



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### TIM'S WALKER OF THE WEEK

Back to business this week and I am awarding my Walker of the Week to 13 year old **Tyler Jones** of NSW who recorded a huge PB time of **54:16** in the NSWRC 10km roadwalk at Haberfield in Sydney on Saturday 21<sup>st</sup> April. Tyler won the award 5 weeks ago and is back in the mode this week with another fantastic walk. Well done Tyler!



### NEXT WEEK'S NEWSLETTER

Just a quick note up front to advise that next week's newsletter may be delayed and you may not get it until Wednesday or Thursday. I head off for Russia on Saturday evening to take in the World Racewalking Cup action in Saransk. As I do not get to Saransk until Monday evening, it may take me some time to sort everything out and get the newsletter completed and sent out. But it will appear in your intrays at some stage!

### NSWRWC ROADWALKS, HABERFIELD (LEICHHARDT), SATURDAY 21 APRIL

I think I am going to be a week behind with NSWRWC results as they do not seem to get posted on their website until the following weekend. So here goes with the results from Saturday 21<sup>st</sup> April when 53 competitors took part (the same number of walkers as the previous week). 13 year old Tyler Jones was the standout with a 2+ minute PB of 54:16. Leah McDonald was also in great form with 10:12 for the 2km. Cheryl Webb was the best over the Long Division distance of 12km (1:03:57) and is certainly racing well.

#### Long Division - 12km

1.	Cheryl Webb	63.57
2.	Derek Mulhearn	68.21
3.	Steven Washburn	69.49
4.	Lauren Bourke	69.49
5.	Anthony Albanese	75.51
6.	Joan Purcell	93.52
	Vanessa Noble	DNF
	Robert Willcox	DQ

#### U16 Division - 2km

1.	Leah McDonald	10.12
2.	Kyle Bedford	10.25
3.	Eliza DeLaine	10.58
4.	Ryan Thomson	11.24
5.	Tiffany Saker	11.34
6.	Yasmin Mills	12.13
7.	Ally Grujoski	12.26
8.	Daniela Salisbury	13.17
9.	Mascey Willis	13.31
10.	Travis Barendregt	14.15

**Medium Division - 10km**

1. Tyler Jones	54.16
2. Tom Doyle	57.13
3. Amanda Barendregt	64.49
4. Robert Murphy	65.49
5. Demi Psarianos	65.49
6. Tony Psarianos	68.21
7. Bryony Beasley	68.48
8. Caitlin Plummer	75.24
9. Judy Brown	82.10
Brendon Hyde	DNF

**Short Division - 5km**

1. Lucy Francis	28.10
2. Aidan Kerr	28.30
3. Nathan Brown	30.20
4. Tayla Paige Billington	31.02 (INV)
5. Rhiannon Minett	34.59
6. Mary Willis	36.12
7. Nicolle Challinor	38.47
8. Anglea Redzic	38.52

**U12 Division - 1.5km**

1. Samantha Brown	8.13
2. Hayley Mills	8.37
3. James Plummer	8.56
4. Lauren Tisdale	9.29
5. Flynn Ross	9.30
6. Morgan Little	9.37
7. Bayden Little	9.40
8. Renee Hardy	10.17
9. Caitlin McManus-Barrett	10.17
10. Lachlan Beecroft	10.50
11. Bailey Bedford	11.09
12. Brooke Martin	11.16
13. Logan Barendregt	11.21
14. Jada Thomson	11.26
15. Bronti Westaway	14.53
16. Aidan Hardy	16.24
17. Emily Challinor	16.53

I did get an email about last weekend's NSWRC racing so I look forward to checking out the results next week:

*Our week 4 was held in absolutely beautiful conditions at Earlwood, but the course had to be adjusted down to a 1km loop due to council work. Cheryl Webb and Nicole Fagan both raced at Earlwood, and it was awesome to watch them go flying around the small 1km loop !!!!*

<b>REGAL RACEWALKERS ROADWALKS, GEORGES HALL, SYDNEY, SATURDAY 21 APRIL</b>
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Thanks to Renee Cassell for the results from the first winter season round for Regal Racewalkers.

**Division 1 10km**

1. Robert Osborne	1:00:20
2. Jim Seymon	1:07:55
Jodie Sundstrom	51:35 (6km)

**Division 2 8km**

1. Susan Knapton	50:52
2. Vanessa Ebejer	50:52
3. Chloe Jones	50:52

**Division 3 4km**

1. Charlene Ebejer	26:46
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**Division 4 2km**

1. Amy Henry	13:18
2. Laura Henry	13:19
Taya-Jade Radford	6:11 (1km)

<b>QRWC ROADWALKS, KALINGA PARK, BRISBANE, SATURDAY 28 APRIL</b>
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Thanks to Noela McKinven for the Queensland RWC roadwalks from Brisbane. Noela commented: *Due to various circumstances, the intended programme couldn't be followed.*

**3km Scratch Walk**

1. Peter Bennett	15.25
2. Donna Beikoff	20.23
3. Noela McKinven	22.40

**1km Walk**

1. Simone Berndt	6.55
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<b>VRWC ROAD RACES, MIDDLE PARK, SATURDAY 28 APRIL 2012</b>
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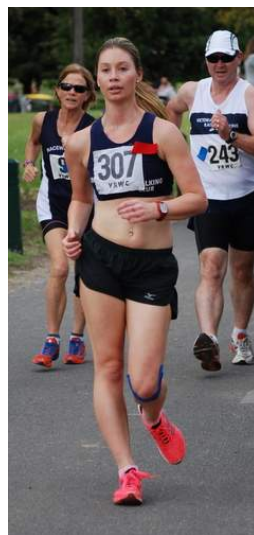
Our opening Winter Season races saw a massive group of 85 walkers descend on Middle Park to test themselves (and us!) out on a windy but mild Melbourne Saturday afternoon. There was a lot of work to be done before the event with a huge road sweep and course remark needed after the Grand Prix Motor Racing park exit (thanks GP!) and what with Canberra entries, uniform sales,

member renewals and race entries, we were overwhelmed and hence about 15 minutes late in starting our first events. But once we got going, all went well and we captured the finishing times for all walkers. Thanks to our many officials who did such a great job. And as usual, Terry Swan was there with camera catching all the action and uploading it to our photo gallery at <http://www.vrwc.org.au/coppermine>. The photos reproduced in this report are all from Terry.

