

**2007 / 2008**

**THE RACEWALKING YEAR IN REVIEW**

**COMPLETE VICTORIAN RESULTS**

**MAJOR AUSTRALIAN AND MAJOR INTERNATIONAL  
RESULTS**

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**26 February 2010**

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## 2007 IAAF RACEWALKING CHALLENGE FINAL, SARANSK, RUSSIA, SATURDAY 29 SEPT 2007

That an absolutely fabulous year this has been for racewalking and the last major race of the season finished on a real high with young Russian walker Vladimir Kanaykin setting a new 20km world record in the final of the 2007 IAAF Race Walking World Challenge in Saransk, Russia. Kanaykin is a former World Youth and Junior champion and took the European Cup title earlier this year in such emphatic fashion that there were predictions that it was only a matter of time before he took the 20km world record and that it was possible that he might in time own both the 20km and 50km records. The first prediction has now been validated, perhaps quicker than people thought. This really opens up the Olympics next year – a new wildcard has shown his hand in the strongest possible terms. So had the credentials for this wonderful walk.

The women's 20km was perhaps a predictable won with Olga Kaniskina, the Osaka World champion, dominating with a world season lead of 1:26:47.

It was a big weekend overall. First, more than 5000 people enjoyed an opening ceremony the night before which filled the town's stadium. Then on race day, thousands of spectators standing 2 or 3 deep in places thronged the sides of the 2km loop course to cheer on the competitors.

Peter Warburton reported as follows on the IAAF website.

### Men's 20 km

Not even coach Victor Gegin thought an eclipse of Jefferson Perez's four-year old mark was on the cards until the last 400 metres, and then it became increasingly clear the 22-year-old was about to delight his home town following on a perfect course. Kanaykin had already posted a super fast 1:17:36 in winning the Russian Championships in June, but this race was at the end of a long season including 50k at last month's World Championships in Osaka, where he failed to finish.

It helped that he had the help of three countrymen for all but the last 2k lap. But such was the speed the quartet were travelling it said much for Kanaykin's technique and strength he was the only one of the four to survive the judge's red disc.

The weather was also as perfect as the course. Starting at 10am local time, it was overcast, with temperatures hovering around 15 degrees. More to the point there was no wind, but the 2k loop was as straight as a dye, except for the turns at either end. The local organizing committee were also congratulating themselves on forking out some of their \$800,000 race budget by re-surfacing the entire course.

Kanaykin built up a eight-second lead at 5k reached in 19:25, but was then quickly joined by Valeriy Borchin, Igor Yerokhin and junior champion Sergey Morozov making his debut. At 10k the four shot through in 38:28, with the rest of the field trailing in their wake. Luke Adams from Australia was more than a minute back, and Norway's Erik Tysse was struggling with a hip injury a minute further back. Both were vying for the top \$30,000 Challenge prize, but on the next lap Tysse called it a day unable to shug off a hip injury sustained in Osaka.

At the sharp end, Kanaykin was shrugging off the opposition like a worn out coat. Yerokhin was first to see the red disc, and a tiring Morozov, making his debut at the distance, had already fallen off the pace by the time he was removed as he attempted to start the final lap.

Kanaykin must have sensed something was on as he hammered down the final straight, and coach Gegin shouted a warning even though the talented Russian had yet to post a card. Breaking the tape five seconds ahead of Perez's mark set at the World Championships in Paris in 2003, Kanaykin looked as if he could do another three laps at the same pace.

"I realised with one lap to go I could break the world record, but my coach warned me about being DQ'd," said Vladimir Kanaykin. "It's amazing, and I can't really take it all in right now. I never thought I could break the record. The course was impressive, but not as much as the people cheering for me. I knew I had to walk hard for them. After all, most of them are neighbours."

Kanaykin's coach Victor Gegin said: "This was never expected. It's beyond my dreams. But he (Kanaykin) is a wonderful athlete. He can walk 50km, 20 any distance you want and has the capability to win them all."

Adams moved through from fifth to second having passed just Vladimir Stankin, but the real story of the day went to a man, whose name translated into English means 'the whole world'. How fitting.

"The course was perfect but it seemed long because of the long straight. My PB is 1:19:19 so 1:21:03 is not so good for me," confirmed Luke Adams. "I was hoping to get 5<sup>th</sup> place and I feel very lucky to have finished second. I was hoping for a fast time here as I trained hard for Osaka. I am tired with all the travelling and only trained once a day. There were a lot of problems getting here but once we did, the course, food and organization have been perfect."

Erik Tysse who did not finish the race commented: "My hip flexor has been a problem since Osaka and bearing that in mind did not think that it was worth it to hurt himself further bearing in mind I have to start training for Beijing (Olympics) next week."



### Kanyakin crosses the finish line in a new World Record

1.	Vladimir Kanaykin	RUS	1:17:16	WR
2.	Luke Adams	AUS	1:21:01	
3.	Vladimir Stankin	RUS	1:21:26	
4.	Sergey Sergachev	RUS	1:21:56	
5.	Aleksandr Prokhorov	RUS	1:22:13	
6.	Ivan Trotsky	BLR	1:23:13	
7.	Antaloly Kukushkin	RUS	1:23:38	
8.	Aleksandr Yargunkin	RUS	1:24:49	

### Women's 20 km

She always wears a pained expression even from the gun but Olga Kaniskina made light work of the Race Walking Challenge final in her home town. Osaka's World Champion was never headed, and after a season in which she has ably stepped into the shoes of former champions like Olympiada Ivanova, the latest from the Russian champions production line must now be considered favourite for Olympic gold in Beijing next year.

The 22-year-old had company for 16k, and then shook off final challenger Anisya Kornikova to come home just 44 seconds outside her best. Kornikova, at just 17, gamely kept up the chase and was rewarded with 1:27:59 for a sparkling debut at the distance.

Third went to Tatyana Korotkova, a veritable veteran at 27, who was nonetheless rewarded with a season's best of 1:28:45.

The sun came out for the start of the race turning up the heat for the field of 23. Not that seemed to make much difference to Kaniskina, Tatyana Shemyakina and Kornikova. They bore numbers, one, two, and three and were determined to make it much the same on the podium.

At 4k they already had nearly a minute lead over a distant group of 12 that included Kjersti Platzer, Romanian Claudia Stef, and Greek Athina Papayianni plus a throng of promising Russians. The leading two then lost Shemyakina after four 2k laps and then increased the difference over the rest to reach 10k in 43:17.

Thereafter, it was one way to the finish line for the first two, although there were rewards for those that battled the red tape to get to Saransk in the first place.

Norwegian Platzer dropped out at 9k as a back problem flared up: "The pain was in my left leg today, but it's a result of my back injury. I'm pleased to have finished so high up the Challenge."

"This race was more difficult than the World Championships, because there was more responsibility to perform for my coach and the people here," said Olga Kaniskina. "The weather was not a problem, but I was not concerned about a PB. It's also too early to worry about Beijing."

### Kaniskina on the way to a decisive victory

1.	Olga Kaniskina	RUS	1:26:47
2.	Anisya Kornikova	RUS	1:28:00
3.	Tatyana Kortokova	RUS	1:28:46
4.	Lyudmila Arkhipova	RUS	1:29:20
5.	Tatyana Sibileva	RUS	1:29:53
6.	Olga Mikhaylova	RUS	1:31:46
7.	Sabine Zimmer	GER	1:32:19
8.	Athina Papayaanni	GRE	1:32:34

## LUKE ADAMS WINS THE 2007 IAAF RACEWALKING CHALLENGE

This article is taken from the Athletics Australia website (<http://www.athletics.org.au>). Congratulations to NSW/AIS walker Luke Adams who has pocketed US\$30,000 in winning this year's IAAF Racewalking Challenge.

AIS athlete Luke Adams has officially been acknowledged as the 2007 winner of the IAAF Race Walking Challenge. Signing off his season in triumphant style on the weekend, the 30-year-old secured the Challenge title after finishing second in the final edition held in Saransk, Russia.

Athletes who competed in four of the eight Challenge events this year (seven events plus the Osaka World Championships) were eligible for the overall awards which amounted to US\$202,000, with a handy US\$30,000 presented to the winner.

Adams joins esteemed race walking royalty, with four-time Olympic gold medallist and three-time world champion Robert Korzeniowski from Poland taking out the Challenge title in 2003 and 2004, and Spain's Francisco Fernández, the 2003 world champion and reigning World Race Walking Cup champion, securing the last two editions in 2005 and 2006.

Sitting third in the standings coming into the Final, Adams required a top three result to win the Challenge, providing his main rival, Norwegian Eric Tysse, did not finish fourth. Reigning champion Fernandez was absent from Saransk.

With Tysse withdrawing midway through Saturday's race with a hip flexor injury, the door was left wide open for Adams. The Commonwealth Games silver medallist held off Russian Vladimir Stankin to head into the final turn in second position. Reserving his celebrations until the final few metres, Adams crossed the line in 1:21:03 behind new world record holder Vladimir Kanaykin.

Adams ended the year sitting atop the table with 36 points, three points clear of Tysse with a tally of 33. A season's best of 1:20.30 in Shenzhen, China back in March, kicked off Adams' solid 2007 international campaign, placing second three times and had not finishing lower than seventh in six editions of the Challenge (see season results below).

Adams' Australian team-mates also fared well on the final standings, with Jared Tallent (four races - six points) placing sixth and Jane Saville (five races - 13pts) finishing

seventh on the table.

Returning home to Canberra for a well deserved break, Adams was delighted after hearing the news of the official confirmation.

"I had planned on at least a top three result in the Challenge this year, so to win is a great bonus for me, I'm over the moon about that! This goes a long way to compensating for my disappointment in placing seventh in Osaka. It was still a fine result but I've set myself a high goal and I expect to achieve it. This season has no doubt been my most consistent thus far. I'm very happy with it and this award is a reflection of the consistency I've maintained. Winning the Challenge requires no slip ups in any competitions, so I'm very happy to have had such a year. Importantly, when I've had bad days I've still raced strongly and maintained high positions. Now I need to reduce the bad days and make the good ones arrive at the right time. Looking at the past winners I'm in some pretty special company. It's a big win for me, probably on par with my fifth at the World Championships in Paris. It gives me great confidence in my quest for a position atop the podium in the Beijing Olympics. There are some great athletes competing in our event currently and at higher levels than ever seen before, so I'm looking forward to preparing myself for some battles in 2008!?"

In addition to the respect and confidence that the title brings, Adams will eagerly be checking his letterbox, waiting for his US\$30,000 prize money to arrive.

"My first and only order of business is to fully repay the debt I owe to my best friend in Sydney," continued Adams. "He lent me money in order to pay for my car and has been patiently and silently waiting ever since...it will also allow me a little less financial stress in the lead up to Beijing!"

No doubt there will be a celebration of kind, however, with the Beijing Olympics only 10 months away, Adams will not be resting on his laurels. The path around Lake Burley Griffin is calling and Adams will soon be back pounding the pavement, endeavouring to achieve the glory that only the Olympics can deliver.

As the article mentions, Luke was not the only Australian walker to fare well in the 2007 IAAF Race Walking Challenge. AIS team mate Jared Tallent also featured as did Jane Saville in the women's results. Final standings were as follows

	<b>1</b>	<b>Luke Adams</b>	<b>AUS</b>	<b>36pts (6 races)</b>
	2	Erik Tysse	NOR	33pts (7 races)
	3	Francisco Javier Fernández	ESP	32pts (4 races)
	4	Hatem Ghoula	TUN	28pts (5 races)
	5	Eder Sánchez	MEX	28pts (4 races)
	<b>6</b>	<b>Jared Tallent</b>	<b>AUS</b>	<b>6pts (4 races)</b>
<b>Women</b>	1	Ryta Turava	BLR	40pts (4 races)
	2	Kjersti Plätzer	NOR	37pts (6 races)
	3	Sabine Zimmer	GER	27pts (5 races)
	4	Elisa Rigaud	ITA	20pts (4 races)
	5	Elena Ginko	BLR	17pts (6 races)
	6	Claudia Stef	ROM	16pts (4 races)
	<b>7</b>	<b>Jane Saville</b>	<b>AUS</b>	<b>13pts (5 races)</b>

The quality of Luke's competitive year can be gauged by the following outstanding set of results:

2 <sup>nd</sup>	1:22.20	Telstra A-Series, Canberra	January 28
1 <sup>st</sup>	1:25:10	National Championships, Brisbane	March 11
5 <sup>th</sup>	1:20.30	IAAF Challenge, Shenzhen	March 24
2 <sup>nd</sup>	1:20.50	IAAF Challenge, Rio Maior	April 14
2 <sup>nd</sup>	1:22.18	IAAF Challenge, San Giovanni	May 1
5 <sup>th</sup>	1:21.00	IAAF Challenge, Krakow	June 23
7 <sup>th</sup>	1:23.52	IAAF World Championships, Osaka	August 26
2 <sup>nd</sup>	1:21.01	IAAF Challenge, Saransk	September 29

**INTERNATIONAL 100KM AND 50KM EVENTS, SCANZOROSCIATE, ITALY, 21 OCTOBER 2007**

The Italian city of Scanzorosciate (outside Milan) hosts international 100km and 50km events each October and this year saw two World Bests.

**Monica Svensson of Sweden**, in her first race since June, set a new **World Best for 50 km with her time of 4.10.59**. The previous record of 4:12:16 had been set by Belarussian Elena Ginko in this same competition in 2004. Svensson made her 50 km in this competition last year and recorded 4.17.29. This year, she opened fast and was just 2.03 at the halfway mark and did not drop significantly in the second half. Amazingly, she beat the first man, Lukas Padzera (4.11.49), by nearly one minute.

In the 100 km event, Hungary's Zoltan Czukur won with 9.05.36. It was his first victory on ten starts in the race. Andreiy Stepanchuk of Belarus was second with 9.11.51 and Oleksandr Romanenko of Ukraine was third with 9.24.15. In the woman's event, **Latvia's Jolanta Dukure won with a World Best of 10.04.50**. The previous best had been held by French walker Kora Boufflert who recorded 10.13.56 in Roubaix in 1994. Jolanta started in the 100 km event last year but was disqualified.

**100 KM MEN**

1	1	Czukur	Zoltan	1962	Ungheria	9h05:36
2	8	Stepanchuk	Andreiy	1979	Bielorussia	9h11:51
3	17	Romanenko	Oleksandr	1981	Ucraina	9h24:15
4	24	Kazakevics	Igors	1980	Lettonia	9h42:18
5	14	Kovenko	Andriy	1973	Ucraina	9h51:34
6	20	Defendenti	Roberto	1966	U.S.Scanzorosciate	9h59:45
7	10	Janevics	Ingus	1981	Lettonia	10h04:50
8	13	Burban	Yury	1980	Ucraina	10h11:11
9	4	Fülöp	Attila	1978	Ungheria	10h24:21
10	3	Tupak	Robert	1979	Ungheria	10h36:20
11	5	Novat	Laszlo	--	Ungheria	11h20:38
12	22	Cortinovis	Renato	1959	Bergamo 59	11h22:54
13	2	Dudas	Gyula	1966	Ungheria	11h35:25
14	21	Venturi	Franco	1957	U.S.Scanzorosciate	11h45:54

**100 KM WOMEN**

1	90	Dukure	Jolanta	1979	Lettonia	10h04:50
2	91	Setrova	Valentina	1979	Bielorussia	11h09:48

**50 KM MEN**

1	137	Padzera	Lukas	1986	Rep. Ceca	4h11:49
2	125	Giupponi	Matteo	1988	Atl.Bergamo 59	4h12:23
3	131	Hudak	Jansus	1987	Slovacchia	4h24:04
4	118	Ruzak	Fabio	1953	Atl.Gorizia	4h26:42
5	136	Lukianchuk	Oleksandr	1984	Ucraina	4h27:17
6	111	Adragna	Andrea	1989	Atl.Bergamo 59	4h28:49
7	119	Laudato	Mario	1986	Pro Sesto	4h35:06
8	132	Malysa	Juri	1966	Rep.Ceca	4h38:46
9	128	Tsitoglou	Isaias	1962	Grecia	4h49:07
10	129	Repoulis	Ioannis	--	Grecia	4h54:29
11	116	Zanini	Vito	1983	Cus Pavia	5h06:09
12	122	Sanseverino	Antonio	1959	P.B.M. Bovisio	5h32:22
13	113	Milan	Maurizio	1953	G.A.Marciatori	5h38:38
14	102	Ziglioli	Claudio	1967	U.S.Scanzorosciate	5h47:26

**50 KM WOMEN**

1	195	Svensson	Monica	1978	Svezia	4h10:59
2	185	Xynou	Evagelia	1981	Grecia	4h33:42
3	181	Polli	Laura	1983	Sal Lugano Ch	4h51:43
4	183	Pelantova	Lucie	1986	Rep. Ceca	4h58:08
5	188	Varro	Katale	1985	Ungheria	5h08:13
6	200	Gardini	Michela	--	N.A.Fanfulla Lodi	5h09:30
7	186	Ljacok	Doria	1959	Yverdon Ch	5h35:28
8	198	Pasquinucci	Irene	1986	P.B.M. Bovisio	6h02:38
9	189	Marchiori	Maura	1959	Quercia Rovereto	6h13:48
10	194	Moientale	Marta	1988	Quercia Rovereto	6h18:46
11	197	Luppi	Maura	--	Team Paterlini	6h32:35

Both Svensson and Dukure are talented internationally ranked racewalkers. They are not alone in their progression into the European ultra distance arena. A number of others have gone before them and it is these walkers who now lead from the front in the lucrative ultrawalking field. Brief biographies of the new World Record holders follow.



Monica Svensson, born December 1978, has won the Swedish 3000m Indoor Racewalking Championship in 6 of the last 7 years (2000, 2002-2006) and holds a whole swag of Swedish National racewalking records. See a short bio at <http://www.tilastopaja.org/db/atweaa.php?ID=14731>. Her best performances over the 20km/50km distances are

20kW	1:34:46	27.03.2004	Podebrady
	1:33:37	09.10.2004	København
	1:32:51	15.07.2006	Malungfors
	1:31:20	05.05.2007	Vallensbæk
50kW	4:17:29	15.10.2006	Scanzorosciate
	4:10:59	21.10.2007	Scanzorosciate

Jolanta Dukure, born September 1979 in Riga, is the Latvian record holder in all race walking distances and has had a splendid international career, having competed in all the major championships – Olympics, European and World Championships and the Racewalking World Cup. Her profile <http://www.iaaf.org/athletes/athlete%3D115831/> on the IAAF website says it all. Her Latvian National records are

5000mW	21:13.3	27.05.2006	Valga
10kW	42:59	21.07.2000	Aizpute
20kW	1:31:47	29.04.2001	Ogre
50kW	1:31:02	09.08.2006	Göteborg
	4:16:27	09.09.2006	Paralepa

## IRISH INDOOR CHAMPIONSHIP 5000M WALKS, BELFAST, 26 JANUARY 2008

The Woodie's DIY Indoor Championships of Ireland which were held last weekend in Belfast, Northern Ireland, witnessed a record breaking spree of results and amongst the best of them was the effort of Robert Heffernan, who has obviously continued on with his top form after coming 6<sup>th</sup> in the IAAF World Championship 20 km in Osaka in August last year. The IAAF website reported as follows - see <http://www.iaaf.org/WIC08/news/Kind=2/newsId=43046.html>

The championships got off to the best possible start on Saturday when Robert Heffernan from Togher took a second off his own national indoor Race walk 5000m record. Having already qualified for the Beijing Olympics at 20km, Heffernan had set his sights on the best possible build-up for an event that he is more than capable of holding his own with the best in the world.

Just back after a serious training stint in Spain, Heffernan set about the race in a manner that saw him lap everyone at least twice, and the crowd really got behind the Togher man, urging him forward, and appreciating they were witnessing something special.

Heffernan has finally realised that competing at the highest level means that he no longer does anything wild on the training ground.

"It's all about staying healthy", he said after the race. "There is really no need to overdo it in training. After all, I'm not doing any more than I was doing at this time last year."

The women's 3000m Race Walk was a very close affair won by Zuzanna Malakova of Slovakia in 12:55.50, who led home Ireland's Olive and Ann Loughnane in 13:05.16 and 14:01 respectively.

### Senior Men's 5km Walk , Saturday 26 January 2008

1.	Heffernan, Robert	Togher A.C.	<b>18.51.46</b>	NR
2.	Costin, Jamie	West Waterford A.C.	20.56.49	
3.	Kidd, David St. L.	O'Toole A.C.	21.38.19	
4.	Boyce, Brendan	Milford A.C.	22.02.44	
5.	Egan, John	Bree A.C.	22.15.40	
6.	Doyle, Michael	Tara A.C.	22.20.04	
7.	Fitzpatrick, Paul	Shercock A.C.	22.29.18	
8.	Healy, Timothy	Togher A.C.	24.40.22	
	O'Domhnaill, Brian	Finn Valley A.C.	DNF	

### Senior Women's 3 km Walk, Saturday 26 January 2008

1.	Malikova, Zuzanna	Slovakia	12.55.50	
2.	Loughnane, Olive	Loughrea A.C.	13.05.16	
3.	Loughnane, Ann	Craughwell A.C.	14.01.12	
4.	Reynolds, Laura	Mohill A.C.	14.44.22	
5.	Carolan, Donna	Inbhear Dee A.C.	15.33.82	
6.	Gissane, Aoibhinn	Monaghan Phoenix A.C.	18.07.52	

## ITALIAN NATIONAL INDOOR CHAMPIONSHIPS, GENOVA, 23 FEBRUARY 2008

And next onto Genova where the Italian Indoor Senior Championships took place last week. Not surprisingly, favourites Elisa Rigaudo (3000m in 12:10.23) and 2004 Olympic champion Ivano Brugnetti (5000m in 18:33.06) were the winners in the walks. See website [http://www.marciaitaliana.com/dett\\_news.asp?id=185](http://www.marciaitaliana.com/dett_news.asp?id=185) for the race reports.

Rigaudo, with 1km splits of 3:59, 4:04 and 4:07, was a clear winner in the women's event and Brugnetti was just as dominant in the men's event, sprinting through the first 1km in 3:34 and then maintaining 3:40's for the next two kms before slowing slightly in the final section of the race.

### Men 5000m Walk

1.	BRUGNETTI Ivano	1976	FIAMME GIALLE	18:33.06
2.	CIVALLERO Lorenzo	1975	CARABINIERI SEZ. ATLETICA	19:21.51
3.	GANDELLINI Alessandro	1973	FIAMME ORO PADOVA	19:33.63
4.	CONTU Alberto	1986	C.U.S. SASSARI	19:40.72
5.	ROMANELLI Andrea	1986	TOSCANA ATLETICA	21:21.58
6.	ADRAGNA Andrea	1989	ATL. BERGAMO 1959 CREBERG	21:42.82

### Women 3000m Walk

1.	RIGAUDO Elisa (I)	1980	G.A. FIAMME GIALLE	12:10.23
2.	GIORDANO Rossella	1972	G.S. FIAMME AZZURRE	12:49.68
3.	DI VINCENZO Sibilla	1983	FONDIARIA - SAI ATLETICA	12:54.77
4.	ORSINI Gisella	1971	G.S. FORESTALE	13:04.42
5.	RAGONESI Agnese	1985	A.S.D. ATLETICA 2001 S.P. CLAR	13:07.64
6.	PERILLI Emanuela	1973	G.S. FORESTALE	13:30.10
7.	GABELLONE Tatyana	1984	S.S.D. CENTRO ESTER NAPOLI ARL	13:49.36
8.	MEGLI Milena	1966	ASSI BANCA TOSCANA FIRENZE	14:12.64
9.	GIORGI Eleonora Anna	1989	ATL. LECCO-COLOMBO COSTRUZ.	14:19.91
10.	GABRIELLI Martina	1986	ITALGEST ATHLETIC CLUB	15:23.06

You can see lots of photos from the races at website <http://www.multimediasvisini.com/thumbnails.php?album=lastup&cat=-28>. Here are two of the many on offer.



Left: Elisa Rigaudo (31), Gisella Orsini (28) and Milena Megli (27) - Photo by Maurizio De Marco for [www.atleticarieti.it](http://www.atleticarieti.it)  
 Right: Ivano Brugnetti wins in 18:33.06 - Photo by Giancarlo Colombo per Omega/Fidal

**GERMAN NATIONAL INDOOR CHAMPIONSHIPS, SINDELFINGEN, 23 FEBRUARY 2008**

Next onto Germany where favourites André Höhne (19:35.87) and Melanie Seeger (12:12.57) were clearcut winners.

**Men 5000m Walk**

1.	Höhne Andre	1978	SCC Berlin	19:35.87
2.	Tonat Hannes	1986	Erfurter LAC	20:13.61
3.	Linke Christopher	1988	SC Potsdam	20:39.91
4.	Roschinsky Christoph	1989	SCC Berlin	21:53.20

**Women 3000m Walk**

1.	Seeger Melanie	1977	SC Potsdam	12:12.57
2.	Grasse Jenny	1988	Erfurter LAC	13:41.02
3.	Krause Sandra	1989	SC Potsdam	14:10.31
4.	Landmann Maja	1985	LC Rothaus Breisgau	14:28.56
5.	Sarembe-Stegmaier Christine	1966	LSG Aalen	14:37.90
	Primas Barbara	1965	TSG Esslingen	ab.
	Eiß Christin	1989	SC Potsdam	disq.

## RUSSIAN WINTER RACEWALKING CHAMPIONSHIPS, SOCHI, 23-25 FEBRUARY 2008

The Russian Winter Race Walking Championships were held from 23-25 February in Adler, a suburb of the city of Sochi, host of the 2014 Winter Olympic Games, and the results showcase the depth and quality of the world's top walking nation. Full results may be seen at [http://eng.rusathletics.com/sor/sor.php?sor\\_in=1307](http://eng.rusathletics.com/sor/sor.php?sor_in=1307)

There were 3 senior events on offer – 20 km for women, 20 km for men and 35 km for men – as well as underage championships.

The women's 20km race walk turned out to be the big event with a group of 4 (Olga Kaniskina, Anisia Kirdyapkina, Tatyana Shemiakina and Tatyana Sibileva) breaking away early. World champion Kaniskina clocked intermediate times of 20:46 (5km), 42.15 (10km) and 1:03.35 (15km) before storming home in 1:25.11, a world best. Unfortunately, although it was some 30 secs under the current World record of her Russian compatriot Olimpiada Ivanova (1:25:41), Kaniskina's result cannot be registered as the World record as only Russian judges were present. 18-year-old Anisia Kirdyapkina took second place in 1:25.30 and 22-year-old Tatyana Shemiakina got the well-deserved bronze. The last of the leading quartet was Tatyana Sibileva who clocked 1:26.16.

Valeriy Borchin won the men's 20km race in 1:17.55 ahead of Sergei Bakulin (1:18.18) with Andrei Krivov third at 1:19.06. More well known athletes like Ilya Markov (1:19.18), Victor Buraev (1:19.27) and Vkadimir Stankin (1:20.06) were never in contention.

The men's 35km was dominated by World 20km record holder Vladimir Kanaikin in 2:25.59 (10km - 43.36, 20km - 1:24.43, 30km - 2:05.22) ahead of Igor Erokhin (2:27.12), Andrei Ruzavin (2:27.59), Denis Nizhegorodov (2:28.00), Sergei Kirdyapkin (2:28.28) and Yuriy Andronov (2:29.36).

There were also National Championships for underage walkers and the results were just as astonishing. Under-18 girls competed over 5000m with Tatyana Khainulina the fastest in 21.54. In the Under 20 10 km, 18-year-old Tatyana Kalmykova won with a time of 42.29 with 17-year-old Irina Umanova only two seconds behind the winner. In the men's races, Dementiy Cheparev won the Under 18 10km event in 42.39 despite being only 15 years of age while Edict Khabullin won the Under 20 10km in a neck and neck battle with his opponents in 39.43. The race walker who took the 4<sup>th</sup> place was only 4 seconds behind the winner.

The first 10 in each of the senior events follows

### Men 20km Race Walk

1.	Valeri Borchin	RUS	01:17.55
2.	Sergey Bakulin	RUS	01:18.18
3.	Andrei Krivov	RUS	01:19.06
4.	Ilya Markov	RUS	01:19.18
5.	Viktor Buraiev	RUS	01:19.27
6.	Vladimir Stankin	RUS	01:20.06
7.	Dmitri Yesipchuk	RUS	01:20.22
8.	Piotr Trofimov	RUS	01:21.28
9.	Aleksandr Prokhorov	RUS	01:21.34
10.	Aleksandr Yargunkin	RUS	01:21.38

### Men 35km Race Walk

1.	Vladimir Kanaikin	RUS	02:25.59
2.	Igor Yerokhin	RUS	02:27.12
3.	Andrei Ruzavin	RUS	02:27.59
4.	Denis Nizhegorodov	RUS	02:28.00
5.	Sergei Kirdiapkin	RUS	02:28.28
6.	Yuri Andronov	RUS	02:29.36
7.	Sergei Melentiev	RUS	02:31.09
8.	Sergey Sergachov	RUS	02:33.10
9.	Aleksei Voievodin	RUS	02:36.21
10.	Yuri Chesnokov	RUS	02:37.17

### Women 20km Race Walk

1.	Olga Kaniskina	RUS	01:25.11
2.	Anisiya Kirdyapkina	RUS	01:25.30
3.	Yelena Shemiakina	RUS	01:25.46
4.	Tatiana Sibiliova	RUS	01:26.16
5.	Liudmila Arkhipova	RUS	01:26.16
6.	Alyona Nartova	RUS	01:27.18
7.	Yekaterina Yezhova	RUS	01:27.43
8.	Larisa Yemelianova	RUS	01:28.10
9.	Olga Mikhailova	RUS	01:29.33
10.	Tatiana Gudkova	RUS	01:29.50

## IAAF RACE WALKING CHALLENGE, CHIHUAHUA, MEXICO, 8-9 MARCH 2008

The first of the 2008 IAAF Race Walking Challenge events was contested last weekend in Chihuahua in Mexico. There were U20 10 km events, Open Men 20 km and 50 km and Open Women 20 km events on offer and some 120 walkers from 22 countries participated. With an altitude of around 1400m, it was a tough ask and, perhaps understandably, times were slower than would normally be the case for a carnival of this sort. Full results can be sourced from <http://www.walkingchihuahua.com/Results1.htm>. The following race reports and photos are taken from the IAAF website (<http://www.iaaf.org>)



**Winners in Mexico - Eder Sanchez (MEX), Kjersti Platzer (NOR) and Jesus Sanchez (MEX)**

### Friday 7 March, Under 20 Men and Women 10 km

The first two events to kick off were the Under 20 10 km walks. There were large fields, predominantly Mexican, and the walk of the evening was by 17 year old Pedro Gomez, the 2006 Central American and Caribbean Junior silver medallist and fourth place finisher at the 2005 World Youth Championships, who won the men's walk easily in 41:58.52.

#### Junior women

1.	Adriana Ochoa	Mexico	50:15.04
2.	Erandi Uribe	Mexico	50:36.13
3.	Dulce Arrieta	Mexico	52:58.73

#### Junior men

1.	Pedro Daniel Gomez	Mexico	41:58.52
2.	Adrian Ochoa	Mexico	43:00.0
3.	Clemente Garcia	Mexico	44:30.0

### Saturday 8 March, 2:30PM start, Open Women 20 km Walk

In the women's race, Melanie Seeger took the early lead, closely followed by Portugal's 2005 World Championships bronze medallist Susana Feitor and El Salvador's 2007 Pan American Games champion Cristina López. The latter could not sustain the pace and dropped off, leaving the European duo alone in front. Kjersti Platzer began to reduce the deficit to leaders and managed to overtake the Portuguese first and then the German. She then went on to cross the line unchallenged in 1:33:18.

With just over three laps to go (6km), Feitor, suffering from cramps, sat on the pavement. This enabled Seeger to secure second place (1:35.44), over two minutes behind the winner. Ines Henriques saved the day for Portugal as she finished third in 1:36.38.

"Chihuahua, I love you so much," said an ecstatic Platzer in perfect Spanish after being awarded at the Teatro de los Héroes.

Initially registered, Belarus' 2007 Challenge winner Ryta Turava did not start.

During the event, Poland's Herzy Hausleber, considered the father of Mexico's success in race walking, was honored by some of his pupils, including 1984 Olympic champions Ernesto Canto and Raul Gonzalez.

1.	Kjersti Platzer	Norway	1:33:19
2.	Melanie Seeger	Germany	1:35:44
3.	Ines Henriques	Portugal	1:36:38
4.	Elena Ginko	Belarus	1:37:40
5.	Maria Sánchez	Mexico	1:38:45
6.	Miriam Ramón	Ecuador	1:39:32
7.	Graciela Mendoza	Mexico	1:41:06
8.	Cristina Lopez	El Salvador	1:42:05
9.	Verónica Colindres	El Salvador	1:42:08
10.	Maria Sánchez Edomex	México	1:42:38

### Saturday 8 March, 4:30PM start, Open Men 20 km Walk

Luke Adams and Jared Tallent were in this event but things did not go their way. Jared had picked up an upset stomach earlier in the week while Luke, who went out hard, faded. They finished 8<sup>th</sup> and 9<sup>th</sup>, still excellent places in such a quality race. Overall, 21 year old Eder Sanchez, supported by the local crowd, broke away from the lead pack at the 14km mark and then held off the challenge of Spain's 2005 Helsinki World championships bronze medallist Juan Manuel Molina and Norway's Erik Tysse to take victory in 1:22:53, 13 seconds ahead of the Spanish. The Norwegian was third with 1:23:13.

"I felt very well and the competition unfolded as I had planned. It's important to win at home and show Mexico continues to be a powerhouse and to make progress", said a happy Sanchez, who finished fourth at the 2007 World Championships in Osaka.

Winner in Mexico in 2004, Jefferson Perez, focused this time on helping his countryman Rolando Saquipay achieve the A Olympic qualification standard and finished fifth in 1:23:42. However, Saquipay fell 18 seconds short of the qualifying time as he crossed the line in fourth place with 1:23:18.

Francisco Javier Fernandez, back to Mexico after walking in Tijuana in 2003, dropped out shortly after half way, also affected by stomach problems.

The revelation of the day was Pedro Gómez, 17, who backed up from his fine win in the Under 20 10 km to finish seventh in 1:24:11, just over a minute from the Olympic A standard. The first 10 places were as follows

1.	Eder Sanchez	Mexico	1:22:53
2.	Juan Manuel Molina	Spain	1:23:06
3.	Erick Tysse	Norway	1:23:13
4.	Jaime Saquipay	Ecuador	1:23:18
5.	Jefferson Perez	Ecuador	1:23:42
6.	Robert Heffernan	Ireland	1:23:45
7.	Pedro Gomez	Mexico	1:24:11
8.	Luke Adams	Australia	1:24:20
9.	Jared Tallent	Australia	1:25:40
10.	Horacio Nava	Mexico	1:25:45

### Sunday 9 March, 8AM start, Open Men 50 km Walk

Jesus Sanchez posted his best performance ever to win the 50km and complete a double win for Mexico on Sunday morning. The 31-year-old covered the 25-laps on the 2km course in 3:52:36, more than four minutes faster than his previous best of 3:57:08, set in 2007.

With the Olympic mark and a spot on the Mexican team for the 2008 World Race Walking Cup, Sanchez proved he is ready for higher goals as he walked away from Spain's 1993 World champion Jesus Angel Garcia (3:55:13) and 1997 20km World champion Daniel Garcia (4:00:59), who followed him past the finish line.

"It is a great personal satisfaction. It has been worth walking almost four hours. Initially, I did not want to do the 50 as I was already qualified for the World Cup, but my coach convinced me during the high altitude training camp in Bolivia, as part of my preparation for the Olympics", commented a tired but happy winner.

Last year, he broke the four-hour barrier for the first time, but did not perform well in Osaka, where he finished 20<sup>th</sup>.

"I believe this result proves I am ready for bigger challenges, but I have to take things step by step. I am close to secure the qualification to Beijing and we have athletes to form a good team for Beijing", the 2000 NACAC Under 25 Championships silver medallist added

Daniel Garcia confirmed his intentions to put an end to his successful career at the 2010 World Cup, to be held in Chihuahua.

It was his first 50km since 1999 and he finished close to the Olympic 'A' standard. "I sped up the pace in the last 10km and kept my motivation to finish among the top three". The 36-year-old from Veracruz hopes to be one of the top three Mexicans at the World Cup in Russia in May and break the four-hour barrier to qualify to Beijing

Sanchez and 1996 Olympic 20km bronze medallist Bernardo Segura moved away from the pack early on the cool morning at 7:00am. However, the latter suffered from severe pain in a leg half way into the race and was forced to drop out. Unable to qualify to Beijing, the 37-year-old announced he is retiring from the sport

Sanchez was left alone in the lead and maintained a steady pace to achieve the best performance of his career and prevent the experienced Spaniard from another win in Mexico.

1.	Jesus Sanchez	Mexico	3:52:36
2.	Jesus Angel Garcia	Spain	3:55:13
3.	Daniel Garcia	Mexico	4:00:59
4.	Mario Ivan Flores	Mexico	4:01:36
5.	Edgar Hernandez	Mexico	4:05:49
6.	Marco Rodriguez	El Salvador	4:06:01
7.	Andrei Stepanchuk	Belarus	4:09:14
8.	Alvaro Nava	Mexico	4:11:13
9.	Miguel Solis	Mexico	4:11:45
10.	Jose Alfredo Perez	Mexico	4:22:22

The seven-event series will continue in Rio Maior, Portugal, on April 5.

## CHINESE NATIONAL RACEWALKING CHAMPIONSHIPS, ZHENGZHOU, 14-16 MARCH 2008

The following report on the IAAF website this week focuses on the fantastic results in the Chinese National Championships held last weekend in Zhengzhou. With the 2008 Olympics being held in Beijing, China has already indicated that it regards the racewalks as amongst its biggest medal hopes and Chinese walking is at an all time high with regard to quality and quantity. We have seen this sort of Chinese quality and depth in years past but Chinese based results have not necessarily transferred to the international stage. Perhaps this year, before a home crowd, it will be different.

Even though the best and internationally known walkers did not attend the National Road Walking Championships in Zhengzhou this weekend, that didn't mean there weren't fast times. China's best walkers are concentrating on what has become the most important walking meet in China, the IAAF Race Walking Challenge which this time is part of the Good Luck To Beijing 2008 competitions.

In the men's 20km race 24-year-old Wang Zhiping grabbed a first career podium finish in National Championships winning in a personal best 1:19:46 bettering his 2006 best of 1:20:05 by 19 seconds. Last year he was fourth at the National Championships on the Beijing Olympic course. Wang, one of the oldest walkers in this competition, was one of the few with any national or international experience. He was 13<sup>th</sup> at the 2006 World Cup 20km race.

The biggest surprise of the race was Chen Ding who finished second. The Guangdong-athlete, competing in his first national level race, is just 15-years-old. Chen clocked an incredible 1:20:16 for his 2<sup>nd</sup> place finish. 20-year-old Xu Faguang sliced 2 minutes and 42 seconds off his earlier PB to get third place in 1:20:26 and another junior, defending 20km senior national champion Wang Hao, 18, was fourth in 1:20:34, another big personal best. The oldest of the 34 athletes who finished the race was only 25.

In the men's 50km walk the pace was not comparable to the 20km race. 20-year-old Bai Xuejin won in 3:55:04 to better his 10th place finish from last year's National Championships with Gou Xiaoxin taking the 2nd place in his first career 50km race in 3:58:25. Liu Yong was third in a personal best 4:00:57.

In the women's 20km race, the most experienced walker was the winner too. 24-year-old Jiang Qiuyan completed her fifth career sub 1:30 race to retain her title from 2007 in 1:29:08. Jiang who has won the last two World University Games 20km competitions and finished 9<sup>th</sup> at the 2006 World Cup 20km, will be hopeful to grab a place on the Olympic team later this year. 24-year-old Yang Yawei returned to world's top level clocking her first sub 1:30 time since 2005 to get the 2<sup>nd</sup> place in 1:29:53. 25-year-old Shi Yang first third in 1:30:43, lowering her personal best by a huge margin of 6 minutes and 27 seconds.

The best women's 20km result was achieved in the junior race. 18-year-old Yang Mingxia, who raced on the 20km distance for the first time in August 2007 winning the junior title in 1:34:11 then, took a giant step forward and retained her title in a fast 1:28:56, 5 minutes and 15 seconds faster than her earlier personal best. 18-year-old Zhou Kang was second in 1:33:37 and Yu Miao third in 1:33:47 in a race where first 11 finishers set a personal best.

Men's junior 10km was won by Zhang Rui in a fast 39:50 with Fang Xianchang finishing second in 40:09. Only 15-year-old Wang Zhen was fastest over junior 30km in 2:08:46 and 16-year-old Wang Min was fastest in the youth 10km for women in 47:08. 30km winner Wang also won the youth 10km on Friday in 40:46 with the 30km race held on Sunday.

Main results follow. See <http://www.tilastopaja.org/db/results.php?CID=11478780&Season=2008> for full results.

### U20 Men 10 km walk, 14 March 2008

1.	Zhang Rui	CHN	12/01/89	39:50:00
2.	Fang Xiancheng	CHN	11/03/89	40:09:00
3.	Yang Tao	CHN	12/12/89	40:35:00
4.	Geng Lingfu	CHN	05/10/90	41:00:00
5.	Zhan Ende	CHN	03/03/90	41:04:00
6.	Wang Guangfei	CHN	09/04/89	41:14:00
7.	Wang Hongwei	CHN	10/10/89	41:22:00
8.	Zhang Yongkun	CHN	31/01/90	42:44:00
9.	Gao Chao	CHN	04/01/89	43:33:00

### U18 Men 10 km walk, 14 March 2008

1.	Wang Zhen	CHN	24/12/92	40:46:00
2.	Wang Yulong	CHN	01/04/91	42:15:00
3.	Xu Xianlong	CHN	02/02/91	42:39:00
4.	Geng Yuanjiang	CHN	20/09/91	43:35:00

### Open Men 20 km walk, 14 March 2008

1.	Wang Zhiping	CHN	11/12/83	01:19:46
2.	Chen Ding	CHN	05/08/92	01:20:16
3.	Xu Faguang	CHN	17/05/87	01:20:26



4.	Wang Hao	CHN	16/08/89	01:20:34
5.	Gao Lianzuo	CHN	30/08/85	01:21:19
6.	Yu Wei	CHN	11/09/87	01:21:39
7.	Fang Pengfei	CHN	16/02/83	01:22:01
8.	Wang Xiaohong	CHN	15/05/83	01:22:02
9.	Zhang Xuezhì	CHN	06/07/87	01:22:15
10.	Li Lei	CHN	29/11/87	01:22:29
11.	Li Rui	CHN	15/10/87	01:22:38
12.	Wu Guosong	CHN	21/04/87	01:23:00
13.	Gou Xiaoxin	CHN	18/01/86	01:23:25
14.	Li Chao	CHN	09/04/86	01:23:33
15.	Ge Hui	CHN	21/12/87	01:23:48
16.	Ai Bin	CHN	20/06/87	01:24:03
17.	Miao Yanxi	CHN	03/08/84	01:24:15
18.	Li Guoqing	CHN	30/09/87	01:24:32
19.	Xu Xingde	CHN	12/06/84	01:24:49
20.	Gadasu Alatan	CHN	27/01/84	01:25:12

#### U18 Women 10 km walk, 15 March 2008

1.	Wang Min	CHN	02/12/91	47:08:00
2.	Tong Lingling	CHN	25/01/92	47:12:00
3.	Qi Guangha	CHN	27/11/91	47:49:00
4.	Li Hua	CHN	15/01/91	48:17:00
5.	Cui Shuangyan	CHN	01/06/91	48:51:00
6.	Gao Ni	CHN	14/09/91	49:26:00
7.	Kang Bin	CHN	08/01/92	49:45:00
8.	Yang Lixia	CHN	18/09/91	50:27:00
9.	Li Yajie	CHN	24/06/92	52:44:00
10.	Yang Liu	CHN	26/02/92	56:28:00

#### U20 Women 20 km walk, 15 March 2008

1.	Yang Mingxia	CHN	13/01/90	01:28:56
2.	Zhou Kang	CHN	24/12/89	01:33:37
3.	Yu Miao	CHN	02/04/89	01:33:47
4.	Liu Ke	CHN	02/10/90	01:36:23
5.	Zhang Xin	CHN	17/08/89	01:36:37
6.	Tong Chengcheng	CHN	20/10/89	01:37:06
7.	Li Yanfei	CHN	12/01/90	01:38:08
8.	Wang Xue	CHN	14/02/90	01:38:14
9.	Sun Huanhuan	CHN	15/03/90	01:38:28
10.	Che Zhenzhen	CHN	28/02/90	01:38:51

#### Open Women 20 km walk, 15 March 2008

1.	Jiang Qiuyan	CHN	05/07/83	01:29:08
2.	Yang Yawei	CHN	16/10/83	01:29:53
3.	Shi Yang	CHN	24/01/83	01:30:43
4.	Xu Qing	CHN	17/04/85	01:32:19
5.	Chai Xue	CHN	21/10/88	01:33:00
6.	Han Jie	CHN	31/12/87	01:33:30
7.	Sun Xueping	CHN	10/12/88	01:33:44
8.	Song Jinzhao	CHN	16/01/88	01:34:23
9.	Sun Lihua	CHN	30/09/83	01:35:16
10.	Huang Jing	CHN	28/02/88	01:35:17
11.	Li Shuang	CHN	04/01/85	01:35:53
12.	Li Li	CHN	22/02/87	01:36:59
13.	Shi Tianshu	CHN	07/06/88	01:37:04
14.	Wang Tingting	CHN	18/01/87	01:37:23
15.	Yang Xiao	CHN	15/02/88	01:38:22
16.	Qiao Li	CHN	05/05/88	01:39:45
17.	Huang Wei	CHN	31/08/87	01:39:46
18.	Zou Ying	CHN	20/08/82	01:40:38
19.	Yan Yang	CHN	25/02/87	01:40:47
20.	Ye Chun	CHN	14/04/86	01:44:24

#### Open Men 30 km walk, 16 March 2008

1.	Wang Zhen	CHN	24/12/92	02:08:46
2.	Jiang Kechao	CHN		02:26:39
3.	Zhang Rui	CHN	12/01/89	02:10:57
4.	Geng Lingfu	CHN	05/10/90	02:13:09

5.	Yang Tao	CHN	12/12/89	02:14:53
6.	Wu Qianlong	CHN	30/01/90	02:17:41
7.	Gao Chao	CHN	04/01/89	02:19:10
8.	Wang Guangfei	CHN	09/04/89	02:19:46
9.	Wang Kun	CHN	10/05/89	02:21:22
10.	Zhan Ende	CHN	03/03/90	02:22:37

**Open Men 50 km walk, 16 March 2008**

1.	Bai Xuejin	CHN	06/06/87	03:55:04
2.	Gou Xiaoxin	CHN	18/01/86	03:58:25
3.	Liu Yong	CHN	01/03/83	04:00:57
4.	Zhang Jiawei	CHN	27/10/86	04:01:59
5.	Li Lei	CHN	29/11/87	04:03:10
6.	Zhang Defu	CHN	05/06/84	04:04:59
7.	Fang Pengfei	CHN	16/02/83	04:05:01
8.	Zhang Chao	CHN	08/08/88	04:07:34
9.	Zhou Jincai	CHN	25/11/85	04:08:15
10.	Cui Yasen	CHN	28/02/87	04:08:51
11.	Nu Wenbing	CHN	21/07/88	04:10:25
12.	Huang Zhengyu	CHN	14/08/88	04:12:15
13.	Yang Yingkui	CHN	18/06/85	04:12:54
14.	Ji Chunlong	CHN	25/02/88	04:13:50
15.	Bai Ming	CHN	26/09/85	04:13:59
16.	Yu Wei	CHN	11/09/87	04:15:19
17.	Shi Songbo	CHN	04/03/88	04:16:04
18.	Du Yunpeng	CHN	06/09/88	04:16:18
19.	Zhao Yongping	CHN	23/01/87	04:17:24
20.	Liu Chunyang	CHN	02/10/87	04:17:47

**WAVA 3<sup>RD</sup> WORLD INDOORS CHAMPS, CLERMONT-FERRAND, FRANCE, 17-22 MARCH 2008**

The World Masters Indoor Champs were held in Clermont-Ferrand in France with 3000m track walks on offer on Tuesday 18<sup>th</sup> May (women) and Wednesday 19<sup>th</sup> (men). I reproduce here the top 10 in each division. What a high standard of walking!

<p><b>3 000m Women, W35</b></p> <p>1 15'00"98 LILAND Hanne Norway                  2 15'59"62 BETLEJ Beata Spain                  3 16'12"07 PECQUET Lydie France                  4 16'18"51 SELIS Rosa Spain                  5 17'26"97 MOSQUEDA Ana                  6 17'52"13 NEUVILLE Stephanie France                  7 17'57"39 HON Marie-helene France</p>	<p><b>3 000m Men, M35</b></p> <p>1 12'41"01 PORRAS Juan Spain                  2 12'49"76 BORSCH Steffen Germany                  3 13'43"16 FRANKE Denis Germany                  4 13'53"34 MECIAR Peter Slovak Rep.                  5 13'59"33 SVENSSON Christer Sweden                  6 14'00"93 ERARD Christophe France                  7 14'10"17 GERONIMO Franco Italy                  8 15'11"47 MARTI Josep Spain                  9 15'26"24 GUION Jean-charles France                  10 16'05"53 STAEDLER Karsten Germany</p>
<p><b>3 000m Women, W40</b></p> <p>1 14'10"41 BEST Nicole Germany                  2 14'22"15 QUENEHERVE Anne France                  3 14'27"41 MEGLI Milena Italy                  4 15'03"39 PRIMAS Barbara Germany                  5 15'20"96 BÖHME Karen Germany                  6 15'24"11 GAVALAKI Kalliopi Greece                  7 16'05"49 PONGIN Catherine France                  8 17'12"52 NICOLAS Myriam Belgium                  9 17'20"30 ANDRE Christelle France                  10 17'32"90 CHAACHOU R'kia France</p>	<p><b>3 000m Men, M40</b></p> <p>1 13'04"28 GALICIA Alfredo France                  2 13'44"37 GNAUCK Dick Germany                  3 14'19"33 RUIZ Faustino Spain                  4 15'18"96 BROYON Jean Pierre France                  5 16'36"66 KROPIK Franz Austria                  6 21'56"21 TARDI Emmanuel France</p>
<p><b>3 000m Women, W45</b></p> <p>1 15'25"84 MAZUIR Nadine France                  2 15'53"88 GARCIA Carmen Spain                  3 15'58"92 BOOYENS Ada South Africa                  4 16'21"64 LUNIEWSKA Janina Poland                  5 16'28"46 COCHEREAU Veronique France                  6 16'39"65 BORDE Beatrice France                  7 17'34"14 ZIRKNITZER Andrea Austria                  8 17'46"46 HENIN Marie-josée France                  9 18'35"18 NOELL M<sup>a</sup> Angeles Spain                  10 18'54"66 GALON Anne Marie France</p>	<p><b>3 000m Men, M45</b></p> <p>1 12'50"10 DE LOS ANGELES G Mexico                  2 12'57"92 FRIXON Jean-michel France                  3 13'01"62 GUTIERREZ BRENES S Costa Rica                  4 13'08"45 BENGTTSSON Bengt Sweden                  5 13'34"20 BUNEL Xavier France                  6 13'52"00 PAPST Ronald Germany                  7 14'00"91 BALLESTEROS Jordi Spain                  8 14'08"20 MURPHY Patrick Ireland                  9 14'11"96 SCHRÖTER Uwe Germany                  10 14'24"59 MARIE Frederic France</p>
<p><b>3 000m Women, W50</b></p> <p>1 15'28"36 ALVERNHE Dominique France                  2 15'51"29 KRYVOKHYZHA Tetyana Ukraine                  3 16'08"08 PICARD Marie-francoise France                  4 16'17"78 MARCENCO Natalia Italy                  5 16'37"20 DEBERNARD Chantal France                  6 17'26"32 LEMONNIER Dominique France                  7 17'38"31 MAGGIORE Yvonne France                  8 17'43"65 PONCET Sabine France                  9 17'54"33 BOUVIER-RAMBAUD O France                  10 17'55"54 LE METAYER Dominique France</p>	<p><b>3 000m Men, M50, Heat 1</b></p> <p>1 13'42"61 SILVESTER Nick Great Britain                  2 13'51"34 MEYER Carl South Africa                  3 14'09"50 KISELEV Mikhail Russia                  4 14'15"58 BOGAERT Dirk Belgium                  5 14'40"80 SCHWARZ Alfons Germany                  6 14'55"28 LUNIEWSKI Miroslaw Poland                  7 15'10"85 BABOIN Michel France                  8 15'22"76 MORENO J. Javier Spain                  9 15'45"77 CALAMY Yves France                  10 15'58"54 NADLER Marco France</p> <p><b>3 000m Men, M50, Heat 2</b></p> <p>1 14'02"18 FABIAN Monna Colombia                  2 15'29"41 GUALANDI Gerard France                  3 15'37"02 FAUVEL Philippe France                  4 15'42"73 BARBUZYNSKI Josef France                  5 15'55"20 HULISELAN Boetje Holland                  6 16'13"10 GUILLON Jean-claude France                  7 17'56"41 DREAU Jean-michel France                  8 17'58"64 DOMIZI Sergio Italy                  9 18'03"22 BRUNEAUX Jean-claude France                  10 18'07"27 ECHE Dominique France</p>
<p><b>3 000m Women, W55</b></p> <p>1 15'56"34 SILVA FERNANDES M Portugal                  2 16'58"36 JOFFIN Maryvonne France                  3 17'01"63 BRIZ Maria Jose Spain</p>	<p><b>3 000m Men, M55</b></p> <p>1 13'51"56 RUZZIER Fabio Slovenia                  2 14'13"55 MELO Ignacio Spain                  3 14'23"58 BROCHOT Patrice France</p>

4	18'22"04	CHIOZZA Teresa	Canada	4	14'58"73	HALL John	Great Britain
5	18'47"48	SHYMKO Liubov	Ukraine	5	15'10"72	PEREZ Gérard	France
6	18'47"53	BROCHOT Edith	France	6	15'52"70	SCHAEFFER Udo	Germany
7	19'00"37	DESNOTS Marie-thérèse	France	7	16'09"71	PIN Jean Pierre	France
8	19'27"80	BARET Simone	France	8	16'29"20	SIEGELLE Johann	Austria
9	19'29"71	LAPAEVA Galina	Russia	9	16'38"11	AFFELN Bernd	Germany
10	19'57"61	ADAN Pilar	Spain	10	16'38"68	CHABOUD Gerard	France
<b>3 000m Women, W60</b>				<b>3 000m Men, M60</b>			
1	17'28"85	LOYER Suzanne	France	1	14'48"59	MASSELIN Jean-paul	France
2	18'50"50	BERNIER Janine	France	2	15'10"26	NIESTELBERGER Ludwig	Austria
3	18'53"02	EICHEL Yoko	USA	3	15'50"98	AFONSO FERREIRO Jose	France
4	19'23"84	FRABLE Kathleen	USA	4	16'05"56	TURNER Colin	Great Britain
5	19'35"61	BONNET Jacqueline	France	5	16'08"72	PURVES Bill	Hong Kong
6	19'54"69	DE WOLF Frieda	Belgium	6	16'21"42	FIORI Mario	Italy
7	20'15"33	BLUME Rosina	Germany	7	16'24"88	THIERRY Bertrand	France
8	20'31"23	HOOGEWYS Godelieve	France	8	16'39"27	PALELLA Pasquale	Italy
				9	16'50"56	MCMULLIN John	Ireland
				10	16'56"09	WIJSMAN Alex	Holland
<b>3 000m Women, W65</b>				<b>3 000m Men, M65</b>			
1	18'50"60	KARETIE Pirjo	Finland	1	15'53"43	DEGENER Karl	Germany
2	19'27"25	HIGBIE Janet	USA	2	16'26"98	STRIEDER Hermann	Austria
3	20'32"98	THEUNISSEN Gisela	Germany	3	16'44"51	PENFOLD Ronald	Great Britain
4	20'42"45	HERRENDOERFER Ursula	Germany	4	17'20"01	RUBENIS Gunars	Latvia
5	21'55"62	GUSAT Emilia	Romania	5	17'27"30	SHILLABEER Edmund	Great Britain
6	22'38"81	VECCHI Maria	Italy	6	17'43"48	ZETZMANN Ulrich	Germany
7	23'00"31	KUZENKOVA Ekaterina	Russia	7	17'48"56	PERNICIARO Ettore	Italy
8	23'11"45	BORISOVA Galina	Russia	8	18'00"93	KUSHNAROV Anatolii	Ukraine
9	23'29"36	LEBIEDIEVA Larysa	Ukraine	9	18'12"75	MITTMANN Heinz-jürgen	Germany
10	23'52"42	KNÄRINGER Traude	Germany	10	18'14"12	BARDY Claude	France
<b>3 000m Women, W70</b>				<b>3 000m Men, M70</b>			
1	20'08"24	SOMMIER Josette	France	1	16'09"24	THOMSON Arthur	Great Britain
2	20'11"59	SPELMAN Maureen	Great Britain	2	17'12"57	IRBE Zigurds	Latvia
3	21'03"84	LECLERC Denise	France	3	17'20"40	BIALOUS Jan	Poland
4	21'57"80	FREY Gudrun	Germany	4	18'21"87	BAKER Klass	Holland
5	24'25"47	ANDRECS Katharina	Austria	5	18'44"72	FLASSNOECKER Holger	Germany
6	25'30"43	CHAMPION Sheila	Ireland	6	18'45"29	MITTAG Gernot	Germany
				7	18'47"28	KNÄRINGER Frank	Germany
				8	21'38"22	KRABBENDAM Bernard	Holland
				9	22'09"75	AURIAULT Henri	France
				10	23'34"61	BOM Jose	Portugal
				<b>3 000m Men, M75</b>			
				1	20'03"73	FINE Robert	USA
				2	20'07"06	KAPITONOV Vladimir	Russia
				3	20'07"20	STARR John	USA
				4	21'26"70	HORWILL Eric	Great Britain
				5	21'56"64	LAZAR Gheorghe	Romania
				6	22'00"45	KERDEVEZ Robert	France
				7	22'19"03	MAY John	Great Britain
<b>3 000m Women, W80</b>				<b>3 000m Men, M80</b>			
1	28'27"34	SHUB Olena	Ukraine	1	21'43"09	HERBST Gerhard	Germany
2	28'27"64	LAPINA Nellija	Latvia				
				<b>3 000m Men, M85</b>			
				1	24'25"90	TADEI Lino	Italy
				2	28'15"99	FITZGERALD Jack	Great Britain
				3	29'00"47	KARJALAINEN Juhani	Finland

## EUROPEAN RACE WALKING MEET, DUCINCE, SLOVAKIA, SATURDAY 29 MARCH 2008

The European Athletics Race Walking Permit Meeting in Dudince is one of the big walking carnivals of the early European season and this year was no exception. The main event is always the 50 km Open walk but there are a full range of events from 2 km upwards. See website <http://www.saz.sk/saz/saz.nsf/0/034D47EED3AC40B2C125741C005A43F5?OpenDocument> for full race details.

