

**2010 / 2011**

**THE RACEWALKING YEAR IN REVIEW**

**COMPLETE VICTORIAN AND VRWC RESULTS**

**MAJOR AUSTRALIAN AND MAJOR INTERNATIONAL  
RESULTS**

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**25 September 2012**

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## COMMONWEALTH GAMES WALKS, DELHI, SATURDAY 9 OCTOBER 2010

Saturday morning 9<sup>th</sup> October 2010 saw the Commonwealth Games walks in Delhi. The early morning start times of 6:30AM (men) and 6:45AM (women) ensured that conditions were optimised but it was still humid and warm. I was trackside but found the experience a frustrating one due to the heavy military shutdown of the area. My requests to get closer to the action to get some footage of the race fell on deaf ears and I was forced to watch from well back in what could only be described as a poor viewing position.

But it was a small hiccup in the big picture as **Jared Tallent** (gold), **Luke Adams** (silver) and **Claire Tallent** (silver) all collected medals on a triumphant day for the green and gold. They were well backed up by fellow team members **Chris Erickson** (eighth) and **Cheryl Webb** (fifth).

The men's event was an exciting one with Jared, Luke, local favourite Harminder Singh (IND) and David Rotich (KEN) locked together for the first two thirds of the race. Coming up to the 14 km mark, Jared and Luke started applying the pressure and it was soon the two of them out the front and matching it stride for stride. Just before the 18km mark, Jared was able to make the decisive break as Luke stumbled over a section of raised concrete. He made the most of the hiccup and stormed home to win in 1:22:18 with Luke a gallant second in 1:22:31. The Athletics Australia website takes up the story from there:

*Jared said his victory was one of the most rewarding moments of his career. "It's pretty special, it's got to be right up there. The Olympics is very special and I've come second and third at the Olympics and third at the World Cup so to finish on the top of the podium is a very nice feeling, I'm ecstatic," he said.*

*Racing neck-and-neck alongside Adams for much of the race, Tallent was sympathetic to his teammate's misfortune. "I was still feeling pretty comfortable (towards the end of the race) and Luke managed to get a bit of a break but I was waiting for a kilometre to go and when I saw that it was the opportunity, I went for it," he said. "He just seemed to trip and it was a perfect chance to take my opportunity and go for the win but it was unfortunate for Luke."*

Alas, not all the Australians had good days and Chris Erickson was devastated by his walk when he found the tank empty right from the start. If only we could figure out the magic formula to always get it right! For Chris, it is the one hiccup in an otherwise superb year.

1.	TALLEN Jared	AUS	17 OCT 1984	1:22:18
2.	ADAMS Luke	AUS	22 OCT 1976	1:22:31
3.	SINGH Harminder	IND	9 MAY 1984	1:23:28
4.	ROTICH David Kimutai	KEN	19 AUG 1969	1:25:29
5.	GOMEZ Inaki	CAN	16 JAN 1988	1:27:09
6.	DUNFEE Evan	CAN	28 SEP 1990	1:28:13
7.	SIRMA Josephat Kipchumba	KEN	6 SEP 1973	1:28:15
8.	ERICKSON Chris	AUS	1 DEC 1981	1:28:35
9.	SINGH Baljinder	IND	18 SEP 1986	1:29:18
10.	FINCH Luke	ENG	21 SEP 1985	1:29:37
11.	BOSWORTH Tom	ENG	17 JAN 1990	1:30:44
12.	KARANI Sylvanus Wekesa	KEN	7 OCT 1976	1:32:00
13.	WRIGHT Alex	ENG	19 DEC 1990	1:34:26
14.	LO Choon Sieng	MAS	16 NOV 1985	1:35:29
15.	TEOH Boon Lim	MAS	15 NOV 1977	1:36:45
	BABU BHAI Panucha	IND	10 AUG 1978	DNF

The 2km splits were as follows: 8:26, 16:34, 24:45, 32:58, 41:13, 49:30, 57:49, 1:05:54, 1:14:05, 1:22:18

Jared's victory is the fifth consecutive win by an Australian athlete in this walking competition at the Commonwealth Games, the winning streak started by Nick A'Hern in the 30km event at the 1994 Games in Victoria, Canada. Luke's second place is his third consecutive silver in the men's race walk event at the Commonwealth Games, the 33-year-old finishing second in both Manchester in 2002 and Melbourne in 2006.

In the women's 20km event, Claire claimed her first medal at a major international meet with silver, in a time of 1:36:55, behind winner Jo Jackson (ENG, 1:34:22) while the Bronze went to Kenya's Grace Wanjiru with a time of 1:37:49. Significantly, Jo's win broke Australia's 20-year stranglehold on the event to take out gold. Until Delhi 2010, an Australian had won the Gold in each edition of the Games since the Women's Walk came in as a 10km event in Auckland in 1990. Kerry Saxby Junna (AUS) won the first two Gold medals and Jane Saville (AUS), the next three.

On her Commonwealth Games debut, Claire was determined to hold up her half of the deal she had made with husband Jared and this she did in fine style. Early on, Jo and Claire and Grace walked together but when Jo put the foot down mid race, it became a race of one. Claire held on well, eventually wearing the Kenyan down in the hot and humid conditions to take silver. Cheryl had to be content with fifth after her preparation was severely interrupted by a foot injury in July. But she did make it to the start line and walked well considering everything. Again to quote from the Athletics Australia website

*"It's my first Commonwealth Games and my goal with Jared coming in was to both get on the podium and share it together. Jared gave me a good 'come on' when he went past and it's great to have him out there cheering me on."*

*The 25-year-old Victorian, who took to the sidelines in support of wife and training partner Claire immediately following his win, said it was a great day for the Tallent family and Australian race walking. "I'm so proud of Claire, we train together every day, we work so hard, she helps me so much and I try to help her as much as I can. It's just amazing to be out there and cheer her on and see her get a silver medal," he said.*

1.	JACKSON Jo	ENG	17 JAN 1985	1:34:22
2.	TALLENT Claire	AUS	6 JUL 1981	1:36:55
3.	NJUE Grace Wanjiru	KEN	10 JAN 1979	1:37:49
4.	KEHLER Lisa	ENG	15 MAR 1967	1:40:33
5.	WEBB Cheryl	AUS	3 OCT 1976	1:42:03
6.	NGII Emily Wamusyi	KEN	13 AUG 1986	1:49:01
7.	KAKKUZIIYIL JOLLY Sandhya	IND	3 JUL 1983	1:51:44
	LEIMAPOKPAM Deepamala Devi	IND	16 APR 1985	DNF
	YADAV Rani	IND	31 JUL 1990	DQ (Drug Test Failure)

The 2km splits for Jo were: 10:02, 19:26, 28:44, 37:54, 47:07, 56:27, 1:05:52, 1:15:15, 1:24:48, 1:34:22

There was an unexpected footnote to this report when, a few days later, it was announced that Indian walker Rani Yadav, who had finished sixth, had tested positive for the anabolic agent 19-Norandrosterone. Commonwealth Games Federation president Mike Fennell made the announcement on the following Wednesday morning to audible gasps from the large contingent of Indian media, with the athlete's identity confirmed less than three hours later. The drug announcement came a day after the CGF disqualified two Nigerian sprinters, the 100m champion Oludamola Osayomi and sixth placed 110m hurdler Samuel Okon for their positive test results to the stimulant methylhexaneamine.

All in all, it was a good meet for Australian Track and Field with the team taking 11 golds, 6 silvers and 3 bronzes. The 3 medals won by the walkers was a very good contribution to this fine result.



**Jared and Claire celebrate after their great walks**



**A couple of shots from the women's race**

**16<sup>TH</sup> ASIAN GAMES, GUANGZHOU, CHINA, 21-27 NOVEMBER 2010**

The Asian Games, held every 4 years, were held in Guangzhou in China in late November with the Chinese expected to dominate at home. The first day of athletics action kicked off on Sunday 21<sup>st</sup> November with gold and silver going to the Chinese in the men's 20km event and the following Tuesday saw more gold to China with Liu Hong winning the women's 20km walk.

**20km Walk men, Sunday 21 November, 9AM**

1.	WANG Hao	CHN	16 August, 1989	1:20:50
2.	CHU Yafei	CHN	5 September, 1988	1:21:57
3.	KIM Hyunsub	KOR	31 May, 1985	1:22:47
4.	FUJISAWA Isamu	JPN	12 October, 1987	1:24:00
5.	SUZUKI Yusuke	JPN	2 January, 1988	1:25:50
6.	SINGH Harminder	IND	9 May, 1984	1:26:33
7.	SINGH Baljinder	IND	18 September, 1986	1:28:06
8.	SARWASHI Ayoob Moh..	UAE	24 October, 1984	1:36:41
	PARK Chilsung	KOR	8 July, 1982	DQ

The splits for Wang Hao read as follows: 8:01, 16:15, 24:15, 32:13, 40:12, 48:23, 56:51, 1:04:46, 1:12:40, 1:20:50

**20km Walk men, Tuesday 23 November, 9:05 AM**

1.	LIU Hong	CHN	12 May, 1987	1:30:06
2.	FUCHISE Masumi	JPN	2 September, 1986	1:30:34
3.	LI Yanfei	CHN	7 February, 1990	1:32:34
4.	KAWASAKI Mayumi	JPN	10 May, 1980	1:35:13
5.	JEON Yeongeun	KOR	24 May, 1988	1:40:24
6.	TUN Kay Khing Myo	MYA	10 November, 1988	1:46:45

The splits for Liu Hong read as follows: 9:08, 18:15k 27:20, 36:29, 45:12, 53:59, 1:02:54, 1:11:55, 1:20:50, 1:30:06

Four Games records were set during the fifth day of athletics at the Asian Games and it all started in the morning with an excellent 50 km walk with all five finishers bettering 4 hours and coming in under the championship record. World Cup 10<sup>th</sup> placer Si Tianfeng won a third walking gold for China with 3:47:04 ahead of his team mate Li Lei 3:47:34. Third placed Japanese walker Koichiro Morioka improved his personal best to 3:47:41. Fourth placed Korean Lim Jung-Hyun registered a new national record of 3:53:24 while fifth placed Korean Kim Dong-Young also recorded a PB of 3:53:52.

**50km Walk, Thursday 24 November, 7:30AM**

1.	SI Tianfeng	CHN	17 June, 1984	3:47:04	SB
2.	LI Lei	CHN	29 November, 1987	3:47:34	PB
3.	MORIOKA Koichiro	JPN	2 April, 1985	3:47:41	PB
4.	YIM Junghyun	KOR	8 September, 1987	3:53:24	PB
5.	KIM Dongyoung	KOR	6 March, 1980	3:53:52	PB

The 5km splits for Si Tianfeng were: 23:00, 45:57, 1:08:57, 1:32:14, 1:55:12, 2:18:25m 2:40:41, 3:04:17, 3:25:06, 3:47:04

## IRISH NATIONAL 30KM RACE WALKING CHAMPIONSHIP, CORK, SUNDAY 30 JANUARY 2011

RunIreland.com reported on last weekend's Irish National Championships as follows:

After spending a month in Australia, followed by ten days in Spain, it was back to the business of winning national titles for Robert Heffernan this morning

The Togher man was competing in the Woodie's DIY national 30k walking championship, held over the Monahan Road / Centre Park Road circuit in Cork. Older runners will remember competing in the national road relays over this circuit back in the 70's.

On a bitterly cold morning he immediately went into the lead, with Colin Griffin from Ballinamore AC attempting to go with him. However, Heffernan was in determined form and was quickly away on his own, discarding his woolly hat on the second 2.5k lap. After that there was never any danger of being caught and he easily won the title, breaking his own national record with a time of 2 hours 7 minutes and 48 seconds.

Afterwards he stated that his training is going great and the race was no more than a good training session. His mileage has remained under 80 miles a week, preferring to do more quality work than quantity.

Laura Reynolds (Mohill AC) won the women's 20k walk in 1:38:08, while Kate Veale (West Waterford AC) won the 7.5k race.

### 30km Irish Championship

1.	Rob Heffernan	Togher AC	2:07:48	NR
2.	Colin Griffin	Ballinamore AC	2:13:59	
3.	Jeff Cassin	Finn Valley AC	2:21:17	
4.	David Kidd	St Laurence O'Toole AC	DNF	

### 20km

1.	Laura Reynolds	Mohill AC	1:38:08	
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### 15km

1.	Cian McManamon	Westport AC	1:14:48	
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### 10km

1.	Michael Moran	Claremorris AC	49:47	
2.	Emma Doherty	North Belfast Harriers	53:32	
3.	Rob O'Neill	Togher AC	56:56	
	Evan Lynch	Clonmel AC	DNF	

### 7.5km

1.	Kate Veale	West Waterford AC	35:36	
2.	Fiona Denehy	St Senan's AC	44:16	
3.	Paul Murphy	Claremorris AC	44:34	

### 5km

1.	Patrick Bell	Castlebar AC	27:06	
2.	Caoimhe Casey		28:36	
3.	Dylan Carty	Sligo AC	28:41	
4.	Simon Gillespie	Ballina AC	29:03	
5.	Stephanie Morley	Claremorris AC	31:22	
6.	Laura Beston	Claremorris AC	31:43	
7.	Michelle Byrne	Mohill AC	DNF	

### 2.5km

1.	Andrew Bell	Castlebar AC	15:18	
2.	Siobhan Hennesy	Moycarky Coocroo AC	15:40	
3.	Claire Morley	Claremorris AC	15:48	
4.	Saoirse Oliver	Swinford AC	21:15	

**RUSSIAN WINTER WALKING CHAMPIONSHIPS, SOCHI, RUSSIA, 26-27 FEBRUARY 2011**

The Russian Winter Walking Championships are always a huge affair and this year was no different. Usually these national championships take place in Adler, near Sochi, but this time the walkers competed in the centre of the city. Unlike previous years, three international judges were on hand so everything went according to IAAF rules and regulations for record purposes.

The nationals began with the men's 35 km on the Saturday morning. While not a standard distance, it is popular among Russian race walkers and is considered to be the stepping stone to the 50km distance. Former European junior champion Igor Yerokhin returned from a two-year drugs ban to win with a new PB of 2:26.36. 2004 Olympic 50km silver medalist Denis Nizhegorodov finished second, clocking 2:27.08 (a comeback after a one-year absence due to injury) while Denis Strelkov was third in 2:27:52.

**Men's 35km Race Walk , Saturday 26 February**

1.	Igor YEROKHIN	RUS	85	2:26:36	PB
2.	Denis NIZHEGORODOV	RUS	80	2:27:08	SB
3.	Denis STRELKOV	RUS	90	2:27:52	PB
4.	Andrey RUZAVIN	RUS	86	2:28:17	SB
5.	Sergey SERGACHEV	RUS	87	2:32:29	SB
6.	Yuriy ANDRONOV	RUS	71	2:32:49	SB
7.	Aleksandr YARGUNKIN	RUS	81	2:33:00	PB
8.	Aleksey BARTSAYKIN	RUS	89	2:34:36	PB
9.	Ivan ZHBANOV	RUS	87	2:39:44	SB
10.	Aleksey KHIMIN	RUS	89	2:40:16	PB
11.	Vladislav KHAFIZOV	RUS	88	2:40:31	PB
12.	Ruslan VERSHININ	RUS	89	2:44:22	SB
13.	Sergey KOREPANOV	RUS	84	2:46:26	SB
14.	Aleksey ARKHIPOV	RUS	88	2:49:41	PB
15.	Sergey TYURIN	RUS	89	2:55:13	PB
16.	Aleksandr MIRONOV	RUS	78	3:03:42	PB
-	Sergey BAKULIN	RUS	86	DNF	
-	Anton SIVAKOV	RUS	89	DNF	

The women's 20km provided the highlight of the meet with a new world record (pending the usual ratification procedures) by Vera Sokolova, her winning time of 1:25:08 a massive 33 seconds under the previous world record mark of 1:25:41, set by fellow Russian Olimpiada Ivanova when winning the 2005 World title. Sokolova was aggressive from the start but Tatyana Sybileva, Tatyana Shemeyakina and Anisiya Kirdyapkina, the silver medal winner at the 2010 European Championships, went with her. Sybileva and Shemeyakina were eventually disqualified but Kirdyapkina, wife of former World champion Sergei Kirdyapkin, fought on until the final dramatic moments, eventually finishing just one second behind in 1:29:09 (for a world under-23 best). 19 year old Anna Luckyanova finished third in 1:27:49, an extremely promising debut over the 20 kilometre distance. This is the second world record set by Sokolova in recent months, after clocking a world indoor 5000m race walk best of 20:10.3 in Saransk at the end of December.

**Women's 20km Race Walk, Saturday 26 February**

1.	Vera SOKOLOVA	RUS	87	1:25:08	WR, AR
2.	Anisiya KORNIKOVA-KIRDYAPKINA	RUS	89	1:25:09	PB
3.	Anna LUKYANOVA	RUS	91	1:27:49	PB
4.	Tatyana KOROTKOVA	RUS	80	1:28:38	SB
5.	Irina YUMANOVA	RUS	90	1:29:26	PB
6.	Yelena KRUCHINKINA	RUS	88	1:30:08	PB
7.	Natalya MAKAROVA	RUS	87	1:30:27	PB
8.	Nina OKHOTNIKOVA	RUS	91	1:30:52	PB
9.	Lyudmila ARKHIPOVA	RUS	80	1:31:14	SB
10.	Tatyana MINEYEVA	RUS	90	1:31:53	SB
11.	Svetlana SOLOVYEVA	RUS	86	1:31:55	SB
12.	Lina BIKULOVA	RUS	88	1:35:25	SB
13.	Natalya KHOLODILINA	RUS	89	1:36:28	PB
14.	Nelly LEKAREVA	RUS	87	1:36:40	SB
15.	Yekaterina YEZHOVA	RUS	82	1:37:48	SB
16.	Anastasiya PAVLENKO	RUS	88	1:38:52	PB
17.	Mariya TYUREVA	RUS	91	1:39:46	PB
18.	Yekaterina POPOVA	RUS	87	1:40:03	SB
19.	Irina MUSIKHINA	RUS	88	1:42:00	SB
20.	Yelena ZUBAKINA	RUS	88	1:42:56	PB
21.	Yelena FATAKHETDINOVA	RUS	89	1:47:14	PB
22.	Anastasiya POZDEYEVA	RUS	89	1:47:19	PB
23.	Svetlana TRIFONOVA	RUS	82	1:47:20	SB
24.	Mariya LOSEVA	RUS	90	1:49:09	PB
25.	Olga ANIKINA	RUS	91	1:50:47	PB
26.	Anastasiya ZARIPOVA	RUS	91	1:53:31	PB



OC	Anastasiya YATSEVICH	BLR	85	1:37:54	SB
OC	Nadezhda DOROZHUK	BLR	90	1:39:08	PB

In the men's 20km event, also held on Saturday, former world junior champion Vladimir Kanaykin, also returning from a two-year drugs ban, won the men's 20km walk in a world-leading 1:19:14, two minutes shy of his own world record. Segey Morozov (also returning from a two year drugs ban) finished second with 1:20:08 while Andrey Krivov finished third with 1:20:16.

It should be noted that all nine medal winners have the same coach: Victor Chegin. So the school of race walkers of Saransk turned out yet again to be the best in Russia. Chegin said that his most well-known athletes, Olympic champions Olga Kaniskina and Valeriy Borchin as well as World champion Sergei Kiryapkin, didn't take part in the championships as that they were preparing for the season according to their training program.

#### Men's 20km Race Walk, Saturday 26 February

1.	Vladimir KANAYKIN	RUS	85	1:19:14	WL
2.	Sergey MOROZOV	RUS	88	1:20:08	SB
3.	Andrey KRIVOV	RUS	85	1:20:16	SB
4.	Pyotr BOGATYREV	RUS	91	1:20:18	PB
5.	Pyotr TROFIMOV	RUS	83	1:20:31	SB
6.	Anatoliy KUKUSHIN	RUS	86	1:21:19	PB
7.	Mikhail RYZHOV	RUS	91	1:21:49	PB
8.	Dmitriy SHORIN	RUS	88	1:23:59	PB
9.	Andrey RYABUSHEV	RUS	88	1:24:20	PB
10.	Mikhail ORLOV	RUS	67	1:24:57	SB
11.	Konstantin MAKSIMOV	RUS	82	1:25:05	SB
12.	Ivan NOSKOV	RUS	88	1:25:20	PB
13.	Andrey TROFIMOV	RUS	87	1:26:00	SB
14.	Konstantin KULAGOV	RUS	91	1:26:20	PB
15.	Aleksandr PROKHOROV	RUS	86	1:26:31	SB
16.	Ivan KUZNETSOV	RUS	83	1:26:42	SB
17.	Igor YUKIN	RUS	91	1:26:58	PB
18.	Aleksey GOLOVIN	RUS	88	1:27:12	PB
19.	Aleksandr LUCHSHEV	RUS	88	1:28:28	SB
20.	Albert KHALIKOV	RUS	89	1:28:42	PB
21.	Dmitriy YEMELYANOV	RUS	90	1:28:45	PB
22.	Svyatoslav CHERNYSHENKO	RUS	90	1:28:50	PB
23.	Pavel SAMOYLENKO	RUS	88	1:28:52	SB
24.	Dmitriy MALANOV	RUS	91	1:29:00	PB
25.	Mikhail SKORODYOLOV	RUS	91	1:29:10	PB
26.	Aleksey KONDRATENKO	RUS	87	1:30:46	PB
27.	Yuriy CHESNOKOV	RUS	79	1:31:04	SB
28.	Pavel YEROKHOV	RUS	82	1:31:10	SB
29.	Aleksandr ZHIGALOV	RUS	91	1:31:12	PB
30.	Ivan PAVLIN	RUS	91	1:33:08	PB
31.	Aleksey GARIDOV	RUS	91	1:33:29	PB
32.	Sergey STEPANOV	RUS	86	1:33:36	PB
33.	Nikita LIFANOV	RUS	89	1:35:46	SB
34.	Roman YARKIN	RUS	90	1:35:54	SB
35.	Aleksey TERYTYEV	RUS	91	1:38:48	PB
OC	Vitaliy ANICHKIN	KAZ	88	1:25:39	PB
OC	Denis KRAVCHUK	BLR	87	1:28:24	SB
OC	Abdinur ALIBEK	KAZ	87	1:29:22	SB
-	Valeriy FILIPCHUK	RUS	91	DQ	
-	Aleksandr SALTYSKOV	RUS	86	DNF	
-	Sergey LYUBOMIROV	RUS	89	DNF	
-	Sergey IVANOV	RUS	88	DQ	
-	Dmitriy NEKRASOV	RUS	89	DQ	

The second day of Russian Winter Walking Championships saw the Junior walkers contesting 10,000m track walks.

Svetlana Vasilyeva stormed to a winning time of 42:43 in the junior women's 10,000m walk, a time that was inside Vera Sokolova's world and European record of 43:11.34, but unfortunately it will not be ratified as it was hand-timed and there were no international judges present, unlike the previous day with Sokolova's 20km road walk performance. Vasilyeva, from Chuvashia, who finished fifth at last summer's IAAF World Race Walking World Cup, comprehensively defeated the 2010 World Junior Championships 10,000m gold medallist Yelena Lashmanova, who was second in 43:41. Despite the administrative issues, Vasilyeva's performance in Sochi suggest that Sokolova's junior mark, set at the 2005 European Athletics Junior Championships, could be in danger at this year's Championships in Tallinn, Estonia, which will be from 21-24 July.

The 2010 Youth Olympic Games 10,000m walk bronze medallist Pavel Parshin was the best in junior men's 10,000m race in 41:18. It was an impressive performance from Parshin who only turned 17 last month and who is still young enough to compete at the IAAF

World Youth Championships in Lille, France, this summer. He slashed his personal best by over a minute and also beat the 2009 World Youth Championships silver medallist Dementiy Cheparev by nearly a minute, the latter finishing second in 42:11.

**Junior Men 10,000m Track Walk, Sunday 27 February**

1.	Pavel Parshin	RUS	41.18
2.	Dementiy Cheparev	RUS	42.11
3.	Denis Asanov	RUS	42.12
4.	Aleksandr Ivanov	RUS	42.16
5.	Evgeniy Nushtaev	RUS	42.28
6.	Kirill Frolov	RUS	42.33
7.	Andrey Matoshin	RUS	42.57

**Junior Women 10,000m Track Walk, Sunday 27 February**

1.	Svetlana Vasilieva	RUS	42.43
2.	Yelena Lashmanova	RUS	43.41
3.	Olga Dubrovina	RUS	47.34
4.	Liliya Gimatdinova	RUS	47.35
5.	Alyona Aryukova	RUS	47.42
6.	Dina Zamyatina	RUS	47.57
7.	Anna Yermina	RUS	48.04
8.	Alla Karmysheva	RUS	48.26
9.	Anna Krakhmalyova	RUS	48.30
10.	Marina Burak	RUS	49.11

## IAAF RACE WALKING CHALLENGE EVENTS, CHIHUAHUA, MEXICO, SATURDAY 5 MARCH

The second round of the IAAF Race Walking Challenge series was contested in Chihuahua, Mexico, on Saturday 5<sup>th</sup> March and three Australians were in action in the high altitude meet which boasted a total of 162 athletes from 14 countries. Javier Clavelo Robinson reported as follows for the IAAF.

### Women's 20km

Ines Henriques led a Portuguese sweep in the women's 20km event at the IAAF Race Walking Challenge in Chihuahua last weekend. Always among the top three in every race she has entered here, 2010 World Cup silver medallist Henriques savoured the taste of victory this time in Chihuahua after a 1:34:10 effort, followed by compatriots Vera Santos (1:35:17) and Susana Feitor (1:35:24). Henriques took the lead from the start on the two-kilometre circuit along the Deportiva Sur Avenue. Australian champion **Claire Tallent** tried to follow her, but could not keep up with the pace after the eighth kilometre. Claire was overtaken by the 2010 World Cup runner-up Santos with five kilometres to go and by 2005 World Championships bronze medallist Feitor in the last lap. Rosalía Ortiz and María Guadalupe Sánchez followed the quartet in fifth and sixth places, respectively, earning selection to the Mexican team for the Pan American Race Walking Cup in Colombia later this month.

"I love this place. I have always performed well in Chihuahua. My compatriots and I all had a good race. I finally managed to win here," said a happy Henriques after her effort.

1.	Inés Henriques	POR	1:34:10
2.	Vera Santos	POR	1:35:17
3.	Susan Feitor	POR	1:35:24
4.	Claire Tallent	AUS	1:35:59
5.	Rosalía Ortiz	MEX	1:37:55
6.	María G. Sánchez	MEX	1:38:17

### Men's 20km

Eder Sánchez and Luis Fernando López walked side by side right from the start of the men's 20km. The former tried to break away, but the Colombian responded and it was down to the home stretch to determine the winner. Sánchez crossed the line in 1:22:15, two seconds ahead of his archrival, to claim his third victory in Chihuahua after victories in 2008 and 2009. Their last five kilometres were the fastest: 19:39 for the Mexican and 19:42 for the South American.

The 2009 Berlin World Championships bronze medallist admitted that this was one his most hard-fought victories. "I don't know where I found my strength to win. I gave it all in the last 100 metres. We don't see races like this any more. Luis fought until the very end. We were pushed to our limits. I had a contraction in my trapezius muscle and it was bothering me, but I managed to recover. I am happy to give the victory to Mexico."

Olympian David Mejía improved his personal best by 11 seconds (1:22:36) and overtook two-time Olympic medallist **Jared Tallent** (1:23:25) to round out the podium positions. The 24-year old expects to join Sanchez at the World Championships in Daegu. Australian **Luke Adams** finished fifth in 1:23:47, ahead of 23-year-old Mexican Diego Flores, who improved his personal best by more than 11 minutes (1:23:53) to finish sixth.

1.	Eder Sánchez	MEX	1:22:15
2.	Luis F. López	COL	1:22:17
3.	David Mejía	MEX	1:22:36
4.	Jared Tallent	AUS	1:23:25
5.	Luke Adams	AUS	1:23:47
6.	Diego Flores	MEX	1:23:53

### Men's 50km

As expected, Mexicans earned the top honours in the 50km, but the relatively unknown Jose Leyver Ojeda improved his personal best by nearly five minutes to beat hometown favourite and 2010 World Cup runner-up Horacio Nava. Ojeda and Nava shared the lead until the last two laps, when the former walked away and went on to win in 3:52:33, almost a minute faster than the 2010 World Cup's winning time. Nava settled for second with 3:54:18, closely followed by Edgar Hernández (3:55:49), who posted the second fastest time in his career, only slower than his bronze medal winning 3:46:12 at the World Championships in Edmonton ten years ago. The top two will represent Mexico at the Pan American Games on home soil in Guadalajara October 13-30. Hernández will join the duo for the World Championships in Daegu.

For the winner, it was not a surprising victory as he believes it was based on his sacrifice and discipline throughout his preparation, under the guidance of his coach, 1984 Olympic champion Raul Gonzalez.

Moving forward, Ojeda will do another high altitude training camp in Bolivia. "I am targeting 3:45 hours at the World Champs and also to improve my time at the Pan American Games."

Runner-up Nava was satisfied with his performance. "My goal was to make the Mexican team for the Pan Ams. I achieved it and obviously I would have loved to win here, but I felt strange feelings towards the end and decided to walk safely to secure the second place." Second at the 2007 continental Games in Rio de Janeiro, Nava hopes to bring the gold back to Mexico this time around.

1.	José Leyver	MEX	3:52:33
2.	Horacio Nava	MEX	3:54:38
3.	Edgar Hernández	MEX	3:55:49
4.	Omar Zepeda	MEX	3:59:13
5.	Clemente García	MEX	4:01:21
6.	Christian Berdeja	MEX	4:03:01

The walking festival also featured 10km races for juniors. 2009 World Youth Championships silver medallist and 2010 Young Olympian Yaneli Caballero, 17, and 18-year old Christian de Jesús Gómez took the top honours with 47:38 and 42:49 minutes, respectively.

**Junior Men 10km**

- |    |                          |     |       |
|----|--------------------------|-----|-------|
| 1. | Christian de Jesús Gómez | MEX | 42:49 |
| 2. | Jesús Tadeo Vega         | MEX | 42:52 |
| 3. | Usiel Sánchez            | MEX | 42:52 |

**Junior Women 10km**

- |    |                  |     |       |
|----|------------------|-----|-------|
| 1. | Yaneli Caballero | MEX | 47:38 |
| 2. | Sandra Nevárez   | MEX | 49:14 |
| 3. | María Iraís Mena | MEX | 50:01 |



Left: Eder Sanchez leads the men's 20km.



Right: Horatio Nava and José Leyver lead the 50km



Inés Henriques leads women's 20km (photos <http://www.iaaf.org>)

## SPANISH RACE WALK CHAMPIONSHIPS, BENICASSIM, SPAIN, SUNDAY 6 MARCH

The 80<sup>th</sup> edition of the Spanish race walking championships on Sunday March 6<sup>th</sup> saw the return of Francisco Fernandez after sitting out a one year drug suspension. He ended up winning the 20km championship easily with 1:22:17. In the 50km championship, five times Spanish champion Mikel Odriozola won by 4 minutes with 3:49:33 in the absence of Jesus Angel Garcia who was out injured. The women's 20km championship saw triple Spanish champion Beatriz Pascual win with 1:30:46 in what was the highest quality event of the meet (first 4 under 93 minutes). The Championships were the main qualification events in this year's major race walking championships so were strongly contested with huge fields overall. Other categories included Masters, U20, Youth and Cadet. You can see the full results at [http://resultados.rfea.es/2011/resultados/ruta/marcha\\_cto\\_benicassim.pdf](http://resultados.rfea.es/2011/resultados/ruta/marcha_cto_benicassim.pdf).

### 50km Open Men

1.	ODRIOZOLA DOMINGUEZ, MIKEL	3:49:33	Atletico Renteria
2.	DIAZ VELAZQUEZ, JOSE IGNACIO	3:53:55	Pto. Alicante OHL
3.	VILLANUEVA FLORES, CLAUDIO	4:00:52	L'Hospitalet
4.	PRIETO ADANERO, MIGUEL ANGEL	4:03:35	A. A. Moratalaz
5.	CORCHETE MARTINEZ, LUIS MANUEL	4:11:12	Atletismo Torrevieja
6.	PORRAS HIDALGO, JUAN ANTONIO	4:13:17	EAMJ-Fuerteventura
7.	BALLESTEROS GARCIA, RAFAEL	4:17:55	CAI GC Caja Canarias

### 20km Open Men

1.	FERNANDEZ PELAEZ, FCO JAVIER	1:22:17	At letismo
2.	ARCILLA ALLER, FRANCISCO	1:25:36	Universidad Oviedo
3.	LOPEZ NICOLAS, MIGUEL ANGEL	1:25:49	UCAM-Athleo Cieza
4.	ALEDO ROMERA, JOSE IGNACIO	1:31:29	Playas de Castellon
5.	SILLERO MESONERO, MARIO	1:31:52	UBU-Caja de Burgos
6.	CASTRILLO GONZALEZ, RUBEN	1:33:41	UBU-Caja de Burgos
7.	RODRIGUEZ RODRIGUEZ, EDUARDO	1:36:15	TenerifeCajaCanarias
8.	NIETO MONTESINOS, GERMAN	1:36:28	Cornellà At.
9.	RODRIGUEZ PERERA, ENDOR	1:37:30	EAMJ-Fuerteventura
10.	SOLER GASPA, ORIOL	1:38:17	CA Laietania

### 20km Open Women

1.	PASCUAL RODRIGUEZ, BEATRIZ	1:30:46	Valencia Terra I Mar
2.	TAKACS NYERGES, JULIA	1:31:32	Pto. Alicante OHL
3.	VASCO GALLARDO, MARIA	1:31:49	CA Maria Vasco
4.	POVES NOVELLA, MARIA JOSE	1:32:21	Simply-Scorp 71
5.	LUACES BARRIL, LORENA	1:33:59	Ourense-Ac.Postal
6.	PINEDO GONZALEZ, AINHOA	1:34:23	A.D. Marathon
7.	IGLESIAS GONZALEZ, EVA MARIA	1:37:42	Bidezabal At.
8.	FERNANDEZ ANDRES, MYRIAM	1:41:22	Simply-Scorpio 71
9.	MARCOS VALERO, MARIA DOLORES	1:42:53	MillenniumTorrevieja
10.	ALONSO CASTELO, SARA	1:43:59	Pto. Alicante OHL

### 10km Men U20

1.	AMEZCUA BALBOA, LUIS ALBERTO	42:32	Juventud Guadix
2.	RAYA SANCHEZ, JUAN ANTONIO	44:50	Unicaja Atletismo
3.	PEREZ OSORIO, LUIS MANUEL	45:17	A.D. Marathon
4.	REYES AFONSO, DAVID	45:43	Tf CajaCanarias
5.	DURAN ACUÑA, FRANCISCO JOSE	45:55	Ourense-Ac.Postal

### 10km Women U20

1.	LARIOS LOPEZ, MARIA	50:51	A.D. Marathon
2.	ALIAGA GALVEZ, VERONICA	51:07	C.A. Torrent
3.	JUAREZ GALLARDO, MAR	51:31	AA Catalunya
4.	CARBIA LOJO, ROCIO	51:41	Ourense-Ac.Postal
5.	POLO ROMERO, MARIA DEL PINAR	55:08	Puente Romanillos

## ROLLING STONES AND CHAMPAGNE ACCOMPANY WORLD 50,000M TRACK RECORD FOR DINIZ

The big news last weekend on the international front was the feat of Frenchman Yohann Diniz in setting a new World 50,000m Race Walk track record in Reims, France. Paul Warburton reported as follows for the IAAF

The double European champion's preparation for a tilt at countryman Thierry Toutain's 11-year-old mark was so complete it even included a DJ on his home-town track who blasted out Diniz's chosen playlist over speakers from 40,000m to help him over the line. Apart from Mick, Keith and co, Iggy Pop and French rock band Noir Désir also inspired the 4000-plus spectators who cheered their hero from first to last and a new 3:35:27.20 record.

It got slightly better for Diniz when a screen at one end of the Georges Hébert stadium turned facing spectators only displayed a hospital-style graph that tracked the walker's progress against Toutain's effort. Fans could see how Diniz was ahead of schedule at 35,000m by 40 seconds and upped the decibels – although the man himself had to be content with stopwatch and three top pacemakers.

Johan Augeron of France, IAAF World Championship bronze medallist Hatem Ghoula from Tunisia, and Grzegorz Sudol from Poland – second to Diniz at the European Championships last year in Barcelona – kept the Frenchman on cruise control until 35,000m. Ghoula was meant to have gone the whole distance, but couldn't maintain the relentless pace that saw the leader a relatively modest 1:40mins ahead of schedule at 40,000m only to light the afterburners and finish more than five minutes up on Toutain's 3:40:57.9. By then the early morning 8.30am start in a chilly four degrees had risen to a perfect 15 celsius – and brought the best weather of the week to the northern town.

The necessary IAAF judges were in place, so subject to the normal ratification protocols, the record stays in France – and Diniz was so fresh after his effort, he was serving champagne to helpers and officials 30 minutes after he crossed the line.

“The time between Barcelona and the World Championships is more than a year,” said Diniz. “So I needed a 50k in between – and this was the perfect opportunity. The biggest inspiration for me was not just the music – but the spectators who gave so much support. Barriers were moved in so they could be even closer – and the atmosphere was just mad. It's true that after all the work done on preparation, I felt a little pressure to give my best to make it all worthwhile.”

Diniz, who turned 33 on New Year's Day, reckoned it was easy enough to persuade Sudol and Ghoula to help him out ('they're good friends') – but will now take two weeks complete rest to analyse his performance that includes time spent in Albuquerque, New Mexico at a training camp. “We also learned things about dietary needs while there, and I think that will help for preparation for Daegu (2011 IAAF World Championships),” he added.

The 125 laps of the Reims track also bettered Diniz's French road record 3:38:45 from Dudince 2009, and ended up being the second fastest ever for the distance. Only the 3:34:14 by Russia's Denis Nizhegorodov on the road in Cheboksary at 2008 IAAF Race Walking World Cup is faster.

Needless to say, it smashed out of sight his only previous track mark from 2004 of 3:52:11.0, and made the hard graft of setting up the attempt well worth the effort. Diniz added: “We didn't have a huge budget, but I got help from Adidas, my own athletic club here and the town of Reims. I'm so happy to have achieved the record here of all places.”

You can see some video snips from the race as follows:

start: <http://www.europetelevision.info/node/248>

finish: <http://www.youtube.com/watch?v=6Z8pliqPdCc>

### 30000m Walk

1.	SUDOL Grzegorz	POL	2:11:11.95	Polish Record
2.	GHOULA Hatem	TUN	2:19:21.31	
3.	AUGERON Johan	FRA	2:24:07.37	

### 50000m Walk

1.	DINIZ Yohann	FRA	3:35:27.20	World Record
2.	ROZE Eddy	FRA	4:12:05.45	
3.	SVENSON Christer	SWE	4:23:25.90	
	AUGERON Johan	FRA	AB	
	GHOULA Hatem	TUN	AB	
	SUDOL Grzegorz	POL	AB	

Diniz's unofficial splits: 22:00, 44:00, 1:06:00, 1:27:47, 1:49:32, 2:11:12, 2:32:34, 2:54:16, marathon 3:02:36, last 10km 41:11



**Left: Diniz sits behind pacemakers Augeron and Ghoula early in the race (photos by Emmanuel Tardi)**  
**Right: Diniz storms home with a 41:11 last 10km to break the world record by 5 minutes**



## IAAF RACE WALK CHALLENGE EVENT, LUGANO, SUI, SUNDAY 20 MARCH 2011

The Gran Premio Citta di Lugano was held last Sunday in Lugano, the picturesque Swiss town on the banks of the Lugano Lake. The meet, which was an IAAF Race Walk Challenge event as well as an EAA Permit Race, included 20km and 10km walks and saw a record entry of nearly 250 walkers overall.

The European walkers were up against a formidable squad of Chinese walkers who have chosen the nearby town of Saluzzo, across the border in Italy, as their training base for the 2012 Olympics Games in London. With 7 in the Open Men's event and 4 in the Open Women's event, China dominated, taking 5 of the 6 medals on offer. The Chinese triumph was a reason of pride for Italian walking guru Sandro Damilano who is now working for the Chinese Athletics Federation. A successful coaching career has seen his pupils collect 46 Olympic, World and European medals, and Damilano is now guiding Chinese race walkers at the Italian Race Walking School in Saluzzo.

### 20km Open Men

To the men first where a sizeable pack headed off with a 4:01 first kilometre. The pace continued relatively sedately until the 4km mark, passed in 16:16. At that stage, the pace quickened considerably and the pack quickly broke up. By the time the halfway mark was reached, it was Wang Zhen and Zhu Yafei who were well clear in 39:45, 16 secs ahead of Chen Ding, Hassanine Sebei and Robbie Heffernan. A final 10km of 38:51 saw the leading Chinese duo increase their lead even further and it was a sprint for the line with 19 year old Wang, the winner of last year's IAAF Race Walk Challenge Final, winning in 1:18:36.1. Third went to Chen Ding with all 3 Chinese walkers beating 80 minutes. Sebei walked a 17 sec PB and set a new Tunisian National Record to take fourth ahead of Heffernan who was the top European with his fifth place finish.

1.	Wang Zhen	1991	CHN	1:18.36,1
2.	Zhu Yafei	1988	CHN	1:18.37,4
3.	Chen Ding	1992	CHN	1:19.38,9
4.	Sebei Hassanine	1984	TUN	1:20.19,0
5.	Heffernan Robert	1978	IRL	1:20.53,6
6.	Kovalenko Nazar	1987	UKR	1:21.33,4
7.	Trofimov Petr	1983	RUS	1:21.47,4
8.	Moulinet Bertrand	1987	FRA	1:21.49,6
9.	Xu Faguang	1987	CHN	1:22.03,3
10.	Cai Zelin	1991	CHN	1:22.20,6
11.	Jelonek Jakub	1985	POL	1:22.44,6
12.	Losev Ivan	1986	UKR	1:22.48,2
13.	Li Tianlei	1990	CHN	1:23.09,4
14.	Yargunkin Aleksandr	1981	RUS	1:23.16,1
15.	Giupponi Matteo	1988	ITA	1:23.37,9
16.	Celik Can	1983	TUR	1:23.41,1
17.	Talashka Andrei	1982	BLR	1:24.20,8
18.	Si Tianfeng	1984	CHN	1:24.28,9
19.	Garcia Jesús Angel	1969	ESP	1:24.34,7
20.	Mejbar Hicham	1982	ALG	1:25.28,7
21.	Dohmann Carl	1990	GER	1:25.36,7
22.	Boulay Emmanuel	1970	FRA	1:25.37,8
23.	Campion Kevin	1988	FRA	1:25.48,2
24.	Boyce Brendan	1986	IRL	1:25.56,9
25.	Khimin Aleksey	1989	RUS	1:26.41,3
26.	Dmytrenko Ruslan	1986	UKR	1:26.41,6
27.	Romanelli Andrea	1986	ITA	1:27.41,9
28.	Talankou Vitali	1982	BLR	1:27.48,5
29.	Wright Alex	1990	GBR	1:28.06,2
30.	D'Ascanio Ruggiero	1984	ITA	1:29.05,5
31.	Boufraine Mehdi	1989	FRA	1:30.08,2
32.	Letourneau Florian	1988	FRA	1:30.13,4
33.	Flórez Alex	1971	SUI	1:30.57,7
34.	Viganò Giacomo	1991	ITA	1:31.04,5
35.	Boulay Florian	1989	FRA	1:32.16,8
36.	Dujour Guillaume	1978	FRA	1:32.25,0
37.	Selseldeb Djamel	1976	FRA	1:32.56,8
38.	Ketner Karel	1990	CZE	1:33.10,2
39.	O'Kane Mark	1991	GBR	1:33.57,4
40.	Colette Olivier	1988	BEL	1:34.09,2
41.	Boulch Maël	1989	FRA	1:34.16,8
42.	Verkin Kazimir	1972	SVK	1:34.18,7
43.	Prevel Jean-Michel	1984	FRA	1:35.11,1
44.	Van Beek Harold	1962	NED	1:35.44,9
45.	Lacombe Aymeric	1985	FRA	1:36.14,7
46.	Grosbois Jonathan	1981	FRA	1:36.16,8
47.	Le Galle Laurent	1965	FRA	1:36.59,5



48.	Gdula Lukas	1991	CZE	1:38.03,0
49.	De Casa Carlo Alberto	1986	ITA	1:39.37,3
50.	Faedda Bachisio	1968	ITA	1:41.33,1
51.	Morotti Bruno	1965	ITA	1:42.23,3
52.	Potier Nicolas	1990	FRA	1:44.10,4
53.	Cirillo Antonio	1991	GBR	1:45.14,0
54.	Delaunay Richard	1964	FRA	1:45.31,9
55.	Smola Josef	1964	CZE	1:46.30,2
56.	Hejkrlik Filip	1979	CZE	1:46.59,8
57.	Chenu Remy	1985	FRA	1:48.07,4
58.	Ganucci Mattia	1990	ITA	1:48.20,2
59.	Maier Joachim	1970	GER	1:54.20,8
60.	Gruardet Mathias	1984	FRA	1:56.44,6
61.	Pazdera Lukas	1986	CZE	1:58.08,7
	Doyle Micheal	1987	IRL	DNF
	Hugi Cédric	1982	SUI	DNF
	Vieira Sérgio	1976	POR	DNF
	Previtali Andrea	1991	ITA	DNF
	Caprice Jérôme	1983	MRI	DNF
	Zajíc Jakub	1989	CZE	DNF
	Schrom Pavel	1991	CZE	DNF
	Molmy Damien	1988	FRA	DNF
	Griffin Colin	1982	IRL	DQ
	Piórek Kamil	1989	POL	DQ
	Malysa Jiri	1966	CZE	DQ
	Pirino Gianmauro	1972	ITA	DQ
	Ghirlanda Paolo	1967	SUI	DQ

### 20km Open Women

The women's 20km walk also saw a world class field with Ukraine's Olena Shumkina, who has a personal best of 1.25.32, expected to fight it out with Russia's 2008 World Race Walking Cup silver medallist Tatiana Sibileva and outstanding Chinese walker Liu Hong, the 2006 World Junior champion and the bronze medallist from the 2009 Berlin World Championships. The pace was relatively sedate early with a first kilometre of 4:42. Sibileva broke away from the leading pack soon after the 2km mark and passed the half way mark in 44:55, 6 secs ahead of Liu with Ni Gao and Ana Cabecinha a further 15 secs back. By the 13km mark, Liu had overtaken Sibileva and she then stormed past her to win in 1:29:28, over one minute clear of second place. Chinese teammate Gao also finished strongly and made up a lot of ground on Sibileva in the dying laps to take third ahead of Cabecinha. Zuzana Schindlerova walked a very even race, overtaking Yanfei Li in the second half to take fifth in 1:32:10. Australian **Cheryl Webb** finished 19<sup>th</sup> in 1:38:31 and will be in action again this coming weekend in Dudince in Slovakia.

1.	Liu Hong	1987	CHN	1:29.28,6
2.	Sibileva Tatiana	1980	RUS	1:30.36,7
3.	Gao Ni	1991	CHN	1:30.45,7
4.	Cabecinha Ana	1984	POR	1:31.07,9
5.	Schindlerova Zuzana	1987	CZE	1:32.10,0
6.	Li Yanfei	1990	CHN	1:32.59,7
7.	Umanova Irina	1990	RUS	1:33.08,3
8.	Tong Lingling	1992	CHN	1:33.13,7
9.	Virbalyté Brigita	1985	LTU	1:33.23,9
10.	Pelantová Lucie	1986	CZE	1:33.51,5
11.	Aidietyte Neringa	1983	LTU	1:34.27,8
12.	Madarasz Viktoria	1985	HUN	1:34.36,5
13.	Pastare Agnese	1988	LAT	1:35.04,9
14.	Reynolds Laura	1989	IRL	1:35.33,9
15.	Polli Marie	1980	SUI	1:37.08,5
16.	Polli Laura	1983	SUI	1:37.40,5
17.	Czakova Maria	1988	SVK	1:37.55,2
18.	Korotkova Tatyana	1980	RUS	1:38.27,5
19.	Webb Cheryl	1976	AUS	1:38.31,6
20.	Retout Anne Gaelle	1980	FRA	1:39.12,1
21.	Grange Francesca	1989	ITA	1:39.46,8
22.	Golba Katarzyna	1989	POL	1:40.09,4
23.	Averous Violaine	1985	FRA	1:43.09,5
24.	Auffret Lucie	1988	FRA	1:45.22,9
25.	Platace Kristine	1990	LAT	1:46.15,3
26.	Shumkina Olena	1988	UKR	1:46.23,3
27.	Maesani Marta	1991	ITA	1:49.04,2
28.	Robert Agnes	1989	FRA	1:49.13,8
29.	Brunet Elizabeth	1986	FRA	1:49.34,6
30.	Skraskova Karolina	1987	CZE	1:53.14,6

31.	McGorum Fiona	1988	GBR	1:54.15,2
32.	Caraccia Roberta	1990	ITA	1:55.38,8
33.	Poux Tiphaine	1987	FRA	1:57.58,3
34.	Jakob Dora	1959	SUI	2:00.51,0
	Torma Anett	1984	HUN	DNF
	Villot Audrey	1984	FRA	DNF
	Jackson Johanna	1985	GBR	DNF
	Bessas Emilie	1984	FRA	DNF
	Dygacz Agnieszka	1985	POL	DNF
	Korzeniowska Sylwia	1980	FRA	DNF



Chinese walkers Wang Zhen and Liu Hong win in Lugano (photos [www.iaaf.org](http://www.iaaf.org))

The first 5 placings in each of the other events is included below. The full results may be sourced from the event website <http://lugano-racewalking.com/index.asp?lan=ing>

#### 10km U20 Men

1.	Tsitsiak Yauheni	1993	BLR	43.52,2
2.	Malosse Dimitri	1992	FRA	44.06,1
3.	Gosselin Nicolas	1992	FRA	44.45,9
4.	Denimal Romain	1992	FRA	45.31,7
5.	Andrieu Hugo	1992	FRA	45.56,4

#### 10km U20 Women

1.	Pastorino Ines	1992	FRA	49.19,7
2.	Marcou Amandine	1992	FRA	50.30,8
3.	Prendiville Emma	1993	IRL	50.49,9
4.	Mellado Coralie	1993	FRA	51.00,0
5.	Whelan Lauren	1993	GBR	51.18,1

#### 10km U18 Men

1.	Cassagnes Adrien	1994	FRA	48.36,3
2.	Macabrey Quentin	1994	FRA	50.21,2
3.	Hanc Ludek	1994	CZE	51.08,7
4.	Dauchy Louis	1994	FRA	52.49,4
5.	Versteeg Colin	1995	NED	52.54,0

#### 10km U18 Women

1.	Drahotova Anezka	1995	CZE	48.57,8
2.	Drahotova Eliska	1995	CZE	50.16,0
3.	Frydrychova Adela	1995	CZE	53.57,3
4.	Colombi Nicole	1995	ITA	54.13,3
5.	Loriou Madison	1994	FRA	54.28,8

#### 10km Masters Men

1.	Girod Urbain	1963	SUI	47.44,4
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2.	Daimer Nischan	1967	GER	48.03,5
3.	Ginko Viktor	1965	BLR	48.41,5
4.	Bauer Dan	1969	GER	50.37,7
5.	Haubrih Zelimir	1963	CRO	53.06,8

**10km Masters Women**

1.	Bradley Diane	1961	GBR	55.22,6
2.	Middleton Helen	1962	GBR	58.52,2
3.	Girard Colette	1962	SUI	60.50,3
4.	Anxionnat Claudine	1951	FRA	61.39,6
5.	Addis Patrizia	1964	ITA	67.54,3

**DUDINSKA PATDESIATKA WALKING MEET, DUDINCE, SLOVAKIA, SATURDAY 26 MARCH 2011**

The second of this season's four European Athletics Race Walking Permit Meets was held in the southern Slovakian spa town of Dudince last Saturday and, like the Lugano meet the previous weekend, the 30<sup>th</sup> edition of the famous Dudinska Patdesiatka walking meeting saw record numbers and depth.

**Open Men 50 km walk**

The main event in this meet is always the 50km and, in 2011, it saw nearly 80 entrants, a huge field indeed. Near perfect weather on the Saturday morning meant that big times were on the cards and the walkers did not disappoint. 2010 World Race Walking Cup 50km winner Matej Tóth went in as a clear favourite and he was in a class of his own, delighting the crowd by going to the front immediately and quickly building a convincing lead over the chasing pack. At 40km, he was on target for a time around 3:37 and it was only the strengthening wind in the dying stages of the race which forced him to slow, his final time still a PB and a new Slovakian national record. "It was like I wanted; fast to begin with and then I try to see whether I can keep up the pace. Only in the last five kilometres did that not work. But I must be satisfied, sub-3:40 was always my dream," reflected Tóth.

Behind Tóth the next four men home, all from Poland and racing in the concurrent Polish championship, were more than six minutes adrift but the quartet all still set personal bests. The Polish title went to Rafal Fedaczynski in 3:46:05 and he just came home ahead of Rafal Sikora in 3:46:16. Lukasz Nowak was fourth in 3:46:40 while Rafal Augustyn, the 2010 Dudinska Patdesiatka winner and Polish 50km walk champion, had to settle for fifth place despite finishing in 3:46:56, almost three minutes faster than he had ever gone before. The Polish effort is even more amazing considering that their top 50km walker Grzegorz Sudoł (2nd in the 2010 European Champs in 2:42:24) did not walk. So Poland actually have 5 walkers currently 3:46 or better. This is a depth that matches that of the Russians and Chinese.

Australian walkers **Nathan Deakes** and **Chris Erickson** were in the main chasing group which went through the half way mark in around 1:55:00. The next 10km was much faster, around 44:10, causing major fragmentations with many of the main contenders losing contact. Chris Erickson also succumbed finally and fell off the pace at the 38km mark but Nathan Deakes, in his first 50km since winning the 2007 World Championship, was still there and looking comfortable. It was only his lack of racing that eventually saw him slow to finish 6<sup>th</sup> in 3:48:02 but he was still wrapped to be finally back in the mix. This performance almost certainly gives him selection in the Australian team for the IAAF World Champs.

Unfortunately Chris Erickson, who also looked set to beat 3:50, dropped a few places in the final 10km. Omar Zepeda was the best of the Mexicans, finishing 7<sup>th</sup> in 3:50:26 ahead of Bertrand Moulinet of France who improved to 3:50:49 in his first sub 4 hours race. In 9<sup>th</sup> place was World 20km medallist Eder Sanchez of Mexico in his 50km debut, a solid 3:53:19. The top ten was completed by Cedric Houssaye of France, another personal best 3:53:24, and Chris was next to finish in a PB 3:54:53. The first 11 places all recorded IAAF A qualifiers. Australia's third entrant **Ian Rayson** made the tough decision to retire around the half way mark once he started to fall behind his schedule.

1.	Matej Tóth	SVK	10.2.83	3:39:46	NR PB
2.	Rafał Fedaczyński	POL	3.12.80	3:46:05	PB
3.	Rafał Sikora	POL	17.2.87	3:46:16	PB
4.	Łukasz Nowak	POL	18.12.88	3:46:40	PB
5.	Rafał Augustyn	POL	14.5.84	3:46:56	PB
6.	<b>Nathan Deakes</b>	<b>AUS</b>	<b>17.8.77</b>	<b>3:48:02</b>	
7.	Omar Zepeda	MEX	8.7.77	3:50:26	
8.	Bertrand Moulinet	FRA	6.1.87	3:50:49	PB
9.	Eder Sánchez	MEX	21.5.86	3:53:19	PB
10.	Cédric Houssaye	FRA	13.12.79	3:53:24	PB
11.	<b>Chris Erickson</b>	<b>AUS</b>	<b>1.12.81</b>	<b>3:54:53</b>	<b>PB</b>
12.	Nenad Filipović	SRB	5.10.78	3:59:17	PB
13.	Igors Kazakēvičs	LAT	17.4.80	3:59:43	
14.	Tadas Šuškevičius	LTU	22.5.85	4:00:54	
15.	Oleksandr Romanenko	UKR	26.6.81	4:01:05	PB
16.	Miloš Bátovský	SVK	26.5.79	4:01:10	
17.	Vladimir Savanović	SRB	12.6.85	4:02:07	PB
18.	Håvard Haukenes	NOR	22.4.90	4:04:48	PB
19.	Pavel Yarovkhou	BLR	21.7.82	4:05:52	PB
20.	Yuriy Burban	UKR	18.4.80	4:06:14	
21.	Xavier Le Coz	FRA	30.12.79	4:06:15	PB
22.	Konstadinos Stefanópoulos	GRE	11.7.84	4:07:21	
23.	Jaime Quiyuch	GUA	24.4.88	4:08:49	PB
24.	Ihor Sakharuk	UKR	3.6.88	4:10:39	PB
25.	Dušan Majdán	SVK	8.9.87	4:12:15	
26.	Dominic King	GBR	30.5.83	4:14:55	PB
27.	Tomas Gaidamavičius	LTU	7.11.87	4:18:43	PB
28.	Arnis Rumbenieks	LAT	4.4.88	4:21:02	
29.	Ričardas Rekst	LTU	10.10.87	4:21:27	
30.	Róbert Tubak	HUN	1.3.79	4:22:32	
31.	Pavel Velicko	LTU	31.8.88	4:24:43	PB
32.	Andreas Nielsen	DEN	29.2.88	4:29:38	PB

33.	Jakub Zajic	CZE	8.2.89	4:33:57	
34.	Lukáš Gdula	CZE	6.12.91	4:37:40	PB
35.	Ritvars Paliulis	LAT	23.12.91	4:41:16	PB
36.	Iurii Tatarciuc	MDA	26.6.83	4:47:38	
37.	Christer Svensson	SWE	15.12.69	4:51:20	
38.	Oleksandr Lukyanchuk	UKR	27.6.84	4:54:13	
39.	Jiří Žák	CZE	7.4.71	4:56:19	PB
40.	Zdenko Medera	SVK	1.1.75	4:58:21	
41.	Rafał Goławski	POL	24.10.88	4:58:52	
42.	Zsolt Marinka	HUN	8.7.87	5:03:22	PB
43.	Radek Pařízek	CZE	82	5:05:29	PB
44.	Dávid Koltai	HUN	30.3.83	5:13:45	
45.	László Venyercsán	HUN		5:18:12	PB
46.	István Csaba	HUN	23.9.59	5:25:19	PB
47.	Stanislav Albrecht	CZE	25.11.73	5:27:23	PB
	Javier González	ESP	4.2.83	DNF	
	Francisco Javier Fernández	ESP	6.3.77	DNF	
	Sándor Rácz	HUN	14.9.86	DNF	
	András Fábíán	HUN	25.3.86	DQ	
	Ferenc Major	HUN	30.3.61	DNF	
	Gábor Lengyel	HUN	24.10.74	DQ	
	Mario Alfonso Bran	GUA	17.10.89	DQ	
	Antonín Kozelka	CZE	27.11.85	DNF	
	Dan King	GBR	30.5.83	DNF	
	Sébastien Biche	FRA	1.2.73	DNF	
	Hervé Davaux	FRA	2.8.78	DNF	
	<b>Ian Rayson</b>	<b>AUS</b>	<b>4.2.88</b>	<b>DNF</b>	
	Feodosii Ciumacenco	MDA	27.1.73	DNF	
	Janusz Goławski	POL	26.3.66	DNF	
	Maciej Rosiewicz	POL	31.7.77	DQ	
	Tomasz Zmudzki	POL	19.6.90	DQ	
	António Pereira	POR	10.7.75	DQ	
	Kazimír Verkin	SVK	27.3.72	DQ	
	Antón Kučmín	SVK	7.6.84	DNF	
	Ato Ibáñez	SWE	14.11.85	DNF	

In the associated 35km U23 event, Hungarian walker Máté Helebrandt walked with the main 50km group and was rewarded with a fine time of 2:39:18.

#### U23 Men 35 km walk

1.	Máté Helebrandt	HUN	12.1.89	2:39:18	PB
2.	Tibor Koléner	HUN	24.9.90	3:02:43	PB
3.	Dávid Tokodi	HUN	3.5.91	3:11:41	PB
4.	Dénes Papp	HUN	13.8.90	3:50:49	
	Karel Ketner	CZE	11.4.90	DNF	



Left: winner Matej Toth. Right: Ian Rayson  
Centre: The chasing pack – Chris Erickson (11), Francisco Fernandez (3), Nathan Deakes (2), Rafal Augustyn (4) and Eder Sanchez (55)

### Open Women 20km

By the time the 20km events started, the still conditions of the morning had been replaced by strong blustery winds and competitors had to battle hard. The Open Women's 20km event was another huge race with 67 starters. Czech Republic's Zuzana Schindlerova, the winner in Dudince 12 months ago and the 2009 European Athletics U23 Championships silver medallist, took the early lead along with Ukrainian walkers Nadya Borovska and Olha Yakovenko. Ireland's World championships medallist Olive Loughnane started conservatively in her first race since stomach problems forced her to drop out of the European Athletics Championships 20km walk last summer but she was soon on the attack, catching the leaders by the half way mark and storming home to win in 1:32:40. Schindlerová finished strongly to take second in 1:33:51, 8 secs ahead of Borovska. Australian **Cheryl Webb** was obviously still tired after her walk last week in Lugano and retired mid race.

1.	Olive Loughnane	IRL	14.1.76	1:32:40	
2.	Zuzana Schindlerová	CZE	25.4.87	1:33:51	
3.	Nadiya Borovska	UKR	25.2.81	1:33:59	
4.	Agnieszka Szwarnóg	POL	28.12.86	1:35:15	PB
5.	Olha Yakovenko	UKR	1.6.87	1:35:24	
6.	Paulina Buziak	POL	16.12.86	1:35:49	
7.	Lucie Pelantová	CZE	7.5.86	1:36:35	
8.	Semiha Mutlu	TUR	1.1.83	1:37:06	PB
9.	Mari Olsson	SWE	27.4.86	1:37:29	PB
10.	Ana Maria Groza	ROU	1.6.76	1:40:07	
11.	Anita Kažemāka	LAT	30.5.90	1:40:18	
12.	Charlyne Czychy	GER	14.3.92	1:41:48	PB
13.	Anett Torma	HUN	2.4.84	1:44:47	
14.	Inga Mastianica	LTU	13.6.89	1:44:51	
15.	Agnieszka Ellward	POL	26.3.89	1:45:01	PB
16.	Mária Czaková	SVK	2.10.88	1:46:57	
17.	Jolanta Karaś	POL	9.3.89	1:47:54	
18.	Eszter Bajnai	HUN	15.5.89	1:49:38	PB
19.	Anita Mészáros	HUN	24.10.88	1:51:06	
20.	Miroslava Stašová	SVK	14.2.86	1:52:55	PB
21.	Barbora Strnadová	SVK	19.1.89	2:15:52	
	<b>Cheryl Webb</b>	<b>AUS</b>	<b>3.10.76</b>	<b>DNF</b>	
	Karolína Škrášková	CZE	6.1.87	DNF	
	Carme Robles	ESP	25.10.71	DNF	
	Agnieszka Dygacz	POL	18.7.85	DNF	
	Katarzyna Kwoka	POL	29.6.85	DNF	
	Lucyna Chruściel	POL	29.6.89	DNF	
	Agata Litwiniuk	POL	6.10.91	DQ	
	Katarzyna Śleziona	POL	1.5.70	DNF	

### Open Men 20 km walk

In the Open Men's 20km, Andriy Kovenko of Ukraine stormed through the first 2km in around 7:50 and never let up from there, passing the half way mark in just over 40 minutes and finishing in a PB of 1:21:44. German Carsten Schmidt was 2<sup>nd</sup> in 1:24:39 ahead of Serbian walker Predrag Filipović who recorded 1:26:30. German walker Hagen Pohle, winner of the 2009 World Youth Championships, finished 5<sup>th</sup> in a very good debut time of 1:29:50.

1.	Andriy Kovenko	UKR	25.11.73	1:21:44	PB
2.	Carsten Schmidt	GER	29.5.86	1:24:39	
3.	Predrag Filipović	SRB	5.10.78	1:26:30	
4.	Oleksiy Kazanin	UKR	22.5.82	1:26:38	
5.	Hagen Pohle	GER	5.3.92	1:29:50	PB
6.	Milan Rizek	SVK	5.1.78	1:33:36	
7.	Jeffrey Cassin	IRL	15.12.71	1:34:35	
8.	Janis Strautinš	LAT	18.6.89	1:36:26	PB
9.	Serhiy Datsenko	UKR	19.4.90	1:37:09	PB
10.	Mirosław Luniewski	POL	25.1.57	1:47:54	PB
11.	Guillem Pérez	ESP	26.10.83	1:49:32	PB
12.	Waldemar Malecki	POL		1:58:21	PB
13.	Zbigniew Kwita	POL		1:59:41	PB
14.	Dániel Balázs	HUN	10.5.88	2:05:42	PB
	Jiří Malysa	CZE	14.8.66	DNF	
	Aléxandros Papamihail	GRE	18.9.88	DNF	
	Stephen Allen	GBR	1.5.56	DNF	
	Pavel Schrom	CZE	20.3.91	DQ	
	Jiří Malysa	CZE	15.5.91	DNF	
	Dawid Wolski	POL	15.6.89	DQ	
	Łukasz Augustyn	POL	29.11.90	DNF	
	Pawel Gawroński	POL	13.4.90	DNF	
	Paweł Malecki	POL	22.5.91	DQ	



**20km: Andriy Kovenko (128), Olive Loughnane (149), Olha Yakovenko (169), Zuzana Schindlerová (139) and Nadiya Borovska (168)**

The Under 20 10km races saw convincing wins by Ukrainian Igor Puzanov in 43:28 and Ireland's Kate Veale in 46:43. Both Puzanov and Veale walked impressively and should be in contention for medals at the 2011 European Athletics Junior Championships in Tallinn, Estonia, this summer. Slovakian Patrik Spevak was even more impressive in winning the U18 Boys 10km in 43:23, advertising that he will be one to watch at the IAAF World Youth Championships in Lille, France, this summer. Czech Republic's Anezka Drahotova was the best in the U18 Girls' 5km with 23:03 and she should also be competitive in the World Youth championships later this year. The results below only show the first few places in each event. Full results can be sourced from <http://www.tilastopaja.org/staticresults/eaal2807934.htm>

**U20 Men 10km walk**

1.	Ihor Puzanov	UKR	10.10.93	43:28	
2.	Peter Tichý	SVK	25.6.93	44:50	PB
3.	Nils Brembach	GER	23.2.93	44:54	PB
4.	Viktor Márkus	HUN	29.10.92	44:59	PB
5.	Jakub Herba	POL	19.2.92	45:01	PB
6.	Marcel Faber	SVK	27.4.92	45:09	
7.	Miklós Domonkos	HUN	6.3.93	45:26	PB
8.	Lukasz Kostka	POL	19.9.94	45:27	PB
9.	Maryan Pulyak	UKR	28.3.94	45:46	
10.	Yuriy Shvaryk	UKR	1.5.94	45:50	PB

**U20 Women 10 km walk**

1.	Kate Veale	IRL	5.1.94	46:43	PB
2.	Natalia Plomińska	POL	30.7.92	48:48	PB
3.	Barbara Kovács	HUN	26.7.93	50:19	PB
4.	Maeve Curley	IRL	24.10.92	50:55	PB
5.	Tetyana Davydenko	UKR	12.10.91	52:21	PB

**U18 Men 10 km walk**

1.	Patrik Spevák	SVK	30.7.94	43:23	PB
2.	Andrej Dolinský	SVK	31.12.94	48:14	PB
3.	Martin Spevák	SVK	17.10.95	48:21	PB
4.	Martin Priškin	SVK	24.5.95	58:21	PB
5.	ilan Linkeš	SVK	2.11.95	59:22	PB

**U18 Women 5 km walk**

1.	Anežka Drahotová	CZE	22.7.95	23:03	PB
2.	Eliška Drahotová	CZE	22.7.95	23:45	PB
3.	Nikola Piliarová	SVK	14.7.94	24:11	PB



**15<sup>TH</sup> PAN AMERICAN RACE WALKING CUP, ENVIGADO, COLOMBIA, 26-27 MARCH**

Athletes representing 17 countries (Bolivia, Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Ecuador, El Salvador, United States, Guatemala, Mexico, Panama, Peru, Puerto Rico, Dominican Republic and Venezuela) participated in the 15<sup>th</sup> Pan American Race Walking Cup last weekend in the municipality of Envigado (Medellin) in Colombia. 50km, 20km and 10km roadwalk events were held over a 2.5km circuit with a start/finish outside the Envigado Municipal Stadium. At an altitude of nearly 1800m, it was a true high altitude meet and, as expected, the Colombians and Mexicans fought out for the title of top country. Colombia in particular has a bid crop of top line senior and junior walkers and is becoming a world force. The first 10 from each race are shown below.

**20km Men**

1.	LUIS FERNANDO LOPEZ	COL	1:25:04
2.	ERICK BERNABE BARRONDO GARCIA	GUA	1:25:56
3.	GIOVANNI TORRES	MEX	1:26:18
4.	DIEGO FLOREZ	MEX	1:26:23
5.	ISAAC PALMA	MEX	1:26:38
6.	FERNEY ALEXIS ROJAS MESA	COL	1:27:08
7.	ANIBAL EDUARDO PAAU	GUA	1:28:02
8.	JOSE MAURICIO ARTEAGA SANCHEZ	ECU	1:29:14
9.	DAVID MEJIA	MEX	1:29:37
10.	CAIO OLIVEIRA DE SENA BONFIM	BRA	1:31:00

**20km Women**

1.	JAMY AMARILIS FRANCO NUÑEZ	GUA	1:36:04
2.	ARABELLY ORJUELA SANCHEZ	COL	1:36:12
3.	INGRID HERNANDEZ CASTILLO	COL	1:37:18
4.	CISIANE DUTRA LOPES	BRA	1:38:02
5.	SANDRA VIVIANA GALVIS GOMEZ	COL	1:38:20
6.	GUADALUPE SANCHEZ	MEX	1:38:44
7.	MONICA EQUIHUA	MEX	1:38:44
8.	ERICA ROCHA DE SENA	BRA	1:38:45
9.	PAOLA BIBIANA PEREZ SAQUIPAY	ECU	1:39:35
10.	CLAUDIA BALDERRAMA IBAÑEZ	BOL	1:39:41

**Junior Men 10km**

1.	EIDER ORLANDO AREVALO TRUCHE	COL	40,39
2.	JOSE LEONARDO MONTAÑA AREVALO	COL	41,50
3.	JESUS VEGA	MEX	42,28
4.	CRISTIAN GOMEZ	MEX	43,07
5.	JHON ALEXANDER CASTAÑEDA	COL	43,31
6.	BRYAN DANIEL PINTADO ALVAREZ	ECU	43,39
7.	USIEL SANCHEZ	MEX	44,28
8.	MARCO ANTONIO RODRIGUEZ PARDO	BOL	45,40
9.	NIEL PAVEL VLADIMIR GARCIA JOIJA	PER	45,53
10.	TYLER SORENSEN	USA	46,25

**Junior Women 10km**

1.	YANELLI CABALLERO	MEX	47,23
2.	GABRIELA KIMBERLY GARCIA LEON	PER	49,13
3.	YULI MAGALI CAPCHA CORONACION	PER	49,34
4.	LORENA ARENAS CAMPUZANO	COL	49,51
5.	WENDY GABRIELA CORNEJO ALIAGA	BOL	50,36
6.	SANDRA NEVAREZ	MEX	50,51
7.	ANGELA MELANIA CASTRO CHIRIVECHZ	BOL	51,29
8.	MARIA MENA	MEX	52,04
9.	MAGALY BEATRIZ BONILLA SOLIS	ECU	53,30
10.	ANA KARINA BUSTOS ZEAS	ECU	54,22

**50km Men**

1.	CRISTIAN BERDEJA	MEX	03:59:14
2.	FREDY HERNANDO HERNANDEZ	COL	03:59:40
3.	JAIME ROLANDO SAQUIPAY PAÑI	ECU	04:01:20
4.	NESTOR MAURICIO RUEDA PALACIOS	COL	04:10:14
5.	RODRIGO MORENO MUNERA	COL	04:13:27
6.	JOSE VENTURA	MEX	04:15:22
7.	CLAUDIO VITORIO CAMPELO	BRA	04:22:46
8.	LUIS SOLIS	MEX	04:27:08
9.	BERNARDO CALVO AGUILAR	CRC	04:29:58
10.	WASHINGTON DAVID GUEVARA CASTILLO	ECU	04:30:10



## 20<sup>TH</sup> RIO MAIOR GRAND PRIX, RIO MAIOR, PORTUGAL, SATURDAY 9 APRIL

Racing in excellent conditions, Russians Valeriy Borchin and Olga Kaniskina were convincing victors at the 20<sup>th</sup> edition of the International Race Walking Grand Prix in Rio Maior, Portugal, on Saturday. This was the fifth leg of the 2011 IAAF Race Walking Challenge and the 20km events were strongly contested with elite fields. The women kicked off at 5:30PM and the men at 5:45PM so it must have been pretty spectacular to see so many walkers walking fast on the course at the one time.



**Reigning Olympic champions Valerij Borchin and Olga Kaniskina win in Rio Maior on Saturday (photos from [www.iaaf.org](http://www.iaaf.org))**

### 20km Women

Kaniskina, the reigning Olympic and two-time World champion as well as reigning European champion, began the competition conservatively in the lead pack, but moved to the front after 4 kilometres, leading from then on to win with a time of 1:28:35. Spain's Beatriz Pascual (PB 1:27.44) was in the chase group and finished second in 1.28.51, a season best, in front of the Portuguese Vera Santos, whose 1.29.55 was also a season's best and the fastest this year by a Portuguese. Local hero Susana Feitor, who was third in Chihuahua last month, also clocked a season's best (1.30.44) to finish fourth, ahead of Chihuahua winner and Portugal's national 20km champion Inês Henriques (PB 1:29.36) who clocked 1.30.59. Next was German Melanie Seeger (PB 1:28.17), the winner in Rio Maior in 2006 and fourth place finisher at last year's European Championships, who clocked 1.31.01, also a season best. "This was my first competition this season and I'll next go to Sesto San Giovanni (1 May) and then I'll start my preparation to try to get the gold medal in the IAAF World Championship," said Kaniskina.

1.	Olga Kaniskina	19-01-1985	RUS	1.28.35
2.	Beatriz Pascual	09-05-1982	ESP	1.28.51
3.	Vera Santos	03-12-1981	POR	1.29.55
4.	Susana Feitor	28-01-1975	POR	1.30.44
5.	Inês Henriques	01-05-1980	POR	1.30.59
6.	Melanie Seeger	08-01-1977	GER	1.31.01
7.	Kristina Saltanovic	20-02-1975	LTU	1.33.06
8.	Cisiane D. Lopes	17-02-1983	BRA	1.35.15
9.	Guadalupe Sanchez	03-01-1977	MEX	1.35.16
10.	Erandi Uribe	01-03-1990	MEX	1.36.16
11.	Erica R. de Sena	03-05-1985	BRA	1.36.40
12.	Mónica Equihua	23-09-1982	MEX	1.37.42
13.	Rosário Sanchez	26-10-1973	MEX	1.38.04
14.	Lisbeth Silva	30-09-1989	MEX	1.39.02
15.	Rosália Ortiz Cruz	03-09-1987	MEX	1.40.07
16.	Myriam Fernandez	28-09-1981	ESP	1.40.40
17.	Daniela Cardoso	15-12-1991	POR	1.45.02
18.	Elianay S. Pereira	11-05-1984	BRA	1.47.44
19.	Liliana Martins	20-07-1990	POR	1.51.11
20.	Tania R. Spindler	10-04-1977	BRA	1.51.20

### 20km Men

Matej Toth of Slovakia, the winner of the 50km event in Dudince 2 weeks ago, lead the field until midway when Borchin (PB 1:17:38), the reigning Olympic and World champion, made his move for the front, pushing hard from then on to a 1:18:55 victory. His mark broke the meeting record of 1:19:02 held by Spaniard Francisco Fernandez. The great course also helped Russian Stanislav Emelyanov to a PB time of 1:19:33 in finishing second. Mexico's Eder Sanchez made up ground in the latter stages to finish third in 1.19.36, well off his personal best but an excellent effort only 2 weeks after his inaugural 50km in Dudince. Toth lost ground in the closing kilometres, but still finished fourth with 1:20:53, a new personal best. Tunisian Hassanine Sebei came in fifth with Irish walker Robbie Heffernan in sixth place. Behind them there were plenty of season bests and several personal bests including Mexican 50km specialist Horacio Nava (seventh in 1:22:15) and his compatriot Jose Leyver Ojeda (ninth in 1:22:30). The best Portuguese was João Vieira who finished 11<sup>th</sup> in 1:22:44. "This was a great competition, and I'm happy with this performance," said Borchin in his season's debut. "Everything's going well in my preparation (for Daegu)." Australian **Adam Rutter** was our sole representative and he finished 19<sup>th</sup> in 1:26:21.

1.	Valeriy Borchin	11-09-1986	RUS	1.18.55
2.	Stanislav Emelyanov	23-10-1990	RUS	1.19.33
3.	Eder Sanchez	21-05-1986	MEX	1.19.36
4.	Matej Toth	10-02-1983	SVK	1.20.16
5.	Hassanine Sebei	21-01-1984	TUN	1.20.49
6.	Robert Heffernan	28-02-1978	IRL	1.21.50
7.	Horácio Nava	20-01-1982	MEX	1.22.15
8.	Andrés Chocho	04-11-1983	ECU	1.22.18
9.	José Leyver Ojeda	12-11-1985	MEX	1.22.30
10.	João Vieira	20-02-1976	POR	1.22.44
11.	Sergey Kirdyapkin	21-03-1985	RUS	1.22.57
12.	Sérgio Vieira	20-02-1976	POR	1.23.15
13.	Edgar Hernández	08-06-1977	MEX	1.23.20
14.	José Ignacio Diaz	22-11-1979	ESP	1.23.51
15.	Cristian Berdeja	21-06-1981	MEX	1.24.13
16.	Isaac Palma	26-10-1990	MEX	1.24.32
17.	Maik Berger	07-02-1979	GER	1.25.07
18.	Diego Flores	23-03-1987	MEX	1.25.44
19.	<b>Adam Rutter</b>	24-12-1986	<b>AUS</b>	<b>1.26.21</b>
20.	Juan Manuel Cano	12-12-1987	ARG	1.26.22
21.	Caio O. Bonfim	19-03-1991	BRA	1.26.36
22.	Francisco Arcilla	14-01-1984	ESP	1.27.19
23.	Luis M. Corchete	14-05-1984	ESP	1.27.53
24.	Cláudio Villanueva	03-08-1988	ESP	1.28.26
25.	Augusto Cardoso	13-12-1970	POR	1.28.26
26.	Pedro Isidro	17-07-1985	POR	1.28.45
27.	Miguel A. Prieto	20-09-1964	ESP	1.30.00
28.	Jorge Costa	20-03-1961	POR	1.30.01
29.	Dionísio Ventura	13-12-1979	POR	1.30.39
30.	Pedro Martins	12-01-1968	POR	1.38.35
31.	Francesco Campana	26-10-1992	ITA	1.30.51
32.	Juan Antonio Porras	19-02-1972	ESP	1.33.40
33.	Luis Gil	06-04-1975	POR	1.33.49
34.	Giovanni Gentile	01-01-1984	ITA	1.35.36
35.	Pedro Santos	25-04-1986	POR	1.35.59
36.	Cristiano António	15-10-1988	POR	1.36.16
37.	Manuel J. Angueira	04-11-1972	ESP	1.37.53
38.	Tiago N. Fonseca	27-11-1989	BRA	1.38.22
39.	Pedro Martins	12-01-1968	POR	1.38.35
40.	Nuno Valente	06-01-1988	POR	1.40.57
41.	Juan António Raya	30-01-1993	ESP	1.41.23
42.	Carlos Paiva	21-03-1969	POR	1.47.37

Junior 10km events were also held with Rocio Lojo of Spain and Pedro Bruno winning what were local events.

