



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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LBG CARNIVAL, CANBERRA, SUNDAY 12 JUNE 2011

Over 300 racewalkers from around Australia descended on Canberra last weekend for the running of the 45th Lake Burley Griffin Walking Carnival. The Carnival which was held on Sunday 12th June at Weston Park in excellent conditions - cool with occasional sunny patches - included events ranging from the classic 20 miler right down to 1km events for the Under 10 walkers. Club photographer **Terry Swan** was in action throughout the day and he has uploaded a selection of his photos to <http://vrwc.org.au/coppermine>. I also have to add my photos into the mix and also some superb 20 Mile shots from Luke Adams.

The first events to kick off at 8AM were the 20 Mile and 10 Mile championships and this year they were watched with even more interest than usual, given the presence of our top seven men - **Nathan Deakes (VIC)**, **Jared Tallent (VIC)**, **Luke Adams (Regal)**, **Chris Erickson (VIC)**, **Adam Rutter (NSWRWC)**, **Brendon Reading (ACT)** and **Ian Rayson (Regal)**. All seven are Canberra based with the top five AIS based. It was no surprise to see them hit the front from the start and soon clear away from the field. By the half way mark, Jared and Chris had gained a handy lead over the others but we all know that it all happens in the second half of such a race, and so it was with Jared putting the foot down soon after and leaving Chris in his wake. He quickly built up a winning lead to record his 6th victory in the impressive time of 2:18:59. Luke Adams stormed home to finish only 47 secs behind Jared, his time of 2:19:46 less than a minute outside his best, and he was certainly making big inroads into Jared's lead in the final few miles. Nathan Deakes continued his comeback with yet another strong performance to take third ahead of Chris and Adam. This is an identical time to that done by Nathan in 1998 in his only other excursion over this tough course. How's that for an interesting stat! Chris 2:24:37 and Adam 2:25:55 rounded out the top five with further impressive times. This is the first time we have seen 5 walkers under 2:30 and it was nearly 7 as Brendon Reading and Ian Rayson came tantalisingly close with their times of 2:31:10 and 2:31:31. For Brendon, it was a 4 min PB as he continues his excellent form. Further back in the field, **Robin Whyte** recorded his 42nd finish and **Bill Starr** recorded his 33rd finish - what superb efforts!

We also saw 4 women competing in the toughest race on the program and all finished. The best of them was 2008 Olympian **Cheryl Webb** whose time of 2:52:53 is the third best ever in this carnival, behind Kerry Saxby-Junna and Megan Szirom. **Michelle Thompson** was next in with 3:29:14 in her first ever Canberra, another excellent walk.

There were also Fitness races over 20 Miles, 10 Miles and 5 Miles and a good number of people, including some of our Victorian parents and supporters, took the opportunity to see the hills at close quarters!



The AIS lead group early on - Luke Adams, Jared Tallent, Sean Fitzsimons, Adam Rutter, Nathan Deakes and Chris Erickson
The first 3 - Jared, Luke and Nathan

EVENT 1 OPEN 20 MILES**MEN**

1.	Jared Tallent	M	2:18:59	VIC
2.	Luke Adams	M	2:19:46	REGAL
3.	Nathan Deakes	M	2:21:50	VIC
4.	Chris Erickson	M	2:24:37	VIC
5.	Adam Rutter	M	2:25:55	NSWRWC
6.	Brendan Reading	M	2:31:10	ACTW
7.	Ian Rayson	M	2:31:31	REGAL
8.	Stuart Kollmorgen	M	2:53:07	VIC
9.	Ian Jessurun	M	3:01:34	NSWRWC
10.	Kim Mottrom	M	3:02:25	SARWC
11.	Colin Heywood	M	3:04:34	ACTW
12.	Peter Bennett	M	3:06:24	QRWC
13.	Peter Crump	M	3:10:28	SARWC
14.	Robin Whyte	M	3:33:33	ACTW
15.	Robert Osborne	M	3:53:10	REGAL
16.	Bill Starr	M	4:11:52	SARWC
17.	Darren Bown	M	DNF	SARWC

WOMEN

1.	Cheryl Webb	F	2:52:22	NSWRWC
2.	Michelle Thompson	F	3:29:14	VIC
3.	Mary Willis	F	3:57:02	NSWRWC
4.	Karyn O'Neill	F	4:00:21	VIC

MASTERS MEN

1.	Stuart Kollmorgen	M	2:53:07	VIC
2.	Ian Jessurun	M	3:01:34	NSWRWC
3.	Colin Heywood	M	3:04:34	ACTW
4.	Peter Bennett	M	3:06:24	QRWC
5.	Peter Crump	M	3:10:28	SARWC
6.	Robin Whyte	M	3:33:33	ACTW
7.	Robert Osborne	M	3:53:10	REGAL
8.	Bill Starr	M	4:11:52	SARWC

MASTERS WOMEN

1.	Michelle Thompson	F	3:29:14	VIC
2.	Mary Willis	F	3:57:02	NSWRWC
3.	Karyn O'Neill	F	4:00:21	VIC

HANDICAP

1.	Peter Bennett	M	QRWC
2.	Brendan Reading	M	ACTW
3.	Ian Rayson	M	REGAL

TEAMS

1	VIC1	50	Jared Tallent Nathan Deakes Chris Erickson
2	NSWRWC1	34	Adam Rutter Cheryl Webb Ian Jessurun
3	REGAL1	32	Luke Adams Ian Rayson Robert Osborne
4	ACTW1	24	Brendan Reading Colin Heywood Robin Whyte
5	VIC2	17	Stuart Kollmorgen Michelle Thompson Karyn O'Neill
6	SARWC1	15	Kim Mottrom Peter Crump Bill Starr

MASTERS TEAMS

1	VIC1	7	Stuart Kollmorgen Michelle Thompson Karyn O'Neill
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EVENT 2 FITNESS 20 MILES**MEN**

1.	Robert Willcox	3:31:58	NSWRWC
2.	Geoff Barker	3:55:24	ACTW
3.	Derek Robinson	3:57:23	ACTW
4.	George Megas	4:37:47	QRWC

WOMEN

1.	Monika Short	3:55:44	ACTW
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EVENT 3 AACT WOMENS & MENS 30 KM CHAMPIONSHIP

1.	Jared Tallent	2:09:11	VIC
2.	Luke Adams	2:10:35	NSW
3.	Nathan Deakes	2:11:53	VIC

4.	Adam Rutter	2:14:20	NSW
5.	Chris Erickson	2:14:26	VIC
6.	Brendan Reading	2:19:58	ACT
7.	Ian Rayson	2:21:21	NSW
8.	Stuart Kollmorgen	2:41:00	VIC
9.	Kim Mottrom	2:47:50	SA
10.	Peter Crump	2:57:00	SA
11.	Peter Bennett	2:54:08	QLD
12.	Robin Whyte	3:18:17	ACT
	Darren Bown	DNF	SA



Bill Starr, Robin Whyte, Andrew Jamieson, Cheryl Webb, Ian Rayson and Michelle Thompson in the 20 Mile event

The Women's 10 mile championships, also contested around the hilly lake circuit, saw **Regan Lamble** win in 1:14:26, second only to Kerry Saxby-Junna's 2001 time of 1:14:09. She headed off with the top men and this set her up for a big walk. How impressive is that! **Tanya Holliday** was also in great form, taking second with 1:17:23, the sixth best ever time in this event. Both girls, along with **Rachel Tallent** who finished third with 1:24:01, fronted in the afternoon in the women's 5km event - now that's a tough ask.

