



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 3 SEPTEMBER 2011

It was great to see 80 walkers converging on Middle Park last Saturday as we came towards the end of what has been a wonderful season. Unfortunately conditions could not have been much more challenging with gale force winds buffeting the walkers as they contested our annual 'Beat your Season Best' races. With prizes on offer, everyone was out to race hard and we actually saw plenty of people beat their Season Bests and some even doing PBs. The winners of each division (ie those who beat their SB by the most) are shown with an \*.

Terry Swan was in action with the camera once again and has already uploaded nearly 100 photos (including from our end of season presentations) to our photo gallery - <http://vrwc.org.au/coppermine>. What a great effort. Frances Attard was at work with video camera as well so I will advise when it goes online on YouTube.

First to our 10km events where we saw two wonderful first up efforts by 13 yo **Emily Hamilton** (1:00:46) and 10 yo **Mikhala Hodges** (1:09:00). Both set new club records - Emily U14 and Mikhala U12 and U13. 12 yo **Kyle Swan** was also in action with a fine 57:15, not far outside his own club record of 55:18 which he set in the same race last year. It is fantastic to see our young walkers challenging themselves over such long distances.

#### 10km Open

1.	Hamilton, Emily	60:46	First ever, <b>new U14 club record</b>
2.	Hodges, Mikhala	69:00	First ever, <b>new U12/U13 club record</b>
1.	Swan, Kyle	57:15	
2.	Seid-Christmass, James	59:13 *	
3.	Tam, Aaron	59:31	
4.	Gardiner, Bob	68:26	
	McShanag, Connor	DNF	
	Allamby, Billy	DNF	

We had big fields in our 5km and 3km Open events and highlights included 10 yo **Hayden Walmsley's** new U11 5km club record of 34:31 and the PBs done by **Michelle Laufer** (26:53), **Simone O'Neill** (31:27) and **Karyn O'Neill** (33:32). Overall, **Stuart Kollmorgen** (22:40) and **Nathan Brill** (23:00) led from the front with fine exhibitions of speed walking.

#### 5km Open

1.	Tindal, Pam	25:51	
2.	Laufer, Michelle	26:53	PB 0:22
3.	Stadus, Lauren	27:36	
4.	Geisler, Sandra	27:50	
5.	Wallace, Anna	30:03	
6.	Elms, Donna	31:19	
7.	O'Neill, Simone	31:27 *	PB 3:14
8.	O'Neill, Karyn	33:32	PB 1:23
9.	Johnson, Celia	34:48	
	Finnegan, Amelia	DNF	
1.	Kollmorgen, Stuart	22:40	
2.	Brill, Nathan	23:00	
3.	Kozica, Jason	25:13	
4.	O'Neill, Terry	30:44 *	
5.	Donahoo, Mark	31:14	
6.	Feain, Gerard	32:08	
7.	Johnson, Tony	32:30	
8.	Barrow, Geoff	33:11	
9.	Dickenson, Russ	33:17	
10.	Walmsley, Hayden	34:31	First ever, <b>new U11 club record</b>
	Wood, Robin	DNF	
	Wicks, Barrie	DQ	

### 3km Open

- |    |                 |         |
|----|-----------------|---------|
| 1. | Irshad, Kylie   | 16:15   |
| 2. | Carr, Heather   | 16:24   |
| 3. | Shaw, Kirstin   | 18:18   |
| 4. | Steed, Gwen     | 19:55 * |
| 5. | Shaw, Robyn     | 20:02   |
| 6. | Davidson, Kelly | 24:54   |
| 7. | Mews, Pam       | 32:05   |

- |    |                        |         |
|----|------------------------|---------|
| 1. | Kennedy, Paul          | 15:19   |
| 2. | Lucas, Alan            | 17:04   |
| 3. | Thillaisundaram, Anand | 18:21 * |
| 4. | Summers, Harry         | 20:10   |
| 5. | Onley, Gordon          | 20:10   |
| 6. | Morrison, John         | 21:57   |
| 7. | Crawford, Jim          | 25:51   |



New club records to Emily Hamilton, Hayden Walmsley and Mikhala Hodges who still looked fresh at the end



Stuart Kollmorgen, Nathan Brill, Michelle Laufer, Kyle Swan and Aaron Tam

With our U15 boys challenging themselves over longer distances on Saturday, the 3km U15 event was left to the girls and **Emily Swan** continued her great season with 17:23, another big PB. **Jemima Montag** led from the front as usual with another fine exhibition of strength walking.

### 3km U15

- |    |                |         |         |
|----|----------------|---------|---------|
| 1. | Montag, Jemima | 14:31   |         |
| 2. | Sanders, Jade  | 15:51   |         |
| 3. | Swan, Emily    | 17:23 * | PB 0:28 |

4.	Eastwood, Jessie	17:43
5.	Hodges, Anaya	18:05
6.	Barbour, Beth	18:57
7.	Kay, Cassandra	20:00
8.	Feain, Madeleine	20:27

I thought that the U12 and U9 walkers would struggle in the big winds but we saw plenty more PBs and some great walking. The biggest improvers were **Tegan Miller** (12:13), **Lachlan Feain** (12:08), **Gemma Lillie** (7:49) and **Bede Collis** (7:37) and all got their pick of the prizes tables for their efforts. **Shelby Kay** 10:47) and **Brianna Lillie** (5:36) were quickest overall.

