDRA	VRWC	9:47
2	46	BETTIOL, AMY	NSWRWC	9:47
3	39	BILLINGTON, TAYLA-PAIGE	NSWRWC	10:33
4	44	SOUTHERN, SHAY	NSWRWC	10:38
5	125	HALLETT, NICOLE	VRWC	11:02
6	123	CAMPBELL, CAITLIN	VRWC	11:16
7	158	WHILEY, EBONY	BRWC	11:27
8	47	PORLEY, TABITHA	NSWRWC	11:27
9	124	FINNEGAN, AMELIA	VRWC	11:31
10	45	ROSE, AINSLIE	NSWRWC	11:56
11	196	DUNN, LUCY	SAAWC	12:06
12	11	GRIFFIN, MEGHANN	ACFRFWC	12:14
13	128	TALLENT, EBONY	VRWC	12:19
14	93	GOW, JORJA	REGAL	12:59
15	48	PAYNE, APRIL	NSWRWC	13:06
16	129	LARKINS, ELOISE	VRWC	13:12
17	197	ABALA, TISHARLIA	SAAWC	13:27
18	92	BROADHEAD, SARAH	REGAL	13:40
19	126	JONES, MADISON	VRWC	14:21
20	91	ANDERSEN, MELISSA	REGAL	17:19

BOYS U14 2,000 METRES

1	42	FAZLDAD, NATHAN	NSWRWC	10:10
2	40	WASHBURN, STEVEN	NSWRWC	10:21
3	50	EGELETON, CHEYENNE	NSWRWC	11:01

4	49	COCKERELL, NICHOLAS	NSWRWC	11:06
5	161	COAD, ADRIAN	BRWC	11:08
6	199	CROUCH, DANIEL	SAAWC	11:52
7	159	PALFREYMAN, JACK	BRWC	11:52
8	160	CURTIS, PETER	BRWC	12:42
9	43	KILLEN, MATHEW	NSWRWC	13:21
	198	JELFS, AARON	SAAWC	DNS

GIRLS U14 2,000 METRES

1	131	ALEXANDER, BETH	VRWC	9:51
2	136	TALLENT, RACHEL	VRWC	10:19
3	53	BETTIOL, EMMA	NSWRWC	10:27
4	52	CHAPPLE, KINI	NSWRWC	10:36
5	201	HARRINGTON, LAUREN	SAAWC	10:39
6	51	GRALTON, EBONY	NSWRWC	10:44
7	132	BRAZEL, HILARY	VRWC	10:52
8	135	PAYNE, EMILY	VRWC	11:33
9	133	BRUNTON, ERIN	VRWC	11:43
10	204	THOMAS, CARAGH	SAAWC	11:51
11	162	TREW, KEELY	BRWC	11:53
12	202	HOLLIDAY, SAMARA	SAAWC	11:57
13	10	BODEN, KATRIN	ACFRFWC	12:38
14	44	SOUTHERN, SHAY	NSWRWC	12:39
15	47	PORLEY, TABITHA	NSWRWC	12:41
16	45	ROSE, AINSLIE	NSWRWC	12:42
17	163	JONES, EBONY-JADE	BRWC	13:02
18	94	ANDERSEN, LOUISE	REGAL	13:05
19	158	WHILEY, EBONY	BRWC	13:21
20	164	JONES, CARA	BRWC	13:49
21	203	ABALA, SHERKEIRA	SAAWC	13:55
22	48	PAYNE, APRIL	NSWRWC	15:00
23	38	COCKERELL, EMILY	NSWRWC	15:37
24	134	JONES, STACI	VRWC	15:46
	46	BETTIOL, AMY	NSWRWC	DISQ
	200	HOOPER, PAIGE	SAAWC	DISQ
	127	RASELLI, CASSANDRA	VRWC	DISQ
	123	CAMPBELL, CAITLIN	VRWC	DNS

BOYS U16 3,000 METRES

1	57	MALONE, KYLE	NSWRWC	14:24
2	9	READING, MICHAEL	ACTRF	14:33
3	137	LARKINS, JARED	VRWC	14:47
4	55	PISANI, JAMES	NSWRWC	15:23
5	176	BIRD-SMITH, DANE	QRWC	15:26
6	138	MIRARCHI, NICHOLAS	VRWC	15:29
7	206	DAVIS, CASH	SAAWC	15:44
8	54	NINYO, SHALJN	NSWRWC	15:54
9	58	DEWHURST, IAN	NSWRWC	16:03
10	178	DEWAR, NICHOLAS	QRWC	16:06
11	205	MAYFIELD, DOUGLAS	SAAWC	16:13
12	179	HALLAM, JOHN-OLIVER	QRWC	16:23
13	177	DEWAR, BRANDON	QRWC	16:23
14	199	CROUCH, DANIEL	SAAWC	18:55
	56	PISANI, JASON	NSWRWC	DQ

GIRLS U16 3,000 METRES

1	200	HOOPER, PAIGE	SAAWC	14:10
2	140	LAMBLE, REGAN	VRWC	14:27
3	61	JENNINGS, SHANNON	NSWRWC	14:36
4	62	HAYES, MELISSA	NSWRWC	14:49
5	141	LAURIE, NATALIE	VRWC	15:31
6	64	KEENAWINNA, RUKSHANI	NSWRWC	15:54
7	60	BENNETT, JESSICA	NSWRWC	16:04

8	53	BETTIOL, EMMA	NSWRWC	16:18
9	207	STIGWOOD, STEPHANIE	SAAWC	16:25
10	63	MILLIST, FIONA	NSWRWC	16:34
11	51	GRALTON, EBONY	NSWRWC	16:40
12	52	GRAPPLE, KINI	NSWRWC	16:53
13	59	HOPE, TEGAN	NSWRWC	16:57
14	208	ROBERTS, NAOMI	SAAWC	17:16
15	95	MORGENSEN, LAURA	REGAL	17:22
16	210	MILLS, ELLEN	SAAWC	17:28
17	209	McINERNEY, NICOLE	SAAWC	17:29
18	132	BRAZEL, HILARY	VRWC	18:04
19	96	MORABITO, BERNADETTE	REGAL	18:24
20	139	BODDY, LANA	VRWC	19:20
21	97	TREMBARTH, LANA	REGAL	21:43
	131	ALEXANDER, BETH	VRWC	DQ
	181	LLEWELLYN, SIAN	QRWC	DQ
	180	PETITH, DIANNE	QRWC	DNS

BOYS U18 5,000 METRES

1	1307	COLEMAN, DANIEL	TARWC	23:10
2	165	BRYANT, KYLE	BRWC	24:17
3	143	PAYNE, DANIEL	VRWC	25:24
4	212	HENMAN, BEN	SAAWC	25:42
5	142	BURGESS, SHAUN	VRWC	26:18
6	55	PISANI, JAMES	NSWRWC	27:10
7	205	MAYFIELD, DOUGLAS	SAAWC	28:01
8	138	MIRARCHI, NICHOLAS	VRWC	28:27
9	206	DAVIES, CASH	SAAWC	29:19
10	9	READING, MICHAEL	ACTRF	29:56
11	58	DEWHURST, IAN	NSWRWC	30:03
12	65	COCKERELL, NATHAN	NSWRWC	32:04
13	54	NINYO, SHAUN	NSWRWC	32:41
	211	DUNN, ADAM	SAAWC	DQ
	57	MALONE, KYLE	NSWRWC	DQ
	56	PISANI, JASON	NSWRWC	DQ

GIRLS U18 5,000 METRES

1	213	HOLLEDAY, TANYA	SAAWC	23:16
2	82	ALLDIS, FIONA	REGAL	25:46
3	66	PAGAN, NICOLE	NSWRWC	26:03
4	99	STAPLES, CASSANDRA	REGAL	26:12
5	146	DRENNAN, LAUREN	VRWC	26:12
6	62	HAYES, MELISSA	NSWRWC	26:36
7	166	PALFREYMAN, JESSIE	BRWC	27:03
8	64	KEENAWINNA, RUKSHANI	NSWRWC	27:06
9	182	SORENSEN, NATASHA	QRWC	27:14
10	215	HOLLITT, BRIANNA	SAAWC	27:56
11	145	BRUNTON, CAITLIN	VRWC	28:30
12	144	ATTARD, TAMARA	VRWC	28:35
13	214	HUITEMA, MEGAN	SAAWC	30:21
14	67	GOODWIN, REBECCA	NSWRWC	32:38
15	59	HOPE, TEGAN	NSWRWC	34:13
16	63	MILLIST, FIONA	NSWRWC	34:14
	61	JENNINGS, SHANNON	NSWRWC	DNS
	68	AGIUS, NATASHA	NSWRWC	DNS

WOMENS 5,000 METRES

1	28	FRENCH, MICHELLE	NSWRWC	23:09
2	85	WEBB, CHERYL	REGAL	23:29
3	24	GRANT, LISA	NSWRWC	23:44
4	112	RUDDICK, KELLY	VRWC	23:59
5	213	HOLLIDAY, TANYA	SAAWC	25:46
6	140	LAMBLE, REGAN	VRWC	26:12

7	82	ALLDIS, FIONA	REGAL	26:58
8	149	LAURIE, NATALIE	VRWC	27:22
9	150	RICHENDERFER, LAURA	VRWC	27:45
10	60	BENNETT, JESSICA	NSWRWC	27:57
11	147	BODDY, TYNE	VRWC	28:23
12	207	STIGWOOD, STEPHANIE	SAAWC	29:25
13	148	BUTLER, CELIA	VRWC	29:49
14	78	MTCHELL, NICOLE	NSWRWC	29:57
15	70	JONES-BILLINGTON, JENIFE	NSWRWC	30:38
16	25	RUTTER, JILLIAN	NSWRWC	30:46
17	218	WAITES, GERALDINE	SAAWC	31:01
18	75	AGIUS, SALVINA	NSWRWC	31:15
19	215	HOLLITT, BRIANNA	SAAWC	31:33
20	217	HOLLIDAY, GLORIA	SAAWC	32:22
21	72	PORLEY, FIONA	NSWRWC	32:31
22	219	CAIN, BARBARA	SAAWC	32:43
23	209	McINERNEY, NICOLE	SAAWC	32:49
24	71	GRALTON, DEBBIE	NSWRWC	33:18
25	69	LINGLEY, JENNY	NSWRWC	36:36
26	151	CURTIS, ANNETTE	BRWC	36:39
27	216	STIGWOOD, ROSE	SAAWC	36:44
28	173	MCKINVEN, NOELA	QRWC	36:46
29	74	DAW, CATHERINE	NSWRWC	37:08
30	73	BROWN, JUDY	NSWRWC	37:21
31	183	WALES, ROBYN	QRWC	38:30
32	13	CARLON, CARMEN	ACTRF	45:29
	190	BRUNNER, SANDY	SAAWC	DQ
	192	WOODS, CLAIRE	SAAWC	DQ
	16	TUCKER, BARBARA	ACTRF	DQ
	99	STAPLES, CASSANDRA	REGAL	DNS
	76	KNAPTON, SUSAN	NSWRWC	DNS
	77	SCARBOROUGH, HELEN	NSWRWC	DNS
	152	BRYANT, BARBARA	BRWC	DNS
	15	COWELL, DEBBIE	ACTRF	DNS
	64	KEENAWINNA, RUKSHANI	NSWRWC	DNS
	100	BURNS-REES, LAUREN	REGAL	DNS
	187	VENTRIS, LYN	WARW	DNS
	193	GOODGER, DI	SAAWC	DNS
	63	MILLIST, FIONA	NSWRWC	DNS

MENS U20 10,000 METRES

1	1308	READING, BRENDON	ACFRFWC	46:45
2	1304	KEYS, BROOK	NSWRWC	50:29
3	1305	PERIN, ANSON	REGAL	61:23

AUSTRALIAN MENS U20 10,000 METRES CHAMPION

1	1308	READING, BRENDON	ACFRFWC	46:45
2	1304	KEYS, BROOK	NSWRWC	50:29
3	1305	PERIN, ANSON	REGAL	61:23
	1306	SMITH, ANDREW	REGAL	DNS
	1307	COLEMAN, DANIEL	TARWC	DNS

ACTA MENS U20 10,000 METRES CHAMPIONSHIP

1	1308	READING, BRENDON	ACFRFWC	46:45
	1307	COLEMAN, DANIEL	TARWC	DNS

OPEN SENIOR 10,000 METRES

1	186	McCAGH, MICHAEL	RWCWA	42:35
2	194	MOTTROM, KIM	SAAWC	47:45
3	88	SMITH, MICHAEL	REGAL	49:34
4	32	ROWE, GREG	NSWRWC	65:23
5	12	CHAPMAN, BOB	ACFRFWC	68:08

VRWC RACES, ALBERT PARK, SATURDAY 17 JUNE 2006

It might have been a rest week for many of our walkers after Canberra but we still had 45 competitors at Albert Park on Saturday and there were PBs galore. Chloe McNicol-Davidson was the fastest of the Under 10's with 5:37 while Ryan Antidorme and Amelia Finnegan were hot in the Under 12! Natalie Laurie and Tim Girgin both walked big PBs to win the Under 15 walks while the Open 8 km saw a whole swag of great times. It is hard to single out individuals but Heather Carr (42:24) and Andrew Jamieson (36:50) were my pick. Andrew celebrated his 60th birthday earlier in the week and then went through the first 5 km of his fantastic walk on Saturday well under the World M60 record. Heather is also in great form and will give her W50 records a real nudge this winter. Stay tuned!



Ryan Antidormi



Heather Carr



Lindsay and Maryanne Harrison

1000m Under 10

1. Chloe McNICOL-DAVIDSON	5:37	3
2. Rebecca CAMPBELL	5:46	1
3. Stacey McLAREN	6:39	2
4. Cindy COLLINS	7:00	4

1. Cody McNICOL-DAVIDSON	6:16	1
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2000m Under 12

1. Amelia FINNEGAN	11:09	1
2. Talie COLLINS	11:38	3
3. Caitlin CAMPBELL	12:24	5
4. Taylor BROGAN	13:18	4
5. Brigette BROCKENSHIRE	13:20	2
6. Annaliese HARRISON	16:43	6

1. Ryan ANTIDORMI	10:43	1
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4km Under 15

1. Natalie LAURIE	20:04	1
2. Beth ALEXANDER	21:50	2
3. Ayla COLLINS	25:06	-
Eda GIRGIN	Ab	-

1. Tim GIRGIN	20:40	-
2. Ergenekon GIRGIN	23:28	-
3. Bradley McLAREN	29:55	1

4km Open

1.	Tamara ATTARD	23:12	4
2.	Jenny FAWKES	24:33	2
3.	Celia JOHNSON	24:51	5
4.	Janet HOLMES	26:17	6
5.	Kiersten COULTER	30:37	-
6.	Christine GRIFFITHS	32:36	3
7.	Donna ELMS	35:02	1
	Maryanne HARRISON	22.32 for 3km	

1.	Russ DICKENSON	21:33	1
2.	Jason ELMS	27:47	2
	Lindsay HARRISON	Ab	

8km Open

1.	Sandra GEISLER	40:20	e2
2.	Heather CARR	42:24	4
3.	Kylie IRSHAD	43:54	5
4.	Alison THOMPSON	46:19	6
5.	Gwen STEED	51:23	1
6.	Marlaine STANWAY	55:36	e2

1.	Andrew JAMIESON	36:50	5
2.	Mark DONAHOO	38:42	6
3.	Ross REID	40:38	7
4.	Alan LUCAS	44:57	4
5.	Bob GARDINER	46:35	1
6.	John MORRISON	49:33	-
7.	Geoff BARROW	49:41	2
8.	Bradley ELMS	50:26	3
9.	Harry SUMMERS	51:54	8



Russ Dickenson



Rebecca and Caitlin Campbell



Bradley Elms

VRWC RACES, ALBERT PARK, SATURDAY 24 JUNE 2006

Lachan McDonald moved up a notch on Saturday with his excellent 46:43 for the 10 km walk. Special mention also to Shaun Burgess whose 55:54 was a big PB. Lachlan was shadowed early by Daniel Payne, Mark Donahoo and Rhydian Cowley who were all doing shorter distances – and it was certainly a day for PBs with Daniel amongst a large list of our younger walkers who all walked strongly ahead of next weekend's Schools championships.



