



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 45
3 August 2010



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VRWC ROADWALKS, ALBERT PARK, SATURDAY 31 JULY 2010

First, a final note on last weekend's IBTA Fundraising – our effort has now been acknowledged on the IBTA results webpage – see <http://www.theibta.org/2010completedevents.html>. And now onto this week which was a normal club points day that saw 77 walkers in attendance. Once again we struck it lucky with quite a good day weather wise – sunny but cool with a fair breeze. I'll start this report by thanking the many people who help to keep the show on the road – sorry if I missed anyone.

Judges: Peter Vysma, Gordon Loughnan, Terry Knape, Shane Bertrand, Lloyd Nicholls, Brenda Felton, Michael Bodey

Course Setup: Bob Gardiner, Harry Summers, Craig Brill, Peter Vysma, Jason Elms, Tim Erickson

Officials: Tim Erickson, Ron Miller, Ian Laurie, Natalie Laurie, Michael Brazel, Paul Kozaris, Matt Owen, Don McLaren, Stuart Cooper

Results: Mark Donahoo

Canteen: Barb Gardiner, Joyce Summers, Kate Suich, Wendy Cooper

Photos: Terry Swan – see 86 photos at <http://vrwc.org.au/coppermine/>

Video: Frances Attard – see last week's video on YouTube: <http://www.youtube.com/watch?v=gpOmdPOKiCs>

The 10km Open saw a huge effort by 14 year old **Lucas Taylor** whose time of 55:59 was outstanding. Not to be outdone, **Josh Kaiser** and **Jason Kozica** walked their first ever 10km races, finishing together in 54:29. Further back, **Cody and Chloe McNicol-Davidson** walked their own PBs with 68:32 and 71:43.

10km Open			Handicap	
1.	Tindal, Pam	54:44	2	
2.	McNicol-Davidson, Chloe	68:32	1	PB 33 secs
1.	Jamieson, Andrew	50:44	5	
2.	Kaiser, Josh	54:29	2	First ever
3.	Kozica, Jason	54:29		First ever
4.	Taylor, Lucas	55:59	1	PB 7:56
5.	Mirarchi, Nicholas	59:30	7	
6.	Dickenson, Russ	59:44	4	
7.	McNicol-Davidson, Cody	71:43	3	PB 24 secs
8.	Skrucany, Rudolf	77:22	6	
	Dillon, Josh	DNF		



Jason Kozica, Pam Tindal, Josh Kaiser, Cody and Chloe McNicol-Davidson and Lucas Taylor

The 5km and 3km Open events were well supported with large fields and PBs from **Kirstin Shaw** 26:47, **Michael O'Mahony** 13:41 and **Brad Simpson** 13:57. Not surprisingly, Kirstin and Michael were handicap winners. The other handicap winners were **Annemaree Gerlich** with 17:39 and **Harry Summers** with 32:48. We also welcomed **Alex Garber** who had his first ever walk in the 3km race, recording an excellent 19:59.

5km Open		Handicap	
1.	Brazel, Hilary	26:33	8
2.	Shaw, Kirstin	26:47	1
3.	Irshad, Kylie	27:43	9
4.	Feldman, Liz	28:43	3
5.	Elms, Donna	30:43	6
6.	Steed, Gwen	31:00	4
7.	Morrey, Jan	31:49	2
8.	Johnson, Celia	33:58	5
9.	Shaw, Robyn	34:29	7
1.	Donahoo, Mark	25:03	5
2.	Bennett, Ralph	28:04	3
3.	Lucas, Alan	28:23	2
4.	Gardiner, Bob	29:57	4
5.	Summers, Harry	32:48	1
	Wicks, Barrie	DQ	

3km Open		Handicap	
1.	Carr, Heather	15:35	2
2.	Hockley-Samon, Jmara	16:21	7
3.	Gerlich, Annemaree	17:39	1
4.	Holmes, Janet	18:51	6
5.	Campbell, Rebecca	20:22	8
6.	Gatens, Georgia	20:33	4
7.	Attard, Michaela	20:48	5
8.	Harrison, Maryanne	21:15	3
1.	O'Mahony, Michael	13:41	1
2.	Simpson, Bradley	13:57	2
3.	Seid-Christmass, James	14:33	3
4.	Elms, Jason	17:22	5
5.	Garber, Alex	19:59	
6.	Onley, Gordon	20:51	4
	Barrow, Geoff	DQ	



Alex Garber, Michael O'Mahony, Brad Simpson, Annemaree Gerlich, Harry Summer and Michaela Attard

The Under 15s walked 5km and the results were outstanding. **Nathan Brill** led the field out with a first kilometre of 4:03 and then settled into a steady rhythm to record a huge PB of 22:34. **Matt Felton** hung on well behind to record his own PB time of 23:36 and **Aaron Tam** also walked excellently for a PB of 27:17. For 4 of the girls, it was their attempt at the 5km distance and they also handled it well. **Jemima Montag** was first home with 26:41 and the handicap winner was **Stacey McLaren** with 35:20. Special mention to 12 year old **Megan Walker** who broke 30 mins in her first attempt, recording 29:58.

5km Under 15		Handicap	
1.	Montag, Jemima	26:41	4
2.	George, Stephanie	27:28	3
3.	Finnegan, Amelia	27:43	6

4.	Walker, Megan	29:58	2	First ever
5.	Bertrand, Carly	30:17	5	
6.	Swan, Emily	35:12	7	First ever
7.	McLaren, Stacey	35:20	1	First ever
1.	Brill, Nathan	22:34	3	PB 31 secs
2.	Felton, Matthew	23:36	1	PB 13 secs
3.	McShanag, Connor	25:15	4	
4.	Tam, Aaron	27:17	2	PB 31 secs



Aaron Tam, Nathan Brill, Stephanie George, Jemima Montag, Matt Felton and Megan Walker

Like the U15s, the U12s also upped their distance this week and challenged themselves over 3km. For 6 of them, it was their first time over this distance and, of the other 7, we had 4 PBs. **Emily Hamilton** 17:02 and **Kyle Swan** 15:32 were our fastest while **Cassandra Kay** 19:36 and **Reese Walmsley** 15:53 were our handicap winners.

3km Under 12

1.	Hamilton, Emily	17:02
2.	De Lisen, Paige	17:34
3.	Kay, Shelby	18:07
4.	Crea, Gabriella	18:37
5.	Lillie, Jessica	18:39
6.	Kay, Cassandra	19:36
7.	Segota, Bronte	19:39
8.	Boothroyd, Charisma	20:28
9.	Hodges, Anaya	21:09
1.	Swan, Kyle	15:32
2.	Walmsley, Reese	15:53
3.	Owen, Cooper	16:13
4.	Candotti, Sam	22:14
	Davidson, Harley	DQ

Handicap

5	
3	PB 11 secs
6	First ever
2	PB 1:36
4	First ever
1	First ever
7	PB 1:14
8	First ever
9	First ever
2	
1	PB: 3:26
3	
4	First ever

The U9s were also in great form with over half the field recording PBs. **Brodie Richardson** 8:23 and **Harry Hockley-Samon** 7:50 were our fastest while **Payton Kay** 10:09 and **Harry** took handicap honours. Others getting a special mention include **Tegan Miller** 8:54, **Lee Taylor** 9:40 and **Livinia Mason** 10:37.