A lot of walkers chose the 8km event and there were some pretty slick times out in front with Josh Dillon 40:54, Simon Evans 42:21 and Kirstin Shaw 45:38 showing the way. We welcomed Old Scotch walker Andrew Cochrane back for his first walk with us for some years.

#### VRWC Open 8km Roadwalk

1.	Tindal, Pam	42:57
2.	Shaw, Kirstin	45:38
3.	Gourlay, Marlene	48:18
4.	Wallace, Anna	48:33
5.	Shaw, Robyn	52:15
6.	Elms, Donna	54:40
7.	O'Neill, Karyn	55:09
8.	Steed, Gwen	55:29
9.	Johnson, Celia	56:38
10.	Machin, Sylvia	57:40
11.	O'Neill, Simone	58:43
	Feldman, Liz	DNF
	Irshad, Kylie	DNF
1.	Dillon, Josh	40:54
2.	Evans, Simon	42:21
3.	Christmass, James	44:24
4.	Mirarchi, Nicholas	45:47
5.	Cochrane, Andrew	46:42
6.	Bennett, Ralph	46:54
7.	O'Neill, Terry	47:40
8.	Knox, Duncan	47:53
9.	Reid, Ross	48:14
10.	Dickenson, Russ	48:54
11.	Gardiner, Bob	52:53
12.	Barrow, Geoff	54:28
13.	Skrucany, Rudolf	55:07
	Dickinson, Murray	DQ



Andrew Cochrane, Simon Evans, Kirstin Shaw, Josh Kaiser and Josh Dillon

The Open 4km events were nearly as popular with Josh Kaiser our fastest with 19:46 ahead of Amelia Finnegan 20:39. It was also nice to see Nicole Hallett back after some years away. And of course I immediately put her dad Bob to work officiating (sorry Bob!). Josh had us all a bit worried after the event with a bit of a collapse but all was well once he recovered. And a special mention to W75 Pam Mews who took a couple of minutes of her best time in recent years with her 37:15.

#### VRWC Open 4km Roadwalk

1.	Finnegan, Amelia	20:39
2.	Geisler, Sandra	21:22
3.	Hockley-Samon, Jmara	21:59
4.	Carr, Heather	22:18

5.	Hallett, Nicole	25:59
6.	Mews, Pam	37:15
1.	Kaiser, Joshua	19:46
2.	Taylor, Lucas	21:17
3.	Keirl, Bernie	22:18
4.	McShanag, Connor	22:47
5.	Barrett, Tony	25:31
6.	Lucas, Alan	25:56
7.	Doran, Anthony	26:00
8.	Sofianos, Gerald	26:40
9.	Johnson, Tony	27:35
10.	Feain, Gerard	28:20
11.	Conboy, Bruce	29:01
12.	Morrison, John	30:23
13.	Poore, Alex	31:53
14.	Turner, Gary	32:10
15.	Beaumont, Ian	33:17
	Onley, Gordon	DQ

A good sized group of U15 walkers took to the road with Kyle Swan 19:55 and Adam Garganis 20:05 battling it out in front. Paige De Lisen 22:57 and Shelby Kay 23:17 were close (there is never much separating these two girls when they race!) while 10 year old Mikhala Hodges showed once again with her time of 24:48 that she thrives on the longer distances (she actually did a 10km walk last winter).

#### VRWC U15 4km Roadwalk

1.	Hamilton, Emily	22:52
2.	De Lisen, Paige	22:57
3.	Kay, Shelby	23:17
4.	Walker, Megan	23:49
5.	Huse, Philippa	24:21
6.	Swan, Emily	24:29
7.	Hodges, Mikhala	24:48
8.	Campbell, Rebecca	27:48
9.	Feain, Madeleine	28:22
10.	McLaren, Stacey	28:41
	Bertrand, Carley	DNF
	Crea, Gabriella	DQ
1.	Swan, Kyle	19:55
2.	Garganis, Adam	20:05
3.	Warmesley, Reese	21:06
4.	Evans, Callum	27:06
5.	McNicol-Davidson, Cody	29:21
6.	Oliva, Jake	30:52



Adam Garganis, Shelby Kay, Pam Mews, Paige De Lisen and Emily Hamilton



**Nicole Hallett, Mikhala Hodges, Kyle Swan and Amelia Finnegan**

Our U12 and U9 walkers were the last to start and they went off together this week. The U9's were the first to finish and it was a dead heat with Gemma Lillie and Jared Hodges both stopping the clock at 6:25 ahead of Freya Evans 7:27. Jared, the younger brother to Anaya and Mikhala, was having his first outing at the walkers club and certainly has a good turn of speed just like his older sisters! In the U12 division, Corey Dickson had his first walk with us and did he move well, fastest overall with a good looking 11:02. Next in was Brodie Richardson with 11:22 followed by Georgia Bertrand with 11:44. Mackayla Davison was another walker having her first VRWC race (and probably her first ever 2km walk) and she also made a good start with 13:07.



