

2006 / 2007

THE RACEWALKING YEAR IN REVIEW

COMPLETE VICTORIAN RESULTS

**MAJOR AUSTRALIAN AND MAJOR INTERNATIONAL
RESULTS**

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ASIAN GAMES RACEWALKS, THURSDAY 7 DECEMBER 2006

The 15th Asian Games are currently were held last week in Doha, the capital city of Qatar. China, Japan and Korea battled it out at the top of the medal table and this was reflected in the racewalks where China took 3 medals, Japan took 2 and Korea took 1. The standard was very good but it was disappointing to see the small fields. The men's walk started at 8:10AM and the women's walk started at 10:30AM.

Open Men 20 km Walk

| | | | |
|----|--------------------------|-----|---------|
| 1. | Yucheng Han | CHN | 1:21:41 |
| 2. | Kim Hyun-Sub | KOR | 1:23:12 |
| 3. | Koichiro Morioka | JPN | 1:23:17 |
| 4. | Yuki Yamazuki | JPN | 1:26:00 |
| 5. | Rustam Kuvatov | KAZ | 1:27:16 |
| 6. | Mohammed Mabrook Saleh N | QAT | 1:27:34 |
| 7. | Waleed Ahmed M Al Sahahy | QAT | 1:37:22 |
| | Shokirzhon Irmatov | TJK | DNS |

Open Women 20 km Walk

| | | | |
|----|------------------------|-----|---------|
| 1. | Hong Liu | CHN | 1:32:19 |
| 2. | Ryoko Sakakura | JPN | 1:33:19 |
| 3. | Dan He | CHN | 1:34:24 |
| 4. | Svetlana Tolstaya | KAZ | 1:37:05 |
| 5. | KIM Mi-Jeong | KOR | 1:37:38 |
| 6. | Otgontuul Volooj | MGL | 1:45:51 |
| 7. | Geetha Nandani Gallage | SRI | 1:51:41 |

AUSTRALIAN YOUTH OLYMPIC FESTIVAL, SYDNEY, 17-21 JAN 2007

Thanks to Jim Leppik for the following report

Sydney this week hosted the bi-annual Australian Olympic Youth Festival (for Under 18 athletes), a competition involving 16 nations (not all involved in track & field) and covering 20 sports. Yahoo7 weather showed 86°C and 78% humidity at the time of the walks so conditions were a touch unpleasant. The walks had 2 athletes from China (obviously very talented), a New Zealander and 4 Australians teams. The Australians were selected from competitors from the Australian All Schools, who had made themselves available for selection.

The Chinese cleaned up in both races. Shuo Yang convincingly won the women's event walking a fast 23.04. New South Wales walker, Melissa Hayes, already qualified for the World Youth Championships with her 23.55 while winning the Australian All Schools, took 2nd in 25.11, not far ahead of Victorian Regan Lamble who walked a terrific race in the conditions to take 3rd place, about 18 seconds short of her personal best. All of the Aussie girls are 15yo. Natalie Laurie did well to take 4th place in 26.52 while New Zealander Kate Newitt acquitted herself well in 5th, walking 27.11.

The Men's race saw Lingfu Geng of China easily take first place in 21.44. Brooke Keys, 16, took 2nd place in 23.04 well ahead of Kyle Malone, 16, who was 3rd in 24.05. Both Aussie guys are from New South Wales. Our third Victorian rep, Rhydian Cowley, was unfortunately DQ'd. Bad luck Rhydian.

Women 18 & Under 5000 Metres Race Walk

| | | | |
|----|--------------------|--------|----------|
| 1. | Shuo Yang | China | 23:04.16 |
| 2. | Mellisa Hayes | Green | 25:11.99 |
| 3. | Regan Lamble | Red | 25:22.24 |
| 4. | Natalie Laurie | Orange | 26:52.93 |
| 5. | Kate Newitt | NZ | 27:11.01 |
| 6. | Stephanie Stigwood | Yellow | 28:09.44 |

Men 18 & Under 5000 Metres Race Walk

| | | | |
|----|------------------|--------|----------|
| 1. | Lingfu Geng | China | 21:44.46 |
| 2. | Brook Keys | Orange | 23:14.07 |
| 3. | Kyle Malone | Red | 24:05.03 |
| 4. | Chase Richardson | Green | 25:39.82 |
| | Rhydian Cowley | Yellow | DQ |

IAAF RACE WALKING CHALLENGE, ROUND 1, NAUCALPAN, MEXICO, SATURDAY 10 MARCH

The first round of the 2007 IAAF Race Walking Challenge was held on Saturday 10 March along the Gustavo Baz Avenue in Naucalpan, Mexico. For those who don't know, this is a high altitude city and racing in such conditions is not for the unprepared. Amongst the walkers was Australian Jane Saville and her third place in the women's event was a great start to her international season. Javier Clavelo Robinson published the following reports for the IAAF (see <http://www.iaaf.com>)

Women's 20 km Walk

Kjersti Plätzer celebrated her 20th walking season with her first Challenge win ever after a 1:32:30-hour effort, and was followed home by Belarus' Elena Ginko (1:33:04) and Australia's Jane Saville (1:33:09). Portugal's Susana Feitor (1:34:16) and Romania's Challenge defending champion and 2006 Mexico's leg winner Claudia Stef (1:35:56) finished fourth and fifth, respectively.

With a 7am start, the eventual top five finishers set the pace and completed the first of ten laps on the Gustavo Baz Avenue in 9:18 minutes. Plätzer, Ginko and Saville moved to the lead and hit the first half in 46:30. After the 13th km mark, the Norwegian made her move and sped up to a 46:00 second half, with a last kilometre timed at 4:34. Ginko prevailed over Saville in the last lap to secure the second spot by five seconds.

The 35-year old Plätzer who missed the 2005 season - when her second child was born - and almost all of 2006 due to injury, confirmed, "I want to thank the weather. I felt well and really enjoyed the last kilometre."

The 2000 Olympic silver medallist's next stop will be Rio Maior, Portugal, in April. Plätzer was second at the inaugural IAAF Race Walking Challenge in 2003, a year when she finished fourth in the Mexican leg held in Tijuana.

Commenting on her fifth place, Stef, the reigning Challenge title holder stated: "I felt very bad and I think the altitude was a negative factor for me today. I did a very good training, and I'm sure that is not my real shape. My training goes better than ever and I'm sure that I will confirm this in the next competitions."

Esther and Rosario, the host country's best finished women, qualified for the Pan American Cup, to be held in Santa Catarina, Brazil, April 21-22.



Omar Segura and Kjersti Plätzer in action in Mexico last weekend (photos from IAAF website)

Men's 20 km walk

With no international big names on the start line, it was a Mexican celebration with 25-year old Omar Segura leading the way in 1:23:20, ahead of 2000 World Junior champion Cristian Berdeja (1:23:43) and Eder Sánchez (1:24:00).

Sánchez, eighth at the 2005 World Championships in Helsinki 2005, set the pace from the very beginning and passed the first 2km in 7:59. The lead pack hit the first half in 40:54.

The eventual three medallists moved away from the rest of the leading pack after the fourth lap (8km), but Segura sped up the pace after the 16th kilometre mark and eight minutes later, he had built up an 11-second lead over Berdeja and Sanchez.

The fast early pace paid its toll as Segura completed the second half in 42:26 for his first Challenge win, the first 20km victory for a Mexican in the Series since Bernardo Segura in Tijuana 2003

Berdeja also made a break from Sanchez with one lap to go (18km) and held on for second.

“I felt well and things unfolded as I expected. I followed the pre-race tactics and things worked out my way”, said the winner, who has been advised in the last three months by 1984 Olympic champion Raúl González.

Segura has a personal best of 1:20:25 from 2005. His best previous IAAF Challenge result was second in Tijuana 2005.

Erick Guevara, 1997 World champion Daniel García, Antonio Ortiz y Alejandro Rojas secured the top seven spots for Mexico. Slovakia's 2006 European Championships sixth place finisher Toth Matej, eighth in 1:28:26, was the only non-Mexican in the top 10.

Segura will focus on his technique to avoid disqualification risks in future international competitions. “You can only achieve a good technique with exercises. You have to make it a habit. It has to be part of you”, the 2004 Athens Olympic 18th place finisher added.

Runner-up Berdeja, who has only been aided by González, highlighted the positive results high altitude training in Bolivia had provided.

Third place finisher Eder Sánchez admitted that he had to slow down after two warnings. “I did not want to risk a disqualification. I have to work more on my technique,” he stated.

The trio will represent Mexico at the Pan American Cup, to be held in Santa Catarina, Brazil, April 21-22. That event will serve as the Mexican qualifier for the Pan American Games in Rio de Janeiro and the World Championships in Osaka.

In total, 28 men and 23 women took part in the 20km race.

Men's 20km

| | | | |
|-----|------------------|----------|---------|
| 1. | Omar Segura | Mexico | 1:23:20 |
| 2. | Cristian Berdeja | Mexico | 1:23:43 |
| 3. | Eder Sánchez | Mexico | 1:24:00 |
| 4. | Erick Guevara | Mexico | 1:25:13 |
| 5. | Daniel García | Mexico | 1:25:44 |
| 6. | Antonio Ortiz | Mexico | 1:26:14 |
| 7. | Alejandro Rojas | Mexico | 1:28:22 |
| 8. | Toth Matej | Slovakia | 1:28:26 |
| 9. | Horacio Nava | Mexico | 1:28:32 |
| 10. | Adrián Herrera | Mexico | 1:28:48 |

Women's 20km

| | | | |
|-----------|---------------------|------------------|----------------|
| 1. | Kjersti Platzer | Norway | 1:32:30 |
| 2. | Elena Ginko | Belarus | 1:33:04 |
| 3. | Jane Saville | Australia | 1:33:09 |
| 4. | Susana Feitor | Portugal | 1:34:16 |
| 5. | Claudia Stef | Romania | 1:35:56 |
| 6. | Inés Henriques | Portugal | 1:38:11 |
| 7. | Esther Sánchez | Mexico | 1:40:25 |
| 8. | Rosario Sánchez | Mexico | 1:40:59 |
| 9. | Lihua Sun | China | 1:41:12 |
| 10. | Rocío Alcántara | Mexico | 1:41:45 |

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| IAAF RACE WALKING CHALLENGE, SHENZHEN, CHINA, 24-25 MARCH 2007 |
|---|

On the weekend of 24-25 March, the second of the IAAF Racewalking Grand Prix events was held in Shenzhen in China and a large contingent of Australian walkers made the trip to participate. This carnival usually produces some very fast times and is an opportunity to chase a PB or a major event qualifier. Unfortunately this year saw warm and humid weather and times were not quite up to the standard of the last few years but there were still some great walks.

20 km for Men – Saturday 24 March

World Cup titleholder Francisco Javier Fernandez of Spain led almost wire to wire to take the title in a world-leading time of 1:18:51. Second place went to seventeen-year-old Li Gaobo of China (1:19:03) and Eder Sanchez of Mexico took third place in a time of 1:20:08. Olympic champion Ivano Brugnetti of Italy, expected to contend for a top position, finished outside the top ten after starting the race in the lead group. Fernandez, Li Gaobo and Brugnetti were joined by **Luke Adams** of Australia in the race's opening laps. Brugnetti was able to stay with the pack for the first half of the race before dropping back, while Fernandez widened his lead over the last laps of the race.

Li Gaobo, the winner of last year's China leg of the IAAF Race Walking Challenge in Yangzhou, mounted a spirited challenge to stay with the Fernandez, who is the double European champion and the defending Overall Challenge title holder, in the race's final lap but had to be content after placing just twelve seconds behind Fernandez. Eder Sanchez was almost a minute behind in third place. He crossed the finish line looking relaxed and confident, exchanging congratulations with fifth-place finisher Luke Adams of Australia at the finish line.

"The humidity made this race hard," said Fernandez. "The weather conditions were tough. But this helped my concentration. By the last lap I already knew I had won, and in the end I set a better time than I had expected."

The story of the day for the Chinese was clearly the effort of Li Gaobo, the Asian junior record holder who was swarmed by the Chinese media after the race. "I'm competing for a dream – the dream of the Olympic Games," Li Gaobo confirmed. "I love race walking, so I consider the training an enjoyment instead of a hardship." He announced that his next events would be the May leg of the IAAF Race Walking Challenge in Sesto S. Giovanni, Italy, and the World Championships in Osaka, Japan (25 Aug to 2 Sep).

| | | | |
|-----------|----------------------------|------------|-----------------------------|
| 1 | Francisco Javier Fernandez | ESP | 1:18:51 |
| 2 | Li Gaobo | CHN | 1:19:03 |
| 3 | Eder Sanchez | MEX | 1:20:08 |
| 4 | Lu Ronghua | CHN | 1:20:16 |
| 5 | Luke Adams | AUS | 1:20:30 |
| 6 | Jefferson Perez | ECU | 1:21:14 |
| 7 | Jared Tallent | AUS | 1:21:25 (PB) |
| 8 | Wei Yang | CHN | 1:21:26 |
| 9 | Zeng Guoqiang | CHN | 1:21:36 |
| 10 | Kim Hyun-Sup | KOR | 1:21:37 |
| 35 | Duane Cousins | AUS | 1:26:10 |
| 44 | Adam Rutter | AUS | 1:29:22 |
| 46 | Thomas Barnes | AUS | 1:29:33 |
| 47 | YIN Mingxing | CHN | 1:30:03 |
| 48 | WANG Hongwei | CHN | 1:30:14 |
| 49 | WANG Xiaohong | CHN | 1:30:18 |
| 50 | ZHANG Chao | CHN | 1:31:05 |
| 51 | ZHANG Shaoyuan | CHN | 1:31:18 |
| 54 | Michael McCagh | AUS | 1:32:13 |
| | Brendon Reading | AUS | DNF (10 km in 44:56) |
| | Daniel Coleman | AUS | DNF (10 km in 45:06) |

Of the Australians, **Luke Adams** and **Jared Tallent** produced big time results with Luke beating Jefferson Perez and Jared doing yet another PB (what great seasons they are both having). Further back in the field, **Duane Cousins** walked very well with 1:26:10 for a Season Best while **Tom Barnes** was not far outside his PB with a fine 1:29:33. **Adam Rutter** and **Michael McCagh** were probably both suffering the after effects of the tough Australian 20 km championship two weeks previously and were down on what have been expected. The two juniors in the team, **Daniel Coleman** and **Brendon Reading**, did not have a 10 km event on offer so had to walk the 20 km Open event, even though they were only intending to do the half distance. Brendon did a PB of 44:56 to beat Daniel by 10 secs. Both boys walked very well.

20 km Women – Saturday 24 March

On the women's side, it was all China, all the time. Shenzhen native Liu Hong won the race in a time of 1:29:41, placing her fifth on the list of 2007 top performances at the distance. Jiangsu Province's Bai Yanmin took the silver medal in 1:30:12 and Jiang Jing, the silver medallist from the 2004 women's race walking World Cup, took bronze. Jiang Qinyan and Shi Na came in fourth and fifth, respectively.

Jane Saville had been expected to feature in the top placings but retired, leaving **Cheryl Webb** and **Claire Woods** to fight for the honour of being the first Australian to finish. Cheryl had no problems with the judges this time and took the honours ahead of Claire who won the Australian 20 km title two weeks ago. The womens race started 2 hours after the mens event and was held in very oppressive conditions. **Megan Szirom**, like Jane, was forced to retire. Our sole female junior walker, **Jess Rothwell**, walked 10 km for a time, recording 49:54 which was good in the humid hot conditions.

| | | | |
|----|-------------------------|------------|-----------------------------|
| 1 | Liu Hong | CHN | 1:29:41 |
| 2 | Bai Yanmin | CHN | 1:30:12 |
| 3 | Jiang Jing | CHN | 1:30:22 |
| 4 | Jiang Qiuyan | CHN | 1:30:27 |
| 5 | Shi Na | CHN | 1:30:58 |
| 6 | Song Hongjuan | CHN | 1:31:44 |
| 7 | Song Xiaoling | CHN | 1:34:10 |
| 8 | Zong Jinzhao | CHN | 1:34:29 |
| 9 | Sun Lihua | CHN | 1:35:39 |
| 10 | Zeng Rongna | CHN | 1:35:57 |
| 16 | Cheryl Webb | AUS | 1:37:37 |
| 17 | Claire Woods | AUS | 1:37:50 |
| | Jane Saville | AUS | DNF |
| | Megan Szirom | AUS | DNF |
| | Jessica Rottwell | AUS | DNF (10 km in 49:54) |

50 km for Men – Sunday 25 March

In a race dominated by Chinese athletes, the 30-year-old Yu Chaohong (4th in the 2004 Athens Olympics and 2nd in the 2004 World Cup) clocked 3:49:27, the second-fastest time in the world so far this year. The silver medal went to Yu's countryman Sun Chao, and the lone non-Chinese athlete entered in the race, Jesus Angel Garcia of Spain, 37, the European silver medallist, took bronze. The temperature, which ranged from 21 to 26 degrees Celsius, combined with high humidity and intermittently sunny skies made the race an usually tough challenge for the athletes.

"It was hard work for me to finish this race," said gold medallist.. "I thought today would be cooler than yesterday but I misjudged the weather, and I took the wrong strategy at the start of the race, to walk very fast in the first half. When the sun came out, the thick air felt like a pot of steam around me, so finishing was tough. But I did my best. The medal makes me happy but I am not content with the time. I could have done better." The top 8 places are as follows

| | | | |
|----|--------------------|-----|----------|
| 1. | Yu Chaohong | CHN | 03:49:27 |
| 2. | Sun Chao | CHN | 03:50:46 |
| 3. | Jesus Angel Garcia | ESP | 03:52:54 |
| 4. | Xing Shucui | CHN | 03:54:19 |
| 5. | Cui Zhide | CHN | 03:54:42 |
| 6. | Zhao Jianguo | CHN | 03:59:00 |
| 7. | Han Yucheng | CHN | 04:03:53 |
| 8. | Xu Faguang | CHN | 04:04:59 |

AIS Walks coach and trip manager Brent Vallance has promised a report and photos for the next newsletter.

26TH DUDINCE 50 KM WALKING CARNIVAL, SLOVAKIA, SATURDAY 24 MARCH 2007

While Dudince in Slovakia is a small European Spa resort town, it has the distinction of hosting one of the biggest annual walking carnivals on the European calendar, the 'Dudinska Patdesiatka'. The main event is always the 50 km walk which includes the National championship for Slovakia, Hungary and The Czech Republic and it usually attracts a number of the better European walkers. This year was the biggest carnival yet with 233 walkers in total and 62 entries for the 50 km event. Of these 62, 45 made it to the start line, representing 15 different countries. Amongst the starters was one Australian, **Chris Erickson**, who chose this event in preference to the Chinese races on the same weekend (see report above).

Alas, as with China, the one parameter that can't be ordered is the weather and on this occasion it was pretty foul. A maximum expected temperature of 5°C, slight drizzle and a strong cold wind made for very tough conditions and the second half of each 2km lap was exposed to the full force of the wind.

Ireland's Colin Griffin, who is the eldest son of the former Athletics Ireland President, Padraig Griffin and former Irish international Cross Country runner Patricia, was unphased by the adverse condition, winning his inaugural 50 km and setting a new Irish record of 3:51:32 (beating Jamie Costin's time of 3:53:58, set in 2003). Ironically, Costin was on hand to witness the loss of his record, as he finished 4th in the 20 km event later during the day.

Colin broke away from the lead pack of 9 walkers just before the 30 km mark and was untouchable from then on. Chris Erickson was the last of the chasing pack to fall away and held second place until the 37 km mark when he started to fade. He was subsequently passed by two walkers to eventually finish 4th in 4:04:10. This was bad luck for Chris who certainly looked well on schedule for a time significantly under the 4 hour mark if conditions had been a bit kinder. As it was, Slovakian Milos Batovsky powered home to take second with 3:54:10 (just a few seconds outside his PB) while Lithuanian Donatas Skarnulis took 3rd in a PB of 3:54:23. Overall, there were only 22 finishers from the 45 starters!

In the women's 20km, Slovakian record holder Zuzana Malikova took gold in 1:32:19, to take her 4th national title, but missed her own national record by 5 seconds and Rafal Augustyn of Poland won the men's 20 km with a time 1:23:07.

Top results from each event are as follows

Men 50 km

| | | | | |
|-----|------------------------|--------------------------|----------------|----|
| 1. | Colin Griffin, | IRL | 3:51:32 | NR |
| 2. | Milos Batovsky, | SVK (Slovakian Champion) | 3:54:10 | |
| 3. | Donatas Skarnulis, | LTU | 3:54:23 | PB |
| 4. | Chris Erickson, | AUS | 4:04:10 | |
| 5. | Dusan Majdan, | SVK | 4:07:43 | |
| 6. | Zoltan Czukur, | HUN (Hungarian Champion) | 4:09:31 | |
| 10. | Milos Holusa, | CZE (Czech Champion) | 4:15:40 | |

Men 20 km

| | | | | |
|----|--------------------|-----|---------|--|
| 1. | Rafal Augustyn, | POL | 1:23:07 | |
| 2. | Maik Berger, | GER | 1:24:01 | |
| 3. | Predrag Filipovic, | SER | 1:24:18 | |
| 4. | Jamie Costin, | IRL | 1:24:53 | |
| 5. | Carsten Schmidt, | GER | 1:25:09 | |
| 6. | Tadas Suskevicius, | LTU | 1:25:26 | |
| 7. | Peter Korcok, | SVK | 1:25:46 | |
| 8. | Hannes Tonat, | GER | 1:26:02 | |

Women 20 km

| | | | | |
|----|----------------------|-----|---------|--|
| 1. | Zuzana Malikova, | SVK | 1:32:19 | |
| 2. | Katarzyna Kwoka, | POL | 1:35:49 | |
| 3. | Agnieszka Dygacz, | POL | 1:36:54 | |
| 4. | Paulina Buziak, | POL | 1:37:17 | |
| 5. | Lucie Pelantova, | CZE | 1:38:06 | |
| 6. | Zuzana Schindlerova, | CZE | 1:39:06 | |

Junior men 10 km

| | | | | |
|----|------------------|-----|-------|--|
| 1. | Tavtyvdas Zekas, | LTU | 44:42 | |
|----|------------------|-----|-------|--|

| | | | |
|----|-----------------|-----|-------|
| 2. | Pawel Krawczyk, | POL | 44:53 |
| 3. | Balazs Darabos, | HUN | 45:58 |

Junior women 10 km

| | | | |
|----|--------------------|-----|-------|
| 1. | Federico Ferraro, | ITA | 50:20 |
| 2. | Anita Meszaros, | HUN | 50:55 |
| | Barbora Strnadova, | SVK | 51:24 |



The lead pack in the 50 km – including winner Colin Griffin (21) and 4th place finisher Chris Erickson (6)

IAAF RACEWALKING GRAND PRIX, RIO MAIOR, PORTUGAL, SATURDAY 14 APRIL 2007

While we had no local walks last weekend here in Victoria, it was a different story overseas and three of our top walkers were in action in the latest IAAF Racewalking Grand Prix event in Rio Maior in Portugal. Here is the official report from the IAAF website.

Maior, Portugal – Belarussia's Rytta Turava, 26, and Ivano Brugnetti of Italy, 30, were the best race walkers over the 20km distance at the 16th edition of the 'Grande Premio Internacional en Marcha Atletica', the third leg of the 2007 IAAF Race Walking Challenge held today.

Considering the heat and strong wind which prevailed, the winning times of the pair, 1:20:21 in the men's event and 1:28:01 in the women's event, were high class, the latter the fastest time in the world so far this year. There was disappointment for the home fans though as Susana Feitor, the 2005 World Championships bronze medallist, faltered after a good start and could finish no better than seventh in the women's race.

MEN

Brugnetti, the Olympic 20km champion, who had a low key opening to his 2007 Challenge campaign with a 1:24:26 clocking for a distant 26th place in Shenzhen, China on 24 March, took the victory today almost half minute ahead of another 30-year-old, Australian **Luke Adams**, who had been fifth in China (1:20:30). For the winner, who became a father a month ago, he is once again "focussed on his sporting goals."

"After two years without great results this performance today gave me more motivation to think about Osaka (World Championships, 25 Aug to 2 Sep) . But, first, I compete in Italy, in Sesto San Giovanni on 1 May" (which is the next fixture of the Race Walking Challenge 2007), confirmed the Italian.

After Adams who finished in 1:20:50, came Norwegian Erik Tysse, with a time of 1:20:56. This was his 20km opener of the year and a great one particularly as it was the 26-year-old's third fastest time ever. His PB and national record is 1:19:38 (2006).

WOMEN

In the women race, Susana Feitor was in front in the first few laps, but Rytta Turava, the European champion and World Cup titleholder, who won in Rio Maior two years ago, was very strong today, achieving 1:28:01, the world season's lead. It was the Belarussian's first race of the year. Her PB is 1:26:11 (2006).

In second place came Kjersti Platzer, who had won the opening leg of the Challenge in Naucalpan, Mexico on 10 March (1:32:30). Today the 35-year-old Norwegian, the Olympic silver medallist in 2000, was much faster, finishing in 1:28:53. Germany's Melanie Seeger (1:29:32) made up the podium. The 30-year-old German was the defending Rio Maior champion. Germany's Sabine Zimmer, 26, was 4th (1:30:12), ahead of Italian Elisa Rigauda, a former overall Challenge winner (1:30:42), and Australia's Olympic bronze medallist, **Jane Saville** (1:30:52). Susana Feitor was only 7th finishing in 1:31:18.

"This was my first competition of the year and I didn't know how good I was," confirmed Rytta Turava. "Besides, this was a very hard race because of the hot and wind day, and I'm pleased to have achieved this time. My goals for now are my presence in Sesto San Giovanni and I'm also looking forward to Osaka."

Victorian **Jared Tallent** was also in action but could not match his wonderful performance in China of two weeks ago. On this occasion, he finished 12th in 1:25:18 which was still very respectable. Results for the first 15 in each event are shown below.

Men's 20 km Walk

| | | | |
|-----|----------------------|------------|----------------|
| 1. | IVANO BRUGNETI | ITA | 1:20:21 |
| 2. | LUKE ADAMS | AUS | 1:20:50 |
| 3. | ERIK TYSSE | NOR | 1:20:56 |
| 4. | ANDRE HHNE | GER | 1:21:04 |
| 5. | BENJAMIN SANCHEZ | ESP | 1:21:21 |
| 6. | AUGUSTYN RAFAL | POL | 1:22:49 |
| 7. | JOS ANTONIO GONZALEZ | ESP | 1:23:23 |
| 8. | HATEM GHOULA | TUN | 1:24:08 |
| 9. | JOJO VIEIRA | POR | 1:24:46 |
| 10. | HASSANINE SBAI | TUN | 1:24:48 |
| 11. | FRANCISCO ARCILLA | ESP | 1:25:00 |
| 12. | JOS ALEJANDRO CAMBIL | ESP | 1:25:18 |
| 13. | JARED TALLENT | AUS | 1:25:18 |
| 14. | JOS A. BAGIO | BRA | 1:25:30 |
| 15. | AUGUSTO CARDOSO | POR | 1:26:22 |

Women's 20 km walk

| | | | |
|-----|---------------------|------------|----------------|
| 1. | RITA TURAVA | BLR | 1:28:01 |
| 2. | KJERSTI PLATZER | NOR | 1:28:54 |
| 3. | MELANIE SEEGER | GER | 1:29:32 |
| 4. | SABINE ZIMMER | GER | 1:30:13 |
| 5. | ELISA RIGAUDO | ITA | 1:30:42 |
| 6. | JANE SAVILLE | AUS | 1:30:51 |
| 7. | SUSANA FEITOR | POR | 1:31:15 |
| 8. | CLAUDIA STEF | ROM | 1:31:53 |
| 9. | ANA CABECINHA | POR | 1:32:46 |
| 10. | SONATA MILUSAUSKAYT | LTU | 1:32:48 |
| 11. | INES HENRIQUES | POR | 1:34:09 |
| 12. | OLIVE LOUGHNANE | IRL | 1:36:45 |
| 13. | VERA SANTOS | POR | 1:38:10 |
| 14. | SOFIA AVOILA | POR | 1:43:51 |
| 15. | RAHMA MAHMOUDI | TUN | 1:44:36 |

7TH EUROPEAN CUP RACE WALKING, ROYAL LEAMINGTON SPA, SUNDAY 20 MAY 2007

Sunday 20th May 2007 saw 350 of Europe's best endurance athletes descend on Royal Leamington Spa in southern England to compete in the 7th European Cup Race Walking. This took place in and around Victoria Park and attracted over 30 countries and the cream of European walking. The day featured races over 50 km for Senior Men, 20 km for Senior Men and Women and 10 km for Junior Men and Women. The event was jointly staged by UK Athletics, the Race Walking Association and Warwick District Council and was televised across Europe. Such was the overall standard that there were UK all-comers records for every one of the six races. For further info, point your web browsers to <http://www.walk-leamington2007.org/>

The course was held over a 1 km lap and the IAAF website commentary noted that it “had had a slowing dogleg.....with the slightest of climbs each circuit.” So we can assume it was not a super fast course. But when you put the best walkers together in any race, the times come, regardless of the course conditions.

Reports are based on the IAAF website report (see <http://www.iaaf.org>)

Kanaykin over Nymark in 50 Km

The 50 km was the first event to get underway at 9AM and it was expected to be dominated by the Russians. They did not disappoint, taking 4 of the first 5 places in an amazing team performance. Norwegian Trond Nymark and Russian Vladimir Kanaykin staged a great battle for most of the race but it was Kanaykin who got the upper hand in the dying stages of the event and won his first big international. Disqualified in the 2004 World Cup junior 10k, the 2006 World Cup 20 km and the 2006 European Championships, Kanyakin finally satisfied the judges and confirmed his great potential. Nymark had raced the same way in the 2006 European championships only to die in the final stages. This time he was better prepared and was never in danger of losing second place. In fact, the race might have been even closer if he had been able to avoid two unscheduled pit stops, one around half-way, and another 5 km later. He said: “I guess it gave the others a little hope when they saw me dive into the bushes, but I couldn’t honestly say whether it had an effect on the final result. For each event, I show only the first 15 places and the first 6 teams placings.

| | | | | | |
|----|------------------------|-----|----------|---------|----|
| 1 | Vladimir Kanaykin | RUS | 21.3.85 | 3:40:57 | SB |
| 2 | Trond Nymark | NOR | 28.12.76 | 3:41:31 | SB |
| 3 | Oleg Kistkin | RUS | 13.5.83 | 3:41:51 | PB |
| 4 | Aleksey Voyevodin | RUS | 9.8.70 | 3:41:52 | SB |
| 5 | Yuriy Andronov | RUS | 6.11.71 | 3:42:55 | SB |
| 6 | Jesús Ángel García | ESP | 17.10.69 | 3:46:08 | SB |
| 7 | Santiago Pérez | ESP | 15.1.72 | 3:46:56 | SB |
| 8 | Marco De Luca | ITA | 12.5.81 | 3:47:04 | PB |
| 9 | Rafal Fedaczynski | POL | 3.12.80 | 3:48:07 | PB |
| 10 | Francisco José Pinardo | ESP | 15.3.75 | 3:50:53 | PB |
| 11 | Eddy Riva | FRA | 17.3.73 | 3:51:34 | PB |
| 12 | David Boulanger | FRA | 11.12.74 | 3:51:48 | SB |
| 13 | Vitaly Talankou | BLR | 29.4.82 | 3:51:59 | PB |
| 14 | António Pereira | POR | 10.7.75 | 3:52:17 | PB |
| 15 | Jamie Costin | IRL | 1.6.77 | 3:53:30 | PB |

| | | |
|---|------------------|----|
| 1 | RUS (1, 3, 4) | 8 |
| 2 | ESP (6, 7, 10) | 23 |
| 3 | FRA (11, 12, 20) | 43 |
| 4 | POR (14, 16, 22) | 52 |
| 5 | ITA (8, 18, 34) | 60 |
| 6 | LAT (17, 24, 38) | 79 |

Junior 10 km titles to Russia

The Junior Men’s 10 km was held at 10AM and the Junior Women’s 10 km at 11AM, allowing the juniors to walk alongside the 50 km contestants. As in the 50 km event, the young Russians dominated, taking 5 of the 6 medals on offer and winning both teams event. It was truly a Russian morning! Sergey Morozov, the winner of the 2006 IAAF World Walking Cup, was an easy winner in the men’s event and his 40:25 was similar to his winning time in La Coruna last year. Spanish walkers finished 2nd, 4th and 5th to give the Russians a scare but they were just pipped in the teams event. There were no such scares in the women’s event and the medals were on their way to Russia long before half-way mark. Winner Anisa Kornikova already had a 20 metre lead over her teammates by the end of the first lap and she went on to win by a massive 72 seconds.

U20 Men 10 km walk

| | | | | | |
|----|-----------------------|-----|----------|----------|----|
| 1 | Sergey Morozov | RUS | 21.3.88 | 40:25:00 | SB |
| 2 | Miguel Ángel López | ESP | 3.7.88 | 40:49:00 | PB |
| 3 | Dmitriy Shorin | RUS | 26.3.88 | 41:38:00 | |
| 4 | Manel Torla | ESP | 2.10.89 | 41:46:00 | PB |
| 5 | Lluis Torla | ESP | 2.10.89 | 41:49:00 | PB |
| 6 | Aliaksandr Lyakhovich | BLR | 0.89 | 42:03:00 | PB |
| 7 | Christopher Linke | GER | 24.10.88 | 42:10:00 | PB |
| 8 | Arnis Rumbenieks | LAT | 4.4.88 | 42:13:00 | PB |
| 9 | Edikt Khaybullin | RUS | 29.5.89 | 42:39:00 | |
| 10 | Kevin Campion | FRA | 23.5.88 | 43:10:00 | PB |
| 11 | Alin Ciobotaru | ROM | 0.88 | 43:17:00 | |
| 12 | Yaroslav Borodinov | UKR | 15.8.88 | 43:20:00 | PB |
| 13 | Aléxandros Papamiháil | GRE | 18.9.88 | 43:21:00 | |
| 14 | Máté Hellebrandt | HUN | 12.1.89 | 43:23:00 | PB |
| 15 | Damien Molmy | FRA | 2.10.88 | 43:37:00 | PB |

| | | |
|---|-----|----|
| 1 | RUS | 4 |
| 2 | ESP | 6 |
| 3 | FRA | 25 |
| 4 | BLR | 26 |
| 5 | UKR | 30 |
| 6 | POL | 35 |

U20 Women 10 km walk

| | | | | | |
|----|-----------------------|-----|----------|----------|----|
| 1 | Anisya Kornikova | RUS | 23.10.89 | 43:17:00 | |
| 2 | Yelena Shumkina | RUS | 24.1.88 | 44:29:00 | |
| 3 | Irina Yumanova | RUS | 17.6.90 | 45:45:00 | |
| 4 | Anamaria Greceanu | ROM | 12.5.89 | 47:01:00 | PB |
| 5 | Georgiana Banciu | ROM | 23.6.89 | 47:33:00 | PB |
| 6 | Yuliya Davydenko | UKR | 3.5.89 | 47:42:00 | SB |
| 7 | Krystsina Asipenka | BLR | 0.88 | 47:46:00 | PB |
| 8 | Lorena Castrillo | ESP | 21.3.89 | 47:47:00 | PB |
| 9 | Federica Ferraro | ITA | 18.8.88 | 47:54:00 | PB |
| 10 | Anna Mielcarek | POL | 23.11.90 | 47:55:00 | PB |
| 11 | Jenny Grasse | GER | 20.7.88 | 48:03:00 | PB |
| 12 | Federica Menzato | ITA | 14.3.88 | 48:05:00 | PB |
| 13 | Alexandra Gradinariu | ROM | 0.9 | 48:38:00 | |
| 14 | Svitlana Vavilova | UKR | 5.12.88 | 48:52:00 | |
| 15 | Ana Claudia Conceição | POR | 31.1.89 | 48:56:00 | PB |

| | | |
|---|-----|----|
| 1 | RUS | 3 |
| 2 | ROM | 9 |
| 3 | UKR | 20 |
| 4 | ITA | 21 |
| 5 | ESP | 25 |
| 6 | POL | 26 |

Patience the key for Turava in winning the women's 20 km

The women's 20km started at 1:30PM and race favourite Ryta Turava, the current World Cup and European champion, was in a class of her own. She looked relaxed as she gradually extended her lead. Behind her, Olga Kaniskina's face was a mask of agony as she gamely refused to give up a faint chance of getting back in touch. But when an athlete of Turava's stature goes through 10 km in a modest 45:26, there's always going to be fireworks in the final 5 km. Coming home in a little under 21 minutes, she was chatting seconds after the finish. What did catch her breath were the efforts of her her Belarussian teammates Elena Ginko and Sniazhana Yurchanka. Third for Ginko and 12th for newcomer Yurchanka was enough to supplant big neighbours Russia from the top of the podium by a mere two points.

| | | | | | |
|---|----------------|-----|----------|---------|----|
| 1 | Ryta Turava | BLR | 28.12.80 | 1:27:52 | |
| 2 | Olga Kaniskina | RUS | 19.1.85 | 1:28:13 | SB |
| 3 | Elena Ginko | BLR | 30.7.76 | 1:28:29 | SB |
| 4 | Elisa Rigaud | ITA | 17.6.80 | 1:29:15 | SB |

| | | | | | |
|----|---------------------|-----|----------|---------|----|
| 5 | María Vasco | ESP | 26.12.75 | 1:29:17 | SB |
| 6 | Tatyana Sibileva | RUS | 17.5.80 | 1:30:11 | |
| 7 | Inês Henriques | POR | 1.5.80 | 1:30:24 | PB |
| 8 | Claudia Stef | ROM | 25.2.78 | 1:30:34 | SB |
| 9 | Beatriz Pascual | ESP | 9.5.82 | 1:30:37 | SB |
| 10 | Alena Nartova | RUS | 1.1.82 | 1:30:44 | |
| 11 | María José Poves | ESP | 16.3.78 | 1:30:48 | PB |
| 12 | Sniazhana Yurchanka | BLR | 1.8.84 | 1:31:12 | SB |
| 13 | Vira Zozulya | UKR | 31.8.70 | 1:31:13 | SB |
| 14 | Susana Feitor | POR | 28.1.75 | 1:31:28 | |
| 15 | Rossella Giordano | ITA | 1.12.72 | 1:32:38 | SB |

| | | |
|---|-----------------|----|
| 1 | BLR (1, 3, 12) | 16 |
| 2 | RUS (2, 6, 10) | 18 |
| 3 | ESP (5, 9, 11) | 25 |
| 4 | POR (7, 14, 18) | 39 |
| 5 | ITA (4, 15, 26) | 45 |
| 6 | ROM (8, 23, 28) | 59 |



20 km winners Ryta Turava and Yohann Diniz (<http://www.iaaf.org>)

Diniz over Brugnetti in men's 20 km

The final event of the day, the men's 20 km, got underway at 3:30PM and it was a case of saving the best till last. A fascinating duel between Olympic gold medalist Ivano Brugnetti and Yohan Diniz saw the French European 50 km champion eventually triumph. Diniz's confidence was such that he shot away from the start and took an early lead. Brugnetti recovered the quickest to catch him at 4 km, but the Frenchman then kept trying to snap the invisible elastic between them for the next 16 km. They both shot through halfway in a fast 39:35. With four km to go, Diniz suddenly took 12 metres out of Brugnetti - and that was that. Diniz grabbed a tricolour flag 100 metres from the finish and high-fived it with his countrymen all the way to the line, but still claimed a PB by two minutes as well as a French national record. Brugnetti's reward was also a PB, and a return to confidence he's been missing since his Olympic victory in Athens.

For a while, it looked as if bronze would go to Valeriy Borchin before the Russian was reeled in by the joint challenge of Robbie Heffernan and Ivan Trotski with a lap to go. The Irish around the course were jumping up and down for Heffernan, but the final straight saw another Russian Igor Yerokhin come from nowhere to hammer the last 200 metres in something around 40 seconds! Belarussian Trotski slipped through into fourth, but to the delight of those in green, the

Irishman set his second PB on the course – this time six minutes faster than his first time in 2000. An Irish national record was the icing on the cake. Belarus claimed their second team gold of the day, with the solid team packing of Italy and Spain taking the other medals.

| | | | | | |
|----|--------------------|-----|----------|---------|-----------|
| 1 | Yohann Diniz | FRA | 1.1.78 | 1:18:58 | PB NR |
| 2 | Ivano Brugnetti | ITA | 1.9.76 | 1:19:36 | PB |
| 3 | Igor Yerokhin | RUS | 4.9.85 | 1:20:09 | |
| 4 | Ivan Trotski | BLR | 27.5.76 | 1:20:13 | SB |
| 5 | Robert Heffernan | IRL | 20.2.78 | 1:20:15 | SB=PB, NR |
| 6 | André Höhne | GER | 10.3.78 | 1:20:32 | SB |
| 7 | João Vieira | POR | 20.2.76 | 1:20:42 | SB |
| 8 | Siarhei Charnou | BLR | 5.2.79 | 1:21:02 | SB |
| 9 | Valeriy Borchin | RUS | 3.7.86 | 1:21:13 | |
| 10 | Giorgio Rubino | ITA | 15.4.86 | 1:21:17 | PB |
| 11 | Erik Tysse | NOR | 4.12.80 | 1:21:33 | |
| 12 | Juan Manuel Molina | ESP | 15.3.79 | 1:21:48 | SB |
| 13 | Benjamín Sánchez | ESP | 10.3.85 | 1:21:48 | |
| 14 | José Ignacio Díaz | ESP | 22.11.79 | 1:21:57 | SB |
| 15 | Benjamin Kucinski | POL | 1.6.82 | 1:21:58 | SB |
| 1 | BLR (4, 8, 17) | | 29 | | |
| 2 | ITA (2, 10, 20) | | 32 | | |
| 3 | ESP (12, 13, 14) | | 39 | | |
| 4 | RUS (3, 9, 34) | | 46 | | |
| 5 | POR (7, 23, 24) | | 54 | | |
| 6 | FRA (1, 29, 32) | | 62 | | |

IAAF RACE WALKING CHALLENGE, LA CORUNA, SPAIN, 2 JUNE 2007

The latest IAAF Race Walking Challenge event was held last Saturday in La Coruña in Spain and it marked **Nathan Deakes'** long awaited return to competition.

Men's 20 km event - world record pace at halfway!

In his first race back for nearly six months due to a hemorrhage in his upper hamstring, world 50km record holder Nathan Deakes conjured up a gallant third place in 1:19.34. The event was won by the reigning World Cup Champion and World and Olympic silver medallist Francisco Fernández in 1:18:50, with World Cup bronze medallist Han Yucheng second in 1:19:15.

Fernandez went out hard and his first two 5 km splits of 19:28 and 19:08 (38:36) saw him well in front and under the current world record. The early pace took its toll and he slowed in the second half of the race but still won convincingly.

Nathan commented as follows on his website: "It was nice to get out there and have a solid hitout. You can try as hard as you like, but nothing can ever replicate a race. I didn't set my expectations too high as I honestly didn't know what kind of form I would be in. I had set myself a time window of what I thought was realistic and I walked pretty much to that. I am pleased but I can see plenty of areas to work on between now and Osaka. And three months is plenty of time to achieve those personal goals!"

Nathan will now return to his training base in Lucca, Italy before tackling the next leg of the IAAF World Race Walking Challenge in Krakow, Poland on June 23.

An elated Fernández said: "I'm delighted with my performance. Right from the start, I realised that nobody wanted to set the pace so I decided to push hard to run a fast time and hopefully come close to the World record (1:17:21). The 10km split was very encouraging for me but definitely you need tough rivalry to break a World record and I walked 17 kilometres in solitude. The second half was much slower as I faded a bit having, secured the victory".

"I'm also happy since I rank now second in this year's IAAF Race Walking Challenge and hope to retain my title. I'll next race in Krakow (Poland) in three week's time, which is also an IAAF permit. That will be my last appearance before the Worlds in Osaka. It's true that this year I have raced very sparingly with only four 20km outings before Osaka. There, I'll try to snatch gold at last after my two consecutive silvers in Paris (2003) and Helsinki (2005)."

"Anyway, the most important event in the future for me will be next year's Beijing Olympics as I'm aware that it could be my last chance to become an Olympic 20km champion".



Han Yucheng, Francisco Fernández and Nathan Deakes take the accolades (www.iaaf.org)

| | | | |
|----|---------------------|-----------|---------|
| 1. | Francisco Fernández | Spain | 1:18:50 |
| 2. | Han Yucheng | China | 1:19:15 |
| 3. | Nathan Deakes | Australia | 1:19:34 |
| 4. | Hatem Ghoula | Tunisia | 1:20:53 |
| 5. | Juan Manuel Molina | Esp | 1:21:09 |
| 6. | Li Gaobo | China | 1:21:15 |

| | | | |
|-----|---------------|----------|---------|
| 7. | Joao Vieira | Portugal | 1:21:30 |
| 8. | Eric Tysse | Norway | 1:21:32 |
| 9. | Eder Sánchez | Mexico | 1:21:38 |
| 10. | Sergio Vieira | Portugal | 1:22:12 |

Women's 20 km event - Turava in a class on her own

In the women's race, Ryta Turava was an even more dominant winner in 1:28:44, some 1:38 ahead of Norway's Kjersti Tysse Plätzer while Claudia Stef of Romania was a distant third with 1:31:54. Unlike Fernandez, the Belarussian used cautious tactics and by halfway the clock was reading a slow 45:25, with Turava and Norway's Kjersti Tysse Plätzer sharing the lead. Turava made a crucial move shortly after the mid-way point as a 21:40 split for the next 5km section saw her move to an unchallenged first place and a huge advantage of 33 seconds over the Norwegian. From then on the 26-year-old injected more speed to romp home unopposed in 1:28:44.

Turava now comfortably leads the 2007 IAAF Race Walking Challenge with 30 points thanks to her three victories in a row in Rio Maior, Sesto San Giovanni and La Coruña.



Ryta Turava on the winner's podium again – undoubtedly the current best in the world

| | | | |
|-----|----------------------|-----------|---------|
| 1. | Ryta Turava | Belarus | 1:28:44 |
| 2. | Kjerti Plätzer | Norway | 1:30:22 |
| 3. | Claudia Stef | Romania | 1:31:54 |
| 4. | Yang Sha | China | 1:32:12 |
| 5. | Sonata Milusauskaite | Lithuania | 1:33:09 |
| 6. | Ines Henriques | Portugal | 1:33:18 |
| 7. | Athanasia Tsoumeleka | Greece | 1:34:10 |
| 8. | Ana Cabecinha | Portugal | 1:34:40 |
| 9. | Ana Groza | Romania | 1:35:45 |
| 10. | Neringa Aidietyte | Lithuania | 1:35:54 |

RUSSIAN RACEWALKING CHAMPIONSHIPS, CHEBOKSARY, RUSSIA, SUNDAY 17 JUNE 2007

The following report is from the IAAF website (www.iaaf.org)

There are two main centres in Russia where excellent race walkers are prepared. One is in Cheboksary which is the capital of Republic of Chuvashiya, where the 2008 IAAF World Race Walking Cup will be staged, and the second is in Saransk, the capital of Republic of Mordoviya, where the inaugural final of the IAAF Race Walking Challenge will be held this September. The 2007 Russian Race Walking Championships were held in Cheboksary last weekend (16/17) but it was the race walkers from Mordoviya who won the highest awards. Vladimir Kanaykin, Denis Nizhegorodov and Irina Stankina are the pupils of one and the same coach - Victor Chogin from Saransk.

Men's 20km

The 22-year-old Vladimir Kanaykin was the real sensation of the tournament. He won the World Youths in 2001 and the Juniors in 2002, and last month took the European Cup title at 50km but in Cheboksary he competed at the 20km distance. His winning time was 1:17.36 and places him as 5th best on the world all-time list, and is only 16 seconds worse than the World record. 1999 World champion Ilya Markov was left far behind - 1:18.56 - and Sergey Bakulin, who is in the same group with Vladimir Kanaikin, got the bronze - 1:19.14. According to Chogin's plans Kanaykin may decide to compete in both distances at the Osaka World Championships.

| | | |
|----|---------------------|---------|
| 1 | Vladimir Kanaykin | 1:17:36 |
| 2 | Sergey Bakulin | 1:19:14 |
| 3 | Andrey Krivov | 1:20:12 |
| 4 | Aleksandr Prokhorov | 1:23:00 |
| 5 | Andrey Kanayev | 1:26:06 |
| E6 | Mikhail Volkov | 1:27:03 |
| E6 | Aleksey Nikolayev | 1:27:03 |
| 8 | Fyodor Grigoryev | 1:27:16 |

Men's 50km

2004 Olympic silver medallist Denis Nizhegorodov won the 50km Race Walking in 3:40.53. After winning last year's World Cup race in La Coruña, Nizhegorodov registered a DQ at last summer's European Championships in Gothenburg, so while this was by no means his fastest (3:39:25 national Record - 2004) it still proved he is back in the frame for medals this summer in Osaka. The winning time is currently the second fastest in the world this year. The runner-up Sergey Melentiev was left far behind losing more than 10 minutes to the winner - 3:51.11. A very well known athlete Nickolai Matukhin was 3rd - 3:57.18. It should be taken into consideration that it was extremely hot in Cheboksary and many race walkers failed to clock their best results.

| | | |
|----|--------------------|---------|
| 1. | Denis Nizhegorodov | 3:40:53 |
| 2. | Sergey Melentyev | 3:51:11 |
| 3. | Nikolay Matyukhin | 3:57:18 |
| 4. | Yuriy Chesnokov | 3:58:46 |
| 5. | Sergey Korepanov | 4:01:24 |
| 6. | Sergey Sergachev | 4:02:02 |
| 7. | Aleksey Kronin | 4:06:55 |
| 8. | Andrey Trofimov | 4:07:53 |

Women's 20km

Irina Stankina who was the youngest World champion in Race Walking when winning the 1995 title in Gothebourg is making a strong comeback. After the glorious beginning of the career she experienced a lot of sad and happy moments. She won several important events, gave birth to a baby, got injured and fell ill. But her coach Victor Chogin believed in her and Stankina proved on Sunday that his faith was not all in vain as she won the women's 20km in a reasonably impressive 1:29.56, which is certainly a good start to the new season. Stankina left two opponents from Chuvashiya - Olga Mikhailova(1:30.19) and Larisa Yemelianova (1:30.52) - way behind.

| | | |
|----|--------------------|---------|
| 1. | Irina Stankina | 1:29:56 |
| 2. | Olga Mikhaylova | 1:30:19 |
| 3. | Larisa Yemelyanova | 1:30:52 |
| 4. | Svetlana Solovyova | 1:31:31 |
| 5. | Tatyana Shemyakina | 1:31:49 |
| 6. | Svetlana Vasilyeva | 1:31:59 |
| 7. | Tatyana Gudkova | 1:32:33 |
| 8. | Lyudmila Arkhipova | 1:33:22 |

2007 IAAF RACEWALKING GRAND PRIX, KRAKOW, POLAND, JUNE 23, 2007

Last Saturday, the sixth leg of the 2007 IAAF Race Walking Challenge was held in Krakow, Poland and 3 Australians were in action. The following reports are taken from the IAAF website (<http://www.iaaf.org>)

20km Women

The women's race started in the afternoon in nice, sunny weather. The difficult course in the Krakow Old Town, featuring cobblestones for the most part of the 1350-metre loop, meant that the race was not going to be particularly fast. However, the 23:14 split at the 5k point set by Turava was fast enough to split the field. At this point, only Sabine Zimmer of Germany accompanied the Belorussian, trailing by just one second, with Sylwia Korzeniowska, the only Polish athlete in the field, third, 12 seconds behind Turava, followed by the Italian Elisa Rigaud and Vira Zozulya of Ukraine. Turava sped up in the second 5k, covering it in 22:42, but the German refused to let her get away and was still a mere second behind at half way. Rigaud started to come through, moving into clear third position at 10k, exactly half a minute behind the leader and 12 seconds ahead of Zozulya.

As the women passed the halfway point, the weather conditions changed dramatically. However, even a violent downpour that made the course dangerously slippery and high wind did not stop Turava. Her third 5k was even faster than the previous one, taking just 22:16, and as she reached 15k in 1:08:12 she was already completely on her own. The pace took its toll on Zimmer, who not only lost over 50 seconds on the leader, but had to give up second place to Rigaud. Elena Ginko of Belarus, only sixth at half way, speeded up considerably to move past Zozulya and Korzeniowska, into fourth place. The top two continued untroubled until the finish, Turava stopping the clock at 1:30:36 - a new course record, as this year's competition in Krakow was for the first time over 20k rather than the 10k of previous years. Rigaud held on strongly, losing no more ground on the winner in the final 5k. Ginko was nearly as fast in the final kilometres and she easily overtook the tired German for third place. Zimmer did manage to finish in fourth ahead of Zozulya and Korzeniowska, for whom this was the highest position ever achieved in a IAAF Race Walking Challenge competition. The current Olympic champion Athanasia Tsoumeleka continued her comeback after childbirth, finishing in seventh place with a new season's best of 1:33:58. Thanks to her win, Turava became the new leader of the IAAF Race Walking Challenge standings, overtaking Norway's Kjersti Platzer, who did not compete in Krakow.

| | | | | | | | |
|-----|----------------------|----|------------------|-------|-------|---------|------------|
| 1. | Ryta TURAVA | 80 | BELARUS | 23:14 | 45:56 | 1:08:12 | 1:30:36 |
| 2. | Elisa RIGAUDO | 80 | ITALY | 23:28 | 46:26 | 1:08:56 | 1:31:20 * |
| 3. | Elena GINKO | 66 | BELARUS | 23:42 | 46:52 | 1:09:18 | 1:31:49 ** |
| 4. | Sabine ZIMMER | 81 | GERMANY | 23:15 | 45:57 | 1:09:04 | 1:32:55 |
| 5. | Vira ZOZULYA | 70 | UKRAINE | 23:28 | 46:40 | 1:09:37 | 1:33:18 * |
| 6. | Sylwia KORZENIOWSKA | 80 | AZS-AWF Katowice | 23:26 | 46:41 | 1:10:02 | 1:33:39 ** |
| 7. | Athanasia TSOUMELEKA | 82 | GREECE | 23:42 | 47:07 | 1:10:34 | 1:33:58 |
| 8. | Maria GALIKOVA | 80 | SLOVAKIA | 23:49 | 47:18 | 1:11:03 | 1:34:51 * |
| 9. | Tatyana GUDKOVA | 77 | RUSSIA | 23:42 | 47:07 | 1:11:11 | 1:35:48 * |
| 10. | Monica SVENSSON | 78 | SWEDEN | 23:43 | 47:38 | 1:12:00 | 1:36:14 ** |
| 11. | Sandra ZAPATA | 77 | COLOMBIA | 23:43 | 47:28 | 1:12:02 | 1:36:32 |
| 12. | Ana-Maria GROZA | 76 | ROMANIA | 23:42 | 47:26 | 1:12:06 | 1:37:21 |
| 13. | Yekaterina YEZHOVA | 82 | RUSSIA | 23:31 | 48:24 | 1:15:48 | 1:45:14 * |
| 14. | Nicolene CRONJE | 83 | SOUTH AFRICA | 25:24 | 52:44 | 1:19:31 | 1:47:10 |
| 15. | Evelina MAMCHUR | 81 | UKRAINE | 25:56 | 52:46 | 1:22:50 | 1:52:19 |
| | Claire WOODS | 81 | AUSTRALIA | 24:41 | DNF | | |

20km Men

The thunderstorm over Krakow was luckily over by the time the men set-out on their way, although the wet course still made the conditions difficult. Nobody was willing to set a pace hard enough to break the strong field in the initial kilometers of the race.

At the 5k point, reached in 20:04, twelve men were still part of the lead group including all the favourites, except for the 50k world record holder Nathan Deakes, who withdrew before the race, citing an injury. The pack continued at the same pace, reaching 10k in 40:12. However, it was just before the midway point that the big shock of the race occurred. The Spaniard Francisco Fernandez, the World Cup title-holder, and the winner of three Race Walking Challenge races this year walked off the course on the seventh lap. Fernandez was later quoted as saying he felt pain in his leg and pulled out as a precaution, not wanting to ruin his season with a serious injury.

With the number one favourite gone, the race now became wide open as the lead pack was still ten-men strong at the 10k point. It was only before the fifteenth kilometre that the first serious break occurred. The 21-year-old Mexican Eder Sanchez reached the next split in 1:00:29 and held a small lead of 3 seconds over the pack, which still included the Race Walking Challenge leader Luke Adams of Australia, Erik Tysse of Norway, the African record holder Hatem Ghoula, Juan Manuel Molina of Spain and two surprising Colombians, Gustavo Restrepo and Luis Fernando Lopez. While he

was not able to pull away clearly, Sanchez did not allow the chasers to catch him, either. He maintained a slim lead until the very end to take the first Race Walking Challenge victory of his career in 1:20:26. Erik Tysse finished strongest of the pursuers, pulling away to finish ahead of Ghoula, Molina and Adams. Neither of the Colombian athletes, who walked so strongly for most of the distance, managed to reach the finish line - Lopez eventually withdrew, while Restrepo was one of two athletes receiving disqualifications.

The second place was enough to give Tysse the lead in the Race Walking Challenge standings with 30 points. Luke Adams, the previous leader, has the same number of points as Tysse, but trails the Norwegian, since his highest finish in the series is second place, while his rival won the race in Sesto San Giovanni.

| | | | | | | | |
|-----|---------------------|----|--------------|-------|-------|---------|------------|
| 1. | Eder SANCHEZ | 86 | MEXICO | 20:05 | 40:12 | 1:00:29 | 1:20:26 * |
| 2. | Erik TYSSE | 80 | NORWAY | 20:05 | 40:12 | 1:00:32 | 1:20:31 |
| 3. | Hatem GHOULA | 73 | TUNISIA | 20:04 | 40:12 | 1:00:32 | 1:20:40 |
| 4. | Juan-Manuel MOLINA | 79 | SPAIN | 20:06 | 40:12 | 1:00:33 | 1:20:44 |
| 5. | Luke ADAMS | 76 | AUSTRALIA | 20:05 | 40:13 | 1:00:33 | 1:21:00 |
| 6. | Ivan TROTSKI | 76 | BELARUS | 20:06 | 40:13 | 1:00:33 | 1:21:09 ** |
| 7. | Andres CHOCHO-LEON | 83 | ECUADOR | 20:21 | 41:00 | 1:01:37 | 1:22:31 * |
| 8. | Park CHIL-SUNG | 82 | SOUTH KOREA | 20:05 | 40:13 | 1:00:57 | 1:22:31 ** |
| 9. | Jared TALLENT | 84 | AUSTRALIA | 20:05 | 40:12 | 1:00:44 | 1:23:28 * |
| 10. | Hassanine SBAI | 84 | TUNISIA | 20:47 | 41:48 | 1:02:34 | 1:23:37 ** |
| 11. | Kim HYUN-SUB | 85 | SOUTH KOREA | 20:23 | 41:15 | 1:02:14 | 1:23:56 * |
| 12. | Aleksandr YARGUNKIN | 81 | RUSSIA | 20:15 | 40:59 | 1:02:22 | 1:24:14 * |
| 13. | Andrei TALASHKA | 82 | BELARUS | 20:21 | 41:32 | 1:03:01 | 1:25:24 ** |
| 14. | Hannes TONAT | 86 | GERMANY | 21:24 | 43:01 | 1:04:57 | 1:27:21 |
| 15. | Michal BLAZEK | 85 | SLOVAKIA | 21:32 | 43:16 | 1:05:29 | 1:27:54 SB |
| 16. | Milan RIZEK | 78 | SLOVAKIA | 22:34 | 44:57 | 1:07:43 | 1:30:07 |
| 17. | Marc MUNDELL | 83 | SOUTH AFRICA | 22:25 | 45:31 | 1:09:42 | 1:33:58 ** |
| 18. | Mohd ABDUL-RAH | 80 | MALAYSIA | 23:04 | 46:53 | 1:11:08 | 1:36:01 * |
| 19. | Thiru BALAY-SENDRA | 69 | MALAYSIA | 23:37 | 47:36 | 1:12:26 | 1:37:03 * |
| 20. | Roman TURKALEVYCH | 84 | UKRAINE | 22:49 | 46:49 | 1:13:16 | 1:43:28 |

5TH WORLD YOUTH CHAMPIONSHIPS, OSTRAVA, CZECH REPUBLIC, 11-15 JULY 2007_

The World Youth Championships, held every second year, is the premier world event for Youth under the age of 18. Amongst the many athletics events on offer are a 5000m walk for Girls and a 10000m walk for boys. The Games website is very comprehensive and well worth a visit. Point your browsers at <http://www.iaaf.org/WYC07/>

5000 Metres Race Walk Girls, Thursday, July 12, 2007, 7:25PM

Russia's Tatyana Kalmykova became the first ever athlete to defend her World Youth title as she won the Girls' 5000m Race Walk in a new World Youth best time of 20:28.05. Kalmykova's winning time is not only World Youth but also World Junior best, both previous marks belonging to 1995 10km Race Walk World champion Irina Stankina, also of Russia. Kalmykova who was in the lead from gun to tape smashed her own championship record of 22:14.47 set in the heat of Marrakech two years ago. Irina Yumanova made it a double celebration for Russia as she set a new personal best time of 21:21.14 to take silver well clear of Greece's Panayiota Tsinopoulou whose personal best 22:49.15 was worth a bronze medal tonight. Kalmykova and Yumanova walked shoulder to shoulder until the eventual champion decided to toughen the pace with six and a half laps to go. Two laps later and she was more than one hundred metres clear of her team-mate, her leading increasing with every stride. China's Tongjie Zhou who held third position behind the Russian pair was showed the red disqualification card with four laps to go. It was the only DQ in a race which included no fewer than seventeen personal bests. Both the Australian girls did a terrific job. SA walker Paige Hooper, still only 14, smashed her PB to finish just outside the medals, in 4th place in a wonderful 22:57 while NSW walker Melissa Hayes, aged 15, finished 14th in just over 24 minutes.



Russia's Tatyana Kalmykova wins in a World Best of 20:28.05

| | | | | |
|-----|------------------------|------------|-----------------|-------------|
| 1. | Kalmykova Tatyana | RUS | 20:28.05 | (WY) |
| 2. | Yumanova Irina | RUS | 21:21.14 | (PB) |
| 3. | Tsinopoulou Panayiota | GRE | 22:49.15 | (PB) |
| 4. | Hooper Paige | AUS | 22:57.67 | (PB) |
| 5. | Palmisano Antonella | ITA | 22:58.52 | (PB) |
| 6. | Mielcarek Anna | POL | 22:58.94 | (PB) |
| 7. | Gradinariu Alexandra | ROM | 22:59.18 | (PB) |
| 8. | Turnea Adriana | ROM | 23:17.68 | (PB) |
| 9. | Pineda Anlly | COL | 23:19.79 | (PB) |
| 10. | Jimenez Paola | MEX | 23:23.15 | (PB) |
| 11. | Franco Jamy | GUA | 23:47.40 | |
| 12. | Ka'emaka Anita | LAT | 23:57.05 | (PB) |
| 13. | Nishizawa Chiharu | JPN | 24:02.47 | |
| 14. | Hayes Melissa | AUS | 24:09.01 | |
| 15. | Kozhakhmetova Ayman | KAZ | 24:09.91 | (PB) |
| 16. | Hamdi Olfa | TUN | 24:12.14 | (PB) |
| 17. | Arrieta Dulce Angelica | MEX | 24:12.28 | (PB) |
| 18. | Newitt Kate | NZL | 24:20.26 | (PB) |
| 19. | Yamaga Yuri | JPN | 24:24.72 | |
| 20. | Darazhuk Nadzeya | BLR | 24:35.58 | (SB) |
| 21. | Kriván Berta | HUN | 24:43.24 | (PB) |
| 22. | Simkute Sandra | LTU | 24:52.13 | |
| 23. | Hadnagy Viktória | HUN | 25:01.87 | (PB) |
| 24. | Privalincová Veronika | SVK | 26:10.41 | |
| | Zhou Tongjie | CHN | DQ | |
| | Yerga Sandra | ESP | DNF | |

| | | |
|-----------------------|-----|-----|
| Kozhakhmetova Sholpan | KAZ | DNF |
| Weon Seasbyeol | KOR | DNF |
| Xu Liqin | CHN | DNF |
| Alonso Sara | ESP | DNF |

10,000 Metres Race Walk Boys, Saturday, July 14, 2007, 9AM

The Saturday morning session of day four competition in Ostrava was highlighted by the final of the Boys 10,000m Race Walk with yet again another Russian athlete taking top honours. 16-year-old World Youth leader Stanislav Emelyanov took his country's fifth World Youth title in the event in five editions of the championships in a new Championship record 41:49.91. It was expected that Russia would repeat the Girls Race Walk double from last Tuesday but Denis Strelkov, the year's second fastest youth, performed below his own expectations and finished a disappointing eighth. Instead it was Mexico's Pedro Daniel Gomez who stepped up taking his country's first medal of the week, a silver in a new personal best 43:11.87. Vito Di Bari of Italy came in third with a PB 43:36.13 in a race which registered no fewer than 17 personal best times.



