



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AMA, VMA, AV COUNTRY, RWV AND VRWC RACES, MIDDLE PARK, SUNDAY 29 MAY 2011

It was one of our major championship days at Middle Park on Sunday with Australian Masters, Victorian Masters, Victorian County and Racewalking Victoria championships on offer alongside our usual VRWC club races. Conditions were perfect – cool, overcast and still – and 86 walkers were in action across the full gamut of events from U10 to Masters. Thanks to Debra Brill for the photos – you can check them out at <http://www.vrwc.org.au/coppermine>. Thanks also to Frances Attard for the video of our races from the previous Saturday, 21st May - the first 10 minutes have been uploaded to <http://www.youtube.com/watch?v=zN5CqtcfInc>.

The 20km and 10km events were first to kick off at 9:30AM with the cream of our Masters walkers in action. During the course of these events, we saw 4 records broken as follows

- **Lyn Ventris (W50)** broke her own W50 World Record by an amazing 5 minutes, lowering it from 1:45:09 to 1:39:51. Although Lyn is at the top end of her age group, she is still rewriting her own records. When she turns 55 later this year, watch out while she attacks the W55 records. To give some idea of the relative merit of Lyn's performance on Sunday, the Age Graded calculation for this walk is 101.32% - it is many years since I have seen a walk stat over the 100% mark. Astonishing!
- **Heather Carr (W60)** broke her own W60 World Record by 25 secs, lowering it from 1:56:43 to 1:56:18. Like Lyn, Heather is unbeatable in her division and has been setting World Masters Records since the W40 division!
- **Stuart Kollmorgen (M40)** broke his own Victorian M40 15km record on the way through to 20km – his time of 1:11:44 was well ahead of his old record which stood at 1:15:04
- **Kelly Ruddick (W35)** broke her own Victorian W35 10km record by 40 secs in the Victorian Country 10km championship with a PB time of 46:54.



Lyn, Stuart, Kelly and Heather in action on Sunday

First to the AMA/VMA 20km championships which attracted 25 entrants – this is good for what is a challenging long distance event for our older walkers. In the men's, **Stuart Kollmorgen** 1:37:55 and **Colin Heywood** 1:44:42 led the way. Special mention to **Aaron McDonough** whose 1:49:34 was a PB and **Russ Dickenson** whose 1:55:33 saw a huge second half. In the women's, **Lyn Ventris** 1:39:51 and **Heather Carr** 1:56:28 led the way with their World Records but special mentions to **Nyle Sunderland** of NZ a PB 1:57:26, **Barb Bryant** a fantastic 2:00:23 in the W55 division and **Liz Feldman** 2:09:28 in the W60 division. Wow!

AMA/VMA 20km Roadwalk Championships			AMA	VMA	10km	20km	
M35	McDonough, Aaron	VIC	1	1	0:54:14	1:49:34	72.25%
M40	Kollmorgen, Stuart	VIC	1	1	0:47:02	1:37:55	83.02%
	Seid-Christmass, James	VIC	2	2	0:56:08	1:55:30	70.91%

	Radotic, Sasha	CROATIA	-	3	1:00:05	2:03:46	64.73%
	Smyth, David	WA	3	-	0:58:49	2:05:21	69.03%
M45	Keirl, Bernie	VIC	DNS	DNS			
M55	Heywood, Colin	ACT	1	-	0:51:26	1:44:42	86.86%
	Riddoch, Clyde	VIC	2	1	1:01:48	2:16:55	66.99%
M60	Lucas, Alan	VIC	1	1	1:02:44	2:05:55	77.14%
	Jamieson, Andrew	VIC	DQ	DQ			
M65	Dickenson, Russ	VIC	1	1	0:59:12	1:55:33	85.88%
	Jack, Clarrie	VIC	DNF	DNF			
M75	Summers, Harry	VIC	1	1	1:13:04	2:29:21	75.57%
	Gardiner, Bob	VIC	DNS	DNS			
	Silcock-Delaney, Colin	VIC	DQ	DQ			
W35	Tonti-Filippini, Justi	VIC	DNS	DNS			
W40	Sunderland, Nyle	NZ	1	-	0:57:38	1:57:26	77.75%
W45	Shaw, Robyn	VIC	1	1	1:08:30	2:29:21	64.15%
W50	Ventris, Lynette	WA	1	-	0:49:02	1:39:51	101.32% **
	Tindal, Pam	VIC	DNF	DNF	0:59:18	DNF	
W55	Bryant, Barb	VIC	1	1	0:58:40	2:00:23	85.93%
	Thompson, Alison	VIC	2	2	1:03:54	2:14:33	78.93%
W60	Carr, Heather	VIC	1	1	0:57:45	1:56:18	95.02%
	Feldman, Liz	VIC	2	2	1:03:44	2:09:28	86.55%
W70	Beaumont, Margaret	VIC	1	1	1:28:15	3:01:27	72.59%

A number of our own VRWC walkers also attacked the 20km distance with some success. **Michelle Thompson** was the best overall with 1:58:41, a PB of some 10 minutes (she also did a 10km PB on the way through). Behind her, a special mention to **Kirstin Shaw** who walked her first ever 20km (2:06:46).