#### 10 km Junior Women, 5:30PM

1.	Rocio C. Lojo	14-01-1993	ESP	51.30
2.	Sandra Monteiro	05-09-1992	POR	52.53
3.	Mara Ribeiro	11-05-1995	POR	54.44
4.	Filipa Ferreira	01-01-1994	POR	54.55

#### 10 km Junior Men, 5:45PM

1.	Bruno Pedro	12-10-1993	POR	46.27
2.	Samuel Pereira	25-11-1993	POR	47.07
3.	Miguel Carvalho	02-09-1994	POR	47.47
4.	Diogo Henriques	28-05-1992	POR	47.57
5.	Pedro Santos	15-11-1992	POR	48.10
6.	Flávio Silva	24-06-1992	POR	49.10

For the complete result set, see <http://www.cm-riomaior.pt/gpmarcha/index3.html>

**EAA PERMIT MEETING, PODEBRADY, CZECH REPUBLIC, SATURDAY 9 APRIL 2011**

Last Saturday also saw the 79<sup>th</sup> edition of the historic Podebrady walking meeting, the third of this year's four European Athletics Race Walking permit meets. Conditions were described as sunny but windy. Times were generally slower than expected and this may have been due to the new 1km loop used as I have seen some discussions which rated it as a bit tougher than the old one.

**20km Men**

Italy's Matteo Giupponi triumphed in the men's 20km walk in a personal best of 1:22:36. The 22-year-old, who took the bronze medal at the 2009 European Athletics U23 Championships, went through the halfway point in 40:58 before throwing down the gauntlet in the second half to surge to a 34 sec PB. Second was Germany's Carsten Schmidt, who also clocked a personal best with 1:22:47 after an excellent final five kilometers when he closed the gap considerably on his Italian rival. Spain's Benjamin Sanchez was a distant third in 1:25:00.

1.	Giupponi Matteo	88	ITALY	1:22:36
2.	Schmidt Carsten	86	GERMANY	1:22:47
3.	Sánchez Benjamin	85	SPAIN	1:25:00
4.	Linke Christopher	88	GERMANY	1:25:04
5.	Griffin Colin	82	IRELAND	1:25:42
6.	Žiukas Marius	85	LITHUANIA	1:25:50
7.	Tontodonati Federico	89	ITALY	1:26:01
8.	Ibáñez Anatole	85	SWEDEN	1:26:35
9.	Kučmín Anton	84	SLOVAKIA	1:26:42
10.	Gloger Nils-Christopher	90	GERMANY	1:28:05
11.	Aledo José Ignacio	79	SPAIN	1:28:11
12.	Macchia Riccardo	90	ITALY	1:28:18
13.	D'Onofrio Fortunato	81	ITALY	1:29:32
14.	Karlström Perseus	90	SWEDEN	1:29:52
15.	Doyle Micheal	87	IRELAND	1:29:55
16.	Ketner Karel	90	AO Slavia Havířov	1:30:38
17.	Florez Alex	71	SWITZERLAND	1:30:39
18.	Romanelli Andrea	86	ITALY	1:31:23
19.	Říha Roman	90	TJ Slezan Frýdek-Místek	1:31:37
20.	Rácz Sándor	86	HUNGARY	1:31:54
21.	Kozlovskij Genadij	91	LITHUANIA	1:31:56
22.	Polášek Jan	80	AO Slavia Havířov	1:32:02
23.	Rízek Milan	78	SLOVAKIA	1:32:26
24.	Sillero Mario	90	SPAIN	1:33:45
25.	Svensson Christer	69	SWEDEN	1:38:43
26.	Schrom Pavel	91	VSK Univerzita Brno	1:38:48
27.	Holuša Miloš	65	AK Kroměříž	1:38:56
28.	Gdula Lukáš	91	Hvězda SKP Pardubice	1:39:05
29.	Girod Urbain	63	SWITZERLAND	1:39:07
30.	van Bremen Jacques	84	NETHERLANDS	1:42:06
31.	Jurgelianecas Deividas	91	LITHUANIA	1:42:06
32.	Kozelka Antonín	85	TJ Rumburk	1:45:11
33.	Malysa Jiří	66	VSK Univerzita Brno	1:45:26
34.	Pařízek Radek	82	TJ SOKOL Nová Paka	1:46:46
35.	Hejkrlik Filip	79	AK Hodonín	1:48:50
36.	Albrecht Stanislav	73	TJ SOKOL Nová Paka	1:49:49
37.	Nedvídek Martin	75	AC SYNER Turnov	1:50:48
38.	Smola Josef	64	SK Nové Město nad Metují	1:51:20
39.	Kalát Josef	55	AK Bílina	1:53:54
40.	Žák Jiří	71	Batt klub N.Město na Mor.	1:54:39
41.	Fliegl Miroslav	54	PSK Olymp Praha	1:55:02
	Helebrandt Máté	89	HUNGARY	DNF
	Malysa Jiří	91	AK Kroměříž	DNF
	Wears Ben	90	GREAT BRITAIN	DNF
	Bosworth Thomas	90	GREAT BRITAIN	DQ
	Kiiski Eemeli	91	FINLAND	DQ
	Partanen Aku	91	FINLAND	DQ
	Švehla Milan	78	VSK Univerzita Brno	DQ
	Zajíc Jakub	89	Hvězda SKP Pardubice	DQ

**20km Women**

Spain's Eva Maria Iglesias won the women's 20km race in a personal best of 1:34:28. Second was Italy's Anna Eleonora Giorgi in 1:34:44 while another Spanish walker Ainhoa Pineda was the third woman home in 1:35:07.

1.	Iglesias Eva María	85	SPAIN	1:34:28
2.	Giorgi Eleonora Anna	89	ITALY	1:34:44

3.	Pinedo Ainhoa	83	SPAIN	1:35:07
4.	Ferraro Federica	88	ITALY	1:35:23
5.	Palmisano Antonella	91	ITALY	1:35:47
6.	Pruner Serena	86	ITALY	1:37:14
7.	Pelantová Lucie	86	PSK Olymp Praha	1:37:19
8.	Olsson Mari	86	SWEDEN	1:39:30
9.	Schindlerová Zuzana	87	USK Praha	1:39:44
10.	Alonso Sara	91	SPAIN	1:40:01
11.	Kaasalainen Karoliina	88	FINLAND	1:41:05
12.	Polli Laura	83	SWITZERLAND	1:41:57
13.	Polli Marie	80	SWITZERLAND	1:43:37
14.	Grange Francesca	89	ITALY	1:46:37
15.	Škrášková Karolína	87	TJ Sokol SG Plzeň-Petřín	1:52:40
16.	Löfbacka Mikaela	90	FINLAND	1:54:25
17.	Herberová Hana	81	Hvězda SKP Pardubice	1:57:45
18.	Merkovská Barbora	93	SLOVAKIA	2:09:12
19.	Netolická Martina	82	AK Olymp Brno	2:10:27
	Halkivaha Anne	86	FINLAND	DNF
	Nesvadbová Michaela	92	SK Nové Město nad Metují	DNF
	Štašová Miroslava	86	SLOVAKIA	DNF
	Svitáková Hana	90	AC Česká Lípa	DNF
	Torma Anett	84	HUNGARY	DNF
	Hančová Tereza	92	SK Nové Město nad Metují	DNP
	Di Vincenzo Sibilla	83	ITALY	DQ
	Elss Christin	89	GERMANY	DQ
	Luaces Lorena	84	SPAIN	DQ
	Seaman Rachel	86	CANADA	DQ

German walkers won both the junior races. The 2009 World Youth Championships 10,000m gold medallist Hagen Pohle covered the 10km on the roads in 42:13 to win the junior men's race in Podebrady for the second year in succession. Pohle should be among the medal contenders at this summer's European Athletics Junior Championships in Tallinn, Estonia. He finished more than a minute in front of his compatriot Marcel Lehberg, who came home in 43:46. Charlyne Czychy won the junior women's race in 48:49 while Czech Republic's Anezka Drahotova, still only 15, was second in 49:34. She finished ahead of Italy's 2010 Youth Olympic Games winner Anna Clemente, who was third in 50:20.

#### 10km Junior Men

1.	Pohle Hagen	92	GERMANY	42:13
2.	Lehberg Marcel	92	GERMANY	43:46
3.	Stano Massimo	92	ITALY	43:58
4.	Fáber Marcel	92	SLOVAKIA	44:04
5.	Spevák Patrik	94	SLOVAKIA	44:11
6.	Serra Leonardo	93	ITALY	44:36
7.	Márkus Viktor	92	HUNGARY	44:41
8.	Ojala Alekski	92	FINLAND	45:01
9.	Dei Tos Leonardo	92	ITALY	45:13
10.	Peralbo Arturo	94	SPAIN	45:24
11.	Hansson Anders	92	SWEDEN	45:42
12.	Tichý Peter	93	SLOVAKIA	46:26
13.	Mastianica Artur	92	LITHUANIA	47:05
14.	Brembach Nils	93	GERMANY	47:14
15.	Reyes David	93	SPAIN	47:52
16.	Tišťan Martin	92	SLOVAKIA	47:58
17.	Hanč Luděk	94	SK Nové Město nad Metují	48:40
18.	Farkas Bence	93	HUNGARY	48:57
19.	Breuer Max	92	GERMANY	49:21
20.	Rimkevičius Giedrius	92	LITHUANIA	49:35

#### 10km Junior Women

1.	Czychy Charlyne	92	GERMANY	48:49
2.	Drahotová Anežka	95	USK Praha	49:34
3.	Clemente Anna	94	ITALY	50:20
4.	Pastorino Inés	92	FRANCE	50:36
5.	Drahotová Eliška	95	USK Praha	50:56
6.	Curiazzi Federica	92	ITALY	51:19
7.	Piliarová Nikola	94	SLOVAKIA	51:22
8.	Larios Maria	92	SPAIN	51:38
9.	Loparco Sara	92	ITALY	51:56
10.	Klebauskaitė Agnė	92	LITHUANIA	52:12
11.	Aliaga Veronica	92	SPAIN	52:27

12.	Juaréz Mar	93	SPAIN	53:10
13.	Kovács Barbara	93	HUNGARY	53:25
14.	Švedaitė Karolina	92	LITHUANIA	54:03
15.	Siblot Kenza	93	FRANCE	54:33
16.	Frydrychová Adéla	95	AC Česká Lípa	54:38
17.	Lengyel Mariann	94	HUNGARY	54:57
18.	Obsuszt Gerda	93	HUNGARY	55:34
19.	Havranová Barbora	93	TJ Jiskra Nový Bor	55:38
20.	Parviainen Erika	95	FINLAND	56:31

There were wins for Italy's men and Spain's women in the senior races while Italy took the junior men's teams competition and hosts Czech Republic were the winners in the junior women's team competition. The complete results can be found at this link on the Czech athletics federation website: <http://online.atletika.cz/vysledky.aspx?idk=13298>.

## HONG KONG INTERNATIONAL 10KM, SUNDAY 10 APRIL 2011

The MKR Corporation and the Hong Kong Amateur Athletic Association joined hands once again to organize the seventh annual MTR Hong Kong International Race Walking event on Sunday. The event, held in the heart of the Central business district, saw a record 1600 race walkers competing in the participation events while top tier race walkers from across the Asia-Pacific competed in the Men's and Women's Elite 10km races. For the third year in a row, Australians travelled across and, once again, we were in the medal mix in the Elite Walk section. Simon Baker reports:

The MTR Race Walk competition is indeed a unique event. This would have to be the only open walk event on the international fixture that has a competitor entry limit of 500 - and that results in people being turned away!

The event includes an Elite 10km walk event, with walkers from Hong Kong, Japan, China, Malaysia, Thailand, Chinese Taipei and of course Australia, represented by **Dane Bird-Smith, Rhydian Cowley, Regan Lamble** and **Beth Alexander**. This formed the highlight of the competition (at least for us!) but the 4x 100m school race walk relay was obviously a keen event for the kids!

### Mens 10km Race

The day started cool although humid. From the gun, Dane (1) and Rhydian (7) together with Liu Jian Min (China - 2), Kanma Ishada (Japan -3) and Dhiban Raj S/O Theyagason (Thailand-4) moved away early. After the first lap of 10 in a brisk 4:04, Liu and Dane were 10 seconds ahead of the following three and things remained like this till about 4k. At this point, Liu moved ahead of Dane who struggled with stomach cramps for the rest of the race, the 5km mark being passed in 21:20. First Dhiban then Kenma faded while Rhydian, whose measured pace had him 21:45 at 5km, was feeling reasonably comfortable. The temperature rose rapidly during the event, making conditions less pleasant. Positions were unchanged for the rest of the race, Liu winning in 43:10, Dane 2<sup>nd</sup> in 43:48 and Rhydian 3<sup>rd</sup> in 44:43, over two minutes ahead of Kenma.

1.	Liu Jian Min	CHN	43:10
2.	<b>Dane Bird-Smith</b>	<b>AUS</b>	<b>43:48</b>
3.	<b>Rhydian Cowley</b>	<b>AUS</b>	<b>44:43</b>

### Women's 10km Race

The womens race, starting 3 minutes after the men, saw Reagan and Chinese athlete Li Hua move away early with Mami Urabe (Japan) and Elena Goh Ling Yin (Malaysia) forming a chasing group. In a reversal of the men's race, Regan pulled away easily from Li, passing 5km in 22:30 and finishing in 46:30 comfortably ahead of her rival some 2 minutes in arrears. Elena finished 3<sup>rd</sup> in 53:51. Unfortunately Beth was disqualified at 8km while in 4<sup>th</sup> place after covering the first 5km in 25:17. Judging seemed tough, with everyone getting cautioned in the early laps.

1.	<b>Regan Lamble</b>	<b>AUS</b>	<b>46:30</b>
2.	Li Hua	CHN	48:??
3.	Elena Goh Ling Yin	MAL	53:51
	<b>Beth Alexander</b>	<b>AUS</b>	<b>DQ</b>

This is an eye-opening event in a town/country with no elite race walkers – huge numbers of competitors, lots of spectators, politicians, demonstrators, jumbotron TV screen and media pack. A marching band even made an appearance. It was truly amazing.

The latest IAAF Race Walking Challenge event has just been completed in Taicang in China and what a huge carnival it proved to be. We were lucky in that we had a strong Australian contingent of 10 walkers and 2 support staff representing us there and the following report is compliments of Beth Alexander, Regan Lamble, Rhydian Cowley and Brent Vallance who combined forces post-race to put it all together. The photos used are also courtesy of Brent Vallance, Regan Lamble and Mr Da of Taicang. Here we go

**IAAF Race Walking Challenge Series Report  
By Beth Alexander, Regan Lamble, Rhydian Cowley and Brent Vallance**

China once again hosted a fantastic leg of the IAAF Challenge in Taicang, just outside Shanghai. This event was again held in conjunction with the Chinese National Race Walking Championships and “The Yalu Cup” (an interprovincial teams competition). With only National Team members for China entered into the IAAF Challenge event, the results that have been published elsewhere do not show that the 20km events were 3 races that had a pack start. These races were

- The IAAF Race Walking Challenge
- The Chinese Open 20km Championships
- The Chinese U/20 20km Championships

Taicang is the host City for the 2014 World Walking Cup and is tipped to host the Chinese leg of the Challenge from now until then. Australians again managed to have the largest international contingent with 10 athletes and two support staff making their way over to the Challenge. Jared Tallent was attending his 7<sup>th</sup> consecutive event in China and was again one of the highest profile International competitors.

**Women’s 20km Walk 8:00am, Friday 22<sup>nd</sup> April**

The first race of the day was the women’s 20km which started in almost ideal conditions. It was an overcast 16°C and there had been some overnight rain which had cleared by race morning. The lead pack formed early during the first lap, done in 8:58, and contained mostly Chinese athletes. The sole international competitor brave enough to join them was Germany’s Melanie Seeger. The Australian girls were content for a slower paced first lap with Regan and Claire walking 9:28 behind Cheryl’s 9:14. The lead pack passed through 10km in a fast 44:20, at which stage pre-race favourite Liu Hong began to pour on the pressure, walking consecutive laps of 8:34 to open up a commanding lead. She was always in a prominent position and was dominant in the second half of the race to secure her third victory at this event (Liu Hong had won previously in Shenzhen 2007 and Beijing 2008.)

**Regan Lamble** decided at 2km that she was feeling good and then began to move through the field. With a PB 10km split of 45:42 and looking very strong, she was able to maintain that tempo through until 16km and, despite losing some time over the last couple of laps, recorded a PB of **1:31:39** and more importantly an A qualification time for the World Championships. Regan joined Jared Tallent (2005) and Adam Rutter (2006) in posting her first A qualification time at the IAAF Challenge in China. At only 19 years of age, Regan has almost guaranteed that she will be added to the World Championships team, joining Claire Tallent who was an automatic nomination after the National Championships this year.

**Claire** walked a solid race, finishing with her fourth A qualification time of the last twelve months in **1:32:39**. This is a considerable feat of consistency that is amongst the best record for Australian females in athletics in recent times. **Beki Lee** completed very consistent splits, averaging 9:30 for most of the race, finishing with a World University Games qualifier of **1:35:35**. This means she has dropped 7 minutes in her last three 20km outings. Not bad for the 2003 World Youth Championships representative who has come a long way since relocating to Canberra in March 2010. It was unfortunate that **Cheryl Webb** was disqualified as she looked to be on course for her best race of the season. **Beth Alexander** (aka BA) was in China as part of the Athletics Australia Target Talent Program (TTP) tour to Hong Kong and Taicang along with Rhydian Cowley, Regan Lamble and Dane Bird Smith (absent in Taicang). Beth was set down to only walk 10km of the 20km event and walked a near PB time of 49:17. She was listed as a DQ later when the results came out at the end of the day and had unfortunately picked up a three cards on her last lap. It was still a very positive performance by Beth on her first International Tour and a time under the WJ Qualification standard.

1	Qieyang Shenjie	CHN	11/11/1990	1:28:04	PB
2	Li Yanfei	CHN	12/01/1990	1:28:43	PB
3	Gao Ni	CHN	14/09/1991	1:29:38	PB
4	Sun Huanhuan	CHN	15/03/1990	1:29:46	PB
5	Lu Xiuzhi	CHN		1:30:06	PB
6	He Qin	CHN	23/03/1992	1:30:13	PB
7	Wang Shanshan	CHN	16/06/1987	1:30:37	SB
8	Yang Mingxia	CHN	13/01/1990	1:31:07	SB
9	Melanie Seeger	GER	8/01/1977	1:31:19	
10	Ding Huiqin	CHN		1:31:23	PB
11	He Dan	CHN	22/07/1984	1:31:33	
12	<b>Regan Lamble</b>	<b>AUS</b>	<b>14/10/1991</b>	<b>1:31:39</b>	<b>PB</b>
13	Shi Tianshu	CHN	7/06/1988	1:31:53	PB
14	Yang Yawei	CHN	16/10/1983	1:32:18	
15	<b>Claire Tallent</b>	<b>AUS</b>	<b>7/06/1981</b>	<b>1:32:39</b>	

16	Nie Jingjing	CHN	1/03/1988	1:34:02	
17	Li Li	CHN	18/06/1987	1:34:15	
18	Zhou Tongmei	CHN		1:34:42	
19	Bo Yanmin	CHN	29/06/1987	1:35:02	
20	Li Hua	CHN	15/01/1991	1:35:07	
21	Chen Shuangyan	CHN	14/08/1991	1:35:33	PB
22	<b>Beki Lee</b>	<b>AUS</b>	<b>25/11/1986</b>	<b>1:35:35</b>	<b>PB</b>
23	Xu Liqin	CHN	6/02/1990	1:35:53	
24	Kang Jinzi	CHN	25/01/1990	1:36:50	
25	Xie Lijuan	CHN	14/05/1993	1:37:45	
26	Wang Xiaolan	CHN		1:37:57	PB
27	Liu Ke	CHN	2/10/1990	1:38:12	
28	Liu Huan	CHN	0/93	1:38:45	PB
29	Wang Tingting	CHN	18/01/1987	1:38:59	
30	Xu Yaozhi	CHN	20/05/1990	1:39:12	
31	Huang Jing	CHN	28/02/1988	1:39:22	
32	Song Xiaoling	CHN	21/12/1987	1:39:53	
33	Wang Yingliu	CHN		1:40:12	
34	Wang Jiaojiao	CHN		1:40:29	PB
35	Ma Faying	CHN		1:40:30	PB
36	Dan Hongying	CHN		1:40:39	
37	Mu Juan	CHN	20/06/1989	1:40:46	PB
38	Zhu Dan	CHN		1:41:02	PB
39	Li Wanfang	CHN	0/93	1:42:04	PB
40	Song Xinhua	CHN	3/03/1991	1:42:24	PB
41	Jeon Yong-Eun	KOR	24/05/1988	1:42:48	
42	Zuo Qiong	CHN		1:43:08	
43	Zhao Huimin	CHN	12/10/1993	1:43:23	PB
44	Yang Kaixuan	CHN		1:43:50	PB
45	Song Meiyang	CHN	8/09/1989	1:44:00	
46	Fu Jia	CHN		1:44:03	PB
47	Liu Fengshuang	CHN	20/04/1993	1:44:12	PB
48	Sun Libin	CHN		1:44:16	PB
49	Liu Yingzhu	CHN		1:44:22	
50	Li Qiuye	CHN	0/93	1:44:35	
51	Xin Shasha	CHN	20/01/1992	1:44:50	
52	Ma Ling	CHN	1/06/1992	1:44:51	
53	Zhang Shasha	CHN		1:44:52	PB
54	Lin Xianxian	CHN		1:45:38	PB
55	Ju Yannan	CHN	25/09/1993	1:45:53	
56	Sun Xueping	CHN	10/12/1988	1:45:57	
57	Liu Yannan	CHN		1:45:58	PB
58	Li Yangyang	CHN		1:45:58	PB
59	He Qinjin	CHN		1:46:19	
60	Cao Xuelian	CHN		1:46:29	
61	Chen Xue	CHN	23/01/1992	1:46:34	PB
62	Zhu Chunyan	CHN		1:47:24	PB
63	He Fenfen	CHN	15/04/1992	1:48:05	
64	Kang Bin	CHN	8/01/1992	1:48:54	
65	Chang Xiao	CHN		1:50:12	
66	Ke Lijun	CHN	12/09/1988	1:50:56	
67	Xu Haiyang	CHN	19/03/1993	1:51:24	PB
68	Ouyang Hongping	CHN	4/06/1993	1:51:58	PB
69	Zhou Jie	CHN	3/09/1996	2:23:17	PB
70	Cai Ming	CHN	13/01/1997	2:23:55	PB
71	Han Yincui	CHN	18/01/1997	2:24:04	PB
	Shi Yang	CHN	24/01/1983	DNF	
	Han Yingying	CHN		DNF	
	Cheryl Webb	AUS	3/10/1976	DQ	
	Beth Alexander	AUS	28/11/1992	DQ	
	Li Wei	CHN	/12/1992	DQ	

### Splits

Liu Hong	8:58, 8:53, 8:53, 8:51, 8:41, 8:34, 8:34, 8:40, 8:41, 8:361:27:17
Shijie Qieyang	8:59, 8:53, 8:53, 8:50, 8:41, 8:34, 8:40, 8:59, 8:53, 8:46 1:28:04
Yanfie Li	8:59, 8:54, 8:53, 8:50, 8:40, 8:34, 8:53, 9:03, 8:56, 9:05 1:28:43
Regan Lamble	9:28, 8:58, 9:06, 9:04, 9:06, 9:06, 9:09, 9:15, 9:18, 9:13 1:31:39
Claire Tallent	9:29, 9:07, 9:04, 9:09, 9:14, 9:15, 9:18, 9:23, 9:24, 9:20 1:32:39
Rebecca Lee	9:37, 9:27, 9:24, 9:25, 9:32, 9:37, 9:36, 9:29, 9:45, 9:47 1:35:35





The start of the women's 20km event



Left: Claire and Regan in action



Right: Beki, Cheryl, Beth and Regan

### Men's 20km Walk, 8:25am, Friday 22 April

With lots of leg slapping and a big roar as the gun went off, the men were away at 8:25am, meaning there were now more than 140 walkers out on the road. The Chinese duo of Zhen Wang and Chu Yufei posted their third consecutive quinella in IAAF Challenge events they have contested, after wins in the 2010 final in Beijing, and 2011 events in Lugano and now Taicang. Along with the women's winner these two athletes now spend the majority of their time in Saluzzo, Italy under the guidance of Italian great Sandro Damilano. The gap between the Italian based Chinese walkers and the rest of the country is now quite extensive as the fourth Chinese athlete across the line was some two minutes behind the winning athlete which in stark contrast to the mass of fast times done at previous editions of this event.

**Jared Tallent** was the only athlete to challenge to Chinese athletes as he was in a clear breakaway after 10km with first four, then three Chinese athletes to the 14km mark. Jared's next lap of 7:42 was no match for the 7:30 lap by Zhen, Chu and Chen but Jared was still looking good for a time close to his PB of 1:19:15. But he had picked up two reports to 14km, and was content to settle with his 4<sup>th</sup> place and another sub 80 minute walk of **1:19:57**. **Adam Rutter** had a much harder day in the office, recording **1:23:48**, and will now turn his attention towards preparing for the World Championships in August. Prior to the race, the word out of Canberra was that **Brendon Reading** was long overdue for a breakthrough of some magnitude after towelling up Jared Tallent in a session up Mount Stromlo. He did not disappoint, finishing with a two and half minute PB, in **1:24:51**. 1:25 minutes is a significant mark to pass, and it puts Brendon right up in contention for events in the coming years. Although on for a personal best time, **Rhydian Cowley** unfortunately had to withdraw from the race at the 16km mark, due to heel pain sustained whilst in Hong Kong.

1	Wang Zhen	CHN	24/08/1991	1:18:30	PB
2	Chu Yafei	CHN	5/09/1988	1:18:45	
3	Chen Ding	CHN	5/08/1992	1:18:52	PB
4	<b>Jared Tallent</b>	AUS	<b>17/10/1984</b>	<b>1:19:57</b>	

5	Kim Hyun-Sub	KOR	31/05/1985	1:20:10	
6	Eder Sánchez	MEX	21/05/1986	1:20:19	
7	Christopher Linke	GER	24/10/1988	1:20:51	PB
8	Cai Zelin	CHN	11/04/1991	1:21:07	PB
9	Cui Zhide	CHN	11/01/1983	1:21:52	
10	Pyotr Trofimov	RUS	18/12/1983	1:22:05	
11	Li Tianlei	CHN	13/01/1995	1:22:23	PB
12	Yu Wei	CHN	11/09/1987	1:23:05	
13	Bian Fongda	CHN		1:23:20	
14	Bo Xiangdong	CHN	1/10/1987	1:23:26	
15	Ji Chunlong	CHN	25/02/1988	1:23:34	PB
16	Xu Dexing	CHN	20/08/1988	1:23:42	
17	Hu Wanli	CHN	27/05/1992	1:23:46	PB
18	<b>Adam Rutter</b>	<b>AUS</b>	<b>24/12/1986</b>	<b>1:23:48</b>	
19	Chen Zongliang	CHN		1:24:10	
20	Sun Chenggang	CHN		1:24:35	PB
21	<b>Brendon Reading</b>	<b>AUS</b>	<b>26/01/1989</b>	<b>1:24:51</b>	<b>PB</b>
22	Wang Leilei	CHN	14/02/1989	1:25:10	
23	He Yongqiang	CHN	27/11/1993	1:25:27	
24	Lin Dexin	CHN		1:25:35	
25	Zhang Hang	CHN		1:25:41	
26	Li Shijia	CHN		1:26:13	PB
27	Zhang Xiaorui	CHN		1:26:22	
28	Ge Hui	CHN	21/12/1987	1:26:22	
29	Wang Zipeng	CHN		1:26:38	PB
30	Li Qiang	CHN	10/02/1993	1:26:39	PB
31	Han Jijiang	CHN	20/07/1992	1:26:53	PB
32	Yu Jiandong	CHN	6/12/1993	1:27:07	
33	Wang Wei	CHN	1/12/1988	1:27:19	
34	Wei Xubao	CHN	1/02/1993	1:27:24	
35	Cao Mingjun	CHN		1:27:40	
36	Xu Jie	CHN	1/01/1993	1:27:52	PB
37	Cui Yasen	CHN	28/02/1987	1:27:59	
38	Zhao Fujie	CHN		1:28:18	
39	Pei Lianyou	CHN	27/01/1990	1:28:22	
40	Chen Haoding	CHN	6/11/1992	1:28:43	PB
41	Tong Anqi	CHN	29/09/1992	1:28:49	PB
42	Zhang Lin	CHN	11/11/1993	1:28:51	PB
43	Lim Jung-Hyun	KOR	8/09/1987	1:29:05	
44	Rong Yufei	CHN		1:29:06	
45	Yang Yanxiong	CHN	12/12/1990	1:29:13	PB
46	Geng Yuanjiang	CHN	20/09/1991	1:29:19	PB
47	Zhao Yinliang	CHN	6/01/1993	1:29:46	
48	Wang Hongwei	CHN	10/10/1989	1:30:00	PB
49	Liu Fuyu	CHN	9/09/1993	1:30:17	PB
50	Xu Xianlong	CHN	2/02/1991	1:30:20	PB
51	Zhang Qiaowei	CHN	14/01/1992	1:30:45	PB
52	Wang Guozhen	CHN		1:30:48	
53	Peng Honhchan	CHN		1:30:54	
54	Han Yucheng	CHN	16/12/1978	1:31:09	
55	Zhu Chundong	CHN	1/01/1990	1:31:10	
56	Cao Mingyao	CHN	25/07/1993	1:31:29	PB
57	Luo Yadong	CHN		1:31:32	
58	Guo Ziyang	CHN	31/12/1993	1:31:44	PB
59	Liu Jianmin	CHN		1:31:58	
60	Niu Wenfei	CHN	6/04/1993	1:32:00	PB
61	Creighton Connolly	CAN	2/08/1988	1:38:44	PB
	Zhang Kuo	CHN	12/12/1989	DNF	
	Gou Xiaoxin	CHN	18/01/1986	DNF	
	Shi Songbo	CHN	4/03/1988	DNF	
	Bai Xuejin	CHN	6/06/1987	DNF	
	Gao Chao	CHN	4/01/1989	DNF	
	Chen Xinrong	CHN	17/06/1990	DNF	
	Rhydian Cowley	AUS	4/01/1991	DNF	
	Li Zhengfa	CHN		DNF	
	Fan Yawen	CHN	15/04/1992	DNF	

#### Race Splits

Zhen Wang 8:21, 7:55, 7:55, 7:49, 7:57, 7:54, 7:34, 7:54, 7:44, 7:31 1:18:30

Yafei Chu	8:20, 7:56, 7:55, 7:49, 7:57, 7:55, 7:33, 7:54, 7:44, 7:45	1:18:45
Ding Chen	8:21, 7:56, 7:55, 7:49, 7:56, 7:55, 7:34, 7:55, 7:44, 7:52	1:18:52
Jared Tallent	8:20, 7:56, 7:55, 7:50, 7:56, 7:54, 7:43, 7:58, 8:16, 8:12	1:19:57
Adam Rutter	8:29, 8:16, 8:16, 8:20, 8:18, 8:29, 8:37, 8:29, 8:20, 8:18	1:23:48
Brendon Reading	8:42, 8:22, 8:24, 8:25, 8:26, 8:27, 8:27, 8:31, 8:38, 8:35	1:24:51
Rhydian Cowley	9:05, 8:46, 8:41, 8:48, 8:45, 8:38, 8:45, 9:17	DNF

The Championship races continued into Saturday with the combined U/18 10km and U/16 5km events for both Boys and Girls. Just as with the senior events, these events were of great depth and high quality and the juniors were also treated to the International judging panel and the fanfare that the seniors had also experiencing the day before.

#### Boys U18 10km Walk, Saturday 23 April

The boys started first at 9am with a pack start, the 5km U/16 athletes, identified by different coloured numbers. By the 4km mark, Yin Jiaying was in a lead pack of four athletes including the leader of the U/16 event being dragged along by the older boys. Yin Jiaying kicked away in the last lap to record a very slick 42:08.

1	Yin Jiaying	CHN	16/03/1994	42:08	PB
2	Gao Wenkui	CHN	28/07/1995	42:55	PB
3	Li Datian	CHN	9/01/1995	43:00	PB
4	Li Shuai	CHN	11/10/1994	43:16	PB
5	Li Peng	CHN	10/11/1994	43:18	PB
6	Hui Ying	CHN	28/02/1994	44:18	PB
7	Li Shuai	CHN	6/01/1995	44:21	PB
8	Hu Enxi	CHN	26/03/1994	44:24	PB
9	Yang Jiyuan	CHN	15/12/1994	44:26	PB
10	Wang Mingli	CHN	23/12/1994	44:36	
11	Lu Hongyue	CHN	23/11/1994	44:38	PB
12	Yu Chenglong	CHN		44:46	
13	Gao Fucheng	CHN	5/09/1994	44:48	PB
14	Li Jinguo	CHN	4/05/1995	45:08	PB

#### Girls U18 10km Walk, Saturday 23 April

The Girls U/18km 10km walk was another individual dominant display, this time by winner Duan Dandan who was with the lead group for only 2km before she moved ahead of the field. She was joined for a single lap by an athlete later disqualified and she had little trouble with the other athletes in field and looks one to watch for the future.

1	Duan Dandan	CHN	23/05/1995	46:20	PB
2	Mao Yanxue	CHN	15/02/1994	47:28	
3	Pei Mowen	CHN	17/09/1995	49:03	PB
4	Wang Dan	CHN	2/03/1984	49:10	
5	Mao Jie	CHN		49:23	
6	Xu Lu	CHN	29/08/1995	50:00	PB
7	Xu Chengying	CHN	0/94	50:14	PB
8	Liu Fang	CHN	16/08/1995	50:14	PB
9	Yang Peili	CHN	7/08/1994	50:35	PB
10	Chen Zhen	CHN	3/11/1994	51:15	PB
11	Liang Rui	CHN	18/06/1994	51:27	PB
12	Zheng Xiaoying	CHN	2/08/1995	51:33	PB

#### Girls U16 5km Walk, Saturday 23 April

1	Zhou Jie	CHN	3/09/1996	23:17	PB
2	Cai Ming	CHN	13/01/1997	23:55	PB
3	Han Yincui	CHN	18/01/1997	24:04	PB

Rhydian was able to record splits for the winners of each of the 10km Races. Unfortunately no results for the U/16 men were available at the time of print.

Yin Jiaying	3:58, 4:14, 4:14, 4:18, 4:09, 4:09, 4:09, 4:11, 4:08, 4:05
Duan Dandan	4:29, 4:39, 4:33, 4:20, 4:24, 4:50, 4:41, 4:38, 4:32, 4:24



**Left: One minute to go before the start of the U18 and U16 Boy's events  
Right: the winner of the Boys's U18 10km**



**The lead group in the Girl's U18 and U16 walks**

### **Men's 50km Walk, Sunday 24 April**

This event was another event that combined three races:

- IAAF Challenge Men's 50km
- Chinese National Championships Men's 50km
- Chinese National Championships U/20 Men's 30km

One observer joked that the men's 50km start list was just a cut and paste of the 20km startlist. Although this was not quite true, a staggering 23 men fronted again for a tough 20km/50km double less than 48 hours after finishing the first event. Many of these men just acted as either pace makers or, in some instances, drink slaves for the "better" athletes who often never left their line to bother with drinks as there were other athletes assigned to do that for them.

The Chinese 50km specialists did not compete in the 20km two days earlier as there were spots in the World Championship Team up for grabs. Beijing Olympians Si Tianfeng and Li Jianbo were expected to be the dominant athletes and turned in an almighty dual which lasted right up until the drink table at 46.2km. Both athletes had their small group of athletes with them who were either competing only in the U/20 30km or just walked to a set distance and then either DNF'd or just did a couple of laps warm down before then calling it a day.

It's fair to say that the pace, at just on or just under 43:00 minutes at 10km, was suicidal for almost every athlete in the lead pack given that many had already done the 20km two days earlier. When 20km was reached at 1:27:14, Li Jianbo and his support crew were down to just two athletes while Si Tianfeng had a much larger group supporting him, not far behind in 1:27:29. By 30km, the groups had merged, the juniors finished, and the rest had just dropped out, and then there were only 5 athletes remaining in the lead group with a 30km split of 2:11:46.

Behind them was the forgotten man of Chinese walking, Li Gaobo who became a World Junior Record holder in 2006 with a 20km time of 1:18:06, done in winning the 2006 IAAF Challenge in China, aged just 16. Li split 2:12:29 at 30km walking a solo race and looking very comfortable in closing the gap with the leaders. Alas, the challenge was short lived as he soon fell back.

At 39km the race was just down to two athletes, Li Jianbo and Tianfeng. At 42km Li Jianbo then opened up a lead of 10m and looked a winner as he worked hard to drop Tianfeng. This lead remained until the drinks table on the penultimate lap when Tianfeng fought back to his shoulder again. Within 2 minutes Jianbo was a broken man and more than 100m behind. He lost a staggering 4:50 over the last 3.8km and fell back another place behind a fast finishing Xu Faguang which did not look possible at 45km. Tianfeng's finishing time was a PB and the best time recorded so far this year in the world.

1	Si Tianfeng	CHN	17/06/1984	3:38:48	PB
2	Xu Faguang	CHN	17/05/1987	3:42:20	PB
3	Li Jianbo	CHN	14/11/1986	3:43:38	
4	Cui Zhide	CHN	11/01/1983	3:48:19	
5	Park Chil-Sung	KOR	8/07/1982	3:50:11	PB
6	Yu Wei	CHN	11/09/1987	3:51:46	PB
7	Lim Jung-Hyun	KOR	8/09/1987	3:53:05	PB
8	Geng Zhiyao	CHN	15/08/1987	3:53:26	PB
9	Byun Young-Jun	KOR	20/03/1984	3:53:49	PB
10	Kim Dong-Young	KOR	6/03/1980	3:53:55	
11	Niu Wenbin	CHN	20/01/1991	3:54:19	PB
12	Oh Se-Han	KOR	17/11/1988	3:54:20	PB
13	Émerson Hernández	ESA	20/01/1989	3:56:09	PB
14	Wu Qianlong	CHN	30/01/1990	4:05:25	
15	Li Gaobo	CHN	4/05/1989	4:05:25	
16	<b>Quentin Rew</b>	<b>NZL</b>	<b>16/07/1984</b>	<b>4:06:57</b>	<b>PB</b>
17	Liu Rusi	CHN		4:09:50	PB
18	Bai Xuejin	CHN	6/06/1987	4:11:27	
19	Cui Yasen	CHN	28/02/1987	4:14:18	
20	Gou Xiaoxin	CHN	18/01/1986	4:15:14	
21	Bian Fongda	CHN	1/04/1991	4:15:24	PB
22	Pei Lianyou	CHN	27/01/1990	4:20:10	
23	Wang Guangfei	CHN	9/04/1989	4:21:23	
24	Zhang Kuo	CHN	12/12/1989	4:22:00	
25	Hou Yang	CHN	8/07/1985	4:22:49	
26	Hou Quan	CHN	2/07/1990	4:23:19	
27	Gao Chao	CHN	4/01/1989	4:27:35	
28	Ma Yujun	CHN	8/06/1990	4:28:53	PB
29	Ge Hui	CHN	21/12/1987	4:32:13	
	Zhang Xiaorui	CHN	14/01/1985	DNF	
	Cheng Min	CHN		DNF	
	Wang Xiao	CHN		DNF	
	Sun Chenggang	CHN	11/03/1991	DNF	
	Liu Jianmin	CHN	9/03/1988	DNF	
	Zhang Hang	CHN	28/10/1991	DNF	
	Zhu Chundong	CHN	1/01/1990	DNF	
	Xu Dexing	CHN	20/08/1988	DNF	
	Yin Mingxing	CHN	25/10/1988	DNF	
	Du Yunpeng	CHN	6/09/1988	DNF	
	Wang Leilei	CHN	14/02/1989	DNF	
	Bo Xiangdong	CHN	1/10/1987	DNF	
	Shi Songbo	CHN	4/03/1988	DNF	
	Xu Xianlong	CHN	2/02/1991	DQ	

#### Men's U/20 30km, Sunday 24 April

1	Chen Zongliang	CHN	9/01/1992	2:10:49	PB
2	Zhao Fujie	CHN	11/11/1993	2:12:21	PB
3	Hu Wanli	CHN	27/05/1992	2:13:30	PB
4	Chen Haoding	CHN	6/11/1992	2:15:11	PB
5	Han Jijiang	CHN	20/07/1992	2:15:42	PB
6	Xie Sichao	CHN		2:15:48	PB
7	Luo Yadong	CHN	15/01/1992	2:17:23	PB
8	Li Qiang	CHN	10/02/1993	2:17:33	PB
9	Wang Hao	CHN	16/08/1989	2:17:38	
10	Wei Xubao	CHN	1/02/1993	2:18:24	PB
11	Li Yajun	CHN	14/12/1993	2:18:24	PB
12	Lin Dexin	CHN	21/10/1992	2:18:27	PB
13	Cao Mingjun	CHN	16/03/1992	2:19:47	PB



14	Wang Guozhen	CHN	1/12/1992	2:20:39	PB
15	Xu Jie	CHN	1/01/1993	2:21:32	PB
16	Li Zhengfa	CHN	2/03/1992	2:21:48	
17	Wang Yue	CHN		2:22:24	PB
18	Rong Yufei	CHN	8/04/1992	2:22:31	
19	Cao Mingyao	CHN	25/07/1993	2:23:18	PB
20	Niu Wenfei	CHN	6/04/1993	2:23:31	PB
21	Liu Shaokang	CHN	11/09/1993	2:26:16	PB
22	Zhang Qiaowei	CHN	14/01/1992	2:28:36	PB
23	Lei Yuhang	CHN	1/07/1993	2:28:37	PB
	Sun Zhixiang	CHN	19/04/1993	DNF	
	Shu Dexing	CHN	24/12/1992	DNF	
	Fan Yawen	CHN	15/04/1992	DNF	
	Wang Yingqi	CHN	1/11/1993	DQ	
	Ding Xianyu	CHN	27/11/1993	DQ	
	Lai Runping	CHN		DQ	
	Zhao Yinliang	CHN	6/01/1993	DQ	

The efforts of the Korean walkers in the 50km is especially commendable with their first 5 walkers all beating 3:55. The standard and depth in the 50km discipline is really starting to improve world wide and this year's World Championship 50km promises to be the strongest for many years if not the strongest ever.

Nestled in amongst the 50km finishers was New Zealander **Quentin Rew** who came 16<sup>th</sup> in **4:06:57**. I think this was Quentin's first time over the 50km distance and it was a very good inaugural effort.



Left: Kiwi Quentin Rew finishes the 50km

Right: Australian senior Coach of the year Brent Vallance

## IAAF RACE WALKING CHALLENGE , SESTO SAN GIOVANNI, ITALY, SUNDAY 1 MAY 2011

Reigning Olympic and World champions Valeriy Borchin and Olga Kaniskina claimed a Russian sweep at the 54<sup>th</sup> edition of the Coppa Città di Sesto San Giovanni, the fourth leg of the 2011 IAAF Race Walking Challenge. Borchin dipped under 1:20 in the men's 20km, crossing the finish line in 1:19:43 despite very warm conditions and beating the surprise runner-up, Isamu Fujisawa from Japan by 2:28. Reigning Olympic, World and European champion Olga Kaniskina dominated the women's 20km race in 1:29:32 beating Spain's Beatriz Pasqual by 44 seconds. Ines Henriques from Portugal took third place in 1:30:29 ahead of her compatriot and last year's Sesto San Giovanni's winner Vera Santos (1:31.42). I will only quote the first 20 places in each event. See <http://www.marciaitaliana.com/risultati/Sesto%20Risultati.pdf> for the full results. Diego Sampaolo reports for the IAAF:

### Men's 20km Race

Borchin went to the lead with Japanese Yusuke Suzuki in the early stages of the race. The chasing group was formed by Hassanine Sebei from Tunisia, Petr Trofimov from Russia, Mexico's José Leyver Ojeda and Fujisawa. Borchin went through the 5Km in 20:28 and later increased his pace breaking away from Suzuki. He passed the halfway mark in 40:14 with the 5Km split between the fifth and 10th kilometres in 19:46 and the 15Km in 60:00 (19:47 between kilometres 10 and 15). The Russian star romped home in 1:19:43 showing that he is able to produce fast times under any conditions. "The weather did not create any problems for me," said Borchin. "I liked the course where I heard the support of a lot of my compatriots. This was my last test before Daegu."

Behind Borchin the fight for second place between Sebei, Suzuki, Fujisawa and Trofimov heated up. It was 24-year-old Fujisawa who prevailed by taking the runner-up spot in the final stages clocking 1:22:11 holding off Sebei, who finished third in 1:22:23. "It was a great surprise. I am happy because I managed to qualify for Daegu. It was a very important race because it was the last chance to qualify for Daegu," said Fujisawa.

Olympic 50Km champion Alex Schwazer finished 12th in 1:24:15 in his first 20Km race of the year since recovering from a knee injury sustained during a skiing accident. "This result was in line with what I expected on the eve of the race. I don't like finishing 12th but it was just a test to prepare for Daegu. I started training again only two months ago and I am aiming to reach my peak in Daegu," Schwazer said.

1.	BORCHIN Valery	RUS	1986	1:19:43
2.	FUJISAWA Isamu	JPN	1987	1:22:11
3.	SEBEI Hassanine	TUN	1984	1:22:23
4.	TROFIMOV Petr	RUS	1983	1:22:47
5.	SUZUKI Yusuke	JPN	1988	1:22:53
6.	LEYVER OJEDA José	MEX	1985	1:22:56
7.	HOHNE André	GER	1978	1:22:58
8.	TROTSKIY Ivan	BLR	1976	1:23:45
9.	VIEIRA Joao	POR	1976	1:23:58
10.	C. OLIVEIRA BONFIM Caio	BRA	1991	1:23:59
11.	KIRDYAPKIN Sergey	RUS	1980	1:24:04
12.	SCHWAZER Alex	ITA	1986	1:24:18
13.	BARRONDO Erick	GUA	1991	1:24:32
14.	KINNUNEN Jarkko	FIN	1984	1:24:48
15.	GOMEZ CRUZ Pedro Daniel	MEX	1990	1:25:22
16.	PAPAMICHAEL Alexandros	GRE	1988	1:26:16
17.	SEGURA Allan	CRC	1980	1:26:35
18.	SAQUIPAY Rolando Jaime	ECU	1970	1:26:36
19.	BERDEJA VILLA Cristian	MEX	1981	1:26:54
20.	GOMEZ CRUZ Cristhian De Jesus	MEX	1992	1:27:07

### Women's 20km Race

Five women (Pasqual, Zuzana Schindlerova from Czech Republic, Kaniskina, Santos and Henriques) formed the leading pack in the early stages of the race inside the athletics track named after Pino Dordoni, the 1952 Olympic champion in the 50Km Race Walk. During the first lap Pasqual went to the front closely followed by Kaniskina and Santos who carved out a gap of about 40 metres on the rest of the group. Pasqual, sixth at the World Championships in Berlin, and Kaniskina dropped Santos during the second lap. The Spaniard continued to keep the lead with the Russian closely behind. They went through the first five kilometres in 22:18 and reached 10Km in 44:45. Pasqual remained in the lead until the 13th kilometre but Kaniskina decided that it was time to unleash her attack and switched gears, breaking away from the Spaniard at 15Km which she passed in 1:07:14 (5km split between 10 and 15 km clocked in 22:19).

Kaniskina increased her lead over Pasqual to about 60 metres with two laps to go. The Spaniard managed to defend a solid margin over Ines Henriques who overtook her compatriot Santos in the fight for third place. Kaniskina romped home inside the Dordoni track in 1:29:32 taking her second win in this year's IAAF Walking Challenge after Rio Major.

"I feel honoured to compete in Sesto for the first time in my career," said Kaniskina, the twice World champion. "It means a lot to win this race and add my name to the list of athletes who have made the history of the Coppa di Sesto. I enjoyed the great support from the crowd along the course. I will now return home to prepare the title defence in Daegu where I am aiming at a

third World title.” Pasqual was also delighted with her second place. “I felt good at the beginning. I tried to keep my rhythm and when Olga changed gears I tried to go with her but she was stronger.”

1.	KANISKINA Olga	RUS	1985	1:29:32
2.	PASCUAL Beatriz	ESP	1982	1:30:16
3.	HENRIQUES Inês	POR	1980	1:30:29
4.	SANTOS Vera	POR	1981	1:31:42
5.	STEF Claudia	ROU	1978	1:33:07
6.	SALTANOVIC Kristina	LTU	1975	1:33:19
7.	YEMELYANOVA Larisa	RUS	1980	1:33:30
8.	CABECINA Ana	POR	1984	1:34:03
9.	GROZA Ana Maria	ROU	1976	1:34:11
10.	VIRBALITE Brigita	LTU	1985	1:35:33
11.	PRUNER Serena	ITA	1986	1:37:11
12.	PINEDO Ainhoa	ESP	1983	1:37:31
13.	INOUE Rei	JPN	1991	1:37:43
14.	GUINAUDEAU Christine	FRA	1978	1:38:05
15.	ORTIZ Mirna	GUA	1987	1:38:14
16.	TRABELSI Chaima	TUN	1982	1:38:53
17.	CASTRILLO GONZALES Lorena	ESP	1989	1:39:42
18.	POLLI Laura	SUI	1983	1:40:24
19.	GALVIS GOMEZ Sandra Viviana	COL	1986	1:40:48
20.	PICAGEVICZ Alessandra	BRA	1984	1:44:19



## 9<sup>TH</sup> EAA EUROPEAN CUP RACEWALKING, OLHAO, PORTUGAL, SATURDAY 21 MAY 2011

Last Saturday saw the first big walks championship for the year – the 9<sup>th</sup> European Cup of Race Walking in Olhão, Portugal. The one day carnival saw large teams from all over Europe competing over 50km, 20km and 10km distances and, as expected, Russia dominated, winning four out of the five individual events of the day and dominating the teams championships. The event got a lot of coverage on the IAAF and European athletics website and it was also covered in detail on the event website at <http://www.olhao2011.com/>

My reports are taken from Paul Warburton's IAAF website report (see <http://www.iaaf.org/news/newsid=60063.html>)

### Open Men 50km , 7:30AM

The 50km was up first and a big field faced the gun in hot and trying conditions. Denis Nizhegorodov may have been a forlorn figure at the last IAAF World Championships but he let it be known he was back in business with his 50km race at Olhão. The Russian World Record holder has been in the wars for the last two years after becoming a DNF in Berlin two years ago. A double muscle rupture in his leg delayed his return to the podium – but there was only one walker willing to follow his blistering promenade on the Algarve. Marco De Luca mounted a brave challenge up to 30 kilometers, and once the Italian wilted in the heat it was a coast for Nizhegorodov to the finish.

It gave him back-to-back wins in the Cup, and the chance to put all his injury woes behind him. He said: “I couldn’t put any pressure on my legs for a long time, but slowly I’ve got back to fitness, and finished a low key 50k race in Russia behind today’s second place as a way of preparing for this one.”

The second place in question was Igor Yerohkin, who bided his team deep inside a large group before making tracks on De Luca in the last 20k. The second Russian passed the slowing Italian, and that was that as far as the podium was concerned. De Luca said: “I had the confidence to go with Nizhegorodov – and I wanted a medal and a PB, but one out of two was still very good.”

The group containing Chris Linke (Germany), Artur Brzozowski (Poland) and Colin Griffin (Ireland) were part of Yerohkin’s original group, with the first two claiming fourth and fifth while Italian Jean-Jacques Nkouloukidi debuted at the distance and walked a perfectly judged race for sixth.

Needless to say, the team podium put Russia on top with De Luca and Nkouloukidi cementing Italy’s silver followed by a solid Polish performance for third.



Nizhegorodov walks to an easy victory in the 50km event (photo <http://www.european-athletics.org>)

1.	NIZHEGORODOV Denis	RUS	1980	03:45:58	
2.	EROKHIN Igor	RUS	1985	03:49:05	
3.	DE LUCA Marco	ITA	1981	03:50:13	
4.	LINKE Christopher	GER	1988	03:52:56	PB
5.	BRZOZOWSKI Artur	POL	1985	03:53:51	
6.	NKOULOUKIDI Jean-Jacques	ITA	1982	03:54:19	
7.	AUGUSTYN, Rafal	POL	1984	03:54:38	
8.	STASIEWICZ, Michal	POL	1988	04:02:51	
9.	KAZANIN Oleksiy	UKR	1982	04:03:19	
10.	DESSI Lorenzo	ITA	1989	04:04:00	PB
11.	CAPORASO Teodorico	ITA	1987	04:04:12	PB
12.	STRELKOV Denis	RUS	1990	04:04:36	
13.	CORCHETE Luis Manuel	ESP	1984	04:05:25	PB
14.	PRIETO Miguel Angel	ESP	1964	04:06:45	
15.	COLLADOS Ferrán	ESP	1985	04:06:57	
16.	FILIPOVIC Predrag	SRB	1978	04:07:54	
17.	LE COZ Xavier	FRA	1979	04:08:04	
18.	LOSJEV Ivan	UKR	1986	04:10:02	PB

19.	CARDOSO Augusto	POR	1970	04:10:03	
20.	IBÁÑEZ Ato	SWE	1985	04:10:54	
21.	KRAUCHUK Dzianis	BLR	1987	04:13:31	
22.	VILLANUEVA Claudio	ESP	1988	04:14:27	
23.	MAJDÁN Dušan	SVK	1987	04:15:10	
24.	BUDZA Serhiy	UKR	1984	04:16:26	
25.	KING Dominic	GBR	1983	04:18:56	
26.	COSTA Jorge	POR	1961	04:25:04	
27.	RÁCZ Sándor	HUN	1986	04:28:09	PB
28.	TUBAK Róbert	HUN	1979	04:33:47	
29.	LUIK Margus	EST	1980	04:34:11	
	STRAUTINŠ Janis	LAT	1989	DQ	
	FILIPOVIC Nenad	SRB	1978	DQ	
	GUSTAFSSON Andreas	SWE	1981	DQ	
	DZIUBIN Dzmitry	BLR	1990	DNF	
	TALASHKA Andrei	BLR	1982	DNF	
	TROTSKI Ivan	BLR	1976	DNF	
	KEMPAS Antti	FIN	1980	DNF	
	DAVAUX Hervé	FRA	1978	DNF	
	GRIGORJEVS Vjaceslavs	LAT	1973	DNF	
	RUMBENIEKS Arnis	LAT	1988	DNF	
	NYMARK Trond	NOR	1976	DNF	
	MARTINS Pedro	POR	1968	DNF	
	PEREIRA António	POR	1975	DNF	
	RUZAVIN Andrey	RUS	1986	DNF	
	SAVANOVIC, Vladimir	SRB	1985	DNF	
	FLOREZ Alex	SUI	1971	DNF	
	BÁTOVSKÝ Miloš	SVK	1979	DNF	
	KOVALENKO Maksym	UKR	1989	DNF	

#### Junior Men 10km , 8:45AM

The two Junior 10km races got underway next. Ukraine became the newest major gold medallist in a walk when Ihor Lyashchenko hammered out a last 3k to get the better of Germany's IAAF World Youth champion Hagen Pohle – and just as good, the winner's team took team gold thanks to Oleksandr Verbytskyi in fourth. In between, early leader Dementiy Cheparev (Russia) tailed off from the front two at 8k, but still had enough for third and team silver even though pre-race favourite Pavel Parshin suffered a relative off day to finish fifth in a sprint with Spain's Alvaro Martin.



Ihor Lyashchenko wins the Junior 10km (photo <http://omarchador.blogspot.com>)

1.	LYASHCHENKO Ihor	UKR	1993	00:41:26	
2.	POHLE Hagen	GER	1992	00:41:36	
3.	CHEPAREV Dementiy	RUS	1992	00:41:58	
4.	VERBYTSKYI Oleksandr	UKR	1992	00:42:09	
5.	PARSHIN Pavel	RUS	1994	00:42:16	
6.	MARTIN Alvaro	ESP	1994	00:42:17	PB
7.	AMEZCUA Luís Alberto	ESP	1992	00:43:10	
8.	DEI TOS Leonardo	ITA	1992	00:43:21	
9.	SPEVAK Patrik	SVK	1994	00:43:41	
10.	LEHMBERG Marcel	GER	1992	00:43:48	

11.	OJALA Aleks	FIN	1992	00:44:00	PB
12.	GOSELIN Nicolas	FRA	1992	00:44:03	PB
13.	STANO Massimo	ITA	1992	00:44:35	
14.	PUZANOV Ihor	UKR	1993	00:44:48	
15.	RAYA Juan Antonio	ESP	1993	00:44:49	PB
16.	SENODUNCU Sahin	TUR	1994	00:45:14	PB
17.	MÁRKUS Viktor	HUN	1992	00:45:43	
18.	PEREIRA Samuel	POR	1993	00:45:46	
19.	SRP Milkós	HUN	1993	00:45:51	PB
20.	FABER Marcel	SVK	1992	00:46:06	
21.	PEDRO Bruno	POR	1993	00:46:19	
22.	SERRA Leonardo	ITA	1993	00:46:44	
23.	GJACS, Edgars	LAT	1993	00:46:55	PB
24.	HANSSON Anders	SWE	1992	00:46:56	
25.	DRAGOMIR Adrian	ROU	1994	00:47:00	
26.	LYNCH Evan	IRL	1995	00:47:08	PB
27.	VALTERS Gerins	LAT	1993	00:47:21	PB
28.	DENIMAL Romain	FRA	1992	00:47:26	PB
29.	HIGGINS Jamie	GBR	1994	00:47:28	PB
30.	LOBACZEWSKI Andrzej	POL	1992	00:47:47	
31.	TICHY Peter	SVK	1993	00:47:57	
32.	HERBA Jakub	POL	1992	00:48:42	
33.	KOSTKA Lukasz	POL	1994	00:49:04	
34.	PAMUK Ozgur Ozan	TUR	1993	00:49:12	
	BAYBIKOV Damir	RUS	1994	D Q	

### Junior Women 10km , 9:45AM

If the junior men's was in doubt until the second half of the race, the junior women's 10k was over by the second half of lap one. Yelena Lashmanova got the better of Russian team-mate Svetlana Vasilyeva to reverse the one-two finish at the Russian Winter Championships in February. The first two even had time for a word on the PA system before Kate Veale crossed for third two minutes later – but what a race for the Irish 17-year-old. Red haired and fair skinned, she made light of the blistering conditions to not only claim bronze – but a PB as well (46:32) – one of the very few on a difficult day. Fourth was three minutes further back, underlining the huge gap between the medallists and the mass.



Lashmanova and Vasilyeva celebrate after the Junior women's 10km (photo <http://omarchador.blogspot.com>)

1.	LASHMANOVA Yelena	RUS	1992	00:43:10	PB
2.	VASILYEVA Svetlana	RUS	1992	00:44:02	
3.	VEALE Kate	IRL	1994	00:46:32	PB
4.	CLEMENTE Anna	ITA	1994	00:49:08	PB
5.	CURIAZZI Federica	ITA	1992	00:49:14	
6.	GUNES Tugce	TUR	1993	00:49:16	PB
7.	DRAHOTOVÁ Anezka	CZE	1995	00:49:36	
8.	DUBROVINA Olga	RUS	1993	00:49:36	
9.	MARTÍNEZ Paula	ESP	1992	00:49:51	
10.	YAKOVCHUK Halyna	UKR	1992	00:50:01	
11.	CZYCHY Charlyne	GER	1992	00:50:39	
12.	DRAHOTOVÁ Eliska	CZE	1995	00:50:58	
13.	KACANOVA Diana	LTU	1993	00:51:06	
14.	OZGUR Gamze	TUR	1994	00:51:14	PB
15.	LOPARCO Sara	ITA	1992	00:51:19	
16.	MARCOU Amandine	FRA	1992	00:51:27	

17.	PASTORINO Ines	FRA	1992	00:51:44	
18.	MELLADO Coralie	FRA	1993	00:51:48	
19.	PLOMINSKA Natalia	POL	1992	00:52:08	
20.	CURLEY Maeve	IRL	1992	00:52:37	PB
21.	TROYANO Sandra	ESP	1995	00:52:37	
22.	LEWIS Heather	GBR	1993	00:52:56	PB
23.	CANO Amanda	ESP	1994	00:53:06	
24.	PRENDIVILLE Emma	IRL	1993	00:54:15	
25.	WHELAN Lauren	GBR	1993	00:54:20	PB
26.	PARVIAINEN Erika	FIN	1995	00:54:31	
27.	DAVYDENKO Tetiana	UKR	1993	00:55:22	
28.	MONTEIRO Sandra	POR	1992	00:56:42	
	OLIANOVSKA Liudmyla	UKR	1993	DNF	

If Russia had got used to hearing its own anthem played at the medal ceremonies for the first 3 events, more of the same was on the menu for the two 20km championships which were held later in the day.

### Open Men 20km , 4:30PM

Stanislav Emelyanov's future as a senior is assured after this 20k win in Olhão – to follow up his fabulous victories as an IAAF junior and youth. The Russian proved that gold in last year's European Championships was just the start of something big – and when he got to 18k, he left the chasers for dead. When Spaniard Ben Sanchez suddenly clutched his hamstring like he had been shot with 500 metres left, this allowed IAAF World Walking Cup 50km winner Matej Toth to take silver at the shorter distance and leave the bronze to surprise package Jakub Jalonek from Poland. Jalonek has a modest 1:22:17 PB, but the protégé of former IAAF World champion Ilya Markov was always up with the leaders – and deserved a reward for his courage.



Stanislav Emelyanov wins again – this time in the European Cup 20km (photo <http://www.european-athletics.org>)

1.	EMELYANOV Stanislav	RUS	1990	01:23:27
2.	TÓTH Matej	SVK	1983	01:23:53
3.	JELONEK Jakub	POL	1985	01:23:59
4.	SÁNCHEZ Benjamin	ESP	1985	01:24:12
5.	RUBINO Giorgio	ITA	1986	01:24:14
6.	KANAYKIN Vladimir	RUS	1985	01:24:20
7.	LÓPEZ Miguel Ángel	ESP	1988	01:24:37
8.	KRIVOV Andrey	RUS	1985	01:25:14
9.	BOYEZ Antonin	FRA	1984	01:25:21
10.	HEFFERNAN Robert	IRL	1978	01:25:34
11.	CAMPION Kevin	FRA	1988	01:25:50
12.	GIUPPONI Matteo	ITA	1988	01:26:30
13.	MOROZOV Sergey	RUS	1988	01:26:44
14.	TONTODONATI Federico	ITA	1989	01:26:59
15.	KOVALENKO Nazar	UKR	1989	01:27:03
16.	ISIDRO Pedro	POR	1985	01:27:39
17.	KUCIMN, Anton	SVK	1984	01:28:14
18.	SUDOL, Grzegorz	POL	1978	01:28:49
19.	ARCILLA Francisco	ESP	1984	01:28:59
20.	ZIUKAS Marius	LTU	1985	01:29:16
21.	BOULAY Emmanuel	FRA	1970	01:29:45
22.	SIKORA, Rafal	POL	1987	01:29:52



23.	PARTANEN Veli-Matti	FIN	1991	01:29:54
24.	WOLSKI Dawid	POL	1989	01:30:33
25.	WRIGHT Alex	GBR	1990	01:30:36
26.	DIAZ José Ignacio	ESP	1979	01:31:05
27.	MOULINET Bertrand	FRA	1987	01:31:26
28.	VENHLOVSKYY Oleksandr	UKR	1985	01:31:30
29.	BOYCE Brendan	IRL	1986	01:32:17
30.	KUKKONEN Heikki	FIN	1987	01:32:29
31.	BOSWORTH Tom	GBR	1990	01:32:48
32.	DMYTRENKO Ruslan	UKR	1986	01:32:55
33.	DOYLE Michael	IRL	1987	01:34:24
34.	GELECEK Kemal	TUR	1990	01:36:35
35.	KETNER Karel	CZE	1990	01:40:18
36.	LELUMES Lauri	EST	1978	01:42:57
	KIISKI Eemeli	FIN	1991	DQ
	SUSKEVICIUS Tadas	LTU	1985	DQ
	NIELSEN Andreas	DEN	1988	DNF
	OVSJANNIKOV Akim	EST	1991	DNF
	WEARS Ben	GBR	1990	DNF
	HÖHNE André	GER	1978	DNF
	SCHMIDT Carsten	GER	1986	DNF
	HELEBRANDT Máté	HUN	1989	DNF
	PARIS Daniele	ITA	1984	DNF
	VIEIRA João	POR	1976	DNF
	VIEIRA Sérgio	POR	1976	DNF
	KARLSTRÖM Perseus	SWE	1990	DNF
	ÇELIK Recep	TUR	1983	DNF

#### Open Women 20km , 6:30PM

World record holder Vera Sokolova was never in trouble from halfway when she forged a gap over team-mate Anisya Kirdyapkina. But although the winner was assured, second and third switched back and forth like a tennis match. 2010 IAAF World Walking Cup winner Maria Vasco was caught by Olive Loughnane and, when the IAAF World champion silver medallist was disqualified on the last lap, a revived Kirdyapkina was back in second place. From way back, Elisa Rigaudo came on like a train and with eight-month old daughter Elena in mind, took third as well as an IAAF World Championships qualifying time for her pains.



Vera Sokolova wins the women's 20km event (photo <http://omarchador.blogspot.com>)

1.	SOKOLOVA Vera	RUS	1987	01:30:02	
2.	KIRDYAPKINA Anisya	RUS	1989	01:30:41	
3.	RIGAUDO Elisa	ITA	1980	01:30:55	
4.	VASCO Maria	ESP	1975	01:31:41	
5.	YAKOVENKO Olha	UKR	1987	01:32:08	PB
6.	SEEGER Melanie	GER	1977	01:32:14	
7.	BOROVSKA Nadiya	UKR	1981	01:32:30	PB
8.	POVES María José	ESP	1978	01:32:36	
9.	FEITOR Susana	POR	1975	01:32:43	
10.	TAKÁCS Julia	ESP	1989	01:33:09	
11.	LUKYANOVA Anna	RUS	1991	01:33:27	
12.	JACKSON Jo	GBR	1985	01:33:53	

13.	HENRIQUES Inês	POR	1980	01:34:11	
14.	SCHINDLEROVÁ Zuzana	CZE	1987	01:34:15	
15.	CABECINHA Ana	POR	1984	01:34:31	
16.	VIRBALYTE-DIMSIENE Brigita	LTU	1985	01:34:35	
17.	YATSEVICH Nastassia	BLR	1985	01:35:21	
18.	POLLI Marie	SUI	1980	01:35:37	
19.	FERRARO Federica	ITA	1988	01:35:48	
20.	SHUMKINA Yelena	UKR	1988	01:36:20	
21.	REYNOLDS Laura	IRL	1989	01:36:31	
22.	KOROTKOVA Tatyana	RUS	1982	01:36:43	
23.	AIDIETYTE Neringa	LTU	1983	01:36:55	
24.	GROZA Ana Maria	ROU	1976	01:37:18	
25.	KWOKA Katarzyna	POL	1985	01:37:23	
26.	PELANTOVÁ Lucie	CZE	1986	01:37:37	
27.	KAASALAINEN Karoliina	FIN	1988	01:38:21	
28.	GIORGI Eleonora	ITA	1989	01:38:29	
29.	MENUET Emilie	FRA	1991	01:38:33	PB
30.	PALMISANO Antonella	ITA	1991	01:39:00	
31.	DYGACZ Agnieszka	POL	1985	01:39:16	
32.	SZWARNÓG Agnieszka	POL	1986	01:39:45	
33.	DRABENIA Hanna	BLR	1987	01:39:53	
34.	POLLI Laura	SUI	1983	01:40:01	
35.	OLSSON Mari	SWE	1986	01:40:20	
36.	KAZIMAKA, Anita	LAT	1990	01:40:57	
37.	FÜSTI Edina	HUN	1982	01:41:00	
38.	HALKIVAHA Anne	FIN	1986	01:41:01	
39.	SHEVCHUK Olena	UKR	1986	01:42:07	
40.	BUZIAK Paulina	POL	1986	01:42:19	
41.	CZAKOVÁ Mária	SVK	1988	01:44:22	
42.	MADARÁSZ Viktória	HUN	1985	01:45:02	
43.	GERENDÁSI Eszter	HUN	1985	01:47:27	
44.	KEHLER Lisa	GBR	1967	01:47:58	
45.	CHUNOVA, Anita	LAT	1985	01:55:39	PB
46.	SKRASKOVA Karolina	CZE	1987	02:02:19	
	PASTARE Agnese	LAT	1988	DQ	
	STEF Claudia	ROU	1978	DQ	
	LUACES Lorena	ESP	1984	DQ	
	LOUGHNANE Olive	IRL	1976	DQ	
	MATVEYUK Alina	BLR	1990	DNF	
	MILUSAUSKAITE Sonata	LTU	1973	DNF	
	SALTANOVIC Kristina	LTU	1975	DNF	
	SANTOS Vera	POR	1981	DNF	
	RODEAN Ana Veronica	ROU	1984	DNF	

The Teams Championship placegetters were

50km Open Men	1	RUSSIA	1 + 2 + 12	15
	2	ITALY	3 + 6 + 10	19
	3	POLAND	5 + 7 + 8	20
20km Open Men	1	RUSSIA	1 + 6 + 8	15
	2	SPAIN	4 + 7 + 19	30
	3	ITALY	5 + 12 + 14	31
20km Open Women	1	RUSSIA	1 + 2 + 11	14
	2	SPAIN	4 + 8 + 10	22
	3	UKRAINE	5 + 7 + 20	3
10km Junior Men	1	UKRAINE	1 + 4	5
	2	RUSSIA	3 + 5	8
	3	GERMANY	2 + 10	12
10km Junior Women	1	RUSSIA	1 + 2	3
	2	ITALY	4 + 5	9
	3	CZECH REPUBLIC	7 + 12	19

The new kids on the walking block were clearly Ukraine. Not only did they pick up double gold in the junior men's race, they also won team bronze in the senior women's 20k.

And thanks to Peter Ryan for emailing me a fine selection of photos from the big day. Note that races were contested over a 1km loop and, like most recent major meets, walkers' bibs had the name on the front and the number on the back (just to keep the judges on their toes!). Two things to note from the photos – the obviously fluent walking styles and the big booming strides. You don't get to the top of the rung unless you are technically very good.



**Left: Junior Men 10km leading pack**



**Right: 20km winner Stanislav Emelyanov**



**A couple of shots of the 20km leading group early in the event**



**Left: 50km group shot**



**Right: Denis Nizhegorodov on his own out in front in the 50km**



## 18<sup>TH</sup> DUBLIN GRAND PRIX OF RACE WALKING, PHOENIX PARK, DUBLIN, SUNDAY 26 JUNE

The highly anticipated Dublin Grand Prix of Race Walking was held on Sunday in Phoenix Park in central Dublin and it proved to be a very successful meet on all fronts. I take most of my report from that of Paul Warburton on the IAAF website (see <http://www.iaaf.org/WRC11/news/newsid=60413.html>).

We had 3 Aussies in action and, thanks to Emmanuel Tardi, we have photos of them all. Stuart Kollmorgen came 26<sup>th</sup> in the Men's 20km in 1:39:09, Claire Tallent came 6<sup>th</sup> in the Women's 20km in 1:35:54 but unfortunately Jared Tallent was forced to retire with stomach problems while leading the Men's 50km by the proverbial mile. Stuart had this to say about the day's proceedings

*Hi Tim.*

*A great experience - amazed by the ongoing speed of the pack in the 20 - and finished with some gusto to hold off a Brit. Reasonably happy with performance. Slowish time not assisted by windy exposed (but lovely green) course and separate women's start so I was in no man's land between the internationals and the locals. Jared looked dominant. Not sure what happened at 38k. I think he had 2km lapped the field all bar an Indian who died towards the end. Unfortunately Aer Lingus delay cost me my Qantas connection so another night in London.*

*Stuart*



**Stuart, Claire and Jared in action in Dublin last Sunday (photos Emmanuel Tardi)**

The official results can be sourced at [http://www.athleticsireland.ie/content/?page\\_id=160](http://www.athleticsireland.ie/content/?page_id=160) but an even better result set can be sourced from <http://www.tilastopaja.org/staticresults/eaal2812328.htm>. This set allows you to click on the walker's name and zoom to their profile page. And now onto the results themselves.

### 20km Men

Wang Zhen went into the 20km event as a clear favourite, given his World junior 10km road record (37:44) in last year's Challenge final and the two 20km fastest times in the world so far this year so it was no surprise when he kicked away at the 17km mark to win by over 30 secs. Behind him, there was a real scrap for second place and a terrific finish for Hassanine Sbei. The Tunisian is treading in the footsteps of countryman Hatem Ghoula – himself a previous IAAF World Championship bronze medallist. Sbei just missed out on a PB by four seconds, but there again his previous mark was only notched in April. Giorgio Rubino's third place followed a injury ridden year and was a four-minute improvement on his previous 20km this year. Nine of the top 10 logged IAAF World Championship qualifying times with a couple of new faces on the block. Guatemala has not had much to shout about since Julio Rene Martinez retired, but in Erick Barrondo it looks as if they might have one to match the previous world record holder's achievements. Barrondo came charging home after Rubino with a 4 minute PB and probably has a slice of cake left over from his 20<sup>th</sup> birthday last month to celebrate. India too had a reason to think the trip to Dublin was worthwhile. Gurmeet Singh made a real breakthrough to get on the plane to Daegu by getting under the 20k 'A' standard with time to spare for ninth place. Robert Heffernan, the main Irish hope, had to unfortunately pull out at 6km as a precautionary measure due to a tight hamstring.

1.	Wang Zhen	CHN	1:19:46
2.	Hassanine Sbei	TUN	1:20:23
3.	Giorgio Rubino	ITA	1:20:44
4.	Erick García	GUA	1:20:58
5.	Wang Hao	CHN	1:21:03
6.	Miguel Angel Lopez	ESP	1:21:41
7.	Nazar Kovalenko	UKR	1:21:48
8.	Luis Fernando Lopez	COL	1:21:53
9.	Gurmeet Singh	IND	1:22:05



10.	Kevin Campion	FRA	1:22:48
11.	Babubhai Panucha	IND	1:23:04
12.	Lukasz Nowak	POL	1:23:41
13.	Jose Diaz	ESP	1:24:16
14.	Chen Ding	CHN	1:25:32
15.	Alexandros Papamichail	GRE	1:25:35
16.	Michael Doyle	IRL	1:26:00
17.	Zhao Qi	CHN	1:26:25
18.	Alejandro Cambil	ESP	1:27:10
19.	Tom Bosworth	GBR	1:27:18
20.	Andrea Adragna	ITA	1:27:25
21.	Cong Fudong	CHN	1:29:21
22.	Pierre de Villiers	RSA	1:33:00
23.	Emerson Hernandez	ESA	1:35:57
24.	David Kidd	IRL	1:37:44
25.	Wayne Snyman	RSA	1:38:18
26.	<b>Stuart Kollmorgen</b>	<b>AUS</b>	<b>1:39:09</b>
27.	Paul Evenett	GBR	1:39:13
28.	Tim Healey	IRL	1:41:19
29.	Jerome Caprice	MAU	1:43:37
30.	Michael Moran	IRL	1:44:34
31.	Jacques van Bremen	NED	1:44:59
32.	Bernard Cossy	SUI	1:55:57
33.	Cedric Hugi	SUI	2:00:11
34.	Oisin Oliver	IRL	2:05:32
35.	John Constandinou	CYP	2:06:44
36.	Sean Pender	IRL	2:12:16

### 20km Women

The Chinese IAAF World Championships bronze medallist Liu Hong was on her own after the first couple of laps, well ahead of the main Irish contender Olive Loughnan, herself an IAAF World Championships silver medallist. Loughnan, walking to her typical race plan, came through from fifth at half-way to take second place behind Liu. Guatemala's second success of the day came in the form of Jamy Franco Nunez. Like team-mate Barrondo, she also lopped nearly four minutes off her best for third – as well as making the 'A' cut for Daegu – and she's still only 19.

1.	Liu Hong	CHN	1:29:44
2.	Olive Loughnane	IRL	1:31:55
3.	Jamy Franco Nunez	GUA	1:32:48
4.	Agnieszka Szwarnóg	POL	1:33:50
5.	He Qin	CHN	1:34:48
6.	<b>Claire Tallent</b>	<b>AUS</b>	<b>1:35:54</b>
7.	Lorena Luaces	ESP	1:36:26
8.	Christine Guinaudeau	FRA	1:36:32
9.	Lu Xiuzhi	CHN	1:38:15
10.	Ainhoa Pinedo Gonzalez	ESP	1:38:27
11.	Julie Drake	GBR	1:54:57
12.	Diane Bradley	GBR	1:57:19
13.	Mirna Lores	GUA	2:08:11
14.	Karen Weirs	GBR	2:08:51

### 50km Men

Jared Tallent set off like he was hoping to catch an early plane home in the men's 50km – and soon built up a lead that was an amazing kilometre ahead of second. As the Aussie was turning at one end of the 2k loop – the rest were turning at the other end of the scenic Phoenix Park course. He passed the 30km mark in around 2:15 (3:45:00 pace) but, just as he suffered on his last long-distance outing at the IAAF World Race Walking Cup in Chihuahua more than a year ago, stomach cramps doubled him up again and he was on the side of the road watching the rest by 35km.

Italy's Diego Cafanga has shivered in the shadow of Alex Schwazer for most of his career. But with his more famous adversary pulling out midweek, Cafanga was willing to turn up the heat and tread the path vacated by Tallent. Cafanga too built up a race-winning lead projected for around four hours but at 46k the last of his energy deserted him; his knees went and the judges almost mercifully ended his morning with a disqualification. Cue a man who started cautiously and reaped the benefits, and not a moment too soon for Antti Kempas. The Finn has been on the end of injury after injury with surgery punctuating a tough last two years. The 30-year-old wondered if he would ever get back to the relatively heady heights of 11th in the IAAF World Championships as he did in 2007. But this time Kempas went to the front after Cafanga's demise and there was nothing the rest of a depleted field could do about it. The reward was a 'B' category qualification for Daegu – and a time only seven minutes outside his best.

