

2011 / 2012

THE RACEWALKING YEAR IN REVIEW

COMPLETE VICTORIAN AND VRWC RESULTS

**MAJOR AUSTRALIAN AND MAJOR INTERNATIONAL
RESULTS**

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16TH PAN AMERICAN GAMES, GUADALAJARA, MEXICO, 23-30 OCTOBER

Jamy Franco and Erick Barrondo ended Guatemala's 56 year gold medal drought as they took the 20km Walk titles as the athletics tournament of the 16th Pan American Games began last Sunday in Guadalajara (elevation 1566m), Mexico.

The continent's best ranked woman at the World Championships, Franco led from start to finish and was rewarded with a personal best by 10 seconds and Games record of 1:32:38, over a minute-and-a-half faster than Mexican Graciela Mendoza's 1:34:19, set in Winnipeg 1999. Mirna Sucely Ortiz also walked a personal best of 1:33:37 to secure an unprecedented 1-2 for the Central American nation at this level, while Colombian Ingrid Johana Hernandez secured the bronze in 1:34:06, also inside the previous Games standard.

"I was very confident and conditions were excellent today. All the sacrifice has been worthwhile. We want to take Guatemala forward. One of my dreams has come true and I also broke the record. I now look forward to the London Olympics," said an elated Franco. "I would like to especially thank my mom for today's win. She initiated me in the sport. She is my guide and everything else," the 20-year old added.

Her mother Evelyn Rosmari Nuñez was fighting for a medal at the 2007 Games but was disqualified and retired after the 2008 Olympics. In her first season after leaving the junior category, Franco - whose first international victory came at 2005 Pan Am Junior Championships when she was 14 - has improved her mother's national record by nearly three minutes.

Her compatriot Erick Barrondo repeated her feat a few hours later, leading a group of seven men until the 12th kilometre. By the 14 km mark, the group had shrunk to three - Colombians James Aurelio Rendon and 2011 World Championships bronze medallist Luis Fernando Lopez. Shortly after, the 20-year old broke away and increased his lead from 13 seconds two kilometres later to almost a minute at the finish line (1:21:51), an advantage that allowed him to take a Guatemalan flag and raised it in celebration of the most important title in his short but promising career. Colombians Rendon (1:22:46) and Lopez (1:22:51) rounded out the podium, ahead of Ecuador's 2007 silver medallist Jaime Saquipay (1:22:57), Guatemala's Anibal Eduardo Paau (1:24:06-PB) and local favourite and 2009 World Championships bronze medallist Eder Sanchez (1:25:00).

Barrondo - who finished 10th at his World Championships debut in Daegu - has a family story similar to Franco's. His parents Leticia and Bernardo were long distance runners and introduced him to the sport. "I started running with them and initially took up the middle distances. I got injured once and my first coach Jorge Coy introduced me to race walking to recover," he recalled. "At the beginning, it was very tough, but I began to make progress and got to like it. I realised it was my event," he added. "I am wearing the blue and white colors (of the Guatemalan flag). I showed today that anyone from my country can compete on par with the world's best."

Both Franco and Barroso are trained by Cuban Rigoberto Medina, who took El Salvador's Cristina Lopez to the 2003 Pan Am gold in Santo Domingo.

20 km walk Men, Sunday 23 October

1.	Erick Barrondo	GUA	14.6.91	1:21:51	
2.	James Rendón	COL	7.4.85	1:22:46	
3.	Luis Fernando López	COL	3.6.79	1:22:51	
4.	Rolando Saquipay	ECU	21.7.79	1:22:57	
5.	Anibal Paau	GUA	12.1.87	1:24:06	PB
6.	Eder Sánchez	MEX	21.5.86	1:25:00	
7.	Diego Flores	MEX	23.3.87	1:26:08	
8.	John Nunn	USA	3.2.78	1:26:30	
9.	Juan Manuel Cano	ARG	12.12.87	1:27:33	
10.	Ronald Quispe	BOL	5.3.89	1:27:54	PB
11.	Fabio González	ARG	30.6.83	1:30:40	PB
12.	Mike Mannozi	USA	15.4.86	1:41:33	PB
13.	Yerko Araya	CHI	14.2.86	DQ	
14.	Caio Bonfim	BRA	19.3.91	DQ	
15.	Moacir Zimmermann	BRA	30.12.83	DQ	
16.	Allan Segura	CRC	23.12.80	DQ	

20 km walk Women, Sunday 23 October

1.	Jamy Franco	GUA	1.7.91	1:32:38	PB
2.	Mirna Ortiz	GUA	28.2.87	1:33:37	
3.	Ingrid Hernández	COL	29.11.88	1:34:06	PB
4.	Monica Equihua	MEX	23.9.82	1:34:50	PB
5.	Rosalía Ortiz	MEX	.87	1:36:10	PB
6.	Annabel Orjuela	COL	24.7.88	1:36:50	PB
7.	Claudia Balderrama	BOL	13.11.83	1:37:32	PB
8.	Yadira Guamán	ECU	8.6.86	1:38:42	
9.	Maria Michta	USA	23.6.86	1:38:47	PB
10.	Geovanna Irusta	BOL	26.9.75	1:41:43	SB
11.	Milángela Rosales	VEN	21.2.87	1:43:17	
12.	Fariluz Morales	PER	17.12.88	1:45:38	

13.	Lauren Forgues	USA	16.4.88	DNF
14.	Cisiane Lopes	BRA	17.2.83	DNF
15.	Paola Pérez	ECU	21.12.89	DQ
16.	Leisis Rodríguez	CUB	6.5.86	DQ
17.	Erica de Sena	BRA	3.5.85	DQ



Jamy Franco and Erick Barrondo win the Pan Am Games 20km walks for Guatemala

50km Championship, Saturday 29 October, 7:30AM

The final day of competition in the Pan American Games saw the 50km walk and the marathon, both tough asks in the high altitude of 1500m+. Mexicans are passionate sports fans - they began lining up the streets to watch the final road events two hours before the start times. To top it off, Felipe Calderon, the President of Mexico, was among the VIP guests for the marathon and the First Lady, Margarita Zavala, was at the walk. She must have been pleased with what unfolded as Mexican walkers Horacio Nava and Jose Leyva Ojeda took the walk quinella ahead of Jaime Quiyuch of Guatemala.

Because of the change to daylight saving, it was still dark at the scheduled start time of 7:30AM and the walkers were announced under the spotlight of a circling helicopter which stayed on duty until sun appeared close to 8 am

The walk judges ride bicycles along the course to monitor form. Any time a judge rode his bicycle to the scoreboard tent the crowd boisterously booed him and then when the judge left the tent to go back to monitor the race the crowd would chant "Pendejo...Pendejo" (not a particularly nice comment – check your online translator!).

2010 World Cup 50km runner-up Horacio Nava walked side-by-side with his countryman Jose Leyver Ojeda until the 25th and last lap when he made his break, eventually winning by 18 seconds in a time of 3:48:58, quite respectable given the high altitude and less than a minute outside his compatriot Carlos Mercenario's Games record of 3:47:55, set in 1995.

Nava led the 2007 edition of this race in Rio by over a kilometre, but ended up being caught and overtaken within metres of the finish line by Ecuador's Xavier Moreno. It was the first time Mexico had lost the Pan Am 50km gold since 1979. "We trained to avoid what happened in Rio," said the winner. "Breaking the record was not the top priority. This medal means a lot. It is a step forward going into London 2012. I have qualified. I want to enjoy this result and take some rest."

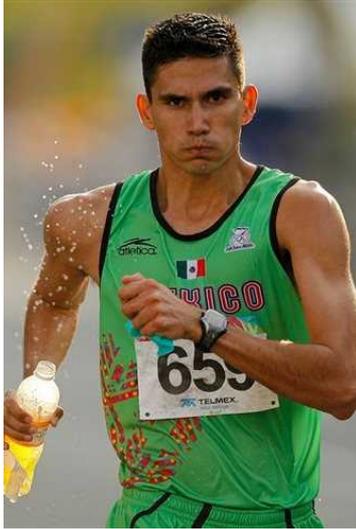
Second placed Ojeda was rewarded with a personal best of 3:49:16, as was Guatemala's Jaime Daniel Quiyuch (3:50:33), who also came within a minute of his country's national record. Of the 16 athletes who started in the competition, only nine made it to the finish line; three retired and four were disqualified.

It was not a good day for Ecuador. More than a month after producing the region's best performance and breaking the South American record at the World Championships, Ecuador's Cristian Andres Chocho was disqualified after being in the lead pack until the 28th kilometre. His countryman and 2007 20km runner-up, Rolando Saquipay, dropped out after the 30km mark.

1.	NAVA Horacio	MEX	20 JAN 1982	3:48:58	
2.	OJEDA Jose Leyver	MEX	12 NOV 1985	3:49:16	PB
3.	QUIYUCH Jaime Daniel	GUA	24 APR 1988	3:50:33	PB
4.	HERNANDEZ Fredy Hernando	COL	25 APR 1978	4:00:12	
5.	RIEKMANN Jonathan	BRA	20 AUG 1987	4:04:07	PB
6.	HERNANDEZ Emerson Esnal	ESA	20 JAN 1989	4:12:53	
7.	RUEDA Nestor Mauricio	COL	15 MAY 1979	4:17:40	
8.	CALVO AGUILAR Bernardo	CRC	19 DEC 1983	4:21:19	PB
9.	SHOREY Benjamin C	USA	11 MAR 1983	4:33:25	
	PAAU Anibal Eduardo	GUA	12 JAN 1987	DNF	

SAQUIPAY Jaime Rolando	ECU	21 JUL 1979	DNF
SEGURA MEDINA Allan	CRC	23 DEC 1980	DNF
ARAYA Edward Ignacio	CHI	14 FEB 1986	DQ
CHOCHO Cristian Andres	ECU	4 NOV 1983	DQ
SANTOS JUNIOR Mario	BRA	10 SEP 1979	DQ
TALCOTT David	USA	1 APR 1960	DQ

The 10km splits show the relatively even pace at which the race unfolded - 46:36, 45:30, 44:56, 46:02. 45:54. You can see all the splits for the competitors at <http://info.guadalajara2011.org.mx>



Left: Nava on his way to victory



Right: podium finishes for Ojeda, Nava and Quiyuch

ALL JAPAN WALKING MEET, TAKAHATA, JAPAN, 30 OCTOBER 2011

Olympic 7th place finisher and Japanese record holder Yuki Yamazaki returned to competition at the All Japan walking meet on 30th October, winning the 50 km competition in a fast 3:44:03. Second placed Ken Akashi was the only other one to go sub 4 hours (3:58:45). Isamu Fujisawa won the 20 km in 1:22:01 ahead of Hiroki Arai (10th place in the Daegu 50km) who recorded a new personal best time of 1:22:47. Kumi Otoshi won the women's 20 km with 1:32:58. The results below show both quality at the top and great depth. They are certainly a very strong walks nation.

20km Walk Men

1.	Isamu Fujisawa	1:22:01
2.	Hiroki Arai	1:22:47
3.	Takumi Saito	1:23:45
4.	Hayato Katsuki	1:24:16
5.	Takaki Matsuzaki	1:25:02
6.	Katsuya Ueda	1:25:18
7.	Daichi Aono	1:25:22
8.	Takuya Yoshida	1:25:33
9.	Yosuke Kimura	1:25:59
10.	Eiki Takahashi	1:26:16
11.	Satoshi Maruo	1:27:20
12.	Daiki Shimizu	1:27:41
13.	Masaki Yamamoto	1:27:48
14.	Manabu Aoki	1:28:06
15.	Yusuke Taguchi	1:28:26
16.	Kento Honda	1:28:49
17.	Shorei Nobe	1:29:06
18.	Jumpei Hasegawa	1:29:32
19.	Yuki Ito	1:29:52
20.	Yusuke Hitomi	1:29:54

20km Walk Women

1.	Kumi Otoshi	1:32:58
2.	Rei Inoue	1:34:22
3.	Hiroi Maeda	1:37:17
4.	Chiaki Yamato	1:39:45
5.	Miki Miyamoto	1:40:04
6.	Yui Hayashi	1:40:19
7.	Yuri Yamaga	1:40:58
8.	Sayaka Usami	1:41:33
9.	Shiori Toba	1:42:15
10.	Tomomi Abe	1:42:39
11.	Yorimi Inaba	1:43:01
12.	Mio Sugihara	1:43:59
13.	Erika Yamaguchi	1:44:05
14.	Mai Nakahara	1:45:38
15.	Yoshimi Ogino	1:47:44
16.	Hikari Tachibana	1:47:55
17.	Moe Nakagawa	1:48:37
18.	Chie Yoshida	1:49:15
19.	Akiko Nishimura	1:49:18
20.	Akane Oishi	1:51:58

50km Walk Men

1.	Yuki Yamazaki	3:44:03
2.	Ken Akashi	3:58:45
3.	Takafumi Higuma	4:04:19
4.	Takahito Otsubo	4:14:54
5.	Akira Ikezawa	4:17:06
6.	Takahiro Sakuma	4:19:33
7.	Kaijiro Kuroiwa	4:20:28
8.	Takuma Kozaka	4:21:35

10km Walk Junior Women

1.	Yasuyo Noda	49:16
2.	Natsuki Sekine	49:17
3.	Shiho Takagi	49:36
4.	Hitomi Komame	50:47
5.	Mako Aoki	51:41

CHINESE OLYMPIC TRIALS, HUAIAN, 11-12 FEBRUARY 2012

The formidable Chinese depth was on display in Huaiian over the weekend when their Olympic racewalking trials were held. Cai Zelin, who was the 2010 World Junior silver winner at Moncton, won the men's 20km in a PB 1:19:42 ahead of Xu Wei 1:20:44 and Chen Ding 1:21:02. Daegu participants Wang Hao and Chu Yanfei were non-finishers. I will restrict results to the first 10 only – there were obviously lots more!

Men 20 km walk, 12 February

1.	Cai Zelin	CHN	11.4.91	1:19:42	PB
2.	Yu Wei	CHN	11.9.87	1:20:44	
3.	Chen Ding	CHN	5.8.92	1:21:02	
4.	Wang Zhendong	CHN	11.1.91	1:21:59	PB
5.	Li Tianlei	CHN	13.1.95	1:22:09	PB
6.	Li Tianlei	CHN	13.1.95	1:22:09	=PB
7.	Li Shijia	CHN	14.1.92	1:22:15	PB
8.	Chen Zongliang	CHN	9.1.92	1:22:36	PB
9.	Liu Jianmin	CHN	9.3.88	1:22:41	PB
10.	Bian Fongda	CHN	1.4.91	1:22:53	

Men 50 km walk, 11 February

1.	Li Jianbo	CHN	14.11.86	3:47:30	
2.	Zhao Jianguo	CHN	19.1.88	3:52:04	
3.	Cui Zhide	CHN	11.1.83	3:54:42	
4.	Xu Faguang	CHN	17.5.87	3:55:39	
5.	Geng Zhiyao	CHN	15.8.87	4:03:01	
6.	Du Yunpeng	CHN	6.9.88	4:08:48	
7.	Wang Kun	CHN	10.5.89	4:11:05	PB
8.	Gou Xiaoxin	CHN	18.1.86	4:12:07	
9.	Hou Quan	CHN	2.7.90	4:14:45	PB
10.	Wang Hao	CHN	16.8.89	4:15:44	

Women 20 km walk, 11 February

1.	Wang Shanshan	CHN	16.6.87	1:30:12	
2.	Gao Ni	CHN	14.9.91	1:30:21	
3.	Li Li	CHN	18.6.87	1:30:27	PB
4.	Nie Jingjing	CHN	1.3.88	1:30:53	
5.	Sun Huanhuan	CHN	15.3.90	1:31:38	
6.	Song Xiaoling	CHN	21.12.87	1:32:08	
7.	Shi Tianshu	CHN	7.6.88	1:32:30	
8.	Chen Shuangyan	CHN	14.8.91	1:32:36	PB
9.	Sun Xueping	CHN	10.12.88	1:32:46	PB
10.	He Dan	CHN	22.7.84	1:33:01	

U20 Men 20 km walk, 12 February

1.	Zhao Qi	CHN	14.1.93	1:21:06	PB
2.	Xie Sichao	CHN	28.2.93	1:22:34	PB
3.	He Yongqiang	CHN	27.11.93	1:23:28	
4.	Yin Jiaying	CHN	16.3.94	1:23:48	PB
5.	Han Jijiang	CHN	20.7.92	1:24:19	PB
6.	Hu Enxi	CHN	26.3.94	1:24:29	PB
7.	Zhao Yinliang	CHN	6.1.93	1:24:49	PB
8.	Liu Xu	CHN	11.12.94	1:25:31	PB
9.	Zhao Fujie	CHN	11.11.93	1:25:44	PB
10.	Hui Ying	CHN	28.2.94	1:26:18	PB

U20 Women 20 km walk, 11 February

1.	Mao Yanxue	CHN	15.2.94	1:30:25	PB
2.	Pei Mowen	CHN	17.9.95	1:32:23	PB
3.	Liu Shuyu	CHN	.93	1:33:43	PB
4.	Xie Lijuan	CHN	14.5.93	1:34:46	PB
5.	Liu Huan	CHN	.93	1:35:10	PB
6.	Chen Zhen	CHN	3.11.94	1:35:57	PB
7.	Duan Dandan	CHN	23.5.95	1:37:19	PB
8.	Wang Jiaojiao	CHN	11.12.93	1:37:51	
9.	Luo Xingcai	CHN	.94	1:38:12	
10.	Wang Yalan	CHN		1:38:56	PB

U18 Men 10 km walk 12 February

1.	Gao Wenkui	CHN	28.7.95	42:16	PB
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2.	Ma Youshan	CHN	21.9.95	42:36	PB
3.	Yao Biao	CHN		42:39	PB
4.	Li Jichao	CHN	10.5.96	43:14	PB
5.	Leng Xiao	CHN	26.1.96	43:31	PB
6.	Hou Zhijie	CHN	.94	43:54	PB
7.	Liu Tianqi	CHN	28.10.95	44:42	PB
8.	Lu Long	CHN	9.11.95	44:49	PB
9.	Cui Shigang	CHN	5.5.96	45:05	PB

U18 Women 10 km walk, 11 February

1.	Su Yingqiu	CHN	1.2.95	47:24	PB
2.	Wang Na	CHN	29.5.95	48:14	PB
3.	Luan Shuang	CHN		49:23	PB
4.	Xu Wenjiao	CHN	9.6.95	49:56	PB
5.	Hui Chunrui	CHN	20.2.96	50:02	PB
6.	Yang Jie	CHN		50:03	PB
7.	Zong Xue	CHN		50:08	PB
8.	He Xiaoxue	CHN	11.9.95	50:19	PB
9.	Liu Yue	CHN		50:23	PB
10.	Jia Yajie	CHN		50:46	PB

RUSSIAN WINTER WALKING CHAMPIONSHIP, SOCHI, 18-19 FEBRUARY 2012

Last weekend saw the traditionally fast Russian Winter Walking Championships held at Sochi. This year the event was the official trial to select the IAAF Race Walking World Cup team. By way of information, the Russian Olympic walking selections will be based on the World Cup results (winner is automatically selected, others need to be in top six) and also by the June Summer Walking Championships in Moscow where the 2013 World Championships walks course will be tested.

The women's 20km event was won by Elmira Alembekova, the 2009 European Junior Championship 10km walk winner, who showed great form to clock a super-fast 1:25:27 on Friday. Alembekova, who is still only 21, took full advantage of the absence of world and European champion Olga Kaniskina and the perfect conditions at the Black Sea resort to take more than two minutes off her previous best, set when winning the Russian Cup event in Voronovo last September. Her time moves her up to seventh on the all-time list. Yelena Lashmanova, Alembekova's successor as European junior champion in Tallinn last summer, had her first competitive outing as a senior and crossed the line in second place in 1:26:30 while Irina Yumanova was a close third in 1:26:46, improving her personal best by almost three minutes.

The 2009 World Championships 50km gold medallist Sergey Kirdyapkin won over 35km championship in 2:25:41, with Mikhail Ryzhov second in 2:25:58 and Ivan Noskov third in 2:26:32.

Andrey Ruzavin won the men's 20km on the Saturday with 1:17:45 one of fastest times in history. The 2005 European Athletics Junior Championships 10,000m gold medallist just had enough to finish in front of his successor as European junior champion and national 20km record holder Sergey Morozov, who was second with 1:17:50. It was a big personal best by more than two minutes for Ruzavin, who becomes the ninth fastest walker ever for the distance. Andrey Krivov was third 1:18:24 and Stanislav Yemelyanov fourth in 1:18:28.

Men 20 km walk

1.	Andrey Ruzavin	RUS	28.03.86	1:17:45	PB
2.	Sergey Morozov	RUS	21.03.88	1:17:50	SB
3.	Andrey Krivov	RUS	14.11.85	1:18:24	PB
4.	Stanislav Yemelyanov	RUS	23.10.90	1:18:28	PB

35 km walk

1.	Sergey Kirdyapkin	RUS	18.06.80	2:25:41	PB
2.	Mikhail Ryzhov	RUS	17.12.91	2:25:58	PB
3.	Ivan Noskov	RUS	16.07.88	2:26:32	PB

Women 20 km walk

1.	Elmira Alembekova	RUS	30.06.90	1:25:27	PB
2.	Yelena Lashmanova	RUS	12.11.92	1:26:30	PB
3.	Irina Yumanova	RUS	09/04/90	1:26:46	PB

Just to complete the full picture, here are the full results of the U20 and U18 championships from that same meet. If you have ever wondered why Russia dominates the world of walking, you don't have to look any further. The depth is amazing.

U20 Men 10km

1.	Aleksandr IVANOV	RUS	93	40:48
2.	Damir BAYBIKOV	RUS	94	40:53
3.	Kirill FROLOV	RUS	93	40:57
4.	Pavel PARSHIN	RUS	94	40:59
5.	Nikolay MALANCHEV	RUS	93	41:31
6.	Viktor SOKOLOV	RUS	94	41:41
7.	Ildar SUBEYEV	RUS	93	41:47
8.	Yevgeniy NUSHTAEV	RUS	93	41:56
9.	Grigoriy SULTANAKHMETOV	RUS	94	42:03
10.	Dmitriy SOLOVYEV	RUS	93	42:35
11.	Aleksandr IVANOV	RUS	94	42:48
12.	ALEKSEY SORACHENKOV	RUS	94	43:08
13.	Ivan PETYANKIN	RUS	93	43:21
14.	Andrey MATOSHIN	RUS	93	43:27
15.	Nikolay NIKOLAEV	RUS	93	43:29
16.	Mikhail AFANASYEV	RUS	94	43:35
17.	Ivan VYCHEGZHANIN	RUS	94	44:50
18.	Konstantin RUBLYOV	RUS	94	45:05
19.	Roman LOBANOV	RUS	94	45:12
20.	Ivan FROLOV	RUS	94	46:04
21.	Artyom ZALITKO	RUS	94	46:34
22.	Sergey MAZURIN	RUS	93	46:40
23.	Dmitriy SERGEYEV	RUS	93	46:41
	Aleksandr TUMAYKIN	RUS	93	DNF
	Nikita ZOLOTARYOV	RUS	93	DQ

	Aleksandr PICHKALOV	RUS	93	DQ
U20 Women 10km				
1.	Nadezda LEONTYEVA	RUS	94	44:32
2.	Yekaterina MEDVEDEVA	RUS	94	44:46
3.	Alena AZYRKINA	RUS	94	45:52
4.	Kristina GRACHEVA	RUS	94	46:01
5.	Olga DUBROVINA	RUS	93	46:22
6.	Anna YERMINA	RUS	93	46:56
7.	Olga NACHARKINA	RUS	94	47:50
8.	Yuliya SALIKOVA	RUS	93	48:00
9.	Tatyana AKULINUSHKINA	RUS	94	48:39
10.	Olga RAVAYOVA	RUS	95	49:12
11.	Karina VOLKOVA	RUS	94	49:59
12.	Yekaterina AVERYANOVA	RUS	94	50:14
13.	Anastasiya SHCHYOGOLEVA	RUS	93	50:37
14.	Tatyana TITOVA	RUS	93	50:51
15.	Anastasiya PULKINA	RUS	93	51:14
16.	Diana IVANOVA	RUS	93	51:37
17.	Tatyana BINDAREVA	RUS	93	51:56
18.	Tsveta KOLAREVICH	RUS	94	53:41
19.	Yekaterina KOLMAKOVA	RUS	93	54:05
20.	Anfisa ZHDANOVA	RUS	94	54:14
21.	Polina OVCHINNIKOVA	RUS	94	56:24
	Natalya KOPLIYENKO	RUS	94	DQ
	Kseniya STEPANOVA	RUS	93	DQ
U18 Men 10km				
1.	Nikolay MARKOV	RUS	95	42:28
2.	Denis TOLSTOV	RUS	95	42:39
3.	Vladimir SAKSIN	RUS	95	42:43
4.	Sergey SERGEYEV	RUS	95	43:33
5.	Yevgeniy BOKOV	RUS	95	43:50
6.	Denis SERGEYEV	RUS	95	43:57
7.	Aleksandr RAGOZIN	RUS	95	44:56
8.	Aleksandr KAZANTSEV	RUS	95	45:38
9.	Artyom ALASHEYEV	RUS	95	46:18
10.	Vadim DETKOV	RUS	95	46:40
11.	Mikhail KURUSHIN	RUS	96	46:43
12.	Savelyi SOSNITSKIY	RUS	96	47:41
	Maksim KRASNOV	RUS	96	DQ
	Sergey ANDREYEV	RUS	95	DNF
U18 Women 5km				
1.	Olga SHARGINA	RUS	96	22:30
2.	Oksana GOLYATKINA	RUS	95	22:36
3.	Anastasiya ORLOVA	RUS	95	22:58
4.	Klavdiya AFANASYEVA	RUS	96	23:32
5.	Kseniya KONOVALOVA	RUS	96	23:45
6.	Anastasiya OLEJNIK	RUS	96	24:24
7.	Polina LYUBIMOVA	RUS	98	24:41
8.	Anastasiya TAUSHKANNOVA	RUS	96	24:48
9.	Mariya IVANOVA	RUS	96	24:50
10.	Mariya PONOMARYOVA	RUS	95	24:50
11.	Anastasiya GRABER	RUS	95	24:57
12.	Yekaterina GERANINA	RUS	95	25:14
13.	Dariya PEREVOZCHIKOVA	RUS	96	25:16
14.	Darya MELENTYEVA	RUS	96	25:53
15.	Aleksandra STEPANOVA	RUS	95	26:09
16.	Marina IGNATOVA	RUS	95	26:11
17.	Polina VERYASKINA	RUS	99	27:02
18.	Margarita TUDIGESHEVA	RUS	96	27:25
19.	Yekaterina MAKOVEYEVA	RUS	95	27:38
20.	Yuliya NOVOSELOVA	RUS	96	28:33
21.	Viktoriya YARZHEMBOVICH	RUS	96	29:33
22.	Balkovskaya YULIYA	BLR	96	25:12
	Olga SHOLINA	RUS	95	DQ

JAPANESE NATIONAL ROADWALK CHAMPIONSHIPS, KOBE, SATURDAY 18 FEBRUARY 2012

Last Saturday morning saw the Japanese National Roadwalking Championships in Kobe and conditions were cool and the walking hot! The women's 20km was won by 2011 IAAF World Champs representative Otoshi Kumi in a time just outside her PB of 1:29:11 while the men's 20km was won by international rep Fujisawa Isamu, again just outside his PB of 1:20:12. The standard was amazingly high with huge depth in the Open and U20 events. I have only reproduced the top 10 from each race but the results continue on for a fair while after that with lots more good walkers outside the top 10. Japan can well lay claim to being one of the top walking nations in the world on the basis of these results alone.

20km Open Women

1.	Otoshi Kumi	21:58	44:25	1:07:18	1:29:48
2.	Inoue Rei	22:07	45:15	1:08:46	1:32:43
3.	Okada Kumiko	22:28	45:52	1:10:01	1:34:27
4.	Asada Chiaki D	23:04	46:59	1:11:28	1:35:47
5.	Michiguchi Ai	23:27	47:03	1:11:27	1:35:56
6.	Urabe Mami	23:28	47:10	1:11:38	1:36:11
7.	Okabe Fumiko	23:27	47:03	1:11:28	1:36:42
8.	Hosaka Natuki	23:56	48:00	1:12:41	1:38:16
9.	Hasegawa Muthumi	24:13	49:03	1:14:01	1:39:29
10.	Osato Arisa	23:52	49:00	1:14:22	1:39:55

20km Open Men

1.	Fujisawa Isamu	20:07	40:15	1:00:21	1:20:38
2.	Saito Takumi	20:07	40:14	1:00:23	1:21:01
3.	Arai Hirooki	20:07	40:33	1:01:00	1:21:10
4.	Katsuki Hayato	20:26	40:43	1:01:03	1:21:14
5.	Tanii Takayuki	19:58	40:13	1:00:44	1:21:31
6.	Morioka Koichiro	20:07	40:16	1:00:41	1:21:52
7.	Yamazaki Yuki	20:18	40:44	1:02:24	1:23:37
8.	Takahashi Eiki	20:46	41:44	1:02:50	1:23:40
9.	Yoshida Takuya	20:57	42:00	1:02:49	1:23:46
10.	Higuma Takafumi	20:57	42:00	1:02:49	1:23:59

5km Junior Women

1.	Yagi Nozomi	22:48
2.	Onakahara Mai	22:58
3.	Yamaguchi Akane	23:11
4.	Watanabe Shiho	23:18
5.	Mizota Momoko	23:18
6.	Kobayashi Maya	23:19
7.	Nemoto Yuumi	23:25
8.	Eguchi Yuma	23:27
9.	Araki Yuriko	23:30
10.	Gotou Rena	23:43

10km Junior Men

1.	Matsunaga Daisuke	20:53	41:27
2.	Kimura Yousuke	20:54	41:34
3.	Yamamoto Masaki	20:54	42:19
4.	Kutsuna Takateru	20:54	42:24
5.	Kou Hatuyuu	21:22	43:07
6.	Kimura Hiroki	21:21	43:10
7.	Harada Nobuyuki	21:29	43:15
8.	Nakao Yuzuru	21:21	43:21
9.	Hoshiya Ken	21:34	43:22
10.	Mato Keisuke	21:33	43:38

2012 IAAF RACE WALKING CHALLENGE MEET, CHIHUAHUA, 3-4 MARCH 2012

Last weekend saw **Jared and Claire Tallent** competing in the second round of the IAAF Challenge Series in the high altitude Mexican city Chihuahua. They flew out on the Sunday morning after their heroics in Hobart and both contested 20km races a week later in what was a big weekend carnival of walking. Javier Clavelo Robinson reported extensively on the meet for the IAAF and I will use his report rather than invent the wheel – see <http://www.iaaf.org/Mini/WRC12/News/NewsDetail.aspx?id=63801>

20km Men, Saturday 3 March

Eder Sanchez led a group of six men until the 12th kilometre, after which the group reduced to two - him and 2008 double Olympic medallist Tallent. With less than three laps to go on the two-kilometre course on the Deportiva Sur Avenue, the young Mexican began to move away from the Aussie and built up a 15-second lead at the bell. The 2009 World bronze medallist kept a solid pace to claim his fourth consecutive victory in the Mexican stop of the Challenge. His time of 1:21:17 was the fastest in Chihuahua since this northern city began hosting an IAAF Race Walking Challenge in 2008. "I am satisfied to have won one of the toughest events in Mexico. It was a good time to open the season, especially considering that the course has a steep section and that makes it challenging," commented Sanchez. Tallent settled for silver in a season's best of 1:21:50, followed by Chihuahua hero and 50km specialist Horacio Nava, who walked 1:22:38 to claim his first podium of the IAAF Challenge at the shorter distance, to the delight of the fans supporting all throughout the course. Sanchez will be joined by Isaac Palma, Pedro Gómez, Diego Flores and David Mejía as the Mexican quintet for the Race Walking World Cup, to be held May 12-13 in Saransk, Russia.

1.	Eder Sánchez	MEX	1:21:17
2.	Jared Tallent	AUS	1:21:50
3.	Horacio Nava	MEX	1:22:38
4.	Isaac Palma	MEX	1:23:18
5.	Fredy Hernández	COL	1:23:19
6.	Pedro Gómez	MEX	1:24:44
7.	Jaime Saquipay	EQU	1:25:54
8.	Diego Flores	MEX	1:26:14
9.	James Rendon	COL	1:26:36
10.	David Mejía	MEX	1:27:52
11.	Giovanni Torres	MEX	1:28:28
12.	Rafael Avendaño	MEX	1:28:39
13.	Cristhian Gómez	MEX	1:28:55
14.	Cristian Chocho	EQU	1:29:39
15.	Jorge Martínez	MEX	1:30:10

20km Women, Saturday 3 March

The women's race, held two hours earlier, also came down to two athletes: defending champion Ines Henriques and Claire Tallent. Both walked side by side until 200m from the finish line when the Portuguese launched a decisive attack to secure the win in 1:33:16, almost a minute faster than her winning time in 2011. "I was aiming for 1:34 so I performed better than expected. I will soon have the Portuguese Championships and I want to compete well there to be able to qualify for the Olympic Games. I am very satisfied," said the 31-year old from Rio Maior. Claire Tallent settled for second in 1:33:21. Another Portuguese, 11-time World Championships participant and 2005 World bronze medallist Susana Feitor could not repeat her third place from 2011. She held that position until the last lap, but abandoned the course due to muscular pain. That paved the way for local Mónica Equihua to clinch bronze in 1:36:24. Equihua, Zayra Jáuregui, Andrea Martínez, Lizbeth Silva and Claudia Ortega will represent Mexico at the World Cup in Saransk.

1.	Ines Henriques	POR	1:33:16
2.	Claire Tallent	AUS	1:33:21
3.	Mónica Equihua	MEX	1:36:24
4.	Daniela Cardoso	POR	1:36:46
5.	Claudia Balderrama	BOL	1:38:06
6.	Erica Rocha de Sena	BRA	1:41:01
7.	Esther Sánchez	MEX	1:43:20
8.	Zayra Jáuregui	MEX	1:44:11
9.	Andrea Martínez	MEX	1:45:23
10.	Lizbeth Silva	MEX	1:46:33
11.	Claudia Ortega	MEX	1:46:54
12.	Paola Pérez	EQU	1:47:40
13.	Daniela Cardoso	POR	1:47:55
14.	Mariana Geldis	MEX	1:48:19
15.	Tania González	MEX	1:50:39

50km, Sunday 4 March

A permanent contender at the Mexican leg of the Challenge, Norway's 2009 World silver medallist Trond Nymark and Olympian Cristian Berdeja took the lead, but the former moved to a solo lead half way through the race, at 3:47 pace. He could not sustain that tempo and was eventually caught up after the 40km mark. He dropped to sixth in 3:55:43. Inspired by his son, who underwent surgery two weeks earlier, Mexican Omar Zepeda walked a smart race, gaining positions as the race went on. He finally took the lead around the 42nd kilometre, never gave it up and sailed to victory in 3:48:37, better than his previous best of 3:49:01 when sixth at the 2005 World Championships in Helsinki. "Winning is a great feeling. Thanks to God and the training with Eder Sanchez under coach

Victor Sánchez, we have secured a place (for the World Cup). After six World Championships and two Pan American Games, I would love to end my career at the Olympic Games,” said the 34-year old. “I look forward to walking closer to 3:45 to be at par with Horacio Nava,” he added.

Clemente García, 22, improved his personal best by 10 minutes to claim a surprising silver in 3:50:56, much better than his fifth placing in 2011. “I was hoping to improve my PB by five minutes and ended up improving it by 10. Competition is different from training. I walked with Omar Zepeda for almost 40km, but I got tired and could not keep up the pace. Anyway, I achieved my goal to qualify for the World Cup,” he said. Nursing an injury for the past two months, last year’s winner and 2011 Pan American Games runner-up José Leyver Ojeda rounded out the podium spots in third with 3:51:30, ahead of Berdeja, who was rewarded with a personal best by over four minutes (3:52:17). Making his debut at the distance, 20-year old Horacio Olivares finished fifth in a very promising 3:52:46. The top four will join Chihuahua hero and 2010 World Cup silver medallist Horacio Nava as the Mexican quintet for the World Cup in Saransk.

1.	Omar Zepeda	MEX	3:48:36
2.	Clemente García	MEX	3:50:55
3.	José Leyver Ojeda	MEX	3:51:30
4.	Christian Berdeja	MEX	3:52:16
5.	Horacio Olivares	MEX	3:53:46
6.	Trond Nymark	NOR	3:55:42
7.	Juan Emilio Toscano	MEX	3:56:39
8.	Luis Bustamante	MEX	3:59:17
9.	Edward Araya	CHI	4:02:03
10.	David López	MEX	4:02:44
11.	Andrei Stepanchuk	BEL	4:06:29
12.	Luis Rosales	MEX	4:12:30
13.	Etiel Soto	MEX	4:12:39
14.	Emiliano Galindo	MEX	4:13:59
15.	Carlos Ramírez	MEX	4:29:41

Junior 10km Races, Sunday 4 March

Alejandra Ortega, fifth at the 2011 World Youth Champs, took the top honours in the junior women's 10km race in 47:22, a personal best by over two minutes, ahead of 2009 World Youth silver medallist Yanelli Caballero (47:42). Jesús Tadeo Vega improved his best by over three minutes to win the junior men’s race in 41:52. The sons of Olympic medallists Carlos Mercenario and Bernardo Garza also competed in that distance.

Women Junior 10km

1.	Alejandra Ortega	MEX	47:22
2.	Yanelli Caballero	MEX	47:42
3.	Sandra Nevarez	MEX	48:23

Men Junior 10km

1.	Jesús Tadeo Vega	MEX	41:52
2.	Erwin González	MEX	42:01
3.	Mario Sánchez	MEX	42:35

Organizers, the Chihuahua Sports Institute, presented an award to **Daniel Bautista**, Mexico’s first Olympic T&F gold medallist who won the 20km event in the 1976 Olympic Games in Montreal.

ASIAN WALKING CHAMPIONSHIPS, NOMI, JAPAN, SUNDAY 11 MARCH 2012

In recent years the All-Japan Race Walking competitions in Nomi have incorporated the Asian 20km Race Walking Championships and that was also the case with the 36th edition of the competition which was held last Sunday morning. Being a recognised Area competition conducted under the supervision of the Asian Athletics Association, the Nomi event also served as an Olympic qualification race so it attracted a diverse field from across Asia. Overall, Chinese walkers won both men's and women's titles. My report is drawn from the IAAF report of Ram. Murali Krishnan and Tatsumi Senda.

20km Walk Open Men

Little known Chinese walker Zhu Chundong came home with line honours in the men's 20km event with a PB time of 1:21:22. India's national record-holder Gurmeet Singh, after leading most part of the race, finished in second place, nine seconds behind with 1:21:31. Singh was 19 seconds ahead of Chundong in the half-way mark and still 8 seconds in front at the 15km mark. However fatigue took its toll with the Chinese snatching the lead in the final kilometre. Korean walker Byun Young Jun finished third for the bronze medal in 1:21:42, just 1 sec ahead of Japan's Isamu Fujisawa.

Although only one athlete from a country is allowed to compete in each category at the Asian race walking championships, India and Iran obtained special permission to field additional entries as the Nomi event was one of the pre-designated qualifying races for the London Olympics. And it worked with Indian Baljinder Singh taking 5th place overall with an Olympic A qualifier of 1:22:12. He should now hopefully join compatriot Gurmeet Singh in London later this year. Further down the field, National records were recorded by Ebrahim Rahimian of Iran, Nguyen Thanh Ngung of Vietnam and Hendro of Indonesia.

1.	Zhu Chundong	CHN	1 Jan 90	1:21:22	PB
2.	Gurmeet Singh	IND	1 Jul 85	1:21:31	
3.	Byun Young-Jun	KOR	20 Mar 84	1:21:42	PB
4.	Isamu Fujisawa	JPN	12 Oct 87	1:21:43	
5.	Baljinder Singh *	IND	18 Sep 86	1:22:12	PB
6.	Surender Singh *	IND		1:23:53	PB
7.	Ebrahim Rahimian	IRI	28 Jul 81	1:24:01	NR
8.	Vahid Sepahibadjani *	IRI		1:26:16	PB
9.	Nguyen Thanh Ngung	VIE	92	1:27:57	NR
10.	Abbal Singh Rana *	IND		1:27:50	PB
11.	Lo Choon Sieng	MAS	16 Nov 85	1:29:13	
12.	? Hendro	INA		1:30:10	NR

* Non-championship finishers

The event also included a Japanese national competition with a large number of additional competitors. Other Japanese finishers included Takumi Saito 1:21:44, Sasakawa 1:24:52, Takuya Yoshida 1:24:55, Matsuzaki 1:26:21, Kento Tamura 1:26:26, Osamu 1:26:43, Okuma Samurai 1:26:53 and Tsukasa 1:27:12.

20km Walk Open Women

In the women's race, Chinese walker Ding Huiquin took line honours in 1:30:14 in her first-ever competition outside her homeland. Rei Inoue of Japan officially took the silver position in 1:34:06 although two other Japanese, Masumi Fuchise (1:30:36) and Mayumi Kawasaki (1:30:51), finished well ahead of her in the concurrently held national competition. Nguyen Thi Thanh Phuc of Vietnam was a happy walker when she achieved an Olympic B qualifying time of 1:35:13 and a new National record in winning the bronze medal. It was only her second-ever international competition besides her gold medal winning South East Asian Games at Palembang, Indonesia, last year. National records also went to Khushbir Kaur of India (NJR) and Chang Chia-Feng of Chinese Taipei.

1.	Ding Huiquin	CHN	5 Feb 90	1:30:14	PB
2.	Rei Inoue	JPN	23 Jul 91	1:34:06	
3.	Nguyen Thi Thanh Phuc	VIE	90	1:35:13	NR
4.	L. Deepmala Devi	IND	3 Jul 82	1:42:01	
5.	Khushbir Kaur *	IND	9 Jul 93	1:44:30	NJR
6.	Chang Chia-Feng	TPE	93	1:45:32	NR NJR
7.	Jessica Ching Siu Nga	HKG	87	1:45:57	
8.	Norliana Binti Mohd Rusni	MAS	26 Oct 89	1:48:46	

* Non-championship finisher

Other leading Japan competitors in the associated Japanese competition included Masumi Fuchise 1:30:36, Mayumi Kawasaki 1:30:51, Hiroi Maeda 1:35:01, Ai Michiguchi 1:35:51 and Fumiko Okabe 1:36:33.

IAAF RACE WALK CHALLENGE SERIES EVENTS, LUGANO, SWITZERLAND, SUNDAY 18 MARCH

The third leg of the 2012 IAAF Race Walk Challenge Series was held on Sunday in Lugano, Switzerland. While it may have been wet underfoot, there was nothing slow about the races which saw some superb walking. I take my report from the European Athletics website: <http://www.european-athletics.org/aom/362-meetings-2011/race-walking-permit-meetings/10894-schwazer-in-superb-form-with-italian-20km-walk-record-in-lugano.html>

Italy's Alex Schwazer produced one of the best efforts over 20km in the history of walking at the first of the 2012 European Athletics Race Walking Permit Meetings, the Lugano Trophy - Memorial Mario Albisetti Walking, in the Swiss city of Lugano on Sunday. The 2008 Olympic games 50km walk champion smashed his own Italian record for the distance, set at the same race two years ago when he clocked 1:18:24, when he crossed the line in 1:17:30. It was the sixth best performance ever and only 14 seconds shy of the ratified world record of Russia's Viktor Kanaykin.

The 27-year-old was in front from the gun and went through the first kilometre three second clear of the field in 4:00. However, he was soon joined by Guatemala's Erick Barrondo and the pair were shoulder-to shoulder for the next 11km, passing 5km in 19:40 and then speeding up to go through the halfway point in 39:06. France's double European 50km champion Yohann Diniz was also never far behind and caught up with the leading pair just before 13km, and then went straight to the front to push the pace. Barrondo started to falter slightly just before the 15km mark, which Schwazer and Diniz reached in 58:32. The European pair then duelled for the next four kilometres before Schwazer accelerated again halfway around the final 2km circuit by the Lugano lakeside to leave Diniz trailing in his wake. The second half of Schwazer's race tells the story - a sensational negative split in which he clocked 18:58 in the final 5km and 3:33 in the final kilometre when he managed to break away from Diniz.

Diniz finished second in a national record of 1:17:43 while there were also personal bests for the three walkers immediately behind him. The Guatemalan finished third with 1:18:25 while Ukraine's Nazar Kovalenko and Ruslan Dmytrenko were fourth and fifth in 1:19:55 and 1:20:19 respectively.

You can follow a few snippets of the extreme action via a couple of YouTube links that Emmanuel Tardi has put up:

<http://www.youtube.com/watch?v=9KyEYdXCAMc&feature=uploademail>

<http://www.youtube.com/watch?v=DIDHiQUC70U&feature=uploademail>

Schwazer did not start the race with the goal of breaking the meet record but just wanted to test his condition one week before his much-awaited 50km in Dudince, Slovakia. "When my coach asked me what sort of time I thought I could do, I wrote down 1:18:30. To go a minute faster is incredible," said the delighted Schwazer. "I am sure that I will not have any problems in recovering for next week's 50 km race in Dudince where my main goal is to set the qualifying standard for London over the longer distance. Training in ideal conditions in Settimo Milanese with my coach Michele Didoni without distractions has contributed to my recent results. I found a new enthusiasm after a difficult period and this result is a confidence-booster but I keep my feet on the ground. I have still a lot of work to do before the Olympic Games.

Russia's Tatiana Sibileva took the women's honours in 1:28:03, breaking away from Guatemala's Mirna Ortiz with six kilometres to go. Ortiz finished second in 1:28:54 while Italy's 2008 Olympic Games women's 20km walk bronze medallist Elisa Rigauo was third in 1:29:25.

France's Aurelien Quinion won the junior men's 10km race in 44:16, after being out in front from 3km. Latvia's Edgars Gjacs was second in 44:32.

Ireland's 2011 World Youth Championships 5000m gold medallist Kate Veale, who is still only 18 and one of the favourites for a medal at the IAAF World Junior Championships in Barcelona in July, was just outside her own Irish junior 10km record when she was the convincing junior women's winner in 47:01, finishing nearly three minutes in front of France's second-placed France's Coralie Mellado.

Here are the main results from each event. Check out the event website <http://www.lugano-racewalking.com/index.asp?lan=eng> for the full result set.

20km Men

1.	SCHWAZER ALEX	ITA	1984	1:17:30
2.	DINIZ YOHANN	FRA	1978	1:17:43
3.	BARRONDO GARCIA ERICK	GUA	1991	1:18:25
4.	KOVALENKO NAZAR	UKR	1987	1:19:55
5.	DMYTRENKO RUSLAN	UKR	1986	1:20:19
6.	HEFFERNAN ROBERT	IRL	1978	1:20:39
7.	LOSEV IVAN	UKR	1986	1:20:48
8.	MOULINET BERTRAND	FRA	1987	1:20:52
9.	GIUPPONI MATTEO	ITA	1988	1:20:58
10.	PAPAMICHAIL ALEXANDROS	GRE	1988	1:21:19
11.	JELONEK JAKUB	POL	1985	1:21:22
12.	LYASHCHENKO IGOR	UKR	1993	1:21:40
13.	LOPEZ MIGUEL ANGEL	ESP	1988	1:21:52
14.	TONTODONATI FEDERICO	ITA	1989	1:22:00
15.	TROFIMOV PETR	RUS	1983	1:22:12

16.	MARTÍN URIOL ÁLVARO	ESP	1994	1:22:12
17.	ZIUKAS MARIUS	LTU	1985	1:22:25
18.	ÇELİK RECEP	TUR	1983	1:23:10
19.	SIMANOVICH DZIANIS	BLR	1987	1:23:32
20.	DE LUCA MARCO	ITA	1981	1:23:34
21.	HOUSSAYE CEDRIC	FRA	1979	1:23:55
22.	YARGUNKIN ALEKSANDR	RUS	1981	1:24:09
23.	AMEZCUA BALBOA LUIS	ESP	1992	1:24:10
24.	FILIPOVIC PREDRAG	SRB	1978	1:24:19
25.	RUMBENIEKS ARNIS	LAT	1988	1:25:11
26.	ARCILLA ALLER FRANCISCO	ESP	1984	1:25:21
27.	NKOULOUKIDI JEAN-JACQUES	ITA	1982	1:25:36
28.	BOSWORTH THOMAS	GBR	1990	1:25:49
29.	GARCIA BRAGADO JESUS	ESP	1969	1:25:58
30.	PORRAS HIDALGO JUAN	ESP	1972	1:26:47

20km Women

1.	SIBILEVA TATIANA	RUS	1980	1:28:03
2.	ORTIZ FLORES MIRNA	GUA	1987	1:28:54
3.	RIGAUDO ELISA	ITA	1980	1:29:25
4.	FRANCO NUÑEZ JAMY	GUA	1991	1:30:57
5.	HERRERA PEREZ MAYRA	GUA	1988	1:31:03
6.	VIRBALYTE BRIGITA	LTU	1985	1:31:08
7.	ZAPOUNIDOU DESPOINA	GRE	1985	1:31:08
8.	KWOKA KATARZYNA	POL	1985	1:31:25
9.	SHUMKINA OLENA	UKR	1988	1:31:55
10.	LOUGHNANE OLIVE	IRL	1976	1:32:26
11.	PELANTOVÁ LUCIE	CZE	1986	1:32:53
12.	AIDIETYTE NERINGA	LTU	1983	1:33:05
13.	MADARASZ VIKTORIA	HUN	1985	1:33:34
14.	PINEDO GONZALEZ AINHOA	ESP	1983	1:33:41
15.	KOROTKOVA TATYANA	RUS	1980	1:34:11
16.	FÜSTI EDINA	HUN	1982	1:35:40
17.	YATSEVICH NASTASSIA	BLR	1985	1:36:10
18.	POLLI MARIE	SUI	1980	1:36:48
19.	POLLI LAURA	SUI	1983	1:37:12
20.	IGLESIAS GONZALEZ EVA	ESP	1985	1:37:15
21.	FERNÁNDEZ ANDRÉS MYRIAM	ESP	1981	1:37:16
22.	KAŽEMĀKA ANITA	LAT	1990	1:37:26
23.	GOLBA KATARZYNA	POL	1989	1:37:39
24.	DARAZHUK NADZEYA	BLR	1990	1:38:32
25.	PASTORINO INÈS	FRA	1992	1:39:02
26.	AVEROUS VIOLAINE	FRA	1985	1:39:41
27.	RANDALL SUSAN	USA	1974	1:42:47
28.	AUFFRET LUCIE	FRA	1988	1:43:55
29.	PLATAČE KRISTĪNE	LAT	1990	1:44:18
30.	LAMBERT ELSA	FRA	1976	1:44:25

10km U20 Men

1.	QUINION AURÉLIEN	FRA	1993	44:16
2.	GJAČS EDGARS	LAT	1993	44:32
3.	GUINAUDEAU KENY	FRA	1993	44:38
4.	OZGUR OZAN PAMUK	TUR	1993	44:56
5.	TREANOR JAMES	IRL	1993	45:08
6.	CASSAGNES ADRIEN	FRA	1994	45:57
7.	ARRIGONI MARCO	ITA	1994	47:19
8.	GAUCHET QUENTIN	FRA	1993	47:20
9.	SESTIER ANAEL	FRA	1994	48:43
10.	POLÁŠEK VÍT	CZE	1994	49:09

10km U20 Women

1.	VEALE KATE	IRL	1994	47:01
2.	MELLADO CORALIE	FRA	1993	49:55
3.	LEWIS HEATHER	GBR	1993	50:26
4.	PRENDIVILLE EMMA	IRL	1993	51:32
5.	TISSOT EMILIE	FRA	1993	52:09
6.	BELLAN JULIE	FRA	1993	52:37
7.	CHAMBROVICH ALESIA	BLR	1994	52:47
8.	SCHROETER LAURA	GER	1994	53:02

9.	FOURNET ALICE	FRA	1993	53:10
10.	LORIOU MADISON	FRA	1994	53:50

10km U18 Men

1.	GUERRERO PLAZA MARC	ESP	1995	46:59
2.	LAMANOSAU VADZIM	BLR	1995	47:25
3.	VESELOUŠ FILIP	CZE	1995	49:10
4.	COURANT BILLY	FRA	1995	49:33
5.	MORVAY MICHAL	SVK	1996	49:35
6.	GIORDANO MANUEL	ITA	1995	50:25
7.	EATON ALEX	GBR	1995	51:15
8.	SKALKA JIŘÍ	CZE	1995	51:58
9.	GDULA TOMAS	CZE	1997	52:10
10.	GIORDANO MARCO	ITA	1995	53:00

10km U18 Women

1.	DRAHOTOVA ANEZKA	CZE	1995	46:43
2.	DRAHOTOVA ELISKA	CZE	1995	48:45
3.	COLOMBI NICOLE	ITA	1995	50:57
4.	FRYDRYCHOVA ADELA	CZE	1995	51:34
5.	WEBSTER TASHA	GBR	1995	53:08
6.	DOOLEY ELLIE	GBR	1995	53:53
7.	PEREZ LAURA	FRA	1995	55:48
8.	MENIS GIORGIA	ITA	1996	56:30
9.	NARDONI ALESSIA	ITA	1996	58:07
10.	CORTESI MARIA TERESA	ITA	1996	60:38

10km Masters Men

1.	NASO ANDREA	ITA	1960	48:53
2.	RUZZIER FABIO	SLO	1953	49:15
3.	GINKO VIKTOR	BLR	1965	51:27
4.	RODRIGUEZ JIMENEZ JOSE	ESP	1975	51:34
5.	TSITOGLOU ISAIAS	GRE	1963	51:36
6.	SMOLA JOSEF	CZE	1964	52:27
7.	BAUER DAN	GER	1969	53:02
8.	DELAUNAY RICHARD	FRA	1964	53:49
9.	HAUBRIH ZELIMIR	CRO	1963	53:52
10.	GHIRLANDA PAOLO	SUI	1967	54:47

10km Masters Women

1.	MARCOU AMANDINE	FRA	1992	49:16
2.	MOMBELLI ROBERTA	ITA	1968	57:45
3.	MAEDER HEIDI	SUI	1943	60:44



Alex Schwazer, Yohann Diniz, Neringa Aidieyte and Tatiana Sibileva (photos from Emmanuel Tardi)

IAAF RACE WALK CHALLENGE SERIES, DUDINCE, SLOVAKIA, SATURDAY 24 MARCH

We have been waiting expectedly for the latest IAAF Challenge Series meet, the famous 'Dudinska Patdesiatka' event in Dudince, and it lived up to all expectations. Italy's 2008 Olympic 50km walk gold medallist **Alex Schwazer** provided the highlight with a world-leading 50km walk time of 3:40.58. Competing in surprisingly and unseasonable hot weather which peaked at over 20 degrees by the end of the race (the max temp was recorded at 23.8°C), he produced the fourth fastest time of the career and completed his first 50km since 2010. "I'm satisfied with the performance, my main goal was the Italian Olympic standard of 3:54 for London. I was thinking I can go somewhere around 3:45 so even I am surprised it was so fast. It shows I'm in my best shape ever," said Schwazer.

In the first 25 km, Schwazer walked with his teammate Matteo Giupponi until he started to push the pace after 35 kilometres. He soon overtook the leading Polish walkers to eventually win by over 3 minutes. He literally sprinted his last 5km in 20:46 and covered his final km in under 4 minutes. The Poles finished on strongly to take second and third places with **Lukasz Nowak**, eighth at the 2010 European Athletics Championships, improving his personal best by more than two minutes to 3:44:24 and **Rafal Sikora** next in with 3:46:52. Germany's **Andre Hohne** was fourth in 3:49:50 while Greece's **Alexandros Papamihail**, who set a national record over 20km a week ago at the first of the 2012 European Athletics Race Walking Permit Meetings in Lugano, was the next man across the line in a personal best of 3:55:13 in only his second race over the distance. However, the hot weather meant that of the 90 walkers who started the 50km, only 45 finished (39 DNFs and 6 DQs).

Special mentions to New Zealand walker **Quentin Rew** who was 9th with an Olympic A qualifying time of 3:58:48 and England's **Dom King** who was 19th with an Olympic B qualifying time of 4:06:34. Hopefully this will give both walkers that all important Olympic berth. And Ireland's **Brendan Boyce** recorded a 5 sec PB to finish 7th with 3:57:53, his second Olympic A qualifier.

In the 20km race, Slovakia's 2010 Race Walking World Cup 50km winner **Matej Toth** took his third victory in Dudince with a time of 1:20:42, following on from his wins in 2008 and 2010. **Rafal Fedaczynski** of Poland was second in 1:22:38 with **Jonathan Riekmann** of Brazil third in 1:23:27 (PB). Toth plans to tackle the 50km event at the Olympic Games in London this summer and had a sub-1:20 time as his target in Dudince, but by 14km he had received 2 red cards and just eased his pace in the closing kilometres. France's 2006 and 2010 European Athletics Championship 50km gold medallist **Yohann Diniz**, who set a national 20km walk record of 1:17:43 a week ago in Lugano, pulled out at 15km.

In the women's 20km, Poland's **Paulina Buziak** won in 1:33:00 with Ukraine's **Olha Yakovenko** second in 1:34:21 and Slovak **Maria Czakova** (who won the national title in a 1:37:41 PB and Olympic B qualifier) third. Germany's **Nils Brembach** won the junior men's 10km race in 43:55 while Lithuania's **Ginta Vaiciukeviciute** won the junior women's 10km in 49:59.

The full results can be found at <http://www.tilastopaja.org/db/results.php?Season=2012&CID=12821491&user=4449> . I reproduce them here but will leave out the DQs and DNFs due to space considerations.

50km Walk

1.	Alex Schwazer	ITA	26 Dec 84	3:40:58	
2.	Lukasz Nowak	POL	18 Dec 88	3:44:24	POL NC 1
3.	Rafał Sikora	POL	17 Feb 87	3:46:52	POL NC 2
4.	André Höhne	GER	10 Mar 78	3:49:50	
5.	Aléxandros Papamihail	GRE	18 Sep 88	3:55:13	
6.	Ivan Trotski	BLR	27 May 76	3:55:26	
7.	Brendan Boyce	IRL	15 Oct 86	3:57:53	
8.	Oleksandr Romanenko	UKR	26 Jun 81	3:58:31	
9.	Quentin Rew	NZL	16 Jul 84	3:58:48	
10.	Xavier Moreno	ECU	15 Nov 79	3:58:57	
11.	Igors Kazakēvičs	LAT	17 Apr 80	3:59:02	
12.	Dušan Majdán	SVK	8 Sep 87	3:59:05	SVK NC 1
13.	Maik Berger	GER	17 Feb 79	3:59:10	
14.	Pavel Yarokhau	BLR	21 Jul 82	4:02:07	
15.	Aleksey Khimin	RUS	26 Feb 89	4:02:58	
16.	Ato Ibáñez	SWE	14 Nov 85	4:03:20	
17.	Nenad Filipović	SRB	5 Oct 78	4:04:17	
18.	Xavier Le Coz	FRA	30 Dec 79	4:05:09	
19.	Dominic King	GBR	30 May 83	4:06:34	
20.	Tomas Gaidamavičius	LTU	7 Nov 87	4:06:48	LAT NC 1
21.	Maciej Rosiewicz	GEO	31 Jul 77	4:07:24	
22.	Ričardas Rekst	LTU	10 Oct 87	4:07:58	LAT NC 2
23.	Matias Korpela	FIN	16 Nov 89	4:08:41	
24.	Andrei Stsepanchuk	BLR	12 Jun 79	4:09:44	
25.	Eddy Roze	FRA	13 Nov 70	4:10:17	
26.	Ihor Saharuk	UKR	3 Jun 88	4:10:30	
27.	Dzmitry Dziubin	BLR	12 Jul 90	4:13:50	
28.	Ruslan Vershinin	RUS	29 Jan 89	4:14:01	
29.	Lukáš Gdula	CZE	6 Dec 91	4:14:56	CZE NC 1
30.	Mesías Zapata	ECU	8 Jan 81	4:15:40	
31.	Florian Letourneau	FRA	19 Dec 88	4:18:59	
32.	Hatem Ghoula	TUN	7 Jun 73	4:23:16	

33.	Róbert Tubak	HUN	1 Mar 79	4:24:55	HUN NC 1
34.	Karel Ketner	CZE	11 Apr 90	4:27:21	CZE NC 2
35.	Jérome Caprice	MRI	18 Jan 83	4:27:37	
36.	Rafał Goławski	POL	24 Oct 88	4:29:13	POL NC 3
37.	Martin Tistan	SVK	12 Nov 92	4:37:46	SVK NC 2
38.	Tibor Koléner	HUN	24 Sep 90	4:50:09	HUN NC 2
39.	Antonín Kozelka	CZE	27 Nov 85	4:52:00	CZE NC 3
40.	Jiří Žák	CZE	7 Apr 71	4:52:01	CZE NC 4
41.	Peter Tichý	SVK	25 Jun 93	4:56:27	
42.	Sándor Balázs	HUN	23 Aug 80	5:09:29	HUN NC 3
43.	Dávid Koltai	HUN	30 Mar 83	5:28:05	HUN NC 4
44.	Berislav Devčić	CRO	66	5:33:33	
45.	István Csaba	HUN	23 Sep 59	5:38:52	HUN NC 5

Men 20km Walk

1.	Matej Tóth	SVK	10 Feb 83	1:20:42	
2.	Rafał Fedaczyński	POL	3 Dec 80	1:22:38	
3.	Jonathan Rieckmann	BRA	20 Aug 87	1:23:27	
4.	Oleksandr Verbytskyy	UKR	28 Jul 92	1:23:39	
5.	Oleksandr Venhlovskyy	UKR	5 Aug 85	1:25:53	
6.	Diego Cafagna	ITA	9 Jul 75	1:26:49	
7.	Lukasz Augustyn	POL	29 Nov 90	1:27:24	
8.	Genadij Kozlovskij	LTU	7 Jan 91	1:29:31	
9.	Edwar Araya	CHI	14 Feb 86	1:31:22	
10.	Predrag Krstović	YUG	7 Mar 80	1:31:48	
11.	Mieczyslaw Romanowski	POL	16 Oct 91	1:32:19	
12.	Artur Mastianica	LTU	30 Jul 92	1:35:55	
13.	Zdeno Babík	SVK	9 Jan 84	1:42:11	
14.	Janusz Goławski	POL	26 Mar 66	1:49:54	
15.	Mirosław Luniewski	POL	25 Jan 57	1:51:27	
16.	Wilfried Gaube	GER	56	1:58:56	
17.	Zbigniew Kwita	POL	16 Sep 59	2:02:21	
18.	Krešimir Jurlin	CRO	64	2:13:31	
19.	Mariusz Siankowski	POL	16 Sep 66	2:22:57	

Women 20km Walk

1.	Paulina Buziak	POL	16 Dec 86	1:33:00	
2.	Olha Yakovenko	UKR	1 Jun 87	1:34:21	
3.	Mária Czaková	SVK	2 Oct 88	1:37:41	SVK NC 1
4.	Katarina Strmeňová	SVK	25 Jan 93	1:43:04	SVK NC 2
5.	Inga Mastianica	LTU	13 Jun 89	1:44:36	
6.	Veronika Privalincová	SVK	12 Mar 92	1:48:00	SVK NC 3
7.	Agnieszka Ellward	POL	26 Mar 89	1:49:25	
8.	Miroslava Stašová	SVK	14 Feb 86	1:53:40	SVK NC 4
9.	Petra Récsei	HUN	28 Sep 90	1:53:43	
10.	Soňa Tydorová	SVK	17 Jun 92	2:11:23	SVK NC 5
11.	Barbora Merková	SVK	27 Jul 94	2:13:27	SVK NC 6

Men U23 35km Walk

1.	Dávid Tokodi	HUN	3 May 91	3:02:26	
2.	Dénes Papp	HUN	13 Aug 90	3:46:35	

Men U20 10km Walk

	Nils Brembach	GER	23 Feb 93	43:35	
	Lukasz Kostka	POL	19 Sep 94	44:52	
	Ihor Puzanov	UKR	10 Oct 93	45:51	
	Luke Hickey	IRL		45:57	
	Ondřej Molt	CZE	25 Jul 94	46:09	
	Vít Polasek	CZE	94	46:09	
	Yuriy Shvaryk	UKR	1 May 94	46:32	
	Tomasz Dmowski	POL	18 Apr 94	46:34	
	Peter Tichý	SVK	25 Jun 93	46:37	
	Andrej Dolinský	SVK	31 Dec 94	47:15	
	Joakim Saelen	NOR	18 Jul 93	47:21	
	Wiktor Szabo	POL	26 Feb 93	48:02	
	Kyrylo Andrushchenko	UKR	30 Jan 93	48:22	
	Jonathan Hilbert	GER	95	48:22	
	Filip Veselouš	CZE	18 May 95	48:38	
	Normantas Petriša	LTU	6 May 94	49:39	

Karl Junghanss	GER	6 Sep 96	51:07
Daniel Chojecki	POL	24 Jan 94	51:51
Jiří Skalka	CZE	10 Sep 95	52:11
Márk Kósi	HUN	1 Feb 93	53:18

Women U20 10km Walk

1.	Gintarė Vaiciukevičiūtė	LTU	24 Sep 94	49:59
2.	Eliška Drahotová	CZE	22 Jul 95	50:19
3.	Marlena Chojecka	POL	1 Jan 94	51:52
4.	Mariann Lengyel	HUN	1 Jan 94	51:58
5.	Barbara Kovács	HUN	26 Jul 93	52:03
6.	Réka Novák	HUN	19 Jan 95	52:08
7.	Karolina Wierus	POL	21 Jan 93	53:12
8.	Adela Frydrychová	CZE	20 Mar 95	54:05
9.	Monika Hornakova	SVK	6 Jul 95	54:05
10.	Bianka Dittrich	GER	93	54:06
11.	Maxi Woelke	GER	95	54:06
12.	Janine Bandt	GER	94	54:19
13.	Tímea Horváth	HUN	5 Sep 94	54:45
14.	Dáša Škantárová	SVK	8 Dec 95	55:22
15.	Radoslava Piliarová	SVK	21 Oct 96	57:31
16.	Lucia Čubaňová	SVK	9 Aug 95	57:53
17.	Anna Selníková	CZE	6 Sep 94	58:20
18.	Lucia Škantárová	SVK	28 Dec 96	58:35
19.	Felicia Hogrell	SWE	29 Mar 94	59:52
20.	Maria Aydin	SWE	14 Aug 93	61:49
21.	Martina Strmečki	CRO	94	62:32
22.	Petra Hornyik	HUN	15 Jan 93	63:27
23.	Luca Nagy	HUN	94	64:34

Men U18 10km Walk

1.	Bence Venyercsán	HUN	8 Jan 96	45:55
2.	Miroslav Úradník	SVK	24 Mar 96	46:39
3.	Tomas Bagdány	HUN	12 Apr 95	47:13
4.	Mateusz Nowak	POL	96	48:11
5.	Jan Rygal	POL	25 Jun 95	48:56
6.	Jakub Zecha	POL	27 May 96	52:23
7.	Ákos Balogh	HUN	15 Aug 96	53:18
8.	Tobias Boll	GER	96	54:05
9.	József Dodony	HUN	96	56:16

Women U18 5km Walk

1.	Mercédes Márton	HUN	28 Nov 95	23:52
2.	Henrika Parviainen	FIN	27 May 97	24:27
3.	Rita Récsei	HUN	30 Jan 96	24:51
4.	Erika Parviainen	FIN	9 Sep 95	25:51
5.	Angelika Augustyn	POL	15 Jan 96	26:05
6.	Joanna Bindryn	POL	14 Dec 95	27:07
7.	Anna Südi	HUN	5 Oct 97	27:11
8.	Danica Gogov	SRB	15 Sep 96	27:35
9.	Evelin Szabó	HUN	96	28:56
10.	Lena Tomas	SWE	20 Oct 96	30:34
11.	Kincső Kási	HUN		31:41
12.	Julia Ibrahim	SWE	30 Aug 96	33:55
13.	Jennifer Ibrahim	SWE	95	35:24

SOUTH AMERICAN RACE WALKING CHAMPS, SALINAS, ECUADOR, 17-18 MARCH

Colombia captured three gold medals and emerged as the top nation of the 2012 South American Race Walking Championships, which were held at Salinas, an Ecuadorian coastal city about 120km west of Guayaquil, on 17-18 March. Eduardo Biscayart reported for the IAAF (see <http://www.iaaf.org/news/newsid=64417.html>)

Individually, the best performance came from the 18-year-old Colombian **Sandra Arenas**, who won the junior 10km race in 45:17, setting a new South American record. The previous mark belonged to Ecuadorian Miriam Ramón since 1989 (46:16). For Arenas, the 2011 South American junior champion at 10,000m, it was a PB by over 2 minutes. Bolivians Ángela Castro (national junior record of 47:00) and Wendy Cornejo (personal best of 47:01) completed the podium.

Brazilians **Caio Bonfim** and **Érica de Sena** were the 20km victors. Twenty-one year-old Bonfim equaled his road personal best with a 1:23:59 clock, to beat Colombian James Rendón (1:24:06) and another Brazilian, Moacir Zimmermann (1:24:34). “This was an important victory for me, as it was my second in the adult category,” said Bonfim. “Now I need to reach the qualifying time for the London Olympic Games,” he added.

Érica de Sena won the women’s 20km race, but not the Championships, since she was taking part as an extra competitor, not included in the official Brazilian delegation. The 26-year-old from Pernambuco (who resides in Guayaquil) clocked 1:33:24, missing Tânia Spindler’s national record by 1 second. The actual South American champion was Colombian **Arabelly Orjuela**, who also set a personal best with 1:34:41, followed by the 2011 South American track champion, Colombian Ingrid Hernández (1:34:56), and by Venezuelan Miláγγελa Rosales (1:36:45).

In the Olympic discipline, Brazilian **Mário José dos Santos** won the 50km event – held on the warm Sunday morning – in 4:12:52, ahead of Ecuadorian Jonathan Cáceres (4:14:45).

In the remaining events for younger categories, Colombian **Eider Arévalo**, the 2010 World Cup winner, grabbed victory at the junior 10km in 43:25 while Peruvian **Paolo César Yurivilca** (45:00 at 10km) and Ecuadorian **Karla Jaramillo** (24:49) took the Youth titles.

Leading results were as follows

<p>50km Open</p> <ol style="list-style-type: none"> 1. Mário José dos Santos BRA 4:12:52 2. Jonathan Cáceres ECU 4:14:45 3. Edgar Cudco ECU 4:22:44 	<p>20km Open Women</p> <ol style="list-style-type: none"> 1. Arabelly Orjuela COL 1:34:41 2. Ingrid Hernández COL 1:34:56 3. Miláγγελa Rosales VEN 1:36:45 4. Claudia Balderrama BOL 1:36:46 5. Yadira Guamán ECU 1:38:20 <li style="padding-left: 20px;">Érica de Sena BRA 1:33:24 (additional)
<p>20km Open Men</p> <ol style="list-style-type: none"> 1. Caio Bonfim BRA 1:23:59 2. James Rendón COL 1:24:06 3. Moacir Zimmermann BRA 1:24:34 4. Rolando Saquipay ECU 1:26:57 5. José Leonardo Montaña COL 1:27:46 	<p>10km Junior Women</p> <ol style="list-style-type: none"> 1. Sandra Arenas COL 45:17 Sth Amer Rec 2. Ángela Castro BOL 47:00 3. Wendy Cornejo BOL 47:01
<p>10km Junior Men</p> <ol style="list-style-type: none"> 1. Eider Arévalo COL 43:25 2. Kenny Martín Pérez COL 43:39 3. Manuel Soto COL 43:43 	<p>5km Youth Women</p> <ol style="list-style-type: none"> 1. Karla Jaramillo ECU 24:49 2. Lina Paola Abril COL 24:57 3. Michelli Semblantes ECU 25:03
<p>10km Youth Men</p> <ol style="list-style-type: none"> 1. Paolo César Yurivilca PER 45:00 2. Daniel Pintado ECU 45:24 3. Franco Chocho ECU 48:11 	

IAAF WORLD RACEWALKING CHALLENGE MEET, TAICANG, CHINA, FRIDAY 30 MARCH

And now to the big news of the weekend. A big group of Australian walkers descended on Taicang, just outside Shanghai, last Friday for the next leg of the 2011 IAAF World Racewalking Challenge. The top Chinese walkers were also in attendance and the pace was hot in the cool and wet conditions. My coverage is taken initially from Mirko Jalava's report on the IAAF website.

The best Chinese walkers did not disappoint in front of their home crowd, and smashed both men's and women's 20km Asian records at the IAAF Race Walking Challenge in Taicang on Friday morning. As expected, the races were fast and the expected names were on top of both races from the start.

In the men's walk it was the young duo **Wang Zhen** and **Chen Ding** who excelled, both bettering the old Asian record 1:17:41 set by Zhu Hongjun in Cixi seven years in an earlier edition of the IAAF Race Walking Challenge. 20-year-old Wang, who managed a great fourth place in his first major championships, set AR 1:17:36 for the win, his second consecutive here, lowering his personal best by 54 seconds from the winning time 1:18:30 in this same race last year. 19-year-old Chen was second in 1:17:40 cutting a huge minute and 12 seconds off his previous PB 1:18:52 which took him to third place here last season. These times and the earlier accomplishments by this duo will make them clear medal favourites for the London Olympics. For Chen it will be the first major championships, but he did finish fifth at the 2010 World Cup. Wang just missed Italy's Alex Schwazer's World leading time 1:17:30 and Wang and Chen now accommodate places two and three in the 2012 World lists behind Schwazer.

As expected, the Olympic Trials winner **Cai Zelin** also did well, finishing in third place with a big personal best 1:18:47. The 20-year-old had set a personal best 1:19:42 winning the Olympic Trials in Huaian in February and now dropped almost a minute from that time. Italian **Giorgio Rubino** was the best non-Chinese in the competition finishing in fourth place in 1:20:10, his best time since 2009. The 25-year-old Italian is surely looking forward to the Olympics too and has some good experience from major championships having finished in fourth place at the 2009 World Championships in Berlin and in fifth place two years earlier in Osaka. Australian **Jared Tallent**, a medallist from both 20km and 50km walks in Beijing four years ago, was fifth in a 1:20:34 season's best and German **Christopher Linke** produced a personal best 1:20:41 for the sixth place.

In the women's race it was finally time to wipe out the 1:26:22 Wang Yan's Asian record, which had stood for more than ten years since November 2001. It seems that 24-year-old **Liu Hong** is finally able to challenge Russian Olga Kaniskina this season, having been quite close on a couple of occasions at the World Championships. With Kaniskina winning, Liu won the silver medal in Daegu last year and was third in Berlin two years before that. In today's race Liu was again in her own class setting a fast 1:25:46 Asian record for her second win in a row in this race. Her previous 1:27:17 had come in 2008 at the Beijing Olympics where she narrowly missed a medal in fourth place and she also equalled this PB last year here winning with the exact same time. Liu missed Russian Elmira Alembekova's World leading time 1:25:27 by just 19 seconds and is now second in the 2012 world list.

Although Liu should still have many years left at the top, there is already the next generation of Chinese walkers rising. 18-year-old **Lu Xiuzhi** did walk 1:29:50, so it was no surprise she did well here, but to finish in second place in a huge personal best and Asian junior record 1:27:01 still must be a bit of a surprise. It remains to be seen how she will do in London, as the youngster has no experience from major championships, not even from juniors and has only once competed outside China, in Dublin last summer. China did a 1-2-3 in the women's race as well with 21-year-old **Qieyang Shenjie** setting a personal best 1:27:04 for the third place. Qieyang bettered her earlier PB by exactly one minute and will be a player in London as she already did well in Daegu finishing in fifth place there last summer.

Another Chinese **Gao Ni** was fourth in a personal best 1:28:06 and Australian **Claire Tallent** emerged as the best athlete outside China for fifth place in a good 1:28:53 personal best. The 30-year-old bettered her previous best 1:32:02 from 2010 significantly by more than three minutes. **Sun Huanhuan** of China was sixth in 1:30:21 season's best and another Australian **Tanya Holliday** also set a PB 1:33:15 for the seventh place. Two major names, German Melanie Seeger and Russian Tatyana Sibileva were disqualified.

