



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AV, VMA AND VRWC RACES, ALBERT PARK, SATURDAY 15 MAY 2010

Saturday afternoon saw 94 walkers come together for one of our major championship days of the winter season with Victorian 10km and Victorian Masters 10km championships on offer for men and women. Weather wise, it was just about perfect and good performances were seen across the board. Thanks to **Terry Swan** as usual for the great photos – over 120 have been loaded to <http://www.vrwc.org.au/coppermine>.

And a special invitation to our camera buffs. For years now, VRWC Life Member Ray Smith has been videoing our VRWC races and then replaying the edited finished product the following week at Albert Park. This has given us an invaluable video library/archive that documents the club year by year and provides walkers with a chance to see themselves in action each week. Ray, who will celebrate his 81st birthday this year, thinks it is time to retire from this task so the door is open for a new club video person. If you are interested, talk to Ray or me any weekend. We have a club video camera that can be used on race days if required.

And now onto our race results. With so many of our top walkers away in Mexico this weekend contesting the World Race Walking Cup, the 10km championships were open affairs and Stuart Kollmorgen and Kelly Ruddick made the most of the opportunity and recorded solid wins. Stuart, who won the Victorian 5km Teams championship 2 weeks ago, was never headed as he recorded 48:55 for fastest time overall and gold in the men's event. He was followed by Mark Donahoo and Simon Evans, all recording their fastest times for quite some time. James Seid-Christmass walked a 55 sec PB to take 4th while young Connor McShanag walked a 6 minute PB to take 7th.

In the women's event, Kelly Ruddick walked a 48 sec PB to break 50 minutes for the first time and take gold. Behind her, Pam Tindal took silver with 1 minute PB, setting a new a W50 Victorian record with her time of 52:19. Heather Carr took a strong third with 54:23 while further back two of our young walkers tested themselves over the longer distance. U16 State champion Jmara Hockley Samon finished 5th with a wonderful first up 57:53 while fellow U16 walker Caitlin Campbell took over 6 mins of her 10km time with 58:06.



James Seid-Christmass, Connor McShanag, Caitlin Campbell, Jmara Hockley-Samon and Heather Carr

Victorian 10km Roadwalk Championship - Men

1.	Kollmorgen, Stuart	M40	COL	0:48:55
2.	Donahoo, Mark	M50	ATE	0:49:48
3.	Evans, Simon	M50	BOH	0:52:00
4.	Seid-Christmass, James	M40	COR	0:52:55
5.	McDonough, Aaron	OPEN	PTN	0:55:11
6.	Knox, Duncan	M50	ATE	0:56:53
7.	McShanag, Connor	OPEN	ATE	0:57:49

8.	Gardiner, Bob	M50	COL	0:59:43
9.	Van Dongen, Rupert	OPEN	CCA	1:12:16
	Simpson, Brad	OPEN	KNA	DNF
	Jamieson, Andrew	M50	OSC	DNS

Victorian 10km Roadwalk Championship – Women

1.	Ruddick, Kelly	OPEN	BHA	0:49:46
2.	Tindal, Pam	W50	CDN	0:52:19
3.	Carr, Heather	W50	EAG	0:54:23
4.	Hammond, Nardene	OPEN	ATE	0:57:52
5.	Hockley-Samon, Jmara	OPEN	CHI	0:57:53
6.	Campbell, Caitlin	OPEN	ATE	0:58:06
7.	Brunton, Caitlin	OPEN	COR	1:02:25
8.	Elms, Donna	W40	ATE	1:03:50
	Irshad, Kylie	OPEN	SCA	DNF

Masters 40+ and 50+ divisions were contested for the first time with medallists as shown below.

Victorian Men Masters 40+	1.	Kollmorgen, Stuart	COL	0:48:55
	2.	Seid-Christmass, James	COR	0:52:55
Victorian Men Masters 50+	1.	Donahoo, Mark	ATE	0:49:48
	2.	Evans, Simon	BOH	0:52:00
	3.	Knox, Duncan	ATE	0:56:53
Victorian Women Masters 40+	1.	Elms, Donna	ATE	1:03:50
Victorian Women Masters 50+	1.	Tindal, Pam	CDN	0:52:19
	2.	Carr, Heather	EAG	0:54:23



Mark Donahoo, Kelly Ruddick, Pam Tindal, Simon Evans and Stuart Kollmorgen

The Victorian Masters Association (VMA) 10km walking championships were held concurrently and some of the older AV walkers joined their VMA compatriots to contest these championships as well. Results are as shown below. Performances are rated against the Masters Age Tables as per normal Masters reporting standards. Heather Carr dominated with her 54:23 W60 performance which gave her 95.23% while others above the elite standard of 80% included Stuart Kollmorgen, Mark Donahoo, Russ Dickenson, Ralph Bennett, Murray Dickinson, Pam Tindal, Alison Thompson, Liz Feldman and Gwen Steed, confirming what we already know – that we have some of the best Masters walkers in the world here in Victoria.

Victorian Masters 10km Championships – Men

M35	McDonough, Aaron	1	0:55:11	69.13%
M35	Van Dongen, Rupert	2	1:12:16	52.25%
M40	Kollmorgen, Stuart	1	0:48:55	80.19%
M40	Seid-Christmass, James	2	0:52:55	74.71%
M50	Donahoo, Mark	1	0:49:48	85.37%
M50	Skrucany, Rudolf	2	1:14:25	58.60%
M55	Riddoch, Clyde	1	1:03:06	70.32%
M60	Dickenson, Russ	1	0:57:02	84.15%
M60	Lucas, Alan	2	0:59:34	78.89%
M65	Bennett, Ralph	1	0:56:02	89.63%
M65	Wicks, Barrie	2	1:15:36	67.23%
M65	Jenkins, Llew	DQ		
M70	Dickinson, Murray	1	1:01:05	85.32%
M70	Summers, Harry	2	1:08:27	79.25%
M70	Beaumont, Ian	DQ		

Victorian Masters 10km Championships – Women

W35	Hammond, Nardene	1	0:57:52	72.50%
W35	Irshad, Kylie	DNF		
W40	McIntyre, Gayle	1	0:59:11	73.62%
W45	Elms, Donna	1	1:03:50	71.97%
W50	Tindal, Pam	1	0:52:18	88.70%
W55	Thompson, Alison	1	0:59:15	84.32%
W60	Carr, Heather	1	0:54:23	95.23%
W60	Feldman, Liz	2	1:00:53	86.14%
W60	Johnson, Celia	3	1:08:37	77.42%
W65	Steed, Gwen	1	1:06:53	85.16%
W70	Beaumont, Margaret	1	1:18:38	77.13%
W70	Stanway, Marlaine	DQ		

And now onto our VRWC walkers. All those club members who were competing in the AV and VMA 10 km walks were also eligible to be recorded as VRWC 10km walkers, making a total VRWC 10km field size of 38. Now that's what I call impressive. I won't comment further on this race as the main performances have been discussed above.