1.	Antti Kempas	FIN	4:02:37
2.	Basanta Bahadur Rana	IND	4:10:51
3.	Eddy Roze	FRA	4:14:12
4.	Rodrigo Moreno	COL	4:15:05

5.	Chandan Singh	IND	4 25 20
6.	Anibal Eduardo Paau	GUA	4:29:03
7.	Dan King	GBR	4:32:38
	Robert Tubak	HUN	DQ
	Herve Davaux	FRA	DNF
	Maciej Rosiewicz	POL	DNF
	Dusan MAJDAN	SVK	DNF
	Hatem Ghoula	TUN	DNF
	Milos BATOVSKY	SVK	DNF
	<b>Jared Tallent</b>	<b>AUS</b>	<b>DNF</b>
	Jaime Daniel Quiyuch Castaneda	GUA	DNF
	Colin Griffin	IRL	DNF
	Marc Mundell	RSA	DNF
	Diego Cafanga	ITA	DNF

There were also a number of events on offer for the younger walkers so I will give the winners for completeness.

<b>U18 3km</b>	1	Kate Veale	IRL	12.38
<b>U18 5km</b>	1	Alicia Boylan	IRL	24.27
	1	Evan Lynch	IRL	22.35
<b>U16 3k</b>	1	Cameron Corbishley	GBR	14.05
	1	Heather Butcher	GBR	15.35
<b>U14 2km</b>	1	Joe Mooney	IRL	12.17
	1	Dearbhaile Bryne	IRL	10.46
<b>U12 1km</b>	1	Jack Leversidge	GBR	5.36
	1	Laura McManus	IRL	6.07

## RUSSIAN ROADWALKING CHAMPIONSHIPS, SARANSK, JUNE 11-12

I briefly mentioned the winners last week but am now able to show the first 10 placings in senior events at the Russian Roadwalking championships, along with some under-age results. As usual, the depth is astonishing.

### Men 20km walk

1.	Sergey Morozov	1:19.18
2.	Andrew Kryvov	1:20.47
3.	Andrew Ruzavin	1:21.09
4.	Petr Bogatyrev	1:21.26
5.	Peter Trofimov	1:21.40
6.	Valery Filipchuk	1:21.46
7.	Mikhail Ryzhov	1:22.17
8.	Victor Buraev	1:24.33
9.	Ivan Noskov	1:24.54
10.	Alex Bartsaykin	1:26.45

### Men 50km Walk

1.	Sergey Bakulin	3:38.46
2.	Yuriy Andronov	3:42.25
3.	Alexander Yargunkin	3:59.22
4.	Semen Lovkin	4:01.13
5.	Sergey Korepanov	4:03.41
6.	Alex Himin	4:07.27
7.	Yuri Chesnokov	4:08.20
8.	Vladislav Khafizov	4:08.26
9.	Roman Yarkin	4:11.14
10.	Anton Sivakov	4:15.52

### Women 20km Walk

1.	Tatiana Mineeva	1:28.09
2.	Nina Okhotnikova	1:28.41
3.	Tatyana Shemyakina	1:28.55
4.	Lyudmila Arkhipova	1:29.19
5.	Elena Kruchinkina	1:31.19
6.	Tatiana Korotkova	1:31.57
7.	Lina Bikulova	1:33.13
8.	Elmira Alembekova	1:36.52
9.	Marina Pandakova	1:38.48
10.	Catherine Ezhova	1:39.10

### Junior Women 10km Walk

1.	Anna Ermina	46.57,0
2.	Natalia Serezhkina	48.59,0
3.	Julia Loshmanova	49.20,7
4.	Dean Zamyatin	49.28,8
5.	Lily Karmysheva	49.51,6

### Youth Women 5km Walk

1.	Olga Nacharkina	22.33,5
2.	Nadezhda Leontieva	22.37,5

The 7<sup>th</sup> World Youth T&F Championships have now been completed and I can report on the two track walks.

**Girls 5000m Race Walk Final, Friday 8 June, 4:15PM - Veale wins Ireland's first World Youth gold**

The report on the Girls 5000m walk is taken from Laura Arcoletto's IAAF report. You can also check out a second IAAF report by Phil Minshull (see <http://www.iaaf.org/WYC11/news/newsid=60712.html>)

17-year-old Kate Veale walked to a new World Youth leading performance of 21:45.59 to claim the IAAF World Youth 5000m track walk title in Lille and finally break the run of four successive Russian victories. She also smashed her Irish Junior record of 22:36.97 which she set when finishing fourth at last year's World Youth Olympic Games in Singapore. The 17-year-old showed her championship form earlier this year when winning a bronze medal in the junior women's 10km at the European Cup of Race Walking in Olhao on May 21st so she went in as one of the pre-race favourites and she did not disappoint.

With 7 laps to go she moved to the front and took the lead from Peru's Yuli Capcha, the early leader who had taken the group through the first (4:38.61) and second (8:59.36) kilometres. Behind Veale, Italy's Anna Clemente, the World Youth Olympic champion, and Russia's Olga Nacharkina looked strong but that was before Veale upped the tempo a further notch.

Veale was timed in 13:12.74 at 3km and with now just 5 laps to go increased her lead to a good 20 metres on Galchenko and Leontyeva another 10 metres down. Trailing behind the trio of China's Yanxue Mao, Mexico's Alejandra Ortega and a not-so-fresh Clemente lagged a further 5 metres behind. Veale's rhythm was a class above the rest's – she led by 40 metres with 4 laps to go, 60 metres with 3 laps to go, 70 metres at the bell... The focus had now fallen on a small group of 5 pursuers who briefly rejoined with 1500 metres to go. Galchenko, Leontyeva, Nacharkina, Ortega and Mao ... five women for just two medals.

Nacharkina was the first one to fall back probably paying for her early race efforts and with now just 800 metres to go Ortega also found herself trailing off the chasing pack. As Veale cruised seemingly effortlessly to clinch her country's first gold medal in the history of this competition, the bell rang with Leontyeva and Galchenko neck and neck and Mao, who won the World Youth Olympic silver medal last year in Singapore, just a couple of steps behind. The Chinese seemed to have the strongest change of speed and with 200 metres to go passed both Eastern Europeans, Leontyeva responded; Galchenko's legs couldn't.

Eventually, Mao held on for her second silver in two years in 22:00.15, a new personal best with Leontyeva a satisfied bronze medallist with another personal best time 22:00.84. Galchenko was visibly suffering on the homestretch her last few steps being more of a stumble through the line; she would be rewarded with a new personal best 22:12.47. More personal bests were recorded for Ortega in fifth (22:17.85), fast finishing Anezka Drahotova of the Czech Republic in sixth (22:32.87) and China's Yuanyuan Ni in seventh (22:36.62).

"It feels really nice to be the World champion," Veale said after her wonderful performance. "I can't really realize it. I felt strong during the whole race but until the last lap I wasn't sure I could be first. I know the Chinese has a good finish and I didn't know where they were behind me. My family was here to support me, they were louder than the Chinese and Russian fans."

Of our two Australian reps, **Jessica Pickles** was not far off her best to finish 15<sup>th</sup> in 24:01.42 while **Amy Burren** who started strongly was forced to withdraw with 6 laps remaining.



**Kate Veale takes all before her in the World Youth 5000m (photos [www.iaaf.org](http://www.iaaf.org))**

1.	Kate Veale	IRL	21:45.59	WYL
2.	Yanxue Mao	CHN	22:00.15	PB
3.	Nadezhda Leontyeva	RUS	22:00.84	PB

4.	Alina Galchenko	UKR	22:12.47	PB
5.	Alejandra Ortega	MEX	22:17.85	PB
6.	Anežka Drahotová	CZE	22:32.87	PB
7.	Yuanyuan Ni	CHN	22:36.62	PB
8.	Anna Clemente	ITA	22:47.32	SB
9.	Olga Nacharkina	RUS	22:52.40	
10.	Nozomi Okazaki	JPN	23:11.00	
11.	Eliška Drahotová	CZE	23:23.10	PB
12.	Makoto Yamanaka	JPN	23:25.77	
13.	Ana Leydy Daza	COL	23:28.91	PB
14.	Nikola Piliarová	SVK	23:35.33	PB
15.	<b>Jessica Pickles</b>	<b>AUS</b>	<b>24:01.42</b>	
16.	Natalia Alfonso	VEN	24:19.41	PB
17.	Elysle Albino	BRA	24:20.53	
18.	Mercédes Márton	HUN	24:27.17	PB
19.	Alessia Constantino	ITA	24:30.73	PB
20.	Askale Tiksa	ETH	24:43.11	PB
21.	Mihaela Puscasu	ROU	24:44.51	PB
22.	Amanda Cano	ESP	24:47.19	
23.	Madison Lориou	FRA	25:41.84	
24.	Askal Hailaye	ETH	27:36.45	PB
	<b>Amy Burren</b>	<b>AUS</b>	<b>DNF</b>	
	Yuli Capcha	PER	DNF	
	Gamze Özgör	TUR	DNF	

#### Boys 10000m Race Walk Final, Saturday 9 June, 9:45AM - Parshin wins title in dramatic circumstances

To quote from David Martin's IAAF report (<http://www.iaaf.org/WYC11/news/newsid=60742.html>):

There was a dramatic finish to the Boys 10000m Race Walk on the morning of a cool and damp Day 4 when Colombian Manuel Esteban Soto was disqualified after outpacing the pre-event favourite Pavel Parshin in the final 50 metres but was subsequently disqualified for loss of contact.

The Colombian, who held third place for most of the 25 lap competition, had his celebrations in the finish area turn to despair when the chief judge rushed over to him a minute later and waved the red card. That saw Parshin correctly awarded the gold medal, becoming the sixth Russian to win the title in what has been a Russian dominated event. Parshin who came to Lille as the world leader (41:18) also set a new Championship record of 40:51.31, replacing the the mark of 41:35.99 which Germany's Hagen Pohle posted when breaking the Russian dominance of the event in Bressanone two years ago. There was some consolation for the Columbian team when Kenny Martin Perez, the only walker apart from early leader Mohammed Saleh of Egypt to take a turn at the front, finished second.

The silver medallist, who fell away with 200m remaining when Parshin and Soto made their break, finished in a personal best 40:59.25 while Erwin Gonzalez of Mexico who had been dropped between 8km and 9km took the bronze medal with his own lifetime fastest of 41:09.60.

Of our two Australian representatives, **Brad Aiton** perhaps paid the price for going out with the leaders in the early stages, finishing 16<sup>th</sup> in 45:00.02 while **Jesse Osborne** was two places further back in 45:11.78. But that is not a negative reflection on Brad's performance - you have to give it all you have got in such races and Brad and Jesse both did that.



**Soto and Parshin sprint for the finishing line in the World Youth 10,000m walk (photo [www.iaaf.org](http://www.iaaf.org))**

1.	Pavel Parshin	RUS	40:51.31	CR
2.	Kenny Martín Pérez	COL	40:59.25	PB
3.	Erwin González	MEX	41:09.60	PB
4.	Jesús Tadeo Vega	MEX	41:09.61	PB
5.	Tyler Sorensen	USA	41:23.14	PB
6.	Kaihua Wang	CHN	41:50.75	PB
7.	Jiaxing Yin	CHN	42:04.37	PB
8.	Álvaro Martín	ESP	42:27.28	PB
9.	Patrik Špevák	SVK	42:39.78	
10.	Brian Pintado	ECU	42:44.02	PB
11.	Marco Antonio Rodríguez	BOL	42:52.71	PB
12.	Marius Šavelskis	LTU	43:02.57	PB
13.	Artsiom Turkou	BLR	43:54.22	PB
14.	Sergio Carrillo	PER	44:18.45	PB
15.	- Kuldeep	IND	44:48.73	PB
16.	<b>Brad Aiton</b>	<b>AUS</b>	<b>45:00.02</b>	<b>PB</b>
17.	Arturo Peralbo	ESP	45:00.21	
18.	<b>Jesse Osborne</b>	<b>AUS</b>	<b>45:11.78</b>	
19.	Aymene Abdelfettah Sabri	ALG	45:12.70	PB
20.	Adrian-Ionut Dragomir	ROU	45:13.99	PB
21.	Sahin Senoduncu	TUR	45:14.55	PB
22.	Adrien Cassagnes	FRA	46:06.94	PB
23.	Mohamed Ramoul	ALG	46:14.88	PB
24.	Konstadinos Dedópoulos	GRE	46:34.87	
25.	Cosmin Bahneanu	ROU	46:46.17	PB
26.	Miguel Carvalho	POR	47:40.46	PB
27.	Junhyeok Lee	KOR	47:53.12	
28.	Ghassen Saidi	TUN	47:53.23	PB
29.	Evan Lynch	IRL	49:17.95	PB
30.	Raivo Saulgriezis	LAT	51:44.91	
	Manuel Esteban Soto	COL	DQ	
	Mohamed Mohamed Saleh	EGY	DQ	
	Denis Tolstov	RUS	DQ	
	Andrej Dolinský	SVK	DQ	
	Vito Minei	ITA	DNF	
	Michele Palmisano	ITA	DNF	
	Richard Vargas	VEN	DNF	

The splits tell the story of what was a fast race with the final kilometre of 3:50.75 the fastest of all:

3:53.25, 7:53.34, 11:59.48, 16:08.60, 20:17.75, 24:28.53, 28:45.22, 32:54.55, 37:00.56, 40:51.31

**2011 WMA WORLD TRACK & FIELD CHAMPIONSHIPS, SACRAMENTO, 7-17 JULY**

The **19<sup>th</sup> World Masters T&F Champs Stadia** is now in full swing in Sacramento, California, and the small group of Australian walkers are in the mix. The first walks to be contested were the 5000m track events, held over Thursday 7 July and Friday 8 July, and we saw 3 golds, 2 silvers and one bronze to our Australian contingent

W60	1	Carr, Heather	W61	28:26.07
M65	1	Jamieson, Andrew	M65	25:57.71
W50	1	Ventris, Lynette	W54	24:25.56
W50	2	Tindal, Pam	W51	25:56.09
W60	2	Feldman, Elizabeth	W62	31:02.31
M40	3	Seid-Christmass, James	M43	24:49.71

On top of that, Nardene Hammond (former VRWC member, now representing Canada) took third in the W35 division and Kiwis Nyle Sunderland (1st in W40), Mike Parker (3rd in M55), Sue Hoskin (3rd in W60) and Shirley Barber (3rd in W65) also medalled.

Lyn Ventris was the standout walker, over a minute quicker than any other woman and beating most of the men. Not surprisingly, she scored highest on Age Graded Tables. The performances of Heather Carr and Pam Tindal were also in the top 10 overall.

Name	Age	Country	Time	Percent
Lynette Ventris	54	AUS	24:25.56	94.91%
Denise Leclerc	77	FRA	34:33.24	91.50%
Elton Richardson	72	USA	31:53.61	91.08%
Ma Ramirez vda de Banue	94	MEX	52:54.16	90.07%
Louise Walters	71	USA	32:13.51	88.80%
Shirley Dockstader	78	USA	36:33.09	88.09%
Heather Carr	61	AUS	28:26.07	87.92%
Barbara Nell	56	S. Africa	27:05.07	87.32%
Pam Tindal	51	AUS	25:56.09	86.82%
Pirjo Karetie	68	FIN	31:59.43	85.55%

Full results have been extracted from [http://www.flashresults.com/2011\\_Meets/outdoor/07-06-wma/SacCity/](http://www.flashresults.com/2011_Meets/outdoor/07-06-wma/SacCity/)

**M35 5000 Meter Race Walk**

1.	Soto Maldonado, Etiel	M38	Mexico	21:53.68
2.	Babenko, Dmitry	M38	Russia	24:20.17
3.	Durand Pichard, David	M39	France	25:20.67
4.	Zamudio, Adrian	M35	United States	30:15.21

**M40 5000 Meter Race Walk**

1.	Silva, Luis	M40	Portugal	21:27.52
2.	Lorefice, Jorge	M41	Argentina	21:41.40
3.	<b>Seid-Christmass, James</b>	<b>M43</b>	<b>Australia</b>	<b>24:49.71</b>
4.	Singh, Sher	M40	India	25:56.31
5.	Devic, Berislav	M44	Croatia	27:21.34
6.	<b>Smyth, David</b>	<b>M41</b>	<b>Australia</b>	<b>28:31.59</b>
	Caliskan, Hakan	M42	Turkey	DQ

**M45 5000 Meter Race Walk**

1.	Banda, Royce	M45	Mexico	23:11.13
2.	Gnauck, Dick	M47	Germany	23:35.07
3.	Xu, Jianping	M45	Canada	24:08.55
4.	Meyer, Steffen	M45	Germany	24:40.83
5.	Swanepoel, Hannes	M45	South Africa	24:47.21
6.	Swarts, David	M46	United States	25:22.97
7.	Hernandez Vega, Ivan	M46	Puerto Rico	26:57.36
8.	Berner, Claude	M48	Switzerland	28:32.04
9.	Dahlen, Neal	M49	United States	36:32.12
10.	Alencar da Silva, Josias	M46	Brazil	37:44.78

**M50 5000 Meter Race Walk**

1.	De Los Angeles, Guadalup	M50	Mexico	23:43.40
2.	Schroter, Uwe	M51	Germany	24:33.49
3.	Ferenc, Major	M50	Hungary	25:23.23
4.	Bonvarlet, Patrick	M51	France	25:42.90
5.	Lawrence, Don	M51	United States	25:51.78
6.	Kenney, James	M54	Canada	25:52.90
7.	<b>Hastie, Garry</b>	<b>M50</b>	<b>Australia</b>	<b>26:53.07</b>
8.	Rodriguez Escobedo, Jesu	M52	Mexico	27:00.88

9.	Cossy, Bernard	M52	Switzerland	27:02.34
10.	Pacheco, Omar	M52	Mexico	28:12.68
11.	Blanchard, Michael	M50	United States	28:23.87
12.	Marvingt, Serge	M52	France	28:49.58
13.	Van Heyningen, William	M51	Curacao	29:46.03
14.	Singh, Sukhbir	M52	India	31:29.87
15.	Smith, Don	M54	United States	32:44.34

#### M55 5000 Meter Race Walk

1.	Matthews, Jonathan	M55	United States	22:33.47
2.	Shipitsyn, Anatoly	M56	Russia	23:52.50
3.	Parker, Mike	M58	New Zealand	24:09.00
4.	Monna, Fabian	M56	Colombia	24:09.91
<b>5.</b>	<b>Heywood, Colin</b>	<b>M56</b>	<b>Australia</b>	<b>24:22.11</b>
6.	Barabash, Vladimir	M55	Russia	24:35.30
7.	Green, Mark	M55	United States	25:24.38
8.	Pecinovsky, Steven	M56	United States	27:15.98
9.	Shagaev, Vladimir	M56	Russia	27:25.61
10.	Reed, Bill	M58	United States	27:53.48
11.	Killingsworth, Kevin	M55	United States	27:57.98
12.	Aytmukhametov, Nariman	M59	Russia	28:33.17
13.	Kazaryan, Alex	M56	United States	28:54.62
14.	Corona Flores, Juan Manu	M56	Mexico	29:38.75
15.	Berendt, Joseph	M55	United States	29:49.21
16.	Dunn, Rodney	M58	Great Britain	30:01.77
17.	Setty, Subba	M58	India	30:15.71
18.	Klein, Arthur	M58	United States	30:37.31
	Twilling, John	M59	United States	DQ

#### M60 5000 Meter Race Walk

1.	Morotti, Graziano	M60	Italy	24:09.66
2.	Lopez Camarena, Jose Lui	M61	Mexico	24:27.95
3.	Richards, Ian	M63	Great Britain	24:41.66
4.	Schmid, Chris	M64	United States	25:47.26
5.	Pineda, Gildardo	M64	Mexico	25:54.77
6.	Lopez, Jose Gpe.	M61	Mexico	26:12.54
7.	Niestelberger, Ludwig	M63	Austria	26:16.62
8.	Kemsley, Eric	M60	New Zealand	26:40.85
9.	Smith, Andrew	M61	United States	27:06.42
10.	Pin, Jean Pierre	M62	France	28:12.46
11.	Wiggins, Michael	M62	United States	28:18.24
12.	Flamant, Claude	M62	France	29:22.60
13.	Siegele, Johann	M62	Austria	29:41.64
14.	Torabian, Shoja	M62	United States	30:01.68
15.	Yanybaev, Ivan	M62	Russia	30:25.10
16.	Burrows, Roger	M64	Canada	31:35.29
17.	McGuire, Richard	M63	United States	32:27.16
18.	Tian, Jiucheng	M60	China	34:41.32
19.	Javier, Ramon	M63	Dominican Rep	34:52.12
20.	Brandenburg, Walter	M64	Switzerland	34:52.79
21.	Lopez Rendon, Benjamin	M62	Mexico	35:08.98
22.	Murphy, Garland	M63	United States	37:06.94
23.	Birnbaum, Jorge	M64	United States	37:40.33
24.	Lopez Beltran, Guillermo	M64	El Salvador	40:58.38
	Demianto, Demianto	M61	Indonesia	DQ

#### M65 5000 Meter Race Walk

<b>1.</b>	<b>Jamieson, Andrew</b>	<b>M65</b>	<b>Australia</b>	<b>25:57.71</b>
2.	Jobin, Marcel	M69	Canada	27:41.94
3.	Budnik, Michael	M65	United States	28:06.64
4.	Kok, Thomas	M65	Malaysia	28:27.72
<b>5.</b>	<b>White, George</b>	<b>M66</b>	<b>Australia</b>	<b>28:29.87</b>
6.	Rabatel, Fernand	M65	France	28:34.98
7.	Frable, Norman	M65	United States	28:40.16
8.	Campbell, Richard	M65	United States	29:44.71
9.	Kittredge, John	M66	Canada	29:51.49
10.	Rogosheske, Philip	M66	United States	31:48.83
11.	Minose, Hiroshi	M67	Japan	32:13.96
12.	Honkonen, Antti	M65	Finland	33:18.67



13.	Armstrong, Peter	M66	United States	33:30.47
14.	Giese, Wolf-Dieter	M68	Germany	33:43.94
15.	Poncin, Francois	M66	France	33:44.33
16.	Moore, Alan	M66	United States	34:25.41
17.	Stewart, Walter	M65	United States	36:06.17
18.	Alvarez, Eduardo	M66	Dominican Rep	37:00.64
19.	Baker, Bobby	M68	United States	40:04.27
20.	Jersan Lucas, Ortiz Guil	M65	Nicaragua	40:50.22
	<b>Dickenson, Russ</b>	<b>M65</b>	<b>Australia</b>	<b>DNF</b>
	Zavala Guzman, Miguel An	M65	Peru	DQ

#### M70 5000 Meter Race Walk

1.	Ing. Strieder, Hermann	M70	Austria	29:28.10
2.	Kuchumor, Aglya	M73	Russia	29:58.45
3.	Vainikka, Einari	M70	Finland	30:07.08
4.	Leblanc, Herve	M72	Canada	30:35.95
5.	Beckett, James	M72	United States	30:50.63
6.	Shillabeer, Edmund	M71	Great Britain	31:11.15
7.	Gottert, Klaus	M72	Germany	31:14.80
8.	<b>Sela, S Patrick</b>	<b>M71</b>	<b>Australia</b>	<b>32:53.08</b>
9.	de Coppest, Alexis	M72	Switzerland	33:01.31
10.	Nichols, Robert	M72	United States	33:13.78
11.	Walters, Ronald	M73	United States	33:35.53
12.	Backlund, John	M71	United States	34:12.73
13.	Herrera Roman, Jorge	M70	Mexico	35:42.46
14.	Segura, Francisco	M74	Mexico	35:45.70
15.	Bhujade, Changdeo	M71	India	36:53.03
16.	Robles, Gilberto	M73	Puerto Rico	39:02.89
17.	Okada, Yosuke	M70	Japan	40:48.35
	Domingos, Joao	M73	Brazil	DNF

#### M75 5000 Meter Race Walk

1.	Poisner, Alan	M76	United States	33:34.89
2.	Tsukrov, Semen	M75	Russia	33:50.77
3.	Stevens, David	M75	Great Britain	34:13.67
4.	Acosta, Carlos	M77	United States	34:16.58
5.	DuBois, Alfred	M79	United States	34:54.34
6.	Everson, Ray	M76	United States	35:19.70
7.	Kessner, Gerhard	M75	Germany	36:12.42
8.	MacPike, Ron	M78	United States	37:22.62
9.	Petruzzi, Thomas	M78	United States	37:28.36
10.	Ghode, Rambhau Narayan R	M78	India	37:46.07
11.	<b>Beaumont, Ian</b>	<b>M75</b>	<b>Australia</b>	<b>40:26.84</b>
12.	Elkins, Cliff	M79	United States	42:08.19
	Gomez, Rene	M77	Mexico	DQ
	Alvarez, Luciano	M77	Dominican Rep	DQ
	Nunez Lopez, Angel	M77	Mexico	DQ
	Kukkonen, Toivo	M76	Finland	DQ

#### M80 5000 Meter Race Walk

1.	Starr, John	M82	United States	36:41.38
2.	Moremen, William	M83	United States	36:58.69
3.	Michel Paoli, Sergio Aug	M80	Dominican Rep	37:21.74
4.	Theurel Franoy, Teofilo	M83	Mexico	39:10.60
5.	Saijo, Shinichi	M81	Japan	42:01.51
	Aguayo, Letelier	M82	Chile	DQ

#### M85 5000 Meter Race Walk

1.	Amano, Kohsoh	M85	Japan	38:09.60
2.	Vallabhajosyula, Sriramu	M87	India	39:47.92
3.	Hansen, Richard	M85	United States	42:45.33
	Kivioja, Olli	M86	Finland	DQ

#### M90 5000 Meter Race Walk

1.	Estanol Dorantes, Armand	M91	Mexico	45:36.80
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#### W35 5000 Meter Race Walk

1.	Schenker, Bianca	W36	Germany	25:40.37
2.	Schroter, Brit	W36	Germany	26:08.21

3.	Hammond, Nardene	W39	Canada	26:43.68
4.	Raetsen, Sarah	W35	Canada	30:32.86
5.	Montoya Cabanillas, Mire	W39	Mexico	32:34.74
6.	Beltran Ortiz, Ilda	W36	Mexico	32:39.11
7.	Gandra, Shoba Devi	W36	India	36:32.88

#### W40 5000 Meter Race Walk

1.	Sunderland, Nyle	W44	New Zealand	27:33.11
2.	Stevenson, Tamara	W41	United States	28:04.73
3.	Bogdanovich, Elena	W44	Russia	31:19.26
4.	Bergeson, Jolene	W40	Canada	32:41.96
5.	Stigwood, Rosemarie	W43	Australia	38:07.18

#### W45 5000 Meter Race Walk

1.	Terry, Joan	W47	United States	26:05.33
2.	Grimes, Kathryn	W47	United States	27:32.07
3.	Guzman Rodriguez, Maria	W46	El Salvador	28:49.36
4.	Salvato, Liz	W48	United States	28:51.31
5.	Jackinsky, Carmen	W48	United States	29:06.29
6.	<b>Major, Annette</b>	<b>W48</b>	<b>Australia</b>	<b>30:07.60</b>
7.	Matthews, Stephanie	W47	United States	30:10.49
8.	Armstrong, Ginger	W48	United States	33:47.31
9.	Martinez, Ana	W48	Chile	34:04.51
10.	Berger, Lorraine	W46	United States	34:11.38
11.	Gormley, Anne	W48	Ireland	34:16.94
12.	Puspa, Delima	W47	Indonesia	35:08.49
13.	Brahma, Mayarani	W48	India	35:46.73

#### W50 5000 Meter Race Walk

1.	<b>Ventris, Lynette</b>	<b>W54</b>	<b>Australia</b>	<b>24:25.56</b>
2.	<b>Tindal, Pam</b>	<b>W51</b>	<b>Australia</b>	<b>25:56.09</b>
3.	Daniel, Maryanne	W52	United States	27:35.57
4.	Cochereau, Veronique	W51	France	28:11.25
5.	Risk, Monica	W53	South Africa	28:45.22
6.	Picard, Marie-Francoise	W53	France	28:58.23
7.	Pritchard, Vicki	W52	United States	30:16.49
8.	Calleros, Maria	W51	Mexico	30:29.35
9.	Vazquez Prado, Concepcio	W51	Mexico	31:32.84
10.	Faber, Lena	W53	Russia	33:14.74
11.	McIntyre, Susan	W54	Canada	33:16.35
12.	Bishop, Fiona Jane	W52	Great Britain	33:29.53
13.	Calvert, Dawn	W52	United States	34:48.38
14.	Marvingt, Beatrice	W52	France	36:25.18
15.	Velandia De Ramirez, Luz	W51	Colombia	36:32.89
16.	Wang, Michelle	W54	Canada	37:55.21
17.	Singh, Ila Dutta	W50	India	38:52.55

#### W55 5000 Meter Race Walk

1.	Nell, Barbara	W56	South Africa	27:05.07
2.	Flipsen, Johanna	W56	Canada	27:49.21
3.	Marcenco, Natali	W56	Italy	28:43.98
4.	Wilson, Linda	W56	Canada	29:12.87
5.	Topham, Debbie	W58	United States	29:39.07
6.	Sweazey, Nancy	W55	Canada	29:57.82
7.	Stoyanowski, Karen	W56	United States	29:58.88
8.	Vazquez Garcia, Rosa Elv	W55	Mexico	30:20.02
9.	Bonvarlet, Liliane	W57	France	31:07.88
10.	Kozell, Kris	W58	Canada	31:32.24
11.	Alvarez, Aurora	W59	Spain	31:33.01
12.	Poncet, Sabine	W55	France	31:56.04
13.	Mears, Susan	W56	United States	31:56.63
14.	Green, Donna	W58	United States	32:05.95
15.	Nityagovskaya, Liudmila	W57	Russia	32:18.88
16.	Osorio, Dorys	W56	Venezuela	32:34.74
17.	Chavez Myers, Virginia	W58	United States	32:45.26
18.	Whalen, Liliana	W59	Canada	32:58.38
19.	Veresehagina, Elena	W58	Russia	33:10.88
20.	Lee, Shew Keng	W56	Malaysia	33:46.97
21.	Gage, Joanne	W56	Canada	33:59.97

22.	B C, Parvathy	W55	India	34:49.77
23.	Morales, Luz	W59	United States	34:59.58
24.	Woodburn, Melissa	W58	United States	36:15.94
25.	Toikka, Hillevi	W58	Finland	37:51.80
26.	Banuelos Ramirez, Rosa M	W55	Mexico	42:32.45
27.	Delgado, Genoveva	W59	Mexico	44:14.06

#### W60 5000 Meter Race Walk

<b>1.</b>	<b>Carr, Heather</b>	<b>W61</b>	<b>Australia</b>	<b>28:26.07</b>
<b>2.</b>	<b>Feldman, Elizabeth</b>	<b>W62</b>	<b>Australia</b>	<b>31:02.31</b>
3.	Hoskin, Sue	W60	New Zealand	31:23.30
4.	Mendell, Paula	W61	United States	31:46.01
5.	Geer, Panseluta	W64	United States	31:52.87
6.	Eichel, Yoko	W64	United States	33:00.60
7.	Gardner, Alene	W64	United States	35:09.69
8.	Neidel, Heidrun	W63	Germany	35:25.05
9.	McGuire, Doris	W62	United States	35:31.12
10.	Herman, Leslie	W64	United States	35:32.81
11.	Girdler Engler, Kathleen	W60	United States	36:09.99
12.	Gomez, Blanca	W64	Colombia	36:59.09
13.	Lopes, Helenice de Azeve	W61	Brazil	39:44.44
14.	Reyes Agosto, Eva	W60	Puerto Rico	40:15.12
15.	Cabrera Briseno, Imelda	W61	Mexico	40:40.83
16.	Vargas oe Murillo, Diana	W61	Peru	40:55.64
17.	Armbruster, Trent	W62	United States	41:38.03

#### W65 5000 Meter Race Walk

1.	Karetie, Pirjo	W68	Finland	31:59.43
2.	Balsler, Kathleen	W68	United States	33:40.56
3.	Barber, Shirley	W65	New Zealand	33:55.03
4.	Matsumoto, Hatsue	W69	Japan	33:58.53
5.	Heller, Judy	W65	United States	34:19.33
6.	de Coppet, Brigita	W65	Switzerland	34:41.32
7.	Pomario, Sheila	W66	South Africa	34:49.41
8.	Steigerwalt, Jolene	W67	United States	35:02.60
9.	Backlund, Darlene	W65	United States	35:13.42
10.	Lafayette, Donna	W68	United States	35:52.82
11.	Thornburg, B J	W66	United States	36:52.86
12.	Sarkar, Eileen	W69	Canada	36:58.94
13.	Kolesnikova, Alla	W69	Russia	37:05.34
14.	Frable, Kathleen	W65	United States	37:08.31
<b>15.</b>	<b>Purcell, Joan</b>	<b>W69</b>	<b>Australia</b>	<b>37:09.96</b>
16.	Kallal, Elsie	W67	United States	37:16.48
17.	Hults, Sandra	W69	United States	37:37.72
<b>18.</b>	<b>Schickert, Lynne</b>	<b>W69</b>	<b>Australia</b>	<b>37:51.90</b>
19.	Sullivan, Mary Jo	W69	United States	40:36.69
20.	Reynoso, Nohemi	W67	Mexico	44:09.80
21.	Bernaga Torres, Luz Elen	W67	Mexico	46:10.28
22.	Bersaneti, Alice	W65	Brazil	46:34.44
23.	Vergara, Eva	W68	Chile	46:41.62
24.	Kohigashi, Kiyoko	W68	Brazil	48:24.32
25.	Wahlberg, Marie-Louise	W65	Sweden	50:04.11
26.	Checa Budih, Eshenni	W68	Mexico	51:12.81

#### W70 5000 Meter Race Walk

1.	Richardson, Elton	W72	United States	31:53.61
2.	Walters, Louise	W71	United States	32:13.51
3.	Vey, Hildegard	W70	South Africa	32:52.16
4.	Robinson, Janet	W70	United States	33:44.28
5.	Sinkovec, Rita	W71	United States	34:58.33
6.	Cassels, Doris	W71	United States	35:37.13
7.	van Leeuwen, Dianne	W70	Canada	36:19.86
8.	Hatfield, Roberta	W70	United States	37:11.62
9.	Garcia Moreno, Maria Cel	W72	Mexico	39:29.81
10.	Frazer-Munroe, Ruth	W74	Trinidad and To	39:47.88
11.	Buntika, Ilga	W72	Latvia	39:59.96
12.	Edmond, May	W70	Mauritius	43:05.63
<b>13.</b>	<b>Beaumont, Margaret</b>	<b>W73</b>	<b>Australia</b>	<b>43:36.58</b>
	Lebidieva, Larysa	W70	Ukraine	DNF

Rosas Rosas, Alma Margar	W72	Mexico	DNF
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1. **W75 5000 Meter Race Walk**

2. Leclerc, Denise	W77	France	34:33.24
3. Dockstader, Shirley	W78	United States	36:33.09
4. Horne, Jean	W78	Canada	37:17.91
5. Lu, Yinfeng	W76	China	38:35.12
6. Meza Gonzalez, Alicia	W75	Mexico	39:05.58
7. Larragoite, Marjorie	W76	United States	40:08.09
8. Veeraraghava Iyengar, Se	W75	India	41:22.03
9. Gonzalez Gonzalez, Luisa	W76	Mexico	41:38.43
10. Brenes, Virginia	W75	Costa Rica	43:57.01
11. Sumarni, Enny	W79	Indonesia	47:08.53
Cumming, Dawn	W77	New Zealand	DNF
Acton, Myrtle	W78	Canada	DNF

**W80 5000 Meter Race Walk**

1. Carrier, Ruth	W80	Canada	43:32.40
2. Elkins, Claire	W81	United States	44:53.80
3. Moremen, Grace	W80	United States	45:02.72
4. Estrada Esquivel, Petra	W82	Mexico	65:32.18

**W85 5000 Meter Race Walk**

1. Thomas, Athanasia	W86	United States	46:08.93
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**W90 5000 Meter Race Walk**

1. Ramirez vda de Banue, Ma	W94	Mexico	52:54.16
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The 10km and 20km roadwalks followed and the Aussies continued to star. Andrew Jamieson summed it up well in an email to me yesterday

Some great results for Aussie and Victorian athletes at the WMA Championships which are just finishing now. Individually there were 10 gold, 7 silver and 6 bronze plus a swag of teams medals which I have not had time to count! The undoubted star was **Lyn Ventris** (WA) who at 54 years had the best female times in all three events. **Heather Carr** and **Andrew Jamieson** had three golds each (Andrew new 20k WR) and **Stuart Kollmorgen** gold in 20, silver in 10. **Pam Tindal** had the misfortune to be in Lyn Ventris's age group but scored three silvers. **Liz Feldman** won silvers in the 5 and 20 with bronze in 10. **Russ Dickinson** walked powerful races to win a bronze in the 10 and a silver in the 20. **Nardene Hammond**, now competing for Canada but still one of us, took a silver in the 20 and bronzes in the 5 and 10. **James Seid-Christmass** won a bronze in the 5 and **Colin Heywood** (suffering from a cold) took a plucky bronze in the 10. **Annette Major** walked beautifully in a tough age group for 4<sup>th</sup> in the 10.

The 5k was walked in extremely hot conditions but the 10 and 20 fortunately were in cooler weather. The tracks were good although the facilities, transport and many other factors we take for granted at this sort of event were very substandard. The officials and volunteers were great despite all the problems and Sacramento was a nice city which reminded us of Perth a lot.

Alan Lucas also pointed out to me that, in addition to all of the great walking results in Sacramento, **Heather Carr** also took 3<sup>rd</sup> in the W60 2km Steeplechase on the Sunday (the day after the 20km walk) and was only 2 seconds behind 2<sup>nd</sup> place.

The detailed results from the two roadwalks are on [http://www.flashresults.com/2011\\_Meets/outdoor/07-06-wma/](http://www.flashresults.com/2011_Meets/outdoor/07-06-wma/). This week I will report on last Tuesday's 10km walks. In next week's newsletter I will finish off with the 20km roadwalks which were held on Saturday. First, well done to our 10km medallists

W50	1	Ventris, Lynette	W54	Australia	49:51.84
W60	1	Carr, Heather	W61	Australia	57:19.43
M65	1	Jamieson, Andrew	M65	Australia	50:11.38
W50	2	Tindal, Pam	W51	Australia	53:59.00
M40	2	Kollmorgen, Stuart	M42	Australia	47:27.76
M55	3	Heywood, Colin	M56	Australia	50:11.81
M65	3	Dickenson, Russell	M65	Australia	56:01.53
W60	3	Feldman, Elizabeth	W62	Australia	1:02:10.48

And now onto the complete 10km results

**M35 10km Race Walk**

1. Soto Maldonado, Etiel	M38	Mexico	46:51.38
2. Babenko, Dmitry	M38	Russia	48:30.58
3. Durand Pichard, David	M39	France	51:23.14
4. Damaa, Ariunjargal	M35	Mongolia	1:08:22.50

**M40 10km Race Walk**

1.	Silva, Luis	M40	Portugal	44:41.09
2.	<b>Kollmorgen, Stuart</b>	<b>M42</b>	<b>Australia</b>	<b>47:27.76</b>
3.	Caliskan, Hakan	M42	Turkey	51:40.82
4.	<b>Seid-Christmass, James</b>	<b>M43</b>	<b>Australia</b>	<b>51:52.12</b>
5.	<b>Jessurun, Ian</b>	<b>M43</b>	<b>Australia</b>	<b>52:31.56</b>
6.	D'Orlando, Pasquale	M42	Italy	53:43.32
7.	Devicic, Berislav	M44	Croatia	56:49.96
8.	Kropik, Franz	M43	Austria	1:01:01.60
9.	Tardi, Emmanuel	M44	France	1:11:41.85
	Lorefice, Jorge	M41	Argentina	DQ

#### M45 10km Race Walk

1.	Banda, Royce	M45	Mexico	47:34.76
2.	Gnauck, Dick	M47	Germany	48:46.58
3.	Meyer, Steffen	M45	Germany	49:22.80
4.	Xu, Jianping	M45	Canada	51:05.78
5.	Swanepoel, Hannes	M45	South Africa	51:26.80
6.	Hernandez Vega, Ivan	M46	Puerto Rico	54:51.74
7.	Swarts, David	M46	United States	55:23.91
8.	Leon Lara, Jose Alejandr	M49	El Salvador	56:49.13
9.	Young, Don	M47	United States	58:36.22
10.	Berner, Claude	M48	Switzerland	1:00:09.67
11.	Morrow, Art	M47	United States	1:08:08.10
12.	Brzezowsky, Roman	M46	Austria	1:08:21.53
13.	Dahlen, Neal	M49	United States	1:12:14.76

#### M50 10km Race Walk

1.	De Los Angeles, Guadalup	M50	Mexico	50:07.16
2.	Schroter, Uwe	M51	Germany	51:08.53
3.	Ferenc, Major	M50	Hungary	51:37.96
4.	Sansevrino, Antonio	M51	Italy	51:57.23
5.	Abadias Palacin, Luis	M51	Spain	52:52.61
6.	<b>Evans, Simon</b>	<b>M51</b>	<b>Australia</b>	<b>54:16.88</b>
7.	Bonvarlet, Patrick	M51	France	54:36.60
8.	<b>Hastie, Garry</b>	<b>M50</b>	<b>Australia</b>	<b>55:26.04</b>
9.	Rodriguez Escobedo, Jesu	M52	Mexico	55:51.06
10.	Venturi Degli Espost, Fr	M54	Italy	55:54.64
11.	Cossy, Bernard	M52	Switzerland	56:01.65
12.	Kenney, James	M54	Canada	57:44.31
13.	Aunan, Tommy	M52	United States	57:56.90
14.	Pacheco, Omar	M52	Mexico	59:00.83
15.	Blanchard, Michael	M50	United States	59:41.75
16.	Reifinger, Markus	M50	Austria	1:01:01.69
17.	Marvingt, Serge	M52	France	1:01:05.85
18.	Van Heyningen, William	M51	Curacao	1:01:16.58
19.	Forero Suarez, Pedro	M51	Colombia	1:12:14.06
20.	Nanjundappa, Chandrashek	M54	India	1:27:23.34
	Lawrence, Don	M51	United States	DNF

#### M55 10km Race Walk

1.	Matthews, Jonathan	M55	United States	46:55.46
2.	Shipitsyn, Anatoly	M56	Russia	49:24.32
3.	<b>Heywood, Colin</b>	<b>M56</b>	<b>Australia</b>	<b>50:11.81</b>
4.	Ruzzier, Fabio	M58	Slovenia	50:31.75
5.	Parker, Mike	M58	New Zealand	50:58.63
6.	Monna, Fabian	M56	Colombia	51:37.07
7.	Barabash, Vladimir	M55	Russia	52:41.64
8.	Green, Mark	M55	United States	52:44.35
9.	Shagaev, Vladimir	M56	Russia	56:01.37
10.	Pecinovsky, Steven	M56	United States	57:36.55
11.	Killingsworth, Kevin	M55	United States	57:58.46
12.	Aytukhametov, Nariman	M59	Russia	58:14.08
13.	Thiedmann, Klaus	M56	Germany	1:00:04.79
14.	Reed, Bill	M58	United States	1:00:33.01
15.	Fasano, Sergio	M59	Italy	1:00:43.35
16.	Berendt, Joseph	M55	United States	1:01:53.17
17.	Corona Flores, Juan Manu	M56	Mexico	1:02:07.05
18.	Dunn, Rodney	M58	Great Britain	1:02:39.56
19.	Klein, Arthur	M58	United States	1:03:28.59

20. Trofimov, Victor	M55	Russia	1:06:21.67
21. Williamson, Conrad	M56	United States	1:12:00.42
22. Twilling, John	M59	United States	1:13:42.17

#### M60 10km Race Walk

1. Morotti, Graziano	M60	Italy	49:33.13
2. Lopez Camarena, Jose Lui	M61	Mexico	49:50.84
3. Richards, Ian	M63	Great Britain	50:01.34
4. Schmid, Chris	M64	United States	52:32.30
5. Pineda, Gildardo	M64	Mexico	53:12.05
6. Niestelberger, Ludwig	M63	Austria	53:38.76
7. Lopez, Jose Gpe.	M61	Mexico	53:41.96
8. Kemsley, Eric	M60	New Zealand	53:45.13
9. Smith, Andrew	M61	United States	54:12.51
10. Wiggins, Michael	M62	United States	55:32.45
11. Ponzio, Roby	M63	Switzerland	57:02.96
12. Harper, Steve	M60	United States	57:06.99
13. Pin, Jean Pierre	M62	France	57:56.23
14. Keating, Robert	M64	United States	58:30.74
15. Flamant, Claude	M62	France	59:35.63
16. Siegele, Johann	M62	Austria	59:47.13
17. Torabian, Shoja	M62	United States	1:00:03.34
18. Yanybaev, Ivan	M62	Russia	1:00:11.68
19. Savilonis, Brian	M61	United States	1:01:33.62
20. McGuire, Richard	M63	United States	1:05:19.44
21. Lopez Rendon, Benjamin	M62	Mexico	1:08:18.95
22. Hysong, John	M64	United States	1:09:25.55
23. Javier, Ramon	M63	Dominican Republic	1:10:44.93
24. Brandenburg, Walter	M64	Switzerland	1:11:38.71
25. Murphy, Garland	M63	United States	1:15:41.16

#### M65 10km Race Walk

<b>1. Jamieson, Andrew</b>	<b>M65</b>	<b>Australia</b>	<b>50:11.38</b>
2. Jobin, Marcel	M69	Canada	55:50.77
<b>3. Dickenson, Russell</b>	<b>M65</b>	<b>Australia</b>	<b>56:01.53</b>
<b>4. White, George</b>	<b>M66</b>	<b>Australia</b>	<b>56:13.55</b>
5. Frable, Norman	M65	United States	56:52.44
6. Jasionowski, Leon	M67	United States	57:31.83
7. Campbell, Richard	M65	United States	57:36.69
8. Kok, Thomas	M65	Malaysia	57:40.90
9. Rabatel, Fernand	M65	France	57:58.32
10. McMullin, John	M65	Ireland	58:33.44
11. Kittredge, John	M66	Canada	1:00:42.42
12. Giese, Wolf-Dieter	M68	Germany	1:03:56.62
13. Honkonen, Antti	M65	Finland	1:05:12.20
14. Minose, Hiroshi	M67	Japan	1:05:26.73
15. Armstrong, Peter	M66	United States	1:07:27.75
16. Moore, Alan	M66	United States	1:08:20.63
17. Poncin, Francois	M66	France	1:08:45.84
18. Stewart, Walter	M65	United States	1:10:06.88
19. Kobayashi, Tomoe	M67	Japan	1:14:00.47
20. Alvarez, Eduardo	M66	Dominican Republic	1:14:17.86
21. Baker, Bobby	M68	United States	1:19:04.86

#### M70 10km Race Walk

1. Ing, Strieder, Hermann	M70	Austria	58:56.04
2. Kuchumor, Aglya	M73	Russia	59:22.74
3. Shillabeer, Edmund	M71	Great Britain	1:00:06.43
4. Beckett, James	M72	United States	1:02:19.84
5. Gottert, Klaus	M72	Germany	1:03:14.74
6. Domingos, Joao	M73	Brazil	1:03:50.33
<b>7. Sela, Patrick</b>	<b>M71</b>	<b>Australia</b>	<b>1:05:15.16</b>
8. Backlund, John	M71	United States	1:07:05.84
9. Walters, Ronald	M73	United States	1:07:14.44
10. de Coppest, Alexis	M72	Switzerland	1:07:40.40
11. Fernandez, Juan	M72	Mexico	1:09:24.66
12. Leblanc, Herve	M72	Canada	1:10:06.99
13. Herrera Roman, Jorge	M70	Mexico	1:13:04.31
14. Bhujade, Changdeo	M71	India	1:13:58.17

15.	Robles, Gilberto	M73	Puerto Rico	1:17:43.34
16.	Finch, Bernie	M71	United States	1:17:49.85
<b>M75 10km Race Walk</b>				
1.	Poisner, Alan	M76	United States	1:07:25.90
2.	Tsukrov, Semen	M75	Russia	1:07:31.71
3.	Acosta, Carlos	M77	United States	1:08:46.15
4.	Everson, Ray	M76	United States	1:09:51.76
5.	Stevens, David	M75	Great Britain	1:10:12.42
6.	Gomes, Gerald	M78	United States	1:11:18.10
7.	DuBois, Alfred	M79	United States	1:11:21.88
8.	Petruzzi, Thomas	M78	United States	1:16:11.73
9.	<b>Major, Geoff</b>	<b>M75</b>	<b>Australia</b>	<b>1:18:26.74</b>
10.	<b>Beaumont, Ian</b>	<b>M75</b>	<b>Australia</b>	<b>1:20:52.53</b>
11.	Elkins, Cliff	M79	United States	1:27:17.11
12.	MacPike, Ron	M78	United States	1:28:47.86
	Alvarez, Luciano	M77	Dominican Republic	DNF
<b>M80 10km Race Walk</b>				
1.	Starr, John	M82	United States	1:11:22.61
2.	Moremen, William	M83	United States	1:14:19.90
3.	Michel Paoli, Sergio Aug	M80	Dominican Republic	1:17:32.23
4.	Saijo, Shinichi	M81	Japan	1:23:22.46
5.	Theurel Franoy, Teofilo	M83	Mexico	1:23:29.83
<b>M85 10km Race Walk</b>				
1.	Amano, Kohsoh	M85	Japan	1:19:46.55
2.	Vallabhajosyula, Sriramu	M87	India	1:21:22.44
3.	Hansen, Richard	M85	United States	1:27:54.14
<b>W35 10km Race Walk</b>				
1.	Schenker, Bianca	W36	Germany	53:29.78
2.	Schroter, Brit	W36	Germany	53:40.16
3.	Hammond, Nardene	W39	Canada	54:09.89
4.	Raetsen, Sarah	W35	Canada	1:05:35.69
5.	Beltran Ortiz, Ilda	W36	Mexico	1:07:58.92
<b>W40 10km Race Walk</b>				
1.	Sunderland, Nyle	W44	New Zealand	57:03.15
2.	Stevenson, Tamara	W41	United States	57:35.53
3.	Bogdanovich, Elena	W44	Russia	1:02:52.47
4.	Rossmann, Diana	W44	United States	1:04:40.29
5.	Bergeson, Jolene	W40	Canada	1:07:24.24
6.	Schwendiman, Julie	W43	United States	1:10:58.19
7.	<b>Stigwood, Rosemarie</b>	<b>W43</b>	<b>Australia</b>	<b>1:17:49.53</b>
<b>W45 10km Race Walk</b>				
1.	Grimes, Kathryn	W47	United States	56:51.16
2.	Brooke, Susan	W46	Canada	57:27.82
3.	Guzman Rodriguez, Maria	W46	El Salvador	1:00:03.47
4.	<b>Major, Annette</b>	<b>W48</b>	<b>Australia</b>	<b>1:02:45.10</b>
5.	Matthews, Stephanie	W47	United States	1:02:51.15
6.	Garson, Rebecca	W46	United States	1:05:26.46
7.	Bruning, Annmarie	W46	United States	1:05:57.66
8.	Armstrong, Ginger	W48	United States	1:07:43.14
9.	Martinez, Ana	W48	Chile	1:09:17.74
10.	Gormley, Anne	W48	Ireland	1:09:23.83
11.	Storrs, Helen	W45	United States	1:20:21.90
	Shepard, Elisabeth	W46	United States	DNF
<b>W50 10km Race Walk</b>				
1.	<b>Ventris, Lynette</b>	<b>W54</b>	<b>Australia</b>	<b>49:51.84</b>
2.	<b>Tindal, Pam</b>	<b>W51</b>	<b>Australia</b>	<b>53:59.00</b>
3.	Garcia Frontons, Carmen	W50	Spain	57:59.52
4.	Risk, Monica	W53	South Africa	58:42.27
5.	Cochereau, Veronique	W51	France	58:48.11
6.	Picard, Marie-Francoise	W53	France	59:29.60
7.	Ricciutelli, Daniela	W54	Italy	1:00:55.44
8.	Pritchard, Vicki	W52	United States	1:02:02.67

9.	Calleros, Maria	W51	Mexico	1:04:38.53
10.	Bellerud, Nana	W51	Japan	1:05:15.31
11.	Vazquez Prado, Concepcio	W51	Mexico	1:05:48.62
12.	Faber, Lena	W53	Russia	1:07:43.47
13.	Bishop, Fiona Jane	W52	Great Britain	1:08:01.60
14.	McIntyre, Susan	W54	Canada	1:08:12.10
15.	Calvert, Dawn	W52	United States	1:12:29.13
16.	McGuinness, Margaret	W54	New Zealand	1:13:14.13
17.	Wang, Michelle	W54	Canada	1:15:44.84
18.	Viramontes, Silvia	W54	Mexico	1:17:01.98
19.	Marvingt, Beatrice	W52	France	1:18:05.46

#### W55 10km Race Walk

1.	Nell, Barbara	W56	South Africa	54:58.31
2.	Flipsen, Johanna	W56	Canada	56:53.47
3.	Marcenco, Natali	W56	Italy	58:29.33
4.	Wilson, Linda	W56	Canada	59:47.90
5.	Topham, Debbie	W58	United States	1:00:41.67
6.	Vazquez Garcia, Rosa Elv	W55	Mexico	1:01:24.07
7.	Sweazey, Nancy	W55	Canada	1:01:36.56
8.	Stoyanowski, Karen	W56	United States	1:02:18.62
9.	Mayfield, Cathy	W59	United States	1:04:09.83
10.	Osorio, Dorys	W56	Venezuela	1:04:52.93
11.	Bonvarlet, Liliane	W57	France	1:05:06.05
12.	Alvarez, Aurora	W59	Spain	1:05:20.93
13.	Nityagovskaya, Liudmila	W57	Russia	1:06:06.25
14.	Poncet, Sabine	W55	France	1:06:13.87
15.	Mears, Susan	W56	United States	1:06:22.74
16.	Whalen, Liliana	W59	Canada	1:06:51.94
17.	Kozell, Kris	W58	Canada	1:07:48.15
18.	Green, Donna	W58	United States	1:09:15.33
19.	Gage, Joanne	W56	Canada	1:10:54.67
20.	Hysong, Phyllis	W57	United States	1:12:30.72
21.	Gonzalez, Ayde	W58	Mexico	1:13:39.17
22.	Woodburn, Melissa	W58	United States	1:13:45.46
23.	Toikka, Hillevi	W58	Finland	1:15:49.37
24.	Banuelos Ramirez, Rosa M Frias, Francisca	W55 W56	Mexico Mexico	1:25:05.00 DQ

#### W60 10km Race Walk

1.	<b>Carr, Heather</b>	<b>W61</b>	<b>Australia</b>	<b>57:19.43</b>
2.	Martino, Marianne	W61	United States	1:01:53.52
3.	<b>Feldman, Elizabeth</b>	<b>W62</b>	<b>Australia</b>	<b>1:02:10.48</b>
4.	Hoskin, Sue	W60	New Zealand	1:02:13.73
5.	Geer, Panseluta	W64	United States	1:03:16.55
6.	Mendell, Paula	W61	United States	1:03:53.25
7.	Brandt, Diane	W63	United States	1:06:37.75
8.	Baglin, Mary	W64	United States	1:06:50.00
9.	Wilkinson, Carol	W61	United States	1:08:47.84
10.	McGuire, Doris	W62	United States	1:11:07.14
11.	Gomez, Blanca	W64	Colombia	1:13:31.78
12.	Gallegos Gonzalez, Marga	W61	Mexico	1:13:57.83
13.	Medina Neri, Maria Alber	W61	Mexico	1:15:17.76
14.	Cardiel Guajardo, Silvia	W62	Mexico	1:15:28.76
15.	Vargas oe Murillo, Diana	W61	Peru	1:18:46.71
16.	Coila, Sandy	W60	United States	1:18:53.69
17.	Cabrera Briseno, Imelda	W61	Mexico	1:21:37.19

#### W65 10km Race Walk

1.	Karetie, Pirjo	W68	Finland	1:03:36.98
2.	Matsumoto, Hatsue	W69	Japan	1:05:42.19
3.	Heller, Judy	W65	United States	1:06:32.25
4.	Balser, Kathleen	W68	United States	1:07:21.12
5.	Barber, Shirley	W65	New Zealand	1:07:36.58
6.	Lafayette, Donna	W68	United States	1:07:50.72
7.	de Coppet, Brigita	W65	Switzerland	1:08:49.00
8.	Pomario, Sheila	W66	South Africa	1:09:02.01
9.	Steigerwalt, Jolene	W67	United States	1:09:19.30
10.	Backlund, Darlene	W65	United States	1:09:25.42



11. Frable, Kathleen	W65	United States	1:10:02.94
<b>12. Purcell, Joan</b>	<b>W69</b>	<b>Australia</b>	<b>1:13:02.11</b>
13. Sarkar, Eileen	W69	Canada	1:13:38.01
14. Thornburg, B J	W66	United States	1:14:03.54
<b>15. Schickert, Lynne</b>	<b>W69</b>	<b>Australia</b>	<b>1:14:07.58</b>
16. Kolesnikova, Alla	W69	Russia	1:14:08.09
17. Kallal, Elsie	W67	United States	1:14:17.11
18. Hults, Sandra	W69	United States	1:14:32.51
19. Bersaneti, Alice	W65	Brazil	1:20:37.39
20. Sanchez Cruz, Santa	W65	Puerto Rico	1:21:26.06
21. Kohigashi, Kiyoko	W68	Brazil	1:28:14.44
22. Reynoso, Nohemi	W67	Mexico	1:30:50.83
23. Bernaga Torres, Luz Elen	W67	Mexico	1:33:20.11
24. Wahlberg, Marie-Louise	W65	Sweden	1:41:08.27

#### W70 10km Race Walk

1. Richardson, Elton	W72	United States	1:04:03.90
2. Walters, Louise	W71	United States	1:04:04.22
3. Vey, Hildegard	W70	South Africa	1:05:43.91
4. Robinson, Janet	W70	United States	1:07:51.46
5. Cassels, Doris	W71	United States	1:11:34.10
6. van Leeuwen, Dianne	W70	Canada	1:12:12.55
7. Sinkovec, Rita	W71	United States	1:12:24.31
8. Lebedieva, Larysa	W70	Ukraine	1:15:26.64
9. Hatfield, Roberta	W70	United States	1:15:48.91
10. Paulina, Alejandro	W73	Bolivia	1:17:10.01
11. Garcia Moreno, Maria Cel	W72	Mexico	1:21:17.50
<b>12. Beaumont, Margaret</b>	<b>W73</b>	<b>Australia</b>	<b>1:23:53.74</b>
13. Cabrera, Esther	W74	Bolivia	1:25:02.07
14. Nagate, Masako	W71	Japan	1:25:57.42
Frazer-Munroe, Ruth	W74	Trinidad and Tobago	DQ

#### W75 10km Race Walk

1. Dockstader, Shirley	W78	United States	1:15:36.43
2. Horne, Jean	W78	Canada	1:15:57.23
3. Meza Gonzalez, Alicia	W75	Mexico	1:21:58.70
4. Gonzalez Gonzalez, Luisa	W76	Mexico	1:25:03.15

#### W80 10km Race Walk

1. Carrier, Ruth	W80	Canada	1:27:18.40
2. Moremen, Grace	W80	United States	1:27:26.62
3. Elkins, Claire	W81	United States	1:32:23.95

#### W90 10km Race Walk

1. Ramirez vda de Banue, Ma	W94	Mexico	1:51:29.16
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We also scored 4 golds and 2 silvers in the associated Teams Events. Well done to the 18 walkers - that is most of the team!

M40	1	Australia	Stuart Kollmorgen, James Seid-Christmass, Ian Jessurun
M50	1	Australia	Colin Heywood, Simon Evans, Garry Hastie
M65	1	Australia	Andrew Jamieson, Russ Dickenson, George White
M70	2	Australia	Patrick Sela, Geoff Major, Ian Beaumont
W45	1	Australia	Lyn Ventris, Pam Tindal, Annette Major
W60	2	Australia	Heather Carr, Liz Feldman, Joan Purcell

The 20km roadwalks were held on Saturday 16 July. First, well done to our seven 10km individual medallists

W50	1	Ventris, Lynette	W54	1:42:19.35
W60	1	Carr, Heather	W61	1:58:11.17
M40	1	Kollmorgen, Stuart	M42	1:41:34.75
M60	1	Jamieson, Andrew	M65	1:42:56.80
W50	2	Tindal, Pam	W51	2:01:03.68
W60	2	Feldman, Elizabeth	W62	2:10:34.16
M60	2	Dickenson, Russell	M65	1:57:23.09

and congratulations to our Teams Event medallists

W40 Teams	1	Australia	Lyn Ventris, Pam Tindal, Rosemarie Stigwood
W60 Teams	1	Australia	Heather Carr, Liz Feldman, Joan Purcell

M40 Teams	1	Australia	Stuart Kollmorgen, James Seid-Christmass, David Smythe
M65 Teams	1	Australia	Andrew Jamieson Russ Dickenson, George White
M50 Teams	2	Australia	Colin Heywood, Garry Hastie, Patrick Sela

The highlight had to be **Andrew Jamieson's new M65 World Record of 1:42:57**, beating Gerhard Weidner's 1998 time of 1:43:34 by 37 secs. And now onto the race results.

#### W35 20000 Meter Race Walk

1.	Schenker, Bianca	W36	Germany	1:51:33.10
2.	Hammond, Nardene	W39	Canada	1:53:53.21
3.	Schroter, Brit	W36	Germany	1:56:54.93
4.	Moscoco, Maite	W39	United States	2:00:35.56

#### W40 20000 Meter Race Walk

1.	Sunderland, Nyle	W44	New Zealand	1:56:54.18
2.	Stevenson, Tamara	W41	United States	2:00:37.20
3.	Rivera Lopez, Flor	W42	Mexico	2:34:39.82
4.	<b>Stigwood, Rosemarie</b>	<b>W43</b>	<b>Australia</b>	<b>2:45:12.03</b>

#### W45 20000 Meter Race Walk

1.	Grimes, Kathryn	W47	United States	2:01:24.13
2.	Brooke, Susan	W46	Canada	2:02:50.27
3.	Guzman Rodriguez, Maria	W46	El Salvador	2:08:05.85
4.	Govea, Margaret	W49	United States	2:14:58.53
5.	Garson, Rebecca	W46	United States	2:16:07.06
6.	Armstrong, Ginger	W48	United States	2:23:04.20
7.	Karavanic, Karen	W48	United States	2:26:32.30

#### W50 20000 Meter Race Walk

1.	<b>Ventris, Lynette</b>	<b>W54</b>	<b>Australia</b>	<b>1:42:19.35</b>
2.	<b>Tindal, Pam</b>	<b>W51</b>	<b>Australia</b>	<b>2:01:03.68</b>
3.	Risk, Monica	W53	South Africa	2:04:43.32
4.	Storc, Teresa	W53	United States	2:09:16.55
5.	Pritchard, Vicki	W52	United States	2:14:50.70
6.	Vazquez Prado, Concepcio	W51	Mexico	2:26:08.15
7.	Viramontes, Silvia	W54	Mexico	2:47:28.85

#### W55 20000 Meter Race Walk

1.	Nell, Barbara	W56	South Africa	1:56:46.19
2.	Marcenco, Natali	W56	Italy	2:07:36.21
3.	Topham, Debbie	W58	United States	2:08:17.76
4.	Bonvarlet, Liliane	W57	France	2:14:33.70
5.	Mayfield, Cathy	W59	United States	2:14:47.85
6.	Stoyanowski, Karen	W56	United States	2:21:50.53
7.	Green, Donna	W58	United States	2:23:36.42
8.	Nityagovskaya, Liudmila	W57	Russia	2:24:59.60
9.	Poncet, Sabine	W55	France	2:25:47.11
10.	August, Roberta	W58	United States	2:36:05.49
11.	Toikka, Hillevi	W58	Finland	2:37:13.06

#### W60 20000 Meter Race Walk

1.	<b>Carr, Heather</b>	<b>W61</b>	<b>Australia</b>	<b>1:58:11.17</b>
2.	<b>Feldman, Elizabeth</b>	<b>W62</b>	<b>Australia</b>	<b>2:10:34.16</b>
3.	Hoskin, Sue	W60	New Zealand	2:12:00.38
4.	Mendell, Paula	W61	United States	2:12:31.25
5.	Brandt, Diane	W63	United States	2:15:52.93
6.	Baglin, Mary	W64	United States	2:18:23.71
7.	McGuire, Doris	W62	United States	2:24:40.47

#### W65 20000 Meter Race Walk

1.	Karetie, Pirjo	W68	Finland	2:14:19.94
2.	Matsumoto, Hatsue	W69	Japan	2:17:01.35
3.	Balser, Kathleen	W68	United States	2:19:06.30
4.	Steigerwalt, Jolene	W67	United States	2:21:25.41
5.	de Coppet, Brigita	W65	Switzerland	2:23:17.68
6.	Backlund, Darlene	W65	United States	2:24:08.43
7.	Frable, Kathleen	W65	United States	2:25:37.80
8.	Barber, Shirley	W65	New Zealand	2:26:53.31
9.	<b>Purcell, Joan</b>	<b>W69</b>	<b>Australia</b>	<b>2:30:05.39</b>

<b>10. Schickert, Lynne</b>	<b>W69</b>	<b>Australia</b>	<b>2:35:19.94</b>
11. Hults, Sandra	W69	United States	2:38:14.16
<b>W70 20000 Meter Race Walk</b>			
1. Walters, Louise	W71	United States	2:13:30.09
2. Richardson, Elton	W72	United States	2:15:41.31
3. Vey, Hildegard	W70	South Africa	2:15:42.58
4. Hatfield, Roberta	W70	United States	2:38:49.24
5. Frazer-Munroe, Ruth	W74	Trinidad and Tobago	2:49:15.27
<b>6. Beaumont, Margaret</b>	<b>W73</b>	<b>Australia</b>	<b>2:49:53.13</b>
7. Nagate, Masako	W71	Japan	3:01:17.12
<b>M35 20000 Meter Race Walk</b>			
1. Soto Maldonado, Etiel	M38	Mexico	1:35:08.83
2. Babenko, Dmitry	M38	Russia	1:43:13.38
3. Durand Pichard, David	M39	France	1:50:49.54
<b>M40 20000 Meter Race Walk</b>			
<b>1. Kollmorgen, Stuart</b>	<b>M42</b>	<b>Australia</b>	<b>1:41:34.75</b>
2. Caliskan, Hakan	M42	Turkey	1:49:16.54
3. D'Orlando, Pasquale	M42	Italy	1:50:50.82
<b>4. Seid-Christmass, James</b>	<b>M43</b>	<b>Australia</b>	<b>1:53:50.44</b>
5. Singh, Sher	M40	India	1:54:36.63
6. Devcic, Berislav	M44	Croatia	1:58:51.30
<b>7. Smyth, David</b>	<b>M41</b>	<b>Australia</b>	<b>2:04:32.30</b>
8. Kropik, Franz	M43	Austria	2:07:32.94
9. Tardi, Emmanuel	M44	France	2:24:15.91
10. Silva, Luis	M40	Portugal	DNF
<b>M45 20000 Meter Race Walk</b>			
1. Banda, Royce	M45	Mexico	1:39:36.12
2. Gnauck, Dick	M47	Germany	1:40:39.21
3. Gutierrez, Sergio	M49	Costa Rica	1:43:31.21
4. Xu, Jianping	M45	Canada	1:45:32.59
5. Swanepoel, Hannes	M45	South Africa	1:46:46.26
6. Meyer, Steffen	M45	Germany	1:50:19.61
7. Berner, Claude	M48	Switzerland	2:06:15.90
8. Tovar, Luis	M48	Venezuela	2:10:41.58
9. Brzezowsky, Roman	M46	Austria	2:18:56.60
10. Morrow, Art	M47	United States	2:23:57.12
<b>M50 20000 Meter Race Walk</b>			
1. Schroter, Uwe	M51	Germany	1:46:43.14
2. Ferenc, Major	M50	Hungary	1:49:00.81
3. De Los Angeles, Guadalup	M50	Mexico	1:50:52.30
4. Sansevrino, Antonio	M51	Italy	1:53:05.02
5. Bonvarlet, Patrick	M51	France	1:53:37.15
6. Cossy, Bernard	M52	Switzerland	1:55:56.80
7. Venturi Degli Espost, Fr	M54	Italy	1:56:36.71
<b>8. Hastie, Garry</b>	<b>M50</b>	<b>Australia</b>	<b>1:58:16.05</b>
9. Aunan, Tommy	M52	United States	2:01:56.35
10. Blanchard, Michael	M50	United States	2:04:40.01
11. Rodriguez Escobedo, Jesu	M52	Mexico	2:07:26.49
12. Reifinger, Markus	M50	Austria	2:09:25.62
13. Van Heyningen, William	M51	Curacao	2:13:12.13
14. Singh, Sukhbir	M52	India	2:19:22.95
<b>M55 20000 Meter Race Walk</b>			
1. Matthews, Jonathan	M55	United States	1:37:06.55
2. Ruzzier, Fabio	M58	Slovenia	1:43:40.36
3. Shipitsyn, Anatoly	M56	Russia	1:44:13.70
<b>4. Heywood, Colin</b>	<b>M56</b>	<b>Australia</b>	<b>1:46:51.34</b>
5. Parker, Mike	M58	New Zealand	1:48:30.57
6. Green, Mark	M55	United States	1:50:29.14
7. Pecinovsky, Steven	M56	United States	1:58:34.33
8. Monna, Fabian	M56	Colombia	2:00:56.09
9. Aytmukhametor, Nariman	M59	Russia	2:04:43.33
10. Reed, Bill	M58	United States	2:06:51.66
11. Fasano, Sergio	M59	Italy	2:09:48.08
12. Kazaryan, Alex	M56	United States	2:10:56.72

13.	Berendt, Joseph	M55	United States	2:11:59.88
14.	Trofimov, Victor	M55	Russia	2:19:08.26

#### M60 20000 Meter Race Walk

1.	Lopez Camarena, Jose Lui	M61	Mexico	1:42:57.88
2.	Morotti, Graziano	M60	Italy	1:44:37.01
3.	Richards, Ian	M63	Great Britain	1:47:21.81
4.	Pineda, Gildardo	M64	Mexico	1:50:28.07
5.	Lopez, Jose Gpe.	M61	Mexico	1:50:39.49
6.	Niestelberger, Ludwig	M63	Austria	1:50:41.85
7.	Kemsley, Eric	M60	New Zealand	1:50:57.89
8.	Smith, Andrew	M61	United States	1:53:49.14
9.	Ponzio, Roby	M63	Switzerland	1:54:43.59
10.	Pin, Jean Pierre	M62	France	2:00:06.85
11.	Harper, Steve	M60	United States	2:00:14.67
12.	Siegele, Johann	M62	Austria	2:03:06.65
13.	Keating, Robert	M64	United States	2:04:02.75
14.	Flamant, Claude	M62	France	2:05:21.62
15.	Yanes, Juan	M61	Venezuela	2:06:01.97
16.	Savilonis, Brian	M61	United States	2:06:50.33
17.	McGuire, Richard	M63	United States	2:14:02.51
18.	Yanybaev, Ivan	M62	Russia	2:14:14.10
19.	Lopez Rendon, Benjamin	M62	Mexico	2:22:04.10
20.	Brandenburg, Walter	M64	Switzerland	2:26:55.48
21.	Javier, Ramon	M63	Dominican Republic	2:26:58.30

#### M65 20000 Meter Race Walk

<b>1.</b>	<b>Jamieson, Andrew</b>	<b>M65</b>	<b>Australia</b>	<b>1:42:56.80</b>
<b>2.</b>	<b>Dickenson, Russell</b>	<b>M65</b>	<b>Australia</b>	<b>1:57:23.09</b>
3.	Frable, Norman	M65	United States	1:58:49.10
4.	McMullin, John	M65	Ireland	2:00:48.14
5.	Rabatel, Fernand	M65	France	2:01:24.35
6.	Jasionowski, Leon	M67	United States	2:01:49.81
<b>7.</b>	<b>White, George</b>	<b>M66</b>	<b>Australia</b>	<b>2:03:45.46</b>
8.	Campbell, Richard	M65	United States	2:03:56.21
9.	Giese, Wolf-Dieter	M68	Germany	2:12:56.69
10.	Gonsiorovsky, Zdenek	M69	Czech Republic	2:14:33.31
11.	Honkonen, Antti	M65	Finland	2:17:16.80
12.	Minose, Hiroshi	M67	Japan	2:18:22.92
13.	Moore, Alan	M66	United States	2:21:31.75
14.	Armstrong, Peter	M66	United States	2:22:55.39
15.	Sipes, Victor	M68	United States	2:23:18.02

#### M70 20000 Meter Race Walk

1.	Shillabeer, Edmund	M71	Great Britain	2:03:20.57
2.	Ing. Strieder, Hermann	M70	Austria	2:04:11.77
3.	Kuchumor, Aglya	M73	Russia	2:07:16.42
4.	Beckett, James	M72	United States	2:12:13.46
5.	Backlund, John	M71	United States	2:18:24.82
6.	Walters, Ronald	M73	United States	2:18:28.23
<b>7.</b>	<b>Sela, S Patrick</b>	<b>M71</b>	<b>Australia</b>	<b>2:20:54.22</b>
8.	de Coppest, Alexis	M72	Switzerland	2:21:02.17
9.	Bayer, Peter	M72	United States	2:38:13.61
10.	Robles, Gilberto	M73	Puerto Rico	2:49:14.16
11.	Finch, Bernie	M71	United States	2:50:52.22

#### M75 20000 Meter Race Walk

1.	Tsukrov, Semen	M75	Russia	2:20:47.33
2.	Acosta, Carlos	M77	United States	2:22:11.85
3.	Everson, Ray	M76	United States	2:23:59.92
4.	Kessner, Gerhard	M75	Germany	2:33:20.39
5.	DuBois, Alfred	M79	United States	2:38:09.17
<b>6.</b>	<b>Beaumont, Ian</b>	<b>M75</b>	<b>Australia</b>	<b>2:49:46.58</b>

#### M80 20000 Meter Race Walk

1.	Starr, John	M82	United States	2:30:51.74
2.	Moremen, William	M83	United States	2:36:33.26
3.	Michel Paoli, Sergio Aug	M80	Dominican Republic	2:39:42.83

4.	Theurel Franoy, Teofilo	M83	Mexico	3:01:32.94
<b>M85 20000 Meter Race Walk</b>				
1.	Vallabhajosyula, Sriramu	M87	India	2:50:06.01

## 8TH EUROPEAN U23 CHAMPIONSHIPS, OSTRAVA, CZE, 14-17 JULY

The highly anticipated European Under 23 Championships were held last week in Ostrava in the Czech Republic, with the two racewalks contested on Sunday.

### Men's 20km Walk , Sunday 17 July, 8AM

The mens championship was held first, starting at 8AM and enjoying the cool early morning conditions. At the end, you could have thrown a blanket over the top three as Russia's Pyotr Bogatyrev broke the beam first with Poland's Dawid Tomala breathing down his neck and Denis Strelkov, also Russia, claiming bronze in the men's 20km walk. Fourth place was only a further 5 secs back in what was a very closely contested race. From world junior bronze last year, Bogatyrev is now European Under-23 champion.

"The weather was OK for me today. We are used to training when it is around 30 degrees in Mordovia, Russia," said Bogatyrev. "There were strong opponents today and the pace was quite fast. We were changing the positions every kilometre. My tactics were to keep with the group until the half of the race and then to speed up. The last kilometre was very difficult as it was hard to keep proper technique and to avoid mistakes."

1.	BOGATYREV, Petr	RUS	1:24:20	
2.	TOMALA, Dawid	POL	1:24:21	
3.	STRELKOV, Denis	RUS	1:24:25	
4.	FILIPCHUK, Valery	RUS	1:24:30	
5.	HELEBRANDT, Máté	HUN	1:25:14	SB
6.	TONTODONATI, Federico	ITA	1:26:07	
7.	PARTANEN, Veli-Matti	FIN	1:26:37	SB
8.	MACCHIA, Riccardo	ITA	1:28:31	
9.	ADRAGNA, Andrea	ITA	1:29:13	
10.	HALMAN, Wojciech	POL	1:29:46	
11.	LIAKHOVICH, Aliaksandr	BLR	1:30:22	
12.	KOZLOVSKIJ, Genadij	LTU	1:31:05	
	KARLSTRÖM, Perseus	SWE	DNF	
	WOLSKI, Dawid	POL	DQ	
	DOHMANN, Carl	GER	DQ	

### Women's 20km Walk , Sunday 17 July, 10AM

The women started at 10AM so conditions had warmed considerably. As expected, Russian champion Tatyana Mineyeva took the 20km walk gold from fellow Russian, Nina Ochotnikova, with Spain's Julia Takacs taking bronze. Again, little separated the top 3.

"I was afraid because I received two warnings," admitted Mineyeva. "The first warning I did not expect at all. Takacs has a similar style and she did not get any warnings. The last kilometre I walked very slowly. I was afraid of being disqualified. The hot weather did not affect the race. I am used to even hotter conditions."

1.	MINEYEVA, Tatyana	RUS	1:31:42	
2.	OKHOTNIKOVA, Nina	RUS	1:31:51	
3.	TAKÁCS, Julia	ESP	1:31:55	
4.	PALMISANO, Antonella	ITA	1:36:26	
5.	GIORGI, Eleonora	ITA	1:38:41	
6.	KAZEMAKA, Anita	LAT	1:38:59	
7.	GOLBA, Katarzyna	POL	1:39:36	
8.	MENUET, Emilie	FRA	1:41:52	
9.	ENACHE, Georgiana	ROU	1:43:56	PB
10.	JASINSKA, Magdalena	POL	1:44:18	
11.	ELSS, Christin	GER	1:44:27	
12.	MASTIANICA, Inga	LTU	1:44:44	
13.	GRADINARIU, Alexandra	ROU	1:44:59	
14.	GONZÁLEZ, Raquel	ESP	1:45:46	
15.	PLATAČE, Kristine	LAT	1:48:48	
16.	BAJNAI, Eszter	HUN	1:51:36	
17.	CARDOSO, Daniela	POR	1:56:02	
	LÓFBACKA, Mikaela	FIN	DNF	
	LUKYANOVA, Anna	RUS	DQ	
	LITWINIUK, Agata	POL	DQ	

## 21<sup>ST</sup> EUROPEAN JUNIOR T&F CHAMPIONSHIPS, TALLINN, ESTONIA, 21-24 JULY

The European Junior Championships were held in Tallin, Estonia, over the last few days and 10,000m walks were on offer. Results, race reports and photos are sourced from <http://www.tallinn2011.org/en>

### 10,000m Track Walk Women, Thursday 21 July, 9:30AM

Yelena Lashmanova claimed the first gold of the European Athletics Junior Championships in Tallinn on Thursday morning as she dominated the women's 10,000m walk to become the first junior to officially complete the distance in under 43 minutes. The Russian led from start to finish and crossed the line in 42:59.48, adding the European junior title to the World Youth and World Junior crowns she has picked up over the last two years.

Lashmanova's victory never looked in doubt as she led home a Russian clean sweep, followed by former World Youth medallist Svetlana Vasileva, second in 44:52.98, and Anna Ermin, third in a personal best 46:49.00. Vasilyeva stuck to Lashmanova's heels till the 10<sup>th</sup> lap when the pony-tailed champion from Moncton opened a five-metre lead which she stretched over the remaining 15 circuits, passing all of her opponents as she sliced nearly 12 seconds from Vera Sokolova's European Junior and Championships record from Kaunas four years ago.

