



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AV AND VRWC RACES, MIDDLE PARK, SATURDAY 14 MAY 2011

If you had arrived early like me at Middle Park today, you would have thought our chances of actually holding any races would have been small. Large sections of the roadway were under water and all parts of the course were impacted. It took a group with buckets and brooms between 30 and 45 minutes of hard work to clear away the main area between the clubrooms and the adventure playground to at least make the bottom section of the course usable. Club president Harry Summers then got busy with the measuring wheel to mark out a new 2km course – all this as the clock ticked in the leadup to our first events at 2:15PM.

Matters were then exasperated by the continuing sprinkle of competitors arriving late and wanting to register after 2PM. As you probably know, we have a short window of time between 2PM and 2:15PM to complete the race sheets and print them off. That is why we say that our entry cutoff time is 2PM. Add to that the fact that a number of our key officials were competing in the Masters championships, as is their right, so we were a bit light on for officials as well.

As a result of all this, we were late once again with our start times and competitors in our 3km and 5km events had to struggle with a course that had not been fully explained before hand. Our apologies to the walkers in those two events who were impacted – luckily most managed to figure it all out and get it right on the day. Mark advises me that he will not take today's times into account for handicapping purposes given the possibility that some of our 3km and 5km walkers may have had their times effected. Our 10km, 2km and 1km walkers were unaffected as they were walking full laps so for them, our issues were probably invisible.

Next week, we have to ensure that we start all events on time and that we run without issue. To aid this, a few changes

- We will not be running Handicap Start events next week. While all our events will still be points races, we will have normal group starts at 2:15PM (8km and 4km), 2:35 (1km) and 2:45PM (2km).
- We will close entries for the 8km and 4km events at 2PM – if you are not here by then for the 8km and 4km events, you will not be allowed to officially race. If you are going to be late, ring someone and get them to enter you.
- We also ask competitors to stay away from the recording tent – the steady stream of people coming to the tent in the final few minutes before the start time also makes it more difficult for us to get the events away on time..

Anyway, enough of that. Onto the good news of the weekend's racing. We had a big day once again with 94 walkers in attendance. After a week of almost continuous rain, it cleared mid morning and, apart from a bitter shower mid race, we were spared from any more serious impact. Thanks to Debra Brill for the photos which Terry Swan has uploaded to www.vrwc.org.au/coppermine.

The first events to kick off were the Victorian and Victorian Masters 10km championships. Congratulations to our new Victorian Champions Frank Bertei and Kelly Ruddick. It is some 4 years since we last saw Frank in action and he has kept his fitness well. I had heard a rumour that he was back in training and it was great to see him in action again. Kelly's time of 47:34 was excellent and well ahead of anyone else on the day.

AV 10km Mens

1.	Frank Bertei	ANW	0:51:02	1 st M40
2.	Aaron McDonough	PTN	0:52:01	
3.	Simon Evans	BXH	0:55:51	2 nd M40
4.	Bob Gardiner	COL	1:01:22	1 st M50
	Mark Donahoo	ATE	DNF	

AV 10km Women

1.	Kelly Ruddick	BHA	0:47:34	
2.	Cassandra Rasselli	SCA	0:55:09	
3.	Heather Carr	EAG	0:55:20	1 st W50
4.	Tamara Attard	KNA	0:58:35	
5.	Kirstin Shaw	WES	0:58:48	
6.	Robyn Shaw	WES	1:04:00	1 st W40
7.	Annette Major	EAG	1:06:48	2 nd W40

The VMA championships saw a good number of our older walkers in action Best performers from an age-graded perspective were Heather Carr (55:20 for W60), Bob Gardiner (61:22 for M75), Kelly Ruddick (47:34 for W35), Russ Dickenson (55:05 for M65) and Ralph Bennett (58:49 for M65). Amongst others, Aaron McDonough 52:01 and James Seid-Christmass 52:21 both walked PBs.

10km VMA Championships

1	W35	Kelly Ruddick	0:47:34	88.20%
1	W45	Robyn Shaw	1:04:00	71.78%
2	W45	Annette Major	1:06:46	68.17%
1	W50	Donna Elms	1:08:45	67.47%
1	W55	Alison Thompson	1:01:38	82.01%
1	W60	Heather Carr	0:55:20	94.78%
2	W60	Liz Feldman	1:04:04	82.92%
3	W60	Celia Johnson	1:09:32	77.41%
1	W65	Gwen Steed	1:11:23	81.01%
1	W70	Margaret Beaumont	1:23:14	74.10%
1	M35	Aaron McDonough	0:52:01	73.78%
1	M40	James Seid-Christmass	0:52:21	76.11%
2	M40	Sasha Radotic	1:00:40	64.16%
	M50	Mark Donahoo	DNF	
1	M55	Clyde Riddoch	1:04:11	69.76%
1	M60	Alan Lucas	1:00:18	78.75%
1	M65	Russ Dickenson	0:55:05	88.09%
2	M65	Ralph Bennett	0:58:49	86.42%
	M65	Llew Jenkins	DQ	
1	M70	Tony Johnson	1:03:05	82.62%
2	M70	Barrie Wicks	1:16:04	67.65%
	M70	Ian Beaumont	DQ	
1	M75	Bob Gardiner	1:01:22	89.65%
2	M75	Harry Summers	1:13:17	75.08%



Cassie Raselli, Tamara Attard, Heather Carr, Frank Bertei and James Seid-Christmass



Frank Bertei, Simon Evans, Aaron McDonough, Robyn Shaw, Bob Gardiner and Kelly Ruddick

All club members were automatically included in the VRWC Open 10km so that meant 32 walkers in total. While Kelly and Frank led from the front, we saw a number of excellent performances further back in the field from the likes of Cassie Raselli (a big PB of 55:09) and Michelle Thompson (a PB of 59:33). And well done to Alex Poore who walked his first 10km with us, recording 1:18:51. Robyn Shaw and Russ Dickenson were our handicap winners.