European Athletics website ([http://www.european-athletics.org/index.php?option=com\\_content&task=view&id=6161&Itemid=2](http://www.european-athletics.org/index.php?option=com_content&task=view&id=6161&Itemid=2)) reported as follows on the meet

Poland's Grzegorz Sudol was an impressive 50km victor at the 27<sup>th</sup> European Athletics Permit Race Walking Permit Meeting in the South Slovakian Spa of Dudince on Saturday.

In ideal weather conditions, cloudy and 10 degrees, an grand total of 8 walkers went under the magical Olympic qualifying standard of 4 hours; with the top three going sub 3:50 and top 7 achieving personal bests. Along side this, five countries, Poland, Slovakia, Czech Republic, Lithuania combined to organise their 50 km championships in a great day's Race Walking.

At the head of the field, the 29-year-old Sudol, who finished in 7<sup>th</sup> place at the 2004 Olympic Games in Athens, had the added satisfaction of defending his Polish title in a world leading time of 3:45:47 beating his previous best of 3:49:09 from 2004 in Athens.

A previous winner in 2006, Sudol was joined in the early stages by his fellow countryman Benjamin Kucinski, better known as a 20 km specialist who was starting his first 50km, but decided to call it a day at the 30km mark.

"I'm delighted with that performance and that was close to what I had expected" said the Pole after finishing the race. "I will take a few days easy before getting back into training but it will be 20km for me at the IAAF World Cup in Cheboksary in May and the 50km in Beijing" he added.

There was a silver medal for the home nation when Peter Korcok, who finished 8<sup>th</sup> at the European Athletics Championships in Goteborg in 2006, was the next man home behind Sudol.

Setting a major milestone for the hosts, Korcok was overjoyed to go under 3:50 for the first time in his career with a new best of 3:48:17. The performance, which placed him third on the Slovakian all time list, confirmed his selection for the Beijing Olympics along with the Slovakian title, having previously won this overall event in 2002 and 2004.

In third place, Donatas Shkarnulis set a new Lithuanian record of 3:49:30 ahead of his twin brother Darius who in his debut at 50 km was fifth in 3:56:38 just behind Tadas Shushkevicius in 3:54:37.

There was further success for the hosts when Slovakian Athens Olympian Kazimir Verkin took sixth in a new PB of 3:57:17 to secure the third place in Slovakian Olympic team and 7<sup>th</sup> overall as Milos Batovsky, who did not finish today will also be named for Beijing because of his 3:54:10 from last season. The Czech Republic's Roman Bilek took his country's national title and improved his best to 3:58:42 to secure his Olympic selection.

In the afternoon 20 km races, Slovakian Athlete of the Year in 2006 Matej Toth took the top honours and achieved the Olympic qualifying time with a new best of 1:22:14. Rafal Augustyn of Poland also achieved the Olympic qualifying standard clocking 1:22:43 for second ahead of Marius Ziukas of Lithuania in third with 1:23:55.

In the women's equivalent, Zuzana Malikova was another classy winner, adding her fifth Slovakian title to her ever growing list of honours in 1:35:29 beating Czech Lucie Pelantova into second in new PB and Olympic B-qualifier of 1:35:42 and Paulina Buziak of Poland in third with a PB 1:36:44.

The first 10 places in each event follow. I have included 11<sup>th</sup> place in the 50 km – Dan King of GBR walking a very good 4:04:49.

### 50km Men Result

1.	SUDOL Grzegorz	08/28/78	POL	PZLA	3:45:47
2.	KORCOK Peter	08/12/74	SVK	VC Dukla BB	3:48:17
3.	KARNULIS Donatas	10/21/77	LIT	Lithuanian Team Members	3:49:30
4.	UKEVICIUS Tadas	05/22/85	LIT	Lithuanian Team Members	3:54:37
5.	KARNULIS Darius	10/21/77	LIT	Lithuanian Team Members	3:56:58
6.	VERKIN Kazimir	03/27/72	SVK	VC Dukla BB	3:57:17
7.	BÍLEK Roman	09/29/67	CZE	AK Kromeri	3:58:42
8.	BRZOZOWSKI Artur	03/29/85	POL	PZLA	3:59:43
9.	ROSIEWICZ Maciej	07/31/77	POL	PZLA	4:00:53
10.	MAJDÁN Duan	09/08/87	SVK	VC Dukla BB	4:03:07
11.	KING Daniel	05/30/83	GBR	---	4:04:49

### 20km Men Result

1.	TÓTH Matej	02/10/83	SVK	VC Dukla BB	1:22:14
2.	AUGUSTYN Rafal	05/14/84	POL	PZLA	1:22:44
3.	ZIUKAS Marius	06/29/85	LIT	Lithuanian Team Members	1:23:55
4.	TONAT Hannes	03/06/86	GER	Erfurt	1:24:31
5.	JELONEK Jakub	07/07/85	POL	PZLA	1:24:53
6.	SCHMIDT Carsten	05/29/86	GER	Potsdam	1:25:11
7.	KUCMÍN Anton	06/07/84	SVK	AK Spartak Dub. n/V	1:25:45

8.	RÁCZ Sándor	09/14/86	HUN	ARAK	1:26:25
9.	MIKELIONIS Vilius	03/05/85	LIT	Lithuanian Team Members	1:27:41
10.	SIKORA Rafal	02/17/87	POL	PZLA	1:28:06

#### 20km Women Result

1.	MALÍKOVÁ Zuzana	08/02/83	SVK	Lokomotiva urany	1:35:29
2.	PELANTOVÁ Lucie	05/07/86	CZE	USK Praha	1:35:42
3.	BUZIAK Paulina	12/16/86	POL	OTG SOKÓV Mielec	1:36:44
4.	FÜSTI Edina	06/24/82	HUN	TSC	1:36:59
5.	MADARÁSZ Viktória	12/05/85	HUN	ARAK	1:39:36
6.	KOVÁCS Andrea	07/21/80	HUN	TFSE	1:40:46
7.	VARRÓ Katalin	01/09/86	HUN	Hunyadi DSE	1:44:27
8.	CHRUSCIEL Lucyna	06/29/88	POL	PZLA	1:46:25
9.	TORMA Anett	04/02/84	HUN	Bp.Honvéd SE	1:46:59
10.	GERENDÁSI Eszter	04/16/85	HUN	BEAC	1:47:48

#### 10 Km - Junior Men

1.	HELLEBRANDT Máté	01/16/89	HUN	NYVSC	0:43:01
2.	PIOREK Kamil	01/17/89	POL	PZLA	0:44:12
3.	POHLE Hagen	03/05/92	GER	Potsdam	0:44:57
4.	AUGUSTYN Lukasz	11/29/90	POL	SOKOL Mielec	0:46:09
5.	ZAJIC Jakub	02/08/89	CZE	Hviezda SKP Pardubice	0:46:29
6.	GDULA Lukáš?	12/06/91	CZE	Hviezda SKP Pardubice	0:47:07
7.	SCHROM Pave	10/31/79	CZE	TJ Slezan Opava	0:47:21
8.	NEMES Viktor	02/04/89	HUN	NYVSC	0:48:11
9.	HAJA Miloslav	02/21/90	SVK	AK UMB BB	0:49:01
10.	VARGA Krisztián	08/29/89	HUN	TSC	0:49:49

#### 10 Km - Junior Women

1.	KRIVÁN Berta	11/17/91	HUN	BEAC	0:49:40
2.	KRAUSE Sandra	12/28/89	GER	Potsdam	0:50:04
3.	KAZEMAKA Anita	05/30/90	LAT	LAA	0:50:18
4.	BROSCH Monique	06/13/89	GER	Leipzig	0:50:42
5.	STRNADOVÁ Barbora	01/19/89	SVK	G Stavbár Nitra	0:51:24
6.	BROKERE Liga	01/25/89	LAT	LAA	0:52:44
7.	KARDOS Cecilia	05/30/88	HUN	BEAC	0:53:13
8.	KISS Eszter	06/10/89	HUN	Bp.Honvéd SE	0:53:49
9.	BAJNAI Eszter	05/15/89	HUN	Bp.Honvéd SE	0:53:55
10.	BAKCSI Annamária	11/02/90	HUN	BEAC	0:54:06

## IAAF RACE WALKING CHALLENGE, RIO MAJOR, PORTUGAL, SATURDAY 5 APRIL 2008

Round 2 of the 2008 IAAF Race Walking Challenge was held on Sunday in Rio Major in Portugal. It was the first big international race held in western Europe for the summer and it attracted good quality fields. It turned out to be Norway's day as Kjersti Platzer won the women's 20 km and Erik Tysse won the men's 20 km.

### Women's 20 km road walk

Portugese champion Susana Feitor, racing in front of a home crowd, took the lead from the start but the likes of Kjersti Platzer and 2004 Olympic 20Km champion Athanasia Tsoumeleka were tucked in amongst the lead group. Mid race, it was Platzer, the winner in Chihuahua a month ago, who took control and produced a brilliant closing effort in the final metres to secure the victory by two seconds in 1:29:29. Feitor, the 2005 World championships bronze medallist, was forced to settle for second in 1:39:31. Following the pair was another Portuguese, 23-year-old Ana Cabecinha, who recorded a personal best of 1:29:56. She was followed by Tsoumeleka with 1:30:00 and German Sabine Zimmer with 1:30:41. Australia's Jane Saville, the bronze medallist in the 2004 Olympic Games, and third in Rio Maior in 2005 and 2006, came 11<sup>th</sup> in her first race for some time (1.32.50).

1.	Kjersti Plätzer	NOR	1.29.29
2.	Susana Feitor	POR	1.29.31
3.	Ana Cabecinha	POR	1.29.56
4.	Athanasía Tsoumeléka	GRE	1.30.00
5.	Sabine Zimmer	GER	1.30.41
6.	Olive Loughnane	IRL	1.30.51
7.	Vera Santos	POR	1.30.52
8.	Sonata Milusauskayté	LTU	1.31.39
9.	Inês Henriques	POR	1.32.22
10.	Kristina Saltanovic	LTU	1.32.25

### Men's 20 km road walk

The final result did not turn out quite as expected. Pre-race favourite Jefferson Perez of Ecuador seemed content to walk with compatriot Rolando Saquipay and it produced the required result – an Olympic A qualifier for Saquipay and hopefully an Olympic selection. Amongst the other favourites, Russian Ilya Markov was disqualified and Italians Alessandro Gandellini and Alex Schwazer did not finish. That left Norwegian Erik Tysse to win with a near personal best of 1:19:38. Spain's Juan Molina, fifth at the Athens Olympics and second here in 2003, was 15 seconds back in second place while Germany's André Höhne third in 1:20:19, just 19 second shy of his career best. The next four places were all taken by South Americans, with Saquipay and Perez fifth and sixth, ahead of Colombia's Luis Fernando Lopez and Brazilian Jose Bagio.

1.	Erik Tysse	NOR	1.19.51
2.	Juan Manuel Molina	ESP	1.20.06
3.	André Höhne	GER	1.20.19
4.	Rolando Saquipay	ECU	1.20.52
5.	Jefferson Pérez	ECU	1.21.21
6.	Luis Fernando López	COL	1.22.35
7.	José Alessandro Bagio	BRA	1.22.56
8.	James Rendon	COL	1.23.49
9.	Sérgio Vieira	POR	1.24.10
10.	Rafael Duarte	BRA	1.24.13

## IAAF RACEWALKING CHALLENGE, BEIJING, 18-19 APRIL 2008

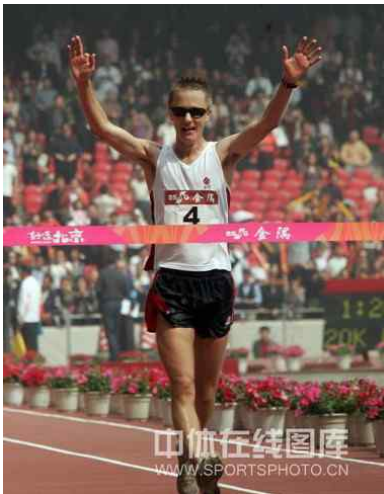
The third leg of the 2008 IAAF Race Walking Challenge took place last Friday and Saturday in Beijing. It featured 20 km walks for men and women as well as a 50 km walk for men. The events doubled as the official Chinese Olympic trials and also gave Beijing a chance to test out the Olympic walk course and officially open the new famous "Bird's Nest" Olympic stadium.

### Mens 20 km Walk, Friday 18 April, 9AM

A number of Australian walkers competed and, although we expected some good results, no one could have predicted the fantastic performance of **Jared Tallent** who won the 20 km walk. His performance made him the FIRST winner of any event in the new Olympic stadium and his photo was featured in newspapers around the world. Here in Melbourne, his finishing photo was shown on page 2 of the Melbourne Age as well as prominently in the Herald Sun sporting section. It is rarely that a walking event triggers such a world wide media flurry and I am sure it is something that will remain as a highlight for Jared as his career advances.

The sporting festival website <http://www.racewalking2008.org.cn/en/index.html>, featured many photos but I thought the ones below were amongst the best :

Left – Jared winning the first ever event in the Beijing Olympic Stadium – the photo that shot around the world  
Middle – Jared in the leading pack towards the end of the event – he just walked away from them with a blistering last 4 km  
Right – Chris Erickson, who walked a great PB for 11<sup>th</sup> place, queries Jared after the event – did you win?



Here is how the big win was reported on the Athletics Australia website:

Australian walker **Jared Tallent** has recorded his first ever international 20km victory at the third leg of the IAAF Race Walking Challenge held on the Beijing Olympic course this morning.

Competing against a top-class field dominated by members of the Chinese walking powerhouse, Tallent sat in the lead pack for the entire race, quashing any attempts his rivals made at opening up a gap. However with 3km to go, the Ballarat walker made his move, holding the lead until he crossed the finish line in **1:20.11**.

His nearest challenger, Hao Wang of China, 14 seconds behind in 1:20:25, with Mexico's Eder Sanchez, fourth at last year's world titles, in third position clocking 1:20:57.

In other promising news ahead of next month's World Cup, fellow AIS athlete **Chris Erickson** once again destroyed his previous best, slicing 21seconds off to finish 11<sup>th</sup> in **1:23.29**.

However the news wasn't as positive for reigning Challenge title holder Luke Adams, who was forced to withdraw from the race at the 4km mark with a hamstring complaint. National silver medallist Adam Rutter, also suffered the same fate, pulling out at the 8km mark injured.

Coach Brent Vallence, who witnessed Tallent's victory unfold

from the sidelines, was delighted with the gutsy performance of his 23-year-old charge.

"Jared was an outside chance coming in but to dominate the field like he did, cover every move, and then break away at the 17km mark, it was just fantastic," explained Vallence. "It was a slower race than usual. We've been coming to this leg of the Challenge for the last four years, and he's PB'd here every year except this year, but his time was good enough to win it."

The win is just another highlight in 2008 for Tallent, who has already been nominated to contest both the 20km and 50km events in Beijing, after taking out both national titles during the Australian summer, the shorter distance in an outstanding sub-80 minute time.

The Challenge event also doubled as the official race walk test event for the Beijing Olympic Games, the 91,000 seat "Bird's Nest" stadium unveiled for the first time in competition mode.

The Australian race walking contingent now head to London, where they will meet up with world champion Nathan Deakes for a three-week training camp in preparation for the IAAF World Race Walking Cup to be held in Cheboksary, Russia next month (May 10-11).



For the record, Jared won the race in 1:20:11 and Chris was 11<sup>th</sup> in a PB of 1:23:29. The splits and interim placings for both walkers tells the story of their races – Jared was in the lead pack for the whole race and blew them all away with a withering last 6 km while Chris started conservatively, was 41<sup>st</sup> at the 2 km mark and worked his way up to finish 11<sup>th</sup> in a 20 second PB.

Jared:	7:58 (10)	16:00 (4)	24:02 (4)	32:06 (4)	40:10 (3)	48:13 (3)	56:19 (3)	64:18 (1)	72:14 (1)	80:11 (1)
	7:58	8:02	8:02	8:04	8:04	8:03	8:06	7:59	7:56	7:57
Chris:	8:21 (41)	16:46 (33)	25:00 (23)	33:18 (18)	41:37 (17)	49:56 (14)	58:18 (12)	66:39 (12)	75:03 (12)	83:29 (11)
	8:21	8:25	8:14	8:18	8:19	8:19	8:22	8:21	8:24	8:26

The dreaded pollution did not seem to be the factor that many predicted. Most walkers commented that it did not seem to effect them. The main criticism was reserved for the course which was a granite base concourse. Many competitors finished sore and anyone who came into the event with any niggling injuries was always going to find the going tough on the unforgiving surface.

The first 20 placings in the men's 20 km were as follows

<b>1.</b>	<b>TALLEN Jared</b>	<b>AUS</b>	<b>17 OCT 1984</b>	<b>1:20:11</b>					
2.	WANG Hao	CHN	16 AUG 1989	1:20:25	0:14				PB
3.	SANCHEZ Eder	MEX	21 MAY 1986	1:20:57	0:46	>			SB
4.	CHU Yafei	CHN	5 SEP 1988	1:21:04	0:53				SB
5.	DONG Jimin	CHN	10 OCT 1983	1:21:17	1:06	~			SB
6.	HAN Yucheng	CHN	16 DEC 1978	1:21:46	1:35				
7.	GHOULA Hatem	TUN	7 JUN 1973	1:21:58	1:47				
8.	WEI Yang	CHN	26 MAR 1989	1:22:20	2:09	~			
9.	CUI Zhide	CHN	11 JAN 1983	1:22:41	2:30				SB
10.	KIM Hyunsub	KOR	31 MAY 1985	1:23:06	2:55	>			
<b>11.</b>	<b>ERICKSON Chris</b>	<b>AUS</b>	<b>1 DEC 1981</b>	<b>1:23:29</b>	<b>3:18</b>				<b>PB</b>
12.	ZHANG Ronglong	CHN	2 NOV 1983	1:24:26	4:15	>>			SB
13.	MORIOKA Koichiro	JPN	2 APR 1985	1:24:39	4:28				
14.	WANG Xiaohong	CHN	7 FEB 1983	1:25:24	5:13				SB
15.	MEJIA David	MEX	7 DEC 1983	1:25:29	5:18	~			SB
16.	XU Xingde	CHN	12 JUN 1984	1:25:49	5:38				
17.	YAMAZAKI Yuki	JPN	16 JAN 1984	1:26:22	6:11	~			
18.	PARK Chilsung	KOR	8 JUL 1982	1:26:23	6:12	~			
19.	LV Ronghua	CHN	21 FEB 1983	1:26:38	6:27	>			
20.	MORENO Xavier	ECU	15 NOV 1979	1:27:11	7:00				
	<b>RUTTER Adam</b>	<b>AUS</b>	<b>24 DEC 1986</b>	<b>DNF</b>					
	<b>ADAMS Luke</b>	<b>AUS</b>	<b>22 OCT 1976</b>	<b>DNF</b>					

### Women's 20 km Walk, Friday 18 April, 3PM

As expected, the Chinese race walkers dominated the event, but in a much closer contest than on the men's side. The racers fanned out into almost a single-file at the race start, with China's Bo Yanmin leading by 25 metres as she entered the tunnel. Sun Limin assumed the lead, grimacing as she set the pace. Fatigued, her form failed her as she was disqualified around the 40-minute mark of the race.

Fatigue also affected two-time World University Games champ Jiang Qiuyan, a pre race favourite. Her right hamstring flared up because of the impact on the Olympic Green's concrete course, she said. In the end she could only manage seventh place.

With less than 2 kilometres remaining, the outcome was still wide open with four walkers fighting for the medals. The pack consisted of 2006 Asian Games gold medallist Liu Hong, Yang Yawei, Yang Shi, and Yang Mingxia. Yang Yawei challenged Liu to a photo finish, with both walkers clocking 1:29:33. Liu Hong won that battle, with Yang taking silver. Shi Yang placed third with her 1:29:39 mark, completing a Chinese sweep to end the historic first day of competition at the Bird's Nest.

Victorian Megan Szirom and NSW walker Jessics Heazlewood also raced but with varying success. Megan walked well to break 100 minutes in the oppressive conditions while Jessica obviously struggled and finished well back. The main placings follow:

1.	LIU Hong	CHN	12 MAY 1987	1:29:33					SB
2.	YANG Yawei	CHN	16 OCT 1983	1:29:33		~			SB
3.	SHI Yang	CHN	24 JAN 1983	1:29:39	0:06				PB
4.	YANG Mingxia	CHN	13 JAN 1990	1:29:42	0:09				PB
5.	SHI Na	CHN	17 FEB 1981	1:30:48	1:15				SB
6.	FUCHISE Masumi	JPN	27 JAN 1986	1:31:11	1:38				SB
7.	JIANG Qiuyan	CHN	14 MAR 1983	1:31:32	1:59				
8.	KAWASAKI Mayumi	JPN	10 MAY 1980	1:32:47	3:14	~			
9.	JIANG Jing	CHN	23 OCT 1985	1:32:53	3:20				
10.	ZHOU Kang	CHN	24 DEC 1989	1:34:17	4:44				PB
11.	HE Dan	CHN	22 JUL 1984	1:34:44	5:11				
12.	NIE Jingjing	CHN	1 MAR 1988	1:35:29	5:56	>			SB
13.	XU Qing	CHN	17 APR 1984	1:36:27	6:54				PB
14.	LI Li	CHN	18 JUN 1987	1:36:49	7:16				SB
15.	CHAI Xue	CHN	21 OCT 1988	1:38:33	9:00				
16.	YU Miao	CHN	2 APR 1989	1:38:41	9:08				
17.	SUN Lihua	CHN	30 SEP 1981	1:39:15	9:42				

18.	ZHANG Xin	CHN	17 AUG 1989	1:39:20	9:47		PB
19.	<b>SZIROM Megan</b>	<b>AUS</b>	<b>18 AUG 1977</b>	<b>1:39:33</b>	<b>10:00</b>		
20.	HUANG Jing	CHN	28 FEB 1988	1:40:13	10:40	~~	PB
21.	<b>HEAZLEWOOD Jessica</b>	<b>AUS</b>	<b>30 MAY 1987</b>	<b>1:56:38</b>	<b>27:05</b>		

#### Men's 50 km Walk, Saturday 19 April, 7:30AM

With the first day of competition at the Bird's Nest officially in the books, it was left to the best of China's 50km race walkers to deliver a stunning display of dominance on the second day of the IAAF Race Walking Challenge in Beijing as they filled the top ten placings. The Chinese walkers dominated the race from start to finish, with a moderate upset win going to Shandong-based walker Si Tianfeng (3:45:13) over pre-race favorites Zhao Chengliang, Yu Chaohong, and Xing Shucui.

The weather was a far cry from the hot, hazy conditions of the day before and the conditions expected this summer at the Olympics. With rain forecasted for the evening, the stadium was a chilly 16 degrees C. with 57% humidity at the race's start, significantly cooler than Friday's peak of 27 degrees.

While no Australians raced, we did have one point of local interest as NZ Tony Sargisson was in action. He certainly gave it his all and was well up for the first 30 km before fading in the final laps. Main placings follow

1.	SI Tianfeng	CHN	17 JUN 1984	3:45:13			SB
2.	ZHAO Chengliang	CHN	1 JUN 1984	3:47:14	2:01		
3.	LI Jianbo	CHN	14 NOV 1986	3:52:12	6:59		SB
4.	YU Chaohong	CHN	3 NOV 1975	3:52:18	7:05		
5.	XU Faguang	CHN	17 MAY 1987	3:54:25	9:12	~	PB
6.	ZHAO Jianguo	CHN	19 JAN 1988	4:00:31	15:18	~~	
7.	HOU Yang	CHN	8 JUL 1985	4:04:28	19:15		
8.	KANG Duo	CHN	9 OCT 1983	4:06:03	20:50		PB
9.	ALATAN Gadasu	CHN	27 JAN 1984	4:11:12	25:59	>	
10.	ZHANG Jiawei	CHN	27 JAN 1983	4:11:12	25:59	>	SB
11.	GAO Lianzuo	CHN	30 AUG 1985	4:12:03	26:50	>	
12.	SARGISSON Tony Robert	NZL	24 JUN 1975	4:15:10	29:57		
13.	BERDEJA Cristian	MEX	21 JUN 1981	4:15:15	30:02	>	SB
14.	XU Dexing	CHN	20 AUG 1988	4:39:03	53:50	>	

## IAAF RACEWALKING CHALLENGE, SESTO SAN GIOVANNI, ITALY, 1 MAY 2008

The IAAF Race Walking Challenge continued last weekend with 20 km walks being held in the 51<sup>st</sup> edition of the Coppa Città di Sesto San Giovanni in Italy. Being so close the World Cup, many walkers chose to bypass the event but there were still a number of top liners in action and reigning World champion Jefferson Perez from Equador and 2000 Olympic silver medallist Kjersti Plätzer clinched solid wins - on a very warm day.

Diego Sampaolo for the IAAF reported on the races as follows

Perez, former Olympic champion in Atlanta 1996 and a three-time World champion in the 20 km race, beat local hero Ivano Brugnetti from Italy, who is the reigning 20 km Olympic champion. Perez clocked his seasonal best (1:20:31 to Brugnetti's 1:20:51). Last year's winner Erik Tysse finished third in 1:21:40.

Perez took the early lead during the first of three initial laps of the Pino Dordoni track and never gave up this position. The South-American walking star was followed by a chasing duo formed by Ivano Brugnetti and Eric Tysse.

Perez covered the first 5 km in 20:29, building a gap of 10 seconds over Brugnetti and Tysse. Thanks to a 2 km split between 5 and 7 km covered in 8:04 Brugnetti and Tysse closed the gap on Perez. This trio remained in the lead until 9 km.

Perez and Brugnetti went to the front on the fifth lap, dropping Tysse. Perez increased the pace, covering the 3 km split between 12 and 15 km in 11:41, to Brugnetti's 11:55. Perez, who was pushed by the loud support of his compatriots along the course, passed the 15 km mark in 1:00:30 (with a 5 km split in 19:45) breaking away from Brugnetti and increasing his lead to 15 seconds.

Perez clocked a final 5 km split between 15 and 20 km in 20:00 to finish in 1:20:31, twenty seconds ahead of Brugnetti.

After crossing the finish line Perez celebrated his well-deserved win with a big group of fans from the Equadoran community living in Italy.

"It is a big surprise to find so many compatriots," Perez said. "I felt at home. It's the first time I won in Sesto San Giovanni. I am happy with my final time of 1:20:31 because today it was too warm."

For Brugnetti it was a confidence-booster ahead of the upcoming IAAF World Race Walking Cup in Cheboksary where he will not face Perez, who will skip the Russian race in order to focus on the Olympic Games.

"I equalled my best performance here in Sesto San Giovanni," said Brugnetti, who will become a father for the second time at the end of June. "I finished second in 2004 behind my friend Alessandro Gandellini in the year of my Olympic gold medal in Athens. I expected such a race from Perez because I know that he will not compete in the World Cup. For me the Sesto race in my town is very special. It's like the Olympic Games. I will not aim at a particular result. I will take what comes."

"Ivano made one of his best races in his career," said Brugnetti's coach Antonio La Torre. "He walked well between 15 and 17 km and clocked the final km in 4:01."

1.	Jefferson Perez	Equador	1:20:31
2.	Ivano Brugnetti	Italy	1:20:51
3.	Eric Tysse	Norway	1:21:40
4.	Rolando Saquipai	Equador	1:24:21
5.	José Alessandro Bagio	Brazil	1:24:30
6.	Jesus Angel Garcia	Spain	1:25:19
7.	Mario Ivan Flores Hernandez	Mexico	1:25:46
8.	Alex Schwazer	Italy	1:26:07
9.	Benjamin Kucinskij	Poland	1:26:33
10.	David Dominguez	Spain	1:27:05

Kjersti Tysse Plätzer, older sister of Eric, notched up a solid win in the 20 km women's race, beating reigning Olympic champion Athanasia Tsoumeleka from Greece. For the 36-year-old experienced Norwegian walker, the Olympic silver medallist in Sydney 2000, it was the second win in Sesto in eight appearances.

A trio formed by Tsoumeleka, Plätzer and Claudia Stef from Romania took the lead in the first of nine laps dropping Tatyana Korotkova from Russia. In the first half of the race Plätzer and Tsoumeleka engaged a neck-and-neck battle. After two laps Stef lost ground on the leading duo who increased the pace after a cautious start in the initial kilometres. They passed the first 5 km in 23:17.

When Plätzer increased the pace for the first time in the fourth lap, only Tsoumeleka managed to keep her pace, while Claudia Stef lost ground.

Plätzer tried a second breakaway attempt shortly before the 10 km. After passing the 10 km halfway in 45:40 the Norwegian began to push building a gap of 5 seconds on Tsoumeleka who did not give up and managed to resist to the attack launched by the Norwegian.

Plätzer changed gear and her lead over Tsoumeleka continued to grow kilometre after kilometre. She reached the 15 km mark in 1:07:47. Tsoumeleka was 10 seconds adrift with 5 km to go. Plätzer crossed the finish line inside the Pino Dordoni athletics stadium in 1:30:07 beating Tsoumeleka by 14 seconds.

Thanks to her third win in Sesto San Giovanni after Chihuahua and Rio Major the Norwegian increased her lead in the IAAF Walking Challenge Ranking with a total score of 30 points. After the race Plätzer celebrated her victory doing a lap of

honour with Tsoumeleka in front of the supportive crowd from Sesto San Giovanni who packed the small stand of the stadium named after late Giuseppe Pino Dordoni, Olympic champion in the 1952 Olympic Games in Helsinki.

“It's special to win in Sesto,” said Plätzer. “It was my eighth race here. Local people supported me along the course shouting my name loudly. During the race I heard them saying 'Kjersti, Kjersti'.”

“I realized I could win only when I was inside the stadium,” Plätzer continued. “Today conditions were perfect. It was very slow at the beginning. Then I pushed and I could do it until the end.”

“Today it was important to control the race. It's a perfect start on the way to Beijing. Before the Olympic Games I will compete at the World Cup in Cheboksary and in La Coruna. I will skip Krakow because my brother Erik marries that day. I will train in St. Moritz and Livigno with the Italian team. My last test before Beijing will be the Norwegian Championships on the track, then I will leave to China on 8 August. I don't fear pollution because it will be the same for everybody. It will be my last chance to win an Olympic medal,” Plätzer concluded.

Tsoumeleka was delighted with her second place. “It was my first time in Sesto San Giovanni. The weather conditions were good. Local crowd are knowledgeable and very supportive. I have three more races before Beijing, in Cheboksary for the World Cup, La Coruna and Krakow,” said Tsoumeleka, who followed up her Olympic triumph with maternity leave.

1.	Kjersti Plätzer	Norway	1:30:07
2.	Athanasia Tsoumeleka	Greece	1:30:21
3.	Claudia Stef	Romania	1:32:52
4.	Evangelia Xynou	Greece	1:33:03
5.	Tatyana Korotkova	Russia	1:34:26
6.	Tania Regina Splinder	Brazil	1:34:39
7.	Alessandra Picagevicz	Brazil	1:35:48
8.	Laura Polli	Switzerland	1:37:33
9.	Patrizia Bassetto	Italy	1:43:20
10.	Marta Moientale	Italy	2:05:53

## 23<sup>RD</sup> IAAF WORLD RACE WALKING CUP, CHEBOKSARY, RUSSIA, 10-11 MAY 2008

Wow, it was a big weekend with the World Cup unfolding in Cheboksary in Russia. The final result was a great one for Australia with 4 top-ten finishes, a teams bronze medal in the men's 20 km event and a whole swag of PBs by our walkers. Here is the Athletics Australia report, written by Brent Vallance – I think it says it all (see <http://www.athletics.org.au>)

### Bronzed Aussies shine in Cheboksary

Australia has won the men's 20km team bronze medal at the IAAF World Race Walking Cup in Cheboksary, Russia, with **Luke Adams'** gutsy personal best performance the highlight of an action-packed day.

**Chris Erickson** also stood up to the challenge, his first Olympic A-Qualifier in a personal best time of 1:22.55, greatly increasing his chances of filling the vacant 20km position in Beijing.

An important test against the world's best less than 100 days out from the commencement of the athletics competition in Beijing, the depth of Australia's race walking talent shone through.

The withdrawal of reigning world champion Nathan Deakes last week due to a hamstring injury was a massive blow to the team, however in promising signs ahead of the Olympics, the Aussies stood tall in the 'points for place' event, defeating a number of race walking powerhouses including Mexico, Italy and China.

Russia and Spain filled the remaining two team spots on the podium, with Spaniard Francisco Fernandez (1:18.15) taking the individual honours and US\$30,000 first prize, ahead of Russian Valeriy Borchin (1:18.21).

The race unfolded as expected. Australia's in-form athlete, **Jared Tallent**, who was in the hunt for an individual medal, was in the breakaway pack of six athletes after 10km which included defending champion Fernandez, the Russian trio of Borchin, Illya Markov and Andrey Krivov and Eder Sanchez of Mexico, until his 39:14 10km split took it's toll on Australia's rising star.

Adams, who had dropped off from the lead pack, and was sitting 15<sup>th</sup> through 10km, battled hard to close the gap. Positioned 11<sup>th</sup> at the 15km mark, the reigning IAAF World Race Walking Challenge champion unleashed a 7:42 final lap, crossing the line in seventh place (**1:19.15**) to bring Australia's team into contention for the medals.

Tallent fought on to record a time of **1:19:48** for 10<sup>th</sup> place to be Australia's second athlete home. Chris Erickson, who had only been switched to the 20km team after the withdrawal of Deakes, improved 11 places after 10km to finish 31<sup>st</sup> in an 'A' qualifying and personal best performance of **1:22:55**, capping off a great tour for the Victorian.

Australia's final contender, 21-year-old **Adam Rutter** finished 44<sup>th</sup>, rounding off a great competition for all four Australian Institute of Sport athletes.

"Obviously we took a body blow a week out from the Cup with Nathan unable to race. It was great that we that we were all able to step up and win a medal at this event. It's great for the future knowing that we can cover that loss," Erickson said following his race.

Adams (20km), Tallent (20km and 50km) and Rutter (50km) will now continue their preparations for Beijing, whilst Erickson plays the waiting game after putting himself into contention for Olympic selection.

The news was just as promising in our junior ranks, with Victoria's **Jessica Rothwell** achieving Australia's best result by a junior at a World Walking Cup, finishing fifth behind a clean sweep of medals by the host nation, completing the 10km course in **46.44**.

Personal best performances on international debut from **Nicole Fagan (49:37)** and **Regan Lamble (49:38)**, steered the girl's team into fifth position on the table.

**Daniel Coleman** (26<sup>th</sup> - **43.57**) and **Rhydian Cowley** (39<sup>th</sup> - **45.24**) started the day off with personal best performances in the junior 10km walk, with a season's best to **Brendon Reading** who finished 43<sup>rd</sup> in **46.33**.

In the women's 20km on Sunday, **Jane Saville** posted her second A-qualifier, sending a clear sign to selectors that she has returned to fitness and form after a long lay off due to a hamstring complaint.

The Athens bronze medallist withstood a tough final 5km, to finish seventh in a time of **1:29:27**.

The Australian women's team placed fifth on the overall standings, with **Claire Woods (1:35.01)** and **Natalie Saville (1:36.32)** coming home in 31<sup>st</sup> and 37<sup>th</sup> place respectively.

In the men's 50km, **Duane Cousins** finished 53<sup>rd</sup> in **4:15.34**. Olympic silver medallist Denis Nizhegorodov (3:34:14) collected first prize and rewrote the record books on home soil, bettering Nathan Deakes' existing world record by 1:33.

Russia demonstrated that they are a force to be reckoned with come Beijing, collecting 15 out of the 20 medals on offer.

Further information on the event and full race results are available at [www.iaaf.org/wrw08/index.html](http://www.iaaf.org/wrw08/index.html). You can also see a great YouTube video of the Junior Women's race – see <http://www.youtube.com/watch?v=jld6FxHDjuA>. And finally, I found a couple of photos on the IAAF website featuring two of our top performers:

And finally to the results themselves...well done to everyone on an outstanding set of results in which we confirmed our place as one of the walking powerhouses – and that was without the services of Nathan Deakes, Kellie Wapshott and Melissa Hayes, not to mention our other top 50 km walkers who were disappointingly left out of the team by the AA selectors.

Men's 20km Walk	Team standing – 3 <sup>rd</sup>	7 <sup>th</sup>	Luke Adams	1:19.15	PB
		10 <sup>th</sup>	Jarred Tallent	1:19.48	
		31 <sup>st</sup>	Chris Erickson	1:22.55	PB
		44 <sup>th</sup>	Adam Rutter	1:24.57	

Women's 20km Walk	Team standing - 5 <sup>th</sup>	7 <sup>th</sup>	Jane Saville	1:29.27	
		31 <sup>st</sup>	Claire Woods	1:35.01	
		37 <sup>th</sup>	Natalie Saville	1:36.32	
			Megan Szirom	DNF	
Men's 50km Walk	Team standing – N/A	53 <sup>rd</sup>	Duane Cousins	4:15.34	
Men's Junior 10km Walk	Team standing - 14 <sup>th</sup>	26 <sup>th</sup>	Daniel Coleman	43.57	PB
		39 <sup>th</sup>	Rhydian Cowley	45.24	
		43 <sup>rd</sup>	Brendan Reading	46.33	
Women's Junior 10km Walk	Team standing - 5 <sup>th</sup>	5 <sup>th</sup>	Jess Rothwell	46.44	
		25 <sup>th</sup>	Nicole Fagan	49.37	PB
		26 <sup>th</sup>	Regan Lambie	49.38	PB



**Left: Jess Rothwell on her way to 5<sup>th</sup> place in the Under 20 Women's 10 km**  
**Right: Luke Adams (second from left) in the leading pack in the Open Men's 20 km – Luke finished 7<sup>th</sup>**

And to top it off, the final two names were added to the 2008 Australian Olympic walking team and there were no surprises with **Jane Saville** and **Chris Erickson** earning the ultimate sporting honour. Jane and Chris had both walked superbly in the World Race Walking Cup in Cheboksary the previous weekend, achieving A qualifiers in their respective 20 km events. You can read all about it in the AA press release at <http://www.athletics.com.au/fanzone/380/6998>

Here is what the press release had to say about these two selections:

**Jane Saville** has been selected to compete in her fourth Olympic Games in Beijing, after making her debut in Atlanta in 1996. The 33-year-old was responsible for one of the most memorable moments of the Sydney Games. Leading the field with only 300m to go, she was heartbreakingly disqualified as she entered the main stadium in front of a shocked home crowd. However, four years later she turned the tables, an emotional bronze medal sitting proudly on her mantelpiece.

Saville will add her name to an exclusive list of Australian track and field athletes to have competed in four Olympics - joining walker Simon Baker, sprint star Raelene Boyle and marathoners Rob de Castella, Steve Moneghetti and Lisa Ondieki. Saville has been battling a hamstring injury and only returned to competition last month, posting her first Olympic A-qualifier in Rio Major, Portugal. She cemented her place in the team at the IAAF World Race Walking Cup this month - her seventh place in an 'A' time of 1:29:27 proving to selectors her return to fitness.

AIS walker **Chris Erickson** improved dramatically over the last 12 months, repeatedly lowering his 20km personal best, firstly at the national championships, and again at the Beijing Test Event. Erickson stood up to the challenge at the IAAF Race Walking World Cup last weekend, producing his first Olympic 'A' over that distance in a personal best time of 1:22.55.

Of the Olympic Track and Field team of 33 athletes, 8 are walkers – just on 25%. This is an amazing statistic and illustrates our strength in this, our top event. The Olympic walk selections now read as follows

20km walk Men:	Luke Adams (31,NSW),	Jared Tallent (23,VIC)	Chris Erickson (26,VIC)
50km walk Men:	Nathan Deakes (30,VIC)	Adam Rutter (21,NSW)	Jared Tallent (VIC)
20km walk Women:	Kellie Wapshott (26,VIC)	Claire Woods (26,SA)	Jane Saville (33, NSW)

## IAAF RACE WALKING CHALLENGE, KRAKOW, POLAND, SAT 24 MAY 2008

Janusz Rozum for the IAAF reported on the sixth round of the IAAF Race Walking Challenge which was held in Poland last weekend. Although being held only 2 weeks after the World Cup event in Russia, the short timeframe did not deter a number of the top walkers from attending – the big money on offer in this competition makes these races an attractive proposition. For the second time in the 11 year history of this event, the race was contested over a distance of 20km. The lap was 1350m long, mostly around Krakow's Market Square, one of the most beautiful in Europe. The day was cloudy, 15 degrees Celsius, and fortunately without showers.

### Men's 20 km walk.

Eder Sanchez of Mexico defended his victory from last year in the men's 20km race, leaving the winner of the World Cup, Francisco Javier Fernandez, behind with 500m to go. Sanchez won in 1:19:34, 13 seconds ahead of Fernandez, with Juan-Manuel Molina another 30 seconds behind. Sanchez is one of the big improvers of 2008 and he will be a definite medal chance come Beijing.

In the leader's board of the IAAF Walking Challenge, Sanchez took advantage of Norwegian Erik Tysse's absence and moved to the top with a 7 point advantage (he also won in Chihuahua and was third in Beijing and during World Cup in Cheboksary). Sanchez has 38 points, Tysse 31, while Molina moved to third with 29. Despite competing only two times, Fernandez is fourth in the Challenge with 23 points.

#### Leading Results: Men

1.	Eder Sanchez	MEX	1:19:34
2.	Francisco Javier Fernandez	ESP	1:19:48
3.	Juan-Manuel Molina	ESP	1:20:18
4.	Ilya Markov	RUS	1:20:31
5.	Robert Heffernan	IRL	1:20:34
6.	Joao Vieira	POR	1:21:25
7.	Siarhei Charnou	BLR	1:21:43
8.	Matej Toth	SVK	1:21:49
9.	Andres Chocho-Leon	ECU	1:22:05
10.	Rafal Augustyn	POL	1:23:04

### Women's 20 km walk

Reigning European Champion Ryta Turava of Belarus struggled with an injury which caused her to skip last year's World Championships in Osaka. She began her 2008 season by not finishing the World Cup in Cheboksary. In Krakow she was unbeatable, winning easily with 1:28:33 and being the only walker to go below 1:30. Based on Turava's 5km splits (22:48, 21:59, 22:16 and 21:30) her form is good and she looks the only walker likely to challenge the Russians in the Olympics. This was Turava's third win in Krakow (she won previously in 2005 & 2007), but this year's victory was the easiest. Aussie Jane Saville came 6<sup>th</sup> in 1:32:59, a good walk after her big effort in Cheboksary.

The leader of the IAAF World Challenge Kjersti Plätzer did not compete, but she is still the first in the Challenge with three victories (30 points). Second is Tsoumeléka (20 pts) while Santos moved to third with 19 points.

#### Leading Results: Women

1.	Ryta Turava	BLR	1:28:33
2.	Susana Feitor	POR	1:30:36
3.	Claudia Stef	ROU	1:30:55
4.	Athanasia Tsoumeleka	GRE	1:31:04
5.	Vera Santos	POR	1:32:53
6.	Jane Saville	AUS	1:32:59
7.	Johana Ordonez	ECU	1:34:30
8.	Maria Galikova	SVK	1:37:01
9.	Miriam Ramon	ECU	1:38:16
10.	Monica Svensson	SWE	1:38:19

The 2008 IAAF World Race Walking Challenge continues with two more competitions, both in Spain: Gran Premio Cantones de La Coruña on 7 June and the series final in Murcia, on 21 September

## IAAF RACE WALKING CHALLENGE, LA CORUNA, SPAIN, SATURDAY 7 JUNE 2008

Norway's Eric Tysse notched an overwhelming victory in the men's 20km to highlight the 'Gran Premio Cantones de Marcha' - the Spanish leg in 2008 IAAF Race Walking Challenge, held Saturday afternoon in La Coruna in cool conditions. The 27-year-old Eric Tysse easily won the men's event with 1:19.21 while Tysse's older sister Kjersti Plätzer secured a Norwegian double as she broke away from Germany's Sabine Zimmer inside the last kilometre to win the women's event. Yesterday marked the second double victory for the Norwegian athletes as they also were successful at the second leg of the IAAF Race Walking Challenge held in Rio Maior in Portugal on 5 April. Emeterio Valiente for the IAAF reported as follows

### 20 Km Men

Over the 1km-long flat circuit, the men's contest soon became a two-horse fight between Tysse and the reigning World bronze medallist Hatem Ghoula of Tunisia. They cruised the 5km point in a not particularly quick split of 20:02 to build a huge 35-second margin over a hefty chase group which included the Portuguese pair of Joao and Sergio Vieira plus Russia's former (1999) World champion Ilya Markov.

By halfway (39:47), Tysse and Ghoula kept their advantage over the pursuers while Markov was disqualified soon afterwards. The decisive movement came in the 12<sup>th</sup> kilometre when the Norwegian pulled away from Ghoula and by the 15km point no less than 100m separated them. Reportedly, Ghoula suffered from breathing difficulties - just on the day of his 35<sup>th</sup> birthday - and could not live with Tysse's pace.

The closing 5000m section witnessed a magnificent display by Tysse, who romped home absolutely unchallenged as his winning margin of 2:31 clearly indicates. The battle for the runner-up place was dramatic in the final stages. Despite Ghoula having built a 1:50 margin on Joao and Sergio Vieira with five kilometres remaining, they were about to catch the fading Tunisian in a thrilling final kilometre. Finally, Ghoula prevailed in the battle for second timed at 1:21:52 (a very slow 21:53 for the last 5km), four seconds ahead of European bronze medallist Joao Vieira, himself two seconds clear of countryman Sergio Vieira, fourth in 1:21:58.

Tysse, who has risen to the top spot of the IAAF Walking Race Challenge, thanks to an overall score of 41 points, said: "I'm delighted with my second international win this season. In addition, I only missed my National Record by 10 seconds. The contest was even until the 12<sup>th</sup> km as Ghoula and myself shared the lead taking turns, but when I left him everything was easy for me and I had a comfortable success" Next up for Tysse are the Norwegian championships next weekend, after which he'll be off Saint Moritz for a stint of altitude training.

Asked on his Olympic expectations, the 1.86-tall Tysse clarified: "I'll try to make the double 20 & 50km Walk Race but my main focus will be the shorter distance, where I'll fight to the death to get something great; that would let me to go out also in the 50km and take it easy." Tysse contested the 20km and 50km double at last year's Worlds in Osaka, with eighth and fifth places respectively.

1.	ERYK TYSSE	NORWAY	1.19.21
2.	HATHEM GHOULA	TUNISIA	1.21.52
3.	JOAO VIEIRA	PORTUGAL	1.21.56
4.	SERGIO VIEIRA	PORTUGAL	1.21.58
5.	HASSANINE SBAI	TUNISIA	1.22.38
6.	ALAN SEGURA	COSTA RICA	1.25.30
7.	JOHN NUNN	USA	1.26.22
8.	YUSUKE YACHI	JAPAN	1.28.04
9.	LUIS FERNANDO GARCIA	GUATEMALA	1.28.31

### 20 km Women

The women's event opened very cautiously and by the 5<sup>th</sup> kilometre point, a triumvirate comprising reigning Olympic champion Athanasia Tsoumeleka of Greece, Portugal's Ines Henriques and Ireland's Olive Loughnane took command of the race building an 11-second gap over the hot favourite Plätzer and Zimmer. But their leadership was to be short-lived and they all went through the halfway in 45:42. The Norwegian then injected a brisker pace which only Zimmer was able to resist and both had opened a handsome margin of 22 seconds on Tsoumeleka with 5km to go.

Plätzer made most of the pace but the German walked at her shoulder and they entered the final 1000m with winning chances. The key moment came 500m from the end when the experienced Plätzer found another gear and left Zimmer two seconds adrift in a matter of few strides to romp home in 1:29:38 to the German's 1:29:40 clocking while Tsoumeleka secured the minor place on the podium over one minute behind (1:30:44), holding off the challenge of Henriques, who had to settle for fourth in 1:31:06.

An ecstatic Plätzer commented, "This second double for my brother and me makes me extremely happy. Today is my fourth win at the Challenge and I keep the top spot; I know that these results are creating great hopes in my country thinking of the Olympics but I'm ready to bear the burden of responsibility in Beijing. My next stop will be next weekend's 10km on the track at the Nationals and a training camp in Saint Moritz where I'll be lucky to join some mates such as Zimmer, the Portuguese, the Australians - their company will make much easier the daily routine as training on your own is a bit bori

1.	KJERSTI PLATZER	NORWAY	1.29.38
2.	SABINE ZIMMER	GERMANY	1.29.40
3.	ATHNASIA TSOUMELEKA	GREECE	1.30.44
4.	INES HENRIQUES	PORTUGAL	1.31.06
5.	M <sup>a</sup> JOSE POVES	SPAIN	1.31.16
6.	OLIVE LOUGHNANE	IRELAND	1.31.22
7.	CLAUDIA STEF	RUMANIA	1.32.06
8.	MARIBEL GONÇALVEZ	PORTUGAL	1.32.22
9.	SACHITO KONISHI	JAPAN	1.34.43



## RUSSIAN NATIONAL CHAMPIONSHIPS, SARANSK, 7-8 JUNE 2008

The 2008 Russian racewalking championships produced yet another world record for yet another Russian walker – this time, it was 20 year old **Sergey Morozov** who flashed over the **20 km** distance in an amazing **World Record time of 1:16:43**.



**Sergey Morozov, seen here winning the European Junior title in Hengelo last year**

The 20-year-old, the 2005 World Youth and 2007 European Junior champion in the 10,000m race, became the first man to dip under the event's 1:17 barrier. His mark bettered the 1:17:16 set in Saransk last September by Vladimir Kanaykin. Kanaykin was second in 1:16:53, a time that was also under the world record. This was the first time that Morozov had completed a 20 km event and what a way to do it. Aleksandr Yargunkin was third, clocking 1:20:01.

In the 50km, Former European U23 Champion Igor Yerokhin won in a high quality 3:38:08 and qualified for Olympic Games. He will get the third spot as the top two spots were already allocated to Denis Nizhegorodov and Vladimir Kanaykin as a result of their World Cup performances in Cheboksary.

In the women's 20km, World Youth champion Tatyana Kalmykova (18) clocked the second best ever Junior 20 km to win in 1:26:36 ahead of Tatyana Gudkova (1:28:17) with bronze for Yevdokiya Korotkova (1:29:44).

See [http://eng.rusathletics.com/sor/sor.php?sor\\_in=1321](http://eng.rusathletics.com/sor/sor.php?sor_in=1321) for further details and some brief biographic info on the key protagonists.

**WORLD JUNIOR CHAMPIONSHIPS, BYDGOSZCZ, POLAND, 8-13 JULY 2008**

10,000m racewalks for Men and Women were contested at the World Junior Championships that have just completed in the Polish city of Bydgoszcz. You can see the full reports of these and all other events at website <http://www.iaaf.org/WJC08/index.html>

**10,000m Championship, Junior Women, 9 July 2008, 10:45AM**

The Women's 10,000m championship was a sensational event, especially from an Australian perspective, with team captain **Jess Rothwell** slashing over a minute and a half off her previous personal best in finishing fourth in **44:44.22**. The performance bettered her own Australian junior record which she set in winning the Australian Under 20 title in March. Jess followed her race plan to perfection, placing herself in the leading group and passing halfway in 22:03. From then on, it was a tough job but she held on magnificently to finish just over 20 seconds outside the bronze medal position.

