



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC RACES, ALBERT PARK, SATURDAY 8 MAY 2010

Saturday was a perfect racing day at Albert Park with mild, sunny and still conditions and 83 walkers took advantage of the opportunity. Thanks to **Terry Swan** for the photos which I have reproduced here. See these and more at our VRWC photo gallery – <http://vrwc.org.au/coppermine/>. Note that to help find photos in our photo gallery, you can enter search criteria to zoom in on what you want. For instance, choosing the Search option from the top menu options and putting in '2010-05-08 donahoo' as your search criteria will show those photos from Saturday which included club coach Mark Donahoo. One of the ones you will see is this shot of Mark taken during his coaching session which was held pre-event.



Of course you can broaden the search criteria – '2010 donahoo' will extract all the shots of Mark taken at any of our races this year.

And now onto our races. Simon Evans 53:13 and Pam Tindal 54:29 were the fastest walkers in the 10km event, our longest race of the day while Alison Thompson and David De Bondi were the handicap winners. We welcomed Emma Smith down from Cobden and she walked her first 10km with us, recording a good 65:46.



Alison Thompson, Simon Evans, Pam Tindal, Mark Donahoo, Emma Smith and Dave De Bondi in the 10km events

10km Open

1. Pam Tindal
2. Heather Carr

54:29
56:56

Handicap Place

- 3
- 2

3.	Alison Thompson	59:43	1
4.	Emma Smith	65:46	
5.	Bianca Attard	67:23	4
6.	Karyn O'Neill	70:52	
1.	Simon Evans	53:13	2
2.	Mark Donahoo	54:29	5
3.	James Seid-Christmass	55:15	4
4.	Michael O'Mahony	60:26	7
5.	Bob Gardiner	63:40	6
6.	Harry Summers	69:46	3
7.	David De Bondi	70:19	1
	Russ Dickenson	DNF	
	Murray Dickinson	DNF	
	Terry O'Neill	DQ	

The 5km walk saw 13 year old Nathan Brill walk a real blinder with a 30 second PB time of 24:40. But amazingly it did not win him the handicap as Jason Kozica also moved up a notch with his time of 27:59. Kylie Irshad was the fastest of the ladies with 25:47 while the handicap winner was Kirstin Shaw whose 28:37 shows that she is starting to regain her form of early 2009.

5km Open		Handicap Place	
1.	Kylie Irshad	25:47	2
2.	Jmara Hockley Samon	28:16	6
3.	Kirstin Shaw	28:37	1
4.	Gayle McIntyre	29:18	4
5.	Michelle Thompson	31:06	3
6.	Gwen Steed	31:46	7
7.	Robyn Shaw	33:29	5
1.	Nathan Brill	24:40	3
2.	Ryan Antidormi	26:32	5
3.	Aaron McDonough	26:46	2
4.	Jason Kozica	27:59	1
5.	Alan Lucas	28:58	4
6.	Rudolf Skrucany	35:52	9
7.	Barrie Wicks	36:10	6
8.	Robin Wood	38:00	8
9.	Howard Gibson	39:28	7



Nathan Brill, Jason Kozica (Reese Walmsley in background), Kirstin Shaw and Kylie Irshad in the 5km events

In the 3km event, Donna Elms was my standout walker with a 20 sec PB time of 17:31. She and Athletics Essendon team mate Anna Wallace finished only a few seconds apart with Anna taking fastest time of 17:28. It was a family affair with Jason Elms taking fastest time and handicap win in the men's event with 16:58.

3km Open		Handicap Place	
1.	Anna Wallace	17:28	1
2.	Donna Elms	17:31	4
3.	Annemaree Gerlich	18:40	2
4.	Janet Holmes	18:46	6
5.	Jan Morrey	19:07	5

6.	Georgia Gatens	20:25	3
7.	Maryanne Harrison	21:34	7
1.	Jason Elms	16:58	1
2.	Llew Jenkins	20:20	
3.	John Morrison	21:09	2
4.	Gordon Onley	23:03	3

Stephanie George and Connor McShanag were our fastest U15 walkers with 15:50 and 15:30 respectively. They were not the only ones walking well - Caitlin Campbell did a 9 sec PB with 16:52, Carly Bertrand did a 10 sec PB with 17:35, Beth Barbour did a 21 sec PB with 17:58, Aaron Tam did a 3 sec PB with 17:00 and Paul Tremigliozi did a 35 sec PB with 18:57.

3km Under 15

		Handicap Place	
1.	Stephanie George	15:50	9
2.	Amelia Finnegan	16:33	11
3.	Caitlin Campbell	16:52	2
4.	Jessica Callaway	17:28	1
5.	Carly Bertrand	17:35	3
6.	Jade Sanders	17:45	5
7.	Megan Walker	17:55	7
8.	Beth Barbour	17:58	4
9.	Cindy Collins	18:22	6
10.	Amy Ventura	19:02	8
11.	Emily Swan	20:52	10
	Jasmine Irshad	DNF	
1.	Connor McShanag	15:30	1
2.	Aaron Tam	17:00	3
3.	Paul Tremigliozi	18:57	2
4.	Cody McNicol-Davidson	21:49	4



Stephanie George, Caitlin Campbell, Connor MCShanag, Paul Tremigliozi, Beth Barbour, Cindy Collins, Aaron Tam and Jade Sanders

Our U12 walkers increased their distances this week to 2.5km and Kyle Swan was on fire, recording a superb 12:31. Cooper Owen also walked superbly for second fastest and second in the handicap with 13:32. Emily Hamilton 14:16 and Paige De Lisen 14:36 were the fastest girls while Bronte Segota won the handicap with her 15:56. The standard was uniformly high.

