

2008 / 2009

THE RACEWALKING YEAR IN REVIEW

COMPLETE VICTORIAN RESULTS

**MAJOR AUSTRALIAN AND MAJOR INTERNATIONAL
RESULTS**

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KOREAN NATIONAL 20 KM CHAMPIONSHIPS, YEOSU, SUNDAY 12 OCTOBER 2008

Last weekend, the Korean National 20 km championships we held in Yeosu in South Korea and the results were absolutely fantastic with a new Korean National record and the majority of the finishers clocking PBs.

1.	Kim Hyunsub	1:19.41	Korean National Record
2.	Park Chilsung	1:20.17	PB
3.	Lee Daero	1:22.45	
4.	Byun Youngjoon	1:22.59	PB
5.	Shin Ilyong	1:24.59	
6.	Yim Junghyun	1:27.42	
7.	Oh Sehan	1:29.11	PB
8.	Kim Daeho	1:30.44	PB

Four athletes DNF including Kim Dongyoung

Kim Hyunsub, a former World Junior bronze medallist, has been a regular at all the major international events over the last few years and was a 20 km competitor in this year's Olympics (23rd in 1:22:57) but this is his first sub-eighty and takes him to a new level.

Although I don't have the full results, the women's 20 km event was won by Kim Mijung who set also Korean National record with 1:29:38. Leading coach Bohdan Bulakowski reported that condition were perfect for race walking and that the race had been contested over a 2km loop similar to Beijing.

NEW JAPANESE 50 KM RECORD, OCTOBER 2008

The following news brief announced a new Japanese 50 km record for Yuki Yamazaki.

TAKAHATA (JPN, Oct 26): Yuki Yamazaki set a national record of 3:41:29 at 50 km walk. The 24-years old Olympic 7th placer improved his own Japanese mark from this April by 26 seconds. He was also 11th in Beijing at 20 km and eight placer at World Championships 2005.

Yuki, born 16 January 1984 in Toyama, is still only 24 years of age but has been competing internationally with distinction since 2000. That is a long apprenticeship and illustrates that a top performance like this only comes after years and years of careful planning and hard work. Walkers aren't born overnight. His international vests are

IAAF/Coca Cola World Junior Championships	20	10000m	45:19.21	Santiago de Chile	19/10/2000
2 nd IAAF/Westel World Youth Championships	4	10000m	43:55.32	Debrecen	14/07/2001
IAAF/Coca Cola World Junior Championships	5	10000m	42:02.76	Kingston, JAM	17/07/2002
15 th Asian Athletics Championships	2	20km	1:21:54	Manila	22/09/2003
28 th Olympic Games	16	50km	3:57:00	Athens	27/08/2004
28 th Olympic Games	DNF	20km	-	Athens	27/08/2004
10 th IAAF World Championships in Athletics	8	50km	3:51:15	Helsinki	12/08/2005
The XXIX Olympic Games	11	20km	1:21:18	Beijing	16/08/2008
The XXIX Olympic Games	7	50km	3:45:47	Beijing	22/08/2008

As his IAAF profile (<http://www.iaaf.org/athletes/biographies/letter=0/athcode=179953/index.html>) confirms his consistent and steady rise to the top. Consider his 20 km and 50 km yearly progression:

20 Kilometres Race Walk	2001	1:25:59	Kobe	28/01/2001
	2002	1:20:43	Kobe	27/01/2002
	2003	1:20:38	Kobe	26/01/2003
	2004	1:22:28	Kobe	25/01/2004
	2005	1:23:57	Piacenza	02/10/2005
	2006	1:23:09	Kobe	29/01/2006
	2007	1:25:07	Osaka	06/05/2007
	2008	1:21:18	Beijing	16/08/2008
50 Kilometres Race Walk	2004	3:55:20	Wajima	11/04/2004
	2005	3:50:39	Wajima	17/04/2005
	2006	3:43:38	Wajima	16/04/2006
	2007	3:47:40	Kobe	15/04/2007
	2008	3:41:55	Wajima	13/04/2008



**Left: World Athletics Championships 2007 in Osaka - Japanese race walker Yuki Yamazaki is carried away by helpers after crossing the finishing line of the 50km race. He came in as fifth but was disqualified (photographer Eckhard Pecher)
Right: Yuki wins the 2008 Pino Dordoni Memorial (photographer Lorenzo Sampaolo)**

His path to the 2008 Olympics was not without difficulty. In the 2007 IAAF World Championship 50 km walk in Osaka, until 30km, he was contending for a medal until the 30 km mark until he started to fade. But he was still an outside chance for a top 8 finish until

redirected by race officials and forced to enter the stadium prematurely. He was then disqualified for crossing a finish line without completing the entire course (reminiscent of Duane Cousin's 1996 Olympic 50 km experience). Had he finished in the top eight, he would have clinched a place in the Olympic team. Thus he was in the centre of media attention as a 'Tragic athlete who missed making Olympic team because of an error by officials.'

However, Yamazaki never blamed organiser or officials. "I am disappointed for being disqualified, of course, but even without misdirection, I doubt I would have finished in the top eight," he said. "I should have been careful about counting laps myself. I have nobody to blame but myself."

Undaunted, Yamazaki continued to train hard and the results followed early in 2008. In January, he won the 20km Walk at the National Championships for the first time in six years. Next, in April, he won the National Championships at 50km for the fourth straight year. In the process he set a National record of 3:41:55. Thus, for the second consecutive Olympics, Yamazaki was selected to walk both 20km and 50km in the Olympic Games.

You can read this and much more about this talented walker at <http://www.iaaf.org/news/athletes/newsid=46713.html>

JARED TALLENT STARS IN SPANISH 10 KM RACE, SUNDAY 7 DECEMBER 2008

Jared Tallent interrupted his pre-season training at the AIS for a quick trip to Spain last weekend. The occasion was the Gran Premi de Catalunya in Granollers in Spain and high class fields contested the 10 km roadwalk for men and the 5 km roadwalk for women.

The men sauntered through the first 5 km in around 21:30 before Jared and Spanish/European champion Francisco Fernandez threw down the gauntlet and surged to the front. Fernandez eventually won out in 41:07, six seconds clear of Jared (41:13) with third place going to Norwegian walker Erik Tysse (41:19). Former world championship medallist Juan Manuel Molina of Spain finished fourth (41:30) and another home walker Benjamin Sanchez fifth (41:49). Irish record holder Robert Hefferman was sixth (41:57) ahead of former world champion Ilya Markov of Russia (42:11). German Sabine Zimmer was the leading female walker at 5 km (21:51). She beat Olympic silver holder Kjersti Plätzer of Norway (22:05) with the main Spanish hope Maria Vasco third (22:11). 2004 Olympic winner Athanasia Tsoumeleka of Greece was 9th (24:01).

10 km Men

1.	Francisco Fernandez	ESP	41:07
2.	Jared Tallent	AUS	41:13
3.	Erik Tysse	NOR	41:19
4.	Juan Manuel Molina	ESP	41:30
5.	Benjamín Sánchez	ESP	41:49
6.	Robert Hefferman	IRL	41:57
7.	Ilya Markov	RUS	42:11
8.	José David Domínguez	ESP	42:59
9.	Luis Manuel Corchete	ESP	46:06
10.	Francisco Yuste	ESP	47:00

5 km Women

1.	Sabine Zimmer	GER	21:51
2.	Kjersti Platzer	NOR	22:05
3.	María Vasco	ESP	22:11
4.	Beatriz Pascual	ESP	22:24
5.	Sonata Milusauskaite	LIT	22:34
6.	Susana Feitor	POR	22:42
7.	Julia Takacs	ESP	22:54
8.	Olive Loughmane	IRL	23:05
9.	Athanasia Tsoumeléka	GRE	24:01
10.	Raquel González	ESP	24:23

SIZZLING TIMES IN JAPANESE WALK CHAMPIONSHIPS, KOBE, SUNDAY 25 JANUARY 2009

Ken Nakamura for the IAAF (<http://www.iaaf.org/WRC09/news/kind=100/newsid=49050.html>) reports on what were an impressive couple of walks in the Japanese National 20 km championships on Sunday January 25th.

Fuchise sets 1:28:03 national 20km Race Walk record



Musami Fuchise in action in the 2007 World Champs (<http://www.iaaf.org>)

Masumi Fuchise, who finished 27th in the 20km Race Walk in the 2007 World Championships, won the national 20Km walk championships in Kobe on Sunday 25 January. Fuchise's winning time established a new national record of 1:28:03, eclipsing the previous record of 1:28:56 set by Mayumi Kawasaki in 2007.

On Sunday it was Kawasaki, eleventh at 20Km Walk in the Beijing Olympics, who set a blazing pace. Kawasaki passed the 5km checkpoint in 22:03, at which point she was 13 seconds ahead of Fuchise. The gap between Kawasaki (43:55) and Fuchise (44:34) grew to 39 seconds by 10km. But then the gap started to narrow and by 15km Fuchise was only 20 seconds behind Kawasaki. Fuchise passed Kawasaki around 17km and then went on to win unchallenged in the last 3km.

It was the second national record for Fuchise, who set her previous record of 1:29:36 in 2007. Kawasaki was second in 1:28:49, also under the previous national record. As the

national champion, Fuchise clinched a spot on the 2009 World Championships team.

Koichiro Morioka, 16th at 20km Race Walk in the 2008 Olympics, won the men's 20km in 1:21:16. It was a personal best for Morioka. In the early going Yuki Yamazaki led from Morioka and Yusuke Yachi. They passed 5km in 20:21 but by 10km (40:31) the leaders was reduced to the pair, Morioka and Yamazaki, 7th at the 50Km Walk in the Beijing Olympics. They were still together at 15km (1:01:15), but at the end Morioka proved to be stronger and won in 1:21:16, as Yamazaki faded to fourth.

"Since it was a World Championships qualifying race, I wanted to win the race," wrote Morioka in his team's website. Like Fuchise, Morioka also clinched a spot on the team for the World Championships. "I hope to finish in the top eight in Berlin," wrote Morioka.

Men 20 km walk

1.	Koichiro Morioka	1:21:16	(20:21, 40:31, 1:01:15)
2.	Yusuke Suzuki	1:22:08	(20:39, 41:09, 1:01:36)
3.	Isamu Fujisawa	1:22:10	(20:39, 41:09, 1:01:36)
4.	Yuki Yamazaki	1:22:16	(20:21, 40:31, 1:01:15)
5.	Yusuke Yachi	1:23:46	(20:21, 40:50, 1:01:57)

Women 20 km walk

1.	Masumi Fuchise	1:28:03	(22:16, 44:34, 1:06:32)
2.	Mayumi Kawasaki	1:28:49	(22:03, 43:55, 1:06:12)
3.	Sachiko Konishi	1:29:49	(22:07, 44:32, 1:06:55)
4.	Kumi Otoshi	1:32:17	(22:36, 45:32, 1:08:46)

USA 1 MILE WALK TITLES DECIDED AT MILLROSE GAMES, NEW YORK, FRIDAY 30 JANUARY 2009

The 102nd Millrose Games was held on the evening of Friday 30th January 2009 at Madison Square Gardens in New York. The Millrose Games, the oldest invitational indoor track-and-field meet in America, began in 1908 at a local armory the same year its parent, the Millrose Athletic Association, was formed as a recreational club by the employees of the John Wanamaker Department Store. "Millrose" was the name of the country home of Rodman Wanamaker. In 1914, after overflowing its capacity the year before, the Millrose Games moved to Madison Square Garden, and is the oldest continuous sporting event held there.

The New York Athletic Club's very own Tim Seaman won his fifth career title in the Susan M. Rudin Men's 1 mile race walk, finishing in 6:02.58 to defeat his training partner, Andreas Gustafsson of Sweden (6:04.54), with Mike Tarantino in third (6:08.58). With the race serving as a national championship event, Seaman tallied the 34th national title of his career. Teresa Vaill won her second consecutive national title in the women's 1 mile race walk, finishing as the first American in the race in 6:51.33. Rachel Lavallee of Canada won the overall race in a Millrose Games record 6:47.45, with Vaill second and Solomiya Login third in 7:09.21.

Event 1 Women 1 Mile Race Walk

1.	Rachel Lavallee	CAN	6:47.45
2.	Teresa Vaill	USA	6:51.33
3.	Solomiya Login	USA	7:09.21
4.	Tina Peters	USA	7:35.12
5.	Erin Taylor	USA	7:43.09
6.	Diana Rado	USA	7:47.58
7.	Maryanne Daniel	USA	7:51.53
8.	Melissa Moeller	USA	7:57.82
9.	Catie Davis	USA	7:58.08
10.	Molly Josephs	USA	8:09.48
	Susan Randall	USA	DQ Lane Violation

Event 6 Men 1 Mile Race Walk USA Champs

1.	Tim Seaman	USA	6:02.58
2.	Andreas Gustafsson	SWE	6:04.54
3.	Mike Tarantino	USA	6:08.58
4.	Trevor Barron	USA	6:14.12
5.	Tyler Sorenson	USA	6:37.44
6.	Richard Luetttchau, II	USA	6:39.50
7.	Ricardo Vergara	USA	6:41.69
8.	Roberto Vergara	USA	6:44.24
9.	Alejandro Chavez	USA	6:52.90
10.	Curt Clausen	USA	6:54.62
11.	Michael Kazmierczak	USA	7:05.95
12.	Don Lawrence	USA	7:31.69

For full results from the Games, see <http://www.millrose-games.com/>

ITALIAN INDOOR CHAMPIONSHIPS, TORINO, SATURDAY 21 FEBRUARY 2008
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Ivano Brugnetti burned up the indoor track in Torino with a huge time of 18:23 for the 5000m while team mate Elisa Rigaudu won the women's walk with 12:40. A good standard overall with lots of depth.

5000m Walk Men

1.	BRUGNETTI Ivano	1976	FIAMME GIALLE	18:23.47
2.	NKOULOUKIDI Jean Jacque	1982	FIAMME GIALLE	19:27.92
3.	PRIVITERA Dario	1979	AERONAUTICA MILITARE	19:56.21
4.	GANDELLINI Alessandro	1973	FIAMME ORO PADOVA	20:21.63
5.	ADRAGNA Andrea	1989	ATL. BERGAMO 1959 CREBERG	20:56.36
6.	SABINO Pasquale	1979	CARABINIERI SEZ. ATLETICA	20:58.42
7.	ROMANELLI Andrea	1986	TOSCANA ATLETICA CARIPIT	21:41.76
8.	MERCALDO Andrea	1976	ATLETICA LEGGERA PRATO	23:07.51
	D'ONOFRIO Fortunato	1981	AERONAUTICA MILITARE	DQ
	PALUMBO Gian Piero	1981	LIB. POL. AMAT. ATL. BN	DQ

3000m Walk Women

1.	RIGAUDO Elisa	1980	FIAMME GIALLE	12:40.75
2.	DI VINCENZO Sibilla	1983	ASSINDUSTRIA SPORT PADOVA	12:55.72
3.	GIORGI Eleonora Anna	1989	ATL. LECCO-COLOMBO COSTRUZ.	13:14.39
4.	GAROFALO Valentina	1984	C.S. ESERCITO	13:38.69
5.	BASSETTO Patrizia	1976	C.U.S. CAGLIARI	13:57.86
6.	FACCHINELLI Patrizia	1984	GS VALSUGANA TRENTO	14:02.87
7.	GALLI Ilaria	1987	C.U.S.PERUGIA	14:04.71
8.	CRESPO Elodie	1986	ATLETICA ASI VENETO	14:07.19
9.	PRUNER Serena	1986	S G AMSICORA	14:12.20
10.	GRANGE Francesca	1989	ATLETICA CANAVESANA	14:13.90
11.	PITTAU Carla	1981	S G AMSICORA	14:15.75
12.	MEGLI Milena	1966	ASSI BANCA TOSCANA FIRENZE	15:10.60
	MARCOLINI Marta	1983	A.S. ROMA - CUS ATLETICA	DQ
	ORSINI Gisella	1971	G.S. FORESTALE	DQ

FRENCH INDOOR CHAMPIONSHIPS, DAY 2, 22 FEBRUARY 2009, LIÉVIN, FRANCE

Johann Diniz was the standout walker in the French Indoor championships, held recently in Liévin, his time of 18:40.26 putting him on a par with the performances last weekend of Eder Sanchez and Jared Tallent. The IAAF website wrote

Also well advanced in his plans is race walker Yohann Diniz. The 2007 World silver medallist at 50km decided to start his 5000m race very fast. After the first kilometre, he was eight seconds ahead of the French record held by his former coach Denis Langlois (18:43.20 in 1994). By 2km (7:17.77), his margin was reduced to six seconds. Diniz, not at ease in the 25 lap race format, managed to shave three seconds from the record, winning his first indoor title in **18:40.26**.

“Thanks to the public’s encouragement, I tried to do finish well in spite of my fast start,” Diniz said. “I wasn’t prepared for indoors and didn’t have a time in mind. But of course, anytime I line up I want to give my all. I also wanted to prove that I was able to do well with my new coach Pascal Chirat. I felt the stress and the pressure was there, but I took pleasure today.”

The walker, now 25th in the all-time world indoor list, will fly to Portugal for a training camp from 26 February to 18 March. He plans to resume competition in March in Slovakia.

“It will be a training race with no time target. However, I will go for a time at the European Cup Race Walking in Metz on 24 May. The big challenge for me is to double 20km and 50km at World Championship.”

3 000m Walk Women

1	13:12:21	KORZENIOWSKA Sylwia (POL)	Lille Metropole Athletisme
2	13:19:09	GUINAUDEAU Christine	Amiens Uc
3	13:32:16	MITROVIC Sandra	Lagardere Paris Racing
4	13:39:32	CARTIER Melissa	Amiens Uc
5	13:52:99	BOUZIDI Yaimara (CUB)	Vga Compiegne
6	13:53:76	RETOUT Anne-gaelle	Caen Athletic Club
7	14:19:60	LORIOU Mandy	Us St Berthevin
8	14:20:50	BAUDOIN Corinne	Montpellier Uc
9	14:41:09	AVEROUS Violaine	Ca Balma
10	14:56:85	MARCOU Amandine	Sa Merignac
11	15:01:70	PASTORINO Ines	Nice Cote D:azur Athletisme

5 000m Walk Men

1	18:40:26	DINIZ Yohann	Efs Reims A.
2	19:28:98	BOYEZ Antonin	Ca Montreuil
3	19:44:40	HOUSSAYE Cedric	Olympique De Marseille Athle
4	20:50:80	MOLMY Damien	Lille Metropole Athletisme
5	21:03:10	BOUFRAINE Mehdi	Ca Montreuil
6	21:05:80	DELAUNAY Sebastien	Ca Du Pays Saumurois
7	21:06:67	GARIN Yvonnick	Haute Bretagne Athletisme
8	21:06:70	LE COZ Xavier	Franconville Athletisme Val D
9	21:21:19	BLANC Louis-guillaume	Aj Blois-onzain
10	21:38:99	VANOOSTHUYSE Jean-franck	Correze Athle

RUSSIAN RACE WALKING CHAMPIONSHIPS, ADLER, 28 FEB - 1 MARCH

The Russian Winter racewalking championships have just been completed in Adler. Of course, the amazingly fast times must be viewed in the context of the large number of drug convictions against Russian walkers over the last 12 months. In a country with what looks suspiciously like institutionalised drug abuse, it is up to Russia to prove to the rest of the world that it has cleaned up its act and that it is now rigorously monitoring its athletes and coaches. The IAAF website is quoted as saying of the various World and European records set in these races ... *“none of the times are likely ever to gain official status as at least 3 international judges have to be present for records to be ratified.”*

Men 10 km Race Walk

1.	Stanislav Yemelyanov	RUS	38.43
2.	Denis Strelkov	RUS	39.53
3.	Valeriy Filipchuk	RUS	39.55

Men 20km Race Walk

1.	Valeri Borchin	RUS	1:17.38
2.	Piotr Trofimov	RUS	1:19.02
3.	Andrey Krivov	RUS	1:19.55

Women 10 km Race Walk

1.	Tatyana Mineyeva	RUS	42.36
2.	Ksenia Trifonova	RUS	42.44
3.	Tatyana Kalmykova	RUS	42.49

Women 20km Race Walk

1.	Olga Kaniskina	RUS	1:24.56
2.	Vera Sokolova	RUS	1:25.26
3.	Anisiya Kirdyapkina	RUS	1:25.26

GRAN PREMIO CITTA DI LUGANO, SWITZERLAND, SUNDAY 8 MARCH 2009

The European outdoor circuit kicked off on Sunday with the first of the European Athletics Federation walk meets in Lugano in Switzerland. It was of special interest to Australians as it marked the first race for English walker Jo Jackson since she finished her Australian summer. After her magnificent 20:46 5000m effort in Sydney recently, it was no surprise that she won the women's 20 km walk in 1:31:16, a 17 sec PB. Overall, fields were big and the standard high. Full results can be sourced from the Swiss Racewalking website <http://www.lamarche.ch> and from the event website, <http://www.lugano-racewalking.com>. The other pleasing thing from a Commonwealth perspective was the great effort of English junior Ben Wears who finished 2nd in the U20 Men 10 km in 43:11 and the presence of a large number of GBR walkers overall. It looks like England is starting to rebuild its walking fortunes so we wish them well. The first few places from each of the 4 major races follows

20km Men

1.	Aleksandr Yargunkin	1981	RUS	1:21.40
2.	Ivan Trotski	1976	BLR	1:22.21
3.	Andrei Stscephanchuk	1979	BLR	1:23.39
4.	Andrei Talashko	1982	BLR	1:24.25
5.	Antonin Boyer	1984	FRA	1:24.35
6.	Aliaksandr Kuzmin	1981	BLR	1:25.28
7.	Milan Rizek	1978	SVK	1:26.18
8.	Andrea Adragna	1989	ITA	1:26.33
9.	Gianpiero Palumbo	1981	ITA	1:27.29
10.	Dominic King	1983	GBR	1:28.33
11.	Luke Finch	1985	GBR	1:28.38
12.	Ruggiero D'Ascanio	1984	ITA	1:28.51
13.	Fortunato D'Onofrio	1981	ITA	1:28.51
14.	Daniel King	1983	GBR	1:28.51
15.	Brendan Boyce	1986	IRL	1:30.59

20km Women

1.	Johanna Jackson	1985	GBR	1:31.16
2.	Olga Povalyayeva	1984	RUS	1:31.32
3.	Brigita Virbalyte	1985	LTU	1:32.08
4.	Zuzana Schindlerova	1987	CZE	1:32.26
5.	Marie Polli	1980	SUI	1:32.36
6.	Maria Galikova	1980	SVK	1:33.03
7.	Gisella Orsini	1971	ITA	1:33.46
8.	Eleonora Anna Giorgi	1989	ITA	1:34.27
9.	Neringa Aidityte	1983	LTU	1:34.53
10.	Annamaria Greceanu	1989	???	1:37.27
11.	Christine Guinaudeau	1978	FRA	1:38.09
12.	Lucie Pelantova	1986	CZE	1:38.52
13.	Sibilla Di Vincenzo	1983	ITA	1:39.28
14.	Francesca Grange	1989	ITA	1:40.25

10km Men U20

1.	Carl Dohmann	1990	GER	42:49
2.	Ben Wears	1990	GBR	43.11
3.	Andrea Previtali	1991	ITA	44.29
4.	Karel Ketner	1990	CZE	44.39
5.	Mark O'Kane	1991	GBR	44.53
6.	Luca Ferrari	1992	ITA	44.56
7.	Ciro Somma	1992	ITA	45.18
8.	Tom Bosworth	1990	GBR	45.29
9.	Pavel Schrom	1991	CZE	45.38
10.	Lukas Gdula	1991	CZE	46.04
11.	Alex Wright	1990	GBR	46.27
12.	Martin Bukacek	1990	CZE	46.29
13.	Francesco Campana	1992	ITA	48.12
14.	David Remjar	1991	SVK	48.17

10km Women U20

1.	Adriana Turnea	1991	ROM	50.03
2.	Federica Curiazzi	1992	ITA	52.42
3.	Tsetsylya Stetskiv	1991	UKR	52.55
4.	Tatiana Neile Dolci	1993	ITA	53.25
5.	Katarina Strmenova	1993	SVK	53.38
6.	Carolina De Rosa	1992	ITA	54.35
7.	Gladys Moretti	1991	ITA	55.44

8.	Chelsea O'Rawe-Hobbs	1991	SCO	57.09
9.	Francesca Craba	1991	ITA	57.16
10.	Barbora Havranova	1993	CZE	58.24
11.	Francesca Songini	1993	ITA	60.07
12.	Olga Puckova	1994	CZE	61.16

IAAF RACE WALKING CHALLENGE EVENT, CHIHUAHUA, MEXICO, 14-15 MARCH 2009

Four of our top walkers raced last weekend in the first IAAF Race Walking Challenge event for the year. The venue was the Mexican city of Chihuahua, the city that will host the 2010 World Racewalking Cup and the walkers were **Jared Tallent**, **Adam Rutter**, **Luke Adams** and **Claire Tallent**. They were amongst a large contingent of international walkers (a record 196 athletes from 25 countries registered for the weekend events) who converged on the Mexican city to test out the course and see how they were going to fare at an altitude of 1285m. I have been able to put race reports together with help from the IAAF website (<http://www.iaaf.org>), the Athletics Australia website (<http://www.athletics.org.au>) and the Challenge event website (<http://www.walkingchihuahua.com/>).

20 km Women

The women's race, which was flagged off half an hour after the opening ceremony and two hours before the men's event, marked a good start for Norwegian Kjersti Plätzer's farewell season. Plätzer and Inés Henriques of Portugal led a group of eight women through the first five km in 23:35 but by the half way mark, reached in 46:44, the two leaders had broken clear. Henriques walked right on her more experienced rival's heels, but could not sustain the pace in the last laps as the Plätzer cruised to victory in 1:33:34 hours.

"I am very happy to have won here in Chihuahua. This is the type of course I like, with a bit of incline as it helps me aim for the victory", Plätzer told the local media in perfect Spanish.

At 37, the mother of two also reflected on her last competitive season. "This is my last year and I am happy about it. I am trying to do my best in every competition and I could not have started in a better way than winning here", said Plätzer, who showed her desire to return to Chihuahua to accompany her younger brother Erick and husband-coach Stephan Plätzer for the 2010 World Cup.

Henriques (1:34:02) was rewarded with her best Challenge finish, better than her third placing in Mexico in 2008. Italy's Olympic bronze medallist and 2004 Challenge champion Elisa Rigaudo (1:35:41) was third in her Mexican debut.

Unfortunately **Claire Tallent**, the sole Australian walker, was disqualified between 10km and 15km when well placed. The main places were as follows:

1.	Kjersti Plätzer	Norway	1:33:34
2.	Inés Henriques	Portugal	1:34:02
3.	Elisa Rigaudo	Italia	1:35:41
4.	Beatriz Pascual,	Spain	1:36:04
5.	Susana Feitor	Portugal	1:36:52
6.	Elena Ginko	Belarus	1:38:47
7.	Johana Ordoñez	Ecuador	1:38:53
8.	Claudia Stef	Romania	1:39:04
9.	Tatyana Korotkova	Russia	1:39:22
10.	Tatyana Gudkova	Russia	1:40:01

20 km Men

Twenty-two year old Mexican champion Eder Sanchez pleased the home crowd with his second consecutive win in Chihuahua after a 1:22:21-hour effort, half a minute faster than last year. Colombia's CAC Games champion Luis Lopez (1:23:06) and Australia's defending overall Challenge champion and 2008 dual Olympic medallist **Jared Tallent** (1:23:44) flanked him on the podium.

Walking at a slow pace on a cool and windy afternoon on the 2km 'Pancho Villa' course, Sanchez led over a dozen men through the halfway mark in 42:25. When he made his move soon after, only Lopez and Tallent could respond and they passed the 15km mark well clear in 1:02:50. But when the Mexican launched his decisive attack in the last two laps (his last 5km was 19:31), they had no answer.

"It was a very technical race. I was hoping for the competition to really start around the 15km mark, but it happened at the 13th. I am not in my best shape yet. I am training to be 100% fit for the World Championships in Berlin", said Sanchez.

It was his second victory of the season after setting a CAC record over 5000m (18:40:11) in Sydney, on February 28, ahead of Tallent.

Lopez, ninth in the Beijing Olympics, was happy to produce his best Challenge performance so far. It was his second podium finish in the history of the Challenge - he finished third in the Mexican leg two years ago.

One week after claiming his second consecutive national title, Jared improved from ninth to third here, compared to 2008.

It was an excellent breakthrough on the international circuit for **Adam Rutter**, who clocked 1:24:24 to finish fifth. **Luke Adams** (1:24:53) had the misfortune of being sick in the final stages of the race but he continued to battle home for the final 4km, the hamstring he tore three weeks ago holding up to the test.

It was a fantastic effort by the Australian trio to back up after last weekend's national championships, travel to the other side of the world, race at altitude, and still defeat quality international athletes. Top placings were as follows

1.	Eder Sanchez	Mexico	1:22:21
2.	Luis F. Lopez	Colombia	1:23:06
3.	Jared Tallent	Australia	1:23:44
4.	Erik Tysse	Norway	1:23:56
5.	Adam Rutter	Australia	1:24:24
6.	David Mejia	Mexico	1:24:30

7.	Luke Adams	Australia	1:24:53
8.	Bernardo Segura	Mexico	1:25:00
9.	Adrian Herrera	Mexico	1:25:10
10.	Robert Heffernan	Ireland	1:25:32

50 km Men

This event also had a strong international flavour with 26 entrants from 7 countries flagged off at 8:00am on Sunday morning. Defending champion and local favourite Jesús Sánchez set the early tempo and he and Norwegian Trond Nymark had established a clear lead by the 5km mark. The duo shared the lead until the 25km mark, when Sanchez moved ahead and built up a five-second lead, which he increased to 19 seconds at the 35km mark. However, his cushion began to shrink as he slowed and the Norwegian caught up with him with 6km to go. Nymark sealed his victory with 24:46 minutes in the final 5km, to the Mexican's 26:32.

“The first 25km were easy and the second half became harder and I increased the tempo and the pressure. I took advantage of the good weather. I realized the Mexican was slowing his pace and then overtook him at the right time,” said Nymark after hugging his coach. “From the very beginning, I told myself I could win this race. I kept that mentality until the end. I always remained positive, aiming for the win.”

Nymark holds the fastest 50km on Mexican soil in the seven-year history of the Challenge, when he completed the distance in 3:46:05 hours in Tijuana 2005.

“I got excited and did not respect my pace. It took its toll on me. I changed the strategy and it did not work. I realized I was slowing the pace. The Norwegian caught up with me and eventually won,” Sanchez explained. Nevertheless, the 2008 Olympian was satisfied to secure a slot in the Mexican squad for the 2009 IAAF World Championships. Top places were

1.	Trond Nymark	Norway	3:51:06
2.	Jesús Sánchez	Mexico	3:53:17
3.	Omar Zepeda	Mexico	3:55:45
4.	Edgar Hernández	Mexico	3:55:45
5.	Daniel García	Mexico	4:05:45
6.	Mario Iván Flores	Mexico	4:08:47
7.	Cristián Berdeja	Mexico	4:09:16
8.	Álvaro Nava	Mexico	4:13:54
9.	Luis Bustamante	Mexico	4:18:22
10.	José Sánchez	Mexico	4:19:18

10 km Junior Men and Women

The final events to be contested were Junior 10km walks and they were exclusively Mexican affairs with 20 competitors in each race. Adrián Ochoa and his sister Adriana Ochoa took their respective races with 42:16 and 49:58.

Under 20 Men 10 km

1.	Adrián Ochoa	42:16
2.	Ever Palma	42:42
3.	Isaac Palma	43:32

Under 20 Women 10 km

1.	Adriana Ochoa	49:58
2.	Angélica Arrieta	50:30
3.	Erandi Uribe	50:51

Chihuahua also saw a big mix of present and past race walking stars. Ecuador's Jefferson Perez, Italy's Maurizio Damilano and Mexico's first Olympic champion Daniel Bautista and 1984 Olympic champion Raul Gonzalez were among the distinguished guests. Others were Spain's José Marín and Jordi Llopart, and Jerzy Hausleber, considered as the father of race walking in Mexico.

Under the guidance of Miguel Ángel Rodríguez, the 1997 World Championships 50km bronze medallist and current director of the Chihuahua Institute of Sports, the capital of the largest Mexican state will now prepare to host the 2010 Race Walking World Cup in May next year. This will be the first World Cup held in Mexico since 1993 and it will be BIG! Mexico, for many years the strongest walking country in the world, now seems to be turning the clock back and regaining both depth and quality. The IAAF event saw 117 Mexican walkers in action – 18 in the 20km women, 35 in the 20km men, 24 in the 50km men, 20 in the 10km junior men and 20 in the 10km junior women. Very few countries can boast such depth in racewalking.

The IAAF Race Walking Challenge will now cross the Atlantic with the second leg scheduled in Rio Maior, Portugal on 4 April.

Full results, including all splits, and lots of photos can be found on the event website at www.walkingchihuahua.com/2009.

EAA RACEWALKING MEET, DUDINCE, SLOVAKIA, SATURDAY 28 MARCH 2008

French European Champion and World Championships silver medalist Yohan Diniz won the 50km race at the 28th annual 'Dudinska patdesiatka', a European Athletics Permit Meet, with a new national record and a world leading **3:38:45** on Saturday. It is also a new event record. The former French record was 3:40:58 by Thierry Toutain in 1996 and the former best by Diniz was his winning mark in the Goteborg European Championships in 2006 - 3:41:39. The IAAF website (<http://www.iaaf.org>) reported as follows:

"We did not plan for such a fast time, but he is great competitor and used his chance and good conditions," commented his coach Pascal Chirat with whom Diniz has been working since last autumn. The duo has been working relentlessly to give a new direction to the Frenchman's career after the disappointment in Beijing.

Second placed Slovak Matej Toth who debuted at the distance, also set a national record clocking 3:41:32. The former Slovak record was 3:42:20 by Pavol Szikora also in Dudince in 1987.

The competition was held in excellent conditions, with temperature ranging between 14-18 degrees and very little wind.

"I could not dream about this, I was thinking maybe to break 3:50, but to achieve the Slovak record, not at all," said Toth.

Another five walkers managed to achieve the IAAF A-standard for Berlin (3:58). Third placer Irish walker Jamie Costin achieved a new national record also 3:50:51, fourth placed Polish Olympian Rafal Augustyn debuted at the distance with 3:52:16, fifth placed Colin Griffin of Ireland achieved 3:53:54 (he is the former Irish record holder with 3:51:32 from winning Dudince in 2007), sixth placed Tadas Suskevicius of Lithuania (3:54:40, missed his PB from last year in Dudince by only 3 seconds) and seventh placed Slovak Milos Batovsky (3:55:35).

The Hungarian title went to veteran Zoltan Czukor (4:10:35), while the Czech title was won by Roman Bilek (4:18:56). Ukrainian Lyudmyla Shelest won the 20 km race in 1:34:17 ahead of Swedish record holder Monica Svensson (1:34:31) and another Ukrainian Vira Zozulya (1:35:52).

Despite finishing fourth, Zuzana Malikova who won her 6th Slovak title in the women's 20km (1:37:40).

In the 20 km men's race Jakub Jelonek of Poland registered an impressive win, missing his PB by only 1 second with 1:22:58. Serbian Vladimir Savanovic won the new 35km U23 category 35 km (2:46:14), while the junior 10km race witnessed high quality performances with David Tomala of Poland (42:12) defeating German Hagen Pohle (42:19) to clinch the title.



Diniz crossed the finish line in Dudince (<http://www.iaaf.org>)

Rodulf Skrucany checked the Slovak papers to find out a bit more about the 3:41 performance of second placed Matej Tóth. Apparently, Tóth had steered away from the 50 km distance for a number of years, ignoring his coach's advice. He was very disappointed with his 26th place in the 20km event in Beijing and was considering quitting the sport when he finally decided to try the 50km and see if it could give him a higher placing. This was his first ever 50km attempt and he was only targetting the 3.58 A qualifying standard for Berlin and hoping for maybe around 3.50 if all went well.

Diniz was walking very fast and this made Tóth walk faster than planned as well. It was after he heard his 30km split that he realised that he was walking fast enough to break the old Slovakian national record (3.42).

He had decided to stay cool till 40k but at 36k started to chase Diniz and was pulling him slightly back. At 40km he lapped third placed Jamie Costin and they walked the last 10km together, helping each other against the strong wind which had picked up over the last 10km.

Here are the first 10 places from the 3 main senior events.

50km Men

1.	Diniz Yohann	1978	EFS REIMS (FRA)	3:38:45
2.	Tóth Matej	1983	VSC DUKLA BANSKÁ BYSTRICA (SVK)	3:41:32
3.	Costin Jamie	1977	IRL (IRL)	3:50:51
4.	Augustyn Rafał	1984	POL (POL)	3:52:16
5.	Griffin Colin	1982	IRL (IRL)	3:53:54
6.	Šuškevičius Tadas	1985	LTU (LTU)	3:54:40
7.	Bátovský Miloš	1979	VSC DUKLA BANSKÁ BYSTRICA (SVK)	3:55:35
8.	Filipović Predrag	1978	SRB (SRB)	4:06:02
9.	Gonzalez Cobacho Javier	1983	ESP (ESP)	4:09:14
10.	Czukor Zoltán	1962	KOMLÓI BSK (HUN)	4:10:35

20km Men

1.	Jelonek Jakub	1985	POL (POL)	1:22:58
2.	Mikelionis Vilius	1985	LTU (LTU)	1:23:39
3.	Rekst Richardas	1987	LTU (LTU)	1:29:58
4.	Piórek Kamil	1989	POL (POL)	1:30:33
5.	Doyle Michael	1900	IRL (IRL)	1:34:24
6.	Mockel Max	1990	GER (GER)	1:35:29
7.	Davis Scott	1900	GBR (GBR)	1:36:12
8.	Zajíc Jakub	1989	HVĚZDA SKP PARDUBICE (CZE)	1:39:27
9.	Colette Olivier	1988	BEL (BEL)	1:39:38
10.	Luniewski Mirosław	1957	POL (POL)	1:48:53

20 km Women

1.	Shelest Lyudmyla	1974	UKR (UKR)	1:34:17
2.	Svensson Monica	1978	SWE (SWE)	1:34:31
3.	Zozulya Vira	1970	UKR (UKR)	1:35:52
4.	Malíková Zuzana	1983	LOKOMOTÍVA ŠURANY (SVK)	1:37:40
5.	Schindlerová Zuzana	1987	USK PRAHA (CZE)	1:38:05
6.	Yakovenko Olga	1987	UKR (UKR)	1:41:02
7.	Golba Katarzyna	1989	POL (POL)	1:41:06
8.	Gáliková Mária	1980	VSC DUKLA BANSKÁ BYSTRICA (SVK)	1:41:15
9.	Chruściel Lucyna	1988	POL (POL)	1:42:22
10.	Madarász Viktória	1985	BUDA-CASH BÉKÉSCSABAI AC (HUN)	1:42:33

IAAF RACE WALKING CHALLENGE , RIO MAIOR, PORTUGAL, SATURDAY 4 APRIL 2009

António Manuel Fernandes reported on the second leg of the 2009 IAAF Race Walking Challenge for the IAAF - see <http://www.iaaf.org/WRC09/news/kind=100/newsid=50059.html> - where Kjersti Plätzer of Norway won her second consecutive title and China's Hao Wang took his first at the 18th Grande Premio Internacional en Marcha Atletica in the Portuguese Race Walking capital of Rio Maior



Norway's Kjersti Plätzer and China's Hao Wang win at Rio Maior in Portugal

It was a very powerful performance by Plätzer, showing her fitness after her win in Chihuahua last month. The Olympic silver medallist walked from the front throughout but had another 10 competitors for company for the first 10 km. That changed after a strong attack by Plätzer in the 12th kilometre, with only Portugal's Inês Henriques, who was second in the Chihuahua race, and Vera Santos, who was third at last year's IAAF World Race Walking Cup, able to follow - at least until the 17th kilometre. Then Plätzer finally broke away to win in 1:30:35, a time significantly slower than the 1:29:29 which carried her to victory a year ago. Strong winds affected the competition, but for the 37-year-old Plätzer, it was nonetheless a season's best.

"I wasn't comfortable during the race because the other competitors prove to be very strong," Plätzer said. "And I was afraid of the Portuguese, also. In the last kilometre, the cold made me be most afraid of all. But it was a very good win."

The second to reach the finish was Santos, who improved upon her seventh place finish last year, in 1:30:49, also a season's best. Henriques, who was ninth last year - but second in Chihuahua this season - was third. Lithuanian Kristina Saltanovic was fourth (1:31:26), ahead of Romania's Claudia Steff. Susana Feitor, a legend in Portugal, had to give up after the 13th kilometre. Other top walkers including Germany's Sabine Krantz and Ireland's Olive Loughnane didn't finish either. Ana Cabecinha, who was eighth at the Olympic Games and third here last year, was only seventh today.

1.	Kjersty Plätzer	NOR	1:30:35
2.	Vera Santos	POR	1:30:49
3.	Inês Henriques	POR	1:31:05
4.	Kristina Saltanovic	LTU	1:31:26
5.	Claudia Stef	ROM	1:31:54
6.	Tatyana Sibileva	RUS	1:31:59
7.	Ana Cabecinha	POR	1:33:05
8.	Ana Maria Groza	ROM	1:35:03

In the men race, Norway's Erik Tysse (pb: 1:19.11), Plätzer's brother who won here last year, was among the leaders as well, but Hao Wang of China (pb: 1:19.47), who was fourth in Beijing last summer, was the stronger today. The race turned into a battle between Hao and Italy's Giorgio Rubino, with the former prevailing in 1:19:27. Rubino, who was fifth at the 2007 World Championships, was ten seconds adrift in 1:19:37 to finish second. Both raced to personal bests. Tysse was third, another seven seconds back. Hao's performance was the second fastest ever in Rio Maior, and Rubino's the third fastest ever at the event.

The first five all clocked season's bests, with Mexican Jesus Sánchez (pb: 1:23.02) who was third in the Chihuahua 50 km this year, clocking a personal best 1:21:14 to finish fifth, just behind China's Yafei Chu (1:21:10).

1.	Hao Wang	CHN	1:19:27
2.	Giorgio Rubino	ITA	1:19:37
3.	Erik Tysse	NOR	1:19:44
4.	Yafei Chu	CHN	1:21:10
5.	Jesus Sánchez	MEX	1:21:14
6.	Andre Höhne	GER	1:21:30
7.	Ivan Trotski	BLR	1:22:33
8.	Jose Alessandro Bagio	BRA	1:22:53

IAAF RACE WALKING CHALLENGE, WUXI, CHINA, 18-19 APRIL 2009

Last weekend saw a large number of our top Australian walkers in action in the third leg of the 2009 IAAF Race Walking Challenge in Wuxi City, just outside Shanghai in China. AIS walks coach **Brent Vallance** reports on proceedings and has also supplied some great photos – thanks Brent.

Men's 20km Walk, Saturday 18 April 2009

China is always the most competitive event on the IAAF Challenge in the men's event, and this year probably attracted the best yet of a new generation of male walkers. A surprise name on the start line was the Olympic Champion Valery Borchin who has never competed outside Russia other than for Championship races, so this was a big move by the meet promoters to get him at this event.

The winners of the first two legs of the challenge, 22yr old Mexican Eder Sanchez and 19 yr old Chinese Wang Hao were also there, along with dual Olympic Medallist **Jared Tallent** and **Luke Adams** so the race really took the form of one similar to what you see in a Championship race. With four of the first 6 places at the Olympic 20km present and the depth of the event domestically in China, it was going to be a big race.

The men's event was raced in humid conditions with the temperature rising to 23°C during the morning from a low of 18°C at the start of the event. 19 walkers formed at the front of the field and strolled through 2km in a leisurely 8:09 and there was little change in the pace for the first 10km of the event. The leading pack was still 10 strong at the half way mark (10 km split of 40:44) with both Jared and Luke in prominent positions.



Luke Adams (left) and Chris Erickson (second from right) in the lead pack – Jared Tallent is obscured third from left

The pace then picked up with a 7:49 2km split, and a group of 5 athletes opened up a 10 second gap to the remaining walkers who then started to string out behind. Sanchez and Borchin looked the best at this stage, with Chinese duo Wang Hao, and 50km Olympian Li Jianbo close behind with Jared tucked in behind. Borchin continued to apply pressure through the remaining laps of the race and then surged ahead at the bell, with Eder Sanchez starting to feel the pinch after a 7:43 lap from 16-18km.

Borchin was never headed from then on and his win confirms that he is the dominant 20km walker in the world at the moment – he recorded a very impressive 38:47 for the second 10km. Race splits for the main contenders were as follows

Borchin	8:10	8:16	8:13	8:05	8:09	7:49	7:48	7:45	7:43	7:43	1:19:31
Sanchez	8:09	8:16	8:13	8:07	8:09	7:51	7:47	7:46	7:44	7:47	1:19:37
Li Jianbo	8:10	8:16	8:13	8:06	8:07	7:51	7:47	7:46	8:00	7:51	1:19:56
Wang Hao	8:09	8:16	8:12	8:06	8:08	7:50	7:48	7:59	7:53	7:57	1:20:10
Jared Tallent	8:10	8:16	8:13	8:05	8:08	7:50	7:52	8:04	8:17	8:25	1:21:11
Luke Adams	8:10	8:16	8:13	8:05	8:08	8:03	8:11	8:14	8:11	7:56	1:21:17

Chris Erickson dropped off the lead pack after 6km but still walked a strong first 10km in a PB time of 41:09. He held his second 10km together to improve his 20km PB to 1:22:53 to take 12th position. **Ian Rayson**, fresh from his selection in the WUG Team also walked a PB of 1:27:29, with **Brendon Reading** fading over the last lap to walk 1:30:50 to miss out on his pre race goal of a sub 1:30:00.

Chris Erickson	8:10	8:15	8:12	8:11	8:21	8:22	8:22	8:20	8:23	8:17	1:22:53
Ian Rayson	8:29	8:44	8:40	8:40	8:41	8:42	8:55	8:51	9:02	9:55	1:27:29
Brendon Reading	8:43	8:39	8:46	8:56	8:52	9:06	9:15	9:18	9:26	9:57	1:30:50

Brent was quoted further on the AA website with the following comments

Overall, the results were pretty solid from the guys. Although Jared is a little disappointed with fifth place, he recognises the calibre of the athletes that beat him. All have superior personal best performances, and most of them are the younger generation that he is part of, and will be racing for the next Olympic cycle. I'm personally very happy with Chris Erickson

who has again improved his 20km pb. This is very important for him to be a competitive 50km athlete at the world championships.

For the record, the first 20 positions and the Australian finishers read as follows

1.	Valery Borchin	RUS	..	1:19:31
2.	Eder Sánchez	MEX	..	1:19:36
3.	LI Jianbo	CHN	1986.11.14	1:19:57
4.	WANG Hao	CHN	1989.08.16	1:20:10
5.	Tallent Jared	AUS	..	1:21:11
6.	Luke Adams	AUS	..	1:21:17
7.	WEI Yang	CHN	1989.03.26	1:21:51
8.	CHU Yafei	CHN	1988.09.05	1:22:13
9.	KIM, Hyun Sub	KOR	..	1:22:17
10.	YU Wei	CHN	1987.09.11	1:22:43
11.	WANG Leilei	CHN	1989.02.14	1:22:50
12.	Chris Erickson	AUS	..	1:22:53
13.	ZHANG Xuezhhi	CHN	1987.07.06	1:23:41
14.	Shin Il-Yong	KOR	..	1:23:54
15.	GUO Kai	CHN	1988.09.03	1:23:57
16.	ZHOU Jincai	CHN	1985.11.19	1:24:07
17.	WANG Xiaohong	CHN	1983.02.07	1:24:22
18.	ZHANG Rui	CHN	1989.01.12	1:24:36
19.	DONG Jimin	CHN	1983.10.10	1:24:47
20.	XU Xingde	CHN	1984.06.12	1:25:03
32.	Ian Rayson	AUS	..	1:27:29
43.	Brendon Reading	AUS	..	1:30:50

Women's 20km, Saturday 18 April 2009

I can't recall how many athletes have held all World Level titles at the one time, but Russian Olga Kaniskina arrived in Wuxi with her training partner Borchin, as the reigning Olympic, World, and World Walking Cup Champion. She has been the clearly dominant force in women's walking since the start of 2007.

She was the favourite and she really lived up to that with a dominant display. With a pedestrian first lap of 9:27, the rest of the field just fanned out on either side of her, no-one prepared to pass the Olympic Champion. Kaniskina upped the tempo over the next four laps, until she and Chinese Jian Jang were well clear, and we looked set for a very fast time as they clocked three consecutive laps around the 8:30 mark. Through 12km, Jian Jang actually looked the more comfortable of the two athletes.

With a later start, and the temperature now reaching a warm and humid 27°C, the pace slowed, but the damage was done on lap 7, with Jian Jang falling back and the pace for all athletes slowed over the second half of the event. Kaniskina had done enough at this stage and cruised to victory in what was a very impressive and dominant display

2006 World Junior Champion Jing Jang and Hong Liu, 4th in the Beijing Olympics, rounded out the Dais positions with 1:30:01, showing how dominant Kaniskina was, as both Jing Jang and Hong Liu have shared wins at this event in recent years. Key splits read as follows

Kaniskina	9:27	9:02	8:42	8:28	8:31	8:34	8:39	8:48	8:55	9:02	1:28:00
Jing Jang	9:27	9:02	8:42	8:28	8:32	8:34	8:50	9:03	9:17	9:11	1:28:56
Hong Liu	9:27	9:02	8:42	8:46	8:54	9:05	9:06	9:03	9:11	8:55	1:30:01

Claire Tallent walked with the large lead pack through the first 5km in around 22:50 and then settled into her own rhythm as Kaniskina began to really pick up the pace and split the field. Claire walked strongly over the second half of the event and improved her position to 11th place at the finish with another solid performance of 1:33:38, giving her a very consistent series of races since her qualification in the Olympic team last February.

Claire Tallent	9:27	9:02	8:59	9:16	9:26	9:18	9:29	9:37	9:44	9:30	1:33:39
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1.	Olga Kaniskina	RUS	..	1:28:00
2.	JIANG Jing	CHN	1985.10.23	1:28:56
3.	LIU Hong	CHN	1987.05.12	1:30:01
4.	YANG Yawei	CHN	1983.10.16	1:30:05
5.	SHI Yang	CHN	1983.01.24	1:32:33
6.	WANG Shanshan	CHN	1987.06.16	1:32:41
7.	SUN Limin	CHN	1987.02.06	1:32:48
8.	SUN Lihua	CHN	1981.09.30	1:33:02
9.	BAI Yanmin	CHN	1987.06.29	1:33:13
10.	SUN Xueping	CHN	1988.12.10	1:33:19
11.	Claire Tallent	AUS	..	1:33:39
12.	LI Li	CHN	1987.06.18	1:34:11
13.	Ludmila Arkhipova	RUS	..	1:34:39
14.	HE Dan	CHN	1984.07.22	1:34:46
15.	LI Shuang	CHN	1985.01.04	1:35:36
16.	CHAI Xue	CHN	1988.10.21	1:36:26
17.	ZONG Jinzhao	CHN	1988.01.16	1:36:45

18.	XU Qing	CHN	1984.04.17	1:36:55
19.	NIE Jingjing	CHN	1988.03.01	1:38:21
20.	YU Miao	CHN	1989.04.02	1:38:24



Left – Kaniskina (119) controls the lead pack



Right – Claire Tallent (122) walks to 11th place

Men's 50 km, Sunday 19 April 2009

And finally a report from the IAAF website (<http://www.iaaf.org>) on the 50 km event which was held on the following day.

The weather in Wuxi today was dry but cloudy for the first 3 hours of the race which started at 7:30AM. It was windier than for Saturday's 20km races with the temperature rising from 15°C to a high of 25°C and rain falling increasingly heavily towards the end of the competition.

Just four foreign athletes, Australia's Luke Adams, the overall Challenge winner in 2007, Spain's Juan Manuel Molina, Eder Sanchez of Mexico and Tunisia's Hatem Ghoula lined-up for today's 50km along with 45 Chinese race walkers.

As it turned out, all four ended up not finishing the race which China's Zhao Chengliang, who was fifth at the distance at the 2005 World Championships and has a personal best 3:36:13 from his second place in the 2005 National Games, claimed in a time of 3:45:16.

Luke Adams led the walkers in the first half but dropped out of the race after the 13th lap, and from that point Zhao Chengliang dominated until the end.

Of the other foreign visitors, Eder and Hatem only walked for 5 laps and Molina wasn't able to finish the last 10km.

Therefore the race saw a Chinese sweep, with Xu Fuguang taking second in 3:55:04 and Li Lei, who has recently won two titles in Baoji at China's National Race Walking Grand Prix in late March, placed third with a time of 3:58:39.

In total 7 athletes were disqualified, while 15 athletes finished the 50km.

1.	ZHAO Chengliang	CHN	1984.06.01	3:45:16
2.	XU Fuguang	CHN	1987.05.17	3:55:04
3.	LI Lei	CHN	1987.11.29	3:58:39
4.	ZHAO Jianguo	CHN	1988.01.19	4:02:43
5.	DONG Jimin	CHN	1983.10.10	4:06:10
6.	BAI Xuejin	CHN	1987.06.06	4:06:22
7.	YU Guoping	CHN	1986.06.13	4:07:46
8.	A Latangadasu	CHN	1984.01.27	4:08:48
9.	KANG Wenduo	CHN	1983.10.09	4:12:46
10.	HOU Yang	CHN	1985.07.08	4:16:53
11.	CUI Yasen	CHN	1987.02.28	4:18:35
12.	FANG Pengfei	CHN	1982.02.15	4:20:21
13.	ZHANG Defu	CHN	1984.06.05	4:21:57
14.	HU Wenbing	CHN	1988.07.21	4:23:19
15.	YIN Mingxing	CHN	1988.10.25	4:25:25

AUSTRALIANS RACE IN HONG KONG INTERNATIONAL MEET, HONG KONG, 19 APRIL 2009

MTR Hong Kong Race Walking 2009, one of Hong Kong's largest sporting events, was held on Sunday 19th April on Chater Road in Central Hong Kong. This year the event, organised by the Hong Kong Amateur Athletic Association (HKAAA) in conjunction with the MTR Corporation, saw a record-high of over 1,400 race walkers participating in 15 race categories and Australians **Daniel Coleman** and **Cheryl Webb** joined race walkers from China, Japan, Malaysia and Singapore to compete with Hong Kong athletes in the Men's and Women's Elite races.

Apparently, conditions were dreadful with torrential rain for the first few kilometres and visibility just about non-existent. The big news is that Daniel and Cheryl both won their respective Elite races, Daniel in 46:46 and Cheryl in 50:10. The slow times reflect the conditions. Daniel said that the conditions were tough- the toughest he had ever seen. Nevertheless he was very happy to take away a cheque for US\$500.



Cheryl Webb and Daniel Coleman win the Elite races in Hong Kong last Sunday

Cheryl commented as follows

Conditions were very very humid. I was told it was about 95% humidity. It was also bucketing on the first lap but once it stopped the humidity was unbearable. It was a 1km loop, so 10 laps. Apparently even the Hong Kong competitor in the mens was complaining it was too humid. Anyway a win is a win and the race was ran really well. Lots of spectators and competitors in different races. All other races were held over 1km only. The event has been held since 2005 and its main sponsor is MTR, which is their Metro system. Between 2005-2008 they have raised 4 million dollars from the event to go towards the Hospital services to help with disease prevention. Pretty awesome I say.

EAA RACE WALKING CUP, METZ, FRANCE, SUNDAY MAY 24, 2009

Sunday's 8th European Cup Race Walking, which was held in Metz in France, promised a lot with many of the top Europeans in action and chasing qualifiers for this year's IAAF World Championships. Although the Russians had selected a relatively young team including a number of new names (let's face it – when over half of your top walkers are out on drug suspensions you have no choice!), they were still expected to be the dominant country. Luckily for them, their junior ranks are currently unaffected and their team boasted both reigning world junior champions from Bydgoszcz 2008 (Stanislav Yemelyanov and Tatyana Mineyeva) and 50km world record holder Denis Nizhegorodov.

There have been reports on a number of websites (see http://www.metz2009.fr/2nd_language/index.html, <http://www.european-athletics.org> and <http://www.iaaf.org>). I will reproduce the report from Paul Warburton from the IAAF website.

Metz, France - It was good news for walking when only one of five favourites rose highest on the podium at the eighth European Cup Race Walking in Metz this afternoon, Sunday 24. Things didn't go according to plan for a number of walkers with afternoon temperatures soaring into the mid 30s.

Open Men 50km

It's one of the few reasons to walk 50km. Everybody toes the line for an early 8am start and there is an awful lot of 2km laps – but at least the heat isn't at its worst until the end. Not that it made any difference to Denis Nizhegorodov. The Russian World record holder was never going to let this race slip once he took the lead on 30k. The only one to go with last year's IAAF World Race Walking Cup winner was Oleksiy Kazanin (UKR) but when he succumbed to the Russian's relentless pace it was all over as a contest.

Jesus Angel Garcia will be 40 in October but it hardly shows. More than a minute back at 20k, the 1993 World champion and the World Race Walking Cup gold medallist as far back as 1997, steadily passed the sufferers to record a time two minutes down on his fourth at the Olympics in Beijing – but two places better. He said: "At nearly 40 – it's getting tougher, but I will continue to walk for as long as possible."