"Training had been going very well, but I wasn't expecting to be in the 44s", she said regarding her finishing time. "The race is all a bit of a blur. Because we were lapping people there was always somebody to work on catching."

Jess now has her sights set on transferring her success as a junior into the senior ranks. "Next season I'll be working towards doing an A-qualifier for Berlin", she said in reference to the 20km walk event at the world championships in the German capital. "It would be great to challenge some of the older girls for a spot in the team."

Australia's other rep, NSW walker **Melissa Hayes**, came 26<sup>th</sup> in **50:38.35**.

Overall, Russian **Tatyana Mineeva** had a dream performance to take the title in a Championship record. Her performance of **43:24.72** erased the previous Championships mark of 44:07.74, set in 2000. Coached in her home town of Saransk in Russia by the great Victor Chogin who has also guided the careers of former World 20km record holder Vladimir Kanaykin and Olympic 50km silver medallist Denis Nizhegorodov, it is little surprise that Mineeva is reaping the rewards in her first serious season at the 10km distance.



**Tatyana Mineeva of Russia takes gold in a new Championship record (<http://www.iaaf.org>) while Jess Rothwell of Australia walks to 4<sup>th</sup> place (<http://www.athletics.org.au>)**

Saransk along with Cheboksary are the great schools of Russian race walking and it is a measure of the strength and appeal of the discipline that Mineeva has never considered running an option. "I was never very good at physical sports until I started race walking at the age of 14," explained Mineeva, who stands at just 1.54m tall. "It suddenly happened for me. Maybe it is a talent."

Under her first coach, Vadim Kabanov, she carved out a reputation as a walker of rich promise. However, since linking up with Chogin last autumn she has made huge progress and recently become a member of the national squad.

Mineeva believes hard training she race walks for a maximum of 26km a day and quality coaching have contributed to her current success. But such is her commitment to the sport she admitted there is little opportunity for other interests. "I take my walking seriously and there is little time for hobbies", she explained. "But when I get chance I like to go to the cinema, the disco or maybe reading."

1.	Tatyana Mineeva	RUS	43:24.72	(CR)
2.	Elmira Alembekova	RUS	43:45.16	(PB)
3.	Yanfei Li	CHN	44:24.10	(PB)
4.	<b>Jess Rothwell</b>	<b>AUS</b>	<b>44:44.22</b>	<b>(AJ)</b>
5.	Anamaria Greceanu	ROU	45:53.50	(PB)
6.	Júlia Takács	ESP	45:58.29	(NJ)
7.	Seasbyeol Weon	KOR	46:08.65	
8.	Kumiko Okada	JPN	46:10.26	(PB)
9.	Antonella Palmisano	ITA	46:22.72	(NJ)
10.	Adriana Turnea	ROU	46:28.51	(PB)
11.	Miao Yu	CHN	46:40.92	
12.	Anlly Pineda	COL	47:22.11	(NJ)

13.	Erandi Uribe	MEX	47:22.14	(NJ)
14.	Anna Chernenko	UKR	47:25.18	(PB)
15.	Maria del Pilar Rayo	COL	47:35.48	(PB)
16.	Panayióta Tsinopoúlou	GRE	47:46.50	(PB)
17.	Nadzeya Darazhuk	BLR	47:55.91	(PB)
18.	Eleonora Giorgi	ITA	47:58.68	(PB)
19.	Ayman Kozhakhmetova	KAZ	48:07.14	(PB)
20.	Tigist Bedlu	ETH	48:29.93	
21.	Raquel González	ESP	48:53.69	(PB)
22.	Adriana Ochoa	MEX	49:05.42	(PB)
23.	Laurène Delon	FRA	49:27.33	(PB)
24.	Berta Kriván	HUN	49:43.68	(PB)
25.	Sholpan Kozhakhmetova	KAZ	50:01.21	(PB)
26.	<b>Melissa Hayes</b>	<b>AUS</b>	<b>50:38.35</b>	
27.	Catarina Godinho	POR	50:46.04	
28.	Anita Ka'emaka	LAT	50:53.59	
29.	Liga Brokere	LAT	50:54.16	(PB)
30.	Laura Reynolds	IRL	51:58.15	(PB)
31.	Ana Claudia Conceição	POR	DQ	
32.	Bekashign Aynalem	ETH	DQ	
33.	Claudia Cornejo	BOL	DNF	
34.	Gabriela Cornejo	ECU	DNS	

### 10,000m Championship, Junior Men, 9 July 2008, 10:45AM

Alas, no Australian men in this event but a great event anyway! It was a second Russian walk victory as Stanislav Emelyanov set a Championship record with his time of 39:35.01. Emelyanov, the reigning World Youth champion, was involved in a titanic struggle with China's Ding Chen as the pair took turns to share the pace at the head of the field for much of the 25-lap slog. But with four-and-a-half laps remaining, the Russian finally broke free from Chen and ended up a clear winner in 39:35.01 to finally erase the 18-year-old Championship record mark of Ilya Markov. The dogged Chen picked up a deserved silver in an area junior record of 39:47.20. Spain's Lluís Torla set a personal best in winning bronze (40:29.57).

Emelyanov, the training partner of Tatyana Mineeva the gold medallist in the women's 10,000m walk on Wednesday, said: "I thought at one point the Chinese athlete would win, so I am, of course, very happy to win. I did not expect to walk to such a fast time."

1.	Stanislav Emelyanov	RUS	39:35.01	(CR)
2.	Ding Chen	CHN	39:47.20	(AJ)
3.	Lluís Torlá	ESP	40:29.57	(PB)
4.	Aleksey Bartsaykin	RUS	41:14.90	(SB)
5.	Lingfu Geng	CHN	41:57.69	(PB)
6.	Caio Bonfim	BRA	42:18.33	(PB)
7.	Hédi Tاراoui	TUN	42:18.65	(PB)
8.	Dawid Tomala	POL	42:33.60	(PB)
9.	Pedro Daniel Gómez	MEX	42:53.38	.
10.	Evan Dunfee	CAN	42:56.82	(PB)
11.	Hiroki Nagaiwa	JPN	43:16.52	.
12.	Mario Bran	GUA	43:19.94	(NJ)
13.	Veli-Matti Partanen	FIN	43:53.09	(PB)
14.	Ricardo Lojan	ECU	43:53.63	(PB)
15.	Federico Tontodonati	ITA	44:02.78	.
16.	Mehdi Bouffraïne	FRA	44:17.10	(PB)
17.	Genadij Kozlovskij	LTU	44:27.87	(PB)
18.	Aliaksandr Liakhovich	BLR	44:35.17	(PB)
19.	Manel Torlá	ESP	44:50.64	(SB)
20.	Paul Fitzpatrick	IRL	44:52.12	(PB)
21.	Wojciech Halman	POL	44:59.54	(SB)
22.	José Montaña	COL	45:06.00	(PB)
23.	Julián Rendón	COL	45:07.08	(SB)
24.	Luis Lopes	POR	45:21.32	(PB)
25.	Riccardo Macchia	ITA	45:25.10	.
26.	Adrian Ochoa	MEX	45:40.33	.
27.	Dejaime César de Oliveira	BRA	45:54.66	(SB)
28.	Kwang-yun Ki	KOR	45:55.71	(SB)
29.	Luis Guillaume Blanc	FRA	46:41.48	(PB)
30.	Perseus Ibáñez	SWE	47:19.88	(PB)
	Máté Helebrand	HUN	DQ	.
	Mihail Yelastós	GRE	DQ	.
	Alexander Velásquez	GUA	DQ	.
	Maher Ben Halima	TUN	DQ	.
	Emerson Hernandez	ESA	DNF	.

<b>GERMAN NATIONAL CHAMPIONSHIPS, NURNBERG, SATURDAY JULY 5 2008</b>
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The following track championships were held just over a week ago in Nurnberg in Germany. While numbers looked sparse, the winning times are very competitive, as one would expect from Andre Höhne and Melanie Seeger

**10,000m Walk Men**

1.	Höhne, Andre	1978	BE SCC Berlin	40:22.68
2.	Linke, Christopher	1988	BB SC Potsdam	43:36.80
3.	Albrecht, Jan	1981	TH Apoldaer LV 90	44:06.56
4.	Roschinsky, Christoph	1989	BE SCC Berlin	46:40.96

**5,000m Walk Women**

1.	Seeger, Melanie	1977	BB SC Potsdam	21:22.70
2.	Zimmer, Sabine	1981	WE TV Wattenscheid 01	21:34.63
3.	Elss, Christin	1989	BB SC Potsdam	24:08.53
4.	Grasse, Jenny	1988	TH Erfurter LAC	24:30.47
5.	Landmann, Maja	1985	BA LC Rothaus Breisgau	25:34.88
6.	Sander, Ulrike	1976	BA SCL -Heel Baden-Baden	27:18.46

**ITALIAN TRACK CHAMPIONSHIPS, CAGLIARI, ITALY, SATURDAY 19 JULY 2008**

Italian 2004 Olympic 20 km champion Ivano Brugnetti is obviously in top form only a few weeks out from the Olympics. Overall, a very strong set of results and one that confirms that Italy remains a powerhouse in world walking.

**10,000m Men**

1.	BRUGNETTI Ivano	39:12.33
2.	NKOULOUKIDI Jean Jacque	40:14.57
3.	RUBINO Giorgio	41:13.11
4.	CONTU Alberto	42:36.83
5.	DI BARI Vito	42:50.14
6.	D'ASCANIO Ruggero	42:59.48
7.	MASCIADRI Daniele	44:12.09
8.	DE CASA Carlo Alberto	44:16.31
9.	DE CEGLIA Domenico	44:41.39
10.	CIAPPA Francesco	45:36.73

**5000m Women**

1.	DI VINCENZO Sibilla	21:46.02
2.	TRAPLETTI Valentina	22:08.06
3.	ORSINI Gisella	22:32.85
4.	PERILLI Emanuela	22:45.92
5.	RAGONESI Agnese	22:55.56
6.	GAROFALO Valentina	23:25.46
7.	GABELLONE Tatyana	23:32.09
8.	PRUNER Serena	23:37.70
9.	POTENZA Annalisa	23:59.68
10.	GIORGI Eleonora Anna	24:20.93
11.	CRESPO Elodie	24:29.74
12.	BUSSU Claudia	24:45.08

**SPANIARD FERNANDEZ SETS WORLD MARK FOR 10,000M WALK, SUNDAY 27 JULY 2008**

Francisco Fernandez confirmed that he will be one of the favourites for the Beijing Olympic 20 km walk with a new 10,000 Track Walk World Record in the 88<sup>th</sup> Spanish Championships, held on the island of Tenerife. The following report was published in 'China View'. See [http://news.xinhuanet.com/english/2008-07/28/content\\_8784731.htm](http://news.xinhuanet.com/english/2008-07/28/content_8784731.htm)

MADRID, July 27 -- Spanish walker Paquillo Fernandez gave himself the perfect send-off for the Olympic Games on Sunday when he smashed the world 10km race walk record.

Racing in the, 88<sup>th</sup> Spanish Championships, held on the island of Tenerife, Fernandez, the silver medal winner in Athens four years ago, took five seconds off the previous record, which had been held by the Italian Ivano Brugnetti, as he clocked a time of 37:53:09 for the event.

Interestingly, Brugnetti is the reigning Olympic champion, having beaten Fernandez in the 20km walk in the 2004 Athens Games.

After the race Fernandez confessed he was amazed at the achievement, above all because the race took place at 17.00 hrs, almost the hottest hour of the day.

"I am really surprised because all of the elements were against me setting a good time: the heat and the time of the race," he told the official website of the Spanish Athletics Federation.

"Nevertheless my will to win was vital and I gave it everything. I went as fast as possible in the last 400 meters, even though I never knew I was in with a chance of setting a world record," he said, looking ahead to the Olympic challenge.

"After this race, it is obvious that I am in form and going to aim for a medal in Beijing, although I will find some very difficult rivals there. I am going to travel to Matsue (Japan) on August 3 to finish my preparation and from there, I will go to Beijing," said Fernandez, who must be considered favorite for a gold medal at the Games.

1.	FERNANDEZ P. FJ	EJI	6 MAR 1977	37:53.09
2.	SANCHEZ BERMEJO Benjamin A	TH	10 MAR 1985	39:23.88
3.	MOLINA MOROTE Juan Manuel	ATH	15 MAR 1979	39:55.69
4.	LOPEZ NICOLAS Miguel Angel	ATH	3 JUL 1988	40:58.21
5.	CAMBIL DOMINGUEZ Jose Alejandro	GD	X 1975	41:08.10
6.	DOMINGUEZ GUIMERA Jose David	SFE	29 JUL 1980	41:37.71
7.	ODRIOZOLA DOMINGUEZ Mikel	REN	25 MAY 1973	42:27.64
8.	GARCIA BRAGADO Jesus Angel	CI2	17 OCT 1969	42:28.82
9.	PEREZ ALONSO Santiago	OPO	15 ENE 1972	42:39.83
10.	CORCHETE MARTINEZ Luis Manuel	TRV	14 MAY 1984	43:29.79
11.	SANCHEZ BENITEZ Jose Manuel	DCO	16 JUN 1988	44:58.90
12.	COLLADOS LOPEZ Ferran	FCB	27 OCT 1985	45:03.24
13.	PINARDO MOYA Francisco Jose	CI2	15 MAR 1975	46:16.77
14.	SILVA CRESPO Jorge Ignacio	OPO	19 ABR 1979	46:40.90
15.	FERNANDEZ NIEVES Jose	UNO	3 DIC 1980	46:47.78
16.	ARCILLA ALLER Francisco	DEM	14 ENE 1984	46:59.20
17.	MATEOS REDONDO David	NER	29 DIC 1981	48:08.57
18.	PALOMA HUERTAS Victor	VIM	29 NOV 1991	49:52.07
	MARTIN DIAZ Francisco	OHL	27 MAY 1975	AB

Before this walk, the all-time top ten performances (see <http://www.alltime-athletics.com/m10kwok.htm>) had been

1	37:58.6	Ivano Brugnetti	ITA	01.09.76	1	Sesto San Giovanni	23.07.2005
2	38:02.60	Jozef Pribilinec	SVK	06.07.60	1	Banská Bystrica	30.08.1985
3	38:06.6	David Smith	AUS	24.07.55	1	Sydney	25.09.1986
4	38:07.65	Francisco Javier Fernández	ESP	05.03.77	1	San Sebastián	05.08.2007
5	38:12.13	Ronald Weigel	GER	08.08.59	1	Potsdam	11.05.1986
6	38:18.0	Valdas Kazlauskas	LTU	23.02.58	1	Moskva	18.09.1983
7	38:20.9	David Smith	AUS	24.07.55	1	Sydney	15.09.1985
8	38:23.5	Ivano Brugnetti	ITA	01.09.76	1	Saluzzo	04.08.2004
9	38:24.31	Hatem Ghoula	TUN	07.06.73	1	Tunis	30.05.1998
10	38:26.53	Robert Korzeniowski	POL	30.07.68	1	Riga	31.05.2002

On a slightly parochial note, David Smith (AUS) still ranks highly with 3<sup>rd</sup> and 7<sup>th</sup> spot overall.

## OLYMPIC 20 KM WALK FOR MEN, SATURDAY 16 AUGUST 2008

I am sure that you all tried to follow the Olympic 20 km Walk Men on Australian Television last Saturday – and were no doubt disappointed by Channel 7's almost complete absence from the event. In fact, the television presenter seemed content to completely ignore the event. Given that it produced Australia's first Track and Field medal of the Games, they were indeed left with egg on their faces as they belatedly tried to catch up with Bronze Medallist Jared Tallent for an interview. There are quite a few sites with reports or photos of the event. Some include:

[http://www.news.com.au/heraldsun/beijing\\_olympics/beijinggallery/0,27379,5033832-5017127,00.html](http://www.news.com.au/heraldsun/beijing_olympics/beijinggallery/0,27379,5033832-5017127,00.html)

<http://www.nbcolympics.com/trackandfield/photos/galleryid=220915.html>

<http://en.beijing2008.cn/news/sports/headlines/athletics/n214548378.shtml>



**Borchin makes his break, closely followed by Perez while Jared shows perfect heel-toe style as he strides to third place**



**Luke Adams walked to 6<sup>th</sup> place while Chris Erickson was unfortunately DQ'd**

It was a great event to watch from trackside. A lead pack of some 30 walkers soon formed and, as the laps were ticked off, the group reduced in size until eventually there were 8 walkers left with about 6 km to go. The great news for Australians was that both Jared Tallent and Luke Adams were in this final group of 8 and both were looking good. At around the 15 km mark, Russian Valeriy Borchin kicked the pace down brutally and the group was almost immediately torn apart. Equadorian Jefferson Perez was the only one strong enough to go with him but Jared was the best of the rest, making that vital break on the other chasers. Thus the final placings were quickly sorted out. Borchin walked a astonishing final 5 km split of around 18:45 to win with 1:19:01. Perez chased him all the way to take second in 1:19:15 while Jared, walking the race of his life, held out the other contenders to cross the line in third place with 1:19:42, only one second slower than his lifetime best. Jared's performance matched that of Nathan Deakes and Jane Saville who both won bronze in the 20 km walks in Athens 4 years ago.

"With about 3 km to go I thought maybe I was in with a chance. We spent a lot of time in Japan preparing for the heat and I think it really paid off today. Perfect preparation leads to good results. I couldn't be more happy - it's an Olympic medal. I was like - you little beauty, I'm over the moon. I get married in two weeks. It's going to be a fantastic month," Jared recollected.

Luke Adams also walked a fantastic race, finishing sixth, only 15 seconds behind Jared and also breaking 80 minutes. Chris Erickson was gutted to receive a DQ at the 12 km mark while in around 30<sup>th</sup> position. He felt he was walking well and was astonished when confronted by the chief judge and pulled from the course.

Borchin's win was a controversial one. He has already served a one-year ban in 2005 for taking the stimulant ephedrine and is part of the Russian stable from which 3 walkers were banned only a week ago. On top of that, 20 km World Record holder, Sergey Morosov, was a surprise non-starter, raising questions about whether he may also have been caught up in the drug fiasco. The validity of all Russian walking performances must now be questioned. It certainly looks like a case of entrenched and systematic drug use and abuse. He was certainly given a hard time in the post race media conference by the media representatives. Have a read yourself – see <http://sportsillustrated.cnn.com/2008/olympics/wires/08/16/2080.ap.as.oly.ath.walking.up.a.storm/index.html>

Whatever the circumstances, I am sure that Jared will not be too disappointed with his bronze medal. The last 2 years have seen him develop into one of the world's potentially top walkers over both the 20km and 50km distances and this result confirms his place in the sport's elite.

Full results were as follows

1.	Valeriy Borchin	RUS	1:19:01
2.	Jefferson Pérez	ECU	1:19:15 (SB)
3.	<b>Jared Tallent</b>	<b>AUS</b>	<b>1:19:42</b>
4.	Hao Wang	CHN	1:19:47 (PB)
5.	Ivano Brugnetti	ITA	1:19:51 (SB)
6.	<b>Luke Adams</b>	<b>AUS</b>	<b>1:19:57</b>
7.	Francisco Javier Fernández	ESP	1:20:32
8.	Robert Heffernan	IRL	1:20:36
9.	Luis López	COL	1:20:59 (SB)
10.	Yafei Chu	CHN	1:21:17
11.	Yuki Yamazaki	JPN	1:21:18 (SB)
12.	Juan Manuel Molina	ESP	1:21:25
13.	Benjamin Sánchez	ESP	1:21:38
14.	José Alessandro Bagio	BRA	1:21:43 (SB)
15.	Eder Sánchez	MEX	1:21:53
16.	Koichiro Morioka	JPN	1:21:57
17.	Ilya Markov	RUS	1:22:02
18.	Giorgio Rubino	ITA	1:22:11
19.	David Kimutai	KEN	1:22:21 (SB)
20.	Rolando Saquipay	ECU	1:22:32
21.	Erik Tysse	NOR	1:22:43
22.	Ivan Trotski	BLR	1:22:55
23.	Hyunsub Kim	KOR	1:22:57
24.	Andriy Kovenko	UKR	1:22:59
25.	André Höhne	GER	1:23:13
26.	Matej Tóth	SVK	1:23:17
27.	Hatem Ghoula	TUN	1:23:44
28.	Dzianis Simanovich	BLR	1:23:53
29.	Rafał Augustyn	POL	1:24:25
30.	Jimin Dong	CHN	1:24:34
31.	James Rendón	COL	1:24:41
32.	João Vieira	POR	1:25:05
33.	Chil-sung Park	KOR	1:25:07
34.	Hassanine Sbai	TUN	1:25:23
35.	Marius Liukas	LTU	1:25:36
36.	David Mejia	MEX	1:26:45
37.	Jean-Jacques Nkouloukidi	ITA	1:26:53
38.	Andrés Chocho	ECU	1:27:09
39.	Allan Segura	CRC	1:27:10
40.	Juan Manuel Cano	ARG	1:27:17
41.	Predrag Filipovic	SRB	1:28:15
42.	Rustam Kuvatov	KAZ	1:28:25
43.	Kevin Eastler	USA	1:28:44
44.	Siarhei Charnou	BLR	1:29:38
45.	Sérgio Vieira	POR	1:29:51
46.	Jakub Jelonek	POL	1:30:37
47.	Fedosei Ciumacenco	MDA	1:31:37
48.	Mohamed Ameer	ALG	1:32:21
49.	Recep Çelik	TUR	1:32:54
	<b>Chris Erickson</b>	<b>AUS</b>	<b>DQ</b>
	Takayuki Tanii	JPN	DQ



## OLYMPIC 20 KM WALK FOR WOMEN, THURSDAY 21 AUGUST 2008

The contrast could not have been greater. Where the 20 km men had to contend with stifling humid and sunny conditions and a temperature of around 30°C, the 20 km women faced cooler temperatures (a top of 21°C was predicted) and continuous rain which was occasionally torrential. 2007 IAAF World champion Olga Kaniskina burst from the field, covering the first kilometre in 4:08 – a pace that was an amazing 3 minutes under the world record. No one tried to go with her, such was her speed. Within a few kilometres, she had built her lead to over 30 secs and from then on, it was simply a case of how big a winning margin it would be.

Former World Champion Ryta Turava of Belaruse tried to break away from the chasing group and challenge but she eventually faded to a distant 11<sup>th</sup>. Kaniskina held on well to finish in a new Olympic record of 1:26:31 while Kjersti Plätzer of Norway came home strongly for second in 1:17:07, just ahead of Elisa Rigaudo of Italy (1:27:12) and Hong Liu of China (1:27:17). It says something for the conditions in that 9 of the first 10 finishers did PBs and four of them set new National records.

Despite demolishing the Olympic record by over two and a half minutes, Kaniskina was disappointed with her time. “The problem was that I could not go as fast as I wanted, but it was enough under the circumstances,” she said.

While Kaniskina is only 23 years of age, older walkers also shone. Silver medallist Plätzer is 36 years of age – her comment: "I started my Olympic career with silver and I'm ending my Olympic career with a silver" and fifth place getter Maria Vasco from Spain (who won bronze at the Sydney 2000 Olympic Games and the 2007 World Championships in Osaka) is 32 years of age.

How onto our three Australian representatives. **Jane Saville** was very disappointed with her 20<sup>th</sup> place and time of 1:31:17. She had battled injuries this year and, for her, it was a case of making the start line and hoping for the best. Jane's performance was her usual 100% effort and we are all proud of her – it was her 4<sup>th</sup> Olympic appearance, an absolutely fantastic effort. **Claire Woods** equalled her PB in finishing 28<sup>th</sup> in 1:33:02 and is now facing her next big walk – down the isle next weekend as she and our silver/bronze medallist Jared Tallent celebrate their wedding in the Adelaide suburb of Walkerville. Well done on a great walk, Claire. Our third walker, **Kellie Wapshott**, has battled injuries for most of this year and a flare up in the final couple of weeks laid waste to her plans. She gutsed it out to finish 40<sup>th</sup> in 1:37:59 – Kellie, you are an Olympian. That's what counts – the race is just the icing on the cake. You are now one of our sporting elite.

There are quite a few sites with reports or photos of the event. These include

<http://en.beijing2008.cn/news/sports/headlines/athletics/n214569601.shtml>

<http://www.racewalk.com/PhotoStory200820KWomensOlympicRacewalk/Page01.asp>

but the best of the lot has to be **Jeff Salvage's racewalk.com**. Jeff has put together a fantastic photo-story for each of the 3 walks. Point browsers to <http://www.racewalk.com/Misc/2008OlympicRacewalks.asp>. Have a browse of this and of Jeff's racewalking website which is about the best there is. I also recommend his book 'Racewalk like a champion'. I have a copy and it is excellent. You can order it online at the racewalk.com website. Jeff has kindly given me permission to use a few of his many photos – thanks Jeff.



**Jane Saville (with Olive Loughnane of Ireland), Claire Woods and Kellie Wapshott ([www.racewalk.com](http://www.racewalk.com))**

And finally, the results!

1	Olga Kaniskina	RUS	1:26:31	(OR)
2	Kjersti Plätzer	NOR	1:27:07	(NR)
3	Elisa Rigaudo	ITA	1:27:12	(PB)
4	Hong Liu	CHN	1:27:17	(PB)
5	Maria Vasco	ESP	1:27:25	(NR)

6	Beatriz Pascual	ESP	1:27:44	(PB)
7	Olive Loughnane	IRL	1:27:45	(PB)
8	Ana Cabecinha	POR	1:27:46	(NR)
9	Athanasia Tsoumeléka	GRE	1:27:54	(NR)
10	Vera Santos	POR	1:28:14	(PB)
11	Ryta Turava	BLR	1:28:26	(SB)
12	Tatyana Sibileva	RUS	1:28:28	
13	Na Shi	CHN	1:29:08	(SB)
14	Mayumi Kawasaki	JPN	1:29:43	
15	Sabine Zimmer	GER	1:30:19	
16	Sonata Milu?auskaité	LTU	1:30:26	(NR)
17	Vira Zozulya	UKR	1:30:31	
18	María José Poves	ESP	1:30:52	
19	Kristina Saltanovic	LTU	1:31:03	(SB)
<b>20</b>	<b>Jane Saville</b>	<b>AUS</b>	<b>1:31:17</b>	
21	Sylwia Korzeniowska	POL	1:31:19	
22	Johanna Jackson	GBR	1:31:33	(NR)
23	Melanie Seeger	GER	1:31:56	
24	Ana Maria Groza	ROU	1:32:16	
25	Evaggelia Xinoú	GRE	1:32:19	(PB)
26	Sachiko Konishi	JPN	1:32:21	
27	Zuzana Schindlerová	CZE	1:32:57	(PB)
<b>28</b>	<b>Claire Woods</b>	<b>AUS</b>	<b>1:33:02</b>	<b>(=PB)</b>
29	Mi-Jung Kim	KOR	1:33:55	
30	Svetlana Tolstaya	KAZ	1:34:03	(SB)
31	Joanne Dow	USA	1:34:15	(SB)
32	Zuzana Malíková	SVK	1:34:33	(SB)
33	Sniazhana Yurchanka	BLR	1:35:33	
34	Nadiya Prokopuk	UKR	1:35:50	
35	Sandra Zapata	COL	1:36:18	
36	Johana Ordóñez	ECU	1:36:26	
37	Tania Regina Spindler	BRA	1:36:46	
38	Veronica Colindres	ESA	1:36:52	(SB)
39	Edina Füsti	HUN	1:37:03	
<b>40</b>	<b>Kellie Wapshott</b>	<b>AUS</b>	<b>1:37:59</b>	
41	Déspina Zapounídou	GRE	1:39:11	
42	Jolanta Dukure	LAT	1:41:03	
43	Evelyn Nuñez	GUA	1:44:13	
	Tatyana Kalmykova	RUS	DQ	
	Mingxia Yang	CHN	DQ	
	Elena Ginko	BLR	DQ	
	Yufang Yuan	MAS	DNF	
	Susana Feitor	POR	DNF	

## OLYMPIC 50 KM WALK FOR MEN, FRIDAY 22 AUGUST 2008

The next day, everyone was back at the Olympic arena for the last of the walks, the men's 50 km event. Again, the weather was better than might be expected. The temperature at the 7:30AM start time was around 20°C and, although the sun was out and conditions gradually heated up, it could have been worse!

It was an exciting event to watch as initially Italian Alex Schwazer and French champion Yohan Diniz made an early break. They were soon caught by the chasing group which included all three Australians, Jared Tallent, Luke Adams and Adam Rutter. As the pack kicked the pace down lap by lap, stragglers dropped off until we were left with an elite group of four – Russian world record holder Denis Nizhegorodov, 2007 World silver medallist Schwazer, Chinese Jainbo Li and Australian **Jared Tallent**, the bronze medallist from the 20 km walk 6 days previously. The lead swapped as they each tried to force the pace and they looked set to challenge the world record as they recklessly ignored the warm conditions and attacked the course.

Eventually Li dropped and it was a race of three with Schwazer, Nizhegorodov and Jared in the medal positions and extending their lead all the time. On this occasion, Schwazer was the strongest and won convincingly with 3:37:09 but it was Jared who outlasted the Russian world record holder to take the silver with a 5 minute PB of 3:39:27. Not since Raylene Boyle won double silver in 1972 has an Australian Track & Field athlete won two medals at the same Games. Remarkably, the last time an Aussie male won two medals was in 1906, when Nigel Barker claimed bronze in the 100m and 400m. It was also the first time Australia has won a medal in the long walk event. The previous best results were 5<sup>th</sup> by Bob Gardiner at Tokyo in 1964 and 6<sup>th</sup> by Ray Smith in Melbourne in 1956.

Jared's comment: "I never thought this would ever happen. Coming into the Games I knew I was in good shape for the 20km. I thought I could maybe get a medal in that (20km) but the 50km, obviously you have to back up from the 20km and really only started to feel good yesterday. Today, I just woke up and was on the warm up track and just looking up at the flame and just thought you know, this is what it's all for, all those years of hard work all comes down to this, so I just thought to have a crack and go with the leaders."

It was only Tallent's third 50km event and only six days after his bronze medal winning performance in the 20km event. After the 20 km walk it was all about recovery. "I was pretty sore the first few days. I did all the right things, cold plunges, had massages, light stretching and ate heaps. This is my third 50km and both the others were in Australia."

And what of our other two Aussie walkers? **Luke Adams** was initially selected for the 20 km event (where he came a fantastic 6<sup>th</sup>) and was only added to the 50 km team when Nathan Deakes withdrew. Hence his training had not been geared towards the longer event but he was still prepared to go out with the lead pack and give it his all. Although he faded mid-race, he rallied strongly towards the end, improving on his mid race position of 14<sup>th</sup> and eventually finishing 10<sup>th</sup>, his second top ten placing of these Games and the 6<sup>th</sup> highest ever over 50km by an Australian at the Olympics. "I felt ok at 20km, I felt ok at 30 and I felt ok at 40 but then at 41, that's when I really started hitting the wall and then I had nothing really left in the legs for the last 10k, it was really excruciating. I still managed to hold on and not really tire that much. It's a 6 minute pb so I really can't complain." Luke's time of 3:47:45 was outstanding under the circumstances.

**Adam Rutter** had been struck down by illness in the lead up to the race and had actually been isolated from the rest of the team to minimise impact to all concerned. He started the race against the recommendation of the team doctor – and fair enough; you don't come to the Olympics to watch from the sidelines! He went with the lead pack for nearly 20 km before it all caught up with him and he was forced to withdraw. It was a bitter blow for Adam but he is a talented young walker with a big future and his time will come.

Luke was all praise for his teammate Jared: "Well I just hope the nation appreciates 2 medals from Jared, that's incredible and we have the World Champion in the 50km and I'm doing my best and the others are too. We are getting some good positions and we have been one of, if not the strongest event group for a number of years now and I hope our federation and our nation appreciates what we do. It's a very tough event and it's not a very highly regarded but we work really hard and do the very best we can. Two medals from Jared is an incredible effort."

The lapsplits for Schwazer and Jared tell the story of the race – fantastically even splits all the way

Schwazer	Times	22:40	44:40	1:06:08	1:27:39	1:49:00	2:10:39	2:32:39	2:54:36	3:15:57	3:37:09
Tallent	Times	22:50	44:40	1:06:08	1:27:39	1:49:00	2:10:38	2:32:40	2:54:36	3:16:37	3:39:27
Schwazer	Splits	22:40	22:00	21:28	21:31	21:21	21:39	22:00	21:57	21:21	21:12
Tallent	Splits	22:50	21:50	21:28	21:31	21:21	21:38	22:02	21:56	22:01	22:50

There are quite a few sites with reports or photos of the event. These include

[http://www.athletics.com.au/fanzone/380/tallent\\_takes\\_second\\_medal](http://www.athletics.com.au/fanzone/380/tallent_takes_second_medal)  
<http://en.beijing2008.cn/news/sports/headlines/athletics/n214573545.shtml>

but the best of the lot has to be **Jeff Salvage's racewalk.com**. Jeff has put together a fantastic photo-story for each of the 3 walks. Point browsers to <http://www.racewalk.com/PhotoStory200850KMensOlympicRacewalk/Page01.asp> to read about the 50 km event.

Thanks to Jeff for permission to reproduce a few of his great photos:



Adam and Jared in the chasing pack early in the race    The top three battle out the medals with 10 km to go



Luke (6<sup>th</sup> in the 20 km and 10<sup>th</sup> in the 50 km) and Jared (3<sup>rd</sup> in the 20 km and 2<sup>nd</sup> in the 50 km) enter the stadium to complete wonderful doubles

And finally the results:

1	Alex Schwazer	ITA	03:37:09	(OR)
2	<b>Jared Tallent</b>	AUS	<b>03:39:27</b>	<b>(PB)</b>
3	Denis Nizhegorodov	RUS	03:40:14	
4	Jesús Angel Garcia	ESP	03:44:08	(SB)
5	Erik Tysse	NOR	03:45:08	(PB)
6	Horacio Nava	MEX	03:45:21	(PB)
7	Yuki Yamazaki	JPN	03:45:47	
8	Rafał Fedaczyński	POL	03:46:51	(PB)
9	Grzegorz Sudol	POL	03:47:18	
10	<b>Luke Adams</b>	AUS	<b>03:47:45</b>	<b>(PB)</b>
11	António Pereira	POR	03:48:12	(NR)
12	André Höhne	GER	03:49:52	
13	Mikel Odriozola	ESP	03:51:30	
14	Jianbo Li	CHN	03:52:20	
15	Jarkko Kinnunen	FIN	03:52:25	(PB)
16	Igors Kazakevics	LAT	03:52:38	(PB)

17	Tianfeng Si	CHN	03:52:58	
18	Jesús Sánchez	MEX	03:52:58	
19	Marco De Luca	ITA	03:54:47	
20	Antti Kempas	FIN	03:55:19	(PB)
21	Chengliang Zhao	CHN	03:56:47	
22	Luis Fernando García	GUA	03:56:58	(SB)
23	Mario Iván Flores	MEX	03:58:04	
24	Sergiy Budza	UKR	03:58:21	(PB)
25	Fausto Quinde	ECU	03:59:28	(PB)
26	Santiago Pérez	ESP	03:59:41	(SB)
27	Oleksiy Shelest	UKR	03:59:46	
28	Eddy Riva	FRA	04:00:49	
29	Takayuki Tanii	JPN	04:01:37	
30	Nenad Filipovic	SRB	04:02:16	(PB)
31	Dong-young Kim	KOR	04:02:32	
32	Tadas Suskevicius	LTU	04:02:45	
33	Hatem Ghoula	TUN	04:03:47	
34	Rodrigo Moreno	COL	04:03:52	
35	Milos Bátorvský	SVK	04:06:30	
36	Xavier Moreno	ECU	04:07:04	
37	Konstadinos Stefanópoulos	GRE	04:07:53	
38	Tim Berrett	CAN	04:08:18	
39	Phillip Dunn	USA	04:08:32	
40	Augusto Cardoso	POR	04:09:00	
41	Mario José dos Santos Jr	BRA	04:10:25	
42	Ingus Janevics	LAT	04:12:45	
43	Andrei Stsepanchuk	BLR	04:14:09	
44	Jamie Costin	IRL	04:15:16	
45	Roman Bilek	CZE	04:18:32	
46	Zoltán Czukur	HUN	04:20:07	
47	Kazimír Verkin	SVK	04:21:26	
	Colin Griffin	IRL	DQ	
	Salvador Mira	ESA	DQ	
	Diego Cafagna	ITA	DQ	
	Artur Brzozowski	POL	DQ	
	Dariusz Skarnulis	LTU	DQ	
	Donatas Skarnulis	LTU	DNF	
	Yohan Diniz	FRA	DNF	
	<b>Adam Rutter</b>	<b>AUS</b>	<b>DNF</b>	
	Oleksiy Kazanin	UKR	DNF	
	Sergey Kirdyapkin	RUS	DNF	
	Peter Korcok	SVK	DNF	
	Trond Nymark	NOR	DNF	
	João Vieira	POR	DNS	
	Igor Erokhin	RUS	DNS	

Jared's wonderful time moves him to second behind Nathan Deakes on the Australian all-time list while Luke's 3:47:45 moves him to 6<sup>th</sup> all-time. Here is the list of all the Australian walkers who have broken 4 hours for the 50 km distance.

1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Melbourne	02/12/2006
2	<b>3:39:27</b>	<b>Jared Tallent</b>	<b>VIC</b>	<b>17/01/1984</b>	<b>2</b>	<b>Beijing</b>	<b>22/08/2008</b>
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet	28/05/1989
4	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	6/04/1980
5	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998
6	<b>3:47:45</b>	<b>Luke Adams</b>	<b>NSW</b>	<b>22/10/1976</b>	<b>10</b>	<b>Beijing</b>	<b>22/08/2008</b>
7	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007
8	3:53:19	Duane Cousins	VIC	13/07/1973	2	Melbourne	02/12/2006
9	3:53:23	Andrew Jachno	VIC	10/03/1957	19	Seoul	30/09/1988
10	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001
11	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001
12	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993
13	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington Spa	23/04/2000
14	3:58:22	Chris Erickson	VIC	1/12/1981	3	Melbourne	24/03/2006
15	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992

## IAAF RACE WALKING CHALLENGE FINAL, MURCIA, SPAIN, SUNDAY 21 SEPTEMBER 2008

The last race of the international walking season, IAAF Race Walking Challenge Final, was contested on Sunday in Murcia, Spain. There was big money riding on the outcome and **Jared Tallent** was right in the mix as expected, coming second overall and surging from third to first to win the 2008 IAAF Challenge overall – and pocket a nice US\$30000 paycheck to boot. The following reports, by Paul Warburton, were published today on the IAAF website (<http://www.iaaf.org>)

### Women's 20km Final

Was the cup half empty or half full for Susana Feitor? The Portuguese winner of the IAAF 20k Race Walking Challenge in Murcia today (Sunday) wasn't sure. The 33-year-old veteran had just comprehensively beaten the rest of an illustrious field through the streets of the southern Spanish city by some way, but it was a month too late as far as Feitor was concerned. She went to the Olympics in good shape - but had her hopes washed away in the Beijing rain.

This time she made no mistake in the 30-degree heat, and as grateful as she was for the win, Feitor was still coming to terms with her average display in China. She said: "The Olympics were just frustrating. I was as nervous as a five-year-old on the day, and considering it was my fifth time, I don't know what happened. I'm half-happy, half-sad."

Considering she had an ear inflammation, Athanasia Tsoumeléka was delighted with her second place. Starting slowly, the Greek worked her way through the field, and ended up second overall in the Challenge. And the reason for the earache? According to the Greek Olympic gold medallist from 2004, it was the result of dirty rain battering down on her in Beijing. She said: "It didn't help either my daughter had a virus that she passed on to me. But I know this heat, and how to race in it, and I'm delighted. I also admire the way Kjersti Platzer can cope with two children and still do so well."

The Norwegian was a distant third here, but points accumulated throughout the year were enough to see her home and the overall \$30,000 prize money for the 2008 IAAF Race Walking title. The 36-year-old, expected to call it a day next month, spent some time afterwards in the medical tent getting treatment for a blood clot on her heel. "I walked an even pace but my heart rate was so high, I just couldn't have given any more," she said.

The first three kilometres in 13:24 saw a group of four including Feitor claim 50m on a chasing pack of five which saw Platzer and Tsoumeléka just a second apart. By 4k it was down to three, with Ines Henriques eased off the back by a couple of seconds and the Platzer group going out the back door in a big way.

Considering the conditions, Feitor laid down a marker for the others to follow when she went through quarter distance in 22:16 having upped the pace for the last kilometre by just four seconds. It appeared a trivial amount, but Sabine Zimmer's open mouth gasping for air and the disappearance of Olive Loughnane and Henriques going backwards told the story. Another 2k in 8:51 shook off Zimmer, and Feitor knew she was in control. By halfway (44:29) the race for first was effectively over, although the positions behind were shifting to and fro.

Over the next six kilometres the 2004 Olympic gold medallist gradually added nearly 200m and two places to the distance between her and the tiring Platzer to move up to second.

Feitor was down to a 4:40 lap with 2k to go but cruising with the slight consolation that she who laughs last, laughs, well, almost longest.

### Women's 20 Km Result

1.	Susanna Feitor,	Portugal	1:30:17
2.	Athanasia Tsoumeleka,	Greece	1:31:17
3.	Kjersti Platzer,	Norway	1:31:31
4.	Ines Henriques,	Portugal	1:32:28
5.	Sabine Zimmer,	Germany	1:35:06
6.	Claudia Stef,	Romania	1:37:10
7.	Elisa Rigauda,	Italy	1:37:37
8.	Monica Svensson,	Sweden	1:38:13

7 Dnf, 1 DQ in very hot conditions.

### Final Challenge Standings - Women

1.	Kjersti Platzer	44
2.	Athanasia Tsoumeleka	38
3.	Claudia Stef	26
4.	Sabine ZImemr	23
5.	Vera Santos, Portugal	
6.	Ines Herniques	

### Men's 20km, Final

There was joy for Francisco Javier Fernandez as he won the men's IAAF Race Walking Challenge Final in Murcia - and a \$30,000 cheque for overall winner Jared Tallent - but the story was all about Jefferson Perez. Even as the other two were quietly celebrating, chaotic scenes surrounded the Olympic silver medallist in his emotional last race after he crossed the line in third place.

Having staggered the last 50 metres while vomiting, hundreds of second-generation Ecuadoreans jumped the barriers to mob their hero. The uncontrolled scenes of passion made sure at least two walkers starting their last 1k lap had a conservative 30

seconds added to their time as they came to a dead stop amongst the crowds. Once the tailenders were through, organisers and stewards made sure they scuttled the still suffering Perez away for his own safety.

Fernandez was on home soil, but it was clear where the affections lay for large numbers of spectators - many in the yellow Ecuadorean national football shirt. Perez even gave it a go at the front for a kilometre in the middle of the race, but it was clear this was all about a strong finish to an illustrious career that hit the headlines when he won gold at the 1996 Olympics in Atlanta.

“At the end of the race I told the people how much I loved them,” said Perez. “I’m thousands of miles from home, but it seems all my countrymen are here.”

Fernandez had expressed his fear of a race too many in a somewhat chequered season. But in the end, he walked strongly away from the rest of the field, including Perez, to take first. “Every kilometre after five I felt better and better,” said the Spaniard. “I thought I could then win - and yes, this is a surprise, but I really wanted to be here for Perez”.

The close points competition saw a turnaround on the final day. Tallent jumped from third to first - and demonstrated that this really is the Australian's time. As others suffered, the walker who is just a month on from 70k of racing and two Olympic medals, held his own to close down Perez and come in second as well as walk off down the Gran Via with a huge mock \$30,000 cheque for his new wife, fellow Olympian Claire Woods.

Eder Sanchez was a DNF after 15k, and this cost the Mexican his first place in the standings going into the race. Still, his eventual third was some consolation for two wins in the series. Erik Tysse moved down two places as well, while Perez's heroic finish moved him up to overall second.

The race at 1pm saw the thermometer touching 33 degrees, and so Japanese Yuki Yamazaki's 40-metre lead after the first lap was always going to be short lived. He was joined by four others for a 5k split of 20:33. But at halfway the lead was shared by Perez (41:22) as well as Fernandez, Tallent and Yamazaki. But the war of attrition and heat took its toll, and by 15k Fernandez had creviced open a four-second gap on Perez with Tallent eight seconds further back. However, the Australian rallied, and once he caught Perez the places were decided.

Tallent said: “I would have settled for second, and I never thought I was going to be overall winner. I have to say it was heartening to see Eder (Sanchez) drop out. And I really wanted Jefferson to win his last race - but that wasn't going to get in the way of what I had to do.”

#### **Men's 20 Km**

1.	Francisco Fernandez,	Spain	1:23:14
2.	Jared Tallent,	Australia	1:24:02
3.	Jefferson Perez,	Ecuador	1:24:36
4.	Yuki Yamazaki,	Japan	1:25:51
5.	Robert Heffernan,	Ireland	1:26:04
6.	Erik Tysse,	Norway	1:26:19
7.	Luke Adams,	Australia	1:26:46
8.	Rolando Saquipay,	Ecuador	1:27:16
9.	Juan Manuel Molina,	Spain	1:27:39
10.	Horacia Nava,	Mexico	1:27:45

15 finishers; 10 DNF; 2 DQ

#### **Final Challenge Standings - Men**

1.	Jared Tallent	46
2.	Jefferson Perez	40
3.	Eder Sanchez	38
4.	Erik Tysse	36
5.	Juan Manuel Molina	30
6.	Roland Saquipay	26
7.	Robert Heffernan	24
8.	Jesus Angel Garcia, Spain	22

**AUSTRALIAN UNIVERSITY CHAMPIONSHIPS, GOLD COAST, 23-28 SEPTEMBER 2007**

The Australian University Games were held at the end of September in Queensland and 5000m walks were amongst the events on offer. NSW walkers Jessica Heazlewood and Ian Rayson were winners with Ian, in particular, doing a fine time of 21:38. Title holder Tom Barnes, just back from a big trip overseas and a long break from training since the World University Games, had to lower his colours to Ian but was still pleased with his walk and will now start training towards his first 50 km walk which he intends to do in December.

**Women 5000 Metre Race Walk**

Games Record: R 23:19.54 2004 Laura Johnson, ACPE

1.	Heazlewood, Jess	20	USYD	24:59.50
2.	Alldis, Fiona	19	UTS	26:14.95
3.	Malone, Catalina		TEAM NZ	29:18.09
4.	Aplin, Elise	19	MELB	30:44.04
5.	Goodwin, Rebecca	19	ACPE	32:21.71
	Alldis, Christina	21	UTS	DNF

**Men 5000 Metre Race Walk**

Games Record: R 21:20.43 2006 Thomas Barnes, University

1.	Rayson, Ian	19	UNEW	21:38.70
2.	Barnes, Thomas	25	MELB	22:41.18
3.	Egelton, Blake	19	ACU NAT	25:44.67
4.	Humphrey, Aaron	21	UTAS	27:16.77
5.	Smith, Andrew	18	CSU	29:55.26
6.	Atkinson, Cody	20	UNE	41:18.88
7.	Baxter, Tim	21	MONASH	42:02.35
	Fraser, Henry	22	USYD	DNS
	Boocock, Andrew	23	MONASH	DNS



## AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS, SYDNEY, 6-9 DECEMBER 2007

The Australian All Schools Championships have now completed and the walks saw some excellent results. Victoria was to the fore with 12 medals out of the possible 30. Most States got into the walking action with NSW 10 medals, QLD 4, SA 4, WA 2 and ACT 1. First of all, a special congratulations to all our medallists, especially to Amy Burren who medalled twice - Gold in U14 and Silver in U15.

Gold (3): Rhydian Cowley (U17 Boys), Regan Lamble (U17 Girls), Amy Burren (U14 Girls),  
 Silver (4): Daniel Payne (U18 Boys), Tamara Attard (U18 Girls), Ebony Whitley (U14 Girls), Amy Burren (U15 Girls)  
 Bronze (5): Chris Tilley (U17 Boys), Natalie Laurie (U18 Girls), Amelia Finnegan (U14 Girls), Rachel Tallent (U15 Girls),  
 Beth Alexander (U16 Girls)

### DAY 1, THURSDAY 6 DECEMBER 2007

Thanks to AIS and Australian Junior Development Walks Coach Brent Vallance for the race reports from the Day 1 walks.

The First of the walk events at the Australian All Schools really set the tone for a weekend of very close races in almost all of the walking events. With the U17 and U18 age groups starting as one event, it meant that we were treated to some head to head clashes by our best junior athletes.

Brook Keys (NSW) and Rhydian Cowley (VIC) had some company for the first six laps, when Kyle Malone (NSW), Derek Mulhearn (NSW), and Brook Keys all had a turn leading with Rhydian content just to sit in behind. In the third kilometre Rhydian surged to the front, and when Brook responded the two of them opened up nearly 30m in half a lap. From there they just increased their lead, and were never separated by more than a stride. Rhydian often tried to move around Brook, but he would always respond and keep his nose in front.

At the bell, the boys were still together, and when they reached the 200m with Rhydian on the outside of Brook, it was clear there was going to be a sprint finish. Brook was able to muster more speed in the home straight and just held on to win in 23:07, with Rhydian in 23:08. Both boys won their respective age groups, with Victorians Daniel Payne, silver, and Chris Tilley, bronze picking up minor medals in the U17 and U18 events respectively.

#### Boys 5000 metre Race Walk Under 17

1.	Rhydian Cowley	91	VIC	23:08.55
2.	Kyle Malone	91	NSW	23:36.54
3.	Christopher Tilley	91	VIC	25:17.04
4.	Shaun Ninyo	91	NSW	26:01.97
5.	John Hallam	92	QLD	26:56.57
6.	Bobby Malcomson	91	TAS	26:58.27
7.	Nicholas Dewar	92	QLD	27:16.61
8.	Brandon Dewar	92	QLD	27:20.33
9.	Brad Simpson	93	VIC	27:27.82
10.	Adam Toms	91	NSW	27:59.27
11.	Filip Cosic	92	VIC	28:58.18
	Nathan Jones	91	NSW	DQ

#### Boys 5000 metre Race Walk Under 18

1.	Brook Keys	90	NSW	23:07.15
2.	Daniel Payne	90	VIC	24:18.52
3.	Jared Loi	90	QLD	24:36.45
4.	Derek Mulhearn	90	NSW	25:08.08
5.	Michael Reading	90	ACT	25:29.47
6.	Jonathon Birt	90	QLD	26:04.76
7.	Tim Jenyns	90	WA	26:09.25
8.	James Frank Pisani	90	NSW	27:12.37

The Girls' event an hour later was almost a mirror image of the Boys' event. The two race favourites - World Youth Representatives Paige Hooper (SA), and Melissa Hayes (NSW) – started in a fast 1:44 first 400m with Regan Lamble close behind. After 1km in 4:25, Paige and Melissa were well clear of the rest of the field. For the next 3.9km, not much changed except the lead which had increased. Paige was in front with Melissa right on her shoulder, and once again it was the NSW athlete who was able to find an extra gear in the home straight to win in a PB of 23:27.33.

Unfortunately Paige was disqualified at the end of the event, which was a disappointing result for a fast and exciting race between our top 2 juniors. This left Regan Lamble to comfortably win the U/17 Category, with Melissa Hayes the victor in the U/18 event. Victorians Natalie Laurie and Tamara Attard also collected minor medals in their age groups

#### Girls 5000 metre Race Walk Under 17

1.	Regan Lamble	91	VIC	25:02.33
2.	Kristie Goznic	93	SA	26:20.67
3.	Natalie Laurie	91	VIC	26:40.65
4.	Kate Fitzsimons	93	WA	26:59.81
5.	Samantha Tesch	91	QLD	27:01.40

6.	Niki Dryden	91	NSW	27:01.99
7.	Jessica Bennett	91	NSW	27:12.15
8.	Lauren Harrington	93	SA	28:27.77
9.	Nicole McInerney	91	SA	29:26.37
10.	Samantha Buckler	92	QLD	30:54.89
11.	Paula Venz	91	QLD	31:53.14

#### Girls 5000 metre Race Walk Under 18

1.	Melissa Hayes	91	NSW	23:27.33M
2.	Tamara Attard	90	VIC	26:19.54
3.	Gabrielle D'Agnone	90	WA	28:31.94
4.	Lauren Bourke	90	NSW	28:32.55
5.	Kimberley Smith	90	WA	29:58.86
6.	Louise Richardson	90	WA	32:38.10
	Steph Stigwood	90	SA	DNF
	Paige Hooper	92	SA	DQ

#### DAY 2, FRIDAY 7 DECEMBER 2007

A change of reporter - Jim Leppik reported on Day 2 like this

Day 2 of the Australian All Schools was one for the U14s. In the Girls, outstanding young walker Amy Burren easily took first place in a time of 6.51, which, I think is a personal best. The Boys was a much closer affair with very little separating the first 4 walkers. NSW swept the placings, with Matthew Timson doing enough to take first place. Good to see one of our local walkers, Lewis Clark (Geelong) from our own local walker's club take 6<sup>th</sup> place in what must have been a massive personal best time of 7.09. A lot of potential there given Lewis is pretty new to the sport.

#### Boys 1500 metre Race Walk Under 14

1.	Matthew Timson	94	NSW	6:43.03M
2.	Steven Washburn	94	NSW	6:44.08M
3.	Jacob Allen	94	NSW	6:44.45M
4.	Samuel Dib	94	WA	6:46.80M
5.	Brad Aiton	94	QLD	6:52.89
6.	Lewis Clark	94	VIC	7:09.16
7.	Nathan Fazldad	94	NSW	7:16.03
8.	Rhys Brett	94	WA	7:21.77
9.	Joshua Ray	94	NSW	7:23.30
10.	Peter Curtis	94	VIC	7:39.02
11.	Corey Buckler	94	QLD	7:40.22
12.	Jacob Dib	95	WA	7:42.18
13.	Daniel Crouch	94	SA	7:50.38
14.	Brodie Nankervis	94	TAS	7:51.98
15.	Wayne Gehan	94	QLD	7:52.66
16.	Corey Littke	95	WA	8:00.89
17.	Shannon Weedon	94	TAS	8:10.12
	Matthew Felton	94	VIC	DQ

#### Girls 1500 metre Race Walk Under 14

1.	Amy Burren	94	VIC	6:51.20
2.	Ebony Whiley	95	VIC	7:04.29
3.	Amelia Finnegan	95	VIC	7:07.82
4.	Tiffany D'Agnone	94	WA	7:10.60
5.	Emma Bettiol	94	NSW	7:15.58
6.	Krystal Leinasars	94	WA	7:17.59
7.	Lotta Danner	95	SA	7:27.82
8.	Julia Dorrestyn	95	SA	7:37.47
9.	Kristel Gartner	94	NSW	7:37.84
10.	Melissa Ierace	94	WA	7:38.03
11.	Ebony Tallent	94	VIC	7:42.22
12.	Isabella Shina	95	NSW	7:46.14
13.	Kelsey Knight	94	NSW	7:50.18
14.	Ashley Albert	95	VIC	7:51.38
15.	Samantha Flood	94	NSW	7:57.10
16.	Jessica Pickles	94	QLD	8:15.04
17.	Tiani Dederer	95	NSW	8:29.41
	Breanne Goschnick	94	QLD	DQ

#### DAY 3, SATURDAY 8 DECEMBER 2007

And back to Brent Vallance for a report on the Day 3 races

27 starters made this event a very competitive race, with race favourite and World Youth Representative Paige Hooper hitting the front at the 400m mark, and leading unchallenged for the remainder of the event. After a disqualification in the U17 event on Thursday, Paige walked a controlled and comfortable race, well outside her best, and slower than her 3000m split in 5000m event on Thursday, but was clearly the best in the field.

