



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC ROADWALKS, ALBERT PARK, SATURDAY 10 JULY 2010

We tested a new type of event last weekend at Albert Park – an Intervals Race – and 71 walkers turned out to brave what was forecast as storms and gale force winds. Luckily the rain held off but the winds were certainly very strong and it made for a tough day's work. Thanks as usual to **Terry Swan** for the great selection of photos (see <http://vrwc.org.au/coppermine/>) and to **Frances Attard** for the great video of last week's races that were showing in the clubrooms. I have uploaded the first 10 mins of the video to YouTube – see <http://www.youtube.com/watch?v=AJEzaElxvEU>

The 2km intervals were spaced every 16 minutes and the idea was to complete 2, 3, 4 or 5 intervals. The 36 walkers who chose the intervals workout certainly worked hard and seemed to enjoy the challenge. My picks for the best walks were **Jason Kozica, Nathan Brill, Mark Donahoo, Aaron McDonough, Kirstin Shaw, Kylie Irshad, Matthew Felton, Bradley Simpson, Josh Dillon, Stephanie George, Connor McShanag, Aaron Tam, Chloe McNicol-Davidson, Rudolf Skrucany, Caitlin Campbell and James Seid-Christmass**. What, so many you say! Well, everyone walked so well.

5x2km Intervals	LAP 1	LAP 2	LAP 3	LAP 4	LAP 5	TOTAL
1. Donahoo, Mark	09:33	09:53	09:54	09:59	09:58	49:17
2. Kozica, Jason	10:10	10:18	10:21	09:48	11:13	51:50
3. McDonough, Aaron	10:12	10:16	10:33	10:29	10:25	51:55
4. Shaw, Kirstin	11:07	11:06	10:56	10:52	10:50	54:51
5. Hammond, Nardene	10:55	11:19	11:24	11:33	11:19	56:30
6. Bennett, Ralph	11:27	11:08	11:16	11:26	11:27	56:44
7. McIntyre, Gayle	11:16	11:44	11:31	11:41	11:35	57:47
8. Skrucany, Rudolf	12:52	13:30	13:16	13:43	13:43	1:07:04
9. McNicol-Davidson, Chloe	13:47	14:01	13:46	13:16	13:09	1:07:59
10. Summers, Harry	13:47	14:00	12:43	13:55	13:55	1:08:20

4x2km Intervals	LAP 1	LAP 2	LAP 3	LAP 4	TOTAL
1. Brill, Nathan	08:57	09:10	09:14	09:25	36:46
2. Irshad, Kylie	09:37	10:01	10:18	10:45	40:41
3. McShanag, Connor	10:14	10:18	10:21	10:32	41:25
4. Tam, Aaron	10:13	10:44	11:04	10:39	42:40
5. Hockley Samon, Jmara	10:43	11:25	11:14	11:11	44:33
6. Attard, Bianca	11:08	11:11	11:10	11:23	44:52
7. Elms, Jason	10:58	11:26	11:31	11:12	DQ
8. Gardiner, Robert	11:44	11:52	11:57	12:08	47:41
9. Elms, Donna	12:04	12:12	12:34	13:03	49:53
10. Shaw, Robyn	13:24	13:55	14:19	13:53	55:31

3x2km Intervals	LAP 1	LAP 2	LAP 3	TOTAL
1. Felton, Matthew	09:31	09:30	09:34	28:35
2. Simpson, Bradley	09:34	09:41	09:43	28:58
3. Dillon, Josh	09:24	09:30	10:24	29:18
4. George, Stephanie	10:07	10:35	10:50	31:32
5. Walker, Megan	11:32	12:00	12:28	36:00
6. Owen, Cooper	11:26	11:59	13:31	36:56
7. Kay, Shelby	12:13	12:27	12:31	37:11
8. Steed, Gwen	12:14	12:37	13:00	37:51
9. Barrow, Geoff	12:51	13:00	12:56	38:47
10. Johnson, Celia	13:52	13:36	13:17	40:45

2x2km Intervals	LAP 1	LAP 2	TOTAL
1. Seid-Christmass, James	09:23	10:13	19:36
2. Irshad, Jasmine	10:14	10:38	20:52
3. Campbell, Caitlin	10:43	11:27	22:10
4. Bertrand, Carly	10:45	13:23	20:58
5. Stadius, Lauren	11:33	12:14	23:47