#### 2km U12

1.	Kay, Shelby	10:47	
2.	George, Hayley	11:32	
3.	Richardson, Brodie	11:33	
4.	Eastwood, Jemma	11:33	PB 0:04
5.	Brown, Hayley	11:34	PB 0:12
6.	Huse, Philippa	11:52	
7.	Crea, Gabriella	12:12	
8.	Miller, Tegan	12:13 *	PB 0:16
9.	Lillie, Jessica	12:15	
10.	Taylor, Lee	12:56	
1.	Brennan, Jonty	11:31	
2.	Hockley-Samon, Harry	12:06	
3.	Feain, Lachlan	12:08 *	PB 0:20
4.	Wright, Ethan	12:30	
	O'Mahony, Brendon	DQ	
	Brill, Justin	DQ	

#### 1km U9

1.	Lillie, Brianna	05:36	
2.	O'Mahony, Kathleen	05:39	PB 0:09
3.	Brennan, Mercedes	06:07	
4.	McDonald, Chelsea	06:44	PB 0:11
5.	Collis, Frances	06:45	
6.	Laufer, Beatrice	07:09	PB 0:04
7.	Lillie, Gemma	07:49 *	PB 0:42
	Kay, Payton	DQ	
1.	Brill, Caine	05:59	
2.	Collis, Bede	07:37 *	PB 0:28
	Kennedy, Thomas	DQ	
	Kennedy, William	DQ	



**Jemima Montag, Emily Swan, Beatrice Laufer, Lachlan Feain and Lee Taylor**



**Tegan Miller, Hayley Brown, Gemma Lillie, Shelby Kay and Bede Collis**

Thanks as usual to our many officials and judges - sorry if I missed anyone.

- Officials:** Mark Donahoo, Tim Erickson, Ian Laurie, Susan Taylor, Damien Elms, Tina Miller, Steve Richardson  
**Judges:** Peter Vysma (Chief), Brenda Felton, Terry Knape, Gordon Loughnan, Lloyd Nichols, Graham George  
**Canteen:** Kate Suich, Barb Gardiner, Marlane Stanway  
**Video:** Frances Attard  
**Photos:** Terry Swan

Although we have one final club racing day next Sunday, we had our end of season presentations day on Saturday and we were able to announce the winners of the annual Runners World Winter Season Awards as well as the winners of 3 of the 4 AV Perpetual Trophies. We will arrange for Neil Ryan of Runners World to come to one our summer season walks to present the Runners World awards to Andrew Jamieson, Heather Carr, Nathan Brill and Amelia Finnegan. The major winners read as follows

**ATHLETICS VICTORIA TROPHY WINNERS**

NORM GOBLE TROPHY	Most points earned in Mens AV Championships	TBA
BETTY NEWMAN TROPHY	Womens Walking Team Champions	Ballarat Harriers
AVIS REDMAN TROPHY	Best Under 16 Girl Walker	Stephanie George
TOM DAINTRY TROPHY	Best Under 14 Girl Walker	Jemima Montag

**VRWC RUNNERS WORLD SPONSORSHIPS**

Open Men	Andrew Jamieson
Open Women	Heather Carr
Under 20 Men	Nathan Brill
Under 20 Women	Amelia Finnegan

**VRWC FASTEST TIMES POINTS & HANDICAP POINTS COMPETITIONS**

Open Women	Fastest Times Points	Michelle Laufer
Open Women	Handicap Points	Michelle Laufer
Open Men	Fastest Times Points	Aaron McDonough
Open Men	Handicap Points	Aaron McDonough
Under 20 Women	Fastest Times Points	Jmara Hockley-Samon
Under 20 Women	Handicap Points	Kirstin Shaw
Under 20 Men	Fastest Times Points	Aaron Tam
Under 20 Men	Handicap Points	Aaron Tam
Under 15 Girls	Fastest Times Points	Megan Walker
Under 15 Girls	Handicap Points	Madeleine Feain
Under 15 Boys	Fastest Times Points	Connor McShanag
Under 15 Boys	Handicap Points	Paul Tremiglioizzi
Under 12 Girls	Fastest Times Points	Shelby Kay
Under 12 Girls	Handicap Points	Shelby Kay
Under 12 Boys	Fastest Times Points	Kyle Swan
Under 12 Boys	Handicap Points	Hayden Walmsley
Under 9 Girls	Fastest Times Points	Brianna Lillie
Under 9 Girls	Handicap Points	Mercedes Brennan
Under 9 Boys	Fastest Times Points	Caine Brill
Under 9 Boys	Handicap Points	Caine Brill
Masters Women	Fastest Times Points	Heather Carr
Masters Women	Handicap Points	Pam Mews