2.5km Under 12

		Handicap Place	
1.	Emily Hamilton	14:16	3
2.	Paige De Lisen	14:36	8
3.	Georgia Bertrand	15:12	9
4.	Shelby Kay	15:20	5
5.	Jessica Lillie	15:26	2
6.	Gabbie Crea	15:33	6
7.	Hayley George	15:33	7
8.	Bronte Segota	15:56	1
9.	Hayley Brown	16:40	10
10.	Charlee Harrison	16:59	4
1.	Kyle Swan	12:31	1
2.	Cooper Owen	13:32	2
3.	Reese Walmsley	14:36	5

4.	Harry Hockley Samon	18:05	4
5.	Joshua Tremiglozzi	19:34	3
6.	Harley Davidson	22:41	6



Paige De Lisen, Kyle Swan, Bronte Segota, Cooper Owen and Emily Hamilton in action in the U12 2.5km

Our U9 walkers also increased their distance to 1.5km, a hard ask but one which they handled well. Our fastest overall were Brodie Richardson 8:43 and Kristina Collins 9:05 while Hayden Walmsley was our fastest boy with 10:32. Chelsea Owen-Smith and Ethan Wright were the handicap winners. And finally, we welcomed first time club walker Payton Kay who walked well with 10:52.

1.5km Under 9

1.	Brodie Richardson	8:43	6
2.	Kristina Collins	9:05	3
3.	Brianna Lillie	9:10	5
4.	Chelsea Owen-Smith	9:15	1
5.	Kathleen O'Mahoney	9:27	4
6.	Payton Kay	10:52	
7.	Lucy Vicendese	10:54	2
1.	Hayden Walmsley	10:32	2
2.	Ethan Wright	10:43	1
3.	Anthony Vicendese	10:49	

Handicap Place



U9 walkers Payton Kay, Lucy Vicendese, Brodie Richardson, Chelsea Owen-Smith, Ethan Wright and Hayden Walmsley

Finally, thanks to all those who keep the show on the road each week. Sorry if I have missed anyone

- Officials:** Tim Erickson, Russ Dickenson, Bob Gardiner, Harry Summers, Ken Walters, Matt Owen, Ian Laurie, Damien Elms, Natalie Laurie, Mark Davidson, Paul Kozaris
- Judges:** Brian Williams (C), Gordon Loughnan, Lloyd Nichols, Micheal Bodey, Shane Bertrand, Fran Attard
- Canteen:** Barb Gardiner, Joyce Summers, Kate Suich

VRWC POINTS COMPETITION UPDATES

As you probably know, we have three long running competitions that take place over the winter season

- The Handicap Competition
- The Actual Times Competition
- The Style Award Competition

We are now 2 weeks into these points competitions so I have added an additional page on our VRWC website to explain how each competition works and to let everyone keep up to date with the current scores. Browse to <http://www.vrwc.org.au> and select the left hand side index item labelled 'VRWC Points Competitions'. So far I have the progressive Style Award points up but am waiting on Mark Donahoo for the progressive points for the other 2 comps. These should be online very shortly. From a Style Award perspective, this week our judges awarded points as follows for the most stylish walkers

Open/U15 Men	Open/U15 Women	U9/U12 Boys	U9/U12 Girls
7 Nathan Brill	6 Heather Carr	5 Kyle Swan	3 Paige De Lisen
3 Aaron Tam	5 Kylie Irshad	3 Cooper Owen	3 Brodie Richardson
2 Mark Donahoo	3 Amelia Finnegan	2 Hayden Walmsley	2 Emily Hamilton
2 Russ Dickenson	3 Jasmine Irshad	1 Harry Hockley-Samon	2 Lucy Vicendese
1 James Seid-Christmass	2 Jmara Hockley-Samon		1 Hayley George
	2 Alison Thompson		1 Brianna Lillie
	1 Carly Bertrand		1 Gabbie Crea
	1 Jade Sanders		

CLUB RULES EXPLAINED

Since we now have a few walkers regularly using the yellow 'Club Rules' numbers, it is timely to explain in greater detail how these amended rules work and why we have added them as an option to our VRWC club races. Accordingly, I have added a fifth page to our Judging pages on our website (<http://www.vrwc.org.au>)

- A History of the Racewalking Rules
- The current IAAF Racewalking Rules
- Judging - Australian Specific ByLaws
- The Racewalking Rules Explained
- **Club Rules Explained**

These are all good pages to help explain how our sport is governed and are all well worth a read.

QUEENSLAND RACE WALKING CLUB ROADWALKS, KALINGA PARK, SATURDAY 8 MAY 2010

Thanks to Peter Aiton for his weekly roundup of QRWC results. Some great 10km walking by Brad, Jesse and Nick.