Russian Stanislav Emelyanov wins the Boys event in 41:49.91

| | | | | |
|-----|-----------------------|-----|----------|------|
| 1. | Emelyanov Stanislav | RUS | 41:49.91 | (CR) |
| 2. | Gómez Pedro Daniel | MEX | 43:11.87 | (PB) |
| 3. | Di Bari Vito | ITA | 43:36.13 | (PB) |
| 4. | Geng Lingfu | CHN | 44:03.52 | (PB) |
| 5. | Macchia Riccardo | ITA | 44:11.43 | (PB) |
| 6. | Otake Yohei | JPN | 44:16.06 | (PB) |
| 7. | Rendón Julián | COL | 44:19.92 | (PB) |
| 8. | Strelkov Denis | RUS | 44:34.66 | |
| 9. | Chuklinau Aliaksandr | BLR | 44:40.56 | (SB) |
| 10. | Khan Jibreel Rahmat | QAT | 44:59.57 | (PB) |
| 11. | Zhang Yongkun | CHN | 45:15.56 | |
| 12. | Bonfim Caio | BRA | 45:16.88 | (PB) |
| 13. | Halman Wojciech | POL | 45:20.06 | (PB) |
| 14. | Dziubin Dzmitry | BLR | 46:11.87 | (PB) |
| 15. | Lopes Luis | POR | 46:18.84 | |
| 16. | Tolozza Felipe | CHI | 46:21.85 | (PB) |
| 17. | Kozlovskij Genadij | LTU | 46:31.17 | (PB) |
| 18. | Ochoa Adrian | MEX | 46:32.66 | |
| 19. | Yuste Francisco | ESP | 46:57.46 | (PB) |
| 20. | Partanen Veli-Matti | FIN | 47:14.64 | (PB) |
| 21. | Me?kenas Robertas | LTU | 47:29.87 | |
| 22. | Veskus Ainar | EST | 47:35.46 | (PB) |
| 23. | Dunfee Evan | CAN | 47:40.86 | (PB) |
| 24. | Ibáñez Perseus | SWE | 48:13.05 | (PB) |
| 25. | Capatina Chiril | MDA | 48:14.57 | |
| 26. | Martin Imanol | ESP | 48:18.10 | |
| 27. | Bekker Dewald | RSA | 48:25.44 | |
| 28. | Riha Roman | CZE | 51:08.83 | |
| 29. | Jumadildayev Alexandr | KAZ | 51:10.77 | |
| 30. | Malysa Jiri | CZE | 54:42.21 | |
| 31. | Magandren Jayaseelans | MAS | 55:38.13 | |
| | Wiater Tomasz | POL | DQ | |
| | Wears Ben | GBR | DNF | |

6TH EUROPEAN UNDER 23 CHAMPIONSHIPS, DEBRECEN, HUNGARY, 12-15 JULY 2007

The 6th European Under 23 championships have just been held in Debrecen in Hungary and amongst the events on offer were a 10000m walk for women and a 20000m walk for men.

20 km Walk Women, 1 July 2007, 8.00AM

Diminitive (162 cm and 45 kg) Russian walker Tatyana Shemyakina, aged 19, picked up from last year when she took silver in the World Junior 10,000m championship. This time it was gold as she won by over 5 minutes in a Championship Record of 1:28:48. Russians took all 3 medals in a show of force. A special mention to English walker Jo Jackson who walked to 7th place in a big PB time of 1:36:28. Jo was in the British Commonwealth Games team in Melbourne last year and she has really kicked up a notch since then.

| | | | | |
|-----|-------------------------|-----|---------|----|
| 1. | SHEMYAKINA, Tatyana | RUS | 1:28:48 | CR |
| 2. | SOLOVYOVA, Svetlana | RUS | 1:33:58 | |
| 3. | MIKHAYLOVA, Olga | RUS | 1:34:41 | |
| 4. | KWOKA, Katarzyna | POL | 1:34:49 | PB |
| 5. | ZAPOUNÍDOU, Déspina | GRE | 1:35:42 | |
| 6. | SCHINDLEROVÁ, Zuzana | CZE | 1:36:04 | |
| 7. | JACKSON, Jo | GBR | 1:36:28 | PB |
| 8. | VIRBALYTE, Brigita | LTU | 1:36:38 | PB |
| 9. | PELANTOVÁ, Lucie | CZE | 1:37:12 | PB |
| 10. | BUZIAK, Paulina | POL | 1:38:20 | |
| 11. | TRAPLETTI, Valentina | ITA | 1:38:45 | PB |
| 12. | MARINELLI, Maria Teresa | ITA | 1:38:58 | PB |
| 13. | DYGACZ, Agnieszka | POL | 1:40:46 | |
| 14. | DRABENIA, Hanna | BLR | 1:42:13 | |
| 15. | YAKOVENKO, Olga | UKR | 1:42:24 | PB |
| 16. | RODRIGUES, Fatima | POR | 1:43:12 | |
| 17. | IGNATE, Modra | LAT | 1:44:09 | |
| 18. | RAGONESI, Agnese | ITA | 1:44:18 | |
| 19. | MADARÁSZ, Viktória | HUN | 1:44:41 | |
| 20. | LORIOU, Mandy | FRA | 1:45:14 | |
| | KERNÁCS, Krisztina | HUN | DSQ | |
| | YATSEVICH, Nastassia | BLR | DSQ | |
| | VARRÓ, Katalin | HUN | DSQ | |

20 km Walk Men, 14 July 2007, 8.00AM

Valerij Borchin went in as firm favourite after his silver medal in last year's European 20 km championships (1:20:00). This year he had improved his PB to 1:18:56 and he did not disappoint. In fact, Russia took all 3 medals. That made 6 out of 6 for Russia in what was a consummate show of force.

| | | | | |
|-----|---------------------|-----|---------|----|
| 1. | BORCHIN, Valeriy | RUS | 1:20:43 | |
| 2. | KRIVOV, Andrey | RUS | 1:21:51 | |
| 3. | BAKULIN, Sergey | RUS | 1:23:33 | |
| 4. | JANEVICS, Ingus | LAT | 1:23:37 | PB |
| 5. | KRAUSE, Michael | GER | 1:24:54 | |
| 6. | DMYTRENKO, Ruslan | UKR | 1:26:25 | |
| 7. | TONAT, Hannes | GER | 1:27:24 | |
| 8. | JELONEK, Jakub | POL | 1:28:06 | |
| 9. | ZIUKAS, Marius | LTU | 1:28:35 | |
| 10. | KAZAKOU, Aliaksandr | BLR | 1:28:52 | |
| 11. | LOSEV, Ivan | UKR | 1:31:13 | |
| 12. | MIKELIONIS, Vilius | LTU | 1:32:24 | |
| 13. | RÁCZ, Sándor | HUN | 1:35:21 | |
| | SÁNCHEZ, Benjamín E | SP | DNF | |
| | BLAZEK, Michal | SVK | DNF | |
| | RUBINO, Giorgio | ITA | DSQ | |
| | SUSKEVICIUS, Tadas | LTU | DSQ | |
| | SIMANOVICH, Dzianis | BLR | DSQ | |
| | BRZOWSKI, Artur | POL | DSQ | |
| | SCHMIDT, Carsten | GER | DNF | |
| | IBÁÑEZ, Ato | SWE | DSQ | |



Russian winners Aniyisa Kornikova and Sergey Morozov

Russia continued their dominance on the world walking scene by taking 4 of the 6 medals on offer in the European Junior championships, held this weekend in Hengelo in Holland. See full results at <http://www.european-athletics.org>

Junior Women 10,000m Race Walk, 19 July 2007

Russia's Aniyisa Kornikova got the 19th European Junior Athletics Championships off with a bang by nearly setting a European junior record in the women's 10,000m Race Walk, the first gold medal to be decided. Kornikova was on course to beat the time of 43:11.34 set by her compatriot Vera Sokolova at the last edition of these Championships two years ago until weakening in the final kilometre but she still clocked a marvellous 43:27.20, the 9th fastest time ever.

"I'm not sure whether I am happy with the gold medal or sad that I just missed the record. Walking alone in the second half of the race was hard and I think that was the reason why I lost the record in the last kilometre," said the 17 year-old, who will still be eligible to contest the IAAF World Junior Championships in Athletics next year in the Polish city of Bydgoszcz.

In her first official track competition of the year, although she stated her credentials when winning the European Cup Race Walking junior 10km on the roads in May, Kornikova went to the front immediately and flew through the opening kilometre in 4:13.12, more than 10 seconds faster than Sokolova.

Another Russian, Yelena Shumkina, trailed closely behind Kornikova for the first quarter of the race before she could keep up no longer and Kornikova passed the halfway point in 21:15.60, still more than seven seconds ahead of European record pace.

The audacious early pace started to tell shortly around two-thirds of the way into the race and although Kornikova passed 7000m in 30:02.09, she was now barely a second ahead of Sokolova's split. She still was still marginally in front on the clock at 9000m and, after lapping everyone else in the field at least once, Kornikova's record ambitions only disappeared in the final two laps.

Shumkina took the silver in 46:24.74 while Alena Kostromitina completed a Russian clean sweep, the first ever by a single nation in this event, in a personal best 46:41.56.

| | | | | |
|-----|------------------------|-----|----------|----|
| 1. | KORNIKOVA, Anisyia | RUS | 43:27.20 | PB |
| 2. | SHUMKINA, Yelena | RUS | 46:24.74 | |
| 3. | KOSTROMITINA, Alena | RUS | 46:41.56 | PB |
| 4. | GRECEANU, Anamaria | ROM | 47:51.40 | SB |
| 5. | MENZATO, Federica | ITA | 47:58.07 | PB |
| 6. | FERRARO, Federica | ITA | 48:16.05 | PB |
| 7. | STÁVROU, Spyridoúla | GRE | 48:49.38 | PB |
| 8. | PASTARE, Agnese | LAT | 49:07.36 | SB |
| 9. | GODINHO, Catarina | POR | 49:23.73 | PB |
| 10. | CZAKOVA, Maria | SVK | 49:23.95 | PB |
| 11. | GONZALEZ, Raquel | ESP | 50:10.80 | PB |
| 12. | ASIPENKA, Krystsina | BLR | 50:41.30 | |
| 13. | GRASSE, Jenny | GER | 50:43.95 | |
| 14. | KAASALAINEN, Karoliina | FIN | 51:28.07 | |
| 15. | CONCEIÇÃO, Ana | POR | 51:43.77 | |
| 16. | BANCIU, Georgiana | ROM | 53:59.17 | |
| 17. | KARDOS, Cecília | HUN | 58:35.78 | |

| | | |
|--------------------|-----|-----|
| CASTRILLO, Lorena | ESP | DNF |
| MAZURONAK, Volha | BLR | DSQ |
| STRNADOVA, Barbora | SVK | DSQ |
| MÉSZÁROS, Anita | HUN | DSQ |

Intermediate Times for Kornikova were 4:13, 8:33, 12:45, 17:01, 21:15, 25:40, 30:02, 34:25, 38:52, 43:27

Junior Men 10,000m Race Walk, 21 July 2007

Russia's Sergey Morozov produced an excellent gun-to-tape performance to win in a personal best of 40:02.88 and move to tenth on the world all-time lists, albeit behind four of his compatriots in those rankings. Morozov hit the front almost immediately and steadily pulled away from the rest of the field. Italy's silver medallist Matteo Giupponi set a personal best of 40:54.88 but finished 250m behind the winner. The gold medal was Russia' sixth in recent age-group events having taken both the men's and women's walking events at the IAAF World Youth Championships and also the European Athletics Under-23 Championships.

Spain's Lluís Torla won the battle for the bronze medal with his twin brother Manel, the pair clocking personal bests of 41:06.32 and 41:07.51 respectively. Russia's Aleksey Barachaykin had been on course for a place on the podium but was disqualified shortly after 7,000m when lying third.

Morozov won the Junior 10 km roadwalk at the 2006 Racewalking World Cup in La Coruna and continued his dominance in the Junior ranks. Yet another fantastic Russian talent!

| | | | | |
|-----|------------------------|-----|----------|-----|
| 1. | MOROZOV, Sergey | RUS | 40:02.88 | PB |
| 2. | GIUPPONI, Matteo | ITA | 40:54.88 | PB |
| 3. | TORLA, Lluís | ESP | 41:06.32 | PB |
| 4. | TORLA, Manel | ESP | 41:07.51 | PB |
| 5. | PAPAMIHAÍL, Aléxandros | GRE | 42:04.57 | PB |
| 6. | LINKE, Christopher | GER | 42:11.94 | |
| 7. | CAMPION, Kevin | FRA | 42:15.88 | NJR |
| 8. | LÓPEZ, Miguel Ángel | ESP | 42:36.60 | SB |
| 9. | SHORIN, Dmitriy | RUS | 42:47.27 | PB |
| 10. | RUMBENIEKS, Arnis | LAT | 42:50.37 | PB |
| 11. | HELLEBRANDT, Máté | HUN | 43:33.73 | |
| 12. | TONTODONATI, Federico | ITA | 43:37.05 | |
| 13. | CIUBOTARU, Alin | ROM | 43:57.71 | |
| 14. | ZEKAS, Tautvydas | LTU | 44:52.62 | |
| 15. | MOLMY, Damien | FRA | 46:02.95 | |
| 16. | BOUFRAINE, Mehdu | FRA | 47:10.33 | |
| 17. | ADRAGNA, Andrea | ITA | DSQ | |
| 18. | BARCHAYKIN, Aleksey | RUS | DSQ | |
| 19. | HAMZUNAU, Dzmitry | BLR | DSQ | |
| 20. | LYAKHOVICH, Aliaksandr | BLR | DNF | |

Intermediate Times for Morozov were 3:59, 8:02, 12:02, 16:02, 20:00, 23:59, 27:57, 31:56, 35:59, 40:03

2007 ALL-AFRICA GAMES, ALGIERS, 18-23 JULY 2007

Yet another major championship meet with the All-Africa Games currently underway in Algiers. The meet includes 20 km walks for men and women. Point your browsers to http://www.africathle.com/perso/events/ALGER_2007/ALGER_2007.html

Tunisian athletes won both walks with the star performer being Hatam Ghoula who last year placed 4th in the 20 km event at the Racewalking World Cup in La Coruna. He is a class walker and it looks like the North Africans (principally Tunisia and Algeria) are well on the way to developing as strong walking nations.

Women 20 km Walk

| | | | |
|-----|-------------------|-----|---------|
| 1. | Cheima Trabelsi | TUN | 1:49:13 |
| 2. | Mercy Njoki | KEN | 1:49:18 |
| 3. | Ararsa Asnakech | ETH | 1:49:29 |
| 4. | Ghania Amzal | ALG | 1:49:39 |
| 5. | Bahia Boussad | ALG | 1:51:56 |
| 6. | Ruzaan Harris | RSA | 1:52:36 |
| 7. | Grace Wanjiru | KEN | 1:52:53 |
| 8. | Nagwa Ebrahim Aly | EGY | 1:53:19 |
| 9. | Bekashien Aynalem | ETH | 1:54:23 |
| 10. | Rahma El Mahmoudi | TUN | 1:55:36 |
| 11. | Yolène Raffin | MRI | 1:56:45 |
| 12. | Hakima Embarek | ALG | 2:01:07 |
| 13. | Nomsa Buthelezi | RSA | 2:01:32 |
| 14. | Kafayat Bubalola | NGR | 2:02:18 |
| 15. | Queensly Asedo | NGR | 2:03:45 |
| | Nicole Cronje | RSA | dq |

Men 20 km Walk

| | | | |
|-----|--------------------|-----|---------|
| 1. | Hatem Ghoula | TUN | 1:22:33 |
| 2. | David Kimutai | KEN | 1:24:16 |
| 3. | Mohamed Ameer | ALG | 1:25:12 |
| 4. | Hicham Medjber | ALG | 1:33:02 |
| 5. | Chernet Mikore | | 1:34:03 |
| 6. | Ali Amrouche | ALG | 1:37:09 |
| 7. | Tham Huatshwoyo | RSA | 1:37:39 |
| 8. | Marc Mundell | RSA | 1:38:26 |
| 9. | Ashenafi Merecho | ETH | 1:44:34 |
| 10. | Beja Kalamba | COD | 1:44:59 |
| 11. | Werner Appel | RSA | 1:48:46 |
| 12. | Kazeem Adeyfini | NGR | 1:55:04 |
| | Gabriel Ngnitendem | CMR | dnf |
| | Toussaint Bemba | CGO | dnf |
| | Hassanine Sbai | TUN | dq |

PAN AMERICAN GAMES, RIO DE JANEIRO, BRAZIL, 23-28 JULY 2007

The major international events continue and this week we saw the Pan American Games which featured a full set of walks. Results and commentaries are taken from the IAAF website (www.iaaf.org)

20km Walk for Men, Day One, Monday 23 July 2007

Ecuadorian Jefferson Pérez highlighted the first day of athletics competitions at the XV Pan-American Games in Rio de Janeiro, by winning the 20Km Race Walk in 1:22:08. For the 33-year-old from Cuenca, this is his third title at these Games. Pérez is also a two-time World champion (2003, 2005), 1996 Olympic champion, and the distance's World Record holder (1:17:21).

The race started at 15:00 local time in Rio, under a sunny sky and intense heat. The circuit was set at the "Parque do Flamengo", near the Copacabana area, by the coastal part of the city. Pérez dominated from the first moment and never left the head of the race. His lap times were: 8:34; 16:56; 25:11; 33:35; 42:03 (for 10Km); 50:34; 58:40; 1:06:23 and 1:14:14. His rhythm increased to 40:05 in the second half, and his last 6Km was covered in 23:28.

"Winning something for my country is always something very special", said Pérez after crossing the finish line. This is his fourth medal at the Games, after 3 golds (1995, '03, '07) and a bronze ('99). Now Pérez will head to Europe for his final preparations for the Osaka World Championships.

In a historic day for Ecuador, Ronaldo Saquipay finished in second place in 1:23:28, a season's best, while Colombian Gustavo Adolfo Restrepo was third in 1:24:51.

It wasn't such a good race for Mexico, one of the race walking powerhouses of the Americans. Its 2 representatives at the men's 20Km, Cristian Berdeja and Erick Guevera, were disqualified after 14 and 18 kms respectively.



Perez powers to victory in Rio de Janeiro

| | | | | | |
|----|-------------------------------|-----|-------------|---------|----|
| 1. | PEREZ Jefferson | ECU | 1 JUL 1974 | 1:22:08 | |
| 2. | SAQUIPAY Jaime | ECU | 21 JUL 1979 | 1:23:28 | |
| 3. | RESTREPO BAENA Gustavo Adolfo | COL | 27 JUL 1982 | 1:24:51 | ~ |
| 4. | SANTOS JR Mario | BRA | 9 OCT 1979 | 1:29:53 | >> |
| 5. | BOYLES Matthew | USA | 15 SEP 1982 | 1:30:03 | ~ |
| 6. | SEGURA Allan | CRC | 23 DEC 1980 | 1:32:27 | > |
| 7. | NUNN John | USA | 3 FEB 1978 | 1:32:37 | |
| 8. | BAGIO Jose Alessandro | BRA | 16 APR 1981 | 1:34:15 | |
| 9. | CANO Juan Manuel | ARG | 12 DEC 1987 | 1:34:45 | |
| | CALVO Bernardo | CRC | 19 DEC 1983 | DNF | > |
| | TAPIA ECHARRI | PER | 24 NOV 1986 | DNF | ~ |
| | BERDEJA Cristian | MEX | 21 JUN 1981 | DQ | ~ |
| | GUEVARA RIVERA Erick | MEX | 25 AUG 1980 | DQ | ~ |
| | LOPEZ ERAZO Luis Fernando | COL | 3 JUN 1979 | DQ | ~ |
| | MARTINEZ Julio | GUA | 27 SEP 1973 | DQ | > |
| | SANDOVAL Walter | ESA | 16 DEC 1984 | DQ | >> |

20km Walk for Women

Cristina Esmeralda López gave her country, El Salvador, many reasons to celebrate after winning the country's first ever medal at the Games, in the 20Km Race Walking. The race was decided in a very dramatic finish.

López, whose 3-year-old daughter Mónica Michelle undergoing medical treatment for a cancer in her right leg, crossed the line in

1:38:59. “God’s with me, and I have lots of faith”, said the champion, who also had a problem in her back by March.

The leading group went by the 10Km mark in 48:50. It was composed by López, Ecuador’s Miriam Ramón, Mexico’s María Esther Sánchez, Guatemala’s Evelin Nuñez, Bolivia’s Geovana Irusta and Colombian Sandra Zapata. By the 18th, only Irusta and Nuñez were accompanying López.

Shortly before 19Km, Nuñez was disqualified. López went clear and crossed the line 8 seconds ahead of Irusta, who then was also disqualified. Miriam Ramón picked up the silver medal with 1:40:03, and María Esther Sánchez was third with 1:41:47.

The triumph from López cuts the Mexican hegemony at the distance. Since the race walking events for women were staged at the Games (Indianapolis ’87), Mexican athletes had always won.

| | | | | | |
|----|--------------------------------|-----|-------------|---------|-----|
| 1. | LOPEZ Cristina | ESA | 19 SEP 1982 | 1:38:59 | ~~ |
| 2. | RAMON Mirian Elitsave | ECU | 10 FEB 1973 | 1:40:03 | |
| 3. | SANCHEZ COYOTE Maria Esther | MEX | 9 JAN 1983 | 1:41:47 | |
| 4. | SPINDLER Tania | BRA | 4 OCT 1977 | 1:42:15 | |
| 5. | SANCHEZ GUERRE. | MEX | 26 OCT 1973 | 1:42:47 | |
| 6. | ZAPATA PORTELA Sandra Patricia | COL | 3 FEB 1977 | 1:43:44 | |
| 7. | GUAMAN Yadira | ECU | 8 JUN 1986 | 1:46:06 | |
| | LOPES Cisiane | BRA | 17 FEB 1983 | DNF | |
| | UBEDA BLANDON Glenda Lucila | NCA | 17 SEP 1981 | DNF | |
| | COLINDRES Veronica | ESA | 9 JUL 1986 | DQ | >>> |
| | IRUSTA Geovana | BOL | 26 SEP 1975 | DQ | ~~~ |
| | MOORE Jolene | USA | 15 MAR 1966 | DQ | ~~~ |
| | NUÑEZ Evelin | GUA | 9 APR 1971 | DQ | ~~~ |
| | RODRIGUEZ Leyci | CUB | 6 MAY 1986 | DQ | >>> |
| | VAILL Teresa | USA | 20 NOV 1962 | DQ | >>> |

50km Walk for Men

Ecuador continued on its winning way with yet another gold, this time compliments of Xavier Moreno, ahead of the Mexicans who took the minor medals.

| | | | | | |
|-----|--------------------------|-----|-------------|---------|-----|
| 1. | MORENO Xavier | ECU | 15 NOV 1979 | 3:52:07 | ~~ |
| 2. | NAVA Horacio | MEX | 20 JAN 1982 | 3:52:35 | |
| 3. | ZEPEDA de LEON Omar | MEX | 8 JUN 1977 | 3:56:04 | >> |
| 4. | MIRA Salvador | ESA | 23 AUG 1984 | 3:59:51 | ~~ |
| 5. | GARCIA BECHINIE Luis | GUA | 13 SEP 1974 | 4:01:36 | |
| 6. | HERNANDEZ Fredy Hernando | COL | 25 APR 1978 | 4:03:10 | |
| 7. | SANTOS Claudio | BRA | 16 OCT 1987 | 4:14:38 | |
| 8. | DUNN Philip | USA | 12 JUN 1971 | 4:15:47 | |
| 9. | BASCUÑAN Cristian | CHI | 8 MAR 1983 | 4:24:21 | >> |
| 10. | REYES Ricardo | ESA | 10 MAR 1980 | DNF | |
| 11. | EASTLER Kevin | USA | 14 OCT 1977 | DQ | >>> |
| 12. | SANTOS JR Mario | BRA | 9 OCT 1979 | DQ | >>> |

17TH ASIAN ATHLETICS CHAMPIONSHIPS, AMMAN, JORDAN, 25-29 JULY 2007

Half a world away, the Asian Athletics Championships were contested in Jordan in conditions that were just as hot and humid. The times were slow but the Chinese took both golds with a strong team performance. The main question was – where were the Japanese? For a country with a lot of good walkers, their absence was hard to explain.

20 Km Walk Men, 26 July 2007

| | | | | |
|----|----------------------------|------------|------------|-----------|
| 1. | ZHIDE CUI | 1/11/1983 | CHINA | 1:30:21.3 |
| 2. | II-YONG SHIN | 2/17/1979 | KOREA | 1:31:33.4 |
| 3. | RUSTEM KUWATOV | 9/11/1977 | KAZAKHSTAN | 1:32:37.5 |
| 4. | MABROOK SALEH N MOHAMED | 4/23/1983 | QATAR | 1:34:43.4 |
| 5. | KRISTIAN LUMBAN TOBLING | 7/24/1979 | INDONESIA | 1:35:08.3 |
| 6. | JIBREEEL RAHMAT KHAN | | QATAR | 1:36:45.6 |
| 7. | CHOON SIENG LO | 11/16/1985 | MALYSIA | 1:39:17.7 |
| 8. | MOHD SHARRULHAI ABD RAHMAN | 2/19/1980 | MALYSIA | 1:48:01.0 |
| | JIMIN DONG | 10/10/1983 | CHINA | DNS |
| | MHMAD JOMAA | | SYRIA | DNS |

20 Km Walk Women, 27 July 2007

| | | | | |
|----|-------------------|------------|------------|------------|
| 1. | QIUYAN JIANG | 14/03/1983 | CHINA | 1:36:16.9s |
| 2. | YANMIN BAI | 29/06/1987 | CHINA | 1:38:10.6s |
| 3. | SVETLANA TOLSTAYA | 9/8/1971 | KAZAKHSTAN | 1:41:53.0s |
| 4. | YU FANG YUAN | 1/2/1976 | MALYSIA | 1:51:28.0s |
| 5. | RANIA OTHMAN | | SYRIA | 1:59:04.3s |

8TH CHINESE UNIVERSITY GAMES, GUANGZHOU, CHINA, 19-25 JULY 2007

The 8th Chinese National University Games concluded last week in Guangzhou, China. This meeting was last held in September 2004 in Shanghai and, as in past instances, it attracted many elite athletes. The competition was held in two divisions with the Provincial Universities competing in Division 1 and the Sports Universities competing in Division 2.

18-year-old Li Gaobo, one of China's brightest walking stars, who was second at the IAAF Race Walking Challenge in Shenzhen in March, took the 10,000m title in 40:51.75 but the tables were turned in the 20,000m track walk when he dropped to third place with a 1:29:55.

Although the best Chinese walkers were competing, the hot weather was a major deterrent to good times.

10000 m walk, Division 1, 19 July

| | | | | | |
|---|----------------|-----|----------|---------|----|
| 1 | Wang Hao | CHN | | 42:05.5 | |
| 2 | Yang Tao | CHN | 12.12.89 | 43:26.1 | SB |
| 3 | Guan Weilong | CHN | 22.3.85 | 43:49.7 | PB |
| 4 | Miao Yanxi | CHN | 3.8.84 | 44:40.7 | SB |
| 5 | Yu Hongshui | CHN | | 44:42.8 | PB |
| 6 | Zhang Hui | CHN | | 45:50.7 | SB |
| | Meng Ke | CHN | 8.12.87 | DQ | |
| | Zhang Ronglong | CHN | 2.11.84 | DQ | |

10000 m walk, Division 2, 19 July

| | | | | | |
|----|---------------|-----|----------|---------|----|
| 1 | Li Gaobo | CHN | 23.7.89 | 40:51.7 | PB |
| 2 | Wang Zhiping | CHN | 26.12.86 | 41:02.7 | PB |
| 3 | Cui Zhide | CHN | 11.1.83 | 41:28.7 | PB |
| 4 | Chu Yafei | CHN | 5.9.88 | 41:39.4 | PB |
| 5 | Zhang Xuezhi | CHN | 6.7.87 | 41:42.8 | PB |
| 6 | Zhu Hongjun | CHN | 18.8.83 | 42:01.1 | PB |
| 7 | Lu Ronghua | CHN | 21.2.83 | 42:09.7 | SB |
| 8 | Zeng Guoqiang | CHN | 25.10.84 | 42:18.3 | SB |
| 9 | Kang Wenduo | CHN | 9.10.83 | 42:28.0 | PB |
| 10 | Ai Bin | CHN | 20.6.87 | 42:56.7 | PB |
| 11 | Fang Pengfei | CHN | 16.2.83 | 43:27.3 | PB |
| 12 | Hou Yang | CHN | 21.3.91 | 44:13.1 | SB |
| 13 | Xu Xingde | CHN | 12.6.84 | 44:26.3 | SB |
| 14 | Ge Hu | CHN | 21.12.87 | 45:39.5 | PB |
| 15 | Ni Liang | CHN | 26.7.86 | 46:16.7 | PB |
| 16 | Liu Yong | CHN | 1.3.83 | 46:49.4 | SB |
| 17 | Zhang Chao | CHN | 8.8.88 | 47:24.6 | SB |
| | Cao Guotao | CHN | 8.1.83 | DNF | |
| | Liu Wenjun | CHN | 8.1.87 | DNF | |
| | Si Tianfeng | CHN | 17.6.84 | DQ | |
| | Liu Yongchao | CHN | 23.7.86 | DQ | |
| | Cui Zhili | CHN | 11.1.83 | DQ | |

5000 m walk, Division 1, 22 June

| | | | | | |
|----|--------------|-----|----------|---------|----|
| 1 | Yang Mingxia | CHN | 13.1.90 | 21:49.5 | |
| 2 | Yang Shuo | CHN | 24.7.90 | 22:16.0 | PB |
| 3 | Liu Feifei | CHN | 16.9.86 | 22:32.3 | PB |
| 4 | Yan Yang | CHN | 25.2.87 | 22:52.1 | SB |
| 5 | Ye Zhong | CHN | 12.10.87 | 22:58.3 | SB |
| 6 | Yi Qun | CHN | | 23:03.8 | |
| 7 | Ye Chun | CHN | 14.4.86 | 23:09.2 | |
| 8 | Zou Ying | CHN | 20.8.82 | 23:23.7 | PB |
| 9 | Kang Yaying | CHN | | 23:25.4 | PB |
| 10 | Li Lei | CHN | | 23:33.9 | PB |
| 11 | Peng Meng | CHN | | 23:37.2 | |
| 12 | Kang Jinzi | CHN | 15.1.88 | 23:47.9 | PB |
| 13 | Cao Xi | CHN | | 24:07.1 | |

20000 m walk, Division 2, 22 July

| | | | | | |
|---|--------------|-----|---------|---------|----|
| 1 | Zhang Xuezhi | CHN | 6.7.87 | 26:54.4 | PB |
| 2 | Chu Yafei | CHN | 5.9.88 | 28:35.9 | |
| 3 | Li Gaobo | CHN | 23.7.89 | 29:55.7 | |
| 4 | Hou Yang | CHN | 8.7.85 | 30:34.6 | PB |
| 5 | Liu Wenjun | CHN | 8.1.87 | 31:10.3 | PB |
| 6 | Fang Pengfei | CHN | 16.2.83 | 31:20.9 | PB |
| 7 | Kang Wenduo | CHN | 9.10.83 | 31:37.7 | PB |

| | | | | | |
|----|---------------|-----|----------|---------|----|
| 8 | Ge Hui | CHN | 21.12.87 | 31:45.7 | PB |
| 9 | Wang Zhiping | CHN | 26.12.86 | 33:15.1 | |
| 10 | Xu Xingde | CHN | 12.6.84 | 36:36.4 | SB |
| | Cao Guotao | CHN | 8.1.83 | DNF | |
| | Liu Yongchao | CHN | 23.7.86 | DNF | |
| | Zeng Guoqiang | CHN | 25.10.84 | DNF | |
| | Lu Ronghua | CHN | 21.2.83 | DNF | |
| | Si Tianfeng | CHN | 17.6.84 | DNF | |
| | Ai Bin | CHN | 20.6.87 | DNF | |
| | Liu Yong | CHN | 1.3.83 | DNF | |
| | Ni Liang | CHN | 26.7.86 | DNF | |
| | Cui Zhili | CHN | 11.1.83 | DQ | |
| | Zhang Chao | CHN | 8.8.88 | DQ | |

| |
|--|
| IRISH NATIONAL CHAMPIONSHIPS, 21-22 JULY 2007 |
|--|

Unlike Australia, Ireland has kept its National Racewalking Track Titles and they were recently held as shown below. The Open Men's division was the most closely contested with International walkers Robert Heffernan, Colin Griffin and Jamie Costin taking the 10,000m distance by storm. Ireland might only be a small walking nation but it continues to produce quality walkers and events like this certainly help. As I have said on many occasions, it's a real shame that our senior walkers are denied a track title opportunity.

Men's 10 000 m Walk

| | | | |
|----|-------------------|---------------------|----------|
| 1. | Heffernan, Robert | Togher A.C. | 39.11.78 |
| 2. | Griffin, Colin | Ballinamore A.C. | 39.51.85 |
| 3. | Costin, Jamie | West Waterford A.C. | 40.28.02 |
| 4. | Kidd, David | St. L. O'Toole A.C. | 44.33.27 |
| 5. | Egan, John | Bree A.C. | 45.42.39 |
| 6. | Fitzpatrick, Paul | Shercock A.C. | 46.17.10 |
| 7. | Dineen, Mark | Togher A.C. | DNF |

Women's 5000 m Walk

| | | | |
|----|-------------------|---------------------------|----------|
| 1. | Loughnane, Ann | Craughwell A.C. | 24.36.30 |
| 2. | Carolan, Donna | Inbhear Dee A.C. | 25.34.09 |
| 3. | Reynolds, Laura | Mohill A.C. | 26.00.74 |
| 4. | McMahon, Catriona | St. Marys (Limerick) A.C. | 26.29.87 |
| 5. | Tuohy, Georgina | Tullamore Harriers A.C. | 26.40.57 |

5000 m Walk - Junior Men

| | | | |
|----|--------------------|-----------------------------|----------|
| 1. | Fitzpatrick, Paul | Shercock A.C. | 22.20.27 |
| 2. | Prendiville, Niall | Farranfore Maine Valley A.C | 25.15.68 |

3000 m Walk - Junior Women

| | | | |
|----|------------------------|--------------------|----------|
| 1. | Reynolds, Laura | Mohill A.C. | 15.35.5 |
| 2. | Prendiville, Sinead | Lios Tuathail A.C. | 16.15.08 |
| 3. | Prendiville, Aoibheann | Estuary A.C. | 17.57.59 |
| 4. | Forristal, Sally | St. Joseph'S A.C. | 19.21.86 |

5000 m Walk - U.23 Men

| | | | |
|----|----------------|---------------|----------|
| 1. | Muldoon, Peter | Shercock A.C. | 23.34.35 |
| 2. | Dineen, Mark | Togher A.C. | 25.51.11 |
| 3. | Healy, Timothy | Togher A.C. | 26.43.59 |

3000 m Walk - U.23 Women

| | | | |
|----|--------------------|-----------------|----------|
| 1. | Loughnane, Ann | Craughwell A.C. | 14.30.20 |
| 2. | Mc Mahon, Catriona | St. Marys A.C. | 15.11.84 |

24TH SUMMER UNIVERSIADE GAMES, BANGKOK, 8-18 AUGUST 2007

The World University Games, held every 2 years, are in full swing in Bangkok in what can only be described as sauna like conditions. You can follow all the action at website <http://www.bangkok2007.com/en/main/index2.php>

20 km Walk Women, Thursday 9 August, 6:30AM

The walking events are being held in Ayutthaya, about 60km from Bangkok and the women's 20 km was completed last Thursday. China's Jiang Qiuyan successfully defended the 20-kilometre walk title she won two years earlier in Izmir, Turkey. She crossed the finish line in 1:35:22, two minutes slower than her championships record of 1:33:13

"I'm very happy to win it again," said the title-holder. "I'm quite satisfied with the result although it is not as good as the one in Izmir. Now, I'll focus on my intensive training to get a chance to compete in next year's Beijing Olympics," Jiang told The Nation.

The recently crowned Asian champion in Amman was followed home by Italy's Lidia Mongelli (1:37.23) and Belarus' Sniazhana Yurchanka (1:37:26). Australia's sole rep **Claire Woods**, like most of the walkers, found the stifling conditions very tough.

| | | | |
|-----|-----------------------------------|------------|---------|
| 1. | CHN - JIANG Qiuyan | 14/03/1983 | 1:35:22 |
| 2. | ITA - MONGELLI Lidia | 03/08/1980 | 1:37:23 |
| 3. | BLR - YURCHANKA Sniazhana | 01/08/1984 | 1:37:26 |
| 4. | JPN - OTOSHI Kumi | 29/07/1985 | 1:37:36 |
| 5. | LTU - AIDIETYTE Neringa | 05/06/1983 | 1:38:57 |
| 6. | SVK - MALIKOVA Zuzana | 02/08/1983 | 1:39:06 |
| 7. | RUS - EMELYANOVA Larisa | 06/01/1980 | 1:39:48 |
| 8. | ROM - OLARU Alina | 03/10/1982 | 1:40:12 |
| 9. | BLR - HALAUNIA Zhanna | 18/05/1986 | 1:40:42 |
| 10. | LTU - VIRBALYTE Brigita | | 1:41:06 |
| 11. | SVK - GALIKOVA Maria | 21/08/1980 | 1:41:32 |
| 12. | MEX - SANCHEZ COYOTE Maria Esther | 09/01/1983 | 1:42:16 |
| 13. | CZE - SCHINDLEROVA Zuzana | 25/04/1987 | 1:43:14 |
| 14. | AUS - WOODS Claire | 06/07/1981 | 1:45:07 |
| 15. | RUS - VASILYEVA Svetlana | 13/06/1985 | 1:46:09 |
| | GER - LANDMANN Maja | 22/01/1985 | DQ |
| | UGA - BAAKO Joyce Balle | 12/12/1988 | DNS |

Men's 20km Walk, 14 August, 2007

Yafei Chu was not only the youngest walker in the field (18 years old), he was also the fastest on current form (1:18:44) and he did not disappoint in this morning's race, narrowly holding out the top Korean walker Park. Once again, conditions were torrid and all times were effected. **Tom Barnes** walked excellently in his first international representation, coming 17th in 1:33:26. Here is what Tom had to say about the walk

Hey everybody,

Sorry for the big group email, am kinda tired at the moment! Just thought I'd tell y'all that I had my 20 km race at the world university games this morning. The race was held about 40 mins away from where the aussies were staying, so I had to get up at about 3:30 am for a 6:30 am start - that was hard enough!!

We had pretty good conditions at the start of the race (relatively) - it was about 25 deg when we started with low-ish humidity and clear sky and then it just got hotter and hotter and hotter!! Even after the first 2 k, all the competitors were drenched in sweat and grabbing for the nearest sponges and drinks. When the sun came up, it really heated sections of the course so it was like walking in a sauna after a while.

After the first 5 k I was looking at a time somewhere below 90 mins but the heat and exhaustion set in between about 6 and 10 k and I dropped a bit of time. By this time I was in about 20th position (~25 starters). The top guys were pretty quick, probably second-tier walkers from each of their countries - Mexico, China, Russia, Poland, Equador, Korea, Japan - the top walking countries really.

After about 12 k, I found some rhythm and started to reel a couple of walkers in. Also, some guys up ahead of me got disqualified so that bumped me up a bit. I tried to power home but it was so hot by this stage that it was a battle just to maintain pace. In the end, I finished in a time of 93 m 26 s (by my watch) in about 17th position (not sure exactly though). I was pretty happy with the time and I don't think I could have raced any better tactically or speedily. The winner (from China) walked about 84 mins 30 secs - a great walk in the conditions, but his PB is a lot faster so it goes to show that the weather really does play a part in racing. They were really flying by the end though!

Anyway, just thought I'd let everybody know how I went. Can't wait to have a few drinks tonight...not often I get to uni games so am gonna kick up my heels for a while and try to recover from what was the toughest race of my life (bar none!!).

Hope everyone is well back in Aus or wherever you are! Tell me what's been happening!!

Tom B

| | | | |
|----|------------------------|------------|---------|
| 1. | CHN - CHU Yafei | 05/09/1988 | 1:24:37 |
| 2. | KOR - PARK Chil Sung | 08/07/1982 | 1:24:42 |
| 3. | JPN - MORIOKA Koichiro | 02/04/1985 | 1:25:10 |
| 4. | JPN - SUZUKI Yusuke | 02/01/1988 | 1:25:50 |

| | | | |
|-----|-----------------------------------|------------|------------|
| 5. | POL - KUCINSKI Benjamin | 01/06/1982 | 1:26:25 |
| 6. | KOR - KIM Hyunsub | 31/05/1985 | 1:27:20 |
| 7. | RUS - YARGUNKIN Alexander | 06/10/1981 | 1:27:40 |
| 8. | MEX - ORTIZ TELLO Gabriel Antonio | 08/12/1981 | 1:28:34 |
| 9. | CHN - ZENG Guoqiang | 25/10/1984 | 1:29:15 |
| 10. | GER - BERGER Maik | 17/02/1979 | 1:29:17 |
| 11. | BLR - SERADOVICH Mikalai | 25/01/1984 | 1:29:59 |
| 12. | POR - MARTINS Diogo | 14/08/1984 | 1:30:20 |
| 13. | ITA - ARAGONA Pasquale | 20/07/1980 | 1:30:42 |
| 14. | ECU - CHOCHO LEON Cristian Andres | 04/11/1983 | 1:31:24 |
| 15. | POL - AUGUSTYN Rafal | 14/05/1984 | 1:31:46 |
| 16. | RUS - PROKHOROV Alexander | 22/01/1986 | 1:32:46 |
| 17. | AUS - BARNES Thomas | 22/09/1982 | 1:33:26 |
| 18. | ECU - MORENO CRUZ Edison Xavier | 15/11/1979 | 1:34:01 |
| 19. | HUN - KAPERI Levente | 15/07/1984 | 1:35:15 |
| 20. | QAT - MOHAMMED Mabrook | 23/04/1983 | 1:38:43 |
| 21. | RSA - MUNDELL Marc | 01/01/1987 | 1:40:26 |
| 22. | THA - ANUNCHAI Veerapun | 01/04/1980 | 1:45:39 |
| 23. | SIN - SIM Soon Chye Edmund | 24/09/1983 | 1:51:08 SB |
| 24. | CHN - CUI Zhili | 11/01/1983 | DSQ |
| 25. | MEX - ROJAS CRUCES Alejandro | 30/08/1985 | DSQ |

IAAF WORLD CHAMPIONSHIPS, OSAKA, 25 AUGUST – 2 SEPTEMBER 2007

Boy., it's hot, hot, hot. The combination of unrelenting high temperatures and humidity make this one of the toughest venues ever for a World Championship meet. The men's marathon on Saturday was won in around 2:15, the slowest time for a major championship in many years, and it was even hotter on Sunday, the day of the men's 20 km walk. At 8AM when the walk started, it was 32°C and when it finished some 82 minutes later, it was 34°C and rising. With not a cloud in the sky, the conditions were not only super tough – they were dangerous. On Monday evening I was out and around at about 8:30PM in the city and the temperature on one of the large digital displays was showing 36°C. Luckily it seems to be cooling now and it is expected that conditions will be slightly cooler for the other walks on Friday and Saturday. But they will still be torrid affairs.

Men's 20km Walk, Sunday 26 August, 2007

What an event. I was lucky enough to see all the action roadside and I know that most of you will have seen it from home where it was fully televised by SBS TV. First to the results which you probably know by now. Another wonderful victory to Perez, his third successive World Championship victory.

| | | | | | |
|----|-----|----------------------------|-----|---------|----------|
| 1 | 108 | Jefferson PEREZ | ECU | 1:22:20 | |
| 2 | 103 | Francisco Javier FERNANDEZ | ESP | 1:22:40 | +0:20 |
| 3 | 111 | Hatem GHOULA | TUN | 1:22:40 | +0:20 |
| 4 | 113 | Eder SANCHEZ | MEX | 1:23:36 | +1:16 |
| 5 | 124 | Giorgio RUBINO | ITA | 1:23:39 | +1:19 |
| 6 | 116 | Robert HEFFERNAN | IRL | 1:23:42 | +1:22 |
| 7 | 118 | Luke ADAMS | AUS | 1:23:52 | +1:32 |
| 8 | 112 | Erik TYSSE | NOR | 1:24:10 | +1:50 |
| 9 | 102 | Ilya MARKOV | RUS | 1:24:35 | +2:15 |
| 10 | 128 | Alex SCHWAZER | ITA | 1:24:39 | SB +2:19 |
| 11 | 127 | Koichiro MORIOKA | JPN | 1:24:46 | +2:26 |
| 12 | 142 | Rolando SAQUIPAY | ECU | 1:25:03 | +2:43 |
| 13 | 101 | Gaobo LI | CHN | 1:25:30 | +3:10 |
| 14 | 129 | Matej TOTH | SVK | 1:25:57 | +3:37 |
| 15 | 117 | Chil-Sung PARK | KOR | 1:26:08 | +3:48 |
| 16 | 120 | Juan Manuel MOLINA | ESP | 1:26:26 | +4:06 |
| 17 | 131 | Benjamin KUCINSKI | POL | 1:26:43 | +4:23 |
| 18 | 135 | Andriy KOVENKO | UKR | 1:26:44 | +4:24 |
| 19 | 141 | Akihiro SUGIMOTO | JPN | 1:26:45 | +4:25 |
| 20 | 122 | Hyun-Sub KIM | KOR | 1:26:51 | +4:31 |
| 21 | 123 | Takayuki TANII | JPN | 1:26:53 | +4:33 |
| 22 | 144 | Luis Fernando LOPEZ | COL | 1:27:22 | +5:02 |
| 23 | 125 | Benjamin SANCHEZ | ESP | 1:27:29 | +5:09 |
| 24 | 138 | Hassanine SBAI | TUN | 1:27:35 | +5:15 |
| 25 | 114 | Joao VIEIRA | POR | 1:27:44 | +5:24 |
| 26 | 132 | Rafal AUGUSTYN | POL | 1:27:54 | +5:34 |
| 27 | 115 | Ivan TROTSKIY | BLR | 1:27:56 | +5:36 |
| 28 | 140 | Kevin EASTLER | USA | 1:28:29 | +6:09 |
| 29 | 104 | Yucheng HAN | CHN | 1:31:58 | +9:38 |
| 30 | 105 | Jimin DONG | CHN | 1:32:03 | +9:43 |
| 31 | 143 | Timothy SEAMAN | USA | 1:33:58 | +11:38 |
| 32 | 137 | Predrag FILIPOVIC | SRB | 1:35:51 | +13:31 |
| | 110 | Ivano BRUGNETTI | ITA | DQ | |
| | 136 | Andres CHOCHO | ECU | DQ | |
| | 121 | Daniel GARCIA | MEX | DQ | |
| | 139 | Gabriel ORTIZ | MEX | DQ | |
| | 134 | Gustavo RESTREPO | COL | DQ | |
| | 126 | Jared TALLENT | AUS | DQ | |
| | 109 | Igor YEROKHIN | RUS | DQ | |

Now to the report from the IAAF website

Ecuadorian veteran Jefferson Perez clinched an unprecedented hat-trick of world titles with a flawless demonstration of his physical and tactical superiority.

The experienced 33-year-old, who captured the 1996 Olympic 20km title in Atlanta, refused to panic when Italian Ivano Brugnetti established a 17-second lead at 10km. Instead Perez chose to bide his time and his wily approach paid dividends as he made his move on the long-time leader at 13km and eventually ran out a 20-second winner in 1hr 22min and 20sec.

Behind the gold medallist, European champion Francisco Fernandez crossed the line second. But the Spaniard, who had pegged back an improbable 15m gap on Tunisian Hatem Ghoula in the home straight, was adjudged to have lifted and was disqualified post-race (ans subsequently reinstated – see below).

Ghoula was initially upgraded to the silver medal and became the first African to win a race walking medal at either a World

Championship or Olympic Games. The bronze medal was awarded to Mexico's rising star Eder Sanchez in 1:23:36.

An elated Perez said of his history-making achievement: "I had big respect before of all the walkers. I also knew I could be the first with three consecutive golds but shortly after the start I forgot about this. I needed to concentrate on today's particular race as if it would be any other race.

"In the last three laps I was thinking 'Just breathe well and do what you can.' I was not thinking about the positions. Just to give the best fight. I am not sure, but this could be the toughest of my victories. After the finish line I said, 'My goodness, maybe this is a dream, but my dream.'"

Ghoula, 34, was also elated to finally win a major championship medal and added: "I've been quite consistent in the last few years, fifth in Helsinki, fourth at last year's World Cup. I'm so happy to get a medal for my eighth participation at the World Championships, besides it is the first Tunisian medal in the history of the competition. In the home straight, I drastically reduced my pace. I saw the judges close to me and got scared I could get disqualified."

The starting pistol was fired at 8am as the 42-strong field faced a gruelling 20km challenge in temperatures of 32 degrees and 51 per cent humidity.

Perez was quickly to the fore and he led after almost eight minutes on the track before the participants left for the roads and nine 2km loops outside the Nagai Stadium. While many of the leading protagonists preferred a conservative approach Brugnetti, the Olympic 20km champion, seized the lead after 4km and passed 5km in 21:49 with a two-second advantage from Perez, Ghoula and Fernandez. The slender Italian continued to pull clear of the main field and by 10km (42:14) the 1999 world 50km champion had extended his lead to a healthy 17 seconds ahead of Perez, Sanchez and Fernandez.

However, the Italian, who had suffered two warnings for lifting, was starting to show the first signs of distress by taking on board fluid at every drinks station. Sensing the time was right to make his move Perez finally broke free from the main pack at 12km and Russia's European under-23 champion Valery Borchin followed.

The fading Brugnetti was caught and passed after 13km by Perez and the Italian's race was over a little further down the road when he suffered a third and fatal warning. The sapping heat was starting to take its toll on many of the competitors and Borchin's medal bid came to an abrupt end when he dramatically collapsed on the side of the road.

At 15km Perez was joined at the front by Ghoula and the pair hit three-quarter distance in 1:02:31 – a couple of seconds ahead of Fernandez. The Spaniard worked hard to attach himself to the back of the leaders but before the final loop the Robert Korzeniowski-coached athlete started to wilt and could not sustain his effort to stay with the lead duo.

Perez injected more pace on the final 2km loop and opened up what was to prove a decisive lead on Ghoula. The South American raised his hand in acknowledgment of his historic achievement as he entered the stadium. However, there was to be no dramatic celebration for the three-time champion as he collapsed to the ground with what appeared to be severe cramps moments after crossing the line and was carted off the track on a stretcher.

World record holder for the 20km Race Walk, Jefferson Perez of Ecuador lived up to his reputation as a great championships performer by adding another gold medal to his extraordinary showcase which features an Olympic gold medal in Atlanta and World titles in Paris 2003 and Helsinki 2005 plus three World Cup wins in 1997, 2002 and 2004, and a hat-trick of Panamerican Games titles in 1995, 2003 and 2007. Two years ago Perez equalled Italian Maurizio Damilano's two back-to back titles in the World Championships (1987 and 1991) in cold weather conditions in Helsinki 2005. He must now be acknowledged as the greatest 20 km walker of the modern era and one of the greatest, if not the greatest, ever. His intermediate times were 21:41, 42:31, 62:31 and 82:20. That means his splits were 21:41, 20:50, 20:00 and 19:49. No wonder the reast were left in his wake. No one could respond to such a second half surge in such conditions.

At 15 km, **Jared Tallent** was one of the last 5 left in contention and looked set for a huge finish – he was still walking strongly and did not seem bothered by the hothouse conditions. Leading positions at that stage were as follows

| | | | | |
|---|-----|----------------------------|-----|---------|
| 1 | 111 | Hatem Ghoula | TUN | 1:02:31 |
| 2 | 108 | Jefferson Pérez | ECU | 1:02:31 |
| 3 | 103 | Francisco Javier Fernández | ESP | 1:02:33 |
| 4 | 119 | André Höhne | GER | 1:02:37 |
| 5 | 126 | Jared Tallent | AUS | 1:02:39 |
| 6 | 116 | Robert Heffernan | IRL | 1:02:46 |



Jared Tallent matches it with the big guns prior to his DQ

Alas, he was DQ'd soon after this and had to watch the final laps unfold from the sideline. It must have been a huge disappointment for Jared after what must have been a perfect preparation. But as one Aussie was put out, the other responded magnificently. **Luke Adams**, after falling off the pace early, came through the field wonderfully to finish 7th in 1:23:52. Luke came 5th in the 2003 World Champs in Paris and his second top ten finish shows that Australia has huge depth in this event. Remember that our number one walker, Nathan, chose to bypass this event to concentrate on the 50 km event on Saturday.

The disqualification and reinstatement of Fernandez

A protest was presented by the Spanish Team concerning the disqualification of Francisco Fernandez. The disqualification occurred in the last metres of the race, under Rule 230.3 (a) which reads as follows:

In competitions held under Rule 1(a), (b), (c), (d), the Chief Judge has the power to disqualify an athlete inside the stadium when the race finishes in the stadium or in the last 100m when the race takes place solely on the track or on the road course, when his/her mode of progression obviously fails to comply with the paragraph 1 above regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race.

After examining the video of the race and discussing with the Chief Judge, the Jury of Appeal decided unanimously that the mode of progression of the Spanish athlete did not merit a disqualification. The Jury of Appeal in its decision noted that the purpose of Rule 230.3 (a) is to prevent athletes from improving their position in the closing stages of the competition by obviously failing to comply with the mode of progression defined as Race Walking. The appeal of the Spanish Federation was upheld and Fernandez was reinstated.

The view of the jury was apparently that the violation was not extreme enough to warrant this ultimate form of disqualification which was specifically put into place to stop blatant abuses in the final straight. You can see the video in question at <http://osaka2007.iaaf.org/tvradio/index.html>

And finally, the following photos from the IAAF website



Perez wins and then cramps while Fernandez controversially outsprints Ghoula (<http://www.iaaf.org>)

Women's 20km Walk, Friday 31 August, 2007

The women's 20 km walk ended up being a huge boilder. The pre-race favourite, Ryta Turava of Belarus (2007 leading time of 1:27:10) announced a few days before the event that she was withdrawing due to personal reasons. That elevated defending champion and world record holder Olimpiada Ivanova to favourite but she pulled out after only a couple of laps on the track. Her two young Russian team members, Olga Kaniskina and Tatyana Shemyakina, surged to the front and were never headed. Conditions were overcast and a smattering of rain fell during the event, making it easier going than in the men's 20 km event 5 days before (but it was still hot!). Diego Sampaolo for the IAAF reported as follows:

Osaka, Japan - With her comfortable victory in the 20Km Race Walk, Olga Kaniskina has followed in the footsteps of her illustrious compatriot Olimpiada Ivanova, who won the world title two years ago in Helsinki with a World record of 1:25:41.

Kaniskina is the product of the walking school of Saransk, the capital of Republic of Mordavia where the IAAF Walking

Challenge Final will take place on 29 September. Saransk is a specialised center for preparation of walkers in Russia. She shares the same coach, Viktor Chyegin, as silver medallist Tatyana Shemyakina.

“This gold is for my coach, my family and all my relatives,” Kaniskina said. “My teammate Tatyana comes from the same training group. It was a great success for Mordovia and the city of Saransk.”

Today Kaniskina executed a perfect race going to the front from the outset for a near gun-to-tape victory in 1:30:09.

“I went on my pace according to my plan. It worked very well. I felt in very good shape and the race was easy. I came here on Sunday, but that was perfect. Technically everything went well and I had not problems with the weather. Five days before the race we prepared in Vladivostok and became used to the time difference.”

“I won the world title for three reasons,” she continued. “I was well prepared, my family gave me a lot of support, and third, I was very lucky.”

Olga began walking as an amateur eight years ago but began training seriously two years ago. She came to the Japanese coastal city with a PB of 1:26:02 from last year. During a successful 2006 season Kaniskina won the European Championships silver medal in Gothenburg, and went on to finish runner-up at the European Walking Cup in Royal Leamington in mid-May.

“My uncle and my cousins are athletes but they are not race walkers,” Kaniskina said. “My brother sent me a nice SMS message before the race but I cannot tell you the content.”

There was some confusion at the start of the race, which also affected Kaniskina. When the race walkers were still in the stadium, they seemed to be directed to leave the stadium two laps earlier at the start. Asked if she was confused by the accident, she said: “I saw a man waving the white flag. I went to leave the stadium, but the walker called me back. I didn't know very clearly whether I could leave the stadium at that point.”

Winning the world title at the age of 22 makes Kaniskina one of the favourites for next year's Olympic Games, but Kaniskina knows there's plenty of work ahead of that race, and another important outing before Beijing.

“Next year will be very important as Russia will host the Walking Race World Cup in Cheboksary,” Kaniskina said, adding, “Winning the Olympic title in Beijing will be harder than today.”



Medallists Olga Kaniskina (101) - RUS, Tatyana Shemyakina (111) – RUS, Maria Vasco (116) – SPA (<http://www.iaaf.org>)

| | | | | | |
|----|-----|--------------------|-----|---------|-------|
| 1 | 101 | Olga KANISKINA | RUS | 1:30:09 | |
| 2 | 111 | Tatyana SHEMYAKINA | RUS | 1:30:42 | +0:33 |
| 3 | 116 | Maria VASCO | ESP | 1:30:47 | +0:38 |
| 4 | 105 | Kjersti PLATZER | NOR | 1:31:24 | +1:15 |
| 5 | 129 | Susana FEITOR | POR | 1:32:01 | +1:52 |
| 6 | 117 | Claudia STEF | ROM | 1:32:47 | +2:38 |
| 7 | 122 | Ines HENRIQUES | POR | 1:33:06 | +2:57 |
| 8 | 119 | Sabine ZIMMER | GER | 1:33:23 | +3:14 |
| 9 | 112 | Tatyana SIBILEVA | RUS | 1:33:29 | +3:20 |
| 10 | 113 | Mayumi KAWASAKI | JPN | 1:33:35 | +3:26 |
| 11 | 125 | Vera SANTOS | POR | 1:34:28 | +4:19 |
| 12 | 126 | Maria Jose POVES | ESP | 1:35:06 | +4:57 |
| 13 | 124 | Beatriz PASCUAL | ESP | 1:35:13 | +5:04 |
| 14 | 115 | Melanie SEEGER | GER | 1:35:30 | +5:21 |
| 15 | 107 | Hongjuan SONG | CHN | 1:35:44 | +5:35 |
| 16 | 109 | Elena GINKO | BLR | 1:35:59 | +5:50 |

| | | | | | |
|----|-----|-----------------------|-----|---------|--------|
| 17 | 132 | Olive LOUGHNANE | IRL | 1:36:00 | +5:51 |
| 18 | 131 | Zuzana MALIKOVA | SVK | 1:36:26 | +6:17 |
| 19 | 108 | Hong LIU | CHN | 1:36:40 | +6:31 |
| 20 | 137 | Barbora DIBELKOVA | CZE | 1:36:45 | +6:36 |
| 21 | 138 | Marie POLLI | SUI | 1:36:54 | +6:45 |
| 22 | 128 | Sonata MILUSAUSKAITE | LTU | 1:37:28 | +7:19 |
| 23 | 123 | Sylwia KORZENIOWSKA | POL | 1:37:38 | +7:29 |
| 24 | 135 | Maria GALIKOVA | SVK | 1:38:54 | +8:45 |
| 25 | 142 | Johanna JACKSON | GBR | 1:39:34 | +9:25 |
| 26 | 130 | Mi-Jung KIM | KOR | 1:41:33 | +11:24 |
| 27 | 118 | Masumi FUCHISE | JPN | 1:41:49 | +11:40 |
| 28 | 121 | Svetlana TOLSTAYA | KAZ | 1:41:54 | +11:45 |
| 29 | 140 | Yadira GUAMAN | ECU | 1:42:17 | +12:08 |
| 30 | 144 | Tania Regina SPINDLER | BRA | 1:43:56 | +13:47 |
| 31 | 139 | Sandra ZAPATA | COL | 1:44:42 | +14:33 |
| 32 | 141 | Yeliz AY | TUR | 1:45:52 | +15:43 |
| 33 | 145 | Geovana IRUSTA | BOL | 1:47:15 | +17:06 |
| | 133 | Miriam RAMON | ECU | DQ | |
| | 120 | Ryoko SAKAKURA | JPN | DQ | |
| | 114 | Jane SAVILLE | AUS | DQ | |
| | 136 | Teresa VAILL | USA | DQ | |
| | 127 | Jolanta DUKURE | LAT | DNF | |
| | 103 | Olimpiada IVANOVA | RUS | DNF | |
| | 106 | Jing JIANG | CHN | DNF | |
| | 110 | Elisa RIGAUDO | ITA | DNF | |
| | 134 | Athanasia TSOUMELEKA | GRE | DNF | |

Splits for Kaniskina were 22:21 44:33 1:06:46 1:30:09 (22:21 22:12 22:13 23:23). Our sole Aussie rep, **Jane Saville**, was unfortunately DQ'd soon after the 10 km mark while sitting comfortably in the top 10. It was a bitter pill for Jane who had not been DQ'd for some years.



Jane Saville (6th from left) sits in the chasing pack mid race

Men's 50km Walk, Saturday 1 September, 2007

Wow, what a result for Australia with **Nathan Deakes** winning his first ever World Championship in a commanding walk. Coming on top of his 50 km World Record last December, it ratifies his position as the Number One 50 km walker in the world and rockets him into Olympic favouritism. And of course, we all know that he is just as talented over the 20 km distance. Now onto the race.

The hot conditions were back again with full sun and humid conditions making it a torrid affair. Chinese walker Chaohong Yu, a 3:36:06 walker, shot to an early lead which he extended to nearly 1 minute by the 15 km mark. Consensus roadside was that it was a suicidal gesture and so it proved as he wilted and was reeled in by the chasing pack soon after 20 km. This pack consisted of Russian Vladimir Kanyakin, Nathan, Japanese Juki Yamakazi and Frenchman Yohan Diniz. By 30 km, Diniz had dropped off and the lead group was down to 3. But then in a matter of one lap, Diniz forced his way back up to the group and stormed past. Only Nathan could respond and, when he in turn applied pressure, it was Diniz who dropped off the back. Thus Nathan found himself in front at the 35 km mark and from then on, it was all engines firing as he strode confidently to victory. Diniz held on for second while Italian walker Alex Schwazer stormed home for a strong third place. There were many casualties and overall, some 40% of the field failed to finish.

Paul Gains for the IAAF reported as follows

Osaka, Japan - Racing down the home straight fifty metres from victory Nathan Deakes suddenly burst into tears. It was neither as a result of the effort involved in walking 50 kilometres in 3:43:53 nor the warm temperatures that caused so many of his competitors to fold. Rather he was realising his dream.

“As most athletes do, you make a lot of sacrifices to get here and I was just thinking about all those sacrifices I made,” said the 30-year-old Australian, “and everybody that has helped me in my support group, with my wife, my coach, my family. The emotion just sort of happened involuntarily. It was something that every athlete dreams about, becoming a World champion, and the realisation that I was about to achieve it, like I said, it just happened involuntarily.”

In February 2006 Deakes beat the World record for the 50km Race Walk (3:35:47) just three days after sitting a tax law exam. He is studying towards a double degree in law and banking and finance, so, he says, he has 'something to fall back on.' This past June, the height of the competitive season, he completed a 10,000 word thesis on the Court for Arbitration in Sport which looks at some of its landmark doping cases. Combining this with weeks where he covers 240 kilometres in training can test one's nerves considerably.

His wife Antoinette, a first generation Italian-Australian, agreed to take a year off work so the couple could go to Europe where most of the race walking competition takes place. They have been renting an apartment in Tuscany.

IAAF World Champions earn \$60,000 US, a small fortune for a race walker without any sponsorship.

“This year we have been living on our savings. So this (world championship prize money) is the only way we can make money,” he reveals. “It's going to be an enormous help. It's going to be fantastic for us. By coming over to Europe we put a lot of other things on hold. We are paying a mortgage back home and rent in Europe. Hopefully the money will ease financial constraints the next twelve months leading into Beijing.”

Deakes reckons his race went according to plan except for the fact he found himself in the lead a little earlier than he wanted. But he really didn't feel the pressure of being the World record holder.

“The only pressure I felt was self expectations,” he explains. “I think the Australian team, we always knew that the back end of the championships was the time when we would win medals.”

“I think a lot of the focus has been on Craig Mottram and Jana Rawlinson the last few days so that has allowed me to do my own job and concentrate on the race. In terms of pressure, being the World record holder is really one of the more flattering things standing on the start line it might intimidate a few of the athletes more so than anything.”

Suddenly he is the toast of Australia. Being in the limelight doesn't necessarily thrill him and he is evidently not one to seek it either. But he is happy to be in a position to help Australian athletics.

“Racewalking is not a big sport in Australia,” he admits, “but hopefully just with Jana winning the other night, and myself, it will put athletics on the front page. Anything I can do for my sport I will do. I need to promote my sport.”