VRWC 20km

1.	Thompson, Michelle	0:58:23	1:58:41	75.57%
2.	Shaw, Kirstin	0:59:18	2:06:46	66.90%
3.	Elms, Donna	1:07:23	2:18:10	70.07%
4.	Wallace, Anna	1:09:29	2:18:59	61.02%
5.	O'Neill, Karyn	1:08:35	2:20:14	73.87%
1.	Poore, Alex	1:20:17	2:45:33	65.32%
2.	Beaumont, Ian	1:28:14	3:01:28	62.19%



Barb Bryant, Colin Heywood, Russ Dickenson, Aaron McDonough and Nyle Sunderland in action

The Country walkers also gathered in Melbourne on Sunday, to contest the annual Victorian Country Roadwalking Championships. Unfortunately, numbers were down but those walkers who did compete walked well. The best effort was definitely that of **Kelly Ruddick** whose 10km PB of 46:54 is a national top-10 ranking time for 2011. The U16 winners, **Lucas Taylor** 15:54 and **Stephanie George** 15:52, were also in impressive form.

VICTORIAN COUNTRY CHAMPIONSHIPS – OPEN 10KM

1.	Kollmorgen, Stuart	COL	47:02
2.	Dickenson, Russ	SCA	59:12
1.	Ruddick, Kelly	BHA	46:54
2.	Carr, Heather	EAG	57:45
	Major, Annette	EAG	DNS

VICTORIAN COUNTRY CHAMPIONSHIPS – U20 5KM

- | | | | |
|----|----------------------|-----|-------|
| 1. | Hockley-Samon, Jmara | CHI | 27:02 |
| 2. | Heard, Amanda | EAG | 28:53 |

VICTORIAN COUNTRY CHAMPIONSHIPS – U18 5KM

- | | | | |
|----|-------------------------|-----|-------|
| 1. | Raselli, Cassandra | SCA | 26:05 |
| | McNicol-Davidson, Chloe | SCA | DNS |

VICTORIAN COUNTRY CHAMPIONSHIPS – U16 3KM

- | | | | |
|----|-------------------|-----|-------|
| 1. | Taylor, Lucas | SCA | 15:54 |
| 1. | George, Stephanie | SCA | 15:42 |
| 2. | Walker, Megan | COR | 16:25 |
| 3. | Stadus, Lauren | KNA | 16:37 |
| 4. | McLaren, Stacey | ATE | 20:35 |
| | Boldiston, Zoe | SBE | DNS |

VICTORIAN COUNTRY CHAMPIONSHIPS – U14 3KM

- | | | | |
|----|------------------------|-----|-------|
| 1. | McNicol-Davidson, Cody | SCA | 19:32 |
| 1. | George, Hayley | SCA | 17:32 |
| 2. | Peart, Jemma | BYC | 18:12 |



Liz Feldman, Lucas Taylor, Michelle Thompson, Kirstin Shaw, Margaret and Ian Beaumont

VRWC races were contested over 10km, 5km and 3km for the remaining walkers and as usual it was **Nathan Brill**, who turned 15 last week, who provided the excitement factor – a 60 sec PB of 45:42. Others to walk well were **Jason Kozica** 25:30, **Michelle Laufer** 27:15 (another PB!), **Billy Allamby** 15:12, **Kyle Swan** 15:50 and **Bianca Attard** 16:48.

VRWC 10km

- | | | |
|----|-----------------|-------|
| 1. | Brill, Nathan | 45:42 |
| 2. | Lockwood, Chris | 51:06 |

VRWC 5km

- | | | |
|----|------------------|-------|
| 1. | Kozica, Jason | 25:30 |
| 2. | McShanag, Connor | 25:55 |
| 3. | Tam, Aaron | 26:19 |
| 4. | Johnson, Tony | 30:26 |
| 5. | O'Neill, Terry | 30:51 |
| 6. | Doran, Tony | 31:15 |
| 7. | Wicks, Barrie | 36:15 |

- | | | |
|----|------------------|-------|
| 1. | Finnegan, Amelia | 27:04 |
| 2. | Laufer, Michelle | 27:15 |
| 3. | McIntyre, Gayle | 30:48 |
| 4. | O'Neill, Simone | 36:22 |
| 5. | Mews, Pam | 58:44 |
| | Irshad, Kylie | DNF |

VRWC 3km

- | | | |
|----|----------------|-------|
| 1. | Allamby, Billy | 15:12 |
| 2. | Swan, Kyle | 15:50 |

- | | | |
|----|-------------------|-------|
| 3. | Walmsley, Reese | 18:15 |
| 4. | O'Mahony, Brendon | 18:58 |
| 5. | Tremigliozi, Paul | 19:17 |

- | | | |
|----|------------------|-------|
| 1. | Attard, Bianca | 16:48 |
| 2. | Burren, Sarah | 17:15 |
| 3. | Eastwood, Jessie | 18:22 |
| 4. | Swan, Emily | 18:50 |
| 5. | Kay, Cassandra | 26:17 |



Billy Allamby, Stephanie George, Bianca Attard, Michelle Laufer and Nathan Brill

Our youngest walkers contested Racewalking Victoria U12 2km and U10 1km championships with **Jonty Brennan** 12:21, **Shelby Kay** 10:43, **Ethan Wright** 5:29 and **Mikhala Hodges** 5:22 taking overall honours. Medals were presented to all the RWV placegetters after all the events had finished.

