



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2009/2010 Number 40  
29 June 2010



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### VRWC, AV, VMA AND AMA CHAMPIONSHIPS, ALBERT PARK, SUNDAY 27 JUNE 2010

It was another big day of racing at Albert Park on Sunday with 95 walkers in action in a variety of championship events. The weather ended up picture perfect with blue skies and sunshine, the only issue being a few big puddles from all our rain over the past few days. Thanks to **Terry Swan** for the usual fine selection of photos which have been uploaded to <http://vrwc.org.au/coppermine>. Some are reproduced in this report.

The first races to kick off were the 20km events and walkers had a choice of four options – the AV Open 20km, the VMA 20km, the AMA 20km and a club VRWC 20km for anyone left over! The Open championships saw **Stuart Kollmorgen** and **Pam Tindal** crowned as champions with time of 1:46:09 and 1:51:08 respectively. The Masters championships saw many of our older walkers testing themselves out over a distance that they rarely race and they showed that they were up to the task with a number of fine performances. But none were better than **Heather Carr** (a new **W60 World Record of 1:56:42**), **Marlaine Stanway** (a new **W70 Victorian Record of 2:33:11**) and **Pam Tindal** (a new **W50 Victorian Record of 1:51:07**).



Stuart Kollmorgen, Pam Tindal, Heather Carr and Marlaine Stanway in action in the 20km events

#### Victorian Open Men 20 km Road Walk

1.	Kollmorgen, Stuart	COL	61	51:25	1:46:09
2.	McDonough, Aaron	PTN	1227	54:15	1:50:36
3.	Donahoo, Mark	ATE	1407	54:31	1:55:07
4.	Seid-Christmass, James	COR	1828	55:56	1:55:48
	Evans, Simon	BOH	1717	DNS	
	Jamieson, Andrew	OSC	1389	DNS	
	Knox, Duncan	ATE	1790	DNS	
	Van Dongen, Rupert	CCA	2293	DNS	

#### Victorian Open Women 20 km Road Walk

1.	Tindal, Pam	CDN	1217	54:15	1:51:08
2.	Irshad, Kylie	SCA	51	54:53	1:55:50
3.	Carr, Heather	EAG	415	56:25	1:56:42
4.	Attard, Tamara	KNA	1365	DNS	
5.	Hammond, Nardene	ATE	1784	DNS	
	Ruddick, Kelly	BHA	49	DNS	

<b>Australian Masters Men 20km Championship</b>						<b>AMA</b>	<b>VMA</b>
McDonough, Aaron	35 - 39	VIC	1227	54:16	1:50:36	1	1
Van Dongen, Rupert	35 - 39	VIC	2293	-	DNS		
Kollmorgen, Stuart	40 - 44	VIC	2021	51:24	1:46:09	1	1
Seid-Christmass, James	40 - 44	VIC	1828	55:56	1:55:48	2	2
Keirl, Bernie	45 - 50	VIC	243	-	DNF		
Donahoo, Mark	50 - 54	VIC	1407	54:31	1:55:07	1	1
Skrucany, Rudolf	50 - 54	VIC	240	75:01	2:34:09	2	2
Heywood, Colin	55 - 59	ACT	13	51:53	1:47:11	1	
Finn, Kevin	55 - 59	SA	266	-	DQ		
Lucas, Alan	60 - 64	VIC	388	60:56	2:04:38	1	1
Dickenson, Russ	60 - 64	VIC	561	59:49	DNF		
Bennett, Ralph	65 - 69	VIC	640	55:56	DQ		
Gardiner, Bob	70 - 74	VIC	2586	62:36	2:09:45	1	1
Summers, Harold	75 - 79	VIC	58	70:05	2:25:41	1	1
Silcock-Delaney, Colin	75 - 79	VIC	154	-	DQ		

<b>Australian Masters Women 20km Championship</b>						<b>AMA</b>	<b>VMA</b>
Irshad, Kylie	35 - 39	VIC	57	54:53	1:55:50	1	1
Hammond, Nardene	35 - 39	VIC	-	-	DNS		
Elms, Donna	45 - 49	VIC	194	68:36	2:21:04	1	1
Tindal, Pam	50 - 54	VIC	1217	54:15	1:51:07	1	1
Ventris, Lynette	50 - 54	WA	-	-	DNS		
Thompson, Alison	55 - 59	VIC	154	60:19	2:01:52	1	1
Carr, Heather	60 - 64	VIC	415	56:25	1:56:42	1	1
Feldman, Liz	60 - 64	VIC	155	60:53	2:02:51	2	2
Stanway, Marlaine	70 - 74	VIC	322	73:38	2:33:11	1	1

The Victorian Schools championships were the next to kick off with U14 3km, U16 3km, U18 5km and U20 10km races scheduled. Times were superb right across the board – my personal highlights were **Amy Burren** 24:18 for 5km (2011 World Youth qualifier!), **Josh Dillon** 23:38 for 5km, **Nathan Brill** (13:38 3km), **Jemima Montag** (14:47 3km), **Rachel Tallent** (24:35 5km) and **Beth Alexander** (51:34 10km). Well done to all our medalists - it is a big effort to take a medal when the fields are so strong. And I have to let everyone know that **Billy Allamby**, who was competing in the U14 3km, badly twisted his ankle very early in the race (subsequent tests showed a broken bone in his ankle) yet he fought through to take second place before collapsing to the ground – what a gutsy effort. Definitely the walk of the day in my book.