Nathan Deakes wins, second placed Yohan Diniz tries to keep cool in the mist, Alex Schwazer finishes third

Nathan's progressive times were 24:01, 47:23, 1:09:49, 1:31:45, 1:53:35, 2:15:39, 2:37:33, 2:59:05, 3:21:06, 3:43:53. The 5 km splits were 24:01, 23:22, 22:26, 21:59, 21:47, 22:04, 21:54, 21:32, 22:01 and 22:47. This is reminiscent of the way that Robert Korzenioski used to race – progressively increase the pace until no one is left to challenge. What a huge walk by Nathan. Here are the results:

| | | | | | |
|---|-----|--------------------|-----|---------|------|
| 1 | 201 | Nathan Deakes | AUS | 3:43:53 | (SB) |
| 2 | 107 | Yohan Diniz | FRA | 3:44:22 | (SB) |
| 3 | 128 | Alex Schwazer | ITA | 3:44:38 | . |
| 4 | 205 | Denis Nizhegorodov | RUS | 3:46:57 | . |
| 5 | 112 | Erik Tysse | NOR | 3:51:52 | (PB) |
| 6 | 212 | Mikel Odriozola | ESP | 3:55:19 | (SB) |
| 7 | 220 | Chao Sun | CHN | 3:55:43 | . |
| 8 | 207 | Trond Nymark | NOR | 3:57:22 | . |
| 9 | 218 | Horacio Nava | MEX | 3:58:17 | . |

| | | | | | |
|----|-----|---------------------------|-----|---------|------|
| 10 | 243 | Jarkko Kinnunen | FIN | 3:58:22 | (SB) |
| 11 | 247 | Antti Kempas | FIN | 3:59:34 | . |
| 12 | 232 | Donatas Skarnulis | LTU | 3:59:48 | . |
| 13 | 224 | Eddy Riva | FRA | 4:00:44 | . |
| 14 | 225 | David Boulanger | FRA | 4:01:30 | . |
| 15 | 227 | António Pereira | POR | 4:02:09 | . |
| 16 | 240 | Ken Akashi | JPN | 4:02:31 | . |
| 17 | 238 | Yusuke Yachi | JPN | 4:05:21 | . |
| 18 | 239 | Diego Cafagna | ITA | 4:06:03 | . |
| 19 | 236 | Tim Berrett | CAN | 4:06:47 | . |
| 20 | 244 | Jesús Sánchez | MEX | 4:07:14 | . |
| 21 | 219 | Grzegorz Sudol | POL | 4:07:48 | (SB) |
| 22 | 231 | Milos Bátorvský | SVK | 4:08:22 | . |
| 23 | 256 | Nenad Filipovic | SRB | 4:12:11 | . |
| 24 | 249 | Chris Erickson | AUS | 4:13:00 | . |
| 25 | 255 | Konstadinos Stefanópoulos | GRE | 4:14:22 | . |
| 26 | 237 | Augusto Cardoso | POR | 4:14:38 | . |
| 27 | 246 | Jorge Costa | POR | 4:16:05 | . |
| 28 | 251 | Igors Kazakevics | LAT | 4:19:43 | . |
| 29 | 233 | Andrei Stepanchuk | BLR | 4:23:30 | . |
| 30 | 217 | Rafal Fedaczynski | POL | 4:24:51 | . |
| 31 | 140 | Kevin Eastler | USA | 4:31:52 | . |
| . | 223 | Colin Griffin | IRL | DQ | . |
| . | 252 | Andreas Gustafsson | SWE | DQ | . |
| . | 242 | Fredrik Svensson | SWE | DQ | . |
| . | 241 | Omar Zepeda | MEX | DQ | . |
| . | 254 | Zoltán Czukur | HUN | DQ | . |
| . | 210 | Jesús Angel García | ESP | DQ | . |
| . | 228 | Duane Cousins | AUS | DQ | . |
| . | 203 | Chaohong Yu | CHN | DQ | . |
| . | 204 | Chengliang Zhao | CHN | DQ | . |
| . | 230 | Ingus Janevics | LAT | DNF | . |
| . | 226 | Vitaliy Talankou | BLR | DNF | . |
| . | 245 | Anton Kucmin | SVK | DNF | . |
| . | 253 | Fredy Hernández | COL | DNF | . |
| . | 214 | Santiago Pérez | ESP | DNF | . |
| . | 209 | Aleksey Voyevodin | RUS | DNF | . |
| . | 221 | Peter Korcok | SVK | DNF | . |
| . | 211 | Yuki Yamazaki | JPN | DNF | . |
| . | 235 | Kamil Kalka | POL | DNF | . |
| . | 215 | Marco De Luca | ITA | DNF | . |
| . | 206 | Vladimir Kanaykin | RUS | DNF | . |
| . | 258 | Sergey Kirdyapkin | RUS | DNF | . |
| . | 248 | Tony Sargisson | NZL | DNF | . |
| . | 229 | Jamie Costin | IRL | DNF | . |

Duane Cousins started out hard and was walking in 18th place when he was disqualified at around the 23 km mark. It was a very disappointing result for Duane who had made huge sacrifices to prepare for this event and he was in the best form of his life. **Chris Erickson** walked a much more conservative race, starting back in about 35th place and holding on as those in front of him wilted. He finished 24th in 4:13:00 in what was probably a satisfying result in the tough conditions.



Chris, Nathan and Duane in action

17TH WORLD MASTERS CHAMPIONSHIPS, RICCIONE, ITALY, 4-15 SEPTEMBER 2007

The World Masters competition is underway and the first of the 3 walking events, the 5000m track walk, has been completed. The small contingent of Australian walkers performed wonderfully with our top Victorians Andrew Jamieson (M60) and Ralph Bennett (M65) taking golds and Heather Carr (W55) taking silver. Other Victorians to complete top 10 finishes were Murray Dickinson (4th in M65), Silvia Machin (4th in W70), Liz Feldman (5th in W55), Mark Donahoo (5th in M45), Janet Holmes (6th in W50) and Simon Evans (7th in M45). Now it's onto the 10 km and 20 km roadwalks. You can follow all the action at website <http://www.riccione.wma2007.org>

I enclose the first 10 finishers in each division, along with the performances of all the Australians.

| | |
|--|--|
| <p>M35</p> <ol style="list-style-type: none"> Juan PORRAS ESP 1972 22:27.22 Thierry QUARRE FRA 1970 22:36.00 Peter TICHY SVK 1969 22:53.00 Christer SVENSSON SWE 1969 23:27.26 Gianni SIRAGUSA ITA 1968 24:09.21 Zdenek SUCHARDA CZE 1971 25:05.76 | <p>W35</p> <ol style="list-style-type: none"> Hanne LILAND NOR 1969 25:57.74 Jenny Coromot LEAL VEN 1969 28:07.35 Jolanta MORAWCZYNSKA POL 1968 29:22.65 Ana Lu PALACIOS VEN 1969 29:52.85 Roberta MOMBELLI ITA 1968 29:56.15 Julie BELLFIELD GBR 1968 30:29.50 |
| <p>M40</p> <ol style="list-style-type: none"> Claudio BERTOLINO BRA 1963 22:31.20 Dick GNAUCK GER 1963 23:13.35 Julio Cesar DE ANDRES ESP 1964 23:16.50 Madars BREIDE LAT 1964 24:38.15 Vladimir VERSEC SLO 1963 24:45.55 Santos HERNANDEZ VEGA PUR 1964 25:15.20 Robert MCFADDEN AUS 1966 25:22.35 Fabio BERNARDI SMR 1962 26:57.90 Claude BERNER SUI 1963 27:01.40 Anthony BELL GBR 1963 27:37.50 | <p>W40</p> <ol style="list-style-type: none"> Christ SAREMBE-STEGM. GER 1966 26:11.35 Hendrietta SCHOEMAN RSA 1966 28:02.85 Christine CELANT SUI 1965 28:18.20 Nora BATTALIA ARG 1966 29:32.75 Wilme PIETERSE RSA 1964 30:03.45 Cheryl-Lee DEAN RSA 1964 31:18.45 Inga BARONENKO LAT 1966 31:36.50 Ginger ARMSTRONG USA 1962 31:40.65 Anne GORMLEY IRL 1963 35:48.40 |
| <p>M45</p> <ol style="list-style-type: none"> DE LOS ANGELES ESC. MEX 22:59.15 Marcello VILLA ITA 1961 23:01.99 Jean-Michel FRIXON FRA 1959 23:11.87 Jan KLOS POL 1960 23:46.58 Mark DONAHOO AUS 1958 24:27.06 Andrea NASO ITA 1960 24:46.26 Simon EVANS AUS 1960 25:16.02 Tommy AUNAN USA 1959 25:57.18 Patrick BONVARLET FRA 1960 26:03.08 Bernard COSSY SUI 1959 26:19.91 | <p>W45</p> <ol style="list-style-type: none"> Maura MARCHIORI ITA 1959 26:50.70 Katherine CASHMAN CAN 1960 27:10.30 Marie-Francoise PICARD FRA 1957 27:13.45 Maria GHISLENI RSA 1959 27:26.95 Beatriz ROBLES VALLE MEX 1960 27:46.65 Veronique COCHEREAU FRA 1959 28:13.30 Colette GIRARD SUI 1962 28:22.40 Ada BOOYENS RSA 1961 28:55.50 Toni BOA GBR 1961 29:19.60 Wilna JORDAAN RSA 1959 29:55.30 |
| <p>M50</p> <ol style="list-style-type: none"> Anatoly OVCHINNIKOV RUS 1957 23:23.55 Fabio RUZZIER SLO 1953 23:37.50 Carl MEYER RSA 1957 23:49.95 Vladimir BARABASH RUS 1956 24:20.50 Helmut PRIELER GER 1955 24:30.70 Stefano GIANI ITA 1954 24:49.60 Mikhail KISELEV RUS 1955 25:27.25 Fr VENTURI DEGLI ESP. ITA 1957 25:38.00 Uriel BARRERA CHI 1955 25:54.55 Mario MAESANO ITA 1954 27:54.55 | <p>W50</p> <ol style="list-style-type: none"> Barbara NELL RSA 1954 26:38.85 Tetyana KRYVOKYZHA UKR 1956 26:49.90 Lidia OJEDA ARG 1955 27:35.55 Natali MARCENCO ITA 1954 27:54.40 Rosa Elvi GARCIA MEX 1956 29:02.10 Janet HOLMES AUS 1953 29:43.30 Yvonne MAGGIORE FRA 1955 29:53.50 Liudmila NITYAGOVSKA. RUS 1954 30:41.25 Joan Lucy ROSSI CAN 1957 30:54.45 Angela MINNELLA ITA 1956 30:56.70 Lynette VENTRIS AUS 1956 DISQ |
| <p>M55</p> <ol style="list-style-type: none"> Jose Luis LOPEZ CAM. MEX 1949 24:12.90 Roberto CERVI ITA 1952 24:31.90 Patrice BROCHOT FRA 1951 25:03.15 Jiri JANOUSEK CZE 1951 25:13.15 Alberto PIO ITA 1952 25:38.10 Rein SUMBERG EST 1950 25:45.50 John HALL GBR 1949 25:58.70 Andrew SMITH USA 1949 26:07.15 Udo SCHAEFFER GER 1950 26:29.10 Jean-Pierre PIN FRA 1949 27:01.90 | <p>W55</p> <ol style="list-style-type: none"> Maria FERNANDES POR 1952 27:46.10 Heather CARR AUS 1949 28:07.40 Marianne MARTINO USA 1950 28:11.90 Annelore WERNER GER 1948 29:20.30 Elizabeth FELDMAN AUS 1948 29:52.40 Maria Jose BRIZ ESP 1951 30:36.65 Liliana WHALEN CAN 1951 30:40.75 Simone BARET FRA 1950 30:49.65 Donna GREEN USA 1952 30:55.60 Lina LISCIO CAN 1949 30:57.50 |
| <p>M60</p> | <p>W60</p> |

| | | | | | | | |
|----------------------------|------------|-------------|-----------------|------------------------------|------------|-------------|-----------------|
| 1. Andrew JAMIESON | AUS | 1946 | 24:34.95 | 1. Heidi MAEDER | SUI | 1943 | 29:03.75 |
| 2. Gildardo PINEDA AMEZ. | MEX | 1947 | 25:12.75 | 2. Suzanne LOYER | FRA | 1947 | 29:55.65 |
| 3. Norman FRABLE | USA | 1945 | 26:20.40 | 3. Panseluta GEER | USA | 1946 | 29:58.60 |
| 4. Anthony KING | IRL | 1945 | 27:05.15 | 4. Mary BAGLIN | USA | 1946 | 30:32.45 |
| 5. Mario FIORI | ITA | 1947 | 27:15.50 | 5. Pirjo KARETIE | FIN | 1942 | 30:33.55 |
| 6. Bill PURVES | HKG | 1943 | 27:16.65 | 6. Daphne DU PREEZ | RSA | 1947 | 30:53.95 |
| 7. Esteb QUELALI GUAN. | BOL | 1944 | 27:17.30 | 7. Carol BERTINO | USA | 1947 | 31:05.90 |
| 8. Fernand RABATEL | FRA | 1946 | 27:21.75 | 8. Kathleen FRABLE | USA | 1945 | 31:08.65 |
| 9. Richard CAMPBELL | USA | 1946 | 27:40.55 | 9. Jolene STEIGERWALT | USA | 1943 | 32:21.75 |
| 10. Francisco ARNAIZ | ESP | 1943 | 27:48.60 | 10. Maria Rosa VENTURINI | ITA | 1947 | 32:47.30 |
| George WHITE | AUS | 1945 | DISQ | | | | |
| M65 | | | | W65 | | | |
| 1. Ralph BENNETT | AUS | 1941 | 26:50.80 | 1. Waltraud SEILER | GER | 1941 | 30:50.25 |
| 2. Hermann STRIEDER | AUT | 1941 | 27:13.10 | 2. Kathleen BALSER | USA | 1942 | 31:26.55 |
| 3. Ants PALMAR | EST | 1940 | 27:13.65 | 3. Janet E ROBINSON | USA | 1941 | 31:36.10 |
| 4. Murray DICKINSON | AUS | 1938 | 27:57.00 | 4. Sylvia MACHIN | AUS | 1941 | 31:42.50 |
| 5. Guilher JACINTO | POR | 1940 | 28:28.80 | 5. Hildegard VEY | RSA | 1941 | 31:51.45 |
| 6. Paul R JOHNSON | USA | 1937 | 28:37.45 | 6. Janet HIGBIE | USA | 1941 | 31:58.35 |
| 7. Constant BRIERE | FRA | 1940 | 29:10.00 | 7. Ann Marie ROSENITSCH | CAN | 1940 | 32:20.90 |
| 8. Gunars RUBENIS | LAT | 1938 | 29:17.25 | 8. Nobuyo NISHIMURA | JPN | 1940 | 33:14.25 |
| 9. Klaus GOTtert | GER | 1939 | 30:11.00 | 9. Joan CHRISTENSEN | CAN | 1940 | 33:58.65 |
| 10. Heinz-Juergen MITTMANN | GER | 1941 | 30:33.70 | 10. Hatsue MATSUMOTO | JPN | 1942 | 33:59.10 |
| | | | | 17. Margaret BEAUMONT | AUS | 1938 | 36:59.50 |
| | | | | 18. Joan PURCELL | AUS | 1941 | 37:09.00 |
| | | | | 21. Lynne SCHICKERT | AUS | 1941 | 37:49.70 |
| | | | | 24. Natalie KING | AUS | 1942 | 39:32.30 |
| M70 | | | | W70 | | | |
| 1. Arthur THOMSON | GBR | 1936 | 27:10.90 | 1. Maureen SPELMAN | GBR | 1934 | 33:08.80 |
| 2. Gerhard WEIDNER | GER | 1933 | 28:52.90 | 2. Janina FIJALKOWSKA | POL | 1936 | 33:40.80 |
| 3. Vincenzo MENAFRO | ITA | 1935 | 29:06.50 | 3. Shirley DOCKSTADER | USA | 1932 | 34:04.10 |
| 4. John (Jack) BRAY | USA | 1932 | 29:10.15 | 4. Gudrun FREY | GER | 1937 | 34:56.80 |
| 5. Zigurdis IRBE | LAT | 1936 | 29:18.30 | 5. Renate WESTPHAL-CHER | GER | 1937 | 35:26.35 |
| 6. Eric SAXBY | NZL | 1937 | 29:56.55 | 6. Shirley CAPPS | USA | 1936 | 36:01.15 |
| 7. David STEVENS | GBR | 1936 | 31:13.60 | 7. Joan MC INTYRE | USA | 1936 | 37:09.65 |
| 8. Robert CELLA | USA | 1937 | 31:35.60 | 8. Alicia MEZA GONZALEZ | MEX | 1936 | 38:00.95 |
| 9. Santos URIBE | ESP | 1934 | 31:52.50 | 9. Mallika SATCHITHANAND. | SRI | 1936 | 38:17.50 |
| 10. Geoffrey MAJOR | AUS | 1936 | 31:59.50 | 10. Dawn CUMMING | NZL | 1934 | 38:36.15 |
| 12. Terence DUNN | AUS | 1937 | 32:21.45 | | | | |
| 18. Leigh SMITH | AUS | 1935 | 34:11.40 | | | | |
| 21. Bertram JANES | AUS | 1933 | 35:33.20 | | | | |
| 29. Ian BEAUMONT | AUS | 1936 | 37:58.25 | | | | |
| M75 | | | | W75 | | | |
| 1. Mieczyslaw RUTYNA | POL | 1931 | 29:37.35 | 1. Eva VOGELSANG | CAN | 1929 | 37:48.15 |
| 2. Douglas FOTHERINGHAM | GBR | 1930 | 29:40.60 | 2. Ruth CARRIER | CAN | 1930 | 41:13.55 |
| 3. John STARR | USA | 1928 | 29:45.90 | 3. Grace MOREMEN | USA | 1930 | 42:59.85 |
| 4. Alfred DU BOIS | USA | 1932 | 30:01.00 | | | | |
| 5. William MOREMEN | USA | 1927 | 31:05.60 | | | | |
| 6. Karlheinz TEUFERT | GER | 1929 | 31:53.30 | | | | |
| 7. Robert FINE | USA | 1931 | 32:35.70 | | | | |
| 8. John MAY | GBR | 1930 | 37:51.40 | | | | |
| 9. Gheorghe LAZAR | ROM | 1930 | 38:39.90 | | | | |
| 10. Salvador PEREZ PERALES | MEX | 1932 | 39:24.35 | | | | |
| M80 | | | | W80 | | | |
| 1. Severino ROSSETTI | ITA | 1927 | 30:25.85 | 1. Miriam GORDON | USA | 1925 | 39:33.10 |
| 2. Alois BALCARIK | CZE | 1927 | 32:43.00 | 2. Elena PAGU | ROM | 1926 | 41:16.70 |
| 3. Kohsoh AMANO | JPN | 1925 | 33:25.35 | 3. Olena CHUB | UKR | 1924 | 47:01.65 |
| 4. Gerhard HERBST | GER | 1924 | 33:42.40 | W90 | | | |
| 5. Harvey JAQUEST | GBR | 1927 | 43:24.50 | 1. Maria RAMIREZ BAUTISTA | MEX | 1917 | 49:25.20 |

The championships have continued at a frantic pace and, amongst the events completed, we have seen the 10 km roadwalk and the 20 km roadwalk. The big news is that our small team of Australian walkers have continued to acquit themselves with excellence. Special congratulations to Andrew Jamieson (3 Individual and 1 Team Gold), Ralph Bennett (2 Gold, 1 Silver) and to Mark Donahoo, George White, Lyn Ventris, Heather Carr and Liz Feldman (Team Golds). And Russ Dickenson even found some footage of the Men's 5000m walk on YouTube. If you fire it up, you will see Mark Donahoo and Simon Evans in action. See <http://www.youtube.com/watch?v=TTEwrILTzv8&mode=related&search=>

The 10 km walk fields were the biggest of the 3 walks – an amazing 437 walkers! The 5000m and 20 km walks were a bit lower in numbers but not by much. The 10 km walks were as follows – note 60 starters in the M60 division!

| | | | |
|-------|------------------|-------|------------------|
| 35-39 | 17 men, 6 women | 65-69 | 30 men, 26 women |
| 40-44 | 20 men, 14 women | 70-74 | 33 men, 15 women |
| 45-49 | 33 men, 25 women | 75-79 | 14 men, 2 women |
| 50-54 | 31 men, 28 women | 80-84 | 8 men, 3 women |
| 55-59 | 27 men, 30 women | 85-89 | 2 men |
| 60-64 | 60 men, 22 women | 90-94 | 1 woman |

And now onto the race reports from Mark Donahoo

10 km Roadwalk

Monday 10th September saw the 10km road walk conducted on the road near the beach in Misano Adriatico. I had decided not to race this event due to my lack of preparation; however, I looked forward to watching the event. I had decided not to stay near the main stadium as my events were not held there; instead I stayed 100m from the road course. The picture gives you an idea of the view of the beach from the road way.

There were three 10km races, the women in one, the Men 60yr and over and the Men's 35-59yr.

Again, the judges were busy and a little harsh; one of the judges was on the turn of the 2km loop course which was very tight. After the women's race, he had twice as many cautions and red cards than any other judge. Unfortunately two of our women were disqualified, however, we were fortunate enough for our 65+ team to pick up a bronze team medal. Margaret Beaumont was a member of this medal winning team.

In the Men's 10km, the judges were more realistic, enabling the walkers to race their race. Andrew Jamieson won the event outright, although minutes slower than his best for the season. Ralph Bennett, another Victorian also won and with a South Australian getting a bronze medal. We also gained two bronze team medals. Ian Beaumont was one of the members of the winning teams.

In the younger men's race, the speed was on with the winner walking just over 45 minutes for 10km. The two Australians, Simon Evans from Victoria and Rob McFadden finished in respectable times of around 52 minutes. Simon was 10th in the Men's 45yr group.

As a coach I was disappointed that my two athletes who competed were disqualified, but pleased that they tried to win their age group, but that is what can happen in walking event, especially when you need to push hard. It means work has to been done all the time to keep improving, not just stamina but also style. I was pleased I did not race the 10km, it would have tired me out too much giving I want to walk the 20km in 4 days time. Some of the 10km walkers decided to race only the 10km including the winner in my age group, only a few of the younger walkers- under 60yrs – will do all three events.



In action in the WMA 10 km event – Andrew Jamieson, Heather Carr, Liz Feldman and Margaret Beaumont

| | | | | | | | |
|------------|-------------------|-----|------------|------------|-----------------------|-----|--------------|
| M35 | | | | W35 | | | |
| 1. | Juan PORRAS | ESP | 1972 45:13 | 1. | Marina KONEVA | RUS | 1969 51:30 |
| 2. | Peter TICHY | SVK | 1969 45:35 | 2. | Hanne LILAND | NOR | 1969 53:58 |
| 3. | Bachisio FAEDDA | ITA | 1968 46:55 | 3. | Jenny Coromot LEAL | VEN | 1969 58:24 |
| 4. | Thierry QUARRE | FRA | 1970 47:05 | 4. | Ana Lu MOSQUEDA PAL.. | VEN | 1969 1:01:00 |
| 5. | Christer SVENSSON | SWE | 1969 47:54 | 5. | Julie BELLFIELD | GBR | 1968 1:03:25 |
| 6. | Jose SERNA | ESP | 1967 49:04 | 6. | Jolanta MORAWCZYNSKA | POL | 1968 1:04:18 |
| 7. | Luigi PAULINI | ITA | 1970 49:28 | | | | |
| 8. | Bernardo CARTONI | ITA | 1969 49:59 | | | | |
| 9. | Franco GERONIMO | ITA | 1968 50:14 | | | | |
| 10. | Gianni SIRAGUSA | ITA | 1968 50:20 | | | | |
| M40 | | | | W40 | | | |
| 1. | Claudio BERTOLINO | BRA | 1963 47:34 | 1. | Milena MEGLI | ITA | 1966 52:33 |

| | | | | | | | |
|-----------------------------|------------|-------------|--------------|-----------------------------|------------|-------------|----------------|
| 2. Dick GNAUCK | GER | 1963 | 47:55 | 2. Paola BETTUCCI | ITA | 1964 | 53:14 |
| 3. Michael SCHNEIDER | GER | 1965 | 48:03 | 3. Christ SAREMBE-STEG... | GER | 1966 | 55:31 |
| 4. Mauro RONCHI | ITA | 1966 | 48:31 | 4. Hendrietta SCHOEMAN | RSA | 1966 | 57:05 |
| 5. Urbain GIROD | SUI | 1963 | 49:01 | 5. Christine CELANT | SUI | 1965 | 58:00 |
| 6. Julio Cesar DE ANDRES | ESP | 1964 | 50:18 | 6. Wilme PIETERSE | RSA | 1964 | 1:00:57 |
| 7. Francisco Javi FERNANDEZ | ESP | 1967 | 51:55 | 7. Nora BATTALA | ARG | 1966 | 1:01:14 |
| 8. Robert MCFADDEN | AUS | 1966 | 52:02 | 8. Silvia WAELDE | GER | 1966 | 1:02:04 |
| 9. Manuel TREUS | ESP | 1966 | 52:25 | 9. Cheryl-Lee DEAN | RSA | 1964 | 1:03:14 |
| 10. Fabio AINA | ITA | 1966 | 53:11 | 10. Inga BARONENKO | LAT | 1966 | 1:03:45 |
| M45 | | | | W45 | | | |
| 1. Marcello VILLA | ITA | 1961 | 47:21 | 1. Nadine MAZUIR | FRA | 1960 | 52:32 |
| 2. Sergio BRENES | CRC | 1961 | 47:39 | 2. Carmen FRONTONS | ESP | 1960 | 55:41 |
| 3. Jan KLOS | POL | 1960 | 48:35 | 3. Katherine CASHMAN | CAN | 1960 | 56:08 |
| 4. Rosario PETRUNGARO | ITA | 1958 | 48:59 | 4. Marie-Francoise PICARD | FRA | 1957 | 56:37 |
| 5. Jean-Michel FRIXON | FRA | 1959 | 49:41 | 5. Maria GHISLENI | RSA | 1959 | 57:01 |
| 6. Gabriele CALDARELLI | ITA | 1959 | 50:01 | 6. Beatriz ROBLES VALLE | MEX | 1960 | 58:44 |
| 7. Rogerio P BATISTA FILIPE | POR | 1959 | 50:16 | 7. Colette GIRARD | SUI | 1962 | 58:56 |
| 8. Uwe SCHROETER | GER | 1959 | 51:22 | 8. Andrea ZIRKNINTZER | AUT | 1958 | 59:24 |
| 9. Andrea NASO | ITA | 1960 | 51:27 | 9. Veronique COCHEREAU | FRA | 1959 | 59:59 |
| 10 Simon EVANS | AUS | 1960 | 51:47 | 10. Toni BOA | GBR | 1961 | 1:00:34 |
| | | | | Annette MAJOR | AUS | 1962 | DISQ |
| M50 | | | | W50 | | | |
| 1. Fabio RUZZIER | SLO | 1953 | 48:32 | 1. Barbara NELL | RSA | 1954 | 52:53 |
| 2. Mark GREEN | USA | 1955 | 48:42 | 2. Tetyana KRYVOKYZHA | UKR | 1956 | 54:43 |
| 3. Anatoly OVCHINNIKOV | RUS | 1957 | 48:51 | 3. Daniela RICCIUTELLI | ITA | 1956 | 58:05 |
| 4. Carl MEYER | RSA | 1957 | 49:08 | 4. Natali MARCENCO | ITA | 1954 | 58:23 |
| 5. Ignacio MELO | ESP | 1952 | 50:09 | 5. Rosa Elvi GARCIA | MEX | 1956 | 59:51 |
| 6. Helmut PRIELER | GER | 1955 | 50:30 | 6. Angela MINNELLA | ITA | 1956 | 1:00:56 |
| 7. Jan CORNELIS | NED | 1956 | 51:11 | 7. Yvonne MAGGIORE | FRA | 1955 | 1:01:36 |
| 8. Massimo DE PAOLI | ITA | 1957 | 51:12 | 8. Corinne BERTHON | FRA | 1957 | 1:02:05 |
| 9. Alfons SCHWARZ | GER | 1954 | 52:43 | 9. Liudmila NITYAGOVSK.. | RUS | 1954 | 1:02:22 |
| 10. Fr DEGLI ESPOSTI | ITA | 1957 | 53:05 | 10. Patrizia MARTINI | ITA | 1954 | 1:03:07 |
| | | | | 11. Janet HOLMES | AUS | 1953 | 1:03:30 |
| | | | | Lynette VENTRIS | AUS | 1956 | DISQ |
| M55 | | | | W55 | | | |
| 1. Jose Luis CAMARENA | MEX | 1949 | 48:44 | 1. Maria FERNANDES | POR | 1952 | 54:54 |
| 2. Peter GAUS | GER | 1952 | 51:06 | 2. Marianne MARTINO | USA | 1950 | 58:20 |
| 3. Roberto CERVI | ITA | 1952 | 51:33 | 3. Annelore WERNER | GER | 1948 | 58:55 |
| 4. John HALL | GBR | 1949 | 53:18 | 4. Elizabeth FELDMAN | AUS | 1948 | 1:01:36 |
| 5. Ludwig NIESTELBERGER | AUT | 1948 | 53:35 | 5. Donna GREEN | USA | 1952 | 1:02:44 |
| 6. Jiri JANOUSEK | CZE | 1951 | 53:47 | 6. Erika MAX | GER | 1951 | 1:03:07 |
| 7. Roby PONZIO | SUI | 1947 | 54:02 | 7. Simone BARET | FRA | 1950 | 1:03:11 |
| 8. Andrew SMITH | USA | 1949 | 54:09 | 8. Liliana WHALEN | CAN | 1951 | 1:03:33 |
| 9. Rein SUMBERG | EST | 1950 | 54:17 | 9. Maria Jose BRIZ | ESP | 1951 | 1:04:02 |
| 10. Udo SCHAEFFER | GER | 1950 | 55:28 | 10. Donna GRAHAM | USA | 1949 | 1:04:03 |
| | | | | Heather CARR | AUS | 1949 | DISQ |
| | | | | Margaret CATTERMOLE | AUS | 1948 | DISQ |
| M60 | | | | W60 | | | |
| 1. Andrew JAMIESON | AUS | 1946 | 51:48 | 1. Heidi MAEDER | SUI | 1943 | 58:24 |
| 2. Gildardo AMEZCUA | MEX | 1947 | 53:19 | 2. Suzanne LOYER | FRA | 1947 | 1:01:13 |
| 3. George WHITE | AUS | 1945 | 54:07 | 3. Panseluta GEER | USA | 1946 | 1:02:09 |
| 4. Norman FRABLE | USA | 1945 | 55:17 | 4. Pirjo KARETIE | FIN | 1942 | 1:02:37 |
| 5. Karl DEGENER | GER | 1943 | 55:23 | 5. Daphne DU PREEZ | RSA | 1947 | 1:02:47 |
| 6. Anthony KING | IRL | 1945 | 56:14 | 6. Mary BAGLIN | USA | 1946 | 1:03:08 |
| 7. Bernard BINGGELI | SUI | 1946 | 56:21 | 7. Jolene STEIGERWALT | USA | 1943 | 1:03:34 |
| 8. Ino ABBO | ITA | 1947 | 56:23 | 8. Kathleen FRABLE | USA | 1945 | 1:04:42 |
| 9. Michel SCHNEIDER | SUI | 1946 | 56:33 | 9. Carol BERTINO | USA | 1947 | 1:04:47 |
| 10. Eduard STRAKA | SVK | 1946 | 57:24 | 10. Rosina BLUME | GER | 1945 | 1:07:27 |
| M65 | | | | W65 | | | |
| 1. Ralph BENNETT | AUS | 1941 | 55:56 | 1. Waltraud SEILER | GER | 1941 | 1:02:27 |
| 2. Ants PALMAR E | ST | 1940 | 56:45 | 2. Hildegard VEY | RSA | 1941 | 1:04:11 |
| 3. Hermann STRIEDER | AUT | 1941 | 56:59 | 3. Janet HIGBIE | USA | 1941 | 1:04:41 |
| 4. Murray DICKINSON | AUS | 1938 | 57:42 | 4. Sylvia MACHIN | AUS | 1941 | 1:05:09 |
| 5. Klaus GOTTFERT | GER | 1939 | 59:35 | 5. Janet E ROBINSON | USA | 1941 | 1:06:04 |
| 6. Guilhaer JACINTO | POR | 1940 | 1:00:10 | 6. Nobuyo NISHIMURA | JPN | 1940 | 1:06:32 |
| 7. Franco CECCANGELI | ITA | 1942 | 1:00:13 | 7. Hatsue MATSUMOTO | JPN | 1942 | 1:06:38 |

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| 8. Paul R JOHNSON USA 1937 1:00:25 | 8. Ursula HERRENDOERFER GER 1940 1:06:53 |
| 9. Ulrich ZETZMANN GER 1942 1:00:35 | 9. Doris CASSELS USA 1939 1:08:50 |
| 10. Erich STURZ GER 1940 1:00:43 | 10 Sandra HULTS USA 1941 1:09:25 |
| | 16. Lynne SCHICKERT AUS 1941 1:15:07 |
| | 19. Margaret BEAUMONT AUS 1938 1:16:11 |
| | 24. Natalie KING AUS 1942 1:24:54 |
| M70 | W70 |
| 1. Arthur THOMSON GBR 1936 55:23 | 1. Maureen SPELMAN GBR 1934 1:06:55 |
| 2. Romolo PELLICCIA ITA 1936 56:23 | 2. Janina FIJALKOWSKA POL 1936 1:07:41 |
| 3. Gerhard WEIDNER GER 1933 59:02 | 3. Gudrun FREY GER 1937 1:08:27 |
| 4. Eric SAXBY NZL 1937 1:00:18 | 4. Renate WESTPHAL-CHER GER 1937 1:12:03 |
| 5. Jan BIALOUS POL 1937 1:01:15 | 5. Shirley DOCKSTADER USA 1932 1:14:32 |
| 6. John (Jack) BRAY USA 1932 1:02:25 | 6. Alicia MEZA GONZALEZ MEX 1936 1:18:22 |
| 7. Masaru TAKAYAMA JPN 1936 1:02:35 | 7. Mallika SATCHITHANA.. SRI 1936 1:19:18 |
| 8. Vincenzo MENAFRO ITA 1935 1:03:53 | 8. Elizabeth MICHIELS USA 1934 1:20:03 |
| 9. Zigurdis IRBE LAT 1936 1:04:23 | 9. Juanita AVILES SANCHEZ MEX 1935 1:20:40 |
| 10. Ray EVERSON USA 1934 1:04:28 | 10. Erna ANTRITTER GER 1935 1:22:18 |
| 13. Geoffrey MAJOR AUS 1936 1:05:42 | |
| 15. Terence DUNN AUS 1937 1:07:05 | |
| 17. Leigh SMITH AUS 1935 1:10:33 | |
| 20. Bertram JANES AUS 1933 1:11:24 | |
| 30. Ian BEAUMONT AUS 1936 1:18:40 | |
| M75 | W75 |
| 1. John STARR USA 1928 1:05:43 | 1. Ruth CARRIER CAN 1930 1:23:05 |
| 2. Paavo PYSTYNEN FIN 1932 1:05:59 | 2. Grace MOREMEN USA 1930 1:24:14 |
| 3. Douglas FOTHERINGHAM GBR 1930 1:06:33 | |
| 4. William MOREMEN USA 1927 1:10:14 | |
| 5. Karlheinz TEUFERT GER 1929 1:12:05 | |
| 6. Robert FINE USA 1931 1:15:02 | |
| 7. Sergio Augu PAOLI DOM 1930 1:15:06 | |
| 8. Salvador PEREZ PERALES MEX 1932 1:16:11 | |
| 9. H DE LA FUENTE MEX 1931 1:16:40 | |
| 10. Luis TORRS ROSA PUR 1927 1:17:31 | |
| 12. Stanley HARREX AUS 1928 1:24:56 | |
| M80 | W80 |
| 1. Severino ROSSETTI ITA 1927 1:07:23 | 1. Elena PAGU ROM 1926 1:23:09 |
| 2. Guenther CIESIELSKI GER 1926 1:12:32 | 2. Miriam GORDON USA 1925 1:25:47 |
| 3. Kohsoh AMANO JPN 1925 1:12:36 | 3. Olena CHUB UKR 1924 1:34:43 |
| 4. Gerhard HERBST GER 1924 1:16:56 | |
| 5. Robert MIMM USA 1924 1:17:49 | |
| 6. Luis LAGOS CHI 1926 1:21:24 | |
| 7. Mario FERRACUTI ITA 1926 1:25:30 | |
| 8. Harvey JAQUEST GBR 1927 1:30:16 | |
| M85 | W90 |
| 1. Lino TADEI ITA 1921 1:24:32 | 1. Maria BAUTISTA MEX 1917 1:38:07 |
| 2. Carlo BOMBA ITA 1921 1:28:57 | |

20 km Roadwalk

Yesterday they had the 20k races and as usual the judges have heavily influenced the results (even Morotti did just a tick under 100 minutes) with most competitors doing what they had to get through. Our only individual winner was Andrew Jamieson but what was really fantastic was that the M45 team won the gold medal in the teams event. The special point was that the team of Mark Donahoo, Andrew Jamieson and George White have an average age of 57 so were way older than their opposition! Their total time was the third fastest of all teams in all divisions which is a great effort under difficult conditions.

Also successful in the teams events was the W50 team of Lyn Ventris, Heather Carr and Liz Feldman who were also "fighting out of their division" with an average age of just on 56 though I think all 3 were going slow to get past the judges.

| | |
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| M35 | W35 |
| 1. Peter TICHY SVK 1969 1:34:40 | 1. Marina KONEVA RUS 1969 1:51:04 |
| 2. Roberto DEFENDENTI ITA 1968 1:35:23 | 2. Jenny ACUNA LEAL VEN 1969 2:02:33 |
| 3. Thierry QUARRE FRA 1970 1:37:55 | 3. Ana Lu PALACIOS VEN 1969 2:11:34 |
| 4. Bernardo CARTONI ITA 1969 1:40:06 | |
| 5. Christer SVENSSON SWE 1969 1:41:48 | |
| 6. Franco GERONIMO ITA 1968 1:44:18 | |
| 7. Albano MONTRESOR ITA 1971 1:44:44 | |
| 8. Jose Osvaldo FERNANDEZ ESP 1972 1:45:57 | |
| 9. Gianni SIRAGUSA ITA 1968 1:46:08 | |

| | | | | | |
|-----------------------------|------------|-------------|----------------|-----------------------------|-------------------------|
| 10. Dietmar HIRSCHMUGL | AUT | 1968 | 1:50:43 | | |
| M40 | | | | W40 | |
| 1. Michael SCHNEIDER | GER | 1965 | 1:37:32 | 1. Milena MEGLI | ITA 1966 1:48:45 |
| 2. Dick GNAUCK | GER | 1963 | 1:38:55 | 2. Paola BETTUCCI | ITA 1964 1:56:12 |
| 3. Urbain GIROD | SUI | 1963 | 1:39:40 | 3. Hendrietta SCHOEMAN | RSA 1966 2:01:25 |
| 4. Mauro RONCHI | ITA | 1966 | 1:41:15 | 4. Ginger ARMSTRONG | USA 1962 2:10:39 |
| 5. Santos Iv VEGA | PUR | 1964 | 1:48:43 | 5. Vlasta JURLIN | CRO 1965 2:19:39 |
| 6. Cristiano ZANOLLI | ITA | 1965 | 1:49:16 | 6. Monika MUELLER | GER 1964 2:21:45 |
| 7. Ronald PAPST | GER | 1962 | 1:53:04 | 7. Anne GORMLEY | IRL 1963 2:43:18 |
| 8. Madars BREIDE | LAT | 1964 | 1:54:38 | | |
| 9. Zelimir HAUBRIH | CRO | 1963 | 1:57:19 | | |
| 10. Fabio BERNARDI | SMR | 1962 | 1:57:23 | | |
| M45 | | | | W45 | |
| 1. DE L.A. ESCALANTE | MEX | | 1:39:37 | 1. Maura MARCHIORI | ITA 1959 1:55:59 |
| 2. Sergio GUTIERREZ BRENES | CRC | 1961 | 1:40:10 | 2. Marie JACKSON | GBR 1960 1:57:20 |
| 3. Gabriele CALDARELLI | ITA | 1959 | 1:43:08 | 3. Andrea ZIRKNINTZER | AUT 1958 2:01:34 |
| 4. Rogerio P BATISTA FILIPE | POR | 1959 | 1:44:50 | 4. Dora JAKOB | SUI 1959 2:03:18 |
| 5. Mark DONAHO | AUS | 1958 | 1:46:46 | 5. Nadia Roberta ROSSI | ITA 1959 2:12:13 |
| 6. Uwe SCHROETER | GER | 1959 | 1:47:41 | 6. Fiona BISHOP | GBR 1959 2:14:46 |
| 7. Arild FOTLAND | NOR | 1959 | 1:49:51 | 7. Dace SAULITE | LAT 1959 2:15:54 |
| 8. Antonio SANSEVRINO | ITA | 1959 | 1:50:37 | 8. Gerda FROSCHE | GER 1959 2:16:28 |
| 9. Tommy AUNAN | USA | 1959 | 1:50:40 | 9. Claudia OTTE | GER 1962 2:22:49 |
| 10. Andrea NASO | ITA | 1960 | 1:50:51 | 10. Gisela SEIFERT | GER 1958 2:38:47 |
| M50 | | | | W50 | |
| 1. Fabio RUZZIER | SLO | 1953 | 1:40:22 | 1. Barbara NELL | RSA 1954 1:50:39 |
| 2. Mark GREEN | USA | 1955 | 1:40:59 | 2. Lynette VENTRIS | AUS 1956 1:54:52 |
| 3. Helmut PRIELER | GER | 1955 | 1:41:10 | 3. Lidia OJEDA | ARG 1955 2:01:18 |
| 4. Mikhail KISELEV | RUS | 1955 | 1:44:32 | 4. Natali MARCENCO | ITA 1954 2:02:33 |
| 5. Jan CORNELIS | NED | 1956 | 1:45:50 | 5. Rosa Elvi GARCIA | MEX 1956 2:03:52 |
| 6. Stefano GIANI | ITA | 1954 | 1:47:19 | 6. Angela MINNELLA | ITA 1956 2:05:06 |
| 7. Vladimir BARABASH | RUS | 1956 | 1:48:31 | 7. Julie HELEAN | NZL 1956 2:08:23 |
| 8. Uriel BARRERA | CHI | 1955 | 1:49:15 | 8. Corinne BERTHON | FRA 1957 2:10:01 |
| 9. Fr VENTURI ESPOSTI | ITA | 1957 | 1:49:21 | 9. Patrizia MARTINI | ITA 1954 2:12:58 |
| 10. Josef BERZL | GER | 1952 | 1:50:45 | 10. Susan MEARS | USA 1955 2:21:32 |
| M55 | | | | W55 | |
| 1. Graziano MOROTTI | ITA | 1951 | 1:39:22 | 1. Maria Al FERNANDES | POR 1952 1:57:07 |
| 2. Jose Luis CAMARENA | MEX | 1949 | 1:44:42 | 2. Heather CARR | AUS 1949 2:01:33 |
| 3. Roberto CERVI | ITA | 1952 | 1:45:29 | 3. Marianne MARTINO | USA 1950 2:03:31 |
| 4. Roby PONZIO | SUI | 1947 | 1:51:13 | 4. Annelore WERNER | GER 1948 2:05:24 |
| 5. John HALL | GBR | 1949 | 1:52:20 | 5. Elizabeth FELDMAN | AUS 1948 2:09:20 |
| 6. Gerald DRAGOMIR | CAN | 1951 | 1:52:28 | 6. Erika MAX | GER 1951 2:13:03 |
| 6. Rein SUMBERG | EST | 1950 | 1:52:28 | 7. Donna GREEN | USA 1952 2:13:18 |
| 8. Gerhard LANGNER | GER | 1949 | 1:55:13 | 8. Ana Maria BLIND | ARG 1952 2:15:47 |
| 9. Andrew SMITH | USA | 1949 | 1:55:30 | 9. Mathilda KAMPER | RSA 1949 2:16:02 |
| 10. Patrice BROCHOT | FRA | 1951 | 1:55:59 | 10. Maura LUPPI | ITA 1952 2:18:29 |
| M60 | | | | W60 | |
| 1. Andrew JAMIESON | AUS | 1946 | 1:43:50 | 1. Heidi MAEDER | SUI 1943 1:59:04 |
| 2. Gildardo AMEZCUA | MEX | 1947 | 1:48:49 | 2. Suzanne LOYER | FRA 1947 2:09:11 |
| 3. George WHITE | AUS | 1945 | 1:51:58 | 3. Mary BAGLIN | USA 1946 2:11:33 |
| 4. Bernard BINGELI | SUI | 1946 | 1:53:59 | 4. Jolene STEIGERWALT | USA 1943 2:13:38 |
| 5. Norman FRABLE | USA | 1945 | 1:54:18 | 5. Kathleen FRABLE | USA 1945 2:16:23 |
| 6. Ino ABBO | ITA | 1947 | 1:57:24 | 6. Darlene BACKLUND | USA 1945 2:20:55 |
| 7. Michel SCHNEIDER | SUI | 1946 | 1:57:37 | 7. Rosina BLUME | GER 1945 2:23:51 |
| 8. Fernand RABATEL | FRA | 1946 | 1:58:16 | 8. Brigitte DE COPPET | SUI 1946 2:28:10 |
| 9. Robert HEYER | FRA | 1945 | 1:58:22 | | |
| 10. Karl DEGENER | GER | 1943 | 1:59:47 | | |
| M65 | | | | W65 | |
| 1. Hermann STRIEDER | AUT | 1941 | 1:54:30 | 1. Waltraud SEILER | GER 1941 2:08:25 |
| 2. Ralph BENNETT | AUS | 1941 | 1:54:57 | 2. Kathleen BALSER | USA 1942 2:12:50 |
| 3. Ants PALMAR | EST | 1940 | 1:55:15 | 3. Janet HIGBIE | USA 1941 2:15:44 |
| 4. Minivali SINAGULOV | RUS | 1938 | 2:00:37 | 4. Ursula HERRENDOERFER | GER 1940 2:16:04 |
| 5. Ulrich ZETZMANN | GER | 1942 | 2:03:47 | 5. Hatsue MATSUMOTO | JPN 1942 2:18:23 |
| 6. Erich STURZ | GER | 1940 | 2:05:02 | 6. Rosa GIRARDS | GER 1939 2:28:49 |
| 7. Klaus GOTTERT | GER | 1939 | 2:05:51 | 7. Sandra HULTS | USA 1941 2:33:11 |
| 8. Alexander SARTAKOV | RUS | 1942 | 2:06:34 | 8. Joan PURCELL | AUS 1941 2:33:35 |

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| 9. Zdenek GONSIOROVSKY CZE 1941 2:06:35 | 9. Lynne SCHICKERT AUS 1941 2:36:55 |
| 10. Heinz-Juergen MITTMANN GER 1941 2:06:40 | 10. Helga DRAEGER GER 1939 2:40:33 |
| | 11 Margaret BEAUMONT AUS 1938 2:41:37 |
| M70 | W70 |
| 1. Arthur THOMSON GBR 1936 1:53:26 | 1. Maureen SPELMAN GBR 1934 2:18:39 |
| 2. Dari CASTELLANOS COL 1937 1:58:24 | 2. Janina FIJALKOWSKA POL 1936 2:22:02 |
| 3. Gerhard WEIDNER GER 1933 2:00:25 | |
| 4. Eric SAXBY NZL 1937 2:02:05 | |
| 5. Alexis JORDANA FRA 1937 2:03:38 | |
| 6. Jan BIALOUS POL 1937 2:06:17 | |
| 7. Ray EVERSON USA 1934 2:14:11 | |
| 8. Robert CELLA USA 1937 2:15:31 | |
| 9. Carlos ACOSTA USA 1934 2:15:36 | |
| 10. David STEVENS GBR 1936 2:16:07 | |
| 12 Geoffrey MAJOR AUS 1936 2:17:56 | |
| Joao DOMINGOS BRA 1937 DISQ | |
| M75 | |
| 1. Mieczyslaw RUTYNA POL 1931 2:13:18 | |
| 2. John STARR USA 1928 2:18:25 | |
| 3. Paavo PYSTYNEN FIN 1932 2:19:45 | |
| 4. Alfred DU BOIS USA 1932 2:22:49 | |
| 5. H DE LA FUENTE MEX 1931 2:35:50 | |
| M80 | |
| 1. Alois BALCARIK CZE 1927 2:26:05 | |
| 2. Kohsoh AMANO JPN 1925 2:28:14 | |
| 3. Guenther CIESIELSKI GER 1926 2:29:19 | |

NATHAN DEAKES WINS IN ITALY, PINO DORDONI INTERNATIONAL, SEPT 23, 2007

Nathan Deakes is back in the news only 3 weeks after winning the World 50 km Championship in Osaka. This time it was in Italy and it was another convincing win against the 2004 Olympic 20 km champion Ivano Brugnetti. The following report and photo are from Nathan's website (<http://www.nathandeakes.com>)

Taking on the formidable Italians on home turf at the Pino Dordoni Memorial International in Piacenza, recently crowned world champion Nathan Deakes has claimed victory in the 10km race walk by the barest of margins. Racing side by side for all bar the closing stages of the race, Deakes pipped 2004 Olympic 20km Champion Ivano Brugnetti, by only one second - **39:39.32** to 39:40.23, the duo finishing over a minute ahead of their closest rival. On a flat but demanding circuit, due to the 700m cobblestone section per 2km lap, Deakes flashed the final 2km in 7:42.

"To win and walk a great last 2km shows that I've recovered well from the race and conditions in Osaka," Deakes said following Sunday's (September 23) race. "I've had an easy few weeks training since Osaka to allow my body the time it needed to recover. Consequently I've only completed one speed session, which was quite short in itself."

"One of the positives of my season has been a solid technique. I didn't incur either a caution or a warning during Sunday's race and have only had one warning all year, which was during the World Championships. That's pleasing especially given the fast finish I had fighting off Ivano. My technique is obviously very safe and legal even whilst walking in a sprint finish."

Deakes, along with Luke Adams and Jane Saville, are scheduled to compete in the 2007 IAAF Race Walking Challenge Final in Saransk, Russia this Saturday. A preview will be posted on athletics.com.au later this week.



Nathan Deakes and Ivano Brugnetti race over the cobblestones in the Pino Dordoni Memorial International

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| AUSTRALIAN UNI GAMES, ADELAIDE, 26-29 SEPTEMBER 2006 |
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VRWC member **Tom Barnes** made a flying visit to Adelaide on Wednesday 27 October to compete in the Australian University Games 5000m walk. He successfully defended his title and set a new Games record with a fine solo time of 21:20.43, beating Liam Murphy's 1999 record by 10 seconds. Well done Tom. Full results were as follows

Men 5000 Metre Walk

| | | |
|----------------------|-------------------|----------|
| 1. Tom Barnes | The Univ OF Melb | 21:20.43 |
| 2. Aaron Humphrey | Uni Of Tasmania | 25:31.77 |
| 3. Danny Cicioni Kol | Aust Catholic UN | 35:33.02 |
| Richard L'Estrang | The Uni of Sydney | DQ |
| Henry Kim Ming | The Uni of Sydney | DQ |

Women 5000 Metre Walk

| | | |
|-----------------------|-------------------|----------|
| 1. Lisa Grant | The Uni of Sydney | 23:37.25 |
| 2. Claire Woods | Uni Of Canberra | 24:25.78 |
| 3. Jessica Heazlewood | The Uni of Sydney | 26:25.55 |
| 4. Brianna Heazlewood | The Uni of Sydney | 28:07.68 |
| 5. Christina Alldis | Uni Of Tech Syd | 33:12.12 |

I reported last week that Tom Barnes had set a new Games record of **21:20** in winning the 5000m walk at the Uni Games. That prompted a bit of research and it turns out that there have been a couple of faster wins in the past but for some reason these have been lost by the Uni Games organisers. Tom – ignore the following and enjoy your well earned record and great walk!

Firstly, in 1997, Brent Vallance recorded **20:55** to break Damian O'Mara's Uni Games record of 23:00. Then the next year in 1998, Nathan Deakes really rewrote the record books with **19:48**. I asked Nathan about this great time and he explained as follows

The 1997 Uni Games were in Melbourne. I walked 19:48 for the 5000m track walk on the Wednesday afternoon, around 42:00 flat for the 10 km road walk Thursday morning and then ran 15:09 for 5000m that same afternoon.

The 10 km road walk was held on our old 2.5km course at Middle Park, starting and finishing in front of the RSL club along the tramline. I just cruised in around 42 mins as I was a long way in front of Damian O'Mara (2nd in both races) and I had my run that afternoon.

I finished 4th in the 5000m run in 15:09, a PB. I was with Chris Bowden, a well established 1500m runner at the time, with a lap to go, but he put miles on me in the last 400m. I didn't really have the same kick as he did, and was absolutely spent!

My abductors were so sore from the big program, I could hardly walk properly for two days and was still sore race walking a week later! A valuable lesson learnt from wearing spikes in the 5000m, when I hadn't had a pair on my feet for some time.

NSW ALL COMERS WALKS MEET, CHIPPING NORTON, SUNDAY 12 NOVEMBER 2006

While we were competing at Albert Park, Regal Racwalkers, in conjunction with Athletics NSW, were hosting their own carnival at Chipping Norton and there were some fine results.

Women 20k Race Walk RR OPEN

| | | | |
|----|-----------------|--------------|---------|
| 1. | Grant, Lisa | Sydney Unive | 1:47:47 |
| 2. | Webb, Cheryl | Blacktown Ci | 1:49:41 |
| 3. | Ebejer, Vanessa | Blue Mountai | 1:53:59 |

Men 10k Race Walk RR Under 20

| | | | |
|----|-----------------|--------------|-------|
| 1. | Keys, Brook | Nepean Distr | 47:31 |
| 2. | Mulhearn, Derek | Parramatta C | 55:21 |
| | Perin, Anson | Illawarra Bl | DNF |

Men 20k Race Walk RR OPEN

| | | | |
|----|-----------------|--------------|---------|
| 1. | Sundstrom, Troy | Illawarra Bl | 1:39:26 |
| 2. | Smyth, David | Randwick Bot | DNF |
| 3. | McCagh, Michael | WA/AIS | DNF |

Mixed 2000 metre Race Walk RR Under 14

| | | | |
|----|-------------------------|--------------|-------|
| 1. | Falzdad, Nathan | Nepean Distr | 9:32 |
| 2. | Timson, Matthew | Bankstown Sp | 9:41 |
| 3. | Bettioli, Emma | Nepean Distr | 9:51 |
| 4. | Bettioli, Amy | Nepean Distr | 10:09 |
| 5. | Washburn, Steven | Nepean Distr | 10:10 |
| 6. | Gralton, Ebony | Nepean Distr | 10:34 |
| 7. | Billington, Tayla-Paige | Nepean Distr | 11:02 |
| 8. | Sudulic, Caleb | Nepean Distr | 12:09 |
| 9. | Plummer, Caitlin | Nepean Distr | 12:55 |

Mixed 5k Race Walk RR Under 18

| | | | |
|----|----------------|-----------------------|-------|
| 1. | Malone, Kyle | Nepean Distr | 24:09 |
| 2. | Hayes, Melissa | Asics Wests | 25:22 |
| 3. | Fagan, Nicole | Sydney Pacif | 26:13 |
| 4. | Pisani, James | Bankstown Sp | 27:14 |
| 5. | Tilden, John | Athletics Wo | 27:42 |
| 6. | Smith, Andrew | Bathurst Ath | 28:58 |
| 7. | Keenawinna, | Rukshani Nepean Distr | 30:19 |

DEAKES 50 KM WORLD RECORD, AUSTRALIAN 50KM CHAMPS, GEELONG, 2 DECEMBER 2006

TELSTRA AUSTRALIAN MEN'S 50KM ROAD WALKING CHAMPIONSHIP Eastern Beach, Geelong, Victoria, Saturday 2nd December 2006

If you weren't here in Geelong on Saturday morning, you missed something of truly awesome significance. Nathan Deakes broke the 50 km roadwalk world record by 16 seconds, finishing with 3:35.47. To put this in perspective, consider the following

- The course was not easy. With 16 turns, 5 different surfaces (concrete, boardwalk, carpet, road, and the odd cobblestones), two short sharp inclines per lap and windy conditions that increased throughout the event, it just should not have been possible.
- It was a solo performance. Nathan had lapped the entire field by the 30 km mark and walked the whole event on his own.
- At the 40 km mark, Nathan was nearly 3 minutes under the record and could have broken it by much more than 16 seconds if he had had any competition to push him during that vital last 10 km.

Nathan strode to the lead from the start and his first four 10 km splits were around 43:30, 42:30, 42:00 and 42:30. He went through 20 km in 86:00, through 30 km around 2:08:00 and through 40 km around 2:50:30. At that stage, he was heading towards 3:33:00! Absolutely extraordinary! Overcome by tears, he fell to the ground after crossing the finish line, his wife Annette and parents rushing in to congratulate the new world record holder.

He had these words to say after the race: "It's obviously quite a surprise. I didn't think I was in that kind of shape. To break a world record is really special. To do at home is even nicer. The best prepared athletes walk fast anywhere. I had a great training camp at altitude in US but the key has been the fact that I have been injury free for the last 6 months. My hamstring has been really good and I've been able to get through a lot of work. I'm getting older and it's getting harder, but right now I'm very very content."

I suggest you should all congratulate Nathan personally on his effort by emailing him at ndeakes@hotmail.com It will be many years before we see a performance like this again on Australian shores.



Nathan early on and towards the end of his record breaking walk

Luke Adams went straight into second place from the gun and walked the first 40 km on his own until he was forced to slow. He surrendered his position to Jared Tallent and Duane Cousins at around the 42 km mark and retired soon after, having spent himself.

A group of 6 walkers were together for most of the first 20 km – Duane Cousins, Jared Tallent, Chris Erickson, Tom

Barnes, Frank Bertei and Darren Bown. First Frank and Darren dropped off and that left 4. Then Tom Barnes, only intending to walk to the 30 km mark, increased the pace at the 25 km mark. Chris Erickson dropped off the back soon afterwards but Duane and Jared were up to the task and caught Tom just before the 30 km mark, passed in around 2:21. From then on, it was a battle between the two Victorians as neither would give an inch. Eventually it was Duane, walking the best race I have ever seen from him, who stormed home to take second in a PB time of 3:53.18 (1 min 17secs better than his previous PB, set in 1994). Jared, walking his first 50 km event, held on well to take third with 3:55.03. All three first place finishers recorded A qualifiers for the 2007 World champs.



Luke Adams, Chris Erickson, Duane Cousins, Tom Barnes and Jared Tallent in action

While on the subject of outstanding walks, 60 year old Andrew Jamieson, the man who never gets old (although he was starting to actually look near his age at 45km!) completed the 50 km in 4:27.40 to set a new Australian M60 Masters record. The M60 WR is an incredible 4:23.29, set in 1993 by Gerhard Weidner of East Germany. He holds the M45, M50 and M55 records also. Andy certainly has something to aim for.



Duane and Jared fight out the final 10 km while Andrew Jamieson heads towards his M60 record

For the record, the final results are as follows

| | | | | |
|----|---------------|-----|---------|--|
| 1. | Nathan Deakes | VIC | 3:35:47 | World Record, A qualifier World Champs |
| 2. | Duane Cousins | VIC | 3:53:19 | PB, A qualifier World Champs |
| 3. | Jared Tallent | VIC | 3:55:08 | 50km debut, A qualifier World Champs |

| | | | | |
|----|-----------------|-----|---------|-----------------------|
| 4. | Darren Bown | SA | 4:22:51 | |
| 5. | Andrew Jamieson | VIC | 4:27:40 | Australian M60 Record |
| | Luke Adams | NSW | DNF | (42km 3:14:52) |
| | Chris Erickson | VIC | DNF | (40km 3:18:15) |
| | Thomas Barnes | VIC | DNF | (30km 2:21:20) |
| | Frank Bertei | VIC | DNF | (20km 1:36:14) |
| | Troy Sundstrom | NSW | DQ | |

Women 20km Walk (non-championship event)

A women's 20 km event was also on offer and all our top women made themselves available. The event soon turned into a race of three as Jane and Natalie Saville and Kellie Wapshott went to a clear lead. With Jane peeling off after the first 10 km (she had announced before the race that she was only intending to do 10 km), Nat and Kellie were left to fight out the second half. Natalie showed brilliant form to win in 1:34:29, her best for some time, while Kellie took second in a PB time of 1:35:45. Michelle French was in third place for most of the race but just lost out to the fast finishing Claire Woods. All four performances were IAAF B qualifiers.

| | | | | |
|----|-----------------|-----|---------|------------------------------|
| 1. | Natalie Saville | NSW | 1:34:29 | B qualifier World Champs |
| 2. | Kellie Wapshott | VIC | 1:35:45 | PB, B qualifier World Champs |
| 3. | Claire Woods | SA | 1:37:13 | B qualifier World Champs |
| 4. | Michelle French | NSW | 1:37:32 | PB, B qualifier World Champs |
| 5. | Vanessa Ebejer | NSW | 1:57:05 | |
| | Megan Szirom | VIC | DNF | (16km 1:19:52) |
| | Jane Saville | NSW | DNF | (10km 47:12) |
| | Cheryl Webb | NSW | DNF | (10km 50.30) |



Kellie Wapshott breaks new ground as she battles it out with Natalie and Jane Saville

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| AUSTRALIAN ALL SCHOOLS T&F CHAMPS, SYDNEY, 7-10 DEC 2006 |
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Thanks to Brent Vallance and Jim Leppik for their reports on the very successful Australian All Schools Championships which were held in Sydney last weekend. From my own perspective, it was great to see 127 walkers in action and the medals so widely spread amongst the various Australian States. Congratulations in particular to our Victorian medallists

| | | | |
|--------|-------------------|----------------------|----------|
| Gold | Jessica Rothwell | Girls U18 5000m Walk | 24:24.34 |
| | Cassandra Raselli | Girls U14 1500m Walk | 7:00.82 |
| | Rhydian Cowley | Boys U16 3000m Walk | 13:58.59 |
| Silver | Kyle Bryant | Boys U18 5000m Walk | 22:59.25 |
| Bronze | Lauren Drennan | Girls U18 5000m Walk | 25:47.57 |
| | Brad Simpson | Boys U14 1500m Walk | 7:23.95 |
| | Beth Alexander | Girls U15 3000m Walk | 15:28.80 |
| | Natalie Laurie | Girls U16 3000m Walk | 15:34.16 |

Boys U/17 and U/18 5000m – 7/12/2006

Before venturing up to Sydney last Thursday, I had a chat with Nathan Deakes in the gym at the AIS where he was spinning on the bike – still recovering from his World Record 5 days earlier (3:35:47 - 50km). He recalled fondly his win at the Australian All Schools in 1995, when he clocked 12:44 in the 3000m walk – staking claim to splits of 6:44 and 6:00 for each half of the race.

Also on the honour roll of this event are Luke Adams (1994), Jared Tallent (2000) and Adam Rutter (2003). All four athletes are now the current Men's 20km "A" qualified athletes for the Osaka World Championships.

This year, the event for the U/18 age group was to be contested over 5000m. To the winner, would go a Championship record. The pack start for the combined U/18 and U/17 age groups meant a head to head clash between World Cup reps Daniel Coleman(TAS) and Brook Keys (NSW). With Brendon Reading walking a pb of 22:09, last week, and Kyle Bryant also clocking a pb recently in Bendigo, things were looking good for a tight race.

Brook Keys stormed straight to the front and after the first lap, done in 1:40, these four had settled at the front of the field. This order remained, as they moved away from the rest and passed through 1km in 4:20, and then 2km in 8:50.

Daniel Coleman made his move, at the 2km mark with a 1:39 lap, and opened up an 11 second lead over Brook Keys at 3km (13:09). Brook fought hard to close the gap over the remaining laps, with Kyle clearing away from Brendon Reading but sealing 2nd and 3rd in the u/18 category.

Boys 5000 metres Walk Under 17

| | | | | |
|-----|------------------|----|-----|----------|
| 1. | Brook Keys | 90 | NSW | 22:15.13 |
| 2. | Sean Fitzsimons | 92 | WA | 23:40.77 |
| 3. | Kyle Malone | 91 | NSW | 23:55.15 |
| 4. | Jared Loi | 90 | QLD | 24:33.09 |
| 5. | Daniel Payne | 90 | VIC | 24:39.20 |
| 6. | Michael Reading | 90 | ACT | 25:17.18 |
| 7. | Derek Mulhearn | 90 | NSW | 25:37.93 |
| 8. | Jonathon Birt | 90 | QLD | 25:50.46 |
| 9. | Ian Dewhurst | 90 | NSW | 26:03.14 |
| 10. | Timothy Jenyns | 90 | WA | 26:11.21 |
| 11. | Chase Richardson | 91 | TAS | 26:52.49 |
| 12. | James Pisani | 90 | NSW | 27:57.35 |

Boys 5000 metres Walk Under 18

| | | | | |
|----|-----------------|----|-----|----------|
| 1. | Daniel Coleman | 89 | TAS | 22:07.83 |
| 2. | Kyle Bryant | 89 | VIC | 22:59.25 |
| 3. | Brendon Reading | 89 | ACT | 23:24.53 |
| 4. | Cody Attwater | 89 | NSW | 24:20.98 |
| 5. | Adam Dunn | 89 | SA | 25:02.11 |
| 6. | Andrew Smith | 89 | NSW | 30:08.31 |
| | Ben Henman | 89 | SA | DNF |

Girls U/17 and U/18 5000m – 7/12/2006

Melissa Hayes (coached by Marilyn Pearson) opened up an early lead in the event, but was caught and overtaken by Paige Hooper just after the first 1km. The pair passed through the 3km mark still locked together in 13:59, with Paige starting to tire. Melisa opened up a 15m break in the fourth km, and Paige was disqualified at 4km, leaving a Melissa a very comfortable winner in a 23:55.30. This time is comfortably under the World Youth qualification standard (24:25.0)

and qualifies Melissa for this major championship, to be held in Ostrava (Czech republic) in July 2007. Melissa pb's before the event were 14:28.31 for 3km and 24:37.84 for 5km so this was a huge PB.

Jessica Rothwell walked through the early part of the event with Nicole Fagan from NSW in 3rd and 4th places overall, but she proved too strong over the last 2km, winning the U/18 event quite comfortably and crossing the line second behind Melissa Hayes. Nicole Fagan of NSW and Lauren Drennan of Victoria had a good battle for the minor medals with both finishing under 25 minutes.

