



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC ROAD RACES, ALBERT PARK, SATURDAY 21 AUGUST 2010

With some 50 walkers in Brisbane for the National Roadwalking championships, the weekly VRWC road races at Albert Park were a smaller affair than usual but we still had 35 walkers there, including Tasmanian visitor David Moore and there was some good walking on show. Thanks to Stuart Cooper for writing up the results and emailing them to me in Brisbane so that the newsletter could proceed as usual! The conditions were perhaps best summed up by Rudolf Skrucany who wrote: *Before the start it was freezing and windy, I dressed up too much, we had bit of rain at the start and during the first lap, then suddenly the rain and wind stopped, the sun came out and I overheated!* Ah, the Melbourne weather – how I miss it in Queensland!

A few walks deserve special mention – **Heather Carr** zoomed around the 3km in 15:19, some 11 secs faster than her own W60 World Track Record of 15:30.7, set earlier this year on the track at Frankston. **Liz Feldman**, also now in the W60 division, blitzed the 5km field with a time of 28:09, 34 secs faster than she has done over the last few years. With the girls in training for next year's World Masters Champs in Sacramento, the momentum is building. At the other end of the age scale, **Gabriella Crea** walked a 37 sec PB in the U12 2.5km, finishing with 14:56.

5km Open Women 1. Feldman, Liz 28.09 2. Thompson, Alison 29.36 3. Elms, Donna 30.04 4. Steed, Gwen 31.03	5km Open Men 1. Evans, Simon 26.31 2. Bennett, Ralph 27.30 3. Lucas, Alan 28.53 4. Skrucany, Rudolf 32.52 5. Jenkins, Lou 34.46 6. Moore, David (Tas) 34.53 7. Wicks, Barrie 35.56
3km Open Women 1. Carr, Heather 15.19 2. Wallace, Anna 17.51 3. Holmes, Janet 19.02 4. Gatens, Georgia 20.29 5. Harrison, Maryanne 21.42	3km Open Men 1. Seid-Christmass, James 14.54 2. Barrow, Geoff 19.35 3. Onley, Gordon 20.26
3km U15 Girls 1. McLaren, Stacey 20.27	3km U15 Boys 1. Tam, Aaron 15.50 2. Tremigliozzi, Paul 19.44
2.5km U12 Girls 1. Crea, Gabriella 14.56 2. Lillie, Jessica 15.44 3. Hodges, Anaya 16.29 4. Boothroyd, Charisma 17.13 5. Feain, Madeleine 17.56	2.5km U12 Boys 1. Feain, Lachlan 16.59 Walmsley, Reece DQ
1.5km U9 Girls 1. Walmsley, Hayden 9.07 2. Wright, Ethan 9.51	1.5km U9 Girls 1. Hodges, Mikhala 8.21 2. Lillie, Brianna 8.22 E3. DeLisen, Paige 9.14 E3. Harrison, Charlee 9.14

AUSTRALIAN ROADWALKING CHAMPIONSHIPS, BRISBANE, SUNDAY 22 AUGUST

It was a big day at the University of Queensland at St Lucia in inner Brisbane on Sunday with Athletics Australia joining with Racewalking Australia to present the annual Australian Roadwalking Championships and RWA Second Carnival. The weather was warm (just below 20°C) and sunny but not too hot and the course had significant sections of shade to aid the walkers. The course was a bit challenging, being only 1km in total and with a tough little hill up to the top turn and with a downhill start, but the walkers showed their fitness and preparation and most mastered it well. It was only in the shorter event groups that the DQs mounted as the younger walkers, perhaps more used to walking on the flat, obviously found it challenging to handle the ups and downs and keep within the rules. Overall I would rate the day a big success on all fronts. The organisation was first class, the venue was fantastic, the weather was great and the walking was of a high standard.

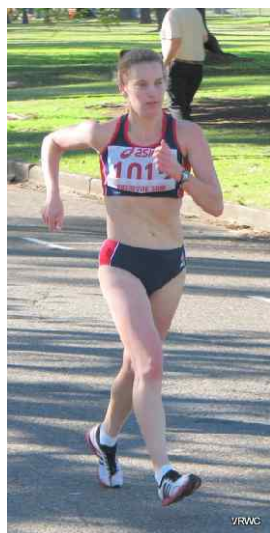
This was a shared carnival with Athletics Australia awarding Australian Championship medals to the placegetters in the Open 20km and the U20, U18, U16 and U14 events and Racewalking Australia awarding medals to the placegetters in the Masters, U12 and Open Women's 10km divisions as well as medals in all the Teams Events categories. RWA also awarded Handicap Place trophies and trophies in the Invitational events so it was a big presentation ceremony at the end and probably more than half the walkers ended up being recognised and rewarded in some way.

Athletics Australia provided all the major officials and QA / QRWC provided the many additional workers required to ensure that the carnival ran smoothly. A special mention for RWA President **David Smith** who took on much of the organisational work and brought it all together so successfully on the day.