Andronov limped across the line for bronze, and the team gold was sealed when Bakulin made fourth spot together with the knowledge that an extra 15k can demote you from contender to casualty very quickly.

1.	NIZHEGORODOV Denis	80	36	RUS	3:42:47
2.	GARCIA Jesus Angel	69	4	ESP	3:46:27
3.	ANDRONOV Yuriy	71	33	RUS	3:49:09
4.	BAKULIN Sergey	86	34	RUS	3:52:38
5.	ODRIOZOLA Mikel	73	5	ESP	3:53:13
6.	CAMBIL Jose Alejandro	75	3	ESP	3:53:31
7.	SKARNULIS Donatas	77	27	LTU	3:53:43
8.	DE LUCA Marco	81	21	ITA	3:54:35
9.	SHELEST Oleksiy	73	42	UKR	3:55:19
10.	CARDOSO Augusto	70	29	POR	4:01:13

Open Men 20km

The men's 20km was a turn up for the book. Italy's Giorgio Rubino won the race to go with his PB posted only a month ago, and won it because he was smart enough to play a waiting game in the heat. Three ahead of him were passed at 16km, after home-grown Yohann Diniz set off at a suicide pace. Once Rubino commanded a winning lead, there was a cat-and-mouse game between Ivano Brugnetti, Pyotr Trofimov and Robert Heffernan for the places. Brugnetti, the 2004 Olympic gold medallist moved into second, quickly followed by Irishman Heffernan – but a third Italian had the last laugh. Jean-Jacques Nkouloukidi, born of an Italian mother and a Congolese father, had other ideas. His last lap charge for third left Heffernan in despair. He was beaten for the same spot in exactly the same way two years ago at the last edition.

1.	RUBINO Giorgio	86	429	ITA	1:24:06
2.	BRUGNETTI Ivano	76	426	ITA	1:24:54
3.	NKOULOUKIDI Jean-Jacques	82	428	ITA	1:25:07
4.	HEFFERNAN Robert	78	425	IRL	1:25:21
5.	TROFIMOV Pyotr	83	446	RUS	1:25:50
6.	MOLINA Juan Manuel	79	409	ESP	1:25:58
7.	AUGUSTYN Rafal	84	435	POL	1:26:06
8.	DINIZ Yohann	78	414	FRA	1:26:59
9.	TOTH Matej	83	451	SVK	1:27:29
10.	KINNUNEN Jarkko	84	412	FIN	1:27:43

Open Women 20km

In the women's 20km, Maria Vasco finally made it to a gold medal in her 18th year of walking. Three major thirds became a gold in a slowish time as the heat rose. But the Spaniard was also canny enough to wait until others had wilted, and as DQs took their toll, both Anisa Kirdyapkina (Russia, second) and Kristina Saltanovic moved on to the podium. The latter's bronze was Lithuania's first walking medal of any sort in modern times.

1.	VASCO Maria	75	310	ESP	1:32:53
2.	KIRDYAPKINA Anisya	89	344	RUS	1:33:28

3.	SALTANOVIC Kristina	75	330	LTU	1:34:17
4.	LOUGHNANE Olive	76	325	IRL	1:34:51
5.	YEMELYANOVA Larisa	80	347	RUS	1:35:16
6.	PASCUAL Beatriz	82	308	ESP	1:35:28
7.	SHUMKINA Elena	88	345	RUS	1:35:51
8.	YURCHANKA Sniazhana	84	304	BLR	1:36:14
9.	XINOOU Evaggelia	81	320	GRE	1:36:39
10.	SOKOLOVA Vera	87	346	RUS	1:36:43



Open winners Denis Nizhegorodov, Georgio Rubino and Maria Vasco

Russia were predictable winners of the two junior races – but not the favourites. Once again, the DQ board played a part in the women's race to allow Tatayana Mineeva to beat her more illustrious team-mates. And Stanislav Emelyanov showed his PB in February was no flash in the pan performance, when he streaked ahead to win the junior men's race.

Junior Men 10km

1.	YEMELYANOV Stanislav	90	137	RUS	41:22
2.	FILIPCHUK Valeriy	91	135	RUS	41:45
3.	PARTANEN Veli-Matti	91	111	FIN	41:54
4.	POHLE Hagen	92	119	GER	42:25
5.	HALMAN Wojciech	90	132	POL	42:29
6.	DI BARI Vito	90	124	ITA	42:35
7.	LYASHCHENKO Ihor	93	144	UKR	42:50
8.	WIATER Tomasz	90	133	POL	43:00
9.	MACCHIA Riccardo	90	125	ITA	43:13
10.	STRELKOV Denis	90	136	RUS	43:28

Junior Women 10km

1.	MINEYEVA Tatyana	90	227	RUS	44:16
2.	TURNEA Adriana	91	225	ROU	46:32
3.	PALMISANO Antonella	91	219	ITA	46:48
4.	TSINOPOULOU Panayiota	90	212	GRE	48:25
5.	DELON Laurene	90	207	FRA	48:37
6.	MENUET Emilie	91	208	FRA	48:45
7.	CURIAZZI Federica	92	218	ITA	48:47
8.	KAEMAKA Anita	90	220	LAT	49:00
9.	ALONSO Sara	91	203	ESP	49:24
10.	GRADINARIU Alexandra	90	224	ROU	49:30

IAAF RACE WALKING CHALLENGE EVENT, KRAKOW, POLAND, SATURDAY 30 MAY

The fifth round of the 2009 IAAF Race Walking Challenge was staged last Saturday evening in Krakow in Poland but over the lesser used 10 km distance rather than the more normal Olympic distances. This particular event, organised by Robert Korzenioski, is now a regular feature on the European calendar and is held at the Main Market Square of the famous Old Town in Krakow. Janusz Rozum for the IAAF reported on the events as follows (see <http://www.iaaf.org>). Further information, including the full results, can be seen on the event website at <http://www.narynekmarsz.pl>

Women's 10 km racewalk

The 37-year-old Kjersti Plätzer, the current leader in the IAAF Race Walking Challenge, increased her advantage after winning her fourth Challenge event this year. Finishing the first loop (approx. 1.35 km) there were only two athletes in contention, Plätzer and Kaniskina, the current World, Olympic and World Cup 20 km champion. At the finish the much taller Norwegian was in a better position due to the Russian's two red cards. Plätzer has competed often over the shorter distance while for Kaniskina, it was her first outing over the distance in five years. Their match on Saturday was a revenge battle from the Olympic Games and was their first meeting since Beijing.

Plätzer crossed the finish line in 41:41 with Kaniskina just behind in 41:42, both considerably faster than the previous world-leading performances.

Italy's Elisa Rigaudo was third, equaling her finish from Challenge events in Chihuahua and in Sesto San Giovanni. For a third of the race the Italian was 30 seconds ahead of the rest of the field but not seeing a chance to compete with the two leaders, she slowed her pace considerably choosing to secure her third place finish. She finished more than two minutes behind the leaders in 43:44.

Behind her back four walkers were in a heated battle. At the beginning of the race the best of them was Claudia Stef of Romania, competing for points in her fourth IAAF Challenge race this year. But at the finish she was overtaken by Vera Santos of Portugal. Another Portuguese, Ines Henriques, closed the gap on Stef, finishing just a second behind. Three seconds behind her, Irishwoman Olive Loughnane, fourth in the European Cup race a week ago, was next across the line.

The best of the 10 starting Poles was Sylwia Korzeniowska, the sister of race organiser and Race Walk legend Robert Korzenioski. She finished ninth but nowadays, the Polish record holder over the 20 km distance specializes in the shorter races. She has a win streak of 35 over the shorter 3 km and 5 km distances, achieved mainly in France where she has been living for years.

1.	Kjersti Tysse Plätzer	Norway	41:41
2.	Olga Kaniskina	Russia	41:42
3.	Elisa Rigaudo	Italy	43:44
4.	Vera Santos	Portugal	44:07
5.	Claudia Stef	Romania	44:21
6.	Ines Henriques	Portugal	44:22
7.	Olive Loughnane	Ireland	44:25
8.	Tatiana Korotkova	Russia	45:57
9.	Sylwia Korzeniowska	Poland	46:26
10.	Zuzana Schindlerova	Czech Republic	46:52

Men's 20 km racewalk

In his last five races, Valeriy Borchin has lost only once, to Francisco Javier Fernandez of Spain. But in Krakow the Spaniard, who has been unbeaten this year, withdrew due to a back injury. So the Russian could play the main role in the race as he planned. To the fourth kilometre there were nine walkers in the lead group with Borchin resting in the middle.

At 5 km Borchin began pushing the pace and after the third loop only Erik Tysse of Norway and Yohan Diniz of France still were following closely. Over the next few loops the gap increased to four seconds at 6 km and 27 seconds at 8.7 km. On the second loop the split was 5:22 but the fastest was by Borchin (5:00), enabling him to break away from Tysse and Diniz. In the last kilometre Tysse, Plätzer's brother, proved that he is the current leader of Challenge standings by finishing strongly eight seconds ahead of Diniz, the current European Champion at 50 km.

Nowadays the best walkers rather rarely take part in the 10 km races so the race produced many personal bests. Borchin clocked 38:11, ahead of the previous season's best, 39:36 by Brazil's Moacir Zimmermann. Borchin now leads the world at both the 10 km and 20 km (1:17:38).

The top seven finishers in Krakow helped rewrite the world season's list. Tysse crossed the finish line in 38:38 but he is an exception, walking often over the shorter distances - his national record is 37:33. Diniz was probably very satisfied with his 38:45, as he is the only man this year below 3:40 at 50 km, his strongest distance. There were solid results below 39:30 for the next four walkers, competing in the second half of the race in pairs of two. European championship medallist Joao Vieira of Portugal along with the other reigning Olympic champion in the field, Alex Schwazer of Italy, achieved 39:12 and 39:15 respectively.

Grzegorz Sudol, the local favourite, was very active in the first part of the race. He walked more than 9 km with Hatem Ghoula of Tunisia but at the end the best African walker in history was faster finishing sixth in 39:23, four seconds ahead of Sudol.

VRWC member **Tom Barnes**, in Europe preparing for the World University Games, came a good 18th in the strong

international field, walking just outside his PB with 42:51. Well done Tom!

Fortunately the weather in Krakow was much better than the forecast, 15 degrees C, cloudy but without rain.

1.	Valeriy Borchin	Russia	38:11
2.	Erik Tysse	Norway	38:38
3.	Yohan Diniz	France	38:46
4.	Joao Vieira	Portugal	39:12
5.	Alex Schwazer	Italy	39:15
6.	Hatem Ghoula	Tunisia	39:23
7.	Grzegorz Sudoł	Poland	39:27
8.	Matej Toth	Slovakia	39:41
9.	Jakub Jelonek	Poland	40:16
10.	Rafał Augustyn	Poland	40:32
18.	Tom Barnes	Australia	42:51



Krakow men's podium: Erik Tysse, Valeriy Borchin, Yohan Diniz and Joao Vieira who finished fourth

PETER BENNETT CONQUERS THE ROUEN 24 HOUR CLASSIC ONCE AGAIN

I mentioned in my report above that Peter Bennett completed the Canberra 20 Mile event only a week after winning a big European 24 Hour classic. Here are the finer details of that wonderful performance.

Australian Peter Bennett confirmed that he is one of the top ultra distance walkers in the world with a repeat win in the Rouen 24 Hour classic a week ago. Last year, he won this prestigious event with 216 km. This year in the 41st edition of this annual endurance walk, he won with an almost identical distance of 213 km. There are very few walkers in the world who can match this sort of endurance walking excellence and I am excited with Peter's ability to match it with the best in the world.

Peter led from the start, heading off at a devastating speed of 9.5km/hr and had soon broken away from all the other walkers except for Chinese contestant Aiguo Feng. Feng, who comes from Ningbo, the twin city of Rouen located at 200 km of Shanghai, lost contact as night fell and, from that point on, Peter was on his own as he lapped the 795m circuit with almost monotonous regularity. While others were forced to take breaks, Peter did what he does best and just 'kept on keeping on'. Perhaps the only reason he was slightly short of last year's record breaking distance was the hot weather that walkers encountered in the final stages of the event.

While I do not have the full results, I have been able to glean the following from the French press. Note the international flavour of the event with the top finishers including walkers from France, China, Indonesia, Kenya, Algeria, Holland, Madagascar and, of course, Australia.

1.	Peter Bennett	Australie	213,855 km
2.	Christian Renoncourt	Louviers	175,695 km
3.	Aiguo Feng	Chine	171,695 km
4.	Jean Pierre Begin	Saint Etienne	170,130
5.	Hulissan	Indonesie	170,130 km
6.	Hélène Pimont (F)	le Havre	162, 765 km
7.	Leah Jepkirui (F)	Kenya	156,858 km
8.	Jean Paul Spieser	Vosges	155,025
9.	Ghelatti Lahouari	Algérie	155,025 km
10.	Adri Leermakers	Hollande	152,620 km
11.	Andrian Riana	Madagascar	151, 050 km
12.	Pascal Flautre	Saint Blimont	151,050

11TH EUROPEAN VETERANS ATHLETICS CHAMPIONSHIPS NON STADIA, AARHUS, 29-31 MAY 2009

The 11th European Veterans Athletics Championships Non Stadia were held on 29-31 May 2009 in Aarhus, Denmark. Events included short and long roadwalks, 10 km and half marathon road runs and a cross country relay. Full results may be viewed on the event website at <http://www.aarhus1900.dk/evacns2009/> but here are the first 3 places for each of the walk divisions. Some of the walk fields were very large. It was good to see expatriate Aussie Mark Wall getting into the medal mix – well done Mark.

10 km Roadwalk Women

W35	1	Estle Viljoen	1970	GBR	55:43
W35	2	Hanne Liland	1969	NOR	57:59
W40	1	Christine Sarembe-Stegmaier	1966	GER	54:09
W40	2	Ellinor Hogrell	1968	SWE	57:58
W40	3	Silvia Wälde	1966	GER	58:20
W45	1	Diane Elizabeth Bradley	1961	GBR	54:53
W45	2	Janina Luniewska	1959	POL	57:53
W45	3	Myriam Rosa Marie Nicolas	1963	BEL	58:01
W50	1	Marita Echle	1957	GER	1:03:34
W50	2	Liubov Vishnikova	1955	UKR	1:07:40
W50	3	Susan Lozano Rey	1958	GBR	1:07:54
W55	1	Liudmila Nityagovskaya	1954	RUS	1:02:53
W55	2	Tetyna Karebina	1951	UKR	1:09:18
W55	3	Yoshiko Teufert-Shibata	1950	GER	1:09:36
W60	1	Rosina Blume	1945	GER	1:08:05
W60	2	Margarete Molter	1947	GER	1:09:18
W60	3	Heidrun Neidel	1947	GER	1:10:18
W65	1	Heidi Maeder	1943	SUI	57:33
W65	2	Gisela Theunissen	1942	GER	1:07:48
W65	3	Viktoria Zickert	1941	GER	1:09:18
W70	1	Janina Fijalkowska	1936	POL	1:11:16
W70	2	Renate Westphal-Cher	1937	GER	1:15:42
W70	3	Erna Anritter	1935	GER	1:25:31
W75	1	Katharina Andrecs	1934	AUT	1:27:01

20 km Roadwalk Women

W35	1	Estle Viljoen	1970	GBR	1:59:12
W40	1	Christine Sarembe-Stegmaier	1966	GER	1:57:19
W40	2	Silvia Wälde	1966	GER	2:06:02
W45	1	Diane Elizabeth Bradley	1961	GBR	1:54:19
W45	2	Myriam Rosa Marie Nicolas	1963	BEL	2:02:36
W45	3	Maureen Elevaria Noel	1963	GBR	2:06:24
W50	1	Marita Echle	1957	GER	2:14:09
W50	2	Susan Lozano Rey	1958	GBR	2:27:02
W50	3	Liubov Vishnikova	1955	UKR	2:30:08
W55	1	Liudmila Nityagovskaya	1954	RUS	2:12:05
W55	2	Tetyna Karebina	1951	UKR	2:30:24
W60	1	Rosina Blume	1945	GER	2:19:42
W60	2	Margarete Molter	1947	GER	2:21:44
W60	3	Heidrun Neidel	1947	GER	2:27:18
W65	1	Heidi Maeder	1943	SUI	1:59:34
W65	2	Gisela Theunissen	1942	GER	2:19:42
W65	3	Viktoria Zickert	1941	GER	2:23:50
W70	1	Janina Fijalkowska	1936	POL	2:27:59
W70	2	Renate Westphal-Cher	1937	GER	2:42:55
W70	3	Erna Anritter	1935	GER	2:49:53

10 km Roadwalk Men

M35	1	Steffen Borsch	1973	GER	48:43
M35	2	David Durand Pichard	1972	FRA	50:14
M35	3	Torben Bogø Kristiansen	1972	DEN	51:52
M40	1	Manfred Kreutz	1965	GER	48:45
M40	2	Gianni Siragusa	1968	ITA	52:31
M40	3	Mario Fernandez	1968	ESP	56:14
M45	1	Dick Gnauck	1963	GER	49:47
M45	2	Uwe Schröter	1959	GER	50:07
M45	3	Patrick Michael Murphy	1961	IRL	50:25
M50	1	Helmut Prieler	1955	GER	49:37
M50	2	Mario Kerber	1955	GER	50:57

M50	3	Mirosław Luniewski	1957	POL	51:08
M55	1	Ignacio Melo Valls	1952	ESP	52:02
M55	2	Josef Berzl	1952	GER	52:34
M55	3	Jiri Janousek	1951	CZE	54:21
M60	1	Kalju Niidusaar	1945	EST	52:37
M60	2	John Hall	1949	GBR	52:47
M60	3	Volker Dygas	1948	GER	53:20
M65	1	Ronald Penfold	1941	GBR	58:03
M65	2	Hermann Strieder	1941	AUT	58:24
M65	3	Peter Schumm	1942	GER	58:54
M70	1	Arthur Thomson	1936	GBR	55:33
M70	2	Klaus Gottert	1939	GER	1:00:00
M70	3	Jan Bialous	1937	POL	1:00:52
M75	1	Karlheinz Teufert	1929	GER	1:09:59
M75	2	Eric Horwill	1933	GBR	1:13:08
M75	3	John May	1930	GBR	1:17:33
M80	1	Günther Ciesielski	1926	GER	1:10:05

30 km Roadwalk Men

M35	1	Steffen Borsch	1973	GER	2:34:50
M35	2	Christer Svensson	1969	SWE	2:36:47
M35	3	Jose Fernandez Alvarez	1972	ESP	2:52:45
M40	1	Roman Bilek	1967	CZE	2:25:27
M40	2	Gianni Siragusa	1968	ITA	2:51:16
M40	3	Mario Fernandez	1968	ESP	3:07:08
M45	1	Dick Gnauck	1963	GER	2:44:31
M45	2	Uwe Schröter	1959	GER	2:46:53
M45	3	Arild Fotland	1959	NOR	2:51:21
M50	1	Helmut Prieler	1955	GER	2:41:57
M50	2	Mirosław Luniewski	1957	POL	2:49:37
M50	3	Mark Wall	1956	GBR	2:54:27
M55	1	Ignacio Melo Valls	1952	ESP	2:38:42
M55	2	Josef Berzl	1952	GER	2:48:56
M55	3	Theo Koenis	1951	NED	2:54:58
M60	1	Kalju Niidusaar	1945	EST	2:53:32
M60	2	Bernard Binggeli	1946	SUI	2:55:14
M60	3	John Hall	1949	GBR	2:57:54
M65	1	Hermann Strieder	1941	AUT	3:10:26
M65	2	Ulrich Zetzmann	1942	GER	3:20:01
M65	3	Jewlampi Tjudjumow	1942	GER	3:25:04
M70	1	Arthur Thomson	1936	GBR	3:09:57
M70	2	Jan Bialous	1937	POL	3:34:16
M70	3	Wolfgang Schaefer Dr.	1936	GER	3:38:57
M70	4	Bernard Krabbendam	1934	NED	3:58:50
M75	1	John Edward Walter Payn	1933	GBR	3:44:59
M75	2	Eric Horwill	1933	GBR	3:59:46
M75	3	John May	1930	GBR	4:17:13
M80	1	Günther Ciesielski	1926	GER	3:43:53
M80	2	Robert Schouckens	1928	BEL	3:46:12

IAAF RACE WALKING CHALLENGE EVENT, LA CORUNA, SPAIN, SATURDAY 20 JUNE 2009

The sixth IAAF Race Walking Challenge event of the year, the Gran Premio Cantones de Marcha, was held on Saturday afternoon in the Spanish coastal town of La Coruna with 5 Australians in action – **Jared and Claire Tallent, Luke Adams, Chris Erickson and Tom Barnes**. The usually high quality 20 km fields were even larger this year as the Chinese and Japanese chose to use this meet as their final selection trial to decide their teams for the Berlin World Championships. The IAAF website (<http://www.iaaf.org>) reported as follows in the two 20km events for elite walkers

20 km Men

Over the 1km-long flat circuit, the men's contest soon became a three-horse fight between China's Yafei Chu, defending champion Eric Tysse of Norway and Mexico's Eder Sánchez; by the 5km point this triumvirate led with a 19:45 clocking. They reached midway in 39:50, some seven seconds ahead of Australia's double Olympic medallist Jared Tallent, who finally dropped out in the fifteenth kilo.

By the 17km point, Chu and Tysse had opened a four-second gap on reigning World Cup bronze medallist Sanchez and the neck-to neck battle between the Chinese and the Norwegian was decided inside the last kilometre where the Beijing Olympics 20km 10th placed Chu broke away from his long-legged rival to romp home in a SB of 1:19.51 and a four-second margin on Tysse and 35 seconds ahead of Sanchez, arguably holder of the best technique in the field.

Surprisingly, despite his convincing win here, Chu – a gifted prodigy who clocked 1:18:44 for the distance at the age of 17 – declared, "I have won today but it doesn't guarantee me a berth for Berlin; back in China the team for the Worlds will still have to be discussed. Anyway, I'm delighted to have succeeded at such prestigious permit like today." Chu had had two appearances at this season's challenge with a fourth in Rio Maior (1:21:10) as his best outing.

As for Tysse, the Osaka Worlds and Beijing Olympics 50km fifth finisher said after his third second place in a row (Sesto San Giovanni, Krakow and La Coruña): "I suffered stomach problems throughout the race and so I have to be satisfied with my result. I'm now planning an altitude stint in St. Moritz before a 5km track test in the Norwegian championships. Of course, I'll again do the double 20/50km again in Berlin."

With only the Berlin Worlds and the Challenge final in Saransk (Russia) on 19 September to be contested Tysse has strengthened his leadership with 45 points to Eder Sanchez's 30 points in second.

What of the Australians who had arrived a few days earlier after the long flight from Australia via London and Madrid? **Jared Tallent** was suffering from a stomach upset and was forced to stop for a toilet break just after the 10km mark after making the early pace. He tried to rejoin the race but had lost too much time and was forced to retire after a further 5km. **Luke Adams** walked strongly for his 6th place finish time of 1:21:30, **Chris Erickson** walked his usual consistent race to finish 13th with 1:24:31 while World University Games representative **Tom Barnes** was not too far outside his best for 24th place with 1:27:41. There were a lot of non-finishers in the tough conditions.

1.	CHU Yafei	1988	CHINA	1:19:51
2.	TYSSE ERIC	1980	NORWAY	1:19:55
3.	SANCHEZ Eder	1986	MEXICO	1:20:30
4.	WANG Hao	1989	CHINA	1:21:15
5.	XU Faguang	1987	CHINA	1:21:23
6.	ADAMS Luke	1976	AUSTRALIA	1:21:30
7.	VIEIRA Joao	1976	PORTUGAL	1:21:45
8.	HASSANINE SBAI	1985	TUNIZIA	1:22:14
9.	GOMEZ CRUZ Pedro Daniel	1990	MEXICO	1:22:17
10.	DIAZ VELAZQUEZ Jose Ignacio	1979	SPAIN	1:22:17
11.	GARCIA Jesus Angel	1969	SPAIN	1:23:00
12.	YAMAZAKI Yuki	1984	JAPAN	1:23:31
13.	ERICKSON Chris	1981	AUSTRALIA	1:24:31
14.	DOMINGUEZ GUIMERA David	1980	SPAIN	1:24:42
15.	VIEIRA Sergio	1976	PORTUGAL	1:24:47
16.	YU Wei	1987	CHINA	1:24:48
17.	NYMARK Trond	1976	NORWAY	1:24:51
18.	SUGIMOTO Akihiro	1981	JAPAN	1:24:55
19.	MEJIA David	1986	MEXICO	1:25:22
20.	LEYVER OJEDA Jesus		MEXICO	1:25:22
21.	SHELEST Oleksey	1973	UKRAINE	1:26:10
22.	KAZANIN Oleksey	1982	UKRAINE	1:26:47
23.	SAQUIPAY Rolando	1979	ECUADOR	1:27:17
24.	BARNES Tom	1982	AUSTRALIA	1:27:41
25.	MORIOKA Koichiro	1975	JAPAN	1:28:27

20 km Women

The women's event opened quite cautiously and by the fifth kilometre point a quintet comprising Norway's reigning Olympic silver medallist Kjersti Plätzer, Portugal's Vera Santos, Lithuania's Kristina Saltanovic, Japan's Mayumi Kawasaki and Germany's Sabine Zimmer went through in 22:57.

Platzer and the 27-year-old Zimmer injected a brisker pace in the second 5km section (22:26 for a 45:23 split) to leave the others with no chances of winning. The decisive movement came in the 12th kilometre when the German sped away easily from Tysse to increase gradually her advantage until the finish line which she crossed in 1:30:20 and a massive 35 seconds margin on the 37-year-old Norwegian.

The battle for the minor place in the podium was fierce: with eight kilometres left Mayumi had opened a 32 seconds on Santos but the Portuguese, coming from behind over the closing 5km, bounced back to take eventual third in 1:31:11 while Saltanovic also overtook a fading Kawasaki to finish fourth 15 seconds adrift Santos but six clear of the Japanese.

An ecstatic Zimmer commented, “Honestly, I didn’t expect to win today, especially after having a look at the quality start list; I have walked in solitude for the last 8km and that has been really tough due to the wind.”

Asked whether this success puts her into the Berlin medal picture, a humble Zimmer replied: “At the beginning of the season, I had set myself the target of being a top-10 in Berlin and this victory doesn’t change my mind at all.” Zimmer, who is a former (2000) World Junior 10km bronze medallist comes from Postdam, not far from the Worlds venue and revealed she will make her final preparations at home.

Overall, Plätzer solidly leads the Challenge with 58 points well ahead of Santos, 35 points.

Out solo Australian rep, **Claire Tallent**, finished 17th in 1:37:16.

1.	KRANTZ (nee ZIMMER) Sabine	1981	GERMANY	1:30:20
2.	PLATZER Kjersti	1971	NORWAY	1:30:56
3.	SANTOS Vera	1981	PORTUGAL	1:31:13
4.	SALTANOVIC Kristina	1975	LITHUANIA	1:31:29
5.	KAWASAKI Mayumi	1980	JAPAN	1:31:34
6.	GROZA Ana Maria	1976	GREECE	1:32:27
7.	PASCUAL RODRIGUEZ Beatriz	1982	SPAIN	1:32:44
8.	LIU Hong	1987	CHINA	1:32:45
9.	YANG Yawei	1983	CHINA	1:33:06
10.	YANG Mingxia	1990	CHINA	1:33:11
11.	POVALYAYEVA Olga	1984	RUSSIA	1:33:44
12.	FLORIDO FLORIDO Rocio	1976	SPAIN	1:34:13
13.	LUACES BARRIL Lorena	1984	SPAIN	1:35:16
14.	PINEDO Ainoa	1979	SPAIN	1:35:48
15.	IRUSTA PINTO Geovana	1975	BOLIVIA	1:36:35
16.	LI Yanfei	1990	CHINA	1:36:43
17.	TALLEN Claire		AUSTRALIA	1:37:16
18.	HATZIPANAGIOTIDOU Maria	1982	GREECE	1:37:59
19.	CHAIMA TRABELSI	1984	TUNIZIA	1:38:27
20.	GONZALBES Maribel	1978	PORTUGAL	1:38:56



Sabine Zimmer takes a convincing victory in La Coruña Men's podium: Eric Tysse, Yafei Chu and Eder Sánchez

17TH DUBLIN INTERNATIONAL GP OF RACEWALKING, DUBLIN, SUNDAY 28 JUNE 2009

The final European Athletics Permit Walk for the year was held on Sunday in Ireland. It also doubled as the Irish National Championships. Altogether athletes from 20 countries took part in a very successful event. The following report is from the Athletics Ireland website - see <http://www.athleticsireland.ie/content/?p=8102>

Robert Heffernan and Olive Loughnane were impressive winners of the Dublin Grand Prix of Race Walking in warm conditions in Dublin's Phoenix Park on Sunday. Heffernan, who is coming back from injury and will take on a strong field in the Cork City Sports next week cruised to an easy season's best of 1.23.35 to win the GP which doubled as the Irish Championships. Behind Heffernan, Colin Griffin had the race of a lifetime to take the runner up spot in a new personal best of 1.24.12 ahead of Spain's Francisco Arcilla. In the women's 20km Olive Loughnane continued her recent march towards the podium in Berlin with a commanding victory over the Olympic bronze medallist Elisa Rigauda to win the women's 20km in a seasons best of 1.30.57. Loughnane led from the gun and has really moved herself into contention for a medal in Berlin showing the confidence she has built up over the past year.

Brief results follow. Full results are at <http://www.athleticsireland.ie/content/wp-content/uploads/2009/06/dub-gp-09-results.pdf>

<p>20km Men</p> <ol style="list-style-type: none"> 1. Robert Heffernan IRL 1.23.35 2. Colin Griffin IRL 1.24.12 3. Francisco Arcillo ESP 1.25.45 4. Claudio Vargas Castillo MEX 1.26.41 5. Yerko Araya CHI 1.26.58 6. Jamie Costin IRL 1.27.44 7. Carsten Schmitt GER 1.27.53 8. Maik Berger GER 1.29.14 9. Claudio Vargas Castillo MEX 1.29.34 10. Brendan Boyce IRL 1.30.29 	<p>20km Women</p> <ol style="list-style-type: none"> 1. Olive Loughnane IRL 1.30.57 2. Susanna Feitor POR 1.31.37 3. Elisa Rigauda ITA 1.33.49 4. Monica Svensson SWE 1.34.51 5. Rosario Sanchez Guerro MEX 1.40.34 6. Laura Polli SUI 1.41.13 7. Agnezica Hernandez MEX 1.44.36 8. Xochitl Ruiz Cruz MEX 1.50.24 9. Helen Middleton ENG 2.05.51
<p>10km Men</p> <ol style="list-style-type: none"> 1. Niall Prenderville IRL 48.07 2. Jim Ball ENG 50.13 3. Paal Erik Lund NOR 50.42 4. Cian McMahon IRL 51.46 5. AN Other 52.30 6. Haavard Haukness NOR 52.45 7. Owen McCann IRL 54.41 8. Liam Baldwin ENG 55.52 9. Joakim Saelen NOR 56.48 10. Syver Morvik NOR 57.52 	<p>10km Women</p> <ol style="list-style-type: none"> 1. Laura Polli SUI 49.00 2. Marie Pollo SUI 49.10 3. Laura Reynolds IRL 49.50 4. Catriona McMahon IRL 56.12 5. Fiona Dennehy I RL 57.53 6. Josefine Klausen DEN 58.20 7. Marie Jackson IOM 58.42 8. Liesbeth van Leeuwen NED 59.33 9. Stephanie Rukin ENG 66.55
<p>50km Walk</p> <ol style="list-style-type: none"> 1. Christian Berdeja MEX 4.23.06 Alex Schwazer ITA DNF Francisco Pinardo ESP DNF Lukas Pazdera CZE DNF Eric Jerome Caprice MAU DNF 	<p>U12 Girls 1km</p> <ol style="list-style-type: none"> 1. Chloe Lynch Clonmel 5.52
<p>U14 Girls 2km</p> <ol style="list-style-type: none"> 1. Emma Achurch ENG 10.52 2. Lena Tomas SWE 11.00 3. Danielle Oates IOM 11.02 4. Ciara Tierney Westport 11.15 5. Alexandra Ross IOM 11.21 	<p>U14 Boys 2km</p> <ol style="list-style-type: none"> 1. Laurence Greene ENG 11.04 2. Dylan Carey Sligo 11.07 3. Guy Tomas ENG 11.07 4. Daniel Waitling ENG 11.18 5. Anthony Tobin Clonmel 14.55
<p>U16 Girls 3km</p> <ol style="list-style-type: none"> 1. Kate Veale W Waterford 13.49 2. Alicia Boylan Oriel 15.54 3. Jasmine Nicholls ENG 16.04 4. Kate Funnell ENG 16.30 5. Felicia Hogrell SWE 16.31 	<p>U16 Boys 3km</p> <ol style="list-style-type: none"> 1. Evan Lynch Clonmel 14.49 2. Maks Orzel ENG 16.04 3. James Green ENG 17.04 4. Paul Murphy Claremorris 17.49 5. Michael McLoughlin Westport 19.12
<p>U18 Girls 5km</p> <ol style="list-style-type: none"> 1. Kelsey Howard ENG 25.30 2. Emma Prenderville Farraanfore 25.32 3. Emma Doherty N Belfast 25.44 	<p>U18 Boys 5km</p> <ol style="list-style-type: none"> 1. Joe Conway W Waterford 25.09 2. James Traenor Monaghan P 25.15 3. Oisin Oliver Swinford 25.29

4.	Maeve Curley	Craughwell	27.01	4.	Jonathan Hobbs	ENG	26.22
5.	Lauren Whelan	IOM	28.07	5.	Robert O'Neill	Togher	26.51
Masters Men 3km				Masters Women 3km			
1.	Jimmy McDonald	Menapians	13.54	1.	Ann Gormley	Donore H	19.04
2.	Pat Murphy	Castleisland	14.18	2.	Karen Davis	ENG	19.19
3.	Ulf Peter Sjöholm	SWE	17.10	3.	Maureen Cox	IOM	19.50
4.	Sean McMullin	Mullingar H	17.40	4.	Jill Langford	ENG	19.56
5.	Allan Callow	IOM	17.55	5.	Anne Oates	ENG	21.04

25TH WORLD UNIVERSIADE GAMES, BELGRADE, SERBIA, JULY 1-12 2009

The World Universiade Games are held each two years and Australia is one of the many countries who always sends a team. 20 km walks for men and women were on offer and four walkers were selected to represent us – Adam Rutter, Tom Barnes, Ian Rayson and Jillian Hosking. Adam pulled out some weeks ago to ensure that he was ready for the IAAF World Championship 20km in August so that left the other 3 walkers to wave the flag on our behalf.

Mens 20 km Walk, Thursday 9 July, 7:30AM

The men's race saw the first 5 walkers all better Robert Korzenioski's 1993 Universiade Games record of 1:22:01. The Russians showed their depth, taking gold and silver while our two reps, Tom Barnes and Ian Rayson finished in 19th and 21st respectively. In March they recorded 1:26:57 and 1:27:43 respectively but their times in Serbia were a little down on this.

1	Russian Federation	Bakulin Sergey	13/11/1986	1:20:52		UB
2	Russian Federation	Ruzavin Andrey	28/01/1986	1:21:08		SB
3	Brazil	Zimmermann Moacir	30/12/1983	1:21:35		
4	People's Republic of China	Wei Yang	26/03/1989	1:21:57	~	
5	Korea	Kim Hyun Sub	31/05/1985	1:22:00		
6	Japan	Fujisawa Isamu	12/10/1987	1:22:12	~	
7	Ukraine	Dmytrenko Ruslan	22/03/1986	1:22:46		
8	Poland	Augustyn Rafal	14/05/1984	1:23:00	>	SB
9	Italy	Nkouloukidi Jean-Jaques	15/04/1982	1:24:13		
10	Korea	Park Chil Sung	08/07/1982	1:24:16	~	
11	Spain	Arcilla Aller Francisco	14/01/1984	1:24:43		SB
12	Ecuador	Chocho Cristian Andres	04/11/1983	1:24:51	~	
13	Japan	Suzuki Yusuke	02/01/1988	1:25:08		
14	Russian Federation	Masimov Konstantin	17/06/1982	1:25:49		
15	Algeria	Ameur Mohamed	07/11/1984	1:26:21	>	SB
16	Poland	Jelonek Jakub	07/07/1985	1:26:50		
17	Romania	Neacsu Georghe Dragos	03/12/1986	1:27:35		
18	Serbia	Savanovic Vladimir	12/06/1985	1:27:53		
19	Australia	Barnes Thomas	22/09/1982	1:28:11	>	
20	Canada	Gomez Inaki	16/01/1988	1:29:55		
21	Australia	Rayson Ian	02/02/1988	1:30:59		
	Mexico	Garcia Cordova Alvaro	18/10/1983	DSQ	>>>	
	Qatar	Mohamed Mabrook Saleh	23/04/1983	DNS		
	Australia	Rutter Adam	24/12/1986	DNS		

Womens 20 km Walk, Friday 10 July, 7:30AM

The women's race was also fast with the first 4 all bettering the Universiade Games record of 1:33:13, held by Chinese walker Jiang Qiuyan. Again, it was a Russian win. I believe that Jillian Hosking was well up when disqualified mid race. This is a disappointing outcome for Jillian in her first international race but hopefully she can bounce back.

1	Russian Federation	Mikhailova Olga		1:30:43		UB
2	Japan	Fuchise Masumi	02/09/1986	1:31:42		
3	Russian Federation	Povalyaeva Olga	19/10/1984	1:33:58		
4	Greece	Ksinou Evangelia	22/11/1981	1:34:48		
5	Brazil	Lopes Cisiane	17/02/1983	1:36:07		
6	Italy	Trapletti Valentina		1:36:32		PB
7	Czech Republic	Pelantova Lucie	07/05/1986	1:36:51		
8	Canada	Lavallee Rachel	14/01/1986	1:37:22		
9	Spain	Luaces Barril Lorena	29/02/1984	1:38:01		
10	Spain	Pinedo Gonzalez Ainhoa	17/02/1983	1:38:23		
11	Poland	Dygacz Agnieszka	18/07/1985	1:39:00		
12	Romania	Rodean Ana Veronica	23/06/1984	1:39:55		
13	Brazil	Picagevitz Alessandra	20/02/1984	1:40:20		
14	Kazakhstan	Kichigina Galina	14/07/1988	1:40:45		
15	Ecuador	Ordenez Johana	12/12/1987	1:43:01		
16	Bosnia & Herzegovina	Mulahalilovic Meliha	17/09/1988	1:58:34		
	Lithuania	Aidietyte Neringa	05/06/1983	DSQ	>>>	
	Australia	Hosking Jillian	02/12/1987	DSQ	~	
	Afghanistan	Hashemi Layegha		DNS		

Full results can be viewed at website <http://www.universiade-belgrade2009.org>

WORLD YOUTH CHAMPIONSHIPS, BRESSANONE, ITALY, 8-12 JULY 2009

Boys 10,000m Walk, Friday 10 July, 6:20PM

Hagen Pohle of Germany led from start to finish to smash the 10,000m Walk Championship record with a time of 41:35.99 (the previous record was 41:49.91, set by Russia's Stanislav Emelyanov in Ostrava two years ago). Russia's Dementiy Cheparev was second in a personal best of 41:53.76 while Ukrainian Ihor Lyashchenko, who had led the year's rankings coming into the competition, had to settle for third with a time of 42:50.16. PBs were the order of the the day as can be seen from the results below.

1	Hagen POHLE	GER	41:35.99	CR
2	Dementiy CHEPAREV	RUS	41:53.76	PB
3	Ihor LYASHCHENKO	UKR	42:01.90	PB
4	Trevor BARRON	USA	42:22.79	PB
5	Jose MONTANA	COL	42:28.76	PB
6	Cristhian de Jesus GOMEZ	MEX	43:15.32	PB
7	Alberto AMEZCUA	ESP	43:35.39	PB
8	Dane BIRD-SMITH	AUS	43:53.62	
9	Julio Cesar SALAZAR	MEX	44:07.03	SB
10	Leonardo DEI TOS	ITA	44:26.20	PB
11	Evgeniy NUSHTAEV	RUS	44:29.06	PB
12	Koichi NIWA	JPN	44:32.61	
13	Kildong KANG	KOR	45:29.96	
14	Massimo STANO	ITA	46:00.85	
15	Jiahui LI	CHN	46:03.80	PB
16	Ferhat BELAID	ALG	47:31.59	PB
17	Marcel FABER	SVK	47:34.72	PB
18	Anders HANSSON	SWE	47:53.18	PB
19	Iiro LEHTORANTA	FIN	48:20.03	PB
20	Yauhen ZALESKI	BLR	48:32.12	
21	Edgars GJACS	LAT	49:08.07	
22	Bruno PEDRO	POR	49:23.34	PB
23	Viktor MARKUS	HUN	49:30.69	
24	Mate LALIK	HUN	50:30.95	PB
	Juan Carlos HERNANDEZ	GUA	DQ	
	Kento HONDA	JPN	DQ	
	Sebastian INOSTROZA	CHI	DNF	
	Ivan PAJUELO	ESP	DNF	

Australia's sole rep, **Dane Bird-Smith**, crossed the line in 8th place with 43:53.62, just shy of the personal best 43:47.00 he set at the under 20 National Championships in Adelaide in April. The AA website carried the following report on Dane's great walk

The top-eight finish marked an impressive conclusion to a tough day at the office for the Queensland athlete. "It started out in the call room, I was getting a bit sick and I didn't feel too good coming into the race," Bird-Smith said. "It might have just been nerves, I wasn't feeling up for it but I still managed to hang in there for most of it and finish just outside my PB so that was really good."

German athlete Hagen Pohle set a cracking pace in the final, leading from the gun to claim the gold medal in the new championships record time of 41:35.99.

Holding down second place in a tight pack of athletes for the opening laps of the race, Bird-Smith moved through the four-kilometre mark in 16:46 behind Pohle in 16:33.18. "I knew I had to go out fast to keep the pace even because I knew they'd come home quick but I couldn't hold on, I just didn't feel up to it," Bird-Smith said.

Moving through the eight-kilometre mark in 34:59, Bird-Smith held on to eighth place across the final five laps to join fellow Australians Liam Speers, Huw Peacock and Amy Pejkoivic on the top-eight finishers' list at the conclusion of day three.

Hoping for a new personal best at the meet, Bird-Smith was in no way surprised by the pace set by the field. "I thought the German bloke and Dementiy Cheparev (RSA) would be up there and I was hoping to be able to pull out a pretty good PB and stick with them for most of it but it doesn't always happen on the day," he said. "It's a bit hot out there and maybe I just didn't get a good enough lead-up and enough distance and endurance."

Bird-Smith said the opportunity to race alongside the best youth walkers in the world was a massive boost to his race walking career. "It's been a great experience and I just love racing, I loved having the great competition here, you don't get much of it back in Australia so it's great to have a real crack and see some of the best walkers out here," he said.



Dane sits in second place early in the race, behind eventual winner Hagen Pohle of Germany (photo Chris Erickson)

Pohle's splits were 4:04, 8:16, 12:25, 16:34, 20:44, 24:55, 29:03, 33:14, 37:27, 41:35.99
 Dane's splits were 4:09, 8:17, 12:31, 16:45, 21:07, 25:36, 30:16, 34:49, 39:25, 43:53

To put Dane's walk in perspective, his time in the race (43:53:62) is the fastest time ever done by an Australian at a World Youth Championship. Dane is the fourth boy to have competed in the WYC after Jared Tallent (44:50:94 in 2001), Michael McCagh (44:38 in 2003) and Adam Rutter (DNF in 2005).

Girls 5,000m Walk, Saturday 11 July, 10AM

Yet another Russian win - 17-year-old Elena Lashmanova led from the front to take the gold medal in this year's world best time of 22:55.45. She becomes the fifth Russian to win the 5000m Walk in the 10-year history of this competition. The IAAF website reported as follows

Lashmanova didn't leave anything to chance this morning as she led from start to finish although she did fail to maintain the 100m lead she had gathered half way through the 12 and a half laps. Eventually Lashmanova had just under five seconds to spare over fast finishing Yanelli Caballero of Mexico (22:59.27) who prevented Russia from scoring their second consecutive one-two finish as she overtook Svetlana Vasilyeva in the very last metres.

"This was a difficult race," said the winner. "I am not very happy with my time but it was enough to win the gold medal."

Lashmanova was well off two-time World Youth champion Tatyana Kalmykova's World Youth best of 20:28.05 set in Ostrava two years ago but conditions in this Northern Italian city were very different. If Lashmanova's first place was never challenged, the race for silver proved the most interesting as Vasilyeva's attempt to stay within reach of her strongest compatriot early in the race eventually meant she could not respond to Caballero's surge.

The diminutive Mexican who turned to race walking just one year ago had a more conservative start deciding to remain in the chasing pack until the last kilometre before improving gradually and eventually winning her country's third medal in the history of this competition, a silver after two bronze medals (also in the race walking events!).

Unfortunately, the news was not good for our two Australian walkers – **Paige Hooper** was disqualified and **Shannon Jennings** finished well back in 25:47.76, nearly 2 minutes outside her best.

1	Elena Lashmanova	RUS	22:55.45	(WYL)
2	Yanelli Caballero	MEX	22:59.27	(PB)
3	Svetlana Vasilyeva	RUS	23:00.15	(PB)
4	Paula Martínez	ESP	23:13.07	.
5	Ekaterini Theodoropoulou	GRE	23:18.95	(PB)
6	Ilse Guerrero	MEX	23:21.38	(PB)
7	Shiori Toba	JPN	23:28.76	.
8	Nanae Harima	JPN	23:34.89	.
9	Katarina Strmenová	SVK	23:49.88	(PB)
10	Charlyne Czychy	GER	24:05.21	.

11	Maria Melania Ruican	ROU	24:07.05	(SB)
12	Federica Curiazzi	ITA	24:12.67	.
13	Aynalem Eshetu	ETH	24:13.29	(PB)
14	Francesca Cocchi	ITA	24:14.43	(PB)
15	Wendy Cornejo	BOL	24:42.69	(PB)
16	Diana Kačanova	LTU	24:47.22	(PB)
17	Karolina Švedaitė	LTU	24:47.45	(PB)
18	Veronika Privalincová	SVK	24:48.46	(PB)
19	Florida Miniyanova	KAZ	25:06.74	(PB)
20	Shannon Jennings	AUS	25:47.76	.
21	Fikirte Diriba	ETH	27:01.02	(PB)
.	Paige Hooper	AUS	DQ	.
.	Liu Yang	CHN	DQ	.
.	Kimberly García	PER	DQ	.



Winner Elena Lashmanova of Russia (photo <http://www.iaaf.org>)

EUROPEAN ATHLETICS 23 CHAMPIONSHIPS, KAUNAS, LITHUANIA, 16-19 JULY 2009

Womens 20 km walk, Friday 17 July

The 20 km walk for women, starting at 8AM, was the first Final in Day 2 of the European Athletics U23 Championships in Kaunas, Lithuania. The three fastest women in the field were left to fight it out for the medals alongside the Oak Wood that surrounds Kaunas' stadium. Fastest coming into the championships was Yelena Shumkina of Russia and she was first across the line in 1:33.05. At the half-way point in 47.16, the medals were already decided. It was just a question of how they would be handed out. Shumkina, compatriot Tatyana Shemyakina and Zuzana Schindlerova of the Czech Republic were locked together until Shumkina made the definitive break, opening up a six-second gap at the 14km mark. Initially, it looked as though it would be a one-two for the Russian School of Walking, but Schindlerova stuck to her task and eventually prevailed over the defending champion, Shemyakina, crossing the line 37sec down on the winner with Shemyakina a further 31sec in arrears.

1.	Yelena Shumkina	RUS	1:33:05
2.	Zuzana Schindlerová	CZE	1:33:42
3.	Tatyana Shemyakina	RUS	1:34:13
4.	Olha Yakovenko	UKR	1:36:24
5.	Julia Takács	ESP	1:36:49
6.	Agnese Pastare	LAT	1:36:59
7.	Karoliina Kaasalainen	FIN	1:37:36
8.	Raquel González	ESP	1:38:00
9.	Anamaria Greceanu	ROU	1:38:20
10.	Federica Ferraro	ITA	1:38:56
11.	Eleonora Giorgi	ITA	1:39:42
12.	Katarzyna Golba	POL	1:39:59
13.	Lucyna Chrusciel	POL	1:40:15
14.	Mária Czaková	SVK	1:41:47
15.	Laura Reynolds	IRL	1:43:07
16.	Inga Mastianica	LAT	1:47:37
17.	Rita Kaselyte	LTU	1:47:54
18.	Valerija Lišakova	LTU	1:51:25
	Alba Sánchez	ESP	DQ
	Hanna Drabenia	BLR	DQ

Mens 20 km walk, Saturday 18 July

Miguel Angel Lopez added to the considerable Spanish walking legacy when he collected gold in the 20km race in 1:22.43 at the beginning of Day 3 last Saturday. Second was Dzianis Simanovich of Belarus while bronze went to Italy's Matteo Giupponi.

"The temperature (21C) was perfect," commented the winner. "In Spain now it is 40C. The course was a bit difficult, but all in all everything was good."

It was Simanovich who was to make the early pace as he tried to steal a march on the opposition. At the half-way mark in 41:48 he had opened up a ten-second gap on a small chasing group including Lopez, Giupponi, Aleksey Bartseykin and Sergey Sergachev of Russia, but it was never decisive. By 14km Lopez had moved into the lead and started to up the tempo, covering the next two kilometres in the fastest sector of the race (7:57). That was enough to open up a five-second gap on Simanovich, that stretched to 34 sec at the line. Giupponi, who was never out of the top three, finished a further three seconds down on the Belarusian.

The winning time represented an improvement on the winner's personal best of 1min, 21sec, established in Cherboksary last year. Giupponi's time of 1:23.00 was also a PB.

The gold is Lopez's biggest performance to date. In the 2005 World Youth championships he was sixth and was 14th in the World Juniors the following year. In the 2005 championships he had Simanovich in front of him. Today he reversed the order and doubled Spain's gold medal total after Mohammed Elbendir's win in the 5000m.

1.	Miguel Ángel López	ESP	1:22:23	PB
2.	Dzianis Simanovich	BLR	1:22:57	
3.	Matteo Giupponi	ITA	1:23:00	PB
4.	Christopher Linke	GER	1:24:29	PB
5.	Aleksey Bartsaykin	RUS	1:25:01	
6.	Aléxandros Papamihail	GRE	1:25:06	PB
7.	Dawid Tomala	POL	1:25:26	
8.	Bertrand Moulinet	FRA	1:25:30	PB
9.	Nazar Kovalenko	UKR	1:25:47	
10.	Andrea Adragna	ITA	1:25:54	PB
11.	Máté Helebrandt	HUN	1:26:56	
12.	Rafal Sikora	POL	1:27:47	
13.	Lukasz Nowak	POL	1:28:21	
14.	Federico Tontodonati	ITA	1:29:08	
15.	Valerijus Grinko	LTU	1:30:38	
16.	Damien Molmy	FRA	1:34:59	
	Tautvydas Žekas	LTU	DNF	
	Ricardas Rekst	LTU	DQ	
	Arnis Rumbenieks	LAT	DQ	
	Sergey Sergachev	RUS	DQ	

EUROPEAN JUNIOR CHAMPIONSHIPS, NOVI SAD, SERBIA, 23-26 JULY 2009

The 20th European Athletics Junior Championships, held in Novi Sad in Serbia from 23-26 July 2009, have just been completed. The 10,000m walks proved to be showcases for the Russians who won 5 of the 6 medals on offer in very hot conditions. The following race reports and photos are taken from the EAA website <http://www.european-athletics.org/>

Womens 10,000m Walk, Thursday 23 July, 10:30AM

Russia's Elmira Alembekova took the lead almost from the gun in the women's 10,000m Walk, and never relinquished it for 25 gruelling laps with the thermometer soaring toward the high 30s, to win in 46:31.07 in the opening morning session of Day 1. Alembekova notched up Russia's fifth consecutive victory at the event.

"I finished 20 seconds behind my fellow Russian Tatyana Mineyeva at the world juniors last year and she would have been the favourite but she had to withdraw a few days ago with a bad throat infection. I knew it was my big chance and I wasn't going to let it go so I decided to walk fast from the start even though it was very hot," said the diminutive Alembekova.

She held a seven-second lead over her compatriot Nina Okhotnikova at the 4000m mark, with Romania's Adriana Turnea another seven seconds further back after an audacious attempt to stay with the Russians over the opening kilometres. Alembekova passed the halfway point in 22:48.33 and gradually increased her lead as she circled the track. With six laps to go, her advantage over Okhotnikova was exactly the length of the home straight, although the heat was starting to take its toll even on the leader as her lap speed started to slightly decrease. Okhotnikova, who was to finish third, wilted in the final three laps as Italy's Antonella Palmisano walked an excellent second half of the race to overtake Turnea at 5600m and then Okhotnikova just after the bell to take the silver medal in 46:59.47.

1	ALEMBEKOVA, Elmira	RUS	46:31.07	
2	PALMISANO, Antonella	ITA	46:59.47	SB
3	OKHOTNIKOVA, Nina	RUS	47:04.97	
4	TURNEA, Adriana	ROU	48:48.95	
5	GRADINARIU, Alexandra	ROU	49:10.48	
6	DELON, Laurcne	FRA	50:05.37	
7	MARTÍNEZ, Paula	ESP	50:40.97	
8	ALONSO, Sara	ESP	52:18.98	
9	KAZEMAKA, Anita	LAT	52:28.50	
10	BUSSU, Claudia	ITA	54:59.11	
11	GÁBORČIKOVÁ, Diana	SVK	57:40.84	
	LÖFBACKA, Mikaela	FIN	DNF	
	DARAZHUK, Nadzeya	BLR	DSQ	
	YERGA, Sandra	ESP	DNF	
	ENACHE, Adriana Georgiana	ROU	DNF	
	MENUET, Emilie	FRA	DSQ	
	TSINOPOÚLOU, Panayióta	GRE	DSQ	
	KRIVÁN, Berta	HUN	DNF	
	GUNES, Tugce	TUR	DNF	

Mens 10,000m Walk, 10:05AM, Saturday 25 July 2009

Russia's Stanislav Yemelyanov romped to victory at the IAAF world juniors 12 months ago and he produced an equally commanding performance in Novi Sad, adding a European Athletics Junior Championships title to his collection in a winning time of 40:20.86.

What was particularly impressive about Yemelyanov's victory was that he achieved it with a negative split - walking the second half of the race faster than the first - in very difficult conditions as the thermometer was still well into the 20s for the entirety of the race, despite the 10.05am morning start and the local temperatures cooling off by comparison to the first two days.

Yemelyanov, wearing sunglasses, lead home a Russian clean sweep with Denis Strelkov taking the silver in 40:24.97 and Valery Filipchuk the bronze in 40:29.97, but, in truth, the times give a misleading impression of the winner's dominance as he eased off over the final 200m.

"This was a surprisingly hard race because of the heat but at least we achieved our goal. We wanted take all three medals," said Yemelyanov, glossing over his own outstanding display.

Filipchuk started to push the pace almost straight from the gun and had a good lead after four laps - approximately five seconds - at which point his two compatriots started to work together to get back with their team-mate. They succeeded without much of a problem and from the 4000m point, which Filipchuk lead past in 16:22.18, they started to circle the lap in single file. Filipchuk lead the Russian trio through the halfway point in 20:22.05, when it was clear that records were not going to be the order of the day despite some optimism before the championships that the world junior record of another Russian, Viktor Burayev, which has stood at 38:46.40 since 2000, might be a possibility.

The early leader started to flag slightly with nine laps to go - the point in the race where the Russians had finally lapped everyone else in the field at least once - and at exactly the 8000m mark Yemelyanov moved to the front for the first time. With just over three laps to go, Yemelyanov started to surge and quickly built up a five-second lead going into the final kilometre and the destination of the gold medal was as good as decided, although his team-mates battled for the minor medals until the start of last lap when the be-capped Strelkov gained the upper hand in the contest for the silver.

1	YEMELYANOV, Stanislav	RUS	40:20.86	
2	STRELKOV, Denis	RUS	40:24.97	
3	FILIPCHUK, Valeriy	RUS	40:29.35	
4	DOHMANN, Carl	GER	42:09.78	PB

5	MACCHIA, Riccardo	ITA	42:20.12	SB
6	DI BARI, Vito	ITA	42:39.80	
7	HALMAN, Wojciech	POL	43:22.80	
8	PARTANEN, Aku	FIN	43:44.62	
9	KARLSTRÖM, Perseus	SWE	44:21.69	
10	LOPES, Luís	POR	44:51.89	
11	SCHROM, Pavel	CZE	45:32.62	
12	RÍHA, Roman	CZE	45:40.35	
13	CAPATINA, Chiril	MDA	46:00.89	
14	KETNER, Karel	CZE	46:37.50	
15	PALOMA, Victor	ESP	46:53.91	
	WIATER, Tomasz	POL	DSQ	
	CASTRILLO, Rubén	ESP	DSQ	
	TALIANO, Vincenzo	ITA	DSQ	
	BLOCKI, Adrian	POL	DSQ	



The two winners in action (<http://www.european-athletics.org/>)

18TH WMA CHAMPIONSHIPS, LAHTI, FINLAND, 28 JULY – 8 AUGUST 2009

The World Masters Athletics Championships have now kicked off in Lahti in Finland and our small team walkers are doing brilliantly. Mark Donahoo has forwarded reports from the first two days of walking – thanks Mark!