Josie Dwyer from the ACT walked her first ever 3000m Track race to finish second in the U16 Girls with a time of 15:22, smashing 1:16 off the 16:38 she recorded at the LBG road race earlier this year. Victorian Beth Alexander was third after a tight tussle with Josie over the last 400m.

The U15 Girls event saw 5 girls finish in front of Dwyer and Alexander. The pack start for both races lead to a group of four U15 girls trailing Paige Hooper. Leading the pack was Kate Fitzsimons (WA), followed by Amy Burren (VIC), Kristie Goznick (SA) and Rachel Tallent (VIC). At 2km Amy Burren and Goznick started to pull away from the others leaving a very close finish with Kristie Goznick the faster of the two over the last 100m.

#### Boys 3000 metre Race Walk Under 15

1.	Blake Steele	93	SA	14:02.53
2.	Samuel Dib	94	WA	14:21.38
3.	Steven Washburn	94	NSW	14:30.02
4.	Brad Simpson	93	VIC	14:55.70
5.	Nathan Fazldad	94	NSW	15:10.24
6.	Lewis Clark	94	VIC	15:47.49
7.	Matthew Felton	94	VIC	16:39.64
8.	Daniel Crouch	94	SA	16:52.84
	Qadry Williams	93	QLD	DQ
	Matthew Timson	94	NSW	DQ

#### Boys 3000 metre Race Walk Under 16

1.	Dane Bird-Smith	92	QLD	13:51.60
2.	Jordan Mulhearn	92	NSW	13:57.80
3.	John Tilden	92	NSW	14:38.46
4.	Brandon Dewar	92	QLD	14:49.25
5.	Nicholas Dewar	92	QLD	15:12.44
6.	John Hallam	92	QLD	15:38.67
7.	Kai Maruta	92	NSW	16:30.49
8.	Fraser Nixon	92	NSW	16:51.37
9.	Rhys Evans	92	VIC	17:40.25

#### Girls 3000 metre Race Walk Under 15

1.	Kristie Goznick	93	SA	14:40.28
2.	Amy Burren	94	VIC	14:41.26
3.	Rachel Tallent	93	VIC	15:03.02
4.	Kate Fitzsimons	93	WA	15:04.50
5.	Lauren Harrington	93	SA	15:18.34
6.	Darcy Gilroy	93	NSW	15:24.48
7.	Courtney Sorensen	93	QLD	15:37.08
8.	Krystal Leinasars	94	WA	15:43.53
9.	Tiffany D'Agnone	94	WA	15:52.84
10.	Lotta Danner	95	SA	15:56.03
11.	Alana Hewish	93	QLD	16:01.28
12.	Ebony Whiley	95	VIC	16:10.49
13.	Ebony Gralton	93	NSW	16:22.14
14.	Samara Holliday	93	SA	16:28.42
15.	Emily Payne	93	VIC	16:38.69
16.	Ebony Tallent	94	VIC	16:46.34
	Rachael Maher	93	QLD	DQ
	Kayla Griffiths	93	NSW	DQ

#### Girls 3000 metre Race Walk Under 16

1.	Paige Hooper	92	SA	14:36.66
2.	Josie Dwyer	92	ACT	15:22.16
3.	Beth Alexander	92	VIC	15:23.28
4.	Danielle George	92	NSW	16:18.78
5.	Ishka Flynn-Pittar*	92	QLD	16:29.39
6.	Jacqueline Smith	93	WA	16:36.50
7.	Tegan Hope	92	NSW	16:54.62
8.	Louise Richardson	90	WA	17:41.36

## AUSTRALIAN 50 KM CHAMPIONSHIP, SUNDAY 16 DECEMBER 2007

Melbourne turned on great conditions for racing – overcast and cool with a slight breeze. Proceedings got underway at 7AM with the 50 km walkers and then, as the day progressed, other shorter distance walking events were held. The crowd grew throughout the morning and by the time the 50 km walkers finished just before 11AM, a large group of spectators were on hand to witness what was a sensational finish as the first 5 walkers all broke the Olympic A qualifying standard of 4:00:00. Add in Nathan Deakes who did not contest the event and the grand total of A qualifiers in this event is now 6. And note that they have all done it in the official trial, the ultimate test of preparation and timing. There are very few countries in the world who can boast this sort of depth over the 50 km event and this augers well for our 2008 Olympic and World Cup prospects. The report on the AA website [gives a good summary of this blue riband event](http://www.athletics.org.au) (<http://www.athletics.org.au>).

### Tallent rises to the top

Ballarat walker Jared Tallent smashed his personal best by more than ten minutes to confirm his nomination for the Australian Olympic team with a dominant display in the Telstra Australian 50km walk championship at Albert Park this morning.

The 23-year-old produced the third fastest time ever by an Australian to stop the clock at **3:44:45**, well inside his previous best of 3:55.08 and 15 minutes under the Olympic A-qualifying time of 4 hours.

Sydney 20-year-old Adam Rutter received an early 21st birthday present, easily going under the A-qualifying time, recording **3:52.49** to finish second in his debut attempt at the gruelling 50km distance.

Olympic Games 20km nominee Luke Adams carved more than 10 minutes off his lifetime best to finish third in **3:53.19** in a high quality race where the first five walkers finished inside the 4 hour standard required for Olympic Games consideration.

Veteran Duane Cousins was fourth (**3:55.57**) with his world championships teammate Chris Erickson fifth (**3:59.02**).

Winning the trial in an A-qualifier will earn Tallent automatic nomination when the Athletics Australia selectors meet tomorrow, whilst Rutter, who will celebrate his 21<sup>st</sup> birthday on Christmas eve, is expected to receive the remaining spot in what would be the ideal holiday season gift.

World champion Nathan Deakes has been pre-nominated for 50km selection and was exempted from participating in the trial.

The winning time is the 11<sup>th</sup> fastest in the world this year and is a pointer to Tallent's potential to finish inside the top ten in Beijing. Only world record holder Deakes (3:35.37) and world cup winner Simon Baker (3:43.13) have gone faster on the Australian all-time list.

Tallent and Rutter are both coached at the Australian Institute of Sport by former Australian representative Brent Vallance and the training partners are confident they can join with Deakes to form a formidable trio in Beijing.

Tallent, the bronze medallist over 20km at the Commonwealth Games in Melbourne, missed selection for the 50km event in Osaka and was disqualified in the 20km when ensconced in the top six with 5km remaining.

"I was confident going into the race today and wanted to win by a long way to make up for the disappointment of not being picked for the 50k in Osaka. After what happened in Osaka, I have been working on my technique a lot and it was really solid today. I didn't get a report and I felt great apart from the last couple of laps (of the 2km circuit)," Tallent said.

Rutter, an Australian representative at world youth, world junior and world walk cup, only made the decision to focus on the long walk in May.

"I've only recently upped the volume in training, so this is a great result. I played it conservatively for the first 30k or so and then it started to feel good. I had a really strong 5k between 40 and 45 and just tried to hang on to the finish," Rutter said.

Adams, who has already secured nomination in the 20km in Beijing after finishing 7<sup>th</sup> at the world titles in Osaka, made a last minute decision to race to keep his Beijing 50km options open. Despite finishing third, he was satisfied with the result.

"I didn't expect to finish. It was a bit of a gamble to race, and I didn't want to knock myself around but I felt good. Well done to those guys (Tallent and Rutter) and I'm happy to focus on the 20 at the Games," Adams said.

Tallent, Rutter and Adams will take a short break to recover before setting their sights on the Australian 20km Championships and Olympic trial in Melbourne in February.

And a special mention for young Victorian walker Tom Barnes whose inaugural 50 km time of 4:11:33 was terrific. Tom had only a limited preparation after his World Universities 20 km race in August and a lot of overseas travelling. Let's hope that the AA selectors see fit to reward him with a World Cup 50 km berth. He certainly deserves it based on his potential to improve and the times he has put on the board over the last 12 months.

Now onto the actual results of the Australian and Victorian 50 km championships.

### Australian 50 km Championship, 7AM

1.	Jared Tallent	AIS/VIC	3:44:45 (PB)
2.	Adam Rutter	AIS/NSW	3:52:49 (PB)
3.	Luke Adams	AIS/NSW	3:53:19 (PB)
4.	Duane Cousins	VIC	3:55:57
5.	Chris Erickson	AIS/VIC	3:59:02
6.	Darren Bown	SAIS	4:04:06
7.	Tom Barnes	VIC	4:11:33 (PB)

8. Andrew Jamieson VIC 4:31:29

**Victorian 50 km Championship, 7AM**

1. Jared Tallent BYC 3:44:45  
 2. Duane Cousins YCW 3:55:57  
 3. Chris Erickson ATE 3:59:02  
 4. Tom Barnes MUA 4:11:33  
 5. Andrew Jamieson OSC 4:31:29  
 Frank Bertei ANW DNF



**Tom, Luke, Frank (obscured), Andrew (obscured), Duane, Darren, Chris, Adam and Jared as the gun goes to start the race**

And here are the 2 km lap times for those with a mind to statistics

Jared Tallent	AIS/VIC	9:18	18:30	27:42	36:44	45:50	54:49	63:47	72:42	81:39	90:34	99:25	108:16	117:06
Adam Rutter	AIS/NSW	9:49	19:28	28:59	38:29	47:54	57:15	66:34	75:59	85:21	94:44	104:08	113:26	122:42
Luke Adams	AIS/NSW	9:49	19:28	28:59	38:29	47:54	57:15	66:34	75:59	85:21	94:43	103:55	113:13	122:54
Duane Cousins	VIC	9:49	19:28	28:59	38:29	47:54	57:15	66:38	75:59	85:21	94:43	103:55	113:13	122:32
Chris Erickson	AIS/VIC	9:49	19:28	38:59	38:29	47:54	57:15	66:34	75:59	85:21	94:44	103:55	113:13	122:32
Darren Bown	SAIS	9:49	19:28	28:59	38:30	47:56	57:15	66:38	76:03	85:32	95:04	104:31	114:12	123:30
Tom Barnes	VIC	9:49	19:28	28:59	38:30	47:54	57:15	66:36	76:03	85:31	95:14	104:31	113:50	123:11
Andrew Jamieson	VIC	10:25	20:59	31:31	41:54	52:25	62:52	73:13	83:38	93:53	104:31	114:28	124:42	134:59
Frank Bertei	ANW	10:25	20:59	31:31	41:54	52:25	62:52	73:13	83:36	93:53	104:31	115:07	125:36	136:13

Jared Tallent	AIS/VIC	125:55	134:43	143:28	152:11	160:54	169:42	178:32	187:29	196:37	205:57	215:07	224:45
Adam Rutter	AIS/NSW	131:42	140:44	149:58	159:10	168:13	177:24	186:22	195:15	204:03	213:10	222:45	232:49
Luke Adams	AIS/NSW	131:59	141:11	150:22	159:22	168:31	177:36	186:22	195:25	204:47	214:39	224:11	233:19
Duane Cousins	VIC	131:34	140:41	149:58	159:10	168:13	177:24	186:37	196:05	205:54	215:31	225:34	255:57
Chris Erickson	AIS/VIC	131:30	140:41	149:58	159:10	168:17	177:32	186:51	196:25	206:20	216:42	227:28	239:02
Darren Bown	SAIS	132:55	142:33	152:32	162:33	172:38	182:20	192:22	202:43	212:46	222:59	233:12	244:06
Tom Barnes	VIC	132:34	142:05	151:50	161:48	171:57	182:22	193:14	204:53	216:18	227:35	239:10	251:33
Andrew Jamieson	VIC	145:30	156:04	166:21	176:44	187:09	199:38	211:47	223:44	235:48	248:09	260:06	271:29
Frank Bertei	ANW	147:03	158:12	DNF									

And now onto the 10 km splits – the race saw the walkers start conservatively and hit top pace around the 30 km mark – indeed it is often said that the real 50 km race starts at 30 km and that is what happened today.

Jared Tallent	AIS/VIC	45:50	44:44	44:09	43:49	46:13
Adam Rutter	AIS/NSW	47:54	46:50	46:00	45:38	46:27
Luke Adams	AIS/NSW	47:54	46:49	46:28	45:11	46:57
Duane Cousins	VIC	47:54	46:49	45:58	45:56	49:20
Chris Erickson	AIS/VIC	47:54	46:50	45:57	46:10	52:11
Darren Bown	SAIS	47:56	47:08	47:29	49:49	51:44
Tom Barnes	VIC	47:54	47:18	46:51	51:09	58:19
Andrew Jamieson	VIC	52:25	52:06	51:33	55:43	59:43
Frank Bertei	ANW	52:25	52:06	53:41	-	-



**Jared, Adam, Duane, Chris, Luke and Darren in action**



**Tom, Andrew, Luke, Adam, Duane and Chris**

And finally to the adjusted Australian All Times Ranking list showing all the walkers who have broken 4 Hours for the 50 km roadwalk – Jared moves up to 3<sup>rd</sup>, Luke moves up to Equal 7<sup>th</sup> and Adam debuts at 6<sup>th</sup>.

1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Melbourne	2/12/2006
2	3:43:13	Simon Baker	VIC	6/02/1958	1	L'Hospitalet	28/05/1989
3	<b>3:44:45</b>	<b>Jared Tallent</b>	<b>VIC</b>	<b>17/01/1984</b>	<b>1</b>	<b>Melbourne</b>	<b>16/12/2007</b>
4	3:46:34	Willi Sawall	VIC	7/11/1941	1	Adelaide	6/04/1980
5	3:47:34	Dion Russell	VIC	8/05/1975	1	Melbourne	13/12/1998
6	<b>3:52:49</b>	<b>Adam Rutter</b>	<b>NSW</b>	<b>24/12/1986</b>	<b>2</b>	<b>Melbourne</b>	<b>16/12/2007</b>
E7	<b>3:53:19</b>	<b>Luke Adams</b>	<b>NSW</b>	<b>22/10/1976</b>	<b>3</b>	<b>Melbourne</b>	<b>16/12/2007</b>
E7	3:53:19	Duane Cousins	VIC	13/07/1973	2	Melbourne	2/12/2006
9	3:53:23	Andrew Jachno	VIC	10/03/1957	19	Seoul	30/09/1988
10	3:54:37	Liam Murphy	SA	5/06/1979	1	Melbourne	13/05/2001
11	3:55:05	Darren Bown	SA	3/06/1974	2	Melbourne	13/05/2001
12	3:57:20	Michael Harvey	VIC	5/12/1962	1	Hawkesbury	10/07/1993
13	3:57:51	Dominic McGrath	VIC	4/06/1972	2	Leamington Spa	23/04/2000
14	3:58:22	Chris Erickson	VIC	1/12/1981	3	Melbourne	24/03/2006
15	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992

There were a number of Victorian Race Walking Club events on throughout the morning. In the 20 km events, **Claire Woods** recorded an Olympic B qualifying time of **1.36.39** while M65 World Masters 5000m walk champion **Ralph Bennett** recorded **1:50:24** to set a new **Australian M65 20 km Record**, beating Tom Daintry's 1981 time of 1:51:18.

The juniors also raced impressively. 18 year old **Jess Rothwell**, fresh from her HSC examinations walked a tremendously strong, even race to record a big PB time of **47.03** and put herself right in contention for a World Cup Under 20 Women's berth. Not to be outdone, 17 year old **Daniel Coleman**, despite an interrupted preparation, walked a strong **44.59**, his fastest road time. 16 year old **Rhydian Cowley** took 90 seconds of his best time to finish with **46.42** while Brendan Reading, 18, who did a sub 45 minute earlier

in the year in China, recorded **46.57**.

**VRWC Open 20 km events**

1.	Claire Woods	SA	1:36:39	Olympic B qualifier
	Megan Szirom	VRWC	DNF	14 km in 1:07:30
1.	Ralph Bennett	VRWC	1:50:54	
	Ian Rayson	NSW	DQ	

**VRWC Open 10 km events**

1.	Jess Rothwell	VRWC	47:03	
2.	Heather Carr	VRWC	60:27	
3.	Donna Elms	VRWC	67:58	
4.	Adrianna Crea	VRWC	69:28	
	Lynette Bannister	TAS	DNF	
	Tamara Attard	VRWC	DNF	
1.	Daniel Coleman	TAS	44:59	
2.	Rhydian Cowley	VRWC	46:42	
3.	Brendan Reading	ACT	46:57	
4.	Kyle Bryant	BGO	50:24	
5.	Michael Reading	ACT	53:44	
6.	Ross Reid	VRWC	55:06	
7.	Alan Lucas	VRWC	58:01	
8.	Murray Dickinson	VWRC	59:18	
	Jason Elms	VRWC	DNF	
	Brook Keys	NSW	DNF	
	Paul Nunn	BALL	DNF	
	Kyle Malone	NSW	DQ	
	Robin Wood	VRWC	DQ	

**VRWC Open 5 km**

1.	Tyne Boddy	VRWC	28:15	
2.	Ayla Collins	VRWC	29:43	
3.	Janet Holmes	VRWC	30:50	
	Clyde Riddoch	VRWC	DNF	

**VRWC Unjudged 5 km**

1.	Robin Wood	VRWC	33:11	
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**VRWC Open 3 km**

1.	Gwen Steed	VRWC	18:50	
2.	Lana Boddy	VRWC	19:36	
3.	Celia Johnson	VRWC	19:53	
4.	Margaret Beaumont	VRWC	22:13	
5.	Harlene Hercules	VRWC	22:38	
6.	Deb Lenehan	VRWC	26:57	
	Ros Lenehan	VRWC	DNF	
1.	Jason Elms	VRWC	17:18	
2.	Harold Boddy	VRWC	18:44	
	Ian Beaumont	VRWC	DQ	
	Gordon Onley	VRWC	DQ	

**VRWC U15 3 km**

1.	Bradley Simpson	VRWC	15:19	
	Robert Walsh	VRWC	DNF	

**VRWC U12 2 km**

1.	Sarah Burren	VRWC	10:53	
2.	Stephanie George	VRWC	11:29	
3.	Stacey McLaren	VRWC	13:24	
1.	Lucas Taylor	VRWC	11:59	

**VRWC U9 1 km**

1.	Kristina Collins	VRWC	8:25	
2.	Hayley George	VRWC	8:35	

## AUSTRALIAN NATIONAL SERIES MEET, CANBERRA, SUNDAY 27 JANUARY 2008

The annual National Series meet, held over the Australia Day weekend in Canberra, featured Open and Under 20 road walks on the lakeside course alongside the Carillion. In last year's edition, we saw 8 men beat 90 minutes and 4 women beat 100 minutes for the 20 km distance so expectations were high once again. But this was not to be the case this year due to a number of factors

- the 7AM start time had been changed to 7:30AM, meaning the last few laps were held in warmer conditions than last year
- walkers shared the course with a large triathlon field for the second half of the race
- it was only 6 weeks since many of the men had competed in a very high quality and fast Australian 50 km championship
- and most significantly, most of the walkers were coming off a hard 5 week training camp at the AIS, with some of the walkers having spent significant time at simulated high altitude.

At the gun, AIS walkers Jared Tallent, Adam Rutter and Chris Erickson surged away from the rest of the field and quickly showed it was going to be a race in three. Although Jared led by 8 secs after the first lap, passed in 8:08, Adam Rutter surged back to the lead with an 8:04 second lap and an upset looked possible. Unfortunately, a niggling hamstring meant an early retirement for him and that left Jared in front and Chris in clear second. Jared stormed through the first 10 km in 41:08 and looked set for an A qualifier and a final time of around 83 minutes. It was only in the last couple of laps that he slowed, his winning time of 1:24:20 an indicator of greater things to come in Melbourne in 4 weeks time. Chris suffered a heavy fall on the turn at the 6 km mark and from then on, his pace slowed and he was forced to work hard for his final time of 1:27:00. He finished with a badly grazed and sore leg so it was full credit to him for a gutsy performance.

Duane Cousins and Darren Bown had a great battle for third spot with Duane showing his strength to take the honours. South African walker Marc Mundell was next with 1:32:33 while young NSW walker Ian Rayson 35 secs in arrears. Junior walker Daniel Coleman completed his first ever 20 km with a fine 1:33:26 and will now turn his attentions to the 10 km distance as he strives for spots in the 2008 World Cup and World Junior teams. The only non-finisher was NZ walker Tony Sargisson who had been crook for a few days and retired at around 12 km.

A 10 km for junior men saw ACT walker Brendon Reading win by the proverbial mile with 45:36. With Daniel Coleman walking in the 20 km event and Brook Keys and Rhydian Cowley absentees, the expected battle did not eventuate.



**Jared Tallent, Chris Erickson, Duane Cousins and Brendon Reading**

### Men 20km Walk RR Open Results

1.	Jared Tallent	AIS/VIC	41:08	1:24:20
2.	Chris Erickson	AIS/VIC	42:33	1:27:00
3.	Duane Cousins	VIS	44:54	1:30:44
4.	Darren Bown	SA	44:38	1:31:48
5.	Marc Mundell	RSA	45:27	1:32:23
6.	Ian Rayson	NSW	46:17	1:32:58
7.	Daniel Coleman	TIS	46:17	1:33:26
8.	Adam Rutter	AIS/NSW	DNF	
9.	Tony Sargisson	NZL	DNF	

### Men 10km Walk RR Under 20

1.	Brendon Reading	ACT	45:36	
2.	Kyle Malone	NSW	50:40	
	Michael Reading	ACT	DNF	



The women's 20 km did not go as planned for a number of our top female walkers. Claire Woods and Kellie Wapshott went straight to the front from the gun and soon built up a significant lead on the chasers. Megan Szirom was the first to retire very early on with a leg strain and Natalie Saville and Cheryl Webb, both obviously lacking race fitness, soon dropped off the pace and also eventually retired. Victorian Junior Jess Rothwell, contesting her first 20 km event, started conservatively but soon caught and passed Claire and was in a clear second spot when the 10 km was reached. Kellie, in her first race since December 2006, had indicated that she was only intending to race for 10 km and duly retired with a good split of 46:57. Jess passed the half way mark in 47:46, well ahead of Claire and English walker Jo Jackson who had unfortunately contracted a stomach bug in the lead up to the event and who was obviously struggling.

Jess continued on in fine style to win in 1:37:34, a great first up performance and one of the best ever walks by an Australian Junior woman. Claire Woods held on for 1:38:47 with Jo Jackson third in 1:41:14. The other finishers, Jessica Heazlewood, Bekki Lee and Lynette Bannister, all did PBs but disappointingly, 6 of the 12 starters failed to finish.

With Jess contesting the Open 20 km event and with fellow AIS walker Tanya Holliday still coming back from injury, the Junior Women's 10 km walk was fought out between NSW walkers Nicole Fagan and Cassandra Staples, with Nicole winning in 52:34.



**Jess Rothwell, Claire Woods, Jo Jackson and Bekki Lee**

**Women 20km Walk RR Open Results**

1.	Jess Rothwell	VIC	47:30	1:37:34
2.	Claire Woods	SA	48:33	1:38:47
3.	Joanna Jackson	GBR	49:32	1:41:14
4.	Jessica Heazlewood	NSW	51:04	1:42:51
5.	Bekki Lee	NSW	50:48	1:45:26
6.	Lynette Bannister	TAS	-	1:49:32
	Kellie Wapshott	AIS/VIC	DNF	(10km in 46:58)
	Cheryl Webb	NSWIS	DNF	
	Natalie Saville	NSWIS	DNF	
	Susan Knapton	NSW	DNF	
	Megan Szirom	VIC	DNF	
	Fiona Alldis	NSW	DQ	

**Women 10km Walk RR Under 20**

1.	Nicole Fagan	NSW	52:34
2.	Cassandra Staples	NSW	56:14

## ATHLETICS AUSTRALIA CUP, QSAC, BRISBANE, SATURDAY 2 FEBRUARY 2008

The Australian Athletics Cup was held on Saturday night at the QSAC in Brisbane and there were some great performances. Amongst the 13 individual events on offer were 5000m walks for men and women and some of our top walkers were in action. Only one walker could be selected per State Grouping so the fields were by no means definitive but those who did get the chance obviously made the most of the opportunity. Overall, Victoria won the competition from NSW (74 points to 70 points), thus retaining their title as the top Athletics State in our nation.

The 5000m walk for men saw Jared Tallent take out the honours by 11 secs from Luke Adams. This was Luke's first race since the World Athletics Final in Russia in September and he had to lower his colours to Jared who is on a fantastic winning streak after taking the Australian 50 km championship in December and the National Series 20 km walk in Canberra a week ago. It was an 11 second PB for Jared. Further back in the field, Adam Rutter and Daniel Coleman also produced big PBs.

The women's event was not as quick with all the girls outside 23 minutes. Tanya Holliday, having her first race since coming back from major injuries, did a promising 23:00. The question is now whether she will be ready for the National 20 km walk in 3 weeks time when all our top girls will be in attendance.

### Men 5000 Metres Race Walk Open, Saturday 2/02/2008 - 5:39 PM

1.	Jared Tallent	VIC/VIS	19:01.94	(PB – 11 secs)
1.	Luke Adams	ACT/AIS	19:12.46	
2.	Adam Rutter,	NSW	19:26.64	(PB – 10 secs)
3.	Daniel Coleman	TAS/SA	21:35.79	(PB – 8 secs)
4.	Tony Sargisson	NZ	22:13.13	
5.	Sean Fitzsimons	WA/NT	23:06.76	

### Women 5000 Metres Race Walk Open, Saturday 2/02/2008 - 5:39 PM

1.	Tanya Holliday	ACT/AIS	23:00.73	
1.	Natalie Saville	NSW	23:16.34	
2.	Megan Szirom	VIC/VIS	23:19.62	
3.	Catalina Malone	NZ	28:18.45	
	Claire Woods	TAS/SA	DNF	
	Lyn Ventris	WA/NT	DNS	

<b>NSW TRACK AND FIELD CHAMPIONSHIPS, SYDNEY OLYMPIC PARK, 8-10 FEBRUARY 2008</b>
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The NSW Open and Under 18 and AWD championships were also held at the Sydney Olympic Park Athletics Track in Homebush and, like in Victoria and Queensland, 5000m walks were on offer.

2007 World Championship 7<sup>th</sup> place finisher Luke Adams defended his Open Men State title with a very fast 19.38, ahead of South African Marc Mundell who seems to have thrived in his time at the AIS. Marc walked 21.01 while 20 year old Ian Rayson took third with 21:24 ahead of 17 year old Tasmanian Daniel Coleman who was right up to his best with 21.37.

English walker Jo Jackson also seems to have made the most of her time training here at the AIS and won in 22:12 which I assume was a fairly decent PB. Natalie Saville, returning from a bad hip injury, did well under the circumstances, taking 2<sup>nd</sup> place overall, but first amongst the locals, with 22.52, while Michelle French, also coming back from major injuries, did well with 3<sup>rd</sup> place in 23.15.

**Men 5000 Meter Race Walk Open**

1.	Luke Adams	32	Bankstown Sp	19:38.55
2.	Marc Mundell	25	South Africa	21:01.86
3.	Ian Rayson	20	Mingara Athl	21:24.68
4.	Daniel Coleman	19	Tasmania	21:37.89
5.	Derek Mulhearn	18	Parramatta C	25:56.20

**Women 5000 Meter Race Walk Open**

1.	Jo Jackson	23	England	22:12.31
2.	Natalie Saville	30	Randwick Bot	22:52.99
3.	Michelle French	26	Nepean Distr	23:15.24
4.	Cheryl Webb	32	Blacktown Ci	23:26.56
5.	Jessica Heazlewood	21	Sydney Unive	23:33.89
6.	Melissa Hayes	17	Asics Wests	24:30.38
7.	Nicole Fagan	19	Sydney Pacif	24:43.83
8.	Susan Knapton	21	Nepean Distr	25:33.52
9.	Cassandra Staples	19	Campbelltown	26:41.26
10.	Vanessa Ebejer	23	Blue Mountai	27:05.14
11.	Jillian Rutter	23	Gosford Athl	28:24.89
12.	Beki Lee	22	Asics Wests DQ	

## AUSTRALIAN 20 KM ROADWALKING CHAMPIONSHIPS, MELBOURNE, SAT 23 FEBRUARY 2008

Wow, what a day! A 7:30AM start, a fast course and perfect racing conditions ensured that the 2008 Australian Racewalking Championships would be one to remember – we say 6 Olympic A Qualifiers and 3 Olympic B qualifiers in an outstanding display that confirms Australia's position as one of the top walking nations in the world. Add to that the 5 Olympic A qualifiers and 1 Olympic B qualifier in the 50 km championship in December 2007 and our depth is arguably at its highest ever standard.



**Leading men Jared Tallent, Luke Adams, Chris Erickson and Adam Rutter**



**Leading women Jo Jackson, Claire Woods, Kellie Wapshott and Natalie Saville**

Here is how AA reported the result on their website:

### **Tallent and Wapshott Beijing bound**

AIS-based walkers **Jared Tallent** and **Kellie Wapshott** both produced sparkling performances to earn automatic Olympic nomination with victories in the Australian 20km walk championships at Melbourne's Fawkner Park today.

The duo produced big personal bests with Tallent now confirming a spot in both the 20km and 50km events in Beijing and Wapshott overcoming a horror run of injuries to produce the performance of her career in the women's event.

With **Luke Adams** (AIS) already pre-nominated for the Australian team in the 20km event, Tallent had the most to gain in today's Olympic selection trial. After a somewhat pedestrian first kilometre, it was Tallent and Adams who pushed the pace, leaving **Adam Rutter** (AIS) and **Chris Erickson** (AIS) to battle for third place.

Tallent, who was with the leaders at the 15km mark at the world titles in Osaka last year before being disqualified, made a strong move at half way before recording a strong victory. The 23 year-old from Ballarat won in an A-qualifying time of 1:19:41 to win the national title and automatic nomination for Beijing.

Adams finished second in 1:20:32, also an A-qualifier, with Rutter third in a personal best and A-qualifying time of 1:21:49. In a high quality event, Erickson finished fourth in a personal best of 1:23:49. Tallent becomes just the fifth Australian to break the 80 minute barrier.

Fortunately for world 50km champion Nathan Deakes, who missed the trial due to injury, Rutter has already been nominated for the 50km walk and is not seeking selection for the shorter event, leaving the door open for Deakes to fill the remaining place when the final walk team is announced following the World Race Walking Cup in Cheboksary, Russia in May.

“I did my best ever training session last week so I knew I was in form,” Tallent said after the race. “It was a bit slow at the start, but we picked it up and the second k was quick. I wanted to win and get the A, so I've achieved both goals.”

After spending three weeks in January in the altitude house at the AIS to prepare for today's event, Tallent will travel to Mexico next week for an IAAF Race Walking Challenge event before competing in the Cup in preparation for the Games

Like Deakes, Athens Olympic bronze medallist Jane Saville missed the women's trial due to injury, although she was on hand to cheer for sister **Natalie**, who was with a group of four walkers that included Great Britain's **Jo Jackson**, South Australian **Claire Woods** and Victorian **Kellie Wapshott**.

The quartet was still together at half way, before Jackson eased away leaving Woods and Wapshott to battle it out for the national title and the coveted automatic Olympic nomination.

With the pace on the A-qualifying mark of 1:33.30 throughout, Jackson cruised to victory in 1:31.40 - a personal best by nearly five minutes.

Woods and Wapshott duelled over the last lap, with Wapshott coming from behind to take the Australian title in 1:32.57, with Woods next in 1:33.02 - both big personal bests and under the A-qualifying mark. Natalie Saville finished fourth in 1:35.10.

For Wapshott, 26, an osteopath who competed for the Knox Athletics Club in Melbourne before moving to the AIS in 2006, the performance puts a sorry run of injuries behind her.

“I had a fantastic 5k at the state titles and hoped I could do it today. I've had a bad run with injuries and had hamstring surgery, similar to what Nathan had in 2007, so missed the Commonwealth Games and the world champs, so this is such a thrill,” she said.

With Tallent already nominated for the 50km event, Wapshott adds her name to the seven Australian athletes have been chosen for Olympic nomination; Jana Rawlinson (400m hurdles), Nathan Deakes (50km walk), Craig Mottram (5000m), Steve Hooker (pole vault), Luke Adams (20km walk), Jared Tallent (20km and 50km walk) and Adam Rutter (50km walk).

With the Australian Championships and selection trials commencing in Brisbane on Thursday, the list of pre-nominated athletes is expected to grow further ahead of the final selection deadline to the Australian Olympic Committee on July 4, 2008.

It was an awesome display by Jared whose splits of 39:40 and 40:00 saw him go solo from the 4 km mark onwards. Luke Adams had led through the first lap in a slow 8:24 before Jared cut loose with a 7:40 second lap (!) and from then on he was never headed. Luke, in his first race since Osaka, did enough to convince the selectors of his fitness (80:32!) while 21 year old Adam Rutter, Australia's newest walking star, produced negative splits with around 41:38 followed by around 40:10 – absolutely awesome. You have to feel sorry for Chris Erickson whose 83:49 was only 19 secs outside the Olympic A qualifier and this comes after his 50 km A qualifier in December. 2007 It is not often that someone with those sorts of credentials has to watch from the Olympic sidelines but such is the current depth of Australian racewalking.

The women's event was just as interesting. English champion Jo Jackson, at age 23 and with only 4 years of walking under her belt, took nearly 5 minutes off her best time and set a new British National Record (the old record of Lisa Kehler had stood at 1:33:57). It was a great battle of 4 until the 14km mark when Jo blasted away, leaving the Australians in her wake. When Natalie Saville dropped off soon afterwards, the National title was between Claire Woods and Kellie Wapshott. Kellie really had to dig deep to keep with Claire as she forced the pace in the final laps. Kellie, renowned for her speed, was able to produce that all important final surge and crossed the line 5 seconds up on Claire, 1:32:57 to 1:33:02, big PBs to both girls.

And it wasn't just the senior walkers who excelled. AA put on an under 20 10 km walk (non championship) and 18 year old **Daniel Coleman** (44:24), 17 year old **Rhydian Cowley** (44:47) and 18 year old **Jess Rothwell** (45:45) all did big PBs and put themselves in the running for World Cup selection. Not to be outdone, young Geelong walker **Daniel Payne** (49:01) broke 50 mins for the first time with his own display of top walking.

#### Women 20k Race Walk RR Open

1.	Jo Jackson	GBR	1:31:40	PB – 4:48	Olympic A Qualifier
2.	Kellie Wapshott	AIS/VIC	1:32:57	PB – 2:48	Olympic A Qualifier
3.	Claire Woods	SA	1:33:02	PB – 2:16	Olympic A Qualifier
4.	Natalie Saville	NSWIS	1:35:10		Olympic B Qualifier
5.	Megan Szirom	VIC	1:36:37	PB – 0:16	Olympic B Qualifier
6.	Cheryl Webb	NSWIS	1:38:09		
7.	Jess Heazlewood*	NSW	1:41:55	PB – 0:56	
8.	Bekki Lee*	NSW	1:43:37	PB – 1:48	
9.	Lynette Bannister*	TAS	1:46:43	PB – 2:49	
	Michelle French	NSW	DNF		
	Justijana Roseman	VIC	DNF		
	Fiona Alldis*	NSW	DQ		

#### Women 20k Race Walk RR Under 23

1.	Jess Heazlewood*	NSW	1:41:55		
2.	Bekki Lee*	NSW	1:43:37		

3. Lynette Bannister\* TAS 1:46:43

**Men 20k Race Walk RR Open**

1. Jared Tallent	AIS/VIC	1:19:41	PB – 1:49	Olympic A Qualifier
2. Luke Adams	AIS/NSW	1:20:32		Olympic A Qualifier
3. Adam Rutter*	AIS/NSW	1:21:49	PB – 1:06	Olympic A Qualifier
4. Chris Erickson	AIS/VIC	1:23:49	PB – 1:09	Olympic B Qualifier
5. Duane Cousins	VIS	1:27:47		
6. Marc Mundell	RSA	1:28:55		
7. Thomas Barnes	VIC	1:30:21		
8. Ian Rayson*	NSW	1:31:16		
9. Glenn Burrell	NZL	1:33:14	PB – 0:06	
10. Tony Sargisson	NZL	1:37:08		
11. Andrew Jamieson	VIC	1:38:39		
12. Stuart Kollmorgen	VIC	1:42:55		
13. Kim Mottrom	SA	1:47:51		

**Men 20k Race Walk RR Under 23**

1. Adam Rutter*	AIS/NSW	1:21:49
2. Ian Rayson*	NSW	1:31:16



**Top junior performances from Rhydian Cowley, Daniel Payne, Jess Rothwell and Daniel Payne**

**Women 10k Race Walk RR Under 20 (non championship event)**

1. Jessica Rothwell	VIC	45:45	PB – 1:45
2. Lauren Drennan	VIC	57:23	
3. Nicole McInerney	SA	1:01:01	

**Men 10k Race Walk RR Under 20 (non championship event)**

1. Daniel Coleman	TIS	44:24	PB
2. Rhydian Cowley	VIC	44:47	PB
3. Daniel Payne	VIC	49:01	PB

**AUST U20 10,000M TRACK CHAMPS, GRIFFITH UNI, GOLD COAST, 14-16 MARCH 2008**

The Australian U20 and U23 Track Championships were held last weekend at Griffiths University on the Gold Coast in Queensland and 10,000m walks were on offer for the Under 20 age groups. These races were the official trials for the 2008 World Junior Championships and were in fact one of the very few opportunities that our juniors had to qualify. Performances were also going to be of importance for World Cup selection so it was all stops out for our top juniors. The start time of 8PM on the Friday night meant good conditions and the times reflected this.

The big news was the wonderful walk of Victorian **Jess Rothwell** who dominated the girls' walk and won in 46:15.17, a World Juniors qualifier and a **new Australian Under 20 10,000m Track Record**. The previous time of 48:04.78, set by Laura Johnson in 2002, was also beaten by second place getter Melissa Hayes of NSW who also recorded a World Juniors qualifier with her 48:04.62. Hopefully these performances will see both girls representing us at World Juniors later this year. 16 year old Regan Lamble also walked fantastically for 4<sup>th</sup> place in 51:06. The big loser was SA Paige Hooper, one of the pre-race favourites, who was disqualified.

The boys' race was one of great depth. **Daniel Coleman** entered as favourite and did not disappoint, winning convincingly in 44:11, a 15 sec PB, but unfortunately just 6 seconds outside the very tough World Junior qualifying standard of 44:05. Hopefully the Australian selectors will see fit to reward his efforts with selection but we will have to wait and see. Young Victorian ace **Rhydian Cowley** was one very disappointed walker after the event. He went through the 4 km mark with Daniel in just over 22 minutes and was feeling comfortable. However, by 4.5km he was having abdominal spasms had to stop for an unscheduled toilet stop (pretty hard when you are on the track in the middle of a stadium!). To his credit, he struggled on to finish in 5<sup>th</sup> place in 46:06 but well outside his 44:46 of 3 weeks ago in Melbourne. Rhydian had been expected by us to chase Daniel for the gold so it was a bitter blow to him and he is now at the mercy of the selectors when it comes to the World Cup Junior selection. Of course, that takes nothing away from the fine performances of Brendon Reading, Sean Fitzsimons and Dane Bird Smith (both Sean and Dane are 16, I think, and both did huge PBs). Overall, this was our greatest depth result in a Junior Men 10,000m track walk and indicates the healthy state of junior walking in Australia.

**Women 10000 Metre Race Walk Under 20**

1.	Jessica Rothwell	VIC	46:15.17	WJ
2.	Melissa Hayes	NSW	48:04.62	WJ
3.	Nicole Fagan	NSW	50:44.01	
4.	Regan Lamble	VIC	51:06.17	
5.	Cassandra Staples	NSW	55:11.19	
6.	Nicole McInerney	SA	60:47.99	
7.	Stephanie Stigwood	SA	DNF	
8.	Natasha Sorensen	QLD	DNF	
9.	Paige Hooper	SASI	DQ	

**Men 10000 Metre Race Walk**

1.	Daniel Coleman	TIS	44:11.81	
2.	Brendon Reading	ACT	45:24.66	
3.	Sean Fitzsimons	WA	45:29.87	
4.	Dane Bird Smith	QLD	45:57.38	
5.	Rhydian Cowley	VIC	46:06.90	
6.	Derek Mulhearn	NSW	48:04.51	
7.	Zach Sinclair	NZL	57:41.27	
8.	Kyle Malone	NSW	DQ	

The qualify of the walking can be seen by comparing with recent results in these particular junior championships:

**Australian 10000m Track Junior Women**

2002	Sarah Walkley	NSW	50:20.3	Laura Johnson	NSW	51.13	Lisa Grant	NSW	53.50
2003	Laura Johnson	NSW	49:37.2	Lisa Grant	NSW	51:04.5	Beki Lee	NSW	56:29.6
2004	Lias Grant	NSW	48:58.9	Fiona Alldis	NSW	52:01.1	Jessica Heazlewood	NSW	53:06.4
2005	Tanya Holliday	SA	54:40.9	Fauve Jacobs	VIC	58:12.5	Lesley Cantwell	NZ	60:49.5
2006	Tanya Holliday	SA	48:42.15	Fiona Alldis	NSW	50:24.29	Cassandra Staples	NSW	53:18.82
2007	Tanya Holliday	SA	48:56.51	Jess Rothwell	VIC	49:29.10	Fiona Alldis	NSW	52:39.16
2008	Jess Rothwell	VIC	46:15.17	Melissa Hayes	NSW	48:04.62	Nicole Hagan	NSW	50:44.01

**JUNIOR 10000m**

2002	Scott Holloway	WA	46.18	Jared Tallent	VIC	47.24	Shaun Archer	ACT	52.38
2003	Jared Tallent	VIC	45:20.2	Adam Rutter	NSW	45:29.5	Michael McCagh	WA	47:22.1
2004	Michael McCagh	WA	45:40.4	Adam Rutter	NSW	46:42.8	Ben Perske	QLD	47:39.8
2005	Adam Rutter	NSW	43:32.7	Michael McCagh	WA	43:52.3	Ashley Colquhoun	ACT	46:25.4
2006	Ian Rayson	NSW	44:43.75	Brook Keys	NSW	46:28.96	Daniel Coleman	TAS	46:43.75
2007	Daniel Coleman	TAS	44:55.91	Kyle Bryant	VIC	45:12.22	Brendon Reading	ACT	49:16.64
2008	Daniel Coleman	TAS	44:11.81	Brendon Reading	ACT	45:24.66	Sean Fitzsimons	WA	45:29.87

**AUSTRALIAN MASTERS CHAMPIONSHIPS, BLACKTOWN, NSW, 21-24 MARCH 2008**

The Australian Masters Championships are held over the Easter long weekend each year and, on this occasion, our Victorian Masters travelled to the Blacktown Olympic Park in Sydney. Full results can be seen at <http://www.nswathletics.org.au/answ/live/>. The first walking events were the 5000m track walks on Saturday and quite a number of Victorian Masters get amongst the medals.

**Gold:** Justi Roseman, Harlene Hercules, Annette Major, Heather Carr, Margaret Beaumont, Mark Donahoo, Murray Dickinson, Col Silcock-Delaney  
**Silvers:** Barb Bryant, Liz Feldman, Alan Lucas, Geoff Major  
**Bronzes:** Ian Beaumont

The Age Graded percentage points reflect how well walkers fared against each other, taking into account the vast age differences. Anyone who gets over 80% is doing very well and anyone over 90% is walking at an elite level. Lyn Ventris of WA was the standout with her 91% performance of 24:36 in the W50 5000m walk.

**5000m Track Walks – Women**

Div	Pl.	Name	State	Actual	Age Graded	Points
W30	1	Justijana Roseman	W32	VICTORIA MASTERS	26:17.10	26:14.74 75.38%
W35	1	Harlene Hercules	W37	VICTORIA MASTERS	37:56.97	37:15.08 53.11%
W40	1	Maryanne Shaw	W43	NSW MASTERS	30:33.51	28:43.50 68.87%
	2	Suzanne Brown	W42	NSW MASTERS	32:04.04	30:23.03 65.11%
W45	1	Annette Major	W45	VICTORIA MASTERS	29:08.92	26:57.76 73.37%
	2	Gayle Cranfield	W45	TASMANIA MASTERS	31:33.79	29:11.76 67.76%
	3	Salvina Agius	W46	NSW MASTERS	35:03.12	32:09.62 61.51%
	4	Annette Tillman	W47	NSW MASTERS	41:34.91	37:50.12 52.29%
W50	1	Lynette Ventris	W51	WA MASTERS	24:36.63	21:37.22 <b>91.50%</b>
	2	Barb Bryant	W53	VICTORIA MASTERS	27:58.12	24:06.54 82.06%
	3	Nancy Lloyd	W54	NSW MASTERS	33:23.80	28:30.45 69.40%
W55	1	Heather Carr	W58	VICTORIA MASTERS	27:57.09	22:53.04 86.45%
	2	Elizabeth Feldman	W59	VICTORIA MASTERS	30:09.21	24:24.92 81.03%
	3	Robyn Wales	W55	QUEENSLAND MASTERS	36:03.64	30:28.50 64.92%
	4	Judith Brown	W58	NSW MASTERS	37:52.66	31:00.63 63.80%
W60	1	Valerie Millard	W61	WA MASTERS	31:55.19	25:15.30 78.33%
	2	Trish Thomas	W62	ACT VETERANS	40:50.34	31:55.68 61.96%
W65	1	Lynne Schickert	W66	WA MASTERS	35:34.14	26:25.46 74.87%
	2	Judith Kenyon	W67	NSW MASTERS	35:50.17	26:15.87 75.32%
	3	Joan Purcell	W66	NSW MASTERS	36:06.13	26:49.22 73.76%
W70	1	Margaret Beaumont	W70	VICTORIA MASTERS	37:30.73	26:20.02 75.13%
W75	1	Christiane Dauphin	W76	QUEENSLAND MASTERS	36:55.12	23:31.04 84.12%

**5000m Track Walks – Men**

Div	Pl.	Name	State	Actual	Age Graded	Points
M35	1	David Smyth	M38	WA MASTERS	29:08.75	28:05.98 63.92%
M45	1	Mark Donahoo	M49	VICTORIA MASTERS	25:18.13	22:20.97 80.36%
	2	Gregory Rowe	M46	NSW MASTERS	28:32.55	25:50.55 69.50%
M50	1	Colin Heywood	M53	ACT VETERANS	24:42.86	21:06.07 85.11%
	2	Robert Osborne	M52	NSW MASTERS	31:24.21	27:02.50 66.42%
M55	1	Dennis Williams	M59	NSW MASTERS	30:18.11	24:29.95 73.31%
M60	1	George White	M62	SA MASTERS	26:46.91	21:00.79 85.47%
	2	Alan Lucas	M60	VICTORIA MASTERS	28:13.67	22:35.96 79.47%
	3	Graham Allomes	M64	NSW MASTERS	31:59.45	24:34.72 73.07%
M65	1	Murray Dickinson	M69	VICTORIA MASTERS	28:41.38	20:49.38 86.25%
	2	Robin Whyte	M66	ACT VETERANS	29:25.93	22:07.28 81.19%
	3	Bryan Thomas	M66	ACT VETERANS	31:37.82	23:46.41 75.55%
	4	Kevin Biggs	M69	NSW MASTERS	33:40.79	24:26.69 73.47%
M70	1	Jim Seymon	M70	NSW MASTERS	30:21.97	21:46.36 82.49%
	2	Geoffrey Major	M71	VICTORIA MASTERS	33:27.33	23:41.60 75.80%
	3	Ian Beaumont	M71	VICTORIA MASTERS	37:37.37	26:38.67 67.41%
M75	1	Colin Silcock-Delaney	M75	VICTORIA MASTERS	37:23.55	25:07.22 71.50%
M85	1	Richard Keatinge	M85	QUEENSLAND MASTERS	37:39.97	21:38.58 82.98%

On Monday, the walkers were back in action with a choice of either a 20 km roadwalk or a 10 km roadwalk. Unfortunately the results from the website are relatively incomplete but I will go with what little I have.

**20 km Road Walk - Men**

M35	1	David Smyth	M38	WA MASTERS	2:14:19.0h	2:11:13.65 58.94%
M45	1	Gregory Rowe	M46	NSW MASTERS	2:13:43.0h	2:03:22.83 62.69%



M50	1	Colin Heywood	M53	ACT VETERANS	1:47:01.0h	1:33:19.76	82.88%
M60	1	Brendon Hyde	M63	NSW MASTERS	2:46:20.0h	2:12:27.08	58.40%
M65	--	Robin Whyte	M66	ACT VETERANS	DQ		
	--	Bryan Thomas	M66	ACT VETERANS	DQ		

**20 km Road Walk - Women**

W50	1	Barb Bryant	W53	VICTORIA MASTERS	2:00:49.0h	1:42:26.43	82.80%
W65	1	Joan Purcell	W66	NSW MASTERS	2:34:56.0h	1:50:29.91	76.75%
W70	1	Margaret Beaumont	W70	VICTORIA MASTERS	2:45:11.0h	1:50:15.60	76.92%

**10 km Road Walk - Men**

M75	1	Colin Silcock-Delaney	M75	VICTORIA MASTERS	1:13:55.0h	49:57.18	74.44%
M85	1	Richard Keatinge	M85	QUEENSLAND MASTERS	1:19:06.00	45:24.21	81.90%

**10 km Road Walk - Women**

W75	1	Christiane Dauphinet	W76	QUEENSLAND MASTERS	1:18:24.0h	48:25.20	84.57%
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## AUSTRALIAN CENTURIONS 12 HOUR AND 24 HOUR WALKS, COBURG, 19-20 APRIL 2008

I wasn't at Albert Park on Saturday because my attention was elsewhere – I was at the Coburg 24 Hour Carnival at the Coburg Harriers track in suburban Melbourne. This unique event features 12 Hour walks and runs and 24 Hour walks and runs. For walkers, the main challenge is to try to walk 100 miles (161 km) in 24 hours, thus qualifying for membership of the Australian Centurion Club, of which I am the Secretary.

A total of 48 walkers and runners participated and it was a long and exhausting but enjoyable weekend for both competitors and for officials like me. The starter's gun was fired at 10AM on Saturday morning in warm and sunny conditions. The clear blue skies continued throughout the day as temperatures quickly rose to the expected 25°C and competitors struggled to stay hydrated and cool through the long first day. Melbourne then showcased its contrasting weather patterns with overnight temperatures plummeting. Finally another warm morning allowed competitors to throw off the layers of clothing and finish in beautiful autumnal conditions.

The walks saw strong fields and the Centurions Club was pleased to see two walkers reach in excess of 100 miles. In the Men's 24 Hour walk, Queensland based Australian Centurion **Andrew Ludwig** led from the gun and walked without any significant breaks until he reached the 100 mile mark in **22:34:20**. This was Andrew's second centurion qualifier, following on from his initial one in 1994. Behind him, ultra runner Colin Brooks added another string to his bow with a strong second place walk of 148.226 km, ahead of Centurion Pat Fisher with 145.240 km.

The Women's 24 Hour walk was an exciting affair with South Australian walker **Catherine Cox** having to dig deep in the final 6 Hours of the event, eventually reaching the 100 mile mark in **23:57:57**. Her 100 mile time was reminiscent of the 2004 walk of Graham Watt who reached the target in 23:59:23 on this same track. Graham was on hand to acknowledge the gutsy performance and welcome Cathy to the Centurion Club as Australian Centurion Number 54. Behind her, Karyn O'Neill and Sandra Howorth took the minor medals with 129.044 and 64.000 km respectively.

The Men's 12 Hour walk saw Australian M65 walk record holder Robin Whyte win with a very impressive 84.975 km, ahead of David Attrill and Gary Turner. In the Women's 12 Hour walk, the mother and daughter combination of Dawn Parris and Leah Stringer took the honours with 78.079 and 56.811 km respectively.



**24 Hour Walk winners Andrew Ludwig (C 28) and Cathy Cox (C 54)**

Note that all results are currently provisional and final checking will be done during the coming days. The final results will be announced via the Coburg Harriers Athletics Club website (<http://www.coburgharriers.org.au>).

	<b>Male 24 Hour Walk</b>	<b>Laps</b>	<b>Dist</b>	<b>Add Dist</b>	<b>Total Dist</b>
1	Andrew Ludwig	404	161.600	0.000	161.600
2	Colin Brooks	370	148.000	0.226	148.226
3	Pat Fisher	363	145.200	0.040	145.240
4	Craig Welsh (NZ)	275	110.000	0.121	110.121
5	Steve Jordan	274	109.600	0.132	109.732
6	Phil Essam	219	87.600	0.125	87.725

7	Terry O'Neill	200	80.000	0.000	80.000
8	Laurie Tinson	131	52.400	0.000	52.400
9	Louis Commins	79	31.600	0.000	31.600

<b>Female 24 Hour Walk</b>		<b>Laps</b>	<b>Dist</b>	<b>Add Dist</b>	<b>Total Dist</b>
1	Catherine Cox	402	160.800	0.370	161.170
2	Karyn O'Neill	322	128.800	0.244	129.044
3	Sandra Howorth	160	64.000	0.000	64.000

<b>Male 12 Hour Walk</b>		<b>Laps</b>	<b>Dist</b>	<b>Add Dist</b>	<b>Total Dist</b>
1	Robin Whyte	212	84.800	0.175	84.975
2	David Attrill	178	71.200	0.294	71.494
3	Gary Turner	159	63.600	0.276	63.876
4	Ken Carter	131	52.400	0.189	52.589
5	Clarrie Jack	50	20.000	0.000	20.000

<b>Female 12 Hour Walk</b>		<b>Laps</b>	<b>Dist</b>	<b>Add Dist</b>	<b>Total Dist</b>
1	Dawn Parris	195	78.000	0.079	78.079
2	Leah Stringer	142	56.800	0.011	56.811

**Racewalking Australia 100 km Championship for Men**

1	Andrew Ludwig
2	Colin Brooks
3	Pat Fisher

**Racewalking Australia 100 km Championship for Women**

1	Catherine Cox
2	Karyn O'Neill
3	Sandra Howorth

Needless to say, I slept well on Sunday night – it is a great event but thank goodness it only comes once a year!