10km Open

1.	Kelly Ruddick	0:47:34	5
2.	Cassandra Rasselli	0:55:09	2
3.	Heather Carr	0:55:20	4
4.	Tamara Attard	0:58:35	
5.	Kirstin Shaw	0:58:48	3
6.	Michelle Thompson	0:59:33	
7.	Alison Thompson	1:01:38	6
8.	Gayle McIntyre	1:02:50	11
9.	Robyn Shaw	1:04:00	1
10.	Liz Feldman	1:04:04	9
11.	Annette Major	1:06:46	
12.	Donna Elms	1:08:45	8
13.	Celia Johnson	1:09:32	7
14.	Gwen Steed	1:11:23	12
15.	Margaret Beaumont	1:23:14	10
1.	Frank Bertie	0:51:02	
2.	Aaron McDonough	0:52:01	2
3.	James Seid-Christmass	0:52:21	4
4.	Russ Dickenson	0:55:05	1
5.	Simon Evans	0:55:51	9
6.	Ralph Bennett	0:58:49	8
7.	Alan Lucas	1:00:18	7
8.	Sasha Radotic	1:00:40	
9.	Bob Gardiner	1:01:22	3
10.	Tony Johnson	1:03:05	
11.	Clyde Riddoch	1:04:11	6
12.	Harry Summers	1:13:17	10
13.	Barrie Wicks	1:16:04	5
14.	Alex Poore	1:18:51	
	Mark Donahoo	DNF	
	Ian Beaumont	DQ	
	Llew Jenkins	DQ	

As explained above, there may be a few slow times in the 5km and 3km events. I know of a few competitors who stopped with one lap to go and then got going again. In the 5km race, Michelle Laufer excelled with 27:57 as did Lauren Stadius whose 28:32 was a PB. Aaron Tam also recorded a good PB with 25:57 so those who got it right were in good form.

5km Open

1.	Kylie Irshad	27:27	3
2.	Michelle Laufer	27:57	1
3.	Lauren Stadius	28:32	2
4.	Chloe McNicol-Davidson	33:57	
1.	Aaron Tam	25:57	2
2.	Nicholas Mirarchi	28:38	4
3.	Gerard Feain	29:34	1
4.	Geoff Barrow	33:10	3

3km Open

1.	Simone McInnes	17:20	1	(approx time)
2.	Pam Mews	31:43	2	
1.	Jason Elms	18:00	1	
2.	Gordon Onley	18:30		

3km Under 15

1.	Megan Walker	17:02	9	
2.	Lauren Collis	17:06	3	
3.	Stephanie George	17:20	12	(time effected)
4.	Emily Hamilton	17:45	11	(time effected)
5.	Jessie Eastwood	18:21	7	
6.	Cassandra Kay	19:07	8	
7.	Emily Swan	19:16	5	
8.	Stacey McLaren	19:19	4	

9.	Rebecca Campbell	19:19	6	
10.	Rachael Guy	19:46	1	
11.	Brianna Cooke	19:52	2	
12.	Rebecca Guy	20:02		
13.	Madeleine Feain	22:39	10	
1.	Billy Allamby	17:30	3	(time effected)
2.	Reese Walmsley	18:36	4	
3.	Connor McShanag	19:19	5	(time effected)
4.	Paul Tremigliozi	19:53	2	
5.	Cody McNicol-Davidson	20:17	1	



Connor McShanag, Billy Allamby, Lauren Collis, Megan Walker, Michelle Laufer and Michelle Thompson

Large fields again in our U12 events. Sorry we had to keep you waiting so long! Kyle Swan was well in front with 10:21 while Harry Hockley-Samon 10:53 and Paige De Lisen 10:54 had a great battle behind him. Overall, the racing was of a high standard. Handicap winners were Hayley Brown and Ethan Wright.

2000m Under 12

1.	Paige De Lisen	10:54	7
2.	Shelby Kay	11:01	4
3.	Hayley George	11:26	3
4.	Brodie Richardson	11:26	5
5.	Hayley Brown	11:51	1
6.	Mikhala Hodges	11:56	11
7.	Tara Xuereb	12:16	2
8.	Jessica Lillie	12:21	12
9.	Anaya Hodges	12:32	5
10.	Chelsea Owen-Smith	12:32	9
11.	Jemma Eastwood	12:52	13
12.	Josephine Laufer	13:01	8
13.	Lee Taylor	13:22	10
	Gabbie Crea	DQ	
1.	Kyle Swan	10:21	7
2.	Harry Hockley Samon	10:53	3
3.	James Burren	11:48	5
4.	Hugh Collis	11:57	2
5.	Ethan Wright	12:20	1
6.	Hayden Walmsley	12:58	4
7.	Lachlan Feain	13:21	6
8.	Brendan O'Mahony	13:38	9
9.	Harley Davidson	16:49	8

The U9 walkers raced over 1km with Brianna Lillie 5:47 and Kathleen O'Mahony 5:48 putting on a grett show for everyone. Caine Brill was not far behind with 6:04, a big PB. Caine and Frances Collis were our handicap winners.