- 6. Stanway, Marlaine 14:57 - -
- 7. Mason, Ella 11:48 - -



Aaron McDonough, Connor McShanag, Caitlin Campbell, Rudolf Skrucany, Stephanie George and Nathan Brill



Mark Donahoo, Laurie Cato-Smith, Kirstin Shaw, Josh Dillon, Matt Felton, Brad Simpson and Jason Kozica

We also scheduled 4km Open and U15 for those who just wanted a normal weekly walk and some did take up the offer. **Amelia Finnegan** (21:32) and **Kyle Swan** (21:39) were the fastest and certainly walked well. We also welcomed back **Stacey McLaren** (29:19) after a long time on crutches with a broken foot and we also welcomed **Laurie Cato-Smith** for his first walk with us – and he did a good first up 28:40.

4km Open

- 1. Gerlich, Annemaree 25:00
- 2. Holmes, Janet 25:07
- 3. Morrey, Jan 25:56
- 4. Harrison, Maryanne 28:54

- 1. Wicks, Barrie 28:28
- 2. Cato-Smith, Laurie 28:40
- Onley, Gordon DQ

4km Under 15

- 1. Finnegan, Amelia 21:32
- 2. Swan, Emily 27:17
- 3. McLaren, Stacey 29:19

- 1. Swan, Kyle 21:39
- 2. McNicol-Davidson, Cody 27:33



Lauren Collis, Mikhala Hodges, Harry Hockley Samon, Hayden Walmsley and Emily Hamilton



Lachlan Feain, Don McLaren, Matt Owen and Reese Walmsley

Our U12 and U9 walkers will contest their Intervals Races next week – this week they had 2.5km and 1.5km races respectively. **Reese Walmsley** and **Emily Hamilton** were our fastest U12s while **Mikhala Hodges** and **Harry Hockley-Samon** were our fastest U9s. It was a big ask for our smallest walkers to battle the huge winds but some of them were actually faster than last week when we had ideal conditions – **Lauren Collis** by 48 secs, **Lachlan Feain** by 72 secs and **Hayden Walmsley** by 6 secs. Well done!

2.5km Under 12

- | | | |
|----|------------------|-------|
| 1. | Hamilton, Emily | 14:02 |
| 2. | De Lisen, Paige | 14:06 |
| 3. | Collis, Lauren | 14:17 |
| 4. | McCann, Tessa | 15:53 |
| 5. | Feain, Madeline | 17:39 |
| 6. | Kay, Cassandra | 18:03 |
| | Crea, Gabriella | DQ |
| | | |
| 1. | Walmsley, Reese | 13:52 |
| 2. | Feain, Lachlan | 16:59 |
| 3. | Davidson, Harley | 20:57 |

1.5km Under 9

- | | | |
|----|---------------------|-------|
| 1. | Hodges, Mikhala | 8:52 |
| 2. | Owen-Smith, Chelsea | 9:14 |
| 3. | Miller, Tegan | 9:41 |
| 4. | Harrison, Charlee | 9:48 |
| 5. | Taylor, Lee | 10:13 |
| 6. | Kay, Payton | 11:31 |
| 7. | Collis, Frances | 11:56 |
| 8. | Mason, Livinia | 12:12 |

1. Hockley-Samon, Harry 8:29
2. Walmsley, Hayden 9:23
3. Wright, Ethan 10:36
4. Candotti, Noah 11:32

As usual, thanks to the many officials and judges and helpers who keep the show on the road each week. Sorry if I missed anyone.

Officials Tim Erickson, Natalie Laurie, Ian Laurie, Stuart Cooper, Paul Kozaris, Matt Owen, Don McLaren, John Morrison, Damien Elms
Setup Bob Gardiner, Harry Summers, Craig Brill
Judges Peter Vysma (Chief), Terry Swan, Shane Bertrand, Gordon Loughnan, Brenda Felton, Michael Bodey, Graham George, Lloyd Nicholls
Canteen Joyce Summers, Barb Gardiner, Marlaine Stanway

VRWC POINTS COMPETITIONS

This week, our judges only awarded Style Award points to our U9 and U12 walkers because of the Intervals races being contested by the older athletes. Next week will see Style Award points for the older walkers while our youngest walkers do their intervals races. I have updated the progressive points on the website.