1.5km Under 9

1.	Richardson, Brodie	08:23
2.	Hodges, Mikhala	08:46
3.	Miller, Tegan	08:54
4.	Lillie, Brianna	08:57
5.	O'Mahoney, Kathleen	09:09
6.	Harrison, Charlee	09:25
7.	Taylor, Lee	09:40
8.	Kay, Payton	10:09
9.	Mason, Livinia	10:37
1.	Hockley-Samon, Harry	07:50
2.	Walmsley, Hayden	09:24
3.	Wright, Ethan	09:40
4.	Candotti, Noah	11:17

Handicap

7	Equal PB
9	
2	PB 20 secs
8	
5	
6	
4	PB 33 secs
1	PB 28 secs
3	PB 54 secs
1	PB 20 secs
3	
2	PB 3 secs
4	



U12 walkers Cassandra Kay, Emily Hamilton (with Andrew Jamieson), Kyle Swan, Gabriella Crea, Jessica Lillie and Reese Walmsley



U9 walkers Brodie Richardson, Tegan Miller, Harry Hockley-Samon, Lee Taylor, Payton Kay and Livinia Mason

POINTS COMPETITIONS

We have only 1 further round to go in our Winter Season Points competitions (Saturday 11 August) so all will soon be known! This week's Style Award points are shown below.

Open & U15 Men	Open & U15 Women	U12 & U9 Boys	U12 & U9 Girls
5 Bradley Simpson	5 Jemima Montag	4 Kyle Swan	5 Brodie Richardson
3 Russ Dickenson	5 Kylie Irshad	3 Harry Hockley-Samon	5 Jessica Lillie
3 Josh Kaiser	4 Stephanie George	3 Hayden Walmsley	4 Mikhala Hodges
3 Aaron Tam	3 Amelia Finnegan	3 Cooper Owen	2 Shelby Kay
3 Nathan Brill	3 Pam Tindal	1 Reese Walmsley	1 Anaya Hodges
2 Andrew Jamieson	1 Jan Morrey	1 Ethan Wright	
2 Alan Lucas	1 Megan Walker		
2 Mark Donahoo	1 Kirstin Shaw		
1 Bob Gardiner			

The progressive points scores for all 3 competitions are now up to date and can be sourced from these links

- Handicap Points: <http://vrwc.org.au/Handicap%20points%202010.xls>
- Actual Time Points: <http://vrwc.org.au/Actual%20time%20points%202010.xls>
- Style Points: <http://vrwc.org.au/2010StyleAwardPoints.pdf>

We also had a prizes on offer last Saturday based on the total handicap points earned on 3rd July, 17th July and 31st July. We were not able to announce the winners then but we can now. The following walkers will be able to choose a prize from the table this Sunday at the presentations after the events complete.

Open Men	Jason Kozica	Open Women	Kylie Irshad
Masters Men	Alan Lucas	Masters Women	Jan Morrey
U20 Men	Michael O'Mahony	U20 Women	Kirstin Shaw
U15 Boys	Aaron Tam	U15 Girls	Megan Walker
U12 Boys	Kyle Swan	U12 Girls	Paige De Lisen
U9 Boys	Harry Hockley-Samon	U9 Girls	Payton Kay & Tegan Miller

You can see Mark's calculations at <http://vrwc.org.au/Special%20Handicap%20points%202010.xls>

VRWC SINGLETs NOW IN STOCK

A quick note to advise that our new club singlet order is being picked up this week so new stocks will be available at Albert Park on Sunday. The new singlets are a new cut in a new material and we are selling them at cost price of \$40.

NSWRWC - RWA INTERSTATE CHALLENGE , LEICHHARDT, SATURDAY 17 JULY 2010

NSWRWC walkers were out in force for the annual RWA Challenge a couple of weeks ago with 61 starters in total. Like us, they had at least one finisher in every division. I think that Mark is now waiting on one final result for publishing the overall winners.

Women Open - 10km 1. Nicole Fagen 49.50 2. Sarah Raycanovski 52.13 3. Jess Heazlewood 54.33 Brianna Heazlewood DNF	Men Open - 10km 1. James Pisani 63.08
Women Masters - 10km 1. Mary Willis 66.29 2. Jenny Billington 66.49 3. Judy Brown 79.53 Sandy Southern DNF	Men Masters - 10km 1. Ian Jessurun 52.50 2. Anthony Albanese 60.08 3. John Thompson 60.21 4. Tony Psarinos 65.41
Women U20's - 10km 1. Lauren Bourke 53.15	Men U20's - 10km 1. Kyle Malone 51.44 Derek Mulhearn DNF
Women U18 Division - 8km 1. Kirsty Klein 43.24 2. Dimitra Psarinos 50.47	Men U18 Division - 8km 1. Steven Washburn 39.46
Women U16 Division - 5km 1. Amy Bettiol 28.39 2. Shay Southern 29.07 3. Amanda Barendregt 33.25	Men U16 Division - 5km 1. Nathan Fazldad 24.06 2. Jay Felton 25.39 3. Matthew Killen 29.42
Girls U14 Division - 3km 1. Stephanie Grujoski 16.15 2. Caitlin Plummer 16.34 3. Talisha Maruta 17.12 4. Bryony Beasley 17.58 5. Demi Southern 19.13 6. Sarah Kelland 19.15 7. Bridget O'Connell 20.13 8. Ashley Harris 24.02	Boys U14 Division - 3km 1. Tyler Jones 14.14 2. Robert Murphy 15.46 3. Tom Doyle 16.18 4. Matthew Murray 19.12
Girls U12 Division - 2km 1. Jasmyrn McDonald 11.00 2. Elleni Poulos 12.54 3. Ally Grujoski 13.24 4. Josie Doyle 13.29 5. Mascey Willis 14.36	Boys U12 Division - 2km 1. Ben Tisdale 11.15 2. Damien Owen 11.20 3. Declan O'Connell 11.28 4. Elijah Harris 11.30 5. Michael Muphy 11.39 6. Jye Hardy 17.05
Girls U10 Division - 1.5km 1. Leah McDonald 8.07 2. Eliza DeLaine 8.16 3. Tiffany Poulos 11.03 4. Renee Hardy	Boys U10 Division - 1.5km 1. Dylan Richardson 8.43 2. James Plummer 8.50 3. Kyle Semrov 10.09

QRWC WALKS, MORNINGSIDE, SUNDAY 1 AUGUST 2010

Thanks to Peter Aiton for his weekly report from Queensland. Good walks from Nick and Brandon Dewar, both breaking 50 mins for the 10km and Brad Aiton firing with 21:57 for the 5km.

A Grade 10km Men	(1) Nick Dewar 49:02	(2) Brandon Dewar 49:47	(3) Ignacio Jimenez 50:54
	(4) John Harris 62:36	(5) Richard Lynch 76:50	
A Grade 10km Women	(1) Sally Lynch 68:00	(2) Lyn Woodward 68:07	
B Grade 5km Men	(1) Brad Aiton 21:57	(2) Jesse Osborne 23:54	(3) Corey Buckler 25:26
B Grade 5km Women	(1) Jessica Pickles 28:00	(2) Amy Morssinkhof 29:09	(3) Yue Guo 31:54
	(4) Marybeth Paviell 32:44	(5) Kate Sanford 33:30	(6) Christiane Dauphinet 39:03
C Grade 3km Boys	(1) Trent Miles 17:28		
C Grade 3km Girls	(1) Emma Robson 17:16	(2) Rachel Barker 17:27	
D Grade 2km Girls	(1) Mikaela Woodward 11:23	(2) Natalia Robson 13:05	(3) Kirsty Barker 14:08
E Grade 1.5km Girls	(1) Cheyenne Trembath 15:59		

WS Series #5, Gold Coast City Athletics Track, Sunday 1st August 201

Brad Aiton, along with and Katya Martin was out again the next morning for a 5000m walk on the Gold Coast.