## RACEWALKING AUSTRALIA CARNIVAL, CANBERRA, SUNDAY 8 JUNE 2008

The 42<sup>nd</sup> Canberra Carnival was the biggest ever with 335 entries overall. Weather conditions were mild and sunny for the second year in a row and walkers made the most of the occasion with lots of big performances. The presence of 4 of our 2008 Olympic walkers (Jared Tallent, Adam Rutter, Chris Erickson and Claire Woods) gave the event a high profile and these walkers all performed brilliantly, as expected.



**Our Olympic walkers Jared Tallent, Adam Rutter, Chris Erickson and Claire Woods in action**

Here is how Jim Leppik saw the big day:

The weekend saw a highly successful annual "Racewalking Australia" championship held in Canberra. Canberra, the coldest capital city in the country, often turns out cold, frost and wind chills, together with layers of clothing but this year was perfect.. Who said global warming was all bad !!!! The main events, the Men's 20 mile and the Women's 10 mile are held on an extremely tough 10 mile loop where you get to play "spot the flat spot" - continual up and downs punctuated by an occasional big hill. So the distance and the course are unique on that front.

Anyway, on with the race. Olympian Jared Tallent, despite disappearing off in the wrong direction and costing himself a minute, took it out from the start and was never troubled to easily win the Men's 20 mile event in 2:20.30. Our Olympic squad walkers took 2<sup>nd</sup> and 3<sup>rd</sup>. 21yo Adam Rutter, recovering from a hamstring complaint, had to walk 2.30:00 to ensure his spot on the Olympic team and he dis so easily, taking 2<sup>nd</sup> place in 2.25.42 while Chris Erickson, after recently slipping into our 20km team with his World Cup effort, again continued his recent hot form taking 3<sup>rd</sup> in 2.27.08, his second fastest time on this course. Good performances by these guys as they are in the middle of a very heavy training block. Tom Barnes showed he was right back in form in 5<sup>th</sup> place in 2.32:32, easily his best on this course. Tom's 5<sup>th</sup> place with Jared and Chris, was easily enough to give Victoria the Teams gold medal.

The Women's 10 mile saw an easy win to Olympian Claire Woods. Claire looked strong throughout, winning in 78.02, and looks ready for her first Olympic tilt. She backed up later in the day, winning the 5km in 22.58. Young walkers filled the minor placings. 21yo Becky Lee produced one of the best performances of her life to take 2<sup>nd</sup> place in 83.46. Becky went out very hard but her early pace had no affect as she never faulted. 16yo Regan Lambale walked very strongly throughout, taking 3<sup>rd</sup> place in 84.11. This effort, together with her World Cup walk where she went 49.36, stamps her as an outstanding prospect. 51 yo Lyn Ventris produced another good Canberra walk taking 4<sup>th</sup> in 85.01 while 2004 Olympian and Commonwealth Games Bronze medalist Cheryl Webb, although not in great racewalking shape, was still good enough for 5<sup>th</sup> in 85 min high (not sure exactly of the time but around 85.45). Two 21yo's Chloe Jones and Lynette Bannister both walked outstanding races each taking over 5 minutes minutes of their times from last year. They stayed together throughout, finishing equal 6<sup>th</sup> in 86.23. I told them 2 miles out that if they finishing level they have to go to a penalty "shoot-out" (coach is a funny man....lol !!!!! Lynette backed her effort up later in the day taking 4<sup>th</sup> place in the 5km. Regan, Lynette and 9<sup>th</sup> placed Justine Roseman (92 min), who recently walked a couple of races in the New York while on a visit, again gave Victoria the teams gold medal.

World Cup rep Daniel Coleman took the the Junior mens 10km in about 45.25, a great effort after walking the 10 miles with Claire earlier in the morning. Brendon Reading, another World Cup Rep, was close by throughout, eventually taking 2<sup>nd</sup> in around 45.50

World Junior rep Melissa Hayes, 16, was an easy winner of the Under 18 womens 5km in 23.35 while 14yo Rachel Tallent made it a family double winning the Under 16 3km in 14.35. Dane Bird-Smith, son of Racewalking Australia President and former Olympian Dave Smith, looked very good taking out the Under 16/18 3km-5km double.

VRWC results were outstanding with a whole host of individual and Teams medals – a quick summary follows:

Individual Gold (5)	Open Men 20 Miles	Jared Tallent
	Veteran Men 20 Miles	Andrew Jamieson
	Veteran Men 10 Miles	Mark Donahoo
	U10 Boys 1 km	Reese Walmsley
	U16 Girls 3 km	Rachel Tallent
Individual Silver (2)	Veteran Men 10 Miles	Maurice Prendergast
	U14 Girls 2 km	Caitlin Campbell
Individual Bronze (4)	Open Men 20 Miles	Chris Erickson
	Open Women 10 Miles	Regan Lamble
	U12 Boys 2 km	Billy Allamby
	U18 Girls 5 km	Natalie Laurie
Team Gold (6)	Open Men 20 Miles	Jared Tallent, Chris Erickson, Tom Barnes
	Open Women 10 Miles	Regan Lamble, Lynnette Bannister, Justijana Roseman
	U10 Boys 1 km	Reese Walmsley, Ben Green, Ethan McShanag
	U12 Boys 2 km	Billy Allamby, Reese Walmsley, Lucas Taylor
	U14 Girls 2 km	Caitlin Campbell, Bianca Attard, Ebony Tallent
Team Silver (4)	U16 Girls 3 km	Rachel Tallent, Hilary Brazel, Amy Callaway
	U10 Girls 1 km	Georgia Bertrand, Rachael Guy, Hayley George
	U14 Boys 2 km	Aaron Gardner, Michael Green, Cody McNicol-Davidson
	U16 Boys 3 km	Bradley Simpson, Robert Walsh, Matthew Felton
Team Bronze (4)	U18 Girls 5 km	Natalie Laurie, Rachel Tallent, Caitlin Campbell
	Open Men 20 Miles	Andrew Jamieson, Stuart Kollmorgen, Duncan Knox
	U12 Girls 2 km	Rebecca Guy, Carly Bertrand, Emily Hamilton
	U18 Boys 5 km	Joshua Platt, Bradley Simpson, Filip Cosic
	Open Women 5 km	Lynnette Bannister, Belinda Platt, Natalie Laurie

It is always hard to pick highlights when everyone does so well but some of the performances that deserve special mention include

- **Jared Tallent** who won his third 20 Mile Title in 4 years, this time by a convincing 4 minutes, after taking a wrong turn that cost him some 30 secs.
- **Reese Walmsley** who ended up with 3 golds (U10 individual winner, U10 and U12 teams gold) in a great double.
- **Rachel Tallent** who won individual and team gold in the U16 Girls and then helped the U18 girls to a silver in the teams.
- **Regan Lamble** who, at 16 years of age, walked to third overall in the Womens 10 Mile with a 6 minute PB and spearheaded us to the Gold medal in the Teams event.
- **Caitlin Campbell** who took silver individual and team gold in the U14 and then walked above her weight to help the U18 team to silver.
- **Lynnette Bannister** who did the toughest double of the lot – the 10 mile in the morning (where we got team gold) and the 5 km in the afternoon where she finished 4<sup>th</sup> overall and helped us to a team bronze
- **Natalie Laurie** who took individual bronze and team silver in the U18 5 km and then backed up after a 10 minute break and helped our women's team to bronze in the Open 5 km.
- **Donna Elms** who also did the 10 mile / 5 km double and, although finishing outside the medals, showed us what it means to give your all for the team.

Everyone walked superbly – the VRWC team and all our parents and supporters can stand proud – you all conducted yourselves fantastically over the weekend.

Full carnival results follow.

#### Event 1: OPEN 20 MILES

1	TALLEN, JARED	VRWC	2:20:31
2	RUTTER, ADAM	NSWRW	2:25:42
3	ERICKSON, CHRIS	VRWC	2:27:08
4	BOWN, DARREN	SAAWC	2:32:00
5	BARNES, TOM	VRWC	2:32:32
6	RAYSON, IAN	REGAL	2:33:12
7	CROSS, ANDREW	QRWC	2:50:57
8	JAMIESON, ANDREW	VRWC	2:54:04
9	JIMENEZ, IGGY	QRWC	2:58:22
10	BENNETT, PETER	QRWC	3:05:11
11	HEYWOOD, COLIN	ACTRF	3:07:33
12	KOLLMORGEN, STUART	VRWC	3:18:09
13	LUDWIG, ANDREW	QRWC	3:19:46
14	WHYTE, ROBIN	ACTRF	3:31:49
15	KNOX, DUNCAN	VRWC	3:46:46
16	THOMAS, BRYAN	ACTRF	3:49:36
17	STARR, BILL	SAAWC	3:55:14

18	OSBORNE, ROBERT	REGAL	3:57:12
19	CHESTERTON, VAL	ACTRF	4:42:19
<b>Event 2: FITNESS 20 MILES</b>			
1	MORAN, GARY	ACTRF	4:18:17
2	FISHER, PATRICK	ACTRF	4:34:12
	PHIL, ESSAM	ACTRF	DNF
<b>Event 3: AACT WOMENS &amp; MENS 30K CHAMPIONSHIP</b>			
1	TALLENT, JARED	VRWC	2:10:00
2	RUTTER, ADAM	NSWRW	2:14:40
3	ERICKSON, CHRIS	VRWC	2:16:28
4	BOWN, DARREN	SAAWC	2:21:20
5	BARNES, TOM	VRWC	2:21:30
6	RAYSON, IAN	REGAL	2:22:24
7	CROSS, ANDREW	QRWC	2:36:59
8	JAMIESON, ANDREW	VRWC	2:40:12
9	JIMENEZ, IGGY	QRWC	2:45:42
10	HEYWOOD, COLIN	ACTRF	2:52:05
11	BENNETT, PETER	QRWC	2:52:42
12	LUDWIG, ANDREW	QRWC	3:04:39
13	WHYTE, ROBIN	ACTRF	3:16:20
14	CHESTERTON, VAL	ACTRF	4:23:09
<b>Event 4: OPEN WOMENS 10 MILES</b>			
1	WOODS, CLAIRE	SAAWC	1:18:02
2	LEE, BECKI	NSWRW	1:23:46
3	LAMBLE, REGAN	VRWC	1:24:11
4	VENTRIS, LYN	WARWC	1:25:00
5	WEBB, CHERYL	REGAL	1:26:03
6	JONES, CHLOE	REGAL	1:26:23
7	BANNISTER, LYNNETTE	VRWC	1:26:23
8	BONHAM, JILLIAN	NSWRW	1:31:49
9	ROSEMAN, JUSTIJANA	VRWC	1:32:45
10	BRYANT, BARBARA	BRWC	1:34:08
11	RUSSELL, YOLANDA	VRWC	1:34:18
12	SINKINSON, TRACY	SAAWC	1:35:05
13	EBEJER, VANESSA	REGAL	1:35:29
14	ATTARD, TAMARA	VRWC	1:36:12
15	ADAMCEWICZ, ERIN	VRWC	1:37:48
16	MCINTYRE, GAYLE	VRWC	1:40:13
17	SHAW, MARY-ANNE	REGAL	1:47:02
18	WOODWARD, LYN	QRWC	1:52:00
19	ELMS, DONNA MARIE	VRWC	1:52:33
20	LLOYD, NANCY	REGAL	1:57:45
21	MCKINVEN, NOELA	QRWC	2:05:23
22	STIGWOOD, ROSE	SAAWC	2:06:20
23	LINGLEY, JENNY	NSWRW	2:11:23
	FAGAN, NICOLE	NSWRW	DNS
	MAJOR, ANNETTE	BRWC	DNS
	HEAZLEWOOD, JESS	NSWRW	DNS
	AGIUS, SALVINA	NSWRW	DNS
<b>Event 5: OPEN MENS 10 MILES</b>			
1	COLEMAN, DANIEL	TARWC	1:17:56
2	DONAHOO, MARK	VRWC	1:29:36
3	PRENDAGAST, MAURICE	VRWC	1:39:00
4	SEYMON, JIM	REGAL	1:48:02
5	SMITH, KEN	REGAL	1:48:02
6	LUKE, PETER	VRWC	1:48:02
7	ROWE, GREG	NSWRW	1:48:26
8	BARKER, GEOFF	ACTRF	1:49:07
9	BIGGS, KEVIN	REGAL	1:57:30
10	MEGAS, GEORGE	QRWC	2:04:08
11	HYDE, BRENDON	NSWRW	2:11:33
	NUNN, PAUL	VRWC	DQ
	BLOOD, ANDREW	VRWC	DQ
	MCDONOUGH, AARON	VRWC	DNS
	SUMMERS, HARRY	VRWC	DNS

SUNDSTROM, TROY	REGAL	DNS
ALBANESE, ANTHONY	NSWRW	DNS

**Event 6: FITNESS 10 MILES**

1	KALLIO, PETER	ACTRF	1:42:40
2	KENNEDY, JOHN	ACTRF	1:45:44
3	ROBINSON, DEREK	ACTRF	1:51:07
4	SHORT, MONIKA	ACTRF	1:51:08
5	WOOD, ROBIN	VRWC	1:51:29
6	TUCKER, BARBARA	ACTRF	1:53:54
7	WAUCHOP, VICKY	ACTRF	2:01:53
8	MACKENZIE, DAVE	ACTRF	2:01:54
9	CREBBIN, LINDA	ACTRF	2:01:57
10	FITZGERALD, DOUG	ACTRF	2:12:56
11	RAYSON, CHRIS	REGAL	2:18:20

**Event 7: FITNESS 5 MILES**

1	CRONLEY, GERARD	TARWC	50:54
2	ELMS, DAMIEN	VRWC	57:31
3	GILCHRIST, ROD	ACTRF	57:32
4	MUNRO, TERRY	ACTRF	1:01:11
5	WALES, ROBYN	QRWC	1:02:15
6	BROWN, JUDY	NSWRW	1:02:16
7	CAMPBELL, CAROLINE	ACTRF	1:03:11
8	WILLIAMS, LYNN	ACTRF	1:03:24
9	SHORT, JIM	ACTRF	1:03:31
10	SCARBOROUGH, HELEN	NSWRW	1:04:22
11	GLOE, JOHN	ACTRF	1:04:27
12	CHAPMAN, CILLA	ACTRF	1:08:11
13	GILCHRIST, JENNIE	ACTRF	1:09:18
14	LAW, ALAN	ACTRF	1:20:37
15	WILDWOOD, DEZ	ACTRF	1:21:42
16	BODEN, PETER	ACTRF	1:21:50
17	RIOU, SEBASTIEN	QRWC	1:36:00
18	RIOU, DEBORAH	QRWC	1:36:05
19	RIOU, ANGELIQUE	QRWC	1:36:05
20	LAW, DEBORAH	ACTRF	1:36:40
21	BODEN, KATRIN	ACTRF	1:36:41
22	BODEN, CATHY	ACTRF	1:38:44
23	LAW, SUE	ACTRF	1:38:45

**Event 8: BOYS U10 1,000 METRES**

1	WALMSLEY, REECE	VRWC	5:33
2	O'CONNELL, DECLAN	NSWRW	5:54
3	HOSKING, ANDREW	ACTRF	5:56
4	GREEN, BEN	VRWC	5:56
5	OSBORNE, KARL	REGAL	6:11
6	THOMPSON, LEWIS	NSWRW	7:07
7	PLUMMER, JAMES	NSWRW	7:18
8	MCSHANAG, ETHEN	VRWC	7:35
9	MCNICOL-DAVIDSON,	VRWC	9:42

**Event 9: GIRLS U10 1,000 METRES**

1	MASTROIANNI, GABBY	NSWRW	5:25
2	BERTRAND, GEORGIA	VRWC	5:37
3	SMALL, MIKAELA	BRWC	5:38
4	POULLOS, ELLENI	NSWRW	5:39
5	KALEMUSIC, DANNIELLE	NSWRW	5:43
6	HUNT, TAHLIA	TARWC	5:44
7	BAKER, KARA	ACTRF	5:46
8	BARKER, KIRSTY	QRWC	5:49
9	GUY, RACHAEL	VRWC	5:56
10	EDLIN, GRACE	BRWC	5:59
11	GEORGE, HAYLEY	VRWC	6:18
12	GRUJOSKI, ALLY	NSWRW	7:20
13	THOMPSON, ZAYLIE	NSWRW	7:51
14	BEASLEY, MOLLY	NSWRW	7:52
	MCDONALD, JASMYN	NSWRW	DQ
	HEIDEN, BREE	BRWC	DQ

	GREEN, KYLA	VRWC	DNS
<b>Event 10: BOYS U12 2,000 METRES</b>			
1	HEIDEN, DANE	BRWC	10:17
2	OSWALD, MATTHEW	REGAL	10:25
3	ALLAMBY, BILLY	VRWC	10:29
4	MURPHY, ROBERT	REGAL	10:33
5	WALMSLEY, REECE	VRWC	10:48
6	TAYLOR, LUCAS	VRWC	10:50
7	JONES, JEREMIAH	BRWC	10:52
8	MCSHANAG, CONNOR	VRWC	10:55
9	COAD, JARROD	BRWC	11:41
10	ACEV, MITCHELL	REGAL	11:47
11	VERNON, CONNOR	NSWRW	13:31
12	MCNICOL-DAVIDSON, CODY	VRWC	13:32
13	O'CONNELL, DECLAN	NSWRW	14:06
14	THOMPSON, LEWIS	NSWRW	24:12
	GREEN, MITCHELL	VRWC	DNS
<b>Event 11: GIRLS U12 2,000 METRES</b>			
1	BILLINGTON, TAYLA	NSWRW	10:15
2	DIGHTON, JASMINE	NSWRW	10:28
3	PLUMMER, CAITLIN	NSWRW	10:42
4	SHAW, KATRINA	REGAL	11:07
5	SMALL, RACHEL	BRWC	11:09
6	Guy, Rebecca	VRWC	11:18
7	BEASLEY, BRYONY	NSWRW	11:20
8	JURD, TIARNNA	NSWRW	11:22
9	WILSON, JESSEY	BRWC	11:23
10	MARUTA, TALISHA	NSWRW	11:33
11	BERTRAND, CARLY	VRWC	11:37
12	EBERHARDT, SOPHIE	TARWC	11:42
13	HAMILTON, EMILY	VRWC	11:43
14	CAMPBELL, REBECCA	VRWC	11:45
15	GRUJOSKI, STEPHANIE	NSWRW	12:00
16	BARBOUR, BETH	VRWC	12:02
17	MCNICOL-DAVIDSON,	VRWC	12:26
18	MCLAREN, STACEY	VRWC	13:08
19	OHLSEN, SHAE	VRWC	13:09
20	PORLEY, CANDICE	NSWRW	13:57
21	SOUTHERN, DEMI	NSWRW	15:00
22	O'CONNELL, BRIDGET	NSWRW	18:49
	COOKE, ALICIA	NSWRW	DQ
	HOSKING, CAITLIN	ACTRF	DQ
	MASTROIANNI, GABBY	NSWRW	DNS
	GUY, RACHAEL	VRWC	DNS
<b>Event 12: BOYS U14 2,000 METRES</b>			
1	AITON, BRAD	QRWC	9:26
2	WASHBURN, STEVEN	NSWRW	9:38
3	FAZLDAD, NATHAN	NSWRW	10:29
4	KILLEN, MATHEW	NSWRW	11:10
5	MASKELL, BENJAMIN	BRWC	11:17
6	GARDENER, AARON	VRWC	11:20
7	CROUCH, DANIEL	SAAWC	11:54
8	JONES, JEREMIAH	BRWC	11:59
9	SHAW, ANDREW	REGAL	12:42
10	GREEN, MICHAEL	VRWC	12:49
11	MCNICOL-DAVIDSON, CODY	VRWC	14:19
	FELTON, MATTHEW	VRWC	DQ
<b>Event 13: GIRLS U14 2,000 METRES</b>			
1	BETTIOL, AMY	NSWRW	9:43
2	CAMPBELL, CAITLIN	VRWC	9:52
3	WHILEY, EBONY	BRWC	9:58
4	HOSKING, ELIZABETH	ACTRF	10:05
5	DANNER, LOTTA	SAAWC	10:06
6	ATTARD, BIANCA	VRWC	10:14
7	SOUTHERN, SHAY	NSWRW	10:16
8	TALLENT, EBONY	VRWC	10:22



9	GEORGE, STEPHANIE	VRWC	10:30
10	HEARD, AMANDA	BRWC	10:38
11	PORLEY, TABITHA	NSWRW	11:08
12	PLUMMER, CAITLIN	NSWRW	11:15
13	GRIFFIN, MEGHANN	ACTRF	11:25
14	CAMPBELL, GRACE	BRWC	11:35
15	MELVILLE, REBECCA	NSWRW	11:42
16	BENNETT, FAITH	QRWC	11:51
17	MARUTA, TALISHA	NSWRW	12:01
18	CRONLEY, CLARE	TARWC	12:04
19	ANDREOU, STEPHANIE	REGAL	12:16
20	EBERHARDT, SOPHIE	TARWC	12:19
21	SMALL, KATHERINE	BRWC	12:25
22	JONES, MADISON	VRWC	12:31
23	HUNT, TAHLIA	TARWC	12:39
24	BROADHEAD, SARAH	REGAL	13:01
25	HARTAS-OSBORNE,	REGAL	13:02
26	RICHARDS, MEGHAN	TARWC	13:23
	BARKER, RACHEL	QRWC	DQ
	BEASLEY, BRYONY	NSWRW	DQ
	JURD, TIARNNA	NSWRW	DNS
	BILLINGTON, TAYLA	NSWRW	DNS
	SOUTHERN, DEMI	NSWRW	DNS
	CAMPBELL, REBECCA	VRWC	DNS

**Event 14: BOYS U16 3,000 METRES**

1	BIRD-SMITH, DANE	QRWC	13:31
2	STEELE, BLAKE	SAAWC	13:48
3	AITON, BRAD	QRWC	14:38
4	WASHBURN, STEVEN	NSWRW	14:49
5	SIMPSON, BRAD	VRWC	15:09
6	WALSH, ROBERT	VRWC	15:31
7	HALLAM, JOHN	QRWC	16:13
8	COAD, ADRIAN	BRWC	16:26
9	CURTIS, PETER	BRWC	16:56
10	FELTON, MATTHEW	VRWC	17:23
11	KILLEN, MATHEW	NSWRW	17:59
12	GARDENER, AARON	VRWC	18:26
13	THOMPSON, LEWIS	NSWRW	24:03
	HEIDEN, DANE	BRWC	DQ
	MCSHANAG, CONNOR	VRWC	DQ
	FAZLDAD, NATHAN	NSWRW	DNS

**Event 15: GIRLS U16 3,000 METRES**

1	TALLEN, RACHEL	VRWC	14:35
2	GOZNIK, KRISTIE	SAAWC	14:38
3	BETTIOL, AMY	NSWRW	15:37
4	SOUTHERN, SHAY	NSWRW	16:16
5	BRAZEL, HILARY	VRWC	16:22
6	CALLAWAY, AMY	VRWC	16:31
7	HOLLIDAY, SAMARA	SAAWC	16:38
8	GILROY, DARCY	REGAL	16:38
9	PSARIANOS, DIMITRA	NSWRW	17:00
10	PAYNE, EMILY	VRWC	17:04
11	DANNER, LOTTA	SAAWC	17:08
12	GRALTON, EBONY	NSWRW	17:27
13	PICKLES, JESSICA	QRWC	17:31
14	ATTARD, BIANCA	VRWC	18:23
15	CAMPBELL, REBECCA	VRWC	19:35
16	BERTRAND, CARLY	VRWC	19:51
17	BENNETT, FAITH	QRWC	20:19
18	BARKER, RACHEL	QRWC	20:19
	ALEXANDER, BETH	VRWC	DNS
	DWYER, JOSIE	ACTRF	DNS

**Event 16: MENS U20 10,000 METRES**

1	COLEMAN, DANIEL	TARWC	45:26
2	READING, BRENDON	ACTRF	45:58
3	MULHEARN, DEREK	NSWRW	48:09

4	PAYNE, DANIEL	VRWC	51:50
5	DUNN, ADAM	SAAWC	57:40
6	ELMS, JASON	VRWC	1:03:53
	BURGESS, SHAUN	VRWC	DQ
	JONES, NATHAN	NSWRW	DQ
	MALONE, KYLE	NSWRW	DNS

**Event 17: AACT MENS U20 10,000 METRES CHAMPIONSHIP**

1	COLEMAN, DANIEL	TARWC	45:26
2	READING, BRENDON	ACTRF	45:58
3	MULHEARN, DEREK	NSWRW	48:09
4	PAYNE, DANIEL	VRWC	51:50
5	ELMS, JASON	VRWC	1:03:53
	BURGESS, SHAUN	VRWC	DQ

**Event 18: OPEN SENIOR 10,000 METRES**

1	THOMPSON, JOHN	NSWRW	1:04:42
	PSARIANOS, TONY	NSWRW	DQ
	PORLEY, NESTOR	NSWRW	DNS

**Event 19: BOYS U18 5,000 METRES**

1	BIRD-SMITH, DANE	QRWC	23:29
2	MALONE, KYLE	NSWRW	23:54
3	READING, MICHAEL	ACTRF	24:00
4	PISANI, JAMES	NSWRW	24:04
5	MULHEARN, JORDAN	NSWRW	25:27
6	DEWAR, BRANDON	QRWC	25:41
7	MARUTA, KAI	NSWRW	26:00
8	PLATT, JOSHUA	VRWC	26:07
9	SIMPSON, BRAD	VRWC	26:24
10	NINYO, SHAUN	NSWRW	26:29
11	COSIC, FILIP	VRWC	26:31
12	WALSH, ROBERT	VRWC	26:36
13	TOMS, ADAM	NSWRW	27:09
14	HALLAM, JOHN	QRWC	27:10
	DEWAR, NICHOLAS	QRWC	DQ

**Event 20: GIRLS U18 5,000 METRES**

1	HAYES, MELISSA	NSWRW	23:36
2	JENNINGS, SHANNON	NSWRW	24:55
3	LAURIE, NATALIE	VRWC	25:56
4	TALLENT, RACHEL	VRWC	26:52
5	CAMPBELL, CAITLIN	VRWC	27:16
6	BOURKE, LAUREN	NSWRW	27:32
7	PALFREYMAN, JESSIE	BRWC	27:41
8	MCINERNEY, NICOLE	SAAWC	27:49
9	STIGWOOD, STEPHANIE	SAAWC	27:49
10	XIAN, CLAIRE	SAAWC	27:51
11	BRAZEL, HILARY	VRWC	28:24
12	KEENAWINNA, RUKSHANI	NSWRW	29:33
13	PAYNE, EMILY	VRWC	30:19
14	MASKELL, KATRINA	BRWC	30:28
15	GRALTON, EBONY	NSWRW	30:42
16	CAMERON, KRYSTAL	NSWRW	31:24
17	WHILEY, EBONY	BRWC	31:51
18	TREW, KEELY	BRWC	32:15
19	GAGE, MYKAELA	VRWC	35:13
	CALLAWAY, AMY	VRWC	DNS
	ALEXANDER, BETH	VRWC	DNS
	LAMBLE, REGAN	VRWC	DNS

**Event 21: WOMENS 5,000 METRES**

1	WOODS, CLAIRE	SAAWC	23:00
2	HOSKING, JILL	ACTRF	24:35
3	HAYES, MELISSA	NSWRW	24:52
4	BANNISTER, LYNNETTE	VRWC	25:32
5	BECKER, YVETTE	SAAWC	25:39
6	GOZNIK, KRISTIE	SAAWC	26:10
7	STAPLES, CASSANDRA	REGAL	26:55

8	SORENSEN, NATASHA	QRWC	27:11
9	JUGOVIC, ANN	ACTRF	27:14
10	BONHAM, JILLIAN	NSWRW	27:15
11	SINKINSON, TRACY	SAAWC	27:43
12	LAURIE, NATALIE	VRWC	28:16
13	BRYANT, BARBARA	BRWC	28:36
14	MAJOR, ANNETTE	BRWC	28:46
15	HOLLIDAY, GLORIA	SAAWC	30:16
16	MCINERNEY, NICOLE	SAAWC	30:36
17	CHALLINOR, NICOLLE	NSWRW	30:41
18	PORLEY, FIONA	NSWRW	30:44
19	DANNER, SILKE	SAAWC	32:05
20	PLATT, BELINDA	VRWC	32:45
21	PICKLES, JESSICA	QRWC	32:59
22	GAIN, BARB	SAAWC	33:17
23	PSARIANOS, DIMITRA	NSWRW	33:40
24	GOODWIN, REBECCA	NSWRW	33:49
25	AGIUS, SALVINA	NSWRW	34:11
26	ELMS, DONNA MARIE	VRWC	34:45
27	SUNDSTROM, JODIE	REGAL	34:58
28	PURCELL, JOAN	NSWRW	36:20
29	STIGWOOD, ROSE	SAAWC	37:06
30	CURTIS, ANNETTE	BRWC	37:21
31	BROWN, JUDY	NSWRW	37:23
32	WALES, ROBYN	QRWC	37:34
33	THOMPSON, LAUREN	NSWRW	37:55
34	STEPHENS-JONES, JOY	VRWC	42:11
	DUNDAS, EDNA	ACTRF	DQ
	FAGAN, NICOLE	NSWRW	DNS
	HOLLIDAY, TANYA	SAAWC	DNS
	WEBB, CHERYL	REGAL	DNS
	LINGLEY, JENNY	NSWRW	DNS
	STIGWOOD, STEPHANIE	SAAWC	DNS
	WAPSHOTT, KELLIE	VRWC	DNS
	ATTARD, TAMARA	VRWC	DNS

## AUSTRALIAN ROADWALKING CHAMPIONSHIPS, ALBERT PARK, SUNDAY 24 AUGUST 2008

Last Sunday at Albert Park there were walkers galore as VRWC hosted the Australian roadwalking championships in conjunction with the second of our two Racewalking Australia carnivals. With over 200 entries, the meet was always going to be a big one and expectations turned to reality with the combination of a good fast course, big fields and perfect racing weather ensuring that we saw some fantastic performances.

Even though our top walkers were still away at the Olympics, the Open 20km events were still high quality events with winners **Tom Barnes** and **Cheryl Webb** rising to the challenge and producing great times. Tom's winning time of 1:26:40 was a PB by over 1 minute and pushes him up the all time ranking lists. **Ian Rayson** was also in PB mood with his second place time of 1:29:27 seeing him break 90 minutes for the first time. In third place was the world's top Masters walker, **Andrew Jamieson**. His time of 1:35:38 broke his own M60 world record by 16 secs. In the women's 20 km event, Cheryl Webb's winning time of 1:34:58 was her best time since 2004 and shows that she is back on track and obviously chasing further international vests. **Megan Szirom**, although sick, toughed it out for second, also breaking 100 minutes with her time of 1:39:49. We had been expecting a great battle in the women's event with **Jess Rothwell** on the entry list but a niggly hamstring meant that she sat the race out. Add into the mix the great times being done by our Junior walkers and factor in our Olympic walkers and we are indeed looking good for the future.



Cheryl Webb, Tom Barnes, Megan Szirom, Ian Rayson, Andrew Jamieson and Rhydian Cowley in action



Amongst the other winners were **Caitlin Hosking (U12)**, **Daniel Coleman (U20)**, **Steele Blake (U16)**, **Beth Alexander (U18)**, **Reese Walmsley (U10)** and **Paige DeLisen (U10)**

And talking of juniors, the 10 km times were fantastic. In the Under 20 men's event, **Daniel Coleman** led all the way to win with 44:19 ahead of **Brendon Reading** (46:31) and **Daniel Payne** (46:59) while in the Under 18 men's event, **Dane Bird-Smith** (45:00) and **Sean Fitzsimons** (45:10) had a great battle out front while **Rhydian Cowley** (48:50), busy with his Year 12 studies, had to take a back seat with his third place time of 48:50. In the women's Under 20 event, World Cup rep **Nicole Fagan** was the winner with 51:49 ahead of **Samantha Tesch** (52:38) and **Natalie Laurie** (53:51).

Further down the age groups, there were top times galore and the good thing from an Australian perspective was the spread of talent – just about all States and Territories had their own fair share of excellent walkers. Special mention to **Caitlin Hosking** of ACT (U12 Girls 2km 10:28), **Amy Bettiol** of NSW (U14 Girls 3km 14:39), **Shannon Jennings** of NSW (U16 Girls 5km 24:19), **Steele Blake** of SA (U16 Boys 5km 23:44) and **Beth Alexander** of VIC (U18 Girls 5 km 24:36) who were my picks.

VRWC dominated, as was expected. The combination of home ground advantage and sheer numbers meant that the club won 7 of the 13 perpetual Teams shields on offer and took the Brennen Shield (for the top RWA club) for the second year in a row. Congratulations on a local front to our winning VRWC teams:

Open Men 20 km	1	VRWC	Tom Barnes, Stuart Kollmorgen, Andrew Jamieson
U20 Men 10 km	1	VRWC	Daniel Payne, Shaun Burgess, Jason Elms
U12 Girls 2 km	1	VRWC	Jemima Montag, Jade Sanders, Rachael Guy
U12 Boys 2 km	1	VRWC	Reese Walmsley, Kyle Swan, Ben Green
U14 Boys 3 km	1	VRWC	Lucas Taylor, Harry Coleman, Aaron Gardner
U16 Girls 5 km	1	VRWC	Amy Burren, Rachel Tallent, Hilary Brazel
U16 Boys 5 km	1	VRWC	Brad Simpson, Lucas Clark, Matthew Felton

Phew....so much to digest. Now onto the results:

**Event 1 & 2: Men Open & Masters 20k Race Walk - 9.00am**

1.	Barnes	Thomas	VRWC	42:52	1:26:40	
2.	Rayson	Ian	REGAL	43:41	1:29:27	
3.	Jamieson	Andrew	VRWC	47:45	1:35:38	
4.	Heywood	Colin	ACTRWC	49:41	1:41:16	
5.	Kollmorgen	Stuart	VRWC	50:46	1:45:31	
6.	Bennett	Ralph	VRWC	55:46	1:55:01	
7.	Crump	Peter	SARWC	58:01	1:55:38	
8.	Reid	Ross	VRWC	55:47	1:57:26	
9.	McDonough	Aaron	VRWC		1:57:43	
10.	Hastie	Garry	WARWC	53:29	1:58:35	
11.	Osborne	Robert	REGAL	64:14	2:09:47	
12.	Hoare	Jim	SARWC	68:00	2:19:47	
13.	Moore	David	TRWC	71:17	2:25:20	
	Smyth	David	RWCWA	56:55	DNF	
RWA Masters C'Ship	1	Jamieson	Andrew	VRWC	1:35:38	
	2	Heywood	Colin	ACTRWC	1:41:16	
	3	Bennett	Ralph	VRWC	1:55:01	
RWA Team Placings	1	VRWC 1	T. Barnes, S Kollmorgen, A Jamieson			16 pts
	2	VRWC 2	R. Bennett, R. Reid, A. McDonough			6 pts

**Event 3: Men Under 20 10k Race Walk - 9.00am**

1.	Coleman	Daniel	TRWC	44:19	
2.	Reading	Brendon	ACTRWC	46:31	
3.	Payne	Daniel	VRWC	46:59	
4.	Mulhearn	Derek	NSWRWC	48:19	
5.	Reading	Michael	ACTRWC	54:34	
6.	Burgess	Shaun	VRWC	55:31	
7.	Elms	Jason	VRWC	62:49	
RWA Team Placings	1	VRWC	D. Payne, S. Burgess, J. Elms		7 pts

**Event 4: Boys Under 18 10k Race Walk - 9.00am**

1.	Bird-Smith	Dane	QRWC	45:00	
2.	Fitzsimons	Sean	WARWC	45:10	
3.	Cowley	Rhydian	VRWC	48:50	
4.	Malone	Kyle	NSWRWC	49:05	
5.	Mulhearn	Jordan	NSWRWC	49:44	
6.	Mirarchi	Nicholas	VRWC	50:23	
7.	Malcomson	Bobby	TRWC	52:56	
8.	Hallam	John	QRWC	55:15	
9.	Cosic	Filip	VRWC	55:29	
10.	Dewar	Brandon	QRWC	56:13	
11.	Platt	Joshua	VRWC	58:04	
	Elms	Damien	VRWC	DQ	
RWA Team Placings	1	QRWC:	D. Bird-Smith, J. Hallam, B. Dewar		11 pts
	2	VRWC:	R. Cowley, N. Mirarchi, F.Cosic		11 pts

**Event 5: Women 20k Open Race Walk - 9.05am**

1.	Webb	Cheryl	REGAL	47:19	1:34:58
2.	Szirom	Megan	VRWC	48:31	1:39:49
3.	Bannister	Lynette	VRWC	53:02	1:48:26

4.	Bonham	Jillian	NSWRWC	53:24	1:55:35
	Roseman	Justijana	VRWC	-	DNF
	Taylor	Erin	VRWC	56:22	DNF

**Event 6 & 7: Women 10k Open & Masters RWA Race Walk - 9.05am**

1.	Webb	Cheryl	REGAL	47:19	
2.	Szirom	Megan	VRWC	48:31	
3.	Hosking	Jillian	ACTRWC	48:45	
4.	Saville	Natalie	REGAL	49:54	
5.	Jones	Chloe	REGAL	50:54	
6.	Ventris	Lynette	WARWC	51:33	
7.	Knapton	Susan	REGAL	52:41	
8.	Becker	Yvette	SARWC	52:46	
9.	Bannister	Lynette	VRWC	53:02	
10.	Ebejer	Vanessa	REGAL	53:18	
11.	Bonham	Jillian	NSWRWC	53:24	
12.	Irshad	Kylie	VRWC	53:31	
13.	Carr	Heather	VRWC	54:29	
14.	Jugovic	Ann	ACTRWC	55:30	
15.	McIntyre	Gayle	VRWC	55:32	
16.	Taylor	Erin	VRWC	56:22	
17.	Sinkinson	Tracey	SARWC	57:02	
18.	Adamcewicz	Erin	VRWC	57:49	
19.	Bryant	Barb	BRWC	58:26	
20.	Holliday	Gloria	SARWC	1:03:10	
21.	Elms	Donna	VRWC	1:04:59	
22.	Ebejer	Charlene	REGAL	1:07:40	
23.	Cain	Barb	SARWC	1:08:26	
24.	Hollaway	Rose-Maree	WARWC	1:10:04	
25.	Sundstrom	Jodie	REGAL	1:13:28	
26.	Lingley	Jenny	NSWRWC	1:16:20	
27.	Stigwood	Rose	SARWC	1:16:32	
28.	McKinven	Noela	QRWC	1:16:34	
	Tindal	Pam	VRWC	DNF	
	Roseman	Justijana	VRWC	DNF	
	Wales	Robyn	QRWC	DQ	

RWA Masters Placings	1	Ventris	Lynette	WARWC	51:33
	2	Irshad	Kylie	VRWC	53:31
	3	Carr	Heather	VRWC	54:29

RWA Team Placings	1	Regal 1: C. Webb, N. Saville, C. Jones	41 pts
	2	VRWC1: M. Szirom, L. Bannister, K. Irshad	30 pts
	3	Regal 2: S. Knapton, V. Ebeyer, C. Ebeyer	20 pts
	4	VRWC 2: H. Carr, G. McIntyre, E. Taylor	15 pts
	5	SARWC: Y. Becker, T. Sinkinson, G. Holliday	15 pts

**Event 8: Women Under 20 10k Race Walk - 9.05am**

1.	Fagan	Nicole	NSWRWC	51:49	
2.	Tesch	Samantha	QLD	52:58	
3.	Laurie	Natalie	VRWC	53:51	
4.	Fitzsimons	Kate	WARWC	54:08	
5.	Clauson	Emily	WARWC	56:23	
6.	Staples	Cassandra	REGAL	58:04	
7.	Stigwood	Stephanie	SARWC	1:00:38	
8.	Palfreyman	Jessie	BRWC	1:01:12	
9.	Smith	Kimberley	WARWC	1:02:26	

RWA Team Placings	1	WARWC: K. Fitzsimmons, E. Clauson, K. Smith	7 pts
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**Event 9: Girls 2k Under 12 Race Walk RWA - 10.10am**

1.	Hosking	Caitlin	ACTRWC	10:28	
2.	Boldiston	Zoe	BRWC	10:57	
3.	Montag	Jemima	VRWC	11:09	
4.	Sanders	Jade	VRWC	11:13	
5.	Guy	Rachel	VRWC	11:26	
6.	Plummer	Caitlin	NSWRWC	11:26	
7.	Hunt	Tahlia	TRWC	11:41	
8.	Frank	Jayde	WARWC	11:50	
9.	Edlin	Grace	BRWC	12:01	

10.	Campbell	Rebecca	VRWC	12:04
11.	Ventura	Amy	VRWC	12:11
12.	Antidormi	Sophie	VRWC	12:31
13.	Martin	Katya	QRWC	12:43
14.	Beasley	Molly	NSWRWC	17:13
	Hamilton	Emily	VRWC	DQ

RWA Team Placings	1	VRWC1 : J. Montag, J. Sanders, R. Guy	16 pts
	2	VRWC 2: R. Campbell, A. Ventura, S. Antidormi	6 pts

**Event 10: Boys Under 12 2k Race Walk RWA - 10.10am**

1.	Heiden	Dane	BRWC	10:42
2.	Walmsley	Reese	VRWC	10:55
3.	Acev	Mitchell	REGAL	11:02
4.	Swan	Kyle	VRWC	11:10
5.	Green	Ben	VRWC	12:46
6.	McNicol-Davidson	Cody	VRWC	13:05

RWA Team Placings	1	VRWC: R. Walmsley, K. Swan, B. Green	7 pts
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**Event 11: Girls Under 14 3k Race Walk - 10.25am**

1.	Bettiol	Amy	NSWRWC	14:39
2.	Hosking	Elizabeth	ACTRWC	14:54
3.	Billington	Tayla-Paige	NSWRWC	15:20
4.	Whiley	Ebony	BRWC	15:45
5.	Heard	Amanda	BRWC	15:50
6.	Albert	Ashley	VRWC	15:56
7.	Holt	Kate	WARWC	16:00
8.	Burren	Sarah	VRWC	16:00
9.	Finnegan	Amelia	VRWC	16:01
10.	Barker	Rachel	QRWC	16:19
11.	George	Stephanie	VRWC	16:30
12.	Guy	Rebecca	VRWC	16:47
13.	Sexton	Andrea	WARWC	16:54
14.	Sexton	Jessica	WARWC	17:20
15.	Eberhardt	Sophie	TRWC	17:29
16.	Dighton	Jasmine	NSWRWC	17:42
17.	Andreous	Stephanie	REGAL	17:56
18.	Griffin	Meghann	ACTRWC	17:57
19.	Wilson	Jessey	BRWC	18:02
20.	Beasley	Bryony	NSWRWC	18:40
21.	Campbell	Grace	BRWC	18:46
22.	King	Emily	WARWC	18:49
23.	Guy	Megan	TRWC	19:16
24.	Holt	Georgia	WARWC	19:27
25.	Richards	Meghan	TRWC	19:55
26.	Gelov	Lauren	VRWC	19:56
27.	McLaren	Stacey	VRWC	21:21
28.	Ohlsen	Shae	VRWC	22:00

RWA Team Placings	1	NSWRWC: A. Bettiol, T. Billington, J. Dighton	41 pts
	2	VRWC1: A. Albert, S. Burren, A. Finnegan	37 pts
	3	BRWC: E. Whiley, A. Heard, J. Wilson	35 pts
	4	WARWC: J. Sexton, A. Sexton, K. Holt	28 pts
	5	VRWC 2: S. George, R. Guy, L. Gelov	20 pts
	6	TRWC: M. Guy, S. Eberhardt, M. Richards	11 pts

**Event 12: Boys Under 14 3k Race Walk - 10.25am**

1.	Osborne	Jesse	QLD	15:28
2.	Tesch	Benjamin	QLD	15:46
3.	Oswalds	Matthew	REGAL	16:12
4.	Jones	Jeremiah	BRWC	16:20
5.	Killen	Matthew	NSWRWC	16:35
6.	Taylor	Lucas	VRWC	16:37
7.	Maskell	Benjamin	BRWC	17:29
8.	Coleman	Harry	VRWC	17:30
9.	Gardner	Aaron	VRWC	18:07
10.	McShanag	Connor	VRWC	18:40

RWA Team Placings 1 VRWC: L. Taylor, H. Coleman, A. Gardner 7 pts

**Event 13: Girls Under 16 5k Race Walk - 10.50am**

1.	Jennings	Shannon	NSWRWC	24:19
2.	Goznik	Kristie	SARWC	24:48
3.	Burren	Amy	VRWC	25:06
4.	Tallent	Rachel	VRWC	26:03
5.	Watson	Hannah	WARWC	26:16
6.	Brazel	Hilary	VRWC	27:16
7.	Sorensen	Courtney	QRWC	27:30
8.	Fitzsimons	Kate	WARWC	27:34
9.	Campbell	Caitlin	VRWC	28:02
10.	Tallent	Ebony	VRWC	28:05
11.	Holliday	Samara	SARWC	28:34
12.	D'Agnone	Tiffany	RWCWA	29:09
13.	Smith	Jacqueline	WARWC	29:22
14.	Hilton	Samantha	WARWC	30:26
15.	McDonald	Sarah	VRWC	36:44

RWA Team Placings 1 VRWC 1: A. Burren, R. Tallent, H. Brazel 24 pts  
 2 WARWC: H. Watson, K. Fitzsimmons, J. Smith 14 pts  
 3 VRWC 2: C. Campbell, E. Tallent, S. McDonald 8 pts

**Event 14: Boys Under 16 5k Race Walk - 10.50am**

1.	Steele	Blake	SARWC	23:44
2.	Washburn	Steven	NSWRWC	24:45
3.	Simpson	Brad	VRWC	24:53
4.	Chapman	Harley	RWCWA	26:00
5.	Clark	Lewis	VRWC	26:04
6.	Buckler	Corey	QLD	26:43
7.	Felton	Matthew	VRWC	26:51
8.	Curtis	Peter	BRWC	28:01
9.	Killen	Matthew	NSWRWC	32:43
	Aiton	Brad	QRWC	DQ

RWA Team Placings 1 VRWC: B. Simpson, L. Clark, M. Felton 7 pts

**Event 15: Girls Under 18 5k Race Walk - 11.25am**

1.	Alexander	Beth	VRWC	24:36
2.	Goznik	Kristie	SARWC	26:26
3.	McInerney	Nicole	SARWC	26:45
4.	Dwyer	Josie	ACT	27:04
5.	Xian	Claire	SARWC	27:39
6.	Shaw	Kirstin	VRWC	27:59
7.	Hartley	Shennae	WARWC	28:20
8.	Clauson	Emily	WARWC	28:31
9.	Trew	Keely	BRWC	30:01
10.	Maskell	Katrina	BRWC	30:57
11.	Cameron	Krystal	NSWRWC	32:43
12.	Boddy	Lana	VRWC	33:02
13.	Jones	Ebony	BRWC	36:27
	Hayes	Melissa	NSWRWC	DNF
	Keenawinna	Rukshani	NSWRWC	DNF

RWA Team Placings 1 SARWC: K. Goznik, N. McInerney, C. Xian 21 pts  
 2 VRWC: B. Alexander, K. Shaw, L. Boddy 17 pts  
 3 BRWC: K. Trew, K. Maskell, E. Jones 8 pts

**Event 16: VRWC Open 5 km: 11.25am**

1.	Lenahan	David	30:22
2.	Platt	Belinda	32:15
3.	Elms	Donna	32:54
4.	McNicol-Davidson	Chloe	34:32
5.	Wicks	Barrie	34:51
6.	Wallace	Anna	35:42
7.	Beaumont	Margaret	38:02

**Event 17: RWV Under 10 Boys 1 km: 11:40am**

1.	Walmsley	Reese	05:21
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2.	Swan	Kyle	05:57
3.	Plummer	James	07:08
4.	Deckland	Beasley	11:33

**Event 17: RWV Under 10 Girls 1 km: 11:40am**

1.	DeLisen	Paige	05:21
2.	Frank	Jayde	05:29
3.	Barker	Kirsty	05:38
4.	George	Hayley	06:24
5.	Taylor	Lee	07:18
6.	Guy	Sarah	07:20

<b>VICTORIAN SCHOOLS T&amp;F CHAMPIONSHIPS, U17-U20, MELBOURNE, 13-14 OCTOBER 2007</b>
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The Victorian All Schools U17-U20 Track and Field Championships were held at Olympic Park this weekend with the 5000m walks being contested on the Saturday afternoon. Overall, numbers were small but the standard was good. Rhydian Cowley (22:05) and Regan Lambie (24:31) were the standout performances. In fact, Regan broke the Girls Under 17 5000m walking record with her walk of 24:31.32. The old record had been held by Melissa Scott (24.44 in 1994).

**Boys 5000 metres Race Walk Under 17**

1.	TILLEY, CHRISTOPHER	91	St Joseph's Ftg	26:05.39
2.	COSIC, FILIP	92	Mhs	28:09.55

**Girls 5000 metres Race Walk Under 17**

1.	LAMBIE, REGAN	91	Strathcona Bggs	24:31.32
2.	LAURIE, NATALIE	91	Kingswood College	27:10.83
3.	ALEXANDER, BETH	92	Brentwood SC	27:59.01
4.	SHAW, KIRSTIN	91	Westbourne Grammar	35:17.59

**Girls 5000 metres Race Walk Under 18**

1.	ATTARD, TAMARA	90	Aquinas College	26:13.32
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**Boys 5000 metres Race Walk Under 18**

1.	PAYNE, DANIEL	90	Kai	25:09.08
2.	ELMS, JASON	90	Lalor SC	35:26.23
	WILLIAMS, CHRSTOPHER	90	Holmesglen Tafe	DQ

**Boys 5000 metres Race Walk Under 20**

1.	COWLEY, RHYDIAN	91	Mhs	22:05.44
2.	MIRARCHI, NICHOLAS	91	ST Joseph's College	25:25.35

<b>VRWC RACES, ALBERT PARK, SUNDAY 28 OCTOBER 2007</b>
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It was a tough morning's work for those walkers who chose to double – Shield competition on Saturday and Albert Park on Sunday. The winds were just about gale force and the conditions hot and humid – Melbourne at its summery worst – the unusually high number of DNFs indicated the difficulty of walking. Our two 20 km contestants, Andrew Jamieson and Terry O'Neill, showed great determination to finish against the odds and their times were pretty good under the circumstances. Ralph Bennett and Clarrie Jack were the best of the 10 km walkers while Stuart Kollmorgen carried on from his good work at Box Hill yesterday with his 23:42 for the 5 km distance.

**20 km Open**

1. Andrew Jamieson	50:19	1:45:03
2. Terry O'Neill	58:40	2:02:54

**15 km Open**

Megan Szirom	DNF (24:02 for 5 km)
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**10 km Open**

1. Ralph Bennett	57:04
2. Clarrie Jack	58:58
3. Alan Lucas	60:55
4. Bob Gardiner	64:37
5. Robin Wood	67:04
Russ Dickenson	DNF (28:02 for 5 km)
Ross Reid	DNF (26:30 fro 5 km)
Murray Dickinson	DNF (29:05 for 5 km)
Rhydian Cowley	DNF (29:41 for 6 km)
Jason Elms	DNF (35:05 for 5 km)

**5 km Open**

1. Stuart Kollmorgen	23:42
2. Natalie Laurie	28:29
3. Gayle McIntyre	32:57
4. Barry Wicks	34:11
5. Celia Johnson	34:12

**3 km Open**

1. Russ Dickenson	16:44
2. Jason Elms	18:43
3. Janet Holmes	19:58
4. Damien Elms	20:13
5. Donna Elms	20:16
6. Roseleen Lenehan	22:52
7. Gordon Onley	22:51
8. Deb Lenehan	29:04
9. Christine Griffiths	29:38

**3 km Under 15**

1. Brad Simpson	16:10
2. Amelia Finnegan	16:35
3. Ayla Collins	17:05
4. Ryan Antidormi	17:25
5. Chelsea Dyer	17:35
6. Talie Collins	18:25

**2 km Under 12**

1. Billy Allamby	11:41
2. Stephanie George	12:14
3. Lucas Taylor	12:27
4. Sophia Antidormi	13:48
5. Beth Barbour	14:05

**1 km Under 9**

1. Cindy Collins	6:22
2. Kristina Collins	7:49
3. Hayley George	8:08

## VICTORIAN ALL SCHOOL CHAMPIONSHIPS, SATURDAY 10 NOVEMBER 2007

The second round of Victorian Schools Track and Field championships were held at Olympic Park in Melbourne last weekend. The U14-U16 walks were on Saturday afternoon and were held in bright sunshine and warm conditions.

The U15 and U16 walkers were up first and raced over 3000m. Rachel Tallent went straight to the front and built up a good lead over Brad Simpson and Beth Alexander, but in the last few laps, she slowed while Brad came home strongly to overtake her for overall line honours. The hot conditions took their toll and most walkers were down on times. A special mention to Chelsea Dyer who took bronze in the U15 walk and then went immediately to the U15 Discus where she picked up a second bronze for the day.

### Boys 3000 metres Race Walk U16

1.	EVANS, RHYS	92	Scoresby SC	16:28.85
2.	COAD, ADRIAN	92	Flora Hill SC	16:46.06
	COSIC, FILIP	92	Mhs 16:09.00	DQ
	MANN, LACHLAN	92	Brentwood SC	SCR

### Girls 3000 metres Race Walk U16

1.	ALEXANDER, BETH	92	Brentwood SC	15:37.35
2.	COLLINS, AYL A	92	St John's Regional	16:24.18
3.	DAVIS, DANIELLE	92	North Geelong SC	17:02.07
4.	GAGE, MYKAELA	92	Sag	18:54.60
5.	MASKELL, KATRINA	92	She	19:06.76
6.	CREA, ADRIANNA	92	Ami	20:24.30

### Boys 3000 metres Race Walk U15

1.	SIMPSON, BRADLEY	93	Yar	15:23.50
2.	CLARK, LEWIS	94	Grovedale College	16:08.50
3.	KAISER, JOSHUA	93	Dromana SC	20:32.14
	WALSH, ROBERT	93	Mt Waverley SC	DQ

### Girls 3000 metres Race Walk U15

1.	TALLEN T, RACHEL	93	Ballarat HS	15:33.54
2.	BRAZEL, HILARY	93	Emmaus College	16:37.02
3.	DYER, CHELSEA	93	Strathcona Bggs	16:42.01
4.	PAYNE, EMILY	93	Kai	17:05.49
5.	DUVAL, SAMANTHA	93	Mooroolbark College	17:18.50
6.	CALLAWAY, AMY	93	Mat	17:20.41
7.	HALLETT, NICOLE	94	Stf	17:45.02
8.	BRUNTON, ERIN	93	Kai	18:42.48
9.	JONES, CARA	93	Home School	19:39.16

The U14 walk was held separately and a large combined field of nearly 30 walkers showcased our sport in the most positive sense. Amy Burren led the whole way, closely shadowed by Ebony Whiley and Amelia Finnegan but she had to settle for second as Ebony came home the strongest in the last lap. It was a great event to watch and it was perhaps slightly disappointing that Amy was not at her explosive best. The boys' event saw a similar battle for gold with little separating Peter Curtis and Matthew Felton. Peter eventually overtook Matthew late in the event and won by just over 1 second. A special mention to Billy Allamby, Jeremiah Jones and Rebecca Campbell, each only 10 years old, who walked very competitive races. Their turn will come!