U9 & U12 Boys		U9 & U12 Girls	
6	Lachlan Feain	8	Emily Hamilton
5	Reese Walmsley	6	Chelsea Owen-Smith
5	Harry Hockley-Samon	3	Lauren Collis
5	Hayden Walmsley	3	Mikhala Hodges
2	Ethan Wright	3	Tegan Miller
2	Harley Davidson	3	Paige De Lisen
1	Kyle Swan	2	Payton Kay
1	Noah Candotti	1	Lee Taylor

SARWC INTERSTATE CHALLENGE, ADELAIDE PARKLANDS, SATURDAY 10 JULY 2010

Thanks to Peter Crump for the latest South Australian results

Blustery windy conditions (but no rain, fortunately) made good walking difficult for most, although Tanya Holliday made light of the conditions with a PB over the 10km distance. Blake Steele put in another good walk over 8km in his preparation for the Youth Olympics coming up in August. Our junior walkers continue to impress with their persistence and have proven to be an important addition to our club this season.

10km Open Men	1	Darren Bown	47:46
	2	Kim Mottrom	50:40
10km Over 40 Men	1	Peter Crump	56:43
	2	Jim Hoare	68:02
	3	Bill Starr	70:54
10km Open Women	1	Tanya Holliday	47:40
10km Over 40 Women	1	Barb Cain	71:35
8km U18 Men	1	Blake Steele	36:17
8km U18 Women	1	Samara Holliday	47:05
5km U16 Boys	1	Mason Heath	29:41
5km U16 Girls	1	Jemma Potezny	27:52
3km U14 Girls	1	Julia Potezny	21:39
	2	Jessica Stephens	17:29
	3	Rebecca Burat	17:31
2km U12 Boys	1	Alix Harlington	11:50
1.5km U10 Girls	1	Rhiannon Lovegrove	9:54
	2	Elsie Potezny	11:04
	3	Riona Tyler-Dowd	11:04

ACT RACE & FITNESS WALKING CLUB, DICKSON, ACT, SATURDAY 10 JULY 2010

Thanks to Val Chesterton for the weekly Canberra results

Handicaps 8K D Fitzgerald 59.03(4.05) J Gloe 62.39(1.10) J Gilchrist(f) 60.01(3.55) A Staunton Jugovic(f) 44.10(19.50) J Short 59.28(5.25) D Robinson 56.04(8.55) M Short(f) 53.42(12.10) H Bialecki(f) 50.03(15.50) R Gilchrist 54.10(11.55) R Whyte 50.07(17.00) V Chesterton(f) 67.54(00.20)

4K K Black(f) 25.03(12.00) R Parker(f) 29.14(9.00) T Munro 28.45(10.15) B Parker 28.50(10.15) C Chapman(f) 31.22(8.00) B Chapman 33.37(7.45) E Hosking(f) 23.19 (19.00)

2K Z Hunt(f) 10.20(8.10) C Hosking 10.50(8.15) C Burns 12.04(7.40)

1K G Hunt(f) 5.51(2.42) S Burns 9.09(1.24)

BENDIGO WALKERS CLUB EVENTS, LAKE NEANGAR, BENDIGO, SUNDAY 11 JULY 2010

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo Walkers Club held sealed handicap races over 2km, 4km and 8km at Lake Neanger on Sunday morning with many athletes producing strong performances in the cool conditions.

In the **8km race** the 2 competing athletes Ebony Whiley and Josh Savage were contesting their first 8km event with Ebony recording a time of 46.42 which broke the 4 year old Club under 16 record formerly held by Jessie Palfreyman by 48 seconds with Josh also producing a strong effort of 51.22 to win the sealed handicap.

Another Club record was broken in the **4km race** with 13 year old Zoe Boldiston taking 13 seconds off Ebony Whiley's Club under 14 record with a personal best 21.15 with her excellent time seeing her take the sealed handicap victory, 2nd place went to Barb Bryant in her best effort for the Season with an excellent time of 24.10 while the consistent Annette Curtis took 3rd place in 28.31 followed by Paul Rance 21.23, Tom Savage 27.52, Wendy Ennor 35.51 and Colin Cleary 32.56.

The **2km race** saw Dane Heiden claim 1st place in the sealed handicap and he also took fastest time honours in 11.42 with Jamie-Lee Jones 2nd with a time of 18.15, Ebony-Jade Jones was 3rd in 15.48 and Jeremiah Jones 4th in 12.53.