A Grade 10km

Men: (1) Brad Aiton 47.38 (2) Jesse Osborne 48.11 (3) Nick Dewar 50.33 (4) Ignacio Jimenez 50.51 (5) Brandon Dewar 51.08 (6) Peter Bennett 54.39 (7) Aran Dall 58.59 (8) John Harris 65.55

Women: (1) Sally Lynch 68.31 (2) Noela McKinven 78.24

B Grade 5km

Men: (1) Patrick Sela 32.16 (2) Richard Lynch 36.37

Women: (1) Kate Sanford 33.52 (2) Christiane Dauphinet 39.17 (3) Robyn Wales 40.17.
Jess Pickles DNF (3k 15.00)

C Grade 3km

Girls: (1) Rachel Barker 17.58 (2) Katya Martin 18.36 (3) Marybeth Paviell 20.04

D Grade 2km

Boys: (1) Trent Miles 12.41

Girls: (1) Mikaela Woodward 12.01 (2) Kirsty Barker 14.11

E Grade 1.5km

Girls: (1) Thalia Martin 12.57
(Thalia accidentally did 1.75 in this time, possibly equal to 11.06 for 1.5k)

F Grade 750m

Girls: (1) Amelia Wales 8.52

SARWC RACES, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 8 MAY 2010

Thanks to Peter Crump for the following report.

We had good numbers for our first club championships of the season, including yacht handicaps over the 10km and 5km distances. In the open Knight and Campbell shield (10km), the handicapping was first class, with all bar first and last falling within 80 seconds. Barb Cain defended her title from last year starting off scratch and never being headed. Our handicapper has vowed to be less generous for the third year. In the U20 Rob McFadden trophy, (5km), new member Alison Stampke made a huge improvement from her first race last week to win convincingly. Again, quality handicapping with the field all coming within 90 seconds. In the 2km the whole field improved from last week which was especially impressive. In the 1km, Alix Harrington, Elsie Potezny and Chantelle Nicolaides were the standouts, bettering their times significantly. We have copied the Victorian arrangement of "Club Rules" walkers and you will see these market with a "*" in the results. In the 10km and 5km races, actual times are shown in brackets.

Open 10km Handicap- Knight and Campbell Shield

1.	Barb Cain	71:55	(71:55)
2.	Sandy Brunner*	74:01	(60:36)
3.	Bill Starr	74:16	(69:31)
4.	Kim Mottrom	74:19	(50:04)
5.	Allegra Steele	75:03	(61:08)
6.	Peter Crump	75:13	(57:28)
7.	Jim Hoare	75:17	(67:22)
8.	Darren Bown	76:46	(46:51)
	Megan Szirom	DNF	

Under 20 5km Handicap- Rob McFadden Trophy

1.	Alison Stampke	31:06	(31:06)
2.	Jessica Stephens	31:54	(31:24)
3.	Jemma Potezny	32:08	(26:53)
4.	Amber Tuscharski	32:20	(26:20)
5.	Paige Hooper	32:30	(23:30)
6.	Gloria Holliday*	32:34	(30:04)
7.	Samara Holliday	32:50	(27:10)
	Kristie Goznic	DNF	

Open 2km

1.	Piper Douglas	11:19
2.	Mason Heath	11:22
3.	Issy Tucker	11:24
4.	Rebecca Burat	11:57
5.	Julia Potezny	11:58

Open 1km

1.	Alix Harlington	5:31
2.	Rhiannon Lovegrove	6:23
3.	Elsie Potezny	6:36
4.	Chantelle Nicolaides	6:37
5.	Michael Nicolaides	7:18

NSWRWC WALKING RESULTS – SATURDAY 1 MAY 2010

I am normally a week behind with the NSWRWC results as their website only publishes them the following weekend. Link <http://58.107.233.253:8183/newsletter/2010/NSWRWC10-7.pdf> gives the results from their club walks at Leichhardt on Saturday 1st May. There were 67 walkers in attendance and the standard was high. We can expect to have fierce competition in Canberra! Also, congratulations to NSWRWC President **Heather Mitchell** who has recently been awarded Life Membership of Athletics NSW.

RWA RESULTS WEBSITE UPDATE

I hope that you all regularly check out the Racewalking Australia Results Website (<http://racewalkaustralia.com>) to check up on results Australia wide. This is our own customised copy of the UK racewalking website <http://racewalkuk.com/Home.asp> which website creator John Constantinou made up for us and which I administer. John has recently ported a great enhancement to us for race results. He explains it as follows

I now show the age-graded performance in all results, and have a button that re-orders the result by best age-grades. This is to encourage all the older competitors (who always turn out and race, but often come at the rear of the field) that they were as good as the rest of the field. Although I now seem to come last in a lot of races...!

Let's have a look by zooming in on our VRWC 5km walk from Saturday and resorting according to Age Graded performance. Now Gwen Steed and Alan Lucas zoom towards the top – as their performances are in fact very good ones when checked out against the published Age Tables. Note that these tables do not cover all distances and do depend on whether I actually have your DOB recorded on the website. Thanks John – what a great enhancement!