From left to right: Daniel Payne, Sean Burgess, Taylah Watt and Ross Reid in his alternative club uniform (!)

10km Open	Time	Handicap
1. Alison THOMPSON	59:07	2
2. Gwen STEED	64:10	1
3. Marlaine STANWAY	DNF	
1. Lachlan McDONALD	46:43	1
2. Ross REID	52:03	5
3. Shaun BURGESS	55:54	2
4. Russ DICKENSON	56:19	3
5. Bob GARDINER	59:40	4
6. Bradley ELMS	66:34	6
5km Open	Time	Handicap
1. Lauren DRENNAN	25:48	3
2. Heather CARR	25:58	2
3. Celia BUTLER	28:57	4
4. Janet HOLMES	30:11	5
5. Tamara ATTARD	30:16	7
6. Celia JOHNSON	31:55	6
7. Gayle McINTYRE	32:57	1
8. Carmel DRENNAN	DNF	
1. Mark DONAHOO	24:54	6
2. Daniel PAYNE	25:34	2
3. Ralph BENNETT	29:31	5
4. John MORRISON	30:39	3
5. Geoff BARROW	30:43	4
6. Barry WICKS	34:29	
7. Robin WOOD	34:47	1
5km Under 15	Time	Handicap
1. Eda GIRGIN	28:48	1

3km Open		Time	Handicap
1.	Cassandra RASELLI	15:57	2
2.	Taylah WATT	16:28	7
3.	Hilary BRAZEL	16:45	5
4.	Emily PAYNE	18:47	6
5.	Maryanne HARRISON	21:32	8
6.	Kiersten COULTER	21:50	1
7.	Christine GRIFFITHS	23:55	4
8.	Donna ELMS	25:52	3
1.	Rhydian COWLEY	15:05	4
2.	Timucim GIRGIN	15:27	1
3.	Ergenekon GIRGIN	18:01	3
4.	Lindsay HARRISON	20:26	2

A special picture for Gayle McIntyre who was so intent on her last lap that she completely missed the turn. It's ok – it was obvious by the expression on her face that she was taken completely by surprise and just didn't know what to do! The look of consternation was worth bottling! Thanks to Ray Smith as usual for his astute photography.



2000m Under 12		Time	Handicap
1.	Chelsea DYER	11:39	2
2.	Talie COLLINS	11:52	4
3.	Caitlin CAMPBELL	12:47	7
4.	Ella MASON	12:49	3
5.	Rebecca CAMPBELL	12:52	1
6.	Brigette BROCKENSHIRE	13:58	5
7.	Annaliese HARRISON	15:54	6
1.	Ryan ANTIDORMI	10:45	1

1000m Under 9		Time	Handicap
1.	Chloe McNICOL-DAVIDSON	5:51	4
2.	Carly BERTRAND	6:24	5
3.	Stacey McLAREN	6:46	2
4.	Cindy COLLINS	6:52	1
5.	Amber DUNCAN	6:55	3
1.	Ryan DOSSETOR	6:58	1



Chelsea Dyer, Damien Elms, Ryan Dossetor and Amber Duncan

AV AND VRWC RACES, ALBERT PARK, SUNDAY 2 JULY 2006

The weather was less than perfect for the first major roadwalking championship day of the winter season but persistent drizzle and cold conditions did not stop the walkers from enjoying a great morning of racing. Nearly 80 walkers walked a variety of Victorian, Victorian Schools and VRWC championships.

VICTORIAN OPEN MEN 30 KM ROADWALK

With a lot of our open men walkers choosing to bypass this particular championship, it was left to Tom Barnes to take his second championship win for the winter, adding to his May victory in the Victorian 15 km roadwalk. He was on target for a 2:20 at the half way mark but faded in the cold conditions and finished with absolutely nothing left in the tank. It was a gutsy walk.

BARNES, TOM	RWD	1917	46:58 1:34:38 2:28:45 1
BERTEI, FRANK	ANW	822	DNS
DONAHOO, MARK	ATE	1627	DNF

VICTORIAN OPEN WOMEN 20 KM ROADWALK

The open women put on an exhibition with some wonderful walking. Megan Szirom upset favourite Michelle French from the AIS, making her break soon after the half way mark and recording a 3 minute PB to take the gold. She won the Victorian 15 km title in May so is well on the way to a clean sweep of the women's titles. Her time of 1:36:53 was under the IAAF B standard of 1:38:00 and sends a warning to our top women – there is a new face on the Australian scene. Michelle's time of 1:38:56 was also a PB and further back in the field. Masters walker Heather Carr took fourth place with a **World Record for the W55 Womens 20 km roadwalk**. The previous record was 1:53:45, set by W Seiler of Germany in 1996.

SZIROM, MEGAN	RWD	1122	47:34 1:36:53 1
FRENCH, MICHELLE	NSW	1057	47:34 1:38:36 2
GEISLER, SANDRA	RWD	1919	52:54 1:53:20 3
CARR, HEATHER	VMA	1979	56:36 1:55:30 4
ROSEMAN, JUSTIJANA	ATE	797	DNF
DRENNAN, CARMEL	KSB	372	DNS
WAPSHOTT, KELLIE	KNA	31	DNS
WATSON, CARMA	ATE	1914	DNS



The Open walkers in action on Sunday

The Schools Championships were keenly contested with some very good performances spread over the various age groups. The medals were spread between the metropolitan and country areas with walkers from Geelong, Ballarat and Bendigo showcasing the depth of walking in the State.

VICTORIAN UNDER 20 MEN SCHOOLS 10 KM ROADWALK

BURGESS, SHAUN	BELMONT HIGH SCHOOL	4000	10:42 22:00 33:00 43:50 54:38 1
ELMS, BRADLEY	LALOR NORTH SECONDARY	4008	13:56 28:00 41:25 54:35 67:12 2

VICTORIAN UNDER 20 WOMEN SCHOOLS 10 KM ROADWALK

ROTHWELL, JESS	GOULBOURN VALLEY GRAM	4028	09:49 20:11 30:42 41:21 51:54 1
DONOVAN, SIOBHAN	BORONIA HEIGHTS COLLEGE	4005	10:26 21:29 32:44 43:56 54:50 2

VICTORIAN UNDER 18 BOYS SCHOOLS 5 KM ROADWALK

BRYANT, KYLE	BENDIGO SENIOR SECONDARY COL.	3999	09:32 19:19 24:14 1
PAYNE, DANIEL	KARDINIA INTERNATIONAL COL.	4025	10:05 20:45 26:03 2
ELMS, JASON	LALOR NORTH SECONDARY	4009	DQ

VICTORIAN UNDER 18 GIRLS SCHOOLS 5 KM ROADWALK

DRENNAN, LAUREN	STRATHMORE SC	4006	10:06 20:52 26:15 1
PALFREYMAN, JESSIE	GOLDEN SQUARE SEC. COL.	4024	10:16 21:34 27:07 2
ATTARD, TAMARA	AQUINAS COLLEGE	3955	10:35 21:59 27:32 3
BRUNTON, CAITLIN	KARDINIA INTERNATIONAL COL.	3991	10:58 22:19 27:53 4
GIRGIN, EDA	MELBOURNE GIRLS COLLEGE	4011	10:41 22:28 28:25 5
SMITH, EMMA	COBDEN TECHNICAL SCHOOL	4030	13:55 27:20 33:45 6



Our U18 and U20 winners - Jess Rothwell, Shaun Burgess, Kyle Bryant, Lauren Drennan (behind Tom Barnes)

VICTORIAN UNDER 16 BOYS SCHOOLS 3 KM ROADWALK . . .

COWLEY, RHYDIAN	MELBOURNE HIGH SCHOOL	4004	09:39 14:49 1
LARKINS, JARED	NORLANE HIGH SCHOOL	4019	09:55 15:07 2
GIRGIN, TIMUCIN	KEW HIGH SCHOOL	4012	10:09 15:34 3
MIRARCHI, NICHOLAS	ST JOSEPH'S COLLEGE GEELONG	4023	10:48 16:23 4
MCLAREN, BRADLEY	NIDDRIE SECONDARY COLLEGE	4022	DNS .

VICTORIAN UNDER 16 GIRLS SCHOOLS 3 KM ROADWALK

LAMBLE, REGAN	STRATHCONA BAPTIST GIRLS	4018	09:49 15:07 1
ALEXANDRA, BETH	BRENTWOOD SC	3952	10:02 15:16 2
LAURIE, NATALIE	KINGSWOOD COLLEGE BOX HILL	4020	10:26 15:43 3
WATT, TAYLAH	MOOROOLBARK COLLEGE	4202	10:59 16:33 4
BODDY, LANA	NORLANE HIGH SCHOOL	3985	12:51 19:36 5
GAGE, MYKAWLA	SACRED HEART COLLEGE	4010	14:18 21:50 6

VICTORIAN UNDER 14 BOYS SCHOOLS 3 KM ROADWALK

GIRGIN, ERGENEKON	KEW HIGH SCHOOL	4013	11:21 17:18 1
SIMPSON, BRADLEY	YARRA VALLEY GRAMMAR	4029	11:30 17:25 2
JONES, JEREMIAH S	PRING GULLY	4015	13:16 19:49 3

VICTORIAN UNDER 14 GIRLS SCHOOLS 3 KM ROADWALK

RASELLI, CASSANDRA	BERWICK LODGE PRIMARY	4027	10:29 15:50 1
BURREN, AMY	ST MARK'S PRIMARY SCHOOL	4001	10:36 16:10 2
TALLENT, RACHEL	BALLARAT HIGH SCHOOL	4201	10:39 16:19 3
BRAZEL, HILARY	EMMAUS COLLEGE	3987	10:59 16:29 4
DYER, CHELSEA	STRATHCONA BAPTIST GIRLS	4007	11:01 17:01 5
CAMPBELL, CAITLIN	SYDENHAM HILLSIDE PS	4003	11:21 17:06 6
HALLETT, NICOLE	ST MICHAEL'S SCHOOL	4014	11:21 17:07 7
PAYNE, EMILY	KARDINIA INTERNATIONAL COLL	4026	11:15 17:14 8
BRUNTON, ERIN	KARDINIA INTERNATIONAL COLL	3988	11:51 17:55 9

BURREN, SARAH	ST MARK'S PRIMARY SCHOOL	4002	12:13 18:10 10
TALLENT, EBONY	BLACK HILL PRIMARY SCHOOL	4200	11:51 18:15 11
ALBERT, ASHLEY	ST MARK'S PRIMARY SCHOOL	3946	12:17 19:00 12
MASON, ELLA	SIENA COLLEGE	4021	12:57 19:48 13
JONES, CARA	HOME SCHOOL	4016	13:33 20:37 14
JONES, EBONY-	JADE HOME SCHOOL	4017	14:13 21:38 15
WHILEY, EBONY	ST JOSEPH'S PRIMARY SCHOOL	4203	DNS



Regan Lamble and Rhydian Cowley lead the U16 walks Cassandra Raselli leads the U14 walk

Apart from the Victorian championships, we had our usual share of VRWC races and they were also keenly contested.

VRWC Open 10 km Walk

- | | |
|------------------|-------|
| 1. Celia Johnson | 66:23 |
|------------------|-------|

VRWC Open 5 km Walk

- | | |
|------------------------|-------|
| 1. Kylie Irshad | 27:08 |
| 2. Tyne Boddy | 28:09 |
| 3. Janet Holmes | 29:35 |
| 4. Carmel Drennan | 30:07 |
| 5. Gwen Steed | 30:37 |
| 6. Gayle McIntyre | 32:59 |
| 7. Marlaine Stanway | 34:14 |
| 8. Kiersen Coulter | 38:13 |
| 9. Christine Griffiths | 41:07 |
| 10. Donna Elms | 44:23 |
| 10. Russ Dickenson | 27:10 |
| 11. Ralph Bennett | 28:46 |
| 12. Robin Wood | 33:35 |

VRWC Unjudged 5 km Walk

- | | |
|-----------------|-------|
| 1. Gordon Onley | 37:00 |
|-----------------|-------|

With many of our Under 12 walkers stepping up to the Under 14 age group for the day, it meant a small field in what is normally a very strong contested age group. Amelia Finnegan had a good win in the excellent time of 5:2. In the U9 championships, Rebecca Campbell and Jeremiah Jones (Bendigo) were the winners.

VRWC Under 12 1 km Club Championship

- | | |
|--------------------------|------|
| 1. Amelia Finnegan | 5:21 |
| 2. Brigette Brockenshire | 6:01 |
| 3. Ebony Jones | 6:05 |

VRWC Under 9 1 km Club Championship

- | | |
|---------------------------|------|
| 1. Rebecca Campbell | 5:39 |
| 2. Chloe McNicol-Davidson | 5:40 |
| 3. Carly Bertand | 5:53 |

- | | | |
|----|-----------------------|------|
| 4. | Stacey McLaren | 6:22 |
| 1. | Jeremiah Jones | 5:58 |
| 2. | Cody McNicol-Davidson | 6:27 |



Carly Bertrand, Rebecca Campbell and Chloe McNicol-Davidson in action in the U9 championship

VRWC RACES, ALBERT PARK, SATURDAY 8 JULY 2006

Last Saturday saw our 'Guess your Finish Time' races. Walkers have to predict their final time. The walker who gets closest in each division is declared the winner. It's a pretty tough ask but the winners are always spot on and this year was no exception.