Racewalking Victoria 2km U12 Championships

- | | | |
|----|------------------|-------|
| 1. | Brennan, Jonty | 12:21 |
| 2. | Walmsley, Hayden | 12:23 |
| 3. | Brill, Justin | 12:26 |

- | | | |
|----|-----------------|-------|
| 1. | Kay, Shelby | 10:43 |
| 2. | Hodges, Anaya | 11:36 |
| 3. | Eastwood, Jemma | 11:38 |
| 4. | Lillie, Jessica | 11:59 |
| 5. | Miller, Tegan | 13:41 |

Racewalking Victoria 1km U10 Championships

- | | | |
|----|---------------|-------|
| 1. | Wright, Ethan | 05:29 |
| 2. | Brill, Caine | 05:54 |

- | | | |
|----|--------------------|-------|
| 1. | Hodges, Mikhala | 05:22 |
| 2. | Henderson, Rebecca | 05:33 |
| 3. | Lillie, Brianna | 05:41 |
| 4. | O'Mahony, Kathleen | 05:56 |
| 5. | Brennan, Mercedes | 06:31 |
| 6. | Peart, Alanna | 06:34 |

As usual, thanks to the many officials who freely give of their time to ensure that the walkers get the full support they deserve. Sorry if I missed anyone – it was a big list this week!

- Officials:** Tim Erickson, Ian Laurie, Natalie Laurie, Les Clarke, Paul Kozaris, Stuart Cooper, Mark Donahoo, Bob Gardiner, Mark O'Mahony, Susan Taylor, Don McLaren, Karen McNicol-Davidson, Justin McLaren, Jim Leppik
- Judges:** Judy Mason (Chief), Peter Vysma, Shane Bertrand, Terry Swan, Terry Knape, Lincoln Mah, Elke Raselli, Brian Williams, Frances Attard (DQ Board)
- Course Setup:** Bob Gardiner, Harry Summers, Peter Vysma, Craig Brill
- Canteen:** Barb Gardiner, Wendy Cooper, Marlaine Stanway
- Photos:** Debra Brill
- Conditions:** Cool, still and overcast – perfect racing conditions



Jemma Peart, Mikhala Hodges, Caine Brill, Shelby Kay, Anaya Hodges and Rebecca Henderson

NEW UNIFORMS ARRIVE FOR CANBERRA

Our new Racewalking Victoria tops have arrived, just in time for Canberra and a number of our walkers tested them out on Sunday (photos of Donna Elms, Nathan Brill and Alanna Peart below). Remember that this year in Canberra, we all compete as part of the new Racewalking Victoria team so will need to purchase a racing vest each. As a special dispensation for this year, you can then wear it during regular VRWC races for the rest of the season. They certainly look good.



SA RACE WALKING CLUB RESULTS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 28 MAY

Thanks to Peter Crump for his weekly report from South Australia

Back to the regular program this week, with long walks on the menu, but with few takers. Zoe Bryson celebrates another birthday this week and we have a prize for guessing the closest age. The open 12km saw only three starters, with Peter Crump walking consistently throughout to push himself to his best time for the last two years. Jim Hoare came next ahead of Bill Starr for the minor placings. No takers for the intermediate 6km saw a packed field over the 3km, with PBs recorded by Kristie Goznic, Justin Hill, Alix Harlington and Rhiannon Lovegrove, all too late for the LBG handicapper, who has a long memory. There may be other PBs that have not been mentioned. Kim Mottrom and Kristie Goznic walked good times for their preparation for LBG events, while Justin Hill continues to test his limits. Jemma Potezny, Alix Harlington and Anna Cross led home the juniors. Over the 1,500 metre distance, Samantha Findlay came out ahead of Beth Cross in a good effort by them both.

- 12km Walk**
- 1. Peter Crump 1:05:57
 - 2. Jim Hoare 1:23:33
 - 3. Bill Starr 1:25:46
- 3km Walk**
- 1. Kim Mottrom 13:23
 - 2. Justin Hill 14:45

3.	Alix Harlington	16:03
4.	Lachlan Tyler-Dowd	16:22
1.	Kristie Goznik	14:15
2.	Jemma Potezny	15:40
3.	Anna Cross	16:22
4.	Danielle Walsh	17:21
5.	Julia Potezny	17:35
6.	Rhiannon Lovegrove	18:27
7.	Rhiana Hooker	19:21
8.	Riona Tyler-Dowd	21:59

1,500m Walk

1.	Samantha Findlay	8:49
2.	Beth Cross	9:42

A brief update on **Bob Cruise** who advises that he continues to improve from his heart operation although he will not be attending LBG. He is taking in tow steady 30 minute walks a day or exercise bike rides if the weather is inclement. A modest weight loss has followed although Bob suggests that there are less drastic ways to lose weight.

ACT WALKING CLUB RACES, BLACK MOUNTAIN PENINSULAR, CANBERRA, SAT 28 MAY 2011

Thanks to Robin Whyte for the latest Canberra results. Fast walking by Zoe Hunt 10:00.