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Event Results

Date: 8 May 2010 [View all races for this date](#) [Re-order by finish position](#)
Distance: 5km
Race: VRWC Road Races - 5km Open
Location: Albert Park, Melbourne, Victoria

Gender	Position	Athlete	Age Group	Grade	Club	Time	Points
F	6	Gwen Steed	W65	84.97%	VRWC	00:31:46	637
F	1	Kylie Irshad	W35	78.61%	VRWC	00:25:47	915
F	2	Jmara Hockley-Samon	U15W	74.54%	VRWC	00:28:16	794
F	4	Gayle McIntyre	W40	71.82%	VRWC	00:29:18	746
F	3	Kirstin Shaw	U20W	69.97%	VRWC	00:28:37	778
F	5	Michelle Thompson	W40	66.60%	VRWC	00:31:06	666
F	7	Robyn Shaw	W45	65.48%	VRWC	00:33:29	567
<hr/>							
M	1	Nathan Brill	U14M	82.14%	VRWC	00:24:40	606
M	5	Alan Lucas	M60	79.02%	VRWC	00:28:58	329
M	2	Ryan Antidormi	U16M	73.28%	VRWC	00:26:32	475
M	3	Aaron McDonough	M35	69.14%	VRWC	00:26:46	460
M	7	Barrie Wicks	M65	68.41%	VRWC	00:36:10	53
M	4	Jason Kozica	SM	64.18%	VRWC	00:27:59	384
M	6	Rudolf Skrucany	M50	59.16%	VRWC	00:35:52	59
M	8	Robin Wood	M60	59.03%	VRWC	00:38:00	20
M	9	Howard Gibson	M60	57.99%	VRWC	00:39:28	5

PARKING PERMITS FOR ALBERT PARK

A reminder that you are eligible for an Albert Park National Park car parking permit as a VRWC club member. With this displayed in your car, you do not have to pay the \$2 parking fee to park in the any of the Albert Park National Park carparks (eg the carpark in front of the bowling club) when you come to Albert Park to race. The cost is \$20 for open walkers or \$10 if you are driving U18 walkers. It is tied to a particular number plate so you then have to make sure you always drive to Albert Park in the same vehicle but that is not an issue for most. These forms are not on display but must be specifically given to you by me. So see me on Saturday or email me if you want me to post one out. It is worthwhile if you intend to race a lot this winter.

CANBERRA CARNIVAL HOTS UP

Only 4+ weeks to go until Canberra and entries are now starting to come in. A reminder of the key dates for VRWC members

- **Saturday 15 May** Last chance to nominate your details if you intend to stay at the team hotel in Queanbeyan
- **Sunday 23 May** Closing date for Canberra Carnival entries (entries must be via VRWC for club members)
- **Sunday 13 June** Racewalking Australia Carnival, Canberra

Note that we have sourced a hotel for the Canberra weekend but they require confirmation of bookings well in advance. **So this Saturday is the closing date for hotel bookings with us.**

AUSTRALIAN WORLD CUP TEAM GETS READY TO RACE

The 24th IAAF World Race Walking Cup happens this weekend and as usual it promises to be a huge walking festival. There are a couple of websites that can be checked out at this stage and I expect the start lists to be put on display over the next few days.

The IAAF championship website: <http://www.iaaf.org/WRW10/index.html>
 The official Chihuahua2010 website: <http://www.chihuahua2010.com>

One or other of these will hopefully have updates on positions and lap times during the races. I will be staying up Saturday night to check on the 50km race as it develops. The main competition times are as follows (add 16 hours for Melbourne time)

Saturday 15 May	8.00AM	50km Senior Men	Luke Adams, Tom Barnes, Chris Erickson, Jared Tallent
	4.30PM	10km Junior Men	Dane Bird-Smith, Rhydian Cowley, Sean Fitzsimons
	5.30PM	20km Senior Women	Jess Rothwell, Claire Tallent, Cheryl Webb
Sunday 16 May	9.00AM	10km Junior Women	Beth Alexander, Regan Lamble, Rachel Tallent
	10.10AM	20km Senior Men	Ian Rayson, Adam Rutter

Today Paul Warburton of the IAAF published his review of the men's races (see <http://www.iaaf.org>) and his review of the women's events will probably be published later today or tomorrow. His first report makes for very interesting reading:

Schwazer Vs Tallent as Sanchez carries local hopes in Chihuahua - MEN'S RACES PREVIEW

Men 50km

This could be the race of the weekend with Alex Schwazer and Jared Tallent going head-to-head for the individual title. Even if the Russian machine had its shiniest components - it's doubtful that they would have motored past this pair. Both are in the form of their life - and both fill the top-two spots for fastest 20km times in 2010. Schwazer strolled a 3:50:22 in March at the longer distance, and his Australian rival surprised himself when the aptly named Tallent dipped under 3:39:00 back in November. The pair also race well under pressure as befits a duo who can lay out their World Cup and Olympic medals in all three colours. For a short while, Schwazer was also the World record holder, until eclipsed by Denis Nizhegorodov at the last World Cup in 2008. But the Russian won't be in Chihuahua - and more to the point - this race will be 1,400m above sea level. If there's one event that could see conditions having an effect, it's a race where the best merely bide their time for the first 30km - and then move up a couple of gears. That won't be easy with less oxygen to go around, and anyone getting under 3:45.00 will be pretty certain to feature in the medal shake-up.