VRWC 10km Open

			Handicap Place
1.	Kollmorgen, Stuart	48:55	12
2.	Donahoo, Mark	49:48	2
3.	Evans, Simon	52:00	8
4.	Seid-Christmass, James	52:55	5
5.	McDonough, Aaron	55:11	11
6.	Bennett, Ralph	56:02	14
7.	Knox, Duncan	56:53	6
8.	Dickenson, Russ	57:02	4
9.	McShanag, Connor	57:49	1
10.	Lucas, Alan	59:34	7
11.	Gardiner, Bob	59:43	3
12.	Dickinson, Murray	61:05	16
13.	Riddoch, Clyde	63:06	10
14.	Summers, Harry	68:27	9
15.	Van Dongen, Rupert	72:16	
16.	Skrucany, Rudolf	74:25	15
17.	Wood, Robin	74:55	17
18.	Wicks, Barrie	75:36	13
	Simpson, Brad	DNF	
	Jenkins, Llew	DQ	
	Beaumont, Ian	DQ	
1.	Ruddick, Kelly	49:46	
2.	Tindal, Pam	52:19	5
3.	Carr, Heather	54:23	3
4.	Hammond, Nardene	57:52	
5.	Hockley-Samon, Jmara	57:53	
6.	Campbell, Caitlin	58:06	2
7.	McIntyre, Gayle	59:11	10
8.	Thompson, Alison	59:15	4
9.	Feldman, Liz	60:53	7
10.	Brunton, Caitlin	62:25	
11.	Wallace, Anna	63:07	1
12.	Elms, Donna	63:50	6
13.	Steed, Gwen	66:53	9
14.	Johnson, Celia	68:37	
15.	Beaumont, Margaret	78:38	8
	Irshad, Kylie	DNF	
	Stanway, Marlaine	DQ	

We also had lots of walkers in our other VRWC Open races over 5km and 3km. In the 5km, 13 year old Nathan Brill continued his wonderful form, taking a further 2 secs of his PB with 24:39. Josh Dillon was also in good form, walking a brisk 25:40 and showing that you can mix footy with walking over the winter. Jason Kozica took over a minute off his PB with 26:58 – his decision to walk for the winter rather than run Cross Country is certainly paying dividends. Hilary Brazel also walked a blinder, taking 24 secs of her best time with 25:46.

In the 3km, Cassie Raselli continued her return to race fitness with an excellent 15:23 but she was matched by Josh Kaiser whose 15:20 was a 1:18 PB – wow! We also welcomed Pansy Tam to Albert Park for her first ever walk – welcome Pansy!

VRWC 5km Open

			Handicap Place
1.	Brazel, Hilary	25:46	2
2.	Morrey, Jan	32:49	3
3.	Shaw, Robyn	32:51	1
	Shaw, Kirstin	DNF	

1.	Brill, Nathan	24:39	2
2.	Dillon, Josh	25:40	3
3.	Antidormi, Ryan	26:27	4
4.	Kozica, Jason	26:58	1

VRWC 3km Open

1.	Raselli, Cassie	15:23	1
2.	McInnes, Simone	17:18	3
3.	Mason, Ella	17:32	5
4.	Holmes, Janet	19:08	4
5.	Harrison, Maryanne	21:22	2
6.	Tam, Pansy	26:59	

1.	Kaiser, Josh	15:20	1
2.	Harrison, Lindsay	21:17	2
3.	Onley, Gordon	23:19	3



Amelia Finnegan, Jason Kozica, Nathan Brill, Cassie Raselli, Emily Hamilton, Josh Dillon and Josh Kaiser

Our Under 15 walkers are always a competitive lot and Saturday was no exception. At the front, Stephanie George 15:31, Amelia Finnegan 15:43, Jasmine Irshad 15:46 and Billy Allamby 15:44 were all close while further back the PBs were on show. Jemima Montag walked her first ever 3km with a fine 16:00, Carly Bertrand did a 50 sec PB with 16:45, Beth Barbour did an 18 sec PB with 17:41, Aaron Tam did a 17 sec PB with 16:43 and Sarah Burren zoomed through a 2km time trial in 10:02.



Under 15 walkers Stephanie George, Jemima Montag, Aaron Tam, Beth Barbour and Billy Allamby

VRWC 3km Under 15

			Handicap Place
1.	George, Stephanie	15:31	6
2.	Finnegan, Amelia	15:43	7
3.	Irshad, Jasmine	15:46	3
4.	Montag, Jemima	16:00	2
5.	Bertrand, Carly	16:45	1
6.	Walker, Megan	17:35	5

7.	Barbour, Beth	17:41	4
8.	Swan, Emily	20:56	8
	Burren, Sarah	DNF (2km in 10:02)	
1.	Allamby, Billy	15:44	3
2.	Tam, Aaron	16:43	1
3.	Tremigliozi, Paul	19:10	2

The Under 12 walkers were back to 2km this week and the good conditions ensured quick times. Kyle Swan was fastest overall with a 40 sec PB time of 10:01 (that's fast!) ahead of Cooper Owen whose 10:33 was a 7 sec PB. Emily Hamilton did a 38 sec PB to win the girl's race with 10:46, Shelby Kay did a 58 sec PB with 11:44, Jessica Lillie did a 20 sec PB with 12:08, Tara Xuereb did a 42 sec PB with 12:43 and Charlee Harrison did a 1 sec PB with 13:26. We also welcomed first time walker Anaya Hodges who did a good first up 13:21.



U12 walkers Tara Xuereb, Kyle Swan, Emily Hamilton, Cooper Owen, Anaya Hodges and Jessica Lillie

VRWC 2km Under 12		Handicap Place
1.	Hamilton, Emily	10:46
2.	De Lisen, Paige	11:31
3.	Bertrand, Georgia	11:37
4.	Kay, Shelby	11:44
5.	George, Hayley	11:53
6.	Richardson, Brodie	12:03
7.	Lillie, Jessica	12:08
8.	Xuereb, Tara	12:28
9.	McCann, Tessa	12:43
10.	Hodges, Anaya	13:21
11.	Harrison, Charlee	13:26
	Crea, Gabriella	DQ
1.	Swan, Kyle	10:01
2.	Owen, Cooper	10:33
3.	McNicol-Davidson, Cody	12:51
4.	Tremigliozi, Josh	15:36
	Walmsley, Reese	DQ

The Under 9 walkers were also walking fast. Mikhala Hodges who was second in the VLAA U9 champs last summer had her first walk at Albert Park and did a fantastic 5:54, just pipping Brianna Lille whose 5:55 was a 10 sec PB. Piper Montag had her first walk with us, recording a great 6:30 while Livinia Mason did a 37 sec PB with 7:07. Harry Hockley-Samon did a 37 sec PB to win the boy's event with 6:00 ahead of Ethan Wright (29 sec PB of 6:43) and Hayden Walmsley 6:43..

VRWC 1km Under 9		Handicap Place
1.	Hodges, Mikhala	5:54
2.	Lillie, Brianna	5:55
3.	Montag, Piper	6:30
4.	Kay, Payton	7:01
5.	Mason, Livinia	7:07
6.	Vicendese, Lucy	7:23
1.	Hockley-Samon, Harry	6:00
E2	Wright, Ethan	6:43
E2	Walmsley, Hayden	6:43
4.	Vicendese, Anthony	7:23



Under 9 walkers Piper Montag, Brianna Lillie, Harry Hockley-Samon, Livinia Mason and Mikhala Hodges

Thanks to all those who help us out as officials each week. My apologies to anyone I have missed.