17km Walk 1 Harry Bates 01:33:07 2 Robin Whyte 01:45:56 3 Monika Short 02:00:25 4 Doug Fitzgerald 02:02:22
5 Derek Robinson 02:07:41 6 Pat Fisher 02:24:30 7 Val Chesterton 02:25:59 8 Warren Butler 02:26:00
9 Geoff Barker 02:28:45 10 Jim Short 03:00:43

5km Walk 1 Emily Fawcett 30:48 2 Jane Bates 31:37 3 Kate Black 33:50 4 Marilyn Banfield 35:24 5 Bob Parker 35:32
6 John Donovan 36:29 7 Terry Munro 37:16 8 Wendy Kupkee 38:14 9 Rosemary Parker 40:21
10 Helen Munro 46:52

2km Walk 1 Zoe Hunt 10:00 2 Ally Durr 10:32 3 Peter Baker 10:45 4 Ashleigh Resch 10:51 5 Caitlin Hosking 11:09
6 Gabby Hunt 11:32 7 Spencer Burns 11:51 8 Jack Durr 11:54 9 Callum Doherty 12:11
10 Jack Thackray 16:12 11 Hilary Thackray 20:37 12 Karen Knowles 20:37

1km Walk 1 Thomas Hunt 08:02 2 Laura Burns 10:16

SA MASTERS ROADWALKS, BONYTHON PARK/HINDMARSH, ADELAIDE, SATURDAY 28 MAY

Thanks to Colin Hainsworth for Saturday's South Australian Masters walk results. Heavy shower before start. Cool, damp arvo - hilly course. 4K loop. All events yacht handicaps.

12km Handicap Walk		Actual	Clock
M64	Geoff Byham	1.18.21	1.39.31
M73	Colin Tregrove	1.34.44	1.39.44
M59	Kevin Finn	1.15.48	1.40.18
W51	Marie Maxted	1.23.02	1.41.32
M81	Colin Hainsworth	1.38.59	1.47.19
M67	Graham Harrison	1.31.18	1.48.58

8km Handicap Walk			
W63	Lillian Harpur	1.11.22	1.11.22 59.37%
W69	Elaine MacFarlane	1.08.02	1.11.52 67.79%
M77	David Robertson	1.08.11	1.16.41 65.91%

4km Handicap Walk		
M60	Jeff Kennett	34.02 34.42
W60	Helen Suridge	27.28 35.08
W58	Edna Bates	34.48 35.28
M68	Roger Lowe	29.47 35.57
W57	Linda Whitelaw	34.06 36.06
M73	Rodger Barber	30.26 36.56
W77	Cynthia Dally	34.54 37.14
M75	Frank Rogers	39.05 42.25

WARWC ROADWALK RESULTS, PERTH, SUNDAY 29 MAY 2011

Thanks to Tom Lenane for the following Western Australian walk results from last Sunday

10km Handicap Walk

1.	Dale Hennigan	53:59
	Zack Partington	DQ

6km Handicap Walk

1.	Kate Holt	34:52
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4km Handicap Walk

1.	Angel Bordage	34:09
2.	Mitchell Lees	25:44
3.	Jeremy Hill	24:34
4.	Lesley Romeo	29:15

1.5km Handicap Walk

1.	Zara Williams	11:21
2.	Kaycee Yates	11:13
3.	Josie Rees	10:59
4.	Alana Rees	10:07

QUEENSLAND RACE WALKING CLUB RACES, KALINGA PARK, BRISBANE, SATURDAY 28 MAY

Thanks to Noela McKinven for the latest Queensland results. Great times from Dane Bird Smith 22:01, Brad Aiton 22:02 and Peter Bennett 51:44. More about Dane in the next article so keep reading!

A Grade 10km

Men: (1) Peter Bennett 51.44 (2) Paul Lindenberg 59.49 (3) John Harris 63.57 (4) Patrick Sela 66.45
Women: (1) Suzanne Grasmeyer 59.31 (2) Kay Shaw 64.06 (3) Noela McKinven 78.31 (4) Robyn Wales 78.42

B Grade 5km

Men: (1) Dane Bird-Smith 22.01 (2) Brad Aiton 22.02 (3) Brandon Dewar 23.35. Jesse Osborne DNF
Women: (1) Jess Pickles 26.17 (2) KENZA Benzenati 26.18 (3) Kate Sanford 34.27. Lucy-Rose Boardman DNF

C Grade 3km

Men: (1) Trent Miles 17.37
Women: (1) Mikaela Woodward 17.48 (2) Donna Beikoff 21.15 (3) Beryl Doocey 26.26. Katya Martin DNF

D Grade 2km

Boys: (1) Ryan Pinchen 11.47

E Grade 1.5km

Girls: (1) Thalia Martin 9.48

F Grade 1km

Girls: (1) Jasmine McRoberts 7.29

WALKERS TO THE FORE IN THE AUSTRALIAN MOUNTAIN RUNNING CHAMPIONSHIPS

Two of our younger Queensland walkers contested the Junior Men's 8.2km championship run in the Australian Mountain Running Championships which were held at Camp Mountain outside Brisbane on Sunday 29 May and the results were pretty good to say the least. Yes, that's right – **Dane Bird-Smith** and **Brandon Dewar** backed up from their 5km club walks on Saturday for a very demanding double.

We all know that Dane is our top Junior walker (and the holder of the Australian Junior 10000m walk record) and we know that he is one heck of a good 400m runner but last weekend he added yet another arrow to his quiver and showed he is also a top mountain runner, finishing second in the Junior Men's event. Brandon also ran well, finishing 12th. Considering that neither boy does much running in his training regime, their efforts are even more meritorious.