### Boys 1500 metres Race Walk U14

1.	CURTIS, PETER	94	Flora Hill SC	7:23.82
2.	FELTON, MATTHEW	94	Aquinas College	7:25.49
3.	ANTIDORMI, RYAN	95	Highvale College	7:35.89
4.	WRIGHT, JACOB	94	Emmaus College	7:46.31
5.	ALLAMBY, BILLY	97	Karoo PS	7:47.52
6.	HOGAN, ANDREW	96	Amsleigh Park PS	7:48.05
7.	JONES, JEREMIAH	97	Spring Gully	7:53.98
8.	TAYLOR, LUCAS	96	Mt Evelyn PS	8:32.25
9.	GARDNER, AARON	95	Twm 8:49.00	8:33.53
10.	GREEN, MICHAEL	94	Mary McKillop Crc	8:40.03
11.	NUNN, CONOR	94	Ballarat HS	9:30.50
12.	MCNICOL-DAVIDSON, CODY	98	Karingal Park SC	9:46.67
	CLARK, LEWIS	94	Grovedale College	SCR

### Girls 1500 metres Race Walk U14

1.	WHILEY, EBONY	95	Sjp	7:04.69
2.	BURREN, AMY	94	St Marks Primary	7:08.53
3.	FINNEGAN, AMELIA	95	Mat	7:16.97

4.	RASELLI, CASSANDRA	94	Plc	7:35.10
5.	CAMPBELL, CAITLIN	94	Copperfield College	7:39.54
6.	BURREN, SARAH	96	St Marks Primary	7:53.56
7.	ALBERT, ASHLEY	95	St Marks Primary	7:57.39
8.	TALLENT, EBONY	94	Ballarat HS	7:58.88
9.	COLLINS, TALIE	94	St John's Regional	8:07.90
10.	ATTARD, BIANCA	95	St Johns FtGully	8:09.74
11.	MASON, ELLA	94	Siena College	8:25.26
12.	BERTRAND, CARLY	96	Killara PS	8:47.14
13.	CAMPBELL, REBECCA	97	Syd	8:50.54
14.	VERSTRATEN, DARCIE	95	Kai	9:04.45
15.	DELANEY, EMMA	94	Sag	9:28.17

## VRWC SUMMER CHAMPIONSHIPS, ALBERT PARK, SUNDAY 25 NOVEMBER

Our VRWC Summer Championships were held on Sunday at Albert Park in ideal overcast and cool conditions. Just over 50 competitors made it a successful day and we say some spirited racing for the club medals on offer in the various events. Tom Barnes made a meal of the Open Men's championship, walking a very quick 89:31 to win the 20 km event ahead of his coach and training partner Frank Bertei who also impressed with 98:05. Pam Tindal won the Masters Women 10 km championship with a fast 57:29 ahead of Masters maestro Brenda Riley, having her first competition walk in a fair while. Brenda, now in the W65 division, impresses as usual with 58:12. And a special mention to Megan Szirom whose 10 km time of 46:48 was not far outside her PB and followed a hard race over 2000m the day before.

### VRWC Open Men 20 km Championship – Gus Theobald Trophy

1.	Barnes, Tom	44:46	89:31
2.	Bertei, Frank	48:52	98:05

### VRWC Masters Women 10 km Championship – Stella Murnane Trophy

1.	Tindal, Pam	57:29
2.	Riley, Brenda	58:12
	Irshad, Kylie	DNF

### VRWC Open 10 km

1.	Megan Szirom	46:48
2.	Bennett, Ralph	54:32
3.	Dickenson, Russ	57:30
4.	Dickinson, Murray	59:46
5.	Wood, Robin	70:18
	Rhydian Cowley	DNF

### VRWC Open 5 km

1.	Adamcewicz, Erin	28:56
2.	Gardiner, Bob	29:46
3.	Holmes, Janet	30:26
4.	McIntyre, Gayle	31:09
5.	Elms, Donna	33:32
6.	Wicks, Barrie	34:31

### VRWC Open 3 km

1.	Dyer, Bill	16:11
2.	Gwen Steed	19:18
3.	Lenehan, Rosaleen	19:25
4.	Elms, Damien	21:20
5.	Onley, Gordon	22:16
6.	Beaumont, Margaret	22:17
7.	Beaumont, Ian	23:03
8.	Knox, Jean	23:23
9.	Lenehan, Deb	23:28

Our Junior championships were well attended with medals being presented in all age groups except for U9 Boys.

### VRWC U20 5 km Championships

1.	Payne, Daniel	24:29
2.	Elms, Jason	31:05
1.	Lamble, Regan	25:09
2.	Laurie, Natalie	25:49
3.	Attard, Tamara	28:06
4.	Crea, Adrianna	34:09

### VRWC U15 3 km Club Championships

1.	Simpson, Bradley	15:35
2.	Felton, Matthew	16:21
1.	Burren, Amy	15:06
2.	Finnegan, Amelia	15:08
3.	Collins, Ayla	16:15
4.	Dyer, Chelsea	16:42
5.	Payne, Emily	16:56
6.	Collins, Talie	17:45

**VRWC U12 1.5 km Club Championships**

1. Hogan, Andrew 08:15
2. Taylor, Lucas 08:39
3. McNicol-Davidson, Cody 09:35

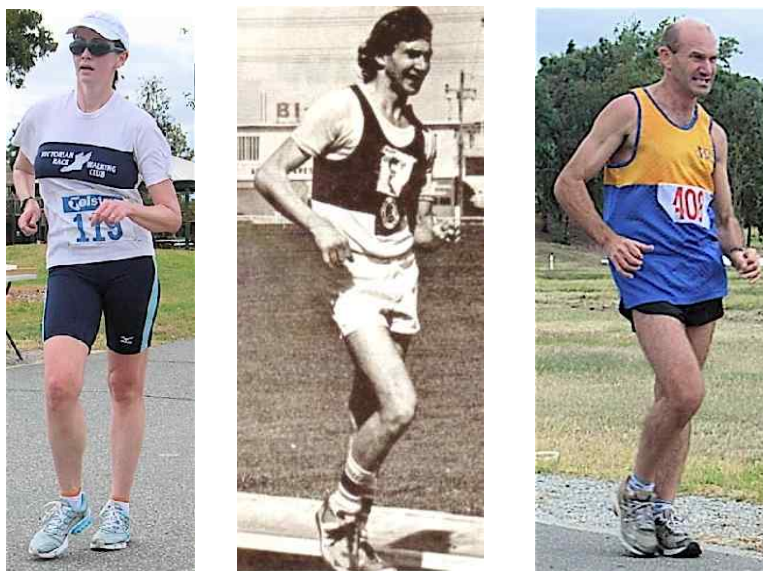
1. Burren, Amy 07:56
2. Attard, Bianca 08:07
3. George, Stephanie 08:21
4. Collins, Cindy 08:51
5. McNicol-Davidson, Chloe 08:52
6. Barbour, Stephanie 09:14
7. Ventura, Amy 10:24

**VRWC U9 1.5 km Club Championships**

1. Collins, Kristina 12:38
2. Hayley George 15:05

## VRWC RACES, ALBERT PARK, SUNDAY 13 JANUARY 2008

Our final Albert Park roadwalks for the summer were held last Sunday and 44 walkers enjoyed cool and overcast conditions with a little wind. The longest event of the day, the 20 km, turned out to be a great event to watch, with Sydney based club member Justi Roseman, down on holidays, going on an early lead and looking set for a good win. But as she faded slightly in the last few laps. Terry O'Neill came storming home and caught her with 200m to go. It was Justi's best 20 km walk for some years and shows that she is whipping herself back onto good racing shape. And how about these 2 photos of Terry O'Neill, taken 30 years apart. You can't half tell it's the same walker. And special thanks to Stuart Cooper for all the photos that are included in this week's newsletter.



**Justi Roseman and Terry O'Neill (then and now) in action in the 20 km event on Sunday**

### Open 20 km Walk

1.	Terry O'Neill	0:58:07	1:56:46
2.	Justijana Roseman	0:56:43	1:56:56

The 10 km event saw 16 year old Rhydian Cowley take a further 10 secs off his PB with a fine solo walk of 46:37. Stuart Kollmorgen was less than 1 minute outside his PB with his walk of 48:58. And in the Masters ranks, Clarrie Jack took the honours ahead of Alan Lucas, Russ Dickenson and Murray Dickenson with an improving 57:08. Pam Tindal was the first Masters lady home with 60:05.

### Open 10 km Walk

1.	Rhydian Cowley	0:46:37	(PB)
2.	Stuart Kollmorgen	0:48:58	
3.	Clarrie Jack	0:57:08	
4.	Alan Lucas	0:58:37	
5.	Russ Dickenson	0:58:56	
6.	Murray Dickinson	1:00:00	
7.	Pam Tindal	1:00:05	
8.	Liz Feldman	1:04:40	
9.	Rudolf Skrucany	1:09:50	
	Mark Donahoo	DNF	

The 5 km event saw 16 year old Tim Girgin win in his first roadwalk for nearly a year. Welcome back Tim. The 3 km walk was won by 15 year old Filip Cosic while the 3km U15 saw Amelia Finnegan and Ashley Albert also walking fast. It is good to see our young walkers excelling.

### Open 5 km walk

1.	Tim Girgin	0:28:55
2.	Aaron McDonough	0:29:58
3.	Janet Holmes	0:30:06
4.	Gwen Steed	0:31:06
5.	Talie Collins	0:31:45
6.	Jason Elms	0:31:53
7.	Janet Morrey	0:34:08
8.	Barry Wicks	0:34:16
9.	Rudolf Skrucany	0:35:41
10.	Julie Challen	0:36:40



11.	Margaret Beaumont	0:37:43
	Harlene Hercules	DNF

**Open 3 km walk**

1.	Filip Cosic	0:16:05
2.	Anthony Doran	0:18:59
3.	Damien Elms	0:19:03
4.	Donna Elms	0:19:05
5.	Celia Johnson	0:19:08
6.	Ros Lenehan	0:20:57
7.	Gordon Onley	0:21:55
8.	Deb Lenehan	0:25:26
9.	Pam Mews	0:29:54

**Under 15 3 km walk**

1.	Amelia Finnegan	0:16:07
2.	Ashley Albert	0:18:44
	Adrianna Crea	DNF

And finally, our Under 12 and Under 9 walkers were also in action with sisters Stephanie and Harley George taking dual honours. Stephanie had been battling with Andrew Hogan out in front until Andrew was forced to stop.

**Under 12 2 km Walk**

1.	Stephanie George	0:11:35
2.	Cindy Collins	0:12:43
3.	Beth Barbour	0:13:01
4.	Stacey McLaren	0:13:40
5.	Amy Ventura	0:13:43
	Andrew Hogan	DNF

**Under 9 1 km Walk**

1.	Harley George	0:06:54
2.	Kristina Collins	0:07:02

**VICTORIAN COUNTRY CHAMPIONSHIPS, ALBURY, NSW, 25-27 JANUARY 2008**

The Victorian Country championships were held last weekend at Alexandra Park in Albury and track walks were on the agenda. Special mention to the fine performances of Yolanda Russell and Daniel Payne. Over 40 walkers competed and the results were as follows

<b>Women Open 5000m Walk</b> 1. Yolanda Russell      Geelong Guild      25:48.64 2. Annette Major        Eaglehawk            27:51.96 3. Heather Carr          Eaglehawk            28:03.46 4. Barbara Bryant        Eaglehawk            28:23.27	<b>Men Open 5000m Walk</b> 1. Daniel Payne            Corio                  24:41.53 2. Nicholas Mirarchi      Corio                  25:32.23 3. Andrew Blood          Ballarat YCW        29:38.98 4. Geoff Major             Eaglehawk            32:50.00
<b>Women Under 20 5000m Walk</b> 1. Jessie Palfreyman      Eaglehawk            29:36.85 Cara Jones              South Bendigo      DQ	<b>Men Under 20 5000m Walk</b> 1. Daniel Payne            Corio                  24:41.53
<b>Girls Under 18 3000m Walk</b> 1. Danielle Davis          Corio                  17:52.76 2. Katrina Maskell        South Bendigo       18:51.11 3. Lana Boddy             Corio                  21:05.20 4. Rosaleen Lenehan      Eureka                22:49.64	<b>Boys Under 18 3000m Walk</b> 1. Nicholas Mirarchi      Corio                  15:23.59 2. Joshua Platt            Eureka                17:55.68 3. Adrian Coad            South Bendigo       17:56.61
<b>Girls Under 16 3000m Walk</b> 1. Rachel Tallent          Ballarat YCW        16:26.67 2. Emily Payne            Corio                  17:02.50 3. Ebony Tallent          Ballarat YCW        18:12.29 4. Ebony-Jade Jones      South Bendigo       23:16.64	<b>Boys Under 16 3000m Walk</b> 1. Michael Green          SCA                    24:43.69
<b>Girls Under 14 1500m Walk</b> 1. Ebony Whiley          Eaglehawk            7:55.65 2. Stephanie George       SCA                    8:09.57 3. Carly Bertrand        KSB                    8:39.45 4. Rebecca Guy           SCA                    8:45.26 5. Jessey Wilson          Eaglehawk            8:54.78 6. Amanda Heard          Eaglehawk            9:07.31 7. Alice Schener          BYM                    10:15.88	<b>Boys Under 14 1500m Walk</b> 1. Jeremiah Jones        South Bendigo       7:59.65 2. Ben Maskell            South Bendigo       9:50.65 3. Joshua Savage          Eaglehawk            11:43.19 Ben Green               SCA                    DQ
<b>Women 40+ 5000m Walk</b> 1. Annette Major          Eaglehawk            27:51.96	<b>Men 40+ 5000m Walk</b> 1. Paul Nunn                Wendouree           27:24.13 2. Daryl Biggin            Ballarat YCW        31:16.68 Peter Luke               Wendouree            DNF
<b>Women 50+ 3000m Walk</b> 1. Heather Carr            Eaglehawk            16:30.50 2. Barbara Bryant        Eaglehawk            16:39.48	<b>Men 50_ 3000m Walk</b> 1. Harold Boddy            Corio                  18:06.96 2. Geoff Major             Eaglehawk            20:25.73

## VICTORIAN TRACK AND FIELD CHAMPIONSHIPS, OLYMPIC PARK, 8-10 FEBRUARY 2008

The Victorian Open and Under 20 Championships were held last weekend at Olympic Park and the 5000m walks were contested on the Saturday afternoon. Surprisingly, Melbourne turned on a cool weekend and conditions were just about perfect for fast times for the walkers. And were the times fast or what!

The ladies led with record breaking performances. **Kellie Wapshott** shattered the current **Vic Open Women 5000m record** with a dazzling time of **21:46.70** (the old record, set by Gabrielle Blythe in 1993 was 21:55.52) and **Jess Rothwell** shattered the current **Vic and Vic Country Under 20 Women 5000m record** with a huge PB time of **22:08.76** (the old record, set by Simone Wolowiec in 1993, was 22:36.0). The men were also in fine form with **Chris Erickson** showing great speed to win the Open Men's event with **19:35.71** (a PB by 5 secs) and 16 year old **Rhydian Cowley** taking 35 secs of his PB to win the Under 20 event with **21:41.36**.



**The winners Chris Erickson, Kellie Wapshott, Jess Rothwell and Rhydian Cowley – speed walking at its best**

Behind them, there were many fine performances. **Duane Cousins** and **Tom Barnes** also walked very fast in the men's event to be second and third over the line. 16 year old **Regan Lamble** walked excellently to take second in the Open Women's 5000m with 24:35 while Tasmanian **Lynette Bannister** (now living in Geelong) did a huge PB to finish just behind her in third place. **Daniel Payne** walked a scorcher to take second behind Rhydian in the Under 20 men with a PB time of 23:55 and 13 year old **Amy Burren** took second place in the Under 20 women's event with 25:46 in her first ever 5000m walk.

### Men 5000 Metres Race Walk Open

1.	Chris Erickson	Athletics Essendon	19:35.71	(PB – 5 secs)
2.	Duane Cousins	Eaglehawk	21:06.53	
3.	Tom Barnes	Melbourne University	21:32.93	
4.	Frank Bertei	ANW	23:17.91	
5.	Andrew Jamieson	Old Scotch	24:07.33	
6.	Ross Reid	Collingwood	25:40.63	
7.	Tim Erickson	Coburg Harriers	27:53.12	
	Bernie Keirl	Diamond Valley	DNF	

### Women 5000 Metres Race Walk Open

1.	Kellie Wapshott	Knox	21:46.70	(PB by 50 secs and VIC RECORD)
2.	Regan Lamble	ANW	24:35.90	
3.	Lynette Bannister	Tasmania	24:45.34	(PB – 1 minute)
4.	Justijana Roseman	Athletics Essendon	26:35.51	3 <sup>rd</sup> Vic
5.	Tyne Boddy	Corio	28:48.51	
6.	Donna Elms	Preston Harriers	33:29.69	PB – 90 secs)
	Yolanda Russell	Geelong Guild	DQ	

### Men 5000 Metres Race Walk Under 20

1.	Rhydian Cowley	Glenthuntly	21:41.36	(PB – 25 secs)
2.	Daniel Payne	Corio	23:55.31	(PB – 3 secs)
3.	Nicholas Mirarchi	Corio	25:04.37	
4.	Jason Elms	Preston Harriers	32:03.89	

### Women 5000 Metres Race Walk Under 20

1.	Jess Rothwell	South Bendigo	22:08.76	(PB and VIC RECORD)
2.	Amy Burren	Malvern Harriers	25:46.58	(first 5000m walk)
3.	Beth Alexander	Knox	26:18.62	
4.	Tamara Attard	Knox	27:14.56	
	Stephanie Stigwood	South Australia	DNF	

**VICTORIAN YOUTH T&F CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, SAT 23 FEB 2008**

Our top youth walkers strutted their stuff at Olympic Park on Saturday with U18 5000m, U16 3000m and U14 1500m walks on offer. The highlights included

- The great battle between **Amy Burren** and **Rachel Tallent** in the Under 16 girls walk. Amy got up to win in 14:43 against Rachel's 14:46 (a huge PB) after the girls battled it out throughout the race
- The wins by **Ebony Whiley** and **Jeremiah Jones** in the Under 14 events. It was a case of Bendigo to the fore. In particular, Jeremiah may have been the youngest walker in the field (born 1997) but he outwalked his older opponents
- The fine times by **Nicholas Mirachi** and **Regan Lamble** in the Under 18 events. Both broke 25 minutes and had a good battle before Regan sprinted away in the final lap.

**Men 5000 Metres Race Walk Under 18**

1.	Mirarchi, Nicholas	91	CORIO ATHLETIC CLUB	24:49.99
2.	Tilley, Christopher	91	KNOX ATHLETIC CLUB	26:24.50
3.	Cosic, Filip	92	COBURG HARRIERS	26:34.83

**Women 5000 Metres Race Walk Under 18**

1.	Lamble, Regan	91	ATHLETICS NU	24:39.88
2.	Alexander, Beth	92	KNOX ATHLETIC CLUB	27:46.49
3.	Shaw, Kirstin	91	WESTERN ATHLETICS	33:23.21

**Men 3000 Metres Race Walk Under 16**

1.	Clark, Lewis	94	ATHLETICS CHILWELL	15:37.55
2.	Simpson, Bradley	93	KNOX ATHLETIC CLUB	15:55.48
3.	Felton, Matthew	94	LA KNOX	16:05.00
4.	Walsh, Robert	93	ATHLETICS NU	16:09.26
5.	Wright, Jacob	94	ATHLETICS NU	16:42.13

**Women 3000 Metres Race Walk Under 16**

1.	Burren, Amy	94	MALVERN HARR	14:43.97
2.	Tallent, Rachel	93	BALLARAT YCW	14:46.53
3.	Brazel, Hilary	93	ATHLETICS NU	16:06.31
4.	Payne, Emily	93	CORIO ATHLETIC CLUB	16:13.92
5.	Hallett, Nicole	94	ATHLETICS NU	16:24.56
6.	Dyer, Chelsea	93	BOX HILL ATH	16:25.85
7.	Tallent, Ebony	94	BALLARAT YCW	16:34.97
8.	Brunton, Erin	93	CORIO ATHLETIC CLUB	16:55.40
9.	Mason, Ella	94	LA BOX HILL	17:48.32
10.	Duval, Samantha	93	RINGWOOD	18:36.80

**Men 1500 Metres Race Walk Under 14**

1.	Jones, Jeremiah	97	SOUTH BENDIG	8:11.87
2.	Fiddes, Aaron	95	LA BOX HILL	8:19.68
3.	Taylor, Lucas	96	LA YARRA RANGES	8:31.55
4.	Gardner, Aaron	95	PRESTON ATHL	8:36.36
5.	Green, Mitchell	96	SOUTH COAST	11:01.93
	Antidormi, Ryan	95	ATHLETICS NU	DQ

**Women 1500 Metres Race Walk Under 14**

1.	Whiley, Ebony	95	EAGLEHAWK YM	7:27.81
2.	Finnegan, Amelia	95	KNOX ATHLETIC CLUB	7:34.32
3.	Burren, Sarah	96	MALVERN HARR	7:35.84
4.	George, Stephanie	96	SOUTH COAST	7:40.27
5.	Albert, Ashley	95	MALVERN HARR	7:43.43
6.	Hockley Samon, Jma	95	LAMH	8:15.38
7.	Bertrand, Carly	96	KEILOR ST BERNARDS	8:21.01
8.	Guy, Rebecca	96	SOUTH COAST	8:22.78
9.	Madge, Georgia	96	LA CROYDON	8:41.79
10.	Campbell, Rebecca	97	ATHLETICS ESSENDON	9:13.99

**AMA 4 X 800 RELAYS, EAST BURWOOD, THURSDAY 21 FEBRUARY 2008**

Our elite younger walkers may have taken all the limelight (justifiably) but our Masters walkers have also been in action, participating in the inaugural AMA Relay Championships. The Victorians were in action on Thursday 21 February at the East Burwood Athletics Track and contested 4 x 800m walk relays. I must admit that I have not raced over this short a distance before but I did like it and I hope that this is the first of what will be an annual affair. We have to wait for the other Australian States to submit their times to see who is the overall winner in each age group but the Victorian results were strong and will take some beating. Fastest man was Paul Kennedy (M50 – 3:17) and the fastest woman was Justi Roseman (W30 – 3:30). Results were as follows

Age	Team Members	Time	Av. Lap	Av. Age
M50+	TIM ERICKSON, SIMON BAKER, PAUL KENNEDY, CLYDE RIDDOCH	14.27	1.48.4	52.75
W30+	DONNA ELMS, JUSTI ROSEMAN, PAM TINDAL, KYLIE IRSHAD,	15.41	1.57.6	40.5
M60+	ALAN LUCAS, RUSS DICKENSON, TONY JOHNSON, RALPH BENNETT	16.07	2.00.9	63.75
W50+	ALISON THOMPSON, HEATHER CARR, MARLENE GOURLAY, LIZ FELDMAN	16.19	2.02.4	56.75
W40+	JULIE CHALLEN, GAYLE MCINTYRE, JANET HOLMES, SONIA MCCLELLAND	18.15	2.16.9	50
W60+	SYLVIA MACHIN, CELIA JOHNSON, JAN MORREY, GWEN STEED	19.16	2.24.5	64.5
M70+	IAN BEAUMONT, JIM MACHIN, RAY ATKINS, KEVIN MARION	23.38	2.57.3	73.75
W70+	MARGARET BEAUMONT, PAM MEWS, SHIRLEY COPPOCK, MAUREEN SEEDSMAN	25.14	3.09.3	71



**Clyde Riddoch passes to Paul Kennedy, Simon Baker shadows Just Roseman, Kylie Irshad works into the bend**



**Paul Kennedy finishes, Ralph Bennett and Donna Elms do their laps**

**VMA AND AV T&F CHAMPIONSHIPS, MELBOURNE, 8-9 MARCH 2008**

The Victorian Masters joined forces with Athletics Victoria last weekend to host combined Victorian Masters championships at Olympic Park. Athletes had the chance to compete for VMA medals and AV medals over 2 days and boy, was it hot! Luckily the walks were held in the mornings (3000m on the Saturday and 1500m on the Sunday) so walkers made the most of the cooler conditions and posted some great times. One of the highlights was the great battles between Pam Tindal and Heather Carr in both walks. But highlights and PBs were everywhere – special mention to other top performances by Jean Knox, Kylie Irshad, Gayle McIntyre, Stuart Kollmorgen, Paul Kennedy, Russ Dickenson, Andrew Jamieson, Ralph Bennett, Geoff Major and Col Silcock-Delaney (only just out of major skin cancer surgery).

**VMA Women 3000m track walk**

W35	1	Irshad, Kylie	VM-CROYDON	15:21.6
	2	Cole, Jillian	VM-INDEPENDANT	20:54.2
	3	Hercules, Harlene	VM-MENTONE	22:32.4
W40	1	McIntyre, Gayle	VM-MENTONE	17:02.2
W45	1	Tindal, Pam	VM-CROYDON	15:44.9
	2	Elms, Donna-Marie	PRESTON ATHL	18:46.4
W50	1	Bryant, Barbara	EAGLEHAWK YM	16:38.3
	2	Thompson, Alison	VM-CROYDON	16:43.2
	3	Holmes, Janet	VICTORIAN MA	17:08.7
W55	1	Carr, Heather	EAGLEHAWK YM	15:46.6
	2	Gourlay, Marlene	VM-MENTONE	16:48.7
	3	Feldman, Elizabeth	VM-CROYDON	17:03.1
W60	1	Johnson, Celia	VM-SPRINGVALE	19:35.6
W65	1	Steed, Gwen	VICTORIAN MA	17:23.3
	2	Machin, Sylvia	VM-MENTONE	18:58.2
	3	Morrey, Jan	VM-MENTONE	19:44.9
W70	1	Beaumont, Margaret	VM-MENTONE	22:20.2
W80	1	Knox, Jean	VM-GEELONG	24:19.1

**AV Women 3000m track walk**

W40	1	Elms, Donna-Marie	PRESTON ATHL	17:02.2
W50	1	Carr, Heather	EAGLEHAWK YM	15:46.6
	2	Bryant, Barbara	EAGLEHAWK YM	16:38.3
	3	Holmes, Janet	VICTORIAN MA	17:08.7

**VMA Men 3000m track walk**

M35	1	Kollmorgen, Stuart	VM-COLLINGWOOD	13:39.11
	2	McDonough, Aaron	PRESTON ATHL	15:52.32
M40	1	Keirl, Bernie	DIAMOND VALL	16:22.40
M50	1	Kennedy, Paul	MELBOURNE UN	14:45.90
	2	Reid, Ross	COLLINGWOOD	14:48.29
	3	Riddoch, Clyde	ATHLETICS WAVERLEY	15:33.70
	4	Worsnop, Chris	OLD XAVERIANS	18:24.06
	5	Wilkins, David	VM-MENTONE	18:45.97
	6	Staunton, John	COBURG HARRIERS	19:44.89
M55	1	Erickson, Tim	COBURG HARRIERS	16:11.90
	2	Prowse, Frank	DONCASTER	17:37.51
	3	Sofianos, Gerald	ST KEVINS AM	17:43.85
	4	Barrow, Geoffrey	MENTONE ATHL	17:51.57
M60	1	Dickenson, Russ	VM-CROYDON	15:44.07
	2	Lucas, Alan	VM-CROYDON	16:18.80
M65	1	Bennett, Ralph	VICTORIAN MA	15:39.25
	2	Dickinson, Murray	VM-COLLINGWOOD	16:36.29
	3	Morrison, John	SANDRINGHAM	19:05.71
	4	Hallo, John	VM-FRANKSTON	19:27.17
	5	Wicks, Barrie	VM-CROYDON	20:35.96
	6	Hugo, Ron	VM-MENTONE	21:51.74
M70	1	Major, Geoffrey	EAGLEHAWK YM	19:06.06
	2	Brooks, Fredrick	VM-FRANKSTON	22:33.41
	3	Beaumont, Ian	VM-MENTONE	22:34.24
	4	Goggin, Bernie	COBURG HARRIERS	22:34.68
	--	Onley, Gordon	ST STEPHENS	DQ
M75	1	Silcock-Delaney, Colin	VM-GEELONG	22:25.08
	2	Gourlay, Gordon	VM-MENTONE	23:01.66

3	Zwynenburg, Kees	VM-FRANKSTON	23:41.56
--	Machin, James	VM-MENTONE	DQ

#### AV Men 3000m track walk

M40	1	Evans, Simon	BOX HILL ATH	13:39.11
	2	Keirl, Bernie	DIAMOND VALL	15:52.32
M50	1	Kennedy, Paul	MELBOURNE UN	14:15.90
	2	Reid, Ross	COLLINGWOOD	14:48.29
	3	Riddoch, Clyde	ATHLETICS WAVERLEY	15:33.70
	4	Bennett, Ralph	VICTORIAN MA	15:39.25
	5	Erickson, Tim	COBURG HARRIERS	16:11.90
	6	Prowse, Frank	DONCASTER	17:37.51
	7	Sofianos, Gerald	ST KEVINS AM	17:43.85
	8	Barrow, Geoff	MENTONE ATHL	17:51.57
	9	Worsnop, Chris	OLD XAVERIANS	18:24.06
	10	Morrison, John	SANDRINGHAM	19:05.71
	11	Major, Geoffrey	EAGLEHAWK YM	19:06.06
	12	Staunton, John	COBURG HARRIERS	19:44.89
	13	Goggin, Bernie	COBURG HARRIERS	22:34.68
--		Onley, Gordon	ST STEPHENS	DQ

#### VMA Women 1500m track walk

W35	1	Cole, Jillian	VM-INDEPENDANT	9:42.01
	2	Hercules, Harlene	VM-MENTONE	10:52.06
W40	1	McIntyre, Gayle	VM-MENTONE	8:14.32
W45	1	Tindal, Pam	VM-CROYDON	7:23.12
	2	Elms, Donna-Marie	PRESTON ATHL	8:59.30
W50	1	Thompson, Alison	VM-CROYDON	7:44.66
	2	Bryant, Barbara	EAGLEHAWK YM	7:53.38
	3	Holmes, Janet	VICTORIAN MA	8:08.02
W55	1	Carr, Heather	EAGLEHAWK YM	7:28.01
	2	Feldman, Elizabeth	VM-CROYDON	8:00.86
W60	1	Johnson, Celia	VM-SPRINGVALE	9:28.51
W65	1	Steed, Gwen	VICTORIAN MA	8:35.36
	2	Machin, Sylvia	VM-MENTONE	9:11.05
W70	1	Beaumont, Margaret	VM-MENTONE	10:50.95
W80	1	Knox, Jean	VM-GEELONG	11:33.68

#### VMA Men 1500m track walk

M35	1	McDonough, Aaron	PRESTON ATHL	7:42.09
M40	1	Keirl, Bernie	DIAMOND VALL	7:25.57
M45	1	Evans, Simon	BOX HILL ATH	7:09.53
M50	1	Kennedy, Paul	MELBOURNE UN	6:50.50
	2	Reid, Ross	COLLINGWOOD	6:55.63
	3	Riddoch, Clyde	ATHLETICS WAVERLEY	7:31.04
M55	1	Erickson, Tim	COBURG HARRIERS	7:50.25
	2	Prowse, Frank	DONCASTER	8:25.43
	3	Barrow, Geoff	MENTONE ATHL	8:29.48
	--	Wood, Robin	VM-INDEPENDANT	DQ
M60	1	Jamieson, Andrew	OLD SCOTCH C	6:52.50
	2	Dickenson, Russell	VM-CROYDON	7:24.61
	3	Lucas, Alan	VM-CROYDON	7:44.83
M65	1	Bennett, Ralph	VICTORIAN MA	7:30.84
	2	Morrison, John	SANDRINGHAM	8:54.62
	3	Wicks, Barrie	VM-CROYDON	9:54.67
M70	1	Major, Geoffrey	EAGLEHAWK YM	9:07.52
	2	Beaumont, Ian	VM-MENTONE	10:55.90
	3	Goggin, Bernie	COBURG HARRIERS	11:02.45
	--	Onley, Gordon	ST STEPHENS	DQ
	--	Brooks, Fredrick	VM-FRANKSTON	DQ
M75	1	Silcock-Delaney, Colin	VM-GEELONG	10:52.76
	2	Gourlay, Gordon	VM-MENTONE	11:14.65
	3	Zwynenburg, Kees	VM-FRANKSTON	11:32.75
	--	Machin, James	VM-MENTONE	DQ
M80	--	Tutchener, Frank	VM-EAST BURWOOD	DQ

**VICTORIAN LITTLE ATHLETICS CHAMPIONSHIPS, BENDIGO, 15-16 MARCH, 2008**

The Victorian Track & Field Championships were held at the LaTrobe University track in Bendigo a week ago in temperatures that approached the high thirties. To get to the State finals, contestants must qualify via Centre and Region knockout competitions so those who competed in Bendigo were a pretty elite group of youngsters. Walks were contested in all age groups from Age 9 upwards and over 200 walkers competed overall. The heat must have made it tough going but the times were still excellent. Well done to all the competitors and congratulations to those lucky enough to win medals in this elite meet.

<p><b>Boys 9 Year Old 1100 Meter Race Walk</b></p> <p>1 Michael Gibbons Lilydale / Yarra 7:08.36                  2 Kyle Rollo Corio 7:23.14                  3 James Dillon Corio 7:37.58                  4 Daniel Bollaart Knox 7:48.65                  5 Peter Ambelidis Whittlesea City 8:50.23                  6 Liam Burgess Diamond Valley 8:55.64</p>	<p><b>Girls 9 Year Olds 1100 Meter Race Walk</b></p> <p>1 Rachael Guy-Ashe Casey 6:35.47                  2 M Small Bendigo 7:14.31                  3 Kirsten Walburg Croydon 7:25.90                  4 Lauren Kewley Ringwood 7:40.39                  5 Charlie Harrison Waverley 7:42.89                  6 Tessa McCann Brighton 7:46.46                  7 Bronte Segota Brighton 7:48.09                  8 Sarah Drysdale Croydon 7:49.83                  9 Alannah Gloury Seaford 7:57.96                  10 O Houlden Bendigo 8:02.80                  17 finishers</p>
<p><b>Boys 10 Year Old 1100 Meter Race Walk</b></p> <p>1 Emmet Brasier Diamond Valley 5:57.40                  2 Reese Walmsley Knox 6:03.49                  3 J Coad Bendigo 6:05.59                  4 Lewis Vella Casey 6:14.23                  5 Jacob Richardson Knox 6:24.93                  6 Jack Butcher Ringwood 6:39.86                  7 Harry Coleman Waverley 6:41.43                  8 Sean Miles Knox 6:44.37                  9 Cody McNicol-Davidson Seaford 6:50.68                  10 Julian Patterson Leongatha 7:15.71                  15 finishers</p>	<p><b>Girls 10 Year Olds 1100 Meter Race Walk</b></p> <p>1 Jemima Montag Caulfield 5:46.27                  2 Jessie Eastwood Knox 5:56.04                  3 Cindy Collins Waverley 6:03.98                  4 Jade Sanders Casey 6:04.65                  5 K Catania Shepparton 6:35.45                  6 G Edlin Bendigo 6:38.06                  7 Sophie Antidormi Nunawading 6:39.34                  8 Emily Hamilton Knox 6:42.49                  9 Amy Ventura Waverley 6:51.61                  10 Keely Henderson Whittlesea City 7:19.27                  17 finishers</p>
<p><b>Boys 11 Year Olds 1500 Meter Race Walk</b></p> <p>1 Dane Heiden Bendigo 8:03.74                  2 Jeremial Jones Bendigo 8:08.76                  3 Andrew Hogan Waverley 8:16.44                  4 Jordon Galbraith Croydon 8:48.15                  5 Adam Gaganis Collingwood 8:50.43                  6 Lachlan Kewley Ringwood 8:56.24                  7 Stephen Lees Waverley 9:42.33                  8 Jay Tennant Knox 9:44.04                  9 Nathan Dillon Corio 10:03.27                  10 Sam Charville Sunbury 10:34.87</p>	<p><b>Girls 11 Year Olds 1500 Meter Race Walk</b></p> <p>1 Sarah Burren Dandenong 7:56.74                  2 Carly Bertrand Keilor 8:10.09                  3 Chloe McNicol - Davidson Seaford 8:32.26                  4 Rebecca Campbell Keilor 8:33.25                  5 Alexandra Brunton Knox 8:37.26                  6 Billie Whitelaw Seaford 8:44.04                  7 Shelby Mance Casey 8:45.51                  8 Z Boldiston Shepparton 9:01.52                  9 Bethanie Barbour Coburg 9:02.48                  10 Amber Duncan Corio 9:05.66                  19 finishers</p>
<p><b>Boys 12 Year Olds 1500 Meter Race Walk</b></p> <p>1 Sebastian Graham Caulfield 8:15.45                  2 Lucas Taylor Lilydale / Yarra 8:15.88                  3 Lachlan Dillon Corio 8:24.44                  4 B Maskell Shepparton 8:32.61                  5 Connor McShanag Keilor 8:34.08                  6 Dale Gawley Casey 9:12.32                  7 Mitchell Green Leongatha 9:22.06                  8 Tyson Shanley Geelong 9:25.08                  9 Ned Miller Diamond Valley 9:31.73                  10 Robert Broadhead Mildura 10:43.13</p>	<p><b>Girls 12 Year Olds 1500 Meter Race Walk</b></p> <p>1 Bianca Attard Knox 7:37.19                  2 Stephanie George Lilydale / Yarra 7:42.62                  3 Jmara Hockley Samon Geelong 7:48.04                  4 Ashley Albert Dandenong 7:51.90                  5 Chloe Watts Knox 8:08.95                  6 Emily Merrigan Knox 8:23.96                  7 Rebecca Guy-Ashe Casey 8:26.93                  8 J Wilson Bendigo 8:34.38                  9 Kira Davey Coburg 8:35.39                  10 Georgia Madge Croydon 8:47.01                  20 finishers</p>
<p><b>Boys 13 Year Olds 1500 Meter Race Walk</b></p> <p>1 Ryan Antidormi Nunawading 7:32.17                  2 Josh Dillon Corio 7:42.33</p>	<p><b>Girls 13 Year Olds 1500 Meter Race Walk</b></p> <p>1 Ebony Whiley Bendigo 7:26.58                  2 Amelia Finnegan Knox 7:29.83</p>



3 Aaron Gardner	Whittlesea City	8:12.02	3 Ebony Tallent	Ballarat	7:40.88
4 Darcy Irwin	Warragul	8:40.68	4 Caitlin Campbell	Keilor	7:41.10
5 J Thorpe Shay	Bendigo	9:05.29	5 Jessica Callaway	Knox	7:56.29
6 Michael Green	Leongatha	9:12.90	6 A Heard	Shepparton	7:59.71
7 Ash Millane	Sunbury	9:19.11	7 Talie Collins	Waverley	8:19.61
8 Reagan Peart	Geelong	10:12.91	8 Darcie Verstraten	Geelong	8:36.51
9 Adam Xerri	Altona	10:14.52	9 V Ward	Nathalia	8:42.73
			10 Matilda Bathgate	Knox	8:48.91
			17 finishers		
<b>Boys 14 Year Olds 1500 Meter Race Walk</b>			<b>Girls 14 Year Olds 1500 Meter Race Walk</b>		
1 Lewis Clark	Geelong	7:35.17	1 Amy Burren	Dandenong	7:20.99
2 Jacob Wright	Nunawading	7:53.37	2 Hillary Brazel	Nunawading	7:36.29
3 Dylan Sloan	Seaford	8:13.50	3 Chelsea Dyer	Box Hill	7:44.92
4 Luke Evans	Croydon	9:16.80	4 Emma Miller	Diamond Valley	8:06.29
5 Vikuman Jayawardene	Whittlesea City	9:49.94	5 Nicole Hallett	Casey	8:07.10
			6 Ella Mason	Box Hill	8:25.79
			7 Jenni Hicks	Croydon	8:29.21
			8 Nikki Maher	Seaford	9:36.55
			9 Ellee Polman-Short	Warragul	9:46.34
			10 Samantha Cannizzaro	Cranbourne	9:55.45
			11 finishers		
<b>Boys 15 Year Olds 1500 Meter Race Walk</b>			<b>Girls 15 Year Olds 1500 Meter Race Walk</b>		
1 Bradley Simpson	Knox	7:14.37	1 Rachel Tallent	Ballarat	6:58.59
2 David Cowan	Ringwood	7:25.92	2 Beth Alexander	Knox	7:09.55
3 Adrian Coad	Bendigo	7:38.91	3 Ayla Collins	Waverley	7:20.40
4 Rhys Evans	Croydon	7:57.87	4 Emily Payne	Corio	7:36.09
5 Steven Marsh	Coburg	9:49.63	5 Amy Callaway	Knox	7:39.91
			6 Madeleine Graham	Caulfield	7:48.25
			7 Erin Brunton	Corio	7:58.35
			8 Hannah Irvine	Caulfield	8:06.78
			9 Samantha Duval	Croydon	8:30.03
			10 Bethany Stewart	Coburg	8:38.48
			19 finishers		

## VRWC AND VMA RACES, GEORGE KNOTT RESERVE, CLIFTON HILL, SUNDAY 13 APRIL 2008

Our VRWC winter season opened on Sunday at the Collingwood Harriers track in Clifton Hill with some 60 walkers in attendance. The Victorian Masters shared the morning with us as they challenged themselves in their annual 5000m State Championship.

In the men's competition, Stuart Kollmorgen and Andrew Jamieson fought it out in front, the older Andrew eventually taking the overall honours against his younger rival, 23:09 to 23:15. Mark Donahoo is getting back into good shape as shown by his 24:49. Ralph Bennett dominated the M65 with his 26:22, finishing just behind young whippersnapper Clyde Riddoch with 26:12 and just ahead of Russ Dickenson with 26:34. There is plenty of talent amongst this group of Masters.

The women's field was smaller but also displayed some quality walking. Kylie Irshad stormed to the front and won clearly with her 26:47 but she was coming back at the end and Pam Tindall perhaps had her in her sights with 27:17. Gayle McIntyre did a big PB with 28:39 as did Donna Elms with 32:14. Eaglehawk Club members Barbara Bryant and Heather Carr both easily won their divisions with 27:58 and 27:39 respectively while Margaret Beaumont walked a great time of 36:59 in winning the W70 division.

### VMA 5000m Championship Men

1	M35	Stuart Kollmorgen	23:15
1	M40	Bernie Keirl	28:45
1	M45	Mark Donahoo	24:49
1	M50	Ross Reid	25:30
2	M50	Clyde Riddoch	26:12
3	M50	Rudolf Skrucany	30:37
	M50	Paul Kennedy	DQ
1	M55	Frank Prowse	30:26
2	M55	Geoff Barrow	31:22
3	M55	Robin Wood	35:23
1	M60	Andrew Jamieson	23:09
2	M60	Russ Dickenson	26:34
3	M60	Alan Lucas	28:06
4	M60	Ron Bilston	33:16
1	M65	Ralph Bennett	26:22
2	M65	John Hallo	33:29
3	M65	Barry Wicks	34:57
	M70	Ian Beaumont	DQ
	M75	Col Silcock-Delaney	DQ

### VMA 5000m Championship Women

1	W35	Kylie Irshad	26:47
1	W40	Gayle McIntyre	28:39
1	W45	Pam Tindall	27:17
2	W45	Donna Elms	32:14
1	W50	Barbara Bryant	27:58
2	W50	Janet Holmes	30:00
1	W55	Heather Carr	27:39
2	W55	Alison Thompson	28:27
	W55	Liz Feldman	DQ
1	W60	Gwen Steed	30:00
1	W70	Margaret Beaumont	36:59
2	W70	Pam Mews	54:28

After the dust had settled from the Masters events, our own VRWC club races started. Andrew Jamieson, Stuart Kollmorgen, Paul Kennedy and Rudolf Skrucany decided that one race was not enough and saddled up again. In fact, Rudolf did a PB in the Masters 5000m and was just outside his PB in the club 3000m, a very impressive result. And Megan Szirom had a final hitout before getting on the plane the next day to fly to China for the IAAF Grand Prix 20 km race next Friday. Good luck Megan!

### VRWC 5000m Open

1	Andrew Jamieson	23:57
2	Stuart Kollmorgen	25:15
3	Filip Cosic	27:39
4	David Armstrong	28:47
5	Catherine Rutherford	30:21
6	Jason Elms	DNF
	Megan Szirom	DNF
	Paul Kennedy	DQ

3 km in 0:13:28

### VRWC 3000m Open

1	Caitlin Campbell	16:47
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2	Natalie Laurie	17:50
2	Hilary Brazel	17:50
E3	Aaron Gardner	19:10
E3	Donna Elms	19:10
5	Rudolf Skrucany	19:52
6	Lindsay Harrison	21:55
7	Maryanne Harrison	21:56
	Damien Elms	DQ

Our younger walkers were also on display with sisters Carly and Georgia Bertrand taking the honours in the Under 12 and Under 9 events respectively. We welcomed some first time walkers with the club – Catherine Rutherford, Connor McShanag, Lauren Stadius and Jack Allamby, and they all walked very well. For some of our walkers, it was their first hitout for some time with the long break since the summer season finished and there were a few cobwebs to shake out.

**VRWC 1500m Under 12**

1	Carly Bertrand	08:28
2	Billy Allamby	08:53
3	Connor McShanag	09:04
4	Rebecca Campbell	09:13
5	Lauren Stadius	09:33
6	Amy Ventura	09:50
7	Stacey McLaren	12:16
8	Jack Allamby	12:33

**VRWC 1100m Under 9**

1	Georgia Bertrand	06:38
2	Kyle Swan	07:00
3	Charlee Harrison	08:05
4	Annalise Harrison	08:16

**VRWC RACES, ALBERT PARK, SATURDAY 19 APRIL 2008**

Our first races back at Albert Park saw 72 walkers in action in warm and sunny conditions. Although I could not be there, feedback from various people indicates that it was a great day of racing. You will see that the results contain one additional column – that of Handicap Place. Club handicapper Mark Donahoo keeps tabs on all VRWC races and allocates handicaps based on your past performances. That means that the first time you race a particular distance, Mark can't actually allocate you a handicap and hence you will not be scored in this competition. For that reason, a number of competitors have that particular field blank this week. That is a once off situation. We also started our Style Award competition and the results for that competition are included further down. Thanks to Stu Cooper for all the photos (and the ones last week also!).

We saw a large number of senior walkers in attendance and it was great to see many of them testing themselves over the longer 8 km distance. Rhydian Cowley led from the front with a fine 37:39 and my old sparring partner John Bunker was back in action, setting the pace in the 4 km event. Rudolf Skrucany and Donna Elms continued their good form from last week's track races and walked excellently once again.

<b>8km Open</b>		<b>Hcp Place</b>	
1.	Kylie Irshad	44:21	
2.	Yolanda Russell	45:03	6
3.	Pam Tindal	45:25	3
4.	Heather Carr	45:41	5
5.	Gayle McIntyre	46:41	2
6.	Alison Thompson	47:36	4
7.	Donna Elms	54:15	1
	Liz Feldman	Ab	24.20min for 4km
	Lynne Bannister	Ab	
1.	Rhydian Cowley	37:39	3
2.	Mark Donahoo	42:36	7
3.	Ralph Bennett	43:05	2
4.	Alan Lucas	47:02	4
5.	Russ Dickenson	47:15	6
6.	Murray Dickinson	48:38	5
7.	Paul Nunn	49:30	
8.	Rudolf Skrucany	53:35	1
<b>4km Open</b>		<b>Hcp Place</b>	
1.	Natalie Laurie	22:52	4
2.	Janet Holmes	23:51	3
3.	Gwen Steed	23:56	1
4.	Adrianna Crea	28:30	6
5.	Lana Boddy	28:50	7
6.	Margaret Beaumont	29:43	2
7.	Maryanne Harrison	29:52	5
8.	Harlene Hercules	30:36	8
9.	Shirley Coppock	32:12	
1.	John Bunker	21:45	8
2.	Filip Cosic	21:59	6
3.	Bernie Keirl	22:14	9
4.	Aaron McDonough	22:37	2
5.	Geoff Barrow	24:35	5
6.	John Morrison	25:50	3
7.	Jason Elms	25:54	10
8.	Harold Boddy	26:52	
9.	Damien Elms	27:11	1
10.	Robin Wood	27:12	7
11.	Barrie Wicks	27:34	12
12.	Lindsay Harrison	29:41	11
13.	Ian Beaumont	30:24	4
	Gordon Onley	Disq	
<b>4km Open Fitness Walk</b>			
1.	Christine Griffiths	45:19	

Our Under 15s contested 4 km with Amelia Finnegan and Aaron Gardner taking the handicap honours. Amelia was also the fastest overall ahead of Jacob Wright. Lauren Gelov had her first walk at Albert Park – welcome Lauren.



**Under 15 walkers Nicole Hallett, Aaron Gardner, Lauren Gelov, Caitlin Campbell and Amelia Finnegan in action**

<b>4km Under 15</b>		<b>Hcp Place</b>	
1.	Amelia Finnegan	22:13	1
2.	Nicole Hallett	24:28	2
3.	Caitlin Campbell	25:28	3
4.	Lauren Gelov	32:16	
1.	Jacob Wright	23:49	2
2.	Ryan Antidormi	24:03	3
3.	Dylan Sloan	25:16	
4.	Aaron Gardner	26:25	1

Our Under 12 and Under 9 walkers were present in large numbers – 23 in total! And we had plenty of first timers in action as well – Emily Hamilton, Jade Sanders, Jacob Richardson, Alannah Gloury and Amber Paton. Billy Allamby and Reese Walmsley had a great battle and Conor McShanag was not far behind in the boy's Under 12. Rebecca Campbell not only won the Under 12 girls event but she was also the handicap winner. Kyle Swan, who had his first walk with the club last week, was quickest in the Under 9 division while Jade Frank was almost as fast in winning the Under 9 girls event. Our youngest walkers have certainly got a fair bit faster since last winter and I am looking forward to some great racing this winter. Alas, we have no photos from these events this week but we hope to rectify that next week. Sorry kids!

<b>Under 12 2km</b>		<b>Hcp Place</b>	
1.	Rebecca Campbell	11:57	1
2.	Cindy Collins	12:21	2
3.	Jade Sanders	12:37	
4.	Lauren Stadius	12:44	4
5.	Emily Hamilton	13:13	
6.	Chloe McNicol-Davidson	13:17	6
7.	Amy Ventura	14:03	3
8.	Stacey McLaren	14:36	5
1.	Billy Allamby	11:04	3
2.	Reese Walmsley	11:05	1
3.	Conor McShanag	11:22	2
4.	Jacob Richardson	13:12	
5.	Cody McNicol-Davidson	14:39	4
6.	Jack Allamby	19:14	5

<b>Under 9 1km</b>		<b>Hcp Place</b>	
1.	Jade Frank	05:38	
2.	Paige De Lisen	06:24	2
3.	Kristina Collins	06:55	1
4.	Alannah Gloury	07:02	
5.	Annaliese Harrison	07:16	4
6.	Charlee Harrison	07:20	3
7.	Emily McDonough	09:39	5
8.	Amber Paton	09:42	
1.	Kyle Swan	05:28	

## VRWC RACES, ALBERT PARK, SATURDAY 26 APRIL 2008

A bumper crop of 82 walkers turned up at Albert Park on Saturday for our scheduled club races. While conditions were cold and windy, the rain stayed away and the racing was keenly contested. Thanks to Mark Donahoo for the race results and thanks to Stu Cooper for the superb race photos.

The longest event on offer was 10 km and Megan Szirom and Rhydian Cowley, having final hitouts before their trip to the World Cup, led from the front with 47:04 and 47:21 respectively. The biggest mover of the day was definitely Rudolf Skrucany who took over 5 minutes off his best time with 64:16 – Rudolf is improving at such a fast rate that he will soon have quite a few of our better masters walkers looking over their shoulders. Clyde Riddoch was another to venture into the longer distances after swearing some years ago that he was going to restrict his activities to the shorter distances – and he walked pretty well with 58:50.

<b>10km Open</b>		<b>Hcp Place</b>
1. Megan Szirom	47:21	1
2. Pam Tindal	57:45	3
3. Alison Thompson	60:12	2
1. Rhydian Cowley	47:04	2
2. Nicholas Mirarchi	53:20	3
3. Russ Dickenson	57:45	4
4. Clyde Riddoch	58:50	No recorded time
5. Rudolf Skrucany	64:16	1
6. Robin Wood	67:51	5
Shaun Burgess	Disq	
Ralph Bennett	Disq	

Our biggest fields were seen in the 5 km events which traditionally attract our older Juniors alongside our Open and Masters walkers. In the women's event Beth Alexander and Kylie Irshad took handicap honours as well as fastest times with 25:35 and 25:54, showing that it is possible for backmarkers to win the handicap if they walk well enough. In the men's event, Mark Donahoo took fastest with 24:57 but it was Aaron McDonough who took handicap honours with his 27:42.

<b>5km Open</b>		<b>Hcp Place</b>
1. Beth Alexander	25:35	1
2. Kylie Irshad	25:54	2
3. Lynette Bannister	26:34	No recorded time
4. Heather Carr	27:16	11
5. Ayla Collins	27:52	10
6. Tamara Attard	28:33	12
7. Gayle McIntyre	28:39	4
8. Erin Adamcewicz	28:57	No recorded time
9. Janet Holmes	29:31	8
10. Gwen Steed	29:49	6
11. Talie Collins	30:09	3
12. Donna Elms	31:55	5
13. Lana Boddy	34:47	7
14. Mykalah Gage	35:31	9
Celia Johnson	Disq	
1. Mark Donahoo	24:57	6
2. Daniel Payne	25:35	9
3. Aaron McDonough	27:42	1
4. Alan Lucas	27:59	5
5. David Armstrong	28:10	No recorded time
6. Murray Dickinson	29:35	No recorded time
7. Bob Gardiner	29:46	No recorded time
8. Geoff Barrow	31:08	3
9. Jason Elms	32:33	8
10. John Morrison	33:03	2
11. Harold Boddy	33:58	4
12. Barrie Wicks	34:09	7
Ian Beaumont	Disq	

The 3 km distance was contested by a mixture of Under 15 and older walkers. Adrianna Crea, who has now moved out of the U15 age group, was both fastest time and handicap winner in the Open 3 km for women while Damien Elms, enjoying a good start to his season, did the same with the Open Men's event (but what happened to John Bunker?). Jessica Callaway and Lauren Gelov, both first year walkers with us, fought out the U15 girls event while the U15 boys event was a high quality affair with Brad Simpson taking fastest time just ahead of Matthew Felton while Aaron Gardner took the handicap honours. It is also good to see Dylan Sloane back

after an absence of a couple of years and walking well.