I will quote the Athletics Australia website report to kick proceedings off (see <http://www.athletics.com.au>)

Erickson & Tallent set pace for New Delhi

Commonwealth Games nominated athletes **Chris Erickson** and **Claire Tallent** have taken out the men's and women's Open 20km road walks today, the AIS scholarship holders taking to the start line in St Lucia (Qld) for the Australian Road Walking Championships.



Chris Erickson and Claire Tallent – dominant displays by the two Commonwealth Games representatives

Stopping the clock at 1:24:45, Erickson led from the outset, heading through the 10km mark at 41:43 before again increasing his one kilometre lap rate in the final stages to win convincingly. Entering the race in great form after a 30km road walk personal best of 2:09:00 only a fortnight ago in Victoria, Erickson was trailed across the line by Ian Rayson and Darren Bown, the pair clocking 1:26:41 and 1:32:01 respectively.

“I wanted to head out strong today and chase an IAAF A-qualifier but that didn't eventuate, my lap times were good but tapered off and the hill had more of an influence than I thought,” Erickson said. “I'm pretty happy and know that now it's time for altitude training in Canberra before a race in China, Cairns for some heat training and then Delhi where I'll be disappointed not to medal.”

Joining Erickson atop the dais, Tallent was dominant in the women's open 20km event taking line honours in a time of 1:33:30, almost six minutes clear of Zuzana Schindlerov (CZE) (1:39:31) who placed second and Kelly Ruddrick (1:42:32), third.

“1:33:30, I didn't realise,” Tallent said. “That's another Comm. Games A-qualifier to my now growing list and that gives me confidence heading back to Canberra for some tough training ahead of the Games. Jared (Tallent) and I will head to a race in China before another solid block at the AIS training in heat chambers to acclimatise to the Delhi conditions and from there I'll be chasing a podium finish at the Games.”

Despite entering the race with an injured ankle after seriously rolling it earlier this week, **Dane Bird-Smith** carried over his World Junior Championships form, taking victory in the men's Under 20 10km road walk in a time of 43:00 flat.

A top-8 finisher only last month in the 10,000m walk in Moncton, Bird-Smith battled it out with **Sean Fitzsimons** (2nd, 43:05) for the entire race, the duo changing lead on multiple occasions before Bird-Smith headed to the front once again in the final lap to win, Brad Aiton taking home the bronze medal in a time of 45:13.

“I rolled my ankle earlier in the week and wasn’t sure whether I would race until I got through the warm up this morning,” Bird-Smith said. “The pain coming out of 3km was unbelievable so I decided to sit just behind Sean (Fitzsimons) hoping that I could take him in the closing stages, the time wasn’t great but given my ankle I’m pretty happy.”

In the girl’s event across the same distance, **Beth Alexander** (50:29) was victor edging out **Kirstin Shaw** (2nd, 55:52) and **Nicole McInerney** (3rd, 1:00:28).

“I’m pretty happy with today, I wasn’t feeling great and unfortunately I didn’t have Regan (Lamble) and Paige (Hooper) to push me but the time was pretty good,” Alexander said.

Rounding out the day’s proceedings, **Brad Aiton** (43:15) (entered in two simultaneous events) and **Rachel Tallent** (25:12) took line honours in the boy’s and girl’s Under 18 event, **Nathan Brill** (22:59) and **Jmara Hockley-Samon** (25:59) won gold in the boy’s and girl’s Under 16 event and in the Under 14 boy’s and girl’s event **Tyler Jones** (14:46) and **Zoe Boldiston** (14:54) were first to cross the line.

VRWC photographer **Terry Swan** has already uploaded some 80 photos from the races to <http://vrwc.org.au/coppermine> and I will add more over the next week. I also saw **Frances Attard** hard at work with the video camera so with a bit of luck we might see the finished product at VRWC races next Saturday. As an extra bonus, the **AthsVic TV** team were also there taking lots of footage and a few interviews so we can also expect **David Armstrong** to get that online soon. Talk about resources!

In a dominant display, VRWC won 7 of the 12 Teams events on offer as well as snatching the Brennen Shield as the best RWA team performance over the two major carnivals for 2010. The trophies panned out as shown below with SARWC, NSWRC and QRWC also getting in on the act with some strong team performances.

Glover Shield	20 km Open Men (Teams)	VRWC	C Erickson, R Cowley, D Payne
Carrington Trophy	10 km Open Women (Teams)	SARWC	C Tallent, T Holliday, G Holliday
Troy Sundstrom Trophy	10 km U20 Men (Teams)	QRWC	D Bird-Smith, B Aiton, B Dewar
Jane Saville Trophy	10 km U20 Women (Teams)	VRWC	B Alexander, K Shaw, B Attard
Nathan Deakes Trophy	10 km U18 Boys (Teams)	NSWRWC	S Washburn, N Fazldad, M Killen
Jacobson Trophy	5 km U18 Girls (Teams)	VRWC	R Tallent, H Brazel, C Raselli
Goble Trophy	5 km U16 Boys (Teams)	VRWC	N Brill, J Walker, C McShanag
Knight Trophy	5 km U16 Girls (Teams)	VRWC	J Hockley-Samon, S George, A Finnegan
Ron Crawford Trophy	3 km U14 Boys (Teams)	VRWC	C Owen, J Jones, C McNicol-Davidson
Deanna Rahill Trophy	3 km U14 Girls (Teams)	VRWC	J Irshad, E Hamilton, M Walker
	2 km U12 Boys (Teams)	NSWRWC	D O’Connell, J Plummer, D Richardson
	2 km U12 Girls (Teams)	QRWC	M Woodward, T McCarthy-Smith, K Barker
Brennen Shield	Overall Competition Winners	VRWC	