Italy versus Australia for the team race is also on the bill - although Mexico and Spain will undoubtedly have something to say about that. Russia could even struggle to even get on the podium with none of their 2008 walkers in Chihuahua if the other countries mentioned are on form. Horacio Nava, with a 3:45:21 PB, is the one top Mexican actually from the host city, and should be best able to deal with heat and height when those with faster times start to wilt.

And would anyone care to bet against Jesus Angel Garcia getting another medal? The Spaniard will be 41 in October, and at an age when the rest have long binned their trainers, Garcia won bronze in the IAAF World Championships last August to go with the five other gold medals gained at the highest level - and 13 years after he won the World Cup 50km in Podebrady. But if Garcia has defied the age barrier, Fabio Ruzzier has smashed it down. The Slovenian had to take a deep breath to blow all the candles out at his birthday in January - there were 53 of them. He too, will be toeing the line in the north Mexican city.

Men 20km

Unless someone has been keeping their form secret - the men's 20km looks to be a very lonely walk for Eder Sanchez. If ever a walker had an incentive to win a race, it's the IAAF World Championship bronze medallist and IAAF Walks Challenge winner on home soil following a solid winter's training in Australia. Sanchez's times since the turn of the year have been nothing special - but he's now got the hang of showing when it matters, and the smart money is on a man who's been biding his time for this one. His technique usually attracts little attention from the judges - but there will certainly be others hoping to give him a walk for his money.

If Sanchez falters, there's a phalanx of talent ready to step out of his shadow. Former IAAF Challenge winner Erik Tysse will certainly be close after setting his PB in the previous World Cup in Cheboksary two years ago. The consistent Norwegian lies fifth on the current 2010 list after a pacy 80:08 win at the Rio Maior IAAF Walks Challenge last month. Former European Cup winner Yohan Diniz has switched back to the shorter distance after mixed results at 50km, although the Frenchman should be looking over his shoulder at two outsiders. The Russians have sent what coach Alex Melnikov describes as a 'young' team for the trip to Chihuahua, and they don't get much younger and talented than Denis Strelkov. Last year, the 19-year-old was a mere fourth in the European Cup junior 10km in Metz on the back of a bronze at the Cheboksary World Cup. But Strelkov has been elevated to the senior team after a sparkling 80:19 debut at his country's winter championships in February. If the big occasion gets the better of the teenager, Luis Fernando Lopez picks up the reins of a strong Colombian tradition in the event. And after posting 81:17 in Rio Maior - it's worth noting Sanchez himself considers Lopez a threat. Japan occupy two of the top-six form places in Isamu Fujisawa Yusuke Suzuku, with the latter posting a massive two-minute improvement on 2009 to record 80:06 in February.

Team-wise, China, Russia, and Spain all have top outfits, and the hosts also will be there or thereabouts. Intriguingly, Mexico has named 40-year-old Bernardo Segura in their line-up. Even non-walking fans will remember the man who appeared to have won the 2000 Olympic title, only to be disqualified 35 minutes later as he was congratulated on the phone by the Mexican President. Perhaps this time, the 1999 World Cup winner will make another call to tell absent friends he's back on the podium again as a be-medalled team member.

Junior men 10km

The red tryst with the junior competitions seems as strong as ever - despite the fact Russia has largely two unknown teams headed for Chihuahua. Valeriy Filipchuk is the best known of the six men and women having won the European junior bronze medal in Serbia last year to go with silver at the European Cup - but the others are the inevitable product of the Russian Winter World Championships in Sochi. Each World Cup year since the first junior championship in 2004, the races down by the Black Sea produce the fastest times going into the Cup - and each year those who shine in the sun inevitably produce the goods later on as well. Sochi, or Adler next door, has produced a clutch of world's fastest times that go unratified because they don't have the top judges to monitor the top walks. However, no-one doubts the form recorded, and it would be a brave man who saw anything but another clean sweep for a country that by its own admission expects to hog the lot. Those headed for the team podium alongside Filipchuk are Konstantin Kulagov and Dementiy Cheparev - all with times comfortably under 41 minutes, which by Russian standards is dawdling, but still far too good for the rest.

The one fly in the Russian ointment could be Veli-Matti Partanen from next door in Finland. The 18-year-old broke up the Russian clean sweep at the European Cup last year when he landed an unexpected bronze - and with a season's best of 41:41 to go with a cool head when it comes to racing - could easily do the same again. As ever, China has a decent team on paper, with Australia, Colombia and Italy also boasting strength in depth. That said, with the exception of Partanen, the rest could be anything up to the 400 metres behind Russia by the finish if form is anything to go by.

KEN WALTERS, JACK OF ALL SPORTS AND MASTER OF MANY

Time for another profile, this time of Ken Walters, coach of Rhydian Cowley and former Masters walker.

Ken Walters, born 19 September 1932, turns 78 this year but you would never know it. He cheerful outlook and positive energy belie his age and he is still involved at the Eastwood Golf Bowls Club, still coaches in the sport of racewalking, still commentates at the Victorian Masters championships, still helps put out the monthly "Around The Grounds" magazine and is still venue co-manager for the Victorian Masters Croydon venue.