1000m Under 9

1.	Brianna Lillie	05:47	5
2.	Kathleen O'Mahony	05:48	4
3.	Frances Collis	06:25	1

4.	Mercedes Brennan	06:25	2
5.	Payton Kay	07:21	6
6.	Beatrice Laufer	07:22	3
1.	Caine Brill	06:04	1
2.	Bede Collis	08:15	2



Paige De Lisen, Harry Hockley-Samon, Bede Collis, Cassandra Kay, Caine Swan



Brianna Lillie and Clyde Riddoch, Harley Davidson, Hayley Brown and Kyle Swan

Finally thanks to those many people who helped during the course of what was a difficult day. I have almost certainly missed a few but here goes!

- Course setup:** Tim Erickson, Stuart Cooper, Sasha Radotic, Bob Gardiner, Harry Summers, Craig Brill
- Entries:** Michael Bodey, Russ Dickenson, Tim Erickson
- Canteen:** Barb Gardiner, Wendy Cooper, Kate Suich, Marlaine Stanway
- Officials:** Ian Laurie, Susan Taylor, Tim Erickson, Damien Elms, Don McLaren, Matt Owen, Paul Kozaris, Mark O'Mahony, Michael Bodey
- Judges:** Judy Mason, Diane Lowden, Terry Knappe, Peter Vysma, Gordon Loughnan, Lloyd Nicholls, Kathleen Marsh, Terry Swan
- Photos:** Debra Brill

STYLE AWARD KICKS OFF

Our Style Award competition kicked off on Saturday. As part of this competition, we ask our judges to take on the additional task of awarding points to those walkers whom they think walked best on the day from a technical perspective. Now we all have our own different views of what the ideal walker should look like so it is no surprise that quite a few walkers get points from the judges. Over the course of the season, we can expect to see the technically best walkers bubble to the top. Check over the page for the walkers who got the points this week.

Open & U15 Men		U12 & U9 Boys		Open & U15 Women		U12 & U9 Girls	
Russ Dickenson	9	Kyle Swan	5	Kelly Ruddick	15	Paige De Lisen	6
Frank Bertei	6	Hayden Walmsley	4	Cassie Raselli	7	Brodie Richarson	4
James Seid-Christmass	4	James Burren	2	Rebecca Guy	4	Stephanie George	2
Clyde Riddoch	3			Lauren Stadius	3	Shelby Kay	2
Ralph Bennett	3			Kirsten Shaw	3	Anaya Hodges	1
Aaron McDonough	2			Kylie Irshad	2	Jessica Little	1
Nicholas Mirarchi	1			Emily Swan	2		
Simon Evans	1			Megan Walker	2		
				Hayley George	1		
				Heather Carr	1		
				Tamara Attard	1		

SOUTH AUSTRALIAN MASTERS ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 14 MAY 2011

The South Australian Masters are back on the road for the winter and walked 5km on Saturday at West Beach, Adelaide. Thanks to Colin Hainsworth for the results. He explained: *This Saturday was the Club's 40th Celebratory meeting so just a short walk with eats, talks and reminisces afterwards.*

M59	Kevin Finn	30.43	71.89%
M59	Jack Russell	31.49	69.82 %
M72	Arthur Jones	32.26	79.2 0%
W51	Marie Maxted	33.21	67.52 %
M56	Rob King	36.12	59.67 %
M67	Graham Harrison	36.48	65.68 %
M73	Rodger Barbour	36.52	70.58 %
M68	Roger Lowe	38.15	63.93 %
M74	Paul Boyce	38.40	68.2 0%
W43	Rose Stigwood	39.02	53.92 %
W68	Elaine MacFarlane	40.12	69.07 %
M73	Colin Trengove	42.00	61.96 %
W67	Margaret Trengove	42.00	64.27 %
W57	Linda Whitelaw	42.06	56.78 %
W77	Cynthia Dally	42.15	74.84 %
W?	Roxy Pappageorgiou	42.50	
W58	Edna Bates	43.12	55.94 %

SARWC ROADWALKS, VICTORIA PARK, ADELAIDE, SATURDAY 14 MAY 2011

Thanks to Peter Crump for his weekly report from the South Australian Racewalking Club.

This week's walks were held at Victoria Park, along a 500 metre up and back (1km) track, for our annual Knight Campbell trophy for 10km and Rob McFadden trophy for U20 5km.

Very pleasing handicap results on the 10km event, with less than 30 seconds covering the top 4 and a race to the finish with Kim Mottrom coming out just ahead of Justin Hill on the line. Good racing from Kim, who had complained about the severity of the handicap, but he walked within 1 second of it. Another excellent walk in good racing form by Justin Hill.

Over the 5km distance, some more quality handicapping, setting aside the "burglar" Allegra Steele who has been foxing so far this season, 40 seconds covering 2nd to 5th. Lachlan Tyler-Dowd is a worthy winner of the Rob McFadden trophy for the U20 5km handicap event.

A non prize money handicap over 2km saw Riona Tyler-Dowd give the family a quinella, while yet more PBs followed for Rhiannon Lovegrove, Alix Harlington and Anna Cross.