Masters Men	Fastest Times Points	Alan Lucas
Masters Men	Handicap Points	Alan Lucas and Barrie Wicks
<b>VRWC JACK LARKIN TROPHY - HIGHEST POINT SCORING COUNTRY ATHLETES</b>		
Men	James Seid-Christmass	
Women	Megan Walker	
<b>VRWC MERRIFIELD AWARDS - COMBINED FASTEST TIMES AND HANDICAP POINTS</b>		
Masters Men	Alan Lucas	
Masters Women	Donna Elms and Pam Mews	
Open Men	Aaron McDonough	
Open Women	Michelle Laufer	
Under 20 Men	Aaron Tam	
Under 20 Women	Jmara Hockley-Samon	
Under 15 Men	Connor McShanag	
Under 15 Women	Emily Swan	
<b>VRWC STYLE AWARDS</b>		
Men	Nathan Brill	Women Amelia Finnegan , Jemima Montag, Stephanie George, Kelly Ruddick
Boys	Caine Brill	Girls Hayley George

A selection of Presentations photos follows, thanks to Terry Swan. For more, see <http://vrwc.org.au/coppermine>.



**Left: Masters winners Pam Mews, Heather Carr and Karyn O'Neill**  
**Right: U12 winners Justin Brill, Hayden Walmsley, Kyle Swan, Jonty Brennan and Ethan Wright**



**Left: Merrifield Award winners Emily Swan, Aaron Tam, Alan Lucas, Donna Elms, Michelle Laufer, Pam Mews and Connor McShanag**

**Right: U9 winners Kathleen O'Mahony, Brianna Lillie and Mercedes Brennan**



Style Award winners Hayley George, Jemima Montag, Caine Brill, Stephanie George and Nathan Brill

**ACT WALKERS CLUB WALKS, DIDDAMS CLOSE, LAKE GINNINDERRA, ACT, SAT 3 SEPTEMBER**

Thanks to Robin Whyte for his weekly report from Canberra

**10km Walk**

1.	Harry Bates	56:35
2.	Lachlan Wilkinson	67:27
3.	Rod Gilchrist	69:42
4.	Bryan Thomas	71:20
5.	Jennifer Gilchrist	73:02
6.	Bob Parker	74:43
7.	Val Chesterton	89:15

**3km Walk**

1.	Callum Burns	16:38
2.	Ally Durr	17:11
3.	Jack Durr	18:58
4.	Marilyn Banfield	20:48
5.	Wendy Kupkee	22:05
6.	Charlie Durr	24:09
7.	Greg Durr	24:15
8.	Jack Thackray	25:28

**6km Walk**

1.	Meghann Griffin	36:45
2.	Robin Whyte	37:12
3.	Jane Bates	37:43
4.	Helena Bialecki	37:44
5.	Bob Chapman	44:25
6.	John Donovan	45:07
7.	Rosemary Parker	45:41
8.	Cilla Chapman	49:32
9.	Nola de Chazal	61:10
10.	Trish Thomas	67:31

**1.5km Walk**

1.	Hilary Thackray	14:35
2.	Laura Burns	14:39
	Spencer Burns	DQ

**QRWC TRACK CHAMPIONSHIPS, SIPPY DOWNS, SUNDAY 21 AUGUST 2011**

Thanks to Noela McKinven from these results from Queensland Walkers Club from a week ago. Dean Nipperess, one of our top junior walkers from years past, is getting back into pretty good shape - 23:59 over 5000m.

<b>Open M/W 5000m</b>	Men:	(1) Dean Nipperess	23.59	(2) Peter Bennett	25.19
	Women:	(1) Suzanne Grasmeyer	29.21	(2) Noela McKinven	37.50
<b>U20 M/W 5000m</b>	Men:	(1) Brandon Dewar	22.19	(2) Nick Dewar	23.25
	Women:	(1) Yue Guo	27.58		
<b>U16 M/W 3000m</b>	Women:	(1) Katya Martin	17.41	(2) Jessica Haig	18.32
<b>U14 M/W 1500m</b>	Men:	(1) Trent Miles	7.05		
	Women:	(1) Mikaela Woodward	7.47	(2) Clara Smith	7.51
<b>U12 B/G 1500m</b>	Boys:	(1) Sean Bentley	8.39	(2) Ryan Pinchen	8.47
	Girls:	(1) Thalia Martin	9.58	(3) Callum Haig	9.58
<b>U10 B/G 1500m</b>	Girls	(1) Jasmine-Rose McRoberts	8.13		

**SOUTH AUSTRALIAN WALKS, EAST TERRACE, ADELAIDE, SATURDAY 3 SEPTEMBER**

Last Saturday saw a combined walk with SAMA and SARWC athletes competing together at East Terrace in Adelaide. Peter Crump explained:

Our last week of competition, where we combine with the SA Masters for their 10 and 5 handicap events. Some of our juniors had not competed over 5 km so the handicaps erred on the generous side. Darren Bown ended up catching up and walking 19 seconds over his estimated time, as unseasonably warmer conditions slowed most walkers. Tanya Holliday walked a good time ahead of another good time from Allegra Steele. Well done to the juniors who pushed up to the longer 5km distance – I hope your coaches don't get to find out !