Damian Elms, Maryanne Harrison and Cindy Collins



Bradley McLaren



John Bunker and Mark Donahoo

8 KM OPEN

		Final Time	Predicted	Difference	
1.	Lauren Drennan	191	43:35	43:30	0:05
2.	Margaret Beaumont	17	59:49	59:40	0:09
3.	Tracey Feiner	3674	41:58	41:45	0:13
4.	Gayle McIntyre	199	53:32	53:50	0:18
5.	Gwen Steed	60	50:19	51:07	0:48
6.	Regan Lamble	122	42:10	43:30	1:20
7.	Alison Thompson	154	45:08	46:45	1:37
8.	Natalie Laurie	85	43:21	45:00	1:39
9.	Yolanda Russell	522	45:44	48:00	2:16
10.	Janet Holmes	2	52:49	49:50	2:59
1.	Mark Donahoo	14	40:36	40:30	0:06
2.	Alan Lucas	5	44:34	44:50	0:16
3.	Geoff Barrow	59	49:43	49:25	0:18
4.	Bob Gardiner	30	46:34	47:00	0:26
5.	Russ Dickenson	161	45:47	45:20	0:27
6.	Ian Beaumont	16	64:15	63:45	0:30
7.	Ralph Bennett	195	45:54	47:00	1:06
8.	Murray Dickinson	501	47:13	46:00	1:13

4 KM OPEN

		Final Time	Predicted	Difference	
E1.	Heather Carr	3892	20:50	21:02	0:12
E1.	Maryann Harrison	152	29:12	29:00	0:12
3.	Pam Mews	137	36:29	36:14	0:15
4.	Marlaine Stanway	13	27:20	27:40	0:20
5.	Christine Griffiths	114	32:55	32:20	0:25
6.	Tamara Attard	196	22:37	23:05	0:28
7.	Donna Elms	194	34:07	34:55	0:48
8.	Kiersten Coulter	216	29:34	30:21	0:47
E9.	Jenny Fawkes	61	25:58	24:30	1:28
E9.	Fauve Jacobs	182	22:28	21:00	1:28
11.	Carmel Drennan	130	24:11	21:15	2:56
1.	Jason Elms	105	25:33	25:40	0:07
2.	Bruce Conboy	83	27:52	27:30	0:22
3.	Bradley Elms	102	24:14	23:00	1:14
4.	John Bunker	45	20:58	22:20	1:22
	Barry Wicks	4202	26:56 (not a current member)		



Ally Platt



Natalie Laurie



Margaret and Ian Beaumont, Robin Wood and Bruce Conboy

4 KM U15

1.	Caitlin Campbell	168
2.	Hilary Brazel	150
1.	Bradley McLaren	201
2.	Nicholas Mirarchi	40
3.	Tim Girgin	1658

Final Time Predicted Difference

24:22	24:25	0:03
23:36	23:00	0:36
31:10	31:00	0:10
20:54	21:30	0:36
20:26	21:10	0:44

2 KM U12

1.	Rebecca Campbell	172
2.	Talie Collins	214
3.	Amelia Finnegan	181
4.	Briggette Brockenshire	204
5.	Carly Bertrand	198
6.	Taylor Brogan	151
7.	Cassandra Raselli	156
8.	Chloe McNicol-Davidson	3888
9.	Ally Platt	206
1.	Cory McNicol-Davidson	3877

Final Time Predicted Difference

12:59	13:00	0:01
12:09	12:00	0:09
10:58	11:10	0:12
13:10	13:30	0:20
13:24	12:55	0:29
14:22	13:40	0:44
11:33	10:13	1:20
12:23	14:15	1:52
16:27	20:30	4:03
14:17	16:30	2:13

1 KM U10

1.	Cindy Collins	213
2.	Annalise Harrison	221
3.	Stacey McLaren	200

Final Time Predicted Difference

6:57	6:57	0:00
7:31	7:10	0:21
6:51	6:30	0:21



Tracey Feiner and Regan Lamble



Tim Girgin



Tamara Attard

VMA AND VRWC RACES, ALBERT PARK, SATURDAY 15 JULY 2006

We were joined by the Victorian Masters walkers last Saturday and this swelled our numbers to just over 70 competitors. The cold wet weather did not deter anyone and we saw our usual swag of PBs and fine walking. Thanks to Ray Smith (as usual!) and Stu Cooper for the photos featured here.



Annette Major, Geoff Major and Kyle Bryant – Bendigo walkers to the fore

Victorian Masters 10km Championship - Men

Mark Donahoo	M45	1	49:24
Colin Heywood	M50	1	49:12
Ross Reid	M50	2	51:37
Clyde Riddoch	M50	3	54:40
Frank Prowse	M50	4	62:58
Alan Lucas	M55	1	57:07
Geoff Barrow	M55	2	62:15
Russ Dickenson	M60	1	56:03
Ralph Bennett	M60	2	57:47
Murray Dickinson	M65	1	58:21
Tony Johnson	M65	2	58:57
Robert Gardiner	M70	1	59:32
Geoff Major	M70	2	65:59

Victorian Masters 10km Championship – Women

Annette Major	W40	1	56:06
Carmel Drennan	W45	1	61:39
Alison Thompson	W50	1	57:59
Barbara Bryant	W50	2	59:52
Marlaine Gourlay	W50	3	60:07
Janet Holmes	W50	4	60:37
Heather Carr	W55	1	54:33
Liz Feldman	W55	2	61:00
Celia Johnson	W55	3	65:30
Gwen Steed	W60	1	64:11
Marlaine Stanway	W65	1	70:29
Margaret Beaumont	W65	2	75:08
Bev Hugo	W65	3	79:16



Gwen Steed, Tony Johnson, Sarah Burren, Liz Feldman and Robin Wood



Some of our Victorian Masters medallists

The VRWC races saw some great walks. Chris Erickson led from the front to record 45:53 in his first hitout since the World Cup 50 km in May. He was closely shadowed for the first 5 km by Megan Szirom who walked a very fast 22:50 to win the 5 km event. The most impressive walk of the day was by young Bendigo walker Kyle Bryant who recorded 48:28 for the 10 km. Last week in Bendigo he recorded around 48:20 so he may well be our next junior walker to make the big break thru. Tracey Feiner (24:43) and Regan Lamble (25:05) also walked outstandingly in the 5km events.

10km Open		
	Time	Handicap
1. Heather Carr	54:33	5
2. Janet Holmes	60:37	1
3. Carmel Drennan	61:39	6
4. Gwen Steed	64:11	3
5. Celia Johnson	65:30	2
6. Marlaine Stanway	70:29	4
1. Chris Erickson	45:53	6
2. Kyle Bryant	48:28	
3. Mark Donahoo	49:24	5
4. Duncan Knox	54:25	
5. Alan Lucas	57:07	4
6. Ralph Bennett	57:47	2
7. Geoff Barrow	62:15	3
8. Robin Wood	68:28	1
5km Open		
	Time	Handicap
1. Megan Szirom	22:50	2
2. Tracey Feiner	24:43	

3.	Siobhan Donovan	26:12	1
4.	Kylie Irshad	26:42	3
5.	Tamara Attard	29:02	4
1.	Bill Dyer	26:18	1
2.	John Bunker	26:21	2

5km Under 15		Time	Handicap
1.	Regan Lamble	25:05	2
2.	Natalie Laurie	27:00	4
3.	Beth Alexander	28:00	6
4.	Nicole Hallett	29:06	3
5.	Amy Burren	30:02	5
6.	Sarah Burren	31:51	1
7.	Ashley Albert	34:20	

1.	Rhydian Cowley	24:30	1
2.	Timucin Girgin	26:35	2

3km Open		Time	Handicap
1.	Caitlin Campbell	17:35	2
2.	Maryanne Harrison	21:48	5
3.	Kiersten Coulter	21:53	1
4.	Christine Griffiths	24:28	4
5.	Donna Elms	25:49	3
1.	Jason Elms	19:38	2
2.	Lindsay Harrison	19:48	1



Rhydian Cowley, Murray Dickenson and the start of the Under 9 and Under 12 events

Finally, our youngest walkers gave their usual exhibition of speed walking.

2000m Under 12		Time	Handicap
1.	Cassandra Raselli	10:09	4
2.	Amelia Finnegan	10:56	1
3.	Chelsea Dyer	11:01	E2
4.	Ella Mason	12:36	5
5.	Chloe McNicol-Davidson	12:37	7
6.	Rebecca Campbell	12:38	E2
7.	Carly Bertrand	13:27	6
1.	Ryan Antidormi	11:21	2
2.	Cody McNicol-Davidson	13:37	1

1000m Under 9		Time	Handicap
1.	Stacey McLaren	6:26	1

AV AND VRWC RACES, ALBERT PARK, SATURDAY 22 JULY 2006

We had our biggest field for the season with a total of 79 walkers in action at Albert Park on Saturday. The weather was perfect with still conditions, blue skies and a mild 14°C. Who dares to complain about our fantastic Melbourne weather!

The Victorian Womens' titles were keenly contested with good sized fields in almost all divisions. Megan Szirom cleaned up the Open 10 km event to make it 3 Victorian titles in a row (she has already won the Victorian 15 km and 20 km titles). Tracy Feiner continued her comeback with a very good second placing and time while Masters walker Heather Carr showed that age is no barrier to good walking with her bronze medal.

The junior races also produced worthy winners with Fauve Jacobs (U20), Jess Rothwell (U18), Regan Lamble (U16) and Cassandra Raselli (U14) all doing good times.



The winners – Megan Szirom, Fauve Jacobs, Regan Lamble, Jess Rothwell and Cassandra Raselli



AV Open 10km Championship for Women

1. Megan SZIROM	RWD	47:29
2. Tracy FEINER	KNA	52:07
3. Heather CARR	VMA	54:17
4. Sandra GEISLER	RWD	55:05
5. Annette MAJOR	EAG	57:14
6. Carmel DRENNAN	KSB	61:07
7. Celia BUTLER	TAS	61:08
Justijana ROSEMAN	ATE	DNS
Carma WATSON	ATE	DNS

AV U20 10km Championship for Women

1.	Fauve JACOBS	DKN	57:40
2.	Tyne BODDY	COR	60:16
	Siobhan DONOVAN	ANW	Ab

AV U18 8km Championship for Girls

1.	Jess ROTHWELL	SBE	40:34
2.	Lauren DRENNAN	KSB	42:54
3.	Jessie PALFREYMAN	EAG	44:09
4.	Eda GIRGIN	ATE	45:54
5.	Tamara ATTARD	KNA	48:11

AV U16 5km Championship for Girls

1.	Regan LAMBLE	ANW	25:09
2.	Natalie LAURIE	ANW	25:46
3.	Beth ALEXANDER	KNA	27:04
4.	Lana BODDY	COR	34:07

AV U14 3km Championship for Girls

1.	Cassandra RASELLI	BOH	15:46
2.	Rachel TALLENT	BYC	15:55
3.	Nicole HALLETT	ANW	16:29
4.	Caitlin CAMPBELL	ATE	16:37
5.	Hilary BRAZEL	ANW	16:44
6.	Emily PAYNE	COR	16:46
7.	Chelsea DYER	BOH	17:01
8.	Ebony WHILEY	EAG	17:49
9.	Ebony TALLENT	BYC	18:02

The Open Men's event saw Tom Barnes continue his good form to take his third Victorian title in a row (having already won the 15 km and 30km titles this winter). After a good battle early on with Chris Erickson, Tom worked his way to a 30 sec break by the 8 km mark. With Chris then stopping for a call of nature, Tom stormed home to the easiest of wins. Chris, the defending title holder, got back onto the track in time to take second while Andrew Jamieson celebrated his move into the M60 division by taking over 2 minutes off Gary Little's **M60 World Masters record** which stood at 49:22.7. His 5 km split of 23:31.12 was also well under the World 5000m time so when he has his next track walk, that record is also likely to fall.



Tom Barnes, Andrew Jamieson and Kyle Bryant

Shaun Burgess of Geelong (U20), Kyle Bryant of Bendigo (U18) and Melbourne walkers Rhydan Cowley (U16) and Ergenekon Girgin (U14) ensured the the underage titles were spread around the State.



L to R: Ergenekon Girgin Nicholas Mirarchi, Rhydian Cowley, Daniel Payne and Daniel Payne

AV Open 10km Championship for Men for the C. H. (Bert) Gardiner Medal

1.	Tom BARNES	RWD	44:49.8
2.	Chris ERICKSON	ATE	47:12.7
3.	Andrew JAMIESON	OSC	47:16.9
4.	Ross REID	COLL	52:13
5.	Robert GARDINER	COLL	62:16
	Mark DONAHO	ATE	Ab.
	Frank BERTEI	ANW	DNS
	Simon EVANS	BOH	DNS
	Duncan KNOX	ATE	DNS
	Stuart KOLLMORGAN	COLL	DNS

AV U20 10km Championship for Men

1.	Shaun BURGESS	ACW	55:15
	Bradley ELMS	PTN	DISQ

AV U18 8km Championship for Boys

1.	Kyle BRYANT	SBE	38:37
2.	Daniel PAYNE	COR	42:33
3.	Jason ELMS	PTN	57:38
	John PLATT	EKA	DNS

AV U16 5km Championship for Boys

1.	Rhydian COWLEY	GHY	23:47
2.	Timucin GIRGIN	ATE	25:49
3.	Nicholas MIRARCHI	COR	26:58
	Bradley McLAREN	ATE	DISQ

AV U14 3km Championship for Boys

1.	Ergenekon GIRGIN	ATE	16:27
2.	Bradley SIMPSON	KNA	17:15
3.	Jeremiah JONES	SBE	19:25

RWA STATE CHALLENGE

This is the third year we have held this event and it is certainly well supported by all the walking clubs. VRWC has won it for the last 2 years and we are again strongly placed after outstanding performances by our walkers. The concept was extended this year to include Masters Men and Women 10 km roadwalks with the placings being decided on the Masters percentage ranking system. With Heather Carr at 92.78% and Andrew Jamieson at 99.00%, this will be hard for any other clubs to match. Well done and thanks to everyone who contributed to this great result !

We also played host to the Bendigo walkers who contested their own Challenge event alongside us. I include their results in the overall report.

RWA State Challenge 10km for Open Women

1.	Megan SZIROM	VRWC	47:29
2.	Sandra GEISLER	VRWC	55:05
3.	Celia BUTLER	VRWC	61:08
4.	Gayle McINTYRE	VRWC	66:51

RWA State Challenge 10km for Masters Women

1.	Heather CARR	VRWC	54:17	92.78%
2.	Gwen STEED	VRWC	64:22	84.87%
3.	Marlaine STANWAY	VRWC	70:07	81.53%
4.	Janet HOLMES	VRWC	60:48	80.58%
5.	Celia JOHNSON	VRWC	65:28	78.43%
6.	Carmel DRENNAN	VRWC	61:07	76.14%
1.	Barbara BRYANT	BENDIGO	59:14	81.25%
2.	Annette MAJOR	BENDIGO	57:14	78.78%

RWA State Challenge 10km for Open Men

1.	Tom BARNES	VRWC	44:49
2.	Chris ERICKSON	VRWC	47:12

RWA State Challenge 10km for Masters Men

1.	Andrew JAMIESON	VRWC	47:16	99.00%
2.	Ross REID	VRWC	52:13	83.54%
3.	Robert GARDINER	VRWC	62:16	83.30%
4.	Alan LUCAS	VRWC	57:12	80.32%
5.	Geoff BARROW	VRWC	62:00	73.44%
6.	Robin WOOD	VRWC	67:03	67.30%
7.	John MORRISON	VRWC	67:16	67.09%

RWA State Challenge 10km for U20 Women

1.	Fauve JACOBS	VRWC	57:40
2.	Tyne BODDY	VRWC	60:16

RWA State Challenge 10km for U20 Men

1.	Shaun BURGESS	VRWC	55:15
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RWA State Challenge 8km for U18 Girls

1.	Jess ROTHWELL	VRWC	40:34
2.	Lauren DRENNAN	VRWC	42:54
3.	Eda GIRGIN	VRWC	45:54
4.	Tamara ATTARD	VRWC	48:11
1.	Jessie PALFREYMAN	BENDIGO	44:09

RWA State Challenge 8km for U18 Boys

1.	Daniel PAYNE	VRWC	42:33
2.	Jason ELMS	VRWC	57:38
1.	Kyle BRYANT	BENDIGO	38:37

RWA State Challenge 5km for U16 Girls

1.	Regan LAMBLE	VRWC	25:09
2.	Natalie LAURIE	VRWC	25:46
3.	Beth ALEXANDER	VRWC	27:04
4.	Lana BODDY	VRWC	34:07

RWA State Challenge 5km for U16 Boys

1.	Rhydian COWLEY	VRWC	23:47
2.	Timucin GIRGIN	VRWC	25:49
3.	Nicholas MIRARCHI	VRWC	26:58

RWA State Challenge 3km for U14 Girls

1.	Cassandra RASELLI	VRWC	15:46
2.	Rachel TALLENT	VRWC	15:55
3.	Nicole HALLETT	VRWC	16:29
4.	Caitlin CAMPBELL	VRWC	16:37
5.	Hilary BRAZEL	VRWC	16:44
6.	Emily PAYNE	VRWC	16:46
7.	Chelsea DYER	VRWC	17:01
8.	Ebony TALLENT	VRWC	18:02

RWA State Challenge 3km for U14 Boys

1.	Ergenekon GIRGIN	VRWC	16:27
2.	Bradley SIMPSON	VRWC	17:15
3.	Robert WALSH	VRWC	17:18

RWA State Challenge 2km for U12 Girls

1.	Amelia FINNEGAN	VRWC	10:48
2.	Cindy COLLINS	VRWC	11:02
3.	Talie COLLINS	VRWC	11:44
4.	Ella MASON	VRWC	12:39
5.	Taylor BROGAN	VRWC	13:26
6.	Briggette BROCKENSHIRE	VRWC	13:39
7.	Annaliese HARRISON	VRWC	15:28

RWA State Challenge 2km for U12 Boys

1.	Ryan ANTIDORMI	VRWC	10:39
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RWA State Challenge 1.5km for U10 Girls

1.	Chloe McNICOL-DAVIDSON	VRWC	8:34
2.	Carly BERTRAND	VRWC	8:43
3.	Rebecca CAMPBELL	VRWC	9:22
4.	Stacey McLAREN	VRWC	10:12

RWA State Challenge 1.5km for U10 Boys

1.	Cody McNICOL-DAVIDSON	VRWC	10:32
2.	Ryan DOSSETOR	VRWC	10:48

We also had a few walkers contesting other distances as club members and they raced as follows

5km Fitness Walk

Gordon ONLEY	VRWC	34.25
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Other distances

Kiersten COULTER	VRWC	21.31 for 3km
Maryanne HARRISON	VRWC	21.55 for 3km
Christine GRIFFITHS	VRWC	23.52 for 3km
Donna ELMS	VRWC	25.37 for 3km
Ralph BENNETT	VRWC	11.24 for 2km
Russ DICKENSON	VRWC	41.03 for 7km

VRWC RACES, ALBERT PARK, SATURDAY 29 JULY 2006

Every time we expect a quiet week, we are wrong. Once again, the numbers were good with over 50 walkers competing for Fastest Time, Handicap and Style Award points in our club competition.



