



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 38
15 June 2010



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.



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VALE RAY SMITH 1929-2010

The Funeral Service for Ray Smith will be held in the **Joyce Chapel, Fawkner Cemetery, Sydney Road, Fawkner, at 2PM on Thursday 17 June**. There will be refreshments afterwards - venue to be arranged. We look forward to seeing many of Ray's old friends and sparring partners on Thursday.

44TH LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 13 JUNE 2010

The 44th annual Lake Burley Griffin walking carnival lived up to its reputation as Australia's best of class as we were treated to some fantastic quality walking by over 300 competitors in events ranging from Under 10 1km to Open 20 Miles. After a very frosty and cold morning, we enjoyed a warm and sunny day, our best LBG weather for many years. Thanks to the huge team who make this such a successful carnival each year. Thanks as usual to Terry Swan who has uploaded a big swag of photos to our VRWC photo gallery at <http://vrwc.org.au/coppermine>. I will add further over the next few days.

Event organiser Robin Whyte (ACT Race and Fitness Walking Club) has forwarded the interim results to me and they can now be viewed on the RWA website. Point your browsers to <http://www.rwa.org.au/LBG2010%20Official%20Results.htm>

It is always difficult to pick standout walkers but here are a few in no particular order (apologies if I missed you, it's hard!)

- **Jared Tallent (VRWC)** won the toughest event on the program, the 20 miles, for a fourth straight time before heading off to Europe to compete in the La Coruna 20km event next weekend.
- **Regan Lamble (VRWC)**, our top Australian junior walker, won the Open Women 10 miles, breaking the elusive 80 minute barrier with ease, and then backed up in the afternoon to take second place in the Open 5km event.
- **Dane Bird Smith (QRWC)** won the U20 10km and then backed up to win the U18 5km, both in top times.
- **Brad Aiton (QRWC)** took third in the U20 10km, won the U16 3km and then took third in the U18 5km – 18km in all!
- **Blake Steele (SARWC)** took third in the Open 10 mile in the morning, then took second in the U18 5km in the afternoon, narrowly losing to Dane Bird Smith.
- **Kyle Swan (VRWC)** won the U12 2km by 35 secs then backed up a few minutes later to take fourth in the U14 2km.
- **Nathan Brill (VRWC)**, only just turned 14 and in his first year of walking, took third in the U16 3km and fourth in the U18 5km a few minutes later.
- **Rachel Tallent (VRWC)** won the U18 5km and then backed up shortly afterwards for the Open 5km where she finished sixth and helped VRWC to the team gold.



Jared Tallent, Nathan Brill, Brad Aiton and Kyle Swan in action



Regan Lamble, Blake Steele, Rachel Tallent and Dane Bird-Smith in action

And, with over 80 VRWC walkers competing in a variety of events, we had our best ever Canberra result sheet, winning 30 individual medals and having 20 different teams winning medals. This is unprecedented! The VRWC honour list reads as follows:

Gold (11)	Open Men 20 Mile	Jared Tallent	2:26:55
	Masters Men 20 Mile	Stuart Kollmorgen	3:06:07
	Open Women 10 Mile	Regan Lamble	1:19:04
	Fitness 5 Miles Men	Damien Elms	56:06
	Fitness 5 Miles Women	Chloe McNicol-Davidson	57:22
	U10 Girls 1km	Brodie Richardson	05:06
	U12 Boys 2km	Kyle Swan	09:42
	U14 Boys 2km	Cooper McShanag	09:49
	U14 Girls 2km	Jemima Montag	09:41
	U18 Girls 5km	Rachel Tallent	24:44
Silver (13)	Open Men 20 Mile	Chris Erickson	2:27:59
	Masters Women 10 Mile	Heather Carr	1:33:23
	Masters Men 10 Mile	Ralph Bennett	1:33:01
	Fitness 5 Miles Men	Jason Elms	56:06
	U20 Men 10km	Rhydian Cowley	44:01
	U10 Girls 1km	Hayley George	05:19
	U12 Boys 2km	Reese Walmsley	10:17
	U14 Boys 2km	Billy Allamby	09:53
	U16 Boys 3km	Josh Dillon	13:12
	U16 Girls 3km	Jmara Hockley-Samon	15:05
	U18 Girls 5km	Amy Burren	24:55
	Open Women 5km	Regan Lamble	23:14
	Bronze (7)	Masters Women 10 Mile	Kylie Irshad
Masters Men 10 Mile		Daryl Biggin	1:38:34
U10 Girls 1km		Mikhala Hodges	05:25
U12 Boys 2km		Cooper Owen	10:40
U16 Boys 3km		Nathan Brill	13:16
U16 Girls 3km		Amelia Finnegan	15:09
U18 Girls 5km		Hilary Brazel	25:06
Team Gold (10)	Open Men 20 Mile	Jared Tallent, Chris Erickson, Stuart Kollmorgen	
	U10 Girls 1km	Brodie Richardson, Hayley George, Mikhala Hodges	
	U12 Boys 2km	Kyle Swan, Reese Walmsley, Cooper Owen	
	U14 Boys 2km	Cooper McShanag, Billy Allamby, Kyle Swan	
	U14 Girls 2km	Jemima Montag, Jasmine Irshad, Emily Hamilton	
	U16 Boys 3km	Josh Dillon, Nathan Brill, Matt Felton	
	U16 Girls 3km	Jmara Hockley-Samon, Amelia Finnegan, Cassie Raselli	
	U18 Girls 5km	Rachel Tallent, Amy Burren, Hilary Brazel	
Open Women 5km	Regan Lamble, Beth Alexander, Rachel Tallent		
Team Silver (6)	Open Women 10 Mile	Regan Lamble, Heather Carr, Kylie Irshad	
	U10 Boys 1km	Harry Hockley-Samon, Hayden Walmsley, Ethan Wright	
	U10 Girls 1km	Brianna Lillie, Anaya Hodges, Chelsea Owen-Smith	
	U12 Girls 2km	Paige De Lisen, Shelby Kay, Mikhala Hodges	
	U16 Girls 3km	Stephanie George, Bianca Attard, Caitlin Campbell	

	U18 Boys 5km	Nathan Brill, Michael O'Mahony, Josh Dillon
Team Bronze (4)	U10 Boys 1km	Ethan McShanag, Noah Candotti, Harley Davidson
	U14 Boys 2km	Lucas Taylor, Jeremiah Jones, Jacob Richardson
	U16 Boys 3km	Connor McShanag, Aaron Tam, Jeremiah Jones
	U18 Boys 5km	Matt Felton, Joshua Kaiser, Billy Allamby

33 of the VRWC walkers walked in two events – the list includes Billy Allamby, Bianca Attard, Nathan Brill, Caitlin Campbell, Josh Dillon, Matt Felton, Amelia Finnegan, Emily Hamilton, Jmara Hockley-Samon, Harry Hockley-Samon, Anaya Hodges, Mikhala Hodges, Jasmine Irshad, Jeremiah Jones, Shelby Kay, Regan Lambie, Katelyn Lotherington, Cody McNicol-Davidson, Jemima Montag, Shae Ohlsen, Cooper Owen, Brodie Richardson, Brad Simpson, Emma Smith, Kobie Somerfield, Kyle Swan, Rachel Tallent, Aaron Tam, Lucas Taylor, Anna Wallace, Hayden Walmsley, Reese Walmsley and Ethan Wright.

