



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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THE NEWSLETTER IS EARLY THIS WEEK!

This week's newsletter is being sent out late Sunday evening rather than on the usual Tuesday because I fly out tomorrow for 5 weeks in Europe. I will catch up on any missing reports in next week's newsletter - yes, nothing stops the newsletter!

TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Claire Tallent** who continues to go from strength to strength, taking the double in Cairns with wins in the 5000m (21:57.48) and the 10km (44:19). This is her fastest ever 10km race although she has a 44:18 split in a 20km event (Taicang, 30/03/12). Claire's form this year has been superb.

This week sees another vote with the following walkers proposed for your consideration.

- **Michelle Laufer** was a top junior walker in the 1980's but, like many of our youngsters, she gave it up when she finished school. Last year with her two daughters doing Little Athletics, she made a comeback and has been gradually building up over the last summer season and this winter season. Week by week, she has chipped away on her PBs (and set a whole swap of VRWC W40 club records) and was rewarded with victory in the Victorian 15km roadwalk championship on Saturday with a time of 1:21:10. After silvers in the Victorian 5000m track and 10km road championships, this was a big breakthrough and well deserved.
- 14 year old **Billy Allamby** won the VRWC U16 5km club championship on Saturday with a big PB time of 23:47. Billy, who won the Australian U16 3000m track championship earlier this year, is one of our many talented young walkers spread across Australia and I expect his times to keep tumbling as the year progresses.

As usual, you can vote at www.vrwc.org.au.

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. Terry Swan was in action as usual with the camera so you can follow the action via our photo gallery at <http://www.vrwc.org.au/coppermine>.

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



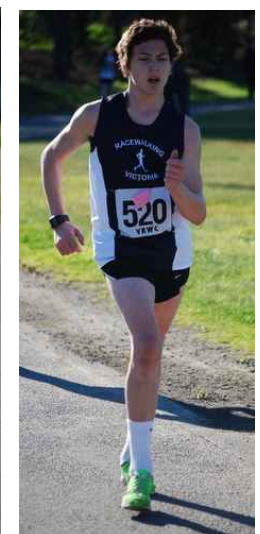
Michelle Laufer, Sarah Brennan, Kirstin Shaw, Marlene Gourlay and Anna Wallace



Simon Evans, Josh Dillon, Andrew Jamieson, Kyle Bird and Rudolf Skrucany



Nathan Brill, Billy Allamby, Adam Garganis, Kyle Swan, Jasmine Irshad and Reese Walmsley



Emily Swan, Paige De Lisen, Madeleine Feain, Megan Walker and Jake Kellar



Beatrice Laufer, Kathleen O'Mahony, Jared Hodges, Hayley George and Corey Dickson



VRWC officials - Ian Laurie, Ralph Bennett and Russ Dickenson

ACTRWC ROADWALKS, JERRABOMBERRA WETLANDS, CANBERRA, SATURDAY 7 JULY

Thanks to Robin Whyte for the weekly walk results from Canberra.

8km Handicap Start	Time	Start	4km Handicap Start	Time	Start
1. Desma Butler	1:06:26	00:00	1. Gabby Hunt	21:53	19:00
2. Warren Butler	1:07:06	01:30	2. Terry Munro	37:31	03:55
3. Monika Short	59:25	09:30	3. Bob Chapman	31:08	10:35
4. Robin Whyte	50:14	21:30	4. Rosemary Parker	32:31	09:20
5. Brendon Reading	38:44	33:00	5. Cilla Chapman	34:17	07:35
6. Bob Parker	59:02	14:00	6. Helen Munro	38:59	03:25
7. Jennifer Gilchrist	1:00:02	13:00	7. Jenny Reading	30:24	12:05
8. Derek Robinson	55:00	18:30	8. David Mackenzie	30:24	12:05
9. Rod Gilchrist	56:32	17:00	9. Carmen Carlon	41:20	01:55
10. Bryan Thomas	56:38	19:00	10. Ashleigh Resch	23:08	20:30
			11. Raine Thompson	38:47	09:20
2km Handicap Start	Time	Start			
1. Trish Thomas	27:33	00:00			
2. Zoe Hunt	10:36	20:00			

SARWC ROADWALKS, ADELAIDE PARKLANDS, SATURDAY 7 JULY

Thanks to Peter Crump for his weekly report from Adelaide.