Junior Men 8.2 km

1	Jordan Nelson	VIC	U20	33:17
2	Dane Bird-smith	QLD	U20	34:00
3	Ben MacCronan	QLD	U20	34:03
12	Brandon Dewar	QLD	U20	38:17

You can see the full result set at <http://www.athsvic.org.au/cache/MeetFile/15067Australian%20Mountain%20Running%20Championships%3FCamp%20Mountain.pdf>

I remember some years ago when these championships were held in Canberra, Adam Rutter and Michael McCagh came 2nd and 3rd (if my memory is correct) in the same event so it is fantastic to see Dane and Brandon following suite. Boy, our young walkers are a talented lot!

NSWRWC ROADWALKS, LEICHHARDT, SATURDAY 7 MAY 2011
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This one from a few weeks ago – NSWRWC had nearly 60 walkers in attendance for their weekly walks at Leichhardt on Saturday 7th May and the standard was high.

Long Division – 12km	Act Time	H'cap Place
1. Jay Felton	62.48	2
2. Ian Jessurun	63.26	3
3. Matthew Killen	77.54	4
4. Mary Willis	80.59	1
Derek Mulhearn	DNF	

Medium Division - 10km	Act Time	H'cap Place
1. Steven Washburn	48.17	1
2. Kirsty Klein	56.48	5
3. Demi Psarianos	64.31	2
4. Tony Psarianos	64.38	6
5. Joan Purcell	78.1	4
6. Judy Brown	80.3	3

Short Division - 5km	Act Time	H'cap Place
1. Tyler Jones	25.57	9
2. Jasmine Dighton	27.29	13
3. Robert Murphy	28.05	11
4. Tom Doyle	29.13	14
5. Anthony Albanese	29.18	4
6. Shay Southern	29.32	-
7. Bryony Beasley	29.52	9
8. Amanda Barendrect	30.26	6
9. Jade Dighton	30.40	1
10. John Thompson	31.30	7
11. Sara Klein	31.39	12
12. Tabitha Porley	31.46	-
13. Caitlen Plummer	31.54	8
14. Lewis Thompson	31.59	3
15. Fiona Porley	32.45	-
16. Joanne Elias	39.28	5
17. Sandy Southern	41.31	-
18. Jenny Lingley	43.01	2
19. Nicolle Challinor	43.01	15

U16 Division - 2km	Act Time	H'cap Place
1. Jasmyn McDonald	10.15	2
2. Kyle Bedford	10.26	
3. Luke Jobson	10.46	4
4. Danielle Kaemusic	11.13	-
5. Sarah Kelland	11.26	5
6. Dylan Richardson	11.44	9
7. Adam Mylonas	11.49	12
8. Brooke Ferguson	12.08	6
9. Drody Gunn	12.18	9
10. Travis Barendrect	12.44	8
11. Ally Grujoski	12.44	3
12. Mascey Willis	13.14	1
13. Josie Doyle	13.27	7
14. Tayla Brookes	15.29	11
15. Jye Hardy	17.34	13

U12 Division - 1km	Act Time	H'cap Place
1. Leah McDonald	5.10	5
2. Eliza Delaine	5.16	3
3. Ryan Thomson	5.21	4
4. Ben Tisdale	5.27	8
5. Sam Brown	5.29	1
6. James Plummer	5.39	6
7. Jasmine Fletcher	5.59	2

8.	Tayla Jobson	7.02	11
9.	Renee Hardy	7.17	10
10.	Tiffany Poulos	7.22	7
11.	Caitlin Gibbins	7.29	9
12.	Lauren Tisdale	7.53	-
13.	Logan Barendrect	9.18	12

OVERSEAS RESULTS

REIMS (FRA, May 22): New 50km track world record holder Yohan Diniz recorded 19:38.41 over 5000 m during a club competition in Reims in France a week ago.

Polish Academic Race Walking Championships, Katowice, Poland, Fri 27 May 2011

A very high standard in the Polish University Championships last Friday night with most of the walkers in the 5000m walk recording PBs. Poland certainly has plenty of quality in its walking ranks, both male and female.

5000m Men

1.	Grzegorz SUDOŁ	78-08-28	KS AZS AWF Kraków	19:09.02	
2.	Łukasz NOWAK	88-12-18	OŚ AZS Poznań	19:24.57	pb
3.	Jakub JELONEK	85-07-07	KS AZS AWF Kraków	19:28.86	pb
4.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	19:33.91	pb
5.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	19:35.05	pb
6.	Rafał SIKORA	87-02-17	niestowarzyszony	19:38.03	pb
7.	Adrian BŁOCKI	90-04-11	MKL Szczecin	19:49.09	pb
8.	Kamil PIÓREK	89-01-17	MKS Stal Nowa Dęba	19:51.81	pb
9.	Patryk ROGOWSKI	89-04-11	MKL Szczecin	20:00.03	pb

5000m Women

1.	Agnieszka DYGA CZ	85-07-18	AZS-AWF Katowice	21:52.37	pb
2.	Agnieszka SZWARNOG	86-12-28	KS AZS AWF Kraków	21:55.22	pb
3.	Katarzyna KWOKA	85-06-29	CWKS Resovia Rzeszów	22:16.74	
4.	Paulina BUZIAK	86-12-16	OTG Sokół Mielec	22:51.63	
5.	Katarzyna GOLBA	89-12-21	KS AZS AWF Kraków	23:30.21	pb
6.	Lucyna CHRUSCIEL	88-06-29	KS AZS AWF Kraków	23:51.08	pb

UKA 20KM WALK CHAMPIONSHIPS, 2012 OLYMPIC COURSE, MONDAY 30 MAY

Yesterday (Monday) afternoon, the UKA 20km Race Walk Championships were held over the 2012 Olympic Walks Course on The Mall (outside Buckingham Palace). Although I haven't seen any results yet, this brief article is a prelude to next week's newsletter when hopefully I will be able to report on the race itself. First to the 2km course which looks like this – wow, what a historic layout!