EVENT 4 OPEN WOMENS 10 MILES

1.	Regan Lamble	1:14:26	VIC
2.	Tanya Holliday	1:17:23	SARWC
3.	Rachel Tallent	1:24:01	VIC
4.	Vanessa Ebejer	1:33:54	REGAL
5.	Tamara Attard	1:34:20	VIC
6.	Heather Carr	1:34:42	VIC
7.	Amelia Finnegan	1:35:11	VIC
8.	Kay Shaw	1:42:57	QRWC
9.	Charlene Ebejer	1:49:07	REGAL
10.	Anna Wallace	1:50:34	VIC
11.	Donna-Marie Elms	1:52:41	VIC
12.	Noela McKinven	2:12:35	QRWC

MASTERS

1.	Heather Carr	1:34:42	VIC
2.	Kay Shaw	1:42:57	QRWC
3.	Donna-Marie Elms	1:52:41	VIC
4.	Noela McKinven	2:12:35	QRWC

HANDICAP

1.	Tamara Attard	VIC
2.	Charlene Ebejer	REGAL
3.	Amelia Finnegan	VIC

TEAMS

1	VIC1	16	Regan Lamble Rachel Tallent Tamara Attard
2	VIC2	6	Heather Carr Amelia Finnegan Anna Wallace

The Men's 10 mile championship saw AIS walker **Sean Fitzsimons** win in 1:13:47 ahead of young NSW walker **Kyle Malone** and 1996 NZ Olympian **Scott Nelson**. Scott also won the Masters event which was held concurrently. It was great to see young **Brook Keys** back in action and contesting the 10 Mile after a lot of time away battling injuries.

EVENT 5 OPEN MENS 10 MILES

1.	Sean Fitzsimons	1:13:47	WARWC
2.	Kyle Malone	1:18:29	NSWRWC
3.	Scott Nelson	1:21:28	VIC
4.	Ignacio Jimenez	1:21:53	QRWC
5.	Andrew Jamieson	1:21:54	VIC
6.	Derek Mulhearn	1:24:59	NSWRWC
7.	Brook Keys	1:26:14	NSWRWC
8.	Christopher Lockwood	1:26:30	VIC
9.	Jordan Mulhearn	1:26:50	NSWRWC
10.	Aaron McDonough	1:29:38	VIC
11.	Justin Hill	1:33:32	SARWC
12.	Dennis Williams	1:34:29	REGAL
13.	Daryl Biggin	1:37:53	VIC
14.	Anthony Albanese	1:39:24	NSWRWC
15.	Maurice Prendergast	1:45:52	VIC
16.	Jim Seymon	1:52:11	REGAL
17.	Peter Luke	2:16:07	VIC
18.	Brendon Hyde	2:27:27	NSWRWC

MASTERS

1.	Scott Nelson	1:21:28	VIC
2.	Ignacio Jimenez	1:21:53	QRWC
3.	Andrew Jamieson	1:21:54	VIC
4.	Christopher Lockwood	1:26:30	VIC
5.	Dennis Williams	1:34:29	REGAL
6.	Daryl Biggin	1:37:53	VIC
7.	Anthony Albanese	1:39:24	NSWRWC
8.	Maurice Prendergast	1:45:52	VIC
9.	Jim Seymon	1:52:11	REGAL
10.	Peter Luke	2:16:07	VIC
11.	Brendon Hyde	2:27:27	NSWRWC

HANDICAP

1.	Brook Keys	NSWRWC
2.	Justin Hill	SARWC
3.	Aaron McDonough	VIC

TEAMS

1	NSWRWC1	30	Kyle Malone Derek Mulhearn Brook Keys
2	VIC1	28	Scott Nelson Andrew Jamieson Christopher Lockwood
3	VIC2	11	Aaron McDonough Daryl Biggin Maurice Prendergast
4	NSWRWC2	10	Jordan Mulhearn Anthony Albanese Brendon Hyde

EVENT 6 FITNESS 10 MILES**MEN**

1.	Terry O'Neill	1:45:21	VIC
2.	Thomas Sellings	1:46:00	ACT
3.	Doug Fitzgerald	1:54:37	ACTW
4.	Peter Thomson	2:02:40	ACT
5.	Pat Fisher	2:06:30	ACTW
6.	Robin Wood	2:18:08	VIC
7.	Warren Butler	2:21:45	ACTW

WOMEN

1.	Adelaide Png	1:52:11	ACT
2.	Anne l'Ons	2:28:11	ACT

EVENT 7 FITNESS 5 MILES**MEN**

1.	Jason Elms	0:56:38	VIC
2.	Damien Elms	0:56:39	VIC
3.	Rod Gilchrist	0:57:43	ACTW
4.	John Donovan	1:01:09	ACTW
5.	Dave Mackenzie	1:03:28	ACT
6.	Dane Shaw	1:06:57	QRWC
7.	Bob Shaw	1:12:50	QRWC
8.	Rory Ogilvie	1:21:41	VIC

WOMEN

1.	Jennifer Gilchrist	0:59:22	ACTW
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2.	Jennifer Jones-Billington	1:00:26	
3.	Robyn Wales	1:07:29	QRWC
4.	Judy Brown (2)	1:07:29	NSWRWC
5.	Des Butler	1:11:20	ACTW
6.	Debra Brill	1:21:51	VIC
7.	Bronwyn Finnegan	1:21:51	VIC



Rachel Tallent, Tanya Holliday, Regan Lamble, Scott Nelson, Stuart Kollmorgen and Kyle Malone in action in the 10 Mile

Once the lake events were completed, the rest of the program kicked off with events from U10 upwards. The racing was fiercely contested and the small number of disqualifications reflects the high standard of walking. The newsletter is not long enough to talk about every race so I will just pick out a few highlights before giving you the results.

- **Dane Bird Smith** (QRWC) gave another exhibition in quality walking, winning the U20 10km in 43:17.
- **Madeleine Owen** (NSWRWC) and **Mikhala Hodges** (VIC) raced alongside each other for the duration of the U10 1km and it took a final sprint before we could separate them, with Madeleine 1st and Mikhala 2nd, both recording 5:12.
- **Jasmyn McDonald** (NSWRWC) blitzed the U12s, winning in a very impressive 9:47 - and she looked fantastic.
- **Tyler Jones** (NSWRWC) did similarly in the U14s, winning by nearly 20 secs with 9:27.
- **Jemima Montag** (VIC) recorded identical time of 9:27 in winning the Girls' U14 event, 12 secs clear of second place.
- **Nathan Brill** (VIC) was dominant in the U16 event, winning by 40 secs with 13:03. He then backed up for third in the U18 5km shortly after with 22:22.
- **Brad Aiton** and **Jesse Osborne** (QRWC), our two World Youth reps, took gold and silver in the U18 5km with 22:02 and 22:17 while team mate and fellow World Youth rep **Jessica Pickles** won the U18 Girls' walk with 24:37.
- **Tanya Holliday** (SA) won the Open Women's 5km in 22:29 after coming second in the 10 Mile event in the morning.
- **Regan Lamble** (VIC) was second in the Open Women's 5km in 22:29 after winning the 10 Mile event in the morning.
- **Rachel Tallent** (VIC) took third in the Open Women's 5km in a PB time of 23:31 after taking third in the 10 Mile event in the morning.