**10k Yacht Handicap**

	Darren Bown	45.19	
W67	Margaret Trengove	1.15.43	75.23%
M66	George White	56.24	87.01%
M73	Colin Trengove	1.19.13	67.56%
	Peter Crump	57.04	
M68	Graham Harrison	1.07.51	74.03%
M55	Richard Moyle	1.16.12	57.73%
M81	Colin Hainsworth	1.19.14	76.17%
M65	Geoff Byham	1.06.02	73.48%
M65	James Hoare	1.12.01	67.38%
W77	Cynthia Dally	1.29.42	75.37%
M69	Bill Starr	1.15.19	67.49%
W69	Elaine MacFarlane	1.27.03	67.47%

**5k Yacht Handicap**

	Anna Cross	38.46	
	Alix Harlington	28.55	
	Gloria Holliday	28.51	
	Allegra Steele	26.58	
	Tanya Holliday	22:56	
W57	Linda Whitelaw	40.50	58.54%
	Lachlan Tylor-Dowd	30.15	
W76	Ros Elix	40.45	76.21%
W60	Helen Suridge	34.09	72.37%
	Jemma Patezny	28.08	
M75	Paul Boyce	39.59	66.86%
M73	Rodger Barber	37.20	69.7%
M61	Jeff Kennett	44.06	51.38%
	Danielle Walsh	33.28	
W58	Edna Bates	44.22	54.47%
	Rhiannon Lovegrove	35.21	
W62	Gill White	42.06	60.11%
	Samantha Finlay	38.54	
W63	Lillian Harpur	49.45	51.49%

**THE CURSE OF THE COVER**



photo - <http://www.athleticsweekly.com/blog/who-will-break-the-cover-curse/>

There was one thing in Daegu that had the world's leading athletes quaking in their boots in the first few days at the IAAF World Championships. It was not the prospect of competing in hot and humid conditions, nor was it the weight of pressure and expectation of their fans back home. It was whether they were selected to appear on the cover of the daily programmes.

In the first 4 days of competition, the 'cover curse' took down some of the sport's biggest stars. World and Olympic champion **Steve Hooker** was the first to fall victim to the jinx after featuring on the cover of the programme for day one. Undefeated at major championships since March 2008, the Australian went out in qualifying after failing to clear his opening height – something that has never happened before to Hooker.

A picture of Jamaican superstar **Usain Bolt** was used for the programme on day two – a sure-fire bet to win after a storming run in the heats. Or so it seemed, before he false-started in a final – the first time in his career that he has made such a blunder at a major championships.

Next up was **Dayron Robles**, the world 110m hurdles record-holder. Initially it seemed as though the Olympic champion from Cuba had broken the curse, as he crossed the line first in the men's 110m hurdles final. But moments later it was revealed that the Chinese team had lodged a protest over an obstruction to Liu Xiang during the race and Robles was disqualified. It would have been his first world title.

On Day 4, it was down to **Yelena Isinbayeva**, the pole vault world record-holder, to try to beat the kiss of death as her image featured on the programme cover. But, competing in her first major championships since sitting out last summer, the Russian finished sixth in the final. Excluding the two occasions she has no-heighted, it was Isinbayeva's lowest finish at a major outdoor championships since her ninth-place finish at the 1998 World Junior Championships.

Just one event, the women's 20km walk, was being held on day five and there was only ever going to be one likely candidate for the cover. Since winning gold in Osaka four years ago, Russia's **Olga Kaniskina** had won all major titles ever since and had been unbeatable at major championships. But would she be strong enough to overcome the curse? Read on below to find out!

## IAAF WORLD CHAMPIONSHIPS, DAEGU, KOREA

Last week I reported on the men's 20km walk in Daegu. Since then, the other two walks have been completed and the news was much better for Australia. Here we go!

### **Women's 20km walk, Wednesday 31 July, 9AM**

26 year old Russian Olga Kaniskina became the first woman in World Championships history to win three 20km walk titles in a row with her win in Daegu last Wednesday morning. Only one other race walker, male or female, has achieved such a feat – Ecuador's Jefferson Perez, who won the men's 20km walk three times between 2003 and 2007.

With Olympic and European titles also to her name, Kaniskina is without doubt one of the most dominant athletes in world athletics. Her last loss at a major championship was when finishing second at the 2006 European Championships, aged just 21 at the time. Already she is arguably the greatest female walker of all time, and she has many years ahead of her in which to win more medals. The only glaring omission from her CV is the World record. She owns the second-fastest time in history at 1:24:56, but as it was set in a race without the minimum requirement of international officials. The official World record belongs to team-mate Vera Sokolova at 1:25:08.