The races attracted a strong group of overseas walkers including the Chinese who were checking out the course ahead of next year. Here are how the two main events looked in the pre-race press release:

In the Women's 20km event, the current Queen of British Walking, Commonwealth Champion Jo Jackson will be looking to defend her National title just 8 days after representing Great Britain in the European Cup in Olhao, Portugal. She will face the challenge of China's Liu Hong, the bronze medallist from Berlin, who has already clocked 1.27.17 this year. Also in the Women's race are London resident Neringa Adityte who won the RWA title earlier this month in 93.35, Sylvia Korzeniowska who is the sister of race walking legend Robert Korzeniowski, and triple Commonwealth Medallist Lisa Kehler.

In the Men's 20km event, Ireland's Robert Heffernan who finished 4th in both the 20km and 50km in last year's European Championships in Barcelona will face a stiff challenge from a number of Chinese athletes. These are led by Zhen Wang who has already clocked up victories in Lugano and Tacieng; Yafie Chu the silver medallist from last year's IAAF World Race Walking Cup in Chihuahua; Tianfeng Si the world's fastest over 50km in 2011 and rising star Zelin Cai, the silver medallist from the World Junior Championships in Monkton. The challenge for domestic honours will be led by the 5 athletes that represented Great Britain at the previous weekends European Cup Race Walking; Tom Bosworth (Tonbridge), Alex Wright (Belgrave), Ben Wears (Redcar RWC), Dominic and Daniel King (Colchester Harriers).

Although I don't have any results yet, I do have one photo of the men in action during the event, compliments of the following link:
<http://my.news.yahoo.com/photos/walkers-race-along-mall-london-uka-20km-senior-photo-174024449.html>



SPAIN'S JESÚS ÁNGEL GARCÍA READY TO SET LONGEVITY RECORD

The following interesting article was published on the European Athletics Website last Thursday. Garcia of Spain is certainly a legend – see <http://www.european-athletics.org/general-news/spains-jesus-angel-garcia-ready-to-set-longevity-record.html>

Spanish walker Jesús Ángel García could enter the Athletics history books this summer as the first man to reach double figures in world championships appearances. García, now 41, has competed in every world championships since 1993 and was named among the Spanish walkers who will go to this year's event in Daegu, South Korea.

He was the 50km walk gold medallist on his world championships debut in Stuttgart 18 years ago and has gone on to take a further two silver medals as well as a bronze at the event. Garcia also made the podium at the 2002 and 2006 European Athletics Championships, winning 50km walk bronze and silver medals respectively, before finishing fifth in Barcelona last year. He has also competed in five Olympic Games but has just missed out on a medal twice, his best results coming in Athens and Beijing when he finished fifth and fourth respectively.

In the initial Spanish selection, Garcia is joined by Mikel Odróizola and José Ignacio Díaz in the men's 50km walk. Francisco Fernández and Benjamin Sánchez will contest the men's 20km while 2010 World Cup winner Maria Vasco, Beatriz Pascual and Maria Jose Poves are named for the women's 20km. The only other internationally active male athlete who could possibly also go to the World Championships for a tenth time is the Jamaican 400m hurdler Danny McFarlane.

German discus thrower Franka Dietzsch and Portuguese walker Susana Feitor both competed at their tenth World Championships in Berlin two years ago, the only two women to reach such a mark. Dietzsch has since retired but the 36-year-old Feitor, the 1990 World junior 10km champion when she was just 16, is still going strong.



Garcia in action over the 50km distance in August 2009

CALLING ALL U19 WALKERS – U19 AUSTRALIAN TALENT SQUAD NOMINATIONS OPEN

Walkers, parents and coaches please be advised that Athletics Australia has invited suitably qualified athletes to nominate for the 2011 National Under 19 Talent Squad. The following email and link from Sara Mulkearns sets the scene nicely.

Colleagues,

Please see the link below that invites athletes to nominate for this year's U19 Talent Squad. This allows all athletes and coaches the opportunity to show their interest in this squad.

Please be aware the normal selection process will continue from here, that is, National Youth Event Coaches will have input and the National Junior Squad selectors will do the final selections.

Athletes must be at or close to the performance matrix to be considered.

http://www.athletics.com.au/news/news/2011/may/now_open_under_19_talent_squa

best wishes

Sara Mulkearns

National Junior High Performance Manager

MORE ON ALBERT JOHNSON

Further accolades have been flowing on the life of English born Tasmanian based 1956 Olympic walker Albert Johnson (see last week's newsletter) and one of the best was published in the Manx Athletics website by Murray Lambie (see <http://www.manxathletics.com/AlbertJohnson.htm>). To quote Murray from our email discussion

Albert indeed was unique and his versatility in coaching in such a variety of events had no equal. Who else in the entire world could be successful in coaching Race Walking, middle distance and endurance running, sprinting and even hurdling? If he could he would have even had a stab at helping people train for the long jump I'm sure. Though obviously walking was his first love.