And now onto the results

EVENT 8 MENS U20 10 km

1.	Dane Bird-Smith	0:43:17	QRWC
2.	Harry Bates	0:49:29	ACTW
	Steven Washburn	DQ	NSWRWC

EVENT 9 AACT MENS U20 10 km CHAMPIONSHIP

1.	Dane Bird-Smith	0:43:17	QLD
2.	Harry Bates	0:49:29	ACT
	Steven Washburn	DQ	NSW

EVENT 10 OPEN SENIOR 10 km

1.	Michael Reading	0:54:20	ACTW
2.	Tony Psarianos	1:05:55	NSWRWC

EVENT 11 BOYS U10 1 km

1.	Spencer Burns	5:16	ACTW
2.	James Plummer	5:23	NSWRWC
3.	Blake Dwyer	5:24	REGAL
4.	Ethan Wright	5:32	VIC
5.	Caine Brill	5:44	VIC
6.	Tom Hunt	7:37	ACTW
7.	Logan Barendregt	8:34	NSWRWC

HANDICAP

1.	Ethan Wright	VIC
2.	Caine Brill	VIC
3.	Logan Barendregt	NSWRWC

EVENT 12 GIRLS U10 1 km

1.	Madelaine Owen	5:12	NSWRWC
2.	Mikhala Hodges	5:12	VIC
3.	Jemma Peart	5:19	VIC
4.	Brianna Lillie	5:26	VIC
5.	Amy Canavan	5:42	VIC
6.	Kathleen O'Mahoney	5:54	VIC
7.	Arabella Phillips	5:54	TARWC
8.	Lee Taylor	5:58	VIC
9.	Mercedes Brennan	6:10	VIC
10.	Alanna Peart	6:11	VIC
11.	Riona Tyler-Dowd	6:12	SARWC
12.	Flynn Ross	6:21	NSWRWC
13.	Lauren Tisdale	6:22	NSWRWC
14.	Olivia Davis	7:39	VIC
15.	Laura Burns	7:56	ACTW

HANDICAP

1.	Arabella Phillips	TARWC
2.	Alanna Peart	VIC
3.	Lauren Tisdale	NSWRWC

TEAMS

1	VIC1	30	Mikhala Hodges Jemma Peart Brianna Lillie
2	VIC2	21	Amy Canavan Kathleen O'Mahoney Lee Taylor
3	NSWRWC1	18	Madelaine Owen Flynn Ross Lauren Tisdale
4	VIC3	10	Mercedes Brennan Alanna Peart Olivia Davis

EVENT 13 BOYS U12 2 km

1.	Harry Hockley Samon	10:05	VIC
2.	Yanis Benzenati	10:11	QRWC
3.	Callum Burns	10:17	ACTW
4.	Kyle Bedford	10:18	NSWRWC
5.	Dylan Rischardson	10:48	NSWRWC
6.	Alix Harlington	10:48	SARWC
7.	Benjamin Tisdale	11:01	NSWRWC
8.	Jonty Brennan	11:39	VIC
9.	Ryan Thomson	11:39	NSWRWC
10.	Justin Brill	12:02	VIC
11.	Travis Barendregt	12:25	NSWRWC
12.	James Plummer	12:41	NSWRWC
13.	Hayden Walmsley	12:45	VIC
14.	Rodney Davis	13:25	VIC
15.	Harley Davidson	15:55	VIC
	Ryan Pinchen	DQ	QRWC

HANDICAP

1.	Justin Brill	VIC
2.	Rodney Davis	VIC
3.	Jonty Brennan	VIC

TEAMS

1	NSWRWC1	30	Kyle Bedford Dylan Rischardson Benjamin Tisdale
2	VIC1	27	Harry Hockley Samon Jonty Brennan Justin Brill
3	NSWRWC2	16	Ryan Thomson Travis Barendregt James Plummer
4	VIC2	6	Hayden Walmsley Rodney Davis Harley Davidson

EVENT 14 GIRLS U12 2 km

1.	Jasmyn McDondald	9:47	NSWRWC
2.	Leah McDonald	10:32	NSWRWC
3.	Eliza De Laine	10:40	NSWRWC
4.	Gabby Hunt	10:52	ACTW
5.	Jemma Smith	10:55	TARWC
6.	Mikaela Woodward	11:10	QRWC
7.	Danielle Kalemusic	11:14	NSWRWC
8.	Anaya Hodges	11:25	VIC

9.	Brodie Richardson	11:31	VIC
10.	Mikhala Hodges	11:40	VIC
11.	Ally Grujoski	11:46	NSWRWC
12.	Rhiannon Lovegrove	11:46	SARWC
13.	Jemma Peart	11:53	VIC
14.	Jessica Lillie	11:54	VIC
15.	Brianna Lillie	11:58	VIC
16.	Jasmine Fletcher	12:16	NSWRWC
17.	Amy Canavan	12:23	VIC
18.	Katelyn Lotherington	12:23	VIC
19.	Samantha Brown	12:24	NSWRWC
20.	Kathleen O'Mahoney	12:42	VIC
21.	Lee Taylor	12:51	VIC
22.	Riona Tyler-Dowd	12:56	SARWC
23.	Kirrily Garwood	12:57	TARWC
24.	Taylor McCarthy-Smith	13:26	QRWC
25.	Elsie Potezny	13:27	SARWC
26.	Josie Doyle	13:52	NSWRWC
27.	Emily Hopkins	13:57	ACTW
28.	Mercedes Brennan	14:02	VIC

HANDICAP

1.	Kirrily Garwood	TARWC
2.	Jemma Smith	TARWC
3.	Anaya Hodges	VIC

TEAMS

1	NSWRWC1	52	Jasmyn McDondald Leah McDonald Eliza De Laine
2	VIC1	39	Anaya Hodges Brodie Richardson Mikhala Hodges
3	NSWRWC2	32	Danielle Kalemusic Ally Grujoski Jasmine Fletcher
4	VIC2	24	Jemma Peart Jessica Lillie Brianna Lillie
5	SARWC1	13	Rhiannon Lovegrove Riona Tyler-Dowd Elsie Potezny
6	VIC3	12	Amy Canavan Katelyn Lotherington Kathleen O'Mahoney