#### **Victorian Schools U/20 Girls 10 km Road Walk Championship**

1.	ALEXANDER, BETH	BRENTWOOD SECONDARY COLLEGE	51:34
2.	RASELLI, CASSANDRA	PRESBYTERIAN LADIES COLLEGE	57:23
3.	ATTARD, BIANCA	AQUINAS COLLEGE	58:02

#### **Victorian Schools U/18 Boys 5 km Road Walk Championship**

1.	DILLON, JOSH	ST JOSEPHS COLLEGE GEELONG	23:38
2.	CLARK, LEWIS	CHRISTIAN COLLEGE GEELONG	23:58
3.	FELTON, MATT	AQUINAS COLLEGE	24:09
4.	O'MAHONY, MICHAEL	SAINT JOSEPHS SECONDARY COLLEGE	25:05
5.	KAISER, JOSHUA	DROMANA SECONDARY COLLEGE	27:12
6.	TAM, AARON	GLEN WAVERLEY SECONDARY COLLEGE	27:48

#### **Victorian Schools U/18 Girls 5 km Road Walk Championship**

1.	BURREN, AMY	KILLESTER COLLEGE	24:18
2.	TALLEN, RACHEL	BALLARAT HIGH SCHOOL	24:35
3.	BRAZEL, HILARY	EMMAUS COLLEGE	26:11
4.	CAMPBELL, CAITLIN	COPPERFIELD COLLEGE	27:51
5.	PAYNE, EMILY	KARDINIA INTERNATIONAL COLLEGE	33:30

#### **Victorian Schools U/16 Boys 3 km Road Walk Championship**

1.	BRILL, NATHAN	ROSEBUD SECONDARY COLLEGE	13:38
2.	ANTIDORMI, RYAN	EMMAUS COLLEGE	15:03
3.	MCSHANAG, CONNOR	ST BERNARD'S COLLEGE	15:22
4.	TAYLOR, LUCAS	LILYDALE HIGH SCHOOL	15:48
5.	SAVAGE, JOSHUA	EAGLEHAWK SECONDARY COLLEGE	18:28
	GARDNER, AARON	MARIBYRNONG COLLEGE	DNS

#### **Victorian Schools U/16 Girls 3 km Road Walk Championship**

1.	FINNEGAN, AMELIA	MATER CHRISTI COLLEGE	14:51
2.	HOCKLEY SAMON, JMARA	CLONARD COLLEGE	15:31
3.	HEARD, AMANDA	GOLDEN VALLEY GRAMMAR SCHOOL	15:46
4.	GEORGE, STEPHANIE	YARRA VALLEY GRAMMAR SCHOOL	16:03
5.	BURREN, SARAH	KILLESTER COLLEGE	16:23
6.	WHILEY, EBONY	CATHOLIC COLLEGE BENDIGO	16:48
7.	BERTRAND, CARLY	SALESIAN COLLEGE	16:51

8.	BARBOUR, BETH	NORTHCOTE HIGH SCHOOL	17:50
9.	SOMERFIELD, KOBIE	MT CLEAR COLLEGE	20:44

**Victorian Schools U/14 Boys 3 km Road Walk Championship**

1.	SWAN, KYLE	THE KNOX SCHOOL	15:11
2.	ALLAMBY, BILLY	ST JOSEPHS COLLEGE	15:35
3.	OWEN, COOPER	WATSONIA HEIGHTS PRIMARY SCHOOL	15:54
4.	JONES, JEREMIAH	SOUTH EAST COLLEGE	16:49
5.	RICHARDSON, JACOB	KAROO PRIMARY SCHOOL	17:27
	WALMSLEY, REESE	KAROO PRIMARY SCHOOL	DQ

**Victorian Schools U/14 Girls 3 km Road Walk Championship**

1.	MONTAG, JEMIMA	WESLEY COLLEGE	14:47
2.	BOLDISTON, ZOE	NOTRE DAME COLLEGE	15:10
3.	IRSHAD, JASMINE	WANTIRNA COLLEGE	16:21
4.	WALKER, MEGAN	CLONARD COLLEGE	17:03
5.	EASTWOOD, JESSIE	MATER CHRISTI COLLEGE	17:31
6.	VENTURA, AMY	BRANDON PARK PRIMARY SCHOOL	18:00
7.	HAMILTON, EMILY	KAROO PRIMARY SCHOOL	18:53
8.	COLLINS, CINDY	HALLAM PRIMARY SCHOOL	18:59
	CAMPBELL, REBECCA	COPPERFIELD COLLEGE	DNS