10km Handicap Walk		Finish Time	Actual Time
1.	Kim Mottrom	69:01	47:46
2.	Justin Hill	69:03	54:18
3.	Peter Crump	69:23	55:53
4.	Darren Bown	69:28	44:13
5.	Gloria Holliday	71:04	65:04
6.	Kristie Goznik	72:21	55:11
7.	Jim Hoare	73:49	73:19

5km Handicap Walk		Finish Time	Actual Time
1.	Allegra Steele	37:43	28:43
2.	Lachlan Tyler-Dowd	38:04	29:44
3.	Ron O'Neil	38:25	38:25
4.	Yvette Becker	38:40	27:10
5.	Samara Holliday	38:46	26:36

6.	Jemma Potezny	39:09	27:19
7.	Mason Heath	39:38	29:43
8.	Jessica Stephens	40:05	30:55

2km Handicap Walk		Finish Time	Actual Time
1.	Riona Tyler-Dowd	13:45	13:45
2.	Rhiannon Lovegrove	13:58	12:03
3.	Alix Harlington	14:03	10:33
4.	Anna Cross	14:03	10:43
5.	Julia Potezny	14:15	10:55

QRWC ROADWALKS, BEENLEIGH, BRISBANE, SUNDAY 15 MAY 2011

Thanks to Noela McKinven and Peter Aiton for last weekend's Queensland Racewalking Club handicaps at Beenleigh. Peter commented: "Only 13 walkers race at club this weekend due to AA U/17s in Canberra & the Corporate Challenge at the Gold Coast, the weather was fine for good racing conditions." Brad Aiton was the standout walker with a super fast 21:09 for 5km.

A Grade 10km	Men:	(1) Peter Bennett 51.08	(2) Dean Nipperess 57.59
B Grade 5km	Men:	(1) Brad Aiton 21.09	(2) Richard Lynch 36.10
	Women:	(1) Kenza Benzenati 26.40	(2) Lucy-Rose Boardman 35.27 (3) Noela McKinven 38.04
		(4) Christiane Dauphinet 39.10	
C Grade 3km	Boys:	(1) Trent Miles 17.45	
	Girls:	(1) Katya Martin 16.08	
D/E Grade 2km	Boys:	(1) Yanis Benzenati 11.13	(2) Ryan Pinchen 11.57
	Girls:	(1) Thalia Martin 14.22	

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 15 MAY 2011

Thanks to Rick Cattermole for the Racewalking Club of Western Australia results from last Sunday in Perth.

10k Open Women		
1.	Vanessa Brown	62.05
5k Open Women		
1.	Andrea Hahn	31.37
2.	Michelle Butler	31.57
3.	Caitlin Gerken	33.47
3k Open Women		
1.	Jemma Brown	19.00
2.	Summer Brown	21.52
1.5Km Open Men		
1.	Luke Button	8.09
2.	Thomas Button	8.14

NSWRWC RACES, CHIPPING NORTON, SATURDAY 23 APRIL 2011

It is a bit hard getting the latest NSW results at the moment but here are a couple from a few weeks ago from the NSW Race Walking Club website. First to 23rd April at Chipping Norton when 47 walkers turned out for the club handicap roadwalks. Kyle Malone 36:36, Ian Jessuran 38:53 and Amy Bettiol 41:49 all recorded excellent 8km times while Tyler Jones 14:23 was well in front as usual in the shorter 3km race and Kyle Bedford was a standout in the 1km with a super fast 4:44.

Long Division – 8km		Finish Time	H'Cap Time	H'Cap Place
1.	Kyle Malone	36.46	36.46	1
2.	Ian Jessuran	38.53	37.45	2
3.	Amy Bettiol	41.49	-	-
4.	Matthew Killen	46.02	38.53	3
Medium Division – 6km		Finish Time	H'Cap Time	H'Cap Place
1.	Brooke Keys	28.54	24.31	1
2.	Kirsty Klein	30.57	-	-
3.	Anthony Albanese	35.40	-	-
4.	Demi Psarianos	35.58	28.41	4
5.	Tony Psarianos	36.14	28.34	3
6.	Judy Brown	47.40	27.42	2

Short Division – 3km		Finish Time	H'Cap Time	H'Cap Place
1.	Tyler Jones	14.23	14.23	7
2.	Robert Murphy	15.17	16.07	9
3.	Tom Doyle	16.17	16.07	10
4.	Stephanie Grujoski	16.21	13.40	6
5.	Amanada Barendregt	17.01	12.44	3
6.	Bryony Beasley	17.06	14.36	8
7.	Caitlen Plummer	18.15	9.51	1
8.	Sara Klien	18.20	-	-
9.	Jade Dighton	18.47	10.06	2
10.	Marko Zitco	20.44	-	-
11.	Nicolle Challinor	25.01	13.31	4
12.	Jenny Lingley	25.01	13.31	4
13.	Annette Tillman	25.57	-	-

U16 Division – 2km		Finish Time	H'Cap Time	H'Cap Place
1.	Luke Jobson	10.43	10.33	8
2.	Jasmyn McDonald	10.44	10.29	7
3.	Sarah Killand	10.59	9.32	1
4.	Dylan Richardson	11.01	10.10	3
5.	Brody Gunn	11.35	-	-
6.	Damien Owen	11.51	11.19	10
7.	Brooke Ferguson	12.01	11.22	11
8.	Declan O'Connell	12.04	11.14	9
9.	Travis Barendregt	12.04	10.23	5
10.	Michael Murphy	12.07	10.10	3
11.	Bridget O'Connell	12.08	9.52	2
12.	Josie Doyle	12.51	10.28	6
13.	Ally Grujoski	14.34	12.41	12

U12 Division – 1km		Finish Time	H'Cap Time	H'Cap Place
1.	Kyle Bedford	4.44	4.44	8
2.	Benjamin Tisdale	5.11	4.28	5
3.	Ryan Thomson	5.32	4.40	6
4.	James Plummer	5.38	4.13	3
5.	Madeline Owen	6.13	4.46	9
6.	Tayla Jobson	6.20	4.06	2
7.	Katelin Ellyard	6.23	4.43	7
8.	Julia Kelland	6.50	4.04	1
9.	Bree Ellyard	6.51	5.01	11
10.	Logan Barendregt	8.07	5.00	10
11.	Callum Owen	8.07	4.21	4

NSWRWC RACES, LEICHHARDT, SATURDAY 30 APRIL
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The following week at Leichhardt, AIS walker Cheryl Webb was the standout with a 10km time of 45:45, not far away from her all time best of 45:20, done in 2004, and amongst the best times by an Australian woman in recent years. It is good to see Cheryl starting to put some times on the board.