"I'm really happy to win with a record," said Lashmanova who broke her personal best by more than 40 seconds on a steamy morning in the Estonian capital. "I couldn't believe my eyes when I saw the numbers on the board. It was really hard to perform in such weather conditions. Russia got its triple and we are really happy with our results."

The event wasn't without controversy as Ermin's bronze came after a long struggle against Germany's Charlyne Czychy. The two walked side-by-side for much of the race and Czychy appeared to have triumphed over the last lap before she was disqualified just 10 metres from the line. "It was a shock for me to see that the German girl was disqualified but it gave me a chance to achieve the bronze," said Ermin. "The weather conditions were not certainly best for the walkers, but the sun didn't shine all the time, so it was manageable. Russia did a good job today."

1.	LASHMANOVA, Elena	RUS	42:59.48	WJR CR
2.	VASILEVA, Svetlana	RUS	44:52.98	
3.	ERMINA, Anna	RUS	46:49.00	PB
4.	DRAHOTOVÁ, Eliska	CZE	49:14.95	PB
5.	STRMENOVA, Katarina	SVK	49:22.01	
6.	PASTORINO, Ines	FRA	49:24.54	
7.	OLIANOVSKA, Liudmyla	UKR	49:45.32	
8.	KACANOVA, Diana	LTU	49:50.07	PB
9.	CURIAZZI, Federica	ITA	50:19.49	
10.	CURLEY, Maeve	IRL	51:22.84	
11.	MARCOU, Amandine	FRA	51:32.91	
12.	PLOMINSKA, Natalia	POL	51:43.33	
13.	DRAHOTOVÁ, Anezka	CZE	51:56.84	
14.	LOPARCO, Sara	ITA	52:04.93	
15.	PRENDIVILLE, Emma	IRL	53:05.73	
16.	KOVÁCS, Barbara	HUN	53:08.20	
17.	KLEBAUSKAITE, Agne	LTU	53:16.94	
18.	LARIOS, Maria	ESP	53:29.01	
19.	MONTEIRO, Sandra	POR	53:35.55	
20.	SVEDAITE, Karolina	LTU	53:49.67	
21.	PUCA, Carmela	ITA	54:32.24	
22.	GUNES, Tugce	TUR	55:21.80	
	MARTÍNEZ, Paula	ESP	DNF	
	CZYCHY, Charlyne	GER	DQ	

### 10,000m Track Walk Men, Saturday 23 July, 10:05AM

Hagen Pohle broke a 10-year Russian stranglehold on the 10,000m walk title in Tallinn on Saturday morning as the German added the European Junior title to the World Youth crown he picked up two years ago. Echoing Yelena Lashmanova's World Record victory in the women's event on Thursday, Pohle won it from the front, leading from start to finish to clock 40:43.73, some five seconds outside his season lead. Pohle's victory is the first for Germany in this event since Andreas Erm won in 1995 and the first by a non-Russian since 1999.

Wearing a peaked red cap and bright green shoes, Pohle dominated the second half of the race with his pattering style. He finished more than 100m ahead of Ihor Lyashenko as the Ukrainian took silver in 41:10.43 with Spain's Luis Alberto Amezcua bagging bronze and a personal best of 41:34.13. "Gold tastes really good today," said Pohle afterwards. "It was really stuffy out there today but the previous days were hotter so I knew what to expect and drank a lot of water. I focused on my race and not the weather."

1.	POHLE, Hagen	GER	40:43.73	
2.	LYASHCHENKO, Ihor	UKR	41:10.43	SB
3.	AMEZCUA, Luis Alberto	ESP	41:34.13	PB
4.	VERBYTSKYI, Oleksandr	UKR	42:09.77	
5.	STANO, Massimo	ITA	43:24.52	
6.	IVANOV, Alexandr	RUS	43:29.51	

7.	DEI TOS, Leonardo	ITA	43:50.31	
8.	CHEPAREV, Dementy	RUS	43:56.34	
9.	SAVELSKIS, Marius	LTU	43:58.80	SB
10.	GJACS, Edgars	LAT	44:29.83	
11.	SPEVAK, Patrik	SVK	44:40.28	
12.	MALOSSE, Dimitri	FRA	44:50.74	
13.	ZALESKI, Yauheni	BLR	44:50.81	
14.	GERINS, Valters	LAT	44:58.77	
15.	RAYA, Juan Antonio	ESP	45:14.36	
16.	OJALA, Aleks	FIN	45:22.62	
17.	GIRARDI, Filippo	ITA	46:00.41	
18.	FABER, Marcel	SVK	46:28.16	
	HANSSON, Anders	SWE	DNF	
	NUSHTAEV, Evgeniy	RUS	DQ	
	TICHÝ, Peter	SVK	DQ	



Lashmanova and Pohl win in Tallin (photos <http://www.tallinn2011.org/en>)



## WORLD SUMMER UNIVERSIADE GAMES, SHENZHEN, CHINA, AUGUST 2011

The 26<sup>th</sup> World Summer Universiade Games have now been completed in Shenzhen, China with the 20km racewalks held late late week. Four Australian walkers were in action and thanks to team coach **Simon Baker**, we have a comprehensive race report with photos. Over to Simon!

The World Universiade competition is a significant event on the sporting calendar that seems totally overlooked in general.

The walks program consisted of 20km events for both men and women, conducted on separate days. Conditions were hot and humid, around 30C with 80% humidity on both days, although probably the women had the worst of it with more sun on the course during their event. The course was flat, very smooth, and with some shade. The Australian team consisted of Brendan Reading and Beki Lee in their first major internationals along with Ian Rayson and Nicole Fagan who have previously been members of Australian World Walking Cup teams.

### Men's 20km Walk, Thursday 18 August, 7:30AM

The temperature was already 28°C at the scheduled start time of 7:30AM and the associated high humidity (79% ) meant torrid conditions for such a long distance walk. Not surprisingly, there were no PBs and times were generally anything up to 5 minutes outside stated best times.

A group of about 8 athletes led the field through the first lap in 8:14. While they slowed over the next few laps, passing 10km in just under the 42 minute mark, the pace quickened when Russian Andrey Krivov exerted his dominance and a quick 8:12 lap. This quickly broke the pack. A long chase by his compatriot Mikhail Rhyzov and Ecuadorian Chocho Leon filled the minor places. **Brendan Reading** perhaps started a little too hard at first in the tough conditions and slowed early on, but then rallied well to come home steadily and finish in 16<sup>th</sup> place, while **Ian Rayson** struggled to get into a rhythm, was on two reds from about half way, eventually falling foul of the judges not far from the finish.

1.	KRIVOV Andrey	RUS	14 NOV 1985	1:24:15
2.	RYZHOV Mikhail	RUS	17 DEC 1991	1:24:26
3.	CHOCHO LEON Cristian	ECU	4 NOV 1983	1:24:44
4.	ZIMMERMANN Moacir	BRA	30 DEC 1983	1:25:06
5.	GOMEZ Inaki	CAN	16 JAN 1988	1:26:21
6.	ZIUKAS Marius	LTU	29 JUN 1985	1:26:30
7.	CAI Zelin	CHN	11 APR 1991	1:26:55
8.	BONFIM Caio	BRA	19 MAR 1991	1:27:19
9.	JELONEK Jakub	POL	7 JUL 1985	1:27:26
10.	TONTODONATI Federico	ITA	30 OCT 1989	1:27:32
11.	NOWAK Lukasz Pawel	POL	18 DEC 1988	1:27:53
12.	YU Wei	CHN	11 SEP 1987	1:28:51
13.	NIU Wenbin	CHN	20 JAN 1991	1:29:10
14.	DUNFEE Evan	CAN	28 SEP 1990	1:29:13
15.	BOYCE Brendan	IRL	8 OCT 1986	1:29:48
16.	<b>READING Brendon</b>	<b>AUS</b>	<b>26 JAN 1989</b>	<b>1:30:26</b>
17.	RUZAVIN Andrey	RUS	28 MAR 1986	1:30:38
18.	AONO Daichi	JPN	12 MAY 1989	1:32:00
19.	DOYLE Michael	IRL	17 MAY 1987	1:32:48
20.	YANG Tao	CHN	12 DEC 1989	1:33:01
21.	REKST Ricard	LTU	10 OCT 1987	1:33:43
22.	CHOON SIENG Lo	MAS	16 NOV 1985	1:38:12
	DOHMANN Carl Arwed	GER	18 MAY 1990	DQ
	<b>RAYSON Ian</b>	<b>AUS</b>	<b>4 FEB 1988</b>	<b>DQ</b>

### Women's 20km Walk, Friday 19 August, 7:30AM

It was more of the same the next morning for the women's walk with the temperature starting at 27°C and soaring to 31°C by race end, with humidity in the high eighties. Understandably the pace was very slow early, with race favourite Russian Tatyana Shemyakina (2<sup>nd</sup> at World Champs in 2007) leading the group through the first half of the race in a steady 49:08. Here the Spaniard Julia Takacs (5<sup>th</sup> at World Juniors three years ago) asserted herself, perhaps spurred by her non-selection in the Spanish team in the upcoming World Championships. She set the pace for the remainder of the race with a stunning second 10km of 45:41, demolishing the opposition to win in by over 30 seconds from Shemyakina.

Both Australians **Beki Lee** and **Nicole Fagan** started well although Nicky was troubled early with cramping. Beki remained strong, maintaining her rhythm when the pace quickened, eventually moving up to 9<sup>th</sup>. While she faded to tenth in the conditions, her first major race showed her fighting spirit and bodes well for next year's World Cup (her splits were 49:45 and 51:09). Nicky was able to get back into her stride, and eventually finished in 14<sup>th</sup> place, both fine efforts.

1.	TAKACS NYERGES Julia	ESP	29 JUN 1989	1:33:51
2.	SHEMYAKINA Tatiana	RUS	3 SEP 1987	1:34:23
3.	OKHOTNIKOVA Nina	RUS	11 MAR 1991	1:35:10
4.	PELANTOVA Lucie	CZE	7 MAY 1986	1:36:14
5.	SHI Yang	CHN	24 JAN 1983	1:37:35
6.	YANG Yawei	CHN	16 OCT 1983	1:39:45
7.	FERRARO Federica	ITA	18 AUG 1988	1:40:40

8.	SZWARNOG Agnieszka	POL	28 DEC 1986	1:41:21
9.	WANG Shanshan	CHN	16 JUN 1987	1:41:37
10.	<b>LEE Rebecca</b>	<b>AUS</b>	<b>25 NOV 1986</b>	<b>1:41:54</b>
11.	SCHINDLEROVA Zuzana	CZE	25 APR 1987	1:42:03
12.	REYNOLDS Laura	IRL	21 JAN 1989	1:43:27
13.	CZAKOVA Maria	SVK	2 OCT 1988	1:43:36
14.	<b>FAGAN Nicole</b>	<b>AUS</b>	<b>24 JUL 1989</b>	<b>1:48:02</b>
15.	URIBE Erandi	MEX	1 MAR 1990	1:48:52
16.	OKADA Kumiko	JPN	17 OCT 1991	1:54:07
	ELSS Christin	GER	4 SEP 1989	DNF
	KRUCHINKINA Elena	RUS	26 OCT 1988	DNF
	LOPES Cisiane	BRA	17 FEB 1983	DNF
	SENA Erica	BRA	MAY 1985	DNF

All in all a first class experience for these developing talents, all showing commendable professionalism in preparing for their events and racing their hearts out on the day. With their compatriots soon to race in Korea, it bodes well for the depth of talent now progressing into senior ranks. It was a privilege to help such fine walkers.

You can pick up full race splits on the official website at <http://www.sz2011.org/Universiade/>

And now to Simon's photos.



Left: Nicole Fagan (139) far left at race start. Right: Beki Lee is pleased with her 10th place finish.



Brendon Reading, Ian Rayson and Beki Lee (far right of women's pack) in action

## IAAF WORLD CHAMPIONSHIPS, SHENZHEN, CHINA

The 13<sup>th</sup> IAAF World Championships in Athletics are now well underway and I am enjoying the fantastic live coverage from SBS Television in Australia. The first of the walks was held on Sunday so let's get straight down to work.

### 20km Walk Men, Sunday 28 August, 9AM

Russia's Valeriy Borchin successfully defended his title in the 20km race walk on Sunday morning at the IAAF World Championships in Daegu. Borchin hasn't lost a race for more than three years and he was one of the big favourites heading into the race.

Japan's Yusuke Suzuki had built up a 35-second lead over the main chasing pack by half way to put the pressure on. Early leader Giorgio Rubino of Italy was disqualified for lifting and, soon after, Borchin set off in pursuit of the leader. China's world leader, Wang Zhen, went with him and at 15km they found themselves in first and second places. Borchin upped the pace and increased his lead through to the end, clocking a winning 1:19:56. His team-mate Vladimir Kanaykin had a strong finish to move in to second (1:20:27) and Luis Fernando Lopez crept into the bronze medal position, winning Colombia's first ever medal at the World Championships. Wang slipped to fourth, just outside the medals, while home favourite Hyunsub Kim finished sixth with what could prove to be Korea's highest finish of the championships. Both Borchin and Kanaykin have returned to the sport after serving drugs bans.

Australia's main hope **Jared Tallent** finished well back in 27<sup>th</sup> place with what was for him a very disappointing 1:25:25 while the only other Australian starter **Adam Rutter** retired from the race soon after the 15km mark. **Luke Adams** had been selected as part of the 20km team but withdrew last week to concentrate on the 50km event next Sunday.

Jared was interviewed for the Athletics Australia website:

*"I'm pretty disappointed to be honest, I usually should be able to hold that pace easily but it wasn't there today. My preparation hasn't been ideal and I now have a week to turn it around for the 50 kilometre event later in the week. I had some pretty solid long sessions at home before coming here and am hoping to find what I was missing today for the next race."*



Left: Borchin wins ([www.iaaf.org](http://www.iaaf.org))



Right: Jared Tallent in action ([www.athletics.com.au](http://www.athletics.com.au))

1.	Valeriy Borchin	RUS	1:19:56
2.	Vladimir Kanaykin	RUS	1:20:27
3.	Luis Fernando López	COL	1:20:38
4.	Zhen Wang	CHN	1:20:54
5.	Stanislav Emelyanov	RUS	1:21:11
6.	Hyunsub Kim	KOR	1:21:17
7.	Ruslan Dmytrenko	UKR	1:21:31
8.	Yusuke Suzuki	JPN	1:21:39
9.	Alex Schwazer	ITA	1:21:50
10.	Erick Barrondo	GUA	1:22:08
11.	Yafei Chu	CHN	1:22:10
12.	Sergey Morozov	RUS	1:22:37
13.	Hao Wang	CHN	1:22:49
14.	Matej Tóth	SVK	1:22:55
15.	Eder Sánchez	MEX	1:23:05
16.	João Vieira	POR	1:23:26
17.	Miguel Ángel López	ESP	1:23:41



18.	Anton Kucmin	SVK	1:23:57
19.	James Rendón	COL	1:24:08
20.	Horacio Nava	MEX	1:24:15
21.	Christopher Linke	GER	1:24:17
22.	Caio Bonfim	BRA	1:24:29
23.	Trevor Barron	USA	1:24:33
24.	Rafal Augustyn	POL	1:24:47
25.	Youngjun Byun	KOR	1:24:48
26.	Hassanine Sebei	TUN	1:25:17
27.	Jared Tallent	AUS	1:25:25
28.	Recep Çelik	TUR	1:25:39
29.	Nazar Kovalenko	UKR	1:25:50
30.	Gurmeet Singh	IND	1:26:34
31.	Babubhai Kesharabhai Panucha	IND	1:26:53
32.	David Kimutai Rotich	KEN	1:27:20
33.	Yerko Araya	CHI	1:27:47
34.	Hédi Teraoui	TUN	1:29:48
35.	Diego Flores	MEX	1:30:00
36.	Juan Manuel Cano	ARG	1:30:00
37.	Emerson Hernandez	ESA	1:30:48
38.	Ronal Quispe	BOL	1:32:09 (PB)
	Moacir Zimmermann	BRA	DQ
	Gustavo Restrepo	COL	DQ
	Giorgio Rubino	ITA	DQ
	Anatole Ibañez	SWE	DQ
	Adam Rutter	AUS	DNF
	Mauricio Arteaga	ECU	DNF
	Francisco Javier Fernández	ESP	DNF
	Chil-sung Park	KOR	DNF

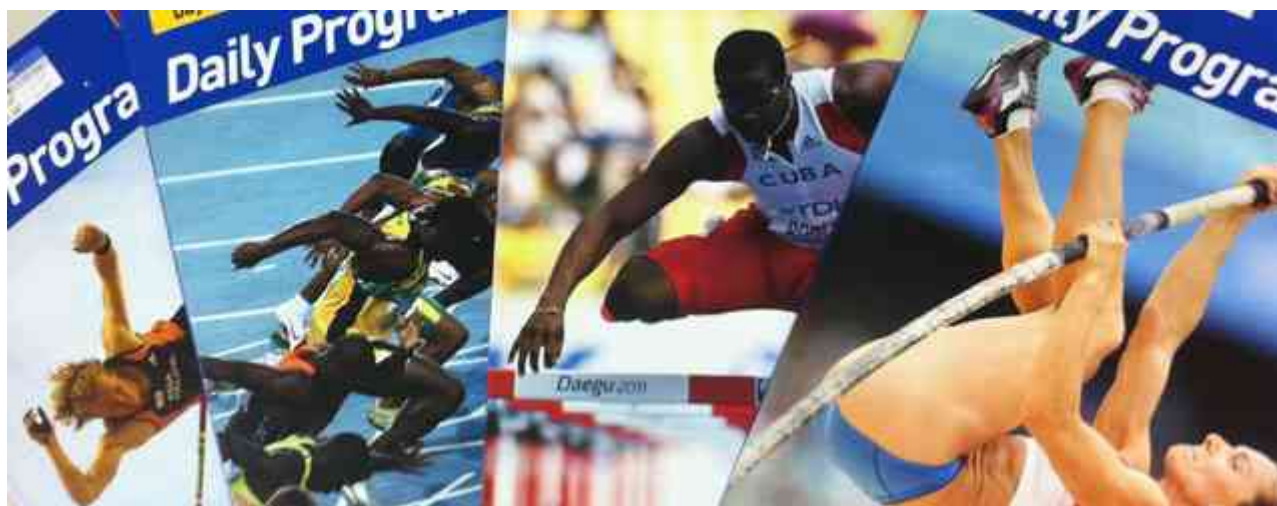


photo - <http://www.athleticsweekly.com/blog/who-will-break-the-cover-curse/>

There was one thing in Daegu that had the world's leading athletes quaking in their boots in the first few days at the IAAF World Championships. It was not the prospect of competing in hot and humid conditions, nor was it the weight of pressure and expectation of their fans back home. It was whether they were selected to appear on the cover of the daily programmes.

In the first 4 days of competition, the 'cover curse' took down some of the sport's biggest stars. World and Olympic champion **Steve Hooker** was the first to fall victim to the jinx after featuring on the cover of the programme for day one. Undefeated at major championships since March 2008, the Australian went out in qualifying after failing to clear his opening height – something that has never happened before to Hooker.

A picture of Jamaican superstar **Usain Bolt** was used for the programme on day two – a sure-fire bet to win after a storming run in the heats. Or so it seemed, before he false-started in a final – the first time in his career that he has made such a blunder at a major championships.

Next up was **Dayron Robles**, the world 110m hurdles record-holder. Initially it seemed as though the Olympic champion from Cuba had broken the curse, as he crossed the line first in the men's 110m hurdles final. But moments later it was revealed that the Chinese team had lodged a protest over an obstruction to Liu Xiang during the race and Robles was disqualified. It would have been his first world title.

On Day 4, it was down to **Yelena Isinbayeva**, the pole vault world record-holder, to try to beat the kiss of death as her image featured on the programme cover. But, competing in her first major championships since sitting out last summer, the Russian finished sixth in the final. Excluding the two occasions she has no-heighted, it was Isinbayeva's lowest finish at a major outdoor championships since her ninth-place finish at the 1998 World Junior Championships.

Just one event, the women's 20km walk, was being held on day five and there was only ever going to be one likely candidate for the cover. Since winning gold in Osaka four years ago, Russia's **Olga Kaniskina** had won all major titles ever since and had been unbeatable at major championships. But would she be strong enough to overcome the curse? Read on below to find out!

### **Women's 20km walk, Wednesday 31 July, 9AM**

26 year old Russian Olga Kaniskina became the first woman in World Championships history to win three 20km walk titles in a row with her win in Daegu last Wednesday morning. Only one other race walker, male or female, has achieved such a feat – Ecuador's Jefferson Perez, who won the men's 20km walk three times between 2003 and 2007.

With Olympic and European titles also to her name, Kaniskina is without doubt one of the most dominant athletes in world athletics. Her last loss at a major championship was when finishing second at the 2006 European Championships, aged just 21 at the time. Already she is arguably the greatest female walker of all time, and she has many years ahead of her in which to win more medals. The only glaring omission from her CV is the World record. She owns the second-fastest time in history at 1:24:56, but as it was set in a race without the minimum requirement of international officials. The official World record belongs to team-mate Vera Sokolova at 1:25:08.

Kaniskina's win also put an end to Daegu's "curse of the covers", where the official programme's cover stars on each of the previous four days suffered ignominious exits. *"Thankfully no one told me about this before the race, they only told me after,"* Kaniskina laughed at a news conference. *"I didn't know about it, but it was a good decision to put me on the cover."*

Kaniskina, also the gold medallist from the 2008 Beijing Olympics, said the conditions were tough in South Korea. *"Compared to Osaka and Berlin this race was very difficult. We were prepared for the hot and humid weather but not for the sun. The plan was to go with the group for the first half and then to come out fast. But until the very end of the race I was not sure about my victory. Even in the finish, you cannot be sure about your victory because you still can get a red tag."*

Kaniskina, along with team mates Sokolova and Kirdyapkina, controlled the large pack early on but the pace was slow. Indeed at 5km where Kaniskina led through in 23:29 there were still 26 other contenders within two seconds of that mark and at the halfway point, there were still 13 athletes in the front group with Kaniskina in the lead with 46:16. Kirdyapkina briefly surged at 12km but was reeled in rapidly and two kilometres later it was Kaniskina who made her decisive move. She quickly opened up a five-second gap over her teammate, who later had to concede the silver medal to the fast-finishing Liu who went past her two kilometres from the line, while Sokolova drifted back to eventually finish in 11<sup>th</sup> place in a time of 1:32:13. The times of the medallists - Kaniskina 1:29:42, Liu 1:30:00 and Kirdyapkina 1:30:13.

Olympic bronze medallist Elisa Rigaud, who beat Liu across the line in Beijing, took fourth in a season's best 1:30:44, followed by Qieyang Shenjie of China who clocked 1:31:14 for fifth. Susan Feitor, the 36-year-old Portuguese veteran and 2005 World Championship bronze medallist, who was competing in her 11<sup>th</sup> IAAF Championships (a record!), recorded a mark of 1:31:25 for sixth place.

Kaniskina's splits confirm her race tactic - 23:29, 46:16, 1:08:03, 1:29:42 (23:29, 22:27, 21:47 and 21:39). It is just so hard to beat someone who can race like that.

**Regan Lamble** and **Claire Tallent** walked excellently to finish 15<sup>th</sup> and 21<sup>st</sup> respectively. They had maintained position within the lead pack for the first 7km but, as the morning humidity and temperature and race tempo increased, they were amongst the many who dropped off the pace. 19-year-old Regan crossed the half-way point in 46:39 and in 22<sup>nd</sup> position but she came home strongly to finish in 15<sup>th</sup> place in a time of 1:33:38. Claire also chased athletes down in the latter stages of the race to finish in 21<sup>st</sup> with a time of 1:34:46.

Regan, who was making her senior Australian debut, said: *"It was pretty warm, but was alright. The sun was pretty bad but we had prepared well. I was a bit worried when the main pack got away and I was sort of floundering a little bit. Then in the second half I concentrated on trying to pick each person off one by one. I managed to pick off a few in the last three kilometres or so. I was really pleased with how I finished the race. Our race plan was to just try and be competitive with the middle half of the field because this is my first race as a senior. I think I achieved that goal pretty well. I decided not to go out too fast. The pace overall, even with the lead girls, was pretty conservative at the start so that helped me settle in. After that I tried to just hang on. I'm really happy with that performance. I think I took a lot out of that race and hopefully in the next few months can get fitter and stronger and make my way up the field and be a bit more competitive in my next few races."*

Claire improved her performance from the last World Championships, in Berlin, by six places (in Berlin she clocked 1:38:12 and finished in 27<sup>th</sup>). *"It wasn't too bad. I think we prepared really well. When the pace kicked out it was hard to go but it was solid and felt steady the whole way. I felt pretty strong even though I couldn't speed up. It was pretty good out there."*



Left: The Russians dictate the early laps



Right: Regan and Claire in action



Left: Taking the turns at speed



Right: Kaniskina wins yet again

1.	Olga Kaniskina	RUS	1:29:42
2.	Hong Liu	CHN	1:30:00
3.	Anisya Kirdyapkina	RUS	1:30:13
4.	Elisa Rigaud	ITA	1:30:44
5.	Shenjie Qieyang	CHN	1:31:14
6.	Susana Feitor	POR	1:31:26
7.	Ana Cabecinha	POR	1:31:36
8.	Kristina Saltanovic	LTU	1:31:40
9.	Beatriz Pascual	ESP	1:31:46
10.	Inês Henriques	POR	1:32:06
11.	Vera Sokolova	RUS	1:32:13
12.	Olena Shumkina	UKR	1:32:17
13.	María Vasco	ESP	1:32:42
14.	Ni Gao	CHN	1:32:49
15.	<b>Regan Lamble</b>	<b>AUS</b>	<b>1:33:38</b>
16.	Olive Loughnane	IRL	1:34:02
17.	Tatiana Mineeva	RUS	1:34:08
18.	Nastassia Yatsevich	BLR	1:34:09
19.	Jamy Franco	GUA	1:34:36
20.	Kumi Otoshi	JPN	1:34:37
21.	<b>Claire Tallent</b>	<b>AUS</b>	<b>1:34:46</b>
22.	Mayumi Kawasaki	JPN	1:35:03
23.	Johanna Jackson	GBR	1:35:32
24.	Nadiia Borovska-Prokopuk	UKR	1:35:38

25.	Lucie Pelantová	CZE	1:35:45
26.	Yong-eun Jeon	KOR	1:35:52
27.	Claudia Stef	ROU	1:36:55
28.	Agnese Pastare	LAT	1:37:48
29.	Brigita Virbalyté	LTU	1:38:39
30.	Maria Michta	USA	1:38:54
31.	Maria Czaková	SVK	1:39:07
32.	Arabelly Orjuela	COL	1:39:28
33.	Ingrid Hernández	COL	1:39:53
34.	Zuzana Schindlerová	CZE	1:39:57
35.	Marie Polli	SUI	1:40:28
36.	Milángela Rosales	VEN	1:40:49
37.	Rachel Lavallée Seaman	CAN	1:43:31
38.	Grace Wanjiru Njue	KEN	1:43:59
39.	Yadira Guamán	ECU	1:45:15
40.	Chaima Trabelsi	TUN	1:46:29
	Claudia Balderrama	BOL	DQ
	María José Poves	ESP	DQ
	Viktória Madarász	HUN	DQ
	Neringa Aidietyte	LTU	DQ
	Maria Guadalupe Sánchez	MEX	DQ
	Olga Iakovenko	UKR	DQ
	Sabine Krantz	GER	DNF
	Melanie Seeger	GER	DNF
	Masumi Fuchise	JPN	DNF
	Semiha Mutlu	TUR	DNF

### Men's 50km Walk, Saturday 3 September, 8AM

The temperature was already 23°C when the men's 50km started at 8AM on Saturday and it steadily rose throughout the race. Luckily, the cloud cover held so walkers were spared the additional stress of a full sun.

I had expected this to be the most exciting of the walks and it lived up to expectations. Yohan Diniz, the current track world record holder, led early and it was left to Australian **Nathan Deakes** and Russian champion Sergey Bakulin to chase and catch him between the 5km and 10km mark. Bakulin soon backed off but Nathan was up to the challenge, matching it with Diniz and turning back the years with his confident walking.

The first big shock came at 15km when Diniz was disqualified, leaving Nathan 12 secs in front of Bakulin with the rest nearly a minute in arrears. Unfazed, Nathan then increased his pace, reaching the half way mark in 1:49:35 with a lead of 30 secs over Bakulin with a chasing group of 8, including Jared Tallent and Luke Adams, nearly 2 minutes further back. His 5km splits tell the story of the race thus far - 22:18, 22:13, 21:49, 21:43 and 21:32.

But the grimace on Nathan's face told a different story. His troublesome hamstring was obviously starting to make its presence felt and his next 5km was a slower 21:58. At 30km, he still held a 20 sec lead but soon afterwards he was forced to stop and stretch. This he did on multiple occasions over the few laps as first Bakulin and then the chasing pack caught him. With his next 5km split now a slow 24:29, he had no choice but to retire.

Bakulin was now over 2 minutes ahead of the chasing pack of 3 - world record holder Denis Nizhegorodov, China's Tianfeng Si and **Jared Tallent** - with 15km to go. At this stage, Jared laid his cards out for all to see, increasing his pace and starting the long chase. His next 5km was a very quick 21:40 and he was slowly closing the gap. He maintained the pace with a split of 22:04 up to 45km - he was now 90 secs behind Bakulin and nearly 1 minute clear of Nizhegorodov in third.

Alas, it was not to be. Slowing to 23:50 in the last 5km, he surrendered his silver medal to the chasing Russian in the 49<sup>th</sup> km - the final stats showing Bakulin first with 3:41:24, Nizhegorodov second with 3:42:45 and Jared third with 3:43:36.

Russia's 1-2 finish confirmed the country's top ranking in the racewalking discipline. It followed Borchin's 20km win on Sunday in a similar 1-2 for Russia, Vladimir Kanaykin taking silver. Russia also claimed the other race walking gold medal on offer with Kaniskina powering to an unprecedented third consecutive women's 20km race walk. Bronze in that race for Anisya Kirdyapkina meant that of the nine medals up for grabs, Russia claimed six, including three gold, two silver and one bronze.

Jared had been left demoralised a week ago when he finished only 27<sup>th</sup> in his first event of the championships, the 20km walk, but he turned that into motivation for the 50km event. *"I was just really annoyed with myself. You train so hard all year and you don't expect to come 27<sup>th</sup> so that fired me up for today. I was feeling very tired last week but I came out here to get a medal today and I'm really, really satisfied with that. I probably went a bit to hard early going for the gold medal because the last two laps were hell. I wish the race was 46km today instead of 50km."*

Australia's third competitor, **Luke Adams**, also finished strongly for fifth place (3:45.31) and will also be rewarded with automatic nomination for the Olympics. Luke revealed he had sustained a hip injury a month ago and had battled to get to the starting line. *"It's been a very stressful month. It would have been nice to be top three but I am happy to be top five." I knew there was going to be pain. It was pretty good for 20 or 30km, the last 10km it was really sore but not sore enough to stop me."*



Nathan's coach Craig Hilliard said the former world champion was "pretty devastated" that another hamstring injury had ruined his return to championship racing. *"He's been out for so long (after hamstring surgery that ruled him out of the 2008 Olympics) but he's such a competitor; he wasn't coming here just to get a medal, he was coming here to win. It's a new injury but it's the leg he had surgery on, he stirred it up about a week ago. But he's proved to himself and me today that he can compete at this level again. It's going to be hard to beat the Russians next year but we are not that far behind and we have beaten them before."*

Check out <http://daegu2011.iaaf.org/newslistdetail.aspx?id=62236> for a great article on winner Sergey Bakulin.



Left: Jared chases in the final kilometres

Centre: Nathan mid race

Right: Bakulin on his way to victory

1.	Sergey Bakulin	RUS	3:41:24	
2.	Denis Nizhegorodov	RUS	3:42:45	
3.	<b>Jared Tallent</b>	<b>AUS</b>	<b>3:43:36</b>	
4.	Tianfeng Si	CHN	3:44:40	
5.	<b>Luke Adams</b>	<b>AUS</b>	<b>3:45:31</b>	
6.	Koichiro Morioka	JPN	3:46:21	
7.	Chil-sung Park	KOR	3:47:13	(NR)
8.	Faguang Xu	CHN	3:47:19	
9.	Takayuki Tanii	JPN	3:48:03	
10.	Hirooki Arai	JPN	3:48:40	(PB)
11.	Andrés Chocho	ECU	3:49:32	(AR)
12.	Marco De Luca	ITA	3:49:40	
13.	Rafal Sikora	POL	3:50:24	
14.	Dong-young Kim	KOR	3:51:12	
15.	Jarkko Kinnunen	FIN	3:52:32	
16.	Jean-Jacques Nkouloukidi	ITA	3:52:35	(PB)
17.	Trond Nymark	NOR	3:54:26	
18.	Edgar Hernández	MEX	3:54:46	
19.	José Leyver	MEX	3:55:37	
20.	Oleksiy Kazanin	UKR	3:56:18	
21.	Omar Zepeda	MEX	3:56:41	
22.	Andreas Gustafsson	SWE	4:00:05	
23.	Bertrand Moulinet	FRA	4:07:58	
24.	Quentin Rew	NZL	4:08:46	
25.	Jianbo Li	CHN	4:10:26	
	Jesús Angel García	ESP	DQ	
	Mikel Odriozola	ESP	DQ	
	Antti Kempas	FIN	DQ	
	Yohan Diniz	FRA	DQ	
	Cedric Houssaye	FRA	DQ	
	Colin Griffin	IRL	DQ	
	Junghyun Yim	KOR	DQ	
	Tadas Šuškevičius	LTU	DQ	
	Rafal Fedaczyński	POL	DQ	
	Igor Erokhin	RUS	DQ	
	Nenad Filipovic	SRB	DQ	
	Miloš Bátovský	SVK	DQ	
	<b>Nathan Deakes</b>	<b>AUS</b>	<b>DNF</b>	



José Ignacio Díaz	ESP	DNF
Igors Kazakevics	LAT	DNF
Grzegorz Sudol	POL	DNF
Sergey Kirdyapkin	RUS	DNF
Matej Tóth	SVK	DNF

The distribution of red cards from Deagu makes for worrying reading

Women's 20 km walk:	50 starters, 6 DQs, 9 red cards for loss of contact and 29 for knees
Men's 20 km walk:	46 starters, 4 DQs, 10 red cards for loss of contact and 18 for knees
Men's 50 km walk:	43 starters, 12 DQs, 5 red cards for loss of contact and 47 for knees

I am always perplexed by the relative calling for loss of contact and for knees. I find it impossible to believe that the most highly trained walkers in the world so blatantly and consistently fail the knees rule and yet look so good from a contact perspective when the publication of photos from top races hardly ever shows anyone with bent knees and yet consistently shows walkers pushing the absolute limit in terms of contact.

What are the causes of this seeming anomaly?

Obviously the small number of red cards for loss of contact can be pretty easily explained - the very rapid turnover at high speed makes it very hard for judges to see lifting unless it is blatant. To put it simply, the faster a walker goes, the more fluent he/she looks. This is why a walker will often get their contact red when they are doing their slowest lap of the race.

The red cards for knees are harder to understand. Do our judges, even top ones, seem to fail to realise the difference between a straight leg and a straightened one? Do they have the necessary understanding of biomechanics to really understand what they are seeing? Who knows! I just know that the balance is not right and something is not working as it should. Perhaps it is time to review the current rules to fix this anomaly. The rules of walking are not set in concrete. They have been changed in the past and will be changed again in the future. (For my short history of the evolution of our current ruleset, see <http://www.vrwc.org.au/tim-archive/wg-rules-of-racewalking.pdf>).

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**CHINESE NATIONAL ROADWALK CHAMPIONSHIPS, BAOJI, 16 - 18 SEPTEMBER**

And finally to China for their National roadwalk championships which annually showcase the extraordinary depth and quality of walking within that country.

**20km Open Women**

1.	Wang Shanshan	1:30:01
2.	Yang Mingxia	1:31:00
3.	Nie Jingjing	1:31:00
4.	Sun Huanhuan	1:31:20
5.	Ding Huiqin	1:32:11
6.	Shi Tianshu	1:32:16
7.	Li Li	1:33:20
8.	Yang Yawei	1:33:45
9.	Li Hua	1:33:54
10.	Huang Jing	1:33:57
11.	Bo Yanmin	1:34:21
12.	Jiang Jing	1:35:02
13.	Shi Yang	1:35:50
14.	Wang Min	1:36:00
15.	Sun Xueping	1:36:33
16.	Xu Liqin	1:36:59
17.	Zhang Xin	1:37:04
18.	Kang Jinzi	1:37:37
19.	Mu Juan	1:37:59
20.	Xu Yaozhi	1:38:18
21.	Song Meiyang	1:38:55
22.	Wang Tingting	1:39:17
23.	Huang Wei	1:40:14
24.	Tong Chengcheng	1:40:41
25.	He Dan	1:41:20
26.	Wang Xiaolan	1:42:17
27.	Liu Ke	1:42:40
28.	Chen Shuangyan	1:42:58
29.	Ke Lijun	1:43:38
30.	He Qinqin	1:43:52
31.	Sun Libin	1:44:05
32.	Zhou Tongmei	1:46:35

**20km U20 Women**

1.	Lu Xiuzhi	1:29:50
2.	Mao Yanxue	1:31:03
3.	Ni Yuanyuan	1:31:56
4.	Luo Xingcai	1:32:03
5.	He Qin	1:32:59
6.	Pei Mowen	1:35:14
7.	Li Maocuo	1:35:40
8.	Xie Lijuan	1:37:17
9.	Tong Lingling	1:37:21
10.	Wang Jiaojiao	1:37:47
11.	Duan Dandan	1:37:52
12.	Dan Hongying	1:38:03
13.	Zhu Dan	1:38:28
14.	Liu Huan	1:39:09
15.	Liu Shuyu	1:39:37
16.	Ma Faying	1:39:43
17.	Fu Jia	1:40:37
18.	Li Wanfang	1:40:48
19.	Wang Zhenzhen	1:40:54
20.	Xiao Junying	1:41:02
21.	Wang Yingliu	1:42:09
22.	Chen Zhen	1:42:14
23.	He Fenfen	1:42:36
24.	Yang Lixia	1:42:55
25.	Xu Lu	1:43:21
26.	Yang Liu	1:43:45
27.	Zhang Shasha	1:44:18

**20km Open Men**

1.	Cai Zelin	1:22:03
2.	Xu Dexing	1:23:08
3.	Bian Fongda	1:23:25
4.	Liu Jianmin	1:23:42
5.	Wang Leilei	1:24:07
6.	Yu Wei	1:24:53
7.	Wang Zhendong	1:25:07
8.	Niu Wenbin	1:25:34
9.	Hou Quan	1:25:37
10.	Ji Chunlong	1:26:34
11.	Li Yang Tao	1:26:41
12.	Ge Hui	1:26:59
13.	Sun Chenggang	1:28:04
14.	Zhang Hang	1:29:27
15.	Peng Honhchan	1:29:38
16.	Han Yucheng	1:29:47

**20km U20 Men**

1.	Chen Ding	1:21:48
2.	Zhao Qi	1:23:37
3.	Su Guanyu	1:23:45
4.	Lin Dexin	1:24:20
5.	Cong Fudong	1:25:16
6.	Wei Xubao	1:25:23
7.	Luo Yadong	1:25:53
8.	He Yongqiang	1:26:51
9.	Xie Sichao	1:27:30
10.	Hu Wanli	1:27:34
11.	Cao Mingjun	1:27:57
12.	Men Fuqiang	1:28:14
13.	Jiang Shan	1:28:15
14.	Han Jijiang	1:28:19
15.	Gao Wenkui	1:28:31
16.	Tong Anqi	1:28:56
17.	Rong Yufei	1:29:11
18.	Wang Guozhen	1:29:13
19.	Li Shijia	1:29:19
20.	Yu Jiandong	1:29:31
21.	Zhang Lin	1:29:34
22.	Li Zhengfa	1:29:55

28.	Li Qiuye	1:45:04
29.	Liu Yannan	1:45:29
30.	Sun Xiyuan	1:45:35
31.	Li Yangyang	1:45:42
32.	Xin Shasha	1:45:58
33.	Cao Xuelian	1:46:52
34.	Ju Yannan	1:47:01
35.	Kang Bin	1:47:11
36.	Liu Fengshuang	1:47:27
37.	Li Wei	1:47:54
38.	Chang Xiao	1:48:05
39.	Yin Qiaomian	1:48:18
40.	Yang Lei	1:48:58
41.	Zhao Huimin	1:50:03
42.	Yang Peili	1:50:11
43.	Dong Genmiao	1:50:27

**20km U18 Women**

1.	Mao Jie	48:20
2.	Sun Yawen	49:35
3.	Wang Chen	49:53
4.	Yao Yu	50:00
5.	Han Xue	50:36
6.	Liu Baijie	50:51
7.	Hu Zhimin	51:00
8.	Zhang Yinyin	51:24
9.	Li Ping	51:56

**20km U18 Men**

1.	Yin Jiaying	41:52
2.	Wang Kaihua	41:55
3.	Feng Tianzhu	42:51
4.	Zhang Zhi	43:28
5.	Li Datian	43:47
6.	Liu Xu	43:53
7.	Lu Dahai	43:54
8.	Wang Mingli	44:02
9.	Li Peng	44:16
10.	Lu Hongyue	44:36
11.	Lu Shouming	44:43
12.	Tao Zhiqiang	44:44

## IAAF CHALLENGE FINAL, LA CORUÑA, SPAIN, SATURDAY 17 SEPTEMBER

I can't do any better than Paul Warburton's report on the IAAF website - <http://www.iaaf.org/WRC11/news/newsid=62560.html> - so here it is. It certainly sounded like the pace was hot in La Coruna, even if the weather was cooler than expected. Four Australians were in action in what was the last major race for the year.

### 10km Men

He can race in any city at any time a race demands – and Valeriy Borchin still delivers – just as the Russian did again at the IAAF Race Walking Challenge in La Coruna last Saturday. Late afternoon shoppers in the Spanish city who stopped to linger were startled at the speed Borchin was moving in the second half of the race – and so were his competitors. The 25-year-old moved through the gears to do all was asked of him to take first-place and \$30,000 prize money. And together with the \$60,000 he earned in the IAAF World Championships just over two weeks ago – his shopping bags are a lot fuller than most in world athletics right now.

The race for second saw last year's winner Zhen Wang take home \$20,000, but one had to feel for Joao Vieira 20 seconds back. The Portuguese had gone shoulder to shoulder with Yafei Chu from China in the second half, but had to be content with fourth when a last 100-yard sprint denied him a further \$5,000 for his kit bag.

You needed a sieve to sort out the first 14 at the end of lap one. The opening kilometre in 3:56 was quick by the standards of most mortals, but this throng have god-given talents. The plan appeared to be for the judges to have a good look at everyone without attracting itchy-trigger fingers to mobile phones being used for the first time at this level. Officials on the course were able to send a pre-prepared text to the chief judge's table no walker wanted to receive: an electronic DQ card.

But there is always someone who blinks first, and Jose Ignacio Diaz threw caution to the winds to make 3k in 11:50 and extend the lead by 20 more metres by the end of the next lap. The Mexican was ineligible for the prizes anyway, and sensibly the moneymen were clearly keeping their powder dry and lapping at four-minute pace. However, the fifth circuit saw daylight appear between the main players. Off the back went Australian Luke Adams and out the front went Borchin. In between, Wang gave chase closely followed by Chu, along with a slightly fluid group of five that were swapping the minor places just about every 100 metres.

The seventh tour showed why Borchin is a champion. The watches stopped at 3:47, and Wang was clearly going to be the only one to trouble the double IAAF champion. Next time around was seven seconds quicker still for the leader, and it was all over by the bell. The gap had grown just that bit more, and the rocking head of the Chinese showed that Wang knew it too. Borchin wasn't thinking about the money he had just won as he warmed down. "It's the victory that's most important. This one is just as good as the rest this year," he said. "If you're competing against the best, then any victory is important. It's been a hard few weeks – but I'm glad all the hard work has been rewarded."

Of the Australians, **Luke Adams** 39:46 just pipped **Jared Tallent** 39:49 in what must have been an interesting race within a race, while junior **Dane Bird-Smith** backed up well from his World mountain running exploits the previous weekend for a quick 41:21.

1.	Valeriy BORCHIN	1986	RUS	38:43
2.	Zhen WANG	1991	CHN	38:50
3.	Yafei CHU	1988	CHN	39:07
4.	Joao VIEIRA	1976	POR	39:10
5.	Eder SANCHEZ	1986	MEX	39:14
6.	Robert HEFFERMAN	1978	IRL	39:15
7.	Isamu FUJISAWA	1987	JPN	39:19
8.	<b>Luke ADAMS</b>	<b>1976</b>	<b>AUS</b>	<b>39:46</b>
9.	Ever PALMA OLIVARES	1992	MEX	39:47
10.	<b>Jared TALLENT</b>	<b>1984</b>	<b>AUS</b>	<b>39:49</b>
11.	Pedro Daniel GOMEZ	1990	MEX	40:02
12.	Luis Fernando LOPEZ	1979	COL	41:08
13.	<b>Dane BIRD-SMITH</b>	<b>1992</b>	<b>AUS</b>	<b>41:21</b>
14.	Jesús Angel Garcia BRAGADO	1969	ESP	41:24
15.	Maik BERGER	1979	GER	47:01
16.	Ignasi MELO	1952	ESP	49:43
17.	Antonio GONZALEZ ARRABAL	1962	ESP	51:47

### 10km Women

It was getting decidedly gloomy by the time Olga Kaniskina crossed the finishing line in first place at the IAAF Race Walking Challenge final. Dozens of flashbulbs greeted the Russian champion, and her delighted smile further illuminated the dusk in La Coruna. One would have thought she had got used to crossing a race walk line first, but the 25-year-old sporting a new tan, looked as happy as if she had just won race number one. Hong Liu also walked to form to take second, but Melanie Seeger leapt in the air after she finished a surprise third. The German outspiced Portuguese Ana Cabecinha for third to belie her poor showing at the IAAF World Championships in Daegu. It almost needed a searchlight to pick out the rest – it had got that dark – but there was home joy for Beatriz Pascual on home soil in sixth, and the ever-consistent Susana Feitor from across the border in Portugal for fifth.

Earlier, a cautious group of 11 worked their way to 3k in around 13:20 – another moderate start for athletes of this calibre. The one surprise was 2009 IAAF World Champion silver medallist Olive Loughane already off the back, and clearly struggling despite the cool early evening temperature. In fact, the organisers had obviously bargained for something a bit hotter, judging by the 7.30pm start time. But most spectators were wearing sweaters at least, and there were even a couple of woolen scarves amongst the 10,000-plus

crowd lining the 1k circuit.

It allowed the main protagonists to up the pace to a 21:56 clocking at half way, and by the next lap, the peloton had fragmented to a spearhead of three, another pair five seconds back, and a group of three about the same distance again. Kaniskina, Seeger and Liu were pushing it now, and a 4:11 circuit on the seventh lap blew the race apart. Only Kaniskina and Liu were in contention, with Seeger and Cabecinha still hoping for bronze. The Chinese pushed it to 8k with a startling 3:58 lap. But right behind her was the fluid Russian, and guessing Liu was at her limit – pushed even harder. The eventual winner was gasping like a fish out of water by now, but that was just at the sheer pace of the race at this stage. She took the bell with a 40-metre lead, and the twinkling shop lights reflected her march to victory and the glittering prizes.

Just as happy with her \$14,000 in third was Seeger. “I knew I had it in me,” she said. “I just wanted a second chance to prove it after Daegu – and you don’t know how happy I am.”

**Claire Tallent** finished 17<sup>th</sup> with 47:25 to finish what has been a successful international year for her.



**Hong Liu, Olga Kaniskina and Melanie Seeger in La Coruna (Véronique Warburton - www.iaaf.org)**

1.	Olga KANISKINA	85	RUS	42:39
2.	Hong LIU	87	CHN	42:57
3.	Melanie SEEGER	77	GER	43:09
4.	Ana CABECINHA	84	POR	43:15
5.	Susana FEITOR	75	POR	43:40
6.	Beatriz PASCUAL	82	ESP	43:49
7.	M <sup>a</sup> Jose POVES	78	ESP	44:15
8.	Ni GAO	91	CHN	44:20
9.	Ines HENRIQUES	80	POR	44:28
10.	Olive LOUGHNANE	76	IRL	44:30
11.	Brigita VIRBALYTE	85	LTU	44:33
12.	Claudia STEF	78	ROM	45:53
13.	Vera SANTOS	81	POR	45:58
14.	Julia TACKAS	89	ESP	46:14
15.	<b>Claire TALLENT</b>	<b>81</b>	<b>AUS</b>	<b>47:25</b>
16.	Ainhoa PINEDO	83	ESP	47:35
17.	Rei INOUE	91	JPN	48:23
18.	Sonata MILUSAUSKAITE	73	LTU	49:17
19.	Miriam FERNANDEZ	81	ESP	49:21
20.	Mariela SANCHEZ	85	MEX	50:51
21.	Sara ALONSO	91	ESP	52:37

## INTERNATIONAL RACEWALK MEET, NAUMBURG, SATURDAY 24 SEPTEMBER

The international racewalk meet at Naumburg was held last weekend. Naumburg was for many years the centre of racewalking in the old East Germany and the World Race Walking Cup was actually held there in 2004. The meet this year featured 20km walks for men and women and a 50km walk for men. The course was a 1km loop in the inner city and it saw a whole swathe of walkers get their all important Olympic A qualifiers in preparation for next year.

### 50km Men

Overall, the event was won by 41 year old Jesus Garcia of Spain, his time of 3:48:11 a welcome return to form after being disqualified in the Daegu. The Irish walkers targeted the 50km with mixed results. Robbie Heffernan finished second in 3:49:30, following on from the personal best (39:19) he set at the IAAF Race Walking Challenge 10km in La Coruna the previous Saturday and Brendan Boyce walked a personal best of 3:57.58 to finish sixth, just inside the required Olympic qualification standard but there was heartbreak for Colin Griffin who was disqualified at the 48km mark when he was comfortably on track for a good time. Third place and the German title went to German Carsten Schmidt Carsten Schmidt with a life-time best of 3:54:54.

1.	Garcia, Jesus Angel	1969	Spain	3:48:11
2.	Heffernan, Robert	1978	Ireland	3:49:28
3.	Schmidt, Carsten	1986	Germany	3:54:54
4.	Batovsky, Milos	1979	Slovak Republic	3:56:46
5.	Kempas, Antti	1980	Finland	3:56:51
6.	Boyce, Brendan	1986	Ireland	3:57:58
7.	Krauchuk, Dzianis	1987	Belarus	4:01:14
8.	Cafagna, Diego	1975	Italy	4:01:29
9.	Grinko, Valerij	1987	Lithuania	4:14:15
10.	Gaidammavicius, Thomas	1987	Lithuania	4:15:23
11.	King, Dominic	1983	Great Britain	4:16:22
12.	Prieler, Helmut	1955	Germany	4:54:05
13.	Gnauck, Dick	1963	Germany	4:56:32
14.	Holtermann, Matthias	1981	Germany	4:58:54
15.	Werner, Stefan	1964	Germany	5:57:20
	Griffin, Colin	1982	Ireland	DQ
	Kaldewei, Dirk	1968	Germany	DQ

### 20 km Men

Ever Olivares showed that he was in good form the previous weekend when taking 9<sup>th</sup> place in the La Coruna 10km (39:46) and he backed up well to win in Naumburg with 1:21:02. It was certainly a race dominated by youngsters with Olivares (born 1992) winning, Inaki Gomez of Canada (1990) taking third and Hagen Pohle (1992) taking sixth.

1.	Olivares, Ever	1992	Mexico	1:21:02
2.	Simanovich, Dzianis	1987	Belarus	1:21:15
3.	Gomez, Inaki	1990	Canada	1:22:06
4.	Ziukas, Marius	1985	Lithuania	1:22:31
5.	Dunfee, Evan	1988	Canada	1:23:45
6.	Pohle, Hagen	1992	Germany	1:25:33
7.	Nunn, John	1978	USA	1:25:46
8.	Wright, Alex	1990	Great Britain	1:26:45
9.	Rogowski, Patryk	1989	Poland	1:27:26
10.	Savelskis, Marius	1994	Lithuania	1:29:05
11.	Gdula, Lukas	1991	Czech Republic	1:30:26
12.	Blocki, Damian	1989	Poland	1:35:40
13.	Petrisa, Normantas	1994	Lithuania	1:38:45
14.	Sieng, Lo Choon	1985	Malaysia	1:42:03
15.	Pazdera, Lukas	1986	Czech Republic	1:42:37
16.	Naso, Andrea	1960	Italy	1:42:58
17.	Borsch, Steffen	1973	Germany	1:47:01
18.	Gnauck, Dick	1963	Germany	1:49:12
19.	Hucke, Reinhard	1934	Germany	2:30:20

### 20 km Women

German champion Melanie Seeger was too strong for the field in the women's walk, winning with 1:29:20 ahead of Portugese walker Ines Henriques 1:30:40 and Rachel Seaman whose time of 1:33:33 was a new Canadian record. After that, times fell off quickly.

1.	Seeger, Melanie	1977	Germany	1:29:20
2.	Henriques, Ines	1980	Portugal	1:30:40
3.	Seaman, Rachel	1986	Canada	1:33:33
4.	Polli, Marie	1980	Switzerland	1:36:14
5.	Polli, Laura	1983	Switzerland	1:40:51
6.	Sanchez, Mariela	1991	Mexico	1:45:35
7.	Pashkovskaya, Katarina	1976	Belarus	1:46:26

8.	Mohd Rusni, Norliayana	1989	Malaysia	1:47:38
9.	Aiman, Kozhakhmetova	1991	Kazakhstan	1:52:05
	Sholpan, Kozhakhmetova	1991	Kazakhstan	DQ

**2010 PAN PACIFIC MASTERS GAMES, GOLD COAST, QUEENSLAND, 6-14 NOVEMBER 2010**

The Pan Pacific Masters Games walks took place on the Gold Coast in Queensland in November 2010 in hot and humid conditions. Gauging performances on the Masters rankings percentages, best walks were from Jan Morrey (W70), Peter Bennett (M50) and George White (M65) who all ranked above the 80% mark in their respective events.

**1500m Track Walks, Saturday 6 Nov**

W35	1	Irshad, Kylie	W39	Vic	7:06.01	81.59%
	2	Kingston, Sharon	W36	Nsw	13:20.74	42.66%
W45	1	Elms, donna-marie	W49	Vic	8:30.43	73.77%
	2	Jones, Kim	W45	Nsw	9:03.90	66.98%
W50	1	Shaw, Kay	W51	Qld	8:44.52	73.01%
	2	Pimm, Lynette	W50	Vic	9:45.19	64.89%
	3	Tillman, Annette	W50	Nsw	12:25.20	50.96%
W60	1	Collins, Joy	W60	Qld	10:18.29	67.24%
W65	1	Lynch, Sally	W67	Qld	9:32.76	78.42%
	2	McKinven, Noela	W68	Qld	10:45.18	70.47%
W70	1	Morrey, Jan	W70	Vic	9:28.80	81.99%
W75	1	Dauphinet, Christiane	W79	Qld	11:42.05	75.86%
M35	1	Kingston, Brett	M38	Nsw	10:21.87	51.73%
M40	1	Kropik, Franz	M42	Austria	7:06.86	77.75%
	2	Byrnes, Damian	M42	Qld	9:52.67	56.00%
	3	Wijesinghe, Samaru	M42	Vic	11:43.60	47.17%
M45	1	Baker, Peter	M46	Act	7:38.41	74.79%
	2	Dawe, Michael	M48	Qld	9:54.33	58.65%
	3	Mason, Robert	M45	Nsw	13:49.87	40.98%
M50	1	Bennett, Peter	M54	Qld	7:01.68	87.03%
	2	Worsnop, Christopher	M53	Vic	9:30.30	63.79%
	3	Davis, Kevin	M50	Qld	10:12.34	57.90%
M60	1	Heness, Keith	M64	Qld	8:38.51	78.01%
	2	Chapman, Grant	M60	Qld	12:54.10	50.15%
M65	1	White, George	M65	SA	7:40.63	88.77%
	2	Harrison, Graham	M67	SA	9:30.68	73.27%
M70	1	Sela, Patrick	M71	Qld	9:16.04	78.85%
	2	Biggs, Kevin	M71	Nsw	10:05.15	72.45%
	3	Megas, George	M74	Qld	11:09.56	68.04%
M75	1	Johnson, Ronald	M78	Nzl	10:35.22	75.77%
M80	1	Grigg, Russell	M83	Qld	14:17.02	60.61%

**10km Road Walk, Sunday 10 November**

W35	1	Irshad, Kylie	W39	Vic	1:06:18.00	63.70%
W45	1	Jones, Kim	W45	Nsw	1:06:29.00	66.65%
	2	Elms, donna-marie	W49	Vic	1:09:21.00	66.25%
W50	1	Shaw, Kay	W51	Qld	1:07:08.00	69.78%
	2	Pimm, Lynette	W50	Vic	1:11:43.00	64.69%
W60	1	Collins, Joy	W60	Qld	1:10:29.00	73.48%
W65	1	McKinven, Noela	W68	Qld	1:19:06.00	73.11%
M40	1	Kropik, Franz	M42	Austria	58:01.00	68.15%
	2	Chand, Dip	M41	Qld	59:25.00	66.02%
	3	Byrnes, Damian	M42	Qld	1:17:15.00	51.18%
M45	1	Lindenberg, Paul	M48	Qld	1:04:58.00	63.84%
M50	1	Bennett, Peter	M54	Qld	55:39.00	78.37%
	2	Worsnop, Christopher	M53	Vic	1:08:15.00	63.35%
M60	1	Heness, Keith	M64	Qld	1:08:29.00	70.09%
M65	1	White, George	M65	SA	57:26.00	84.49%
	2	Harrison, Graham	M67	SA	1:09:28.00	71.45%
	3	Adam, Lynden	M66	Qld	1:14:56.00	65.49%
M70	1	Sela, Patrick	M71	Qld	1:06:27.00	78.44%
	2	Biggs, Kevin	M71	Nsw	1:11:42.00	72.69%
	3	Megas, George	M74	Qld	1:18:15.00	69.33%

**3000m Track Walk, Monday 8 November**

W40	1	Beikoff, Donna	W43	Qld	23:23.25	52.69%
W45	1	Elms, donna-marie	W49	Vic	18:19.14	70.65%
	2	Jones, Kim	W45	Nsw	19:54.82	62.88%
W50	1	Shaw, Kay	W51	Qld	18:13.77	72.21%
	2	Pimm, Lynette	W50	Vic	20:44.76	62.91%



	3	Tillman, Annette	W50	Nsw	27:20.12	47.75%
W60	1	Collins, Joy	W60	Qld	20:23.94	70.46%
W65	1	Lynch, Sally	W67	Qld	19:54.11	78.50%
	2	McKinven, Noela	W68	Qld	22:20.16	70.88%
W75	1	Dauphinet, Christiane	W79	Qld	23:51.67	78.73%
M35	1	Kingston, Brett	M38	Nsw	21:34.36	50.70%
M40	1	Kropik, Franz	M42	Austria	15:13.81	74.08%
	2	Chand, Dip	M41	Qld	16:26.87	68.06%
	3	Byrnes, Damian	M42	Qld	24:26.21	46.17%
M45	1	Baker, Peter	M46	Act	16:45.54	69.53%
	2	Blanchard, Michael	M49	Usa	17:24.63	68.62%
	3	Lindenberg, Paul	M48	Qld	17:38.98	67.12%
M50	1	Bennett, Peter	M54	Qld	14:59.86	83.15%
	2	Worsnop, Christopher	M53	Vic	19:43.71	62.66%
M60	1	Heness, Keith	M64	Qld	18:19.13	75.02%
M65	1	White, George	M65	SA	15:54.33	87.35%
	2	Harrison, Graham	M67	SA	19:15.54	73.77%
M70	1	Sela, Patrick	M71	Qld	19:06.88	77.96%
	2	Biggs, Kevin	M71	Nsw	22:01.15	67.68%
	3	Megas, George	M74	Qld	23:04.19	67.13%
M75	1	Johnson, Ronald	M78	Nzl	21:17.95	76.89%
M90	1	Cumberland, Alfred	M93	Qld	33:34.22	63.60%

## AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS, DONCASTER, VIC, 4-5 DECEMBER 2010

The Australian All Schools Track and Field championships were held on the weekend of 4-5 December 2010 at the Doncaster track in suburban Melbourne but not until after a bit of a scare with the track partially flooded on the Friday after another week of heavy rain. Luckily conditions cleared for the weekend and, although very heavy under foot, Saturday and Sunday were hot and sunny.

The new competition format saw restricted participation with only 3 age groups contested (U14, U16 and U18) and fields limited to 2 athletes per State. So it was a smaller affair compared to the huge competition we saw in Hobart last December. But it was at least a high quality competition for those athletes lucky enough to be in the right age group and able to get in the top 2 positions within their respective state teams.

The U14 and U18 walks were held on the Saturday afternoon in torrid conditions. While the shade temperature was in the low thirties, the temperature on the track must have been in the forties and the bowl shape design of the field meant still and humid conditions. It is a credit to the walkers that they still achieved good times in such conditions. Thanks to Sabby George for the following great photo which sums it up very nicely! I have uploaded this one and lots of others to <http://vrwc.org.au/coppermine/>



The U16 walks were held on the Sunday morning and conditions had improved a bit at that stage.

Walks medals were well spread with VIC (2G, 3S, 1B), NSW (2G, 1S, 3B), QLD (2G, 1S), SA (1 S), TAS (1B) and WA (1B) all in the mix. Congratulations to all our medallists.

Girls 3000m Walk U14	1 Jemima Montag	VIC	2 Zoe Boldiston	VIC	3 Kirra Jeffcoat	NSW
Boys 3000m Walk U14	1 Tyler Jones	NSW	2 Ethan Dhu	NSW	3 Louis Rose	TAS
Girls 5000m Walk U18	1 Rachel Tallent	VIC	2 Jessica Pickles	QLD	3 Kirsty Klein	NSW
Boys 5000m Walk U18	1 Brad Aiton	QLD	2 Blake Steele	SA	3 Lewis Clark	VIC
Girls 3000m Walk U16	1 Amy Bettiol	NSW	2 Jmara Hockley Samon	VIC	3 Jasmine Dighton	NSW
Boys 3000m Walk U16	1 Jesse Osborne	QLD	2 Nathan Brill	VIC	3 Zac Partington	WA

The first walk event of the meet was the U14 girls 3000m and Victorians Jemima Montag and Zoe Boldiston dominated, finishing in 14:49.56 and 15:09.56 respectively, well clear of third placed walker Kirra Jeffcoat of NSW. The U14 boys event, up next, was the opposite with NSW walkers Tyler Jones 15:11.10 and Ethan Dhu 15:45.62 walking away from the field and taking the first two places convincingly ahead of Louis Rose of Tasmania. In both events, top contenders failed to finish. Tayla-Paige Billington was caught up in the girls race, injuring her leg and being forced out, while Billy Allamby suffered an asthma attack in the boy's event and was also sidelined.

### Girls 3000m Walk U14, Saturday 4 Dec, 3:30PM

1.	Jemima Montag	VIC	14:49.56
2.	Zoe Boldiston	VIC	15:09.56
3.	Kirra Jeffcoat	NSW	15:53.61
4.	Holly Hughes	WA	16:04.79
5.	Piper Douglas	SA	16:28.45
6.	Katya Martin	QLD	16:35.13
7.	Tahlia Hunt	TAS	16:58.96
8.	Emma Norris	WA	17:39.51
9.	Katrina Riese	QLD	18:42.76
10.	Julia Potezny	SA	19:01.35
	Zoe Hunt	ACT	DNF
	Tayla-Paige Billington	NSW	DNF

### Boys 3000m Walk U14, Saturday 4 Dec, 4:50PM

1.	Tyler Jones	NSW	15:11.10
2.	Ethan Dhu	NSW	15:45.62
3.	Louis Rose	TAS	16:12.21
4.	Cooper Owen	VIC	17:17.77
5.	Ben Slimming	SA	19:24.53
6.	Triston Vincent	QLD	21:24.33
	Billy Allamby	VIC	DNF



**U14 walkers Zoe Boldiston, Jemima Montag, Billy Allamby, Tyler Jones, Ethan Dhu and Cooper Owen**

The U18 5000m events were held concurrently and the pace was very slow initially with no one willing to push out in the oppressive conditions. After 3 laps, Brad Aiton took the initiative and surged to the front, taking Blake Steele with him. Eventually Blake slowed and it was Brad who crossed the line first in 22:40.71 (a very good time after the slow start) against Blake's 22:59.11 with Victorian Lewis Clark third in 24:21.91. In much the same way, Rachel Tallent asserted her dominance in the women's race, winning well in 25:15.02 ahead of Jessica Pickles 25:42.63 and Kirsty Klein 25:57.26.

### Boys 5000m Walk U18, Saturday 4 Dec, 6:05PM

1.	Brad Aiton	QLD	22:40.71
2.	Blake Steele	SA	22:59.11
3.	Lewis Clark	VIC	24:21.91
4.	Steve Washburn	NSW	25:01.31
5.	Bradley Simpson	VIC	26:01.10
6.	Zac Partington	WA	26:58.14
	Mason Heath	SA	DNF

### Girls 5000m Walk U18, Saturday 4 Dec, 6:05PM

1.	Rachel Tallent	VIC	25:15.02
2.	Jessica Pickles	QLD	25:42.63
3.	Kirsty Klein	NSW	25:57.26
4.	Hilary Brazel	VIC	26:41.59
5.	Hannah Watson	WA	27:01.32
6.	Sophie Eberhardt	TAS	28:07.75
7.	Kate Holt	WA	28:15.09
8.	Dimitra Psarianos	NSW	29:10.72
9.	Meghann Griffin	ACT	31:59.20
10.	Megan Guy	TAS	32:19.08





**Left: U18 walkers Jessica Pickles, Kirsty Klein, Hilary Brazel, Rachel Tallent and Hannah Watson  
Right: Rachel takes the lead**



**Left: U18 walkers Brad Simpson, Zac Partington, Brad Aiton, Lewis Clark, Steve Washburn and Blake Steele  
Centre and right: Lewis Clark and Brad Aiton (that's some booming stride!)**

We had to wait until Sunday morning to see the U16 events and luckily conditions were better. The Boys' event lived up to all expectations and proved a battle royale between Jesse Osborne and Nathan Brill. A 1:32 first lap and a 4:00 first kilometre set the scene with the boys neck and neck. Eventually age proved the difference as 15 year old Jesse moved away from 14 year old Nathan Brill to win in a new championship record time of 12:45.00. Nathan hung on for second in 13:07.35, a PB, while behind him PBs came thick and fast for the other boys. Zac Partington walked fantastically to come through the field to take bronze with 13:38.78, especially considering that he had walked in the U18 5000m the previous afternoon. One of the big improvers was Victorian Ryan Antidormi who recorded a 28 sec PB to take fourth place with 13:54.32.

The Girls' event was also a fascinating race to watch with the big four heading out together – Amy Bettiol, Jmara Hockley-Samon, Jasmine Dighton and Amelia Finnegan. The race complexion changed completely when Amelia was sick at the end of lap one and it was obvious that her challenge was then over. To her credit, she saw out the race further down in the field while the other three continued to battle it out. Amy Bettiol proved the best on the day and walked away to win comfortably in 14:45.35 ahead of Jmara 15:03.93 and Jasmine 15:15.32.

#### **Boys 3000m Walk U16, Sunday 5 Dec, 10:05AM**

1.	Jesse Osborne	QLD	12:45.00.
2.	Nathan Brill	VIC	13:07.35
3.	Zac Partington	WA	13:38.78
4.	Ryan Antidormi	VIC	13:54.32
5.	Jay Felton	NSW	14:21.43
6.	Kurtis Birch-Ward	NSW	14:40.63
7.	Robbie Gilchrist	WA	16:00.78

Mitchell Walker	TAS	DQ
Harry Bates	ACT	DQ

**Girls 3000m Walk U16, Sunday 5 Dec, 11:05AM**

- |     |                     |     |          |
|-----|---------------------|-----|----------|
| 1.  | Amy Bettiol         | NSW | 14:45.35 |
| 2.  | Jmara Hockley Samon | VIC | 15:03.93 |
| 3.  | Jasmine Dighton     | NSW | 15:15.32 |
| 4.  | Amy Morssinkhof     | QLD | 15:19.31 |
| 5.  | Kate Holt           | WA  | 15:35.06 |
| 6.  | Zoe Hunt            | ACT | 15:35.33 |
| 7.  | Holly Hughes        | WA  | 15:51.07 |
| 8.  | Rachelle Taylor     | TAS | 16:05.28 |
| 9.  | Eloise Jackson      | QLD | 16:47.89 |
| 10. | Amelia Finnegan     | VIC | 16:50.83 |
|     | Jemma Potezny       | SA  | DQ       |



**U16 walkers Jasmine Dighton, Jmara Hockley-Samon, Amy Bettiol, Ryan Antidormi, Jesse Osborne and Nathan Brill**



## 2010 AUSTRALIAN 50 KM CHAMPIONSHIP, FAWKNER PARK, SUNDAY 12 DECEMBER

Ideal weather made for great racing at Fawkner Park in Melbourne on the occasion of the 2010 Australian 50km championship carnival. A good crowd had gathered to witness some potentially great racing with nearly all of our top walkers in attendance, and they were not disappointed.

The races kicked off at 7AM with the 2010 Australian 50km championship. While the field might have been small, it was still intriguing with AIS walkers **Jared Tallent** and **Luke Adams** going head to head once again and **Ian Rayson** hoping to go sub 4 hours in his first ever attempt at the distance. As expected, Jared went out confidently at a pace of 8:20 per 2km lap while Luke took a more conservative approach, pacing himself with a slightly slower cadence. By the 20km mark, passed in around 87:30, Jared had built up a lead of over a minute and looked in control. Further back, Ian Rayson was walking just over 4 hour pace while South Australian Peter Crump, also attempting his first ever 50km event, was on schedule for around 4:45 if he could hold it together.

At around the 34km mark, Jared started to slow and then surprisingly, at the 38km mark, he stepped from the track, indicating to his coach that he had had enough for the day. That propelled Luke into the lead and he continued on in fine style, showing no real distress as he coasted to a great winning time of 3:47:34, less than 4 minutes outside his 6<sup>th</sup> place time of 3:43:39, done in Berlin last year. It was a tough ask for both Jared and Luke, coming so soon after their Delhi Commonwealth Games 20km and at the end of a long racing year, and Luke certainly deserved his first ever Australian 50km title.

Attention then turned to Ian Rayson, just over one lap back, as he powered home to take silver in 3:59:43 after negative splitting with a faster second half (first half 2:00+, second half around 1:59). It was a strong performance and comes after his second place in the Australian 20km championship in Brisbane in August. Alas, it was just outside the IAAF A Qualifying standard of 3:58:00 but Ian did enough to show where his potential lies – we have now found another top line 50km walker.

**Peter Crump** was now the only man left on the track – all the 20km and 10km walkers had finished by now and he had only just passed the 40km mark – would he be able to hold on and break 5 hours. Yes he could! With a supreme effort, he kept the laps ticking over regularly and came home to take his first ever National medal in 4:59:14. What a great effort!

### Australian Men 50km Race Walk Championship

1.	Luke Adams	AIS	3:47:34	
2.	Ian Rayson	NSWIS	3:59:43	Inaugural
3.	Peter Crump	SA	4:59:14	Inaugural
	Jared Tallent	AIS	DNF	



In action in the 50km – Luke Adams, Ian Rayson, Jared Tallent and Peter Crump

The 20km invitational events kicked off at 8AM with over 20 walkers in action. 2008 Olympians **Claire Tallent** and **Adam Rutter** lead from the front in their respective events, both recording comfortable victories with 1:35:38 and 1:24:56 respectively. Fellow Olympian **Chris Erickson** was content to take on domestic duties for the day, walking with **Brendon Reading** and **Sean Fitzsimons** to help them through to their own 20km goals and both looked initially to be successful with Brendon recording a 35 sec PB of 1:27:33 and Sean finishing in just over 89 minutes in his first ever 20km race. Unfortunately Sean picked up a couple of red cards very late in the race and was told of his disqualification a few minutes after finishing. Irish star **Robbie Heffernan** was a surprise starter in the men's event, having just arrived in Australia for some training and deciding at the last minute to have a stroll alongside the other walkers. He paced himself through to a finishing time of 1:32:23. Others to excel in the men's event included **Stuart Kollmorgen** who recorded a 7+ min PB of 1:38:32 (after a 3km PB on the track the day before) and French walker **Mathieu Beurion** who did a 3+ min PB with 1:40:08. Unfortunately his French team mate **Emmanuel Tardi** was disqualified but such is the nature of our event. Back to the women's event where some other performances are especially deserving of comment. **Regan Lamble**, in her first ever 20km, stormed through to an IAAF B qualifier of 1:36:40 – wow, that is fantastic. She looked strong the whole way and will obviously take loads more off that time in her next few outings. **Kelly Ruddick** continued her good form with a

2 min PB of 1:40:11 (nearly broke the 1:40 barrier!) to take third place while **Beki Lee** also PB'd with 1:42:38. The great thing from this strong set of results is the young age of so many of the competitors. It augurs well for the future.

#### Women 20km Race Walk Open

1.	Claire Tallent	AIS	1:35:38	
2.	Regan Lamble	AIS	1:36:40	Inaugural
3.	Kelly Ruddick	VIC	1:40:11	PB – 2:21
4.	Cheryl Webb	AIS	1:40:15	
5.	Beki Lee	NSW	1:42:38	PB – 0:59
6.	Nicole Fagan	NSW	1:46:22	
7.	Heather Carr	VIC	1:57:38	
	Pam Tindal	VIC	DNF	(10km in 52:20)

#### Men 20km Race Walk Open

1.	Adam Rutter	AIS	1:24:56	
2.	Chris Erickson	AIS	1:27:30	
3.	Brendon Reading	ACT	1:27:33	PB – 0:35
4.	Robbie Heffernan	INV	1:32:23	
5.	Darren Bown	SA	1:35:31	
6.	Daniel Coleman	TAS	1:36:40	
7.	Stuart Kollmorgen	VIC	1:38:32	PB – 7:37
8.	Mathieu Beurion	FRA	1:40:08	PB – 3:41
	Rhydian Cowley	VIC	DNF	
	Andrew Jamieson	VIC	DNF	
	Simon Evans	VIC	DNF	
	Emmanuel Tardi	FRA	DQ	
	Sean Fitzsimons	AIS	DQ	



**20km action – Adam Rutter, Sean Fitzsimons, Brendon Reading, Chris Erickson, Regan Lamble and Claire Tallent**

The final events to be contested were Junior 10km roadwalks which got underway at 8:30AM. Lots of our junior men were in attendance but only a couple of the girls targetted the opportunity - World Cup rep **Beth Alexander** walking strongly as usual to finish first in 50:46 while **Hilary Brazel** did a huge PB to finish in 53:56. Of the boys, **Dane Bird-Smith** won comfortably in a fine time of 42:45 ahead of Queensland team mates **Brad Aiton** 45:09 and **Jesse Osborne** 45:46. Brad, who has already qualified for the 2011 World Youth champs with 44:00, was just outside the 45:00 qualifying standard this time and Jesse, who is only 15 years of age, was not far outside the 45:00 standard himself – he looks our most likely bet for the second WY spot in 2011. There were PBs galore with **Kyle Malone** 45:47, **Josh Dillon** 47:17, **Brandon Dewar** 47:34 and **Brad Simpson** 51:09 all making the most of the occasion.

#### Women 10km Race Walk Junior

1.	Beth Alexander	VIC	50:46	
2.	Hilary Brazel	VIC	53:56	PB – 4:44

#### Men 10km Race Walk Junior

1.	Dane Bird-Smith	QLD	42:45	
2.	Brad Aiton	QLD	45:09	
3.	Jesse Osborne	QLD	45:46	PB – 1:32
4.	Kyle Malone	NSW	45:47	PB – 1:05
5.	Josh Dillon	VIC	47:17	PB – 3:28
6.	Brandon Dewar	QLD	47:34	PB – 0:13
7.	Nathan Brill	VIC	47:56	



8.	Brad Simpson	VIC	51:09	PB – 0:09
9.	Lewis Clark	VIC	51:43	
	Nick Dewar	QLD	DQ	



**10km walkers Beth Alexander, Kyle Malone, Brad Aiton, Dane Bird-Smith and Jesse Osborne**



**More action from the 20km – Mathieu Beurion, Stuart Kollmorgen, Robbie Heffernan, Beki Lee and Kelly Ruddick**



## AUSTRALIAN 20KM WALK CHAMPIONSHIPS, CONSTITUTION DOCK, HOBART, SAT 19 FEB 2011

After a day of solid rain, the skies cleared in the final hours leading up to the 6:15PM start time in Hobart on the evening of Saturday 19<sup>th</sup> February and competitors were faced with quite humid but overall good conditions for these long awaited championships.

With all 4 events starting concurrently, over 40 walkers lined up, with a large crowd in attendance. Jared Tallent went straight to the front, completing the first 2km lap in around 7:55, some 5 secs in front of Luke Adams, Dane Bird-Smith (U20) and Chris Erickson, then a small break to Adam Rutter and another small break to Nathan Deakes in his comeback race. The large contingent of international walkers then came through together with Brendon Reading and a good group of the Junior men tucked nicely into the group.