Next Sunday Club athletes will compete at the Victorian Country Road walking Titles at Ballarat while the Clubs next local competition day will be held on Sunday 25th July at Lake Neanger with 3km, 5km and 10km races commencing at 9.30am.

For further information on the Bendigo Walkers Club's Winter Season of race walking enquirers may phone 5442 6435 or 0400649610.

WARWC RESULTS, PERTH, SUNDAY 11 JULY 2010

Thanks to Terry Jones for the WARWC results from Perth

15km Handicap

1.	Dale Hennighan	1:24.50
	Rose Hollaway	DNF

2km Handicap

1.	Mikayla Johns	10.48
2.	Jeremy Hill	11.24
3.	Mitchell Lees	10.48
4.	Alana Rees	11.55
5.	Cheyenne Yates	13.18
6.	Zara Williams	14.57

QUEENSLAND ROAD WALKING CHAMPIONSHIPS, MURARRIE SPORTS CENTRE, SAT 11 JULY 2010

Thanks to Peter Aiton for the results from the Queensland Roadwalk championships which included the Queensland All Schools Road Walking Championships .

OPEN MEN 20KM 1 Ignacio Jimenez Mayne Harriers 1:48:48 2 Peter Bennett Mayne Harriers 1:51:58 3 Paul Lindenberg - 2:22:50 - Richard Lynch - DNF	OPEN WOMEN 10KM 1 Kay Shaw - 1:05:34 2 Sally Lynch - 1:08:50
UNDER 20 MEN 10KM 1 Brandon Dewar QRWC 51:25 2 Nick Dewar QRWC 52:25	
UNDER 18 BOYS 10KM 1 Brad Aiton Gold Coast Victory 50:58 2 Corey Buckler - 56:07	UNDER 18 GIRLS 5KM 1 Jessica Pickles Jimboomba 28:32 2 Casey Sims Athletics North 31:27 3 Jessica Wright - 35:49 4 Daniella Volling - 37:42
UNDER 16 BOYS 5KM 1 Jesse Osborne QRWC 23:17 2 Elliott Hodgson Gladstone 23:56 3 Benjamin Tesch QRWC 25:19	UNDER 16 GIRLS 5KM 1 Rachel Barker Gold Coast Victory 31:16 2 Lucy-Rose Boardman - 34:39 3 Jessica Haig USC 34:40 - Marybeth Paviell Gold Coast Victory DNF

UNDER 14 BOYS 3KM				UNDER 14 GIRLS 3KM			
1	Trent Miles	QRWC	18:52	1	Kenza Benzenati	Gold Coast Victory	16:07
2	Brandon Pritchard	Aspley	19:33	2	Katya Martin	Gold Coast Victory	16:43
				3	Jesse Sims	Athletics North	18:04
UNDER 12 BOYS 2KM				UNDER 12 GIRLS 2KM			
-	Yanis Benzenati	-	DQ	1	Mikaela Woodward	QRWC	11:31
-	Callum Haig	-	DQ	2	Tay-Smith :	QRWC	12:46
				3	Kirsty Barker	-	12:51
				4	Riley Sims	Athletics North	13:40
				5	Clancy Smith	-	14:13



Iggy Jimenez leads Peter Bennett in the Queensland 20km Championship (photo Iggy Jimenez)

2010 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS, PAPEETE, TAHITI, 3-10 JULY 2010

The 2010 Oceania Masters Athletics Championships have now completed. In last week's newsletter, I reported on the 10km roadwalks. Since then, the small group of walkers have contested 5000m and 3000m track walks with results as follows. Standout results from **Heather Carr** of Victoria and **George White** of South Australia.

See <http://hosting1.sportingpulse.com/www.athletics-oceania.com/?id=323> for further details.