5000m Walk

1.	Brad Aiton	Gold Coast Victory	23:16.36
2.	Martin, Katya	Gold Coast Victory	DNF

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE , SATURDAY 30 JULY

Thanks to Peter Crump for his weekly report from Adelaide along with some photos.

Following the good times walked a few weeks ago with the handicap events, this week's events were again handicap, trying to bring out the best in our walkers. That seems to have worked, with some excellent times.

Over 8km, **Kim Mottrom** showed that he has hit blistering form (with continued improvements in fitness and technique), to walk 37:38 (within 45 seconds of a PB walked many years ago). Equal stand out in the 8km was **Blake Steele**, dipping under 35 minutes for the first time, in his last Club hit out before the Youth Olympics. We wish Blake all the best for what promises to be a great 10km in Singapore !

The 4km saw a close battle with **Mason Heath** successfully chasing **Lachlan Tyler Dowd**, both clocking PBs over the distance.

In the 2km yet again **Chantelle Nicolaides** walked a PB to easily take out the race. The other highlight was the return of **Kristie Goznik** after injury.

In the 1km scratch race **Alix Harlington** (10 yrs) was extremely impressive, powering to 5:13!

8km Handicap

1.	Kim Mottrom	37:38
2.	Blake Steele	34:55
3.	Peter Crump	45:43
4.	Darren Bown	37:50
5.	Samara Holliday	45:31
6.	Gloria Holliday	49:05

4km Handicap

1.	Mason Heath	22:38
2.	Lachlan Tyler-Dowd	24:10
3.	Sandy Brunner*	23:20
4.	Piper Douglas	23:03
5.	Jemma Potezny	21:23
6.	Barb Cain	27:25

3km Handicap

1.	Chantelle Nicolaides	15:11
2.	Kristie Goznik	10:43
3.	Jessica Stephens	11:16
4.	Issy Tucker	11:56
5.	Michael Nicolaides	17:48
6.	Riona Tyler-Dowd	18:47

1km Handicap

1.	Alix Harlington	5:13
2.	Rhiannon Lovegrove	6:01



Kim Mottrom, Piper Douglas, Lachlan Tyler-Dowd & Allegra Steele, Jemma Potezny



Sandy Brunner & Mason Heath, Blake Steele, Kristie Goznik and Jessica Stephens

WARWC RESULTS, PERTH, SUNDAY 1 AUGUST

Mixed 8k Handicap

- | | | |
|----|---------------|-------|
| 1. | Leslie Romeo | 60.01 |
| 2. | Matthew Gooch | 49.10 |

Mixed 2k Handicap

- | | | |
|----|---------------|-------|
| 1. | Kate Holt | 10.14 |
| 2. | Jeremy Hill | 11.06 |
| 3. | Zara Williams | 14.41 |
| 4. | Ashlee Glands | 12.04 |
| 5. | Carla Unicomb | 11.38 |
| 6. | Holly Hughes | 11.47 |
| 7. | Robin Hughes | 16.53 |

NSW LONG WALKS CHAMPIONSHIPS, PENRITH REGATTA CENTRE, SUNDAY 1 AUGUST 2010

Thanks to Ian Jessurun for the results from the NSW Long Walk Championships last Sunday

Women 20km Race Walk Open				Men 30km Race Walk Open				
1.	Bourke, Lauren	20	Sydney Unive	1:52:16	1.	Sundstrom, Troy	29 Illawarra Bl	2:43:35
2.	Raycanovski, Sarah	27	Gosford Athl	1:54:39	2.	Pisani, James	20 Bankstown Sp	3:39:05
3.	Ebejer, Vanessa	25	Blue Mountai	1:59:10				
4.	Bonham, Jillian	25	Gosford Athl	2:04:01				
	Fagan, Nicole	21	Sydney Pacif	DNF				
	Jones, Chloe	24	Blue Mountai	DNF				
				Men 20km Race Walk U20				
			Malone, Kyle	19	Nepean Distr		DNF	

Women 8km Race Walk U18 1. Klein, Kirsty 16 Asics Wests 44:25 2. Psarianos, Dimitra 17 South Sydney 48:35	Men 8km Race Walk U18 Fazldad, Nathan 16 Asics Wests DNF Washburn, Steven 16 Nepean Distr DQ
Women 5km Race Walk U16 1. Bettioli, Amy 15 Sydney Pacif 27:20 2. Dighton, Jasmine 14 Nepean Distr 28:50 3. Southern, Shay 15 Asics Wests 28:57 4. Beasley, Bryony 13 Nepean Distr 29:26 5. Maruta, Talisha 13 Asics Wests 31:30 6. Barendregt, Amanda 14 Nepean Distr 31:36 7. Torres, Chantelle 14 Campbelltown 34:26 8. Estrada, Natasha 14 Blue Mountai 34:47 Andreou, Stephanie 15 Campbelltown DNF Plummer, Caitlin 13 Nepean Distr DNF	Men 5km Race Walk U16 1. Felton, Jay 15 Gosford Athl 26:59 2. Jones, Tyler 12 Wyong Athlet 27:59 3. Killen, Matthew 15 Wyong Athlet 28:42 4. Murphy, Robert 14 Randwick Bot 30:19 5. Doyle, Tom 13 South Sydney 31:23 6. Dhu, Jack 15 Blue Mountai 31:57 7. Murray, Matthew 12 South Sydney 33:54 Dhu, Ethan 13 Blue Mountai DQ
Women 2km Race Walk U12 1. McDonald, Jasmyn 11 Parramatta C 11:12 2. Dhu, Abbey 10 Blue Mountai 11:55 3. Ferguson, Brooke 11 Asics Wests 12:12 4. Philpott, Tyler 11 Asics Wests 13:11 5. Redzic, Kimberly 11 Campbelltown 14:14 Dhu, Rachel 11 Blue Mountai DNF Willis, Mascey 11 Campbelltown DQ	Men 2km Race Walk U12 1. Glover, Jordan 11 Hills Distri 11:41 2. O'Connell, Declan 11 South Sydney 11:56 3. Richardson, Dylan 10 Gosford Athl 12:00 4. Barendregt, Travis 10 Nepean Distr 13:12 Plummer, James 9 Nepean Distr DQ
Women 15km Race Walk Masters W35+ Brown, Suzanne 45 U.T.S. North 1:53:50 W45+ Willis, Mary 48 Campbelltown 1:34:41 W55+ Brown, Judy 60 Gosford Athl 2:07:03 W65+ Purcell, Joan 69 Asics Wests 1:54:22	Men 15km Race Walk Masters 35+ M35+ Jessurun, Ian 43 Nsw Masters 1:23:41 Kingston, Brett 38 Blue Mountai 2:10:04 M45+ Lockwood, Chris 46 Nepean Distr 1:24:06 Osborne, Robert 55 Nepean Distr 1:32:00 Psarianos, Tony 46 South Sydney 1:40:35 M55+ Willcox, Robert 57 Gosford Athl 1:45:27 Bennett, Rodney 56 Sydney Strid 1:59:51 M65+ Seymon, Jim 73 U.T.S. North 1:40:35 Hyde, Brendon 65 U.T.S. North DQ

AUSTRALIAN 48 HOUR CHAMPIONSHIP, CABOOLTURE, QLD, 31 JULY – 1 AUG 2010

The Australian 48 Hour Track Championship (with accompanying Queensland 24 Hour Track Championship) was successfully completed at Caboolture in Queensland last weekend (see <http://geoffsruns.com>). The venue was once again the Caboolture Historical Village with the course a 500m gravel circuit within the complex. The 48 Hour event started at 9AM on the Friday morning, the 24 Hour event started at 9AM on the Saturday morning and the 12 Hour event started at 9PM on the Saturday night, ensuring that all events finished together at 9AM on the Sunday morning.