From then on, it all went pretty much to plan as Jared extended his lead lap by lap, passing the 10km mark in 39:33 and working hard in the second half to win in 1:20:19. This is his 4<sup>th</sup> win in a row in this event and his winning times read very impressively – 1:19:41, 1:19:42, 1:19:15 and 1:20:19. Luke Adams also walked up to form, taking second 1:21:00 and he was never being seriously challenged for the silver. Third place went to Adam Rutter in 1:22:25, his best walk for some time. With the first 3 walkers all under the IAAF A qualifying standard of 1:22:30, they should now have booked themselves trips to this year's IAAF World Champs in South Korea. Chris Erickson held 4<sup>th</sup> place for 9 of the 10 laps but could not hold off the fast finishing group of internationals, slowing to finish in 1:25:29, just ahead of Nathan Deakes 1:25:38. It was fantastic to see Nathan back in action and walking well once again. Behind them, Ian Rayson 1:26:56 and Brendon Reading 1:27:30 both beat the World University Games standard of 1:28:00 so should have hopefully have done enough to book trips for themselves to China later this year. PBs were hard to come by in the men's 20km event but Rhydian Cowley recorded a 2:19 PB with his time of 1:29:07 and Stuart Kollmorgen recorded a 4:10 PB with his time of 1:34:42 - he has taken 7 mins off his PB since December. Of the internationals, Inaki Gomez (Canada) and Ato Ibanez (Sweden) walked very strong races, storming home to take 4<sup>th</sup> and 5<sup>th</sup> respectively. Jamie Costin (Ireland) was with them when taken off by the chief judge at the 18km mark. When interviewed after the race, Jared responded

*“I'm pretty happy, it was tough out there in quite unusual Tasmanian humidity so I struggled in the last 10km to be honest. It's a good start to my season and I'm now looking forward to upcoming races in Mexico and China before building towards the 20km and 50km double in Daegu. I've qualified for both events now and came home from Beijing with two medals so that is what I want to see happen at this year's world champs.”*

The women's 20km race saw Claire Tallent and Jo Jackson (the Commonwealth Games champion) clear out to pass the 10km mark in 46:00, some 15 secs clear of Regan Lambie with Nicole Fagan another 45 secs in arrears. Soon after this, Jo withdrew from the event, leaving the 3 Australian girls in control. From there, the places remained unchanged as Claire recorded her second win in a row with 1:33:38, Regan took second in a big PB time of 1:35:08 and Nicole took third in a huge PB time of 1:35:55. This will guarantee Claire a berth in this year's World Championship team as she already has 3 A qualifiers. Regan was outside the A standard of 1:33:30 so I expect that she will race in the Chinese leg of the IAAF Challenge to try to capture one of the remaining two spots. Nicole Fagan was well under the 1:38:00 qualifying standard for the World University Games so she has probably sealed team selection to that event with her walk on Sunday. NSW walker Beki Lee was not quite so lucky, her 1:38:16 5<sup>th</sup> place finish behind Cheryl Webb was just outside the World Uni Games standard. She will have to try to chase selection with further performances. Claire's thoughts after the race:

*“Jared seems to be showing the way of late and it's always great to follow him across the line for first shortly after he finishes. Tonight's time was outside the qualifying mark but with a few others to my name and now the national championship I have earned selection and that's what I was chasing. Like Jared I will head overseas to compete before coming back to Australia for some serious base training with Deagu in my sights as of now.”*

### Men 20km Road Walk Open Australian Championship

1.	Jared Tallent	AIS/VIC	1:20:19	
2.	Luke Adams	AIS/NSW	1:21:00	
3.	Adam Rutter	AIS/NSW	1:22:25	
4.	Inaki Gomez	CAN	1:24:38	
5.	Ato Ibinez	SWE	1:24:55	
6.	Chris Erickson	AIS/VIC	1:25:29	
7.	Nathan Deakes	AIS/VIC	1:25:38	
8.	Perseus Karlström	SWE	1:26:20	
9.	Ian Rayson	ACT	1:26:56	
10.	Brendon Reading	ACT	1:27:30	PB 0:03
11.	Rhydian Cowley	VIC	1:29:07	PB 2:19
12.	Stuart Kollmorgen	VIC	1:34:42	PB 4:10
13.	Mathieu Beurion	FRA	1:41:34	
	Jamie Costin	IRE	DQ	
	Tom Bosworth	ENG	DNF	
	Kyle Malone	SMW	DNF	
	Alex Wright	ENG	DNF	
	Daniel Coleman	TAS	DNF	

### Women 20km Road Walk Open Australian Championship

1.	Claire Tallent	AIS/SA	1:33:38	
2.	Regan Lamble	AIS/VIC	1:35:08	PB 1:32
3.	Nicole Fagan	NSW	1:35:55	PB 5:40
4.	Cheryl Webb	AIS/NSW	1:36:55	
5.	Beki Lee	NSW	1:38:16	PB 4:22
6.	Caitlin Brunton	VIC	2:02:48	PB 0:07
7.	Stephanie Stigwood	TAS	2:04:28	
	Tanya Holliday	SA	DNF	
	Johanna Jackson	ENG	DNF	
	Zuzanna Malikova	SVK	DNF	
	Mari Olssen	SWE	DNF	



Nathan Deakes, Adam Rutter, Jared Tallent, Luke Adams, Dane Bird-Smith and Chris Erickson all headed out fast



**Regan Lamble, Claire Tallent, Jo Jackson, Nicole Fagan, Mari Olssen, Rachel Tallent and Beki Lee in action**

The Junior 10km events were non-championship races but the cream of our young walkers attended. The event was of special significance for the U18 men as it was a chance to put a qualifier on the board for this year's World Youth champs (in the World Youth champs, boys race over 10,000m and girls race over 5000m). It was also a chance for a hitout ahead of State and National track championships next month.

The U20 men's event saw Queensland dominate with the first 5 placings. Dane Bird-Smith, our top junior and 5<sup>th</sup> at last year's World Junior champs, went out with our top senior men and was rewarded with a big PB and a wonderful time of 40:56. In fact his time was a mere two seconds outside Adam Rutter's Australian U20 10km walk record of 40:54. Brad Aiton recorded yet another World Youth qualifier with a very strong 44:09 (just 9 secs outside his PB). Behind him, the next 5 walkers all walked PBs – Nick Dewar, Jesse Osborne, Brandon Dewar, Nathan Brill (still only 14!) and Harry Bates. We are certainly very strong in this group. Dane's thoughts on his own performance:

*I finished the race with an 8:05 last 2 km and that's amazing pace but unfortunately I'd already lost that little bit too much. I'll hopefully be able to get a couple of 20 km races under my belt soon and from there who knows where I can go, we'll just have to see.*

In the U20 women's event, Rachel Tallent rounded out the Tallent family dominance to win in 48:40, bettering her own personal best by 51 secs. Beth Alexander also walked excellently to take second with 49:48 while English junior Lauren Whelan was third with 51:15. Rachel, who was just one day short of her 18<sup>th</sup> birthday on Saturday, is setting her sights on the 2012 World Junior championships and looks right on target. She was also interviewed

*It's been a great night for the family, we are all rapt with how we've walked and that's exciting. For me heading to the AIS has been amazing, Brent (coach Brent Vallance) and the facilities are fantastic and to take 50 seconds of my PB is just unreal. World juniors in 2012 are where I want to be so I'll keep working towards that with the Olympics hopefully somewhere in my future, fingers crossed.*

#### **Men 10km Road Walk Under 20**

1.	Dane Bird-Smith	QLD	40:56	PB 0:36
2.	Brad Aiton	QLD	44:09	
3.	Nicholas Dewar	QLD	45:09	PB 1:45
4.	Jesse Osborne	QLD	45:34	PB 0:12
5.	Brandon Dewar	QLD	45:50	PB 1:44
6.	Nathan Brill	VIC	46:42	PB 0:48
7.	Harry Bates	ACT	49:44	PB 2:56
8.	Lewis Clark	VIC	52:33	

#### **Women 10km Road Walk Under 20**

1.	Rachel Tallent	AIS/VIC	48:40	PB 0:51
2.	Beth Alexander	VIC	49:48	
3.	Lauren Whelan	ENG	51:15	
4.	Amelia Finnegan	VIC	54:33	





**Alex Wright, Inaki Gomez, Jamie Costin, Ato Ibanez, Rhydian Cowley, Brad Aiton, Brendon Reading and Alex Wright**

It was a big day for the Tallent family with Jared winning the men's event, his wife Claire winning the women's event and his younger sister Rachel (now AIS based as well) winning the Junior women's 10km in a big PB.



**Left - Women's Presentations – Regan Lamble, Claire Tallent, Nicole Fagan  
 Middle – Team Tallent – Claire, Rachel and Jared  
 Right – Men's Presentations – Luke Adams, Jared Tallent and Adam Rutter**

## AUSTRALIAN CENTURIONS 6 HOUR HOUR TRACK WALK, COBURG, SAT 5 MARCH, 2011

A number of our toughest walkers gathered at Coburg (a northern Melbourne suburb) early on the morning of Saturday 5 March to contest the annual Coburg 6 Hour Track Championships. A full field of 45 entrants was on the books (29 runners and 16 walkers) and all but 2 turned up on the day, ready to test themselves over the traditional longer distances.

VRWC club members **Michelle Thompson** and **Clarrie Jack** led the way in the walk with excellent performances. Michelle walked superbly to achieve the longest distance overall with 53.784 km, breaking her own Australian best on record performance by 224m and setting a new W40 record into the bargain. Clarrie, with 52.290 km, set a new M65 record, breaking Robin Whyte's distance of 50.400 km. Others to do well included **Daniel Duke** 47.049 km on his first ever walk, VRWC member **Karyn O'Neill** 46.433 km for her best ever, **Steve Jordan** 45.019 km after doing an 8km fun run earlier in the morning, **Doug McKay** with a PB 44.117 km and **Dawn Parris** 44.693 km. We also welcomed New Zealand Centurions secretary **Philip Sharp** who strolled a pleasant 42.729km during the 6 hour window.

### 6 HOUR WALK MEN

1	JACK, Clarrie	VIC	52.290 km
2	DUKE, Daniel	VIC	47.049
3	JORDAN, Steve	VIC	45.019
4	McKAY, Doug	VIC	44.117
5	TIMMS, John	VIC	43.898
6	COMMINS, Louis	NSW	43.709
7	SHARP, Philip	NZ	42.729
8	TURNER, Gary	VIC	35.689
9	SAMIR, Shadi	VIC	30.688
10	CARTER, Ken	VIC	27.918

### 6 HOUR WALK WOMEN

1	THOMPSON, Michelle	VIC	53.784 km
2	O'NEILL, Karyn	VIC	46.433
3	PARRIS, Dawn	VIC	44.693
4	FIDLER, Lara	VIC	40.017
5	SARIEDDINE, May	VIC	12.856

## AUSTRALIAN U14-U20 T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 10-12 MARCH

It was a big weekend in Sydney with the Australian Junior Track and Field Championships contested at the Sydney Olympic Park venue at Homebush on 10-12 March 2010. The first walks on the program were the 5000m U17-U18 on the Thursday evening. With the late evening timeframe, conditions were just about perfect and PBs were the order of the night.

The U17-U18 boys event got underway first with Brad Aiton, Jesse Osborne and Nathan Brill clearing out from the field. It was the older two Queenslanders who kicked it down decisively in the last laps, Brad crossing the line first in 21:27.09, Jesse second in 21:29.41 and Nathan third in 21:55.23. For all three, it was the first of two walks with Brad and Jesse scheduled to compete in the U20 10000m and Nathan in the U16 3000m later in the program. New Zealander Matthew Holcroft walked excellently to take silver in the U18 walk.

### Men 5000m Walk U17, Thursday 10 March, 8PM

1.	Osborne, Jesse	95	QLD	21:29.41	PB 12 sec
2.	Brill, Nathan	96	VIC	21:56.23	
3.	Bates, Harry	95	ACT	23:22.61	PB 38 sec
4.	Hodgson, Elliot	95	QLD	23:50.36	PB 6 sec
5.	Felton, Jay	95	NSW	24:30.11	
6.	Birch-Ward, Kurtis	95	NSW	25:19.08	
7.	Killen, Matthew	95	NSW	27:40.59	
8.	Dhu, Jack	95	NSW	27:47.24	

### Men 5000m Walk U18, Thursday 10 March, 8PM

1.	Aiton, Brad	94	QLD	21:27.09	
2.	Holcroft, Matthew	94	NZ	22:36.29	
3.	Washburn, Steven	94	NSW	23:09.22	second Aust.
4.	Clark, Lewis	94	VIC	24:10.54	third Aust.
5.	Cunningham, Matt	94	QLD	25:03.77	PB 55 sec
6.	Santa-Maria, Adrian	94	NSW	27:29.89	PB 30 sec



**Jesse Osborne and Nathan Brill (left). Brad Aiton and Jesse clear out in the last laps (right)**

The U17-U18 girls were underway next with the U18 race of particular interest, being the final trial for the 2011 World Youth championships. With the qualifying time set at 24:00, the question was – how would the places work out? It turned out to be a bit of an upset when Amy Burren (PB of 23:52) and Jessica Pickles (PB of 23:43) were relegated to the minor medals by NSW walker Amy Bettiol. Amy also won the 2010 Australian All Schools walk in December and the 2010 LBG event in June and is proving to be a big time performer. Unfortunately her time of 24:10 was just outside the WY qualifying standard. The girls will now have to wait on the selectors' final decision. The U17 race was a Victorian quinella with Amelia Finnegan 25:06.68 and Jmara Hockley-Samon 25:18.49 finishing ahead of Elizabeth Hosking who was third with 25:38.24. In a high quality race, the first 7 girls all did PBs.

### Women 5000m Walk U17, Thursday 10 March, 9:07PM

1.	Finnegan, Amelia	95	VIC	25:06.68	PB 30 sec
2.	Hockley-Samon, Jmara	95	VIC	25:18.49	PB 34 sec
3.	Hosking, Elizabeth	95	ACT	25:38.24	PB 33 sec
4.	Benzenati, Kenza	97	QLD	26:12.85	PB 13 sec
5.	Montag, Jemima	98	VIC	26:19.81	PB 22 sec
6.	Morssinkhof, Amy	96	QLD	26:31.77	PB 80 sec
7.	Holt, Kate	96	WA	26:50.61	PB 11 sec
8.	Eberhardt, Sophie	96	TAS	27:28.00	



9.	Porley, Tabitha	95	NSW	27:39.28	PB 45 sec
10.	Heard, Amanda	95	VIC	27:41.19	
11.	Denney, Hannah	95	NSW	27:49.82	
12.	Southern, Shay	95	NSW	28:56.81	
13.	Shina, Isabella	95	NSW	29:16.58	
14.	Warden, Emily	95	NSW	29:59.53	
	Whiley, Ebony	95	VIC	DNF	

**Women 5000m Walk U18, Thursday 10 March, 9:07PM**

1.	Bettiol, Amy	95	NSW	24:10.73	PB 41 sec
2.	Burren, Amy	94	VIC	24:25.44	
3.	Pickles, Jessica	94	QLD	24:53.27	
4.	Klein, Kirsty	94	NSW	25:24.99	
5.	Watson, Hannah	94	WA	25:56.54	
6.	Raselli, Cassandra	94	VIC	27:20.60	
	Stadus, Lauren	96	VIC	DNF	



**Left: Jmara Hockley-Samon, Right: Amelia Finnegan**  
**Middle: Kenza Benzenati, Amy Bettiol and Amay Burren lead the group out in the first lap**

The next walks were scheduled for the Friday afternoon with the Boys U15-U16 first up. Backing up from his silver medal in the Boys U17 5000m walk last night, Nathan Brill showed no signs of fatigue, lapping the entire field with 12:39.98 and slashing a staggering 40 seconds from the meet record to claim gold in the U16 3000m walk. Ben Tesch 15:24.80 and Connor McShanag 15:44.12 took the minor medals. The U15 walk saw Victorian Billy Allamby bounce back from a horror last 12 months of ongoing injuries to take gold with 14:39.82 ahead of NSW walker Ethan Dhu 14:43.72 with Tasmanian Louis Rose third with 15:13.59. Nearly the whole field PB'd in this event.

**Men 3000m Walk U15, Friday 11 March, 5:15PM**

1.	Allamby, Billy	97	VIC	14:39.82	PB 20 sec
2.	Dhu, Ethan	97	NSW	14:43.72	PB 62 sec
3.	Rose, Louis	97	TAS	15:13.26	PB 59 sec
4.	Doyle, Tom	97	NSW	15:55.47	PB 3 sec
5.	Mylonas, Adam	97	NSW	16:55.52	PB 4 sec
6.	Pritchard, Brandon	97	QLD	17:13.49	PB 22 sec
7.	Jones, Jeremiah	97	VIC	17:27.62	
	Anestoudis, Johnathan	97	NSW	DQ	

**Men 3000m Walk U16, Friday 11 March, 5:15PM**

1.	Brill, Nathan	96	VIC	12:39.98	New Meet Record
2.	Tesch, Benjamin	96	QLD	15:24.80	
3.	McShanag, Connor	96	VIC	15:44.12	
4.	Dredge, Jason	96	NSW	16:13.41	
5.	Shina, Nicholas	96	NSW	16:52.23	PB 2 sec

The U15-U16 Girls were up next with more high quality walking on show. Thirteen year old Zoe Boldiston 14:46.13 was first overall, even though younger age group walk. Behind her, Kenza Benzenati 14:59.04 and Stephanie Grujoski 15:10.30 took the minor medals. In the U16 event, Jasmine Dighton 14:58.49 finished first ahead of Sophie Eberhardt and Amy Morssinkoff. Overall, it was very pleasing to see the medals spread between 4 States - VIC, QLD, NSW and TAS.



**Women 3000m Walk U15, Friday 11 March, 5:58PM**

1.	Boldiston, Zoe	97	VIC	14:46.13	
2.	Benzenati, Kenza	97	QLD	14:59.04	PB 12 sec
3.	Grujoski, Stephanie	97	NSW	15:10.30	PB 45 sec
4.	Sanders, Jade	97	VIC	15:12.20	PB 8 sec
5.	Hunt, Zoe	97	ACT	15:14.74	
6.	Hosking, Caitlin	97	ACT	15:18.24	
7.	Martin, Katya	97	QLD	15:59.49	
8.	Douglas, Piper	97	SA	16:16.15	PB 7 sec
9.	Eastwood, Jessie	96	VIC	16:53.92	
10.	Beasley, Bryony	97	NSW	16:59.22	
11.	Plummer, Caitlin	97	NSW	17:41.97	

**Women 3000m Walk U16, Friday 11 March, 5:58PM**

1.	Dighton, Jasmine	96	NSW	14:58.49	PB 17 sec
2.	Eberhardt, Sophie	96	TAS	15:02.29	PB 3 sec
3.	Morssinkhof, Amy	96	QLD	15:06.40	PB 9 sec
4.	Taylor, Rachelle	96	TAS	15:18.21	PB 47 sec
5.	Holt, Kate	96	SA	15:24.30	
6.	George, Stephanie	96	VIC	15:38.74	
7.	Barendregt, Amanda	96	NSW	15:53.74	
8.	Walker, Emma	96	TAS	16:01.03	PB 45 sec
9.	Bertrand, Carly	96	VIC	17:03.30	
10.	Guy, Rebecca	96	VIC	17:26.38	

Onto Saturday with the U14 3000m walks up first. With a PB of 14:14, Tyler Jones of NSW started the clear favourite in the Boy's event and he was untroubled, winning in 14:44.47. Behind him, very younger walkers (born 1999) in Kyle Swan 15:35.34 and Jordan Glover 16:51.76 took second and third. The very small number of walkers in this event is interesting – this is the first time that the U14 walkers have contested the 3000m distance in these championships and it seems that few boys were ready for such a test. In the Girls' event, Jemima Montag was in a class of her own, winning as she liked in 14:45.16, over a minute ahead of second placed Tahlia Hunt 16:08.39. Emily Hamilton continued her recent excellent form to take third with 16:08.39. Apart from Tyler, Kyle and Jemima, the other walkers obviously struggled with the longer distance and times were generally slow.

**Men 3000m Walk U14, Saturday 12 March, 4:05PM**

1.	Jones, Tyler	98	NSW	14:44.47	
2.	Swan, Kyle	99	VIC	15:35.34	
3.	Glover, Jordan	99	NSW	16:51.76	PB 3 sec
4.	Hopkins, Thomas	98	ACT	17:20.06	
5.	Burke, Riley	98	WA	18:44.44	
6.	Petersen, Timothy	98	VIC	19:32.19	
	O'Connell, Declan	99	NSW	DQ	
	Miles, Trent	98	QLD	DQ	

**Women 3000m Walk U14, Saturday 12 March, 4:55PM**

1.	Montag, Jemima	98	VIC	14:45.16	
2.	Hunt, Tahlia	98	TAS	16:08.39	PB 16 sec
3.	Hamilton, Emily	98	VIC	16:53.12	
4.	Woodward, Mikaela	99	QLD	17:11.01	PB 36 sec
5.	Minett, Rhiannon	98	NSW	17:11.04	PB 23 sec
6.	Guy, Rachael	99	VIC	17:58.39	PB 48 sec
7.	Walburg, Kirsten	98	VIC	18:26.59	
8.	Kelland, Sarah	98	NSW	18:51.14	
9.	Porley, Candice	98	NSW	19:45.16	
	Hopkins, Katrina	98	ACT	DQ	

The final walk was the U20 10000m and it saw Dane Bird-Smith, with 41:02.08, take nine seconds off Nathan Deake's Australian Under 20 record, set at the same venue during the 1996 World Junior Championships (where he took out the bronze medal). "Getting the Australian record tonight was my goal, to be honest at 7 kilometres I thought I would miss it but I picked up my pace towards the end and came away with a ripper result." Behind him, Blake Steele 44:18.66 and Jesse Osborne 44:45.83 took the minor medals. For Jesse who won the U17 walk 2 days earlier, this was the big one and his time bettered the 45:00 standard set for World Youth Selection. This should cement his place in the team. He has come so close over the last few months and he produced it when it counted – in the official trial. Fellow Queenslander Brad Aiton was not so lucky, being disqualified. Brad, who already has 3 WY qualifiers and a PB of 44:00, will now have to wait on the selectors.

The Women's walk saw Rachel Tallent win with 49:39.27 ahead of Paige Hooper 51:18.30 and Beth Alexander 53:24.52. Beth would normally have been fighting out the gold but recent painful foot issues have made it very tough going for her. Special mentions to Amelia Finnegan 54:19.01 and Jmara Hockley-Samon 56:09.31 who doubled up after their U17 walk and took 4<sup>th</sup> and 5<sup>th</sup> overall against their older compatriots.



**U14 walkers Emily Hamilton and Jemima Montag, U20 walkers Rachel Tallent, Paige Hooper, Beth Alexander and Harry Bates**

**Men 10000m Walk U20, Saturday 12 March, 6:15PM**

1.	Bird-Smith, Dane	92	QLD	41:02.18	
2.	Blake, Steele	93	SA	44:18.66	
3.	Osborne, Jesse	95	QLD	44:45.83	PB 50 sec
4.	Dewar, Brandon	92	QLD	49:27.99	
5.	Holcroft, Matthew	94	NZL	49:34.27	
6.	Washburn, Steven	94	NSW	50:28.72	
7.	Bates, Harry	95	ACT	50:48.02	
8.	Birch-Ward, Kurtis	95	NSW	52:32.75	PB 4:15
9.	Hennighan, Dale	93	WA	53:36.08	
	Dewar, Nick	92	QLD	DNF	
	Fitzsimons, Sean	92	WA	DNF	
	Aiton, Brad	94	QLD	DQ	

**Women 10000m Walk U20, Saturday 12 March, 6:15PM**

1.	Tallent, Rachel	93	VIC	49:39.27	
2.	Hooper, Paige	92	SA	51:18.30	
3.	Alexander, Beth	92	VIC	53:24.52	
4.	Finnegan, Amelia	95	VIC	54:19.01	PB 14 sec
5.	Hockley Samon, Jmara	95	VIC	56:09.31	PB 61 sec
6.	Watson, Hannah	94	WA	56:53.34	
7.	Guo, Yue	92	QLD	59:13.34	
8.	Heard, Amanda	95	VIC	60:23.70	

## AUSTRALIAN ATHLETICS TOUR MEET, SOPAC, SYDNEY, SATURDAY 19 MARCH 2010

The Sydney based Athletics Australia Tour Meet last Saturday evening included 5000m walks and it was a chance for our top walkers to strut their stuff on the track in front of a big crowd. As usual, the men's event featured yet another battle between Jared Tallent and Luke Adams with Jared taking the honours with a fast 19:01.00, some 7 secs ahead of Luke. Adam Rutter was third with a good 19:35.75 ahead of Junior champion Dane Bird-Smith 19:54.17. The big revelation of the night was 20 year old Rhydian Cowley whose time of 19:58.79 saw him become the 20<sup>th</sup> Australian walker to better 20 minutes for the 5000m distance. Behind him, Brendon Reading 20:19.70 and Blake Steele 20:37.43 both recorded big PBs while youngsters Jesse Osborne 21:35.43 and Nathan Brill 22:17.91 walked yet more fantastic track times. David Tarbottom reported on the men's race as follows on the IAAF website

In the men's 5000m Race Walk Beijing Olympic silver and bronze medal winner Jared Tallent overcame a slow start to take victory in 19:01.00. Three-time Commonwealth Games silver medallist Luke Adams opened up an early break, but with half the distance to go Tallent picked up the pace and eventually drew clear. Having just return to Australia, Tallent was reasonably pleased with the race. "I've just got back from Mexico this week and was feeling really flat and didn't train much so I wasn't sure how I would go. The pace wasn't that quick, so Luke (Adams) going out in front wasn't much of a concern."

The women's race saw Claire Tallent complete a double for Team Tallent, her time of 22:09.11 some 10 secs ahead of Regan Lambie whose 22:19.99 was a big PB. Back in 4<sup>th</sup> place, Beki Lee walked a good third place with 23:10.82 while Jessica Pickles walked yet another World Youth qualifier with a 1 sec PB time of 23:42.62. I can't reproduce the photos as they are copyright but you can check the out yourself at the Inside Athletics website: <http://insideathletics.zenfolio.com/p614973923>

The younger walkers all contested the Australian Junior 10000m championships the previous weekend so it was a solid effort to front up for another high quality race so soon afterwards. Not surprisingly, only Blake and Jessica could do PBs. Of course, it was even tougher for Jared, Claire and Luke who raced in Chihuahua last weekend and then travelled back to Canberra to get ready for this event. Talk about big time performers!

### 5000 Metre Race Walk Open Men, 6:50PM

1.	Jared Tallent	85	VIC/AIS	19:01.00	
2.	Luke Adams	77	NSW/AIS	19:07.59	
3.	Adam Rutter	87	NSW/AIS	19:35.75	
4.	Dane Bird-Smith	93	QAS	19:54.17	
5.	Rhydian Cowley	91	VIC	19:58.78	PB 25 secs
6.	Brendon Reading	91	ACT	20:19.70	PB 52 secs
7.	Blake Steele	93	ACT	20:37.43	PB 15 secs
8.	Jesse Osborne	96	QLD	21:35.51	
9.	Nathan Brill	96	VIC	22:17.91	
	Brandon Dewar	93	QLD	DQ	
	Ian Rayson	88	NSWIS	DQ	

### 5000 Metre Race Walk Open Women, 6:50PM

1.	Claire Tallent	81	SA/AIS	22:09.11	
2.	Regan Lambie	92	VIC/AIS	22:19.99	PB 36 secs
3.	Beki Lee	88	NSW	23:10.82	
4.	Jessica Pickles	94	QLD	23:42.62	PB 1 sec
	Rachel Tallent	94	VIC/AIS	DNF	

## AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 16-17 APRIL 2011

The 2011 Coburg 24 Hour Carnival was held last weekend in Coburg, a northern Melbourne suburb. The event, which is the Australian and Victorian 24 Track Run championship, also features the annual Australian Centurions 24 Hour Walk and I was there in the dual capacity of Race Director and Australian Centurions representative.

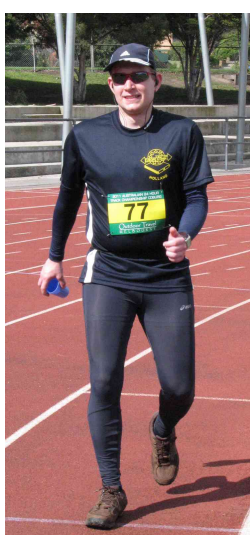
Of the final field of 45 entrants in the 24 Hour Championships, 39 walkers and runners were present when the starter's gun was fired at 10AM on the Saturday morning. Intermittent cloud cover and a cool breeze during the day allowed all the runners and walkers to get off to a good start and by 6PM, there were the makings of some fantastic performances. A very cold night meant a testing time but come Sunday morning most were still on the track and a good crowd was on hand to witness the final gun sound at 10AM.

The reports from the walk events follow. For full results, check out the Coburg Harriers website at [www.coburgharriers.org.au](http://www.coburgharriers.org.au).

### 24 Hour Walk Men

Dutch Centurion Martijn Van den Boogaard and British Centurion Mark Wall (Mark is a former VRWC walker who was born and bred and raced in Victoria but who now lives in England) were expected to be the big guns in the men's walk and they were right on schedule for their 100 mile targets with 12 hour splits of 86.94km and 85.698km respectively. Steve Jordan, with 84.456km, was not far behind and also looked strong while Lou Commins, with 81.558km, was also in the hunt. But while Mark continued on his merry way, Martijn and the others were in trouble, all slowing and falling behind schedule.

The final results tell the story. Mark powered through the 100 mile mark in 23:20:41 to become Australian Centurion number 59 while most of the other walkers, Martijn, Steve and Lou included, slowed and were forced to take time out. Martijn eventually took second with 136.436km but he was very disappointed with his walk. Lou took third with 135.011km. Special mentions to Doug McKay and John Voitin who both showed great determination, continuously circling the track for the full 24 hours to record 133.752km and 111.404km respectively.



**Mark Wall, Martijn Van den Boogaard and Louis Commins**

1.	WALL, Mark	VIC/ENG	161.733 km
2.	Van den BOOGAARD, Martijn	HOLL	136.436 km
3.	COMMINS, Louis	NSW	135.011 km
4.	McKAY, Doug	ACT	133.752 km
5.	JORDAN, Steve	VIC	113.628 km
6.	VOITIN, John	VIC	111.404 km
7.	DUKE, Daniel	VIC	73.817 km
8.	MACRAE, David	VIC	47.691 km
	JACK, Clarrie	VIC	DNS

### 24 Hour Walk Women

The women's walk saw last year's 24 Hour Run winner Michelle Thompson in action as a walker and was she good. By the 6 Hour mark, she had covered 49.680km to be first walker overall, 1km ahead of Mark Wall, and on target for a big time. Karyn O'Neill was second at that point with 45.560km and Dawn Parris was third with 42.642km.

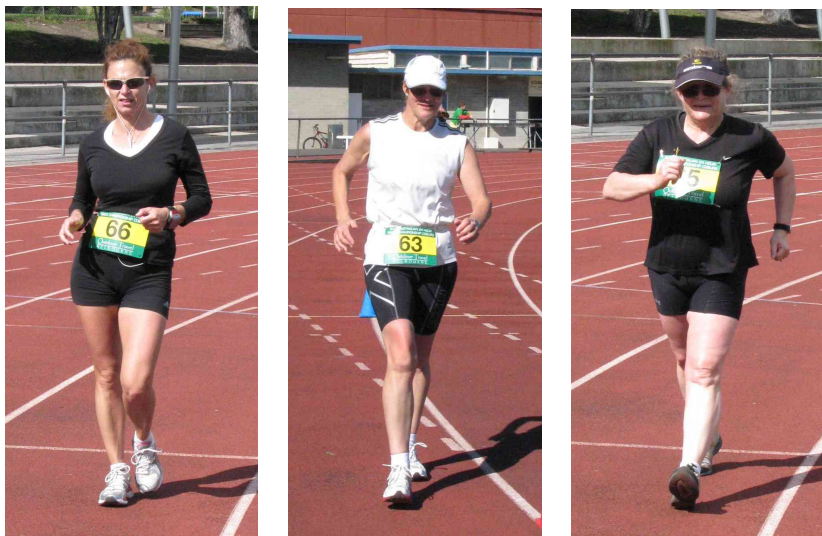
From then on, it was the Michelle show as she powered through to set new W40 Australian records for 50 miles, 12 Hours, 100 km, 100 miles (she became Australian Centurion number 58 with her 100 mile split of 22:03:37) and 24 Hours, finishing with 172.593km, just short of her 172.906km which she recorded in winning last year's Coburg 24 Hour Run. Now that's an interesting statistic!

Karyn O'Neill walked her best race for many years, digging deep to pass the 100 mile mark in 23:44:26. Of course, Karyn is already

an Australian Centurion, having qualified in 2002 with 23:35:56, and this was a very popular comeback. English walker Serena Queeney added some 6km to her best to take third with 153.638km, tantalisingly close to the 100 mile standard, and we hope that with further experience and training, she can achieve the elusive walking standard.

Susannah Harvey-Jamieson had been expected to fight out the 24 Hour run but disaster struck in the final days as her foot flared up after a run. Rather than miss the event, she opted to swap to the walk, taking fourth place with a commendable 137.829km, just ahead of Dawn Parris with 134.949km. A special mention to Diana Kelly who strolled for the full 24 hours, always smiling and obviously enjoying the experience, her final distance 114.895km

1.	THOMPSON, Michelle	VIC	172.593 km
2.	O'NEILL, Karyn	VIC	162.092 km
3.	QUEENEY, Serena	ENG	153.638 km
4.	HARVEY-JAMIESON, Susannah	QLD	137.829 km
5.	PARRIS, Dawn	VIC	134.949 km
6.	KELLY, Diana	WA	114.895 km
7.	HOWORTH, Sandy	VIC	89.148 km



**Michelle Thompson, Karyn O'Neill and Serena Queeney**

The meet also include Racewalking Australia 100km walk championships and the results were as follows.

**AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN**

1.	WALL, Mark	ENG	TBA
2.	Van den BOOGAARD, Martijn	HOLL	TBA
3.	JORDAN, Steve	VIC	TBA

There were 3 centurion performances (walkers who walked 100 miles or more in the 24 hour period) and we welcomed 2 new members to the Australian Centurions in Michelle Thompson and Mark Wall.

THOMPSON, Michelle	VIC	<b>C 58</b>	100 miles walked in 22:03:27
WALL, Mark	VIC/ENG	<b>C 59</b>	100 miles walked in 23:20:41
O'NEILL, Karyn	VIC	<b>C 45</b>	100 miles walked in 23:44:26

## AMA ANNUAL 4X800M RELAY RESULTS

Alan Lucas has sent through the results of the annual Australian Masters 4x800m Track Walk relays which were held in each State in February. The results were well spread with ACTVAC, VMA, NSWMA, MAWA and QMA all taking places.

### 4 X 800 M WALK - MEN

M 40-49	ACTVAC	Peter Baker	Doug Fitzgerald	John Donovan	Colin Heywood	18:05.06
M50-59	VMA	Tim Erickson	Clyde Riddoch	Paul Kennedy	Alan Lucas	15:56.90
	TMA	Brian Horton	Lawrie Marsh	David Moore	Paul Leitch	18:51.97
	MAWA	Stan Jones	Peter Hopper	John Smith	Tom Lenane	21:01.00
M60-69	VMA	Russ Dickensen	Ralph Bennett	Leo Watson	Llew Jenkins	18:15.40
	NSWMA	Dennis Williams	Robert Connors	Graeme Allomes	Jim Seymon	18:17.70
	ACTVAC	Robin Whyte	Rod Gilchrist	Bryan Thomas	Geoff Barker	19:17.88
M 70-79	ACTVAC	Bob Chapman	Dave McKenzie	Tony Booth	Terry Munro	21:41.6

### 4 X 800 M WALK - WOMEN

W40-49	ACTVAC	Ann Staunton-Jugovic	Helen Bialecki	Jane Bates	Kate Black	16:59.73
	NSWMA	Lynette Smith	Suzanne Brown	Sue Gore	Cris Penn	18:51.10
	MAWA	Sarah Ladwig	Regina Crouch	Lesley Romeo	Lynne Schickert	21:42.70
W50-59	QMA	Kay Shaw	Robyn Wales	Sally Lynch	Christiane Dauphinet	21:54.50
	NSWMA	Trish Stallard	Nancy Lloyd	Judy Brown	Annette Tillman	22:52.50
W 60-69	ACTVAC	Alice Scott	Consie Larmour	Ruth Baussman	Val Chesterton	23:20.02



**AUSTRALIAN MASTERS CHAMPIONSHIPS, BRISBANE, 21-24 APRIL 2011**

Last weekend saw the Australian Masters T&F championships in Brisbane with 1500m track, 5000m track and 10km road walks on offer. You can see the full results at <http://www.mastersathletics.com.au/liveresults/index.htm>. As usual, the age graded percentages are used to mark the relative merit of each performance and I have highlighted those above the 85% mark in their respective divisions. According to this system, the top performers were Andrew Jamieson, Lyn Ventris, Heather Carr, Peter Bennett, Christiane Dauphinet, Mark Donahoo, Russ Dickenson, Colin Heywood, Garry Hastie, Iggy Jimenez, George White, Paul Rance and James Seid-Christmass. The top performance of the meet went to Andrew Jamieson who scored a huge 97.01% with his time of 24:05.72 in the M60 5000m track walk.

**1500m Walks, Thursday 21 April**

W35	1	Irshad, Kylie	W39	VIC MASTERS	7:24.67	78.16%
W40	1	Smith, Lynette	W40	NSW MASTERS	8:03.81	72.37%
	2	Beikoff, Donna	W43	QLD MASTERS	10:09.29	58.84%
	3	Crouch, Regina	W42	WA MASTERS	11:51.94	49.96%
W45	1	Staunton-Jugovic, Ann	W47	ACT VETERANS	7:26.45	82.95%
	2	Shaw, Robyn	W49	VIC MASTERS	8:25.73	74.45%
	3	Willis, Mary	W49	NSW MASTERS	9:06.09	68.95%
W50	1	Tindal, Pam	W51	VIC MASTERS	7:27.87	<b>85.50%</b>
	2	Shaw, Kay	W52	QLD MASTERS	8:23.60	76.70%
	3	Elms, Donna-Marie	W50	VIC MASTERS	8:37.73	73.34%
W55	1	Bryant, Barbara	W56	VIC MASTERS	8:23.75	79.41%
	2	Lloyd, Nancy	W57	NSW MASTERS	10:02.22	67.05%
	3	Wilson, Julie	W57	WA MASTERS	10:32.58	63.83%
	4	Wales, Robyn	W58	QLD MASTERS	10:56.15	62.13%
W60	1	Carr, Heather	W61	VIC MASTERS	7:32.8h	<b>92.75%</b>
	2	Johnson, Celia	W63	VIC MASTERS	10:03.1h	71.14%
	3	Mison, Michele	W63	WA MASTERS	10:17.7h	69.46%
W65	1	Steed, Gwen	W68	VIC MASTERS	9:03.9h	83.59%
	2	Lynch, Sally	W67	QLD MASTERS	9:11.8h	81.40%
	3	Schickert, Lynne	W69	WA MASTERS	10:39.8h	71.96%
	4	McKinven, Noela	W68	QLD MASTERS	10:50.3h	69.93%
	5	Thomas, Trish	W65	ACT VETERANS	15:13.4h	48.03%
W70	1	Beaumont, Margaret	W73	VIC MASTERS	12:25.0h	65.20%
W75	1	Mews, Pam	W76	VIC MASTERS	16:48.2h	50.36%
W80	1	Dauphinet, Christiane	W80	QLD MASTERS	11:32.7h	78.19%
M30	1	Crothers, Paul	M34	QLD MASTERS	11:26.83	45.73%
M40	1	Seid-Christmass, James	M43	VIC MASTERS	6:32.56	<b>85.24%</b>
M45	1	Hastie, Garry	M49	WA MASTERS	6:35.60	<b>88.86%</b>
	2	Jimenez, Ignacio	M46	QLD MASTERS	6:37.12	<b>86.33%</b>
	3	Baker, Peter	M47	ACT VETERANS	7:17.25	79.06%
	4	Lindenberg, Paul	M48	QLD MASTERS	7:28.82	77.66%
M50	1	Donahoo, Mark	M52	VIC MASTERS	6:41.86	<b>89.74%</b>
	2	Rance, Paul	M52	VIC MASTERS	6:59.70	<b>85.93%</b>
	3	Davis, Kevin	M51	QLD MASTERS	9:53.00	60.30%
M55	1	Bennett, Peter	M55	QLD MASTERS	6:48.21	<b>90.71%</b>
	2	Heywood, Colin	M56	ACT VETERANS	7:01.06	<b>88.75%</b>
	3	Membrey, Harold	M59	WA MASTERS	10:16.73	62.33%
	-	Puliyadda, Anura	M59	VIC MASTERS	DQ	
M60	1	Jamieson, Andrew	M64	VIC MASTERS	7:14.91	<b>93.01%</b>
	2	Williams, Dennis	M62	NSW MASTERS	8:49.06	74.87%
	3	Horton, Brian	M63	TAS MASTERS	9:06.46	73.25%
M65	1	Dickenson, Russ	M65	VIC MASTERS	7:37.19	<b>89.44%</b>
	2	White, George	M65	SA MASTERS	7:59.72	<b>85.24%</b>
	3	Whyte, Robin	M69	ACT VETERANS	8:38.10	82.61%
	4	Thomas, Bryan	M69	ACT VETERANS	10:20.04	69.02%
M70	1	Johnson, Tony	M70	VIC MASTERS	8:45.13	82.48%
	2	Sela, Patrick	M71	QLD MASTERS	9:00.25	81.15%
	3	Seymon, Jim	M73	NSW MASTERS	9:01.70	83.01%
	4	Barber, Rodger	M73	SA MASTERS	10:43.32	69.90%
	5	Newmark, Varel	M71	TAS MASTERS	15:52.95	46.01%
M75	1	Millridge, Osmo	M79	NSW MASTERS	10:04.16	80.84%
	2	Silcock-Delaney, Colin	M78	VIC MASTERS	10:39.09	75.31%
	3	Beaumont, Ian	M75	VIC MASTERS	11:45.59	65.43%
	--	Johnson, Ron	M78	NEW ZEALAND	DQ	
M80	1	Lynch, Richard	M82	QLD MASTERS	11:03.89	77.01%
	2	Grigg, Russell	M84	QLD MASTERS	13:45.92	63.93%

M85	1	Keatinge, Dick	M88	QLD MASTERS	12:23.29	76.15%
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#### 5000m Walks, Friday 22 April

W35	1	Irshad, Kylie	W39	VIC MASTERS	29:23.63	69.41%
W40	1	Beikoff, Donna	W43	QLD MASTERS	36:09.91	58.19%
	2	Crouch, Regina	W42	WA MASTERS	42:03.50	49.64%
W45	1	Staunton-Jugovic, Ann	W47	ACT VETERANS	27:38.00	78.68%
	2	Shaw, Robyn	W49	VIC MASTERS	30:43.71	71.97%
	3	Willis, Mary	W49	NSW MASTERS	32:10.48	68.74%
W50	1	Ventris, Lynette	W54	WA MASTERS	24:33.74	<b>94.36%</b>
	2	Tindal, Pam	W51	VIC MASTERS	26:43.26	84.28%
	3	Shaw, Kay	W52	QLD MASTERS	29:55.48	75.96%
	4	Elms, Donna-Marie	W50	VIC MASTERS	31:31.47	70.78%
W55	1	Bryant, Barbara	W56	VIC MASTERS	29:25.30	80.39%
	2	Lloyd, Nancy	W57	NSW MASTERS	32:59.45	72.46%
	3	Wilson, Julie	W57	WA MASTERS	36:53.81	64.79%
W60	1	Carr, Heather	W61	VIC MASTERS	26:51.09	<b>93.12%</b>
	2	Feldman, Elizabeth	W62	VIC MASTERS	31:25.35	80.53%
	3	Johnson, Celia	W63	VIC MASTERS	34:47.94	73.61%
	4	Mison, Michele	W63	WA MASTERS	35:07.12	72.94%
W65	1	Steed, Gwen	W68	VIC MASTERS	32:14.52	84.90%
	2	Lynch, Sally	W67	QLD MASTERS	32:17.12	83.61%
	3	Schickert, Lynne	W69	WA MASTERS	37:20.58	74.35%
	4	McKinven, Noela	W68	QLD MASTERS	38:27.11	71.19%
W70	1	Beaumont, Margaret	W73	VIC MASTERS	42:05.52	70.14%
W75	1	Mews, Pam	W76	VIC MASTERS	55:02.51	56.42%
W80	1	Dauphinet, Christiane	W80	QLD MASTERS	39:04.68	<b>85.63%</b>

M40	1	Seid-Christmass, James	M43	VIC MASTERS	25:33.15	75.78%
M45	1	Jimenez, Ignacio	M46	QLD MASTERS	24:02.34	82.52%
	2	Hastie, Garry	M49	WA MASTERS	27:48.11	73.13%
	3	Lindenberg, Paul	M48	QLD MASTERS	28:17.34	71.28%
	4	Baker, Peter	M47	ACT VETERANS	29:49.85	67.04%
M50	1	Donahoo, Mark	M52	VIC MASTERS	24:58.19	83.53%
	2	Rance, Paul	M52	VIC MASTERS	27:07.12	76.91%
M55	1	Bennett, Peter	M55	QLD MASTERS	24:13.78	<b>88.35%</b>
	2	Heywood, Colin	M56	ACT VETERANS	24:43.15	<b>87.38%</b>
	3	Puliyadda, Anura	M59	VIC MASTERS	46:09.69	48.12%
M60	1	Jamieson, Andrew	M64	VIC MASTERS	24:05.72	<b>97.01%</b>
	2	Williams, Dennis	M62	NSW MASTERS	30:12.84	75.76%
	3	Horton, Brian	M63	TAS MASTERS	31:39.08	73.07%
M65	1	White, George	M65	SA MASTERS	27:25.71	<b>86.16%</b>
	2	Whyte, Robin	M69	ACT VETERANS	30:48.02	80.34%
	--	Dickenson, Russ	M65	VIC MASTERS	DQ Rule 163.6	
	--	Thomas, Bryan	M69	ACT VETERANS	DQ	
M70	1	Johnson, Tony	M70	VIC MASTERS	31:01.51	80.74%
	2	Sela, Patrick	M71	QLD MASTERS	31:35.91	80.26%
	3	Seymon, Jim	M73	NSW MASTERS	34:14.91	75.98%
M75	1	Millridge, Osmo	M79	NSW MASTERS	35:37.52	79.52%
	2	Silcock-Delaney, Colin	M78	VIC MASTERS	36:43.35	75.99%
	3	Beaumont, Ian	M75	VIC MASTERS	40:08.84	66.59%
M80	1	Lynch, Richard	M82	QLD MASTERS	37:24.67	79.39%
M85	--	Keatinge, Dick	M88	QLD MASTERS	DNF	

#### 10km roadwalks, Sunday 24 April

W35	--	Irshad, Kylie	W39	VIC MASTERS	DNF	
W40	1	Crouch, Regina	W42	WA MASTERS	1:27.24	49.45%
W45	1	Staunton-Jugovic, Ann	W47	ACT VETERANS	58:50	76.66%
	2	Shaw, Robyn	W49	VIC MASTERS	1:04:05	71.69%
	3	Willis, Mary	W49	NSW MASTERS	1:05:33	70.09%
W50	1	Ventris, Lynette	W54	WA MASTERS	51:03	<b>94.66%</b>
	2	Tindal, Pam	W51	VIC MASTERS	59:20	78.96%
	3	Shaw, Kay	W52	QLD MASTERS	1:03:03	75.06%
	4	Elms, Donna-Marie	W50	VIC MASTERS	1:07:54	68.32%
W55	1	Bryant, Barbara	W56	VIC MASTERS	1:00:38	81.47%
	2	Lloyd, Nancy	W57	NSW MASTERS	1:13:53	67.62%
W60	1	Carr, Heather	W61	VIC MASTERS	56:41	<b>92.52%</b>



	2	Feldman, Elizabeth	W62	VIC MASTERS	1:06:34	79.81%
	3	Johnson, Celia	W63	VIC MASTERS	1:12:45	74.00%
	4	Mison, Michele	W63	WA MASTERS	1:14:05	72.66%
W65	1	Lynch, Sally	W67	QLD MASTERS	1:08:43	82.89%
	2	Schickert, Lynne	W69	WA MASTERS	1:17:33	75.74%
	3	McKinven, Noela	W68	QLD MASTERS	1:19:17	72.94%
W70	1	Beaumont, Margaret	W73	VIC MASTERS	1:25:39	73.27%
W80	1	Dauphinet, Christiane	W80	QLD MASTERS	1:20:24	<b>89.45%</b>
M40	1	Seid-Christmass, James	M43	VIC MASTERS	53:41.00	74.22%
M45	1	Jimenez, Ignacio	M46	QLD MASTERS	49:27.00	82.52%
	2	Hastie, Garry	M49	WA MASTERS	54:03.00	77.36%
	3	Lindenberg, Paul	M48	QLD MASTERS	59:16.00	69.97%
M55	1	Heywood, Colin	M56	ACT VETERANS	50:17.00	<b>88.25%</b>
	2	Bennett, Peter	M55	QLD MASTERS	50:39.00	<b>86.85%</b>
	3	Membrey, Harold	M59	WA MASTERS	1:18:35.00	58.05%
M60	1	Jamieson, Andrew	M64	VIC MASTERS	50:02.00	<b>95.93%</b>
	2	Williams, Dennis	M62	NSW MASTERS	59:18.00	79.25%
	3	Horton, Brian	M63	TAS MASTERS	1:05:21.00	72.67%
	-	Lucas, Alan	M63	VIC MASTERS	DNF	
M65	1	Dickenson, Russ	M65	VIC MASTERS	57:05.00	<b>85.00%</b>
	2	Whyte, Robin	M69	ACT VETERANS	1:01:25.00	82.77%
	3	Thomas, Bryan	M69	ACT VETERANS	1:12:39.00	69.97%
	-	White, George	M65	SA MASTERS	DQ	
M70	1	Johnson, Tony	M70	VIC MASTERS	1:04:18.00	80.04%
	2	Sela, Patrick	M71	QLD MASTERS	1:05:16.00	79.86%
	3	Seymon, Jim	M73	NSW MASTERS	1:11:41.00	74.66%
	-	Barber, Rodger	M73	SA MASTERS	DNF	
M75	1	Silcock-Delaney, Colin	M78	VIC MASTERS	1:13:25.00	78.34%
	2	Beaumont, Ian	M75	VIC MASTERS	1:20:38.00	68.24%
M80	1	Lynch, Richard	M82	QLD MASTERS	1:18:10.00	78.52%

**AUSTRALIAN LITTLE ATHLETICS TEAMS CHAMPIONSHIPS, SYDNEY, SATURDAY 30 APRIL**

The 2011 ASICS Little Athletics Australian Teams Championships for U13 athletes was held on Saturday 30 April 2011 at the Sydney Olympic Park Athletic Centre. It is not really a full championship event as it is restricted to State based teams of 22 athletes (usually 11 boys and 11 girls) from each affiliated Association. So you really have to be able to do more than 1 event to confirm a place in one of the teams. However, it is normally a very good standard and this was the case once again in the walks.

Harry Bates from ACT tells us about the action.

Tyler Jones won the boys in about 6:41.61 with Ethan Dhu second and Billy Allamby third. Zoe Hunt won the girls in 7:00.83 ahead of Jade Sanders and Katrina Shaw! It was very wet. The boys race started out pretty fast with the three eventual medallists (Tyler, Ethan and Billy) going through 400m in 1:35-36. Tyler then pulled away and gradually reased his lead during the rest of the race. Zoe Hunt lead from the start, going through 400m in 1:42 and built up her lead more as the race went on, eventually winning by 18 secs. In terms of the winning times, I think it's one of the fastest groups at ALAC for a long time, particularly in the boys. And perhaps if Jemima was there, she and Zoe would have walked well under 7 mins given that Zoe walked 6:50 at our ACT State titles.

**Girls U 13 - 1500 Metre Walk**

1.	Zoe Hunt	ACT	7:00.83
2.	Jade Sanders	VIC	7:18.43
3.	Katrina Shaw	NSW	7:26.57
4.	Tahlia Hunt	TAS	7:33.74
5.	Chloe Priest	WA	7:36.07
6.	Rhiannon Minett	NSW	7:37.50
7.	Zoe Schwerkolt	VIC	7:59.59
8.	Emma Henderson	QLD	8:06.55
9.	Julia Potezny	SA	8:21.08
10.	Fiona Smith	TAS	8:53.92
11.	Chelsea Kelly	SA	9:10.45
	Munashe Zhoya	WA	DQ
	Heather Burrridge	QLD	DQ
	Karina Hopkins	ACT	DQ

**Boys U 13 - 1500 Metre Walk**

1.	Tyler Jones	NSW	6:41.61
2.	Ethan Dhu	NSW	6:54.06
3.	Billy Allamby	VIC	7:04.67
4.	Thomas Hopkins	ACT	7:24.80
5.	Luke McCutcheon	QLD	7:30.07
6.	Brandon Pritchard	QLD	7:48.31
7.	Callum Walker	TAS	7:58.25
8.	Jack Durr	ACT	8:13.24
9.	Steven Slimming	SA	8:59.63
10.	Lewis Munt	WA	9:24.66
11.	Kayde Wright	WA	9:38.14
12.	Andrew McGrath	VIC	10:05.08
13.	Keegan Wylie	TAS	10:49.25
14.	Liam Moss	SA	11:28.81

## LBG CARNIVAL, CANBERRA, SUNDAY 12 JUNE 2011

Over 300 racewalkers from around Australia descended on Canberra last weekend for the running of the 45<sup>th</sup> Lake Burley Griffin Walking Carnival. The Carnival which was held on Sunday 12<sup>th</sup> June at Weston Park in excellent conditions - cool with occasional sunny patches - included events ranging from the classic 20 miler right down to 1km events for the Under 10 walkers. Club photographer **Terry Swan** was in action throughout the day and he has uploaded a selection of his photos to <http://vrwc.org.au/coppermine>. I also have to add my photos into the mix and also some superb 20 Mile shots from Luke Adams.

The first events to kick off at 8AM were the 20 Mile and 10 Mile championships and this year they were watched with even more interest than usual, given the presence of our top seven men - **Nathan Deakes (VIC)**, **Jared Tallent (VIC)**, **Luke Adams (Regal)**, **Chris Erickson (VIC)**, **Adam Rutter (NSWRWC)**, **Brendon Reading (ACT)** and **Ian Rayson (Regal)**. All seven are Canberra based with the top five AIS based. It was no surprise to see them hit the front from the start and soon clear away from the field. By the half way mark, Jared and Chris had gained a handy lead over the others but we all know that it all happens in the second half of such a race, and so it was with Jared putting the foot down soon after and leaving Chris in his wake. He quickly built up a winning lead to record his 6<sup>th</sup> victory in the impressive time of 2:18:59. Luke Adams stormed home to finish only 47 secs behind Jared, his time of 2:19:46 less than a minute outside his best, and he was certainly making big inroads into Jared's lead in the final few miles. Nathan Deakes continued his comeback with yet another strong performance to take third ahead of Chris and Adam. This is an identical time to that done by Nathan in 1998 in his only other excursion over this tough course. How's that for an interesting stat! Chris 2:24:37 and Adam 2:25:55 rounded out the top five with further impressive times. This is the first time we have seen 5 walkers under 2:30 and it was nearly 7 as Brendon Reading and Ian Rayson came tantalisingly close with their times of 2:31:10 and 2:31:31. For Brendon, it was a 4 min PB as he continues his excellent form. Further back in the field, **Robin Whyte** recorded his 42<sup>nd</sup> finish and **Bill Starr** recorded his 33<sup>rd</sup> finish - what superb efforts!

We also saw 4 women competing in the toughest race on the program and all finished. The best of them was 2008 Olympian **Cheryl Webb** whose time of 2:52:53 is the third best ever in this carnival, behind Kerry Saxby-Junna and Megan Szirom. **Michelle Thompson** was next in with 3:29:14 in her first ever Canberra, another excellent walk.

There were also Fitness races over 20 Miles, 10 Miles and 5 Miles and a good number of people, including some of our Victorian parents and supporters, took the opportunity to see the hills at close quarters!



**The AIS lead group early on - Luke Adams, Jared Tallent, Sean Fitzsimons, Adam Rutter, Nathan Deakes and Chris Erickson**  
**The first 3 - Jared, Luke and Nathan**

### EVENT 1 OPEN 20 MILES

#### MEN

1.	Jared Tallent	M	2:18:59	VIC
2.	Luke Adams	M	2:19:46	REGAL
3.	Nathan Deakes	M	2:21:50	VIC
4.	Chris Erickson	M	2:24:37	VIC
5.	Adam Rutter	M	2:25:55	NSWRWC
6.	Brendan Reading	M	2:31:10	ACTW
7.	Ian Rayson	M	2:31:31	REGAL
8.	Stuart Kollmorgen	M	2:53:07	VIC
9.	Ian Jessurun	M	3:01:34	NSWRWC
10.	Kim Mottrom	M	3:02:25	SARWC
11.	Colin Heywood	M	3:04:34	ACTW
12.	Peter Bennett	M	3:06:24	QRWC
13.	Peter Crump	M	3:10:28	SARWC

14.	Robin Whyte	M	3:33:33	ACTW
15.	Robert Osborne	M	3:53:10	REGAL
16.	Bill Starr	M	4:11:52	SARWC
17.	Darren Bown	M	DNF	SARWC

#### WOMEN

1.	Cheryl Webb	F	2:52:22	NSWRWC
2.	Michelle Thompson	F	3:29:14	VIC
3.	Mary Willis	F	3:57:02	NSWRWC
4.	Karyn O'Neill	F	4:00:21	VIC

#### MASTERS MEN

1.	Stuart Kollmorgen	M	2:53:07	VIC
2.	Ian Jessurun	M	3:01:34	NSWRWC
3.	Colin Heywood	M	3:04:34	ACTW
4.	Peter Bennett	M	3:06:24	QRWC
5.	Peter Crump	M	3:10:28	SARWC
6.	Robin Whyte	M	3:33:33	ACTW
7.	Robert Osborne	M	3:53:10	REGAL
8.	Bill Starr	M	4:11:52	SARWC

#### MASTERS WOMEN

1.	Michelle Thompson	F	3:29:14	VIC
2.	Mary Willis	F	3:57:02	NSWRWC
3.	Karyn O'Neill	F	4:00:21	VIC

#### HANDICAP

1.	Peter Bennett	M	QRWC
2.	Brendan Reading	M	ACTW
3.	Ian Rayson	M	REGAL

#### TEAMS

1	VIC1	50	Jared Tallent Nathan Deakes Chris Erickson
2	NSWRWC1	34	Adam Rutter Cheryl Webb Ian Jessurun
3	REGAL1	32	Luke Adams Ian Rayson Robert Osborne
4	ACTW1	24	Brendan Reading Colin Heywood Robin Whyte
5	VIC2	17	Stuart Kollmorgen Michelle Thompson Karyn O'Neill
6	SARWC1	15	Kim Mottrom Peter Crump Bill Starr

#### MASTERS TEAMS

1	VIC1	7	Stuart Kollmorgen Michelle Thompson Karyn O'Neill
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#### EVENT 2 FITNESS 20 MILES

##### MEN

1.	Robert Willcox	3:31:58	NSWRWC
2.	Geoff Barker	3:55:24	ACTW
3.	Derek Robinson	3:57:23	ACTW
4.	George Megas	4:37:47	QRWC

##### WOMEN

1.	Monika Short	3:55:44	ACTW
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#### EVENT 3 AACT WOMENS & MENS 30 KM CHAMPIONSHIP

1.	Jared Tallent	2:09:11	VIC
2.	Luke Adams	2:10:35	NSW
3.	Nathan Deakes	2:11:53	VIC
4.	Adam Rutter	2:14:20	NSW
5.	Chris Erickson	2:14:26	VIC
6.	Brendan Reading	2:19:58	ACT
7.	Ian Rayson	2:21:21	NSW
8.	Stuart Kollmorgen	2:41:00	VIC
9.	Kim Mottrom	2:47:50	SA
10.	Peter Crump	2:57:00	SA
11.	Peter Bennett	2:54:08	QLD
12.	Robin Whyte	3:18:17	ACT
	Darren Bown	DNF	SA

The Women's 10 mile championships, also contested around the hilly lake circuit, saw **Regan Lamble** win in 1:14:26, second only to Kerry Saxby-Junna's 2001 time of 1:14:09. She headed off with the top men and this set her up for a big walk. How impressive is

that! **Tanya Holliday** was also in great form, taking second with 1:17:23, the sixth best ever time in this event. Both girls, along with **Rachel Tallent** who finished third with 1:24:01, fronted in the afternoon in the women's 5km event - now that's a tough ask.

#### EVENT 4 OPEN WOMENS 10 MILES

1.	Regan Lambie	1:14:26	VIC
2.	Tanya Holliday	1:17:23	SARWC
3.	Rachel Tallent	1:24:01	VIC
4.	Vanessa Ebejer	1:33:54	REGAL
5.	Tamara Attard	1:34:20	VIC
6.	Heather Carr	1:34:42	VIC
7.	Amelia Finnegan	1:35:11	VIC
8.	Kay Shaw	1:42:57	QRWC
9.	Charlene Ebejer	1:49:07	REGAL
10.	Anna Wallace	1:50:34	VIC
11.	Donna-Marie Elms	1:52:41	VIC
12.	Noela McKinven	2:12:35	QRWC

#### MASTERS

1.	Heather Carr	1:34:42	VIC
2.	Kay Shaw	1:42:57	QRWC
3.	Donna-Marie Elms	1:52:41	VIC
4.	Noela McKinven	2:12:35	QRWC

#### HANDICAP

1.	Tamara Attard	VIC
2.	Charlene Ebejer	REGAL
3.	Amelia Finnegan	VIC

#### TEAMS

1	VIC1	16	Regan Lambie Rachel Tallent Tamara Attard
2	VIC2	6	Heather Carr Amelia Finnegan Anna Wallace

The Men's 10 mile championship saw AIS walker **Sean Fitzsimons** win in 1:13:47 ahead of young NSW walker **Kyle Malone** and 1996 NZ Olympian **Scott Nelson**. Scott also won the Masters event which was held concurrently. It was great to see young **Brook Keys** back in action and contesting the 10 Mile after a lot of time away battling injuries.

#### EVENT 5 OPEN MENS 10 MILES

1.	Sean Fitzsimons	1:13:47	WARWC
2.	Kyle Malone	1:18:29	NSWRWC
3.	Scott Nelson	1:21:28	VIC
4.	Ignacio Jimenez	1:21:53	QRWC
5.	Andrew Jamieson	1:21:54	VIC
6.	Derek Mulhearn	1:24:59	NSWRWC
7.	Brook Keys	1:26:14	NSWRWC
8.	Christopher Lockwood	1:26:30	VIC
9.	Jordan Mulhearn	1:26:50	NSWRWC
10.	Aaron McDonough	1:29:38	VIC
11.	Justin Hill	1:33:32	SARWC
12.	Dennis Williams	1:34:29	REGAL
13.	Daryl Biggin	1:37:53	VIC
14.	Anthony Albanese	1:39:24	NSWRWC
15.	Maurice Prendergast	1:45:52	VIC
16.	Jim Seymon	1:52:11	REGAL
17.	Peter Luke	2:16:07	VIC
18.	Brendon Hyde	2:27:27	NSWRWC

#### MASTERS

1.	Scott Nelson	1:21:28	VIC
2.	Ignacio Jimenez	1:21:53	QRWC
3.	Andrew Jamieson	1:21:54	VIC
4.	Christopher Lockwood	1:26:30	VIC
5.	Dennis Williams	1:34:29	REGAL
6.	Daryl Biggin	1:37:53	VIC
7.	Anthony Albanese	1:39:24	NSWRWC
8.	Maurice Prendergast	1:45:52	VIC
9.	Jim Seymon	1:52:11	REGAL
10.	Peter Luke	2:16:07	VIC
11.	Brendon Hyde	2:27:27	NSWRWC

#### HANDICAP

- |    |                 |        |
|----|-----------------|--------|
| 1. | Brook Keys      | NSWRWC |
| 2. | Justin Hill     | SARWC  |
| 3. | Aaron McDonough | VIC    |

#### TEAMS

- |   |         |    |   |
|---|---------|----|---|
| 1 | NSWRWC1 | 30 | Kyle Malone Derek Mulhearn Brook Keys             |
| 2 | VIC1    | 28 | Scott Nelson Andrew Jamieson Christopher Lockwood |
| 3 | VIC2    | 11 | Aaron McDonough Daryl Biggin Maurice Prendergast  |
| 4 | NSWRWC2 | 10 | Jordan Mulhearn Anthony Albanese Brendon Hyde     |

#### EVENT 6 FITNESS 10 MILES

##### MEN

- |    |                 |         |      |
|----|-----------------|---------|------|
| 1. | Terry O'Neill   | 1:45:21 | VIC  |
| 2. | Thomas Sellings | 1:46:00 | ACT  |
| 3. | Doug Fitzgerald | 1:54:37 | ACTW |
| 4. | Peter Thomson   | 2:02:40 | ACT  |
| 5. | Pat Fisher      | 2:06:30 | ACTW |
| 6. | Robin Wood      | 2:18:08 | VIC  |
| 7. | Warren Butler   | 2:21:45 | ACTW |

##### WOMEN

- |    |              |         |     |
|----|--------------|---------|-----|
| 1. | Adelaide Png | 1:52:11 | ACT |
| 2. | Anne l'Ons   | 2:28:11 | ACT |

#### EVENT 7 FITNESS 5 MILES

##### MEN

- |    |                |         |      |
|----|----------------|---------|------|
| 1. | Jason Elms     | 0:56:38 | VIC  |
| 2. | Damien Elms    | 0:56:39 | VIC  |
| 3. | Rod Gilchrist  | 0:57:43 | ACTW |
| 4. | John Donovan   | 1:01:09 | ACTW |
| 5. | Dave Mackenzie | 1:03:28 | ACT  |
| 6. | Dane Shaw      | 1:06:57 | QRWC |
| 7. | Bob Shaw       | 1:12:50 | QRWC |
| 8. | Rory Ogilvie   | 1:21:41 | VIC  |

##### WOMEN

- |    |                           |         |        |
|----|---------------------------|---------|--------|
| 1. | Jennifer Gilchrist        | 0:59:22 | ACTW   |
| 2. | Jennifer Jones-Billington | 1:00:26 |        |
| 3. | Robyn Wales               | 1:07:29 | QRWC   |
| 4. | Judy Brown (2)            | 1:07:29 | NSWRWC |
| 5. | Des Butler                | 1:11:20 | ACTW   |
| 6. | Debra Brill               | 1:21:51 | VIC    |
| 7. | Bronwyn Finnegan          | 1:21:51 | VIC    |



**Rachel Tallent, Tanya Holliday, Regan Lamble, Scott Nelson, Stuart Kollmorgen and Kyle Malone in action in the 10 Mile**

Once the lake events were completed, the rest of the program kicked off with events from U10 upwards. The racing was fiercely contested and the small number of disqualifications reflects the high standard of walking. The newsletter is not long enough to talk about every race so I will just pick out a few highlights before giving you the results.

- **Dane Bird Smith** (QRWC) gave another exhibition in quality walking, winning the U20 10km in 43:17.

- **Madeleine Owen** (NSWRWC) and **Mikhala Hodges** (VIC) raced alongside each other for the duration of the U10 1km and it took a final sprint before we could separate them, with Madeleine 1<sup>st</sup> and Mikhala 2<sup>nd</sup>, both recording 5:12.
- **Jasmyn McDonald** (NSWRWC) blitzed the U12s, winning in a very impressive 9:47 - and she looked fantastic.
- **Tyler Jones** (NSWRWC) did similarly in the U14s, winning by nearly 20 secs with 9:27.
- **Jemima Montag** (VIC) recorded identical time of 9:27 in winning the Girls' U14 event, 12 secs clear of second place.
- **Nathan Brill** (VIC) was dominant in the U16 event, winning by 40 secs with 13:03. He then backed up for third in the U18 5km shortly after with 22:22.
- **Brad Aiton** and **Jesse Osborne** (QRWC), our two World Youth reps, took gold and silver in the U18 5km with 22:02 and 22:17 while team mate and fellow World Youth rep **Jessica Pickles** won the U18 Girls' walk with 24:37.
- **Tanya Holliday** (SA) won the Open Women's 5km in 22:29 after coming second in the 10 Mile event in the morning.
- **Regan Lamble** (VIC) was second in the Open Women's 5km in 22:29 after winning the 10 Mile event in the morning.
- **Rachel Tallent** (VIC) took third in the Open Women's 5km in a PB time of 23:31 after taking third in the 10 Mile event in the morning.

And now onto the results

#### EVENT 8 MENS U20 10 km

1.	Dane Bird-Smith	0:43:17	QRWC
2.	Harry Bates	0:49:29	ACTW
	Steven Washburn	DQ	NSWRWC

#### EVENT 9 AACT MENS U20 10 km CHAMPIONSHIP

1.	Dane Bird-Smith	0:43:17	QLD
2.	Harry Bates	0:49:29	ACT
	Steven Washburn	DQ	NSW

#### EVENT 10 OPEN SENIOR 10 km

1.	Michael Reading	0:54:20	ACTW
2.	Tony Psarianos	1:05:55	NSWRWC

#### EVENT 11 BOYS U10 1 km

1.	Spencer Burns	5:16	ACTW
2.	James Plummer	5:23	NSWRWC
3.	Blake Dwyer	5:24	REGAL
4.	Ethan Wright	5:32	VIC
5.	Caine Brill	5:44	VIC
6.	Tom Hunt	7:37	ACTW
7.	Logan Barendregt	8:34	NSWRWC

#### HANDICAP

1.	Ethan Wright	VIC
2.	Caine Brill	VIC
3.	Logan Barendregt	NSWRWC

#### EVENT 12 GIRLS U10 1 km

1.	Madelaine Owen	5:12	NSWRWC
2.	Mikhala Hodges	5:12	VIC
3.	Jemma Peart	5:19	VIC
4.	Brianna Lillie	5:26	VIC
5.	Amy Canavan	5:42	VIC
6.	Kathleen O'Mahoney	5:54	VIC
7.	Arabella Phillips	5:54	TARWC
8.	Lee Taylor	5:58	VIC
9.	Mercedes Brennan	6:10	VIC
10.	Alanna Peart	6:11	VIC
11.	Riona Tyler-Dowd	6:12	SARWC
12.	Flynn Ross	6:21	NSWRWC
13.	Lauren Tisdale	6:22	NSWRWC
14.	Olivia Davis	7:39	VIC
15.	Laura Burns	7:56	ACTW

#### HANDICAP

1.	Arabella Phillips	TARWC
2.	Alanna Peart	VIC
3.	Lauren Tisdale	NSWRWC

#### TEAMS

1	VIC1	30	Mikhala Hodges Jemma Peart Brianna Lillie
2	VIC2	21	Amy Canavan Kathleen O'Mahoney Lee Taylor
3	NSWRWC1	18	Madelaine Owen Flynn Ross Lauren Tisdale



4 VIC3 10 Mercedes Brennan Alanna Peart Olivia Davis

**EVENT 13 BOYS U12 2 km**

1.	Harry Hockley Samon	10:05	VIC
2.	Yanis Benzenati	10:11	QRWC
3.	Callum Burns	10:17	ACTW
4.	Kyle Bedford	10:18	NSWRWC
5.	Dylan Rischardson	10:48	NSWRWC
6.	Alix Harlington	10:48	SARWC
7.	Benjamin Tisdale	11:01	NSWRWC
8.	Jonty Brennan	11:39	VIC
9.	Ryan Thomson	11:39	NSWRWC
10.	Justin Brill	12:02	VIC
11.	Travis Barendregt	12:25	NSWRWC
12.	James Plummer	12:41	NSWRWC
13.	Hayden Walmsley	12:45	VIC
14.	Rodney Davis	13:25	VIC
15.	Harley Davidson	15:55	VIC
	Ryan Pinchen	DQ	QRWC

**HANDICAP**

1.	Justin Brill	VIC
2.	Rodney Davis	VIC
3.	Jonty Brennan	VIC

**TEAMS**

1	NSWRWC1	30	Kyle Bedford Dylan Rischardson Benjamin Tisdale
2	VIC1	27	Harry Hockley Samon Jonty Brennan Justin Brill
3	NSWRWC2	16	Ryan Thomson Travis Barendregt James Plummer
4	VIC2	6	Hayden Walmsley Rodney Davis Harley Davidson

**EVENT 14 GIRLS U12 2 km**

1.	Jasmyn McDondald	9:47	NSWRWC
2.	Leah McDonald	10:32	NSWRWC
3.	Eliza De Laine	10:40	NSWRWC
4.	Gabby Hunt	10:52	ACTW
5.	Jemma Smith	10:55	TARWC
6.	Mikaela Woodward	11:10	QRWC
7.	Danielle Kalemusic	11:14	NSWRWC
8.	Anaya Hodges	11:25	VIC
9.	Brodie Richardson	11:31	VIC
10.	Mikhala Hodges	11:40	VIC
11.	Ally Grujoski	11:46	NSWRWC
12.	Rhiannon Lovegrove	11:46	SARWC
13.	Jemma Peart	11:53	VIC
14.	Jessica Lillie	11:54	VIC
15.	Brianna Lillie	11:58	VIC
16.	Jasmine Fletcher	12:16	NSWRWC
17.	Amy Canavan	12:23	VIC
18.	Katelyn Lotherington	12:23	VIC
19.	Samantha Brown	12:24	NSWRWC
20.	Kathleen O'Mahoney	12:42	VIC
21.	Lee Taylor	12:51	VIC
22.	Riona Tyler-Dowd	12:56	SARWC
23.	Kirrily Garwood	12:57	TARWC
24.	Taylor McCarthy-Smith	13:26	QRWC
25.	Elsie Potezny	13:27	SARWC
26.	Josie Doyle	13:52	NSWRWC
27.	Emily Hopkins	13:57	ACTW
28.	Mercedes Brennan	14:02	VIC

**HANDICAP**

1.	Kirrily Garwood	TARWC
2.	Jemma Smith	TARWC
3.	Anaya Hodges	VIC

**TEAMS**

1	NSWRWC1	52	Jasmyn McDondald Leah McDonald Eliza De Laine
2	VIC1	39	Anaya Hodges Brodie Richardson Mikhala Hodges

3	NSWRWC2	32	Danielle Kalemusic Ally Grujoski Jasmine Fletcher
4	VIC2	24	Jemma Peart Jessica Lillie Brianna Lillie
5	SARWC1	13	Rhiannon Lovegrove Riona Tyler-Dowd Elsie Potezny
6	VIC3	12	Amy Canavan Katelyn Lotherington Kathleen O'Mahoney

#### EVENT 15 BOYS U14 2 km

1.	Tyler Jones	9:27	NSWRWC
2.	Billy Allamby	9:45	VIC
3.	Yanis Benzenati	10:00	QRWC
4.	Trent Miles	10:01	QRWC
5.	Kyle Swan	10:20	VIC
6.	Harry Hockley Samon	10:26	VIC
7.	Jordan Glover	10:38	REGAL
8.	Reese Walmsley	10:46	VIC
9.	Adam Mylonas	10:52	NSWRWC
10.	Kyle Bedford	10:54	NSWRWC
11.	Thomas Hopkins	11:09	ACTW
12.	Callum Doherty	11:11	ACTW
13.	Ross Darlow	11:23	VIC
14.	Damien Owen	11:38	NSWRWC
15.	Ryan Thomson	11:38	NSWRWC
16.	Patrick Estrada	12:04	REGAL
17.	Ethan Wright	12:12	VIC
18.	Brendan O'Mahony	12:23	VIC
19.	Jack Durr	12:27	ACTW
20.	Cody McNicol-Davidson	12:30	VIC
21.	Jonty Brennan	12:46	VIC
22.	Michael Murphy	13:00	NSWRWC
23.	Hayden Walmsley	13:25	VIC

#### HANDICAP

1.	Trent Miles	QRWC
2.	Ethan Wright	VIC
3.	Ross Darlow	VIC

#### TEAMS

1	VIC1	48	Billy Allamby Kyle Swan Harry Hockley Samon
2	NSWRWC1	44	Tyler Jones Adam Mylonas Kyle Bedford
3	VIC2	29	Reese Walmsley Ross Darlow Ethan Wright
4	ACTW1	25	Thomas Hopkins Callum Doherty Jack Durr
5	NSWRWC2	16	Damien Owen Ryan Thomson Michael Murphy
6	VIC3	10	Brendan O'Mahony Cody McNicol-Davidson Jonty Brennan

#### EVENT 16 GIRLS U14 2 km

1.	Jemima Montag	9:27	VIC
2.	Zoe Hunt	9:39	ACTW
3.	Kenza Benzenati	9:45	QRWC
4.	Caitlin Hosking	9:55	ACTW
5.	Tahlia Hunt	10:11	TARWC
6.	Stephanie Grujoski	10:24	NSWRWC
7.	Emily Hamilton	10:28	VIC
8.	Anna Cross	10:34	SARWC
9.	Shelby Kay	10:52	VIC
10.	Katrina Shaw	10:58	REGAL
11.	Gabby Hunt	11:00	ACTW
12.	Julia Potezny	11:09	SARWC
13.	Caitlin Plummer	11:11	NSWRWC
14.	Mikaela Woodward	11:28	QRWC
15.	Karina Hopkins	11:29	ACTW
16.	Mikhala Hodges	11:29	VIC
17.	Kara Baker	11:34	ACTW
18.	Jemma Smith	11:35	TARWC
19.	Mascey Willis	11:38	NSWRWC
20.	Emily Swan	11:50	VIC
21.	Ally Grujoski	12:06	NSWRWC
22.	Taylor McCarthy-Smith	12:07	QRWC
23.	Brodie Richardson	12:26	VIC
24.	Rhiannon Lovegrove	12:30	SARWC
25.	Sarah Guy	12:44	TARWC
26.	Anaya Hodges	13:05	VIC

27. Tahneia Resch 13:11 ACTW

**HANDICAP**

1. Sarah Guy TARWC  
2. Taylor McCarthy-Smith QRWC  
3. Ally Grujoski NSWRC

**TEAMS**

1 VIC1 59 Jemima Montag Emily Hamilton Shelby Kay  
2 ACTW1 59 Zoe Hunt Caitlin Hosking Gabby Hunt  
3 NSWRC1 39 Stephanie Grujoski Caitlin Plummer Mascey Willis  
4 QRWC1 39 Kenza Benzenati Mikaela Woodward Taylor McCarthy-Smith  
5 SARWC1 34 Anna Cross Julia Potezny Rhiannon Lovegrove  
6 TARWC1 30 Tahlia Hunt Jemma Smith Sarah Guy  
7 ACTW2 21 Karina Hopkins Kara Baker Tahneia Resch  
8 VIC2 20 Mikhala Hodges Emily Swan Brodie Richardson

**EVENT 17 BOYS U16 3 km**

1. Nathan Brill 13:03 VIC  
2. Zac Partington 13:43 WARWC  
3. Jay Felton 13:48 NSWRC  
4. Robert Murphy 14:47 NSWRC  
5. Connor McShanag 15:01 VIC  
6. Lucas Taylor 15:04 VIC  
7. Tom Doyle 15:30 NSWRC  
8. Mitchell Walker 15:31 TARWC  
9. Luke Jobson 15:44 NSWRC  
10. Lachlan Tyler-Dowd 17:47 SARWC  
11. Reese Walmsley 18:09 VIC  
12. Ross Darlow 18:10 VIC  
13. Trent Miles 18:32 QRWC  
Brendan O'Mahony DQ VIC

**HANDICAP**

1. Mitchell Walker TARWC  
2. Ross Darlow VIC  
3. Luke Jobson NSWRC

**TEAMS**

1 VIC1 12 Nathan Brill Connor McShanag Lucas Taylor  
2 NSWRC1 10 Jay Felton Robert Murphy Tom Doyle

**EVENT 18 GIRLS U16 3 km**

1. Jmara Hockley Samon 15:02 VIC  
2. Jasmine Dighton 15:07 NSWRC  
3. Stephanie George 15:19 VIC  
4. Kenza Benzenati 15:31 QRWC  
5. Sophie Eberhardt 15:54 TARWC  
6. Jemma Potezny 15:58 SARWC  
7. Tahlia Hunt 16:21 TARWC  
8. Megan Guy 16:35 TARWC  
9. Amanda Barendregt 16:44 NSWRC  
10. Bianca Attard 16:53 VIC  
11. Ashleigh Resch 17:02 ACTW  
12. Kobie Somerfield 17:14 VIC  
13. Stephanie Grujoski 17:19 NSWRC  
14. Anna Cross 17:31 SARWC  
15. Caitlin Plummer 17:43 NSWRC  
16. Chloe McNicol-Davidson 18:18 VIC  
17. Julia Potezny 18:58 SARWC  
18. Stacey McLaren 19:13 VIC  
19. Shae Ohlsen 20:03 VIC  
Zoe Hunt 4.23cmDQ ACTW  
Bryony Beasley DQ NSWRC

**HANDICAP**

1. Chloe McNicol-Davidson VIC  
2. Kobie Somerfield VIC  
3. Megan Guy TARWC

**TEAMS**

1	VIC1	36	Jmara Hockley Samon Stephanie George Bianca Attard
2	TARWC1	31	Sophie Eberhardt Tahlia Hunt Megan Guy
3	NSWRWC1	27	Jasmine Dighton Amanda Barendregt Stephanie Grujoski
4	SARWC1	17	Jemma Potezny Anna Cross Julia Potezny
5	VIC2	10	Kobie Somerfield Chloe McNicol-Davidson Stacey McLaren

**EVENT 19 BOYS U18 5 km**

1.	Brad Aiton	22:02	QRWC
2.	Jesse Osborne	22:17	QRWC
3.	Nathan Brill	22:22	VIC
4.	Josh Dillon	23:28	VIC
5.	Harry Bates	23:46	ACTW
6.	Jay Felton	24:31	NSWRWC
7.	Tyler Jones	24:59	NSWRWC
8.	Steven Washburn	25:13	NSWRWC
9.	Aaron Tam	25:28	VIC
10.	Connor McShanag	25:59	VIC
11.	Matthew Killen	26:07	NSWRWC
12.	Lucas Taylor	26:56	VIC
13.	Matt Cunningham	27:38	QRWC
14.	Mitchell Walker	28:07	TARWC
15.	Lachlan Tyler-Dowd	28:21	SARWC
16.	Billy Allamby	28:38	VIC
17.	Cody McNicol-Davidson	34:33	VIC

**HANDICAP**

1.	Matthew Killen	NSWRWC
2.	Mitchell Walker	TARWC
3.	Lachlan Tyler-Dowd	SARWC

**TEAMS**

1	QRWC1	26	Brad Aiton Jesse Osborne Matt Cunningham
2	VIC1	24	Nathan Brill Josh Dillon Aaron Tam
3	NSWRWC1	21	Jay Felton Tyler Jones Steven Washburn
4	VIC2	8	Connor McShanag Lucas Taylor Billy Allamby

**EVENT 20 GIRLS U18 5 km**

1.	Jessica Pickles	24:37	QRWC
2.	Amy Bettiol	24:45	NSWRWC
3.	Amelia Finnegan	26:14	VIC
4.	Kirsty Klein	26:40	NSWRWC
5.	Cassie Raselli	27:12	VIC
6.	Jemima Montag	27:50	VIC
7.	Dimitra Psarianos	28:06	NSWRWC
8.	Samara Holliday	28:24	SARWC
9.	Emily Hamilton	28:41	VIC
10.	Caitlin Campbell	30:20	VIC
11.	Jemma Potezny	30:24	SARWC
12.	Sara Klein	30:53	NSWRWC
13.	Rebecca Campbell	32:46	VIC
14.	Chloe McNicol-Davidson	33:03	VIC
15.	Josnne Elias	36:15	NSWRWC

**HANDICAP**

1.	Josnne Elias	NSWRWC
2.	Dimitra Psarianos	NSWRWC
3.	Rebecca Campbell	VIC

**TEAMS**

1	NSWRWC1	21	Amy Bettiol Kirsty Klein Dimitra Psarianos
2	VIC1	19	Amelia Finnegan Cassie Raselli Jemima Montag
3	VIC2	6	Emily Hamilton Caitlin Campbell Rebecca Campbell

**EVENT 21 WOMENS 5 km**

1.	Tanya Holliday		22:29	SARWC
2.	Regan Lamble	U20	22:39	VIC
3.	Rachel Tallent	U20	23:31	VIC

4.	Kristie Goznik	U20	25:33	SARWC
5.	Elizabeth Hosking	U20	26:27	ACTW
6.	Jmara Hockley Samon	U20	26:41	VIC
7.	Kenza Benzenati	U20	27:04	QRWC
8.	Stephanie George	U20	27:23	VIC
9.	Cassie Raselli	U20	28:08	VIC
10.	Sophie Eberhardt	U20	28:40	TARWC
11.	Emily Fawcett		28:47	ACTW
12.	Shelby Kay	U20	29:00	VIC
13.	Megan Guy	U20	29:39	TARWC
14.	Anna Wallace		30:25	VIC
15.	Gloria Holliday	M	30:31	SARWC
16.	Meghann Griffin	U20	31:28	ACTW
17.	Kate Black	M	31:35	ACTW
18.	Nicolle Mitchell-Challinor	M	31:58	NSWRWC
19.	Stacey McLaren	U20	33:36	VIC
20.	Donna-Marie Elms	M	34:00	VIC
21.	Judy Brown	M	38:34	NSWRWC
22.	Jenny Lingley	M	38:34	NSWRWC
23.	Jodie Sundstrom		38:53	REGAL
	Ann Staunton Jugovic	M	DQ	ACTW

#### UNDER 20

1.	Regan Lambie		22:39	VIC
2.	Rachel Tallent		23:31	VIC
3.	Kristie Goznik		25:33	SARWC
4.	Elizabeth Hosking		26:27	ACTW
5.	Jmara Hockley Samon		26:41	VIC
6.	Kenza Benzenati		27:04	QRWC
7.	Stephanie George		27:23	VIC
8.	Cassie Raselli		28:08	VIC
9.	Sophie Eberhardt4.23cm		28:40	TARWC
10.	Shelby Kay		29:00	VIC
11.	Megan Guy		29:39	TARWC
12.	Meghann Griffin		31:28	ACTW
13.	Stacey McLaren		33:36	VIC

#### MASTERS

1.	Gloria Holliday		30:31	SARWC
2.	Kate Black		31:35	ACTW
3.	Nicolle Mitchell-Challinor		31:58	NSWRWC
4.	Donna-Marie Elms		34:00	VIC
5.	Judy Brown		38:34	NSWRWC
6.	Jenny Lingley		38:34	NSWRWC
	Ann Staunton Jugovic		DQ	ACTW

#### HANDICAP

1.	Jenny Lingley		NSWRWC
2.	Megan Guy		TARWC
3.	Shelby Kay		VIC

#### TEAMS

1	VIC1	46	Regan Lambie Rachel Tallent Jmara Hockley Samon
2	SARWC1	41	Tanya Holliday Kristie Goznik Gloria Holliday
3	VIC2	32	Stephanie George Cassie Raselli Shelby Kay
4	ACTW1	30	Elizabeth Hosking Emily Fawcett Meghann Griffin
5	VIC3	15	Anna Wallace Stacey McLaren Donna-Marie Elms
6	NSWRWC1	8	Nicolle Mitchell-Challinor Judy Brown Jenny Lingley

#### MASTERS TEAMS

1	NSWRWC1	7	Nicolle Mitchell-Challinor Judy Brown Jenny Lingley
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## AUSTRALIAN ROADWALK CHAMPIONSHIPS, CANBERRA, SUNDAY 21 AUGUST 2011

The Australian Roadwalking Championships were held in perfect conditions in Weston Park, Canberra, last Sunday with nearly 150 of our best walkers competing in events ranging from U10 1km to Open 20km. Unfortunately, most of our top Open walkers were in Daegu for the World Championships but their absence opened the way for others to medal.