Kaniskina's win also put an end to Daegu's "curse of the covers", where the official programme's cover stars on each of the previous four days suffered ignominious exits. *"Thankfully no one told me about this before the race, they only told me after,"* Kaniskina laughed at a news conference. *"I didn't know about it, but it was a good decision to put me on the cover."*

Kaniskina, also the gold medallist from the 2008 Beijing Olympics, said the conditions were tough in South Korea. *"Compared to Osaka and Berlin this race was very difficult. We were prepared for the hot and humid weather but not for the sun. The plan was to go with the group for the first half and then to come out fast. But until the very end of the race I was not sure about my victory. Even in the finish, you cannot be sure about your victory because you still can get a red tag."*

Kaniskina, along with team mates Sokolova and Kirdyapkina, controlled the large pack early on but the pace was slow. Indeed at 5km where Kaniskina led through in 23:29 there were still 26 other contenders within two seconds of that mark and at the halfway point, there were still 13 athletes in the front group with Kaniskina in the lead with 46:16. Kirdyapkina briefly surged at 12km but was reeled in rapidly and two kilometres later it was Kaniskina who made her decisive move. She quickly opened up a five-second gap over her teammate, who later had to concede the silver medal to the fast-finishing Liu who went past her two kilometres from the line, while Sokolova drifted back to eventually finish in 11<sup>th</sup> place in a time of 1:32.13. The times of the medallists - Kaniskina 1:29:42, Liu 1:30:00 and Kirdyapkina 1:30:13.

Olympic bronze medallist Elisa Rigaud, who beat Liu across the line in Beijing, took fourth in a season's best 1:30:44, followed by Qieyang Shenjie of China who clocked 1:31:14 for fifth. Susan Feitor, the 36-year-old Portuguese veteran and 2005 World Championship bronze medallist, who was competing in her 11<sup>th</sup> IAAF Championships (a record!), recorded a mark of 1:31:25 for sixth place.

Kaniskina's splits confirm her race tactic - 23:29, 46:16, 1:08:03, 1:29:42 (23:29, 22:27, 21:47 and 21:39). It is just so hard to beat someone who can race like that.

**Regan Lamble** and **Claire Tallent** walked excellently to finish 15<sup>th</sup> and 21<sup>st</sup> respectively. They had maintained position within the lead pack for the first 7km but, as the morning humidity and temperature and race tempo increased, they were amongst the many who dropped off the pace. 19-year-old Regan crossed the half-way point in 46:39 and in 22<sup>nd</sup> position but she came home strongly to finish in 15<sup>th</sup> place in a time of 1:33.38. Claire also chased athletes down in the latter stages of the race to finish in 21<sup>st</sup> with a time of 1:34:46.



Regan, who was making her senior Australian debut, said: "It was pretty warm, but was alright. The sun was pretty bad but we had prepared well. I was a bit worried when the main pack got away and I was sort of floundering a little bit. Then in the second half I concentrated on trying to pick each person off one by one. I managed to pick off a few in the last three kilometres or so. I was really pleased with how I finished the race. Our race plan was to just try and be competitive with the middle half of the field because this is my first race as a senior. I think I achieved that goal pretty well. I decided not go out too fast. The pace overall, even with the lead girls, was pretty conservative at the start so that helped me settle in. After that I tried to just hang on. I'm really happy with that performance. I think I took a lot out of that race and hopefully in the next few months can get fitter and stronger and make my way up the field and be a bit more competitive in my next few races."

Claire improved her performance from the last World Championships, in Berlin, by six places (in Berlin she clocked 1:38.12 and finished in 27<sup>th</sup>). "It wasn't too bad. I think we prepared really well. When the pace kicked out it was hard to go but it was solid and felt steady the whole way. I felt pretty strong even though I couldn't speed up. It was pretty good out there."



Left: The Russians dictate the early laps



Right: Regan and Claire in action



Left: Taking the turns at speed



Right: Kaniskina wins yet again

1.	Olga Kaniskina	RUS	1:29:42
2.	Hong Liu	CHN	1:30:00
3.	Anisya Kirdyapkina	RUS	1:30:13
4.	Elisa Rigaud	ITA	1:30:44
5.	Shenjie Qieyang	CHN	1:31:14
6.	Susana Feitor	POR	1:31:26
7.	Ana Cabecinha	POR	1:31:36
8.	Kristina Saltanovic	LTU	1:31:40
9.	Beatriz Pascual	ESP	1:31:46
10.	Inês Henriques	POR	1:32:06
11.	Vera Sokolova	RUS	1:32:13
12.	Olena Shumkina	UKR	1:32:17