Girls 5000 metres Walk Under 17

| | | | | | |
|----|--------------------|----|-----|----------|-----|
| 1. | Melissa Hayes | 91 | NSW | 23:55.30 | WYQ |
| 2. | Steph Stigwood | 90 | SA | 26:01.28 | |
| 3. | Danielle Densley | 90 | WA | 26:53.15 | |
| 4. | Samantha Tesch | 91 | QLD | 27:10.57 | |
| 5. | Rukshani Keenawinn | 91 | NSW | 27:34.61 | |
| 6. | Tamara Attard | 90 | VIC | 27:38.58 | |
| 7. | Jessie Palfreyman | 90 | VIC | 28:11.26 | |
| 8. | Melissa Sullivan | 90 | WA | 28:21.50 | |
| 9. | Jessica Currie | 90 | QLD | 32:55.20 | |
| | Natasha Sorensen | 90 | QLD | DNF | |
| | Paige Hooper | 92 | SA | DQ | |

Girls 5000 metres Walk Under 18

| | | | | | |
|-----|-------------------|----|-----|----------|--|
| 1. | Jessica Rothwell | 89 | VIC | 24:24.34 | |
| 2. | Nicole Fagan | 89 | NSW | 25:35.01 | |
| 3. | Lauren Drennan | 89 | VIC | 25:47.57 | |
| 4. | Roxanne Busuttill | 89 | NSW | 26:23.61 | |
| 5. | Lizzy Malcomson | 89 | TAS | 27:19.68 | |
| 6. | Caitlin Brunton | 89 | VIC | 27:24.34 | |
| 7. | Cassandra Staples | 89 | NSW | 27:28.55 | |
| 8. | Natalie Laurie | 91 | VIC | 28:28.06 | |
| 9. | Natasha Agius | 89 | NSW | 29:34.64 | |
| 10. | Roslyn Jones | 89 | QLD | 29:39.80 | |
| 11. | Nicole McInerney | 91 | SA | 29:53.57 | |
| 12. | Sarah Stewart | 89 | QLD | 30:25.30 | |
| | Naomi Roberts | 91 | SA | DNS | |

Boys U/14 1500m – 8/12/2006

This was the only event of weekend where the judging directly impacted on the medal positions, with 3 of the first 6 athletes disqualified. Blake Steel was too good, and was a clear leader coming into the final lap to win comfortably. Behind him, a battle for the minor medals was being played out between early race leader Samuel Dib and fellow WA athlete Rhys Brett. After crossing the line in 2nd and 3rd, both were later disqualified, as was Cheyne Egelton who crossed the line 5th, leaving Jake Rudge and Brad Simpson of Victoria in the medal positions.

| | | | | | |
|-----|----------------|----|-----|---------|--|
| 1. | Blake Steele | 93 | SA | 6:57.69 | |
| 2. | Jake Rudge | 93 | NSW | 7:20.53 | |
| 3. | Brad Simpson | 93 | VIC | 7:23.95 | |
| 4. | Scott Gordon | 93 | ACT | 7:38.93 | |
| 5. | Connor Miller | 93 | QLD | 7:42.57 | |
| 6. | Qadry Williams | 93 | QLD | 7:43.94 | |
| 7. | Daniel Crouch | 94 | SA | 7:45.67 | |
| 8. | Joel Phillips | 93 | WA | 7:55.23 | |
| 9. | Blake Jennings | 93 | QLD | 8:09.86 | |
| 10. | Ben Gittus | 93 | TAS | 8:14.38 | |
| | Rhys Brett | 94 | WA | DQ | |
| | Samuel Dib | 94 | WA | DQ | |
| | Cheyne Egelton | 93 | NSW | DQ | |

Girls U/14 1500m – 8/12/2006

The Girl's race was very even on paper but 12 year old Victorian Cassie Raselli ended up a clear and convincing winner in a huge pb. She won by 6 seconds from Kate Fitzsimmons of Western Australia with Queenslander Courtney Sorensen 3rd, both girls doing a great job with 7.06 and 7.07 respectively.

| | | | | | |
|----|-------------------|----|-----|---------|--|
| 1. | Cassandra Raselli | 94 | VIC | 7:00.82 | |
|----|-------------------|----|-----|---------|--|

| | | | | |
|-----|-------------------|----|-----|---------|
| 2. | Kate Fitzsimons | 93 | WA | 7:06.80 |
| 3. | Courtney Sorensen | 93 | QLD | 7:07.97 |
| 4. | Lauren Harrington | 93 | SA | 7:13.50 |
| 5. | Kini Chapple | 93 | NSW | 7:14.21 |
| 6. | Darcy Gilroy | 93 | NSW | 7:18.59 |
| 7. | Teletha Phillips | 93 | TAS | 7:19.94 |
| 8. | Rachel Tallent | 93 | VIC | 7:20.72 |
| 9. | Ebony Gralton | 93 | NSW | 7:21.64 |
| 10. | Jade Dighton | 93 | NSW | 7:23.38 |
| 11. | Ebony Whiley | 95 | VIC | 7:32.50 |
| 12. | Samara Holliday | 93 | SA | 7:32.53 |
| 13. | Chelsea Dyer | 93 | VIC | 7:33.26 |
| 14. | Carisse Priest | 93 | WA | 7:34.83 |
| 15. | Erin Brunton | 93 | VIC | 7:36.50 |
| 16. | Kristie Goznic | 93 | SA | 7:37.71 |
| 17. | Amelia Finnegan | 95 | VIC | 7:37.90 |
| 18. | Emily Payne | 93 | VIC | 7:38.47 |
| 19. | Rachael Maher | 93 | QLD | 7:40.75 |
| 20. | Caitlin Campbell | 94 | VIC | 7:44.00 |
| 21. | Tayla Langley | 93 | QLD | 7:51.91 |
| 22. | Caragh Thomas | 93 | SA | 7:54.49 |
| 23. | Sherkeira Abala | 93 | NT | 7:55.03 |
| 24. | Alana Hewish | 93 | QLD | 8:06.92 |
| 25. | Lotta Danner | 95 | SA | 8:18.59 |

Girls U/15 and U/16 3000m – 9/12/2006

The final day of walking competition saw hot and humid conditions, affecting the times of the walkers. But the performances were still fantastic!

Melissa Hayes, 15, took out a meet double, winning the U/16 3000m walk in 14.42, following her outstanding 23.55 performance on Thursday in the U17 5000m. Melissa comes from a training group that usually sees good young walkers progress all the way through to seniors, so she should be an exciting one to watch over the next few years. Queenslander Samantha Tesch did well to come second in 15.17, while it was good to see one of our Victorians, Natalie Laurie, win yet another national medal with her 15.28.

14 year old Paige Hooper had better luck in this event, winning the U/15 3000m event, making up for her dq on Thursday. Given she walked 13.33 3 weeks ago in South Australia, I'm guessing Paige walked a smart, conservative race this time to win in 15.04. Kate Fitzsimmons took out a second silver medal at this meet, coming home in 15.18, with Victorian, Beth Alexander, walking up to the good form she showed all winter, taking 3rd in an excellent 15.28.

Girls 3000 metres Walk Under 15

| | | | | |
|-----|-------------------|----|-----|----------|
| 1. | Paige Hooper | 92 | SA | 15:04.31 |
| 2. | Kate Fitzsimons | 93 | WA | 15:18.22 |
| 3. | Beth Alexander | 92 | VIC | 15:28.80 |
| 4. | Rhearne Ryan | 92 | NSW | 15:40.08 |
| 5. | Lauren Harrington | 93 | SA | 15:54.10 |
| 6. | Rachel Tallent | 93 | VIC | 16:01.26 |
| 7. | Teletha Phillips | 93 | TAS | 16:11.78 |
| 8. | Ebony Gralton | 93 | NSW | 16:13.65 |
| 9. | Samara Holliday | 93 | SA | 16:31.69 |
| 10. | Kini Chapple | 93 | NSW | 16:38.06 |
| 11. | Hilary Brazel | 93 | VIC | 17:10.25 |
| 12. | Caragh Thomas | 93 | SA | 17:32.82 |
| 13. | Melissa Currie | 92 | QLD | 18:57.26 |
| | Caitlin Campbell | 94 | VIC | DQ |

Girls 3000 metres Walk Under 16

| | | | | |
|----|---------------------|----|-----|----------|
| 1. | Melissa Hayes | 91 | NSW | 14:42.97 |
| 2. | Samantha Tesch | 91 | QLD | 15:17.76 |
| 3. | Natalie Laurie | 91 | VIC | 15:34.16 |
| 4. | Rukshani Keenawinna | 91 | NSW | 15:59.20 |
| 5. | Jessica Bennett | 91 | NSW | 16:05.66 |

| | | | | |
|----|------------------|----|-----|----------|
| 6. | Nicole Dryden | 91 | NSW | 16:15.71 |
| 7. | Teagan Roberts | 91 | WA | 16:56.71 |
| 8. | Paula Venz | 91 | QLD | 18:11.09 |
| 9. | Naomi Roberts | 91 | SA | 18:51.94 |
| | Nicole McInerney | 91 | SA | DQ |
| | Tanya Poppett | 91 | NSW | DQ |

Boys U/15 and U/16 3000m – 9/12/2006

Another Victorian, Rhydian Cowley, returned to his very best form at the right time to take out the the U/16 boys 3000m in 13.58. He beat some pretty good competition in Kyle Malone from NSW with 14.07, while Chase Richardson took out Tasmania's second medal with his time of 14.16. Victorian Nicholas Mirarchi was disqualified in the final straight as he fought out the bronze medal finish with Richardson

There must be plenty of talent in the Fitzsimmons family with Sean walking an outstanding race to win the U/15 boys race with the terrific time of 13:57 while his sister Kate won 2 silver medals in her events. and Jordan Mulhearn also walked a great time for second in 14.12 while John Tiden and Tmucin Girgin had a great battle for 3rd with John taking the honors in 14.40 to Tim's 14.48, both top walks.

Boys 3000 metres Walk Under 16

| | | | | |
|----|-------------------|----|-----|----------|
| 1. | Rhydian Cowley | 91 | VIC | 13:58.59 |
| 2. | Kyle Malone | 91 | NSW | 14:07.01 |
| 3. | Chase Richardson | 91 | TAS | 14:16.57 |
| 4. | Mitchell Flood | 91 | NSW | 15:07.23 |
| 5. | Shaun Ninyo | 91 | NSW | 15:13.02 |
| 6. | Bobby Malcomson | 91 | TAS | 15:22.95 |
| 7. | Nathan Jones | 91 | NSW | 16:04.74 |
| | Nicholas Mirarchi | 91 | VIC | DQ |

Boys 3000 metres Walk Under 15

| | | | | |
|-----|-----------------|----|-----|----------|
| 1. | Sean Fitzsimons | 92 | WA | 13:57.52 |
| 2. | Jordan Mulhearn | 92 | NSW | 14:12.89 |
| 3. | John Tilden | 92 | NSW | 14:40.12 |
| 4. | Timucin Girgin | 92 | VIC | 14:48.33 |
| 5. | Blake Steele | 93 | SA | 15:02.66 |
| 6. | Nick Dewar | 92 | QLD | 15:47.90 |
| 7. | Brandon Dewar | 92 | QLD | 16:21.13 |
| 8. | Brad Simpson | 93 | VIC | 16:37.24 |
| 9. | Daniel Crouch | 94 | SA | 16:47.17 |
| 10. | John Hallam | 92 | QLD | 16:51.78 |
| 11. | Kai Maruta | 92 | NSW | 17:02.63 |
| | Cheyne Egelton | 93 | NSW | DQ |
| | Samuel Dib | 94 | WA | DQ |

TELSTRA A SERIES 20 KM WALK, CANBERRA, SUNDAY 28 JANUARY 2007

As expected, the Telstra A Series walks in Canberra produced some fantastic walking. The 7AM start saw cool and still conditions and the flat 2 km lap is known to produce fast times. First to the women's event.

Women 20k Race Walk

Withdrawals from Natalie Saville, Kellie Wapshott and Tanya Holliday reduced the size of the field but the times came anyway. Cheryl Webb went straight to the front and led for most of the race, only to be caught and passed by Jane Saville in the last couple of laps. Jane's winning time of 1:34:32 saw her finish 8 seconds in front of Cheryl with both girls finishing strongly. Third place was taken by Claire Woods who was only 18 secs in arrears of her PB while Megan Szirom also broke the 100 minute barrier, although forced to slow in the second half with a hip injury.

Jess Rothwell, coached by Simon Baker, walked a fantastic 10 km time of 48:02 and has now thrown the gauntlet down to the other top junior girls. Jess, aged 17, is just starting her final year at school and will be eligible for next year's World Juniors. We can expect to see her improve even further on that time over the next 12 months. Well done Jess.

"I'm very surprised and pleased with my time considering it was my first hit out for the season," a satisfied Jane told Athletics Australia Media after the race. "I was ill over the New Year and had a slight knee strain, so I had three weeks off training. I only recommenced training two weeks ago so I'm very happy with my performance today considering."

Jane will now head to Spain in three weeks time to commence preparations for the 2007 IAAF World Race Walking Challenge. "My first major international race is in Naucalpan, Mexico (10-11 March) which will be difficult race given the altitude. I then head to Shenzhen in China (24-25 March) to take on the strength of the Chinese who will again likely dominate, before focusing on the World Champs in Osaka."

| | | | |
|----|-------------------|--------|----------------------|
| 1. | Jane Saville, | NSWIS, | 1:34:32.00. |
| 2. | Cheryl Webb, | NSWIS, | 1:34:40.00. |
| 3. | Claire Woods, | SASI, | 1:35:36.00. |
| 4. | Megan Szirom, | VIC, | 1:39:17.00. |
| 5. | Christina Alldis, | NSW, | 2:10:36.00. |
| | Jessica Rothwell, | VIC, | DNF (10 km in 48:02) |
| | Fiona Alldis, | NSW, | DQ. |

Men 20k Race Walk

The men's race was just as exciting. With Nathan Deakes bypassing this event, there was an unexpected win on offer and Luke Adams and Jared Tallent were both keen to take advantage. Luke surged to a small lead in the first lap but was quickly pulled back by Jared. From then on, they raced together until Jared surged at around the 13 km mark. From then on, it was a one man race as he gradually increased his lead, eventually winning with a new PB time of 1:21:32. Luke maintained his form to finish second in 1:22:20, both walkers recording World Championship A qualifiers.

Third place went to VIS walker Chris Erickson who set a new personal best time of 1:24:58. He shadowed Spanish walker Mikel Odriozola for the first 10 km until he retired, then held on strongly, hardly slowing in the latter half for his second PB in a week. PBs also came further back in the field from AIS walker Michael McCagh and from Victorian Tom Barnes as 8 walkers beat the 90 minute barrier.

Three of the walkers chose to retire at the 10 km mark. Mikel Odriozola, visiting from Spain, is a 3:41 50 km walker and he showed his class with a fast and smooth time of 42:02. Juniors Daniel Coleman and Brendan Reading both did PBs with Daniel just failing to break 45 mins and Brendon improving by nearly 2 minutes with his time of 45:20. Our future is indeed looking bright with a talented group of young men and women improving week by week.



Jared Tallent shadows Luke Adams



Chris Erickson takes third



Duane Cousins back after his 50 km PB

“A PB and an a-qualifier is sensational. I felt really good out there and it shows really good signs for the future,” Jared told Athletics Australia Media after the event. “My race plan was to take it out easy at the start and see how I felt. I didn’t really know what sort of shape I was in given it was my first hit out of the season.” After competing at the Telstra Selection Trials in Brisbane, Jared will head to China and then Portugal to compete in the IAAF Race Walking Challenge before returning to Australia to prepare for Osaka.

| | | | |
|-----|------------------|--------|--------------------------|
| 1. | Jarred Tallent, | AIS, | 1:21:32.00. (PB – 00:04) |
| 2. | Luke Adams, | AIS, | 1:22:20.00. |
| 3. | Chris Erickson, | VIS, | 1:24:58.00. (PB – 01:37) |
| 4. | Adam Rutter, | AIS, | 1:26:43.00. |
| 5. | Darren Bown, | SASI, | 1:27:29.00. |
| 6. | Michael McCagh, | AIS, | 1:27:35.00. (PB - 01:02) |
| 7. | Duane Cousins, | VIC, | 1:28:44.00. |
| 8. | Thomas Barnes, | VIC, | 1:29:05.00. (PB – 02:03) |
| 9. | Tony Sargisson, | NZL, | 1:32:40.00. |
| 10. | Frank Bertei, | VIC, | 1:34:07.00. |
| | Mikel Odriozola, | ESP, | DNF (10 km in 42:02) |
| | Daniel Coleman, | TIS, | DNF (10 km in 45:02) |
| | Brendon Reading, | ACTAS, | DNF (10 km in 45:20) |

The all time rankings have altered as a result of this walk with Jared (passing the great Willi Sawall and moving into 8th spot), Chris (now 16th) and Michael (now 25th) all moving up the ranks and Tom (at 32nd) entering the elite sub-90 group. Wow, have we had some good walkers over the years and more keep coming!

Thanks to AIS Walks Coach Brent Vallance for this very comprehensive report on the Australian Junior walking championships.

With the World Junior Championships and World Walking Cups being a biennial event, these 2007 Australian Junior Championships seemed to carry less of a focus than what we can expect next year in the rundown for selection for Russia and Poland in 2008. Nevertheless, the athletes who have been improving over the summer turned up and were chasing PBs and attempting to move closer to the standards required for 2008. Conditions were ideal -an overcast morning, a top forecast of 21, and a 7:30am start contributed to some solid performances for the small number of entrants who made the trip to Hobart.

U20 Women 10,000m Walk – 10/02/07

Jess Rothwell (VIC) had recently walked 48:02 in the Canberra A series, after spending two weeks on a training camp in Thredbo and Canberra with the AIS walkers. Jess signalled her intentions early by moving away from Tanya Holliday (AIS/SASI) from the gun, and opened up a 40m lead at the 1km. Tanya slowly moved up onto Jess's shoulder and they walked comfortably together through the 3rd, 4th and 5th kilometres. At 24:08 through 5km (a pb for Jess) Tanya moved to the front, and began to open up a lead.



Tanya Holliday (10) trails Jess Rothwell(11) just before 5km in Hobart.

Tanya was strong enough to hold sub 5 minute km pace to the finish, despite slowing and finished with a time of 48:56.51, in her first race since moving to the AIS in late November. This was a solid first up outing for Tanya, who has been training very hard in the pool of late due to a knee injury sustained just before Christmas, which has limited her walking training for the last 6 weeks.

Jess walked 49:29.10 for second place, and looks a sure bet to continue to improve as over the next 12 months before the World Junior Championships. Two time World Cup rep Fiona Aldis walked 52:39.16 for third place.



L to R – Jess Rothwell (VIC), Tanya Holliday (AIS/SASI) and Fiona Aldis (NSW)

| | | | |
|----|---------------------|------|----------|
| 1. | Tanya Holliday | Sasi | 48:56.51 |
| 2. | Jessica Rothwell | Vic | 49:29.10 |
| 3. | Fiona Aldis | Nsw | 52:39.16 |
| 4. | Stephanie Stigwood | SA | 55:26.96 |
| 5. | Cassandra Staples | Nsw | 55:53.69 |
| 6. | Rukshani Keenawinna | Nsw | 58:12.85 |

U20 Men' 10,000m Walk – 10/02/07

It was defending champion Ian Rayson (NSW), who charged straight to the front in the men's U/20 event, and lead through the 1km with a split of 4:21, some 11 seconds ahead of the chasing pack of three – Daniel Coleman (TIS), Kyle Bryant (VIC), and Brendon Reading (ACTAS).



Ian Rayson at 1km

With Brendon Reading dropping off, it was a brave Kyle Bryant who refused to let go when Daniel, together with Kyle, surged past Ian at the 5km mark (22:16), and began to open up a 20m lead over Ian. When all looked lost for Ian, Daniel slowed, and Ian again went to the front. With the pace still slowing at 7km, we still had three junior males in the race, and all looking as if they'd walk under 45 minutes.



L to R – Ian Rayson, Kyle Bryant and Daniel Coleman at 6.2km

At 7.1km, with Ian again in front, he was disqualified. Daniel had to dig deep to fight off Kyle, who had shadowed him the whole way to that point of the race. Daniel finished with a strong last km, to record another pb of 44:55.91, with Kyle walking 45:12.22 in a very impressive performance to smash over a minute off his previous best in finishing second.

Brendon Reading finished third, well below his best in 49:16.64. Brendon had walked 45:28 two weeks early in the Canberra A series, showing that, along with Brook Keys who was absent from this Championships, we have a good level of talent, that will hopefully give us two male athletes representing at next years World Junior Championships. All

are chasing a qualifying time of 44:05.0

| | | | |
|----|------------------|-----|----------|
| 1. | Daniel Coleman | Tis | 44:55.91 |
| 2. | Kyle Bryant | Vic | 45:12.22 |
| 3. | Brendon Reading | Act | 49:16.64 |
| 4. | Chase Richardson | Tas | 55:15.27 |
| 5. | Ben Henman | SA | 57:54.47 |
| 6. | Ian Rayson | Nsw | DQ 230.6 |
| 7. | Adam Dunn | SA | DQ 230.6 |
| 8. | Brook Keys | Nsw | DNS |



Our Two Junior Champions



Two silvers head back to the Bendigo area



L to R: Kyle Bryant (VIC) Daniel Coleman (TIS) and Brendon Reading (ACTAS)

| |
|--|
| NSW TRACK WALKING CHAMPIONSHIPS, JAN-FEB 2007 |
|--|

NSW 10000m Walking Championships, Sydney Olympic Park Athletic Centre, 6-7 January 2007

Women 10000 metre Race Walk Open

| | | | | |
|----|-------------------|----|--------------|----------|
| 1. | Saville, Natalie | 29 | RANDWICK BOT | 47:19.34 |
| 2. | Webb, Cheryl | 31 | BLACKTOWN CI | 47:27.75 |
| 3. | Alldis, Fiona | 19 | ASICS WESTS | 51:56.85 |
| 4. | Alldis, Christina | 21 | U.T.S. NORTH | 62:08.74 |

Women 10000 metre Race Walk U23

| | | | | |
|----|-------------------|----|--------------|----------|
| 1. | Rutter, Jillian | 22 | SYDNEY PACIF | 58:32.91 |
| 2. | Alldis, Christina | 21 | U.T.S. NORTH | 62:08.74 |

Women 10000 metre Race Walk U20

| | | | | |
|----|----------------------|----|--------------|----------|
| 1. | Alldis, Fiona | 19 | ASICS WESTS | 51:56.85 |
| 2. | Keenawinna, Rukshani | 16 | NEPEAN DISTR | 57:17.42 |

Men 10000 metre Race Walk Open

| | | | | |
|----|--------------|----|--------------|----------|
| 1. | Adams, Luke | 31 | BAN(BANKSTOW | 41:34.88 |
| 2. | Smyth, David | 38 | RANDWICK BOT | 58:54.75 |

Men 10000 metre Race Walk U20

| | | | | |
|----|------------------|----|--------------|----------|
| 1. | Keys, Brook | 17 | NEPEAN DISTR | 46:58.71 |
| 2. | Malone, Kyle | 16 | NEPEAN DISTR | 49:05.29 |
| 3. | Perin, Anson | 18 | IBS(ILLAWARR | 58:41.23 |
| 4. | Smith, Andrew | 18 | BATHURST ATH | 61:45.85 |
| 5. | Mulhearn, Derek | 17 | PARRAMATTA C | 66:42.93 |
| | Mulhearn, Jordan | 15 | PARRAMATTA C | DNF |

NSW Open & U18 Championships, 2-4 February 2007

Women 5000 Metre Race Walk Open

| | | | | |
|----|----------------------|----|----------------|----------|
| 1. | Saville, Jane | 33 | Randwick Bot | 22:53.61 |
| 2. | Webb, Cheryl | 31 | Blacktown Ci | 23:38.50 |
| 3. | Ebejer, Vanessa | 22 | Blue Mountai | 25:53.78 |
| 4. | Fagan, Nicole | 18 | Sydney Pacific | 27:18.38 |
| 5. | Staples, Cassandra | 18 | Campbelltown | 27:26.19 |
| 6. | Rutter, Jillian | 22 | Sydney Pacif | 28:28.15 |
| 7. | Keenawinna, Rukshani | 16 | Nepean | 28:41.42 |

Women 3000 Metre Race Walk Under 18

| | | | | |
|----|----------------------|----|--------------|----------|
| 1. | Hayes, Melissa | 16 | Asics Wests | 14:11.99 |
| 2. | Gralton, Ebony | 14 | Nepean Distr | 16:05.37 |
| 3. | Keenawinna, Rukshani | 16 | Nepean | 16:20.24 |

Men 5000 Metre Race Walk Open

| | | | | |
|----|----------------|----|------------------|----------|
| 1. | Adams, Luke | 31 | Bankstown Sports | 19:55.17 |
| 2. | Smith, Michael | 23 | Illawarra Bl | 26:53.70 |
| 3. | Smyth, David | 38 | Randwick Bot | 28:05.01 |
| 4. | Smith, Andrew | 18 | Bat(Bathurst | 28:46.70 |
| | Perin, Anson | 18 | Illawarra Blue S | DNF |

Men 3000 Metre Race Walk Under 18

| | | | | |
|----|------------------|----|--------------|-------------|
| 1. | Keys, Brook | 17 | Nepean | 13:33.92 |
| 2. | Malone, Kyle | 16 | Nepean | 13:48.21 |
| 3. | Mulhearn, Derek | 17 | Parramatta C | 14:30.37 |
| 4. | Jones, Nathan | 16 | Asics Wests | 15:57.69 |
| | Mulhearn, Jordan | 15 | Parramatta C | DQ IAAF 230 |

TELSTRA A SERIES 3000M WALK, SYDNEY, SATURDAY 17 FEBRUARY 2007

At quite short notice, a 3000m walk was added to the Sydney Telstra A Series Meet last Saturday evening and this is perhaps reflected in the low numbers of participants. Obviously quite a significant number of our top walkers decided that a few days notice was not really sufficient to drop everything, reorganise their training and general lives and hop on a plane to Sydney. The choice of a 3000m distance was not going to really attract too many either, given its lack of international recognition nowadays.

The girls started 1 minute before the men with Jane Saville going immediately to the lead and winning in 12:57.5 after holding off a late challenge from Claire Woods. The big walk of the night was by Claire who was one of 3 walkers to records PBs. Her time of 13:00.4 was some 25 secs under her previous best and saw her pass Cheryl Webb in the dying stages.

Like Jane, Jared Tallent led from the start in the men's event and was only just outside his PB with his time of 11:22.4. Behind him, his two young AIS training partners, Michael McCagh and Adam Rutter, both walked to big PBs with 11:27.0 and 11:27.7 respectively. As a note of interest, this put all 3 AIS walkers under the PB of their coach Brent Vallance (11:29.7). Bad luck Brent!

Mixed 3000 Metres Race Walk Open

| | | | | |
|-----|-----------------|-----------|-----------|---------------|
| 1. | Jared Tallent, | AIS, | 11:22.4 | (PB 11:21.04) |
| 2. | Michael McCagh, | AIS, | 11:27.0 * | (PB 11:36.9) |
| 3. | Adam Rutter, | AIS, | 11:27.7 * | (PB 11:38.0) |
| 4. | Darren Bown, | SASI, | 11:59.6 | (PB 11:50.2) |
| 5. | Jane Saville, | NSWIS, | 12:57.5 | (PB 12:27.74) |
| 6. | Claire Woods, | SA, | 13:00.4 * | (PB 13:25.1) |
| 7. | Cheryl Webb, | NSWIS, | 13:02.9 | (PB 12:48.4) |
| 8. | Tanya Holliday, | AIS/SASI, | 13:17.3 | (PB 12:48.4) |
| 9. | Megan Szirom, | VIC, | 13:20.7 | (PB 13:12.9) |
| 10. | Michael Smith, | NSW, | 13:46.8 | |

AUSTRALIAN 20KM CHAMPIONSHIPS, BRISBANE, SUNDAY 11 MARCH 2007

In last week's newsletter, I commented as follows on the timing of the National 20 km championships:

When walkers received their confirmation of entry in next week's Australian 20 km championship in Brisbane, they received a nasty shock – the start time of the events have been put back an hour and will now start at 8AM. So not only will walkers have to contend with a questionable racing course (undulating, open and unprotected from the sun), they will have to endure an extra hour of sun in the hot Brisbane sub-tropical climate. Since this is the official selection trial for the 2007 IAAF World Championships and walkers will be trying to achieve the tough A Standard, it's a shame in my opinion that more effort has not been put into making sure conditions are optimal for fast walking.

My worries proved to be spot on as the walkers wilted under the extreme conditions. According to the bureau, the temp in the shade at 8.00am was 30.6°C and at 9.30 32.5°C, humidity 71%. But apart from the ambient temperature, it was the sun that was the killer. Even standing in the sun was like being in a sauna. I can't begin to imagine how the competitors managed to survive. It is lucky that there were no serious collapses during the race.

Perhaps the situation is best summed up by the following email from Andrew Jamieson

Why the hell do we put up with the most important 20K race in the year being held in the heat on a hopeless course? What significance can the selectors for Osaka put on these results?

Its about time that the Australian 20K was held separately from the Track Champs in a reasonable climate on a good course where there is a better chance of good performances. If AA want a walk, which they probably don't anyway, bring back the 5K track event which would be a little more suited to Brisbane's March heat and humidity. The argument for getting rid of the 5k was that it wasn't an Olympic event but neither is the 3000 flat or 1000m medley relay which are on the program. I note that there is no 5K or 10K track events for men (they are held separately at night time during A Series meeting – editor)!

I propose walkers push for:

1. 20K Aus champs to be held three months before the appropriate international event - World Champs, Olympics, World Cup and on a proper standard course where there will be reasonable chances for athletes to achieve qualifiers
2. Australian 5K Track championship to be held as part of the Aus Track Championships

What do people think?

Andy J (I piked on this one, thank goodness)

To add salt to the wound, the race was held on a 1500m course so that competitors could not even properly judge their pace. Try figuring out your pace when the timing is being given at the finish line which is on the opposite end of the course to the start and the lap is 1500m. Splits are 750m, 2250m, etc!

For what it's worth, this is the first year in many years that a National 20 km championship has failed to produce any A or B qualifiers. Given that we had a huge swathe of A and B qualified walkers in the walk fields, this is a preposterous situation.

All I can do at this stage is shake my head in disbelief and give a score of 1 out of 10. Here are the results. By way of comparison, I show each walker's corresponding time at the recent Canberra A Series 20 km walk, an indication of their current form. Of course, we would expect the times achieved at the Nationals to be quicker, conditions permitting, as this is the big one for the year. Fat chance! The average time was some 6 minutes over the Canberra times. This is a huge differential for walkers of this calibre.

| Open Men 20k Race Walk | | Time | Canberra A Series Time | Differential |
|-------------------------------|-----|-------------|-------------------------------|---------------------|
| 1. Luke Adams, | AIS | 1:25:10 | 1:22:20 | 2:50 |
| 2. Jared Tallent, | AIS | 1:30:57 | 1:21:32 | 9:25 |
| 3. Adam Rutter*, | AIS | 1:32:13 | 1:26:43 | 5:30 |
| 4. Thomas Barnes, | VIC | 1:34:25 | 1:29:05 | 5:20 |
| 5. Darren Bown, | SA | 1:35:25 | 1:27:29 | 7:56 |
| 6. Duane Cousins, | VIS | 1:36:35 | 1:28:44 | 7:51 |
| 7. Michael McCagh*, | AIS | 1:37:18 | 1:27:35 | 9:43 |
| 8. Chris Erickson, | VIS | 1:39:34 | 1:24:58 | 14:36 |
| 9. Frank Bertei, | VIC | 1:43:11 | 1:34:07 | 9:04 |

10. Andrew Cross, QLD DQ

Open Women 20k Race Walk

| | | | | |
|-----------------------|-------|---------|---------|------|
| 1. Claire Woods, | SA | 1:41:56 | 1:35:36 | 6:20 |
| 2. Megan Szirom, | VIC | 1:46:46 | 1:39:17 | 7:29 |
| 3. Laura Johnson, | NSW | 1:50:54 | | |
| 4. Chloe Jones*, | NSW | 2:00:12 | | |
| 5. Vanessa Ebejer*, | NSW | 2:04:17 | | |
| 6. Christina Alldis*, | NSW | DQ | | |
| 7. Cheryl Webb, | NSWIS | DQ | | |

And if you thought conditions were bad for the senior walkers, spare a thought for the Under 18 walkers competing in the longest event on the program in the Interstate Teams competition. This event started at about 11:40AM the same day. I estimate the temperature on the track must have been in the fifties by then! It was agony just watching them all wilt. The times say it all. What is the logic in scheduling the longest event in the U18 program in the heat of the day. By way of comparison, Rhydian Cowley did times of 22:20 and 22:19 in the leadup to this event and yet his time in Brisbane was 25:59.

Men 5000 Metres Race Walk, Under 18 Teams Competition

| | | |
|----------------------|-----|----------|
| 1. Brook Keys, | NSW | 24:28.93 |
| 2. Jared Loi, | QLD | 25:38.57 |
| 3. Rhydian Cowley, | VIC | 25:59.15 |
| 4. Michael Reading, | ACT | 26:26.12 |
| 5. Douglas Mayfield, | SA | 29:25.98 |
| 6. Bobby Malcomson, | TAS | 29:58.86 |

Women 5000 Metres Race Walk, Under 18 Teams Competition

| | | |
|------------------------|-----|----------|
| 1. Natasha Sorenson, | QLD | 26:54.17 |
| 2. Steph Stigwood, | SA | 27:44.04 |
| 3. Rukshani Keenawinna | NSW | 27:48.67 |
| 4. Alycia Wiggins, | TAS | DNF |

Overall, an unforgettable weekend but for all the wrong reasons. Oh, and in case you didn't know, we are back in Brisbane in 2008 and 2009 as QLD has won the rights for the next 2 National Championships also. Somehow I don't think I'll bother next year. I'll leave everyone with this article published in the Ballarat Courier on Monday 12 March.

ATHLETICS

Tallent and his partner slam aths scheduling

BALLARAT racewalker Jared Tallent and his girlfriend and new national walking champion Claire Woods have attacked Athletics Australia over scheduling at the national track and field championships in Brisbane.

Woods criticised putting walkers through "impossible" conditions by changing their scheduling at the request of men's champion Luke Adams.

In a sensational aftermath to the men's and women's 20-kilometre walks on Saturday, a seething Woods pointed the finger at Adams for prompting a later start time in the Brisbane heat.

Tallent finished second to Adams. Competitors struggled in the humid, high-20 degrees conditions on a difficult, undulating course with little shade.

The slow times posted and blanket criticism of the venue will see AA review the location and staging of the walk for upcoming nationals being held in Brisbane until 2009.

Woods, an upset winner in one hour, 41 minutes, 56 seconds, was outraged by the "ridiculous" shift from a 7am start to 8am, which she was only notified about six days earlier.

Adams, who clocked 1:25:10, confirmed he had requested a later time as well as a shift in venue.

He said he was one of several competitors wanting the traditional 8am start to fit with normal competing and training times.

Tallent was also upset by the changes and, with Woods, accused AA of ignoring their concerns by failing to reply to emails.

AA competitions manager David Gynther refuted the claims and said it was laughable to think the start time would be altered at the behest of one competitor.

Gynther said the start time had been knocked back to 8am almost three weeks ago to suit the majority of competitors, and received just one complaint on Friday.

Adams' time to claim his first national title was almost six minutes off his personal best, but 5:47 ahead of the Australian Institute of Sport-based Tallent.



Jared Tallent

Now as to AA's claim that this decision was made to suit the majority of competitors, I can categorically state that this is NOT the case. I talked to nearly all of the competitors on Sunday (apart from Luke Adams) AND DID NOT FIND ONE who had requested a change or who was supportive of the change. Every single one was worried before the event and angry after it and quite a number made their feelings very clear to AA or the race organisers either via emails before the event or via personal comments on the day. Hmmm.....

AUSTRALIAN MASTERS T&F CHAMPIONSHIPS, HOBART, 6-9 APRIL 2007

The Australian Masters Track and Field championships are held every Easter and this year our top veterans travelled to Hobart for what is always a keenly contested weekend of athletics. Weather conditions were perfect - top temperature each day a little under 20°C and clear skies. Walkers had two walks on offer, a 5000m track championship on the Saturday and a choice of either a 20 km or a 10 km roadwalk championship on the Monday. You can read the fine print at the Tasmanian Masters website at <http://www.tasmastersathletics.org.au/amanational.php> but for this newsletter, I'll just concentrate on the walk results.

The athlete of the meet from a walks perspective had to be WA walker **Lyn Ventris** who has been rewriting the W50 records books since entering the age group. Hobart proved another occasion for Lyn to amaze. On day 1, she broke her own **W50 5000m World Record** by nearly a full minute with a fantastic **23:37.78** and on day 2 she took over 2 minutes off the **W50 10 km World Record** with an unbelievable **48:27**. There are not many open women in Australia who can better those times.

And now onto the overall results.

Friday 7 April, 5000m Track Walks

The 5000m walks were contested on the Friday and the results include an extra column on the right hand side. This is the age grading column which tries to mark the individual performance with a percentage out of 100%. The higher the grading, the better the performance relative to world best within that age group. Three men - George White, Russ Dickenson and Murray Dickinson – and three women – Lyn Ventris, Heather Carr and Jean Albury - ranked above 85%.

| | | | | | | |
|-----|----|-----------------------|-----|-----|----------|-------------------|
| M30 | 1. | Adam Patterson | M34 | VIC | 30:21.58 | [59.29%] |
| M35 | 1. | David Smyth | M37 | NSW | 26:25.55 | [69.26%] |
| M40 | 1. | Rob McFadden | M41 | SA | 24:38.96 | [76.72%] |
| M45 | 1. | Mark Donahoo | M48 | VIC | 24:19.53 | [80.88%] |
| | 2. | Simon Evans | M46 | VIC | 24:35.33 | [80.02%] |
| | 3. | Gregory Rowe | M45 | NSW | 27:58.02 | [70.35%] |
| | 4. | David Moore | M49 | TAS | 32:46.39 | [60.04%] |
| M55 | 1. | Alan Lucas | M59 | VIC | 27:53.95 | [76.73%] |
| | 2. | Robin Wood | M57 | VIC | 33:44.31 | [63.45%] |
| | 3. | Robert Kennelly | M57 | ACT | 42:49.82 | [49.98%] |
| M60 | 1. | George White | M61 | SA | 24:33.51 | [91.35%] |
| | 2. | Russ Dickenson | M61 | VIC | 25:37.27 | [87.56%] |
| M65 | 1. | Murray Dickinson | M68 | VIC | 27:40.65 | [85.38%] |
| | 2. | Ron Hugo | M68 | VIC | 28:39.25 | [82.47%] |
| | 3. | Anthony Johnson | M66 | VIC | 29:55.76 | [78.96%] |
| | 4. | Jim Seymon | M69 | NSW | 31:46.36 | [74.38%] |
| | 5. | Bryan Thomas | M65 | ACT | 36:11.23 | [65.30%] |
| M70 | 1. | Geoff Major | M70 | VIC | 32:37.75 | [76.77%] |
| | 2. | Colin Silcock-Delaney | M74 | VIC | 33:19.20 | [75.18%] |
| | 3. | Bert Janes | M74 | QLD | 33:19.21 | [75.18%] |
| | 4. | Raymond Hall | M73 | WA | 33:57.78 | [73.75%] |
| | 5. | Ian Beaumont | M71 | VIC | 38:20.20 | [65.34%] |
| M75 | 1. | Colin Hainsworth | M77 | SA | 34:28.93 | [77.53%] |
| M80 | 1. | Stanley Jones | M81 | WA | 35:31.67 | [80.96%] |
| W40 | 1. | Annette Major | W44 | VIC | 27:34.83 | [74.52%] |
| | 2. | Gayle Cranfield | W44 | TAS | 30:32.20 | [67.31%] |
| | 3. | Suzanne Brown | W41 | NSW | 31:10.49 | [65.93%] |
| W45 | 1. | Robin King | W48 | WA | 26:41.68 | [80.12%] |
| | 2. | Pamela Tindal | W47 | VIC | 27:49.04 | [76.88%] |
| | 3. | Trish Stallard | W49 | NSW | 37:12.50 | [57.48%] |
| W50 | 1. | Lynette Ventris | W50 | WA | 23:37.78 | [94.43%] |
| | 2. | Barbara Bryant | W52 | VIC | 28:38.37 | [77.91%] |
| | 3. | Janet Holmes | W53 | VIC | 29:26.00 | [75.81%] |
| | 4. | Elizabeth Leitch | W51 | TAS | 29:50.93 | [74.76%] |
| | 5. | Nancy Lloyd | W53 | NSW | 31:24.77 | [71.03%] |

| | | | | | | |
|-----|----|----------------------|-----|-----|----------|------------|
| W55 | 1. | Heather Carr | W57 | VIC | 26:01.40 | [89.96%] |
| | 2. | Elizabeth Feldman | W58 | VIC | 28:37.84 | [81.76%] |
| | 3. | Celia Johnson | W59 | VIC | 32:22.92 | [72.29%] |
| | 4. | Aileen Slater | W58 | TAS | 33:28.47 | [69.93%] |
| W60 | 1. | Valerie Millard | W60 | WA | 34:03.34 | [72.57%] |
| W65 | 1. | Lynne Schickert | W65 | WA | 36:24.69 | [72.17%] |
| | 2. | Margaret Beaumont | W69 | VIC | 36:58.59 | [71.07%] |
| | 3. | Beverly Hugo | W67 | VIC | 37:08.18 | [70.77%] |
| W75 | 1. | Jean Albury | W77 | TAS | 35:31.62 | [85.91%] |
| | 2. | Christiane Dauphinet | W76 | QLD | 36:56.34 | [82.62%] |

Monday 9 April, 20 km Walks

Most walkers chose the shorter 10 km distance in preference to the 20 km which is always a tough ask for a Masters walker. Well done to those intrepid Masters who tested themselves over the longer distance.

| | | | | | |
|-----|----|-------------------|-----|-----|------------|
| M35 | 1. | David Smyth | M37 | NSW | 1:57:24.00 |
| M45 | 1. | Mark Donahoo | M48 | VIC | 1:54:52.00 |
| M55 | 1. | Robin Wood | M57 | VIC | 2:22:33.00 |
| M65 | 1. | Anthony Johnson | M66 | VIC | 2:00:56.00 |
| | 2. | Murray Dickinson | M68 | VIC | 2:06:46.00 |
| | 3. | Jim Seymon | M69 | NSW | 2:10:31.00 |
| W40 | 1. | Annette Major | W44 | VIC | 2:08:27.00 |
| W50 | 1. | Barbara Bryant | W52 | VIC | 1:59:04.00 |
| W65 | 1. | Margaret Beaumont | W69 | VIC | 2:46:26.00 |

Sunday 9 April, 10 km Walks

There were some excellent performances in the 10 km walks apart from Lyn Ventris. I was especially impressed by George White (50:22 at 61 years of age), Russ Dickenson (54:36 for a big PB in the M60) and Heather Carr (54:53 in the W55 division).

| | | | | | | |
|-----|----|-----------------------|-----|-----|------------|----------|
| M30 | 1. | Adam Patterson | M34 | VIC | 1:07:06.00 | |
| M40 | 1. | Rob McFadden | M41 | SA | | 53:17.00 |
| M45 | 1. | Simon Evans | M46 | VIC | | 51:37.00 |
| | 2. | David Moore | M49 | TAS | 1:08:43.00 | |
| M55 | 1. | Alan Lucas | M59 | VIC | | 58:01.00 |
| | 2. | Robert Kennelly | M57 | ACT | 1:28:33.00 | |
| M60 | 1. | George White | M61 | SA | | 50:22.00 |
| | 2. | Russ Dickenson | M61 | VIC | | 54:36.00 |
| M70 | 1. | Geoff Major | M70 | VIC | 1:07:30.00 | |
| | 2. | Colin Silcock-Delaney | M74 | VIC | 1:08:15.00 | |
| | 3. | Bert Janes | M74 | QLD | 1:08:22.00 | |
| | 4. | Raymond Hall | M73 | WA | 1:12:36.00 | |
| | 5. | Ian Beaumont | M71 | VIC | 1:21:18.00 | |
| M75 | 1. | Colin Hainsworth | M77 | SA | 1:09:57.00 | |
| M80 | 1. | Stanley Jones | M81 | WA | 1:11:44.00 | |
| W45 | 1. | Pamela Tindal | W47 | VIC | 1:00:05.00 | |
| | 2. | Trish Stallard | W49 | NSW | 1:18:24.00 | |
| | 3. | Annette Tillman | W46 | NSW | 1:28:33.00 | |
| W50 | 1. | Lynette Ventris | W50 | WA | | 48:27.00 |
| | 2. | Janet Holmes | W53 | VIC | 1:01:25.00 | |
| | 3. | Elizabeth Leitch | W51 | TAS | 1:01:52.00 | |
| | 4. | Nancy Lloyd | W53 | NSW | 1:05:56.00 | |
| W55 | 1. | Heather Carr | W57 | VIC | | 54:53.00 |
| | 2. | Elizabeth Feldman | W58 | VIC | 1:00:24.00 | |
| | 3. | Celia Johnson | W59 | VIC | 1:06:39.00 | |
| W60 | 1. | Valerie Millard | W60 | WA | 1:10:04.00 | |
| W65 | 1. | Lynne Schickert | W65 | WA | 1:15:28.00 | |
| | 2. | Beverly Hugo | W67 | VIC | 1:16:49.00 | |
| W75 | 1. | Christiane Dauphinet | W76 | QLD | 1:14:53.00 | |

AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 21-22 APRIL 2007

I was one of a number of slightly insane people who spent most of last weekend at the Harold Stevens Athletics Track in Coburg. The occasion was the Coburg Harriers 24 Hour Carnival, an annual event which sees track races over the 24 Hour, 12 Hour and 6 Hour timeframes. The start gun went at 10AM on Saturday morning and the finish gun went at 10AM on Sunday morning and it was action aplenty in between times.

I can vouch that it was just as wet at Coburg as it was at Albert Park but spare a thought for these competitors who were out in the inclement conditions for not just an hour or so but for up to 24 hours. I was there in my capacity as the Secretary of the Australian Centurion Walkers, a club which recognizes the performance of anyone who can walk 100 miles (that is 160.9 km) in 24 hours. This has only been done by 53 people in Australia so far and we were hoping that, on this occasion, someone new might join this select club.

53 of the 54 entrants made it to the start line and the mix saw 34 runners and 19 walkers spread across the various categories. Of the 54 entrants, 31 chose the 24 Hour event, a pleasing sign for the future of this elite and daunting sport.

On the walking side, two of the 24 Hour competitors, Terry O'Neill and Geoff Hain, did indeed walk in excess of 100 miles. Terry won the walk overall with 169.741 km to add a second centurion badge to his first, achieved way back in 1979! It's been a long wait to see him back in a 24 Hour event. For Geoff, it was his 6th centurion walk finish in less than 3 years, a great effort in consistency and mental toughness. It was nearly a case of triplets but Louis Commins eventually fell 2 laps short of a centurion finish, coming third with 160.150 km.



Geoff Hain, David Attrill, Val Chesterton, Bruce Webber, Louis Commins and Terry O'Neill

In the women's 24 Hour Walk, first timer Catherine Cox won with 149.021 km, an excellent debut. She is someone who can challenge the centurion distance of 100 miles with further training. Australian 50 mile walk record holder, Clarrie Jack (a VRWC member), was too strong in the men's 12 Hour Walk and won in 88.370 km while last year's 6 Hour winner Steve Jordan (also a VRWC member) walked fantastically to take second with 85.980 km. The women's 12 Hour Walk saw ACT walker Val Chesterton break her own W65 50 km Australian record by over 1 hour. She passed the 50 km mark in just over 7 hours and then called it quits, well satisfied with her day's work. In the men's 6 Hour Walk, first timer Paul Kennedy (yet another VRWC member) won with 52.800 km, beating Robin Whyte but just over 2 km.

All in all, the carnival produced a whole swag of top quality performances and lived up to its rating as one of Australia's top ultra events. Results and a selection of photos from the events will be posted on the following websites

- The Coburg Harriers event website <http://www.coburgharriers.org.au/>
- The Australian Centurion Walkers website <http://home.vicnet.net.au/~austcent/index.html>

Provisional walk results are shown below. Final confirmation will take place later this week.

24 Hour Walk Male

| Place | Laps | Total Distance | Race No | Name |
|-------|------|----------------|---------|----------------|
| 1 | 424 | 169.741 | 58 | O'NEILL, Terry |
| 2 | 406 | 162.444 | 57 | HAIN, Geoff |

| | | | | |
|---|-----|---------|----|------------------|
| 3 | 400 | 160.150 | 55 | COMMINS, Louis |
| 4 | 352 | 140.950 | 54 | ATTRILL, David |
| 5 | 293 | 117.447 | 62 | SKRUCANY, Rudolf |
| 6 | 289 | 115.600 | 63 | WEBBER, Bruce |
| 7 | 263 | 105.302 | 56 | FISHER, Pat |
| 8 | 223 | 89.200 | 59 | SKINNER, Deryck |

24 Hour Walk Female

| | | | | |
|---|-----|---------|----|----------------|
| 1 | 372 | 149.021 | 66 | COX, Catherine |
| 2 | 317 | 126.941 | 64 | BOLLEN, Karyn |
| 3 | 119 | 47.702 | 65 | CHOMYN, Sharon |

12 Hour Walk Male

| | | | | |
|---|-----|--------|----|---------------|
| 1 | 220 | 88.370 | 68 | JACK, Clarrie |
| 2 | 214 | 85.980 | 72 | JORDAN, Steve |
| 3 | 159 | 63.718 | 69 | JACKSON, Ross |
| 4 | 120 | 48.052 | 67 | CARTER, Ken |

12 Hour Walk Female

| | | | | |
|---|-----|--------|----|-----------------|
| 1 | 130 | 52.000 | 73 | CHESTERTON, Val |
|---|-----|--------|----|-----------------|

6 Hour Walk Male

| | | | | |
|---|-----|--------|----|---------------|
| 1 | 132 | 52.800 | 74 | KENNEDY, Paul |
| 2 | 126 | 50.400 | 76 | WHYTE, Robin |
| 3 | 9 | 3.600 | 75 | POORE, Alex |

Racewalking Australian championships are held concurrently, over the 100 km distance and Terry O'Neill and Karyn Bollen made it two in a row. They won their respective divisions last year and they won again this year.



Tim presents the perpetual trophy to the winners of the Racewalking Australia 100 km championships, Terry O'Neill and Karyn Bollen, both of Victoria.

Racewalking Australia 100 Km Walk Championship Male

| | |
|---|----------------|
| 1 | O'NEILL, Terry |
| 2 | HAIN, Geoff |
| 3 | COMMINS, Louis |

Racewalking Australia 100 Km Walk Championship Female

| | | |
|---|----------------|----------|
| 1 | BOLLEN, Karyn | 14:51:40 |
| 2 | COX, Catherine | 15:00:11 |

| |
|--|
| LITTLE ATHLETICS AUSTRALIAN CHAMPIONSHIPS, PERTH, 22 APRIL 2007 |
|--|

The National Little Athletics Championships were held in Perth this year on Sunday 21st April at the Ern Clarke Athletics Track. These championships are restricted to one age group only - Under 13. Since a maximum of 20 athletes can be picked from each State, the championship favours those versatile athletes who can cover more than 1 event. Hence, not always the best athlete from each State competes but it is still a high quality meet. 1500m walks are included on the program and we had 3 Victorians in the mix. **Amy Burren** won the girls event in a great PB time of 6:55 while **Chelsea Dyer** came 3rd in her own big PB time of 7:11. Chelsea also came 2nd in the javelin. Not to be outdone, **Lewis Clark** came 3rd in the boys walk in a very tight battle for the minor medals and overall Victoria won the overall teams event ahead of NSW.

Boys 1500m walk

| | | | |
|-----|-----------------|-----|--------|
| 1. | Samuel Dib | WA | 7.05.5 |
| 2. | Jacob Allen | NSW | 7.21.6 |
| 3. | Lewis Clark | VIC | 7.22.2 |
| 4. | Braden Howlett | TAS | 7.22.4 |
| 5. | Daniel Crouch | SA | 7.24.9 |
| 6. | Kye Mathews | QLD | 7.58.3 |
| 7. | Shannon Wheedon | TAS | 8.16.1 |
| 8. | Tom Kingston | VIC | 9.10.9 |
| 9. | Jack Pegrum | ACT | 9.13.4 |
| 10. | Alec Bryce | SA | 9.41.2 |
| 11. | Wayne Gehan | QLD | 9.53.8 |
| | Jordan Cant | NSW | DQ |
| | Sam Richardson | ACT | DQ |
| | Dalton Duplock | WA | DQ |

Girls 1500m walk

| | | | |
|-----|-------------------|-----|---------|
| 1. | Amy Burren | VIC | 6.56.0 |
| 2. | Emma Bettiol | NSW | 7.02.2 |
| 3. | Chelsea Dyer | VIC | 7.11.9 |
| 4. | Breanne Goschnik | QLD | 7.14.8 |
| 5. | Lauren Harrington | SA | 7.37.5 |
| 6. | Krystal Leinasars | WA | 7.51.6 |
| 7. | Tayla Langley | QLD | 7.56.6 |
| 8. | Stephanie Griffin | ACT | 8.37.8 |
| 9. | Alexandra Havlat | ACT | 8.52.8 |
| 10. | Cherlyse Yates | TAS | 9.52.2 |
| 11. | Anna Howarth | WA | 10.19.3 |
| 12. | Courtney Pearson | TAS | 10.26.3 |
| 13. | Samantha Hulme | NSW | 10.52.9 |
| | Zahlie Davies | SA | DQ |

| |
|---|
| NSW TEAM WALK CHAMPIONSHIPS, TEMPE, SUNDAY 27 MAY 2007 |
|---|

Last weekend, the NSW walkers were also in action with their NSW Team Walk Championships and the large number of walkers and the many fine performances mean that we are going to have our usually tough battle in Canberra in 2 weeks time. The venue was beachside at Tempo, down near the airport and while the cement and brick paving course probably took a little bit of a toll on the walkers, the perfect weather conditions made up for it. AIS walkers Chris Erickson and Adam Rutter made the trip up from Canberra and competed in the Open 10 km event, taking the first 2 places as expected. Results follow.

Event 1 Men 10k Road Walk Open

| | | | | | |
|---|-----------------|----|--------------|---------|---|
| 1 | Erickson, Chris | 25 | Unattached | 43:13.0 | 1 |
| 2 | Rutter, Adam | 21 | Sydney Pacif | 45:42.0 | 2 |
| 3 | Sundstrom, Troy | 26 | Illawarra Bl | 46:59.0 | 3 |
| 4 | Rayson, Ian | 19 | Mingara Athl | 47:04.0 | 4 |
| 5 | Mulhearn, Derek | 17 | Parramatta C | 51:05.0 | 5 |
| 6 | Smith, Michael | 23 | Illawarra Bl | 53:03.0 | 6 |
| 7 | Perin, Anson | 18 | Illawarra Bl | 63:48.0 | 7 |
| 8 | Smith, Andrew | 18 | Bathurst Ath | 64:55.0 | 8 |

Event 2 Men 10k Road Walk Masters

| | | | | | |
|-------|---|-------------------|-----|--------------|-------|
| 35-44 | 1 | Smyth, David | M38 | Randwick Bot | 57:45 |
| 45-54 | 1 | Albanese, Anthony | M46 | South Sydney | 58:47 |
| 55-64 | 1 | Smith, Ken | M56 | Bathurst Ath | 62:11 |
| 65+ | 1 | Seymon, Jim | M70 | U.T.S. North | 61:00 |

Event 3 Men 5k Road Walk Under 18

| | | | | |
|---|---------------------|----|--------------|-------|
| 1 | Keys, Brook | 17 | Nepean Distr | 23:21 |
| 2 | Malone, Kyle | 16 | Nepean Distr | 23:37 |
| 3 | Pisani, James | 17 | Bankstown Sp | 26:06 |
| 4 | Jones, Nathan | 16 | Asics Wests | 26:15 |
| 5 | Fazldad, Nathan | 13 | Nepean Distr | 27:15 |
| 6 | Ninyo, Shaun | 16 | South Sydney | 27:27 |
| 7 | Maruta, Kai | 15 | Nepean Distr | 27:29 |
| 8 | Washburn, Steven | 13 | Nepean Distr | 28:05 |
| 9 | Timson, Christopher | 16 | Bankstown Sp | 30:10 |
| | Eggelton, Cheyne | 14 | U.T.S. North | DQ |

Event 4 Men 3k Road Walk Under 14

| | | | | |
|---|------------------|----|--------------|-------|
| 1 | Timson, Matthew | 13 | Bankstown Sp | 15:51 |
| 2 | Washburn, Steven | 13 | Nepean Distr | 17:17 |
| | Allen, Jacob | 13 | Campbelltown | DQ |
| | Sudulic, Caleb | 10 | Nepean Distr | DQ |
| | Fazldad, Nathan | 13 | Nepean Distr | DNS |

Event 5 Women 10k Road Walk Open

| | | | | |
|----|----------------------|----|--------------|-------|
| 1 | Webb, Cheryl | 31 | Blacktown Ci | 46:03 |
| 2 | Woods, Claire | | Unattached | 48:36 |
| 3 | Heazlewood, Jessica | 20 | Sydney Unive | 51:05 |
| 4 | Jones, Chloe | 21 | Blue Mountai | 52:03 |
| 5 | Alldis, Fiona | 21 | U.T.S. North | 52:27 |
| 6 | Lee, Beki | 21 | Asics Wests | 54:29 |
| 7 | Ebejer, Vanessa | 22 | Blue Mountai | 54:49 |
| 8 | Staples, Cassandra | 18 | Campbelltown | 56:09 |
| 9 | Rutter, Jillian | 22 | Gosford Athl | 57:24 |
| 10 | Cruikshank, Michelle | 37 | Nepean Distr | 64:34 |
| 11 | Ebejer, Charlene | 21 | Blue Mountai | 68:46 |
| 12 | Agius, Natasha | 18 | Nepean Distr | 69:40 |
| 13 | Agius, Salvina | 46 | Nepean Distr | 69:56 |
| 14 | Sundstrom, Jodie | 28 | Illawarra Bl | 72:06 |
| 15 | Gralton, Debbie | 44 | Nepean Distr | 75:31 |

| | | | | |
|----|------------------|----|--------------|-------|
| 16 | Tillman, Annette | 47 | Nepean Distr | 86:57 |
| | Knapton, Susan | 20 | Nepean Distr | DQ |

Event 6 Women 10k Road Walk Masters

| | | | | | |
|-------|---|-----------------------|-----|--------------|-------|
| 35-44 | 1 | Cruickshank, Michelle | W37 | Nepean Distr | 64:34 |
| | 2 | Gralton, Debbie | W44 | Nepean Distr | 75:31 |
| | 3 | Thompson, Lauren | W41 | Campbelltown | 80:09 |
| 45-54 | 1 | Lloyd, Nancy | W54 | U.T.S. North | 65:59 |
| | 2 | Agius, Salvina | W46 | Nepean Distr | 69:59 |
| | 3 | Lingley, Jenny | W51 | Blue Mountai | 77:40 |
| | 4 | Tillman, Annette | W47 | Nepean Distr | 86:57 |
| 55-64 | 1 | Fair, Kerry | W57 | Illawarra Bl | 76:20 |
| | 2 | Brown, Judy | W57 | Gosford Athl | 78:23 |
| 65+ | 1 | Purcell, Joan | W66 | Asics Wests | 72:59 |

Event 7 Women 5k Road Walk CC Under 18

| | | | | |
|---|----------------------|----|--------------|-------|
| 1 | Hayes, Melissa | 16 | Asics Wests | 24:10 |
| 2 | Bettiol, Amy | 12 | Nepean Distr | 26:50 |
| 3 | Bennett, Jessica | 16 | Parramatta C | 27:32 |
| 4 | Gralton, Ebony | 14 | Nepean Distr | 27:40 |
| 5 | George, Danielle | 15 | Parramatta C | 30:14 |
| 6 | Keenawinna, Rukshani | 16 | Nepean Distr | 31:17 |

Event 8 Women 3k Road Walk Under 14

| | | | | |
|---|--------------------------|----|--------------|-------|
| 1 | Bettiol, Emma | 13 | Nepean Distr | 15:52 |
| 2 | Billington, Taylor-Paige | 10 | Nepean Distr | 17:38 |
| 3 | Bell, Hannah | 13 | Sydney Pacif | 17:55 |
| 4 | Dighton, Jasmine | 11 | Nepean Distr | 18:18 |
| 5 | Melville, Rebecca | 11 | Sydney Pacif | 18:28 |
| 6 | Flood, Samantha | 13 | Bankstown Sp | 19:05 |
| 7 | Maruta, Talisha | 10 | Nepean Distr | 19:22 |
| 8 | Venzlauskas, Iobella | 10 | Nepean Distr | 24:44 |
| | Plummer, Caitlin | | Unattached | 22:16 |



Chris Erickson and Adam Rutter in action in the Open Men 10 km roadwalk at Tempe

LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 10 JUNE 2007

A record 310 entries ensured that the 41st annual Racewalking Australia carnival was a great success last weekend. And as an added bonus, Canberra turned on mild sunny weather – ideal conditions for racing.

VRWC and NSWRC had the biggest racing contingents but there was plenty of talent on show from the other participating clubs as well – WARWC, SAAWC, Regal, BRWC, ACTRFC and TARWC – and to top it all off, we have 3 visiting Kiwis to lend an international flavour to the meet. A special mention to the other Victorian club, Bendigo Walkers Club – their small team was spearheaded by great performances by Dane Heiden (2nd U10 Boys 1 km), Jeremiah Jones (1st U12 Boys 2 km), Ebony Whiley (2nd U12 Girls 2 km) and Kyle Bryant (3rd U20 Men 10 km).

The absolute highlight had to be the wonderful performance of VRWC/AIS walker **Jared Tallent** who broke Willi Sawall's 1980 20 Mile Course record of 2:16:48. He had announced in the leadup to the race that he intended to attack Willi's record which had withstood all attempts for so long now that many thought it unbreakable, given the tough nature of the course. Jared certainly proved any doubters wrong in the most emphatic terms, storming to the front and never slowing. His final time of **2:15:43** took over 1 minute off the record and his 5 mile splits were an amazing 33:43, 34:00, 34:02 and 33:58. It was his second win and beat his previous best time by some 7 minutes. Second was VRWC/AIS fellow walker **Chris Erickson** whose time of 2:24:18 was also a PB by nearly 3 minutes. In third spot was NSW/AIS walker **Adam Rutter** in his inaugural 20 mile walk. Although he had never raced further than 20 km before, the 21 year old walker was undaunted by the extra distance and his time of 2:26:33 was one of the best times on record. That made it a clean sweep for the AIS!

VRWC walkers **Tom Barnes** (a 7 min PB of 2:33:17), **Andrew Jamieson** (a 5 min PB of 2:42:27), **Megan Szirom** (2:53:01 for the second fastest time ever by a woman in this event) and **Duncan Knox** (his 28th 20 Mile finish with 3:21:09) rounded off the VRWC challenge and ensured that we won both first and second places in the Teams event.



Jared Tallent, Chris Erickson, Tom Barnes, Andrew Jamieson and Megan Szirom in action in the 20 Mile event

It may be some time before we see an athlete attack the course again like this. A late World Cup next year and a St Moritz training camp starting in July will prevent any serious Olympic athlete having a crack in 2008.

The superb 20 Mile times of Jared, Chris and Adam have rewritten the record books for this event with Jared rocketing to best ever, Chris moving up to 7th and passing some very prestigious names and Adam coming in at 11th. The all-time list (all under 2:30:00) now reads as follows:

| | | | | |
|----|-----------------------|------|-----|---------|
| 1. | Jared Tallent | 2007 | VIC | 2:15:43 |
| 2. | Willi Sawall | 1980 | VIC | 2:16:48 |
| 3. | Craig Barrett (NZ) | 1998 | NZ | 2:19:37 |
| 4. | Dion Russell | 2000 | VIC | 2:21:35 |
| 5. | Nathan Deakes | 1998 | VIC | 2:21:50 |
| 6. | Nick A'Hern | 1997 | NSW | 2:22:19 |
| 7. | Chris Erickson | 2007 | VIC | 2:24:18 |
| 8. | Duane Cousins | 1996 | VIC | 2:24:39 |

| | | | | |
|-----|--------------------|------|-----|---------|
| 9. | Simon Baker | 1987 | VIC | 2:25:18 |
| 10. | Michael Harvey | 1994 | VIC | 2:25:55 |
| 11. | Adam Rutter | 2007 | NSW | 2:26:33 |
| 12. | Andrew Jachno | 1989 | VIC | 2:27:19 |
| 13. | Tim Erickson | 1981 | VIC | 2:27:23 |
| 14. | Scott Nelson (NZ) | 1995 | NZ | 2:28:45 |
| 15. | Paul Copeland | 1993 | VIC | 2:29:13 |

They were amongst a large list of VRWC medal winners which I will briefly summarize below – individually we won 5 golds, 5 silvers and 6 bronzes and in the teams categories, we won 2 golds, 9 silvers and 2 bronzes. This is perhaps our best depth performance ever at Canberra.

| | | | | |
|----------|-------------------|-----------------|-----------------|---------|
| Golds: | Jared Tallent | 20 Mile Men | 1 st | 2:15:43 |
| | Megan Szirom | 20 Mile Women | 1 st | 2:53:01 |
| | Simon Baker | 10 Mile Vet Men | 1 st | 1:34:23 |
| | Billy Allamby | 1 km U10 Boys | 1 st | 5:22 |
| | Kellie Wapshott | 5 km Open Women | 1 st | 22:59 |
| Silvers: | Chris Erickson | 20 Mile Men | 2 nd | 2:24:18 |
| | Billy Allamby | 2 km U12 Boys | 2 nd | 11:09 |
| | Cassie Raselli | 2 km U14 Girls | 2 nd | 9:56 |
| | Rachel Tallent | 3 km U16 Girls | 2 nd | 15:06 |
| | Daniel Payne | 5 km U18 Men | 2 nd | 24:02 |
| Bronzes: | Ali Brunton | 1 km U10 Girls | 3 rd | 5:47 |
| | Reese Walmsley | 2 km U12 Boys | 3 rd | 12:42 |
| | Matthew Felton | 2 km U14 Boys | 3 rd | 10:07 |
| | Nicholas Mirarchi | 3 km U16 Boys | 3 rd | 15:06 |
| | Natalie Laurie | 3 km U16 Girls | 3 rd | 15:19 |
| | Caitlin Brunton | 5 km U18 Women | 3 rd | 26:13 |

| | | | |
|--------|-----------------|-----------------|---|
| Teams: | 20 Mile Open | 1 st | Jared Tallent, Chris Erickson, Tom Barnes |
| | 1 km U10 Boys | 1 st | Billy Allamby, Cody McNicol-Davidson, Reese Walmsley |
| | 2 km U12 Boys | 1 st | Billy Allamby, Reese Walmsley, Cody McNicol-Davidson |
| | 20 Mile Open | 2 nd | Andrew Jamieson, Megan Szirom, Duncan Knox |
| | 10 Miles Women | 2 nd | Yolanda Russell, Regan Lamble, Justijana Roseman |
| | 1 km U10 Girls | 2 nd | Ali Brunton, Rebecca Campbell, Georgia Bertrand |
| | 2 km U14 Boys | 2 nd | Matthew Felton, Jacob Wright, Chris Brunton |
| | 2 km U14 Girls | 2 nd | Cassie Raselli, Caitlin Campbell, Ebony Tallent |
| | 3 km U16 Boys | 2 nd | Nicholas Mirarchi, Bradley Simpson, Robert Walsh |
| | 3 km U16 Girls | 2 nd | Rachel Tallent, Natalie Laurie, Emily Payne |
| | 5 km U18 Women | 2 nd | Caitlin Brunton, Tamara Attard, Caitlin Campbell |
| | 2 km U12 Girls | 3 rd | Carly Bertrand, Bianca Attard, Chloe McNicol-Davidson |
| | 5 km Open Women | 3 rd | Kellie Wapshott, Natalie Laurie, Tyne Boddy |

Now it's always hard to single out individual performances by VRWC members but some spring to mind and bear special mention (apologies to anyone I should have singled out but missed -with so many wonderful performances, it's sometimes hard to mention everyone).