His first love was professional cycling which he took up as a 15 year old in 1947. He then competed with distinction until 1962, racing in Australia's most famous professional tour, the Sun Tour, on a number of occasions and actually winning his division of the 1955 Sun Tour and winning several sprints.



Ken leads the peleton in one of the many professional races in which he competed

It was not an easy ride by any means as he worked two jobs, toiling early morning as a milkman and then plying his trade as a baker during the day, before getting on the bike in the evening to fit in whatever training he could in what remained of the day

The great photo shown below, published in the Melbourne Herald Sun, was taken during the 1954 Sun Tour and was captioned 'Alone at the Top'. It shows Ken changing his tyre at the top of Mt Hotham. The support cars had been stopped by a snow drift lower down the mountain and Ken was on his own when he punctured. The really amazing thing is the road surface – not the bitumen we take for granted nowadays – it was shale and loose rock. It is tough enough riding up a mountain over such terrain but imagine going down the other side at speed. They certainly bred them tough in those days.



Ken eventually gave the bikes away in 1962 – he was 30 years of age, had been riding for some 15 years and was newly married with new responsibilities - now some considerable years down the track, he and Judy are still together and the proud parents of four and grandparents of seven.

Although Ken had given up cycling, he was not ready to forgo his sporting endeavours and immediately moved onto squash. A year

later, as captain of the Ringwood team, he helped them to their first squash pennant.

Within a couple more years, in 1965, he was extending himself even further and 'bluffed my way' into a career as a boundary umpire with the Victorian Football League (VFL). After officiating in two grand finals, he was encouraged to step up to field umpiring and he continued in this role each winter until only 3 years ago when he was forced to retire with *planta fasciatis*. That adds up to 41 years – not a bad effort in anyone's books!

As his family grew, Ken and Judy started them in Little Athletics as members of the Sherbrooke Little Athletics Club. As the club grew to 90 members, Ken realised that, rather than compete at the Knox Little Athletics Centre, there was scope to expand to a new centre. After socialising the idea with all the local primary schools in the Sherbrooke area, he founded the Sherbrooke Little Centre which opened in 1970 with him as the inaugural Secretary. In the first season, the centre boasted 450 participants. As an aside, both Ken and Judy have been honoured with life memberships of Sherbrooke Little Athletics Club.

Ken realised that no one at the new centre knew anything about racewalking and that they lacked any qualified walk judges so, in 1971, he attended an inspiring seminar in Marysville given by racewalking coach Frank McGuire. This marked Ken's introduction to walking and he subsequently took on the role of racewalking coach with the Sherbrooke Little Athletics Club.

The club trained at an old grass track in Sherbrooke and Ken soon realised that it was not really good enough for walking so he took his training group down to the synthetic track at Ringwood. While there, he was approached by local identity Charlie Gorman who asked whether he was willing to expand his training group to take on some Ringwood kids. Ken of course agreed and he soon had a 40 strong training group.

With such a large group of walkers now training in Ringwood, he realised that there was a need to provide something further in the local area and in 1979 he founded Proclamation Park Walkers Club. When interviewing him for this article, he reminisced that in the early days before the Ringwood track had lights, the walk judges had to use torches to judge the walkers when evening events were scheduled!

This new club gave him the opportunity to take older walkers under his wing and it was in this context that he coached Paul Copeland to win the Australian Under 18 trackwalk title in 1983. This was the start of an exciting time in Ken's coaching career as he helped Paul develop into one of our best ever walkers with an international career that stretched from 1986 to 1997.

Ken was also heavily involved in the Victorian Veteran's Association at this time, both on the track and on the road. In the 1980's he founded the "Busrangers Classic" 100km team relay run in which teams of 5 runners each ran four 5km legs around the Dandenong Ranges east of Melbourne. In the very first year of this event, 26 teams competed. Judy and Ken used to map out the course each year and they kept running up for 8 years until eventually the increasing traffic spelt the end of what had been a very successful concept.

He was one of the key organisers of the World Veteran Games in Melbourne in 1987 and introduced individualised lapscoreing for all the longer walk and run events. This is still used today in Australian Masters events and has stood the test of time as the best way to run these events.

Ken was never one to forgo a challenge. When holidaying one year in central Victoria, he saw an advertisement for the "4 Peaks" alpine run which challenges the Porepunkah, Hotham, Feathertop and Buffalo mountains. He entered and finished the gruelling run and then completed it 7 more times in subsequent years.

In the early 1990's, he joined the Professional Runners Cross Country club and to take on yet another challenge. Over the course of his first season with the club, he improved his 10km time by 7m 30s and won 20th anniversary staging of the Murchison 10km Handicap event.

With the interest generated by the Sydney to Melbourne Westfield runs, this was a golden period for ultra distance running in Australia and, with his new found running fitness, he decided to test himself over the longer distances. He fronted for the annual Victorian 50 Mile championship and in his first year he won the novice section at Princes Park with a very impressive 7h 01m. The next year, he was included in the elite section at the Box Hill track and improved his time to 6h 48m.