The VRWC team was ably led by our many individual medallists

Gold	Chris Erickson	Open Men 20 km	1:24:45
	Pam Tindal	Masters Women 10km	0:55:59
	Beth Alexander	U20 Women 10km	0:50:29
	Nathan Brill	U16 Boys 5km	0:22:59
	Jmara Hockley-Samon	U16 Girls 5km	0:25:59
	Rachel Tallent	U18 Girls 5km	0:25:12
Silver	Kirstin Shaw	U20 Women 10km	0:55:52
	Georgia Bertrand	U12 Girls 2km	0:11:25
Bronze	Kelly Ruddick	U20 Women 20km	1:42:32
	Hayley George	U12 Girls 2km	0:12:06
	Hilary Brazel	U18 Girls 5km	0:26:00

PBs were hard to find on the day but they were there and some of the more outstanding ones included

Ian Rayson (NSWIS/REGAL) who took second in the Open 20km with a 48 sec PB time of 1:26:41
Sean Fitzsimons (AIS/WARWC) who took second in the U20 10km with a 27sec PB time of 0:43:05
Kelly Ruddick (VRWC) who took third in the Open 20km with an 87sec PB time of 1:42:32
Kirstin Shaw (VRWC) who took second in the U20 10km with a 3 sec PB time of 0:55:02.
Caitlin Hosking (ACTRWC) who took second in the U14 3km in a big PB time of 0:15:08.
Harry Bates (ACTRWC) who took second in the U16 5km in a 33 sec PB time of 0:24:20.
Elizabeth Hosking (ACTRC) who took second in the U16 5km in a big PB time of 0:26:11

Sophie Eberhardt (TAS) who took third in the U16 5km with 0:26:41, a PB by over 1 minute.

Of course, there were some key DQs that were also heartbreaking for those concerned - NZ champion **Quentin Rew** in the Open 20km walk, **Harry Hockley-Samon** (VRWC) who finished 30 secs in front in the U12 Boys 2km and **Yanis Benzenati** (QRWC) who was second to finish in that same race, **Jemma Smith** (TRWC) who was first to finish in the U12 Girls 2km, **Kyle Swan** (VRWC) who was first to finish in the U14 Boys 3km and **Kenza Benzenati** (QRWC) who was third to finish in the U14 Girls 3km. To those walkers, we offer our commiserations and we hope that you will all be back again next year to fight out the medals. No one likes to be disqualified but it is something we all experience occasionally – it is a call to work even harder on your technique and come back bigger and better.

And now onto the results. Congratulations to everyone on some great walking.

Event 1: Men 20 km Race Walk Open, 8:00AM

1	Chris Erickson	29	AIS/VRWC	1:24:45
2	Ian Rayson	22	REGAL	1:26:41
3	Darren Bown	36	SARWC	1:32:01
4	Rhydian Cowley	19	VRWC	1:35:47
5	Ignacio Jimenez *	45	QRWC	1:44:42
6	Daniel Payne	20	VRWC	1:46:02
7	Ian Jessurun *	43	NSWRWC	1:49:44
8	Peter Bennett *	55	QRWC	1:52:44
9	Peter Crump *	50	SARWC	1:53:56
10	Aaron McDonough	38	VRWC	1:58:57
11	Jim Seymon *	73	REGAL	2:15:40
12	Paul Lindenberg *	48	QRWC	2:20:59
	Brendon Reading	21	ACTRWC	DNF
	Derek Mulhearn	20	NSWRWC	DNS
	Mark Donahoo *	52	VRWC	DNS
	Robin Whyte *	68	ACTRWC	DQ
	Quentin Rew	26	NZL	DQ

* These walkers, being 40+, are also eligible to contest the RWA Masters 20 km championship

RWA Masters C'Ship	1	Ignacio Jimenez *	QRWC	1:44:42
	2	Ian Jessurun *	NSWRWC	1:49:44
	3	Peter Bennett *	QRWC	1:52:44

RWA Teams Placings	1	VRWC	15	Chris Erickson, Rhydian Cowley, Daniel Payne
	2	QRWC	7	Ignacio Jimenez, Peter Bennett, Paul Lindenberg