5000m walks, Wednesday 29 July

The 500m track walks were held today in Lahti and Australia had success in many of the age groups.

Margaret Beaumont was very pleased with her 3rd place in the W70 race with 38:46.37.

Lynne Schicket walked well and was pleased with her W65 10th placing in a time of 35:54.39..

Liz Feldman walked an excellent tactical race to win her W60 event. Although she was up to 80 metres behind the leader early in the race, she worked her way through the field to finally win by over 100m in a time of 30:28.77 min.

Heather Carr, who has been selected to race in the World Triathlon championships in the Masters category in a few weeks in Queensland, pushed hard early but was unable to beat her Portugese competitor. Heather finished hard and was happy to win the W55 silver medal in 27:55.78.

Lyn Ventris started fast, leaving the opposition in her wake. After a few laps, she relaxed into her fluent flowing style and went on to win the W50 division comfortably in 25:48.07.

For the day: 2 gold, 1 silver, 1 bronze from 5 walkers. An excellent result.

W70	Margaret Beaumont	38:46.37	3 rd
W65	Lynne Schicket	35:54.37	10 th
W60	Liz Feldman	30:28.77	1 st
W55	Heather Carr	27:55.78	2 nd
W50	Lyn Ventris	25:48.07	1 st

5000m walks Thursday 30 July

It's Thursday 30th July, the weather today was a pleasant 24 degrees with no wind. However, when the sun came out from behind the cloud, it was hot on the track. It was another excellent day on the track for our walkers, with one gold, one silver and one bronze collected. As a side note, I am staying at a lovely log cabin on the lake. Last night Kate (my wife) and Lynne (Andrew's wife), cooked a lovely chicken and pasta meal. The walkers at the dinner, Andrew, Murray and myself, all won medals today - the chicken must have been very special.

M70	Murray Dickinson	28.19,20	2 nd
	Geoff Major	34.17,88	12 th
	Ian Beaumont	39.35,34	19 th
M60	Andrew Jamieson	25.01,01	1 st
M50	Mark Donahoo	24.21,84	3 rd

This gave Australia 7 medals in the 500m races, a magnificent performance of which we are all very proud. The track used for the walks is called the Radio track as it has 2 very tall radio towers near the track which is on the top of a hill. Next door to the track is a cemetery, which is very well kept. Once the event has been completed, the medal winners had about 1 hours to travel to the main track for the medal presentation which overlooked the ski jumping area.

Hopefully these performances will encourage other masters walkers from all states to come out to Sacramento in 2 years time.

Most of the walkers will be taking it easy over the next few days and doing some touring before the 10km which will be held on a triangle course (2km loop) on Monday.

You can see full results at <http://live.time4results.com/you/2009/wma2009/> but it takes a bit of time as you have to view each age group separately.

Thanks to Rudolf Skrucany for this quick resume of the first 3 places in each division of the 5000m walks – a great standard!

W100: ----	M100: ----
W95: -----	M95: -----
W90: 52.43	M90: 50.26
W85: 49.40	M85: 37.41 - 37.44 - 39.35
W80: 41.27 - 42.42 - 44.22	M80: 34.03 - 34.04 - 34.15
W75: 39.59 - 41.17 - 42.47	M75: 31.45 - 32.38 - 32.39
W70: 36.35 - 36.38 - 38.46	M70: 27.47 - 28.19 - 28.47
W65: 28.28 - 31.33 - 33.07	M65: 27.31 - 28.43 - 28.48
W60: 30.28 - 31.19 - 31.35	M60: 25.01 - 25.15 - 25.35
W55: 27.14 - 27.55 - 28.49	M55: 23.56 - 24.01 - 24.02
W50: 25.48 - 27.11 - 28.05	M50: 24.10 - 24.18 - 24.21
W45: 26.26 - 26.31 - 26.38	M45: 22.11 - 22.13 - 22.23
W40: 33.54	M40: 25.44 - 26.13 - 28.28
W35: -----	M35: 22.46 - 24.40 - 27.22



**Left: World Masters 5000m walk medallists Liz Feldman, Heather Carr, Margaret Beaumont and Lyn Ventris
Right: World Masters medallists Andrew Jamieson, Mark Donahoo and Murray Dickinson**

One of the highest quality divisions was the M55 where Mike Parker, RWNZ President, was relegated to fourth place even though his finishing time was 24:21! The first 4 for that particular division showed like this

M55	1	Jose Luis Lopez Camarena	Mexico	23.56,61
	2	Fabio Ruzzier	Slovenia	24.01,86
	3	Patrice Brochot	France	24.02,64
	4	Mike Parker	New Zealand	24.21,30

10km Road Walks, Monday 3rd August 2009

Mark Donahoo reported as follows on what was a very successful day for the small Aussie contingent.

What a day- 4 gold, 3 silver 1 bronze and 1 bronze team medal for the Australian Team.

The day started with a lovely blue sky but not too hot, which was ideal for the Mens 70-90 10km walk. 3 Men started for Australia in the 70-75 age group with Murray Dickinson coming 2nd in 57.54min. He was again unable to beat Arthur Thomson from GB who won in 56.27min. Geoff Major went out for a stroll but his competitive nature took over for him to over take some of his competitors late in the race to finish in 1.11.58. Ian Beaumont again walked very well to finish in 1.19.04. The Men finished 4th in the teams. The course has a difference of 8 metres and was based on a triangle. One section on the way out of the triangle was difficult and so was the finish start (300m).

Womens 60+, Liz Feldman started steadily but again beat the European Champion to win the gold in 1.02.55. In the 70+, Margaret Beaumont walked her best for the winter to win the silver medal in 1.17.15 and Lynne Schickert walked well in the 65+ to finish in 1.15.34 The three combined to win the bronze team medal for the 60+ age group.

Andrew Jamieson won his 60+ race convincingly in 51.46min after a steady start. Lyn Ventris won her 50+ race after being the first walker across the line in 53.08 and Heather Carr came second in the 55+ walk, just 2 weeks of turning 60, in 58.08. Mark walked a solid race in the Men's 50+ to achieve a second SB for his races in Lahti to win the bronze medal in 51.58. Start Kollmorgen walked a well judged race in his first major international competition to win the Mens 40+ and earn his first gold medal in 50.03min.

Well done to all walkers

Mark in Lahti

The overall results for all the Australians read as follows

M70	Murray Dickinson	2 nd	57:54 (team 4 th)
M70	Geoff Major	15 th	71:58 (team 4 th)
M70	Ian Beaumont	22 nd	79:04 (team 4 th)
M60	Andrew Jamieson	1 st	51:46
M50	Mark Donahoo	3 rd	51:58
M40	Stuart Kollmorgen	1 st	50:03
W70	Margaret Beaumont	2 nd	77:15 (team 3 rd)
W65	Lynne Schickert	11 th	75:34 (team 3 rd)
W60	Liz Feldman	1 st	62:55 (team 3 rd)
W55	Heather Carr	2 nd	58:08
W50	Lyn Ventris	1 st	53:08

Thanks to Rudolf Skrucany for his review of the times of all the medallists in the 10km road walk. By the look of things, the top age groups in terms of time vs age were M70, M55 and W55. But a special note for the winner of the W65 10km – Heidi Maeder of Switzerland in 57:28. Now that is really hiking!

W100 : ----

M100: -----

W95 : -----	M95 : -----
W90 : - 108.07	M90 : -----
W85 : -----	M85 : - 78.57 - 89.11 - 114.12
W80 : - 84.19 - 91.32	M80 : - 69.00 - 70.05 - 70.18
W75 : - 86.50 - 91.48	M75 : - 64.47 - 65.43 - 65.47
W70 : - 76.13 - 77.15 - 83.07	M70 : - 56.27 - 57.54 - 58.56
W65 : - 57.28 - 65.01 - 66.34	M65 : - 55.56 - 57.49 - 61.01
W60 : - 62.55 - 63.46 - 64.45	M60 : - 51.46 - 53.08 - 53.22
W55 : - 56.46 - 58.08 - 59.18	M55 : - 49.28 - 49.38 - 50.21
W50 : - 53.08 - 56.47 - 56.59	M50 : - 49.59 - 50.29 - 51.58
W45 : - 54.12 - 54.23 - 55.30	M45 : - 46.37 - 47.17 - 47.34
W40 : - 68.41	M40 : - 50.03 - 53.38 - 53.47
W35 : - 55.35 - 57.05 - 59.04	M35 : - 44.07 - 45.04 - 46.41

Check out <http://live.time4results.com/au/2009/wma2009/textfiles/results090803.txt> for the full details of all events contested on that particular day.

20km roadwalks, Thursday 6 August 2009

It was another big medal day for Australia with the 20m roadwalks on Thursday 6 August. Liz Feldman (W60), Andrew Jamieson (M60) and Lynne Ventris (W50) won their third golds for the championships with dominant displays while Stuart Kollmorgen won his second gold from 2 starts. Heather Carr (W55) took a bronze to go with her 2 silvers while Murray Dickinson, walking in probably the strongest competition of the lot in the M70, had to be content with 4th place after his silvers in the two earlier races. The judges were out in force and there were a lot of disqualifications in the older age groups and Margaret and Ian Beaumont were amongst the walkers who were effected. The results for our walkers were as follows

W50	1	Lynne Ventris	1.48.04
W55	3	Heather Carr	2.03.36
W60	1	Liz Feldman	2.12.10
W70	DQ	Margaret Beaumont	
M40	1	Stuart Kollmorgen	1.44.39
M60	1	Andrew Jamieson	1.44.11
M70	4	Murray Dickinson	2.06.32
M70	11	Geoff Major	2.28.55
M70	DQ	Ian Beaumont	

Thanks to Rudolf Skrucany for extracting the times of all medallists in each division

M100: -----	W100 : ----
M95 : -----	W95 : ----
M90 : -----	W90 : ----
M85 : - dq's	W85 : - dq's
M80 : - 2.24.05 - 2.25.37 - 2.30.10	W80 : - dq'a
M75 : - 2.16.35 - 2.17.39 - 2.17.58	W75 : - dq's
M70 : - 1.58.19 - 2.04.44 - 2.05.02	W70 : - dq's
M65 : - 1.57.26 - 1.58.31 - 2.02.57	W65 : - 2.00.03 - 2.18.08 - 2.20.29
M60 : - 1.44.11 - 1.52.44 - 1.53.28	W60 : - 2.12.10 - 2.14.26 - 2.22.53
M55 : - 1.42.28 - 1.42.40 - 1.45.48	W55 : - 2.00.25 - 2.02.18 - 2.03.36
M50 : - 1.45.18 - 1.52.01 - 1.53.52	W50 : - 1.48.04 - 2.06.58 - 2.11.14
M45 : - 1.37.34 - 1.40.15 - 1.43.04	W45 : - 1.52.39 - 1.54.38 - 1.56.48
M40 : - 1.44.39 - 1.54.13 - 1.55.53	W40 : - ----
M35 : - 1.33.42 - 1.35.45 - 1.49.44	W35 : - 2.11.51

The first two walks have been completed now in hot and sunny conditions. I was roadside for both events and can report on huge crowds, great excitement and high quality walking. Traditionally, championship track and field meets see the walks start on the track, proceed to a road loop and then return to finish on the track. Here in Berlin the walk events are being held exclusively on a 2km road loop starting and finishing at the Brandenburg Gate – it is a fantastic course from all perspectives.

As usual, there are great website coverages of Berlin on the IAAF and AA websites http://www.athletics.com.au/berlin_games and <http://berlin.iaaf.org/index.html> but nothing beats Jeff Salvage's Walk Photo Stories on his website – prepare to be impressed when you check out <http://www.racewalk.com/PhotoStory2009WorldChampionship/Page01.asp>. Jeff has kindly given me permission to use some of his photos in this report (thanks Jeff) . And now onto the reports:

20km Men, Saturday 15 August, 1PM

A 1PM start meant hot and sunny conditions but walkers of this calibre are not phased by the weather and the racing was aggressive and relentless. It unfolded very similarly to Beijing 12 months ago and, just as in Beijing, Russian Valerij Borchin was too good and surged to a huge victory over his rivals. The IAAF website reported on his win as follows

Last year it was a BMW jeep and this year \$7000 converted to Russian currency that was waiting for Valeriy Borchin when he breasted the plastic tape at the Brandenburg Gate to win the first gold medal of these championships. That of course is in addition to the \$60,000 prize money he will get as winner of gold at the 12th IAAF World Championships in Athletics.

Three days before these championships began, President Vladimir Putin had announced that any winner of an Olympic discipline would be presented with the money, but Borchin insisted he had completely forgotten about it until he was reminded by the Russian journalists awaiting him at the finish under the Brandenburg Gate. “Now I am happy to be reminded of it,” he said.

That is likely to give the 22-year-old from Saransk a problem, though. Back home in Saransk, Mordovia, whenever he goes shopping he is recognised and hounded both by people and the press and he finds it “a bit irritating, a bit of a nightmare”. Borchin was unknown before his win in Beijing last year, but then he became famous and his quiet life of anonymity was over. That gives him his next problem because after Olympic gold and now World gold he is likely to be doubly famous and all he wants to do is rest.

“The next aim is to restore my mind and above all my body,” said Borchin. “I want to give myself time to work out what I want to do next.”

For the time being, then, there is no more talk of competition, but how does he view himself as a race walker after so much success. Is he the best walker in the world? “Not at the moment,” said Borchin. “My heroes are Jefferson Perez and Robert Korzeniowski and to be equal to them I need to win more and more.”

Although the race was held at Unter Den Linden, implying that there would be plenty of shade, in reality the athletes were competing mostly in the sun on a warm day. For the blonde, fair-skinned Russian, was this a problem?

“It was rather warm, but it was quite good for me because Beijing was much worse with so much heat and humidity, while here, according to the weather forecast, it was supposed to be much hotter than it was, 30 degrees, but it did not work out that way so we got off lightly. Conditions were quite good here.”

He was also asked if he thought about where he was walking and its past as a symbol of Russian dominance in twentieth century history. “Of course I was aware of the theatre of history, but not while I was competing. I was not thinking anything special. I could not afford myself any distractions while I was competing.”

What he did notice, however, was the change in the surface as he was walking, which he found difficult, though he thought there were pluses and minuses about competing away from the stadium in the historical centre of Berlin. “It is a problem with events organised with the start and finish in the stadium because when you leave the stadium and you go from tartan to asphalt it is not good for the legs. In general, asphalt is good for walkers, but here we went from asphalt to stone and back and that is also difficult, so there are advantages and disadvantages to both.”

As a boy, Borchin's first sport was weightlifting and then middle distance running, but he also likes cross country skiing during the winter months back home in Saransk where he lives with his parents.

“I spoke to my parents after the race and they were very happy for me,” he said. “Now I need to get back there and restore myself,” he concluded. You get the feeling, though, that he'd be better off avoiding the shops after what he has done in Berlin.

Of the Australians, **Jared Tallent** fared best, finishing 6th in 1:20:27. People did not know that Jared had been battling a shin injury for some time and his final preparation had been effected. This meant that he was not in quite the same form as in Beijing but his class showed through with his high place. **Adam Rutter** surged effortlessly through the first 10km with the leading pack in a PB time of 39:59 and then took the lead shortly after. He was in the same position as Jared had been in 2007 in Osaka – looking great and heading for a medal – when DQ'd. But he can take a lot out of this – he showed that he can match it with the big boys. Hopefully he can take confidence from his performance here and bounce back like Jared did in 2008 and put some really big finishes on the board in the next year or two. **Luke Adams** had been suffering from a cold in the leadup to this event and he was obviously still feeling the effects, struggling through to an uncharacteristic 18th place in 1:22:37. This is bad luck for Luke but he has another chance in the 50km on Friday.



Medallists Borchin, Wang and Sanchez finishing (www.racewalk.com)



Jared Tallent and Luke Adam finishing. Adam Rutter leading before his DQ (www.racewalk.com)

And now onto the full results – fast and furious as usual!

1.	Valeriy BORCHIN	RUS	1:18:41		
2.	Hao WANG	CHN	1:19:06	PB	+0:25
3.	Eder SANCHEZ	MEX	1:19:22	SB	+0:41
4.	Giorgio RUBINO	ITA	1:19:50		+1:09
5.	Luis LOPEZ	COL	1:20:03	NR	+1:22
6.	Jared TALLENT	AUS	1:20:27		+1:46
7.	Erik TYSSÉ	NOR	1:20:38		+1:57
8.	Jesus SANCHEZ	MEX	1:20:52	PB	+2:11
9.	Matej TOTH	SVK	1:21:13		+2:32
10.	Joao VIEIRA	POR	1:21:43	SB	+3:02
11.	Koichiro MORIOKA	JPN	1:21:48		+3:07
12.	Jianbo LI	CHN	1:21:54		+3:13
13.	Yafei ZHU	CHN	1:21:56		+3:15
14.	Andre HOHNE	GER	1:21:59		+3:18
15.	Robert HEFFERNAN	IRL	1:22:09	SB	+3:28
16.	Jose Ignacio DIAZ	ESP	1:22:12	SB	+3:31
17.	Andrey KRIVOV	RUS	1:22:19		+3:38
18.	Luke ADAMS	AUS	1:22:37		+3:56
19.	Hassanine SEBEI	TUN	1:22:52		+4:11
20.	Babubhai PANUCHA	IND	1:23:06	NR	+4:25

21.	Jean-Jacques NKOULOUKIDI	ITA	1:23:07	SB	+4:26
22.	Dzianis SIMANOVICH	BLR	1:23:36		+4:55
23.	Rolando SAQUIPAY	ECU	1:23:51	SB	+5:10
24.	Juan Manuel MOLINA	ESP	1:24:00		+5:19
25.	Chil-sung PARK	KOR	1:24:01		+5:20
26.	Artur BRZOZOWSKI	POL	1:24:17		+5:36
27.	Sergio VIEIRA	POR	1:24:32		+5:51
28.	Pedro Daniel GOMEZ	MEX	1:24:39		+5:58
29.	Yerko ARAYA	CHI	1:24:49		+6:08
30.	Isamu FUJISAWA	JPN	1:25:12		+6:31
31.	Petr TROFIMOV	RUS	1:26:02		+7:21
32.	David Kimutai ROTICH	KEN	1:26:35		+7:54
33.	Ruslan DMYTRENKO	UKR	1:27:01		+8:20
34.	Hyunsub KIM	KOR	1:27:08		+8:27
35.	Predrag FILIPOVIC	SRB	1:27:44		+9:03
36.	Pavel CHIHUAN	PER	1:27:54		+9:13
37.	Rustam KUVATOV	KAZ	1:28:47	SB	+10:06
38.	Jakub JELONEK	POL	1:28:59		+10:18
39.	Andres CHOCHO	ECU	1:29:14		+10:33
40.	Juan Manuel CANO	ARG	1:29:20	SB	+10:39
41.	Allan SEGURA	CRC	1:29:52		+11:11
42.	Yusuke SUZUKI	JPN	1:30:21		+11:40
43.	Youngjun BYUN	KOR	1:30:35		+11:54
44.	Mauricio ARTEAGA	ECU	1:32:25		+13:44
45.	Vilius MIKELIONIS	LTU	1:32:53		+14:12
	Adam RUTTER	AUS	DQ		
	Moacir ZIMMERMANN	BRA	DQ		
	Francisco Javier FERNANDEZ	ESP	DNF		
	Jose Alessandro BAGIO	BRA	DNF		
	Ivano BRUGNETTI	ITA	DNF		

20km Women, Sunday 16 August, noon

The women's 20km walk was held the following day, starting at noon. It was some degrees hotter than Saturday and this was reflected in the early pace and final time. Whereas the men's race had started fast, the women slowly got into the mood with a large lead pack rolling through the first laps and no one really prepared to lay down the gauntlet. But when the pace did pick up, it was not surprising to see Olympic champion Olga Kaniskina in the lead. Putting on an awesome display of power walking, she moved well clear and won by nearly 1 minute – yet another gold medal to this seemingly unstoppable Russian. In what was one of the slowest major walks for some years, only the first 3 walkers managed to break 90 minutes.

Of the Australians, 20 year old **Jess Rothwell** finished best in 22nd place in 1:36:01. The AA website quoted her "The first few k's were comfortable, and I just listened to the crowd. It got hotter and hotter and it was tough, very tough. There was a few DQ's and didn't want to be in that boat. It was a huge experience. Just even walking in the pack there were feet everywhere so you really had to fight for your position. Hopefully I have got a lot of experience from that."

You can hear the full interview at http://www.athletics.com.au/berlin_games/gallery/jess_rothwell_post_race_interv

Claire Tallent had been with the lead pack early on but, when the pace quickened, she found nothing in the tank and had to draw on all her reserves to struggle through to a final place of 27th and a time of 1:38:12. Claire was understandably very disappointed. **Cheryl Webb**, who went in as our number one walker with a PB of 1:29:45, had a similar day, finding nothing there right from the start. She fell back through the field and was eventually DQ'd (one of 7 walkers to suffer that fate. But Claire and Cheryl can be proud of their efforts even though the day was not theirs. Just to compete at that level is an awesome feat so well done to all three of our girls.



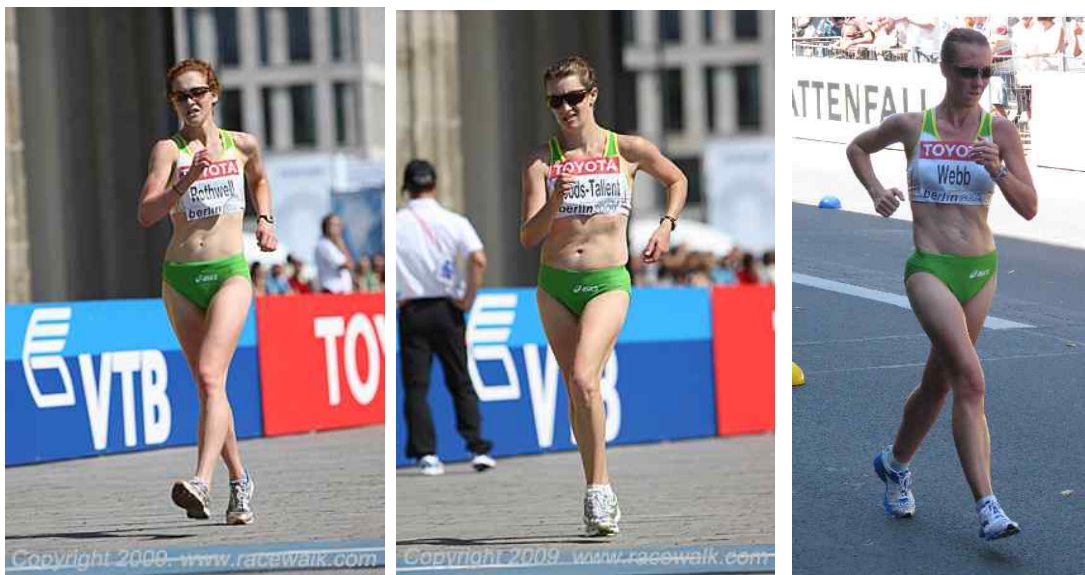


and goes on to win in emphatic style (www.racewalk.com)

The full results read as follows

1.	Olga KANISKINA	RUS	1:28:09		
2.	Olive LOUGHNANE	IRL	1:28:58	SB	+0:49
3.	Hong LIU	CHN	1:29:10	SB	+1:01
4.	Anisya KIRDYAPKINA	RUS	1:30:09		+2:00
5.	Vera SANTOS	POR	1:30:35		+2:26
6.	Beatriz PASCUAL	ESP	1:30:40		+2:31
7.	Masumi FUCHISE	JPN	1:31:15		+3:06
8.	Kristina SALTANOVIC	LTU	1:31:23	SB	+3:14
9.	Elisa RIGAUDO	ITA	1:31:52		+3:43
10.	Susana FEITOR	POR	1:32:42		+4:33
11.	Ines HENRIQUES	POR	1:32:51		+4:42
12.	Kumi OTOSHI	JPN	1:33:05		+4:56
13.	Larisa EMELYANOVA	RUS	1:34:31		+6:22
14.	Vera SOKOLOVA	RUS	1:34:55		+6:46
15.	Sniazhana YURCHANKA	BLR	1:34:57		+6:48
16.	Ana Maria GROZA	ROU	1:35:19		+7:10
17.	Valentina TRAPLETTI	ITA	1:35:33	SB	+7:24
18.	Mingxia YANG	CHN	1:35:42		+7:33
19.	Zuzana SCHINDLEROVA	CZE	1:35:47		+7:38
20.	Tania Regina SPINDLER	BRA	1:35:51		+7:42
21.	Evaggelia XINOY	GRE	1:35:56		+7:47
22.	Jess ROTHWELL	AUS	1:36:01		+7:52
23.	Claudia STEF	ROU	1:36:09		+8:00
24.	Brigita VIRBALYTE	LTU	1:36:28		+8:19
25.	Marie POLLI	SUI	1:36:44		+8:35
26.	Zuzana MALIKOVA	SVK	1:37:47		+9:38
27.	Claire TALLENT	AUS	1:38:12		+10:03
28.	Agnieszka DYGACZ	POL	1:38:36		+10:27
29.	Alessandra PICAGEVICZ	BRA	1:38:50		+10:41
30.	Geovana IRUSTA	BOL	1:39:16		+11:07
31.	Chaima TRABELSI	TUN	1:39:50		+11:41
32.	Svetlana TOLSTAYA	KAZ	1:40:41	SB	+12:32
33.	Johana ORDONEZ	ECU	1:42:57		+14:48
34.	Anamaria GRECEANU	ROU	1:43:35		+15:26
35.	Rachel LAVALLEE	CAN	1:45:45		+17:36
36.	Olha YAKOVENKO	UKR	1:45:55		+17:46
37.	Cristina LOPEZ	ESA	1:47:33	SB	+19:24
	Maria HATZIPANAYIOTIDOU	GRE	DQ		
	Johanna JACKSON	GBR	DQ		
	Mayumi KAWASAKI	JPN	DQ		

Kjersti PLATZER	NOR	DQ
Monica SVENSSON	SWE	DQ
Cheryl WEBB	AUS	DQ
Yawei YANG	CHN	DQ
Maria GALIKOVA	SVK	DNF
Sabine KRANTZ	GER	DNF
Teresa VAILL	USA	DNF
Maria VASCO	ESP	DNF



Jess, Claire and Cheryl in action (www.racewalk.com)

50km Men, Friday 21 August

The e last of the walks, the 50km event, was held on Friday 21st August and I was roadside for one of the most exciting 50km events I have ever seen and I thought for a while that we were heading and Australian quinella as Jared and Luke took the lead at the 35km mark. But the old adage proved true – a 50km race really starts at the 40km mark. Thus it proved as the boys faded and others stormed home to take the medals ahead of them.

After hot conditions in the two 20km races, we were woken early on the Friday morning by heavy rain and thunder. Luckily all cleared by the 9:15AM start time and the entire race was held in overcast and cooler weather – just about ideal 50km conditions in my book. After an early breakaway, the main favourites were all together again by the 10km mark. With the laps getting faster, the lead group trimmed as lesser walkers were dropped. The 20km mark was reached in 1:28:25. By the time the half way mark was reached in 1:50:07, the lead group was down to three walkers – world record holder Nizhegorodov, Jared Tallent and Luke Adams. At this stage, the pace really picked up and we saw it drop from 8:40's to 8:37 to 8:27 to 8:25. When Nizhegorodov was forced to stop for a call of nature, Jared and Luke suddenly found themselves in the lead, some 30 secs clear of anyone else. It was a euphoric time for us Aussies roadside and we started to dream of a gold/silver finish.



First there were 3 and then there were 2 (<http://www.racewalk.com>)

Alas, it was not to be. Coming up to 40km, the two Australians had slowed and those immediately behind were slowly bridging the gap. First Kirdyapkin caught and passed them, putting in a 21:31 split to 45km to take a commanding lead. Then Nymark caught them to secure second spot. Then in the final lap and a bit, the boys were passed by 3 more walkers (Garcia, Sudol and Holne). Luke eventually finished the stronger of the two Australians, recording a personal best of 3:43.39 in sixth place just ahead of Jared in seventh with 3:44.50.

Luke's comment after his finish: *"I did what I could. I put myself up there. I was in the red at 38km and from then it was just agony."*
 Craig Hilliard's comments on Luke's condition after the race: *"He's on his back feeling fairly pins-and-needly. Same with Jared. The doc's with them both and Luke has to back up with a drug test. It's going to be a long afternoon."*

Brent Vallance's comments on Jared pushing the pace when he hit the lead: *"That's what you want when you are a double Olympic medallist. None of these guys died wondering whether they had it in them or not. That was the plan. He stuck to it well. He was probably growing in confidence after 30km. Unfortunately the boys just didn't have it after 40km. Jared was still in a medal position at 45km so that (pulling out) was never going to happen. He did crawl home in the last two to three km though. He's pretty beaten up at the moment."*

So congratulations to Luke and Jared on wonderful performances. We are just so proud of your gutsy walks.

It is interesting to have a closer look at the medallists as they are all older walkers who are not especially quick at the 20 km distance but who have specialised in the 50 km distance with great success. It just illustrates that you do not have to be a 20 km whiz kid to win ultimate accolades over the 50 km distance. Hard work and dedication are the factors at work in this toughest of all events.

Name	Age	20 km PB	50 km PB	Place and time
Sergey KIRDYAPKIN	29	01:23:24	03:38:08	1 st , 3:38:35
Trond NYMARK	32	01:22:56	03:41:16	2 nd , 3:41:16
Jesus Angel GARCIA	39	01:23:00	03:39:54	3 rd , 3:41:37



3 tried and true 50km specialists won the medals - Kirdyapkin, Nymark and Garcia (<http://www.racewalk.com>)

No discussion of this race would be complete without a more indepth review of 29 year old winner Sergey Kirdyapkin who completed an unprecedented clean sweep for Russia – golds in all 3 walks (never before in the World Championships or Olympics had one country produced the winners of all three walks). Nine years ago, Kirdyapkin was an 800m runner struggling to get below two minutes. He swapped to racewalking and the rest is history. His triumph was especially pleasing after his 19-year-old wife, Anisya Kirdyapkina, narrowly a medal in the Women's 20km Race Walk the previous Sunday. *"I was after revenge and that happened today."*

Kirdyapkin has had a rollercoaster career (see <http://www.iaaf.org/athletes/biographies/country=RUS/athcode=186367/index.html>), his two World Championships gold medals (2005 and 2009) standing way ahead of his next best accomplishments – 2nd place in the 2005 European Cup and 6th in the 2008 World Race Walking Cup. Too often he has given the impression of a dead man walking, failing to finish not only in Osaka in 2007 but in the 2008 Olympics in Beijing. Unlike Borchin and Kaniskina, who were preselected, Kirdyapkin had to qualify by winning the Russian title in Cheboksary in June to gain his place. Even with this win, he came to Berlin as the Russian No.2, behind World Record holder Denis Nizhegorodov, who failed to finish.

When Kirdyapkin wins, he wins well. In Helsinki, in 2005, he took the title by 3min 17sec. This year, he won by 2:41. *"Concerning the toughest moment of the race, it was when I realised that Nizhegorodov and two Australian walkers were far in front of me. Then I felt the Norwegian (silver medallist Trond Nymark) was practically stepping on my feet from behind and I had to speed up. That was*

really tough but in the end it all worked out for me.”

For completeness, the final results read as follows

1.	Sergey KIRDYAPKIN	RUS	3:38:35	WL	
2.	Trond NYMARK	NOR	3:41:16	NR	+2:41
3.	Jesus Angel GARCIA	ESP	3:41:37	SB	+3:02
4.	Grzegorz SUDOL	POL	3:42:34	PB	+3:59
5.	Andre HOHNE	GER	3:43:19	PB	+4:44
6.	Luke ADAMS	AUS	3:43:39	PB	+5:04
7.	Jared TALLENT	AUS	3:44:50	SB	+6:15
8.	Marco DE LUCA	ITA	3:46:31	PB	+7:56
9.	Jarkko KINNUNEN	FIN	3:47:36	PB	+9:01
10.	Matej TOTH	SVK	3:48:35		+10:00
11.	Faguang XU	CHN	3:48:52	PB	+10:17
12.	Yohan DINIZ	FRA	3:49:03		+10:28
13.	Jesus SANCHEZ	MEX	3:50:55	PB	+12:20
14.	Donatas SKARNULIS	LTU	3:50:56	SB	+12:21
15.	Chengliang ZHAO	CHN	3:53:06		+14:31
16.	Oleksiy SHELEST	UKR	3:54:03	PB	+15:28
17.	Tadas SUSKEVICIUS	LTU	3:54:29	PB	+15:54
18.	Koichiro MORIOKA	JPN	3:56:21		+17:46
19.	Horacio NAVA	MEX	3:56:26	SB	+17:51
20.	Herve DAVAUX	FRA	3:57:10	PB	+18:35
21.	Andreas GUSTAFSSON	SWE	3:57:53	PB	+19:18
22.	Rafal AUGUSTYN	POL	3:58:30		+19:55
23.	Augusto CARDOSO	POR	3:59:10	SB	+20:35
24.	Milos BATOVSKY	SVK	3:59:39		+21:04
25.	Lei LI	CHN	4:00:13		+21:38
26.	Mikel ODRIOZOLA	ESP	4:00:54		+22:19
27.	Cedric HOUSSAYE	FRA	4:02:44	SB	+24:09
28.	Diego CAFAGNA	ITA	4:08:04		+29:29
29.	Jose Alejandro CAMBIL	ESP	4:13:14		+34:39
30.	Magno Mesias ZAPATA	ECU	4:15:28		+36:53
31.	Luis Fernando GARCIA	GUA	4:18:13	SB	+39:38
32.	Takayuki TANII	JPN	DQ		
33.	Yuki YAMAZAKI	JPN	DQ		
34.	Omar ZEPEDA	MEX	DQ		
35.	Yuriy ANDRONOV	RUS	DNF		
36.	Marco BENAVIDES	ESA	DNF		
37.	Jamie COSTIN	IRL	DNF		
38.	Mario Jose DOS SANTOS JR	BRA	DNF		
39.	Rafal FEDACZYNSKI	POL	DNF		
40.	Nenad FILIPOVIC	SRB	DNF		
41.	Colin GRIFFIN	IRL	DNF		
42.	Ingus JANEVICS	LAT	DNF		
43.	Denis NIZHEGORODOV	RUS	DNF		
44.	Antonio PEREIRA	POR	DNF		
45.	Alex SCHWAZER	ITA	DNF		
46.	Konstadinos STEFANOPOULOS	GRE	DNF		
47.	Erik TYSSE	NOR	DNF		

IAAF RACEWALKING CHALLENGE FINAL, SARANSK, RUSSIA, SATURDAY 19 SEPTEMBER 2009

The last carnival of the international walking season was completed last Saturday with the IAAF Race Walking Challenge Series Final being held in Saransk in Russia.

Men's 10km Walk

Luke Adams, the 2007 Male Series winner and **Jared Tallent**, the 2008 Male Series winner, were both in the elite male field and hoping for a share in the large prize pool offered by the IAAF. The distance for men and women was 10km rather than the more traditional 20km format of former years and it was a tough ask for our two top walkers to step up to the plate again only 4 weeks after completing the 20km/50km double at the Olympics. But step up they did, making the long trip from Australia to come third and fifth respectively out of the eligible walkers who contested the final. Luke crossed the line in **39:16** while Tallent stopped the clock at **39:28**. For their efforts, they pocketed US\$14,000 and US\$7,000 respectively – well done guys!

Mexico's Eder Sanchez, the World 20km bronze medallist in Berlin, went out hard with Russian Andrey Ruzavin, the 2004 World Junior Champion, with the other main contenders in hot pursuit. However, it was soon Ruzavin all on his own and he powered home to win convincingly in 38:17. His victory probably cheered him up considerably given that he missed selection for both the 2008 Olympics and the 2009 World Champs. Another Russian walker, 18 year old Stanislav Yemelyanov, came through strongly to take second in 38:28, his time demolishing the current World Junior record of Aleksey Bartsaykin, 39:57, which was set in 2008 IAAF World Cup in Cheboksary. Sanchez, although he came third overall in 38:31, was the first eligible Challenge Series walker so he officially won the Series and hence pocketed the \$30,000 winner's cheque.

Jared was quoted on the AA website: *"I finished about where I thought I would. I haven't done as much training as normal over the past few weeks after the world championships and there's been a lot of travel but today was okay. I would have liked to finish a bit higher up but I'm happy, all things considered."*

Brent emailed me some photos (reproduced below) as well as a quick race report:

Hi Tim,

I'm now sitting in Dubai airport, and thought I would write a quick report of the weekends activities in Saransk with some photos. The official results that were distributed had all times incorrect from 3rd to 8th, but am not sure if that has been corrected or not. Unlike the rather sketchy race report and race results that have filtered through via the IAAF site, I can report that Andrey Ruzavin (2004 World Junior Champ) led from the gun, and was never headed. As he was not eligible for the Challenge prize money he was not challenged by the field. Ruzavin looked very strong and comfortable the whole way and even had enough time on the last lap to slow down and wave to the crowd.

The main group behind Ruzavin, which included all the main players in the Challenge Final (Eder Sanchez, Jared Tallent, Luke Adams), went through 5km in 19:28, but at this point Wang Hao dropped off the pace and had fallen back to some 60m behind at 6km. Luke and then Jared were then also dropped by Sanchez and the young Russian Emelyanov. At around 8km Luke moved into second place for the challenge and Jared third, but both were upset by the fast finishing Wang Hao who really smoked the last 3km to finish over the top of our boys, with the other Chinese athlete Zhu just pipping Jared over the last 100m after they had swapped positions most of the race.

Cheers,

Brent



The main pack early



The final two – Ruzavin and Emalyanov

And now onto the top 20 places which read as follows

1.	Andrey Ruzavin	RUS	28 03 1986	07:40	15:23	23:03	30:41	38:17	
2.	Stanislav Emelyanov	RUS	23 10 1990	07:46	15:23	23:18	30:53	38:28	+ 00:11
3.	Eder Sánchez	MEX	21 05 1986	07:41	15:36	23:18	30:52	38:31	+ 00:14
4.	Aleksandr Yargunkin	RUS	06 01 1981	07:45	15:35	23:17	31:07	38:57	+ 00:40
5.	Hao Wang	CHN	16 08 1989	07:44	15:36	23:41	31:28	39:03	+ 00:46
6.	Luke Adams	AUS	22 10 1976	07:47	15:36	23:25	31:18	39:16	+ 00:59
7.	Yafei Zhu	CHN	05 09 1988	07:42	15:36	23:24	31:24	39:26	+ 01:09
8.	Jared Tallent	AUS	17 10 1984	07:47	15:36	23:23	31:29	39:28	+ 01:11
9.	Faguang Xu	CHN	17 05 1987	07:42	15:56	24:04	32:07	40:03	+ 01:46
10.	Andriy Kovenko	UKR	25 11 1973	07:50	16:01	24:11	32:26	40:25	+ 02:08
11.	Sergiy Budza	UKR	06 12 1984	07:59	15:55	24:04	32:24	40:45	+ 02:28
12.	Konstantin Maksimov	RUS	12 10 1982	07:43	15:40	23:42	32:00	40:57	+ 02:40
13.	Jesús Sánchez	MEX	23 03 1976	07:43	16:16	24:38	33:05	41:26	+ 03:09
14.	Sergey Safarov	RUS	26 01 1983	07:51	16:05	24:33	33:05	41:30	+ 03:13
15.	Oleksandr Romanenko	UKR	26 06 1981	07:50	16:15	24:37	33:05	41:34	+ 03:17
16.	Konstantin Kulagov	RUS	14 10 1991	08:15	16:38	25:05	33:36	41:41	+ 03:24
17.	Jamie Costin	IRL	01 06 1977	08:15	16:38	25:03	33:24	41:42	+ 03:25
18.	Oleksiy Shelest	UKR	27 03 1973	08:00	16:27	24:54	33:22	41:51	+ 03:34
19.	Artem Bisyukov	RUS	02 06 1987	08:05	16:31	24:55	33:30	42:15	+ 03:58
20.	Nazar Kovalenko	UKR	09 02 1987	07:59	16:23	25:03	33:46	42:27	+ 04:10

Women's 10km Walk

Early on, little separated Norway's 37-year-old Kjersti Plätzer, the Beijing Olympic 20km silver medallist and last year's overall Challenge winner who was competing in her last ever competition, and the next generation of young Russians. In the absence of Olga Kaniskina, it was Plätzer who took the lead initially, shadowed by 19 year old Tatyana Mineeva and 22 year old Vera Sokolova. Around the half way mark, the two young Russians moved away from Plätzer, with everyone else a long way back. Mineeva (42:04) eventually proved the stronger, beating Sokolova (42:12) by 8 secs with Plätzer hanging on to take third with 42:51. However, it was Plätzer who won the US\$30,000 as overall Challenge winner for the year.



First there were three and then there were two

Mineeva's time was a European junior record, bettering the 42:44 set by Tatyana Kalmykova at the 2008 IAAF World Cup in Cheboksary. Sokolova, the current Russian 20km champion and former World Youth and Junior champion, continued her good form since coming back from virtual retirement. The first 20 places read as follows.

1.	Tatyana Mineeva	RUS	10 08 1990	08:23	16:44	25:09	33:43	42:04	
2.	Vera Sokolova	RUS	08 06 1987	08:24	16:44	25:09	33:43	42:12	+ 00:08
3.	Kjersti Plätzer	NOR	18 01 1972	08:23	16:48	25:23	34:04	42:51	+ 00:47
4.	Olive Loughnane	IRL	14 01 1976	08:38	17:14	25:56	34:40	43:22	+ 01:18
5.	Elisa Rigaud	ITA	17 06 1980	08:33	17:17	25:57	34:41	43:29	+ 01:25
6.	Tatyana Korotkova	RUS	24 04 1980	08:32	17:17	26:09	35:03	43:50	+ 01:46
7.	Lyudmila Arkhipova	RUS	25 11 1978	08:34	17:15	26:07	35:09	44:05	+ 02:01
8.	Claudia Stef	ROU	25 02 1978	08:33	17:17	26:06	35:04	44:11	+ 02:07
9.	Ana Maria Groza	ROU	01 06 1975	08:45	17:34	26:27	35:22	44:15	+ 02:11

10.	Susana Feitor	POR	28 01 1975	08:54	17:51	26:43	35:33	44:25	+ 02:21
11.	Vera Santos	POR	03 12 1981	08:47	17:47	26:51	35:54	44:57	+ 02:53
12.	Inês Henriques	POR	01 05 1980	08:54	17:51	26:45	35:55	45:37	+ 03:33
13.	Antonina Petrova	RUS	25 01 1977	08:52	18:00	27:18	36:36	45:44	+ 03:40
14.	Tatyana Shemyakina	RUS	03 09 1987	08:37	17:57	27:19	36:39	46:05	+ 04:01
15.	Yelena Prituzhalova	RUS	17 09 1989	08:51	18:10	27:37	37:12	46:48	+ 04:44
16.	Nadiia Borovska	UKR	25 02 1981	08:53	18:11	27:51	37:35	47:10	+ 05:06
17.	Anastasiya Yatsevich	RUS	05 06 1985	08:52	18:25	28:16	38:15	48:00	+ 05:56
18.	Olga Povalyayeva	RUS	19 10 1984	08:57	18:34	28:30	38:22	48:10	+ 06:06
19.	Mariya Tyureva	RUS	24 07 1991	09:13	19:00	28:49	38:36	48:13	+ 06:09
20.	Alena Tyurina	RUS	26 10 1990	09:27	19:21	29:13	39:13	49:18	+ 07:14

IAAF RACE WALKING CHALLENGE EVENTS, SESTO SAN GIOVANNI, ITALY, FRIDAY MAY 1ST

Spain's Francisco Fernandez, reigning European 20 km champion and 2006 IAAF World Cup winner, and 2008 Olympic silver medallist Kjersti Plätzer cruised to outstanding wins in the 52nd edition of the Coppa Città di Sesto San Giovanni, the fourth leg of the IAAF World Walking Challenge 2009. See full details at <http://www.iaaf.org/wrc09/index.html>



Plätzer and Fernandez win in Sesto San Giovanni (<http://www.iaaf.org>)

Mens 20km walk

Fernandez, who is coached by Polish walking legend Robert Korzeniowski, won the Coppa Città di Sesto for the third time in his career after his previous two victories in 2003 and 2005. It was an impressive win for Fernandez who clocked 1:19:57 to beat Norway's Erik Tysse (younger brother of Kjersti Tysse Plätzer), second in 1:21:53 and Portugal's Joao Vieira, third in 1:23:15. Jesus Sanchez from Mexico (1:23:21) and the first Italian Giorgio Rubino (1:23:42) rounded out the top five.

1.	Francisco Fernandez	Spain	1:19:57
2.	Erik Tysse	Norway	1:21:53
3.	Joao Vieira	Portugal	1:23:15
4.	Jesus Sanchez Gonzales	Mexico	1:23:21
5.	Giorgio Rubino	Italy	1:23:42
6.	André Höhne	Germany	1:23:56
7.	Alex Schwazer	Italy	1:24:23
8.	Trond Nymark	Norway	1:25:18
9.	Alejandro Cambil	Spain	1:25:36
10.	Jarkko Kinnunen	Finland	1:25:49

Womens 20 km walk

Norway's Olympic silver medallist Kjersti Plätzer won the 20 km walking race at the Coppa Città di Sesto San Giovanni. Plätzer scored her third win in Sesto, adding it to her previous victories in 2002 and 2008. It was the eighth time the Norwegian has stood on the podium in this race. She backed up her lead in the IAAF Walking Challenge with her third win, following wins in Chihuahua and Rio Major. Plätzer crossed the finish-line in 1:28:50, her seasonal best. Sabine Zimmer Krantz from Germany finished second thirteen seconds behind in 1:29:03 holding off Italian Olympic bronze medallist Elisa Rigauda by just one second in a close finish in the final straight on the track of the Pino Dordoni Stadium, named after the legendary 1952 Olympic champion Pino Dordoni.

1.	Kjersti Plätzer	Norway	1:28:50
2.	Sabine Krantz	Germany	1:29:03
3.	Elisa Rigauda	Italy	1:29:04
4.	Vera Santos	Portugal	1:29:27
5.	Beatriz Pasqual	Spain	1:29:54
6.	Claudia Stef	Romania	1:31:53
7.	Kumi Othoshi	Japan	1:31:57
8.	Masumi Fuchise	Japan	1:32:45
9.	Ana Maria Groza	Romania	1:33:56
10.	Zuzana Schindlerova	Czech Republic	1:35:33

AUSTRALIAN UNIVERSITY GAMES, MELBOURNE, 30 SEPT – 2 OCT 2008

The 2008 Australian University Games were held in Melbourne last week and, amongst the events on offer in the Track and Field program were 5000m walks for men and women. **Tom Barnes**, representing Melbourne University, was the star performer, breaking his own Australian University Games record of 21:20.43, set in 2006. Tom's time of 21:09.13 is not his fastest ever but does indicate that he is in good form. University of Sydney walker Jessica Heazlewood was the winner of the women's walk in 24:10.92.

5000 Meter Race Walk Men

1.	Barnes, Thomas	Melb	21:09.13
2.	Humphrey, Aaron	Utas	27:38.71
3.	Rohwedder, Arno	Uwa	32:21.16
4.	Carlton, Joseph	UQ	34:53.11
5.	Atkinson, Cody	Une	34:53.12
6.	Hall, Thomas	UQ	40:36.48
	Smith, Andrew	Csu	DQ

5000 Meter Race Walk Women

1.	Heazlewood, Jessica	Usyd	24:10.92
2.	Fagan, Nicole	Mqu	24:50.12
3.	Lee, Rebecca	Acpe	25:04.51
4.	Alldis, Fiona	Uts	25:24.61
5.	Holloway, Tanya	Mdu	27:03.95
6.	Tonti-Filippini, Justi	Ecu	27:49.75
7.	Simmons, Emma	Ecu	29:12.89
8.	Smith, Kimberly	Unda	32:18.63
9.	Brunton, Caitlin	Mon	33:45.91
	Knapton, Susan	Uws	DNF

PACIFIC SCHOOLS T&F CHAMPIONSHIPS, CANBERRA, 29 NOV – 6 DEC 2008

On Saturday 29th November, one of the biggest athletics event for the year kicked off in Canberra. The occasion was the 8th Pacific Schools Games which was run alongside the Australian Schools Track and Field Championships. Fields were big and the walks were no exception with a grand total of 123 starters. The walking medals were shared between the States – VIC 10, NSW 7, QLD 7, WA 5, SA 4, ACT 2 and NZ 1 – indicating the great coaching work going on right across Australia. Congratulations to all our Victorian walkers who did us proud – and a special note to those who took medals in this prestigious competition. Thanks to Chris Erickson and Graham George for the photos.

5000m Walk Boys Age 17	2 nd	Nicholas Mirarchi	25:58.89
	3 rd	Joshua Platt	28:53.03
5000m Walk Girls Age 16	2 nd	Beth Alexander	25:52.83
5000m Walk Girls Age 17	1 st	Regan Lamble	25:06.40
1500m Walk Girls Age 13	2 nd	Amelia Finnegan	7:09.01
5000m Walk Girls Age 18/19	1 st	Tamara Attard	26:27.01
3000m Walk Girls Age 14	1 st	Amy Burren	14:44.19
3000m Walk Girls Age 15	2 nd	Rachel Tallent	15:03.16
3000m Walk Boys Age 14	3 rd	Lewis Clark	14:35.73
3000m Walk Boys Age 15	2 nd	Bradley Simpson	14:20.95



5000m walkers Beth Alexander, Regan Lamble, Dane Bird Smith and Kirstin Shaw



Nicholas Mirarchi, Sean Fitzsimons, Joshua Platt and Paige Hooper

The first walks kicked off on Wednesday 3 December with the 16 and 17 year old walkers testing themselves in 30^oC+ temperatures and windy conditions. This meant that times were generally slower than expected but there were still some fine performances. The winners in the boys' events were impressive - **Dane Bird-Smith** (22:30) and New Zealander **Daniel Lord** (23:18). Dane and WA walker Sean Fitzsimmons headed off with a first lap round the 1:30 mark and passed the first kilometre in around 3:55 before Dane gradually lengthened his lead. His splits show just how fast he went in the first half of the event – 3:55, 8:16, 12:25, 17:38, 22:30. Dane also impressed mightily in the 400m, running 50.53 in his heat of the Boys 16 Years 400m and then backing up as part of the Queensland team that won the 4x400 Metres Relay 18/19 years in 3:19.13. In fact, he was unofficially clocked in under 49 secs for

that second 400m run.

Winners in the girls's events were 2006 World Youth 4th placegetter **Paige Hooper** (24:55) and 2008 World Cup representative **Regan Lamble** (25:06). NSW walker Shannon Jennings was contesting the lead with Paige about 900m from the finish when disqualified. Paige's kilometre splits were 4:33, 9:22, 14:32, 19:42, 24:56.

Boys 5000 Metres Race Walk 16 years, Wednesday 3 December, 4.30PM

1.	Dane Bird-Smith	92	QLD	22:30.32
2.	Sean Fitzsimons	92	WA	23:15.03
3.	Jordan Mulhearn	92	NSW	25:04.90
4.	Brandon Dewar	92	QLD	25:44.94
5.	Nicholas Dewar	92	QLD	25:50.06
6.	John Hallam	92	QLD	26:33.75
7.	Kai Maruta	92	NSW	27:05.30
8.	Fraser Nixon	92	NSW	27:15.18
9.	Filip Cosic	92	VIC	29:44.27

Boys 5000 Metres Race Walk 17 years, Wednesday 3 December, 4.30PM

1.	Daniel Lord	91	NZL	23:18.84
2.	Nicholas Mirarchi	91	VIC	25:58.89
3.	Joshua Platt	91	VIC	28:53.03
	Kyle Malone	91	NSW	DQ

Event 292 Girls 5000 Metres Race Walk 16 years, Wednesday 3 December, 5.40PM

1.	Paige Hooper	92	SA	24:55.79
2.	Beth Alexander	92	VIC	25:52.83
3.	Josie Dwyer	92	ACT	27:40.76
4.	Ishka Flynn-Pittar	92	QLD	29:02.79
5.	Natasha Murrehy	92	NZL	29:06.19
6.	Tori Maxwell	92	NSW	30:18.96
	Shannon Jennings	93	NSW	DQ

Girls 5000 Metres Race Walk 17 years, Wednesday 3 December, 5.40PM

1.	Regan Lamble	91	VIC	25:06.40
2.	Melissa Hayes	91	NSW	25:42.30
3.	Samantha Tesch	91	QLD	26:15.23
4.	Claire Xian	91	SA	26:41.40
5.	Kirstin Shaw	91	VIC	27:21.78
6.	Jessica Bennett	91	NSW	29:10.01
	Nicole McInerney	91	SA	DQ
	Niki Dryden	91	NSW	DQ

Thursday 4 December saw the youngest and oldest age groups in action. First events to kick off were the Age 13 walks and fields were big – 24 girls and 19 boys. Winners **Amy Bettiol** (7:02) and **Jesse Osborne** (7:04) were amongst 11 walkers to break 7:30 – a great standard in continuing warm conditions. **Amelia Finnegan** was not far off gold, taking silver in the Under 13 girls event only 7 secs behind Amy Bettiol. These events were followed by the Age 18/19 walks and winners were **Tamara Attard** (26:27) and **Derek Mulhearn** (23:19).



Amy Bettiol (right) leads Amelia Finnegan (second from right) in the 13 Years Girls 1500m

Girls 1500 Metres Race Walk 13 years, Thursday 4 December, 4.08PM

1.	Amy Bettiol	95	NSW	7:02.32
2.	Amelia Finnegan	95	VIC	7:09.01
3.	Rachel Barker	96	QLD	7:13.85
4.	Ebony Whiley	95	VIC	7:24.11
5.	Shay Southern	95	NSW	7:24.77
6.	Sarah Burren	96	VIC	7:28.37
7.	Ashley Albert	95	VIC	7:32.35
8.	Jmara Hockley-Samon	95	VIC	7:35.03
9.	Lotta Danner	95	SA	7:36.78
10.	Stephanie George	96	VIC	7:41.57
11.	Tabitha Porley	95	NSW	7:45.13
12.	Kate Holt	96	WA	7:47.42
13.	Jasmine Dighton	96	NSW	7:49.07
14.	Rachael Martin	95	NZL	7:54.38
15.	Emma Robson	96	NSW	7:58.40
16.	Isabella Shina	95	NSW	8:00.21
17.	Liesl Gray	95	NSW	8:05.25
18.	Stephanie Andreou	95	NSW	8:05.90
19.	Ajia-Moon Flynn-Pittar	95	QLD	8:06.51
20.	Meghann Griffin	95	ACT	8:06.83
21.	Carly Bertrand	96	VIC	8:07.73
22.	Emily King	95	WA	8:23.34
23.	Jessey Wilson	96	VIC	8:23.40
	Julia Dorrestyn	95	SA	DQ

Boys 1500 Metres Race Walk 13 years, Thursday 4 December, 4.47PM

1.	Jesse Osborne	95	QLD	7:04.51
2.	Jacob Dib	95	WA	7:13.84
3.	Benjamin Tesch	96	QLD	7:14.62
4.	Ryan Antidormi	95	VIC	7:16.30
5.	Billy Allamby	97	VIC	7:19.22
6.	Connor Knight	96	NSW	7:34.75
7.	Kurtis Birch-Ward	95	NSW	7:44.65
8.	Jeremiah Jones	97	VIC	7:49.53
9.	Harry Bates	95	ACT	7:52.24
10.	Matthew Killen	95	NSW	7:56.56
11.	Matthew Ivers	96	QLD	7:58.57
12.	Jason Dredge	96	NSW	7:59.27
13.	Jack Dhu	95	NSW	7:59.35
14.	Andrew Hogan	96	VIC	8:04.14
15.	Lucas Taylor	96	VIC	8:04.48
16.	Dane Heiden	98	VIC	8:04.65
	Jake Archer	95	QLD	DNF
	Matthew Oswald	96	NSW	DQ
	Jay Felton	95	NSW	DQ

Girls 5000 Metres Race Walk 18/19 years, Thursday 4 December, 7.55PM

1.	Tamara Attard	90	VIC	26:27.01
2.	Lauren Bourke	90	NSW	26:55.43
3.	Stephanie Stigwood	90	SA	27:28.67

Boys 5000 Metres Race Walk 18/19 years, Thursday 4 December, 7.55PM

1.	Derek Mulhearn	90	NSW	23:29.77
2.	Michael Reading	90	ACT	24:37.68
3.	James Pisani	90	NSW	25:54.42
4.	Zachary Sinclair	90	NZL	34:15.47

Friday 5 December saw the 14 and 15 year old walkers in action and, once again, the events were staged in the afternoon heat. **Amy Burren** (14:44) and **Kristie Goznik** (14:48) won the girls' events while **Brad Aiton** (14:05) and **Blake Steele** (14:06) won the boys' events. Lots of good performances from the Victorians!