**Josh Kaiser, Rachel Tallent, Hilary Brazel, Amy Burren, Jason Kozica, Amelia Finnegan, Jemima Montag and Kyle Swan**



**Bianca Attard, Beth Alexander, Cassie Raselli, Nathan Brill, Michael O'Mahony and Josh Dillon**

The final races to get underway were our VRWC U9 and U12 1.5km club championships. Kyle Swan backed up from his fine win in the U14 Schools championship to win the U12 championship in the fastest overall time of 7:23 and he was only 7 secs ahead of Cooper Owen with 7:30, backing up from his third place in the U14. Reese Walmsley also walked the U14 3km with the other boys



and backed up well for his third place with 8:14. Other winners included Georgia Bertrand, Hayden Walmsley and Brodie Richardson. We also welcomed first time Albert Park walkers Lauren Collins and Jemma Peart (who walked with her arm in a cast).



Billy Allamby, Anaya Hodges and Mikhala Hodges with local wild life (Elliot Baker)



Jemma Peart, Brodie Richardson, Bronte Segota, Gabriella Crea, Lauren Collins and Georgia Bertrand

**VRWC U12 1.5km Club Championship**

1.	Swan, Kyle	284	7:23
2.	Owen, Cooper	334	7:30
3.	Walmsley, Reese	255	8:14
1.	Bertrand, Georgia	220	8:05
2.	Kay, Shelby	419	8:13
E3.	Crea, Gabriella	316	8:25
E3.	Collins, Lauren	1229	8:25
5.	George, Hayley	60	8:27
6.	Segota, Bronte	345	8:30
7.	McCann, Tessa	344	9:02
8.	Eastwood, Jemma	49	9:13
9.	Hodges, Anaya	421	9:22
10.	Harrison, Charlee	260	9:31

**VRWC U9 1.5km Club Championship**

1.	Walmsley, Hayden	407	9:32
2.	Wright, Ethan	396	9:45
1.	Richardson, Brodie	377	8:23
2.	Hodges, Mikhala	422	8:29

3.	Owen-Smith, Chelsea	333	9:05
4.	O'Mahony, Kathleen	403	9:08
5.	Miller, Tegan	424	10:28
6.	Kay, Payton	426	10:43
7.	Peart, Jemma	1263	10:45
8.	Segota, Ella	1289	12:20
	Collins, Kristina	226	DQ

We also had our usual selection of club non-championship races for anyone else who wanted a walk.

**VRWC 20km**

1.	John Timms	485	1:18:53	2:31:41
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**VRWC 10km**

1.	Jason Elms	105	1:04:44
2.	McNicol-Davidson, Chloe	1251	1:12:07
3.	McNicol-Davidson, Cody	1004	1:12:30

**VRWC 5km**

1.	Kennedy, Paul	272	24:19
2.	Kozica, Jason	367	27:41
3.	Doran, Anthony	134	32:22
4.	Wicks, Barrie	241	35:29
5.	Onley, Gordon	486	37:23
6.	Silcock-Delaney, Colin	493	38:35
1.	McIntyre, Gayle	199	27:52

Finally thanks to **Stuart Cooper** for these great photos from the presentations



*AV 20km: Stuart, Aaron and Mark*



*AV 20km: Heather, Pam and Kylie*



*AMA & VMA  
Masters20km:*

*Kylie, Donna, Pam, Alison,  
Heather, Liz and Marlaine*





*AMA & VMA  
Masters 20km:*

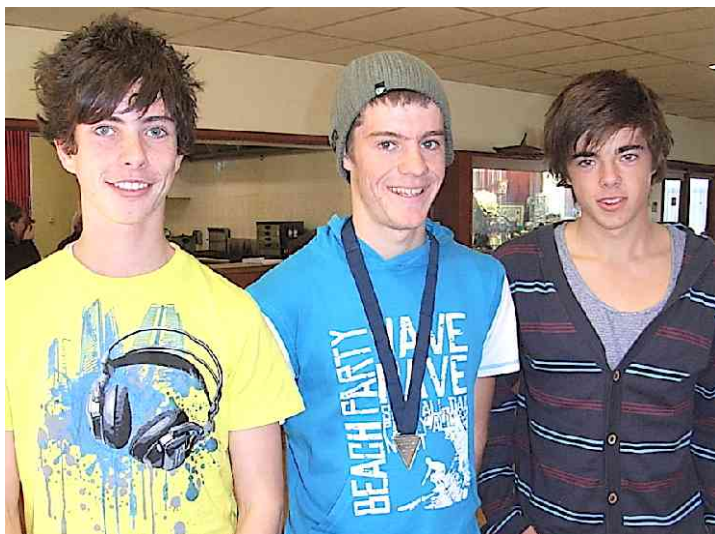
*Harry, Aaron, Alan, James,  
Stuart, Mark, Rudolf, Bob  
and Colin*