Event 2: Men 10 km Race Walk Under 20, 8:00AM

1	Dane Bird-Smith	18	QRWC	0:43:00
2	Sean Fitzsimons	18	AIS/WARWC	0:43:05
3	Brad Aiton *	16	QRWC	0:45:13
4	Kyle Malone	19	NSWRWC	0:46:58
5	Jordan Mulhearn	18	NSWRWC	0:50:01
6	Brandon Dewar	18	QRWC	0:50:36
7	Steven Washburn *	16	NSWRWC	0:51:23
8	Nick Dewar	18	QRWC	0:51:37
9	Dale Hennighan *	17	WARWC	0:52:27
10	Lewis Clark *	16	VRWC	0:53:41
11	Corey Buckler *	16	QRWC	0:54:48
12	Nathan Fazldad *	16	NSWRWC	0:56:49
13	Matthew Killen *	15	NSWRWC	0:58:42
14	Matthew Gooch	18	WARWC	0:59:44
15	Cody McNicol - Davidson *	12	VRWC	1:09:32
	Lucas Taylor *	14	VRWC	DNS

* All U18 male walkers are eligible to contest the U20 event as well as it is concurrent. This is an AA ruling.

RWA Teams Placings	1	QRWC	21	Dane Bird-Smith, Brad Aiton, Brandon Dewar
	2	NSWRWC	14	Kyle Malone, Jordan Mulhearn, Steven Washburn
	3	WARWC	11	Sean Fitzsimons, Dale Hennighan, Matthew Gooch

Event 3: Men 10 km Race Walk Under 18, 8:00AM

1	Brad Aiton	16	QRWC	0:45:13
2	Steven Washburn	16	NSWRWC	0:51:23
3	Dale Hennighan	17	WARWC	0:52:27
4	Lewis Clark	16	VRWC	0:53:41
5	Corey Buckler	16	QRWC	0:54:48
6	Nathan Fazldad	16	NSWRWC	0:56:49
7	Matthew Killen	15	NSWRWC	0:58:42

8	Cody McNicol - Davidson	12	VRWC	1:09:32
	Lucas Taylor	14	VRWC	DNS

RWA Teams Placings 1 NSWRC 7 Steven Washburn, Nathan Fazldad, Matthew Killen

Event 4: Women 20 km Race Walk Open, 8:05AM

1	Claire Tallent	29	AIS/SARWC	1:33:30
2	Zuzana Schindlerová	23	CZE	1:39:32
3	Kelly Ruddick	37	VRWC	1:42:32
4	Lynette Ventris	54	WARWC	1:46:27
5	Roseanne Robinson	20	NZL	1:55:06
6	Alana Barber	23	NZL	1:59:25
	Nicole Fagan	21	NSWRWC	DNF
	Cheryl Webb	34	AIS/NSWRWC	DNS

Event 5: Women 10 km Race Walk RWA Open, 8:05AM

	Claire Tallent #	29	AIS/SARWC	0:46:08
1	Tanya Holliday	22	SARWC	0:48:31
	Kelly Ruddick #	37	VRWC	0:48:57
	Lynette Ventris #	54	WARWC	0:51:57
2	Chloe Jones	24	REGAL	0:52:20
3	Lauren Bourke	20	NSWRWC	0:53:02
4	Vanessa Ebejer	25	REGAL	0:54:17
5	Kylie Irshad	39	VRWC	0:55:59
6	Pam Tindal *	51	VRWC	0:55:59
7	Caitlin Brunton	21	VRWC	1:01:17
8	Gloria Holliday *	50	SARWC	1:01:48
9	Vanessa Noble	18	NSWRWC	1:01:59
10	Charlene Ebejer	24	REGAL	1:04:59
11	Sally Lynch *	67	QRWC	1:07:36
12	Robyn Shaw *	49	VRWC	1:09:23
13	Lynda Woodward *	57	QRWC	1:10:04
14	Celia Johnson *	63	VRWC	1:10:17
15	Noela McKinven *	68	QRWC	1:14:18
16	Jodie Sundstrom	31	REGAL	1:15:00
	Nicole Fagan #	21	NSWRWC	DNF
	Mary Willis *	48	NSWRWC	DNF
	Cheryl Webb #	34	NSWRWC	DNS
	Joan Purcell *	69	NSWRWC	DQ
	Robyn Wales *	58	QRWC	DQ

* These walkers, being 40+, are also eligible to contest the RWA Masters 20 km championship

Walkers in the Open 20km event can use their 10km splits are eligible for Teams and Brennen Shield Points provided they finish their 20km event.

RWA C'Ship	1	Tanya Holliday	SARWC	0:48:31
	2	Chloe Jones	REGAL	0:52:20
	3	Lauren Bourke	NSWRWC	0:53:02

RWA Masters C'Ship	1	Pam Tindal *	VRWC	0:55:59
	2	Gloria Holliday *	SARWC	1:01:48
	3	Sally Lynch *	QRWC	1:07:36

RWA Teams Placings	1	SARWC	37	Claire Tallent, Tanya Holliday, Gloria Holliday
	2	VRWC	32	Kelly Ruddick, Kylie Irshad, Pam Tindal
	4	REGAL	29	Chloe Jones, Vanessa Ebejer, Charlene Ebejer
	5	VRWC2	14	Caitlin Brunton, Robyn Shaw, Celia Johnson
	6	QRWC	9	Sally Lynch, Lynda Woodward, Noela McKinven