Men 20 km walk

1.	Wang Zhen	CHN	24 Aug 91	1:17:36	AR, PB
2.	Chen Ding	CHN	5 Aug 92	1:17:40	PB
3.	Cai Zelin	CHN	11 Apr 91	1:18:47	PB
4.	Giorgio Rubino	ITA	15 Apr 86	1:20:10	
5.	Jared Tallent	AUS	17 Oct 84	1:20:34	
6.	Christopher Linke	GER	24 Oct 88	1:20:41	PB
7.	Pyotr Trofimov	RUS	18 Dec 83	1:20:51	
8.	Inaki Gomez	CAN	16 Jan 88	1:21:05	PB
9.	Adam Rutter	AUS	24 Dec 86	1:21:23	PB
10.	Luke Adams	AUS	22 Oct 76	1:22:50	
11.	Chris Erickson	AUS	1 Dec 81	1:23:09	
12.	Dane Bird-Smith	AUS	15 Jul 92	1:23:15	PB
13.	Hagen Pohle	GER	5 Mar 92	1:23:18	PB
14.	Choi Byung-Kwang	KOR	7 Apr 91	1:23:45	PB
15.	Chu Yafei	CHN	5 Sep 88	1:24:48	
16.	Brendon Reading	AUS	26 Jan 89	1:25:07	

17.	Evan Dunfee	CAN	28 Sep 90	1:26:20
18.	Rhydian Cowley	AUS	4 Jan 91	1:27:21
	Ian Rayson	AUS	4 Feb 88	DQ
	Kim Dong-Young	KOR	6 Mar 80	DQ

Women 20 km walk

1.	Liu Hong	CHN	12 May 87	1:25:46	AR, PB
2.	Lu Xiuzhi	CHN	26 Oct 93	1:27:01	AJR, PB WJL
3.	Qieyang Shenjie	CHN	11 Nov 90	1:27:04	PB
4.	Gao Ni	CHN	14 Sep 91	1:28:06	PB
5.	Claire Tallent	AUS	7 Jun 81	1:28:53	PB
6.	Sun Huanhuan	CHN	15 Mar 90	1:30:21	
7.	Tanya Holliday	AUS	21 Sep 88	1:33:15	PB
8.	Monica Equihua	MEX	23 Sep 82	1:34:40	PB
9.	Jeon Yong-Eun	KOR	24 May 88	1:35:09	
10.	Tatyana Korotkova	RUS	31 May 82	1:37:23	
11.	Weon Aseas-Byeol	KOR	8 Apr 90	1:39:09	SB
12.	Nicole Fagan	AUS	24 Jul 89	1:42:48	
	Beki Lee	AUS	25 Nov 86	DNF	
	Zuzana Schindlerová	CZE	25 Apr 87	DNF	
	Melanie Seeger	GER	8 Jan 77	DQ	
	Tatyana Sibileva	RUS	17 May 80	DQ	

And now onto our Australian walkers. First to the stats:

Jared Tallent	5 th	1:20:34	
Adam Rutter	9 th	1:21:23	PB 0:26
Luke Adams	10 th	1:22:50	
Chris Erickson	11 th	1:23:09	
Dane Bird-Smith	12 th	1:23:15	PB 3:25
Brendon Reading	16 th	1:25:07	
Rhydian Cowley	18 th	1:27:21	
Claire Tallent	5 th	1:28:53	PB 3:09
Tanya Holliday	7 th	1:33:15	PB 4:39
Nicole Fagan	12 th	1:42:48	

And now to a review. We saw Olympic A qualifying walks to **Jared Tallent**, **Adam Rutter**, **Claire Tallent** and **Tanya Holliday**. For Jared, Adam and Claire, it was more of the same to add to their existing A qualifiers but for Tanya it was a 4+ minute PB and her first ever Olympic A qualifier. Alas, our 3 women's Olympic spots are already taken and the World Cup qualifying period has finished so Tanya's fantastic walk may be just too late for this year's teams. But it omens well for her for future years. Claire Tallent produced an astonishing walk to smash the 90 minute barrier and put herself into second place on the Australian all-time list behind Jane Saville. The other big mover was 19 year old **Dane Bird-Smith** whose 1:23:15 showed that he is fast maturing as a 20km walker. **Luke Adams** made a welcome return to racing after surgery and his 1:22:50 was a good stepping stone back into the fray. **Chris Erickson** was the unluckiest of the walkers, vomiting and sick and losing nearly 30 secs in the 3rd lap then having to work hard through the remainder of the race to try to salvage some respectability. His hopes of an Olympic A qualifier faded as the laps went on, meaning that the final showdown for the two remaining men's 20km Olympic spots will now take place in the World Cup in Russia in mid May. Brendon Reading, Rhydian Cowley and Nicole Fagan walked well for their times while Beki Lee and Ian Rayson had bad days at the office, Beki DNF and Ian DQ. Canadian **Inaki Gomez** is another walker for special mention – his time of 1:21:05 was a big PB and puts the icing on the cake for his Olympic nomination. He has spent the summer training in Canberra and the hard work paid off.

The splits make for interesting reading: The winners Zhen and Hong did huge negative splits (Zhen 39:50 / 37:46 and Hong 43:52 / 41:54) to blow away all the opposition. You can expect the Olympic walks to be similarly raced. Claire Tallent, Adam Rutter and Dane Bird-Smith also negative split while Luke Adams and Chris Erickson walked very even halves. I haven't found all the splits yet but here are some that have been passed onto me.

Wang Zhen	7:55	8:09	7:49	8:04	7:53	(39:50)	7:28	7:20	7:37	7:40	7:36	(37:46)	1:37:36
Jared	7:56	8:12	7:49	8:05	7:54	(39:56)	7:56	8:06	8:08	8:11	8:21	(40:38)	1:20:34
Adam	8:14	8:10	8:10	8:12	8:05	(40:51)	8:01	8:03	8:03	8:09	8:19	(40:32)	1:21:23
Luke	8:14	8:14	8:12	8:20	8:25	(41:25)	8:24	8:21	8:21	8:23	8:02	(41:25)	1:22:50
Chris	8:14	8:10	8:38	8:17	8:15	(41:34)	8:13	8:17	8:22	8:25	8:21	(41:35)	1:23:09
Dane	8:20	8:14	8:29	8:24	8:26	(41:53)	8:21	8:24	8:22	8:20	8:00	(41:22)	1:23:15
Brendon	8:28	8:18	8:18	8:23	8:25	(41:52)	8:31	8:38	8:38	8:49	8:44	(43:15)	1:25:07
Rhydian	8:28	8:28	8:31	8:37	8:49	(41:53)	8:52	8:49	8:53	9:03	8:53	(45:28)	1:27:21
Liu Hong	9:16	8:47	8:46	8:32	8:31	(43:52)	8:27	8:26	8:22	8:24	8:15	(41:54)	1:25:46
Claire						(44:35)						(44:18)	1:28:53

And now to the best ever Australian women's performances, compliments of Brent Vallance. Note Claire Tallent's time of 1:28:53 ranks her 2nd to Jane Saville. Note how Jane dominates this list with 6 times under 1:30 and 12 times under 1:31. But Claire is now up there!

1:27:44	Jane Saville	NSW	5/11/1974	4	Naumburg	GER	02/05/2004
1:28:53	Claire Tallent	AUS	6/07/1981	5	Taicang	CHN	30/03/2012
1:28:56	J Saville			1	Vallensbæk	DEN	06/05/2000
1:29:05	J Saville			7	La Coruña	ESP	13/05/2006
1:29:25	J Saville			3	Athínai	GRE	23/08/2004
1:29:27	J Saville			7	Cheboksary	RUS	11/05/2008
1:29:33	J Saville			9	Cixi	CHN	23/04/2005
1:29:36	Kerry Saxby-Junna	NSW	2/06/1961	2	Naumburg	GER	30/04/2000
1:29:40	Saxby-Junna			1	Värnamo	SWE	13/05/1988
1:29:44	Cheryl Webb	NSW	3/10/1976	1	Melbourne	AUS	07/03/2009
1:30:12	J Saville			3	Naumburg	GER	30/04/2000
1:30:23	J Saville			3	Rio Maior	POR	02/04/2006
1:30:25	Jessica Rothwell	VIC	18/06/1989	2	Melbourne	AUS	07/03/2009
1:30:39	J Saville			5	Sesto San Giovanni	ITA	01/05/2006
1:30:51	J Saville			6	Rio Maior	POR	14/04/2007
1:30:51	J Saville			11	Saint-Denis	FRA	24/08/2003
1:30:53	Rothwell			9	La Coruna	ESP	19/06/2010
1:30:58	J Saville			3	Sydney	AUS	26/02/2000

And now to some photos passed onto Brent by his source Mr Da in Taicang – alas only a small selection this year.



Left: Claire Tallent in the race



Right: Claire and husband Jared post event – another fine double



Left: Chris Erickson post race



Right: Tanya Holliday and Beki Lee during the event

2012 WORLD MASTERS INDOOR CHAMPS, JYVASKYLA, FINLAND, 3-8 APRIL 2012

The World Masters Athletics Indoor Championships were held in Jyvaskyla, Finland, last week (see the championship website at <http://wma2012.jyvaskyla.fi/> for further info) and Australian walkers Lyn Ventris, David Smyth, Lynne Schickert, Ray Hall, Stuart Kollmorgen, Simon Evans, Mark Donahoo, Andrew Jamieson and Heather Carr were all in action. Two walks were contested – a 3000m Track Indoor on Thursday 6th April / Friday 7th April and a 10km road walk on Saturday 8th April.

WMA 3000m Indoor Track Walks, Thursday 6 April 2012

Day Two saw the women and the older men contesting the 3000m Track Indoor walk and it was **Lyn Ventris** who starred, winning the W55 3000m walk in a new world record of 14:51.24. Lyn's time beat the existing record of 15:06.18, held by Portuguese walker Maria Alice Fernandes since 2008. **Heather Carr** was also in gold medal form, winning the W60 walk with 16:05.95 while **Lynne Schickert** was fourth in the W70 division with 21:38.23. The first 3 places are shown in each result set below. You can source the full results at http://www.fidalservizi.it/wma_2012/Index.htm

W35	1	FRISENBRUDERE Baiba	1975	W35	LAT	16:37.95
	2	TOIA Katia	1976	W35	ITA	17:47.92
	3	MOTTONEN Minna	1974	W35	FIN	17:54.14
W40	1	LILAND Hanne	1969	W40	NOR	16:35.06
	2	MOMBELLI Roberta	1968	W40	ITA	16:48.50
	3	MEDEIROS Sara	1969	W40	BRA	17:15.91
W45	1	KOKORINA Irina	1964	W45	RUS	16:17.48
	2	ZEIDLER Brigitte	1964	W45	GER	18:29.59
	3	GLOMBITZA Silke	1967	W45	GER	18:41.49
W50	1	TERENTYEVA Natalia	1961	W50	RUS	16:14.28
	2	PAMART Odile	1959	W50	FRA	16:16.19
	3	COCHEREAU Veronique	1959	W50	FRA	16:16.77
W55	1	VENTRIS Lynette	1956	W55	AUS	14:51.24 (WR)
	2	MARCENCO Natalia	1954	W55	ITA	16:42.58
	3	WHEELER Ann	1955	W55	GBR	16:44.03
W60	1	CARR Heather	1949	W60	AUS	16:05.95
	2	BLATCHFORD Noel	1947	W60	GBR	17:50.96
	3	VIHINEN Anneli	1947	W60	FIN	17:52.70
W65	1	KARETIE Pirjo	1942	W65	FIN	19:06.51
	2	KLINK Ursula	1944	W65	GER	20:27.61
	3	BLUME Rosina	1945	W65	GER	21:32.37
W70	1	TULINIEMI Ritva	1940	W70	FIN	21:00.51
	2	GRINBERTE Vera	1940	W70	LAT	21:38.06
	3	GIRARDS Rosa	1939	W70	GER	21:38.20
	4	SCHICKERT Lynne	1941	W70	AUS	21:38.23
W75	1	LECLERC Denise	1933	W75	FRA	21:33.93
	2	ALEKSYEYEVA Lyusya	1937	W75	UKR	21:34.66
	3	LAURILA Hanna	1935	W75	FIN	24:55.45
M80	1	HYVOLA Viljo	1929	M80	FIN	21:15.72
	2	PUSHKIN Ivan	1930	M80	UKR	22:01.30
	3	TAMMINEN Matti	1928	M80	FIN	22:08.94
M85	1	CIESIELSKI Guenter	1926	M85	GER	22:00.31
	2	HOKKANEN Taavi	1924	M85	FIN	27:18.14
	3	ANISIMOV Andrei	1922	M85	RUS	31:23.6

WMA 3000m Indoor Track Walks, Friday 7 April 2012

Day Three saw the younger men in action in the 3000m walk and once again we saw a World Record performance, this time to **Andrew Jamieson** in the M60 division with 14:39.77. Andrew's time beat the previous record of 14:46.08, set by Jean-Paul Masselin earlier this year. **Mark Donahoo** also took gold in the M50 walk with 13:55.43 while **Stuart Kollmorgen** took silver in the tough M40 division with 13:41.19. A very fit looking **David Smyth** was fourth in the M40 division with 15:55.02 while **Simon Evans** was sixth in the M50 division with 14:42.35 (what a strong standard!). The only disappointment of the day was seeing **Ray Hall** disqualified in the M75 division.

With the indoor track only 200m in circumference and only 4 lanes wide, the starts were very congested and it was a case of sprint like mad at the gun to try to get a position. Mark Donahoo commented: *I was on the front row so was fortunate. I was also lucky as Simon Evans started very fast as he was on the back row and walked around everyone, so I went with him and we left the rest of the field behind.*

M35	1	MAGLIULO Vincenzo	1976	M35	ITA	12:16.30
	2	MARTIN Francisco	1975	M35	ESP	12:46.73
	3	PUPYSHEV Andrey	1972	M35	RUS	12:57.67
M40	1	DEGTYARENKO Viacheslav	1971	M40	RUS	12:57.95
	2	KOLLMORGEN Stuart	1969	M40	AUS	13:41.19
	3	CACIA Salvatore	1967	M40	ITA	13:47.93

	6	SMYTH David	1969	M40	AUS	15:55.02
M45	1	ARENA Walter	1964	M45	ITA	13:02.11
	2	PERIANEZ Miguel	1962	M45	ESP	13:19.73
	3	GNAUCK Dick	1963	M45	GER	13:55.30
M50	1	DONAHOO Mark	1958	M50	AUS	13:55.43
	2	NASO Andrea	1960	M50	ITA	14:02.24
	3	BOGAERT Dirk	1958	M50	BEL	14:21.21
	6	EVANS Simon	1960	M50	AUS	14:42.35
M55	1	KISELEV Mikhail	1955	M55	RUS	14:47.94
	2	LYZHIN Sergey	1955	M55	RUS	14:54.30
	3	ZHYRKOV Pavlo	1953	M55	UKR	14:57.01
M60	1	BROCHOT Patrice	1951	M60	FRA	14:15.85
	2	RICHARDS Ian	1948	M60	GBR	14:21.07
	3	HALL John	1949	M60	GBR	14:22.57
M65	1	JAMIESON Andrew	1946	M65	AUS	14:39.77 (WR)
	2	MCMULLIN John	1946	M65	IRL	16:20.73
	3	RABATEL Fernand	1946	M65	FRA	16:49.24
M70	1	JOBIN Marcel	1942	M70	CAN	16:34.25
	2	PALMAR Ants	1940	M70	EST	16:34.51
	3	VAINIKKA Einari	1940	M70	FIN	17:01.91
M75	1	JORDANA Alexis	1937	M75	FRA	17:31.55
	2	IRBE Zigurds	1936	M75	LAT	17:36.98
	3	NOKELA Aaro	1935	M75	FIN	18:11.32
		HALL Ray	1933	M75	AUS	DQ

WMA 10km Road Walk, Saturday 7 April 2012

The final walk, the 10km road event, was played out on the Saturday morning against a backdrop of freezing temperatures and snow. Once again, **Lyn Ventris** starred, this time with a W55 10km road World Record of 49:59, easily beating her own record of 50:32 set in October last year in Adelaide. A second world record of the day went to German Guenter Ciesielski with an M85 time of 1:16:12. Interestingly, his time beat the current record which had been set by Queenslander Richard Keatinge in 2008.

Golds also went to **Mark Donahoo** M50 49:50, **Andrew Jamieson** M65 52:04 and **Heather Carr** W55 55:23 while **Stuart Kollmorgen** took silver in the M40 with 48:07. **David Smyth** took 6th in the M40 with a PB 54:54, **Simon Evans** took 5th in the M50 with 51:18, **Ray Hall** was 9th in the M75 with 1:16:23 and **Lyn Schickert** was 4th in the W70 with 1:14:10.

It was also a case of Team Gold for Mark Donahoo, Stuart Kollmorgen and David Smyth who won the M40 teams event ahead of Finland, Austria and Russia. Mark explained via email that their case was helped when the Italian Cascio, a 45 minute walker, was disqualified while going head to head with the Russian on the final lap. That put the Italian team out of contention.

M35	1	MARTIN Francisco	1975	M35	ESP	45:33
	2	PUPYSHEV Andrey	1972	M35	RUS	45:37
	3	PINERA ALVAREZ Ruben	1975	M35	ESP	47:34
M40	1	DEGTYARENKO Viacheslav	1971	M40	RUS	45:39
	2	KOLLMORGEN Stuart	1969	M40	AUS	48:07
	3	SIRAGUSA Gianni	1968	M40	ITA	52:31
	6	SMYTH David	1969	M40	AUS	54:54
M45	1	PERIANEZ Miguel	1962	M45	ESP	46:33
	2	MEYER Steffen	1966	M45	GER	49:12
	3	GNAUCK Dick	1963	M45	GER	49:19
M50	1	NASO Andrea	1960	M50	ITA	48:30
	2	DONAHOO Mark	1958	M50	AUS	49:50
	3	MURPHY Patrick	1961	M50	IRL	50:28
	5	EVANS Simon	1960	M50	AUS	51:18
M55	1	KISELEV Mikhail	1955	M55	RUS	52:09
	2	LYZHIN Sergey	1955	M55	RUS	53:17
	3	PIO Alberto	1952	M55	ITA	53:56
M60	1	BROCHOT Patrice	1951	M60	FRA	49:54
	2	RICHARDS Ian	1948	M60	GBR	50:10
	3	HALL John	1949	M60	GBR	54:00
M65	1	JAMIESON Andrew	1946	M65	AUS	52:04
	2	MCMULLIN John	1946	M65	IRL	56:41
	3	RABATEL Fernand	1946	M65	FRA	58:51
M70	1	PALMAR Ants	1940	M70	EST	56:46
	2	JOBIN Marcel	1942	M70	CAN	57:39
	3	PENFOLD Ronald	1941	M70	GBR	59:25
M75	1	JORDANA Alexis	1937	M75	FRA	1:01:12
	2	IRBE Zigurds	1936	M75	LAT	1:04:29
	3	PANASEIKO Mykola	1934	M75	UKR	1:05:23
	9	HALL Ray	1933	M75	AUS	1:16:23

M80	1	HYVOLA Viljo	1929	M80	FIN	1:14:37	
	2	PUSHKIN Ivan	1930	M80	UKR	1:15:46	
	3	TAMMINEN Matti	1928	M80	FIN	1:21:49	
M85	1	CIESIELSKI Guenter	1926	M85	GER	1:16:12	(WR)
	2	HOKKANEN Taavi	1924	M85	FIN	1:31:05	
W35	1	FRISENBRUDERE Baiba	1975	W35	LAT	56:59	
	2	MOTTONEN Minna	1974	W35	FIN	1:03:09	
	3	JAKUBOVSKA Aiva	1973	W35	LAT	1:04:08	
W40	1	IGLESIAS Pilar Amelia	1968	W40	ESP	52:42	
	2	MOMBELLI Roberta	1968	W40	ITA	57:43	
	3	LILAND Hanne	1969	W40	NOR	58:40	
W45	1	KOKORINA Irina	1964	W45	RUS	56:10	
	2	ZEIDLER Brigitte	1964	W45	GER	1:04:19	
	3	GORMLEY Anne	1963	W45	IRL	1:05:32	
W50	1	TERENTYEVA Natalia	1961	W50	RUS	56:35	
	2	PAMART Odile	1959	W50	FRA	56:58	
	3	COCHEREAU Veronique	1959	W50	FRA	57:07	
W55	1	VENTRIS Lynette	1956	W55	AUS	49:59	(WR)
	2	MARCENCO Natalia	1954	W55	ITA	57:36	
	3	WHEELER Ann (I)	1955	W55	GBR	1:00:34	
W60	1	CARR Heather	1949	W60	AUS	55:23	
	2	BLATCHFORD Noel	1947	W60	GBR	1:02:16	
	3	GROLIG Dorothea	1951	W60	AUT	1:03:57	
W65	1	KARETIE Pirjo	1942	W65	FIN	1:05:15	
	2	KLINK Ursula	1944	W65	GER	1:10:24	
	3	BLUME Rosina	1945	W65	GER	1:14:26	
W70	1	HERRENDOERFER Ursula	1940	W70	GER	1:13:22	
	2	GRINBERTE Vera	1940	W70	LAT	1:13:48	
	3	LEBIEDIEVA Larysa	1940	W70	UKR	1:14:08	
	4	SCHICKERT Lynne	1941	W70	AUS	1:14:10	
W75	1	LECLERC Denise	1933	W75	FRA	1:11:56	
	2	ALEKSYEYeva Lyusya	1937	W75	UKR	1:16:53	
	3	LAURILA Hanna	1935	W75	FIN	1:29:15	



Mark Donahoo, David Smyth, Heather Carr, Stuart Kollmorgen, Lyn Ventris, Simon Evans and Andrew Jamieson

IAAF RACE WALKING CHALLENGE, RIO MAIOR, PORTUGAL, SATURDAY 14 APRIL 2012

My report of the latest IAAF Race Walking Challenge match in Rio Maior, Portugal, is taken from the IAAF report by António Manuel Fernandes (see <http://www.iaaf.org/Mini/WRC12/News/NewsDetail.aspx?id=64563>).

Lisbon, Portugal – There were great races in Rio Maior today, despite the weather conditions which brought periods of hard rain and strong wind. At the finish, Slovakian Matej Toth and Spaniard Beatriz Pascual respectively took the men's and women's 20km titles at the 21st edition of the Grande Prémio Internacional de Rio Maior em Marcha Atlética, which is part of the annual IAAF Race Walking Challenge.

Portugal's best women's race walkers came to battle it out for World Race Walking Cup and Olympic team selection but Spain's Beatriz Pascual, second last year in Rio Maior, was better than them all. The Portuguese champion, Ana Cabecinha, also showed good shape and was with Pascual throughout the race, but the visitor prevailed at the finish in 1:31:03, five seconds ahead of her rival. Following them next over the line came Inês Henriques, the winner of this year's Race Walking Challenge race in Chihuahua, who took third (1:31:32) after a strong finish. Romanian Claudia Steff was also in the leading group until the last laps but she couldn't keep the pace of the leading women, finishing her race with a season's best (1:31:46). There was a great performance by the Brazilian Erica de Sena (1.31.53), a new national record, who finished ahead of Susana Feitor, the most famous Portuguese race walker, who was herself in front of another Olympic team candidate Vera Santos. Despite the weather, eight athletes achieved personal records. "This was a great victory, with excellent competitors. I'm really glad, I was 2nd in 2011 and now I have won," said Beatriz Pascual.

The men's title only was decided in the last lap when Matej Toth (winner of this year's 20km race in Dudince) took the lead to win in 1:20:25, having escaped from the company of Mexican Eder Sanchez (1:20:49), who had won in Chihuahua. Overall it was a great day for Mexico who brought in five of the top-10 finishers. Mexican Isaac Palma came to Rio Maior with a 1:23:18 as his personal best, and finished in the third place, with an improvement of two minutes, in 1:21:14. Ireland's Robert Heffernan prevailed over another Horacio Nava for fourth. Six athletes set personal bests even though the wind conditions didn't help the walkers to great performances. Toth has now 18 points in the Challenge Series, 12 from this win in Rio and 6 from his win in Dudince. He is equal 2nd with Jared Tallent while Eder Sanchez leads with 22 points.

Open Women 20km

1.	Beatriz Pascual	09/05/1982	ESP	1:31:03
2.	Ana Cabecinha	29/04/1984	POR	1:31:08
3.	Inês Henriques	01/05/1980	POR	1:31:32
4.	Cláudia Steff	25/02/1978	ROM	1:31:46
5.	Erica R. de Sena	03/05/1985	BRA	1:31:53
6.	Sabine Krantz	06/02/1981	GER	1:32:25
7.	Susana Feitor	28/01/1975	POR	1:32:36
8.	Vera Santos	03/12/1981	POR	1:33:45
9.	Sandra Galvis	28/01/1986	COL	1:34:11
10.	Arabelly Sanchez	24/07/1988	COL	1:35:17
11.	Raquel Gonzalez	16/11/1989	ESP	1:36:37
12.	Paula V. Perez	21/12/1989	ECU	1:37:43
13.	Esther Sanchez	09/01/1983	MEX	1:38:07
14.	Yadira Guamán	08/06/1986	ECU	1:38:18
15.	Lisbeth Silva	30/09/1989	MEX	1:38:23
16.	Eva Igesias	10/06/1985	ESP	1:38:38
17.	Olfa Lafi	16/09/1986	TUN	1:39:44
18.	Chaima Trabelsi	11/03/1982	TUN	1:40:22
19.	Elianay S. Pereira	11/05/1984	BRA	1:40:55
20.	Daniela Cardoso	15/12/1991	POR	1:43:25
21.	Mariela Sanchez	23/08/1991	MEX	1:43:27
22.	Zayra Jáuregui	29/07/1987	MEX	1:43:46
23.	Sandra Silva	21/09/1975	POR	1:44:47
24.	Liliana Martins	20/07/1990	POR	1:56:53
	Olive Loughnane	14/01/1976	IRL	DNF
	Sonata Milusauskaite	31/08/1973	LTU	DNF
	Rachel Seaman	14/01/1986	CAN	DNF
	Rebeca Obenza	13/12/1991	ESP	DNF
	Ingrid Hernandez	29/11/1988	COL	DNF
	Lorena Luaces	29/02/1989	ESP	DNF
	Julia Takacs	29/06/1989	ESP	DNF

Open Men 20km

1.	Matej Toth	10/02/1983	SVK	1:20:25
2.	Eder Sanchez	21/05/1986	MEX	1:20:49
3.	Isaac Palma	26/10/1990	MEX	1:21:14
4.	Robert Heffernan	28/02/1978	IRL	1:21:28
5.	Horacio Nava	20/01/1982	MEX	1:22:04
6.	Ever Palma	18/03/1992	MEX	1:22:15

7.	Recep Celik	10/06/1983	TUR	1:23:45
8.	Francisco Arcilla	14/01/1984	ESP	1:24:30
9.	Pedro D. Gomez	31/12/1990	MEX	1:24:38
10.	Andrés Chocho	04/11/1983	ECU	1:24:47
11.	Cristhian Gómez	29/10/1992	MEX	1:25:18
12.	Omar Zepeda	08/06/1977	MEX	1:25:21
13.	Juan M. Cano	12/12/1987	ARG	1:25:24
14.	Yerko Araya	14/02/1986	CHI	1:25:58
15.	Clemente Garcia	12/10/1989	MEX	1:26:20
16.	Luis M. Corchete	14/05/1984	ESP	1:26:37
17.	Pedro Isidro	17/07/1985	POR	1:26:53
18.	Alex Wright	19/12/1990	ENG	1:26:54
19.	Hédi Teraoui	10/11/1989	TUN	1:29:03
20.	Augusto Cardoso	13/12/1970	POR	1:29:21
21.	Luis Lopes	01/01/1990	POR	1:29:37
22.	Dionísio Ventura	13/12/1979	POR	1:29:53
23.	Mário Silero	12/03/1990	ESP	1:31:17
24.	Rodrigo Dominguez	26/06/1977	ESP	1:33:54
25.	Diego Zepeda	17/02/1992	MEX	1:39:18
26.	Francesco Campana	26/10/1992	ITA	1:43:05
27.	Carlos Leitão	24/05/1965	POR	1:52:15
28.	John Adzraku	14/10/1974	GHA	1:57:40
	Pedro M. Santos	15/11/1992	POR	DNF
	Carlos Paiva	21/03/1969	POR	DNF
	João Vieira	20/02/1976	POR	DNF
	Tiago N. Fonseca	27/11/1989	BRA	DNF
	Jonathan Riekmann	20/08/1987	BRA	DNF
	Manuel J. Angueira	04/11/1972	ESP	DNF
	Caio O. Bonfim	19/03/1991	BRA	DQ
	Omar Segura	24/03/1981	MEX	DQ
	Andreas Gustafsson	10/08/1981	SWE	DQ
	Nuno Valente	06/01/1988	POR	DQ

U20 Men 10km

1.	Mario Sanchez	17/10/1993	MEX	42:13
2.	Juan A. Raya	30/01/1993	ESP	43:39
3.	Miguel Carvalho	02/09/1994	POR	44:45
4.	Francisco Duran	01/01/1993	ESP	45:21
5.	Bruno Pedro	12/10/1993	POR	45:22
6.	Armando Pereira	05/12/1993	ESP	46:27
7.	João Martins	20/03/1995	POR	46:29
8.	Max dos Santos	09/10/1994	BRA	49:39

U20 Women 10km

1.	Filipa Ferreira	05/11/1994	POR	51:32
2.	Mara Ribeiro	11/05/1995	POR	51:34
3.	Marisol D. Perez	01/01/1995	ESP	54:04
4.	Nádia Cancela	24/04/1993	POR	55:18



Beatriz Pascual heads Ana Cabecinha and Claudia Steff in Rio Maior (www.iaaf.org)

INTERNATIONAL RACEWALK MEETING, PODEBRADY, CZECH REPUBLIC, SAT 21 APRIL 2012

Of course Emmanuel Tardi was at Podebrady last Saturday – what would I do without him! My report is taken from the European Athletics website review: <http://www.european-athletics.org/news/latest-news/509-meetings-2012/race-walking-permit-meetings-2012/10971-toth-and-di-vincenzo-triumph-in-podebrady.html>

Slovakia's Matej Tóth and Italy's Sibilla Di Vincenzo fulfilled their roles as favourites in the 20km races at the Europe Athletics Race Walking Meeting in the Czech spa town of Podebrady on Saturday. Tóth, the 2010 Race Walking World Cup 50km gold medallist, won his third consecutive high quality 20km race in barely a month while Di Vincenzo led home an Italian clean sweep of the places on the podium in the women's race.

On a pleasantly warm day with temperatures just topping 20 degrees and fortunately very little wind, Tóth was in front from almost the gun and crossed the line in 1:21:54 for his fourth win in Podebrady (previous wins were in 2003, 2008, and 2009), just over a minute in front of Finland's Jarkko Kinnunen who finished second in 1:23:12. Hungary, led home by Sándor Rác who finished third in 1:23:54, won the men's team title ahead of Slovakia and Italy. The best of the Czech walkers, Karel Ketner, crossed the line ninth in 1:28:12, an almost two minute improvement on his PB and took his third consecutive national title.

"It wasn't as easy as it may have looked but I had control over the race all the time. It was pity I had to go all the way by myself, it would have been better to compete with someone else. I had a little problem around 15km to find the right motivation, but it was worth winning. I knew there wasn't any chance to go for a personal best because I felt tired from previous races, but I raced at a pace to go for the win" said Toth. "I will miss (the IAAF Race Walking Cup in) Saransk and fully concentrate on 50k at Olympics, so it was my last serious race before that."

For more than half of the women's race it looked like the home star and defending Podebrady champion Lucie Pelantová might be on her way to a second consecutive win but she started to struggle from 11km onwards, allowing both Sibilla Di Vincenzo and then Federica Ferraro to pass. The former had a slight advantage at the bell as the pair entered the last of the 1066.13-metre circuits (the unusual distance being due to construction work on the normal circuit) and she held it to the line, winning in 1:34:16. Ferraro finished eight seconds in arrears and her compatriot Antonella Palmisano came through strongly on the last lap to finish third in 1:24:27. Pelantová was nine seconds further back, and just 20 seconds covered the first four women home, but she had the compensation of being the Czech national champion for the fourth time. Italians were, not surprisingly, first in the senior women's international match with the hosts in second place ahead of Hungary.

"The course wasn't that easy and my only goal was to finish. It's a great thing for me to win here and I hope I can repeat this result at the World (Race Walking) Cup," said the winner.

The Czech twins Anežka and Eliška Drahotová finished first and third - the former winning in 47:47 by almost a minute - in the junior women's 10km to lead the Czech team to the junior women's title. The sisters were separated by Italy's silver medallist Anna Clemente.

Italy got a one-two-three in the junior men's 10km with Vito Minei clocking 43:11 and finishing one second ahead of his team mate Francesco Fortunato with Marco Amati next in 45:04. Not surprisingly, the Italians also took the team title. But it could have been very different had not 3 of the early leaders (Miklos Srp, Thomas Bagdany and Peter Tichy Jr) been disqualified.

Partial results follow - full results can be sourced at <http://www.tilastopaja.org/db/eareults.php?CID=12822078>

20km Men

1.	Matej Tóth	SVK	10 Feb 83	1:21:54
2.	Jarkko Kinnunen	FIN	19 Jan 84	1:23:13
3.	Sándor Rác	HUN	14 Sep 86	1:23:54
4.	Máté Helebrandt	HUN	12 Jan 89	1:24:10
5.	Arnis Rumbenieks	LAT	4 Apr 88	1:24:47
6.	Vito Di Bari	ITA	19 Nov 90	1:26:04
7.	Riccardo Macchia	ITA	27 Mar 90	1:27:14
8.	Diego Cafagna	ITA	9 Jul 75	1:27:26
9.	Karel Ketner	CZE	11 Apr 90	1:28:12
10.	Milan Řízek	SVK	5 Jan 78	1:32:32
11.	Lukáš Gdula	CZE	6 Dec 91	1:33:21
12.	Anders Hansson	SWE	10 Mar 92	1:33:36
13.	Aleksey Golovin	RUS	24 Dec 88	1:33:48
14.	Edgars Gjačš	LAT	27 Aug 93	1:34:43
15.	Jean-Michel Prevel	FRA	28 May 84	1:34:58
16.	Pavel Schrom	CZE	20 Mar 91	1:35:35
17.	Roman Říha	CZE	10 Jun 90	1:35:54
18.	Zdeno Babík	SVK	9 Jan 84	1:37:14
19.	Mael Boulch	FRA	25 Jun 90	1:39:17
20.	Laurent Le Galle	FRA	8 Jan 62	1:39:44
21.	Dávid Töködi	HUN	3 May 91	1:42:02
22.	Zdenko Medera	SVK	1 Jan 75	1:42:47
23.	Nicolas Potier	FRA	4 Nov 89	1:43:05

24.	Radek Pařízek	CZE	21 Apr 82	1:43:14
25.	Arnaud Sizorn	FRA	25 Nov 92	1:44:17
26.	Martin Tipka	CZE	20 Jun 85	1:45:50
27.	Václav Kolář	CZE	15 Oct 89	1:51:34

20km Women

1.	Sibilla Di Vincenzo	ITA	22 Jan 83	1:34:16
2.	Federica Ferraro	ITA	18 Aug 88	1:34:24
3.	Antonella Palmisano	ITA	6 Aug 91	1:34:27
4.	Lucie Pelantová	CZE	7 May 86	1:34:36
5.	Anita Kažemäka	LAT	30 May 90	1:35:51
6.	Zuzana Schindlerová	CZE	25 Apr 87	1:36:11
7.	Viktória Madarász	HUN	12 May 85	1:37:15
8.	Veronika Privalincová	SVK	12 Mar 92	1:45:59
9.	Anett Torma	HUN	2 Apr 84	1:48:13
10.	Miroslava Stašová	SVK	14 Feb 86	1:49:51
11.	Hana Herberová	CZE	3 Jan 81	1:55:00
12.	Karolína Škrášková	CZE	6 Jan 87	2:06:04

U20 Men 10km

1.	Vito Minei	ITA	16 Jun 94	43:10
2.	Francesco Fortunato	ITA	13 Dec 94	43:11
3.	Marco Amati	ITA	18 Oct 94	45:04
4.	Bence Venyercsán	HUN	8 Jan 96	45:29
5.	Patrik Spevák	SVK	30 Jul 94	45:53
6.	Ondřej Motl	CZE	25 Jul 94	45:56
7.	Andrej Dolinský	SVK	31 Dec 94	46:12
8.	Vít Polasek	CZE	94	47:57
9.	Filip Veselouš	CZE	18 May 95	48:18
10.	Miroslav Úradník	SVK	24 Mar 96	51:04

U20 Women 10km

1.	Anežka Drahotová	CZE	22 Jul 95	47:47
2.	Anna Clemente	ITA	6 Jan 94	48:30
3.	Eliška Drahotová	CZE	22 Jul 95	49:37
4.	Elena Poli	ITA	10 Oct 93	50:14
5.	Barbara Kovács	HUN	26 Jul 93	50:28
6.	Mercédes Márton	HUN	28 Nov 95	50:44
7.	Alessia Constantino	ITA	25 Sep 94	50:52
8.	Nikola Piliarová	SVK	14 Jul 94	51:01
9.	Mariann Lengyel	HUN	1 Jan 94	51:42
10.	Adela Frydrychová	CZE	20 Mar 95	52:21

U18 5km Boys

1.	Michal Morvay	SVK	96	23:11
2.	Tomas Gdula	CZE	9 Jan 97	25:07

U18 5km Girls

1.	Henrika Parviainen	FIN	27 May 97	24:02
2.	Erika Parviainen	FIN	9 Sep 95	25:10

43RD INTERNATIONAL RACE WALKING MEET, NAUMBURG, GERMANY, SUNDAY 22 APRIL

Naumburg (Saale) is a small German city of about 25000 habitants, located in Saxony-Anhalt about 50 km south-west of Leipzig and 200 km south of Berlin. Racewalking in Naumburg has a long tradition of over 50 years - the first racewalking event was organised way back in 1953. Since then national or international events were organised in Naumburg just about every year up till when the 21st IAAF World Race Walking Cup was held there in 2004. This year's Naumburg International Race Walking Meet was held last weekend and it once again attracted strong fields from around the world with 40 men and 41 women racing over the 20km distance.

The men's event saw a local trifecta with Christopher Linke 1:20:55, André Höhne 1:21:24 and Hagen Pohle 1:24:40 taking line honours. For Linke and Höhne it was a case of Olympic A qualifier while for 19 year old Hagen Pohle, it continued his good form as he transitions into the senior ranks.

The women's event was won by German Sabine Krantz 1:33:02 who finally broke away from Canadian Rachel Seaman 1:33:05 in the final sprint. Spaniard Ainoha Pinedo Gonzales was third with 1:33:47. For Seaman who lives in San Diego and trains there with her husband Tim Seamon, it was a Canadian National Record and probably gives her that all important Olympic spot.

The Irish walkers also walked well with Colin Griffiths 4th in 1:24:45, Jamie Costin 8th in 1:25:24 and Laura Reynolds 4th in 1:34:42.

Abbreviated results follow. See <http://www.racewalking-naumburg.de/> for the full result set.

20km Walk Men

1.	Linke, Christopher	1988	SC Potsdam	1:20:55
2.	Höhne, André	1978	SCC Berlin	1:21:24
3.	Pohle, Hagen	1992	SC Potsdam	1:24:40
4.	Griffin, Colin	1982	Ireland	1:24:45
5.	Schmidt, Carsten	1986	SCC Berlin	1:24:49
6.	Paris, Daniele	1984	Italy	1:24:57
7.	Berger, Maik	1979	SCC Berlin	1:25:17
8.	Costin, Jamie	????	Ireland	1:25:24
9.	D'Onofrio, Fortunato	1981	Italy	1:25:57
10.	Lehmberg, Marcel	1992	SCC Berlin	1:27:07
11.	Dolci, Mirko	1985	Italy	1:28:17
12.	Bedif Aly Ghodaia, Moustafa Al	????	Egypt	1:30:30
13.	Gloger, Nils Christopher	1990	SC Potsdam	1:31:23
14.	Borsch, Steffen	1973	SV Halle e.V.	1:37:35
15.	Strunk, Malte	1973	Alemannia Aachen	1:41:47
16.	Touba Fawzi, Ahmed Elabd	????	Egypt	1:43:28
17.	Meyer, Steffen	1966	GutsMuths-Renns	1:44:20
18.	Franke, Denis	1969	SV Einheit 1875 Worbis	1:45:42
19.	Dietsche, Klaus	1962	TV Bühlertal	1:46:25
20.	Prieler, Helmut	1955	SpVgg Niederaichbach	1:48:12

20km Walk Women

1.	Krantz, Sabine	1981	TV Wattenscheid 01	1:33:02
2.	Seaman, Rachel	????	Canada	1:33:05
3.	Gonzales, Ainoha Pinedo	????	Spain	1:33:47
4.	Reynolds, Laura	1989	Ireland	1:34:42
5.	Guaman Maza, Yadira	????	Ecuador	1:36:17
6.	Halkivaha, Anne	1986	Finland	1:37:05
7.	Forgues, Lauren	????	USA	1:38:04
8.	Polli, Laura	1983	Switzerland	1:40:21
9.	Schenker, Bianca	1974	LG Vogtland	1:45:45
10.	Md. Rusni, Norlianda	????	Malaysia	1:52:04
11.	Best, Nicole	1968	TV Groß-Gerau	1:53:41
12.	Schmidt, Tina	1989	SV Halle e.V.	1:54:32
13.	Mohamed ElSayed Meshref, Gehad	????	Egypt	1:55:32
14.	Song Gie, Chee	????	Malaysia	1:56:31
15.	Betto, Linda	1977	TV Groß-Gerau	1:58:22
16.	Schröter, Brit	1974	LG Vogtland	1:58:37
17.	Unterholzner, Maria	1968	TV Altötting	1:59:16
18.	Heuer, Anneke	1971	Polizei SV Berlin	2:03:32
19.	Sarembe-Stegmaier, Christine	1966	LSG Aalen	2:05:09
20.	Kahr, Antje	1966	THW Kiel	2:06:21

2012 RACE WALKING WORLD CUP, SARANSK, 12-13 MAY

The lead story has to be the 2012 Race Walking World Cup and I was lucky enough to be roadside for all the races, part of an estimated 30,000 strong spectator crowd that lined both sides of the entire 2km course. It was definitely the largest group ever seen at a walking event. Jared Tallent told me that the volume of barracking from the excited Russian audience was so loud that it was almost overwhelming. Now that is really something!

Overview

Last weekend's 25th IAAF World Race Walking Cup in Saransk was the biggest ever, with a record 62 participating countries and a record 465 competitors. And what better place to hold it than Saransk, the capital city of the Mordovian Republic and the centre of racewalking excellence in Russia, the world's racewalking superpower. Huge billboards adorned the city and a newly laid bitumen road surface had been specially prepared to ensure fast times. Thousands of spectators were expected to line the inner city 2km course when the first events started on Saturday afternoon and they would be cheering for the Russian team, the biggest and strongest both numerically and statistically.

The last time this championship was held in Russia in 2008, Russians won 8 of the 10 gold medals (4 individual and 4 gold) but a lot had changed in the intervening period. Would the emergence of new racewalking stars from around the world ensure that this time around the Russians would be tested on their home ground? Conditions over the weekend were expected to be hot and sunny and the long 750m climb in each 2km lap promised to be significant - just how significant remained to be seen!

Day 1 - Junior Men 10km, 4PM, Saturday 12 May

The Junior Men's 10km was the first event, starting at 4PM, and it was Colombian Eider Arevalo who returned to hang on to the crown he claimed in Chihuahua two years ago. His time of 41:17 saw him well clear of Russian Alexander Ivanov 41:42 and Mexican Jesus Tadeo Vega 41:56. The Russians did win the Teams race ahead of the young Colombian team so it was one gold out of two for them but first blood to the Colombians. The Australians performed superbly, all doing PBs in the oppressive conditions – **Blake Steele** 17th with 43:15 (12 sec PB), **Jesse Osborne** 24th with 44:15 (15 sec PB) and **Nathan Brill** 32nd with 44:52 (8 sec PB). Nathan, at 15 years of age, was the youngest walker in the field, so his performance in particular deserves special mention. Both Nathan and Jesse are eligible to contest this same event in 2 years time so the prospects look good for 2014. The boys finished 7th in a very high quality Teams Championship.

1.	Eider ARÉVALO	COL	09-Mar-93	41:17
2.	Alexander IVANOV	RUS	26-Jun-94	41:42
3.	Jesús Tadeo VEGA	MEX	23-May-94	41:56
4.	Damir BAYBIKOV	RUS	05-May-94	42:11
5.	Francesco FORTUNATO	ITA	13-Dec-94	42:13
6.	Jiaxing YIN	CHN	16-Mar-94	42:18
7.	Nils BREMBACH	GER	23-Feb-93	42:35
8.	Wenkui GAO	CHN	28-Jul-95	42:47
9.	Kenny Martín PÉREZ	COL	10-Aug-94	42:51
10.	Yauheni ZALESSKI	BLR	16-Jul-93	42:55
11.	Mario SÁNCHEZ	MEX	17-Oct-93	43:02
12.	Paolo YURIVILCA	PER	23-Apr-96	43:02
13.	Brian PINTADO	ECU	29-Jul-95	43:09
14.	Iván PAJUELO	ESP	27-Aug-93	43:10
15.	Shan JIANG	CHN	14-Jul-95	43:12
16.	Luis Angel SANCHEZ	GUA	15-Dec-93	43:13
17.	Blake STEELE	AUS	04-Jan-93	43:15
18.	Vito MINEI	ITA	16-Jun-94	43:27
19.	Andriy HRECHKOVSKYY	UKR	30-Aug-93	43:36
20.	Adrian-Ionut DRAGOMIR	ROU	01-Nov-94	43:42
21.	Barys SHARHAR	BLR	31-Mar-93	43:49
22.	Edgars GJACS	LAT	27-Aug-93	43:53
23.	Vladyslav LOBCHENKO	UKR	20-Oct-93	44:10
24.	Jesse OSBORNE	AUS	21-Jan-95	44:15
25.	Marius ŠAVELSKIS	LTU	30-Jul-94	44:22
26.	Toufik YESREF	ALG	09-Sep-93	44:23
27.	Kirill FROLOV	RUS	29-Sep-93	44:27
28.	Bruno FIDELIS	BRA	08-Nov-94	44:27
29.	Miklós SRP	HUN	06-Mar-93	44:29
30.	Sahin SENODUNCU	TUR	24-Apr-94	44:35
31.	Mert ATLI	TUR	23-Jul-93	44:35
32.	Nathan BRILL	AUS	24-May-96	44:52
33.	Artsiom TURKOU	BLR	05-Jan-94	44:56
34.	Álvaro MARTÍN	ESP	18-Jun-94	45:01
35.	Marc TUR	ESP	30-Nov-94	45:07
36.	Adrien CASSAGNES	FRA	09-Jun-94	45:12
37.	Miguel CARVALHO	POR	02-Sep-94	45:16

38.	Mohamed SALEH	EGY	05-Jul-94	45:19
39.	Manuel Esteban SOTO	COL	28-Jan-94	45:24
40.	Keny GUINAUDEAU	FRA	28-Jul-93	45:37
41.	Samuel PEREIRA	POR	25-Nov-93	45:49
42.	Lukasz KOSTKA	POL	19-Sep-94	46:00
43.	Bence VENYERCSÁN	HUN	08-Jan-96	46:04
44.	Cristian ANDRADE	ECU	12-Dec-93	46:05
45.	Tomasz DMOWSKI	POL	18-Apr-94	46:07
46.	Alejandro CHAVEZ	USA	05-May-93	46:28
47.	Yuriy SHVARYK	UKR	01-May-94	46:43
48.	Bruno PEDRO	POR	11-Oct-93	46:47
49.	Michael NEMETH	USA	20-May-93	46:48
50.	Joachim SAELEN	NOR	18-Jul-93	47:07
51.	Aymene SABRI	ALG	19-Apr-94	47:32
52.	Aurelien QUINION	FRA	27-Jan-93	47:39
53.	Mohamed RAMOUL	ALG	13-Jun-95	47:55
54.	Luke HICKEY	IRL	24-Oct-94	48:05
55.	Ivan SALYAKHOV	KAZ	07-Jun-93	48:05
56.	Szymon ZIELINSKI	POL	06-Dec-95	48:14
57.	Robert Friederick LATCU	ROU	07-Feb-93	48:34
58.	Jonathan HALLMAN	USA	26-Jun-93	48:51
59.	James TREANOR	IRL	12-Apr-93	48:55
60.	Vít POLAŠEK	CZE	31-Oct-94	48:59
61.	Ondrej MOTL	CZE	25-Jul-94	50:03
62.	Islam RIZK BELAL	EGY	15-Jun-96	50:15
63.	Raivo SAULGRIEZIS	LAT	04-Jul-94	53:23
	Óscar VILLAVICENCIO	ECU	05-May-93	DQ
	Jamie HIGGINS	GBR	07-Jan-94	DNF
	Ozan PAMUK	TUR	18-May-93	DNF
	Erwin GONZÁLEZ	MEX	07-Feb-94	DNF



Nathan, Blake and Jesse in action

Day 1 – Junior Women 10km, 5PM, Saturday 12 May

The Junior Women's 10km was the next event to get underway, at 5PM and it turned out to be one of the best races in World Cup history, with the lead switching numerous times in the last few laps. From the half way mark, the medals were clearly going to be decided between four walkers – but would the win go to Russians Nadezhda Leontyeva or Ekaterina Medvedeva or to Colombian Sandra Arenas or to Mexican Alejandra Ortega. First Leontyeva and Ortega cleared out, only to be caught by Arenas. Then the two Russians broke clear, only to be caught once again by Arenas who then opened a decisive break which she then held to the finish, crossing the line first in 45:57. A fast finishing Ortega came through for second with 46:00 and the two Russians were relegated to third and fourth place. Second blood to the Colombians! Like the first race, the Russians took the Teams Gold so it was now 2 golds to Colombia and 2 golds to Russia. Of our two Australian representatives in the 50 strong field, **Rachel Tallent** finished 21st in 50:24 and **Kristie Goznik** finished 30th in 51:26 – both good walks in tough conditions. The Australian team finished 9th out of 17 teams.

1.	Sandra ARENAS	COL	17-Sep-93	45:57
2.	Alejandra ORTEGA	MEX	08-Jul-94	46:00
3.	Nadezhda LEONTYEVA	RUS	12-Mar-94	46:02
4.	Ekaterina MEDVEDEVA	RUS	29-Mar-94	46:18

5.	Lyudmyla OLYANOVSKA	UKR	20-Feb-93	46:35
6.	Kate VEALE	IRL	05-Jan-94	46:53
7.	Yanxue MAO	CHN	15-Feb-94	47:05
8.	Dandan DUAN	CHN	23-May-95	47:12
9.	Yuanyuan NI	CHN	06-Apr-95	47:49
10.	Alina HALCHENKO	UKR	18-Sep-94	47:52
11.	Kimberly GARCÍA	PER	19-Oct-93	47:56
12.	Katarina STRMENOVA	SVK	25-Jan-93	48:16
13.	Viktoryia RASHCHUPKINA	BLR	23-May-95	48:21
14.	Anna CLEMENTE	ITA	06-Jan-94	48:25
15.	Sandra NEVAREZ	MEX	04-Jan-93	49:03
16.	Amanda CANO	ESP	19-Aug-94	49:11
17.	Yeseida CARRILLO	COL	22-Oct-93	49:28
18.	Alena AZYRKINA	RUS	11-Jul-94	49:32
19.	Laura GARCÍA-CARO	ESP	16-Apr-95	49:44
20.	Eliška DRAHOTOVÁ	CZE	22-Jul-95	50:06
21.	Rachel TALLENT	AUS	20-Feb-93	50:24
22.	Elena POLI	ITA	10-Oct-93	50:28
23.	Heather LEWIS	GBR	25-Oct-93	50:38
24.	Alena STUDENT	BLR	04-Sep-93	50:42
25.	Gamze ÖZGÖR	TUR	29-Oct-94	50:45
26.	Coralie MELLADO	FRA	19-Oct-93	50:47
27.	Gintar VAICIUKEVICIUTĖ	LTU	24-Sep-94	51:09
28.	Mercédes MARTON	HUN	28-Nov-95	51:10
29.	María PÉREZ	ESP	29-Apr-96	51:15
30.	Kristie GOZNIK	AUS	08-May-93	51:26
31.	Karolina WIERUS	POL	21-Jan-93	51:30
32.	Larissa BUENO	BRA	21-May-93	51:33
33.	Marlena CHOJECKA	POL	01-Jan-94	51:46
34.	Barbara KOVÁCS	HUN	26-Jul-93	52:20
35.	Joanna BEMOWSKA	POL	27-Jun-94	52:21
36.	Yesenia MIRANDA	ESA	26-Mar-94	52:27
37.	Elif KOC	TUR	02-Feb-93	52:51
38.	Mara RIBEIRO	POR	01-Jan-95	53:02
39.	Adéla FRYDRYCHOVÁ	CZE	20-Mar-95	53:13
40.	Emilie TISSOT	FRA	11-Apr-93	53:22
41.	Filipa FERREIRA	POR	01-Jan-94	53:32
42.	Alena BEZSILKA	BLR	01-Jan-94	53:40
43.	Erika PARVIAINEN	FIN	09-Sep-95	54:01
44.	Valentyna MYRONCHUK	UKR	10-Aug-94	55:17
45.	Emma PRENDIVILLE	IRL	23-Feb-93	55:31
46.	Radosveta SIMEONOVA	BUL	29-Oct-93	55:36
47.	Maite MOSCOSO	USA	07-Apr-95	56:44
48.	Abigail DUNN	USA	22-Apr-94	59:59
	Tasha WEBSTER	GBR	28-Sep-95	DNF
	Ellie DOOLEY	GBR	06-Oct-95	DNF



Colombian winner Sandra Arenas along with Australians Rachel Tallent and Kristy Goznik

Day 1 – Open Men 20km, 6:15PM, Saturday 12 May

The final event of the day was the Open Men's 20km walk, starting at 6:15PM. By then, much of the course was in shadow and conditions had eased but the race was by no means a cake walk with walkers collapsing throughout the race due to the combined effects of the relentless pace, the ambient temperature and the long rise to be negotiated each lap. And once again, the Russian juggernaut was upset, this time by a lone Chinese walker in Zhen Wang. Walking for nearly the entire race surrounded by a phalanx of Russian singlets, he burst clear with 3km to go, winning with ease in a time of 1:19:13. As is customary for such races, the second half saw a huge negative split after a relatively even paced 40:11 for the first 10km. Four of the next 5 places were taken by Russians, ensuring that they took the Teams Race gold ahead of China and Ukraine who were a revelation on the day.

There was great excitement in the Australian camp as **Chris Erickson** stormed home in 21st place in 1:22:20, a 33 sec PB and an all important Olympic A qualifier. **Adam Rutter** was two places in arrears, finishing 23rd in 1:22:54. With two Olympic A qualifiers under his belt already, the performance of these two walkers should see the final two Olympic 20km berths now firmly in their grasp. **Luke Adams**, already selected for the Olympic 50km team, was next to finish, crossing the line in 1:23:28 for 27th place. These finishes ensured that Australia finished 4th in the Teams Championship, a very good result in what was one of the biggest walking fields ever assembled. 19 year old **Dane Bird-Smith** came in 45th with 1:25:41 after suffering through what was for him a very torrid race and **Rhydian Cowley**, who also had to dig deep, completed the team result with 45th place in 1:32:28.

1.	Zhen WANG	CHN	24-Aug-91	1:19:13
2.	Andrey KRIVOV	RUS	14-Nov-85	1:19:27
3.	Vladimir KANAYKIN	RUS	21-Mar-85	1:19:43
4.	Ruslan DMYTRENKO	UKR	22-Mar-86	1:20:17
5.	Sergey MOROZOV	RUS	21-Mar-88	1:20:26
6.	Andrey RUZAVIN	RUS	28-Mar-86	1:20:37
7.	Nazar KOVALENKO	UKR	09-Feb-87	1:20:38
8.	Eder SÁNCHEZ	MEX	21-May-86	1:20:58
9.	Ding CHEN	CHN	05-Aug-92	1:21:05
10.	Valeriy BORCHIN	RUS	11-Sep-86	1:21:29
11.	Qi ZHAO	CHN	14-Jan-93	1:21:46
12.	Robert HEFFERNAN	IRL	28-Feb-78	1:21:51
13.	Ivan LOSEV	UKR	26-Jan-86	1:21:57
14.	Iñaki GÓMEZ	CAN	16-Jan-88	1:21:58
15.	Rafal FEDACZYNSKI	POL	03-Dec-80	1:22:05
16.	Isamu FUJISAWA	JPN	12-Oct-87	1:22:05
17.	Ivan TROTSKI	BLR	27-May-76	1:22:05
18.	Cao BONFIM	BRA	19-Mar-91	1:22:05
19.	Irfan KOLOTHUM THODI	IND	08-Feb-90	1:22:09
20.	João VIEIRA	POR	20-Feb-76	1:22:11
21.	Chris ERICKSON	AUS	01-Dec-81	1:22:20
22.	Giorgio RUBINO	ITA	15-Apr-86	1:22:42
23.	Adam RUTTER	AUS	24-Dec-86	1:22:54
24.	Babubhai Kesharabhai PANUCHA	IND	10-Aug-78	1:22:56
25.	Bertrand MOULINET	FRA	06-Jan-87	1:22:59
26.	Yuki YAMAZAKI	JPN	16-Jan-84	1:23:19
27.	Luke ADAMS	AUS	22-Oct-76	1:23:28
28.	Gustavo RESTREPO	COL	27-Jul-82	1:23:34
29.	Pedro Daniel GÓMEZ	MEX	31-Dec-90	1:23:40
30.	Hao WANG	CHN	16-Aug-89	1:23:40
31.	James RENDÓN	COL	07-Apr-85	1:23:43
32.	Jarkko KINNUNEN	FIN	19-Jan-84	1:23:43
33.	Jose Leonardo MONTAÑA	COL	21-Mar-92	1:23:45
34.	Surinder SINGH	IND	04-Jul-88	1:24:05
35.	Zelin CAI	CHN	11-Apr-91	1:24:09
36.	Benjamin SÁNCHEZ	ESP	10-Mar-85	1:24:10
37.	Jakub JELONEK	POL	07-Jul-85	1:24:18
38.	Matteo GIUPPONI	ITA	08-Oct-88	1:24:23
39.	Koichiro MORIOKA	JPN	02-Apr-85	1:24:44
40.	Trevor BARRON	USA	30-Sep-92	1:24:54
41.	Francisco ARCILLA	ESP	14-Jan-84	1:25:05
42.	Antonin BOYEZ	FRA	09-Nov-84	1:25:20
43.	Miguel Ángel LÓPEZ	ESP	03-Jul-88	1:25:31
44.	Dane BIRD-SMITH	AUS	15-Jul-92	1:25:41
45.	Dzianis SIMANOVICH	BLR	20-Apr-87	1:25:41
46.	Andrei TALASHKA	BLR	31-May-82	1:25:51
47.	Jonathan RIECKMANN	BRA	20-Aug-87	1:25:52
48.	Riccardo MACCHIA	ITA	27-Mar-90	1:26:10
49.	David MEJIA	MEX	07-Dec-86	1:26:11
50.	Luis Fernando LÓPEZ	COL	03-Jun-79	1:26:14
51.	Edward ARAYA	CHI	14-Feb-86	1:26:14

52.	Isaac PALMA	MEX	26-Oct-90	1:26:25
53.	Rolando SAQUIPAY	ECU	21-Jul-79	1:26:37
54.	Alex WRIGHT	GBR	19-Dec-90	1:26:38
55.	Vitali TALANKOU	BLR	29-Apr-82	1:26:43
56.	Ihor LYASHCHENKO	UKR	24-Aug-93	1:26:49
57.	Ever PALMA	MEX	18-Mar-92	1:26:56
58.	Marcel LEHMBERG	GER	01-Jan-92	1:27:06
59.	Perseus KARLSTRÖM	SWE	02-May-90	1:27:14
60.	Hirooki ARAI	JPN	18-May-88	1:27:17
61.	Mauricio ARTEAGA	ECU	08-Aug-88	1:27:19
62.	Vito DI BARI	ITA	19-Nov-90	1:27:26
63.	Máté HELEBRANDT	HUN	12-Jan-89	1:27:39
64.	Brendan BOYCE	IRL	15-Oct-86	1:27:46
65.	Aliaksandr LIAKHOVICH	BLR	04-Jul-89	1:27:51
66.	Predrag FILIPOVIC	SRB	05-Oct-78	1:27:56
67.	Andriy KOVENKO	UKR	25-Nov-73	1:28:04
68.	Juan Manuel CANO	ARG	12-Dec-87	1:28:12
69.	Antti KEMPAS	FIN	03-Oct-80	1:28:20
70.	Kevin CAMPION	FRA	23-May-88	1:28:29
71.	Cedric HOUSSAYE	FRA	13-Dec-79	1:28:33
72.	Tom BOSWORTH	GBR	17-Jan-90	1:28:45
73.	Hagen POHLE	GER	05-Mar-92	1:28:58
74.	Hédi TERAOUÏ	TUN	10-Nov-89	1:29:05
75.	Jose Leonardo RUBIO	ECU	12-Apr-88	1:29:31
76.	Karel KETNER	CZE	11-Apr-90	1:29:44
77.	Lebogang SHANGE	RSA	01-Aug-90	1:30:05
78.	Ronal QUISPE	BOL	05-Mar-88	1:30:06
79.	Sándor RÁCZ	HUN	14-Sep-86	1:30:09
80.	Yerko ARAYA	CHI	14-Feb-86	1:30:24
81.	Creighton CONNOLLY	CAN	02-Aug-88	1:30:49
82.	Thami HLATSHWAYO	RSA	20-Jul-82	1:30:58
83.	Dawid WOLSKI	POL	15-Jun-89	1:31:17
84.	Allan SEGURA	CRC	23-Dec-80	1:31:21
85.	Benjamin THORNE	CAN	19-Mar-93	1:31:26
86.	Vahid SEPAHI BADJANI	IRI	30-Mar-85	1:31:31
87.	Daniel VOIGT	BRA	02-Jul-84	1:31:47
88.	Moustafa GHODAIA	EGY	15-Oct-87	1:32:01
89.	Wayne SNYMAN	RSA	08-Mar-85	1:32:16
90.	Rhydian COWLEY	AUS	04-Jan-91	1:32:28
91.	Aleksi OJALA	FIN	09-Dec-92	1:33:32
92.	Ebrahim RAHIMIAN	IRI	29-Jun-81	1:33:47
93.	Pierre DE VILLIERS	RSA	18-Aug-85	1:34:03
94.	Ben WEARS	GBR	04-Jul-90	1:34:18
95.	Choon Sieng LO	MAS	16-Nov-85	1:34:26
96.	Armond NEL	RSA	19-Aug-90	1:35:14
97.	Kemal GELECEK	TUR	01-Jan-90	1:37:17
98.	Patrick STROUPE	USA	11-Oct-84	1:37:59
99.	Lauri LELUMÉES	EST	23-Apr-78	1:39:17
100.	Serkan DOGAN	TUR	01-Jan-92	1:41:16
101.	Nicholas CHRISTIE	USA	29-Sep-91	1:41:48
102.	Bruno CARRIÈRE	CAN	14-May-92	1:43:28
103.	Dan SERIANNI	USA	28-Sep-90	1:45:02
104.	Ali ISMAIL	LIB	20-Dec-84	1:45:18
	Bozhidar VASILEV	BUL	30-May-89	1:46:01
	Edmund SIM	SIN	24-Sep-83	DNF
	Shukhrat IRMATOV	TJK	08-Apr-93	DNF
	Husam ABUNUSAIR	PLE	08-Jul-91	DNF
	Moacir ZIMMERMANN	BRA	30-Dec-83	DQ
	Erick BARRONDO	GUA	14-Jun-91	DQ
	Maniram PATEL	IND	16-Sep-91	DQ
	Edwin OCHOA	ECU	24-Aug-87	DQ
	Harold VAN BEEK	NED	14-Apr-62	DQ
	Timothy SEAMAN	USA	14-May-72	DQ
	Recep ÇELİK	TUR	10-Jun-83	DNF
	Patryk ROGOWSKI	POL	11-Apr-89	DNF
	Marius ŽIUKAS	LTU	29-Jun-85	DNF
	Sérgio VIEIRA	POR	20-Feb-76	DNF
	Dawid TOMALA	POL	27-Aug-89	DNF
	Hassanine SEBEI	TUN	21-Jan-84	DNF

Evan DUNFEE	CAN	28-Sep-90	DNF
Yuri TATARCIUC	MDA	20-Sep-83	DNF
Veli-Matti PARTANEN	FIN	28-Oct-91	DNF
Alberto AMEZCUA	ESP	10-May-92	DNF

And what of the course – the results indicate that the rise each lap, combined with the ambient temperature, made it tough with times slower than expected across the board in all three events.

At the close of Day One, it was Russia with 3 Team golds but no individual golds. Yes, Russia is still the world's Number One walking nation by the proverbial mile but other countries are now producing their own champions who can challenge and win out on their day. This can only be good for the sport.



Wang Zeng battles out the finish with Andrey Krikov



Chris Erickson



Adam Rutter



Luke Adams, Dane Bird-Smith and Rhydian Cowley

Day 2 – Open Men 50km, 8:30AM, Sunday 13 May

The Men's 50km was the first of two events for the day, commencing at 8:30AM in bright morning sunshine and a rapidly rising temperature. As expected in such conditions, the attrition rate was huge with one third of the field failing to finish. However, the small and select group that peeled off the front were unfazed, reeling off lap after lap at a consistently fast pace. The group was high quality indeed – defending bronze medallist **Jared Tallent** of Australia, Chinese Jianguo Zhao and former IAAF World Champion Sergey Kirdyapkin and his Russian team mates Igor Erokhin, Sergey Bakulin, Ivan Noskov and Mikhail Ryzhov.

When Zhao dropped after 20km, it was left to Jared to fight it out with the sea of red Russian vests. With the halfway mark reached in 1:49:20, the group was reduced to three – Jared, Bakulin and Erokhin. Kirdapkin soon bridged the gap and surged to the lead. The

group was soon down to three once again as Bakulin flagged and thus it stayed until the 41km mark when the Russians applied the screws even further, dropping Jared bit by bit.

It all came down to a final sprint between Erokhin and Kirdyapkin and it was the older IAAF World Championship dual gold medallist who won out by the narrowest of margins, 3:38:08 to 3:38:10. Jared walked through strongly to take third with 3:40:32, a superb time in the conditions. Unsurprisingly, with three in the first five, Russia topped the team podium again with China taking silver and Ukraine taking bronze. **Ian Rayson**, the second Australian in this event, was one of the many who found the going tough, withdrawing in his case just before the 30km mark.

Some performances deserve special mention. German walker **Christopher Linke** surged from 17th to 6th place in the final 9km as he latched onto the Russian pair as they started their sprint for home. Despite being a lap down, he went with them for the remainder of their race, passing 11 other finishers along the way to record 3:47:33. Similarly, Spanish walker **Jesus Angel Garcia**, who will be 43 in October, fought his way through the field in customary punching style to post a stunning 3:48:15 for seventh. **Colin Griffin** put the heartache of recent qualification bids to rest, achieving the Olympic Standard with a 15th place finish in 3:52:55. He was on two warnings after 10km but maintained his composure and got through unscathed. Another now on his way to the London Olympics is South African walker **Marc Mundell** who finished in 26th place with 3:57:57 to set a new African Area record.

1.	Sergey KIRDYAPKIN	RUS	18-Jun-80	3:38:08
2.	Igor EROKHIN	RUS	04-Sep-86	3:38:10
3.	Jared TALLENT	AUS	17-Oct-84	3:40:32
4.	Tianfeng SI	CHN	17-Jun-84	3:43:05
5.	Sergey BAKULIN	RUS	13-Nov-86	3:46:14
6.	Christopher LINKE	GER	24-Oct-88	3:47:33
7.	Jesús Ángel GARCÍA	ESP	17-Oct-69	3:48:15
8.	Faguang XU	CHN	17-May-87	3:48:47
9.	Marco DE LUCA	ITA	12-May-81	3:49:50
10.	Rafal AUGUSTYN	POL	14-May-84	3:49:53
11.	Oleksiy KAZANIN	UKR	22-May-82	3:50:17
12.	Horacio NAVA	MEX	20-Jan-82	3:51:23
13.	Ihor HLAVAN	UKR	25-Sep-90	3:51:24
14.	Rafal SIKORA	POL	17-Feb-87	3:51:43
15.	Colin GRIFFIN	IRL	03-Aug-82	3:52:55
16.	Serhiy BUDZA	UKR	06-Dec-84	3:53:02
17.	Jos LEYVER	MEX	12-Nov-85	3:53:38
18.	Mikhail RYZHOV	RUS	17-Dec-91	3:53:49
19.	Oleksiy SHELEST	UKR	27-Mar-73	3:54:52
20.	Ivan NOSKOV	RUS	16-Jul-88	3:55:16
21.	Chil-sung PARK	KOR	08-Jul-82	3:55:24
22.	Dong-young KIM	KOR	06-Mar-80	3:56:12
23.	Clemente GARCÍA	MEX	21-Aug-89	3:57:18
24.	Zhide CUI	CHN	11-Jan-83	3:57:23
25.	Marius COCIORAN	ROU	10-Jul-83	3:57:55
26.	Marc MUNDELL	RSA	07-Jul-83	3:57:57
27.	Pedro ISIDRO	POR	17-Jul-85	3:58:00
28.	Teodorico CAPORASO	ITA	14-Sep-87	3:59:19
29.	Fredy HERNÁNDEZ	COL	25-Apr-78	4:00:22
30.	Oleksandr VENHLOVSKYY	UKR	05-Aug-85	4:00:55
31.	Mario Jos DOS SANTOS JR	BRA	10-Sep-79	4:02:09
32.	Basanta Bahadur RANA	IND	18-Jan-84	4:02:13
33.	Mikel ODRIOZOLA	ESP	25-May-73	4:03:19
34.	Omar ZEPEDA	MEX	08-Jun-77	4:03:35
35.	Rodrigo MORENO	COL	29-Apr-66	4:03:38
36.	Kumar SANDEEP	IND	01-May-86	4:03:45
37.	Dzmitry DZIUBIN	BLR	12-Jul-90	4:03:53
38.	Andrei STSEPANCHUK	BLR	12-Jun-79	4:04:02
39.	Xavier LE COZ	FRA	30-Dec-79	4:05:06
40.	Luis Manuel CORCHETE	ESP	14-May-84	4:06:07
41.	Anatole IBAÑEZ	SWE	14-Nov-85	4:06:12
42.	Se-han OH	KOR	17-Nov-88	4:06:27
43.	Tadas ŠUŠKEVICIUS	LTU	22-May-85	4:06:29
44.	David Cristian BERDEJA	MEX	21-Jun-81	4:06:55
45.	Alejandro Francisco FLOREZ	SUI	11-May-71	4:07:36
46.	Dionisio VENTURA	POR	13-Dec-79	4:10:27
47.	Vitaliy ANICHKIN	KAZ	11-Nov-88	4:10:30
48.	Luis GIL	POR	06-Apr-75	4:11:47
49.	Herve DAVAUX	FRA	22-Aug-78	4:12:39
50.	Pavel YAROKHAU	BLR	21-Jul-82	4:12:40
51.	Dominic KING	GBR	30-May-83	4:13:25
52.	Georgiy SHEIKO	KAZ	24-Aug-89	4:13:58
53.	Dušan MAJDAN	SVK	08-Sep-87	4:14:15

54.	Lorenzo DESSI	ITA	04-May-89	4:14:56
55.	Abdinur ALIBEK	KAZ	28-Mar-87	4:14:57
56.	Dzmitry HAMZUNOU	BLR	29-Apr-88	4:15:51
57.	Chandan SINGH	IND	08-Jun-87	4:16:23
58.	Lukás GDULA	CZE	06-Dec-91	4:17:05
59.	Miguel Angel PRIETO	ESP	20-Sep-64	4:19:52
60.	Maik BERGER	GER	17-Feb-79	4:20:38
61.	Daniel KING	GBR	30-May-83	4:20:49
62.	Gurpreet SINGH	IND	09-Jul-84	4:21:19
63.	Jean-Jacques NKOULOUKIDI	ITA	15-Apr-82	4:21:46
64.	Federico TONTODONATI	ITA	30-Oct-89	4:22:26
65.	Jérome CAPRICE	MRI	18-Jan-83	4:22:49
66.	Dzianis KRAUCHUK	BLR	17-Apr-87	4:23:08
67.	Mario Alfonso BRAN	GUA	17-Oct-89	4:23:42
68.	Junghyun YIM	KOR	08-Sep-87	4:24:35
69.	Zoltán CZUKOR	HUN	18-Dec-62	4:26:17
70.	Edgar CUDCO	ECU	01-Sep-83	4:32:20
71.	Margus LUIK	EST	11-Jan-80	4:38:37
72.	Fabio GONZÁLEZ	ARG	30-Jun-83	4:42:40
	Fabio RUZZIER	SLO	21-Jan-53	DNF
	Albert MUKWA NGAMBENE	COD	05-Jan-80	DNF
	Andreas GUSTAFSSON	SWE	10-Aug-81	DQ
	Andrés CHOCHO	ECU	04-Nov-83	DQ
	Håvard HAUKENES	NOR	22-Apr-90	DQ
	Artur BRZOZOWSKI	POL	29-Mar-85	DNF
	Arnis RUMBENIEKS	LAT	04-Apr-88	DNF
	Vladimir SAVANOVIC	SRB	12-Jun-85	DNF
	Vjaceslavs GRIGORJEVS	LAT	17-Jul-73	DNF
	Bernardo CALVO	CRC	19-Dec-83	DNF
	Ian RAYSON	AUS	04-Feb-88	DNF
	Ricard REKST	LTU	10-Oct-87	DNF
	Lukasz NOWAK	POL	18-Dec-88	DNF
	Anibal PAAU	GUA	12-Jan-87	DNF
	Michael DOYLE	IRL	17-May-87	DNF
	Jianbo LI	CHN	14-Nov-86	DNF
	Jianguo ZHAO	CHN	19-Jan-88	DNF
	Anatolij KRAKHMALOV	KAZ	08-Sep-86	DNF
	Chokirjon IRMATOV	TJK	13-Apr-67	DNF
	Pedro MARTINS	POR	12-Jan-68	DNF
	Augusto CARDOSO	POR	13-Dec-70	DNF
	Grzegorz SUDOL	POL	28-Aug-78	DNF
	Nenad FILIPOVIC	SRB	05-Oct-78	DNF
	Juan Manuel MOLINA	ESP	15-Mar-79	DNF
	André HÖHNE	GER	10-Mar-78	DNF
	Jamie COSTIN	IRL	01-Jun-77	DNF
	Róbert TUBAK	HUN	01-Mar-79	DNF
	Magno Mesias ZAPATA	ECU	08-Jan-81	DNF
	Hyunsub KIM	KOR	31-May-85	DNF
	Jaime QUIYUCH	GUA	24-Apr-88	DNF
	Janis STRAUTINS	LAT	18-Jun-89	DNF
	Vilius MIKELIONIS	LTU	05-Mar-85	DNF
	Jonnathan CACERES	ECU	20-Jan-90	DNF
	Fedosei CIUMACENCO	MDA	27-Jan-73	DNF
	Benjamin SHOREY	USA	11-Mar-83	DNF
	Xavier MORENO	ECU	15-Nov-79	DNF
	Carsten SCHMIDT	GER	29-May-86	DNF
	Erich CORDERO	USA	08-Jul-75	DNF



Jared battles it out with the Russians – eventual winner Sergey Kirdyapkin is second from left

Ian Rayson



Left: Legendary 50km walker Jesus Garcia on his way to seventh place
 Centre: Colin Griffin and Marc Mundell both broke the Olympic qualifying mark of 3:58:00
 Right: Claire, Jared and Rachel Tallent after Jared's medal presentation

Day 2 – Open Women 20km, 1:20PM, Sunday 13 May

The final event of the weekend was the Open Women's 20km Championship which kicked off at 1:20PM in bright sunshine and a temperature around 30C. Australia had high expectations with a strong team of four and it looked promising as **Claire Tallent** started aggressively, the only foreigner to challenge the Russian juggernaut. At the 5km mark, it was a group of 6 – Claire alongside the 5 Russians and making the pace. By the 10km mark, passed in 44:33, Claire was still part of what was now a group of 4 and still walking an inspired race. There was great disappointment in the Australian camp when she was disqualified just before the 14km mark when holding 4th spot and well clear of any chasers.

It was left to the Russians to fight out the final placings with favourite Olga Kaniskina suffering a surprise defeat at the hands of team mate Elena Lashmanova, 1:27:38 to 1:28:33. Spanish walker Marie Poves came through strongly to take third in 1:29:10. The only other walker to break 90 minutes was Chinese Xiazhi Lu. And Sergey Kirdyapkin's wife Anisya Kirdyapkina came 6th to complete the marital stakes! Not surprisingly, Russia won the Teams Championship easily from Spain and China.

Regan Lamble was the first and only Australian to finish, finishing strongly to take 24th with 1:34:34. **Beki Lee**, like Claire, was disqualified and **Nicole Fagan** was forced to retire around the 8km mark after collapsing in the conditions. Overall, conditions took their toll with only 88 finishers from the 109 starters.