5000 Metre Race Walk , Tuesday 6 July

W45	1	Major, Annette	W47	AUS	30:50.35
	2	Raffe, Bernadette	W48	COK	37:21.11
W55	1	Perard, Georgia	W58	PYF	37:21.12
W60	1	Carr, Heather	W60	AUS	27:18.93
W65	1	Schickert, Lynne	W68	AUS	38:30.22
W75	1	Dauphinet, Christiane	W79	AUS	40:42.36
M55	1	Barret, Christophe	M55	NCL	30:45.73
M65	1	White, George	M65	AUS	26:47.54
	2	Lowe, Roger	M67	AUS	39:17.00
M70	1	Sela, Patrick	M70	AUS	32:47.82
	2	Major, Geoff	M74	AUS	37:18.78
	3	Hines, John	M74	NZL	39:19.47

3000 Metre Race Walk , Thursday 8 July

W45	1	Major, Annette	W47	AUS	17:26.65
W55	1	Perard, Georgia	W58	PYF	21:45.18
W60	1	Carr, Heather	W60	AUS	16:05.08
	2	Ramond, Evelyne	W61	PYF	21:55.25
W65	1	Schickert, Lynne	W68	AUS	22:28.57
	2	Foster, Loloma	W69	NZL	23:49.45
W75	1	Dauphinet, Christiane	W79	AUS	23:27.41
M55	1	Barret, Christophe	M55	NCL	18:19.16
M65	1	White, George	M65	AUS	15:44.53
	2	Lowe, Roger	M67	AUS	23:15.29
M70	1	Sela, Patrick	M70	AUS	19:14.77
	2	Major, Geoff	M74	AUS	22:57.80
	3	Hines, John	M74	NZL	23:26.98
	---	Watts, Pete	M70	NZL	DNF

2010 TREVOR CRAVEN MEMORIAL MEET, VANCOUVER, MONDAY 12 JUNE 2010, 5000M WALK

As part of the final preparation for our athletes preparing for the World Junior championships, members of the Australian team participated in the 2010 Trevor Craven Memorial Meet in Vancouver on Monday 12th June. Amongst the events on offer was a 5000m track walk and all 4 of our walkers participated. Regan Lamble's PB was the highlight as reported on the AA website (see http://www.athletics.com.au/news/news/2010/july/spark_on_fire_in_vancouver)

In the 5000m walk event, **Regan Lamble** bettered her career-best time by 20 seconds to cross the line in **22:55.50**. On the back of today's race the AIS scholarship-holder, who will take on the 10,000m walk in Moncton, said she had high hopes for the week ahead.

"I'm pretty happy with it, it was about what I was aiming for so it's a promising sign leading into the championships," Lamble said. "I've been training well and everything's working quite well at the moment so hopefully it will all come together for the race in Moncton. Hopefully I can do a PB, I'd be ecstatic with a top-10 finish so that's my main goal."

Lamble, who at just 18 years of age has races in Russia and Mexico already under her belt, said her prior international experience was proving invaluable in the lead-up to the championships.

"I'm getting used to travelling overseas now and knowing what works for me and how to handle it, so I'm feeling a bit more confident with my travelling and knowing what's right and what to do and how to handle different situations," she said.

Lamble was joined on the track by fellow Australian Spark race walkers **Dane Bird-Smith (20:30.48)**, **Rhydian Cowley (22:21.96)** and **Paige Hooper (DNF – 3km)**.

Thanks to Brent Vallance for passing on the following great photos from the walk which was held in hot and sunny conditions



Regan Lamble, Rhydian Cowley and Dane Bird Smith in action in Vancouver on Monday (photos Brent Vallance)

OTHER OVERSEAS RESULTS

French National T&F Championships, Valence, France, 10,000m Walks

10,000m track walks were on offer at the French T&F Championships held in Valence on 8-10 July. The first 5 places follows

10 000m Walk Men

- | | | | |
|----|----------|----------------------|------------------------|
| 1. | 48:56:81 | GUINAUDEAU Christine | Amiens Uc |
| 2. | 50:23:41 | RETOUT Anne-gaelle | Val-de-reuil Ac |
| 3. | 50:50:32 | MITROVIC Sandra | Lagardere Paris Racing |
| 4. | 51:35:53 | AVEROUS Violaine | Ca Balma |
| 5. | 52:27:27 | LANOUE Severine | Asfi Villejuif |

10 000m Walk Women

- | | | | |
|----|----------|-------------------|-----------------------|
| 1. | 40:17:83 | DINIZ Yohann | Efs Reims A. |
| 2. | 41:14:14 | CAMPION Kevin | Afa Feyzin-venissieux |
| 3. | 42:50:45 | MOULINET Bertrand | Amiens Uc |
| 4. | 43:38:36 | BOULAY Emmanuel | Asptt Rouen |
| 5. | 44:20:18 | AUGERON Johan | Ac Haut Poitou |

SIMON BAKER'S FALLS CREEK SUMMER WALKS CAMP

Simon Baker has announced details of his next camp. Read on to find all about it.