**Corey Dickson, Mackayla Davison, Jared Hodges, Gemma Lille and Freya Evans**

**VRWC U12 2km Roadwalk**

- |    |                    |       |
|----|--------------------|-------|
| 1. | Richardson, Brodie | 11:22 |
| 2. | Bertrand, Georgia  | 11:44 |
| 3. | Lillie, Jessica    | 11:48 |
| 4. | Lillie, Brianna    | 12:02 |
| 5. | Davison, Mackayla  | 13:07 |
| 6. | Miller, Tegan      | 13:15 |
| 7. | Taylor, Lee        | 13:37 |
| 8. | Hodges, Anaya      | 15:00 |

- |    |                  |       |
|----|------------------|-------|
| 1. | Dickson, Corey   | 11:02 |
| 2. | Walmsley, Hayden | 12:28 |
| 3. | Feain, Lachlan   | 12:36 |
| 4. | Evans, Liam      | 12:47 |
| 5. | Mirarchi, Tom    | 16:56 |

**VRWC U9 1km Roadwalk**

- |    |               |       |
|----|---------------|-------|
| 1. | Lillie, Gemma | 06:25 |
| 2. | Evans, Freya  | 07:27 |

Irshad, Zara DQ

1. Hodges, Jared 06:25

Thanks as usual to our many helpers and officials and judges. I am sure to have missed a few people so apologies in advance!

**Officials** Tim Erickson, Stuart Cooper, Ian Laurie, Susan Taylor, Don McLaren, Bob Hallett, Lou Mirarchi, Justin McLaren  
**Judges** Peter Vysma (Chief), Gordon Loughnan, Lloyd Nicholls, Shane Bertrand, Michael Bodey, Damien Elms  
**Checkin** Stuart Cooper, Russ Dickenson  
**Course Setup** Harry Summers, Peter Vysma, Bob Gardiner, Tim Erickson, Ross Reid and others  
**Photos** Terry Swan

**SAMA ROADWALKS, KINGSTON/LE FEVRE TERRACE, NORTH ADELAIDE, SAT 28 APRIL 2012**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters. Colin commented: *First walk for winter season, 4 & 8k yacht handicap walks for prizes. Calm, sunny, warm, arvo.*

**8km Yacht Handicap**

M60	Kevin Finn	53.07	68.87%
M82	Colin Hainsworth	61.19	79.3%
W59	Edna Bates	70.01	57.58%
M74	Rodger Barber	59.46	72.04%
M65	Geoff Byham	52.12	73.83%
W70	Elaine MacFarlane	69.31	67.39%
W47	Raelene Schild	60.13	59.2%
M69	Roger Lowe	62.31	64.56%
M78	David Robertson	68.23	66.7%
M68	Graham Harrison	60.19	66.12%

**4km Yacht Handicap**

W61	Helen Suridge	27.42
W67	Jill Rogers	33.40
W58	Linda Whitelaw	30.25
W63	Jan Layng	31.45
W78	Cynthia Dally	35.13
M61	Jeff Kennett	35.24

**ACT RACEWALKING CLUB ROADWALKS, ACACCIA INLET, SATURDAY 28 APRIL**

Thanks to Robin Whyte for last weekend's walk results from Canberra.

**12km Roadwalk**

1.	Ann Staunton-Jugovic	1:13:30
2.	Derek Robinson	1:24:24
3.	Rod Gilchrist	1:24:28
4.	Pat Fisher	1:24:50
5.	Doug Fitzgerald	1:31:24
6.	Val Chesterton	1:45:46

**6km Roadwalk**

1.	Jane Bates	38:23
2.	Helena Bialecki	39:42
3.	Bob Parker	44:14
4.	David Mackenzie	45:34
5.	Geoff Barker	47:20
6.	Monika Short	48:09
7.	Jenny Reading	48:56
8.	Bob Chapman	50:46

**3km Road walk**

1.	Thomas Hopkins	16:31
2.	Peter Baker	16:48
3.	Karina Hopkins	18:32
4.	Zoe Hunt	18:35
5.	Emily Hopkins	19:01
6.	Rosemary Parker	23:29
7.	Cilla Chapman	25:30
8.	Jack Thackray	25:35
9.	Edna Dundas	28:39
10.	Hilary Thackray	30:46

**1km Roadwalk**

1.	Jenna Baker	07:41
2.	Leah Baker	08:12
3.	Sharon Baker	09:52
4.	Hana Jugovic	14:00

**SAAMATEUR WALKERS CLUB ROADWALKS, ADELAIDE PARKLANDS, SATURDAY 28 APRIL**

Thanks to Peter Crump for his weekly report on Round 3 of the South Australian Walking Club winter season.

Our longest of our regular rounds, up to 12km for open walkers, saw Kim Mottrom again produce a "current day" PB, not having hit these times for a few years. Without wanting to tip off our interstate competition, Kim is aiming for some fast times over 10 miles and 10km at the LBG, as evidenced by his excellent recent results. Gloria Holliday again produced a strong PB over the longer distance, which proves that the genes are good at both generations of the Holliday family. In her last race before the World Race Walking Cup, Kristie Goznik produced another sub 5 minute workout, and we wish her and

the rest of the Australian team good luck for the competition in Russia. Anna Cross followed up her second at last week's Australian Little Athletics Championships in the 1,500 metres with a good time over 3km.

It's great to see the Club Rule walkers getting out over the longer distances, and to see their children and siblings giving them support and encouragement over the longer distances.

Peter also tells me that Darren Bown has been forced into an extended break from walking with a serious injury. It will be the first season for many years where we have not seen Darren leading the way on the SA front so get well soon mate!