Our regular short course again this week, and Kim Mottrom showed his current form with yet another PB, over both the regulation 8km distance and over the 10km that he walked while he was on the go (45:25). Troy Hooker showed that the 6 lots of 1,500 intervals have got his adrenalin going, walking his first ever 8km in a brand new pair of racing flats. He is keen for more, as we all are. A welcome back to Kristie Goznic, who eased in for a 4km workout, as she rebuilds up to the longer distances. Jemma Potezny showed another good result over the preferred longer distances. Over the 2km distance, Joe Cross could not shrug off Danielle Walsh, both walking an impressive time over the distance.

8km Roadwalk

1.	Kim Mottrom	36:24
2.	Justin Hill	40:48
3.	Amber Tuscharski	48:37
4.	Jim Hoare	58:03
5.	Barb Cain	58:45
6.	Troy Hooker *	61:57
7.	Megan Szirom	DNF

2km Roadwalk

1.	Joe Cross	11:00
2.	Danielle Walsh	11:00
3.	Jay Goode	12:46
4.	Ayeisha Wallace	13:26
5.	Peter Walsh *	14:08
6.	Ryan Hooker	15:32
7.	Summer Pelentsov	16:29
8.	Mark Hooker	16:35
9.	Corey Harlington *	19:45

4km Roadwalk

1.	Kristie Goznic	20:43
2.	Jemma Potezny	21:10
3.	Alix Harlington	22:15
4.	Beth Cross	24:38
5.	Julia Potezny	25:56
6.	Rhiana Hooker	26:25
7.	Michael Nicolaides	33:26
8.	Chris Nicolaides	DNF

SAMA ROADWALKS, LE FEVRE TERRACE, NORTH ADELAIDE, SATURDAY 7 JULY

Thanks to Colin Hainsworth for the latest South Australian Masters roadwalks in Adelaide. Colin commented: W58 Linda Whitelaw started but is not mentioned in the results. I saw her during the race but don't know where she finished.

8km Walk

M79	David Robertson	1:01:36	75.2%
W63	Jan Layng	1:02:04	68.26%
M68	Graham Harrison	54:35	73.07%
M82	Colin Hainsworth	1:01:22	79.24%
M67	George White	45:53	85.91%
M74	Rodger Barber	59:23	72.51%
W59	Edna Bates	1:10:36	57.1%
W68	Margaret Trengove	59:34	76.28%

4km Walk

	Jim Sawyer	32.50	First time walker
M69	Roger Lowe	29.48	65.92%
W61	Helen Suridge	27.33	71.76%
M62	Jeff Kennett	38.35	47.1%
W63	Gill White	36.26	55.56%

WARWC ROADWALKS, SHELLEY, SUNDAY 8 JULY

And now to Western Australia for last weekend's WARWC results.

5km Handicap

1.	Tom Lenane	32:59
2.	Isabella Tolardo	34:07

1.5km

1.	Jorja Millington	9:42
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3km Handicap

1.	Courtney Johns	18:34
2.	Olivia Skepper	19:56
3.	Tiahna Ruane	18:38
4.	Hayley Ruane	31:31
5.	Arianna Tolardo	21:41
6.	Mitchell Lees	17:45

RWCWA ROADWALKS, WILSON, SUNDAY 8 JULY

And now to finish off the Western Australian walks, here are the results for RWCWA, thanks to Rick Cattermole.

3km Open

1.	Melissa Butler	17.22
2.	Michelle Butler	17.41
3.	Jasmin Burgess	18.58

2km Open

1.	Summer Brown	10.51
2.	Breanna Brown	10.59

4. Janine Butler 20.59

REGAL RACEWALKERS ROADWALKS, TEMPE, NSW, SATURDAY 2 JUNE

And now to catch up on a couple of NSW results from last month. First to Tempe on 2nd June.