The start of the Under 9 and Under 12 events – Amelia Finnegan (181) and Ryan Antidormi (202) go to the lead

Our Under 9 and Under 12 walkers are both enthusiastic and talented. You only have to watch the first 100m of the event each week to notice the speed and determination with which they start the race – and they are going just as hard when they finish! At this stage of the season, some of our older Under 12 walkers start to compete over the longer Under 15 distances but we still had a healthy subset of young stars in action this week in our youngest age group events.

1km Under 9		H'cap
1. Chloe McNicol-Davidson	5:34	3
2. Rebecca Campbell	6:00	2
3. Stacey McLaren	6:41	1
4. Cindy Collins	6:49	4
1. Ryan Dossetor	7:29	1
2km Under 12		H'cap
1. Amelia Finnegan	10:35	2
2. Caitlin Campbell	11:30	3
3. Carly Bertrand	12:11	1
4. Ella Mason	12:28	4
5. Taylor Brogan	13:06	5
1. Ryan Antidormi	10:38	1
2. Cody McNicol-Davidson	14:21	2

The 4 km and 8 km events also saw their own share of good walking. Nicole Hallett and Robert Walsh took the Fastest Time / Handicap doubles in the Under 15 4 km. Tim Girgin flew through a 3 km PB before calling it quits. Ross Reid wore his alternate club uniform as usual (well, that's what he says!). Nicholas Mirarchi did a big 5 km PB and then hung on to record an 8 km PB. Gayle McIntyre did another PB. Lachlan McDonald walked perhaps his best race for the season to comfortably win the 8 km. Regan Lambie won the women's 8 km and, together, Lachlan and Regan were our top scorers in the style award competition.



The start of the 4 km and 8 km events – Ross Reid still trying for a new club uniform!

4km Under 15

		H'cap
1.	Hilary Brazel	22:25 1
2.	Nicole Hallett	23:52 2
3.	Ayla Collins	24:16
4.	Talie Collins	24:44
	Eda Girgin	AB (11.04 for 2k)
1.	Robert Walsh	23:13 1
	Damien Elms	AB (15.36 for 2km)
	Ergenekon Girgin	AB (10.59 for 2km)
	Timucin Girgin	AB (14.39 for 3km)
	Bradley McLaren	DQ

4km Open

		H'cap
1.	Heather Carr	20:52 8
2.	Janet Holmes	22:58 1
3.	Gwen Steed	24:21 5
4.	Celia Johnson	25:03 6
5.	Marlaine Stanway	27:10 9
6.	Kiersten Coulter	29:03 4
7.	Christine Griffiths	33:01 7
8.	Donna Elms	33:44 2
9.	Pam Mews	35:35 3
1.	John Bunker	20:55 2
2.	Bradley Elms	24:38 3
3.	John Morrison	24:55 5
4.	Anthony Barrett	25:54 6
5.	Jason Elms	26:35 4
6.	Barry Wicks	26:42
7.	Bruce Conboy	27:55 1
	Gordon Onley	DQ

8km Open

		H'cap
1.	Regan Lambie	41:43 5
2.	Alison Thompson	44:58 1
3.	Yolanda Russell	45:11 3
4.	Tamara Attard	47:08 2
5.	Liz Feldman	48:29 6
6.	Gayle McIntyre	52:31 4

7.	Margaret Beaumont	59:54	7
1.	Lachlan McDonald	38:09	8
2.	Andrew Jamieson	38:15	9
3.	Colin Heywood	39:55	6
4.	Ross Reid	40:11	3
5.	Nicholas Mirarchi	44:36	1
6.	Alan Lucas	44:50	2
7.	Russ Dickenson	45:40	7
8.	Murray Dickinson	46:36	E4
9.	Robin Wood	53:53	E4



Regan Lamble, Lachlan McDonald, Tamara Attard and Nicholas Mirarchi

Ralph Bennett and Ian Beaumont walked in our non-judged categories to complete good fitness walks

Ralph Bennett	4 km in 23:17
Ian Beaumont	8 km in 63:08

and I returned from hospital after my hip operation and had an enjoyable day off!



Tim leans on timekeeping stalwart Lou Mirarchi and watches the races unfold

RACEWALKING AUSTRALIA CARNIVAL, ALBERT PARK, SUNDAY 6 AUGUST 2006

Some 150 walkers gathered in Melbourne last Sunday for the second Racewalking Australia carnival for the year. Conditions were perfect and the flat Albert Park circuit proved conducive to good times, with a huge number of PBs being recorded. Rather than hear about it from me, I will use the report that Jim Leppik wrote for internet distribution..thanks Jim.

The second "Racewalking Australia" championship was held in Melbourne last Sunday in terrific conditions. Commonwealth Games bronze medalist and sub 4 hour 50km man, Chris Erickson, 24, took charge at about the 8km point of the race and was untroubled, going on for a comfortable win. Chris split right on 44 min at 10km and his 88.24 was just a 5 seconds short of his personal best, fine effort given his fitness is still returning after a break following his fine effort at World Cup, which was his second sub 4 hour walk within a 7 week period. 20yo AIS Michael McCaigh walked his usual consistent race taking second place in 89.45 while Tom Barnes, 24, looked strong throughout finishing 3rd in 91.08. Tom's training is a little limited due to his university commitments and so not only is this a fine effort but he also has alot to look forward too over the next few years. Perhaps the most amazing stat from the open race was that of 60yo Andrew Jamieson who took 2 minutes off the world record for his age group. Jammo never gets old and continues to improve despite his years and he finished the 20km in an outstanding 96.15. I wonder how fast he would have been if he was 30 instead of 60 (he only looks 40-45) !! I'm hoping to just be able to ride my bike that fast when I'm 60 let alone remotely giving any thought to actually trying to walk it.

Megan Szirom, 28, the most improved walker in the country, produced another terrific performance to take out the Women's 10km in another personal best time. Megan took control after 3km, going on to an excellent victory in another personal best time of 46.57, her first time under 47 minutes. Megan's improvement over last 12 months has been staggering improving her 20km time in that period by 10 minutes, with corresponding improvements in the other distances.

Highly consistent World cup Rep, 21 yo Lisa Grant, produced another great walk to once again go under 48 minutes. Lisa rarely walks a bad race and this performance was yet another example. 17yo Jessica Rothwell was 3rd 10km walker across the line, but importantly first place in under 20 section, taking out that event in 50.15, a 90 second personal best. Jess looked as strong as I've ever seen her and will certainly go under the 50 min mark soon, maybe as soon as the National long walks in Hobart at the end of the month. Given Jess was entered in the under 20's only, this left 3rd place in open section to Carma Watson, walking her best race for a while, finishing in 51.35 after splitting 5km in 25.46. One of the favorites, sub 48 walker Michelle French unfortunately retired from the event due to illness but she should be ready to go by Hobart..

17yo World Cup Rep Daniel Coleman produced another 10km PB, finishing very strongly to win the under 20 men's 10km in 46.17, 30 seconds taking off his previous best. Daniel was challenged early by fellow World Cup rep 16 yo Brooke Keys, with Daniel getting on top mid-race, at the point where Brooke was unfortunately DQ'd. This left much improved 17yo Kyle Bryant to take second in another huge PB time of 47.33, improving his best by over a minute. Kyle has made giant strides in the last few months and may be one to really watch.

The best performances of the youngsters were produced by Shannon Jennings and Natalie Laurie. Shannon, 13 believe it or not, won the unusual double of the under 18 5km and under 14 2km. Shannon took out the under 18 5km in a highly competitive race with 15yo Melissa Hayes winning it by just 7 seconds. Shannon's time was a fast one too winning in 24.42, with Melissa's 24.49. Both these girls will be hugely competitive at the National in Hobart at the end of the month. Not long later Shannon took out the under 14 2km event in 9.40.

14 yo Natalie Laurie, despite being ill all week, showed no sign of it on the day, with a very powerful performance, her best in a long time, taking out the event in 14.47, from Melissa Hayes in 14.52. I've never seen Natalie look that strong and she will also be very competitive come nationals (under 16 5km) where I believe she'll improve heaps once again. That should be a top race with star South Australia youngster 14yo Paige Hooper, a sub 24 min 5km girl, 14 yo Regan Lambie, with recent performances of 14.27 for 3km & 41.43 for 8km, and Natalie. A special mention must also go to Melissa Hayes, who took second place in in both the under 18 and under 16 events in terrific times (24.49 & 14.52), with the events walked straight after each other, a fine performance under any circumstances.

And now onto the results:

EVENT 1: A.V. 20 KM OPEN MEN; 9:30AM

1.	ERICKSON, Chris	ATE	1:28:24	1 st Victorian
2.	McCAGH, MICHAEL	AIS/WA	1:29:45	
3.	BARNES, Tom	RWD	1:31:08	2 nd Victorian
4.	JAMIESON, Andrew	OSC	1:36:16	3 rd Victorian
5.	HEYWOOD, Colin	DIV	1:41:55	
6.	KNOX, Duncan	ATE	1:55:37	

EVENT 2: RWA 20 KM OPEN / MASTERS MEN; 9:30AM

1.	ERICKSON, Chris	VRWC	1:28:24
2.	BARNES, Tom	VRWC	1:31:08
3.	JAMIESON, Andrew (M)	VRWC	1:36:15
4.	McDONALD, Lachlan	VRWC	1:41:39
5.	HEYWOOD, Colin (M)	VRWC	1:41:44
6.	SMITH, Michael	REGAL	1:49:28
7.	REID, Ross (M)	VRWC	1:53:28
8.	KNOX, Duncan (M)	VRWC	1:55:37
9.	ALBANESE, Anthony (M)	NSWRWC	2:01:47
10.	SMYTH, David	NSWRWC	2:06:15
11.	ROWE, Greg (M)	NSWRWC	2:11:18
12.	MOORE, David (M)	TRWC	2:21:40
	MARTIN, Travis	VRWC	DNF
	WHYTE, Robin (M)	ACTRWC	DQ



Tom Barnes, Andrew Jamieson (M60 World Record), Chris Erickson and Megan Szirom

EVENT 3: 5 KM UNDER 18 MEN; 9:45AM

1.	PAYNE, Daniel	VRWC	24.44
2.	MIRARCHI, Nicholas	VRWC	25.48
3.	BURGESS, Shaun	VRWC	26:05
4.	PLATT, John	VRWC	29.58

EVENT 4: 5 KM UNDER 18 WOMEN; 9:45AM

1.	JENNINGS, Shannon	NSWRWC	24.42
2.	HAYES, Melissa	NSWRWC	24.49
3.	DRENNAN, Lauren	VRWC	25.51
4.	PALFREYMAN, Jessie	BRWC	27.40
5.	ATTARD, Tamara	VRWC	27.57
6.	GIRGIN, Eda	VRWC	28.13
7.	BRUNTON, Caitlin	VRWC	28.28
8.	LINGLEY, Ellen	NSWRWC	33.20

EVENT 5: 3 KM UNDER 16 BOYS; 10:20AM

1.	COWLEY, Rhydian	VRWC	14.02
2.	READING, Michael	ACTRFCW	14.17
3.	DEWHURST, Ian	NSWRWC	14.37
4.	GIRGIN, Tim	VRWC	15.16
5.	MIRARCHI, Nicholas	VRWC	15.49
6.	COCKERELL, Nathan	NSWRWC	16.35
7.	COCKERELL, Nicky	NSWRWC	16.42
	McLAREN, Bradley	VRWC	DQ

EVENT 6: 3 KM UNDER 16 GIRLS; 10:20AM

1.	LAURIE, Natalie	VRWC	14.47
2.	HAYES, Melissa	NSWRWC	14.52
3.	CHAPPLE, Kini	NSWRWC	15.39
4.	GRALTON, Ebony	NSWRWC	16.29
5.	HOPE, Tegan	NSWRWC	17.02
6.	HEDGER, Amy	VRWC	18.17
7.	BODDY, Lana	VRWC	20.13
	WIGGINS, Alycia	TRWC	DQ
	LAMBLE, Regan	VRWC	DNS
	JEENAWEEENA, Rukshani	NSWRWC	DNS



Daniel Payne, Jess Rothwell, Rhydian Cowley and Natalie Laurie



The start of the Under 14 events

EVENT 7: 2 KM UNDER 14 BOYS; 10:40AM

1.	FAZLDAD, Nathan	NSWRWC	9.54
2.	WASHBURN, Steven	NSWRWC	10.10
3.	SIMPSON, Brad	VRWC	10.16
4.	GIRGIN, Ergenekon	VRWC	10.31
5.	WALSH, Robert	VRWC	10.40
6.	COAD, Adrian	BRWC	11.34
7.	CURTIS, Peter	BRWC	12.09
8.	JONES, Jeremiah	BRWC	12.26
9.	COCKERELL, Nicky	NSWRWC	12.28
	KILLEN, Matthew	NSWRWC	DQ

EVENT 8: 2 KM UNDER 14 GIRLS; 10:40AM

1.	JENNINGS, Shannon	NSWRWC	9.40
2.	ALEXANDER, Beth	VRWC	9.52
3.	TALLENT, Rachel	VRWC	10.29
4.	HALLETT, Nicole	VRWC	10.33
5.	WATT, Taylah	VRWC	10.35
6.	BRAZEL, Hilary	VRWC	10.35
7.	PAYNE, Emily	VRWC	10.36
8.	GRALTON, Ebony	NSWRWC	10.48
9.	DYER, Chelsea	VRWC	10.53
10.	BETTIOL, Amy	NSWRWC	11.07
11.	BRUNTON, Erin	VRWC	11.30
12.	MASON, Ella	VRWC	12.14
13.	JONES, Ebony-Jade	BRWC	13.11
14.	JONES, Cara	BRWC	14.15
15.	JONES, Staci	VRWC	16.37
	BOWDEN, Katrin	ACTRWC	DQ