Long Division – 10km		Finish Time	H'Cap Time	H'Cap Place
1.	Cheryl Webb	45.55	-	-
2.	Ian Jessurun	51.30	47.28	2
3.	Jay Felton	55.09	49.06	3
4.	Matthew Killen	55.45	40.14	1

Medium Division – 8km		Finish Time	H'Cap Time	H'Cap Place
1.	Kirsty Klein	44.26	43.54	5
2.	Robert Wilcox	50.01	49.52	6
3.	Demi Psarianos	50.50	42.54	3
4.	Tony Psarianos	50.57	37.57	1
5.	Joan Purcell	61.41	41.57	2
6.	Judy Brown	65.16	43.04	4

Short Division – 4km		Finish Time	H'Cap Time	H'Cap Place
1.	Robert Murphy	21.22	19.24	5
2.	Tom Doyle	21.42	18.06	3
3.	Sara Klein	24.41	19.25	6
4.	John Thompson	25.35	18.55	4
5.	Caitlin Plummer	25.51	20.41	7
6.	Jade Dighton	26.30	10.59	1

7.	Lewis Thompson	26.40	17.46	2
8.	Joanne Elias	32.21	-	-

U16 Division - 3km		Actual Time	H'Cap Time	H'Cap Place
1.	Luke Jobson	15.57	24.44	1
2.	Jasmyn McDonald	17.26	26.04	2
3.	Dylan Richardson	17.35	26.24	3
4.	Declan O'Connell	18.11	26.40	5
5.	Sarah Kelland	18.27	26.26	4
6.	Damien Owen	18.43	27.32	8
7.	Bridget O'Connell	19.55	26.45	6
8.	Michael Murphy	20.15	27.32	8
9.	Elleni Poulos	21.26	28.00	10
10.	Josephine Doyle	22.20	27.25	7
	Tayla Brooks	DNF		
	Danielle Kalemusic	WW (whatever that means!)		

U12 Division - 1.5km		Finish Time	H'Cap Time	H'Cap Place
1.	Leah McDonald	7.58	7.51	9
2.	James Plummer	8.13	7.11	4
3.	Ben Tisdale	8.17	7.06	1
4.	Ryan Thomson	8.43	7.27	7
5.	Madeline Owen	9.05	7.14	5
6.	Samantha Brown	9.10	7.10	3
7.	Jasmyn Vesey	9.23	8.09	11
8.	Jasmine Fletcher	9.35	-	-
9.	Tayla Jobson	10.32	7.30	8
10.	Flynn Ross	10.43	7.25	6
11.	Julia Kellard	11.00	7.09	2
12.	Tiffany Poulos	11.08	8.01	10

OVERSEAS RESULTS

FORTALEZA (BRA, May 11): The Brazilian Athletics Tour hosted an evening meeting in Fortaleza on Wednesday 11 May. Amongst a number of good performances was a new National 5000 m track walk record for Cisiane Dutra Lopes with 22:27.19.

ISTANBUL (TUR): Turkey will be represented at the European Cup Race Walking Championships in Portugal next weekend by a small walks team - Recep Celik with Kemal Gelecek in the men's 20km, Semiha Mutlu in the women's 20km, Ozgur Ozan Pamuk and Sahin Senoduncu in the U20 men's 10km and Tugce Gunes and Gamze Ozgur in the U20 women's 10km.

ROMA (ITA): By comparison, Italy will send large teams for all five walks at the European Race Walking Cup - Matteo Giupponi, Daniele Paris, Giorgio Rubino and Federico Tontodonati in the men's 20km, Teodorico Caporaso, Marco De Luca, Lorenzo Dessi and Jean Jacques Nkouloukidi in the men's 50km, Elisa Rigaudo, Federica Ferraro, Eleonora Anna Giorgi and Antonella Palmisano in the women's 20km. Youth Olympic Games winner Anna Clemente leads the U20 Women's 10km squad.

ERINO (RUS, May 9): The Russian Walking Grand Prix 10km winners were Tatyana Korotkova (44:11) and Sergey Sergachev (40:52). Second place in the women's event went to World Junior 2008 silver medallist Elvira Alembekova (44:53).

10th African Junior Championships, Gaborone, Botswana , 13-15 May 2011

The African Junior Championships were held last weekend in Gaborone in Botswana and it was interesting to see Ethiopia winning 4 of the 6 walks medals. If their walkers can match the prowess of their runners, watch out!

Men's 10000 Walk

1.	Yesref Tewfik	ALG	46:04.04
2.	Buzuneh Bekele	ETH	47:33.18
3.	Gemeda Teshome Daba	ETH	49:15.52
4.	Ruan Wessels	RSA	49:43.75
5.	Mfana Mbatha	RSA	52:59.21
6.	Onkarabile Swimbo	BOT	53:12.45

Women's 5000m Walk

1.	Shefrawe Aynalem Eshetu	ETH	22:59.19
2.	Ayele Adanech Mengistu	ETH	24:55.73
3.	Ghazal Tahani	TUN	26:06.04
4.	Inge Kotze	RSA	29:34.66
5.	Mbodza Ogomoditse	BOT	34:24.22

REGAN LAMBLE ADDED TO THE AUSTRALIAN TEAM FOR THE IAAF WORLD CHAMPS

Following a meeting of Athletics Australia's selectors a week ago, an additional 6 athletes, including walker **Regan Lamb**le, have been added to the Australian team to contest the 2011 IAAF World Championships. Regan, still only aged 19, has been added to the women's 20km walk team following her strong 1:31:39 performance at the IAAF Race Walking Challenge in China last month. See the full announcement at http://www.athletics.com.au/news/news/2011/may/australian_world_champs_team_b.