Left: Beki and Regan keep cool before the race
Right: The top Russian Team trio - Olga Kaniskina, Elena Lashmanova and Anisya Kirdyapkina win team gold



Regan Lamble, Beki Lee, Claire Tallent and Nicole Fagan in action

1.	Elena LASHMANOVA	RUS	09-Apr-92	1:27:38
2.	Olga KANISKINA	RUS	19-Jan-85	1:28:33
3.	María José POVES	ESP	16-Mar-78	1:29:10
4.	Xiuzhi LU	CHN	26-Oct-93	1:29:55
5.	Beatriz PASCUAL	ESP	09-May-82	1:30:46
6.	Anisya KIRDYAPKINA	RUS	23-Oct-89	1:31:00
7.	Elisa RIGAUDO	ITA	17-Jun-80	1:31:25
8.	Olive LOUGHNANE	IRL	14-Jan-76	1:31:32
9.	Ana CABECINHA	POR	29-Apr-84	1:31:42
10.	Inês HENRIQUES	POR	01-May-80	1:31:43
11.	Júlia TAKÁCS	ESP	29-Jun-89	1:32:05
12.	Claudia STEF	ROU	25-Feb-78	1:32:15
13.	Olena SHUMKINA	UKR	24-Jan-88	1:32:19
14.	Eleonora GIORGI	ITA	14-Sep-89	1:32:57
15.	Shenjie QIEYANG	CHN	11-Nov-90	1:33:00
16.	Ni GAO	CHN	14-May-90	1:33:04
17.	Vera SANTOS	POR	03-Dec-81	1:33:08
18.	Kumi OTOSHI	JPN	29-Jul-85	1:33:09
19.	Melanie SEEGER	GER	08-Jan-77	1:33:24
20.	Olha IAKOVENKO	UKR	01-Jun-87	1:33:29
21.	Federica FERRARO	ITA	18-Aug-88	1:33:41
22.	Irina YUMANOVA	RUS	09-Apr-90	1:34:17

23.	Jingjing NIE	CHN	01-Mar-88	1:34:30
24.	Regan LAMBLE	AUS	14-Oct-91	1:34:34
25.	Mayra HERRERA	GUA	20-Dec-88	1:34:46
26.	Lucie PELANTOVÁ	CZE	07-May-86	1:34:48
27.	Kristina SALTANOVIC	LTU	20-Feb-75	1:35:32
28.	Ingrid HERNÁNDEZ	COL	29-Nov-88	1:35:43
29.	Claudia BALDERRAMA	BOL	13-Nov-83	1:35:54
30.	Arabelly ORJUELA	COL	24-Jul-88	1:36:14
31.	Paulina BUZIAK	POL	16-Dec-86	1:36:17
32.	Nadiya BOROVSKA	UKR	25-Feb-81	1:36:27
33.	Hanna DRABENIA	BLR	15-Aug-87	1:36:43
34.	Sylwia KORZENIOWSKA	FRA	25-Apr-80	1:36:53
35.	Laura REYNOLDS	IRL	21-Jan-89	1:37:06
36.	Agnieszka SZWARNÓG	POL	28-Dec-86	1:37:14
37.	Ana RODEAN	ROU	23-Jun-84	1:37:23
38.	Erica DE SENA	BRA	03-May-85	1:37:44
39.	Laura POLLI	SUI	07-Sep-83	1:38:01
40.	Anita KAŽEMAKA	LAT	30-May-90	1:38:04
41.	Brigita VIRBALYTĖ	LTU	01-Feb-85	1:38:25
42.	Johanna JACKSON	GBR	17-Jan-85	1:38:29
43.	Sandra GALVIS	COL	28-Jan-86	1:38:34
44.	Sniazhana YURCHANKA	BLR	01-Aug-84	1:38:37
45.	Milángela ROSALES	VEN	21-Feb-87	1:38:43
46.	Rachel SEAMAN	CAN	14-Jan-86	1:38:44
47.	Anne HALKIVAHA	FIN	09-Feb-86	1:39:08
48.	Paola PÉREZ	ECU	21-Dec-89	1:39:11
49.	Miranda MELVILLE	USA	20-Mar-89	1:39:14
50.	Ana Maria GROZA	ROU	01-Jun-76	1:39:16
51.	Edina FÜSTI	HUN	24-Jun-82	1:39:22
52.	Maritza GUAMÁN	ECU	15-Jan-88	1:39:31
53.	Neringa AIDIETYTE	LTU	05-Jun-83	1:39:34
54.	Nastassia YATSEVICH	BLR	18-Jan-85	1:39:56
55.	Antonella PALMISANO	ITA	06-Aug-91	1:40:17
56.	Katarzyna KWOKA	POL	29-Jun-85	1:40:35
57.	Lorena LUACES	ESP	29-Feb-84	1:40:47
58.	Yadira GUAMÁN	ECU	08-Jun-86	1:41:31
59.	Mónica EQUIHUA	MEX	23-Sep-82	1:41:34
60.	Marie POLLI	SUI	28-Nov-80	1:42:03
61.	Erin GRAY	USA	15-Mar-87	1:42:16
62.	Karoliina KAASALAINEN	FIN	01-Apr-88	1:42:27
63.	Nicola EVANGELISTA	CAN	14-Jun-88	1:42:37
64.	Inès PASTORINO	FRA	20-Oct-92	1:42:40
65.	Susana FEITOR	POR	28-Jan-75	1:42:48
66.	Monika KAPERÁ	POL	15-Feb-90	1:43:22
67.	Maria CZAKOVÁ	SVK	02-Oct-88	1:43:30
68.	Handan KOCYIGIT	TUR	05-Mar-85	1:43:47
69.	Anne-Gaëlle RETOUT	FRA	15-Aug-80	1:43:59
70.	Khushbir KAUR	IND	09-Jul-93	1:44:07
71.	Georgiana ENACHE	ROU	19-Feb-91	1:44:16
72.	Lauren FORGUES	USA	16-Apr-88	1:44:31
73.	Rei INOUE	JPN	23-Jul-91	1:45:04
74.	Kristine PLATACE	LAT	11-Jan-90	1:45:29
75.	Magaly BONILLA	ECU	08-Feb-92	1:46:03
76.	Kathleen BURNETT	USA	07-Oct-88	1:46:11
77.	Violaine AVEROUS	FRA	15-Mar-85	1:46:45
78.	Chaima TRABELSI	TUN	11-Mar-82	1:47:40
79.	Alina MATVEYUK	BLR	29-Jul-90	1:48:21
80.	Florida MINYANOVA	KAZ	01-Jul-92	1:48:49
81.	8 Viktória MADARÁSZ	HUN	12-May-85	1:49:05
82.	Siu Nga CHING	HKG	11-Feb-87	1:49:30
83.	Anett TORMA	HUN	02-Sep-84	1:50:04
84.	Amandine MARCOU	FRA	26-Apr-92	1:50:40
85.	Polina REPINA	KAZ	29-Jun-90	1:51:56
	Gehad MESHREF	EGY	23-May-90	DNF
	Maarika TAUKUL	EST	05-Feb-85	DNF
	Linda VÍTOVÁ	CZE	13-Oct-93	DNF
	Sibilla DI VINCENZO	ITA	22-Jan-83	DQ
	Claire TALLENT	AUS	06-Jul-81	DQ
	Beki LEE	AUS	25-Nov-86	DQ

Mirna ORTÍZ	GUA	28-Feb-87	DQ
Oifa LAFI	TUN	16-Sep-86	DQ
Semiha MUTLU	TUR	15-Mar-87	DNF
Sonata MILUŠAUSKAITĖ	LTU	31-Aug-73	DNF
Nicole FAGAN	AUS	24-Jul-89	DNF
Sabine KRANTZ	GER	06-Feb-81	DNF
Galina KICHIGINA	KAZ	14-Jul-88	DNF
Zuzana SCHINDLEROVÁ	CZE	25-Apr-87	DNF
Agnieszka DYGACZ	POL	18-Jul-85	DNF
María VASCO	ESP	26-Dec-75	DNF
Nataliya ZHORNYAK	UKR	26-May-89	DNF
Olena SHEVCHUK	UKR	23-Mar-86	DNF
Elmira ALEMBEKOVA	RUS	30-Jun-90	DNF
Solomiya LOGIN	USA	09-Apr-80	DNF

Summary

If there were a few chinks visible in the Russian armour on Day One of the World Race Walking Cup, they were well and truly cemented over on Day Two as the home team dominated, winning 4 of the 6 individual medals on offer and both teams races. So in the end, Russia dominated just as they did two years ago, confirming their spot as the dominant racewalking force in the world in terms of both quality and quantity. China was strong as expected as was Colombia who have quickly become a force with which to be reckoned. The surprise of the weekend was Ukraine who took three bronze medals in the Teams events – Men’s 20km, Men’s 50km and Junior Women’s 10km. There’s a new kid on the block!

For Australia, the highlights came in triplicate

- The 3 Junior boys who all did PBs in their 10km event
- The Open Men 20km team who came 4th in their Teams event
- Jared Tallent who medalled yet again, this time in the 50km event.

And finally a few links that are definitely worth a read:

The next World Walking Cup will be held in Taicang, China, in May 2014 and the Australians will be back again to test themselves against the best in the world.



Australian Team

Back: Dane Bird-Smith, Jared Tallent, Rhydian Cowley, Simon Baker, Brent Vallance, Ian Rayson

Middle: Ben RaySmith, Adam Rutter, Nathan Brill, Blake Steele, Jesse Osborne, Chris Erickson

Front: Regan Lamble, Beki Lee, Kristie Goznik, Rachel Tallent, Nicole Fagan, Claire Tallent

Missing: Luke Adams, Simone Wolowiec

RUSSIAN SUMMER RACE WALKING CHAMPIONSHIPS, MOSCOW, 10-11 JUNE 2012

The Russian Summer Roadwalking championships were held last weekend in Moscow (on the same course as the 1980 Olympics, starting and finishing in the stadium) and the competition was fierce. The first two Russian Olympic team spots in each of the 3 Olympic walks had been granted to the current Olympic champions and to the winners of this year's World Cup events in Saransk. The remaining third spots were up for grabs and had been set aside for the winners of these championships.

So Yelena Lashmanova and Olympic 20km champion Olga Kaniskina already had tickets to London along with Andrei Krivov and Olympic champion Valeriy Borchin in the men's 20km while the first two Russian 50km spots had been allocated to world champions Sergei Kirdyapkin and Sergei Bakulin.

The Open winners last weekend were Sergey Morozov 1:19:49, Yuri Andronov 3:40:44 and Anisya Kirdyapkina 1:27:43 so they will all now be nominated alongside their compatriots to complete an awesome Russian walks team. Kirdyapkina will join her husband Sergei Kirdyapkin in London and they will make history if both can medal in their respective walking events.

The Junior wins went to Pawel Parshin 41:14.73 and Yekaterina Medvedeva 44:30.49 while the Youth wins went to Nikolay Markov 42:43.71 with Olga Shargina 22:30.40 (5000m). The junior and youth competition, were also trials for World Junior Championships in Barcelona, were held in rainy conditions. And I do mean rainy - check out this photo



Wet for the junior walks in Moscow (photo from <http://eng.rusathletics.com/sor/calendar.2651.htm#event-tabs-photos>)

As an added point of interest Andronov (born 06.11.71) has bettered the M40 50km World Record by over 7 minutes. The current best is held by Jesus Angel Garcia with 3:47:56 (Barcelona in 2010) but Andronov's 3:40:44 takes the event to a whole new level. I have sourced the following results from <http://eng.rusathletics.com/sor/calendar.2651.htm>

20km Men

1.	Sergey Morozov	RUS	1:19:49
2.	Andrei Ruzavin	RUS	1:20:48
3.	Denis Strelkov	RUS	1:21:11
4.	Pyotr Bogatyryov	RUS	1:21:59
5.	Pyotr Trofimov	RUS	1:22:39
6.	Valeriy Filipchuk	RUS	1:23:54
7.	Aleksey Golovin	RUS	1:24:01

50km Men

1.	Yuri Andronov	RUS	3:40:44
2.	Konstantin Maksimov	RUS	3:48:16
3.	Aleksandr Yargunkin	RUS	3:50:50
4.	Aleksey Khimin	RUS	3:54:30
5.	Semen Lovkin	RUS	3:57:32
6.	Sergei Korepanov	RUS	4:04:14
7.	Aleksei Bartsaikin	RUS	4:08:43
8.	Konstantin Kulagov	RUS	4:19:56
9.	Sergey Melentyev	RUS	4:21:38
10.	Roman Yarkin	RUS	4:25:24
11.	Aleksey Terentyev	RUS	4:27:51

20km Women

1.	Anisya Kirdyapkina	RUS	1:27:43
2.	Vera Sokolova	RUS	1:28:06
3.	Marina Pandakova	RUS	1:28:47
4.	Nina Okhotnikova	RUS	1:28:49
5.	Svetlana Vasilieva	RUS	1:29:42
6.	Anna Lukyanova	RUS	1:31:41
7.	Tatiana Korotkova	RUS	1:32:17
8.	Lina Bikulova	RUS	1:32:43
9.	Irina Shushina	RUS	1:32:44
10.	Natalya Kholodilina	RUS	1:33:20
11.	Natalya Makarova	RUS	1:34:02
12.	Natalya Serezhkina	RUS	1:36:14
13.	Yelena Zubakina	RUS	1:38:46

10,000m U20 Women (born 1993 or 1994)

1.	Ekaterina Medvedeva	RUS	44.30,49
2.	Olga Dubrovina	RUS	44.42,28
3.	Anna Ermina	RUS	46.11,46

10,000m U20 Men (born 1993 or 1994)

1.	Pavel Parshin	RUS	41.14,73
2.	Aleksandr Pickalov	RUS	41.26,37
3.	Evgeniy Nushtaev	RUS	41.41,19

5000m U18 Women (born 1995 or 1996)

1.	Olga Shargina	RUS	22.30,40
2.	Oksana Goliatkina	RUS	22.38,93
3.	Klavdia Afanasjeva	RUS	22.40,46

10,000m U18 Men (born 1995 or 1996)

1.	Nikolay Markov	RUS	42.43,71
2.	Denis Tolstov	RUS	42.50,54
3.	Maksim Krasnov	RUS	43.55,67

IAAF CHALLENGE WALKS, LA CORUNA, SPAIN, SATURDAY 9 JUNE

China's Li Jianbo and Hong Liu captured their respective 20km victories to highlight the 26th Gran Premio Cantones de Marcha – the Spanish leg in the 2012 IAAF Race Walking Challenge, held last Saturday in Spain on a cloudy and ideal racing day. While the 25-year-old Jianbo's victory came by surprise, Liu dominated the race from the early stages to easily confirm her supremacy. To the delight of the large home crowd assembled there were no less than three Spaniards on the podium overall. I will use Emeterio Valiente's report from the IAAF website (see <http://www.iaaf.org/Mini/WRC12/News/NewsDetail.aspx?id=65268>). Full results can be found at <http://www.all-athletics.com/en-us/node/598964>.

Men's race – Wang DNF but China reigns thanks to Jianbo

Over the 1km-long flat circuit, the men's contest opened quite fast thanks to the early pace set by the strongest walker in the line-up, China's Zhen Wang, fresh from a commanding win at the World Cup in Saransk. Wang pulled away with ease inside the second kilometre to build a clear lead by the 5000-metre point. By halfway, the chasing pack was formed by no fewer than ten men although the Chinese pair of Wei Yu and Li Jianbo, Italy's Giorgio Rubino and Spain's Miguel Ángel López were doing most of the pacing work. The big surprise came in the 14th kilometre when Wang dropped out. Such was his advantage by then – over one minute – that his chasers realized they became the leaders only when the announcer provided that information. Jianbo's front walking paid finally dividends with some 3000 metres to go when he changed gear to leave the others behind; while Rubino lost any chance of winning soon Wei and López fought hard over the closing kilometres. At the finish line Jianbo was timed 1:20:55 to López's 1:20:59, a career best for him, who managed to get rid of Wei inside the last kilometre.

"It's my first 20km Walk Race this season and this win means an enormous morale booster for the Olympic Games," the victor said. "I'll now go straight to the Olympics, no more races until then."

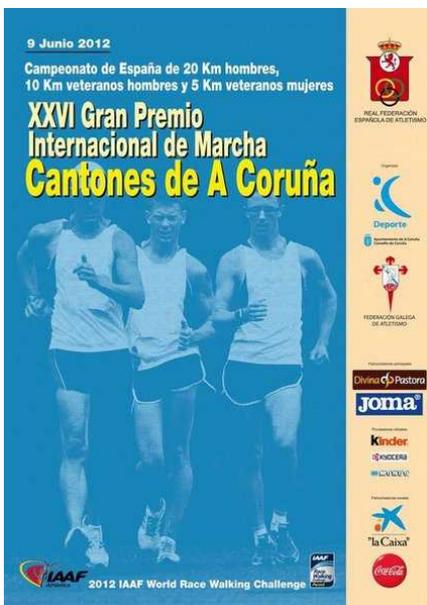
As for the 2009 European U-23 champion López, he took the Spanish title at stake, lowered his best ever performance by 42 seconds although "the most remarkable achievement today has been to place second at an IAAF meeting," he said. The 24-year-old added: "It would be great to be on the top-ten at the Olympics."

1.	Jianbo LI	CHN	86	1:20:55
2.	Miguel Angel LOPEZ	ESP	88	1:20:59
3.	Yu WEI	CHN	87	1:21:04
4.	Giorgio RUBINO	ITA	86	1:21:30
5.	Matteo GIUPPONI	ITA	88	1:22:07
6.	Tianfeng SI	CHN	84	1:23:14
7.	Pedro Daniel GÓMEZ	MEX	90	1:23:21
8.	Kevin CAMPION	FRA	88	1:23:29
9.	Luis Fernando LÓPEZ	COL	79	1:23:41
10.	Caio Oliveira DE SENA BONFIM	BRA	91	1:23:53
11.	Luis CORCHETE	ESP	84	1:23:53
12.	Evan DUNFEE	CAN	90	1:24:21
13.	Francisco ARCILLA	ESP	84	1:24:48
14.	Tom BOSWORTH	GBR	90	1:24:49
15.	Hagen POHLE	GER	92	1:25:20
16.	Hiroki ARAI	JPN	88	1:25:43
17.	Jesús Ángel GARCÍA	ESP	69	1:25:50
18.	Maik BERGER	GER	79	1:26:21
19.	Herve DAVAUX	FRA	78	1:26:35
20.	Carl DOHMANN	GER	90	1:26:51
21.	Marcel LEHMBERG	GER	92	1:26:57
22.	Zongliang CHEN	CHN	92	1:27:09
23.	Alvaro GARCÍA	MEX	83	1:27:10
24.	Wayne SNYMAN	RSA	85	1:27:54
25.	Lebogang SHANGE	RSA	90	1:28:00
26.	Takafumi HIGUMA	JPN	82	1:29:17
27.	José Ignacio ALEDO ROMERA	ESP	79	1:29:36
28.	Mikel ODRIOZOLA	ESP	73	1:30:12
29.	Mario SILLERO	ESP	90	1:31:59

Women's race - Liu impresses, Pascual surprises

In contrast to the men's event, the women's race had no drama to find the identity of the winner as the in-form Chinese Hong Liu proved to be in stellar fitness. In addition, she had the help provided by her compatriots Huiquin Ding and Huanhuan Sun, who made the early pace. Spain's María Vasco was the Chinese trio's closest pursuer and she overtook Ding before halfway and Sun some 11km into the race. Liu's margin over the experienced Vasco was not particularly broad (10 seconds) but the Spaniard began to fade with 5000 metres left and it became clear then that Liu would be the eventual winner barring disaster. The attention turned to the other podium places where Spain's Beatriz Pascual – a brilliant victor in La Coruña a couple of years ago – travelled in fifth inside the closing quarter of the competition but she first passed Germany's Sabine Krantz, later Pascual overtook her fellow Spaniard Julia Takacs to finally catch Vasco to take second well behind Liu (1:27:32 and 1:29:53 their respective times). The 2000 Olympics bronze medallist completed a classy podium 12 seconds behind Pascual but 32 seconds clear of the Hungarian-born Takacs. While Liu's top spot was highly likely, Pascual's runner-up place became a surprise even for herself as she explained: "After the World Cup I relaxed my training regime to peak again for the Olympics and so I faced today's race with little quality work. I kicked off cautiously but then I felt increasingly stronger and my second half was great. I now plan a training camp in the altitude of Font-Romeu before travelling to London where I would like to better my 6th place from Beijing Olympics," confirmed a delighted Pascual.

1.	Hong LIU	CHN	87	1:27:32
2.	Beatriz PASCUAL	ESP	82	1:29:53
3.	María VASCO	ESP	75	1:30:05
4.	Júlia TAKÁCS	ESP	89	1:30:37
5.	Sabine ZIMMER-KRANTZ	GER	81	1:30:57
6.	Eleonora Anna GIORGI	ITA	89	1:31:18
7.	Laura REYNOLDS	IRL	89	1:32:34
8.	Sandra Lorena ARENAS	COL	93	1:32:36
9.	Sandra Viviana GALVIS	COL	86	1:33:24
10.	María José POVES	ESP	78	1:34:45
11.	Huanhuan SUN	CHN	90	1:35:22
12.	Johanna JACKSON	GBR	85	1:35:25
13.	Ainhoa PINEDO	ESP	83	1:35:28
14.	Lorena LUACES	ESP	84	1:35:39
15.	Raquel GONZALEZ	ESP	89	1:36:32
16.	Monica Equihua SOLORZANO	MEX	82	1:37:56
17.	Rosalía ORTIZ CRUZ	MEX	87	1:40:13
18.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:42:29
19.	Rei INOUE	JPN	91	1:43:42
20.	Sara ALONSO CASTELO	ESP	91	1:44:56



Left: Australia's Nathan Deakes, Chris Erickson and Jared Tallent feature on the 2012 La Coruna poster
Middle: Men's Podium - Miguel Angel Lopez (ESP), Li Jianbo (CHN) and Yu Wei (CHN)
Right: Women's Podium - Beatriz Pascual (ESP), Liu Hong (CHN) and Maria Vasco (ESP)

OCEANIA T&F CHAMPIONSHIPS, CAIRNS, 27-29 JUNE 2012

Over 400 athletes from 22 nations competed in the Oceania Championships in Cairns on 27-29 June and five of our walkers were in action as part of the official Australian team - Claire Tallent, Kelly Ruddick, Tanya Holliday, Brendon Dewar and Nick Dewar. There were also a number of other Australian walkers in action competing, I imagine, by invitation. The walks were held in the oppressively hot conditions for which Cairns is famous and the performances are excellent considering that. Amongst the many good walks were those by

- **Claire Tallent** who took the women's double, winning the 5000 metres in 21:57.48 and winning the 10km road walk in a PB 44:19 (Claire has actually done 44:18 as a split in a 20km race but this is her best 10km race).
- **Dane Bird Smith** who won the men's 10km in a PB of 40:21.
- **Tanya Holliday** who took the race up to Claire in the women's 10km and led for the first 7km before being passed. She hung on for an excellent 45:23.
- **Kelly Ruddick** who took second in the 5000m (23:09.62) and third in the 10km (46:04).
- **Brandon and Nick Dewar** who shared the honours, Brandon winning the 5000m in 21:39.81 but Nick beating him in the 10km with 44:09.
- NZ walker **Rozie Robinson** who took third in the 5000m (24:34.24) and fourth in the 10km in a PB 49:43.

Women 5000m Walk Open, Thursday 28 June

1.	Claire Tallent	31	AUS	21:57.48
2.	Kelly Ruddick	39	AUS	23:09.62
3.	Roseanne Robinson	22	NZL	24:34.24

Men 5000m Open, Thursday 28 June

1.	Brandon Dewar	20	AUS	21:39.81
2.	Nicholas Dewar	20	AUS	22:24.31

Women 3000m Walk Under 20, Thursday 28 June

1.	Emma Henderson	14	ANQ	18:21.84
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Mixed 1500m Walk Exhibition, Thursday 28 June

1.	Jonty Brennan	M12	ANQ	8:02.60
2.	Mercedes Brennan	W11	ANQ	8:59.47
3.	Lynne Schickert	W71	AMA	10:24.63
	Amy Anderson	W12	ANQ	DQ
	Paris Brennan	W14	ANQ	DQ

Women 10km Open. Friday 29 June

1.	Claire Tallent	31	AUS	44.19	PB 0:16
2.	Tanya Holliday	24	AUS	45.23	
3.	Kelly Ruddick	39	AUS	48.39	
4.	Roseanne Robinson	22	NZL	49.43	PB

Men 10km Open. Friday 29 June

1.	Dane Bird-Smith	20	NAUS	40.21	PB 0:19
2.	Nicholas Dewar	20	AUS	44.09	PB 0:01
3.	Brandon Dewar	20	AUS	46.04	



10km start: Rozie Robinson, Kelly Ruddick, Tanya Holliday, Dane Bird-Smith, Nick Dewar, Claire Tallent, Brandon Dewar



Part of the Oceania team: Nick Dewar, Claire Tallent, Kelly Ruddick and Brandon Dewar

14TH IAAF WORLD JUNIOR CHAMPIONSHIPS, BARCELONA, 10-15 JULY

The World Junior T&F championships were held over the last week in Barcelona, Spain, and 10,000m track walks were on the agenda for the Under 20 men and women. You can check out <http://www.iaaf.org/mini/wjc12/index.aspx> for the full results of the entire meet. For this newsletter, I will concentrate on the walks which were held last Wednesday and Friday mornings.

Women's 10,000m Walk, Wednesday 11 July, 9:30AM

The second day of the World Junior Championships at the Montjuic Stadium in Barcelona started with the women's 10,000m walk and a Russian double - gold for Ekaterina Medvedeva 45:41.74 ahead of team-mate Nadezhda Leontyeva 45:43.64 with the bronze going to Sandra Arenas of Colombia in a new National Record of 45:44.46. Emeterio Valiente reported for the IAAF

Russian girls captured the third consecutive double and the sixth gold medal for their country at the Race Walk event in the guise of this season's world leader Ekaterina Medvedeva and Nadezhda Leontyeva. Bronze went to Colombia's Sandra Arenas, the World Cup victor in Saransk two months ago. She made history for her country as she landed the first ever medal of any colour at the event and the second Colombian medal overall.

Wary of the humidity and the 25°C temperature, the large group of walkers kicked off at a very moderate pace, the clock reading 9:36.74 for the opening two kilometres with the Czech pair of Eliska Drahotova and her twin sister Anezka making most of the early rhythm. It was the latter who stepped up the pace for the following laps, covering the 2000-4000m section in a much brisker 9:13.99.

The halfway mark was hit in 23:23.10 with only six women strong enough to follow the Czech's rhythm: Ukraine's Liudmila Olianovska, the Russian duo of Medvedeva and Leontyeva, Arenas, Mexico's Alejandra Ortega and China's Yanxue Mao.

By the 8km mark, only five walkers remained to fight for the medals. - Olianovska, Medvedeva, Arenas, Leontyeva and Mao. The key movement was made by Arenas just before the 9000m point when she found an extra gear to unleash a powerful change of speed which could only be resisted by the two Russians. The remaining two laps promised to be more than thrilling with Medvedeva and Leontyeva looking for a minor revenge as they had been defeated by Arenas at the World Cup.

Arenas' lead was going to be short-lived as Medvedeva broke away from her and Leontyeva with 550m remaining. By the bell it became clear that Medvedeva would be the eventual winner and attention turned to the fierce battle between Leontyeva and Arenas, the Russian ahead of the Colombian three seconds behind the leader at the bell. While Medvedeva crossed the finish line unopposed, Arenas tried to overtake Leontyeva on the home straight and she was about to do it but the Russian hold off her challenge to complete the 1-2 for her country. The frantic closing kilometre saw Medvedeva walk 4:09.52 for a final time of 45:41.74 - - 23:23.10 and 22:18.64 the two halves - for Leontyeva's PB of 45:43.64 and Arenas' 45:44.46. Way back finished Olianovska (45:53.50) and Mao (46:10.60) both setting career bests.

We had two walkers in the event and it was **Rachel Tallent** who did the better, finishing 22nd with a time of 49:55.81. Unfortunately **Jessica Pickles** was one of the walkers who was disqualified but hopefully she can bounce back from this disappointment.

1.	Ekaterina MEDVEDEVA	RUS	29 Mar 94	45:41.74
2.	Nadezhda LEONTYEVA	RUS	12 Mar 94	45:43.64
3.	Sandra ARENAS	COL	17 Sep 93	45:44.46
4.	Liudmyla OLIANOVSKA	UKR	20 Feb 93	45:53.50
5.	Yanxue MAO	CHN	15 Feb 94	46:10.60
6.	Anežka DRAHOTOVÁ	CZE	22 Jul 95	46:29.95
7.	Alejandra ORTEGA	MEX	08 Jul 94	47:03.42
8.	Nozomi YAGI	JPN	04 Nov 94	47:04.92
9.	Ángela CASTRO	BOL	21 Feb 93	47:09.62
10.	Kimberly GARCÍA	PER	19 Oct 93	47:42.49
11.	Alina HALCHENKO	UKR	18 Sep 94	47:49.92
12.	Katarina STRMENOVA	SVK	25 Jan 93	47:54.60
13.	Wendy CORNEJO	BOL	07 Jan 93	48:00.03
14.	Eliška DRAHOTOVÁ	CZE	22 Jul 95	48:15.34
15.	Anna CLEMENTE	ITA	06 Jan 94	48:22.25
16.	Dandan DUAN	CHN	23 May 95	48:39.21
17.	Jeong-Eun LEE	KOR	13 Sep 94	48:40.61
18.	Kate VEALE	IRL	05 Jan 94	48:50.20
19.	Elena POLI	ITA	10 Oct 93	49:11.12
20.	Emilie TISSOT	FRA	11 Apr 93	49:13.95
21.	Amanda CANO	ESP	19 Aug 94	49:18.27
22.	Rachel TALLENT	AUS	20 Feb 93	49:55.81
23.	Sae MATSUMOTO	JPN	15 May 93	49:56.66
24.	Laura GARCÍA-CARO	ESP	16 Apr 95	50:13.77
25.	Yanelli CABALLERO	MEX	29 May 93	50:29.85
26.	Gamze ÖZGÖR	TUR	29 Oct 94	50:53.64
27.	Filipa FERREIRA	POR	05 Nov 94	50:59.00
28.	Coralie MELLADO	FRA	19 Oct 93	51:14.84
29.	Elif KOC	TUR	02 Feb 93	51:44.86

30.	Shahinaz AL-NASRI	TUN	03 Jun 96	51:53.22
31.	Emma PRENDIVILLE	IRL	23 Feb 93	52:41.51
32.	Bariza GHEZELANI	ALG	16 Sep 93	53:30.36
33.	Mara RIBEIRO	POR	11 May 95	53:31.29
34.	Erika PARVIAINEN	FIN	09 Sep 95	53:56.98
	Jessica PICKLES	AUS	09 Feb 94	DQ
	Khushbir KAUR	IND	09 Jul 93	DQ
	Viktoryia RASHCHUPKINA	BLR	23 May 95	DNF
	Alexandra Iuliana AICHIMOAEI	ROU	15 May 93	DNF

Lap times for the leaders were 4:43.34, 9:36.74, 14:16.00, 18:50.73, 23:23.10, 27:56.16, 32:24.68, 36:59.50, 41:32.24, 45:41.74.

The IAAF website quoted the gold and silver medallists:

- Winner - Ekaterina MEDVEDEVA - It was terribly hot, so I am even happier that I have won. I am from Saransk that is, as you know, the Mecca of walking. Walking is now my life, I only started to walk three years ago. I was disappointed that I only was fourth in the World Cup in Saransk. But now I believe in me. My coach is Viktor Chegin. In Saransk I train with all the stars, even with the men.
- Second - Nadezhda LEONTYEVA - It was really very, very hot. It was hard to compete in the first laps because the other girls stepped on my foot. But the fans supported me. I am from Cheboksary where walking is very popular. After the race I phoned my mon (Ira), she was crying. I guess when I will come home there will be a big party in Cheboksary.



Nadezhda Leontyeva and Ekaterina Medvedeva of Russia pose at the end of the Women's 10km walk (www.iaaf.org)

Men's 10,000m Walk, Friday 13 July, 9:00AM

Once again I will take Emeterio Valiente's report for the IAAF.

Strongly boosted by his fellow Colombian Sandra Arenas' bronze medal in the female Race Walk event held on Wednesday, Eider Arévalo bagged the first ever gold medal for his country at any event in the history of the championships. Arévalo set a new World leading performance of 40:09.74 to beat Russia's Aleksandr Ivanov and China's Guanyu Su.

To the delight of the walkers the day dawned cloudy and by the time of the start (9am) the temperature was reasonably comfortable for an endurance competition. Even so, the early kms were not particularly fast with splits in the 4:05-4:09 range for a halfway time of 20:34.07. At that stage, it was Japan's Takumi Saito who led the main group which also included Arévalo, Ivanov, the Chinese pair of Su and Jiaying Yin, Spain's Álvaro Martín, Mexico's Jesús Vega and Ukraine's Ihor Lyashchenko.

To the delight of the crowd, Martín took a short-lived lead but still enough to leave behind the Ukrainian before the 7000m point was hit in 28:49.63. The fireworks began when Su moved to the front to inject a lethal pace which could only be resisted by Arévalo, Ivanov, Saito and Martín. An even faster 3:55.91 eighth kilometre proved to be too fast for the Spaniard who lost any chance of a podium place with some 1500m remaining. Su completed a terrific ninth kilometre in 3:45.74 but he was then given a second warning. With two laps to go Ivanov led from Arévalo, a cautious Su and Saito who began to pay for his early efforts and lost ground some 650m from the tape when the Colombian unleashed a powerful burst of speed looking for the gold medal.

At the bell Arévalo still had Ivanov in hot pursuit but both had managed to leave Su behind. With around 150m to go, Ivanov surrendered to Arévalo's relentless rhythm, while a lonesome Su managed to keep Saito at bay to secure the bronze medal. The Japanese found some consolation in a National record of 40:19.10 while the Spanish medal hope Martín set a massive career best by a full minute to clock 40:35.52. Arévalo, who clocked an awesome 3:38.46 closing 1000m, will now head for a training camp in Newcastle to build-up for the London Olympics where he will be contesting the 20km senior Race.

Blake Steele had a great walk, finishing 17th in an 11 sec PB time of **43:04.81**. Unfortunately our other representative **Brad Aiton** was disqualified. Like Jessica in the girl's race, we hope he can bounce back from what is always a shattering experience.

1.	Eider ARÉVALO	COL	09 Mar 93	40:09.74
2.	Aleksandr IVANOV	RUS	25 Apr 93	40:12.90
3.	Guanyu SU	CHN	26 Jun 94	40:16.87
4.	Takumi SAITO	JPN	23 Mar 93	40:19.10
5.	Álvaro MARTÍN	ESP	18 Jun 94	40:35.52
6.	Jesús VEGA	MEX	23 May 94	41:05.59
7.	Nils BREMBACH	GER	23 Feb 93	41:19.12
8.	Ihor LYASHCHENKO	UKR	24 Aug 93	41:21.60
9.	Yosuke KIMURA	JPN	05 Feb 93	41:41.52
10.	Marco Antonio RODRÍGUEZ	BOL	24 Jan 94	42:05.91
11.	Pavel PARSHIN	RUS	02 Jan 94	42:10.25
12.	Vito MINEI	ITA	16 Jun 94	42:51.79
13.	Tyler SORENSEN	USA	18 Feb 94	42:53.60
14.	Andriy HRECHKOVSKYY	UKR	30 Aug 93	43:01.58
15.	Marius ŠAVELSKIS	LTU	30 Jul 94	43:03.27
16.	Kenny Martín PÉREZ	COL	10 Aug 94	43:04.02
17.	Blake STEELE	AUS	04 Jan 93	43:04.81
18.	Konstadinos DEDÓPOULOS	GRE	01 May 94	43:07.11
19.	Paolo YURIVILCA	PER	23 Apr 96	43:10.15
20.	Edgars GJACS	LAT	27 Aug 93	43:10.59
21.	Erwin GONZÁLEZ	MEX	07 Feb 94	43:11.21
22.	Francesco FORTUNATO	ITA	13 Dec 94	43:13.27
23.	Neeraj NEERAJ	IND	15 Aug 94	43:27.92
24.	Sahin SENODUNCU	TUR	4 Apr 94	43:29.28
25.	Yauhen ZALESKI	BLR	16 Jun 93	44:09.05
26.	Óscar VILLAVICENCIO	ECU	05 May 93	44:25.12
27.	Adrian Ionut DRAGOMIR	ROU	01 Nov 94	44:29.12
28.	Barys SHARHAR	BLR	31 Mar 93	44:32.68
29.	Marc TUR	ESP	30 Nov 94	44:42.41
30.	Samuel PEREIRA	POR	25 Nov 93	45:06.34
31.	Brian PINTADO	ECU	29 Jul 95	45:13.84
32.	Luis Angel SANCHEZ	GUA	15 Dec 93	45:36.65
33.	Tewfik YESREF	ALG	09 Sep 93	45:38.36
34.	Kuldeep KULDEEP	IND	30 Dec 94	45:40.65
35.	Peter TICHÝ	SVK	25 Jun 93	47:21.63
36.	Joakim SAELEN	NOR	18 Jul 93	48:50.80
	Brad AITON	AUS	20 Jun 94	DQ
	Jiaxing YIN	CHN	16 Mar 94	DQ
	Benjamin THORNE	CAN	19 Mar 93	DQ
	Bruno FIDELIS	BRA	08 Nov 94	DNF
	Byeongho CHOE	KOR	17 Aug 95	DNS

Lap times for the leaders were 4:06.97, 8:14.52, 12:20.52, 16:28.58, 20:34.07, 24:43.29, 28:49.63, 32:45.54, 36:31.28, 40:09.74

The IAAF website quoted the gold and silver medallists:

- Winner - Eider AREVALO - I dedicate my Gold to all my coaches in the past. In January my former coach Soto passed away. I wanted to crown my junior career with a gold medal. Now I opened the door to the Seniors. I will start as well in the London Games.
- Second - Aleksandr IVANOV - It's a pity I'm just the second. I so much wanted to be the first in this race. It's my second silver already. My coach told me at the beginning: "Walk with a group and 800m before the finish accelerate." I could not. This is my 3rd big championship already after the European Championship and the World Cup.
- Third - Guanyu SU - I am happy with the medal and my personal best. It was good to compete today, because it was not so hot like in the past days. I am living in East China in the Shan Dong Province.



The leaders fight out the finish in the Men's 10,000m walk in Barcelona

Konstadinos Dedópoulos of Greece hands Blake Steele of Australia a drink. Tyler Sorensen of USA is also shown.



20KM MEN'S RACEWALK, OLYMPIC GAMES, THE MALL, LONDON, SATURDAY 4 AUGUST 2012

I was trackside on Saturday to watch the first of the Olympic walks in London. I was a little apprehensive as I did not have any event tickets and was not sure how the free spectator area would turn out but there were no issues and I was able to position myself roadside in a great spot. The only negative was the lack of any big TV screens in the free viewing area but the on-course commentary was spot on and quite audible from the closest loudspeakers. The crowd was huge and the support for all competitors was great.

I will take my event report from that published on the IAAF website by Laura Arcoleo.

China, having never before won an Olympic medal in race walking, took two medals here as Chen Ding became the youngest ever winner of a race walking Olympic title aged 19 years and 264 days! The gold medal was not the only birthday present for Chen, who turns 20 tomorrow, the former World Junior silver medallist capping a superb 20km race with a new Olympic record 1:18.46, breaking the mark legendary Robert Korzeniowski had set to win the 2000 Games.

Having broken away from his pursuers with two kilometres to go, Chen completed arguably the most entertaining lap in the history of race walking as he acknowledged the crowd and clapped hands with the crowd all the way through the course! Pumping his chest and throwing his fist in the air in supreme confidence, Chen walked the final stages of the race smiling away to the crowd and to the TV cameras.

"I am excited for everybody in China, for my family and my coach," said Chen. "I had a good preparation and I executed my plan well. Finally, I have made it!"

Chen's grin was in total contrast with scenes of defending Olympic champion Valeriy Borchin literally walking himself to exhaustion halfway through the final lap. The 25-year-old Beijing winner, who was still in contention for a medal as he passed the final bend of the 2-kilometre circuit, dramatically fell to the side fences and it looked as though he had lost consciousness. The Russian was stretchered off the course and taken away by ambulance by the medical staff.

Borchin's collapse led to another piece of Olympic history being written when 21-year-old Erick Barrondo crossed the finish line in second, winning Guatemala's first ever Olympic medal in any sport. His 1:18:57 was also inside the previous Olympic record.

Asian record holder and winner of the IAAF World Race Walking Cup, Wang Zhen came in third at 1:19:25, taking his country's second race walking medal in the history of the Olympics and the second medal for China in this race. To underscore their dominance at the event, fourth place also went China's way courtesy of Cai Zelin who walked a superb last part of the race to finish in 1:19:44 just ahead of fast finishing Miguel Angel Lopez at 1:19:49, a PB for the Spaniard. Eder Sanchez clocked a season's best time 1:19:52 to finish in sixth ahead of defending silver medallist Jared Tallent whose 1:20:02 was his best of the year. With two under 1:19 and six under 1:20, this was the highest-quality 20km walk in Olympic history.

The race was billed as a China vs Russia affair but the European powerhouse strength was decimated with their second string Vladimir Kanaykin being disqualified 16 kilometre into the race. With Borchin also bowing out, Russia's best today was an unbelievable 37th by Andrey Krivov. The last time Russia did not feature among the top 8 was at the Barcelona Olympic Games 20 years ago.

It was Japan's Yusuke Suzuki who established himself at the front passing through 6km in 24.19, 7 seconds ahead of a pack of just over 20 walkers including Ukraine's Ruslan Dmytrenko, Irishman Robert Heffernan and France's Bertrand Moulinet in the forefront. Suzuki went through 8km in 32.19 but his lead was slashed down to a mere three seconds and that is when the Chinese made their first appearance at the front. Wang went into the lead with Chen, Borchin and Kanaykin on his heels, the two big nations beginning to make an impact. Jared Tallent, Eder Sanchez and Colombia's Luis Fernando Lopez along with Barrondo featured also prominently.

At the halfway mark, a dozen athletes were still in the leading pack with Wang, who went through in 40:08 looking over his shoulder in search for a volunteer to take over the pace. It was France's Moulinet who made a move 42 minutes into the race, making an impact on the pack which also included India's Irfan Kolothum Thodi. Borchin decided he could not let the Frenchman increase his lead any further and moved to the front of the chasing pack of 11 men. At the 12km check point, Moulinet's lead was cut down to 4 seconds as Borchin and the Chinese pair of Wang and Chen pushed harder and harder. Tallent made also an appearance at the front alongside Sanchez with Kanaykin and Barrondo on their heels.

As soon as he was caught, Moulinet moved all the way down to the back of the 12-man leading pack and together with Kolothum Thodi started losing touch leaving 10 men at the front. That is when Chen made his first notable surge which saw Heffernan and Spain's Lopez drop off the lead. As 14km was reached in 55.54, the pack began to splinter down with Chen, Wang, Barrondo and Borchin creating a gap with the trio of Lopez (COL), Tallent and Sanchez. Kanaykin seeing the danger coming made a strong effort to regroup with the leading four. Lopez also regrouped with the pack a few hundred metres later to make it six men at the front: 2 Chinese, 2 Russians, 1 Colombian and 1 Guatemalan one hour into the race.

As Borchin and Chen were taking turns in the lead, the chief judge approached the lead pack and showed the red paddle to Lopez. The same fate was to fall on Kanaykin just a few minutes later cutting the lead pack from 6 to 4 in the penultimate lap. Chen gave another push 67 minutes into the race as Borchin covered in again the short lived gap at the front but Wang fell off the pace for the first time in the race. 18km was passed in 1:11:15 with Chen now increasing his lead to 6 seconds over Borchin and Barrondo a couple of seconds behind.

Chen made impressive ground at the front and attention turned to the battle for silver. Wang who went through a rough period caught up with the chasing pack and injected his own surge to which Borchin could not respond. Barrondo found the extra strength to go with Wang and then made his own move to go into clear silver medal position with 75 minutes on the clock. Borchin ended his Olympic campaign in dramatic fashion so Wang was now guaranteed a medal.

1.	CHEN Ding	CHN	1:18:46	OR
2.	BARRONDO Erick	GUA	1:18:57	
3.	WANG Zhen	CHN	1:19:25	
4.	CAI Zelin	CHN	1:19:44	
5.	LOPEZ Miguel Angel	COL	1:19:49	PB
6.	SANCHEZ Eder	MEX	1:19:52	SB
7.	TALLENT Jared	AUS	1:20:02	SB
8.	MOULINET Bertrand	FRA	1:20:12	PB
9.	HEFFERNAN Robert	IRE	1:20:18	SB
10.	KOLOTHUM THODI Irfan	IND	1:20:21	NR
11.	VIEIRA Joao	POR	1:20:41	SB
12.	SIMANOVICH Dzianis	BLR	1:20:42	PB
13.	GOMEZ Inaki	CAN	1:20:58	NR
14.	TYSSE Erik	NR	1:21:00	SB
15.	PAPAMIHAIL Alexandros	GRE	1:21:12	NR
16.	TROTSKI Ivan	BLR	1:21:23	SB
17.	KIM Hyunsub	KOR	1:21:36	SB
18.	FUJISAWA Isamu	JPN	1:21:48	
19.	TOMALA Dawid	POL	1:21:55	
20.	AREVALO Eider	COL	1:22:00	
21.	HOHNE Andre	GER	1:22:02	
22.	CANO Juan Manuel	ARG	1:22:10	NR
23.	KUCMIN Anton	SVK	1:22:25	PB
24.	SUDOL Grzegorz	POL	1:22:40	
25.	SAITO Takumi	JPN	1:22:43	
26.	BARRON Trevor	USA	1:22:46	
27.	KOVALENKO Nazar	UKR	1:22:54	
28.	RENDON James	COL	1:22:54	SB
29.	AUGUSTYN Rafal	POL	1:23:17	
30.	DMYTRENKO Ruslan	UKR	1:23:21	
31.	BYUN Youngjun	KOR	1:23:26	
32.	HELEBRANDT Mate	HUN	1:23:32	PB
33.	SINGH Gurmeet	IND	1:23:34	
34.	PALMA Isaac	MEX	1:23:35	
35.	SHEIKO Georgiy	KAZ	1:23:52	
36.	SUZUKI Yusuke	JPN	1:23:53	SB
37.	KRIVOV Andrey	RUS	1:24:17	
38.	ERICKSON Chris	AUS	1:24:19	
39.	BONFIM Caio	BRA	1:24:45	
40.	ZIUKAS Marius	LTU	1:24:45	
41.	ARAYA Yerko	CHI	1:25:27	SB
42.	RUBINO Giorgio	ITA	1:25:28	
43.	SINGH Baljinder	IND	1:25:39	
44.	ARTEAGA Mauricio	ECU	1:25:51	
45.	RUMBENIEKS Arnis	LAT	1:26:26	
46.	PALMA Ever	MEX	1:26:30	
47.	LOSEV Ivan	UKR	1:26:50	
48.	FILIPOVIC Predrag	SRB	1:27:22	
	BORCHIN Valeriy	RUS	DNF	
	MARTIN Alvaro	ESP	DNF	
	PARK Chilsung	KOR	DNF	
	RAHIMIAN Ebrahim	IRI	DNF	
	RUTTER Adam	AUS	DNF	
	SEBEI Hassanine	TUN	DNF	
	KANAYKIN Vladimir	RUS	DQ	
	LOPEZ Luis Fernando	COL	DQ	

See http://www.iaaf.org/mini/oly12/Results/ResultsByDate.aspx?racedate=08-04-2012%2Fsex%3DM%2FdiscCode%3D20KR%2FcombCode%3Dhash%2FroundCode%3DF%2Fresults.html#detM_20KR_hash_f for the full race results with links to the 2km splits and profiles for each of the 56 walkers. For completeness, the lap times of the winner read as follows – wow!

8:26	16:26	24:27	32:24	40:08	48:09	54:54	1:03:40	1:11:15	1:18:46
8:26	8:00	8:01	7:57	7:44	8:01	7:45	7:46	7:35	7:31



Chen and Barrondo celebrate their medal winning races (www.iaaf.org)

It is amazing to think that a 19 year old walker has won Olympic walk gold so everyone will be wanting to know more about this superb Chinese athlete – and you can by reading <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=66578.chloe>

And what of the silver medallist - 21 year old Erick Barrondo burst onto the international scene in 2011, recording 1:20:58 in Dublin in June and then taking 10th place in the IAAF World Champs in Daegu with a time of 1:22:08. In early March this year he recorded an inaugural 50km time of 3:44:59 in Pontgvedra and then, 3 weeks later, he improved his 20km PB to 1:18:25 to stake his Olympic credentials. With his silver medal in the 20km, he will now attack the 50km event and could be a surprise. He is one of a number of walkers attempting this toughest of doubles - Robbie Heffernan of Ireland (9th in 1:20:18) and Jared Tallent (7th in 1:20:02) will also be backing up next Saturday. The 50km promises to be in intriguing event.

What of the Australians.



**Jared Tallent, Chris Erickson and Adam Rutter in action in London (photos Mark Easton)
See <http://markeaston.zenfolio.com/p1050716129>**

You have already read that **Jared Tallent** finished 7th in a season best of 1:20:02. This is well discussed on the AA website at http://www.athletics.com.au/home/news/news/2012/august/olympics_gallant_tallent_fini. He was in the mix for 15km before falling off the pace in the closing stages. To quote: *“It is a bit disappointing but ... I've been working a lot harder for the 50km. It was good to have the hit out today and I'll be a lot stronger next week and hopefully be in the medals there. The course is very fast and it will be pretty fast over 50km if we get good weather like this.”*

Teammate **Chris Erickson** finished 38th in 1:24:19 after qualifying in the World Cup in May with 1:22:20 on what was definitely a tougher course. I suspect that his many months of trying to gain Olympic selection, first with the 50km and then with the 20km, took a toll on him. His comment: *"It was a bit disappointing. I was found wanting in the second half of the race. I didn't quite have it out there today. I'm 30, so I think I still have another Olympics in me ... But I will be looking more at the 50km - that's my event. We just happen to have three great guys doing it right now!"*

Our third walker **Adam Rutter** was well up early but fell back as the race progressed, obviously working very hard but having a bad time of it. He retired in the second last lap but will hopefully bounce back from this disappointment.

All three have made the Olympics, a huge ask that is beyond nearly all athletes, and they have competed against the best in the world with distinction. Well done to all Jared, Chris and Adam!

The remaining two walk events will be held next Saturday with Australians competing as follows

Men's 50km Walk	Saturday 11 August, 9AM CEST	Jared Tallent, Luke Adams, Nathan Deakes
Women's 20km Walk	Saturday 11 August, 5PM CEST	Claire Tallent, Regan Lamble, Beki Lee

You can read the IAAF website's Olympic previews at

Women's 20km: <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=66159>
Men's 50km: <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=66158>



Australians Claire Tallent, Beki Lee and Rachel Tallent training in London – photo Brent Vallance

But here is a real STOP PRESS – Olympic 50km favourite Italian Alex Schwazer's drugs test failure is a huge news item. See <http://www.news.com.au/sport/london-olympics/olympic-50km-walk-champion-alex-schwazer-tests-positive-for-doping/story-fndpu6dv-1226444406451> This changes the whole complexion of next Saturday's proceedings.

50KM MEN'S RACEWALK, OLYMPIC GAMES, THE MALL, LONDON, SATURDAY 11 AUGUST 2012

The men's Olympic 50km walk started at 9AM at the Mall in London and I was one of the many spectators who lined the 2km loop to cheer on the contestants. My report on the Men's 50km Race Walk is taken from that of Dave Martin for the IAAF (see <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=67421>)

Sergey Kirdyapkin, the man to be beaten having won the IAAF World Race Walking Cup in Saransk in May, shattered the existing record of 3:37:09 with a decisive victory. That also represented a personal best for the 32-year-old Russian, massively improving upon the 3:38:08 he first posted seven years ago when winning the first of his two World Championships titles in Helsinki which he equalled with his success in Saransk three months ago.

"I came here to win the gold medal, breaking the Olympic record just happened," said Kirdyapkin who admitted he and his colleagues Igor Yerokhin and Sergey Bakulin intended competing as a team on what was a hot morning with the opening temperature at 18 degrees going increasingly higher. "The race was heavy, it's difficult to analyse right at this moment," he added. "We prepared for the cold weather so we had to adjust. It all went to plan. Around the 25-30km mark I hit the wall. I had to fight with myself but I found my second wind. If I didn't have that small problem I would have done a better time."

Behind him Jared Tallent, with a remarkable recovery particularly in the last six kilometres, claimed the silver medal for a second successive Games and also did it stylishly lowering his PB from 3:38:56 to 3:36:53 when it looked as if he might miss out on a podium finish. "I beat my personal best by two minutes, so it's good," said the 27-year-old Australian. "I told myself to keep calm and not to push it early."

Tallent third at last year's Worlds' and an Olympic 20km bronze medallist in Beijing, added: "I learned a lesson in Daegu and just held back in the early stages and stayed comfortable. I tried to stay focused throughout and bring it (the gold medal) home. The Olympic Games is pretty special for me. To get my third Olympic medal is pretty special. Kirdyapkin really showed his class today. The plan was really to attack that last 10K. I don't think I could have done much more."

Then came China's Tianfeng Si whose injection of pace after 35km initially sorted the men out from the boys until Russian teamwork and Tallent's late charge saw him relegated to third but winning China's first ever medal in the event with a time of 3:37:16. "I took up this sport at the age of 14," said Tianfeng Si, the 2010 Asian Games champion who also set a PB. "It has never been easy. I have always been challenging myself. I kept improving. I am so proud of myself - no pain, no gain. I did it."

The race didn't really come to life despite a couple of surges from last year's World champion Sergey Bakulin who after taking on the workload alongside Kirdyapkin until Si moved from eighth to the point before 35km, fell back to finish in eighth position. A couple of surges from the Russian didn't really do any damage, indeed there was no real action until Tianfeng Si, 22 seconds off the pace and lying eighth at 30km, raised his game and in the next five kilometres caught the leaders opening a gap six seconds from Bakulin who held a two second margin ahead from the chasing pack. That injection in pace from the Chinese saw him pull even further clear but the Russian trio of Kirdyapkin who had been lying 21sec behind at that point, Bakulin and Igor Yerokhin runner up in the WRWC, regrouped themselves together at about 38.5km and tracked the leader down. Their synchronised teamwork paid dividends as 20 metres before the 40km Kirdyapkin flew past Tianfeng Si, quickly followed by his colleagues making the likelihood of a Russian and first ever clean sweep a possibility.

But Tallent had other ideas and putting them into practice really picked himself up and his increase in pace took him to second place just 26sec in arrears of Kirdyapkin who had established his dominance of the event after earlier looking shaky and went through 45km in 3:15:07 with third placed Li only a second adrift of the Aussie. The last five kilometres saw Kirdyapkin gritting his teeth in fierce determination and pulling further ahead while Tallent kept up his relentless pressure to assure himself of second with Tianfeng Si after two fourth places at the last two World Championships, finally getting a fully deserved global medal.

Fast finishing Robert Heffernan was awarded fourth position when sharing the same time, an Irish record, of 3:37:54 with Yerokhin who produced the quickest time of his career. Then came Bakulin in a season's best of 3:38:55.

1.	Sergey Kirdyapkin	RUS	3:35:59	(OR)
2.	Jared Tallent	AUS	3:36:53	(PB)
3.	Tianfeng Si	CHN	3:37:16	(PB)
4.	Robert Heffernan	IRL	3:37:54	(NR)
5.	Igor Erokhin	RUS	3:37:54	(PB)
6.	Sergey Bakulin	RUS	3:38:55	(SB)
7.	Jianbo Li	CHN	3:39:01	(PB)
8.	Matej Tóth	SVK	3:41:24	.
9.	Lukasz Nowak	POL	3:42:47	(PB)
10.	Koichiro Morioka	JPN	3:43:14	(PB)
11.	André Höhne	GER	3:44:26	(SB)
12.	Bertrand Moulinet	FRA	3:45:35	(PB)
13.	Chilsung Park	KOR	3:45:55	(NR)
14.	Ivan Trotski	BLR	3:46:09	(PB)
15.	Jarkko Kinnunen	FIN	3:46:25	(PB)
16.	Horacio Nava	MEX	3:46:59	(SB)

17.	Marco De Luca	ITA	3:47:19	(SB)
18.	Rafal Sikora	POL	3:47:47	
19.	Ihor Hlavan	UKR	3:48:07	(PB)
20.	Jesús Ángel García	ESP	3:48:32	
21.	Trond Nymark	NOR	3:48:37	(SB)
22.	Nathan Deakes	AUS	3:48:45	
23.	Omar Zepeda	MEX	3:49:14	
24.	Christopher Linke	GER	3:49:19	
25.	Aléxandros Papamihail	GRE	3:49:56	(NR)
26.	Luke Adams	AUS	3:53:41	
27.	Emerson Hernandez	ESA	3:53:57	(NR)
28.	José Leyver	MEX	3:55:00	
29.	Brendan Boyce	IRL	3:55:01	(PB)
30.	Quentin Rew	NZL	3:55:03	(PB)
31.	Cedric Houssaye	FRA	3:55:16	
32.	Marc Mundell	RSA	3:55:32	(AR)
33.	Fredy Hernández	COL	3:56:00	(PB)
34.	Junghyun Yim	KOR	3:56:34	(SB)
35.	Serhiy Budza	UKR	3:56:35	
36.	Basanta Bahadur Rana	IND	3:56:48	(NR)
37.	Jianguo Zhao	CHN	3:56:59	
38.	Dong-young Kim	KOR	3:57:33	
39.	Marius Cocioran	ROU	3:57:52	(PB)
40.	Pedro Isidro	POR	3:58:59	
41.	Antti Kempas	FIN	4:01:50	
42.	Mikel Odrozola	ESP	4:02:48	(SB)
43.	John Nunn	USA	4:03:28	(PB)
44.	Maciej Rosiewicz	GEO	4:05:20	(SB)
45.	Igors Kazakevics	LAT	4:06:47	
46.	Tadas Šuškevičius	LTU	4:08:16	
47.	Xavier Moreno	ECU	4:09:23	
48.	Miloš Bátorvský	SVK	4:09:32	
49.	Vitaliy Anichkin	KAZ	4:14:09	
50.	Benjamín Sánchez	ESP	4:14:40	
51.	Dominic King	GBR	4:15:05	
	Edward Araya	CHI	DQ	
	Andrés Chocho	ECU	DQ	
	Yohann Diniz	FRA	DQ	
	Erick Barrondo	GUA	DQ	
	Jaime Quiyuch	GUA	DQ	
	Colin Griffin	IRL	DQ	
	Yuki Yamazaki	JPN	DQ	
	Oleksiy Kazanin	UKR	DQ	
	Takayuki Tanii	JPN	DNF	
	Rafal Fedaczyński	POL	DNF	
	João Vieira	POR	DNF	
	Nenad Filipovic	SRB	DNF	

From my own perspective, it was the highest quality 50km race I have ever witnessed - with the first 7 walkers under 3:40. In fact, Yohann Diniz was also in the sub-3:40 mix but was disqualified after the event for taking a drink outside the feed station area. So we actually had 8 walkers under 3:40 for a while. We also saw National records to Robbie Heffernan (IRE), Chilsung Park (KOR), Aléxandros Papamihail (GRE), Emerson Hernandez (ESA), Basanta Bahadur Rana (IND) and Marc Mundell (RSA). And a special mention to NZ walker Quentin Rew whose 3:55:03 was fantastic - he started right down the back with Marc Mundell and both walkers worked their way through the field to finish with well earned PBs.

You can check out the full results and 5km lapsplits at http://www.iaaf.org/mini/oly12/Results/ResultsByDate.aspx?racedate=08-11-2012/sex=M/discCode=50KR/combCode=hash/roundCode=f/results.html#detM_50KR_hash_f

Here are the 5km splits for the winner - you can see why he won - he just got faster and faster as the race progressed.

22:12	44:15	1:06:01	1:27:44	1:49:22	2:10:56	2:32:37	2:53:53	3:15:07	3:35:59
22:12	22:03	21:46	21:43	21:38	21:34	21:41	21:16	21:14	20:52

And what of our 3 Australian reps. We have already talked about **Jared Tallent's** wonderful performance - a repeat Silver medal and a time of 3:36:53 which was a PB by just over 2 minutes. It was a masterly performance and confirms what we already knew - that he is a big time performer who rarely finishes outside the medals. **Nathan Deakes**, in probably his last race before retirement, was not going to die wondering. He put himself on the line for all to see, going out with the leaders and mixing it with them until the 35km mark, passed in a super-fast 3:32:34 before slowing to eventually finish 22nd with 3:48:45. With that performance, he showed why he

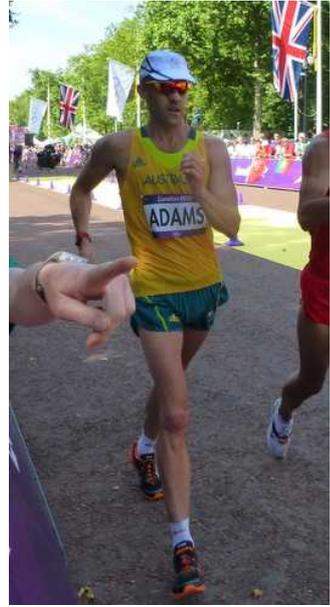
was the IAAF World Champion and world record holder - to be able to perform like that after nearly 4 years out with serious injuries was truly amazing. And **Luke Adams**, also returning after a serious leg operation, also put himself on the line, going out hard and lasting in the lead group for 25km (passed in 1:49:27) before slowing. Like Nathan, retirement was not an option and he gutsed it out to finish 26th in 3:53:41. We can be really proud of our three 50km contestants - an awesome team performance.



Delight for Kirdyapkin and Tallent as they cross the line in London (www.iaaf.org)



The medallists



Jared, Nathan and Luke in action in the race

20KM WOMEN'S RACEWALK, OLYMPIC GAMES, THE MALL, LONDON, SATURDAY 11 AUGUST 2012

The women's Olympic 20km walk was held on the same day as the men's 50km but with a late afternoon start time of 5PM. If we thought that it might be a bit anti-climactic after the dramas of the 50km, we were wrong. It turned out to be amongst the most wonderful 20km races I have seen with the first two finishers staging a titanic battle late in the race and breaking the current world record. Jon Mulkeen of the IAAF reported as follows (see <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=67446>).

All good things must come to an end - even one of the longest-running reigns as a global champion in athletics. Not only was Olga Kaniskina the defending champion, but she had won the past three World titles in the 20km Race Walk too. Put simply, she is one of the most dominant athletes in the world. But the World Cup earlier this year - where Kaniskina was beaten by younger team-mate Yelena Lashmanova - gave a glimpse of what was to come at the London Olympics, and in a sensational finish, Kaniskina found herself being overtaken once more by the new star of the race walking world, who produced the third athletics World record of the London Olympics.

Kaniskina wasted no time as she shot into the lead from the outset. World silver medallist Liu Hong spotted the danger and made up the distance as the pair went through the first two kilometre lap in 8:33. They remained at each others' side for the next few kilometres, and as they went through 6km together in 25:32, it soon became clear that they were operating at World record pace. Liu was unable to stick with Kaniskina for much longer, however, and the Russian began to open up a gap as she maintained her relentless pace. By this point a chase pack had formed, albeit a relatively small one given that it was still early on in the race. But in that pack were the other team-mates of both Kaniskina and Liu - Russia's Lashmanova and Anisya Kirdyapkina, and Chinese pair Qieyang Shenjie and Lu Xiuzhi.

Kaniskina continued to churn out the 8:30 laps of the 2km circuit as she went through halfway in 42:33. Liu was some 17 seconds behind as the chase pack were beginning to eat into the deficit. With thousands of fans lining The Mall near Buckingham palace to cheer the athletes on, Kaniskina's lead just grew and grew. Liu, meanwhile, drifted back and she was caught by the chase pack - now down to three - just after the 12-kilometre point.

But then Lashmanova began to make her move. Tracked closely by Qieyang between 14km and 16km, Lashmanova produced an 8:24 lap to eat into Kaniskina's lead. Perhaps sensing that her lead was under threat, Kaniskina covered the next lap in 8:27 - her fastest of the race - but Lashmanova and Qieyang were even quicker with an 8:20 lap as Kaniskina's leading margin once again decreased. The increase in speed meant that Kaniskina was back on World record pace, but Lashmanova was accelerating at a quicker rate. With just one kilometre to go, the teenager had moved to within a couple of seconds of Kaniskina. The contrast in styles between the pair was notable - Kaniskina, gritting her teeth with exaggerated movement from side-to-side; and Lashmanova, the taller of the pair looking cool and relaxed, ready to pounce when the moment was right. And pounce she did, moving past Kaniskina with just 100 metres to go. She pulled clear and crossed the line in 1:25:02, breaking the World record in just her third ever race over the distance, and becoming the youngest ever Olympic champion in a race walking event. Kaniskina held on for silver in 1:25:09 with Qieyang setting an Asian record of 1:25:16 for the bronze medal.

China and Russia filled the top six spots between them, as the first five dipped inside the previous Olympic record. Having seen her team-mate break her Asian record one place ahead, Liu finished fourth (1:26:00) with Kirdyapkina in fifth and Lu sixth. With four women at 1:26 or quicker, eight under 1:28 and 15 under 1:30, it was the highest-quality women's 20km ever at the Olympics.

It should be noted that there are two faster performances in history than Lashmanova's World record - 1:24:50 by Olimpiada Ivanova and 1:24:56 by Kaniskina. But these were both set in Russia without the required number of international officials and so were not ratified as World records.

"This morning I would never have imagined something like this - I would never have imagined such an outcome," said a delighted Lashmanova. "At the start I was not sure about how I was feeling. During most of the race, I was at such a distance from the lead that I was losing heart, but at each lap my trainer told me to keep calm, to keep quiet and to press on, to not give up. I continued and at the last lap I saw the others were tired and falling behind, so I accelerated and took my chance," she added. "But not until I crossed the line did I think I would get a medal."

Meanwhile, Kaniskina was gracious in defeat. "It wasn't very lucky for me to lose the race at the last minute, and it's difficult for me to deal with," she said. "I am very pleased for my teammate though, she deserved it."

1.	Elena Lashmanova	RUS	1:25:02	(WR)
2.	Olga Kaniskina	RUS	1:25:09	(SB)
3.	Shenjie Qieyang	CHN	1:25:16	(AR)
4.	Hong Liu	CHN	1:26:00	
5.	Anisya Kirdyapkina	RUS	1:26:26	(SB)
6.	Xiuzhi Lu	CHN	1:27:10	
7.	Elisa Rigaud	ITA	1:27:36	(SB)
8.	Beatriz Pascual	ESP	1:27:56	(SB)
9.	Ana Cabecinha	POR	1:28:03	(SB)
10.	María Vasco	ESP	1:28:14	(SB)
11.	Masumi Fuchise	JPN	1:28:41	(SB)
12.	María José Poves	ESP	1:29:36	

13.	Olive Loughnane	IRL	1:29:39	(SB)
14.	Eleonora Giorgi	ITA	1:29:48	(PB)
15.	Inês Henriques	POR	1:29:54	(SB)
16.	Nadiya Borovska	UKR	1:30:03	(PB)
17.	Regan Lambie	AUS	1:30:08	(PB)
18.	Mayumi Kawasaki	JPN	1:30:20	(SB)
19.	Melanie Seeger	GER	1:30:44	(SB)
20.	Laura Reynolds	IRL	1:31:02	(PB)
21.	Kristina Saltanovic	LTU	1:31:04	(SB)
22.	Agnieszka Szwarnóg	POL	1:31:14	
23.	Agnieszka Dygacz	POL	1:31:28	(SB)
24.	Agnese Pastare	LAT	1:31:54	(SB)
25.	Hanna Drabenia	BLR	1:31:58	(PB)
26.	Brigita Virbalyté	LTU	1:31:58	
27.	Olha Iakovenko	UKR	1:32:07	(PB)
28.	Beki Lee	AUS	1:32:14	(PB)
29.	Maria Michta	USA	1:32:27	(PB)
30.	Mónica Equihua	MEX	1:32:28	(PB)
31.	Jamy Franco	GUA	1:33:18	
32.	Sandra Arenas	COL	1:33:21	
33.	Claudia Balderrama	BOL	1:33:28	(PB)
34.	Ingrid Hernández	COL	1:33:34	(PB)
35.	Lucie Pelantová	CZE	1:33:35	
36.	Nguyen Thi Thanh Phuc	VIE	1:33:36	(NR)
37.	Kumi Otoshi	JPN	1:33:50	
38.	Claudia Stef	ROU	1:33:56	
39.	Neringa Aidietyte	LTU	1:34:01	
40.	Yadira Guamán	ECU	1:34:47	(PB)
41.	Viktória Madarász	HUN	1:34:48	
42.	Ayman Kozhakhmetova	KAZ	1:35:00	
43.	Arabelly Orjuela	COL	1:35:05	
44.	Déspina Zapounídou	GRE	1:35:19	
45.	Paulina Buziak	POL	1:35:23	
46.	Mayra Herrera	GUA	1:35:33	
47.	Semiha Mutlu	TUR	1:35:33	(PB)
48.	Nastassia Yatsevich	BLR	1:35:41	
49.	Vera Santos	POR	1:35:51	
50.	Olena Shumkina	UKR	1:36:42	
51.	Paola Pérez	ECU	1:37:05	
52.	Rachel Seaman	CAN	1:37:36	
53.	Maria Czaková	SVK	1:37:43	
54.	Anne Halkivaha	FIN	1:38:49	
55.	Milángela Rosales	VEN	1:42:46	
	Claire Tallent	AUS	DQ	
	Johanna Jackson	GBR	DQ	
	Mirna Ortíz	GUA	DQ	
	Yeongeun Jeon	KOR	DQ	
	Sabine Krantz	GER	DNF	
	Sholpan Kozhakhmetova	KAZ	DNF	

You can check out the full results and 2km lapsplits for all competitors at http://www.iaaf.org/mini/oly12/Results/ResultsByDate.aspx?racedate=08-11-2012/sex=W/discCode=20KR/combCode=hash/roundCode=f/results.html#detW_20KR_hash_f

Here are the 2km splits for the winner - the last 4 laps are unbelievably fast - no wonder Kaniskina could not hold her out. A last lap of 8:07 is just about unheard of!

8:38	17:21	26:04	34:44	43:16	51:48	1:00:12	1:08:35	1:16:55	1:25:02
8:38	8:43	8:43	8:40	8:32	8:32	8:24	8:23	8:20	8:07

There has been little said officially about the bronze medal winning Chinese walker but she was in fact the first ever Tibetan to compete in the Olympics. Read this fascinating article: <http://sports.inquirer.net/57883/1st-tibetan-olympian-wins-medal-for-china>.

And what of our 3 Australian competitors. **Claire Tallent** was sitting in a group of 3 walkers occupying positions 8-10 when she was disqualified at the 13km mark. She had powered through the 10km mark in a 36 sec PB time of 43:43 and looked on target for somewhere around 1:28:00. This year has been a huge breakthrough for Claire as she has pushed herself into the top echelon of walkers and is now a walker to be reckoned with. I did feel so sorry for her as she was walking superbly. **Regan Lambie** and **Beki Lee** also walked inspired races, going through the 10km mark in PB times of 44:22 and 45:39 and finishing 17th in 1:30:08 (a PB of 1:31) and 28th 1:32:14 (a PB of 0:55) respectively. Like our 50km men, they all walked to their absolute limits and deserve our fullest

congratulations.



**Left: Kaniskina at full stretch as she tries to maintain her lead
Middle: Lashmanova breaks away from Chinese walker Qieyang to start the chase with 5km to go
Right: And catches her with in the dying stages**



Claire, Regan and Beki in action

18TH EUROPEAN MASTERS R&F CHAMPIONSHIPS, ZGORZELEC, POLAND, 16-25 AUGUST

The European Masters Athletics Championships are now underway in Zgorzelec in Poland and the 5000m track walk was the first cab off the rank, being held on Sunday in hot conditions. Steffen Borsch (22.04.47, M35) and Brit Schroeter (25.25.62, W35), both from Germany, were fastest overall while Zigurds Irbe (Latvia, M75, 29.32.71, 91.76%) and Denise Leclerc (France, W75, 35.49.21, 91.62%) were the highest from an Age Graded point of view. One of the closest races was in fact in the M75 division where Irbe just won out with 29:32.71 ahead of Italian Romolo Pelliccia with 29:32.89. In terms of the 59 racewalking medals awarded so far, Germany (10), France (9) and Italy (7) lead a table of 19 countries.

Results follow but are restricted to the top 10, For the full results, see <http://www.evacs2012.com/en/starters/>.