<b>3km Open</b>		<b>Hcp Place</b>	
1.	Adrianna Crea	19:45	1
2.	Maryanne Harrison	21:36	2
3.	Harlene Hercules	22:01	3
4.	Margaret Beaumont	22:27	5
5.	Pam Mews	28:51	4
6.	Christine Griffiths	29:01	6
1.	Damien Elms	19:33	1
	John Bunker	Ab	
	Gordon Onley	Disq	

<b>3km Under 15</b>		<b>Hcp Place</b>	
1.	Jessica Callaway	17:55	2
2.	Lauren Gelov	22:05	1
1.	Bradley Simpson	15:51	No recorded time
2.	Matthew Felton	15:56	2
3.	Aaron Gardner	17:53	1
4.	Dylan Sloane	17:58	3

And finally to our youngest walkers who were there in big numbers. Following on from our first time walkers last week, we welcomed a whole swag of new walkers to the club again this week – Jmara, Jack and Harry Hockley Samon, Rebecca and Rachel Guy, Jemima Montag and Gabriella Crea. In the Under 12 girls event, Bianca Attard took both fastest time and handicap honours with her 10:54 while Stacey McLaren is coming back well after her appendix operation last year and her time of 13:56 earned her second place in the handicap. In the Under 12 boys event, Billy Allamby took fastest time with 10:52 but there were some quality walks behind him with Reese Walmsley (11:02) and Conor McShanag (11:11).

<b>2km Under 12</b>		<b>Hcp Place</b>	
1.	Bianca Attard	10:54	1
2.	Stephanie George	11:33	5
3.	Rebecca Guy	11:58	No recorded time
4.	Jmara Hockley Samon	12:06	No recorded time
5.	Jemima Montag	12:09	No recorded time
6.	Jade Sanders	12:32	7
7.	Beth Barbour	12:34	3
8.	Cindy Collins	12:40	9
9.	Lauren Stadus	12:45	6
10.	Emily Hamilton	13:17	8
11.	Amy Ventura	13:22	4
12.	Stacey McLaren	13:56	2
1.	Billy Allamby	10:52	4
2.	Reese Walmsley	11:02	1
3.	Conor McShanag	11:11	3
4.	Jack Hockley Samon	14:11	No recorded time
5.	Jack Allamby	17:27	2
6.			

The Under 9 walkers also raced well. Kyle Swan and Jayde Frank were the fastest once again but the cool windy conditions obviously made it tough going for our youngest contingent and their times were down on last week. We had a great race between Charlee Harrison, Kristina Collins and Gabriella Crea with all three girls crossing the line together in 7 minutes.

<b>1km Under 9</b>		<b>Hcp Place</b>	
1.	Jayde Frank	05:59	3
2.	Paige De Lisen	06:22	5
3.	Rachael Guy	06:26	No recorded time
4.	Alannah Gloury	06:56	4
E5	Charlee Harrison	07:00	1
E5	Kristina Collins	07:00	2
E5	Gabriella Crea	07:00	No recorded time
8.	Hayley George	07:46	No recorded time
9.	Amber Paton	11:38	6
1.	Kyle Swan	05:41	1
2.	Harry Hockley Samon	06:56	No recorded time

## VRWC RACES, ALBERT PARK, MAY 3 APRIL 2008

Our first club championships for the winter season were held in perfect Melbourne weather on Saturday afternoon and some 70 walkers were in attendance. We started off with a coaching seminar, run by club coach Mark Donahoo and then onto the races.



The Open walkers were racing over 15 km and it was great to see 11 club members attack this longer distance. Lynnette Bannister, Kylie Irshad and Gayle McIntyre were our club medallists in the Elsie Jacobson Club Championship and Gayle, in particular, walked a huge PB to break 90 minutes. A number of the men also chose to walk the 15 km club event to get times on the board for the newly announced Australian Masters record distance. The best of them was, as usual, Andrew Jamieson. His 1:10:43 will take some beating in the M60 level! Mark Donahoo put his credentials forward in the M45 with his 1:19:32 (Mark turns 50 in the next few weeks!) and Ralph Bennett will be hard to beat with his M65 time of 1:21:45. Tamara Attard won the Under 20 club championship with 1:40:21 – her first time beyond 10 km – a great effort!

### 15 KM OPEN WOMEN CLUB CHAMPIONSHIP - ELSIE JACOBSON TROPHY

1.	Lynnette Bannister	1:21:29
2.	Kylie Irshad	1:27:30
3.	Gayle McIntyre	1:29:07
4.	Alison Thompson	1:34:13
5.	Liz Feldman	1:38:22
6.	Donna Elms	1:44:29
7.	Margaret Beaumont	1:55:38

### 15 KM OPEN MEN

1.	Andrew Jamieson	1:10:43
2.	Mark Donahoo	1:19:32
3.	Ralph Bennett	1:21:45
4.	Duncan Knox	1:28:32

### 15 KM UNDER 20 WOMEN CLUB CHAMPIONSHIP

1.	Tamara Attard	1:40:21
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### 10 KM OPEN

1.	Robin Wood	1:08:30
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Our 5 km and 3 km walkers started separately at 2:30PM and Beth Alexander walked a real beauty with her 25:10. Beth, who is only 14 years of age, easily won the Under 16 club championship for girls while Robert Walsh, with 26:30, won the boy's championship. In the open event, it was good to see Lindsay and Maryann Harrison testing themselves out over the 5 km distance and both walking very well. In the Under 14 championships, Caitlin Campbell and Hilary Brazel walked side by side the whole way and sprinted to the line, unable to be separated by the judges, their time 16:09. The Under 14 boys club championship was won by Matthew Felton with 15:47 in another very good performance.

### 5 KM OPEN

1.	Heather Carr	26:49
2.	Erin Adamcewicz	28:09
3.	Gwen Steed	29:19
4.	Janet Holmes	30:47
5.	Lana Boddy	34:30
6.	Maryann Harrison	35:09
1.	Alan Lucas	27:36
2.	Bernie Keirl	27:56
3.	Russ Dickenson	28:05



4.	Murray DickInson	28:22
5.	Jason Elms	30:28
6.	Geoff Barrow	30:54
7.	Harold Boddy	33:12
8.	Barrie Wicks	34:12
9.	Lindsay Harrison	35:00
10.	Ian Beaumont	38:36

### 3 KM OPEN

1.	Ron Hugo	22:00
2.	Christine Griffiths	29:47

### VRWC UNDER 16 5 KM CLUB CHAMPIONSHIPS

1.	Beth Alexander	25:10
1.	Robert Walsh	26:30
2.	Filip Cosic	27:25
3.	Damiel Elms	33:16

### VRWC UNDER 14 3 KM CLUB CHAMPIONSHIPS

E1	Hilary Brazel	16:09
E1	Caitlin Campbell	16:09
3	Jessica Callaway	17:16
4	Stephanie George	17:23
5	Carly Bertrand	18:55
6	Annemaree Gerlich	20:23
7	Lauren Gelov	21:13
1.	Matthew Felton	15:47
2.	Ryan Antidormi	16:11
3.	Jacob Wright	16:40
4.	Dylan Sloane	17:18
5.	Aaron Gardner	18:28
6.	Lucas Taylor	18:30

Our Under 12 and Under 9 walkers raced over a 1 km distance – the Under 12's must have found it a very short race indeed – our youngest members will also contest club championships over 1500m and 2 km later in the winter. Bianca Attard walked fantastically in the Under 12 Girls championship event to record the fastest time of 5:02 while first time walker Jemima Montag took silver just ahead of Rebecca Campbell with bronze. In the Under 12 boys event, Billy Allamby and Reese Walsmley had a great battle with Billy winning by 4 secs with 5:04 as against 5:08. Jack Allamby walked well to take the final Under 12 medal with a time of 8:05. In the Under 9 events, Kyle Swann was fastest boy with 5:27 and Paige DeLisen was fastest girl with 5:57. The silver and bronze medals in the girls were fought out between Harley George and Alannah Gloury with only 1 sec between them at the end – 6:42 against 6:43. Apart from the club championship medals, we also awarded prizes to all other finishers in the Under 9 and Under 12 events.

### VRWC UNDER 12 1 KM CLUB CHAMPIONSHIP

1.	Bianca Attard	05:02
2.	Jemima Montag	05:29
3.	Rebecca Campbell	05:33
4.	Emily Hamilton	05:56
5.	Lauren Stadius	06:06
6.	Jade Sanders	06:16
7.	Amy Ventura	06:24
8.	Stacey McLaren	06:34
9.	Annalise Harrison	07:26
1.	Billy Allamby	05:04
2.	Reese Walsmley	05:08
3.	Jack Allamby	08:05
	Connor McShannag	DQ

### VRWC UNDER 9 1 KM CLUB CHAMPIONSHIP

1.	Paige DeLisen	05:57
2.	Hayley George	06:42
3.	Alannah Gloury	06:43
4.	Charlee Harrison	07:18
5.	Lee Taylor	07:54
1.	Kyle Swan	05:27

**VRWC RACES, ALBERT PARK, MAY 10 MAY 2008**

Nearly 90 walkers turned up on Saturday and had perfect racing conditions at their disposal. It was great to see a couple of our younger walkers, Beth Alexander and Talie Collins, test themselves out over the 10 km distance – and their times of 57:43 and 62:35 were excellent first ups. Ralph Bennett and Yolanda Russell were fastest over the 10 km distance while Russ Dickenson had a good day, getting second in the men's walk, winning the handicap and cleaning up on the style award!

<b>10km Open</b>		<b>Hcp Place</b>	
1.	Yolanda Russell	56:33	1
2.	Beth Alexander	57:43	No previous time
3.	Talie Collins	62:35	No previous time
1.	Ralph Bennett	54:58	2
2.	Russ Dickenson	56:35	1
3.	Terry O'Neill	58:23	No previous time
4.	Robin Wood	67:44	3
5.	Rudolf Skrucany	69:27	4
	Mark Donahoo	Ab	

The 5 km distance was the most popular and Daniel Payne and Kylie Irshad both showed a clean pair of heels to the fellow competitors. Natalie Laurie improved by over a minute on her last walk and is quickly regaining race fitness after a layoff. Similarly, Filip Cosic had a great walk in the men's division, taking over a minute of his last 5 km time. Both Natalie and Filip won their handicap events convincingly.

<b>5km Open</b>		<b>Hcp Place</b>	
1.	Kylie Irshad	25:44	7
2.	Natalie Laurie	26:03	1
3.	Heather Carr	26:48	8
4.	Ayla Collins	27:10	6
5.	Caitlin Campbell	27:48	2
6.	Gayle McIntyre	28:08	3
7.	Alison Thompson	28:29	9
8.	Emily Payne	28:59	5
9.	Gwen Steed	29:17	4
10.	Liz Feldman	29:37	11
11.	Janet Holmes	30:18	10
12.	Kirstin Shaw	31:51	No previous time
13.	Celia Johnson	35:04	12
	Lana Boddy	Ab	
1.	Daniel Payne	24:08	2
2.	Nicholas Mirarchi	25:22	No previous time
3.	Filip Cosic	26:23	1
4.	Bernie Keirl	27:34	9
5.	Aaron McDonough	27:50	6
6.	Alan Lucas	27:55	10
7.	Murray Dickinson	28:42	4
8.	Jason Elms	30:52	3
9.	Geoff Barrow	31:16	7
10.	Harold Boddy	33:08	5
11.	Barrie Wicks	33:49	7

We also had lots of walkers in our 3 km events. Fastest overall was Barwon Walkers Club speedster Lewis Clark (15:21) who had a great battle in the Under 15 event with Robert Walsh (15:22) and Matthew Felton (15:32). Even though Robert and Matthew did PBs, they could not beat Aaron Gardiner in the handicap competition as his 17:16 was also a big PB. Amy Callaway (16:33) finished second to winner Hilary Brazel (16:27) in the Under 15 Girls and also won the handicap with her fine walk. And a special mention to Lindsay Harrison who is starting to look pretty good in the Open division.

<b>3km Open</b>		<b>Hcp Place</b>	
1.	Donna Elms	18:50	2
2.	Maryanne Harrison	20:39	1
3.	Margaret Beaumont	21:57	3
4.	Shirley Coppock	23:44	4
5.	Christine Griffiths	29:06	5
1.	Lindsay Harrison	20:22	1
2.	Gordon Onley	23:31	2

3.	Ian Beaumont	27:51	3
	Damien Elms	Disq	

### 3km Under 15

			Hcp Place
1.	Hilary Brazel	16:27	5
2.	Amy Callaway	16:33	1
3.	Stephanie George	17:37	6
4.	Rebecca Campbell	18:35	3
5.	Jessica Callaway	19:02	7
6.	Annemaree Gerleich	19:09	2
7.	Lauren Gelov	21:03	4
	Carly Bertrand	Ab	

1.	Lewis Clark	15:21	No previous time
2.	Robert Walsh	15:22	4
3.	Matthew Felton	15:32	3
4.	Ryan Antidormi	16:08	2
5.	Bradley Simpson	16:26	5
6.	Aaron Gardner	17:16	1

Because of the large number of Under 9 and Under 12 walkers in attendance and because of the slightly tricky course being used, we split the event into 2 separate races, Under 9 first followed by Under 12. Next week we will be back to normal with a single event. The Under 9's were first up and Paige De Lisen lead from the front as usual to record 8:53. Georgia Bertrand also had a great race and is looking vastly improved since last winter. Her time of 9:16 was good enough to win the handicap. And a special mention to first year boys Harry Hockley Samon and Ethan McShanag who both walked very well in their first ever 1500m walk. Sorry to say we have no photos of our Under 9 walkers this week as our intrepid cameraman Stu Cooper was busy doing 3 km lapscoreing at that time. Next week!

### 1.5km Under 9

			Hcp Place
1.	Paige De Lisen	08:53	4
2.	Georgia Bertrand	09:16	1
3.	Charlee Harrison	10:35	2
4.	Hayley George	10:59	3
5.	Kristina Collins	11:09	6
6.	Emily McDonough	13:14	5
7.	Lee Taylor	13:25	No recorded time
1.	Harry Hockley Samon	11:52	1
2.	Ethan McShanag	12:16	No recorded time

The Under 12's were our last event to get underway and what a great event it was. Bianca Attard and Billy Allamby had a great battle out front with Bianca recording 14:03 and Billy 13:56, while Beth Barbour (15:49) and Lucas Taylor (15:00) were our handicap winners. Since we did have a few DQ's it is time for a general comment. A DQ is not the end of the world – rather it is a call to the walker to review his/her technique and make changes for the better. Remember it takes reports from 3 separate judges before a walker is disqualified so it is not a once off view of one judge alone. If you are disqualified, it means that a significant number of judges have seen something amiss in your technique. Talk to chief judge Peter Vysma and find out if the reports were for contact or bent knees. Talk to our club coach Mark Donahoo if you would like him to have a look at you racing and suggest a plan of action Talk to your own coach if you have a coach. Remember, we are all here to help and we don't really want to see anyone disqualified – a DQ is a call to improve and everyone can do that!

### 2.5km Under 12

			Hcp Place
1.	Bianca Attard	14:03	7
2.	Jmara Hockley Samon	15:22	6
3.	Jade Sanders	15:36	2
4.	Beth Barbour	15:49	1
5.	Emily Hamilton	16:16	4
6.	Lauren Stodus	16:18	5
7.	Stacey McLaren	17:52	3
1.	Billy Allamby	13:56	3
2.	Lucas Taylor	15:00	1
3.	Ben Green	17:55	2
	Reese Walmsley	Disq	
	Connor McShanag	Disq	
	Jack Hockley Samon	Disq	
	Jack Allamby	DNS	

**VRWC RACES, ALBERT PARK, MAY 17 MAY 2008**

Melbourne turned on its wintery best on Saturday with cold cold weather and continuous rain but we still had over 40 hardy walkers who challenged the elements at Albert Park. Interestingly, a number of walkers did quite good PBs so the weather might not have been quite so bad for walking as we thought. In the 8 km walk, Donna Elms took a couple of minutes off her best time with 52:50 while Style Award leaders Kylie Irshad and Ross Dickenson were fastest overall.



**8km Open**

1.	Kylie Irshad	43:57
2.	Liz Feldman	48:43
3.	Janet Holmes	49:04
4.	Donna Elms	52:50
	Celia Johnson	Disq

**Hcp Place**

1.	Russ Dickenson	44:12	1
2.	Alan Lucas	46:27	2
3.	Robin Wood	55:49	3
	Ralph Bennett	Disq	



**8 km walkers Russ Dickenson, Donna Elms, Kylie Irshad, Liz Feldman and Janet Holmes**

The 4 km distance was the most popular with most walkers opting to be out in the rain for as little time as possible! Natalie Laurie is approaching top form and her 20:35 was not far off her best. Heather Carr warmed up for the Country Champs on Sunday with 21:29. Maryanne and Lindsay Harrison both did PBs to win the handicaps while Aaron McDonough was the fastest of the men.

**4km Open**

1.	Natalie Laurie	20:35
2.	Heather Carr	21:29
3.	Gayle McIntyre	22:17
4.	Gwen Steed	23:31
5.	Adrianna Crea	26:20
6.	Maryanne Harrison	27:26
7.	Margaret Beaumont	29:49
8.	Christine Griffiths	40:03

**Hcp Place**

1.			2
2.			8
3.			4
4.			5
5.			3
6.			1
7.			6
8.			7

1.	Aaron McDonough	22:09	2
2.	Jason Elms	24:59	4
3.	Barrie Wicks	27:03	3
4.	Lindsay Harrison	27:32	1
	Damien Elms	Disq	
	Ian Beaumont	Disq	
	Gordon Onley	Disq	



**4 km walkers Natalie Laurie, Maryanne Harrison, Aaron McDonough, Jason Elms and Adrianna Crea**

Our Under 15 walkers were obviously in warmup mode and thinking of Canberra so were out in force. Aaron Gardiner did a big PB while Bradley Simpson and Robert Walsh were also in great form out the front. Amy Callaway was the fastest of the girls but it was Lauren Gelov who took handicap honours, being another walker to do a big PB.

<b>4km Under 15</b>		<b>Hcp Place</b>	
1.	Amy Callaway	23:20	2
2.	Lauren Gelov	27:58	1
1.	Bradley Simpson	21:14	1
2.	Robert Walsh	21:35	2
3.	Ryan Antidormi	23:13	4
4.	Aaron Gardner	24:19	3

The Under 12 and Under 9 walkers had the worst of it with their section of course just about under water in places but they saw it out, albeit finishing rather cold and wet. Bianca Attard continues to lead from the front and her 11:04 was excellent in the conditions. Stacey McLaren won the handicap in the very competitive Under 12 Girls section while Rebecca and Rachel Guy and Lauren Stadius all warmed up for their competition in Ballarat the next day with good walks.

<b>2km Under 12</b>		<b>Hcp Place</b>	
1.	Bianca Attard	11:04	5
2.	Rebecca Guy	11:59	6
3.	Beth Barbour	12:24	2
4.	Jade Sanders	12:24	3
5.	Lauren Stadius	12:48	4
6.	Stacey McLaren	13:52	1
7.	Sophia Antidormi	14:05	7
1.	Reese Walmsley	11:41	1

<b>1km Under 9</b>		<b>Hcp Place</b>	
1.	Rachael Guy	05:58	1
2.	Alannah Gloury	06:50	2
3.	Charlee Harrison	07:05	3
4.	Annaliese Harrison	07:20	Invitation
1.	Kyle Swan	05:37	1

## VICTORIAN COUNTRY CHAMPS, SUNDAY 18 MAY 2008, VICTORIA PARK, BALLARAT

The Victorian Country Roadwalking Championships were held in Victoria Park in Ballarat on Sunday morning with the weather still at its wintery best with low temperatures and a freezing wind but that did not deter the 58 walkers in attendance and some very competitive racing was seen. The day also featured the Victorian Open 15 km championships and these events were won by super veteran Andrew Jamieson and World Cup Rep Megan Szirom respectively. Presentations were made by World Cup reps Jared Tallent and Claire Woods and they were in demand after the events, signing everything from tee shirts to shoes! Daryl Biggin of Ballarat Walkers Club did a great job to bring it all together and the morning progressed without any issues. A BBQ was held after the carnival to complete the day's activities. Gordon Loughnan (Chief), Peter Vysma, Ken Hall, Ralph Bennett and Shane Bertrand made up the judging panel. The standard of walking was good and there were no disqualifications. Sorry there are no photos but I was kept busy with lapscoreing and recording during the morning. Results were as follows

### **Victorian Open Men 15 km Roadwalking Championship**

1.	Andrew Jamieson	OSC	1:16:33
2.	Stuart Kollmorgen	COL	1:23:37
3.	Mark Donahoo	ATE	1:26:19
	Ross Reid	COL	DNS

### **Victorian Open Women 15 km Roadwalking Championship**

1.	Megan Szirom	FKN	1:19:50
2.	Justijana Roseman	ATE	1:31:54
3.	Erin Adamcewicz	ATE	1:35:44
	Lynnette Bannister	DKN	DNF

### **Victorian Country Open Men 10 km Roadwalking Championship**

1.	Paul Nunn	WEN	1:02:02
2.	Peter Luke	WEN	1:11:11
	Harold Boddy	COR	DNF
	Maurice Prendergast (INVIT)	BALL	1:05:46

### **Victorian Country Open Women 10 km Roadwalking Championship**

1.	Yolanda Russell	GLG	0:59:02
2.	Heather Carr	EAG	0:59:23
3.	Barbara Bryant	EAG	1:00:41
4.	Tyne Boddy	COR	1:13:45

### **Victorian Country Under 20 Men 5 km Roadwalking Championship**

1.	Daniel Payne	COR	25:52
2.	Shaun Burgess	CHI	28:26

### **Victorian Country Under 20 Women 5 km Roadwalking Championship**

	Jessie Palfreyman	EAG	DNS
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### **Victorian Country Under 18 Men 5 km Roadwalking Championship**

1.	Nicholas Mirarchi	COR	26:02
	Josh Platt (INVIT)	BALL	31:02

### **Victorian Country Under 18 Women 5 km Roadwalking Championship**

1.	Katrina Maskell	SBE	32:36
2.	Keely Trew	SBE	34:32
3.	Mykaela Gage	COR	36:06
4.	Lana Boddy	COR	37:17

### **Victorian Country Under 16 Men 3 km Roadwalking Championship**

1.	Lewis Clark	CHI	16:52
2.	Peter Curtis	SBE	17:11
3.	Michael Green	SCA	21:42

### **Victorian Country Under 16 Women 3 km Roadwalking Championship**

1.	Rachel Tallent	BYC	15:43
2.	Ebony Tallent	BYC	17:05
3.	Emily Payne	COR	17:30
4.	Ebony-Jade Jones	EAG	21:50
	Caitlin Campbell (INVIT)	ATE	17:00

### **Victorian Country Under 14 Men 3 km Roadwalking Championship**

1.	Dane Heiden	BEU	17:29
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2.	Jeremiah Jones	EAG	18:15
3.	Lucas Taylor	SCA	18:18
4.	Ben Maskell	EAG	18:47
5.	Mitchell Green	SCA	26:10

**Victorian Country Under 14 Women 3 km Roadwalking Championship**

1.	Ebony Whiley	EAG	17:41
2.	Amanda Heard	EAG	17:45
3.	Stephanie George	SCA	17:54
	Madi Jones (INVIT)	BALL	21:47
	Rebecca Guy	SCA	DNS
	Rachel Guy	SCA	DNS
	Jmara Hockley Samon	CHI	DNS
	Jessie Wilson	EAG	DNS

**Racewalking Victoria Under 12 2 km Roadwalking Championships**

1.	Jeremiah Jones	BGO	13:05
2.	Connor McShanag	VRWC	15:46
1.	Carly Bertrand	VRWC	11:58
2.	Rebecca Campbell	VRWC	12:32
3.	Lauren Stadius	VRWC	13:23
4.	Shae Ohlsen	BALL	14:16

**Racewalking Victoria Under 10 1 km Roadwalking Championships**

1.	Ben Green	VRWC	6:39
1.	Rachel Guy	VRWC	5:59
2.	Georgia Bertrand	VRWC	6:05
3.	Amy Ventura	VRWC	6:21
4.	Hayley George	VRWC	7:51
5.	Lee Taylor	VRWC	8:12
	Kyla Green	VRWC	DNF

**Open 5 km Racewalk**

1.	Belinda Platt	BALL	35:40
2.	Joy Stephen-Jones	BALL	43:18
3.	Mary Lorensini	BALL	61:27

**VRWC RACES, ALBERT PARK, MAY 24 MAY 2008**

Canberra is not far away and 88 walkers took the opportunity to hone their racing skills at Albert Park last Saturday in perfect Melbourne weather. Daniel Payne led from the front and was rewarded with an excellent 49:49 for the 10 km. In the women's 10 km, Kylie Irshad, only weeks after saying she was going to restrict herself to the shorter races, took fastest time and a handicap win with her 55:46. Other 10 km wakers who caught my attention were Shaun Burgess, Aaron McDonough and Donna Elms.

<b>10km Open</b>		<b>Hcp Place</b>	
1.	Kylie Irshad	55:46	1
2.	Heather Carr	56:16	5
3.	Gayle McIntyre	58:37	4
4.	Tamara Attard	61:57	6
5.	Gwen Steed	62:19	3
6.	Donna Elms	67:48	2
7.	Margaret Beaumont	76:57	7
1.	Daniel Payne	49:49	no previous time
2.	Ralph Bennett	55:17	3
3.	Shaun Burgess	55:59	4
4.	Russ Dickenson	56:07	2
5.	Aaron McDonough	57:49	1
6.	Alan Lucas	59:41	5

As usual, lots of walkers contested the shorter events. Natalie Laurie (Open 5 km) and Amy Burren (U15 3 km) led from the front in the girls' sections while Nicholas Mirarchi (Open 5 km) was the fastest of the men. Amy was one of 15 walkers who contested the Under 15 events – that is a fantastic depth. While Amy and Matthew Felton took fastest times, Ashley Albert and Dylan Sloan were the handicap winners.

<b>5km Open</b>		<b>Hcp Place</b>	
1.	Natalie Laurie	26:14	4
2.	Hilary Brazel	28:02	3
3.	Talie Collins	28:59	1
4.	Liz Feldman	29:06	7
5.	Janet Holmes	29:17	2
6.	Kirstin Shaw	31:36	5
7.	Christine Griffiths	50:32	6
8.	Beth Alexander	Ab	
1.	Nicholas Mirarchi	24:54	2
2.	Mark Donahoo	26:31	8
3.	Robert Walsh	26:37	4
4.	Filip Cosic	26:54	1
5.	Robert Gardiner	29:32	5
6.	Jason Elms	30:22	3
7.	John Morrison	34:05	7
8.	Barrie Wicks	34:11	6
9.	Geoff Barrow	Disq	
10.	Ian Beaumont	Disq	

<b>3km Open</b>		<b>Hcp Place</b>	
1.	Lana Boddy	20:04	2
2.	Maryanne Harrison	20:16	1
3.	Adrianna Crea	20:22	3
4.	Tracey McGougan	20:23	
1.	Harold Boddy	19:19	1
2.	Damien Elms	19:43	2
	Gordon Onley	Disq	

<b>3km Under 15</b>		<b>Hcp Place</b>	
1.	Amy Burren	15:06	3
2.	Caitlin Campbell	16:13	e6
3.	Sarah Burren	16:30	2
4.	Ashley Albert	16:52	1
5.	Amy Callaway	16:58	e6
6.	Cindy Collins	19:14	no previous time
7.	Annemaree Gerlich	19:44	4
8.	Lauren Stadus	20:07	no previous time



9.	Chloe McNicol-Davidson	20:33	5
10.	Lauren Gelov	21:31	8
1.	Matthew Felton	16:10	4
2.	Dylan Sloan	17:20	1
3.	Lucas Taylor	17:46	2
4.	Aaron Gardner	17:50	3
5.	Cody McNicol-Davidson	20:58	no previous time

We also had lots of Under 12 and Under 9 walkers – 31 in fact – and it was a great race to watch. The U9's did one lap with Paige DeLisen and Ethan McShanag winning their respective divisions. The U12's did 2 laps and there was no one who could go with Bianca Attard. She just gets better every time she races and her 10:33 was very impressive. Billy Allamby the fastest of the boys with 10:51 so he was not too far behind and a short distance ahead of Stephanie George who was next in with 11:02 and won the girls' handicap. Kyle Swan moved up from U9 and his 11:19 won him the boys' handicap – a great walk.

**2km Under 12** **Hcp Place**

1.	Bianca Attard	10:33	6
2.	Stephanie George	11:02	1
3.	Jemima Montag	11:49	8
4.	Carly Bertrand	11:52	10
5.	Jade Sanders	12:05	3
6.	Rebecca Campbell	12:08	9
7.	Beth Barbour	12:13	2
8.	Emily Hamilton	12:31	5
9.	Amy Ventura	13:13	4
10.	Stacey McLaren	14:22	7
1.	Billy Allamby	10:51	2
2.	Kyle Swan	11:19	1
3.	Connor McShanag	11:52	3
4.	Michael Green	15:06	Invitation
5.	Ben Green	15:07	4
6.	Mitchell Green	18:18	5
7.	Reese Walmsley	Disq	
8.	Jack Allamby	DNF	

**1km Under 9** **Hcp Place**

1.	Paige De Lisen	5:48	e4
2.	Georgia Bertrand	6:16	e4
3.	Hayley George	6:33	1
4.	Alannah Gloury	6:35	7
5.	Kristina Collins	6:36	2
6.	Charlee Harrison	6:56	3
7.	Annalise Harrison	7:16	Invitation
8.	Emily McDonough	8:36	6
9.	Lee Taylor	9:10	8
1.	Ethan McShanag	8:00	1
2.	Harley McNicol-Davidson	9:58	no previous time

**VRWC RACES, ALBERT PARK, MAY 31 MAY 2008**

We had our biggest turnout of the year so far on Saturday with 93 walkers. The big number who zoomed through the first 1 km in well under 5 minutes was a sign of things to come and PBs were everywhere in this, the final club hitout before the Canberra Carnival next weekend. Daniel Payne led the way with a great 23:57 for the 5 km, followed by Paul Kennedy with 25:03. Gayle McIntyre with 27:41 and Kirstin Shaw with 29:56 produced big PBs while Erin Adamcewicz (27:39) looks to be getting fitter with a few races under her belt. David Armstrong had his best race for the season with his 27:39 and it was good to see John Morrison back walking and not far behind his training partner Geoff Barrow. Sisters Ayla and Talie Collins tested themselves out over the longer 10 km distance and both walked excellently, Talie doing a 1 min PB to win the handicap with her time of 61:16. Ross Reid did not finish but his alternate fluorescent club uniform always ensures he stands out from the crowd!

<b>10km Open</b>		<b>Hcp Place</b>	
1.	Heather Carr	55:26	2
2.	Yolanda Russell	57:43	5
3.	Ayla Collins	58:23	4
4.	Talie Collins	61:16	1
5.	Gwen Steed	61:35	3
6.	Alison Thompson	62:29	6
	Megan Szirom	Ab	
1.	Ralph Bennett	55:22	1
2.	Robin Wood	69:12	2
	Ross Reid	Ab	
	Terry O'Neill	Disq	

<b>5km Open</b>		<b>Hcp Place</b>	
1.	Erin Adamcewicz	27:39	3
2.	Gayle McIntyre	27:41	4
3.	Hilary Brazel	27:53	5
4.	Natalie Laurie	27:53	8
5.	Liz Feldman	28:39	6
6.	Janet Holmes	29:07	2
7.	Kirstin Shaw	29:56	1
8.	Sylvia Machin	33:00	
9.	Celia Johnson	33:53	7
1.	Daniel Payne	23:57	2
2.	Paul Kennedy	25:03	
3.	Mark Donahoo	26:15	10
4.	Filip Cosic	27:09	3
5.	David Armstrong	27:39	1
6.	Bernie Keirl	27:43	7
7.	Russ Dickenson	28:02	9
8.	Andrew Blood	28:08	
9.	Alan Lucas	28:13	8
10.	Murray Dickinson	28:56	4
11.	Lewis Clarke	29:28	12
12.	Geoff Barrow	33:23	11
13.	John Morrison	33:37	6
14.	Barrie Wicks	33:52	5

We had prizes on offer for everyone in the Under 15 3 km walk and that meant that the 3 km numbers (Open and Under 15) were very big and the race recorders were kept busy. Robert Walsh was the fastest with a big PB time of 15:05 and he was one of many of the younger walkers who did likewise. Caitlin Campbell also walked a great race with 15:44 while 12 year old Bianca Attard walked her first ever 3 km with a wonderful 16:28. In the Open 3 km, David Lenehan joined Deb and Rosaleen in his first walk with us and his time of 19:43 was pretty good.

<b>3km Open</b>		<b>Hcp Place</b>	
1.	Tamara Attard	16:28	7
2.	Emily Payne	16:39	2
3.	Donna Elms	18:24	e4
4.	Adrianna Crea	19:38	e4
5.	Lana Boddy	19:53	1
6.	Rosaleen Lenehan	20:30	3
7.	Maryanne Harrison	20:45	6
8.	Margaret Beaumont	22:23	9
9.	Christine Griffiths	29:48	8

Deb Lenehan Ab

1.	Jason Elms	17:27	2
2.	Harold Boddy	18:47	1
3.	David Lenehan	19:43	
4.	Lindsay Harrison	20:27	3
5.	Damien Elms	20:49	e4
6.	Gordon Onley	23:17	e4
	Ian Beaumont	Disq	

**3km Under 15**

**Hcp Place**

1.	Caitlin Campbell	15:44	5
2.	Bianca Attard	16:28	1
3.	Jessica Callaway	18:14	8
4.	Cindy Collins	18:33	4
5.	Carly Bertrand	18:36	3
6.	Jmara Hockley Samon	18:38	
7.	Annemaree Gerlich	18:45	2
8.	Lauren Stadius	19:32	7
9.	Lauren Gelov	20:16	6
10.	Annalise Harrison	23:23	
1.	Robert Walsh	15:05	e2
2.	Matthew Felton	15:43	5
3.	Ryan Antidormi	16:05	e2
4.	Dylan Sloan	17:14	1
5.	Jacob Wright	17:24	6
6.	Aaron Gardner	17:27	4

The Under 12 and Under 9 events were run separately and it turned out badly when the Under 9 walkers all turned early and did a short course. We will have to make sure that we have the bike leading the event when we do this in future. Shane Bertrand has volunteered to test out his bike riding skills! Anyway, the Under 9 distance was probably about 150m short and the times accordingly effected. Stephanie George is having a great season and did yet another PB to win overall and win the girls' handicap in the Under 12 2 km event. Lucas Taylor and Connor McShanag had a great battle in the boys event with Lucas getting up by 2 secs with his 11:10. Paige De Lisen was the best of the Under 9 walkers and it was a shame that the course was short as our youngest walkers really walked well.

**2km Under 12**

**Hcp Place**

1.	Stephanie George	10:48	1
2.	Rebecca Guy	11:21	6
3.	Emily Hamilton	12:01	3
4.	Beth Barbour	12:04	2
5.	Jade Sanders	12:06	e4
6.	Rebecca Campbell	12:11	e7
7.	Chloe McNicol-Davidson	12:48	e7
8.	Stacey McLaren	14:03	e4
1.	Lucas Taylor	11:10	1
2.	Connor McShanag	11:12	2
3.	Kyle Swan	11:27	3
	Jack Allamby	Ab	
	Reese Walmsley	Disq	
	Jack Hockley Samon	Disq	

**1 km (actually about 850m) Under 9**

**Hcp Place**

1.	Paige De Lisen	04:22	4
2.	Rachel Guy	04:32	6
3.	Georgia Bertrand	04:45	1
4.	Alannah Gloury	05:00	5
5.	Hayley George	05:08	3
6.	Charlee Harrison	05:30	2
7.	Gabriella Crea	05:52	8
8.	Kristina Collins	05:53	7
1.	Ben Green	04:59	
2.	Ethan McShanag	06:20	2
3.	Harley McNicol-Davidson	06:47	1

## VRWC RACES, ALBERT PARK, SATURDAY 14 JUNE 2008

If we thought it would be a quiet day at Albert Park the week after the Canberra Carnival, we were mistaken – 73 walkers took the opportunity to race and there were some great results.

In the Open 8 km event, Daniel Payne surged through the 5 km mark in a PB 23:30 and continued on to a huge PB time of 37:58. The way he is going, he looks ready for a great 10 km and is now well and truly amongst the strong group of Junior male walkers who are pushing times down across Australia. Under 16 walker Robert Walsh walked his first 8 km event and his 44:18 was a great first up. Clyde Riddoch had his first race after being hospitalised with pneumonia and did pretty well considering his recent health setback. Natalie Laurie was dominant in the women's event and her time of 40:49 was another big PB and signals that she will be pushing the other top junior girls at the Nationals later this year. Kylie Irshad was next in with 41:58, her best time in a number of years. Hilary Brazel walked her first 8 km and finished strongly with a promising 46:06.

Open 8 km		Handicaps
1.	Laurie, Natalie	40:49 2
2.	Irshad, Kylie	41:58 1
3.	Carr, Heather	44:18 6
4.	Brazel, Hilary	46:06
5.	Thompson, Alison	46:55 E4
6.	Holmes, Janet	47:17 E4
7.	Steed, Gwen	47:55 3
8.	Machin, Sylvia	52:53 7
1.	Payne, Daniel	37:58 1
2.	Kollmorgen, Stuart	39:40 5
3.	Mirarchi, Nicholas	43:05 7
4.	Bennett, Ralph	43:55 6
5.	Walsh, Robert	44:18
6.	O'Neill, Terry	45:07 2
7.	Riddoch, Clyde	45:39 3
8.	McDonough, Aaron	45:48 4
9.	Gardiner, Bob	52:24 9
10.	Wood, Robin	54:23 8

Bernie Keirl (21:25) and Gayle McIntyre (22:22) lead the way in the Open 4 km events while handicap honours went to first year walker Kirstin Shaw (23:01) and septuagenarian Ian Beaumont (30:37). Anna Wallace had her first walk with the club (28:12) and enjoyed it so much she promised to be back again!

Open 4 km		Handicaps
1.	McIntyre, Gayle	22:22 9
2.	Payne, Emily	22:43 4
3.	Feldman, Liz	22:47 8
4.	Shaw, Kirstin	23:01 1
5.	Elms, Donna	24:45 2
6.	Johnson, Celia	26:47 10
7.	Crea, Adrianna	26:54 5
8.	Boddy, Lana	27:31 6
9.	Harrison, Maryanne	27:43 3
10.	Wallace, Anna	28:12
11.	Beaumont, Margaret	29:44 7
12.	Hercules, Harlene	30:39 12
13.	Griffiths, Christine	40:45 11
	Harrison, Annalise	DNF
1.	Keirl, Bernie	21:25 3
2.	Dickenson, Russ	22:14 9
3.	Elms, Jason	24:44 8
4.	Barrow, Geoff	24:54 6
5.	Boddy, Harold	25:14 2
6.	Damien Elms	26:43 4
7.	Wicks, Barrie	27:14 7
8.	Harrison, Lindsay	27:36 5
9.	Morrison, John	28:01 10
10.	Beaumont, Ian	30:37 1
	Onley, Gordon	DQ

The Under 15 events saw battles between Caitlin Campbell and Stephanie George (up from U12) in the girls and between Lewis

Clark and Matthew Felton in the boys. Stephanie and Lucas Taylor, another U12 walker, took the handicap honours – it's good to see our younger walkers upping the distances now and then.

<b>Under 15 4 km</b>		<b>Handicaps</b>	
1.	Campbell, Caitlin	22:06	6
2.	George, Stephanie	22:31	1
3.	Hockley Samon, Jmara	25:06	3
4.	Gerlich, Annemaree	25:37	2
5.	Bertrand, Carly	25:58	E4
6.	Stadus, Lauren	27:05	7
7.	Gelov, Lauren	28:03	E4
1.	Clark, Lewis	21:11	4
2.	Felton, Matthew	21:18	3
3.	Gardner, Aaron	23:10	2
4.	Taylor, Lucas	23:11	1

The U12's and U9's had a spirited sprint over 1 km, sharing the main track with the older walkers for a change – and the times were hot!

On the U12 front, Reese Walmsley (5:02) and Connor McShanag (5:03) were hard to separate in the boys race while Emily Hamilton (5:35) and Beth Barbour (5:36) were just as close in the girls race. While Connor won the boy's handicap, Stacey McLaren was the girl's handicap winner with her time of 6:20.

On the U9 front, Kyle Swan (a very fast 5:13) and Paige DeLisen (5:41) were the quickest while Ethan McShanag (6:38) and Lee Taylor (7:34) took handicap honours. We also welcomed first timer Sam Candotti.

<b>Under 12 1 km</b>		<b>Handicaps</b>	
1.	Walmsley, Reese	05:02	3
2.	McShanag, Connor	05:03	1
3.	Hockley Samon, Jack	06:06	2
4.	McNicol-Davidson, Cody	06:07	4
1.	Hamilton, Emily	05:35	3
2.	Barbour, Beth	05:36	2
3.	Campbell, Rebecca	05:42	5
4.	Ventura, Amy	06:03	4
5.	McLaren, Stacey	06:20	1
<b>Under 9 1 km</b>		<b>Handicaps</b>	
1.	Swan, Kyle	05:13	3
2.	McShanag, Ethan	06:38	1
3.	Candotti, Sam	06:43	
4.	Hockley Samon, Harry	06:45	2
1.	DeLisen, Paige	05:41	5
2.	Bertrand, Georgia	05:48	2
1.	George, Hayley	06:26	4
2.	Gloury, Alannah	06:34	7
3.	Crea, Gabriella	06:43	6
4.	Harrison, Charlee	06:45	7
5.	Taylor, Lee	07:34	1

## VRWC RACES, ALBERT PARK, SATURDAY 21 JUNE 2008

Last Saturday saw another bumper crowd of walkers descend on Albert Park and race in perfect Melbourne winter weather – but it was a different sort of racing day. Our annual 'Guess Your Time' races saw walkers predict their finish time and then race without watches or lap times being called. The winners are those who get closest to their estimated times – and some were spot on. We had prizes for the winners in each division with a large number of walkers staying on to see who were the lucky walkers.

Only a small group chose the 10 km distance and, as discussed on the previous page, Daniel Payne was the outstanding walker over that distance and Nicholas Mirarchi also showed that he is getting fitter again with his 51:57. Most walkers chose the 5 km distance and Kylie Irshad produced her best walk for some years with her 25:54. Super vet Heather Carr was also there for with 26:51. It was also good to see new walkers David and Deb Lenehan successfully test themselves over the 5 km distance. But of course the winners were those closest to their predicted times and you can see the results below.

<b>10 km Open</b>	<b>Time</b>	<b>Difference</b>
1. Gwen Steed	60:49	0:26
2. Alison Thompson	60:24	1:14
Janet Holmes	Disq	
1. Bob Gardiner	63:18	0:42
2. Daniel Payne	47:38	1:22
3. Nicholas Mirarchi	51:57	1:33
4. Ross Reid	53:57	
<b>5 km Open</b>	<b>Time</b>	<b>Difference</b>
1. Celia Johnson	33:49	0:09
2. Christine Griffiths	49:47	0:13
3. Heather Carr	26:51	0:16
4. Donna Elms	30:37	0:16
5. Gayle McIntyre	27:49	0:19
6. Margaret Beaumont	36:55	0:20
7. Kylie Irshad	25:54	0:24
8. Kirstan Shaw	28:55	0:35
9. Lana Boddy	34:03	0:57
10. Deb Lenehan	45:38	4:37
Harlene Hercules	Disq	
1. Barrie Wicks	33:53	0:07
2. Ralph Bennett	26:37	0:07
3. Alan Lucas	28:17	0:07
4. Clyde Riddoch	27:02	0:08
5. Mark Donahoo	28:50	0:20
6. Jason Elms	29:50	0:35
7. Harold Boddy	32:46	0:51
8. Lewis Clark	27:50	1:20
9. David Lenehan	30:47	
Ian Beaumont	Disq	
Geoff Barrow	Disq	
Filip Cosic	DNF	



**Deb and David Lenehan, Gwen Steed, Kirstin Shaw, Heather Carr and Ralph Bennett**

The walkers in the 3 km races were spot on with a number within seconds of their predicted times, but none closer than Adrianna Crea who was only 1 second out. Unfortunately I could not get the camera going until after the 3 km event had finished (thanks to Robert Walsh who was put to work once his event finished) so we have no photos of any 3km walkers this week.

<b>3 km Open</b>		<b>Time</b>	<b>Difference</b>
1.	Adrianna Crea	19:19	0:01
2.	Anna Wallace	20:44	0:22
3.	Maryanne Harrison	20:42	0:22
4.	Emily Payne	17:05	0:35
	Rosaleen Lenehan	Ab	
1.	Lindsay Harrison	20:10	0:10
2.	Damien Elms	19:09	0:11
	Gordon Onley	Disq	

<b>3 km Under 15</b>		<b>Time</b>	<b>Difference</b>
1.	Lauren Stadius	19:13	0:02
2.	Jmara Hockley Samon	18:22	0:03
3.	Jemima Montag	18:30	0:05
4.	Hilary Brazel	15:53	0:07
5.	Rebecca Campbell	18:48	0:14
6.	Lauren Gelov	21:34	0:19
7.	Annemaree Gerleich	18:19	0:32
8.	Caitlin Campbell	16:23	0:43
1.	Robert Walsh	15:22	0:02
2.	Matthew Felton	15:40	0:05
3.	Connor McShanag	18:12	0:10
4.	Aaron Gardner	16:57	0:11

Our youngest walkers used the open course this week and were in good form. I rode the bike in front so had a chance to view the competitors up close and I did feel that a small number of walkers were just trying to hard and are perhaps walking faster than their styles safely allow. Remember that the idea is not just to get to the finish line as fast as possible – it is to get there as fast as possible and yet walk within the rules. Bad habits, if not fixed at a young age, are likely to disadvantage walkers as they progress up the ranks. So make sure you look at the Chief Judge's summary sheet to see if you had any cautions or reports and make sure that you review Ray Smith's weekly videos and have a good look at your own style. Lastly, feel free to talk to our club coach Mark Donahoo who is willing to help everyone improve his/her walking.

Anyway, enough of that. There were some great walks and some great guesstimates, especially in the Under 12 Girls division where the first 4 walkers were all within 7 seconds of their predicted times. Sorry – no photos of the U9's this week.

<b>2 km Under 12</b>		<b>Time</b>	<b>Difference</b>
1.	Carly Bertrand	11:20	0:01
2.	Beth Barbour	11:58	0:05
3.	Bianca Attard	10:24	0:05
4.	Georgia Bertrand	13:20	0:07
5.	Stacey McLaren	13:12	0:15
6.	Emily Hamilton	11:53	0:19
7.	Amy Ventura	12:48	0:52
1.	Reese Walmsley	11:00	0:02
2.	Jack Hockley Samon	Disq	

<b>1 km Under 9</b>		<b>Time</b>	<b>Difference</b>
1.	Paige De Lisen	05:39	0:01
2.	Charlee Harrison	06:48	0:12
3.	Alannah Gloury	06:52	0:43
4.	Gabriella Crea	06:43	
1.	Ethan McShanag	05:59	0:35
2.	Sam Candotti	06:04	0:36
3.	Noah Candotti	09:28	
	Kyle Swan	Disq	

**VRWC, VMA AND AV CHAMPIONSHIPS, ALBERT PARK, SUNDAY 29 JUNE 2008**

It was a big day of racing at Albert Park on Sunday with around 100 walkers contesting a wide variety of events. For our younger walkers, it was the Victorian Schools Roadwalking Championships and we had our biggest field for many years – 59 entries in all. Although conditions were cold and very windy, top performance were still the order of the day and lots of the younger walkers managed good PBs.

We saw two great contests – Rachel Tallent and Amy Burren in the Under 16 Girls 3 km and Ryan Antidormi and Jeremiah Jones in the Under 14 Boys 3 km – and were very excited to see our 2008 World Cup reps Rhydian Cowley and Regan Lamble leading from the front in the Under 18 Boys and Girls 5 km walks.

Congratulations to all our contestants and well done to our medallists.



**Tamara Attard, Nicholas Mirarchi, Rhydian Cowley, Regan Lamble, Rachel Tallent, Amy Burren and Brad Simpson**



**Ebony Whiley, Ryan Antidormi, Jeremiah Jones, Natalie Laurie, Hilary Brazel and Caitlin Campbell**

**U/20 Boys 10 km Schools Road Walk Championship**

- |    |                    |                               |       |
|----|--------------------|-------------------------------|-------|
| 1. | MIRARCHI, NICHOLAS | ST JOSEPH'S COLLEGE GEELONG   | 51:20 |
| 2. | ELMS, JASON        | LALOR NORTH SECONDARY COLLEGE | 65:03 |

**U/20 Girls 10 km Schools Road Walk Championship**

- |    |                    |                           |       |
|----|--------------------|---------------------------|-------|
| 1. | ATTARD, TAMARA     | AQUINAS                   | 57:36 |
| 2. | COLLINS, TALIE     | ST JOHNS REGIONAL COLLEGE | 63:01 |
|    | PALFREYMAN, JESSIE | BENDIGO SENIOR SECONDARY  | DNS   |

**U/18 Boys 5 km Schools Road Walk Championship**

- |    |                 |                       |       |
|----|-----------------|-----------------------|-------|
| 1. | COWLEY, RHYDIAN | MELBOURNE HIGH SCHOOL | 24:02 |
| 2. | PLATT, JOSHUA   | MOUNT CLEAR COLLEGE   | 27:04 |



3.	COSIC, FILIP	MELBOURNE HIGH SCHOOL	28:21
	ELMS, DAMIEN	LALOR NORTH SECONDARY COLLEGE	DNS

#### U/18 Girls 5 km Schools Road Walk Championship

1.	LAMBLE, REGAN	STRATHCONA GIRLS GRAMMAR	24:15
2.	LAURIE, NATALIE	KINGSWOOD COLLEGE	25:21
3.	ALEXANDER, BETH	BRENTWOOD SECONDARY COLLEGE	26:28
4.	COLLINS, AYL A	ST JOHNS REGIONAL COLLEGE	28:23
5.	SHAW, KIRSTIN	WESTBOURNE GRAMMAR	28:30
6.	MASKELL, KATRINA	SHEPPARTON HIGH SCHOOL	29:56
7.	TREW, KEELY	EAGLEHAWK SECONDARY COLLEGE	30:47
8.	GAGE, MYKAELA	SACRED HEART COLLEGE GEELONG	33:35
9.	BODDY, LANA	CORIO BAY SENIOR COLLEGE	34:25
10.	CREA, ADRIANNA	ACADEMY OF MARY IMMACULATE	35:55
	CAMPBELL, CAITLIN	COPPERFIELD SECONDARY COLLEGE	DNS

#### U/16 Boys 3 km Schools Road Walk Championship

1.	SIMPSON, BRAD	YARRA VALLEY GRAMMAR	14:52
2.	CLARK, LEWIS	GROVEDALE COLLEGE	15:10
3.	WALSH, ROBERT	MT WAVERLEY SECONDARY COLLEGE	15:50
4.	CURTIS, PETER	BENDIGO SOUTH EAST	16:57
5.	WRIGHT, JACOB	EMMAUS COLLEGE	18:03
	FELTON, MATTHEW	AQUINAS	DQ

#### U/16 Girls 3 km Schools Road Walk Championship

1.	TALLEN T, RACHEL	BALLARAT HIGH SCHOOL	14:35
2.	BURREN, AMY	KILLESTER COLLEGE	14:43
3.	BRAZEL, HILARY	EMMAUS COLLEGE	15:41
4.	CAMPBELL, CAITLIN	COPPERFIELD SECONDARY COLLEGE	15:51
5.	TALLEN T, EBONY	BALLARAT HIGH SCHOOL	16:17
6.	PAYNE, EMILY	KARDINIA INTERNATIONAL COLLEGE	16:21
7.	CALLAWAY, AMY	MATER CHRISTIE COLLEGE	17:14
8.	JONES, EBONY-JADE	CREEK ST CHRISTIAN COLLEGE	20:01
9.	DELANEY, EMMA	SACRED HEART COLLEGE GEELONG	20:57
	DUVAL, SAMANTHA	MOOROOLBARK COLLEGE	DNS

#### U/14 Boys 3 km Schools Road Walk Championship

1.	ANTIDORMI, RYAN	EMMAUS COLLEGE	15:54
2.	JONES, JEREMIAH	ST THERESE'S	15:55
3.	HEIDEN, DANE	ST JOSEPH'S PRIMARY SCHOOL	16:06
4.	GARDNER, AARON	MARIBYRNONG COLLEGE	16:51
5.	TAYLOR, LUCAS	MT EVELYN PRIMARY SCHOOL	16:53
6.	MCSHANAG, CONNOR	ST CHRISTOPHERS SCHOOL	17:26
7.	MASKELL, BENJAMIN	BOUCHIER ST PRIMARY SCHOOL	17:41
	ALLAMBY, BILLY	KAROO PRIMARY SCHOOL	DNS

#### U/14 Girls 3 km Schools Road Walk Championship

1.	WHILEY, EBONY	CATHOLIC COLLEGE BENDIGO	15:50
2.	BURREN, SARAH	ST MARKS PRIMARY SCHOOL	16:04
3.	GEORGE, STEPHANIE	KILSYTH PRIMARY SCHOOL	16:16
4.	CALLAWAY, JESSICA	MATER CHRISTIE COLLEGE	16:27
5.	HEARD, AMANDA	GOULBURN VALLEY GRAMMAR SCHOOL	16:32
6.	ALBERT, ASHLEY	KILLESTER COLLEGE	16:37
7.	HOCKLEY-SAMON, JMARA	CLONARD COLLEGE	16:55
8.	ATTARD, BIANCA	AQUINAS	17:11
9.	WILSON, JESSEY	ST JOSEPH'S PRIMARY SCHOOL	17:48
10.	BERTRAND, CARLY	KILLARA PRIMARY SCHOOL	17:56
11.	CAMPBELL, REBECCA	SYDENHAM HILLSIDE PRIMARY SCHOOL	18:22
12.	BARBOUR, BETH	BELL PRIMARY SCHOOL	18:27
13.	GELOV, LAUREN	NIDDRIE SECONDARY COLLEGE	20:26
14.	MCLAREN, STACEY	TULLAMARINE PRIMARY SCHOOL	21:32
	GUY, REBECCA	BERWICK PRIMARY SCHOOL	DNS

Our older walkers contested a series of different 20 km events – the Victorian Open championships, the Victorian Masters championships and our own VRWC men's championship for the Alf Robinson Trophy. Tom Barnes (1:29:07) and Megan Szirom (1:38:10) led from the front in the windy conditions, recording excellent times. Other top performances included Ralph Bennett (M65 – 1:56:43) and Heather Carr (W55 – 1:55:50). We also welcomed Brendan Hyde from NSW who completed the M60 20 km walk.