Girls 3000 Metres Race Walk 14 years, Friday 5 December 2008, 5.00PM

1.	Amy Burren	94	VIC	14:44.19
2.	Breanne Goschnick	94	QLD	15:06.78
3.	Tiffany D'Agnone	94	WA	15:07.45
4.	Cassandra Raselli	94	VIC	15:59.72
5.	Emma Bettiol	94	NSW	16:13.49
6.	Hannah Watson	94	WA	16:27.05
7.	Kelsey Knight	94	NSW	16:38.17

8.	Kirsty Klein	94	NSW	16:49.58
9.	Samantha Flood	94	NSW	17:18.63
10.	Ebony Tallent	94	VIC	18:03.12
11.	Tisharlia Abala	94	NT	19:24.21
12.	Hannah Mitchener	94	NT	20:57.47
	Krystal Leinasars	94	WA	DQ
	Jessica Pickles	94	QLD	DQ
	Caitlin Campbell	94	VIC	DQ

Girls 3000 Metres Race Walk 15 years, Friday 5 December 2008, 5.00PM

1.	Kristie Goznik	93	SA	14:48.31
2.	Rachel Tallent	93	VIC	15:03.16
3.	Darcy Gilroy	93	NSW	15:05.98
4.	Hilary Brazel	93	VIC	15:39.22
5.	Alana Hewish	93	QLD	15:51.67
6.	Samara Holliday	93	SA	16:05.89
7.	Lauren Harrington	93	SA	16:20.96
8.	Lucinda Shaw	93	NZL	16:52.23
9.	Emily Payne	93	VIC	16:58.03
10.	Katherine King	93	WA	17:02.90
11.	Ebony Gralton	93	NSW	17:17.46
12.	Fran Myers-Baird	93	NZL	17:54.45
13.	Courtney Sorensen	93	QLD	18:30.45
14.	Shekeira Abala	93	NT	19:48.22
	Jacqueline Smith	93	WA	DNF
	Kate Fitzsimons	93	WA	DQ



Hilary Brazel (left) - 15Y 3000m; Amy Burren and Cassie Raselli – 14Y 3000m; Rachel Tallent – 15Y 3000m

Boys 3000 Metres Race Walk 14 years, Friday 5 December 2008, 6.05PM

1.	Brad Aiton	94	QLD	14:05.12
2.	Samuel Dib	94	WA	14:09.96
3.	Lewis Clark	94	VIC	14:35.73
4.	Steven Washburn	94	NSW	14:59.44
5.	Matthew Holcroft	94	NZL	15:42.55
6.	Corey Buckler	94	QLD	15:45.16
7.	Matthew Felton	94	VIC	16:55.10
8.	Daniel Crouch	94	SA	18:44.75

Boys 3000 Metres Race Walk 15 years, Friday 5 December 2008, 6.05PM

1.	Blake Steele	93	SA	14:06.38
2.	Bradley Simpson	93	VIC	14:20.95
3.	Harley Chapman	93	WA	15:16.45
4.	Robert Walsh	93	VIC	15:58.67
5.	Cheyne Egelton	93	NSW	16:47.75
	Christopher Ninyett	93	WA	DQ

AUST. 50 KM CHAMPIONSHIP, FAWKNER PARK, MELBOURNE, SUNDAY 14 DECEMBER 2008

With a huge low pressure dumping rain on Melbourne all weekend, things looked grim for the annual Australian 50 km championship. The 2 km course was under water and steady rain and dark skies greeted the competitors at the start line.

It did not deter Olympic silver medallist **Jared Tallent** who was out for a 30 km hitout and he made his intentions clear, powering through the first 10 km in 41:51 and then speeding up to pass the 20 km mark in 1:23:10. He slowed slightly in the final 10 km to pass the 30 km mark in 2:06:33 before calling it quits, well satisfied for so early in his post-Olympic training preparation.

Behind him, **Chris Erickson** and **Duane Cousins** were walking together, a familiar sight in recent years. But on this occasion, it was Chris who proved the stronger, making the vital break soon after the 16 km mark. From then on he was never headed as he walked evenly to his second Australian 50 km championship win in a PB time of 3:55:30. It easily broke his 3:58+ best time, set in the 2006 Commonwealth Games. His 2 km splits tell the story of his race: 9.26, 9.34, 9.21, 9.23, 9.27, 9.23, 9.28, 9.28, 9.29, 9.16, 9.23, 9.19, 9.19, 9.23, 9.23, 9.29, 9.25, 9.26, 9.27, 9.28, 9.24, 9.26, 9.30, 9.25, 9.29. For a solo walk, it was an impressive performance and it augurs well for the future. Duane held on well to record 4:00:34, yet another fine performance from a walker who never gives an inch in a race.



Chris Erickson and Duane Cousins fight it out in the rain before Chris makes his winning break

Behind them, **Andrew Jamieson**, the 2007 IAAF Masters Athlete of the Year, had his own private goal – to break the one Masters M60 World record had had thus far alluded him. It was perhaps the toughest one in the books, a time of 4:23:29 set by the great German walker Gerhard Weidner in 1993. And take it he did with a final time of 4:23:16. He now holds every M60 World walking record but I am sure that this is now his favourite one! You can read a great article on Andrew's latest record breaking walk on the Victorian Masters website at http://www.vicmastersaths.org.au/vma_news.html

New Zealanders **Tony Sargisson** (2nd in the 2006 Commonwealth Games) and **David Sim** also contested the event but both were forced to retire mid race. Even they found the weather tough and they are New Zealanders!

To be fair, the weather did eventually clear by the half way mark and we were able to gradually sweep the many large puddles off the course but it remained cold and the wind picked up a little to just put the icing on the cake from a meteorological perspective. It certainly made it a memorable day!

Event 1 Men 50 km Race Walk Open, 7AM

1.	Chris Erickson	AIS/VIC	3:55.30 (PB)
2.	Duane Cousins	VIC	4:00.34
3.	Andrew Jamieson	VIC	4:23.16 (M60 World Record)
	Tony Sargisson	NZ	DNF
	David Sim	NZ	DNF
	Jared Tallent	AIS/VIC	DNF (30 km in 2:06:33)

The occasion also saw some of our best 20 km walkers in action and we were treated to vintage performances from 2008 Olympians **Adam Rutter** (1:23:48) and **Claire Tallent** (1:35:30). The 20 km events also featured PBs by three of our younger rising stars in **Ian Rayson** (1:29:16), **Brendon Reading** (1:33:07) and **Jill Hosking** (1:41:02). Finally, to top things off, **Lyn Ventris** shattered the current Masters W50 World Record by some 3 minutes. In fact, she threatened to completely destroy it with a time of around 100

minutes until she was forced to slow.

Event 2 Men 20 km Race Walk Open, 8AM

1.	Adam Rutter	AIS/NSW	1:23.48
2.	Ian Rayson	NSW	1:29.16 (PB)
3.	Brendon Reading	ACT	1:33.07 (PB)
4.	Stuart Kollmorgen	VIC	1:50.33
	Ralph Bennett	VIC	DNF
	Tom Barnes	VIC	DQ

Event 3 Women 20 km Race Walk Open, 8AM

1.	Claire Tallent	AIS/SA	1:35.30
2.	Jillian Hosking	ACT	1:41.02 (PB)
3.	Lynette Ventriss	WA	1:45.13 (W50 World Record)
	Megan Szirom	VIC	DNF
	Fiona Alldis	NSW	DQ

Our top juniors also had the chance to test themselves over the 10 km distance, with the standout performance coming from 16 year old Queenslander **Dane Bird-Smith** - his PB of 45:09 was a great performance. **Daniel Coleman** was forced to settle for second place after losing a lot of training time recently to an ankle injury but he came through strongly for his 45:15. 16 year old WA walker **Sean Fitzsimons** was well up for most of the race but was forced to retire in the last lap when things went wrong. **Daniel Payne** continued his good form with an excellent 47:24. The girls' race was an all Victorian affair with 2008 World Cup representative **Regan Lamb** winning in 51:15 ahead of 15 year old **Rachel Tallent**, the youngest walker in the field.

Event 4 Men 10 km Race Walk Junior, 8:30AM

1.	Dane Bird-Smith	QLD	45.09 (PB)
2.	Daniel Coleman	TIS	45.15
3.	Daniel Payne	VIC	47.24
4.	Rhydian Cowley	VIC	47.54
	Sean Fitzsimons	WA	DNF

Event 5 Women 10 km Race Walk Junior, 8:30AM

1.	Regan Lamb	VIC	51.15
2.	Rachel Tallent	VIC	55.03
3.	Tamara Attard	VIC	59.14



**Masters record breakers Lyn Ventriss and Andrew Jamieson
Australian 50 km medallists Duane Cousins, Chris Erickson and Andrew Jamieson.**

NSW 10,000M RACEWALK CHAMPIONSHIPS, SATURDAY 3 JANUARY 2009
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It is a quiet time of the year for Australian walkers with one exception – NSW walkers contested their State 10,000m walk titles last Saturday at Campbelltown in what turned out to be quite good conditions. Cheryl Webb easily won the women's championship with an excellent 46:25 while Luke Adams displayed his usual class to win the men's event with 41:00. The big mover was Ian Rayson who walked a huge PB time of 41:56. Well done on a big breakthrough Ian!

NSW Women's 10,000m walk championship

1.	Webb, Cheryl	46:25.19
2.	Fagan, Nicole	50:57.99
3.	Grant, Lisa	52:47.49
	Lloyd, Nancy	DNF
	Knapton, Susan	DNF
	Alldis, Tina	DNF

NSW Men's 10,000m walk championship

1.	Adams, Luke	41:00.08
2.	Rayson, Ian	41:56.79
3.	Dredge, Mark	55:53.23
4.	Thompson, John	1:00:06.10
5.	Smith, John	1:06:07.86
6.	Psarianos, Tony	1:10:09.75
7.	Mulhearn, Derek	DNF

AUSTRALIAN YOUTH OLYMPICS, SYDNEY, 14-18 JANUARY 2009

The fifth Australian Youth Olympic Festival (AYOF) was held in Sydney over the last week and some great results were posted by young athletes from around the world. You can see full details at the 2009 AYOF website <http://www.olympics.com.au>. The meet included 5000m walks on the Saturday evening and Athletics Australia had selected 6 of our most promising U18 walkers to represent us. All 6 walkers had been training at the AIS in Canberra and were in good shape for this first competition of the year.

5000m Walk Boys, 6:00 PM, Saturday 17 January 2009

Dane Bird-Smith, 16, and Sean Fitzsimmons, 17, raced toe to toe throughout the Boys 5000m Walk with Dane marginally ahead until late in the event when Sean was disqualified. It was an evenly walked race with both boys passing 3000m in 12.37. Dane's winning time of 20:58.26 was a big PB and 20 minutes later he was back on the track running a leg in the Australian Boys 4x400m relay team. His time of 51.5 helped them secure the bronze medal – that's a big double! 16 year old Blake Steele, the third of the Australians, also walked a big PB time of 22:22.71 to secure third place. This is certainly a talented group of boys who are all aiming for the 2009 World Youth Championships later this year.

1.	Dane Bird-Smith	Australia	20:58.36 (PB)
2.	Zhi Zhang	China	22:10.94
3.	Blake Steele	Australia	22:22.71 (PB)
4.	Sean Fitzsimons	Australia	DQ

5000m Walk Girls, 6:00 PM, Saturday 17 January 2009

In the Girls 5000m walk, 14 year old Chinese girl Yanxue Mao and Australia's Paige Hooper, 16, 4th placegetter at the last World Youth Championships, had a great battle for most of the race. After going through 3000m together in 13.50, the Chinese girl was slowly getting the upper hand and held a 13 second break when Paige was disqualified at 4000m. Mao went on to win in 23.33.83 from Shannon Jennings, 16, who walked up to form finishing in 24.20.35. Australia's third walker, Kristie Gosnik, took the bronze medal with 25:21.44.

1.	Yanxue Mao	China	23:33.83
2.	Shannon Jennings	Australia	24:20.35
3.	Kristie Gosnik	Australia	25:21.44
4.	Natash Murrhiy	New Zealand	25:21.44
5.	Ishka Flynn-Pittar	Oceania	28:26.40
6.	Paige Hooper	Australia	DQ

AUSTRALIAN CUP GRAND PRIX MEET, BRISBANE, SATURDAY 7 FEBRUARY 2009

The Australia Cup was held last Saturday evening in Brisbane with 5000m walks amongst the events on offer. The walk fields were small but the results were fantastic as our top walkers had their first hitout for the summer.

In the men's event, Adam Rutter took the field apart with 18:54.65, the 4th fastest 5000m ever walked by an Australian (behind Nathan Deakes, Nick A'Hern and Dave Smith). Fellow Olympians Jared Tallent, Luke Adams and Chris Erickson were all pretty slick themselves but had to play second fiddle to the 22 year old NSW speedster. Further back, 16 year old Dane Bird-Smith recorded 20:22.81 for a huge PB, setting new Queensland U18 and U20 records. I hear that Adam headed off on 1:30 laps and gradually dropped the others until he was left on his own – and he then maintained the pace through to the end. Impressive indeed!

In the women's event, English walker Jo Jackson was first overall in a PB time of 21:01.24 while 19 year old Victorian Jess Rothwell walked the second fastest ever 5000m by an Australian (second only to Kerry Saxby) with a time of 21:12.63. Cheryl Webb was also in great form with a big PB of 21:38.57.

Event 22 Men 5000 Metres Race Walk Invitation Open

1.	Adam Rutter	INV	18:54.65 (PB by 34 secs)
2.	Jared Tallent	ACT/AIS	19:12.81
3.	Luke Adams	NSW	19:28.03
4.	Chris Erickson	VIC	20:02.82
5.	Dane Bird-Smith	QRWC	20:22.81 (new QLD U18/U20 records)

Event 23 Women 5000 Metres Race Walk Invitation Open

1.	Johanna Jackson	ENG	21:01.24 (PB?)
2.	Jessica Rothwell	VIC	21:12.63 (PB 54 secs)
3.	Cheryl Webb	INV	21:38.57 (PB 26 secs)
4.	Natalie Saville	NSW	22:55.56
5.	Jillian Hosking	INV	23:36.42
	Claire Tallent	ACT/AIS	DNF
	Megan Szirom	VIC	DNF

NSW STATE CHAMPIONSHIPS, SYDNEY OLYMPIC PARK, 13-15 FEBRUARY 2009_

The NSW Open and U18 State Championships were scheduled last weekend and the 5000m walks were beauties.

The women's event was a high quality race which produced a great win to 24 year old English champion Jo Jackson who was having one last race before flying back home after her 6 week stay at the AIS. Her time of 20:46 took 15 secs off her PB, set last weekend in Brisbane. Cheryl Webb continued her excellent season with a big PB time of 21:19 for second place (19 secs faster than Brisbane last weekend). This time catapults her to third on the all-time lists behind Kerry Saxby and Jess Rothwell. Beki Lee and Jess Heazlewood were next across the line, smashing their personal best times with 22.50 and 23.26 respectively. Next in was Shannon Jennings, only 16, whose 24.19 was yet another World Youth qualifier.

The men's race was also a high quality affair. Rapid improving 21 year old Ian Rayson took the men's title in a big PB time of 20.27. Ian is chasing a 20 km berth in the World University Games and looks spot on target with his track performances. Juniors Kyle Malone and Derek Mulhearn rounded out the placing with impressive walks of 22.53 and 23.38 respectively.

Women 5000 metre Race Walk Open, Saturday 14 February, 5:10PM

1.	Jackson, Johanna	24	United Kingdom	20:46.58
2.	Webb, Cheryl	33	Blacktown Ci	21:19.19
3.	Beki, Lee		Asics Wests	22:50.36
4.	Heazlewood, Jess	22	Sydney Unive	23:26.57
5.	Jennings, Shannon	16	Nepean Distr	24:19.86
6.	Grant, Lisa	24	Girraween At	24:59.65
7.	Knapton, Susan	22	Nepean Distr	25:22.55
8.	Hazelwood, Brianna		Sydney Unive	25:25.22
9.	Ebejer, Vanessa	24	Blue Mountai	26:03.69
10.	Bonham, Jillian		Gosford Athl	26:46.10
11.	Ebejer, Charlene	23	Blue Mountai	29:53.49
	Fagan, Nicole	20	Sydney Pacif	DQ
	Alldis, Fiona		U.T.S. North	DQ

Men 5000 metre Race Walk Open, Saturday 14 February, 5:10PM

1.	Rayson, Ian	21	Mingara Athl	20:27.14
2.	Malone, Kyle	18	Nepean Distr	22:53.84
3.	Mulhearn, Derek	19	Parramatta C	23:38.95
4.	Mulhearn, Jordan	17	Parramatta C	24:52.04
5.	Pisani, James	19	Bankstown Sp	25:43.02
6.	Dredge, Mark	48	Mingara Athl	27:00.26

Jordan Mulhearn and Shannon Jennings backed up the next day to win the NSW Under 18 3000m walk titles in convincing style.

Men 3000 metre Race Walk Under 18 , Sunday 15 February, 3:10PM

1.	Mulhearn, Jordan	17	Parramatta C	13:46.62
2.	Washburn, Steven	15	Nepean Distr	14:35.59
3.	Birch-Ward, Kurtis	14	Sutherland D	16:29.02

Women 3000 metre Race Walk Under 18, Sunday 15 February, 3:10PM

1.	Jennings, Shannon	16	Nepean Distr	14:21.72
2.	Bettioli, Amy	14	Nepean Distr	15:07.21
3.	Gilroy, Darcy	16	Illawarra Bl	15:30.08
4.	Bettioli, Emma	15	Nepean Distr	15:35.01
5.	Southern, Shay		Asics Wests	15:56.04
6.	Klein, Kirsty	15	Asics Wests	16:01.41
7.	Gralton, Ebony	16	Asics Wests	16:47.45
8.	Porley, Tabitha	14	Blue Mountai	17:37.72
	Andreou, Stephanie	14	Campbelltown	DQ

AUSTRALIAN MASTERS CHAMPIONSHIPS, GEELONG, 21-25 FEBRUARY 2009

The Australian Masters Games kicked off on Saturday 21st February in Geelong, Victoria's premier provincial city. The first walks to kick off were the 10 km roadwalks on the Saturday morning. The course was a 2 km out and back loop alongside the Barwon River and conditions were cool.

Men 10 km roadwalk, 8AM, Saturday 21 February 2009

1990 Australian Commonwealth Games representative Paul Van Kopplen showed that he has lost little of his form in the intervening 19 years, winning easily with 46:24. Not to be outdone, 1996 New Zealand Olympian Scott Nelson was next to finish with 48:55. It was great to see two former international walkers leading from the front.

Men 35-39	1	Scott Nelson	48:55
Men 40-44	1	Paul Van Kopplen	46:24
	2	Paul Nunn	57:47
	3	David Long	1:18:44
	4	Darren Shiels	1:19:19
		Mal Grimmett	DQ
Men 45-59	1	Bernard Keirl	1:00:13
Men 50-54	1	Frank Dunshea	1:11:06
	2	Steve Jordan	1:14:06
Men 55-59	1	Tim Erickson	58:29
		Stuart Cooper	DNF
Men 65-69	1	Robin Whyte	1:00:44
	2	Graham Harrison	1:05:23
	3	Bryan Thomas	1:07:09
	4	James O'Dea	1:26:02
Men 70-74	1	Kevin Biggs	1:07:23
	2	Geoff Major	1:11:49
	3	Sean O'Hara	1:44:37
Men 75-79	1	Colin Silcock-Delaney	1:16:08
Men 80-84	1	Ron O'Neill	1:17:02

Women 10 km roadwalk, 10AM, Saturday 21 February 2009

Gayle McIntyre stormed home to catch and pass Heather Carr in the last lap, Gayle recording 56:29 against Heather's 56:54. Of course, the battle did not effect the results as Gayle was in the W40 and Heather in the W55 division. Overall, all the women won medals, a fitting result.

Women 35-39	1	Nardene Loveday	1:04:22
Women 40-44	1	Gayle McIntyre	56:29
	2	Karen Shiels	1:17:00
Women 45-49	1	Annette Major	1:03:22
	2	Donna-Marie Elms	1:07:34
Women 50-54	1	Barbara Bryant	58:23
Women 55-59	1	Heather Carr	56:54
	2	Janet Holmes	1:02:26
	3	Heather Marshall	1:34:56
Women 60-64	1	Katrina Cole	1:34:56
Women 65-69	1	Gwen Steed	1:02:51
Women 70-74	1	Patricia McAulay	1:38:34

The 1500m track walks were next cabs off the rank, being contested on the Sunday afternoon.

Women 1500m track walk, Sunday 22 February, 3:30PM

Nardene Hannond caused a bit of an upset, taking overall fastest time with an excellent 7:32. She edged past Heather Carr and Gayle McIntyre in the final lap to record easily her best time since returning to racewalking last year. Of course, Heather had done the Victorian triathlon in the morning (coming second in her age group) and had just finished running an 800m so her time of 7:34 was actually pretty good in the circumstances. Gayle's time of 7:35 must have been a PB so all 3 ladies were in excellent form.

Women 35-39	1	Hammond, Nardene	7:32.55
Women 40-44	1	McIntyre, Gayle	7:35.67
Women 45-49	1	Elms, Donna-marie	8:30.58
	2	Engeler, Deborah	10:40.37
	3	Waterhouse, Lesley	11:17.85
		Brunton, Kathleen	DQ
Women 50-54	1	Bryant, Barbara	8:05.05
Women 55-59	1	Carr, Heather	7:34.64
	2	Holmes, Janet	8:13.80
	3	Leitch, Mary	13:23.65

Women 65-69	1	Steed, Gwen	8:35.35
	2	Bahr, Marion	16:53.88
Women 70-74	1	McAulay, Patricia	14:21.01
Women 75-79	1	Partridge, Dot	13:58.36

Men M55-M75 1500m track walk, Sunday 22 February, 3:50PM

The first of the men's 1500m saw Clyde Riddoch storm home in an excellent 7:22 and then complain about how badly he was feeling. Is there no justice in the world!

Men 55-59	1	Riddoch, Clyde	7:22.41
	2	Erickson, Tim	8:08.72
	3	Chapman, Grant	12:54.47
Men 60-64	1	Buller, Peter	10:33.43
Men 65-69	1	Whyte, Robin	8:40.12
	2	Harrison, Graham	9:12.53
	3	Thomas, Bryan	9:27.07
Men 70-74	1	Biggs, Kevin	9:13.89
	2	Major, Geoff	9:27.12
	3	Nathan, Kanaga	12:13.19
	4	O'Hara, Sean	13:37.37
Men 75-79	1	Silcock-Delaney, Colin	10:41.45
	2	Ince, Arthur	13:37.31

Men M30-M50 1500m track walk, Sunday 22 February, 4:10PM

The second of the men's 1500m saw the younger men in action and Scott Nelson was outstanding once again with a sizzling 6:20 ahead of local Geelong walker James Seid who recorded 7:19. Paul Nunn (7:41) and Bernie Keirl (7:42) also walked fast.

Men 30-34	1	Hazel, Michael	10:30.16
Men 35-39	1	Nelson, Scott	6:20.98
	2	Whetton, Darren	10:15.25
	3	Kingston, Brett	10:34.53
Men 40-44	1	Seid, James	7:19.74
	2	Nunn, Paul	7:41.59
	3	McKinnon, Christopher	9:26.77
	4	Long, David	9:52.79
	5	Grimmett, Mal	10:01.18
Men 45-49	1	Keirl, Bernard	7:42.57
Men 50-54	1	White, Norman	10:37.46
	2	Jordan, Steve	12:58.14
	3	Prasad, Ganga	13:14.15

The 500m track walks were the final of the three walks to be contested at the Australian Masters Games in Geelong. The contest of the day was between Scott Nelson and Paul Van Kopplen. Scott led early but Paul came over the top to record an excellent 22:16 as against 22:27 for Scott. Stuart Kollmorgen also had his best walk for the season to finish next with 23:06. In the women's walk, super-vet Heather Carr walked wonderfully to record 27:40. Others to break 30 minutes were Barb Bryant (28:19), Janet Holmes (29:31) and Nardene Hammond (29:31) and Gwen Steed walked an excellent W65 time of 30:08. It is disappointing that more of our Masters walkers did not avail themselves of the great racing on offer over the 3 days.

Men 500m track walk, Tuesday 24 February, 9AM

Men 5000 Meter Race Walk 35-39	1	Nelson, Scott	22:27.99
	2	Kollmorgen, Stuart	23:06.90
	3	Whetton, Darren	35:30.53
Men 5000 Meter Race Walk 40-44	1	Van Kopplen, Paul	22:16.87
	2	Nunn, Paul	28:27.31
	3	McKinnon, Christopher	34:23.57
Men 5000 Meter Race Walk 50-54	1	Worsnop, Christopher	32:54.48
	2	Dunshea, Frank	34:33.98
	3	White, Norman	36:59.90
Men 5000 Meter Race Walk 55-59	1	Erickson, Tim	27:49.86
	2	Riddoch, Clyde	29:45.90
Men 5000 Meter Race Walk 65-69	1	Whyte, Robin	29:49.81
	2	Thomas, Bryan	31:55.46
	3	Harrison, Graham	32:00.65
Men 5000 Meter Race Walk 70-74	1	Biggs, Kevin	33:05.14
	2	Major, Geoff	33:53.41
	3	O'Hara, Sean	48:58.55
Men 5000 Meter Race Walk 75-79	1	Silcock-Delaney, Colin	36:55.86

Women 500m track walk, Tuesday 24 February, 12:30PM

Women 5000 Meter Race Walk 70-74	1	McAulay, Patricia	48:46.83
Women 5000 Meter Race Walk 65-69	1	Steed, Gwen	30:08.08
	2	Bahr, Marion	57:23.29
Women 5000 Meter Race Walk 55-59	1	Carr, Heather	27:40.48
	2	Holmes, Janet	29:31.37
	3	Leitch, Mary	49:44.75
Women 5000 Meter Race Walk 50-54	1	Bryant, Barbara	28:19.81
Women 5000 Meter Race Walk 45-49	1	Elms, Donna-Marie	32:33.12
	2	Brunton, Kathleen	48:41.24
Women 5000 Meter Race Walk 35-39	1	Hammond, Nardene	29:33.38

SYDNEY TRACK CLASSIC, SYDNEY, SATURDAY 28 FEBRUARY

The long awaited 5000m walk at the Sydney Track Classic on Saturday night certainly lived up to expectations. Mexican Eder Sanchez and Victorian Jared Tallent raced neck and neck the whole way with Eder eventually prevailing in 18.40.11. **Jared's time of 18.41.83 took over 3 seconds off the Australian 5000m race walk record of 18:45.19, set by Nathan Deakes in 2006 and is a huge PB by some 20 secs.** A leading group of four (Eder, Jared, Adam Rutter and Chris Erickson) powered through the first kilometre in 3:41 before Chris started to tail off. Adam led the remaining three through the 2 km mark in around 7:26 before he too fell off the pace. Then it was left to Eder and Jared to power on to the final great result. Adam (19:27) and Chris (19:39) were both well under 20 mins but down on previous race times this summer. David Mejia, the other Mexican training out here, was next in with 20:00.32. Further back in the field, young Brendon Reading and Derek Mulhearn were rewarded with good PBs of 20:58.15 and 22:02.35 respectively. And a quick mention of Dane Bird-Smith whose 3000m split of 12:03.53 was a Queensland U18 record.

Men 5000 metre Race Walk

1.	Sánchez, Eder	MEX	18:40.11 (PB)
2.	Tallent, Jared	AIS	18:41.83 (PB)
3.	Rutter, Adam	AIS	19:27.63
4.	Erickson, Chris	AIS	19:39.69
5.	Mejia, David	MEX	20:00.32
6.	Rayson, Ian	NSW	20:36.31
7.	Bird-Smith, Dane	QLD	20:55.72
8.	Reading, Brendon	ACT	20:58.15 (PB)
9.	Mulhearn, Derek	NSW	22:02.35 (PB)

Jared's lap times in his new National record are absolutely fantastic and show a fastest last lap of 1:24.78. Ouch!

Lap Time 43.84, 2:12.35, 3:41.85, 5:10.98, 6:41.77, 8:12.90, 9:43.09, 11:13.77, 12:45.65, 14:17.48, 15:47.61, 17:17.05, 18:41.83
 Lap Split 43.84, 1:28.51, 1:29.50, 1:29.13, 1:30.79, 1:31.13, 1:30.19, 1:30.68, 1:31.86, 1:31.83, 1:30.33, 1:29.44, 1:24.78

And finally the updated All Time Ranking List now shows Jared as the new leader and a total of 6 walkers under the 19 minute mark.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	18:59.43	Luke Adams	N	11/10/1976	1	Melbourne	24/02/2007	30
7	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
8	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
9	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest,Hungary	05/03/1989	31
10	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27

The women's event saw Jess Rothwell, who crossed the line first in 21:13, subsequently disqualified. That left Cheryl Webb as the winner with another great 5000m time of 21:30.90. Claire Tallent did a 1 sec PB to take second with 21:56.58. Natalie Saville also seems to be coming into form just in time for the National 20 km with her time of 22:28.16. Only 5 of the 9 women made it through unscathed, with 1 DNF and 3 DQs.

Women 5000 metre Race Walk

1.	Webb, Cheryl	NSW	21:30.90
2.	Tallent, Claire	AIS	21:56.58 (PB)
3.	Saville, Natalie	NSWIS	22:28.16
4.	Lee, Beki	NSW	23:18.22
5.	Heazlewood, Jess	NSW	24:06.23
	Szirom, Megan	VIC	DNF
	Fagan, Nicole	NSW	DQ
	Hosking, Jillian	ACT	DQ
	Rothwell, Jessica	VIS	DQ

AUST ROADWALKING C'SHIPS, FAWKNER PARK, MELBOURNE, SATURDAY 7 MARCH

The Australian 20 km Summer Championships were held on Saturday morning at Fawkner Park in Melbourne and once again, the course produced great performances with 5 IAAF A qualifiers, 3 IAAF B qualifiers and nearly half the field recording PBs.

First to the men where Jared Tallent led from start to finish, recording a wonderful 1:19:42, only 1 sec off his all time PB and matching is Olympic bronze medal time. Jared started with a 7:55 first lap (2 km) and walked very evenly, passing the half way mark in 39:29 and holding on well. In fact, he looked like he had lots in reserve and finished fresh. Adam Rutter went with him early but fell off the pace after only 1 lap and walked the rest of the race on his own. He was rewarded with an IAAF A qualifying time of 1:22:16 and now looks set to pick up the vital third spot in the Australian 20 km team for this year's world championships. Chris Erickson was clearly third for most of the race but was clearly having a bad day and was swallowed up in the last few laps by faster finishing walkers. Luke Adams, walking only to satisfy the selectors, started conservatively but came through well to take third in 1:26:33. That means that our three World Champs 20 km walkers took the first 3 places, a fitting result. Further back in the field, Tom Barnes and Ian Rayson were after World University Games qualifiers and both were successful, being well under the 88 minute mark. Tom took 4th in 1:26:57 while Ian was 7th in 1:27:43. Darren Bown showed that he can still match it with his younger rivals and walked well for 1:27:29. Further back, Brendon Reading (1:30:19) and Rhydian Cowley (1:36:14) also walked excellently and took the silver and bronze U23 medals behind Ian Rayson.



Jared Tallent, Adam Rutter, Luke Adams and Tom Barnes

Open Men 20k Road Walk Australian Championship

1.	Jared Tallent	VIC/AIS	1:19.42	IAAF A Qualifier
2.	Adam Rutter	NSW/AIS	1:22.16	IAAF A Qualifier
3.	Luke Adams	NSW/AIS	1:26.33	
4.	Thomas Barnes	VIC	1:26.57	
5.	Darren Bown	SA	1:27.29	
6.	Chris Erickson	VIC/AIS	1:27.31	
7.	Ian Rayson	NSW	1:27.43	PB 1:33
8.	Brendon Reading	ACT	1:30.19	PB 2:49
9.	Rhydian Cowley	VIC	1:36:14	PB - first ever
10.	Kim Mottrom	SA	1:42.05	
11.	Stuart Kollmorgen	VIC	1:50.06	
12.	Andrew Jamieson	VIC	DNF	

Under 23 Men 20k Road Walk Australian Championship

1.	Ian Rayson	NSW	1:27.43
2.	Brendon Reading	ACT	1:30.19
3.	Rhydian Cowley	VIC	1:36:14

The women's race was an even higher quality affair with 6 of the 7 finishers recording IAAF qualifiers. Cheryl Webb and Jess Rothwell passed the 10 km mark together in 44:52 but it was Cheryl who finished the stronger, walking an identical 44:52 for the second 10 km to win in 1:29:44. Cheryl's performance is the first sub-90 done by an Australian on Australian soil, a fantastic effort. Jess Rothwell, still only 19, was a revelation, holding on well to record a 7 min PB time of 1:30:25. Claire Tallent let them go early but then chased the whole way for her own big PB time of 1:32:12. Megan Szirom must be the unluckiest walker of the meet, recording 1:33:45 but still missing out on a medal. For Megan who has battled injuries for most of the summer, it was a big comeback walk and shows just what she would be capable of if luck ran her way a bit more. Jillian Hosking and Jess Heazlewood also recorded big PBs further back in the field and took the minor medals behind Jess Rothwell in the U23 race.



Cheryl Webb, Jess Rothwell, Claire Tallent and Megan Szirom

Open Women 20k Race Road Walk Australian Championship

1.	Cheryl Webb	NSW	1:29.44	PB 1:59 - IAAF A Qualifier
2.	Jess Rothwell	VIS	1:30.25	PB 7:09 - IAAF A Qualifier
3.	Claire Tallent	SA/AIS	1:32.12	PB 0:50 - IAAF A Qualifier
4.	Megan Szirom	VIC	1:33.45	PB 2:52 - IAAF B Qualifier
5.	Natalie Saville	NSWIS	1:36.45	IAAF B Qualifier
6.	Jillian Hosking	ACT	1:37.36	PB 3:26 - IAAF B Qualifier
7.	Jess Heazlewood	NSW	1:40.39	PB 1:16
8.	Susan Knapton	NSW	DNF	

Under 23 Women 20k Road Walk Australian Championship

1.	Jessica Rothwell	VIS	1:30.25
2.	Jillian Hosking	ACT	1:37.36
3.	Jess Heazlewood	NSW	1:40.39

And finally, a small number of our U18 girls availed themselves of the opportunity to race over the 10 km distance and all did big PBs. VRWC members Rachel Tallent and Beth Alexander walked together for the first half of the race before Rachel broke away, recording a wonderful winning time of 49:34. Rachel, who celebrated her 16th birthday only a week ago, and Beth, who recorded 50:07, are the top two U18 girls over the 5000m distance and their walks on Saturday added to their credentials in the context to the World Youth championship selections. South Australian girls Lauren Harrington (53:07) and Kristie Gosnik (53:59) also walked excellently in first up 10 km races. Our juniors are building up to the Australian U20 10000m track championships in 3 weeks time in Adelaide and we can expect to see some great times by our top boys and girls.



Rachel Tallent, Beth Alexander, Lauren Harrington and Kristie Gosnik

Under 20 Women 10k Invitational Road Walk

1.	Rachel Tallent	VIC	49.34	PB 2:32
2.	Beth Alexander	VIC	50.07	PB 7:37
3.	Lauren Harrington	SA	53.07	PB - first ever
4.	Kristie Goznic	SA	53.59	PB - first ever

AUSTRALIAN U18 INTERSTATE YOUTH MATCH, BRISBANE, SATURDAY 21 MARCH 2009

The Under 18 Interstate Youth Match 5000m walks on Saturday evening in Brisbane proved very interesting. On the boys side, Dane Bird-Smith won by nearly 2 minutes in another excellent performance – 21:29.78. Dane's next appearance is likely to be in the Australian Under 20 10,000 track championship in Adelaide in 2 weeks time where he will move up an age group and race the older juniors. In the girls walk, Paige Hooper and Rachel Tallent, the two top Under 18 girls on times, went out hard, passing the 1000m mark in around 4:20. But then the complexion changed drastically as Rachel faded, leaving Paige on her own in front to walk to yet another sub-24 with 23:58.19. Shannon Jennings walked very strongly to close the gap and finish with 24:02.54. Both Victorian girls walked tired races with Rachel finishing in 25:00.47 and Beth finishing behind her and then being notified after the race that she had been disqualified. It has been a hard season for the large pool of U18 girls seeking selection for the World Youth Champs. With no final selection event, it was up to each walker to put her times on the board in whatever races she could and both Rachel and Beth have been in top form for the past 2 months, doing a succession of times over both 5000m and 10km. Now it is up to the selectors.

Boys 5000 Metres Race Walk U18

1.	Dane Bird-Smith	92	QLD	21:29.78
2.	Jordan Mulhearn	92	NSW	23:25.12
3.	Bradley Simpson	93	VIC 2	5:36.09

Girls 5000 Metres Race Walk U18

1.	Paige Hooper	92	SA	23:58.19
2.	Shannon Jennings	93	NSW	24:02.54
3.	Rachel Tallent	93	VIC	25:00.47
4.	Breanne Goschnick	94	QLD	26:36.21
	Beth Alexander	92	VIC	DQ

AUSTRALIAN MASTERS TRACK AND FIELD CHAMPIONSHIPS, ADELAIDE, 10-13 APRIL 2009

The Australian Masters Track and Field Championships have now been completed in Adelaide with full results available on the SA Masters website: <http://www.samastersathletics.org.au/Championship2009.htm>

5000m Track Walks, Saturday 11 April 2009

The first walks to kick off were the 5000m track events on Easter Saturday and a large number of walkers (30 women and 32 men) were in attendance. As per my usual practice, I gauge relative merit on the Age Graded Tables and I have highlighted all those who were around 85% or higher. Lyn Ventris (24:19.33) and Andrew Jamieson (23:40.81) continue to be our top performing female and male Masters walkers and they were fastest overall as well. Others to excel on the day were Heather Carr, Sandy Bruner, Jean Albury, George White, Russ Dickenson, Murray Dickinson and Thomas Seymon. Sorry I couldn't make it to give Clyde Riddoch a bit of stick but you can't be everywhere!

W35	1	Sinkinson, Tracy	W35	(SA) SA MAST	33:26.60	59.72%
W40	1	Brown, Suzanne	W43	(NSW) NSW MA	30:20.43	69.37%
	2	Stigwood, Rose	W41	(SA) SA MAST	37:18.10	55.54%
W45	1	Holliday, Gloria	W48	(SA) SA MAST	29:27.43	74.43%
	2	Maxted, Marie	W48	(SA) SA MAST	33:35.07	65.28%
	3	Tillman, Annette	W48	(NSW) NSW MA	41:41.78	52.58%
W50	1	Ventris, Lyn	W52	(WA) MASTERS	24:19.33	93.46%
	2	King, Robin	W50	(WA) MASTERS	27:50.61	80.14%
	3	Edwards-Whitley	W52	(WA) MASTERS	35:15.92	64.46%
W55	1	Carr, Heather	W59	(VIC) VIC MA	27:09.41	89.97%
	2	Gourlay, Marlene	W57	(VIC) VIC MA	29:27.94	81.13%
	3	Suridge, Helen	W58	(SA) SA MAST	31:55.73	75.68%
	4	Lloyd, Nancy	W55	(NSW) NSW MA	33:32.07	69.81%
	5	Whitelaw, Linda	W55	(SA) SA MAST	48:16.78	48.49%
W60	1	Feldman, Elizabeth	W60	(VIC) VIC MA	30:48.64	80.21%
	2	Millard, Valerie	W62	(WA) MASTERS	32:18.15	78.34%
	3	Cain, Barbara	W60	(SA) SA MAST	33:07.12	74.62%
	4	Silby, Pamela	W64	(SA) SA MAST	37:15.52	69.63%
	5	Rogers, Jill	W64	(SA) SA MAST	39:06.48	66.33%
W65	1	Brunner, Sandy	W67	(SA) SA MAST	30:53.31	87.39%
	2	Purcell, Joan	W67	(QLD) QLD MA	36:24.39	74.14%
	3	Schickert, Lynne	W67	(WA) MASTERS	36:38.47	73.67%
W70	1	Beaumont, Margaret	W71	(VIC) VIC MA	39:26.39	72.54%
	2	Hagens, Renate	W70	(NSW) NSW MA	40:15.64	70.00%
W75	1	Albury, Jean	W79	(TAS) TAS MA	37:38.28	87.20%
	2	Dauphinet, Christi	W78	(QLD) QLD MA	38:43.04	83.17%
	3	Dally, Cynthia	W75	(SA) SA MAST	38:57.85	78.33%
M35	1	Smyth, David	M39	(WA) MASTERS	28:53.87	64.94%
M40	1	McFadden, Rob	M43	(SA) SA MAST	26:51.54	72.09%
M50	1	Donahoo, Mark	M50	(VIC) VIC MA	27:22.88	74.88%
	2	Henshaw, Stuart	M53	(SA) SA MAST	28:56.26	72.69%
M55	1	Riddoch, Clyde	M55	(VIC) VIC MA	28:01.00	76.41%
	2	Finn, Kevin	M57	(SA) SA MAST	31:27.95	69.28%
	3	Whitley, Allen	M57	(WA) MASTERS	37:44.38	57.76%
M60	1	Jamieson, Andrew	M62	(VIC) VIC MA	23:40.81	96.67%
	2	White, George	M63	(SA) SA MAST	27:04.00	85.45%
	3	Dickenson, Russell	M63	(VIC) VIC MA	27:13.43	84.96%
	4	Marsh, Lawrence	M62	(TAS) TAS MA	28:10.86	81.23%
	5	Hoare, James R	M62	(SA) SA MAST	32:57.69	69.45%
M65	1	Harrison, Graham	M65	(SA) SA MAST	31:49.61	74.25%
	2	Thomas, Bryan	M67	(ACT) ACT VE	32:13.24	75.01%
	3	Starr, Bill E	M66	(SA) SA MAST	33:28.34	71.39%
	4	Doye, Peter	M68	(WA) MASTERS	33:34.32	72.83%
	5	Lowe, Roger	M66	(SA) SA MAST	38:54.58	61.41%
M70	1	Dickinson, Murray	M70	(VIC) VIC MA	28:44.33	87.16%
	2	Seymon, Thomas	M71	(NSW) NSW MA	29:54.84	84.78%
	3	Marker, Murray	M71	(SA) SA MAST	32:24.74	78.24%
	4	Jones, Arthur	M70	(SA) SA MAST	33:09.10	75.56%
	5	Major, Geoff	M72	(VIC) VIC MA	34:04.78	75.37%
	6	Smith, Leigh	M73	(SA) SA MAST	35:00.14	74.34%
	7	Beaumont, Ian	M73	(VIC) VIC MA	38:52.92	66.92%
M75	1	Hainsworth, Colin	M79	(SA) SA MAST	34:42.75	81.61%
	2	Hall, Ray W	M75	(WA) MASTERS	36:49.33	72.60%
	3	Robertson, David	M75	(SA) SA MAST	39:11.69	68.21%

M80	1	Jones, Stanley	M83	(WA) MASTERS	38:23.42	78.65%
	2	Harrex, Stanley	M80	(TAS) TAS MA	38:55.45	73.90%
	3	Larkin, Richard	M80	(SA) SA MAST	40:07.76	71.68%
	4	Zwynenburg, Kees	M80	(VIC) VIC MA	42:09.74	68.22%
M85	1	Keatinge, Richard	M86	(QLD) QLD MA	39:37.13	80.32%

10 km Road Walks, Monday 13 April 2009

The walkers were back in action on the Monday with the road walks. Although there was a choice of 10km or 20km, nearly all walkers chose the shorter distance with the same walkers excelling. In the women's walk, Lyn Ventris, Heather Carr, Sandy Bruner, Jean Albury and Christine Dauphinet all scored highly in the Age Graded Tables while for the men, George White, Russ Dickenson, Murray Dickinson and Thomas Seymon were all highly scored as well.

W30	1	Roseman, Justijana	W33	(VIC) VIC MA	1:02:37	65.62%
W35	1	Sinkinson, Tracy T	W35	(SA) SA MAST	1:03:41	64.91%
W40	1	Brown, Suzanne	W43	(NSW) NSW MA	1:04:05	67.99%
	2	Stigwood, Rose	W41	(SA) SA MAST	1:18:12	54.83%
	3	Lenahan, Deborah C	W40	(VIC) VIC MA	1:31:18	46.60%
W45	1	Holliday, Gloria D	W48	(SA) SA MAST	1:03:41	71.47%
	2	Tillman, Annette A	W48	(NSW) NSW MA	1:26:36	52.56%
W50	1	Ventris, Lyn	W52	(WA) MASTERS	51:35	91.74%
	2	Edwards-Whitley, Kerrie	W52	(WA) MASTERS	1:11:45	65.96%
W55	1	Carr, Heather R	W59	(VIC) VIC MA	56:38	90.33%
	2	Suridge, Helen I	W58	(SA) SA MAST	1:07:00	75.45%
	3	Lloyd, Nancy	W55	(NSW) NSW MA	1:12:01	67.83%
W60	1	Feldman, Elizabeth M	W60	(VIC) VIC MA	1:05:02	79.64%
	2	Millard, Valerie J	W62	(WA) MASTERS	1:08:22	77.71%
	3	Cain, Barbara J	W60	(SA) SA MAST	1:11:36	72.33%
W65	1	Brunner, Sandy	W67	(SA) SA MAST	1:01:36	92.47%
	2	Purcell, Joan A	W67	(QLD) QLD MA	1:14:49	76.14%
	3	Schickert, Lynne	W67	(WA) MASTERS	1:21:49	69.62%
W70	1	Hagens, Renate E	W70	(NSW) NSW MA	1:26:30	68.99%
W75	1	Albury, Jean	W79	(TAS) TAS MA	1:17:27	90.91%
	2	Dauphinet, Christiane	W78	(QLD) QLD MA	1:18:26	87.94%
M40	1	McFadden, Rob R	M43	(SA) SA MAST	59:08	67.38%
M50	1	Donahoo, Mark	M50	(VIC) VIC MA	58:12	72.44%
	2	Henshaw, Stuart J	M53	(SA) SA MAST	1:00:16	71.74%
M55	1	Riddoch, Clyde I	M55	(VIC) VIC MA	58:46	74.85%
	2	Finn, Kevin W	M57	(SA) SA MAST	1:05:42	68.15%
	3	Whitley, Allen J	M57	(WA) MASTERS	1:07:00	66.83%
M60	1	White, George H	M63	(SA) SA MAST	56:12	84.50%
	2	Dickenson, Russell	M63	(VIC) VIC MA	56:49	83.58%
	3	Williams, Dennis J	M60	(NSW) NSW MA	59:13	77.79%
M65	1	Harrison, Graham	M65	(SA) SA MAST	1:04:42	75.00%
	2	Doye, Peter	M68	(WA) MASTERS	1:08:49	72.99%
	3	Lowe, Roger K	M66	(SA) SA MAST	1:20:10	61.21%
M70	1	Dickinson, Murray	M70	(VIC) VIC MA	59:34	86.40%
	2	Seymon, Thomas J	M71	(NSW) NSW MA	1:01:30	84.75%
	3	Marker, Murray G	M71	(SA) SA MAST	1:08:15	76.37%
	4	Major, Geoff W	M72	(VIC) VIC MA	1:12:23	72.95%
M75	1	Hall, Ray W	M75	(WA) MASTERS	1:10:30	78.04%
	2	Hainsworth, Colin	M79	(SA) SA MAST	1:11:14	82.01%
	3	Robertson, David D	M75	(SA) SA MAST	1:24:45	64.92%
M80	1	Jones, Stanley	M83	(WA) MASTERS	1:18:28	79.60%
	2	Larkin, Richard W	M80	(SA) SA MAST	1:25:21	69.55%
M85	1	Keatinge, Richard	M86	(QLD) QLD MA	1:20:12	82.32%

20 km Road Walks, Monday 13 April 2009

W40	1	Schild, Raelene K	W44	(SA) SA MAST	2:35:18.9	58.79%
M35	1	Smyth, David	M39	(WA) MASTERS	2:13:52.4	59.47%
M60	1	Hoare, James R	M62	(SA) SA MAST	2:22:39.7	67.40%
M65	1	Thomas, Bryan	M67	(ACT) ACT VE	2:17:06.2	74.06%
	2	Starr, Bill E	M66	(SA) SA MAST	2:21:24.4	70.98%
M70	1	Smith, Leigh	M73	(SA) SA MAST	2:31:54.1	72.18%

AUSTRALIAN MASTERS NATIONAL POSTAL RELAY CHAMPIONSHIPS, 2009

The results for February's Australian Masters Postal Relays have now been posted on the AMA website. It is disappointing that only the Victorian and Western Australian Masters walkers could put teams together. Hopefully it will grow in future years as it is certainly a fun event. Well done to all those who competed.

Men 4x800m Racewalk Relay

30-39	MAWA	David Smyth, Tom Lenane, Bruce Wilson, Peter Hopper	18:11.20	1
50-59	VMA	Simon Baker, Tim Erickson, Clyde Riddoch, Paul Kennedy	14:25.85	1
60-69	VMA	Alan Lucas, Terry Dunn, Russ Dickenson, Ralph Bennett	16:40.04	1
70-79	MAWA	Jeff Whittam, Ray Hall, Bob Fergie, Stan Jones	22:57.90	1

Women 4x800m Racewalk Relay

40-49	VMA	Donna Elms, Gayle McIntyre, Pam Tindal, Kerrin Braithwaite	17:01.54	1
50-59	VMA	Alison Thompson, Janet Holmes, Heather Carr, Marlene Gourlay	16:20.44	1
	MAWA	Elaine Dance, Rose Holloway, Lynne Schickert, Valerie Millard	21:03.50	2
60-69	VMA	Liz Feldman, Gwen Steed, Jan Morrey, Sylvia Machin	18:47.67	1
	MAWA	Dorothy Whittam, Michele Mison, Lorna Lauchlan, Lesley Romeo	24:08.70	2
70-79	VMA	Maureen Seedsman, Nancy Wallace, Shirley Coppock, Margaret Beaumont	24:34.46	1

AUSTRALIAN U20 ATHLETICS CHAMPIONSHIPS, ADELAIDE, 3-5 APRIL 2009

I travelled across to Adelaide last weekend to see the Australian Under 20 10000m racewalking championships and they turned out to be very interesting events for more reasons than one. As the walkers lined up for the 5:10PM start on the Friday evening, a low pressure swept across Adelaide, dropping the temperature and bringing very strong winds. The first couple of kms were walked in very tough conditions before the wind eased and conditions cleared.

The men's walk went as expected. Dane Bird-Smith went straight to the lead and was never headed, eventually lapping the whole field and winning in a PB time of 43:47.71. His first km of around 4:12 set the tone for his race as he powered around the track with 2km splits of 8:29, 8:38, 8:39, 9:04 and 8:58. Sean Fitzsimons, who held second place for most of the race, eventually slowed and was passed by a fast finishing Rhydian Cowley. Daniel Payne, who had walked with Rhydian early, was fourth to finish, followed closely by Derek Mulhearn, Blake Steele and Jordan Mulhearn. Last to finish was Michael Reading but his time was still good, being just over 50 mins. Overall the standard of walking was high and a number of the walkers did PBs. Given that Dane, Sean, Blake and Jordan are all still U18, we should see some great racing over the next couple of years as they progress through the junior ranks. Dane and Sean have now been announced as part of the Athletics Australia's Under 19 Talent Squad (see article later in the newsletter) and are both on target for selection for the World Youth Champs later this year.

The women's walk was an all South Australian affair with Paige Hooper easily winning in 50:32.91 ahead of Lauren Harrington who walked very well for a PB time of 52:34.62. Claire Xian and Kristie Goznik were the other two finishers with times of 54:12 and 56:36 respectively. This shows that SA has some pretty good depth in its female walking at the moment. Unfortunately the long summer season seemed to have taken its toll on the overall field with the NSW and VIC walkers non attenders. This does not, however, detract from the quality of Paige's winning performance.

10,000m U20 Women

1.	Paige Hooper	SA	50:32.91
2.	Lauren Harrington	SA	52:34.62 (PB)
3.	Claire Xian	SA	54:12.08 (PB?)
4.	Kristie Goznik	SA	56:36.03
5.	Samantha Tesch	QLD	DQ

10,000m U20 Men

1.	Dane Bird-Smith	QLD	43:47.71 (PB)
2.	Rhydian Cowley	VIC	46:13.33
3.	Sean Fitzsimons	WA	46:33.28
4.	Daniel Payne	VIC	48:01.92
5.	Derek Mulhearn	NSW	48:15.46
6.	Blake Steele	SA	48:22.35 (PB)
7.	Jordan Mulhearn	NSW	48:38.49 (PB)
8.	Michael Reading	ACT	50:28.67 (PB?)



The medallists – Rhydian, Dane, Sean, Lauren, Paige and Claire

AUSTRALIAN CENTURIONS 24 HOUR WALKS, COBURG, 18-19 APRIL 2009

I am just about recovered from my annual weekend helping run the Coburg 24 Hour Carnival which saw some 40 runners and walkers vying for the top honours over 24 hours. The starter's gun went off at 10AM on Saturday morning and exactly 24 hours later, the gun fired again to mark the end of the event. I was there in my capacity as the Secretary of the Australian Centurion Walkers, providing the annual opportunity for walkers to test themselves against the tough standard of 100 miles (160.934 km). This year saw 4 walkers reach this elusive goal and enabled us to welcome 3 new members to the Australian Centurions, Australia's most exclusive sporting club.

- Belgian couple **Rudy Schoors** and **Caroline Mestdagh** won their respective divisions in masterly fashion, adding Australian Centurion badges to their British and Continental Centurion badges. They both recorded 100 mile personal best times and obviously enjoyed their first track 24 hour walks. Rudy became Australian Centurion number 55 with 22:01:45 while Caroline became Australian Centurion number 56 with her time of 22:40:27
- Behind them, two Queensland based Australian walkers also achieved the elusive 100 mile mark. **Geoff Hain** (C 49) who already has 5 of the 6 available Centurion badges, produced yet another Australian badge (his fifth) with a great time of 23:24:50, after suffering early with leg problems.
- Behind him, **Ian Valentine**, a former winner of the Coburg 24 Hour run, showed that he can walk as well as run. Using an impeccable racewalking action nearly the whole way, he strolled through to a wonderful inaugural 100 mile time of 23:37:03 to become Australian Centurion number 57.



Rudy Schoors
C55 - 22:01:45



Caroline Mestdagh
C56 - 22:40:27



Geoff Hain
C49 - 23:24:50



Ian Valentine
C57 - 23:37:03

There were a number of VRWC members in action – Heather Carr, Terry O'Neill, Clarrie Jack and Rudolf Skrucany. The only disappointment was the non show of the three Malaysian entrants – not very impressed! Full results for the walkers read as follows.

24 HOUR WALK MEN

1.	SCHOORS, Rudy	BEL	167.954	C55
2.	VALENTINE, Ian	QLD	161.810	C57
3.	HAIN, Geoff	QLD	161.733	C49
4.	McKAY, Doug	VIC	138.687	
5.	JORDAN, Steve	VIC	129.801	
6.	MANDERSON, Gerald	NZ	126.499	C31
7.	COMMINS, Louis	NSW	118.372	
8.	O'NEILL, Terry	VIC	112.384	C18
9.	SKRUCANY, Rudolf	VIC	102.812	
10.	JACK, Clarrie	VIC	49.349	C4
	GOVINDASAMY, Parameswaran	MAL	DNS	
	PALANY, Mahalingam	MAL	DNS	
	SINGH, Devinder	MAL	DNS	

24 HOUR WALK WOMEN

1.	MESTDAGH, Caroline	BEL	164.636	C56
2.	PARRIS, Dawn	VIC	137.445	

3.	CHESTERTON, Val	ACT	115.578	
4.	O'NEILL, Karyn	VIC	92.478	C45
5.	HOWORTH, Sandy	VIC	85.930	
6.	CARR, Heather	VIC	51.423	

The event also co-hosts Racewalking Australia 100 km championships. I have yet to review the lapsheets so can't publish the exact time each walker took to reach the 100km but I can publish the results which saw Terry O'Neill and Caroline Mestdagh become our new Australian champions.

RWA 100 KM WALK CHAMPIONSHIP MEN

1.	O'NEILL, Terry	VIC
2.	VALENTINE, Ian	QLD
3.	SCHOORS, Rudy	BEL

RWA 100 KM WALK CHAMPIONSHIP WOMEN

1.	MESTDAGH, Caroline	BEL
2.	PARRIS, Dawn	VIC
3.	CHESTERTON, Val	ACT

Other highlights included two new Australian Ultra Distance Masters walking records

- VRWC club member **Heather Carr** had told me before the event that she only intended to walk for 6 Hours and this she did, but it was a very impressive 6 hours of walking that saw her set a new **W55 6 Hour record** of just over 51 km (exact distance to be confirmed).
- ACT walker **Val Chesterton** became the first W65 woman in Australia to complete a 24 Hour walk event so her distance of 115.578km becomes the inaugural **W65 24 Hour record**. This is actually a greater distance than her W60 record of 109.567 km, set in 2005 and confirms the quality of her performance.

In the run section, the first 4 runners were over 200km (a very high standard) so the event was also very strong on the running side. You can see the entire race results at http://home.vicnet.net.au/~austcent/2009_Coburg_Carnival_24_Hour_Final_Results.pdf

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS, ADELAIDE, SUNDAY 26 APRIL 2009

The Australian Little Athletics Championships were held at the Santos Stadium in Adelaide on Sunday 26th April in windy and damp conditions. This is not a fully fledged National Championships but is a cut-down competition that involves only a small number of Under 13 athletes per State. So to be selected for your State, you have to have more than one discipline in your repertoire. Hence our top walkers often miss out in favour of a distance runner who can also walk. Elke Raselli has kindly sent the following report:

Thought you might be interested in a quick up date on how our walkers did. The national ALAC championship was in Adelaide this year on the Sunday just gone. As you may know the athletes chosen for the team need to be multi-skilled so therefore our top walkers may not even get chosen. We had an initial squad of 30 athletes from which, after several training sessions, a team of 22 was chosen to represent Victoria generally 11 of each gender. We only chose one seasoned walker in the team, namely Jmara Hockley-Samon from Geelong and she finished with a pb of 7:06 and finished a credible 4th in the 1500 metre run. The other girl who joined Jmara in the walk was Samantha Prime who placed 6th in the walk and first in the 1500m run.