EVENT 15 BOYS U14 2 km

1.	Tyler Jones	9:27	NSWRWC
2.	Billy Allamby	9:45	VIC
3.	Yanis Benzenati	10:00	QRWC
4.	Trent Miles	10:01	QRWC
5.	Kyle Swan	10:20	VIC
6.	Harry Hockley Samon	10:26	VIC
7.	Jordan Glover	10:38	REGAL
8.	Reese Walmsley	10:46	VIC
9.	Adam Mylonas	10:52	NSWRWC
10.	Kyle Bedford	10:54	NSWRWC
11.	Thomas Hopkins	11:09	ACTW
12.	Callum Doherty	11:11	ACTW
13.	Ross Darlow	11:23	VIC
14.	Damien Owen	11:38	NSWRWC
15.	Ryan Thomson	11:38	NSWRWC
16.	Patrick Estrada	12:04	REGAL
17.	Ethan Wright	12:12	VIC
18.	Brendan O'Mahony	12:23	VIC
19.	Jack Durr	12:27	ACTW
20.	Cody McNicol-Davidson	12:30	VIC
21.	Jonty Brennan	12:46	VIC
22.	Michael Murphy	13:00	NSWRWC
23.	Hayden Walmsley	13:25	VIC

HANDICAP

1.	Trent Miles	QRWC
2.	Ethan Wright	VIC
3.	Ross Darlow	VIC

TEAMS

1	VIC1	48	Billy Allamby Kyle Swan Harry Hockley Samon
2	NSWRWC1	44	Tyler Jones Adam Mylonas Kyle Bedford
3	VIC2	29	Reese Walmsley Ross Darlow Ethan Wright
4	ACTW1	25	Thomas Hopkins Callum Doherty Jack Durr
5	NSWRWC2	16	Damien Owen Ryan Thomson Michael Murphy
6	VIC3	10	Brendan O'Mahony Cody McNicol-Davidson Jonty Brennan

EVENT 16 GIRLS U14 2 km

1.	Jemima Montag	9:27	VIC
2.	Zoe Hunt	9:39	ACTW
3.	Kenza Benzenati	9:45	QRWC
4.	Caitlin Hosking	9:55	ACTW
5.	Tahlia Hunt	10:11	TARWC
6.	Stephanie Grujoski	10:24	NSWRWC
7.	Emily Hamilton	10:28	VIC
8.	Anna Cross	10:34	SARWC
9.	Shelby Kay	10:52	VIC
10.	Katrina Shaw	10:58	REGAL
11.	Gabby Hunt	11:00	ACTW
12.	Julia Potezny	11:09	SARWC
13.	Caitlin Plummer	11:11	NSWRWC
14.	Mikaela Woodward	11:28	QRWC
15.	Karina Hopkins	11:29	ACTW
16.	Mikhala Hodges	11:29	VIC
17.	Kara Baker	11:34	ACTW
18.	Jemma Smith	11:35	TARWC
19.	Mascey Willis	11:38	NSWRWC
20.	Emily Swan	11:50	VIC
21.	Ally Grujoski	12:06	NSWRWC
22.	Taylor McCarthy-Smith	12:07	QRWC
23.	Brodie Richardson	12:26	VIC
24.	Rhiannon Lovegrove	12:30	SARWC
25.	Sarah Guy	12:44	TARWC
26.	Anaya Hodges	13:05	VIC
27.	Tahneia Resch	13:11	ACTW

HANDICAP

1.	Sarah Guy	TARWC
2.	Taylor McCarthy-Smith	QRWC
3.	Ally Grujoski	NSWRWC

TEAMS

1	VIC1	59	Jemima Montag Emily Hamilton Shelby Kay
2	ACTW1	59	Zoe Hunt Caitlin Hosking Gabby Hunt
3	NSWRWC1	39	Stephanie Grujoski Caitlin Plummer Mascey Willis
4	QRWC1	39	Kenza Benzenati Mikaela Woodward Taylor McCarthy-Smith
5	SARWC1	34	Anna Cross Julia Potezny Rhiannon Lovegrove
6	TARWC1	30	Tahlia Hunt Jemma Smith Sarah Guy
7	ACTW2	21	Karina Hopkins Kara Baker Tahneia Resch
8	VIC2	20	Mikhala Hodges Emily Swan Brodie Richardson

EVENT 17 BOYS U16 3 km

1.	Nathan Brill	13:03	VIC
2.	Zac Partington	13:43	WARWC
3.	Jay Felton	13:48	NSWRWC
4.	Robert Murphy	14:47	NSWRWC
5.	Connor McShanag	15:01	VIC
6.	Lucas Taylor	15:04	VIC
7.	Tom Doyle	15:30	NSWRWC
8.	Mitchell Walker	15:31	TARWC
9.	Luke Jobson	15:44	NSWRWC
10.	Lachlan Tyler-Dowd	17:47	SARWC
11.	Reese Walmsley	18:09	VIC
12.	Ross Darlow	18:10	VIC
13.	Trent Miles	18:32	QRWC
	Brendan O'Mahony	DQ	VIC

HANDICAP

1.	Mitchell Walker	TARWC
2.	Ross Darlow	VIC
3.	Luke Jobson	NSWRWC

TEAMS

1	VIC1	12	Nathan Brill Connor McShanag Lucas Taylor
2	NSWRWC1	10	Jay Felton Robert Murphy Tom Doyle

EVENT 18 GIRLS U16 3 km

1.	Jmara Hockley Samon	15:02	VIC
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2.	Jasmine Dighton	15:07	NSWRWC
3.	Stephanie George	15:19	VIC
4.	Kenza Benzenati	15:31	QRWC
5.	Sophie Eberhardt	15:54	TARWC
6.	Jemma Potezny	15:58	SARWC
7.	Tahlia Hunt	16:21	TARWC
8.	Megan Guy	16:35	TARWC
9.	Amanda Barendregt	16:44	NSWRWC
10.	Bianca Attard	16:53	VIC
11.	Ashleigh Resch	17:02	ACTW
12.	Kobie Somerfield	17:14	VIC
13.	Stephanie Grujoski	17:19	NSWRWC
14.	Anna Cross	17:31	SARWC
15.	Caitlin Plummer	17:43	NSWRWC
16.	Chloe McNicol-Davidson	18:18	VIC
17.	Julia Potezny	18:58	SARWC
18.	Stacey McLaren	19:13	VIC
19.	Shae Ohlsen	20:03	VIC
	Zoe Hunt	4.23cmDQ	ACTW
	Bryony Beasley	DQ	NSWRWC

HANDICAP

1.	Chloe McNicol-Davidson	VIC
2.	Kobie Somerfield	VIC
3.	Megan Guy	TARWC

TEAMS

1	VIC1	36	Jmara Hockley Samon Stephanie George Bianca Attard
2	TARWC1	31	Sophie Eberhardt Tahlia Hunt Megan Guy
3	NSWRWC1	27	Jasmine Dighton Amanda Barendregt Stephanie Grujoski
4	SARWC1	17	Jemma Potezny Anna Cross Julia Potezny
5	VIC2	10	Kobie Somerfield Chloe McNicol-Davidson Stacey McLaren