Beth Alexander, Cassandra Raselli, Carly Bertrand and Ryan Antidormi

EVENT 9: 2 KM UNDER 12 BOYS 10:55AM

1.	FAZLDAD, Nathan	NSWRWC	10.03
2.	WASHBURN, Steven	NSWRWC	10.09
3.	ANTIDORMI, Ryan	VRWC	10.27
4.	McNICOL-DAVIDSON, Cody	VRWC	13.54
5.	KILLEN, Matthew	NSWRWC	14.32
6.	COCKERELL, Matthew	NSWRWC	17.46
	NUNN, Connor	VRWC	DQ

EVENT 10: 2 KM UNDER 12 GIRLS; 10:55AM

1.	BETTIOL, Amy	NSWRWC	9.49
2.	RASELLI, Cassandra	VRWC	9.56

3.	BILLINGTON, Tayla Paige	NSWRWC	10.11
4.	WHILEY, Ebony	BRWC	10.22
5.	CAMPBELL, Caitlin	VRWC	10.41
6.	FINNEGAN, Amelia	VRWC	10.48
7.	ROSE, Ainsley	NSWRWC	11.17
8.	COLLINS, Talie	VRWC	11.32
9.	TALLENT, Ebony	VRWC	12.04
10.	BERTRAND, Carly	VRWC	12.05
11.	McNICOL-DAVIDSON, Chloe	VRWC	12.21
12.	CAMPBELL, Rebecca	VRWC	12.31
13.	BROCKENSHIRE, Briggette	VRWC	13.04
14.	HOLLOWAY, Stephanie	TRWC	13.22
15.	JONES, Madison	VRWC	14.18
	PAYNE, April	NSWRWC	DQ

EVENT 11: 1 KM UNDER 10 BOYS; 11:10AM

1.	HEIDEN, Dane	BRWC	5:25
2.	JONES, Jeremiah	BRWC	5:38
3.	COAD, Jarrod	BRWC	6:10
4.	DOSSETOR, Ryan	VRWC	7:33

EVENT 12: 1 KM UNDER 10 GIRLS; 11:10AM

1.	BILLINGTON, Tayla Paige	NSWRWC	5:07
2.	PLUMMER, Caitlin	NSWRWC	5:31
3.	BERTRAND, Carly	VRWC	5:36
4.	CAMPBELL, Rebecca	VRWC	6:01
5.	COCKERELL, Emily	NSWRWC	6:08
6.	PARRY, Georgia	TRWC	6:13
7.	McLAREN, Stacey	VRWC	6:25
8.	COLLINS, Cindy	VRWC	6:38

EVENT 13: 10 KM OPEN / MASTERS WOMEN; 11:20AM

1.	SZIROM, Megan	VRWC	46:57
2.	GRANT, Lisa	NSWRWC	47:54
3.	WATSON, Carma	VRWC	51:35
4.	EBEJER, Vanessa	NSWRWC	54:04
5.	CARR, Heather (M)	VRWC	54:37
6.	GEISLER, Sandra	VRWC	54:55
7.	BRYANT, Barbara (M)	BRWC	58:09
8.	CRUICKSHANK, Michelle (M)	NSWRWC	58:29
9.	MITCHELL, Nicolle	NSWRWC	1:00:15
10.	BUTLER, Celia	VRWC	1:00:55
11.	HOLMES, Janet (M)	VRWC	1:00:58
12.	McINTYRE, Gayle (M)	VRWC	1:01:23
13.	DRENNAN, Carmel (M)	VRWC	1:01:38
14.	ROSEMAN, Justi	VRWC	1:02:08
15.	BILLINGTON, Jenny (M)	NSWRWC	1:03:51
16.	STEED, Gwen (M)	VRWC	1:05:36
17.	GRALTON, Debbie (M)	NSWRWC	1:06:54
18.	SUNDSTROM, Jodie	REGAL	1:07:55
19.	STANWAY, Marlaine (M)	VRWC	1:09:01
20.	LINGLEY, Jenny (M)	NSWRWC	1:09:53
21.	McKINVEN, Noela (M)	QRWC	1:11:30
22.	TILLMAN, Annette (M)	NSWRWC	1:28:31
	FRENCH, Michelle	NSWRWC	DNF
	PURCELL, Joan (M)	NSWRWC	DQ

EVENT 14: 10 KM UNDER 20 MEN; 11:20AM

1.	COLEMAN, Daniel	TRWC	46:17
2.	BRYANT, Kyle	BRWC	47:33
3.	PERIN, Anson	REGAL	1:05:21
	KEYS, Brook	NSWRWC	DQ
	READING, Brendan	ACTRWC	DNS

EVENT 15: 10 KM UNDER 20 WOMEN; 11:20AM

1.	ROTHWELL, Jess	VRWC	50:15
2.	JONES, Chloe	NSWRWC	51:56
3.	DONOVAN, Siobhan	VRWC	55:17
4.	BODDY, Tyne	VRWC	59:54
5.	GOODWIN, Rebecca	NSWRWC	1:02:55
	EBEJER, Charlene	REGAL	DNF

The full results, along with the full teams results, can be viewed at the Racewalking Australia website. Point your browser to <http://www.racewalkingaustralia.com.au/>, choose Left Hand Side Menu item "RWA Carnival Results", then select "2006 Carnival Results" and scroll down. Congratulations to our VRWC medallists

Open Men 20 km	Chris Erickson 1 st , Tom Barnes 2 nd , Andrew Jamieson 3 rd
Under 18 Men 5 km	Daniel Payne 1 st , Nicholas Mirarch 2 nd , Shaun Burgess 3 rd
Under 18 Women 5 km	Lauren Drennan 3 rd
Under 16 Boys 3 km	Rhydian Cowley 1 st
Under 16 Girls 3 km	Natalie Laurie 1 st
Under 14 Boys 2 km	Brad Simpson 3 rd
Under 14 Girls 2 km	Beth Alexander 2 nd , Rachel Tallent 3 rd
Under 12 Boys 2 km	Ryan Antidormi 3 rd
Under 12 Girls 2 km	Cassandra Raselli 2 nd
Under 10 Girls 1 km	Carly Bertrand 3 rd
Open Women 10 km	Megan Szirom 1 st , Carma Watson 3 rd
Under 20 Women 10 km	Jess Rothwell 1 st , Siobhan Donovan 3 rd

EUROPEAN CHAMPIONSHIPS, GOTEBOG, SWEDEN, TUES 8 AUGUST 2006

The European Championships are underway in Goteborg in Sweden and 20km and 50 km for men and 20 km for women are on offer. The European Championships have always been amongst the major events on the international calendar and this year is no exception.

20K Walk Men, Tuesday 8 August 2006

The men's 20 km walk was held yesterday and the IAAF website reported the result as follows

Soon after a brief afternoon rain was pushed aside by piercingly bright Scandinavian sunshine, Spaniard Francisco Javier Fernandez entered Ullevi stadium to take an overwhelming victory in the 20Km Race Walk. While his 1:19:09 was 31 seconds shy of his championships record set four years ago in Munich, the 29-year-old became the first repeat winner of the event at the continental championships.

Nearly a minute back was Valeriy Borchin of Russia (1:20:00) who took second, ahead of Portugal's Joao Vieira (1:20:09), personal bests for both. Russia's Viktor Burayev was a close fourth, clocking 1:20:12, repeating his finish from four years ago.

I hope that Jane Saville will not mind me using her commentary which she posted on the ozwalker website. Thanks Jane.

Hi Everyone,

I just watched the men's 20km walk on TV and Paquillo Fernandez won very easily. It was a great race for the minor medals with Borchin, Vieira and Burayev only separating in the last 1500m. Juan Molina (Spain) was with them until he was cruelly DQ'd just after 18km. Olympic Champion Brugnetti (Italy) was up there earlier on in the race but faded. The womens race is on Wednesday afternoon and Olympiada Ivanova is not on the start list. The splits for the mens 20km can be seen at <http://www.european-athletics.org>

It has been great to watch all the athletics live on TV here in Spain with the walks getting great coverage. In one of the many sports papers in Spain today there was 6 full pages on the Athletics and two of them were for the men's 20km walk. Fernandez has now equalled the great Fermin Caucho (Gold 1,500m Barcelona 1992) as Spain's most prolific medal winner at the Worlds, Europeans and Olympics.

Another bit of trivia in today's paper here was that of the 83 medals won by Spanish athletes (Track and Field) in the Olympics, Worlds and Europeans 28 have been won by walkers!!

Cheers

Jane

1.	Francisco Javier Fernandez	Spain	1:19:09
2.	Valeriy Borchin	Russia	1:20.00.
3.	Joao Vieira	Portugal	1:20.09.
4.	Viktor Burayev	Russia	1:20.12.
5.	Sergey Bakulin	Russia	1:20.50.
6.	Matej Toth	Slovakia	1:21.39.
7.	Erik Tysse	Norway	1:22.13.
8.	Giorgio Rubino	Italy	1:22.34.
9.	Siarhei Charnou	Belarus	1:23.03.
10.	Denis Langlois	France	1:24.06.
11.	Andre Hohne	Germany	1:24.35.
12.	Predrag Filipovic	Serbia	1:25.16.
13.	Benjamin Sanchez	Spain	1:25.58.
14.	Andriy Yurin	Ukraine	1:26.20.
15.	Silviu Casandra	Romania	1:26.36.
16.	Recep Celik	Turkey	1:27.18.
17.	Ivano Brugnetti	Italy	1:27.42.
	Juan Manuel Molina	Spain	DQ
	Andrei Talashka	Belarus	DQ

20 km Walk Women, Wednesday 9 August 2006

The IAAF website reported the event as follows

Ryta Turava of Belarus took a commanding win in the women's 20Km Race Walk, winning in 1:27:08, more than a minute ahead of Russian Olga Kaniskina (1:28:35) and Italy's Elisa Rigaud, who took the bronze in 1:28:35. At one point, the 25-year-old, who this year notched wins at the World Cup and the IAAF Race Walk Challenge in Sesto San Giovanni, had built a solid two-minute margin on the field.

Jane Saville watched the event live on TV at her other home in Spain and had this to say to the ozwalker group

Hi Everyone,

Well it was no surprise when Ryta Turava won the womens walk. She walked with the pack for the first 100m then "took off" in her usual fashion! She was on a very fast pace until about 15km, then she dropped off but still won easily. As in the mens race, the minor medals were very competitive with Kaniskina and Rigaud fighting it out until the last kilometre with the Russain gaining the advantage in the end.

However, the first couple of kilometres of the race were very slow with Turava going through 2km in 9 minutes and second group at 9.19 (including Seeger, Kaniskina, Rigaud, Ginko, Vasco, Korzeniowska), the rest at 9.30.

Then they started to wind up the pace! Ginko was DQed just before 8km. Maria Vasco dropped off the pace and was extremely disappointed with her performance; she has had a difficult year with her father passing away earlier in the year and not racing often. Kjersti Platzer raced a smart race storming home in the last 5km in 21.55 for 4th place; Kaniskina and Platzer shared the fastest last 5km of the race.

Just before the race started the Bronze medallist from this years World Cup, Russia's Irina Petrova withdrew; so that left Russia with only two athletes: Kaniskina (5th place World Cup) and Olympiada Ivanova's replacement Galina Kolpakova (a surprise entry as she has only done 1.30.46 this season).

Cheers, Jane



winner Ryta Turava

1.	Turava, Ryta	BLR	1:27:08	
2.	Kaniskina, Olga	RUS	1:28:35	
3.	Rigaud, Elisa	ITA	1:28:37	SB
4.	Plätzer, Kjersti	NOR	1:28:45	SB
5.	Stef, Claudia	ROM	1:29:27	SB
6.	Zimmer, Sabine	GER	1:29:56	
7.	Korzeniowska, Sylwia	POL	1:30:31	NR
8.	Santos, Vera	POR	1:30:41	PB
9.	Dukure, Jolanta	LAT	1:31:02	NR
10.	Seeger, Melanie	GER	1:31:29	
11.	Groza, Ana Maria	ROM	1:31:35	
12.	Henriques, Inês	POR	1:31:58	
13.	Malíková, Zuzana	SVK	1:32:14	NR
14.	Feitor, Susana	POR	1:32:19	
15.	Vasco, Maria	ESP	1:32:50	
16.	Orsini, Gisella	ITA	1:33:10	SB
17.	Kolpakova, Galina	RUS	1:33:39	

18. Giordano, Rossella	ITA	1:33:56	
19. Povés, María José	ESP	1:35:03	
20. Pascual, Beatriz	ESP	1:36:03	SB
21. Milusauskaite, Sonata	LTU	1:36:20	
22. Svensson, Monica	SWE	1:38:25	
Ginko, Elena	BLR	DSQ	
Petrova, Irina	RUS	DNS	
Saltanovic, Kristina	LTU	DNF	

50 km Race Walk Men, Thursday 10 August

The IAAF website reported on the event as follows

While a downpour, thunder and lightning postponed the latter portion of the morning session, the walkers contesting the 50 Km Race Walk weren't given the same luxury. Defying the horrendous conditions, Yohan Diniz produced an exceptional performance as he splashed to a 3:41:39 win, a personal best by more than four minutes and a French national record.

"The thunderstorms may have destabilised the others, but for me it was a welcome refreshment," said the 28-year-old who victory was vindication of sorts after being disqualified at last year's World Championships. A former student of oenology, Diniz added, "Today I will enjoy a good wine."

Spaniard Jesus Angel Garcia was more than a minute back in 3:42:48 to finish second, while Yuriy Andronov of Russia took the bronze, reaching the finish in 3:43:26.

Mark Wall reported from faraway London (thanks Mark)

I watched the last 10km of this race on TV here in the UK (not the BBC I might add!) Diniz, who I saw win the 20km at Leamington, executed the the ideal race. He came home over the last 10km in 5km splits of 21:39 and 21:47. So what you may ask? Add to this that they paddled through shodden roads because of torrential rains due to the thunderstorms (accompanied by lightening) during the race. They had called a halt to events at the main stadium on this pretext. He had the added disadvantage of wearing glasses, so all credit to him.

Nymark on the other hand had seized a lead which was just on 40 seconds at 40km, it went all dreadfully wrong but 22:31 and 24:11 are not exactly falling in a massive hole. He lost 3rd in the shadow of the stadium. Garcia was 1:35 in arrears of him at 40km and Andronov was about 2:00 down or so.