Of the two boys who walked, Zac Rouse came 4th in the walk and third in the 1500m run while Kieran Thompson came 7th in the walk and 1st in the 800m run. These two boys hadn't ever walked before so in a handful of sessions did extremely well. Jmara, Samatha and Zac all did their 1500m runs before the walk so could really hit out in the walk. Young Kieran, however walked a nice safe conservative walk coming 7th as he only had just over half hour until his 800metre. He convincingly won the 800 metre run in 2:16 which was amazing since he had just finished the walk.

Victoria made it a hat trick, winning its third overall Teams Championship by a massive 22 points. Go Vics!!! Victoria also comfortably won the Handicap Trophy and the Life Members Trophy. Tasmania won the Dick Healey Trophy for Small Associations.



Jmara in action in March 2009 in the Victorian U14 1500m walk championship

And now onto the results of the two Under 13 1500m walks.

1	Ben Tesch	QLD	07:11.4	G		1	Jmara Hockley Samon	VIC	07:07.3
2	Jason Dredge	NSW	07:57.4	S		2	Lotta Danner	SA	07:18.4
3	Tarwyn Filipek	WA	08:20.8	B		3	Gabrielle Moseley	NSW	07:30.0
4	Zachary Rouse	VIC	08:32.0	4		4	Ally Durr	ACT	07:30.2
5	Martin Campbell	QLD	08:33.1	5		5	Rachel Barker	QLD	07:38.6
6	Mitchell Walker	TAS	08:37.4	6		6	Samantha Prime	VIC	07:50.7
7	Kieran Thompson	VIC	08:56.8	7		7	Brooke Barritt	WA	08:07.5
8	Daniel Herbert	TAS	09:42.6	8		8	Rachelle Taylor	TAS	08:47.6
9	Jacob Mitchell	ACT	10:12.9	9		9	Stephanie Holloway	TAS	09:36.9
10	Ivor Metcalf	NSW	10:59.3	10		10	Becky Clark	NSW	09:49.0
11	James Martens	ACT	11:00.4	11		11	Hannah Watt	WA	10:29.8
	Joshua Russo	SA	disq			12	Shannon O'Dempsey	QLD	11:57.1
	Daniel Weetra	SA	disq				Jemma Potezny	SA	disq
	Ethan-Lee Nolan	WA	disq				Naomi Stewart	ACT	disq

Full results for all events can be seen at the Australian Little Athletics website: <http://www.littleathletics.com.au/>

RACEWALKING AUSTRALIA CARNIVAL, CANBERRA, SUNDAY 7 JUNE 2009

A record 397 entries by 297 competitors meant that the previous year's record attendance was well and truly shattered, making this year's Canberra carnival the biggest walking carnival ever held in Australia. While conditions were perfect for the 20 mile and 10 mile events, intermittent showers later in the day meant that some of the events for the younger walkers were raced in trying conditions - but nothing dampened what was a huge carnival.

VRWC sent its biggest team ever (82 walkers) but this was matched by NSWRC which also sent 82 walkers. Strong teams from QLD and SA made for some very competitive events and smaller teams from Tasmania, ACT, Bendigo, WA and Regal walkers meant that we had a truly Australian wide carnival.

It is great to be able to publish the full results just a couple of days after the carnival – well done to the ACT walking club for their great organisation both during and after the carnival. And thanks to **Terry Swan** for some great photos which I have drawn from in part for this report. Terry, the father of U12 walker Kyle, has uploaded his photos to <http://www.detak.com.au/photos> and has allowed me to point everyone to his site where photos can be freely downloaded and used. Thanks a lot Terry.

The day's proceedings started with the long events around the lake – 20 miles, 10 miles and 5 miles. The 20 mile race was a corker with the four AIS walkers in control as expected. NSW AIS star **Luke Adams** took off from the gun with an 8 minute first 2km over the rolling hills. VRWC's **Jared Tallent** took up the challenge, caught him at around the 4km mark and then went straight to the front and was never headed. With Jared passing the 10 mile mark in 66:21, his existing course record was always going to be bettered and thus it unfolded – with the Olympic dual medalist crossing the finish line in 2:14:57. Luke continued to walk strongly to record an 11 min PB time of 2:18:49, the third fastest of all time while VRWC's **Chris Erickson** also PB'd with his third place time of 2:22:47. The remaining AIS walker, NSWRC's **Adam Rutter**, filled the fourth spot with 2:28:40. Young ACT walker **Brendon Reading** debuted successfully with an excellent 2:35:43 while **Andrew Jamieson**, now 62 years of age, belied the years with his time of 2:42:53. **Megan Szirom** walked the second fastest ever time by a woman to finish 8th with 2:49:54. **Peter Bennett** of QLD, only a week after finishing first in one of the big European 24 Hour classics (with 213km), came down in distance for a time of 3:27:02.



The winning combination – AIS coach Brent Vallance with Jared Tallent at the 5 mile mark

The 20 mile event remains the classic around which the carnival has grown and it remains one of the most highly sought titles in Australian racewalking. Jared has now has 4 golds and 1 silver from the last 5 years – a huge effort. His new championship record changes the all-time rankings for this classic to read as follows:

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Dion Russell	2000	VIC	2:21:35
6.	Nathan Deakes	1998	VIC	2:21:50
7.	Nick A'Hern	1997	NSW	2:22:19
8.	Chris Erickson	2009	VIC	2:22:47
9.	Duane Cousins	1996	VIC	2:24:39

10.	Simon Baker	1987	VIC	2:25:18
11.	Adam Rutter	2008	NSW	2:25:42
12.	Michael Harvey	1994	VIC	2:25:55
13.	Andrew Jachno	1989	VIC	2:27:19
14.	Tim Erickson	1981	VIC	2:27:23
15.	Scott Nelson (NZ)	1995	NZ	2:28:45
16.	Paul Copeland	1993	VIC	2:29:13
17.	Brent Vallance	1998	NSW	2:30:12
18.	Troy Sundstrom	2001	NSW	2:31:04
19.	Darren Bown	2003	SA	2:31:46
20.	Liam Murphy	2003	SA	2:32:09

This and lots of other interesting information about this classic event are to be found in my history of the Canberra 20 Miler. Pour a coffee, point your browser to <http://www.racewalkingaustralia.com.au/AFORWC-Canberra20MileResults-complete.pdf> and sit back for a good read.



20 mile walkers Jared Tallent, Luke Adams, Chris Erickson, Adam Rutter and Andrew Jamieson

Other Carnival highlights for me included

- 19 year old **Jess Rothwell** winning the Open Women's 10 Miles in 1:14:33, the second fastest time in the history of this event and only 24 secs outside the championship record, held by the great Kerry Saxby-Junna.
- Australia's best female masters walker, **Lyn Ventris**, who came 5th overall in this event in 1:24:34. Lyn might be in the W50 category but, like Andrew Jamieson, she shows no signs of slowing as yet.
- **Dane Bird-Smith** of QRWC who won the U20 10km with 44:17, then backed up to win the U18 5km with 22:19. Dane is off to the World Youth Championships next month and is in great shape.
- VRWC's **Billy Allamby** who won the U12 2km with 10:21 and then backed up for 2nd in the U14 2km with an even faster 10:18 after walking extra distance en route because of a mixup in race directions.
- SAAWC's **Paige Hooper** who won the U18 5km with 24:31 and then backed up 15 mins later to take 2nd in the U20 5km with 25:18. Paige is also in the World Youth team.
- VRWC's **Rachel Tallent** who was 2nd to Paige in the U18 5km with 25:17 after battling shins and then backed up 15 mins later to win the U20 5km with a faster time of 25:15!
- ACT walker **Jillian Hosking** who took 3rd in the Open Women's 10 Miles in the morning (1:18:19) and then backed up to win the Open Women's 5km (22:30) in the afternoon. Jillian heads off soon to represent us in the World University Games.
- VRWC **Jmara Hockley-Samon** who won the U14 Girls 2km with 9:55 and then backed up with 3rd in the U16 Girls 3km with 15:21.

There were many other great performances and lots and lots of PBs. It is just not possible to mention everyone but I will specially acknowledge the many club members who competed in more than 1 event, thus giving us maximum chance of success in the teams competitions. Some of them like Billy Allamby and Rachel Tallent have been mentioned above but all deserve special congratulations – none more so than Sam Candotti who actually competed in 3 events!

Sam Candotti	U10 Boys 1km, U12 Boys 2km and U14 Boys 2km
Donna Elms	Open Women 10 Miles and 5km
Connor McShanag	U14 Boys 2km and U18 Boys 5km
Billy Allamby	U12 Boys 2km and U14 Boys 2km
Kyle Swan	U12 Boys 2km and U14 Boys 2km
Reese Walsmley	U12 Boys 2km and U14 Boys 2km
Carly Bertrand	U14 Girls 2km and U16 Girls 3km
Rebecca Campbell	U12 Girls 2km and U16 Girls 3km
Caitlin Campbell	U16 Girls 3km and U20 Girls 5km

Jeremiah Jones	U14 Boys 2km and U16 Boys 3km
Cody McNicol-Davidson	U12 Boys 2km and U16 Boys 3km
Chloe McNicol-Davidson	U14 Girls 2km and U16 Girls 3km
Matt Felton	U16 Boys 3km and U18 Boys 5km
Bianca Attard	U14 Girls 3km and U18 Girls 5km
Hilary Brazel	U16 Girls 3km and U18 Girls 5km
Lauren Stadius	U14 Girls 2km and U18 Girls 5km
Rachel Tallent	U18 Girls 5km and U20 Girls 5km

VRWC won 24 individual medals in the main events (9 gold, 6 silver and 9 bronze)

Gold:	Jared Tallent	Open Men 20 Miles	2:14:57
	Megan Szirom	Open Women 20 Miles	2:49:54
	Andrew Jamieson	Masters Men 20 Miles	2:42:53
	Jess Rothwell	Open Women 10 Miles	1:14:33
	Ralph Bennett	Masters Men 10 Miles	1:32:10
	Damien Elms	Fitness 5 Miles	55:49
	Billy Allamby	U12 Boys 2km	10:21
	Jmara Hockley-Samon	U14 Girls 2km	9:55
	Rachel Tallent	U20 Girls 5km	25:15
Silver:	Pam Tindal	Masters Women 10 Miles	1:32:13
	Ross Reid	Masters Men 10 Miles	1:32:12
	Georgia Bertrand	U10 Girls 1km	5:21
	Billy Allamby	U14 Boys 2km	10:18
	Rachel Tallent	U18 Girls 5km	25:17
	Kellie Wapshott	Open Women 5km	22:48
Bronze:	Chris Erickson	Open Men 20 Miles	2:22:47
	Ralph Bennett	Open Men 10 Miles	1:32:10
	Bernie Keirl	Masters Men 10 Miles	1:32:53
	Robin Wood	Fitness 10 Miles	1:57:31
	Rhydian Cowley	U20 Men 10 km	44:57
	Jared Walker	U12 Boys 2km	10:22
	Stephanie George	U12 Girls 2km	10:19
	Lewis Clark	U16 Boys 3km	14:20
	Jmara Hockley-Samon	U16 Girls 3km	15:21

and 13 Teams medals (5 gold, 7 silver and 1 bronze)

Open 20 Miles	1	VRWC	Jared Tallent, Chris Erickson, Andrew Jamieson
Open Women 10 Miles	2	VRWC	Jess Rothwell, Beth Alexander, Pam Tindal
U10 Boys 1km	2	VRWC	Sam Candotti, Ethan McShanag, Noah Candotti
U10 Girls 1km	2	VRWC	Georgia Bertrand, Hayley George, Jessica Lillie
U12 Boys 2km	1	VRWC	Billy Allamby, Kyle Swan, Cooper Owen
U12 Girls 2km	1	VRWC	Megan Walker, Paige De Lisen, Emily Hamilton
U14 Boys 2km	1	VRWC	Billy Allamby, Jared Walker, Jeremiah Jones
U14 Girls 2km	1	VRWC	Jmara Hockley-Samon, Stephanie George, Bianca Attard
U16 Boys 3km	2	VRWC	Lewis Clark, Matt Felton, Aaron Gardner
U16 Girls 3km	2	VRWC	Jmara Hockley-Samon, Amelia Finnegan, Hilary Brazel
U18 Boys 5km	3	VRWC	Brad Simpson, Matt Felton, Connor McShanag
U18 Girls 5km	2	VRWC	Rachel Tallent, Natalie Laurie, Hilary Brazel
Open Women 5km	2	VRWC	Kellie Wapshott, Rachel Tallent, Emma Smith

The huge efforts by all our club members enabled our big team to take overall honours and, after this first carnival, we currently hold a tidy lead over NSWRC in the Brennen Shield. The next carnival, to be held in conjunction with the Australian Roadwalking championships in Sydney on August 30th, will decide the overall outcome. Progressive Brennen Points read as follows

VRWC	1045
NSWRC	933
QRWC	420
SAAWC	379
REGAL	282
ACTRFC	217
TARWC	62

I reproduce below the first 3 places in each of the main races along with the complete results for all VRWC walkers. For the entire results listing, point browsers to <http://www.racewalkingaustralia.com.au/2009LBGResults.html>

OPEN MEN 20 MILES

1	Jared Tallent	VRWC	2:14:57
2	Luke Adams	REGAL	2:18:49
3	Chris Erickson	VRWC	2:22:47
7	Andrew Jamieson	VRWC	2:42:53
11	Stuart Kollmorgen	VRWC	3:15:56

OPEN WOMEN 20 MILES

1	Megan Szirom	VRWC	2:49:54
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MASTERS MEN 20 MILES

1	Andrew Jamieson	VRWC	2:42:53
5	Stuart Kollmorgen	VRWC	3:15:56

OPEN WOMEN 10 MILES

1	Jess Rothwell	VRWC	1:14:33
2	Cheryl Webb	REGAL	1:16:50
3	Jillian Hosking	ACTRFWC	1:18:19
8	Beth Alexander	VRWC	1:28:30
10	Pam Tindal	VRWC	1:32:13
18	Donna-Marie Elms	VRWC	1:53:16

MASTERS WOMEN 10 MILES

8	Donna-Marie Elms	VRWC	1:53:16
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OPEN MEN 10 MILES

1	Kyle Malone	NSWRWC	1:21:33
2	Michael Reading	ACTRFWC	1:24:31
3	Ralph Bennett	VRWC	1:32:10
4	Ross Reid	VRWC	1:32:12
5	Bernie Keirl	VRWC	1:32:53
6	Daryl Biggin	VRWC	1:37:27
7	Maurice Prendergast	VRWC	1:37:50
8	Paul Nunn	VRWC	1:39:33
14	Peter Luke	VRWC	2:06:18
15	Harry Summers	VRWC	2:13:16

MASTERS MEN 10 MILES

1	Ralph Bennett	VRWC	1:32:10
2	Ross Reid	VRWC	1:32:12
3	Bernie Keirl	VRWC	1:32:53
4	Daryl Biggin	VRWC	1:37:27
5	Maurice Prendergast	VRWC	1:37:50
6	Paul Nunn	VRWC	1:39:33
11	Peter Luke	VRWC	2:06:18
12	Harry Summers	VRWC	2:13:16

FITNESS 10 MILES

3	Robin Wood	VRWC	1:57:31
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FITNESS 5 MILES

1	Damien Elms	VRWC	55:49
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U20 MENS 10 km

1	Dane Bird-Smith	QRWC	44:17
2	Derek Mulhearn	NSWRWC	44:32
3	Rhydian Cowley	VRWC	44:57
4	Daniel Payne	VRWC	47:32
	Jason Elms	VRWC	DQ

U10 BOYS 1 km

1	Lewis Thompson	NSWRWC	5:05
2	Benjamin Tisdale	NSWRWC	5:39
3	Yanis Benzenati	QRWC	5:41
8	Samuel Candotti	VRWC	6:26
9	Ethan McShanag	VRWC	7:22
11	Noah Candotti	VRWC	9:01

U10 GIRLS 1 km

1	Jasmyn McDonald	NSWRWC	5:09
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2	Georgia Bertrand	VRWC	5:21
3	Jemma Smith	TARWC	5:25
8	Hayley George	VRWC	6:05
9	Jessica Lillie	VRWC	6:14
13	Brianna Lillie	VRWC	6:38
14	Chelsea Owen-Smith	VRWC	6:41
16	Charlee Harrison	VRWC	6:47
20	Rhianna Biggin	VRWC	7:27
	Shelby Currie	VRWC	DQ

U12 BOYS 2 km

1	Billy Allamby	VRWC	10:21
2	Dane Heiden	BRWC	10:31
3	Lewis Thompson	NSWRWC	10:50
4	Kyle Swan	VRWC	10:56
5	Cooper Owen	VRWC	11:11
10	Cody McNicol-Davidson	VRWC	14:44
11	Samuel Candotti	VRWC	15:17
	Reese Walmsley	VRWC	DQ

U12 GIRLS 2 km

1	Caitlin Hosking	ACTRFWC	10:25
2	Kenza Benzenati	QRWC	10:43
3	Grace Edlin	BRWC	10:48
5	Megan Walker	VRWC	11:22
6	Paige De Lisen	VRWC	11:39
8	Emily Hamilton	VRWC	11:46
9	Rebecca Campbell	VRWC	11:47

U14 BOYS 2 km

1	Jay Felton	NSWRWC	10:17
2	Billy Allamby	VRWC	10:18
3	Jared Walker	VRWC	10:22
4	Jeremiah Jones	VRWC	10:26
7	Connor McShanag	VRWC	10:52
10	Kyle Swan	VRWC	11:35
16	Samuel Candotti	VRWC	15:31
17	Jack Allamby	VRWC	17:59
	Reese Walmsley	VRWC	DQ

U14 GIRLS 2 km

1	Jmara Hockley-Samon	VRWC	9:55
2	Tayla-Paige Billington	NSWRWC	10:00
3	Stephanie George	VRWC	10:19
6	Bianca Attard	VRWC	10:42
7	Lauren Stadius	VRWC	10:47
18	Carly Bertrand	VRWC	11:38
21	Chloe McNicol-Davidson	VRWC	11:59
22	Beth Barbour	VRWC	12:02
26	Lauren Gelov	VRWC	12:35
27	Tanlia Hunt	TARWC	12:53
28	Madison Jones	VRWC	12:54
31	Shae Ohlsen	VRWC	13:38

U16 BOYS 3 km

1	Brad Aiton	QRWC	14:09
2	Jesse Osborne	QRWC	14:12
3	Lewis Clark	VRWC	14:20
8	Matt Felton	VRWC	15:31
9	Matthew Killen	NSWRWC	16:27
10	Aaron Gardner	VRWC	16:35
12	Jeremiah Jones	VRWC	16:52
17	Cody McNicol-Davidson	VRWC	22:55

U16 GIRLS 3 km

1	Elizabeth Hosking	ACTRFWC	14:31
2	Lauren Harrington	SAAWC	14:50
3	Jmara Hockley-Samon	VRWC	15:21
5	Amelia Finnegan	VRWC	15:27

8	Hilary Brazel	VRWC	15:46
9	Dimitra Psarianos	NSWRWC	15:59
12	Ella Mason	VRWC	16:35
14	Ebony Tallent	VRWC	16:44
21	Rebecca Campbell	VRWC	18:50
24	Chloe McNicol-Davidson	VRWC	19:40
25	Carly Bertrand	VRWC	19:58
	Caitlin Campbell	VRWC	DQ

U18 BOYS 5 km

1	Dane Bird-Smith	QRWC	22:19
2	Blake Steele	SAAWC	22:46
3	Jordan Mulhearn	NSWRWC	24:04
5	Brad Simpson	VRWC	25:39
11	Matt Felton	VRWC	28:17
14	Connor McShanag	VRWC	30:49
15	Michael O'Mahony	VRWC	31:05

U18 GIRLS 5 km

1	Paige Hooper	SAAWC	24:31
2	Rachel Tallent	VRWC	25:17
3	Shannon Jennings	NSWRWC	25:29
6	Natalie Laurie	VRWC	27:35
8	Hilary Brazel	VRWC	28:37
9	Emily Payne	VRWC	29:02
10	Lauren Stadius	VRWC	29:21
12	Bianca Attard	VRWC	31:06
16	Anika Peachey	VRWC	37:50

OPEN WOMEN 5 km

1	Jillian Hosking	ACTRFWC	22:30
2	Kellie Wapshott	VRWC	22:48
3	Kelly Watson	SAAWC	25:12
4	Rachel Tallent	VRWC	25:15
17	Emma Smith	VRWC	29:53
25	Donna-Marie Elms	VRWC	33:18
32	Joy Stephens-Jones	VRWC	38:21

UNDER 20 WOMEN 5 km

1	Rachel Tallent	VRWC	25:15
2	Paige Hooper	SAAWC	25:18
3	Stephanie Stigwood	SAAWC	26:17
10	Emma Smith	VRWC	29:53
12	Kate Sandford	QRWC	31:52
	Caitlin Campbell	VRWC	DQ

MASTERS WOMEN 5 km

7	Donna-Marie Elms	VRWC	33:18
13	Joy Stephens-Jones	VRWC	38:21

Thanks to fellow team manager **Daryl Biggin** and to our VRWC judges **Peter Vysma, Shane Bertrand, Fran Attard** and **Elke Raselli** who all helped out on the big day. Finally, a special thank you to the ACT Race and Fitness Walking Club who do a fantastic job with this carnival. They may only have a small membership but their efforts in this carnival are super-human. Well done to everyone in Canberra.

AUSTRALIAN 24 HOUR CHAMPIONSHIP, ST LUCIA, BRISBANE, 27-28 JUNE 2009

And talking of ultra distance matters, I made the most of my time up north recently and took in the Australian 24 Hour championships being run at the University of Queensland track at St Lucia in inner Brisbane. The event, which started at 9AM on the Saturday morning, featured 6 Hour, 12 Hour and 24 Hour divisions and was open to both runners and walkers. It was the walkers who were of particular interest to me and there were 4 of them in action – Peter Bennett and Steve Jordan in the 24 Hour, John Harris in the 12 Hour and Patrick Sela in the 6 Hour.

Peter Bennett, the President of the Queensland Race Walking Club, is without doubt Australia's top ultra distance walker and was fresh from a win (with an astonishing 213 km) in the prestigious Rouen 24 Hour classic in France only 4 weeks earlier. He decided to enter only a few days before and had no intentions of going the full distance as he was still in recovery mode after the gruelling European race. But complete the race he did, coming 4th overall and beating all but 2 of the male runners – his final distance of 186.533 km is the second biggest distance ever done in Australia and is yet another example of Peter's wonderful ability to walk and walk. Along the way, he set 4 new Australian M50 walking records

M50 12 Hour record	100.800 km
M50 24 Hour record	186.533 km
M50 100 Km record	11:52:10
M50 100 Miles record	19:48:00

This is Peter's 7th successful centurion walk (2 in Australia, 3 in France and 2 in Malaysia). Note that a centurion is someone who has walked 100 miles (160.934 km) in 24 hours.

Victorian **Steve Jordan**, who has done the occasional walk at Albert Park, was trying for that elusive first centurion finish but blistered early and struggled through to complete 111.133 km in what was for him a disappointing race.

John Harris, who has spent a welcome comeback season with QRWC, is a triple centurion and hence no newcomer to the world of ultra walking. He chose the 12 Hour event, coming a worthy 3rd overall with a final distance of 89.271 km.

Patrick Sela, another member of QRWC, having his first dip into the world of ultra walking, entered the 6 Hour event – which is not a bad effort when you consider that he will turn 70 in a few months. He belied the years to take 4th with 45.687 km.

You can check out all the results and photos at <http://www.srichinmoyraces.org/au/events/24hour/>. The 4 walkers did us proud with their efforts.



Peter Bennett, Steve Jordan, John Harris and Patrick Sela in action in Brisbane

AUST ROADWALKING C'SHIPS, PARAMATTA PARK, SYDNEY, SUNDAY 30 AUGUST 2009

I haven't seen any reports about last weekend's Australian roadwalking championships but Bob Cassell has forwarded to me the provisional results so I can pass those on to our readers. Congratulations to the following individual VRWC medallists (wow, two medals to Rachel Tallent!). All have had great seasons and are to be congratulated on their fine leadership within the club

Men Under 20 10k Race Walk	3	Rhydian Cowley	45:23
Women Under 20 10k Race Walk	3	Rachel Tallent	51:18
Girls Under 14 3k Race Walk	1	Stephanie George	14:58
	2	Sarah Burren	15:07
Boys Under 14 3k Race Walk	2	Billy Allamby	15:02
Girls Under 16 5k Race Walk	1	Amy Burren	25:01
	2	Jmara Hockley Samon	25:22
Girls Under 18 5k Race Walk	1	Rachel Tallent	25:21

Congratulations also to the 3 VRWC teams who scored gold or silver in the associated Teams events

Girls Under 16 5k Race Walk	1	Amy Burren, Jmara Hockley Samon, Amelia Finnegan
Girls Under 14 3k Race Walk	1	Stephanie George, Sarah Burren, Lauren Stadius
Boys Under 14 3k Race Walk	2	Billy Allamby, Harry Coleman, Cody McNicol-Davidson

Event 1 & 2: Men Open & Masters 20k Race Walk - 7:30am

1.	Bown	Darren	35	SARWC	1:27:16
2.	Rayson	Ian	21	REGAL	1:31:45
3.	Rew	Quentin	25	NZ	1:33:22
4.	Mottrom	Kim	25	SARWC	1:42:36
5.	Crump *	Peter	47	SARWC	1:52:15
6.	Albanese *	Anthony	48	NSWRWC	1:59:08
7.	Osborne *	Robert	54	REGAL	2:06:03
	Reading	Brendon	20	ACTRWC	DNF
	Smyth *	David	40	RWCWA	DNF
	Whyte *	Robin	67	ACTRWC	DQ
	Megas *	George	73	QLDRWC	DQ

Event 3: Men Under 20 10k Race Walk - 7:30am

1.	Bird-Smith	Dane	17	QLDRWC	0:44:07
2.	Fitzsimons	Sean	17	WARWC	0:45:14
3.	Cowley	Rhydian	18	VRWC	0:45:23
4.	Mulhearn	Derek	19	NSWRWC	0:46:22
5.	Steele	Blake	16	SARWC	0:46:49
6.	Malone	Kyle	18	NSWRWC	0:48:00
7.	Mulhearn	Jordan	17	NSWRWC	0:49:26
8.	Reading	Michael	19	ACTRWC	0:49:40
9.	Payne	Daniel	19	VRWC	0:51:40
10.	Ninyett	Christopher	16	WARWC	0:52:06
11.	Hennighan	Dale	16	WARWC	0:52:44
12.	Pisani	James	19	NSW	0:53:24
13.	Maruta	Kai	17	NSWRWC	0:53:57
14.	Gooch	Matthew	17	WARWC	0:59:12
15.	Catley	Ben	17	WARWC	1:01:33
	Egelton	Cheyne	16	NSWRWC	DNF

Event 4: Boys Under 18 10k Race Walk - 7:30am

1.	Bird-Smith	Dane	17	QRWC	0:44:07
2.	Fitzsimons	Sean	17	WARWC	0:45:14
3.	Steele	Blake	16	SARWC	0:46:49
4.	Mulhearn	Jordan	17	NSWRWC	0:49:26
5.	Ninyett	Christopher	16	WARWC	0:52:06
6.	Hennighan	Dale	16	WARWC	0:52:44
7.	Maruta	Kai	17	NSWRWC	0:53:57
8.	Gooch	Matthew	17	WARWC	0:59:12
9.	Catley	Ben	17	WARWC	1:01:33
	Egelton	Cheyne	16	NSWRWC	DNF

Event 5: Women 20k Open Race Walk - 7:35am

1.	Tallent	Clare	28	AIS	1:35:58
2.	Fagan	Nicole	20	NSWRWC	1:50:40
	Jeon **	Yeong Eun	21	QRWC (Korea)	DQ

Event 6 & 7: Women 10k Open & Masters RWA Race Walk - 7:35am

1.	Tallent **	Clare	28	SARWC	0:47:03
2.	Kim	Woon Jung	19	QRWC (Korea)	0:50:23
3.	Weon	Seas Byeol	19	QRWC (Korea)	0:50:31
4.	Tallent	Rachel	16	VRWC	0:51:18
5.	Jones	Chloe	23	REGAL	0:52:17
6.	Tesch	Samantha	18	QRWC	0:52:56
7.	Xian	Claire	18	SARWC	0:53:53
8.	Watson	Kelly	29	SARWC	0:54:56
9.	Hayes	Melissa	18	NSW	0:56:27
10.	Ebejer	Vanessa	24	REGAL	0:56:31
11.	Stigwood	Stephanie	19	SARWC	0:58:02
12.	Clauson	Emily	18	WARWC	1:00:04
13.	Fagan **	Nicole	20	NSWRWC	1:00:57
14.	Cruickshank +	Michelle	39	NSW	1:03:07
15.	Porley +	Fiona	41	NSWRWC	1:03:31
16.	Shaw +	Maryanne	45	REGAL	1:05:13
17.	Brown +	Suzanne	44	REGAL	1:05:15
18.	Challinor +	Nicolle	37	NSWRWC	1:05:25
19.	Ebejer	Charlene	23	REGAL	1:06:36
20.	Nixon +	Wendy	41	NSWRWC	1:09:16
21.	Oldham	Natarsha	18	QRWC	1:09:45
22.	Agius +	Salvina	48	NSWRWC	1:10:09
23.	Cain +	Barbara	61	SARWC	1:10:23
24.	Sundstrom	Jodie	30	REGAL	1:14:43
25.	Brown +	Judy	59	NSWRWC	1:18:30
26.	Lingley +	Jenny	53	NSWRWC	1:21:08
	Wales +	Robyn	57	QRWC	DNS
	Jeon **	Yeong Eun	21	QRWC (Korea)	DQ
	McKinven +	Noela	67	QRWC	DQ
	Bourke	Lauren	19	NSWRWC	DQ
	Brunton	Caitlin	20	VRWC	DNS
	Alexander	Beth	17	VRWC	DNF

Event 8: Women Under 20 10k Race Walk - 7:35am

1.	Kim	Woon Jung	19	QRWC (Korea)	0:50:23
2.	Weon	Seas Byeol	19	QRWC (Korea)	0:50:31
3.	Tallent *	Rachel	16	VRWC	0:51:18
4.	Tesch	Samantha	18	QRWC	0:52:56
5.	Xian	Claire	18	SARWC	0:53:53
6.	Hayes	Melissa	18	NSW	0:56:27
7.	Stigwood	Stephanie	19	SARWC	0:58:02
8.	Clauson	Emily	18	WARWC	1:00:04
	Alexander	Beth	17	VRWC	DNS
	Bourke	Lauren	19	NSWRWC	DNS

Event 10: Girls 2k Under 12 Race Walk RWA - 8:40am

1.	MacDonald	Jasmyn	10	NSWRWC	0:10:17
2.	Smith	Jemma	10	TRWC	0:10:30
3.	Hunt	Tahlia	11	TRWC	0:11:04
4.	Elias	Jo-Beth	10	NSWRWC	0:12:11
5.	Porley	Candice	11	NSWRWC	0:12:15
6.	Smith	Jessie-Claire	11	QRWC	0:12:44
7.	Dhu	Abbey	9	REGAL	0:12:57
8.	Ferguson	Brooke	10	NSWRWC	0:13:00
9.	Philpott	Tyler	10	NSWRWC	0:13:38
10.	Doyle	Josie	10	NSWRWC	0:13:39
11.	Barker	Kirsty	10	QRWC	0:14:02
12.	Dhu	Rachel	10	REGAL	0:14:32

Event 9: Boys Under 12 2k Race Walk RWA - 8:40am

1.	Wright	Jack	11	TRWC	0:11:20
2.	Glover	Jordan	10	REGAL	0:11:20
3.	Murphy	Michael	10	REGAL	0:11:21
4.	O'Connell	Declan	10	NSWRWC	0:11:22
5.	Osborne	Karl	10	REGAL	0:12:13
6.	Harris	Elijah	9	NSWRWC	0:12:55

Event 12: Girls Under 14 3k Race Walk - 8:55am

1.	George	Stephanie	13	VRWC	0:14:58
2.	Burren	Sarah	13	VRWC	0:15:07
3.	Holt	Kate	13	WARWC	0:15:24
4.	Dighton	Jasmine	13	NSWRWC	0:15:26
5.	Evans	Raqeema	12	WARWC	0:15:42
6.	Benzenati	Kenza	12	QRWC	0:15:46
7.	Boldiston	Zoe	12	BENDIGO	0:15:55
8.	Stadus	Lauren	13	VRWC	0:16:11
9.	Barker	Rachel	12	QRWC	0:16:12
10.	Elias	Carla	13	NSWRWC	0:16:16
11.	Plummer	Caitlin	12	NSWRWC	0:16:31
12.	Shaw	Katrina	12	REGAL	0:16:46
13.	Sexton	Andrea	13	WARWC	0:16:50
14.	Maruta	Talisha	12	NSWRWC	0:16:54
15.	Martin	Katya	12	QRWC	0:17:22
16.	Robson	Emma	13	QRWC	0:17:25
17.	Sims	Jesse	12	QLD	0:17:35
18.	Torres	Chantelle	13	REGAL	0:17:46
19.	Barendregt	Amanda	13	NSWRWC	0:17:59
20.	Roser	Kate	13	NSWRWC	0:18:02
21.	Walker	Emma	13	TRWC	0:18:11
22.	Taylor	Rachelle	13	TRWC	0:18:13
23.	Bertrand	Carly	13	VRWC	0:19:07
24.	Brown	Jordana	12	REGAL	0:19:24
25.	Southern	Demi	12	NSWRWC	0:19:31
26.	White	Kelsey	13	ACTRWC	0:19:32
27.	Melville	Rebecca	13	NSWRWC	0:19:35
28.	Shanahan	Emily	12	REGAL	0:19:57
29.	O'Connell	Bridget	12	NSWRWC	0:20:07
	Billington	Tayla-Paige	12	NSWRWC	DNF
	Sexton	Jessica	13	WARWC	DQ
	Eberhardt	Sophie	13	TRWC	DQ
	Guy	Rebecca	13	VRWC	DNS
	Estrada	Natasha	13	REGAL	DNS

Event 11: Boys Under 14 3k Race Walk - 8:55am

1.	Tesch	Benjamin	13	QRWC	0:14:31
2.	Allamby	Bill	12	VRWC	0:15:02
3.	Anderson	Tristan	13	WARWC	0:15:20
4.	Murphy	Robert	13	REGAL	0:15:26
5.	Anestoudis	Johnathan	12	NSWRWC	0:16:05
6.	Rose	Louis	12	TRWC	0:16:37
7.	Doyle	Thomas	12	NSWRWC	0:17:21
8.	Oswald	Matthew	13	REGAL	0:17:32
9.	Acev	Mitchell	12	REGAL	0:17:33
10.	Coleman	Harry	11	VRWC	0:17:44
11.	Dhu	Ethan	14	REGAL	0:17:45
12.	McNicol-Davidson	Cody	11	VRWC	0:19:50
	McShanag	Connor	13	VRWC	DNS

Event 14: Girls Under 16 5k Race Walk - 9:20am

1.	Burren	Amy	15	VRWC	0:25:01
2.	Hockley Samon	Jmara	14	VRWC	0:25:22
3.	Watson	Hannah	15	WARWC	0:25:32
4.	Finnegan	Amelia	14	VRWC	0:25:57
5.	Southern	Shay	14	NSWRWC	0:26:47
6.	Pickles	Jessica	15	QRWC	0:27:02
7.	Klein	Kirsty	15	NSWRWC	0:27:52
8.	Mason	Ella	15	VRWC	0:28:00
9.	Denney	Hannah	14	REGAL	0:28:05
10.	Tallent	Ebony	15	VRWC	0:28:13
11.	Heard	Amanda	14	BENDIGO	0:28:28
12.	Albert	Ashley	14	VRWC	0:28:49
13.	Sims	Casey	15	QLD	0:29:43
14.	Bennett	Faith	15	QRWC	0:29:52
15.	Whiley	Ebony	14	BENDIGO	0:30:20
16.	Griffin	Meghann	14	ACTRWC	0:30:22

17.	Porley	Tabitha	14	NSWRWC	0:31:07
18.	Legeret	Amy	15	REGAL	0:31:56
	Andreou	Stephanie	14	REGAL	DNF

Event 13: Boys Under 16 5k Race Walk - 9:20am

1.	Aiton	Brad	15	QRWC	0:23:54
2.	Dib	Samuel	15	WARWC	0:24:20
3.	Osborne	Jesse	14	QLD	0:24:33
4.	Washburn	Steven	15	NSWRWC	0:24:34
5.	Buckler	Corey	15	QLD	0:25:42
6.	Felton	Jay	14	NSWRWC	0:26:07
7.	Bates	Harry	14	ACTRWC	0:26:14
8.	Dib	Jacob	14	WARWC	0:26:34
9.	Cunningham	Matthew	15	QRWC	0:26:43
10.	Antidormi	Ryan	14	VRWC	0:27:27
11.	Killen	Matthew	14	NSWRWC	0:29:24
12.	Gardner	Aaron	14	VRWC	0:29:53
13.	Shaw	Andrew	15	REGAL	0:31:46
14.	Dhu	Jack	14	REGAL	0:32:49
	Birch-Ward	Kurtis	14	REGAL	DNF
	Fazldad	Nathan	15	NSWRWC	DNF
	Anestoudis	Johnathan	12	NSWRWC	DNS
	McShanag	Connor	13	VRWC	DNS

Event 15: Girls Under 18 5k Race Walk - 9:55am

1.	Tallent	Rachel	16	VRWC	0:25:21
2.	Harrington	Lauren	16	SARWC	0:25:56
3.	Psarianos	Dimitra	16	NSWRWC	0:27:18
4.	Holliday	Samara	15	SARWC	0:28:01
5.	Hahn	Andrea	16	WARWC	0:28:22
6.	Noble	Vanessa	17	NSWRWC	0:29:15
7.	Payne	Emily	16	VRWC	0:29:44
8.	Flynn-Pittar	Ishka	17	QLD	0:31:18
	Stadus	Lauren	13	VRWC	DNF
	Elias	Joanne	16	NSWRWC	DNS
	Gilroy	Darcy	16	REGAL	DNS
	Brazel	Hilary	16	VRWC	DQ

Event 16: Open 5k Race Walk - 9:55am

1.	Kenza Benzenati	28:12
2.	Cassandra Staples	29:18
3.	Billy Allamby	29:38
4.	Katya Martin	31:12
5.	Karl Osborne	33:33
6.	Chantelle Torres	34:03
7.	Sandy Southern	40:19

Event 17: Under 10 Boys 1 km Race Walk - 10:10am

1.	Elijah Harris	05:19
2.	Benjamin Tisdale	05:19
3.	Yanis Benzenati	05:21
4.	James Burren	05:27
5.	Dylan Richardson	05:35
6.	James Plummer	05:41
7.	Travis Barendregt	06:11

Event 18: Under 10 Girls 1 km Race Walk - 10:10am

1.	Georgia Bertrand	05:11
2.	Abbey Dhu	05:19
3.	Hayley George	05:30
4.	Brooke Ferguson	05:32
5.	Taylor McCarthy-Smith	05:44
6.	Tyler Philpott	05:46
7.	Riley Sims	06:12
8.	Rachel Dhu	06:35
9.	Thalia Martin	07:18

VRWC CLUB RACES, SUNDAY 19 OCTOBER 2008, ALBERT PARK

Our summer season opening at Albert Park on Sunday was a pretty low key affair with only a small number of walkers in attendance but that mirrors the experience of previous years with walkers perhaps still in light training in the break between seasons. The weather was good for walking so those who did come down were able to enjoy solid workouts. Ralph Bennett and Kylie Irshad took the honours over the 15 km distance while Nicholas Mirarchi and Heather Carr were fastest over the 10 km. I must give a special mention to Cassie Raselli who did her first ever 10 km race and finished a creditable equal third after keeping Pam Tindal company for the entire distance. Thanks to Stuart Cooper for the photos as usual.



Cassie Raselli, Pam Tindal, Ralph Bennett, Mark Donahoo, Kylie Irshad and Nicholas Mirarchi

15 km Open

1. Bennett, Ralph	59:09	1:25:33
2. Donahoo, Mark	59:35	1:27:49
3. Skrucany, Rudolf	1:12:32	1:48:39

1. Irshad, Kylie	59:35	1:27:49
2. Feldman, Liz	1:01:50	1:32:28
3. Elms, Donna	1:11:53	1:45:35

10 km Open

1. Mirarchi, Nicolas	52:42	
2. Reid, Ross	54:40	
3. Elms, Jason	1:07:36	

1. Carr, Heather	57:09	
2. McIntyre, Gayle	58:03	
E3 Tindal, Pam	1:02:36	
E3 Raselli, Cassie	1:02:36	
5. Griffiths, Christine	1:59:37	

In our shorter distance races, Stuart Kollmorgen and Amelia Finnegan were the fastest - Stuart showed everyone a clean pair of heels in the 5 km to record 24:19 while Amelia Finnegan was the fastest 3 km walker with a very impressive 15:21. Well done to 12 year olds Lucas Taylor and Stephanie George who both completed the 5 km walk in good times of 30:28 and 29:41 respectively. Special mentions also to Gayle McIntyre who walked the 10 km, had a short break and then fronted again for the 5 km (now that's what I call enthusiasm) and to Anna Wallace who walked very well to record a good PB over the 3 km distance.

5 km Open

1. Kollmorgen, Stuart	24:19	
2. Taylor, Lucas	30:28	
3. Wicks, Barrie	33:59	
4. Wood, Robin	35:07	

1. Shaw, Kirstin	26:58	
2. George, Stephanie	29:41	
E3 Steed, Gwen	29:45	
E3 McIntyre, Gayle	29:45	
5. Holmes, Janet	32:17	
6. Johnson, Celia	34:18	

3 km Open

- | | | |
|----|---------------|-------|
| 1. | Cosic, Filip | 16:12 |
| 2. | Elms, Damien | 21:11 |
| | | |
| 1. | Payne, Emily | 17:57 |
| 2. | Wallace, Anna | 19:05 |

3 km Under 15

- | | | |
|----|------------------|-------|
| 1. | McShanag, Connor | 17:35 |
| | | |
| 1. | Finnegan, Amelia | 15:21 |



Amelia Finnegan, Stuart Kollmorgen, Lucas Taylor, Gayle McIntyre, Stephanie George and Anna Wallace

We had only a smattering of walkers in our Under 12 and Under 9 age groups because of the Little Athletics Coaching Seminar being run at Collingwood (I hear it went very well) – Jasmine Irshad was the fastest in the 2 km and Gabriella Crea (who missed the start so had her own special race of one!) was the fastest over 1 km.



Jasmine Irshad, Stacey McLaren, Lee Taylor, Ethan McShanag and Sam Candotti

2 Km Under 12

- | | | |
|----|-----------------|-------|
| 1. | Irshad, Jasmine | 11:49 |
| 2. | McLaren, Stacey | 13:44 |

1 km Under 9

- | | | |
|----|-----------------|-------|
| 1. | Candotti, Sam | 06:21 |
| 2. | McShanag, Ethan | 07:22 |
| | | |
| 1. | Crea, Gabriella | 06:12 |
| 2. | Taylor, Lee | 07:40 |

VICTORIAN ALL SCHOOLS U14-18 T&F CHAMPIONSHIPS, SATURDAY 8 NOVEMBER 2008

The first walks on the Saturday morning were the Under 15 and Under 16 3000m. Brad Simpson and Rachel Tallent took an early lead, followed by Amy Burren and Lewis Clark. This sorted out the four winners and it was then just a case of seeing how it all panned out. Brad was too strong and walked away to be the first finisher in 14:21. Lewis Clark came through strongly and was next to finish in 14:28. Rachel Tallent held on for 14:33, a little ahead of Amy Burren with 14:37. Matthew Felton, Hilary Brazel and Cassie Raselli were the next to finish, all well inside the 15:30 mark. Overall, a very good race and quite a high standard.

Girls 3000 Meter Race Walk Under 15

1.	Burren, Amy	94	Killester College	14:37.6
2.	Raselli, Cassandra	94	PLC	15:26.7
3.	Campbell, Caitlin	94	Copperfield College	16:00.6
4.	Tallent, Ebony	94	Ballarat HS	16:30.4
5.	Jones, Ebony	94	Cch	20:42.0

Girls 3000 Meter Race Walk Under 16

1.	Tallent, Rachel	93	Ballarat HS	14:33.3
2.	Brazel, Hilary	93	Emmaus College	15:24.7
3.	Payne, Emily	93	KAI	17:46.3

Boys 3000 Meter Race Walk Under 15

1.	Clark, Lewis	94	Grovedale College	14:28.1
2.	Felton, Matthew	94	Aquinas College	15:10.2
3.	Curtis, Peter	94	Bendigo Sth East SC	16:12.9

Boys 3000 Meter Race Walk Under 16

1.	Simpson, Bradley	93	YAR	14:21.0
2.	Kaiser, Joshua	93	Dromana SC	20:26.7
	Sloan, Dylan	93	Patterson River SC	DQ
	Walsh, Robert	93	Mt Waverley SC	DQ

The second walking event on Saturday was the Under 14 1500m and this saw big fields with walkers aged from 11 upwards. Amelia Finnegan was boxed in early but, when she broke clear, she was unstoppable. Passing the 400m mark in 1:40, she powered through to a final time of 7:10. The race for the minor medals in the girls event was very exciting with Stephanie George passing Ebony Whiley and getting what looked like a definitive break before Ebony fought back to win the final straight with 7:17 as against 7:19. The boys event was more clearcut with Ryan Andidormi, Aaron Gardner and Jeremiah Jones well ahead of the others. In what was a very fast and high quality event, most of the walkers recorded PBs, some by as much as 30 seconds. Thanks to Simon Baker for all Saturday photos.

Girls 1500 Meter Race Walk Under 14

1.	Finnegan, Amelia	95	MAT	7:10.91
2.	Whiley, Ebony	95	CCB	7:17.41
3.	George, Stephanie	96	Kilsyth PS	7:19.86
4.	Burren, Sarah	96	St Marks Primary	7:25.59
5.	Hockley Samon, Jmara	95	Clonard College	7:31.47
6.	Albert, Ashley	95	Killester College	7:37.37
7.	Heard, Amanda	95	GVG	7:40.28
8.	Guy, Rebecca	95	Berwick PS	7:52.05
9.	Wilson, Jessey	96	SJP	7:53.42
10.	Bertrand, Carly	96	Killara PS	7:57.83
11.	Irshad, Jasmine	97	Boronia West	7:58.41
12.	Campbell, Grace	95	WEE	7:59.73
13.	Gelov, Lauren	95	Rosehill SC	8:41.60
14.	Madge, Georgia	96	TIN	8:49.70
15.	Campbell, Rebecca	97	SYD	8:53.86
16.	Barbour, Bethanie	96	Bell PS	8:54.33

Boys 1500 Meter Race Walk Under 14

1.	Antidormi, Ryan	95	Emmaus College	7:24.71
2.	Gardner, Aaron	95	Maribyrnong College	7:33.60
3.	Jones, Jeremiah	97	St Thereses	7:43.48
4.	Taylor, Lucas	96	Mt Evelyn PS	7:55.92
5.	Heiden, Dane	97	SJP	7:58.03
6.	Maskell, Benjamin	96	Bouchier St PS	8:23.81
7.	McShanag, Connor	96	SCT	8:23.84
	Hanson, Mathew	95	Beaconhills SC	DNS
	Hogan, Andrew	96	Amsleigh Park PS	DNS

The Under 17 and Under 18 5000m walks were not held until 4PM on Sunday and by then conditions were every hot and oppressive. Times were obviously effected as walkers tried to cope with a track temperature that was quite high. Regan Lamble was in a class of her own as she led from start to finish with 25:08. As usual, Nicholas Mirarchi started slowly but worked his way though the field to finish next with 25:24. Beth Alexander, Rachel Tallent and Amy Burren had a great battle but it was Beth who was the strongest of the group, moving away towards the end to record 25:37. Rachel was next with 25:48, a good effort after her 3000m walk win the previous day. Amy Burren was below par on this occasion and was forced to retire at around the 3km mark but still had her gold from the Saturday so did not finish empty handed. Filip Cosic was the other winner, taking the Under 17 boys event with 27:25.

Girls 5000 Meter Race Walk Under 17

1.	Alexander, Beth	92	Brentwood SC	25:37.35
2.	Tallent, Rachel	93	Ballarat HS X	25:48.39
3.	Maskell, Katrina	92	Shepparton HS	33:45.72
	Burren, Amy	94	Killester College	DNF
	Gage, Mykaela	92	SAG	DNF
	Trew, Keely	92	Eaglehawk SC	DNF

Girls 5000 Meter Race Walk Under 18

1.	Lamble, Regan	91	Strathcona Bggs	25:08.43
2.	Shaw, Kirstin	91	Unattached	29:04.91
	Laurie, Natalie	91	Kingswood College	DNF

Boys 5000 Meter Race Walk Under 17

1.	Cosic, Filip	92	MHS	27:25.73
2.	Evans, Rhys	92	Lynhurst SC	31:54.74

Boys 5000 Meter Race Walk Under 18

1.	Mirarchi, Nicholas	91	St Joseph's College	25:24.99
2.	Platt, Joshua	91	Mt Clear SC	29:46.50
	Cowley, Rhydian	91	MHS	DNF

VRWC SUMMER CHAMPIONSHIPS, ALBERT PARK, SUNDAY 16 NOVEMBER 2008

The VRWC summer championships were contested on Sunday at Albert Park. Unfortunately, due to Little Athletics Region Relays and a PSG Team Victoria presentation day, our numbers were going to be effected but we were committed and had to go ahead anyway. As it turned out, we had 56 walkers in attendance so were pleased under the circumstances. We were also very excited to see two of our 2008 Olympians in action in Adam Rutter and Chris Erickson. Conditions were cool and windy but it didn't seem to worry the walkers and we saw a fair number of PBs recorded.

20 Km Open Men Club Championship - Gus Theobald Trophy

Adam Rutter and Chris Erickson headed out hard and then proceeded to lap even faster as the 20 km race progressed. Adam put the pedal down around the 10 km mark and reeled off an 11:59 3 km split before stopping at 13 km, satisfied with his first hitout since Beijing. That left Chris on his own and he showed no signs of slowing to win with 1:25:26. Andrew Jamieson was less than 1 minute outside his M60 World Record with his 1:36:36 while club coach Mark Donahoo came in next with 1:48:02.



20 km walkers in action – Mark Donahoo, Chris Erickson, Adam Rutter and Andrew Jamieson – and Chris with the Gus Theobald Trophy as 20 km Open Men club champion

1.	Erickson, Chris	42:49	1:25:26
2.	Jamieson, Andrew	48:20	1:36:36
3.	Donahoo, Mark	53:53	1:48:02
4.	O'Neill, Terry	58:17	1:56:51
5.	Skrucany, Rudolf	1:09:23	2:26:01
6.	Rutter, Adam	42:36	DNF

15 Km Open

1.	Szirom, Megan	49:03:00	DNF
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10 km Masters Women Club Championship - Heather Carr Trophy

Gayle McIntyre was the inaugural winner of the Heather Carr Trophy with a PB time of 55:13. Donna Elms also recorded a PB in second place and it was great to see Christine Griffiths take third.

1.	McIntyre, Gayle	55:13	
2.	Elms, Donna	1:06:26	
3.	Griffiths, Christine	1:47:27	

Nicholas Mirarchi was the standout walker in the Open 10 km with a PB time of 49:38. A special mention also to Nardene Hammond who jumped in the deep end and contested the 10 km event after only a short period of solid training. We also had a 5 km Open event which saw good walks by a couple of our newer walkers, Anna Wallace and Robyn Shaw. And a special mention to another new walker, Rachael Tully, who tested herself successfully over the 3 km distance.

10 Km Open

1.	Mirarchi, Nicholas	49:38	
2.	Bennett, Ralph	55:13	
3.	Dickenson, Russ	57:07	
4.	Dickinson, Murray	1:00:13	
5.	Gardiner, Bob	1:02:03	
6.	Hammond, Nardene	1:03:07	
7.	Wood, Robin	1:11:55	

Reid, Ross DQ

5 Km Open

1.	Steed, Gwen	30:01
2.	Holmes, Janet	30:17
3.	Doran, Anthony	32:49
4.	Wallace, Anna	33:07
5.	Wicks, Barrie	34:00
6.	Johnson, Celia	34:02
7.	Shaw, Robyn	34:47

3 Km Open

1.	Beaumont, Margaret	22:55
2.	Beaumont, Ian	23:17
3.	Tully, Rachel	23:49
4.	Mews, Pam	28:40

Our younger walkers contested U20, U15, U12 and U9 club championships with some quick times being recorded. Most could not stay for the presentations as they had to rush to the PSG Team Vic. function but we have your medals at Albert Park for you. Special mentions to 12 year old Lucas Taylor who was 2nd in the Under 20 5 km championship and to James Burren who had his first walk at Albert Park in the Under 9 championship.

5 Km Under 20 Club Championships

1.	Alexander, Beth	25:33
2.	Shaw, Kirstin	26:38
	Brazel, Hilary	DNF
	Attard, Tamara	DNF
1.	Elms, Jason	29:12
2.	Taylor, Lucas	29:43
	Cosic, Filip	DNF
	Elms, Damien	DQ

3 Km Under 15 Club Championships

1.	Finnegan, Amelia	15:06
2.	Burren, Amy	15:12
3.	Hockley-Samon, Jmara	17:59
1.	Simpson, Bradley	14:48
2.	Walsh, Robert	15:28
3.	Antidormi, Ryan	15:53

1.5 Km Under 12 Club Championships

1.	Burren, Sarah	07:36
2.	Albert, Ashley	07:52
3.	Bertrand, Carly	08:05
4.	Ventura, Amy	08:46
5.	Barbour, Beth	08:50
6.	McLaren, Stacey	09:14
7.	Crea, Gabriella	09:29
1.	Coleman, Harry	08:30

1.5 Km Under 9 Club Championships

1.	Taylor, Lee	12:12
1.	Swan, Kyle	09:03
2.	Burren, James	09:45

VRWC RACES, ALBERT PARK, SUNDAY 7 DECEMBER 2008

We were back at Albert Park again on Sunday for our latest series of club races. It was cool but rather windy – reasonable conditions for racing but not perfect. Most walkers stuck to the 10 km or 5 km distances but Heather Carr and Rudolf Skrucany were the adventurous ones, testing themselves over 15 km. Rudolf's walk was quite noteworthy as he recorded a 7 minute PB! Daniel Payne was the fastest walker on the day and led from the start, recording a fine 48:53 for the 10 km. Nardene Hammond was another to walk well, finishing with 58:08. Stuart Kollmorgen was the fastest of the 5 km walkers with a speedy 25:01. It was good to see Natalie Laurie back in action over the 3 km distance after some time out with injury. And a special mention to Beth Barbour who jumped up from her usual short race to contest the 5 km which she walked in 33:27.



Nardene Hammond, Daniel Payne, Stuart Kollmorgen, Beth Barbour and Natalie Laurie

15 Km Open

- | | | |
|----|-----------------|-------|
| 1. | Heather Carr | 89:59 |
| 2. | Rudolf Skrucany | 99:29 |

10 Km Open

- | | | |
|-----|---------------------|---------------|
| 1. | Daniel Payne | 48:53 |
| 2. | Ross Reid | 54:39 |
| 3. | Ralph Bennett | 55:00 |
| 4. | Nardene Hammond | 58:08 |
| 5. | Russ Dickenson | 59:26 |
| 6. | Pam Tindal | 59:27 |
| 7. | Bob Gardiner | 63:07 |
| 8. | Donna Elms | 65:53 |
| 9. | Stuart Cooper | 69:51 |
| 10. | Christine Griffiths | 8 km in 88:21 |

5 Km Open

- | | | |
|-----|-------------------|-------|
| 1. | Stuart Kollmorgen | 25:01 |
| 2. | Gayle McIntyre | 27:56 |
| 3. | Gwen Steed | 30:16 |
| 4. | Janet Holmes | 31:07 |
| E5 | Talie Collins | 32:27 |
| E5 | Beth Barbour | 33:27 |
| 7. | Celia Johnson | 33:43 |
| 8. | Robin Wood | 33:54 |
| 9. | Barrie Wicks | 34:33 |
| 10. | Jason Elms | DQ |

3 Km Open

- | | | |
|----|----------------|-------|
| 1. | Natalie Laurie | 16:52 |
| 2. | Anthony Doran | 19:03 |
| 3. | Damien Elms | 19:24 |

With the Little Athletics Region Relays on and with the PSG only just finishing up, most of our younger walkers were otherwise occupied but a small number availed themselves of the opportunity for a walk and walked well.