5000m Track Walks - Men, Sunday 19 August

M35	1	1307	BORSCH Steffen	1973	M35	GER GERMANY	22:04.47
	2	3692	MEDERA Zdenko	1975	M35	SVK SLOVAK REPUBLIK	23:43.75
	3	623	RODRIGUEZ JIMENEZ Jose	1975	M35	ESP SPAIN	24:57.73
	4	102	DERENZIS Edwyn	1976	M35	BEL BELGIUM	26:30.90
	5	509	CERVELLO David	1977	M35	ESP SPAIN	26:41.90
	6	184	KONOSIC Zeljko	1972	M35	CRO CROATIA	26:55.33
	7	3319	SLEZIONA Adam	1973	M35	POL POLAND	26:57.58
	8	858	EICHHOLTZER Sebastien	1976	M35	FRA FRANCE	28:34.39
	9	2466	TUST Alexander	1974	M35	GER GERMANY	39:29.75
M40	1	818	BOULAY Emmanuel	1970	M40	FRA FRANCE	22:19.47
	2	2966	IVZANS Normunds	1971	M40	LAT LATVIA	22:53.50
	3	3427	DEGTYARENKO Viacheslav	1971	M40	RUS RUSSIA	23:26.35
	4	3512	PUPYSHEV Andrei	1972	M40	RUS RUSSIA	25:51.16
	5	1969	MAIER Joachim	1970	M40	GER GERMANY	26:08.72
	6	820	BRIERE Regis	1968	M40	FRA FRANCE	26:33.59
	7	413	VONDRA Vaclav	1968	M40	CZE CZECH REPUBLIC	29:01.87
	8	2624	TSANTIKIDIS Vasilis	1969	M40	GRE GREECE	29:23.59
	9	533	FERNANDEZ Mario	1968	M40	ESP SPAIN	29:43.54
M45	1	2735	ARENA Walter	1964	M45	ITA ITALY	23:18.17
	2	3830	GARNYK Petro	1964	M45	UKR UKRAINE	24:07.75
	3	2761	CACIA Salvatore	1967	M45	ITA ITALY	24:42.87
	4	3595	VERSEC Vladimir	1963	M45	SLO SLOVENIA	25:32.71
	5	560	IGLESIAS Julian	1962	M45	ESP SPAIN	26:03.97
	6	920	PESQUET Francois	1965	M45	FRA FRANCE	26:15.85
	7	2930	STRANO Daniele	1965	M45	ITA ITALY	26:32.23
	8	2952	BREIDE Madars	1964	M45	LAT LATVIA	26:41.34
	9	1532	GNAUCK Dick	1963	M45	GER GERMANY	26:50.32
	10	2004	MEYER Steffen	1966	M45	GER GERMANY	27:03.38
M50	1	2870	NASO Andrea	1960	M50	ITA ITALY	24:19.67
	2	1138	REIS Francisco	1960	M50	GBR	24:31.84
	3	481	ABADIAS PALACIN Luis	1959	M50	ESP SPAIN	25:42.70
	4	2670	MAJOR Ferenc	1961	M50	HUN HUNGARY	26:07.25
	5	3128	FOTLAND Arild	1959	M50	NOR NORWAY	26:26.29
	6	2918	SANSEVRINO Antonio	1959	M50	ITA ITALY	27:04.34
	7	3688	MALIK Ondrej	1961	M50	SVK SLOVAK REPUBLIK	27:24.87
	8	3249	KWITA Zbigniew	1959	M50	POL POLAND	28:41.31
	9	2774	COLOMBO Daniele	1958	M50	ITA ITALY	28:52.03
	10	830	CHATELET Gerard	1960	M50	FRA FRANCE	29:26.35
M55	1	3262	LUNIEWSKI Miroslaw	1957	M55	POL POLAND	25:06.27
	2	3590	RUZZIER Fabio	1953	M55	SLO SLOVENIA	25:20.53
	3	3410	BARABASH Vladimir	1956	M55	RUS RUSSIA	25:29.23
	4	2140	PRIELER Helmut	1955	M55	GER GERMANY	25:46.22
	5	3478	LYZHIN Sergey	1955	M55	RUS RUSSIA	26:09.04
	6	589	MORENO Javier	1957	M55	ESP SPAIN	26:31.05
	7	1175	UTTLEY Steven	1957	M55	GBR	26:56.26
	8	242	FLIEGL Miroslav	1954	M55	CZE CZECH REPUBLIC	27:05.39
	9	279	KALAT Josef	1955	M55	CZE CZECH REPUBLIC	27:20.75
	10	2929	STRABIOLI Angelo	1957	M55	ITA ITALY	28:31.30
M60	1	822	BROCHOT Patrice	1951	M60	FRA FRANCE	24:56.00
	2	2868	MOROTTI Graziano	1951	M60	ITA ITALY	25:09.95
	3	1512	GAUS Peter	1952	M60	GER GERMANY	26:02.91
	4	1055	HALL John	1949	M60	GBR	27:12.17

	5	271	JANOUSEK Jiri	1951	M60	CZE CZECH REPUBLIC	27:42.54
	6	2243	SAREMBE Ferdinand	1951	M60	GER GERMANY	28:09.57
	7	682	SUMBERG Rein	1950	M60	EST ESTONIA	28:25.87
	8	3657	PONZIO Roby	1947	M60	SUI SWITZERLAND	28:34.22
	9	845	DELAYRE Bernard	1947	M60	FRA FRANCE	28:47.44
	10	922	PIN Jean-Pierre	1949	M60	FRA FRANCE	29:08.91
M65	1	2812	FORMENTIN Ettore	1947	M65	ITA ITALY	27:26.07
	2	933	RABATEL Fernand	1946	M65	FRA FRANCE	28:56.10
	3	2712	MCMULLIN John	1946	M65	IRL IRELAND	29:33.33
	4	2327	SCHUMM Peter	1942	M65	GER GERMANY	29:42.29
	5	2625	VENETIADIS Apostolos	1944	M65	GRE GREECE	30:28.16
	6	3709	STRAKA Eduard	1946	M65	SVK SLOVAK REPUBLIK	30:30.23
	7	2911	RUTOLO Ferdinando	1947	M65	ITA ITALY	30:38.37
	8	3019	HUMMER Joseph Albert	1946	M65	LUX LUXEMBOURG	30:43.60
	9	1968	MAIER Felix	1943	M65	GER GERMANY	30:46.31
	10	2661	KISS Gyorgy	1947	M65	HUN HUNGARY	31:00.74
M70	1	674	PALMAR Ants	1940	M70	EST ESTONIA	28:40.46
	2	281	KANSKY Vladimir	1940	M70	CZE CZECH REPUBLIC	29:59.78
	3	3527	SARTAKOV Alexander	1942	M70	RUS RUSSIA	30:03.60
	4	3842	KUSHAROV Anatolii	1941	M70	UKR UKRAINE	31:00.70
	5	1153	SHILLABEER Edmund	1939	M70	GBR	31:27.06
	6	2419	STURZ Erich	1940	M70	GER GERMANY	32:16.02
	7	2991	RUBENIS Gunars	1938	M70	LAT LATVIA	32:16.90
	8	2957	DRIBINCEVS Vladimirs	1940	M70	LAT LATVIA	33:00.85
	9	3626	DE COPPET Alexis	1938	M70	SUI SWITZERLAND	33:29.67
	10	757	PIRINEN Jorma	1941	M70	FIN FINLAND	33:31.69
M75	1	2964	IRBE Zigurds	1936	M75	LAT LATVIA	29:32.71
	2	2879	PELLICCIA Romolo	1936	M75	ITA ITALY	29:32.89
	3	2519	WEIDNER Gerhard	1933	M75	GER GERMANY	31:02.91
	4	3853	PANASEIKO Mykola	1934	M75	UKR UKRAINE	33:10.17
	5	3557	TSUKROV Semen	1935	M75	RUS RUSSIA	34:09.95
	6	2253	SCHAEFER DR Wolfgang	1936	M75	GER GERMANY	35:14.43
	7	1808	KNAERINGER Frank	1936	M75	GER GERMANY	37:20.14
	8	1779	KESSNER Gerhard	1936	M75	GER GERMANY	39:02.11
	9	3823	CHEMER Viacheslav	1936	M75	UKR UKRAINE	41:21.54
5000m Track Walks - Men, Sunday 19 August							
M80	1	3307	RUTYNA Mieczyslaw	1931	M80	POL POLAND	35:43.76
	2	3855	PUSHKIN Ivan	1930	M80	UKR UKRAINE	36:10.56
	3	2430	TEUFERT Karlheinz	1929	M80	GER GERMANY	37:23.28
M85	1	1351	CIESIELSKI Guenter	1926	M85	GER GERMANY	37:31.21
	2	3510	PRUDNIKOV Pavel	1927	M85	RUS RUSSIA	38:56.95
	3	199	BALCARIK Alois	1927	M85	CZE CZECH REPUBLIC	40:00.77
W35	1	2312	SCHROETER Brit	1974	W35	GER GERMANY	25:25.62
	2	2267	SCHENKER Bianca	1974	W35	GER GERMANY	25:25.98
	3	857	EICHHOLTZER Sandrine	1977	W35	FRA FRANCE	25:41.70
	4	1275	BETTO Linda	1977	W35	GER GERMANY	26:35.50
	5	1977	MARKGRAF Yvonne	1975	W35	GER GERMANY	32:23.83
	6	2968	JAKUBOVSKA Aiva	1973	W35	LAT LATVIA	33:26.75
	7	2688	VARASDY Edit	1973	W35	HUN HUNGARY	39:20.15
W40	1	914	NAUMANN Marit	1968	W40	FRA FRANCE	26:52.82
	2	3735	HOGRELL Ellinor	1968	W40	SWE SWEDEN	27:15.23
	3	2862	MOMBELLI Roberta	1968	W40	ITA ITALY	28:30.52
	4	2475	UNTERHOLZNER Maria	1968	W40	GER GERMANY	29:00.20
	5	3472	LIAMINA Irina	1968	W40	RUS RUSSIA	29:04.59
	6	2989	ROGALE Aija	1968	W40	LAT LATVIA	31:13.02
	7	3318	SLEZIONA Katarzyna	1970	W40	POL POLAND	31:20.98
	8	2376	STASCH Katrin	1970	W40	GER GERMANY	31:39.23
	9	1967	MAIER Andrea	1969	W40	GER GERMANY	31:51.08
	10	2239	SAENGER Angela	1969	W40	GER GERMANY	35:39.02
W45	1	3638	HENCHOZ Corinne	1964	W45	SUI SWITZERLAND	27:39.01
	2	3447	KOKORINA Irina	1964	W45	RUS RUSSIA	27:39.51

	3	124	NICOLAS Myriam	1963	W45	BEL BELGIUM	27:55.98
	4	2244	SAREMBE-STEGMAIER Chris	1966	W45	GER GERMANY	28:22.59
	5	3870	ZAGALSKA Valentyna	1964	W45	UKR UKRAINE	29:57.69
	6	927	PONGIN Catherine	1963	W45	FRA FRANCE	30:40.75
	7	2498	WAEDELDE Silvia	1966	W45	GER GERMANY	30:42.51
	8	934	REGNIER Sylvie	1962	W45	FRA FRANCE	31:30.62
	9	1120	NOEL Maureen Elvaria	1963	W45	GBR	32:08.80
	10	1531	GLOMBITZA Silke	1967	W45	GER GERMANY	32:32.00
W50	1	3550	TERENTYEVA Natalia	1961	W50	RUS RUSSIA	28:11.58
	2	832	CHAVE Maryse	1959	W50	FRA FRANCE	28:32.00
	3	837	COCHEREAU Veronique	1959	W50	FRA FRANCE	28:37.74
	4	545	GARCIA FRONTONS Carmen	1960	W50	ESP SPAIN	29:12.18
	5	3867	VEREMIICHUK Olena	1959	W50	UKR UKRAINE	29:47.67
	6	921	PICARD Marie Francoise	1957	W50	FRA FRANCE	30:12.84
	7	805	BEAULIER Marie-france	1957	W50	FRA FRANCE	32:03.17
	8	1788	KIRCHESCH Ilona	1958	W50	GER GERMANY	32:10.63
	9	2107	PATRZALEK Brigitte	1958	W50	GER GERMANY	32:26.56
	10	2992	SAULITE Dace	1959	W50	LAT LATVIA	34:14.50
W55	1	3839	KRYVOKHYZHA Tetyana	1956	W55	UKR UKRAINE	27:55.22
	2	1189	WHEELER Ann	1955	W55	GBR	29:40.18
	3	1021	DUHIG Cath	1954	W55	GBR	29:55.30
	4	912	MOURGUES Martine	1956	W55	FRA FRANCE	31:23.82
	5	1410	ECHLE Maria Rita	1957	W55	GER GERMANY	31:53.31
	6	899	MAGGIORE Yvonne	1955	W55	FRA FRANCE	32:23.50
	7	60	SCHWANTZER Monika	1955	W55	AUT AUSTRIA	32:31.91
	8	128	PATER Jocelyne	1954	W55	BEL BELGIUM	33:32.57
	9	3495	NITYAGOVSKAYA Liudmila	1954	W55	RUS RUSSIA	33:51.62
W60	1	3369	FERNANDES Maria Alice	1952	W60	POR PORTUGAL	29:18.04
	2	489	ALVAREZ Aurora	1952	W60	ESP SPAIN	31:12.69
	3	3861	SHYMKO Liubov	1950	W60	UKR UKRAINE	32:13.55
	4	823	BROCHOT Edith	1952	W60	FRA FRANCE	32:22.81
	5	22	GROLIG Dorothea	1951	W60	AUT AUSTRIA	32:29.27
	6	502	BRIZ Maria Jose	1951	W60	ESP SPAIN	32:54.70
	7	799	ANXIONNAT Claudine	1951	W60	FRA FRANCE	33:05.72
	8	2064	NEIDEL Heidrun	1947	W60	GER GERMANY	34:16.80
	9	2431	TEUFERT - SHIBATA Yoshi	1950	W60	GER GERMANY	35:05.48
	10	2025	MOLTER Margarete	1947	W60	GER GERMANY	35:41.99
W65	1	3646	MAEDER Heidi	1943	W65	SUI SWITZERLAND	30:49.19
	2	3865	TYSHKO Antonina	1947	W65	UKR UKRAINE	31:45.83
	3	812	BERNIER Janine	1946	W65	FRA FRANCE	33:27.74
	4	3627	DE COPPET Brigita	1946	W65	SUI SWITZERLAND	33:37.28
	5	1803	KLINK Ursula	1944	W65	GER GERMANY	33:38.88
	6	898	LOYER Suzanne	1947	W65	FRA FRANCE	34:17.41
	7	2028	MOSER Gabriele	1944	W65	GER GERMANY	37:15.45
	8	3778	WAHLBERG Marie-louise	1945	W65	SWE SWEDEN	51:52.88
W70	1	2434	THEUNISSEN Gisela	1942	W70	GER GERMANY	34:15.27
	2	3144	NAGELL-DAHL Halldis	1942	W70	NOR NORWAY	35:47.67
	3	2591	ZICKERT Viktoria	1941	W70	GER GERMANY	36:02.48
	4	2963	GRINBERTE Vera	1940	W70	LAT LATVIA	36:16.47
	5	1423	ELBING Helene	1938	W70	GER GERMANY	37:41.34
	6	1390	DRAEGER Helga	1939	W70	GER GERMANY	37:41.54
	7	2953	BUNTIKA Ilga	1939	W70	LAT LATVIA	39:34.85
W75	1	893	LECLERC Denise	1933	W75	FRA FRANCE	35:49.21
	2	1214	ANTRITTER Erna	1935	W75	GER GERMANY	44:26.30

The second set of walk championships (10km for women and 20km for men) were held on Wednesday 22nd August in the town of Hrádek nad Nisou. There were 3 races in all, as follows

9AM : 10km Women 35-79
11AM : 20km Men 35-59
2PM : 20km Men 60-89

I am told conditions were very warm after overnight rain. Results follow but are restricted to the top 10, For the full results, see

20 km Road Walk Men, Wednesday 22 August

The fastest walkers were Andrei Pupyshhev of Russia (M40, 1.38.21), Steffen Borsch of Germany (M35, 1.39.10) and Viacheslav Degtyarenko of Russia (M40, 1.39.27) while the best age-graded performance went to 76 year old Romolo Pelliccia of Italy (88.24 %, 2.09.52).

M35	1	BORSCH Steffen	1973	GER	1:39:10
	2	MEDERA Zdenko	1975	SVK	1:43:50
	3	CROCI Ernesto	1973	ITA	1:48:39
	4	RODRIGUEZ JIMENEZ Jose	1975	ESP	1:51:26
	5	CERVELLO David	1977	ESP	1:52:43
	6	FERN Thorsten	1975	GER	1:53:25
	7	DERENZIS Edwyn	1976	BEL	2:00:32
	8	EICHHOLTZER Sebastien	1976	FRA	2:02:32
M40	1	PUPYSHEV Andrei	1972	RUS	2:38:21
	2	DEGTYARENKO Viacheslav	1971	RUS	1:39:27
	3	IVZANS Normunds	1971	LAT	1:44:20
	4	MONTRESOR Albano	1971	ITA	1:46:05
	5	MAIER Joachim	1970	GER	1:48:55
	6	HIRSCHMUGL Dietmar	1968	AUT	1:52:42
	7	KROPIK Dr Franz	1968	AUT	1:55:34
	8	DURAND PICHARD David	1972	FRA	1:55:57
	9	BRIERE Regis	1968	FRA	1:58:46
	10	FERNANDEZ Mario	1968	ESP	2:04:23
M45	1	GARNYK Petro	1964	UKR	1:45:39
	2	CACIA Salvatore	1967	ITA	1:47:24
	3	IGLESIAS Julian	1962	ESP	1:49:12
	4	VERSEK Vladimir	1963	SLO	1:50:56
	5	ZANOLLI Cristiano (I)	1965	ITA	1:51:45
	6	SMOLA Josef (I)	1964	CZE	1:52:51
	7	GNAUCK Dick	1963	GER	1:55:16
	8	STRANO Daniele	1965	ITA	1:56:03
	9	BREIDE Madars (I)	1964	LAT	1:59:50
	10	MEYER Steffen	1966	GER	2:01:39
M50	1	REIS Francisco	1960	GBR	1:46:47
	2	DIETSCHE Klaus	1962	GER	1:47:09
	3	NASO Andrea	1960	ITA	1:49:42
	4	MAJOR Ferenc	1961	HUN	1:51:53
	5	ABADIAS PALACIN Luis	1959	ESP	1:53:42
	6	SANSEVRINO Antonio	1959	ITA	1:54:50
	7	MALECKI Waldemar	1958	POL	1:59:03
	8	COLOMBO Daniele	1958	ITA	2:01:24
	9	KWITA Zbigniew	1959	POL	2:03:26
	10	DEKSNIS Vitalijs	1958	LAT	2:08:29
M55	1	RUZZIER Fabio	1953	SLO	1:48:13
	2	LUNIEWSKI Miroslaw (I)	1957	POL	1:48:50
	3	PRIELER Helmut	1955	GER	1:49:35
	4	BARABASH Vladimir	1956	RUS	1:52:29
	5	GAUBE Wilfried	1956	GER	1:53:37
	6	MORENO Javier	1957	ESP	1:54:12
	7	LYZHIN Sergey	1955	RUS	1:54:54
	8	ZHYRKOV Pavlo	1953	UKR	1:55:22
	9	UTTLEY Steven (I)	1957	GBR	1:55:46
	10	FLIEGL Miroslav	1954	CZE	1:57:21
M60	1	BROCHOT Patrice	1951	FRA	1:51:29
	2	GAUS Peter	1952	GER	1:51:32
	3	BSCHOR Alois	1951	GER	1:56:54
	4	HALL John	1949	GBR	1:58:29
	5	PONZIO Roby	1947	SUI	2:01:16
	6	DELAYRE Bernard	1947	FRA	2:03:49
	7	SIEGELE Johann	1948	AUT	2:04:09
	8	LANGNER Gerhard	1949	GER	2:04:48
	9	JANOUSEK Jiri	1951	CZE	2:07:24
	10	KOVAR Rostislav	1951	CZE	2:07:51
M65	1	FORMENTIN Ettore	1947	ITA	2:02:32
	2	MCMULLIN John	1946	IRL	2:06:18
	3	SCHUMM Peter	1942	GER	2:06:47
	4	RABATEL Fernand	1946	FRA	2:08:30

	5	KISS Gyorgy	1947	HUN	2:12:25
	6	BINGGELI Bernard (I)	1946	SUI	2:14:39
	7	STRAKA Eduard	1946	SVK	2:14:45
	8	BJORSVIK Arvid (I)	1943	NOR	2:14:56
	9	RUTOLO Ferdinando	1947	ITA	2:15:13
	10	PTAK Jaroslav	1947	CZE	2:16:36
M70	1	PALMAR Ants	1940	EST	2:06:49
	2	SHILLABEER Edmund (I)	1939	GBR	2:09:57
	3	SARTAKOV Alexander	1942	RUS	2:11:00
	4	KUSHAROV Anatolii	1941	UKR	2:15:44
	5	GONSIOROVSKY Zdenek	1941	CZE	2:18:18
	6	VOLSKYI Oleksandr	1940	UKR	2:20:09
	7	DRIBINCEVS Vladimirs	1940	LAT	2:20:48
	8	KANSKY Vladimir	1940	CZE	2:22:28
	9	RUBENIS Gunars	1938	LAT	2:22:33
	10	LENZ Horst	1937	GER	2:23:16
M75	1	PELLICCIA Romolo (I)	1936	ITA	2:09:52
	2	MENAFRO Vincenzo	1935	ITA	2:16:52
	3	IRBE Zigurds (I)	1936	LAT	2:19:55
	4	TSUKROV Semen	1935	RUS	2:27:08
	5	PANASEIKO Mykola	1934	UKR	2:31:46
	6	SCHAEFER DR Wolfgang	1936	GER	2:31:49
	7	KNAERINGER Frank	1936	GER	2:39:04
	8	HORWILL Eric	1933	GBR	2:45:04
M80	1	RUTYNA Mieczyslaw	1931	POL	2:30:15
	2	TEUFERT Karlheinz	1929	GER	2:33:53
	3	PUSHKIN Ivan	1930	UKR	2:34:40
M85	1	CIESIELSKI Guenter	1926	GER	2:45:34
	2	BALCARIK Alois (I)	1927	CZE	2:47:50

10km Road Walk Women, Wednesday 22 August

The fastest walkers were Bianca Schenker of Germany (W35 - 52.49), Sandrine Eichholtzer of France (W35 - 53.07) and Linda Betto of Germany (W35 - 54.25) while the best age-graded performance went to 79 year old Denise Leclerc of France, (97.30% (1.12.22).

W35	1	SCHENKER Bianca	1974	GER	52:49
	2	EICHHOLTZER Sandrine	1977	FRA	53:07
	3	BETTO Linda	1977	GER	54:25
	4	MARKGRAF Yvonne	1975	GER	1:04:51
	5	JAKUBOVSKA Aiva	1973	LAT	1:05:49
	6	VARASYD Edit	1973	HUN	1:14:47
W40	1	NAUMANN Marit	1968	FRA	55:09
	2	HOGRELL Ellinor	1968	SWE	55:54
	3	MOMBELLI Roberta	1968	ITA	57:26
	4	UNTERHOLZNER Maria	1968	GER	59:04
	5	HOERL Nicole	1971	GER	1:00:06
	6	LIAMINA Irina	1968	RUS	1:01:05
	7	ROGALE Aija (I)	1968	LAT	1:02:47
	8	MAIER Andrea	1969	GER	1:03:04
	9	STASCH Katrin	1970	GER	1:03:15
	10	SAENGER Angela	1969	GER	1:06:43
W45	1	KOKORINA Irina	1964	RUS	56:26
	2	HENCHOZ Corinne	1964	SUI	56:31
	3	NICOLAS Myriam	1963	BEL	56:40
	4	PRIMAS Barbara	1965	GER	58:22
	5	SAREMBE-STEGMAIER Chris	1966	GER	59:17
	6	ZAGALSKA Valentyna	1964	UKR	1:00:24
	7	WAEDELDE Silvia	1966	GER	1:00:56
	8	PONGIN Catherine	1963	FRA	1:02:50
	9	NOEL Maureen Elvaria	1963	GBR	1:03:08
	10	REGNIER Sylvie	1962	FRA	1:03:09
W50	1	TERENTYEVA Natalia	1961	RUS	57:24
	2	CHAVE Maryse	1959	FRA	58:09
	3	COCHEREAU Veronique	1959	FRA	58:45
	4	VEREMIICHUK Olena (I)	1959	UKR	59:20
	5	GARCIA FRONTONS Carmen	1960	ESP	59:58
	6	JAKOB Dora	1959	SUI	1:01:30
	7	PICARD Marie Françoise	1957	FRA	1:01:41
	8	FUCHS Marion	1960	GER	1:02:58
	9	KIRCHESCH Ilona	1958	GER	1:03:53

	10	PATRZALEK Brigitte	1958	GER	1:05:22
W55	1	KRYVOKHYZHA Tetyana (I)	1956	UKR	55:57
	2	WHEELER Ann (I)	1955	GBR	1:00:21
	3	DUHIG Cath (I)	1954	GBR	1:01:16
	4	MOURGUES Martine	1956	FRA	1:03:53
	5	ECHLE Maria Rita	1957	GER	1:03:56
	6	SCHWANTZER Monika	1955	AUT	1:06:44
	7	PATER Jocelyne	1954	BEL	1:06:55
	8	MAGGIORE Yvonne	1955	FRA	1:07:07
	9	NITYAGOVSKAYA Liudmila	1954	RUS	1:07:35
W60	1	FERNANDES Maria Alice	1952	POR	59:30
	2	DYGAS Karin	1950	GER	1:03:14
	3	ALVAREZ Aurora	1952	ESP	1:03:25
	4	BROCHOT Edith	1952	FRA	1:03:52
	5	ANXIONNAT Claudine	1951	FRA	1:04:21
	6	GROLIG Dorothea	1951	AUT	1:05:11
	7	BRIZ Maria Jose	1951	ESP	1:06:12
	8	SHYMKO Liubov	1950	UKR	1:07:57
	9	NEIDEL Heidrun	1947	GER	1:09:10
	10	TEUFERT - SHIBATA Yoshi	1950	GER	1:09:50
W65	1	MAEDER Heidi	1943	SUI	1:02:29
	2	TYSHKO Antonina	1947	UKR	1:05:13
	3	BERNIER Janine	1946	FRA	1:07:26
	4	DE COPPET Brigita	1946	SUI	1:08:04
	5	KLINK Ursula	1944	GER	1:08:17
	6	LOYER Suzanne	1947	FRA	1:08:24
	7	WAHLBERG Marie-louise	1945	SWE	1:43:13
W70	1	THEUNISSEN Gisela	1942	GER	1:10:11
	2	GRINBERTE Vera (I)	1940	LAT	1:11:39
	3	NAGELL-DAHL Halldis	1942	NOR	1:11:57
	4	ZICKERT Viktoria	1941	GER	1:12:32
	5	HERRENDOERFER Ursula	1940	GER	1:12:40
	6	GIRARDS Rosa	1939	GER	1:17:19
	7	ELBING Helene	1938	GER	1:19:12
	8	DRAEGER Helga	1939	GER	1:21:17
W75	1	LECLERC Denise	1933	FRA	1:12:22
	2	FIJALKOWSKA Janina	1936	POL	1:12:37
	3	ANTRITTER Erna	1935	GER	1:27:24

CHINESE 3 DAY WALKING FESTIVAL, ERDOS, CHINA, 13-15 SEPTEMBER

The big international news this week comes from China where, as part of a huge 3 Day Walks Festival, the 10km Final of the IAAF Racewalking Grand Prix Series was held. The venue was a new one - Erdos, an administrative city in Inner Mongolia and very much a showcase city for the Chinese.

The carnival kicked off on Thursday 13 September with a National Men's Open and U20 20km Grand Prix races. The Open event was won by 17 year old Li Tianlei in a superb 1:22:04, ahead of Niu Wenbin with 1:22:13 while the U20 race was won by Zhao Qi with 1:23:11 ahead of Liu Xu with 1:25:09. The depth was even more amazing than usual - 15 walkers under 1:26 in the Open event and 16 walkers under 1:30 in the U20 event.

20 km Open Men, 13 September

1.	Li Tianlei	CHN	13 Jan 95	1:22:04	
2.	Niu Wenbin	CHN	20 Jan 91	1:22:13	PB
3.	Wang Zhendong	CHN	11 Jan 91	1:22:44	
4.	Xu Faguang	CHN	17 May 87	1:23:23	
5.	Ma Haijun	CHN	24 Nov 92	1:23:43	
6.	Bian Fongda	CHN	1 Apr 91	1:23:44	
7.	Yu Wei	CHN	11 Sep 87	1:23:57	
8.	Ji Chunlong	CHN	25 Feb 88	1:24:00	
9.	Liu Jianmin	CHN	9 Mar 88	1:24:33	
10.	Hu Wanli	CHN	27 May 92	1:24:47	
11.	Li Shijia	CHN	14 Jan 92	1:24:54	
12.	Chu Yafei	CHN	5 Sep 88	1:25:17	
13.	Xu Dexing	CHN	20 Aug 88	1:25:27	
14.	Luo Yadong	CHN	15 Jan 92	1:25:31	PB
15.	Wang Gang	CHN	2 Apr 91	1:25:52	
16.	Tong Anqi	CHN	29 Sep 92	1:26:34	PB
17.	Li Jiahui	CHN	18 Nov 92	1:26:45	PB
18.	Wang Wei	CHN	1 Dec 88	1:26:49	
19.	Sun Chenggang	CHN	11 Mar 91	1:27:00	
20.	Men Fuqiang	CHN	22 Jun 92	1:27:57	
21.	Wang Kun	CHN	10 May 89	1:28:38	
22.	Pei Lianyou	CHN	27 Jan 90	1:28:52	
23.	Chen Haoding	CHN	6 Nov 92	1:29:31	
24.	Zhang Kuo	CHN	12 Dec 89	1:29:45	
25.	Li Lei	CHN	29 Nov 87	1:29:58	
26.	Rong Yufei	CHN	8 Apr 92	1:30:15	
	Cheng Min	CHN	6 Jul 91	DNF	
	Hou Quan	CHN	2 Jul 90	DNF	
	Wang Hongwei	CHN	10 Oct 89	DNF	
	Xu Xianlong	CHN	2 Feb 91	DNF	
	Wang Hao	CHN	16 Aug 89	DNF	
	Cui Yasen	CHN	28 Feb 87	DNF	
	Zhao Ziyang	CHN	29 Jul 91	DNF	
	Zhu Chundong	CHN	1 Jan 90	DNF	
	Chen Zongliang	CHN	9 Jan 92	DNF	
	Jiao Bate	CHN	6 Jan 91	DQ	
	Wang Yue	CHN	7 Apr 92	DQ	

20 km walk U20 Men, 13 September

1.	Zhao Qi	CHN	14 Jan 93	1:23:11	
2.	Liu Xu	CHN	11 Dec 94	1:25:09	PB
3.	Yin Jiaying	CHN	16 Mar 94	1:25:12	
4.	Han Jijiang	CHN	20 Jul 93	1:25:55	
5.	Jiang Shan	CHN	14 Jul 95	1:26:05	PB
6.	He Yongqiang	CHN	27 Nov 93	1:26:08	
7.	Geng Yudong	CHN	13 Jun 94	1:26:10	PB
8.	Jiang Jie	CHN	25 Oct 94	1:26:36	
9.	Li Shuai	CHN	6 Jan 95	1:28:08	
10.	Li Yajun	CHN	14 Dec 93	1:28:25	
11.	Zhang Zhi	CHN	22 Jul 94	1:28:31	
12.	Zhang Lin	CHN	11 Nov 93	1:28:39	PB
13.	Xu Jie	CHN	1 Jan 93	1:29:21	
14.	Wei Xubao	CHN	1 Feb 93	1:29:29	
15.	Hu Enxi	CHN	26 Mar 94	1:29:33	
16.	Qu Guanchen	CHN	18 Dec 94	1:29:46	
17.	Li Peng	CHN	10 Nov 94	1:30:39	
18.	Wang Yingqi	CHN	1 Nov 93	1:31:07	

Cao Mingyao	CHN	25 Jul 93	DNF
Feng Tianzhu	CHN	6 Feb 94	DNF
Zhang Ganlong	CHN	8 Apr 93	DNF
Yang Jiyuan	CHN	15 Dec 94	DNF
Xie Sichao	CHN	28 Feb 93	DNF
Liu Tianqi	CHN	28 Oct 95	DNF
Gao Wu	CHN	26 Jan 95	DNF
Zhao Yinliang	CHN	6 Jan 93	DQ
Su Guanyu	CHN	26 Jun 94	DQ

The next day saw the IAAF Challenge, the Open and U20 20km for women and U18 10km for boys and girls. The IAAF Challenge is only open to walkers who score points in at least 3 of the IAAF Challenge races held during the year and, what with the long season, the anticlimax of post Olympic competition for those who competed in London and the long trip to Erdos, the fields were smaller than usual with few overseas competitors making the trip.

Those who did toe the line made sure that the racing was top quality even if the fields were small. Mirko Jalava for the IAAF reported on the Challenge Final as follows

The races were held in sunny weather, but cool with the temperature under 15 degrees Celsius. In the men's race it was more or less Olympic bronze medallist Wang Zhen against Olympic champion Chen Ding and even though Chen was clearly stronger in London, the more experienced Wang was a bigger favourite to win here. Despite having only turned 21 in August after the Olympics, Wang had won the previous IAAF Race Walking Challenge Final in 2010 in Beijing with an Asian record 37:44, also the World Junior Best, and finished in fourth place at the 2011 World Championships before grabbing the bronze in London.

In this competition the Heilongjiang athlete, who also won the World Cup 20km in May 2012, didn't want to leave things late and won his second Challenge Final in 39:27. The course was not fast enough for record breaking this time, but the distance to others says that Chinese men will be a dominant force, along with the Russians, for years to come. All of their top walkers in the 20km distance are 20 or 21 and have many years ahead of them. Second in today's competition was another 21-year-old, Cai Zelin, who finished in 39:44, 17 seconds behind Wang. Cai finished in an impressive fourth place in London competing at his first major championships. Olympic champion Chen Ding could not answer to Wang this time and finished third in 39:51.

The Olympic bronze medallist in the 50km, Si Tianfeng, did not finish the race, but seventh in the London 50km, Li Jianbo, completed an impressive 1-2-3-4 finish for the hosts with a 39:56 personal best. Surprisingly the best non-Chinese athlete in the race was just 20-year-old Australian **Dane Bird-Smith**, who clocked 40:32 for fifth. The national 20km champion could well be the next Australian medallist in major championships after **Jared Tallent**, who finished well behind his younger countryman in 11th place today.

In the women's race, the picture was similar to the men's race. 25-year-old Liu Hong, who has been the number one since her 2006 Asian Games win, fell victim to a too fast opening 10km in London and finished in a disappointing fourth place behind countrywoman Qieyang Shenjie. But in this competition Liu was again the biggest favourite and competing in a similar white cap as she did in London and usually does in every competition, was her usual self, winning her first IAAF Race Walking Challenge in a comfortable 43:18. This was the first win in the women's race to a non-Russian walker since the 10km distance was introduced in 2009. Liu had finished in second place twice in a row 2010 and 2011 after not taking part in 2009. There were more surprises in women's competition as the second favourite for the win, the Olympic bronze medallist from London, Qieyang Shenjie, was disqualified. Qieyang also came close to disqualification at the Olympics finishing the race with two warnings.

28-year-old Portuguese Ana Cabecinha recorded maybe the best achievement of her career with a second place finish in 43:31 keeping young Chinese Lu Xiuzhi behind her. Cabecinha has been quickly moving up in placings in this race, having finished sixth in 2010 and fourth in 2011 with the best achievements in 20km coming in Daegu World Championships (7th) and the London Olympics (8th). Just 18 years of age, Lu is the brightest Chinese walking prospect behind Olympic duo Liu and Qieyang. She recorded a 43:37 personal best and world junior leader for third place here and did well in London too, finishing in sixth place in the 20km distance at her first major championships. The Anhui walker, who has set the Asian junior record in 20km with 1:27:01 this season, has an awesome record in senior competitions, having finished fourth at the World Cup, sixth at the Olympics and now third at the IAAF Race Walking Challenge Final in her first three major competitions. Beatriz Pascual of Spain was fourth in 43:54 and Italy's Beatriz Pascual fifth in 44:24.

Yes, we had 5 Australians in action here. The best of them was obviously **Dane Bird-Smith** with fifth place in 40:32, finishing ahead of **Luke Adams** 9th with 41:06, **Jared Tallent** 11th with 42:29 and **Rhydian Cowley** 12th with 43:24. **Claire Tallent** was our solo woman and she walked strongly to take 7th with 45:29. Like most of the other walkers last weekend, no PBs but great walking none the less.

IAAF Challenge Final - 10 km walk Men, Friday 14 September

1.	Wang Zhen	CHN	24 Aug 91	39:27	
2.	Cai Zelin	CHN	11 Apr 91	39:44	
3.	Chen Ding	CHN	5 Aug 92	39:51	
4.	Li Jianbo	CHN	14 Nov 86	39:56	PB

5.	Dane Bird-Smith	AUS	15 Jul 92	40:32	
6.	Hiroki Arai	JPN	18 May 88	40:41	
7.	Eder Sánchez	MEX	21 May 86	40:50	
8.	Miguel Ángel López	ESP	3 Jul 88	41:01	
9.	Luke Adams	AUS	22 Oct 76	41:06	
10.	Matej Tóth	SVK	10 Feb 83	41:33	
11.	Jared Tallent	AUS	17 Oct 84	42:29	
12.	Rhydian Cowley	AUS	4 Jan 91	43:24	PB
13.	Yuki Yamazaki	JPN	16 Jan 84	46:47	
	Si Tianfeng	CHN	17 Jun 84	DNF	

IAAF Challenge Final - 10 km walk Women, Friday 14 September

1.	Liu Hong	CHN	12 May 87	43:18	
2.	Ana Cabecinha	POR	29 Apr 84	43:31	
3.	Lu Xiuzhi	CHN	26 Oct 93	43:37	PB WJL
4.	Beatriz Pascual	ESP	9 May 82	43:54	
5.	Elisa Rigaud	ITA	17 Jun 80	44:24	
6.	Tatyana Korotkova	RUS	31 May 82	44:52	
7.	Claire Tallent	AUS	7 Jun 81	45:29	
8.	Inês Henriques	POR	1 May 80	46:10	
9.	Olive Loughnane	IRL	14 Jan 76	46:57	
	Qieyang Shenjie	CHN	11 Nov 90	DQ	



Hong and Zhen win in Erdos (photos www.iaaf.org)

The women's 20km Grand Prix race showcased the Chinese depth once again with Li Yanfei winning the Open event with 1:31:57 ahead of He Qin 1:32:17 and Luo Xingcai winning the U20 event with 1:34:06 ahead of Liu Shuyu with 1:34:21. With 17 Open women under 1:37 and 8 U20 women under 1:40, their depth shows just why they have now supplanted Russia as the number one walking nation in the world.

20 km Open Women, 14 September

1.	Li Yanfei	CHN	12 Jan 90	1:31:57
2.	He Qin	CHN	23 Mar 92	1:32:17
3.	Shi Tianshu	CHN	7 Jun 88	1:32:21
4.	Sun Huanhuan	CHN	15 Mar 90	1:32:33
5.	Nie Jingjing	CHN	1 Mar 88	1:33:49
6.	Yang Mingxia	CHN	13 Jan 90	1:34:08
7.	Wang Shanshan	CHN	16 Jun 87	1:34:25
8.	Ding Huiqin	CHN	5 Feb 90	1:34:31
9.	Li Hua	CHN	15 Jan 91	1:34:43
10.	Zhou Kang	CHN	24 Dec 89	1:35:21
11.	Sun Xueping	CHN	10 Dec 88	1:35:39
12.	Xu Liqin	CHN	6 Feb 90	1:35:56
13.	Li Li	CHN	18 Jun 87	1:36:02
14.	Wang Min	CHN	2 Dec 91	1:36:05
15.	Yang Yawei	CHN	16 Oct 83	1:36:09

16.	Wang Yingliu	CHN	1 Mar 92	1:36:35	
17.	Xu Yaozhi	CHN	20 May 90	1:36:59	PB
18.	Shi Yang	CHN	24 Jan 83	1:37:26	
19.	Chen Shuangyan	CHN	14 Aug 91	1:37:32	
20.	Liu Ke	CHN	2 Oct 90	1:37:56	
21.	Bo Yanmin	CHN	29 Jun 87	1:38:01	
22.	Li Maocuo	CHN	20 Oct 92	1:38:19	
23.	Song Xiaoling	CHN	21 Dec 87	1:38:50	
24.	Wang Di	CHN	30 Aug 92	1:38:58	PB
25.	Huang Jing	CHN	28 Feb 88	1:39:32	
26.	Xin Shasha	CHN	20 Jan 92	1:39:38	
27.	Gao Ni	CHN	14 Sep 91	1:39:53	
28.	Kang Jinzi	CHN	25 Jan 90	1:39:57	
29.	Li Ping	CHN	7 Jan 94	1:40:35	PB
30.	Tong Lingling	CHN	25 Jan 92	1:41:02	
31.	Xiao Junying	CHN	16 Jun 92	1:41:10	
32.	Yang Kaixuan	CHN	2 Aug 92	1:41:12	PB
33.	He Dan	CHN	22 Jul 84	1:41:33	
34.	Wang Tingting	CHN	18 Jan 87	1:41:54	
35.	Mu Juan	CHN	20 Jun 89	1:42:04	
36.	Song Meiyong	CHN	8 Sep 89	1:42:07	
37.	Yang Lixia	CHN	18 Sep 91	1:42:14	
38.	Tong Chengcheng	CHN	20 Oct 89	1:42:44	
39.	Zhang Shasha	CHN	4 Dec 92	1:44:15	
40.	Zhou Tongmei	CHN	4 Apr 88	1:46:43	
41.	Sun Libin	CHN	3 Jan 91	1:47:42	
42.	Huang Wei	CHN	31 Aug 87	1:48:03	
43.	Yang Liu	CHN	26 Feb 92	1:49:42	
	Wang Xiaolan	CHN	5 Feb 90	DNF	
	Zhao Jing	CHN	18 Feb 92	DNF	
	Li Wei	CHN	2 Dec 92	DQ	
	Zhang Xin	CHN	17 Aug 89	DNF	
	Sun Lihua	CHN	30 Sep 83	DNF	
	Sun Xiyuan	CHN	14 Jun 92	DNF	
	Kang Bin	CHN	8 Jan 92	DQ	

20 km U20 Women, 14 September

1.	Luo Xingcai	CHN	18 Jul 94	1:34:06	
2.	Liu Shuyu	CHN	13 Dec 93	1:34:21	
3.	Xie Lijuan	CHN	14 May 93	1:35:10	
4.	Ni Yuanyuan	CHN	6 Apr 95	1:36:45	
5.	Duan Dandan	CHN	23 May 95	1:36:47	PB
6.	Chen Zhen	CHN	3 Nov 94	1:36:50	
7.	Pei Mowen	CHN	17 Sep 95	1:38:29	
8.	Mao Yanxue	CHN	15 Feb 94	1:38:44	
9.	Dong Genmiao	CHN	16 Jul 94	1:40:15	
10.	Su Yingqiu	CHN	1 Feb 95	1:40:25	PB
11.	Liu Huan	CHN	24 Feb 93	1:40:33	
12.	Liang Rui	CHN	18 Jun 94	1:41:58	
13.	Mao Jie	CHN	12 Feb 94	1:42:12	
14.	Li Wanfang	CHN	5 Jan 93	1:42:16	
15.	Yang Peili	CHN	7 Aug 94	1:43:10	PB
16.	Geng Shasha	CHN	7 Feb 96	1:44:47	
17.	Liu Yannan	CHN	1 May 93	1:44:49	PB
18.	Dawa Yangzong	CHN	15 May 94	1:44:50	PB
19.	Hou Yongbo	CHN	15 Sep 94	1:45:54	
20.	Li Qiuye	CHN	2 Dec 93	1:47:03	
21.	Zhou Jie	CHN	3 Sep 96	1:47:20	
22.	Zhang Hua	CHN	4 Jun 94	1:47:52	
23.	Liu Baijie	CHN	13 Sep 94	1:48:36	
24.	Wang Chen	CHN	18 Feb 94	1:49:30	
25.	Zhao Huimin	CHN	12 Oct 93	1:49:37	
26.	Wang Jiaojiao	CHN	11 Dec 93	1:49:45	
27.	Dui Yahui	CHN	25 Dec 94	1:50:24	
28.	Li Yanan	CHN	2 Aug 96	1:50:32	
29.	Han Xue	CHN	7 Jan 95	1:50:35	
30.	Xu Haiyang	CHN	19 Mar 93	1:51:12	
31.	Zhu Dan	CHN	27 Jan 93	1:51:42	
32.	Ma Yue	CHN	2 Feb 94	1:51:59	

Zhou Wei	CHN	16 Apr 95	DNF
Xu Lu	CHN	29 Aug 95	DNF
Liu Fengshuang	CHN	20 Apr 93	DQ
Zhang Xuhong	CHN	10 Feb 93	DQ
Wang Zhenzhen	CHN	3 Feb 95	DQ
Yao Yu	CHN	29 Oct 94	DQ
Gao Lingling	CHN	13 Aug 94	DQ

The final events on Friday were the U18 10km events and, although the fields were small (as quite a few of them contested the 20km instead), the quality was still there for all to see.

10 km U18 Men, 14 September

1.	Gao Wenkui	CHN	28 Jul 95	41:36	PB
2.	Leng Xiao	CHN	26 Jan 96	43:13	
3.	Ma Youshan	CHN	21 Sep 95	44:16	
4.	Li Datian	CHN	9 Jan 95	44:49	
5.	Li Jinguo	CHN	4 May 95	44:58	PB
6.	Zhong Xing	CHN	6 Mar 95	45:09	PB

10 km U18 Women, 14 September

1.	Yang Jiayu	CHN	18 Feb 96	46:49	PB
2.	Zhang Rui	CHN	16 May 95	48:55	PB
3.	Gao Shan	CHN	8 Apr 95	49:58	
4.	Gu Yingying	CHN	3 Apr 95	51:28	
5.	Liu Yue	CHN	27 Mar 95	51:32	
6.	Wei Yuxin	CHN	5 Dec 95	51:47	
7.	He Xiaoxue	CHN	11 Sep 95	52:11	

The closing event, the 50km, was held on Saturday but the overall standard in that race was not as strong as on the earlier events. Perhaps it was a case of walkers choosing 20km rather than 50km or perhaps it was the altitude (Erdes is around 1300m) that took its toll. Overall, Geng Zhivao won with 3:56:47 ahead of Wang Zhendong with 3:57:47.

50 km Men, Saturday 15 September

1.	Geng Zhiyao	CHN	15 Aug 87	3:56:47	
2.	Wang Zhendong	CHN	11 Jan 91	3:57:47	PB
3.	Wu Qianlong	CHN	30 Jan 90	3:58:22	
4.	Liu Jianmin	CHN	9 Mar 88	4:00:58	PB
5.	Xu Dexing	CHN	20 Aug 88	4:03:04	PB
6.	Zhang Hang	CHN	28 Oct 91	4:03:40	PB
7.	Hu Wanli	CHN	27 May 92	4:06:57	PB
8.	Niu Wenbin	CHN	20 Jan 91	4:07:51	
9.	Cui Zhide	CHN	11 Jan 83	4:08:13	
10.	Zhao Ziyang	CHN	29 Jul 91	4:09:56	PB
11.	Liu Rusi	CHN	6 Aug 91	4:10:43	
12.	Hou Quan	CHN	2 Jul 90	4:11:17	PB
13.	Wang Hao	CHN	16 Aug 89	4:12:44	
14.	Du Yunpeng	CHN	6 Sep 88	4:13:06	
15.	Wang Guozhen	CHN	1 Dec 92	4:13:13	PB
16.	Xu Xianlong	CHN	2 Feb 91	4:15:58	
17.	Bian Fongda	CHN	1 Apr 91	4:19:19	
18.	Yin Mingxing	CHN	25 Oct 88	4:20:22	
19.	Li Zhengfa	CHN	2 Mar 92	4:21:14	PB
20.	Sun Chenggang	CHN	11 Mar 91	4:22:07	
21.	Cheng Min	CHN	6 Jul 91	4:25:23	PB
22.	Bai Xuejin	CHN	6 Jun 87	4:25:44	
23.	Gao Chao	CHN	4 Jan 89	4:26:03	
24.	Luo Yadong	CHN	15 Jan 92	4:28:12	PB
25.	Pei Lianyou	CHN	27 Jan 90	4:28:40	
26.	Shi Songbo	CHN	4 Mar 88	4:29:31	
27.	Peng Honhchan	CHN	3 Jul 91	4:29:55	PB
	Hou Yang	CHN	8 Jul 85	DNF	
	Du Gang	CHN	26 Mar 92	DNF	
	Yang Jialin	CHN	6 Mar 91	DNF	
	Zhu Chundong	CHN	1 Jan 90	DNF	
	Shu Dexing	CHN	24 Dec 92	DNF	
	Li Lei	CHN	29 Nov 87	DNF	
	Han Yucheng	CHN	16 Dec 78	DNF	
	Gou Xiaoxin	CHN	18 Jan 86	DNF	
	Cui Yasen	CHN	28 Feb 87	DNF	

Ma Yujun	CHN	8 Jun 90	DQ
Wang Guangfei	CHN	9 Apr 89	DQ
Wang Hongwei	CHN	10 Oct 89	DQ
Wang Hongwei	CHN	22 Oct 92	DQ
Dong Guozhu	CHN	2 Aug 92	DQ
Zhang Kuo	CHN	12 Dec 89	DQ
Li Jiahui	CHN	18 Nov 92	DQ

CHINESE NATIONAL UNIVERSITY GAMES, TIANJIN, 13-18 SEPTEMBER

More news out of China this week with top quality walking in the days immediately following the IAAF Challenge Series Final and the National Grand Prix racewalking festival. Mirko Jalava reported on the Chinese National University Games for the IAAF.

The 9th Chinese National University Games, which ended last Tuesday, featured a couple of dozen London Olympians, and race walkers who did well at the Olympics were in the centre of attention here too. The athletics part of the Games was held 13-18 September in Tianjin mostly in sunny and warm weather.

The fourth day of the competition, Sunday the 16th, proved to be the best day with Asian records broken in both men's and women's track walks. The shorter distances were scheduled that day and the winners were the same who had won the IAAF Race Walking Challenge Final in Erdos just two days earlier. In the men's 10,000m race Wang Zhen continued well, leaving 20km Olympic champion Chen Ding far behind here too. This distance on the track is rarely contested in China and even the standing national record had been set in this same competition in Chengdu in 2000 when Li Zewen clocked 39:33.18 for the win.

Wang Zhen was in a different level though leaving the others behind early and winning in 38:30.38, a new Asian record erasing Japanese Koichiro Morioka's 39:07.84 (2010) from the record books to become the first Asian under 39 minutes in this distance. Wang's time is also the fastest in the world this year and the fastest since July 2008 when Spaniard Francisco Javier Fernández set the standing World best 37:53.09. Olympic champion Chen Ding finished back in fifth place in 40:04.04. Cai Zelin, Fourth at the Olympic 20km, was also fast in second place clocking 38:59.98, also under the previous Asian mark and Chu Yafei was third in 39:22.47. The brightest new star behind the top, just 17-year-old Li Tianlei missed the World Youth Best 39:47.20 set by Chen Ding in 2008 (at the age of just 15) by just two seconds in 39:49.44, becoming the second fastest youth athlete all-time.

In the women's shorter distance 5000m walk the Asian record had stood since 1990. Jin Bingjie walked the previous mark 20:37.7, also the world junior best back then. Just like Wang Zhen in the men's side, Liu Hong was disappointed in London with a fourth place (Wang was third), but had won the IAAF Race Walking Challenge Final. Here Liu set the Asian record 20:34.76 for a clear win before Olympic 20km bronze medallist Qieyang Shenjie, who finished second in 20:42.67. Wang Shanshan was third in 20:51.89 and 18-year-old Mao Yanxue walked the fastest junior time this season for fourth in 21:12.91, all personal bests.

The rest of the events did not see any national records broken but the overall quality was much better than in earlier editions, resulting in competition records in many events. The Chinese outdoor season will close with the National Championships in Kunshan from 22-25 September.

10,000m walk Men, Sunday 16 September

1.	Wang Zhen	CHN	24 Aug 91	38:30.38	PB, AR
2.	Cai Zelin	CHN	11 Apr 91	38:59.98	PB
3.	Chu Yafei	CHN	5 Sep 88	39:22.47	PB
4.	Li Tianlei	CHN	13 Jan 95	39:49.44	PB
5.	Chen Ding	CHN	5 Aug 92	40:04.04	
6.	Xu Faguang	CHN	17 May 87	42:29.56	PB
7.	Chen Xinrong	CHN	17 Jun 90	42:33.70	PB
8.	Cui Yasen	CHN	28 Feb 87	43:19.58	PB
9.	Hou Quan	CHN		43:34.84	PB
10.	Geng Yuanjiang	CHN	20 Sep 91	45:02.27	PB
11.	Gao Chao	CHN	4 Jan 89	46:46.06	
	Liu Huan	CHN		DQ	
	Zhan Ende	CHN	3 Mar 90	DQ	

5000m walk Women, Sunday 16 September

1.	Liu Hong	CHN	12 May 87	20:34.76	PB, AR
2.	Qieyang Shenjie	CHN	11 Nov 90	20:42.67	PB
3.	Wang Shanshan	CHN	16 Jun 87	20:51.89	PB
4.	Nie Jingjing	CHN	1 Mar 88	21:05.84	PB
5.	Mao Yanxue	CHN	15 Feb 94	21:12.91	PB
6.	Gao Ni	CHN	14 Sep 91	21:47.61	PB
7.	Zhang Xin	CHN	17 Aug 89	21:51.07	PB
8.	Liu Ke	CHN	2 Oct 90	22:03.15	PB
9.	Huang Jing	CHN	28 Feb 88	22:03.48	PB
10.	Wang Min	CHN	2 Dec 91	22:03.90	PB
11.	Song Meiyong	CHN	8 Sep 89	22:36.58	PB
12.	Xu Yaozhi	CHN	20 May 90	22:45.83	PB
13.	Li Wanfang	CHN	5 Jan 93	23:22.35	PB
14.	Liu Fengshuang	CHN	20 Apr 93	23:33.84	PB
	Ma Ling	CHN	1 Jun 92	DNF	
	Chen Shuangyan	CHN	14 Aug 91	DQ	

10000m walk Men Division 2, Sunday 16 September

1.	Zhao Fujian	CHN		40:27.31	PB
2.	Yu Wei	CHN	11 Sep 87	40:30.50	PB

5000m walk Women Division 2, Sunday 16 September

1.	Li Leilei	CHN	18 Aug 89	22:02.08	PB
2.	Yang Mingxia	CHN	13 Jan 90	22:02.27	
3.	Li Jingjing	CHN	24 Jan 92	23:45.95	PB

10000m walk Women, Tuesday 18 September

1.	Nie Jingjing	CHN	1 Mar 88	44:11.26	PB
2.	Wang Shanshan	CHN	16 Jun 87	44:12.15	PB
3.	Mao Yanxue	CHN	15 Feb 94	44:31.32	PB
4.	Zhang Xin	CHN	17 Aug 89	46:03.38	PB
5.	Wang Min	CHN	2 Dec 91	46:23.07	PB
6.	Gao Ni	CHN	14 Sep 91	46:45.35	PB
7.	Huang Jing	CHN	28 Feb 88	46:55.74	PB
8.	Xu Yaozhi	CHN	20 May 90	47:02.44	PB
9.	Song Meiyang	CHN	8 Sep 89	49:03.05	PB
10.	Yang Xiao	CHN	15 Feb 88	52:09.00	PB
11.	Wang Xiaolan	CHN	5 Feb 90	52:26.03	PB
	Liu Ke	CHN	2 Oct 90	DQ	
	Liu Fengshuang	CHN	20 Apr 93	DQ	
	Li Wanfang	CHN	5 Jan 93	DQ	
	Chen Shuangyan	CHN	14 Aug 91	DQ	
	Zheng Rongna	CHN	28 Mar 87	DNF	

20,000m walk Men, Tuesday 18 September

1.	Xu Faguang	CHN	17 May 87	1:23:06.83	PB
2.	Li Tianlei	CHN	13 Jan 95	1:23:37.21	PB
3.	Chu Yafei	CHN	5 Sep 88	1:24:28.57	
4.	Geng Zhiyao	CHN	15 Aug 87	1:27:53.69	
5.	Hou Quan	CHN		1:28:50.40	PB
6.	Zhan Ende	CHN	3 Mar 90	1:29:45.65	PB
7.	Wang Kun	CHN	10 May 89	1:30:48.37	
	Gao Chao	CHN	4 Jan 89	DQ	
	Cai Zelin	CHN	11 Apr 91	DQ	
	Cui Yasen	CHN	28 Feb 87	DNF	
	Chen Xinrong	CHN	17 Jun 90	DNF	

RUSSIAN RACEWALKING CUP, VORONOVA, SUNDAY 16 SEPTEMBER

As is often the case, I have been beaten to publication on this one by OMarchador (see <http://omarchador.blogspot.pt/2012/09/atletas-da-mordovia-dominam-na-taca-da.html>).

With the main Russian stars resting, the Russian Racewalking Cup was played out in Voronovo on the outskirts of Moscow on Sunday 16 September. As usual, Mordovian walkers took most of the podium places. In the men's 10km, Mikhail Ryzhov won with 39.11. Behind him, the first 6 all broke 40 minutes. The first junior to finish was Kirill Frolov with 41.09. In the women's 10km, Tatyana Korotkova won with 43.24, with the first three below 44 minutes including junior walker Anna Ermina who took bronze with an excellent 43.35. Apart from the Russians, walkers from Poland, Ukraine, Slovakia, Belarus and Spain competed, with the Poles Jakub Jelonek (39.49) and Agnieszka Szwarnog (45.35) the best of them.

10km Men

1.	Mikhail Ryzhov	RUS	1981	39.11
2.	Aleksey Bartsaikin	RUS	1989	39.31
3.	Petr Bogatyrev	RUS	1991	39.33
4.	Petr Trofimov	RUS	1983	39.37
5.	Jakub Jelonek	POL	1985	39.49
6.	Aleksey Golovin	RUS	1988	39.54
7.	Ivan Losev	UKR	1986	40.50
8.	Edikt Haibulin	RUS	1989	41.09
9.	Kirill Frolov	RUS	1993	41.09
10.	Dmitry Naumchev	RUS	1984	41.19
11.	Dmitry Malanov	RUS	1991	41.38
12.	Aleksandr Pichkalov	RUS	1993	42.23
13.	Sergey Korepanov	RUS	1984	43.09
14.	Ruslan Vershinin	RUS	1989	43.25
15.	Milos Batovsky	SVK	1979	43.40
16.	Mikhail Skorodelov	RUS	1991	44.19
17.	Evgeny Bokov	RUS	1995	44.32
18.	Andrey Matoshin	RUS	1993	47.01
	Dzianis Simanovich	BLR	1987	DNF
	Pavel Yarokhau	BLR	1982	DQ

10km Women

1.	Tatyana Korotkova	RUS	1980	43.24
2.	Marina Pandakova	RUS	1989	43.29
3.	Anna Ermina	RUS	1993	43.35
4.	Irina Shushchina	RUS	1986	44.50
5.	Evdokia Korotkova	RUS	1979	45.01
6.	Agnieszka Szwarnog	POL	1986	45.35
7.	Natalya Serejkina	RUS	1992	46.41
8.	Ainhoa Pinedo	ESP	1983	46.45
9.	Tatyana Akulinushkina	RUS	1994	47.01
10.	Anna Krahmela	RUS	1992	49.14
11.	Maria Loseva	RUS	1990	49.25
12.	Diana Ivanova	RUS	1993	49.49
13.	Tatyana Titova	RUS	1993	50.32
14.	Irina Polejaikina	RUS	1989	51.34
15.	Valeria Eshkova	RUS	1993	51.35
16.	Anastasia Shchegoleva	RUS	1993	53.11
17.	Anfisa Zhdanova	RUS	1994	53.21
18.	Aleksandra Stepanova	RUS	1995	53.58
19.	Margarita Tudigesheva	RUS	1996	57.37
20.	Viktoria Shishkina	RUS	1998	57.41
21.	Viktoria Trubchaninova	RUS	1994	57.54
	Lilia Gimatdinova	RUS	1992	DNF
	Maria Czakova	SVK	1988	DQ
	Hanna Drabenia	BLR	1987	DQ

AUSTRALIAN MASTERS GAMES, ADELAIDE, 7-15 OCTOBER 2011

The 2012 Australian Masters Games were held in Adelaide (see <http://australianmastersgames.com>) with the usual mix of track and road walks. Lyn Ventris (W55) was very much the star of the track with 3 fine performances – 5000m walk in 24:16.77, 3000m walk in 14:26.99 and 1500m in 7:00.30.

5000m Walks, Friday 7 October

W40	1	Rosemarie Stigwood	W43	South Australia	37:29.45
W45	1	Ann Staunton-Jugovic	W47	ACT	27:05.15
	2	Sandra Ambrose	W46	Victoria	34:17.99
	3	Lisa Minchin	W47	Victoria	42:06.95
W50	1	Deborah Page	W52	Northern Territory	28:34.74
	2	Gloria Holliday	W50	South Australia	29:54.79
	3	Donna-Marie Elms	W50	Victoria	31:23.14
	4	Marie Maxted	W51	South Australia	33:04.69
W55	1	Lynette Ventris	W55	Western Australia	24:16.77
	2	Jill Brew	W58	Northern Territory	36:57.84
	3	Linda Whitelaw	W57	South Australia	39:34.64
W60	1	Wendy Cochrane	W62	Northern Territory	37:06.86
	2	Cherie Dempsey	W61	South Australia	47:07.16
W65	1	Sandy Brunner	W69	South Australia	33:27.28
	2	Jill Rogers	W66	South Australia	39:27.28
	3	Elaine Macfarlane	W69	South Australia	40:30.45
	4	Jenny Richter	W66	Northern Territory	41:19.91
	---	Joan Foster	W68	South Australia	DNF
W70	1	Ann Ireland	W70	Northern Territory	35:45.77
W75	1	Rosalie Elix	W77	South Australia	39:33.28
	2	Cynthia Dally	W77	South Australia	42:52.23
	3	Dot Partridge	W79	South Australia	45:17.55
W80	1	Heather Lee	W84	New South Wales	39:24.67
W85	1	Alison Worrall	W88	Queensland	46:07.82
M40	1	James Seid-Christmass	M43	Victoria	25:39.70
	2	Franz Kropik	M43	Austria	26:13.83
M45	1	Peter Baker	M47	ACT	28:51.78
	2	Christopher McKinnon	M46	Victoria	34:38.61
M50	1	Simon Evans	M51	Victoria	25:49.11
	2	Paul Rance	M53	Victoria	27:52.25
	3	Errol Neish	M54	ACT	48:19.98
M55	1	David McLay	M55	Victoria	30:57.80
	---	Frank McHugh	M59	South Australia	DQ
	---	Colin Rettos	M55	South Australia	DQ
M60	1	Kevin Finn	M60	South Australia	31:00.21
	2	Brian Horton	M64	Tasmania	31:41.84
M65	1	George White	M66	South Australia	27:35.24
	2	Geoffrey Byham	M65	South Australia	31:58.78
	3	Graham Harrison	M68	South Australia	33:56.67
M70	1	Rodger Barber	M73	South Australia	37:04.88
M75	1	Leigh Smith	M76	South Australia	36:59.71
	2	David Robertson	M78	South Australia	39:23.14
	3	Geoffrey Gordon	M75	South Australia	40:29.16
	---	Bertram Janes	M78	New South Wales	DQ
M80	1	Colin Hainsworth	M81	South Australia	38:45.89

3000m Walks, Saturday 8 October

W40	1	Rosemarie Stigwood	W43	South Australia	22:20.28
W45	1	Ann Staunton-Jugovic	W47	ACT	16:24.55
	2	Lisa Minchin	W47	Victoria	24:35.99
W50	1	Deborah Page	W52	Northern Territory	16:25.03
	2	Gloria Holliday	W50	South Australia	17:33.67
	3	Donna-Marie Elms	W50	Victoria	17:38.67
	4	Marie Maxted	W51	South Australia	19:34.04
W55	1	Lynette Ventris	W55	Western Australia	14:26.99
	2	Jill Brew	W58	Northern Territory	21:30.04
	3	Linda Whitelaw	W57	South Australia	23:38.38
	4	Edna Bates	W58	South Australia	25:21.54
W60	1	Wendy Cochrane	W62	Northern Territory	21:39.82
	2	Cherie Dempsey	W61	South Australia	30:07.5h
W65	1	Sandy Brunner	W69	South Australia	19:51.56

	2	Jill Rogers	W66	South Australia	23:17.47
	3	Joan Foster	W68	South Australia	23:58.17
	4	Elaine Macfarlane	W69	South Australia	24:21.30
	5	Jenny Richter	W66	Northern Territory	25:16.33
W70	1	Ann Ireland	W70	Northern Territory	20:44.23
	2	Marion Bahr	W70	South Australia	32:33.21
W75	1	Rosalie Elix	W77	South Australia	23:29.10
	2	Cynthia Dally	W77	South Australia	25:33.29
	3	Dot Partridge	W79	South Australia	26:42.48
W80	1	Heather Lee	W84	New South Wales	23:56.13
W85+	1	Alison Worrall	W88	Queensland	26:49.16
M40	1	James Seid-Christmass	M43	Victoria	14:48.47
	2	Franz Kropik	M43	Austria	16:47.63
M45	1	Peter Baker	M47	ACT	16:22.95
M50	1	Simon Evans	M51	Victoria	14:53.95
	2	Christopher Worsnop	M53	Victoria	19:41.93
	3	Errol Neish	M54	ACT	28:01.70
M55	1	John Russell	M59	South Australia	17:45.05
	2	David McLay	M55	Victoria	20:49.97
M60	1	Kevin Finn	M60	South Australia	18:12.83
	2	Brian Horton	M64	Tasmania	18:24.55
M65	1	George White	M66	South Australia	16:08.87
	2	Geoffrey Byham	M65	South Australia	18:31.82
	3	Graham Harrison	M68	South Australia	20:30.89
M70	1	Rodger Barber	M73	South Australia	22:16.43
	2	Brian Hart	M74	South Australia	22:34.11
M75	1	Leigh Smith	M76	South Australia	22:02.34
	2	Bertram Janes	M78	New South Wales	22:30.06
	3	David Robertson	M78	South Australia	22:42.54
M80	1	Colin Hainsworth	M81	South Australia	22:25.28
	---	Norman O'Neil	M84	South Australia	DQ

1500m Walks, Sunday 9 October

W40	1	Rosemarie Stigwood	W43	South Australia	10:42.73
W45	1	Ann Staunton-Jugovic	W47	ACT	7:35.29
	2	Lisa Minchin	W47	Victoria	11:59.09
W50	1	Gloria Holliday	W50	South Australia	7:56.08
	2	Deborah Page	W52	Northern Territory	8:13.60
	3	Donna-Marie Elms	W50	Victoria	8:31.16
	4	Marie Maxted	W51	South Australia	9:10.64
	5	Lynette Pimm	W50	Victoria	9:53.82
W55	1	Lynette Ventris	W55	Western Australia	7:00.30
	2	Linda Whitelaw	W57	South Australia	12:00.71
	3	Edna Bates	W58	South Australia	12:36.10
	---	Jill Brew	W58	Northern Territory	DNF
W60	1	Wendy Cochrane	W62	Northern Territory	10:54.71
	2	Cherie Dempsey	W61	South Australia	14:54.11
W65	1	Sandy Brunner	W69	South Australia	9:18.82
	2	Jill Rogers	W66	South Australia	11:21.36
	3	Elaine Macfarlane	W69	South Australia	11:25.55
	4	Joan Foster	W68	South Australia	11:28.37
	5	Jenny Richter	W66	Northern Territory	12:17.88
W70	1	Marion Bahr	W70	South Australia	16:24.48
W75	1	Rosalie Elix	W77	South Australia	11:37.22
	2	Cynthia Dally	W77	South Australia	12:50.93
	3	Dot Partridge	W79	South Australia	13:17.59
W80	1	Heather Lee	W84	New South Wales	11:24.65
W85	1	Alison Worrall	W88	Queensland	13:21.01
M40	1	James Seid-Christmass	M43	Victoria	6:48.21
	2	Franz Kropik	M43	Austria	7:49.23
M45	1	Peter Baker	M47	ACT	7:44.10
	2	Christopher McKinnon	M46	Victoria	9:56.72
M50	1	Christopher Worsnop	M53	Victoria	9:51.18
	2	Errol Neish	M54	ACT	13:48.90
M55	1	John Russell	M59	South Australia	8:11.28
	2	David McLay	M55	Victoria	9:47.60
	3	Anura Puliayadda	M59	Victoria	12:03.92

M60	1	Brian Horton	M64	Tasmania	8:45.50
	---	Kevin Finn	M60	South Australia	DQ
M65	1	George White	M66	South Australia	7:55.03
	2	Geoffrey Byham	M65	South Australia	9:11.27
	3	Graham Harrison	M68	South Australia	10:00.17
	4	Dolph Young	M66	South Australia	11:45.82
M70	1	Brian Hart	M74	South Australia	10:40.17
	2	Rodger Barber	M73	South Australia	10:49.24
	3	Kana Nathan	M72	South Australia	12:59.70
M75	1	Leigh Smith	M76	South Australia	10:39.57
	2	Bertram Janes	M78	New South Wales	10:49.90
	3	Geoffrey Gordon	M75	South Australia	11:46.55
	4	Tony Cooper	M75	South Australia	14:08.86
	--	David Robertson	M78	South Australia	DQ
M80	1	Colin Hainsworth	M81	South Australia	10:52.51
	2	Arthur Ince	M81	Victoria	13:44.72

Cross Country & Road Walks, Victoria Park, Wednesday 12 October

The 10km roadwalks were also dominated by Lyn Ventris with her time of 50:32 over 3 minutes ahead of the next best, Simon Evans with 54:09.

W35	1	Sarah Brennan	W35	Victoria	57:43
W40	1	Rosemarie Stigwood	W43	South Australia	1:19:35
W45	1	Ann Staunton-Jugovic	W47	ACT	56:21
	2	Sandra Ambrose	W46	Victoria	1:15:19
	---	Raelene Schild	W46	South Australia	DQ
W50	1	Deborah Page	W52	Northern Territory	58:29
	2	Gloria Holliday	W50	South Australia	1:03:09
	3	Donna-Marie Elms	W50	Victoria	1:05:44
	4	Marie Maxted	W51	South Australia	1:05:54
	5	Lynette Pimm	W50	Victoria	1:11:19
	6	Sue Dalitz	W51	South Australia	1:19:17
W55	1	Lynette Ventris	W55	Western Australia	50:32
	2	Leanne Sandow	W59	South Australia	1:07:19
	3	Jill Brew	W58	Northern Territory	1:16:14
W60	1	Wendy Cochrane	W62	Northern Territory	1:15:52
W65	1	Sandy Brunner	W69	South Australia	1:06:45
	2	Jenny Richter	W66	Northern Territory	1:25:40
	---	Elaine Macfarlane	W69	South Australia	DQ
W75	1	Cynthia Dally	W77	South Australia	1:30:09
W80	1	Heather Lee	W84	New South Wales	1:22:28
M40	1	Franz Kropik	M43	Austria	1:00:04
M50	1	Simon Evans	M51	Victoria	54:09
	2	Chris Worsnop	M53	Victoria	1:14:14
M55	1	David McLay	M55	Victoria	1:08:20
	2	Colin Rettos	M55	South Australia	1:26:16
M55 AWD	1	David Squirrel	M56	South Australia	1:43:22
M60	1	Brian Horton	M64	Tasmania	1:05:57
	2	Jeff Kennett	M61	South Australia	1:30:33
M65	1	George White	M66	South Australia	57:03
	2	Geoffrey Byham	M65	South Australia	1:05:34
	3	Graham Harrison	M68	South Australia	1:09:26
M70	1	Rodger Barber	M73	South Australia	1:15:57
	2	Alan Warburton	M73	South Australia	1:18:56
M75	1	Leigh Smith	M76	South Australia	1:15:41
	2	Bertram James	M78	New South Wales	1:18:00
	3	David Robertson	M78	South Australia	1:20:36
	4	Geoffrey Gordon	M75	South Australia	1:24:48
M80	1	Colin Hainsworth	M81	South Australia	1:18:27

Lyn Ventris ended up with **3 World and one Australian records**. With her recent move up into the W55 division, she is well into the record breaking process. And the only reason her 1500m time was not a WR is because it is not recognized at that level. It is only recognized at AR level. Here are her records from this meet. Wow!

7 October	5000m track walk	24.16.77	W55 World Record (previously held by Olga Meyer of Germany set in 1985 - 25.28)
8 October	3000m track walk	14.26.99	W55 World Record (previously held by Heather Carr 15.11)
9 October	1500m track walk	7.00.30	W55 Australian Record (previously held by Heather Carr 7.11.91)
12 October	10km road walk	50.32	W55 World Record (previously held by Heather Carr 53.41)

AUSTRALIAN ALL SCHOOLS T&F CHAMPIONSHIPS, BRISBANE, 3-4 DECEMBER

Last weekend, the **Australian All Schools Track & Field Championships** were held at the University of Queensland track in St Lucia in innercity Brisbane.

The first walks to kick off were the U14 3000m events on Saturday afternoon and Tyler Jones (NSW) and Jemima Montag (VIC) were both big winners, confirming their pre-eminent places in the U14 Australian ranks. Both won in the LBG Carnival in Canberra and both won at the National Roadwalk champs in August and both were winners again in this latest championship. The U14 races saw PBs galore as the young walkers rose to the occasion. We were particularly pleased on the local front to see Diamond Valley team mates Emmet Brasier and Cooper Owen take the minor medals in the boys' event, their first time under 15 minutes.

Men 3000m Walk Under 14, 4:50PM, Saturday 4 December

1.	Tyler Jones	98	NSW	13:46.48	PB 0:11
2.	Emmet Brasier	98	VIC	14:52.72	PB 0:13
3.	Cooper Owen	98	VIC	14:54.19	PB 1:00
4.	Trent Miles	98	QLD	15:06.23	PB 1:01
5.	Thomas Hopkins	98	NSW	15:22.09	
6.	Luke McCutcheon	98	QLD	15:23.16	PB 0:19
7.	Alix Harlington	99	SA	15:23.18	PB 0:40

Women 3000m Walk Under 14, 4:50PM, Saturday 4 December

1.	Jemima Montag	98	VIC	14:25.13	
2.	Clara Smith	98	QLD	14:48.93	?
3.	Anna Cross	99	SA	15:25.80	PB 0:54
4.	Emily Hamilton	98	VIC	15:54.44	PB 0:02
5.	Tahlia Hunt	98	TAS	16:00.54	PB 0:01
6.	Summar Richardson	99	NSW	16:46.90	PB 0:13
7.	Rhiannon Minett	98	NSW	16:58.07	PB 0:13
8.	Emma Henderson	98	QLD	17:25.94	
9.	Kara Baker	98	ACT	18:13.93	

The U18 5000m walks followed soon after and our 2011 World Youth walkers Jessica Pickles 23:53.84, Brad Aiton 21:14.65 and Jesse Osborne 21:38.48 were all outstanding. Zac Partington recorded a big PB with his time of 22:58.77 to take third in the Men's event while Kirsty Klein 24:47.92 and Jmara Hockley-Samon 25:43.16 were also in the medals with good times.

Women 5000m Walk Under 18, 6:05PM, Saturday 4 December

1.	Jessica Pickles	94	QLD	23:53.84	
2.	Kirsty Klein	94	NSW	24:47.92	
3.	Jmara Hockley Samon	95	VIC	25:43.16	
4.	Tiffany D'Agnone	94	WA	26:20.10	
5.	Shay Southern	95	NSW	27:05.92	
6.	Rachelle Taylor	96	TAS	27:42.08	
7.	Kate Holt	96	WA	27:51.43	
8.	Caitlin Campbell	94	VIC	27:54.05	
9.	Emma Walker	96	TAS	28:46.87	
10.	Meghann Griffin	95	ACT	29:35.77	
11.	Megan Guy	95	TAS	30:18.08	
12.	Casey Sims	94	QLD	31:20.24	

Men 5000m Walk Under 18, 6:05PM, Saturday 4 December

1.	Brad Aiton	94	QLD	21:14.65	
2.	Jesse Osborne	95	QLD	21:38.48	
3.	Zac Partington	96	WA	22:58.77	PB 0:45
4.	Jay Felton	95	NSW	23:12.66	PB 0:55
5.	Steven Washburn	94	NSW	23:44.55	
6.	Kurtis Birch-Ward	95	NSW	24:41.83	PB 0:04
7.	Harry Bates	95	ACT	25:20.57	
	Louis Rose	97	TAS	DQ	

The U16 walks were held on Sunday morning with Nathan Brill 12:58.04 and Jasmine Dighton 14:57.51 both clear winners. Zac Partington backed up from his fine walk in the U18 5000m the previous evening and recorded yet another PB to take second with 13:30.37. Billy Allamby also PB'd for third place with a fine 14:37.17 while Stephanie George 15:17.04 and Kenza Benzenati 15:34.68 took the minor medals in the Girls' event.

Men 3000m Walk Under 16, 11:05AM, Sunday 5 December

1.	Nathan Brill	96	VIC	12:58.04	
2.	Zac Partington	96	WA	13:30.37	PB 0:05
3.	Billy Allamby	97	VIC	14:37.17	PB 0:02
4.	Lucas Taylor	96	VIC	15:01.52	

5.	Carl Gibbons	96	NSW	15:02.69
6.	Louis Rose	97	TAS	15:07.42
7.	Robert Murphy	96	NSW	15:44.15
8.	Andrew Boerma	96	TAS	16:27.56
	Thomas Doyle	97	NSW	DQ

Women 3000m Walk Under 16, 11:05AM, Sunday 5 December

1.	Jasmine Dighton	96	NSW	14:57.51
2.	Stephanie George	96	VIC	15:17.04
3.	Kenza Benzenati	97	QLD	15:34.68
4.	Jade Sanders	97	VIC	15:53.54
5.	Rachelle Taylor	96	AS	16:20.36
6.	Stephanie Grujoski	97	NSW	16:28.33
7.	Kate Holt	96	WA	16:33.93
8.	Piper Douglas	97	SA	16:54.88
9.	Alexandra Durr	96	NSW	16:56.15
10.	Katya Martin	97	QLD	17:03.15
11.	Emma Walker	96	TAS	17:12.38
	Lucy-Rose Boardman	96	QLD	DNF
	Tahlia Hunt	98	TAS	DQ

And now onto a whole swag of photos, compliments of Sabrina George, Matt Owen, Simon Baker and Brent Vallance. Thanks guys!



U14 medallists Emmet Brasier, Tyler Jones, Cooper Owen, Clara Smith, Jemima Montag and Anna Cross



U14 walkers Cooper Owen, Emmet Brasier, Jemima Montag and Tyler Jones in action in Brisbane

AUST. 50KM ROAD WALKING CHAMPIONSHIP MEET, FAWKNER PARK, MELBOURNE , SUN 11 DEC

The Australian 50km and related events are now over and what high quality events they turned out to be. After torrential rain all Saturday evening and night and continued drizzle early on Sunday morning, it finally cleared just before 7AM as the 50km walkers were doing their final preparations. The 50km event was the feature event, being an Australian Championship and the official Olympic Nomination event and it attracted all our top contenders except for Luke Adams who has already been pre-selected.

The event developed as expected with Jared Tallent, Nathan Deakes and Chris Erickson clearing out and walking together while Ian Rayson and Irish walkers Jamie Costin and Robbie Heffernan worked together as a second group some distance in arrears. The amazing thing is that Jared, Nathan and Chris were still together at 20km, then at 30km, then at 40km and it was not until the 44km mark that Chris finally started to slow and Nathan was able to take what looked like a winning break. Jared, who had only intended to walk 30km (as he has also been pre-selected) had decided to continue on in the race to help his training partner Chris, so he stayed with Chris for a further 2km as Nathan extended his lead. Eventually Jared decided the time had come and he effortlessly increased his pace, bridging the gap to Nathan in less than a lap and going away to win by just over a minute with 3:49:33. Nathan and Chris both gave it their all, knowing that the third Olympic 50km spot was being decided with this race and it was Nathan who won out, finishing second with 3:50:34. Chris was next to finish and what a valiant effort, his time of 3:51:57 being a 3 minute PB and a time that propels him right up the all time rankings. Fancy doing a time like that and missing out on an Olympic berth! With all the attention being focused on the leading group, people perhaps forgot about Ian Rayson but this was soon remedied when it became obvious that he was also in line for a PB and his own Olympic A qualifier. His final time of 3:57:55 further cemented his place as the next in line after our top echelon. That now makes 5 Olympic A qualified walkers for the 50km (Tallent, Adams, Deakes, Erickson and Rayson). What a standard!

Men 50km Australian Championship Open, 7AM

1.	Jared Tallent	AIS/VIC	3:49.33	Olympic A qualifier
2.	Nathan Deakes	AIS/VIC	3:50.34	Olympic A qualifier
3.	Chris Erickson	AIS/VIC	3:51.57	Olympic A qualifier, PB 2:55
4.	Ian Rayson	NSWIS	3:57.55	Olympic A qualifier, PB 2:32
	Simon Evans	VIC	DNF	
	Jamie Costin	IRL	DNF	
	Robbie Heffernan	IRL	DNF	



Together until 44km – Chris Erickson, Nathan Deakes and Jared Tallent

The next events to kick off were the 20km Invitational events and we were treated to two further Olympic A qualifiers – a total of 6 in all on the day! First to the men's race. The pace was on early as Junior 10km record holder Dane Bird-Smith zoomed through the first lap with a sub 8 minute 2km, chased by 2008 Olympian Adam Rutter. While Adam caught Dane and went on to win with 1:25:47, the focus was on the young walkers behind him with 19 year old Dane holding on to take second with an inaugural 1:26:38, 19 year old Sean Fitzsimons nearly bridging the gap to take third with an inaugural 1:26:50, 20 year old Rhydian Cowley shaving nearly 2 minutes of his PB to take fourth with 1:27:12 and 21 year old Brendon Reading taking fifth with 1:28:07. Scott Nelson also excelled with 1:39:10 (achieving his aim for the day and breaking 100 minutes) and Jason Kozica did well in his first 20km, coming in next with 1:45:25.