His introduction to long distance walking was an accident. While at a walkers club event at Albert Park, he saw a poster advertising the annual 100 mile walk to be held at the Collingwood Harriers Track in Clifton Hill in October 1994 and he expressed an interest. Someone told him that he had no hope and so a \$10 bet was laid and he was committed.

The annual 100 mile walk was a small affair in those days and Ken was one of only 7 walkers who toed the line for the Saturday 1PM start. I remember the weekend well as Melbourne turned on its usual fickle weather. The race started in cool windy conditions which soon turned to rain which then fell intermittently over the afternoon. As night fell and the wind continued unabated, the temperature plummeted and competitors were forced to put on layers of clothing to protect themselves from the bitter conditions. It was not until the early hours of the morning that the wind dropped and we were greeted with a much improved Sunday. At least those remaining had good conditions and even some sunshine for the final morning of the event.

Of the four remaining on the track, all finished the event and the first three reached the elusive 100 mile mark, thus becoming centurions. The first two placings were taken by Queenslanders. Peter Bennett (the current QRWC President) walked an amazing race, never showing any real distress and finishing strongly in an outstanding time of 19:42:54. By way of contrast, Andrew Ludwig had to survive a very torrid second half in which leg problems nearly spelt failure. To his credit he never contemplated pulling out or giving up and he struggled home with a 100 mile time of 22:26:09.

The third walker to complete the hundred was Ken. He had his race well planned and all went according to the script for the first 12 hours. He set off at 3:00 min laps and had a 30 min break at the 5 hour mark. Then back on the track and onto the 50 mile mark in 10:31:40. Another major break of 45 mins and he was off again for the second half. However, it was soon apparent that Ken was quietly suffering and he withdrew into himself as he battled the body in an effort to keep going. Opinion was that he was gone at about 60 miles and would not last much longer. But as the night ended, Ken was still to be seen on the track and looking more in control. A short break at the 20 hour mark and he stormed home with 3 min laps over the last 100 laps. He knew Andrew Ludwig was within striking distance and he got to within one lap as the two reached the 99 mile mark. In what was perhaps the closest finish in any of our 100 milers, Ken finished about 300m behind Andrew to take third place in the fine time of 22:28:31. However, the effort was apparent as he was helped back to his support tent. Like Andrew's performance, it had been a battle of mind and body as the mind had been forced to override the normal limits of endurance.

The fourth walker still on the track when the final gun fired was Carmela Carassi, a complete newcomer to such a demanding discipline. Her final distance of 92 miles 992 yards was the greatest distance walked by any Australian woman and she returned the next year to successfully complete her hundred and become a centurion.



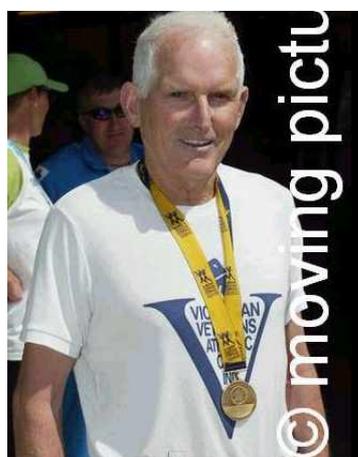
The 4 finishers – Peter Bennett, Carmela Carrassi, Ken and Andrew Ludwig

Around this time, Ken and Judy took on a new challenge – running the Ferny Creek cafe in the Dandenongs. A regular post-run breakfast spot for the running fraternity, the venue was always packed on a Sunday morning and, for the next four years, they were kept busy by the demands of running a successful small business.

As mentioned above, Ken has been involved in the Veterans athletics movement since the early 1980s and he competed in a number of World Veterans and World Masters Games, winning medals on numerous occasions. .

1983 World Veterans Championships, New Zealand
 1987 World Masters Games in Melbourne
 1989 Oceania Masters Games in Norfolk
 1999 World Veterans Games, Gatehead
 2001 World Veterans Games, Brisbane
 2002 World Masters Games, Melbourne

Competed in Marathon (M50)
 20km walk 2nd, 5000m walk 3rd, Teams gold (M55)
 10km walk 1st (M55)
 20km walk, 5th (M65)
 20k walk 4th, Teams gold (M65)
 5000m walk 2nd, 20km walk 1st (M70)



Ken at the World Masters Games in Melbourne in 2002 after winning the M70 20km walk

Ken is still coaching racewalkers some 40 years after attending that eventful seminar. Amongst his current protégées are Rhydian Cowley who has just been selected to represent Australia in the 2010 World Racewalking Cup and the 2010 World Junior Championships and Kylie Irshad, the current Victorian Open 5000m racewalk champion. He is justifiably regarded on the local front as one of our most knowledgeable and successful coaches.

And of course, Ken was on hand with his old mate Les Clarke at the centurions walk last month, looking after Queenslanders Peter Bennett and Ian Valentine. And of course he stayed up all night!