Officials: Tim Erickson, Harry Summers, Bob Gardiner, Natalie Laurie, Ian Laurie, Russ Dickenson, Paul Kozaris, Michael Brazel, Stuart Cooper, Matt Owen, Daniel Elms, Jason Elms

Judges: Shane Bertrand (Chief), Gordon Loughnan, Lloyd Nicholls, Peter Vyma, Judy Mason, Terry Knape, Kathleen Marsh, Brenda Felton, Michael Bodey (DQ Board)

Canteen: Barg Gardiner, Joyce Summers, Kate Suich

WESTERN AUSTRALIAN WALK RESULTS

Saturday 1st May 2010 – Western Australian Little Athletics Roadwalks, Seville Grove, Perth

The Western Australian Little Athletics organization runs its own Winter Season competitions, alternating between cross country runs and roadwalks each Saturday afternoon at various locations around Perth (see their competition fixture at <https://console.clubsonline.com.au/document/documents/Program%20for%20Internet%202010.pdf>). I think this must be unique to WA – I don't know of anywhere else where it occurs. For the roadwalks, competitors must compete in a minimum of 4 of the scheduled events to be eligible for the State Championship roadwalks at the end of the season. Distances on offer are

U7: 1000 metres U8,9: 1500 metres U10-17: 2000 metres

The roadwalk program kicked off on 1st May at the Armadale Aquatic Centre, Seville Grove and some of our Racewalking Australia walkers were in action amongst the many LA walkers. Rick Cattermole has forwarded to me the results for the RWCWA members so that I can add them to our RWA Results website. Thanks Rick.

10 Girls x 2k

- | | | |
|----|---------------------|-------|
| 2. | Emma Manso-Vukovich | 12.48 |
| 3. | Melissa Butler | 13.23 |

13 Girls x 2m

- | | | |
|----|----------------|-------|
| 1. | Raqeema Evans | 11.26 |
| 2. | Jemma Brown | 11.42 |
| 4. | Ashley Granado | 12.42 |

14 Girls x 2k

- | | | |
|----|---------------|-------|
| 1. | Breanna Brown | 10.32 |
|----|---------------|-------|

16 Girls x 2k

- | | | |
|----|----------------|-------|
| 1. | Andrea Hahn | 11.27 |
| 2. | Melissa Ierace | 11.47 |

Sunday 9th May – WA Roadwalks, Wilson, Perth

Thanks to Terry Jones for the walking results from the last 2 weekends in Perth

10K Handicap

- | | | |
|----|------------------|-------|
| 1. | Dale Hennighan | 55.45 |
| 2. | Kimberley Smith | 63.07 |
| 3. | Jacqueline Smith | 64.32 |
| 4. | Tom Lenane | 68.49 |
| 5. | Mathew Gooch | 66.04 |
| | Michael Catley | DNF |

5K Handicap

- | | | |
|----|---------------|-------|
| 1. | Tanya Andrews | 34.10 |
|----|---------------|-------|

Corey Littke	DNF
Cassie Catley	DNF

1.5K Handicap

1. Jeremy Hill	8.52
2. Carla Unicomb	8.51

WA Walks Results 16 May 2010 at Wilson

Open mixed 10K

1. Dale Hennighan	54.12
2. Kimberley Smith	62.27
3. Mathew Gooch	63.42
4. Jacqueline Smith	66.06

Presidents Cup: 2x10K Womens Team:

1. Kimberley Smith & Jacqueline Smith	128:33
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Open mixed 5K

1. Kate Holt	28.59
2. Lesley Romeo	39.06

Open mixed 2K

1. Jayde Frank	12.25
2. Ashlee Glands	13.01
3. Breanna Fallows	13.14
4. John Back	14.15

BENDIGO RACE WALKING CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 16 MAY 2010

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held handicap events over 1600m and 3200m on Sunday morning in perfect racing conditions at Lake Neanger, with many athletes producing fast times.

In the 1600m event Charlotte Edlin sprinted to the line strongly to secure a last stride victory over limit marker Jamie-Lee Jones with Dane Heiden in 3rd place and taking fastest time honours.

The 3200m event saw second limit marker Annette Curtis score her 3rd win from as many starts and she has opened up a massive early lead in the coveted Walker of the Year award although her rivals still have another 24 weeks of competition to bridge the gap. Annette's performance was excellent with her time of 22.22 a life time personal best over the 3200m distance, her co-second front marker Catherine Heard took 2nd place 17 seconds behind her with long standing Club masters athlete Geoff Major holding off a late charge from backmarker Ebony Whiley to take 3rd place while Ebony finished 4th and recorded fastest time with a fine performance.

1600m

Charlotte Edlin 8.55, Jamie-Lee Jones 13.50, Dane Heiden 8.29, Grace Edlin 9.06

3200m

Annette Curtis 22.22, Catherine Heard 22.39, Geoff Major 21.58, Ebony Whiley 17.17, Josh Savage 19.48, Amanda Heard 17.37, Annette Major 19.15, Barb Bryant 19.53, Ebony-Jade Jones 25.50, Jeremiah Jones 20.00

The Club's next competition day will be held this coming Sunday morning at Lake Neanger with 5km and 10km sealed handicap events commencing at 9-30am and 2km sealed handicap at 10-15am. Anyone interested in coming along and having a walk in a relaxed atmosphere is most welcome to attend. Enquirers phone 5442 6435 or 0400649610.

ACT RACE & FITNESS WALKING CLUB RESULTS, YERRABI POND, CANBERRA, SATURDAY 15 MAY

Thanks to Robin Whyte for last week's walk results from Canberra. Brendon Reading was in great form with 35:47 for the 8km while Harry Bates walked excellently with 20:26 for 4km.

8km Handicap			4km Handicap		
	Time	Handicap		Time	Handicap
1. D Robinson	57.13	(8.30)	1. A Scott (f)	30.28	(5.30)
2. M Short (f)	54.08	(12.25)	2. J Thackray	31.53	(6.00)
3. R Gilchrist	53.19	(13.34)	3. J Gilchrist (f)	28.41	(9.20)
4. B Parker	57.31	(10.30)	4. H Bates	20.26	(17.45)
5. A Staunton-Jugovic (f)	45.34	(22.40)	5. M Banfield (f)	28.29	(10.40)
6. B Reading	35.47	(32.30)	6. J Bates (f)	27.26	(11.45)
7. M Reading	43.31	(26.10)	7. R Thompson (f)	35.34	(4.00)
8. N Gloe	62.43	(8.15)	8. J Bourke (f)	37.16	(3.00)
9. V Chesterton (f)	70.56	(00.20)	9. R Parker (f)	28.40	(12.25)
10. G Barker	58.56	(13.20)	10. M Worrall	27.56	(13.20)
11. R Whyte	50.42	(21.50)	11. C Booth (f)	39.12	(4.10)

1km Handicap	Time	Handicap	2km Handicap	Time	Handicap
1. Hunt (f)	6.40	(2.30)	1. Z Hunt (f)	11.55	(7.20)
2. S Burns	7.41	(1.35)	2. C Doherty	13.12	(7.00)

QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BRISBANE, SUNDAY 16 MAY 2010

Thanks to Peter Aiton for his report on the latest Queensland Race Walking Club results. Another good 10km time by Nick Dewar (50:28) and a very fast 5km time by Brad Aiton (22:00).