- **Kellie Wapshott** won the Open Women's 5 km walk in a sizzling 22:59. It was Kellie's first walk since December and shows that she has finally overcome her injuries and is on the way back to top form. She completed the clean sweep for the AIS walkers.
- **Billy Allamby** won the Under 10 Boys 1 km and then, 5 minutes later, fronted in the U12 Boys event and came 2nd. Both times were big PBs and he helped his two Under 10 team mates, **Cody McNicol-Davidson** and **Reese Walmsley** win the both the U10 teams event and the U12 teams event.
- **Cassie Raselli** overcame an injury plagued last couple of months to take silver in the U14 Girls 2km. She had won the U12 event last year and looked unlikely to even compete this year. It was a fighting performance.
- **Rachel Tallent** walked a huge PB to take silver in the U16 Girls 3 km. It capped off a huge day for the Tallent family with Jared winning the 20 mile and Ebony also walking a PB to help the U14 Girls team to team silver.
- **Daniel Payne** walked a huge PB to take silver in the U18 Mens 5 km (24:02) and then fronted up shortly after to help the VRWC team in the U20 Men 10 km. His finishing time of just over 52 mins was outstanding in the circumstances. His sister Emily also walked outstandingly to help the U16 Girls to Team silver. Another great family effort.

- **Nicholas Mirarchi** took bronze in the U16 Boys 3 km and then walked a fine 53:22 in the U20 Men 10 km to help his VRWC team mates.
- **Regan Lamble**, although only 15 years of age, walked the Open Women 10 Mile event and finished 7th in a great time of 1:30:51. What a great future she has!
- **Justijana Roseman**, only months after giving birth to her first child, finished the Open Women 10 Mile event in 1:51:21 to help her team mates to the teams silver medal.
- **Caitlin Campbell** walked a great 10:19 in the U14 Girls 2 km for the Team silver and then walked her first ever 5 km in 28:24 to help her U18 team mates to team silver.
- **Natalie Laurie** took bronze in the U16 Girls 3 km and then walked the Open 5 km to help her team mates to a team bronze medal. Her two times were 15:19 and 26:40.
- **Caitlin Brunton** took bronze in the U18 Girls 5 km (26:13) and then fronted 5 minutes later for the Open Women 5 km where she finished 4th VRWC walker in a gutsy 28:56.
- **Ali Brunton** followed up her bronze in the U10 girls with a PB 14:18 in the U12 Girls 2 km. She was one of a number who doubled up and did 2 PBs.
- **Nicole Hallett**, only 12, was another to do a tough double, walking first in the U14 2km (10:49) and then in the U18 5 km (30:09). It was performances like her that helped us do so well.



Kellie Wapshott, Billy Allamby and Cody McNicol-Davidson, Cassie Raselli and Daniel Payne



Emily Payne, Andrew Jachno, Simon Baker, Regan Lamble, Ali Brunton and Nicholas Mirarchi

And now onto the results....and what a huge list it is. To the ACT Race Walking Club who organise this event annually, 10 out of 10 as a score in my book!

41ST LAKE BURLEY GRIFFIN CARNIVAL - RESULTS

CANBERRA, SUNDAY 10 JUNE 2007

| | | | | |
|---------------|----------|-----------------------------------|-------|-----------------------|
| Event: | 1 | OPEN 20 MILES | | |
| | 1 | 26 Tallent, Jared | VRWC | 2:15:43 (Race Record) |
| | 2 | 22 Erickson, Chris | VRWC | 2:24:18 |
| | 3 | 162 Rutter, Adam | NSWRW | 2:26:23 |
| | 4 | 21 Barnes, Tom | VRWC | 2:33:17 |
| | 5 | 161 Sargisson, Tony | NZ | 2:38:58 |
| | 6 | 123 Sundstrom, Troy | REGAL | 2:41:53 |
| | 7 | 151 Cross, Andrew | QRWC | 2:42:18 |
| | 8 | 23 Jamieson, Andrew V | VRWC | 2:42:27 |
| | 9 | 25 Szirom, Megan (f) | VRWC | 2:53:01 |
| | 10 | 150 Bennett, Peter V | QRWC | 3:13:00 |
| | 11 | 24 Knox, Duncan V | VRWC | 3:21:09 |
| | 12 | 1 Whyte, Robin V | ACTRF | 3:29:03 |
| | 13 | 3 Thomas, Bryan V | ACTRF | 3:49:22 |
| | 14 | 98 Starr, Bill V | SAAWC | 3:58:16 |
| | 15 | 13 Chesterton, Val (f) V | ACTRF | 4:24:06 |
| | | 97 Brown, Darren | SAAWC | DNF |
| Event: | 2 | FITNESS 20 MILES | | |
| | 1 | 328 Fisher, Pat | ACT | 3:55:16 |
| | 2 | 329 Fitzgerald, Doug | ACT | 4:17:02 |
| Event: | 3 | ACTA MENS 30K CHAMPIONSHIP | | |
| | 1 | 26 Tallent, Jared | VRWC | 2:06:27 |
| | 2 | 22 Erickson, Chris | VRWC | 2:13:52 |
| | 3 | 162 Rutter, Adam | NSWRW | 2:16:09 |
| | 4 | 123 Sundstrom, Troy | REGAL | 2:30:08 |
| | 5 | 151 Cross, Andrew | QRWC | 2:31:17 |
| | 6 | 23 Jamieson, Andrew V | VRWC | 2:31:31 |
| | 7 | 150 Bennett, Peter V | QRWC | 2:58:40 |
| | 8 | 1 Whyte, Robin V | ACTRF | 3:11:01 |
| | | 97 Brown, Darren | SAAWC | DNF |
| Event: | 4 | OPEN WOMENS 10 MILES | | |
| | 1 | 124 Webb, Cheryl | REGAL | 1:16:33 |
| | 2 | 99 Woods, Claire | SAAWC | 1:18:01 |
| | 3 | 90 Ventris, Lynette V | WARWC | 1:22:31 |
| | 4 | 125 Aldis, Fiona | REGAL | 1:29:37 |
| | 5 | 126 Jones, Chloe | REGAL | 1:30:11 |
| | 6 | 29 Russell, Yolanda | VRWC | 1:30:32 |
| | 7 | 27 Lambie, Regan | VRWC | 1:30:51 |
| | 8 | 127 Ebejer, Vanessa | REGAL | 1:31:06 |
| | 9 | 122 Bannister, Lynette | TARWC | 1:31:52 |
| | 10 | 211 Lee, Becki | NSWRW | 1:32:37 |
| | 11 | 74 Bryant, Barbara V | BRWC | 1:35:35 |
| | 12 | 73 Major, Annette V | BRWC | 1:44:53 |
| | 13 | 133 Brown, Suzanne V | REGAL | 1:47:28 |
| | 14 | 96 Hollaway, Rose-Maree V | WARWC | 1:49:54 |
| | 15 | 129 Lloyd, Nancy V | REGAL | 1:50:09 |
| | 16 | 28 Roseman, Justijana | VRWC | 1:51:21 |
| | 17 | 17 Cowell, Debbie V | ACTRF | 1:53:18 |
| | 18 | 164 Purcell, Joan V | NSWRW | 2:00:24 |
| | 19 | 152 McKinven, Noela | QRWC | 2:01:56 |
| | 20 | 121 Stigwood, Rose V | SAAWC | 2:02:31 |
| | 21 | 128 Fair, Kerry V | REGAL | 2:02:58 |
| | 22 | 130 Sundstrom, Jodie | REGAL | 2:05:20 |
| | 23 | 163 Lingley, Jenny V | NSWRW | 2:16:27 |
| | | 165 Rutter, Jillian | NSWRW | DNF |
| | | 132 Ebejer, Charlene | REGAL | DNS |
| | | 131 Morabito, Bernadette | REGAL | DNS |

| | | | | |
|---------------|----------|---------------------------|-------|---------|
| Event: | 5 | OPEN MENS 10 MILES | | |
| 1 | 134 | Rayson, Ian | REGAL | 1:15:26 |
| 2 | 6 | Colquhoun, Ashley | ACTRF | 1:23:50 |
| 3 | 7 | Heywood, Colin V | ACTRF | 1:31:31 |
| 4 | 226 | Jachno, Andrew | ACTRF | 1:32:06 |
| 5 | 30 | Baker, Simon V | VRWC | 1:34:23 |
| 6 | 166 | Albanese, Anthony V | NSWRW | 1:34:40 |
| 7 | 135 | Perin, Anson | REGAL | 1:36:16 |
| 8 | 167 | Smyth, David | NSWRW | 1:39:13 |
| 9 | 168 | Rowe, Greg V | NSWRW | 1:39:13 |
| 10 | 136 | Smith, Ken | REGAL | 1:46:03 |
| 11 | 230 | Williams, Alan | ACTRF | 1:46:14 |
| 12 | 5 | Barker, Geoff V | ACTRF | 1:49:37 |
| 13 | 75 | Major, Geoff V | BRWC | 1:51:24 |
| 14 | 232 | Hatcher, Rick | ACTRF | 1:57:35 |
| 15 | 153 | Megas, George | QRWC | 2:00:30 |
| 16 | 231 | Hyde, Brendon | NSWRW | 2:19:40 |
| | 31 | Erickson, Tim V | VRWC | DNF |
| | 169 | Knox, Keith V | NSWRW | DNS |
| | 137 | Smith, Michael | REGAL | DNS |
| | 32 | Summers, Harry V | VRWC | DNS |

| | | | | |
|---------------|----------|-------------------------|-------|---------|
| Event: | 6 | FITNESS 10 MILES | | |
| 1 | 340 | Wood, Robin | VIC | 1:47:36 |
| 2 | 339 | Onley, Gordon | VIC | 1:49:22 |
| 3 | 331 | McCarthy, Miriam | ACT | 1:54:23 |
| 4 | 344 | Tucker, Barbara V | ACTRF | 1:57:23 |
| 5 | 316 | Beisty, Jim | NSW | 2:07:33 |
| 6 | 330 | Marshall, Diana | ACT | 2:11:14 |
| 7 | 335 | Ethell, Katrina | REGAL | 2:40:10 |
| 8 | 336 | Ethell, Wendy | REGAL | 2:40:10 |
| | 334 | Robinson, Derek | ACT | DNS |

| | | | | |
|---------------|----------|------------------------------|-------|------|
| Event: | 8 | BOYS U10 1,000 METRES | | |
| 1 | 33 | Allamby, Billy | VRWC | 5:22 |
| 2 | 76 | Heiden, Dane | BRWC | 5:34 |
| 3 | 172 | Dhu, Ethan | NSWRW | 5:34 |
| 4 | 77 | Coad, Jarrod | BRWC | 5:35 |
| 5 | 35 | McNicol-Davidson, Cody | VRWC | 5:53 |
| 6 | 36 | Walmsley, Reese | VRWC | 5:54 |
| 7 | 8 | Hosking, Andrew | ACTRF | 6:19 |
| 8 | 34 | Green, Ben | VRWC | 6:19 |
| 9 | 171 | Pulham, Jordan | NSWRW | 6:26 |
| 10 | 170 | Plummer, James | NSWRW | 8:14 |

| | | | | |
|---------------|----------|-------------------------------|-------|------|
| Event: | 9 | GIRLS U10 1,000 METRES | | |
| 1 | 175 | Plummer, Caitlin | NSWRW | 5:02 |
| 2 | 9 | Hosking, Caitlin | ACTRF | 5:22 |
| 3 | 38 | Brunton, Ali | VRWC | 5:47 |
| 4 | 178 | Jurd, Tiarna | NSWRW | 5:51 |
| 5 | 177 | Venzlauskas, Isabella | NSWRW | 6:00 |
| 6 | 181 | Poulllos, Elleni | NSWRW | 6:03 |
| 7 | 39 | Campbell, Rebecca | VRWC | 6:03 |
| 8 | 100 | Dallimore, Erin | SAAWC | 6:16 |
| 9 | 173 | Cosma, Celeste | NSWRW | 6:19 |
| 10 | 154 | Morssinkhof, Loren | QRWC | 6:33 |
| 11 | 176 | Porley, Candice | NSWRW | 6:35 |
| 12 | 37 | Bertrand, Georgia | VRWC | 6:41 |
| 13 | 224 | Barker, Kirsty | QRWC | 6:49 |
| 14 | 179 | Dhu, Abbey | NSWRW | 7:47 |
| 15 | 180 | Dhu, Rachel | NSWRW | 7:50 |

| | | | |
|-----|----------------|-------|-----|
| 227 | Baker, Kara | ACTRF | DQ |
| 174 | Sudulic, Ebony | NSWRW | DNS |
| 139 | Shaw, Katrina | REGAL | DNS |

Event: 10 BOYS U12 2,000 METRES

| | | | |
|---|---------------------------|-------|-------|
| 1 | 78 Jones, Jeremiah | BRWC | 10:56 |
| 2 | 33 Allamby, Billy | VRWC | 11:09 |
| 3 | 36 Walmsley, Reese | VRWC | 12:42 |
| 4 | 35 McNicol-Davidson, Cody | VRWC | 13:50 |
| 5 | 172 Dhu, Ethan | NSWRW | 15:17 |
| 6 | 171 Pulham, Jordan | NSWRW | 16:14 |
| | 183 Dhu, Jack | NSWRW | DQ |
| | 182 Sudulic, Kaleb | NSWRW | DNS |

Event: 11 GIRLS U12 2,000 METRES

| | | | |
|----|-----------------------------|-------|-------|
| 1 | 185 Bettlioll, Amy | NSWRW | 10:01 |
| 2 | 79 Whiley, Ebony | BRWC | 10:20 |
| 3 | 155 Barker, Rachel | QRWC | 10:39 |
| 4 | 101 Danner, Lotta | SAAWC | 10:56 |
| 5 | 187 Billington, Tayla-Paige | NSWRW | 11:08 |
| 6 | 188 Porley, Tabitha | NSWRW | 11:22 |
| 7 | 184 Melville, Rebecca | NSWRW | 11:31 |
| 8 | 80 Small, Rachel | BRWC | 11:40 |
| 9 | 156 Morssinkhof, Amy | QRWC | 11:42 |
| 10 | 41 Bertrand, Carly | VRWC | 11:52 |
| 11 | 175 Plummer, Caitlin | NSWRW | 11:53 |
| 12 | 192 Lealaiauloto, Lalovi | NSWRW | 12:11 |
| 13 | 186 Maruta, Talisha | NSWRW | 12:26 |
| 14 | 190 Beasley, Bryony | NSWRW | 12:36 |
| 15 | 40 Attard, Bianca | VRWC | 12:44 |
| 16 | 178 Jurd, Tiarna | NSWRW | 12:45 |
| 17 | 43 McNicol-Davidson, Chloe | VRWC | 12:46 |
| 18 | 191 Dighton, Jasmine | NSWRW | 13:19 |
| 19 | 42 Jones, Madison | VRWC | 13:38 |
| 20 | 100 Dallimore, Erin | SAAWC | 13:50 |
| 21 | 44 Ohlsen, Shae | VRWC | 13:59 |
| 22 | 38 Brunton, Ali | VRWC | 14:18 |
| 23 | 189 Southern, Demi | NSWRW | 15:00 |
| 24 | 176 Porley, Candice | NSWRW | 16:16 |
| | 102 Abala, Kyanna | SAAWC | DQ |
| | 39 Campbell, Rebecca | VRWC | DNS |
| | 140 Gow, Jorja | REGAL | DNS |

Event: 12 BOYS U14 2,000 METRES

| | | | |
|----|----------------------|-------|-------|
| 1 | 195 Fazldad, Nathan | NSWRW | 10:02 |
| 2 | 197 Timson, Matthew | NSWRW | 10:06 |
| 3 | 46 Felton, Matthew | VRWC | 10:07 |
| 4 | 194 Allen, Jacob | NSWRW | 10:18 |
| 5 | 196 Washburn, Steven | NSWRW | 10:31 |
| 6 | 48 Wright, Jacob | VRWC | 10:53 |
| 7 | 45 Brunton, Chris | VRWC | 11:08 |
| 8 | 103 Crouch, Daniel | SAAWC | 11:27 |
| 9 | 81 Curtis, Peter | BRWC | 11:31 |
| 10 | 47 Green, Michael | VRWC | 11:34 |
| 11 | 183 Dhu, Jack | NSWRW | 13:42 |
| 12 | 193 Killen, Matthew | NSWRW | 13:46 |
| | 141 Egelton, Cheyne | REGAL | DQ |

Event: 13 GIRLS U14 2,000 METRES

| | | | |
|---|-----------------------|-------|-------|
| 1 | 185 Bettlioll, Amy | NSWRW | 9:44 |
| 2 | 55 Raselli, Cassandra | VRWC | 9:56 |
| 3 | 87 Fitzsimons, Kate | WARWC | 10:00 |

| | | | | |
|----|-----|-------------------------|-------|-------|
| 4 | 11 | Hosking, Elizabeth | ACTRF | 10:10 |
| 5 | 89 | Watson, Hanna | WARWC | 10:17 |
| 6 | 51 | Campbell, Caitlin | VRWC | 10:19 |
| 7 | 105 | Harrington, Lauren | SAAWC | 10:23 |
| 8 | 88 | Leinasars, Krystal | WARWC | 10:26 |
| 9 | 56 | Tallent, Ebony | VRWC | 10:27 |
| 10 | 199 | Gralton, Ebony | NSWRW | 10:45 |
| 11 | 201 | Southern, Shay | NSWRW | 10:46 |
| 12 | 52 | Hallett, Nicole | VRWC | 10:49 |
| 13 | 50 | Brunton, Erin | VRWC | 10:57 |
| 14 | 143 | Gilroy, Darcy | REGAL | 11:05 |
| 15 | 187 | Billington, Tayla-Paige | NSWRW | 11:15 |
| 16 | 107 | Abala, Sherkeira | SAAWC | 11:34 |
| 17 | 184 | Melville, Rebecca | NSWRW | 12:03 |
| 18 | 186 | Maruta, Talisha | NSWRW | 12:20 |
| 19 | 106 | Abala, Tisharlia | SAAWC | 12:23 |
| 20 | 144 | Broadhead, Sarah | REGAL | 12:31 |
| 21 | 190 | Beasley, Bryony | NSWRW | 12:56 |
| 22 | 41 | Bertrand, Carly | VRWC | 12:57 |
| 23 | 12 | Ashton, Rachel | ACTRF | 13:18 |
| 24 | 200 | Payne, April | NSWRW | 13:44 |
| 25 | 54 | Lacey, Shannen | VRWC | 14:57 |
| 26 | 53 | Jones, Staci | VRWC | 16:15 |
| 27 | 189 | Southern, Demi | NSWRW | 16:16 |
| | 49 | Brazel, Hilary | VRWC | DQ |
| | 104 | Dunn, Lucy | SAAWC | DNS |
| | 188 | Porley, Tabitha | NSWRW | DNS |
| | 191 | Dighton, Jasmine | NSWRW | DNS |
| | 198 | Bettiol, Emma | NSWRW | DNS |
| | 10 | Griffin, Meghann | ACTRF | DNS |

Event: 14 BOYS U16 3,000 METRES

| | | | | |
|----|-----|--------------------|-------|-------|
| 1 | 93 | Fitzsimons, Sean | WARWC | 14:01 |
| 2 | 204 | Malone, Kyle | NSWRW | 14:18 |
| 3 | 748 | Mirarchi, Nicholas | VRWC | 15:06 |
| 4 | 202 | Toms, Adam | NSWRW | 15:28 |
| 5 | 197 | Timson, Matthew | NSWRW | 15:32 |
| 6 | 195 | Fazldad, Nathan | NSWRW | 15:40 |
| 7 | 58 | Simpson, Bradley | VRWC | 15:57 |
| 8 | 59 | Walsh, Robert | VRWC | 16:05 |
| 9 | 82 | Coad, Adrian | BRWC | 16:12 |
| 10 | 158 | Dewar, Nicholas | QRWC | 16:30 |
| 11 | 157 | Dewar, Brandon | QRWC | 16:30 |
| 12 | 196 | Washburn, Steven | NSWRW | 16:36 |
| 13 | 159 | Hallam, John | QRWC | 17:06 |
| 14 | 194 | Allen, Jacob | NSWRW | 17:26 |
| 15 | 76 | Heiden, Dane | BRWC | 17:40 |
| 16 | 81 | Curtis, Peter | BRWC | 17:53 |
| 17 | 78 | Jones, Jeremiah | BRWC | 17:54 |
| | 203 | Maruta, Kai | NSWRW | DNF |
| | 193 | Killen, Matthew | NSWRW | DNS |

Event: 15 GIRLS U16 3,000 METRES

| | | | | |
|---|-----|-------------------|-------|-------|
| 1 | 108 | Hooper, Paige | SAAWC | 14:50 |
| 2 | 66 | Tallent, Rachel | VRWC | 15:06 |
| 3 | 64 | Laurie, Natalie | VRWC | 15:19 |
| 4 | 109 | Goznik, Christie | SAAWC | 15:32 |
| 5 | 87 | Fitzsimons, Kate | WARWC | 16:10 |
| 6 | 92 | Hartley, Shennae | WARWC | 16:16 |
| 7 | 111 | McInerney, Nicole | SAAWC | 16:16 |
| 8 | 225 | Dwyer, Josie | ACTRF | 16:38 |
| 9 | 65 | Payne, Emily | VRWC | 16:40 |

| | | | | |
|----|-----|-------------------|-------|-------|
| 10 | 50 | Brunton, Erin | VRWC | 16:51 |
| 11 | 205 | Hope, Tegan | NSWRW | 16:53 |
| 12 | 49 | Brazel, Hilary | VRWC | 16:53 |
| 13 | 67 | Watt, Taylah | VRWC | 16:55 |
| 14 | 201 | Southern, Shay | NSWRW | 16:57 |
| 15 | 60 | Callaway, Amy | VRWC | 17:04 |
| 16 | 101 | Danner, Lotta | SAAWC | 17:18 |
| 17 | 199 | Gralton, Ebony | NSWRW | 17:27 |
| 18 | 91 | Smith, Jacqueline | WARWC | 17:33 |
| 19 | 61 | Davis, Danielle | VRWC | 17:39 |
| 20 | 110 | Thomas, Karagh | SAAWC | 17:45 |
| 21 | 206 | Dighton, Jade | NSWRW | 18:05 |
| 22 | 84 | Maskell, Katrina | BRWC | 18:08 |
| 23 | 146 | Steele, Michelle | REGAL | 18:30 |
| 24 | 63 | Graham, Madeleine | VRWC | 18:35 |
| 25 | 62 | Felton, Jacinta | VRWC | 18:41 |
| 26 | 83 | Trew, Keely | BRWC | 18:49 |
| 27 | 79 | Whiley, Ebony | BRWC | 19:12 |
| 28 | 85 | Jones, Cara | BRWC | 19:36 |
| 29 | 207 | Cameron, Krystal | NSWRW | 20:18 |
| 30 | 102 | Abala, Kyanna | SAAWC | 21:34 |
| 31 | 200 | Payne, April | NSWRW | 22:26 |
| | 14 | Boden, Katrin | ACTRF | DQ |
| | 27 | Lamble, Regan | VRWC | DNS |

Event: 16 BOYS U18 5,000 METRES

| | | | | |
|----|-----|-------------------|-------|-------|
| 1 | 93 | Fitzsimons, Sean | WARWC | 23:38 |
| 2 | 749 | Payne, Daniel | VRWC | 24:02 |
| 3 | 15 | Reading, Michael | ACTRF | 24:14 |
| 4 | 95 | Jenyns, Timothy | WARWC | 25:10 |
| 5 | 212 | Dewhurst, Ian | NSWRW | 25:43 |
| 6 | 208 | Pisani, James | NSWRW | 26:37 |
| 7 | 210 | Ninyo, Shaun | NSWRW | 27:19 |
| 8 | 209 | Jones, Nathan | NSWRW | 27:40 |
| 9 | 202 | Toms, Adam | NSWRW | 28:02 |
| 10 | 103 | Crouch, Daniel | SAAWC | 32:12 |
| | 112 | Dunn, Adam | SAAWC | DQ |
| | 204 | Malone, Kyle | NSWRW | DNF |
| | 203 | Maruta, Kai | NSWRW | DNS |
| | 113 | Mayfield, Douglas | SAAWC | DNS |
| | 745 | Keys, Brook | NSWRW | DNS |

Event: 17 GIRLS U18 5,000 METRES

| | | | | |
|----|-----|----------------------|-------|-------|
| 1 | 213 | Hayes, Melissa | NSWRW | 23:40 |
| 2 | 214 | Fagan, Nicole | NSWRW | 25:37 |
| 3 | 70 | Brunton, Caitlin | VRWC | 26:13 |
| 4 | 68 | Attard, Tamara | VRWC | 26:36 |
| 5 | 94 | Smith, Kimberley | WARWC | 26:44 |
| 6 | 86 | Palfreyman, Jessie | BRWC | 26:49 |
| 7 | 51 | Campbell, Caitlin | VRWC | 28:24 |
| 8 | 114 | Stigwood, Stephanie | SAAWC | 29:00 |
| 9 | 52 | Hallett, Nicole | VRWC | 30:09 |
| 10 | 215 | Agius, Natasha | NSWRW | 30:49 |
| 11 | 105 | Harrington, Lauren | SAAWC | 31:36 |
| 12 | 107 | Abala, Sherkeira | SAAWC | 34:25 |
| 13 | 69 | Boddy, Lana | VRWC | 35:12 |
| | 216 | Keenawinna, Rukshani | NSWRW | DNS |
| | 106 | Abala, Tisharlia | SAAWC | DNS |
| | 115 | Roberts, Naomi | SAAWC | DNS |
| | 145 | Mogernsen, Laura | REGAL | DNS |

Event: 18 WOMENS 5,000 METRES

| | | | | |
|----|-----|------------------------------|-------|-------|
| 1 | 72 | Wapshott, Kellie | VRWC | 22:59 |
| 2 | 99 | Woods, Claire | SAAWC | 23:31 |
| 3 | 108 | Hooper, Paige | SAAWC | 24:31 |
| 4 | 147 | Johnson, Laura | REGAL | 24:44 |
| 5 | 125 | Aldis, Fiona | REGAL | 25:04 |
| 6 | 126 | Jones, Chloe | REGAL | 25:07 |
| 7 | 218 | Knapton, Susan | NSWRW | 26:26 |
| 8 | 109 | Goznik, Christie | SAAWC | 26:33 |
| 9 | 122 | Bannister, Lynette | TARWC | 26:35 |
| 10 | 64 | Laurie, Natalie | VRWC | 26:40 |
| 11 | 71 | Boddy, Tyne | VRWC | 26:54 |
| 12 | 149 | Staples, Cassandra | REGAL | 27:21 |
| 13 | 214 | Fagan, Nicole | NSWRW | 28:00 |
| 14 | 127 | Ebejer, Vanessa | REGAL | 28:27 |
| 15 | 70 | Brunton, Caitlin | VRWC | 28:56 |
| 16 | 20 | Cruickshank, Michelle V | NSWRW | 29:08 |
| 17 | 111 | McInerney, Nicole | SAAWC | 29:21 |
| 18 | 116 | Hollitt, Brianna | SAAWC | 29:33 |
| 19 | 2 | Jugovic, Ann V | ACTRF | 29:45 |
| 20 | 119 | Brunner, Sandy V | SAAWC | 30:47 |
| 21 | 117 | Holliday, Gloria V | SAAWC | 31:34 |
| 22 | 221 | Porley, Fiona V | NSWRW | 32:18 |
| 23 | 18 | Agius, Salvina V | NSWRW | 32:25 |
| 24 | 120 | Danner, Silke V | SAAWC | 32:30 |
| 25 | 118 | Cain, Barbara | SAAWC | 33:12 |
| 26 | 57 | Goodwin, Rebeccca | NSWRW | 33:48 |
| 27 | 17 | Cowell, Debbie V | ACTRF | 35:19 |
| 28 | 222 | Gralton, Debbie V | NSWRW | 36:02 |
| 29 | 121 | Stigwood, Rose V | SAAWC | 36:22 |
| 30 | 223 | Brown, Judy V | NSWRW | 37:53 |
| 31 | 4 | Thompson, Laurin V | NSWRW | 38:02 |
| 32 | 160 | Wales, Robyn | QRWC | 38:50 |
| 33 | 220 | Tillman, Annette V | NSWRW | 40:54 |
| 34 | 16 | Carlson, Carmen V | ACTRF | 45:54 |
| | 110 | Thomas, Karagh | SAAWC | DNF |
| | 211 | Lee, Becki | NSWRW | DNS |
| | 148 | Shaw, Maryanne | REGAL | DNS |
| | 217 | Jones-Billington, Jennifer V | NSWRW | DNS |
| | 114 | Stigwood, Stephanie | SAAWC | DNS |
| | 165 | Rutter, Jillian | NSWRW | DNS |
| | 19 | Grant, Lisa | NSWRW | DNS |
| | 27 | Lamble, Regan | VRWC | DNS |
| | 219 | Sudulic, Judith V | NSWRW | DNS |
| | 138 | Nixon, Wendy V | NSWRW | DNS |
| | 124 | Webb, Cheryl | REGAL | DNS |

Event: 19 MENS U20 10,000 METRES

| | | | | |
|---|-----|--------------------|-------|-------|
| 1 | 742 | Reading, Brendon | ACTRF | 46:06 |
| 2 | 746 | Coleman, Daniel | TARWC | 46:47 |
| 3 | 743 | Bryant, Kyle | BRWC | 47:57 |
| 4 | 228 | Shaw, Nathaniel | NZ | 49:46 |
| 5 | 229 | Lord, Daniel | NZ | 51:57 |
| 6 | 744 | Mulhearn, Derek | NSWRW | 52:24 |
| 7 | 749 | Payne, Daniel | VRWC | 52:52 |
| 8 | 748 | Mirarchi, Nicholas | VRWC | 53:22 |
| 9 | 753 | Smith, Andrew | REGAL | 60:57 |
| | 747 | Burgess, Shaun | VRWC | DQ |
| | 745 | Keys, Brook | NSWRW | DNS |
| | 210 | Ninyo, Shaun | NSWRW | DNS |

Event: 20 AUSTRALIAN MENS U20 10,000 METRES

| | | | | |
|---|-----|------------------|-------|-------|
| 1 | 742 | Reading, Brendon | ACTRF | 46:06 |
|---|-----|------------------|-------|-------|

| | | | | |
|---|-----|--------------------|-------|-------|
| 2 | 746 | Coleman, Daniel | TARWC | 46:47 |
| 3 | 743 | Bryant, Kyle | BRWC | 47:57 |
| 4 | 744 | Mulhearn, Derek | NSWRW | 52:24 |
| 5 | 749 | Payne, Daniel | VRWC | 52:52 |
| 6 | 748 | Mirarchi, Nicholas | VRWC | 53:22 |
| 7 | 753 | Smith, Andrew | REGAL | 60:57 |
| | 747 | Burgess, Shaun | VRWC | DQ |
| | 745 | Keys, Brook | NSWRW | DNS |

Event: 21 ACTA MENS U20 10,000 METRES CHAMPIONSHIP

| | | | | |
|---|-----|------------------|-------|-------|
| 1 | 742 | Reading, Brendon | ACTRF | 46:06 |
| 2 | 746 | Coleman, Daniel | TARWC | 46:47 |
| | 747 | Burgess, Shaun | VRWC | DQ |

Event: 22 OPEN SENIOR 10,000 METRES

| | | | | |
|---|-----|---------------|-------|-------|
| 1 | 233 | Chapman, Bob | ACTRF | 69:05 |
| | 153 | Megas, George | QRWC | DQ |

NSW ROADWALKING CHAMPIONSHIPS, CHIPPING NORTON, 27 JUNE 2007

There's one thing sure in life – NSW walking state championships are always going to be high quality events and their latest ones at Chipping Norton a week ago were no exception. Outstanding walks by **Cheryl Webb** (Open Women 15 km – 1:09:01) and **Ian Rayson** (Open 20 km – 1:31:49) spearheaded a great meet.

Women 1000 Meter Race Walk RR Under 12

| | | | | |
|-----|-------------------------|--------------|--------|---|
| 1. | Billington, Tayla-Paige | Nepean Distr | 5:04.0 | 1 |
| 2. | Plummer, Caitlin | Nepean Distr | 5:05.0 | 2 |
| 3. | Shaw, Katrina | Blue Mountai | 5:06.0 | |
| 4. | Melville, Rebecca | Sydney Pacif | 5:10.0 | |
| 5. | Dighton, Jasmine | Nepean Distr | 5:13.0 | 3 |
| 6. | Maruta, Talisha | Nepean Distr | 5:18.0 | |
| 7. | Lealaiauloto, Lolovi | Nepean Distr | 5:31.0 | |
| 8. | Beasley, Bryony | Nepean Distr | 5:32.0 | |
| 9. | Jurd, Tiarna | Nepean Distr | 5:35.0 | |
| 10. | Young, Monica | Bankstown Sp | 5:40.0 | |
| 11. | Venzlauskas, Isabella | Nepean Distr | 5:44.0 | |
| | Porley, Candice | Blue Mountai | DQ | |

Women 2000 Meter Race Walk RR Under 14

| | | | | |
|----|------------------|--------------|---------|--|
| 1. | Bettioli, Amy | Nepean Distr | 10:13.0 | |
| 2. | Porley, Tabitha | Blue Mountai | 11:45.0 | |
| 3. | Broadhead, Sarah | Illawarra Bl | 12:50.0 | |

Men 2000 Meter Race Walk RR Under 14

| | | | | |
|----|--------------------|--------------|---------|--|
| 1. | Fazldad, Nathan | Nepean Distr | 9:38.0 | |
| 2. | Timson, Matthew | Bankstown Sp | 9:46.0 | |
| 3. | Washburn, Steven | Nepean Distr | 9:49.0 | |
| 4. | Allen, Jacob | Campbelltown | 10:04.0 | |
| 5. | Birch-Ward, Kurtis | Bankstown Sp | 12:46.0 | |
| 6. | Shaw, Andrew | Blue Mountai | 15:19.0 | |

Women 3k Race Walk RR Under 16

| | | | | |
|----|----------------|--------------|---------|--|
| 1. | Hope, Tegan | South Sydney | 16:51.0 | |
| 2. | Bell, Hannah | Sydney Pacif | 17:13.0 | |
| 3. | Gralton, Ebony | Nepean Distr | 17:23.0 | |
| 4. | Noble, Vanessa | Bankstown Sp | 19:28.0 | |

Men 3k Race Walk RR Under 16

| | | | | |
|----|------------------|--------------|---------|--|
| 1. | Mulhearn, Jordan | Parramatta C | 14:19.0 | |
| 2. | Maruta, Kai | Nepean Distr | 16:20.0 | |
| | Egelton, Cheyne | U.T.S. North | DQ | |

Women 10k Race Walk RR Under 20

| | | | | |
|----|--------------------|--------------|---------|--|
| 1. | Alldis, Fiona | U.T.S. North | 50:05.0 | |
| 2. | Fagan, Nicole | Sydney Pacif | 53:15.0 | |
| 3. | Staples, Cassandra | Campbelltown | 58:08.0 | |

Men 10k Race Walk RR Under 20

| | | | | |
|----|-----------------|--------------|---------|--|
| 1. | Mulhearn, Derek | Parramatta C | 47:50.0 | |
| 2. | Malone, Kyle | Nepean Distr | 47:52.0 | |
| 3. | Keys, Brook | Nepean Distr | 53:35.0 | |
| | Jones, Nathan | Asics Wests | DQ | |
| | Perin, Anson | Illawarra Bl | DQ | |

Women 15k Race Walk RR Open

| | | | | |
|----|---------------------|--------------|-----------|--|
| 1. | Webb, Cheryl | Blacktown Ci | 1:09:01.0 | |
| 2. | Heazlewood, Jessica | Sydney Unive | 1:20:23.0 | |
| 3. | Ebejer, Vanessa | Blue Mountai | 1:25:14.0 | |
| 4. | Rutter, Jillian | Gosford Athl | 1:37:34.0 | |
| 5. | Ebejer, Charlene | Blue Mountai | 1:46:47.0 | |

Men 20k Race Walk RR Open

| | | | | |
|----|-----------------|--------------|-----------|--|
| 1. | Rayson, Ian | Mingara Athl | 1:31:49.0 | |
| 2. | Sundstrom, Troy | Illawarra Bl | 1:36:08.0 | |

Women 35-44 5000 Meter Race Walk Masters

| | | | | |
|----|-----------------------|--------------|---------|---|
| 1. | Cruickshank, Michelle | Nepean Distr | 29:40.0 | 1 |
| 2. | Shaw, Maryanne | Blue Mountai | 31:52.0 | 2 |
| 3. | Porley, Fiona | Blue Mountai | 33:13.0 | 4 |
| 4. | Gralton, Debbie | Nepean Distr | 34:37.0 | 5 |
| 5. | Thompson, Lauren | Campbelltown | 37:19.0 | |

Men 35-44 5000 Meter Race Walk Masters

| | | | | |
|----|--------------|--------------|---------|--|
| 1. | Smyth, David | Randwick Bot | 28:18.0 | |
|----|--------------|--------------|---------|--|

Men 45-54 5000 Meter Race Walk Masters

| | | | | |
|----|-------------------|--------------|---------|--|
| 1. | Albanese, Anthony | South Sydney | 27:17.0 | |
|----|-------------------|--------------|---------|--|

Men 65+ 5000 Meter Race Walk Masters

| | | | | |
|----|-------------|--------------|---------|--|
| 1. | Seymon, Jim | U.T.S. North | 30:22.0 | |
|----|-------------|--------------|---------|--|

Women 45-54 5000 Meter Race Walk Masters

| | | | | |
|----|------------------|--------------|---------|---|
| 1. | Agius, Salvina | Nepean Distr | 32:27.0 | 3 |
| 2. | Lingley, Jenny | Blue Mountai | 38:39.0 | 6 |
| 3. | Tillman, Annette | Nepean Distr | 41:36.0 | |

Women 45-54 5000 Meter Race Walk Masters

| | | | | |
|----|------------------|--------------|---------|---|
| 1. | Agius, Salvina | Nepean Distr | 32:27.0 | 3 |
| 2. | Lingley, Jenny | Blue Mountai | 38:39.0 | 6 |
| 3. | Tillman, Annette | Nepean Distr | 41:36.0 | |

Women 55+ 5000 Meter Race Walk Masters

| | | | | |
|----|---------------|--------------|---------|--|
| 1. | Purcell, Joan | Asics Wests | 35:22.0 | |
| 2. | Brown, Judy | Gosford Athl | 38:39.0 | |

NSW LONG WALK CHAMPIONSHIPS, TIMBRELL PARK, FIVE DOCK, SUN 15 JULY 2007

Another high quality set of results from NSW with their latest State championships a week ago. Best performances were from **Ian Rayson** (1:33:47 for the U20 20 km), **Brooks Keys** (38:53 for the U18 8 km) and **Jordan Mulhearn** (24:59 for the U16 5 km).

Women 2000 Meter Road Walk RR Under 12

| | | | | |
|----|-------------------------|----|--------------|---------|
| 1. | Billington, Tayla-Paige | 10 | Nepean Distr | 10:56.0 |
| 2. | Plummer, Caitlin | 10 | Nepean Distr | 11:00.0 |
| 3. | Melville, Rebecca | 11 | Sydney Pacif | 11:05.0 |
| 4. | Shaw, Katrina | 9 | Blue Mountai | 11:05.0 |
| 5. | Lealaiauloto, Lolovi | 10 | Nepean Distr | 11:47.0 |
| 6. | Maruta, Talisha | 10 | Nepean Distr | 11:54.0 |
| 7. | Beasley, Bryony | 10 | Nepean Distr | 12:18.0 |
| | Dighton, Jasmine | 10 | Nepean Distr | DQ |

Women 5k Road Walk RR Under 16

| | | | | |
|----|------------------|----|--------------|---------|
| 1. | Bettiol, Amy | 11 | Nepean Distr | 27:36.0 |
| 2. | Gralton, Ebony | 13 | Nepean Distr | 30:11.0 |
| 3. | Hope, Tegan | 15 | South Sydney | 31:22.0 |
| 4. | Bell, Hannah | 12 | Sydney Pacif | 31:27.0 |
| 5. | George, Danielle | 14 | Parramatta C | 33:07.0 |
| 6. | Steele, Michelle | 15 | Illawarra Bl | 37:46.0 |

Women 8k Road Walk RR Under 18

| | | | | |
|----|------------------|----|--------------|---------|
| 1. | Bennett, Jessica | 15 | Parramatta C | 48:07.0 |
|----|------------------|----|--------------|---------|

Women 15k Road Walk RR Under 20

| | | | | |
|----|--------------------|----|--------------|-----------|
| 1. | Staples, Cassandra | 18 | Campbelltown | 1:28:55.0 |
|----|--------------------|----|--------------|-----------|

Women 20k Road Walk RR Open

| | | | | |
|----|---------------------|----|--------------|-----------|
| 1. | Alldis, Fiona | 19 | U.T.S. North | 1:46:13.0 |
| 2. | Heazlewood, Jessica | 20 | Sydney Unive | 1:52:03.0 |
| 3. | Ebejer, Vanessa | 22 | Blue Mountai | 1:58:44.0 |
| 4. | Rutter, Jillian | 22 | Gosford Athl | 2:15:36.0 |

Women 15000 Meter Road Walk Masters

| | | | | | |
|-------|----|-----------------------|----|--------------|-----------|
| 35-44 | 1 | Cruickshank, Michelle | 36 | Nepean Distr | 1:38:40.0 |
| 35-44 | 2 | Shaw, Maryanne | 43 | Blue Mountai | 1:40:15.0 |
| 35-44 | 3 | Brown, Suzanne | 41 | Sydney Pacif | 1:41:12.0 |
| 45-54 | 1 | Lloyd, Nancy | 53 | U.T.S. North | 1:39:05.0 |
| 45-54 | 2 | Agius, Salvina | 45 | Nepean Distr | 1:47:00.0 |
| 45-54 | -- | Lingley, Jenny | 51 | Blue Mountai | DNF |
| 55-64 | 1 | Brown, Judy | 57 | Gosford Athl | 2:03:29.0 |
| 65+ | 1 | Purcell, Joan | 66 | Asics Wests | 1:53:05.0 |

Men 2000 Meter Road Walk RR Under 12

| | | | | |
|----|-----------------|----|--------------|---------|
| 1. | Oswald, Matthew | 10 | Illawarra Bl | 11:23.0 |
|----|-----------------|----|--------------|---------|

Men 5k Road Walk RR Under 16

| | | | | |
|----|------------------|----|--------------|---------|
| 1. | Mulhearn, Jordan | 14 | Parramatta C | 24:59.0 |
| 2. | Timson, Matthew | 13 | Bankstown Sp | 25:57.0 |
| 3. | Fazldad, Nathan | 12 | Nepean Distr | 26:08.0 |
| 4. | Washburn, Steven | 12 | Nepean Distr | 27:52.0 |
| 5. | Maruta, Kai | 15 | Nepean Distr | 28:55.0 |
| 6. | Shaw, Andrew | 12 | Blue Mountai | 41:39.0 |

Men 8k Road Walk RR Under 18

| | | | | |
|----|-----------------|----|--------------|---------|
| 1. | Keys, Brook | 17 | Nepean Distr | 38:53.0 |
| 2. | Malone, Kyle | 15 | Nepean Distr | 38:59.0 |
| 3. | Jones, Nathan | 16 | Asics Wests | 44:40.0 |
| 4. | Pisani, James | 17 | Bankstown Sp | 44:50.0 |
| 5. | Ninyo, Shaun | 16 | South Sydney | 46:44.0 |
| | Mulhearn, Derek | 16 | Parramatta C | DNF |

Men 20k Road Walk RR Under 20

| | | | | |
|----|-------------|----|--------------|-----------|
| 1. | Rayson, Ian | 19 | Mingara Athl | 1:33:47.0 |
|----|-------------|----|--------------|-----------|

| | | | | |
|----|--------------|----|--------------|-----------|
| 2. | Perin, Anson | 17 | Illawarra Bl | 1:57:00.0 |
|----|--------------|----|--------------|-----------|

Men 30k Road Walk RR Open

| | | | | |
|----|-----------------|----|--------------|-----------|
| 1. | Sundstrom, Troy | 26 | Illawarra Bl | 2:36:06.0 |
| | Smith, Michael | 22 | Illawarra Bl | DNF |

Men 15000 Meter Road Walk Masters

| | | | | | |
|-------|---|-------------------|----|--------------|-----------|
| 35-44 | 1 | Smyth, David | 38 | Randwick Bot | 1:38:02.0 |
| 45-54 | 1 | Albanese, Anthony | 45 | South Sydney | 1:27:08.0 |
| 55-64 | 1 | Hyde, Brendon | 62 | U.T.S. North | 1:40:14.0 |
| 65+ | 1 | Seymon, Jim | 69 | U.T.S. North | 2:03:44.0 |

RACEWALKING AUSTRALIA CARNIVAL, ADELAIDE, SUNDAY 29 JULY 2007

A small group of VRWC walkers travelled to Adelaide last weekend for this year's second Racewalking Australia carnival. It was held on Sunday at the Warradale Army Base, south of the city, and conditions were perfect for good racing. Our aim was to accumulate sufficient points to wrest the Brennen Shield from perennial holders NSWRC and that we did just that in fine style – our first win in a long time. Medallists were

| | | |
|--------|------------------------|------------------|
| Gold | Megan Szirom | Open Women 10 km |
| | Cody McNicol-Davidson | U10 Boys 1 km |
| | Cassie Raselli | U14 Girls 2 km |
| Silver | Ben Green | U10 Boys 1 km |
| | Chloe McNicol-Davidson | U12 Girls 2 km |
| | Michael Green | U14 Boys 2 km |
| | Rachel Tallent | U16 Girls 3 km |
| | Natalie Laurie | U18 Girls 5 km |
| Bronze | Bianca Attard | U12 Girls 2 km |
| | Cody McNicol-Davidson | U14 Boys 2 km |
| | Bianca Attard | U14 Girls 2 km |
| | Tamara Attard | U18 Girls 5 km |

On top of that, we won two Teams events – the U14 Girls (Cassie Raselli, Bianca Attard and Chloe McNicol-Davidson) and the U18 Girls (Natalie Laurie, Tamara Attard and Rachel Tallent). Well done to everyone on a great day's work and well done to SARWC on a great carnival and a lot of hard work.

My own personal highlights included

- Megan Szirom winning the Open 10 km even though she was nursing a bad cold
- Cody McNicol-Davidson and Ben Green walking toe to toe throughout the U10 event and deciding the placings with a final sprint
- Natalie Laurie chasing World Youth walker Paige Hooper all the way in the U18 event
- Cassie Raselli continuing her good form with yet another fine win in the U14 event
- Seeing Cody and Chloe McNicol-Davidson, Bianca Attard and Rachel Tallent doing second events for teams points.

I'll have more photos in next week's newsletter. Full results follow – a huge effort from everyone.

Event 1 Men 20k Open Walk, 8.00AM

| | | | | |
|----|------------------|----|--------|-----------|
| 1. | Rutter, Adam | 21 | NSWRWC | 1:27:07.0 |
| 2. | Bown, Darren | 33 | SARWC | 1:27:30.0 |
| 3. | Smith, Michael | 23 | Regal | 1:56:20.0 |
| 4. | Albanese, Athony | 46 | NSWRWC | 1:57:43.0 |
| 5. | Smith, Ken | 56 | Regal | 2:12:30.0 |
| 6. | Hoare, Jim | 61 | SARWC | 2:17:18.0 |
| 7. | Starr, Bill | 65 | SARWC | 2:22:36.0 |

Event 2 Men 20k Over 40 Walk, 8.00AM

| | | | | |
|----|------------------|----|--------|-----------|
| 1. | Albanese, Athony | 46 | NSWRWC | 1:57:43.0 |
| 2. | Smith, Ken | 56 | Regal | 2:12:30.0 |
| 3. | Hoare, Jim | 61 | SARWC | 2:17:18.0 |
| 4. | Starr, Bill | 65 | SARWC | 2:22:36.0 |

Event 3 Men 10k Unde 20 Walk, 8.30AM

| | | | | |
|----|-----------------|----|--------|---------|
| 1. | Coleman, Daniel | 18 | TARWC | 45:48.0 |
| 2. | Malone, Kyle | 18 | NSWRWC | 47:45.0 |
| 3. | Bryant, Kyle | 18 | BRWC | 51:26.0 |
| 4. | Smith, Andrew | 18 | Regal | 56:32.0 |

Event 4 Women 10k Under 20 Walk, 8.30AM

| | | | | |
|----|------------------|----|-------|-----------|
| 1. | Hollitt, Brianna | 19 | SARWC | 1:06:02.0 |
|----|------------------|----|-------|-----------|

Event 5 Women 10k Over 35 Walk, 8.30AM

| | | | | |
|----|----------------|----|--------|-----------|
| 1. | Ventris, Lyn | 51 | WARWC | 48:54.0 |
| 2. | Bryant, Barb | 53 | BRWC | 57:25.0 |
| 3. | Major, Annette | 45 | BRWC | 1:00:14.0 |
| 4. | Brunner, Sandy | 65 | SARWC | 1:01:08.0 |
| 5. | Cain, Barb | 59 | SARWC | 1:07:02.0 |
| 6. | Stigwood, Rose | 39 | SARWC | 1:14:21.0 |
| 7. | Lingley, Jenny | 51 | NSWRWC | 1:18:47.0 |

Event 6 Mixed 10k Walk, SAMA INVIT.

| | | | | |
|-----|-----------------------|----|-------|-----------|
| 1. | Mottram, Kym | | SARWC | 47:44.0 |
| 2. | Sinkinson, Tracy | 34 | SAMA | 59:41.0 |
| 3. | White, George | 62 | SAMA | 50:57.0 |
| 4. | Cain, Barb | 59 | SARWC | 1:07:02.0 |
| 5. | Harrison, Graham | 64 | SAMA | 1:03:20.0 |
| 6. | Trengove, Margaret | 63 | SAMA | 1:09:41.0 |
| 7. | Wood, Robin | 57 | VRWC | 1:07:00.0 |
| 8. | Papageorgiou, Roxani | 63 | SAMA | 1:15:14.0 |
| 9. | Smith, Leigh | 72 | SAMA | 1:09:25.0 |
| 10. | Rogers, Jill | 63 | SAMA | 1:17:54.0 |
| 11. | Hainsworth, Colin | 78 | SAMA | 1:10:49.0 |
| 12. | Dally, Cynthia | 73 | SAMA | 1:19:12.0 |
| 13. | O'Neil, Ron | 83 | SAMA | 1:12:20.0 |
| 14. | McFarlane, Elaine | 65 | SAMA | 1:24:35.0 |
| | Tallent, Jared | | VRWC | DNF |

Event 7 Women 10k Open Walk, 8.30AM

| | | | | |
|-----|----------------------|----|--------|---------|
| 1. | Szirom, Megan | 30 | VRWC | 47:14.0 |
| 2. | Woods, Claire | 26 | SARWC | 48:36.0 |
| 3. | Ventris, Lyn | 51 | WARWC | 48:54.0 |
| 4. | Jones, Chloe | 21 | Regal | 53:16.0 |
| 5. | Ebejer, Vanessa | 22 | Regal | 55:12.0 |
| 6. | Palfreyman, Jessie | 17 | BRWC | 56:46.0 |
| 7. | Bryant, Barb | 53 | BRWC | 57:25.0 |
| 8. | Major, Annette | 45 | BRWC | 60:14.0 |
| 9. | Brunner, Sandy | 65 | SARWC | 61:08.0 |
| 10. | Cain, Barb | 59 | SARWC | 67:02.0 |
| 11. | Ebejer, Charlene | 21 | Regal | 68:53.0 |
| 12. | Sunstrom, Jodie | 28 | Regal | 71:44.0 |
| 13. | Stigwood, Rose | 39 | SARWC | 74:21.0 |
| 14. | Lingley, Jenny | 51 | NSWRWC | 78:47.0 |

Event 8 Boys 1k Under 10 Walk, 10.00AM

| | | | | |
|----|-------------------------------|---|------|--------|
| 1. | McNicol_Davidson, Cody | 9 | VRWC | 6:05.0 |
| 2. | Green, Ben | 9 | VRWC | 6:06.0 |

Event 9 Girls 1k Under 10 Walk, 10.00AM

| | | | | |
|----|-----------------|---|-------|--------|
| 1. | Dallimore, Erin | 9 | SARWC | 6:26.0 |
|----|-----------------|---|-------|--------|

Event 11 Girls 2k Under 12 Walk, 10.15AM

| | | | | |
|----|--------------------------------|----|-------|---------|
| 1. | Danner, Lotta | 12 | SARWC | 11:12.0 |
| 2. | McNicol_Davidson, Chloe | 11 | VRWC | 13:07.0 |
| 3. | Attard, Bianca | 12 | VRWC | 13:21.0 |
| 4. | Dallimore, Erin | 9 | SARWC | 14:31.0 |

Event 12 Boys 2k Under 14 Walk, 10.35AM

| | | | | |
|----|-------------------------------|----|--------|---------|
| 1. | Fazldad, Nathan | 13 | NSWRWC | 10:23.0 |
| 2. | Green, Michael | 13 | VRWC | 12:04.0 |
| 3. | McNicol_Davidson, Cody | 9 | VRWC | 14:38.0 |
| | Felton, Matthew | 13 | VRWC | DQ |

Event 13 Girls 2k Under 14 Walk, 10.35AM

| | | | | |
|----|--------------------------------|----|-------|---------|
| 1. | Rasselli, Cassandra | 13 | VRWC | 10:45.0 |
| 2. | Harrington, Lauren | 14 | SARWC | 11:31.0 |
| 3. | Attard, Bianca | 12 | VRWC | 13:51.0 |
| 4. | McNicol_Davidson, Chloe | 11 | VRWC | 13:52.0 |

Event 14 Boys 3k Under 16 Walk, 10.50AM

| | | | | |
|----|------------------|----|--------|---------|
| 1. | Mulhearn, Jordan | 15 | NSWRWC | 15:35.0 |
| 2. | Crouch, Daniel | 13 | SARWC | 18:25.0 |

Event 15 Girls 3k Under 16 Walk, 10.50AM

| | | | | |
|----|-------------------------|----|-------|---------|
| 1. | Hooper, Paige | 15 | SARWC | 15:26.0 |
| 2. | Tallent, Rachael | 14 | VRWC | 16:06.0 |
| 3. | Goznik, Kristie | 14 | SARWC | 16:54.0 |
| 4. | McInerney, Nicole | 16 | SARWC | 17:09.0 |
| 5. | Tuscharski, Amber | 14 | SARWC | 18:04.0 |

| | | | | |
|----|----------------|----|-------|----------|
| 6. | Thomas, Caragh | 14 | SARWC | 19:16.00 |
| 7. | Trew, Keely | 15 | BRWC | 20:10.0 |

Event 16 Men 5k Under 18 Walk, 11.15AM

| | | | | |
|----|-----------------|----|--------|---------|
| 1. | Mulhearn, Derek | 17 | NSWRWC | 26:53.0 |
| 2. | Mayfield, Doug | 17 | SARWC | 29:31.0 |
| 3. | Crouch, Daniel | 13 | SARWC | 34:34.0 |
| 4. | Dunn, Adam | 18 | SARWC | DQ |

Event 17 Women 5k Under 18 Walk, 11.15AM

| | | | | |
|----|-------------------------|----|-------|---------|
| 1. | Hooper, Paige | 15 | SARWC | 25:25.0 |
| 2. | Laurie, Natalie | 16 | VRWC | 25:35.0 |
| 3. | Attard, Tamara | 17 | VRWC | 28:37.0 |
| 4. | Goznik, Kristie | 14 | SARWC | 29:18.0 |
| 5. | Tallent, Rachael | 14 | VRWC | 29:25.0 |
| | McInerney, Nicole | 16 | SARWC | DQ |

AUSTRALIAN ROADWALKING CHAMPIONSHIPS, PERTH, SUNDAY 2 SEPTEMBER 2007

Thanks to Victorian Team Manager Paul Rance for the following report on the Australian championships, held last weekend in Perth.

17 Victorian Walkers took part with 3 gold medallist's and a silver and bronze. The under 14 girls also won the team's event on the quite smooth but up and down course.

I thought the best performance came from **Amy Burren** with victory in the under 14 girls 3km race in a brilliant time of 14.28. I would think this would be the fastest time in this event for more than 10 years probably since the Renee McAskill-Michelle French junior days but I am still in Perth and don't have the stats with me. The under 12 & under 14 Canberra Federation Champion Amy Bettiol led the race for the first 2.5km with Amy Burren finishing strongly to claim the gold medal and she competed in the cross country titles the day before,. For Amy this was her 2nd Australian Championship win in Perth this Year having won the Australian Under 13 Little Athletics Championships back in April so she obviously enjoys the climate over here and at that Championship she also ran in a middle distance race before she walked. 11 Year old **Ebony Whiley** also produced an excellent personal best in this event to take the bronze medal with Amy, Ebony and **Cassandra Raselli** taking out the teams race which was the only teams race held on the day.

Rhydian Cowley's performance was also first class defeating two of Australia's top quality juniors in Brock Keys and Kyle Malone. The race started at an easy pace with 6-7 walkers in the main pack after the first of 4 2km laps including the leading female in Melissa Hayes, with 2km to go Rhydian began to assert his authority and he came away in the last lap to secure an outstanding victory.

Megan Szirom also produced a fine performance to comfortably claim a strong victory in the Open Women's 10km event with the other Victorian medal coming via **Natalie Laurie** in the under 18 8km event.

Paul



Australian Champions – Amy Burren, Rhydian Cowley and Megan Szirom (photos from previous 2007 races)

Thanks Paul. Now onto the results. Well done to all our Victorians.

| Men 30k Race Walk RR Open | | | | Women 10k Race Walk RR Open | | | |
|---------------------------|-----------------|-----|------------|-----------------------------|-------------------|-----|----------|
| 1. | Darren Bown | SA | 2:22:18.00 | 1. | Megan Szirom | VIC | 47:31.00 |
| | Adam Rutter | NSW | DNF | 2. | Fiona Alldis | NSW | 50:03.32 |
| | Stephen Anthony | WA | DQ | 3. | Cheryl Webb | NSW | 51:36.33 |
| | | | | 4. | Chloe Jones | NSW | 52:11.80 |
| | | | | 5. | Katrina Grgurovic | WA | 53:42.33 |
| | | | | 6. | Cassandra Staples | NSW | 54:14.13 |
| | | | | 7. | Vanessa Ebejer | NSW | 54:15.00 |
| | | | | 8. | Lynette Bannister | TAS | 54:24.40 |
| | | | | 9. | Tanya-Maree Craig | WA | 56:27.39 |
| | | | | 10. | Claire Bock | QLD | 56:52.51 |
| | | | | 11. | Emma Simmons | WA | 59:42.80 |
| | | | | 12. | Justijana Roseman | VIC | 61:42.63 |
| | | | | 13. | Charlene Ebejer | NSW | 65:25.34 |
| | | | | 14. | Jodie Sundstrom | NSW | 72:19.85 |

| | |
|---|---|
| Men 20k Race Walk RR Under 20 1. Ian Rayson NSW 1:34:35.00 2. Anson Perin NSW 2:14:20.00 | Women 10k Race Walk RR Under 20 1. Fiona Alldis NSW 50:03.32 2. Katrina Grgurovic WA 53:42.33 3. Cassandra Staples NSW 54:14.13 4. Emma Simmons WA 59:42.80 |
| Men 8k Race Walk RR Under 18 1. Rhydian Cowley VIC 37:56.00 2. Brook Keys NSW 38:11.00 3. Kyle Malone NSW 38:25.00 4. Derek Mulhearn NSW 39:02.00 5. Daniel Payne VIC 39:53.00 6. Tim Jenyns WA 41:52.00 7. Nathan Jones NSW 44:05.00 8. Bobby Malcomson TAS 44:40.00 | Women 8k Race Walk RR Under 18 1. Melissa Hayes NSW 39:47.00 2. Natalie Laurie VIC 42:54.00 3. Samantha Tesch QLD 43:52.00 4. Gabrielle D'Agnone WA 45:09.00 5. Ana Grgurovic WA 46:09.00 6. Kimberley Smith WA 46:24.00 7. Nicolie Byrne WA 47:14.00 |
| Men 5k Race Walk RR Under 16 1. Sean Fitzsimmons WA 23:31.58 2. Jordan Mulhearn NSW 25:18.29 3. Christopher Ninnett WA 27:36.68 4. Harley Chapman WA 28:24.89 | Women 5k Race Walk RR Under 16 1. Paige Hooper SA 25:23.81 2. Kate Fitzsimmons WA 26:33.08 3. Kristie Goznic SA 27:23.36 4. Danielle George NSW 27:53.17 5. Ayla Collins VIC 28:07.39 6. Shenna Hartley WA 28:22.24 7. Ebony Gralton NSW 29:21.23 8. Emily Payne VIC 29:35.00 9. Kate King WA 29:41.05 10. Jacqueline Smith WA 29:42.04 11. Andrea Hahn WA 30:04.82 12. Sarah Littke WA AC 30:06.84 13. Louise Richardson WA AC 31:00.50 14. Ashley Albert VIC 33:47.00 |
| Men 3k Race Walk RR Under 14 1. Samuel Dib WA 14:37.99 2. Nathan Fazldad NSW 15:21.55 3. Steven Washburn NSW 15:41.87 4. Jacob Byrne WA 16:44.93 5. Jacob Dib WA 16:54.33 6. Peter Curtis VIC 17:20.50 7. Jesse Osborne QLD 17:26.82 8. Corey Littke WA 17:43.29 9. Michael Green VIC 18:33.52 10. Kevin Buchanan WA AC 18:47.25 | Women 3k Race Walk RR Under 14 1. Amy Burren VIC 14:27.88 1 2. Amy Bettiol NSW 14:33.04 2 3. Ebony Whiley VIC 15:17.51 3 4. Tiffany D'Agnone WA 15:23.96 4 5. Krystal Leinasais WA 15:32.22 5 6. Hannah Watson WA 15:36.91 6 7. Cassandra Raselli VIC 15:44.09 7 8. Amelia Finnegan VIC 15:46.73 9. Caitlin Campbell VIC 16:01.84 10. Nicole Hallett VIC 16:14.14 11. Tayla Paige Billington NSW 16:56.39 8 12. Melissa Ierace WA 16:59.96 13. Ciara Duffy WA 17:08.65 14. Rebecca Melville NSW 18:02.62 9 15. Sarah Broadhead NSW 19:47.82 Rebecca Campbell VIC AC X 18:55.27 Clare Cronley TAS DQ Team Scores 1. VIC 14:27.88 15:17.51 15:44.09 2. WA 15:23.96 15:32.22 15:36.91 3. NSW 14:33.04 16:56.39 18:02.62 |

| |
|---|
| VICTORIAN SCHOOLS T&F CHAMPIONSHIPS, U17-U20, 7-8 OCTOBER 2006 |
|---|

The first weekend of the Victorian Schools Track and Field championships were held last weekend with the U17-U20 age groups in action. The U13-U16 athletes will be in action in 3 weeks time. It was quite hot on Saturday when the walks were held so the races started conservatively and it was a case of who could finish the fastest once the pressure was applied. Times were good considering the way the events were raced. Congratulations to our medallists.

Girls 5000 Metre Race Walk Under 20

| | | | |
|----|-----------------|-----|----------|
| 1. | ROTHWELL, JESS | Gou | 25:23.28 |
| 2. | DRENNAN, LAUREN | Sts | 27:19.11 |
| 3. | LAURIE, NATALIE | Kin | 29:49.16 |

Girls 3000 Metre Race Walk Under 18

| | | | |
|----|--------------------|-----|----------|
| 1. | BRUNTON, CAITLIN | Kai | 15:54.37 |
| 2. | ZERVAAS, STEPHANIE | Men | 20:59.04 |

Girls 3000 Metre Race Walk Under 17

| | | | |
|----|--------------------|-----|----------|
| 1. | ALEXANDER, BETH | Bre | 15:50.41 |
| 2. | ATTARD, TAMARA | Aqu | 15:54.36 |
| 3. | PALFREYMAN, JESSIE | Gol | 17:13.69 |

Boys 5000 Metre Race Walk Under 20

| | | | |
|----|--------------------|-----|----------|
| 1. | MIRARCHI, NICHOLAS | Sjo | 25:39.13 |
| 2. | GIRGIN, TIMUCIN | Kew | 26:29.12 |
| 3. | BURGESS, SHAUN | Bhi | 27:50.77 |

Boys 3000 Metre Race Walk Under 17

| | | | |
|----|-----------------|-----|----------|
| 1. | PAYNE, DANIEL | Kai | 15:15.51 |
| 2. | COWLEY, RHYDIAN | Mhs | 15:41.47 |
| | ELMS, JASON | Lal | DQ |

VRWC CLUB RACES, ALBERT PARK, SUN 22 OCTOBER 2006

A good field of 44 walkers turned out for our first VRWC Summer Season races on Sunday. Yolanda Russell, Siobhan Donovan and Simon Baker challenged themselves with the longer distances of 20 km and 15 km but the vast majority were content with the intermediate distances. Mark Donahoo was the pace maker and he and Heather Carr, not surprisingly, took the points in the 10 km event. Clarrie Jack made one of his rare appearances and showed that he has lost little of his competitive edge with a fine time of 58:21 (Clarrie is in the M60 division nowadays).

20 Km Open Walk

1. Yolanda Russell 2:01:23

15 Km Open Walk

1. Siobhan Donovan 1:28:13
2. Simon Baker 1:28:30

10 Km Open Walk

1. Mark Donahoo 53:33
2. Heather Carr 57:09
3. Alan Lucas 57:53
4. Clarrie Jack 58:21
5. Russ Dickenson 58:50
6. Bob Gardiner 60:33
7. Tyne Boddy 62:15
8. Caitlin Brunton 64:04
9. Clyde Riddoch 65:11
10. Robin Wood 67:10
11. Carmel Drennan 68:41
Murray Dickenson DNF

5 Km Open Walk

1. Ralph Bennett 29:15
2. Janet Holmes 30:02
3. Liz Feldman 30:04
4. Gwen Steed 31:22
5. Celia Johnson 31:44
6. Harlene Hercules 37:09
7. Christine Griffiths 43:50

The 3 km event was an interesting event with Natalie Laurie and Beth Alexander battling it out in front (great times by both girls) while John Bunker was next over the line, with his hand heavily bandaged after a work accident. Rachel Tallent left her racing shoes at home in Ballarat and her family had to search the shops in Melbourne to find a pair for her to wear. Sandra Bertrand (Carly's mother) had her first walk with the club and will improve quickly on this first effort. We have seen quite a number of parents donning the shoes in the last couple of years – it's the way to go!