The women were even more impressive with A qualifiers to Regan Lambie and Beki Lee. Regan dominated the event, looking well in control as she walked to a time of 1:32:06. But we were amazed to see Beki finishing only just over 1 minute behind with 1:33:09. It was a very evenly paced walk for her and put her up into Olympic contention. Claire Tallent had an enforced comfort stop mid race, hence her time of 1:37:08. She was certainly walking a lot better than that and should be back to top form by Hobart. Zuzi Schindlerova from the Czech Republic was next in with 1:38:09 – she is out here for 6 months and based in Canberra. Like Claire, we can expect to see her in top form by Hobart. Hong Kong champion Jessica Ching was next in with a time of 1:45:58, just a few secs outside her PB. To round off the finishers, SA walker Allegra Steele completed her first ever 20km with a promising 1:51:13.

Men 20km Race Walk Invitation Open, 8AM

1.	Adam Rutter	AIS/NSW	1:25.47	
2.	Dane Bird-Smith	QRWC	1:26.38	First time
3.	Sean Fitzsimons	WA	1:26.50	First time
4.	Rhydian Cowley	VIC	1:27.12	PB 1:55
5.	Brendon Reading	ACT	1:28.07	
6.	Scott Nelson	VIC	1:39.10	
7.	Jason Kozica	VIC	1:45.25	First time
	Brandon Dewar	QLD	DNF	
	David Smyth	VIC	DNF	
	Andrew Jamieson	VIC	DNF	
	Aaron McDonough	VIC	DNF	
	Nicholas Dewar	QLD	DQ	
	Kyle Malone	VIC	DQ	

Women 20km Race Walk Invitation Open, 8AM

1.	Regan Lamble	AIS/VIC	1:32.06	Olympic A qualifier
2.	Beki Lee	NSW	1:33.09	Olympic A qualifier, PB 2:26
3.	Claire Tallent	AIS/SA	1:37.08	
4.	Zuzana Schindlerova	CZE	1:38.29	
5.	Siu Nga Ching	HKG	1:45.58	
6.	Allegra Steele	SA	1:51.13	First time
	Nicole Fagan	NSWIS	DNF	



**Left: 20 km action – Sean Fitzsimons, Dane Bird-Smith, Brendon Reading, Adam Runner and Regan Lamble
Right: Rhydian Cowley and Brendon Reading**



Olympic A qualifiers to Regan Lamble and Beki Lee

The Junior 10km events were very interesting as they included most of our main contenders for the 2012 World Junior Championships. In the men's event, South Australian walker Blake Steele took the honours in an excellent 43:27 ahead of Jesse Osborne who also PB'd with his time of 44:30. Brad Aiton was below top form and his time of 46:24 is not a true reflection of where he is at currently.

In the women's event, Rachel Tallent won as expected, her time of 48:42 just 2 secs outside her PB. The big mover behind her was SA walker Kristie Goznik who broke 50 mins with her time of 49:55. She now pushes herself into serious World Junior contention. Behind her, Kirsty Klein 51:55, Shannon Jennings 52:20 and Jessica Pickles 52:56 were also in fine form. Lots of PBs overall and a lot of improvement still to come before the World Cup trial in February.

Men 10km Race Walk Invitation U20, 8:30AM

1.	Blake Steele	AIS/SA	43.27	PB 0:30
2.	Jesse Osborne	QLD	44.30	PB 0:15
3.	Brad Aiton	QLD	46.24	
4.	Harry Bates	ACT	51.01	

Women 10km Race Walk Invitation U20, 8:30AM

1.	Rachel Tallent	AIS/VIC	48.42	
2.	Kristie Goznik	SA	49.55	PB 1:04
3.	Kirsty Klein	NSW	51.55	
4.	Shannon Jennings	NSW	52.20	PB 1:19
5.	Jessica Pickles	QLD	52.56	First time
6.	Jmara Hockley-Samon	VIC	56.11	
7.	Caitlin Campbell	VIC	57.02	PB 1:04
8.	Amanda Heard	VIC	58.02	PB 0:29
9.	Ebony Whiley	VIC	64.06	
	Amelia Finnegan	VIC	DNF	

The U18 5km events were the last to kick off and the fields were all Victorian. U16 Aust champion Nathan Brill 22:00 and U14 Aust champion Jemima Montag 24:51 were the two dominant walkers with fine displays. In particular, Jemima's time of 24:51 was a PB and a new VRWC club record.

Men 5km Race Walk Invitation U18, 9:45AM

1.	Nathan Brill	VIC	22.00
2.	Kyle Swan	VIC	26.19
3.	Aaron Tam	VIC	26.35
4.	Lucas Taylor	VIC	27.37

Women 5km Race Walk Invitation U18, 9:45AM

1.	Jemima Montag	VIC	24.51	PB 0:21
2.	Jessie Eastwood	VIC	30.28	

And now for a review of the All Time Ranking Lists. First to the 50km where Chris surges up to 7th best ever with his 3:51:27. The only ones now ahead of him are the true elite of Australian walking. Ian now moves to 15th and should have a few more in his sights, given he is only 23 years of age.

50km	Time	Name	State	DOB	Place	Location	Date	Age
1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Geelong	02/12/2006	29
2	3:38:56	Jared Tallent	VIC	17/01/1984	1	Melbourne	22/11/2009	25
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet	28/05/1989	31
4	3:43:39	Luke Adams	NSW	22/10/1976	6	Berlin	21/08/2009	32
5	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	06/04/1980	38
6	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998	23
7	3:51:57	Chris Erickson	VIC	01/12/1981	3	Melbourne	11/12/2011	30
8	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007	20
9	3:53:19	Duane Cousins	VIC	13/07/1973	2	Geelong	02/12/2006	23
10	3:53:23	Andrew Jachno	VIC	10/03/1957	19	Seoul	30/09/1988	31
11	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001	21
12	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001	26
13	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993	30
14	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington Spa	23/04/2000	27
15	3:57:55	Ian Rayson	NSW	04/02/1988	4	Melbourne	11/12/2011	23
16	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992	32
17	4:00:21	Craig Brill	VIC	10/11/1967	2	Melbourne	26/01/1992	24
18	4:03:17	Tim Erickson	VIC	23/11/1950	25	Eschborn	30/09/1979	28
19	4:11:08	Bill Dyer	VIC	26/03/1961	1	Adelaide	15/07/1984	23
20	4:11:10	Mark Donahoo	VIC	27/05/1958	2	Melbourne	08/05/1988	29

In the Men's 20km All Time Ranking list, Dane slots in at 23rd, Sean at 25th and Rhydian moves up to equal 26th with me – you still haven't beaten me Rhydian (somehow I think it is only a matter of time)!!!

20km	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33.0	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15.0	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31

2	1:19.15.0	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22.0	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.33.0	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
6	1:20.43.0	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
7	1:20.49.0	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
8	1:21.19.0	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
9	1:21.36.0	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
10	1:21.49.0	Adam Rutter	N	12/12/1986	3	Melbourne	23/02/2008	21
11	1:22.53.0	Chris Erickson	V	01/12/1981	12	Wuxi City, China	18/04/2009	27
12	1:24.11.0	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
13	1:24.20.0	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
14	1:24.25.0	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
15	1:24.34.0	Brent Vallance	N	30/04/1972	15	Naumburg, Germany	23/05/1998	26
16	1:24.51.0	Brendon Reading	A	26/01/1989	21	Taicang, China	22/04/2011	23
17	1:24.54.0	Paul Copeland	V	25/04/1967	1	Melbourne	10/11/1991	24
18	1:24.56.0	Darren Bown	S	30/06/1974	4	Sydney	06/03/2005	30
19	1:25.02.0	Troy Sundstrom	N	30/05/1981	7	Melbourne	19/03/1999	17
20	1:25.31.0	Steve Beecroft	V	14/03/1971	2	Canberra	28/01/1994	22
21	1:25.34.0	Mike Harvey	V	05/12/1962	3	Melbourne	25/08/1990	27
22	1:26.33.0	Mark Donahoo	V	27/05/1958	1	Melbourne	22/05/1994	35
23	1:26.38.0	Dane Bird-Smith	Q	15/07/1992	2	Melbourne	11/12/2011	19
24	1:26.40.0	Tom Barnes	V	22/09/1982	1	Melbourne	24/08/2008	25
25	1:26.50.0	Sean Fitzsimons	W	15/01/1992	3	Melbourne	11/12/2011	19
E26	1:27.12.0	Rhydian Cowley	V	04/01/1991	4	Melbourne	11/12/2011	20
E26	1:27.12.0	Tim Erickson	V	23/11/1950	1	Melbourne	14/12/1980	30
28	1:27.19.0	Dominic McGrath	V	04/06/1972	10	Melbourne	19/03/1999	26
29	1:27.20.0	Daniel (Thorne) Walters	V	19/12/1979	1	Melbourne	16/12/2001	21
30	1:27.29.0	Bill Dyer	V	26/03/1961	-	Melbourne	22/06/1985	24

And finally to the women's 20km All Time Ranking List where Beki Lee has stormed up into 10th place with her huge PB on Sunday.

20km	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg, Germany	02/05/2004	29
2	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg, Germany	30/04/2000	38
3	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
4	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
5	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg, Germany	02/05/2004	25
6	1:31.39.0	Regan Lambie	V	14/10/1991	12	Taicang, China	22/04/2011	19
7	1:32.02.0	Claire Tallent	S	06/07/1981	10	La Coruna, Spain	19/06/2010	28
8	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
9	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37
10	1:33.09.0	Beki Lee	N	25/11/1986	2	Melbourne	11/12/2011	25
11	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31
12	1:34.13.0	Jillian Hosking	A	12/02/1987	3	Hobart, Aust 20km	13/02/2010	23
13	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33
14	1:34.35.0	Wendy Muldoon	V	27/05/1971	1	Melbourne	16/08/1998	27
15	1:34.44.0	Simone Wolowiec	V	12/02/1974	1	Canberra	16/01/2000	25
16	1:34.44.0	Lyn Ventris	W	02/10/1956	1	Melbourne	16/12/2001	45
17	1:35.55.0	Nicole Fagan	N	24/07/1989	3	Hobart, Aust 20km	19/02/2011	21
18	1:36.16.0	Jenny Jones-Billington	Q	20/04/1967	2	Hawkesbury	10/07/1993	26
19	1:36.19.0	Sally Pierson	V	10/03/1963	1	Melbourne	15/07/1984	21
20	1:36.23.0	Sue Orr-Cook	V	23/04/1958	1	Canberra	07/07/1984	28

OCEANIA MASTERS CHAMPIONSHIPS, TAURANGA, NEW ZEALAND, 5-12 FEBRUARY 2012

The **Oceania Masters Championships** have now been completed in Tauranga in New Zealand and a number of our Australian Masters walkers were in action. Full results can be sourced from website <http://www.nzmastersathletics.org.nz/Oceania/oceania.html>.

The 10km roadwalks were first up on Monday 6th February and Heather Carr was the standout in the women, recording 56:15 to win the W60 division and take fastest time overall for the women. In the men's events, Dean Nipperess (M40 47:31), Mike Parker of NZ (49:04 in the M55) and George White (56:41 in the M65) were the standouts.

Female - 10km Road Walks, Monday 6 February 2012

W40	1	Larissa Wildsmith	New Zealand	1:07:49
	2	Regina Crouch	Australia	1:20:44
W45	1	Serena Coombes	New Zealand	1:09:43
W50	1	Robyn McArthur	New Zealand	1:03:17
	2	Terri Grimmatt	New Zealand	1:04:58
W55	1	Theresa Large	New Zealand	1:06:19
	2	Chantal Azam	New Caledonia	1:15:34
W60	1	Heather Carr	Australia	56:15
	2	Sheryl Miritana	New Zealand	1:14:15
	3	Marlene White	New Zealand	1:17:20
W65	1	Jaqueline Wilson	New Zealand	1:08:41
	2	Shirley Barber	New Zealand	1:11:01
W70	1	Lynne Schickert	Australia	1:14:23
	2	Daphne Jones	New Zealand	1:14:40
	3	Joan Anne Purcell	Australia	1:17:37
W80	1	Christiane Dauphinet	Australia	1:20:32

Male - 10km Road Walks, Monday 6 February 2012

M35	1	Adam Patterson	Australia	1:11:27
M40	1	Dean Nipperess	Australia	47:31
	2	Mike Morresey	New Zealand	1:01:38
M45	1	David Wackrow	New Zealand	1:02:32
M50	1	Mark Gray	New Zealand	1:07:35
	2	Christopher Bowman	New Zealand	1:16:27
M55	1	Mike Parker	New Zealand	49:04
M65	1	George White	Australia	56:41
	2	Geoff Iremonger	New Zealand	1:09:55
	3	Don Park	New Zealand	1:16:22
M70	1	Patrick Sela	Australia	1:09:59
M75	1	Bert Janes	Australia	1:14:54
	2	Geoff Major	Australia	1:16:27
M80	1	Colin Hainsworth	Australia	1:18:02

The 5000m track walks last Thursday saw more of the same with Heather Carr 28:08.52, Dean Nipperess (23:21.68), Mike Parker (24:31.08) and George White (28:50.17) the standouts.

Female - 5000m Track Walks, Thursday 9 February 2012

W40	1	Larissa Wildsmith	New Zealand	33:41.35
	2	Regina Crouch	Australia	40:45.83
W50	1	Robyn McArthur	New Zealand	30:47.68
	2	Bernadette Raffe	Cook Islands	37:06.86
W55	1	Theresa Large	New Zealand	32:34.09
	2	Chantal Azam	New Caledonia	35:04.04
W60	1	Heather Carr	Australia	28:08.52
	2	Marlene White	New Zealand	32:13.07
	3	Sheryl Miritana	New Zealand	35:41.24
W65	1	Jaqueline Wilson	New Zealand	33:28.13
	2	Shirley Barber	New Zealand	33:52.00
W70	1	Lynne Schickert	Australia	36:34.47
	2	Joan Anne Purcell	Australia	38:57.19
W80	1	Christiane Dauphinet	Australia	39:24.03

Male - 5000m Track Walks, Thursday 9 February 2012

M35	1	Adam Patterson	Australia	32:25.80
M40	1	Dean Nipperess	Australia	23:21.68
	2	Mike Morresey	New Zealand	29:32.53
M45	1	David Wackrow	New Zealand	29:18.16
M55	1	Mike Parker	New Zealand	24:31.08
M60	1	Geoff Barrow	Australia	34:20.68
M65	1	George White	Australia	28:50.17

	2	Geoff Iremonger	New Zealand	35:01.80
M75	1	Geoff Major	Australia	39:06.96

The 3000m track walks were the last walks and it was once again Heather Carr who dominated in the women's event with 15:45.20. And it was also Dean Nipperess (13:10.82), Mike Parker 14:00.73) and George White (16:40.92) who were the best of the men.

Female - 3000m Track Walks, Saturday 11 February 2012

W40	1	Regina Crouch	Australia	25:18.82
W45	1	Serena Coombes	New Zealand	19:17.48
	2	Lisa Minchin	Australia	25:56.64
W50	1	Robyn McArthur	New Zealand	18:06.25
	2	Bernadette Raffé	Cook Islands	21:52.39
W55	1	Theresa Large	New Zealand	18:50.97
	2	Chantal Azam	New Caledonia	20:30.18
W60	1	Heather Carr	Australia	15:45.20
	2	Marlene White	New Zealand	18:45.54
	3	Sheryl Miritana	New Zealand	21:19.64
W65	1	Jaqueline Wilson	New Zealand	19:21.02
	2	Shirley Barber	New Zealand	19:24.45
W70	1	Lynne Schickert	Australia	21:28.88
	2	Daphne Jones	New Zealand	21:29.95
	3	Joan Anne Purcell	Australia	21:46.65
W80	1	Christiane Dauphinet	Australia	24:00.09

Male - 3000m Track Walks, Saturday 11 February 2012

M35	1	Adam Patterson	Australia	18:55.01
M40	1	Dean Nipperess	Australia	13:10.82
	2	Mike Morresey	New Zealand	16:53.21
M45	1	David Wackrow	New Zealand	16:57.37
M50	1	Mark Gray	New Zealand	19:25.96
	2	Christopher Bowman	New Zealand	22:39.70
M55	1	Mike Parker	New Zealand	14:00.73
M60	1	Geoff Barrow	Australia	19:22.65
M65	1	George White	Australia	16:40.92
	2	Geoff Iremonger	New Zealand	20:26.43
M70	1	Patrick Sela	Australia	20:25.53
M75	1	Mike Johnson	Australia	21:19.08
	2	Geoff Major	Australia	22:09.91
M80	1	Colin Hainsworth	Australia	22:28.45

SYDNEY TRACK CLASSIC, SOPAC, SYDNEY SATURDAY 18 FEBRUARY

The Sydney Track Classic 5000m was so well subscribed (40 entrants) that it was necessary to split the race into two with a B race at 4:50AM and the A race at 6PM last Saturday evening. This was a tough decision but it was needed to ensure that all had maximum opportunity to race well.

The B race was first up at 4:50PM and it saw some great walking from our younger walkers. Harry Bates was the overall winner with 23:40.18 ahead of Jason Jozica 23:51.07 and Jemima Montag 23:59.53. The standout walk had to be from 13 year old Jemima whose time was not only a 52 sec PB, it was also bettered Regan Lambles Victorian U16 record and set new VRWC records for U14-U16 age groups. This follows on from her Victorian 3000m records last week and is pretty mind boggling for one so young. There were quite a number of PBs from other walkers in the race as you can see from the results below.

5000m Women B Race

1.	Montag, Jemima	14	VIC	23:59.53	PB 0:52	New Victorian U16 record
2.	Bettiol, Amy	17	NSW	24:10.05	eq PB	
3.	Stigwood, Stephanie	22	TAS	24:44.67	PB 0:01	
4.	Jennings, Shannon	19	NSW	24:58.70		
5.	Klein, Kirsty	18	NSW	25:29.20		
6.	George, Stephanie	16	VIC	25:37.87	PB 0:12	
7.	Whelan, Lauren	19	GBR	26:42.58		
8.	Dighton, Jasmine	16	NSW	27:09.23		
9.	Hayes, Melissa	21	NSW	DNF		

5000m Men B Race

1.	Bates, Harry	17	ACT	23:40.18		
2.	Kozica, Jason	25	VIC	23:51.07	PB 0:31	
3.	Washburn, Steven	18	NSW	24:39.92		

The A race started at 6:30PM and the pace was on from the gun with Inaki Gomez and Jared Tallent leading out a big group of men. It was Inaki who eventually won out with 18:45.64, just over 2 secs ahead of Jared. For Jared, it was yet another world class performance that confirms his place at the top of the Australian pecking order (not that that was ever in doubt). Next in was 19 year old Dane Bird-Smith with a huge PB time of 19:02.59, showing just why he is held in such high regards throughout the country. 22 year old Evan Dunfee was next in with a PB time of 19:08.87 to complete a great night out for Canada. PBs were seen throughout the race with Rhydian Cowley, Ian Rayson, Jesse Osborne and Brandon Dewar all adding to the excitement with great walks. But it was perhaps the two youngest walkers in the field who took my attention most. 17 year old Jesse Osborne stormed through to 20:23.37, only 1 sec outside his teammate Dane's U18 State record while 15 year old Nathan Brill walked his own huge PB with 20:44.66, bettering the current Victorian U16 and U17 records.

And if you thought the men was in good form, the women were even more impressive with nearly the whole field PB'ing. Tanya Holliday announced her intentions ahead of next week's Olympic trial in Hobart with a huge PB of 21:21.25 and she needed all of that to hold out Beki Liew 21:23.60 and Claire Tallent 21:29.12. Add in Regan Lambles 22:06.54 and Nicole Fagan 22:23.04 and we have the makings of a huge 20km on Saturday. 18 year old Rachel Tallent was next in with 22:50.32, confirming her pre-eminence in the Junior ranks ahead of Jess Pickles who also PB'd with 23:30.73. The other junior girls had to walk in the B race and perhaps missed a race opportunity that does not come around often.

5000m Open Women

1.	Holliday, Tanya	24	SASI	21:21.25	PB 0:42	
2.	Lee, Beki	26	AIS/NSW	21:23.60	PB 1:27	
3.	Tallent, Claire	31	AIS/SA	21:29.12	PB 0:27	
4.	Lambles, Regan	21	AIS/VIC	22:06.54	PB 0:13	
5.	Fagan, Nicole	23	NSWIS	22:23.04	PB 0:17	
6.	Tallent, Rachel	19	AIS/VIC	22:50.32	PB 0:09	
7.	Webb, Cheryl	36	NSW	23:18.92		
8.	Pickles, Jessica	18	QLD	23:30.73	PB 0:12	

5000m Open Men

1.	Gomez, Inaki	24	CAN	18:45.64	PB 0:34	
2.	Tallent, Jared	28	AIS/VIC	18:47.77		
3.	Bird-Smith, Dane	20	QAS	19:02.59	PB 0:42	
4.	Dunfee, Evan	22	CAN	19:08.87	PB 0:15	
5.	Rutter, Adam	26	AIS/NSW	19:10.97		
6.	Erickson, Chris	31	AIS/VIC	19:26.76		
7.	Cowley, Rhydian	21	VIC	19:52.92	PB 0:06	
8.	Rayson, Ian	24	NSWIS	20:12.60	PB 0:15	
9.	Gustafson, Andreas	37	SWE	20:22.68		
10.	Osborne, Jesse	17	QLD	20:23.37	PB 0:42	
11.	Dewar, Brandon	20	QLD	20:40.21	PB 0:35	
12.	Reading, Brendon	23	ACT	20:40.36		
13.	Brill, Nathan	16	VIC	20:44.66	PB 0:22, New Victorian U16 & U17 records	

14. Steele, Blake 19 AIS 21:09.18
Wright, Alex 22 GBR DQ



**Left: Dane Bird-Smith, Adam Rutter, Jared Tallent, Chris Erickson and Inaki Gomez
Right: Cheryl Webb, Rachel Tallent and Jessica Pickles**



Tanya Holliday, Nicole Fagan, Regan Lamble and Beki Lee

AUSTRALIAN SUMMER ROADWALK CHAMPIONSHIPS, HOBART, SATURDAY 25 FEBRUARY 2012

Our National 20km, held in Hobart last Saturday evening, was certainly an event that we will all remember for many years. There was a lot riding on it as it included our Olympic and World Cup 20km trials, an IAAF racewalking challenge event as well as the Oceania Racewalking Cup between Australian and New Zealand teams.

The forecast during the week had predicted a temperature of 35C but on the day it was even worse, peaking at over 38C (around 101F) and still sitting at that temperature at the 6PM start time. The sun was still high in the sky and most of the race was walked in full sun with no respite whatsoever until around 7:15PM that the evening shade finally provided some relief - but the damage was well and truly done by then with an attrition rate of around 50%.

There has been some talk of whether it should have gone ahead at that time, been delayed for half an hour or even delayed until the next day. While I can understand the concerns, realistically the only viable alternative would have been to delay the start for 30 mins and finish the event in semi darkness. I believe that AA tried for this but it was not possible as the road closure times had been agreed with the surrounding restaurants and businesses and signed off.

In such extreme temperatures, it is a case of making sure you prepare properly and have as low a core temperature as possible at the race start. The AIS contingent showed how it can be done, professionally and with little fuss. They had ice baths and ice vests for all their athletes and it is a fact that every walker who had an ice bath before the race then went on to finish it. Sure they are all highly trained athletes but it is the extras that can make the difference between success and failure on days like these. I noted Jared Tallent's quote on the AA website post race: *"I have to pay tribute to my coach Brett Vallance, he's been doing a lot for us to get ready for today's hot weather with the pre-cooling and ice vests."* You can buy an ice vest for less than \$200 in Australia (see <http://www.icevests.com.au/>). All you then need to complete the scenario for an evening like Saturday is an esky and some ice. Such a simple preparation may be the difference between finish and retirement.

And now onto the events. The 20km events started at 6PM and Jared and Claire Tallent dominated, winning (and retaining) their respective titles comfortably, Jared in 1.23.01 and Claire in 1.32.58. To add to the family celebrations, Jared's younger sister Rachel won the junior women's 10k in 49.26.

The pace in the men's race was conservative early as nearly all of the main contenders shadowed Jared through a first 2km lap of around 8:20. Jared soon kicked it down and was then on his own for the rest of the race while the others battled it out for the minor medals. His winning time of 1:23:01 was slow by his high standard but, with a race in Mexico next weekend, it was probably a case of making sure he won but not doing too much damage in the conditions. Chris Erickson, already a 50km A qualifier, broke away from the pack around the 10km mark and stormed home to finish just over 1 minute behind Jared with 1.24.12 – it was a very impressive performance and one which gives him the inside running for the second Olympic 20km spot provided he can better the A standard at the IAAF Challenge meet in China next month. Canadians Inaki Gomez and Evan Dunfee were next to finish and both looked the goods with 1:24:46 and 1:25:17. The third Australian to cross the line was Adam Rutter and he is now in a good position re this year's Olympics, already having one 20km A qualifier under his belt.

The U23 medals went to Dane Bird-Smith, Rhydian Cowley and Kyle Malone. All three suffered in the race but toughed it out and were rewarded with good finishes. Only half the field finished!

20km Open Men Australian 20km Summer Championship, 6PM

1.	Tallent, Jared	AIS/VIC	1:23:01
2.	Erickson, Christopher	AIS/VIC	1:24:12
3.	Gomez, Inaki	CAN	1:24:46
4.	Dunfee, Evan	CAN	1:25:17
5.	Rutter, Adam	AIS/NSW	1:26:04
6.	Bird-Smith, Dane	QLD	1:28:12 (First U23)
7.	Rew, Quentin	NZL	1:30:01
8.	Rayson, Ian	NSWIS	1:31:57
9.	Cowley, Rhydian	VIC	1:42:41 (Second U23)
10.	Malone, Kyle	NSW	1:45:38 (Third U23)
11.	Jones, Graeme	NZL	1:46:57
12.	Nelson, Scott	NZL	1:54:57
	Coleman, Daniel	TAS	DNF
	Dewar, Nick	QLD	DNF
	Dewar, Brandon	QLD	DNF
	Donahoo, Mark	VIC	DNF
	Fitzsimons, Sean	WA	DNF
	Gustaffson, Andreas	SWE	DNF
	McDonough, Aaron	VIC	DNF
	Mulhearn, Derek	NSW	DNF
	Parker, Michael	NZL	DNF
	Reading, Brendon	ACT	DNF
	Wright, Alex	GBR	DNF

Claire Tallent was outstanding in the women's event and left the other walkers minutes behind. In fact, her time of 1:32:58 was the only Olympic A qualifier done on the day. Behind her, fellow A qualifiers Regan Lambie and Beki Lee took the next two Australian spots and would seem to have now done enough to warrant their Olympic berths. Czech Republic walker Zuzi Schindlerova also

walked excellently to split the Aussies, taking 3rd overall with 1:37:34. The biggest casualty was that of Tanya Holliday who went in as one of the favourites. She suffered early and just could not go on with it in the oppressive conditions. The U23 Australian championship medals went to Regan Lamble and Allegra Steele but you had to feel sorry for Kirstin Shaw who was forced to stop at 19km when her time was deemed to be too slow to make the cutoff – she was the third Australian in the U23 championship race and had the medal within her grasp.

20km Open Women Australian 20km Summer Championship, 6PM

1.	Tallent, Claire	AIS/SA	1:32:58	Olympic A qualifier
2.	Lamble, Regan	AIS/VIC	1:36:52	(First U23)
3.	Schindlerova, Zuzana	CZH	1:37:34	
4.	Lee, Beki	AIS/NSW	1:39:16	
5.	Fagan, Nicole	NSWIS	1:48:30	
6.	Ruddick, Kelly	VIC	1:51:47	
7.	Robinson, Roseanne	NZL	1:58:38	(Second U23)
8.	Sunderland, Nyle	NZL	2:00:56	
9.	Steele, Allegra	SA	2:03:34	(Third U23, Second Australian U23)
	Alexander, Beth	VIC	DNF	
	Cantwell, Lesley	NZL	DNF	
	Holliday, Tanya	SA	DNF	
	Olsson, Mari	SWE	DNF	
	Shaw, Kirstin	VIC	DNF	
	Stigwood, Stephanie	TAS	DNF	
	Webb, Cheryl	NSW	DNF	

The U20 10km events started at 6:10PM and suffered some big casualties. It was always going to be harder for the younger walkers to cope with the conditions and thus it proved as the likes of Brad Aiton, Amy Bettiol, Amy Burren, Kristie Goznik and Kirsty Klein all failed to finish and others like Jesse Osborne suffered big time. Unsurprisingly, it was the two AIS walkers in Blake Steele and Rachel Tallent who won, both with big wins (43:46 and 49:28 respectively). Nathan Brill, one of the youngest walkers in the meet, was second in the men's event with a gun time of 46:02 (only 20 secs outside his best) but he was one of the few to walk up to his best. Most were minutes outside their best times and this, combined with the many DNFs, will complicate the World Cup U20 selection process.

10km Junior Men World Cup Trial, 6:10PM

1.	Steele, Blake	AIS/SA	0:43:46
2.	Brill, Nathan	VIC	0:46:02
3.	Osborne, Jesse	QLD	0:47:12
4.	Holcroft, Matthew	NZL	0:51:35
5.	Rose, Louis	TAS	0:55:29
6.	Dillon, Joshua	VIC	0:55:54
	Aiton, Brad	QLD	DNF
	Bates, Harry	ACT	DNF

10km Junior Women World Cup Trial, 6:10PM

1.	Tallent, Rachel	AIS/VIC	0:49:28
2.	Pickles, Jessica	QLD	0:52:45
3.	Jennings, Shannon	NSW	0:54:25
4.	Finnegan, Amelia	VIC	0:54:51
5.	Ruske, Courtney	NZL	0:57:34
6.	Hockley-Samon, Jmara	VIC	0:58:24
	Bettiol, Amy	NSW	DNF
	Burren, Amy	VIC	DNF
	Eberhardt, Sophie	TAS	DNF
	Goznik, Kristie	SA	DNF
	Klein, Kirsty	NSW	DNF
	Walker, Emma	TAS	DNF
	Whelan, Lauren	GBR	DNF
	Campbell, Caitlin	VIC	DQ



Preparing for a super hot race – Zuzie Schindlerova, Chris Erickson and AIS Chief Walks Coach Brent Vallance



The start of the 20km championships at 6PM



day out for the talented Tallent family – Jared, Claire and Rachel



More action – Blake Steele, Zuzie Schindlerova, Chris Erickson and Nathan Brill



Dane Bird-Smith, Evan Dunfee, Beki Lee and Inaki Gomez



Ian Rayson, Alex Wright (UK), Quentin Rew (NZ), Rhydian Cowley, Brendon Reading and Andreas Gustaffson (SWE)

AUSTRALIAN JUNIOR T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 14-18 MARCH 2012

The Australian Junior T&F Championships were held over 5 days leading into and including last weekend and it was great to see nearly all of our top youngsters in action at the 2000 Olympic venue in Sydney.

Day one (last Wednesday) saw the first walks scheduled – the U17 and U18 5000m – with **Amelia Finnegan** 25:11.95, **Jasmine Dighton** 25:59.51, **Jesse Osborne** 21:29.09 and **Nathan Brill** 21:30.04 crowned as Australian champions. All four won their respective championship races at this meet last year and a year later they were all back on the top of the podium again. There were plenty of PBs amongst the field but none bigger than Victorian **Kyle Bird** whose bronze medal performance of 25:11.22 took over 2 minutes off his best time in his very first season of walking.

Women 5000m Walk Under 18

1.	Finnegan, Amelia	VIC	25:11.95	
2.	Hockley-Samon, Jmara	VIC	25:49.52	
3.	Potezny, Jemma	SA	25:53.99	PB 0:02
4.	Denney, Hannah	NSW	27:39.99	PB 0:10
	Porley, Tabitha	NSW	DNF	
	Southern, Shay	NSW	DQ	

Women 5000m Walk Under 17

1.	Dighton, Jasmine	NSW	25:59.51	PB 0:12
2.	George, Stephanie	VIC	26:16.70	
3.	Taylor, Rachele	TAS	26:36.41	PB 0:11
4.	Holt, Kate	WA	26:48.43	
5.	Martin, Katya	QLD	27:31.15	
6.	Walker, Emma	TAS	28:20.47	PB 0:26
7.	Burren, Sarah	VIC	28:32.41	
8.	Barendregt, Amanda	NSW	29:05.41	PB 0:05
9.	Sims, Jesse	QLD	31:31.85	
10.	Boardman, Lucy-Rose	QLD	32:18.34	

Men 5000m Walk Under 18

1.	Osborne, Jesse	QLD	21:29.09	
2.	Felton, Jay	NSW	23:55.73	
3.	Bates, Harry	ACT	24:27.40	
4.	Birch-Ward, Kurtis	NSW	25:52.95	
5.	Killen, Matthew	NSW	27:32.90	

Men 5000m Walk Under 17

1.	Brill, Nathan	VIC	21:30.04	
2.	Partington, Zac	WA	23:32.86	
3.	Bird, Kyle	VIC	25:11.22	PB 2:06
4.	Gibbons, Carl	NSW	25:25.53	PB 1:47
5.	Taylor, Lucas	VIC	25:37.39	
6.	Dredge, Jason	NSW	27:43.83	PB 0:56
	McShanag, Connor	VIC	DQ	

Last Thursday saw the U15 and U16 walkers in action over 3000m with gold medals going to **Jasmine Irshad** 14:56.84, **Jemima Montag** 14:17.75, **Billy Allamby** 14:15.02 and **Tyler Jones** 13:46.87. While Jemima, Billy and Tyler were repeat winners (they won these champs last year as well), it was a huge step forward for Jasmine who is a different walker since her Falls Creek camp at the start of the year. Another to stand out was Qld walker **Clara Smith** 14:30.84 who is another walker new to the sport and making big inroads into her times.

Women 3000m Walk Under 16

1.	Irshad, Jasmine	VIC	14:56.84	PB 0:20
2.	Romer, Madyson	NSW	15:08.28	PB 0:28
3.	Resch, Ashleigh	ACT	15:09.18	
4.	Hunt, Zoe	ACT	15:28.22	PB 0:25
5.	Martin, Katya	QLD	15:51.59	
6.	Hill, Jayde	NSW	15:59.97	
7.	Grujoski, Stephanie	NSW	16:27.95	
8.	Beasley, Bryony	NSW	17:14.76	
9.	Sims, Jesse	QLD	18:44.00	
	Sanders, Jade	VIC	DQ	

Women 3000m Walk Under 15

1.	Montag, Jemima	VIC	14:17.75	
2.	Smith, Clara	QLD	14:30.84	PB 0:18
3.	Hamilton, Emily	VIC	15:39.05	PB 0:15

4.	Hunt, Tahlia	TAS	15:41.79	PB 0:19
5.	Minett, Rhiannon	NSW	16:48.82	PB 0:04
6.	Henderson, Emma	QLD	17:21.65	
7.	Kelland, Sarah	NSW	18:42.56	
	Potezny, Julia	SA	DNF	
	Hopkins, Karina	ACT	DQ	

Men 3000m Walk Under 16

1.	Allamby, Billy	VIC	14:15.02	PB 0:21
2.	Doyle, Tom	NSW	14:23.08	PB 0:19
3.	Garganis, Adam	VIC	14:28.00	PB 0:38
4.	Rose, Louis	TAS	14:49.15	PB 0:03
5.	Dhu, Ethan	NSW	15:07.07	
6.	Mylonas, Adam	NSW	18:01.40	

Men 3000m Walk Under 15

1.	Jones, Tyler	NSW	13:46.87	Eq PB
2.	Hopkins, Thomas	ACT	15:27.19	
3.	Miles, Trent	QLD	15:28.64	
4.	Walmsley, Reese	VIC	15:45.33	PB 0:08
5.	Kerr, Aidan	NSW	15:50.82	PB 0:13
6.	Estrada, Patrick	NSW	16:49.21	PB 0:24
	Brown, Nathan	NSW	DQ	

Friday saw the U14 3000m and the U20 10,000m walks. The U14 walks saw two new champions in **Kyle Swan** 14:54.29 and **Jasmyn McDonald** 14:43.45. In fact Kyle's walk broke the current Victorian Under 13 3000m record so was particularly noteworthy from a local perspective. **Callum Burns** 15:08.03 and **Leah McDonald** (no relation to Jasmyn) 15:18.09 were very worthy silver medallists, walking times that could have won in many previous years.

Mens 3000m Walk Under 14

1.	Swan Kyle	99	VIC	14:54.29	New Vic U13 Record
2.	Burns, Callum	00	ACT	15:08.03	PB 0:55
3.	Bedford, Kyle	00	NSW	15:54.41	
4.	Glover Jordan	99	NSW	16:45.38	
5.	Thomson Ryan	00	NSW	16:52.09	PB 0:46
6.	O'Connell Declan	99	NSW	16:53.13	
	Richardson, Dylan	00	NSW	DQ	

Womens 3000m Walk Under 14

•	McDonald Jasmyn	99	NSW	14:43.45	eq PB
•	McDonald Leah	00	NSW	15:18.09	PB 0:19
•	Cross Anna	99	SA	15:38.04	
•	Francis Lucy	99	NSW	15:49.89	PB 0:41
•	Woodward Mikaela	99	QLD	16:10.75	
•	Brackin Aimee	99	QLD	16:29.36	eq PB
•	George Hayley	00	VIC	16:45.68	PB 0:08, new VRWC U12 Club Rec.
•	Kalemusic Danielle	99	NSW	16:54.39	PB 0:10
•	Bardsley, Jordan	99	ACT	17:33.31	PB 0:33
•	Dhu Abbey	00	NSW	18:03.27	
	Hunt, Gabby	00	ACT	DQ	
	Hopkins, Emily	99	ACT	DQ	

The final two walk events on the program were the U20 10,000m walks and these were also the official 2012 World Junior Trials. The Australian World Junior qualifying standards are set at 44:05 (men) and 49:25 (women) so there was a lot of interest in who would take the placings and what sort of times they could produce. It was a humid evening and the walkers obviously found it tough as times were generally slower than expected. In the women's event, **Rachel Tallent** 48:59.40 and **Jessica Pickles** 49:21.03 were both under the qualifying standard so have cemented their places in the team. In the men's event, **Blake Steele** won with 44:23.03, just outside the standard, but he has a recent PB time of 43:27 so be an automatic team selection. But **Jesse Osborne** was outside the required standard with his time of 44:36.78 so looks to have missed his opportunity. The only other male walker to have qualified is **Brad Aiton** who has a PB of 42:51, done last month in Brisbane, but he finished behind Jesse and was then informed he had been disqualified. Brad will have to wait and see what the selectors decide to do about filling the second male spot. And a special mention to 15 year old **Nathan Brill** who took bronze in the men's event with 45:00.40 – another solid walk from the young Victorian.

Women 10000m Walk Under 20

1.	Tallent Rachel	93	VIC	48:59.40	
2.	Pickles Jessica	94	QLD	49:21.03	
3.	Jennings Shannon	93	NSW	51:25.44	PB 0:55
4.	Klein Kirsty	94	NSW	52:25.02	
5.	Bettiol Amy	95	NSW	53:14.96	

6.	Finnegan Amelia	95	VIC	53:22.71	
7.	Potezny Jemma	96	SA	54:10.18	
8.	Watson Hannah	94	WA	54:41.00	PB 2:11
9.	Goznik Kristie	93	SA	56:15.31	
10.	Holt Kate	96	WA	56:53.15	PB 0:11
11.	Psarianos, Dimitria	93	NSW	59:26.31	
12.	Hockley-Samon Jmara	95	VIC	59:43.77	
	Campbell, Caitlin	94	VIC	DQ	

Men 10000m Walk Under 20

1.	Steele Blake	93	SA	44:23.03	
2.	Osborne Jesse	95	QLD	44:36.78	
3.	Brill Nathan	96	VIC	45:00.40	
4.	Felton Jay	95	NSW	49:45.82	
5.	Washburn Steven	94	NSW	52:03.04	
	Rose, Louis	97	TAS	DQ	
	Aiton, Brad	94	QLD	DQ	

AUSTRALIAN MASTERS T&F CHAMPS, LAKESIDE PAVILION, ALBERT PARK, 6-9 APRIL 2012

The Australian Masters T&F Championships are traditionally held over the Easter long weekend and it was the case again this year as our top Masters walkers descended on Melbourne. Three walks were on offer – 1500m last Friday, 3000m last Saturday and 10km road yesterday (Monday).

1500m Walk Masters, Friday 6 April

The 1500m walks were first up on Friday 6th April in hot and windy conditions. **Michelle Laufer** and **Pam Tindal** led out in the women's event with Pam eventually taking line honours of 7:10.45 (89.73%) ahead of Michelle with 7:22.16 (80.44%). Others to beat the 80% mark included **Ann Staunton-Jugovic** (W45 – 7:46.59), **Alison Thompson** (W55 – 8:09.42), **Liz Feldman** (W55 8:42.43), **Gwen Steed** (W65 – 9:20.41) and **Heather Lee** (W85 – 11:36.90).

W30	1	Anna Wallace	W30	Vic	8:10.60	68.69%
W40	1	Michelle Laufer	W42	Vic	7:22.16	80.44%
	2	Lynette Smith	W41	Nsw	8:04.14	72.89%
	3	Regina Crouch	W43	WA	10:40.02	56.02%
W45	1	Ann Staunton-Jugovic	W48	Act	7:46.59	80.03%
	2	Kate White	W46	SA	12:12.46	50.15%
W50	1	Pam Tindal	W52	Vic	7:10.45	89.73%
	2	Terri Grimmett	W54	NZ	8:20.23	78.56%
	3	Donna-marie Elms	W51	Vic	8:32.17	74.77%
	4	Robyn Shaw	W50	Vic	8:38.69	73.21%
	5	Trish Stallard	W54	Nsw	9:50.53	66.55%
W55	1	Alison Thompson	W59	Vic	8:09.42	84.11%
W60	1	Liz Feldman	W63	Vic	8:42.43	82.12%
	2	Celia Johnson	W64	Vic	9:48.79	73.67%
	3	Michele Mison	W64	WA	10:27.66	69.11%
W65	1	Gwen Steed	W69	Vic	9:20.41	82.15%
	2	Jacqueline Wilson	W66	Vis	9:42.88	76.14%
	3	Valerie Millard	W65	WA	9:51.69	74.14%
	4	Trish Thomas	W66	Act	15:07.92	48.88%
W70	1	Daphne Jones	W70	NZ	10:29.24	74.12%
	2	Margaret Beaumont	W74	Vic	12:26.83	65.98%
W75	1	Pam Mews	W77	Vic	15:03.69	57.06%
W80	1	Christiane Dauphinet	W81	Qld	11:34.99	79.30%
W85	1	Heather Lee	W85	Nsw	11:36.90	85.24%
	-	Lorna Thompson	W85	Qld	DQ	

The men's event saw M40 **Dean Nipperess** 6:26.21 (84.59%) finishing ahead of M44 **James Christmass** 6:37.69 (84.81%) - quality walks by both youngsters. The other highlight came compliments of **Ralph Bennett** whose time of 8:00.40 took some 4 secs off Murray Dickinson's M70 Australian Record. Ralph scored 90.16% for his efforts. Up one age group, M75 **Bob Gardiner** scored nearly the same with his winning time of 8:35.84 (90.72%). These were the two top scoring performances of the day. The men's event was high quality with quite a few other walkers also achieving over 80% on the Age Graded Tables – **Clyde Riddoch**, **Tim Erickson**, **George White**, **Russ Dickenson**, **Jim Seymon**, **Robyn Whyte**, **Osmo Millridge** and **John Suiter**.

M35	1	Aaron McDonough	M39	Vic	7:00.62	77.07%
	2	Adam Patterson	M39	Vic	7:37.60	70.84%
	3	Rupert van Dongen	M37	Vic	9:29.19	56.12%
	3	Rupert van Dongen	M37	Vic	9:29.19	56.12%
M40	1	Dean Nipperess	M40	Qld	6:26.21	84.59%
	2	James Christmass	M44	Vic	6:37.69	84.81%
M45	-	Bernie Keirl	M48	Vic	DQ	
M50	1	Garry Hastie	M50	WA	7:32.76	78.30%
M55	1	Clyde Riddoch	M58	Vic	7:41.21	82.55%
M60	1	Tim Erickson	M61	Vic	7:50.28	83.37%
	2	Geoff Barrow	M63	Vic	9:21.31	71.31%
	3	Robert Connors	M64	Nsw	10:11.54	66.14%
	4	Harold Membrey	M60	WA	10:13.54	63.27%
	5	John West	M61	Nsw	11:05.14	58.95%
	-	Gerald Sofianos	M63	Vic	DQ	
M65	1	George White	M66	SA	7:55.97	86.86%
	2	Russ Dickenson	M66	Vic	8:10.34	84.31%
	3	Des Middleton	M65	Vic	8:44.69	77.93%
	4	Geoff Byham	M65	SA	9:04.08	75.15%
M70	1	Ralph Bennett	M70	Vic	8:00.40	90.16% (AR)
	2	Jim Seymon	M74	Nsw	8:49.22	86.08%
	3	Robyn Whyte	M70	Act	8:54.73	81.00%
	4	Patrick Sela	M72	Qld	9:30.66	77.80%
	5	Barrie Wicks	M71	Vic	10:28.02	69.81%

	-	Murray Dickinson	M73	Vic	DQ	
	-	Bryan Thomas	M70	Act	DQ	
	-	Gunther Ilgoutz	M73	Vic	DQ	
M75	1	Bob Gardiner	M76	Vic	8:35.84	90.72%
	2	Harry Summers	M76	Vic	9:48.13	79.57%
	3	Leigh Smith	M76	SA	10:46.27	72.41%
	4	Ian Beaumont	M76	Vic	11:55.08	65.44%
	5	Colin Silcock-Delaney	M79	Vic	11:56.19	68.19%
	-	Harbhajan Aulakh	M79	Vic	DQ	
M80	1	Osmo Millridge	M80	Nsw	9:54.62	83.36%
	2	John Suiter	M82	Act	10:23.58	81.99%
	3	Colin Hainsworth	M82	SA	10:59.48	77.52%
	4	Kees Zwynenburg	M83	Vic	13:04.85	66.18%
M85	1	Sydney Elks	M86	Vic	12:30.42	72.79%

5000m Walk Masters, Friday 7 April

The 5000m walks were next, being held in much cooler conditions on Friday 7th April. What a difference a day makes! The women's race saw **Kelly Ruddick** set a W35 Championship record of 22:39.87 (89.43%) and **Heather Lee** set a new W85 Australian record of 41:25.35 (89.93%). **Pam Tindal** was just as good, recording a W50 time of 25:28.63 (89.22%) after battling **Michelle Laufer** early. Michelle was not far behind her with her W40 winning time of 25:37.54 (81.48%). Others in the 80%+ level included **Alison Thompson, Liz Feldman, Gwen Steed, Jacqueline Wilson** and **Sylvia Machin**.

W30	1	Anna Wallace	W30	Vic	29:17.63	67.53%
W35	1	Kelly Ruddick	W38	Vic	22:39.87	89.43% (CR)
W40	1	Michelle Laufer	W42	Vic	25:37.54	81.48%
	2	Regina Crouch	W43	WA	39:29.63	53.29%
W45	1	Ann Staunton-Jugovic	W48	Act	28:19.31	77.42%
	2	Kate White	W46	SA	44:36.74	48.33%
W50	1	Pam Tindal	W52	Vic	25:28.63	89.22%
	2	Terri Grimmett	W54	NZ	29:54.22	77.50%
	3	Donna-marie Elms	W51	Vic	30:54.03	72.88%
	4	Robyn Shaw	W50	Vic	31:11.49	71.54%
	5	Trish Stallard	W54	Nsw	37:49.47	61.27%
W55	1	Alison Thompson	W59	Vic	29:27.33	82.95%
W60	1	Liz Feldman	W63	Vic	30:56.12	82.81%
	2	Celia Johnson	W64	Vic	34:10.88	75.90%
	3	Michele Mison	W64	WA	36:09.42	71.75%
W65	1	Gwen Steed	W69	Vic	32:55.33	84.34%
	2	Jacqueline Wilson	W66	NZ	33:12.17	80.20%
	3	Valerie Millard	W65	WA	35:14.27	74.58%
W70	1	Sylvia Machin	W70	Vic	34:32.21	81.60%
	2	Daphne Jones	W70	NZ	36:13.52	77.79%
W75	1	Pam Mews	W77	Vic	51:56.10	60.87%
W80	1	Christiane Dauphinat	W81	Qld	40:13.04	84.90%
W85	1	Heather Lee	W85	Nsw	41:25.35	89.93% (AR)
	-	Lorna Thompson	W85	Qld	DQ	

The men's 5000m championships was another high quality event with M40 **Dean Nipperess** once again fastest with 23:49.51. Top performances went to **Bob Gardiner** (M75 30:08.57 - 89.94%), **George White** (M65 27:26.44 - 87.08%) and **Ralph Bennett** (M70 27:50.64 - 89.96%). Others above the elusive 80% mark included **Mark Thomas, Garry Hastie, Tim Erickson, Russ Dickenson, Robin Whyte, Jim Seymon** and **John Suiter**.

M35	1	Aaron McDonough	M39	Vic	25:12.49	74.44%
	2	Adam Patterson	M39	Vic	28:07.58	66.72%
M40	1	Dean Nipperess	M40	Qld	23:49.51	79.37%
	2	James Christmass	M44	Vic	25:04.39	77.84%
M45	1	Mark Thomas	M49	Vic	24:28.37	83.08%
M50	1	Garry Hastie	M50	WA	25:32.23	80.29%
	2	Paul Rance	M53	Vic	26:31.96	79.28%
M55	1	Clyde Riddoch	M58	Vic	27:44.18	79.33%
	2	Doug Barrett	M59	Nsw	35:37.70	62.35%
M60	1	Tim Erickson	M61	Vic	27:48.05	81.50%
	2	Geoff Barrow	M63	Vic	32:43.60	70.67%
	3	Gerald Sofianos	M63	Vic	34:36.70	66.82%
	4	Robert Connors	M64	Nsw	36:37.10	63.84%
	5	John West	M61	Nsw	41:55.10	54.05%
M65	1	George White	M66	SA	27:26.44	87.08%
	2	Russ Dickenson	M66	Vic	28:02.10	85.23%
	3	Des Middleton	M65	Vic	31:43.10	74.50%

	4	John Hallo	M69	Vic	36:50.90	67.15%	
	-	Geoff Byham	M65	SA	DQ		
M70	1	Ralph Bennett	M70	Vic	27:50.64	89.96%	
	2	Robin Whyte	M70	Act	31:02.04	80.71%	
	3	Jim Seymon	M74	Nsw	31:27.06	83.84%	
	4	Patrick Sela	M72	Qld	33:35.57	76.46%	
	5	Murray Dickinson	M73	Vic	33:36.02	77.44%	
	6	Barrie Wicks	M71	Vic	36:59.43	68.56%	
	-	Bryan Thomas	M70	Act	DQ		
	-	Gunther Ilgoutz	M73	Vic	DQ		
M75	1	Bob Gardiner	M76	Vic	30:08.57	89.94%	
	2	Harry Summers	M76	Vic	34:35.56	78.37%	
	-	Ian Beaumont	M76	Vic	DQ		
	-	Leigh Smith	M76	SA	DQ		
	-	Colin Silcock-Delaney	M79	Vic	DQ		
M80	1	Osmo Millridge	M80	Nsw	36:09.51	79.55%	
	2	John Suiter	M82	Act	37:00.21	80.26%	
	3	Colin Hainsworth	M82	SA	38:38.82	76.85%	
	4	Kees Zwynenburg	M83	Vic	43:55.65	68.74%	

10km Road Walks, Monday 9 April 2011

The 10km roadwalks were held at Fawkner Park on the same 2km course where the Australian 50km championship is held each year and once again it proved itself to be a fast course in the cool conditions. The women started 2 minutes after the men and it was W35 **Kelly Ruddick** who took all before her, catching all the men except for **Dean Nipperess** and taking fastest time overall with 47:57 (87.50%). But it was W85 **Heather Lee** who was the absolute star of the show, walking the distance in 1:24:06 (96.17%) to take over 8 minutes off the Australian record in a dominant display. With 12 women over the 80% mark, it was an amazing walk to watch as most did their fastest in years. **Michelle Laufer** 52:14, **Anna Wallace** 1:01:34 and **Robyn Shaw** 1:03:42 all did PBs and I am sure that they were not the only ones.

W30	1	Anna Wallace	W30	Vic	1:01:34	66.51%	PB 1:33
W35	1	Kelly Ruddick	W38	Vic	47:57	87.50%	
W40	1	Michelle Laufer	W42	Vic	52:14	82.74%	PB 1:24
	2	Regina Crouch	W43	WA	1:23:41	52.07%	
W45	1	Ann Staunton-Jugovic	W48	Act	56:45	80.20%	
W50	1	Pam Tindal	W52	Vic	52:46	89.69%	
	2	Robyn Shaw	W50	Vic	1:03:42	72.83%	PB 0:18
	3	Donna Elms	W51	Vic	1:04:30	72.63%	
	-	Terri Grimmett	W54	NZ	DQ		
W55	1	Alison Thompson	W59	Vic	1:01:06	83.72%	
W60	1	Liz Feldman	W63	Vic	1:03:12	85.18%	
	2	Celia Johnson	W64	Vic	1:09:49	78.16%	
	3	Michele Mison	W64	WA	1:13:13	74.53%	
W65	1	Jacqueline Wilson	W66	Vis	1:06:22	84.58%	
	2	Gwen Steed	W69	Vic	1:09:12	84.88%	
	3	Valerie Millard	W65	WA	1:09:53	79.19%	
W70	1	Sylvia Machin	W70	Vic	1:11:10	83.85%	
	2	Daphne Jones	W70	NZ	1:13:02	81.71%	(NZR)
W80	1	Christiane Dauphinat	W81	Qld	1:22:21	89.28%	
W85	1	Heather Lee	W85	Nsw	1:24:06	96.17%	(AR)
	2	Lorna Thompson	W85	Qld	1:28:04	91.84%	

The men's event was also of the highest quality with 8 men above the 80% mark. **Bob Gardiner** was the star with a new M75 Australian record of 59:55 (93.15%) but **Ralph Bennett** (56:29 - 91.12%) and M70 **George White** (new South Australian M65 record of 55:06 - 89.06%) were nearly as impressive. M40 **Dean Nipperess** was fastest with 49:39 ahead of M45 **Mark Thomas** 50:36 and M35 **Aaron McDonough** a PB 51:07.

M35	1	Aaron McDonough	M39	Vic	51:07	75.59%	PB 0:54
	2	Adam Patterson	M39	Vic	1:01:52	62.46%	
M40	1	Dean Nipperess	M40	Qld	49:39	78.40%	
	2	James Christmass	M44	Vic	54:09	74.16%	
M45	1	Mark Thomas	M49	Vic	50:36	82.63%	
M50	1	Garry Hastie	M50	WA	51:16	82.24%	
M55	1	Clyde Riddoch	M58	Vic	58:03	77.85%	
M60	1	Geoff Barrow	M63	Vic	1:07:15	70.61%	
	2	Harold Membrey	M60	WA	1:20:33	57.19%	
M65	1	George White	M66	SA	55:06	89.06%	(SAR)
	2	Russ Dickenson	M66	Vic	59:49	82.04%	
	3	Geoff Byham	M65	SA	1:08:30	70.84%	
M70	1	Ralph Bennett	M70	Vic	56:29	91.12%	

	2	Robin Whyte	M70	Act	1:00:50	84.60%	
	3	Jim Seymon	M74	Nsw	1:03:41	85.19%	
	4	Patrick Sela	M72	Qld	1:07:20	78.42%	
	5	Barrie Wicks	M71	Vic	1:17:42	67.08%	
	-	Murray Dickinson	M73	Vic	DQ		
	-	Bryan Thomas	M70	Act	DQ		
M75	1	Bob Gardiner	M76	Vic	59:55	93.15%	(AR)
	2	Harry Summers	M76	Vic	1:13:50	75.59%	
	3	Colin Silcock-Delaney	M79	Vic	1:14:41	78.22%	
	4	Leigh Smith	M76	SA	1:15:24	74.02%	
	-	Ian Beaumont	M76	Vic	DQ		
M80	1	Colin Hainsworth	M82	SA	1:17:35	79.11%	
	2	John Suiter	M82	Act	1:19:43	77.00%	

INVITATION 5000M WALK, AUSTRALIAN T&F CHAMPS, MELBOURNE, SATURDAY 14 APRIL

The 90th Australian Open T&F Championships, held at the new Lakeside Stadium in Albert Park, Melbourne, saw the welcome return of top line track walking in the form of the Final of the Australian Racewalking Series. The distance was 5000m and the walking was fast with our two top walkers – **Claire Tallent** 22:12.64 and **Jared Tallent** 19:08.83 – leading from the front. **Kelly Ruddick** chased Claire the whole way and was rewarded with a big PB time of 22:18.00. **Andrew Jamieson** was also in top form, taking a further 4 secs off the World Masters M65 record that he set only last month – his time of 24:14.04 continues his wonderful form of late. 15 year old **Kyle Bird** was the biggest improver of the day, recording a huge PB of 23:24.09. What a find he has been for walking. **Jason Kozica** 23:14.73 and **Aaron McDonough** 24:49.22 were also in PB mode. And finally, **Dane Bird-Smith** 19:48.72, **Rhydian Cowley** 20:26.47 and **Nathan Brill** 20:58.40 were also super fast.

Open Women 5000m Walk

1.	Claire Tallent	AIS/SA	22:12.64	
2.	Kelly Ruddick	VIC	22:18.00	PB 0:21
3.	Cheryl Webb	NSW	23:52.04	
4.	Megan Szirom	SA	24:34.34	
5.	Stephanie George	VIC	25:48.60	
6.	Michelle Laufer	VIC	25:49.13	

Open Men 5000m Walk

1.	Jared Tallent	AIS/VIC	19:08.83	
2.	Dane Bird-Smith	QLD	19:48.72	
3.	Rhydian Cowley	VIC	20:26.47	
4.	Nathan Brill	VIC	20:58.40	
5.	Jason Kozica	VIC	23:14.73	PB 0:31
6.	Kyle Bird	VIC	23:24.09	PB 1:47
7.	Andrew Jamieson	VIC	24:14.04	M65 WR
8.	Joshua Kaiser	VIC	24:34.36	
9.	James Christmass	VIC	24:47.36	
10.	Aaron McDonough	VIC	24:49.22	PB 0:13
11.	Bradley Simpson	VIC	25:23.76	

David Armstrong has put up a great athsvicTV video of the race – see <http://www.youtube.com/watch?v=FdY3u2G1J4k>. Thanks David – it really highlights speed walking at its best! **Gordon Loughnan** has also forwarded a great selection of photos to me – reproduced below – thanks Gordon!



Aaron, James, Kelly, Claire, Dane and Jared

AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 14-15 APRIL 2012

Last weekend saw the annual Australian Centurions 24 Hour qualifying event at the Harold Stevens Athletics Track at Coburg, a northern Melbourne suburb. For those who don't know, the Centurions recognise the feat of walking 100 miles within 24 hours in sanctioned competition. 100 miles is 160.934km or 402+ laps of the standard 400m track. Now that is a pretty mind boggling challenge in anyone's language. Most of our walkers think that a 50km event is a long way so spare a thought for the 21 hardy souls who toed the line at 10AM on Saturday morning awaiting the gun. And let me tell you – it is also an endurance feat for us organisers and support crews!

Conditions were hot on Saturday and the 10AM start meant that competitors had to endure around 7 hours of sun and heat before relief was forthcoming. But endure it they did with most still on the track as the sun set and we entered the long dark night time phase of the race. Come 6:30AM the next morning as dawn broke and they were still at it albeit, in many cases, a bit the worse for wear!

We welcomed 5 overseas walkers this year – Rudi Schoors, Caroline Mestdagh, Eddy Goeman and Willy Vermeulen of Belgium along with Sean Pender of Ireland / England. They joined the cream of our own local ultra walking crop – Peter Bennett, Michelle Thompson, Terry O'Neill and Clarrie Jack. And we also had a number of other very impressive local contenders, some of them repeat offenders and some first timers with impressive credentials. First to the overall results:

24 Hour Walk Championship – Men

1.	SCHOORS, Rudy	BELGIUM	173.387 km
2.	GOEMAN, Eddy	BELGIUM	161.318 km
3.	BENNETT, Peter	QLD	161.318 km
4.	JORDAN, Steve	VIC	157.232 km
5.	VE RMEULEN, Willy	BELGIUM	155.927 km
6.	FRYER, Martin	ACT	152.241 km
7.	COOK, Kim	NSW	134.694 km
8.	TIMMS, John	VIC	128.682 km
9.	COMMINS, Louis	NSW	110.849 km
10.	O'NEILL, Terry	VIC	88.331 km
11.	ESSAM, Phil	ACT	86.052 km
12.	PENDER, Sean	UK	70.499 km
13.	CARTER, Ken	VIC	60.132 km
14.	McKAY, Doug	VIC	59.717 km
15.	JACK, Clarrie	VIC	48.105 km
16.	TURNER, Gary	VIC	33.591 km

24 Hour Walk Championship – Women

1.	MESTDAGH, Caroline	BELGIUM	162.562 km
2.	THOMPSON, Michelle	VIC	149.707 km
3.	PARRIS, Dawn	VIC	141.097 km
4.	KELLY, Diana	VIC	125.244 km
5.	HOWORTH, Sandra	VIC	53.496 km

But of course, the bare bones results tell only half the story. Highlights included

1. The performance of the 4 walkers who walked in excess of 100 miles. The 4 centurion performances were

Eddy Goeman	Belgium	C60	100 Miles	21:16:23
Rudi Schoors	Belgium	C55	100 Miles	22:10:05
Caroline Mestdagh	Belgium	C56	100 Miles	22:48:25
Peter Bennett	QLD	C24	100 Miles	22:53:09

Rudi, Caroline and Peter have all completed centurion walks previously in Australia but for Eddy it was his first time so he now joins our ranks as Australian Centurion Number 60.

1. The performance of **Michelle Thompson** who set 3 new Australian Residential records as follows

Michelle Thompson	VIC	C58	50 Miles	9:42:06
			12 Hours	98.655 km
			100 km	12:09:52

She broke Carol Baird's records convincingly and was not far outside the Australian Open records of the great English walker Sandra Brown. Michelle then powered on and was well on her way to challenging the Australian 24 Hour Open/Residential records when disaster struck – a burst blood vessel in the leg. Such is the effort required in this sort of event. She wisely chose to stop then and subsequent tests indicate no lasting damage, thank goodness.

1. The anguish of **Willy Vermeulen** of Belgium and **Steve Jordan** of Melbourne who both found themselves just a few laps short of the required distance in the dying hours of the race. Try as they might, they could not maintain the required pace

over the final stages and were going to miss out on the 100 mile mark by only a few laps. Willy called it quits with about 40 mins to go with a distance of 155.927 km while Steve slowed down and just walked it out, finishing with 157.232 km. They were indeed gallant efforts. Willy has indicated he will return to complete unfinished business and Steve is now so close that he is sure to get there soon.

2. The dramatic finish of **Peter Bennett**, who has 12 centurion finishes under his belt and who has a 24 Hour walk PB of 216km. He had a day at the office that he is unlikely to forget for a fair while - he started suffering mid race and his final hours were tough to watch as he listed sideways and backwards. Indeed, his final laps saw him struggling to stay upright as his back had gone on him completely. But finish he did, passing the 100 mile mark in 22:53:09 for his 13th such milestone.
3. The Racewalking Australia 100km Championship medallists who were as follows

RWA 100km Men	1. Peter Bennett	2. Eddy Goeman	3. Rudy Schoors
RWA 100 Km Women	1. Michelle Thompson	2. Caroline Mestdagh	3. Dawn Parris

Below is a short selection of photos. You can check out all my photos at <http://www.rwa.org.au/coppermine>. Note that you will see lots of runners in action as well as it was a combined run/walk championship. The runners ran in lanes 1-2 and the walkers walked in lanes 3-4 (obviously with an adjusted lap distance).



Rudi Schoors, Caroline Mestdagh, Eddy Goeman, Michelle Thompson and Peter Bennett

AUSTRALIAN LITTLE ATHLETICS U13 CHAMPIONSHIPS, HOBART, 21 APRIL 2012

The 2012 Australian Little Athletics Championships for U13 athletes were held on Saturday 21st April 2012 at the Domain Athletics Centre, Hobart. As is always the case with this event, each State has to select a small group of athletes who can cover as many events as possible and earn as many points as possible. Unfortunately that means that the top athletes in specialist events like the walks often miss out. This was certainly the case with the 4 Victorians who contested the 1500m walk – Ross Darlow was the only recognised walker and he certainly walked well, coming 4th in a PB time of 7:22.93. Overall, Jasmym McDonald 7:06.22 and Getasew Ferguson 7:01.52 certainly walked well and deserved their wins but the standard dropped off quicker than expected.

U13 Girls 1500m Walk

1.	Jasmyn McDonald	NSW	7:06.22
2.	Anna Cross	SA	7:20.08
3.	Shania West	WA	7:22.38
4.	Jemma Smith	TAS	7:36.09
5.	Aimee Brackin	QLD	7:39.50
6.	Maria Leen	QLD	8:04.98
7.	Emily Hopkins	ACT	8:15.03
8.	Schlinda-Lee Booth	SA	8:53.87
9.	Morgan Doecke	WA	9:08.83
10.	Alex Mathisen	VIC	9:19.35
11.	Jaimie Summers	TAS	9:37.74
12.	Sally Withcalls	ACT	10:07.90
13.	Clementine Landels	NSW	10:37.10
14.	Emily Harvey	VIC	10:48.87

U13 Boys 1500m Walk

1.	Getasew Ferguson	TAS	7:01.52
2.	Simeon Leatherland	WA	7:07.66
3.	Jordan Glover	NSW	7:22.55
4.	Ross Darlow	VIC	7:22.93
5.	Daniel Hamilton	VIC	8:59.13
6.	Casey Brown	TAS	9:16.79
7.	Andrew Hosking	ACT	10:01.50
8.	John Chegwidden	WA	10:07.11
9.	Adam Engeler	NSW	10:13.13
10.	Nicholas Mc Ewen	ACT	10:41.60
11.	Dean Pastrello	SA	10:45.39
12.	Brandon Stanaway	QLD	10:57.71
	Jacob Russo	SA	DQ
	Joshua Morrison	QLD	DQ

LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 10 JUNE

The 46th edition of the annual Lake Burley Griffin Carnival was successfully held on Sunday with over 250 walkers descending on Canberra for what is Australia's largest racewalking carnival. Conditions were torrid early on with the 20 Mile and 10 Mile events starting at 8AM in frosty conditions and a low -3°C. But as the day progressed, the sun gradually warmed competitors, officials and spectators and later events were held in perfect conditions.

In my mind, there were 3 standout performances

- 20 year old Regan Lamble has walked in the 10 Mile championship for the last 4 years so she felt it was time for a change this year - consequently she contested the super tough 20 Mile event around Lake Burley Griffin! And what a performance - she came third overall in the blue riband event in a time of **2:32:17**, beating all except Olympians Jared Tallent and Chris Erickson and bettering Kerry Saxby-Junna's course record by an amazing 9 minutes. And what's more, she did it effortlessly and finished with a full head of steam. This was her final hitout before leaving to continue her Olympic preparation in Europe and she is in wonderful form.
- 23 year old **Tanya Holliday** won the Women's 10 Mile championship in a huge time of **1:13:16**, breaking Kerry Saxby-Junna's course record by one minute. She then fronted up for the Women's 5km, winning that in a very fast **21:45**, a time second only to Kerry. So Kerry lost two records in the one day and had her third record also challenged. It is a hard ask to double but Tanya did it in fine style, leaving all in her wake. This, when added to her two Olympic A qualifiers this year, indicates that she will be hard to beat from now on.
- 27 year old **Jared Tallent** was untroubled to win the 20 Mile Championship in **2:18:00**, over 8 minutes ahead of fellow Olympian Chris Erickson. In the middle of a solid training block, Jared stormed over the hilly course and would not have blown a candle out at the end. This is the fourth fastest time ever for this race behind his course record of 2:14:57 and his seventh win in 8 years. He now sits only one win behind the great Willi Sawall who has 8 LBG golds to his name.



Regan, Tanya and Jared in action around Like Burley Griffin on Sunday

There were of course many other superb performances. To take but one instance: for the medallists in the U18 Men's 5km walk, it was their second walk for the day. Winner **Brad Aiton** (21:22) had already taken bronze in the U20 10km (48:42), silver medallist **Nathan Brill** (21:29) had already taken bronze in the Open 10 Mile (1:15:33) and bronze medallist **Jesse Osborne** (22:17) had already taken silver in the Open 10 Mile (1:14:55).

This was typical of the day in that most of our medallists fronted for second events (and even for third events in some cases) to help their clubs in the Teams competition. For instance, U10 Boys 1km winner **Corey Dickson** (5:03) was 4th in the U12 2km (10:02) and 9th in the U14 2km (10:22), all three events being held in close succession.

I could write for pages to highlight the many fine performances across the board but time and space do not permit so I will just acknowledge the Victorian medal winning performances (this after all did start as a purely Victorian newsletter) and then go straight on to the results.

Individual Gold	Jared Tallent	Open Men 20 Mile	2:18:00
	Regan Lamble	Open Women 20 Mile	2:32:17
	Rhydian Cowley	Open Men 10 Mile	1:10:48
	Scott Nelson	Masters Men 10 Mile	1:24:06
	Corey Dickson	U10 Boys 1km	5:03
	Kyle Swan	U14 Boys 2km	9:35

	Jemima Montag	U16 Girls 3km	14:10
	Stephanie George	U18 Girls 5km	25:29
	Rachel Tallent	U20 Women 5km	23:02
Individual Silver	Chris Erickson	Open Men 20 Mile	2:26:36
	Karyn O'Neill	Open Women 20 Mile	4:01:16
	Rachel Tallent	Open Women 10 Mile	1:21:20
	Michelle Laufer	Masters Women 10 Mile	1:29:57
	Aaron McDonough	Masters Men 10 Mile	1:26:55
	Nathan Brill	U18 Boys 5km	21:29
	Rachel Tallent	Open Women 5km	23:02
Individual Bronze	Heather Carr	Masters Women 10 Mile	1:34:19
	Nathan Brill	Open Men 10 Mile	1:15:33
	Ralph Bennett	Masters Men 10 Mile	1:31:29
	Alannah Peart	U10 Girls 1km	5:21
	Reese Walmsley	U14 Boys 2km	9:45
	Billy Allamby	U16 Boys 3km	13:58
	Jasmine Irshad	U16 Girls 3km	14:44
	Amanda Heard	U18 Girls 5km	26:45
	Jemima Montag	U18 Women 5km	25:28
Teams Gold	RWV1	Open 20 Mile	Jared Tallent, Chris Erickson, Regan Lamble
	RWV1	Open Men 10 Mile	Rhydian Cowley, Nathan Brill, Bradley Simpson
	RWV1	U10 Boys 1km	Corey Dickson, Jared Hodges, Bailey Ohlsen
	RWV1	U14 Boys 2km	Kyle Swan, Reese Walmsley, Ross Darlow
	RWV1	U16 Girls 3km	Jemima Montag, Jasmine Irshad, Emily Hamilton
	RWV1	U18 Boys 5km	Nathan Brill, Josh Dillon, Kyle Bird
	RWV1	U18 Girls 5km	Stephanie George, Amanda Heard, Shelby Kay
	RWV1	Open Women 5km	Rachel Tallent, Jemima Montag, Jasmine Irshad
Teams Silver	RWV2	Open 20 Mile	Simon Evans, Terry O'Neill, Duncan Knox
	RWV1	Open Women 10 Mile	Rachel Tallent, Michelle Laufer, Heather Carr
	RWV1	U10 Girls 1km	Alannah Peart, Arnika Nelson, Carissa Brook
	RWV1	U12 Boys 2km	Corey Dickson, Hayden Walmsley, Ethan Wright
	RWV1	U12 Girls 2km	Mikhala Hodges, Georgia Bertrand, Brodie Richardson
	RWV1	U14 Girls 2km	Rachael Guy, Paige De Liesen, Shelby Kay
	RWV1	U16 Boys 3km	Billy Allamby, Ross Darlow, Reese Walmsley
Teams Bronze	RWV2	Open Men 10 Mile	Jason Kozica, Scott Nelson, Aaron McDonough
	RWV2	U10 Girls 1km	Gemma Lillie, Andie Montag, Freya Evans
	RWV2	U14 Girls 2km	Mikhala Hodges, Brianna Lillie, Jemma Peart
	RWV2	U18 Boys 5km	Billy Allamby, Kyle Swan, Reese Walmsley

The results now follow: stop and get a cuppa first - it's a few pages!