The Australian walk contingent now reads

10km Men: Luke Adams (NSW/AIS), Adam Rutter (NSW/AIS), Jared Tallent (VIC/AIS)
 50km Men: Luke Adams (NSW/AIS), Nathan Deakes (VIC/AIS), Jared Tallent (VIC/AIS)
 20km Women: Regan Lamble (VIC/AIS), Claire Tallent (SA/AIS)

One spot remains in the women's team but time is fast running out and the place may well remain unfilled.

FOCUS ON REGAN LAMBLE

With Regan gaining her first senior international vest, it is time to zoom in on her career thus far. First let's summarise the four international vests she has won so far.

2008	Racewalking World Cup	Cheboksary (RUS)	U20 10km	26 th	49:38
2010	Racewalking World Cup	Chihuahua (MEX)	U20 10km	15 th	51:16
2010	World Junior Champs	Moncton (CAN)	10,000m	8 th	47:55
2011	IAAF World Champs	Daegu (KOR)	20km	TBA	

And now onto an in-focus look at her career.

Regan Lamble is one of three young Victorian walkers who started their International career in 2008. Born 14 November 1991, the Albert Park regular joined fellow VRWC club members Jess Rothwell and Rhydian Cowley in the Australian Team at the World Racewalking Cup in Russia in May of that year. I am pleased to say that all three have kicked on from that start and are currently pursuing their chosen paths as international walkers.

Regan started racewalking at the Nunawading Little Athletics venue during the 2002/2003 Summer season and was coached during her early developmental years by Dave Blackwood. She was immediately successful, taking the gold medal in the Victorian Little Athletics Under 11 1500m walk championship in **8:01.58** in March 2003. Interestingly, in those same championships, Rhydian Cowley won the Under 12 Boys 1500m in 7:41.22 and Jess Rothwell won the Under 14 Girls 1500m in 6:45.92.

Regan had her first race at Albert Park in April 2003, coming 2nd to Natalie Laurie in the Under 12 1500m with **8:30**. Within a couple of weeks, she had recorded **11:07** for the 2 km walk, again a close second to Natalie. She experienced her first Canberra Carnival that year, coming 6th in the Under 12 2 km walk with a PB time of **10:47**.

If 2003 was a tentative first year in the sport, 2004 was outstanding. In May, she reduced her 2 km time to **10:09**, tested herself over the longer distances with a 4 km time of **20:48** and then further reduced her 2 km time to **9:52**. She went into the Canberra Carnival in June as a real chance and did not disappoint, winning out over S.A. walker Paige Hooper in a memorable final sprint in the Under 14 Girls 2000m. Regan trailed with 100m to go but managed to produce a fantastic final sprint to win by the shortest of margins. Her style under pressure was impeccable and, even with such a desperate final sprint, she incurred no cautions or warnings and looked safe. She finished off what had been a great winter season with a win in the Victorian Under 14 3 km roadwalk with **15:38**.



Left – 12 year old Regan walks 9:52 for the 2 km walk at Albert Park in June 2004
Right - Regan about to take the lead in the 2004 Racewalking Australia Under 14 2 km event in Canberra

The 2004/2005 summer season saw her take third in the Australian Schools Under 14 1500m track championship in Sydney in December in a PB time of **7:15.59** and culminated in her representing Victoria in the Australian Little Athletics Championships in Hobart in April where she came 2nd in the 1500m walk.

The 2005 winter season saw her take all before her with wins in the Victorian Schools Under 16 3 km roadwalk (**14:48**) and the Australian Under 16 5 km roadwalk (**25:40**) in Adelaide in August. She finished the season with a 3 km best time of **14:35**, an excellent time for a 13 year old girl.

The highlight of her career thus far was her representation in the Girls 3000m walk (13-14 years) in the Pacific School Games in Melbourne in late November 2005. There she finished third to Paige Hooper of South Australia and Zang Yu of China in a time of **15:14.51**. The time was not of great consequence but the performance was. An indication of her form was shown a week before when, at the Eastern Region competition at Proclamation Park, she set a new Little Athletics venue record of **7:09** for 1500m in the morning and then backed up with a very fast **9:42** for the 2000m walk in A.V. Shield competition in the afternoon.

In 2006, she swapped coaches to Simon Baker. Under Simon's watchful eye (Simon also coached Jess Rothwell), she continued to improve, as evidenced by her 1500m time of **6:56**, done in Nunawading Little Athletics Centre competition in late February. She had to lower her colours to Paige Hooper on a couple of occasions that year but the competition was good for her and spurred her onto greater efforts. She finished second to Paige in the Under 16 3 km walk in the Canberra Carnival in June with a PB time of **14:27** and then came third to Paige and Melissa Hayes (NSW – 2008 World Junior rep) in the Australian Under 16 5 km roadwalking championship in August with **25:31**. She also tested the waters with some longer walks that winter, doing a number of 8 km roadwalks at Albert Park – and recording a best time of **41:43**. The one black spot in an otherwise great year occurred when she broke her toe playing soccer just before the Australian All schools Championships in early December.