3 Km Open Walk

1. Natalie Laurie 14:50
2. Beth Alexander 15:14
3. John Bunker 15:49
4. Rachel Tallent 16:23
5. Bradley Simpson 16:57
6. Robert Walsh 17:01
7. Tony Doran 18:17
8. Jason Elms 18:48
9. Lindsay Harrison 21:57
10. Damien Elms 22:13
11. Sandra Bertrand 24:21
12. Pam Mews 25:34

We saw some great times in the 2 km event with Amelia, Ryan and Caitlin all under 11 minutes and Ebony breaking 12 minutes. Georgia Bertrand had her first walk in the 1 km event and impressed with a very good time of 6:40.

2 Km Under 12 Walk

- | | | |
|----|-------------------|-------|
| 1. | Amelia Finnegan | 10:34 |
| 2. | Ryan Antidormi | 10:40 |
| 3. | Caitlin Campbell | 10:47 |
| 4. | Ebony Tallent | 11:53 |
| 5. | Ashley Albert | 12:26 |
| 6. | Rebecca Campbell | 12:58 |
| 7. | Carly Bertrand | 12:12 |
| 8. | Stacey McLaren | 15:02 |
| 9. | Annalise Harrison | 15:39 |

1 Km Under 10 Walk

- | | | |
|----|------------------|------|
| 1. | Georgia Bertrand | 6:40 |
|----|------------------|------|

| |
|---|
| ALL SCHOOLS CHAMPIONSHIPS U12 - U16, OLYMPIC PARK, SAT 28 OCTOBER 2006 |
|---|

The All Schools U12-U16 Track & Field Championships were held last weekend at Olympic Park with walks on offer in the U14-U16 age groups. There were many excellent performances in what turned out to be very competitive races. Congratulations to all the walkers, many of whom are VRWC regulars. The U16 boys event in particular was a very closely contested event with great times by the three medallists. Thanks to Ray Smith for the photos as usual.

Boys 3000 Meter Race Walk U 16

| | | | | |
|----|---------------------|----|-----|----------|
| 1. | COWLEY, RHYDIAN | 91 | MHS | 14:03.79 |
| 2. | TILLEY, CHRISTOPHER | 91 | SJO | 14:20.94 |
| 3. | MIRARCHI, NICHOLAS | 91 | SJO | 14:30.35 |
| 4. | LARKINS, JARED | 91 | NOS | 15:26.21 |

Girls 3000 Meter Race Walk U 16

| | | | | |
|----|-------------------|----|-----|----------|
| 1. | LAURIE, NATALIE | 91 | KIN | 14:51.73 |
| 2. | BODDY, LANA | 91 | NOS | 19:21.31 |
| 3. | BRUNTON, SARAH | 91 | KAI | 19:26.51 |
| 4. | LENEHAN, ROSELEEN | 91 | MER | 21:08.12 |

Boys 3000 Meter Race Walk U 15

| | | | | |
|----|-----------------|----|-----|----------|
| 1. | GIRGIN, TIMUCIN | 92 | KEW | 14:48.89 |
| 2. | COSIC, FILIP | 92 | MHS | 18:28.65 |

Girls 3000 Meter Race Walk U 15

| | | | | |
|----|-----------------|----|-----|----------|
| 1. | ALEXANDER, BETH | 92 | BRE | 15:48.53 |
| 2. | WATT, TAYLAH | 92 | MOB | 16:39.43 |
| 3. | BRAZEL, HILARY | 92 | EMM | 17:08.41 |
| 4. | DAVIS, DANIELLE | 92 | NGS | 17:23.98 |

Boys 1500 Meter Race Walk U 14

| | | | | |
|----|-------------------|----|-----|---------|
| 1. | SIMPSON, BRADLEY | 93 | YAR | 7:20.01 |
| 2. | WALSH, ROBERT | 93 | MTW | 7:30.23 |
| 3. | ANTIDORMI, RYAN | 95 | HVA | 7:36.57 |
| 4. | GIRGIN, ERGENEKON | 93 | KEW | 7:49.23 |
| 5. | FELTON, MATTHEW | 94 | YAW | 8:07.64 |
| 6. | COWAN, DAVID | 93 | ABE | 8:14.99 |
| 7. | JONES, JEREMIAH | 97 | SPG | 8:30.09 |
| 8. | GREEN, MICHAEL | 94 | LEG | 9:02.87 |
| 9. | JOSEPH, DAVID | 93 | BAL | 9:15.58 |

Girls 1500 Meter Race Walk U 14

| | | | | |
|-----|--------------------|----|-----|---------|
| 1. | RASELLI, CASSANDRA | 94 | BLO | 7:15.58 |
| 2. | TALLENT, RACHEL | 93 | BAL | 7:26.82 |
| 3. | WHILEY, EBONY | 95 | SJP | 7:32.31 |
| 4. | DYER, CHELSEA | 93 | STR | 7:32.87 |
| 5. | CAMPBELL, CAITLIN | 94 | SYD | 7:33.98 |
| 6. | FINNEGAN, AMELIA | 95 | UPP | 7:45.79 |
| 7. | BRUNTON, ERIN | 93 | KAI | 7:50.48 |
| 8. | HALLETT, NICOLE | 94 | STM | 8:00.05 |
| 9. | PAYNE, EMILY | 93 | KAI | 8:00.28 |
| 10. | TALLENT, EBONY | 94 | BHP | 8:29.63 |
| 11. | DUVAL, SAMANTHA | 93 | MOB | 8:48.48 |
| 12. | BERTRAND, CARLY | 96 | KIP | 8:54.50 |
| 13. | CAMPBELL, REBECCA | 97 | SYD | 8:54.57 |

| |
|---|
| VRWC RACES, ALBERT PARK, SUNDAY 12 NOVEMBER 2006 |
|---|

The second of our VRWC summer racing days was held at Albert Park on Sunday and we were very pleased with the large number of competitors (nearly 50) and the quality of performances on what was a windy and troublesome day. It was our summer championship day and was followed by a very successful Annual General Meeting and annual club luncheon.

10 km Gus Theobald Club Championship for Open Men

- | | | |
|----|-------------------|--------|
| 1. | Mark Donahoo | 108:23 |
| 2. | Stuart Kollmorgen | 117:16 |

10 km Stella Murnane Club Championship for Masters Women

- | | | |
|----|----------------|-------|
| 1. | Heather Carr | 57:23 |
| 2. | Barbara Bryant | 58:58 |
| 3. | Annette Major | 64:34 |
| 4. | Celia Johnson | 67:56 |
| 5. | Carmel Drennan | 72:47 |

10 km Open

- | | | |
|----|-------------------|---------------------|
| 1. | Kyle Bryant | 50:51 |
| 2. | John Bunker | 57:23 |
| 3. | Tony Johnson | 58:40 |
| 4. | Alan Lucas | 59:26 |
| 5. | Jessie Palfreyman | 54:34 |
| 6. | Stuart Cooper | 64:38 |
| 7. | Robin Wood | 65:29 |
| | Russ Dickenson | DNF (5 km in 29:21) |
| | Murray Dickenson | DNF (4 km in 24:19) |

5 km Open

- | | | |
|-----|---------------------|-------|
| 1. | Clyde Riddoch | 27:31 |
| 2. | Ralph Bennett | 28:28 |
| 3. | Ezo Ali | 29:21 |
| 4. | Janet Holmes | 31:05 |
| 5. | Gwen Steed | 31:57 |
| 6. | Gayle McIntyre | 32:05 |
| 7. | Anthony Doran | 32:40 |
| 8. | Harlene Hercules | 37:09 |
| 9. | Donna Elms | 37:44 |
| 10. | Cherylanne Campbell | 40:04 |
| 11. | Sandra Bertrand | 40:04 |
| 12. | Christine Griffiths | 43:58 |
| | Pam Mews | DQ |
| | Gordon Onley | DQ |

U20 5 km Club Championship

- | | | |
|----|----------------|-------|
| 1. | Bradley Elms | 31:57 |
| 2. | Jason Elms | 35:24 |
| | Rhydian Cowley | DNF |
| 1. | Tamara Attard | 31:47 |

U15 3 km Club Championships

- | | | |
|----|----------------|-------|
| 1. | Tim Girgin | 17:04 |
| | Damien Elms | DQ |
| 1. | Beth Alexander | 14:55 |
| 2. | Rachel Tallent | 16:53 |
| 3. | Taylah Watt | 16:54 |
| | Hilary Brazel | DNF |

U12 1500m Club Championships

1. Ryan Antidormi 7:30
1. Amelia Finnegan 7:32
2. Caitlin Campbell 8:02
3. Carly Bertrand 8:44
4. Rebecca Campbell 9:10
5. Stacey McLaren 11:10

U9 1500m Club Championships

1. Georgia Bertrand 12:44



Stacey McLaren, Georgia Bertrand and Rachel Tallent

| |
|---|
| VRWC RACES, ALBERT PARK, SUNDAY 17 DECEMBER 2006 |
|---|

Our December races last weekend at Albert Park were well supported as a number of walkers backed up from their Saturday Shield Competition walks. The big news was around the wonderful performances by Masters champions **Brenda Riley** and **Andrew Jamieson**. Brenda, walking her first ever 20 km event, took some 9 minutes of the **World Masters W65 20 km record** to record a fantastic 117:39. Brenda's records, set in W55 and W60 and now W65 are going to take some beating! And Andrew Jamieson, fresh from his World Masters M60 3000m track record yesterday, backed up and took 11 secs off his **World Masters M60 10 km record**. Megan Szirom walked a very even 20 km time of 100:37 while Chris Erickson sped over the 10 km distance in a very brisk 44:56. Stuart Kollmorgen walked a PB of 50:31 while Tamara Attard walked her first ever 10 km with a great time of 60:55.

20 km Open Walk

| | | |
|-----------------|-------|-----------------------------------|
| 1. Megan Szirom | 49:30 | 100:37 |
| 2. Mark Donahoo | 52:02 | 107:51 |
| 3. Brenda Riley | 57:07 | 117:39 (World Masters W65 record) |

10 Km Open Walk

| | |
|----------------------|----------------------------------|
| 1. Chris Erickson | 44:56 |
| 2. Andrew Jamieson | 47:06 (World Masters M60 record) |
| 3. Stuart Kollmorgen | 50:31 |
| 4. Duncan Knox | 56:05 |
| 5. Regan Lamble | 56:16 |
| 6. Tamara Attard | 60:55 |
| 7. Stuart Cooper | 61:48 |
| Robin Wood | DNF (6 km in 39:45) |
| Tim Girgin | DNF (2 km in 10:41) |

We also had lots of walkers contesting the shorter distances. John Bunker and Heather Carr walked together and crossed the line together, making sure that the judges could not separate them. Cherylanne Campbell and Sandra Bertrand showed that mums can do it too. Robert Walsh walked excellently for his 16:20 over the 5 km. And finally, we had a great battle in the U12 division between Talie Collins and Chris Brunton who was having his first walk with the club.

5 km Open Walk

| | |
|-----------------------|---------------------|
| E1 John Bunker | 26:44 |
| E1 Heather Carr | 26:44 |
| 3. Murray Dickinson | 29:18 |
| 4. Bob Gardiner | 30:28 |
| 5. Carmel Drennan | 30:33 |
| 6. Janet Holmes | 31:36 |
| 7. Gayle McIntyre | 31:55 |
| 8. Steve Jordan | 35:54 |
| 9. Harlene Hercules | 36:47 |
| 10. Margaret Beaumont | 38:23 |
| Gwen Steed | DNF (3 km in 19:20) |
| Russ Dickenson | DNF (4 km in 21:57) |

3 km Open Walk

| | |
|------------------------|---------------------|
| 1. Adam Patterson | 17:57 |
| 2. C Taylor | 21:58 |
| 3. Cherylanne Campbell | 22:30 |
| 4. Christine Griffiths | 28:53 |
| Sandra Bertrand | DNF (2 km in 15:42) |

3 km Under 15 Walk

| | |
|---------------------|-------|
| 1. Robert Walsh | 16:20 |
| 2. Taylah Watt | 16:50 |
| 3. A Callaway | 19:11 |
| 4. Lindsay Harrison | 22:08 |

2 km Under 12

| | | |
|----|-------------------|-------|
| 1. | Talie Collins | 11:15 |
| 2. | Chris Brunton | 11:17 |
| 3. | Carly Bertrand | 12:15 |
| 4. | Stacey McLaren | 14:52 |
| 5. | Annalise Harrison | 15:24 |
| | Rebecca Campbell | DNF |

1 km Under 9

| | | |
|----|------------------------|------|
| 1. | Chloe McNicol Davidson | 5:54 |
| 2. | Corey McNicol Davidson | 6:04 |
| 3. | Georgia Bertrand | 6:44 |
| 4. | Cindy Collins | 6:19 |
| 5. | Kristina Collins | 8:41 |

VRWC RACES, ALBERT PARK, SUNDAY 21 JANUARY 2007

Sunday saw our last Albert Park races for the summer and unseasonally cool weather meant good racing conditions. With the Victorian Country and Overage championships being held in Bendigo, we were missing a lot of regulars but still had some 45 entrants, including a number of first time walkers.

Top walks for the day were by Russ Dickenson (27:01 for the 5 km walk), Pam Tindal (27:31 for the 5 km walk) and Cindy Collins (5:55 for the 1 km walk).

The Australian Grand Prix Motor Race setup and scheduling will now lock us out of the Park until mid April. Club members can expect the winter fixture to be posted some time in the next month.

15 km Open Walk

- | | | |
|----|--------------|-------|
| 1. | Tony Johnson | 89:44 |
|----|--------------|-------|

10 km Open Walk

- | | | |
|----|-------------------|---------------------|
| 1. | Mark Donahoo | 49:52 |
| 2. | Stuart Kollmorgen | 50:36 |
| 3. | Simon Evans | 59:12 |
| 4. | Tim Girgin | 61:29 |
| 5. | Stu Cooper | 62:38 |
| 6. | Celia Johnson | 68:57 |
| | Clyde Riddoch | DNF (4 km in 21:43) |
| | Rudolf Skrucany | DQ (68:52) |

5 km Open Walk

- | | | |
|-----|---------------------|-------|
| 1. | Russ Dickenson | 27:01 |
| 2. | Pam Tindal | 27:31 |
| 3. | Ralph Bennett | 28:08 |
| 4. | Alan Lucas | 28:37 |
| 5. | Bob Gardiner | 28:29 |
| 6. | Ezo Ali | 28:42 |
| 7. | Adam Patterson | 29:22 |
| 8. | Graeme Davis | 29:29 |
| 9. | Liz Feldman | 30:00 |
| 10. | Gayle McIntyre | 30:21 |
| 11. | Janet Holmes | 30:52 |
| 12. | Gwen Steed | 32:08 |
| 13. | Sylvia Machin | 33:10 |
| 14. | Harlene Hercules | 37:40 |
| 15. | Ron Hugo | 38:09 |
| 16. | Bev Hugo | 38:09 |
| 17. | Andrew Piercey | 38:35 |
| 18. | Jean Knox | 39:52 |
| 19. | Christine Griffiths | 45:34 |
| | Brenda Riley | DNF |
| | Carmel Drennan | DNF |

3 km Open and Under 15 Walk

- | | | |
|----|------------------|-------|
| 1. | Taylah Watt | 16:57 |
| 2. | Ayla Collins | 17:38 |
| 3. | Chris Brunton | 18:28 |
| 4. | Adrianna Crea | 19:07 |
| 5. | Tim Erickson | 19:07 |
| | Gordon Onley | DQ |
| | Lindsay Harrison | DQ |

2 km Under 12 Walk

- | | | |
|----|-----------------|-------|
| 1. | Amelia Finnegan | 10:58 |
|----|-----------------|-------|

2. Talie Collins 11:53
3. Ashley Albert 12:13
4. Ali Brunton 12:37
5. Beth Barbour 13:40
6. Stacey McLaren 14:13
7. Annalise Harrison 15:52

1 km Under 9 Walk

1. Cindy Collins 5:55
2. Ryan Dossetor 7:09

Special Appearance - Mark Dossetor 11:47 for 2 km

VICTORIAN COUNTRY CHAMPIONSHIPS, BENDIGO, 19-21 JANUARY 2007

Bendigo hosted the Victorian County and Victorian Over Age championships last weekend and the cooler weather meant near perfect conditions for the walks. A number of metropolitan walkers competed by invitation and they are also shown in the results.

Women 5000m Country Race Walk Open

- | | | | |
|----|-------------------|-----|----------|
| 1. | YOLANDA RUSSELL | GLG | 25:34.72 |
| 2. | JESSIE PALFREYMAN | EAG | 27:10.34 |
| 3. | ANNETTE MAJOR | EAG | 27:23.17 |
| 4. | BARBARA BRYANT | EAG | 28:14.50 |
| 5. | TYNE BODDY | COR | 28:41.38 |
| | MEGAN SZIROM* | RWD | 23:14.74 |

Men 5000m Country Race Walk Open

- | | | | |
|----|-------------------|-----|----------|
| 1. | DUANE COUSINS | EAG | 21:50.12 |
| 2. | KYLE BRYANT | EAG | 23:14.68 |
| 3. | TERRENCE O'NEILL | GPA | 27:36.45 |
| 4. | ANDREW BLOOD | BYC | 29:02.94 |
| 5. | GEOFFREY MAJOR | EAG | 31:38.97 |
| 6. | ROBIN WOOD | GLG | 33:39.30 |
| 7. | NICHOLAS MIRARCHI | COR | DQ |

Women 5000m Country Race Walk Under 20

- | | | | |
|----|-----------------|-----|----------|
| 1. | CAITLIN BRUNTON | COR | 29:37.57 |
|----|-----------------|-----|----------|

Men 5000m Country Race Walk Under 20

- | | | | |
|----|---------------|-----|----------|
| 1. | KYLE BRYANT | EAG | 23:14.68 |
| 2. | SHAUN BURGESS | CHI | 26:58.27 |

Women 3000m Country Race Walk Under 18

- | | | | |
|----|-------------------|-----|----------|
| 1. | JESSIE PALFREYMAN | EAG | 15:28.21 |
| 2. | LANA BODDY | COR | 19:50.01 |
| | TAMARA ATTARD* | KNA | 16:17.90 |

Men 3000m Country Race Walk Under 18

- | | | | |
|----|-------------------|-----|----------|
| 1. | DANIEL PAYNE | COR | 14:15.39 |
| 2. | NICHOLAS MIRARCHI | COR | 14:26.28 |

Women 3000m Country Race Walk Under 16

- | | | | |
|----|----------------|-----|----------|
| 1. | RACHEL TALLENT | BYC | 16:31.95 |
| 2. | EMILY PAYNE | COR | 16:37.48 |
| 3. | DANIELLE DAVIS | COR | 17:27.79 |
| 4. | KEELY TREW | SBE | 18:02.64 |
| 5. | CARA JONES | SBE | 19:55.38 |
| | ERIN BRUNTON | COR | DQ |

Men 3000m Country Race Walk Under 16

- | | | | |
|----|------------------|-----|----------|
| 1. | ADRIAN COAD | SBE | 18:18.93 |
| | BRADLEY SIMPSON* | KNA | 17:26.99 |

Women 1500m Country Race Walk Under 14

- | | | | |
|----|--------------------|-----|----------|
| 1. | EBONY WHILEY | EAG | 8:15.18 |
| 2. | EBONY TALLENT | BYC | 8:37.54 |
| 3. | EBONY - JADE JONES | SBE | 10:59.41 |
| | CASSANDRA RASELLI* | BOH | 7:58.73 |
| | CARLY BERTRAND* | KSB | 8:57.76 |

Men 1500m Country Race Walk Under 14

- | | | | |
|----|----------------|-----|---------|
| 1. | JEREMIAH JONES | SBE | 8:16.84 |
| 2. | PETER CURTIS | SBE | 8:28.92 |
| | MICHAEL GREEN | GPA | DQ |

Apart from the Country championships, the Victorian Over-Age Championships were also contested with results as follows. This is certainly one of the hidden gems on the program with few of our talented Master walkers opting to compete. Well done to the medallists and all the competitors. I would have had a walk myself except for the fact that the date clashed with our Albert Park walks so I and a number of other Masters walkers had to choose between the two.

Women 3000m Race Walk (VIC CHAMP) Vet 40+

- | | | | |
|----|---------------|-----|----------|
| 1. | ANNETTE MAJOR | EAG | 15:46.22 |
| 2. | DONNA ELMS* | PTN | 21:31.51 |

Men 3000m Race Walk (VIC CHAMP) Vet 40+

- | | | | |
|----|------------------|-----|----------|
| 1. | BERNIE KEIRL | DIV | 16:28.02 |
| 2. | TERRENCE O'NEILL | GPA | 16:43.36 |
| 3. | CHRIS WORSNOP | OLX | 18:22.14 |
| | DAVID LONG* | PTN | 19:14.01 |

Women 3000m Race Walk (VIC CHAMP) Vet 50+

- | | | | |
|----|----------------|-----|----------|
| 1. | BARBARA BRYANT | EAG | 16:43.40 |
| 2. | ANNETTE CURTIS | SBE | 22:10.76 |

Men 3000m Race Walk (VIC CHAMP) Vet 50+

- | | | | |
|----|-----------------|-----|----------|
| 1. | ROSS REID | COL | 14:33.79 |
| 2. | DAVID ARMSTRONG | DIV | 15:56.88 |
| 3. | HAROLD BODDY | COR | 18:42.64 |
| 4. | GEOFFREY MAJOR | EAG | 19:34.97 |
| | ROBIN WOOD | GLG | DNF |

VICTORIAN YOUTH AND U23 T&F CHAMPS, DONCASTER, SATURDAY 3 FEBRUARY 2007

The Victorian Youth & U23 T&F Championships were held last weekend at Reischiek's Reserve in Doncaster. The walks were scheduled on Saturday and were held in hot and sunny conditions. Most competitors found the conditions trying and this was reflected in the slower than normal times. But overall, results went as expected with the favourites getting up for the medals. Well done to everyone who competed.

A special congratulations to Amy Burren who collected 3 medals, winning the U14 1500m run and taking silver in the U14 800m run and the U14 1500m walk. Natalie Laurie was also busy, taking silver in the U18 5000m walk, coming 4th in the U18 Javelin and just failing to make the final in the U18 800m run.

Women's 5000m Walk U23

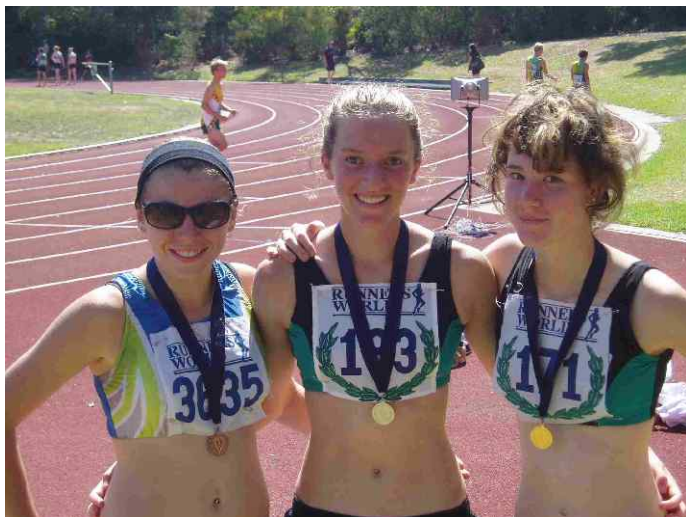
- | | | | |
|----|------------|-----|----------|
| 1. | Tyne Boddy | COR | 27:12.30 |
|----|------------|-----|----------|

Women's 5000m Walk U18

- | | | | |
|----|-------------------|-----|----------|
| 1. | Regan Ramble | ANW | 25:35.17 |
| 2. | Natalie Laurie | ANW | 27:02.20 |
| 3. | Tamara Attard | KNX | 27:22.00 |
| 4. | Jessie Palfreyman | EGA | 29:01.70 |
| 5. | Lana Boddy | COR | 34:36.00 |

Men's 5000m Walk U18

- | | | | |
|----|----------------|-----|----------|
| 1. | Rhydian Cowley | GHY | 23:26.00 |
| 2. | Daniel Payne | COR | 25:15.40 |
| 3. | Jason Elms | PTN | 32:24.80 |



U18 medallists Tamara Attard, Natalie Laurie and Regan Lambie



U16 winners Rachel Tallent and Tim Girgin

Women's 3000m Walk U16

- | | | | |
|----|-------------------|------------|-----------------|
| 1. | Rachel Tallent | BYC | 16:26.21 |
| 2. | Taylah Watt | DON | 16:46.10 |
| 3. | Erin Brunton | COR | 16:54.86 |
| 4. | Danielle Davis | COR | 16:56.92 |
| 5. | Emily Payne | COR | 17:23.12 |
| 6. | Hilary Brazel | ANW | 18:24.04 |
| 7. | Adrianna Crea | COB | 19:54.98 |
| 8. | Cara Jones | SBE | 21:01.97 |

Men's 3000m Walk U16.

- | | | | |
|----|----------------|-----|----------|
| 1. | Timucin Girgin | ATE | 15:46.51 |
| 2. | Brad Simpson | KNX | 17:28.22 |
| 3. | Filip Cosic | COB | 17:45.53 |

Women's 1500m Walk U14.

| | | | |
|----|----------------|-----|---------|
| 1. | Cassie Raselli | BOH | 7:28.32 |
| 2. | Amy Burren | MAL | 7:35.76 |
| 3. | Ebony Tallent | BYC | 8:07.85 |
| 4. | Nicole Hallett | ANW | 8:26.34 |
| 5. | Albert Ashley | MAL | 9:22.98 |
| 6. | Ebony Whiley | EAG | DQ |

Men's 1500m Walk U14.

| | | | |
|----|----------------|-----|----------|
| 1. | Jeremiah Jones | SBE | 8:28.71 |
| 2. | Michael Green | GPA | 10:22.54 |



Corio walkers Lana and Tyne Boddy and Daniel Payne



Regan Lamble, Daniel Payne and Rhydian Cowley



Brad Simpson, Erin Brunton and Emily Payne in the U16 3000m



U16 3000m silver medallist Taylah Watt

VICTORIAN 5000M TRACK WALK OPEN AND U20, SAT 24 FEBRUARY 2007

The Victorian Open and Under 20 championships were held last weekend at Olympic Park in Melbourne. In absolutely perfect conditions, PBs were the order of the night and to top it off, Mark Donahoo and Heather Carr broke their own Masters age group records.

Walk of the night was by NSW/AIS walker Luke Adams whose 18:59.43 was a 2 sec PB and makes him only the fourth Aussie to break 19 mins (behind Nathan Deakes, Nick A'Hern and Dave Smith). Luke had to produce a 39 sec last 200m to break the 19 minute barrier and he made it look easy! Chris Erickson took the Victorian championship as the first local and his time of 19:40.27 was a 17 sec PB and moves him up to 12th on the all time ranking lists. Duane Cousins outlasted Tom Barnes in a great tussle for the minor medals.

Luke's kilometre splits make for impressive reading – 3:43, 3:51, 3:51, 3:50 and 3:44. That's how you break 19 mins!



It didn't take long for Luke Adams and Chris Erickson to build up a sizeable break on the rest of the field



Speed walking

Luke rests on the ground after giving all with a last lap of 1:23

Megan Szirom walked outstandingly to win the Open Women's event with a 23 sec PB and a time of 22:20. This time also moves her up a number of places on the women's all time rankings. Tyne Boddy, just out of junior ranks, surprised with a huge PB to take 2nd place ahead of Sandra Geisler who has just started racing again after a break.

The junior races produced excellent results with 5 of the 6 juniors walking PBs and Bendigo walkers Kyle Bryant and Jess Rothwell taking the golds as expected. Perhaps the most impressive of the lot (but it's a hard pick) was Rhydian Cowley whose time of 22:20.81 was a PB by some 70+ secs. Considering that Rhydian is only just turning 16, he looks to have a big future.

To top it off, there were no DQs and the general consensus was that the standard of walking was excellent.

Men 5000 Metre Race Walk Open

| | | | | |
|----|--------------------|-----|---------------|---------------------------|
| 1. | ADAMS, LUKE | INV | 18:59.43 (PB) | |
| 2. | ERICKSON, CHRIS | ATE | 19:40.27 (PB) | 1st Victorian |
| 3. | COUSINS, DUANE | EAG | 20:24.99 | 2 nd Victorian |
| 4. | BARNES, THOMAS | RWD | 20:36.73 (PB) | 3 rd Victorian |
| 5. | BERTEI, FRANK | ANW | 22:03.41 | |
| 6. | KOLLMORGEN, STUART | COL | 22:51.29 (PB) | |
| 7. | DONAHOO, MARK | ATE | 22:57.57 | Victorian M45 Record |
| 8. | REID, ROSS | COL | 25:04.05 | |
| 9. | KNOX, DUNCAN | ATE | 26:23.74 | |
| | KEIRL, BERNIE | DIV | DNF | |
| | JAMIESON, ANDREW | OSC | DNF | |

Men 5000 Metre Race Walk Under 20

| | | | | |
|----|-----------------|-----|---------------|--|
| 1. | BRYANT, KYLE | EAG | 22:11.50 (PB) | |
| 2. | COWLEY, RHYDIAN | GHY | 22:20.81 (PB) | |
| 3. | BURGESS, SHAUN | CHI | 25:51.45 (PB) | |

Women 5000 Metre Race Walk Open

| | | | | |
|----|-----------------|-----|---------------|-----------------------|
| 1. | SZIROM, MEGAN | RWD | 22:20.90 (PB) | |
| 2. | BODDY, TYNE | COR | 25:31.03 (PB) | |
| 3. | GEISLER, SANDRA | RWD | 25:43.87 | |
| 4. | CARR, HEATHER | VMA | 25:54.11 | Australian W55 Record |
| 5. | DRENNAN, CARMEL | KSB | 29:48.15 | |
| 6. | ELMS, DONNA | PTN | 35:22.45 (PB) | |

Women 5000 Metre Race Walk Under 20

| | | | | |
|----|-------------------|-----|---------------|--|
| 1. | ROTHWELL, JESSICA | SBE | 23:26.55 (PB) | |
| 2. | BRUNTON, CAITLIN | COR | 26:19.55 (PB) | |
| 3. | DRENNAN, LAUREN | KSB | 27:54.18 | |

VICTORIAN MASTERS T&F CHAMPIONSHIPS, GLENHUNTLY, 17-18 MARCH 2007

The Victorian Masters Track and Field Championships were held on the weekend of 17-18 March and included 3000m walks on the Saturday and 1500m walks on the Sunday. There were lots of fine performances. As per Alan Lucas:

“The standout performance was of course **Heather Carr's W55 world record** in the 3k of 15.12. Since first entering the age group she has brought the record down from 15.58 which is quite amazing. The other special mentions go to **Mark Donahoo** who narrowly missed the M45 world record in the 1500 and **Russ Dickenson** whose 1500 was a 90.1% effort and whose 3k was 50 secs better than his previous official PB. “

I would also like to pick out as well the excellent performances of Graeme Davis, Brenda Riley, Tony Johnson and Gayle McIntyre but everyone is to be commended for their fighting spirit and enthusiastic approach. Gee, I'm glad I didn't walk as I would have been well and truly shown up! Thanks to Stu Cooper for the following great photos.



Liz Feldman, Alison Thompson and Brenda Riley, Gayle McIntyre, Gordon Onley and Ian Beaumont



Gwen Steed, Heather Carr, Ken Walters, Colin Silcock-Delaney and Russ Dickenson

3000 Metre Race Walk Women

| | | | | | |
|-----|---|--------------------|-----|--------------|----------|
| W35 | 1 | Jillian Cole | W35 | no venue | 20:22.00 |
| | 2 | Harlene Hercules | W36 | Mentone | 21:25.00 |
| W40 | 1 | Gayle McIntyre | W40 | Mentone | 17:22.00 |
| W45 | 1 | Carmel Drennan | W47 | Aberfeldie | 17:51.00 |
| W50 | 1 | Barbara Bryant | W52 | no venue | 15:53.00 |
| | 2 | Alison Thompson | W54 | Croydon | 16:40.00 |
| | 3 | Janet Holmes | W53 | Caulfield | 17:25.00 |
| | 4 | Kerrin Braithwaite | W50 | East Burwood | 20:00.00 |

| | | | | | | |
|-----|---|-------------------|-----|--------------------|-----------------------|----------|
| W55 | 1 | Heather Carr | W57 | Southern Peninsula | 15:11.00 | |
| | 2 | Liz Feldman | | W58 | Croydon | 16:43.00 |
| | 3 | Marlene Gourlay | | W55 | no venue | 17:01.00 |
| | 4 | Celia Johnson | | W59 | Springvale Noble Park | 19:01.00 |
| | 5 | Christine Griffi | | W57 | Collingwood | 24:31.00 |
| W60 | 1 | Gwen Steed | W64 | Mentone | 17:28.00 | |
| | 2 | Lee Pownall | W63 | Southern Peninsula | 20:25.00 | |
| | 3 | Natalie King | W64 | Southern Peninsula | 23:21.00 | |
| | 4 | Heidi Engel | W64 | Mentone | 26:27.00 | |
| W65 | 1 | Brenda Riley | W67 | Geelong | 16:36.00 | |
| | 2 | Sylvia Machin | W65 | Mentone | 19:02.00 | |
| | 3 | Beverly Hugo | W67 | Mentone | 21:39.00 | |
| | 4 | Margaret Beaumont | W69 | Mentone | 21:58.00 | |
| W70 | 1 | Shirley Coppock | W70 | East Burwood | 23:49.00 | |
| | 2 | Pam Mews | W72 | Mentone | 27:11.00 | |

3000 Metre Race Walk Men

| | | | | | |
|-----|---|-----------------------|-----|-----------------------|----------|
| M30 | 1 | Aaron McDonough | M34 | no venue | 16:30.87 |
| | 2 | Adam Patterson | | M34 | no venue |
| M50 | 1 | Rudolf Skrucany | M51 | Croydon | 19:38.05 |
| M55 | 1 | Graeme Davis | M57 | Caulfield | 15:49.14 |
| | 2 | Alan Lucas | M59 | Croydon | 16:36.43 |
| | 3 | Robin Wood | M57 | no venue | 19:33.75 |
| M60 | 1 | Russ Dickenson | M61 | Croydon | 15:20.48 |
| | 2 | John Hallo | M64 | Frankston | 19:37.42 |
| M65 | 1 | Tony Johnson | M66 | Springvale Noble Park | 16:13.26 |
| | 2 | Murray Dickinson | M68 | Collingwood | 17:11.52 |
| | 3 | John Morrison | M67 | Mentone | 18:29.88 |
| | 4 | Barrie Wicks | M66 | Croydon | 20:18.74 |
| | 5 | Ron Hugo | M68 | Mentone | 21:07.44 |
| M70 | 1 | Ken Walters | M74 | Croydon | 20:29.84 |
| | 2 | Colin Silcock-Delaney | M74 | Geelong | 20:34.49 |
| | 3 | Ian Beaumont | M70 | Mentone | 22:55.62 |
| M75 | | Gordon Onley | M72 | Collingwood | DQ |
| | 1 | David McNair | M76 | no venue | 23:26.00 |
| | 2 | Kees Zwynenburg | M78 | Frankston | 24:00.00 |
| | 3 | Jim Machin | M76 | Mentone | 25:45.00 |

1500 Metre Race Walk Women

| | | | | | |
|-----|---|---------------------|-----|-----------------------|----------|
| W35 | 1 | Jillian Cole | W35 | no venue | 9:19.03 |
| | 2 | Harlene Hercules | | W36 | Mentone |
| W40 | 1 | Gayle McIntyre | W40 | Mentone | 8:25.14 |
| W45 | 1 | Carmel Drennan | W47 | Aberfeldie | 8:18.26 |
| W50 | 1 | Alison Thompson | W54 | Croydon | 7:49.28 |
| | 2 | Janet Holmes | W53 | Caulfield | 8:08.58 |
| | 3 | Kerrin Braithwaite | W50 | East Burwood | 9:27.53 |
| W55 | 1 | Heather Carr | W57 | Southern Peninsula | 7:13.07 |
| | 2 | Liz Feldman | W58 | Croydon | 7:56.07 |
| | 3 | Celia Johnson | W59 | Springvale Noble Park | 9:05.05 |
| | 4 | Bev Learmont | W58 | Doncaster | 11:22.76 |
| | 5 | Christine Griffiths | W57 | Collingwood | 11:54.90 |
| W60 | 1 | Gwen Steed | W64 | Mentone | 8:21.90 |
| | 2 | Lee Pownall | W63 | Southern Peninsula | 9:41.83 |
| | 3 | Natalie King | W64 | Southern Peninsula | 11:17.17 |
| | 4 | Heidi Engel | W64 | Mentone | 12:48.31 |
| W65 | 1 | Sylvia Machin | W65 | Mentone | 9:11.91 |
| | 2 | Beverly Hugo | W67 | Mentone | 10:36.93 |
| | 3 | Margaret Beaumont | W69 | Mentone | 10:39.80 |
| W70 | 1 | Shirley Coppock | W70 | East Burwood | 11:36.44 |

1500 Metre Race Walk Men

| | | | | | |
|-----|---|----------------|-----|----------|---------|
| M30 | 1 | Adam Patterson | M34 | no venue | 8:08.36 |
|-----|---|----------------|-----|----------|---------|

| | | | | | |
|-----|---|-----------------------|-----|-------------|----------|
| M45 | 1 | Mark Donahoo | M48 | Aberfeldie | 6:17.54 |
| M50 | 1 | Rudolf Skrucany | M51 | Croydon | 9:02.38 |
| M55 | 1 | Graeme Davis | M57 | Caufield | 7:24.34 |
| | 2 | Alan Lucas | M59 | Croydon | 7:50.75 |
| | 3 | Frank Prowse | M55 | Doncaster | 8:50.14 |
| | 4 | Robin Wood | M57 | no venue | 9:44.25 |
| M60 | 1 | Russ Dickenson | M61 | Croydon | 7:15.74 |
| M65 | 1 | Ralph Bennett | M65 | Mentone | 7:53.42 |
| | 2 | Murray Dickinson | M68 | Collingwood | 8:15.85 |
| | 3 | John Morrison | M67 | Mentone | 8:30.00 |
| | 4 | Terry Dunn | M69 | Croydon | 9:24.06 |
| | 5 | Barrie Wicks | M66 | Croydon | 9:47.32 |
| | 6 | Ron Hugo | M68 | Mentone | 10:19.58 |
| M70 | 1 | Ken Walters | M74 | Croydon | 9:59.12 |
| | 2 | Colin Silcock-Delaney | M74 | Geelong | 10:46.61 |
| | 3 | Ian Beaumont | M70 | Mentone | 11:06.72 |
| | 4 | Gordon Onley | M72 | Collingwood | 11:27.99 |
| M75 | 1 | David McNair | M76 | no venue | 11:29.00 |
| | 2 | Rees Zwynenburg | M78 | Frankston | 11:39.17 |
| | | Jim Machin | M76 | Mentone | DQ |

VICTORIAN LITTLE ATHLETICS STATE CHAMPIONSHIPS, OLYMPIC PARK, 17-18 MARCH 2007

As the Masters walkers were trundling around the Glenhuntly track, the Little Athletics walkers were contesting their own State championships at Olympic Park. Thanks to Jim Leppik for passing the walk results onto me. Incidentally, Jim won a LA State Championship in his younger day – hmmm, have they been around that long? I include the top 10 in each event. Walk of the meet had to be by Cassie Raselli who broke the U13 1500m championship record with a PB time of 6:53.34. Sarah Burren nearly did the same thing in the U10 1100m walk with her time of 5:31.54, only missing that record by 1.5 seconds. Well done to all the walkers – what fantastic depth and what great walks overall.

| | |
|---|--|
| <p>Girls Under 9 1100 Metre Walk (record 5:48.70)</p> <p>1 Jemima Montag Caulfield 5:59.77 2 Cindy Collins Waverley 6:01.92 3 Jade Sanders Casey 6:22.25 4 Sophie Antidormi Nunawading 6:48.95 5 Jessie Eastwood Knox 6:54.51 6 Gabrielle Henthorne Bendigo 7:10.05 7 Darcie Russell Corio 7:21.27 8 Emma Voland Collingwood 7:24.06 9 Laura Parsons Corio 7:42.81 10 Andrea Poulter Warragul 7:51.37</p> | <p>Boys under 9 1100 Metre Walk (record 5:32.11)</p> <p>1 Billy Allamby Knox 6:18.53 2 Lewis Vella Casey 6:23.35 3 Jarrod Coad Bendigo 6:27.83 4 Bryce Brockenshire Corio 6:34.03 5 Cody McNicol-D. Seaford 6:39.47 6 Thomas Houlden Bendigo 7:05.66 7 James Schubach Dandenong 7:07.51 8 Julian Patterson Leongatha 7:29.99 9 Jack Verstraten Geelong 7:40.05 10 Taren Cataldo Sunbury 7:47.29</p> |
| <p>Girls Under 10 1100 Metre Walk (record 5:30.00)</p> <p>1 Sarah Burren Dandenong 5:31.54 2 Carly Bertrand Keilor 5:51.13 3 Alexandra Brunton Knox 5:56.04 4 Elisabeth Cowan Ringwood 6:06.90 5 Rachel Small Bendigo 6:10.60 6 Rebecca Campbell Keilor 6:14.73 7 Hayley Mayall Corio 6:16.20 8 Danika Corless Knox 6:19.60 9 Stevie Lee Shay Bendigo 6:26.67 10 Chloe McNicol – D, Seaford 6:38.43</p> | <p>Boys under 10 1100 Metre Walk (record 5:09.12)</p> <p>1 Dane Heiden Bendigo 5:38.24 2 Jeremiah Jones Bendigo 5:39.21 3 Jordan Galbraith Croydon 5:56.90 4 Daniel Blair Geelong 5:57.95 5 Andrew Hogan Waverley 6:35.77 6 Adam Garganis Collingwood 6:43.27 7 Ryan Wallace Casey 7:08.15 8 Joshua Norton Altona 7:17.99 9 Justen Grabandt Diamond Valley 7:31.20 10 Jay Tennant Knox 7:48.78</p> |
| <p>Girls Under 11 1500 Metre Walk (record 7:23.73)</p> <p>1 Ashley Albert Dandenong 7:58.29 2 Chloe Watts Knox 8:06.71 3 Georgia Madge Croydon 8:11.15 4 Jessey Wilson Bendigo 8:13.81 5 Emily Merrigan Knox 8:31.43 6 Stephanie George Lilydale / Yarra 8:54.01 7 Briggette Brockenshire Corio 9:06.01 8 Rebecca Guy-Ashe Casey 9:09.74 9 Jmara Hockley Samon Geelong 9:14.93 10 Olivia Cope Leongatha 9:36.40</p> | <p>Boys under 11 1500 Metre Walk (record 7:12.10)</p> <p>1 Aaron Fiddes Box Hill 8:20.09 2 Matthew Hanson Casey 8:29.19 3 Robert Broadhead Mildura/Dis 8:29.64 4 Dale Gawley Casey 8:31.13 5 Lachlan Dillon Corio 8:57.73 6 Lucas Taylor Lilydale / Yarra 9:20.11 7 Sebastian Graham Caulfield 10:56.65</p> |
| <p>Girls Under 12 1500 Metre Walk (record 6:53.19)</p> <p>1 Ebony Whiley Bendigo 7:33.33 2 Amelia Finegan Knox 7:33.55 3 Caitlin Campbell Keilor 7:45.85 4 Ebony Tallent Ballarat 8:13.32 5 Darcie Verstraten Geelong 8:14.33 6 Nisha Arasu Box Hill 8:23.76 7 Matida Bathgate Knox 8:37.19 8 Stephanie Mann Knox 8:53.54 9 Eloise Larkins Corio 8:55.40 10 Teghan Jagusch Casey 8:56.24</p> | <p>Boys under 12 1500 Metre Walk (record 7:03.40)</p> <p>1 Matthew Felton Knox 7:37.97 2 Ryan Antidormi Nunawading 7:43.72 3 Joshua Dillon Corio 7:54.42 4 Michael Green Leongatha 8:55.17 5 Aaron Gardner Whittlesea City 8:55.83 6 Asher Henry Croydon 9:06.06 7 Tom Veale Mornington 9:40.08 8 Jaz Turner Shepparton 9:40.43 9 Joe Hardy Diamond Valley 9:54.70 10 Matthew Galiazzo Diamond Valley 10:03.08</p> |
| <p>Girls Under 13 1500 Metre Walk (record 6:55.47)</p> | <p>Boys under 13 1500 Metre Walk (record 6:59.54)</p> |

| | | | | | | | |
|--|-------------------|-----------------|---------|---|------------------|------------|---------|
| 1 | Cassandra Raselli | Knox VBP | 6:53.34 | 1 | Lewis Clark | Geelong | 7:43.66 |
| 2 | Amy Burren | Dandenong | 6:58.67 | 2 | Chris Brunton | Knox | 7:51.00 |
| 3 | Chelsea Dyer | Box Hill | 7:31.80 | 3 | Peter Curtis | Bendigo | 8:06.19 |
| 4 | Hilary Brazel | Nunawading | 7:43.18 | 4 | Morgan Williams | Croydon | 8:07.24 |
| 5 | Nicole Hallett | Casey | 8:02.27 | 5 | Joshua Kaiser | Frankston | 8:40.60 |
| 6 | Emma Miller | Diamond Valley | 8:07.51 | 6 | Mason Vivian | Knox | 8:43.07 |
| 7 | Ella Mason | Box Hill | 8:15.08 | 7 | Dylan Sloan | Seaford | 8:59.60 |
| 8 | Nikki Maher | Seaford | 8:44.46 | 8 | Matthew Mulllaly | Caulfield | 9:03.98 |
| 9 | Jenni Hicks | Croydon | 8:50.35 | 9 | Jordan Symons | Traralgon | 9:11.94 |
| 10 | Katelyn Jones | Ballarat | 8:52.29 | 10 | Aidan Grocott | Cockatoo | 9:17.54 |
| Girls Under 14 1500 Metre Walk (record 6:42.55) | | | | Boys under 14 1500 Metre Walk (record 6:31.40) | | | |
| 1 | Beth Alexander | Knox | 7:08.91 | 1 | Bradley Simpson | Knox | 7:30.25 |
| 2 | Rachel Tallent | Ballarat | 7:09.67 | 2 | Adrian Coad | Bendigo | 7:32.40 |
| 3 | Ayla Collins | Waverley | 7:18.10 | 3 | Steven Marsh | Coburg | 7:37.39 |
| 4 | Taylah Watt | Croydon | 7:23.85 | 4 | Robert Walsh | Nunawading | 7:38.53 |
| 5 | Emily Payne | Corio | 7:37.35 | 5 | David Cowan | Ringwood | 8:03.27 |
| 6 | Hannah Irvine | Caulfield | 7:46.98 | 6 | Jesse Shields | Geelong | 9:16.52 |
| 7 | Madeline Graham | Caulfield | 7:57.78 | | | | |
| 8 | Erin Brunton | Corio | 8:09.36 | | | | |
| 9 | Amy Callaway | Knox | 8:10.47 | | | | |
| 10 | Amy Thorne | Knox | 8:19.24 | | | | |
| Girls Under 15 1500 Metre Walk (record 6:44.52) | | | | Boys under 15 1500 Metre Walk (record 6:14.99) | | | |
| 1 | Danielle Davis | Corio | 7:50.18 | 1 | Jeremy Vogrin | Geelong | 7:38.06 |
| 2 | Elise Fenton | Geelong | 7:58.87 | 2 | Jackson Dyer | Box Hill | 8:12.23 |
| 3 | Katrina Maskell | Shepparton | 8:02.97 | | | | |
| 4 | Jacinta Felton | Knox | 8:20.06 | | | | |
| 5 | Yasmin Valladares | Whittlesea City | 8:30.12 | | | | |
| 6 | Mykaela Gage | Geelong | 8:34.77 | | | | |
| 7 | Kimberley Hart | Diamond Valley | 8:35.58 | | | | |
| 8 | Olivia Fenton | Geelong | 8:38.74 | | | | |
| 9 | Anika Gardner | Whittlesea City | 8:39.07 | | | | |
| 10 | Kirstin Shaw | Werribee | 8:53.18 | | | | |

VMA AND VRWC RACES, EAST BURWOOD ATHLETICS TRACK, SUNDAY 1 APRIL 2007

Our first winter season day saw us join with the Victorian Masters Association for a series of track walks at the East Burwood Athletics Track. It was a big day with 60 competitors racing in pretty well perfect conditions. The first events on the program were the VMA 5000m championship for women followed by the VMA 5000m championship for men. Numbers were slightly down as some competitors had already left for Hobart where the Australian Masters championships are to be held next weekend. Heather Carr and Mark Donahoo were fastest but performances are ranked relative to age and the standard was indeed high.

VMA 5000m Championship for Women

| | | | |
|-----|---|---------------------|-------|
| W35 | 1 | Harlene Hercules | 37:36 |
| W40 | 1 | Gayle McIntyre | 30:11 |
| W50 | 1 | Alison Thompson | 27:45 |
| | 2 | Janet Holmes | 30:25 |
| W55 | 1 | Heather Carr | 26:18 |
| | 2 | Liz Feldman | 28:21 |
| | 3 | Marlene Gourlay | 29:24 |
| | 4 | Celia Johnson | 32:22 |
| | 5 | Christine Griffiths | 45:55 |
| W60 | 1 | Gwen Steed | 30:22 |
| W65 | 1 | Bev Hugo | 38:11 |

VMA 5000m Championship for Men

| | | | |
|-----|---|-----------------|--------------------|
| M30 | 1 | Adam Patterson | 30:25 |
| M45 | 1 | Mark Donahoo | 24:32 |
| | | Simon Evans | 24:45 (no uniform) |
| M50 | 1 | Ross Reid | 24:42 |
| | 2 | Clyde Riddoch | 28:40 |
| | 3 | Rudolf Skrucany | 32:44 |
| M55 | 1 | Alan Lucas | 27:47 |
| | 2 | Frank Prowse | 28:45 |
| | 3 | Robin Wood | 32:14 |
| | | Graeme Davis | DQ |
| | | Geoff Barrow | DQ |
| M60 | 1 | Russ Dickenson | 25:48 |
| | 2 | Ron Bilston | 32:05 |
| | 3 | John Hallo | 33:28 |
| | | Andrew Jamieson | DQ |
| M65 | 1 | Ralph Bennett | 27:23 |
| | 2 | Terry Dunn | 31:57 |
| | 3 | Barry Wicks | 34:14 |
| M70 | 1 | Bob Gardiner | 29:43 |
| M80 | | Syd Elks | DQ |

We put on our own races after the VMA championships and we were very surprised to see all the young walkers who turned up and competed. This is a great sign for the winter season and we can expect to see lots more of the same over the next few months leading up to the major championships.

VRWC Open 5000m Walk

| | | |
|----|-----------------|-------|
| 1. | Regan Lamble | 26:35 |
| 2. | Natalie Laurie | 28:05 |
| 3. | Robin Wood | 33:06 |
| 4. | Rudolf Skrucany | 34:58 |
| | Tamara Attard | DNF |
| | Kylie Irshad | DNF |

VRWC Open 3000m Walk

| | | |
|--|--------------|----|
| | Gordon Onley | DQ |
|--|--------------|----|

VRWC Under 15 3000m Walk

| | | |
|-----|------------------|-------|
| 1. | Beth Alexander | 16:17 |
| 2. | Taylah Watt | 16:39 |
| 3. | Bradley Simpson | 16:51 |
| 4. | Nicole Hallett | 17:02 |
| 5. | Hilary Brazel | 17:34 |
| 6. | Ayla Collins | 17:49 |
| 7. | Chris Brunton | 17:37 |
| 8. | Jacob Wright | 18:10 |
| 9. | Brooke Simpson | 18:43 |
| 10. | Talie Collins | 19:22 |
| 11. | Taylor Brogan | 19:53 |
| 12. | Amy Callaway | 21:41 |
| | Madeleine Graham | DNF |

VRWC Under 12 1500m Walk

| | | |
|----|------------------|-------|
| 1. | Amelia Finnegan | 7:45 |
| 2. | Aaron Fiddes | 8:06 |
| 3. | Ryan Antidormi | 8:09 |
| 4. | Ali Brunton | 9:12 |
| 5. | Cindy Collins | 9:37 |
| 6. | Bethanie Barbour | 9:53 |
| 7. | Bianca Attard | 10:29 |

VRWC Under 9 1100m Walk

| | | |
|----|-------------------|------|
| 1. | Sophie Antidormi | 6:55 |
| 2. | Christina Collins | 9:24 |

VRWC RACES, ALBERT PARK, 21 APRIL 2007

Our first day at Albert Park was one which will be remembered for some time. 88 walkers turned up to compete, a record for a club day and a number which is usually only seen on major championship or carnival days. This, combined with large numbers renewing or taking out inaugural club memberships, meant long lines at the tables. On top of that, the Geelong walkers were caught in traffic on the West Gate Freeway and arrived at the last minute. And it was raining! It was little wonder that the club creaked under the strain.

This week we will be putting some changes into place to ensure that the races get underway at the published times of 2:15PM and 2:30PM so bear with us while we tweak our processes. We will also be sourcing an additional large canopy to put near the start finish line for rainy days like last week.

Today was the first point scoring day in our Fastest Times and Handicap Competitions so Handicap placings are also shown where appropriate. To be awarded Handicap points, you must have a prior race result that club handicapper Mark Donahoo can check against. That is why some people have not scored any handicap points this week. We had 6 judges in attendance to ensure that the racing was fair for everyone.



The start of the Open and Under 15 divisions. Make room! Let me through!

Anyway, with that out of the way, it was a huge day of racing with some great performances. The longest event on offer was the 10 km and Stuart Kollmorgen and Megan Szirom had a great battle out front, Stuart finishing in a PB time of 48:01, just ahead of Megan with 48:06. Nicholas Mirarchi also came off a good break to record an excellent 53:42.

VRWC Open 10 km Women

| | First Name | Surname | Number | Time | Hcp Place |
|----|------------|----------|--------|-------|-----------|
| 1. | Megan | Szirom | 511 | 48:06 | 2 |
| 2. | Yolanda | Russell | 209 | 54:08 | |
| 3. | Pam | Tindal | 252 | 57:58 | |
| 4. | Liz | Feldman | 155 | 59:59 | |
| 5. | Gayle | McIntyre | 199 | 64:06 | 1 |

VRWC Open 10 km Men

| | | | | | |
|----|----------|------------|-----|-------|---|
| 1. | Stuart | Kollmorgen | 908 | 48:01 | 2 |
| 2. | Nicholas | Mirarchi | 40 | 53:42 | 1 |
| 3. | Russ | Dickenson | 161 | 55:19 | 3 |
| 4. | Duncan | Knox | 6 | 57:24 | 7 |

| | | | | | |
|----|--------|-----------|------|-------|---|
| 5. | Alan | Lucas | 5 | 57:55 | 6 |
| 6. | Graeme | Davis | 236 | 58:09 | |
| 7. | Tony | Johnson | 175 | 59:37 | 5 |
| 8. | Murray | Dickinson | 501 | 61:12 | 8 |
| 9. | Robin | Wood | 4342 | 67:50 | 4 |

The 5 km events were the most popular and Daniel Payne, Shaun Burgess and Regan Lamble showed the flag for our juniors, taking the 3 fastest times. Of course, the handicap placings give their own perspective on who walked best relative to the handicapper's expectations and top points went to Donna Elms and Shaun Burgess.

VRWC Open 5 km Women

| | First Name | Surname | Number | Time | Hcp Place |
|-----|------------|-----------|--------|-------|-----------|
| 1. | Regan | Lamble | 2154 | 25:20 | 6 |
| 2. | Heather | Carr | 9 | 26:16 | 8 |
| 3. | Natalie | Laurie | 85 | 26:31 | 10 |
| 4. | Caitlin | Brunton | 253 | 26:42 | 3 |
| 5. | Tamara | Attard | 196 | 27:24 | 4 |
| 6. | Alya | Collins | 227 | 28:19 | 2 |
| 7. | Janet | Holmes | 2 | 29:59 | 7 |
| 8. | Emily | Payne | 211 | 30:07 | 5 |
| 9. | Gwen | Steed | 60 | 31:03 | 8 |
| 10. | Donna | Elms | 194 | 36:41 | 1 |
| 11. | Mykaela | Gage | 1239 | 36:47 | |
| 12. | Harlene | Hercules | 225 | 36:50 | 14 |
| 13. | Margaret | Beaumont | 17 | 37:42 | 11 |
| 14. | Kiersten | Coulter | 216 | 39:16 | 13 |
| 15. | Christine | Griffiths | 114 | 45:04 | 12 |

VRWC Open 5 km Men

| | | | | | |
|----|--------|-----------|-----|-------|---|
| 1. | Daniel | Payne | 126 | 24:53 | 5 |
| 2. | Shaun | Burgess | 185 | 26:07 | 4 |
| 3. | Ralph | Bennett | 195 | 27:32 | 3 |
| 4. | Adam | Patterson | 177 | 31:00 | 6 |
| 5. | Jason | Elms | 102 | 32:23 | 1 |
| 6. | Geoff | Barrow | 59 | 32:29 | 7 |
| 7. | Bruce | Conboy | 83 | 35:14 | 2 |
| | Clyde | Riddoch | 219 | Ab | |
| | Ian | Beaumont | 16 | Disq | |
| | Gordon | Onley | 135 | Disq | |

The 3 km events also saw good fields with a few seniors and lots of Under 15 walkers in action. With a lot of the young walkers under 17 minutes, the standard was indeed high.

VRWC Open 3 km

| | | | | | |
|----|----------|----------|-----|-------|---|
| 1. | Maryanne | Harrison | 152 | 22:32 | 1 |
| 2. | Natalie | King | 256 | 23:30 | 2 |
| 3. | Lindsay | Harrison | 222 | 21:38 | 1 |

VWRC Unjudged 3 Km

| | | | | | |
|--|--------|------|----------|-------|---|
| | Damien | Elms | Unjudged | 23:40 | 1 |
|--|--------|------|----------|-------|---|

VRWC Under 15 3 km Girls

| | First Name | Surname | Number | Time | Hcp Place |
|-----|------------|-----------|--------|-------|-----------|
| 1. | Beth | Alexander | 180 | 16:00 | 6 |
| 2. | Taylah | Watt | 212 | 16:36 | 3 |
| 3. | Jacinta | Felton | 1236 | 16:36 | |
| 4. | Hilary | Brazel | 150 | 16:49 | 2 |
| 5. | Amelia | Finnegan | 181 | 16:52 | 4 |
| 6. | Nicole | Hallett | 119 | 17:16 | 7 |
| 7. | Erin | Brunton | 254 | 17:30 | 1 |
| 8. | Danielle | Davis | 261 | 17:53 | |
| 9. | Talie | Collins | 214 | 18:16 | 5 |
| 10. | Anika | Peachey | 246 | 20:45 | |

VRWC Under 15 3 km Boys

| | | | | | |
|----|---------|-----------|------|-------|---|
| 1. | Robert | Walsh | 187 | 16:09 | 1 |
| 2. | Filip | Cosic | 233 | 16:43 | |
| 3. | Matthew | Felton | 1298 | 16:49 | |
| 4. | Aaron | Fiddes | 238 | 16:59 | |
| 5. | Jacob | Wright | 239 | 17:33 | 2 |
| 6. | Ryan | Antidormi | 202 | 18:27 | 3 |

And finally to our Under 12 and Under 9 divisions. These are the biggest fields we have seen in these age groups for a long time, especially in the Under 9 area. Georgia and Carly Bertrand won the handicaps in the girls' divisions and look to be benefiting from a very active summer season of racing. Nearly all the boys were new to the club so it will be interesting to see how their times develop over the season.

VRWC Under 12 2 km Girls

| | First Name | Surname | Number | Time | Hcp Place |
|----|------------|------------------|--------|-------|-----------|
| 1. | Carly | Bertrand | 198 | 12:30 | 1 |
| 2. | Ashley | Albert | 192 | 12:53 | 4 |
| 3. | Chloe | McNicol-Davidson | 1295 | 13:27 | 7 |
| 4. | Beth | Barbour | 234 | 13:45 | 3 |
| 5. | Stacey | McLaren | 200 | 14:30 | 2 |
| 6. | Bianca | Attard | 235 | 15:10 | 6 |
| 7. | Annaliese | Harrison | 221 | 16:14 | 5 |

VRWC Under 12 2 km Boys

| | | | | | |
|----|----------|---------|-----|-------|--|
| 1. | Andrew | Hogan | 258 | 11:51 | |
| 2. | Michael | Green | | 12:41 | |
| 3. | Aaron | Gardner | 245 | 12:42 | |
| 4. | Mitchell | Green | 249 | 15:10 | |

VRWC Under 9 1 km Girls

| | First Name | Surname | Number | Time | Hcp Place |
|----|------------|-----------|--------|------|-----------|
| 1. | Cindy | Collins | 213 | 6:06 | 2 |
| 2. | Sophia | Antidormi | 242 | 6:15 | |
| 3. | Georgia | Bertrand | 220 | 6:50 | 1 |
| 4. | Amber | Duncan | 203 | 7:09 | 3 |
| 5. | Paige | De Lisen | 257 | 7:18 | |
| 6. | Charlee | Harrison | 260 | 7:29 | |
| 7. | Amy | Ventura | 259 | 7:58 | |
| 8. | Amber | Delosa | 4204 | 8:36 | |

VRWC RACES, ALBERT PARK, SATURDAY 28 APRIL 2007

Last Saturday we saw another bumper crowd (77 in all) racing at Albert Park even though we were without a lot of our Geelong based walkers and without a number of regulars who were running in the Athletics Victoria cross county relays. I think a full crowd this year is going to see us top the 100 mark.

All races got away spot on time and we managed to avoid the pre-race registration crush. We also had a uniforms table set up and took orders for any sizes that we did not currently have. We will place additional orders now and they should be here in a few weeks. The only negative that I saw was the unfortunate confusion with some of our new walkers in the Under 9 and Under 12 races. I thought we had it sorted but some did a short first lap, some did a long last lap and one finished one lap too soon. It was also pretty tight at the finish line with so many races finishing in different directions at the one time and with the little walkers executing a turn where the senior walkers were finishing. So next week, we are going to start and finish the Under 9 and Under 12 events at a different point and use a different course that will be easier to control and easier for them to understand. That should fix up the last of our teething issues. We will also have a new large shelter (just purchased) at the start/finish line as from next week for competitors to put bags, tee shirts, etc.

On a slightly negative note, one of our lady walkers thought she might have had some money taken from her purse which she left in the women's change rooms. It is perhaps better to leave bags in the main clubroom which is always attended rather than in places which are potentially empty and unsecured.

And now onto the race day report. Club coach Mark Donahoo ran a coaching clinic before the races and it was well attended. Thanks Mark. Then at the start line, we presented the Duncan Knox and Wendy Muldoon trophies to our leading Summer Season walkers, Chris Erickson and Megan Szirom. After that, it was on with the races.



Mark Donahoo running his coaching clinic



Chris Erickson and Megan Szirom receiving their trophies

A small group of enthusiasts chose to test themselves out over the longest distance of the day – 12 km. Tom Barnes sped over 10 km in a very fast 45:30 before retiring, leaving 15 year old Nicholas Mirarchi to take fastest with a good 65:16. Similarly, Megan Szirom did a very quick 6 km before retiring, leaving Yolanda Russell to take line honours.

| VRWC 12 km Handicap Open | | | | | Hcp Place |
|---------------------------------|----------|----------|------|-------|------------------|
| 1 | Yolanda | Russell | 209 | 66:02 | 2 |
| 2 | Heather | Carr | 9 | 67:09 | 3 |
| 3 | Gayle | McIntyre | 199 | 76:49 | 1 |
| | Megan | Szirom | 511 | Ab | 6km 28.16 |
| | | | | | |
| 1 | Nicholas | Mirarchi | 40 | 65:16 | 2 |
| 2 | Graeme | Davis | 236 | 75:57 | 3 |
| 3 | Robin | Wood | 4342 | 80:28 | 1 |
| | Tom | Barnes | 137 | Ab | 10km 45.30 |

Our biggest fields were in the 6 km and 4 km distances and juniors, seniors and masters walkers battled side in both events. We have extended the points awards to now include the shortest open distance each week and therefore this week's 4 km Open event also accumulated Handicap and Fastest Times points.