EVENT 1 OPEN 20M

MEN

1.	Jared Tallent	2:18:00	RWV
2.	Chris Erickson	2:26:36	RWV
3.	Ignacio Jimenez	2:59:42	QRWC
4.	Peter Crump	3:02:19	SARWC
5.	Peter Bennett	3:09:17	QRWC
6.	Simon Evans	3:12:26	RWV
7.	Terry O'Neill	3:31:32	RWV
8.	Robin Whyte	3:34:16	ACTW
9.	Duncan Knox	3:48:38	RWV
10.	Bill Starr	4:03:45	SARWC
11.	Lachlan Wilkinson	4:02:05	ACTW
	Isamu Fujisawa	DNS	RWV
	Andrew Jamieson	DNS	RWV
	Ian Rayson	DNS	REGAL
	Brendan Reading	DNS	ACTW

WOMEN

1.	Regan Lamble	2:32:17	RWV
2.	Karyn O'Neill	4:01:16	RWV

MASTERS MEN

1.	Ignacio Jimenez	2:59:42	QRWC	
2.	Peter Crump	3:02:19	SARWC	
3.	Peter Bennett	3:09:17	QRWC	
4.	Simon Evans	3:12:26	RWV	
5.	Terry O'Neill	3:31:32	RWV	
6.	Robin Whyte	3:34:16	ACTW	
7.	Duncan Knox	3:48:38	RWV	
8.	Bill Starr	4:03:45	SARWC	
9.	Lachlan Wilkinson	4:02:05	ACTW	
	Andrew Jamieson	DNS	RWV	
MASTERS WOMEN				
1.	Karyn O'Neill	4:01:16	RWV	
HANDICAP				
1.	Bill Starr		SARWC	
2.	Robin Whyte		ACTW	
3.	Terry O'Neill		RWV	
TEAMS				
1.	RWV1	16	(Jared Tallent, Chris Erickson, Regan Lamble)	
2.	RWV2	6	(Simon Evans, Terry O'Neill, Duncan Knox)	
OLDEST FINISHER				
Robin Whyte				
EVENT 2 FITNESS 20M				
MEN				
1.	Bryan Thomas	3:57:45	ACTW	
2.	Geoff Barker	4:02:41	ACTW	
3.	Peter Thomson	4:02:41	ACT	
OLDEST FINISHER				
Derek Robinson				
EVENT 3 MEN & WOMEN AACT 30K CHP				
MEN				
1.	Jared Tallent	2:08:30	RWV	VIC
2.	Chris Erickson	2:16:34	RWV	VIC
3.	Peter Crump	2:49:12	SARWC	SA
4.	Peter Bennett	2:56:39	QRWC	QLD
5.	Robin Whyte	3:19:13	ACTW	ACT
	Isamu Fujisawa	DNS	RWV	VIC
	Brendan Reading	DNS	ACTW	ACT
FIRST ACT FINISHER				
1.	Robin	Whyte	3:19:13	
WOMEN				
1.	Regan Lamble	2:21:43	RWV	
EVENT 4 WOMEN 10M				
1.	Tanya Holliday	1:13:16	SARWC	
2.	Rachel Tallent	1:21:20	RWV	
3.	Cheryl Webb	1:25:45	NSWRWC	
4.	Megan Sziron	1:26:04	SARWC	
5.	Lauren Bourke	1:27:12	NSWRWC	
6.	Kirsty Klein	1:27:21	NSWRWC	
7.	Michelle Laufer	1:29:57	RWV	
8.	Vanessa Ebejer	1:33:40	REGAL	
9.	Chloe Jones	1:33:40	REGAL	
10.	Heather Carr	1:34:19	RWV	
11.	Kirstin Shaw	1:37:46	RWV	
12.	Mathilde Lacaze	1:38:18	FRA	
13.	Tamara Attard	1:43:10	RWV	
14.	Anna Wallace	1:43:56	RWV	
15.	Vanessa Noble	1:44:16	NSWRWC	
16.	Charlene Ebejer	1:50:02	REGAL	
17.	Donna-Marie Elms	1:55:00	RWV	

18.	Joan Purcell	2:01:54	NSWRWC
19.	Noela McKinven	2:10:30	QRWC
	Regan Lamble	DNS	RWV
	Amanda Heard	DNS	RWV
	Kylie Irshad	DNS	RWV
	Gloria Holliday	DNS	SARWC
	Shannon Jennings	DNS	NSWRWC

MASTERS

1.	Cheryl Webb	1:25:45	NSWRWC
2.	Michelle Laufer	1:29:57	RWV
3.	Heather Carr	1:34:19	RWV
4.	Donna-Marie Elms	1:55:00	RWV
5.	Joan Purcell	2:01:54	NSWRWC
6.	Noela McKinven	2:10:30	QRWC
	Kylie Irshad	DNS	RWV
	Gloria Holliday	DNS	SARWC

HANDICAP

1.	Kirstin Shaw	RWV
2.	Anna Wallace	RWV
3.	Vanessa Ebejer	REGAL

TEAMS

1.	NSWRWC1	30	(Cheryl Webb, Lauren Bourke, Kirsty Klein)
2.	RWV1	26	(Rachel Tallent, Michelle Laufer, Heather Carr)
3.	REGAL1	14	(Vanessa Ebejer, Chloe Jones, Charlene Ebejer)
4.	RWV2	9	(Kirstin Shaw, Tamara Attard, Anna Wallace)

OLDEST FINISHER

Joan Purcell

EVENT 5 MENS 10M

1.	Rhydian Cowley	1:10:48	RWV
2.	Jesse Osborne	1:14:55	QRWC
3.	Nathan Brill	1:15:33	RWV
4.	Kyle Malone	1:17:13	NSWRWC
5.	Kim Mottrom	1:17:51	SARWC
6.	Bradley Simpson	1:22:19	RWV
7.	Jason Kozica	1:22:24	RWV
8.	Derek Mulhearn	1:23:19	NSWRWC
9.	Scott Nelson	1:24:06	RWV
10.	Justin Hill	1:25:14	SARWC
11.	Aaron McDonough	1:26:55	RWV
12.	Harry Bates	1:27:06	ACTW
13.	Ralph Bennett	1:31:29	RWV
14.	David Smyth	1:38:34	RWCWA
15.	Anthony Albanese	1:38:44	NSWRWC
16.	Robert Osborne	1:41:14	REGAL
17.	Robert Gardiner	1:43:15	RWV
18.	Jim Seymon	1:50:24	REGAL
19.	David Best	1:58:33	RWCWA
	Jordan Mulhearn	DNS	NSWRWC
	Adam Rutter	DNS	NSWRWC

MASTERS

1.	Scott Nelson	1:24:06	RWV
2.	Aaron McDonough	1:26:55	RWV
3.	Ralph Bennett	1:31:29	RWV
4.	David Smyth	1:38:34	RWCWA
5.	Anthony Albanese	1:38:44	NSWRWC
6.	Robert Osborne	1:41:14	REGAL
7.	Robert Gardiner	1:43:15	RWV
8.	Jim Seymon	1:50:24	REGAL
9.	David Best	1:58:33	RWCWA

HANDICAP

1.	Bradley Simpson	RWV
2.	Robert Gardiner	RWV

3.	Jason Kozica	RWV	
TEAMS			
1.	RWV1	24	(Rhydian Cowley, Nathan Brill, Bradley Simpson)
2.	NSWRWC1	12	(Kyle Malone, Derek Mulhearn, Anthony Albanese)
3.	RWV2	10	(Jason Kozica, Scott Nelson, Aaron McDonough)
EVENT 6 FITNESS 10M			
MEN			
1.	Robert Willcox	1:38:44	NSWRWC
2.	Bert Janes	2:01:52	QRWC
3.	Doug Fitzgerald	2:04:33	ACTW
4.	Chris Rayson	2:17:38	REGAL
5.	Keith Knox	2:33:08	NSW
EVENT 7 FITNESS 5M			
MEN			
1.	Jason Elms	55:41	VRWC
2.	Brian Hortin	55:50	TARWC
3.	Damien Elms	1:01:00	VRWC
4.	Dave Mackenzie	1:01:42	ACTW
WOMEN			
1.	Judy Brown	1:06:14	NSWRWC
2.	Ikuka Mills	1:16:25	NSW
3.	Brooke McDonald	1:16:25	NSW
4.	Linda McDonald	1:16:25	NSW
5.	Lydia Stanhope	1:22:58	ACT
6.	Carmen Carlon	1:25:02	ACTW
7.	Nola de Chazal	1:26:36	ACTW
8.	Eva Jessurun	1:30:20	NSW
9.	Mia Jessurun	1:30:20	NSW
10.	Nicole Jessurun	1:30:39	NSW
11.	Alison Janes	1:36:46	QRWC
EVENT 8 MENS U20 10K			
1.	Dane Bird-Smith	41:05	QRWC
2.	Blake Steele	44:54	SARWC
3.	Brad Aiton	48:42	QRWC
4.	Joshua Kaiser	50:02	RWV
5.	Steven Washburn	51:22	NSWRWC
6.	Jordan Mulhearn	52:11	NSWRWC
7.	Matthew Killen	57:37	NSWRWC
	Jay Felton	DNS	NSWRWC
	Josh Dillon	DNS	RWV
HANDICAP			
1.	Joshua Kaiser	RWV	
2.	Matthew Killen	NSWRWC	
3.	Steven Washburn	NSWRWC	
TEAMS			
1.	NSWRWC1	7	(Steven Washburn, Jordan Mulhearn, Matthew Killen)
EVENT 9 AACT MENS U20 10K CHP			
1.	Dane Bird-Smith	41:05	QRWC
2.	Brad Aiton	48:42	QRWC
3.	Steven Washburn	51:22	NSWRWC
EVENT 10 OPEN (OVER 19 YEARS) 10K			
1.	Jessica Pickles	50:03	QRWC
2.	Kim Mottrom	52:34	SARWC
EVENT 11 BOYS U10 1K			
1.	Corey Dickson	05:03	RWV
2.	Joe Cross	05:29	SARWC
3.	Dion Carrothers	05:44	QRWC
4.	Jared Hodges	06:01	RWV
5.	Koeden Bianco	06:40	REGAL

6.	Tom Hunt	06:40	ACTW
7.	Bailey Ohlsen	10:06	RWV
HANDICAP			
1.	Koeden Bianco	REGAL	
2.	Tom Hunt	ACTW	
3.	Bailey Ohlsen	RWV	
TEAMS			
1.	RWV1	7	(Corey Dickson, Jared Hodges, Bailey Ohlsen)
EVENT 12 GIRLS U10 1K			
1.	Haley Mills	05:12	NSWRWC
2.	Lauren Tisdale	05:15	NSWRWC
3.	Alannah Peart	05:21	RWV
4.	Sybella McKay	05:34	NSWRWC
5.	Arnika Nelson	05:41	RWV
6.	Carissa Brook	05:46	RWV
7.	Holly Lay	05:47	QRWC
8.	Gemma Lillie	06:15	RWV
9.	Renee Hardy	06:22	NSWRWC
10.	Andie Montag	06:29	RWV
11.	Laura Burns	06:36	ACTW
12.	Bronti Westaway	06:51	NSWRWC
13.	Freya Evans	06:51	RWV
14.	Leah Canavan	06:55	RWV
15.	Mia Darlow	06:57	RWV
16.	Jada Thomson	07:00	NSWRWC
17.	Emily Challinor	10:37	NSWRWC
	Dakota Bennett-Ward	DNS	REGAL
HANDICAP			
1.	Mia Darlow	RWV	
2.	Leah Canavan	RWV	
3.	Bronti Westaway	NSWRWC	
TEAMS			
1.	NSWRWC1	33	(Haley Mills, Lauren Tisdale, Sybella McKay)
2.	RWV1	25	(Alannah Peart, Arnika Nelson, Carissa Brook)
3.	RWV2	12	(Gemma Lillie, Andie Montag, Freya Evans)
4.	NSWRWC2	9	(Renee Hardy, Bronti Westaway, Jada Thomson)
EVENT 13 BOYS U12 2K			
1.	Kyle Bedford	09:45	NSWRWC
2.	Harrison Mavin	09:54	NSWRWC
3.	Spencer Burns	09:59	ACTW
4.	Corey Dickson	10:02	RWV
5.	Dylan Richardson	10:31	NSWRWC
6.	Samuel Gibson	10:51	QRWC
7.	Blake Dwyer	10:52	REGAL
8.	Ryan Thomson	10:55	NSWRWC
9.	Joe Cross	11:41	SARWC
10.	Hayden Walmsley	11:58	RWV
11.	Ethan Wright	12:09	RWV
12.	Caine Brill	13:22	RWV
13.	Justin Brill	13:25	RWV
14.	Lachlan Becroft	14:09	NSWRWC
	Jared Hodges	DNF	RWV
	James Plummer	DQ	NSWRWC
	Liam Evans	DQ	RWV
HANDICAP			
1.	Blake Dwyer	REGAL	
2.	Corey Dickson	RWV	
3.	Joe Cross	SARWC	
TEAMS			
1.	NSWRWC1	24	(Kyle Bedford, Harrison Mavin, Dylan Richardson)
2.	RWV1	16	(Corey Dickson, Hayden Walmsley, Ethan Wright)

EVENT 14 GIRLS U12 2K

1.	Leah McDonald	09:59	NSWRWC
2.	Gabby Hunt	10:01	ACTW
3.	Eliza DeLaine	10:22	NSWRWC
4.	Samantha Brown	10:33	NSWRWC
5.	Mikhala Hodges	10:38	RWV
6.	Georgia Bertrand	10:45	RWV
7.	Rhiannon Lovegrove	10:47	SARWC
8.	Yasmin Mills	10:48	NSWRWC
9.	Bethany Cross	10:49	SARWC
10.	Brodie Richardson	10:50	RWV
11.	Brianna Lillie	10:51	RWV
12.	Jemma Peart	11:03	RWV
13.	Amy Canavan	11:08	RWV
14.	Zahra Hayes	11:20	RWV
15.	Kathleen O'Mahony	11:22	RWV
16.	Anaya Hodges	11:22	RWV
17.	Haley Mills	11:28	NSWRWC
18.	Alannah Peart	11:35	RWV
19.	Riona Tyler-Dowd	11:43	SARWC
20.	Mackayla Davison	11:43	RWV
21.	Tegan Miller	12:01	RWV
22.	Madison Hill	12:35	RWV
23.	Melissa Holt	12:41	ACTW
24.	Sarah Damin	12:44	SARWC
25.	Flynn Ross	12:52	NSWRWC
26.	Kirraly Garwood	12:56	TARWC
27.	Hannah Mison	13:30	REGAL
28.	Leticia Nelson	15:47	RWV
29.	Olivia Davis	16:25	RWV
	Hayley George	DNF	RWV

HANDICAP

1.	Melissa Holt	ACTW
2.	Amy Canavan	RWV
3.	Jemma Peart	RWV

TEAMS

1.	NSWRWC1	70	(Leah McDonald, Eliza DeLaine, Samantha Brown)
2.	RWV1	57	(Mikhala Hodges, Georgia Bertrand, Brodie Richardson)
3.	SARWC1	43	(Rhiannon Lovegrove, Bethany Cross, Riona Tyler-Dowd)
4.	RWV2	42	(Brianna Lillie, Jemma Peart, Amy Canavan)
5.	RWV3	33	(Zahra Hayes, Kathleen O'Mahony, Anaya Hodges)
6.	NSWRWC2	33	(Yasmin Mills, Haley Mills, Flynn Ross)
7.	RWV4	19	(Alannah Peart, Mackayla Davison, Tegan Miller)
8.	RWV5	7	(Madison Hill, Leticia Nelson, Olivia Davis)

EVENT 15 BOYS U14 2K

1.	Kyle Swan	09:35	RWV
2.	Kyle Bedford	09:41	NSWRWC
3.	Reese Walmsley	09:45	RWV
4.	Callum Burns	09:53	ACTW
5.	Ross Darlow	09:53	RWV
6.	Nathan Brown	09:59	NSWRWC
7.	Aidan Kerr	10:10	NSWRWC
8.	Alix Harlington	10:10	SARWC
9.	Corey Dickson	10:22	RWV
10.	Benjamin Tisdale	10:26	NSWRWC
11.	Spencer Burns	10:30	ACTW
12.	Jordan Glover	11:31	REGAL
13.	Ryan Thomson	11:48	NSWRWC
14.	Callum Evans	12:43	RWV
15.	James Plummer	12:53	NSWRWC
16.	Ethan Wright	12:57	RWV
17.	Rodney Davis	13:06	RWV
	Brendan O'Mahony	DQ	RWV

HANDICAP

1.	Ross Darlow	RWV	
2.	Corey Dickson	RWV	
3.	Rodney Davis	RWV	
TEAMS			
1.	RWV1	32	(Kyle Swan, Reese Walmsley, Ross Darlow)
2.	NSWRWC1	26	(Kyle Bedford, Nathan Brown, Aidan Kerr)
3.	NSWRWC2	11	(Benjamin Tisdale, Ryan Thomson, James Plummer)
4.	RWV2	10	(Corey Dickson, Callum Evans, Ethan Wright)
EVENT 16 GIRLS U14 2K			
1.	Jasmyn McDonald	09:32	NSWRWC
2.	Tahlia Hunt	09:42	TARWC
3.	Anna Cross	09:50	SARWC
4.	Lucy Francis	09:55	NSWRWC
5.	Rachael Guy	10:04	RWV
6.	Mikaela Woodward	10:14	QRWC
7.	Paige De Liesen	10:23	RWV
8.	Shelby Kay	10:35	RWV
9.	Amee Brackin	10:45	QRWC
10.	Gabby Hunt	10:51	ACTW
11.	Rhiannon Minett	11:01	NSWRWC
12.	Mikhala Hodges	11:05	RWV
13.	Brianna Lillie	11:06	RWV
14.	Jemma Peart	11:18	RWV
15.	Emily Hopkins	11:22	ACTW
16.	Kathleen O'Mahony	11:22	RWV
17.	Amy Canavan	11:42	RWV
18.	Danielle Kalemusic	11:50	NSWRWC
19.	Rhiannon Lovegrove	11:50	SARWC
20.	Brodie Richardson	11:54	RWV
21.	Kara Baker	11:56	ACTW
22.	Jessica Lillie	11:56	RWV
23.	Bethany Cross	12:01	SARWC
24.	Daniella Salisbury	12:01	NSWRWC
25.	Kirraly Garwood	12:49	TARWC
26.	Sarah Guy	13:01	TARWC
27.	Mascey Willis	13:02	NSWRWC
28.	Mackayla Davison	13:27	RWV
29.	Riona Tyler-Dowd	13:38	SARWC
30.	Sarah Damin	14:29	SARWC
	Anaya Hodges	DNS	RWV
	Olivia Davis	DQ	RWV
HANDICAP			
1.	Rachael Guy	RWV	
2.	Jemma Peart	RWV	
3.	Amy Canavan	RWV	
TEAMS			
1.	NSWRWC1	62	(Jasmyn McDonald, Lucy Francis, Rhiannon Minett)
2.	RWV1	57	(Rachael Guy, Paige De Liesen, Shelby Kay)
3.	RWV2	42	(Mikhala Hodges, Brianna Lillie, Jemma Peart)
4.	ACTW1	35	(Gabby Hunt, Emily Hopkins, Kara Baker)
5.	SARWC1	35	(Anna Cross, Rhiannon Lovegrove, Bethany Cross)
6.	RWV3	28	(Kathleen O'Mahony, Amy Canavan, Brodie Richardson)
7.	TARWC1	28	(Tahlia Hunt, Kirraly Garwood, Sarah Guy)
8.	NSWRWC2	14	(Danielle Kalemusic, Daniella Salisbury, Mascey Willis)
EVENT 17 BOYS U16 3K			
1.	Tyler Jones	13:26	NSWRWC
2.	Zac Partington	13:56	WARWC
3.	Billy Allamby	13:58	RWV
4.	Robert Murphy	14:59	NSWRWC
5.	Carl Gibbons	15:01	NSWRWC
6.	Tom Doyle	15:13	NSWRWC
7.	Ross Darlow	15:35	RWV
8.	Thomas Hopkins	15:46	ACTW
9.	Reese Walmsley	16:01	RWV

10.	Callum Burns	16:05	ACTW
11.	Aidan Kerr	16:21	NSWRWC
12.	Alix Harlington	16:25	SARWC
13.	Adam Mylonas	16:30	NSWRWC
14.	Lachlan Tyler-Dowd	16:48	SARWC
15.	Cody McNicol-Davidson	19:37	RWV
	Kyle Swan	DNS	RWV
	Hayden Walmsley	DNS	RWV
	Ethan Wright	DNS	RWV
	Rodney Davis	DQ	RWV

HANDICAP

1.	Ross Darlow	RWV
2.	Lachlan Tyler-Dowd	SARWC
3.	Carl Gibbons	NSWRWC

TEAMS

1.	NSWRWC1	23	(Tyler Jones, Robert Murphy, Carl Gibbons)
2.	RWV1	15	(Billy Allamby, Ross Darlow, Reese Walmsley)
3.	NSWRWC2	8	(Tom Doyle, Aidan Kerr, Adam Mylonas)

EVENT 18 GIRLS U16 3K

1.	Jemima Montag	14:10	RWV
2.	Clara Smith	14:25	QRWC
3.	Jasmine Irshad	14:44	RWV
4.	Ashleigh Resch	15:29	ACTW
5.	Stephanie Grujoski	15:41	NSWRWC
6.	Tahlia Hunt	15:42	TARWC
7.	Anna Cross	15:51	SARWC
8.	Lucy Francis	15:56	NSWRWC
9.	Mikaela Woodward	16:06	QRWC
10.	Emily Hamilton	16:16	RWV
11.	Zoe Hunt	16:17	ACTW
12.	Megan Walker	16:18	RWV
13.	Jade Sanders	16:20	RWV
14.	Madyson Romer	16:24	NSWRWC
15.	Amee Brackin	16:26	QRWC
16.	Emily Swan	16:39	RWV
17.	Emma Henderson	16:52	QRWC
18.	Kobie Somerfield	17:09	RWV
19.	Caitlin Plummer	17:13	NSWRWC
20.	Rhiannon Minett	17:24	NSWRWC
21.	Bryony Beasley	17:37	NSWRWC
22.	Karina Hopkins	17:51	ACTW
23.	Carly Bertrand	18:31	RWV
24.	Georgia Bertrand	19:06	RWV
25.	Shae Ohlsen	19:39	RWV
26.	Sophie McLaren	19:39	RWV
27.	Sarah Guy	20:25	TARWC
	Mikhala Hodges	DNS	RWV
	Rebecca Guy	DNS	RWV
	Chloe McNicol-Davidso	DNS	RWV
	Brodie Richardson	DNS	RWV

HANDICAP

1.	Sarah Guy	TARWC
2.	Caitlin Plummer	NSWRWC
3.	Stephanie Grujoski	NSWRWC

TEAMS

1.	RWV1	55	(Jemima Montag, Jasmine Irshad, Emily Hamilton)
2.	QRWC1	44	(Clara Smith, Mikaela Woodward, Amee Brackin)
3.	NSWRWC1	43	(Stephanie Grujoski, Lucy Francis, Madyson Romer)
4.	ACTW1	34	(Ashleigh Resch, Zoe Hunt, Karina Hopkins)
5.	RWV2	31	(Megan Walker, Jade Sanders, Emily Swan)
6.	NSWRWC2	15	(Caitlin Plummer, Rhiannon Minett, Bryony Beasley)
7.	RWV3	10	(Kobie Somerfield, Carly Bertrand, Georgia Bertrand)

EVENT 19 BOYS U18 5K

1.	Brad Aiton	21:22	QRWC
2.	Nathan Brill	21:29	RWV
3.	Jesse Osborne	22:17	QRWC
4.	Josh Dillon	22:57	RWV
5.	Tyler Jones	23:59	NSWRWC
6.	Kyle Bird	24:11	RWV
7.	Billy Allamby	24:56	RWV
8.	Kyle Swan	25:29	RWV
9.	Matthew Killen	26:31	NSWRWC
10.	Tom Doyle	26:44	NSWRWC
11.	Robert Murphy	27:22	NSWRWC
12.	Lachlan Tyler-Dowd	29:07	SARWC
13.	Reese Walmsley	30:18	RWV
14.	Cody McNicol-Davidson	34:42	RWV
	Harry Bates	DNF	ACTW

HANDICAP

1.	Lachlan Tyler-Dowd	SARWC
2.	Kyle Bird	RWV
3.	Billy Allamby	RWV

TEAMS

1.	RWV1	24	(Nathan Brill, Josh Dillon, Kyle Bird)
2.	NSWRWC1	12	(Tyler Jones, Matthew Killen, Tom Doyle)
3.	RWV2	10	(Billy Allamby, Kyle Swan, Reese Walmsley)

EVENT 20 GIRLS U18 5K

1.	Stephanie George	25:29	RWV
2.	Amy Bettiol	25:55	NSWRWC
3.	Amanda Heard	26:45	RWV
4.	Jasmine Dighton	27:12	NSWRWC
5.	Tayla-Paige Billington	27:24	QRWC
6.	Shelby Kay	28:01	RWV
7.	Ebony Whiley	28:08	RWV
8.	Hannah Denney	28:25	REGAL
9.	Amanda Barendregt	29:33	NSWRWC
10.	Chloe McNicol-Davidson	31:18	RWV
11.	Caitlin Plummer	33:17	NSWRWC

HANDICAP

1.	Chloe McNicol-Davidson	RWV
2.	Ebony Whiley	RWV
3.	3Shelby Kay	RWV

TEAMS

1.	RWV1	13	(Stephanie George, Amanda Heard, Shelby Kay)
2.	NSWRWC1	9	(Amy Bettiol, Jasmine Dighton, Amanda Barendregt)

EVENT 21 WOMENS 5K

1.	Tanya Holliday	OPEN	21:45	SARWC
2.	Rachel Tallent	U20	23:02	RWV
3.	Jessica Pickles	U20	24:31	QRWC
4.	Mel Hayes	OPEN	24:49	QRWC
5.	Lauren Bourke	OPEN	25:10	NSWRWC
6.	Jemima Montag	U20	25:28	RWV
7.	Jasmine Irshad	U20	25:45	RWV
8.	Yvette Becker	OPEN	26:08	SARWC
9.	Cheryl Webb	M	26:36	NSWRWC
10.	Ann Staunton-Jugovic	M	28:00	ACTW
11.	Gloria Holliday	M	28:10	SARWC
12.	Simone McInnes	OPEN	28:35	RWV
13.	Emily Hamilton	U20	29:05	RWV
14.	Anna Wallace	OPEN	29:07	RWV
15.	Jade Sanders	U20	29:16	RWV
16.	Zoe Hunt	U20	29:16	ACTW
17.	Kate Black	M	29:24	ACTW
18.	Kobie Somerfield	U20	30:31	RWV
19.	Jane Bates	M	30:53	ACTW

20.	Karina Hopkins	U20	31:08	ACTW	
21.	Nicolle Challinor	M	31:09	NSWRWC	
22.	Mary Willis	M	31:38	NSWRWC	
23.	Helen Bialecke	M	31:50	ACTW	
24.	Carly Bertrand	U20	33:05	RWV	
25.	Donna-Marie Elms	M	34:53	RWV	
26.	Judy Brown	M	38:22	NSWRWC	
27.	Jodie Sundstrom	OPEN	39:34	REGAL	
UNDER 20					
1.	Rachel Tallent	23:02	RWV		
2.	Jessica Pickles	24:31	QRWC		
3.	Jemima Montag	25:28	RWV		
4.	Jasmine Irshad	25:45	RWV		
5.	Emily Hamilton	29:05	RWV		
6.	Jade Sanders	29:16	RWV		
7.	Zoe Hunt	29:16	ACTW		
8.	Kobie Somerfield	30:31	RWV		
9.	Karina Hopkins	31:08	ACTW		
10.	Carly Bertrand	33:05	RWV		
MASTERS					
1.	Cheryl Webb	26:36	NSWRWC		
2.	Ann Staunton-Jugovic	28:00	ACTW		
3.	Gloria Holliday	28:10	SARWC		
4.	Kate Black	29:24	ACTW		
5.	Jane Bates	30:53	ACTW		
6.	Nicolle Challinor	31:09	NSWRWC		
7.	Mary Willis	31:38	NSWRWC		
8.	Helen Bialecke	31:50	ACTW		
9.	Donna-Marie Elms	34:53	RWV		
10.	Judy Brown	38:22	NSWRWC		
HANDICAP					
1.	Jodie Sundstrom	REGAL			
2.	Mary Willis	NSWRWC			
3.	Nicolle Challinor	NSWRWC			
TEAMS					
1.	RWV1	55	(Rachel Tallent, Jemima Montag, Jasmine Irshad)		
2.	SARWC1	51	(Tanya Holliday, Yvette Becker, Gloria Holliday)		
3.	NSWRWC1	37	(Lauren Bourke, Cheryl Webb, Nicolle Challinor)		
4.	RWV2	33	(Simone McInnes, Emily Hamilton, Anna Wallace)		
5.	ACTW1	29	(Ann Staunton-Jugovic, Zoe Hunt, Kate Black)		
6.	RWV3	16	(Jade Sanders, Kobie Somerfield, Carly Bertrand)		
7.	ACTW2	11	(Jane Bates, Karina Hopkins, Helen Bialecke)		
MASTERS TEAMS					
1.	ACTW1	12	(Ann Staunton-Jugovic, Kate Black, Jane Bates)		
2.	NSWRWC1	10	(Cheryl Webb, Nicolle Challinor, Mary Willis)		

RWV and NSWRWC vied for top spot in one of the closest teams competitions for years. The Brennen Shield points tell the story as RWV now take a small lead into the second RWA carnival, to be contested in Adelaide on Sunday August 26.

Club	Tot Pts	20M	W10	M10	MU20	BU10	GU10	BU12	GU12	BU14	GU14	BU16	GU16	BU18	GU18	W5K
RWV	1154	88	80	87		88	79	79	76	86	75	80	82	87	85	82
NSWRWC	1062		84	79	88		87	87	88	80	80	86	72	79	81	71
SARWC	215								71		66					78
ACTW	195										63		68			64
QRWC	73												73			
REGAL	71		71													
TARWC	62										62					

Finally, club photographer Terry Swan was busy over the long day with camera and has uploaded a selection of photos to our VRWC Photo Gallery at <http://www.vrwc.org.au/coppermine>. I still have to upload my selection but here is a brief overview of some of our many wonderful walkers on display.



The start of the 10 Mile and 20 Mile events on Sunday morning



Chris Erickson, Rhydian Cowley, Nathan Brill, Jesse Osborne, Tanya Holliday and Rachel Tallent



Stephanie George, Kyle Swan, Corey Dickson, Kyle Bedford and Jasmine Irshad



Billy Allamby, Brad Jones, Brad Aiton, Nathan Brill, Jemima Montag and Dane Bird-Smith

AUSTRALIAN ROADWALK CHAMPIONSHIPS, ADELAIDE, SUNDAY 26 AUGUST

I lead with the Australian Roadwalking Championships, held on Sunday in Adelaide. After a week of rain, the weather cleared just in time, allowing perfect racing conditions on a fast 2km circuit in the parklands alongside the Torrens River. With around 150 walkers in attendance, it was a successful carnival in every way.

First well done to all the Victorian medallists. They did not have it their own way as SA, NSW, QLD and WA also sent strong teams and took their own fair share of honours.

Individual	Gold	Masters Men 20km	Andrew Jamieson	1:41:52
		U18 Men 10km	Nathan Brill	0:45:03
		U14 Boys 3km	Kyle Swan	0:14:41
		U16 Girls 5km	Zoe Boldiston	0:24:38
	Silver	Open Men 20km	Rhydian Cowley	1:24:34
		Masters Men 20km	Simon Evans	1:45:33
		U18 Women 5km	Stephanie George	0:26:34
	Bronze	Masters Women 20km	Michelle Laufer	1:50:05
		U10 Girls 10km	Alana Peart	0:05:26
		U16 Boys 5km	Adam Gargaris	0:23:51
Teams	Gold	U18 Men 10km	Kyle Bird, Nathan Brill, Cody Mcnicol-davidson	
		U12 Girls 2km	Zahra Hayes, Tegan Miller, Jemma Peart	
		U18 Girls 5km	Stephanie George, Amanda Heard, Ebony Whiley	
	Silver	Open Men 20km	Rhydian Cowley, Simon Evans, Andrew Jamieson	
		U14 Girls 3km	Georgia Bertrand, Hayley George, Rachael Guy	
		U16 Boys 5km	Billy Allamby, Adam Gargaris, Reese Walmsley	
	Bronze	Open Womens 10km	Sarah Brennan, Kirstin Shaw, Michelle Laufer	

I think Terry Swan summed things up when he emailed me to say:

The organising committee did a fantastic job; what a venue, what a day and it all went very well, great facilities, great location (even with the animal sounds, perhaps motivational for some...). a great course.

Also a special mention to Jared and Claire Tallent, standing there for many hours, talking with the kids and being photographed by countless parents and fans (including me). Jared and Claire, along with all the AIS athletes are great ambassadors for the sport. It is always fantastic to see those guys and girls come to see the NEW generation .

It was also good to see the WA team, also being very strong and taking their share of the loot.



Kyle Swan gets a close up look at Jared Tallent's Olympic silver medal from London

First a couple of links:

Full race splits: <http://nswathletics.info/liveresults/2012/aarw12/>

Overall results: <http://www.rwa.org.au/documents/2012%20RWA%20Australian%20Roadwalk%20Champs%20Adelaide.pdf>

And now onto the results. The first events to kick off at 8PM were the Open 20km championships. We were very excited to see Olympians Jared and Claire Tallent on the start line but on this occasion it was Claire who provided the highlight, winning the

women's title with an excellent 1:31:12, some 7 minutes ahead of Cheryl Webb with Lyn Ventris taking the bronze with 1:40:41 and breaking her own W55 World Record. Jared was happy to just participate, racing in third place for some 12km before stepping off the track. By that stage, Dane Bird-Smith and Rhydian Cowley had cleared out and they stormed home to take first and second places with excellent times of 1:23:28 (just outside Dane's PB) and 1:24:34 (a big PB for Rhydian). Behind them the next generation of young walkers showed their potential with a whole string of times in the low 1:30's while M65 World Record Holder Andrew Jamieson showed he still has it with his 1:41:52 (98.52% age graded performance).

EVENT 1, OPEN MENS 20KM

1.	Dane Bird-Smith	1:23:28	RWQ	
2.	Rhydian Cowley	1:24:34	RWV	PB 2:38
3.	Brendon Reading	1:30:42	ACTRWC	
4.	Nick Dewar	1:31:35	RWQ	First ever
5.	Kim Mottrom	1:31:50	SARWC	PB 2:00
6.	Brandon Dewar	1:31:56	RWQ	First ever
7.	Daniel Coleman	1:33:38	RWQ	PB 3:02
8.	Kyle Malone	1:37:23	NSWRWC	PB 1:35
9.	Andrew Jamieson (M)	1:41:52	RWV	98.52% Aged Graded
10.	Derek Mulhearn	1:42:42	NSWRWC	
11.	Justin Hill	1:43:16	SARWC	PB 3:59
12.	Simon Evans (M)	1:45:33	RWV	
13.	Peter Crump (M)	1:51:41	SARWC	
14.	Anthony Albanese (M)	1:58:22	NSWRWC	
15.	David Smyth (M)	1:59:51	RWCWA	
16.	Robin Whyte (M)	2:04:57	ACTRWC	
17.	David Best (M)	2:19:38	RWCWA	PB 5:10
	Jared Tallent	DNF	RWV	
	Jason Kozica	DQ	RWV	

HANDICAP

1.	Anthony Albanese	NSWRWC
2.	Kyle Malone	NSWRWC
3.	Nick Dewar	RWQ

TEAMS

1.	RWQ1	31	Dane Bird-Smith, Brandon Dewar, Nick Dewar
2.	RWV1	20	Rhydian Cowley, Simon Evans, Andrew Jamieson
3.	SARWC1	15	Peter Crump, Justin Hill, Kim Mottrom

MASTERS

1.	Andrew Jamieson	RWV	1:41:52
2.	Simon Evans	RWV	1:45:33
3.	Peter Crump	SARWC	1:51:41

EVENT 2: OPEN WOMENS 20 KM

1.	Claire Tallent	1:31:12	SARWC	
2.	Cheryl Webb (M)	1:38:41	NSWRWC	
3.	Lynette Ventris (M)	1:40:41	WARWC	101.67% age Grade, beats WMA W55 World Record
4.	Michelle Laufer (M)	1:50:05	RWV	PB 0:04
5.	Sarah Brennan (M)	1:53:07	RWV	PB 1:07
6.	Kirstin Shaw	1:58:38	RWV	PB 0:50
7.	Allegra Steele	2:13:00	SARWC	

MASTERS

1.	Cheryl Webb	1:38:41	NSWRWC
2.	Lynette Ventris	1:40:41	WARWC
3.	Michelle Laufer	1:50:05	RWV

The 10km events kicked off next with Stephanie Stigwood recording a huge PB to win the Open Women's event with 50:10 ahead of Lauren Bourke 51:16 and Chloe Jones 51:48. The U20 championships were won by Brad Aiton (44:59) ahead of Blake Steele 45:33 and by Jessica Pickles 51:55 ahead of Kirsty Klein 52:16. The U18 title went to Nathan Brill 45:03 ahead of Jesse Osborne 45:57. Overall, good depth and excellent winning times.

EVENT 3: WOMENS 10KM (INCLUDING 10KM SPLITS FROM 20KM)

	Claire Tallent	0:45:24	SARWC	
	Cheryl Webb (M)	0:49:25	NSWRWC	
	Lynette Ventris (M)	0:49:32	WARWC	
1.	Stephanie Stigwood	0:50:10	RWQ	PB 4:38
2.	Lauren Bourke	0:51:16	NSWRWC	
3.	Chloe Jones	0:51:48	REGAL	

	Michelle Laufer (M)	0:54:06	RWV
4.	Vanessa Emery	0:54:42	REGAL
5.	Mel Hayes	0:55:26	RWQ
6.	Vanessa Brown (M)	0:56:22	RWCWA
	Sarah Brennan (M)	0:56:50	RWV
	Kirstin Shaw	0:57:06	RWV
7.	Deborah Page (M)	0:58:26	SARWC
8.	Gloria Holliday (M)	1:00:17	SARWC
	Allegra Steele	1:03:20	SARWC
9.	Charlene Ebejer	1:04:30	REGAL
10.	Donna-Marie Elms (M)	1:05:27	RWV
11.	Robyn Shaw (M)	1:05:52	RWV
12.	Mary Willis (M)	1:08:52	NSWRWC
13.	Joan Purcell (M)	1:14:16	NSWRWC
14.	Noela Mckinvin (M)	1:19:20	RWQ
15.	Jodie Sunstrom	1:32:57	REGAL

HANDICAP

1.	Chloe Jones	REGAL
2.	Joan Purcell	NSWRWC
3.	Mary Wills	NSWRWC

TEAMS

1.	NSWRWC1	28	Lauren Bourke, Mary Willis, Cheryl Webb
2.	SARWC1	25	Deborah Page, Gloria Holliday, Claire Tallent
3.	RWV1	23	Sarah Brennan, Kirstin Shaw, Michelle Laufer
4.	REGAL	23	Charlene Ebejer, Vanessa Emery, Chloe Jones
5.	RWQ	22	Mel Hayes, Noela McKinven, Steph Stigwood

MASTERS

1.	Vanessa Brown	0:55:22	RWCWA
2.	Deborah Page	0:58:26	SARWC
3.	Gloria Holliday	1:00:17	SARWC

EVENT 4: UNDER 20 WOMEN 10 KM

1.	Jessica Pickles	0:51:55	RWQ
2.	Kirsty Klein	0:52:16	NSWRWC
3.	Shannon Jennings	0:54:09	NSWRWC
4.	Amber Tuscharski	0:59:21	SARWC

EVENT 5: MENS UNDER 20 10 KM

1.	Brad Aiton	0:44:59	RWQ	
2.	Blake Steele	0:45:33	SARWC	
3.	Dale Hennighan	0:48:46	WARWC	PB 2:20
4.	Bradley Simpson	0:51:08	RWV	
5.	Joshua Kaiser	0:56:13	RWV	

HANDICAP

1.	Bradley Simpson	RWV
2.	Joshua Kaiser	RWV

EVENT 6: Under 18 MENS 10 Km

1.	Nathan Brill	0:45:03	RWV
2.	Jesse Osborne	0:45:57	RWQ
3.	Jay Felton	0:48:46	NSWRWC
4.	Kyle Bird	0:52:53	RWV
5.	Mathew Killen	0:57:10	NSWRWC
6.	Lachlan Tyler-Dowd	0:58:51	SARWC
7.	Cody McNicol-Davidson	1:08:25	RWV

HANDICAP

1.	Lachlan Tyler-Dowd	SARWC
2.	Mathew Killen	NSWRWC
3.	Cody Mnicol-davidson	RWV

TEAMS

1.	RWV1	7	Kyle Bird, Nathan Brill, Cody Mnicol-davidson
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Our littlest walkers were on stage next with U10 Invitational events followed by U12 RWA and U14 AA championships. Spencer

Burns 10:51 and Tiahna Ruane 10:27 won the RWA U12 titles while Kyle Swan 14:41 and Jasmyn McDonald 14:31 won the U14 AA titles. Kyle and Jasmyn are regular winners at this level and both look to have big potential.

EVENT 7: Under 10 Girls 1km (SARWC Invitational)

1.	Summer Brown	0:05:13	RWCWA
2.	Renee Hardy	0:05:16	NSWRWC
3.	Alana Peart	0:05:26	RWV
4.	Mercedes Brennan	0:06:06	RWV
5.	Summer Pelentsov	0:06:48	SARWC
6.	Jada Thomson	0:07:22	NSWRWC

EVENT 8: Under 10 Boys 1km (SARWC Invitational)

1.	Logan Barendregt	0:06:59	NSWRWC
2.	Ryan Hooker	0:07:51	SARWC
3.	Mark Hooker	0:08:21	SARWC
4.	Riley Szirom	0:08:21	SARWC

EVENT 9: UNDER 12 BOYS 2 KM

1.	Spencer Burns	0:10:51	ACTRWC
2.	James Plummer	0:11:04	NSWRWC
3.	Benjamin Reid	0:11:39	WARWC
4.	Lachlan Becroft	0:13:09	NSWRWC

HANDICAP

1.	Lachlan Becroft	NSWRWC
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EVENT 10: UNDER 12 GIRLS 2 KM

1.	Tiahna Ruane	0:10:27	WARWC
2.	Samantha Brown	0:10:34	NSWRWC
3.	Summer Brown	0:10:41	RWCWA
4.	Jemma Peart	0:10:58	RWV
5.	Tegan Miller	0:11:00	RWV
6.	Zahra Hayes	0:11:01	RWV
7.	Courtney Johns	0:11:22	WARWC
8.	Arabella Phillips	0:11:59	TRWC
9.	Arianna Tolardo	0:12:08	WARWC
10.	Riona Tyler-Dowd	0:12:14	SARWC
11.	Thailia Martin	0:12:23	RWQ
12.	Ayeisha Wallace	0:12:25	SARWC
13.	Olivia Skepper	0:12:46	WARWC
14.	Mercedes Brennan	0:13:37	RWV
15.	Rachael Karmenier	0:13:48	SARWC
16.	Renee Hardy	0:14:11	NSWRWC

HANDICAP

1.	Tegan Miller	RWV
2.	Zahra Hayes	RWV
3.	Ayeisha Wallace	SARWC

TEAMS

1.	RWV1	21	Zahra Hayes, Tegan Miller, Jemma Peart
2.	WARWC1	19	Courtney Johns, Tiahna Ruane, Arianna Tolardo
3.	SARWC1	6	Rachael Karmenier, Riona Tyler-Dowd, Ayeisha Wallace

EVENT 11: BOYS UNDER 14 3 KM

1.	Kyle Swan	0:14:41	RWV
2.	Alix Harlington	0:14:54	SARWC
3.	Callum Burns	0:15:03	ACTRWC
4.	Kyle Bedford	0:15:16	NSWRWC
5.	Mitchell Lees	0:16:08	WARWC
6.	Ryan Thomson	0:16:37	NSWRWC
7.	Jonty Brennan	0:18:03	RWV
8.	Travis Barendregt	0:18:05	NSWRWC
9.	Ryan Pinchen	0:18:16	RWQ
10.	Christopher Gerken	0:21:58	RWCWA

HANDICAP

1.	Mitchell Lees	WARWC
2.	Travis Barendregt	NSWRWC

3. Ryan Thomson NSWRWC

TEAMS

1. NSWRWC1 7 Travis Barendregt, Kyle Bedford, Ryan Thomson

EVENT 12: UNDER 14 GIRLS 3 KM

- | | | | |
|--------------------------|---------|--------|---------|
| 1. Jasmyrn McDonald | 0:14:31 | NSWRWC | PB 0:12 |
| 2. Anna Cross | 0:14:52 | SARWC | |
| 3. Leah McDonald | 0:15:14 | NSWRWC | |
| 4. gabby Hunt | 0:15:30 | ACTRWC | |
| 5. Mikaela Woodward | 0:15:43 | RWQ | |
| 6. Mikayla Johns | 0:15:49 | WARWC | |
| 7. Rachael Guy | 0:15:55 | RWV | |
| 8. Rhiannon Lovegrove | 0:16:00 | SARWC | |
| 9. Hayley George | 0:16:15 | RWV | |
| 10. Aimee Brackin | 0:16:32 | RWQ | |
| 11. Jasmin Burgess | 0:16:36 | RWCWA | |
| 12. Georgia Bertrand | 0:16:44 | RWV | |
| 13. Alice Randall | 0:16:51 | TRWC | |
| 14. Melissa Butler | 0:16:52 | RWCWA | |
| 15. Rhiana Hooker | 0:17:59 | SARWC | |
| 16. Emily Hopkins | 0:18:29 | ACTRWC | |
| 17. Chantelle Nicolaides | 0:19:46 | SARWC | |
| 18. Sarah Damin | 0:19:47 | SARWC | |
| Kay Shelby | DQ | RWV | |
| Bethany Cross | DQ | SARWC | |

HANDICAP

1. Rachael Guy RWV
 2. Alice Randall TRWC
 3. Rhiana Hooker SARWC

TEAMS

1. SARWC1 12 Anna Cross, Rhiana Hooker, Rhiannon Lovegrove
 2. RWV1 10 Georgia Bertrand, Hayley George, Rachael Guy



Jasmyrn McDonald, Kyle Swan, Spencer Burns, Taihna Ruane and Summer Brown

The final events, the U16 and U18 5km championships, provided the morning's dramas. First in the U16 Boys' event, Tyler Jones, Tom Doyle and Billy Allamby were locked together for the first half of the race until a knee injury forced Billy to slow. Tyler then applied the screws, forcing a winning break to his NSW teammate, 23:33 as against 23:36. It was yet another win for Tyler who dominates this age group. Then in the U18 5km race, Stephanie George was well in front and looking set for victory, only to slow and surrender the lead to Jasmine Dighton - the final result Jasmine first in 26:05, Stephanie second in 26:34. Finally in the U16 Girls' event, Zoe Boldiston and defending champion Jemima Montag surged to a big lead and looked set for a great battle when, at the half way mark, Jemima lost contact, withdrawing soon after. This left Zoe a long way in front and assured of victory. She slowed considerably in the last 2km but her winning time of 24:38 was still a big PB and a big comeback after a horrible last year of injuries. Clara Smith took second in 24:46 and was closing rapidly on Zoe. She too walked an excellent race. It was a fitting way for the championships to end.

EVENT 13: BOYS UNDER 16 5 KM

1.	Tyler Jones	0:23:33	NSWRWC	PB 0:26
2.	Tom Doyle	0:23:36	NSWRWC	PB
3.	Adam Gargaris	0:23:51	RWV	PB 0:19
4.	Reese Walmsley	0:25:05	RWV	
5.	Billy Allamby	0:25:06	RWV	
6.	Louis Rose	0:25:26	TRWC	
7.	Kyle Swan	0:25:54	RWV	
8.	Aidan Kerr	0:26:22	NSWRWC	
9.	Nathan Brown	0:26:25	NSWRWC	
10.	Trent Miles	0:26:36	RWQ	
11.	Thomas Hopkins	0:27:34	ACTRWC	
12.	Ryan Green	0:31:54	SARWC	
13.	Murray Nankivell	0:32:22	SARWC	
14.	Michael Nicolaides	0:34:01	SARWC	
15.	Cody Mcnicol-davidson	0:34:48	RWV	

HANDICAP

1.	Murray Nankivell	SARWC
2.	Nathan Brown	NSWRWC
3.	Ryan Green	SARWC

TEAMS

1.	NSWRWC1	22	Tom Doyle, Tyler Jones, Aidan Kerr
2.	RWV1	18	Billy Allamby, Adam Gargaris, Reese Walmsley
3.	SARWC1	6	Ryan Green, Murray Nankivell, Michael Nicolaides

EVENT 14: UNDER 18 WOMEN 5 KM

1.	Jasmine Dighton	0:26:05	NSWRWC	
2.	Stephanie George	0:26:34	RWV	
3.	Breanna Brown	0:26:56	RWCWA	
4.	Kate Holt	0:27:16	WARWC	
5.	Amanda Heard	0:27:39	RWV	
6.	Ebony Whiley	0:28:18	RWV	
7.	Amanda Barendregt	0:28:44	NSWRWC	
8.	Danielle Walsh	0:28:58	SARWC	
9.	Chloe Nenicol-davidson	0:29:00	RWV	PB 2:18
10.	Bryony Beasley	0:31:10	NSWRWC	
11.	Carly Bertrand	0:32:34	RWV	

HANDICAP

1.	Amanda Barendregt	NSWRWC
2.	Danielle Walsh	SARWC
3.	Chloe Nenicol-davidson	RWV

TEAMS

1.	RWV1	12	Stephanie George, Amanda Heard, Ebony Whiley
2.	NSWRWC1	10	Amanda Barendregt, Bryony Beasley, Jasmine Dighton

EVENT 15: UNDER 16 GIRLS 5 KM

1.	Zoe Boldiston	0:24:38	RWV	PB 0:49
2.	Clara Smith	0:24:46	RWQ	PB 0:25
3.	Katya Martin	0:25:42	RWQ	PB 0:12
4.	Jasmine Ishrad	0:26:04	RWV	
5.	Holly Hughes	0:26:28	WARWC	
6.	Asleigh Resch	0:26:38	ACTRWC	
7.	Tahlia Hunt	0:26:47	TRWC	
8.	Stephanie Grujoski	0:27:48	NSWRWC	
9.	Zoe Hunt	0:28:02	ACTRWC	
10.	Tayla-paige Billington	0:28:52	RWQ	
11.	Julia Potezny	0:29:16	SARWC	
12.	Caitlan Gerken	0:30:25	RWCWA	
13.	Karina Hopkins	0:31:34	ACTRWC	
14.	Isabella Tolardo	0:32:05	WARWC	
15.	Aimee Reid	0:34:53	WARWC	
	Jemima Montag	DNF	RWV	

HANDICAP

- | | | |
|----|--------------------|--------|
| 1. | Stephanie Grujoski | NSWRWC |
| 2. | Aimee Reid | WARWC |
| 3. | Julia Potezny | SARWC |

TEAMS

- | | | | |
|----|---------|----|---|
| 1. | RWQ1 | 22 | Tayla-paige Billington, Katya Martin, Clara Smith |
| 2. | ACTRWC1 | 14 | Karina Hopkins, Zoe Hunt, Asleigh Resch |
| 3. | WARWC1 | 10 | Holly Hughes, Aimee Reid, Isabella Tolardo |



**Left: RWV walkers Carly Bertrand, Stephanie George, Kyle Swan, Billy Allamby, Kyle Bird, Adam Garganis and Reese Walmsley
Right: Super Masters Andrew Jamieson and Kyn Ventris**

Jessica Pickles and Jim Mottrom were the winners of the annual Australian University Games T&F walks in Adelaide just over a week ago. Kim in particular excelled with this excellent time of 21:39.08.

Women 5000 Metre Walk, Tuesday 25 September

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

1.	Jessica Pickles	UQ	25:49.80
2.	Allegra Steele	AU	26:50.83
3.	Vanessa Noble	ACPE	29:25.56
4.	Casey Sims	QUT	32:29.10
	Eliza Nguyen	SUT	DNF

Men 5000 Metre Walk, Tuesday 25 September

Games Record: * 21:09.13 2008 Thomas Barnes, MELB

1.	Kim Mottrom	CDU	21:39.08
2.	Derek Mulhearn	USYD	25:35.93
3.	Jordan Mulhearn	USYD	25:58.23

VRWC ROAD RACES, MIDDLE PARK, SUNDAY 23 OCTOBER 2011

Last Sunday saw our summer season opening races at Middle Park but unfortunately we had plenty of opposition on various walking fronts so our numbers were down, only 36 in total. However we still saw some excellent performances in the just about perfect racing conditions.

The day opened at 8:30AM with our longer events and it was the 20km walkers who showed the way. Visiting NSW walker **Ian Rayson** showed his class, recording a 31 sec PB with his time of 1:25:59. **Scott Nelson**, former NZ Olympic walker, was next in with 1:46:08 and he looks a sure bet at this stage for selection in the NZ team for next February's Aust vs NZ match race. **Simon Evans** carried on from his recent Victorian 50km championship win with a good 1:56:12 while **Michelle Thompson** was just a few secs outside her PB with her time of 1:58:51. **Mark Donahoo** 1:25:47 took the honours in the 15km event while **Pam Tindal** 54:50 and **Jmara Hockley-Samon** 56:13 (just a couple of secs outside her PB) were the best in the 10km events.



Ian Rayson, Michelle Thompson, Scott Nelson, Simon Evans and Pam Tindal

20km Open Walk

1.	Rayson, Ian	M	43:13	1:25:59	PB 0:31
2.	Nelson, Scott	M	51:36	1:46:08	
3.	Evans, Simon	M	54:42	1:56:12	
4.	Thompson, Michelle	F	57:54	1:58:51	

15km Open Walk

1.	Donahoo, Mark	M	56:19	1:25:47	
2.	Skrucany, Rudolf	M	73:27	1:54:31	

10km Open Walk

1.	Tindal, Pam	F	54:50		
2.	Hockley-Samon, Jmara	F	56:13		
3.	Carr, Heather	F	59:55		
4.	Jack, Clarrie	M	60:24		
5.	Dickenson, Russ	M	63:59		
6.	Elms, Donna	F	68:00		
7.	O'Neill, Karyn	F	69:38		
	O'Neill, Terry	M	DNF		

The 5km and 3km walkers started at 9:30AM with **Nathan Brill** the standout, his time of 21:43 only just outside his PB. **Lucas Taylor** 15:47 and **Kyle Swan** 16:07 were the best of the 3km walkers. We welcomed first time walker **Jake Oliva** and he will soon improve on his inaugural 3km time of 23:39.

5km Open Walk

•	Brill, Nathan	M	21:43		
•	Erickson, Tim	M	28:03		
•	Lucas, Alan	M	29:10		
•	Gardiner, Bob	M	32:34		
•	Summers, Harry	M	34:47		
•	Johnson, Celia	F	35:10		
•	Irshad, Jasmine	F	DNF		

3km Open Walk

1.	Taylor, Lucas	M	15:47
2.	Doran, Anthony	M	19:22
	McShanag, Connor	M	DNF

3km Under 15 Walk

1.	Swan, Kyle	M	16:07
2.	Sanders, Jade	F	16:43
3.	Swan, Emily	F	18:53
4.	Tremigliozi, Paul	M	19:36
5.	McLaren, Stacey	F	21:29
6.	Oliva, Jake	M	23:39

Our final races were for the Under 12 and Under 9 walkers and we witnessed a great battle between Hayley George and Jonty Brennan. Unfortunately, Jonty probably just tried too hard and the red cards caught him out, leaving Hayley to win with a very quick 11:07. Caine Brill was the best U9 with his time of 5:49.

2km Under 12 Walk

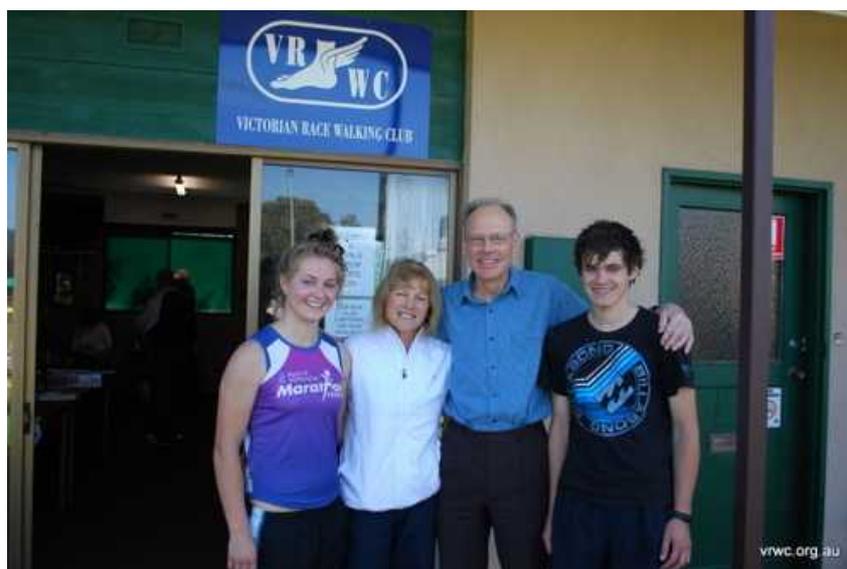
1.	George, Hayley	F	11:07
2.	Brill, Justin	M	12:17
3.	Taylor, Lee	F	13:33
	Brennan, Jonty	M	DQ

1km Under 9 Walk

1.	Brill, Caine	M	05:49
2.	Brennan, Mercedes	F	06:27

The start of the U9/U12 races, Hayley George in action and Justin McLaren leading out on the bike

Neil Ryan of Runners World in Kew was down to present the Runners World Winter Season awards to our winners and we had 3 of the 4 present. We thank Neil for his wonderful ongoing support of the club and recommend that everyone buy their shoes and sporting apparel at the Runners World shop in Kew.



Neil Ryan with Runners World Award winners Amelia Finnegan, Heather Carr and Nathan Brill

As usual, thanks to the many people who keep the show on the road. It takes a lot of help to run a regular sporting carnival like this.

Officials:	Tim Erickson, Bob Gardiner, Harry Summers, Ian Laurie, Susan Taylor, Don McLaren, Justin McLaren, Damien Elms
Course Setup:	Tim Erickson, Harry Summers, Bob Gardiner
Judges:	Peter Vysma (Chief), Gordon Loughnan, Lloyd Nichols, Stuart Cooper, Ralph Bennett
Photos:	Terry Swan
Conditions:	Warm and sunny

VSSSSA T&F CHAMPIONSHIPS, TUESDAY 25 OCTOBER

The 24th Secondary State Schools Track & Field Championships were held last Tuesday at the brand new Lakeside Stadium in Albert Park. Very much a prelude to this weekend's Victorian All Schools Champs, it featured students from the State Schools system. First off, you can review all the action in Matt Owen's latest YouTube video: http://www.youtube.com/user/racewalkoz?feature=digest_fri – it's a beauty. And now onto the action – we have seen some great walks in this yearly championship in past years and this was no exception. Top performance had to be **Nathan Brill's** 5:58.17 in winning the U16 1500m championship – it broke his own championship record by 18 secs and was a 1 sec PB and a dominant performance. Behind him, **Lucas Taylor** 6:48.59, **Adam Garganis** 6:52.05 and **Emmet Brasier** 6:56.09 were all well under 7 minutes and all on PB pace. The Open Boys 1500m was also a fast race with **Josh Kaiser** winning with 6:40.09 ahead of **Jared Walker** 6:42.67 and **Aaron Tam** a big PB of 6:56.03. For the girls, **Jade Sanders** 7:21.60 and **Beth Alexander** 7:04.78 also walked excellently for good wins.

Girls 12-15 1500 Metre Race Walk

1.	Jade Sanders	Berwick SC	7:21.60	
2.	Taylah Vasiljevic	Fountain Gate PS	7:46.30	
3.	Danika Corless	Wantirna C	7:56.08	
4.	Kobie Somerfield	Mt Clear C	8:00.80	PB 0:24
5.	Beth Barbour	Northcote HS	8:38.46	
6.	Shae Ohlsen	Ballarat HS	8:47.00	Eq PB
7.	Rebecca Campbell	Copperfield C	8:48.31	
8.	Kirsten Walburg	Yarra Hills SC	8:52.16	
9.	Brianna Cooke	Epping SC	9:04.68	
10.	Stacey McLaren	Rosehill SC	9:15.36	
11.	Nicole Mills	Warragul RC	11:14.28	

Girls 16-20 1500 Metre Race Walk

1.	Beth Alexander	Brentwood SC	7:04.78	
2.	Ebony Whiley	Catholic C Bendigo	7:35.57	
3.	Caitlin Campbell	Copperfield C	7:42.16	
4.	Samantha Duval	Mooroolbark C	8:32.96	
5.	Ella Mason	Melbourne GC	8:33.99	
6.	Bethany Stewart	Strathmore SC	9:16.22	
7.	Tyler Barry	Frankston HS	10:02.65	
8.	Katherine Charles	Neerim District SC	10:29.93	
9.	Ebony Jade-Jones	Bendigo South East	10:33.58	
10.	Sammie Molloy	Frankston HS	11:22.67	

Boys 12-15 1500 Metre Race Walk

1.	Nathan Brill	Rosebud SC	5:58.17	PB 0:01
2.	Lucas Taylor	Lilydale HS	6:48.59	Eq PB
3.	Adam Garganis	Thornbury HS	6:52.05	PB 0:18
4.	Emmet Brasier	Viewbank C	6:56.09	PB ?
5.	Jordan Galbraith	Norwood SC	7:16.34	
6.	Jeremiah Jones	Bendigo South East	7:54.30	
7.	Ross Darlow	Ballarat HS	7:54.38	
8.	Lachlan Norton	Lyndale sc	9:44.19	
9.	Chris Charles	Neerim District SC	10:58.11	
	Daniel Blair	Newcomb SC		DQ

Boys 16-20 1500 Metre Race Walk

1.	Josh Kaiser	Dromana SC	6:40.09	
2.	Jared Walker	Lara SC	6:42.67	
3.	Aaron Tam	Glen Waverley SC	6:56.03	PB 0:14
4.	Jesse Costello	Wodonga Myc	7:22.29	
5.	Albert Chin	Balwyn HS	8:09.42	
6.	Josh Savage	Eaglehawk SC	8:23.77	
7.	Trent Binaisse	Lalor SC	9:57.10	

VICTORIAN ALL SCHOOLS T&F CHAMPIONSHIPS, ALBERT PARK, SATURDAY 5 NOVEMBER

The Victorian All Schools Track and Field Championships were held at the new State Athletics Centre at Albert Park last weekend. Unfortunately the walks were scheduled on Saturday afternoon and Saturday was hot! While the published temperature might have been 30°C, it was a lot hotter than that on the track and the still conditions made for very tough walking indeed. One has to ask why the longest events on the program are held in the potentially hottest part of the day.

The first events to kick off at 2PM were the 3000m U14 and Emmet Brasier and Jemima Montag were soon well in front. Jemima eventually kicked clear to win in what was for her a slow 14:45.13 ahead of Emily Hamilton and Lauren Collis while Emmet walked well in his first ever 3000m walk (15:05.21) to hold out Kyle Swan who chased hard in the second part. To round out the medals, Cooper Owen was third. Thanks to Terry Swan as usual for his photo selection.

Men 3000m Race Walk U 14

1.	Brasier, Emmet	98	VIE	15:05.21
2.	Swan, Kyle	99	TKS	15:29.23
3.	Owen, Cooper	98	VIE	16:20.73
4.	Brennan, Jonty	00	Gsp	18:11.07

Women 3000m Race Walk U 14

1.	Montag, Jemima	98	WES	14:45.13
2.	Hamilton, Emily	98	Mat	16:36.51
3.	Collis, Lauren	98	OUR	17:20.92
4.	Kay, Shelby	99	Slb	17:37.77
5.	Guy, Rachael	99	BER	17:55.84
6.	Brown, Hayley	99	Fps	18:10.70
7.	Walburg, Kirsten	98	Yhs	19:40.04

The U15 and U16 3000m walks followed at 2:20PM and, while Nathan Brill was well in front as expected, an interesting race developed behind him with Lucas Taylor, Billy Allamby and Stephanie George shoulder to shoulder. Billy proved the strongest of the group, finishing second overall with 15:06.7 behind Nathan 12:52.7. Lucas Taylor 15:35.3 and Stephanie George 15:48.0 were next to finish, Steph just holding out Adam Garganis who came through well for 15:49.8. Jade Sanders was the other gold medallist with 16:26.9.

Men 3000m Race Walk U 16

1.	Brill, Nathan	96	ROS	12:52.7
2.	Taylor, Lucas	96	LIL	15:35.3
3.	Bird, Kyle	96	PAD	19:26.3
	McShanag, Connor	96	STB	DNF

Men 3000m Race Walk U 15

1.	Allamby, Billy	97	SJO	15:06.7
2.	Garganis, Adam	97	THS	15:49.8

Women 3000m Race Walk U 16

1.	George, Stephanie	96	YAR	15:48.0
2.	Cooke, Brianna	97	EPP	20:59.0

Women 3000m Race Walk U 15

1.	Sanders, Jade	97	BER	16:26.9
2.	Eastwood, Jessie	97	Mat	18:31.1
3.	Walker, Megan	97	CLO	18:36.0

The U17 and U18 5000m walks were held at 4:50PM and it was just as hot – the N-S aspect of the track means that there is not going to be any shade from day's start to day's end and it was the case for the older walkers. Although they started well, most wilted under the conditions. Jmara Hockley-Samon, Amy Burren and Aaron Tam led out early and not much separated them at the end – Jmara 26:54.0, Amy (in her first walk since July) 27:07.8 and Aaron 27:17.5. Special mention also to Bendigo walker Josh Savage who officiated all day before throwing on the racing gear and walking to win the U17 5000m. And a special note re Ryan Antidormi. In this meet last year, he came 2nd in the U16 3000m walk. This year he won the U17 javelin with a throw of 49.94m. Go Ryan!

Men 5000m Race Walk U 18

1.	Tam, Aaron	94	Glw	27:17.5
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Men 5000m Race Walk U 17

1.	Savage, Joshua	95	EAG	31:39.1
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Women 5000m Race Walk U 18

1.	Burren, Amy	94	KIL	27:07.8
2.	Campbell, Caitlin	94	COC	29:39.1
3.	Raselli, Cassandra	94	PLC	32:35.4

Women 5000m Race Walk U 17

1.	Hockley-Samon, Jmara	95	CLO	26:54.0
2.	Stadus, Lauren	96	IGG	27:24.6

VRWC SUMMER CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 20 NOVEMBER 2011

After such a wet Saturday, Sunday turned on superb racing weather at Middle Park as the 42 walkers in attendance competed in our Summer championships. With the top end of our usual course under water, we were reduced to the 1km loop at the bottom section but that is a fast course and overall times were good.

The 20km events kicked off at 8:30AM and former NZ Olympian Scott Nelson showed the way with a superb performance, racing at 5mins per km pace throughout the middle sections of the race and only slowing in his final 3km. His final time of 1:40:05 saw him just under 5 minutes clear of M65 legend Andrew Jamieson whose time of 1:44:50 was second to none. Simon Evans was the other gun performer, beating his PB by nearly 5 minutes with an excellent 1:51:31 while Michelle Thompson, our lone female entrant, walked a consistent 2:02:29. It was good to see 6 competitors attacking such a long distance.

20km Men Club Championship – Gus Theobald Trophy

1.	Scott Nelson	49:24	1:40:05
2.	Andrew Jamieson	50:33	1:44:50
3.	Simon Evans	56:07	1:51:31 PB 4:41
4.	Rudolf Skrucany	1:10:13	2:29:58
5.	Steve Jordan	1:14:20	2:31:59

Open 20km

1.	Michelle Thompson	59:05	2:02:29
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Our 10km races started at 9:30AM with Mark Donahoo and Pam Tindal walking side by side to finish in 53:19 and 53:20 respectively Pam won our annual Heather Carr Trophy for her efforts and Heather Carr was on duty to present the perpetual trophy at our awards ceremony later in the morning. Michelle Laufer continued her wonderful summer with yet another PB, this time recording 53:38. Amanda Heard was another to shine in this event, her time of 58:31 a PB by nearly 2 minutes, while fellow country walker Ebony Whiley completed her first ever 10km with 1:02:35. And welcome to Gary Turner who has joined the club and who also had a walk on Sunday.

10km Masters Women Club Championship – Heather Carr Trophy

1.	Pam Tindal	53:20	
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Open 10km

1.	Mark Donahoo	53:19	
2.	Michelle Laufer	53:38	PB 0:44
3.	Amanda Heard	58:31	PB 1:52
4.	Caitlin Campbell	1:01:26	
5.	Ebony Whiley	1:02:35	First ever
6.	Gary Turner	1:20:51	



Simon Evans, Andrew Jamieson, Michelle Thompson and Scott Nelson in action on Sunday

The 5km and 3km walks started at 10:30AM and it was Jemima Montag who stormed to the lead, winning the U15 3km Club Championship in 14:16 and setting new U14-U17 3km Road Walk **club records**. Behind her Jade Sanders 16:28 and Shelby Kay 17:30 took the minor club championship medals while Lucas Taylor took gold in the U20 5km club championship with 26:31. Special mentions also to Sarah Brennan of Ballarat who walked excellently for a 20 sec PB with her 5km time of 27:50 and to Philippa Huse whose 3km time of 18:14 was a 39 sec PB. Philippa's mum and dad also had their first walks with us, recording 20:06 and 20:53 in impressive style. Finally, it was great to see Gordon Onley back at the club after such a major health scare – he had a sedate stroll in the Open 3km, finishing with 26:32.

5km U20 Club Championship

1. Lucas Taylor 26:31

5km Open

1. Sarah Brennan 27:50 PB 0:20
2. Russ Dickenson 29:22
3. Terry O'Neill 29:52
4. Donna Elms 31:15
5. Robyn Shaw 31:50
6. Celia Johnson 34:27
7. Karyn O'Neill 35:26
8. Simone O'Neill 35:26
9. Tony Doran 35:57

3km U15 Club Championship

1. Jemima Montag 14:16 PB 0:06
2. Jade Sanders 16:28
3. Shelby Kay 17:30
4. Philippa Huse 18:14 PB 0:39
5. Stacey McLaren 20:32
- Kyle Swan DQ

3km Open

1. Alan Huse 20:06 First Ever
2. Cathy Huse 20:53 First Ever
3. Jake Oliva 22:28 PB 1:11
4. Ian Beaumont 24:34
5. Margaret Beaumont 24:44
6. Gordon Onley 26:32
7. Pam Mews 31:45

The U12 and U9 1.5km club championships were the last events to kick off but, due to a major Little Athletics Clash, numbers were down overall. However, that does not detract from the efforts of our medallists who all walked well. We also welcomed Joseph and Thomas Rickard to the club for the first time and they took the minor medals in the U12 championship.

1.5km U12 Club Championship

1. Jonty Brennan 08:33 PB 0:19
2. Joseph Rickard 08:37 First time with us
3. Thomas Rickard 09:53 First time with us

1. Hayley George 08:07
2. Rebecca Henderson 08:38

1.5km U9 Club Championship

1. Mercedes Brennan 10:38



Amanda Heard, Pam Tindal, Gary Turner, Mark Donahoo and Michelle Laufer in the 10km races



Jade Sanders, Sarah Brennan, Philippa Huse, Lucas Taylor and Jemima Montag



Thomas and Joseph Rickard, Jonty Brennan, Hayley George and Cathy and Alan Huse

Thanks as usual to the many people who keep the show in the road. We could not do it without you.

- Officials:** Tim Erickson, Bob Gardiner, Ian Laurie, Don McLaren, Damien Elms, Justin McLaren (Bike)
- Judges:** Stuart Cooper (Chief), Lloyd Nichols, Ralph Bennett
- Canteen:** Kate Suich, Wendy Cooper, Marlane Stanway
- Photos:** Terry Swan, Jim Leppik

VRWC TRACK WALKS, GEORGE KNOTT RESERVE, CLIFTON HILL, WED 14 DECEMBER

Our VRWC track races last Wednesday evening at Clifton Hill saw a small group of walkers take the opportunity for an extra race in the leadup to Christmas (or two extra races in the case of Pam Tindal). Our three winners were Mark Donahoo (24:57 for 5000m), Kyle Swan (14:55 for 3000m) and Michelle Laufer (7:21.7 for 1500m). Special mentions to Kyle Swan whose time was a big PB and a new U13 club record, Lee Taylor whose 1500m time of 9:24.2 was a 14 sec PB, Josephine Laufer who walked a 20 sec PB with 9:10.3 and to Beatrice Laufer who walked her first ever 3000m in fine style.

5000m Walk

1.	Donahoo, Mark	24:57
2.	Kennedy, Paul	25:27
3.	Tindal, Pam	25:38
4.	McShanag, Connor	29:25
5.	Elms, Donna	30:33
6.	Shaw, Robyn	31:09
7.	Shaw, Kirstin	33:39

3000m Walk

1.	Swan, Kyle	14:55	PB 0:14
2.	Gardiner, Bob	19:29	
3.	Laufer, Beatrice	23:34	First one

1500m Walk

1.	Laufer, Michelle	7:21.7	
2.	Tindal, Pam	7:31.3	
3.	Collis, Lauren	7:48.8	
4.	Burgess, Liam	7:55.5	
5.	Collis, Hugh	8:42.3	
6.	Laufer, Josephine	9:10.3	PB 0:20
7.	Taylor, Lee	9:24.2	PB 0:14
8.	Collis, Frances	11:01.2	
9.	Collis, Bede	11:07.2	
10.	Kennedy, Tom	14:11.5	



Paul Kennedy, Mark Donahoo, Lee Taylor, Tom Kennedy, Kyle Swan and Pam Tindal

Thanks to our officials and judges – sorry if I missed anyone.

Officials: Tim Erickson, Jason Elms, Susan Taylor
Judges: Peter Vysma (chief), Judy Mason, Damien Elms, Michael Bodey
Photos: Terry Swan
Water Table: Pauline McShanag

VRWC ROAD RACES, MIDDLE PARK, SUNDAY 8 JANUARY 2012

The VRWC summer season got back underway after the Christmas breaks with roadwalks at our headquarters at Middle Park in Melbourne. As expected, numbers were low (30 walkers in total) due to many people away on walks camps or on holidays. The weather was kind to those who raced, with only a couple of light showers.

The U9 and U12 walkers were in good form with Ballarat sisters Alanna and Jemma Peart taking the honours ahead of local Melbourne walkers Mercedes Brennan and Rebecca Henderson. Terry O'Neill was the most adventurous of the starters, testing himself out over 20km (2:06:18). Others to do well were Aaron McDonough (1:23:28 for 15km), Mark Donahoo (54:48 for 10km) and Pam Tindal (55:09 for 10km).

1km Under 9

- | | | |
|----|------------------|------|
| 1. | Alanna Peart | 6:05 |
| 2. | Mercedes Brennan | 6:12 |
| 3. | Gemma Lillie | 7:29 |

2km Under 12

- | | | |
|----|-------------------|-------|
| 1. | Jemma Peart | 11:34 |
| 2. | Rebecca Henderson | 12:45 |
| 3. | Jessica Lillie | 12:57 |
| 4. | Brianna Lillie | 12:58 |
| 5. | Leah Wright | 16:32 |
| 6. | Ethan Wright | 13:35 |
| 7. | Lachlan Feain | 13:41 |
| | Jonty Brennan | DQ |

3km Under 15

- | | | |
|----|----------------|-------|
| 1. | Stacey McLaren | 22:06 |
|----|----------------|-------|

3km Open

- | | | |
|----|-------------------|-------|
| 1. | Gwen Steed | 20:19 |
| 2. | Margaret Beaumont | 24:54 |
| | Gordon Onley | DQ |

5km Open

- | | | |
|----|-----------------|-------|
| 1. | Sandra Geisler | 28:50 |
| 2. | David Armstrong | 29:27 |
| 3. | Russ Dickenson | 29:34 |
| 4. | Geoff Barrow | 33:29 |
| 5. | Barrie Wicks | 38:14 |

10km Open

- | | | | |
|----|-----------------|---------|---------------|
| 1. | Mark Donahoo | 54:48 | |
| 2. | Pam Tindal | 55:09 | |
| 3. | Kirstin Shaw | 1:01:49 | |
| 4. | Robyn Shaw | 1:07:41 | |
| 5. | Donna Elms | 1:09:04 | |
| | Amelia Finnegan | DNF | 28:46 for 5km |
| | Bradley Simpson | DNF | 21:36 for 4km |

15km Open

- | | | |
|----|-----------------|---------|
| 1. | Aaron McDonough | 1:23:28 |
| 2. | Karen O'Neill | 1:47:51 |

20km Open

- | | | |
|----|---------------|---------|
| 1. | Terry O'Neill | 2:06:18 |
|----|---------------|---------|

Course Setup: Peter Vysma, Bob Gardiner, Pam Tindal, Harry Summers
Officials: Tony Doran, Mark Donahoo, Harry Summers, Damien Elms, Don McLaren
Judges: Peter Vysma, Michael Bodey
Canteen: Marlaine Stanway

VICTORIAN COUNTRY CHAMPIONSHIPS, LA TROBE UNI TRACK, BENDIGO, 13-15 JANUARY 2012

The Victorian Country T&F championships were held last weekend in Bendigo with a large number of Victorian walkers in action.

Friday 13 January 2012

The 5000m walks were held on Friday evening and it was a pleasant surprise to see former Olympic walker Duane Cousins back in action and winning with 24:56.81. As expected, Kelly Ruddick was the fastest overall with an excellent 23:41.45. Heather Carr was also in fine form, winning the W40+ race with 27:58.47.

5000m Walk Men Open

1.	Duane Cousins	73	EAG	24:56.81
2.	James Seid-Christmass	67	COR	25:37.72
3.	Andrew Blood	74	BYC	29:26.11
4.	Joshua Savage	95	EAG	30:26.67

5000m Walk Women Open

1.	Kelly Ruddick	73	BHA	23:41.45
2.	Jmara Hockley-Samon	97	CHI	27:14.62
3.	Sarah Brennan	76	BYC	27:30.79
4.	Heather Carr	49	EAG	27:58.47
5.	Amanda Heard	95	EAG	28:26.72
6.	Ebony Whiley	95	EAG	30:25.31
7.	Annette Major	62	EAG	34:20.61

5000m Walk Men 40+

1.	James Seid-Christmass	67	COR	25:37.72
2.	John Carter	50	SBE	33:56.65

5000m Walk Women 40+

1.	Heather Carr	49	EAG	27:58.47
2.	Annette Major	62	EAG	34:20.61
3.	Lisa Minchin	64	SBE	43:17.26

5000m Walk Men U20

1.	Joshua Kaiser	93	SCA	25:38.55
2.	Lewis Clark	94	CHI	26:02.71

5000m Walk Women U20

1.	Cassandra Raselli	94	SCA	32:39.00
2.	Chloe McNicol-Davidson	96	SCA	33:01.68
3.	Ebony-Jade Jones	94	EAG	42:04.03

Saturday 14 January

The 3000m and 1500m walks were held on Saturday with Stephanie George 14:52.06 and Hayley George 8:16.73 the best of the competitors.

3000m Walk Men U16

1.	Jeremiah Jones	97	EAG	17:09.49
2.	Dane Heiden	97	SBE	18:45.41

3000m Walk Women U16

1.	Jasmine Irshad	97	SCA	16:40.60
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3000m Walk Men U18

1.	Joshua Savage	95	EAG	17:29.48
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3000m Walk Women U18

1.	Stephanie George	96	SCA	14:52.06
2.	Jmara Hockley-Samon	97	CHI	15:24.83
3.	Amanda Heard	95	EAG	15:41.64
4.	Ebony Whiley	95	EAG	17:27.42

3000m Walk Men 50+

1.	Russell Dickenson	45	SCA	17:11.57
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3000m Walk Women 50+

1.	Annette Curtis	56	SBE	21:30.54
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1500m Walk Men U14

1.	Harry Hockley-Samon	00	CHI	9:49.58
2.	Thomas Mirarchi	00	COR	12:12.92

1500m Walk Women U14

1.	Hayley George	00	SCA	8:16.73
2.	Jemma Peart	01	BYC	8:30.89
3.	Zahra Hayes	01	SBE	9:04.68
4.	Alanna Peart	99	BYC	9:05.71
5.	Emily Waugh	99	WEL	9:09.86
6.	Madison Hill	00	SBE	9:53.64
7.	Bree Heiden	01	SBE	11:14.29
8.	Kirsten Craft	01	WEL	11:19.55

1500m Walk Men 60+

1.	John Carter	50	SBE	9:55.38
2.	Geoffrey Major	36	EAG	10:49.52
	Norman West	41	SBE	DQ

1500m Walk Women 60+

1.	Heather Carr	49	EAG	7:52.1
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VRWC ROAD RACES, MIDDLE PARK, SUNDAY 22 JANUARY 2012

Our VRWC summer season continued last Sunday with further roadwalks at our headquarters in Middle Park. Peter Vysma tells me that the weather was sunny with a light wind and it was getting hot towards the end of the 20km. We were surprised at the number of walkers (60 in total), considering the AV interclub competition was held as evening sessions starting at 4.00pm on the Saturday.