Like last year, Connor McShanag went one better and actually raced in 3 separate events – U14 2km, U16 3km and U18 5km.

The 20 mile event deserves particular attention. Robin Whyte finished his 41st, Bill Starr finished his 32nd and Duncan Knox finished his 30th – how's that for longevity. Jared Tallent won his fourth title in a row and his fifth overall while Chris Erickson added yet another silver to his LBG swag. Fellow World Cup team mate Ian Rayson was the standout improver, taking some 5 minutes off his best time to take third place – and give serious notice that he will be a strong 50km contender later this year.

And now onto the final results before a few more photos at the end.

EVENT 1 OPEN 20 MILES

1	1	Jared Tallent	2:26:35	VRWC
2	21	Chris Erickson	2:27:59	VRWC
3	237	Ian Rayson	2:28:13	REGAL
4	175	Darren Bown (M)	2:39:53	SARWC
5	38	Stuart Kollmorgan (M)	3:06:07	VRWC
6	257	Colin Heywood (M)	3:06:47	ACTRFWC
7	178	Peter Crump (M)	3:14:36	SARWC
8	37	Duncan Knox (M)	3:27:42	VRWC
9	266	Robin Whyte (M)	3:37:41	ACTRFWC
10	198	Bill Starr (M)	3:58:12	SARWC
11	252	Val Chesterton (FM)	4:47:54	ACTRFWC

HANDICAP

1	37	Duncan Knox	VRWC
2	198	Bill Starr	SARWC
3	175	Darren Bown	SARWC

TEAMS

1	VRWC1	25	Jared Tallent, Chris Erickson, Stuart Kollmorgan
2	SARWC1	13	Peter Crump, Darren Bown, Bill Starr
3	ACTRFWC1	9	Colin Heywood, Robin Whyte, Val Chesterton

MASTERS TEAMS

1	ACTRFWC1	7	Colin Heywood, Robin Whyte, Val Chesterton
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EVENT 2 FITNESS 20 MILES

MALES

1	307	John Harris	3:53:13	QRWC
2	341	Bryan Thomas	3:55:06	ACTRFWC
3	323	Geoff Barker	3:57:24	ACTRFWC
4	337	Derek Robinson	4:09:01	ACTRFWC
5	329	Pat Fisher	4:25:39	ACTRFWC
6	311	George Megas	4:33:37	QRWC
7	333	Peter Hogan	4:40:00	ACTRFWC

FEMALES

1	340	Monika Short	3:56:09	ACTRFWC
2	324	Julie Bell	4:40:00	ACTRFWC

OLDEST FINISHER

337 Derek Robinson

EVENT 3 AACT WOMENS & MENS 30 KM CHAMPIONSHIP

1	1	Jared Tallent	2:17:21	VRWC
2	21	Chris Erickson	2:17:45	VRWC
3	175	Darren Bown	2:28:46	SARWC
4	178	Peter Crump	3:01:18	SARWC
5	266	Robin Whyte	3:21:56	ACTRFWC

EVENT 4 OPEN WOMENS 10 MILES

1	39	Regan Lambie	1:19:04	VRWC
2	190	Paige Hooper	1:24:07	SARWC
3	217	Lynette Ventris (M)	1:25:59	WARWC
4	225	Vanessa Ebejer	1:32:46	REGAL
5	230	Chloe Jones	1:32:46	REGAL
6	231	Susan Knapton	1:32:46	REGAL
7	15	Heather Carr (M)	1:33:23	VRWC
8	115	Shannon Jennings	1:34:52	NSWRWC
9	104	Jillian Bonham	1:35:55	NSWRWC
10	33	Kylie Irshad (M)	1:37:20	VRWC
11	199	Allegra Steele	1:38:02	SARWC
12	162	Mary Willis (M)	1:42:33	NSWRWC
13	241	Maryanne Shaw (M)	1:42:53	REGAL
14	62	Emma Smith	1:46:16	VRWC
15	71	Anna Wallace	1:47:02	VRWC
16	92	Kay Shaw (M)	1:48:02	QRWC
17	222	Suzanne Brown (M)	1:51:16	REGAL
18	83	Sally Lynch (M)	1:51:47	QRWC
19	93	Lynda Woodward (M)	1:51:47	QRWC
20	20	Donna-Marie Elms (M)	1:53:15	VRWC
21	224	Charlene Ebejer	1:57:21	REGAL
22	232	Nancy Lloyd (M)	2:00:49	REGAL
23	242	Jodie Sundstrom (M)	2:06:11	REGAL
24	86	Noela McKinven (M)	2:13:12	QRWC

HANDICAP

1	242	Jodie Sundstrom	REGAL
2	231	Susan Knapton	REGAL
3	232	Nancy Lloyd	REGAL

TEAMS

1	REGAL1	48	Vanessa Ebejer, Chloe Jones, Susan Knapton
2	VRWC1	44	Regan Lambie, Heather Carr, Kylie Irshad
3	NSWRWC1	35	Shannon Jennings, Jillian Bonham, Mary Willis
4	VRWC2	17	Emma Smith, Anna Wallace, Donna-Marie Elms
5	REGAL2	15	Maryanne Shaw, Suzanne Brown, Charlene Ebejer
6	QRWC1	13	Kay Shaw, Sally Lynch, Lynda Woodward

OLDEST FINISHER

86	Noela McKinven
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EVENT 5 OPEN MENS 10 MILES

1	243	Troy Sundstrom	1:17:38	REGAL
2	130	Derek Mulhearn	1:18:06	NSWRWC
3	200	Blake Steele	1:18:23	SARWC
4	123	Kyle Malone	1:22:41	NSWRWC
5	61	Brad Simpson	1:28:46	VRWC
6	116	Ian Jessurun (M)	1:30:06	NSWRWC
7	4	Ralph Bennett (M)	1:33:01	VRWC
8	5	Daryl Biggin (M)	1:38:34	VRWC
9	57	Maurice Prendergast (M)	1:38:57	VRWC
10	234	Robert Osborne (M)	1:39:57	REGAL
11	154	John Thompson (M)	1:42:13	NSWRWC
12	24	Robert Gardiner (M)	1:42:24	VRWC
13	160	Robert Willcox (M)	1:46:16	NSWRWC
14	238	Jim Seymon (M)	1:46:16	REGAL
15	236	Anson Perin	1:56:57	REGAL
16	64	Harry Summers (M)	1:57:30	VRWC
	267	Sean Fitzsimmons	DNF	WARWC