The day started at 8AM with the Open 20km events where **Chris Erickson** (VIC) won the men's title for the second year in a row and **Tanya Holliday** (SA) claimed her first national women's crown. While Chris's win was clearcut, Tanya's win was not without drama as Jess Rothwell (VIC) reached the finishing line first, only to be disqualified as she was about to cross. Tanya's 20km win was her first ever 20km and the time of 1:37:54 was a great first up performance and signals her return to the ranks of our elite walkers.

Chris was interviewed by AA after his win - to quote from the AA website article:

Erickson 'rocked the cradle' as he crossed the finish line in 1:29:01, indicating it was his first race as a father. "It was my first race since becoming a father 9 days ago to little Oliver. It's been a whirlwind week and I'm a little bit sleep deprived," the Olympian said. It was the second national title over 20km for the 29-year-old, who had also won the 50km national crowns. "It's always nice to get another national title under the belt. It was good to have this race here in Canberra this time of the year. It gives you something to aim for in the middle of the year. When we've got our 50km trial in December, I'll be ready to go. It was perfect conditions out here. The course is a little bit undulating and I headed out at a pretty good tempo. I sort of decided I'd ease back a bit and walk with one of the other AIS guys for a bit. Then he dropped off and I just kicked home in the last couple of kilometres.

It was a relatively tough course with plenty of hills but special mentions to **Andrew Jamieson** (VIC) who set a new M65 World Record with his time of 1:41:27 and to **Kelly Ruddick** (VIC) whose second place time of 1:39:56 was a 15 sec PB.



**Tanya Holliday, Kirstin Shaw, Andrew Jamieson, Chris Erickson and Kelly Ruddick in action**

### EVENT 1 OPEN MEN 20K

1.	Chris Erickson	1:29:01	RWV	VIC
2.	Darren Bown	1:30:29	SARWC	SA
3.	Rhydian Cowley	1:30:54	RWV	VIC
4.	Derek Mulhearn	1:41:22	NSWRWC	NSW
5.	Andrew Jamieson	1:41:27	RWV	VIC
6.	Ian Jessurun	1:46:29	NSWRWC	NSW
7.	Dean Nipperess	1:47:41	QRWC	QLD
8.	Peter Crump	1:54:17	SARWC	SA
9.	Anthony Albanese	2:02:56	NSWRWC	NSW
10.	David Smyth	2:06:16	RWCWA	WA
11.	Robert Osborne	2:08:00	REGAL	NSW
12.	Tony Psarianos	2:23:19	NSWRWC	NSW
	Sean Fitzsimons	DNF	WARWC	WA

### MASTERS

1.	Andrew Jamieson	1:41:27	RWV
2.	Ian Jessurun	1:46:29	NSWRWC
3.	Dean Nipperess	1:47:41	QRWC
4.	Peter Crump	1:54:17	SARWC
5.	Anthony Albanese	2:02:56	NSWRWC
6.	David Smyth	2:06:16	RWCWA



7.	Robert Osborne	2:08:00	REGAL
8.	Tony Psarianos	2:23:19	NSWRWC

#### HANDICAP

1.	Derek Mulhearn	NSWRWC
2.	Dean Nipperess	QRWC
3.	Robert Osborne	REGAL

#### TEAMS

1.	RWV1	15	(Chris Erickson, Rhydian Cowley, Andrew Jamieson)
2.	NSWRWC1	7	(Derek Mulhearn, Ian Jessurun, Anthony Albanese)

#### EVENT 2 OPEN WOMEN 20K

1.	Tanya Holliday	1:37:54	SARWC	SA
2.	Kelly Ruddick	1:39:56	RWV	VIC
3.	Kirstin Shaw	2:09:47	RWV	VIC
	Cheryl Webb	DNF	NSWRWC	NSW
	Jessica Rothwell	DQ	RWV	VIC

The 10km events kicked off next and there were some fine performances. Special mentions to **Rachel Tallent** (VIC) 49:31 (U20 winner), **Dane Bird-Smith** (QLD) 43:57 (U20 winner) and **Brad Aiton** (QLD) 45:48 (U18 winner) who confirmed their places as National Champions. **Kristie Goznik** (SA) did a 90 sec PB to take silver in the U20 Women's event with 50:59 while **Jesse Osborne** (QLD) 46:07 was not far behind Brad in the U18 Men's event and confirmed his good form from the recent World Youth championships over the tough hilly 2km loop.



**Brad Aiton, Kristie Goznik, Jesse Osborne, Dane Bird-Smith and Rachel Tallent**

#### EVENT 3 OPEN WOMEN 10K

	Tanya Holliday(20k)	47:42	SARWC	SA
	Kelly Ruddick(20k)	49:13	RWV	VIC
1.	Ann Staunton-Jugovic	57:57	ACTW	ACT
	Kirstin Shaw (20k)	1:00:44	RWV	VIC
2.	Michelle Butler	1:01:30	RWCWA	WA
3.	Gloria Holliday	1:02:44	SARWC	SA
4.	Emily Fawcett	1:03:15	ACTW	ACT
5.	Mary Willis	1:03:56	NSWRWC	NSW
6.	Noela McKinven	1:18:51	QRWC	QLD
	Cheryl Webb	DNF	NSWRWC	NSW
	Jessica Rothwell	DQ	RWV	VIC

#### MASTERS

1.	Kelly Ruddick	49:13	RWV
2.	Ann Staunton-Jugovic	57:57	ACTW
3.	Michelle Butler	1:01:30	RWCWA
4.	Gloria Holliday	1:02:44	SARWC
5.	Emily Fawcett	1:03:15	ACTW
6.	Mary Willis	1:03:56	NSWRWC
7.	Noela McKinven	1:18:51	QRWC
	Cheryl Webb	DNF	NSWRWC

### HANDICAP

1. Gloria Holliday SARWC
2. Emily Fawcett ACTW
3. Mary Willis NSWRC

### EVENT 4 UNDER 20 WOMEN 10K

1. Rachel Tallent 49:31 RWV VIC
2. Kristie Goznik 50:59 SARWC SA
3. Amy Bettiol 52:52 NSWRC NSW
4. Hilary Brazel 59:54 RWV VIC
5. Dimitra Psarianos 1:01:14 NSWRC NSW
6. Yue Guo 1:02:23 QRWC QLD
- Beth Alexander DQ RWV VIC

### HANDICAP

1. Yue Guo QRWC
2. Dimitra Psarianos NSWRC
3. Hilary Brazel RWV

### EVENT 5 UNDER 20 MEN 10K

1. Dane Bird-Smith 43:57 QRWC QLD
2. Dale Hennighan 51:06 WARWC WA
- Jordan Mulhearn DNF NSWRC NSW

### EVENT 6 UNDER 18 MEN 10K

1. Brad Aiton 45:48 QRWC QLD
2. Jesse Osborne 46:07 QRWC QLD
3. Harry Bates 50:19 ACTW ACT
4. Steven Washburn 52:36 NSWRC NSW
5. Jay Felton 53:03 NSWRC NSW
6. Matthew Killen 58:27 NSWRC NSW

### HANDICAP

1. Jay Felton NSWRC
2. Matthew Killen NSWRC
3. Steven Washburn NSWRC

### TEAMS

1. NSWRC1 7 (Steven Washburn, Jay Felton , Matthew Killen)

The next events to get underway were the U10 1km, U12 2km and U14 3km. Unfortunately, times were minutes slower than expected and indicate that the 1km loop used for these events was almost certainly significantly long. So we have to ignore the times and concentrate on the winning performances. Congratulations to our new Australian champions **Kyle Bedford** (NSW - U12 Boys 2km), **Leah McDonald** (NSW - U12 Girls 2km), **Tyler Jones** (NSW - U14 Boys 3km) and **Jemima Montag** (VIC - U14 Girls 3km). Well done also to our U10 winners **Mercedes Brennan** (VIC) and **Spencer Burns** (ACT).



Winners Spencer Burns, Jemima Montag, Kyle Bedford, Mercedes Brennan, Leah McDonald and Tyler Jones

### EVENT 7 UNDER 10 BOYS 1K

1. Spencer Burns 06:27 ACTW

2.	Tom Hunt	07:12	ACTW
3.	Logan Barendregt	08:52	NSWRWC

#### EVENT 8 UNDER 10 GIRLS 1K

1.	Mercedes Brennan	07:01	RWV
2.	Renee Hardy	07:06	NSWRWC
3.	Lauren Tisdale	07:48	NSWRWC
4.	Laura Burns	08:49	ACTW

#### EVENT 9 UNDER 12 BOYS 2K

1.	Kyle Bedford	11:07	NSWRWC	NSW
2.	Callum Burns	11:23	ACTW	ACT
3.	Harry Hockley Samon	11:25	RWV	VIC
4.	Dylan Richardson	11:45	NSWRWC	NSW
5.	Jonty Brennan	11:46	RWV	VIC
6.	Luke Button	11:58	RWCWA	WA
7.	Ryan Thomson	12:26	NSWRWC	NSW
8.	Benjamin Tisdale	12:35	NSWRWC	NSW
9.	James Plummer	13:27	NSWRWC	NSW
10.	Travis Barendregt	14:13	NSWRWC	NSW
11.	Tom Hockley Samon	19:06	RWV	VIC

#### HANDICAP

1.	Jonty Brennan	RWV
2.	Dylan Richardson	NSWRWC
3.	Ryan Thomson	NSWRWC

#### TEAMS

1.	NSWRWC1	22	(Kyle Bedford, Dylan Richardso, Ryan Thomson)
2.	RWV1	15	(Harry Hockley Samon, Jonty Brennan, Tom Hockley Samon)
3.	NSWRWC2	9	(Benjamin Tisdale, James Plummer, Travis Barendregt)

#### EVENT 10 UNDER 12 GIRLS 2K

1.	Leah McDonald	11:30	NSWRWC
2.	Mikayla Johns	11:38	WARWC
3.	Gabby Hunt	11:46	ACTW
4.	Hayley George	12:16	RWV
5.	Samantha Brown	12:28	NSWRWC
6.	Rhiannon Lovegrove	12:45	SARWC
7.	Courtney Johns	12:56	WARWC
8.	Thalia Martin	13:31	QRWC
9.	Arabella Phillips	13:33	TARWC
10.	Mercedes Brennan	13:43	RWV
11.	Tegan Miller	14:05	RWV

#### HANDICAP

1.	Mercedes Brennan	RWV
2.	Samantha Brown	NSWRWC
3.	Thalia Martin	QRWC

#### TEAMS

1.	RWV1	7	(Hayley George, Mercedes Brennan, Tegan Miller)
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#### EVENT 11 UNDER 14 BOYS 3K

1.	Tyler Jones	15:59	NSWRWC	NSW
2.	Kyle Swan	16:34	RWV	VIC
3.	Getasew Ferguson	16:50	TARWC	TAS
4.	Trent Miles	16:53	QRWC	QLD
5.	Jordan Glover	16:57	REGAL	NSW
6.	Reese Walmsley	17:09	RWV	VIC
7.	Mitchell Lees	17:40	WARWC	WA
8.	Jeremy Hill	18:14	WARWC	WA
9.	Thomas Hopkins	18:28	ACTW	ACT
10.	Jack Durr	20:31	ACTW	ACT
11.	Karl Osbourne	20:41	REGAL	NSW
12.	Cody McNicol-Davidson	22:11	RWV	VIC

#### HANDICAP

1.	Trent Miles	QRWC
----	-------------	------

- |    |                |       |
|----|----------------|-------|
| 2. | Reese Walmsley | RWV   |
| 3. | Jordan Glover  | REGAL |

#### TEAMS

- |    |      |   |  |
|----|------|---|--|
| 1. | RWV1 | 7 | (Kyle Swan, Reese Walmsley, Cody McNicol-Davidson) |
|----|------|---|--|

#### EVENT 12 UNDER 14 GIRLS 3K

- |     |                    |       |        |     |
|-----|--------------------|-------|--------|-----|
| 1.  | Jemima Montag      | 16:17 | RWV    | VIC |
| 2.  | Jasmyn McDonald    | 17:20 | NSWRWC | NSW |
| 3.  | Tahlia Hunt        | 17:40 | TARWC  | TAS |
| 4.  | Shelby Kay         | 18:19 | RWV    | VIC |
| 5.  | Jemma Smith        | 19:13 | TARWC  | TAS |
| 6.  | Danielle Kalemusic | 19:25 | NSWRWC | NSW |
| 7.  | Karina Hopkins     | 20:11 | ACTW   | ACT |
| 8.  | Ally Grujoski      | 20:50 | NSWRWC | NSW |
| 9.  | Kara Baker         | 21:09 | ACTW   | ACT |
| 10. | Aimee Reid         | 22:59 | WARWC  | WA  |
|     | Masecy Willis      | DQ    | NSWRWC | NSW |

#### HANDICAP

- |    |               |        |
|----|---------------|--------|
| 1. | Ally Grujoski | NSWRWC |
| 2. | Jemma Smith   | TARWC  |
| 3. | Aimee Reid    | WARWC  |

#### TEAMS

- |    |         |   |  |
|----|---------|---|--|
| 1. | NSWRWC1 | 7 | (Jasmyn McDonald, Danielle Kalemusic, Ally Grujoski) |
|----|---------|---|--|

The remaining 5km events were walked over the same 1.25km loop that is used in the LBG carnival so there were no issues with distances for these races. Congratulations to **Nathan Brill** (VIC) who won the U16 Boys 3km by over 3 minutes, **Jessica Pickles** (QLD) who won the U18 Girls 5km after a great battle with **Kirsty Klein** (NSW) and to **Katya Martin** (QLD) who came through the field in the last lap to take gold in the U16 Girls 5km ahead of **Jade Sanders** (VIC) who also walked a fantastic race.



**Kirsty Klein, Jessica Pickles, Katya Martin, Nathan Brill and Jade Sanders**

#### EVENT 13 UNDER 16 BOYS 5K

- |    |                 |       |        |     |
|----|-----------------|-------|--------|-----|
| 1. | Nathan Brill    | 22:06 | RWV    | VIC |
| 2. | Zac Partington  | 25:25 | WARWC  | WA  |
| 3. | Connor McShanag | 25:33 | RWV    | VIC |
| 4. | Louis Rose      | 25:52 | TARWC  | TAS |
| 5. | Robert Murphy   | 26:46 | NSWRWC | NSW |
| 6. | Kyle Swan       | 27:15 | RWV    | VIC |
| 7. | Mitchell Walker | 28:15 | TARWC  | TAS |
| 8. | Tom Doyle       | 31:06 | NSWRWC | NSW |
| 9. | Callum Doherty  | 33:13 | ACTW   | ACT |

#### HANDICAP

- |    |                |        |
|----|----------------|--------|
| 1. | Callum Doherty | ACTW   |
| 2. | Robert Murphy  | NSWRWC |
| 3. | Louis Rose     | TARWC  |

**TEAMS**

1. RWV1 7 (Nathan Brill, Connor McShanag, Kyle Swan)

**EVENT 14 UNDER 18 WOMEN 5K**

- |     |                        |       |        |     |
|-----|------------------------|-------|--------|-----|
| 1.  | Jessica Pickles        | 24:42 | QRWC   | QLD |
| 2.  | Kirsty Klien           | 24:49 | NSWRWC | NSW |
| 3.  | Amy Bettiol            | 25:35 | NSWRWC | NSW |
| 4.  | Tiffany Dagnone        | 26:21 | RWCWA  | WA  |
| 5.  | Jmara Hockley Samon    | 26:31 | RWV    | VIC |
| 6.  | Amelia Finnegan        | 26:34 | RWV    | VIC |
| 7.  | Breanna Brown          | 26:39 | RWCWA  | WA  |
| 8.  | Hannah Denney          | 28:39 | REGAL  | NSW |
| 9.  | Sara Klein             | 31:46 | NSWRWC | NSW |
| 10. | Chloe McNicol-Davidson | 33:29 | RWV    | VIC |

**HANDICAP**

1. Hannah Denney REGAL
2. Jmara Hockley Samon RWV
3. Chloe McNicol-Davidson RWV

**TEAMS**

1. NSWRWC1 14 (Kirsty Klie, Amy Bettiol, Sara Klein)
2. RWV1 8 (Jmara Hockley Samon, Amelia Finnegan, Chloe McNicol-Davidson)

**EVENT 15 UNDER 16 GIRLS 5K**

- |     |                    |       |        |     |
|-----|--------------------|-------|--------|-----|
| 1.  | Katya Martin       | 25:54 | QRWC   | QLD |
| 2.  | Jade Sanders       | 26:13 | RWV    | VIC |
| 3.  | Jemma Potezny      | 26:20 | SARWC  | SA  |
| 4.  | Zoe Hunt           | 26:35 | ACTW   | ACT |
| 5.  | Stephanie George   | 26:35 | RWV    | VIC |
| 6.  | Rachelle Taylor    | 26:54 | TARWC  | TAS |
| 7.  | Kate Holt          | 27:02 | WARWC  | WA  |
| 8.  | Stephanie Grujoski | 27:49 | NSWRWC | NSW |
| 9.  | Piper Douglas      | 27:53 | SARWC  | SA  |
| 10. | Shelby Kay         | 28:10 | RWV    | VIC |
| 11. | Sophie Eberhardt   | 28:34 | TARWC  | TAS |
| 12. | Emma Walker        | 29:05 | TARWC  | TAS |
| 13. | Caitlin Plummer    | 29:49 | NSWRWC | NSW |
| 14. | Amanda Barendregt  | 30:35 | NSWRWC | NSW |
| 15. | Ally Durr          | 30:47 | ACTW   | ACT |
| 16. | Caitlin Gerken     | 30:55 | RWCWA  | WA  |
| 17. | Bryony Beasley     | 30:59 | NSWRWC | NSW |
| 18. | Hannah Harrison    | 31:03 | TARWC  | TAS |
|     | Kenza Benzenati    | DQ    | QRWC   | QLD |
|     | Jasmine Dighton    | DQ    | NSWRWC | NSW |

**HANDICAP**

1. Stephanie Grujoski NSWRWC
2. Caitlin Plummer NSWRWC
3. Shelby Kay RWV

**TEAMS**

1. RWV1 23 (Jade Sanders, Stephanie George, Shelby Kay)
2. TARWC1 14 (Rachelle Taylor, Sophie Eberhardt, Emma Walker)
3. NSWRWC1 9 (Stephanie Grujoski, Caitlin Plummer, Amanda Barendregt)

And finally to the Brennen Shield which was won by RWV after a close battle with NSWRWC.

**BRENNEN SHIELD**

Place	Club	LBG Carnival	Aust Roadwalk Champs	Total
1	RWV	1068	835	1603
2	NSWRWC	925	444	1369
3	SARWC	328	-	328
4	ACTRWC	281	-	281
5	TARWC	132	68	200
6	QRWC	143	-	143
7	REGAL	70	-	90

**AUSTRALIAN UNIVERSITY GAMES, GOLD COAST, QUEENSLAND, 25-30 SEPTEMBER**

The annual Australian University Games kicked off today at the Griffith University track at Southport on the Gold Coast with the 5000m walks amongst the first events. Robyn Wales reported on the walks as follows

Dane Bird-Smith started conservatively and built up the pace until he had lapped the whole field. Unfortunately, with 120m to go, he tripped over his shoe laces (unseen by Chief Judge) and took a big spill, but was able to get up and limp home for the win. The girls' race was an exciting one with Yue Guo leading all the way but having to fight off a fast finishing Simone McInnes who had drawn level with one lap to go. Unfortunately, the event continues to be poorly supported by our student walkers.

**Men's 5000m walk**

1.	Dane Bird Smith	Griffith University	21:49.81
2.	Brandon Dewar	QUT	23:03.84
3.	Derek Mulhearn	SU	24:51.79
4.	Jordan Mulhearn	SU	26:14.79

**Women's 5000m Walk**

1.	Yue Guo	UQ	27:21.21
2.	Simone McInnes	LaTrobe	27:36.48
3.	Vanessa Noble	ACPE	30:01.63



**VSSSA CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, TUESDAY 19 OCTOBER 2010**

The Victorian Secondary Schools Sports Association T&F championships were held on Tuesday 19<sup>th</sup> October at Olympic Park, with 1500m walks on offer for boys and girls. There was some great walking but the highlight had to be the walk of **Nathan Brill** whose time of 6:16.43 broke Jared Tallent's championship record in the Boys 12-15 walk. Aged only 14, Nathan is improving every time he steps on the track and it will be interesting to see what times he can knock out as the summer progresses. Other top performances came from **Jared Walker** 6:38.43, **Josh Kaiser** 6:38.61 and **Beth Alexander** 6:39.45. There were PBs galore in the carnival.

**Boys 12-15 1500m Race Walk**

SSV Record: R 6:22.15 1999 Jared Tallent, Ballarat HS

1.	Brill, Nathan	Rosebud	6:16.43
2.	Walker, Jared	Lara	6:38.43
3.	Taylor, Lucas	Lilydale	7:09.46
4.	Blight, Simon	Oberon	7:24.81
5.	Galbraith, Jordan	Norwood	7:29.64
6.	Costelloe, Jesse	Bellarine	7:47.81
7.	Jones, Jeremiah	Bendigo South East	7:56.09
8.	Blair, Daniel	Newcomb	8:01.48
9.	Garganis, Adam	Thornbury SC	8:05.76
10.	Savage, Josh	Eaglehawk	8:13.85
	Fromberg, David	Traralgon SC	DQ
	Lee, T	Lalor	DQ

**Boys 16-20 1500m Race Walk**

SSV Record: R 5:38.80 1992 Dion Russell, Balwyn

1.	Kaiser, Joshua	Dromana	6:38.61
2.	Tam, Aaron	Glen Waverley SC	7:10.23
3.	Sloan, Dylan	Patterson River	7:32.95
4.	Walsh, Robert	Mount Waverley	7:42.52
5.	Curtis, Peter	Bendigo	8:03.06
6.	Evans, Rhys	Lyndhurst	8:58.03
7.	Maynard, F	Thornbury SC	11:09.62
	Soutar, Josh	Rosebud	DQ
	Batchelor, R	Melbourne HS	DQ

**Girls 12-15 1500m Race Walk**

SSV Record: R 6:39.80 1995 Kelly Wapshott, Fairhills

1.	Irshad, Jasmine	Wantirna	7:19.61
2.	Guy, Rebecca	Berwick	7:52.18
3.	Sanders, Jade	Berwick	8:25.27
4.	Corless, Danika	Wantirna	8:45.96
5.	Cope, Olivia	Leongatha	8:54.92
6.	McLaren, Sacey	Rosehill	9:05.24
7.	Somerfield, Kobie	Mt Clear	9:19.42
8.	Atkins, Emily	Ballarat HS	9:20.58
9.	Ohlsen, Shae	Ballarat HS	9:35.01
10.	Lattanzio, C	Northcote HS	9:44.89
11.	Platt, Alexandra	Strathmore HS	10:16.02
	Sebastian, Rachel	Wodonga Middle	DQ
	Patterson, Kate	Frankston	DQ

**Girls 16-20 1500m Race Walk**

SSV Record: R 6:28.50 1998 Kellie Wapshott, Fairhills

1.	Alexander, Beth	Brentwood	6:39.45
2.	Tallent, Rachel	Ballarat HS	6:57.39
3.	Campbell, Caitlin	Copperfield	7:58.96
4.	Duvall, Samantha	Mooroolbark College	8:14.44
5.	McInnes, Simone	Mansfield	8:28.86
6.	Stewart, Bethany	Strathmore HS	8:34.93
7.	Cudmore, Maddison	Shepparton	9:39.76
8.	Fairburn, Vanessa	Cranbourne	10:04.52
9.	Charles, Katherine	Neerim District	10:07.57
10.	Ferrier, Meg	Frankston	10:16.27
11.	Jones, Ebony-Jade	Bendigo South East	10:26.62
12.	Brasier, J	Viewbank	10:43.56
13.	Romas, Brittney	Frankston	10:52.59

Our other young walkers are in the private or Catholic school systems so they were not competing on this occasion but we can expect to see everyone in action in the Victorian All Schools T&F championships in early November. What races we can expect to see then!

## VRWC ROAD RACES, ALBERT PARK, SUNDAY 24 OCTOBER 2010

The first VRWC races for the summer were held on Sunday 24<sup>th</sup> October in perfect Melbourne weather – an overnight low of 9°C and rising to a high of 20°C with sunny still conditions. Apart from the usual large number of local competitors, we were excited to play host to a significant number of walkers from interstate – **Ian Rayson** and **Brendon Reading** from ACT, **Regan Lamble** and **Sean Fitzsimons** from the AIS, **Dane Bird-Smith**, **Brad Aiton**, **Brandon** and **Nick Dewar**, **Jessica Pickles** and **Jesse Osborne** from QLD and **Kim Mottrom** from SA. For many of our walkers, including the Queenslanders, it was a case of backing up again after track races the day before, but back up they did in fine style.

The 20km, 15km and 10km walkers were first to kick off at 9AM and the pace was on from the start with **Dane Bird-Smith**, **Sean Fitzsimons** and **Ian Rayson** leading through the first km in 4:03. From then on, Dane and Sean raced side by side with Ian close behind while the rest of the field chased. Dane reached the 10km mark first in 42:09, easily his best road time and not far off his leading track time of 41:32. Next in was Sean whose 42:14 was a 51 sec PB and a time which showed that his time at the AIS is now starting to pay dividends. Ian was not far behind in 42:21 but for him it was the half way mark of his longer 20km race. He held on well to eventually finish with a PB time of 1:26:30 to cap off great races for all three.

They were not the only ones in fine form as we saw a whole host of PBs but none finer than 16 year old **Brad Aiton** whose 44:00 was not only a 25 sec PB but also gives him a qualifier for the 2011 World Youth Games. Others to excel in the good conditions included **Rhydian Cowley** (PB 1:31:26 for 20km), **Brendon Reading** (1:30:29 for 20km), **Aaron McDonough** with an M35 Victorian Record for the 15km (1:22:27), **Regan Lamble** (PB 47:03), **Nick Dewar** (PB 46:54), **Jesse Osborne** (PB 47:18) and **Brandon Dewar** (PB 47:47). 14 year old **Nathan Brill** excited with another great 10km time in 47:30 while **Stephanie George** (1:02:32) and **Josh Dillon** (50:45) walked their first ever 10km races. Finally, it was great to see **Sandra Howorth** back walking after a couple of years off and doing a solid 20km. It was all happening!

### 20km Walk Open

1.	Howorth, Sandra	1:12:48	2:30:31	
1.	Rayson, Ian	0:42:21	1:26:30	PB 0:11
2.	Reading, Brendon	0:44:03	1:30:29	
3.	Cowley, Rhydian	0:45:09	1:31:26	PB 3:53
4.	Jordan, Steve	1:21:18	2:38:50	

### 15km Walk Open

1.	Tindal, Pam	0:58:07	1:27:07	
	Irshad, Kylie	1:02:19	DNF	
1.	McDonough, Aaron	0:54:34	1:22:27	M35 Vic Record
2.	Skrucany, Rudolf	1:10:20	1:49:44	

### 10km Walk Open

1.	Lamble, Regan	0:47:03	PB 0:10
2.	Carr, Heather	0:58:07	
3.	George, Stephanie	1:02:32	First 10km
4.	Elms, Donna	1:05:14	
5.	Attard, Bianca	1:05:41	
1.	Bird-Smith, Dane	42:09	Road PB 0:51
2.	Fitzsimons, Sean	42:14	PB 0:51
3.	Aiton, Brad	44:00	PB 0:25
4.	Dewar, Nick	46:54	PB 2:08
5.	Osborne, Jesse	47:18	PB 0:53
6.	Brill, Nathan	47:30	
7.	Dewar, Brandon	47:47	PB 2:00
8.	Mottrom, Kim	50:19	
9.	Dillon, Josh	50:45	First 10km
10.	Simpson, Bradley	51:46	
11.	Clark, Lewis	53:15	
12.	Kaiser, Josh	53:15	
13.	Evans, Simon	54:56	
14.	Bennett, Ralph	56:39	
15.	Taylor, Lucas	58:10	
16.	Dickenson, Russ	58:24	
17.	Tam, Aaron	59:34	
18.	Armstrong, David	62:29	
19.	Gardiner, Bob	62:58	
20.	Dickinson, Murray	64:58	



**Brad Aiton, Regan Lamble, Sean Fitzsimons, Dane Bird-Smith and Ian Rayson excel from the front**



**Josh Dillon, Brendon Reading, Brandon Dewar, Nathan Brill, Jesse Osborne, Nick Dewar and Rhydian Cowley**

The 5km and 3km events, which got underway at 9:30AM, saw **Stuart Kollmorgen** (23:10) and **Kelly Ruddick** (23:26) lead from the front with some great walking. Interstate walker **Jessie Pickles** also walked well for 25:39 while **Kevin Ruddick** had his first walk with the club, recording 22:15 for the 3km. In the U15 walks, **Jemima Montag** 14:45 (just 1 sec off her PB) and **Connor McShanag** 15:05 were worthy winners with good walking displays.

**5km Walk Open**

1.	Kollmorgen, Stuart	23:10	
2.	Wicks, Barrie	36:23	
1.	Ruddick, Kelly	23:26	PB 0:01
2.	Pickles, Jessica	25:39	
3.	Hockley-Samon, Jmara	26:51	
4.	Brunton, Caitlin	27:54	
5.	Irshad, Jasmine	28:55	
6.	Johnson, Celia	34:14	

**3km Walk Open**

1.	McIntyre, Gayle	17:48
1.	Onley, Gordon	22:02
2.	Ruddick, Kevin	22:15

**3km Walk Under 15**

1.	Montag, Jemima	14:45
2.	Stadus, Lauren	17:03
3.	Collis, Lauren	18:09

- |    |                   |       |
|----|-------------------|-------|
| 4. | McLaren, Stacey   | 19:55 |
| 1. | McShanag, Connor  | 15:05 |
| 2. | Owen, Cooper      | 18:14 |
| 3. | Tremigliozi, Paul | 19:52 |



**Jemima Montag, Stuart Kollmorgen, Jmara Hockley-Samon, Kelly Ruddick and Jessica Pickles**

Our 2km U12 and 1km U9 events kicked off at 10AM and it also included some first time club walkers in **Rebecca Henderson, Hugh Collis** and **Beatrice Laufer**. Winners included **Gabriella Crea** 11:39, **Kurtis Mathews** 11:35, **Brianna Lillie** 5:55 and **Tom Hockley-Samon** 7:29.

#### **2km Walk Under 12**

- |    |                    |       |
|----|--------------------|-------|
| 1. | Crea, Gabriella    | 11:39 |
| 2. | Mathews, Jayah     | 11:52 |
| 3. | Lillie, Jessica    | 12:23 |
| 4. | George, Hayley     | 13:38 |
| 5. | Taylor, Lee        | 13:46 |
| 6. | Henderson, Rebecca | 13:49 |
| 1. | Mathews, Kurtis    | 11:35 |
| 2. | Collis, Hugh       | 12:08 |

#### **1km Walk Under 9**

- |    |                    |       |
|----|--------------------|-------|
| 1. | Lillie, Brianna    | 05:55 |
| 2. | Miller, Tegan      | 06:36 |
| 3. | Laufer, Beatrice   | 07:13 |
| 1. | Hockley-Samon, Tom | 07:29 |

Finally thanks to our many officials and helpers who keep the show on the road week by week. The list is an impressive one.

**Officials / Judges:** Tim Erickson, Ron Miller, Harry Summers, Ian Laurie, Natalie Laurie, Don McLaren, Matt Owen, Pauline McShanag, Tina Miller, Marlaine Stanway, Gordon Loughnan (Chief Judge), Brenda Felton, Graham George, Stuart Cooper, Lloyd Nicholls, Mark Donahoo

**Course Setup** Bob Gardiner, Harry Summers, Craig Brill, Damien Elms, Jason Elms

**Bicycles:** Damien Elms, Jason Elms, Bradley McLaren

**Canteen:** Barb Gardiner, Joyce Summers, Wendy Cooper



**VICTORIAN ALL SCHOOLS T&F CHAMPS U14-U18, OLYMPIC PARK, MELBOURNE, 5-7 NOV, 2010**

The Victorian All Schools T&F championship racewalks were held on the afternoon of Saturday 6<sup>th</sup> November in quite good conditions, although the sun did come out for the 5000m walkers later in the day so they definitely had the worst of the conditions.

The U14 3000m walks events kicked off first at 1:45PM and they provided two of my top three walking highlights. Firstly, **Jemima Montag** won the girls' walk with a time of 14:35.20, breaking the **Victorian U13 3000m walk record** of 14:56.5, set by Simone Kuppler way back in 1991. It was a superb walk from the front and did she looked good. The second great performance in this age group came from **Kyle Swan**, the youngest walker in the field (still only 11 years of age). His time of 15:28.20 was also a solo effort and a good one at that. Billy Allamby and Cooper Owen battled early and Billy, who is still well below peak racing shape, looked set to drop to third mid race. But you can never count him out and he rallied and came home strongly in 15:51.05 ahead of Cooper with 16:31.67. Under the new rules, the top two in each event are now eligible to represent Victoria in next month's Australian Schools Champs at Doncaster but unfortunately it is restricted to walkers born in 1997 or 1998 so Kyle Swan is too young. So it looks like our selectees will be Billy, Cooper, Jemima and Zoe Boldiston who was below top form today (but on her day there is little between here and Jemima). This is still a hot team!



**U14 walkers Billy Allamby, Zoe Boldiston, Kyle Swan, Jemima Montag and Cooper Owen**

**Men 3000m Race Walk U14**

1.	Swan, Kyle	99	The Knox School	15:28.20
2.	Allamby, Billy	97	St Joseph's College	15:51.05
3.	Owen, Cooper	98	Watsonia Heights PS	16:31.67
4.	Brasier, Emmet	98	St Mary's Primary	17:03.69
5.	Heiden, Dane	97	CCB	17:04.69
6.	Jones, Jeremiah	97	Bendigo Sth East SC	17:43.47
7.	Garganis, Adam	97	Thornbury HS	17:49.17
	Walmsley, Reese	98	KAR	DQ

**Women 3000m Race Walk U14**

1.	Montag, Jemima	98	Wesley College	14:35.20
2.	Boldiston, Zoe	97	Notre Dame	16:19.76
3.	Hamilton, Emily	98	KAR	16:24.99
4.	Sanders, Jade	97	Berwick SC	16:55.11
5.	Collis, Lauren	98	OUR	18:09.01
6.	Henderson, Keely	97	MME	20:19.89
7.	Adam, Alannah	97	CCG	20:23.91
8.	Cooke, Brianna	97	Epping SC	20:39.74

The U15 and U16 walks were held together, starting at 2:20PM and it was a Nathan Brill showcase as he strode confidently to the front and was never headed – my third highlight for the day. He looked set to finish under 13 minutes but just faded a little in the last laps to finish with 13:11.83, still a great time. It was a high quality event with Ryan Antidormi 14:32.59 and Connor McShanag 15:05.79 gamely chasing the whole way. The girls' event was a beauty with Amelia Finnegan setting the pace and Jmara Hockley Samon tucked in behind for lap after lap. It was only in the dying stages that Jmara made her break to win in 15:07.16 as against Amelia 15:14.78. Top walking! Our U16 All Schools walkers look likely to be Nathan, Ryan, Jmara and Amelia. Again, what a team!

The U15 championships were won by Lucas Taylor 15:50.57 and Carly Bertrand 16:49.98, two good walks. Unfortunately the U15 age group is not contested at the Australian All Schools so for them it was simply the chance to win a State title.



**U16 walkers Ryan Antidormi, Nathan Brill, Cooper Owen and U15 winner Lucas Taylor**



**U16 walkers Amelia Finnegan and Jmara Hockley-Samon and U15 winner Carly Bertrand**

**Men 3000m Race Walk U16**

1.	Brill, Nathan	96	Rosebud SC	13:11.83
2.	Antidormi, Ryan	95	Emmaus College	14:32.59
3.	McShanag, Connor	96	St Bernards College	15:05.79
4.	Savage, Joshua	95	Eaglehawk SC	16:51.51 (PB 30 secs)

**Men 3000m Race Walk U15**

1.	Taylor, Lucas	96	LIL	15:50.57
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**Women 3000m Race Walk U16**

1.	Hockley Samon, Jmara	95	Clonard College	15:07.16
2.	Finnegan, Amelia	95	MATE	15:14.78
3.	Whiley, Ebony	95	CCB	16:31.38
4.	Heard, Amanda	95	GVG	16:41.52
5.	George, Stephanie	96	YAR	17:12.68

**Women 3000m Race Walk U15**

1.	Bertrand, Carly	96	Salesian College	16:49.98
2.	Stadus, Lauren	96	IGG	17:14.47
3.	Whitelaw, Billie	96	Dromana SC	20:14.12

The final walks, the U17-U18 5000m, were held at 4:45PM in much warmer and sunny conditions so times were definitely effected. In the boys' walk, Josh Dillon was headed for an easy win when he was taken out by the chief judge, leaving Lewis Clark to win in a



good 24:28.64. Second was Brad Simpson who was not far behind with 24:48.69. The girls' race saw Rachel Tallent and Hilary Brazel walking together for most of the way before Rachel kicked away to win in 26:37.49 against Hilary's 27:06.39. Presumably, Lewis, Brad, Rachel and Hilary now be selected to contest the Australian All Schools U18 walk. The U17 winners were Aaron Tam 17:51.80 and Caitlin Campbell 31:48.16 but, like the U15 walkers, their age group will not contest the Australian All Schools. In chatting with some of these older walkers, the feeling was that this championship was being held too late in the year. Most of them were already in exam mode, being in either Y11 or Y12. AV might have to review the timing of this event and perhaps bring it forward to mid October in 2011.



**U17-U18 walkers Rachel Tallent, Hilary Brazel, Brad Simpson, Lewis Clark and Aaron Tam**

**Men 5000m Race Walk U18**

1.	Clark, Lewis	94	CCG	24:28.64
2.	Simpson, Bradley	93	YAR	24:48.69
3.	Kaiser, Joshua	93	Dromana SC	26:15.28
4.	O'Mahony, Michael	93	St Joseph's College	28:57.98
	Dillon, Josh	94	St Joseph's College	DQ

**Men 5000m Race Walk U17**

1.	Tam, Aaron	94	Glen Waverley SC	27:51.80
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**Women 5000m Race Walk U18**

1.	Tallent, Rachel	93	Ballarat HS	26:37.49
2.	Brazel, Hilary	93	Emmaus College	27:06.39
3.	Raselli, Cassie	94	PLC	27:47.03

**Women 5000m Race Walk U17**

1.	Campbell, Caitlin	94	Copperfield College	31:48.16
2.	Jones, Ebony	94	Bendigo Sth East SC	40:09.62

## VICTORIAN 6 HOUR CHAMPIONSHIPS, MOE, SATURDAY 20 NOVEMBER

I travelled to Moe in country Victoria on Saturday 20<sup>th</sup> November to attend the Victorian 6 Hour championships which were held on the Newborough athletics track. Amongst the large running field were 4 walk entrants – Michelle Thompson, Karyn O'Neill, Steve Jordan and John Timms. With a 2PM start time, conditions were hot and sunny and it was a tough day out for all the competitors. The 4 walkers all toiled honestly for the 6 hours with Michelle Thompson the best of them with a fantastic 51.582km.

11	Michelle Thompson	51.582km
E17	Steve Jordan	42.714km
E17	John Timms	42.714km
19	Karyn O'Neill	37.278km



**Michelle Thompson, Karyn O'Neill, Steve Jordan and John Timms in action at Moe**

**VRWC EVENTS, GEORGE KNOTT RESERVE, CLIFTON HILL, WEDNESDAY 24<sup>TH</sup> NOVEMBER 2010**

After a hot Melbourne day, a much needed cooler change came upon us in the late afternoon, just in time for our VRWC walks at the George Knott Athletics Track in Clifton Hill on Wednesday 24<sup>th</sup> November. The 3000m and 5000m walks kicked off at 6:30PM and there were some good performances – Josh Dillon did a big track PB with 23:38 as did Michelle Thompson with 29:32 (breaking 30 minutes for the first time). Others in top racing form included Pam Tindal 26:41, Stuart Kollmorgen 23:49, Jemima Montag 15:28, Heather Carr 15:34, Nathan Brill 13:44 and Kyle Swan 15:54.

**5000m Walk**

- |    |                    |       |
|----|--------------------|-------|
| 1. | Tindal, Pam        | 26:41 |
| 2. | Thompson, Michelle | 29:32 |
| 3. | Elms, Donna        | 32:37 |
|    | Campbell, Caitlin  | DNF   |
| 1. | Dillon, Josh       | 23:38 |
| 2. | Kollmorgen, Stuart | 23:49 |
| 3. | Dickenson, Russ    | 29:09 |
| 4. | Gardiner, Bob      | 30:16 |
| 5. | Donahoo, Mark      | 32:16 |
|    | Dickinson, Murray  | DQ    |

**3000m Walk**

- |    |                |       |
|----|----------------|-------|
| 1. | Montag, Jemima | 15:28 |
| 2. | Carr, Heather  | 15:34 |
| 1. | Brill, Nathan  | 13:44 |
| 2. | Swan, Kyle     | 15:54 |
| 3. | Garganis, Adam | 18:07 |
|    | Onley, Gordon  | DQ    |



**Stuart Kollmorgen, Nathan Brill, Pam Tindal, Kyle Swan and Josh Dillon in action at Collingwood**

The 1500m comprised mainly our younger walkers and was considerably bolstered by Matt Owen's Diamond Valley squad. Emmett Brasier was our fastest boy with 7:58 while Lauren Collis was our fastest girl with 8:34.

**1500m Walk**

- |    |                     |       |
|----|---------------------|-------|
| 1. | Collis, Lauren      | 08:34 |
| 2. | Owen-Smith, Chelsea | 09:07 |
| 3. | Collis, Frances     | 11:56 |
| 1. | Brasier, Emmet      | 07:58 |
| 2. | Erickson, Tim       | 07:59 |
| 3. | Owen, Cooper        | 08:08 |
| 4. | Burgess, Liam       | 08:39 |
| 5. | Taylor, Michael     | 09:10 |
| 6. | Collis, Hugh        | 09:10 |



**Jemima Montag, Heather Carr, Michelle Thompson, Lauren Collis and Emmett Brasier in action**

Thanks as usual to our officials and helpers. Sorry if I missed anyone.

**Officials** Tim Erickson, Stuart Cooper, Ian Laurie, Natalie Laurie, Damien Elms, Nelson, Bob Gardiner  
**Judges** Peter Vysma (chief), Judy Mason, Shane Bertrand, Michael Bodey, Stuart Cooper  
**Photographer** Terry Swan  
**Drinks Table** Craig Brill



**VRWC TRACK RACES, GEORGE KNOTT TRACK, CLIFTON HILL, WEDNESDAY 15 DECEMBER 2010**

Wednesday 15<sup>th</sup> December saw the last VRWC summer races of the year and a small number of keen walkers availed themselves of the chance for a hitout in perfect conditions – overcast and cool.

The 5000m and 3000m races kicked off at 6:30PM and the star had to be 11 year old **Kyle Swan** whose 25:57 was amazing for one so young. At the other end of the age spectrum, 74 year old **Bob Gardiner** recorded his best 5000m for some time with a sensational 29:30. In the 3000m **Donna Elms** recorded a track PB with 17:43 to round out the good performances.

The 1500m followed at 7:15PM and it did not take long for **Rhydian Cowley** to amaze us all with his 5:41 – wow! **Lucas Taylor** was next in with a 3 sec PB of 7:03 while **Jason Kozica** completed his second race for the night with 7:20. Behind them, young walkers also recorded a number of PBs – **Liam Burgess** 8:14, **Kurtis Mathews** 9:02 and **Lee Taylor** 9:40. All in all, a great night's walking.

**5000m Walk**

1.	Swan, Kyle	25:57
2.	Kozica, Jason	27:24
3.	McShanag, Connor	28:47
4.	Gardiner, Bob	29:30
	Dickinson, Murray	DNF
	Campbell, Caitlin	DNF

**3000m Walk**

1.	Bennett, Ralph	16:32
2.	Elms, Donna	17:43
3.	Bertrand, Carly	18:40
	Onley, Gordon	DQ

**1500m Walk**

1.	Cowley, Rhydian	05:41
2.	Taylor, Lucas	07:03
3.	Kozica, Jason	07:20
4.	Erickson, Tim	07:55
5.	Burgess, Liam	08:14
6.	Mathews, Kurtis	09:02
7.	Bertrand, Georgia	09:15
8.	Mathews, Jayah	09:29
9.	Taylor, Lee	09:40



**Bob Gardiner, Donna Elms, Ralph Bennett, Kyle Swan and Jason Kozica in action in the 3000m/5000m races**

Thanks to the officials and judges.

**Officials:** Tim Erickson, Ian Laurie, Damien Elms, Nelson Petrovski  
**Judges:** Peter Vysma (chief), Mark Donahoo, Terry Swan  
**Photos:** Rebecca Campbell  
**Drinks Table:** David and Cheryllanne Campbell

## VRWC ROAD RACES, MIDDLE PARK, SUNDAY 9 JANUARY 2011

The first VRWC races for the new year were held in just about perfect conditions – overcast, still and a temperature in the high teens – and some 55 walkers availed themselves of the opportunity for some fast walking.

The first events to kick off were the 20km, 15km and 10km events at 9AM. **Caitlin Brunton** was the best over the 20km with a time of 2:02:55, nearly 9 minutes better than her best. **Michelle Thompson** also walked well with 2:09:43, just 1 minute outside her PB of last November. **Stuart Kollmorgen** was the star of the 15km, winning in fine style with 1:14:30 to break his own M40 Victorian record by 34 secs. **Kelly Ruddick** was the standout in the 10km with 47:45, not far outside her PB of 47:09 – and this after her record breaking 3000m walk in Shield competition the previous day.



**Caitlin Brunton, Stuart Kollmorgen, Kelly Ruddick, Mark Donahoo, Pam Tindal and Michelle Thompson**

### Open 20km

1.	Brunton, Caitlin	0:58:47	2:02:55
2.	O'Neill, Terry	1:01:07	2:05:14
3.	Thompson, Michelle	1:03:17	2:09:43
4.	O'Neill, Karyn	1:11:37	2:25:32

### Open 15km

1.	Kollmorgen, Stuart	0:47:35	1:14:30
2.	Donahoo, Mark	0:56:35	1:24:38
3.	Tindal, Pam	0:56:36	1:24:51
	Evans, Simon	0:55:19	DNF
	Irshad, Kylie		DNF

### Open 10km

1.	Kaiser, Josh	0:57:11	
2.	Taylor, Lucas	0:59:18	
3.	Jack, Clarrie	1:00:41	
4.	Gardiner, Bob	1:04:00	
5.	Skrucany, Rudolf	1:13:40	
6.	Cooper, Stuart	1:13:48	
	Dickenson, Russ	DNF	
	Clark, Lewis	DNF	
	Nunn, Paul	DQ	
1.	Ruddick, Kelly	0:47:45	
2.	Elms, Donna	1:08:10	
	Brazel, Hilary	DNF	
	Hockley-Samon, Jmara	DNF	

The 5km and 3km walks got underway at 9:30AM and **Nathan Brill** and Queensland visitor **Jesse Osborne** were in a class of their own, fighting out the early stages before Nathan finally cleared away to win with a 37 sec PB time of 21:52 with Jesse not far behind with 22:23 – and that is after both boys broke 6 mins for the 1500m in Victorian Shield competition the day before. **Brad Simpson** also walked well for 25:10. **Stephanie George** and **Jemima Montag** were content with a stroll together to win the women's 5km event with identical times of 30:03. We also welcomed VRWC legend **Willi Sawall** back after many years away from the walking front – and he still looked pretty fit.

### Open 5km

1.	Brill, Nathan	21:52	PB 0:37
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2.	Osborne, Jesse	22:23
3.	Simpson, Brad	25:10
4.	McDonough, Aaron	26:40
5.	Seid-Christmass, James	26:49
6.	McShanag, Connor	28:21
7.	Bennett, Ralph	29:18
8.	Wicks, Barrie	36:52
	Sawall, Willi	DQ

1.	George, Stephanie	30:03
2.	Montag, Jemima	30:03
3.	Feldman, Liz	36:21
	Johnson, Celia	DNF

#### Open 3km

1.	Onley, Gordon	26:30
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#### U15 3km

1.	Attard, Bianca	17:53
2.	Hamilton, Emily	19:06
3.	McLaren, Stacey	21:43



**Willi Sawall, Nathan Brill, Jesse Osborne, Jemima Montag, Stephanie George and Brad Simpson**

The U12 2km and U9 1km were our final events to start at 10AM and our youngest walkers also enjoyed their races. In the 2km, **Harry Hockley-Samon** 11:12 and **Hayley George** 12:22 were fastest while PBs went to **Hayley Brown** (8 sec PB of 12:44) and **Rebecca Henderson** (17 sec PB of 13:32). **Leah Wright**, **Callum Evans** and **Liam Evans** had their first walks with us while **Brendon O'Mahony** walked his first ever 2km. In the 1km event, Nathan's younger brothers **Justin Brill** (5:49) and **Caine Brill** (6:25) both walked good PBs in the boys' event while **Brianna Lillie** 6:12 and **Kathleen O'Mahony** 12:16 had a good battle in the girls' event.

#### U12 2km

1.	George, Hayley	12:22
2.	Brown, Hayley	12:44
3.	Lillie, Jessica	13:08
4.	Henderson, Rebecca	13:32
5.	Taylor, Lee	13:45
6.	Wright, Leah	16:50
1.	Hockley-Samon, Harry	11:12
2.	Wright, Ethan	13:32
3.	Evans, Callum	13:35
4.	O'Mahony, Brendon	14:17
5.	Evans, Liam	16:26

#### U9 1km

1.	Brill, Justin	05:49
2.	Brill, Caine	06:25
1.	Lillie, Brianna	06:12
2.	O'Mahony, Kathleen	06:16
3.	Miller, Tegan	07:04



**Brendon O'Mahony, Callum Evans, Liam Evans, Harry Hockley-Samon, Hayley Brown and Leah Wright**



**Kathleen O'Mahony, Rebecca Henderson, Hayley George, Justin Brill, Caine Brill and Brianna Lillie**

As usual, thanks to all our officials and sorry if I missed anyone!

**Course Setup** Bob Gardiner, Harry Summers, Peter Vysma, Craig Brill  
**Officials:** Tim Erickson, Ian Laurie, Natalie Laurie, Don McLaren, Harry Summers, Russ Dickenson, Damien Elms  
**Bike:** Justin McLaren  
**Photos:** Debra Brill  
**Canteen:** Joyce Summers, Barb Gardiner



**VICTORIAN COUNTRY T&F CHAMPS, LLANBERRIS RESERVE, BALLARAT, 21-23 JANUARY 2011**

The first races on the program at the 2011 Victorian Country T&F Championships were the 5000m walks and it was a case of watch Kelly Ruddick as she stormed her way to yet another PB (29 secs) and yet another superb time. She walked with Lewis Clark early but then cleared out on her own for a big solo effort, stopping the clock in a fantastic 22:58.0. Lewis also walked well to win the Open Men's event in 24:51.13. Josh Dillon led the event but was disqualified mid race. Also worthy of mention – Heather Carr who came second to Kelly – her time 27:08.11. Not bad for a 61 year old! Wish I could still race that fast!



**Kelly Ruddick (side number 19) strides to the front as the gun goes to start the 5000m walk**

**Men 5000 Meter Race Walk Under 20**

1.	Joshua Kaiser	93	SOUTH COAST	27:01.21
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**Men 5000 Meter Race Walk 40 Plus**

1.	James Seid-Christmass	67	CORIO AC	26:17.42
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**Men 5000 Meter Race Walk Open**

1.	Lewis Clark	94	ATHLETICS CH	24:51.13
2.	James Seid-Christmass	67	CORIO AC	26:17.42
3.	Andrew Blood	74	BALLARAT YCW	27:54.72
4.	Russell Dickenson	45	SOUTH COAST	28:51.52
5.	Joshua Savage	95	EAGLEHAWK YM	31:38.37
	Collin Bootsman	81	WENDOUREE AC	DNF
	Christopher Timewell	74	SOUTH BENDIG	DQ
	Joshua Dillon	94	CORIO AC	DQ

**Women 5000 Meter Race Walk 40 Plus**

1.	Annette Major	62	EAGLEHAWK YM	30:39.32
2.	Lisa Minchin	64	SOUTH BENDIG	44:18.42

**Women 5000 Meter Race Walk Open**

1.	Kelly Ruddick	73	BALLARAT HAR	22:58.00	PB 0:29
2.	Heather Carr	49	EAGLEHAWK YM	27:08.11	
3.	Jmara Hockley Samon	95	ATHLETICS CH	28:01.19	
4.	Ebony Whiley	95	EAGLEHAWK YM	28:19.62	
5.	Amanda Heard	95	EAGLEHAWK YM	28:34.85	
6.	Simone McInnes	91	GLENHUNTLY A	30:31.85	(Invit)
7.	Annette Major	62	EAGLEHAWK YM	30:39.32	
8.	Emily Payne	93	CORIO AC	32:16.11	
9.	Lisa Minchin	64	SOUTH BENDIG	44:18.42	

The remaining walk races were held last Saturday, with a number of the walkers back in action over different distances and in different age group categories. The 1500m walks kicked off first with Jarrod Coad 8:53.59, Hayley George 8:28.93 and Russ Dickenson 8:09.97 the winners.

**Men 1500 Meter Race Walk Under 14**

1.	Jarrod Coad	98	SOUTH BENDIG	8:53.59
2.	Thomas Mirarchi	00	CORIO AC	12:43.77
	Harry Hockley-Samon	00	ATHLETICS CH	DQ

**Women 1500 Meter Race Walk Under 14**

1.	Hayley George	00	SOUTH COAST	8:28.93
2.	Holly Boldiston	99	SOUTH BENDIG	8:33.51
3.	Jemma Peart	01	BALLARAT YCW	9:08.40

**Men 1500 Meter Race Walk 60 Plus**

1.	Russell Dickenson	45	SOUTH COAST	8:09.97
2.	John Carter	50	SOUTH BENDIG	9:51.94
	Peter Jones	45	BALLARAT HAR	DQ

The last walks on the program were the 3000m ones and there were lots of good times – Lewis Clark 13:34.35, Paul Rance 15:06.08, Heather Carr 15:21.94 and Ebony Whiley (who turned the tables on Jmara Hockley-Samon) with 15:30.25.

**Men 3000 Meter Race Walk Under 16**

1.	Connor McShanag	96	ATHLETICS ES	15:31.03	(Invit)
2.	Lucas Taylor	96	SOUTH COAST	15:35.08	(First Country walker)
3.	Jeremiah Jones	97	EAGLEHAWK YM	18:01.34	(Second Country walker)

**Men 3000 Meter Race Walk Under 18**

1.	Lewis Clark	94	ATHLETICS CH	13:34.35
	Jared Walker	95	CORIO AC	DQ
	Joshua Dillon	94	CORIO AC	DQ
	Joshua Savage	95	EAGLEHAWK YM	DQ

**Men 3000 Meter Race Walk 50 Plus**

1.	Paul Rance	58	SOUTH BENDIG	15:06.08
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**Women 3000 Meter Race Walk Under 16**

1.	Stephanie George	96	SOUTH COAST	15:35.94
2.	Zoe Boldiston	97	SOUTH BENDIG	15:53.30
3.	Megan Walker	97	CORIO AC	17:19.38

**Women 3000 Meter Race Walk Under 18**

1.	Ebony Whiley	95	EAGLEHAWK YM	15:30.25
2.	Jmara Hockley-Samon	95	ATHLETICS CH	15:50.19
3.	Amanda Heard	95	EAGLEHAWK YM	15:59.51
4.	Cassandra Raselli	94	SOUTH COAST	16:38.12
5.	Ebony-Jade Jones	94	EAGLEHAWK YM	23:15.10

**Women 3000 Meter Race Walk 50 Plus**

1.	Heather Carr	49	EAGLEHAWK YM	15:21.94
2.	Annette Curtis	56	SOUTH BENDIG	21:04.80

**Women 5000 Meter Race Walk Under 20**

1.	Emily Payne	93	CORIO AC	32:16.11
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## VRWC ROAD RACES, MIDDLE PARK, SUNDAY 30 JANUARY 2011

Sunday 30 January saw 40°C forecast for Melbourne and it certainly got very hot early. So I was pleasantly surprised to see so many walkers in action (50 in total) at Middle Park for our scheduled morning races. If you really want to gain an appreciation of the conditions, check out the photos from the day's racing – <http://vrwc.org.au/coppermine>. Those are pretty distressed faces!

The first event to kick off was the 20km at 8:30AM and we saw 4 brave souls set out on what turned out to be a very torrid affair. But I am pleased to advise that they all saw it out and finished, albeit in slower times than normal. They are certainly the 'walkers of the week' in my opinion for such a superb effort in dreadful conditions – blue skies and a scorching sun.

### Open 20km

1.	O'Neill, Terry	1:01:33	2:08:33
2.	Thompson, Michelle	1:05:41	2:15:47
3.	O'Neill, Karyn	1:12:58	2:30:30
4.	Jordan, Steve	1:19:25	2:42:03



### Heroic efforts in the heat – Karyn and Terry O'Neill, Steve Jordan and Michelle Thompson

The next races were scheduled to start at 9AM and most of the remaining walkers chose to start then rather than wait until their scheduled start times later in the morning (sensible!). We welcomed 3 of our South Australian compatriots and they all walked well – Kim Mottrom 25:22 and Justin Hill 29:57 in the 5km and Sandy Brunner 19:56 in the 3km. Special mentions to Pam Tindal a superb 57:36 to win the 10km, Aaron McDonough 26:53 for 5km and Pam Mews 36:13 for 3km after having major ankle surgery and a hip replacement! Welcome back Pam!

### Open 15km

Donahoo, Mark	DNF
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### Open 10km

1.	Lewis Clark	57:17
2.	Tindal, Pam	57:36
3.	Jack, Clarrie	1:02:53
4.	Dickenson, Russ	1:03:03
5.	Shaw, Kirstin	1:04:54
6.	Shaw, Robyn	1:08:08
7.	Wallace, Anna	1:09:32
8.	Elms, Donna	1:11:39
9.	Skrucany, Rudolf	1:17:56

### Open 5km

1.	Mottrom, Kim (SA)	25:22
2.	McDonough, Aaron	26:53
3.	Tam, Aaron	28:24
4.	Carr, Heather	28:35
5.	Taylor, Lucas	28:51
6.	Hockley-Samon, Jmara	29:53
7.	Hill, Justin (SA)	29:57
8.	McShanag, Connor	30:29
9.	Felton, Matt	31:38
10.	Gardiner, Bob	32:06
	Dillon, Josh	DQ

### Open 3km

1.	Campbell, Caitlin	17:55
2.	Kozica, Jason	18:35
3.	Brunner, Sandy (SA)	19:56
4.	Wood, Robin	24:48
5.	Onley, Gordon	25:44
6.	Mews, Pam	36:13

### U15 3km

1.	Attard, Bianca	17:46
2.	Garganis, Adam	17:56
3.	Stadus, Lauren	18:21
4.	McLaren, Stacey	20:32
5.	Tremigliozi, Paul	20:59



**Justin Hill, Kim Mottrom, Sandy Brunner, Pam Tindal and Pam Mews in action on Sunday**

Our U9 and U12 walkers were last to start, contesting 1km and 2km respectively. Kyle Swan, Harry Hockley-Samon and Shelby Kay were fastest in the 2km while Kathleen O'Mahony was the best in the 1km.

### U12 2km

1.	Swan, Kyle	11:06
2.	Hockley-Samon, Harry	11:37
3.	Kay, Shelby	11:46
4.	Crea, Gabriella	12:46
5.	Mathews, Jayah	12:47
6.	O'Mahony, Brendon	12:52
7.	Mathews, Kurtis	13:34
8.	Feain, Lachlan	13:39
9.	Taylor, Lee	14:00
10.	Tremigliozi, Josh	16:38

### U9 1km

1.	O'Mahony, Kathleen	06:34
2.	Miller, Tegan	07:30
3.	Kay, Payton	07:39

Thanks to our many officials who make our racing days so successful. It was hard work for all with the super hot conditions.

**Officials:** Tim Erickson, Ian Laurie, Natalie Laurie, Harry Summers, Jason Elms, Damien Elms, Don McLaren, Justin McLaren, Tina Miller, Russ Dickenson

**Course Setup:** Harry Summers, Bob Gardiner, Jason Elms, Damien Elms, Tim Erickson

**Judges:** Peter Vysma (Chief), Gordon Loughnan, Michael Bodey, Lloyd Nichols

**Canteen:** Barb Gardiner, Joyce Summers, Kate Suich

**Photos:** Terry Swan, Cherylanne Campbell, Pauline McShanag



**VICTORIAN YOUTH T&F CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, 25-27 FEBRUARY**

The Victorian Youth T&F Championships were held in late February at Olympic Park in Melbourne with track walks on offer.

The 7:20PM timeslot on the Friday evening meant perfect conditions for the U17-U20 5000m. Beth Alexander and Lewis Clark headed out together and soon had a big break on the rest of the field. Unfortunately Beth was below par on the day and faded as the race progressed, leaving Lewis on his own out the front to finish first in an excellent 23:23.15. Matt Felton walked a very sensible race, starting slowly and coming home strongly to finish next with 24:01.97. Amy Burren walked a similar race, holding on well to record 24:47.49. Others to record good times included Amelia Finnegan 25:52.57 and Jmara Hockley-Samon 25:57.28.



**Ryan Antidormi, Matt Felton, Amelia Finnegan and Amy Burren in action**



**Ebony Whiley, Amanda Heard, Jmara Hockley-Samon, Kyle Swan (helping out), Lewis Clark and Beth Alexander**

**Men 5000mWalk Under 17**

1.	Antidormi, Ryan	95	ANW	26:59.23
	Savage, Josh	95	EAG	DQ

**Men 5000mWalk Under 18**

1.	Clark, Lewis	94	CHI	23:23.15
2.	Felton, Matt	94	KNA	24:01.97

**Men 5000mWalk Under 20**

1.	Simpson, Bradley	93	KNA	25:46.15
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**Women 5000mWalk Under 17**

1.	Finnegan, Amelia	95	KNA	25:52.57
2.	Hockley Samon, Jmara	95	CHI	25:57.28
3.	Whiley, Ebony	95	EAG	26:27.59

4.	Heard, Amanda	95	EAG	26:57.87
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**Women 5000mWalk Under 18**

1.	Burren, Amy	94	MAL	24:47.49
2.	Raselli, Cassandra	94	SCA	26:47.01
3.	Stadus, Lauren	96	KNA	28:51.11
	Campbell, Caitlin	94	ATE	DNF

**Women 5000mWalk Under 20**

1.	Alexander, Beth	92	KNA	26:11.17
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The U14 walkers had to face hot and sunny conditions on Saturday for their 3000m walk and times were obviously effected. The star of the show had to be Jemima Montag who stormed around the track, lapping nearly everyone, to record 15:14.86. Emily Hamilton 17:06.64 and Shelby Kay 17:26.45 also walked strongly and looked good as did Kyle Swan who won the boy's event with 17:40.08.

**Women 3000mWalk Under 14**

1.	Montag, Jemima	98	MAC	15:14.86
2.	Hamilton, Emily	98	KNA	17:06.64
3.	Kay, Shelby	99	JDS	17:26.45
4.	Walburg, Kirsten	98	DAC	18:04.76
5.	Guy, Rachael	99	CCA	18:46.48
6.	Bertrand, Georgia	00	JDS	19:39.29
7.	Irons, Julia	98	KSB	21:58.69

**Men 3000mWalk Under 14**

1.	Swan, Kyle	99	KNA	17:40.08
2.	Petersen, Timothy	98	JDS	19:47.04



**Jemima Montag, Shelby Kay, Tim Petersen, Kyle Swan and Emily Hamilton**

The U15-U16 3000m events were held on Sunday morning but unfortunately I could not make it so can only report from what I see in the results. Nathan Brill must have lapped the whole field for his 9 sec PB time of 12:32.06. Connor McShanag 14:57.89 and Lucas Taylor 14:58.39 also broke 15 mins to finish next behind Nathan. Zoe Boldiston 15:13.58 and Billy Allamby 15:34.76 won the U15 events while Stephanie George 15:42.56 won the U16 girls' event. Just checking the stats for the placegetters, there were some massive PBs in this race which was showed good depth – check out Adam Garganis 16:19.92 (90 sec PB) and Jade Sanders 15:20.30 (92 sec PB). Fantastic stuff.

**Men 3000mWalk Under 16**

1.	Brill, Nathan	96	BOH	12:32.06	PB 9 secs
2.	McShanag, Connor	96	ATE	14:57.89	
3.	Taylor, Lucas	96	SCA	14:58.39	PB 36 secs

**Men 3000mWalk Under 15**

1.	Allamby, Billy	97	KNA	15:34.76	
2.	Garganis, Adam	97	COL	16:19.92	PB 90 secs
3.	Jones, Jeremiah	97	EAG	16:23.24	

**Women 3000mWalk Under 16**

1.	George, Stephanie	96	SCA	15:42.56
2.	Burren, Sarah	96	MAL	16:23.86
3.	Guy, Rebecca	96	CCA	17:16.53



4. Bertrand, Carly 96 KSB 17:26.52

**Women 3000m Walk Under 15**

1.	Boldiston, Zoe	97	BYC	15:13.58	
2.	Sanders, Jade	97	CCA	15:20.30	PB 92 secs
3.	Irshad, Jasmine	97	SCA	15:52.89	
4.	Eastwood, Jessie	97	KNA	16:16.36	
5.	Cooke, Brianna	97	DIV	18:19.06	
6.	Henderson, Keely	97	PTN	18:48.11	

Finally, some photos from the presentations:



**Ryan Antidormi, Brad Simpson, Matt Felton, Lewis Clark, Amy Burren and Lauren Stadus**



**Jmara Hockely Samon, Amelia Finnegan, Ebony Whiley, Tim Petersen and Kyle Swan**

## VMA 4X800M WALK RELAYS, EAST BURWOOD, THURSDAY 24 FEBRUARY 2011

The Victorian Masters hold their leg of the AMA relays in February each year and this year the venue was the East Burwood Athletics Track. Each State chooses its own date for what is really a Postal Event, the results are collated and forwarded to the AMA who then announce the winners in each division, Australia wide. The walkers had to contest 4x800m walks and it was a great opportunity for some good fun so I was disappointed to see so few taking advantage of the opportunity. In fact, only two teams of walkers fronted – an M50 team and an M60 team. In past years, the turnout has been much better. Anyway, here are the results for completeness

M50 Team (Paul Kennedy 3:17, Clyde Riddoch 3:47, Tim Erickson 4:02, Alan Lucas 4:47)	15:56
M60 Team (Russ Dickenson 3:58, Ralph Bennett 3:59, Llew Jenkins 4:57, Leo Watson 5:29)	18:15

Some of us then raced in a 2000m walk to round off the night's entertainment. Llew was busy doing another event when we gathered for a quick photo so we dragged in walk judge Peter Vysma for the photo shoot.



Alan Lucas, Tim Erickson, Paul Kennedy, Clyde Riddoch, Ralph Bennett, Leo Watson, Russ Dickenson and Peter Vysma

## VICTORIAN OPEN T&F CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, 4-6 MARCH

Last weekend saw the Victorian Open T&F championships at Olympic Park. For many of our walkers, it was the last chance to walk at that venue before its final decommission in April. so the 5000m walks on Friday evening saw over 30 entries. David Armstrong of AthsVic TV captured it for posterity with his usual high quality video clip – see <http://www.youtube.com/watch?v=7IdOzm6LA6A>

The 7:45PM timeslot meant perfect conditions and PBs were the order of the day. **Rhydian Cowley** went straight to the front with **Stuart Kollmorgen** on his heels. Both were rewarded with big PBs with Rhydian 20:23.61 getting ever closer to that magic 20 minute barrier and Stuart 22:05.40 continuing his wonderful season. Part time walker **Danny Hawksworth** took a fine third place with 23:40.75 but it is not his fastest. Way back in 2006, he recorded 22:18. His desire to pursue his running career has been our loss. Behind them, **Mark Donahoo** 23:52.62, **Jason Kozica** 24:22.90 and **James Seid-Christmass** 24:31.22 also broke 25 minutes in a show of depth.

**Kelly Ruddick**, just back from an operation, showed that a month's enforced layoff was no real issue for her as she stormed home with 23:17.03 to easily win the women's event. Behind her, **Amy Burren** celebrated her 17<sup>th</sup> birthday with a huge PB of 23:52.18, beating the World Youth qualifying standard of 24:00. She is the second Australian qualifier (Jessica Pickles of Qld is the other) and hopefully both girls can cement their places in the team with strong walks next weekend in the official trial in Sydney. Behind Kelly and Amy, it was our Masters walkers to the fore as **Pam Tindal** 25:07.71 and **Heather Carr** 26:10.22 took 3<sup>rd</sup> and 5<sup>th</sup> respectively. For Pam it was a new **Victorian W50 record** and for Heather it was a new **W60 World and Australian record** – wow! Finishing between them was **Tamara Attard** in a big PB time of 25:22.05. It is great to see Tamara walking well again after more than a year struggling with nagging health issues. And there were lots of other PBs on the night. Overall, a wonderful exhibition by our walkers.

### Men 5000 Meter Race Walk Open , Friday 2 March

1.	Cowley, Rhydian	91	GHY	20:23.61	PB 31 secs
2.	Kollmorgen, Stuart	69	COL	22:05.40	PB 65 secs
3.	Hawksworth, Danny	79	ATE	23:40.75	
4.	Donahoo, Mark	58	ATE	23:52.62	
5.	Kozica, Jason	86	STK	24:22.90	PB 48 secs
6.	Seid-Christmass, James	67	COR	24:31.22	
7.	Kennedy, Paul	57	MUU	25:08.72	
8.	McDonough, Aaron	72	PTN	25:10.90	PB 17 secs
9.	Kaiser, Joshua	93	SCA	26:02.36	
10.	Evans, Simon	60	BOH	26:06.61	
	Erickson, Tim	50	COB	DQ	

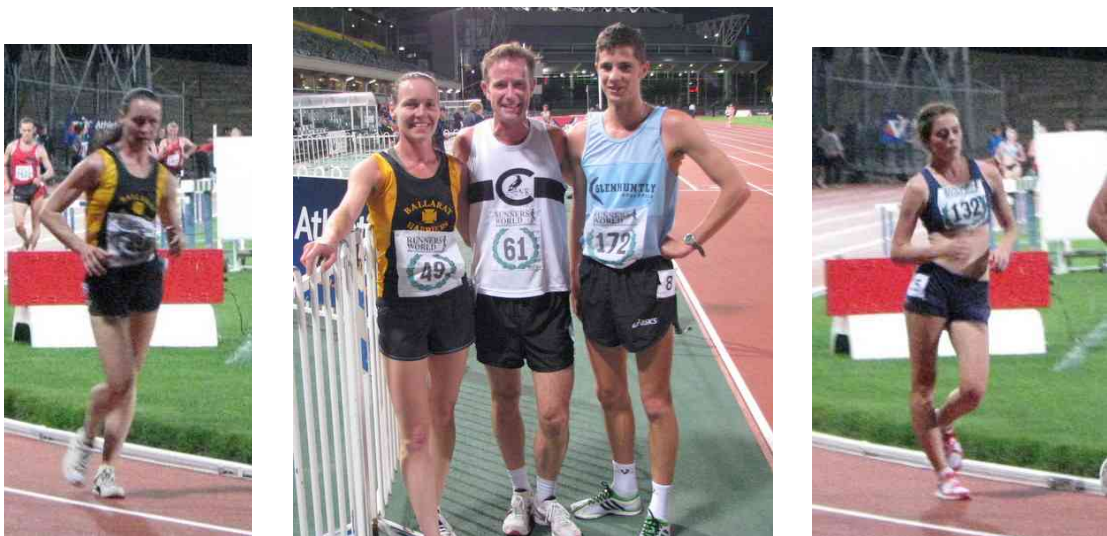
### Women 5000 Meter Race Walk Open , Friday 2 March

1.	Ruddick, Kelly	73	BHA	23:17.03	
2.	Burren, Amy	94	MAL	23:52.18	PB 55 secs
3.	Tindal, Pam	59	CDN	25:07.71	PB 11 secs
4.	Attard, Tamara	90	KNA	25:22.05	PB big
5.	Carr, Heather	49	EAG	26:10.22	New W60 World Record by 19 secs
6.	Raselli, Cassandra	94	SCA	26:16.53	PB 5 secs
7.	Shaw, Kirstin	91	WES	26:25.73	PB 22 secs
8.	Heard, Amanda	95	EAG	27:24.62	
9.	McInnes, Simone	91	GHY	27:34.14	PB 97 secs
10.	Wallace, Anna	82	ATE	28:17.40	PB 56 secs
11.	Campbell, Caitlin	94	ATE	29:14.57	
12.	Elms, Donna-Marie	61	ATE	31:13.60	
13.	Steed, Gwen	42	VMA	31:20.02	
	Irshad, Kylie	71	SCA	DNF	
	Alexander, Beth	92	KNA	DNF	
	Whiley, Ebony	95	EAG	DQ	





**Tamara Attard, Heather Carr, Rhydian Cowley, Pam Tindal and Stuart Kollmorgen**



**Kelly Ruddick, Stuart Kollmorgen, Rhydian Cowley and Amy Burren (photos by Jim Leppik)**



**VLAA STATE T&F CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, 19-20 MARCH 2011**

The Victorian Little Athletics T&F Championships were held at Olympic Park in Melbourne last weekend, with the U11-U15 1500m walks on the Saturday morning and the U9-U10 1100m walks on the Sunday morning. This huge weekend followed region based elimination rounds and saw the best two athletes in each event from each region selected to compete at States. I counted 132 walkers in the walks results – a fantastic number. And of course the overall quality was excellent as usual with many of the medallists being regular walkers with one or other of our Victorian walking clubs.