A Grade 10km

1. Ignacio Jimenez	49.22
2. Nick Dewar	50.28
3. Brandon Dewar	53.26
4. Peter Bennett	54.22

1. Sally Lynch	66.23
2. Kay Shaw	66.33
3. Lyn Woodward	66.41
4. Robyn Wales	76.46
5. Noela McKinven	76.50

B Grade 5km

1. Brad Aiton	22.00
2. Patrick Sela	31.49
3. Richard Lynch	36.34
4. Dick Keatinge	DQ
5. Richard Hill	DQ

1. Christiane Dauphinat	38.46
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C Grade 3km

1. Kenza Benzenati	16.24.
2. Katya Martin	DNF (13.05 for 2km)

D Grade 2km

1. Trent Miles	12.26
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1. Mikaela Woodward	12.47
2. Kirsty Barker	14.18

E Grade 2km

1. Yanis Benzenati	10.47
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1. Thalia Martin	16.05
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F Grade 750m

1. Cheyenne Trembath	8.41
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SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE , SATURDAY 15 MAY 2010

Thanks to Peter Crump for his report from Adelaide where nearly 30 walkers were in action. He commented as follows:

Darren Bown improved significantly from last week while Kim Mottrom took out the shorter 5km walk in an equally improved time. The 3km walk saw Samara Holliday come home in a huge PB of 15:00 (shows what rest and training can do), ahead of Kristie Goznik and Amber Tuscharski (also in a PB – 15:23). In the 1km walk we had most of the previous week's field out again, with quite a few improving their times again.

10km Roadwalk

1. Darren Bown	44:38
2. Peter Crump	57:40
3. Bill Starr	67:57

3km Roadwalk

1. Blake Steele	13:15
2. Samara Holliday	15:00
3. Kristie Goznik	15:15
4. Amber Tuscharski	15:23
5. Jemma Potezny	16:18
6. Piper Douglas	16:50
7. Jessica Stephens	17:46
8. Issy Tucker	17:53
9. Alix Harlington	18:36
10. Julia Potezny	19:07
11. Simone Martland	22:03
12. Thomas Martland	23:56

5km Roadwalk

1. Kim Mottrom	23:39
2. Lotta Danner	26:35
3. Gloria Holliday	29:13
4. Allegra Steele	29:45
5. Sandy Brunner*	30:12
6. Barb Cain	34:24

1km Roadwalk

1. Alisha Martland	5:58
2. Michaela Caddman	6:00
3. Rhiannon Lovegrove	6:05
4. Chanetle Nicolaides	6:30
5. Elsie Potezny	6:40
6. Michael Nicolaides	6:59
7. Ethan Martland	8:08

WORLD RACE WALKING CUP, CHIHUAHUA, MEXICO, 15-16 MAY 2010

A live video feed from the world cup was available via the website <http://live.spvod.com> so I was able to watch all 5 events over the two days of competition. There are also a number of excellent web resources with their own reports and photos

<http://www.iaaf.org/wrw10/index.html>
<http://www.athletics.org.au>
<http://www.chihuahua2010.com/>
<http://www.racewalk.com>

The IAAF website has extensive coverage and a selection of photos
The Athletics Australia website has a couple of separate reports
The Local Organising Committee website as extensive coverage
Jeff Salvage has produced his usual superb photo stories on each event

50km Senior Men, Saturday 15 May, 8AM Start Time

The 50km event was a superb event in very tough conditions. The sun was out from the start as it quickly heated up towards the expected top of 32°C. To make matters worse, the 2km course had no shade whatsoever and a hot strong wind kicked up in the second half of the race and really blew a gale in the final stages of the event.

Early on, **Jared Tallent**, team captain **Chris Erickson** and **Luke Adams** were all prominent in the lead pack while **Tom Barnes** was walking at a more measured pace back in the main field. It was not until home town favourite Horacio Nava kicked the pace down after 10km that the front group started to split. Even though Nava passed the 20km mark in a pedestrian 1:34:39, it was enough to break the race apart and he had a 30 sec lead over the next best, fellow Mexican Christin Berdeja with Jared in third not far behind and Chris and Luke in the lead pack, both filling out top 8 places and not far in arrears.



The pack early on – Jared, Luke and Chris were all prominent

Unfortunately conditions took their toll on Luke and he eventually retired at around the 30km mark with stomach problems, having lost contact with the chasing group and fallen back into the main field. Chris was having a better race but two forced pit stops (at around 20km and again at around 30km) meant that on each occasion he lost contact with the chasing group and had to work hard to get back onto level terms with them.

While all this was going on behind him, Nava continued to lead, forcing the pace and looking fantastic. Jared was never far behind and had nearly bridged the gap when, as he passed under the finish banner at the 30km mark, he was violently sick for some 30 secs. I thought that would be the finish for him but somehow he got going again and, to my utmost surprise, eventually caught Nava at around the 40km mark. But the effort had been too much and he then dropped behind him again back into second place.

With all this going on at the front, Chris finally recaptured the chasing pack after walking alone for more than 10km in the hot windy conditions and he passed the mark in 10th place, in a group of 8 covering 5th to 11th place - this group included Slovakian walker Matej Toth, the eventual winner. It was at this stage that the group put the hammer down and Chris, having worked so hard to bridge the gap, was dropped again.

Toth was unstoppable, surging right up to Jared and passing him, then bridging what had looked like an unbeatable gap to Nava in the final kilometre. His final 5km split was 21:44 was easily the fastest of the race. Nava held on for second while Jared took third with 3:54:55, his first ever World Cup medal and one that adds to his growing reputation as a big time walker. Chris ended up 15th in 4:03:56 for his best ever World Cup placing (after 31st, 26th and 30th in his previous 3 outings) but when I spoke to him on the phone post-race, he was disappointed and felt that his two toilet breaks had forced him to work too hard mid race and this had put paid to his chances in the final 10km.

Tom Barnes was our third finisher with 4:16:17. Tom had to walk his own race in the middle of the field and had been in 31st place at 20km. To his credit, he held his ground and finished a very creditable 33rd out of 53 finishers (58 starters) in his first ever World Cup. There was only 1 DQ and only 4 DNFs, very surprising given the torrid conditions. None of the Australians had any reports against their names.

Jared was quoted on the AA website after the race

"It was definitely a tough day at the office, not everything went my way so I was happy just to finish in the end and still get a medal. After about 15km I was having trouble keeping my fluid down, I got to the 27km mark and started to throw up and then at 30km I stopped right in front of the grandstand and just puked like I did in Beijing. I felt better once I did that and put on a few good laps but I was trying to drink and it just wasn't going down so effectively I walked the last 20km without having a drink which made it tough, especially with the weather."

In the team standings, our chances took a big hit with Luke's DNF. The Mexicans looked set for team gold for most of the race but had to be content with silver, missing out by just 1 point as a trio of Chinese finishing strongly with all 3 in the top nine. In the fight for bronze, Russia and Spain both totalled 38 points but the medal was awarded to the Russians as their third walker as 16th, 6 places ahead of the third placed Spaniard. We had a finishing team compliments of Jared, Chris and Tom and we were fifth, next in behind the Spanish.