EVENT 6 FITNESS 10 MILES**MALES**

1	332	Rod Gilchrist	1:53:44	ACTRFWC
2	310	Bert Janes	1:59:19	QRWC
3	339	Jim Short	2:05:06	ACTRFWC
4	330	Doug Fitzgerald	2:13:45	ACTRFWC

FEMALES

1	320	Sandy Brunner	1:41:11	SARWC
2	336	Miriam McCarthy	2:15:30	ACTRFWC
3	338	Alice Scott	2:15:30	ACTRFWC

4	344	Anne Ións	2:18:13	ACTRFWC
5	347	Diana Marshall	2:20:01	ACTRFWC
5	347	Diana Marshall	2:20:01	ACTRFWC

EVENT 7 FITNESS 5 MILES

MALES

1	301	Damien Elms	56:06	VRWC
2	302	Jason Elms	56:06	VRWC
3	312	James Paviell	57:18	QRWC
4	348	Terry Munro	58:52	ACTRFWC
5	342	Dave Mackenzie	1:01:21	ACTRFWC
6	351	Sebastien Riou	1:18:14	QRWC
7	334	Alan Law	1:23:12	ACTRFWC

FEMALES

1	303	Chloe McNicol-Davidson	57:22	VRWC
2	322	Marilyn Banfield	58:08	ACTRFWC
3	346	Lynn Williams	58:52	ACTRFWC
4	331	Jennifer Gilchrist	1:01:21	ACTRFWC
5	319	Ebony Jones	1:02:41	BRWC
6	314	Robyn Wales	1:02:54	QRWC
7	352	Des Butler	1:05:25	ACTRFWC
8	315	Judy Brown (2)	1:06:43	NSWRWC
9	349	Deborah Riou	1:08:14	QRWC
10	313	Lydia Stanhope	1:08:15	QRWC
11	343	Carmen Carlon	1:08:19	ACTRFWC
12	327	Narelle Brownette	1:08:40	ACTRFWC
13	353	Deborah Law	1:19:41	ACTRFWC
14	328	Nola de Chazal	1:19:42	ACTRFWC
15	316	Nicola Jessurun	1:32:30	NSWRWC
16	317	Mia Jessurun	1:32:30	NSWRWC
17	318	Eva Jessurun	1:32:30	NSWRWC
18	350	Angelique Riou	1:32:30	QRWC
19	304	Karen McNicol-Davidson	1:32:45	VRWC
20	309	Alison Janes	1:32:45	QRWC
21	325	Cathy Boden	1:46:01	ACTRFWC
22	335	Sue Law	1:46:01	ACTRFWC

EVENT 8 MENS U20 10 km

1	80	Dane Bird-Smith	43:42	QRWC
2	16	Rhydian Cowley	44:01	VRWC
3	76	Brad Aiton	48:06	QRWC
4	131	Jordan Mulhearn	48:53	NSWRWC
5	263	Michael Reading	49:44	ACTRFWC
6	157	Steven Washburn	51:40	NSWRWC
7	125	Kai Maruta	55:56	NSWRWC
8	138	James Pisani	57:19	NSWRWC
	81	Brandon Dewar	DQ	QRWC
	82	Nick Dewar	DQ	QRWC

HANDICAP

1	138	James Pisani	NSWRWC
2	125	Kai Maruta	NSWRWC
3	157	Steven Washburn	NSWRWC

TEAMS

1	NSWRWC1	7	Jordan Mulhearn, Steven Washburn, Kai Maruta
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EVENT 9 AACT MENS U20 10 km CHAMPIONSHIP

1	80	Dane Bird-Smith	43:42	QRWC	QLD
	81	Brandon Dewar	DQ	QRWC	QLD
	82	Nick Dewar	DW	QRWC	QLD

EVENT 10 OPEN SENIOR 10 km

1	193	Kim Mottrom	50:55	SARWC
2	147	Tony Psarianos	1:01:48	NSWRWC

EVENT 11 BOYS U10 1 km

1	79	Yanis Benzenati	05:02	QRWC
2	102	Kyle Bedford	05:07	NSWRWC
3	152	Dylan Richardson	05:08	NSWRWC
4	29	Harry Hockley-Samon	05:09	VRWC

5	140	James Plummer	05:43	NSWRWC
6	72	Hayden Walmsley	06:15	VRWC
7	74	Ethan Wright	06:21	VRWC
8	48	Ethan McShanag	06:45	VRWC
9	251	Spencer Burns	06:56	ACTRFWC
10	13	Noah Candotti	07:11	VRWC
11	17	Harley Davidson	07:33	VRWC

HANDICAP

1	13	Noah Candotti	VRWC
2	29	Harry Hockley-Samon	VRWC
3	48	Ethan McShanag	VRWC

TEAMS

1	NSWRWC1	24	Kyle Bedford, Dylan Richardson, James Plummer
2	VRWC1	16	Harry Hockley-Samon, Hayden Walmsley, Ethan Wright
3	VRWC2	6	Ethan McShanag, Noah Candotti, Harley Davidson

EVENT 12 GIRLS U10 1 km

1	60	Brodie Richardson	05:06	VRWC
2	25	Hayley George	05:19	VRWC
3	31	Mikhala Hodges	05:25	VRWC
4	129	Leah McDonald	05:34	NSWRWC
5	40	Brianna Lillie	05:39	VRWC
6	30	Anaya Hodges	05:39	VRWC
7	191	Rhiannon Lovegrove	05:51	SARWC
8	55	Chelsea Owen-Smith	05:55	VRWC
9	185	Kailah Hannaford	06:05	SARWC
10	260	Gabby Hunt	06:07	ACTRFWC
11	49	Tegan Miller	06:09	VRWC
12	51	Piper Montag	06:09	VRWC
13	194	Elsie Potezny	06:10	SARWC
14	44	Lavinia Mason	06:10	VRWC
15	206	Riona Tyler-Dowd	06:13	SARWC
16	85	Thalya Martin	06:16	QRWC
17	214	Arabella Phillips	06:18	TARWC
18	42	Katelyn Lotherington	06:22	VRWC
19	70	Lee Taylor	06:22	VRWC
20	56	Jemma Louise Peart	06:44	VRWC
21	163	Raquel Willoughby	06:55	NSWRWC
22	220	Dakota Bennett-Ward	09:07	REGAL
	145	Tiffany Poulos	DNF	NSWRWC