EVENT 19 BOYS U18 5 km

1.	Brad Aiton	22:02	QRWC
2.	Jesse Osborne	22:17	QRWC
3.	Nathan Brill	22:22	VIC
4.	Josh Dillon	23:28	VIC
5.	Harry Bates	23:46	ACTW
6.	Jay Felton	24:31	NSWRWC
7.	Tyler Jones	24:59	NSWRWC
8.	Steven Washburn	25:13	NSWRWC
9.	Aaron Tam	25:28	VIC
10.	Connor McShanag	25:59	VIC
11.	Matthew Killen	26:07	NSWRWC
12.	Lucas Taylor	26:56	VIC
13.	Matt Cunningham	27:38	QRWC
14.	Mitchell Walker	28:07	TARWC
15.	Lachlan Tyler-Dowd	28:21	SARWC
16.	Billy Allamby	28:38	VIC
17.	Cody McNicol-Davidson	34:33	VIC

HANDICAP

1.	Matthew Killen	NSWRWC
2.	Mitchell Walker	TARWC
3.	Lachlan Tyler-Dowd	SARWC

TEAMS

1	QRWC1	26	Brad Aiton Jesse Osborne Matt Cunningham
2	VIC1	24	Nathan Brill Josh Dillon Aaron Tam
3	NSWRWC1	21	Jay Felton Tyler Jones Steven Washburn
4	VIC2	8	Connor McShanag Lucas Taylor Billy Allamby

EVENT 20 GIRLS U18 5 km

1.	Jessica Pickles	24:37	QRWC
2.	Amy Bettiol	24:45	NSWRWC
3.	Amelia Finnegan	26:14	VIC
4.	Kirsty Klein	26:40	NSWRWC
5.	Cassie Raselli	27:12	VIC
6.	Jemima Montag	27:50	VIC
7.	Dimitra Psarianos	28:06	NSWRWC

8.	Samara Holliday	28:24	SARWC
9.	Emily Hamilton	28:41	VIC
10.	Caitlin Campbell	30:20	VIC
11.	Jemma Potezny	30:24	SARWC
12.	Sara Klein	30:53	NSWRWC
13.	Rebecca Campbell	32:46	VIC
14.	Chloe McNicol-Davidson	33:03	VIC
15.	Josne Elias	36:15	NSWRWC

HANDICAP

1.	Josne Elias	NSWRWC
2.	Dimitra Psarianos	NSWRWC
3.	Rebecca Campbell	VIC

TEAMS

1	NSWRWC1	21	Amy Bettiol Kirsty Klein Dimitra Psarianos
2	VIC1	19	Amelia Finnegan Cassie Raselli Jemima Montag
3	VIC2	6	Emily Hamilton Caitlin Campbell Rebecca Campbell

EVENT 21 WOMENS 5 km

1.	Tanya Holliday		22:29	SARWC
2.	Regan Lambie	U20	22:39	VIC
3.	Rachel Tallent	U20	23:31	VIC
4.	Kristie Goznic	U20	25:33	SARWC
5.	Elizabeth Hosking	U20	26:27	ACTW
6.	Jmara Hockley Samon	U20	26:41	VIC
7.	Kenza Benzenati	U20	27:04	QRWC
8.	Stephanie George	U20	27:23	VIC
9.	Cassie Raselli	U20	28:08	VIC
10.	Sophie Eberhardt	U20	28:40	TARWC
11.	Emily Fawcett		28:47	ACTW
12.	Shelby Kay	U20	29:00	VIC
13.	Megan Guy	U20	29:39	TARWC
14.	Anna Wallace		30:25	VIC
15.	Gloria Holliday	M	30:31	SARWC
16.	Meghann Griffin	U20	31:28	ACTW
17.	Kate Black	M	31:35	ACTW
18.	Nicolle Mitchell-Challinor	M	31:58	NSWRWC
19.	Stacey McLaren	U20	33:36	VIC
20.	Donna-Marie Elms	M	34:00	VIC
21.	Judy Brown	M	38:34	NSWRWC
22.	Jenny Lingley	M	38:34	NSWRWC
23.	Jodie Sundstrom		38:53	REGAL
	Ann Staunton Jugovic	M	DQ	ACTW

UNDER 20

1.	Regan Lambie	22:39	VIC
2.	Rachel Tallent	23:31	VIC
3.	Kristie Goznic	25:33	SARWC
4.	Elizabeth Hosking	26:27	ACTW
5.	Jmara Hockley Samon	26:41	VIC
6.	Kenza Benzenati	27:04	QRWC
7.	Stephanie George	27:23	VIC
8.	Cassie Raselli	28:08	VIC
9.	Sophie Eberhardt4.23cm	28:40	TARWC
10.	Shelby Kay	29:00	VIC
11.	Megan Guy	29:39	TARWC
12.	Meghann Griffin	31:28	ACTW
13.	Stacey McLaren	33:36	VIC

MASTERS

1.	Gloria Holliday	30:31	SARWC
2.	Kate Black	31:35	ACTW
3.	Nicolle Mitchell-Challinor	31:58	NSWRWC
4.	Donna-Marie Elms	34:00	VIC
5.	Judy Brown	38:34	NSWRWC
6.	Jenny Lingley	38:34	NSWRWC
	Ann Staunton Jugovic	DQ	ACTW

HANDICAP

1.	Jenny Lingley	NSWRWC
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- 2. Megan Guy
- 3. Shelby Kay

TARWC
VIC

TEAMS

- | | | | |
|---|---------|----|---|
| 1 | VIC1 | 46 | Regan Lamble Rachel Tallent Jmara Hockley Samon |
| 2 | SARWC1 | 41 | Tanya Holliday Kristie Goznik Gloria Holliday |
| 3 | VIC2 | 32 | Stephanie George Cassie Raselli Shelby Kay |
| 4 | ACTW1 | 30 | Elizabeth Hosking Emily Fawcett Meghann Griffin |
| 5 | VIC3 | 15 | Anna Wallace Stacey McLaren Donna-Marie Elms |
| 6 | NSWRWC1 | 8 | Nicolle Mitchell-Challinor Judy Brown Jenny Lingley |

MASTERS TEAMS

- | | | | |
|---|---------|---|---|
| 1 | NSWRWC1 | 7 | Nicolle Mitchell-Challinor Judy Brown Jenny Lingley |
|---|---------|---|---|



Brad Aiton, Harry Hockley-Samon, Brendon Reading, Dane Bird-Smith, Josh Dillon and Nathan Brill



Jemima Montag, Tyler Jones, Billy Allamby, Jesse Osborne, Jessica Pickles and Mikhala Hodges

And a few words on the Victorian team effort (this is after all the VRWC newsletter). They were the dominant club on the day, taking the most individual medals and taking the most team awards. The roll of honour reads as follows