The first events to kick off were the 20km, 15km and 10km events. Top 20km performer was Simon Evans who was just a minute outside his best in the 20km with a good 1:52:23. In the 15km, we saw top efforts from Michelle Laufer (a 3 min PB and a new W40+ VRWC club record time of 1:23:58) and 15 year old Lucas Taylor (a new VRWC U16 club record with his inaugural time of 12:26:50). In the 10km races, Kelly Ruddick and Andrew Jamieson showed fine form to win with 49:07 and 51:33 respectively. Caitlin Campbell was another to do well with her 3 sec PB time of 56:59. We also welcomed first timer Gunther Ilgoutz who competed in the 10km event.

20km Open

1.	Simon Evans	1:52:23
2.	Terry O'Neill	2:08:06
3.	Karyn O'Neill	2:26:19
4.	Steve Jordan	2:37:14

15km Open

1.	Michelle Laufer	1:23:58	PB 2:55, new W40 club record
2.	Lucas Taylor	1:26:50	First ever, new U16 club record
3.	Clarrie Jack	1:33:21	

10km Open

1.	Kelly Ruddick	49:07	
2.	Amelia Finnegan	53:41	
3.	Pam Tindal	53:54	
4.	Caitlin Campbell	56:59	PB 0:03
5.	Heather Carr	58:02	
6.	Donna Elms	1:08:09	
	Jmara Hockley-Samon	DNF	6km - 34.36
1.	Andrew Jamieson	51:33	
2.	Mark Donahoo	51:56	
3.	Ralph Bennett	59:40	
4.	Gunther Ilgoutz	1:13:52	
5.	Gary Turner	1:19:07	
	Russ Dickenson	DNF	5km - 30.16

In the shorter Open and U15 events, we also welcomed another first timer in well known runner Gerry Sofianos who walked excellently to win the 3km Open with 20:18. Others to do well included Sarah Burren (28:40 for 5km), Billy Allamby (26:16 for 5km), Kyle Swan (15:17 for U15 3km) and Kobie Somerfield (16:45 for U15 3km).

5km Open

1.	Sarah Burren	28:40	
2.	Cassandra Raselli	28:51	
3.	Celia Johnson	35:09	
4.	Simone O'Neill	36:01	
	Rebecca Campbell	DNF	3km - 20.34
	Stephanie George	DNF	
	Chloe McNicol-Davidson	DNF	3km - 20.09
1.	Billy Allamby	26:16	
2.	Connor McShanag	28:24	
3.	Josh Kaiser	28:51	
4.	Kyle Bird	29:41	
5.	Anand Thillaisundaram	32:01	
6.	Geoff Barrow	33:11	
	Josh Dillon	DQ	

3km Open

1.	Gerry Sofianos	20:18
2.	Gordon Onley	26:08
3.	Kelly Davidson	26:39
4.	Pam Mews	29:48

3km U15

1.	Kobie Somerfield	16:45
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2.	Jasmine Irshad	16:53
3.	Emily Swan	18:14
4.	Stacey McLaren	20:29
1.	Kyle Swan	15:17
2.	Cody McNicol-Davidson	22:51

Our U12 walks saw strong fields with James Burren 10:44 (a 48 sec PB) and Hayley George 10:45 (just 1 sec outside her PB) in fine form. We also welcomed first time VRWC walker Aaron Leferirik. In the U9 walk, Mercedes Brennan was the fastest with 6:26 and she then walked a second lap to finish with 13:31 – well done Mercedes.

2km U12

1.	Hayley George	10:45	
2.	Jessica Lillie	12:01	
3.	Brianna Lillie	12:24	
4.	Rebecca Henderson	13:04	
5.	Tegan Miller	13:20	
6.	Lee Taylor	13:34	
1.	James Burren	10:44	PB 0:48
2.	Lachlan Feain	12:09	
3.	Joseph Rickard	12:50	
4.	Ethan Wright	13:08	
5.	Liam Evans	13:13	
6.	Aaron Leferirik	16:47	
	Jonty Brennan	DQ	

1km U9

1.	Mercedes Brennan	6:26	13:31
2.	Gemma Lillie	7:09	
3.	Freya Evans	7:43	

Finally Thanks to all our officials and helpers. Sorry if I missed anyone – we really appreciate your help every week.

Setup: Harry Summers, Peter Vysma

Judges: Peter Vysma (Chief), Gordon Loughnan, Lloyd Nichols, Graham George

Officials: Mark Donahoo, Damien Elms, Michael Bodey, Stuart Cooper

Drinks Table: Susan Taylor

Canteen: Marlaine Stanway, Wendy Cooper

Photos: Terry Swan

VRWC TRACK RACES, GEORGE KNOTT TRACK, CLIFTON HILL, WED 8 FEBRUARY

We had a great turnout for our track races at Clifton Hill last Wednesday and it was a case of standing room only what with over 50 walkers racing, the Fitzroy Football Club training in the infield, the local triathlon club in the outer lanes, judo training in the clubrooms and a large number of walks families and spectators trackside. This, combined with the good weather, ensured great walking and some real milestones.

The 5000m saw **Nathan Brill** record a 29 sec PB to actually better Jared Tallent's Victorian U16 State record by 11 seconds. Unfortunately, we had not been forewarned so the required 3 watches were not in place. However, I expect Nathan to reproduce this time in either the Sydney Grand Prix 5000m or the Victorian Open 5000m walk championship in the near future. It has been accepted as a new club record. **Mark Donahoo** was also in great form with 23:57 as was **Michelle Laufer** who just gets better with every race, this time recording 25:50.

5000m Walk, 6:30PM

1.	Brill, Nathan	M	21:06.3	New VRWC U16 Record
2.	Donahoo, Mark	M	23:57	
3.	Simpson, Brad	M	25:15	
4.	McDonough, Aaron	M	25:29	
5.	Seid-Christmass, James	M	25:44	
6.	Laufer, Michelle	F	25:50	PB 1:03
7.	Shaw, Kirstin	F	28:11	
8.	Dickenson, Russ	M	28:54	
9.	Elms, Donna	F	30:58	
10.	Shaw, Robyn	F	31:06	
11.	Gardiner, Bob	M	31:18	
12.	Skrucany, Rudolf	M	34:34	
	Alexander, Beth	F	DNF	
	Evans, Simon	M	DNF	

The highlight of the 3000m was the huge walk by **Jemima Montag**. Two weeks ago she walked 14:04 to better the Victorian U14 and U15 records but the required watches were not in place. This time around, we made sure all was done to the rulebook and we are hopeful that this time her **14:07.8** will be accepted as **new U14 and U15 State records**. **Kyle Swan** bettered his VRWC U13 club record with 14:38, a time which was in fact better than the current Victorian U13 State record. Again, a case of not knowing and not having the watches to the ready. To add to the excitement, **Amy Burren** was also in great form ahead of Hobart with a 21 sec PB time of 13:57 and **Caitlin Campbell** and **Jasmine Irshad** both did PBs.

3000m Walk, 6:30PM

1.	Burren, Amy	F	13:57	PB 0:21
2.	Montag, Jemima	F	14:07.83	New Victorian records for U14 and U15
3.	Swan, Kyle	M	14:38	PB 0:17, new VRWC U13 club record
4.	Garganis, Adam	M	15:08	
5.	McShanag, Connor	M	15:23	
6.	Campbell, Caitlin	F	15:24	PB 0:10
7.	Irshad, Jasmine	F	15:26	PB 0:20
8.	Sanders, Jade	F	15:31	
9.	Wallace, Anna	F	18:26	

The 1500m walk was a huge event with 22 starters. **Jason Kozica** stormed through to a big PB of 6:34.9 and **James Burren** was also in great form with a big PB of 7:46.9. We welcomed some walkers for the first time to VRWC races – **Taylor Langford**, **Eliza Clarke** and **Zara Irshad**.

1500m Walk, 7:10PM

1.	Kozica, Jason	M	6:34.9	PB
2.	Irshad, Kylie	F	7:18.8	
3.	Owen, Cooper	M	7:20.8	
4.	Collis, Lauren	F	7:44.1	
5.	Taylor, Michael	M	7:45.7	
6.	Burren, James	M	7:46.9	PB 0:23
7.	Collis, Hugh	M	8:30.5	
8.	Bertrand, Georgia	F	8:31.5	
9.	Henderson, Rebecca	F	8:31.9	
10.	Owen-Smith, Chelsea	F	8:33.3	
11.	Bertrand, Carly	F	8:48.8	
12.	Barbour, Beth	F	8:52.0	
13.	Evans, Liam	M	9:08.1	
14.	Langford, Taylor	F	9:16.6	First time
15.	Clarke, Eliza	F	9:22.2	First time
16.	Campbell, Rebecca	F	9:31.0	
17.	Collis, Bede	F	10:20.7	

18.	Collis, Frances	F	10:29.5
19.	Evans, Freya	F	11:22.9
20.	Laufer, Beatrice	F	11:28.0
21.	Irshad, Zara	F	12:09.8 First time
	Brazier, Emmett	M	DQ

Our final event was the annual AMA 4x800m relay which is contested in each State around this time. Alas, we continue to be disappointed by the poor numbers in this event. Remember, if you don't support it, you are likely to lose it. The eight of us who did walk had a great time but it would have been nice to have more teams on the track.

AMA 4x800m Relay, 7:25PM

M50	1	15:15	Tim Erickson, Paul Kennedy, Simon Baker, Clyde Riddoch
M60	1	18:16	Bob Gardiner, Russ Dickenson, Llew Jenkins, Ralph Bennett

Thanks as usual to the many judges and officials who made themselves available to ensure the meet ran smoothly.

Officials Tim Erickson, Shane Bertrand, Matt Owen, Damien Elms, Jason Elms, Alan Minter
Judges Peter Vysma (Chief), Judy Mason, Michael Bodey, Alan Lucas, Stuart Cooper
Photos Terry Swan
Checkin Tim Erickson

VICTORIAN JUNIOR T&F CHAMIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 24-26 FEB

The Victorian Junior T&F Championships were held in Melbourne last weekend and, like in Hobart, it was a case of very hot weather in the high thirties and little chance of good times. The 5000m U17-U20 were held on Friday evening with U20 walkers Brad Simpson 24:32.50 and Josh Kaiser 24:41.19 the fastest overall. Good wins and corresponding good times also to Lucas Taylor 26:20.38 and Stephanie George 26:25.16 in the U17 divisions.

5000m Men U17

1.	Taylor, Lucas	96	SCA	26:20.38
2.	McShanag, Connor	96	ATE	26:40.48
3.	Bird, Kyle	96	MPA	27:17.60

5000m Women U17

1.	George, Stephanie	96	SCA	26:25.16
2.	Burren, Sarah	96	KNA	27:32.50
3.	Bertrand, Carly	96	KSB	34:35.16

5000m Men U18

	Savage, Joshua	95	EAG	DNF
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5000m Women U18

1.	Attard, Bianca	95	KNA	32:33.69
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5000m Men U20

1.	Simpson, Bradley	93	KNA	24:32.50
2.	Kaiser, Joshua	93	SCA	24:41.19

5000m Women U20

1.	Raselli, Cassandra	94	SCA	32:20.80
2.	Attard, Michaela	93	KNA	34:21.05

Saturday saw the the U14 3000m races with Rachel Guy 16:46.17 and Kyle Swan 16:27.38 battling the conditions to win out.

3000m U14 Girls

1.	Guy, Rachael	99	CCA	16:46.17
2.	George, Hayley	00	SCA	17:08.53
3.	Brown, Hayley	99	KNA	17:27.21
4.	Huse, Philippa	99	JDS	18:37.85
5.	Eastwood, Jemma	00	OAK	19:22.32

3000m U14 Boys

1.	Swan, Kyle	99	KNA	16:27.38
2.	Brennan, Jonty	00	JDS	19:22.25
	Harrison, Leo	00	JDS	DQ

Sunday morning saw more of the same weather for the U15 and U16 3000m walks. Jemima Montag 14:30.59 and Billy Allamby 14:36.93 (a 1 sec PB) were the fastest overall but a special mention also to Jasmine Irshad 15:16.26 (a PB of 11 secs).

3000m U16 Boys

1.	Allamby, Billy	97	KNA	14:36.93
2.	Garganis, Adam	97	COL	15:23.71

3000m U16 Girls

1.	Irshad, Jasmine	97	SCA	15:16.26
2.	Sanders, Jade	97	CCA	16:25.31
3.	Swan, Emily	97	JDS	17:31.30
	Eastwood, Jessie	97	KNA	DQ

3000m U15 Boys

1.	Brasier, Emmet	98	DIV	15:29.60
2.	Petersen, Timothy	98	INV	18:09.95
	Walmsley, Reese	98	KNA	DQ

3000m U15 Girls

1.	Montag, Jemima	98	MAC	14:30.59
2.	Hamilton, Emily	98	KNA	16:25.01
3.	Walburg, Kirsten	98	DAC	19:52.89
4.	Irons, Julia	98	KSB	20:12.62

Congratulations to all our Victorian champions for toughing it out in bad conditions. Alas a shortage of photos from the walks on the AV website but I did see this one with the medallists from the U14 3000m.

VICTORIAN OPEN 5000M C'SHIPS, LAKESIDE STADIUM, ALBERT PARK, FRIDAY 9 MARCH

Last weekend saw the Victorian T&F Championships at the Lakeside Stadium in Albert Park. Conditions were just about perfect for the Open 5000m walks on Friday evening and we saw some great walking and two worthy winners.

In the men's race, Rhydian Cowley was untroubled to win in a good 20:48.00. Behind him, two of our up and coming young walkers in Jason Kozica and Josh Kaiser battled it out for the minor medals, Jason eventually taking silver with 23:45.77 and Josh taking bronze in 24:11.34, both big PBs. Aaron McDonough was also in great form for yet another season PB, this time with 25:02.80. But the walk of the night went to 65 year old Andrew Jamieson whose time of 24:46.05 bettered both the current M65 5000m walk World Record and the more recent M65 record breaking times recorded by French ace Jean-Paul Masselin. I chatted with Andrew after the event, expecting him to say how he had been training hard but he has in fact only just recently returned from a 5 week overseas trip and is not yet in top shape. This omens well for the next few rounds of Masters championships.

The women's championship was easily won by Ballarat walker Kelly Ruddick, her time of 23:03.47 only a few seconds outside her PB. Behind her, Michelle Laufer continued her fine season, taking silver with yet another PB of 25:32.49, while Jmara Hockley-Samon took bronze with 26:19.49. Ballarat walker Sarah Brennan was also in fine form with a PB of 26:53.66. And of course, one must always mention W60 world record holder Heather Carr who walked her usual fine race, finishing in 27:31.47.

Open Men 5000m Walk, 6:20PM, Friday 9 March

1.	Cowley, Rhydian	91	GHY	20:48.00	
2.	Kozica, Jason	87	STK	23:45.77	PB 0:37
3.	Kaiser, Joshua	93	SCA	24:11.34	PB 0:23
4.	Hawksworth, Danny	79	ATE	24:34.87	
5.	Evans, Simon	60	BOH	24:44.01	
6.	Jamieson, Andrew	46	OSC	24:46.05	Betters current M65 World Record
7.	McDonough, Aaron	72	PTN	25:02.80	PB 0:08
8.	Christmas, James	67	COR	25:31.27	
9.	McShanag, Connor	96	ATE	29:11.03	

Open Women 5000m Walk, 6:20PM, Friday 9 March

1.	Ruddick, Kelly	73	BHA	23:03.47	
2.	Laufer, Michelle	69	COL	25:32.49	PB 0:18
3.	Hockley-Samon, Jmara	95	CHI	26:19.49	
4.	Brennan, Sarah	76	BYC	26:53.66	PB 0:37
5.	Geisler, Sandra	77	RWD	27:12.14	
6.	Carr, Heather	49	EAG	27:31.47	
7.	Shaw, Kirstin	91	WES	28:17.49	
8.	Attard, Tamara	90	KNA	28:38.89	
9.	McInnes, Simone	91	GHY	29:11.99	
10.	Gourlay, Marlene	51	VMA	29:54.01	
11.	Elms, Donna-marie	61	ATE	31:44.59	
12.	Steed, Gwen	42	VMA	33:34.90	
	Alexander, Beth	92	KNA	DNF	

COBURG 6 HOUR CHAMPIONSHIPS, COBURG, VICTORIA, SUNDAY 11 MARCH 2012

Last Sunday saw the annual Coburg 6 Hour Track Championships at the Harold Stevens Athletics Track in Coburg, a northern Melbourne suburb. This annual event is a prelude to the Coburg 24 Hour Championships which are always in April and it always sees strong run and walk fields and a lot of our top ultra competitors in action. Field size is restricted to 45 so that the track is not too congested and this year we had 43 starters (there are always a few who enter but who fail to make it to the start line for various reasons), 31 runners and 12 walkers. Conditions were good – cool for the 8AM start and still only in the low twenties by event end at 2PM. This probably helped us achieve such an excellent overall set of results.

I will restrict my report to the walk divisions. For a fuller review of the complete run/walk results, check out http://www.coburgharriers.org.au/joomla1/component/option.com_docman/task.doc_view/gid,635/Itemid,28/. You can also see plenty of race photos at <http://www.rwa.org.au/coppermine/thumbnails.php?album=4>.

The walk was dominated by local Melbourne walker/runner **Michelle Thompson**. A previous winner of the Coburg 24 Hour event in both run division (2010) and walk division (2011) and the fastest ever woman in Australia over the 50km racewalk distance (5:13:14 in 2011), she added yet another record to her ever increasing supply with her 6 Hour walk distance of 54.636km. This broke the Australian All-Comers record, set by Sandra Brown of England in 1999 (54.180km). Michelle led from the start, with fellow VRWC team mates **Terry O'Neill** and **Clarrie Jack** close on her heels. But they could not match her unrelenting pace and gradually fell behind. Terry held on his own PB distance for 53.379km, just outside Peter Bennett's Australian M55 record, while Clarrie finished with 49.845km, not bad for M65. NSW runner **Kim Cook** was next in with a very impressive inaugural walk of 47.613km. He tells me he has had some advice from NSW walker Frank Overton and it certainly did the trick. **Karyn O'Neill** was next in with 45.779km to take second in the women's event while **Sandra Howorth** was third with 38.422km. Most of these walkers will be back in 5 weeks time for the Coburg 24 Hour event and I look forward to more great walking over the longer timeframe event.

6 HOUR WALK MEN

1.	O'NEILL, Terry	VIC	53.379 km
2.	JACK, Clarrie	VIC	49.845 km
3.	COOK, Kim	NSW	47.613 km
4.	JORDAN, Steve	VIC	44.492 km
5.	SHARP, Philip	NZ	43.940 km
6.	TIMMS, John	VIC	43.021 km
7.	POORE, Alex	VIC	39.027 km
8.	CARTER, Ken	VIC	29.459 km
9.	SKRUCANY, Rudolf	VIC	29.444 km

6 HOUR WALK WOMEN

1.	THOMPSON, Michelle	VIC	54.636 km
2.	O'NEILL, Karyn	VIC	45.779 km
3.	HOWORTH, Sandra	VIC	38.422km

VRWC AND VRWC RACES, DOLOMORE OVAL, MENTONE, SUNDAY 18 MARCH 2012

Last Sunday saw the last VRWC summer races and we combined with the Victorian Masters Association at the Mentone track for their annual 5000m track championships. With 43 walkers in all, it was a successful meet and bigger numerically than in the last few years. The women hit the track first and it was Kelly Ruddick who led the whole way for a fine time of 23:08. Kelly was also the best from a Masters Percentage factor, her performance being ranked at 87.62%. Gwen Steed, Liz Feldman, Marlene Gourlay and Alison Thompson were also above the 80% mark with their walks.

VMA 5000m Championship Women

1	W30	Wallace, Anna	30:00	65.94%
1	W35	Ruddick, Kelly	23:08	87.62%
1	W50	Elms, Donna	32:24	68.86%
1	W59	Thompson Alison	30:13	80.85%
1	W60	Gourlay, Marlene	30:03	82.24%
2	W60	Feldman, Liz	31:08	82.27%
3	W60	Johnson, Celia	33:53	76.56%
1	W65	Steed, Gwen	33:20	83.29%
1	W70	Machin, Sylvia	35:40	
2	W70	Beaumont, Margaret	41:20	71.42%
3	W70	Hugo, Beverly	41:59	
1	W75	Mews, Pam	51:33	61.32%
1	W80	Browning, Betty	46:38	

The Masters men were next off and the pace was on from the start with former international Paul van Kopplen winning as he liked in 22:33. Further back, M65 maestro Andrew Jamieson was battling it out with another former international in Mark Thomas and it was Andrew who eventually got the upper hand, finishing with 24:18.06 ahead of Mark with 24:30. Andrew's time provided the highlight of the meet, cutting nearly 30 secs off the **M65 World Record** he set only a week before at the Victorian Open Championships. It was a truly awesome performance and omens well for the forthcoming winter season. Ralph Bennett was another to walk excellently with his 27:58 M70 performance rating at 89.56%.

VMA 5000m Championship Men

1	M35	Patterson, Adam	29:31	63.57%
2	M35	Thillaiundaran, Anand	30:31	60.28%
1	M40	Van Kopplen, Paul	22:33	86.55%
2	M40	Seid-Christmass, James	25:06	77.75%
1	M45	Thomas, Mark	24:30	82.99%
1	M50	Evans, Simon	24:57	82.88%
1	M55	Riddoch, Clyde	27:59	78.63%
2	M55	Reid, Ross	28:33	76.35%
3	M55	Skrucany, Rudolf	32:36	66.25%
1	M60	Gray, Michael	30:48	
2	M60	Barrow, Geoff	32:49	70.48%
1	M65	Jamieson, Andrew	24:18.06	97.31% M65 World Record
1	M70	Bennett, Ralph	27:58	89.56%
2	M70	Wicks, Barrie	37:39	67.35%
1	M75	Summers, Harry	35:12	77.01%
2	M75	Silcock-Delaney, Colin	39:13	72.23%

The next race on offer was a VRWC club event with 5000m or 3000m on offer and Simon Evans, Rudolf Skrucany, James Seid-Christmass and Anna Wallace were back in action along with Kyle Swan and Gordon Onley.

VRWC 5000m Walk

1.	Evans, Simon	26:53
2.	Skrucany, Rudolf	34:35

VRWC 3000m Walk

1.	Swan, Kyle	15:33
E2.	Seid-Christmass, James	17:25
E2	Anna Wallace	17:25
	Onley, Gordon	DQ

With the Victorian Little Athletics T&F Finals to be held next week in Melbourne, a number of our younger walkers were after a final 1500m hitout and there were quite a few PBs amongst the finishers in our last race for the morning. Josh Kaiser, fresh from his bronze medal in the Victorian Open 5000m last week, led the way from his much younger co-competitors and was rewarded with his own PB of 6:27. We also welcomed first time VRWC walkers in Jack Stone and Francesca Vile.

VRWC 1500m Walk

1.	Kaiser, Josh	06:27
2.	Guy Rachael	07:29

3.	Burren, James	07:36
4.	Kay, Shelby	07:37
5.	Swan, Emily	07:51
6.	McNicol-Davidson, Chloe	07:53
7.	Huse, Phillipa	07:58
8.	Stone, Jack	08:26
9.	McNicol-Davidson, Cody	08:53
10.	Miller, Tegan	09:00
11.	Vile, Francesca	09:32
12.	Xuereb, Tara	09:41

Officials: Tim Erickson, Damien Elms, Marlaine Stanway, Alan Lucas

Judges: Peter Vysma (chief), Stuart Cooper, Terry Swan, David Cash, Lloyd Nichols

Photographer: Kelly Davidson

VICTORIAN OVERAGE T&F CHAMPIONSHIPS, RIESCHIEK'S RESERVE, DONCASTER, 24-25 MAR

The Victorian Overage Championships are a joint venture between the Victorian Masters Assn and Athletics Victoria. Held yearly, they include 3000m and 1500m walks. The 3000m walks, held last Saturday, saw most of our top masters walkers in action, led by **Heather Carr** (W60 15:53.21 92.53%) and **Bob Gardiner** (M75 17:37.05 90.34%). Lots of other walkers beat the 80% mark in their respective divisions – **Pam Tindal, Liz Feldman, Marlene Gourlay, Alison Thompson, Mark Donahoo, Ralph Bennett, Paul Van Kopplen, Mark Thomas, Simon Evans, Tim Erickson, James Christmass** and **Clyde Riddoch**. It was also great to see **Murray Dickinson** having his first walk after 18 months off recovering from a serious cycling accident and a hip replacement operation. Welcome back Murray!

3000m Masters Women, Saturday 24 March

W30	1	Wallace, Anna	W30	VVMA	17:35.59	65.87%
W50	1	Tindal, Pam	W52	VCDN	15:18.88	86.80%
	2	Elms, Donna	W50	VATE	17:55.50	72.84%
	3	Shaw, Robyn	W50	VWES	17:59.37	72.57%
W55	1	Thompson, Alison	W59	VMCD	17:27.50	81.48%
W60	1	Carr, Heather	W62	VEAG	15:53.21	92.53%
	2	Gourlay, Marlene	W60	VMMN	17:23.47	82.68%
	3	Feldman, Liz	W63	VMCD	17:35.72	84.56%
	4	Johnson, Celia	W64	VMSV	20:14.18	74.37%
W70	1	Machin, Sylvia	W70	VMEN	20:58.36	77.61%
W75	1	Mews, Pam	W77	VMMN	32:48.50	55.30%

3000m Masters Men, Saturday 24 March

M35	1	McDonough, Aaron	M39	VPTN	14:54.70	73.96%
	2	Patterson, Adam	M39	VCDN	16:41.50	66.05%
M40	1	Van Kopplen, Paul	M44	VCDN	13:10.80	87.07%
	2	Christmass, James	M44	VCOR	14:03.70	81.60%
M45	1	Thomas, Mark	M49	VMEN	14:02.10	85.12%
	DQ	Keirl, Bernie	M48	VDIV	DQ	-
M50	1	Donahoo, Mark	M53	VATE	13:48.70	89.57%
	2	Evans, Simon	M51	VDAC	14:32.90	83.60%
M55	1	Riddoch, Clyde	M58	VAWA	16:06.20	80.33%
	2	Armstrong, David	M56	DIV	17:07.60	74.17%
	3	Doran, Tony	M59	VGHY	17:54.70	72.96%
	4	Benke, Geza	M55	OLM	17:56.80	70.16%
	5	Skrucany, Rudolph	M56	VMCD	19:29.40	65.16%
M60	1	Erickson, Tim	M61	VCOB	16:02.20	83.07%
	2	Gray, Michael	M61	VMEN	17:58.30	74.13%
	3	Barrow, Geoff	M63	VMEN	19:52.70	68.44%
	4	Sofianos, Gerald	M62	VSTK	20:11.60	66.67%
M65	1	Middleton, Des	M65	VGLE	19:13.50	72.29%
	2	Hallo, John	M69	VMFK	21:30.30	67.64%
M70	1	Bennett, Ralph	M70	VMMN	16:47.34	87.69%
	2	IlGoutz, Gunther	M73	VMCD	19:24.66	78.78%
	3	Dickinson, Murray	M73	VMCW	19:51.87	77.70%
	4	Morrison, John	M72	VSAN	21:29.09	70.23%
	5	Wicks, Barrie	M71	VMCD	21:51.96	68.20%
M75	1	Gardiner, Bob	M76	VCOL	17:37.05	90.34%
	DQ	Silcock-Delaney, Colin	M79	VMGL	DQ	-

Most of us were back again 24 hours later for the 1500m walks and it all went well except for the false start in the men's event – after we had walked some 80m! **Andrew Jamieson** had missed the 3000m the day before due to car trouble but he got there on Sunday and stormed through, setting a **new M65 Australian Masters 1500m record of 6:52.56** (an amazing 99.24%). This took just over 30 secs off Ralph Bennett's record. **Ralph Bennett**, now in the M70, was out for his own record attempt but missed the M70 record by 0.2 of a sec with his time of 8:05.35. The times were fantastic across the board in the excellent conditions. Fastest overall were **Michelle Laufer** 7:11.53 and **Mark Donahoo** 6:36.18. **Heather Carr** won the W60 with 7:29.84 (94.52%) while **Bob Gardiner** won the M75 with 8:13.99 (94.92%). And we had lots of other walkers also in the 80%+ category – **Pam Tindal, Alison Thompson, Liz Feldman, James Christmass, Simon Evans, Clyde Riddoch** and **Tim Erickson**. Victoria showed once again why it is probably the strongest Masters walking area in the world.

1500m Masters Women, Sunday 25 March

W30	1	Wallace, Anna	W30	VVMA	8:19.54	67.53%
W40	1	Laufer, Michelle	W42	VCOL	7:07.90	83.29%
W50	1	Tindal, Pam	W52	VCDN	7:11.53	89.61%
	2	Shaw, Robyn	W50	VWES	8:19.36	76.09%
	3	Elms, Donna	W50	VATE	8:33.59	74.10%
W55	1	Thompson, Alison	W59	VMCD	8:13.13	83.49%
W60	1	Carr, Heather	W62	VEAG	7:29.84	94.52%

	2	Feldman, Liz	W63	VMCD	8:20.70	85.80%
	3	Johnson, Celia	W64	VMSV	9:41.32	74.66%
W75	1	Mews, Pam	W77	VMMN	15:19.09	56.10%

1500m Masters Men, Sunday 25 March

M35	1	Patterson, Adam	M39	VCDN	7:25.44	72.84%
M40	1	Christmass, James	M44	VCOR	6:43.08	83.69%
M45	1	Keirl, Bernie	M48	VDIV	7:37.83	76.27%
M50	1	Donahoo, Mark	M53	VATE	6:36.18	91.86%
	2	Evans, Simon	M51	VDAC	6:50.91	87.20%
M55	1	Riddoch, Clyde	M58	VAWA	7:27.66	85.17%
	2	Armstrong, David	M56	DIV	9:16.28	67.20%
M60	1	Erickson, Tim	M61	VCOB	7:47.39	83.95%
	2	Sofianos, Gerald	M62	VSTK	9:30.70	69.49%
M65	1	Jamieson, Andrew	M65	VDAC	6:52.56	99.24%
	2	Middleton, Des	M65	VGLE	8:55.56	76.42%
M70	1	Bennett, Ralph	M70	VMMN	8:04.35	89.49%
	2	IlGoutz, Gunther	M73	VMCD	9:14.00	81.16%
	3	Morrison, John	M72	VSAN	9:58.33	74.24%
	4	Wicks, Barrie	M71	VMCD	10:35.14	69.04%
	DQ	Dickinson, Murray	M73	VMCW		
M75	1	Gardiner, Bob	M76	VCOL	8:13.99	94.92%
	2	Summers, Harry	M76	VBOH	9:46.59	79.85%
	3	Silcock-Delaney, Colin	M79	VMGL	11:49.92	68.88%

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 28 APRIL 2012

Our opening Winter Season races saw a massive group of 85 walkers descend on Middle Park to test themselves (and us!) out on a windy but mild Melbourne Saturday afternoon. There was a lot of work to be done before the event with a huge road sweep and course remark needed after the Grand Prix Motor Racing park exit (thanks GP!) and what with Canberra entries, uniform sales, member renewals and race entries, we were overwhelmed and hence about 15 minutes late in starting our first events. But once we got going, all went well and we captured the finishing times for all walkers.

A lot of walkers chose the 8km event and there were some pretty slick times out in front with Josh Dillon 40:54, Simon Evans 42:21 and Kirstin Shaw 45:38 showing the way. We welcomed Old Scotch walker Andrew Cochrane back for his first walk with us for some years.

VRWC Open 8km Roadwalk

1.	Tindal, Pam	42:57
2.	Shaw, Kirstin	45:38
3.	Gourlay, Marlene	48:18
4.	Wallace, Anna	48:33
5.	Shaw, Robyn	52:15
6.	Elms, Donna	54:40
7.	O'Neill, Karyn	55:09
8.	Steed, Gwen	55:29
9.	Johnson, Celia	56:38
10.	Machin, Sylvia	57:40
11.	O'Neill, Simone	58:43
	Feldman, Liz	DNF
	Irshad, Kylie	DNF

1.	Dillon, Josh	40:54
2.	Evans, Simon	42:21
3.	Christmass, James	44:24
4.	Mirarchi, Nicholas	45:47
5.	Cochrane, Andrew	46:42
6.	Bennett, Ralph	46:54
7.	O'Neill, Terry	47:40
8.	Knox, Duncan	47:53
9.	Reid, Ross	48:14
10.	Dickenson, Russ	48:54
11.	Gardiner, Bob	52:53
12.	Barrow, Geoff	54:28
13.	Skrucany, Rudolf	55:07
	Dickinson, Murray	DQ

The Open 4km events were nearly as popular with Josh Kaiser our fastest with 19:46 ahead of Amelia Finnegan 20:39. It was also nice to see Nicole Hallett back after some years away. And of course I immediately put her dad Bob to work officiating (sorry Bob!). Josh had us all a bit worried after the event with a bit of a collapse but all was well once he recovered. And a special mention to W75 Pam Mews who took a couple of minutes of her best time in recent years with her 37:15.

VRWC Open 4km Roadwalk

1.	Finnegan, Amelia	20:39
2.	Geisler, Sandra	21:22
3.	Hockley-Samon, Jmara	21:59
4.	Carr, Heather	22:18
5.	Hallett, Nicole	25:59
6.	Mews, Pam	37:15

1.	Kaiser, Joshua	19:46
2.	Taylor, Lucas	21:17
3.	Keirl, Bernie	22:18
4.	McShanag, Connor	22:47
5.	Barrett, Tony	25:31
6.	Lucas, Alan	25:56
7.	Doran, Anthony	26:00
8.	Sofianos, Gerald	26:40
9.	Johnson, Tony	27:35
10.	Feain, Gerard	28:20
11.	Conboy, Bruce	29:01
12.	Morrison, John	30:23
13.	Poore, Alex	31:53
14.	Turner, Gary	32:10

15. Beaumont, Ian	33:17
Onley, Gordon	DQ

A good sized group of U15 walkers took to the road with Kyle Swan 19:55 and Adam Garganis 20:05 battling it out in front. Paige De Lisen 22:57 and Shelby Kay 23:17 were close (there is never much separating these two girls when they race!) while 10 year old Mikhala Hodges showed once again with her time of 24:48 that she thrives on the longer distances (she actually did a 10km walk last winter).

VRWC U15 4km Roadwalk

1. Hamilton, Emily	22:52
2. De Lisen, Paige	22:57
3. Kay, Shelby	23:17
4. Walker, Megan	23:49
5. Huse, Philippa	24:21
6. Swan, Emily	24:29
7. Hodges, Mikhala	24:48
8. Campbell, Rebecca	27:48
9. Feain, Madeleine	28:22
10. McLaren, Stacey	28:41
Bertrand, Carley	DNF
Crea, Gabriella	DQ
1. Swan, Kyle	19:55
2. Garganis, Adam	20:05
3. Warmsley, Reese	21:06
4. Evans, Callum	27:06
5. McNicol-Davidson, Cody	29:21
6. Oliva, Jake	30:52

Our U12 and U9 walkers were the last to start and they went off together this week. The U9's were the first to finish and it was a dead heat with Gemma Lillie and Jared Hodges both stopping the clock at 6:25 ahead of Freya Evans 7:27. Jared, the younger brother to Anaya and Mikhala, was having his first outing at the walkers club and certainly has a good turn of speed just like his older sisters! In the U12 division, Corey Dickson had his first walk with us and did he move well, fastest overall with a good looking 11:02. Next in was Brodie Richardson with 11:22 followed by Georgia Bertrand with 11:44. Mackayla Davison was another walker having her first VRWC race (and probably her first ever 2km walk) and she also made a good start with 13:07.

VRWC U12 2km Roadwalk

1. Richardson, Brodie	11:22
2. Bertrand, Georgia	11:44
3. Lillie, Jessica	11:48
4. Lillie, Brianna	12:02
5. Davison, Mackayla	13:07
6. Miller, Tegan	13:15
7. Taylor, Lee	13:37
8. Hodges, Anaya	15:00
1. Dickson, Corey	11:02
2. Walmsley, Hayden	12:28
3. Feain, Lachlan	12:36
4. Evans, Liam	12:47
5. Mirarchi, Tom	16:56

VRWC U9 1km Roadwalk

1. Lillie, Gemma	06:25
2. Evans, Freya	07:27
Irshad, Zara	DQ
1. Hodges, Jared	06:25

Thanks as usual to our many helpers and officials and judges. I am sure to have missed a few people so apologies in advance!

Officials	Tim Erickson, Stuart Cooper, Ian Laurie, Susan Taylor, Don McLaren, Bob Hallett, Lou Mirarchi, Justin McLaren
Judges	Peter Vysma (Chief), Gordon Loughnan, Lloyd Nicholls, Shane Bertrand, Michael Bodey, Damien Elms
Checkin	Stuart Cooper, Russ Dickenson
Course Setup	Harry Summers, Peter Vysma, Bob Gardiner, Tim Erickson, Ross Reid and others
Photos	Terry Swan

VRWC AND AV ROADWALKS, MIDDLE PARK, SATURDAY 5 MAY

Conditions may have been wet and wintery at Middle Park last Saturday but the 89 walkers in attendance actually had pretty good racing conditions as the drizzly rain stopped just before the first races got underway. Saturday saw our first Victorian championships for the winter – the 5km Teams Championships for men and women. Stuart Cooper summed the AV Teams Race up nicely with his VRWC Facebook post

A thrilling contest in the AV Men's 5km Team's race saw Corio AC (Josh D 16pts, James 10 and Nicholas 7) hang on to defeat the strong Knox squad (Billy 14, Kyle S 11 and Reese 6) by 2 points to take out the pennant. South Coast Aths (Josh K 9, Lucas 8 and Russ 4) claimed bronze ahead of Box Hill AC and Collingwood Harriers. Josh Dillon claimed fastest time with 23m 54s but had to work to hold off a fast-finishing Kyle Bird (Peninsula AC) by just 3 seconds.

The Women's race saw South Coast (Stephanie 10pts, Jasmine 7 and Kylie 5) dominate the event, with new junior captain Steph George easily taking line honours in 25m 13s. Equal on 12 points were Knox Aths and Western Aths, with the 'Baby Blues' (Emily H 6, Emily S 4 and Hayley B 2) getting 2nd place owing to finishing their team ahead of the Westerners (Kirstin 8, Robyn 3 and Courtney 1).

POINT OF INTEREST: How many times would, not one, but TWO mother-daughter combinations have gained podium finishes for their clubs in the same AV teams race? It may happen more frequently in cross-country but surely it's a first for us. (Take a bow, Jasmine/Kylie and Kirstin/Robyn.)

There were certainly some great PB performances by our younger walkers with Billy Allamby taking third against his older rivals with a fine 24:17, Kyle Swan with 24:59, Stephanie George with 25:13, Jasmine Irshad with 26:34 and Emily Swan with 31:51. And of course I can't leave out Kyle Bird who produced yet another great 5km time with 23:57 and Adam Garganis who recorded an excellent 24:47 in his first ever 5km. Others doing their first ever 5km walks included Callum Evans, Hayley Brown and Courtney Utber.

VICTORIAN 5KM TEAMS CHAMPIONSHIPS – MEN

1.	Dillon, Josh	COR	23:54	16	
2.	Bird, Kyle	MPA	23:57		
3.	Allamby, Billy	KNA	24:17	14	PB 1:29
4.	Evans, Simon	BOH	24:40	13	
5.	Garganis, Adam	COL	24:47	12	First one
6.	Swan, Kyle	KNA	24:59	11	PB 0:58
7.	Christmass, James	COR	25:29	10	
8.	Kaiser, Joshua	SCA	25:55	9	
9.	Taylor, Lucas	SCA	26:00	8	
10.	Mirarchi, Nicholas	COR	26:41	7	
11.	Walmsley, Reese	KNA	27:04	6	PB 1:02
12.	McShanag, Connor	ATE	27:25		
13.	Dyer, Bill	BOH	27:37	5	
14.	Dickenson, Russ	SCA	27:58	4	
15.	Reid, Ross	COL	28:19	3	
16.	Gardiner, Bob	COL	29:17	2	
17.	Evans, Callum	BOH	32:28	1	First one

Teams Championships

1.	COR	16,10,7=33	J Dillon, J Christmass, N Mirarchi
2.	KNA	14,11,6=31	B Allamby, K Swan, R Walmsley
3.	SCA	9,8,4=21	J Kaiser, L Taylor, R Dickenson
4.	BOH	13,5,1=19	S Evans, B Dyer, C Evans
5.	COL	12,3,2=17	A Garganis, R Reid, B Gardiner

VICTORIAN 5KM TEAMS CHAMPIONSHIPS – WOMEN

1.	George, Stephanie	SCA	25:13	10	PB 0:24
2.	Shaw, Kirstin	WES	26:20	8	PB 0:05
3.	Irshad, Jasmine	SCA	26:34	7	PB 1:39
4.	Hamilton, Emily	KNA	28:29	6	PB 0:08
5.	Irshad, Kylie	SCA	28:51	5	
6.	Gourlay, Marlene	VMA	29:27		
7.	Swan, Emily	KNA	31:51	4	PB 0:28
8.	Shaw Robyn	WES	32:03	3	
9.	Brown, Hayley	KNA	33:18	2	First one
10.	Utber, Courtney	WES	35:26	1	First one
	Hockley-Samon, Jmara	CHI	DNS		
	Svoboda, Nicole	WES	DNS		

Teams Championships

1.	SCA	10,7,5=22	S George, J Irshad, K Irshad
----	-----	-----------	------------------------------

- | | | | |
|----|-----|----------|-----------------------------|
| 2. | KNA | 6,4,2=12 | E Hamilton, E Swan, H Brown |
| 3. | WES | 8,3,1=12 | K Shaw, R Shaw, C Utber |



Kyle Bird, Josh Dillon, Billy Allamby, Josh Kaiser and Andrew Jamieson



Jasmine Irshad, Emily Swan, Stephanie George, Kylie Irshad, Heather Carr and Adam Garganis

The usual VRWC scratch races were available and a good number of regulars strutted their stuff alongside the AV walkers. The 5km saw Michelle Laufer 26:20 and Andrew Jamieson 24:07 taking line honours. Quite a few of these walkers could also have been in the AV 5km Teams event but for one reason or another, they chose the VRWC option for the day. Masters walker Mick Gray also had his first walk with us, recording a good 30:04 for the club 5km. And in the U15 3km races, Paige De Lisen walked a big PB of 16:58 while Philippa Huse recorded an even bigger PB with her 17:40.

VRWC 5KM OPEN

- | | | |
|-----|------------------|-------|
| 1. | Laufer, Michelle | 26:20 |
| 2. | Carr, Heather | 27:57 |
| 3. | Wallace, Anna | 29:02 |
| 4. | Gourlay, Marlene | 29:27 |
| 5. | Feldman, Liz | 30:26 |
| 6. | Thompson, Alison | 30:47 |
| 7. | Elms, Donna | 32:12 |
| 8. | Steed, Gwen | 33:35 |
| 9. | O'Neill, Karyn | 33:57 |
| 10. | O'Neill, Simone | 34:07 |
| | | |
| 1. | Jamieson, Andrew | 24:07 |
| 2. | Gray, Mick | 30:04 |
| 3. | Lucas, Alan | 31:59 |
| 4. | Sofianis, Gerald | 33:02 |
| 5. | Barrow, Geoff | 33:29 |
| 6. | Skrucany, Rudolf | 34:33 |
| 7. | Conboy, Bruce | 36:58 |

8.	Poore, Alex	42:08
	Barrett, Tony	DNF

VRWC 3KM OPEN

1.	Mews, Pam	25:39
1.	Wicks, Barrie	21:59
2.	Feain, Gerard	22:21
3.	Beaumont, Ian	24:27

VRWC 3KM U15

1.	De Lisen, Paige	16:58	PB 0:16
2.	Walker, Megan	17:10	
3.	Huse, Philippa	17:40	PB 0:34
4.	Hodges, Mikhala	17:53	
5.	Barbour, Beth	18:10	
6.	Crea, Gabriella	19:52	
7.	Feain, Madeleine	22:21	
	Campbell, Rebecca	DNF	
1.	McNicol-Davidson, Cody	19:18	
	O'Mahony, Brendon	DQ	



Bill Dyer, Philippa Huse, Megan Walker, Robyn Shaw, Paige De Lisen and Thomas Rickard

Hayley George was just one second off her PB in winning the girls' U12 2km with 10:45 and Corey Dickson was even faster in winning the boys' event with 10:41. Behind them, there were PBs galore amongst the boys and girls as you can see from the results list below. In the U9 1km walks, Jared Hodges 6:13 and Gemma Lillie 6:17 were our fastest, both with PBs.

VRWC 2KM U12

1.	George, Hayley	10:45	
2.	Richardson, Brodie	11:09	PB 0:13
3.	Lillie, Jessica	11:39	
4.	Lillie, Brianna	11:49	
5.	Davison, Mackayla	12:37	PB 0:30
6.	Hodges, Anaya	12:48	
7.	O'Mahony, Kathleen	12:53	
8.	Taylor, Lee	13:52	
1.	Dickson, Corey	10:41	PB 0:21
2.	Feain, Lachlan	11:52	PB 0:16
3.	Rickard, Joseph	12:11	PB 0:39
4.	Walmsley, Hayden	12:13	
5.	Rickard, Thomas	14:07	First one
6.	Mirarchi, Thomas	16:46	

VRWC 1KM U9

1.	Lillie, Gemma	06:17	PB 0:08
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- | | | | |
|----|------------------------------|-------------|---------|
| 2. | Evans, Freya
Irshad, Zara | 07:29
DQ | |
| 1. | Hodges, Jared | 06:13 | PB 0:12 |



Jared Hodges, Hayley George, Gemma Lillie, Corey Dickson and Lee Taylor

Thanks to our many officials. Sorry if I missed anyone.

- | | |
|---------------------|--|
| Officials | Tim Erickson, Stuart Cooper, Ian Laurie, Paul Kozaris, Damien Elms, Jason Elms, Liz Feldman, Mark O'Mahony, Harry Summers, Ralph Bennett, Susan Taylor, Marlaine Stanway |
| Judges | Gordon Loughnan (Chief), Brenda Felton, Terry Swan, Graham George, Matt Owen |
| Course Setup | Tim Erickson, Bob Gardiner, Harry Summers, Stuart Cooper |
| Photos | Sabby George |
| Canteen | Barb Gardiner, Wendy Cooper |

VRWC ROAD RACES, MIDDLE PARK, MELBOURNE, SATURDAY 12 MAY

Last Saturday saw the first of our VRWC Points Competition days at Middle Park. Stuart Cooper tells me that the races were held in freezing, windy conditions.

First to the 10km event where **Andrew Jamieson** starred, bettering his existing M65 World Record by 22 secs with a time of 49:05. **Simon Evans** was also in fine form, recording his best time for years (might even be a PB?) with 50:46 to finish just ahead of **Brad Simpson** who was also in PB mode with 50:54. **Michelle Laufer** was the fastest of the women with 54:15 ahead of **Pam Tindal** with 55:02. We had a lot of first timers over the 10km distance, including **Billy Allamby**, **Reese Walmsley**, **Mick Gray**, **Gerald Sofianis** and **Marlene Gourlay**. And a special mention to **Simone O'Neill** who took over 3 mins off her PB with 72:19.

10k Open

1.	Andrew Jamieson	49.05	M65 World Best by 0:22
2.	Simon Evans	50.46	
3.	Bradley Simpson	50.54	PB 0:16
4.	Billy Allamby	53.52	First ever
5.	James Christmass	54.06	
6.	Reese Walmsley	55.13	First ever
7.	Ralph Bennett	58.53	
8.	Duncan Knox	59.50	
9.	Mick Gray	63.44	First ever
10.	Bob Gardiner	64.02	
11.	Gerald Sofianos	67.57	First ever
12.	Rudolf Skrucany	68.38	
	Russ Dickenson	DNF	
	Josh Dillon	DNF	
1.	Michelle Laufer	54.15	
2.	Pam Tindal	55.02	
3.	Marlene Gourlay	59.25	First ever?
4.	Simone O'Neill	72.19	PB 3:32

Kyle Bird and **Adam Garganis** continued their fine form of last week with 24:31 and 25:22 in the 5km walk while **Kirstin Shaw** was the fastest woman with 26:41.

5km Open

1.	Kyle Bird	24.31	
2.	Adam Garganis	25.22	
3.	Gerard Feain	31.07	
4.	Geoff Barrow	34.15	
5.	Barrie Wicks	38.02	
6.	Alex Poore	46.01	
	Tony Johnson	DNF	
1.	Kirstin Shaw	26.41	
2.	Jmara Hockley-Samon	26.45	
3.	Heather Carr	27.58	
4.	Sandra Geisler	28.08	
5.	Liz Feldman	30.18	
6.	Robyn Shaw	30.38	
7.	Gwen Steed	32.57	
8.	Rebecca Campbell	33.47	
9.	Celia Johnson	34.26	

In the 3km walks, **Josh Kaiser** was fastest overall with an excellent 13:46 but it was in the U15 division where the action really hotted up with **Kyle Swan** 14:29 and **Jemima Montag** 14:27 fighting it out to the line. **Jasmine Irshad** was also in PB form with a huge time of 14:35 as were **Paige De Lisen** 16:41, **Phillipa Huse** 17:08, **Cody McNicol-Davidson** 18:11 and **Jake Oliva** 22:10. Kyle's time of 14:29 was actually a VRWC U14 Club Record.

VRWC 3km Open

1.	Anna Wallace	17.00	
2.	Donna Elms	18.06	
3.	Chloe McNicol-Davidson	18.12	
4.	Jan Morrey	21.33	
5.	Pam Mews	26.02	
1.	Josh Kaiser	13.46	PB 0:57
2.	Paul Kennedy	15.22	

3.	Alan Huse	18.51	First time walker
4.	John Morrison	21.43	
5.	Tony Barrett	24.43	
	Gordon Onley	DQ	

3km U15

1.	Kyle Swan	14.29	PB 0:09, new VRWC U14 record
2.	Callum Evans	20.28	First ever
3.	Cody McNicol-Davidson	21.03	
4.	Jake Oliva	22.10	PB 0:18
1.	Jemima Montag	14.27	
2.	Jasmine Irshad	14.35	PB 0:21
3.	Paige De Lisen	16.41	PB 0:17
4.	Emily Hamilton	16.52	
5.	Megan Walker	17.02	
6.	Phillipa Huse	17.08	PB 0:32
7.	Shelby Kay	17.16	
8.	Rachael Guy	17.23	
9.	Emily Swan	17.54	
10.	Chloe McNicol-Davidson	18.11	PB 0:07
11.	Carly Bertrand	18.52	
12.	Stacey McLaren	19.36	
13.	Courtney Utber	19.36	First one
14.	Madeleine Feain	20.55	
	Gabby Crea	DQ	

The U12 and U9 walkers upped their distances this week with 2.5km and 1.5km respectively. **Corey Dickson** 13:58 and **Brodie Richardson** 14:04 were our fastest U12 walkers while **Jared Hodges** 9:28 and **Gemma Lillie** 9:39 walked from the front in the U9 once again.

2.5km U12

1.	Corey Dickson	13.58
2.	Lachlan Feain	14.46
3.	Hayden Walmsley	15.03
4.	Liam Evans	16.45
1.	Brodie Richardson	14.04
2.	Mikhala Hodges	14.09
3.	Georgia Bertrand	14.31
4.	Brianna Lillie	14.39
5.	Jessica Lillie	14.48
6.	Tegan Miller	15.10
7.	Mackayla Davison	15.10
8.	Kathleen O'Mahoney	15.19
9.	Anaya Hodges	15.41

1.5km U9

1.	Jared Hodges	9.28
2.	Thomas Kennedy	12.17
1.	Gemma Lillie	9.39
2.	Freya Evans	11.06
3.	Zara Irshad	12.48

Thanks to our many judges and officials. Sorry if we missed anyone.

Set-up:	Bob Gardiner, Harry Summers
Race entries:	Stu Cooper, Michael Bodey, Russ Dickenson, Damien Elms
Uniforms:	Marlaine Stanway
Officials/Timekeepers:	Mark O'Mahoney, Paul Kozaris, Harry Summers, Stu Cooper, Mark Davidson, Don McLaren Jason Elms (bike)
Judges:	Shane Bertrand (C), Frances Attard, Margaret Walker, Lloyd Nichols, Michael Bodey
Canteen:	Barb Gardiner, Wendy Cooper

AV, VMA AND VRWC RACES, MIDDLE PARK, SATURDAY 19 MAY

Last Saturday saw a big mix of events at Middle Park with the Victorian and Victorian Masters 10km championships being decided, along with the usual mix of Victorian Race Walking Club events. Just about perfect autumn conditions greeted the 86 walkers in attendance and we saw a number of PBs in the various events.

The star of the show had to be Old Scotch walker **Andrew Jamieson** who took a further 27 seconds off his pending M65 World Masters record, set only last week at this same venue. He powered through as the fastest male walker in the 10km events with 48:38, winning the Victorian 10km Open championship into the bargain. Behind him, **Brad Simpson** took second in the Victorian championship with a big PB time of 49:21 while **Simon Evans** from the Box Hill club took third with 51:40. In the women's Victorian championship, **Kelly Ruddick** was in a class of her own, winning by over 5 minutes with a time of 47:07 ahead of **Michelle Laufer** 52:51 and **Sarah Brennan** 54:33. Both Sarah and youngster **Kirstin Shaw** 54:50 did good PBs while Kirstin's mother Robyn equalled her own PB in coming sixth.

Victorian Open Men 10 km Road Walk Championship

1.	JAMIESON, Andrew	OSC	0:48:38	M50 1st	
2.	SIMPSON, Bradley	KNA	0:49:21		PB 1:33
3.	EVANS, Simon	BXH	0:51:40	M50 2nd	
4.	McDONOUGH, Aaron	PTN	0:52:29		
5.	CHRISTMASS, James	COR	0:54:30	M40 1st	
6.	KAISER, Joshua	SCA	0:58:09		
7.	KNOX, Duncan	ATE	0:58:35	M50 3rd	
8.	GARDINER, Bob	COL	1:01:12	M50 4th	
	DICKENSON, Russ	SCA	DNF		
	ALLAMBY, Billy	KNA	DNS		
	DONAHOO, Mark	ATE	DNF		
	DILLON, Joshua	COR	DQ		
	SOFIANOS, Gerald	STK	DQ		

Victorian Open Women 10 km Road Walk Championship

1.	RUDDICK, Kelly	BHA	0:47:07		
2.	LAUFER, Michelle	COL	0:52:51	M40 1st	
3.	BRENNAN, Sarah	BYC	0:54:33		PB 3:10
4.	SHAW, Kirstin	WES	0:54:50	M40 2nd	PB 1:02
5.	HEARD, Amanda	EAG	0:58:37		
6.	SHAW, Robyn	WES	1:03:42	M50 1st	Eq PB
	HOCKLEY-SAMON, Jmara	CHI	DNF		
	HAMILTON, Emily	KNA	DNS		

The Victorian Masters championships were jointly contested and a number of the AV walkers featured in the medals here alongside their fellow masters walkers.

VMA 10km Road Walking Championships

M35	McDONOUGH, Aaron	1	0:52:29	
M40	CHRISTMASS, James	1	0:54:30	
M40	PATTERSON, Adam	2	1:04:22	
M50	EVANS, Simon	1	0:51:40	
M50	DONAHOO, Mark		DNF	
M55	RIDDOCH, Clyde	1	0:58:12	
M55	SKRUCANY, Rudolf	2	1:06:39	
M60	GRAY, Mick	1	1:02:10	PB 1:34
M60	SOFIANOS, Gerald		DQ	
M66	DICKENSON, Russell		DNF	
M70	BENNETT, Ralph	1	0:55:59	
M70	WICKS, Barrie	2	1:19:51	
M75	GARDINER, Robert	1	1:01:12	
W35	RUDDICK, Kelly	1	0:47:07	
W50	TINDAL, Pam	1	0:52:56	
W50	SHAW, Robyn	2	1:03:42	Eq PB
W55	THOMPSON, Alison	1	1:01:36	
W60	CARR, Heather	1	0:58:09	
W60	GOURLAY, Marlene	2	0:58:40	PB 0:45
W60	FELDMAN, Liz	3	1:02:37	
W60	JOHNSON, Celia	4	1:10:44	
W65	STEED, Gwen	1	1:07:59	
W70	MACHIN, Sylvia	2	1:11:48	

VRWC also conducted its usual spread of club events, ranging from Open 10km to U9 1.5km. Amongst the best performers were

Jason Kozica (48:42 for 10km), **Jemima Montag** (24:23 for 5km), **Billy Allamby** (24:32 for 5km) **Nathan Brill** (12:21 for 3km U15), **Kyle Bird** (13:56 for 3km), **Jasmine Irshad** (14:38 for 3km U15) and **Adam Garganis** (14:15 for 3km U15).

VRWC 10km Open

1.	ELMS, Donna	1:07:56	
2.	O'NEILL, Simone	1:09:09	
1.	KOZICA, Jason	0:48:42	PB 4:57
2.	MIRARCHI, Nicholas	0:55:39	
3.	JORDAN, Steve *	1:11:29	PB

VRWC 5km Open

1.	MONTAG, Jemima	24:23	
2.	FINNEGAN, Amelia	25:33	
3.	GEISLER, Sandra	27:14	
4.	IRSHAD, Kylie	28:15	
5.	WHILEY, Ebony	31:32	
6.	MORREY, Jan	35:23	
7.	O'NEILL, Karyn *	35:37	
	MCNICOL-DAVIDSON, Chloe	DNF	
1.	ALLAMBY, Billy	24:32	
2.	WALMSLEY, Reese	27:52	
3.	FEAIN, Gerard	28:22	
4.	McNICOL-DAVIDSON, Cody	34:31	
5.	CONBOY, Bruce	36:38	
6.	POORE, Alex *	42:22	

VRWC 3km Open

1.	MEWS, Pam *	27:32	
1.	BRILL, Nathan	12:21	
2.	BIRD, Kyle	13:56	PB
	ONLEY, Gordon	DQ	

VRWC 3km U15

1.	IRSHAD, Jasmine	14:38	
2.	HAMILTON, Emily	16:09	
3.	DE LISEN, Paige	16:23	PB 0:18
4.	EASTWOOD, Jessie	16:23	
5.	WALKER, Megan	16:45	
6.	GUY, Rachael	17:17	
7.	SANDERS, Jade	17:41	
8.	CAMPBELL, Caitlin	19:11	
9.	McLAREN, Stacey	20:25	
10.	FEAIN, Madeleine	21:06	
	CREA, Gabriella	DQ	
1.	GARGANIS, Adam	14:15	PB 0:13
2.	OWEN, Cooper	16:02	
3.	TREMIGLIOZZI, Paul	19:54	
4.	OLIVA, Jake	23:10	
	O'MAHONY, Brendon	DQ	

Finally, our U12 and U9 walkers contested the slightly longer 2.5km and 1.5km distances again this week. Jessica Lillie 14:36, Corey Dickson 14:29 and Gemma Lillie 9:37 were our fastest but all the walkers seemed to enjoy themselves!

VRWC 12 2.5km U12

1.	LILLIE, Jessica	14:36	
2.	LILLIE, Brianna	14:46	
3.	O'MAHONY, Kathleen	15:00	
4.	MILLER, Tegan	15:04	
5.	EASTWOOD, Jemma	15:40	
1.	DICKSON, Corey	14:29	
2.	WALMSLEY, Hayden	14:37	
3.	FEAIN, Lachlan	14:52	
4.	EVANS, Liam	15:35	
5.	BRILL, Caine	16:19	

6.	BRILL, Justin	16:24
7.	MIRARCHI, Thomas	21:23

VRWC 1.5km U9

1.	LILLIE, Gemma	09:37
2.	EVANS, Freya	11:16
3.	IRSHAD, Zara *	11:49

Thanks as always to our many officials and judges who keep the show on the road. Apologies to anyone I have missed.

- Officials:** Tim Erickson, Harry Summers, Ian Laurie, Damien Elms, Mark O'Mahony, Mark Davidson, Craig Brill, Lavinia Petrie, Stuart Cooper
- Judges:** Shane Bertrand (Chief), Brian Williams, Lloyd Nichols, Gordon Loughnan, Matt Owen, Kathleen Marsh, Brenda Felton, Alan Lucas, Peter Vysma, Michael Bodey (DQ)
- Bicycles:** Justin McLaren, Jason Elms
- Setup:** Peter Vysma, Bob Gardiner, Harry Summers
- Canteen:** Barb Gardiner, Kate Suich, Wendy Cooper

VRWC RACES, MIDDLE PARK, SATURDAY 26 MAY 2012

Some 70 walkers braved the dismal weather last Saturday and assembled at Middle Park for first of our handicap start days. These are always popular events with everyone having a chance of victory. Since this was a prizes day, the racing was even more competitive as everyone strove to be the first to the finish line. Overall, the standard of walking was impressive with PBs spread throughout all events.

The 8km event saw **Simone O'Neill** and **Jason Kozica** take the overall handicap honours while fastest time honours went to **Marlene Gourlay** 47:08 and **Brad Simpson** 38:56. Brad has been in great form the last few weeks and this was definitely his best race so far. **Simon Evans** 40:56 was also in fine walking form.

8km Open H'cap Start		Start time	Finish Time	Act Time	Act Place
1.	Simone O'Neill	00:00	0:53:20	53:20	3
2.	Celia Johnson	00:29	0:54:50	54:21	4
3.	Liz Feldman	06:17	0:55:06	48:49	2
4.	Karyn O'Neill	01:18	0:55:45	54:27	5
5.	Marlene Gourlay	08:47	0:55:55	47:08	1
1.	Jason Kozica	11:26	0:50:36	39:10	2
2.	Nicholas Mirarchi	11:23	0:54:37	43:14	5
3.	Rudolf Skrucany	01:58	0:54:41	52:43	10
4.	Ralph Bennett	09:48	0:55:05	45:17	6
5.	Simon Evans	14:23	0:55:19	40:56	3
6.	Bob Gardiner	05:10	0:55:21	50:11	8
7.	Brad Simpson	16:35	0:55:31	38:56	1
8.	Gerald Sofianos	02:25	0:57:17	54:52	12
9.	Gerard Feain	10:22	0:57:52	47:30	7
10.	Steve Jordan	01:22	0:59:42	58:20	13
11.	Scott Nelson	17:52	1:00:04	42:12	4
12.	Alan Lucas	08:50	1:00:10	51:20	9
13.	Tony Johnson	05:56	1:00:43	54:47	11

The 4km Handicap Start events were also numerically large events and it was outmarker **Pam Mews** who held onto her early lead and finished ahead of all the other Open walkers to win the women's Handicap event. **Lucas Taylor** started well back but he walked very strongly to come through the men's field and win the handicap as well as take fastest time with 19:48. **Michelle Laufer** was the fastest of the women with 20:33.

4km Open H'cap Start		Start time	Finish Time	Act Time	Act Place
1.	Pam Mews	00:00	35:39	35:39	9
2.	Michelle Laufer	17:18	37:51	20:33	1
3.	Gwen Steed	12:22	37:56	25:34	6
4.	Nicole Hallett	13:19	38:28	25:09	5
5.	Heather Carr	17:08	39:04	21:56	3
6.	Jan Morrey	10:39	39:12	28:33	7
7.	Donna Elms	14:39	39:19	24:40	4
8.	Amelia Finnegan	18:41	39:57	21:16	2
9.	Cathy Huse	10:52	40:40	29:48	8
	Chloe McNicol-Davidson	12:43	DNF		
1.	Lucas Taylor	18:01	37:49	19:48	1
2.	John Morrison	09:23	38:40	29:17	4
3.	James Christmass	19:21	39:25	20:04	2
4.	Mick Gray	15:33	39:34	24:01	3
5.	Bruce Conboy	10:12	39:50	29:38	5
6.	Barrie Wicks	10:04	40:02	29:58	6
7.	Alex Poore	05:57	41:23	35:26	7
	Gordon Onley	02:25	DQ		

The U15 4km Handicap Start events were won by **Emily Swan** and **Reese Walmsley**, both starting mid field and coming through strongly. Fastest times went to **Jasmine Irshad** 19:56 and **Billy Allamby** 19:20. **Kyle Swan** also showed good speed with his time of 19:57.

4km U15 H'cap Start		Start time	Finish Time	Act Time	Act Place
1.	Emily Swan	05:43	28:37	22:54	4
2.	Madelaine Feain	02:32	29:44	27:12	10
3.	Jasmine Irshad	10:10	30:06	19:56	1
4.	Emily Hamilton	08:24	30:09	21:45	2
5.	Paige De Lisen	07:44	30:22	22:38	3
6.	Philippa Huse	06:29	30:30	24:01	7

7.	Gabriella Crea	04:02	30:37	26:35	9
8.	Carly Bertrand	05:24	30:57	25:33	8
9.	Rachael Guy	07:29	31:27	23:58	6
10.	Jade Sanders	08:24	31:52	23:28	5
11.	Rebecca Campbell	04:14	DNF		
1.	Reese Walmsley	08:00	28:46	20:46	3
2.	Billy Allamby	10:07	29:27	19:20	1
3.	Callum Evans	04:05	29:30	25:25	4
4.	Cody McNicol-Davidson	03:29	29:40	26:11	5
5.	Kyle Swan	10:03	30:00	19:57	2
	Jake Oliva	00:00	DQ		

The Under 12 and Under 9 walkers had scratch races but we still calculated their Handicap placings to determine our prize winners – and the prizes went to **Mackayla Davison, Hayden Walmsly, Freya Evans and Jared Hodges**. Fastest times winners were **Brodie Richardson** 10:55, **Corey Dickson** 10:41, **Gemma Lille** 6:22 and **Jared Hodges** 6:20.

2km U12 Handicap		Actual Time	Act Place
1.	Mackayla Davison	11:22	4
2.	Jemma Eastwood	11:27	5
3.	Kathleen O'Mahony	11:37	8
4.	Brodie Richardson	10:55	1
5.	Brianna Lillie	11:28	6
6.	Jessica Lillie	11:29	7
7.	Georgia Bertrand	11:09	2
8.	Mikhala Hodges	11:21	3
9.	Anaya Hodges	14:32	9
1.	Hayden Walmsley	11:24	2
2.	Corey Dickson	10:41	1
3.	Liam Evans	13:02	3
1km U9 Handicap		Actual Time	Act Place
1.	Freya Evans	07:23	2
2.	Gemma Lillie	06:22	1
1.	Jared Hodges	06:20	1

As usual, thanks to our many supporters and helpers. Sorry if I missed anyone.

Course Setup: Bob Gardiner, Harry Summers, Peter Vysma
Officials: Tim Erickson, Mark Donahoo, Damien Elms, Mark Davidson, Paul Kozaris, Mark O'Mahony, Susan Taylor, Bob Hallett, Harry Summers
Judges: Peter Vysma (Chief), Damien Elms, Michael Bodey, Gordon Loughnan, Lloyd Nichols
Canteen: Barb Gardiner, Kate Suich
Photos and Video: Terry Swan and Frances Attard

VICTORIAN COUNTRY ROADWALK CHAMPIONSHIPS, BALLARAT, SUNDAY 27 MAY

The next day, our Victorian walkers were back in action again, this time at Lake Wendouree in Ballarat, when the Victorian Country Championships were contested. Good weather conditions and a fast 1km loop in North Gardens proved a winning formula and there were a lot of good walks across the board.

The first events on offer were the Open 10km championships which saw **Kelly Ruddick** and **Rachel Tallent** in control. Kelly powered through to a wonderful time of 46:52 (a 1 sec PB) while Rachel, fresh from her walk in this month's World Walking Cup in Russia, recorded 48:13 (a 27 sec PB) for silver. The men's championship saw a close battle between **James Christmass** and **Paul Rance** with James eventually getting the upper hand with 54:44 against Paul's 54:51. The bronze medals went to **Sarah Brennan** 55:10 and **Russ Dickenson** 58:00.

Open Men 10 km Road Walk

1.	James Christmass	COR	0:54:44
2.	Paul Rance	SBE	0:54:51
3.	Russ Dickenson	SCA	0:58:00
4.	Terry O'Neill	GPA	0:59:24
	Andrew Blood	BHA	DNF

Open Women 10 km Road Walk

1.	Kelly Ruddick	BHA	0:46:52	PB 0:02
2.	Rachel Tallent	BYC	0:48:13	PB 0:27
3.	Sarah Brennan	BYC	0:55:10	
	Kirstin Shaw (INV)	WES	0:55:11	
4.	Amanda Heard	EAG	0:58:42	
	Robyn Shaw (INV)	WES	1:07:05	
	Karyn O'Neill	GPA	DQ	



Rachel Tallent, Kelly Ruddick, James Christmass and Paul Rance

The Victorian Country Underage championships saw plenty of PBs as the younger Country based walkers contested events ranging from U14 3km to U20 5km. Winners were **Josh Kaiser**, **Stephanie George**, **Ross Darlow**, **Megan Walker**, **Hayley George** and **Rodney Davis**. Special mention to **Jemima Montag** who walked by invitation, being Melbourne based. Her 3km time of 14:34 was exceptional.

U20 Men 5 km Road Walk Championship

1.	Joshua Kaiser	SCA	23:49	PB 0:22
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U18 Women 5 km Road Walk Championship

1.	Stephanie George	SCA	26:22	
2.	Jmara Hockley-Samon	CHI	28:28	
3.	Ebony Whiley	EAG	29:49	
4.	Kobie Somerfield	BHA	30:04	PB 3:29
	Carly Bertrand (INV)	KSB	32:46	

U16 Boys 3 km Road Walk Championship

1.	Ross Darlow	EKA	15:50	PB 1:33
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U16 Girls 3 km Road Walk Championship

	Jemima Montag (INV)	MAC	14:34	
1.	Megan Walker	COR	16:25	

U14 Girls 3 km Road Walk Championship

1.	Hayley George	SCA	16:53	
2.	Jemma Peart	BYC	17:02	PB 0:29

U14 Boys 3 km Road Walk Championship

1.	Rodney Davis	WEN	19:13	PB 1:01
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Josh Kaiser, Ross Darlow, Megan Walker, Stephanie George and Hayley George



Jemima Montag

The start of the U9 and U12 Racewalking Victoria championships

The U12 and U10 walkers contested Racewalking Victoria championships and this provided a chance for the next generation to test themselves out. The results were very impressive with nearly all the walkers recording PBs. Winners were **Oliver Watts, Georgia Bertrand, Bailey Ohlsen and Alanna Peart**.

U12 2 km Road Walk Championship

1.	Oliver Watts *	BALL	18:22	
1.	Georgia Bertrand	VRWC	10:58	PB 0:09
2.	Mackayla Davison	VRWC	11:06	PB 1:31
3.	Amy Canavan	BALL	11:50	PB 0:33
4.	Alanna Peart	BALL	11:56	PB 3:34
5.	Zahra Hayes	BEND	12:19	PB 1:22
6.	Madison Hill	BEND	12:22	PB 2:15
7.	Olivia Davis	BALL	15:58	

U10 1 km Road Walk Championship

1.	Bailey Ohlsen *	BALL	09:25	
1.	Alanna Peart	BALL	05:43	PB 0:22
2.	Carissa Brook	BEND	06:07	PB 0:19
3.	Andie Montag	VRWC	06:37	
4.	Leah Canavan	BALL	07:03	PB 1:36
5.	Mia Darlow	BALL	07:05	PB 2:37

The Ballarat Walkers won the annual Redmac Trophy for the most points scored overall, a fitting result for the home team.

Thanks to the many Ballarat Racewalking Club members who acted as officials and to event coordinator Daryl Biggin. Thanks also to our judges, most of whom travelled up from Melbourne for the morning.

Judges: Judy Mason (Chief), Peter Vysma (DQ Board), Shane Bertrand, David Cash, Ralph Bennett, Suzanne Callaway, Stuart Cooper, Paul Nunn

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 2 JUNE

A big group of walkers descended on Middle Park (89 in all) on Saturday in perfect conditions for one last hitout before the LBG Carnival next weekend and good times were recorded across the board.

The 10km saw a huge battle between Josh Kaiser and Simon Evans with Josh finally breaking away in the final lap to record a 2:23 PB time of 50:50 ahead of Simon 50:56. It was no surprise that Josh also won the men's handicap. Michelle Laufer 53:27 was an easy winner in the women's 10km event while Simone O'Neill won the women's handicap with a time of 1:06:11, just outside her PB.

10km Open	Time	H'cap Place	
1. Michelle Laufer	53:27	3	
2. Marlene Gourlay	59:00	4	
3. Anna Wallace	1:02:49	6	
4. Alison Thompson	1:03:19	7	
5. Simone O'Neill	1:06:11	1	
6. Donna Elms	1:06:34	2	
7. Celia Johnson	1:09:27	4	
1. Joshua Kaiser	50:50	1	PB 2:23
2. Simon Evans	50:56	2	
3. James Christmass	54:05	3	
4. Nicholas Mirarchi	56:52	7	
5. Duncan Knox	58:55	4	
6. Gerard Feain	59:05	5	
7. Bob Gardiner	1:03:36	6	
8. Tony Johnson	1:07:33	8	
9. Rudolf Skrucany	1:16:53	9	



Josh Kaiser, Marlene Gourlay, Simon Evans, Simone O'Neill and Michelle Laufer

In the Open 5km, Nathan Brill and Rhydian Cowley walked side by side with 3km entrant Jason Kozica and were they moving. Jason eventually cleared out to win the 3km in 12:42 (more about that later), leaving Nathan and Rhydian to walk together and cross the line in 21:26. Behind them, Brad Simpson walked a 10 sec PB with 23:38, his time winning the men's handicap. Mick Gray and Gerald Sofianos also recorded PBs. In the women's walk Kirstin Shaw won with 27:14 while the handicap honours went to her mum Robyn – a family affair!

5km Open	Time	H'Cap Place
1. Kirstin Shaw	27:14	7
2. Heather Carr	27:45	5
3. Jmara Hockley Samon	28:35	8
4. Liz Feldman	29:46	4
5. Robyn Shaw	30:19	1
6. Gwen Steed	32:03	2
7. Chloe McNicol- Davidson	32:04	3
8. Karen O'Neill	34:24	6
Amelia Finnegan	DNF	
E1 Nathan Brill	21:26	5
E1 Rhydian Cowley	21:26	6

3.	Brad Simpson	23:38	1	PB 0:10
4.	Kyle Bird	27:04	12	
5.	Ralph Bennett	27:25	2	
6.	Russ Dickenson	29:09	9	
7.	Mick Gray	29:21	4	PB 0:43
8.	Alan Lucas	31:37	8	
9.	Gerald Sofianos	32:49	3	PB 0:13
10.	Geoff Barrow	33:10	7	
11.	Barrie Wicks	38:02	10	
12.	Alex Poore	43:35	11	

In the Open 3km, Jason Kozica was the standout with a 39 sec PB time of 12:42, also winning the handicap. Jan Morrey did the same double in the Open women's 3km with her time of 20:36. In the U15 3km, Kyle Swan was the quickest with 14:31, ahead of Jasmine Irshad 14:55 while the handicap winners were Emily Swan with 17:13 and Cody McNicol-Davidson with 18:55. Shelby Kay 16:32, Paige De Lisen 16:05, Emily Swan 17:13 and Reese Walmsley 15:08 all did PBs.

3km Open

1.	Jan Morrey	20:36	1	
2.	Cathy Huse	21:45	3	
3.	Pam Mews	26:33	2	
	Stephanie George	DNF		
1.	Jason Kozica	12:42	1	PB 0:39
2.	Paul Kennedy	15:25	4	
3.	Gordon Onley	21:31	2	
4.	John Morrison	22:00	3	
5.	Tony Barrett	23:00	5	

3km Under 15

1.	Jasmine Irshad	14:55	10	
2.	Emily Hamilton	15:49	4	
3.	Paige De Lisen	16:05	2	PB 0:18
4.	Shelby Kay	16:32	8	PB 0:01
5.	Jessie Eastwood	17:00	3	
6.	Emily Swan	17:13	1	PB 0:10
7.	Mikhala Hodges	17:15	5	
8.	Philippa Huse	17:27	7	
9.	Carly Bertrand	18:03	6	
10.	Beth Barbour	18:42	12	
11.	Rebecca Campbell	19:19	9	
12.	Gabbie Crea	19:42	11	
13.	Courtney Utber	20:02	13	
14.	Stacey McLaren	21:33	14	
1.	Kyle Swan	14:31	2	
2.	Reese Walmsley	15:08	3	PB 0:37
3.	Cody McNicol- Davidson	18:55	1	
4.	Paul Tremiglioizzi	19:12	4	
	Brendan O'Mahony	DQ		
	Callum Evans	DNS		

The U12 walkers were in amazing form with the majority of the field recording PBs. Rachael Guy dropped down from U15 to U12 so that she could kick out over 2km and she was rewarded with fastest time of 10:08. She finished just behind Corey Dickson 10:03 who took the double – boys' fastest and boys' handicap. Georgia Bertrand won the U12 girls' race with 10:39 while Brodie Richardson won the handicap. In the U9 division, Freya Evans stepped straight onto the track from dancing (still in her dancing shoes!) and was rewarded with a huge PB of 6:25, winning the girls' race and handicap. Jared Hodges was the fastest of the boys with 6:19 while Thomas Kennedy won the boys' handicap with 8:25.