Both Friday and Saturday were hot and sunny so conditions were tough for the 40 competitors. Just imagine pounding out the laps all day on Friday under the hot sun and then having to go through the night and front up again the following day and night. It just doesn't bear thinking about!

Amongst the runners were three walkers, each intent on his own personal goal. And what a job they did.

QRWC President **Peter Bennett** came 4th overall in the 48 Hour Australian Championship and was the first Australian male (beating all the Australian male runners!). It was his first 48 Hour race but he is an experienced 24 Hour competitor so he was able to do it in style, setting 4 new Australian Walk Track Bests along the way

- Australian Open Men 200km: 30:49:08 Record was 1:11:32.15, set by Derek Skinner in 2006 at 73 years of age!
- Australian M50 200km: 30:49:08
- Australian Open Men 48 Hour: 280.203 km Record was 257.877km, also set by Derek in the same 2006 race.
- Australian M50 48 Hours: 280.203 km

Peter also walked over 100 miles in the first 24 hours to register his 11th Centurion qualifier (100 miles in under 24 hours) and his third this year. This surpasses the previous best by an Australian for the most number of Centurion qualifiers of 10, held by ACT walker Carol Baird.

New Zealander **Gerald Manderson** also entered the 48 Hour Championship event as a walker and, like Peter, kept at it for the full 48 hours under the relentless conditions, finishing 7th with 230.250km. His efforts were also rewarded as he broke two of Peter Waddell's 1999 Australian M65 All Comers records as follows

- Australian M65 All-Comers 200km: Just under 40 hours
- Australian M65 All-Comers 48H: 230.250km

The final walker was RWA Life Member **Robin Whyte** who entered the Queensland 24 Hour Track championship, eventually finishing 9th with 131.169km. His 12 hour split of 85km was excellent but it looks like he slowed a little in the second half.



Gerald, Robin and Peter in ultra mode from some of their 2009 races

Well done to Peter, Gerald and Robin for great performances in this toughest of events. Full results can be sourced at <http://geoffsruns.com/wp-content/uploads/2010/08/2010-CHV-National-Run-Event.xls>

20TH EUROPEAN ATHLETICS CHAMPIONSHIPS, BARCELONA, 27 JULY – 1 AUGUST 2010

In last week's newsletter, I reported on the men's 20km walk at the European Championships. Since then, the two remaining walks have been held and the championships have completed. Now onto the walk reports.

Women's 20km Walk, Wednesday 28 July, 8:05AM

The report on the 20km walk for women is taken from the European Athletics webiste (<http://www.european-athletics.org/>)

Russia's ace Olga Kaniskina may be only 25 years of age but she has already accomplished every title that any European athlete aspired for : the Olympic, the world and now the continental honours.

Despite setting a modest, by her standards, 1:28:26 SB, the mathematics student won the women's 20km walk gold medal in Barcelona on Wednesday morning. Behind the overwhelming victor, her 20-year-old fellow Russian Anisya Kirdyapina claimed silver while Vera Sokolova completed the first clean sweep of medals for any country at the women's walk race event in the history of the championships.

The race kicked off in a conservative way with a slow 4:58 split for the opening kilometre; it was Portugal's Vera Santos who led the 22-woman pack tracked by the Spanish duo of María Vasco and Beatriz Pascual, both of them Barcelona-based walkers.

The second kilometre was much faster (4:29) largely due to the pacing duties made by Germany's Melanie Seeger and the leading group was down to 15 before the third kilometre. The following 1000m sections were covered in the 4:30-4:35 range and it was then that the Russian duo of Olga Kaniskina and Anisya Kirdyapina moved to the front for the first time closely followed by Pascual and Vasco. The brisk rhythm set by the Russians (4:24 for the fifth kilometre) pay dividends and the tandem soon opened a sizeable margin over the chasing group.

But Kaniskina only walked for one kilometre in the company of her fellow Russian and decided to edge ahead with terrific subsequent laps of 4:12 and 4:11 which killed the race. In a matter of 2000m the European silver medallist Kaniskina had a 10-second advantage on Kirdyapina and 18 on a chasing group formed by the two Spaniards, Santos, Seeger and Russia's Vera Sokolova.

By the halfway point it became clear that, barring disaster, Kaniskina would complete the 'triple crown' by adding the European title to her previous Olympic and world (twice) gold medals. Timed at 44:11, she maintained the 10-second advantage on Kirdyapina but the margin over the quintet had rapidly increased to a massive 40 seconds.

A few metres later the chances of this year's World cup winner Vasco vanished as she was forced to retire after suffering cramps on her right leg.

At each of the U-turns on the tight 1km course, Kaniskina could clearly see her rivals and must have taken heart as she had strengthened her lead to the 20-second advantage on Kirdyapina by the 12km point while the chasing quartet soon split up in two tandems, with Seeger and Sokolova ahead of Pascual and Vera.

For the closing kilometres, Kaniskina's only entertainment seemed to be to lap other walkers while the focus turned out to the fierce battle for the bronze medal. At the 16th kilometre Kaniskina dominated in 1h09:59, 50s clear of Kirdyapina while Sokolova was a massive 1:30 in arrears, herself six seconds ahead of a threatening Pascual, this year's victor at the La Coruña permit and sixth at both the Beijing Olympics and the Berlin worlds over the last two seasons. By then Seeger and Santos had not real chances to make the podium as she travelled well behind the top three spots.

At the finish line Kaniskina was timed at a SB of 1h27:44 (44:11 and 43:43 for the two halves) some 1:11 on Kirdyapina with Sokolova a distant third with a 1h29:32 clocking. Sadly for the local fans Pascual not only could not catch Sokolova over the closing laps but she was overtaken by Seeger instead and so the 28-year-old Spaniard had to be satisfied with the fifth place nine seconds adrift the German.

16 out of 22 walkers finished the race.