Amy Ventura, Kristina Collins, Cindy Collins, Sam Candotti and Lauren Stadius

3 Km Under 15

- | | | |
|----|----------------|-------|
| 1. | Lauren Stadius | 18:42 |
| 2. | Cindy Collins | 19:38 |
| 3. | Amy Ventura | 19:39 |

2 Km Under 12

- | | | |
|----|----------------|-------|
| 1. | Gabrielle Crea | 13:43 |
| 2. | Stacey McLaren | 14:04 |

1 Km Under 9

- | | | |
|----|------------------|------|
| 1. | Sam Candotti | 6:47 |
| 2. | Kristina Collins | 7:10 |

VRWC RACES, CLIFTON HILL, SUNDAY 18 JANUARY 2009

Our VRWC track races last weekend were a low key affair with many of our walkers still away on holidays and with many of our younger walkers away on a Little Athletics camp. But those who did come along produced some good results.

Open 5000m walk, 9AM

Pam Tindal and Ralph Bennett had a good battle out front in our first race of the day with Pam recording 26:24 as against Ralph's 26:30. But the big mover of the day was Rudolf Skrucany who went though the 3000m in a PB time of 17:59 and then kept on going for a big 5000m PB time of 30:56. At the other end of the age scale, youngsters Andrew Hogan and Jasmine Irshad walked their first ever 5000m together to cross the finish line in 36:45.

1.	Bennett, Ralph	26:30
2.	McDonough, Aaron	28:23
3.	Skrucany, Rudolf	30:56 (PB)
4.	Gardiner, Bob	31:58
5.	Hogan, Andrew	36:45

1.	Tindal Pam	26:24
2.	McIntyre, Gayle	28:27
3.	Holmes Janet	29:45
4.	Steed, Gwen	30:02
5.	Irshad, Jasmine	36:45

Masters 3000m walk, 9:45AM

Ralph and Rudolf were back in action a few minutes later in the 3000m walk and both recorded very good second race results. Heather Carr was also in the mix with a fast 15:54.

1.	Bennett, Ralph	15:49
2.	Skrucany, Rudolf	19:10
3.	Summers, Harry	22:00

1.	Carr, Heather	15:54
2.	Feldman, Liz	16:54
3.	Elms Donna	20:03
4.	Johnson, Celia	20:22
5.	Stanway, Marlaine	22:51

Finally a small selection of our younger walkers contested Under 20 3000m and Under 14 1500m events. Beth Alexander was particularly impressive with her 14:59 for the 3000m.

Under 20 3000m 10AM

1.	McShanag, Connor	19:31
	Elms, Jason	DQ
	Elms, Damien	DQ
1.	Alexander, Beth	14:59.5
2.	Barbour, Beth	20:04

Under 14 1500m 10:40AM

1.	Stadus, Lauren	08:29
2.	McLaren, Stacey	10:10
3.	George, Hayley	11:32

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, GEELONG, 24-26 JANUARY 2009

The Victorian Country Track & Field Championships were held in Geelong over the Australia Day long weekend, with the walks being scheduled on Saturday. Country titles are for those who reside outside the metropolitan area and are a great event for grass roots athletes. Having said that, if we managed to get our best fields from the "bush" (something we'd rarely get), we'd have Nathan Deakes, Jared Tallent, Duane Cousins and Jess Rothwell all eligible to compete. So it continues to be a productive area for developing walkers.

There must have been a record number of walkers in action with 53 starters spread across the three events (5000m, 1500m and 3000m). Conditions were very windy for the 5000m walks in the morning but conditions were better for the afternoon walks. Highlights were

- 19 year old **Daniel Payne** taking first place in the Men's Open 500m walk in a PB time of 22.25 from former New Zealand Olympian and 1994 Commonwealth Games Bronze medallist Scott Nelson, now approaching 40. Scott does just enough to stay in shape these days but showed he still "has it" with a 23.41.
- 36 year old **Kelly Ruddick** getting right back into it again after having her 4th child a year ago, taking the women's 5000m walk in 24.03, just 5 seconds short of her personal best.
- 15 year old **Rachel Tallent**, sister of dual Beijing Olympic medallist Jared, taking 2nd place behind Kelly in the 5000m in the morning in a PB time of 24:59 and then following up in the afternoon by winning the Under 18 3000m in a PB 14.29. To top off her day, she sandwiched a PB 1500m run in between the two walks.
- 13 year old **Cassie Raselli** taking out the under 16 3000m in 15.34.
- **Heather Carr** winning the W50+ 3000m walk in 15:46.

Men 5000 Meter Race Walk Open

1.	Daniel Payne	90	CORIO	22:25.44
2.	Scott Nelson	69	GEELONG GUILD	23:41.81
3.	Stuart Kollmorgen	69	COL	24:24.63
4.	Nicholas Mirarchi	91	CORIO	25:35.83
5.	Andrew Blood	74	BALLARAT YCW	26:32.40
6.	Paul Nunn	65	WENDOUREE	28:17.71
7.	Terry Oneill	56	GPA	29:12.18

Men 5000 Meter Race Walk 40 and Over

1.	Paul Nunn	65	WENDOUREE	28:17.71
2.	Daryl Biggin	63	BALLARAT YCW	29:06.31

Men 5000 Meter Race Walk Under 20

1.	Daniel Payne	90	CORIO	22:25.44
2.	Nicholas Mirarchi	91	CORIO	25:35.83

Women 5000 Meter Race Walk Open

1.	Kelly Ruddick	73	BALLARAT HARRIERS	24:03.19
2.	Rachel Tallent	93	BALLARAT YCW	24:59.01
3.	Kylie Irshad	71	SCA	26:14.92
4.	Annette Major	62	EAGLEHAWK	29:51.47
5.	Emily Payne	93	CORIO	30:05.18
6.	Jessie Palfreyman	90	EAGLEHAWK	31:17.53
7.	Emma Smith	89	BELLARINE	31:32.07

Women 5000 Meter Race Walk 40 and Over

1.	Annette Major	62	EAGLEHAWK	29:51.47
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Women 5000 Meter Race Walk Under 20

1.	Jessie Palfreyman	90	EAGLEHAWK	31:32.07
2.	Mykaela Gage	92	CORIO	34:04.79

Men 1500 Meter Race Walk Under 14

1.	Jeremiah Jones	97	EAGLEHAWK	7:58.84
2.	Lucas Taylor	96	SCA	8:15.94
3.	Ben Maskell	96	EAGLEHAWK	8:20.37
4.	Ben Green	98	SCA	10:15.36

Women 1500 Meter Race Walk Under 14

1.	Stephanie George	96	SCA	7:42.85
2.	Jessey Wilson	96	EAGLEHAWK	8:00.41
3.	Jasmine Irshad	97	SCA	8:07.48
4.	Rachel Guy	99	SCA	10:02.23

5.	Ruby Campbell	97	EAGLEHAWK	10:19.45
Men 3000 Meter Race Walk Under 16				
1.	Lewis Clark	94	ATHLETICS CHILWELL	16:33.45
2.	Joshua Savage	95	EAGLEHAWK	21:01.22
	Peter Curtis	94	SOUTH BENDIGO	DNF
Men 3000 Meter Race Walk 50 and Over				
1.	Robert Jones	55	BALLARAT YCW	15:50.64
2.	Tim Erickson	50	COBURG HARRIERS	16:25.12
3.	Terry O'Neill	56	GPA	16:51.70
4.	Harold Boddy	55	CORIO	18:38.98
5.	Geoffrey Major	36	EAGLEHAWK	20:03.91
6.	Clive Vogel	49	BORDER T&F	22:07.21
Women 3000 Meter Race Walk Under 16				
1.	Cassandra Raselli	94	SCA	15:36.14
2.	Jmara Hockley Samon	95	ATHLETICS CHILWELL	16:17.91
3.	Amanda Heard	95	EAGLEHAWK	16:52.53
4.	Ebony Tallent	94	BALLARAT YCW	16:59.88
5.	Darcie Verstraten	95	ATHLETICS CHILWELL	18:46.65
6.	Grace Campbell	95	EAGLEHAWK	18:57.23
7.	Ebony - Jade Jones	94	EAGLEHAWK	20:57.94
8.	Jade Lockwood	95	CORIO	26:17.69
	Ebony Whiley	95	EAGLEHAWK	DQ
Women 3000 Meter Race Walk Under 18				
1.	Rachel Tallent	93	BALLARAT YCW	14:30.87
2.	Emily Payne	93	CORIO	17:40.08
3.	Katrina Maskell	92	SOUTH BENDIGO	19:13.21
Women 3000 Meter Race Walk 50 and Over				
1.	Heather Carr	49	EAGLEHAWK	15:46.48C
2.	Annette Curtis	56	SOUTH BENDIGO	22:20.10

VRWC CLUB RACES, ALBERT PARK, SUNDAY 15 FEBRUARY 2009

Victorian walkers produced some performances on Sunday morning in our monthly Albert Park races. **Rudolf Skrucany** and **Terry O'Neill** decided to test themselves out over the 20km distance with Terry pleased to break the 2 Hour barrier and Rudolf doing a 7 minute PB for 2:18. But the highlights were in the 10 km walk where international reps Tom Barnes, Rhydian Cowley, Jess Rothwell, Regan Lamble and Megan Szirom all toed the start line. **Tom Barnes** surged to the front from the gun and was rewarded with a 10 sec PB time of 42:41. 19 year old **Jess Rothwell** was not far behind and walked with great consistency for a wonderful PB time of 44:01, the fourth fastest ever done by an Australian woman. 2008 World Cup rep **Rhydian Cowley**, still a teenager, was next in with 45:57, showing that he is getting back into good shape after a demanding final year of secondary school. 14 year old **Ryan Andidormi** was next in with 56:29 in his first ever 10 km race – what a fantastic performance.

20 km Open Walk

1.	O'Neill, Terry	59:08	01:59:39
2.	Skrucany, Rudolf	67:06	02:18:46

10 km Open Walk

1.	Barnes, Tom	08:15	16:41	25:18	33:59	42:41 (PB)
2.	Rothwell, Jess	08:37	17:21	26:10	35:10	44:01 (PB)
3.	Cowley, Rhydian	08:52	18:10	27:32	36:55	45:57
4.	Antidormi, Ryan	10:55	26:06	33:30	44:54	56:29 (PB)
5.	Armstrong, David	11:35	23:07	34:36	46:07	57:38
6.	McIntyre, Gayle	11:31	23:07	34:43	46:15	57:41
7.	Dickinson, Murray	11:56	23:54	36:10	48:37	01:10
8.	Holmes, Janet	12:20	25:10	38:06	51:05	64:04
9.	Feldman, Liz	DNF				
	Lamble, Regan	DNF				
	Szirom, Megan	DNF				
	Dickenson, Russ	DNF				

In the 5km walk, Stuart Kollmorgen, Beth Alexander and Brad Simpson backed up after their Shield Final walks the previous day and took the first 3 places in the VRWC race. While Stuart was quickest overall with 23:53, it was **Beth Alexander** who took our attention with her PB time of 24:28, only 3 secs outside the World Youth standard. Well done to Beth on a great walk. And welcome to Mishelle Hendrickson who had her first ever racewalk to record a good 34:50.

5 km Walk Open

1.	Kollmorgen, Stuart	23:53
2.	Alexander, Beth	24:28 (PB)
3.	Simpson, Bradley	25:34
4.	Dickenson, Russ	28:00
5.	Gardiner, Bob	29:50
6.	Steed, Gwen	30:05
7.	Wallace, Anna	30:37
8.	Shaw, Kirstin	30:47
9.	Elms, Jason	31:33
10.	Elms, Donna	33:03
11.	Hendrickson, Mishelle	34:50
12.	Wicks, Barrie	35:47

3 km Walk Open

1.	Elms, Damien	19:30
2.	Stanway, Marlaine	22:09
3.	Onley, Gordon	26:03

2 km Walk Under 12

1.	McLaren, Stacey	13:28
2.	Crea, Gabriella	13:31

VICTORIAN OPEN AND U20 T&F CHAMPIONSHIPS, MELBOURNE, 20-22 FEBRUARY 2009

The Victorian Open and U20 Track and Field Championships were held last weekend at Olympic Park in Melbourne and 5000m walks were on offer.

The women raced first, at 6:30PM on the Friday evening. Conditions were just about perfect and the fast times flowed. Jess Rothwell, still only 19, took first place with a 9 sec PB of 21:03 and a new Victorian Open record. It was a dominant display by Jess, coming only a week after her 44:01 for 10km at Albert Park. Megan Szirom bounced back from a number of niggling injuries with a fine 22:36 for second place. Under 20 winner Regan Lambie, only 17, obliterated her personal best time by over a minute to come in next with 23.14. At the other end of the age spectrum, 36 year old Kelly Ruddick, back in top shape now after having her 4th child, took 30 seconds off her best time with 23.27. Kelly proved a perfect pacer for 16 year olds Rachel Tallent (in fact it was Rachel's birthday) and Beth Alexander. They stuck to her like glue throughout most of the race and were rewarded with huge PBs (Rachel with 23:42 and Beth with 23:44). Even better, their times shattered the World Youth Qualifying standard of 24:25 and put them in firm contention for their first Australian vests later this year. What an amazing race!

Women 5000 metres Race Walk Open

1.	Rothwell, Jessica	89	EAGLEHAWK YM	21:03.33 (Victorian Record, PB)
2.	Szirom, Megan	77	FRANKSTON AT	22:36.34
3.	Ruddick, Kelly	73	BALLARAT HAR	23:27.47 (PB)
4.	Tallent, Rachel	93	BALLARAT YCW	23:42.03 (PB)
5.	Wallace, Anna	82	ATHLETICS ES	29:57.84 (PB)

Women 5000 metres Race Walk Under 20

1.	Lambie, Regan	91	ATHLETICS NU	23:15.73 (PB)
2.	Alexander, Beth	92	KNOX ATHLETI	23:44.54 (PB)
3.	Brazel, Hilary	93	ATHLETICS NU	27:03.88
4.	Shaw, Kirstin	91	WESTERN ATHL	27:45.43
5.	Payne, Emily	93	CORIO ATHLET	29:12.97
	Burren, Amy	94	MALVERN HARR	DNF



Jess Rothwell, Beth Alexander, Rachel Tallent, Kelly Ruddick, Megan Szirom and Regan Lambie

The men had to wait until 5:50PM on the Saturday evening before getting their chance to show their stuff and we were not disappointed. 2008 Olympians Jared Tallent and Chris Erickson shot to the lead with a 1:28 first lap. Chris pulled back the pace, realising this was just too fast for him, but Jared surged on, covering the first 2km in 7:31. He was never headed, finishing in a season best time of 19:09. Unfortunately he had accumulated enough red cards during the course of the event to be subsequently disqualified and that left Chris to take the title with a 7 sec PB of 19:25. This makes 5 golds and 1 silver from Chris in this particular event in the last 6 years. Not a bad effort! Tom Barnes took second place in a very good time of 20:57 ahead of Stuart Kollmorgen who was very pleased to finally win a Victorian track medal after some 8 years of trying – his time a season best of 23:51. The U20 race was won by Rhydian Cowley (22:03) who is getting back into good shape now after his final school year. Daniel Payne was not far behind with a PB time of 20:20 while 15 year old Brad Simpson took third with a PB of 25:54.

Men 5000 metres Race Walk Open

1.	Erickson, Chris	81	ATHLETICS ES	19:25.98 (PB)
2.	Barnes, Tom	82	MELBOURNE UN	20:57.68
3.	Kollmorgen, Stuart	69	COLLINGWOOD	23:51.05
4.	Reid, Ross	54	COLLINGWOOD	25:30.71
5.	McDonough, Aaron	72	PRESTON ATHL	27:07.28
6.	Blood, Andrew	74	BALLARAT YCW	27:53.57
	Tallent, Jared	84	BALLARAT YCW	DQ

Men 5000 metres Race Walk Under 20

1.	Cowley, Rhydian	91	GLENHUNTLY A	22:03.01
2.	Payne, Daniel	90	CORIO ATHLET	22:20.79 (PB)
3.	Simpson, Bradley	93	KNOX ATHLETI	25:54.86 (PB)
4.	Elms, Jason	90	PRESTON ATHL	29:12.84



Jared Tallent, Chris Erickson, Tom Barnes, Stuart Kollmorgen and Rhydian Cowley



Daniel Payne, Bradley Simpson and a final couple of shots of perfect double phase contact being demonstrated by Rachel Tallent and Kelly Ruddick

VICTORIAN YOUTH T&F CHAMPIONSHIPS, MELBOURNE, 27 FEBRUARY – 1 MARCH 2009

Firstly a final couple of words on the Victorian Open and U20 Track and Field Championships which were held last weekend at Olympic Park in Melbourne. **Rachel Tallent**, in recording 23:42.03 for the 5000m, actually set a new Victorian Under 17 State and Country record. The previous record of 24:31.32 was held by Regan Lamble. And a mention that **Rhydian Cowley**, the morning after winning the U20 5000m walk in 22:03.01, won a silver medal in the U20 5000m run with a PB time of 15:38.51.

And now onto the Victorian Youth Track and Field Championships which were held this weekend at Olympic Park. The first event to kick off was the U18 5000m on Saturday morning in cool conditions. Rachel Tallent and Beth Alexander went straight to the front and walked well to record their second World Youth qualifiers, Rachel winning in 24:01 and Beth second in 24:21. Brad Simpson won the U18 boy's event with a very good PB time of 25:18.

Boys 5000 metres Race Walk Under 18 , Saturday 28 February, 9:30AM

1.	Simpson, Bradley	93	KNOX ATHLETIC CLUB	25:18.03 (PB)
2.	O'Mahony, Michael	93	KNOX ATHLETIC CLUB	28:56.60 (PB)

Girls 5000 metres Race Walk Under 18 , Saturday 28 February, 9:30AM

1.	Tallent, Rachel	93	BYC	24:01.29
2.	Alexander, Beth	92	KNOX ATHLETIC CLUB	24:21.37
3.	Brazel, Hilary	93	ANW	27:24.80
4.	Payne, Emily	93	CORIO ATHLETIC CLUB	28:49.65 (PB)



World Youth qualifiers Rachel Tallent and Beth Alexander

The Under 14 and Under 16 championships were held in cool and overcast conditions on the Sunday morning. These championships also featured appearances by the Little Athletics Junior Development Squad members and hence the fields were even bigger than normal. Stephanie George was an all the way winner in the Girls U14 event with the overall fastest time of 7:15.21 ahead of Sarah Burren and Jemima Montag. Jeremiah Jones, with still another year of U14 to go, won the Boys event with 7:40.38 ahead of Andrew Hogan and Lucas Taylor. There were a lot of PBs amongst the field as walkers made the most of the conditions. The Little Athletics walkers will be back in 3 weeks time for their own State Championships. Thanks to Stuart Cooper for the following photos.

Boys 1500 metres Race Walk Under 14, Sunday 1 March, 10:15AM

1.	Jones, Jeremiah	97	EAG	7:40.38
2.	Hogan, Andrew	96	MAL	7:45.54
3.	Taylor, Lucas	96	SCA	7:47.73
4.	Maskell, Ben	96	LA BENDIGO	8:14.01
5.	Dyer, Mitchell	96	BOH	8:15.00
6.	Vella, Lewis	97	LA CASEY	8:58.80
7.	Green, Benjamin	98	SCA	9:22.67
	Coleman, Harry	98	RICHMOND HARRIERS	DQ

Girls 1500 metres Race Walk Under 14 , Sunday 1 March, 10:15AM

1.	George, Stephanie	96	SCA	7:15.21
2.	Burren, Sarah	96	MAL	7:21.31
3.	Montag, Jemima	98	LA CAULFIELD	7:31.21
4.	Guy, Rebecca	96	SCA	7:32.68
5.	Hockley Samon, Jmara	95	LA GEELONG	7:32.70
6.	Heard, Amanda	95	LA BENDIGO	7:33.55
7.	Stadus, Lauren	96	KNOX ATHLETIC CLUB	7:45.65
8.	Dunn, Samantha	95	LA KNOX	7:51.27

9.	Irshad, Jasmine	97	SCA	7:56.11
10.	Boldiston, Zoe	97	LA SHEPPARTON	8:08.89
11.	Plumb, Sadie	96	SCA	8:10.72
12.	Wilson, Jessey	96	EAG	8:21.07
13.	Guy, Rachel	99	SCA	8:31.52
14.	Sanders, Jade	96	LA CASEY	8:33.09

The Under 16 walks were also high quality affairs with Lewis Clark a long way in front for his winning time of 14:56.45. Matthew Felton and Ryan Antidormi filled the minor places, both well under the 16 minute mark. Amy Burren easily won the girls event with 15:47 while a great battle for the minor medals was played out behind her between Ashley Albert, Ebony Tallent and Bianca Attard . Eventually Ashley and Ebony won out. Again, PBs were the order of the day.

Boys 3000 metres Race Walk Under 16 , Sunday 1 March, 10:25AM

1.	Clark, Lewis	94	LA GEELONG	14:56.45
2.	Felton, Matthew	94	KNOX ATHLETIC CLUB	15:37.82
3.	Antidormi, Ryan	95	ANW	15:52.10
4.	Fiddes, Aaron	95	SSH	18:26.48
5.	Vella, Anthony	94	LA CASEY	18:31.07
	Gardner, Aaron	95	PTN	DQ

Girls 3000 metres Race Walk Under 16 , Sunday 1 March, 10:25AM

1.	Burren, Amy	94	MAL	15:47.37
2.	Albert, Ashley	95	MAL	15:58.02
3.	Tallent, Ebony	94	BYC	16:07.42
4.	Attard, Bianca	95	KNOX ATHLETIC CLUB	16:16.93
5.	Callaway, Jessica	95	LA KNOX	16:33.35
6.	Hallett, Nicole	94	LA CASEY	16:38.98
7.	Gerlich, Annemaree	94	LA DIAMOND VALLEY	17:57.13
8.	Jones, Ebony - Jade	94	EAG	20:12.27

AUSTRALIAN MASTERS WALK RELAYS, EAST BURWOOD, THURSDAY 26 FEBRUARY 2009
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The Victorian Masters conducted their 4x800m walk relays last Thursday evening at the Burwood track. Seven teams walked in total with Paul Kennedy and Simon Baker the fastest men and Pam Tindal and Heather Carr the fastest women. Like last year, the fastest time was done by the M50 team of Simon Baker, Tim Erickson, Clyde Riddoch and Paul Kennedy and their team time was almost identical to last year – at least deterioration is being held at bay for the moment! Results as follows

TEAM	NAMES AND TIMES				TEAM TIME
W30	Nardene Hammond 3:57	Pam Tindal 3:43	Gayle McIntyre 3:54	Heather Carr 3:57	15:30:39
W40	Donna Elms 4:35	Gayle McIntyre 3:54	Pam Tindal 3:54	Kerrin Braithwaite 4:38	17:01:54
W50	Alison Thompson 4:05	Janet Holmes 4:07	Heather Carr 3:45	Marlene Gourlay 4:23	16:20:44
W60	Liz Feldman 4:12	Gwen Steed 4:25	Jan Morrey 5:05	Sylvia Machin 5:06	18.47.67
W70	Maureen Seedsman 5:31	Nancy Wallace 7:03	Shirley Coppock 6:10	Margaret Beaumont 5:51	24:53:90
M50	Simon Baker 3:32	Tim Erickson 3:59	Clyde Riddoch 3:42	Paul Kennedy 3:13	14.25.85
M60	Alan Lucas 4:13	Terry Dunn 4:50	Russ Dickenson 3:58	Ralph Bennett 3:39	16.40.04

Alan Lucas has advised me that W30 team cannot be credited with a finish because the rules do state that competitors can only compete in one team per event. I will leave the ladies to chat with Alan themselves to clarify.

And a special thank you to Alison Thompson's husband Colin for handling the check in and getting everyone's individual times, not an easy task. Other States will also be conducting their relays around now and the results of the Australian wide competition will be announced at the Australian Masters Championships at Easter.

VMA AND VRWC RACES, DOLAMORE OVAL, MENTONE, SUNDAY 22 MARCH 2009

Our last VRWC races for the summer were contested on Sunday at the Mentone Athletics Track. The Victorian Masters 5000m track walk championships were also contested with good numbers of masters walkers on hand. In the men's event, Paul Van Kopplen broke away from Stuart Kollmorgen and Andrew Jamieson to be first over the finish line with an excellent 22:49. Andrew belied his M60 status with second fastest time of 23:17 ahead of Stuart with 23:21. Ralph Bennett also walked excellently to win the M65 with 26:15. In the women's event, Kylie Irshad and Pam Tindal walked together early before Kylie broke away to record the fastest time of 25:53 and Pam was not far behind with 26:16. Alison Thompson with 28:38 and Gwen Steed with 30:21 were also in excellent form. Conditions were good and the standard was high overall. Thanks to Stuart Cooper for the many fine photos.

VMA 5000M CHAMPIONSHIP FOR MEN

M35	1	Kollmorgen, Stuart	23:21
	2	McDonough, Aaron	26:54
M40	1	Van Kopplen, Paul	22:49
M50	1	Skrucany, Rudolf	31:22
M55	1	Riddoch, Clyde	28:52
M60	1	Jamieson, Andrew	23:17
	2	Dickenson, Russ	27:36
	3	Lucas, Alan	29:27
	DQ	Barrow, Geoff	DQ
M65	1	Bennett, Ralph	26:15
	2	Wicks, Barrie	35:42
M70	1	Dickinson, Murray	28:25
	DQ	Beaumont, Ian	DQ

VMA 5000M CHAMPIONSHIP FOR WOMEN

W35	1	Irshad, Kylie	25:53
W40	1	McIntyre, Gayle	28:30
W45	1	Tindal, Pam	26:16
	2	Elms, Donna	32:22
W55	1	Thompson, Alison	28:38
	2	Gourlay, Marlene	29:12
	3	Holmes, Janet	30:51
W60	1	Feldman, Liz	31:03
W65	1	Steed, Gwen	30:21
	2	Machin, Sylvia	32:58
	3	Morrey, Jan	34:39
W70	1	Stanway, Marlaine	37:42
	2	Beaumont, Margaret	37:49

We also put on some VRWC races but with the Little Athletics State Championships on at Olympic Park, only a few made the trip south for our track walks. Special mention to Gabriella Crea who walked a big PB time of 9:21 in the 1500m.

VRWC 5000m

1. Elms, Jason 29:50

VRWC 3000m

1. Onley, Gordon 25:45

VRWC 1500m

1. Crea, Gabriella 9:21
2. McLaren, Stacey 9:30

VICTORIAN LITTLE ATHLETICS CHAMPIONSHIPS, MELBOURNE, 20-22 MARCH 2009

The annual Victorian Little Athletics Track and Field championships were held last weekend at Olympic Park in inner Melbourne and the depth and quality in all events was its usual high standard. I attended on Saturday and was able to watch some great walking contests between our young walkers. Highlights included

- The dominance of the Burrens - James won the U9 Boys, Amy won the U15 Girls and Sarah (with arm in plaster) won the U12 Girls (I think this might be her fourth win in a row). I wonder if we have ever had 3 winners from the one family before?
- Billy Allamby returning from major knee issues last year to win the U11 Boys 11500m walk in an excellent time.
- Georgia Bertrand's win over Georgia Lee in the U9 Girls 1100m with both girls around the 6 minute mark for the 1100m.
- The great battle in the U10 Girls 1100m with Paige DeLisen winning narrowly from Taylor Vasiljevic and Rachael Guy and all girls being well under 6 minutes.
- Andrew Hogan's very impressive win in the U12 Boys 1500m.
- Jmara Hockley Samon's breakthrough win in the U13 Girls 1500m.

Boys 9 Under 1100 Metre Race Walk

1.	James Burren	Waverley 34	6:23.07
2.	Corey Fiddes	Box Hill 21	6:28.02
3.	Murray Fahey	Waverley 34	6:28.29
4.	Matthew Gibbons	Lilydale / Yarra	6:50.04
5.	Samuel Candotti	Keilor 46	7:05.02
6.	Jas Corless	Knox 23	7:11.78
7.	Michael Miles	Knox 23	8:00.90
8.	Ethan McShanag	Keilor 46	8:04.29
	Matthew Sporle	Bendigo 2	DQ
	Simon Duval	Croydon 49	DQ

Boys 10 Under 1100 Metre Race Walk

1.	Kyle Swan	Knox 23	6:17.41
2.	Kyle Rollo	Corio 7	6:41.34
3.	Patrick Martin	Coburg 5	6:43.98
4.	Matthew Sullivan	Cranbourne 59	6:57.91
5.	Jason King	Collingwood 10	7:01.92
6.	Tyler Bell	Shepparton 55	7:03.76
7.	Sam Nightingale	Coburg 5	7:18.38
8.	Daniel Bollaart	Knox 23	7:23.14
9.	William Stark	Casey 154	7:40.65
10.	James Dillon	Corio 7	7:49.07
	Joel Cendamo	Waverley 34	DQ
	Michael Gibbons	Lilydale / Yarra	DQ

Boys 11 Under 1500 Metre Race Walk

1.	Billy Allamby	Knox 23	7:43.00
2.	Cooper Owen	Diamond Valley 8	8:02.73
3.	Thomas Houlden	Bendigo 2	8:11.72
4.	Jack Butcher	Ringwood 52	8:20.80
5.	Emmet Brasier	Diamond Valley 8	8:34.60
6.	Lewis Vella	Casey 154	8:53.30
7.	Ben Green	Leongatha 74	9:01.45
8.	Timothy Petersen	Keilor 46	9:18.34
9.	Cody McNicol-Davidson	Seaford 99	9:21.03
10.	Aden Quirk	Cockatoo 123	10:20.19
	Bryce Brockenshire	Corio 7	DQ
	Sean Miles	Knox 23	DQ
	Billy Downs	Corio 7	DQ
	Reese Walmsley	Knox 23	DQ

Boys 12 Under 1500 Metre Race Walk

1.	Andy Hogan	Knox 23	7:31.42
2.	Jeremiah Jones	Bendigo 2	7:55.43
3.	Lachlan Kewley	Ringwood 52	8:02.70
4.	Dane Heiden	Bendigo 2	8:13.90
5.	Jordan Galbraith	Croydon 49	9:02.74
6.	Stephen Lees	Waverley 34	9:49.92
	Adam Garganis	Collingwood 10	DQ

Boys 13 Under 1500 Metre Race Walk

1.	Jared Walker	Corio 7	7:40.47
2.	Lucas Taylor	Lilydale / Yarra	7:45.19
3.	Aaron Fiddes	Box Hill 21	8:00.33
4.	Mitchell Dyer	Box Hill 21	8:19.28
5.	Benjamin Maskell	Bendigo 2	8:50.46
6.	Dale Crawley	Casey 154	8:54.20
	Connor McShanag	Keilor 46	DQ
	Lachlan Dillon	Corio 7	DQ

Boys 14 Under 1500 Metre Race Walk

1.	Ryan Antidormi	Nunawading 33	7:33.59
2.	Aaron Gardner	Whittlesea City	7:37.59
3.	Ash Millane	Sunbury 83	7:40.89
4.	Aaron Tam	Waverley 34	7:54.26
5.	Jesse Shay	Bendigo 2	9:02.81
6.	Joshua Savage	Bendigo 2	9:08.63
	Josh Dillon	Corio 7	DQ
	Matthew Felton	Knox 23	DQ

Boys 15 Under 1500 Metre Race Walk

1.	Lewis Clark	Geelong 1	7:08.10
2.	Peter Curtis	Bendigo 2	7:27.52
3.	Chris Brunton	Knox 23	7:58.60
4.	Anthony Vella	Casey 154	7:59.64
5.	Jacob Wright	Nunawading 33	8:12.87
6.	Joshua Kaiser	Frankston 17	8:40.87
	Dylan Sloan	Seaford 99	DQ

Girls 9 Under 1100 Metre Race Walk

1.	Georgia Bertrand	Keilor 46	5:59.71
2.	Georgia Lee	Knox 23	6:01.43
3.	Hayley George	Lilydale / Yarra	6:23.20
4.	Karla Bulte	Casey 154	6:25.14
5.	Courtney North	Knox 23	6:29.41
6.	Jessica Lillie	Knox 23	6:41.54
7.	Tara Xuereb	Waverley 34	6:55.14
8.	Francesca Vile	Brighton 63	6:58.25
9.	Keilea Wiffen	Corio 7	7:05.61
10.	Caitlyn Musgrave	Whittlesea City	7:06.48
11.	Mia Cleve	Coburg 5	7:24.55
12.	Erin Walsh	Corio 7	7:53.52
	Zara Ruzic	Croydon 49	DQ

Girls 10 Under 1100 Metre Race Walk

1.	Paige DeLisen	Waverley 34	5:48.98
2.	Taylor Vasiljevic	Casey 154	5:49.95
3.	Rachael Guy	Casey 154	5:51.75
4.	Hayley Brown	Knox 23	6:15.76
5.	Kirsten Walburg	Croydon 49	6:17.94
6.	Megan Pyke	Sherbrooke 71	6:33.99
7.	Ally Gloury	Seaford 99	6:43.39
8.	Megan White	Corio 7	6:55.72
9.	Tessa McCann	Brighton 63	6:58.51
10.	Olivia Houlden	Bendigo 2	7:02.99
11.	Bronte Segota	Brighton 63	7:03.74
12.	Shelby Kay	Sherbrooke 71	7:05.40
13.	Charlie Harrison	Waverley 34	7:09.00
14.	Eliza Howard	Caulfield 56	7:17.31
15.	Romy Abbott	Geelong 1	7:19.26
16.	Bridget Rowlands	Geelong 1	7:24.70
17.	Paige McLean	Nathalia 137	7:31.61
18.	Emily Boribon	Waverley 34	7:37.57
19.	Jane Uhe	Nunawading 33	7:37.83
20.	Aimee Powell	Bendigo 2	7:38.05

Girls 11 Under 1500 Metre Race Walk

1.	Jemima Montag	Caulfield 56	7:55.07
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2.	Grace Edlin	Bendigo 2	7:56.48
3.	Jessie Eastwood	Knox 23	7:57.33
4.	Jade Sanders	Casey 154	8:00.06
5.	Sophia Antidormi	Nunawading 33	8:43.19
6.	Emily Hamilton	Knox 23	8:43.60
7.	Keely Henderson	Whittlesea City	9:21.38
8.	Larissa Cullen	Whittlesea City	9:52.66
9.	Tarryn O'Leary	Ringwood 52	10:26.32
10.	Cassandra Kay	Sherbrooke 71	10:31.60

Girls 12 Under 1500 Metre Race Walk

1.	Sarah Burren	Waverley 34	7:35.96
2.	Jasmine Irshad	Knox 23	7:42.00
3.	Zoe Boldiston	Shepparton 55	7:59.17
4.	Billie Whitelaw	Mornington 82	8:22.11
5.	Danika Coreless	Knox 23	8:31.16
6.	Megan Walker	Corio 7	8:33.93
7.	Alexandra Brunton	Knox 23	8:36.76
8.	Carly Bertrand	Keilor 46	8:44.05
9.	Rebecca Campbell	Keilor 46	8:47.14
10.	Chloe McNicol-Davidson	Seaford 99	8:49.65
11.	Stacey Brasier	Kyabram 139	8:56.77
12.	Beth Barbour	Coburg 5	8:59.63
13.	Tarsha Kennedy	Sherbrooke 71	9:35.23
14.	Stevie LeeShay	Bendigo 2	9:46.57
15.	Shae Ohlsen	Ballarat 122	10:07.20
16.	Stacey McLaren	Keilor 46	10:13.91
	Shelby Mance	Casey 154	DQ

Girls 13 Under 1500 Metre Race Walk

1.	Jmara Hockley Samon	Geelong 1	7:18.60
2.	Ashley Albert	Waverley 34	7:21.80
3.	Bianca Attard	Knox 23	7:32.01
4.	Rebecca Guy	Casey 154	7:38.66
5.	Lauren Stadius	Diamond Valley 8	7:43.12
6.	Samantha Dunn	Knox 23	8:08.44
7.	Sadie Plumb	Wonthaggi 12	8:15.02
8.	Jessey Wilson	Bendigo 2	8:17.02
9.	Grace Campbell	Bendigo 2	8:22.85
10.	Emily Merrigan	Knox 23	9:01.33
11.	Charlotte Cleary	Brighton 63	9:07.98
12.	Georgia Madge	Croydon 49	9:10.26
13.	Brigitte Brockenshire	Corio 7	9:15.50
14.	Jessica Neale	Collingwood 10	10:24.96

Girls 14 Under 1500 Metre Race Walk

1.	Ebony Whiley	Bendigo 2	7:19.74
2.	Amanda Heard	Bendigo 2	7:22.99
3.	Amelia Finnagan	Knox 23	7:23.72
4.	Caitlin Campbell	Keilor 46	7:24.17
5.	Ebony Tallent	Ballarat 122	7:51.65
6.	Darcie Verstraten	Geelong 1	7:51.98
7.	Eloise Larkins	Corio 7	8:31.09
8.	Lauren Gelov	Whittlesea City	8:38.91
	Jessica Callaway	Knox 23	DQ

Girls 15 Under 1500 Metre Race Walk

1.	Amy Burren	Waverley 34	7:03.51
2.	Chelsea Dyer	Box Hill 21	7:23.65
3.	Cassie Raselli	Knox 23	7:36.82
4.	Nicole Hallett	Casey 154	7:59.27
5.	Emma Delaney	Corio 7	9:01.64
	Ella Mason	Box Hill 21	DQ
	Hilary Brazel	Nunawading 33	DQ

VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS, BOX HILL, 28-29 MARCH 2009

The Victorian Masters Track and Field championships were held last weekend at the Box Hill athletics Track in suburban Melbourne. Weather was good and our walkers contested 3000m walks on the Saturday and 1500m walks on the Sunday. A number of the walkers also contested other events like the 5000m run which was held shortly before the 1500m walk. Now that's tough!

Note that the results also give the relative merit of the performance as a percentage out of 100, using the Masters tables. In general, anyone whose performance ranks above 80% has done well and anyone above 90% has done outstandingly I have highlighted all those performances with a ranking above 80% - and there are lots, indicating the great depth in Victorian masters walking. Best walkers on the weekend from this perspective were **Heather Carr** and **Ralph Bennett** (above 90% for both walks) and **Murray Dickinson, Gwen Steed, Pam Tindal** and **Ross Reid** (high 80s for both events). And not forgetting **Paul Van Kopplen** and **Kylie Irshad** who were our fastest male and female walkers overall – and did they move! There were a number of PBs, no mean feat at Masters level. Pam Tindal was the outstanding walker from this perspective with 2 big PBs. And congratulations to **Ian Beaumont** who finally turned the tables on wife **Margaret** and recorded a faster time – well done Ian. Margaret, for her part, pleaded heavy training!



Heather Carr, Ralph Bennett, Murray Dickinson, Gwen Steed and Ross Reid



Pam Tindal, Paul Van Kopplen, Ian and Margaret Beaumont, Alison Thompson and Kylie Irshad

3000m Championship Women

W70	1	Marlaine Stanway	W70	VM-SPRINGVALE	21:11.84	76.77%
	2	Margaret Beaumont	W71	VM-MENTONE	23:07.77	71.36%
W65	1	Gwen Steed	W66	VM-MENTONE	17:34.41	87.78%
	2	Sylvia Machin	W67	VM-MENTONE	19:16.53	81.05%
W60		Isnelda Politis	W61	VM-EAST BURWOOD	DQ	
W55	1	Heather Carr	W59	EAGLEHAWK YM	15:30.62	91.68%
	2	Alison Thompson	W56	VM-CROYDON	16:28.19	83.73%
	3	Janet Holmes	W55	VM-CAULFIELD	17:09.90	79.56%
W45	1	Pam Tindal	W49	VM-CROYDON	14:56.43	86.63%
	2	Donna-Marie Elms	W47	PRESTON ATHL	17:56.70	70.93%

	3	Robyn Shaw	W47	WESTERN ATHLETICS	18:03.52	70.49%
W40	1	Gayle McIntyre	W42	VM-MENTONE	16:08.85	75.71%
W35	1	Kylie Irshad	W37	SOUTH COAST	14:31.73	81.22%

3000m Championship Men

M75	1	Colin Silcock-Delaney	M76	VM-GEELONG	22:00.79	72.30%
	2	David McNair	M78	SSH	24:04.46	68.03%
M70	1	Murray Dickinson	M70	VM-COLLINGWOOD	16:42.57	88.08%
	2	Harry Summers	M73	BOX HILL ATH	20:53.52	73.16%
	3	Ian Beaumont	M72	VM-MENTONE	22:57.32	65.74%
M65	1	Ralph Bennett	M67	VM-MENTONE	15:21.27	92.53%
	2	John Morrison	M69	SANDRINGHAM	19:57.98	72.84%
	3	John Hallo	M66	VM-FRANKSTON	20:01.70	70.13%
	4	Barrie Wicks	M68	VM-CROYDON	20:22.03	70.57%
M60	1	Russell Dickenson	M63	SOUTH COAST	16:01.58	84.85%
	2	Geoffrey Barrow	M60	MENTONE ATHL	18:39.61	70.67%
M55	1	Clyde Riddoch	M55	ATHLETICS WAVERLEY	15:56.00	78.97%
	2	Frank Prowse	M57	DONCASTER	17:42.20	72.38%
	3	Gerald Sofianos	M59	ST KEVINS AM	17:46.87	73.45%
	4	Stuart Cooper	M58	SSH	18:55.27	68.36%
M50	1	Paul Kennedy	M51	MELBOURNE UN	14:26.43	84.14%
	2	Ross Reid	M54	COLLINGWOOD	14:33.98	85.61%
	3	Christopher Worsnop	M51	OLD XAVERIANS	18:53.74	64.30%
	4	Frank Dunshea	M50	AV	19:05.72	63.09%
M45	1	Bernie Keirl	M45	DIAMOND VALL	16:28.58	70.15%
M40	1	Paul Van Kopplen	M41	CROYDON ATHL	13:13.45	84.65%
	2	James Seid	M41	AV	15:08.99	73.89%
	3	Paul Nunn	M43	WENDOUREE AT	16:09.28	70.40%
M35	1	Stuart Kollmorgen	M39	COLLINGWOOD	13:36.36	81.00%
	2	Aaron McDonough	M36	PRESTON ATHL	15:14.03	70.88%

1500m Championship Women

W70	1	Marlaine Stanway	W70	VM-SPRINGVALE	10:20.88	75.11%
W65	1	Gwen Steed	W66	VM-MENTONE	8:22.25	88.37%
	2	Sylvia Machin	W67	VM-MENTONE	9:14.08	81.06%
	3	Jan Morrey	W69	VM-MENTONE	9:42.58	79.02%
W60		Isnelda Politis	W61	VM-EAST BURWOOD	DQ	
W55	1	Heather Carr	W59	EAGLEHAWK YM	7:21.15	93.31%
	2	Alison Thompson	W56	VM-CROYDON	7:43.22	86.36%
	3	Janet Holmes	W55	VM-CAULFIELD	8:02.58	82.16%
W45	1	Pam Tindal	W49	VM-CROYDON	7:07.94	87.99%
	2	Donna-Marie Elms	W47	PRESTON ATHL	8:20.99	73.92%
	3	Robyn Shaw	W47	WESTERN ATHLETICS	8:39.88	71.23%
W40	1	Gayle McIntyre	W42	VM-MENTONE	7:40.68	77.21%
W35	1	Kylie Irshad	W37	SOUTH COAST	6:57.74	82.19%

1500m Championship Men

M75	1	Colin Silcock-Dela	M76	VM-GEELONG	11:14.10	69.42%
M70	1	Murray Dickinson	M70	VM-COLLINGWOOD	8:04.01	89.49%
	2	Harry Summers	M73	BOX HILL ATH	10:06.65	74.12%
M65	1	Ralph Bennett	M67	VM-MENTONE	7:23.56	94.27%
	2	Barrie Wicks	M68	VM-CROYDON	9:57.90	70.74%
M60	1	Russell Dickenson	M63	SOUTH COAST	7:48.25	85.48%
	2	Geoffrey Barrow	M60	MENTONE ATHL	8:49.84	73.27%
M55	1	Clyde Riddoch	M55	ATHLETICS WAVERLEY	7:36.04	81.19%
	2	Frank Prowse	M57	DONCASTER	8:33.36	73.47%
	3	Gerald Sofianos	M59	ST KEVINS AM	8:36.53	74.42%
	4	Stuart Cooper	M58	SSH 9:14.65	7:30.16	68.64%
M50	1	Ross Reid	M54	COLLINGWOOD	6:52.95	88.87%
	2	Christopher Worsnop	M51	OLD XAVERIANS	9:11.41	64.84%
M45	1	Simon Evans	M48	BOX HILL ATH	7:03.29	82.35%
		Bernie Keirl	M45	DIAMOND VALL	DNF	
M40	1	Paul Van Kopplen	M41	CROYDON ATHL	6:29.58	84.52%
	2	James Seid	M41	AV	7:04.73	77.53%
M30	1	Rupert Van Dongen	M34	CASEY CARDINIA	10:53.18	48.09%

VRWC WINTER SEASON OPENING RACES, ALBERT PARK SATURDAY 25 APRIL 2009

It was a very busy Opening Season racing day with 87 walkers (including 27 new walkers walking their first VRWC races) in action. Very strong winds made it hard going for everyone but we were at least using a more protected 1 km circuit rather than our normal 2 km loop.

Our top walkers were in action in the 8 km events, with 2009 World University Games rep Tom Barnes leading from the front with a superb 35:13 for the 8 km event. 2008 World Cup rep Rhydian Cowley was next in with 37:47, followed by Daniel Payne and Stuart Kollmorgen who were all well under the 40 minute mark. Pam Tindal easily won the women's 8 km walk with a good 43:49. Our two handicap points winners were Pam and Aaron McDonough. And a special mention to Rudolf Skrucany who completed our annual 24 Hour walk last weekend and was back in action 6 days later doing the 8 km club walk.

OPEN 8 KM		Handicap Position	
1.	Tindal, Pam	43:49	1
2.	Shaw, Kirsten	48:06	
3.	Thompson, Alison	49:34	3
4.	Feldman, Liz	49:38	
5.	Payne, Emily	51:32	
6.	Steed, Gwen	51:58	4
7.	Shaw, Robyn	52:19	
8.	Elms, Donna	52:37	2
1.	Barnes, Tom	35:13	
2.	Cowley, Rhydian	37:47	5
3.	Payne, Daniel	38:38	4
4.	Kollmorgen, Stuart	38:55	3
5.	Mirarchi, Nicholas	42:22	7
6.	McDonough, Aaron	44:09	1
7.	Donahoo, Mark	44:46	6
8.	Keirl, Bernie	44:51	
9.	Gardiner, Bob	49:01	2
10.	Riddoch, Clyde	53:34	9
11.	Skrucany, Rudolf	59:39	8
	Reid, Ross	DQ	
	Elms, Jason	DQ	

The 4 km Open event saw Kylie Irshad (20:24) and Bradley Simpson (20:14) take fastest time honours and win the handicap competition to boot. Heather Carr did well with 23:09 considering her 6 Hour walk last weekend at Coburg. We also welcomed first time Albert Park walkers Anand Thillaisundaram, Karen Wynen, Georgia Gatens and Justine Box. Special mention to Anand who is over from England for 12 months working.

OPEN 4 KM		Handicap Position	
1.	Irshad, Kylie	20:24	1
2.	Carr, Heather	23:09	3
3.	Laurie, Natalie	23:20	4
4.	Hammond, Nardene	24:20	
5.	Wynen, Karen	25:33	
6.	Morrey, Jan	27:29	
7.	Peachey, Anika	29:55	2
8.	Beaumont, Margaret	30:10	
9.	Gatens, Georgia	31:37	
10.	Box, Justine	32:41	
	Stanway, Marlaine	DNF	
	Mews, Pam	DNF	
1.	Simpson, Bradley	20:14	1
2.	Dickenson, Russ	22:07	2
3.	Doran, Anthony	26:22	3
4.	Thillaisundaram, Anand	27:24	
5.	Morrison, John	27:49	5
6.	Wicks, Barrie	28:12	4
	Babinczy, Peter	DNF	
	Elms, Damien	DQ	
	Beaumont, Ian	DQ	
	Onley, Gordon	DQ	

In the Under 15 4 km division, we welcomed Nicole Hallett back after a couple of years away from Albert Park. She and Bianca Attard had a good battle with Bianca taking the honours with 23:25. In the boy's division, Matthew Felton recorded a very good

22:29 to take fastest time ahead of Aaron Gardner. Handicap winners were Lauren Stadius and Connor McShannag. We welcomed first time Albert Park walkers Stephanie Babinczy and Aaron Tam.

UNDER 15 4 KM			Handicap Position
1.	Attard, Bianca	23:25	4
2.	Hallett, Nicole	23:40	
3.	Callaway, Jessica	24:00	3
4.	Guy, Rebecca	24:18	
5.	Stadius, Lauren	24:26	1
6.	Campbell, Caitlin	25:49	6
7.	Gelov, Lauren	26:25	2
8.	Gerlich, Annemaree	26:54	5
	Babinczy, Stephanie	DNF	
1.	Felton, Matthew	22:29	3
2.	Gardner, Aaron	23:19	2
3.	McShanag, Connor	23:40	1
4.	Tam, Aaron	25:09	

Large fields of Under 12 and Under 9 walkers meant a very competitive race with Kyle Swan and Reese Walmsley leading a massed field. Unfortunately, Reese was forced to retire after falling heavily (news is that he is now ok). That left Kyle to surge home with 11:22. Jade Sanders and Megan Walker had a great battle in the girl's division with Jade (11:44) just getting home ahead of Megan (11:46). Paige DeLisen moved up from U9 but acquitted herself well, coming third in 12:03. We had lots of first time Albert Park walkers in the mix here – Megan Walker, Tessa CcCann, Larissa Cullen, Keely Henderson, Bronte Segota, Owen Cooper, Adam Garganis, Paul Tremigliozi and Nicholas Babinczy. Special thanks to **Terry Swan** who took some absolutely fantastic photos of our U12 and U9 walkers which I have used below.

UNDER 12 2 KM			Handicap Position
1.	Sanders, Jade	11:44	
2.	Walker, Megan	11:46	
3.	DeLisen, Paige	12:03	
4.	Barbour, Beth	12:18	5
5.	Campbell, Rebecca	12:29	6
6.	Guy, Rachael	12:45	3
7.	McNicol-Davidson, Chloe	12:50	4
8.	McLaren, Stacey	13:30	2
9.	McCann, Tessa	13:35	
10.	Henderson, Keely	14:02	
11.	Cullen, Larissa	14:03	
12.	Segota, Bronte	14:22	
13.	Harrison, Charlee	14:23	1
1.	Swan, Kyle	11:22	1
2.	Cooper, Owen	11:37	
3.	Garganis, Adam	12:16	
4.	McNicol-Davidson, Cody	13:20	2
5.	Tremigliozi, Paul	14:33	
	Walmsley, Reese	DNF	
	Babinczy, Nicholas	DQ	

The Under 9 event saw 11 first time walkers in action and everyone walked well. Jessica Lillie and Tara Xuereb had a great battle in the girl's event while Ryan Box was a clear winner in the boy's division.

UNDER 9 1 KM		
1.	Lillie, Jessica	6:21
2.	Xuereb, Tara	6:22
3.	Lillie, Brianna	6:55
4.	Owen-Smith, Chelsea	7:17
5.	Box, Erin	7:30
6.	Babinczy, Christina	7:47
7.	Kollmorgen, Meagan	8:21
1.	Box, Ryan	7:46
2.	Long, Isaak	8:04
3.	Sanders, Jack	8:45
4.	Babinczy, Ben	8:47

VRWC CHAMPIONSHIPS, ALBERT PARK SUNDAY 3 MAY 2009

Our main winter club championships were held on Sunday with medals on offer in Open, U20, U16, U14, U12 and U9 divisions. A total of 79 walkers contested the various events in perfect conditions – sunny, windless and a temperature in the low to mid teens.

OPEN 35 KM CLUB CHAMPIONSHIP – RAY SMITH TROPHY

The longest race on our winter calendar was contested today – 35 km – and two hardy souls lined up. Tom Barnes won the Ray Smith Trophy for the third time in a PB time of 2:46:50. To put that into perspective, Tom was well on the way towards a sub 4 hour 50 km. He is preparing for to represent Australia at the World University Games later this year and is in hard training. Behind Tom, Andrew Jamieson broke his own **M60 30 km World Record** of 2:29:46, set in 2008, on the way through to his final time of 3:00:55. Andrew holds the M60 Masters World Records for all walk distances and was the 2007 World Masters Athlete of the Year as voted by the IAAF. So I couldn't think of a better two walkers to kick proceedings off.

1.	Barnes, Tom	49:45	1:37:21	2:23:27	2:46:50
2.	Jamieson, Andrew	49:49	1:39:02	2:28:55	3:00:55

OPEN WOMEN 15 KM CLUB CHAMPIONSHIP – ELSIE JACOBSON TROPHY

The Open women were competing for another one of our perpetual trophies – the Elsie Jacobson Trophy. This year, Kylie Irshad won it (she also won it in 2004), ahead of Pam Tindal and Liz Feldman and was only 1 minute slower than her 2004 winning time. That's consistency!

1.	Irshad, Kylie	54:26	1:23:59
2.	Tindal, Pam	57:16	1:28:30
3.	Feldman, Liz	64:09	1:37:33
4.	Elms, Donna	67:38	1:41:26

UNDER 20 15 KM CLUB CHAMPIONSHIPS

Our Under 20 walkers had a tough outing with a 15 km club championship on offer. Rhydian Cowley, who represented Australia in the 2008 World Cup, was fastest overall with an excellent 1:10:02 and was our sole male entrant. In the female division, the three girls walked their first ever 15 km and all completed the course with flying colours. Rachel Tallent was first with a great 1:20:39 ahead of Kirsten Shaw and 13 year old Bianca Attard who was third.

1.	Cowley, Rhydian	47:04	1:10:02
1.	Tallent, Rachael	52:39	1:20:39
2.	Shaw, Kirsten	62:22	1:35:30
3.	Attard, Bianca	67:15	1:38:57

UNDER 16 5 KM CLUB CHAMPIONSHIPS

The Under 16 walkers contested the 5 km distance with Aaron Gardner and Hilary Brazel winning their respective club championships. Michael O'Mahony was having his first walk with the club and got a silver medal for his efforts. Sarah Burren and Ebony Tallent took the minor medals in the girls event with Sarah getting away from Ebony in the final lap.

1.	Gardner, Aaron	28:45
2.	O'Mahony, Michael	29:52
1.	Brazel, Hilary	27:07
2.	Burren, Sarah	29:01
3.	Tallent, Ebony	29:06
4.	George, Stephanie	31:22

UNDER 14 3 KM CLUB CHAMPIONSHIP

The lower down in the age groups you go, the more competitors you see and the tougher the competition becomes and this was the case with the Under 14 walkers who contested the 3 km distance. Matthew Felton and Ashley Albert became our two new club champions. Special mentions to new club member Jared Walker who took silver in the boys event with a very good sub 16 walk and to Billy Allamby took the bronze in the boys event after winning the gold in the Under 12 1 km event a little earlier. The minor medallists in the girls were Lauren Stadius and Beth Barbour who both did good PBs.

1.	Felton, Matthew	15:22
2.	Walker, Jared	15:57
3.	Allamby, Billy	16:24
4.	McShanag, Connor	17:07
1.	Albert, Ashley	16:33
2.	Stadius, Lauren	17:41
3.	Barbour, Beth	18:32
4.	Gelov, Lauren	18:39
5.	Campbell, Rebecca	19:41

6.	McLaren, Stacey	21:50
	Irshad, Jasmine	DNF

UNDER 12 1 KM CLUB CHAMPIONSHIPS

The Under 12 and Under 9 walkers both contested 1 km events (the first of 3 club championships for them over the winter). It is not often that U12 walkers get the chance to race over such a short distance and I think they all enjoyed the opportunity. Billy Allamby (5:07) and Jade Sanders (5:12) were the two winners and there were a lot of really fast times as you can see below.

1.	Allamby, Billy	5:07
2.	Swan, Kyle	5:30
3.	Tremigliozi, Paul	6:31
4.	Allamby, Jack	8:33
1.	Sanders, Jade	5:12
2.	Bertrand, Carly	5:16
3.	Walker, Megan	5:17
4.	Collins, Cindy	5:33
5.	Hamilton, Emily	5:46
6.	Ventura, Amy	5:53
7.	McLaren, Stacey	6:01
8.	Vasiljevic, Taylor	6:04
9.	Henderson, Keely	6:05
10.	McCann, Tessa	6:12
11.	Cullen, Larissa	6:33
12.	Segota, Bronte	6:40
13.	Harrison, Charlee	6:46

UNDER 9 1 KM CLUB CHAMPIONSHIPS

The Under 9 walkers also contested the 1 km distance alongside the Under 12s and it gave them a chance to be part of a big field and chase the older walkers. The first 3 girls were all under 6 minutes with Georgia Bertrand (5:43) taking the honours ahead of Hayley George and Gabriella Crea. Ryan Box was our sole boy so he won gold for his efforts. Well done Ryan!

1.	Box, Ryan	8:19
1.	Bertrand, Georgia	5:43
2.	George, Hayley	5:51
3.	Crea, Gabriella	5:53
4.	Collins, Kristina	6:25
5.	Xuereb, Tara	6:40
6.	Box, Erin	7:24

We also had non-championship events on offer for those club members who just wanted a walk – and there were plenty of them. Mark Donahoo completed the Open 10 km and then, a few minutes later, lined up for and won the Open 5 km. Now that is a good day's work by any standard.