*Schools U20 10km: Bianca*



*Schools U18 5km: Rachel, Amy and Hilary*



*Schools U18 5km: Matt, Josh and Lewis*



*Schools U16 3km: Nathan and Connor*





*Schools U14 3km: Cooper, Kyle and Billy*



*Schools U14 3km: Zoe and Jasmine*



*VRWC 2km: Shelby, Georgia, Cooper, Kyle, Reese, Gabriella and Lauren*



*Left: VRWC 1.5km: Brodie, Mikhala, Chelsea, Hayden, Ethan  
Right: Special honour: Michael Bodey receives his RWA 15 Year Merit certificate*



As usual, thanks to the many officials who are needed to make such a big day run to time. I count 27 in the list below. Apologies if I missed anyone.

**Judges:** Judy Mason, Peter Vysma, Shane Bertrand, Harold Boddy, Terry Knape, Gordon Loughnan, Lloyd Nicholls, Kathleen Marsh, Michael Bodey (DQ Board)  
**Officials:** Tim Erickson, Natalie Laurie, Michael Brazel, Celia Johnson, Les Clark, Stuart Cooper, Colin Segota, Matt Owen, Don McLaren, Russ Dickenson  
**Course Setup:** Harry Summers, Bob Gardiner, Craig Brill, Peter Vysma, Tim Erickson  
**Bicycle marshals:** Damien and Jason Elms  
**Canteen:** Joyce Summers, Barb Gardiner, Kate Suich

### SARWC MOUNTAIN CHAMPIONSHIPS, ATHELSTONE, SATURDAY 26 JUNE 2010

Thanks to Peter Crump for his weekly report from Adelaide

Our "Mountain Championships" were held today at Athelstone, which is located near the foothills in suburbia. It is so named as a result of two rises at the end of each part of the 2 km loop. The first rise is a gentle, but short rise over some 50 metres, which lulls you into a false sense of confidence, until you reach the other end, which has an undulating rise over 300 metres. Open men take the "hills" 6 times in their 12 km journey. Darren Bown and Claire Xian took out the open men's (12 km) and women's (10km) championships in pretty smart times considering the course. Stand out for the day was Blake Steele, who is building up to the Youth Olympics, with 26:50 over the 6km course.

<b>12km</b>	Darren Bown	53:58	<b>10km</b>	Claire Xian	53:39
	Peter Crump	68:38		Allegra Steele	63:27
	Bill Starr	84:51			
<b>6km</b>	Blake Steele	26:50	<b>4km</b>	Piper Douglas	23:38
	Samara Holliday	33:00		Rebecca Burat	24:20
	Gloria Holliday	36:33		Jessica Stephens	24:23
	Mason Heath	38:05	<b>2km</b>	Alix Harlington	11:49
				Rhiannon Lovegrove	14:13

### QRWC RESULTS, KALINGA PARK, BRISBANE, SUNDAY 27 JUNE 2010

Thanks to Peter Aiton for Sunday's QRWC results from Brisbane. Unfortunately the course turned out to be 45 metres short of 1km so the times were all effected. That is a shame as it looked like a potentially very fast time by Brad Aiton in particular.

**A Grade 10km**

Men (1) Brad Aiton 43:14 (2) Peter Bennett 51:52 (3) John Harris 61:39

**B Grade 5km**

Women (1) Robyn Wales 35:17 (2) Christiane Dauphinat 36:41

**C Grade 3km**

Women (1) Rachel Barker 16:42 (2) Kate Sanford 20:14

**D Grade 2km**

Boys (1) Jesse Osborne 8:27

Girls (1) Mikaela Woodward 11:01 (2) Katya Martin 11:46 (3) Kirsty Barker 13:13

**E Grade 1km**

Girls (1) Thalia Martin 6:43

### QUEENSLAND WINTER ALL COMERS MEET, UQ TRACK, ST LUCIA, SUNDAY 27 JUNE 2010

Two hours later Brad, Jesse and Katya were back in action at the University of Queensland track in St. Lucia with a 3000m walk at the Winter All Comers Meets. This also doubled as a workout for the members of the World Junior Team and all 4 of our Australian walkers (**Dane Bird-Smith, Rhydian Cowley, Regan Lamble and Paige Hooper**) were in action. They all showed their fitness ahead of the World Juniors with PBs as did Brad Aiton – fantastic considering his 10km only a few hours previously. Thanks to Brent Vallance for passing on the following photos which were taken by World Juniors team manager Jodie Lambert.