Event 6: Women 10 km Race Walk Under 20, 8:05AM

1	Beth Alexander	18	VRWC	0:50:29
2	Kirstin Shaw	19	VRWC	0:55:52
3	Nicole McInerney	19	SARWC	1:00:28
4	Jacqueline Smith	17	WARWC	1:02:17
5	Bianca Attard	15	VRWC	1:03:59
6	Chloe McNicol-Davidson	14	VRWC	1:06:41
7	Yue Guo	18	QRWC	1:07:59
8	Shannon Czislawski	17	QRWC	1:12:26
	Regan Lamble	19	AIS/VRWC	DNS
	Yolanda Lovie-Toon	17	QRWC	DNS
	Claire Xian	19	SARWC	DNS
	Caitlin Campbell	16	VRWC	DNS

Jessica MacDonald 16 QRWC DQ

RWA Teams Placings 1 VRWC 7 Beth Alexander, Kirstin Shaw, Bianca Attard

Event 7: Boys 2 km Race Walk RWA Under 12, 9:25AM

1	Callum Burns	10	ACTRWC	0:10:55
2	Jordan Glover	11	REGAL	0:11:27
3	Declan O'Connell	11	NSWRWC	0:11:30
4	James Plummer	9	NSWRWC	0:11:35
5	Dylan Richardson	10	NSWRWC	0:11:37
6	Callum Haig	10	QRWC	0:14:02
	Harley Davidson	10	VRWC	DNS
	Yanis Benzenati	10	QRWC	DQ
	Ryan Pinchen	10	QRWC	DQ
	Harry Hockley Samon	10	VRWC	DQ

RWA Teams Placings 1 NSWRWC 7 Declan O'Connell, James Plummer, Dylan Richardson

Event 8: Girls 2 km Race Walk RWA Under 12, 9:25AM

1	Mikaela Woodward	11	QRWC	0:10:57
2	Georgia Bertrand	10	VRWC	0:11:25
3	Hayley George	10	VRWC	0:12:06
4	Taylor McCarthy Smith	10	QRWC	0:12:27
5	Masey Willis	11	NSWRWC	0:12:28
6	Kirsty Barker	11	QRWC	0:12:30
7	Chelsea Owen-Smith	10	VRWC	0:12:35
8	Tegan Miller	9	VRWC	0:13:04
9	Ally Grujoski	11	NSWRWC	0:13:34
10	Tiffany Poullos	9	NSWRWC	0:15:34
	Jemma Smith	11	TRWC	DQ
	Arabella Phillips	9	TRWC	DNS
	Riley Sims	10	NSWRWC	DNS

RWA Teams Placings 1 QRWC 20 Micheala Woodward, Taylor McCarthy-Smith, Kirsty Barker
2 VRWC 18 Georgia Bertrand, Hayley George, Chelsea Owen-Smith
3 NSWRWC 8 Masey Willis, Ally Grujoski, Tiffany Poullos

Event 9: Men 3 km Race Walk Under 14, 9:45AM

1	Tyler Jones	12	NSWRWC	0:14:46
2	Mitchell Lees	11	WARWC	0:15:43
3	Tom Doyle	13	NSWRWC	0:16:18
4	Cooper Owen	12	VRWC	0:17:18
5	Jeremiah Jones	13	VRWC	0:17:49
6	Brandon Pritchard	13	QRWC	0:18:00
7	Cody McNicol - Davidson	12	VRWC	0:20:15
	Trent Miles	12	QRWC	DNS
	Kyle Swan	11	VRWC	DQ

RWA Teams Placings 1 VRWC 7 Cooper Owen, Jeremiah Jones, Cody McNicol-Davidson

Event 10: Women 3 km Race Walk Under 14, 9:45AM

1	Zoe Boldiston	13	BRWC	0:14:54
2	Caitlin Hosking	13	ACTRWC	0:15:08
3	Zoe Hunt	13	ACTRWC	0:15:33
4	Stephanie Grujoski	13	NSWRWC	0:16:05
5	Jasmine Irshad	13	VRWC	0:16:06
6	Emily Hamilton	12	VRWC	0:16:33
7	Megan Walker	13	VRWC	0:16:33
8	Bryony Beasley	13	NSWRWC	0:16:44
9	Tahlia Hunt	12	TRWC	0:16:47
10	Katya Martin	13	QRWC	0:16:52
11	Holly Hughes	13	WARWC	0:16:53
12	Mikayla Johns	10	WARWC	0:16:59
13	Caitlin Plummer	13	NSWRWC	0:17:23
14	Elleni Poullos	12	NSWRWC	0:17:59
15	Fiona Smith	12	TRWC	0:18:15
16	Jesse Sims	13	NSWRWC	0:18:30
17	Bridget O'Connell	13	NSWRWC	0:19:48
19	Cheyenne Yates	10	WARWC	0:20:11
20	Rebecca Campbell	13	VRWC	0:20:45
21	Jessie-Claire Smith	12	QRWC	0:22:00
22	Molly Beasley	12	NSWRWC	0:26:23