1. Diniz, Yohan	FRA	3:41:39	PB
2. García, Jesús Ángel	ESP	3:42:48	SB
3. Andronov, Yuriy	RUS	3:43:26	
4. Nymark, Trond	NOR	3:44:17	
5. Odriozola, Mikel	ESP	3:46:34	
6. Magdziarczyk, Roman	POL	3:47:37	
7. de Luca, Marco	ITA	3:48:08	PB
8. Korcok, Peter	SVK	3:51:16	SB
9. Kanaykin, Vladimir	RUS	3:51:51	
10. Sudol, Grzegorz	POL	3:53:33	
11. Cafagna, Diego	ITA	3:55:22	SB
12. Svensson, Fredrik	SWE	3:56:15	SB
13. Janevics, Ingus	LAT	3:56:32	PB
14. Kinnunen, Jarkko	FIN	3:56:54	PB
15. Boulanger, David	FRA	3:57:08	
16. Stsepanchuk, Andrei	BLR	3:57:27	
17. Kalka, Kamil	POL	4:01:28	
18. Bruvelis, Ugis	LAT	4:02:03	
19. Costa, Jorge	POR	4:03:48	
20. Pereira, António	POR	4:07:46	
21. Holusa, Milos	CZE	4:12:11	
Cambil, José Alejandro	ESP	DNF	
Schwazer, Alex	ITA	DNF	
Riva, Eddy	FRA	DSQ	
Nizhegorodov, Denis	RUS	DSQ	
Kempas, Antti	FIN	DNF	
Martins, Pedro	POR	DNF	
Rakovic, Aleksandar	SER	DNF	



Andronov (788) Diniz (349) Nymark (703) Stsepanchuk (166) Magdziarczyk (730) Nizhegorodov (819)

VRWC EVENTS, ALBERT PARK, SATURDAY 12 AUGUST 2006

Perfect conditions greeted walkers last Saturday for our club events at Albert park. Our young walkers were the stars with some great performances. The best of the day was by 12 year old Amy Burren who walked a fantastic 22:00 for the 4 km. Her 9 year old sister Sarah also tested herself out over the long 4 km distance and recorded a great 25:06. Regan Lamble (20:38 for the 4 km) and Cassandra Raselli (9:58 for the 2 km) were also in top form. The best of the senior walkers was Gayle McIntyre who improved with yet another PB (36:40 for the 8 km). Gayle is making huge headway in her first season with the club and starting to take a few scalps along the way!



**Talie Collins and Sarah Burren lead
Murray Dickinson and Russ Dickenson**



Cassie Raselli



Cindy Collins



**John Morrison leads
Geoff Barrow**



Amy Burren



Gayle McIntyre



Regan Lamble

10 KM OPEN

1	Lachlan McDonald	53:58
2	Ralph Bennett	57:38
3	Russ Dickensen	58:24
4	Murray Dickenson	59:18
5	Robin Wood	66:14
	Lauren Drennan	DNF

6 KM OPEN

1	Heather Carr	32:11
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HCP PLACE

5
2
4
3
1

HCP PLACE

5

2	Gayle McIntyre	36:40	1
3	Gwen Steed	37:44	4
4	Carmel Drennan	38:51	6
5	Marlaine Stanway	41:03	2
6	Margaret Beaumont	44:20	3

1	Mark Donahoo	30:04	7
2	John Bunker	31:54	5
3	Nicholas Mirarchi	32:06	2
4	Alan Lucas	33:19	1
5	Geoff Barrow	36:36	4
6	John Morrison	37:44	6
7	Ian Beaumont	47:02	3

4 KM OPEN **HCP PLACE**

1	Kiersten Coulter	28:21	2
2	Pam Mews	34:34	1

1	Barry Wicks	26:37	
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4 KM UNDER 15 **HCP PLACE**

1	Regan Lamble	20:28	6
2	Beth Alexander	21:38	2
3	Amy Burren	22:00	1
4	Talie Collins	23:59	3
5	Caitlin Campbell	24:37	4
6	Sarah Burren	25:06	5

1	Robert Walsh	23:30	1
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2 KM UNDER 12 **HCP PLACE**

1	Cassandra Raselli	9:58	5
2	Amelia Finnegan	10:47	3
3	Chelsea Dyer	11:37	8
4	Ashley Albert	12:05	1
5	Carly Bertrand	12:18	2
6	Chloe McNicol-Davidson	12:20	7
7	Ella Mason	12:36	6
8	Briggette Brockenshire	13:05	4

1	Cody McNicol-Davidson	14:09	1
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1 KM UNDER 9 **HCP PLACE**

1	Rebecca Campbell	6:05	2
2	Stacey McLaren	6:43	1
3	Cindy Collins	7:01	3

1	Ryan Dossetor	7:41	1
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VRWC AND VMA EVENTS, ALBERT PARK, SATURDAY 19 AUGUST 2006

Last Saturday, we played host to the Victorian Masters Association on the occasion of their 20 km roadwalking championships. For the women, this was a first – up till now their championship road distances have been 5 km and 10 km. So for most of the women, this was their first attempt at such a long distance – and they rose to the occasion with some great performances. At the top of the list were the walks of **Marlaine Stanway** and **Heather Carr** who both set **new Australian Masters records**. Marlaine broke the W65 record by some 8 minutes while Heather broke her own W55 record by over 1 minute.

For Marlaine, this is a great comeback considering that she spent over 12 months sidelined with a very serious shoulder injury after tripping and falling during one of our VWRC races last winter. Well done Marlaine – fantastic!

Walkers having their first outings over such a long distance included Ralph Bennett, Gayle McIntyre, Carmel Drennan, Barbara Bryant, Alison Thompson, Heather Carr and Marlaine Stanway. We had some tired but pleased masters at the presentations.

VMA 20 KM MEN			Place	Time
Heywood, Colin	M50	1		1:44:33
Lucas, Alan	M55	1		1:59:27
Wood, Robin	M55	2		2:14:30
Bennett, Ralph	M60	1		2:02:38
Major, Geoff	M70	1		2:18:10
VMA 20 KM WOMEN				
McIntyre, Gayle	W35	1		2:20:55
Howorth, Sandra	W40	1		2:37:03
Drennan, Carmel	W45	1		2:19:06
Bryant, Barbara	W50	1		2:02:58
Thompson, Alison	W50	2		2:08:34
Carr, Heather	W55	1		1:54:17 Aust Record
Feldman, Liz	W55	2		2:10:09
Stanway, Marlaine	W65	1		2:29:25 Aust Record
Beaumont, Margaret	W65	2		2:36:36



Marlaine Stanway and Heather Carr – new Australian Masters records over 20 km

We also had our last points day for the winter season and competition was hot with people after those final handicap and fastest times points. Club walker of the day was **Tim Girgin** who took some 6 minutes off his best 10 km time to record 53:15. At only 14 years of age, this is a great time and one which indicates that Tim is a walker with a big future.

We also welcomed **Harlene Hercules** for her first walk with the club. She has been walking at Mentone and decided it was time to step up. Welcome Harlene! Other great walks were seen from **Regan Lamble**, **Natalie Laurie** and

Nicholas Mirarchi. They will all be in action next weekend in Hobart.



Bill and Chelsea Dyer, Robert Walsh, Nicholas Mirarchi and Harlene Hercules

VRWC 10 KM OPEN

		Hcp Place	
1.	Heywood, Colin	51:40	5
2.	Girgin, Tim	53:15	1
3.	Bunker, John	54:51	4
4.	Bennett, Ralph	59:04	3
5.	Wood, Robin	65:45	2
1.	Carr, Heather	55:00	2
2.	Stanway, Marlaine	70:51	1
3.	Beaumont, Margaret	76:24	3

VRWC 5 KM OPEN

		Hcp Place	
1.	Lamble, Regan	25:08	4
2.	Laurie, Natalie	25:15	3
3.	Drennan, Lauren	26:04	5
4.	Holmes, Janet	29:00	2
5.	Attard, Tamara	29:15	6
6.	Hallett, Nicole	29:23	7
7.	Brazel, Hilary	29:43	9
8.	Steed, Gwen	31:12	8
9.	Hercules, Harlene	38:38	
10.	Mews, Pam	44:37	1
1.	Mirarchi, Nicholas	25:42	1
2.	Burgess, Shaun	26:57	3
3.	Dyer, Bill	27:22	8
4.	Barrow, Geoff	29:49	4
5.	Morrison, John	30:34	5
6.	Cooper, Stuart	30:44	6
7.	Elms, Bradley	32:11	7
8.	Wicks, Barry	33:41	
9.	Conboy, Bruce	34:52	2
	Cowley, Rhydian	DNF	

VRWC 3 KM OPEN Non handicap

1.	Coulter, Kiersten	21:02
2.	Elms, Donna	25:36

VRWC 3 KM UNDER 15

		Hcp Place	
1.	Raselli, Cassandra	15:27	3
2.	Burren, Amy	16:21	2
3.	Finnegan, Amelia	16:54	
4.	Dyer, Chelsea	17:07	1

5.	Collins, Talie	17:47	4
6.	Bertrand, Carly	19:42	
1.	Walsh, Robert	16:13	1
2.	Antidormi, Ryan	16:40	

VRWC 2 KM UNDER 12

			Hcp Place
1.	Campbell, Caitlin	10:49	1
2.	Burren, Sarah	11:43	2
3.	Mason, Ella	12:19	4
4.	Albert, Ashley	12:35	3
5.	Brogan, Taylor	13:11	6
6.	Brockenshire, Briggette	13:22	5

VRWC 1 KM UNDER 9

			Hcp Place
1.	Campbell, Rebecca	5:38	1
2.	McNicol-Davidson, Chloe	6:14	4
3.	McLaren, Stacey	6:30	2
4.	Collins, Cindy	6:37	3
1.	McNicol-Davidson, Cody	6:27	2
2.	Dossetor, Ryan	6:39	1



Tim Girgin, Regan Lamble, Cindy Collins, Chloe McNicol-Davidson and Briggette Brockenshire

WALKS - WORLD JUNIOR CHAMPIONSHIPS, BEIJING, CHINA, 19 AUGUST 2006

The following report and photos from the IAAF website provide a good overview of the walks at the World Junior Championships. Unfortunately our sole Aussie rep, South Australian Tanya Holliday was DQ'd but I am sure she will put this disappointment behind her and bounce back to bigger and better things.

The Chinese pair of Hong Liu and Xiangdong Bo completed a sweet double for the host country in the women's and men's finals of the 10,000m Race Walk respectively to highlight the morning session of competition day five at the Chaoyang Sport Centre, here in Beijing.

It was women first on the track this morning as 25 teenagers representing 20 countries lined-up to compete in the overwhelming heat of Beijing.

As expected the final turned out to be a China vs Russia battle which eventually went in favour of the Asian nation, courtesy of a superb last kilometre by 19-year-old Hong Liu. The Chinese broke away from Tatyana Shemyakina with exactly 1000 metres left in the race, following what seemed to be a very clear tactic. Liu covered the last two of the 25 laps with comfortable ease and finished in 45:12.84 more than 20 seconds ahead of Shemyakina.

Earlier in the race, it had looked like Vera Sokolova, the number one Russian in this final, two-time World Race Walk Cup winner and World Youth champion in 2003, would add another title to her résumé but the diminutive Russian, who had held onto the lead for the first 5 kilometres, dropped down after being shown her second warning with more than 12 laps to go. Eventually Sokolova came in fourth also overtaken by Romania's Anamaria Greceanu for bronze.

In the men's race, the host country went one better as Bo's gold was backed by Zhengyu Huang's second place finish in a personal best time of 43:13.29. The Chinese pair preceded Japan's Yusuke Suzuki (43:45.62) for an Asian sweep of the medals, the first time a European representative fails to win any kind of medal in the men's Race Walk in the history of the World Junior Championships.

Bo's display this morning was pure class as the 18-year-old never left the leading pack before breaking away from early race leader Sergey Morozov (who failed to finish the race) and Suzuki with three and a half laps to go. He walked the last kilometre alone although helped by the Chinese fans whose cheers from the stands became louder and louder as Huang started to gain ground further back in the field. Huang overtook Zuzuki and Morozov to lie 150 metres behind Bo at the bell, his silver medal now secured. The World Youth champion in Marrakesh last year, Morozov collapsed at the finish line when he still had one lap to go his early race efforts evidently paying their toll.

10,000 Metres Race Walk Men, Saturday, August 19, 2006

1	Bo Xiangdong	CHN	42:50.26
2	Huang Zhengyu	CHN	43:13.29 (PB)
3	Suzuki Yusuke	JPN	43:45.62
4	Simanovich Dzianis	BLR	44:10.12
5	Torlá Lluís	ESP	44:12.56
6	Hirano Hiroyuki	JPN	44:18.91
7	de Almeida Herbert Alvacir	BRA	44:23.22
8	Giupponi Matteo	ITA	44:33.97
9	Papamihail Aléxandros	GRE	44:36.15 (PB)
10	Cano Juan Manuel	ARG	45:09.42
11	Kukkonen Heikki	FIN	45:28.03 (PB)
12	Majdan Dusan	SVK	45:44.16
13	Hamzunou Dzmitry	LR	45:47.04 (SB)
14	López Miguel Ángel	ESP	45:54.41
15	Grigoryev Aleksey	RUS	45:57.30
16	Cabrera Yassir	PAN	46:02.33
17	Arteaga Mauricio	ECU	46:13.65 (SB)
18	Hernandez Emerson	ESA	46:23.20 (SB)
19	Celik Abdurrahim	TUR	48:42.44 (PB)
20	Avendaño Rafael	MEX	49:13.42
	Sánchez José Javier	MEX	DQ
	Djerarfaoui El Amin	ALG	DNF

Rumbenieks Arnis	LAT	DNF
Morozov Sergey	RUS	DNF

10,000 Metres Race Walk Women, Saturday, August 19, 2006

1	Liu Hong	CHN	45:12.84 (PB)
2	Shemyakina Tatyana	RUS	45:34.41
3	Greceanu Anamaria	ROM	46:45.67 (PB)
4	Sokolova Vera	RUS	46:58.21 (SB)
5	Mazuronak Volha	BLR	47:37.11 (PB)
6	Chai Xue	CHN	48:09.51 (PB)
7	Ferraro Federica	ITA	49:17.53
8	Kiryu Fumika	JPN	49:20.35
9	Castrillo Lorena	ESP	50:46.34 (PB)
10	Menzato Federica	ITA	51:01.60
11	Pineda Anlly	COL	51:54.48 (NJ)
12	Vavilova Svitlana	UKR	52:17.36
13	Malíková Klara	SVK	52:29.94 (SB)
14	Hernandez Ingrid	COL	52:37.36 (PB)
15	Kahraman Narin	TUR	52:52.28 (SB)
16	Kaasalainen Karoliina	FIN	53:05.09 (PB)
17	Davydenko Yuliya	UKR	53:09.65
18	Hayes Catherine	USA	55:19.64
19	Kardos Cecilia	HUN	57:23.21 (PB)
20	Stávrou Spyridoúla	GRE	58:34.23
	Weon Seas-byeol	KOR	DQ
	Holliday Tanya	AUS	DQ
	Cornejo Claudia	BOL	DQ
	Drabenia Hanna	BLR	DQ
	Godinho Catarina	POR	DNF



Chinese gold medallists Xiangdong Bo and Hong Liu (<http://www.iaaf.org>)

VRWC EVENTS, ALBERT PARK, SATURDAY 26 AUGUST 2006

While a number of our members were enjoying the crisp Hobart airs, we still had our regular events on offer at Albert Park and a small group of walkers availed themselves of the opportunity for their weekly fitness workout. The younger walkers were the stars of the days with Cindy Collins and Stacey McLaren fighting it out to the line in the Under 9 event and Amy Burren and Amelia Finnegan producing very fast times in the Under 12 division.