A Russian clean sweep in the women's 20km walk (photos www.iaaf.org)

1.	KANISKINA, Olga	RUS	1:27:44	SB
2.	KIRDYAPKINA, Anisya	RUS	1:28:55	
3.	SOKOLOVA, Vera	RUS	1:29:32	
4.	SEGER, Melanie	GER	1:29:43	
5.	PASCUAL, Beatriz	ESP	1:29:52	
6.	SANTOS, Vera	POR	1:30:52	
7.	SALTANOVIC, Kristina	LTU	1:31:40	SB
8.	CABECINHA, Ana	POR	1:31:48	
9.	HENRIQUES, Inês	POR	1:32:26	
10.	JACKSON, Jo	GBR	1:33:33	
11.	POVES, María José	ESP	1:34:19	
12.	DYGACZ, Agnieszka	POL	1:34:51	
13.	VIRBALYTE-DIMSIENE, Brigita	LTU	1:35:00	
14.	YATSEVICH, Nastassia	BLR	1:36:59	
15.	AIDIETYTE, Neringa	LTU	1:37:32	
16.	PELANTOVÁ, Lucie	CZE	1:41:35	
17.	BUZIAK, Paulina	POL	DSQ	
18.	DI VINCENZO, Sibilla	ITA	DSQ	
19.	MALIKOVA, Zuzana	SVK	DNF	
20.	MATVEYUK, Alina	BLR	DNF	
21.	LOUGHNANE, Olive	IRL	DNF	
22.	VASCO, Maria	ESP	DNF	

Men's 50 km, Friday 30 July, 7:30AM

I watched this race on live feed and the performance of Yohann Diniz was nothing short of spectacular. The European Aths report says it all: <http://www.european-athletics.org/20th-european-athletics-championships-2010/diniz-does-it-in-sparkling-style.html>

An apt banner kept popping into view above the barriers along the 50km walk course in Barcelona this morning. 'Yohann c'est champagne', it read, complete with a colourful cartoon depiction of the French team's great hope for gold. Appropriate because the defending champion Yohann Diniz, a wine expert away from the walks circuit, produced a performance of fizzing brilliance to retain his title on the sun-dappled Paseo Picasso. The 32-year-old led from the very first stride and lapped all but one of the 27-strong field to win gold in 3:40:37.

The Frenchman overcame a dramatic fall after 42km but his punishing schedule was too much for the Olympic champion Alex Schwazer, who dropped out after 40km, and the world champion Sergey Kirdyapkin who also failed to finish. Poland's Grzegorz Sudol made up for missing out on a world championship medal in Berlin last summer taking silver in a personal best time of 3:42:24, while Kirdyapkin's compatriot Sergey Bakulin completed Russia's Barcelona haul of walks medals with bronze in 3:43:26, also a PB. Spain's veteran champion Jesús Ángel García produced a beautifully judged race to take fifth behind Robert Heffernan who missed out on a medal by two minutes despite breaking his Irish record.

For Diniz the victory is ample justification of his decision not to contest the 20km event for which he'd initially been entered by the French federation, and a welcome return to the top of the podium after world silver in 2007 and poor performances in last year's worlds and the 2008 Olympics. He certainly set off with intent, opening an incredible 30-second lead on the first of the 50

1km laps while two groups quickly formed behind him containing nine-men apiece.

The remains of Barcelona's overnight downpour still lay on the roads and the walkers were no doubt thankful for the cool conditions with more than three and a half hours of tarmac-pounding effort ahead of them. The Frenchman has been concentrating on 20km races this year to improve his speed and the extra pace rapidly became apparent as he stretched the gap on his chasers to 53-seconds by the time they reached the 5km mark and 56-seconds at 10km Diniz clipped off in 44:23.

By now the chasing group was down to six, led by the Russian pair, Bakulin and Kirdyapkin, Norway's world silver medallist Trond Nymark, Sudol, Schwazer and his Italian team-mate Marco de Luca, with Finland's Jarko Kinnunen another stride or three behind. García, a bronze and silver medallist at the last two championships, was prominent in the third pack another 40s back, the 1993 world champion timing his effort with all the experience of a 41-year-old.

Up ahead Nymark briefly picked up the pace before dropping back as Kidyapkin and Sudol took on the chasing duties. But Diniz kept ploughing on up and down the tree-lined avenue alongside Barcelona's Parc de la Ciutadella, donning his dark glasses as the first sunshine of the day began to penetrate the clouds dappling the road in light and shade.

There was nothing shady about the Frenchman's performance, however, as he exuded confidence, accepting and discarding caps as he scuttled up and down the route; at one point he tucked an ice-bag under the back rim of his white-peaked hat. Diniz was relentless, seemingly inspired by his country's magnificent night in the stadium on Thursday. He reached 20km in 1:28:09 and half-way in 1:49:56, on course to beat his winning time in Göteborg four years ago. The only question was how long he could keep this up?

The two Russians and Sudol had now pulled clear of de Marco as Schwazer worked his way back into medal contention but with half the race to go those four were now a minute and 45 seconds adrift. Kirdyapkin was working hard, with a determined look and his long-arm swing. Schwazer employed his more awkward style and slightly lop-sided gait to begin the earnest chase.

Up ahead, however, Diniz was holding his advantage, his smoother gliding action taking him through 30km in 2:11:53 with Bakulin, Sudol and Schwazer now 10m clear of the world champion but still 1:45 in arrears, their battle now seemingly for the minor medals. García had been making his way slowly up the field, but even he couldn't resist Diniz's pace as the Frenchman caught him 15km from home and the two walked together for two laps, drawing cheers and applause from the swelling crowd.

Diniz was still 1:41 ahead at 40km (2:55:30) and despite slowing over the last 10km, he crossed the line exhausted triumph adding his second European crown to the world silver he won three years ago. The last stretch was clearly tough. Diniz could be seen talking to himself, willing his legs to keep going. Indeed, there was consternation in the French camp when he fell to the road after tripping on a kerb near a drinks station 8km out. But he hadn't led for three hours only to let the crown slip now.

Schwazer had worse problems. Clearly in discomfort, the Italian stopped 13km from home to rub his right hamstring, hobbled on, stopped again, and eventually dropped out leaving Sudol to out muscle Bakulin in the battle for silver. The Pole briefly closed the gap on Diniz to less than 1:30 but by now Diniz was simply too far ahead. The champion sunk to his knees and kissed the road before roaring at the skies and jumping up and down in delight.

He had just walked solo to the third quickest time ever at a European championships and now joins Abdon Pamich and Robert Korzeniowski as the third man to retain this title, cause enough for the champagne champion to down a glass or two of the best bubbly money can buy.



Yohann Diniz – the ecstasy of winning (photos <http://www.european-athletics.org/>)

1.	DINIZ, Yohann	FRA	3:40:37	EL
2.	SUDOL, Grzegorz	POL	3:42:24	PB
3.	BAKULIN, Sergey	RUS	3:43:26	PB
4.	HEFFERNAN, Robert	IRL	3:45:30	NR
5.	GARCÍA, Jesús Ángel	ESP	3:47:56	SB
6.	DE LUCA, Marco	ITA	3:48:36	SB
7.	HÖHNE, André	GER	3:49:29	
8.	NOWAK, Lukasz	POL	3:51:31	
9.	SUSKEVICIUS, Tadas	LTU	3:52:31	PB

10.	ANDRONOV, Yuriy	RUS	3:54:22	SB
11.	GRIFFIN, Colin	IRL	3:57:58	SB
12.	GUSTAFSSON, Andreas	SWE	3:58:02	
13.	MAJDAN, Dusan	SVK	4:00:51	PB
14.	CARDOSO, Augusto	POR	4:03:40	
15.	FILIPOVIC, Predrag	SRB	4:06:29	
	SKARNULIS, Donatas	LTU	DSQ	
	KIRDYAPKIN, Sergey	RUS	DNF	
	NYMARK, Trond	NOR	DNF	
	KOVENKO, Andriy	UKR	DNF	
	SCHWAZER, Alex	ITA	DNF	
	BUDZA, Serhiy	UKR	DNF	
	BRZOZOWSKI, Artur	POL	DNF	
	LINKE, Christopher	GER	DNF	
	PEREIRA, António	POR	DNF	
	KINNUNEN, Jarkko	FIN	DNF	
	BATOVSKY, Milos	SVK	DNF	
	ODRIOZOLA, Mikel	ESP	DNF	

OTHER OVERSEAS RESULTS

2010 Canadian Track and Field Championships, Varsity Centre, Toronto Ontario, 28-31 July 2010

The Canadian T&F Titles, which also doubled as their Commonwealth Games trials, featured 20,000m track walks. Although the winning times were quite good, they may not have been good enough to win Games berths given that the Canadian A/B standards were set at 1:22:54 ,1:25:59 for men and 1:33:11 ,1:38:01 for women.