Gold	Open Men 20 Mile	Jared Tallent	2:18:59	
	Masters Men 20 Mile	Stuart Kollmorgen	2:53:07	
	Open Women 10 Mile	Regan Lamble	1:14:26	
	Masters Women 10 Mile	Heather Carr	1:34:42	
	Masters Men 10 Mile	Scott Nelson	1:21:28	
	U12 Boys 2kim	Harry Hockley-Samon	10:05	
	U14 Girls 2km	Jemima Montag	9:27	
	U16 Boys 3km	Nathan Brill	13:03	
	U16 Girls 3km	Jmara Hockley-Samon	15:02	
	U20 Girls 5km	Regan Lamble	22:39	
	Silver	Open Men 20 Mile	Nathan Deakes	2:21:50

	Open Women 20 Mile	Michelle Thompson	3:29:14
	U10 Girls 1km	Mikhala Hodges	5:12
	U14 Boys 2km	Billy Allamby	9:45
	U20 Girls 5km	Rachel Tallent	23:31
	Open Women 5km	Regan Lamble	22:39
Bronze	Open Women 10 Mile	Rachel Tallent	1:24:01
	Masters Women 10 Mile	Donna-Marie Elms	1:52:41
	Open Men 10 Mile	Scott Nelson	1:21:28
	Masters Men 10 Mile	Andrew Jamieson	1:21:54
	U10 Girls 1km	Jemma Peart	5:19
	U16 Girls 3km	Stephanie George	15:19
	U18 Boys 5km	Nathan Brill	22:22
	U18 Girls 5km	Amelia Finnegan	26:14
	Open Women 5km	Rachel Tallent	23:31
Team Gold	Open 20 Mile	VIC1	Jared Tallent, Nathan Deakes, Chris Erickson
	U12 Girls 1km	VIC1	Mikhala Hodges, Jemma Peart, Brianna Lillie
	U14 Boys 2km	VIC1	Billy Allamby, Kyle Swan, Harry Hockley-Samon
	U14 Girls 2km	VIC1	Jemima Montag, Emily Hamilton, Shelby Kay
	U16 Boys 3km	VIC1	Nathan Brill, Connor McShanag, Lucas Taylor
	U16 Girls 3km	VIC1	Jmara Hockley-Samon, Stephanie George, Bianca Attard
	Open Women 5km	VIC1	Regan Lamble, Rachel Tallent, Jmara Hockley-Samon
Team Silver	Open Men 10 Mile	VIC1	Scott Nelson, Andrew Jamieson, Christopher Lockwood
	U10 Girls 1km	VIC2	Amy Canavan, Kathleen O'Mahoney, Lee Taylor
	U12 Boys 2km	VIC1	Harry Hockley-Samon, Jonty Brennan, Justin Brill
	U12 Girls 2km	VIC1	Anaya Hodges, Brodie Richardson, Mikhala Hodges
	U18 Boys 5km	VIC1	Nathan Brill, Josh Dillon, Aaron Tam
	U18 Girls 5km	VIC1	Amelia Finnegan, Cassie Raselli, Jemima Montag
Team Bronze	Open Men 10 Mile	VIC2	Aaron McDonough, Daryl Biggin, Maurice Prendergast
	U12 Boys 2km	VIC2	Reese Walmsley, Ross Darlow, Ethan Wright
	U18 Girls 5km	VIC2	Emily Hamilton, Caitlin Campbell, Rebecca Campbell
	Open Women 5km	VIC2	Stephanie George, Cassie Raselli, Shelby Kay

I must mention the many Victorians who competed in more than one event - this is always a feature of the Canberra carnival. The following all competed in 2 events:

Billy Allamby, Jonty Brennan, Mercedes Brennan, Nathan Brill, Donna Elms, Amelia Finnegan, Stephanie George, Emily Hamilton, Harry and Jmara Hockley-Samon, Anaya Hodges, Shelby Kay, Regan Lamble, Brianna Lillie, Chloe and Cody McNicol-Davidson, Stacey McLaren, Connor McShanag, Jemima Montag, Kathleen and Brendon O'Mahony, Cassie Raselli, Brodie Richardson, Kyle Swan, Rachel Tallent, Lee and Lucas Taylor, Anna Wallace, Hayden and Reese Walmsley, Ethan Wright, Amy Canavan, Ross Darlow and Jemma Peart

And a special mention to **Mikhala Hodges** who raced in an amazing 3 events, coming 2nd in the U10 1km, 10th in the U12 2km and 16th in the U14 2km.

I can't finish this report without letting everyone read an email I received tonight from one of our Victorian parents.

There is no doubting the passion for race walking our elite athletes have for the sport. They are not just out there to get a name for themselves, they are true ambassadors. The unselfish way in which they will take the time to sign autographs and have pictures taken with their admirers is truly admirable in itself. They do this in a humble and unassuming way which inspires the young walkers.

My daughter went shyly up to Jared Tallent who was freely signing autographs. His friendly nature put her at ease and she was then comfortable enough to ask other high profile Walkers if they could also do the same. She quickly found Chris Erickson who was quite happy to sign her medal lanyard. When my daughter and her friend found Claire Tallent without a marker to sign their lanyards they went back to the ever so helpful Chris to ask if they could borrow his permanent marker. He of course was only too obliging. Their confidence somewhat boosted by the friendly nature from these elite athletes, they went back to "their friend Jared" because they were sure he would help them find Rachel. This continued with a number of other athletes such as Regan Lamble, Brendon Reading and a rather shy Nathan Brill who they knew was "a good race walker" (My apologies to anyone who was accosted in this manner trying to have a quiet chat and celebration without the PR exercise).

A rather funny quirk to this story is when my daughter was getting Chris Erickson's signature, a younger sister of one of my daughter's friends came up to ask for a signature too. Chris was quite happy to sign the diary that she had out but she wanted my daughter's signature rather than Chris's. He took this with great humility and mirth at being snubbed. Another friend of my daughter quickly came to Chris's defence. She let her know "that's Chris Erickson, don't you want his signature". What came next was an unexpected "No, can I have your signature though". This brought the table down with laughter. I hope Chris has recovered from this humbling experience but clearly her friend's sister had more localised idols.

I am sure Chris along with the other elite athletes will continue to be the great emissaries that they are to these young walkers. I hope they do this in the knowledge that the open friendly manner in which they do this is a true inspiration to these walkers.

From a very appreciative parent.

Yes, all our top walkers are indeed great ambassadors and fine people and they are always just so approachable to everyone. It is one of the things that makes our sport such a great one.

I took shots of all our our Vic teams - here are a couple - more next week



The Under 10 team - Caine Brill, Mercedes Brennan, Ethan Wright, Lee Taylor, Kathleen O'Mahony, Mikhala Hodges, Amy Canavan, Brianna Lillie, Jemma Peart, Olivia Davis and Alanna Peart



The Under 12 Boys Team - Harley Davidson, Jonty Brennan, Justin Brill, Hayden Walmsley, Harry Hockley-Samon and Rodney Davis

And yet another email and another great photo. No need for me to say any more - just read it for yourselves.

Hi Tim,

I had a wonderful weekend in Canberra. A special event was when I crossed paths with Julia Gillard and her partner Tim for a short walk and chat around the lake. They were so friendly and approachable that I felt comfortable chatting with them and it was a great experience. I told them all about the LBG walking carnival and they were so kind wishing me luck for my race and future. My girlfriend took a photo of us in which Julia surprisingly put her arm around me. I bid them farewell as I ran off to prepare for my race.