Getting ready to go – final number check

1 km Under 9

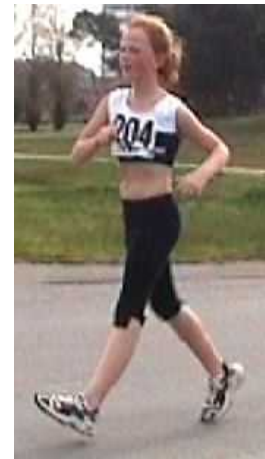
- | | | |
|----|----------------|------|
| 1. | Cindy Collins | 6:18 |
| 2. | Stacey McLaren | 6:18 |
| 1. | Ryan Dossetor | 6:25 |

2 km Under 12

- | | | |
|----|------------------------|-------|
| 1. | Amy Burren | 10:30 |
| 2. | Amelia Finnegan | 10:41 |
| 3. | Talie Collins | 11:09 |
| 4. | Sarah Burren | 11:36 |
| 5. | Ashley Albert | 11:51 |
| 6. | Rebecca Campbell | 12:10 |
| 7. | Briggette Brockenshire | 13:23 |

4 km Open

- | | | |
|----|-------------------|-------|
| 1. | Gwen Steed | 24:57 |
| 2. | C Edwards | 27:49 |
| 3. | Marlaine Stanway | 27:49 |
| 4. | Kiersten Coulter | 28:08 |
| 5. | Carly Bertrand | 28:30 |
| 6. | Margaret Beaumont | 29:15 |
| 7. | H Harlene | 29:57 |
| 8. | Pam Mews | 37:35 |
| 1. | Robert Walsh | 22:31 |
| 2. | John Morrison | 23:40 |
| 3. | Geoff Barrow | 23:47 |
| 4. | Ian Beaumont | 31:31 |



Sarah Burren, Amy Burren, Ashley Albert, Brigette Brockenshire

6 km Open

- | | |
|--------------------|---------------------|
| 1. Yolanda Russell | 34:54 |
| 2. Janet Holmes | 36:22 |
| 3. Gayle McIntyre | 41:02 |
| | |
| 1. John Bunker | 32:02 |
| Timucin Girgin | AB (15.55 for 3 km) |

8 km Open

- | | |
|------------------|-------|
| 1. Mark Donahoo | 41:47 |
| 2. Ralph Bennett | 46:00 |
| 3. Robin Wood | 52:50 |



Robin Wood, Mark Donahoo, Robert Walsh, Gayle McIntyre and Yolanda Russell

AUSTRALIAN ROADWALKING CHAMPIONSHIPS, HOBART, SUNDAY 27 AUGUST 2006

I enjoyed my trip to Hobart last weekend to watch the National roadwalking championships and was very pleased to see how well the Victorians walked. But I will pass over to roving reporter Jim Leppik for an indepth report. Thanks Jim!

Our Aussie National Long Walks C'ships were held on Sunday at sunny Hobart on the island of Tasmania. Damn cold at the time of the race, but sunny. Next stop from Hobart is Antarctica!!! It was a little windy, with the wind coming off the Derwent river, and the course was nasty, climbing for 700m or so each lap. Good thing I wasn't doing my usual job of collecting red cards otherwise I probably wouldn't be writing this report!!!!

Anyway, to the races. The main races on the program were the Men's Open 30km and Women's Open 10km. Olympic Bronze medalist **Nathan Deakes**, walking the distance for the first time ever, wanted the National record to make up the complete set. Although he wasn't fully primed for the event (his eyes are on the 50km in December, trying not to let anyone take 10 grand by beating him!!) victory was never in doubt. Nathan took the race out from the beginning and in the process comfortably took the national record walking a very strong 2hr.05min.06sec, 53 seconds under Dave Smith's 20 year old record.

Commonwealth Games Bronze medalist and recent 14th placegetter at World Cup, 21yo **Jared Tallent** walked a great race for 25km, and although falling away slightly in the last 5km still did well enough to take second place in 2.13.51, just a minute outside his PB, a fine effort on such a tough course. Our other Commonwealth Games Bronze medalist and sub 4 hour 50km man, 24yo **Chris Erickson** walked yet another personal best taking 3rd place in 2.15.00 (he should've dipped at the finish). Chris walked 15 very strong laps and looked as good as anyone at the end.



Vics on the rampage – Nathan Deakes leads from Jared Tallent and Chris Erickson in the Open 30 km event

The women's open 10k was a cracker with little separating the first 3 women throughout, and the first 5 for much of the race. Commonwealth Games silver medalist **Natalie Savillie** was involved in a pack with World Cup reps **Claire Woods**, 21 yo **Lisa Grant**, **Megan Srizom**, who recently went under 47 min, and former world junior rep **Michelle French**. Nat, moved away slightly during the 4th of the 2km laps and held on strongly to take first place in 47.13, just 6 seconds ahead of Claire Woods, who walked as good a race as she has for a while for a 47.19. Lisa took 3rd place just another 10 seconds adrift in a personal best time, a terrific effort by her, and the others, on that course. Megan was well placed for half the race but unfortunately ran into some hamstring problem during the 4th lap. Megan's had a great last 12 months and I'm sure we'll see some big things from her in the next couple of years.

In the under 20's, 18yo World Cup rep **Ian Rayson** took out the under 20km in 99.36, just a minute short his personal best time, a fine effort walking the entire event on his own. Although the women's junior 10km was missing a few it was still an interesting race. **Siobhan Donovan** took out her first national title holding off a mid-race challenge from Tasmanian **Lynette Bannister** and finishing with the fine time of 55.38. It was a fine effort by Siobhan and should do her confidence the world of good. Lynette produced a creditable performance off limited training time walking 56.42 giving her a silver medal. Sadly, World cup rep, 18yo **Fiona Alldis** copped the wrath of the judges at about the half way point, but she has some real talent (a sub 50 min girl) and

will bounce back strongly from the setback.

Of the younger juniors, the best efforts were produced by 14yo **Paige Hooper** in the U16 5km, 17yo's **Daniel Coleman**, **Kyle Bryant** in the U18 8km, and 17yo **Jessica Rothwell** in the women's U18 8km.



Open and U20 Womens 10 km – Megan Szirom (4th from right) and Siobhan Donovan (far right) in action

The Under 18 Men's race was a beauty with Daniel and Kyle battling it out with 16yo **Brooke Keys**. Brooke led for much of it and looked the winner with 300m to go when he unfortunately received the dreaded red paddle. This left Daniel in front, after he overhauled Kyle with his usual strong the last lap, and go to win the gold medal. Daniel again walked a PB time of 36.33, continuing his great form this year, while Kyle, who's improvement has been dramatic in the last few months, took another minute off his best walking 36.45. Watch out for this guy in the next few years. Seems he has everything.

In a strong field Paige continued her outstanding form taking it out from the start winning well in 24.08, something outstanding for a girl of her age and such a difficult course. 15yo **Melissa Hayes**, coming off a recent dual runner-up performance at the recent Racewalking Australia C'ships, took 2nd place again, and again in great time, walking 25.08. The 2 young Victorian stars 14yo's **Regan Lamble** and **Natalie Laurie** did well taking 3rd and 4th. Regan walked a terrific 25.31 after splitting 3km in 14.53, while Nat walked another good race finishing in 26.36. Look forward to some great performances from these girls over the next few years.



Rhydian Cowley, Natalie Laurie and Nicholas Mirarchi in the U16 events



Kyle Bryant and Daniel Coleman (Tas) in the fiercely contested U18 8 km event

Some fine efforts too in the women's Under 18 km. **Jessica Rothwell** made light of the tough course taking control from the start and removing another 3 seconds off her best time winning in 40.31. Jessica will just about break the 50 min 10km barrier over the summer, especially at her current rate of improvement. **Cassandra Staples**, I'm guessing, must have been close to a PB taking 2nd in 42.02, while **Lauren Drennan**, in her first season, walked her usual consistent race to be rewarded with a a bronze medal in 42.42.

Young gun 13yo **Shannon Jennings**, although well outside her PB, comfortably won the Under 14 girls in 14.40 from 2 other young guns, **Amy Bettiol** and **Cassandra Raselli**, 12, who both walked great times taking silver and bronze in 15.18 and 15.29 respectively.



U16 Girls - Regan Lamble



U18 Girls – Cassandra Staples, Jess Rothwell and Lauren Drennan

Sean Fitzsimons took out Western Australia's only gold medal with a great win the under 16 men's 5km, winning in 24.12. Geelong boy **Nicholas Mirarchi** must be one of the most improved walkers going around taking a silver medal in a huge PB time, just a mere 9 seconds off the 25 minute mark. Think he'll break that barrier very soon on as easier course. The under 14's men's 3km was taken out in fine style by NSW boy **Nathan Falzdad** in exactly 15.00 (like Chris, he should've dipped at the line!!).

Jim

Finally, Let's congratulate our Victorian medallists. It is a small but very select list of wonderful walkers.

Gold	Nathan Deakes	30 km Open Men	2:05:06	Aust Record
	Siobhan Donovan	10 km U20 Women	55:38	
	Jess Rothwell	8 km U18 Women	40:31	PB
Silver	Jared Tallent	30 km Open Men	2:13:51	
	Kyle Bryant	8 km U18 Men	36:45	PB
	Nicholas Mirarchi	5 km U16 Boys	25:09	PB
Bronze	Chris Erickson	30 km Open Men	2:15:00	PB
	Lauren Drennan	8 km U18 Women	42:42	PB
	Regan Lamble	5 km U16 Girls	25:31	
	Cassandra Raselli	3 km U14 Girls	15:21	

Women 10k Race Walk CC Open				Men 30k Race Walk CC Open		
1	Natalie Saville	NSW	47:13.00	1	Nathan Deakes	VIC 2:05:06.00
2	Claire Woods	SA	47:19.00	2	Jared Tallent	VIC 2:13:51.00
3	Lisa Grant	NSW	47:30.00	3	Chris Erickson	VIC 2:15:00.00
4	Megan Szirom	VIC	48:33.00	4	Troy Sundstrom	NSW 2:30:52.00
5	Michelle French	NSW	49:19.00			
6	Celia Butler	TAS	1:00:13.00			
7	Elizabeth Leitch	TAS	1:02:22.00			
8	Justijana Roseman	VIC	1:03:36.00			
9	Jodie Sundstrom	NSW	1:11:53.00			
10	Rose Stigwood	SA	1:12:34.00			
Women 10k Race Walk CC Under 20				Men 20k Race Walk CC Under 20		
1	Siobhan Donovan	VIC	55:38.00	1	Ian Rayson	NSW 1:39:36.00
2	Lynette Bannister	TAS	56:42.00		Martyn Wheatley	WA DQ

Fiona Alldis	NSW	DQ		
Women 8k Race Walk CC Under 18			Men 8k Race Walk CC Under 18	
1	Jess Rothwell	VIC	40:31.00	1 Daniel Coleman TAS 36:33.00
2	Cassandra Staples	NSW	42:02.00	2 Kyle Bryant VIC 36:45.00
3	Lauren Drennan	VIC	42:42.00	3 Brendon Reading ACT 38:57.00
4	Katarina Grgurovic	WA	43:11.00	4 Michael Reading ACT 40:35.00
5	Danielle Scott	WA	43:45.00	5 Adam Dunn SA 40:52.00
6	Lizzie Malcomson	TAS	44:24.00	6 Daniel Payne VIC 41:44.00
7	Kimberly Smith	WA	44:32.00	7 Shaun Burgess VIC 42:25.00
8	Gabrielle D'Agnone	WA	44:37.00	8 Ian Dewhurst NSW 43:04.00
9	Natasha Sorensen	QLD	44:45.00	Brook Keys NSW DQ
10	Jessie Palfreyman	VIC	45:39.00	
11	Nicole Byrne	WA	46:47.00	
12	Anna Grgurovic	WA	47:32.00	
13	Tamara Attard	VIC	47:41.00	
14	Emma Simmons	WA	49:18.00	
15	Laura Mogenson	NSW	50:14.00	
16	Melissa Sullivan	WA	54:02.00	
Women 5k Race Walk CC Under 16			Men 5k Race Walk CC Under 16	
1	Paige Hooper	SA	24:08.00	1 Sean Fitzsimons WA 24:12.00
2	Melissa Hayes	NSW	25:08.00	2 Nicholas Mirarchi VIC 25:09.00
3	Regan Lambie	VIC	25:31.00	3 Chase Richardson TAS 27:11.00
4	Natalie Laurie	VIC	26:36.00	4 Bobby Malcomson TAS 27:57.00
5	Samantha Tesch	QLD	27:03.00	Kyle Malone NSW DQ
6	Rukshani Keenawinna	NSW	27:45.00	
7	Karla Barrett	WA	28:18.00	
8	Marie Decker	WA	29:58.00	
9	Shennaë Hartley	WA	30:12.00	
10	Louise Richardson	WA	30:28.00	
11	Samantha Buckler	QLD	31:12.00	
	Alycia Wiggins	TAS	DQ	
Women 3k Race Walk CC Under 14			Men 3k Race Walk CC Under 14	
1	Shannon Jennings	NSW	14:40.00	1 Nathan Falzdad NSW 15:00.00
2	Amy Bettiol	NSW	15:18.00	2 Samuel Dib WA 15:02.00
3	Cassandra Raselli	VIC	15:21.00	3 Steven Washburn NSW 15:38.00
4	Kate Fitzsimons	WA	15:35.00	4 Harley Chapman WA 15:44.00
5	Kini Chapple	NSW	15:40.00	5 Chris Ninyett WA 15:49.00
6	Emma Bettiol	NSW	15:45.00	6 Daniel Crouch SA 17:31.00
7	Taylor-Paige Billington	NSW	15:50.00	7 Corey Buckler QLD 17:42.00
8	Rachel Tallent	VIC	16:09.00	8 Brodie Nankervis TAS 18:41.00
9	Lauren Harrington	SA	16:20.00	9 Shannon Weedon TAS 19:38.00
10	Teletha Phillips	TAS	16:24.00	10 Brodie Stokell TAS 22:02.00
11	Caitlin Campbell	VIC	16:30.00	Cameron Alderman NSW DQ
12	Chelsea Dryer	VIC	16:53.00	Bradley Simpson VIC DQ
13	Krystal Leinasars	WA	16:56.00	
14	Courtney Sorensen	QLD	17:01.00	
15	Emily Payne	VIC	17:13.00	
16	Ebony Tallent	VIC AC	17:42.00	
17	Andrea Hahn	WA	17:51.00	
18	Ebony Whiley	VIC AC	18:04.00	
19	Tayla Langley	QLD	19:03.00	
20	Georgia Parry	TAS	19:52.00	
21	Stephanie Holloway	TAS	20:53.00	
	Tiffany D'Agnone	WA	DQ	
	Jaqueline Smith	WA	DQ	
Women 3k Race Walk Under 14 - Teams			Men 3k Race Walk Under 14 - Teams	
1	NSW	8	1 2 5	1 WA 6 1 2 3
2	VIC	17	3 6 8	2 TAS 15 4 5 6
3	WA	23	4 9 10	

Getting back to the 30 km event, Nathan's wonderful performance puts him at the top of the tree and rewrites the Australian all time ranking list. Nathan's splits were 62:30 and 62:36. Now that's huge!