Toth's splits show how he won the race – the first half in 1:59:33 and the second half in 1:53:37!

24:23 23:57 24:00 24:02 23:31 23:23 23:28 23:11 22:11 21:54

Toth with all other Slovak walkers came off a big volume-intensity camp of one month's duration at 2400m altitude in Mexico and only moved down to Chihuahua a few days before the race. They had expected very hot and dry weather and they did not believe there would be anybody walking under 3:50. The strategy for the team was to walk comfortably, keep technically clean and just finish the race. The head coach was expecting that Toth would finish in the top 6 if everything went well and in the top 12 if he had problems. Their strategy certainly proved correct.



The podium – Horacio Nava, Jatej Toth and Jared Tallent

1	Matej Tóth	SVK	3:53:30
2	Horacio Nava	MEX	3:54:16
3	Jared Tallent	AUS	3:54:55
4	Tianfeng Si	CHN	3:55:06
5	Jesús Angel García	ESP	3:55:41
6	Yuki Yamazaki	JPN	3:55:44
7	Cristian Berdeja	MEX	3:56:26
8	Lei Li	CHN	3:56:46
9	Faguang Xu	CHN	3:57:50
10	Sergey Sergachev	RUS	3:58:11
11	Mikel Odriozola	ESP	3:58:15
12	Yury Andronov	RUS	3:58:21
13	Omar Zepeda	MEX	3:59:39
14	Marco De Luca	ITA	4:00:45
15	Chris Erickson	AUS	4:03:56
16	Sergey Melentyev	RUS	4:05:00
17	Rafal Sikora	POL	4:05:02
18	Bertrand Moulinet	FRA	4:05:08
19	José Leyver Ojeda	MEX	4:05:23
20	Rodrigo Moreno	COL	4:05:44
21	Colin Griffin	IRL	4:06:05
22	Juan Manuel Molina	ESP	4:06:08
23	Ferrán Collados	ESP	4:06:24
24	Emerson Hernandez	ESA	4:06:47
25	Yunpeng Du	CHN	4:07:32
26	Diego Cafagna	ITA	4:10:18
27	Federico Tontodonati	ITA	4:11:29
28	Cedric Houssaye	FRA	4:12:55
29	Ivan Zhbanov	RUS	4:14:31
30	Marc Mundell	RSA	4:14:42
31	Dionísio Ventura	POR	4:15:17

32	Miloš Bátovský	SVK	4:15:23
33	Tom Barnes	AUS	4:16:17
34	Jorge Costa	POR	4:17:19
35	Luis Gil	POR	4:17:47
36	Andrea Adragna	ITA	4:18:53
37	Herve Davaux	FRA	4:18:53
38	David Guevara	ECU	4:20:59
39	Dušan Majdan	SVK	4:21:23
40	Cláudio dos Santos	BRA	4:21:28
41	Eddy Roze	FRA	4:23:16
42	Sébastien Biche	FRA	4:26:22
43	Magno Mesías Zapata	ECU	4:27:19
44	Xiaoxin Gou	CHN	4:30:10
45	Róbert Tubak	HUN	4:39:31
46	László Novák	HUN	4:45:13
47	Jonathan Matthews	USA	4:45:52
48	Gyula Dudás	HUN	4:48:19
49	Edgar Cudco	ECU	4:48:45
50	Ray Sharp	USA	4:56:52
.	Washington Alvarado	ECU	DQ
.	Luke Adams	AUS	DNF
.	Bernardo Calvo	CRC	DNF
.	Marco Benavides	ESA	DNF
.	José Alejandro Cambil	ESP	DNF
.	Luis Fernando García	GUA	DNF
.	Fabio Ruzzier	SLO	DNF
.	David McGovern	USA	DN

10km Junior Men, Saturday May 15, 5PM Start Time

The expected Russian charge from the gun saw all three of their walkers past the 2km mark in 8:33 with a small lead over a chasing group of around 12 walkers. Just before the 5km mark, the chasing group closed the tiny lead and immediately the pace picked up again with a breakaway group of six crossing halfway in 21:06 - amazing, considering the 35°C temperature that was battering them.

At the bell (8km in 34:00) it was a race of 3 - Cai of China, Bonfim of Brazil and Arevelo of Colombia. But little did the Brazilian realise that three red cards had already appeared next to his name and, although he powered on, the 19-year-old was living on borrowed time.

Once Bonfim was taken off by the chief judge, Arevelo pounced with a devastating final attack and it was all over for Cai who had to be content for second place. A tiring Valeriy Filipchuk made sure Russia got at least one medal although it was only a bronze this year.

The team competition was just as exciting with Russia edging out China for gold with Arevelo's day made when Colombia got a team bronze with Alexander Castaneda finishing eighth.

Australia did not fare so well with **Sean Fitzsimons** and **Dane Bird-Smith** both being disqualified (I believe that Dane was sitting inside the top 10 when disqualified soon after the half way mark). That left **Rhydian Cowley** as our sole finisher and he looked pleased with his relatively high final placing of 15th. Given the torrid conditions, his final time of 46:57 was excellent.



The pack early on – Rhydian and Sean are visible far left – used with permission <http://www.racewalk.com>

1	Eider Arévalo	COL	42:13
2	Zelin Cai	CHN	42:22
3	Valery Filipchuk	RUS	42:58
4	Konstantin Kulagov	RUS	43:24
5	Fudong Cong	CHN	43:55
6	Wenbin Niu	CHN	44:03
7	Ever Palma	MEX	44:29
8	Alexander Castañeda	COL	44:52
9	Trevor Barron	USA	45:17
10	Tadeo Vega	MEX	45:33
11	Massimo Stano	ITA	45:45
12	Veli-Matti Partanen	FIN	46:14
13	Giovanni Renó	ITA	46:19
14	Julio César Salazar	MEX	46:23
15	Rhydian Cowley	AUS	46:57
16	Mieczyslaw Romanowski	POL	47:29
17	Alberto Amezcua	ESP	47:43
18	Tyler Sorensen	USA	47:54
19	Juan Antonio Raya	ESP	48:36
20	Viktor Márkus	HUN	48:40
21	Lukás Gdula	CZE	49:04
22	Andrzej Lobaczewski	POL	49:06
23	Dimitri Malosse	FRA	49:33
24	Pavel Schrom	CZE	49:56
25	Nicolas Gosselin	FRA	50:02
26	Hugo Andrieu	FRA	50:49
27	Victor Paloma	ESP	51:19
28	Daniel Lord	NZL	51:24
29	Jiri Malysa	CZE	51:54
30	Alejandro Chavez	USA	52:41
.	Dane Bird-Smith	AUS	DQ
.	Sean Fitzsimons	AUS	DQ
.	Caio Bonfim	BRA	DQ
.	José Leonardo Montaña	COL	DQ
.	Dementiy Cheparev	RUS	DQ
.	Leonardo Dei Tos	ITA	DNF
.	Youssef Sharaf Ahmed	EGY	DNS

20km Senior Women, Saturday May 15, 6PM Start Time

The race start time of 6PM meant that the sun was low on the horizon and the long shadows cast some shade at times. This certainly meant less radiant heat than the 50km men experienced but the temperature was still 32°C early in the race so it was still hot, hot, hot! Conditions cooled as the race progressed and this allowed for some fine performances overall.