HANDICAP

1	85	Thalya Martin	QRWC
2	206	Riona Tyler-Dowd	SARWC
3	44	Lavinia Mason	VRWC

TEAMS

1	VRWC1	43	Brodie Richardson, Hayley George, Mikhala Hodges
2	VRWC2	32	Brianna Lillie, Anaya Hodges, Chelsea Owen-Smith
3	SARWC1	23	Rhiannon Lovegrove, Kailah Hannaford, Elsie Potezny
4	VRWC3	17	Tegan Miller, Piper Montag, Lavinia Mason
5	VRWC4	6	Katelyn Lotherington, Lee Taylor, Jemma Louise Peart

EVENT 13 BOYS U12 2 km

1	66	Kyle Swan	09:42	VRWC
2	73	Reese Walmsley	10:17	VRWC
3	54	Cooper Owen	10:40	VRWC
4	250	Callum Burns	10:59	ACTRFWC
5	87	Trent Miles	11:03	QRWC
6	136	Declan O'Connell	11:04	NSWRWC
7	156	Benjamin Tisdale	11:10	NSWRWC
8	186	Alix Harlington	11:13	SARWC
9	102	Kyle Bedford	11:16	NSWRWC
10	29	Harry Hockley-Samon	11:35	VRWC
11	155	Lewis Thompson	11:41	NSWRWC
12	132	Michael Murphy	11:58	NSWRWC
13	233	Karl Osborne	12:21	REGAL
14	14	Samuel Candotti	12:30	VRWC
15	99	Travis Barendregt	12:33	NSWRWC
16	152	Dylan Richardson	12:44	NSWRWC

17	72	Hayden Walmsley	13:40	VRWC
	79	Yanis Benzenati	DQ	QRWC
	228	Jordan Glover	DQ	REGAL

HANDICAP

1	29	Harry Hockley-Samon	VRWC
2	233	Karl Osborne	REGAL
3	14	Samuel Candotti	VRWC

TEAMS

1	VRWC1	34	Kyle Swan, Reese Walmsley, Cooper Owen
2	NSWRWC1	24	Declan O'Connell, Benjamin Tisdale, Kyle Bedford
3	NSWRWC2	11	Lewis Thompson, Michael Murphy, Travis Barendregt
4	VRWC2	10	Harry Hockley-Samon, Samuel Candotti, Hayden Walmsley

EVENT 14 GIRLS U12 2 km

1	128	Jasmyn McDonald	10:02	NSWRWC
2	213	Tahlia Hunt	10:23	TARWC
3	166	Edlin Charlotte	10:42	BRWC
4	94	Micaela Woodward	11:01	QRWC
5	18	Paige De Lisen	11:15	VRWC
6	36	Shelby Kay	11:23	VRWC
7	204	Isabelle Tucker	11:30	SARWC
8	144	Elleni Poulos	11:48	NSWRWC
9	112	Brooke Ferguson	11:56	NSWRWC
9	112	Brooke Ferguson	11:56	NSWRWC
10	31	Mikhala Hodges	12:05	VRWC
11	245	Kara Baker	12:18	ACTRFWC
12	41	Jessica Lillie	12:26	VRWC
13	164	Kaylah Willoughby	12:38	NSWRWC
14	137	Tyler Philpott	12:58	NSWRWC
15	113	Ally Grujoski	13:06	NSWRWC
16	161	Mascey Willis	13:09	NSWRWC
17	185	Kailah Hannaford	13:34	SARWC
18	151	Kimberly Redzic	13:37	NSWRWC
19	191	Rhiannon Lovegrove	13:50	SARWC
20	256	Molly Halpin	13:51	ACTRFWC
21	183	Michaela Goodman	13:58	SARWC
22	42	Katelyn Lotherington	14:09	VRWC
23	194	Elsie Potezny	14:24	SARWC
24	206	Riona Tyler-Dowd	14:26	SARWC
25	30	Anaya Hodges	14:44	VRWC
26	212	Sarah Guy	15:04	TARWC
27	85	Thalya Martin	16:06	QRWC
28	101	Molly Beasley	16:25	NSWRWC
	60	Brodie Richardson	DNF	VRWC
	216	Jemma Smith	DQ	TARWC

HANDICAP

1	206	Riona Tyler-Dowd	SARWC
2	101	Molly Beasley	NSWRWC
3	31	Mikhala Hodges	VRWC

TEAMS

1	NSWRWC1	55	Jasmyn McDonald, Elleni Poulos, Brooke Ferguson
2	VRWC1	54	Paige De Lisen, Shelby Kay, Mikhala Hodges
3	NSWRWC2	36	Kaylah Willoughby, Tyler Philpott, Ally Grujoski
4	SARWC1	34	Isabelle Tucker, Kailah Hannaford, Rhiannon Lovegrove
5	NSWRWC3	21	Ally Grujoski, Mascey Willis, Kimberly Redzic
6	VRWC2	19	Jessica Lillie, Katelyn Lotherington, Anaya Hodges
7	SARWC2	13	Michaela Goodman, Elsie Potezny, Riona Tyler-Dowd

EVENT 15 BOYS U14 2 km

1	47	Connor McShanag	09:49	VRWC
2	2	Billy Allamby	09:53	VRWC
3	117	Tyler Jones	09:57	NSWRWC
4	66	Kyle Swan	10:10	VRWC
5	69	Lucas Taylor	10:15	VRWC
6	235	Matthew Oswald	10:22	REGAL
7	133	Robert Murphy	10:26	NSWRWC
8	170	Dane Heiden	10:27	BRWC
9	215	Louis Rose	10:28	TARWC

10	34	Jeramiah Jones	10:29	VRWC
11	109	Tom Doyle	10:38	NSWRWC
12	59	Jacob Richardson	10:51	VRWC
13	207	Lachlan Tyler-Dowd	11:06	SARWC
14	124	Kyle Marshall	11:11	NSWRWC
15	73	Reese Walmsley	11:45	VRWC
16	253	Callum Doherty	11:57	ACTRFWC
17	227	Patrick Estrada	11:57	REGAL
18	155	Lewis Thompson	12:01	NSWRWC
19	46	Cody McNicol-Davidson	12:33	VRWC
20	74	Ethan Wright	13:37	VRWC
	228	Jordan Glover	DNF	REGAL
	186	Alix Harlington	DNF	SARWC
	152	Dylan Richardson	DNF	NSWRWC
	54	Cooper Owen	DQ	VRWC