Calling All Walkers! Why don't you plan your Christmas break to head to the hills in Victoria's majestic highlands and get some altitude training! Get ready for the upcoming State and National Championships, get some base work in for next Winter and train with some of Australia's best walkers.

We had a great group of walkers try Falls Creek last Easter (See [heelandtoe-2010-num28](#) for a report). I propose a **two week camp from Boxing Day** - to give you lots of good training and socialising with a great group of athletes who share your passion. With lots of runners and cyclists also there it can be a great place just to holiday.

Accommodation starts at about \$35pp/p night although larger rooms or more space comes at a premium. At the lower end of prices a 12 share apartment (4 bedroom) is about \$2000 for the week (I haven't seen the rates for 2010/11 yet), and you can spend anything up to that for 2 in some places (with spa etc)! There is no obligation to stay the full two weeks you only stay part of a week, but there would be a slightly higher cost/day. Food will be about \$15-20, and you can self cater if you wish.

Training will be appropriate to the level of walkers racing 5-10km or above. You should be in good training shape to benefit from this camp. I prefer under 18s having a parent or appropriate guardian along (this could be someone able to act as guardian for a group of younger athletes), and I would like to talk to your coach.

Please contact me if you are interested and I can start sorting out arrangements. If you wish to confirm I might seek a deposit off you depending on bookings I can make. I would like a clear idea by the end of July if you are coming and I would like to confirm by the August championships in Brisbane.

Contact me (Simon Baker) by email on simon.baker@dse.vic.gov.au or call me on 0406 074 628 for further information. Once I know firm numbers and have the Summer rates information form the accommodation I will confirm costs and options.

Simon Baker



Some of the walkers at Falls in April – Hilary, Beth, Amy, Nicole, Paige, Stephanie and Sarah

LBG JUNIOR 10KM ALL TIME LISTS

The Junior Men's event at the Canberra based 'Lake Burley Griffin' Carnival started as a 6 Mile event in 1971 and was changed to 10 km in 1978. It has now been going for 40 years and remains a prestigious event that has been won by most of our top walkers at one time or another. I have gone through all the results and produced a full history, with the associated Teams results and the all-time rankings. You can check it out at <http://www.rwa.org.au/LBG%20U20%20Men%2010km%20Results.pdf>

As a sampler, here are all the sub-45:00 performances done over the years in the Junior Men 10km event at this carnival. Not surprisingly, Nathan, Adam and Jared sit atop the pack.

RANK	NAME	CLUB	TIME	PLACE	YEAR
1	Nathan Deakes	VRWC	41:19	1	1997
2	Adam Rutter	NSWRWC	42:01	1	2004
3	Jared Tallent	VRWC	42:17	2	2004
4	Steven Beecroft	VIC	42:30	1	1990
5	Michael McCagh	RWCWA	42:39	1	2005
6	Anthony Miles	QLD	42:47	1	1991
7	Troy Sundstrom	NSW	42:47	1	1996

8	Nick A'Hern	NSW	43:26	1	1988
9	Liam Murphy	SARWC	43:28	1	1998
10	Troy Sundstrom	REGAL	43:30	2	1997
11	Dion Russell	VIC	43:33	1	1994
12	Dion Russell	VIC	43:36	1	1992
13	Dane Bird-Smith	QRWC	43:42	1	2010
14	Luke Adams	NSW	43:48	2	1996
15	Matthew O'Donnell	NSW	43:51	2	1993
16	Jared Tallent	VRWC	43:53	1	2001
17	Nick A'Hern	NSW	43:54	1	1987
18	Troy Sundstrom	REGAL	43:56	1	2000
19	Troy Sundstrom	REGAL	43:20	1	1999
20	Rhydian Cowley	VRWC	44:01	2	2010
21	Daniel Andrikis	ACT	44:05	2	1991
22	Douglas Connelly	NSWRW	44:09	2	2000
23	Dane Bird-Smith	QRWC	44:17	1	2009
24	Derek Mulhearn	NSWRWC	44:32	2	2009
25	Matthew Golebiowski	REGAL	44:48	2	1998
26	Luke Adams	NSW	44:53	1	1995
27	Kevin Lowden	VIC	44:55	2	1987
28	Aaron Mellor	NSWRWC	44:55	1	2003
29	Jared Tallent	VRWC	44:56	2	2003
30	Adam Rutter	NSWRWC	44:56	3	2003
31	Rhydian Cowley	VRWC	44:57	3	2009
32	Jason Bown	SA	44:58	2	1995