#### 12km Walk

1.	Kim Mottrom	56:09
2.	Justin Hill	1:03:09
3.	Peter Crump	1:06:51
4.	Gloria Holliday	1:10:55
5.	Bill Starr	1:24:19
6.	Jim Hoare	1:25:58
	Barb Cain	DNF

#### 6km Walk

1.	Kristie Goznik	29:43
2.	Yvette Becker	32:44
3.	Amber Tuscharski	35:30
4.	Lachlan Tyler-Dowd	37:44
	Kelly Ashby	DNF

#### 3km Walk

1.	Anna Cross	16:02
2.	Alix Harlington	16:09
3.	Danielle Walsh	17:39
4.	Rhiannon Lovegrove	18:43
5.	Beth Cross	19:49
6.	Rhiana Hooker	19:10

#### 1.5km Walk

1.	Joe Cross	9:20
2.	Jacob Nipperess	9:42
3.	Michael Nicolaides	9:55
4.	Ayeisha Wallace	10:23
5.	Sarah Nipperess	11:25
6.	Summer Pelentsov	12:16

#### Club Rule 3km Walk

1.	Peter Walsh	23:46
2.	Troy Hooker	23:46

#### Club Rule 2km Walk

1.	Chris Nicolaides	15:54
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#### Club Rule 1.5Km Walk

1.	Corey Harlington	15:24
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### WA LITTLE ATHLETICS ROAD WALKS, SATURDAY 28 APRIL, PERTH

The WA Little Athletics organisation are holding a number of road walking events this winter in Perth (April 28, May 12, May 26, June 9, June 23, July 7, July 21 and August 4). This is unique in the Australian context from what I can see. I remember that they held a similar series of walks last winter.

The first round of LA walks were held at Dale last Saturday and, although I have not been able to find the overall results, I did pick up a few of the RWCWA walkers from Rick Cattermole.

#### U/10 women 1km

1.	Summer Brown	5.39
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#### u/10 men 1500m

1.	Daniel Turner	9.29
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#### u/13 girls 1500m

1.	Jasmin Burgess	9.10
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#### u/14 men 2km

1.	Simeon Leatherland	9.56
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#### u/17 women 2km

1.	Breanna Brown	10.45
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### BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 29 APRIL

Thanks to Paul Rance for his latest report from the Bendigo Walkers Club.

The Bendigo Walkers Club's Winter race walking program commenced at Lake Neanger on Sunday morning with 1km and 4km sealed handicap events being conducted. The 1km race was won by Zahra Hayes as she produced a personal best and took fastest time honors with Madison Hill 2<sup>nd</sup> and Carissa Brook taking 3<sup>rd</sup> place. Amanda Heard claimed a strong victory and recorded fastest time in the 4km event with Annette Curtis 2<sup>nd</sup> and Catherine Heard in 3<sup>rd</sup> place.

#### 4km Roadwalk

1.	Amanda Heard	21.27
2.	Paul Rance	21.58

#### 1km Roadwalk

1.	Zahra Hayes	5.40
2.	Madison Hill	6.05

3. Barb Bryant	24.33	3. Carissa Brook	6.31
4. Ebony Whiley	26.06		
5. Annette Major	26.10		
6. Annette Curtis	28.16		
7. Catherine Heard	28.49		
8. Geoff Major	29.35		
9. Colin Cleary	31.04		
10. Norm West	33.04		

## 16<sup>TH</sup> FEDERATION CUP ATHLETICS CHAMPIONSHIPS, PATIALA, INDIA, 21-24 APRIL 2012

IAAF writer Ram. Murali Krishnan wrote the following report last week (see <http://www.iaaf.org/news/newsid=64690.html>) about the recent Indian championships.

Some notable Race Walking performances were among the chief highlights at the four-day 16<sup>th</sup> Federation Cup senior athletics championships which concluded on Tuesday (24) at the sprawling Netaji Subhas National Institute of Sports grounds in Moti Bagh, Patiala, India. Being an Olympic year, the main focus of this season's first major championship of India turned out to be on Olympic qualification.

Khushbir Kaur, an 18-year-old student of Khalsa College in Amritsar, shattered the national record in women's 20 km Race Walk with a time of 1:37:28, a mark also well within the London B-standard. In the corresponding men's race Kerala walker K.T. Irfan clocked a noteworthy 1:22:14 to win the event, which also betteres the A-grade for London. He was adjudged as best male athlete of the competition for his performance.

However these athletes need to repeat their feat once again in a pre-designated meet in order to gain a berth for this summer's Games in the British capital. The Indian Federation is likely to field them at the IAAF World Race Walking Cup in Saransk, Russia, next month. For India, Gurmeet Singh and Baljinder Singh have already attained the A standard for the men's 20 km walk and one more athlete can join with them on the London-bound team with a similar feat.

Full results: [http://www.indianathletics.in/news/final%20\\_esults\\_24\\_04\\_12.pdf](http://www.indianathletics.in/news/final%20_esults_24_04_12.pdf)

### Men's 20km walk, 6:30AM, Monday 23 April

1. IRFAN K T	KERALA	1:22:14
2. SURINDER SINGH	PUNJAB	1:22:37
3. MANIRAM PATEL	MADHYA PRADESH	1:22:40
4. ABBAL SINGH	ONGC	1:27:43
5. MANJEET SINGH	NAVY	1:28:49
6. KULDEEP HARYANA		1:29:22
7. S.DHAMEN SINGH	MANIPUR	1:31:46
8. SATYANARAYAN	JHARKHAND	1:32:38
9. NEERAJ	DELHI	1:32:45
10. ANTA SINGH	PUNJAB	1:33:38
11. SANJAY YADAV	ARMY	1:36:28
12. DEEPAK KUMAR	DELHI	1:37:35
13. MANINDER SINGH	PUNJAB	1:37:51
14. JITENDRA SINGH	RATHO RAJASTHAN	1:37:53
15. DAYA SHANKER PATEL	UTTAR PRADESH	1:39:12