Ken hands some refreshments to Peter Bennett in this year's 100 mile walk at Coburg last month

WHAT'S COMING UP NEXT

Next Saturday, we host the **Victorian 10km Championships for Open, 40+ and 50+** divisions (pre-enter with Athletics Victoria) and the **Victorian Masters 10km championships** (enter on the day). To enter the AV championship, you must use the official entry form (see <http://www.vrwc.org.au/2010%20AV%20Walk%20Entry%20Form.pdf>). Entries actually closed last Thursday but AV will normally accept late entries for the walks – so get onto them straight away if you have not entered yet.

Saturday 15 May 2010, Albert Park

2.15pm	10km	Victorian Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Women
2.15pm	10km	Victorian Masters Championship	Masters Men
2.15pm	10km	Victorian Masters Championship	Masters Women
2.15pm	10km	Handicap	Open
2.30pm	5km	Handicap	Open

The following Sunday, we have our major club championship day for the winter and there are events for everyone. We give out VRWC medals to the first 3 places in each championship event. Note that the U9 and U12 walkers compete over 1km which might initially seem a very short distance. This is because we actually have 3 championships for these age groups over the winter season – 1km, 1.5km and 2km. Note that some U12 walkers might like to do their 1km championship at 10:45 and then have a walk in the 3km U14 championship at 11:00 to make a solid day's work. They can do that second race for free as long as they tell us beforehand at the registration table.

We are also adding a new event – a 4 Hour 'Walk as far as you can' event. I am hoping that this will attract a good field as it seems a good concept. It was suggested to us last year by club member Rudolf Skrucany and we are giving it a go this season. We will have trophies for the man and woman who walk the furthest in this event.

Sunday 23 May 2010, Albert Park

8.00am	4 hour walk *		Open
	Incorporating	35km V.R.W.C. Championship – Ray Smith Trophy	
9.30am	20km	Non championship event	Open
10.15am	15km	V.R.W.C. Championship - Elsie Jacobson Trophy	Open Women
10.15am	15km	V.R.W.C. Championship	Under 20 Men/Women
10.15am	10km		Open
10.45am	1km	V.R.W.C. Championship	Under 12 Boys/Girls
10.45am	1km	V.R.W.C. Championship	Under 9 Boys/Girls
11.00am	5km	V.R.W.C. Championship	Under 16 Boys/Girls
11.00am	5km		Open
11.00am	3km	V.R.W.C. Championship	Under 14 Boys/Girls

The rules for 4 hour event are simple

1. The aim is to walk as far as possible in 4 hours.
2. Walkers may leave the track and re-enter the race as often as they wish provided they do so at the start/finish line.
3. When restarting, walkers should notify the recorder.

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.

Australian/Victorian Winter Season Key Dates

Sat 15 May, 2010	Victorian 10km racewalk and VMA 10km racewalk championships, Albert Park, VIC
Sun June 13, 2010	44 th Lake Burley Griffin Racewalking Australia Carnival, Canberra, ACT
Sat June 26, 2010	A.V. Racewalking Seminar (details to be advised), Melbourne, VIC
Sun June 27, 2010	Australian Masters, Victorian and Victorian Schools roadwalking championships, Albert Park, VIC Entries for AMA 20km championship close on Sat 19 June. AMA entry form: http://vicvets.mhsoftware.com/attachments/23/111/AMA_20k_EntryForm_2010.pdf
Sat July 24, 2010	Racewalking Australia State Challenge, in each State
Sun Aug 8, 2010	Major Victorian Roadwalking championships carnival, Albert Park, VIC
Sun August 22, 2010	Australian Roadwalking Championships and RWA carnival, St Lucia, Brisbane, QLD

2010 International Fixtures

May 15-16, 2010	24th IAAF World Race Walking Cup, Chihuahua, Mexico. See http://www.iaaf.org/wrc10/preview.html
July 3-10, 2010	Oceania Masters Championships, Tahiti
Aug 3, 2010	8th World Gay Games VIII, Cologne, GERMANY (5000m walks). See http://www.gaygames.com/
July 19-25, 2010	13th World Junior Championships, Moncton, Canada. See http://www.moncton2010.ca/
Aug 14-26, 2010	1st World Youth Olympics, Singapore (10000mW boys, 5000mW girls). See http://www.singapore2010.sg
Oct 3-14, 2010	19th Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

2010 Race Walking Challenge Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 th Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 th Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 rd Coppa Città di Sesto San Giovanni, Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 th IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	13 th Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	24 th Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN	

2010 – Other International Opportunities

May 30, 2010	German 20km Championships, Naumburg (see http://www.racewalking-naumburg.de)
Aug 28, 2010	20 th International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)

2011 International Fixture

July 7-17, 2011	19th World Masters T&F Championships Stadia, Sacramento, California, USA
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Aug 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm

2012 International Fixture

Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyvaskyla, Finland
May 12-13, 2012	25th IAAF World Race Walking Cup, Saransk, Russia
July 2010 ?	14th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30th Olympic Games, London. See http://www.london2012.com/

2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

2014 International Fixture

2014	26th IAAF World Race Walking Cup, Taicing, China
July 23 – Aug 3, 2014	20th Commonwealth Games, Glasgow. See http://www.glasgow2014.com/

Looking even further forward

Aug 2016	31st Olympic Games, Rio de Janeiro, BRAZIL. See http://www.rio2016.org.br/en/Default.aspx
July 2020	32nd Olympic Games TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)