HANDICAP

1	74	Ethan Wright	VRWC
2	215	Louis Rose	TARWC
3	227	Patrick Estrada	REGAL

TEAMS

1	VRWC1	33	Connor McShanag, Billy Allamby, Kyle Swan
2	NSWRWC1	22	Tyler Jones, Robert Murphy, Tom Doyle
3	VRWC2	18	Lucas Taylor, Jeramiah Jones, Jacob Richardson
4	VRWC3	6	Reese Walmsley, Cody McNicol-Davidson, Ethan Wright

EVENT 16 GIRLS U14 2 km

1	50	Jemima Montag	09:41	VRWC
2	108	Jasmine Dighton	09:56	NSWRWC
3	258	Caitlin Hosking	10:00	ACTRFWC
4	32	Jasmine Irshad	10:04	VRWC
5	78	Kenza Benzenati	10:12	QRWC
6	182	Piper Douglas	10:30	SARWC
7	114	Stephanie Grujoski	10:32	NSWRWC
8	261	Zoe Hunt	10:32	ACTRFWC
9	27	Emily Hamilton	10:36	VRWC
10	139	Caitlin Plummer	10:39	NSWRWC
11	127	Tarym McCaffrey	10:51	NSWRWC
13	240	Katrina Shaw	10:53	REGAL
14	84	Katya Martin	10:54	QRWC
15	100	Bryony Beasley	10:55	NSWRWC
16	176	Rebecca Burat	10:55	SARWC
17	126	Talisha Maruta	11:00	NSWRWC
18	179	Erin Dallimore	11:07	SARWC
19	213	Tahlia Hunt	11:07	TARWC
20	94	Micaela Woodward	11:15	QRWC
21	196	Julia Motezny	11:15	SARWC
22	201	Jessica Stephens	11:22	SARWC
23	226	Natasha Estrada	11:44	REGAL
24	216	Jemma Smith	11:55	TARWC
25	65	Emily Swan	12:12	VRWC
26	204	Isabelle Tucker	12:15	SARWC
27	141	Candice Porley	12:38	NSWRWC
28	135	Bridget O'Connell	12:57	NSWRWC
29	268	Kelsey White	12:58	ACTRFWC
30	63	Cobie Somerfield	12:59	VRWC
31	52	Shae Ohlsen	13:22	VRWC
32	165	Carly Winsor	13:46	NSWRWC
33	229	Emma Grand	19:51	REGAL
	103	Tayla-paige Billington	DNF	NSWRWC
	12	Rebecca Campbell	DNF	VRWC
	210	Sophie Eberhardt	DQ	TARWC
	153	Kate Roser	DQ	NSWRWC

HANDICAP

1	52	Shae Ohlsen	VRWC
2	84	Katya Martin	QRWC
3	213	Tahlia Hunt	TARWC

TEAMS

1	VRWC1	80	Jemima Montag, Jasmine Irshad, Emily Hamilton
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2	NSWRWC1	74	Jasmine Dighton, Stephanie Grujoski, Caitlin Plummer
3	QRWC1	56	Kenza Benzenati, Katya Martin, Micaela Woodward
4	ACTRFWC1	56	Caitlin Hosking, Zoe Hunt, Kelsey White
5	NSWRWC2	51	Tarym McCaffrey, Bryony Beasley, Talisha Maruta
6	SARWC1	51	Piper Douglas, Erin Dallimore, Julia Motezny
7	REGAL1	47	Emma Grand, Katrina Shaw, Natasha Estrada
8	SARWC2	20	Jessica Stephens, Isabelle Tucker, Rebecca Burat
9	VRWC2	16	Emily Swan, Cobie Somerfield, Shae Ohlsen
10	NSWRWC3	15	Candice Porley, Bridget O'Connell, Carly Winsor

EVENT 17 BOYS U16 3 km

1	76	Brad Aiton	13:01	QRWC
2	19	Josh Dillon	13:12	VRWC
3	7	Nathan Brill	13:16	VRWC
4	88	Jesse Osborne	13:29	QRWC
5	110	Nathan Fazldad	13:55	NSWRWC
6	22	Matt Felton	14:07	VRWC
7	246	Harry Bates	14:25	ACTRFWC
8	111	Jay Felton	14:35	NSWRWC
9	118	Matthew Killen	15:00	NSWRWC
10	47	Connor McShanag	16:20	VRWC
11	68	Aaron Tam	16:23	VRWC
12	239	Andrew Shaw	17:20	REGAL
13	34	Jeremiah Jones	17:30	VRWC
14	215	Louis Rose	17:50	TARWC
15	207	Lachlan Tyler-Dowd	17:51	SARWC
16	173	Josh Savage	17:52	BRWC
17	109	Tom Doyle	19:30	NSWRWC
18	155	Lewis Thompson	20:16	NSWRWC
19	46	Cody McNicol-Davidson	20:59	VRWC
	117	Tyler Jones	DNF	NSWRWC
	87	Trent Miles	DQ	QRWC

HANDICAP

1	110	Nathan Fazldad	NSWRWC
2	111	Jay Felton	NSWRWC
3	118	Matthew Killen	NSWRWC

TEAMS

1	VRWC1	24	Josh Dillon, Nathan Brill, Matt Felton
2	NSWRWC1	16	Nathan Fazldad, Jay Felton, Matthew Killen
3	VRWC2	6	Connor McShanag, Aaron Tam, Jeremiah Jones

EVENT 18 GIRLS U16 3 km

1	107	Amy Bettiol	14:54	NSWRWC
2	28	Jmara Hockley-Samon	15:05	VRWC
3	23	Ameilia Finnegan	15:09	VRWC
4	58	Cassie Raselli	15:34	VRWC
5	26	Stephanie George	15:37	VRWC
6	210	Sophie Eberhardt	15:38	TARWC
7	223	Hannah Denney	15:52	REGAL
8	3	Bianca Attard	15:53	VRWC
9	174	Ebony Whiley	15:58	BRWC
10	11	Caitlin Campbell	16:00	VRWC
11	168	Amanda Heard	16:16	BRWC
12	78	Kenza Benzenati	16:23	QRWC
13	182	Piper Douglas	16:42	SARWC
14	143	Tabitha Porley	17:08	NSWRWC
15	98	Amanda Barendregt	17:12	NSWRWC
16	261	Zoe Hunt	17:17	ACTRFWC
17	50	Jemima Montag	17:21	VRWC
18	176	Rebecca Burat	17:35	SARWC
19	196	Julia Motezny	17:41	SARWC
20	244	Chantelle Torres	17:41	REGAL
21	201	Jessica Stephens	18:00	SARWC
22	219	Stephanie Andreou	18:06	REGAL
23	100	Bryony Beasley	18:16	NSWRWC
24	211	Megan Guy	18:19	TARWC
25	89	Marybeth Paviell	18:33	QRWC
26	63	Cobie Somerfield	21:17	VRWC
27	52	Shae Ohlsen	23:01	VRWC
	84	Katya Martin	DNF	QRWC