### Men's 20km walk, 6:00AM, Sunday 22 April

1. KUSHBIR KAUR	ONGC	1:37:28
2. ANITHA MAHALA	KARNATAKA	1:44:19
3. RANJANA GUPTA	MADHYA PRADESH	1:45:06
4. SHANTI DEVI	PUNJAB	1:46:06
5. SANDHYA K.J	CRPF	1:50:02
6. SANDEEP KAUR	PUNJAB	1:55:06
7. PRAFUL TYAGI	UTTAR PRADESH	2:05:29
8. SOUMYA B	KERALA	2:12:00

## VIDEO OF PODEBRARY MEETING

Thanks to Emmanuel Tardi for pointing me to this fantastic 20 minute film of the recent Podebrady meeting in the Czech Republic (see last week's newsletter): <http://www.ceskatelevize.cz/ivysilani/10151523196-atletika/212471290200004-m-cr-v-chuzi/>

## MORE HISTORICAL RESULTS ONLINE

Thanks to Ian Laurie for typing up the results from the 1993 Lake Burley Griffin Carnival in Canberra. It now joins a number of older LBG results on the RWA website at <http://www.rwa.org.au/aresult1990-1999.shtml>.



The annual 20 mile event that year was a fascinating one in that a new Victorian team, Proclamation Park, had started and boasted a pretty strong Open Men's team with Paul Copeland, Michael Harvey and Frank Bertie amongst others. Could they upset the apple cart and take the teams race ahead of the strong VRWC team who were the perennial winners? The top 10 places in that event tell the story as a vocal Michael Harvey stormed home to take third and wrest the trophy from VRWC by a slim margin of 2 points (44 to 42). It remains one of the closest and most exciting teams races we have seen in the Canberra Carnival history.

1.	A'Hern, Nick	NSW1	144.35	19 pts
2.	Copeland, Paul	PP	149.13	17
3.	Harvey, Michael	PP	151.18	16
4.	Baker, Simon	VIC	153.59	15
5.	Donahoo, Mark	VIC	159.36	14
6.	Thomas, Mark	VIC	162.52	13
7.	Knox, Duncan	VIC	164.07	
8.	Jimenez, Iggy	QLD	165.09	12
9.	McGrath, Dominic	VIC	166.27	
10.	Bertei, Frank	PP	168.39	11

Ian has also typed up all the VRWC results from the Winter 1993 Season. His spreadsheet includes various other events like the national championships. I have yet to tidy it up for formatting online but I have dumped it out as a first step. You can see it at <http://www.vrwc.org.au/vrwcres-1993w.html>. Thanks Ian!

### AIS WALKER TAKES LONG STRIDES TO OLYMPICS

The Canberra Times newspaper is a good one for the occasional racewalking article and last week saw a great one on our new Olympic walker Beki Lee, written by staff writer David Polinghorne (Tues 26 April 2012). You can read the article for yourself at <http://www.canberratimes.com.au/sport/olympics-2012/ais-walker-takes-long-strides-to-olympics-20120425-1xlv2.html>



**20km Race Walker Beki Lee at the AIS Athletics Track before training last week. Photo: Jeffrey Chan**

Dreads, tattoos, piercings and free spirits would have to be some of the least used words in race walking. Normally the sport is associated with a nerdy image and draws comparisons to John Cleese's Ministry of Silly Walks. But that might have to change after the emergence of Beki Lee onto the international scene.

The 25-year-old is off to the London Olympics later this year in Australia's team of three, along with Claire Tallent and Regan Lamble. After showing promise as a junior - Lee represented Australia at the 2003 world youth championships in Canada, where she finished 11th - she didn't make another representative team until last year's world university games in China. A self-proclaimed free spirit, Lee hadn't shown the total commitment needed to compete on the international stage until two years ago.

Realising time was catching up with her, she sold her beloved Land Rover 4WD so she could afford to move to Canberra and train with the AIS squad under Brent Vallance. With no scholarship as support, she worked part-time in the AIS souvenir shop along with other casual jobs to make ends meet. It's allowed her to tap into the AIS and Vallance's expertise to try and take her walking to the next level. The Australian College of Physical Education student also switched to studying sports business by correspondence.

Adding further colour to her character, Lee's parents look after seven foster children and she credits their support for giving her the courage to make the move up the Hume Highway from Sydney - she knows she'll always have a place to stay if things don't work out in the ACT, albeit a crowded one.

Lee had a light-bulb moment two years ago and realised if she was going to have a crack at the Olympics, she'd better get a move on. "I'm a bit of a free spirit, I guess. I tend to find it hard to focus and concentrate at one thing for a long time, so I guess this is a bit of a challenge, but it seems to be working for me," Lee said.

With a limited training base to build on, Lee was realistic about London. A top-16 finish and beating her personal best of one hour 33 minutes and nine seconds is all she's hoping for, before a push for the 2016 Rio de Janeiro Games. "It's probably going to be a little bit daunting [at London] just because it is the first [Olympics] but I'll just try and enjoy the experience as much as possible and not get too overwhelmed by it," Lee said. "Hopefully the next Olympics will be the one where we can actually walk a little bit more competitively and see how we go."

Vallance agreed with her expectations for London but said there was no doubting the walker's talent. "She did knock 10 minutes off her 20k time in 12 months. It just means she's always been reasonably talented, she just needed a bit of direction and a bit of structure around her and that's obviously helped her enormously," he said.

Lee is currently training for next month's world race walking cup in Saransk, Russia, and is in the middle of a four-week stint in the AIS's altitude house. She has to spend at least 12-14 hours in the house to get maximum benefits. "It gets a little bit boring at times just because there's a lot of laying around, you're kind of outside your normal life a little bit," Lee explained. "We've been in there a few times. Normally it knocks me around and I get super tired but this time hasn't been too bad, so I think my body is finally adjusting to it and starting to get used to the effects of altitude."

## MORE WORLD CUP TEAMS ANNOUNCED

**The Spanish team** for this month's World Racewalking Cup has now been confirmed and it sees a very strong Open Women's team as well as 50km veteran Jesús García who will compete in his 10<sup>th</sup> WC.