Division 1: 14km

1.	Robert Osborne	1:31:06
2.	Jim Seymon	1:40:41
	Jodie Sundstrom	41:42 (5km)

Division 2: 12km

1.	Susan Knapton	1:19:42
2.	Vanessa Ebejer	1:19:42

Division 3: 6km

1.	Charlene Ebejer	38:56
	Patrick Estrada	17:48 (3km)
	Natasha Estrada	22:15 (3km)
	Jordan Glover	11:56 (2km)

Division 4: 3km

1.	Blake Dwyer	17:51
	Amy Henry	13:21 (2km)
	Laura Henry	13:21 (2km)
	Taya-Jade Radford	13:54 (2km)
	Dakota Bennett - Ward	7:10 (1km)
	Karen Estrada	7:10 (1km)

REGAL RACEWALKERS ROADWALKS, LEICHHARDT, SATURDAY 16 JUNE

And then to Leichhardt on 16th June.

Division 1 :10km Handicap Start

1.	Robert Osborne	1:01:15
2.	Jim Seymon	1:03:10
	Brendon Hyde	1:02:57 (6km)
	Jodie Sundstrom	44:12 (5km)
	Kurtis Birch-Ward	16:49 (2km)

Division 2:10km

1.	Susan Knapton	1:10:00
2.	Vanessa Ebejer	1:10:00
3.	Chloe Jones	1:10:40

Division 3: 5km

1.	Patrick Estrada	31:41
2.	Natasha Estrada	38:31
	Jordan Glover	12:47 (2km)

Division 4:2km

1.	Blake Dwyer	11:38
2.	Amy Henry	13:09
3.	Laura Henry	13:13
	Dakota Bennett Ward	7:25 (1km)

GREEK JUNIOR 10,000M TRACK WALK CHAMPIONSHIPS, ATHENS, 30 JUNE 2012

Constatinos Ntentopoulos and Ioulia Barákou won the Greek Junior 10,000m Track Walk championships the weekend before last. Ntentopoulos, who has a PB of 42.42,37 won by nearly 2 minutes from George Andrianos 45.44,96 with Zacharias Tsamoudakis 45.46,94 third. Ioulia Barákou, making her debut over this distance, won the women's race with 53.58,78.

10.000m Men

1.	Constatinos Ntentopoulos	1994	43.50,61
2.	George Andrianos	1995	45.44,96
3.	Zacharias Tsamoudakis	1996	45.46,94
4.	Savvas Kravariotis	1996	45.52,38
5.	George-Efstratios Kelepouris	1996	47.39,54
6.	Ioannis Vaitis	1995	48.30,40
7.	Paschalis Koulikas	1996	51.51,79
8.	Dimitrios Tsordias	1996	53.04,10

10.000m Women

1.	Ioulia Barákou	1995	53.58,78
2.	Marta Michailova	1993	54.36,77
3.	Ekaterini-Angeliki Bagatela	1995	55.12,76
4.	Antigoni Parathira	1995	55.57,10
5.	Alexandra Kafkoula	1995	58.59,19
6.	Irene Pigiou	1993	1.02.07,01

SPANISH U16 NATIONAL ROADWALK CHAMPS, CASTELLÓN, VALENCIA, 1 JULY

Manuel Bermudez (22.35,39) and Alexia Hartmann (14.59,79) won the Spanish U16 Championships a week ago in Casstellón,

5000m Men (13 participants)

1.	Manuel Bermudez Jimenez	UCAM-Athleo Cieza	22.35,39
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2.	Daniel Chamosa Dacasa	Atletismo Cuntis	23.10,47
3.	Alejandro Saiz Millan	C. A. Sant Joan	25.13,64
4.	Juan Francisco Martin Amat	Ciudad de Motril	25.31,90
5.	Juan Jose Tello Porcuna	Atletismo Cordobes	25.42,36
6.	Duarte Traseira Santin	Lucus Caixa Rural Galega	25.53,65
7.	Jorge Bayarte Citores	Simply-Scorpio 71	26.05,34
8.	Jorge Prieto Vilaboa	Ria Ferrol-C. Arenal	26.41,62

3000m Women (16 participants)