1.	Bird-Smith, Dane	M	World Junior Team	11:47.09 (PB 2 secs)
2.	Cowley, Rhydian	M	World Junior Team	12:22.26 (PB 11 secs)
3.	Aiton, Brad	M	Gcv	12:36.26 (PB 12 secs)
4.	Lamble, Regan	W	World Junior Team	13:12.00 (PB 88 secs)
5.	Osborne, Jesse	M	Qrw	13:22.51
6.	Dewar, Brandon	M18	Unattached	13:29.68
7.	Hooper, Paige	W	World Junior Team	13:33.67 (PB 19 secs)
8.	Dewar, Nick	M18	Unattached	13:47.74
9.	Pickles, Jessica	W	Jim	14:48.23
10.	Benzenati, Kenza	W	Gcv	16:06.24



11. Martin, Katya	W	Gcv	16:32.92
12. Boardman, Lucy-Rose	W14	Unattached	19:34.38
Sims, Jesse	W	Atn	DNF
Paviell, Marybeth	W	Gcv	DNF



Regan Lamble, Brad Aiton, Rhydian Cowley and Dane Bird-Smith in action at the UQ Track

### NSW SHORT WALKS CHAMPIONSHIPS, NARRELLAN, SUNDAY 27 JUNE 2010

The NSW Short Roadwalk Championships were held on Sunday at Narrellan with 69 walkers in attendance, showcasing the strength of walking in that State.

<b>Women 15km Road Walk Open</b> 1. Webb, Cheryl 33 Blacktown Ci 1:14:43 2. Raycanovski, Sarah 27 Gosford Athl 1:19:58 3. Bourke, Lauren 19 Sydney Unive 1:21:16 4. Jones, Chloe 11 Blue Mountai 1:24:57 5. Ebejer, Vanessa 25 Blue Mountai 1:29:21 6. Ebejer, Charlene 23 Blue Mountai 1:43:17 Bonham, Jillian 25 Gosford Athl DNF	<b>Men 20km Road Walk Open</b> 1. Sundstrom, Troy 29 Illawarra Bl 1:39:30 2. Pisani, James 20 Bankstown Sp 2:02:23 Mulhearn, Derek 19 Sydney Unive DNF Rayson, Ian 22 Mingara Athl DQ
<b>Women 35-44 5km Road Walk Masters</b> 1. Brown, Suzanne 44 U.T.S. North 31:03 <b>Women 45-54 5km Road Walk Masters</b> 1. Shaw, Maryanne 46 Blue Mountai 28:56 2. Willis, Mary 48 Campbelltown 29:02 3. Lingley, Jenny 54 Blue Mountai 39:35 <b>Women 55-64 5km Road Walk Masters</b> 1. Brown, Judy 60 Gosford Athl 39:35 Lloyd, Nancy 56 U.T.S. North DQ <b>Women 65+ 5km Road Walk Masters</b> 1. Purcell, Joan 68 Asics Wests 36:52	<b>Men 35-44 5km Road Walk Masters</b> 1. Jessurun, Ian 42 Nsw Masters 25:33 2. Kingston, Brett 37 Blue Mountai 35:46 <b>Men 45-54 5km Road Walk Masters</b> 1. Osborne, Robert 54 Nepean Distr 27:26 2. Psarianos, Tony 46 South Sydney 28:54 3. Thompson, John 47 South Sydney 32:41 <b>Men 55-64 5km Road Walk Masters</b> 1. Willcox, Robert 56 Gosford Athl 33:00 2. Connors, Robert 62 U.T.S. North 34:29
<b>Women 10km Road Walk U20</b> 1. Klein, Kirsty 16 Asics Wests 55:49 2. Psarianos, Dimitra 16 South Sydney 58:45	<b>Men 10km Road Walk U20</b> 1. Malone, Kyle 18 Nepean Distr 48:30 2. Mulhearn, Jordan 17 Sydney Unive 49:41 3. Washburn, Steven 15 Nepean Distr 51:34 4. Fazldad, Nathan 15 Asics Wests 55:33 5. Maruta, Kai 18 Asics Wests 56:34
<b>Women 3km Road Walk U16</b> 1. Dighton, Jasmine 13 Nepean Distr 16:49 2. Barendregt, Amanda 14 Nepean Distr 17:28 3. Torres, Chantelle 14 Campbelltown 17:33 4. Estrada, Natasha 13 Blue Mountai 19:03	<b>Men 3km Road Walk U16</b> 1. Bates, Harry 15 ACT 14:17 2. Birch-Ward, Kurtis 15 Sutherland D 14:54 3. Felton, Jay 14 Gosford Athl 15:04 4. Killen, Matthew 15 Wyong Athlet 15:43