Women 20km: María José Poves (1.28.15), María Vasco (1.28.54), Beatriz Pascual (1.30.29), Lorena Luaces (1.31.50), Julia Takacs  
20km Men: Luis Alberto Amezcua (1.26.35), Francisco Arcilla (1.31.11), Benjamin Sánchez (1.32.47), Miguel Ángel López  
50 km Men: Jesús García (3.51.29), Luis Manuel Corchete (3.59.58), Juan Manuel Molina (4.01.13), Miguel Ángel Prieto (4.01.24), Mikel Odriozola  
Junior Women: Amanda Cano (49.52), Laura García-Caro (51.03), María Pérez (51.51)  
Junior Men: Álvaro Martín (42.05), Marc Tur (43.20), Ivan Pajuelo (43.51)

**The British team** has also been announced (see <http://www.uka.org.uk/media/news/april-2012/26-04-12-walking-world-cup/>) and sees 10 walkers in action, most being coached by National Coach Andi Drake. 2010 Commonwealth Games walk champion Jo Jackson will definitely be the spearhead.

Men 50km: Dominic King, Daniel King  
Men 20km: Tom Bosworth, Ben Wears, Alex Wright  
Junior Men: Jamie Higgins  
Women 20km: Johanna Jackson  
Junior Women: Ellie Dooley, Heather Lewis, Tash Webster

**The Polish team** is very strong, with 21 walkers selected and teams in all 5 divisions. The 50km team in particular is very strong with all 5 walkers 3:50 or better.

Men 20 km: Dawid Tomala, Jakub Jelonek, Rafal Fedaczynski, Dawid Wolski, Patryk Ragowski  
Men50 km: Rafal Augustyn, Rafal Sikora, Grzegorz Sudol, Lukasz Nowak, Artur Brzozowski  
Women 20km: Paulina Buziak, Agnieszka Szwarnog, Agnieszky Dygacz, Katarzyna Kwoka, Monika Kapera.  
Junior Headliners: Lukasz Kostka and Joanna Bermowska

**The Italian team** of 18 walkers will also be very strong. Alex Schwazer, who did not plan for Saransk, is the obvious omission. Beijing medallist Elisa Rigauo leads the women team along with Sibilla Di Vincenzo, Federica Ferraro, Eleonora Anna Giorgi and Antonella Palmisano (junior winner at last World Cup). This looks their best team on paper.

Men 20 km Vito Di Bari, Matteo Giupponi, Riccardo Macchia, Giorgio Rubino.  
Men 50 km Tedorico Caporaso, Marco De Luca, Lorenzo Dessi, Jean Jacques Nkouloukidi, Federico Tontodonati.  
Junior Women Anna Clemente, Elena Poli.  
Junior Men Francesco Fortunato and Podebrady winner Vito Minei.

The Brazilian Team continues to improve and we will see nine walkers in Saransk

20km Men Caio Bonfim, Moacir Zimmermann, Daniel Voigt, Jonathan Riekmann  
20km Women Erica Rocha de Sena  
50 km Mario Jose dos Santos Junior  
Junior Men Bruno Marques Fidelis  
Junior Girls Elyse da Silva Albino, Larissa Aparecida Bueno.

**An Irish team** of 11 walkers has also been announced (see <http://www.athleticsireland.ie/content/?p=24845>). I believe it will be their biggest team ever.

Men 50km: Colin Griffin, Jamie Costin, Michael Doyle  
 Men 20km: Brendan Boyce, Robert Heffernan  
 Junior Men: James Treanor, Luke Hickey  
 Women 20km: Olive Loughnane, Laura Reynolds  
 Junior Women: Kate Veale, Emma Prenderville

The press release reads as follows:

Robert Heffernan will be part of the Irish Race Walking team that will travel to Saransk, Russia for the prestigious IAAF World Race Walking Cup on 12-13 May. A record number of 67 countries have entered to compete. The prominent Russian athletes on home soil are expected to claim the majority of the podium spots. Heffernan (Togher AC) finished in fourth position in the men's 20k event at the recent race walking grand prix in Portugal. This was Heffernan's best ever performance at a race walking grand prix, finishing in a time of 1:21:28, which was only 14 seconds off a podium position. Heffernan is likely to target the 50km in London and will use the 20km race in Russia to sharpen up and gauge his competitive progress.

Brendan Boyce (Letterkenny AC) has already achieved the 50km qualification standard for the Olympics and will line up alongside Heffernan in Russia. Boyce has been in great form lately setting a personal best of 3:57:53 for 50km in the Dudince grand prix.

It was at the Dudince grand prix that Colin Griffin (Ballinamore AC) and Jamie Costin (West Waterford AC) came agonisingly close to achieving the 50km standard. Griffin was on track for qualification but he was disqualified at the 42km mark while Costin was also on target before rising temperatures forced him to drop out at the 32km mark. Last weekend Griffin and Costin came through a 20km event in Naumburg clocking 1:24:40 and 1:25:25 respectively. Saransk offers both athletes the perfect opportunity to achieve the elusive standard. Michael Doyle (Tara AC) is the third of the Irish athletes competing in the 50km event and will target a personal best.

In the women's event Olive Loughnane (Loughrea AC) and Laura Reynolds (Mohill AC) will line up. Loughnane will target a solid confidence boosting performance as she prepares for the Olympic Games. Loughnane will relish the opportunity to test her reserve against top international competition. Reynolds set an impressive personal best of 1:34:40 in Naumburg last weekend. Reynolds has achieved the Olympic B standard on numerous occasions. The 1:33:30 A standard is the target for Reynolds in Saransk.

2011 World Youth Gold medalist Kate Veale (West Waterford AC) will compete in the junior women's 10km. Veale has been in great form this season having won the 10km event in the Lugano Racewalking Grand Prix back in March. Veale will be joined on the start line by Irish teammate Emma Prenderville (Farranfore Maine Valley AC).