Cassie



Cassie Raselli with the Australian Prime Minister Julia Gillard

SAMA CLUB CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SATURDAY 11 JUNE

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters competition in Adelaide. It was their 10km club championships. There was also a 6km supporting event. Colin reports it was a cold cloudy afternoon.

10k Club Championship

W77	1	Cynthia Dally	1.25.47	78.81%
W69	1	Elaine MacFarlane	1.21.50	71.77%
W67	2	Margaret Trengove	1.22.12	69.30%
W57	1	Linda Whitelaw	1.22.49	60.33%
W47	1	Raelene Schild	1.17.35	57.62%
W43	1	Rose Stigwood	1.16.19	57.10%
M81	1	Colin Hainsworth	1.19.14	76.17%
M76	1	Leigh Smith	1.15.40	73.76%
M77	2	David Robertson	1.24.22	67.14%
M73	1	Rodger Barber	1.13.5	72.47%
M73	2	Colin Trengove	1.22.13	65.09%
M66	1	George White	56.49	86.37%
M65	2	James Hoare	1.08.19	71.03%
M67	3	Graham Harrison	1.08.56	71.97%
M68	4	Roger Lowe	1.18.04	64.34%
M64	1	Geoff Byham	1.05.23	73.14%
M59	1	Kevin Finn	1.02.32	72.95%
M60		Laurie Marsh (TAS)	1.01.03	

6k Scratch Race

W60	Helen Suridge	40.50
W76	Ros Elix	48.15
W58	Edna Bates	51.04
W63	Lillian Harpur	51.07
M60	Jeff Kennett	54.51

QRWC WINTER WALKS, PIZZEY PARK, MIAMI, SUNDAY 5 JUNE 2011

Thanks to Noela McKinven for these Queensland results. They came too late for last week's newsletter so are included this week for completeness.

A Grade 10km	Men:	(1) Dane Bird-Smith 45.31	(2) Ignacio Jimenez 49.05	(3) Peter Bennett 50.21
		(4) Dean Nipperess 53.42	(5) Paul Lindenberg 57.01	(6) Patrick Sela 64.50
		(7) George Megas 79.16.	John Harris 66.43 NJ	
	Women:	(1) Kay Shaw 61.08	(2) Noela McKinven 76.23	(3) Robyn Wales 76.43
B Grade 5km	Men:	(1) Jesse Osborne 21.30	(2) Richard Lynch 36.45.	
	Women:	(1) Jess Pickles 24.15	(2) Kenza Benzenati 25.48	(3) Sally Lynch 32.19
		(4) Lyn Woodward 36.07	(5) Christiane Dauphinet 38.22	
C Grade 3km	Women:	(1) Katya Martin 14.26	(2) Kenza Benzenati 15.17	
D Grade 2km	Boys:	(1) Yanis Benzenati 10.16	(2) Trent Miles 10.36	(3) Ryan Pinchen 11.19
		Dane Shaw 16.01 NJ.		
	Girls:	(1) Mikaela Woodward 10.40	(2) Katie Hayward 10.43	(3) Jaiden Andrews-Nipperess 17.22
E Grade 1km	Girls:	(1) Thalia Martin 6.23		
F Grade 500m	Boys:	(1) Kris Hayward 3.34		

The carnival also include Gold Coast Championships and the Queensland Masters Short Road Walks Championships

Queensland Masters 10km Men

M35	1	Dean Nipperess	53.42
M45	1	Ignacio Jimenez	49.05
	2	Paul Lindenberg	57.01
M55	1	Peter Bennett	50.21
M70	1	George Megas	79.16

Queensland Masters 10km Men 60+ and Women

M70	1	Patrick Sela	32.09
W50	1	Kay Shaw	29.52
W55	1	Robyn Wales	37.46
W65	1	Noela McKinven	37.32
W80	1	Christiane Dauphinet	38.22

OVERSEAS NEWS

Norwegian Racewalk Championships, Bergen, June 4-5

Trond Nymark won both his events at the Norwegian walking championships a week ago. On the Saturday, he won the 10,000m track walk with 41:44.3 and on the Sunday he won the 20 km road walk with 1:25:44. Kjersti Tysse Platzter, now retired from international competition, won the 5000 m track walk 24:44.2.

10,000m Men

1.	Trond Nymark	TIF Viking	41.44.3
2.	Havard Haukenes	TIF Viking	47.56.0
3.	Joakim Sælen	TIF Viking	48.49.6

5,000m Women

1.	Kjersti Tysse Platzter	Norna-Salhus	24.44.2
2.	Hanne Elisabeth Liland	TIF Viking	28.48.4

20km Men

1.	Trond Nymark	TIF Viking	1.25.44
2.	Joakim Saelen	TIF Viking	1.45.09
3.	Arild Fotland	Softeland TIL	1.46.51

10km Women

1.	Merete Helgheim	Gloppen FIL	50.33
	Halldis Nagell-Dahl	TIF Viking	DNF

10000m Track Walk, Sosnowiec, Poland, Saturday 11 June 2011

Now to Sosnowiec in southern Poland for a 10000m track walk last Saturday, won by Rafal Fedaczynsk with 40:40.57.

1.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	40:40.57
2.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	41:31.35
3.	Łukasz KOSTKA	94-09-19	GTS Bojszowy	45:54.84

German National Walking Championships, Erfurt, Saturday 11 June

Sabine Krant not only won the women's National 20 km walk title but she also bettered the IAAF World Championship standard with 1:31:08. Andre Hohne won the men's National Championship for the seventh time in a row with 1:23:23 but was outside the required standard of 1:22:15. He will have another chance in two weeks in Dublin.

Woodie's DIY National League, Castleisland, Ireland.

Weather conditions were almost perfect for the latest Irish National League competition and Kate Veale and Robbie Heffernan were outstanding - Kate recording 6:09.52 for 1500m and Robbie recording 11:38.80 for 3000m.

Womens Premier: 1,500m Walk

1 C Casey (Kerry) 7:22.4; 2 C Tuthill (Bandon) 8:19.0; 3 S Bowler (Kildare) 8:34.2

Womens Division 1: 1,500m Walk

1 K Veale (West Waterford) 6:09.52; 2 M Mooney (Kerry) 7:34.21; 3 R Farrell (St Abban's) 8:06.1

Men's Premier: 3,000m Walk

1 R Heffernan (Leevale) 11:38.80; 2 N Prenderville (Kerry) 13:25.53; 3 N Tuohy (Ferrybank)

Men's Division 1: 3,000m Walk

1 J Costin (West Waterford) 12:15.92; 2 C Lynch (Tipperary) 13:05.8; 3 B King (Kildare) 14:28.37

5000m Track Walk, Banska Bystrica, Slovakia

Matej Toth was in great form last weekend in winning a 5000m track walk in his home town of Banksa Bystrica in Slovakia with a time of 18:54.39. The news article quotes that his previous outdoor track best was 19:09 but he has an indoor PB of 18:57.40. Anton Kucmin was also in fine form, recording 19:20.34

1.	Tóth Matej	18:54,39	PB	1983
2.	Kučmín Antón	19:20,34	SB	1984
3.	Rízek Milan	20:53,19	SB	1978
4.	Spevák Patrik	20:53,77		1994
5.	Tichý Peter	21:46,49		1993
6.	Fáber Marcel	22:03,87	SB	1992
7.	Medera Zdeno	22:42,22	SB	1975
8.	Dolinský Andrej	23:39,07	SB	1994
9.	Linkeš Milan	27:04,21	SB	1995
10.	Vronka Ján	29:09,84		1995

Russian Roadwalking Championships, Saransk, Saturday 11 June

The 2010 European Athletics Championships 50km walk bronze winner Sergey Bakulin won the Russian 50km title at Saransk last Sunday in a personal best of 3:38:46, the best road time in the world this year.