First to Saturday where the older walkers contested the 1500m distance. The highlight of the day from a walking perspective had to be the effort of **Jemima Montag** in winning the U13 1500m – her time of 6:44.36 took some 9 secs off the Victorian LA Best Performance. It is hard to zoom in on particular walkers when all the medallists walked so well but special mentions also to **Troy McGill** who won the U14 Boys' event with 6:41.62 and **Jared Walker** who won the Boys' U15 event with 6:29.01. Of course, we can only speculate what sort of time Nathan Brill would have walked if he had been there – he was in Hobart competing in the U20 10km on the Region elimination weekend and was unsuccessful in his request for a wild card entry – it seems very unfortunate from my perspective that the rules are too inflexible to cater for such situations. But that aside, well done to all our placegetters – you have really earned your success.

**Girls 11 Under 1500 Metre Race Walk**

1.	Hayley George	Lilydale/Yar	8:00.78
2.	Georgia Bertrand	Keilor 46	8:04.50
3.	Courtney	North Knox 23	8:22.51
4.	Anaya Hodges	Knox 23	8:30.36
5.	Jessica Lillie	Knox 23	8:32.44
6.	Karla Bulte	Casey 154	8:33.03
7.	Erin Walsh	Corio 7	8:49.90
8.	Tara Xuereb	Waverley 34	8:54.68
9.	Jemma Eastwood	Knox 23	8:55.71
10.	Tylah Whitehead	Traralgon 3	9:20.10
11.	Caitlyn Musgrave	Whittlesea City 112	9:22.36
12.	Charisma Boothroyd	Sherbrooke 71	10:21.42
	Sophie Schwerkolt	Box Hill 21	DQ

**Girls 12 Under 1500 Metre Race Walk**

1.	Taylor Vasiljevic	Casey 154	7:36.36
2.	Paige de Lisen	Waverley 34	7:41.46
3.	Shelby Kay	Sherbrooke 71	7:44.09
4.	Rachael Guy	Casey 154	7:52.15
5.	Megan White	Corio 7	8:12.59
6.	Kirsten Walburg	Croydon 49	8:12.84
7.	Jayah Matthews	South Melbou	8:16.64
8.	Hayley Brown	Knox 23	8:17.25
9.	Philipa Huse	Brighton 63	8:36.42
10.	Stephanie White	Knox 23	8:37.17
11.	Lauren Kewley	Ringwood 52	8:47.43
12.	Tessa McCann	Brighton 63	8:48.15
13.	Courtney Utber	Werribee 72	8:53.18
14.	Georgie Haynes	Lilydale/Yar	8:54.88
15.	Bronte Segota	Brighton 63	8:59.89
16.	Charlee Harrison	Waverley 34	9:28.61

**Girls 13 Under 1500 Metre Race Walk**

1.	Jemima Montag	Caulfield 56	6:44.36 New LA State Best
2.	Jade Sanders	Casey 154	7:04.91
3.	Jessie Eastwood	Knox 23	7:12.54
4.	Emily Hamilton	Knox 23	7:18.67
5.	Lauren Collis	Diamond Valley 8	7:29.45
6.	Morgan Costelloe	Geelong 1	8:17.58
7.	Keely Henderson	Whittlesea City 112	8:22.01
8.	Zoe Schwerkolt	Box Hill 21	8:24.11
9.	Amy Ventura	Waverley 34	8:45.69
10.	Larissa Cullen	Whittlesea City 112	8:45.69
	Cassandra Kay	Sherbrooke 71	DQ

**Girls 14 Under 1500 Metre Race Walk**

1.	Zoe Boldiston	Shepparton 55	7:00.68
2.	Carly Bertrand	Keilor 46	7:41.40
3.	Megan Walker	Corio 7	7:45.23
4.	Brianna Cooke	Whittlesea City 112	8:11.60
5.	Kobie Somerfield	Ballarat 122	8:40.22

6.	Chloe McNicol-Davidson	Skye Valley 156	8:41.72
7.	Shae Ohlsen	Ballarat 122	8:47.04
8.	Stacey McLaren	Keilor 46	8:48.07
9.	Emily Swan	Knox 23	8:56.44

#### Girls 15 Under 1500 Metre Race Walk

1.	Jmara Hockley Samon	Geelong 1	6:51.55
2.	Stephanie George	Lilydale/Yar	7:02.94
3.	Bianca Attard	Knox 23	7:33.88
4.	Rebecca Guy	Casey 154	7:45.38
5.	Jade Lockwood	Corio 7	9:03.06

#### Boys 11 Under 1500 Metre Race Walk

1.	Hugh Collis	Diamond Valley 8	8:05.67
2.	Michael Taylor	Diamond Valley 8	8:06.62
3.	James Burren	Waverley 34	8:15.73
4.	Jonty Brennan	Knox 23	8:52.72
5.	Joshua Sleeman	Knox 23	8:56.28
6.	John Hilton	Sherbrooke 71	9:46.64
	Rodney Davis	Ballarat 122	10:50.60

#### Boys 12 Under 1500 Metre Race Walk

1.	Liam Burgess	Diamond Valley 8	7:32.67
2.	Kyle Swan	Knox 23	7:39.56
3.	Ross Darlow	Ballarat 122	8:09.52
4.	Brendan O'Mahony	Knox 23	8:10.07
	Kurtis Matthews	South Melbou	DQ

#### Boys 13 Under 1500 Metre Race Walk

1.	Billy Allamby	Knox 23	7:11.80
2.	Cooper Owen	Diamond Valley 8	7:23.41
3.	Emmet Brasier	Diamond Valley 8	7:37.01
4.	Reese Walmsley	Knox 23	8:00.11
5.	Timothy Petersen	Keilor 46	8:04.83
6.	Lewis Vella	Casey 154	8:42.65
7.	Cody McNicol-Davidson	Skye Valley 156	9:03.77
	Jack Stone	Cranbourne 59	DQ

#### Boys 14 Under 1500 Metre Race Walk

1.	Troy McGill	Mornington 82	6:41.62
2.	Adam Garganis	Collingwood 10	7:10.50
3.	Jordan Galbraith	Croydon 49	7:30.86
4.	Lachlan Kewley	Ringwood 52	7:49.97
5.	Jeremiah Jones	Bendigo 2	8:15.13
	Daniel Dunstone	Werribee 72	DQ

#### 1. Boys 15 Under 1500 Metre Race Walk

2.	Jared Walker	Corio 7	6:29.01
3.	Lucas Taylor	Lilydale/Yar	6:48.96
4.	Connor McShanag	Keilor 46	8:09.70
5.	Andrew Burgess	Diamond Valley 8	8:45.83

The 1100m walks on the Sunday morning all saw big fields and good depth. The U9 girl's event saw **Brooklyn Utber** 5:51.10 just beat **Brianna Lillie** 5:51.36, both times just outside the State Best. **Brodie Richardson** also walked excellently to win the U10 Girls' championship with 5:47.87. **Harry Hockley-Samon** was even faster in the Boys' U10 event, winning in 5:44.53. Once again, well done to all the medallists. This is indeed a tough meet in which to medal.

#### Girls 9 Under 1100 Metre Race Walk

1.	Brooklyn Utber	Werribee 72	5:51.10
2.	Brianna Lillie	Knox 23	5:51.36
3.	Amy Canavan	Ballarat 122	6:13.28
4.	Kathleen O'Mahony	Knox 23	6:21.30
5.	Jasmin Hass	Sherbrooke 71	6:56.73
6.	Sarah Morley	Waverley 34	7:03.05
7.	Emily Caruso	Keilor 46	7:21.36
8.	Mia Holah	Box Hill 21	7:22.09
9.	Olivia Davis	Ballarat 122	7:49.21
10.	Harriet Fortrey	Geelong 1	9:07.87
	Frances Collis	Diamond Valley 8	DQ

**Girls 10 Under 1100 Metre Race Walk**

1.	Brodie Richardson	Knox 23	5:47.87
2.	Jemma Peart	Ballarat 122	6:00.88
3.	Rebecca Henderson	Casey 154	6:02.90
4.	Chelsea Owen-Smith	Diamond Valley 8	6:08.65
5.	Mackayla Davison	Geelong 1	6:12.30
6.	Zahra Hayes	Rochester 141	6:12.48
7.	Romy Gras	Corio 7	6:18.98
8.	Kaitelyn Lotherington	Ballarat 122	6:27.16
9.	Tegan Miller	Skye Valley 156	6:47.14
10.	Taylor Langford	Diamond Valley 8	6:48.67
11.	Lee Taylor	Lilydale/Yar	6:55.15
12.	Nada Mandic	Casey 154	7:13.66
13.	Jasmine Gregory	Box Hill 21	7:20.86
14.	Daina Kasperaitis	Mentone 104	7:33.10
15.	Amber Ross	Sale 30	8:04.24
16.	Natalie Morrow	Cranbourne 59	8:29.92
	Lucy Vicendese	Coburg 5	DQ

**Boys 9 Under 1100 Metre Race Walk**

1.	Joseph Rickard	Mornington 82	6:31.18
2.	Anthony Vicendese	Coburg 5	6:33.21
3.	Ben Voogd	Ringwood 52	7:12.81
4.	Chandler Whitehead	Traralgon 3	7:21.34
5.	Ryley Pentland	Casey 154	7:34.02
	Matthew Keast	Corio 7	DQ
	Corey Dickson	Knox 23	DQ

**Boys 10 Under 1100 Metre Race Walk**

1.	Harry Hockley Samon	Geelong 1	5:44.53
2.	Lachlan Wilson	Corio 7	6:14.02
3.	Ethan Wright	Whittlesea City 112	6:15.23
4.	Luke Cullen	Whittlesea City 112	6:34.50
5.	Lachlan Clark	Ringwood 52	6:43.92
6.	Hayden Walmsley	Knox 23	6:47.86
7.	Byron Browne	Knox 23	6:50.69
8.	Tyler Dobay	Nunawading 33	7:14.08
9.	Jack Contencin	Casey 154	7:19.85
10.	Jonathan Burns	Geelong 1	7:38.25
11.	Nicholas Matheson	Leongatha 74	8:26.17
	Zach Lane	Mornington 82	DQ

## VICTORIAN MASTERS T&F CHAMPIONSHIPS, DONCASTER, 2-3 APRIL 2011

The summer season might be over for most of our walkers but the Masters are still in full flight, building towards the Australian Masters Championships in Sydney over Easter. Last weekend saw the Victorian Masters T&F Championships at Doncaster and the walks saw some awesome performances over 3000m and 1500m.

Leading the pack from an Age Graded Performance point of view were **Bob Gardiner** and **Heather Carr**. Bob, now in the M75 division, recorded the amazing times of 17:01.0 (95.2%) and 7:57.4 (96.4%) while Heather, in the W60 division, recorded 15:45.6 (92.2%) and 7:26.06 (94.16%). In fact, Bob's 3000m time of 17:01 beats the **Victorian and Australian Masters M75 record** of 17:07.8, set by the great Tom Daintry way back in 1987. Bob's 1500m will also be a new M75 record as well. So he gets my pick as walker of the meet. Of course, Heather already holds the World Records for the W60 division so she has to compete against her own best times every time she steps on the track!



**Heather Carr and Bob Gardiner – the two outstanding walkers of the meet**

First to the 3000m walks on Saturday morning where **Kelly Ruddick** (13:35.01) and **Stuart Kollmorgen** (13:10.00) led the way, Stuart competing by invitation. We welcomed back **Chris Lockwood** after an absence of some 15 years and he turned the clock back with an excellent 14:09.87 in the M45. PBs are hard to come by in the Masters but **Robyn Shaw** 17:52.75, **James Seid-Christmass** 14:03.12 and **Russ Dickenson** 15:55.37 were right on the money. I like to highlight anyone who can achieve over the 80% grading and on this occasion an amazing 13 walkers did the deed – what a standard! I was entered to race but slept in and missed the checkin – how embarrassing!

### Women 3000m Race Walk , Saturday 2 April, 10:00AM

W35	1	Kelly Ruddick	W37	BALLARAT HAR	13:35.01	<b>86.87%</b>	
	2	Kylie Irshad	W39	VSCA	20:14.07	59.04%	
W45	1	Donna Elms	W49	VATE	17:47.63	72.73%	
	2	Robyn Shaw	W49	VWES	17:52.75	72.39%	PB 41 secs
	3	Lisa Minchin	W46	SOUTH BENDIG	25:19.59	49.85%	
W55	1	Alison Thompson	W58	VMCD	17:10.77	<b>81.91%</b>	
	2	Marlene Gourlay	W59	VMMN	17:34.41	<b>80.92%</b>	
W60	1	Heather Carr	W61	VEAG	15:45.63	<b>92.22%</b>	
	2	Liz Feldman	W62	VMCD	18:46.49	78.28%	
	3	Celia Johnson	W63	VVMA	20:35.86	72.19%	
W56	1	Gwen Steed	W68	VMEN	18:42.84	<b>84.60%</b>	
W75	1	Pam Mews	W76	VMMN	32:09.13	55.47%	

### Men 3000m Race Walk , Saturday 2 April, 10:30AM

M35	1	Aaron McDonough	M38	VPTN	15:20.91	71.27%	
	2	Rupert Van Dongen	M36	VCCA	21:04.36	51.24%	
M40	INV	Stuart Kollmorgen	M41	COLL	13:10.00	<b>85.02%</b>	PB 2 secs
	1	James Seid-Christmass	M43	VCOR	14:03.12	<b>80.94%</b>	PB 12 secs
M45	1	Chris Lockwood	M46	VMKN	14:09.87	<b>82.27%</b>	
	2	Bernie Keirl	M47	VDIV	15:48.74	74.30%	
M50	1	Paul Kennedy	M53	VMUU	14:05.08	<b>87.77%</b>	
	2	Mark Donahoo	M52	VATE	15:15.76	<b>80.30%</b>	
M55	1	Clyde Riddoch	M57	VAWA	16:00.40	<b>80.05%</b>	
	2	David Armstrong	M55	DIAMOND VALL	16:22.33	76.85%	
M60	1	Alan Lucas	M63	VVMA	17:30.14	77.69%	
	2	Gerry Sofianos	M61	VSTK	17:59.47	74.03%	

	3	Geoff Barrow	M62	VMEN	19:23.01	69.43%	
M65	1	Russ Dickenson	M65	VSCA	15:55.37	<b>87.25%</b>	PB 6 secs
	2	Llew Jenkins	M66	VMGH	20:38.40	68.05%	
	3	John Hallo	M68	VMFK	21:06.99	68.06%	
M70	1	Barrie Wicks	M70	VMCD	20:48.40	70.74%	
	2	John Morrison	M71	VSAN	21:06.99	70.57%	
M75	1	Bob Gardiner	M75	VCOL	17:01.00	<b>95.20%</b>	



**Stuart Kollmorgen, Kelly Ruddick, Russ Dickenson, James Seid-Christmass, Paul Kennedy, Chris Lockwood and Robyn Shaw**

The 1500m walks on Sunday were just as impressive. We do not race much over this distance and I think that quite a number of the walkers recorded PBs, a great effort. Once again, we had lots of walkers (11 in all) achieving Age Graded Percentages above 80% with Chris Lockwood (6:33.43) and Heather Carr (7:26.06) recording fastest times overall. Special mentions to **Gwen Steed, James Seid-Christmass** (Geelong Centre records and PBs on both days), **David Armstrong** and **Clyde Riddoch** who provided the race of the meet in the M55 division and **Russ Dickenson**. And I made the checkin time so got to race!

#### **Women 1500m Race Walk, Sunday 3 April 11:40AM**

W45	1	Robyn Shaw	W49	VWES	8:14.50	76.15%
	2	Donna Elms	W49	VATE	8:40.32	72.37%
W55	1	Alison Thompson	W58	VMCD	8:03.85	<b>84.25%</b>
W60	1	Heather Carr	W61	VEAG	7:26.06	<b>94.16%</b>
	2	Celia Johnson	W63	VVMA	10:04.15	71.01%
W65	1	Gwen Steed	W68	VMEN	8:54.43	<b>85.08%</b>
W75	1	Pam Mews	W76	VMEN	15:43.09	53.83%

#### **Men 1500m Race Walk, Sunday 3 April 12:00PM**

M35	1	Rupert Van Dongen	M36	VCCA	10:11.59	51.90%
M40	1	James Seid-Christmass	M43	VCOR	6:34.24	<b>84.87%</b>
M45	1	Chris Lockwood	M46	VMKN	6:33.43	<b>87.14%</b>
	2	Bernie Keirl	M47	VDIV	7:21.24	78.34%
M50	1	Mark Donahoo	M52	VATE	6:47.04	<b>88.60%</b>
	2	Geza Benke	M54	OMB	8:17.68	73.74%
M55	1	David Armstrong	M55	DIAMOND VALL	7:32.70	<b>81.79%</b>
	2	Clyde Riddoch	M57	VAWA	7:34.61	<b>82.96%</b>
	3	Frank Prowse	M59	VDON	9:42.56	65.98%
M60	1	Tim Erickson	M60	VCOB	7:58.76	<b>81.08%</b>
	2	Alan Lucas	M63	VVMA	8:25.55	79.17%
	3	Gerry Sofianos	M61	VSTK	8:44.90	74.70%
	4	Geoff Barrow	M62	VMEN	9:12.97	71.63%
M65	1	Russ Dickenson	M65	VSCA	7:42.05	<b>88.49%</b>
M70	1	Terry Dunn	M73	VMCD	9:28.08	79.15%
	2	John Morrison	M71	VSAN	9:38.39	75.80%
	3	Barrie Wicks	M70	VMCD	10:20.12	69.85%
M75	1	Bob Gardiner	M75	VCOL	7:57.44	<b>96.70%</b>
	2	Colin Silcock-Delaney	M78	VCOR	11:43.04	68.46%

Of course, few can perform over such a wide range of events as **Clyde Riddoch** – over the 2 days, he collected 2 Golds, 4 Silvers, 3 Bronzes and 4 fourth placings as he jumped, threw and walked himself to a stand still. Well done Clyde.



**VMA CHAMPIONSHIPS AND VRWC RACES, DOLOMORE OVAL, MENTONE, SUNDAY 10 APRIL 2011**

It was cool, overcast and intermittently windy at Mentone for the annual VMA 5000m track walk championships last Sunday morning but the rain held off and our walkers raced well. **Kelly Ruddick** 23:23 and **Stuart Kollmorgen** 22:13 won their respective races and there were a whole swag of walkers over the 80% Age Graded Performance mark. The best were **Heather Carr** with 92.66% (26:59 for W60) and **Bob Gardiner** 90.31% (29:36 for M75). It was great to see **Tony Johnson** back in walking mode and doing it in fine style to win the M70 with 30:41. We also welcomed Croatian walker **Sasha Radotic**, currently in Australia for next weekend's Coburg 24 Hour Run – he took third in the M40 division with 27:15.

**VMA 5000M CHAMPIONSHIPS – WOMEN**

W35	1	Ruddick, Kelly	37	23:23	<b>86.19%</b>
W45	1	Shaw, Robyn	49	29:58	73.80%
W50	1	Elms, Donna	50	32:02	69.65%
W55	1	Thompson, Alison	58	29:25	<b>82.14%</b>
W60	1	Carr, Heather	61	26:59	<b>92.66%</b>
W60	2	Feldman, Liz	62	31:17	<b>80.88%</b>
W60	3	Johnson, Celia	63	33:59	75.37%
W65	1	Steed, Gwen	68	33:31	<b>81.67%</b>
W70	1	Beaumont, Margaret	73	42:05	68.76%
W75	1	Browning, Betty	79	45:06	67.67%
W75	2	Mews, Pam	76	54:15	57.24%

**VMA 5000M CHAMPIONSHIP – MEN**

M40	1	Kollmorgen, Stuart	41	22:13	<b>85.78%</b>
M40	2	Seid-Christmass, James	43	25:22	76.33%
M40	INV	Radotic, Sasha	40	27:15	69.39%
M50	DNF	Donahoo, Mark	52		
M55	1	Riddoch, Clyde	57	28:34	76.30%
M55	2	Skrucany, Rudolf	55	35:55	59.59%
M60	1	Lucas, Alan	63	29:13	79.16%
M60	2	Barrow, Geoff	62	33:07	69.12%
M65	1	Dickenson, Russ	65	27:16	<b>86.66%</b>
M70	1	Johnson, Tony	70	30:41	<b>81.63%</b>
M70	2	Wicks, Barrie	70	35:58	69.64%
M75	1	Gardiner, Bob	75	29:36	<b>90.31%</b>
M75	2	Summers, Harry	75	34:21	77.82%
M75	DQ	Beaumont, Ian	75		

VRWC club races were also contested and a number of the masters walkers backed up for a second hitout to top of the day. Kelly Ruddick and Stuart Kollmorgen gave a great exhibition out in front, walking the 3000m together.

**VRWC 5000m Open**

1	Hockley-Samon, Jmara	27:36
2	Wallace, Anna	29:17

**VRWC 3000m Open**

E1	Ruddick, Kelly	13:49
E1	Kollmorgen, Stuart	13:49
3	Simpson, Brad	14:43
4	Seid-Christmass, James	15:49
5	Tindal, Pam	15:55
6	McInnes, Simone	16:24
7	Ruddick, Kevin	19:00
8	McLaren, Stacey	19:54
	Campbell, Caitlin	DNF
	Wood, Robin	DNF
	Onley, Gordon	DQ

**VRWC 1500m Open**

1.	McLaren, Stacey	09:31
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As usual, thanks to our officials who help us run our events every week.

**Officials:** Tim Erickson, Natalie Laurie, Damien Elms, Jason Elms, Marlaine Stanway, Alison Thompson  
**Judges:** Gordon Loughnan (Chief), Stuart Cooper, Ralph Bennett

## AV AND VRWC RACES, MIDDLE PARK, SATURDAY 30 APRIL 2011

The 2011 VRWC winter season kicked off at Middle Park on Saturday with the Victorian 5km Teams Championships for men and women alongside the usual mixture of VRWC races for all age groups. Warm and sunny conditions met the 96 competitors who attended and the 1km course was awash with walkers once all the races got underway. Next week we expect to be back onto our normal 2km course as the Grand Prix cleanup process should be completed. Terry Swan has uploaded a fantastic collection of high quality photos from the day's racing to our VRWC picture gallery at <http://vrwc.org.au/coppermine> – thanks Terry!

The 5km events started first with Athletics Victoria walkers to the fore. Nathan Brill 22:20 and Stuart Kollmorgen 22:42 showed the way in the men's event while Tamara Attard 27:03 and Heather Carr 27:21 did likewise in the women's event. Because of the closure of the AV office over the last week (due to their relocation from Olympic Park to Albert Park), no attempt was made to finalise the AV Teams results on the day as there are a number of teams in contention in both events. We hope to finalise this early in the week once AV can confirm the eligibility of all entrants.



**Tamara Attard, Stuart Kollmorgen, Nathan Brill, Heather Carr and Aaron McDonough**

### VICTORIAN 5KM TEAMS CHAMPIONSHIP, WOMEN

1.	Attard, Tamara	KNA	27:03	7
2.	Carr, Heather	BGO	27:21	5
3.	Raselli, Cassie	SCA	28:38	
4.	Stadus, Lauren	KNA	28:51	4
5.	Whiley, Ebony	BGO	29:07	3
6.	Major, Annette	BGO	29:35	2
7.	Attard, Bianca	KNA	30:11	1
8.	Hamilton, Emily	KNA	30:15	
9.	Heard, Amanda	BGO	30:31	
10.	Eastwood, Jessie	KNA	33:51	
	McNicol, Chloe	SCA	DNF	
	Finnegan, Amelia	KNA	DNF	

Teams:	1	KNA	12	Tamara Attard, Lauren Stadus, Bianca Attard
	2	BGO	10	Heather Carr, Ebony Whiley, Annette Major

### VICTORIAN 5KM TEAMS CHAMPIONSHIP, MEN

1.	Brill, Nathan	BOH	22:20	10
2.	Kollmorgen, Stuart	COL	22:42	8
3.	McDonough, Aaron	PTN	26:13	
4.	Evans, Simon	BOH	26:31	7
5.	Tam, Aaron	KNA	26:41	
6.	Kaiser, Joshua	SCA	27:01	6
7.	Dickenson, Russ	SCA	27:06	5
8.	Taylor, Lucas	SCA	27:28	4
9.	Garganis, Adam	COL	28:34	3
10.	Dyer, Bill	BOH	29:01	2
11.	Swan, Kyle	KNA	29:36	
12.	Gardiner, Bob	COL	29:54	1
	Felton, Matt	KNA	DNF	
	Donahoo, Mark	ATE	DNS	
	Walmsley, Reese	KNA	DQ	

Teams	1	BOH	19	Nathan Brill, Simon Evans, Bill Dyer
	2	SCA	15	Joshua Kaiser, Russ Dickenson, Lucas Taylor
	3	COL	12	Stuart Kollmorgen, Adam Garganis, Bob Gardiner

The VRWC events were all keenly contested and we welcomed a number of walkers having their first walks with us – Alex Poore, Michelle, Josephine and Beatrice Laufer, Bede Collis, Jonty and Mercedes Brennan and Brooklyn Utber. We also welcomed back Gerard Feain having his first walk for many years. Good to see you back on the road Gerard!

#### VRWC 5KM OPEN

1.	Hockley-Samon, Jmara	27:16
2.	Irshad, Kylie	29:14
3.	Laurie, Natalie	30:08
4.	Shaw, Robyn	30:22
5.	O'Neill, Karyn	35:18
6.	Burren, Sarah	DNF

1.	Kozica, Jason	24:37
2.	Kennedy, Paul	25:03
3.	Seid-Christmass, James	25:23
4.	Simpson, Brad	26:10
5.	Lucas, Alan	29:39
6.	Cooper, Stuart	33:25
7.	Barrow, Geoff	33:37
8.	Morrison, John	37:26
9.	Poore, Alex	38:37
	Jenkins, Llew	DQ

#### VRWC 3KM OPEN

1.	Laufer, Michelle	17:41
2.	Campbell, Caitlin	17:48
3.	Feldman, Liz	18:12
4.	Elms, Donna	18:18
5.	McIntyre, Gayle	18:37
6.	Beaumont, Margaret	24:34

1.	Bennett, Ralph	17:15
2.	Feain, Gerard	17:42
3.	Skrucany, Rudolf	21:30
	Beaumont, Ian	DQ
	Onley, Gordon	DQ

#### VRWC 3KM U15

1.	George, Stephanie	16:04
2.	Walker, Megan	18:11
3.	Collis, Lauren	18:34
4.	McLaren, Stacey	20:30
5.	Campbell, Rebecca	20:32
6.	Swan, Emily	21:09
7.	Guy, Rachael	21:30

1.	McShanag, Connor	16:01
2.	Owen, Cooper	17:06
3.	McNicol-Davidson, Cody	22:48
4.	Tremigliozi, Paul	24:00

Our U12 and U9 events were keenly contested as usual and it is always great to see our youngest walkers in action. Paige De Lisen 11:10 fought out the U12 Girls' event with Shelby Kay 11:14 while James Burren 11:58 took the honours in the Boys' event. Brooklyn Utber and Brianna Lillie had a great race in the U9 Girls' event, virtually crossing the line together in 5:50 while Caine Brill won the U9 Boys' event with 6:20.

#### VRWC 2KM U12

1.	De Lisen, Paige	11:10
2.	Kay, Shelby	11:14
3.	Richardson, Brodie	11:40
4.	Hodges, Mikhala	11:56
5.	Lillie, Jessica	12:09
6.	Owen-Smith, Chelsea	12:27
7.	Xuereb, Tara	12:46

8.	Taylor, Lee	12:52
9.	Henderson, Rebecca	13:05
10.	Laufer, Josephine	13:19
11.	Eastwood, Jemma	13:39
12.	Hodges, Anaya	15:02

1.	Burren, James	11:58
2.	Wright, Ethan	12:25
3.	Walmsley, Hayden	12:28
4.	Collis, Hugh	12:28
5.	Hockley-Samon, Harry	12:44
6.	Brennan, Jonty	12:45
7.	Feain, Lachlan	13:07
8.	Brill, Justin	13:09
	O'Mahony, Brendon	DQ

#### VRWC 1KM U9

1.	Utber, Brooklyn	5:50
2.	Lillie, Brianna	5:50
3.	O'Mahony, Kathleen	6:07
4.	Miller, Tegan	6:16
5.	Brennan, Mercedes	6:50
6.	Collis, Frances	6:51
7.	Kay, Payton	7:20
8.	Laufer, Beatrice	7:53

1.	Brill, Caine	6:20
2.	Collis, Bede	8:05



**First time walkers Michelle Laufer, Brooklyn Utber, Alex Poore, Beatrice Laufer and Bede Collis**

It was a big opening day with a lot of races in quick succession on a small 1km course but we had lots of our usual officials and judges on duty and they ensured that all went well. Thanks to everyone for their help as usual. Sorry if I missed anyone!

**Officials:** Tim Erickson, Ron Miller, Ian Laurie, Susan Taylor, Terry O'Neill, Don McLaren, Matt Owen, Damien Elms, Justin McLaren, Harry Summers, Mark O'Mahony

**Judges:** Gordon Loughnan (Chief), Judy Mason, Brenda Felton, Shane Bertrand, Kathleen Marsh, Terry Knappe, Lloyd Nichols, Di Lowden, Peter Vysma (DQ Board)

**Photos:** Terry Swan

**Setup:** Craig Brill, Harry Summers, Bob Gardiner, Tim Erickson, Peter Vysma

**Canteen:** Kate Suich, Barb Gardiner, Marlaine Stanway

## VRWC RACES, MIDDLE PARK, SATURDAY 7 MAY 2011

Another big day with 73 walkers in action in perfect conditions. It was the first of our points days with Fastest Times and Handicap points on offer. We keep allotting points in these competitions until the end of the season when we determine the top 3 placegetters in each division. We were back on our 2km course today and times were generally impressive. Thanks as usual to Terry Swan for the many photos uploaded to our website gallery at <http://www.vrwc.org.au/coppermine>. Thanks also to Tina Miller for additional photos.

14 walkers tested themselves in the 8km event with young Nathan Brill leading from the start, recording a big PB of 36:01 and looking like he had plenty left at the end. But, even though he walked fantastically, he had to lower his colours from a handicap perspective to Russ Dickenson 43:46 and Aaron McDonough 41:39 who both performed well above the handicapper's expectations. Pam Tindal won the women's walk with 42:28 and also took the handicap double.

<b>8km Open</b>	<b>Time</b>	<b>H'Cap Place</b>
1. Pam Tindal	42:28	1
2. Amelia Finnegan	44:25	6
3. Heather Carr	45:00	5
4. Kirstin Shaw	47:08	2
5. Alison Thompson	48:50	3
6. Chloe McNicol-Davidson	54:37	4
1. Nathan Brill	36:01	3
2. Andrew Jamieson	39:06	4
3. James Seid-Christmass	41:26	5
4. Aaron McDonough	41:39	2
5. Simon Evans	43:00	7
6. Russ Dickenson	43:46	1
7. Robert Gardiner	50:20	6
8. Alex Poore	60:03	

The 4km Open was the big event for the day with 26 walkers in total. Jmara Hockley-Samon 20:39 and Aaron Tam 20:16 were the fastest. Aaron was also the male handicap winner with a 1 minute PB. It was great to see Natalie Laurie racing again this week and she took the women's handicap with a good 20:48. Michelle Thompson 22:12 recorded a big PB while Michelle Laufer, having her first races since her Junior days, was not far behind with 22:35. We saw a generational change with Terry O'Neill on the sidelines after a knee operation and his daughter Simone having her first hitout in many years. It was also to treat see Tony Johnson continuing his walking comeback with a good 24:27.

<b>4km Open</b>	<b>Time</b>	<b>H'Cap Place</b>
1. Jmara Hockley Samon	20:39	4
2. Natalie Laurie	20:48	1
3. Michelle Thompson	22:12	2
4. Michelle Laufer	22:35	3
5. Anna Wallace	23:43	5
6. Caitlin Campbell	23:53	10
7. Liz Feldman	24:12	11
8. Donna Elms	24:36	8
9. Gayle McIntyre	25:38	13
10. Gwen Steed	26:35	12
11. Celia Johnson	27:26	9
12. Karyn O'Neill	30:22	14
13. Simone O'Neill	30:22	
14. Margaret Beaumont	32:32	7
15. Pam Mews	46:16	6
1. Aaron Tam	20:16	1
2. Alan Lucas	22:59	4
3. Tony Johnson	24:27	3
4. Jason Elms	25:38	7
5. Geoff Barrow	26:39	5
6. Gerard Feain	28:14	8
7. Barrie Wicks	28:33	2
8. Rudolf Skrucany	28:50	6
9. Gordon Onley	28:52	
10. Ian Beaumont	31:59	
Bruce Conboy	DQ	

Jemima Montag 20:47 and Stephanie George 20:53 were well out in front in the U15 4km and both recorded excellent times. Connor McShanag was the fastest male with 23:06 while Stacey McLaren 27:32 and Cody McNicol-Davidson 27:42 were handicap winners. Welcome also to new member Caitlyn Miezi who had her first race with us at Middle Park.



4km Under 15		Time	H'Cap Place
1.	Jemima Montag	20:47	4
2.	Stephanie George	20:53	3
3.	Megan Walker	24:20	6
4.	Emily Swan	27:00	2
5.	Rebecca Campbell	27:13	5
6.	Stacey McLaren	27:32	1
7.	Caitlyn Miezis	28:59	
8.	Brianna Cooke	29:01	
9.	Madeleine Feain	31:07	
1.	Connor McShanag	23:06	3
2.	Paul Tremigliozzi	27:12	2
3.	Cody McNicol-Davidson	27:42	1
	Reese Walmsley	DQ	



Connor McShanag, Tony Johnson, Simon Evans, Natalie Laurie, Stacey McLaren, Aaron Tam and Aaron McDonough



Megan Walker, Simone O'Neill, Karyn O'Neill, Nathan Brill, Michelle Laufer and Russ Dickenson

Kyle Swan 13:00, Shelby Kay 13:33 and Paige De Lisen 13:38 were our fastest U12 walkers over the 2.5km distance while Brianna Lillie 8:53 and Caine Brill 9:44 were our fastest U9 walkers in their 1.5km race.

2.5km Under 12		Time	H'Cap Place
1.	Shelby Kay	13:33	1
2.	Paige De Lisen	13:38	3
3.	Brodie Richardson	14:35	6
4.	Hayley George	14:44	5
5.	Mikhala Hodges	14:51	7
6.	Jessica Lillie	15:05	4
7.	Anaya Hodges	16:10	8
8.	Lee Taylor	16:21	2

9.	Tegan Miller	17:57	9
1.	Kyle Swan	13:00	5
2.	Ethan Wright	15:51	2
3.	Lachlan Feain	15:55	1
4.	Hayden Walmsley	15:57	3
5.	Justin Brill	16:36	4
6.	Brendan O'Mahony	19:52	6
	Jonty Brennan	DNF	

1.5km Under 9		Time	H'Cap Place
1.	Brianna Lillie	08:53	3
2.	Kathleen O'Mahony	08:59	2
3.	Payton Kay	10:35	1
4.	Mercedes Brennan	11:25	4
1.	Caine Brill	09:44	1



**Jemima Montag (U15), Caine Brill, Cody McNicol-Davidson, Payton Kay, Paige De Lisen and Shelby Kay**



**Walkers: Kyle Swan, Justin Brill, Anaya Hodges, Emily Swan, Kathleen O'Mahony and Brianna Lillie**  
**Officials: Mark O'Mahony, Susan Taylor, Don McLaren, Damien Elms and Ian Laurie**

As usual, thanks to our many officials. Sorry if I missed anyone.

**Officials:** Tim Erickson, Harry Summers, Ian Laurie, Mark O'Mahony, Susan Taylor, Matt Owen, Don McLaren, Justin McLaren, Damien Elms

**Race Setup:** Bob Gardiner, Peter Vysma, Harry Summers, Craig Brill

**Race Entries:** Russ Dickenson, Stuart Cooper

**Judges:** Peter Vysma, Terry Swan, Gordon Loughnan, Ralph Bennett, Lloyd Nicholls, Stuart Cooper

**Canteen:** Barb Gardiner, Kate Suich, Marlaine Stanway

## AV AND VRWC RACES, MIDDLE PARK, SATURDAY 14 MAY 2011

If you had arrived early like me at Middle Park today, you would have thought our chances of actually holding any races would have been small. Large sections of the roadway were under water and all parts of the course were impacted. It took a group with buckets and brooms between 30 and 45 minutes of hard work to clear away the main area between the clubrooms and the adventure playground to at least make the bottom section of the course usable. Club president Harry Summers then got busy with the measuring wheel to mark out a new 2km course – all this as the clock ticked in the leadup to our first events at 2:15PM.

Matters were then exasperated by the continuing sprinkle of competitors arriving late and wanting to register after 2PM. As you probably know, we have a short window of time between 2PM and 2:15PM to complete the race sheets and print them off. That is why we say that our entry cutoff time is 2PM. Add to that the fact that a number of our key officials were competing in the Masters championships, as is their right, so we were a bit light on for officials as well.

As a result of all this, we were late once again with our start times and competitors in our 3km and 5km events had to struggle with a course that had not been fully explained before hand. Our apologies to the walkers in those two events who were impacted – luckily most managed to figure it all out and get it right on the day. Mark advises me that he will not take today's times into account for handicapping purposes given the possibility that some of our 3km and 5km walkers may have had their times effected. Our 10km, 2km and 1km walkers were unaffected as they were walking full laps so for them, our issues were probably invisible.

Next week, we have to ensure that we start all events on time and that we run without issue. To aid this, a few changes

- We will not be running Handicap Start events next week. While all our events will still be points races, we will have normal group starts at 2:15PM (8km and 4km), 2:35 (1km) and 2:45PM (2km).
- We will close entries for the 8km and 4km events at 2PM – if you are not here by then for the 8km and 4km events, you will not be allowed to officially race. If you are going to be late, ring someone and get them to enter you.
- We also ask competitors to stay away from the recording tent – the steady stream of people coming to the tent in the final few minutes before the start time also makes it more difficult for us to get the events away on time..

Anyway, enough of that. Onto the good news of the weekend's racing. We had a big day once again with 94 walkers in attendance. After a week of almost continuous rain, it cleared mid morning and, apart from a bitter shower mid race, we were spared from any more serious impact. Thanks to Debra Brill for the photos which Terry Swan has uploaded to [www.vrwc.org.au/coppermine](http://www.vrwc.org.au/coppermine).

The first events to kick off were the Victorian and Victorian Masters 10km championships. Congratulations to our new Victorian Champions Frank Bertei and Kelly Ruddick. It is some 4 years since we last saw Frank in action and he has kept his fitness well. I had heard a rumour that he was back in training and it was great to see him in action again. Kelly's time of 47:34 was excellent and well ahead of anyone else on the day.

### AV 10km Men

1.	Frank Bertei	ANW	0:51:02	1 <sup>st</sup> M40
2.	Aaron McDonough	PTN	0:52:01	
3.	Simon Evans	BXH	0:55:51	2 <sup>nd</sup> M40
4.	Bob Gardiner	COL	1:01:22	1 <sup>st</sup> M50
	Mark Donahoo	ATE	DNF	

### AV 10km Women

1.	Kelly Ruddick	BHA	0:47:34	
2.	Cassandra Rasselli	SCA	0:55:09	
3.	Heather Carr	EAG	0:55:20	1 <sup>st</sup> W50
4.	Tamara Attard	KNA	0:58:35	
5.	Kirstin Shaw	WES	0:58:48	
6.	Robyn Shaw	WES	1:04:00	1 <sup>st</sup> W40
7.	Annette Major	EAG	1:06:48	2 <sup>nd</sup> W40

The VMA championships saw a good number of our older walkers in action Best performers from an age-graded perspective were Heather Carr (55:20 for W60), Bob Gardiner (61:22 for M75), Kelly Ruddick (47:34 for W35), Russ Dickenson (55:05 for M65) and Ralph Bennett (58:49 for M65). Amongst others, Aaron McDonough 52:01 and James Seid-Christmass 52:21 both walked PBs.

### 10km VMA Championships

1	W35	Kelly Ruddick	0:47:34	<b>88.20%</b>
1	W45	Robyn Shaw	1:04:00	71.78%
2	W45	Annette Major	1:06:46	68.17%
1	W50	Donna Elms	1:08:45	67.47%
1	W55	Alison Thompson	1:01:38	82.01%
1	W60	Heather Carr	0:55:20	<b>94.78%</b>
2	W60	Liz Feldman	1:04:04	82.92%
3	W60	Celia Johnson	1:09:32	77.41%
1	W65	Gwen Steed	1:11:23	81.01%
1	W70	Margaret Beaumont	1:23:14	74.10%



1	M35	Aaron McDonough	0:52:01	73.78%
1	M40	James Seid-Christmass	0:52:21	76.11%
2	M40	Sasha Radotic	1:00:40	64.16%
	M50	Mark Donahoo	DNF	
1	M55	Clyde Riddoch	1:04:11	69.76%
1	M60	Alan Lucas	1:00:18	78.75%
1	M65	Russ Dickenson	0:55:05	<b>88.09%</b>
2	M65	Ralph Bennett	0:58:49	<b>86.42%</b>
	M65	Llew Jenkins	DQ	
1	M70	Tony Johnson	1:03:05	82.62%
2	M70	Barrie Wicks	1:16:04	67.65%
	M70	Ian Beaumont	DQ	
1	M75	Bob Gardiner	1:01:22	<b>89.65%</b>
2	M75	Harry Summers	1:13:17	75.08%



**Cassie Raselli, Tamara Attard, Heather Carr, Frank Bertei and James Seid-Christmass**



**Frank Bertei, Simon Evans, Aaron McDonough, Robyn Shaw, Bob Gardiner and Kelly Ruddick**

All club members were automatically included in the VRWC Open 10km so that meant 32 walkers in total. While Kelly and Frank led from the front, we saw a number of excellent performances further back in the field from the likes of Cassie Raselli (a big PB of 55:09) and Michelle Thompson (a PB of 59:33). And well done to Alex Poore who walked his first 10km with us, recording 1:18:51. Robyn Shaw and Russ Dickenson were our handicap winners.

#### **10km Open**

1.	Kelly Ruddick	0:47:34	5
2.	Cassandra Rasselli	0:55:09	2
3.	Heather Carr	0:55:20	4
4.	Tamara Attard	0:58:35	

5.	Kirstin Shaw	0:58:48	3
6.	Michelle Thompson	0:59:33	
7.	Alison Thompson	1:01:38	6
8.	Gayle McIntyre	1:02:50	11
9.	Robyn Shaw	1:04:00	1
10.	Liz Feldman	1:04:04	9
11.	Annette Major	1:06:46	
12.	Donna Elms	1:08:45	8
13.	Celia Johnson	1:09:32	7
14.	Gwen Steed	1:11:23	12
15.	Margaret Beaumont	1:23:14	10

1.	Frank Bertie	0:51:02	
2.	Aaron McDonough	0:52:01	2
3.	James Seid-Christmass	0:52:21	4
4.	Russ Dickenson	0:55:05	1
5.	Simon Evans	0:55:51	9
6.	Ralph Bennett	0:58:49	8
7.	Alan Lucas	1:00:18	7
8.	Sasha Radotic	1:00:40	
9.	Bob Gardiner	1:01:22	3
10.	Tony Johnson	1:03:05	
11.	Clyde Riddoch	1:04:11	6
12.	Harry Summers	1:13:17	10
13.	Barrie Wicks	1:16:04	5
14.	Alex Poore	1:18:51	
	Mark Donahoo	DNF	
	Ian Beaumont	DQ	
	Llew Jenkins	DQ	

As explained above, there may be a few slow times in the 5km and 3km events. I know of a few competitors who stopped with one lap to go and then got going again. In the 5km race, Michelle Laufer excelled with 27:57 as did Lauren Stadius whose 28:32 was a PB. Aaron Tam also recorded a good PB with 25:57 so those who got it right were in good form.

#### 5km Open

1.	Kylie Irshad	27:27	3
2.	Michelle Laufer	27:57	1
3.	Lauren Stadius	28:32	2
4.	Chloe McNicol-Davidson	33:57	

1.	Aaron Tam	25:57	2
2.	Nicholas Mirarchi	28:38	4
3.	Gerard Feain	29:34	1
4.	Geoff Barrow	33:10	3

#### 3km Open

1.	Simone McInnes	17:20	1	(approx time)
2.	Pam Mews	31:43	2	

1.	Jason Elms	18:00	1
2.	Gordon Onley	18:30	

#### 3km Under 15

1.	Megan Walker	17:02	9	
2.	Lauren Collis	17:06	3	
3.	Stephanie George	17:20	12	(time effected)
4.	Emily Hamilton	17:45	11	(time effected)
5.	Jessie Eastwood	18:21	7	
6.	Cassandra Kay	19:07	8	
7.	Emily Swan	19:16	5	
8.	Stacey McLaren	19:19	4	
9.	Rebecca Campbell	19:19	6	
10.	Rachael Guy	19:46	1	
11.	Brianna Cooke	19:52	2	
12.	Rebecca Guy	20:02		
13.	Madeleine Feain	22:39	10	

1.	Billy Allamby	17:30	3	(time effected)
2.	Reese Walmsley	18:36	4	



3.	Connor McShanag	19:19	5	(time effected)
4.	Paul Tremigliozi	19:53	2	
5.	Cody McNicol-Davidson	20:17	1	

Large fields again in our U12 events. Sorry we had to keep you waiting so long! Kyle Swan was well in front with 10:21 while Harry Hockley-Samon 10:53 and Paige De Lisen 10:54 had a great battle behind him. Overall, the racing was of a high standard. Handicap winners were Hayley Brown and Ethan Wright.

#### 2000m Under 12

1.	Paige De Lisen	10:54	7
2.	Shelby Kay	11:01	4
3.	Hayley George	11:26	3
4.	Brodie Richardson	11:26	5
5.	Hayley Brown	11:51	1
6.	Mikhala Hodges	11:56	11
7.	Tara Xuereb	12:16	2
8.	Jessica Lillie	12:21	12
9.	Anaya Hodges	12:32	5
10.	Chelsea Owen-Smith	12:32	9
11.	Jemma Eastwood	12:52	13
12.	Josephine Laufer	13:01	8
13.	Lee Taylor	13:22	10
	Gabbie Crea	DQ	
1.	Kyle Swan	10:21	7
2.	Harry Hockley Samon	10:53	3
3.	James Burren	11:48	5
4.	Hugh Collis	11:57	2
5.	Ethan Wright	12:20	1
6.	Hayden Walmsley	12:58	4
7.	Lachlan Feain	13:21	6
8.	Brendan O'Mahony	13:38	9
9.	Harley Davidson	16:49	8

The U9 walkers raced over 1km with Brianna Lillie 5:47 and Kathleen O'Mahony 5:48 putting on a grett show for everyone. Caine Brill was not far behind with 6:04, a big PB. Caine and Frances Collis were our handicap winners.

#### 1000m Under 9

1.	Brianna Lillie	05:47	5
2.	Kathleen O'Mahony	05:48	4
3.	Frances Collis	06:25	1
4.	Mercedes Brennan	06:25	2
5.	Payton Kay	07:21	6
6.	Beatrice Laufer	07:22	3
1.	Caine Brill	06:04	1
2.	Bede Collis	08:15	2

Finally thanks to those many people who helped during the course of what was a difficult day. I have almost certainly missed a few but here goes!

**Course setup:** Tim Erickson, Stuart Cooper, Sasha Radotic, Bob Gardiner, Harry Summers, Craig Brill

**Entries:** Michael Bodey, Russ Dickenson, Tim Erickson

**Canteen:** Barb Gardiner, Wendy Cooper, Kate Suich, Marlaine Stanway

**Officials:** Ian Laurie, Susan Taylor, Tim Erickson, Damien Elms, Don McLaren, Matt Owen, Paul Kozaris, Mark O'Mahony, Michael Bodey

**Judges:** Judy Mason, Diane Lowden, Terry Knape, Peter Vysma, Gordon Loughnan, Lloyd Nicholls, Kathleen Marsh, Terry Swan

**VRWC RACES, MIDDLE PARK, SATURDAY 21 MAY 2011**

Saturday turned out to be warm and sunny with a blustery wind – much better conditions overall than the last couple of weeks – and 76 walkers took advantage of the opportunity for some competitive racing. This week I show the full handicap placings so that everyone can see how their performances compare to their handicaps. Club handicapper **Mark Donahoo** sorts out the handicaps (a huge job) and bases your handicap on the average of your last few VRWC performances over this or comparable distances. If it is your first time competing over this particular sort of distance, you can't be awarded a handicap. Similarly, if you are not a club member or if you are competing in yellow club numbers, you will also be excluded from the points competitions. For that reason, you will see some finishers have blanks against the Hcp Time column.

It was also a prizes day and the winners of each of the handicaps (plus a few others) got to choose from our awards table which was laid out with a very interesting array of goods.

Our longest distance of the day was the 8km Open event and **James Seid-Christmass** 41:44, **Aaron McDonough** 42:31 and **Pam Tindal** 42:36 were our fastest. **Donna Elms** and James were the handicap winners.

8km Open	Time	Hcp Time	Diff	Hcp place
1. Pam Tindal	42:36	42:57	-0.21	2
2. Heather Carr	44:54	43:49	+1.05	4
3. Kirstin Shaw	48:43	47:15	+1.28	5
4. Liz Feldman	49:53	48:08	+1.45	6
5. Donna Elms	51:51	52:38	-0.47	1
6. Anna Wallace	51:51	51:00	+0.51	3
Amelia Finnegan	DNF			
Celia Johnson	DNF			
1. James Seid-Christmass	41:44	41:59	-0.15	1
2. Aaron McDonough	42:31	42:24	+0.07	3
3. Clarrie Jack	47:47			
4. Alan Lucas	48:41	46:34	+2.07	4
5. Tony Johnson	49:55	50:05	-0.10	2
6. Robin Wood	63:10			
Ralph Bennett	DNF			
Russ Dickenson	DNF			
Alex Poore	DQ			

The 4km Open and 4km U15 events saw lots of entrants and the U15 boys showed their strength - **Nathan Brill** 17:43, **Jared Walker** 20:12, **Billy Allamby** 21:02 and **Connor McShanag** 21:21 well ahead of the rest. Others to perform strongly included **Aaron Tam** 22:01 and **Emily Hamilton** 23:05. Our handicap winners were **Robyn Shaw**, **Barrie Wicks**, **Madeleine Feain** and **Cody McNicol-Davidson**.

4km Open	Time	Hcp Time	Diff	Hcp place
1. Robyn Shaw	24:15	25:21	-1.06	1
2. Caitlin Campbell	24:31	24:24	+0.07	4
3. Gayle McIntyre	24:49	24:14	+0.35	5
4. Gwen Steed	27:31	24:52	+2.39	7
5. Karen O'Neill	27:35	27:44	-0.09	3
6. Simone O'Neill	29:58			
7. Margaret Beaumont	33:11	32:31	+0.40	6
8. Pam Mews	43:50	44:06	-0.16	2
Kylie Irshad	DNF			
Michelle Thompson	DNF			
1. Aaron Tam	22:01	20:50	+1.11	2
2. Nicholas Mirarchi	23:30	22:17	+1.13	3
3. Barrie Wicks	29:18	28:32	+0.14	1
4. Gordon Onley	29:57			
5. Ian Beaumont	31:55			
6. Rudolf Skrucany	45:59			
Bruce Conboy	DNF			
4km U15	Time	Hcp Time	Diff	Hcp place
1. Emily Hamilton	23:05	23:38	-0.33	4
2. Megan Walker	24:29	23:45	+0.55	6
3. Emily Swan	26:22	27:24	-1.02	3
4. Stacey McLaren	26:30	28:00	-1.30	2
5. Jessie Eastwood	26:34	25:48	+0.46	7
6. Caitlyn Miezi	28:38	28:59	-0.21	5
7. Madeleine Feain	29:01	31:06	-2.05	1
Rebecca Campbell	DNF			

	Stephanie George	DNF			
1.	Nathan Brill	17:43	18:10	-0.27	3
2.	Jared Walker	20:12	20:07	+0.05	4
3.	Billy Allamby	21:02	21:39	-0.37	2
4.	Connor McShanag	21:21	21:14	+0.07	5
5.	Cody McNicol-Davidson	27:33	28:22	-0.49	1
6.	Paul Tremigliozzi	30:04	27:13	+2.51	6
	Reese Walmsley	DQ			



**Aaron McDonough, Caitlyn Mietzis, Caitlin Campbell, Nicholas Mirarchi and Amelia Finnegan**



**Connor McShanag, Madeleine Feain, Pam Tindal, Simone O'Neill, Cody McNicol-Davidson and Emily Swan**

The U12 walkers contested a single lap of 2km and the pace was on from the start. **Kyle Swan** 10:40 and **Shelby Kay** 10:52 were the fastest while **Ethan Wright** and **Anaya Hodges** were our handicap winners. And welcome to **Thomas Mirarchi** (younger brother of Nicholas) in his first walk with the club.

2km U12		Time	Hcp Time	Diff	Hcp place
1.	Shelby Kay	10:52	11:34	-0.42	3
2.	Mikhala Hodges	11:40	12:02	-0.22	8
3.	Jessica Lillie	11:45	12:18	-0.33	6
4.	Hayley Brown	11:46	12:35	-0.49	2
5.	Anaya Hodges	12:00	12:56	-0.56	1
6.	Chelsea Owen-Smith	12:10	12:44	-0.34	5
7.	Tara Xuereb	12:25	13:04	-0.39	4
8.	Gabbie Crea	12:25	12:05	+0.20	9
9.	Jemma Eastwood	13:09	12:42	+0.27	10
10.	Lee Taylor	13:11	13:33	-0.22	7
1.	Kyle Swan	10:40	10:16	+0.24	8
2.	James Burren	11:32	11:53	-0.21	4

3.	Ethan Wright	12:16	13:18	-1.02	1
4.	Hayden Walmsley	12:29	13:15	-0.46	2
5.	Brendan O'Mahony	12:36	12:52	-0.16	5
6.	Justin Brill	13:05	13:35	-0.30	3
7.	Lachlan Feain	13:22	13:29	-0.07	6
8.	Harley Davidson	16:27	16:30	-0.03	7
9.	Thomas Mirarchi	17:13	No recorded time		

Only a small field of U9 walkers this week with **Brianna Lillie** 5:48 the fastest overall and **Kathleen O'Mahony** and **Caine Brill** both crossing the line together in 6:01. Caine and **Mercedes Brennan** were our handicap winners.

<b>1 km U9</b>		<b>Time</b>	<b>Hcp Time</b>	<b>Diff</b>	<b>Hcp place</b>
1.	Brianna Lillie	05:48	05:35	+0.13	3
2.	Kathleen O'Mahony	06:01	05:44	+0.17	4
3.	Payton Kay	06:28	06:47	-0.19	2
4.	Mercedes Brennan	06:29	06:52	-0.23	1
1.	Caine Brill	06:01	06:12	-0.11	1

Thanks as usual to all our officials – not sure if I have captured everyone – apologies if I missed you!

**Officials:** Tim Erickson, Ron Miller, Natalie Laurie, Don McLaren, Susan Taylor, Paul Kozaris, Harry Summers, Bob Gardiner, Mark O'Mahony, Damien Elms, Justin McLaren  
**Course Setup:** Craig Brill, Bob Gardiner, Harry Summers  
**Canteen:** Barb Gardiner, Kate Suich, Wendy Cooper  
**Judges:** Peter Vysma (chief), Stuart Cooper, Terry Knape, Michael Bodey, Lloyd Nichols, Graham George  
**Photos:** Terry Swan  
**Video:** Frances Attard

**AMA, VMA, AV COUNTRY, RWV AND VRWC RACES, MIDDLE PARK, SUNDAY 29 MAY 2011**

It was one of our major championship days at Middle Park on Sunday with Australian Masters, Victorian Masters, Victorian County and Racewalking Victoria championships on offer alongside our usual VRWC club races. Conditions were perfect – cool, overcast and still – and 86 walkers were in action across the full gamut of events from U10 to Masters.

The 20km and 10km events were first to kick off at 9:30AM with the cream of our Masters walkers in action. During the course of these events, we saw 4 records broken as follows

- **Lyn Ventris (W50)** broke her own W50 World Record by an amazing 5 minutes, lowering it from 1:45:09 to 1:39:51. Although Lyn is at the top end of her age group, she is still rewriting her own records. When she turns 55 later this year, watch out while she attacks the W55 records. To give some idea of the relative merit of Lyn's performance on Sunday, the Age Graded calculation for this walk is 101.32% - it is many years since I have seen a walk stat over the 100% mark. Astonishing!
- **Heather Carr (W60)** broke her own W60 World Record by 25 secs, lowering it from 1:56:43 to 1:56:18. Like Lyn, Heather is unbeatable in her division and has been setting World Masters Records since the W40 division!
- **Stuart Kollmorgen (M40)** broke his own Victorian M40 15km record on the way through to 20km – his time of 1:11:44 was well ahead of his old record which stood at 1:15:04
- **Kelly Ruddick (W35)** broke her own Victorian W35 10km record by 40 secs in the Victorian Country 10km championship with a PB time of 46:54.



**Lyn, Stuart, Kelly and Heather in action on Sunday**

First to the AMA/VMA 20km championships which attracted 25 entrants – this is good for what is a challenging long distance event for our older walkers. In the men's, **Stuart Kollmorgen** 1:37:55 and **Colin Heywood** 1:44:42 led the way. Special mention to **Aaron McDonough** whose 1:49:34 was a PB and **Russ Dickenson** whose 1:55:33 saw a huge second half. In the women's, **Lyn Ventris** 1:39:51 and **Heather Carr** 1:56:28 led the way with their World Records but special mentions to **Nyle Sunderland** of NZ a PB 1:57:26, **Barb Bryant** a fantastic 2:00:23 in the W55 division and **Liz Feldman** 2:09:28 in the W60 division. Wow!

AMA/VMA 20km Roadwalk Championships			AMA	VMA	10km	20km	
M35	McDonough, Aaron	VIC	1	1	0:54:14	1:49:34	72.25%
M40	Kollmorgen, Stuart	VIC	1	1	0:47:02	1:37:55	83.02%
	Seid-Christmass, James	VIC	2	2	0:56:08	1:55:30	70.91%
	Radotic, Sasha	CROATIA	-	3	1:00:05	2:03:46	64.73%
M45	Smyth, David	WA	3	-	0:58:49	2:05:21	69.03%
	Keirl, Bernie	VIC	DNS	DNS			
M55	Heywood, Colin	ACT	1	-	0:51:26	1:44:42	86.86%
	Riddoch, Clyde	VIC	2	1	1:01:48	2:16:55	66.99%
M60	Lucas, Alan	VIC	1	1	1:02:44	2:05:55	77.14%
	Jamieson, Andrew	VIC	DQ	DQ			
M65	Dickenson, Russ	VIC	1	1	0:59:12	1:55:33	85.88%
	Jack, Clarrie	VIC	DNF	DNF			
M75	Summers, Harry	VIC	1	1	1:13:04	2:29:21	75.57%
	Gardiner, Bob	VIC	DNS	DNS			
	Silcock-Delaney, Colin	VIC	DQ	DQ			
W35	Tonti-Filippini, Justi	VIC	DNS	DNS			
W40	Sunderland, Nyle	NZ	1	-	0:57:38	1:57:26	77.75%



W45	Shaw, Robyn	VIC	1	1	1:08:30	2:29:21	64.15%
W50	Ventris, Lynette	WA	1	-	0:49:02	1:39:51	<b>101.32% **</b>
	Tindal, Pam	VIC	DNF	DNF	0:59:18	DNF	
W55	Bryant, Barb	VIC	1	1	0:58:40	2:00:23	85.93%
	Thompson, Alison	VIC	2	2	1:03:54	2:14:33	78.93%
W60	Carr, Heather	VIC	1	1	0:57:45	1:56:18	95.02%
	Feldman, Liz	VIC	2	2	1:03:44	2:09:28	86.55%
W70	Beaumont, Margaret	VIC	1	1	1:28:15	3:01:27	72.59%

A number of our own VRWC walkers also attacked the 20km distance with some success. **Michelle Thompson** was the best overall with 1:58:41, a PB of some 10 minutes (she also did a 10km PB on the way through). Behind her, a special mention to **Kirstin Shaw** who walked her first ever 20km (2:06:46).

#### VRWC 20km

1.	Thompson, Michelle	0:58:23	1:58:41	75.57%
2.	Shaw, Kirstin	0:59:18	2:06:46	66.90%
3.	Elms, Donna	1:07:23	2:18:10	70.07%
4.	Wallace, Anna	1:09:29	2:18:59	61.02%
5.	O'Neill, Karyn	1:08:35	2:20:14	73.87%
1.	Poore, Alex	1:20:17	2:45:33	65.32%
2.	Beaumont, Ian	1:28:14	3:01:28	62.19%



**Barb Bryant, Colin Heywood, Russ Dickenson, Aaron McDonough and Nyle Sunderland in action**

The Country walkers also gathered in Melbourne on Sunday, to contest the annual Victorian Country Roadwalking Championships. Unfortunately, numbers were down but those walkers who did compete walked well. The best effort was definitely that of **Kelly Ruddick** whose 10km PB of 46:54 is a national top-10 ranking time for 2011. The U16 winners, **Lucas Taylor** 15:54 and **Stephanie George** 15:52, were also in impressive form.

#### VICTORIAN COUNTRY CHAMPIONSHIPS – OPEN 10KM

1.	Kollmorgen, Stuart	COL	47:02
2.	Dickenson, Russ	SCA	59:12
1.	Ruddick, Kelly	BHA	46:54
2.	Carr, Heather	EAG	57:45
	Major, Annette	EAG	DNS

#### VICTORIAN COUNTRY CHAMPIONSHIPS – U20 5KM

1.	Hockley-Samon, Jmara	CHI	27:02
2.	Heard, Amanda	EAG	28:53

#### VICTORIAN COUNTRY CHAMPIONSHIPS – U18 5KM

1.	Raselli, Cassandra	SCA	26:05
	McNicol-Davidson, Chloe	SCA	DNS

#### VICTORIAN COUNTRY CHAMPIONSHIPS – U16 3KM

1.	Taylor, Lucas	SCA	15:54
1.	George, Stephanie	SCA	15:42
2.	Walker, Megan	COR	16:25

3.	Stadus, Lauren	KNA	16:37
4.	McLaren, Stacey	ATE	20:35
	Boldiston, Zoe	SBE	DNS

#### VICTORIAN COUNTRY CHAMPIONSHIPS – U14 3KM

1.	McNicol-Davidson, Cody	SCA	19:32
1.	George, Hayley	SCA	17:32
2.	Peart, Jemma	BYC	18:12



**Liz Feldman, Lucas Taylor, Michelle Thompson, Kirstin Shaw, Margaret and Ian Beaumont**

VRWC races were contested over 10km, 5km and 3km for the remaining walkers and as usual it was **Nathan Brill**, who turned 15 last week, who provided the excitement factor – a 60 sec PB of 45:42. Others to walk well were **Jason Kozica** 25:30, **Michelle Laufer** 27:15 (another PB!), **Billy Allamby** 15:12, **Kyle Swan** 15:50 and **Bianca Attard** 16:48.

#### VRWC 10km

1.	Brill, Nathan	45:42
2.	Lockwood, Chris	51:06

#### VRWC 5km

1.	Kozica, Jason	25:30
2.	McShanag, Connor	25:55
3.	Tam, Aaron	26:19
4.	Johnson, Tony	30:26
5.	O'Neill, Terry	30:51
6.	Doran, Tony	31:15
7.	Wicks, Barrie	36:15

1.	Finnegan, Amelia	27:04
2.	Laufer, Michelle	27:15
3.	McIntyre, Gayle	30:48
4.	O'Neill, Simone	36:22
5.	Mews, Pam	58:44
	Irshad, Kylie	DNF

#### VRWC 3km

1.	Allamby, Billy	15:12
2.	Swan, Kyle	15:50
3.	Walmsley, Reese	18:15
4.	O'Mahony, Brendon	18:58
5.	Tremigliozi, Paul	19:17

1.	Attard, Bianca	16:48
2.	Burren, Sarah	17:15
3.	Eastwood, Jessie	18:22
4.	Swan, Emily	18:50
5.	Kay, Cassandra	26:17



**Billy Allamby, Stephanie George, Bianca Attard, Michelle Laufer and Nathan Brill**

Our youngest walkers contested Racewalking Victoria U12 2km and U10 1km championships with **Jonty Brennan** 12:21, **Shelby Kay** 10:43, **Ethan Wright** 5:29 and **Mikhala Hodges** 5:22 taking overall honours. Medals were presented to all the RWV placegetters after all the events had finished.

**Racewalking Victoria 2km U12 Championships**

- |    |                  |       |
|----|------------------|-------|
| 1. | Brennan, Jonty   | 12:21 |
| 2. | Walmsley, Hayden | 12:23 |
| 3. | Brill, Justin    | 12:26 |

- |    |                 |       |
|----|-----------------|-------|
| 1. | Kay, Shelby     | 10:43 |
| 2. | Hodges, Anaya   | 11:36 |
| 3. | Eastwood, Jemma | 11:38 |
| 4. | Lillie, Jessica | 11:59 |
| 5. | Miller, Tegan   | 13:41 |

**Racewalking Victoria 1km U10 Championships**

- |    |               |       |
|----|---------------|-------|
| 1. | Wright, Ethan | 05:29 |
| 2. | Brill, Caine  | 05:54 |

- |    |                    |       |
|----|--------------------|-------|
| 1. | Hodges, Mikhala    | 05:22 |
| 2. | Henderson, Rebecca | 05:33 |
| 3. | Lillie, Brianna    | 05:41 |
| 4. | O'Mahony, Kathleen | 05:56 |
| 5. | Brennan, Mercedes  | 06:31 |
| 6. | Peart, Alanna      | 06:34 |

As usual, thanks to the many officials who freely give of their time to ensure that the walkers get the full support they deserve. Sorry if I missed anyone – it was a big list this week!

- Officials:** Tim Erickson, Ian Laurie, Natalie Laurie, Les Clarke, Paul Kozaris, Stuart Cooper, Mark Donahoo, Bob Gardiner, Mark O'Mahony, Susan Taylor, Don McLaren, Karen McNicol-Davidson, Justin McLaren, Jim Leppik
- Judges:** Judy Mason (Chief), Peter Vysma, Shane Bertrand, Terry Swan, Terry Knape, Lincoln Mah, Elke Raselli, Brian Williams, Frances Attard (DQ Board)
- Course Setup:** Bob Gardiner, Harry Summers, Peter Vysma, Craig Brill
- Canteen** Barb Gardiner, Wendy Cooper, Marlaine Stanway
- Photos** Debra Brill
- Conditions:** Cool, still and overcast – perfect racing conditions



## VRWC RACES, MIDDLE PARK, SATURDAY 4 JUNE 2011

It was another great day for racing at Middle Park on Saturday from both perspectives – excellent weather and very competitive walking by the 86 club members who toed the line. It was a prizes day today with the winner of each handicap event picking from the table, so the handicap placings are also shown in the results. It was good to see so many walkers beating their handicaps in the various events. Note there are a few people who do not have handicap time calculations – they were either racing in the yellow club numbers or were racing over a different distance to normal so our handicapper Mark Donahoo was not able to rank them.

The longest event on offer was the 10km and the handicap wins went to **Karyn O'Neill** and **Aaron McDonough**. Special mentions to **Michelle Laufer** who did a wonderful 56:19 in her first 10km in her first season of walking since her junior days and to former NZ Olympian **Scott Nelson** who showed that he has lost little over the years with a great 48:30.

10km Open		Time	Hcp Place	Hcp	Hcp time
1.	Heather Carr	55:52	3	55:32	+0:20
2.	Michelle Laufer	56:19	4		
3.	Michelle Thompson	59:50	2	59:33	+0:17
4.	Karyn O'Neill	68:48	1	70:52	-2:04
1.	Scott Nelson	48:30			
2.	Aaron McDonough	53:25	1	53:40	-0:15
3.	Simon Evans	53:30	2	53:35	-0:05
4.	James Seid-Christmass	55:40	3	52:53	+2:47
5.	Bob Gardiner	66:15	4	62:10	+4:05
6.	Alex Poore	77:30			
	Terry O'Neill	DNF			
	Robin Wood	DNF			
	Harry Summers	DNF			
	Jason Kozica	DQ			



### Karyn O'Neill, Michelle Laufer, Scott Nelson, Heather Carr and Aaron McDonough in the 10km

The 5km was a popular event with **Simone O'Neill** (in her first season) and **Stuart Kollmorgan** winning the handicaps. 2011 World Youth representative **Amy Burren** 25:25 and **Nathan Brill** 22:04 were our fastest walkers. It was also a case of welcoming back **Ross Reid** after quite some time off with back problems. Good to see you in racing mode, Ross.

5km Open		Time	Hcp Place	Hcp	Hcp time
1.	Amy Burren	25:25	7	25:17	+0:08
2.	Pam Tindal	25:46	3	26:41	-0:55
3.	Jmara Hockley Samon	26:09	4	26:43	-0:34
4.	Liz Feldman	30:06	8	29:38	+0:28
5.	Gayle McIntyre	30:12	6	30:40	-0:28
6.	Jade Sanders	30:22	2	31:48	-1:26
7.	Chloe McNicol-Davidson	33:23	5	33:57	-0:34
8.	Simone O'Neill	35:12	1	37:16	-2:04
	Caitlin Campbell	DNF			
1.	Nathan Brill	22:04	3	22:48	-0:46
2.	Stuart Kollmorgan	22:25	1	24:01	-1:36
3.	Paul Kennedy	24:25	2	25:23	-0:58
4.	Aaron Tam	26:03	4	26:45	-0:42

5.	Russ Dickenson	26:53	5	27:11	-0:18
6.	Ross Reid	27:51			
7.	Alan Lucas	29:07	6	28:41	+0:26
8.	Gerard Feain	32:57	9	30:02	+2:55
9.	Geoff Barrow	34:25	8	33:00	+1:25
10.	Barrie Wicks	36:58	7	36:11	+1:47
	Ralph Bennett	DNF			
	Rory Ogilvie	DNF			

The 3km events featured a small number of Open walkers and a big group of U15 walkers. We saw some fantastic walking by **Jared Walker** 14:34, **Connor McShanag** 14:38 and **Jemima Montag** 14:39 while our handicap winners were **Donna Elms**, **John Morrison**, **Madeleine Feain** and **Paul Tremigliozi**.



**Amy Burren, Ross Reid, Simone O'Neill, Stuart Kollmorgen and Nathan Brill all raced over 5km**

3km Open		Time	Hcp Place	Hcp	Hcp time
1.	Donna Elms	17:43	1	17:49	-0:06
2.	Gwen Steed	20:05	2	18:22	+1:43
3.	Catherine Graham	24:32			
1.	Gordon Onley	20:15		Club Rules	
2.	John Morrison	21:44	1	21:37	+0:07
3km Under 15		Time	Hcp Place	Hcp	Hcp time
1.	Jemima Montag	14:39	6	15:16	-0:37
2.	Stephanie George	15:18	7	15:32	-0:14
3.	Megan Walker	16:35	5	17:25	-0:50
4.	Bianca Attard	17:04	9	16:54	+0:10
5.	Emily Hamilton	17:09	8	17:13	-0:04
6.	Emily Swan	18:25	2	20:00	-1:35
7.	Lauren Collis	18:31	10	18:05	+0:26
8.	Stacey McLaren	19:13	3	20:30	-1:17
9.	Brianna Cooke	19:27	4	20:35	-1:08
10.	Rebecca Campbell	20:35	11	19:58	+0:37
11.	Madeleine Feain	21:05	1	22:50	-1:45
1.	Jared Walker	14:34	5	14:48	-0:14
2.	Connor McShanag	14:38	3	15:31	-0:53
3.	Kyle Swan	15:30	4	15:52	-0:22
4.	Lucas Taylor	15:46	7	15:47	-0:01
5.	Cooper Owen	16:21	6	16:25	-0:04
6.	Reese Walmsley	17:45	8	17:34	+0:11
7.	Paul Tremigliozi	18:27	1	20:13	-1:46
8.	Cody McNicol-Davidson	19:41	2	20:38	-0:57
	Billy Allamby	DNF			





**John Morrison, Jemima Montag, Jared Walker, Connor McShanag, Donna Elms and Paul Tremigliozi in the 3km**

Our U12 and U9 walkers were the last to kick off and they contested 2km and 1km distances respectively. The handicap winners were **Shelby Kay, Justin and Caine Brill** and **Mercedes Brennan**. There were certainly a lot of PBs amongst the finishers. Special mention to **Shelby Kay** 10:33 and **Paige De Lisen** 10:36 who had a great battle and who both walked excellently.

<b>2000m Under 12</b>		<b>Time</b>	<b>Hcp Place</b>	<b>Hcp</b>	<b>Hcp time</b>
1.	Shelby Kay	10:33	1	11:33	-1:00
2.	Paige De Lisen	10:36	5	11:13	-0:37
3.	Hayley George	11:08	2	11:58	-0:50
4.	Mikhala Hodges	11:23	4	12:02	-0:39
5.	Brodie Richardson	11:51	9	11:51	+0:00
6.	Chelsea Owen-Smith	11:55	3	12:41	-0:46
7.	Jessica Lillie	12:01	7	12:17	-0:16
8.	Tegan Miller	13:16	6	13:40	-0:24
9.	Lee Taylor	13:19	8	13:32	-0:13
10.	Anaya Hodges	14:26	10	12:47	+1:39
	Hanna Svozil	15:26		No recorded time	
	Gabriella Crea	DQ			
1.	Harry Hockley Samon	10:57	6	11:20	-0:23
2.	Jonty Brennan	11:56	5	12:32	-0:36
3.	Justin Brill	12:15	1	13:29	-1:16
4.	Ethan Wright	12:26	3	13:12	-0:46
5.	Hayden Walmsley	12:27	4	13:11	-0:44
6.	Lachlan Feain	12:40	2	13:29	-0:49
7.	Harley Davidson	16:45	7	16:31	+0:14
	Brendan O'Mahony	DQ			
<b>1000m Under 9</b>		<b>Time</b>	<b>Hcp Place</b>	<b>Hcp</b>	<b>Hcp time</b>
1.	Brianna Lillie	05:43	3	05:35	+0:08
2.	Kathleen O'Mahony	05:54	4	05:43	+0:11
3.	Mercedes Brennan	06:32	1	06:50	-0:18
4.	Frances Collis	07:13	2	07:06	+0:07
1.	Caine Brill	05:52	1	06:08	-0:16
2.	Bede Collis	08:13	2	08:10	+0:03

As usual, thanks to our officials who keep the show on the road each week - sorry if I missed anyone!

- Course Setup:** Craig Brill, Harry Summers, Bob Gardiner, Peter Vysma  
**Officials:** Tim Erickson, Russ Dickenson, Mark O'Mahony, Susan Taylor, Ian Laurie, Paul Kozaris, Daniel Elms, Justin McLaren, Ken Walters, Nelinda Kay  
**Judges:** Peter Vysma (chief), Gordon Loughnan, Lloyd Nicholls, Michael Bodey, Terry Knape, Graham George, Stuart Cooper, Brian Williams  
**Canteen:** Barb Gardiner, Marlaine Stanway, Wendy Cooper

**VRWC RACES, MIDDLE PARK, SATURDAY 18 JUNE 2011**

Conditions were perfect in Melbourne on Saturday - overcast, mild and still - and the 62 walkers who attended were challenged by our annual 'Guess Your Time' races. The idea is a simple one - you nominate the time you expect to walk and then you race without a watch or any intermediate times being called. The winner is the walker who is closest to his/her nominated time. The guessing was pretty good, especially in the 10km event when **Michelle Laufer** and **Clyde Riddoch** were spot on. In other interesting finishes, **Anaya and Mikhala Hodges** were equal winners in the U12Girls 2km event, being only 1 sec off with their guesses. And in the U15 events, **Billy Allamby and Emily Hamilton** walked together the whole way and won their respective divisions, being only 1 sec and 2 secs off the mark with their finish time guesses.