In the junior men's race James Treanor (Shercock AC) and Luke Hickey (Leevale AC)

Also nice article on the European Aths website - <http://www.european-athletics.org/news/latest-news/496-general/10990-biggest-irish-team-in-history-announced-for-saransk.html> and another on the IAAF website - <http://iaaf.org/Mini/WRW12/news/NewsDetail.aspx?id=64702>

**The South African team** has also been announced and will see 6 men (but alas no women) in action.

20 km Walk Men: Lebogang Shange, Pierre de Villiers, Wayne Snyman, Armond Nel, Thami Hlatswayo  
 50 km Walk Men: Marc Mundell  
 Team Manager: Oliver Mundell  
 Team Coach: Carl Meyer

The 20km team was selected on the basis of performances done at the recent SA 20km Championships in Elizabeth. Since Marc Mundell had already qualified in the 50km, the first 5 of the other finishers earned themselves berths for this prestigious event.

- |    |                    |         |
|----|--------------------|---------|
| 1. | Lebogang Shange    | 1.25.48 |
| 2. | Pierre de Villiers | 1.25.51 |
| 3. | Wayne Snyman       | 1.26.08 |
| 4. | Marc Mundell       | 1.26.35 |
| 5. | Armond Nel         | 1.28.10 |
| 6. | Tlami Hlatswayo    | 1.29.19 |

And finally, finishing with some more South African news. The University Sport South Africa (USSA) Athletics Championships were held last weekend at the University of Johannesburg and 20km walk titles were on offer.

#### USSA 20 Km Race Walk Men

- |    |                 |         |       |
|----|-----------------|---------|-------|
| 1. | Wayne Snyman    | 1:33:04 | CUCSA |
| 2. | Armond Nel      | 1:33:37 | CUCSA |
| 3. | Mthembi Chauque | 1:41:04 |       |
| 4. | Reginald Hufkie | 1:49:23 |       |
| 5. | Ruan Wessels    | 1:54:22 |       |
| 6. | Sheldon George  | 2:01:43 |       |

### USSA 20 Km Race Walk Women

1.	Michelle Hopkins	1:47:39	CUCSA/ FASU
2.	Suzanne Liebenburg	1:48:36	CUCSA/ FASU
3.	Jessica van Wyk	1:49:32	CUCSA/ FASU
4.	Corli Swart	1:54:28	CUCSA
5.	LauraLee Koekemoer	1:59:49	CUCSA
6.	Chandri van Heerden	2:00:18	CUCSA
7.	Inge Kotze	2:03:51	CUCSA
8.	Rose Shabalala	2:08:12	
9.	Larisha Erasmus	2:20.23	

So while there will be no South African women at the World Cup, we should see some women competing at the next level in African University competition. Corli Swart and Lauralee Koekemoer have qualified to represent South Africa at the CUCSA (Southern African University) Games in Namibia and Michelle Hopkins, Wayne Snyman and Armond Nel have qualified to represent South Africa at the FASU (Fed of Africa University Sports) Games to be held in Dakar Senegal in September.

And I couldn't resist this photo of the 6 South African World Cup reps which I saw on facebook. Well done everyone!



It is great to see South African racewalking rebuilding once again.

### MORE OVERSEAS NEWS AND LINKS

A great article on English walker Alex Wright and his journey to the World Cup: <http://www.Englandathletics.org/news.asp?itemid=9205&itemTitle=Race+walker+Alex+Wright+qualifies+for+IAAF+World+Cup&section=42&sectionTitle=England+Athletics+News>

and an article on 1968 Irish Olympic 50km walker John Kelly: <http://www.tipperaryathletics.com/images/John%20Kelly.jpg>

And finally a couple of overseas results.

BANSKÁ BYSTRICA (SVK, Apr 28): Milan Rizek 43:09.2 and Zuzie Schindlerova 49:15.5 were the winners in 10000m walks at the Banska Bystrica track meet in Slovakia last Saturday.

#### 10,000m Walk Men

1.	Milan RÍZEK	SVK	78	43:09.2
2.	Zdeno BABÍK	SVK	84	43:20.4
3.	Peter TICHÝ	SVK	93	43:34.7
4.	Karel KETNER	CZE	90	45:47.9
5.	Pavel SCHROM	CZE	91	49:28.5
6.	Martin TIŠŤAN	SVK	92	49:28.9
7.	Peter TICHÝ	SVK	93	49:50.1

#### 10000m Walk Women

1.	Zuzana SCHINDLEROVÁ	CZE	87	49:15.5
2.	Nikola PILIAROVÁ	SVK	94	51:45.5
3.	Katarina STRMENOVA	SVK	93	52:12.7

ALICANTE (ESP, Apr 28): At the first round of Spanish Clubs competition in Alicante, Julia Takacs walked a fast 21.14.57 to win the women;s 5000 m track walk.

### U17 CAMP: CANBERRA WELCOMES 74 FOR 4-DAY CAMP

In last week's newsletter, we saw the 8 outstanding young walkers who have been announced as part of the National Under 17 Development Squad. Last weekend they gathered with their peers in Canberra for an intensive 14 days of activity and learning. It is well reported on the AA website – see [http://www.athletics.com.au/home/news/news/2012/april/u17\\_camp\\_canberra\\_welcomes\\_74](http://www.athletics.com.au/home/news/news/2012/april/u17_camp_canberra_welcomes_74)

Seventy-four up and coming athletes are today recovering from a bumper weekend in Canberra, with the nation's capital playing host to the 2012 Under 17 Development Squad camp. Spanning four days, the camp was held at the plentiful facilities of the Australian Institute of Sport and also welcomed 28 personal coaches for training program development sessions with Athletics Australia's National Youth Event Coaches.