1.	2:05.06.0	Nathan Deakes	V	170877	1	Hobart	27 Aug 06
2.	2:05.59.0	Dave Smith	V	240755	1	Canberra	10 May 86
3.	2:06.39.0	Simon Baker	V	060258	1	Melbourne	7 May 89
4.	2:07.53.0	Nick A'Hern	N	060169	1	Victoria	25 Aug 94
5.	2:08.01.0	Willi Sawall	V	071141	1	Melbourne	16 May 82
6.	2:09.09.0	Andrew Jachno	V	130462	2	Auckland	2 Feb 90
7.	2:09.35.0	Duane Cousins	V	130773	1	Melbourne	16 Aug 98
8.	2:10.02.0	Dion Russell	V	080875	1	Melbourne	6 Aug 00
9.	2:12.23.0	Jared Tallent	V	171084	-	Canberra	12 Jun 05
10.	2:13.34.0	Dominic McGrath	V	040672	2	Melbourne	16 Aug 98
11.	2:13.47.0	Darren Bown	S	300674	1	Melbourne	4 Aug 02
12.	2:14.54.0	Paul Copeland	V	250467	3	Melbourne	29 Oct 89
13.	2:15.00.0	Chris Erickson	V	011281	3	Hobart	27 Aug 06
14.	2:15.40.0	Craig Brill	V	101167	2	Melbourne	21 Apr 91
15.	2:15.47.0	Tim Erickson	V	231150	2	Melbourne	18 May 80
16.	2:15.52.0	Mark Donahoo	V	270558	3	Gold Coast	24 Apr 94
17.	2:16.07.0	Liam Murphy	S	050679	2	Melbourne	6 Aug 00
18.	2:16.36.0	Dariusz Wojcic	V	240959	3	Melbourne	21 Apr 91
19.	2:17.17.0	Troy Sundstrom	N	300581	1	Hobart	3 Sep 01
20.	2:17.33.0	Luke Adams	N	221076	-	Melbourne	5 May 02

VRWC EVENTS, ALBERT PARK, SATURDAY 2 SEPTEMBER 2006

The season is just about finished but we still had nearly 60 walkers enjoying perfect racing conditions (ah Melbourne, beautiful one day, wet the next!). This was one of our major club championship days and was followed by our Winter Season Presentation ceremony so there were trophies and medals and perpetual trophies galore.



Talie Collins and Amelia Finnegan, Bob Gardiner, Ayla Collins and Daniel Payne

Alison Thompson won the prestigious Elsie Jacobson Trophy with a solo effort – she was our only 15 km walker. Everyone else opted for a shorter distance!

VRWC 15 km Women Club Championship – Elsie Jacobson Trophy

- | | |
|--------------------|---------|
| 1. Alison Thompson | 1:31:06 |
|--------------------|---------|

VRWC Open 15 km

- | | |
|------------|----------------------|
| Tom Barnes | DNF (10 km in 47:23) |
|------------|----------------------|

VRWC Open 10 km

- | | |
|--------------------|---------------------|
| 1. Paul Kennedy | 54:43 |
| 2. Ralph Bennett | 58:23 |
| 3. Yolanda Russell | 62:16 |
| Robin Wood | 66:41 |
| Mark Donahoo | DNF (5 km in 25:22) |

VRWC Open 5 km

- | | |
|-----------------------|---------------------|
| 1. Lachlan McDonald | 24:50 |
| 2. John Bunker | 26:55 |
| 3. Alan Lucas | 28:25 |
| 4. Gayle McIntyre | 30:06 |
| 5. Bob Gardiner | 30:33 |
| 6. Stuart Cooper | 30:39 |
| 7. Janet Holmes | 30:46 |
| 8. John Morrison | 31:00 |
| 9. Carmel Drennan | 31:05 |
| 10. Celia Johnson | 32:57 |
| 11. Barry Wicks | 33:41 |
| 12. Bruce Conboy | 34:32 |
| 13. Margaret Beaumont | 37:10 |
| 14. Harlene Hercules | 37:47 |
| 15. Gwen Steed | DNF (3 km in 18:50) |
| Ian Beaumont | DQ |

VRWC Open 3 km

- | | |
|---------------------|-------|
| 1. Marlaine Stanway | 20:16 |
| 2. Kiersten Coulter | 20:41 |

3. Damien Elms
Gordon Onley

24:18
DQ



Carmel Drennan, Donna Elms, Gayle McIntyre and John Morrison

As mentioned above, Saturday was one of our major VRWC Championship days and quite a few of our junior walkers made one last big effort for the season. Congratulations to everyone. We had some great racing.

VRWC Under 18 5 km Club Championship

- | | | |
|----|----------------|-------|
| 1. | Lauren Drennan | 25:54 |
| 2. | Tamara Attard | 29:57 |
| | | |
| 1. | Daniel Payne | 25:38 |
| 2. | Jason Elms | 37:08 |

VRWC Under 16 5 km Club Championship

- | | | |
|----|-------------------|-------|
| 1. | Regan Lambie | 26:52 |
| 2. | Natalie Laurie | 28:57 |
| | | |
| 1. | Nicholas Mirarchi | 25:48 |
| | Brad McLaren | DNF |

1. VRWC Under 14 3 km Club Championship

- | | | |
|----|----------------|-------|
| 2. | Beth Alexander | 15:57 |
| 3. | Taylah Watt | 16:52 |
| 4. | Amy Burren | 17:25 |
| 5. | Emily Payne | 17:34 |
| 6. | Ayla Collins | 18:33 |
| | | |
| 1. | Robert Walsh | 18:19 |
| | Damien Elms | DQ |

VRWC Under 12 2 km Club Championship

- | | | |
|----|------------------------|-------|
| 1. | Caitlin Campbell | 10:57 |
| 2. | Talie Collins | 11:09 |
| 3. | Amelia Finnegan | 11:12 |
| 4. | Ella Mason | 12:33 |
| 5. | Ashley Albert | 12:54 |
| 6. | Briggette Brockenshire | 13:16 |
| 7. | Taylor Brogan | 13:25 |
| | | |
| 1. | Ryan Antidormi | 11:11 |

VRWC Under 9 2 km Club Championship

- | | | |
|----|--------------|-------|
| 1. | Sarah Burren | 11:59 |
|----|--------------|-------|

- | | | |
|----|----------------|-------|
| 2. | Carly Bertrand | 12:16 |
| 3. | Stacey McLaren | 14:15 |
| 4. | Cindy Collins | 15:22 |
| 1. | Ryan Dossetor | 14:44 |



Make way – man in a hurray (Bruce Conboy)

VRWC EVENTS, ALBERT PARK, SUNDAY 10 SEPTEMBER 2006

Our final day of racing for the 2006 Winter Season saw a club championship, a Victorian championship and a series of open events. Tom Barnes walked his furthest race so far, winning the 35 km club championship and the prestigious Ray Smith Trophy. Tom walked with Chris Erickson for the first 16 km before putting the hammer down and making what turned out to be the winning move. He walked the final 19 km very evenly and was rewarded with a fine first up time of 2:53:30. We now look forward to seeing him contest his first 50 km event in December. Chris, in the middle of a heavy training spell, decided to let Tom go and was happy to take second place in 3:00:11 to end a big training week.



Chris Erickson and Tom Barnes contest the 35 km Club Championship

Shaun Burgess was the only starter in the Victorian Under 20 20 km and walked very sensibly to finish his longest event so far in 1:54:26. Heather Carr and Yolanda Russell also finished their 20 km targets while Mark Donahoo and Megan Szirom had hitouts over intermediate distances and called it a day at 15 km and 10 km respectively.



Shaun Burgess, Gwen Steed, Tony Doran, Marlaine Stanway and Barry Wicks

In the shorter distance races, Daniel Payne walked his first ever 10 km in the very impressive time of 53:27 while younger sister Emily walked her first ever 5 km to finish with a great 31:08. First year member Celia Butler broke 60 minutes for the first time, recording a breakthrough 59:00 while newcomer Harlene Hercules took another minute off her 5 km time with 36:49. And finally we welcomed Christine Griffiths back after a stay in hospital and an operation. Good on you, Christine.

In summary, the number of walkers might have been small but the enthusiasm and effort was top notch, as usual.



Emily and Daniel Payne, Robin Wood, Harlene Hercules and Janet Holmes

VRWC 35 Km Club Championship – Ray Smith Trophy

1.	Tom Barnes	53:33	1:42:39	2:29:33	2:53:30
2.	Chris Erickson	53:33	1:04:00	2:34:35	3:00:11

AV. 20 km Under 20 Men

1.	Shaun Burgess	55:53	1:54:26 (PB)
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VRWC 20 Km Open

1.	Heather Carr	56:17	2:01:55
2.	Yolanda Russell	1:00:13	2:25:36
3.	Mark Donahoo	56:18	DNF (15 km in 1:23:51)
	Megan Szirom	52:00	DNF (retired at 10 km)

VRWC 10 Km Open

1.	Daniel Payne	53:27 (PB)
2.	Celia Butler	59:00 (PB)
3.	Stuart Cooper	1:03:20
4.	Robin Wood	1:07:22
	Bob Gardiner	DNF (6 km in 38:29)

VRWC 5 Km Open

1.	Alison Thompson	27:01
2.	Alan Lucas	27:26
3.	Liz Feldman	28:54
4.	Janet Holmes	29:49
5.	Gayle McIntyre	30:49
6.	Emily Payne	31:08 (PB)
7.	Gwen Steed	31:34
8.	Anthony Doran	32:03
9.	Barry Wicks	33:49
10.	Marlaine Stanway	34:03
11.	Harlene Hercules	36:49 (PB)

Unjudged 5 km

1.	Robin Wood	36:49
2.	Christine Griffiths	48:20

RACEWALKING KOREAN STYLE

Chris Erickson and Megan Szirom made a lightning trip to South Korea last weekend to compete by invitation in the Goyang International Racewalking Festival. This was the third year that Korea has hosted this international Carnival and Chris and Megan contested the 20 km events against strong Asian competition. Here is Chris's report, sent straight after the race finished.

Howdy peoples

For those of you interested, I got a call from Athletics Australia on Tuesday asking if I'd like to race a 20km in Korea today. Well, as you do, I said Yes and on 3 days notice, Megan Srizom and I jumped on a plane to the wonderful city of Seoul, Korea.

Not a lot time for sightseeing unfortunately, did about 3 hours yesterday and we are going to try for some more this afternoon before we fly out at 8pm. The race was in a satellite city of Seoul called Goyang, about an hour out of Seoul. After some confusion about the race start time (we thought it was 10am when it was actually 7.30am) we managed to make it to the start line and, before we knew it, we were racing! The Koreans have a couple 82 min men and there were a couple of Japanese here as well, their national 50 km record holder and a junior who came 3rd at the recent World Junior Championships.

The course was good. We started in a park, then walked 100m onto a 4 lane roadway we had all to ourselves. The loop was 1km out and 1km back with easy wide turns. The pace was good early and I stuck with the lead pack till 5km, then walked the rest of the way on my own. 5km splits were 21.05, 42.52, 64.39, and I finished in 86.35, a 1 min 47 sec PB and came 6th. Not too bad off 5 days notice and in the middle of a 50km preparation. Megan walked a gusty race, but she had hamstrings problems from about 8km but had to slow, finishing 3rd in around 101 mins.

Anyway, we are off to do some more sightseeing around Seoul now and then jumping a plane home. Pretty bizarre trip! Here off 3 days notice, and only here for 3 days. But hey if someone else is paying the bills you don't complain!!

Cheers,

Chris Erickson.



Chris in the lead pack in the early stages of the race

20km Men

1.	Yuki Yamazaki	Japan	1:23.39
2.	Il-yong Shin	Korea	1:23.51
3.	Hyun-sub Kim	Korea	1:23.52
4.	Chil-sung Park	Korea	1:24.06
5.	Dae-ro Lee	Korea	1:26.30
6.	Chris Erickson	Australia	1:26.35 PB
7.	Young-joon Byun	Korea	1:29.54
8.	Jong-hyun Yim	Korea	1:29.56 PB
9.	Yusuke Suzuki	Japan	1:35.23

20km Women

1.	Ryoko Sakakura	Japan	1:32.36
2.	Mi-jeong Kim	Korea	1:34.16
3.	Megan Szirom	Australia	1:41.14
4.	Ha-na Park	Korea	1:44.10



Megan heads towards the finishing line

Chris's big PB moves him up the Australian all time rankings to 20th position, a couple of seconds behind Athletics Essendon team mate Mark Donahoo and ahead of his dad who is being steadily pushed down the list by the new breed of Aussie speedsters. I reproduce Paul Jenès' list of all those Australian men who have broken 90 minutes.

1.	1:17.33.0	Nathan Deakes	V	170877	1	Cixi City, China	23 Apr 05
2.	1:19.19.0	Luke Adams	N	221076	13	Cixi City, China	23 Apr 05
3.	1:19.22.0	Dave Smith	V	240755	1	Hobart	19 Jul 87
4.	1:19.33.0	Nick A'Hern	N	060169	1	Melbourne	15 Dec 90
5.	1:20.43.0	Andrew Jachno	V	130462	1	Brisbane	26 Aug 90
6.	1:20.49.0	Dion Russell	V	080875	1	Melbourne	19 Mar 99
7.	1:21.19.0	Simon Baker	V	060258	1	Canberra	27 Aug 88
8.	1:21.36.0	Willi Sawall	V	071141	1	Melbourne	4 Jul 82
9.	1:22.31.0	Jared Tallent	V	171074	20	Yangzhou, China	22 Apr 06
10.	1:22.41.0	Adam Rutter	N	241286	22	Yangzhou, China	22 Apr 06
11.	1:24.11.0	Liam Murphy	S	050679	1	Adelaide	26 Jul 03
12.	1:24.20.0	Duane Cousins	V	130773	5	Melbourne	19 Mar 99
13.	1:24.34.0	Brent Vallance	N	300472	15	Naumburg, Germany	23 May 98
14.	1:24.54.0	Paul Copeland	V	250467	1	Melbourne	10 Nov 91
15.	1:24.56.0	Darren Bown	S	300674	4	Sydney	6 Mar 05
16.	1:25.02.0	Troy Sundstrom	N	300581	7	Melbourne	19 Mar 99
17.	1:25.31.0	Steve Beecroft	V	140371	2	Canberra	28 Jan 94
18.	1:25.34.0	Mike Harvey	V	051262	3	Melbourne	25 Aug 90
19.	1:26.33.0	Mark Donahoo	V	270558	1	Melbourne	22 May 94
20.	1:26.35.0	Chris Erickson	V	011281	1	Seoul, South Korea	19 Sep 06
21.	1:27.12.0	Tim Erickson	V	231150	1	Melbourne	14 Dec 80
22.	1:27.19.0	Dominic McGrath	V	040672	10	Melbourne	19 Mar 99
23.	1:27.20.0	Daniel (Thorne) Walters	V	191279	1	Melbourne	16 Dec 01
24.	1:27.29.0	Bill Dyer	V	260361	-	Melbourne	22 Jun 85
25.	1:27.42.0	Brad Malcolm	V	070878	1	Melbourne	19 Jul 98

26.	1:28.18.0	Mike Woods	N	111062	30	Bergen,Norway	24 Sep 83
27.	1:28.25.0	Rob McFadden	S	150366	5	Canberra	27 Aug 88
28.	1:28.29.0	Steve Hausfeld	N	070452	6	Richmond	9 Apr 88
29.	1:28.29.0	Shane Pearson	Q	050674	8	Melbourne	27 Feb 97
30.	1:28.37.0	Michael McCagh	W	160486	1	Melbourne	23 Oct 05
31.	1:29.04.0	Craig Jeffery	V	120568	3	Melbourne	4 Aug 91
32.	1:29.08.0	Marcus Dwyer	V	260377	3	Melbourne	19 Jul 98
33.	1:29.12.0	Noel Freeman	V	251238	1	Melbourne	6 Apr 68
34.	1:29.13.0	Ian Waters	V	010467	-	Melbourne	19 Dec 93
35.	1:29.22.0	Rohan Best	T	240273	1	Hobart	4 Aug 90
36.	1:29.23.0	Craig Brill	V	101167	2	Melbourne	4 Aug 91
37.	1:29.40.0	Travis Harbour	V	121275	10	Melbourne	27 Feb 97
38.	1:29.48.0	Martin Richardson	V	'63	3	Melbourne	5 Feb 84
39.	1:29.51.0	Mark Blackwood	V	251177	2	Melbourne	1 Sep 96