13.	María Vasco	ESP	1:32:42
14.	Ni Gao	CHN	1:32:49
15.	<b>Regan Lamble</b>	<b>AUS</b>	<b>1:33:38</b>
16.	Olive Loughnane	IRL	1:34:02
17.	Tatiana Mineeva	RUS	1:34:08
18.	Nastassia Yatsevich	BLR	1:34:09
19.	Jamy Franco	GUA	1:34:36
20.	Kumi Otoshi	JPN	1:34:37
21.	<b>Claire Tallent</b>	<b>AUS</b>	<b>1:34:46</b>
22.	Mayumi Kawasaki	JPN	1:35:03
23.	Johanna Jackson	GBR	1:35:32
24.	Nadiia Borovska-Prokopuk	UKR	1:35:38
25.	Lucie Pelantová	CZE	1:35:45
26.	Yong-eun Jeon	KOR	1:35:52
27.	Claudia Stef	ROU	1:36:55
28.	Agnese Pastare	LAT	1:37:48
29.	Brigita Virbalytė	LTU	1:38:39
30.	Maria Michta	USA	1:38:54
31.	Maria Czaková	SVK	1:39:07
32.	Arabelly Orjuela	COL	1:39:28
33.	Ingrid Hernández	COL	1:39:53
34.	Zuzana Schindlerová	CZE	1:39:57
35.	Marie Polli	SUI	1:40:28
36.	Milángela Rosales	VEN	1:40:49
37.	Rachel Lavallée Seaman	CAN	1:43:31
38.	Grace Wanjiru Njue	KEN	1:43:59
39.	Yadira Guamán	ECU	1:45:15
40.	Chaima Trabelsi	TUN	1:46:29
	Claudia Balderrama	BOL	DQ
	María José Poves	ESP	DQ
	Viktória Madarász	HUN	DQ
	Neringa Aidietyte	LTU	DQ
	Maria Guadalupe Sánchez	MEX	DQ
	Olga Iakovenko	UKR	DQ
	Sabine Krantz	GER	DNF
	Melanie Seeger	GER	DNF
	Masumi Fuchise	JPN	DNF
	Semiha Mutlu	TUR	DNF

### Men's 50km Walk, Saturday 3 September, 8AM

The temperature was already 23°C when the men's 50km started at 8AM on Saturday and it steadily rose throughout the race. Luckily, the cloud cover held so walkers were spared the additional stress of a full sun.

I had expected this to be the most exciting of the walks and it lived up to expectations. Yohan Diniz, the current track world record holder, led early and it was left to Australian **Nathan Deakes** and Russian champion Sergey Bakulin to chase and catch him between the 5km and 10km mark. Bakulin soon backed off but Nathan was up to the challenge, matching it with Diniz and turning back the years with his confident walking.

The first big shock came at 15km when Diniz was disqualified, leaving Nathan 12 secs in front of Bakulin with the rest nearly a minute in arrears. Unfazed, Nathan then increased his pace, reaching the half way mark in 1:49:35 with a lead of 30 secs over Bakulin with a chasing group of 8, including Jared Tallent and Luke Adams, nearly 2 minutes further back. His 5km splits tell the story of the race thus far - 22:18, 22:13, 21:49, 21:43 and 21:32.

But the grimace on Nathan's face told a different story. His troublesome hamstring was obviously starting to make its presence felt and his next 5km was a slower 21:58. At 30km, he still held a 20 sec lead but soon afterwards he was forced to stop and stretch. This he did on multiple occasions over the few laps as first Bakulin and then the chasing pack caught him. With his next 5km split now a slow 24:29, he had no choice but to retire.

Bakulin was now over 2 minutes ahead of the chasing pack of 3 - world record holder Denis Nizhegorodov, China's Tianfeng Si and **Jared Tallent** - with 15km to go. At this stage, Jared laid his cards out for all to see, increasing his pace and starting the long chase. His next 5km was a very quick 21:40 and he was slowly closing the gap. He maintained the pace with a split of 22:04 up to 45km - he was now 90 secs behind Bakulin and nearly 1 minute clear of Nizhegorodov in third.

Alas, it was not to be. Slowing to 23:50 in the last 5km, he surrendered his silver medal to the chasing Russian in the 49<sup>th</sup> km - the final stats showing Bakulin first with 3:41:24, Nizhegorodov second with 3:42:45 and Jared third with 3:43:36.

Russia's 1-2 finish confirmed the country's top ranking in the racewalking discipline. It followed Borchin's 20km win on Sunday in a similar 1-2 for Russia, Vladimir Kanaykin taking silver. Russia also claimed the other race walking gold medal on offer with Kaniskina powering to an unprecedented third consecutive women's 20km race walk. Bronze in that race for Anisya Kirdyapkina meant that of the nine medals up for grabs, Russia claimed six, including three gold, two silver and one bronze.

Jared had been left demoralised a week ago when he finished only 27<sup>th</sup> in his first event of the championships, the 20km walk, but he turned that into motivation for the 50km event. "I was just really annoyed with myself. You train so hard all year and you don't expect to come 27<sup>th</sup> so that fired me up for today. I was feeling very tired last week but I came out here to get a medal today and I'm really, really satisfied with that. I probably went a bit too hard early going for the gold medal because the last two laps were hell. I wish the race was 46km today instead of 50km."

Australia's third competitor, **Luke Adams**, also finished strongly for fifth place (3:45.31) and will also be rewarded with automatic nomination for the Olympics. Luke revealed he had sustained a hip injury a month ago and had battled to get to the starting line. "It's been a very stressful month. It would have been nice to be top three but I am happy to be top five." I knew there was going to be pain. It was pretty good for 20 or 30km, the last 10km it was really sore but not sore enough to stop me."

Nathan's coach Craig Hilliard said the former world champion was "pretty devastated" that another hamstring injury had ruined his return to championship racing. "He's been out for so long (after hamstring surgery that ruled him out of the 2008 Olympics) but he's such a competitor, he wasn't coming here just to get a medal, he was coming here to win. It's a new injury but it's the leg he had surgery on, he stirred it up about a week ago. But he's proved to himself and me today that he can compete at this level again. It's going to be hard to beat the Russians next year but we are not that far behind and we have beaten them before."