1.	Alexia Hartmann Fernandez	At. Pitius	14.59,79
2.	Irene Vazquez Gea	UCAM-Athleo Cieza	15.01,54
3.	Maria José Jiménez Mendez	UCAM-Athleo Cieza	15.09,38
4.	Maria Abeledo Manteiga	CA Afflelou Naron	15.17,14
5.	Alicia Vazquez Gea	UCAM-Athleo Cieza	15.22,63
6.	Ainhoa Gonzalez Luis	Tenerife Caja Canarias	15.23,15
7.	Irene Montejo Garces de Marcilla	Grupo Oasis	15.32,03
8.	Carmen Fuentes Castro	Atletismo Cuntis	15.54,13

ROMANIAN ROADWALK CHAMPIONSHIPS, BUCHAREST, SAT 30 JUNE

Again from the previous weekend but this time in Romania, Ana Rodean (1:36:20) and Marius Cocioran (1:30:17) won their respective national 20km championships in the capital city Bucharest. The news release notes that 21 of the 30 competitors overall were U23 or Junior , a very promising sign.

20 km Men

1.	Marius Iulian Cocioran	1983	CSM Resita	1.30.17
2.	Ciprian Deac	1981	CSA Steaua Buc.	1.32.48
3.	Doru Ursu	1985	CSM Resita	1.33.54
4.	Narcis Stefan Mihaila	1987	CSM Resita	1.35.43
5.	Dragos Berendei	1990	CSU Resita	1.36.31

20 km Women

1.	Ana Veronica Rodean	1984	CS Unirea Alba	1.36.20
2.	Adriana Georgiana Enache	1991	CSU Resita	1.41.00
3.	Alexandra Gradinariu	1990	CSS Triumf Buc.	1.46.40
4.	Ioana Gabriela Manolache	1991	CSM Craiova	1.56.49
5.	Adriana Neli Arvatu	1993	CSM Craiova	1.59.11

ITALIAN RACEWALK CHAMPIONSHIPS, BRESSANONE, SATURDAY 7 JULY

Giorgio Rubino and Anna Eleonora Giorgi won the 10 km walk championships on the opening day of the Italian Athletics Championships in the city of Bressanone last Saturday. Held in the evening, the event was showcased in the city centre. In the men's race, Rubino who is preparing for the Olympics under the guidance of Sandro Damilano, won easily with 39.17. "I worked hard. I have been training on average 200 km per week so to walk at this speed makes me very happy and confident" he said. In the women's race, 23 year old Anna Eleonora Giorgi won by 6 seconds from Sibilla Di Vincenzo with veteran walker Rossella Giordano a further 20 seconds in arrears.

10km Men (25 participants)

1.	Giorgio Rubino	1986	39.17
2.	Matteo Giupponi	1988	39.57
3.	Jean Jacque Nkouloukidi	1982	40.24
4.	Vito Di Bari	1990	40.52
5.	Daniele Paris	1984	41.30

10km Women (22 participants)

1.	Eleonora Anna Giorgi	1989	45.19
2.	Sibilla Di Vincenzo	1983	45.25
3.	Rossella Giordano	1972	45.45
4.	Alessia Zapparoli	1988	47.56
5.	Elena Martinozzi	1987	50.10

PORTUGUESE NATIONAL CHAMPIONSHIPS, UNIVERSITY OF LISBON, SATURDAY 7 JULY

João Vieira and Ana Cabecinha won the 10,000m track walks at the Portugese Athletics Championships last Saturday in Lisbon.

10,000m Walk Women

1.	Ana Cabecinha	CO Pechão	43.37,91
2.	Inês Henriques	CN Rio Maior	44.59,63

3.	Vera Santos	Sporting CP	45.04,72
4.	Daniela Cardoso	NDA Pombal	49.42,22
5.	Sandra Silva	Gira Sol-RC	49.53,17
6.	Edna Barros	CO Pechão	55.11,23

10,000m Walk Men

1.	João Vieira	Sporting CP	41.40,73
2.	Pedro Isidro	SL Benfica	42.17,04
3.	Dionisio Ventura	FAMA Ferreira Alentej	43.53,42
4.	Miguel Carvalho	CN Rio Maior	44.30,72
5.	Nuno Santos	CF Belenenses	48.23,01
6.	Pedro Santos	CP Corroios	48.31,49

WOODIE'S DIY T&F CHAMPIONSHIPS, MORTON STADIUM, SANTRY, IRELAND, 7-8 JULY 2012

The 140th Irish National Championships (see <http://www.athleticsireland.ie>) were held last weekend in Morton Stadium, Santry. Saturday saw the women's 5000m track walk championship with Maeve Curley winning by a clear margin with 24:41.07.