195	Jemma Motezny	DQ	SARWC
180	Lotta Danner	DQ	SARWC
179	Erin Dallimore	DQ	SARWC

HANDICAP

1	210	Sophie Eberhardt	TARWC
2	244	Chantelle Torres	REGAL
3	182	Piper Douglas	SARWC

TEAMS

1	VRWC1	48	Jmara Hockley-Samon, Ameilia Finnegan, Cassie Raselli
2	VRWC2	37	Stephanie George, Bianca Attard, Caitlin Campbell
3	NSWRWC1	36	Amy Bettiol, Tabitha Porley, Amanda Barendregt
4	SARWC1	21	Piper Douglas, Rebecca Burat, Julia Motezny
5	REGAL1	20	Hannah Denney, Chantelle Torres, Stephanie Andreou
6	VRWC3	10	Jemima Montag, Cobie Somerfield, Shae Ohlsen

EVENT 19 BOYS U18 5 km

1	80	Dane Bird-Smith	21:31	QRWC
2	200	Blake Steele	21:36	SARWC
3	76	Brad Aiton	23:19	QRWC
4	7	Nathan Brill	23:33	VRWC
5	53	Michael O'Mahony	24:37	VRWC
6	19	Josh Dillon	24:38	VRWC
7	246	Harry Bates	24:53	ACTRWC
8	88	Jesse Osborne	25:01	QRWC
9	221	Kurtis Birch-Ward	25:36	REGAL
10	118	Matthew Killen	25:43	NSWRWC
11	22	Matt Felton	26:31	VRWC
12	35	Joshua Kaiser	27:12	VRWC
13	2	Billy Allamby	27:16	VRWC
14	69	Lucas Taylor	28:37	VRWC
15	68	Aaron Tam	29:38	VRWC
16	47	Connor McShanag	31:45	VRWC
	131	Jordan Mulhearn	DNF	NSWRWC
	111	Jay Felton	DNF	NSWRWC
	110	Nathan Fazldad	DNF	NSWRWC
	109	Tom Doyle	DNF	NSWRWC
	61	Brad Simpson	DQ	VRWC

HANDICAP

1	221	Kurtis Birch-Ward	REGAL
2	118	Matthew Killen	NSWRWC
3	53	Michael O'Mahony	VRWC

TEAMS

1	QRWC1	31	Dane Bird-Smith, Brad Aiton, Jesse Osborne
2	VRWC1	27	Nathan Brill, Michael O'Mahony, Josh Dillon
3	VRWC2	15	Matt Felton, Joshua Kaiser, Billy Allamby
4	VRWC3	6	Lucas Taylor, Aaron Tam, Connor McShanag

EVENT 20 GIRLS U18 5 km

1	67	Rachel Tallent	24:44	VRWC
2	8	Amy Burren	24:55	VRWC
3	6	Hilary Brazel	25:06	VRWC
4	218	Hannah Watson	25:38	WARWC
5	119	Kirsty Klein	25:42	NSWRWC
6	188	Samara Holliday	25:51	SARWC
7	205	Amber Tuscharski	26:21	SARWC
8	146	Dimitra Psarianos	26:47	NSWRWC
9	195	Jemma Motezny	28:15	SARWC
10	43	Ella Mason	29:43	VRWC
11	27	Emily Hamilton	30:07	VRWC
12	197	Alison Stampke	30:54	SARWC
13	120	Sara Klein	33:02	NSWRWC
	184	Christi Goznic	DNF	SARWC
	90	Jessica Pickles	DQ	QRWC
	180	Lotta Danner	DQ	SARWC

HANDICAP

1	146	Dimitra Psarianos	NSWRWC
2	119	Kirsty Klein	NSWRWC

3 27 Emily Hamilton VRWC

TEAMS

1 VRWC1 25 Rachel Tallent, Amy Burren, Hilary Brazel
2 SARWC1 11 Samara Holliday, Amber Tuscharski, Jemma Motezny
3 NSWRC1 10 Kirsty Klein, Dimitra Psarianos, Sara Klein

EVENT 21 WOMENS 5 km

1	189	Tanya Holliday	22:56		SARWC
2	39	Regan Lamble	U20	23:14	VRWC
3	121	Beki Lee		23:44	NSWRWC
4	95	Beth Alexander	U20	24:35	VRWC
5	208	Claire Xian	U20	25:06	SARWC
6	67	Rachel Tallent	U20	25:17	VRWC
7	265	Kelly Watson		25:47	ACTRFWC
8	188	Samara Holliday	U20	26:36	SARWC
9	105	Lauren Bourke	U20	26:40	NSWRWC
10	264	Ann Staunton-Jugovic	M	26:47	ACTRFWC
11	158	Celia Waterfield		27:00	NSWRWC
12	28	Jmara Hockley-Samon	U20	27:08	VRWC
13	23	Ameilia Finnegan	U20	27:20	VRWC
14	172	Jessie Palfreyaman		27:26	BRWC
15	11	Caitlin Campbell	U20	27:29	VRWC
16	202	Steph Stigwood	U20	28:34	SARWC
17	45	Simone McInnes	U20	28:11	VRWC
18	134	Vanessa Noble	U20	29:17	NSWRWC
19	187	Gloria Holliday	M	29:19	SARWC
20	199	Allegra Steele		29:24	SARWC
21	174	Ebony Whiley	U20	29:40	BRWC
22	3	Bianca Attard	U20	29:47	VRWC
23	142	Fiona Porley	M	30:11	NSWRWC
24	248	Helena Bialecki	M	30:22	ACTRFWC
25	255	Meghann Griffin	U20	31:34	ACTRFWC
26	36	Shelby Kay	U20	32:13	VRWC
27	181	Silke Danner	M	32:27	SARWC
28	247	Jane Bates	M	32:32	ACTRFWC
29	249	Kate Black	M	32:56	ACTRFWC
30	20	Donna-Marie Elms	M	33:01	VRWC
31	177	Barbara Cain	M	33:40	SARWC
32	211	Megan Guy	U20	33:51	TARWC
33	148	Joan Purcell	M	36:26	NSWRWC
34	169	Catherine Heard	M	36:29	BRWC
35	150	Angela Redzic	M	36:44	NSWRWC
36	106	Brown Judy	M	36:54	NSWRWC
37	122	Jenny Lingley	M	39:16	NSWRWC
38	254	Edna Dundas	M	46:38	ACTRFWCC
	149	Sarah Raycanovski		DNF	NSWRWC
	203	Claire Tallent		DQ	SARWC
	192	Nicole McInnerney	U20	DQ	SARWC
	62	Emma Smith		DQ	VRWC