Andreou, Stephanie 14 Campbelltown DQ	5. Oswald, Matthew 13 Illawarra Bl 15:53 6. Murphy, Robert 13 Randwick Bot 16:04 Dhu, Jack 14 Blue Mountai DQ
<b>Women 2km Road Walk U14</b> 1. Grujoski, Stephani 12 South Sydney 10:19 2. Plummer, Caitlin 13 Nepean Distr 10:27 3. Beasley, Bryony 13 Nepean Distr 10:30 4. Maruta, Talisha 13 Asics Wests 10:41 5. Shaw, Katrina 12 Blue Mountai 10:50	<b>Men 2km Road Walk U14</b> 1. Jones, Tyler 12 Wyong Athlet 10:11 2. Doyle, Tom 13 South Sydney 10:57 3. Murray, Matthew 12 South Sydney 11:26 4. Estrada, Patrick 12 Blue Mountai 12:45 Dhu, Ethan 12 Blue Mountai DQ
<b>Women 1km Road Walk U12</b> 1. McDonald, Jasmyn 10 Parramatta C 4:59 2. Dhu, Abbey 9 Blue Mountai 5:28 3. Philpott, Tyler 10 Asics Wests 5:39 4. Willis, Mascsey 11 Campbelltown 6:07 5. Redzic, Kimberly 11 Campbelltown 6:27 6. Dhu, Rachel 10 Blue Mountai 6:45 7. Bennett-Ward, Dako 7 Sutherland D 9:01	<b>Men 1km Road Walk U12</b> 1. Bedford, Kyle 9 Nepean Distr 5:04 2. O'Connell, Declan 11 South Sydney 5:31 3. Richardson, Dylan 9 Gosford Athl 5:33 4. Plummer, James 9 Nepean Distr 5:55 5. Barendregt, Travis 10 Nepean Distr 5:56 Thompson, Lewis 10 Nepean Distr DQ Glover, Jordan 11 Hills Distri DQ

### RWCWA ROADWALKS, WILSON, WESTERN AUSTRALIA, SUNDAY 27 JUNE 2010

Thanks to Rick Cattermole for the RWCWA "Development" walk results from Wilson last Sunday and to John Back for the WARWC results from the same day,

#### RWCWA Results, Wilson, Sunday 27 June 2010

##### 10k Open mixed

- |                    |       |
|--------------------|-------|
| 1. David Smyth     | 59.19 |
| 2. Michelle Butler | 68.32 |

##### 3km Open Mixed

- |                  |       |
|------------------|-------|
| 1. Jemma Brown   | 18.28 |
| 2. Vanessa Brown | 18.37 |

##### 1.5km Open Mixed

- |                   |      |
|-------------------|------|
| 1. Melissa Butler | 9.21 |
| 2. Summer Brown   | 9.26 |

#### WARWC results, Perth, Sunday 27 June 2010

##### 3km

- |            |       |
|------------|-------|
| 1. J Smith | 16.50 |
| 2. L Romeo | 22.20 |
| 3. M Lees  | 17.14 |
| 4. J Hill  | 17.51 |
| 5. K Holt  | 16.34 |
| 6. M Gooch | 16.57 |

### MORE CANBERRA PHOTOS

Thanks to ACTR&FWC walker Doug Fitzgerald for loading his photos from the Canberra Carnival presentation to his photo gallery website. Well done Doug – there are lots of great ones. See <http://picasaweb.google.com/douglasfitzgerald/LBG2010Presentations>.

### OVERSEAS RESULTS

I reported last week on the great results in the annual Small Nation's match in Bedford on June 20<sup>th</sup>. Check out the article and hear coach Andi Drake interviewed on Carnegie Sports radio: <http://www.leedsmet.ac.uk/sport/internationalssuccessforracewalkers.htm>

NAIROBI (KEN, Jun 25): Grace Wanjiru became the first of five Kenyan Africa titleholders to book their place in the continental championships after effortlessly retaining her women's 20km walk national crown in 1:43:20 in last Friday's national trials. Hopefully that means another walker for the Comm Games in October.

DE MOINES (USA, June 26): The 2010 USA Track & Field Titles, held at Drake Stadium, Des Moines (Iowa) last weekend included track walks. The standouts were Junior men Trevor Barron (42:58) and Tyler Sorenson (43:53) who are on target for the World Junior champs in Canada next month. First 3 in each event are shown.

#### 10000m Junior Men

- |                 |                   |          |
|-----------------|-------------------|----------|
| Trevor Barron   | NYAC              | 42:58.62 |
| Tyler Sorenson  | unattached        | 43:53.39 |
| Matthew Forgues | Maine Racewalkers | 47:45.51 |

#### 10000m Junior Women

- |                    |                   |          |
|--------------------|-------------------|----------|
| Nicolette Sorensen | unattached        | 56:25.49 |
| Abby Dunn          | Maine Racewalkers | 56:58.16 |
| Rachel Zoyhofski   | unattached        | 57:46.85 |

#### 20000m Women



Maria Michta	Walk USA	1:39:46.12
Joanne Dow	unattached	1:43:18.14
Lauren Forgues	unattached	1:44:37.68
<b>20000m Men</b>		
John Nunn	US Army	1:29:21.60
Tim Seaman	NYAC	1:33:10.21
Patrick Stroupe	Kansas City Smoke	1:34:53.30