Women 5000m Walk

1.	Maeve Curley	Craughwell A.C.	24.41.07
2.	Alicia Boylan	Oriel A.C.	26.13.08
3.	Siobhan Nash	St. Abbans A.C.	28.39.25
4.	Michelle Byrne	Mohill A.C.	28.46.94

The men's walk is to be held on Sunday so I will report on it in next week's newsletter.

OVERSEAS SHORTS

REIMS (FRA, Jul 4): Yohan Diniz 18:47.45 walked fast to win the 5000m track walk at the in the Meeting Premium de Reims Champagne Ardenne, a French Pro Athletics Tour meet.

5000m track walk

1.	Yohann Diniz	FRA	1 Jan 78	18:47.45
2.	Kevin Campion	FRA	23 May 88	19:05.18
3.	Grzegorz Sudol	POL	28 Aug 78	19:06.07
4.	Antonin Boyez	FRA	9 Nov 84	19:17.49
5.	Jakub Jelonek	POL	7 Jul 85	19:52.44
6.	Cédric Houssaye	FRA	13 Dec 79	20:00.91
7.	Florian Letourneau	FRA	19 Dec 88	21:32.50
8.	Aurelien Quinion	FRA	27 Jan 93	21:39.60

NACAC U23 T&F Meet, Mexico

The NACAC Under 23 Championships are an Under-23 athletics competition held between the member associations of the North American, Central American and Caribbean Athletic Association (NACAC). The 7th staging was held last weekend in Irapuato, Mexico with the women's walk on Saturday and the men's walk on Sunday morning.

Women's 10,000m Walk

1.	Mena R., María Irais	México	52:52.54
2.	Tylock, Rachael	USA	53:16.59
3.	Bonk, Nicole	USA	55:56.68

VRWC CLUB RECORDS

Two further VRWC club records last weekend - well done to Michelle and Nathan

Michelle Laufer	W40-44 15km Road Walk	1:21:10	AV 15km Champ, Middle Park	07/07/2012
Nathan Brill	Men U17 5km Road Walk	21:12	VRWC Club Champ, Middle Park	07/07/2012

MORE PHOTOS FROM ST MORITZ

Thanks to Brent Vallance for more photos from St Moritz where the Australian Olympic and World Junior walkers have been preparing this month.



**Top: Blake Steele cools off after training
Centre: Rachel Tallent and Jess Pickles out for a run
Bottom: Beki Lee and Rachel Tallent**

**Long training session at the airport
Top: Brent Vallance, Quentin Rew (NZ), Chris Erickson
Bottom: Jared Tallent, Eder Sanchez (MEX) and Chris Erickson**

WALKING VIDEOS

World Cup Junior Races - footage from Dave McGovern of USA
<http://www.youtube.com/watch?v=LFUD-YDzgfY&feature=share>

Medicank Support Page for Jared and Claire Tallent in the leadup to London
<http://medibankcf.com.au/tallents.shtml>

Follow the Australian Olympic team on Facebook
<http://www.facebook.com/australianolympicteam>

A.A. RACEWALK JUDGING SEMINAR - C GRADE

I am still waiting for final confirmation from AA but we need to start advertising this now as it is only 7 weeks away. Athletics Australia has agreed to put on a Racewalk Judging Seminar/Exam (C Grade) in Adelaide the weekend of the National Roadwalk Championships. Details are as follows

Athletics Australia, in conjunction with Athletics SA and the SA Race Walking Club, will conduct a C Grade Racewalk Judging Seminar on Saturday 25th August 2012. The Seminar is open to those interested in gaining C Grade accreditation as Walks judges.

Agenda: Saturday 25 August: 12.30 pm Registration
Saturday 25 August: 12.45 pm – 5.30 pm Seminar / Exam

Venue: Main Function Room, Santos Stadium, Mile End, Adelaide

Please bring: Stationery – pencils, pens, paper
Current IAAF Handbook

If you do not have a Handbook, please contact Lorraine Morgan at Athletics Australia (Lorraine.morgan@athletics.org.au).