Kenza Benzenati	13	QRWC	DQ
Jemma Brown	13	RWCWA	DQ

RWA Teams Placings	1	VRWC	30	Jasmine Irshad, Emily Hamilton, Megan Walker
	2	NSWRWC	26	Stephanie Grujoski, Bryony Beasley, Caitlin Plummer
	3	WARWC	14	Holly Hughes, Mikayla Johns, Cheyenne Yates
	4	NSWRWC2	9	Elleni Poullis, Jesse Sims, Bridget O'Connell

Event 11: Men 5 km Race Walk Under 16, 10:05AM

1	Nathan Brill	14	VRWC	0:22:59
2	Harry Bates	15	ACTRWC	0:24:20
3	Jesse Osborne	15	QRWC	0:24:32
4	Jay Felton	15	NSWRWC	0:24:39
5	Jared Walker	15	VRWC	0:24:56
6	Connor McShanag	14	VRWC	0:25:47
7	Kurtis Birch-Ward	15	REGAL	0:26:39
8	Matthew Killen	15	NSWRWC	0:26:53
9	Lucas Taylor	14	VRWC	0:27:02
10	Joshua Savage	15	VRWC	0:34:02
	Elliot Hodgson	15	QRWC	DQ
	Benjamin Tesch	14	QRWC	DQ

RWA Teams Placings	1	VRWC	7	Nathan Brill, Jared Walker, Connor McShanag
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Event 12: Women 5 km Race Walk Under 16, 10:05AM

1	Jmara Hockley Samon	15	VRWC	0:25:59
2	Elizabeth Hosking	15	ACTRWC	0:26:11
3	Sophie Eberhardt	14	TRWC	0:26:41
4	Stephanie George	14	VRWC	0:27:13
5	Amelia Finnegan	15	VRWC	0:27:21
6	Kate Holt	14	WARWC	0:27:27
7	Jasmine Dighton	14	NSWRWC	0:27:54
8	Sarah Burren	14	VRWC	0:27:57
9	Amy Morssinkhof	14	QRWC	0:28:11
10	Amanda Heard	15	VRWC	0:28:14
11	Ebony Whiley	15	VRWC	0:28:27
12	Rachel Barker	14	QRWC	0:28:45
13	Breanna Brown	15	RWCWA	0:29:20
14	Rachelle Taylor	14	TRWC	0:30:21
15	Carly Bertrand	14	VRWC	0:30:29
16	Jessica Stephens	14	SARWC	0:30:52
17	Eloise Jackson	15	QRWC	0:31:31
18	Lucy-Rose Boardman	14	NSWRWC	0:32:18
19	Marybeth Paviell	14	QRWC	0:32:20
20	Denita Gehan	14	NSWRWC	0:37:21
21	Natasha Estrada	14	REGAL	0:41:10
	Jemma Potezny	14	SARWC	DQ
	Emma Robson	14	QRWC	DNS
	Jessica Haig	14	QRWC	DNS

RWA Teams Placings	1	VRWC	34	Jmara Hockley-Samon, Stephanie George, Amelia Finnegan
	2	VRWC2	19	Sarah Burren, Amanda Heard, Ebony Whiley
	3	QRWC	14	Amy Morssinkhoff, Rachel Barker, Eloise Jackson
	4	NSWRWC	12	Jasmine Dighton, Lucy-Rose Boardman, Denita Gehan

Event 13: Women 5 km Race Walk Under 18, 10:30AM

1	Rachel Tallent	17	VRWC	0:25:12
2	Hannah Watson	16	WARWC	0:25:36
3	Hilary Brazel	17	VRWC	0:26:00
4	Jessica Pickles	16	QRWC	0:26:25
5	Cassandra Raselli	16	VRWC	0:26:31
6	Kirsty Klein	16	NSWRWC	0:26:32
7	Caitlin Campbell	16	VRWC	0:32:16
8	Casey Sims	16	NSWRWC	0:34:41
9	Emily Payne	17	VRWC	0:35:50
10	Jessica Wright	16	NSWRWC	0:36:00
	Samara Holliday	17	SARWC	DNF
	Amy Burren	16	VRWC	DNF

RWA Teams Placings	1	VRWC	16	Rachel Tallent, Hilary Brazel, Caselli Raselli
	2	NSWRWC	6	Kirsty Klein, Casey Sims, Jessica Wright

Event 14: Invitation 5 km Race Walk, 10:30AM

1	Brad AITON	QRWC	0:24:52
2	Carmen CARLON	ACTRWC	0:50:32
	Richard LYNCH	QRWC	DQ

Event 15: Invitation Under 10 Girls 1km Race Walk, 11:00AM

1	Gabby HUNT	ACTRWC	00:05:43
2	Kaycee YATES	WARWC	00:06:07
3	Thalia MARTIN	QRWC	00:06:22
4	Tiffany POULLIS	NSWRWC	00:06:58
5	Dakota BENNETT-WARD	REGAL	00:08:30
	Summer BROWN	RWCWA	DQ
	Tegan MILLER	VRWC	DQ