A big pack led early with a slow first 2km before a group of 4 of the favourites - Anisya Kirdyapkina (RUS), Vera Santos (POR), Vera Sokolova (RUS) and María Vasco (SPA) - took control, increasing the tempo to reel off a few 4:30 km splits. This soon broke the field and they passed the 5km mark in 23:29 with a good lead over the rest. **Jess Rothwell** was the best of the Australians in 16th place but **Cheryl Webb** had been DQd so we were out of the teams competition already.



Soon after the start in the women's 20km – Jess Rothwell and Cheryl Webb are on the right

Santos and Sokolova were making the pace at the front of the leading group and the situation remained unchanged until around the 9km mark when Kirdyapkina dropped off and Inês Henriques of Portugal moved into a clear 5th spot - we now had 2 Portugese, 2 Russians and one Spanish walker clear of the rest.

The 10km mark was reached in 46:35 with Jess Rothwell improving to 10th position with her split of 47:36 and **Claire Tallent** in 24th position with a time of 49:17.

T teams event seemed to be between Spain with 3 walkers in the first 12 and Portugal with 4 walkers in the top 15.

Near the 13km mark, Sokolova was dropped, leaving Santos and Vasco to fight it out. Santos was putting in a big effort and the shorter striding Vasco seemed to be just hanging on. By the 15km mark, the two Iberian walkers had a 30sec lead over the chasers and both had clean slates from a judging perspective. Jess Rothwell was now in 9th spot so was obviously holding on well and walking a great race in the chasing pack.

Santos put in two big laps of 9:03 and 9:04 to the 16km mark and showed no signs of fading. The pressure was maintained with a 4:28 split (her fastest for the race) to the 17km mark and this was sufficient to give her a small lead over Vasco. Henriques had now overtaken Sokolova to be in 3rd spot and was racing strongly – it looked like 1st and 3rd for Portugal and 2nd for Spain.

But Vasco was not finished and somehow regained the shoulder of Santos. Every time Santos surged, Vasco responded and a 4:30 lap to the 18km mark showed that neither was going to give an inch. Vasco who is a notoriously fast finisher, somehow found an extra gear and surged past Santos just before the 19km mark and from there, she was unchallenged, winning with a time of 1:31.55, 11 secs clear of her Portugese rival.

Although Jess Rothwell had briefly moved up into 7th place, she was overtaken in the final stages by a couple of walkers, eventually finishing 9th with 1:35:04, a great debut into the senior ranks after her 5th place in the Junior 10km in the last World Cup. This should now guarantee her the third spot in the Commonwealth Games women's walk team. Claire Tallent walked her usual gutsy race to finish 19th in 1:39:08, her best placing ever in major international competition.

The teams race saw Portugal (2,3,8) finish ahead of Spain (1,10,11) with China (5,13,14) taking third ahead of Russia (4,6,23)

1	María Vasco	ESP	1:31:55
2	Vera Santos	POR	1:32:06
3	Inês Henriques	POR	1:33:28
4	Vera Sokolova	RUS	1:33:54
5	Yanfei Li	CHN	1:34:18
6	Anisya Kirdyapkina	RUS	1:34:47
7	Mayumi Kawasaki	JPN	1:34:53
8	Ana Cabecinha	POR	1:34:57
9	Jess Rothwell	AUS	1:35:04
10	María José Poves	ESP	1:35:38
11	Beatriz Pascual	ESP	1:36:08
12	Kristina Saltanovic	LTU	1:36:28
13	Hong Liu	CHN	1:36:34
14	Yang Shi	CHN	1:37:38
15	Yawei Yang	CHN	1:37:38
16	Susana Feitor	POR	1:37:58
17	Zuzana Schindlerová	CZE	1:38:06
18	Li Li	CHN	1:38:59
19	Claire Tallent	AUS	1:39:08
20	Maria del Rosario Sánchez	MEX	1:39:16
21	Katarzyna Kwoka	POL	1:39:28
22	Kumi Otoshi	JPN	1:39:29
23	Liudmila Arkhipova	RUS	1:39:37
24	Masumi Fuchise	JPN	1:40:04
25	Yadira Guamán	ECU	1:40:19
26	Júlia Takács	ESP	1:40:58
27	Sandra Galvis	COL	1:41:39
28	Maria Guadalupe Sánchez	MEX	1:41:52
29	Brigita Virbalytė	LTU	1:42:05
30	Lorena Luaces	ESP	1:42:46
31	Anne-Gaëlle Retout	FRA	1:43:03
32	Marie Polli	SUI	1:43:10
33	Katalin Varró	HUN	1:43:13
34	Tania Regina Spindler	BRA	1:43:15
35	Claudia Balderrama	BOL	1:43:40
36	Hanna Drabenia	BLR	1:44:16
37	Ingrid Hernández	COL	1:44:38
38	Miriam Ramón	ECU	1:44:57
39	Agnieszka Dygacz	POL	1:45:24
40	Cristina López	ESA	1:45:43
41	Laura Reynolds	IRL	1:46:10
42	Angélica Hernández	MEX	1:46:14
43	Johana Ordóñez	ECU	1:46:56
44	Tatiana Mineeva	RUS	1:47:05
45	Lucie Pelantová	CZE	1:47:11
46	Johanna Jackson	GBR	1:47:12

47	Solomiya Login	USA	1:47:43
48	Milángela Rosales	VEN	1:48:12
49	Mónica Equihua	MEX	1:50:45
50	Agnieszka Szwarzóg	POL	1:51:51
.	Cheryl Webb	AUS	DQ
.	Claudia Cornejo	BOL	DQ
.	Verónica Colindres	ESA	DQ
.	Cisiane Lopes	BRA	DNF
.	Sandra Zapata	COL	DNF
.	Paola Pérez	ECU	DNF
.	Eszter Gerendási	HUN	DNF
.	Anett Torma	HUN	DNF
.	Maria Esther Sánchez	MEX	DNF
.	Tatiana Sibileva	RUS	DNF
.	Maria Czaková	SVK	DNF
.	Chaima Trabelsi	TUN	DNF
.	Stephanie Casey	USA	DNF
.	Miranda Melville	USA	DNF
.	Gehad Adel	EGY	DNS
.	Paulina Buziak	POL	DNS

10km Junior Women, Sunday May 16, 9AM Start Time

All but a couple of the 31 starters formed a large pack early on, the 3 Russians menacingly near the front but content to let others take the pace out. By the 2km mark, reached in a slow 10:03, the pack had split with the first two Australians **Regan Lamble** and **Beth Alexander** both still in contact but **Rachel Tallent** now trailing by some 10 secs.

Like Saturday, it was sunny but, at 9AM, not yet too hot by the look of things. Nothing much happened for the first 5km which was passed in a sedate 25:12 but this pace was sufficient to reduce the lead group to 12. Beth and Regan were still there along with the 3 Russians, 2 Mexicans and the 3 Chinese.