Women 20000 Meter Race Walk

1.	Seaman, Rachel	Ontario Racewalkers	1:38:48.5	1 st Canadian
2.	Michta, Maria	USA	1:40:29.8	
3.	Randall, Susan	USA	1:47:42.8	
4.	Wylie, Megan	C. BC Athletics	1:49:12.8	2 nd Canadian
5.	Evangelista, Nicola	Racewalk West	1:52:40.3	3 rd Canadian
6.	Warwick, Heather	Kajaks T&F	1:57:45.0	
7.	Mccormack, Catherine	Ontario Racewalkers	1:58:39.0	
	Larssen, Beverley	Racewalk West	DNF	

Men 20000 Meter Race Walk

1.	Dunfee, Evan	F. BC Athletics	1:25:57.7	
2.	Gomez, Inaki	BC Athletics	1:27:07.2	
3.	Connolly, Creighton	Racewalk West	1:36:02.4	
4.	Seaman, Tim	USA	1:38:45.1	
5.	Mannozi, Mike	USA	1:39:59.6	
6.	Xu, Jianping	Ontario Masters	1:47:27.0	

17th CAA African Championships, Nairobi, Kenya, 28 July – 1 August 2010

The All African Championships (see <http://www.nairobi2010.com/>) have just completed in Kenya and the men's times in particular were very impressive. Perhaps the Africans are finally taking to walking! Note that Nairobi is at 1500m altitude.

20km Walk Men, Sunday 1 August, 7:00AM

1.	Hassanine SEBEI	TUN	1984	1:20:36	PB
2.	David Kimutai ROTICH	KEN		1:21:07	SB
3.	Hichem MEDJEBER	ALG		1:22:53	PB
4.	Hedi TERAOU	TUN	1989	1:23:25	PB
5.	Mohamed AMEUR	ALG		1:24:53	
6.	Sylvanus WEKESA	KEN		1:25:32	SB
7.	Gabr. NGNINTEDEM NEGOU	CMR	1985	1:27:44	SB
8.	Chernet MIKORO ANISO	ETH	1986	1:30:08	SB
9.	Eric SHIKUKU	KEN		1:32:09	
10.	Misebo MINAMO GAMO	ETH	1979	1:36:23	
11.	Degu SORE SHOLLO	ETH	1989	1:40:33	
12.	Ngabene MUKWA	COD		1:54:58	
13.	Thami HLATSWAYO	RSA		DNF	

20km Walk Women, Sunday 1 August, 8:50AM

1.	Grace Wanjiru NJUE	KEN		1:34:19	AR
2.	Chaima TRABELSI	TUN	1982	1:35:33	AR
3.	3.Aynalem ESHETU SHEFRAWE	ETH	1992	1:41:46	SB
4.	Emily Wamusyi NGII	KEN		1:44:51	
5.	Bekashign AYNALEM	ETH	1989	1:46:03	
6.	Esther Kithinji MURUGI	KEN		1:46:24	
7.	Olafi LAFI	TUN		DQ	
8.	Asnakch ARARISSA ABISSA	ETH	1988	DQ	

AUSTRALIAN 10KM RANKINGS FOR 2010

With the top performances of Dane Bird-Smith and Regan Lambie in Canada a couple of weeks ago, I thought it opportune to publish the top 20 performances from my 2010 10km rankings, as taken from <http://www.racewalkaustralia.com>. Note that many of the performances were done in Hobart on 13th February as 10km splits in the National 20km championships. With lots of racing still to go for the calendar year, these rankings are by no means complete. In particular, our Commonwealth Games walkers are intending to compete over 10km in the IAAF Race Walking Challenge Final in Beijing on September 18th and I expect to see some super quick times in that event.

1	Jared Tallent	VIC/AIS	SM	39:08	13/02/10
2	Luke Adams	NSW/AIS	SM	40:09	13/02/10
3	Adam Rutter	NSW/AIS	SM	40:32	13/02/10
4	Nathan Deakes	VIC/AIS	SM	40:35	13/02/10
5	Chris Erickson	VIC/AIS	SM	41:24	13/02/10
6	Dane Bird-Smith	QLD	U20M	41:32	23/07/10
7	Ian Rayson	NSW	U23M	43:13	13/02/10
8	Rhydian Cowley	VIC	U20M	43:22	12/03/10
9	Brendon Reading	ACT	U23M	43:23	13/02/10
10	Sean Fitzsimons	WA/AIS	U20M	43:32	13/02/10
11	Brad Aiton	QLD	U17M	44:25	25/07/10
12	Blake Steele	SA	U18M	44:29	13/02/10
13	Darren Bown	SA	M35	44:38	15/05/10
14	Tom Barnes	VIC	SM	45:30	13/02/10
15	Duane Cousins	VIC	M35	45:32	13/02/10
16	Derek Mulhearn	NSW	U20M	46:11	13/02/10
17	Jordan Mulhearn	NSW	U18M	47:02	12/03/10
18	Jesse Osborne	QLD	U16M	48:11	08/05/10
19	Kyle Malone	NSW	U20M	48:30	26/06/10
20	Troy Sundstrom	NSW	SM	48:46	15/05/10
1	Jess Rothwell	VIC	U23W	44:05	29/05/10
E2	Claire Tallent	SA/AIS	SW	46:10	13/02/10
E2	Cheryl Webb	NSW	SW	46:10	13/02/10
E2	Jillian Hosking	ACT	SW	46:10	13/02/10
5	Kellie Wapshott	VIC/AIS	SW	46:34	13/02/10
6	Regan Lambie	VIC	U20W	47:13	05/06/10
7	Kelly Ruddick	VIC	W35	47:29	18/07/10
8	Tanya Holliday	SA	U23W	47:40	10/07/10
9	Nicole Fagan	NSW	U23W	48:39	13/02/10
10	Beth Alexander	VIC	U18W	49:03	13/02/10
11	Paige Hooper	SA	U18W	49:12	12/03/10
12	Sarah Raycanovski	NSW	SW	50:34	15/05/10
13	Lyn Ventris	WA	W50	50:39	04/04/10
14	Claire Xian	SA	U20W	50:58	12/03/10
15	Chloe Jones	NSW	SW	52:07	23/05/10
16	Pam Tindal	VIC	W50	52:18	15/05/10
17	Kylie Irshad	VIC	W35	53:05	17/07/10
18	Amy Burren	VIC	U16W	53:30	13/02/10
19	Kristie Goznic	SA	U17W	53:37	13/02/10
20	Heather Carr	VIC	W60	53:56	05/06/10

KEY SUMMER DATES

Athletics Australia has now published all the key summer dates that may effect our walkers. The list reads as follows

- 4-5 December: Australian All Schools Championships – Doncaster Athletics Track, Melbourne VIC
- 6 December: Australian Schools Knock Out Championships – Doncaster Athletics Track, Melbourne VIC
- Sun 12 Dec: Australian 50km Walk Championship - Fawkner Park, Melbourne VIC
- Sat 19 Feb: Australian 20km Walk Championships - Hobart
- 10-14 March: Australian Junior Championships – Sydney Olympic Park, Sydney NSW

As well as the above dates, AA has also published the dates for a series of 5 Tour Meets. While I don't know the details yet, I assume that some of them will have walks and that they are replacing the Australia Cup and the National Series meets of past years.