### MORE ON THIS YEAR'S AUSTRALIAN ROADWALKING CHAMPS

Entries for the 2010 Australian Road Walking Championships, to be held at the University of Queensland at St Lucia (Brisbane) on Sunday 22<sup>nd</sup> August, can now be made on the Athletics Australia website - point browsers to [http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=526&OrgID=887](http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=526&OrgID=887)

I have loaded key documents to the RWA website along with a course map. Check <http://www.rwa.org.au/2010austroadchamps.html>

And talking of the Australian championships, for many of our families it will be a second big interstate trip, coming on top of this month's Canberra carnival. In an effort to help out, Karyn McNicol-Davidson has organised fundraising via Cadbury. **We will have boxes of fundraising chocolate bars at Albert Park this Saturday for people to take and sell at work – and they can keep 50% of what they sell towards their Brisbane costs.**

### VRWC RACEWALKING SEMINAR “LONG-TERM DEVELOPMENT OF JUNIOR WALKERS” SATURDAY 26 JUNE 2010

Thanks to Stuart Cooper for his report on Saturday's walk coaching seminar, held at the VRWC clubrooms.

Around 30 participants gathered at VRWC headquarters for a most professional and illuminating presentation, focusing on how best to nurture young walkers from beginner and youth stage towards achievement of optimum potential through the junior years and into senior careers.

**Simon Baker, Mark Donahoo** and **Tim Erickson** (not only highly-credentialed walkers and coaches themselves but also excellent communicators with a deep and obvious love for the sport) each drew upon extensive experience in the guiding of junior athletes through the tricky, often perilous stages of adolescence when growth spurts, puberty, improvement plateaus/regressions, ill-advised training/racing programs and the pressures of school and social life can conspire to inhibit any junior's progress. In some cases, sadly, they can dampen a youngster's desire to continue in the sport at all – and a key aim of long-term development must surely be to promote a desire still to be a competitive walker well beyond the junior years. Simon, Tim and Mark gave invaluable insights into how best to achieve this.

**Simon's** emphasis was on the international junior racing distance of 10,000m and the need to prepare the young walker over time to race over 10km by age 16 (boys) and age 17 (girls). With this end in mind, having juniors able to walk 30-40 mins continuously by age 14, progressing to 40-50 mins at high intensity (with sound technique!) by age 16 should be the aim. It was also stressed that a young walker's performance over 1500m was a poor indicator of future potential over 5km or 10km. Simon also discussed such areas as:

- ‘Progressive overload’ in training (shorter-than-race distances and faster than race pace, repeatedly)
- Taking heart rates first thing in the morning
- Good training habits
- Keeping a training diary
- Knowing the rules!
- Planned recovery as part of training
- Planning one's racing program well in advance – in the case of an elite athlete (e.g. Jess Rothwell), the racing schedules are planned 2 to 3 years ahead.
- Threshold training – getting to (and staying at) the maximum use of the *aerobic* energy system (i.e. the edge of crossover into lactic energy system, at which point oxygen debt start to occur and is outside the scope of this training.)
- Speed and lactic endurance training – achieved by hill work, fartlek (‘speed play’), road repetitions, time trials, pyramid sessions, piggybacks (long rep, short rep) and combined aerobic and lactic efforts.
- Weight training
- Group training – having kids train together for mutual benefit. (The larger the group, the more likely a participant will find their ability/development peers and not be discouraged by not managing to keep up with the ‘quickies’.)

**Tim** referred to his work in coaching his son Chris through the teenage years to the point where Chris joined the AIS, detailing his training progression at ages 14, 16, 17 and 20 years. Tim emphasised the importance of *knowing your athlete* – specifically, what they are capable of mentally and physically in terms of workloads. Tim never imposed big weekly mileages on Chris since trial and error showed he could not handle this in his mid-teens. The focus was, again, on progressive overload rather than pushing the athlete into prematurely high quantity. Target program goals include:

- U13/14 – occasional 5km races; 3 days per week of walking plus cross-training (Chris was also a football umpire at this stage, and training for this);
- U16 – occasional 10km races; 4 days per week of walking and cross training.

Tim also urged coaches to:

- Socialize young walkers to longer distances. Find or establish training groups who do long weekly social walks on the road or paths, away from track-based training.
- Be alert to the young walker's 'Zone' ... that critical mass of training beyond which the body enters a chronic fatigue condition and an overtrained state.
- Consult other coaches! Don't be an island! There is a lot of expertise out there waiting to be shared.
- Be open-minded. There are more ways than one to the top.
- Provide for ample rest for your young athlete;
- Pay special attention to good training and racing shoes. (High injury risks otherwise);
- Aim for yearly improvement, and for your young walker still to be walking well five years from now.