UNDER 20

1	39	Regan Lamble	23:14	VRWC
2	95	Beth Alexander	24:35	VRWC
3	208	Claire Xian	25:06	SARWC
4	67	Rachel Tallent	25:17	VRWC
5	188	Samara Holliday	26:36	SARWC
6	105	Lauren Bourke	26:40	NSWRWC
7	28	Jmara Hockley-Samon	27:08	VRWC
8	23	Ameilia Finnegan	27:20	VRWC
9	11	Caitlin Campbell	27:29	VRWC
10	202	Steph Stigwood	28:34	SARWC
11	45	Simone McInnes	28:11	VRWC
12	134	Vanessa Noble	29:17	NSWRWC
13	174	Ebony Whiley	29:40	BRWC
14	3	Bianca Attard	29:47	VRWC
15	255	Meghann Griffin	31:34	ACTRFWC
16	36	Shelby Kay	32:13	VRWC
17	211	Megan Guy	33:51	TARWC
	192	Nicole McInnerney	DQ	SARWC

MASTERS

1	264	Ann Staunton-Jugovic	26:47	ACTRFWC
2	187	Gloria Holliday	29:19	SARWC
3	142	Fiona Porley	30:11	NSWRWC
4	248	Helena Bialecki	30:22	ACTRFWC
5	181	Silke Danner	32:27	SARWC
6	247	Jane Bates	32:32	ACTRFWC
7	249	Kate Black	32:56	ACTRFWC
8	20	Donna-Marie Elms	33:01	VRWC
9	177	Barbara Cain	33:40	SARWC
10	148	Joan Purcell	36:26	NSWRWC
11	169	Catherine Heard	36:29	BRWC
12	150	Angela Redzic	36:44	NSWRWC
13	106	Brown Judy	36:54	NSWRWC
14	122	Jenny Lingley	39:16	NSWRWC
15	254	Edna Dundas	46:38	ACTRFWC

HANDICAP

1	106	Brown Judy	NSWRWC
2	36	Shelby Kay	VRWC
3	158	Celia Waterfield	NSWRWC

TEAMS

1	VRWC1	90	Regan Lamble, Beth Alexander, Rachel Tallent
2	SARWC1	89	Tanya Holliday, Claire Xian, Samara Holliday
3	NSWRWC1	79	Beki Lee, Lauren Bourke, Celia Waterfield
4	VRWC2	62	Jmara Hockley-Samon, Ameilia Finnegan, Caitlin Campbell
5	ACTRFWC1	61	Kelly Watson, Ann Staunton-Jugovic, Helena Bialecki
6	SARWC2	47	Steph Stigwood, Gloria Holliday, Allegra Steele
7	VRWC3	37	Simone McInnes, Bianca Attard, Shelby Kay
8	BRWC1	37	Jessie Palfreyaman, Ebony Whiley, Catherine Heard
9	NSWRWC2	32	Vanessa Noble, Fiona Porley, Joan Purcell
10	ACTRFWC2	22	Meghann Griffin, Jane Bates, Kate Black
11	NSWRWC3	6	Angela Redzic, Brown Judy, Jenny Lingley

MASTERS TEAMS

1	ACTRFWC1	20	Ann Staunton-Jugovic, Helena Bialecki, Jane Bates
2	SARWC1	16	Gloria Holliday, Silke Danner, Barbara Cain
3	NSWRWC1	10	Fiona Porley, Joan Purcell, Angela Redzic

And now some more photos



**Left: U10 girls Piper Montag, Chelsea Owen-Smith, Harley George, Anaya Hodges, Mikhala Hodges, Brianna Lillie, Brodie Richardson, Tegan Miller, Livinia Mason and Taylor Lee.
Right: Damien, Donna and Jason Elms**



**Left: U12 team winners Reese Walmsley, Kyle Swan and Cooper Owen.
 Right: U10 - Harry Hockley-Samon, Harley Davidson, Ethan McShanag, Noah Candotti, Hayden Walmsley and Ethan Wright**



U16 girls Shae Ohlsen, Cobie Somerfield, Jmara Hockley-Samon, Cassie Raselli, Stephanie George, Caitlin Campbell, Jemima Montag, Bianca Attard and Amelia Finnegan



**U18 team winners Hilary Brazel, Rachel Tallent and Amy Burren
 U16 team winners Nathan Brill, Josh Dillon and Matt Felton**

And finally the progressive Brennen point scores which see VRWC leading NSWRWC.

BRENNEN SHIELD

Club	Tot Pts	20m	W10m	Mu20	Bu10	Gu10	Bu12	Gu12	Bu14	Gu14	Bu16	Gu16	Bu18	Gu18	W5k
VRWC	1092	88	80		79	88	88	81	87	80	87	84	81	88	81
NSWRWC	859		71	88	87		78	82	79	74	79	78		73	70
SARWC	502	73				78		72		57		68		74	80
QRWC	205		60							60			85		
REGAL	202		84							53		65			
ACTRWC	200	74								64					62
BRWC	53														53

WA LA "BARBARA ROWCROFT CHAMPIONSHIP", THORNIE TAFE, PERTH, SATURDAY 12 JUNE

Thanks to Rick Cattermole for the following Little Athletics walk results from Western Australia last weekend

U9 1500 Boys	1.	Luke Button	8.33
U10 2k Girls	2.	Ella Manso-Vukovich	11.36
	3.	Melissa Butler	12.23
U11 2k Boys	2.	Simeon Leatherland	10.37
	3.	Kurtis Mathews	11.03
U13 2k Girls	1.	Jemma Brown	11.43
	2.	Ashley Granada	11.58
U15 2k Girls	2.	Breanna Brown	10.21
U16 2k Girls	1.	Andrea Hahn	11.05
	2.	Melissa Ierace	11.27

OVERSEAS RESULTS

CHEBOKSARY (RUS, Jun 12): The Russian walking championships last weekend saw a women's 20km win for Anisya Kirdyapkina with 1:26:31, a time that qualified her for the Russian team to contest the European championships in Barcelona later this year. She joins world champion Olga Kaniskina and 2010 World Cup walker Vera Sokolova who were already in the team. In the 20km championship for men, Stanislav Yemelyanov won with a time of 1:20:48 and he will join former world champ Valeriy Borchin and 1010 World Cup participant Andrey Krivov in the men's team for Barcelona.

LISBOA (POR, Jun 12): The first day of Portugese Club Championships saw Vera Santos clock a new national 3000m track walk record with 12:17.59. This is also a world leading time for the year.