- 10 February: Athletics Australia Tour Meet – Queensland Sport and Athletics Centre, Brisbane QLD
- 20 February: Athletics Australia Tour Meet – Domain Athletics Track, Hobart TAS
- 3 March: Athletics Australia Tour Meet - Olympic Park, Melbourne VIC
- 19 March: Athletics Australia Tour Meet - Sydney Olympic Park, Sydney NSW
- 1-2 April: Athletics Australia Tour Meet – WA Athletics Stadium, Perth WA

I expect that AA will open up an online procedure for entry into the Australian 50km some time soon. This meet will also include Invitation 20km Open and 10km Under 20 roadwalk events. More details as they are published.

SIMON BAKER DISCUSSES HOW TO PREPARE FOR THE 2011 WORLD YOUTH CHAMPIONSHIPS

Thanks to Simon Baker for the following guidelines for walkers targeting the 2011 World Youth champs.

Next year's World Youth (Under 18) Championships are to be held in Lille in France on July 6-10, 2011. Now that is not all that far away and athletes hoping for selection should already be planning their next 12 months carefully. Athletes born 1994 and 1995 are eligible to compete, with men racing over 10,000m and women over 5,000m.

Selection criteria (http://www.athletics.com.au/high_performance/high_performance_news/team_information) are available at the AA website and should be essential reading - the AA qualifying period started on 1 July 2010 and finishes 13 March 2011. The women's **5000m** standard is **24:00** and the men's **10000m** standard is **45:00**.

Planning to gain selection should be focused on

- a) achieving the standard
- b) performing well at the official selection trials, to be held at the National Youth Championships on 10-13 March 2011.

Tim Erickson has provided a list of possible qualifying events for both 10,000m and 5,000m events below. You must do your qualifying performance(s) in AA sanctioned event(s). This means many of the interclub and walking club races and Little Athletics events won't count. The All Schools in December has an U18 5000m event but only two walkers per State can enter. Although it is a mixed race, I expect AA will consider this for qualifying purposes.

You should check with AA and your competition organiser to be sure your performance at an event is going to be recognised.

Training

Achieving the qualifying times will take a consistent period of training, especially during your holiday breaks. You will need to be build up to some 60-80 km a week over summer, including running. I won't be too prescriptive here; a lot depends on you individually and a consistent quality training is better than plugging away doing slow kilometres just to fill in your diary!

To walk fast over distance needs strength and endurance. Your training should include

- A track session with reps of 1 to 2km, mixed with shorter reps for leg speed (400 – 600m) once a week at or under race speed with limited recoveries (about half of the work interval),
- Hill sessions are good alternatives to repetition sessions - hills should be not too steep and allow proper race walk technique, but anything over 500m can be used,
- Race, fartlek or tempo sessions of 75% to 125% of race distance (at race speed), and
- An over distance steady walk each week.

In addition, core strength and gym work, running, swimming and cycling should provide alternative training. A rest day is essential, and you should only train once a day during the week other than stretching sessions. On weekends or holidays, you can do extra sessions, such as a run in the morning and a race or second session in the afternoon.

It is of great value to find training partners who will push you a bit harder than you can go at the moment. Training groups are essential helps to anyone wanting to go faster. Consider making mini-camps with other walkers on long weekends away from your usual training courses for variety.

Your school should be included in your planning. Start early to discuss options with supportive teachers to organise your work while you are away. Work your weekly training with your coach to suit your study load, and avoid tiring sessions before your tests and exams.

Walking is a technical sport, and video feedback is useful for coaches and athletes to identify weaknesses and should be used regularly.

Recovery

This is a topic for a later article, but briefly, to make sure all your training can continue, you need have a monthly visit to an experienced sports masseur or physiotherapist, to deal with the regular aches of training and keep everything in good shape. Club coach Mark Donahoo has a couple of very good articles on recovery on his own website.

See <http://www.racewalkingwithmark.com/Enhancing%20Recovery.pdf> and <http://www.racewalkingwithmark.com/Recovery%20and%20training%20diaries%20April%202007.pdf>

Competition Opportunities

10km road or 10,000m track opportunities

Under 18 men can qualify with either 10km road or 10,000m track performances at ratified meets. Here are some on offer:

- 10km U20 men/women and 10km U18 men roadwalks are scheduled each July/August in most States as part of the general round of roadwalk champs. In Victoria these will be held on Sunday 8 August.
- 10km U20 men/women and 10km U18 men roadwalks are held as part of the Aust roadwalk champs on Sunday 22 August in Brisbane.
- 10km U20 invitation walks will be held with the Aust 50km on Sunday Dec 12th at Fawkner Park. This has already been

cleared with David Gynther.

- ANSW normally schedules a 10,000m track championship in Sydney in January each year as part of its championship schedule.
- 10km U20 invitation walks to be held with the Aust 20km on Feb 19th 2011 in Hobart. Again, this has already been cleared with David Gynther.
- A 10,000m track walk will be scheduled at the National Underage T&F Champs in Sydney on 10-14 March 2011. This is the final selection trial.

5000m Walk opportunities

The Under 18 girls must qualify via 5000m track walks. 5km road walks are not acceptable. Opportunities include

- The Victorian Schools Champs in October will feature U18 5000m walks for boys/girls and the same will hold for other States. The Victorian champs are on 5-7 November 2010.
- The Australian Schools Champs (for those lucky enough to be selected) are on Dec 3-6 in Melbourne.
- The Victorian country champs include 5000m in which anyone can walk by invitation. This is to be held in Ballarat on 21-23 Jan 2011. NSW also has Country champs that include walks.
- The NSW State Club Champs include a 5000m walk. This year it was held in Sydney on 23 Jan 2010.
- The Canberra GP included a 5000m walk this year when it was held on Jan 30th. The Sydney Track Classic included a 5000m walk this year when it was held on Feb 27th. This summer, AA is changing to Tour meets but we can expect 5000m walks on some of the 5 dates.
- Most State T&F Championships include 5000m walks (Vic, NSW, QLD, SA, ACT for sure) and these are normally held in the Feb/March period. The Victorian Youth champs, with 5000m U18, are to be held on 25-27 Feb 2011.
- The Aust 5000m U18 championship for women will be held at the National Underage T&F Champs in Sydney on 10-14 March 2011. This is the official selection trial

In summary, there are a large number of suitable opportunities over 5000m and a smaller but still significant number of opportunities over 10000m/10km. The main thing to be done is to let everyone know and get athletes and coaches planning out their year and deciding which of the various events to target.