Cost: \$10 (payable on the day)

So lock in the date and times if you are interested. I will advise when registration opens.

A.A. ROADWALK CHAMPIONSHIPS, ADELAIDE - ENTRIES ARE NOW OPEN

Athletics Australia has activated its online panel for entries to the 2012 Australian Roadwalking Championships in Adelaide on Sunday 26 August. See http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=865&OrgID=887. The panel allows entry to all events from U12 upwards. There is also an U10 invitational event but it is 'enter on the day'. Entries close on Friday 17 August so you have 5-6 weeks to register.

This carnival is a combined AA/RWA carnival with AA medals for the individual placegetters and RWA medals for the winning teams as per previous years. If you are a RWA member, then select your RWA club when completing the entry panel.

You can check out further details on the SARWC website <http://www.sarwc.org/>. In particular, you can see a course map and some preliminary event info at <http://www.sarwc.org/downloads/Australian%20Open%20and%20Junior%20Road%20Walk%20Championships%202012.pdf?attredirects=0>.

WHAT'S COMING UP

Next Saturday sees the annual Racewalking Australia State Challenge and we will be in action at Middle Park as follows:

Saturday 14th July 2012, Middle Park			
Racewalking Australia State Challenge and IBTA Fund Raising Day			
2.15pm	10km	Racewalking Australia Challenge	Open Men/Women
2.15pm	10km	Racewalking Australia Challenge	Masters Men/Women
2.15pm	10km	Racewalking Australia Challenge	Under 20 Men/Women
2.15pm	8km	Racewalking Australia Challenge	Under 18 Men/Women
2.15pm	5km	Racewalking Australia Challenge	Under 16 Boys/Girls
2.15pm	3km	Racewalking Australia Challenge	Under 14 Boys/Girls
2.15pm	3km		Open
2.30pm	1.5km	Racewalking Australia Challenge	Under 10 Boys/Girls
2.40pm	2km	Racewalking Australia Challenge	Under 12 Boys/Girls

We need to ensure that we have starters in each and every division so we need all our regular walkers in attendance on Saturday. This is also our **annual fundraising day for IBTA** (International Brain Tumour Assn) and all race entries, canteen takings and donations are passed onto IBTA Australia.

The Racewalking Australia Challenge is a Racewalking Australia club versus club competition. The points from the fastest

competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Master athletes will not be scored on their time but their age grading so all Master athletes must submit their age at entry time.

Internationally, the **World Junior Champs** are nearly upon us and we will have 4 walkers in action in Barcelona this week

- 9:30AM, Wed 11 July Junior Women 10,000m Walk **Rachel Tallent (VIC/AIS) and Jess Pickles (QLD)**
- 9:00AM, Friday 13 July Junior Men 10,000m Walk **Blake Steele (SA/AIS) and Brad Aiton (QLD)**

Good luck to Rachel and Jess who are first up on Wednesday morning European time.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2012 Victorian/Australian Winter Season Key Dates

Sun 14 July, 2012 RWA State Challenge, each club in its own State
Sun 29 July, 2012 Victorian Roadwalk championships, Middle Park
Sun 26 Aug, 2012 Australian Roadwalk Championships, Adelaide

2012/2013 Victorian/Australian Summer Season Key Dates

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.
3-11 Nov 2012 Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Sun 9 Dec 2012 Australian 50km Championship, Fawcner Park, Melbourne
12-17 Mar 2013 Australian Junior Athletics Championships, Perth, WA
11-14 April 2013 Australian Open Athletics Championships, Sydney, NSW

2012 International Fixture

Sun 8 July 2012 International Racewalk Meet, Os, Norway
July 10-15, 2012 **14th World Junior Championships, Barcelona, Spain.** See <http://www.iaaf.org/mini/wjc12/index.aspx>
July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>
Sunday 28 Oct, 2012 2012 MTR HONG KONG Race Walking Carnival, Hong Kong. See <http://www.hkaaa.com/>

Remaining 2012 IAAF Race Walking Challenge Dates

3-12 Aug, 2012 The Games of the XXX Olympiad, London (GBR) Category A
14 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
5-12 October 2013 Australian Masters Games, Geelong
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)