#### Open Men Victorian 20 km Championship

1.	BARNES, TOM	MJU	1:29:27
2.	KOLLMORGEN, STUART	COL	1:46:55
3.	DONAHOO, MARK	ATE	1:56:09
	JAMIESON, ANDREW	OSC	DNS

#### Open Women Victorian 20 km Championship

1.	SZIROM, MEGAN	FKN	1:38:10
2.	CARR, HEATHER	EAG	1:55:50
3.	ROSEMAN, JUSTIJANA	ATE	1:58:59
4.	ELMS, DONNA	PTN	2:24:17
	ADAMCEWICZ, ERIN	ATE	DNS

#### VMA 20 km Championship for Men

1	MCDONOUGH, AARON	M35	2:05:26
1	REID, ROSS	M50	1:55:10
2	DONAHOO, MARK	M50	1:56:10
	PROWSE, FRANK	M55	DQ
1	LUCAS, ALAN	M60	2:04:35
2	HYDE, BRENDAN	M60	2:44:56
1	BENNETT, RALPH	M65	1:56:43

#### VMA 20 km Championship for Women

1	ROSEMAN, JUSTIJANA	W30	1:58:59
	IRSHAD, KYLIE	W35	DNF
1	MCINTYRE, GAYLE	W40	1:58:24
1	ELMS, DONNA	W45	2:24:17
1	BRYANT, BARBARA	W50	1:56:20
1	CARR, HEATHER	W55	1:55:50
2	THOMPSON, ALISON	W55	2:04:02
3	FELDMAN, LIZ	W55	2:09:39

#### VRWC Open 20k Championship - Alf Robinson Trophy

1.	BARNES, TOM	1:29:27
2.	KOLLMORGEN, STUART	1:46:55
3.	REID, ROSS	1:55:10
4.	DONAHOO, MARK	1:56:09
5.	BENNETT, RALPH	1:56:43
6.	O'NEILL, TERRY	1:57:30
7.	LUCAS, ALAN	2:04:35
8.	MCDONOUGH, AARON	2:05:26
	BURGESS, SHAUN	DNF

Our youngest walkers contested 1.5 km club championships and managed to stay upright in the big winds. Bendigo visitor Jeremiah Jones won the Under 12 Boys championship to go with his second place in the Under 14 Boys Schools medal – a top performance. Connor McShanag who was second, had also contested the Under 14 event. Other winners were Rebecca Guy, Kyle Swan and Paige DeLisen. The Under 9 Girls event was very closely contested with only a few seconds separating the first 3 – Page, Georgia Bertrand and Rachel Guy.

#### VRWC Under 12 1.5 km Championship

1.	JONES, JEREMIAH	BGO	8:44
2.	MCSHANAG, CONNOR	VRWC	9:28
1.	GUY, REBECCA	VRWC	8:15
2.	COLLINS, CINDY	VRWC	8:44
3.	VENTURA, AMY	VRWC	9:23
4.	MCLAREN, STACEY	VRWC	10:26
5.	HARRISON, ANNALISE	VRWC	11:49

#### VRWC Under 9 1.5 km Championship

1.	SWAN, KYLE	VRWC	10:07
1.	DE LISEN, PAIGE	VRWC	8:47
2.	BERTRAND, GEORGIA	VRWC	8:50
3.	GUY, RACHEL	VRWC	8:51
4.	GEORGE, HAYLEY	VRWC	10:03
5.	COLLINS, KRISTINA	VRWC	10:51
6.	HARRISON, CHARLEE	VRWC	10:52
7.	TAYLOR, LEE	VRWC	10:57

Finally, we had our usual club races on for anyone else who wanted a hitout.

**VRWC Open 20 km**  
JOHNSON, CELIA DQ

**VRWC Open 5 km**

1.	DICKENSON, RUSS	29:03
2.	TINDAL, PAM	29:04
3.	STEED, GWEN	29:17
4.	HOLMES, JANET	30:12
5.	PLATT, BELINDA	32:46
6.	WICKS, BARRIE	33:54
7.	STADUS, LAUREN	34:20
8.	GRIFFITHS, CHRISTINE	48:58
	HERCULES, HARLENE	DQ

## VRWC EVENTS, ALBERT PARK, SATURDAY 5 JULY 2008

Another cold Saturday but it did not deter our walkers. Daniel Payne led from the front and recorded yet another PB, this time with 37:41 for the 8 km distance. Stuart Kollmorgen also broke the 40 minute barrier with his time of 39:24. Kylie Irshad continues to improve and her time of 42:43 was her best for some years. Who said you can't come back after giving birth to twins – we just never said it would be easy!



**Daniel Payne, Stuart Kollmorgen, Kylie Irshad, Gwen Steed, Janet Holmes and Clyde Riddoch**

### Open 8 km Walk

1. Payne, Daniel	37:41
2. Kollmorgen, Stuart	39:24
3. Riddoch, Clyde	44:09
4. Bennett, Ralph	44:41
5. Lucas, Alan	45:58
6. O'Neill, Terry	46:43
7. Dickenson, Russ	47:11
8. Gardiner, Bob	48:30
9. Elms, Jason	51:22
10. Lenehan, David	51:34
Barrow, Geoff	DQ

### Handicap

1. Irshad, Kylie	42:43	1
2. Tindal, Pam	46:06	5
3. Thompson, Alison	46:59	2
4. Holmes, Janet	48:01	3
5. Steed, Gwen	48:47	4
6. Johnson, Celia	55:20	6
7. Lenehan, Deb	73:45	-

The big improver in the 4 km event was Kirsten Shaw who just gets faster every week. This shorter distance event sees our older walkers walking alongside our younger Under 15 walkers and I think everyone benefits from the competition. Shaun Burgess and Natalie Laurie, both juniors, were our fastest walkers.

### Open 4 km Walk

1. Burgess, Shaun	21:37
2. Elms, Damien	26:49
3. Wicks, Barrie	26:49
4. Harrison, Lindsay	27:07
Beamont, Ian	DQ
Onley, Gordon	DQ

### Handicap

1. Laurie, Natalie	21:01	6
2. Shaw, Kirsten	21:55	2
3. McIntyre, Gayle	22:02	7
4. Payne, Emily	23:37	9
5. Elms, Donna	24:42	5
6. Wallace, Anna	27:34	3
7. Harrison, Maryanne	28:21	8

8.	Lenehan, Rosaleen	29:05	10
9.	Beaumont, Margaret	29:12	4
10.	Griffiths, Christine	37:44	1
	Mews, Pam	DQ	

<b>Under 15 4 km Walk</b>			<b>Handicap</b>
1.	Felton, Matthew	22:07	2
2.	Antidormi, Ryan	22:35	1
3.	Clark, Lewis	23:12	3
1.	Stadus, Lauren	27:25	2
2.	Gelov, Lauren	28:20	1

Our youngest walkers upped their distances this week and handled it well. Sisters Rebecca and Rachael Guy won the girls' events while Reese Walmsley and Kyle Swan were the fastest of the boys.



Rebecca Guy, Reese Walmsley, Sophie Antidormi, Sam and Noah Candotti

<b>Under 12 2.5 km Walk</b>			<b>Handicap</b>
1.	Walmsley, Reese	14:04	2
2.	McShanag, Connor	14:55	3
3.	McNicol_Davidson, Cory	16:16	1
1.	Guy, Rebecca	14:40	3
2.	Antidormi, Sophie	17:03	4
3.	McLaren, Stacey	17:52	1
4.	Harrison, Annalise	19:26	2
<b>Under 9 1.5 km Walk</b>			<b>Handicap</b>
1.	Swan, Kyle	09:05	3
2.	Candotti, Sam	10:04	2
3.	McShanag, Ethan	10:23	1
4.	Candotti, Noah	14:42	-
1.	Guy, Rachael	08:59	2
2.	Gloury, Alannah	10:31	3
3.	Harrison, Charlee	10:38	1

## RACEWALKING AUSTRALIA STATE CHALLENGE, ALBERT PARK, SATURDAY 12 JULY 2008

VRWC participated in the Racewalking Australia State Challenge last Saturday. The idea is a simple one – each racewalking club races the same fixture on the same weekend (give or take a week or so) and then forwards their club results to Mark Donahoo for processing. The top finisher in each event is ranked against the top finisher from each of the other walking clubs and points are allocated accordingly. Finally, some fancy weighting procedures are used to give the smaller clubs more of a chance and a winning club is announced.

It will take a couple of weeks for all results to come in and for Mark to work out the results so stay tuned. But with at least one finisher in every category, we are competitively placed.

We chose this day to participate in the International Brain Tumour Alliance 2008 aim to 'Walk Three Times Around the World' and donated all the kilometres walked to this worthy cause. Our walkers walked 397.5 km and a small group of non-race-walkers walked 40 km – a total of **437.5 km**. We donated all monies raised on the day (via race fees, donations and canteen takings) to the Royal Melbourne Hospital Neuroscience Foundation. Dr Kate Drummond from the Royal Melbourne Hospital welcomed the walkers at the start line and thanked them for their contribution to the Neuroscience Foundation. I am pleased to announce that we are forwarding a cheque for **\$750** to Kate.

And now onto the day's racing. It was yet another windy day so conditions were tough for the walkers but we still saw quite a number of PBs. Of the 71 walkers, 24 walkers chose the 10 km distance and we saw some fantastic efforts, led by Daniel Payne (yet another PB for the talented 18 year old – 47:14), Andrew Jamieson (47:25 as an M60 walker!) and Heather Carr (54:28 as a W55 walker).

### 10km Open State Challenge

1.	Kylie Irshad	54:12
2.	Justijana Roseman	54:19
3.	Sylvia Machin	66:58
1.	Mark Donahoo	52:35
2.	Aaron McDonough	56:07

### 10km Masters State Challenge

1.	Heather Carr	54:28
2.	Gayle McIntyre	56:07
3.	Alison Thompson	57:30
4.	Pam Tindal	59:01
5.	Janet Holmes	59:52
6.	Gwen Steed	61:06
7.	Donna Elms	65:48
8.	Margaret Beaumont	74:37
	Celia Johnson	Disq
1.	Andrew Jamieson	47:25
2.	Ralph Bennett	53:42
3.	Bernie Keirl	56:00
4.	Russ Dickenson	59:01
5.	Bob Gardiner	59:53
6.	Ian Beaumont	78:17

### 10km Under 20 State Challenge

1.	Natalie Laurie	54:09
2.	Tamara Attard	58:57
1.	Daniel Payne	47:14
2.	Jason Elms	63:46

Our younger walkers had to race over 8 km, 5 km, 3 km, 2 km and 1.5 km. For some of our Under 18 walkers, it was the first time they had contested a long distance like 8 km but, to their credit, all finished. The best performer was Regan Lamble whose time of 39:37 was terrific. I am sure that if it had been a 10 km distance, she would have been well under the 50 min mark again, as she was in the recent World Cup event in Russia. In the Under 16 event, Beth Alexander and Brad Simpson had a great battle with Robert Walsh not far behind – all three did excellent times well under 26 mins. In the Under 14 Girls event, Stephanie George and Bianca Attard came up from the Under 12 (age on the day meant they had to go up an age group) and were both in the low 16's. In the Under 14 Boys event, Matthew Felton and Ryan Antidormi also had a good battle and also produced top times. In fact, we had PBs all over the place in the Under 14 events.

### 8km Under 18 State Challenge

1.	Regan Lamble	39:37
2.	Kirsten Shaw	45:15
3.	Caitlin Campbell	45:53

1.	Filip Cosic	45:47
	Damien Elms	Disq

#### **5km Under 16 State Challenge**

1.	Beth Alexander	25:24
2.	Hilary Brazel	27:38
3.	Emily Payne	29:07
4.	Amy Callaway	30:00

1.	Bradley Simpson	25:26
2.	Robert Walsh	25:38

#### **3km Under 14 State Challenge**

1.	Stephanie George	16:09
2.	Bianca Attard	16:26
3.	Rebecca Guy	16:52
4.	Jessica Callaway	17:27
5.	Lauren Stadius	19:39
6.	Annemaree Gerleich	19:39
7.	Lauren Gelov	20:13
	Adrianna Crea	DNF

1.	Matthew Felton	15:59
2.	Ryan Antidormi	16:07
3.	Lucas Taylor	17:06
4.	Connor McShanag	18:26

Our Under 12 and Under 10 walkers were also able to earn valuable points towards the State Challenge with their walks, especially Cody McNicol-Davidson who was our only Under 12 boy. Feeling pretty crook after having done Cross Country that morning, he saw it out and finished – well done Cody! Other winners were Jemima Montag, Paige DeLisen and Reese Walmsley but all did their bit.

#### **2km Under 12 State Challenge**

1.	Jemima Montag	11:33
2.	Carly Bertrand	11:42
3.	Rebecca Campbell	12:23
4.	Emily Hamilton	12:29
5.	Sophia Antidormi	12:59
6.	Amy Ventura	13:04
7.	Stacey McLaren	13:56
8.	Annaliese Harrison	15:45

1.	Cody McNicol-Davidson	13:27
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#### **1.5km Under 10 State Challenge**

1.	Paige De Lisen	08:27
2.	Georgia Bertrand	09:12
3.	Rachael Guy	09:13
4.	Hayley George	09:51
5.	Charlee Harrison	10:57
6.	Lee Taylor	12:44

1.	Reese Walmsley	08:13
2.	Kyle Swan	08:39
3.	Sam Candotti	09:59

And finally, we had our usual mix of walkers who just wanted a hitout over a shorter distance – so we accommodated with 5 km and 3 km club races.

#### **5km Open**

1.	Christine Griffiths	50:58
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#### **3km Open**

1.	Maryanne Harrison	20:41
2.	Pam Mews	28:07

1.	Barrie Wicks	19:59
2.	Lindsay Harrison	20:16
	Gordon Onley	Disq

**VRWC RACES, ALBERT PARK, SATURDAY 19 JULY 2008**

Once again, walkers had to contend with blustery cold winds but, like previous weeks, times were still good. We ran 'yacht handicaps' this week with the slower walkers starting first and the faster walkers giving them a head start. Mark Donahoo's handicapping was spot on as, in most events, the fields came together in the final stages and we saw some exciting finishes.

The 8 km races saw Gayle McIntyre and Clyde Riddoch cross the finishing line first, thus winning their respective handicap events. Gayle was also the fastest of the women with her time of 44:27 while Stuart Kollmorgan was the fastest male walker with a big PB time of 38:32. Stuart is indeed having a good winter season.

<b>8km Open Yacht Handicap</b>		<b>Start time</b>	<b>Finish</b>	<b>Actual time</b>	<b>Act place</b>
1.	McIntyre, Gayle	07:53	52:20	44:27	1
2.	Thompson, Alison	06:24	52:35	46:11	3
3.	Steed, Gwen	05:31	53:52	48:21	5
4.	Holmes, Janet	06:06	54:14	48:08	4
5.	Russell, Yolanda	09:01	54:25	45:24	2
1.	Riddoch, Clyde	08:25	51:59	43:34	4
2.	Mirarchi, Nicholas	11:43	52:52	41:09	3
3.	Donahoo, Mark	12:40	53:01	40:21	2
4.	Kollmorgan, Stuart	14:49	53:21	38:32	1
5.	Gardiner, Robert	04:32	53:46	49:14	6
6.	Bennett, Ralph	10:44	54:22	43:38	5
7.	Wicks, Barrie	00:00	55:57	55:57	7
8.	Walsh, Robert	09:55	DNF		

In the 4 km events, Kirsten Shaw and Harold Boddy won but not by much. Kirsten came from well back to overtake Lana Boddy in the final 200m while Harold Boddy just stayed ahead of a fast finishing Filip Cosic. There were certainly some good times here – special mentions to Natalie Laurie (20:09) and Heather Carr (21:01). This sort of event always brings out the best in the walkers.

<b>4km Open Yacht Handicap</b>		<b>Start time</b>	<b>Finish</b>	<b>Actual time</b>	<b>Act place</b>
1.	Shaw, Kirsten	15:21	37:21	22:00	4
2.	Boddy, Lana	11:09	37:34	26:25	6
3.	Laurie, Natalie	17:30	37:39	20:09	1
4.	Beaumont, Margaret	08:52	38:04	29:12	9
5.	Harrison, Maryanne	10:24	38:21	27:57	7
6.	Carr, Heather	17:24	38:25	21:01	3
7.	Elms, Donna	13:32	38:30	24:58	5
8.	Irshad, Kylie	18:03	38:57	20:54	2
9.	Mews, Pam	00:00	39:17	39:17	10
10.	Crea, Adrianna	11:28	39:44	28:16	8
1.	Boddy, Harold	12:34	37:59	25:25	6
2.	Cosic, Filip	16:54	38:07	21:13	1
3.	Keirl, Bernie	16:50	38:09	21:19	2
4.	Elms, Jason	14:29	38:29	24:00	4
5.	Harrison, Lindsay	11:00	38:36	27:36	8
6.	Elms, Damien	11:50	38:50	27:00	7
7.	Dickenson, Russ	16:52	39:11	22:19	3
8.	Wood, Robin	11:40	39:58	28:18	9
9.	Lucas, Alan	16:32	41:03	24:31	5
10.	Barrow, Geoff	13:43	43:38	29:55	10
	Beaumont, Ian	05:34	Disq		
	Onley, Gordon	08:29	Disq		

<b>4km Under 15 Yacht Handicap</b>		<b>Start time</b>	<b>Finish</b>	<b>Actual time</b>	<b>Act place</b>
1.	Gelov, Lauren	00:00	27:11	27:11	4
2.	Brazel, Hilary	06:01	27:43	21:42	1
3.	Gerlich, Annemaree	02:15	28:15	26:00	3
4.	Campbell, Caitlin	06:10	29:15	23:05	2
1.	Antidormi, Ryan	05:54	27:23	21:29	1
2.	Felton, Matthew	06:39	28:32	21:53	2

Our youngest walkers were also striving to better their handicaps and Emily Hamilton, Reese Walmsley, Paige De Lisen and Kyle Swan were the winners. Fastest overall were Bianca Attard (U12) and Paige (U9).





**Emily Hamilton, Paige De Lisen, Stacey McLaren, Kyle Swan and Charlee Harrison**

<b>2km Under 12 Handicap</b>		<b>Time</b>	<b>Place</b>	
1.	Emily, Hamilton	11:44	2	
2.	Stacey, McLaren	13:51	7	
3.	Annaliese, Harrison	15:16	8	
4.	Amy, Ventura	13:09	6	
5.	Rebecca, Campbell	11:52	4	
E6	Jmara, Hockley Samon	11:48	3	
E6	Beth, Barbour	12:27	5	
8	Bianca, Attard	10:47	1	
1.		Reese, Walmsley	10:55	1
2.		Connor, McShanag	11:46	2
3.		Cody, McNicol-Davidson	13:40	3
		Jack, Hockley Samon	Disq	
<b>1km Under 9 Handicap</b>		<b>Time</b>	<b>Place</b>	
1.	Paige, De Lisen	05:42	1	
2.	Charlee, Harrison	07:08	3	
3.	Gabriella, Crea	06:56	2	
1.		Kyle, Swan	06:41	1
		Harry, Hockley Samon	Disq	

## VICTORIAN AND VRWC CHAMPIONSHIPS, ALBERT PARK, SUNDAY 27 JULY 2008

Some 80 walkers braved arctic conditions on Sunday at Albert Park. It was our coldest day for the year and I saw on the news it actually snowed in Sydney. But it must have been colder in Melbourne (our weather always beats Sydney!). Well done to all the medallists and all the competitors.

Highlights included

- **Tom Barnes** who won the Victorian Open Men 30 km with a huge time of 2:17:00, a PB by some 4 minutes and a time that will rank him quite highly in this year's Australian rankings.
- **Andrew Jamieson** who finished second in the Victorian Open Men 30 km. His time of 2:29:46 bettered his own M60 World Record by nearly 1 minute. This will be duly submitted to WMA. Andrew, aged 62 years of age, owns all the M60 world records except for the 50 km mark and he is working on that one.
- **Regan Lamble**, fresh from her World Cup competition earlier this year, who won the Under 18 Girls 5 km walk in a PB time of 24:18.
- **Daniel Payne** who continued his recent great form, winning the Under 20 Mens 10 km title in a PB time of 47:15.
- **Rhydian Cowley** who backed up from an AV run on Saturday to win the Under 18 Mens 10 km with 48:10. Rhydian is doing Year 12 studies this year so is a little down on training but we expect to see him rev up to top speed once his final exams are finished.
- **Rachel Tallent** (sister of Olympian Jared) winning the Under 16 Girls 5 km in 24:50 after a great battle with **Amy Burren**. Amy, who had run AV Cross Country the day before, finished second in 24:55, only 5 seconds in arrears. This was definitely the race of the meet. These girls are treating us to some great one on one races this year.
- Bendigo walkers to the fore in the Under 14 Boys 3 km walk and only one second separating **Dane Heiden** (16:14) and **Jeremiah Jones** (16:15) at the end. Another healthy rivalry and another great race with the boys neck and neck the whole way.
- The Under 14 Girls championship which was a dramatic event with **Stephanie George** storming home to what she thought was a win but finding out too late that she still had 500m to go. To her credit she kept walking but had to surrender the lead to **Ebony Whiley** and **Sarah Burren** (younger sister to Amy). When the red cards were counted, Ebony had received 3 so was disqualified, promoting Sarah to gold and Stephanie to silver.

All in all, some great times in spite of the weather and a very successful walks championship meet. Now walkers will focus on the Australian Roadwalking championships which will be held at Albert Park on Sunday 24 August.

<b>AV Open Men 30 km Road Walk Championship</b>	10 km	20 km	30 km
1. Barnes, Tom	MUA 44:47	1:30:57	2:17:00
2. Jamieson, Andrew	OSC 49:46	1:39:43	2:29:46
Donahoo, Mark	ATE 57:56	-	DNF

<b>AV U/20 Boys 10 km Road Walk Championship</b>	10 km
1. Payne, Daniel	COR 47:15
2. Burgess, Shaun	CHI 56:00
3. Elms, Jason	PTN 62:50

<b>AV U/20 Girls 10 km Road Walk Championship</b>	10 km
1. Laurie, Natalie	ANW 53:29
2. Attard, Tamara	KNA 56:44
3. Palfreyman, Jessie	EAG DNS

<b>AV U/18 Boys 10 km Road Walk Championship</b>	10 km
1. Cowley, Rhydian	GHY 48:10
2. Mirarchi, Nicholas	COR 50:29
3. Cosic, Filip	INV DNS

<b>AV U/18 Girls 5 km Road Walk Championship</b>	5 km
1. Lamble, Regan	ANW 24:18
2. Alexander, Beth	KNA 25:29
3. Shaw, Kirstin	WES 27:41
4. Maskell, Katrina	SBE 30:59
5. Boddy, Lana	COR 33:48

<b>AV U/16 Boys 5 km Road Walk Championship</b>	5 km
1. Simpson, Brad	KNA 26:12
2. Clark, Lewis	CHI 26:47
3. Walsh, Robert	ANW 26:57
4. Felton, Matthew	KNA 27:38
5. Curtis, Peter	SBE 30:31

<b>AV U/16 Girls 5 km Road Walk Championship</b>	5 km
1. Tallent Rachel	BYC 24:50

2.	Burren, Amy	MAL	24:55
3.	Brazel, Hilary	ANW	26:55
4.	Tallent, Ebony	BYC	26:57
5.	Campbell, Caitlin	ATE	27:55
6.	Payne, Emily	COR	28:53
7.	Callaway, Amy	KNA	32:05
8.	Jones, Ebony-Jade	EAG	36:08

**AV U/14 Boys 3 km Road Walk Championship**

1.	Heiden, Dane	BEU	16:14
2.	Jones, Jeremiah	EAG	16:15
3.	Taylor, Lucas	SCA	16:52
4.	Maskell, Ben	EAG	16:57
5.	Coleman, Harry	RIC	17:35
6.	McShanag, Connor	ATE	17:38
7.	Gardner, Aaron	PTN	18:09
	Green, Mitchell	SCA	DNS

**AV U/14 Girls 3 km Road Walk Championship**

1.	Burren, Sarah	MAL	15:52
2.	George, Stephanie	SCA	15:57
3.	Guy, Rebecca	SCA	16:11
4.	Heard, Amanda	EAG	16:13
5.	Albert, Ashley	MAL	16:16
6.	Attard, Bianca	KNA	16:40
7.	Hockley-Samon, Jmara	CHI	18:41
8.	Campbell, Rebecca	ATE	18:49
	Whiley, Ebony	EAG	DQ
	Guy, Rachael	SCA	DNS
	Wilson, Jessey	EAG	DNS

We also featured our final set of VRWC club championships for our Under 12 and Under 9 walkers. Some like Jeremiah Jones and Connor McShanag had already contested the Under 14 Victorian championships but came back for some more punishment with a second race. Times were excellent, especially with the Under 9's who mixed it well with their older club mates.

**VRWC U/12 Boys 2 km Road Walk Championship**

1.	Walmsley, Reese	10:38
2.	Jones, Jeremiah	10:41
3.	McShanag, Connor	11:32
4.	McNicol-Davidson, Cody	12:51

**VRWC U/12 Girls 2 km Road Walk Championship**

1.	Bertrand, Carly	11:29
2.	Boldiston, Zoe	11:32
3.	Hamilton, Emily	12:27
4.	Barbour, Beth	12:32
5.	Ventura, Amy	12:34
E6	Sanders, Jade	13:20
E6	McLaren, Stacey	13:20
8.	Harrison, Annalise	14:50

**VRWC U/9 Boys 2 km Road Walk Championship**

1.	Swan, Kyle	11:53
2.	Candotti, Sam	13:10
	McShanag, Ethan	DQ

**VRWC U/9 Girls 2 km Road Walk Championship**

1.	De Lisen, Paige	11:52
2.	Guy, Rachael	12:01
3.	George, Hayley	13:06
4.	Harrison, Charlee	14:12
5.	Taylor, Lee	16:35

Finally we had our usual club events with 20 km and 5 km on offer. Megan Szirom was the standout with her 1:41:40 for 20 km (Megan actually continued on for another few laps to make it a decent day's workout!). Kylie Irshad and Ross Reid led the 5 km walkers home – in fact, with Ross's uniform, he could have been mistaken for the pied piper!

**VRWC Open 20 km Walk**

1.	Szirom, Megan	1:41:40
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2. Bannister, Lynette 1:53:19

**VRWC Open 5 km Walk**

1.	Irshad, Kylie	25:56
2.	Reid, Ross	26:12
3.	McDonough, Aaron	27:21
4.	Dickenson, Russ	28:00
5.	McIntyre, Gayle	28:15
6.	Lenehan, David	30:36
7.	Elms, Donna	31:58
8.	Boddy, Harold	33:48
9.	Harrison, Maryanne	35:08
10.	Lenehan, Deb	44:41
11.	Griffiths, Christine	49:03
	Elms, Damien	DNF
	Cosic, Filip	DNF
	Wood, Robin	DNS

## VRWC EVENTS, ALBERT PARK, SATURDAY 2 AUGUST 2008

A quick note at the start of the newsletter to advise everyone that I will be on Beijing at the Olympic Games over the next 2 weekends so I will not be back at Albert Park until Sunday 24 August. But I will be contactable via email and hoping to get the regular newsletter out next week. And now onto this week's newsletter.

With Little Athletics Cross Country championships on this weekend and with a wet and dismal day forecast, our numbers were small but those who did come were rewarded with perfect racing weather and we saw a number of PBs. 16 year old Filip Cosic walked a great first up 10 km, recording 55:15 to easily win the handicap. Others to stand out with very good 10 km walks were Clyde Riddoch and Kylie Irshad. Stuart Kollmorgen was easily fastest with his 50:01 and all he needed was someone to chase and I suspect he would have been well under 50 minutes.

<b>10km Open</b>		<b>Hcp Place</b>	
1.	Kylie Irshad	54:08	1
2.	Stuart Kollmorgen	50:01	5
3.	Ralph Bennett	54:03	3
4.	Mark Donahoo	55:12	8
5.	Filip Cosic	55:15	1
6.	Clyde Riddoch	55:45	2
7.	Terry O'Neill	58:13	4
8.	Russ Dickenson	58:27	6
9.	Bob Gardiner	64:36	7

Kirstin Shaw continues to improve every week and it was another great 5 km walk this weekend – fastest time and handicap win with 26:24. Damien Elms won the men's handicap and is another walker having a good season. Nicholas Mirarchi was fastest with his 24:58 which is pretty good considering his busy Year 12 school year.

<b>5km Open</b>		<b>Hcp Place</b>	
1.	Kirstin Shaw	26:24	1
2.	Gayle McIntyre	27:53	4
3.	Donna Elms	31:22	3
4.	Christine Griffiths	49:38	2
5.	Megan Szirom	Ab	
1.	Nicholas Mirarchi	24:58	4
2.	Paul Kennedy	25:49	6
3.	Aaron McDonough	27:27	2
4.	Alan Lucas	29:15	3
5.	Damien Elms	32:46	1
6.	Robin Wood	34:31	5

Roles were reversed this week with our Under 15 walkers contesting a 5 km distance while some of our senior walkers were able to stroll around over the shorter 3 km. Hilary Brazel walked strongly to take both fastest time and handicap honours with her 27:30 while Amy Callaway broke 30 mins for the first time with her 29:43. The youngest of the quartet of Under 15's, Aaron Gardner and Lauren Gelov, found the last lap or so pretty hard going but saw it out to record good finishes.

<b>5km Under 15</b>		<b>Hcp Place</b>	
1.	Hilary Brazel	27:30	1
2.	Amy Callaway	29:43	3
3.	Lauren Gelov	35:14	2
1.	Aaron Gardner	30:15	1
<b>3km Open</b>		<b>Hcp Place</b>	
1.	Lauren Stadius	20:21	2
2.	Maryanne Harrison	20:40	1
1.	Jason Elms	17:07	3
2.	Harold Boddy	18:01	1
3.	Lindsay Harrison	19:38	2
4.	Gordon Onley	23:28	4

Our Under 12's contested their longest walk for the season, a 3 km, while our Under 9's walked 1.5 km. As usual, Bianca Attard and Paige de Lisen were fastest overall in their respective divisions and all the walkers got through their longer distances well. Handicap winners were Amy Ventura, Cody McNicol-Davidson, Paige and Kyle Swan.

<b>3km Under 12</b>		<b>Hcp Place</b>	
1.	Bianca Attard	16:57	4
2.	Jade Sanders	18:33	2
3.	Beth Barbour	18:56	5
4.	Emily Hamilton	19:19	3
5.	Amy Ventura	19:35	1
6.	Stacey McLaren	22:09	6
1.	Connor McShanag	18:28	2
2.	Cody McNicol-Davidson	19:38	1
	Reese Walmsley	Disq	

<b>1.5km Under 9</b>		<b>Hcp Place</b>	
1.	Paige De Lisen	08:21	1
2.	Charlee Harrison	10:34	2
1.	Kyle Swan	09:10	1

## AV AND VRWC EVENTS, ALBERT PARK, SUNDAY 10 AUGUST 2008

Although I was not there, I have had a few email conversations and gather that the weather was dreadful – and I see that on Sunday in the hills surrounding Melbourne, it was snowing. I think Stu Cooper's comments summed it up: “*Conditions wet, freezing cold ... so cold it hurt to hold the camera. Road flooded in parts, no hope of bailing or sweeping.*”

The main events on offer were the Victorian 10 km roadwalking championships for men and women and both turned out to be very interesting races. Firstly, the entry lists were big – 14 men and 11 women. Tom Barnes was expected to fight it out with Duane Cousins in the men's event and that is how it looked early. But it was Tom who made the decisive break and, from then on, he was away on his own powering through to an equal PB time of **43:01** – he did the exact same time to win this event last year – now that's what I call consistency. Duane pushed on to cross the line in second place but was subsequently informed of his DQ so that meant that 18 year old Daniel Payne earned his first senior Victorian medal with a PB of **46:54** ahead of 62 year old Andrew Jamieson whose **47:39** was just as good. In fourth and fifth places were Stuart Kollmorgen (PB of **48:17**) and 17 year old Nicholas Mirarchi who broke 50 mins for the first time with his own PB of **49:46**. What a great series of times! Harold Boddy was determined to finish his second 10km and did so - giving Geelong a team win ahead of Collingwood. It was a great effort in the conditions.

In the women's title, Megan Szirom had been expected to win but she was forced to retire soon after passing the 6 km mark with what may have been a hamstring issue. That left 15 year old Rachael Tallent to walk to her first ever senior Victorian title in a PB **52:06** – she may well be the youngest ever Victorian open walk title winner.. She and Natalie Laurie were together for the first couple of laps before Natalie slowed. Amy Burren, another of our top Under 16 girls, caught and passed her in the last lap to take second place with a PB of **53:41**. Natalie held out Justi Roseman in a sprint to the line for third place with 54:17. Since both Rachel and Amy competed in the Sandown road relays the day before, it was a big double for the girls. Overall, all three medallists are in the junior ranks, a good sign for the future

### Mens 10km AV Championship & C. H. Gardiner Medal

1.	Tom Barnes	MUU	43:01 (PB)
1.	Daniel Payne	COR	46:54 (PB)
2.	Andrew Jamieson	OSC	47:39
3.	Stuart Kollmorgen	COL	48:17 (PB)
4.	Nicholas Mirarchi	COR	49:46 (PB)
5.	Ross Reid	COLL	54:18
6.	Shaun Burgess	CHI	55:46
7.	Paul Nunn	WEN	59:26
8.	Robert Gardiner	COLL	60:33
9.	Harold Boddy	COR	67:37
	Mark Donahoo	ATE	DNF
	Duane Cousins	EAG	DQ
	Peter Luke	WEN	DNS
	Duncan Knox	ATE	DNS

Team: 1<sup>st</sup> Corio, 2<sup>nd</sup> Collingwood

### Womens 10km AV Championship

1.	Rachael Tallent	BYC	52:06 (PB)
2.	Amy Burren	MAL	53:41 (PB)
3.	Natalie Laurie	ANW	54:17
4.	Justijana Roseman	ATE	54:20
5.	Heather Carr	EAG	56:13
6.	Gayle McIntyre	VMA	57:03
	Megan Szirom	FKN	DNF
	Erin Adamcewicz	ATE	DNS
	Regan Lambie	ANW	DNS
	Annette Major	EAG	DNS
	Jessie Palfreyman	EAG	DNS

We also hosted our own VRWC club races and most of the Victorian 10km walkers doubled up with a few others to form what was quite a large 10 km field. We also had 5 km and 3 km events on offer. Special mention to Sarah Burren and Ashley Albert, two of our quite young walkers, who walked together in the 5 km and finished together in 29:59.

### 10km VRWC Club Championship for Women – Mabel Robinson Trophy

1.	Rachael Tallent	52:06
2.	Amy Burren	53:41
3.	Natalie Laurie	54:17
4.	Justijana Roseman	54:20
5.	Heather Carr	56:13
6.	Gayle McIntyre	57:03
7.	Alison Thompson	62:00

8.	Gwen Steed	63:03
	Kylie Irshad	Ab
	Lynette Bannister	Ab
	Megan Szirom	Ab

#### 10 km Open Men

1.	Tom Barnes	43:01
2.	Daniel Payne	46:54
3.	Andrew Jamieson	47:39
4.	Stuart Kollmorgen	48:17
5.	Nicholas Mirarchi	49:46
6.	Ross Reid	54:18
7.	Shaun Burgess	55:46
8.	Aaron McDonough	57:28
9.	Russ Dickenson	57:38
10.	Paul Nunn	59:26
11.	Robert Gardiner	60:33
12.	Jason Elms	62:27
	Harold Boddy	67:37
	Filip Cosic	Ab
	Mark Donahoo	Ab

#### 5km Open

1.	Pam Tindal	26:54
2.	Kirstin Shaw	28:09
E3	Sarah Burren	29:59
E3	Ashley Albert	29:59
5.	Donna Elms	31:54
6.	Lana Boddy	33:45
7.	Anna Wallace	34:49
	Janet Holmes	Ab
1.	Alan Lucas	29:11
2.	Robin Wood	34:05
	Damien Elms	Disq

#### 3km Open

1.	Liz Feldman	17:12
2.	Maryanne Harrison	20:47
	Gordon Onley	Disq

Our youngest walkers raced over 3 km, 2 km and 1 km respectively with Lauren Gelov, Brad Simpson, Jemima Montag, Reese Walmsley and Charlee Harrison coming out as the winners. We also welcomed back Jasmine Irshad after a few years absence – and she walked well over the 3 km distance to finish with 21:00.

#### 3km Under 15

1.	Lauren Gelov	20:29
2.	Jasmine Irshad	21:00
3.	Chloe McNicol-Davidson	21:00
1.	Bradley Simpson	15:16
2.	Matthew Felton	16:22
3.	Aaron Gardner	17:39

#### 2km Under 12

1.	Jemima Montag	11:47
2.	Carly Bertrand	11:49
3.	Emily Hamilton	12:24
4.	Jade Sanders	12:26
5.	Amy Ventura	12:39
6.	Stacey McLaren	13:35
1.	Reese Walmsley	12:21
2.	Cody McNicol-Davidson	12:59

#### 1km Under 9

1.	Charlee Harrison	07:19
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**VMA AND VRWC EVENTS, ALBERT PARK, SATURDAY 16 AUGUST 2008**

It was yet another cold wintery day at Albert Park on Saturday but we still saw a good field of 62 walkers in action. The main events on offer were the Victorian Masters 10 km roadwalk championships and amongst the many fine masters performers were Gayle McIntyre (yet another PB with 55:46), Heather Carr (awesome as usual with 54:51 in the W55 division), Russ Dickenson (56:32 for M60) and Ralph Bennett (54:04 for M65). Some big names like Andrew Jamieson and Mark Donahoo were missing but the quality was still high.

**Victorian Masters Women 10 km Championship**

1	Gayle McIntyre	W40-44	55:46
1	Pam Tindal	W45-49	59:33
2	Donna Elms	W45-49	66:19
1	Heather Carr	W55-59	54:51
2	Alison Thompson	W55-59	57:47
3	Marlene Gourlay	W55-59	59:13
4	Liz Feldman	W55-59	60:47
1	Gwen Steed	W65-69	64:57
1	Margaret Beaumont	W70-74	76:37

**Victorian Masters Men 10 km Championship**

1	Stuart Kollmorgan	M35-39	50:40
2	Aaron McDonough	M35-39	55:29
1	Clyde Riddoch	M55-59	55:15
2	Robin Wood	M55-59	69:53
1	Russ Dickenson	M60-64	56:32
2	Alan Lucas	M60-64	59:08
1	Ralph Bennett	M65-69	54:04
1	Geoff Major	M70-74	68:25
2	Ian Beaumont	M70-74	79:36

Most of the Masters 10 km walkers also contested the VRWC 10 km event, the last chance to accumulate Handicap and Fastest Time points for the winter season. We also had a number of VRWC walkers contesting 5 km and 3 km events.

<b>10km Open</b>			<b>Hcp Place</b>
1.	Heather Carr	54:51	3
2.	Gayle McIntyre	55:46	5
3.	Alison Thompson	57:47	2
4.	Marlene Gourlay	59:13	-
5.	Pam Tindal	59:33	7
6.	Liz Feldman	60:47	1
7.	Gwen Steed	64:57	8
8.	Donna Elms	66:19	4
9.	Margaret Beaumont	76:37	6
1.	Stuart Kollmorgan	50:40	7
2.	Ralph Bennett	54:04	3
3.	Clyde Riddoch	55:15	4
4.	Aaron McDonough	55:29	1
5.	Russ Dickenson	56:32	2
6.	Alan Lucas	59:08	5
7.	Geoff Major	68:25	-
8.	Robin Wood	69:53	6
9.	Ian Beaumont	79:36	

<b>5km Open</b>			<b>Hcp Place</b>
1.	Natalie Laurie	25:42	2
2.	Kylie Irshad	26:48	4
3.	Hilary Brazel	28:10	3
4.	Anna Wallace	33:16	1
1.	Nicholas Mirarchi	24:30	1
2.	Robert Walsh	27:28	3
3.	Ryan Antidormi	29:27	5
4.	Robert Gardiner	30:24	4
5.	Lindsay Harrison	34:35	2

**5km Fitness**

1. Christine Griffiths 54:30

**3km Open**

		<b>Hcp Place</b>
1.	Kirstin Shaw	15:54 1
2.	Lana Boddy	19:44 2
3.	Adrianna Crea	22:08 3
1.	Filip Cosic	15:28 4
2.	Jason Elms	17:11 3
3.	Harold Boddy	18:26 2
4.	Damien Elms	20:28 6
5.	Barrie Wicks	20:54 5
6.	Gordon Onley	22:14 1
	Howard Gibson	Disq

Our younger walkers had their last chance for a hitout before next Sunday's Australian roadwalking championships and the racing was keenly contested. We welcomed Amelia Finnegan back in the U15 3km after a long injury break and she walked a good first up 16:12 but no one could match the effort of Lauren Gelov who won the U15 handicap winner with her 19:49, a 45 sec PB.

**3km Under 15**

		<b>Hcp Place</b>
1.	Caitlin Campbell	15:46 2
2.	Amelia Finnegan	16:12 4
3.	Stephanie George	16:34 3
4.	Lauren Gelov	19:49 1
5.	Amy Ventura	19:53 5
1.	Lucas Taylor	17:32 1
2.	Connor McShanag	18:25 2

**2km Under 12**

		<b>Hcp Place</b>
1.	Bianca Attard	10:42 4
2.	Jemima Montag	11:30 3
3.	Rebecca Campbell	11:49 5
4.	Jasmine Irshad	12:06 6
5.	Beth Barbour	12:20 1
6.	Sophia Antidormi	12:29 1
7.	Jade Sanders	13:16 7
8.	Stacey McLaren	13:36 2
	Chloe McNicol-Davidson	Ab
1.	Harry Coleman	11:27 -
2.	Reese Walmsley	11:40 3
3.	Cody McNicol-Davidson	12:48 2
4.	Ben Green	13:49 1

**1km Under 9**

		<b>Hcp Place</b>
1.	Paige De Lisen	05:31 5
2.	Hayley George	06:25 1
3.	Gabbie Crea	06:39 2
4.	Charlee Harrison	06:40 3
1.	Lee Taylor	08:30 4
2.	Harley McNicol-Davidson	09:00 1

## VRWC RACES, SATURDAY 29 AUGUST 2008

Our second last winter season walking day was a low key affair with most walkers taking a well earned break after last weekend's championships. While we still had competitive fields, most opted for the shorter distances on offer. We tested out our 'Club Rules' and 4 walkers (those shown with the \*\* symbol) decided to take up the option. We will continue our trial next Saturday.

Nicholas Mirarchi was the only finisher in the 10 km distance while Natalie Laurie, Kirstin Shaw, Ralph Bennett and Hilary Brazel had a good tussle in the 6 km event with Natalie and Kirstin breaking away towards the end. Gwen Steed and Donna Elms had a good battle in the 4 km for women while Donna's son Jason took the honours ahead of his brother Damien in the men's 4 km.

### 10km Open

- |    |                   |       |
|----|-------------------|-------|
| 1. | Nicholas Mirarchi | 51:56 |
| 2. | Robin Wood **     | DNF   |

### 6km Open

- |    |                  |       |
|----|------------------|-------|
| 1. | Natalie Laurie   | 33:07 |
| 2. | Kirstin Shaw     | 33:11 |
| 3. | Hilary Brazel    | 33:54 |
| 4. | Gayle McIntyre   | 34:02 |
| 5. | Anna Wallace     | 40:22 |
| 6. | Celia Johnson ** | 40:24 |

- |    |                |       |
|----|----------------|-------|
| 1. | Ralph Bennett  | 33:30 |
| 2. | Russ Dickenson | 34:45 |
| 3. | Barrie Wicks   | 41:30 |

### 4km Open

- |    |                        |       |
|----|------------------------|-------|
| 1. | Gwen Steed             | 24:30 |
| 2. | Donna Elms             | 24:41 |
| 3. | Janet Holmes           | 25:49 |
| 4. | Margaret Beaumont      | 30:07 |
| 5. | Christine Griffiths ** | 43:42 |
|    | Erin Taylor            | Ab    |
|    | Caitlin Brunton        | Ab    |

- |    |                 |       |
|----|-----------------|-------|
| 1. | Jason Elms      | 23:09 |
| 2. | Damien Elms     | 27:32 |
| 3. | Ian Beaumont ** | 31:22 |

We saw small fields in our younger age groups but still had enough of a critical mass to ensure some good racing. Matthew Felton had plenty of speed with his 22:16 in the Under 15 4 km. Little separated Amy Ventura and Beth Barbour in the Under 12 3 km for girls as was the case with Reese Walmsley and Connor McShanag in the boys event. As usual, Paige DeLisen and Kyle Swan were our fastest Under 9 walkers but a special mention to Charlee Harrison and Sam Candotti for good efforts.

### 4km Under 15

- |    |                |       |
|----|----------------|-------|
| 1. | Lauren Stadius | 26:54 |
| 1. | Matthew Felton | 22:16 |

### 3km Under 12

- |    |                       |       |
|----|-----------------------|-------|
| 1. | Amy Ventura           | 19:25 |
| 2. | Beth Barbour          | 19:26 |
| 3. | Stacey McLaren        | 21:18 |
| 1. | Reese Walmsley        | 17:21 |
| 2. | Connor McShanag       | 17:30 |
| 3. | Cody McNicol-Davidson | 20:22 |

### 1.5km Under 9

- |    |                  |       |
|----|------------------|-------|
| 1. | Paige De Lisen   | 08:38 |
| 2. | Charlee Harrison | 10:20 |
| 1. | Kyle Swan        | 08:28 |
| 2. | Sam Candotti     | 10:17 |

<b>VRWC RACES, SATURDAY 6 SEPTEMBER 2008</b>
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Our last winter season races were held last Saturday with nearly 50 walkers making the most of one last opportunity for a roadwalk. We had advertised that there would be prizes for the walkers who beat their season's PB by the biggest margin in each race division so the competition was keen. Race results are listed in that order rather than in fastest time order. Our prize winners were Terry O'Neill, Heather Carr, Robin Wood, Anna Wallace, Jason Elms, Jade Sanders, Matthew Felton, Amy Ventura, Kyle Swan and Alannah Gloury.

<b>VRWC Open 10 km</b>	<b>Tim</b>	<b>Season Best</b>	<b>Difference</b>
1. Terry O'Neill	58:29	58:13	+0:16
2. Clarrie Jack	58:57	N/A	-
3. Bob Gardiner	DNF (6 km in 38:19)	59:53	-
4. Russ Dickenson	DNF (8 km in 46:44)	56:07	-
 <b>VRWC Open 5 km</b>			
1. Heather Carr	27:13	26:51	+0:22
2. Celia Johnson	34:26	33:49	+0:37
3. Liz Feldman	29:27	28:39	+0:48
4. Gwen Steed	30:44	29:17	+1:27
5. Natalie Laurie	27:05	25:21	+1:44
6. Kirstin Shaw	28:25	26:24	+2:01
7. Janet Holmes	32:09	39:07	+3:02
8. Christine Griffiths	54:01	49:03	+4:58
9. Rebecca Campbell	32:28	N/A	-
10. Karyn O'Neill Ros Lenehan	36:12 DNF	N/A	-
11. Robin Wood	33:21	34:05	-0:44
12. Barrie Wicks	33:56	33:49	+0:07
13. Clyde Riddoch	26:37	26:12	+0:25
14. Ralph Bennett	27:23	26:22	+1:01
15. Alan Lucas Geoff Barrow	29:23 DQ	27:36 30:54	+1:47 -
 <b>VRWC Open 3 km</b>			
1. Anna Wallace	20:09	20:44	-0:39
2. Donna Elms	17:47	N/A	-
1. Jason Elms	17:44	17:07	+0:37
2. Damien Elms	19:50	19:09	+0:41
3. Aaron McDonough	19:10	N/A	-
4. John Morrison	21:14	N/A	-
 <b>VRWC under 15 3 km</b>			
1. Jade Sanders	17:45	18:33	-0:48
2. Lauren Gelov	19:05	19:49	-0:44
3. Annemaree Gerlich	19:06	18:45	+0:21
4. Caitlin Campbell	16:45	15:44	+1:01
1. Matthew Felton	15:17	15:32	-0:15
2. Ryan Antidormi	16:04	15:54	+0:10
3. Robert Walsh	16:22	15:05	+1:17
 <b>VRWC Under 12 2 km</b>			
1. Amy Ventura	12:06	12:11	-0:05
2. Beth Barbour	12:22	11:58	+0:24
3. Sophie Antidormi	12:57	12:29	+0:28
4. Carly Bertrand	11:53	11:20	+0:33
5. Stacey McLaren	12:50	12:16	+0:34
6. Bianca Attard	11:32	10:14	+1:18
1. Kyle Swan	10:57	11:10	-0:13
2. Connor McShanag	10:48	10:55	-0:07
3. Reese Walmsley	10:44	10:38	+0:06
 <b>VRWC Under 9 1 km</b>			
1. Alannah Gloury	6:30	6:34	-0:04
2. Charlee Harrison	6:45	6:40	+0:05
3. Paige DeLisen	5:31	5:21	+0:10
4. Georgja Bertrand	5:48	5:37	+0:11

## VICTORIAN TRIALS - PACIFIC SCHOOLS GAMES, SATURDAY 13 SEPTEMBER 2008

Last Saturday at Olympic Park in Melbourne, Victorian walkers competed in official trials for the 2008 Pacific School Games in mild but very windy conditions. Times are slower than expected as walkers fought the blustery winds throughout their races. But even so, most beat the PSG qualifying standards and we can look forward to strong walk teams representing Team Vic.

The first walking event of the morning was the 5000m walk for walkers aged 16 years and upwards. Rhydian Cowley and Regan Lamble went to the lead immediately and walked together (with Rhydian pacing Regan) until the 4km mark when Rhydian kicked the pace down and set up what was a convincing winning break. Nicholas Mirarchi walked his usual even race and came home strongly to finish third overall. Natalie Laurie also came home like a train to take fourth place overall while Tamara Attard walked an inspired walk to finish next with a PB (one of the very few on the day). Beth Alexander was next to finish to win the U17 walk. All but two walkers beat the PSG qualifying standards.

<b>Girls 5000 Meter Race Walk 16 Years (U17)</b>		<b>31:00:00</b>	
1.	Beth Alexander	Brentwood SC	26:37.77      PSG qualifier
<b>Girls 5000 Meter Race Walk 17 Years (U18)</b>		<b>31:00:00</b>	
1.	Regan Lamble	Strathcona Bggs	24:57.90      PSG qualifier
2.	Natalie Laurie	Kingswood College	25:34.29      PSG qualifier
3.	Kirstin Shaw	Westbourne Grammar	27:37.13      PSG qualifier
<b>Girls 5000 Meter Race Walk 18/19 Years (U20)</b>		<b>31:00:00</b>	
1.	Tamara Attard	Aquinas College	25:53.59      PSG qualifier
<b>Boys 5000 Meter Race Walk 16 Years (U17)</b>		<b>29:00:00</b>	
1.	Filip Cosic	MHS	27:58.22      PSG qualifier
1.	Rhys Evans	Lynhurst SC	31:06.07
<b>Boys 5000 Meter Race Walk 17 Years (U18)</b>		<b>29:00:00</b>	
1.	Rhydian Cowley	MHS	24:33.19      PSG qualifier
2.	Nicholas Mirarchi	St Joseph's College	25:05.29      PSG qualifier
3.	Joshua Platt	Mt Clear SC	27:03.58      PSG qualifier
<b>Boys 5000 Meter Race Walk 18/19 Years (U20)</b>		<b>29:00:00</b>	
1.	Jason Elms	Lalor SC	30:24.06

The next event was the U14 1500m. This saw by far the biggest fields with 14 girls and 10 boys fronting. The girls led the way with Ebony Whiley, Amelia Finnegan and Stephanie George having a ding dong battle out front. It was Ebony who made the pace and it was she who finished strongest to take the win although only 3 seconds separated the girls at the finish line. Ryan Antidormi lead the boys' race the whole way but had to fight off a strong finish by Bendigo walkers Dane Heiden and Jeremiah Jones. Unfortunately Dane suffered a DQ so third place went to Billy Allamby who walked well considering that he has been out injured since June.

<b>Girls 1500 Meter Race Walk 13 Years (U14)</b>		<b>08:15:00</b>	
1.	Ebony Whiley	CCB	7:21.53      PSG qualifier
2.	Amelia Finnegan	MAT	7:23.09      PSG qualifier
3.	Stephanie George	Kilsyth PS	7:24.81      PSG qualifier
4.	Sarah Burren	St Marks Primary	7:45.50      PSG qualifier
5.	Ashley Albert	Killester College	7:47.72      PSG qualifier
6.	Rebecca Guy	Berwick PS	7:52.45      PSG qualifier
7.	Jmara Hockley Samon	Clonard College	8:09.73      PSG qualifier
1.	Emily Hamilton	Karoo PS	8:21.53
2.	Grace Campbell	WEE	8:22.86
3.	Carly Bertrand	Killara PS	8:29.18
4.	Darcie Verstraten	KAI	8:31.16
5.	Jasmine Irshad	Boronia West	8:34.31
6.	Rebecca Campbell	SYD	8:45.17
7.	Bethanie Barbour	Bell PS	9:10.27
<b>Boys 1500 Meter Race Walk 13 Years (U14)</b>		<b>08:20:00</b>	
1.	Ryan Antidormi	Emmaus College	7:52.00      PSG qualifier
2.	Jeremiah Jones	St Thereses	7:53.26      PSG qualifier
3.	Billy Allamby	Karoo PS	7:59.47      PSG qualifier
4.	Lucas Taylor	Mt Evelyn PS	8:15.75      PSG qualifier
5.	Andrew Hogan	Amsleigh Park PS	8:13.43      PSG qualifier
1.	Harry Coleman	Jells Park PS	8:28.46
2.	Aaron Gardner	Maribyrnong College	8:39.83
3.	Aaron Fiddes	Wesley College	9:01.28

Dane Heiden	Unattached	DQ
Connor McShanag	SCT	DQ

The final event was the 3000m for U15 and U16 walkers. Bradley Simpson and Lewis Clark both walked fantastically in the windy conditions to record 14:49 and 15:04 respectively to win their divisions. On the girls' side, Rachel Tallent was an easy winner in the U16 with 15:21 while there was a real battle in the U15 between Caitlin Campbell and Ebony Tallent, with Caitlin clearing out in the final lap to win with 16:25. And a special mention to Cassie Raselli who had her first walk in over 12 months, coming third in the U15 with 17:36.

<b>Girls 3000 Meter Race Walk 14 Years (U15)</b>			<b>16:40:00</b>	
1.	Caitlin Campbell	Copperfield College	16:25.09	PSG qualifier
1.	Ebony Tallent	Ballarat HS	16:52.73	
2.	Cassandra Raselli	PLC	17:36.85	
3.	Ebony Jones	Cch	21:39.91	
<b>Girls 3000 Meter Race Walk 15 Years (U16)</b>			<b>16:30:00</b>	
1.	Rachel Tallent	Ballarat HS	15:21.15	PSG qualifier
2.	Hilary Brazel	Emmaus College	16:17.78	PSG qualifier
<b>Boys 3000 Meter Race Walk 14 Years (U15)</b>			<b>16:30:00</b>	
1.	Lewis Clark	Grovedale College	15:04.90	PSG qualifier
2.	Matthew Felton	Aquinas College	15:46.98	PSG qualifier
<b>Boys 3000 Meter Race Walk 15 Years (U16)</b>			<b>16:00:00</b>	
1.	Bradley Simpson	YAR	14:49.91	PSG qualifier
1.	Robert Walsh	Mt Waverley SC	16:12.36	