AUSTRALIAN SELECTION CRITERIA, 2011 WORLD UNIVERIADE

Athletics Australia has now released its Selection Criteria for the 2011 Summer Universiade, to be held in Shenzhen in China from August 12-22 - see http://www.athletics.com.au/high_performance/high_performance_news/team_information/wug/policy. Main points can be summarised as follows:

- 20km road walks will be held for men and women.
- Up to three (3) walkers may be selected in each event, providing all have achieved the entry standard for the event in the year before the University Games or two (2) who have not achieved the entry standard.
- The competition is open to athletes born between 1st January 1983 and 31st December 1993
- The first placed eligible athlete at the Trial will be automatically selected in the Team subject to that athlete, by the date of the trial, having achieved the Athletics Australia selection standard during the qualifying period.
- Qualifying period extends from 1 January 2010 -1 May 2011.
- The official trials will be at the Aust 20km roadwalk champs in Hobart on Saturday 19 February 2011.
- Qualifying standards are the same as in 2007 and 2009

Men 20 Km Walk	1:28:00
Women 20 Km Walk	1:38:00

WHAT'S COMING UP NEXT

This Sunday, we have the Victorian Roadwalking championships. To compete in these AV championships, you must be a current member of an AV club and you must pre-enter with Athletics Victoria. The carnival also includes further VRWC championships (enter on the day for VRWC championships) and a 3 Hour walk which will be held alongside the Victorian Men's 30km event. AIS walkers **Jared Tallent** and **Chris Erickson** are coming down for the 30km championship so it should be a beauty. On top of that, **Clare Tallent** will also be down and walking, presumably in the women's 10km event. So we will have 3 of our 6 Commonwealth Games walkers in action. **We will be using our championship course over near the lake.** It is a 2km loop but with less turns than our normal course alongside the clubrooms. Registration and checkin will be in the clubrooms as normal and from there, it is only a 3 minute walk to the start/finish line on the other side of Pit Lane. The timetable reads as follows

Sunday 8 August 2010, Albert Park			
ATHLETICS VICTORIA, VRWC EVENTS			
8.30am	30km	Victorian Championship	Open Men
8.30am	3 Hour Walk		Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	Victorian Championship	Under 20 Men
9.00am	10km	Victorian Championship	Under 20 Women
9.00am	10km	Victorian Championship	Under 18 Men
10.00am	3km	Victorian Championship	Under 14 Boys/Girls
10.20am	5km	Victorian Championship	Under 16 Boys/Girls
11.00am	5km	Victorian Championship	Under 18 Women

11.00am	5km		Open
11.10am	2km	VRWC Championship	Under 12 Boys/Girls
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
Medal presentations at the conclusion of the events.			

There are 45 confirmed entries as of Tuesday afternoon. It is still possible to enter but get to it asap.

<p>MEN 30KM OPEN KNOX, DUNCAN ATE JAMIESON, ANDREW OSC TALLENT, JARED BYC ERICKSON, CHRIS ATE DONAHOO, MARK ATE BARNES, TOM MUU</p> <p>MEN U20 10KM COWLEY, RHYDIAN GHY TAM, AARON KNA</p> <p>BOYS U18 10KM CLARK, LEWIS CHI O'MAHONY, MICHAEL KNA KAISER, JOSHUA SCA FELTON, MATT KNA DILLON, JOSH COR</p> <p>BOYS U16 5KM SAVAGE, JOSH EAG ANTIDORMI, RYAN ANW MCSHANAG, CONNOR ATE BRILL, NATHAN BOH WALKER, JARED COR TAYLOR, LUCAS SCA</p> <p>BOYS U14 3KM WALK SWAN, KYLE KN A WALMSLEY, REESE KN A OWEN, COOPER DIV</p>	<p>WOMEN U20 10KM WALK ATTARD, BIANCA KNA ALEXANDER, BETH KNA SHAW, KIRSTIN WES MCINNES, SIMONE GHY</p> <p>GIRLS U18 10KM WALK PAYNE, EMILY COR TALLENT, RACHEL BYC RASELLI, CASSIE SCA CAMPBELL, CAITLIN ATE BRAZEL, HILARY ANW</p> <p>GIRLS U16 5KM WALK CALLAWAY, JESSICA KNA GEORGE, STEPHANIE SCA HOCKLEY-SAMON, JMARA CHI WHILEY, EBONY EAG FINNEGAN, AMELIA KNA HEARD, AMANDA EAG</p> <p>GIRLS U14 3KM WALK EASTWOOD, JESSIE KNA HAMILTON, EMILY KNA HUNT, TAHLIA SCA IRSHAD, JASMINE SBE BOLDSTON, ZOE MAC MONTAG, JEMIMA COR WALKER, MEGAN ATE CAMPBELL, REBECCA ATE</p>
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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 **116** entries (https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=Display_Compitor_List&MeetID=526&OrgID=887&dts=572010248). The clock is ticking on this one as **entries close on Monday 9th August**. We are hoping for a huge carnival with strong fields in all age groups.

Here are our VRWC entries so far

<p>Open Men 20km Cowley, Rhydian Donahoo, Mark Erickson, Chris McDonough, Aaron Payne, Daniel</p> <p>U20 Men 10km Clark, Lewis Taylor, Lucas</p> <p>U18 Men 10km Clark, Lewis Taylor, Lucas</p>	<p>U16 Men 5km Brill, Nathan McShanag, Connor Taylor, Lucas</p> <p>U14 Men 3km Owen, Cooper Swan, Kyle</p> <p>U12 Boys 2km Hockley Samon, Harry</p> <p>Open Women 20km Ruddick, Kelly</p>	<p>Open Women 10km Robyn Shaw Tindal, Pam</p> <p>U20 Women 10km Alexander, Beth Attard, Bianca Campbell, Caitlin McNicol-Davidson, Chloe Shaw, Kirstin</p> <p>U18 Women 5km Brazel, Hilary Burren, Amy Campbell, Caitlin Payne, Emily Tallent, Rachel</p>	<p>U16 Girls 5km Bertrand, Carly Burren, Sarah Finnegan, Amelia George, Stephanie Hockley Samon, Jmara</p> <p>U14 Girls 3km Hamilton, Emily Walker, Megan</p> <p>U12 Girls 2km Bertrand, Georgia Campbell, Rebecca George, Hayley Owen-Smith, Chelsea</p>
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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.

2010 Australian/Victorian Winter Season Key Dates

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.

2010/2011 Australian/Victorian Summer Season Key Dates

4-5 Dec, 2010 Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sun 12 Dec, 2011 Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawkner Park, Melbourne VIC
Sat 19 Feb, 2011 Australian 20km Walk Championships (incl 10km U20 invit), Hobart
10-14 Mar, 2011 Australian Junior Championships, Sydney Olympic Park, Sydney NSW

2010 International Fixtures

Aug 3, 2010 8th World Gay Games VIII, Cologne, Germany (5000m walks). See <http://www.gaygames.com/>
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 7-17, 2011 19th World Masters T&F Champs Stadia, Sacramento, California, USA. See <http://www.wma2011.com/>
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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)