Event 15: Invitation Under 10 Boys 1km Race Walk, 11:00AM

	James PLUMMER	NSWRWC	DQ
	Dylan RICHARDSON	NSWRWC	DQ
	Declan BEASLEY	NSWRWC	DQ



20km: Kelly Ruddick, Zuzana Schindlerová, Daniel Payne, Rhydian Cowley and Ian Rayson; 10km: Cody N-Davidson



Pam Tindal, Kylie Irshad, Tanya Holliday along with Claire, Zuzana, Kelly and Nicole Fagan



U20 walkers Dane Bird-Smith, Beth Alexander, Bianca Attard, Kirstin Shaw and Sean Fitzsimons (with Ian Rayson)



U18 walkers Hannah Watson, Cassie Raselli, Rachel Tallent, Hilary Brazel and Brad Aiton



U16 walkers Jesse Osborne, Nathan Brill, Harry Bates, Jared Walker, Connor McShanag and Jmara Hockley-Samon



U14 walkers Megan Walker, Jeremiah Jones, Tyler Jones, Zoe Boldiston and Emily Hamilton



U14 VRWC walkers Jeremiah, Kyle, Cooper and Cody – and Kyle Swan and Cooper Owen in action



U12 walkers Harry Hockley-Samon, Chelsea Owen-Smith, Callum Burns, Hayley George and Georgia Bertrand



Part of the large and appreciative crowd – Elliot Baker Esq.

WS SERIES7, GOLD COAST CITY ATHLETICS TRACK, SATURDAY 14 AUGUST 2010

Thanks to Peter Aiton for these results from a recent Gold Coast Track meet. Super fast walking by **Brad Aiton** and **Jesse Osborne!**

Women 1500 Metre Race Walk

1.	Martin, Katya	13	Gold Coast Victory	7:54.80
2.	Woodward, Mikaela	11	Qld Race Walking Club	7:54.90

Men 1500 Metre Race Walk

1.	Osborne, Jesse	14	Qld Race Walking Club	5:54.30
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Women 3000 Metre Race Walk

1.	Pickles, Jessica	16	Jimboomba	15:20.68
2.	Haig, Jessica	14	Uni of the Sunshine Coast	19:20.43
3.	Paviell, Marybeth	12	Gold Coast Victory	19:53.87

Men 3000 Metre Race Walk

1.	Aiton, Brad	15	Gold Coast Victory	12:30.34
	Dewar, Nick	18	Qld Race Walking Club	DNF
	Dewar, Brandon	18	Qld Race Walking Club	DQ

YOUTH OLYMPIC GAMES, SINGAPORE, 14-26 AUGUST 2010

The two racewalk events have been completed at the Youth Olympic Games in very humid and overpowering conditions. The walks might have been held in the twilight of the evening but the combination of high ambient temperatures and humidity made for a tough day in the office for all the walkers.

GIRLS 5000m WALK, BISHAN STADIUM, 21 AUG 2010, 7 PM

The Girls' 5000m walk finished in dramatic circumstances when leader and pre-race favourite Alina Galchenko of Ukraine, after leading all the way, collapsed with 200m to go, the humidity finally overcoming her. This was a gift for Italian walker Anna Clemente who stormed past to win with a personal best (PB) of 22:27.38. Raising her left hand in silent triumph and saluting the crowd, the Italian avoided any dramatic celebrations, a sensible move given the nature of the victory. China's Mao Yanxue was second in 22:29.42, also a PB, with Russian Nadezda Leontyeva taking the bronze in 22:35.05. Galchenko recovered to end sixth, 20sec behind Anna. In a daze after that, she had to be helped off the track by volunteers.

1.	CLEMENTE Anna	ITA	6 JAN 1994	22:27.38	PB
2.	MAO Yanxue	CHN	15 FEB 1994	22:29.42	PB
3.	LEONTYEVA Nadezda	RUS	12 MAR 1994	22:35.05	
4.	VEALE Kate	IRL	5 JAN 1994	22:36.97	
5.	CABALLERO Yanelli	MEX	29 MAY 1993	22:42.15	PB
6.	GALCHENKO Alina	UKR	18 SEP 1994	22:47.89	
7.	GARCIA Kimberly	PER	19 OCT 1993	23:17.04	PB
8.	STRMENOVA Katarina	SVK	25 JAN 1993	23:24.65	
9.	BUSTOS Ana	ECU	7 DEC 1994	23:43.81	PB
10.	THEODOROPOULOU Aikaterini	GRE	1 DEC 1993	23:44.38	
11.	KACANOVA Diana	LTU	7 JAN 1993	24:36.76	
12.	DUKHOUNIK Volha	BLR	23 SEP 1994	25:09.48	
13.	KAUR Khushbir	IND	9 JUL 1993	25:30.27	

14. VONGSUWAKUNTA Jantraporn	THA	19 JUL 1993	29:06.19
BENAMSILI Zouina	ALG	27 DEC 1994	DNF

BOYS 10000m WALK, BISHAN STADIUM, 22 AUG 2010, 7.05 PM

The longest distance event on the track led off Sunday evening's program and it soon developed into a threesome with Igor Lyashchenko of Ukraine, Eider Arevalo of Colombia and Pavel Parshin of Russia breaking away early. Soon after the half way mark, the Russian faded, leaving Lyashchenko and Arevalo to fight out gold. With Arevalo being shown the red paddle with about 2km to go, the Ukrainian was left on his own to power to an impressive win in a time of 42:43.93. He was more than a minute ahead of silver medallist Oscar Villavicencio of Ecuador (43:46.00) with Parshin holding on for third (44:18.04). Australian **Blake Steele** had a tough time of it, walking mid field for most of the race and finishing 11th in 48:00.85. But I am sure that he will learn a lot from the experience and will now be focused on his next chance for international representation, possibly in the 2011 World Racewalking Cup.