MACCLESFIELD (ENG, May 15): One from last month. Coming in first on a demanding course at Macclesfield in England on 15 May, Ben Wears broke the course record and went under the qualifying time for the Commonwealth Games. His time was 1:27:30 and hopefully that means we will see him in Delhi competing against our 3 men.

SAN DIEGO (USA, June 6): Trevor Barron walked a 44-second P and a new U.S. Junior Record with his winning time of 20:06 at a San Diego 5,000m race walk competition at Cuyamaca College. On June 6th. The previous record of 22:14 was set in 2005 by Zachary Pollinger. Barron's new best time marks his third U.S. race walking Junior Record. - his other records include the 10000m (43:05) and the 20km (1:31:45). His record came after he broke away from Swede Andreas Gustafsson and National Indoor Champion Tim Seaman after 3 kilometers. Rachel Seaman won the women's race with a solid performance of 22:45.

1.	Rachel Seaman	Ontario Racewalkers, Canada	22:45.2	
2.	Katie Barnett	Champions International	25:36.3	PB
3.	Lilian Cordova	Champions International	29:13.0	PB
1.	Trevor Barron	NYAC	20:06.0	NJR
2.	Andreas Gustafsson	GK Steget, Sweden	20:09.6	PB
3.	Tim Seaman	NYAC	20:45.1	

JESS AND CHERYL INTERVIEWED IN ENGLAND

Next weekend, five of our top international walkers will be competing in the next IAAF Walking Challenge event in La Coruna in Spain. The Aussies in action will include **Jared and Claire Tallent, Luke Adams, Jess Rothwell and Cheryl Webb**. Jess and Cheryl have been staying with the English walkers at the Leeds University Centre of Excellence and they were recently interviewed on the radio. Andi Drake, the Director of Race Walking at the University, explains how to hear them

Hi everyone,

Click this link and find the audio section of Carnegie Sports Weekly (on the right hand side!). Jess and Cheryl are interviewed re. their five week training camp at Carnegie: <http://www.leedsmet.ac.uk/sport/>

Andi

LONG TERM DEVELOPMENT FOR JUNIOR RACE WALKERS - SATURDAY 26TH JUNE

Mark, Simon and I wish to remind all our Victorian based readers of the upcoming Walking Seminar, to be held at the VRWC clubrooms on Saturday 26th June.

Yes, we did fantastically well at last weekend's LBG Carnival but this has not come about by chance. It is the result of a lot of dedicated effort by the volunteers, judges, coaches, parents and organisers who have made the VRWC the current powerhouse of Australian Walking. We had some 70 young Victorian walkers racing in Canberra and it is from this large pool that we are challenged to nurture our next crop of Australian representatives at World Youth and World Junior Championship level and ultimately it is from this pool that we hope to see our future senior champions emerge.

The club is already active with various initiatives to support this process. These include

- The ongoing commitment of club coach Mark Donahoo with his regular coaching sessions
- Our sponsorship of key junior walkers to participate in AIS camps
- The recent Falls Creek camp which Simon and Tim organised this Easter.

Our latest initiative is the Walking Seminar on 26th June. There are not enough coaches in Australia who are experienced in transitioning talented young walkers to senior ranks and the workshop next week is intended to help address this need. You are encouraged to participate in this workshop either as

- new coaches,
- parents interested in gaining coaching skills,
- coaches working with Little Athletes or
- long term coaches able to contribute to improving outcomes

We are certainly not the repositories of all knowledge on this subject, and this is a workshop - a place to bring ideas, share information and perhaps develop a cohesive program for the walkers across the State.

All you have to do is register with Matt and then turn up and pay on the day. Note that you just can't turn up – you have to register first so that we know the numbers attending. Once again, the link: <http://www.athsvic.org.au/news/newsfile.php?newsFileID=4241>

The timetable is as follows:

10:00 - 10:45	Simon Baker
10:45 - 11:30	Tim Erickson
11:30 - 11:50	Morning Tea
11:50 - 12:30	Panel (Tim, Mark, Simon)

Talk to us on Saturday at Albert Park if you want further details....Simon, Mark and Tim

WHAT'S COMING UP NEXT

This coming Saturday, we have yet another Prizes Day with our annual 'Guess Your Finish Time' races. The walker whose guess is closest to his/her actual time will be declared the winner in each race. No watches may be worn and no lap times are called. It is a different race! Prizes are on offer for all our winners.

Saturday 19 June 2010, Albert Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes for all winners.			
2.15pm	10km	Guess your finish time	Open
2.15pm	5km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Under 15
2.30pm	2km	Guess your finish time	Under 12
2.30pm	1km	Guess your finish time	Under 9

Looking further forward, Sunday 27th June is a big day with 5 separate championship events on offer

- **Victorian 20km championships for men and women** – enter with Athletics Victoria via the following entry form: <http://www.vrwc.org.au/2010%20AV%20Walk%20Entry%20Form.pdf> . Entries close **Friday 18 June**.
- **Victorian Schools roadwalking championships for U14, U16, U18 and U20**. Enter with Athletics Victoria via entry form: <http://www.vrwc.org.au/2010%20Vic%20All%20Schools%20Road%20Walks%20Entry%20Form.pdf> . Entries closed on **Thursday 10 June** but late entries are possible.
- **Australian Masters 20km championships for men and women** – enter with VMA via the following entry form: http://vicvets.mhsoftware.com/attachments/23/111/AMA_20k_EntryForm_2010.pdf . Entries close **Saturday 19 June**.
- **Victorian Masters 20km championships for men and women** – enter on the day.
- **VRWC U12 and U9 1.5km club championships** – enter on the day.

Sunday 27 June 2010, Albert Park			
9.30am	20km	Victorian Championship	Open Men
9.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.30am	20km	Victorian Championship	Open Women
9.30am	20km	Australian & Victorian Masters Championship	Masters Men
9.30am	20km	Australian & Victorian Masters Championship	Masters Women
9.30am	20km		Open
10.00am	3km	Victorian Schools Championship	Under 16 Boys/Girls
10.25am	3km	Victorian Schools Championship	Under 14 Boys/Girls
10.50am	10km	Victorian Schools Championship	Under 20 Men/Women
11.00am	5km	Victorian Schools Championship	Under 18 Men/Women
11.00am	5km		Open
11.30am	1.5km	VRWC Championship	Under 9 Boys/Girls
11.30am	1.5km	VRWC Championship	Under 12 Boys/Girls
12.20pm		Presentations	

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 June 26, 2010	A.V. Racewalking Seminar, VRWC Club Rooms, Albert Park, 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	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 4-26, 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

Aug 28, 2010	20th International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)
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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

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