Stylish to a tee – Yolanda Russell, Nicholas Mirarchi, Greame Davis, Gayle McIntyre and Heather Carr

VRWC 6 km Handicap Open

| | | | | | Hcp Place |
|----|----------|-----------|------|-------|------------------|
| 1 | Regan | Lamble | 2154 | 31:23 | 6 |
| 2 | Tamara | Attard | 196 | 33:43 | 2 |
| 3 | Natalie | Laurie | 85 | 34:35 | 11 |
| 4 | Eda | Girgin | 1212 | 34:46 | 7 |
| 5 | Liz | Feldman | 155 | 34:47 | |
| 6 | Alison | Thompson | 154 | 35:34 | 10 |
| 7 | Ayla | Collins | 227 | 36:09 | 8 |
| 8 | Janet | Holmes | 2 | 36:43 | 5 |
| 9 | Gwen | Steed | 60 | 37:26 | 4 |
| 10 | Celia | Johnson | 34 | 40:13 | 9 |
| 11 | Donna | Elms | 194 | 44:19 | 1 |
| 12 | Harlene | Hercules | 225 | 44:59 | 3 |
| 13 | Margaret | Beaumont | 17 | 45:33 | 7 |
| | Sandra | Geisler | 215 | Ab | |
| 1 | Russ | Dickenson | 161 | 32:18 | 3 |
| 2 | Ralph | Bennett | 195 | 33:08 | 1 |
| 3 | John | Bunker | 45 | 33:29 | 6 |
| 4 | Bernie | Keirl | 243 | 33:49 | |
| 5 | Alan | Lucas | 1239 | 34:18 | 5 |
| 6 | Murray | Dickinson | 501 | 34:36 | 4 |
| 7 | Tony | Johnson | 175 | 35:13 | |
| 8 | Bruce | Conboy | 83 | 42:08 | 2 |
| | Ian | Beaumont | 16 | Disq | |
| | Jason | Elms | 105 | Disq | |

VRWC 4 km Handicap Open

| | | | | | Hcp Place |
|---|-----------|-----------|-----|-------|------------------|
| 1 | Kiersten | Coulter | 216 | 29:42 | 2 |
| 2 | Natalie | King | 256 | 32:19 | |
| 3 | Christine | Griffiths | 114 | 34:00 | 1 |
| | Maryanne | Harrison | 152 | Ab | |
| 1 | John | Morrison | 121 | 25:04 | 2 |
| 2 | Barry | Wicks | 241 | 26:56 | 1 |
| | Gordon | Onley | 135 | Disq | |
| | Lindsay | Harrison | 222 | Disq | |

VRWC 4 km Handicap Under 15

| | | | | | Hcp Place |
|---|--------|-----------|-----|-------|------------------|
| 1 | Beth | Alexander | 180 | 21:54 | 3 |
| 2 | Taylah | Watt | 212 | 22:27 | 2 |
| 3 | Nicole | Hallett | 119 | 23:36 | 5 |

| | | | | | |
|---|----------|----------|------|-------|---|
| 4 | Hilary | Brazel | 150 | 24:47 | 6 |
| 5 | Madelene | Graham | 244 | 25:22 | |
| 6 | Amy | Callaway | 1194 | 25:32 | 1 |
| 7 | Adrianna | Crea | 229 | 28:34 | 7 |
| 8 | Anika | Peachey | 246 | 28:42 | 4 |
| | | | | | |
| 1 | Filip | Cosic | 233 | 21:59 | 3 |
| 2 | Robert | Walsh | 187 | 22:09 | 1 |
| 3 | Damien | Elms | 115 | 30:52 | 2 |

Once again, big fields contested the Under 12 and Under 9 events and the walkers had to attack longer distances this week. Next week we will be back to shorter races and hopefully a new course.

| VRWC 2.5 km Handicap Under 12 | | | | | Hcp Place |
|--------------------------------------|-----------|--------------|-----|-------|------------------|
| 1 | Amelia | Finnegan | 181 | 14:04 | 2 |
| 2 | Caitlin | Campbell | 168 | 15:00 | 3 |
| 3 | Stephanie | George | 232 | 15:43 | |
| 4 | Carly | Bertrand | 198 | 16:02 | 1 |
| 5 | Briggette | Brockenshire | 204 | 17:41 | 4 |
| 6 | Bianca | Attard | 235 | 18:40 | 5 |
| 7 | Stacey | McLaren | 200 | 19:26 | 6 |
| | Rebecca | Campbell | 172 | Ab | |
| | | | | | |
| 1 | Lucas | Taylor | 262 | 15:32 | |
| 2 | Michael | Green | 249 | 15:41 | 2 |
| 3 | Aaron | Gardner | 245 | 15:44 | 1 |
| 4 | Mitchell | Green | 246 | 20:56 | 3 |

| VRWC 1.5 km Under 9 Handicap | | | | | Hcp Place |
|-------------------------------------|-----------|------------------|------|-------|------------------|
| 1 | Cindy | Collins | 213 | 9:40 | 3 |
| 2 | Sophia | Antidormi | 242 | 9:41 | |
| 3 | Amber | Duncan | 203 | 10:31 | 4 |
| 4 | Georgia | Bertrand | 2206 | 10:59 | 1 |
| 5 | Paige | De Lisen | 257 | 11:55 | 8 |
| 6 | Annaliese | Harrison | 221 | 11:56 | 5 |
| 7 | Amy | Ventura | 259 | 12:35 | 7 |
| 8 | Charlee | Harrison | 260 | 12:40 | 6 |
| 9 | Christine | Collins | 226 | 12:51 | 2 |
| 10 | Kyla | Green | 251 | 13:30 | |
| | | | | | |
| 1 | Cody | McNicol-Davidson | 1295 | 9:36 | 2 |
| 2 | Reese | Walmsley | 255 | 11:10 | 1 |
| 3 | Ben | Green | 250 | 12:58 | 3 |
| 4 | Bryce | Brockenshire | 263 | 13:35 | |

| VRWC Under 9 1 km Boys | | | | | |
|-------------------------------|-------|------------------|------|------|---|
| 1. | Cody | McNicol-Davidson | 1218 | 6:13 | 1 |
| 2. | Reese | Walmsley | 255 | 6:17 | |
| 3. | Ben | Green | 250 | 7:53 | |
| 4. | Corey | Fiddes | 433 | 7:56 | |

VRWC RACES, ALBERT PARK, SATURDAY 5 MAY 2007

We thought it would be a quiet day at Albert Park with various championships on at Geelong the next day but we still had 63 walkers competing in ideal conditions. We had our new tent in use at the start/finish line and used a new course for our Under 12 and U10 walkers. We walked the course first with them and all successfully found their way around!



Bernie Keirl and Russ Dickenson

The new tent

Damien Elms



Regan Lamble

Paul Kennedy

Pam Tindal

Murray Dickinson

Mark Donahoo

Ralph Bennett

8km Open

| | | |
|----|-----------------|-------|
| 1. | Regan Lamble | 44:01 |
| 2. | Pam Tindal | 45:36 |
| 3. | Liz Feldman | 47:34 |
| 4. | Alison Thompson | 48:39 |
| 5. | Gayle McIntyre | 49:20 |
| 6. | Tamara Attard | Ab |

Handicap

| | | | |
|----|------------------|-------|---|
| 1. | Paul Kennedy | 40:51 | 1 |
| 2. | Mark Donahoo | 44:08 | 7 |
| 3. | Russ Dickenson | 44:11 | 4 |
| 4. | Ralph Bennett | 45:02 | 3 |
| 5. | Alan Lucas | 46:34 | 6 |
| 6. | Murray Dickinson | 46:48 | 2 |
| 7. | Graeme Davis | 47:57 | 5 |

| 4km Open | | Handicap | |
|-----------------|---------------------|-----------------|---|
| 1. | Lauren Drennan | 20:37 | 7 |
| 2. | Heather Carr | 21:22 | 8 |
| 3. | Janet Holmes | 23:55 | 1 |
| 4. | Gwen Steed | 24:17 | 5 |
| 5. | Donna Elms | 28:29 | 4 |
| 6. | Harlene Hercules | 28:37 | 3 |
| 7. | Kiersten Coulter | 29:26 | 1 |
| 8. | Maryanne Harrison | 30:48 | 9 |
| 9. | Christine Griffiths | 33:54 | 6 |

| | | | |
|----|------------------|-------|---|
| 1. | Bernie Keirl | 21:57 | 2 |
| 2. | Aaron McDonough | 23:52 | |
| 3. | Jason Elms | 24:16 | 1 |
| 4. | Geoff Barrow | 24:52 | 4 |
| 5. | John Morrison | 26:02 | 5 |
| 6. | Barry Wicks | 27:05 | 3 |
| 7. | Robin Wood | 27:38 | 6 |
| 8. | Gordon Onley | 29:12 | |
| | Lindsay Harrison | Disq | |

| 4km Under 15 | | Handicap | |
|---------------------|------------------|-----------------|--|
| 1. | Hilary Brazel | 23:46 | |
| 2. | Amelia Finnegan | 24:04 | |
| 3. | Jacinta Felton | 26:28 | |
| 4. | Ella Mason | 26:33 | |
| 5. | Adrianna Crea | 27:39 | |
| 6. | Anika Peachey | 28:13 | |
| 7. | Taylor Brogan | 28:15 | |
| | Madeleine Graham | Ab | |
| | Taylah Watt | Ab | |

| | | | |
|----|----------------|-------|---|
| 1. | Robert Walsh | 23:25 | 3 |
| 2. | Jacob Wright | 24:49 | 2 |
| 3. | Damien Elms | 31:14 | 1 |
| | Matthew Felton | Ab. | |

| 2km Under 12 | | Handicap | |
|---------------------|------------------------|-----------------|---|
| 1. | Stephanie George | 12:38 | 3 |
| 2. | Carly Bertrand | 12:48 | 6 |
| 3. | Beth Barbour | 13:03 | 1 |
| 4. | Chloe McNicol-Davidson | 14:07 | 7 |
| 5. | Stacey McLaren | 14:39 | 4 |
| 6. | Bianca Attard | 14:40 | 2 |
| 7. | Annalise Harrison | 16:06 | 5 |
| 1. | Ryan Antidormi | 11:24 | 2 |
| 2. | Aaron Garner | 12:45 | 1 |
| 3. | Lucas Taylor | 13:03 | 3 |
| 4. | Andrew Hogan | 14:37 | 4 |

| 1km Under 9 | | Handicap | |
|--------------------|-----------------------|-----------------|---|
| 1. | Sophia Antidormi | 06:38 | 4 |
| 2. | Georgia Bertrand | 07:23 | 5 |
| 3. | Paige De Lisen | 07:23 | 1 |
| 4. | Amy Ventura | 07:57 | 2 |
| 5. | Charlee Harrison | 08:07 | 3 |
| 1. | Reese Walmsley | 06:12 | 1 |
| 2. | Cody McNicol-Davidson | 06:42 | 2 |
| 3. | Ryan Dossetor | 08:57 | 3 |

VICTORIAN COUNTRY CHAMPIONSHIPS, GEELONG, SUNDAY 6 MAY 2007

The Victorian Country championships were held on Sunday 6 May alongside the Barwon River in Geelong. The 2 km out and back course tested competitors due to a stiff breeze but at least the sun was out and the day was otherwise fine. The Victorian Open 15 km championships were also held, as were Racewalking Victoria Under 10 and Under 12 championships. The 47 walkers in attendance made a grand total of 110 walkers in action for the weekend in Victoria. Now that's depth! From a personal viewpoint, the highlight of the meet was the great performance of 71 year old Eaglehawk walker Geoff Major who completed the 15 km Open Championship to help team mates Duane Cousins and Kyle Bryant win the AV Teams Race. I first raced against Geoff in 1969 when I was briefly stationed in Bendigo as a young bloke and I thought he was old then! Well done Geoff.



Duane Cousins makes the vital break on Tom Barnes



Megan Szirom and Frank Bertei

Victorian Open 15 km Championship for Men

| | | | |
|-----|-------------------|-----|--------|
| 1. | Duane Cousins | EAG | 66:30 |
| 2. | Tom Barnes | MUU | 68:22 |
| 3. | Frank Bertei | ANW | 71:31 |
| 4. | Andrew Jamieson | OSC | 77:48 |
| 5. | Stuart Kollmorgen | COL | 78:09 |
| 6. | Kyle Bryant | EAG | 79:03 |
| 7. | Simon Evans | BOH | 81:26 |
| 8. | Ross Reid | COL | 83:27 |
| 9. | Duncan Knox | ATE | 86:02 |
| 10. | Geoff Major | EAG | 105:16 |

Teams Race 1 EAG (Duane Cousins, Kyle Bryant, Geoff Major)

Victorian Country Open 10 km Championship for Men

| | | | |
|----|---------------|-----|-------|
| 1. | Duane Cousins | EAG | 44:00 |
| 2. | Kyle Bryant | EAG | 50:42 |
| 3. | Robin Wood | GLG | 67:57 |
| 4. | Geoff Major | EAG | 70:06 |

Victorian Country U20 5 km Championship for Men

| | | | |
|----|---------------|-----|-------|
| 1. | Shaun Burgess | CHI | 26:44 |
|----|---------------|-----|-------|

Victorian Country U18 5 km Championship for Boys

| | | | |
|----|-------------------|-----|-------|
| 1. | Daniel Payne | COR | 24:47 |
| 2. | Nicholas Mirarchi | COR | 24:59 |

Victorian Country U16 3 km Championship for Boys

| | | | |
|----|-------------|-----|-------|
| 1. | Adrian Coad | SBE | 17:06 |
|----|-------------|-----|-------|

Victorian Country U14 3 km Championship for Boys

1. Michael Green CBE 20:23

Racewalking Victoria U12 2 km Championship for Boys

1. Daniel Blair Bendigo 13:20

Racewalking Victoria U10 1km Championship for Boys

1. Dane Heiden Ballarat 5:45
2. Jarrod Coad Bendigo 6:17
3. Bryce Brockenshire Geelong 6:38
4. Ben Green VRWC 7:18

Victorian Open 15 km Championship for Women

1. Megan Szirom RWD 72:46
2. Yolanda Russell GLG 84:05
3. Heather Carr VMA 85:05
4. Barbara Bryant EAG 92:22
5. Annette Major EAG 95:56
6. Carmel Drennan KSB 102:54

Victorian Country Open 10 km Championship for Women

1. Jess Rothwell SBE 51:47
2. Yolanda Russell GLG 54:39
3. Tyne Boddy COR 58:59
4. Barbara Bryant EAG 59:12
5. Annette Major EAG 61:44

Victorian Country U20 5 km Championship for Women

1. Caitlin Brunton COR 27:18

Victorian Country U18 5 km Championship for Girls

1. Jessie Palfreyman EAG 29:16
2. Mykaela Gage COR 35:39
3. Lana Boddy COR 35:58

Victorian Country U16 3 km Championship for Girls

1. Rachel Tallent BYC 15:41
2. Emily Payne COR 16:44
3. Erin Brunton COR 17:19
4. Danielle Davis COR 17:40
5. Keely Trew SBE 18:45
Beth Alexander KNA 16:01 (Invit)

Victorian Country U14 3 km Championship for Girls

1. Ebony Whiley EAG 16:31
2. Ebony Tallent BYC 17:00

Racewalking Victoria U12 2 km Championship for Girls

1. Caitlin Campbell VRWC 13:20
2. Brigette Brockenshire Geelong 13:30
3. Madison Jones Bendigo 13:58
4. Shea Ohlsen Ballarat 14:04
5. Amber Duncan Geelong 14:15

Racewalking Victoria U10 1 km Championship for Girls

1. Rebecca Campbell VRWC 5:46

VRWC RACES, ALBERT PARK, SATURDAY 12 MAY 2007

Last Saturday was a perfect day for racing and over 80 walkers made the most of the conditions with some fine racing. The longest event on offer was the 10 km and Yolanda Russell and Nicholas Mirarchi walked superbly to win the handicaps and easily better their expected times. In particular, 15 year old Nicholas took nearly 3 minutes off his best time and his final 2 km lap was under 10 mins. But spare a thought for club coach and handicapper Mark Donahoo who rushed to the start line after entering all the race numbers into the computer and then had to stop twice during the early part of the race to fulfil the role of first aid officer. Who said life was meant to be easy!

| 10km Open | | Handicap | |
|------------------|-------------------|-----------------|---|
| 1. | Yolanda Russell | 53:08 | 1 |
| 2. | Heather Carr | 54:37 | 4 |
| 3. | Pam Tindal | 56:35 | 2 |
| 4. | Alison Thompson | 59:05 | 3 |
| 1. | Mark Donahoo | 49:54 | 6 |
| 2. | Nicholas Mirarchi | 51:38 | 1 |
| 3. | Ross Reid | 54:30 | 8 |
| 4. | Russ Dickenson | 55:33 | 5 |
| 5. | Ralph Bennett | 56:08 | 2 |
| 6. | Tony Johnson | 57:43 | 3 |
| 7. | Graeme Davis | 59:30 | 4 |
| 8. | Robin Wood | 66:37 | 7 |
| | Murray Dickinson | Ab | |

The 5 km and 3 km events were also big affairs and you have to hand it to the lapscorers and timekeepers who somehow manage to keep tabs on everyone and get their finish times as they cross the line at the end of their respective events. Stuart Kollmorgen and Rhydian Cowley had a great battle in the Open Men's 5 km and in the Open Women's 5 km, 14 year old Ayla Collins and 12 year old Nicole Hallett upped their distances and walked great races to finish second and third behind winner Tamara Attard.

| 5km Open | | Handicap | |
|-----------------|-------------------|-----------------|----|
| 1. | Tamara Attard | 27:40 | 5 |
| 2. | Ayla Collins | 28:26 | 1 |
| 3. | Nicole Hallett | 28:33 | 4 |
| 4. | Liz Feldman | 28:37 | 8 |
| 5. | Gayle McIntyre | 29:14 | 4 |
| 6. | Janet Holmes | 29:46 | 3 |
| 7. | Gwen Steed | 30:19 | 7 |
| 8. | Carmel Drennan | 30:45 | 10 |
| 9. | Natalie Laurie | 31:23 | 11 |
| 10. | Celia Johnson | 32:23 | 9 |
| 11. | Donna Elms | 35:18 | 2 |
| | Beth Alexander | Ab | |
| | Harlene Hercules | Ab | |
| 1. | Stuart Kollmorgen | 23:20 | |
| 2. | Rhydian Cowley | 23:26 | 1 |
| 3. | John Bunker | 27:06 | 5 |
| 4. | Bernie Keirl | 27:28 | 2 |
| 5. | Simon Baker | 27:40 | |
| 6. | Geoff Barrow | 31:09 | 4 |
| 7. | John Morrison | 32:13 | 6 |
| 8. | Barry Wicks | 34:01 | 3 |
| | Bob Gardiner | Ab | |
| | Gordon Onley | Disq | |
| 3km Open | | Handicap | |
| 1. | Theodora McKenzie | 21:07 | |
| 2. | Kiersten Coulter | 21:33 | 2 |
| 3. | Maryanne Harrison | 22:12 | 5 |
| 4. | Natalie King | 22:27 | 1 |

| | | | |
|----|---------------------|-------|---|
| 5. | Christine Griffiths | 24:52 | 4 |
| 6. | Pam Mews | 26:10 | 3 |
| | Jason Elms | Disq | |
| | Lindsay Harrison | Disq | |

| 3km Under 15 | | | Handicap |
|---------------------|------------------------|-------|-----------------|
| 1. | Amelia Finnegan | 16:17 | 3 |
| 2. | Hilary Brazel | 16:26 | 4 |
| 3. | Amy Burren | 16:57 | 5 |
| 4. | Amy Callaway | 17:33 | 1 |
| 5. | Jacinta Felton | 18:27 | |
| 6. | Madeleine Graham | 18:32 | 6 |
| 7. | Anika Peachey | 19:43 | 2 |
| 8. | Adrianna Crea | 19:54 | 7 |
| 9. | Chloe McNicol-Davidson | 20:56 | |
| 10. | Cassandra Raselli | Ab | |
| 1. | Filip Cosic | 16:24 | 5 |
| 2. | Jacob Wright | 16:29 | 2 |
| 3. | Ryan Antidormi | 16:51 | 1 |
| 4. | Chris Brunton | 17:16 | 3 |
| 5. | Damien Elms | 22:56 | 4 |

The Under 12 and Under 9 walkers walked on a 1 km loop and it all seemed to go well. Fast times were everywhere and the racing was fiercely contested.

| Under 12 2km | | | Handicap |
|---------------------|-----------------------|-------|-----------------|
| 1. | Sarah Burren | 10:57 | 2 |
| 2. | Talie Collins | 11:38 | 8 |
| 3. | Stephanie George | 12:08 | 4 |
| 4. | Carly Bertrand | 12:15 | 7 |
| 5. | Ali Brunton | 12:44 | 9 |
| 6. | Stacey McLaren | 12:56 | 1 |
| 7. | Beth Barbour | 12:58 | 5 |
| 8. | Bianca Attard | 13:45 | 3 |
| 9. | Amber Duncan | 14:25 | 6 |
| 1. | Matthew Felton | 10:52 | 4 |
| 2. | Aaron Gardner | 12:04 | 1 |
| 3. | Lucas Taylor | 12:24 | 3 |
| 4. | Cody McNicol-Davidson | 13:33 | 2 |
| 5. | Michael Green | Disq | |

| Under 9 1km | | | Handicap |
|--------------------|--------------------|------|-----------------|
| 1. | Cindy Collins | 6:04 | 2 |
| 2. | Sophia Antidormi | 6:29 | 3 |
| 3. | Georgia Bertrand | 6:47 | 1 |
| 4. | Annalise Harrison | 7:37 | 4 |
| 5. | Charlee Harrison | 8:26 | 5 |
| 6. | Christina Collins | 9:01 | 7 |
| 7. | Kyla Green | 9:06 | 6 |
| 1. | Reese Walmsley | 5:53 | 2 |
| 2. | Billy Allamby | 5:57 | |
| 3. | Bryce Brockenshire | 6:35 | 1 |
| 4. | Ryan Dossetor | 6:41 | 3 |
| 5. | Ben Green | 8:02 | 4 |

| |
|--|
| VRWC RACES, ALBERT PARK, SUNDAY 20 MAY 2007 |
|--|

Sunday saw the first of our championship days at Albert Park and a total of 89 walkers competed in just about perfect conditions.

The first event to get underway was the Open Men's 35 km championship for the Ray Smith trophy and **Tom Barnes** made it back to back victories after a spirited battle with **Andrew Jamieson**. Tom eventually broke away near the 20 km mark, passed the 30 km mark in 2:26:52 and powered home in a PB time of 2:51:48. Andrew powered through the 30 km mark in a new **Masters M60 World Record of 2:30:57** and then took it easy over the last bit of the race to finish with 3:02:32.

Not to be outdone, **Megan Szirom** walked fantastically to win the 15 km Elsie Jacobson Trophy. Her time of 1:12:47 was only 1 second slower than her time in Geelong 3 weeks ago but on this occasion it was only part of the job done and she continued on to win the 20 km walk in 1:37:48, a time that ranks her 4th in the 2007 Australian ranking list.

35km Open Men Club Championship – Ray Smith Trophy

| | | | |
|----|--------|----------|---------|
| 1. | Tom | Barnes | 2:51:48 |
| 2. | Andrew | Jamieson | 3:02:32 |

Open 20km

| | | | |
|----|--------|----------|---------|
| 1. | Megan | Szirom | 1:37:58 |
| 2. | Simon | Evans | 1:47:24 |
| 3. | Tony | Johnson | 1:59:28 |
| 4. | David | Smyth | 2:02:58 |
| 5. | Rudolf | Skrucany | 2:29:40 |
| 6. | Duncan | Knox | AB |
| 7. | Mark | Donahoo | AB |

15km Open Women Club Championship – Elsie Jacobson Trophy

| | | | |
|----|---------|----------|---------|
| 1. | Megan | Szirom | 1:12:47 |
| 2. | Yolanda | Russell | 1:22:12 |
| 3. | Heather | Carr | 1:23:40 |
| 4. | Liz | Feldman | 1:32:38 |
| 5. | Gayle | McIntyre | 1:34:13 |
| 6. | Alison | Thompson | 1:35:52 |
| 7. | Carmel | Drennan | 1:42:55 |

Our juniors had to contend with longer distances than normal but they handled it well, with Lauren Drennan and Shaun Burgess taking the top honours in the Under 20 15 km championships. In the last of the longer events, over 10 km, young Rhydian Cowley blitzed the field with a huge 48:17 in his first effort over the distance. Just turning 16, Rhydian continues to improve with every race.

15km Under 20 Club Championship

| | | | |
|----|---------|---------|---------|
| 1. | Lauren | Drennan | 1:27:19 |
| 2. | Caitlin | Brunton | 1:28:35 |
| 3. | Tamara | Attard | 1:30:53 |

| | | | |
|----|-------|---------|---------|
| 1. | Shaun | Burgess | 1:23:00 |
|----|-------|---------|---------|

10km Open

| | | | |
|----|-------|---------|---------|
| 1. | Pam | Tindal | 0:57:10 |
| | Celia | Johnson | DQ |

| | | | |
|----|---------|------------|---------|
| 1. | Rhydian | Cowley | 48:17 |
| 2. | Stuart | Kollmorgan | 49:51 |
| 3. | Russ | Dickenson | 56:30 |
| 4. | Ralph | Bennett | 56:48 |
| 5. | Alan | Lucas | 57:42 |
| 6. | Murray | Dickinson | 59:02 |
| 7. | Simon | Baker | 1:01:04 |

| | | | |
|-----|--------|-----------|---------|
| 8. | Aaron | McDonough | 1:01:12 |
| 9. | Graeme | Davis | 1:05:15 |
| 10. | Robin | Wood | 1:06:26 |

Our Under 16 walkers contested a 5 km championship alongside their senior counterparts and Regan Lamble and Natalie Laurie had their usual close contest, with Regan taking the honours on this occasion. Filip Cosic, in his first season of walking, won the boys championship with his first ever 5 km walk.

5km Under 16 Club Championship

| | | | |
|----|----------|---------|-------|
| 1. | Regan | Lamble | 25:06 |
| 2. | Natalie | Laurie | 25:25 |
| 3. | Rachel | Tallent | 28:00 |
| 4. | Emily | Payne | 28:59 |
| 5. | Jacinta | Felton | 32:09 |
| 6. | Danielle | Davis | 32:40 |
| 7. | Lana | Boddy | 34:06 |
| 8. | Anika | Peachey | 34:25 |
| 9. | Mykalah | Gage | 34:49 |
| | Taylah | Watt | DNF |

| | | | |
|----|--------|-------|-------|
| 1. | Filip | Cosic | 28:39 |
| | Damien | Elms | DQ |

5km Open

| | | | |
|----|-----------|-----------|-------|
| 1. | Gwen | Steed | 29:59 |
| 2. | Janet | Holmes | 32:04 |
| 3. | Donna | Elms | 35:02 |
| 4. | Kiersten | Coulter | 35:59 |
| 5. | Harlene | Hercules | 36:09 |
| 6. | Christine | Griffiths | 43:11 |
| | Theodora | McKenzie | DQ |

| | | | |
|----|---------|----------|-------|
| 1. | Jason | Elms | 34:14 |
| | Lindsay | Harrison | DQ |

5km Fitness Walk

| | | |
|--------|-------|-------|
| Gordon | Onley | 33:27 |
|--------|-------|-------|

Our Under 14 walkers raced over 3 km while our Under 12 walkers had the rare chance to race over 1 km, alongside the Under 9's. The fields were large and the races were keenly contested. Beth Alexander, Robert Walsh, Sarah Burren, Matthew Felton, Cindy Collins and Billy Allamby won their respective events.

3km Under 14 Club Championship

| | | | |
|-----|---------|-----------|-------|
| 1. | Beth | Alexander | 15:41 |
| 2. | Ayla | Collins | 15:51 |
| 3. | Nicole | Hallett | 16:03 |
| 4. | Amelia | Finnegan | 16:09 |
| 5. | Caitlin | Campbell | 16:25 |
| 6. | Ebony | Tallent | 16:53 |
| 7. | Hilary | Brazel | 16:55 |
| 8. | Erin | Brunton | 17:04 |
| 9. | Amy | Callaway | 17:25 |
| 10. | Ella | Mason | 18:44 |
| 11. | Carly | Bertrand | 19:48 |
| | Hannah | Irvine | DNF |

| | | | |
|----|---------|---------|-------|
| 1. | Robert | Walsh | 15:55 |
| 2. | Bradley | Simpson | 16:40 |
| 3. | Jacob | Wright | 16:58 |

Under 12 1km Club Championship

| | | | |
|----|-------|---------|-------|
| 1. | Sarah | Burren | 05:11 |
| 2. | Talie | Collins | 05:17 |

| | | | |
|----|-----------|--------------|-------|
| 3. | Carly | Bertrand | 05:19 |
| 4. | Stephanie | George | 05:19 |
| 5. | Rebecca | Campbell | 05:52 |
| 6. | Beth | Barbour | 06:06 |
| 7. | Stacey | McLaren | 06:12 |
| 8. | Briggette | Brockenshire | 06:16 |
| 9. | Amber | Duncan | 06:32 |

| | | | |
|----|---------|---------|-------|
| 1. | Matthew | Felton | 05:03 |
| 2. | Michael | Green | 05:41 |
| 3. | Aaron | Gardner | 05:43 |
| 4. | Lucas | Taylor | 05:51 |

Under 9 1km Club Championship

| | | | |
|----|-----------|-----------|-------|
| 1. | Cindy | Collins | 05:50 |
| 2. | Sophia | Antidormi | 06:05 |
| 3. | Georgia | Bertrand | 06:32 |
| 4. | Charlee | Harrison | 08:03 |
| 5. | Christina | Collins | 08:14 |
| 6. | Emily | McDonough | 08:32 |

| | | | |
|----|-------|----------|-------|
| 1. | Billy | Allamby | 05:19 |
| 2. | Ryan | Dossetor | 07:01 |
| 3. | Ben | Green | 07:19 |

VRWC RACES, ALBERT PARK, SATURDAY 26 MAY 2007

The weather was kind to us once again and we saw large fields at Albert Park. Our longest event on offer was the 8 km where Paul Kennedy was quick out of the blocks and off to a handy lead. He was soon roped in by Daniel Payne who then broke away himself and the stage looked set for an interesting second half. When Daniel retired, Paul was left to take the honours in comfortable fashion as did Natalie Laurie in the women's section. Pam Tindal and Robin Wood took handicap honours with very good walks. Pam also got lots of points in the Style award competition to complete a great day.

| 8 km Open | | | Handicap | |
|------------------|----------|----------|-----------------|----|
| 1. | Natalie | Laurie | 0:42:54 | 2 |
| 2. | Heather | Carr | 0:43:31 | E4 |
| 3. | Pam | Tindal | 0:44:39 | 1 |
| 4. | Alison | Thompson | 0:48:09 | E4 |
| 5. | Janet | Holmes | 0:49:09 | 6 |
| 6. | Gwen | Steed | 0:50:28 | 3 |
| 7. | Celia | Johnson | 0:53:58 | 7 |
| 8. | Margaret | Beaumont | 1:01:20 | 8 |
| | | | | |
| 1. | Paul | Kennedy | 0:41:19 | 3 |
| 2. | Ralph | Bennett | 0:45:13 | 2 |
| 3. | Alan | Lucas | 0:46:16 | 4 |
| 4. | Robin | Wood | 0:52:19 | 1 |
| | Bruce | Conboy | Ab | |
| | Daniel | Payne | Ab | |
| | Ian | Beaumont | Disq | |
| | Gordon | Onley | Disq | |

The Open 4 km events also saw some fast walking. Sandra Geisler sizzled in her first race for a few weeks while Liz Feldman did a great PB to take second. Not to be outdone, Kiersten Coulter, Maryanne Harrison and Donna Elms also did PBs. Performances were just as good in the men's section with John Bunker, Russ Dickenson, Bernie Keirl and Graeme Davis all impressing.

| 4km Open | | | Handicap | |
|-----------------|----------|-----------|-----------------|----|
| 1. | Sandra | Geisler | 0:21:04 | 10 |
| 2. | Liz | Feldman | 0:22:40 | 1 |
| 3. | Tamara | Attard | 0:24:44 | 9 |
| 4. | Danielle | Davis | 0:25:40 | 7 |
| 5. | Gayle | McIntyre | 0:25:52 | 11 |
| 6. | Lana | Boddy | 0:27:32 | 8 |
| 7. | Donna | Elms | 0:27:58 | 5 |
| 8. | Kiersten | Coulter | 0:28:27 | 2 |
| 9. | Harlene | Hercules | 0:29:18 | 6 |
| 10. | Maryanne | Harrison | 0:29:20 | 4 |
| 11. | Danielle | Amore | 0:34:46 | |
| 12. | Pam | Mews | 0:35:08 | 3 |
| | | | | |
| 1. | John | Bunker | 0:21:16 | 3 |
| 2. | Russ | Dickenson | 0:21:25 | 4 |
| 3. | Bernie | Keirl | 0:21:45 | 2 |
| 4. | Graeme | Davis | 0:22:54 | 1 |
| 5. | Geoff | Barrow | 0:25:03 | 6 |
| 6. | Adam | Patterson | 0:26:46 | 7 |
| 7. | Barry | Wicks | 0:27:18 | 5 |
| | Jason | Elms | Disq | |
| | Lindsay | Harrison | Disq | |

The standout performance in the Under 15 section was by Hilary Brazel whose 22:12 must have been a big PB. Regan Lambie had a relaxed stroll with Amy Callaway back in the field while Caitlin Campbell and Anika Peachey both also did good PBs.

| 4 km Under 15 | | | | Handicap |
|----------------------|-----------|-----------|---------|-----------------|
| 1. | Hilary | Brazel | 0:22:12 | 1 |
| 2. | Caitlin | Campbell | 0:22:56 | 2 |
| 3. | Emily | Payne | 0:23:51 | 4 |
| 4. | Amy | Callaway | 0:24:43 | 6 |
| 5. | Regan | Lamble | 0:24:45 | 9 |
| 6. | Madeleine | Graham | 0:26:41 | 8 |
| 7. | Anika | Peachey | 0:26:53 | 3 |
| 8. | Adrianna | Crea | 0:27:17 | 5 |
| 9. | Carly | Bertrand | 0:28:14 | 7 |
| | Cassandra | Raselli | Ab | |
| | Beth | Alexander | Ab | |
| 1. | Filip | Cosic | 0:22:09 | 3 |
| 2. | Jacob | Wright | 0:23:18 | 2 |
| 3. | Damien | Elms | 0:30:26 | 1 |

The Under 12s and Under 9s upped their distances this week to race 2.5km and 1.5km respectively. In the Under 12 division, Amelia Finnegan shot to the lead but was overhauled eventually by Matthew Felton in a very interesting race. Further back, Michael Green and Aaron Gardner had a great battle throughout the event with Michael taking out the final sprint. Billy Allamby, Reece Walmsley and Sophia Antidormi all did very fast 1.5km times in the Under 9 event while Amy Ventura and Ben Green took out the handicaps.

| 2.5 km Under 12 | | | | Handicap |
|------------------------|----------|-----------|---------|-----------------|
| 1. | Amelia | Finnegan | 0:13:30 | 2 |
| 2. | Rebecca | Campbell | 0:15:48 | 4 |
| 3. | Beth | Barbour | 0:16:40 | 3 |
| 4. | Bianca | Attard | 0:17:32 | 1 |
| 1. | Matthew | Felton | 0:13:15 | 3 |
| 2. | Michael | Green | 0:14:46 | 1 |
| 3. | Aaron | Gardner | 0:14:49 | 2 |
| 4. | Lucas | Taylor | 0:16:38 | 4 |
| 1.5 km Under 9 | | | | |
| 1. | Sophia | Antidormi | 0:10:13 | 4 |
| 2. | Georgia | Bertrand | 0:11:25 | 5 |
| 3. | Paige | De Lisen | 0:11:29 | 2 |
| 4. | Amy | Ventura | 0:11:33 | 1 |
| 5. | Annalise | Harrison | 0:11:33 | 3 |
| 6. | Charlee | Harrison | 0:19:50 | 6 |
| | Kyla | Green | DNS | |
| 1. | Billy | Allamby | 0:08:50 | 3 |
| 2. | Reese | Walmsley | 0:09:13 | 2 |
| 3. | Ben | Green | 0:11:00 | 1 |

VRWC RACES, ALBERT PARK, 2 JUNE 2007

Just under 90 walkers made the most of perfect conditions (typical Melbourne for those interstate or overseas readers who don't know about our wonderful climate) in this week's VRWC club races. The stars were definitely **Megan Szirom** and **Rhydian Cowley**. Megan improved her PB by some 20 secs to walk a fantastic 46:30 while Rhydian did exactly the same time as 2 weeks ago, namely 48:17. Overall, PBs were everywhere in the 10 km events as you can see from the listing below. It is good to see Murray Dickinson coming back into good shape once again – 57:32 for the M65 division is some performance!

| 10 km Open | | | | Handicap |
|-------------------|----------|-----------|-------|-----------------|
| 1. | Megan | Szirom | 46:30 | 1 (PB) |
| 2. | Yolanda | Russell | 54:36 | 4 |
| 3. | Pam | Tindal | 56:48 | 3 (PB) |
| 4. | Liz | Feldman | 59:40 | 2 (PB) |
| 5. | Margaret | Beaumont | 85:38 | 5 |
| 1. | Rhydian | Cowley | 48:17 | 5 (=PB) |
| 2. | Paul | Kennedy | 52:37 | 6 |
| 3. | Shaun | Burgess | 54:21 | 4 (PB) |
| 4. | Russ | Dickenson | 54:51 | 3 |
| 5. | Murray | Dickinson | 57:32 | 1 |
| 6. | Tim | Erickson | 58:41 | |
| 7. | Robin | Wood | 65:29 | 2 |
| | Ralph | Bennett | Ab | |
| | Aaron | McDonough | Ab | |
| | Gordon | Onley | Disq | |

Regan Lamble warmed up for Canberra next week with a fine 24:32 in the 5 km race which was also hotly contested. The handicap winners were Gayle McIntyre (one of this year's big improvers) and Tony Doran. Special mention to Gwen Steed who has really come back into good form this winter and who broke 30 mins yet again.

| 5 km Open | | | | Handicap |
|------------------|---------|----------|-------|-----------------|
| 1. | Regan | Lamble | 24:32 | 3 |
| 2. | Heather | Carr | 26:22 | 8 |
| 3. | Caitlin | Brunton | 26:38 | 9 |
| 4. | Tamara | Attard | 28:11 | 5 |
| 5. | Nicole | Hallett | 29:07 | 10 |
| 6. | Natalie | Laurie | 29:08 | 11 |
| 7. | Janet | Holmes | 29:14 | 2 |
| 8. | Gayle | McIntyre | 29:25 | 1 |
| 9. | Gwen | Steed | 29:56 | 4 |
| 10. | Celia | Johnson | 32:08 | 7 |
| 11. | Donna | Elms | 35:23 | 6 |
| 1. | Bernie | Keirl | 27:12 | 5 |
| 2. | Tony | Johnson | 27:50 | 2 |
| 3. | Geoff | Barrow | 30:48 | 3 |
| 4. | Anthony | Doran | 30:57 | 1 |
| 5. | Bruce | Conboy | 34:19 | 4 |
| | Ian | Beaumont | Disq | |

Chris Brunton not only won the boy's Under 15 3 km event, he also took handicap honours in a very impressive time of 15:59. Amelia Finnegan was just behind him with her winning time of 16:05 while Ella Mason took handicap honours with her time of 18:05. First year walkers Adrianna Crea and Anika Peachey had their usual competitive race and a great sprint finish saw them both cross the line together (Adrianna got the nod from the finishing judges).

| 5 km Under 15 | | | | Handicap |
|----------------------|----------|----------|-------|-----------------|
| 1. | Amelia | Finnegan | 16:05 | 2 |
| 2. | Hilary | Brazel | 16:31 | 6 |
| 3. | Erin | Brunton | 17:04 | 7 |
| 4. | Ella | Mason | 18:05 | 1 |
| 5. | Adrianna | Crea | 19:18 | 5 |

| | | | | |
|----|-----------|-----------|-------|----|
| 6. | Anika | Peachey | 19:18 | e3 |
| 7. | Amy | Callaway | 20:47 | 8 |
| 8. | Natalie | King | 22:25 | e3 |
| | Cassandra | Raselli | Ab | |
| | Jacinta | Felton | Ab | |
| 1. | Chris | Brunton | 15:59 | 1 |
| 2. | Ryan | Antidormi | 17:00 | 2 |
| 3. | Damien | Elms | 23:18 | 4 |
| | Robert | Walsh | Disq | |

The 3 km event is seeing some good walking this year. First year walker Theodora McKenzie did a big PB to take overall honours in the women's section but handicap honours went to Danielle Amore, having only her second walk. Kiersten Coulter and Maryanne Harrison also did big walks and are improving every week. Adam Patterson did a blinder in the men's 3 km as did John Morrison.

| 3 km Open | | | | Handicap |
|------------------|----------|-----------|-------|-----------------|
| 1. | Theodora | McKenzie | 20:22 | |
| 2. | Kiersten | Coulter | 21:09 | 4 |
| 3. | Maryanne | Harrison | 21:24 | 3 |
| 4. | Jean | Knox | 24:05 | |
| 5. | Danielle | Amore | 24:29 | 1 |
| 6. | Pam | Mews | 25:44 | 2 |
| 1. | Adam | Patterson | 17:18 | 1 |
| 2. | John | Morrison | 19:01 | 2 |
| 3. | Jason | Elms | 19:18 | 3 |
| 4. | Lindsay | Harrison | Disq | |

Matthew Felton and Sarah Burren had a great race out front in the Under 12 division and they were both rewarded with sub-11 times. But it was Bianca Attard and Michael Green who took handicap honours. Sarah and Ashley Albert also caught the judges' eyes and earned Style Award points (see details below).

| 2 km Under 12 | | | | Handicap |
|----------------------|-----------|------------------|-------|-----------------|
| 1. | Sarah | Burren | 10:56 | 8 |
| 2. | Caitlin | Campbell | 11:10 | 9 |
| 3. | Ashley | Albert | 11:43 | 2 |
| 4. | Carly | Bertrand | 11:55 | 6 |
| 5. | Rebecca | Campbell | 12:17 | 4 |
| 6. | Stephanie | George | 12:36 | 10 |
| 7. | Chloe | McNicol-Davidson | 12:58 | 3 |
| 8. | Beth | Barbour | 13:01 | 7 |
| 9. | Bianca | Attard | 13:23 | 1 |
| 10. | Stacey | McLaren | 13:59 | 5 |
| 1. | Matthew | Felton | 10:51 | 3 |
| 2. | Michael | Green | 11:54 | 1 |
| 3. | Aaron | Gardner | 12:21 | 2 |
| 4. | Lucas | Taylor | 12:52 | 4 |
| 5. | Andrew | Hogan | 13:16 | 5 |

The Under 9's are proving a very competitive age group and the times are coming down each week. Cody McNicol-Davidson was the fastest while Charlee Harrison and Ryan Dossetor took the handicap honours.

| 1 km Under 9 | | | | Handicap |
|---------------------|----------|------------------|------|-----------------|
| 1. | Sophia | Antidormi | 6:24 | 5 |
| 2. | Georgia | Bertrand | 6:48 | 4 |
| 3. | Amy | Ventura | 7:33 | 2 |
| 4. | Annalise | Harrison | 7:34 | 6 |
| 5. | Charlee | Harrison | 7:52 | 1 |
| 6. | Emily | McDonough | 8:38 | 3 |
| 7. | Kyla | Green | 9:09 | 7 |
| 1. | Cody | McNicol-Davidson | 6:06 | 3 |
| 2. | Reese | Walmsley | 6:09 | 4 |
| 3. | Ryan | Dossetor | 6:36 | 1 |
| 4. | Ben | Green | 7:01 | 2 |

VRWC EVENTS, ALBERT PARK, SATURDAY 16 JUNE 2007

It was a quieter day at Albert Park on Saturday after the big weekend in Canberra but we still had 65 walkers come along to try their luck in our annual "Guess Your Time" races. The idea is that you nominate your expected time and then walk without watches or lap times and try to judge your pace accordingly. Prizes were awarded to the winners of each division and the best were spot on.

The Under 9's were first to finish with Emily McDonough only 1 second out and Billy Allamby only 2 secs out. The Under 12's were girls were also very close with Carly Bertrand winning with a time only 2 seconds different to her guess. The Under 12 boys were a bit more wayward but Aaron Gardner was the best and won the prize ahead of the other boys.

| Under 9 1 km Walk | | | | Guess Plc |
|--------------------------|----------|-----------|------|------------------|
| 1. | Sophia | Antidormi | 6:13 | 2 |
| 2. | Georgia | Bertrand | 6:55 | 5 |
| 3. | Amy | Ventura | 7:02 | 7 |
| 4. | Paige | De Lisen | 7:05 | 4 |
| 5. | Charlee | Harrison | 7:33 | 6 |
| 6. | Kristina | Collins | 8:21 | 3 |
| 7. | Emily | McDonough | 8:31 | 1 (1 sec) |
| | | | | |
| 1. | Billy | Allamby | 5:34 | 1 (2 secs) |
| 2. | Reese | Walmsley | 5:45 | 2 |

| Under 12 2 km Walk | | | | Guess Plc |
|---------------------------|-----------|-----------|-------|------------------|
| 1. | Caitlin | Campbell | 10:45 | 3 |
| 2. | Carly | Bertrand | 11:48 | 1 (2 secs) |
| 3. | Ashley | Albert | 11:59 | 8 |
| 4. | Cindy | Collins | 12:24 | 6 |
| 5. | Rebecca | Campbell | 12:32 | 2 |
| 6. | Beth | Barbour | 12:37 | 6 |
| 7. | Stephanie | George | 12:54 | 9 |
| 8. | Bianca | Attard | 13:11 | 4 |
| 9. | Stacey | McLaren | 13:42 | 5 |
| | | | | |
| 1. | Matthew | Felton | 10:40 | 3 |
| 2. | Ryan | Antidormi | 10:52 | 2 |
| 3. | Andrew | Hogan | 11:45 | 6 |
| 4. | Michael | Green | 11:54 | 4 |
| 5. | Aaron | Gardner | 12:06 | 1 (54 secs) |
| 6. | Lucas | Taylor | 12:19 | 5 |

The Under 15's are a very talented group and their times continue to improve each week. Amelia Finnegan and Robert Walsh won the 'Guess Your Time' prizes with well judged performances.

| Under 15 4 km Walk | | | | Guess Plc |
|---------------------------|-----------|----------|-------|------------------|
| 1. | Amy | Burren | 21:14 | 5 |
| 2. | Hilary | Brazel | 21:42 | 6 |
| 3. | Amelia | Finnegan | 21:46 | 1 (29 secs) |
| 4. | Ayla | Collins | 22:44 | 7 |
| 5. | Sarah | Burren | 24:12 | 3 |
| 6. | Talie | Collins | 24:12 | 4 |
| 7. | Madeleine | Graham | 24:25 | 2 |
| 8. | Anika | Peachey | 25:49 | 8 |
| | | | | |
| 1. | Robert | Walsh | 21:18 | 1 (92 secs) |
| 2. | Jacob | Wright | 22:56 | 2 |
| | Damien | Elms | Disq | |

The Open events are normally closely contested as the walkers have had many years to hone their skills in walking to a set schedule. In particular, the 8 km for men saw Murray Dickinson (2 secs) finish just ahead of Alan Lucas (3 secs) and

Duncan Knox (4 secs). Alan and Duncan always excel in this sort of event but Murray had their measure on Saturday.

Open 4 km Walk

| | | | | Guess Plc |
|----|------------|----------|-------|------------------|
| 1. | Gwen | Steed | 23:23 | 1 (2 secs) |
| 2. | Celia | Johnson | 26:23 | 4 |
| 3. | Donna | Elms | 27:07 | 3 |
| 4. | Theodora | McKenzie | 27:33 | |
| 5. | Jan | Morrey | 27:59 | 6 |
| 6. | Kiersten | Coulter | 28:10 | 2 |
| 7. | Maryanne | Harrison | 28:45 | 5 |
| | Sandra | Bertrand | DNF | |
| | Cherylanne | Campbell | DNF | |
| 1. | Geoff | Barrow | 25:41 | 3 |
| 2. | Jason | Elms | 26:15 | 4 |
| 3. | Barry | Wicks | 26:56 | 1 (4 secs) |
| 4. | Ian | Beaumont | 31:27 | 2 |
| | Gordon | Onley | Disq | |

Open 8 km Walk

| | | | | Guess Plc |
|-----|----------|------------|-------|------------------|
| 1. | Gayle | McIntyre | 47:42 | 2 |
| 2. | Janet | Holmes | 47:55 | 3 |
| 3. | Tamara | Attard | 49:00 | 4 |
| 4. | Margaret | Beaumont | 60:03 | 1 (27 secs) |
| 1. | Stuart | Kollmorgan | 39:58 | 4 |
| 2. | Nicholas | Mirarchi | 42:32 | 12 |
| 3. | Ross | Reid | 42:42 | 5 |
| 4. | Paul | Kennedy | 42:55 | 6 |
| 5. | Russ | Dickenson | 43:10 | 9 (2 secs) |
| 6. | Duncan | Knox | 43:16 | 3 (4 secs) |
| 7. | Ralph | Bennett | 44:47 | 8 |
| 8. | Murray | Dickinson | 45:02 | 1 |
| 9. | Alan | Lucas | 45:07 | 2 (3 secs) |
| 10. | Aaron | McDonough | 49:04 | 10 |
| 11. | Bob | Gardiner | 50:32 | 7 |
| 12. | Robin | Wood | 52:26 | 10 |

VRWC EVENTS, ALBERT PARK, SUNDAY 1 JULY 2007_

After a dreadful cold and wet week, the weather was perfect for fast racing on Saturday and there were PBs everywhere. In fact, the performances were so good that I got on the bike and did a quick ride around the course just to ensure that all the course markers were correctly set – and they were.

In the open divisions, there were many commendable performances but the pick had to be those of Megan Szirom, Tom Barnes, Rhydian Cowley, Gayle McIntyre and Donna Elms. Megan recorded a blistering 22:08 to head the Australian rankings list for 2007. It was a PB by some 20+ secs and she looked fantastic. Tom's 10 km time of 43:01 was a 1 min PB and also puts him ahead of everyone except for the small and select AIS group. Rhydian's 10 km time of 47:55 was a 20+ sec PB and, for a 16 year old walker, is huge. He has recently been selected in the U17 National Development Squad, will be attending the AIS in August for a training camp and is looking towards the 2008 World Junior Champs. Gayle had set herself the challenging target of breaking 60 mins for the 10 km this winter. On Saturday she did it in style with her time of 58:56 and wasn't she as pleased as punch! And finally to Donna who only started racewalking because her boys were competing. Over the last 12 months, she has reduced her times by so much and on Saturday she took a further minute off her 5 km time with 19:37.

10km Open

| | | | |
|-----|-------------------|------------|------------------|
| 1. | Yolanda Russell | 53:19 | 5 |
| 2. | Pam Tindal | 57:39 | 6 |
| 3. | Alison Thompson | 58:44 | 3 |
| 4. | Gayle McIntyre | 58:56 (PB) | 4 |
| 5. | Gwen Steed | 61:23 | 1 |
| 6. | Sylvia Machin | 63:03 | No previous time |
| 7. | Margaret Beaumont | 74:13 | 2 |
| | | | |
| 1. | Tom Barnes | 43:01 (PB) | 2 |
| 2. | Rhydian Cowley | 47:55 (PB) | 9 |
| 3. | Nicholas Mirarchi | 51:53 | 3 |
| 4. | Ross Reid | 52:50 | 4 |
| 5. | Russ Dickenson | 54:43 | 8 |
| 6. | Ralph Bennett | 55:36 (PB) | 6 |
| 7. | Murray Dickinson | 56:18 | 1 |
| 8. | Aaron McDonough | 60:54 (PB) | 7 |
| 9. | Robin Wood | 67:41 | 10 |
| 10. | Ian Beaumont | 79:06 | 5 |

5km Walk

| | | | |
|-----|----------------|-------|----|
| 1. | Megan Szirom | 22:08 | 7 |
| 2. | Regan Lamble | 25:21 | 10 |
| 3. | Natalie Laurie | 26:11 | 3 |
| 4. | Heather Carr | 26:22 | 8 |
| 5. | Sandra Geisler | 26:27 | 9 |
| 6. | Ayla Collins | 26:58 | 1 |
| 7. | Tamara Attard | 27:11 | 2 |
| 8. | Liz Feldman | 28:02 | 6 |
| 9. | Janet Holmes | 29:12 | 4 |
| 10. | Jan Morrey | 34:15 | 5 |
| | | | |
| 10. | Mark Donahoo | 24:50 | 5 |
| 11. | Bernie Keirl | 27:11 | 2 |
| 12. | Alan Lucas | 27:56 | 3 |
| 13. | Geoff Barrow | 30:56 | 1 |
| 14. | Barry Wicks | 34:15 | 4 |

3km Open

| | | | |
|----|---------------------|-------|---|
| 1. | Donna Elms | 19:37 | 1 |
| 2. | Kiersten Coulter | 20:39 | 2 |
| 3. | Maryanne Harrison | 22:20 | 3 |
| 4. | Christine Griffiths | 26:51 | 4 |

| | | | |
|----|------------------|-------|---|
| 1. | Jason Elms | 17:35 | 1 |
| 2. | Lindsay Harrison | 22:16 | 2 |
| | Gordon Onley | Disq | |

3km Under 15

| | | | |
|-----|------------------|-------|------------------|
| 1. | Amelia Finnegan | 15:34 | 5 |
| 2. | Caitlin Campbell | 16:06 | 6 |
| 3. | Nicole Hallett | 17:13 | 9 |
| 4. | Talie Collins | 17:16 | 4 |
| 5. | Amy Callaway | 17:34 | 3 |
| 6. | Jacinta Felton | 17:55 | 2 |
| 7. | Carly Bertrand | 19:01 | 1 |
| 8. | Rebecca Campbell | 19:14 | No previous time |
| 9. | Anika Peachey | 19:17 | 7 |
| 10. | Adrianna Crea | 19:36 | 8 |
| 10. | Robert Walsh | 15:36 | 2 |
| 11. | Jacob Wright | 16:13 | 1 |
| 12. | Ryan Antidormi | 16:42 | 3 |
| 13. | Aaron Gardner | 18:47 | No previous time |
| 14. | Damien Elms | 22:49 | 4 |

Under 12 2km

| | | | |
|----|--------------------------|-------|---|
| 1. | Chloe McNicol-Davidson | 12:29 | 4 |
| 2. | Stacey McLaren | 12:33 | 1 |
| 3. | Beth Barbour | 12:40 | 5 |
| 4. | Bianca Attard | 12:44 | 2 |
| 5. | Sophia Antidormi | 12:48 | 3 |
| 6. | Cindy Collins | 13:03 | 7 |
| | 1. Brigette Brockenshire | 13:32 | 6 |
| 1. | Matthew Felton | 10:43 | 5 |
| 2. | Michael Green | 11:24 | 3 |
| 3. | Lucas Taylor | 12:07 | 2 |
| 4. | Mitchell Green | 13:02 | 1 |
| 5. | Cody McNicol-Davidson | 13:19 | 4 |

Under 9 1km

| | | | |
|----|------------------|-------|---|
| 1. | Amy Ventura | 06:50 | 2 |
| 2. | Charlee Harrison | 07:52 | 1 |
| 3. | Kristina Collins | 09:32 | 3 |
| 1. | Ben Green | 06:49 | 1 |

VRWC EVENTS, ALBERT PARK, SUNDAY 1 JULY 2007

Wow, what a day! A total of 96 walkers competed at Albert Park on Sunday and a number walked in more than 1 event – meaning we had well over 100 walking times recorded for the day. This made this our biggest domestic carnival for many years. The forecast showers did not eventuate and conditions were just about perfect for fast racing.

First to the 20 km events which the Open and Masters walkers contested. Three performances in particular deserve special attention.

Tom Barnes won the Victorian Men's 20 km title with a time of **1:27:45**. This was a big PB for Tom (previous best of 1:29:05, done in Canberra in January 2007). His main aim was to beat the 1:28:00 qualifying time for the World University Games and he had received permission from AA chief selector Peter Fitzgerald to have this race considered for selection purposes. With this in mind, VRWC ensured that we used our AIMS certified 2 km loop, we had a full set of qualified judges and we started the men's and women's events started 5 minutes apart. And Tom really produced the goods with his huge walk.

Megan Szirom won the Victorian Women 20 km title in a time of **1:36:55**, only 2 seconds outside her PB and a time that ranks her 4th in terms of 2008 World Cup selection rankings. She had a spirited battle with NSW walker Cheryl Webb until Cheryl retired at around the 15km mark.

Masters walker **Andrew Jamieson** beat his own World Masters M60 20 km world record by 19 secs with his time of **1:35:55**. The paperwork will be submitted to claim this as a new Masters World record and we are confident that the time will be ratified. Andrew came second in the Victorian 20 km title with his fine effort.

| AV 20 KM OPEN MEN | | CLUB | 2K | 4K | 6K | 8K | 10K | 12K | 14K | 16K | 18K | 20K |
|-------------------|--------------------|------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
| 1. | BARNES, Tom | MUU | 8.20 | 17.01 | 25.44 | 34.29 | 43.11 | 51.58 | 60.50 | 69.24 | 78.46 | 87.45 |
| 2. | JAMIESON, Andrew | OSC | 9.42 | 19.13 | 28.42 | 38.16 | 47.52 | 57.29 | 67.04 | 76.39 | 86.19 | 95.57 |
| 3. | DONAHOO, Mark | ATE | 10.18 | 20.48 | 31.07 | 41.22 | 51.30 | 61.48 | 72.08 | 82.23 | 92.40 | 103.16 |
| 4. | KOLLMORGEN, Stuart | COL | 9.53 | 20.04 | 30.22 | 40.43 | 51.05 | 61.37 | 72.04 | 82.22 | 92.56 | 103.40 |
| 5. | KNOX, Duncan | ATE | 11.05 | 23.14 | 34.34 | 45.59 | 57.44 | 69.11 | 80.32 | 91.56 | 103.28 | 115.16 |
| 6. | EVANS, Simon | BOH | 10.13 | 20.38 | 31.05 | 41.40 | 52.28 | 63.14 | 74.20 | 86.07 | | |
| 7. | BERTEI, Frank | ANW | | | | | | | | | | |
| 8. | TALLENT, Jared | BYC | | | | | | | | | | |

| VMA 20 KM MEN | | 2K | 4K | 6K | 8K | 10K | 12K | 14K | 16K | 18K | 20K | PLACE |
|-------------------|-----|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|-------|
| PATTERSON, Adam | M35 | 12.39 | 25.52 | 39.30 | 53.21 | 67.49 | 80.28 | 99.54 | 117.06 | 135.20 | 155.43 | 1 |
| DONAHOO, Mark | M45 | 10.18 | 20.48 | 31.07 | 41.22 | 51.30 | 61.48 | 72.08 | 82.23 | 92.40 | 103.16 | 1 |
| EVANS, Simon | M45 | 10.13 | 20.38 | 31.05 | 41.40 | 52.28 | 63.14 | 74.20 | 86.07 | | | DNF |
| LUCAS, Alan | M55 | 12.01 | 24.04 | 36.18 | 48.23 | 60.25 | 72.50 | 85.18 | 97.46 | 110.38 | 123.31 | 1 |
| WOOD, Robin | M55 | 13.36 | 27.05 | 40.27 | 54.01 | 67.23 | 80.46 | 94.15 | 108.19 | 122.11 | 136.05 | 2 |
| PROWSE, Frank | M55 | 12.30 | 25.28 | 38.41 | 52.12 | 65.58 | 80.11 | 93.20 | | | | DQ |
| BENNETT, Ralph | M65 | 11.22 | 22.41 | 34.06 | 45.34 | 57.07 | 68.50 | 80.20 | 92.04 | 103.53 | 115.34 | 1 |
| DICKENSON, Russ | M60 | 11.17 | 22.56 | 34.33 | 46.14 | 57.59 | 69.47 | 81.25 | 93.02 | 104.31 | 115.56 | 2 |
| DICKENSON, Murray | M65 | 11.35 | 23.11 | 34.56 | 46.48 | 58.52 | 71.04 | 83.26 | 95.56 | 108.36 | 121.14 | 3 |

| AV 20 KM OPEN WOMEN | | CLUB | 2K | 4K | 6K | 8K | 10K | 12K | 14K | 16K | 18K | 20K |
|---------------------|--------------------|------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
| 1. | SZIROM, Megan | RWD | 9.07 | 18.33 | 28.11 | 37.56 | 47.38 | 57.23 | 67.20 | 77.11 | 87.05 | 96.55 |
| 2. | RUSSELL, Yolanda | GLG | 11.03 | 21.56 | 32.49 | 43.47 | 54.51 | 66.02 | 77.11 | 88.52 | 100.43 | 112.33 |
| 3. | BANNISTER, Lynette | TAS | 11.03 | 21.56 | 33.04 | 44.17 | 55.45 | 67.17 | 79.01 | 91.35 | 102.54 | 114.38 |
| 4. | CARR, Heather | EAG | 11.03 | 22.05 | 33.27 | 44.50 | 56.23 | 68.06 | 79.55 | 91.52 | 104.16 | 116.45 |
| 5. | BRYANT, Barbara | EAG | 11.19 | 23.51 | 35.42 | 47.38 | 59.23 | 73.09 | 84.07 | 96.10 | | 119.58 |
| 6. | MAJOR, Annette | EAG | 11.57 | 23.52 | 35.42 | 47.38 | 59.23 | 72.53 | 86.15 | 99.55 | 114.13 | 128.45 |
| 7. | DRENNAN, Carmel | KSB | | | | | | | | | | |
| 8. | ROSEMAN, Justijana | ATE | | | | | | | | | | |
| 9. | WOODS, Claire | SA | | | | | | | | | | |

| VRWC 20 KM OPEN WOMEN | | CLUB | 2 K | 4 K | 6 K | 8 K | 10 K | 12 K | 14 K | 16 K | 18 K | 20 K |
|-----------------------|--|------|------|-------|-------|-------|-------|-------|-------|------|------|------|
| WEBB, Cheryl | | NSW | 9.06 | 18.30 | 27.55 | 37.26 | 47.17 | 57.06 | 67.14 | DNF | | |

| VMA 20 KM WOMEN | | 2 K | 4 K | 6 K | 8 K | 10 K | 12 K | 14 K | 16 K | 18 K | 20 K | PLACE |
|-----------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|-------|
| MAJOR, Annette | W40 | 11.57 | 23.52 | 35.42 | 47.38 | 59.23 | 72.53 | 86.15 | 99.55 | 114.13 | 128.45 | 1 |
| TINDAL, Pam | W45 | 11.19 | 23.52 | 36.14 | 48.28 | 60.48 | 73.09 | 85.43 | 98.08 | 110.28 | 122.39 | 1 |
| BRYANT, Barbara | W50 | 11.19 | 23.51 | 35.42 | 47.38 | 59.23 | 73.09 | 84.07 | 96.10 | | 119.58 | 1 |
| CARR, Heather | W55 | 11.03 | 22.05 | 33.27 | 44.50 | 56.23 | 68.06 | 79.55 | 91.52 | 104.16 | 116.45 | 1 |
| FELDMAN, Liz | W55 | 11.19 | 24.15 | 36.14 | 48.28 | 60.48 | 73.09 | 85.43 | 98.08 | 110.28 | 122.39 | 2 |

BEAUMONT, Margaret W65 15.42 31.06 46.17 61.54 77.30 93.24 109.22 125.98 142.22 158.47 1

The junior walkers contested the Victorian Schools Championships and there were some great walks there also. **Rhydian Cowley** easily took the U20 men's 10 km event in an easy 50:05. He had hoped to battle Kyle Bryant for the title but Kyle was a DNS, leaving Rhydian way out in front. 15year olds **Regan Lamble** and **Natalie Laurie** had a terrific battle in the U18 girls' 5 km. Regan took an early lead but Natalie then gradually pegged her back to the point they were level with 1 km to go. Regan once again got the upper hand coming away to record a great win in 24.50 not far from her best of 24.32. Natalie was outstanding, taking 23 seconds of her personal best time to finish with 25.02. In the boys' U18 event, **Daniel Payne** went under 24 minutes for the first time. After a 9.17 first 2 km, it was virtually a lone time trial for Daniel who finished very strongly to record 23.59. 13 year old **Rachel Tallent**, Jared's sister, has shown some real improvement over the last few months and she continued that great form to win the U16 girls' 3 km in a terrific 15.05. Further down the age groups, **Amy Burren** won the U14 3 girls' km with an excellent 15:26. And there were many others as well who excelled.

| AV 10 KM U20 MEN | | CLUB | 2K | 4K | 6K | 8K | 10K |
|------------------|--------------------|------|-------|-------|-------|-------|-------|
| 1. | MIRARCHI, Nicholas | COR | 10.19 | 20.45 | 31.15 | 41.51 | 52.02 |
| 2. | BURGESS, Shaun | CHI | 10.30 | 21.42 | 32.42 | 44.07 | 55.26 |
| | BRYANT, Kyle | EAG | DNS | | | | |

| AV SCHOOLS 10 KM U20 MEN | | SCHOOL | 2K | 4K | 6K | 8K | 10K |
|--------------------------|--------------------|---------------|-------|-------|-------|-------|-------|
| 1. | COWLEY, Rhydian | Melbourne H.S | 9.58 | 20.23 | 30.31 | 40.12 | 50.05 |
| 2. | MIRARCHI, Nicholas | St Joseph's | 10.19 | 20.45 | 31.15 | 41.51 | 52.02 |

| AV SCHOOLS 10 KM U20 WOMEN | | SCHOOL | 2K | 4K | 6K | 8K | 10K |
|----------------------------|------------------|---------------|-------|-------|-------|-------|-------|
| 1. | BRUNTON, Caitlin | Kardinia Int. | 10.32 | 21.43 | 32.43 | 44.18 | 55.43 |

| AV SCHOOLS 5 KM U18 MEN | | SCHOOL | 2K | 4K | 5K |
|-------------------------|---------------|------------------|-------|-------|-------|
| 1. | PAYNE, Daniel | Kardinia Inter. | 9.17 | 19.09 | 23.59 |
| 2. | LYON, Matt | Caulfield Gramm. | 11.38 | 25.52 | 33.19 |
| 3. | ELMS, Jason | Lalor North | 12.49 | 27.40 | 34.26 |

| AV SCHOOLS 5 KM U18 | | SCHOOL | 2K | 4K | 5K |
|---------------------|--------------------|--------------------|-------|-------|-------|
| 1. | LAMBLE, Regan | Strathcona. B.G.G. | 9.36 | 19.56 | 24.50 |
| 2. | LAURIE, Natalie | Kingswood. Coll. | 9.42 | 19.56 | 25.05 |
| 3. | ATTARD, Tamara | Aquinas Coll. | 10.25 | 21.43 | 27.15 |
| 4. | PALFREYMAN, Jessie | Bendigo. Sen.Coll. | 10.29 | 21.48 | 27.23 |
| 5. | BODDY, Lana | Corio Bay Coll. | 13.11 | 27.16 | 34.12 |
| 6. | GAGE, Mykaela | Sacred Heart Coll. | 13.37 | 28.44 | 36.19 |

| AV SCHOOLS 3 KM U16 BOYS | | SCHOOL | TIME |
|--------------------------|------------------|----------------------|-------|
| 1. | SIMPSON, Bradley | Yarra Valley Grammar | 15.35 |
| 2. | WALSH, Robert | Mt Waverley S.C. | 15.58 |
| 3. | GREEN, Michael | Mary McKillop C.R.C. | 17.30 |

| AV SCHOOLS 3 KM U16 GIRLS | | SCHOOL | TIME |
|---------------------------|------------------|------------------------|-------|
| 1. | TALLEN, Rachel | Ballarat. H. S. | 15.05 |
| 2. | COLLINS, Ayla | St John's College | 15.45 |
| 3. | DYER, Chelsea | Strathcona B.G.G. | 15.52 |
| 4. | PAYNE, Emily | Kardinia International | 16.02 |
| 5. | BRAZEL, Hilary | Emmaus College | 16.31 |
| 6. | BRUNTON, Erin | Kardinia International | 16.44 |
| 7. | CALLAWAY, Amy | Mater Christie | 16.53 |
| 8. | MASKELL, Katrina | Shepparton H.S. | 17.11 |
| 9. | FELTON, Jacinta | Mater Christie | 17.52 |
| 10. | DAVIS, Danielle | Matthew Flinders G.S.C | 18.06 |
| 11. | TREW, Keely | Eaglehawk S.C. | 18.25 |
| 12. | PEACHEY, Anika | Maribyrnong S. C. | 18.50 |
| 13. | LYON, Kelly | Caulfield Grammar | 19.27 |

| AV SCHOOLS 3 KM U14 BOYS | | SCHOOL | TIME |
|--------------------------|-----------------|----------------------|-------|
| 1. | FELTON, Matthew | Aquinas College | 15.50 |
| 2. | WRIGHT, Jacob | Emmaus College | 16.35 |
| 3. | ALLAMBY, Billy | Karoo P.S. | 16.50 |
| 4. | CURTIS, Peter | Flora Hill S.C. | 16.51 |
| 5. | JONES, Jeremiah | Spring Gully P.S. | 18.18 |
| 6. | GARDNER, Aaron | Thomastown East P.S. | 18.59 |

| | | | |
|----------------------------------|-------------------------|---------------------------|-------------|
| 7. | McNICOL-DAVIDSON, Cody | Karingal Heights P.S. | 19.14 |
| AV SCHOOLS 3 KM U14 GIRLS | | | |
| | SCHOOL | | TIME |
| 1. | BURREN, Amy | Killester College | 15.26 |
| 2. | WHILEY, Ebony | St Joseph's P.S. | 15.44 |
| 3. | FINNEGAN, Amelia | Mater Christie | 15.52 |
| 4. | CAMPBELL, Caitlin | Copperfield S.C. | 15.54 |
| 5. | TALLENT, Ebony | Ballarat H.S. | 15.56 |
| 6. | HALLETT, Nicole | St Francis Xavier | 16.47 |
| 7. | BURREN, Sarah | St Mark's P.S. | 17.12 |
| 8. | ALBERT, Ashley | St Mark's P.S. | 18.15 |
| 9. | McNICOL-DAVIDSON, Chloe | Karingal Heights P.S. | 19.02 |
| 10. | CAMPBELL, Rebecca | Sydenham Hillside P.S. | 19.47 |
| | COLLINS, Talie | St Johns College | DNF |
| | RASELLI, Cassandra | Presbyterian Ladies Coll. | DNS |

And for the youngest age groups, we had 1500m club championships which were also fiercely contested. Anyone who got in the way at the start was going to be steamrollered!