The pace then kicked up and, within a kilometre, the group had been reduced to 7 with the two Australians losing contact. Antonella Palmisano of Italy was the culprit with a series of surges that had been too much for all but the Russians and Chinese. She kept the pace up with a 4:30 km to the 7km mark, getting a vital 20m lead over the remaining 5 walkers of the lead pack (3 Russians and 2 Chinese). By 9km (reached after two 4:29 km splits), the lead had built up to 50m and the chasing group was down to 3 (1 Russian and 2 Chinese). Technically she looked very good, certainly better than the chasing group who were getting a number of yellow cards shown to them by the judges.

It turned into the easiest of wins for the Italian with no one able to challenge her dominant display and she finished 5 seconds clear with 47:52. Qin He of China broke away from the other 2 chasers with 300m to go and slightly bridged the gap with her finish time of 47:57 but she was never going to challenge the Italian. China took the Teams championship with 2nd and 4th ahead of Russia with 3rd and 5th. The dominant Russians had not taken all before them as had perhaps been expected. Italy was 3rd, Mexico 4th, France 5th and Australia 6th in the Teams competition.

The final results showed Beth 12th with 50:56, Regan 15th with 51:16 and Rachel 27th with 56:19.



Antonella Palmisano of Italy leading the pack in the 10km Junior Women – <http://www.iaaf.org>

1	Antonella Palmisano	ITA	47:52
2	Qin He	CHN	47:57
3	Anna Lukyanova	RUS	48:00

4	Jing Zhao	CHN	48:03
5	Svetlana Vasilyeva	RUS	48:35
6	Nina Okhotnikova	RUS	49:02
7	Ting Zhang	CHN	49:39
8	Alejandra Ortega	MEX	49:49
9	Sandra Nevarez	MEX	50:23
10	Sara Alonso	ESP	50:29
11	Federica Curiazzi	ITA	50:45
12	Beth Alexander	AUS	50:56
13	Ines Pastorino	FRA	51:00
14	Emilie Menuet	FRA	51:08
15	Regan Lambie	AUS	51:16
16	Berta Kriván	HUN	52:23
17	Paula Martínez	ESP	52:49
18	Wendy Cornejo	BOL	52:50
19	Cecilia Stetskiv	ITA	53:30
20	Cornelia Swart	RSA	53:43
21	Georgiana Enache	ROU	53:51
22	Kimberly García	PER	54:02
23	Sandra Yerga	ESP	54:06
24	Linda Paz	ESA	54:07
25	Amandine Marcou	FRA	54:51
26	Magdalena Jasinska	POL	54:59
27	Rachel Tallent	AUS	56:19
28	Katarzyna Korzeniowska	POL	56:32
29	Mirna García	PER	57:25
30	Josefine Klausen	DEN	58:28
.	Mariana Geldis	MEX	DNF
.	Basant Ramadhan Hassan	EGY	DNS
.	Adriana Turnea	ROU	DNS

20km Senior Men, Sunday May 16, 10:10AM Start Time

The final event of the weekend started at 10:10AM with 76 starters and 17 teams in action. The temperature in Chihuahua was now 24°C and would presumably continue to rise as the race progressed.

Ivano Brugnetti of Italy and Eder Sanchez of Mexico led them through the 1km mark but the field was closely packed and the elite walkers seemed comfortable with the early pace. **Adam Rutter** was visible just sitting on the right hand side of the large pack, back several rows from the front while **Ian Rayson** was walking his own race further back in the field. As usual, it was Brugnetti pushing the pace and going to a lead of a few metres as the first lap of 2km was completed.

Brugnetti was still showing the way at 4km (16:43) along with Eric Tysse of Norway and Jianbo Li of China but the large pack was ever present, Adam included. By the 5km mark, the pack was down to about 20 key players as the consistent 4:10 laps started to take their toll. The 7km mark was reached with the fastest lap so far (4:07), compliments of Brugnetti, and the lead group was now down to 11.

Brugnetti, the 2000 Olympic champion, continued as the pace setter, taking the field through the half way mark in 41:28. Luis Lopez of Colombia, one of the pre-race favourites, now joined Brugnetti and Li at the front, perhaps simply showing them that he was there and ready for any moves. With all 3 Chinese walkers well up, they were at this stage leading the Teams event from Russia and Colombia.

The IAAF live feed was very unhelpful, still not showing any splits even though the race was now approaching the 50 minute mark.

Ominously, Hao Wang of China now joined his compatriot Li at the front to take over the pace setting role from Brugnetti who was absorbed back into the small lead group but it was not a significant move and the lead continued to swap as the main contenders tested each other out. Brugnetti now drifted off the back of the group, a spent force.

The 15km mark was reached in 1:02:15 with no real pickup in pace evident yet - the laps were still being ticked off in around 4:10s. The lead group had now shrunk to 7 and the pre-race favourite, Eder Sanchez of Mexico, was surprisingly back in 11th place, some 25 secs off the pace.

At the 17km mark (1:10:21 - 4:07 last km), Luis Lopez, with 2 warnings against his name, decided to throw caution to the winds and go to the front - the small group of 5 that remained consisted of Lopez, Eric Tysse of Norway, Andrey Krivov of Russia and the Chinese walkers Hao Wang and Yafei Zhu.

As expected, it all happened in the final 2km lap with the 2 Chinese walkers surging away to take gold and silver ahead of Krivov with Tysse fourth and Lopez fifth across the line.

China easily won the Teams race with 1st, 2nd and 6th places ahead of Russia and Mexico

Pre race favourite Eder Sanchez came through in the final laps to eventually take 7th with 1:23:56.

When the IAAF site eventually started showing some stats post race, Australian fortunes could be gauged. Adam Rutter had retired before the 10km mark but Ian Rayson was still going strong, having passed the 15km mark in 53rd place with a time of 1:08:24. Ian eventually finished in 47th spot with 1:31:21, a very good performance at altitude. Ian certainly justified his selection with this effort.



Hao Wang of China wins in the 20km Senior Men (<http://www.iaaf.org>)

1	Hao Wang	CHN	1:22:35
2	Yafei Zhu	CHN	1:22:46
3	Andrey Krivov	RUS	1:22:54
4	Erik Tysse	NOR	1:22:55
5	Luis Fernando López	COL	1:23:11
6	Ding Chen	CHN	1:23:49
7	Eder Sánchez	MEX	1:23:56
8	Sergey Bakulin	RUS	1:24:05
9	Gustavo Restrepo	COL	1:24:08
10	Yerko Araya	CHI	1:24:23
11	Hassanine Sebei	TUN	1:24:27
12	Ivano Brugnetti	ITA	1:24:29
13	Miguel Ángel López	ESP	1:24:32
14	Petr Trofimov	RUS	1:25:03
15	Pedro Daniel Gómez	MEX	1:25:09
16	Rafal Augustyn	POL	1:25:28
17	Denis Strelkov	RUS	1:25:30
18	José Ignacio Díaz	ESP	1:25:55
19	Claudio Erasmo Vargas	MEX	1:26:19
20	Koichiro Morioka	JPN	1:26:36
21	Zhen Wang	CHN	1:26:49
22	Benjamín Sánchez	ESP	1:26:55
23	Rafal Fedaczynski	POL	1:26:58
24	Isamu Fujisawa	JPN	1:27:19
25	Jean-Jacques Nkouloukidi	ITA	1:27:24
26	Sérgio Vieira	POR	1:27:25
27	Jakub Jelonek	POL	1:27:35
28	Augusto Cardoso	POR	1:27:40
29	Kevin Champion	FRA	1:27:45
30	Pedro Isidro	POR	1:27:55
31	Jianbo Li	CHN	1:28:06
32	Andrés Chocho	ECU	1:28:19
33	John Edison García	COL	1:28:20
34	José David Domínguez	ESP	1:28:21
35	Allan Segura	CRC	1:28:25
36	Anton Kucmin	SVK	1:28:28
37	Dawid Tomala	POL	1:29:21
38	Andrey Ruzavin	RUS	1:29:22
39	Matteo Giupponi	ITA	1:29:39
40	Daniele Paris	ITA	1:29:56
41	Yusuke Suzuki	JPN	1:30:08
42	Mauricio Arteaga	ECU	1:30:11
43	Antonin Boyez	FRA	1:30:39
44	Perseus Karlström	SWE	1:30:49
45	Victor Mendoza	ESA	1:30:57
46	Iñaki Gómez	CAN	1:31:14
47	Ian Rayson	AUS	1:31:21
48	Máté Helebrandt	HUN	1:31:42
49	Noel Santini	PUR	1:32:17