1. LYASHCHENKO Igor	UKR	24 AUG 1993	42:43.93	
2. VILLAVICENCIO Oscar	ECU	5 MAY 1993	43:46.00	PB
3. PARSHIN Pavel	RUS	2 JAN 1994	44:18.04	
4. SERRA Leonardo	ITA	5 JAN 1993	45:19.73	
5. WEI Xubao	CHN	1 FEB 1993	45:33.80	
6. YESREF Tewfik	ALG	9 SEP 1993	45:38.46	PB
7. VEGA Jesus	MEX	23 MAY 1994	46:08.16	
8. ZALESKI Yauhen	BLR	16 JUN 1993	46:52.38	
9. MARTIN Alvaro	ESP	18 JUN 1994	47:04.10	
10. SORENSEN Tyler	USA	18 FEB 1994	47:07.77	
11. STEELE Blake	AUS	4 JAN 1993	48:00.85	
ALHASAN ALAHMAD Hazem	SYR	20 APR 1993	DNF	
HOLCROFT Matthew	NZL	18 JAN 1994	DNF	
SALYAKHOV Ivan	KAZ	7 JUN 1993	DNF	
KUMAR Kuldeep	IND	30 DEC 1994	DNF	
AREVALO Eider	COL	9 MAR 1993	DQ	
SAVELSKIS Marius	LTU	30 JUL 1994	DQ	

Lyashchenko's splits were 4:11.46, 8:19.88, 12:36.86, 16:59.87, 21:24.85, 25:38.82, 29:53.66, 34:11.26, 38:27.27, 42:43.93

RUN FOR THE FIRIES, 12 SEPTEMBER 2010

I don't normally advertise Fun Runs but this is an exception, given the memory of the 2009 Victorian Bush Fires and the fantastic job done by our Fire Brigades across the State. Here is the email which I reproduce in full.

Hi,

My name is Jeff Woolnough and I'm the Captain of the Research Fire Brigade which is a volunteer brigade in the Nth East suburbs of Melbourne. Together with the Kangaroo Ground Fire Brigade we are having our annual fun run "Run For The Firies" (10km or 4km distances) on September 12th. This is our major fundraising event for the year with all funds going towards much needed vehicles and equipment to help protect our communities both local and afar.

Attached is a flyer for our fun run (see <http://www.runforthefiries.com/downloads/flyer.pdf>). We would really appreciate it if you would forward it onto any athletic clubs or other interested parties.

If you require any more information please don't hesitate to call.

Warmest Regards,

Jeff Woolnough, Captain (<http://www.runforthefiries.com>)

ENGLISH COMMONWEALTH GAMES TEAM INCLUDES 5 WALKERS

The English Commonwealth Games team was announced on Monday and the good news is that 5 walkers (3 men and 2 women) are included. That is fantastic news considering the threat to remove the walks unless the participation rate improves. The big gun is of course Jo Jackson who is expected to fight out the medals with the 3 Australian women. And a special mention to Lisa Kehler who first represented England in the 1987 World Racewalking Cup at 20 years of age. This will be her 5th Comm Games appearance (1990, 1994, 1998, 2002 and 2010).

20k Race Walk Men: Thomas Bosworth, Luke Finch, Alex Wright
20k Race Walk Women: Johanna Jackson, Lisa Kehler

To check out the credentials of all 5 walkers, see their profiles on <http://www.racewalkuk.com>

WHAT'S COMING UP NEXT

With the Australian roadwalking titles now completed, the winter walking season draws to a close. On the local front, we have 2 more race days to go, the next being this coming Saturday. Note that we have added an additional race category on Saturday (see below) – 10km Open. AIS/NSWRWC walker and 2008 Olympian **Adam Rutter** is coming down for a hitout and we are

accommodating his request for that distance. Here is another chance to see one of our top walkers in action. Even if you are not racing, you should try to get down and cheer Adam on. Three weeks ago in Sydney, he stormed through the 10km in 40:30 so he is in top shape and we might see something similar on Saturday.

Saturday 28 August 2010, Albert Park		
VRWC EVENTS: Entries close for all events at 2.00pm sharp.		
2.15pm	10km	Open
2.15pm	8km	Open
2.15pm	6km	Open
2.15pm	4km	Open
2.15pm	4km	Under 15
2.30pm	2km	Under 12
2.30pm	1km	Under 9

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

Sat 4 Sept, 2010 Last winter season races at Albert Park – with accompanying Winter Season Presentations

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 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 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 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>)