2007 saw her race more frequently over longer distances. In early June she recorded **24:32** for the 5 km roadwalk at Albert Park and then surprised everyone by choosing to walk the Open Women's 10 Mile event in Canberra. There, walking with coach Simon Baker, she came 7th with a great first up time of **1:30:51**. That winter she also won the Victorian Schools Under 18 5 km roadwalk (**24:50**) and the Victorian Under 18 8 km roadwalk (**40:25**). In August, she also reduced her 8 km roadwalk PB down to a very respectable **40:02**. It was no surprise when she was named in the Australian Under 17 National Developmental Squad, an indication of the potential that was there for all to see.



Regan walks her first Canberra 10 Mile in June 2007 with Australian racewalking legends Andrew Jachno and Simon Baker

The 2007/2008 summer saw more great walks. In October (still only aged 15), she won the Victorian Under 17 5000m track walk in a new Victorian Record time of **24:31**. Then in December in Sydney, she won the Australian Schools Under 17 5000m track walk championship with **25:02.33**.

In January 2008, she led from the front to win a Melbourne Shield competition 2000m walk in **9:13**, yet another PB. A month later, she took second place in the Victorian Open Women's 5000m with **24:35** behind Kellie Wapshott.

Simon had targeted her to walk her first 10 km event in the Australian Under 20 10,000m track championship at the Gold Coast in Queensland in March and it was the scene of yet another high quality walk. Her fourth place in **51:06.7** looked like this

1.	Jessica Rothwell	VIC	46:15.17
2.	Melissa Hayes	NSW	48:04.62
3.	Nicole Fagan	NSW	50:44.01
4.	Regan Lamble	VIC	51:06.17

Regan came home thinking she had done well but not really considering anything further. It was to her astonishment when, a short while later, she found that she had been selected as the third walker in the Australian Under 20 team for the World Walking Cup behind Jess Rothwell and Nicole Fagan. Melissa Hayes had been selected along with Jess in the World Juniors but the selectors had

decided she should only do the one event. This opened the door for Regan who accepted it with open arms.



**Left: Paige Hooper (U18) leads Melissa Hayes (U18) and Reagan Lamble (U17) in the 2007 Australian All Schools Champs
Right: Regan at full stretch in February 2008 when recording 24:35 in the Victorian Open 5000m track championship**

Her first international appearance on Saturday 10th May 2008 in Cheboksary was an eye popping PB by nearly 80 seconds and saw her take 26th place in **49:38**. Returning to Melbourne, she took a welcome break before returning to competition in June. Her first race was the Open Women's 10 Mile event at the annual Racewalking Australia carnival in Canberra. This year, she came third overall with a huge PB time of **1:24:11** over the tough hilly course. Then in quick succession, she knocked out times of **24:15** (5 km) and **39:37** (8 km) at Albert Park before winning the Victorian U18 5km roadwalking championship in **24:18**. She was forced to miss the 2008 Australian roadwalking championships in August due to illness but she had already done enough for the year to sit back and savour the feeling.

She was back in action in November, winning the Victorian Schools U18 5000m walk in **25:08.43**. She followed up with another win in the prestigious Pacific Schools U18 5000m with **25:06:40** in Canberra. Finally, she finished the year with a solid hitout over 10 km (**51:15**) in Melbourne in December.

She spent January in Canberra on an AIS training camp and the results were immediate. Her winning time in the Victorian Under 20 5000m walk in Melbourne in February was a big PB time of **23:15.73** (PB).

2009 saw Regan completing her final year of school and no further races were forthcoming as she seemed content to train with Simon Baker's squad in Melbourne and keep her nose to the study grindstone. The sacrifice was obviously worth it as she scored a huge HSC result.

Once her final exams were completed, she was off to Canberra, the recipient of an AIS scholarship. After a couple of months spent training in the competitive Institute environment, she faced the starter's gun for the first time in 12 months, the venue Hobart and the occasion the Australian Selection Trial for the 2010 World Racewalking Cup. She won in flying colours in a new 10km PB of **48:12**.



Regan racing in 2010 – looking every inch the polished athlete

Third place in the Sydney Track classic two weeks later (an equal PB of **23:15** for 5000m) and a win in the Australian U20 10,000m championship in Sydney in March (**48:21**) and she looked ready for a big walk in the World Cup in Mexico in May. Strangely, her subsequent performance in the tough Chihuahua conditions was slightly disappointing – 15th in **51:16**. But it was a learning experience for Regan and the next 12 months would show just how much improvement was still to be seen.

Her next appointment was a big double in the annual Racewalking Australia carnival in Canberra in June – 1st in the 10 mile on the Sunday morning with **1:19:04** and 2nd in the 5km in the afternoon with **23:14**. Then it was back into one last solid training block to prepare for the World Junior Championships in Moncton, Canada, for which she has also been selected. In the leadup to the big race in early July, PBs of **13:12** (3000m) and **22:55** (5000m) showed that she was in great shape and her Moncton finish of 8th in a PB time of **47:55** was a revelation.

She further improved her 10km time to **47:03** in October at a VRWC club race in Melbourne before targeting a 20km debut in the A.A. Invitational 20km Open event held in December at Fawkner Park in Melbourne. And what a superb debut it was – 2nd to Claire Tallent in **1:36:40**.

After another summer spent training in Canberra with the full squad, she returned to Hobart in February, this time to attack the 20km distance – once again finishing 2nd to Claire with an improved **1:35:08**.