Check out <http://daegu2011.iaaf.org/newslistdetail.aspx?id=62236> for a great article on winner Sergey Bakulin.



Left: Jared chases in the final kilometres

Centre: Nathan mid race

Right: Bakulin on his way to victory

1.	Sergey Bakulin	RUS	3:41:24	
2.	Denis Nizhegorodov	RUS	3:42:45	
3.	<b>Jared Tallent</b>	<b>AUS</b>	<b>3:43:36</b>	
4.	Tianfeng Si	CHN	3:44:40	
5.	<b>Luke Adams</b>	<b>AUS</b>	<b>3:45:31</b>	
6.	Koichiro Morioka	JPN	3:46:21	
7.	Chil-sung Park	KOR	3:47:13	(NR)
8.	Faguang Xu	CHN	3:47:19	
9.	Takayuki Tani	JPN	3:48:03	
10.	Hirooki Arai	JPN	3:48:40	(PB)
11.	Andrés Chocho	ECU	3:49:32	(AR)
12.	Marco De Luca	ITA	3:49:40	
13.	Rafal Sikora	POL	3:50:24	
14.	Dong-young Kim	KOR	3:51:12	
15.	Jarkko Kinnunen	FIN	3:52:32	
16.	Jean-Jacques Nkouloukidi	ITA	3:52:35	(PB)
17.	Trond Nymark	NOR	3:54:26	
18.	Edgar Hernández	MEX	3:54:46	
19.	José Leyver	MEX	3:55:37	
20.	Oleksiy Kazanin	UKR	3:56:18	
21.	Omar Zepeda	MEX	3:56:41	
22.	Andreas Gustafsson	SWE	4:00:05	
23.	Bertrand Moulinet	FRA	4:07:58	
24.	Quentin Rew	NZL	4:08:46	
25.	Jianbo Li	CHN	4:10:26	
	Jesús Angel García	ESP	DQ	
	Mikel Odriozola	ESP	DQ	
	Antti Kempas	FIN	DQ	

Yohan Diniz	FRA	DQ
Cedric Houssaye	FRA	DQ
Colin Griffin	IRL	DQ
Junghyun Yim	KOR	DQ
Tadas Šuškevičius	LTU	DQ
Rafał Fedaczyński	POL	DQ
Igor Erokhin	RUS	DQ
Nenad Filipovic	SRB	DQ
Miloš Bátorvský	SVK	DQ
<b>Nathan Deakes</b>	<b>AUS</b>	<b>DNF</b>
José Ignacio Díaz	ESP	DNF
Igors Kazakevics	LAT	DNF
Grzegorz Sudol	POL	DNF
Sergey Kirdyapkin	RUS	DNF
Matej Tóth	SVK	DNF

Finally, thanks to AIS walks coach Brent Vallance for some final photos from Daegu



The Russian 20km women's team and the Russian 50km men's team out training



Regan Lamble, Adam Rutter, Jared Tallent and a nice shot of Jared and Claire out training

### REVIEWING RED CARDS FROM THE LATEST IAAF WORLD CHAMPIONSHIPS

The distribution of red cards from Daegu makes for worrying reading

Women's 20 km walk:	50 starters, 6 DQs, 9 red cards for loss of contact and 29 for knees
Men's 20 km walk:	46 starters, 4 DQs, 10 red cards for loss of contact and 18 for knees
Men's 50 km walk:	43 starters, 12 DQs, 5 red cards for loss of contact and 47 for knees

I am always perplexed by the relative calling for loss of contact and for knees. I find it impossible to believe that the most highly

trained walkers in the world so blatantly and consistently fail the knees rule and yet look so good from a contact perspective when the publication of photos from top races hardly ever shows anyone with bent knees and yet consistently shows walkers pushing the absolute limit in terms of contact.

What are the causes of this seeming anomaly?

Obviously the small number of red cards for loss of contact can be pretty easily explained - the very rapid turnover at high speed makes it very hard for judges to see lifting unless it is blatant. To put it simply, the faster a walker goes, the more fluent he/she looks. This is why a walker will often get their contact red when they are doing their slowest lap of the race.

The red cards for knees are harder to understand. Do our judges, even top ones, seem to fail to realise the difference between a straight leg and a straightened one? Do they have the necessary understanding of biomechanics to really understand what they are seeing? Who knows! I just know that the balance is not right and something is not working as it should. Perhaps it is time to review the current rules to fix this anomaly. The rules of walking are not set in concrete. They have been changed in the past and will be changed again in the future. (For my short history of the evolution of our current ruleset, see <http://www.vrwc.org.au/tim-archive/wg-rules-of-racewalking.pdf>).