OPEN 20 KM

Reid, Ross	DNF	12 km in 1:08:14
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OPEN 10 KM

1.	Mirarchi, Nicholas	54:08
2.	Bennett, Ralph	54:14
3.	McDonough, Aaron	55:34
4.	Donahoo, Mark	56:48
5.	Erickson, Tim	56:51
6.	Dickenson, Russ	56:55
7.	Knox, Duncan	60:36
8.	Elms, Jason	62:15
9.	Steed, Gwen	65:07
10.	Shaw, Robyn	66:28
11.	Wood, Robin	73:53
	Campbell, Caitlin	DNF
	Raselli, Cassandra	DNF

OPEN 5 KM

1.	Donahoo, Mark	28:06
2.	Laurie, Natalie	28:16
3.	Seid-Christmass, James	29:02
4.	Wynen, Karen	31:37
5.	Baker, Alison	34:07

6.	Thillaisundaram, Anand	34:10	
7.	Wicks, Barrie	35:01	
8.	Stanway, Marlaine	36:38	
9.	Peachey, Anika	37:28	
10.	Beaumont, Margaret	38:01	
11.	Beaumont, Ian	38:40	
12.	Harrison, Lindsay	39:50	
13.	Box, Justine	40:23	
	Onley, Gordon	DNF	3 km in 0:27:03

VRWC EVENTS, ALBERT PARK SATURDAY 9 MAY 2009

It was another big day of racing at Albert Park with 84 competitors making the most of cool, overcast and still conditions. We had to use a 1km course because of pending repairs to the golf driving range fence. Hopefully we will be back on our 2km course soon.

The 8km event was dominated by Tom Barnes who stormed through to an excellent 34:26. Club coach Mark Donahoo, fresh from his club coaching talk, was next in with 42:23, just over 30 secs ahead of the first woman, Pam Tindal, who recorded 42:55. Pam also won the women's handicap event, showing that it is indeed open to everyone. It was also good to see Erin Adamcewicz and Paul Nunn, who travelled down from Ballarat, racing well - in fact, Paul was our men's handicap winner. And special mention to Under 15 walker Caitlin Campbell who successfully tested herself out over the longest distance on offer, finishing with 49:31.

8 km Open	Time	Handicap Place
1. Barnes, Tom	34:26	8
2. Donahoo, Mark	42:23	2
3. McDonjough, Aaron	43:58	5
4. Keirl, Bernie	44:32	7
5. Nunn, Paul	45:21	1
6. Dickinson, Murray	46:39	3
7. O'Neill, Terry	47:04	9
8. Gardiner, Bob	48:27	4
9. Barrow, Geoff	51:43	
10. Skrucany, Rudolf	54:56	6
11. Thillaisundaram, Anand	55:44	
12. Wood, Robin	56:46	
13. Wicks, Barrie	59:33	10
Bennett, Ralph	3km in 16:06	
1. Tindal, Pam	42:55	1
2. Adamcewicz, Erin	43:54	
3. McIntyre, Gayle	44:32	3
4. Carr, Heather	45:01	5
5. Brazel, Hilary	46:35	6
6. Thompson, Alison	47:39	4
7. Campbell, Caitlin	49:31	
8. Shaw, Kirsten	50:53	7
9. Shaw, Robyn	50:54	2



Tom Barnes, Paul Nunn, Hilary Brazel, Rebecca Campbell (U15), Caitlin Campbell and Robyn Shaw in action

The 4km event saw club secretary Tim Erickson walk a solo effort later in the program and surprise himself and others with a good 21:34 to put him fastest, ahead of James Seid-Christmass. Natalie Laurie continues to keep fit during her Year 12 studies and she was the fastest woman with 23:53. The handicap events were won by two first year walkers with the club in James Seid-Christmas and Karen Wynen so they are indeed off to good starts to their winter seasons.

4 km Open	Time	Handicap Place
1. Erickson, Tim	21:34	
2. Seid-Christmass, James	21:49	1
3. Elms, Jason	24:10	3
4. Morrison, John	26:53	2
5. Elms, Damien	27:27	
6. Kozica, Jason	27:43	

7.	Conboy, Bruce	28:49	
8.	Harrison, Lindsay	28:54	4
	Onley, Gordon	DQ	
1.	Laurie, Natalie	23:53	6
2.	Wynen, Karen	24:20	1
3.	Elms, Donna	24:27	3
4.	O'Neill, Karyn	27:53	
5.	Peachey, Anika	28:52	2
6.	Stanway, Marlaine	29:03	4
7.	Box, Justine	32:21	5
8.	Mews, Pam	43:54	7
	Irshad, Amna	3km in 34:51	

Amelia Finnegan and Aaron Gardner were the fastest two Under 15 walkers, recording 22:13 and 22:21 (a big PB) respectively. New club member Jared Walker also walked excellently for 22:36. Not surprisingly, Aaron also won the boys' handicap while Lauren Stadius, also walking a big PB, won the girls' handicap.

4 km Under 15		Time	Handicap Place
1.	Gardner, Aaron	22:21	1
2.	Walker, Jared	22:36	4
3.	McShanag, Connor	24:11	2
4.	Tam, Aaron	24:16	3
1.	Finnegan, Amelia	22:13	8
2.	Stadius, Lauren	23:02	1
3.	Mason, Ella	24:06	
4.	Barbour, Beth	24:45	4
5.	Campbell, Rebecca	25:51	6
6.	McNicol-Davidson, Chloe	26:01	2
7.	Gelov, Lauren	27:27	5
8.	Gatens, Georgia	29:48	3
9.	Harrison, Annalise	32:13	7

The Under 12 boys is a very strong division with Billy Allamby, Reese Walmsley, Adam Garganis and Kyle Swan all recording 11:30 or better. Jade Sanders and Megan Walker were the fastest girls with 11:41 and 11:50 respectively. Quite a few of these young walkers have come up from U9 this year (Kyle Swan, Paige DeLisen, etc) and they are proving very competitive. Two of our first year walkers in Adam Garganis and Larissa Cullen won the associated handicaps.

2 km Under 12		Time	Handicap Place
1.	Allamby, Billy	11:02	3
2.	Walmsley, Reese	11:21	5
3.	Garganis, Adam	11:28	1
4.	Swan, Kyle	11:30	2
5.	McNicol-Davidson, Cody	13:17	4
6.	Cooper, Owen	13:26	6
	Allamby, Jack	DNF	
1.	Sanders, Jade	11:41	5
2.	Walker, Megan	11:50	9
3.	DeLisen, Paige	12:03	7
4.	Hamilton, Emily	12:05	6
5.	Bertrand, Carly	12:29	10
6.	Ventura, Amy	12:57	8
7.	Crea, Gabriella	13:00	2
8.	Henderson, Keely	13:00	3
9.	Cullen, Larissa	13:13	1
10.	Harrison, Charlee	13:59	4
11.	McLaren, Stacey	14:40	11

And finally to our Under 9 walkers who are walking very enthusiastically. Georgia Bertrand, Jessica Lillie and Sam Candotti were the fastest in what was a very high quality race.

1 km Under 9		Time	Handicap Place
1.	Candotti, Sam	6:15	2
2.	McShanag, Ethan	7:02	1
3.	Cullen, Luke	7:29	
4.	Sanders, Jack	11:08	3

1.	Bertrand, Georgia	5:34	3
2.	Lillie, Jessica	6:03	1
3.	Lillie, Brianna	6:26	2
4.	Owen-Smith, Chelsea	6:57	4
5.	Hodges, Mikhala	6:58	
6.	Box, Erin	7:21	5
7.	Hodges, Anaya	7:35	
8.	Mason, Livinia	8:24	



Adam Garganis, Emily Hamilton, Jessica Lillie, Ethan McShanag and Sam Candotti on Saturday

And finally, I would like to zoom in on Murray Dickinson who recorded 46:39 for the 8km on Saturday. Murray, now 70 years of age, has long been one of our top Masters walkers and has won many World Masters championships as he has progressed up through the ranks from M50 to his current rank of M70. Here he is in action on Saturday and on the dias in Brisbane when he won gold in the M60 20 km walk at the 2001 World Veterans Games. Murray – you are an inspiration!



VRWC AND VMA EVENTS, ALBERT PARK SATURDAY 16 MAY 2009

Although the forecast warned of bad weather, Saturday afternoon saw cool and overcast conditions with only a slight wind, pretty much ideal for fast walking. A total of 85 competitors meant another big day of racing as we hosted the Victorian Masters 10 km championships alongside our normal club races.

The 10 km walkers headed off first with Tom Barnes leading from the front, eventually finishing with a PB of 42:43. Tom heads off to Europe on Wednesday to prepare for the World University Games in early July (his second such Australian vest) and he is in great form leading into the big event. Behind him, Paul van Kopplen, Rhydian Cowley and Megan Szirom were all after fast times themselves and the final results showed Rhydian with a season PB of 46:06 just pipping Paul with 46:11 with Megan easily the fastest woman with 48:22. Tom, Paul, Rhydian and Megan are all past or present Australian representatives.

Pam Tindal was the other standout 10km walker with her PB time of 54:34 – she walked the whole way with Ralph Bennett who finished with the same time. Pam is quickly developing into one of our top Masters walkers. Club coach Mark Donahoo showed that he is getting back into racing shape with his 52:47 while Murray Dickinson's 57:40 is fantastic (as usual) for an M70 walker. Finally special mentions to Gayle McIntyre (56:40), to Lewis Clark (59:54) who walked his first ever 10km event and to Tamara Attard, another young walker who broke the hour with 59:54. It was great to see so many walkers attacking the 10km distance. Note that club members who raced in the VMA championship are also recorded in the club 10 km event for point scoring purposes.

VICTORIAN MASTERS 10 KM MEN CHAMPIONSHIP

1	Van Kopplen., Paul	M40	46:11
1	Donahoo, Mark	M50	52:47
1	Riddoch, Clyde	M55	63:43
2	Cooper, Stuart	M55	67:22
1	Dickenson, Russ	M60	58:53
2	Lucas, Alan	M60	60:41
	Barrow, Geoff	M60	DQ
	Jamieson, Andrew	M60	DQ
1	Bennett, Ralph	M65	54:34
2	Morrison, John	M65	72:46
3	Wicks, Barrie	M65	75:12
1	Dickinson, Murray	M70	57:40
	Beaumont, Ian	M70	DQ

VICTORIAN MASTERS 10 KM WOMEN CHAMPIONSHIP

1	McIntyre, Gayle	W40	56:40
1	Tindal, Pam	W45	54:34
2	Elms, Donna	W45	64:30
1	Carr, Heather	W55	57:40
2	Thompson, Alison	W55	58:54
	Gourlay, Marlene	W55	DQ
1	Feldman, Liz	W60	61:31
1	Steed, Gwen	W65	65:54
1	Beaumont, Margaret	W70	77:23
	Stanway, Marlaine	W70	DNF

VRWC OPEN 10 KM

			Handicap Place
1.	Barnes, Tom	42:47	5
2.	Cowley, Rhydian	46:06	4
3.	Van Kopplen, Paul	46:11	
4.	Mirarchi, Nicholas	52:02	7
5.	Donahoo, Mark	52:47	2
6.	Bennett, Ralph	54:34	6
7.	Dickinson, Murray	57:40	1
8.	Knox, Duncan	58:21	3
9.	Dickenson, Russ	58:53	8
10.	Clark, Lewis	59:34	
11.	Lucas, Alan	60:41	9
12.	Riddoch, Clyde	63:43	10
13.	Cooper, Stuart	67:22	
14.	Morrison, John	72:46	
	Wood, Robin	DQ	
	Wicks, Barrie	DQ	
	Beaumont, Ian	DQ	
	Elms, Jason	DQ	
	Barrow, Geoff	DQ	
	Jamieson, Andrew	DQ	

1.	Szirom, Megan	48:22	8
2.	Tindal, Pam	54:34	3
3.	McIntyre, Gayle	56:40	12
4.	Carr, Heather	57:40	10
5.	Thompson, Alison	58:54	4
6.	Attard, Tamara	59:54	1
7.	Feldman, Liz	61:31	6
8.	Shaw, Kirsten	61:36	5
9.	Elms, Donna	64:30	2
10.	Steed, Gwen	65:54	11
11.	Shaw, Robyn	66:08	7
12.	Beaumont, Margaret	77:23	9
	Stanway, Marlaine	DNF	

We had our usual spread of talent walking the shorter 5km and 3km distances. Beth Alexander was back on deck after a bit of a break post-summer and she and Brad Simpson were the fastest 5km walkers with 25:39 and 25:42 respectively while James Seid and Natalie Laurie were pretty evenly matched in the 3km, finishing with 15:37 and 15:47 respectively.

VRWC OPEN 5 KM		Handicap Place	
1.	Simpson, Bradley	25:42	2
2.	Erickson, Tim	27:31	3
3.	O'Mahony, Michael	28:47	1
4.	Gardiner, Robert	31:17	4
1.	Alexander, Beth	25:39	4
2.	Adamcewicz, Erin	27:08	1
3.	Brazel, Hilary	27:37	2
4.	Payne, Emily	29:22	3
5.	Peachey, Anika	38:13	5

VRWC OPEN 3 KM		Handicap Place	
1.	Seid-Christmass, James	15:37	1
2.	Harrison, Lindsay	21:50	2
	Elms, Damien	DQ	
	Onley, Gordon	DQ	
1.	Laurie, Natalie	15:47	1
2.	Mews, Pam	30:31	2

A big field of Under 15 walkers contested the 3km distance and Matthew Felton and Amelia Finnegan were fastest with 14:54 and 15:12. Jmara Hockley-Samon was in action after her win in the Little Athletics Australian Championship last month and she was the handicap winner in the girls' event with 15:58. Another walker having a great season is young Lauren Stadius who recorded 16:47.

VRWC UNDER 15 3 KM		Handicap Place	
1.	Felton, Matthew	14:54	1
2.	Antidormi, Ryan	15:38	2
3.	Walker, Jared	16:37	3
4.	Gardner, Aaron	18:03	4
1.	Finnegan, Amelia	15:12	5
2.	Hockley-Samon, Jmara	15:58	1
3.	Stadius, Lauren	16:47	4
4.	Attard, Bianca	17:12	11
5.	Mason, Ella	17:20	6
6.	Hallett, Nicole	17:42	12
7.	Barbour, Beth	18:19	9
8.	Gelov, Lauren	18:48	2
9.	Gerlich, Annemaree	19:06	7
10.	Campbell, Rebecca	19:07	10
11.	Gatens, Georgia	21:28	3
12.	Harrison, Annalise	23:23	8

The Under 12 and Under 9 walkers went a bit further than usual this week with 2.5km and 1.5km races and they seemed to handle the challenge admirably. Kyle Swan and Reese Walmsley were well out in front and both broke 14 minutes after a spirited race. The best of the U12 girls was Jasmine Irshad who not only took fastest time of 14:04 but also won the handicap. The U9 event was an all girl affair with Georgia Bertrand fastest once again in 9:03. I was very pleased to see our youngest walk, Livinia Mason, win the U9 handicap with her time of 12:50. Only half the size of some of the other walkers in the event, she walked excellently.

VRWC UNDER 12 2.5 KM		Handicap Place	
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1.	Swan, Kyle	13:30	1
2.	Walmsley, Reese	13:47	3
3.	Garganis, Adam	15:28	5
4.	Owen, Cooper	14:38	2
5.	Tremigliozi, Paul	18:08	4
1.	Irshad, Jasmine	14:04	1
2.	Walker, Megan	14:32	4
3.	Hamilton, Emily	14:58	3
4.	De Lisen, Paige	15:27	5
5.	Ventura, Amy	16:31	9
6.	McCann, Tessa	17:15	5
7.	Henderson, Keely	17:16	10
8.	McLaren, Stacey	17:24	7
9.	Crea, Gabriella	17:25	8
10.	Segota, Bronte	17:26	2

VRWC UNDER 9 1.5 KM

			Handicap Place
1.	Bertrand, Georgia	9:03	2
2.	Lillie, Jessica	9:24	5
3.	Harrison, Charlee	10:20	4
4.	Lillie, Brianna	10:20	3
5.	Mason, Livinia	12:50	1

VRWC EVENTS, ALBERT PARK SATURDAY 23 MAY 2009

Saturday delivered yet another big day of racing at Albert Park. Even though we were missing some regulars with the Country championships to be held in Bendigo on Sunday, we still saw 87 walkers in action in near perfect conditions – mild and sunny with a refreshing breeze. We are still coping with our short 1km lap so we sent the 10km walkers off 1 minute ahead of the rest of the field and we moved our U9 and U12 walkers to a 500m loop north of our start/finish line. This enabled us to minimize the crush. Special thanks to Gavin Burren for taking our photos this week.

Our senior walkers had a choice of 10km, 5km and 3km with the numbers fairly evenly split. There were plenty of good performances but just to single out a few that struck my eye – Bernie Keirl 56:20, Robyn Shaw 31:37, Bob Gardiner 29:25 (not bad for an M70!), Karen Wynen 17:57 and James Seid-Christmass 15:25.

10km Open		Handicap Place	
1.	Tindal, Pam	55:54	3
2.	McIntyre, Gayle	57:20	1
3.	Feldman, Liz	62:53	2
4.	Beaumont, Margaret	79:06	4

1.	McDonough, Aaron	55:53	3
2.	Keirl, Bernie	56:20	2
3.	Cooper, Stuart	67:47	4
4.	Skrucany, Rudolf	71:37	5
5.	Beaumont, Ian	78:55	1
	Dickinson, Murray	DNF	
	Wood, Robin	DNF	
	Cowley, Rhydian	DQ	

5km Open		Handicap Place	
1.	Laurie, Natalie	27:57	3
2.	Burren, Amy	28:53	7
3.	Gourlay, Marlene	29:33	
4.	Steed, Gwen	30:47	5
5.	Campbell, Caitlin	30:48	4
6.	Elms, Donna	30:54	2
7.	Shaw, Robyn	31:37	1
8.	McNicol-Davidson, Chloe	34:29	6
9.	Shaw, Kirstin	37:05	8

1.	Donahoo, Mark	25:21	2
2.	Erickson, Tim	27:25	6
3.	O'Mahony, Michael	28:24	4
4.	Gardiner, Bob	29:25	1
5.	Elms, Jason	30:24	7
6.	McShanag, Connor	30:44	10
7.	Barrow, Geoff	31:55	8
8.	Doran, Anthony	32:43	5
9.	Conboy, Bruce	35:48	3
10.	Wicks, Barrie	36:22	9
	Dickenson, Russ	DNF	

3km Open		Handicap Place	
1.	Carr, Heather	15:33	2
2.	Wynen, Karen	17:57	3
3.	Hammond, Nardene	18:42	6
4.	Morrey, Jan	20:11	4
5.	Baker, Alison	20:42	8
6.	Stanway, Marlaine	21:46	5
7.	Box, Justine	24:32	7
8.	Mews, Pam	29:55	1

1.	Seid-Christmass, James	15:25	1
2.	Elms, Damien	19:35	3
3.	Harrison, Lindsay	21:21	2
4.	Onley, Gordon	24:31	4
5.			

The Under 15s were in fine form Amelia Finnegan, Ashley Albert and Jmara Hockley-Samon all well under 16 minutes and Aaron Gardner walking a big PB to take first place ahead of a rapidly improving Jared Walker.

3km Under 15		Handicap Place
1.	Finnegan, Amelia	15:20 3
2.	Albert, Ashley	15:34 1
3.	Hockley Samon, Jmara	15:38 4
4.	Mason, Ella	17:14 5
5.	Attard, Bianca	17:31 8
6.	Sanders, Jade	18:41 7
7.	Campbell, Rebecca	18:55 5
8.	Gelov, Lauren	20:28 9
9.	Gatens, Georgia	21:21 2
1.	Gardner, Aaron	16:11 1
2.	Walker, Jared	16:23 3
3.	Tam, Aaron	18:20 4
4.	McNicol-Davidson, Cody	19:54 2

The U12 and U9 walks saw 30 competitors (wow, that must be a record!). In the Under 12 division, Sarah Burren lead early but Billy Allamby gradually hauled her back and finished a little ahead, 10:25 to 10:30. Reese Walmsley and Kyle Swan had a great battle the whole way with Reese winning the final sprint 10:42 to 10:49. Handicap winners were Bronte Segota (big PB) and Billy Allamby. The U9 division was just as competitive with James Burren, having his first walk with the club, finishing only 6 seconds behind Georgia Bertrand, 5:48 as against 5:42. Handicap winners were Tara Xuereb and Ethan McShanag. Who will win next week's handicaps in our prizes day (see info later in the newsletter).

2km Under 12		Handicap Place
1.	Burren, Sarah	10:30 12
2.	Walker, Megan	11:41 11
3.	Barbour, Beth	11:51 6
4.	De Lisen, Paige	12:01 4
5.	Hamilton, Emily	12:08 10
6.	Bertrand, Carly	12:10 13
7.	Ventura, Amy	12:54 9
8.	McCann, Tessa	13:12 4
9.	Henderson, Keely	13:16 7
10.	Segota, Bronte	13:22 1
11.	Cullen, Larissa	13:26 3
12.	McLaren, Stacey	13:27 8
13.	Harrison, Annalise	14:36 2
1.	Allamby, Billy	10:25 1
2.	Walmsley, Reese	10:42 3
3.	Swan, Kyle	10:49 2
4.	Owen, Cooper	12:42 5
5.	Tremigliozi, Paul	14:35 4
	Allamby, Jack	DNF

1km Under 9		Handicap Place
1.	Burren, James	05:48
2.	Candotti, Sam	06:49 2
3.	McShanag, Ethan	07:15 1
	Candotti, Noah	DQ
	Hockley Samon, Harry	DQ
1.	Bertrand, Georgia	05:42 2
2.	Lee, Georgia	06:00
3.	Xuereb, Tara	06:20 1
4.	Harrison, Charlee	06:39 5
5.	Owen-Smith, Chelsea	07:03 3
6.	Box, Erin	07:30 4

VICTORIAN COUNTRY ROADWALKING CHAMPIONSHIPS, BENDIGO, SUNDAY 24 MAY 2009_

The Victorian Country roadwalking championships were held in Bendigo on Sunday 24 May. A new course, on the roads inside the Bendigo Livestock Exchange, proved to be a successful venue. Conditions were good with a temperature around 20°C and a light breeze to keep the competitors cool. The carnival also hosted the Victorian Open 15km roadwalking championships which saw two first time Victorian road champions in Stuart Kollmorgen of Collingwood Harriers and Kelly Ruddick of Ballarat Harriers.

Victorian Open Men 15km Roadwalking Championship

1.	Kollmorgen, Stuart	COL	1:17:36
2.	Reid, Ross	COL	1:24:37
3.	Knox, Duncan	ATE	1:26:45

Victorian Open Women 15km Roadwalking Championship

1.	Ruddick, Kelly	BHA	1:16:31
2.	Carr, Heather	EAG	1:27:31
3.	Bryant, Barbara	EAG	1:29:02
	Szirom, Megan	FKN	DNF
	Rothwell, Jessica	EAG	DNF
	Irshad, Kylie	SCA	DNS

The Victorian Country 10km roadwalking championships were held alongside the 15 km events and allowed country athletes to participate in both championships. Jess Rothwell produced the walk of the day to win the women's 10km event with a super fast 44:19. Jess, who is soon to head off to Europe as part of the IAAF World Championship team, showed that she is in great shape and this will be a confidence booster to her ahead of her trip. Young Geelong walker Daniel Payne was the fastest of the 10km men and with a good 48:51. And finally a special mention to Eaglehawk walker Geoff Major, the oldest competitor at 72 years of age, who took third place in the men's championship with 1:10:02.

Victorian Country Open Men 10 km Roadwalking Championship

1.	Payne, Daniel	COR	48:51
2.	Prendergast, Maurice	BYC	59:56
3.	Major, Geoff	EAG	1:10:02
	Biggin, Daryl	BYC	DQ
	Cousins, Duane	EAG	DNS
	Nunn, Paul	WEN	DNS
	Luke, Peter	WEN	DNS
	Blood, Andrew	BYC	DNS

Victorian Country Open Women 10km Roadwalking Championship

1.	Rothwell, Jessica	EAG	44:19
2.	Ruddick, Kelly	BHA	50:34
3.	Carr, Heather	EAG	57:35
4.	Bryant, Barbara	EAG	58:39
5.	Brennan, Sarah	BYC	58:50
6.	Major, Annette	EAG	1:03:12
	Lenchan, Deborah	EKA	DNS
	Irshad, Kylie	SCA	DNS



Open winners Jess Rothwell, Kelly Ruddick, Stuart Kollmorgen and Daniel Payne in action

Victorian Country championships were held for U20, U18, U16 and U14 age groups with results as shown below. The U16 and U14 3km girls events produced a very exciting finish with the first three girls crossing the line locked together in 15:39. The finishing judges managed to split them with Stephanie George, who took gold in the U14 event, the first to finish, just ahead of Ebony Whiley and Amanda Heard who took gold and silver in the U16 event.

Victorian Country U20 Women 5km Roadwalking Championship

1.	Palfreyman, Jessie	EAG	28:08
2.	Payne, Emily	COR	28:39

Victorian Country U18 Girls 5km Roadwalking Championship

1.	Tallent, Rachel	BYC	25:31
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Victorian Country U16 Boys 3km Roadwalking Championship

1.	Clark, Lewis	CHI	15:00
2.	Curtis, Peter	SBE	20:52

Victorian Country U16 Girls 3km Roadwalking Championship

1.	Whiley, Ebony	EAG	15:39
2.	Heard, Amanda	EAG	15:39
3.	Raselli, Cassie	SCA	16:06
4.	Tallent, Ebony	BYC	16:49
5.	Jones, Ebony-Jade	EAG	20:43
	Campbell, Grace	EAG	DNS
	Hockley-Samon, Jmara	CHI	DNS
	Jones, Madison	BYC	DNS

Victorian Country U14 Boys 3km Roadwalking Championship

1.	Jones, Jeremiah	EAG	16:29
2.	Taylor, Lucas	SCA	17:10
	Maskell, Ben	EAG	DNS

Victorian Country U14 Girls 3km Roadwalking Championship

1.	George, Stephanie	SCA	15:39
2.	Stadus, Lauren *	KNA	16:39 (invitation)
3.	Irshad, Jasmine	SCA	17:35 (2 nd Country)
4.	Wilson, Jessey	EAG	17:36 (3 rd Country)
5.	Ohlsen, Shae	EKA	21:44
6.	Luke, Sarah	WEN	25:10

Our youngest walkers had their own championships compliments of Racewalking Victoria and seven U12 and U10 walkers contested 2km and 1km events respectively.

Racewalking Victoria U12 Boys 2km Roadwalking Championship

1.	Heiden, Dane	Bendigo	10:48
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Racewalking Victoria U12 Girls 2km Roadwalking Championship

1.	Edlin, Grace	Bendigo	10:40
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Racewalking Victoria U10 Girls 1km Roadwalking Championship

1.	Edlin, Charlotte	Bendigo	05:33
2.	Heiden, Bree	Bendigo	06:21
3.	Taylor, Lee	VRWC	06:35
4.	Biggin, Rhianna	Ballarat	07:53
5.	Currie, Shelby	Ballarat	08:32

Thanks to championship organizer Paul Rance who, along with officials from the Bendigo Race Walking Club and the Athletics Victoria Bendigo Region, ensured that the carnival ran smoothly and to time.

VRWC EVENTS, ALBERT PARK SATURDAY 30 MAY 2009

We had our biggest field for the season on Saturday with 90 walkers in action at Albert Park in cool and windy conditions. For all races except for the Under 9 and Under 12, handicap starts were used, with the slower walkers starting first and the faster walkers starting later. Thus the resultant display looks quite different to normal. The first column (Start time) is the time at which that walker started. The second column (Finish time) is the elapsed time at which that walker finished. The third column (Actual time) is the time that the walker actually took to walk the race distance. The final two columns are the Handicap places and the Actual time places. The emphasis this week was on the handicap winners and the overall handicap winner in each division got to choose from the prizes table after all the calculations were completed. Thanks to **Simon Baker** and **Terry Swan** (U12/U9) for some great photos.

Kirstin Shaw and Anand Thillaisundaram were our 8km handicap winners, being the first walkers to reach the finish line from the staggered starts. Kirstin gave a 13 minute head start to outmarker Margaret Beaumont but caught and passed her in the final lap. The accuracy of Mark Donahoo's handicapping may be seen in the fact that nearly all the walkers finished in the 1:01:00 - 1:03:40 timeframe – ie all finished within a few minutes of each other. Backmarkers Pam Tindal and Daniel Payne battled bravely and had the fastest times overall but could not bridge the gap to all those in front.

8 km Open	Start time	Finish time	Actual time	Hcp place	Actual place
Shaw, Kirstin	13:43	1:00:05	46:22	1	2
Feldman, Liz	13:25	1:01:54	48:29	2	4
Beaumont, Margaret	00:48	1:02:48	62:00	3	6
Tindal, Pam	19:32	1:02:48	43:16	4	1
Shaw, Robyn	11:13	1:02:51	51:38	5	5
McIntyre, Gayle	17:56	1:04:31	46:35	6	3
Thillaisundaram, Anand	07:11	1:01:01	53:50	1	8
Cooper, Stuart	09:16	1:01:29	52:13	2	7
Donahoo, Mark	21:17	1:02:44	41:27	3	2
McDonough, Aaron	18:46	1:02:47	44:01	4	3
Barrow, Geoff	11:12	1:02:49	51:37	5	6
Skrucany, Rudolf	05:51	1:02:57	57:06	6	10
Payne, Daniel	25:07	1:03:01	37:54	7	1
Dickinson, Murray	16:42	1:03:04	46:22	8	4
Gardiner, Bob	13:55	1:03:44	49:49	9	5
Wood, Robin	07:39	1:04:11	56:32	10	9
Beaumont, Ian	00:00	DQ		DQ	DQ
Keirl, Bernie	18:13	DQ		DQ	DQ

Justine Box and Lindsay Harrison were our handicap winners in the Open 4km events. They made the most of their early starts, caught the walkers ahead of them and then held off all the challengers charging through behind them. Backmarkers Heather Carr and James Seid-Christmass both walked very fast times but finished mid field.

4 km Open	Start time	Finish time	Actual time	Hcp place	Act place
Box, Justine	08:33	40:05	31:32	1	11
Morrey, Jan	13:40	40:23	26:43	2	7
Laurie, Natalie	18:43	40:26	21:43	3	2
Wynen, Karen	16:22	40:28	24:06	4	4
Peachey, Anika	11:31	40:44	29:13	5	10
Stanway, Marlaine	11:52	40:47	28:55	6	9
Elms, Donna	16:40	41:04	24:24	7	5
Carr, Heather	19:32	41:06	21:34	8	1
Gourlay, Marlene	17:49	41:07	23:18	9	3
Steed, Gwen	16:57	41:33	24:36	10	6
Hammond, Nardene	16:15	43:06	26:51	11	8
Irshad, Amna	03:19	DNF		DNF	DNF
Mews, Pam	00:00	DQ		DQ	DQ
Harrison, Lindsay	11:14	40:13	28:59	1	5
Wicks, Barrie	12:57	40:30	27:33	2	4
Seid-Christmass, James	19:12	40:38	21:26	3	1
Barrett, Tony	17:09	40:55	23:46	4	3
Elms, Jason	17:28	41:02	23:34	5	2
Onley, Gordon	08:53	43:18	34:25	6	6
Elms, Damien	13:43	DQ		DQ	DQ

Rebecca Guy and Aaron Gardner were the first U15 walkers to reach the finish line. They both recorded big PBs with times of 21:57 and 21:40 and showed just what you have to do to win handicap races. In fact, well over half the U15 walkers set new best times. This was certainly the case for backmarker Amelia Finnegan whose 20:49 was excellent but she could only manage fourth place. Special mention to Jared Walker who was just 4 secs slower than Aaron Gardner with his 21:44 – these two boys are having some

great battles this season.

4 km Under 15	Start time	Finish time	Actual time	Hcp place	Act place
Guy, Rebecca	05:38	27:35	21:57	1	2
Mason, Ella	06:07	29:13	23:06	2	4
McNicol-Davidson, Chloe	03:19	29:14	25:55	3	9
Finnegan, Amelia	08:26	29:15	20:49	4	1
Stadus, Lauren	06:20	29:16	22:56	5	3
Gatens, Georgia	00:00	29:21	29:21	6	10
Barbour, Beth	05:01	29:42	24:41	7	8
Campbell, Caitlin	05:33	30:02	24:29	8	7
Hallett, Nicole	06:03	30:27	24:24	9	6
Attard, Bianca	06:30	30:49	24:19	10	5
George, Stephanie	05:10	DNF	DNF		DNF
Gardner, Aaron	06:59	28:39	21:40	1	1
Walker, Jared	07:32	29:16	21:44	2	2
McShanag, Connor	06:01	29:41	23:40	3	3
Felton, Matthew	08:24	DNF		DNF	DNF
O'Mahony, Michael	07:21	DNF		DNF	DNF

Our U9 and U12 walkers had their normal massed starts rather than the more complicated handicap starts. We then calculated their handicap placings after the event – you can see the outcomes below. In the U12 division, Larissa Cullen and Cooper Owen were the handicap winners while in the U9 division, Ryan Box and Livinia Mason won the handicap prizes. I took some time out to have a good watch this week and I was impressed by the overall standard of walking. While a few of the walkers may lose their style a little in the latter stages of the events (as they tire), the overall picture was excellent and omens well for the future.

2 km Under 12	Actual time	Handicap	Difference	Hcp place	Act place
Cullen, Larissa	12:33	13:59	-1:26	1	7
De Lisen, Paige	11:12	12:34	-1:22	2	4
McCann, Tessa	12:28	13:41	-1:13	3	6
Segota, Bronte	13:16	14:14	-0:58	4	10
Irshad, Jasmine	10:54	11:42	-0:48	5	1
Henderson, Keely	12:51	13:37	-0:46	6	9
Walker, Megan	11:11	11:44	-0:33	7	=2
Ventura, Amy	12:38	13:06	-0:28	8	8
Sanders, Jade	11:11	11:34	-0:23	9	=2
McLaren, Stacey	13:30	13:43	-0:13	10	11
Campbell, Rebecca	11:59	12:03	-0:04	11	5
Harrison, Annalise	15:00	14:55	+0:05	=12	12
Bertrand, Carly	11:42	11:37	+0:05	=12	4
Crea, Gabbie	DQ	13:43		DQ	DQ
Owen, Cooper	11:36	12:15	-0:39	1	3
McNicol-Davidson, Cody	12:45	13:18	-0:33	2	5
Allamby, Billy	10:35	10:59	-0:24	3	1
Walmsley, Reese	10:49	11:07	-0:18	4	2
Swan, Kyle	11:31	11:25	+0:06	5	4
Allamby, Jack	DNF			DNF	DNF
1 km Under 9	Actual time	Handicap	Difference	Hcp place	Act place
Box, Ryan	07:47	08:02	-0:15	1	3
Burren, James	05:50	05:50	0:00	2	1
Candotti, Noah	10:05	09:19	+0:46	3	4
Candotti, Sam	07:11	06:21	+0:50	4	2
McShanag, Ethan	DNS			DNS	DNS
Mason, Livinia	07:46	08:12	-0:26	1	10
Bertrand, Georgia	05:38	05:48	-0:10	2	1
Owen-Smith, Chelsea	06:57	07:05	-0:08	=3	6
Box, Erin	07:18	07:26	-0:08	=3	9
Lee, Georgia	05:53	06:00	-0:07	5	2
Xuereb, Tara	06:30	06:27	+0:03	6	5
Lillie, Jessica	06:12	06:02	+0:10	7	4
George, Hayley	06:02	05:51	+0:11	8	3
Lillie, Brianna	07:08	06:34	+0:34	9	7
Harrison, Charlee	07:16	06:32	+0:44	10	8
McLennan, Allie	09:06	-			11

VRWC RACES, ALBERT PARK, SATURDAY 13 JUNE 2009

If we expected a quiet day at Albert Park the week after Canberra, we were mistaken. Even though the weather had been dreadful all week, we still saw 86 walkers in action for our annual 'Guess Your Time' day. The concept is a simple one – places are based on how close you are to your guessed finish time. We finally got back onto a new 2km course and it seemed to work pretty well. 2008 Olympian Chris Erickson, who was having a final walk before heading off on Monday to Europe to prepare for this year's World Championships, was a surprise starter amongst the 15 walkers in the 10km race. Anand Thillaisundaram and Heather Carr were closest to their guessed times while Chris Erickson and Gayle McIntyre had the fastest times. Gayle's time of 55:05 was in fact a big PB. Bernie Keirl also recorded a PB with his 55:01. And a special mention for Nicole Hallett who walked her first 10km event. It is always great to see our younger walkers testing themselves out over the longer distances.

Open 10km Walk		Time	Guess	Difference
1	Thillaisundaram, Anand	1:05:17	1:05:00	00:17
2	Kollmorgen, Stuart	49:24	48:49	00:35
3	Dickinson, Murray	58:18	57:30	00:48
4	Donahoo, Mark	52:34	51:40	00:54
5	Keirl, Bernie	55:01	56:30	01:29
6	Gardiner, Bob	1:00:55	1:02:30	01:35
7	Reid, Ross	54:51	53:00	01:51
8	Erickson, Chris	45:22	47:30	02:08
9	Skrucany, Rudolf	1:14:17	1:10:00	04:17
	Beaumont, Ian	DQ		
1	Carr, Heather	56:40	57:30	00:50
2	Beaumont, Margaret	1:17:45	1:16:50	00:55
3	McIntyre, Gayle	55:05	57:00	01:55
4	Tindal, Pam	54:51	57:30	02:39
5	Hallett, Nicole	1:09:49	1:01:22	08:27 t

The winners in the 5km walks were spot on – Ralph Bennett was only 5 secs off and Marlaine Stanway was 8 secs off. Ella Mason jumped up from the Under 15 division and walked her first ever 5km in the very good time of 28:43. We also welcomed Paul Kennedy back after some time away and he was showed that he has not lost any form, taking fastest time with 25:07.

Open 5km Walk		Time	Guess	Difference
1	Bennett, Ralph	26:31	26:26	00:05
2	Wood, Robin	34:52	35:00	00:08
3	Barrow, Geoff	31:52	31:42	00:10
4	Antidormi, Ryan	27:12	28:30	01:18
5	Kennedy, Paul	25:07	27:00	01:53
1	Stanway, Marlaine	36:03	35:55	00:08
2	Steed, Gwen	30:52	30:38	00:14
3	Shaw, Kirstin	30:02	28:30	01:32
4	Mason, Ella	28:43	30:30	01:47

Our 3km walks saw equal firsts in both the men's and women's walks. Clyde Riddoch and James Seid-Christmass were 4 secs off their time estimates while Donna Elms and Janet Holmes were only 2 secs off. James and Janet were also the fastest times. We also welcomed two first time walkers, Julie Walsh and Rhonda McNaughton who had never racewalked before – and they did well, walking together for 22:24. Well done ladies!

Open 3km Walk		Time	Guess	Difference
E1	Riddoch, Clyde	16:56	17:00	00:04
E1	Seid-Christmass, James	15:24	15:20	00:04
3	Elms, Jason	17:03	17:30	00:27
4	Doran, Anthony	19:02	19:31	00:29
5	Harrison, Lindsay	21:31	21:00	00:31
6	Kozica, Jason	19:23	20:00	00:37
7	McDonough, Aaron	19:47	17:30	02:17
	Onley, Gordon	DQ		
E1	Elms, Donna	17:54	17:56	00:02
E1	Holmes, Janet	19:02	19:00	00:02
3	Box, Justine	24:04	24:00	00:04
4	Morrey, Jan	19:55	20:20	00:25
5	Mews, Pam	30:22	29:55	00:27
6	Peachey, Anika	20:45	20:00	00:45

Walsh, Julie	22:24
McNaughton, Rhonda	22:25

Sisters Rebecca and Caitlin Campbell walked together the whole way and were spot on, only finishing 7 secs outside their guessed times to win the girls' race while Aaron Gardner won the boys' event, only 3 secs different to his guess. Aaron actually did a PB along the way as did Matt Felton whose 14:35 was a fantastic performance.. Amelia Finnegan was the fastest of the girls with a very quick 15:00

	Under 15 3km Walk	Time	Guess	Difference
1	Gardner, Aaron	15:57	16:00	00:03
2	Walker, Jared	16:05	16:30	00:25
3	Tam, Aaron	17:03	16:30	00:33
4	Felton, Matthew	14:35	15:00	00:35
5	McShanag, Connor	18:12	16:53	01:19
	McNicol-Davidson, Cody	DNF		
E1	Campbell, Rebecca	19:06	18:59	00:07
E1	Campbell, Caitlin	19:06	18:59	00:07
3	Irshad, Jasmine	17:20	17:30	00:10
E4	Gatens, Georgia	20:49	21:00	00:11
E4	Finnegan, Amelia	15:00	15:11	00:11
6	McNicol-Davidson, Chloe	18:52	18:30	00:22
7	George, Stephanie	15:17	15:40	00:23
8	Hockley-Samon, Jmara	15:57	15:30	00:27
9	Bertrand, Carly	18:31	18:00	00:31
10	Gelov, Lauren	19:47	18:15	01:32

Our Under 9 walkers headed off at 2:30PM and tested themselves out on a new course. Harry Hockley-Samon and Georgia Bertrand were closest to their guesstimates with Georgia being our best guesser of the day – only 1 second out. She was also the fastest U9 girl with 5:30 while Sam Candotti was the fastest boy with 6:21. Thanks to **Terry Swan** for the great U9 and U12 photos.

	Under 9 1km Walk	Time	Guess	Difference
1	Hockley-Samon, Harry	06:47	07:00	00:13
2	Candotti, Sam	06:45	06:21	00:24
3	Box, Ryan	08:21	07:44	00:37
	Candotti, Noah	DQ		
1	Bertrand, Georgia	05:29	05:30	00:01
2	Lillie, Brianna	06:33	06:30	00:03
3	George, Hayley	05:58	05:50	00:08
4	Xuereb, Tara	06:18	06:27	00:09
5	Owen-Smith, Chelsea	06:49	06:38	00:11
6	Box, Erin	07:09	07:21	00:12
7	Lee, Georgia	05:33	05:50	00:17
8	Lillie, Jessica	05:53	06:16	00:23

The Under 12s were last away today at around 2:40PM and Billy Allamby walked excellently to get the double – best guess and fastest time of 10:28. Tessa McCann was the best guess amongst the girls while Megan Walker and Paige De Lisen had a great battle for fastest time with Megan just getting up by 1 second with 10:55.

	Under 12 2km Walk	Time	Guess	Difference
1	Allamby, Billy	10:28	10:36	00:08
2	Owen, Cooper	11:26	11:35	00:09
3	Swan, Kyle	11:34	11:10	00:24
4	Tremigliozi, Paul	13:58	14:25	00:27
5	Garganis, Adam	12:04	12:40	00:36
	Walmsley, Reese	DQ		
1	McCann, Tessa	11:57	12:05	00:08
2	Ventura, Amy	12:09	12:20	00:11
3	Crea, Gabriella	13:42	13:31	00:11
4	Harrison, Annalise	14:32	14:20	00:12
5	Hamilton, Emily	11:48	12:04	00:16
6	Segota, Bronte	12:55	13:14	00:19
7	Walker, Megan	10:55	11:20	00:25
8	De Lisen, Paige	10:56	11:25	00:29
9	Henderson, Keely	13:14	12:45	00:29
10	Harrison, Charlee	14:25	13:50	00:35
11	Cullen, Larissa	12:08	12:45	00:37
12	McLaren, Stacey	14:08	13:30	00:38

VRWC RACES, ALBERT PARK, SATURDAY 20 JUNE 2009

With a dreadful day forecast for Melbourne (very unusual for our wonderful metropolitan city!), we did not expect to see many walkers at Albert Park on Saturday but we were proved wrong yet again with 88 competitors in action.

The strong winds meant that good times were that bit harder to get but it did not stop Rhydian Cowley leading the way in the 10km event, powering to a good time of 45:55. Anand Thillaisundaram did a 1 minute PB to win the handicap while Aaron McDonough also walked very well for his 55:00. In the women's event, the 3 entrants were all close in times with Kylie Irshad fastest with 54:47 and Gayle McIntyre taking the handicap honours with 56:09.

10 km Open			Handicap Place
1.	Cowley, Rhydian	45:55	2
2.	McDonough, Aaron	55:00	E3
3.	Dickinson, Murray	57:41	E3
4.	Lucas, Alan	60:43	
5.	Gardiner, Bob	61:34	5
6.	Thillaisundaram, Anand	64:24	1
	Wood, Robin	DQ	
1.	Irshad, Kylie	54:47	3
2.	Tindal, Pam	55:00	2
3.	McIntyre, Gayle	56:09	1

Paul Kennedy was our fastest 5km walker and improved considerably on his walk of last week to record 24:25. I noticed how well Rudolf Skrucany was walking on the day so it was no surprise when I saw that he had won the handicap with his time of 32:31. Hilary Brazel and Heather Carr had a good battle in the women's event with Hilary taking the fastest time honours with 26:57. 12 year old Sarah Burren did a big PB for her 27:44 but had to settle for second place in the handicap behind Kirstin Shaw with 28:43.

5 km Open			Handicap Place
1.	Kennedy, Paul	24:25	2
2.	Donahoo, Mark	25:21	5
3.	Elms, Jason	30:40	7
4.	Barrow, Geoff	31:09	3
5.	Skrucany, Rudolf	32:31	1
6.	Kozica, Jason	33:59	4
7.	Wicks, Barrie	35:57	6
1.	Brazel, Hilary	26:57	4
2.	Carr, Heather	27:03	6
3.	Burren, Sarah	27:44	2
4.	Shaw, Kirstin	28:43	1
5.	Gourlay, Marlene	29:33	9
6.	Feldman, Liz	29:36	8
7.	Payne, Emily	30:07	10
8.	Steed, Gwen	30:33	7
9.	Elms, Donna	31:03	11
10.	Shaw, Robyn	31:18	5
11.	Gage, Mykaela	34:29	3

12. A small number of Open walkers and a large number of U15 walkers contested the 3km events with Matthew Felton continuing on from his fine form of last week to record the fastest time of 14:41. Walkers to do PBs included Ryan Antidormi, Aaron Gardner and Stephanie George whose time of 14:55 made her both fastest time and handicap winner for the girls. It was also nice to welcome back Andrew Hogan after some time away from the club. Welcome also to Joshua Kaiser who had his first walk with the club, producing a promising 17:51.

3km Open			Handicap Place
1.	Seid-Christmass, James	15:31	2
2.	Harrison, Lindsay	21:19	1
	Onley, Gordon	DQ	
1.	Wynen, Karen	18:10	2
2.	Holmes, Janet	19:41	5
3.	Morrey, Jan	19:48	1
4.	Peachey, Anika	21:57	3
5.	Mews, Pam	31:23	4
3km Under 15			Handicap Place
1.	Felton, Matthew	14:41	1
2.	Antidormi, Ryan	14:56	4

3.	Gardner, Aaron	15:50	3
4.	Walker, Jared	16:02	7
5.	Hogan, Andrew	16:41	
6.	McShanag, Connor	16:47	2
7.	Taylor, Lucas	16:56	5
8.	Kaiser, Joshua	17:51	
9.	McNicol-Davidson, Cody	19:43	6
1.	George, Stephanie	14:55	1
2.	Finnegan, Amelia	15:13	7
3.	Mason, Ella	16:12	3
4.	Albert, Ashley	16:16	8
5.	Guy, Rebecca	17:15	9
6.	Sanders, Jade	17:46	4
7.	Gerlich, Annemaree	17:58	2
8.	Campbell, Rebecca	18:24	5
9.	Gelov, Lauren	19:15	6
	Bertrand, Carly	DNF	
	Attard, Bianca	DNF	
	Gatens, Georgia	DQ	

Our U12 and U9 numbers are just so big and the fields are so competitive. In the U12s, Billy Allamby (10:24) and Jasmine Irshad (10:44) were the fastest boy and girl while Paul Tremiglozzi and Paige De Lisen took handicap honours. And welcome to Emily Swan who had her first walk with us for a good time of 12:23.

2 km Under 12			Handicap Place
1.	Allamby, Billy	10:24	4
2.	Swan, Kyle	10:44	3
3.	Owen, Cooper	11:51	5
4.	Burren, James	12:12	2
5.	Tremiglozzi, Paul	13:32	1
	Walmsley, Reese	DQ	
1.	Irshad, Jasmine	10:44	4
2.	Walker, Megan	10:51	5
3.	De Lisen, Paige	10:51	1
4.	Hamlton, Emily	11:57	11
5.	McCann, Tessa	12:03	3
6.	Cullen, Larissa	12:15	2
7.	Swan, Emily	12:23	
8.	Ventura, Amy	12:24	7
9.	Henderson, Keely	13:06	10
10.	McLaren, Stacey	13:15	9
11.	Crea, Gabriella	13:15	8
12.	Harrison, Charlee	14:12	6
13.	Harrison, Annalise	14:38	12

Sam Candotti walked excellently to take both fastest time and handicap honours in the boys U9 event with 6:13 but overall line honours went to Georgia Bertrand with her fine time of 5:30. Lee Taylor walked very well after a break from Albert Park and took handicap first place in the girls event with 6:48.

1 km Under 9			Handicap Place
1.	Candotti, Sam	06:13	1
2.	McShanag, Ethan	07:29	3
3.	Candotti, Noah	09:22	2
4.	Sanders, Jack	10:39	4
1.	Bertrand, Georgia	05:30	5
2.	Lillie, Jessica	05:57	7
3.	Xuereb, Tara	06:14	6
4.	Owen-Smith, Chelsea	06:15	2
5.	Lillie, Brianna	06:18	4
6.	Taylor, Lee	06:48	1
7.	Mason, Livinia	08:09	8
8.	McLennan, Allie	08:44	3

AV, VMA AND VRWC CHAMPIONSHIPS, ALBERT PARK, SUNDAY 28 JUNE 2009

Over 100 walkers converged on Albert Park last Sunday for what is one of the biggest walking fixtures of the year, with Victorian Open, Victorian Schools, Victorian Masters and VRWC championships on offer. It was a very cold morning but the general consensus was that it was good racing weather and the times seem to reflect this view. Since I wasn't there, I don't have my usual photos but **Terry Swan** was busy with his camera and has captured a number of our younger walkers. Thanks Terry.

The first events to start were the 20 km events with a number of titles on offer – Victorian Open, Victorian Masters and VRWC club championships. Former international representative **Paul van Kopplen** showed that he has lost little form over the years as he held off **Rhydian Cowley** to win the men's event with 1:34:43. Rhydian, walking only his second 20 km, improved by just on 1 minute on his February PB to take second with 1:35:19. **Stuart Kollmorgen** took third with his own PB time of 1:41:20. Aaron McDonough continued his consistent form this winter with 4th place of 1:55:00. **Kelly Ruddick** walked a big PB to take the women's Victorian title with 1:43:57, ahead of **Heather Carr** who broke the 2 hour mark with a good solid performance.

Victorian Open Men 20 km Road Walk

1.	Van Kopplen, Paul	CDN	47.11	1:34:43
2.	Cowley, Rhydian	GHY	47.10	1:35:19
3.	Kollmorgen, Stuart	COL	49.12	1:41:20
4.	McDonough, Aaron	PTN	55.49	1:55:00
	Donahoo, Mark	ATE		DNF
	Jamieson, Andrew	OSC		DQ

Victorian Open Women 20 km Road Walk

1.	Ruddick, Kelly	BHA	51.47	1:43:57
2.	Carr, Heather	EAG	58.13	1:59:49
	Attard, Tamara	KNA	62.43	DNF
	Szirom, Megan	FKN	50.22	DNF

Victorian Masters and club walkers were also in action over the 20km distance with results a mixed bag. 20km is always a long distance for older Masters walkers and there were a number of DNFs. But they did at least give it a go so congratulations to everyone! Special mentions to **Murray Dickinson** (2:01:34 at 70 years of age – he just missed out on the M70 Aust record of 2:00:16, set by the great Tom Daintry way back in 1985), **Stu Cooper** (first one in a long time) and **Anand Thillaisundaram** (first one ever). I chatted with Stu via email and he had this to say about things

Thanks Tim ... it was very gratifying to be on the road on a championship race day and then getting a gong at the presentation, after three seasons of enforced watching. (This time 2 years ago I couldn't even stand for prolonged periods.) The one who impressed me was Anand. He'd never walked anything like 20k before. At the start he took off and I thought smugly 'Ah well, he'll learn.' It took him until 15k to start learning, by which time he was so far ahead of me that all I could do was take ground off him. With some long miles in his legs he could do very well.

VRWC 20 km Road Walk

1.	Thillaisundaram, Anand	64.06	2:13:37
	Irshad, Kylie		DNF

Victorian Masters Men 20 km Road Walk

M70	DQ	Beaumont, Ian		
M70	1	Dickinson, Murray	58.51	2:01:34
M65	DQ	Bennett, Ralph		
M60	1	Lucas, Alan	61.40	2:05:39
M55	1	Cooper, Stuart	66:00	2:14:50
M50	DNF	Donahoo, Mark		
M50	1	Skrucany, Rudolf	71.00	2:26:39
M44	1	Van Kopplen, Paul	47.11	1:34:43
M35	1	McDonough, Aaron	55.49	1:55:00

Victorian Masters Women 20 km Road Walk

WM0	DNF	Beaumont, Margaret	79.40	DNF
W60	DNF	Feldman, Liz	68.03	DNF
W55	1	Carr, Heather	58.13	1:59:49
W50	1	Bryant, Barbara	58.58	2:02:16
W45	1	Elms, Donna	66.46	2:27:22

VRWC Open Men 20 km championship - Alf Robinson Trophy

The Alf Robinson Trophy is one of our main VRWC club championships for Open Men and all VRWC members competing in any of the 20km events were automatically eligible. For the record book, the final results were as follows

1.	Van Kopplen, Paul	1:34:43
2.	Cowley, Rhydian	1:35:19

3.	Kollmorgen, Stuart	1:41:20
4.	McDonough, Aaron	1:55:00
5.	Dickinson, Murray	2:01:34
6.	Lucas, Alan	2:05:39
7.	Thillaisundaram, Anand	2:13:37
8.	Cooper, Stuart	2:14:50
9.	Skrucany, Rudolf	2:26:39

The Victorian Schools roadwalking championships were also contested on Sunday with big fields in the younger events, some great walking overall and lots of Pbs. Our U18/U20 events are always hit by Year 12 commitments and/or University exams and this year was no exception. Congratulations to all our medallists and to all the walkers who took part.

U/20 Girls 10 km Road Walk Championship

1.	ALEXANDER, BETH	BRENTWOOD SC	52:46
2.	SHAW, KIRSTIN	WESTBOURNE GS	61:04

U/20 Boys 10 km Road Walk Championship

No starters

U/18 Girls 5 km Road Walk Championship

1.	TALLEN, RACHEL	BALLARAT HIGH SCHOOL	24:50
2.	BRAZEL, HILARY	EMMAUS COLLEGE	26:23
3.	CAMPBELL, CAITLIN	COPPERFIELD SC	28:37
4.	PAYNE, EMILY	KARDINIA INTERNATIONAL COLLEGE	29:06
5.	GAGE, MYKAELA	SACRED HEART COLLEGE GEELONG	33:53

U/18 Boys 5 km Road Walk Championship

1.	SIMPSON, BRAD	YARRA VALLEY GS	25:54
2.	KAISER, JOSHUA	DROMANA SC	33:23

U/16 Boys 3 km Road Walk Championship

1.	CLARK, LEWIS	CHRISTIAN COLLEGE GEELONG	14:56
2.	ANTIDORMI, RYAN	EMMAUS COLLEGE	15:14
3.	GARDNER, AARON	MARIBYRNONG COLLEGE	15:29
4.	WALKER, JARED	LARA SECONDARY COLLEGE	15:31
5.	FELTON, MATTHEW	AQUINAS COLLEGE	16:13
6.	CURTIS, PETER	BENDIGO SOUTH EAST COLLEGE	17:42
7.	TAN, AARON	GLEN WAVERLEY SC	18:02

U/16 Girls 3 km Road Walk Championship

1.	FINNEGAN, AMELIA	MATER CHRISTIE COLLEGE	14:57
2.	HOCKLEY-SAMON, JMARA	CLONARD COLLEGE	15:16
3.	BURREN, AMY	KILLESTER COLLEGE	15:33
4.	HEARD, AMANDA	GOULBURN VALLEY GRAMMAR SCHOOL	15:44
5.	ALBERT, ASHLEY	KILLESTER COLLEGE	15:57
6.	ATTARD, BIANCA	AQUINAS COLLEGE	16:25
7.	MASON, ELLA	MELBOURNE GIRLS COLLEGE	16:33
8.	TALLEN, EBONY	BALLARAT HIGH SCHOOL	16:56
9.	WHILEY, EBONY	CATHOLIC COLLEGE BENDIGO	17:16
10.	HALLETT, NICOLE	ST FRANCIS XAVIER COLLEGE	17:21
11.	CALLAWAY, JESSICA	MATER CHRISTIE COLLEGE	18:18
12.	GELOV, LAUREN	CRAIGIEBURN SECONDARY COLLEGE	19:37

U/14 Boys 3 km Road Walk Championship

1.	ALLAMBY, BILLY	KAROO PRIMARY SCHOOL	15:49
2.	HOGAN, ANDREW	SALESIAN COLLEGE	15:54
3.	McSHANAG, CONNOR	ST BERNARDS COLLEGE	16:10
4.	TAYLOR, LUCAS	LILYDALE HIGH SCHOOL	16:36
5.	HEIDEN, DANE	ST JOSEPH'S PRIMARY SCHOOL	17:23
6.	COLEMAN, HARRY	JELLS PARK PRIMARY SCHOOL	18:23
7.	McNICOL-DAVIDSON, CODY	KARINGAL HEIGHTS PRIMARY SCHOOL	19:15
8.	TREMIGLIOZZI, PAUL	MOUNT SCOPUS MEMORIAL COLLEGE	21:23

U/14 Girls 3 km Road Walk Championship

1.	GEORGE, STEPHANIE	YARRA VALLEY GRAMMAR	15:26
2.	BURREN, SARAH	KILLESTER COLLEGE	15:45
3.	BOLDISTON, ZOE	ST MEL'S PRIMARY SCHOOL	16:06
4.	GUY, REBECCA	BERWICK SECONDARY COLLEGE	16:20
5.	STADUS, LAUREN	IVANHOE GIRLS GRAMMAR SCHOOL	16:34
6.	WALKER, MEGAN	LARA PRIMARY SCHOOL	17:18

7.	BERTRAND, CARLY	SALESIAN COLLEGE	17:58
8.	CAMPBELL, REBECCA	SYDENHAM HILLSIDE PRIMARY SCHOOL	18:30
9.	HAMILTON, EMILY	KAROO PRIMARY SCHOOL	19:46
10.	McNICOL-DAVIDSON, CHLOE	FLINDERS CHRISTIAN COLLEGE	19:48
11.	BARBOUR, BETH	NORTHCOTE HIGH SCHOOL	20:17

Our youngest walkers had their second club championship for the winter - they raced a 1km championship earlier in the season and have a 2km championship later on in the season. Our boys numbers were down for some reason but the girls were there in force.