AUSTRALIAN SCHOOLS CHAMPIONSHIPS CHANGE – U14 WILL CONTEST 3000M

Athletics Australia has unveiled a new concept for the Australian Schools T&F Championships, for many years the premier underage competition on the Australian calendar. It continues as a December carnival but has been dramatically overhauled to be a two-competitors-per-State-per-event competition. Alas, it will no longer be the numerically huge carnival of years past – that will be left to the National Underage T&F Championships which are still to be held in March each year. The other change effecting walks is that the U14 walk will be increased from 1500m to 3000m. The U16 event stays at 3000m and the U18 event stays at 5000m. You can read all about the changed carnival at http://www.athletics.com.au/competition/events/2010_australian_all_schools_ch.

WHAT'S COMING UP NEXT

This weekend we see a double header in Victoria with our weekly VRWC walks on Saturday at Albert Park and the Victorian Country championships on Sunday in Ballarat. Saturday's timetable is as follows and included Intervals Races for our U9 and U12 walkers.

Saturday 17 July 2010, VRWC Races, Albert Park			
2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	3km	Handicap	Under 15
2.30pm	Intervals Race - 5 x 500m on 5 minutes		Under 12
2.30pm	Intervals Race - 3 x 500m on 5 minutes		Under 9

and Sunday's timetable is as follows

Sunday 18 July 2010, AV Championships, Ballarat			
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

If you haven't entered with A.V. Yet for Sunday, there is still time. Check out the informational handout on the VRWC website at <http://www.vrwc.org.au/AV%20Country%20Roadwalk%20Champs%20Ballarat%20-%20Info%20Sheet.pdf>. Fields are still very small – the update from AV this morning reads as follows

WOMEN OPEN 15KM WALK CARR, HEATHER EAG RUDDICK, KELLY BHA HAMMOND, NARDENE ATE	MEN OPEN 15KM WALK DICKENSON RUSS SCA EVANS, SIMON BOH JAMIESON, ANDREW OSC KNOX, DUNCAN ATE PAYNE, DANIEL COR BENNETT, RALPH INV
WOMEN OPEN 10KM COUNTRY WALK CARR, HEATHER EAG MAJOR, ANNETTE EAG RUDDICK, KELLY BHA	MEN OPEN 10KM COUNTRY WALK DICKENSON, RUSS SCA PAYNE, DANIEL COR
WOMEN U20 5KM WALK RASELLI, CASSANDRA SCA	MEN U20 5KM WALK KAISER, JOSHUA SCA
WOMEN U18 5KM WALK PAYNE, EMILY COR STADUS, LAUREN KNA TALLENT, RACHEL BYC	MEN U18 5KM WALK CLARK, LEWIS CHI DILLON, JOSH COR
WOMEN U16 3KM WALK GEORGE, STEPHANIE SCA HOCKLEY-SAMON, JMARA CHI WHILEY, EBONY EAG	MEN U16 3KM WALK SAVAGE, JOSH EAG
WOMEN U14 3KM WALK WALKER, MEGAN COR	MEN U14 3KM WALK No entries

And a reminder to get your entry in with Athletics Australia for the **National Roadwalking Champs in Brisbane on 22 August**. I see from, the AA website that we are now up to 34 entries (https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=Display_Competitor_List&MeetID=526&OrgID=887&dts=572010248). The clock is ticking on this one. We are hoping for a huge carnival with strong fields in all age groups.

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
 Entries close with Athletics Australia on 9th August.

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 14-26, 2010 **1st World Youth Olympics, Singapore** (10000mW boys, 5000mW girls). See <http://www.singapore2010.sg>
 Oct 3-14, 2010 **19th Commonwealth Games, Delhi, India**. See <http://www.cwgdelhi2010.com/>

2010 Race Walking Challenge Events

Sept 18, 2010 IAAF Race Walking Challenge Final, Beijing, CHN

2011 International Fixture

July 6-10, 2011 **7th World Youth T&F Championships, Lille, France**
 July 17-17, 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 Alegro, 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 furthe 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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