The next 2 months saw her racing blossom. In March, she finished 2nd (to Claire of course!) in the Australian Athletics Tour Meet 5000m Walk in Sydney with **22:19**. Then in early April, she won the MKR Hong Kong International 10km event with **46:30**. Two weeks later the big one came – 12th in the IAAF Race Walking Challenge Meet in Taicang in China with an IAAF A qualifying time of **1:31:39**.



Left: Regan wins in Hong Kong in April

Right: Regan with coach Brent Vallance in Taicang earlier this month

That 20km performance has seen her added to our team for the 2011 IAAF World Championships and that's where things stand at the moment. Not too bad for a 19 year old!

Next month we will have a chance to see her in action in the LBG Carnival in Canberra – probably attempting the tough 10 mile / 5km double. The sky's the limit for this talented young walker.

NATIONAL YOUTH CAMP

Last weekend saw an 2011 Australian Under 17 Development Squad camp at the AIS and the 7 racewalkers were amongst the 58 squad members in attendance. Spanning four days, the camp was held at the AIS and also welcomed more than 20 personal coaches. You can read about it at http://www.athletics.com.au/news/news/2011/may/under_17_squad_heads_home_afte

Over the 4 days of the camp, the athletes trained and attended sessions on such diverse topics as nutrition, training, recovery, goal setting and stretching. Thanks to Brent Vallance for the following photos



On the exercise bikes at the AIS - Zac Partington (WA), Nathan Brill (VIC), Jesse Osborne (QLD), Amelia Finnegan (VIC), Amy Bettiol (NSW), Jmara Hockley-Samon (VIC) and Jasmine Dighon (NSW)



A late afternoon training session for the National Youth Squad members (with local ACT walker Harry Bates in red)

WHAT'S COMING UP

Next Saturday sees us back at Middle Park with further club races. The published program had stated that Handicap Start events were to be held but we are reverting to normal starts in an effort to bed our events down and meet our published start times. A reminder that entries for the 8km and 4km events close at 2PM sharp. If you are not there by then, you can't race.

Note that the winners of each of the ten handicap events will be able to pick a prize from our prizes table so make sure you stay around after the events.

Saturday 21 May 2011, Middle Park			
VRWC EVENTS: Race entries for the 8km and 4km events close at 2PM. Prizes for handicap winners.			
2.15pm	8km	Handicap	Open
2.15pm	4km	Handicap	Open
2.15pm	4km	Handicap	Under 15
2.35pm	1km	Handicap	Under 9
2.45pm	2km	Handicap	Under 12
3:30pm	Announcement of Handicap Winners and Prize distribution.		

All Canberra carnival entries close with club secretaries next Saturday. For VRWC walkers, that means you must bring your entry to Middle Park next Saturday or arrange to post it before then. Bookings for our team hotel also close with me on Saturday.

Looking ahead, the **Victorian Country championships** are to be held on Sunday 29 May at Middle Park. The AV online entry panel is now open at <http://www.athsvic.org.au/webScript.php?webPageID=10&script=webMeet.php&years=2011:2012&meetID=1226>. Remember that AV will close entries soon so get in now and register. Metropolitan based walkers can still enter the event and race as guests.

And a final reminder of a couple of other Canberra carnival informational items

- Daryl Biggin tells me that the Ballarat section of Racewalking Victoria is taking a brand new 59 seater bus coach to Canberra and they have spare seats for anyone interested. The bus leaves Ballarat at 7:30AM on Friday 10th June so can pick people up along the way if pre-organized. The bus leaves Canberra to return to Victoria at 8AM on Monday 13th June. You can contact Daryl on 0408 457947 to chat further. He assures me it will be economically priced.
- I have confirmed that our new Racewalking Victoria singlets will be available for us to sell on Sunday 29th May. We are also checking out whether it is possible to also get some crop tops for our female walkers – but no promises at this stage!

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.

2011 Australian/Victorian Winter Season Key Dates

Sun May 29, 2011	Australian Masters 20km championships, Middle Park, VIC
	Victorian Country Roadwalking Championships, Middle Park, VIC
Sun 12 June, 2011	Lake Burley Griffin Racewalking Carnival, Canberra, ACT
Sun 10 July, 2011	Victorian Schools Roadwalking Championships, Middle Park, VIC
Sat 23 July, 2011	Racewalking Australia Postal Challenge (each club in their home state)
Sun 21 Aug, 2011	Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)
7-16 Oct, 2011	13 th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

July 6-10, 2011	7 th World Youth T&F Championships, Lille, France. See http://www.lillemetropole2011.com/
July 7-17, 2011	19 th World Masters T&F Champs Stadia, Sacramento, California, USA. See http://www.wma2011.com/
Aug 12-22, 2011	26 th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
Aug 27-Sept 4, 2011	13 th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Sept 7-13, 2011	4 th Commonwealth Youth Games, Isle of Man, UK. See http://www.cyg2011.com/

2011 IAAF RaceWalking Challenge Series – Remaining Races

26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)		10km

2011 key EAA European Meets

Sat 21 May, 2011	9 th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
Sun 26 Jun, 2011	Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill Shield, Dublin, Ireland

2012 International Fixture

Feb 5-12, 2012	Oceania Masters Athletics Championships, Tauranga, New Zealand
Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyväskylä, Finland
May 12-13, 2012	25 th IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012	14 th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30 th Olympic Games, London. See http://www.london2012.com/

2013 International Fixture

Aug 10-18, 2013	14 th IAAF World Championships in Athletics, Moscow, Russia
July 10-14, 2013	8 th World Youth T&F Championships, Donetsk, Ukraine
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

2014 International Fixture

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

Looking even further forward

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**

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>)