2km Under 12

1.	Rachael Guy	10:08	-	PB 1:01
2.	Georgia Bertrand	10:39	4	PB 0:19
3.	Brodie Richardson	10:44	1	PB 0:11
4.	Brianna Lillie	11:08	3	PB 0:20
5.	Jessica Lillie	11:25	6	PB 0:04
6.	Kathleen O'Mahony	11:26	2	PB 0:11
7.	Jemma Eastwood	12:03	7	
8.	Mackayla Davison	12:04	8	
9.	Tegan Miller	12:10	5	PB 0:03
10.	Anaya Hodges	12:15	9	

1.	Corey Dickson	10:03	1	PB 0:38
2.	Hayden Walmsley	11:39	4	
3.	Lachlan Feain	11:44	3	PB 0:08
4.	Liam Evans	12:11	2	PB 0:36
5.	Justin Brill	13:23	5	

1km Under 9

1.	Freya Evans	06:25	1	PB 0:58
2.	Gemma Lillie	06:26	3	
3.	Zara Irshad	10:42	4	
1.	Jared Hodges	06:19	2	
2.	Thomas Kennedy	08:25	1	
3.	William Kennedy	08:26	2	



Brodie Richardson, Tom and William Kennedy, Corey Dickson, Freya Evans, Gemma Lillie and Jared Hodges

And finally, thanks to our many officials. Sorry if I missed anyone!

- Officials:** Tim Erickson, Mark Donahoo, Stuart Cooper, Mark O'Mahony, Ian Laurie, Mark Davidson, Damien Elms, Jason Elms, Don McLaren, Jason McLaren
- Judges:** Peter Vysma (Chief), Stuart Cooper, Shane Bertrand, Dave Cash, Lloyd Nichols, Gordon Loughnan
- Course Setup:** Bob Gardiner, Harry Summers
- Photos:** Terry Swan

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 16 JUNE

Saturday saw our annual "Guess Your Time" races at Middle Park and 71 walkers decided to test themselves out in this very different event. No watches are allowed and no times are called so it is a test of how accurately you can pace yourself against your Guess. As an added incentive, we had prizes on offer for the winners of each division.

The 10km event saw Robyn Shaw and Russ Dickenson the closest to their projected times while the fastest times went to Simon Evans 51:28 and Mathilde Lacaze (over from France and spending a few months in Melbourne) 59:22. It was Mathilde's first time walking with the club so welcome! We also welcomed Stuart Kollmorgen back from England (after some 8 months studying away) and he blew the cobwebs away with 53:33.

10km Open		Actual Time	Gussed time	Difference	Place	
1.	Robyn Shaw	1:04:13	1:04:20	0:07	1	
2.	Liz Feldman	1:02:39	1:03:00	0:21	2	
3.	Simone O'Neill	1:07:30	1:07:00	0:30	3	
4.	Alison Thompson	1:01:06	1:02:00	0:54	4	
5.	Karen O'Neill	1:09:58	1:09:00	0:58	5	
6.	Mathilde Lacaze	59:22	1:01:59	2:37	6	
1.	Russ Dickenson	58:54	58:45	0:09	1	
2.	Simon Evans	51:28	51:00	0:28	2	
3.	Nicholas Mirarchi	55:00	55:30	0:30	3	
4.	James Christmass	55:15	54:19	0:56	4	
5.	Gerard Feain	1:03:58	1:03:00	0:58	5	
6.	Gerald Sofianos	1:07:29	1:06:06	1:23	6	PB 0:28
7.	Stuart Kollmorgen	53:33	49:30	4:03	7	



Mathilde Lacaze, Stuart Kollmorgen, Russ Dickenson, Gwen Steed, Robyn Shaw and Simon Evans in action

The 5km was a high quality event with Rhydian Cowley and Nathan Brill firing out in front. It was Rhydian who eventually cleared out to be the first finished with 21:23 ahead of Nathan 21:34. Rhydian and Bob Gardiner were the closest to their projected times so shared the prizes table after the event. Kirstin Shaw was the fastest of the women with 26:46 while Donna Elms was the best guesser! And special mentions to Kyle Bird 24:11 (another fast time) and Alex Poore 38:36 (getting back into form).

5km Open		Actual Time	Gussed time	Difference	Place
1.	Donna Elms	30:45	30:30	0:15	1
2.	Anna Wallace	29:22	29:00	0:22	2
3.	Kirstin Shaw	26:46	27:10	0:24	3
4.	Gwen Steed	32:23	31:55	0:28	4
5.	Marlene Gourlay	29:22	28:10	1:12	5
	Carly Bertrand	DNF			
	Jasmine Irshad	DNF			
1.	Rhydian Cowley	21:23	21:10	0:13	E1
2.	Bob Gardiner	30:47	31:00	0:13	E1
3.	Barrie Wicks	37:32	37:50	0:18	3
4.	Kyle Bird	24:11	24:30	0:19	4
5.	Alan Lucas	31:17	31:45	0:28	5

6.	Adam Garganis	25:00	24:30	0:30	6
7.	Nathan Brill	21:34	21:00	0:34	E7
8.	Steve Jordan	34:26	35:00	0:34	E7
9.	Ralph Bennett	28:36	28:00	0:36	9
10.	Rudolf Skrucany	32:03	33:00	0:57	10
11.	Gary Turner	40:10	41:40	1:30	11
12.	Anthony Doran	32:11	33:45	1:34	12
13.	Geoff Barrow	33:20	31:00	2:20	13
14.	Alex Poore	38:36	42:00	3:24	14



Alan Lucas, Bob Gardiner, Rhydian Cowley, Kirstin Shaw, Donna Elms and Kyle Bird

The 3km Open saw Heather Carr 16:07 and Josh Kaiser 13:51 take fastest times while Heather and Paul Kennedy won the Guess Your Time component. In the U15 3km, Jessie Eastwood 15:55 and Billy Allamby 14:33 were our fastest but special mentions to Kyle Swan 14:36 and Lachlan Feain 18:56 (a big PB). The winners from a guessing perspective were Shelby Kay and Billy Allamby.

3km Open		Actual Time	Guessed time	Difference	Place	
1.	Heather Carr	16:07	15:48	0:19	1	
2.	Jan Morrey	20:34	20:12	0:22	2	
3.	Pam Mews	27:58	26:30	1:28	3	
1.	Paul Kennedy	17:34	17:00	0:34	1	
2.	Josh Kaiser	13:51	13:15	0:36	2	
3.	Gordon Onley	22:25	21:48	0:37	3	
4.	Bruce Conboy	22:01	24:30	2:29	4	
3km Under 15		Actual Time	Guessed time	Difference	Place	
1.	Shelby Kay	16:22	16:30	0:08	1	
2.	Paige De Lisen	16:17	16:00	0:17	E2	
3.	Emily Hamilton	16:07	15:50	0:17	E2	
4.	Emily Swan	17:09	16:40	0:29	4	
5.	Jessie Eastwood	15:55	16:33	0:38	5	PB 0:21
6.	Madeleine Feain	21:42	21:00	0:42	6	
7.	Jade Sanders	17:01	16:10	0:51	7	
	Rebecca Campbell	DNF				
	Gabbie Crea	DQ				
1.	Billy Allamby	14:33	14:30	0:03	1	
2.	Kyle Swan	14:36	14:30	0:06	2	
3.	Paul Tremiglioizzi	19:17	19:30	0:13	3	
4.	Reese Walmsley	15:37	15:10	0:27	4	
5.	Lachlan Feain	18:56	19:45	0:49	5	PB 1:10



Jessie Eastwood, Kyle Swan, Adam Garganis, Billy Allamby, Josh Kaiser, Shelby Kay and Heather Carr

The U12 and U9 Guessing winners were Gemma Eastwood, Thomas Mirarchi, Gemma Lillie and Tom Kennedy so they got to pick from the prizes tables. Although there were no PBs on the day, there were lots of walkers right up to their best, with fastest times going to Brodie Richardson 10:51, Corey Dickson 10:31, Gemma Lillie 6:42 and Tom Kennedy 7:55.

2km Under 12		Actual Time	Guessed time	Difference	Place
1.	Gemma Eastwood	11:48	11:47	0:01	1
2.	Jessica Lillie	11:58	12:00	0:02	2
3.	Brodie Richardson	10:51	10:45	0:06	3
4.	Brianna Lillie	11:17	11:10	0:07	4
5.	Kathleen O'Mahony	11:34	11:22	0:12	5
6.	Georgia Bertrand	10:45	10:30	0:15	6
1.	Thomas Mirarchi	15:42	16:00	0:18	1
2.	Corey Dickson	10:31	10:10	0:21	2
3.	Caine Brill	13:31	13:00	0:31	3
4.	Hayden Walmsley	12:44	12:00	0:44	4
	Liam Evans	DNS			
1km Under 9		Time	Guessed time	Difference	Place
1.	Gemma Lillie	06:42	06:25	0:17	1
2.	Freya Evans	07:10	06:30	0:40	2
1.	Tom Kennedy	07:55	08:20	0:25	1

Finally, thanks to all our officials and judges. Sorry if I missed anyone - it takes a lot of people to keep the show on the road!

Officials: Tim Erickson, Mark Donahoo, Michael Bodey, Jason Elms, Harry Summers, Ian Laurie, Marlaine Stanway, Don McLaren

Canteen: Barb Gardiner, Kate Suich

Judges: Peter Vysma (chief), Shane Bertrand, Judy Mason, Lloyd Nichols, Michael Bodey, David Cash, Damien Elms

Photos: Terry Swan

AV, AV SCHOOLS, AMA, VMA AND VRWC CLUB CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 24 JUNE

Sunday saw one of our biggest days of the winter at Middle Park with a variety of Victorian, Victorian Schools, VMA, AMA and VRWC Championships on offer. Unfortunately I was not there as I was in Sydney (read more about that later in the newsletter) but I am told that the weather was perfect (even some sun) and that the large fields of walkers showed excellent form. It is not often that we get right through this sort of championship day without one disqualification but that was the case on Sunday so well done everyone on your good walking. Overall, 87 walkers contested a variety of events. Thanks to VRWC Photographer Terry Swan for the photos used in this report (see full gallery at www.vrwc.org.au/coppermine).

We don't hold that many Sunday morning races in our calendar as the surrounding parklands and walking tracks are normally pretty busy. I am told that at one stage there was an altercation between walkers and other park users over right of way on the walking tracks so a quiet reminder to all that we sublease the roads from Parks Victoria on a shared basis - ie we have to coexist with other park users who also have the right to use the roads. So commonsense and a willingness to cooperate is needed on both sides. Enough said!

And now onto the racing. The first events to kick off at 9:30AM were the 20km championships - Victorian Open, Victorian Masters, Australian Masters and VRWC Open Men. Then we also had an Open non-championship for anyone else who wanted to walk 20km. Obviously many walkers featured in more than one championship so there is a fair bit of duplication in the results.

In total, we had over 30 walkers in the 20km events and the gun performer was NSW Olympian Beki Lee who was untroubled in taking fastest time overall with 1:36:45. With her pre-departure test now completed, she will fly out to Europe to join her Australian Olympic walking team mates in St Moritz. Behind her, local walkers Michelle Laufer 1:50:09 and Sarah Brennan 1:54:14 took Victorian Open gold and silver in their first ever 20km efforts while the bronze medal went to Kirstin Shaw who recorded a big PB with her time of 1:59:28. In the men's Victorian Open championship, Simon Evans 1:44:33 took gold ahead of Stuart Kollmorgen 1:45:50 and Aaron McDonough 1:47:05. There were plenty of PBs overall as shown below.

AV 20km Open Women

1.	Beki Lee	INV	1:36:45	
2.	Michelle Laufer	COL	1:50:09	PB - first ever
3.	Sarah Brennan	BYC	1:54:14	PB - first ever
4.	Kirstin Shaw	WES	1:59:28	PB - 2:16
5.	Heather Carr	EAG	2:03:59	
6.	Robyn Shaw	WES	2:17:49	PB 11:32
7.	Donna-Marie Elms	ATE	2:20:29	
	Jmara Hockley Samon	CHI	DNS	
	Emily Hamilton	KNA	DNS	

AV 20km Open Men

1.	Simon Evans	BXH	1:44:33	PB 6:58
2.	Stuart Kollmorgen	COL	1:45:50	
3.	Aaron McDonough	PTN	1:47:05	PB 2:29
4.	James Christmass	COR	1:52:42	PB 1:09
5.	Bob Gardiner	COL	2:11:00	
	Bradley Simpson	KNA	DNF	
	Andrew Jamieson	OSC	DNF	
	Billy Allamby	KNA	DNS	

Now onto the Masters Australian and Victorian Championships where standouts included Ralph Bennett (1:57:35 for M70), Bob Gardiner (2:11:00 for M75), Heather Carr (2:03:59 for W60) and Scott Nelson (1:45:50 for M40). Special mention also to Anna Wallace who won the W30 in a big PB time of 2:13:57. It always surprises me that more of these walkers don't also enter the concurrent AV Open Championships and such was the case of Sunday.

AMA Master 20km Men & Women

1	W40-44	Michelle Laufer	Vic	1:50:09
1	W50-54	Donna-Marie Elms	Vic	2:20:29
1	W55-59	Alison Thompson	Vic	2:13:31
1	W60-64	Heather Carr	Vic	2:03:59
2	W60-64	Liz Feldman	Vic	2:10:16
1	M40-44	Scott Nelson	Vic	1:45:11
2	M40-44	Stuart Kollmorgen	Vic	1:45:50
3	M40-44	Aaron McDonough	Vic	1:47:05
4	M40-44	James Christmass	Vic	1:52:42
5	M40-44	Adam Patterson	Vic	2:09:55
	M40-44	David Smythe	WA	DNF
1	M45-49	Mark Thomas	Vic	1:55:59
2	M45-49	David Best	WA	2:24:48
1	M50-54	Simon Evans	Vic	1:44:33
1	M55-59	Clyde Riddoch	Vic	2:07:48
1	M60-64	Alan Lucas	Vic	2:15:35

	M65-65	Andrew Jamieson	Vic	DNF
	M65-69	Russ Dickenson	Vic	DNS
1	M70-74	Ralph Bennett	Vic	1:57:35
1	M75-79	Bob Gardiner	Vic	2:11:00

VMA Masters 20km Men & Women

1	W30-34	Anna Wallace	Vic	2:13:37	PB 5:22
1	W40-44	Michelle Laufer	Vic	1:50:09	
1	W50-54	Robyn Shaw	Vic	2:17:49	
2	W50-54	Donna-Marie Elms	Vic	2:20:29	
1	W55-59	Alison Thompson	Vic	2:13:31	
1	W60-64	Heather Carr	Vic	2:03:59	
2	W60-64	Liz Feldman	Vic	2:10:16	
1	M40-44	Scott Nelson	Vic	1:45:11	
2	M40-44	Stuart Kollmorgen	Vic	1:45:50	
3	M40-44	Aaron McDonough	Vic	1:47:05	
4	M40-44	Adam Patterson	Vic	2:09:55	
1	M45-49	Mark Thomas	Vic	1:55:59	
1	M50-54	Simon Evans	Vic	1:44:33	
1	M55-59	Clyde Riddoch	Vic	2:07:48	
2	M55-59	Rudolf Skrucany	Vic	2:33:26	
1	M70-74	Ralph Bennett	Vic	1:57:35	

We had two final 20km walkers in Terry and Karyn O'Neill who contested an Open event. Finally, we take all the 20km results from the VRWC Men and work out who wins the annual VRWC 20km Men Club Championship - Alf Robinson Trophy. This year it went to Simon Evans ahead of Scott Nelson and Stuart Kollmorgen.

VRWC Open 20km

1.	Terry O'Neill	VRWC	2:02:57
2.	Karyn O'Neill	VRWC	2:22:05

VRWC 20km Men Club Championship - Alf Robinson Trophy

1.	Simon Evans	VRWC	1:44:33
2.	Scott Nelson	VRWC	1:45:11
3.	Stuart Kollmorgen	VRWC	1:45:50
4.	Aaron McDonough	VRWC	1:47:05
5.	James Christmass	VRWC	1:52:42
6.	Mark Thomas	VRWC	1:55:59
7.	Ralph Bennett	VRWC	1:57:35
8.	Terry O'Neill	VRWC	2:02:57
9.	Clyde Riddoch	VRWC	2:07:48
10.	Adam Patterson	VRWC	2:09:55
11.	Bob Gardiner	VRWC	2:11:00
12.	Alan Lucas	VRWC	2:15:35
13.	Rudolf Skrucany	VRWC	2:33:26
	David Smythe	VRWC	DNF
	Andrew Jamieson	VRWC	DNF

The next championships to be contested were the Victorian Schools championships, with fields in U14, U16 and U18 divisions. We saw some fine walking here from gold medallists Nathan Brill 21:15, Stephanie George 26:00, Billy Allamby 13:56, Jemima Montag 14:27, Kyle Swan 14:59 and Rachael Guy 16:15. Special mention also to Kyle Bird 23:34 and Adam Garganis 14:07 who also posted nationally significant performances. There were plenty of PBs, especially in the younger division races.

AV School Un 18 Mens 5km

1.	Brill, Nathan	Rosebud Secondary College	21:15	
2.	Bird, Kyle	Padua College, Mornington	23:34	
3.	Taylor, Lucas	Lilydale High School	25:26	PB 0:07
	Allamby, Billy	St Joseph's	DNF	
	McShanag, Connor	St Bernard's College	DNS	

AV School U18 Women 5km

1.	George, Stephanie	Yarra Valley GS	26:00
2.	Finnegan, Amelia	Mater Christi College	26:41
3.	Heard, Amanda	Goulburn Valley GS	27:25
4.	Whiley, Ebony	Bendigo Senior Sec. Coll.	28:41
5.	Hockley Samon, Jmara	Clonard College	28:43
6.	Somerfield, Kobie	Mt Clear College	30:36
7.	Bertrand, Carly	Maribyrnong Sec. Coll.	33:02

AV School U16 Men 3km

1.	Allamby, Billy	St Joseph's	13:56	
2.	Garganis, Adam	Thornbury High School	14:07	PB 0:08
3.	Walmsley, Reese	Rowville Secondary College	15:23	
4.	Darlow, Ross	Ballarat High School	15:39	
5.	Owen, Cooper	Viewbank College	16:12	

AV School U16 Women 3km

1.	Montag, Jemima	Wesley College, St Kilda Rd	14:27	
2.	Irshad, Jasmine	Wantirna College	14:56	
3.	Eastwood, Jessie	Victorian College of the Arts	15:26	PB 0:50
4.	Hamilton, Emily	Mater Christi College	16:03	
5.	Walker, Megan	Clonard College	16:45	
6.	Swan, Emily	The Knox School	17:20	
7.	Irons, Julia	St Columba's College	18:37	PB 1:35
8.	Utber, Courtney	Mount St Josephs Girls' Coll.	18:48	PB 0:48
	Campbell, Rebecca	Copperfield College	DNS	
	Boldiston, Zoë	Notre Dame College	DNS	
	Sanders, Jade	Berwick Secondary College	DNS	

AV School U14 Men 3km

1.	Swan, Kyle	The Knox School	14:59
2.	Walmsley, Hayden	Karoo Primary School	19:34

AV School Un 14 Women 3km

1.	Guy, Rachael	Haileybury College	16:15	PB 0:31
2.	Bertrand, Georgia	Killara Primary School	16:53	PB 2:13
3.	Utber, Brooklyn	Baden Powell College	16:58	First ever
4.	Huse, Phillipa	Invitation	17:05	PB 0:03
5.	Eastwood, Jemma	Mater Christi College	17:37	PB 1:45
6.	Lillie, Jessica	Rowville Secondary College	17:41	PB 0:38
7.	Brown, Hayley	Fairhills High School	18:46	

The final events included VRWC U9 and U12 club championships with an Open 5km for everyone else. Well done to club our youngest club champions Carissa Brook, Jared Hodges, Mikhala Hodges and Hayden Walmsley.

VRWC U9 1km Club Championship

1.	Carissa Brook	06:01
2.	Gemma Lillie	06:37
3.	Freya Evans	07:07

1.	Jared Hodges	05:59
2.	Thomas Kennedy	07:15

VRWC U12 2km Club Championship

1.	Mikhala Hodges	10:48
2.	Brianna Lillie	10:50
3.	Brodie Richardson	11:05
4.	Kathleen O'Mahony	11:06

1.	Hayden Walmsley	12:01
2.	Ethan Wright	12:25
3.	Joseph Rickard	12:29
4.	Caine Brill	12:50
5.	Tom Mirarchi	16:12

VRWC Open 5km Race

1.	Mathilde Lacaze	28:08
2.	Simone O'Neill	32:39
3.	Celia Johnson	34:24
4.	Nicholas Mirarchi	26:37
5.	David Armstrong	29:49
6.	Barrie Wicks	31:59
7.	Anthony Doran	32:06
8.	Tony Johnson	32:43



Nathan Brill, Stephanie George, Billy Allamby, Jemima Montag and Kyle Swan in action



Rachael Guy, Jared Hodges, Carissa Brook, Mikhala Hodges and Hayden Walmsley

And finally, thanks to everyone who ran the show so well in my absence. I hear the presentations got under way very shortly after the last event finished and that all ran smoothly. I am sure my list is incomplete so sorry if I missed you. Everyone is appreciated!

- Judges:** Shane Bertrand (C), Lloyd Nichols, Matt Owen, Brian Williams, Judy Mason, Gordon Loughnan, Peter Vysma and Michael Bodey (DQ Board)
- Officials:** Stu Cooper, Mark O'Mahony, Ian Laurie, Mark Donahoo, Les Clarke, Tony Doran, Marlaine Stanway, Colin Thompson
- Canteen:** Kate Suich, Wendy Cooper
- Course Setup:** Harry Summers, Bob Gardiner, Peter Vysma
- Photos:** Terry Swan

VRWC CLUB RACES, MIDDLE PARK, SATURDAY 30 JUNE 2012

Last Saturday we were back at Middle Park for our next round of VRWC club races with 59 walkers in attendance. Although the weather threatened and it was very cold, the rain held off, allowing our annual Intervals race to proceed. The idea is simple - you have 17 minutes to finish each 2km leg and you can do as many legs as you can.

Rhydian Cowley was the star performer in the 5x2km event, clocking in with 2km legs of 7:53, 7:53, 7:52, 8:04 and 8:23 for a combined time of 40:05. Behind him, **Stuart Kollmorgen**, **Billy Allamby** (last lap of 8:58), **Simon Evans** and **Adam Garganis** were also in great form. Of the women, **Michelle Laufer** (her last lap was her fastest) and **Kirstin Shaw** also walked excellently.

VRWC Intervals Race - 5x2km						Total	
1.	Laufer, Michelle	10:22	10:13	10:13	10:20	10:11	51:19
2.	Shaw, Kirstin	10:20	10:57	11:01	10:53	10:45	53:56
3.	O'Neill, Simone	12:53	12:51	12:55	13:06	12:54	1:04:39
4.	O'Neill, Karyn	14:01	13:42	13:52	13:35	13:37	1:08:47
	Johnson, Celia	13:44	13:40	13:45	14:30	13:53	DQ
1.	Cowley, Rhydian	07:53	07:53	07:52	08:04	08:23	40:05
2.	Kollmorgen, Stuart	09:20	09:22	09:23	09:25	09:29	46:59
3.	Allamby, Billy	09:24	09:21	09:36	10:11	08:58	47:30
4.	Evans, Simon	09:46	09:44	09:37	09:40	09:39	48:26
5.	Garganis, Adam	09:51	09:52	10:35	10:48	09:58	51:04
6.	Mirarchi, Nicholas	10:20	10:25	10:09	10:15	10:40	51:49
7.	Skrucany, Rudolf	13:36	12:49	12:21	14:01	13:01	1:05:48
	Barrow, Geoff	13:14	12:54	13:05	13:27	15:16	DQ

Many of our walkers opted to walk lesser numbers of intervals but they too raced hard. Special mentions to **Anna Wallace**, **Paul Kennedy** and **Reese Walmsley**.

VRWC Intervals Race - 4x2km						Total	
1.	Wallace, Anna	10:56	11:25	11:34	11:37		45:32
2.	Gourlay, Marlene	11:27	11:38	11:34	11:47		46:26
3.	Kay, Shelby	10:54	11:43	11:47	12:27		46:51
4.	Thompson, Alison	11:40	11:45	11:51	12:41		47:57
1.	Gardiner, Bob	11:59	11:53	11:59	11:54		47:45
2.	Doran, Anthony	13:31	13:22	13:13	13:16		53:22
3.	Johnson, Tony	13:46	13:19	13:27	14:03		54:35

VRWC Intervals Race - 3x2km						Total	
1.	Shaw, Robyn	11:49	11:51	12:08			35:48
2.	Guy, Rachael	10:57	11:09	14:46			36:52
3.	Steed, Gwen	12:34	12:33	12:45			37:52
4.	McNicol-Davidson, Chloe	11:47	13:37	13:41			39:05
1.	Kennedy, Paul	10:16	10:08	10:00			30:24
2.	Walmsley, Reese	10:04	09:55	10:36			30:35
3.	McNicol-Davidson, Cody	12:10	14:40	14:46			41:36
4.	Poore, Alex	15:58	15:41	15:36			47:15

VRWC Intervals Race - 2x2km						Total	
1.	Elms, Donna	11:58	12:32				24:30
2.	Brill, Nathan	08:10	08:24				16:34

Walkers also had the option of a simple 4km race and a number took up the offer. **Kyle Bird** 19:14 and **Stephanie George** 20:27 were the best of the Open walkers while **Kyle Swan** 20:27 and **Emily Hamilton** 21:45 were the best of the U15s. We welcomed first time walker **Jake Kellar** and he walked well to record 24:39.

VRWC 4km Open					
1.	Bird, Kyle	19:14			
2.	George, Stephanie	20:27			
3.	Kellar, Jake	24:39	First time		
4.	Feain, Gerard	27:46			
5.	Wicks, Barrie	30:00			
6.	Mews, Pam	38:10			

VRWC 4km U15					
1.	Hamilton, Emily	21:45			
2.	De Lisen, Paige	22:38			

3.	Walker, Megan	23:26
4.	Eastwood, Jessie	23:56
5.	Swan, Emily	23:58
6.	Utber, Courtney	26:09
7.	Crea, Gabriella	26:18
8.	Feain, Madeleine	27:46
1.	Swan, Kyle	20:27

Our U12 and U9 walkers had their usual points races (their intervals races are in a few weeks time) with **Jessica Lillie, Thomas Mirarchi, Gemma Lillie** and **Jared Hodges** winning the handicaps. **Hayley George** and **Corey Dickson** were both in fine form to take fastest times in the U12 division.

VRWC 2.5km U12 Handicap		Time	H'cap	H'Cap Place
1.	George, Hayley	13:38	13:11	7
2.	Richardson, Brodie	13:56	14:06	2
3.	Hodges, Mikhala	14:08	13:52	4
4.	Lillie, Brianna	14:20	14:33	3
5.	Eastwood, Jemma	14:38	15:02	6
6.	Lillie, Jessica	14:43	14:39	1
7.	Miller, Tegan	15:47	15:29	5
1.	Dickson, Corey	13:18	13:36	4
2.	Walmsley, Hayden	14:36	14:49	3
3.	Feain, Lachlan	14:43	14:48	2
4.	Mirarchi, Thomas	20:51	20:47	1

VRWC 1.5km U9 Handicap		Time	H'cap	H'Cap Place
1.	Lillie, Gemma	09:45	09:59	1
1.	Hodges, Jared	09:28	09:44	1
2.	Kennedy, Thomas	11:17	12:25	2

Thanks as usual to our many officials. Sorry if I missed anyone.

Officials: Tim Erickson, Stuart Cooper, Michael Bodey, Paul Kozaris, Marlaine Stanway, Don McLaren, Harry Summers, Justin McLaren, Ian Laurie
Judges: Peter Vysma (Chief), Gordon Onley, Stuart Cooper, Michael Bodey, Lloyd Nichols
Course Setup: Bob Gardiner, Harry Summers, Craig Brill, Tim Erickson, Peter Vysma
Canteen: Barb Gardiner, Wendy Cooper
Photos: Terry Swan

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SATURDAY 7 JULY

After a week of miserable weather, the weekend dawned sunny with mild and the 64 walkers in attendance at Middle Park on Saturday enjoying perfect mid-winter racing conditions.

The first events to kick off were our 15km Victorian and club championships and it was great to see 25 walkers attacking the longest distance of the day. The Victorian 15km roadwalk championships were very much the centrepiece and they produced two first time Victorian champions. In the women's race, Collingwood's **Michelle Laufer**, after silvers in the Victorian 5000m track walk last summer and the Victorian 10km roadwalk earlier this season, broke through to win in a big PB time of 1:21:10 ahead of **Sarah Brennan** 1:24:28 and **Kirstin Shaw** 1:25:22. In the men's race, Corio walker **Josh Dillon** also won his first ever senior gold in his first ever 15km walk, his time a very impressive 1:14:52. The minor medals went to **Simon Evans** with a PB of 1:15:58 and super masters walker **Andrew Jamieson** 1:18:26.

The VRWC 15km walks also saw some very good performances, the best coming from 16 year old **Kyle Bird** with a first up time of 1:19:46, **Anna Wallace** a PB 1:33:56, **Marlene Gourlay** a first time 1:31:30 and **Rudolf Skrucany** whose time of 1:42:59 was his fastest for about 4 years.

AV 15km Open Men

1.	Josh Dillon	COR	1:14:52	First one ever
2.	Simon Evans	BOH	1:15:58	PB
3.	Andrew Jamieson	OSC	1:18:26	
4.	James Christmass	COR	1:23:13	PB 2:15
5.	Bob Gardiner	COL	1:34:47	
	Aaron McDonough	PTN	DNF	
	Gerald Sofianos	STK	DQ	
	Billy Allamby	KNX	DNS	
	Stuart Kollmorgen	COL	DNS	

AV 15km Open Women

1.	Laufer Michelle	COL	1:21:10	PB 2:48, club record
2.	Sarah Brennan	BYC	1:24:28	PB
3.	Kirstin Shaw	WES	1:25:22	PB 1:53
4.	Marlene Gourlay	VMA	1:31:30	First ever
5.	Robyn Shaw	WES	1:36:37	
	Jmara Hockley Samon	CHI	DNS	
	Emily Hamilton	KNX	DNS	

VRWC 15km Womens Club Championship - Elsie Jacobson Trophy

1.	Laufer Michelle	1:21:10	
2.	Sarah Brennan	1:24:28	
3.	Kirstin Shaw	1:25:22	
4.	Marlene Gourlay	1:31:30	
5.	Anna Wallace	1:33:56	PB
6.	Robyn Shaw	1:36:37	
7.	Simone O'Neill	1:41:47	
8.	Donna Elms	1:44:57	
	Celia Johnson	DNF	
	Karen O'Neill	DQ	

VRWC 15km U20 Men and Women Club Championship

1.	Kyle Bird	1:19:46	First ever
	Amelia Finnegan	DNF	

Open 15km for Men

1.	Nicholas Mirarchi	1:23:44	
2.	Rudolf Skrucany	1:42:59	Best since 2008
3.	Steve Jordan	1:55:19	
	Ross Reid	DNF	
	Ralph Bennett	DNF	
	Terry O'Neill	DQ	

This was also our major VRWC club championship day for our younger walkers and PBs were across the board in the near perfect conditions. **Nathan Brill** led from the front with 21:13 in the boys U16 5km (a new club record) with **Billy Allamby** 23:47, **Adam Garganis** 24:19 and **Reese Walmsley** 25:37 ensuring that particular race was of the highest standard possible. **Megan Walker** 28:36 and **Emily Swan** 30:55 also recorded PBs in the girls U16 5km as did **Madeleine Feain** 20:00 in the U14 3km. Our U14 medallists were **Paige De Lisen** 16:55 and **Kyle Swan** 14:53. Kyle was typical of a number of walkers, running cross country in the morning and then backing up for a high quality walk in the afternoon.

VRWC U16 Boys and Girls 5km Club Championship

1.	Megan Walker	28:36	PB 0:04
2.	Emily Swan	30:55	PB 0:55
3.	Carly Bertrand	31:48	
	Jasmine Irshad	DNF	(3km in 14:57)
1.	Nathan Brill	21:13	PB 0:03, club record
2.	Billy Allamby	23:47	PB 0:30
3.	Adam Garganis	24:10	PB 0:27
4.	Reese Walmsley	25:37	PB 1:27
5.	Jake Kellar	29:23	First ever

VRWC U14 Boys and Girls 3km Club Championship

1.	Paige De Lisen	16:55	
2.	Courtney Utber	19:43	
3.	Madeleine Feain	20:00	PB 0:21
1.	Kyle Swan	14:53	

Our U12 and U9 walkers also had club championships, over the slightly longer than normal distances of 2.5km and 1.5km respectively, with golds going to **Hayley George** 13:17, **Corey Dickson** 13:02 and **Jared Hodges** 9:42. And our apologies to **Beatrice Laufer** who stopped after 2km, not realising that she had a further 500m still to walk!

VRWC U12 Boys and Girls 2.5km Club Championship

1.	Hayley George	13:17	PB 0:21
2.	Mikhala Hodges	13:27	PB 0:41
3.	Brodie Richardson	14:02	
4.	Kathleen O'Mahony	14:23	PB 0:37
	Beatrice Laufer	DNF	
1.	Corey Dickson	13:02	PB 0:16
2.	Hayden Walmsley	14:57	
3.	Lachlan Feain	15:56	PB 3:00
4.	Caine Brill	16:58	
5.	Thomas Mirarchi	21:56	

VRWC U9 Boys and Girls 1.5km Club Championship

1.	Jared Hodges	09:42	
2.	Thomas Kennedy	12:26	

Our final event of the day was a club 5km for anyone else who wanted a walk on the day. **Jason Kozica** walked strongly from the front to record 23:20 and take the men's division while French visitor **Mathilde Lacaze** won the women's division in 28:25.

Open 5km Race

1.	Mathilde Lacaze	28:25	
2.	Beth Barbour	31:09	First one
3.	Gwen Steed	33:04	
1.	Jason Kozica	23:20	
2.	Paul Kennedy	26:26	
3.	Gerard Feain	31:00	
4.	Alan Lucas	31:21	
5.	Tony Barrett	32:04	
6.	Mick Gray	32:43	
7.	Geoff Barrow	34:39	
8.	Barrie Wicks	38:07	
9.	Alex Poore	38:35	
	Connor McShanag	DNF	
	Russ Dickenson	DNS	

It was a big day with so many different races to organise so thanks to our many judges and officials. Sorry if I missed anyone!

Officials: Tim Erickson, Mark Donahoo, Ian Laurie, Paul Kozaris, Damien Elms, Jason Elms, Ralph Bennett, Russ Dickenson

Judges: Gordon Loughnan (chief), Judy Mason, Lloyd Nichols, Shane Bertrand, David Cash, Kathleen Marsh, Matt Owen, Brenda Felton, Stuart Cooper, Michael Bodey (DQ Board), Peter Vysma (DQ Board)

Setup: Harry Summers, Peter Vysma, Bob Gardiner, Craig Brill

Canteen: Barb Gardiner, Wendy Cooper

Photos: Terry Swan



Michelle Laufer, Sarah Brennan, Kirstin Shaw, Marlene Gourlay and Anna Wallace



Simon Evans, Josh Dillon, Andrew Jamieson, Kyle Bird and Rudolf Skrucany

RWA STATE CHALLENGE - VRWC, MIDDLE PARK, SATURDAY 14 JULY

VRWC contested the annual Racewalking Australia Challenge last Saturday in Melbourne and our overall Racewalking Victoria figures will be collated once results are in from Bendigo and Ballarat. Rudolf Skrucany tells me that the weather turned out pretty good after looking a concern early on. *It was raining and windy before the race and during of the warm-ups, but stopped just before the start. The wind remained mild for most of the time and the sun even came out - nearly ideal weather. It seems we are lucky once again.* Numbers were down overall (only 53 starters) and we had a larger than usual number of people failing to finish. It seems the long season and last week's longer races have taken their toll. But overall, a good set of results with most age categories covered.

Rhydian Cowley was the star of the show, powering to a 10km time of 43:18. He was chased by Nathan Brill for most of the way before Nathan called it quits at the 7km mark. Our Masters walkers also contested 10km with Ralph Bennett in fantastic form, clocking a time of 56:37 for an M65 90.90% rating. Bob Gardiner was not far behind with 1:02:39 for an M75 87.82% effort. And a special mention to Jason Kozica whose time of 48:57 must have been a big PB.

10km Open RWA Postal Challenge

1.	Simone O'Neill	1:06:41	
	Mathilde Lacaze	DNF	(5km 29.36)
1.	Rhydian Cowley	43:18	
2.	Jason Kozica	48:57	
3.	Nicholas Mirarchi	53:49	

10km Masters RWA Postal Challenge

1.	Ralph Bennett	56:37	90.90%
2.	Bob Gardiner	1:02:39	87.82%
3.	Alan Lucas	1:04:28	74.45%
4.	James Christmass	55:27	72.42%
5.	Rudolf Skrucany	1:05:50	67.41%
6.	Gerard Feain	1:02:08	67.29%
7.	Michelle Laufer	DNF	(4km 21.24)

Our younger walkers also contested various distances in U20, U18, U18 and U14 divisions. Kyle Bird was in fantastic form in the U20 race with a big PB 10km time of 50:30 while Billy Allamby 24:24 and Adam Garganis 24:36 had a great battle in the U16 division. Reese Walmsley 15:01 and Paige De Lisen 16:37 were the best in the U14 division and continue to improve each week. We also welcomed Julia Irons who had her first walk with us, recording 18:54 for the 3km.

10km Under 20 RWA Postal Challenge

1.	Kyle Bird	50:30	
	Nathan Brill	DNF	(7km 31.36)

8km Under 18 RWA Postal Challenge

	Stephanie George	DNF	(5km 25.25)
	Jessie Eastwood	DNF	(5km 29.55)

5km Under 16 RWA Postal Challenge

1.	Emily Hamilton	29:03	
2.	Megan Walker	29:22	
3.	Rachael Guy	31:07	
4.	Emily Swan	31:08	
	Jasmine Irshad	DNF	
1.	Billy Allamby	24:24	
2.	Adam Garganis	24:36	
3.	Kyle Swan	25:25	
4.	Jake Kellar	29:57	

3km Under 14 RWA Postal Challenge

1.	Paige De Lisen	16:37	
2.	Shelby Kay	17:02	
3.	Philippa Huse	18:02	
4.	Julia Irons	18:54	First Time
5.	Jemma Eastwood	19:41	
1.	Reese Walmsley	15:01	

Our younger walkers contested U12 and U10 RWA Postal Challenge races with Corey Dickson 10:24 and Hayley George 10:42 leading in the 2km and Jared Hodges 9:37 and Zara Irshad 16:12 adding to the overall total with U10 finishes. And we also welcomed Hannah Horsmen for her first walk with us.

2km Under 12 RWA Postal Challenge

1.	Hayley George	10:42	
2.	Mikhala Hodges	10:51	
3.	Brodie Richardson	10:53	
4.	Kathleen O'Mahony	11:59	
5.	Rebecca Henderson	12:35	
6.	Hannah Horsmen	16:29	First Time
1.	Corey Dickson	10:24	
2.	Hayden Walmsley	11:44	
3.	Lachlan Feain	12:00	
4.	Ethan Wright	12:55	
5.	Caine Brill	13:15	
6.	Justin Brill	13:41	

1.5km Under 10 RWA Postal Challenge

1.	Zara Irshad *	16:12	
1.	Jared Hodges	09:37	

Finally we had an Open 3km for the odds and sods with Kylie Irshad 6:21 and Sandra Geisler 16:32 the best of the club walkers.

3km Open

1.	Kylie Irshad	16:21	
2.	Sandra Geisler	16:32	
3.	Connor McShanag	17:20	
4.	Anna Wallace	17:21	
5.	Donna Elms	17:59	
6.	Anthony Doran	18:17	
7.	Gwen Steed	18:55	

Thanks as usual to our many officials, judges and helpers. Sorry if I missed anyone

Judges: Gordon Loughnan (chief), Peter Vysma, Lloyd Nichols, Brenda Felton, Stuart Cooper, Terry Swan

Officials: Mark Donahoo, Michael Bodey, Ian Laurie, Marlaine Stanway, Karyn O'Neill, Damien Elms, Margaret Walker

Setup: Bob Gardiner, Peter Vysma, Harry Summers,

Canteen: Kate Suich, Barb Gardiner

Photos: Sabrina George

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 21 JULY

We saw a very good turnout of 64 walkers for the latest instalment of VRWC Points Races last Saturday.

In the 8km event, Nathan Brill 35:50, Brad Simpson 38:45, Adam Garganis 39:24 and Simon Evans 39:27 were all in great form and the times overall indicate that conditions must have been very good. Pam Tindal was the fastest of the women with 43:29 while the two handicap winners were Donna Elms and Nicholas Mirarchi (returning to his form of some years ago).

8km Open

1.	Pam Tindal	43:29	4
2.	Rachael Guy	50:23	
3.	Donna Elms	51:20	1
4.	Simone O'Neill	52:56	2
5.	Chloe McNicol-Davidson	53:58	3
6.	Robyn Shaw	54:01	6
7.	Karen O'Neill	55:38	5
1.	Nathan Brill	35:50	
2.	Brad Simpson	38:45	6
3.	Adam Garganis	39:24	
4.	Simon Evans	39:27	3
5.	Nicholas Mirarchi	41:36	1
6.	James Christmass	41:41	2
7.	Ralph Bennett	45:42	7
8.	Terry O'Neill	47:10	4
9.	Rudolf Skrucany	53:54	5
10.	Cody McNicol-Davidson	54:09	

The 4km distance was popular with Josh Kaiser 19:19 and Stephanie George 19:54 both breaking the 20 minute barrier. Kyle Swan 20:07 and Reese Walmsley 20:09 had a great battle in the U15 boys' walk while Emily Hamilton was the best of the U15 girls with 21:26. Our handicap winners were Anna Wallace, Connor McShanag, Emily and Reese.

4km Open

1.	Stephanie George	19:54	2
2.	Sandra Geisler	21:52	5
3.	Anna Wallace	22:08	1
4.	Kylie Irshad	22:30	6
5.	Kirstin Shaw	22:34	7
6.	Gwen Steed	25:53	3
7.	Celia Johnson	27:14	4
1.	Josh Kaiser	19:19	3
2.	Paul Kennedy	20:43	2
3.	Connor McShanag	21:37	1
4.	Jake Kellar	24:03	4
5.	Geoff Barrow	27:16	5
6.	Dave Moore	29:34	
7.	Barrie Wicks	30:23	5
8.	Alex Poore *	30:37	
9.	Gary Turner *	31:16	

4km U15

1.	Emily Hamilton	21:26	1
2.	Paige De Lisen	22:05	3
3.	Megan Walker	22:35	2
4.	Shelby Kay	23:06	5
5.	Emily Swan	24:11	6
6.	Georgia Bertrand	24:17	8
7.	Philippa Huse	24:43	7
8.	Madeleine Feain	28:07	4
	Jasmine Irshad	DNF	
	Gabbie Crea	DQ	
1.	Kyle Swan	20:07	2
2.	Reese Walmsley	20:09	1
3.	Paul Tremiglioizzi	26:49	3

Our U12 and U9 walkers had their Intervals races (one km reps on 10 minutes) on Saturday and our youngest walkers were in great form. Corey Dickson was outstanding with his 3 reps of 4:53, 4:53 and 4:47 while Hayley George also broke the 5 minute barrier

with her first rep of 4:57 on her way to recording the fastest overall performance for the girls. Gemma Lillie and Jared Hodges were our best U9 walkers with their two lap intervals workout.

3x1km U12		1km	2km	3km	Total Time
1.	Hayley George	04:57	05:13	05:21	15:31
2.	Brodie Richardson	05:18	05:29	05:38	16:25
3.	Brianna Lillie	05:24	05:34	05:32	16:30
4.	Tegan Miller	05:26	05:22	05:46	16:34
5.	Jessica Lillie	05:29	05:39	05:53	17:01
6.	Kathleen O'Mahony	05:37	05:40	05:51	17:08
7.	Lee Taylor	06:15	06:25	06:17	18:57
	Anaya Hodges	05:49	06:18	DNS	
1.	Corey Dickson	04:53	04:53	04:47	14:33
2.	Hayden Walmsley	05:47	05:52	06:02	17:41
3.	Caine Brill	06:02	06:22	06:25	18:49
	Rafi Licenblot	DQ			
	Justin Brill	DQ			
	Thomas Mirarchi	07:36	08:21	DNS	
2x1km U9		1km	2km	Total time	
1.	Gemma Lillie	06:34	06:43	13:17	
2.	Zara Irshad	10:31	08:57	19:28	
1.	Jared Hodges	06:00	06:07	12:07	
2.	Thomas Kennedy	07:12	07:34	14:46	

As usual, thanks to our many officials and judges and sorry if I missed anyone.

Judges: Gordon Loughnan, Michael Bodey, Stuart Cooper, Lloyd Nichols, Shane Bertrand, Susan Taylor
Officials: Mark Donahoo, Stuart Cooper, Ian Laurie, Damien Elms, Harry Summers. Russ Dickenson, Gerard Feain
Canteen: Kate Suich, Wendy Cooper, Marlaine Stanway
Photos: Terry Swan

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 29 JULY

Last Sunday morning saw the annual Victorian Roadwalking championships at Middle Park with some 65 walkers contesting events ranging from VRWC U9 2km to AV Open Men 30km. Stuart Cooper tells me it was probably our coldest day so far this winter but luckily the rain held off during the carnival.

The Victorian Championships took centre stage with the first event to kick off being the Open Men's 30km championship. Simon Evans won again this year and his time of 2:49:19 was over 5 minutes faster than his winning time from last year. The minor medals went to Terry O'Neill 3:04:54 and James Christmass 3:18:17 in his first walk further than 20km.

AV 30km Open Men

1.	Simon Evans	BOH	2:49:19	PB: 5:40
2.	Terry O'Neill	GPA	3:04:54	
3.	James Christmass	COR	3:18:17	
	Billy Allamby	KNA	DNS	
	Bob Gardiner	COL	DNS	

The Underage Vict Roadwalking Championships also saw some fine performances with PBs from 10km walkers Nathan Brill 44:24, Brad Simpson 49:11, 5km walkers Adam Garganis 24:32, Reese Walmsley 26:20, Jemima Montag 24:39, Zoe Boldiston 25:27 and Stephanie George 25:40 and 3km walkers Kyle Swan 14:47, Shelby Kay 16:25, Hayley George 16:30 and Georgia Bertrand 16:41.

AV U20 Womens 10km

1.	Chloe McNicol-Davidson	SCA	1:08:41	
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AV U20 Mens 10km

1.	Brad Simpson	KNA	49:11	PB 0:10
2.	Cody McNicol-Davidson	SCA	1:09:47	
	Joshua Dillon	COR	DNF	
	Kyle Bird	MPA	DNS	

AV U18 Mens 10km

1.	Nathan Brill	BXH	44:24	PB 0:28
2.	Kyle Bird	MPA	57:10	

AV U18 Women 5km

1.	Stephanie George	SCA	25:40	
2.	Amelia Finnegan	KNA	27:12	
3.	Amanda Heard	EAG	27:15	
4.	Sarah Burren	KNX	28:14	
	Ebony Whiley	EAG	DNS	

AV U16 Men 5km

1.	Adam Garganis	COL	24:32	
2.	Reese Walmsley	KNX	26:20	PB 0:42
3.	Ross Darlow	EKA	27:15	First one
	Billy Allamby	KNX	DNS	
	Jeremiah Jones	EAG	DNS	

AV U16 Women 5km

1.	Jemima Montag	MAC	24:39	
2.	Zoe Boldiston	SBE	25:27	PB 0:16
3.	Jasmine Irshad	SCA	26:53	
4.	Emily Hamilton	KNX	27:50	
5.	Megan Walker	COR	28:25	

AV U14 Men 3km

1.	Kyle Swan	KNX	14:47	
2.	James Burren	KNX	17:45	First one

AV U14 Women 3km

1.	Shelby Kay	KNX	16:25	
2.	Hayley George	SCA	16:30	PB 0:15
3.	Georgia Bertrand	KSB	16:41	PB 0:12
4.	Mikhala Hodges	KNX	18:17	
	Rachael Guy	CCA	DNS	



Simon Evans, James Christmass, Kirstin Shaw, Terry O'Neill and Brad Simpson



Nathan Brill, Adam Garganis, Chloe and Cody McNicol-Davidson



Kyle Swan, Jemima Montag, Zoe Boldiston, Georgia Bertrand and Shelby Kay

VRWC also hosted its own selection of club championships – congratulations to Open Women club champion Michelle Laufer and to U9 and U12 club champions Alanna Peart, Jared Hodges, Brianna Lillie and Hayden Walmsley.

VRWC Open Women 10km Championship - Mabel Robinson Trophy

1.	Michelle Laufer	53:41
2.	Pam Tindal	54:04
3.	Mathilde Lacaze	58:15
4.	Robyn Shaw	1:05:17

VRWC U9 2km Club Championship

1.	Alanna Peart	11:45
2.	Carissa Brook	12:45
3.	Gemma Lillie	13:04
4.	Mia Darlow	15:37

1.	Jared Hodges	14:37
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VRWC U12 3km Club Championship

1.	Brianna Lillie	16:30
2.	Jemma Peart	16:42
3.	Brodie Richardson	17:22
4.	Zahra Hayes	17:55
5.	Jessica Lillie	18:10
6.	Kathleen O'Mahony	18:13
7.	Anaya Hodges	18:14
8.	Tegan Miller	19:48
9.	Lee Taylor	20:01
10.	Beatrice Laufer	24:46

1.	Hayden Walmsley	18:56
2.	Ethan Wright	19:46
	Corey Dickson	DQ

Finally to our VRWC Open races which included some significant highlights. We had a 3 Hours Open Walk in conjunction with the Victorian 30km event and Simon Evans went on after finishing his 30km to record a final distance of 31.399km. Karyn O'Neill also finished the 3 hour walk in the tough conditions – her distance a very good 5.000km. Others to do well in the shorter distance events included Josh Kaiser (a 10km PB of 49:40), Jason Kozica (24:26 for 5km) and Jake Keller (a 5km PB of 27:39). But the real highlight was provided by Masters supremo **Andrew Jamieson** whose 20km time of **1:40:13** bettered his own **M65 World Record** of 1:41:27 by over 1 minute. Mark Donahoo tells me that Andrew's age graded performance comes out at 100.12% ! There is no stopping him as he continues to rewrite the record books.

VRWC 3 Hours Open Walk

1.	Simon Evans	31.399 km
2.	Karyn O'Neill *	25.000 km
	Simone O'Neill	DNF
	Kirstin Shaw	DNF

Open 20km Race

1.	Andrew Jamieson	1:40:13	M65 World Best
2.	Adam Patterson	2:03:31	

Open 10km Race

1.	Josh Kaiser	49:40	PB 0:22
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Open 5km Race

1.	Jason Kozica	24:26	
2.	Jake Keller	27:39	PB 1:44
3.	Liz Feldman	30:29	
4.	Donna Elms	31:22	
5.	Russ Dickenson	32:33	
	Connor McShanag	DNF	
	Gabbie Crea	DQ	



Karyn O'Neill, Andrew Jamieson, Pam Tindal, Michelle Laufer and Josh Kaiser

Finally thanks to all our judges and officials. Sorry if I missed anyone!

- Judges:** Judy Mason (Chief), Lincoln Mar, Shane Bertrand, Lloyd Nichols, Kathleen Marsh, Matt Owen, Ralph Bennett, Alan Lucas, Brenda Felton, Gordon Loughnan (DQ Board), Peter Vysma (DQ Board)
- Officials:** Harry Summers, Mark Donahoo, Stuart Cooper, Damien Elms, Duncan Knox
- Setup:** Harry Summers, Bob Gardiner, Duncan Knox
- Canteen:** Kate Suich, Wendy Cooper
- Photos:** Terry Swan, Sabrina George

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 4 AUGUST

Conditions at Middle Park last Saturday were just about perfect for the 55 walkers who gathered for last Saturday's round of the VRWC Winter Season Points Competition. As Rudolf Skrucany explained: *After a rainy night and early morning, the sun came out, dried the course, helpers swept the puddles, warm slight breeze near ideal conditions, almost like early summer weather.*

Jason Kozica and Pam Tindal were the best over the longer 10km distance while Chloe McNicol-Davidson (with a huge PB) and James Christmass were the handicap winners. In the shorter 5km and 3km races, Sandra Geisler, Nathan Brill, Julia Irons and Josh Kaiser were fastest while handicap honours went to Kylie Irshad, Jake Kellar, Lachlan Feain and Julia.

10km Open		H'Cap Place
1. Pam Tindal	54:43	5
2. Chloe McNicol-Davidson	1:03:59	1 PB 2:42
3. Donna Elms	1:05:07	3
4. Simone O'Neill	1:05:42	2
5. Gwen Steed	1:07:27	4
6. Karen O'Neill	1:10:49	6
1. Jason Kozica	50:18	3
2. James Christmass	55:34	1
3. Gerard Feain	1:06:20	4
4. Cody McNicol-Davidson	1:09:21	2
Ralph Bennett	DNF	

8km Open - Invitation	
1. Rachael Guy	51:50

5km Open		H'Cap Place
1. Sandra Geisler	27:19	2
2. Kylie Irshad	27:48	1
3. Heather Carr	28:26	5
4. Liz Feldman	30:24	4
5. Kirstin Shaw	31:44	6
6. Celia Johnson	34:31	3
1. Nathan Brill	21:55	4
2. Jake Kellar	27:52	1
3. Alan Lucas	31:10	2
4. Anthony Doran	32:23	3
5. Russ Dickenson	33:36	6
6. Rudolf Skrucany	34:40	5
7. Alex Poore *	38:12	
8. Gary Turner *	40:30	
Barrie Wicks	DQ	

3km Open		H'Cap Place
1. Julia Irons	18:57	1
2. Pam Mews	27:31	2
1. Josh Kaiser	14:19	3
2. Lachlan Feain	18:24	1
3. Gordon Onley	22:11	2

Our younger walkers were also in action with fastest times going to Megan Walker, Billy Allamby, Jemma Eastwood, Corey Dickson, Gemma Lillie and Jared Hodges. Megan, Jemma, Gemma and Jared also won their respective handicaps along with Reese Walmsley and Hayden Walmsley.

5km Under 15		H'Cap Place
1. Megan Walker	27:55	1
2. Paige De Lisen	28:00	3
3. Shelby Kay	28:55	6
4. Mikhala Hodges	30:37	4
5. Jessie Eastwood	32:02	7
6. Gabbie Crea	33:37	5
7. Madeleine Feain	35:24	2
Carly Bertrand	DNF	
Georgia Bertrand	DNF	
Emily Hamilton	DNF	

1.	Billy Allamby	24:34	3
2.	Kyle Swan	24:51	2
3.	Reese Walmsley	25:15	1
3km Under 12			H'Cap Place
1.	Jemma Eastwood	17:13	1
2.	Brianna Lillie	17:22	4
3.	Jessica Lillie	17:55	3
4.	Brodie Richardson	18:20	5
5.	Tegan Miller	18:48	2
	Elaine Irons	22:58	
1.	Corey Dickson	16:13	2
2.	Hayden Walmsley	19:05	1
1.5km Under 9			H'Cap Place
1.	Gemma Lillie	09:41	1
1.	Jared Hodges	09:13	1

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 11 AUGUST

54 walkers turned up at Middle Park last Saturday for the last day of our Winter Season Points competition. The Open and U15 events had Handicap starts so their results are listed in terms of actual finish position and their real times are shown in an additional column.

First to the women's 8km race where 10 year old Mikhala Hodges started as outmarker and then held out the field to win with an astonishing time of 50:20. She holds the VRWC U12 10km record at 1:09:00 and looks set to break that easily on her next outing. The other handicap winner was Simon Evans with a very good time of 40:33. The fastest times went to Sarah Brennan 43:34 and Jason Kozica 39:45.

8km Open Handicap Start		Start time	Finish time	Actual time	F/T Place
1.	Mikhala Hodges	00:00	50:20	50:20	3
2.	Donna Elms	02:09	52:38	50:29	4
3.	Sarah Brennan	11:29	55:03	43:34	1
4.	Liz Feldman	05:31	55:22	49:51	2
5.	Alison Thompson	04:59	57:19	52:20	5
6.	Chloe McNicol-Davidson	01:51	61:29	59:38	6
1.	Simon Evans	14:00	54:33	40:33	2
2.	Jason Kozica	15:38	55:23	39:45	1
3.	Cody McNicol-Davidson	00:11	58:02	57:51	3

The majority of Open walkers chose the 4km distance with Gwen Steed 25:20 and Gerard Feain 23:20 finishing first while the fastest times went to Sandra Geisler 21:11 and Nathan Brill 17:15. Special mention also to Josh Kaiser who was in great form with 18:11. The U15 4km handicap winners were Megan Walker 21:41 and Reese Walmsley 20:00. Megan also took U15 girls fastest time ahead of Emily Hamilton with 21:44 while Billy Allamby was the fastest of the boys with 19:00.

4km Open Handicap Start		Start time	Finish time	Actual time	F/T Place
1.	Gwen Steed	09:51	35:11	25:20	5
2.	Sandra Geisler	14:28	35:39	21:11	1
3.	Anna Wallace	13:00	35:54	22:54	3
4.	Celia Johnson	09:09	36:10	27:01	6
5.	Heather Carr	14:22	36:35	22:13	2
6.	Kirstin Shaw	14:31	37:25	22:54	4
7.	Pam Mews	00:00	41:46	41:46	7
1.	Gerard Feain	08:48	32:08	23:20	6
2.	Joshua Kaiser	16:47	34:58	18:11	2
3.	Russ Dickenson	12:18	35:44	23:26	7
4.	Geoff Barrow	09:31	35:53	26:22	9
5.	James Christmass	16:21	36:04	19:43	3
6.	Alan Lucas	11:02	36:17	25:15	8
7.	Jake Kellar	13:27	36:27	23:00	5
8.	Nathan Brill	19:33	36:48	17:15	1
9.	Mark Donahoo	17:10	37:44	20:34	4
10.	Barrie Wicks	07:01	40:32	33:31	10
11.	Alex Poore *	03:44	34:57	31:13	2
12.	Gordon Onley *	06:55	35:15	28:20	1
13.	Alfredo Davila *	07:05	43:19	36:14	3
4km U15 Handicap Start		Start time	Finish time	Actual time	F/T Place
1.	Megan Walker	04:52	26:33	21:41	1
2.	Jessie Eastwood	04:14	26:53	22:39	5
3.	Emily Hamilton	05:43	27:27	21:44	2
4.	Shelby Kay	04:58	27:30	22:32	3
5.	Carly Bertrand	02:28	27:32	25:04	7
6.	Madelaine Feain	00:00	27:37	27:37	8
7.	Paige De Lisen	05:30	28:06	22:36	4
8.	Georgia Bertrand	04:20	28:44	24:24	6
	Gabriella Crea	01:09	DQ		
1.	Reese Walmsley	06:55	26:55	20:00	2
2.	Paul Tremiglioizzi	01:12	27:04	25:52	3
3.	Billy Allamby	08:29	27:29	19:00	1

The U12 and U9 walkers had scratch starts rather than handicap starts so their results are presented in finishing order and the Handicap placings are shown separately. Handicap winners were Tegan Miller with 11:21, Hayden Walmsley with 11:08 and Gemma Lillie with 6:19 while fastest times went to Hayley George 10:52, Corey Dickson 10:34 and Gemma.

2km U12 Handicap		Time	H'Cap Place
1.	Hayley George	10:52	8
2.	Brodie Richardson	10:56	5
3.	Jemma Eastwood	10:59	2
4.	Brianna Lillie	11:17	6
5.	Tegan Miller	11:21	1
6.	Jessica Lillie	11:30	7
7.	Kathleen O'Mahony	11:36	4
8.	Anaya Hodges	11:39	3
1.	Corey Dickson	10:34	4
2.	Hayden Walmsley	11:08	1
3.	Lachlan Feain	11:51	3
4.	Justin Brill	12:52	2

1km U9 Handicap		Time	H'Cap Place
1.	Gemma Lillie	06:19	1

Thanks to our many judges and officials. Sorry if I missed anyone.

Officials: Michael Bodey, Harry Summers, Stuart Cooper, Mark Donahoo, Damien Elms, Marlaine Stanway

Canteen: Kate Suich, Wendy Cooper

Judges: Peter Vysma (Chief), Gordon Loughnan, Lloyd Nichols, Shane Bertrand, David Cash

Photos: Stuart Cooper, Sabrina George

Prizes were awarded to all the handicap winners.

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 18 AUGUST

It was great to be back at the weekly VRWC racewalks on Saturday after 5 weeks overseas but not so great to be thrown back into the throes of a cold Melbourne winter. With an Antarctic blast producing cold wind and rain on Friday evening and Saturday morning, the numbers at Middle Park were understandably small (only 35!). But lo and behold, the rain stopped, the sun came out for a while and walkers had pretty good conditions for racing. We even saw some PBs as our walkers had their last chance for a hitout before next weekend's Australian roadwalk champs in Adelaide.

And now to the races. In the 10km event, Emily Hamilton equalled her best to win the women's event with 1:00:46 ahead of Donna Elms 1:03:21 while Simon Evans continued his good form with 50:03. And how about Bob Gardiner with 1:02:32 at 76 years of age and Cody McNicol-Davidson with a 2 min PB of 1:07:10.

10km Open

1.	Emily Hamilton	1:00:46	Equal PB
2.	Donna Elms	1:03:21	
	Kylie Irshad	DNF	
1.	Simon Evans	50:03	
2.	James Christmass	55:36	
3.	Bob Gardiner	1:02:32	
4.	Cody McNicol-Davidson	1:07:10	PB 2:11

In the 5km Open walks, Michelle Laufer 26:13 and Adam Garganis 24:32 were fastest. Special mentions also to the Walmsley brothers who both walked PBs with Reese 24:52 (first time under 25 mins) and 11 year old Hayden 33:03 and to Catherine Rutherford who walked a very impressive 30:29 in her first walk with the club. Alas, Shelby Kay was our only U15 finisher but with a good 16:26.

5km Open

1.	Michelle Laufer	26:13	
2.	Jasmine Irshad	26:20	
3.	Sandra Geisler	27:45	
4.	Liz Feldman	30:18	
5.	Catherine Rutherford *	30:29	
6.	Robyn Shaw	31:26	
7.	Gwen Steed	32:23	
8.	Carly Bertrand	32:24	
9.	Celia Johnson	34:03	
1.	Adam Garganis	24:32	
2.	Reese Walmsley	24:52	PB 0:35
3.	Russ Dickenson	29:48	
4.	Alan Lucas	31:25	
5.	Hayden Walmsley	33:03	PB 1:28
6.	Geoff Barrow	34:09	
7.	Anthony Doran	35:02	

3km Open

1.	Georgia Bertrand	16:57	
1.	Ralph Bennett	17:14	
2.	Gordon Onley *	21:18	
3.	Barrie Wicks	23:55	

3km Under 15

1.	Shelby Kay	16:26	
	Gabbie Crea	DQ	

Our youngsters had longer events again this week and those who turned up walked well with Hayley George 13:58 and Gemma Lillie 9:59 taking line honours. And a special mention to Tegan Miller who did a 30 sec PB with 14:34.

2.5km Under 12

1.	Hayley George	13:58	
2.	Brodie Richardson	14:25	
3.	Tegan Miller	14:34	PB 0:30
4.	Brianna Lillie	14:46	
5.	Jessica Lillie	15:26	

1.5km Under 9

1.	Gemma Lillie	09:59	
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Thanks to all our officials and judges - sorry if I missed anyone.

Judges: Peter Vysma (Chief), Damien Elms, Lloyd Nichols, Stuart Cooper, Shane Bertrand
Course Setup: Bob Gardiner, Harry Summers, Peter Vysma
Officials: Harry Summers, Tim Erickson, Marlaine Stanway, Ian Laurie, Mark Donahoo, Kirstin Shaw, Stacey McLaren, Don McLaren
Canteen: Barb Gardiner, Wendy Cooper
Photos: Sabrina George

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 25 AUGUST

While most of our Victorian walkers were in Adelaide last weekend for the National roadwalk champs, we did have races at Middle Park for our other walkers and just on 30 turned up for a stroll. Stuart Kollmorgen was the gun walker of the day with a fast 38:59 in the 8km event.

8km Open

1.	Stuart Kollmorgen	38:59
2.	Simon Evans	41:33
3.	James Christmass	42:52
4.	Nicholas Mirarchi	43:10
5.	Mark Donahoo	44:01
6.	Bob Gardiner	50:21
7.	Anna Wallace	51:04
8.	Gerard Feain	55:06
9.	Geoff Barrow	55:48

4km Open

1.	Sandra Geisler	21:25
2.	Erin Adamcewicz	22:37
3.	Heather Carr	23:23
4.	Gwen Steed	25:40
5.	Barrie Wicks	30:47
6.	Gordon Onley	30:48
7.	John Morrison	32:12

6km Open

1.	Ralph Bennett	33:55
2.	Catherine Rutherford	35:43
3.	Alison Thompson	38:05
4.	Madeleine Feain	43:24

4km Under 15

1.	Paige De Lisen	22:35
2.	Gabbie Crea	26:35
3.	Paul Tremigliozi	27:42

2km Under 12

1.	Brianna Lillie	11:28
2.	Jessica Lillie	11:35
3.	Lachlan Feain	11:46
4.	Hayden Walmsley	12:01

1km Under 9

1.	Gemma Lillie	07:02
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Thanks to our judges and officials. Sorry if I missed anyone!

Judges: Peter Vysma (Chief), Michael Bodey, Lloyd Nichols, Dave Cash

Officials: Bob Gardiner, Mark Donahoo, Damien Elms, Ian Laurie, Marlaine Stanway, Paul Kozaris, Harry Summers, Mark Donahoo

Canteen: Barb Gardiner, Kate Suich

Setup: James Christmass, Bob Gardiner, Peter Vysma

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 1 SEPTEMBER

Our annual 'Beat Your Best Time' day saw 59 walkers at Middle Park last Saturday and races were keenly contested in very good conditions. This was followed by our Winter Season Presentations.

The 10km races saw Karyn O'Neill 1:07:41 and Reese Walmsley 52:55 easily beat their season's best times to win their respective divisions while fastest times went to Pam Tindal 54:58 and Brad Simpson 49:39. Special mention to 11 year old Mikhalala Hodges who bettered her own U12 10km club record by over 2minutes with a fantastic time of 1:06:21.

10km Open	Time	SB	Diff	Guess Place	
1. Pam Tindal	54:58	52:56	+ 2:02	3	
2. Jasmine Irshad	58:56				
3. Kylie Irshad	59:31				
4. Robyn Shaw	1:04:48	1:03:42	+ 1:06	2	
5. Mikhalala Hodges	1:06:21				PB 2:39, CR
6. Karen O'Neill	1:07:41	1:10:49	- 3:08	1	PB 0:12
Emily Hamilton	DNF				
1. Brad Simpson	49:39	49:11	+ 0:28	4	
2. Simon Evans	52:14	50:03	+ 2:11	6	
3. James Christmass	52:15	54:05	- 1:50	2	
4. Reese Walmsley	52:55	55:13	- 2:18	1	PB 2:18
5. Terry O'Neill	58:51	59:24	- 0:33	3	
6. Duncan Knox	59:33	58:35	+ 0:58	5	
7. Gerard Feain	1:02:09	59:05	+ 3:04	7	
8. Bob Gardiner	1:04:48	1:01:12	+ 3:36	8	
Ross Reid	DNF				
Kyle Swan	DQ				



Karyn O'Neill, Bob Gardiner, Brad Simpson, Mikhalala Hodges, Reese Walmsley and Pam Tindal

The Open 5km and 3km events saw 'Beat Your SB' wins to Donna Elms 30:10, Nathan Brill 21:31, Emily Swan 17:21 and Tony Barrett 18:44. Welcome backs to Anand Thillaisundaram, Kelly Davidson and Sandra Howorth who we haven't seem much lately.

5km Open	Time	SB	Diff	Guess Place	
1. Heather Carr	28:09	27:45	+ 0:24	3	
2. Anna Wallace	30:09	29:02	+ 1:07	5	
3. Donna Elms	30:10	30:45	- 0:35	1	
4. Celia Johnson	33:29	34:03	- 0:34	2	
5. Simone O'Neill	33:36	32:39	+ 0:57	4	
6. Sandra Howorth	35:41				
1. Nathan Brill	21:31	21:13	+ 0:18	1	
2. Jason Kozica	24:42	23:20	+ 1:22	2	
3. Russ Dickenson	30:17	27:58	+ 2:19	5	
4. Anand Thillaisundaram	32:34				
5. Bruce Conboy	38:05	36:38	+ 1:27	3	
6. Barrie Wicks	39:17	37:32	+ 1:45	4	
Geoff Barrow	DQ				

3km Open		Time	SB	Diff	Guess Place
1.	Stephanie George	14:59			
2.	Kirstin Shaw	15:49			
3.	Emily Swan	17:21	16:39	+ 0:42	1
4.	Cathy Huse	22:29			
5.	Kelly Davidson	24:30			
1.	Paul Kennedy	15:11	15:22	- 0:11	2
2.	Ralph Bennett	18:14	17:14	+ 1:00	3
3.	Tony Barrett	18:44	23:00	- 4:16	1
4.	Gordon Onley *	19:55	Club Rules		
5.	John Morrison	22:44	21:43	+ 1:01	4

Our younger walkers were also out to beat their season bests and the best efforts in that regard went to Gabriella Crea 19:17, Paul Tremigliozi 19:10, Jessica Lillie 11:41, Corey Dickson 10:10, Zara Irshad 10:09 and Jared Hodges 5:47. And special mentions to Paige De Lisen (PB 15:52) and Cody McNicol-Davidson (18:55 equal PB).

3km Under 15		Time	SB	Diff	Guess Place	
1.	Paige De Lisen	15:52	16:05	- 0:13	2	PB 0:13
2.	Rachael Guy	16:37	15:55	+ 0:42	6	
3.	Megan Walker	16:42	16:18	+ 0:24	5	
4.	Philippa Huse	17:20	17:27	- 0:07	3	
5.	Gabriella Crea	19:17	19:42	- 0:25	1	
6.	Madeleine Feain	20:11	20:00	+ 0:11	4	
1.	Cody McNicol-Davidson	18:55	18:55	- 0:00	2	Eq PB
2.	Paul Tremigliozi	19:10	19:12	- 0:02	1	
2km Under 12		Time	SB	Diff	Guess Place	
1.	Brianna Lillie	11:19	10:50	+ 0:29	2	
2.	Brodie Richardson	11:23	10:44	+ 0:39	3	
3.	Jessica Lillie	11:41	11:25	+ 0:16	1	
4.	Kathleen O'Mahony	11:47	11:06	+ 0:41	4	
1.	Corey Dickson	10:10	10:02	+ 0:08	1	
2.	Hayden Walmsley	11:26	11:08	+ 0:18	2	
1km Under 9		Time	SB	Diff	Guess Place	
1.	Gemma Lillie	06:22	06:15	+ 0:07	2	
2.	Zara Irshad	10:09	10:42	- 0:33	1	
1.	Jared Hodges	05:47	05:59	- 0:12	1	

As usual, thanks to our many judges and officials. Sorry if I missed anyone!

Judges: Peter Vysma (Chief), Gordon Loughnan, Michael Bodey, Stuart Cooper, Lloyd Nichols
Officials: Damien Elms, Tim Erickson, Harry Summers, Paul Kozaris, Ian Laurie, Mark O'Mahony
Canteen: Wendy Cooper, Barb Gardiner
Course Setup: Harry Summers, Bob Gardiner, Craig Brill, Peter Vysma
Photos: Terry Swan, Sabrina George

AV, RWA AND AV CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 9 SEPTEMBER 2012

Sunday saw the last of the winter season racewalking competitions and it was a big one with the annual long distance championships being contested in ideal conditions at Middle Park.

The main events on offer were the men's Victorian 50km championship and women's Racewalking Australia 50km championship and all four starters successfully finished the tough challenge. Box Hill walker Simon Evans added to his wins in the Victorian 20km and 30km championships to take his third gold for the winter in a big PB time of 5:17:01. He led the whole way to finish ahead of Gippsland's Terry O'Neill with 5:22:44 and Preston's Aaron McDonough with a first up 5:28:38. VRWC walker Michelle Thompson mixed it with the men to win the RWA championship in 5:23:38, a new Australian Masters W40 record but well outside her winning time last year.

VICTORIAN 50KM CHAMPIONSHIP			10km	20km	30km	40km	50km	
1.	Simon Evans	BOH	0:58:57	1:57:59	2:56:42	4:01:17	5:17:01	PB 20:05
2.	Terry O'Neill	GPA	1:05:52	2:04:19	3:12:19	4:16:25	5:22:44	
3.	Aaron McDonough	PTN	0:59:15	1:58:24	2:57:44	4:09:11	5:28:38	First One

RWA 50KM CHAMPIONSHIP - WOMEN							
1.	Michelle Thompson	VRWC	1:02:10	2:05:00	3:08:30	4:18:17	5:23:37



50km finishers Simon Evans, Michelle Thompson, Terry O'Neill and Aaron McDonough

A number of other VRWC long distance events were contested over 35km, 4 Hours, 5 Hours and 6 Hours. Husband and wife team Terry and Karyn O'Neill took the honours in the 6 Hour event in what was one of the morning's other highlights while Sandra Howorth and Gary Turner won the 5 Hour and 4 Hour events. Medals in the 35km Club Championship went to Simon, Aaron and Michelle.

VRWC 6 HOUR WALK							
1.	Terry O'Neill	1:05:52	2:04:19	3:12:19	4:16:25	5:22:44	54.971km
2.	Karyn O'Neill	1:09:51	2:25:10	3:40:31	5:02:40		47.170km PB 737m
3.	Steve Jordan	1:16:04	2:37:52	4:01:53	5:27:30		43.873km

VRWC 5 HOUR WALK					
1.	Sandra Howorth	1:18:33	2:40:10	4:07:15	35.774km
2.	Rudolf Skrucany	1:20:50	2:45:58	4:14:10	35.000km

VRWC 4 HOUR WALK				
1.	Gary Turner	1:25:12	2:56:14	26.000km

VRWC 35KM CLUB CHAMPIONSHIP - RAY SMITH TROPHY		
1.	Simon Evans	3:27:20
2.	Aaron McDonough	3:30:24
3.	Michelle Thompson	3:41:23
4.	Terry O'Neill	3:45:25
5.	Karyn O'Neill	4:21:26

6.	Steve Jordan	4:43:59
7.	Sandra Howorth	4:53:00
8.	Rudolf Skrucany	4:58:53

The usual mix of smaller distance events were on offer and we saw high quality winning performances by Andrew Jamieson (20km in 1:43:36) and Nathan Brill (10km in 44:53). The 20km event also saw Barry Loveday, in his first ever racewalk, record a very impressive 2:03:55 while in the 10km, a number of our younger walkers stepped up for their first ever challenge over such a big distance - Adam Garganis 53:27, Shelby Kay 1:00:20 and Emily Swan 1:03:49. And a special mention for Liz Feldman who walked with a broken and plastered wrist!

VRWC 20KM WALK

1.	Andrew Jamieson	0:50:43	1:43:36	
2.	Barry Loveday	1:00:30	2:03:55	First One
3.	Adam Patterson	1:02:48	2:07:55	
4.	Heather Carr	1:02:48	2:07:55	
5.	Liz Feldman	1:09:33	2:19:43	
6.	Celia Johnson	1:12:31	2:26:01	

VRWC 15KM WALK

1.	Anna Wallace	1:00:26	01:41:48
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VRWC 10KM WALK

1.	Nathan Brill	0:44:53	
2.	Adam Garganis	0:53:27	First One
3.	Reese Walmsley	0:54:43	
4.	James Christmass	0:55:54	
5.	Ralph Bennett	0:56:32	
6.	Shelby Kay	1:00:20	First One
7.	Emily Swan	1:03:49	First One
8.	Donna Elms	1:04:25	
	Kyle Swan	DNF	32:47 for 6km
	Billy Allamby	DNF	22:00 for 4km
	Carly Bertrand	DNF	

Thanks to our judges and officials who had a long day at the office - and a special thank you to Simone O'Neill who looked after the feed station for the duration!

- Judges:** Gordon Loughnan (Chief), Peter Vysma, David Cash, Michael Bodey, Terry Swan
Officials: Tim Erickson, Damien Elms, Ian Laurie, Bob Gardiner, Harry Summers
Setup: Harry Summers, Bob Gardiner, Peter Vysma, Damien Elms
Canteen: Marlaine Stanway
Feed Station: Simone O'Neill



Karyn O'Neill, Gary Turner, Sandra Howorth, Shelby Kay and Barry Loveday



Andrew Jamieson, Emily Swan, Liz Feldman, Adam Garganis and Nathan Brill



Feet up after a successful 50km outing - Aaron McDonough, Michelle Thompson, Simon Evans and Terry O'Neill