That got me thinking and it did not take too long to make the local connection to John Boas who was the inaugural Australian National Walks Coach. Few people, if any, can claim to have had coaching success over a wider range of disciplines than John. I've been thinking of some time of writing about him and this now creates the proper context for that discussion.

FOCUS ON JOHN BOAS : AUSTRALIAN NATIONAL WALKS COACH 1979-1981

First some statistics - John Frank Boas was born 27 February 1941 in Melbourne and started his athletics career in 1957 as a 16 year old school boy. 54 years later, his association with athletics is as strong and as enthusiastic as ever.

I first met John when I joined Ivanhoe Harriers in 1966 and my association with him continued right through my athletic career until I retired from International competition in 1983. Even though I moved onto other things after my serious sporting career finished, John has remained committed to athletics in Australia and to his athletes and his coaching and is even now still involved on a high level as a senior athletics coach.

When I first met John, he had already been working within the club as a coach and administrator for a number of years. Even at that stage, his eye for detail and his personal interest in the welfare of each club member were an inspiration to us all. I remember being one of the many club members of that period who regularly obtained lifts to Interclub in John's famous yellow VW. What was the

record for the maximum number of people that ever fitted into that car?

John's coaching extended over many venues over many years

- Wallinda Park in Greensborough (distance runners)
- Warringal Park in Heidelberg (distance runners)
- The Olympic Village track in West Heidelberg (everything)
- Box Hill Athletics Track (jumps)
- Olympic Park in the city (elite athletes).

In fact, it is probably true to say that there has been no one more active over so many years and so many venues. His choice of venues has always been based on what was easiest/best for his athletes, not what suited him. John would travel from one side of Melbourne to the other just to supervise a training session if asked.

John's dedication to his athletes extended much further than the confines of Melbourne. When John was coaching me in my chosen sport of race walking, he regularly travelled to interstate races to support me and ensure my maximum performance. This usually meant that he would drive to such places as Adelaide, Canberra or even Sydney. I was not alone in such personal treatment. John's enthusiasm for his task has never abated over the years. His athletes have always come first.

One of the most most impressive things about John is his ability to coach at all levels of the sport and to coach elite athletes in so many different disciplines. This has been recognized by his peers and by the athletes themselves. So many athletes have sought John out over the years to obtain his expert coaching and insights.

John has coached elite athletes in many disciplines

- **Race Walking**
John coached me throughout my career which included a number of international vests. In fact, John was the inaugural Australian Race Walking National Coach from 1979 to 1981 and was team manager for the Australian Race Walking team which competed at the 1981 Race Walking World Cup in Spain. He was also the National Jumps Coach at the same time.
- **Long and Triple Jumping**
John has had his most astonishing successes in these events, having coached a succession of Australian champions and Australian representatives. Names such as **Dave Colbert, Gary Honey, Ian Campbell** and **Ken Lorroway** are known the world over in Long and Triple Jumping circles. John not only coached them but he coached most of his athletes from their time as schoolboys right through their careers. John was National Event coach in both these disciplines over a long period of time and has had long associations with most of our top jumpers, male and female, over this period. He is widely recognized as one of the foremost authorities on these events and can still be seen pitside at most of the big competitions.
- **Sprinting**
Since the Jumping and sprinting events are so closely related, it is not surprising that John has coached many athletes to a State and National level in the sprint events. His training for his jumpers has been so innovative that on many occasions, they have also excelled at sprinting with no specialist sprint training. I remember Gary Honey winning the 400m at one of the International meets at Olympic Park in Melbourne in his heyday. It took everyone by surprise and his time was the fastest recorded by an Australian that season. Such was John's training regime. On another occasion, in 1980, the Ivanhoe Harriers 4 x 100 relay team (which consisted of 4 of his athletes – Gary Honey, Ian Campbell and Ian Rogers amongst them) won the Victorian 4x100m relay title with a time of 40.7 which was at that time just outside the Victorian record.
- **Pole Vaulting**
When Ivanhoe Harriers had a good under-age pole vaulter, John took him under his wing and started to read up on vaulting. In only a few years **Cam Cuthill** had developed into the State Junior champion and John had been instrumental in organizing the purchase of a top quality pole vaulting bag (some \$6000) to develop pole vaulting within the club. John became, by necessity, an authority on pole vaulting. And of course, **Neil Honey** won bronze in the 1986 Commonwealth Games pole vault.
- **Distance running**
John was involved with the club distance runners in the early 1960s since they had no one to coach them. Although he had been a sprinter himself, he was not daunted and soon developed a good squad. From this squad came **Steve Austin** who under John's tutelage became one of the top runners in Australia and subsequently had a long career involving Olympic, World Cup and World Cross Country representations.

There are many other instances I could site. Suffice it to quote from a club magazine from the year 1978

This season must go down as one of his (John's) finest on record.

The season started in September in Edmonton at the Commonwealth Games. Ian Campbell, one of John's charges, jumped magnificently in finishing second while Tim Erickson took the bronze in the walk. Two months later long jumper Gary Honey jumped 16.06 in the triple, a performance which ranked him in the top six in the Commonwealth.

At the Victorian Championships in February, John coached six of the eight finalists in the long jump and five of the eight finalists in the triple jump. In March at the Australian Championships, John had gold medals in the Long Jump and Triple Jump, bronze medal in the 100m, a fourth placing in the Triple Jump and a gold medal

in the Junior Triple Jump. He finished the season with 2 members in the Oceania side to compete in the World Cup in August.