50	Francisco Arcilla	ESP	1:32:31
51	Giovanni Torres	MEX	1:32:56
52	Andreas Gustafsson	SWE	1:33:00
53	Anibal Paau	GUA	1:33:22
54	Grzegorz Sudol	POL	1:33:27
55	Anatole Ibañez	SWE	1:33:29
56	Ricardo Lojan	ECU	1:33:37
57	Moacir Zimmermann	BRA	1:34:28
58	Edward Araya	CHI	1:34:47
59	Johathan Contreras	ECU	1:35:47
60	Recep Çelik	TUR	1:35:52
61	Patrick Stroupe	USA	1:37:24
62	Hédi Teraoui	TUN	1:37:38
63	Mehdi Boufraine	FRA	1:37:46
64	Jacques van Bremen	NED	1:41:04
65	Harold van Beek	NED	1:44:33
66	Creighton Connolly	CAN	1:45:31
.	Luis Gomez	GUA	DQ
.	Bernardo Segura	MEX	DQ
.	Adam Rutter	AUS	DNF
.	Evan Dunfee	CAN	DNF
.	Rolando Saquipay	ECU	DNF
.	Yohan Dimiz	FRA	DNF
.	Fortunato D'Onofrio	ITA	DNF
.	António Pereira	POR	DNF
.	Dan Serianni	USA	DNF
.	Mamdouh Elsayed Taha	EGY	DNS

To finish, a final summary of Australian placings in the event

50Km Men	3	Jared Tallent	3:54:55	5 th in Teams Event
	15	Chris Erickson	4:03:56	
	33	Tom Barnes	4:16:17	
		Luke Adams	DNF	
10km Junior Men	15	Rhydian Cowley	46:57	
		Dane Bird-Smith	DQ	
		Sean Fitzsimons	DQ	
20km Women	9	Jess Rothwell	1:35:04	
	19	Claire Tallent	1:39:08	
		Cheryl Webb	DQ	
10km Junior Women	12	Beth Alexander	50:56	6 th in Teams Event
	15	Regan Lamble	51:16	
	27	Rachel Tallent	56:19	
20km Men	47	Ian Rayson	1:31:21	
		Adam Rutter	DNF	

CANBERRA CARNIVAL ENTRIES CLOSE THIS SUNDAY

Canberra Carnival race entries close with me this weekend so bring them down on Sunday when you come down to race or else post them into me at G.P.O. Box 5192, Melbourne, 3001. I have plenty of entries so far but I know that there are lots more to come. The current VRWC entry list reads as follows (* for second event, ** for third event). Let me know if you see any errors.

OPEN 20 MILES	08:00 AM	Erickson, Chris Knox, Duncan (V)
M/W AACT 30 KM	08:00 AM	Erickson, Chris
W OPEN VET 10M	08:00 AM	Elms, Donna-Marie (V) Wallace, Anna
M OPEN VET 10M	08:00 AM	Gardiner, Bob (V) Kollmorgen, Stuart (V) Summers, Harry (V)
FITNESS 10M	08:00 AM	Elms, Damien Elms, Jason
FITNESS 5M	09:00 AM	Wood, Robin
MEN U20 10 KM	10:30 AM	
AACT MEN U20 10KM	10:30 AM	
OPEN 10 KM	10:30 AM	
BOYS U10 1 KM	11:40 AM	Hockley-Samon, Harry McShanag, Ethan

OPEN 20 MILES	08:00 AM	Erickson, Chris Knox, Duncan (V)
		Walmsley, Hayden
GIRLS U10 1 KM	11:40 AM	George, Hayley Lillie, Brianna Richardson, Brodie
BOYS U12 2 KM	11:50 AM	Hockley-Samon, Harry Walmsley, Hayden * Walmsley, Reese
GIRLS U12 2KM	11:50 AM	Lillie, Jessica Richardson, Brodie *
BOYS U14 2 KM	12:10 PM	Allamby, Billy Jones, Jeremiah McShanag, Connor * Richardson, Jacob Walmsley, Reese *
GIRLS U14 2KM	12:30 PM	Campbell, Rebecca Montag, Jemima
BOYS U16 3 KM	12:50 PM	Allamby, Billy * Brill, Nathan Jones, Jeremiah * McShanag, Connor *
GIRLS U16 3 KM	01:15 PM	Campbell, Caitlin Campbell, Rebecca * George, Stephanie Hockley-Samon, Jmara Montag, Jemima*
BOYS U18 5 KM	01:40 PM	Brill, Nathan * McShanag, Connor **
GIRLS U18 5 KM	01:40 PM	Brazel, Hilary Campbell, Caitlin * Campbell, Rebecca **
WOMEN 5 KM	02:20 PM	Campbell, Caitlin ** Elms, Donna-Marie * Hockley-Samon, Jmara * Wallace, Anna *

WHAT'S COMING UP NEXT

Next Sunday, we have our major club championship day for the winter and there are place medals on offer for just about everyone. 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. 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 trialling a new event this year – 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

Sun 23 May, 2010	AV Club 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

July 3-10, 2010	Oceania Masters Championships, Tahiti
Aug 3, 2010	8 th World Gay Games VIII, Cologne, GERMANY (5000m walks). See http://www.gaygames.com/
July 19-25, 2010	13 th World Junior Championships, Moncton, Canada . See http://www.moncton2010.ca/
Aug 14-26, 2010	1 st World Youth Olympics, Singapore (10000mW boys, 5000mW girls). See http://www.singapore2010.sg
Oct 3-14, 2010	19 th 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	19 th World Masters T&F Championships Stadia, Sacramento, California, USA
Aug 27-Sept 4, 2011	13 th IAAF World Championships in Athletics, Daegu, Korea . See http://english.daegu2011.org
Aug 12-22, 2011	26 th 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	25 th IAAF World Race Walking Cup, Saransk, Russia
July 2010 ?	14 th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30 th Olympic Games, London . See http://www.london2012.com/

2013 International Fixture

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

2014 International Fixture

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

Looking even further forward

Aug 2016	31 st Olympic Games, Rio de Janeiro, BRAZIL . See http://www.rio2016.org.br/en/Default.aspx
July 2020	32 nd 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>)