### THE FALLS CREEK WALKING CAMP IS ON AGAIN - FROM 30 DECEMBER TO 8 OF JANUARY

Simon Baker advises that the annual Victorian Falls Creek Walking Camp will be on again at the end of the year and he invites expressions of interest via email to [simon.baker@dse.vic.gov.au](mailto:simon.baker@dse.vic.gov.au) or via mobile on 0406074628. Simon explains

The camp is open to all walkers seeking to maximise their preparation for the summer season and especially athletes 15 years and over thinking about the 2011 World Cup and World Junior meets and the 2013 World Youth and U23s who want to step up their training commitment. I hope any U18 walkers can also have a parent attend, but that is negotiable. Open age athletes can attend of course - Heather Carr was at the last camp, and what a year she has had!

Athletes invited to attend the AIS camp should be able to attend both camps.

You may organise your own accommodation and meals (I can link you to services in the area, and I may be able to assist interstate athletes). Coaching, conviviality and good training are guaranteed! Falls Creek is family friendly, and there are lots on non-race walking things for the rest of the family.

I will certainly be there again this year - I attended the first camp 2 years ago and was intending to go last year until my plans were laid low by an unforeseen hiccup.

For those who want to read a bit more about the benefits and scientific basis for altitude training, check out <http://www.runningtechniquetips.com/2011/08/altitude-training-for-runners/>. Boy, that is an impressive website!

### SEEN IN ACTION IN THE VICTORIAN HALF MARATHON

A number of our walkers past and present were in action last Sunday morning in the Victorian Half Marathon at Burnley in inner Melbourne, some as runners and some as walkers. A preliminary review of the large result set found the following

Runners:	Rhydian Cowley	21	1:13:26
	Stuart Kollmorgen	111	1:22:01
	Michael Harvey	184	1:26:54
	Frank Bertei	190	1:27:28
	Bill Dyer	277	1:32:49
	Andrew Blood	358	1:39:48
Walkers	Clarrie Jack	518	2:11:27
	Terry O'Neill	520	2:14:00
	Michelle Thompson	523	2:14:14
	Simone O'Neill	535	2:30:00
	Karyn O'Neill	538	2:34:58

Well done everyone. Of course, Stuart, Terry, Simone and Karyn walked on Saturday at Middle Park so their efforts are even more noteworthy.

### WHAT'S COMING UP

Next Sunday sees our long distance championships as the final races in our winter season. The Women's 50km event is a combined VRWC / RWA championship so there will be two sets of medals on offer. There is no time limit and it is one of the very few occasions when our ladies can test themselves out over such distances. Please contact me if you are intending to race in one of these long events. You can still enter on the day for all events except the Victorian 50km championship but we need to know numbers so that we can plan accordingly. I have already had a number of walkers indicate their attendance and it looks like pretty good fields overall.

<b>Sunday 11 September 2011, Middle Park</b>		
7.30am	<b>50km Victorian Championship</b>	<b>Open Men</b>
	<b>50km VRWC/RWA championship</b>	<b>Open Women</b>
	<b>35km VRWC Championship – Ray Smith Trophy</b>	
	5 hour race *	Open
	4 hour race *	Open
10.00am	20km	Open
11.00am	10km	Open

## 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 IAAF RaceWalking Challenge Series – Remaining Races

17 Sept 2011 IAAF Challenge Final, La Coruña, Spain (10km)

### 2011/2012 Australian/Victorian Summer Season Key Dates

7-16 Oct, 2011 13<sup>th</sup> Australian Masters Games, Adelaide (see [www.AustralianMastersGames.com](http://www.AustralianMastersGames.com))  
 Sat 15 Oct 2011 AV Shield Competition starts  
 Sun 16 Oct 2011 LAVic Coaching Clinic and Judging Seminar  
 Sun 23 Oct 2011 VRWC Summer Season commences, Middle Park, Melbourne  
 4-6 Nov 2011 AV Schools T&F Championships, Melbourne  
 3-5 Dec 2011 2011 All Schools Championships, University of Queensland, St Lucia  
 Sun 11 Dec 2011 2011 Australian 50km Championship, Fawkner Park, Melbourne, VIC  
 13-15 Jan 2012 Victorian Country T&F Championships, Bendigo  
 Sat 25 Feb 2012 Australian 20km roadwalk Championships, Hobart, TAS (World Walking Cup trials for 10km and 20km)  
 24-26 Feb 2012 Victorian Junior T&F Championships, Melbourne  
 2-4 Mar 2012 IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park  
 9-10 Mar 2012 Victorian Open T&F Championships, Melbourne  
 15-19 Mar 2012 2012 Australian Junior Championships, Sydney Olympic Park  
 5-9 Apr 2012 Australian Masters T&F Championships, Melbourne

### 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<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
 July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
 July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

### 2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012 Chihuahua, MEX  
 29-31 Mar, 2012 Taicang, CHN  
 Sat 14 Apr, 2012 Rio Major ,POR  
 12-13 May, 2012 IAAF Race Walking Cup, Saransk, RUS  
 Sun 26 May, 2012 La Coruna, ESP  
 Sat 2 June, 2012 Sesto San Giovanni, ITA  
 3-12 Aug, 2012 Olympic Games, London, GBR  
 Sat 15 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

### 2013 International Fixture

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

### 2014 International Fixture

2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China**  
 Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**  
 July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

### Looking even further forward

August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
 July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
 Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
 July 2020 **32<sup>nd</sup> Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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