**Mark's** segment reiterated much of the above, but dealt specifically with planned recovery. Recovery is not simply 'not training'. It is integral to training programs for juniors, seniors and masters athletes, and can take many forms – running, swimming, cycling being just a few. Mark stressed, however, that for a young athlete the recovery sessions should not involve having to cope with unfamiliar skills or workloads. A young walker who is a weak swimmer or bike rider will find the learning requirements of these skills too demanding for any recovery benefit to be gained. Thus a recovery session must be easily within the walker's present capabilities.

Mark also addressed the need to look sensibly at peaking a young athlete's performances, and the need to build recovery into the program to enable the athlete to peak at reasonably spaced times.

A short Q&A panel session followed, to round off what was a thoroughly worthwhile and enjoyable activity that must certainly have boosted the knowledge and confidence of those present ... and left us all hungry for more. Well done to the presenters, and to Athletics Victoria for their support of the seminar.



Simon, Tim and Mark in action (photos by Stu Cooper)

Thanks Stuart. Athletics Australia National Coaching Manager Mick Poulton had also been due to talk about the new AA Coaching Structure but was held up and did not make it. The presentations by Simon and Tim and Mick are now online on the VRWC website <http://www.vrwc.org.au> as pdfs. Choose the link on the front page that says ' Racewalk Coaching Seminar - VRWC Clubrooms 16 June 2010'.

#### WHAT'S COMING UP NEXT

Next Saturday we are back to some club points competition races following a coaching session from club coach Mark Donahoo.

**Saturday 3 July 2010, Albert Park**

VRWC EVENTS & COACHING SESSION: Entries close for all events at 2.00pm sharp.

1.00pm	Coaching session: Theory and practical session on improving your race walking.		
2.15pm	8km	Handicap	Open
2.15pm	4km	Handicap	Open
2.15pm	4km	Handicap	Under 15
2.30pm	2.5km	Handicap	Under 12
2.30pm	1.5km	Handicap	Under 9

And to keep things interesting, **prizes** to be awarded to the walkers with the **most handicaps points scored in the races done on 3<sup>rd</sup> July, 17<sup>th</sup> July & 31<sup>st</sup> July**. So if you want to be in the next round of prizes, make sure you are there on Saturday to get your first lot of points.



Looking further ahead, the Victorian Country Roadwalking Championships will be held at Ballarat on Sunday 18<sup>th</sup> July alongside the Victorian Open 15km event. Entries for these championships are via AV (see <http://vrwc.org.au/2010%20AV%20Walk%20Entry%20Form.pdf>). Metropolitan walkers can compete as well by invitation for additional AV Medals (if they finish in the first 3).

<b>Sunday 18 July 2010, Ballarat</b>			
A.V. State and Country Championships & Racewalking Victoria Championships			
10.00am	15km	A.V. Championship	Open Men
10.00am	15km	A.V. Championship	Open Women
10.00am	10km	A.V. Country Championship	Open Men/Women
10.10am	5km	A.V. Country Championship	Under 20 Men/Women
10.10am	5km	A.V. Country Championship	Under 18 Men/Women
10.10am	5km		Open
10.50am	3km	A.V. Country Championship	Under 16 Boys/Girls
10.50am	3km	A.V. Country Championship	Under 14 Boys/Girls
11.15am	2km	Racewalking Victoria Championship	Under 12 Boys/Girls
11.15am	1km	Racewalking Victoria Championship	Under 10 Boys/Girls

Looking even further ahead, we are adding to our race program for **Sunday 8<sup>th</sup> August** when we have our Victorian Open 30km championships. We thought that since our 30km walkers will be out there for around 3 hours, let's add a **3 Hour Walk** to the fixture for anyone else who wants a longer Sunday training session. The idea will be like our 4 Hour walk in May – see how far you can walk in 3 hours. I'll remind people more about this as we get closer to the day.

### 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 July 18, 2010	Victorian Country Roadwalk Champs, Ballarat (entries via AV)
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	<b>Oceania Masters Championships, Tahiti</b>
Aug 3, 2010	<b>8<sup>th</sup> World Gay Games VIII, Cologne, GERMANY</b> (5000m walks). See <a href="http://www.gaygames.com/">http://www.gaygames.com/</a>
July 19-25, 2010	<b>13<sup>th</sup> World Junior Championships, Moncton, Canada.</b> See <a href="http://www.moncton2010.ca/">http://www.moncton2010.ca/</a>
Aug 14-26, 2010	<b>1<sup>st</sup> World Youth Olympics, Singapore</b> (10000mW boys, 5000mW girls). See <a href="http://www.singapore2010.sg">http://www.singapore2010.sg</a>
Oct 3-14, 2010	<b>19<sup>th</sup> Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

#### 2010 Race Walking Challenge Events

Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN
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#### 2011 International Fixture

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

#### 2012 International Fixture

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

#### 2013 International Fixture

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

#### 2014 International Fixture

2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
July 23 – Aug 3, 2014	<b>20<sup>th</sup> Commonwealth Games, Glasgow .</b> See <a href="http://www.glasgow2014.com/">http://www.glasgow2014.com/</a>

#### Looking even further forward

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

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