With Denis Nizhegorodov and Igor Yerokhin already chosen for the World Championships following their one-two finish at the European Cup Race Walking in Portugal last month, Bakulin bagged the last spot available to go to Daegu.

Missing out despite finishing second in Saransk was the experienced international Yuriy Andronov, who clocked 3:42:25.

Similarly, Tatyana Mineeva secured her place on the plane to South Korea when she won a closely-fought women's 20km walk. Like Bakulin, Mineeva hails from Mordovia and she finished in 1:28:09, in a competition that saw the first three home all inside 1:29. Nina Okhotnikov was second with 1:28:41 while Tatyana Shemyakina was third in 1:28:55.

SUSANA FEITOR IS SELECTED FOR HER 11TH WORLD CHAMPIONSHIP TEAM

Portuguese walker Susana Feitor, now aged 36, started her international career as the 1990 by winning the World Junior Championship walk at a 16 year old. She is on course to enter the history books once again after being selected in the Portuguese team for the 2011 World Championships in Daegu, South Korea.

Feitor is set to compete in her 11th World Championships, having not missed one since 1991, a feat no one else has managed. Her best World Championships result has been winning the bronze medal at the 2005 World Championships. She was also fourth and fifth in 1999 and 2007 respectively.

The Portuguese federation named Feitor, along with Inês Henriques and Ana Cabecinha, to contest the women's 20km walk last Wednesday. The selection was made on performances at the national championships in Batalha on 19 February, the Grand Prix at Rio Maior on 9 April and the European Cup Race Walking in Olhão on 21 May. This means there is no place for Vera Santos, who misses her first major championship since the 2004 Olympic Games. Santos, fifth at the last World Championships, is the fastest Portuguese walker of 2011 with the 1:29.55, clocked when she finished third in Rio Maior but she failed to finish in Batalha and Olhão.



Susana Feitor finishes in the 2009 World Championships in Berlin

2011 AUST ROADWALKING CHAMPS, WESTON PARK, CANBERRA, SUNDAY 21 AUGUST 2011

Athletics Australia has now announced details of the 2011 Australian Roadwalking Championships. These are a joint venture involving Athletics Australia, the State Associations and Racewalking Australia and are the second biggest carnival on the Australian calendar, after the LBG Carnival. See http://www.athletics.com.au/competition/events/2011_australian_road_walking_c

The championships will be held on **Sunday August 21st at Weston Park in Canberra**. So we will be back in Canberra in 2 months time for yet another big interstate carnival. Events to be conducted are:

- AA/RWA Men Open 20km (including RWA Masters)
- AA/RWA Men Under 20 10km
- AA/RWA Boys Under 18 10km
- AA/RWA Boys Under 16 5km
- AA/RWA Boys Under 14 3km
- AA/RWA Boys Under 12 2km
- RWA Boys Under 10 1km
- AA/RWA Women Open 20km
- RWA Women Open 10km (including RWA Masters)
- AA/RWA Women Under 20 10km
- AA/RWA Girls Under 18 5km
- AA/RWA Girls Under 16 5km
- AA/RWA Girls Under 14 3km
- AA/RWA Girls Under 12 2km
- RWA Girls Under 10 1km

Entries will open on the 24th June.

2011 ALF ROBINSON FOUNDATION GRANTS

Athletics Australia, in conjunction with Racewalking Australia, announced today that applications are now open for the 2011 round of grants from the Alf Robinson Foundation. The AA news release reads as follows:

When former Race walking Australia President Alf Robinson died in 1977, a Foundation was setup, seeded by an initial sum of money donated by Mr. Harold and Mrs. Cora Brennan. This Foundation was designated 'The Alf Robinson Memorial Race Walking Foundation'. It was envisaged that the interest from this Foundation would be used on an ongoing basis to assist Australian race walkers on the international stage.

The funds within this Foundation are held in trust by Athletics Australia and a Board of Trustees, made up of representatives of Athletics Australia and Race walking Australia. Both Athletics Australia and Race walking Australia view this Foundation as a developmental fund which should focus on either our most promising junior walkers or those open aged walkers under the age of 25 years who show the potential to achieve internationally.

The amount of money to be allocated each year is not large and the Board of Trustees will decide the number of walkers amongst whom to distribute funding and the level of support to be given to each walker.

There will be one funding allocation per calendar year. In 2011, the closing date for funding submissions is **Friday 8 July**.

Submit your appln at http://www.clubsonline.com.au/events/index.cfm?fuseaction=display_full&EventID=10094&OrgID=887

To read more about this fund and how it works, check out http://www.rwa.org.au/alf_robinson_foundation.shtml

WHAT'S COMING UP

Next Saturday, we return to our club headquarters at Middle Park for our annual '**Guess Your Time**' day. It is a simple concept - on entering the race, tell the race secretary the time you will walk. The results on the day will be determined by who is closest to his/her predicted time. No watches can be worn and no split times are called. **Prizes will be on offer for all winners.**

Saturday 18 June 2011 Middle Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes for all winners.			
2.15pm	10km	Guess your finish time	Open
2.15pm	5km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Under 15
2.30pm	2km	Guess your finish time	Under 12
2.30pm	1km	Guess your finish time	Under 9

The following Saturday sees our major club championship day with medals on offer in a wide variety of races. This fixture also sees the **Victorian 15km championships**. A reminder that while you can enter our club championships on the day, you have to **pre-enter** the Victorian Championship events and **the closing date is just about here** - so get busy and register with Athletics Victoria at link https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=9869&OrgID=189

Saturday 25 June 2011 Middle Park			
AV & VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	15km	Victorian Championship & VRWC handicap	Open Men
2.15pm	15km	Victorian Championship & VRWC handicap	Open Women
2.15pm	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
2.15pm	15km	VRWC Championship	Under 20 Men/Women
2.30pm	5km	VRWC Championship	Under 16 Boys/Girls
2.30pm	5km		Open
2.30pm	3km		Open
2.30pm	3km	VRWC Championship	Under 14 Boys/Girls
2.45pm	2km	VRWC Championship	Under 12 Boys/Girls
2.45pm	1km	VRWC Championship	Under 9 Boys/Girls

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

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

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	25th IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012	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 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicang, China**
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>)