VRWC U12 1500M CLUB CHAMPIONSHIP

| | | |
|----|-----------------------|------|
| 1. | Dane HEIDEN (BGO) | 7.59 |
| 2. | Andrew HOGAN | 8.02 |
| 3. | Jeremiah JONES (BGO) | 8.10 |
| 4. | Aaron GARDNER | 8.49 |
| 5. | Lucas TAYLOR | 9.02 |
| 6. | Ben MASKELL | 9.36 |
| | | |
| 1. | Sarah BURREN | 8.19 |
| 2. | Carly BERTRAND | 8.25 |
| 3. | Stephanie GEORGE | 8.33 |
| 4. | Bianca ATTARD | 9.15 |
| 5. | Brigette BROCKENSHIRE | 9.20 |
| 6. | Stacey McLAREN | 9.36 |
| 7. | Bethanie BARBOUR | 9.37 |

VRWC U9 1500M CLUB CHAMPIONSHIP

| | | |
|----|--------------------|-------|
| 1. | Billy ALLAMBY | 8.00 |
| 2. | Ryan DOSSETOR | 9.38 |
| 3. | Bryce BROCKENSHIRE | 9.39 |
| 4. | Ben GREEN | 10.09 |
| | | |
| 1. | Cindy COLLINS | 9.10 |
| 2. | Amy VENTURA | 9.55 |
| 3. | Emily McDONOUGH | 13.31 |

And finally we had our usual open distance event for anyone else who wanted a fitness workout! Welcome back to Erin Adamcewicz after an overseas stint – and not a bad first up time of 30:16 at that.

VRWC 5 KM OPEN

| | | |
|----|---------------------|-------|
| 1. | Janet HOLMES | 29.37 |
| 2. | Erin ADAMCEWICZ | 30.16 |
| 3. | Anthony DORAN | 31.05 |
| 4. | Celia JOHNSON | 33.20 |
| 5. | Donna ELMS | 34.26 |
| 6. | Adrianna CREA | 35.10 |
| 7. | Christine GRIFFITHS | 46.26 |
| | Ian BEAUMONT | DNF |
| | Theodora McKENZIE | DQ |

VRWC EVENTS, ALBERT PARK, SATURDAY 7 JULY 2007

The forecast was for a bleak day but we still had 55 walkers who turned out with their fingers crossed. Alas, the expected change came through mid race, the temperatures dropped to about 5°C and the rain came. But once you are underway, you continue on and that is what happened. Luckily the distances this week were shorter so everyone managed to finish, a little colder, but none the worse for the experience. As usual, we had our fair share of PBs and some great racing.

In the Open 8 km walk, Mark Donahoo and Regan Lamble battled it out in the front with little separating them throughout the race. It was a big PB for Regan as she finished with a great 40:54. Tamara Attard also walked fantastically, beating her previous best by nearly 2 minutes to win the women's handicap while Aaron McDonough won the men's handicap.

VRWC 8 km Open

| | | | |
|----|------------------|-------|---|
| 1. | Regan Lamble | 40:54 | 2 |
| 2. | Pam Tindal | 44:11 | 4 |
| 3. | Natalie Laurie | 44:38 | 6 |
| 4. | Tamara Attard | 45:26 | 1 |
| 5. | Liz Feldman | 46:04 | 3 |
| 6. | Janet Holmes | 47:26 | 5 |
| | | | |
| 1. | Mark Donahoo | 40:36 | 7 |
| 2. | Ralph Bennett | 43:51 | 3 |
| 3. | Bill Dyer | 43:58 | |
| 4. | Russ Dickenson | 44:11 | 6 |
| 5. | Murray Dickinson | 44:54 | 2 |
| 6. | Alan Lucas | 45:28 | 4 |
| 7. | Aaron McDonough | 47:15 | 1 |
| 8. | Robin Wood | 53:07 | 5 |

The Dyer family were out in force with Bill doing the 8 km, Deb doing the 4 km (and doing it pretty well for someone who hasn't walked in anger for some years) and Chelsea doing the U15 4 km. It was also great to see mums Cherylanne Campbell and Sam Bertrand enjoying their 4 km walk.

VRWC 4 km Open

| | | | |
|----|---------------------|-------|---|
| 1. | Heather Carr | 20:59 | 6 |
| 2. | Deb Dyer | 23:19 | |
| 3. | Donna Elms | 27:04 | 3 |
| 4. | Theodora McKenzie | 27:21 | |
| 5. | Kiersten Coulter | 27:32 | 2 |
| 6. | Maryanne Harrison | 28:52 | 1 |
| 7. | Margaret Beaumont | 29:25 | 5 |
| 8. | Sandra Bertrand | 31:57 | 4 |
| 9. | Cherylanne Campbell | 31:57 | 7 |
| | Gwen Steed | DNS | |
| | | | |
| 1. | Adam Patterson | 23:53 | 1 |
| 2. | Jason Elms | 25:37 | 4 |
| 3. | Barry Wicks | 26:29 | 3 |
| 4. | Ian Beaumont | 30:57 | 2 |
| | Bernie Keirl | Ab | |
| | Gordon Onley | DQ | |
| | Lindsay Harrison | DQ | |

Anika Peachey took some 30 secs off her 4 km PB with her time of 25:25 and that made her a clear handicap winner in the U15 girls' walk. Hilary Brazel and Robert Walsh were fastest overall and are both walking very consistently this winter.

VRWC 4 km Under 15

| | | | |
|----|---------------|-------|---|
| 1. | Hilary Brazel | 21:58 | 2 |
|----|---------------|-------|---|

| | | | |
|----|------------------|-------|---|
| 2. | Nicole Hallett | 23:17 | 6 |
| 3. | Chelsea Dyer | 24:49 | 7 |
| 4. | Madeleine Graham | 25:17 | 3 |
| 5. | Anika Peachey | 25:25 | 1 |
| 6. | Carly Bertrand | 26:22 | 4 |
| 7. | Adrianna Crea | 27:01 | 5 |
| | | | |
| 1. | Robert Walsh | 21:52 | 1 |
| 2. | Damien Elms | DQ | |

The Under 12 event saw Matthew Felton and Caitlin Campbell battling out the front and they were never separated by more than a few metres. They were both worthy winners with Caitlin winning the girls' handicap as well. Andrew Hogan continues his great U12 season and was the boys' handicap winner. In the U9 races, Paige de Lisen took some 20 secs off her PB to come out an easy winner. Charlee Harrison is also a big improver this winter and walked excellently for second.

VRWC 2.5 km Under 12

| | | | |
|----|-------------------------|-------|---------|
| 1. | Caitlin Campbell | 13:28 | 1 |
| 2. | Chloe McNicol-Davidson | | 16:22 3 |
| 3. | Beth Barbour | 17:06 | 4 |
| 4. | Bianca Attard | 17:15 | 2 |
| 5. | Stacey McLaren | 18:58 | 5 |
| 6. | Rebecca Campbell | DNS | |
| | | | |
| 1. | Matthew Felton | 13:26 | 2 |
| 2. | Andrew Hogan | 15:14 | 1 |
| 3. | Michael Green | 15:34 | 3 |
| 4. | Mitchell Green | 19:39 | 4 |
| | Cody McNicol-DavidsonAb | | |

VRWC 1.5 km Under 9

| | | Handicap | |
|----|------------------|-----------------|---|
| 1. | Paige De Lisen | 11:08 | 1 |
| 2. | Charlee Harrison | 12:06 | 2 |
| 3. | Georgia Bertrand | 12:26 | 4 |
| 4. | Emily McDonough | 14:45 | 3 |
| | | | |
| 1. | Ben Green | 10:47 | 1 |

| |
|--|
| RWA STATE CHALLENGE, ALBERT PARK, SATURDAY 14 JULY 2007 |
|--|

Our annual Racewalking Australia State Challenge saw 74 VRWC and 1 TRWC (Tasmania) walker test themselves out and try to gain maximum points for their clubs in this unique competition which sees each Australian racewalking club racing the same fixture of events on the same day. Results are then forwarded to Mark Donahoo. He combines them into a single set of results, works out the points (based on the top competitor for each club in each age group) and ranks the clubs in order to find the winner. Mark will not have the results completed for a while yet so I will simply go with our VRWC results in this week's newsletter.

And onto the raceday itself. I was sure we were going to have a dreadful afternoon weather wise, given the last few days and the Saturday morning itself but it all magically cleared and we had perfect racing conditions except for the various puddles for spectators and walkers to avoid. All monies raised from the day's proceedings were earmarked for the **Royal Melbourne Hospital Neuroscience Foundation** and we had Dr Kate Drummond from the RMH on hand to thank everyone for their efforts and to wish them all well in their races. I am pleased to announce that we will be forwarding a cheque for **\$600** to the Foundation. Also, the total distance raced is being donated to the **International Brain Tumour Awareness Walk Around the World** and I calculate that our walkers yesterday completed a total race distance of **387 km**. Well done everyone.

I jokingly advised our two top Masters walkers **Heather Carr** and **Andrew Jamieson** before their event that I was expecting huge performances but not to feel any personal pressure! Well, they must have taken me seriously as Andrew set a **new Masters M60 10 km record of 46:46** and Heather **equalled her own Masters W55 10 km record of 53:55**. Oh, where did that extra one second go! They were ably backed up by Tom Barnes who blitzed to the fastest time of the day with 44:17 and by Stuart Kollmorgen (48:56) and Mark Donahoo (50:53). And a special mention to Harlene Hercules who walked her first ever 10 km event and helped us greatly in that she was the only Open woman to finish – all our other female 10 km finishers were Masters walkers. And how about Donna Elms who upped her distance to the 10 km event and walked excellently for her big PB of 1:12:48. Finally, has Duncan Knox been secretly training – 53:31 is a big time for the local Essendon lad these days!

RWA Challenge 10km Open

| | | | |
|----|-------------------|-------|---------------|
| 1. | Harlene Hercules | 76:46 | |
| | Sandra Geisler | Ab | |
| 1. | Tom Barnes | 44:17 | |
| 2. | Stuart Kollmorgen | 48:56 | |
| | Aaron McDonough | Ab | 23.15 for 4km |
| | Darius Wojcik | Disq | |

RWA Challenge 10km Masters

| | | | |
|-----|-------------------|-------|---------------------|
| 1. | Heather Carr | 53:55 | World Record |
| 2. | Pam Tindal | 56:15 | |
| 3. | Janet Holmes | 60:36 | |
| 4. | Donna Elms | 72:48 | |
| | Gwen Steed | Ab | 30.17 for 5km |
| | Gayle McIntyre | Ab | 30.17 for 5km |
| | Deb Dyer | Ab | 29.58 for 5km |
| 1. | Andrew Jamieson | 46:56 | World Record |
| 2. | Mark Donahoo | 50:53 | |
| 3. | Paul Kennedy | 52:58 | |
| 4. | Duncan Knox | 53:31 | |
| 5. | Ross Reid | 53:35 | |
| 6. | Bill Dyer | 54:27 | |
| 7. | Ralph Bennett | 56:05 | |
| 8. | Murray Dickinson | 56:54 | |
| 9. | Alan Lucas | 57:55 | |
| 10. | Robin Wood | 66:04 | |
| 11. | David(Tas) Moore | 68:14 | |
| | Russ Dickenson | Ab | 45.26 for 8km |
| | Geoff Barrow | Disq | |

Many of our junior walkers were resting so it was a bit of a challenge to make sure we had all age groups covered but it seemed our lucky day in that at least one walker turned up for each age group – and all get past the scrutiny of the judges – phew! Tamara Attard took over 2 minutes off her 10 km time with a big effort while Nicholas Mirarchi, Jason Elms, Natalie Laurie, Regan Lamble, Robert Walsh, Amy Burren and Matthew Felton made sure we are still in the hunt in the State Challenge by posting good fastest times of their own. And a special mention to U16 walker Anika Peachey who was hit in the eye by an errant golf ball when walking along the top section alongside the driving range. But she still finished – well done in adversity, Anika!

RWA Challenge 10km Un20

1. Nicholas Mirarchi 51:50

1. Tamara Attard 58:15

RWA Challenge 8km Un18

1. Natalie Laurie 42:30

1. Jason Elms 57:48

RWA Challenge 5km Un16

1. Regan Lamble 25:27

2. Beth Alexander 26:05

3. Ayla Collins 28:53

4. Anika Peachey 34:22

5. Adrianna Crea 34:25

1. Robert Walsh 27:17

RWA Challenge 3km Under 14

1. Amy Burren 15:10

2. Amelia Finnegan 15:43

3. Hilary Brazel 16:24

4. Chelsea Dyer 17:07

5. Madeleine Graham 18:26

6. Ella Mason 19:05

1. Matthew Felton 16:31

2. Ryan Antidormi 16:58

3. Jacob Wright 17:05

The U12 and U10 age groups were strongly contested as usual. Unfortunately there was a bit of confusion and some did not realise it was age on the day rather than VRWC age (which is taken from the start of our financial year). That means that Caitlin Campbell and Talie Collins should have actually walked in U14 on the day so the winner of the U12 was really Sarah Burren. I will still show the other girls' times in the results but without a placing. And spare a thought for Billy Allamby who thought his event started earlier and headed off with the U12 2km walkers. He eventually ran back to get to the starting line just before the U10 events got underway. And then he took a wrong turn – and he still got the U9 fastest time!

RWA Challenge Under 12 2km

Caitlin Campbell 10:22

Talie Collins 11:22

1. Sarah Burren 11:24

2. Stephanie George 11:56

3. Carly Bertrand 12:10

4. Chloe McNicol-Davidson 12:39

5. Beth Barbour 13:10

6. Bianca Attard 13:30

7. Stacey McLaren 13:35

1. Andrew Hogan 12:23

2. Lucas Taylor 12:51

Cody McNicol-Davidson Ab

RWA Challenge Under 10 1.5km

| | | |
|----|------------------|---|
| 1. | Rebecca Campbell | 09:03 |
| 2. | Cindy Collins | 09:16 |
| 3. | Ali Brunton | 09:26 |
| 4. | Sophia Antidormi | 09:43 |
| 5. | Paige De Lisen | 10:11 |
| e6 | Amy Ventura | 10:40 |
| e6 | Jayde Frank | 10:40 |
| 8. | Charlee Harrison | 12:03 |
| 9. | Kristina Collins | 13:52 |
| | Emily McDonough | took wrong turn – did not complete course |
| | | |
| 1. | Billy Allamby | 08:32 |
| 2. | Reese Walmsley | 08:40 |

And finally to our Open 3km event where there were some great PBs by some of our lesser experienced walkers.

VRWC Open 3km

| | | |
|----|---------------------|-------|
| 1. | Theodora McKenzie | 20:24 |
| 2. | Kiersten Coulter | 20:38 |
| 3. | Maryanne Harrison | 21:51 |
| 4. | Christine Griffiths | 27:28 |
| | | |
| 1. | Lindsay Harrison | 20:25 |
| 2. | John Morrison | 20:33 |
| 3. | Damien Elms | 21:38 |

Mark Donahoo has now collated all the race results from the other clubs and we can announce that we successfully defended our Racewalking Australian Postal Challenge title and will now hold the Perpetual Trophy for another year

| | |
|--------------------------------------|-----|
| Victorian Race Walking Club | 41 |
| New South Wales Race Walking Club | 58 |
| Western Australian Race Walking Club | 61 |
| Regal Racewalkers | 92 |
| Race Walking Club of WA | 103 |
| Tasmanian Race Walking Club | 103 |
| Queensland Race Walking Club | 114 |
| South Australian Race Walkers | 120 |
| Bendigo Walkers Club | 122 |
| ACT Race and Fitness Walking Club | 149 |

VRWC RACES, ALBERT PARK, SATURDAY 21 JULY 2007

It was a big day of racing as 86 walkers contested the various events in what were perfect winter conditions (as usual for Melbourne at this time of the year – but I'm not biased!). The highlight was the Victorian Masters 10 km roadwalking championship where 35 of our older walkers showed that they have lost little of their speed and racing ability. And we were privileged to see 2 World Records and one Australian Record amongst the many top performances. **Andrew Jamieson (46:22) took a further 24 secs off his M60 World Record** that he set last week while **Heather Carr (53:41) took 14 secs of her own W55 World Record** which she equalled last week. And joining the elite group of Masters record holders was **Ralph Bennett whose time of 54:06 took some 10 secs off Murray Dickinson's M65 Australian Record**. If you haven't heard much of Ralph before, you can be excused as he has only recently joined the walking ranks. Here is what he has to say in his profile on our newly created VRWC WIKI Site (but more about that later in the newsletter)

I am a Masters middle and long-distance runner (Mentone Venue) and racewalker. I started racewalking in April 2006, with VRWC, after three frustrating months of running that was limited by persistent hamstring injuries. That's when I found out about the technical nature of racewalking, found some relief for my hamstrings, but started to experience the soreness of some other new-found and previously under-utilised muscles and ligaments!

My other vote for top performers amongst the masters were Bendigo walkers **Geoff Major (M70 – 64:34)** and **Barbara Bryant (W50 – 56:37)** but it's really a toss of the coin in trying to pick out individuals from amongst so many wonderful walkers.

| VMA 10 km Championship | | | | VRWC Handicap Place | |
|-------------------------------|---|-------------------|-------|----------------------------|---|
| 35 | 1 | Harlene Hercules | 78:57 | E9 | |
| 40 | 1 | Gayle McIntyre | 65:40 | 11 | |
| 45 | 1 | Pam Tindal | 55:40 | 4 | |
| 45 | 2 | Frances Halton | 68:17 | | |
| 50 | 1 | Barbara Bryant | 56:37 | | |
| 50 | 2 | Alison Thompson | 58:23 | 5 | |
| 50 | 3 | Janet Holmes | 61:17 | 6 | |
| 55 | 1 | Heather Carr | 53:41 | E2 | World W55 Record (14 secs) |
| 55 | 2 | Liz Feldman | 58:06 | E2 | |
| 55 | 3 | Marlene Gourlay | 58:52 | | |
| 55 | 4 | Celia Johnson | 66:23 | 1 | |
| 60 | 1 | Valerie Millard | 66:37 | | |
| 65 | 1 | Gwen Steed | 63:34 | E9 | |
| 65 | 2 | Sylvia Machin | 64:04 | 8 | |
| 65 | 3 | Margaret Beaumont | 75:58 | 7 | |
| | | | | | |
| 35 | 1 | Aaron McDonough | 58:13 | 2 | |
| 35 | 2 | Adam Patterson | 65:55 | | |
| 45 | 1 | Mark Donahoo | 49:26 | 4 | |
| 50 | | Ross Reid | Disq | | |
| 55 | 1 | Alan Lucas | 57:02 | 6 | |
| 55 | 2 | Robin Wood | 63:24 | 1 | |
| 55 | 3 | Geoff Barrow | 64:13 | 9 | |
| 55 | 4 | John Carter | 67:13 | | |
| 60 | 1 | Andrew Jamieson | 46:22 | 5 | World M60 Record (24 secs) |
| 60 | 2 | Russ Dickenson | 55:40 | 8 | |
| 65 | 1 | Ralph Bennett | 54:06 | 3 | Australian M65 Record (9.8 secs) |
| 65 | 2 | Murray Dickinson | 57:09 | 7 | |
| 65 | 3 | Barry Wicks | 68:17 | | |
| 65 | 4 | John Hallo | 69:11 | | |
| 70 | 1 | Geoff Major | 64:34 | | |
| 70 | | Ian Beaumont | Disq | | |

And now onto our VRWC races. We had one club championship on offer, the Mabel Robinson Trophy, open to all the women club members walking in any of the 10 km events. Megan Szirom, Yolanda Russell and Natalie Laurie took the medals with great individual walks. A special mention for **Natalie Laurie**, only just 16 years of age, who took 8

minutes off her best time with a huge **52:50**. She walked with Nicholas Mirarchi early on and only dropped off in the last few laps. Also of special note was the walk by **Kiersten Coulter** whose 3km time of **20:17** was a **new Australian Transplant Record**. She and fellow transplantee Christine Griffiths are regular competitors and are inspirational examples of how to challenge your problems and never say NO. **Nicholas Mirarchi**, also only 15 years of age, was only a couple of seconds outside his PB with his time of 51:40. **Maryann Harrison** walked her first ever 5 km and was rewarded with a handicap win. **Rhydian Cowley**, another super talented 16 year old, zoomed to a great 5km time of 23:01. And finally **Ayla Collins, Nicole Hallett and Hilary Brazel**, although still U15, competed well in the Open 5 km. It's great to see our young walkers challenging themselves over the longer distances and doing so well.

VRWC Open Women 10 km Championship – Mabel Robinson Trophy

| | | |
|----|-----------------|-------|
| 1. | Megan Szirom | 48:16 |
| 2. | Yolanda Russell | 52:19 |
| 3. | Natalie Laurie | 52:50 |

VRWC 10 km

| | | |
|----|-----------------|-------|
| 1. | Megan Szirom | 48:16 |
| 2. | Yolanda Russell | 52:19 |
| 3. | Natalie Laurie | 52:50 |

VRWC Handicap Place

| | | | |
|----|-------------------|-------|---|
| | | 3 | |
| | | E1 | |
| | | E1 | |
| 1. | Nicholas Mirarchi | 51:40 | 1 |

VRWC Open 5 km

| | | |
|----|-------------------|-------|
| 1. | Tamara Attard | 27:26 |
| 2. | Ayla Collins | 27:35 |
| 3. | Nicole Hallett | 28:40 |
| 4. | Hilary Brazel | 29:38 |
| 5. | Maryanne Harrison | 35:16 |

VRWC Handicap Place

| | | | |
|----|----------------|-------|---|
| | | 4 | |
| | | 3 | |
| | | 2 | |
| | | 5 | |
| | | 1 | |
| 1. | Rhydian Cowley | 23:01 | 1 |
| 2. | John Morrison | 34:05 | 2 |

VRWC Open 3 km

| | | |
|----|---------------------|-------|
| 1. | Donna Elms | 19:44 |
| 2. | Kiersten Coulter | 20:17 |
| 3. | Christine Griffiths | 27:25 |
| 1. | Jason Elms | 19:14 |
| 2. | Lindsay Harrison | 19:58 |

VRWC Handicap Place

| | | |
|--|--|---|
| | | 2 |
| | | 1 |
| | | 3 |
| | | 2 |
| | | 1 |

Our younger walkers were not to be outdone and also produced some great walks. In particular, our U9 and U12 walkers seem to be doing PBs just about every time they toe the line. **Billy Allamby** was the pick of the bunch with his U9 1 km time of 5:12. He chased U12 winner **Matthew Felton** all the way to the 1 km line. Then Matthew powered on by himself to record an excellent 10:39 for the 2 km. Still talking U12, **Michael Green, Andrew Hogan and Chloe McNicol-Davidson** all did big 2 km PBs. Finally **Madeleine Graham** took over a minute off her best time in the U15 3k.

VRWC Under 15 3 km

| | | |
|----|-------------------|---------------------|
| 1. | Amelia Finnegan | 15:48 |
| 2. | Madeleine Graham | 17:24 |
| 3. | Talie Collins | 17:37 |
| 4. | Jacinta Felton | 18:16 |
| 5. | Carly Bertrand | 19:15 |
| 6. | Caitlin Campbell | 19:23 |
| 7. | Anika Peachey | 19:30 |
| 8. | Rebecca Campbell | 19:44 |
| | Cassandra Raselli | Ab. 2km in 10.25min |
| | Adrianna Crea | Disq |

VRWC Handicap Place

| | | | |
|----|----------------|-------|---|
| | | 3 | |
| | | 1 | |
| | | 4 | |
| | | 2 | |
| | | 5 | |
| | | 8 | |
| | | 6 | |
| | | 7 | |
| 1. | Ryan Antidormi | 16:16 | 2 |
| 2. | Jacob Wright | 16:26 | 1 |
| | Damien Elms | Disq | |

VRWC Under 12 2 km

| | | | |
|----|------------------------|-------|---|
| 1. | Stephanie George | 11:57 | 4 |
| 2. | Chloe McNicol-Davidson | 12:01 | 1 |
| 3. | Cindy Collins | 12:41 | 5 |
| 4. | Beth Barbour | 13:03 | 3 |
| 5. | Bianca Attard | 13:16 | 2 |
| 6. | Stacey McLaren | 14:38 | 6 |

VRWC Handicap Place

| | | | |
|----|----------------|-------|---|
| 1. | Matthew Felton | 10:39 | 4 |
| 2. | Michael Green | 11:14 | 3 |
| 3. | Andrew Hogan | 11:16 | 1 |
| 4. | Lucas Taylor | 11:50 | 2 |
| | Mitchell Green | Ab | |

VRWC Under 9 1 km

| | | | |
|----|-------------------|-------|----|
| 1. | Paige De Lisen | 06:26 | 1 |
| 2. | Jayde Frank | 06:29 | |
| 3. | Amy Ventura | 06:38 | E2 |
| 4. | Georgia Bertrand | 06:40 | E2 |
| 5. | Samantha Goossens | 06:57 | |
| 6. | Charlee Harrison | 07:30 | 4 |
| 7. | Kristina Collins | 08:28 | 5 |
| 8. | Emily McDonough | 08:32 | 6 |

VRWC Handicap Place

| | | | |
|----|-----------------------|-------|---|
| 1. | Billy Allamby | 05:12 | 3 |
| 2. | Cody McNicol-Davidson | 05:57 | 4 |
| 3. | Ben Green | 06:06 | 2 |
| 4. | Ryan Dossetor | 06:23 | 1 |

VRWC RACES, ALBERT PARK, SATURDAY 28 JULY 2007

With some of our walkers in Adelaide for the Racewalking Australia carnival and a large number of our younger walkers competing in the Little Athletics State Cross Country championships, it was a quieter day at Albert Park but we still had nearly 50 walkers in attendance.

Wow, times in the 8 km event were superb. Walk of the day had to be Tom Barnes whose brilliant 34:00 shows that he is in great form ahead of the World University Games. Rhydian Cowley was not far behind Tom with his PB time of 37:32. Pam Tindal and Ralph Bennett must have also done PBs while Murray Dickenson walked his best time for a while and showed that he is also approaching top form leading into the World Masters later this year in Italy. And finally, U16 Ayla Collins walked her first 8 km event and did a very good first up 46:28.

| 8km Open | | Handicap | |
|-----------------|-------------------|-----------------|---|
| 1. | Pam Tindal | 43:55 | 1 |
| 2. | Liz Feldman | 45:56 | 3 |
| 3. | Ayla Collins | 46:28 | |
| 4. | Celia Johnson | 54:11 | 4 |
| 5. | Margaret Beaumont | 59:12 | 2 |
| | | | |
| 1. | Tom Barnes | 34:00 | 3 |
| 2. | Rhydian Cowley | 37:32 | 2 |
| 3. | Mark Donahoo | 38:59 | 5 |
| 4. | Ralph Bennett | 43:09 | 4 |
| 5. | Russ Dickenson | 44:18 | 7 |
| 6. | Murray Dickinson | 44:34 | 1 |
| 7. | Alan Lucas | 45:50 | 6 |
| | Ian Beaumont | Disq | |

The Open 4 km was our most popular distance with Heather Carr and Clyde Riddoch taking fastest times. Maryanne Harrison continued her steady improvement to take the women's handicap while Anthony Doran showed a good turn of speed to win the men's handicap.



Gwen Steed, Clyde Riddoch, Anthony Doran, Jason Elms, Janet Holmes, Heather Carr and Bernie Keirl

| 4km Open | | Handicap | |
|-----------------|-------------------|-----------------|----|
| 1. | Heather Carr | 20:52 | 6 |
| 2. | Janet Holmes | 23:12 | 5 |
| 3. | Gayle McIntyre | 23:53 | E3 |
| 4. | Gwen Steed | 24:19 | 8 |
| 5. | Donna Elms | 26:47 | E3 |
| 6. | Kiersten Coulter | 27:24 | 2 |
| 7. | Maryanne Harrison | 28:00 | 1 |
| 8. | Harlene Hercules | 29:25 | 7 |
| | | | |
| 1. | Clyde Riddoch | 22:15 | E5 |

| | | | |
|----|------------------|-------|----|
| 2. | Tony Johnson | 22:48 | 7 |
| 3. | Anthony Doran | 23:44 | 1 |
| 4. | Adam Patterson | 24:16 | 4 |
| 5. | Jason Elms | 25:15 | E5 |
| 6. | Robin Wood | 26:08 | 3 |
| 7. | Barrie Wicks | 26:20 | 2 |
| | Bernie Keirl | Ab | |
| | Lindsay Harrison | Disq | |

Our younger walkers also walked well with Taylor Brogan, Jacob Wright, Beth Barbour, Lucas Taylor, Amy Ventura and Paige De Lisen taking the handicap points. Amelia Finnegan walked very fast with her 4 km time of 21:21 while Caitlin Campbell and Cindy Collins also stood out time wise.

| 4km Under 15 | | Handicap | |
|---------------------|-----------------|-----------------|---|
| 1. | Amelia Finnegan | 21:21 | 3 |
| 2. | Nicole Hallett | 22:04 | 2 |
| 3. | Taylor Brogan | 26:05 | 1 |
| 4. | Anika Peachey | 26:31 | 4 |
| 5. | Adrianna Crea | 27:38 | 5 |
| | | | |
| 1. | Jacob Wright | 23:01 | 1 |
| | Robert Walsh | Ab | |

| Under 12 2km | | Handicap | |
|---------------------|------------------|-----------------|---|
| 1. | Caitlin Campbell | 11:13 | 5 |
| 2. | Ashley Albert | 11:43 | 2 |
| 3. | Rebecca Campbell | 12:22 | 4 |
| 4. | Beth Barbour | 12:40 | 1 |
| 5. | Stacey McLaren | 13:46 | 3 |
| | | | |
| 1. | Lucas Taylor | 12:03 | 1 |

| Under 9 1km | | Handicap | |
|--------------------|-------------------|-----------------|----|
| 1. | Cindy Collins | 05:38 | 3 |
| 2. | Amy Ventura | 06:35 | E1 |
| 3. | Paige De Lisen | 06:38 | E1 |
| 4. | Annalise Harrison | 07:32 | 4 |
| 5. | Charlee Harrison | 07:36 | 5 |



Lucas Taylor, Cindy Collins, Rebecca and Caitlin Campbell and Beth Barbour

VRWC RACES, ALBERT PARK, SATURDAY 4 AUGUST 2007

Refreshingly brisk or just plain old cold and windy – it depends on your perspective – but it didn't deter a goodly number of walkers from some solid performances this week at Albert Park.

Leading from the front was **Nicholas Mirarchi** whose 50:24 took over 1 minute off his best time. **Simon Evans** looked very sharp as he raced to his best 10 km time this winter while **Ralph Bennett** and **Russ Dickenson** were also well up with their bests with their 54+ min performances.. Who said it was windy? **Donna Elms** did yet another PB in the Open 5 km while **Bernie Keirl** finally put that troublesome hamstring to rest with a very quick 27:13. And welcome back to **Scott Murdoch** who had his first walk in many years and handled the 5km distance well. Scott raced for MHSOB in the sixties and early seventies and there was an amount of reminiscing going on about past encounters!



Nicholas Mirarchi, Simon Evans, Donna Elms, Barrie Wicks, Scott Murdoch and cameraman extraordinary Ray Smith

Open 10 km

| | | Handicap |
|----|-------------------|-----------------|
| 1. | Alison Thompson | 59:27 |
| 2. | Liz Feldman | 59:55 |
| 3. | Margaret Beaumont | 74:38 |
| | | |
| 1. | Nicholas Mirarchi | 50:24 |
| 2. | Simon Evans | 51:45 |
| 3. | Russ Dickenson | 54:19 |
| 4. | Ralph Bennett | 54:28 |
| 5. | Murray Dickinson | 56:54 |
| 6. | Robin Wood | 64:36 |
| 7. | Ian Beaumont | 80:08 |

VRWC 5 km

| | | Handicap |
|----|------------------|-----------------|
| 1. | Heather Carr | 27:13 |
| 2. | Janet Holmes | 29:53 |
| 3. | Gayle McIntyre | 31:15 |
| 4. | Gwen Steed | 31:54 |
| 5. | Donna Elms | 33:58 |
| 6. | Harlene Hercules | 36:55 |
| | | |
| 1. | Bernie Keirl | 27:14 |
| 2. | Geoff Barrow | 31:32 |
| 3. | Jason Elms | 32:29 |
| 4. | Barrie Wicks | 33:13 |
| 5. | Scott Murdoch | 34:50 |
| | Damien Elms | DQ |

The Under 15's were scheduled to walk 5 km this week and that meant that a number of them chose the Open 3 km by preference. **Nicole Hallett** won overall with a PB and, further down in the field, **Kiersten Coulter** broke her own Australian Record for the 3 km walk for Transplantees. Wow, what good stuff. In the Under 15 5 km, **Amy Callaway** and **Carly Bertrand** did their first ever 5 km (well done girls) while **Anika Peachey** and **Adrianna Crea** both did PBs. And finally **Brad Simpson** was back after a couple of months off with illness and his 28:46 was an excellent first up performance. And a special welcome back to 1950's club member **Geoff Francis** who confided that, since he was now 75 years old, it was time to make comeback Now I like that mindset! There is hope for me yet.

| VRWC 3 km | | Handicap | |
|------------------|-------------------|-----------------|---------------|
| 1. | Nicole Hallett | 15:53 | 1 |
| 2. | Cassandra Raselli | 15:56 | 6 |
| 3. | Hilary Brazel | 16:54 | 7 |
| 4. | Talie Collins | 17:27 | 3 |
| 5. | Madeleine Graham | 18:02 | 5 |
| 6. | Celia Johnson | 19:29 | 8 |
| 7. | Kiersten Coulter | 20:14 | 2 |
| 8. | Maryanne Harrison | 21:00 | 4 |
| | | | |
| 1. | Ryan Antidormi | 16:24 | 2 |
| 2. | Lindsay Harrison | 20:11 | 1 |
| 3. | Jacob Wright | 16:26 | 3 |
| 4. | Geoff Francis | 24:28 | Not financial |
| | Gordon Onley | DQ | |

| VRWC 5 km Under 15 | | Handicap | |
|---------------------------|----------------|-----------------|---------------------------|
| 1. | Ayla Collins | 27:36 | 1 |
| 1. | Amy Callaway | 32:39 | 4 |
| 2. | Anika Peachey | 33:31 | 2 |
| 3. | Adrianna Crea | 34:35 | 3 |
| 4. | Carly Bertrand | 35:14 | 5 |
| | Taylor Brogan | DNF | |
| | | | |
| 1. | Brad Simpson | 28:46 | No previous time recorded |

The Under 12's and Under 9's walked on the 2 km course on Saturday and what a great battle it was in the Under 12 event. **Amelia Finnegan** led out early and looked to have an unassailable lead but **Caitlin Campbell** and **Matthew Felton** gradually bridged the gap and it ended up being a 3 way sprint at the end. Unfortunately, Matthew was DQ'd (bad luck Matthew) but Caitlin was rewarded with the win and a PB as well. The Under 9's were amazing with nearly everyone doing PBs (yes, the course was correct!). **Georgia Bertrand** and **Amy Ventura** had a really competitive encounter with Georgia finally getting the nod.

| VRWC 3 km Under 12 | | Handicap | |
|---------------------------|------------------|-----------------|---|
| 1. | Caitlin Campbell | 15:51 | 2 |
| 2. | Amelia Finnegan | 15:53 | 6 |
| 3. | Rebecca Campbell | 19:16 | 5 |
| 4. | Beth Barbour | 19:17 | 1 |
| 5. | Bianca Attard | 20:16 | 3 |
| 6. | Stacey McLaren | 20:54 | 4 |
| | | | |
| 1. | Michael Green | 18:24 | 1 |
| | Matthew Felton | DQ | |

| VRWC 1.5 km Under 9 | | Handicap | |
|----------------------------|-------------------|-----------------|---------------|
| 1. | Sophia Antidormi | 09:49 | 5 |
| 2. | Georgia Bertrand | 10:14 | 1 |
| 3. | Amy Ventura | 10:15 | 2 |
| 4. | Paige De Lisen | 10:28 | 3 |
| 5. | Samantha Goossens | 11:28 | Not financial |
| 6. | Charlee Harrison | 11:58 | 4 |
| | | | |
| 1. | Reese Walmsley | 09:00 | 2 |
| 2. | Ben Green | 10:35 | 1 |

| |
|--|
| AV AND VRWC RACES, ALBERT PARK, SUNDAY 12 AUGUST 2007 |
|--|

The 2007 Victorian Roadwalking Championships were successfully completed on Sunday 12 August at Albert Park. The weather threatened throughout the morning but the rain held off and conditions turned out perfect for fast racing. Good fields contested most divisions and Victorian Race Walking Club events and championships were also held to round out the program.

With our top five male Victorian walkers (Nathan Deakes, Jared Tallent, Duane Cousins, Chris Erickson and Tom Barnes) all overseas competing, it was left to Andrew Jamieson to ensure that we had at least one finisher. He powered through the 20 km mark in 100:00 and held it together nicely for another 5 km before eventually hitting the wall with 5 km to go. After a few minutes break, he got back on the track and walked it out to win his second Victorian 30 km title (he won his first in 2004).

The day also saw Victorian championships contested in Under 20, Under 18, Under 16 and Under 14. The Under 16 and Under 14 events in particular saw very good sized fields.

AV 30 KM OPEN MEN CHAMPIONSHIP

| | | | | |
|---|------------------|-----|------|---------|
| 1 | JAMIESON, Andrew | SOC | 1938 | 2:41:23 |
| | DONAHOO, Mark | ATE | 1930 | DNF |
| | EVANS, Simon | BOH | 721 | DNS |
| | BERTEI, Frank | ANW | 1613 | DNS |

AV UNDER 20 MEN 20 KM CHAMPIONSHIP

| | | | | |
|---|----------------|-----|-----|---------|
| 1 | BRYANT, Kyle | EAG | 113 | 1:42:33 |
| | BURGESS, Shaun | CHI | 123 | DNS |

A.V. UNDER 20 WOMEN 10 KM CHAMPIONSHIP

| | | | | |
|---|------------------|-----|------|-------|
| 1 | BRUNTON, Caitlin | COR | 97 | 58:55 |
| | ROTHWELL, Jess | SBE | 108 | DNF |
| | DRENNAN, Lauren | ATE | 1532 | DNS |

A.V. UNDER 18 WOMEN 8 KM CHAMPIONSHIP

| | | | | |
|---|--------------------|-----|------|-------|
| 1 | LAMBLE, Regan | ABW | 146 | 40:25 |
| 2 | LAURIE, Natalie | ANW | 1983 | 44:20 |
| 3 | ATTARD, Tamara | KNA | 1417 | 44:47 |
| 4 | PALFREYMAN, Jessie | EAG | 171 | 47:39 |
| 5 | GAGE, Mykaela | COR | 1581 | 57:11 |

A.V. UNDER 18 MEN 8 KM CHAMPIONSHIP

| | | | | |
|---|--------------------|-----|------|-------|
| 1 | PAYNE, Daniel | COR | 327 | 39:34 |
| 2 | MIRARCHI, Nicholas | COR | 758 | 40:07 |
| | ELMS, Jason | PTN | 2257 | DNS |
| | COWLEY, Rhydian | GHY | 135 | DNS |

A.V. UNDER 16 GIRLS 5 KM CHAMPIONSHIP

| | | | | |
|---|-----------------|-----|------|-------|
| 1 | TALLENT, Rachel | BYC | 175 | 26:45 |
| 2 | COLLINS, Ayla | MAL | 1162 | 27:35 |
| 3 | BRAZEL, Hilary | ANW | 1813 | 28:18 |
| 4 | PAYNE, Emily | COR | 517 | 28:54 |
| 5 | BRUNTON, Erin | COR | 1516 | 29:35 |
| 6 | CALLAWAY, Amy | KNA | 270 | 29:52 |
| 7 | DAVIS, Danielle | COR | 522 | 31:58 |
| 8 | JONES, Cara | SBE | 1845 | 32:38 |
| | ALEXANDER, Beth | KNA | 1495 | DNS |

A.V. UNDER 16 BOYS 5 KM CHAMPIONSHIP

| | | | | |
|---|---------------|-----|------|-------|
| 1 | SIMPSON, Brad | KNA | 2147 | 27:16 |
| 2 | WALSH, Robert | ANW | 1891 | 27:39 |
| 3 | COSIC, Filip | COB | 1236 | 28:12 |
| | COAD, Adrian | CBE | 349 | DNS |

A.V. UNDER 14 GIRLS 3 KM CHAMPIONSHIP

| | | | | |
|----|--------------------|-------|------|-------|
| 1 | BURREN, Amy | MAL | 191 | 15:20 |
| 2 | FINNEGAN, Amelia | KNA | 927 | 15:38 |
| 3 | HALLETT, Nicole | ANW | 1834 | 15:47 |
| 4 | TALLENT, Ebony | BYC | 557 | 15:48 |
| 5 | CAMPBELL, Caitlin | ATE | 1528 | 16:04 |
| 6 | WHILEY, Ebony | EAG | 359 | 17:04 |
| 7 | ALBERT, Ashley | MAL | 1875 | 18:42 |
| 8 | CAMPBELL, Rebecca | ATE | 1529 | 19:01 |
| 9 | JONES, Katelyn | BYC | 4205 | 19:50 |
| 10 | BROGAN, Taylor | INVIT | 1239 | 19:55 |
| | RASELLI, Cassandra | BOH | 188 | DNS |

A.V. UNDER 14 BOYS 3 KM CHAMPIONSHIP

| | | | | |
|----|-----------------|-----|------|-------|
| 1 | ANTIDORMI, Ryan | ANW | 2121 | 15:53 |
| 2 | WRIGHT, Jacob | ANW | 2067 | 15:56 |
| 3 | ALLAMBY, Billy | KNA | 2255 | 15:59 |
| 4 | CURTIS, Peter | SBE | 358 | 16:12 |
| 5 | GREEN, Michael | GPA | 354 | 17:14 |
| E6 | JONES, Jeremiah | SBE | 199 | 17:40 |
| E6 | HOGAN, Andrew | MAL | 258 | 17:40 |

A number of VRWC events were also on offer with results shown below. Tasmanian walker Lynette Bannister won the Women's 10 km event with a 5 minute PB, ahead of Yolanda Russell, after the two girls had walked together most of the way. Masters walkers Ralph Bennett and Pam Tindal scorched over the 5 km distance to win their respective divisions with PBs. The Under 12 and Under 9 club championships saw a number of the walkers who had already contested the U14 Victorian championship successfully negotiating their way through a second event. A special mention must be made for Billy Allamby who took third in the Under 14 3 km Victorian championship and then backed up and won the U9 2 km VRWC club championships, both times being PBs.

VRWC OPEN WOMEN 20 KM

| | | | | |
|---|--------------------|------|-----|----------------------|
| 1 | BANNISTER, Lynette | TAS | 127 | 1:49:36 |
| 2 | RUSSELL, Yolanda | VRWC | 209 | 1:51:51 |
| | SZIROM, Megan | VRWC | 411 | DNF (12 km in 59:44) |
| | CARR, Heather | VRWC | 9 | DNF (4 km in 34:48) |

VRWC OPEN WOMEN 5 KM

| | | | | |
|---|----------------------|------|-----|-------|
| 1 | TINDAL, Pam | VRWC | 252 | 26:48 |
| 2 | FELDMAN, Liz | VRWC | 155 | 27:48 |
| 3 | ADAMCEWICZ, Erin | VRWC | 1 | 28:12 |
| 4 | McINTYRE, Gayle | VRWC | 177 | 30:18 |
| 5 | COLLINS, Talie | VRWC | 214 | 30:58 |
| 6 | CREA, Adrianna | VRWC | 229 | 33:18 |
| 7 | ELMS, Donna | VRWC | 194 | 33:20 |
| 8 | COULTER, Kiersten | VRWC | 216 | 34:31 |
| 9 | GRIFFITHS, Christine | VRWC | 114 | 48:30 |

VRWC OPEN MEN 5 KM

| | | | | |
|---|-------------------|------|------|-------|
| 1 | BENNETT, Ralph | VRWC | 195 | 26:02 |
| 2 | DICKENSON, Russ | VRWC | 161 | 26:51 |
| 3 | LUCAS, Alan | VRWC | 2604 | 27:35 |
| 4 | RIDDOCH, Clyde | VRWC | 219 | 27:44 |
| 5 | WOOD, Robin | VRWC | 603 | 32:56 |
| | ONLEY, Gordon | VRWC | 135 | DQ |
| | HARRISON, Lindsay | VRWC | 222 | DQ |

VRWC UNDER 12 GIRLS CLUB CHAMPIONSHIP

| | | | | |
|---|-------------------------|------|------|-------|
| 1 | BURREN, Sarah | VRWC | 142 | 10:53 |
| 2 | ALBERT, Ashley | VRWC | 1295 | 11:20 |
| 3 | GEORGE, Stephanie | VRWC | 232 | 11:47 |
| 4 | McNICOL-DAVIDSON, Chloe | VRWC | 267 | 12:07 |

| | | | | |
|---|-----------------|------|-----|-------|
| 5 | BERTRAND, Carly | VRWC | 198 | 12:27 |
| 6 | ATTARD, Bianca | VRWC | 235 | 12:33 |
| 7 | BARBOUR, Beth | VRWC | 234 | 12:37 |
| 8 | McLAREN, Stacey | VRWC | 200 | 13:39 |

VRWC UNDER 12 BOYS CLUB CHAMPIONSHIP

| | | | | |
|---|------------------------|------|------|-------|
| 1 | FELTON, Matthew | VRWC | 265 | 10:44 |
| 2 | JONES, Jeremiah | BGO | 1228 | 11:04 |
| 3 | GREEN, Michael | VRWC | 249 | 11:58 |
| 4 | TAYLOR, Lucas | VRWC | 262 | 12:04 |
| 5 | McNICOL-DAVIDSON, Cody | VRWC | 268 | 12:16 |
| 6 | GREEN, Mitchell | VRWC | 247 | 14:05 |

VRWC UNDER 9 GIRLS CLUB CHAMPIONSHIP

| | | | | |
|---|-------------------|------|-----|-------|
| 1 | COLLINS, Cindy | VRWC | 213 | 12:17 |
| 3 | ANTIDORMI, Sophia | VRWC | 242 | 12:55 |
| 2 | VENTURA, Amy | VRWC | 259 | 12:56 |
| 4 | HARRISON, Charlee | VRWC | 260 | 15:52 |
| 5 | COLLINS, Kristina | VRWC | 226 | 17:21 |

VRWC UNDER 9 BOYS CLUB CHAMPIONSHIP

| | | | | |
|---|-----------------|------|-----|-------|
| 1 | ALLAMBY, Billy | VRWC | 269 | 10:44 |
| 2 | WALMSLEY, Reese | VRWC | 255 | 10:55 |
| 3 | GREEN, Ben | VRWC | 250 | 14:14 |

VRWC RACES, ALBERT PARK, SATURDAY 18 AUGUST 2007

Fast times and PBs were everywhere on Saturday as our walkers took full advantage of perfect weather conditions and competitive fields. The highlight on the 10 km front was the wonderful performance of **Ralph Bennett** whose 51:56 took over 2 minutes off his **M65 Australian record** of 54:06. It's not often we see a record being shattered by that much. Many of our masters walkers are about to head off to Italy for the Worlds Masters and for those like Ralph, Heather, Russ, Murray and Mark, it was a chance for a good hitout.

| 10km Open | | Hcp Place |
|----------------------|-------|------------------|
| 1. Heather Carr | 54:56 | 4 |
| 2. Liz Feldman | 57:46 | 2 |
| 3. Janet Holmes | 61:38 | 3 |
| 4. Sylvia Machin | 64:35 | 5 |
| 5. Margaret Beaumont | 74:19 | 1 |
| | | |
| 1. Ralph Bennett | 51:56 | 1 |
| 2. Russ Dickenson | 56:03 | 2 |
| 3. Murray Dickinson | 56:35 | 3 |
| 4. Alan Lucas | 57:41 | 5 |
| 5. Robin Wood | 66:56 | 6 |
| 6. Ian Beaumont | 79:01 | 4 |

The 5 km saw **Natalie Laurie** push through the first 1 km in 4:38 with **Mark Donahoo** working hard to hang in. Mark eventually found his stride and took fastest time with an impressive 24:09 while Natalie hung in for a big PB with 24:59. At only 16 years of age, she has a big future and this season has seen some great performances. **Ayla Collins** also did a big PB and actually took the handicap honours ahead of Natalie. She is the next age group down from Natalie and is another of our talented juniors who has shown huge improvement this winter.

In the 3 km event, **Kiersten Coulter** took a further 15 secs off her **Australian transplantee record** to take the handicap points ahead of **Donna Elms** whose 19:16 was also a PB. **Lindsay Harrison** put it all together nicely to take the men's handicap points with his 20:01, to be just a few secs outside his PB.

| 5km Open | | Hcp Place |
|----------------------|----------------------|------------------|
| 1. Natalie Laurie | 24:59 | 2 |
| 2. Ayla Collins | 26:33 | 1 |
| 3. Caitlin Campbell | 28:28 | 4 |
| 4. Celia Johnson | 32:26 | 3 |
| Talie Collins | DNF (17:48 for 3 km) | |
| | | |
| 1. Mark Donahoo | 24:09 | 2 |
| 2. Robert Walsh | 28:04 | 4 |
| 3. Tony Johnson | 28:31 | 3 |
| 4. Barrie Wicks | 33:17 | 1 |
| 5. Rudolf Skrucany | 33:53 | 5 |
| | | |
| 3km Open | | Hcp Place |
| 1. Donna Elms | 19:16 | 2 |
| 2. Kiersten Coulter | 20:02 | 1 |
| 3. Maryanne Harrison | 20:37 | 3 |
| 4. Harlene Hercules | 21:50 | 4 |
| 5. Pam Mews | 27:44 | 5 |
| | | |
| 1. Aaron McDonough | 17:12 | 2 |
| 2. Adam Patterson | 18:38 | 4 |
| 3. Jason Elms | 18:45 | 3 |
| 4. Lindsay Harrison | 20:01 | 1 |
| 5. Gordon Onley | 23:20 | 5 |
| 6. Geoff Francis | 23:44 | |

The Under 15s are among our most competitive age groups and the big improver over that last few weeks has been **Nicole Hallett**. Only just turned 13, she scorched the track with her 15:41 to take fastest time and handicap honours

ahead of some very talented walkers. **Adrianna Crea** was another one to do a PB but had to be content with second in the handicaps behind Nicole. **Filip Cosic**, back after a couple of months overseas, took fastest time and handicap honours in the boys race with his 16:08.

| 3km Under 15 | | Hcp Place | |
|---------------------|-------------------|---------------------|---|
| 1. | Nicole Hallett | 15:41 | 1 |
| 2. | Cassandra Raselli | 15:43 | 5 |
| 3. | Amelia Finnegan | 16:37 | 7 |
| 4. | Rebecca Campbell | 19:12 | 4 |
| 5. | Adrianna Crea | 19:15 | 2 |
| 6. | Taylor Brogan | 19:22 | 3 |
| 7. | Anika Peachey | 19:40 | 6 |
| | Alana Green | DNF (14.58 for 2km) | |
| | | | |
| 1. | Filip Cosic | 16:08 | 1 |
| 2. | Jacob Wright | 16:13 | 2 |
| 3. | Damien Elms | 22:28 | 3 |
| | Ryan Antidormi | DNF (11.09 for 2km) | |

The Under 12 leaders had a great race with **Stephanie George**, **Matthew Felton** and **Billy Allamby** (up from U9) walking stride for stride throughout the event. Not far behind, **Michael Green** was pulled through for his own big PB as was **Lucas Taylor** who walked a blinder to take 20 secs off his best 2 km time. In fact, there were PBs everywhere. **Amy Ventura** and **Ben Green** took the U9 handicap honours with huge PBs in the order of 20-30 secs each. What a day's racing!

| Under 12 2 km | | Hcp Place | |
|----------------------|------------------------|------------------|---|
| 1. | Stephanie George | 11:34 | 1 |
| 2. | Chloe McNicol-Davidson | 12:16 | 2 |
| 3. | Sophia Antidormi | 12:53 | 4 |
| 4. | Beth Barbour | 12:56 | 3 |
| 5. | Stacey McLaren | 13:59 | 5 |
| 1. | Matthew Felton | 11:26 | 6 |
| 2. | Billy Allamby | 11:29 | 5 |
| 3. | Michael Green | 11:39 | 4 |
| 4. | Lucas Taylor | 11:44 | 1 |
| 5. | Aaron Gardner | 11:48 | 3 |
| 6. | Cody McNicol-Davidson | 12:46 | 2 |
| | | | |
| Under 9 1 km | | Hcp Place | |
| 1. | Cindy Collins | 05:41 | 4 |
| 2. | Amy Ventura | 06:15 | 1 |
| 3. | Charlee Harrison | 07:25 | 2 |
| 4. | Samantha Goossens | 07:55 | 5 |
| 5. | Kristina Collins | 08:15 | 3 |
| 6. | Emily McDonough | 09:48 | 6 |
| | | | |
| 1. | Reese Walmsley | 05:42 | 2 |
| 2. | Ben Green | 05:51 | 1 |

VRWC AND AV EVENTS, COLLINGWOOD HARRIERS TRACK, SATURDAY 25 AUGUST 2007

In last week's newsletter I was able to show various photos from this particular day's racing and this week I can complete the report with the actual results. Rhydian Cowley and Jess Rothwell each won their first Victorian Senior title – well done to both juniors. The overall winner in the men's race was Daniel Coleman from Hobart, with a very quick 46:35.

Victorian 10,000m Championship for Men

| | | | | |
|----|-------------------|---------|-------|-----------------------|
| 1. | Daniel Coleman | TAS | 46:35 | |
| 2. | Rhydian Cowley | GHY | 50:09 | (1 st Vic) |
| 3. | Stuart Kollmorgen | COL | 50:43 | (2 nd Vic) |
| 4. | Simon Evans | BOH | 51:07 | (3 rd Vic) |
| 5. | Nicholas Mirarchi | COR | 54:00 | |
| 6. | Duncan Knox | ATE | 55:53 | |
| 7. | Ross Reid | COL | 56:48 | |
| | Kyle Bryant | EAG | DQ | |
| | Paul Kennedy | MUA | DQ | |
| | Adam Rutter | AIS/NSW | DNF | |
| | Mark Donahoo | ATE | DNF | |
| | Robin Wood | GLG | DNF | |
| | Tom Barnes | MUU | DNS | |
| | Frank Bertie | ANW | DNS | |
| | Andrew Jamieson | OSC | DNS | |
| | Brendan Reading | ACT | DNS | |
| | Daniel Payne | COR | DNS | |

Victorian 10,000m Championship for Women

| | | | | |
|----|------------------|-----|-------|--|
| 1. | Jess Rothwell | SBE | 51:18 | |
| 2. | Regan Lamble | ANW | 54:14 | |
| 3. | Heather Carr | EAG | 55:57 | |
| 4. | Yolanda Russell | GLG | 56:38 | |
| | Megan Szirom | RWD | DNF | |
| | Tamara Attard | KNA | DNF | |
| | Carmel Drennan | KSB | DNS | |
| | Annette Major | EAG | DNS | |
| | Barbara Bryant | EAG | DNS | |
| | Jessie Palfryman | EAG | DNS | |

The VRWC club races were very well attended and just on 70 walkers walked overall. Results for the club walks are shown.

VRWC 5000m Open Walk

| | | |
|-----|------------------|-------|
| 1. | Ralph Bennett | 26:20 |
| 2. | Pam Tindal | 26:38 |
| 3. | Clyle Riddoch | 27:40 |
| 4. | Murray Dickinson | 27:50 |
| 5. | Russ Dickenson | 28:02 |
| 6. | Alison Thompson | 29:15 |
| 7. | Janet Holmes | 30:26 |
| 8. | Geoff Barrow | 32:32 |
| 9. | Robin Wood | 32:37 |
| 10. | Rudolf Skrucany | 33:17 |
| 11. | Barrie Wicks | 33:31 |
| | Celia Johnson | DQ |

VRWC 3000m Open Walk

| | | |
|----|-----------------|-------|
| 1. | Bradley Simpson | 15:37 |
| 2. | Cassie Raselli | 15:53 |
| 3. | Nicole Hallett | 16:05 |
| 4. | Robert Walsh | 16:18 |

| | | |
|-----|---------------------|-------|
| 5. | Matthew Felton | 16:24 |
| 6. | Jacob Wright | 16:27 |
| 7. | Billy Allamby | 17:09 |
| 8. | Amy Callaway | 17:12 |
| 9. | Sarah Burren | 17:26 |
| 10. | Aaron McDonough | 17:27 |
| 11. | Talie Collins | 17:50 |
| 12. | Michael Green | 18:13 |
| 13. | Ashley Albert | 18:33 |
| 14. | Madeleine Graham | 18:41 |
| 15. | Jason Elms | 19:33 |
| 16. | Adrianna Crea | 19:57 |
| 17. | Donna Elms | 20:03 |
| 18. | Steve Jordan | 20:37 |
| 19. | Kiersten Coulter | 20:37 |
| 20. | Maryanne Harrison | 20:57 |
| 21. | Damien Elms | 23:28 |
| 22. | Christine Griffiths | 26:41 |
| | Gordon Onley | DQ |
| | Lindsay Harrison | DQ |
| | Ayla Collins | DQ |

2000m Walk Under 12

| | | |
|----|------------------------|-------|
| 1. | Bianca Attard | 11:58 |
| 2. | Stephanie George | 12:07 |
| 3. | Andrew Hogan | 12:10 |
| 4. | Chloe McNicol-Davidson | 12:15 |
| 5. | Lucas Taylor | 12:41 |
| 6. | Beth Barbour | 13:26 |
| 7. | Stacey McLaren | 14:01 |

1500m Walk Under 9

| | | |
|----|-----------------------|-------|
| 1. | Cindy Collins | 8:46 |
| 2. | Cody McNicol-Davidson | 9:22 |
| 3. | Amy Ventura | 9:55 |
| 4. | Paige DeLisen | 10:24 |
| 5. | Charlee Harrison | 11:34 |
| 6. | Ryan Dossetor | 11:59 |
| 7. | Emily McDonough | 15:04 |
| 8. | Kristina Collins | 12:56 |
| | Reese Walmsley | DQ |

VRWC EVENTS, ALBERT PARK, SATURDAY 1 SEPTEMBER 2007

Last Saturday, with our Masters walkers overseas in Italy and with a number of other walkers in Perth for the Nationals, it was a small turnout at Albert Park but still some interesting performances. **Adrianna Crea** and **Donna Elms** tested themselves out over the 10 km distance (the first time for Adrianna). Overall, **Simon Evans** won with a season's best time. Well done Simon. **Billy Allamby** and Lucas **Taylor** had a great battle in the U12 2 km while **Reese Walmsley** was very quick in the Under 9 1 km event with 5:37.

10 km Open Walk

| | | |
|----|-----------------|---------------------|
| 1. | Simon Evans | 50:29 |
| 2. | Pam Tindall | 55:37 |
| 3. | Alison Thompson | 62:15 |
| 4. | Robin Wood | 65:49 |
| 5. | Adrianna Crea | 71:41 |
| 6. | Donna Elms | 74:41 |
| | Jason Elms | DNF (5 km in 34:23) |

5 km Open Walk

| | | |
|----|------------------|-------|
| 1. | Bob Gardiner | 29:43 |
| 2. | Celia Johnson | 32:38 |
| 3. | Barrie Wicks | 34:23 |
| 4. | Kiersten Coulter | 34:46 |
| 5. | Bruce Conboy | 35:27 |
| 6. | Harlene Hercules | 37:27 |

3 Km Open Walk

| | | |
|----|---------------------|-------|
| 1. | Bradley Simpson | 15:50 |
| 2. | Robert Walsh | 16:46 |
| 1. | Mylalah Gage | 19:12 |
| 2. | Lindsay Harrison | 19:51 |
| 3. | Maryanne Harrison | 21:13 |
| 4. | Geoff Francis | 23:33 |
| 5. | Christine Griffiths | 27:15 |
| | Gordon Onley | DQ |
| | Damien Elms | DQ |

2 km Under 12 Walk

| | | |
|----|------------------|-------|
| 1. | Billy Allamby | 11:41 |
| 2. | Lucas Taylor | 11:42 |
| 3. | Stephanie George | 12:50 |
| 4. | Stacey McLaren | 13:25 |

1 km Under 9 Walk

| | | |
|----|------------------|------|
| 1. | Reese Walmsley | 5:37 |
| 2. | Amy Ventura | 6:22 |
| 3. | Paige DeLisen | 7:28 |
| 4. | Charlee Harrison | 7:29 |

VRWC EVENTS, ALBERT PARK, SATURDAY 8 SEPTEMBER 2007

We had our last Winter Season racing day on Saturday and it was a low key enjoyable affair with most walkers having a stroll in the park. Rhydian Cowley, fresh from his victory in Perth last weekend, was our fastest walker with a swift 39:09 for the 8 km. Pam Tindal was at top pace with her 43:46 while Natalie Laurie and Nicole Hallett had a relaxed outing over the 8 km distance. Stuart Kollmorgen walked a fast 6 km as a final preparation for his half marathon run the next day – hope you ran well Stuart! Amelia Finnegan was the best over the 4 km distance with a very fast 21:21 while Aaron Gardner and Georgia Bertrand were the fastest over the 2 km and 1 km distances.

8 Km Open

| | | |
|-----|----------------|-------|
| 1. | Rhydian Cowley | 39:09 |
| 2. | Ross Reid | 43:26 |
| 3. | Pam Tindal | 43:46 |
| 4. | Russ Dickenson | 45:58 |
| 5. | Gayle McIntyre | 48:18 |
| E6. | Natalie Laurie | 49:07 |
| E6. | Nicole Hallett | 49:07 |
| 8. | Robin Wood | 53:17 |

6 Km Open

| | | |
|----|-------------------|-------|
| 1. | Stuart Kollmorgen | 28:46 |
| 2. | Regan Lamble | 32:35 |
| 3. | Bob Gardiner | 35:23 |
| 4. | Barrie Wicks | 41:21 |
| 5. | Bruce Conboy | 41:40 |
| | Jason Elms | DNF |
| | Alan Lucas | DNF |

4 Km Open

| | | |
|----|-------------------|-------|
| 1. | Bernie Kierl | 21:21 |
| 2. | Tamara Attard | 21:34 |
| 3. | Donna Elms | 27:03 |
| 4. | Lindsay Harrison | 27:07 |
| 5. | Kiersten Coulter | 28:28 |
| 6. | Maryanne Harrison | 28:39 |
| 7. | Gordon Onley | 31:06 |
| | Damien Elms | DQ |

4 Km Under 15

| | | |
|-----|-----------------|-------|
| 1. | Amelia Finnegan | 21:21 |
| 2. | Filip Cosic | 24:10 |
| E3. | Ryan Antidormi | 25:50 |
| E3. | Jacob Wright | 25:50 |
| 5. | Anike Peachey | 26:38 |
| | Adrianna Crea | DNF |

2 Km Under 12

| | | |
|----|------------------|-------|
| 1. | Aaron Gardner | 11:45 |
| 2. | Matthew Felton | 11:52 |
| 3. | Bianca Attard | 12:22 |
| 4. | Stacey McLaren | 12:53 |
| 5. | Beth Barbour | 13:03 |
| 6. | Sophia Antidormi | 13:19 |
| | Reese Walmsley | DQ |

1 KM Under 9

| | | |
|-----|------------------|------|
| 1. | Georgia Bertrand | 6:04 |
| 2. | Jayde Frank | 6:12 |
| 3. | Amy Ventura | 6:16 |
| E4. | Paige DeLisen | 7:26 |
| E4. | Charlee Harrison | 7:26 |