John as coach of the 1981 Australian team which competed in the Race Walking World Cup in Valencia in Spain.

**Back: Peter Fullager, John Sheard, Harry Summers, Willi Sawall
Middle: Sally Pierson, Sue Cook, John Boas, Anne Ryan, Lorraine Young
Front: Keith Knox, Mick Harvey, Dave Smith, Bill Dyer**

For many coaches, this might be the culmination of a great coaching career but for John, this has been the amazing norm year after year. Such coaching excellence was his consistently over many many years.

Yet this does not finish with John. Apart from his unmatched coaching record, his performance in the administration of the sport is top notch. As mentioned previously, he has held the positions of National Event Coach for Race Walking, Long Jump and Triple Jump and has been on the National Executive of the Australian Track and Field Coaches Association for many years. In fact, he was one of the founding members and was one of the very first coaches in Australia to obtain a Senior Coach Accreditation.

He was actively involved in the task of coaching coaches for many years and was a regular specialist speaker and coach at the various seminars and accreditation schemes run by the ATFCA.



John giving a hands on presentation at a specialist Long Jump clinic at Henley Field in Sydney in August 1981

He was also a regular specialist coach in the various Australian teams at Commonwealth and Olympic Games levels. This is due

recognition for someone who has put so much into the sport and continues to do so.

Indeed, John's many contributions to the sport of athletics in Australia were recognised at the highest level some years ago when he was awarded an **OAM**.

Now you might suppose that this did leave much time for John to be active on other fronts but, during all this time, he was active in his own career in Nuclear Physics. He spent some years in the 1960s in England with a research position in one of the Midlands Universities. He returned to a research position at Monash University and, eventually moving out of the cloistered realms of university life, he spent nearly 20 years as a Senior Researcher at the Australian Radiation Laboratories in Lower Plenty. Nowadays he is 'semi retired' but is still an Honorary Research Fellow at Monash University and continues his work within his chosen field of Physics.

In fact, to digress for a few minutes, a Google search on 'John Boas' will yield more hits about Physics related research papers than it will in the field of athletics. John has been a prolific author and co-author in his chosen professional field over many years. This is hardly surprising, given that he is the son of the late Walter Boas, one of Australia's leading physicists who had migrated to Australia in 1938 from Germany. You can read about John's father by pointing your web browser to <http://www.coas.info/biogs/P000243b.htm>. It is true to say that John is carrying on the family tradition.

Of course, any discussion of John's long career would be incomplete without a mention of his brief stint as a teacher. In the seventies, as Federal money for research dried up, John's tenure at Monash University came to an end and he moved onto secondary teaching. He was placed at West Heidelberg Technical School (cr Bell St and Waterdale Rd, West Heidelberg). It was a shell shocked John who turned up for training each night – he would shake his head as he remembered the various encounters of the day. Luckily for us all, the circle turned and John was able to source a position with ARL – his fledgling teaching career came to an end none too soon for John!

My memories of John are many and varied but perhaps none more so than my regular trips to Wills St. in Kew to discuss and plan training. His mother would have a chocolate cake for us to eat and his father would always be there to say hello and then leave us in peace to discuss the esoteric field of athletic endeavour.

Earlier this year, many of us gathered at Wills St. to celebrate John's seventieth birthday. John was there of course as were the many members of his current coaching squad which is impressive indeed. Some things never change!



Ian Campbell, Gary Honey, Ian Rogers and Tim Erickson with John – Feb 2011

Thanks John from all of us for your many years of dedicated service to Ivanhoe Harriers, to athletics in Victoria and Australia and to the many many athletes (walkers included) whom you have guided through their careers.

WHAT'S COMING UP

Next week, we are back at Middle Park for clubs points races (Actual Times, Handicap and Style Award competitions). We will also be awarding **prizes to the winners of the handicap in each of the 10 divisions**. Remember that you need to register by 2PM so that we have a chance to get the paperwork ready for a 2:15PM start.

Saturday 4th June 2011, Middle Park			
VRWC EVENTS: Entries close 10/5/3km events at 2.00pm sharp. Prizes for Handicap winners.			
2.15pm	10km	Points Races	Open
2.15pm	5km	Points Races	Open
2.15pm	3km	Points Races	Open
2.15pm	3km	Points Races	Under 15

2.30pm	2km	Points Races	Under 12
2.30pm	1km	Points Races	Under 9
3.30pm	Prizes Awards Presentation		

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 12 June, 2011	Lake Burley Griffin Racewalking Carnival, Canberra, ACT
Sat 18 June, 2011	SMR CC and Walks Challenge (LAVic), St Leonards School, Riverend Road, Bangholme
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

Sun 26 Jun, 2011	Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill Shield, Dublin, Ireland
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2012 International Fixture

Feb 5-12, 2012	Oceania Masters Athletics Championships, Tauranga, New Zealand
Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyvaskyla, 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, Taicing, China
July 23 – Aug 3, 2014	20 th Commonwealth Games, Glasgow. See http://www.glasgow2014.com/

Looking even further forward

August 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China
Aug 2016	31 st Olympic Games, Rio de Janeiro, BRAZIL. See http://www.rio2016.org.br/en/Default.aspx
July 2020	32 nd 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>)