U/12 1.5 km Road Walk Championship

1.	Swan, Kyle	08:59
1.	Walker, Megan	07:58
2.	McCann, Tessa	08:36
3.	Hamilton, Emily	08:41
4.	Ventura, Amy	08:44
5.	Swan, Emily	09:17
6.	Henderson, Keely	09:18
7.	Segota, Bronte	09:38
8.	McLaren, Stacey	09:54
9.	Harrison, Charlee	10:18
	Cullen, Larissa	DNF

U/9 1.5 km Road Walk Championship

1.	Burren, James	09:17
1.	Bertrand, Georgia	08:24
2.	George, Hayley	08:39
3.	Lee, Georgia	08:40
4.	Lillie, Jessica	09:25
5.	Owen-Smith, Chelsea	09:37
6.	Lillie, Brianna	09:52
7.	Xuereb, Tara	10:51
8.	Taylor, Lee	11:09

Finally, we had an Open 5km event for those walkers who just wanted a fitness workout for the day.

VRWC Open 5km event

1.	Tindal, Pam	26:23
2.	Seid-Christmass, James	27:49
3.	Riddoch, Clyde	28:50
4.	Shaw, Robin	31:58
E5	Wicks, Barrie	35:05
E5	Gatens, Georgia	35:05
	Elms, Jason	DQ

VRWC EVENTS, ALBERT PARK, SATURDAY 4 JULY 2009

63 walkers braved what was forecast as cold and wet conditions on Saturday at Albert Park and they struck it lucky as the bad weather swept past us on either side while we experienced good racing conditions and an enjoyable day's racing. To add some additional flavour to the day, a large group of black swans grazed on the oval next to us. Thanks to **Stu Cooper** the fantastic photos.

The longest event on offer was 8km and Rhydian Cowley led from the front, winning by the proverbial mile with a very good 36:53. Andrew Jamieson was so late arriving that he had to run for the start line as his warmup – to make matters worse, he was forced to a couple of unexpected nature stops – all in all, it meant that he and Mark Donahoo had a topsy turvy battle and crossed the line together in 40:59, Andrew getting the nod from the finishing judges. Anand Thillaisundaram continued his great first season of walking and is looking better every week. On this occasion, he won the handicap with his time of 49:54. Pam Tindal was the fastest lady with a swift 43:18 while Robyn Shaw won the handicap with her time of 51:39.

Open 8 km Walk		Hcp Place	
1.	Tindal, Pam	43:18	2
2.	McIntyre, Gayle	45:17	3
3.	Shaw, Robyn	51:39	1
1.	Cowley, Rhydian	36:53	4
2.	Jamieson, Andrew	40:59	7
3.	Donahoo, Mark	40:59	2
4.	McDonough, Aaron	43:38	3
5.	Dickinson, Murray	46:50	6
6.	Thillaisundaram, Anand	49:54	1
7.	Barrow, Geoff	51:33	5
	Nunn, Paul	Ab	

Just like her mum in the 8km event, Kirstin Shaw won the women's handicap in the 4km event. She walked very well to finish not far behind fastest time winner Heather Carr (21:47 as against 21:24). It is easily Kirstin's fastest time of the season and she certainly looked strong. Geelong walker Karen Shiels had her first walk with the club and walked a very good 27:00. James Seid-Christmass seems to win the shorter walk just about every week and it was more of the same on Saturday as he powered through to a time of 21:06. Jason Elms was the handicap winner with his 22:43, a good time for him.

Open 4 km Walk		Hcp Place	
1.	Carr, Heather	21:24	5
2.	Shaw, Kirstin	21:47	1
3.	Steed, Gwen	24:17	6
4.	Elms, Donna	24:41	7
5.	Morrey, Jan	26:22	3
6.	Shiels, Karen	27:00	Invitation
7.	Peachey, Anika	28:22	2
8.	Stanway, Marlaine	28:38	4
9.	Mews, Pam	45:07	8
1.	Seid-Christmass, James	21:06	2
2.	Elms, Jason	22:43	1
3.	Wicks, Barrie	27:42	3
4.	Morrison, John	28:34	4
	Onley, Gordon	Disq	

Amy Burren was the fastest of the Under 15 walkers with 20:36, taking the girls' handicap honours as well. Matt Felton, who was sick last week, walked better today for a time of 20:52 but is obviously still not back to full strength. Young Connor McShanag was the boys' handicap winner with a very good 22:44. He has really kicked on since his excellent walking in the Canberra carnival.

Under 15 4 km Walk		Hcp Place	
1.	Burren, Amy	20:36	1
2.	Albert, Ashley	21:48	6
3.	Stadus, Lauren	22:49	4
4.	Campbell, Caitlin	24:40	7
5.	Campbell, Rebecca	25:15	3
6.	Hockley-Samon, Jmara	25:29	8
7.	Gelov, Lauren	26:41	5
8.	Gatens, Georgia	27:54	2
	McNicol-Davidson, Chloe	Ab	
1.	Felton, Matt	20:52	4
2.	Gardner, Aaron	21:40	2
3.	Walker, Jared	22:15	3
4.	McShanag, Connor	22:44	1



Under 15 walkers Matt Felton, Rebecca and Caitlin Campbell, Amy Burren, Connor McShannag and Lauren Gelov in action

Amy Burren's younger sister Sarah was the fastest Under 12 walker, gradually clearing away from Billy Allamby who was the fastest boy – their 2.5km times were 12:49 and 13:19 respectively. Stacey McLaren and Paul Tremiglioizzi were the handicap winners. Our Under 12 division continues to be a fiercely contested age group with lots of good young walkers.

Under 12 2.5 km		Hcp Place	
1.	Burren, Sarah	12:49	6
2.	Walker, Megan	14:16	8
3.	De Lisen, Paige	14:29	2
4.	Bertrand, Carly	15:09	11
5.	Ventura, Amy	15:12	5
6.	Hamilton, Emily	15:46	10
7.	McLaren, Stacey	15:53	1
8.	Henderson, Keely	15:56	4
9.	Crea, Gabriella	16:24	3
10.	Cullen, Larissa	16:50	7
11.	Harrison, Annalise	18:43	9
1.	Allamby, Billy	13:19	eq3
2.	Walmsley, Reese	14:11	5
3.	Owen, Cooper	14:16	2
4.	McNicol-Davidson, Cody	16:02	eq3
5.	Tremiglioizzi, Paul	16:28	1

Our Under 9's walked 1.5 km this week and, like previous weeks, Georgia Bertrand led from the front with 8:45 while Harry Hockley-Samon was the fastest boy with 9:09 to take the handicap as well. The girls' handicap points were shared between Jessica Lillie and Tara Xuereb.

Under 9 1.5 km		Hcp Place	
1.	Bertrand, Georgia	08:45	3
2.	Lillie, Jessica	09:09	eq1
3.	Lillie, Brianna	10:04	4
4.	Xuereb, Tara	10:07	eq1
5.	Harrison, Charlee	10:14	Out of age group
1.	Hockley-Samon, Harry	09:09	1
2.	Burren, James	09:35	3
3.	Candotti, Sam	09:36	2
4.	Candotti, Noah	15:45	4

RACEWALKING AUSTRALIA POSTAL CHALLENGE, ALBERT PARK, SATURDAY 11 JULY 2009

We were worried that we mightn't have many walkers at Albert Park on Saturday with gale force winds and storms forecast but we need not have worried – 72 walkers tried their utmost and the rain stayed away. The same can't be said for the wind which was so strong that, at times, the walkers were just about blown to a stand still. It was definitely our worst day, weather wise, for quite some time. Yet despite it all, the times were pretty good and we even had one PB! Thanks to **Simon Baker** and **Terry Swan** (U10 and U12) for our photos this week.

Saturday saw the annual Racewalking Australia Postal Challenge and our annual fundraising day for the International Brain Tumour Alliance. Mark Donahoo will be posting the Challenge results in the next week of so so more of that in a future newsletter. On the IBTA side of things, we raised just on \$600 from race entries, canteen sales and donations and I have forwarded a cheque for the full amount to the Royal Melbourne Hospital Neuroscience Foundation. We also walked a total distance of 372km towards the IBTA 2009 Walk Around the World (see <http://www.theibta.org/>).

And now onto our race reports. 10 km walks were on offer for Open, Masters and Under 20 walkers and we were able to provide starters in all divisions. As usual, Rhydian Cowley led from the front with a slick 46:21 while Kylie Irshad and Pam Tindal were the fastest of the ladies with identical times of 55:32. In the Masters divisions, Murray Dickinson (M70 – 59:42) and Heather Carr (W55 – 58:11) were probably our best. It was good to see Simon Evans back after a break and he looked good for his 54:10. Anand Thillaisundaram walked a 3+ minute PB – wind and all! We were all astounded at this performance which I would have to rate as the walk of the week. And finally, Caitlin and Rebecca Campbell and Connor McShanag all walked well above their age groups and conquered the U20 10 km distance.

Open 10 km Walk

1.	Donahoo, Mark	52:59
2.	McDonough, Aaron	57:03
3.	Thillaisundaram, Anand	60:44

1.	Irshad, Kylie	55:32
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Masters 10 km Walk

1.	Tindal, Pam	55:32
2.	Carr, Heather	58:11
3.	Feldman, Liz	62:29
4.	Elms, Donna	64:47
5.	Shaw, Robyn	64:55
	Thompson, Alison	DQ

1.	Evans, Simon	54:10
2.	Dickinson, Murray	59:42
3.	Cooper, Stuart	63:59
4.	Wood, Robin	71:32
	Skrucany, Rudolf	DNF
	Jamieson, Andrew	DQ
	Barrow, Geoff	DQ
	Bennett, Ralph	DQ

U20 10 km Walk

1.	Shaw, Kirstin	59:37
2.	Campbell, Caitlin	64:46
3.	Campbell, Rebecca	68:08

1.	Cowley, Rhydian	46:21
2.	McShanag, Connor	64:48
	Elms, Jason	DQ

U18 walkers walked 8km, U16s walked 5km, U14s walked 3km, U12s walked 2km and U10s walked 1.5km. We managed to fill all divisions except for two so were very pleased. The challenge always remains to get everyone together in one place at one time. But then again, if we did that, we would have so many walkers on the start line that we would have other problems! Our U16s in particular were very strong with Amelia Finnegan (26:09) and Matt Felton (25:49) walking excellently in the conditions.

U18 8 km Walk

1.	Payne, Emily	48:33
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U16 5km Walk

1.	Finnegan, Amelia	26:09
2.	Brazel, Hilary	27:36
3.	Hockley-Samon, Jmara	27:52
4.	Mason, Ella	28:33
5.	Gatens, Georgia	37:01

1.	Felton, Matthew	25:49
2.	Gardner, Aaron	27:47

U14 3km Walk

1.	Stadus, Lauren	16:49
2.	Bertrand, Carly	18:27
3.	McNicol-Davidson, Chloe	19:41
4.	Swan, Emily	20:32
1.	Walker, Jared	16:10

Our U12 and U10 numbers were big and the races were fiercely contested as usual. Megan Walker, Cooper Owen and Paige De Lisen all recorded fast winning times which should stand us in good stead for the Postal Challenge. I was on the bike and our littliest walkers certainly had to battle the wind!

U12 2km Walk

1.	Walker, Megan	11:01
2.	Barbour, Beth	12:11
3.	Cullen, Larissa	12:14
4.	Hamilton, Emily	12:14
5.	Ventura, Amy	12:20
6.	Mclaren, Stacey	13:09
7.	Henderson, Keely	13:17
8.	Crea, Gabriella	13:29
1.	Owen, Cooper	11:26
2.	Swan, Kyle	11:41
3.	McNicol-Davidson, Cody	12:33
4.	Tremigliozi, Paul	13:29
	Walmsley, Reese	DQ

U10 1.5km Walk

1.	De Lisen, Paige	08:27
2.	Bertrand, Georgia	08:42
3.	Lee, Georgia	08:54
4.	Lillie, Jessica	09:30
5.	Xuereb, Tara	09:39
6.	Lillie, Brianna	09:46
7.	Mason, Livinia	12:25
	Owen-Smith, Chelsea	DQ

Finally, we had a 3km Open walk for those club members who just wanted a fitness workout for the day. James Seid-Christmass was the fastest man as usual while Gwen Steed was the best of the women. Also welcome back to Anna Wallace who had her first walk for the winter.

VRWC 3km Open

1.	Steed, Gwen	18:17
2.	Wallace, Anna	19:43
3.	Peachey, Anika	21:21
4.	Stanway, Marlaine	21:22
5.	Beaumont, Margaret	22:33
6.	Davidson, Kelly	24:10
7.	Mews, Pam	37:55
1.	Seid-Christmas, James	15:40
2.	Wicks, Barrie	20:34
3.	Morrison, John	21:23
4.	Onley, Gordon	24:52
	Beaumont, Ian	DQ

VRWC EVENTS, ALBERT PARK, SATURDAY 18 JULY 2009

There were plenty of conflicting options for our walkers on Saturday what with Little Athletics Cross Country open days and the Victorian All Schools Cross Country championships on offer but we still saw 71 walkers in action at Albert Park – and a number of them had come straight from running events. Like last week, it was extremely windy and quite cool but the rain stayed away again and the walkers raced well. We had our second Handicap Start day for the winter on Saturday so the results show the handicap place rather than the fastest time (Actual) place. The columns show the time at which the walker started, the finish time and the actual time. Obviously the first finisher wins the handicap. Thanks to **Terry Swan** and **Andrea Hallett** for our photos this week.

Kirstin Shaw and Stuart Cooper were the first 8km walkers to finish (1 to 2 minutes clear of all their opposition) while Pam Tindal and Rhydian Cowley were the fastest overall. You had to feel a bit sorry for Rhydian who had to wait nearly 5 minutes after everyone else had started before he was allowed to start his chase. To his credit, he caught 3 of the 8km walkers but found the gap too great to catch them all.

8 km Open Handicap		Start time	Finish	Actual time	Actual place
1.	Shaw, Kirstin	06:57	52:40	45:43	2
2.	Feldman, Liz	06:22	54:49	48:27	3
3.	Tindal, Pam	12:05	55:02	42:57	1
4.	Shaw, Robyn	03:34	56:23	52:49	5
5.	Thompson, Alison	07:50	60:29	52:39	4
1.	Cooper, Stuart	02:35	52:31	49:56	6
2.	Evans, Simon	12:41	54:08	41:27	3
3.	Donahoo, Mark	13:58	54:43	40:45	2
4.	McDonough, Aaron	11:32	55:00	43:28	4
5.	Cowley, Rhydian	18:36	55:51	37:15	1
6.	Wood, Robin	00:00	55:57	55:57	8
7.	Dickinson, Murray	09:14	55:58	46:44	5
8.	Gardiner, Bob	06:38	60:29	53:51	7

The 4km walkers also had a staggered start and it was Anika Peachey and Gordon Onley who made the most of good starts and held off all opposition to notch handicap wins. Kylie Irshad and James Seid-Christmass were the fastest overall.

4 km Open Handicap		Start time	Finish	Actual time	Actual place
1.	Peachey, Anika	03:59	32:18	28:19	10
2.	Stanway, Marlaine	04:11	32:27	28:16	9
3.	Wallace, Anna	07:45	32:46	25:01	7
4.	Irshad, Kylie	12:26	32:51	20:25	1
5.	Elms, Donna	08:52	33:07	24:15	3
6.	Wynen, Karen	08:36	33:09	24:33	5
7.	Beaumont, Margaret	02:53	33:14	30:21	11
8.	Steed, Gwen	09:05	33:26	24:21	4
9.	Carr, Heather	11:54	33:31	21:37	2
10.	Brunton, Caitlin	10:20	34:58	24:38	6
11.	Hallett, Nicole	09:23	35:09	25:46	8
1.	Onley, Gordon	00:00	31:57	31:57	8
2.	Beaumont, Ian	01:23	32:09	30:46	7
3.	Wicks, Barrie	05:21	32:23	27:02	6
4.	Skrucany, Rudolf	06:58	32:42	25:44	5
5.	Seid-Christmass, James	11:40	32:47	21:07	1
6.	Dickenson, Russ	08:30	32:49	24:19	3
7.	Elms, Jason	09:44	33:05	23:21	2
8.	Barrow, Geoff	08:29	33:30	25:01	4

Lauren Stadius and Connor McShanag were the first to finish in the Under 14 4km, securing handicap wins; Lauren was also the fastest of the girls. Stephanie George walked a fast 3km after coming straight from the All Schools Cross Country running championships. Aaron Gardner was the fastest of the boys but still found himself finishing 13 secs behind Connor.

4 km Under 15 Handicap		Start time	Finish	Actual time	Actual place
1.	Stadius, Lauren	05:31	28:12	22:41	1
2.	Irshad, Jasmine	05:09	28:42	23:33	2
3.	Campbell, Rebecca	03:05	28:48	25:43	4
4.	Gatens, Georgia	00:00	28:49	28:49	5
5.	Campbell, Caitlin	04:06	28:49	24:43	3
	George, Stephanie	08:02	DNF (3 km in 15:20)		
1.	McShanag, Connor	05:04	27:52	22:48	2
2.	Gardner, Aaron	06:22	28:05	21:43	1

Walker, Jared	06:42	DQ
Felton, Matthew	08:07	DQ

The Under 12 walkers had a normal massed start but the results are still shown in handicap order like the results for the older walkers. Paul Tremiglozzi did a 30 sec PB to win the U12 handicap with his time of 13:03. Billy Allamby was the fastest overall with a very speedy 10:21 and had a good battle for a while with Simon Evans who was walking in the 8km event. Paig De Lisen and Megan Walker had a great battle in the U12 girls' event with Megan winning the final sprint to take fastest time with 10:54. But the battle helped Paige to win the handicap with her time of 10:58.

2 km Under 12 Handicap	Time	Actual Place
1. De Lisen, Paige	10:58	2
2. Harrison, Charlee	13:42	14
3. Walker, Megan	10:54	1
4. McCann, Tessa	12:33	6
5. Crea, Gabbie	13:08	11
E6 McLaren, Stacey	13:08	10
E6 Hamilton, Emily	11:54	4
9. Segota, Bronte	13:40	13
9. Barbour, Beth	11:57	5
E10 Swan, Emily	12:33	7
E10 Ventura, Amy	12:36	8
E10 Cullen, Larissa	13:40	12
13. Sanders, Jade	11:32	3
14. Harrison, Annaliese	15:10	15
15. McNicol-Davidson, Chloe	13:04	9
1. Tremiglozzi, Paul	13:03	6
2. Swan, Kyle	10:54	2
3. McNicol-Davidson, Cody	12:30	5
4. Allamby, Billy	10:21	1
5. Owen, Cooper	11:40	4
6. Walmsley, Reese	11:05	3

The Under 9's also had a massed start and the handicap results were calculated later on. Georgia Bertrand took fastest time of 5:42 and also won the girls' handicap. Brothers Noah and Sam Candotti were our only two boys and they shared the honours with Noah winning the handicap with 9:25 while Sam too fastest time with 6:27.

1 km Under 9 Handicap	Time	Actual Place
1. Bertrand, Georgia	05:42	1
2. George, Hayley	05:43	2
3. Lillie, Brianna	06:42	4
4. Lillie, Jessica	06:20	3
5. Owen-Smith, Chelsea	06:52	5
1. Candotti, Noah	09:25	2
2. Candotti, Sam	06:27	1

AV AND VRWC EVENTS, ALBERT PARK, SATURDAY 25 JULY 2009

We saw another big Saturday of walking at Albert Park last weekend with 80 competitors testing themselves over a variety of distances. Once again, windy cool weather made for testing conditions but times were still impressive. Thanks to **Stuart Cooper** and **Terry Swan** for the many fine photos published in this newsletter. A reminder that most of these photos, and lots more, have been uploaded to our VRWC Gallery at <http://vrwc.org.au/coppermine> and can be downloaded for private use. And a special thank you to **Gordon Onley** who has provided a new PA System Loudspeaker for us. It certainly meant that everyone could hear us – thanks G.

The Victorian 10km roadwalking championships were the prime events of the day and the favourites – Tom Barnes and Megan Szirom – won as expected. For Tom, it was his 4th win (others being in 2004, 2006 and 2008) and followed on from his fine walk in the recent World Universiad 20km event in Belgrade. It also won him the Bert Gardiner medal, presented each year to the winner of this event. Former Australian international walker Paul Van Kopplen was second while super Masters walker Andrew Jamieson was third. This was Andrew's last local walk before heading off to defend his M60 titles at the World Masters Games in Finland this week. In the women's championship, Megan Szirom took the title for the second time (she also won it in 2006) ahead of junior walkers Beth Alexander and Rachel Tallent. Rachel won the championship last year at 15 years of age and she and Beth both recorded excellent times for walkers of such a young age.

Victorian 10 Km Championship, Open Men – for the Bert Gardiner Medal

1.	Barnes, Tom	MUAC	45:28
2.	Van Kopplen, Paul	CDN	46:34
3.	Jamieson, Andrew	OSC	49:19
4.	Evans, Simon	BOH	52:21
5.	McDonough, Aaron	PTN	54:27
6.	Knox, Duncan	ATE	57:46
	Reid, Ross	COR	DNF

Victorian 10 Km Championship, Open Women

1.	Szirom, Megan	FKN	47:53
2.	Alexander, Beth	KNA	50:39
3.	Tallent, Rachel	BYC	51:08
4.	Payne, Emily	COR	1:04:45
	Irshad, Kylie	SCA	DNF



AV medallists Tom Barnes, Paul Van Kopplen, Andrew Jamieson, Megan Szirom, Rachel Tallent and Beth Alexander

The only other championship contested today was the Mabel Robinson Trophy, a VRWC Open Women's 10km club championship. Megan, Beth and Rachel took the first 3 places ahead of Pam Tindal who walked excellently for a 7 second PB of 54:27.

VRWC 10 Km Championship Open Women -Mabel Robinson Trophy

1.	Szirom, Megan	47:53	3
2.	Alexander, Beth	50:39	1
3.	Tallent, Rachel	51:08	2
4.	Tindal, Pam	54:27	4
5.	Thompson, Alison	63:58	7
6.	Payne, Emily	64:45	5
7.	Elms, Donna	65:16	6
	Irshad, Kylie	DNF	

The remaining races were the usual mix of VRWC club races, contested as part of the Winter Season points competition (for

Handicap, Fastest Times and Style Award points). It was good to see David Ranger back on the road again – David, from Ballarat, was one of our top juniors for many years. He won the 5km walk with a brisk 25 minute effort.

VRWC 10 km Open Men			Hcp Place
1.	Barnes, Tom	45:28	6
2.	Van Kopplen, Paul	46:34	5
3.	Jamieson, Andrew	49:19	4
4.	Evans, Simon	52:21	
5.	McDonough, Aaron	54:27	2
6.	Knox, Duncan	57:46	3
7.	Thillaisundaram, Anand	62:18	1
	Reid, Ross	DNF	
	Bennett, Ralph	DQ	

VRWC 5 km Open			
1.	Ranger, David	25:39	-
2.	Seid-Christmass, James	26:31	1
3.	Dickenson, Russ	29:54	4
4.	Skrucany, Rudolf	32:43	2
5.	Wicks, Barrie	35:29	3
	Barrow, Geoff	DQ	
1.	Brazel, Hilary	26:37	2
2.	McIntyre, Gayle	28:05	4
3.	Guy, Rebecca	28:57	3
4.	Steed, Gwen	31:09	5
5.	Stanway, Marlaine	35:28	1
6.	Davidson, Kelly	41:40	
	Lamble, Regan	DNF	

VRWC 3km Open			
1.	Elms, Jason	16:38	2
2.	Harrison, Lindsay	21:03	1
	Onley, Gordon	DQ	
1.	Carr, Heather	15:57	3
2.	Morrey, Jan	20:01	1
3.	Johnson, Celia	21:02	4
4.	Peachey, Anika	21:44	2
	Mews, Pam	DQ	

Our U15 races saw 5 boys and 10 girls in action. Amelia Finnegan blitzed the field with a super fast 14:47 ahead of Stephanie George (15:33) who has made a very strong transition from U12 into the higher age group. This performance also won the handicap competition. Aaron Gardner was the fastest of the boys with 16:07 and must have a good lead by now in the boys overall points competition. Joshua Kaiser walked very well to win the boys' handicap competition with 16:50.

VRWC 3km Under 15			Hcp Place
1.	Gardner, Aaron	16:07	4
2.	Hogan, Andrew	16:14	5
3.	McShanag, Connor	16:16	2
4.	Kaiser, Joshua	16:50	1
5.	McNicol-Davidson, Cody	18:50	3
1.	Finnegan, Amelia	14:47	1
2.	George, Stephanie	15:33	7
3.	Albert, Ashley	16:38	8
4.	Stadus, Lauren	16:41	2
5.	Irshad, Jasmine	17:01	3
6.	Attard, Bianca	17:05	4
7.	Hallett, Nicole	17:52	6
8.	Barbour, Beth	19:00	9
9.	Gatens, Georgia	21:02	5
	Burren, Amy	DNF	

The U12s are always a great age group to watch racing and this week was no exception. Billy Allamby led the 19 walkers out but was eventually overhauled by Sarah Burren who was first to finish with a very impressive 10:06. Billy held on well to come in next with 10:19. Further back, Megan Walker and Paige De Lisen had their usual battle with Megan getting up to win by 1 second in the final sprint, 10:52 as against 10:53. How many battles have these girls had so far this season! Cooper Owen recorded a bit PB of 11:14 to be next over the line and, under normal circumstances, would have won the handicap competition but Paul Tremigliozi did an even

bigger PB with 13:02 to take the overall handicap points. The walkers in this age group are certainly improving as the season progresses.

VRWC 2 km Under 12			Hcp Place
1.	Allamby, Billy	10:19	3
2.	Owen, Cooper	11:09	2
3.	Swan, Kyle	11:14	4
4.	Tremigliozi, Paul	13:02	1
1.	Burren, Sarah	10:06	11
2.	Walker, Megan	10:52	10
3.	DeLisen, Paige	10:53	1
4.	Hamilton, Emily	11:28	6
5.	Guy, Rachael	11:54	3
6.	Bertrand, Carly	12:01	14
7.	Ventura, Amy	12:02	8
8.	McCann, Tessa	12:04	5
9.	Cullen, Larissa	12:19	2
10.	Henderson, Keely	12:38	8
11.	Segota, Bronte	13:06	7
12.	Swan, Emily	13:15	15
13.	Crea, Gabriella	13:19	12
14.	McLaren, Stacey	13:23	13
15.	Harrison, Charlee	13:38	4

Finally to our U9s who are also a very competitive group. Like last week, Sam and Noah Candotti shared the honours in the boys event while Georgia Bertrand took both fastest time and handicap honours in the girls event. Natasha Irshad had her first ever racewalk and did well to walk 7:06. She can only improve from there.

VRWC 1 km Under 9			Hcp Place
1.	Candotti, Sam	06:27	2
2.	Candotti, Noah	08:48	1
1.	Bertrand, Georgia	05:31	1
2.	George, Hayley	05:42	2
3.	Lillie, Jessica	06:05	4
4.	Owen-Smith, Chelsea	06:29	3
5.	Lillie, Brianna	06:42	5
6.	Irshad, Natasha	07:06	

VRWC EVENTS, ALBERT PARK, SATURDAY 1 AUGUST 2009

I am sure that everyone appreciated finally not having to battle the cold windy weather. A total of 75 walkers were met with just about perfect racing conditions and they keenly contested the usual variety of events. With a number of our top walkers in Finland at the World Masters, numbers contesting the 10km walks were down but not the quality as Pam Tindal surged to a PB of 53:20 (some 75 secs better than her previous best) and Tom Barnes put in his usual sparking performance, leading overall and finishing in 44:31.

10 km Open		H'cap Place	
1.	Barnes, Tom	44:31	2
2.	Evans, Simon	53:53	3
3.	Thillaisundaram, Anand	61:21	1
	Keirl, Bernie	DQ	
1.	Tindal, Pam	53:20	1
2.	McIntyre, Gayle	59:07	3
3.	Thompson, Alison	60:43	2

Most of our older walkers chose the 5km or 3km distances. First to the 5km where Rhydian Cowley started quietly but came through strongly for the fastest time of 24:34. David Ranger was next in with 25:29, a little faster than last week. Kylie Irshad and Kirstin Shaw walked together in the women's section to record times of 28:28 and 28:32 respectively. In the 3km events, Andrew Hogan (who normally races U12) was the fastest with 16:30 while Gwen Steed was the fastest of the women with 18:06.

5 km Open		H'cap Place	
1.	Cowley, Rhydian	24:34	
2.	Ranger, David	25:29	
3.	Seid-Christmass, James	26:48	1
4.	Bennett, Ralph	27:17	4
5.	Dickenson, Russ	29:41	5
6.	Cooper, Stuart	30:50	
7.	Barrow, Geoff	31:05	2
8.	Wicks, Barrie	35:47	3
1.	Irshad, Kylie	28:28	2
2.	Shaw, Kirstin	28:32	1

3km Open		H'cap Place	
1.	Hogan, Andrew	16:30	3
2.	Elms, Jason	17:10	2
3.	Morrison, John	20:56	4
4.	Harrison, Lindsay	21:01	1
	Onley, Gordon	DQ	
1.	Steed, Gwen	18:06	3
2.	Elms, Donna	18:27	4
3.	Morrey, Jan	19:25	1
4.	Boddy, Lana	20:22	5
5.	Stanway, Marlaine	21:04	2
6.	Peachey, Anika	22:30	6
7.	Mews, Pam	33:30	7

The U15 walkers tested themselves over 5km on Saturday with Matt Felton and Amelia Finnegan both excelling with big PBs, Matt recording 25:17 and Amelia recording 25:51. It was very satisfying to see so many walkers well under the 30 minute mark. And welcome to Michaela Attard who had her first walk with us and her first walk longer than 1500m – she walked a good 33:29.

5km U15		H'cap Place	
1.	Felton, Matthew	25:17	2
2.	Antidormi, Ryan	26:45	4
3.	Walker, Jared	27:23	3
4.	McShanag, Connor	28:44	1
5.	Kaiser, Joshua	33:02	5
6.	Tam, Aaron	33:02	6
1.	Finnegan, Amelia	25:51	1
2.	Attard, Bianca	29:35	3
3.	Stadus, Lauren	29:40	4
4.	Mason, Ella	29:45	6
5.	Hallett, Nicole	30:44	5
6.	Attard, Michaela	33:29	
7.	Campbell, Rebecca	33:37	7
8.	Gatens, Georgia	35:42	2

9.	Callaway, Jessica	38:29	8
	Campbell, Caitlin	DNF (2k 12:35)	
	George, Stephanie	DNF (2k 10:25)	



Amelia Finnegan, Ella Mason, Connor McShanag, Bianca Attard, Jared Walker, Lauren Stadius and Ryan Antidormi

Our usual big field contested the U12 walks and they also tested themselves over a longer distance – 3km. Billy Allamby struggled in the second half, feeling quite poorly, but still held on for an excellent 16:02. Kyle Swan came through the field strongly to take second and win the handicap with his time of 16:29. Jasmine was the fastest of the girls with 16:41 while Larissa Cullen won the girls' handicap.

3km U12		H'cap Place	
1.	Allamby, Billy	16:02	4
2.	Swan, Kyle	16:29	1
3.	Owen, Cooper	17:30	2
4.	Garganis, Adam	18:19	3
5.	McNicol-Davidson, Cody	19:54	5
	Walmsley, Reece	DQ	
1.	Irshad, Jasmine	16:41	9
2.	Walker, Megan	17:26	13
3.	DeLisen, Paige	17:45	2
4.	Hamilton, Emily	18:04	3
5.	Barbour, Beth	18:25	12
6.	Ventura, Amy	18:32	8
7.	Bertrand, Carly	18:40	11
8.	Cullen, Larissa	19:24	1
9.	McCann, Tessa	19:34	7
10.	Swan, Emily	19:57	10
11.	McLaren, Stacey	20:12	4
12.	Crea, Gabriella	20:13	5
13.	Segota, Bronte	20:53	6
14.	Henderson, Keely	21:24	14

The U9 walkers contested the 1.5km distance this week and, as usual, Sam and Noah Candotti shared the honours in the boys' event. On the girls' front, Georgia Bertrand walked brilliantly to win with 8:20 and took the handicap honours as well. Haley Brown had her first walk at Middle Park and did well, coming 3rd with 9:23.

1.5km U9		H'cap Place	
1.	Candotti, Sam	09:47	2
2.	Candotti, Noah	12:21	1
1.	Bertrand, Georgia	08:20	1
2.	George, Hayley	09:13	5
3.	Brown, Haley	09:23	
4.	Harrison, Charlee	09:57	2
5.	Lillie, Brianna	10:29	4
6.	Owen-Smith, Chelsea	10:48	6
7.	Mason, Livinia	12:17	3

AV AND VRWC CHAMPIONSHIPS, ALBERT PARK, SUNDAY 9 AUGUST 2009

My report is coming this week from Sweden where I am enjoying a few quiet days along the coast south of Goteberg with my cousins. Stu Cooper has kindly forwarded the race report to me and Terry Swan has uploaded a big selection of photos to the VRWC website for general viewing (<http://www.vrwc.org.au/coppermine>) and my job is just to put a bit of writing around the results – I've got the easy part! I haven't included many photos this week due to limited internet access – next week I should be back to normal in Berlin.

It was another big day of racing at Albert Park on Sunday as 88 walkers met to contest the annual Victorian roadwalking championships. The big event of the day (at least in terms of distance) was the 30 km for Open Men and it was Tom Barnes who won it for the third time in the last 4 years with a very good time of 2:20:21. It was then a long wait for the other two finishers, Simon Evans and Stuart Cooper. But for both walkers, it was a job well done just to finish such a challenging event. I checked back in my records and found that the last time Stuart Cooper scored a Victorian championship medal was in 1981 when he was second in the Victorian 50 km event. It is a case of a long time between drinks so well done to Stu on such a momentous comeback.

AV 30km Open Men

1.	Barnes, Tom	MUU	2:20:21
2.	Evans, Simon	BOH	2:59:37
3.	Cooper, Stuart	SSH	3:27:31



**30km third place getter Stu Cooper says – thank goodness that's over!
U10 10km winner Rhydian Cowley shows impeccable style as he powers to 47:45**

Our younger walkers were in action over distances ranging up to 10km and the full results are shown below. The pick of the times were probably Rachel Tallent (a 3 sec PB of 49:31 for the U20 10km), Rhydian Cowley (47:45 for the U20 10km), Beth Alexander (24:37 for the U18 5km), Amy Burren (25:36 for the U16 5km), Stephanie George (15:07 for the U14 3km) and Brad Simpson (54:02 for the U18 10km).

AV 10km U20

1.	Cowley, Rhydian	GHY	47:45
	Tallent, Rachel	BYC	49:31
2.	Attard, Tamara	KNA	1:01:30
3.	Shaw, Kirstin	WES	1:02:58

AV 10km U18 Men

1.	Simpson, Brad	KNA	54:02
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AV 5km U18 Women

1.	Alexander, Beth	KNA	24:37
2.	Brazel, Hilary	ANW	27:12
3.	Tallent, Ebony	BYC	29:20
4.	Payne, Emily	COR	30:24

AV 5km U16

1.	Clark, Lewis	CHI	26:26
2.	Walker, Jared	COR	27:30
3.	Gardner, Aaron	DIV	28:12
4.	Tam, Aaron	KNA	30:16
	Felton, Matt	KNA	DNF
	Antidormi, Ryan	ANW	DQ

1.	Burren, Amy	MAL	25:36
2.	Finnegan, Amelia	KNA	25:47
3.	Hockley Samon, Jmara	CHI	26:57
4.	Heard, Amanda	EAG	27:36
5.	Albert, Ashley	MAL	28:15
6.	Whiley, Ebony	EAG	28:25
7.	Mason, Ella	BOH	28:33
8.	Attard, Bianca	KNA	28:53
9.	Campbell, Caitlin	ATE	29:32

AV 3km U14

1.	Allamby, Billy	KNA	15:53
2.	Heiden, Dane	BEU	16:25
3.	Taylor, Lucas	SCA	16:59
	McShanag, Connor	ATE	DQ

1.	George, Stephanie	SCA	15:07
2.	Burren, Sarah	MAL	15:38
3.	Guy, Rebecca	CCA	16:16
4.	Irshad, Jasmine	SCA	16:26
5.	Stadus, Lauren	KNA	16:31
6.	Walker, Megan	COR	17:32
7.	Campbell, Rebecca	ATE	18:52



Billy Allamby, Stephanie George and Rachel Tallent take gold in their respective events

There were also a selection of VRWC events on offer, including U9 and U12 2km club championships. The 5km event was keenly contested with James Seid-Christmass, Bernie Keirl, Megan Szirom and Kylie Irshad all doing good times. The U9 and U12 events were also great events by the look of things. Reese Walmsley and Kyle Swan walked neck and neck in the U12 boys event with Reese getting up by the smallest of margins, 10:40 to 10:41 while Megan Walker won the girls' event and also broke the 11 minute barrier with 10:58. In the U9 events, James Burren (13:07) and Georgia Bertrand (11:33) were the winners.

VRWC Open 5km

1.	Seid-Christmass, James	26:13
2.	Keirl, Bernie	26:16
3.	Bennett, Ralph	26:52
4.	Elms, Jason	30:06
5.	Dickenson, Russ	32:55
6.	Doran, Anthony	33:01

7.	Wood, Robin	34:45
8.	Wicks, Barrie	35:06
9.	Onley, Gordon	39:30

1.	Szirom, Megan	25:22
2.	Irshad, Kylie	26:07
3.	Elms, Donna	32:11
4.	Johnson, Celia	35:12
	Brunton, Caitlin	DNF

VRWC 2 km U12 Club Championship

1.	Walmsley, Reese	10:40
2.	Swan, Kyle	10:41
3.	Owen, Cooper	11:02
4.	McNicol-Davidson, Cody	12:14

1.	Walker, Megan	10:58
2.	Hamilton, Emily	11:23
3.	Bertrand, Carly	11:30
4.	Barbour, Beth	11:52
5.	McCann, Tessa	12:04
6.	Cullen, Larissa	12:28
7.	Swan, Emily	12:33
8.	McLaren, Stacey	12:41
9.	Crea, Gabriella	12:44
10.	Segota, Bronte	13:34
11.	Harrison, Charlee	13:42

VRWC 2 km U9 Club Championship

1.	Burren, James	13:07
	Hockley Samon, Harry	DQ
	Hockley Samon, Tom	DQ

1.	Bertrand, Georgia	11:33
2.	George, Hayley	11:42
3.	Lee, Georgia	12:01
4.	Xuereb, Tara	13:12
5.	Lillie, Jessica	13:34
6.	Lillie, Brianna	13:57
7.	Taylor, Lee	16:00

VRWC RACES, ALBERT PARK, SATURDAY 15 AUGUST 2009

The results from Stu Cooper advised that Melbourne saw yet another day of gale force winds on Saturday – it has certainly been a tough winter for our walkers. It was the final day of our Points competitions and 66 walkers took advantage of this one last opportunity to add to their totals for the season. Thanks to Terry Swan for the great array of photos uploaded to <http://www.vrwc.org.au/coppermine>. I have used a small selection in this newsletter.

Pam Tindal and Simon Evans were first home in the 10km walk with Pam and Stu Cooper winning the associated handicaps. Since Simon and Stu had walked in the Victorian 30km championship last weekend, it was a good followup.

10 km Open		Handicaps
1. Evans, Simon	53:33	3
2. Reid, Ross	58:02	4
3. Thillaisundaram, Anand	61:48	2
4. Cooper, Stuart	63:29	1
1. Tindal, Pam	54:42	1
2. McIntyre, Gayle	57:00	2
3. Thompson, Alison	63:16	3
	Hallett, Nicole	DNF
	Irshad, Kylie	DNF

James Seid-Christmass has made the shorter events his own this season, winning nearly every week and taking quite a few handicap wins along the way. This week was no exception as he took maximum points in both competitions in the men's 5km. Hilary Brazel was just as dominant in the women's 5km section, also taking fastest time and handicap honours. Clyde Riddoch and Jan Morrey also achieved the same double in the 3km events – it is unusual to see so this happening so frequently on the one day.

5 km Open		Handicaps
1. Seid-Christmass, James	26:18	1
2. Keirl, Bernie	26:43	2
3. Dickenson, Russ	33:51	5
4. Wood, Robin	34:12	3
5. Wicks, Barrie	35:50	4
	Onley, Gordon	DNF
1. Brazel, Hilary	26:17	1
2. Steed, Gwen	31:18	3
3. Campbell, Rebecca	31:52	2
4. Elms, Donna	32:28	4
5. Johnson, Celia	35:33	5
	Albert, Ashley	DNF
	Burren, Amy	DNF

3km Open		Handicaps
1. Riddoch, Clyde	16:24	1
2. Elms, Jason	19:02	E2
3. Morrison, John	22:04	E2
1. Morrey, Jan	19:44	1
2. Peachey, Anika	21:44	3
3. Stanway, Marlaine	21:55	4
4. Mews, Pam	31:47	2
5. Davidson, Kelly	23:45	

Our U15 walkers contested 3km this week and Jared Walker and Connor McShanag were the big improvers, walking PB times of 15:42 and 15:56. Amelia Finnegan and Jmara Hockley Samon were the fastest girls with 15:08 and 15:15 (which was also a PB) respectively. Caitlin Campbell walked her best time for the winter season and was the girls' handicap winner.

3km Under 15		Handicaps
1. Walker, Jared	15:42	2
2. McShanag, Connor	15:56	1
3. Gardner, Aaron	17:33	4
4. Tam, Aaron	17:36	3
1. Finnegan, Amelia	15:08	4
2. Hockley Samon, Jmara	15:15	2
3. Burren, Sarah	16:04	7
4. Mason, Ella	16:39	5

5.	Stadus, Lauren	16:47	6
6.	Campbell, Caitlin	17:04	1
7.	Attard, Bianca	17:17	8
8.	Barbour, Beth	18:21	9
9.	Ventura, Amy	19:07	3
10.	Gerlich, Annemarie	19:35	11
11.	Gatens, Georgia	21:49	10
12.	Attard, Michaela	21:56	



Amelia Finnegan, Connor McShanag and Jmara Hockley Samon

Billy Allamby and Megan Walker were the fastest boy and girl walkers in the U12 division as usual with Billy actually waling a PB with a super time of 10:10 but it was not enough to win the handicap as Paul Tremigliozi also walked a PB with his time of 12:49. Larissa Cullen also walked a PB of 12:07 and this earned her the handicap win in the girls's event.

2 km Under 12

1.	Allamby, Billy	10:10
2.	Walmsley, Reese	10:47
3.	Swan, Kyle	10:55
4.	Owen, Cooper	11:15
5.	Tremigliozi, Paul	12:49

Handicaps

1.	Walker, Megan	11:29	8
2.	DeLisen, Paige	11:42	9
3.	Hamilton, Emily	12:04	7
4.	Cullen, Larissa	12:07	1
5.	McCann, Tessa	12:32	5
6.	McLaren, Stacey	12:35	3
7.	Henderson, Keely	12:49	6
8.	Segota, Bronte	13:15	4
9.	Harrison, Charlee	13:19	2
	Crea, Gabriella	DQ	

A smaller than usual U9 field this week but plenty of good walking with James Burren and Jessica Lillie fastest and Tara Xuereb winning the girl's handicap.

1km Under 9

1.	Burren, James	06:10
1.	Lillie, Jessica	06:13
2.	Xuereb, Tara	06:17
3.	Lillie, Brianna	07:01
4.	Owen-Smith, Chelsea	07:07

Handicaps

1.			1
2.			2
1.			1
3.			3
4.			4

VRWC RACES, ALBERT PARK, SATURDAY 22 AUGUST 2009

Just to make you all extremely jealous, I spent today hiking the forests and trails of the Isle of Wight, just off the English coast. It was a pleasant 20°C and sunny but a brisk breeze kept us from overheating. I spend a further week in England before returning home so I look forward to seeing everyone on our final day of racing in early September.

On Saturday 60 walkers availed themselves of one final hitout before the National roadwalking championships in Sydney next weekend. Although the weather was fine, Melbourne was plagued once again by strong northerly winds but our walkers must be used to this by now as this has been the case for most of the season. Thanks to **Stu Cooper** for the results and thanks to **Terry Swan** for the usual great array of photos uploaded to <http://www.vrwc.org.au/coppermine>. I have used a small selection in this newsletter.

The longest race on offer was the 8km and Tom Barnes was in sparking form, clocking 34:55. Others to break the 40 minute barrier included Rhydian Cowley (38:42), Stuart Kollmorgen (39:05) and Megan Szirom (39:32). Good luck to Megan who is running next weekend in the South Australian Marathon championship. Pam Tindal was another walker to excel, burning up the tarmac with a PB time of 42:26.

8km Open

1. Barnes, Tom	34:55
2. Cowley, Rhydian	38:42
3. Kollmorgen, Stuart	39:05
4. Reid, Ross	44:32
5. McDonough, Aaron	44:43
6. Dickenson, Russ	46:59
7. Thillaisundaram, Anand	47:55
8. Gardiner, Bob	49:05
9. McShanag, Connor	49:23
Payne, Daniel	DNF
Felton, Matthew	DNF
1. Szirom, Megan	39:32
2. Tindal, Pam	42:26
3. Irshad, Kylie	44:32
4. Thompson, Alison	48:52
5. Attard, Bianca	49:17
Campbell, Caitlin	DNF
Campbell, Rebecca	DNF



Tom Barnes, Rhydian Cowley, Ross Reid, Pam Tindal, Aaron McDonough and Heather Carr in action

The 4km saw Heather Carr easily the fastest walker with her 21:42 while Tony Doran was the best of the men with 25:55.

4km Open

1. Doran, Anthony	25:55
2. Wicks, Barrie	28:27
3. Morrison, John	28:50
4. Harrison, Lindsay	28:51

5.	Onley, Gordon	31:05
1.	Carr, Heather	21:42
2.	Payne, Emily	24:13
3.	Feldman, Liz	24:15
4.	Shaw, Kirstin	25:51
5.	Shaw, Robyn	27:07
6.	Stanway, Marlaine	28:57
7.	Mews, Pam	41:45

The U15 4km race saw a great contest between Stephanie George and Jmara Hockley-Samon with both girls walking stride for stride. Stephanie (who will contest the U14 3km next week in Sydney) pulled out as planned at the 3km mark in 14.38 (a 17 sec PB) with Jmara (who will contest the U16 5km) only about 2 secs behind (also a big PB). Jmara continued on to record a super fast 4km time of 20.04. Certainly a good tune up for Sydney this week for both girls! Cooper Owen and Kyle Swan moved up from the U12 division and walked excellently to be the first boys to finish with times of 22:50 and 23:28 respectively.

4km U15

1.	Owen, Cooper	22:50
2.	Swan, Kyle	23:28
3.	Kaiser, Josh	23:35
4.	Gardner, Aaron	23:49
5.	Tam, Aaron	24:54
1.	Hockley Samon, Jmara	20:04
2.	Stadus, Lauren	22:59
3.	Hallett, Nicole	24:20
4.	Gatens, Georgia	28:04
	George, Stephanie	DNF
	Gerlich, Annemarie	DNF
	Mason, Ella	DNF



Nicole Hallett, Anand Thillaisundaram, Cooper Owen, Kyle Swan, Georgia Gatens, Jmara Hockley-Samon and Stephanie George

Cody McNicol-Davidson and Jasmine Irshad were our fastest U12 boy and girl this week and times by all the walkers were excellent. In the U9 1.5km races, Sam Candotti and Georgia Bertrand took fastest time honours in another set of excellent events.

2.5km U12

1.	McNicol-Davidson, Cody	15:56
2.	Tremigliozi, Paul	17:07
1.	Irshad, Jasmine	13:57
2.	Walker, Megan	14:43
3.	Bertrand, Carly	14:55
4.	Hamilton, Emily	15:05
5.	Ventura, Amy	15:10
6.	Cullen, Larissa	15:36
7.	McLaren, Stacey	16:08

1500m U9

1.	Candotti, Sam	09:38
2.	Candotti, Noah	13:45
1.	Bertrand, Georgia	08:27
2.	George, Hayley	08:45
3.	Lee, Georgia	08:57
4.	Xuereb, Tara	09:40
5.	Harrison, Charlee	09:56
6.	Lillie, Jessica	10:09
7.	Owen-Smith, Chelsea	10:45
8.	Lillie, Brianna	10:56
9.	Mason, Livinia	11:31

VRWC RACES, ALBERT PARK, SATURDAY 29 AUGUST 2009

It is late on Thursday evening here in Hong Kong as I put the finishing touches to this week's newsletter but it will probably be Friday evening before I get a chance to email it out to everyone. But better late than never! It was a quiet weekend at Albert Park with the Australian roadwalking championships in Sydney but we still had 31 walkers who availed themselves of the chance for a local hitout. Thanks to Stu Cooper for forwarding the results to me and to Terry Swan for his usual selection of great photos (see <http://www.vrwc.org.au/coppermine>), a few of which I have reproduced here. The results are posted below. Special mention to **Stacey McLaren** who jumped up from the U12 age group and completed her first ever 8km event with 61:12).

8km Open

1. Tindal, Pam 43:37
2. Thompson, Alison 50:14
3. McLaren, Stacey 61:12

1. Kollmorgen, Stuart 39:39
2. McDonough, Aaron 43:37
3. Bennett, Ralph 43:46
4. Gardiner, Bob 48:26
5. Thillaisundaram, Anand 48:53

6km Open

1. McIntyre, Gayle 35:02
2. Elms, Donna 39:07

1. Seid-Christmass, James 34:12
2. Dickenson, Russ 36:43
3. McShanag, Connor 38:21
- Donahoo, Mark Ab
- Barrow, Geoff Disq

4km Open

1. Mews, Pam 38:04

1. Riddoch, Clyde 22:50
2. Wicks, Barrie 28:21
3. Onley, Gordon 31:01

4km U15

1. Attard, Bianca 23:09
2. Gatens, Georgia 27:41

1. Walker, Jared 22:38
2. Tam, Aaron 25:52

2km U12

1. Walker, Megan 11:46
2. De Lisen, Paige 12:09
3. Barbour, Beth 12:26
4. Swan, Emily 13:21
5. Crea, Gabbie 13:45

1km U 9

1. Lillie, Jessica 06:10
2. Lillie, Brianna 06:39
- Owen-Smith, Chelsea Disq

VRWC RACES, ALBERT PARK, SATURDAY 5 SEPTEMBER 2009

70 walkers came along for the final round of our winter season and enjoyed a sunny Melbourne spring day. The aim of the day – beat your season PB by the most to win. With prizes on offer in each division, the races were keenly contested and a total of 17 walkers equalled or bettered their season PB in their chosen distance. That is pretty impressive. Thanks to Mark Donahoo for working out who won the various divisions and to Terry Swan for his usual selection of great photos (see <http://www.vrwc.org.au/coppermine>). I have extracted photos of all those walkers who beat their season Pbs.

The open divisions saw Andrew Jamieson, Anika Peachey, Lindsay Harrison, Gordon Onley, Joshua Kaiser and Mark Donahoo producing the best walks relative to their Season Bests.

10km Open		Actual Time	Season PB	Difference
1.	Pam Tindal	55:01	53:20	+1:41
2.	Liz Feldman	65:16	61:31	+3:45
1.	Andrew Jamieson	48:45	49:19	-0:34
2.	Aaron McDonough	55:02	54:27	+0:35
3.	Anand Thillaisundaram	62:22	60:44	+1:38
4.	Robert Gardiner	63:46	60:55	+2:51
5.	Russ Dickenson	61:37	56:55	+4:42
	Ross Reid	DNF		

5km Open		Actual Time	Season PB	Difference
1.	Anika Peachey	36:27	37:28	-1:01
2.	Gayle McIntyre	27:42	28:05	-0:23
3.	Heather Carr	27:20	27:03	+0:17
4.	Margaret Beaumont	38:58	38:01	+0:57
5.	Gwen Steed	31:32	30:33	+0:59
6.	Donna Elms	32:16	30:54	+1:22
7.	Georgia Gatens	36:37	35:05	+1:32
8.	Natalie Laurie	34:11	27:57	+6:14
9.	Jan Morrey	33:54	N/A	
10.	Pam Mews	50:26	N/A	
	Kelly Davidson	DNF		
1.	Lindsay Harrison	36:38	39:50	-3:12
2.	Gordon Onley	37:09	39:30	-2:21
3.	Joshua Kaiser	31:25	33:02	-1:37
4.	Mark Donahoo	25:21	25:21	0:00
5.	Ralph Bennett	27:00	26:31	+0:29
6.	James Seid-Christmass	26:43	26:13	+0:30
7.	Geoff Barrow	31:48	31:05	+0:43
8.	Barrie Wicks	36:07	35:01	+1:06
9.	John Morrison	36:35	N/A	
	Ian Beaumont	DQ		

In the U15 race, we saw a great 3-way contest between Jmara Hockley Samon (14:56), Amelia Finnegan (15:19) and Amy Burren (15:25) with the lead swapping around before Jmara finally took control and powered home. Overall, the girls showed the way with Jess Callaway, Amy, Bianca Attard and Jmara all doing season bests. Connor McShanag was the best of the boys and capped off what has been for him a great season.

3 km Under 15		Actual Time	Season PB	Difference
1.	Jessica Callaway	17:06	18:18	-1:12
2.	Amy Burren	15:25	15:53	-0:28
3.	Bianca Attard	15:58	16:25	-0:27
4.	Jmara Hockley-Samon	14:56	15:15	-0:19
5.	Lauren Stodus	16:36	16:31	+0:05
6.	Nicole Hallett	17:34	17:21	+0:13
7.	Amelia Finnegan	15:19	14:47	+0:32
8.	Ashley Albert	16:35	15:34	+1:01
9.	Annemaree Gerlich	20:46	17:58	+2:48
1.	Connor McShanag	16:04	15:56	+0:08
2.	Jared Walker	15:41	15:31	+0:10
3.	Aaron Tam	17:14	17:03	+0:11
4.	Matthew Felton	15:32	14:35	+0:57
5.	Aaron Gardner	17:13	15:29	+1:44
6.	Reese Walmsley	19:19	N/A	

7. Michael O'Mahony 17:38 N/A

Our youngest walkers were also in good form with SBs by Stacey McLaren, Beth Barbour, Keely Henderson, Emily Hamilton, Sam Candotti and James Burren. We also welcomed two first time walkers at the club – Hayden Walmsley and Kathleen O'Mahony.

2km Under 12		Actual Time	Season PB	Difference
1.	Stacey McLaren	12:26	12:35	-0:09
2.	Beth Barbour	11:44	11:51	-0:07
3.	Keely Henderson	12:36	12:38	-0:02
4.	Emily Hamilton	11:23	11:23	0:00
5.	Sarah Burren	10:26	10:06	+0:20
6.	Charlee Harrison	13:39	13:19	+0:20
7.	Megan Walker	11:15	10:51	+0:24
8.	Carly Bertrand	12:06	11:30	+0:36
9.	Larissa Cullen	12:46	12:07	+0:39
10.	Tessa McCann	12:53	11:57	+0:56
11.	Emily Swan	13:34	12:23	+1:11
1.	Paul Tremiglozzi	13:11	12:49	+0:22
2.	Kyle Swan	11:06	10:41	+0:25
	Billy Allamby	DQ		
1km Under 9		Actual Time	Season PB	Difference
1.	Georgia, Bertrand	05:26	05:29	-0:03
2.	Georgia, Lee	05:40	05:33	+0:07
3.	Tara, Xuereb	06:28	06:14	+0:14
4.	Chelsea Owen-Smith	06:34	06:15	+0:19
5.	Jessica Lillie	06:14	05:53	+0:21
6.	Brianna Lillie	06:58	06:18	+0:40
7.	Kathleen O'Mahony	07:56	N/A	
1.	James Burren	05:51	05:58	-0:07
2.	Sam Candotti	06:09	06:13	-0:04
3.	Noah Candotti	09:46	08:48	+0:58
4.	Hayden Walmsley	08:45		