“What a big weekend with a great group of athletes and their personal coaches,” Sara Mulkearns, Athletics Australia Junior High Performance Manager said. “A fixture of our pathway since 2006, we've expanded the program this year to encourage 12-month planning for athletes that are on track to become future Australian Spark and I'm confident that we will continue to see improved results because of these changes for a long time to come.

Athletes at the camp were split into their event groups for training, with the programs undertaken setup to assist in the development of their specific discipline. These programs were accompanied by a presentation on drugs in sport, nutrition and recovery techniques for international travel with Athletics Australia's dieticians as well as programs around performance planning and aspiring to be your best.

The highlight of the camp for many athletes, however, was a presentation by Olympic nominees Lauren Boden and Regan Lamble, Paralympian Brad Scott, and IAAF world junior championships representatives Blake Steele, Rachel Tallent and Taylah Sengul. Introducing athletes to the rigours of being a professional athlete, the group discussed their experiences in the sport, the importance of a strong relationship with your coach, experience both with Athletics Australia programs and when travelling with an Australian team as well as stepping up into senior athletics ranks beyond junior participation.

“The aim of the camp was to instil understanding around professionalism and preparation for competition on the world stage,” Mulkearns said. “The sessions undertaken, as well as some great presentations by athletes that have done it all before, will go a long way to making this happen. I thank all involved very much for their assistance in delivering a great product.”

Launched in 2006, the Under 17 Development Squad is chosen through consultation with Athletics Australia's National Youth Event Coaches, and this year again welcomed athletes with a disability to ensure Athletics Australia's collaborative approach to athlete development with the Paralympic Preparation Program. Additionally, the program in 2012 has expanded its selection criteria to ensure better interaction between athlete, coach and Athletics Australia. The development of long-term training programs for each athlete ahead of the program's commencement will see National Youth Event Coaches engaging with personal coaches to assist in an athlete's development from the outset.

And the following great photo from the AA article shows the 8 walkers of the moment with Blake, Rachel and Regan.



**Back: Kyle Bird, Billy Allamby, Zac Partington, Jasmine Irshad, Jasmine Dighton, Stephanie George, Jemma Potezny  
Front: Nathan Brill, Blake Steele, Rachel Tallent, Regan Lamble**

## FORWARD PLANNING

Thanks to Steve Harlington for advising that the South Australian Amateur Walkers Club has some details for this year's **Australian Road Walking Championships** on **Sunday 26 August** (this is also our Second Federation Carnival). Please see <http://www.sarwc.org/australian-national-second-federation-road-walk-championships-2012> for details.

And Ballarat Race Walking Club has updated their website (<http://ballaratracewalkers.com/index.shtml>) with information about this year's **Victorian Country Roadwalking Championships** which will be held in Ballarat on **Sunday 27 May**.

## TALKING CANBERRA

A couple of Victorian planning items for the Lake Burley Griffin Carnival in Canberra in June.

### 1. RWV Uniforms

You need to race in your Racewalking Victoria uniform in Canberra. For those who don't have one yet, we will have singlets on sale (same design as last year) at our VRWC races this Saturday. For those who prefer crop tops, Sabby George has been busy finalizing design and prices from a local manufacturer and we are now able to offer Racewalking Victoria Crop Tops and/or Bike Shorts as well as racing singlets.

The crop tops and/or bike shorts MUST be pre-ordered - use the order form on the VRWC website at <http://www.vrwc.org.au/RWV%20Crop%20Top%20Order%20Form.pdf>. We will only purchase what has been ordered and **orders close on Wednesday 2<sup>nd</sup> May**. Contact Tim Erickson ([terick@melbpc.org.au](mailto:terick@melbpc.org.au)) or Sabby George ([sabbygeorge@hotmail.com](mailto:sabbygeorge@hotmail.com)) to discuss further or place your orders.



### 2. Team Accommodation Details now available

While most people organise their own accommodation at the Canberra Carnival, some RWV families or members like to stay as a team so each year we organise a group booking at the Central Motel in Queanbeyan. You can read all about it at <http://www.vrwc.org.au/Canberra%20Carnival%20Accommodation.pdf>. If you want to avail yourselves of this offer, just fill in the form and return to your club secretary.

## WHAT'S COMING UP

### Victorian 5km Teams Championships – Saturday 5 May

These are our first Victorian roadwalk championships for the year, to be contested this coming Saturday. After a long wait, the online entry system finally went live on the AV website 2 days ago and will remain open until midday Friday. So get busy and complete your entry ([www.athsvic.org.au](http://www.athsvic.org.au)). If 3 or more men or women enter from the one club, then their team can contest the Teams Championship. There is no age limit so I hope that many of our younger walkers will also enter, thus getting valuable racing experience in Open competition. And of course the country regions can enter combined teams, thus ensuring a strong competition. Remember that you must also renew your AV registration for the new season which commenced on 1<sup>st</sup> April.

The timetable for Saturday reads as follows

<b>Saturday 5<sup>th</sup> May 2012, Middle Park</b>		
Entries close for VRWC events at 2.00pm sharp.		
<b>2.15pm</b>	<b>5km AV Teams Championship</b>	<b>Open Men</b>
<b>2.15pm</b>	<b>5km AV Teams Championship</b>	<b>Open Women</b>
2.15pm	5km	Open
2.25pm	3km	Open
2.25pm	3km	Under 15
2.30pm	1km	Under 9
2.40pm	2km	Under 12

## 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.

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

Sat 5 April 2012 AV 5km Teams Championships, Middle Park  
 13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.

### 2012 International Fixture

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/>

### Remaining 2012 IAAF Race Walking Challenge Dates

12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 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**  
 October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

### 2014 International Fixture

5-6 May 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China**  
 Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**  
 July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**  
 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**  
 2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
 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** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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