<b>VRWC 10km Open</b>	<b>Time</b>	<b>Guess</b>	<b>Difference</b>
1. Laufer, Michelle	0:56:00	0:56:00	0:00
2. Tindal, Pam	0:54:21	0:55:00	-0:39
3. Thompson, Alison	1:03:08	1:02:00	+1:08
4. Attard, Bianca	1:03:15	1:02:00	+1:15
5. McNicol-Davidson, Chloe	1:09:22	1:06:55	+2:27

1. Riddoch, Clyde	1:00:00	1:00:00	0:00
2. Seid-Christmass, James	0:55:58	0:56:00	-0:02
3. Gardiner, Bob	1:04:56	1:05:00	-0:04
4. Dickenson, Russ	0:56:03	0:56:30	-0:27
5. Evans, Simon	0:54:16	0:53:00	+1:16
Dillon, Josh	DNF		

<b>VRWC 5km Open</b>	<b>Time</b>	<b>Guess</b>	<b>Difference</b>
1. Carr, Heather	27:20	27:10	+0:10
2. Feldman, Liz	30:21	30:01	+0:20
3. Beaumont, Margaret	40:38	41:01	-0:23
4. Shaw, Kirstin	28:01	27:30	+0:31
5. Geisler, Sandra	27:35	26:30	+1:05
6. Elms, Donna	31:58	30:05	+1:53
Shaw, Robyn	DNF		

1. Barrow, Geoff	33:43	33:58	-0:15
2. Wicks, Barrie	36:59	36:30	+0:29
3. Poore, Alex	37:28	38:00	-0:32
4. Johnson, Tony	31:27	32:00	-0:33
5. Beaumont, Ian	40:30	39:45	+0:45
6. McNicol-Davidson, Cody	33:39	32:50	+0:49
7. Cowley, Rhydian	22:11	21:20	+0:51
8. Brill, Nathan	22:53	21:50	+1:03
9. Tam, Aaron	26:20	25:00	+1:20
10. Jenkins, Lew	36:59	34:00	+2:59
11. Mirarchi, Nicholas	33:01	27:00	+6:01

<b>VRWC 3km Open</b>	<b>Time</b>	<b>Guess</b>	<b>Difference</b>
1. Steed, Gwen	19:55	19:54	+0:01
2. Mews, Pam	31:51	31:43	+0:08
3. Johnson, Celia	21:31	22:10	-0:39

1. Morrison, John	21:27	21:10	+0:17
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<b>VRWC 3km Under 15</b>	<b>Time</b>	<b>Guess</b>	<b>Difference</b>
1. Hamilton, Emily	16:02	16:00	+0:02
2. Walker, Megan	17:19	17:00	+0:19
3. McLaren, Stacey	19:42	19:20	+0:22
4. Sanders, Jade	16:35	16:10	+0:25
5. Swan, Emily	19:04	18:30	+0:34
6. De Lisen, Paige	17:37	17:00	+0:37
7. Cooke, Brianna	19:58	18:53	+1:05
Campbell, Rebecca	DNF		

1. Allamby, Billy	15:59	16:00	-0:01
2. Walmsley, Reese	18:22	18:10	+0:12
3. Swan, Kyle	15:28	15:10	+0:18
4. McShanag, Connor	15:22	14:45	+0:27
5. Tremigliozi, Paul	19:23	18:50	+0:33
6. Owen, Cooper	15:55	17:30	-1:35

VRWC 2km Under 12		Time	Guess	Difference
E1	Hodges, Anaya	11:40	11:41	-0:01
E1	Hodges, Mikhalala	11:29	11:30	-0:01
3.	Xuereb, Tara	12:40	12:35	+0:05
4.	Lillie, Jessica	11:44	11:50	-0:06
5.	Eastwood, Jemma	11:37	11:45	-0:08
6.	Taylor, Lee	13:37	12:56	+0:41
7.	Richardson, Brodie	12:23	11:20	+1:03
1.	Brennan, Jonty	11:46	11:40	+0:06
2.	Brill, Justin	11:45	12:01	-0:16
3.	Walmsley, Hayden	12:56	12:36	+0:20
4.	Davidson, Harley	15:23	15:59	-0:36
5.	Mirarchi, Thomas	15:07	18:00	-2:57

VRWC 1km Under 9		Time	Guess	Difference
1.	Lillie, Brianna	05:45	05:38	+0:07
2.	Brennan, Mercedes	05:50	06:23	-0:33
1.	Brill, Caine	05:56	05:43	+0:13



**Mikhala Hodges, Billy Allamby, Emily Hamilton, Alana Hodges, Caine Brill, Brianna Lillie and Jonty Brennan**

As usual, thanks to our many officials, judges and helpers. Sorry if I missed anyone.

- Officials:** Tim Erickson, Russ Dickenson, Michael Bodey, Bob Gardiner, Harry Summers, Craig Brill, Paul Kozaris, Justin McLaren, Don McLaren, Damien Elms, Matt Owen
- Judges:** Stuart Cooper (Chief), Brenda Felton, Ralph Bennett, Susan Taylor, Michael Bodey
- Photos:** Terry Swan
- Video:** Frances Attard

## AV AND VRWC RACES, MIDDLE PARK, SATURDAY 25 JUNE 2011

Saturday saw windy conditions but mild temperatures at Middle Park for our annual winter club championships day. The Victorian 15km Open roadwalk championships were also held, with a total of 78 walkers in attendance. As usual Terry Swan was out with camera taking a great selection of photos - check out <http://vrwc.org.au/coppermine>.

The first events to kick off were the AV and VRWC 15km championships and it was **Kelly Ruddick** and **Andrew Jamieson** who led the way in record breaking style. Kelly's winning time in the ladies event (1:13:05) was a new **Masters W35 Victorian Record** while Andrew's winning time in the men's event (1:16:51) was a new **Masters M65 Victorian Record**. But the highlight of the day had to be Andrew's 10km split of 49:27 which broke the **Masters M65 World Record** by over some 77 secs. Andrew has recently turned 65 and I think we can expect to see a swag of new marks being set in this division in the near future! Frank Bertei, who won the Victorian 10km title last month, had to be content with silver on this occasion with his time of 1:18:50 ahead of Simon Evans who took third with 1:26:38. Heather Carr 1:25:30 and Kirstin Shaw 1:27:15 took the minor medals in the women's event to complete the roll call.

### AV 15km Men Roadwalk Championship

1.	Andrew Jamieson	1:16:51	New Masters M65 World Record (10km)
2.	Frank Bertie	1:18:50	
3.	Simon Evans	1:26:38	
4.	Aaron McDonough	1:30:29	
5.	Bob Gardiner	1:39:33	
	Stuart Kollmorgen	DNS	

### AV 15km Women Roadwalk Championship

1.	Kelly Ruddick	1:13:05	New Masters W35 Victorian Record
2.	Heather Carr	1:25:30	
3.	Kirstin Shaw	1:27:15	

Other VRWC 15km events were also on offer, including Open Women and U20 Club Championships. Pam Tindal 1:22:26 joined Kelly and Heather in the medal chase in the Open Women's Club Championship while Bianca Attard 1:33:22 joined Kirstin as a medallist in the U20 championship. As an added bonus, Pam's time was a 19 sec PB and broke her own **Masters W50 Victorian Record**. We also had a VRWC Open Men non-championship 15km with Chris Lockwood 1:20:35 taking third position behind Andrew and Frank. Special mention for Michelle Laufer who walked her first ever 15km and recorded an excellent 1:26:53.

### VRWC 15km Women Championship - Elsie Jacobson Trophy

1.	Kelly Ruddick	1:13:05	New Masters W50 Victorian Record
2.	Pam Tindal	1:22:26	
3.	Heather Carr	1:25:30	
4.	Michelle Laufer	1:26:53	
5.	Karyn O'Neill	1:44:14	

### VRWC 15km U20 Women Championship

1.	Kirstin Shaw	1:27:15
2.	Bianca Attard	1:33:22

### VRWC 15km Open Men

1.	Andrew Jamieson	1:16:51
2.	Frank Bertie	1:18:50
3.	Chris Lockwood	1:20:35
4.	James Seid-Christmass	1:25:28
5.	Simon Evans	1:26:38
6.	Aaron McDonough	1:30:29
7.	Terry O'Neill	1:36:15
8.	Bob Gardiner	1:39:33
9.	Alex Poore	1:58:48
	Ross Reid	DNF
	Russ Dickenson	DNF

The day also featured club championships for U16, U14, U12 and U9 divisions and the racing was fiercely contested. Winners were Stephanie George 25:49 (a big PB), Jared Walker 25:06, Emily Hamilton 16:21, Cooper Owen 15:55, Shelby Kay 10:39. Kyle Swan 10:20, Brianna Lillie 5:42 and Caine Brill 5:55. Quite a few of our younger club members walked PBs, as shown below.

### VRWC 5km U16 Championship

1.	Stephanie George	25:49	PB 54 secs
2.	Jmara Hockley Samon	27:45	
3.	Lauren Stadus	27:48	PB 44 secs
1.	Jared Walker	25:06	
2.	Aaron Tam	26:07	

3. Connor McShanag 26:20

**VRWC 3km U14 Championship**

1. Emily Hamilton 16:21  
2. Megan Walker 16:49  
3. Lauren Collis 17:01 PB 5 secs  
4. Cassandra Kay 19:16  
5. Madeleine Feain 20:21 PB 46 secs

1. Cooper Owen 15:55  
2. Paul Tremigliozi 19:13  
3. Cody McNicol-Davidson 21:00  
Reese Walmsley DQ

**VRWC 2km U12 Championship**

1. Shelby Kay 10:39  
2. Paige De Lisen 10:49  
3. Hayley George 11:09  
4. Mikhala Hodges 11:24  
5. Jessica Lillie 11:43 PB 2 secs  
6. Anaya Hodges 11:43  
7. Hayley Brown 11:51  
8. Brodie Richardson 12:24  
9. Chelsea Owen-Smith 12:25  
10. Josephine Laufer 12:43 PB 17 secs  
Gabriella Crea DQ

1. Kyle Swan 10:20  
2. Jonty Brennan 11:08 PB 31 secs  
3. Hugh Collis 11:41 PB 16 secs  
4. Justin Brill 12:09  
5. Ethan Wright 14:19  
Harley Davidson DQ

**VRWC 1km U9 Championship**

1. Brianna Lillie 05:42  
2. Mercedes Brennan 05:45 PB 25 secs  
3. Kathleen O'Mahony 05:49  
4. Payton Kay 05:58 PB 30 secs  
5. Frances Collis 06:12 PB 13 secs

1. Caine Brill 05:55  
2. Bede Collis 08:33

Finally, we had 5km and 3km club walks for the rest of our walkers with results as shown below.

**VRWC 5km Open**

1. Liz Feldman 30:23  
2. Donna Elms 31:12  
3. Anna Wallace 31:17  
4. Robyn Shaw 32:57  
5. Simone O'Neill 34:41  
6. Margaret Beaumont 40:17

1. David Armstrong 28:34  
2. Ralph Bennett 28:52  
3. Alan Lucas 29:12  
4. Gerard Feain 31:39  
5. Anthony Doran 32:02  
6. Geoff Barrow 33:40  
7. Harry Summers 36:09  
8. Barrie Wicks 37:15  
9. Ian Beaumont 40:04

**VRWC 3km Open**

1. Caitlin Campbell 17:15  
2. Gwen Steed 19:49  
3. Pam Mews 34:15  
Amy Burren DNF



1. Gordon Onley 20:45
2. John Morrison 21:50

Thanks to our many officials who help out every week. Sorry if I missed anyone.

**Course Setup:** Harry Summers, Bob Gardiner, Craig Brill, Damien Elms  
**Officials:** Tim Erickson, Paul Kozaris, Ian Laurie, Natalie Laurie, Damien Elms, Mark O'Mahony, Mark Donahoo, Alison Baker, Sabrina George  
**Judges:** Shane Bertrand (Chief), Judy Mason, Diane Lowden, Terry Knape, Daryl Biggin, Brenda Felton, Gordon Loughnan, Lloyd Nichols, Michael Bodey (DQ Board)  
**Canteen:** Kate Suich, Leanne Lamble, Marlaine Stanway, Wendy Cooper

## VRWC RACES, MIDDLE PARK, SATURDAY 2 JULY 2011

Our annual Interval Races Day saw 36 of our 65 walkers testing themselves out over 2km intervals. While conditions were mild and sunny, a very strong wind made it tough for the competitors as they lined up each 17 minutes for their legs. **Stuart Kollmorgan** was straight back into action after his race in Dublin last weekend and he led the way in each interval, lapping at just over 9 minutes per leg. Stuart will not be home for long as later this week, he heads off to Sacramento for the World Masters Championships. Others to excel in the Intervals races were **Kirstin Shaw, Aaron Tam, Simon Evans, Billy Allamby, Amelia Finnegan** and **Paul Kennedy**.



### They're off for the first of 5 2km intervals

Intervals Race	2km	4km	6km	8km	10km	Total	No. of legs
1. Kirstin Shaw	11:07	11:08	10:45	10:31	10:35	54:06	5
2. Donna Elms	11:54	12:17	12:32	12:47	12:50	62:20	5
3. Simone O'Neill	13:18	13:30	13:13	13:13	13:28	66:42	5
4. Karen O'Neill	13:34	13:34	13:27	13:27	13:31	67:33	5
1. Stuart Kollmorgan	08:56	09:05	09:12	09:18	09:11	45:42	5
2. Aaron Tam	09:48	09:59	09:56	10:03	10:10	49:56	5
3. Simon Evans	10:03	10:05	10:06	10:12	10:19	50:45	5
4. Aaron McDonough	10:09	10:13	10:22	10:16	10:02	51:02	5
5. Billy Allamby	10:04	10:39	10:46	10:31	10:50	52:50	5
6. Bob Gardiner	12:00	12:09	12:26	12:32	13:00	62:07	5
7. Tony Johnson	13:15	12:39	12:43	12:48	12:22	63:47	5
8. Cody McNicol-Davidson	12:52	13:22	14:04	14:08	14:24	68:50	5
1. Alison Thompson	11:48	12:03	12:02	12:19		48:12	4
1. Geoff Barrow	13:18	13:23	13:15	15:00		54:56	4
1. Amelia Finnegan	09:49	10:00	09:59			29:48	3
2. Emily Hamilton	11:38	11:59	11:58			35:35	3
3. Caitlin Campbell	12:02	12:07	12:09			36:18	3
4. Robyn Shaw	12:03	12:25	12:33			37:01	3
5. Celia Johnson	14:28	14:22	14:24			43:14	3
1. Paul Kennedy	09:40	09:40	09:43			29:03	3
2. Kyle Swan	10:17	10:54	11:12			32:23	3
3. Jason Kozica	13:00	10:15	09:42			32:57	3
4. Cooper Owen	10:06	11:50	11:29			33:25	3
5. Ralph Bennett	11:32	11:28	11:27			34:27	3
6. Alex Poore	15:30	15:31	15:28			46:29	3
1. Stephanie George	10:02	10:38				20:40	2
2. Gayle McIntyre	12:28	12:18				24:46	2
3. Beth Barbour	12:31	12:53				25:24	2
4. Emily Swan	12:30	13:09				25:39	2
5. Brianna Cooke	13:03	13:26				26:29	2

6.	Gwen Steed	13:09	13:31	26:40	2
1.	Connor McShanag	09:54	10:59	20:53	2
2.	Gordon Onley	13:42	13:13	26:55	2
1.	Stacey McLaren	14:57		14:57	1
1.	Harry Summers	14:02		14:02	1

A number of walkers preferred to do a normal race so we had 4km events on offer as well. The best of the 4km walkers was **Jemima Montag** who powered through in 19:47 for a 1 minute PB, a very impressive performance in the tough wind.

#### 4km Open

1.	Pam Mews	50:27
1.	Alan Lucas	23:03
2.	Barrie Wicks	28:54

#### 4km Under 15

1.	Jemima Montag	19:47
2.	Jade Sanders	22:56
3.	Megan Walker	23:04
4.	Paige De Lisen	23:44
1.	Reese Walmsley	23:30
2.	Paul Tremigliozi	26:35

Our U12 and U9 walkers have their Intervals Race day in a couple of weeks so they had a normal Points Competition day on Saturday. In the U12 race, **Jonty Brennan** walked magnificently to beat his PB of last week in the windy conditions and his time of 11:01 saw him 2 secs clear of **Shelby Kay** who was the fastest of the girls with 11:03. The U9 winners were **Brianna Lillie** and **Caine Brill** while **Mercedes Brennan** was only just a few seconds outside her PB. **Anaya Hodges** was a handicap winner along with Jonty, Mercedes and Caine.

#### 2km Under 12

1.	Shelby Kay	11:03	7
2.	Mikhala Hodges	11:35	5
3.	Anaya Hodges	11:39	1
4.	Jessica Lillie	11:40	E3
5.	Hayley Brown	11:52	6
6.			
7.	Chelsea Owen-Smith	12:02	E3
8.	Brodie Richardson	12:24	9
9.	Hayley George	13:06	10
10.	Tegan Miller	13:34	2
11.	Lee Taylor	13:42	8

#### H'cap Place

1.	Jonty Brennan	11:01	1
2.	Justin Brill	12:07	3
3.	Hayden Walmsley	12:39	4
4.	Brendan O'Mahony	12:47	5
5.	Ethan Wright	12:56	6
6.	Harley Davidson	15:23	2

#### 1km Under 9

1.	Brianna Lillie	05:42	2
2.	Mercedes Brennan	05:57	1
3.	Kathleen O'Mahony	06:10	3
1.	Caine Brill	05:47	1

#### H'cap Place

Thanks as usual to the many people who help us every week. Sorry if I missed anyone.

**Officials:** Tim Erickson, Mark Donahoo, Paul Kozaris, Susan Taylor, Don McLaren, Matt Owen, Damien Elms, Jason Elms, Justin McLaren

**Setup:** Harry Summers, Bob Gardiner, Craig Brill

**Judges:** Peter Vysma (Chief), Stuart Cooper, Terry Knape, Michael Bodey, Gordon Loughnan

**Canteen:** Wendy Cooper, Kate Suich

**Photos:** Terry Swan

## AV, AV SCHOOLS AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 10 JULY 2011

Sunday saw AV, AV Schools and VRWC Championships on offer at Middle Park and 75 walkers were in attendance. Unfortunately, so was the bad weather with bitterly cold conditions and strong blustery winds. This made it tough for competitors, officials and spectators and good times were hard to come by.

The Victorian 20km championships were the first events to start but, due to the World Masters Championships in Sacramento, we were missing many of our top walkers. AIS walker Chris Erickson went straight to the front and gave a great exhibition of power walking as he pushed out to an impressive winning time of 1:25:06, well ahead of second placed Aaron McDonough 1:51:25. We had expected an interesting battle in the women's championship with local Kelly Ruddick pitted against South Australian star Tanya Holliday. Tanya started fast and looked on track for a big time but unfortunately recent illness took its toll and she stopped soon after the half way mark. Kelly worked hard in the second half to hold her pace, dropping only 1 minute in the windy conditions, to win with an excellent 1:40:54 ahead of Kirstin Shaw 2:03:42.

### AV OPEN 20KM MEN

1.	Chris Erickson	ATE (AIS)	41:56	1:25:06
2.	Aaron McDonough	PTN	54:17	1:51:25
	Paul Van Kopplen	CDN	48:30	DNF
	Stuart Kollmorgen	COL		DNS
	Simon Evans	BXH		DNS

### AV OPEN 20KM WOMEN

1.	Kelly Ruddick	BHA	49:58	1:40:54
2.	Kirstin Shaw	WES	59:47	2:03:42
	Tamara Attard	KNA		DNF
	Tanya Holliday	SA (INV)	49:06	DNF



**Left: Chris Erickson, Right: Kelly Ruddick  
Centre: Tanya Holliday, Donna Elms, Kirstin Shaw, Chris Erickson, Tamara Attard, Kelly Ruddick and Paul van Kopplen**

The AV Schools championships were also held with U20, U18, U16 and U14 walkers in action. The best walks on the day were probably from Nathan Brill (12:56), Amelia Finnegan (25:39), Jared Walker (25:10), Zoe Boldiston (14:56) and Kyle Swan (15:09).

### AV SCHOOLS U20 10KM CHAMPIONSHIP MEN

1.	Brad Simpson	Yarra Valley Grammar	0:54:03
2.	Lucas Taylor	Lilydale High School	0:55:54

### AV SCHOOLS U20 10KM CHAMPIONSHIP WOMEN

1.	Bianca Attard	Aquinas College Ringwood	1:03:14
	Beth Alexander	Brentwood Secondary Collet	DNF
	Chloe McNicol-Davidson	Flinders Christian Community College	DNS

### AV SCHOOLS U18 5KM CHAMPIONSHIP MEN

1.	Jared Walker	Lara Secondary College	0:25:10
2.	Aaron Tam	Glen Waverley Sec. College	0:27:41
	Josh Dillon	St Josephs College Geelong	DNS

### AV SCHOOLS U18 5KM CHAMPIONSHIP WOMEN

1.	Amelia Finnegan	Mater Christi College	0:25:39
2.	Jmara Hockley-Samon	Clonard College	0:27:56
3.	Ebony Whiley	Catholic College Bendigo	0:29:08

4.	Caitlin Campbell	Copperfield College	0:30:33
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**AV SCHOOLS U16 3KM CHAMPIONSHIP BOYS**

1.	Nathan Brill	Rosebud Secondary College	0:12:56
2.	Billy Allamby	St Josephs Ferntree Gully	0:15:33
3.	Connor Mcshanag	St Bernards Essendon	0:16:28
4.	Jake Quinton	Ballarat High School	0:17:03

**AV SCHOOLS U16 3KM CHAMPIONSHIP GIRLS**

1.	Zoe Boldiston	Notre Dame College	0:14:56
2.	Stephanie George	Yarra Valley Grammar	0:15:12
3.	Jade Sanders	Berwick Secondary School	0:16:23
4.	Lauren Stadius	Ivanhoe	0:16:29
5.	Kobie Somerfield	Mt. Clear College Ballarat	0:16:42
6.	Megan Walker	Clonard College Geelong	0:16:43
7.	Jessie Eastwood	Mater Christi College	0:17:53
8.	Brianna Cooke	Epping Secondary College	0:19:58
9.	Rebecca Campbell	Copperfield College	0:20:45

**AV SCHOOLS U14 3KM CHAMPIONSHIP BOYS**

1.	Kyle Swan	The Knox School	0:15:09
2.	Cooper Owen	Viewbank College	0:16:03
3.	Reese Walmsley	Rowville Secondary College	0:16:10
4.	Harry Hockley Samon	Holy Spirit School Manifold Heights	0:16:23
5.	Ross Darlow	Ballarat High School	0:17:23
6.	Liam Burgess	St Marys Greensborough	0:17:52
7.	Cody McNicol-Davidson	Flinders Christian Community College	0:19:37

**AV SCHOOLS U14 3KM CHAMPIONSHIP GIRLS**

1.	Shelby Kay	Selby Primary School	0:16:45
2.	Emily Hamilton	Marter Christi, Belgrave	0:17:07
3.	Lauren Collis	Our Lady Of Mercy College	0:17:48
4.	Hayley Brown	Fairhills Primary School	0:18:36
5.	Chelsea Owen-Smith	Watsonia Heights Primary School	0:19:13
	Jemma Eastwood	Menzies Creek Primary Sch	DQ

VRWC Club Championships were on offer for Open Men, U12 and U9. Chris Erickson took the Open title with his AV 20km win while the younger winners were Shelby Kay (13:51), Kyle Swan (13:17), Brianna Lillie (8:49) and Caine Brill (9:14). Kyle and Shelby had already won their respective U14 Victorian Schools titles so they were in fine form.

**VRWC 20KM OPEN MEN CLUB CHAMPIONSHIP – ALF ROBINSON TROPHY**

1.	Chris Erickson	41:56	1:25:06
2.	Aaron McDonough	54:17	1:51:25
	Paul Van Kopplen	48:30	DNF

**VRWC 2.5KM U12 CLUB CHAMPIONSHIPS**

1.	Shelby Kay	13:51
2.	Hayley George	14:18
3.	Mikhala Hodges	14:23
4.	Anaya Hodges	14:30
5.	Jemma Peart	14:58
6.	Brodie Richardson	15:40
7.	Jessica Lillie	15:53
8.	Rebecca Henderson	16:45
9.	Tegan Miller	17:05

1.	Kyle Swan	13:17
2.	Jonty Brennan	14:59
3.	Hayden Walmsley	15:13
4.	Justin Brill	15:26
5.	Ethan Wright	16:44
	Brendon O'Mahony	DQ

**VRWC 1.5KM U9 CLUB CHAMPIONSHIPS**

1.	Brianna Lillie	08:49
2.	Kathleen O'Mahony	08:59
3.	Payton Kay	09:28
4.	Mercedes Brennan	09:42
5.	Alanna Peart	10:09



- |    |             |       |
|----|-------------|-------|
| 1. | Caine Brill | 09:14 |
| 2. | Bede Collis | 12:16 |

Finally, we had a number of club races for the other walkers in attendance. Donna Elms tested herself out over 20km and did it tough in the windy conditions to record 2:25:35. In the 5km event, David Armstrong was the best with 27:58 while Sandra Geisler walked 16:02 in the 3km event.

**VRWC 20KM OPEN WOMEN**

- |    |            |         |         |
|----|------------|---------|---------|
| 1. | Donna Elms | 1:08:59 | 2:25:35 |
|----|------------|---------|---------|

**VRWC 5KM OPEN**

- |    |                 |       |
|----|-----------------|-------|
| 1. | David Armstrong | 27:58 |
| 2. | Alan Lucas      | 28:34 |
| 3. | Ralph Bennett   | 28:55 |
| 4. | Sarah Brennan   | 29:44 |
| 5. | Tony Doran      | 32:31 |
| 6. | Robyn Shaw      | 33:20 |
| 7. | Barrie Wicks    | 36:07 |
| 8. | Jason Kozica    | 36:59 |
| 9. | Pam Mews        | 57:33 |

**VRWC 3KM OPEN**

- |    |                |       |
|----|----------------|-------|
| 1. | Sandra Geisler | 16:02 |
|----|----------------|-------|

As usual, thanks to the many officials and helpers who lend their support every week. Sorry if I have missed anyone.

**Officials:** Tim Erickson, Bob Gardiner, Harry Summers, Michael Bodey, Mark Donahoo, Damien Elms, Ralph Bennett, Les Clarke,

**Judges:** Judy Mason (Chief), Peter Vysma, Terry Knape, Shane Bertrand, Daryl Biggin, Lincolm Mah, Terry Swan, Elke Raselli, Kathleen Marsh (DQ Board)

**Course Setup:** Tim Erickson, Bob Gardiner, Harry Summers, Peter Vysma

**Canteen:** Kate Suich, Wendy Cooper, Marlaine Stanway, Leanne Lamble

**Video/Photos:** Stuart Cooper, Frances Attard

## VRWC ROADWALKS, MIDDLE PARK, SUNDAY 17 JULY 2011

Conditions were perfect for the 67 walkers who toed the line at Middle Park on Saturday in another round of VRWC winter road walks. The longest distance on offer was 10km and we saw some great PBs from Amelia Finnegan 52:56, Michelle Laufer 54:53 and Michelle Thompson 57:37 as well as a first time ever 10km walk by Simone O'Neill 1:09:21. Of the men, Aaron McDonough was well ahead with his time of 52:50. Aaron, Michelle Thompson and Amelia were our handicap winners as expected.

10km Open	Time	H'cap	Notes
1. Finnegan, Amelia	52:56	1	PB 2:23
2. Laufer, Michelle	54:53	4	PB 1:07
3. Hockley-Samon, Jmara	56:39	5	
4. Thompson, Michelle	57:37	1	PP 1:54
5. Thompson, Alison	63:54	6	
6. O'Neill, Simone	67:25		First Time
7. O'Neill, Karyn	69:21	3	
8. McNicol-Davison, Chloe	70:21	7	
9. Attard, Bianca	DNF		
1. McDonough, Aaron	52:50	1	
2. Lucas, Alan	59:54	3	
3. Johnson, Tony	63:28	4	
4. Gardiner, Bob	64:11	2	
5. McNicol-Davidson, Cody	76:36	5	



**Aaron McDonough, Simone O'Neill, Amelia Finnegan, Michelle Laufer and Michelle Thompson in action**

Quite a few walkers chose to do the shorter distances of 5km or 3km and once again there were PBs by Jade Sanders 29:20, Emily Hamilton 15:56 and Emily Swan 17:51. The winners were Stephanie George 26:46, Jared Walker 25:55, Gwen Steed 19:45, Gordon Onley 21:00, Emily Hamilton 15:56 and Billy Allamby 15:10.

5km Open	Time	H'cap	Notes
1. George, Stephanie	26:46	3	
2. Sanders, Jade	29:20	1	PB 1:02
3. Elms, Donna	30:56	4	
4. Shaw, Robyn	31:28	2	
5. McIntyre, Gayle	32:02	6	
6. Johnson, Celia	35:06	5	
1. Walker, Jared	25:55	3	
2. Tam, Aaron	26:07	1	
3. Kennedy, Paul	26:10	4	
4. Reid, Ross	28:18		
5. Feain, Gerard	32:25	6	
6. Barrow, Geoff	34:09	5	
7. Wicks, Barrie	36:16	2	
8. Poore, Alex	39:41		
9. Wood, Robin	41:20		

<b>3km Open</b>		<b>H'cap</b>	
1.	Steed, Gwen	19:45	2
2.	Mews, Pam	30:52	1
	Campbell, Caitlin	DNF	
1.	Onley, Gordon	21:00	
<b>3km U15</b>		<b>H'cap</b>	
1.	Hamilton, Emily	15:56	3
2.	Walker, Megan	17:17	6
3.	Swan, Emily	17:51	1
4.	De Lisen, Paige	17:55	5
5.	Barbour, Beth	18:07	7
6.	Campbell, Rebecca	19:33	4
7.	Eastwood, Jessie	20:04	8
8.	Feain, Madeleine	21:05	2
1.	Allamby, Billy	15:10	2
2.	McShanag, Connor	15:22	5
3.	Swan, Kyle	15:33	4
4.	Walmsley, Reese	16:16	1
5.	Tremigliozi, Paul	19:23	3
6.	Feain, Lachlan	20:31	
			First Ever



**Emily Hamilton, Emily Swan, Connor McShanag, Kyle Swan, Amelia Finnegan, Billy Allamby, Jared Walker and Jade Sanders**

Our younger walkers had their Intervals races this week with the U12s racing 3x1km and the U9s racing 2x1km on the 10 minute mark. Everyone seemed to handle it well and most walkers held their pace from one interval to the next. We welcomed two new walkers in William and Tom Kennedy and they had a great time in their first ever walks. Overall, winners include Hayley George, Harry Hockley-Samon, Brianna Lillie and William Kennedy.

<b>3x1km U12 Intervals Race</b>		<b>1<sup>st</sup> km</b>	<b>2<sup>nd</sup> km</b>	<b>3<sup>rd</sup> km</b>	<b>Total Time</b>
1.	George, Hayley	5:26	5:29	5:29	16:24
2.	Richardson, Brodie	5:15	5:31	5:44	16:30
3.	Hodges, Mikhala	5:21	5:39	5:39	16:39
4.	Lillie, Jessica	5:49	5:42	5:49	17:20
5.	Crea, Gabriella	5:48	5:48	6:13	17:49
6.	Hodges, Anaya	5:26	5:48	6:54	18:08
7.	Taylor, Lee	6:17	6:20	6:15	18:52
8.	Eastwood, Jemma	6:04	6:26	6:58	19:28
9.	Miller, Tegan	7:00	7:31	9:04	23:35
1.	Hockley-Samon, Harry	5:14	5:24	5:25	16:03
2.	Brennan, Jonty	5:14	5:28	5:26	16:08
3.	Walmsley, Hayden	5:48	5:54	5:45	17:27
4.	O'Mahony, Brendon	5:49	5:46	6:01	17:36
5.	Wright, Ethan	6:08	6:23	6:56	19:27
<b>2x1km U9 Intervals Race</b>		<b>1<sup>st</sup> km</b>	<b>2<sup>nd</sup> km</b>	<b>Total Time</b>	
1.	Lillie, Brianna	5:58	5:53	11:51	

2.	Brennan, Mercedes	5:57	5:57	11:54
3.	O'Mahony, Kathleen	5:58	6:01	11:59
1.	Kennedy, William	5:49	6:10	11:59
2.	Kennedy, Tom	7:27	7:55	15:22



**Jonty Brennan, Brodie Richardson, Harry Hockley-Samon, Hayley George, Kathleen O'Mahony, Brianna Lillie and Mercedes Brennan**



**William (left) and Tom (right) Kennedy enjoy their first walks.  
Middle - Bob Gardiner walks to the finish line with Tom**

Thanks to the many people who helped out on Saturday. It takes a lot of people power to run a weekly carnival of this size.

- Officials** Tim Erickson, Ian Laurie, Natalie Laurie, Peter Kozaris, Susan Taylor, Mark O'Mahony, Harry Summers, Damien Elms
- Judges:** Peter Vysma (Chief), Stuart Cooper, Lloyd Nichols, Ralph Bennett, Michael Bodey, Frances Attard (recorder)
- Course Setup:** Bob Gardiner, Harry Summers, Peter Vysma, Ross Reid
- Photos:** Terry Swan
- Video:** Frances Attard



**VRWC - RWA POSTAL CHALLENGE, MIDDLE PARK, SATURDAY 23 JULY 2011**

Saturday saw 65 VRWC walkers participating in the annual Racewalking Australia Postal Challenge event - we will now combine our results with our country walking clubs to form an overall Racewalking Victoria result. Both Bendigo and Ballarat were racing on Sunday. Conditions were perfect at Middle Park - cool and still - and there were plenty of PBs recorded. This was also our annual fundraiser for the International Brain Tumour Association (<http://www.theibta.org/>) and I am pleased to announce that, after donating our race entries, canteen takings and adding in a bit extra with donations, we are forwarding \$500 to that organization.

First to our 10km event which was contested by Open, Masters and U20 walkers. The Masters results are ranked in order of Age Graded performance. Luckily we had finishers in all 6 divisions, a good start to the overall challenge. PB performances were seen by **Michelle Laufer**, **Simone and Karyn O'Neill** and **Connor McShanag** while **Alison Thompson** and **Bob Gardiner** were our top masters. **Simon Evans** and **Kirstin Shaw** also filled vital top spots for us in their divisions.

**RWA Challenge 10km Open**

1.	Michelle Laufer	0:54:36	PB 0:17
2.	Simone O'Neill	1:05:50	PB 1:35
1.	Simon Evans	0:52:38	
2.	Aaron McDonough	0:53:09	
3.	James Seid-Christmass	0:57:45	

**RWA Challenge 10km Masters**

1.	Alison Thompson	1:03:50	58	79.18%	
2.	Karen O'Neill	1:07:53	56	72.76%	PB 0:55
3.	Donna Elms	1:04:22	50	72.07%	
4.	Robyn Shaw	1:04:30	50	71.92%	
5.	Michelle Thompson	1:01:04	42	70.77%	
1.	Bob Gardiner	1:01:37	75	89.29%	
2.	Ralph Bennett	0:57:51	69	87.86%	
3.	Alan Lucas	0:59:21	63	80.01%	
4.	Terry O'Neill	1:00:39	55	72.52%	
5.	Geoff Barrow	1:08:45	62	68.35%	
6.	Alex Poore	1:20:22	72	65.70%	

**RWA Challenge 10km Un20**

1.	Connor McShanag	0:56:40	PB 1:09
1.	Kirstin Shaw	1:04:14	

Our U18, U16 and U14 divisions contested 8km, 5km and 3km respectively. Unfortunately, our event clashed with the Victorian All Schools Cross Country Championships so we were missing a number of key walkers but we did manage to cover all the age groups except for the U18 Boys. **Amelia Finnegan**, **Emily Swan** and **Jemima Montag** led the way with PBs in their divisions while **Kyle Swan** and **Nathan Brill** performed at their usual high standard in their divisions. Special mentions also to **Billy Allamby**, **Lauren Collis** and **Paige De Lisen** who recorded PBs and to **Paul Tremigliozi** who walked his first ever 5km.

1.

**RWA Challenge 8km U18**

1.	Amelia Finnegan	0:42:06	PB 0:49
	Caitlin Campbell	DNF	

**RWA Challenge 5km U16**

1.	Emily Swan	0:32:17	PB 2:55
1.	Nathan Brill	0:22:44	
2.	Billy Allamby	0:26:56	PB 0:20
3.	Paul Tremigliozi	0:33:13	First ever

**RWA Challenge 3km U14**

1.	Jemima Montag	0:14:33	PB 0:02
2.	Megan Walker	0:16:24	
3.	Lauren Collis	0:16:48	PB 0:13
4.	Shelby Kay	0:16:51	
5.	Paige De Lisen	0:17:32	PB 0:01
	Gabriella Crea	DQ	
1.	Kyle Swan	0:15:15	
2.	Reese Walmsley	0:16:25	
3.	Cody McNicol-Davidson	0:19:37	
	Brendan O'Mahony	DQ	

Our U12 and U10 walkers also had official Postal Challenge events and they were in fine form in the good conditions. Fastest times went to **Hayley George**, **Jonty Brennan**, **Brianna Lillie** and **Caine Brill**. Special mention to **Brodie Richardson** for her PB.



**RWA Challenge 2km U12**

1.	Hayley George	0:11:10	
2.	Brodie Richardson	0:11:24	PB 0:01
3.	Anaya Hodges	0:11:33	
4.	Jessica Lillie	0:11:47	
5.	Tara Xuereb	0:12:45	
6.	Tegan Miller	0:13:27	
1.	Jonty Brennan	0:11:07	
2.	Justin Brill	0:12:14	
3.	Hayden Walmsley	0:12:37	

**RWA Challenge 1.5km U10**

1.	Brianna Lillie	0:08:40	
2.	Kathleen O'Mahony	0:09:02	
3.	Payton Kay	0:09:26	
4.	Mercedes Brennan	0:09:31	
5.	Lee Taylor	0:09:41	
6.	Frances Collis	0:10:38	
1.	Caine Brill	0:09:10	
2.	Bede Collis	0:11:48	
3.	Tom Kennedy	0:12:55	

Finally to our 3km Open walk for everyone else. We saw fast winning times for Jason Kozica (14:33 - a PB) and Stephanie George (15:10) and there were a number of other good walks in there as well.

**3km Open**

1.	Stephanie George	0:15:10	
2.	Sandra Geisler	0:16:11	
3.	Rebecca Campbell	0:18:39	
4.	Celia Johnson	0:20:18	
5.	Pam Mews	0:30:10	
1.	Jason Kozica	0:14:33	PB 0:08
2.	Paul Kennedy	0:15:06	
3.	Gordon Onley	0:20:18	
4.	Gerard Feain	0:20:43	
5.	Lachlan Feain	0:20:44	
6.	Barrie Wicks	0:21:13	
7.	John Morrison	0:22:25	

Thanks as usual to our many helpers on officials who ensured a well run and good event. Sorry if I missed anyone.

**Course Setup:** Bob Gardiner, Harry Summers, Peter Vysma, Craig Brill

**Officials:** Tim Erickson, Harry Summers, Ian Laurie, Natalie Laurie, Mark Donahoo, Susan Taylor, Paul Kozaris, Stuart Cooper, Damien Elms

**Judges:** Peter Vysma (Chief), Terry Knape, Gordon Loughnan, Lloyd Nichols, Brenda Felton, Brian Williams

**Canteen:** Barb Gardiner, Kate Suich, Wendy Cooper

**Camera / Video:** Terry Swan, Frances Attard

**VRWC ROAD RACES, MIDDLE PARK, SATURDAY 30 JULY 2011**

The forecast of wet windy weather did not eventuate and the large group of 77 walkers enjoyed good conditions at Saturday's VRWC races at Middle Park. Our 10km walkers raced under the new 'Pit Lane' judging concept and it all went pretty well - I will report separately once we have had a chance to fully review proceedings. Simon Evans 51:56, Pam Tindal 53:59 and Russ Dickenson 56:59, all just back from the World Masters Champs, were in good form. Chris Lockwood also walked well with 53:21 while 15 year old Jared Walker did an impressive 54:43 for his first ever 10km effort.

<b>10km Open</b>			<b>H'cap</b>
1.	Pam Tindal	53:59	2
2.	Simone O'Neill	66:56	3
3.	Karen O'Neill	68:25	1
4.	Chloe McNicol-Davidson	Ab	
1.	Simon Evans	51:56	1
2.	Chris Lockwood	53:21	
3.	Jared Walker	54:43	First ever
4.	Russ Dickenson	56:59	3
5.	Bob Gardiner	64:05	2
6.	Terry O'Neill	DNF	

Our Open athletes also had 5km and 3km walks on offer and Nathan Brill was the standout with a huge PB of 21:35. Others to walk well included Jmara Hockley-Samon 26:24, Michelle Laufer 27:17, Beth Alexander 14:25, Paul Kennedy 14:55 and Anna Wallace 17:24. And a special mention to Jim Crawford of South Melbourne Harriers who had his first ever walk with us. Jim is known to most of us for his long and illustrious running career which includes over 100 marathons, with some 70 of them under the 3 hour mark. Welcome Jim!

<b>5km Open</b>			<b>H'cap</b>
1.	Jmara Hockley-Samon	26:24	2
2.	Michelle Laufer	27:17	1
3.	Sandra Geisler	27:52	
4.	Kirstin Shaw	28:13	4
5.	Donna Elms	31:13	3
6.	Celia Johnson	35:23	5
1.	Nathan Brill	21:35	1 PB 0:17
2.	James Seid-Christmass	25:43	6
3.	Aaron Tam	25:50	2
4.	Aaron McDonough	26:26	4
5.	Alan Lucas	28:18	3
6.	Geoff Barrow	33:50	5
7.	Gerard Feain	34:49	7
8.	Alex Poore	37:21	

<b>3km Open</b>			<b>H'cap</b>
1.	Beth Alexander	14:25	
2.	Hilary Brazel	16:23	6
3.	Anna Wallace	17:24	2 PB 0:53
4.	Caitlin Campbell	17:45	3
5.	Gwen Steed	19:55	5
6.	Brianna Cooke	20:30	4
7.	Pam Mews	29:20	1
1.	Paul Kennedy	14:55	1
2.	Gordon Onley	21:06	
3.	John Morrison	21:55	2
4.	Jim Crawford	26:23	

Our U15 walkers had to walk 5km this week and for many of them, it was their first ever walk over such a long distance. All finished and good times were seen across the board. Jemima Montag 25:12 and Connor McShanag 25:22 led from the front while Billy Allamby, Reese Walmsley, Jade Sanders and Megan Walker all clocked big PBs.

<b>5km Under 15</b>			<b>H'cap</b>
1.	Jemima Montag	25:12	3 PB 1:07
2.	Stephanie George	25:56	5
3.	Emily Hamilton	28:37	4 PB 0:04
4.	Jade Sanders	28:43	7 PB 0:37
5.	Megan Walker	29:19	6 PB 0:39
6.	Jessie Eastwood	29:47	1 First ever
7.	Lauren Collis	31:40	8 First ever
8.	Cassandra Kay	34:48	9 First ever

9.	Madeleine Feain	34:50	2	First ever
1.	Connor McShanag	25:22	2	
2.	Billy Allamby	25:46	3	PB 1:10
3.	Kyle Swan	26:02	4	
4.	Reese Walmsley	28:04	1	PB 1:32
5.	Paul Tremigliozi	33:18	5	
6.	Lachlan Feain	35:39	6	First ever
7.	Cooper Owen	DNF		

Many of our U12 walkers were also attempting 3 km for the first time and they were also up to the challenge, racing strongly - although I did hear someone asking whether they could walk a shorter distance next week! Sorry - 3km again next week! Shelby Kay 17:04 and Jonty Brennan 17:03 had a good battle and Paige De Lisen was not far behind with 17:21. Handicap winners were Tegan Miller and Justin Brill. Our U9 walkers battled over 1.5km with Brianna Lillie 8:51 and Caine Brill 9:07 taking line honours. Payton Kay and Caine were our U9 handicap winners. We also welcomed Philippa Huse for her first ever walk with us and her time of 18:53 was a great first up.

<b>3km Under 12</b>			<b>H'cap</b>	
1.	Shelby Kay	17:04	6	
2.	Paige De Lisen	17:21	8	PB 0:11
3.	Brodie Richardson	17:53	5	First ever
4.	Mikhala Hodges	18:04	4	First ever
5.	Jessica Lillie	18:19	1	
6.	Philippa Huse	18:53		First ever
7.	Chelsea Owen-Smith	19:07	7	PB 0:06
8.	Hayley Brown	19:09	10	
9.	Tegan Miller	20:25	2	First ever
10.	Lee Taylor	20:26	3	First ever
11.	Jemma Eastwood	21:29	11	First ever
12.	Anaya Hodges	22:38	9	
1.	Jonty Brennan	17:03	2	First ever
2.	Harry Hockley-Samon	18:05	6	
3.	Justin Brill	18:39	1	First ever
4.	Hayden Walmsley	18:42	3	First ever
5.	Brendan O'Mahony	19:25	4	
6.	Ethan Wright	20:34	5	First ever
<b>1.5km Under 9</b>			<b>H'cap</b>	
1.	Brianna Lillie	08:51	3	
2.	Kathleen O'Mahony	09:02	2	
3.	Payton Kay	09:33	1	
4.	Mercedes Brennan	11:29	4	
1.	Caine Brill	09:07	1	PB 0:03
2.	William Kennedy	10:39		First ever
3.	Thomas Kennedy	12:41	2	First ever

Thanks as usual to our many officials. Sorry if I missed anyone.

**Officials:** Tim Erickson, Mark Donahoo, Matt Owen, Les Clarke, Susan Taylor, Harry Summers, Damien Elms, Craig Brill, Mark O'Mahony

**Judges:** Peter Vysma (Chief), Kathleen Marsh, Judy Mason, Terry Knape, Lloyd Nichols, Gordon Loughnan, Les Clarke (Recorder)

**Canteen:** Barb Gardiner, Leanne Lamble, Marlaine Stanway

**Course Setup:** Bob Gardiner, Harry Summers, John Morrison, James Seid-Christmass, Craig Brill, Tim Erickson, Damien Elms

**Photos:** Terry Swan

## AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 7 AUGUST 2011

Conditions were perfect for the 73 walkers who raced in the annual AV and VRWC Roadwalking Championships at Middle Park on Sunday morning. The first events to kick off at 8:30AM were the Victorian 30km championship along with a VRWC 3 Hour walk. Disappointingly, the 30km saw only one starter in Simon Evans of Box Hill but he was up to the task, finishing in 2:54:59 to claim his first ever Victorian championship. We were also pleased to see so many club walkers start and finish the 3 hour walk. Liz Feldman was our top female finisher with 26.113km while Simon kept on the track for the extra few minutes to record 30.728km as the best male.

### AV 30KM OPEN MEN

1.	Simon Evans	BXH	2:54:59
	Stuart Kollmorgen	COL	DNS
	Aaron McDonough	PTN	DNS

### VRWC 3 HOUR ROADWALK

1.	Liz Feldman	26.113 km
2.	Karyn O'Neill	25.534 km
3.	Simone O'Neill	24.803 km
1.	Simon Evans	30.728 km
2.	Terry O'Neill	28.384 km
3.	Alan Lucas	27.410 km
4.	Andrew Jamieson	24.000 km
5.	Steve Jordan	22.305 km
6.	Ralph Bennett	22.000 km
7.	Alex Poore	21:492 km

The next events to start were the 10km events at 9AM. Unfortunately, we became aware later in the morning that one of the turns had been incorrectly laid out and that, as a consequence, the 2km lap was 39m under distance. This meant that the 10km walks were 195m under distance. While this made no difference to the overall result, it does mean that the finish times were inaccurate. I have calculated an adjusted 10km time for each competitor for completeness. We are most disappointed that this happened and apologise to the walkers whose times were effected. There were a number of excellent walks from the likes of Kelly Ruddick and Beth Alexander and others. Victorian champions were Lucas Taylor, Beth Alexander and Jared Walker (in the tightest of finishes over Aaron Tam).

### AV 10KM U20 CHAMPIONSHIP S

			Finish Time	Amended Time
1.	Lucas Taylor	SCA	54:27	55:31
1.	Beth Alexander	KNA	49:09	50:07
2.	Hilary Brazel	NSW	58:15	59:24
	Chloe McNicol-Davidson	SCA	DNF	

### AV 10KM U18 CHAMPIONSHIP – BOYS

			Finish Time	Amended Time
1.	Jared Walker	COR	54:00	55:03
2.	Aaron Tam	KNA	54:00	55:03
3.	Cody McNicol-Davidson	SCA	71:19	72:44

### VRWC 10KM OPEN WOMEN CLUB CHAMPIONSHIP – MABEL ROBINSON TROPHY

		Finish Time	Amended Time
Course was 195m short			
1.	Kelly Ruddick	45:59	46:53
2.	Pam Tindal	51:58	53:00
3.	Michelle Laufer	53:31	54:35
4.	Donna Elms	62:58	64:12

### VRWC OPEN 10KM

		Finish Time	Amended Time
1.	Brad Simpson	51:58	53:00

The other events to be effected were the AV U14 3km championships which were held over a course which was 78m under distance. As with the 10km events, I have calculated an adjusted time for each competitor for completeness. Kyle Swan and Jemima Montag both walked very strongly to take the wins. Again, abject apologies to everyone. There were some top walks here, especially by Jemima.

### AV 3KM U14 CHAMPIONSHIPS

			Finish Time	Amended Time
1.	Kyle Swan	KNA	14:59	15:22
2.	Cooper Owen	DIV	15:40	16:05
3.	Reese Walmsley	KNA	16:57	17:24
4.	Harry Hockley-Samon	CHI	17:52	18:20
1.	Jemima Montag	MAC	13:55	14:17

2.	Emily Hamilton	KNA	15:59	16:24
3.	Lauren Collis	DIV	16:29	16:57
4.	Chelsea Owen-Smith	DIV	19:00	19:30

All subsequent events were held on the correct distance course so their times are accurate. The remaining Victorian Championships were won by Amelia Finnegan, Nathan Brill and Stephanie George (after a great battle with Zoe Boldiston).

#### AV 5KM U18 CHAMPIONSHIP – GIRLS

1.	Amelia Finnegan	KNA	25:40
2.	Jmara Hockley-Samon	CHI	26:40
3.	Caitlin Campbell	ATE	31:50

#### AV 5KM U16 CHAMPIONSHIPS

1.	Nathan Brill	BXH	22:26	
2.	Billy Allamby	KNX	25:49	
3.	Connor McShanag	ATE	32:03	
1.	Stephanie George	SCA	25:49	
2.	Zoe Boldiston	SBE	26:40	
3.	Jade Sanders	CCA	26:51	PB 1:46
4.	Lauren Stodus	KNA	27:00	PB 0:48
5.	Megan Walker	COR	28:40	PB 0:39
6.	Jessie Eastwood	KNA	32:22	
	Rebecca Campbell	ATE	DNS	

The VRWC U12 and U9 walkers contested their long-course championships, over 3km and 2km respectively. It says a lot for the fitness of our young walkers that we saw so many PBs.

#### VRWC 3KM U12 CLUB CHAMPIONSHIPS

1.	Shelby Kay	16:33	PB 0:12
2.	Hayley George	16:53	PB 0:29
3.	Mikhala Hodges	17:09	PB 0:55
4.	Anaya Hodges	17:31	PB 3:38
5.	Brodie Richardson	18:18	
6.	Jessica Lillie	18:23	
7.	Lee Taylor	19:21	PB 1:05
8.	Rebecca Henderson	19:43	First ever
9.	Jemma Eastwood	21:49	
10.	Tegan Miller	22:50	
1.	Kyle Swan	16:24	
2.	Jonty Brennan	17:03	Eq. PB
3.	Hayden Walmsley	18:20	PB 0:22
4.	Justin Brill	19:01	
5.	Ethan Wright	20:12	PB 0:22
	Brendon O'Mahony	DQ	

#### VRWC 2KM U12 CLUB CHAMPIONSHIPS

1.	Brianna Lillie	11:35	PB 0:22
2.	Kathleen O'Mahony	11:39	PB 0:35
3.	Mercedes Brennan	15:19	
1.	Caine Brill	12:04	First ever
	Tom Hockley-Samon	DQ	

Finally, we had an Open 5km walk for anyone else who wanted a fitness workout on the day and an additional 10 walkers contested this event.

#### VRWC OPEN 5KM

1.	Kylie Irshad	30:05
2.	Anna Wallace	31:18
3.	Donna Elms	33:35
4.	Celia Johnson	34:52
5.	Pam Mews	51:06
1.	James Seid-Christmass	25:32
2.	Jason Kozica	25:36
3.	Tony Doran	32:40
4.	Paul Tremiglio	33:10



Thanks to our pool of officials. Sorry if I missed anyone.

Officials: Tim Erickson, Harry Summers, Bob Gardiner, Tony Doran, Mark Donahoo, Stuart Cooper, Ian Laurie,  
Michael Bodey, Mark O'Mahony  
Judges: Gordon Loughnan (chief), Brian Williams, Lloyd Nichols, Brenda Felton, Judy Mason, Terry Swan,  
Peter Vysma, Shane Bertrand, Frances Attard/Micheal Bodey (DQ board)  
Photos/Video: Jim Leppik, Frances Attard  
Canteen: Wendy Cooper, Kate Suich

## VRWC RACES, MIDDLE PARK, SATURDAY 13 AUGUST 2011

First a quick call – when I did the presentations on Sunday 7 August after the Victorian Roadwalk championships, someone collected Jared Walker's U18 medal for him but as of last Saturday, it had not yet been passed on. If you have it, could you let me know!

And now onto this week's results. Another day of perfect racing weather at Middle Park for our Handicap Start events with 70 walkers turning up to try their luck. Handicap Starts see everyone ranked on expected times, with the walkers with the largest expected times starting first and the fastest walkers starting last. Results for the 8km and 4km events are shown in handicap start finish order and the Fastest Times Placings are shown as an additional column.

You had to feel a bit sorry for Stuart Kollmorgen and Rhydian Cowley who gave huge starts to most of the 8km walkers but amazingly they caught and passed everyone except outmarker Alex Poore. But since Alex was wearing Club Rules numbers, he was ineligible for the handicap win. Hence Rhydian won the men's 8km handicap and Stuart was second. Michelle Laufer produced another fantastic walk to win the women's handicap. So our two backmarkers in Michelle and Rhydian got up to win! And a special note on Rhydian's time of 34:07 which was really something special. He is quickly returning to top shape.

<b>8m Open Handicap Start</b>	<b>Act Time</b>	<b>F/T Place</b>
1. Michelle Laufer	43:25	1
2. Celia Johnson	55:35	4
3. Alison Thompson	50:41	3
4. Amelia Finnegan	43:36	2
Alex Poore	63:34	5
1. Rhydian Cowley	34:07	1
2. Stuart Kollmorgen	37:39	2
3. Geoff Barrow	54:12	4
4. Tony Johnson	51:23	3
Simon Evans	DNF	

We saw lots of walkers in our 4km Open events. In the women's race, outmarker Pam Mews stayed out in front for the entire race to win the handicap ahead of Caitlin Campbell while Jmara Hockley-Samon was fastest with 21:22. Jason Kozica won the men's handicap event while fastest time went to Nathan Brill with a swift 18:13. We also welcomed first time walkers Kerry Gigante and her daughter Sarah (Kerry did the 4km Open and Sarah did the 2km U12).

<b>4m Open Handicap Start</b>	<b>Act Time</b>	<b>F/T Place</b>
1. Pam Mews	39:50	13
2. Caitlin Campbell	23:35	4
3. Kirstin Shaw	21:51	3
4. Donna Elms	24:31	6
5. Jmara Hockley-Samon	21:22	1
6. Anna Wallace	24:27	5
7. Heather Carr	21:50	2
8. Robyn Shaw	25:52	9
9. Kylie Irshad	24:50	7
10. Liz Feldman	24:50	7
11. Chloe McNicol-Davidson	28:11	11
12. Gwen Steed	27:23	10
Kerry Gigante	28:33	12
1. Jason Kozica	20:08	3
2. Aaron Tam	20:39	4
3. Alan Lucas	22:19	6
4. James Seid-Christmass	19:44	2
5. Nathan Brill	18:13	1
6. Barrie Wicks	29:07	9
7. Paul Kennedy	21:31	5
8. Anthony Doran	26:34	7
Gordon Onley	27:50	8

Our Under 15 walkers also had handicap starts and the girls all walked superbly, most shattering their PBs by lots. Emily Swan was the winner with a great 23:42 ahead of Madeleine Feain – both girls are having great winter seasons. Jade Sanders was fastest overall with an excellent 21:25. Cooper Owen won the boy's handicap while Connor McShanag had the overall fastest time of 20:43.

<b>4km U15 Handicap Start</b>	<b>Act Time</b>	<b>F/T Place</b>
1. Emily Swan	23:42	4 PB 2:40
2. Madeleine Feain	27:19	8 PB 1:32
3. Rebecca Campbell	25:16	7 PB 1:45
4. Cassandra Kay	25:09	6 First time
5. Jade Sanders	21:25	1 PB 1:31

6.	Megan Walker	22:36	2	PB 0:28
7.	Emily Hamilton	22:53	3	PB 0:12
8.	Stacey McLaren	27:47	9	
9.	Beth Barbour	24:43	5	
1.	Cooper Owen	21:25	2	
2.	Connor McShanag	20:43	1	
3.	Cody McNicol-Davidson	26:58	3	PB 0:35
4.	Paul Tremigliozzi	27:16	4	
	Reese Walmsley	DQ		

Our U12 and U9 walkers had normal mass starts so their results are shown in Actual Time finishing order and the Handicap place is shown as an additional column. Kyle Swan 10:19, Jonty Brennan 10:33 and Shelby Kay 10:34 were the fastest walkers. Anaya Hodges won the girls' handicap event while Jonty won the Boys' handicap. The U9 walks saw Brianna Lillie and Caine Brill fastest while the handicap wins went to Mercedes Brennan and Tom Kennedy. We also welcomed Sarah Gigante and Gemma Lillie for the first walks with us. Apologies to Sarah who stopped after 1km – our fault there for not keeping a better eye on our new walkers.

<b>2km U12</b>		<b>Act Time</b>	<b>Handicap Place</b>
1.	Shelby Kay	10:34	4
2.	Hayley George	10:44	2 PB 0:34
3.	Paige De Lisen	10:44	8
4.	Mikhala Hodges	11:13	3 PB 0:06
5.	Anaya Hodges	11:24	1 PB 0:01
6.	Jessica Lillie	11:32	5 PB 0:08
7.	Philippa Huse	11:36	First ever
8.	Tegan Miller	12:52	5
9.	Lee Taylor	13:05	7
	Sarah Gigante	DNF	
1.	Kyle Swan	10:19	5
2.	Jonty Brennan	10:33	1 PB 0:28
3.	Hayden Walmsley	11:52	2
4.	Justin Brill	12:21	4
5.	Lachlan Feain	12:28	3 PB 0:11
6.	Ethan Wright	13:47	6
<b>1km U9</b>		<b>Act Time</b>	<b>Handicap Place</b>
1.	Brianna Lillie	05:31	2
2.	Mercedes Brennan	05:42	1 PB 0:03
3.	Chelsea McDonald	06:55	
4.	Gemma Lillie	08:31	First ever
1.	Caine Brill	06:08	2
2.	Thomas Kennedy	07:26	1
3.	Tom Hockley Samon	08:01	3

Thanks as usual to our many helpers, judges and officials. Sorry if I missed anyone.

**Officials:** Tim Erickson, Stuart Cooper, Mark Donahoo, Damien Elms, Anand Thillaisundaran, Paul Kozaris, Ian Laurie, Natalie Laurie, Harry Summers,

**Course Setup:** Tony Doran, Craig Brill, Tim Erickson, Rhydian Cowley, Damien Elms

**Judges:** Peter Vysma (Chief), Gordon Loughlan, Terry Knape, Stu Cooper, Lloyd Nichols

**Canteen:** Marlaine Stanway, Leanne Lamble, Kate Suich

**Photos:** Terry Swan

**Video:** Frances Attard

## VRWC RACES, MIDDLE PARK, SATURDAY 20 AUGUST 2011

While our Racewalking Victoria team was busy in Canberra at the National Championships, the regular VRWC weekly races went on as usual and 43 walkers came out to play. Thanks to Stuart Cooper for forwarding the results to me. Anand Thillaisundaram got straight down to business after his return to Australia and walked in the 3km event. We also welcomed first time walker Lanarose Picioane who competed in the U9 1.5km.

### 10km Open

1.	Lucas, Alan	59.40	
2.	O'Neill, Terry	1.01.18	
	Seid-Christmass, James	DNF	(7km 39.32)
	Evans, Simon	DNF	(4km 20.22)
1.	Tindal, Pam	54.18	
2.	Thompson, Alison	1.04.53	
3.	O'Neill, Simone	1.05.41	
4.	Elms, Donna	1.05.43	
5.	O'Neill, Karyn	1.10.05	

### 5km Open

1.	Walker, Jared	25.28	
2.	Kozica, Jason	26.34	
3.	Tam, Aaron	27.12	
4.	Feain, Gerard	31.22	
5.	Johnson, Tony	31.56	
6.	Tremigliozi, Paul	32.15	
7.	Doran, Anthony	32.52	
8.	Wicks, Barrie	36.20	
9.	Poore, Alex	38.30	

### 3km Open

1.	Kennedy, Paul	14.39	
2.	Thillaisundaram, Anand	18.22	
3.	Onley, Gordon	20.21	
4.	Morrison, John	22.09	
1.	Steed, Gwen	20.03	
2.	Davidson, Kelly	25.22	
3.	Mews, Pam	30.12	
	Laurie, Natalie	DNF	(1km 6.11)

### 3km U15

1.	Feain, Lachlan	20.06	
1.	DeLisen, Paige	17.14	
2.	Irshad, Jasmine	17.22	
3.	Collis, Lauren	18.28	
4.	Barbour, Beth	18.38	
5.	Feain, Madeleine	21.15	
	Cooke, Brianna	DNF	(2km 13.48)

### 2.5km U12

1.	Walmsley, Hayden	15.29	
1.	Brown, Hayley	15.06	
2.	Richardson, Brodie	15.18	
3.	Lillie, Jessica	15.29	
4.	Taylor, Lee	16.09	

### 1.5km U9

1.	Kennedy, William	10.23	
2.	Kennedy, Thomas	10.34	
3.	Collis, Bede	12.04	
1.	Lillie, Brianna	08.26	
	Picioane, Lanarose	DNF	

Thanks as usual to our many helpers who turn up every week and do such a professional job

**Officials:** Harry Summers, Ian Laurie, Natalie Laurie, Damien Elms, Paul Kozaris, Stu Cooper

**Canteen:** Wendy Cooper, Marlaine Stanway

## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 27 AUGUST 2011

I was not at Middle Park on Saturday so thanks to Mark Donahoo for forwarding the results to me for this week's newsletter. I was quite surprised to see 63 walkers in action the week after the National Championships - this must be some sort of a record for this late in the season. Conditions were excellent and the races look to have been keenly contested. Thanks also to Terry Swan for the many fine photos, some of which I have used. See <http://vrwc.org.au/coppermine/>.

This week I will reverse the order and give our younger walkers the star billing. The U9 and U12 walkers were back into familiar territory with 1km and 2km races and the large number of PBs indicate the ongoing improvement of these club members. Brianna Lillie, Caine Brill, Brodie Richardson and Jonty Brennan were fastest in their respective divisions while big PBs came from Liam Evans, Bede Collis, Brendon O'Mahony, Lachlan Feain and Payton Kay.

### 1km Under 9

1.	Brianna Lillie	05:33	
2.	Payton Kay	05:43	PB 0:15
3.	Kathleen O'Mahony	05:47	PB 0:01
4.	Mercedes Brennan	06:22	
5.	Frances Collis	07:21	
6.	Lararose Picioane	07:35	
7.	Gemma Lillie	08:22	PB 0:09
1.	Caine Brill	06:02	
2.	Bede Collis	07:30	PB 0:35

### 2km Under 12

1.	Brodie Richardson	11:30	
2.	Hayley Brown	11:43	PB 0:03
3.	Chelsea Owen-Smith	11:52	PB 0:03
4.	Philippa Huse	11:55	
5.	Gabbie Crea	12:21	
6.	Jessica Lillie	12:42	
7.	Tegan Miller	12:57	
8.	Lee Taylor	13:22	
1.	Jonty Brennan	10:51	
2.	Justin Brill	11:58	
3.	Brendan O'Mahony	12:03	PB 0:20
4.	Lachlan Feain	12:09	PB 0:19
5.	Ethan Wright	13:22	
6.	Liam Evans	14:29	PB 1:57
7.	Callum Evans	15:18	

For many of our U15 walkers, it was their first ever 4km walk and the times were pretty good. Paige De Lisen and Kyle Swan were our winners, both doing PBs as did Brianna Cooke and Paul Tremiglozzi.

### 4km Under 15

1.	Paige De Lisen	22:49	PB 0:55
2.	Shelby Kay	22:53	First time
3.	Emily Swan	24:12	
4.	Mikhala Hodges	24:23	First time
5.	Lauren Collis	24:38	First time
6.	Beth Barbour	25:01	
7.	Anaya Hodges	25:56	First time
8.	Brianna Cooke	27:19	PB 1:38
	Jade Sanders	DNF	
1.	Kyle Swan	20:24	PB 1:15
2.	Cooper Owen	22:10	
3.	Connor McShanag	22:36	
4.	Paul Tremiglozzi	24:56	PB 0:57
	Reese Walmsley	DQ	

Our Open walkers had a choice of 4km, 6km and 8km with best performances overall going to Pam Tindal, Simon Evans, Aaron Tam and Heather Carr.

### 4km Open

1.	Sandra Geisler	21:39
2.	Heather Carr	22:57
3.	Caitlin Campbell	23:07



4.	Donna Elms	24:39
5.	Liz Feldman	24:41
6.	Gwen Steed	28:00
7.	Kelly Davidson	32:27
8.	Margaret Beaumont	32:38

1.	Ralph Bennett	23:04
2.	Anand Thillaisundaram	25:01
3.	Barrie Wicks	29:31
4.	Ian Beaumont	32:28

#### **6km Open**

1.	Emily Hamilton	34:02
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1.	Aaron Tam	32:21
2.	Billy Allamby	32:21
3.	Mark Donahoo	33:53
4.	Gerard Feain	35:30
5.	Geoff Barrow	40:09
6.	Alex Poore	45:55

#### **8km Open**

1.	Pam Tindal	42:06
	Kylie Irshad	DNF

1.	Simon Evans	40:29
2.	James Seid-Christmass	45:32
3.	Alan Lucas	46:30
4.	Jason Kozica	51:12

As usual, thanks to the big pool of helpers, officials and judges who ensure our races run so smoothly each week.

**Officials:** Mark Donahoo, Mark O'Mahony, Susan Taylor, Ian Laurie, Natalie Laurie, Marlaine Stanway, Damien Elms, Paul Kozaris, Harry Summers

**Judges:** Peter Vysma (Chief), Michael Bodey, Stuart Cooper, Lloyd Nichols, Terry Knape, Gordon Loughnan

**Race entries:** Mark Donahoo, Stuart Cooper

**Canteen:** Kate Suich, Wendy Cooper

**Video:** Frances Attard

**Photos:** Terry Swan

## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 3 SEPTEMBER 2011

It was great to see 80 walkers converging on Middle Park last Saturday as we came towards the end of what has been a wonderful season. Unfortunately conditions could not have been much more challenging with gale force winds buffeting the walkers as they contested our annual 'Beat your Season Best' races. With prizes on offer, everyone was out to race hard and we actually saw plenty of people beat their Season Bests and some even doing PBs. The winners of each division (ie those who beat their SB by the most) are shown with an \*.

Terry Swan was in action with the camera once again and has already uploaded nearly 100 photos (including from our end of season presentations) to our photo gallery - <http://vrwc.org.au/coppermine>. What a great effort. Frances Attard was at work with video camera as well so I will advise when it goes online on YouTube.

First to our 10km events where we saw two wonderful first up efforts by 13 yo **Emily Hamilton** (1:00:46) and 10 yo **Mikhala Hodges** (1:09:00). Both set new club records - Emily U14 and Mikhala U12 and U13. 12 yo **Kyle Swan** was also in action with a fine 57:15, not far outside his own club record of 55:18 which he set in the same race last year. It is fantastic to see our young walkers challenging themselves over such long distances.

### 10km Open

1.	Hamilton, Emily	60:46	First ever, <b>new U14 club record</b>
2.	Hodges, Mikhala	69:00	First ever, <b>new U12/U13 club record</b>
1.	Swan, Kyle	57:15	
2.	Seid-Christmass, James	59:13 *	
3.	Tam, Aaron	59:31	
4.	Gardiner, Bob	68:26	
	McShanag, Connor	DNF	
	Allamby, Billy	DNF	

We had big fields in our 5km and 3km Open events and highlights included 10 yo **Hayden Walmsley's** new U11 5km club record of 34:31 and the PBs done by **Michelle Laufer** (26:53), **Simone O'Neill** (31:27) and **Karyn O'Neill** (33:32). Overall, **Stuart Kollmorgen** (22:40) and **Nathan Brill** (23:00) led from the front with fine exhibitions of speed walking.

### 5km Open

1.	Tindal, Pam	25:51	
2.	Laufer, Michelle	26:53	PB 0:22
3.	Stadus, Lauren	27:36	
4.	Geisler, Sandra	27:50	
5.	Wallace, Anna	30:03	
6.	Elms, Donna	31:19	
7.	O'Neill, Simone	31:27 *	PB 3:14
8.	O'Neill, Karyn	33:32	PB 1:23
9.	Johnson, Celia	34:48	
	Finnegan, Amelia	DNF	

1.	Kollmorgen, Stuart	22:40	
2.	Brill, Nathan	23:00	
3.	Kozica, Jason	25:13	
4.	O'Neill, Terry	30:44 *	
5.	Donahoo, Mark	31:14	
6.	Feain, Gerard	32:08	
7.	Johnson, Tony	32:30	
8.	Barrow, Geoff	33:11	
9.	Dickenson, Russ	33:17	
10.	Walmsley, Hayden	34:31	First ever, <b>new U11 club record</b>
	Wood, Robin	DNF	
	Wicks, Barrie	DQ	

### 3km Open

1.	Irshad, Kylie	16:15	
2.	Carr, Heather	16:24	
3.	Shaw, Kirstin	18:18	
4.	Steed, Gwen	19:55 *	
5.	Shaw, Robyn	20:02	
6.	Davidson, Kelly	24:54	
7.	Mews, Pam	32:05	
1.	Kennedy, Paul	15:19	
2.	Lucas, Alan	17:04	
3.	Thillaisundaram, Anand	18:21 *	
4.	Summers, Harry	20:10	

5.	Onley, Gordon	20:10
6.	Morrison, John	21:57
7.	Crawford, Jim	25:51

With our U15 boys challenging themselves over longer distances on Saturday, the 3km U15 event was left to the girls and **Emily Swan** continued her great season with 17:23, another big PB. **Jemima Montag** led from the front as usual with another fine exhibition of strength walking.

### 3km U15

1.	Montag, Jemima	14:31	
2.	Sanders, Jade	15:51	
3.	Swan, Emily	17:23 *	PB 0:28
4.	Eastwood, Jessie	17:43	
5.	Hodges, Anaya	18:05	
6.	Barbour, Beth	18:57	
7.	Kay, Cassandra	20:00	
8.	Feain, Madeleine	20:27	

I thought that the U12 and U9 walkers would struggle in the big winds but we saw plenty more PBs and some great walking. The biggest improvers were **Tegan Miller** (12:13), **Lachlan Feain** (12:08), **Gemma Lillie** (7:49) and **Bede Collis** (7:37) and all got their pick of the prizes tables for their efforts. **Shelby Kay** (10:47) and **Brianna Lillie** (5:36) were quickest overall.

### 2km U12

1.	Kay, Shelby	10:47	
2.	George, Hayley	11:32	
3.	Richardson, Brodie	11:33	
4.	Eastwood, Jemma	11:33	PB 0:04
5.	Brown, Hayley	11:34	PB 0:12
6.	Huse, Philippa	11:52	
7.	Crea, Gabriella	12:12	
8.	Miller, Tegan	12:13 *	PB 0:16
9.	Lillie, Jessica	12:15	
10.	Taylor, Lee	12:56	
1.	Brennan, Jonty	11:31	
2.	Hockley-Samon, Harry	12:06	
3.	Feain, Lachlan	12:08 *	PB 0:20
4.	Wright, Ethan	12:30	
	O'Mahony, Brendon	DQ	
	Brill, Justin	DQ	

### 1km U9

1.	Lillie, Brianna	05:36	
2.	O'Mahony, Kathleen	05:39	PB 0:09
3.	Brennan, Mercedes	06:07	
4.	McDonald, Chelsea	06:44	PB 0:11
5.	Collis, Frances	06:45	
6.	Laufer, Beatrice	07:09	PB 0:04
7.	Lillie, Gemma	07:49 *	PB 0:42
	Kay, Payton	DQ	
1.	Brill, Caine	05:59	
2.	Collis, Bede	07:37 *	PB 0:28
	Kennedy, Thomas	DQ	
	Kennedy, William	DQ	

Thanks as usual to our many officials and judges - sorry if I missed anyone.

**Officials:** Mark Donahoo, Tim Erickson, Ian Laurie, Susan Taylor, Damien Elms, Tina Miller, Steve Richardson  
**Judges:** Peter Vysma (Chief), Brenda Felton, Terry Knape, Gordon Loughnan, Lloyd Nichols, Graham George  
**Canteen:** Kate Suich, Barb Gardiner, Marlane Stanway  
**Video:** Frances Attard  
**Photos:** Terry Swan

## AV AND VRWC ROADWALKS, MIDDLE PARK, SUNDAY 11 SEPTEMBER 2011

Last Sunday saw our last races for the 2011 winter season and it was a chance for our walkers to test themselves out over some long distances. Unfortunately competitors and officials were met with cold and windy conditions with steady drizzly rain - not exactly conducive to good walking. Luckily it cleared mid morning but it remained cold and windy.

The main events on offer were the Victorian 50km for men and the VRWC/RacewalkingAustralia 50km championship for women. Of the four starters, we had 3 finishers and some performances that are definitely worthy of recording. **Simon Evans** was the sole competitor in the Victorian men's 50km championship and he was up to the task in his first ever attempt, finishing in 5:38:06. This followed his win in the Victorian 30km championship last month and his bronze medals in the Victorian 10km and 15km championships earlier in the season. **Michelle Thompson**, better known as our top ultra distance walker, was the winner of the inaugural Racewalking Australia 50km championship, recording a magnificent 5:13:14, a time some 10 minutes better than any other Australian women has done. More of that later. She and Simon walked together for the first half but then she powered away as he slowed in the second half. **Liz Feldman** and **Heather Carr** were the other two women attempting the 50km championship and both were chasing W60 records. Heather was ahead at the 30km mark and she was rewarded with a new **Australian Masters W60 30km record of 3:19:01**. But she was listing badly to one side, a condition which got worse as the race progressed. Alas, it was so worrying to the officials that at the 45km mark, we had to withdraw her from the race, a decision about which she was understandably very disappointed. This opened the door for Liz who was still moving very well and she rose to the challenge, completing her 50km with a new **World Masters W60 50km record of 6:05:43**.

AV 50KM C'SHIP – MEN	10km	20km	30km	40km	50km
1. Simon Evans	1:02:05	2:04:47	3:07:13	4:16:23	5:38:06

RWA/VRWC 50KM C'SHIP – WOMEN	10km	20km	30km	40km	50km
1. Michelle Thompson	1:02:05	2:04:47	3:07:10	4:10:18	5:13:14
2. Liz Feldman	1:09:58	2:20:35	3:33:26	4:49:07	6:05:43
Heather Carr	1:03:13	2:09:59	3:19:01	4:33:46	DNF



### 50km walkers Liz Feldman, Stuart Kollmorgen, Michelle Thompson and Heather Carr

The next events on which to report were our VRWC 5 Hour and 4 Hour walks. The 5 Hour walk saw 3 finishers in Terry O'Neill, Karyn O'Neill and Steve Jordan while the 4 Hour walk saw 2 finishers in Alex Poore and Gary Turner. Again all competitors walked excellently and all seemed pretty pleased with their overall distances.

VRWC 5 HOUR WALK	10km	20km	30km	40km	Final Distance
1. Terry O'Neill	1:03:11	2:06:44	3:14:23	4:21:10	45.968 km
2. Karyn O'Neill	1:11:56	2:25:32	3:45:30	-	39.133 km
3. Steve Jordan	1:14:54	2:34:34	3:55:08	-	37.766 km

VRWC 4 HOUR WALK	10km	20km	Final Distance
1. Alex Poore	1:18:54	2:37:58	29.734 km
2. Gary Turner	1:22:36	2:46:35	28.000 km
Simone O'Neill	1:10:36	2:25:32	DQ

We also contested our annual 35km Club Championship for the Ray Smith Trophy and AIS based club member **Chris Erickson** dominated, winning by just over 40 minutes with a superb time of 2:37:36. Chris was keen to test his 50km pace with a timetrial over this slightly shorter distance and all went according to plan as he ticked off 4:30 kilometres with monotonous regularity before

kicking down with a final 5km split of 21:46. Behind him, Andrew Jamieson powered through the first 30km to take some 12 minutes off the **World Masters M65 30km record with a time of 2:39:25**. He then strolled through a slow last 5km to satisfy the requirements and finish the event. Third place went to Michelle Thompson en route to her 50km win. Overall, it was great to see 8 finishers in such a long event.

#### VRWC 35KM CLUB CHAMPIONSHIP – RAY SMITH TROPHY

		10km	20km	30km	35km
1.	Chris Erickson	0:45:32	1:30:32	2:15:50	2:37:36
2.	Andrew Jamieson	0:51:21	1:43:49	2:39:25	3:17:52
3.	Michelle Thompson	1:02:05	2:04:47	3:07:10	3:38:48
4.	Simon Evans	1:02:05	2:04:47	3:07:13	3:39:50
5.	Terry O'Neill	1:03:11	2:06:44	3:14:23	3:47:50
6.	Heather Carr	1:03:13	2:09:59	3:19:01	4:01:10
7.	Liz Feldman	1:09:58	2:20:35	3:33:26	4:11:10
8.	Karyn O'Neill	1:11:56	2:25:32	3:45:30	4:23:35

The only other event contested was over 10km and it also saw some spirited walking. The men's event saw **Rhydian Cowley** 44:32, **Nathan Brill** 47:30 and **Stuart Kollmorgen** 47:59 all in top form. The women's event was won by 13 year old **Jemima Montag** whose time of **53:18 broke our U14, U16 and U16 club records**. What a superb effort! 15 year old **Stephanie George** walked the first half with Jemima and held on well for a huge PB time of 54:13.

#### VRWC 10km

1.	Jemima Montag	0:53:18
2.	Stephanie George	0:54:13
3.	Caitlin Campbell	1:00:31
4.	Donna Elms	1:05:37
5.	Anna Wallace	1:11:41
6.	Celia Johnson	1:12:46
	Amelia Finnegan	DNF (3km in 15:45 )
1.	Rhydian Cowley	0:44:32
2.	Nathan Brill	0:47:30
3.	Stuart Kollmorgen	0:47:59
4.	Ralph Bennett	0:59:05
5.	Mark Donahoo	1:00:32
	Harry Summers	DNF (5km in 37:07)

Thanks to the many people who helped out with what was a very long day's work. Sorry if I missed anyone.

<b>Officials</b>	Tim Erickson, Harry Summers, Ian Laurie, Duncan Knox, Mark Donahoo
<b>Feed Station</b>	Russ Dickenson , Celia Johnson, Neil Thompson
<b>Judges</b>	Peter Vysma (Chief), Terry Knape, Lloyd Nichols, Lincoln Mah, Brian Williams, Michael Bodey
<b>Canteen</b>	Kate Suich, Wendy Cooper

And finally, some more on Michelle Thompson's 50km time of 5:13:14. I maintain my own 50km ranking list for Australian women and it shows a previous best time of 5:23:08, set by Lisa Wilson of ACT in 2004. Michelle significantly raised the bar for our women with her walk.

Lisa Wilson	W35	ACT	5:23:08	23/04/2004	World Masters Championships, Auckland, NZ
Lillian Harpur	22	SA	5:27:11	1970	SA 50 Km Championship, Adelaide, SA
Sandra Brown	50	ENG	5:29:58	18/09/1999	Australian Centurion 24H Walk, Coburg, VIC
Michelle Thompson	41	VIC	5:36:35	20/06/2010	Australian 24H Champs, Brisbane, QLD
Lillian Harpur	24	SA	5:41:03	1972	SA 50 Km Championship, Adelaide, SA
Liz Feldman	56	VIC	5:45:08	24/10/2004	VRWC 50 km Championship, Albert Park, Melbourne
Marlaine Stanway	42	VIC	5:52:03	05/09/1982	Victorian 50 km Championship, Albert Park, Melb.
Ann Staunton	36	ACT	5:53:23	22/07/2000	ACT 50 KM Championship, Canberra, ACT
Carol Baird	51	ACT	5:54:18	07/01/2001	Coastal Classic 12H Walk, Gosford, NSW
Carol Baird	53	ACT	5:55:55	13/04/2002	Australian Centurion 24H Walk, Coburg, VIC