



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 42
17 July 2012



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was 14 year old **Billy Allamby** won the VRWC U16 5km club championship with a big PB time of 23:47. Billy, who won the Australian U16 3000m track championship earlier this year, is one of our many talented young walkers spread across Australia and I expect his times to keep tumbling as the year progresses.

This week sees a two way vote between walkers who each excelled in their races last weekend.

- 19 year old **Blake Steele** walked a PB time of **43:04.81** in coming 17th in the IAAF Junior Championships in Barcelona last Friday. Blake walked a PB in the World Cup in May in Mexico and has taken a further 11 secs off that with another top performance.
- 55 year old **Lyn Ventris** continues to rewrite the Masters record books, breaking her own W55 10km World Masters Record by 25 secs with a time of **49:34** in Perth last Saturday. Lyn, who was IAAF World Masters athlete of the year in 2011, continues on her merry way, setting new standards that are going to be virtually impossible to break.

As usual, you can vote at www.vrwc.org.au.

RWA STATE CHALLENGE - VRWC, MIDDLE PARK, SATURDAY 14 JULY

VRWC contested the annual Racewalking Australia Challenge last Saturday in Melbourne and our overall Racewalking Victoria figures will be collated once results are in from Bendigo and Ballarat. Rudolf Skrucany tells me that the weather turned out pretty good after looking a concern early on. *It was raining and windy before the race and during of the warm-ups, but stopped just before the start. The wind remained mild for most of the time and the sun even came out - nearly ideal weather. It seems we are lucky once again.*

Numbers were down overall (only 53 starters) and we had a larger than usual number of people failing to finish. It seems the long season and last week's longer races have taken their toll. But overall, a good set of results with most age categories covered. Sabrina George was in action with the camera and the action has been captured as usual to <http://www.vrwc.org.au/coppermine>. Being away from home on a slow internet connection, I won't put lots of photos from the races into the newsletter so will leave you to check out the action for yourselves.

Rhydian Cowley was the star of the show, powering to a 10km time of 43:18. He was chased by Nathan Brill for most of the way before Nathan called it quits at the 7km mark. Our Masters walkers also contested 10km with Ralph Bennett in fantastic form, clocking a time of 56:37 for an M65 90.90% rating. Bob Gardiner was not far behind with 1:02:39 for an M75 87.82% effort. And a special mention to Jason Kozica whose time of 48:57 must have been a big PB.

10km Open RWA Postal Challenge

1.	Simone O'Neill	1:06:41	
	Mathilde Lacaze	DNF	(5km 29.36)
1.	Rhydian Cowley	43:18	
2.	Jason Kozica	48:57	
3.	Nicholas Mirarchi	53:49	

10km Masters RWA Postal Challenge

1.	Ralph Bennett	56:37	90.90%
2.	Bob Gardiner	1:02:39	87.82%
3.	Alan Lucas	1:04:28	74.45%
4.	James Christmass	55:27	72.42%
5.	Rudolf Skrucany	1:05:50	67.41%
6.	Gerard Feain	1:02:08	67.29%

7. Michelle Laufer DNF (4km 21.24)

Our younger walkers also contested various distances in U20, U18, U18 and U14 divisions. Kyle Bird was in fantastic form in the U20 race with a big PB 10km time of 50:30 while Billy Allamby 24:24 and Adam Garganis 24:36 had a great battle in the U16 division. Reese Walmsley 15:01 and Paige De Lisen 16:37 were the best in the U14 division and continue to improve each week. We also welcomed Julia Irons who had her first walk with us, recording 18:54 for the 3km.

10km Under 20 RWA Postal Challenge

1. Kyle Bird 50:30
Nathan Brill DNF (7km 31.36)

8km Under 18 RWA Postal Challenge

Stephanie George DNF (5km 25.25)
Jessie Eastwood DNF (5km 29.55)

5km Under 16 RWA Postal Challenge

1. Emily Hamilton 29:03
2. Megan Walker 29:22
3. Rachael Guy 31:07
4. Emily Swan 31:08
Jasmine Irshad DNF

1. Billy Allamby 24:24
2. Adam Garganis 24:36
3. Kyle Swan 25:25
4. Jake Kellar 29:57

3km Under 14 RWA Postal Challenge

1. Paige De Lisen 16:37
2. Shelby Kay 17:02
3. Philippa Huse 18:02
4. Julia Irons 18:54 First Time
5. Jemma Eastwood 19:41

1. Reese Walmsley 15:01

Our younger walkers contested U12 and U10 RWA Postal Challenge races with Corey Dickson 10:24 and Hayley George 10:42 leading in the 2km and Jared Hodges 9:37 and Zara Irshad 16:12 adding to the overall total with U10 finishes. And we also welcomed Hannah Horsmen for her first walk with us.

2km Under 12 RWA Postal Challenge

1. Hayley George 10:42
2. Mikhala Hodges 10:51
3. Brodie Richardson 10:53
4. Kathleen O'Mahony 11:59
5. Rebecca Henderson 12:35
6. Hannah Horsmen 16:29 First Time

1. Corey Dickson 10:24
2. Hayden Walmsley 11:44
3. Lachlan Feain 12:00
4. Ethan Wright 12:55
5. Caine Brill 13:15
6. Justin Brill 13:41

1.5km Under 10 RWA Postal Challenge

1. Zara Irshad * 16:12

1. Jared Hodges 09:37

Finally we had an Open 3km for the odds and sods with Kylie Irshad 6:21 and Sandra Geisler 16:32 the best of the club walkers.

3km Open

1. Kylie Irshad 16:21
2. Sandra Geisler 16:32
3. Connor McShanag 17:20
4. Anna Wallace 17:21
5. Donna Elms 17:59

- 6. Anthony Doran 18:17
- 7. Gwen Steed 18:55

Thanks as usual to our many officials, judges and helpers. Sorry if I missed anyone

- Judges:** Gordon Loughnan (chief), Peter Vysma, Lloyd Nichols, Brenda Felton, Stuart Cooper, Terry Swan
- Officials:** Mark Donahoo, Michael Bodey, Ian Laurie, Marlaine Stanway, Karyn O'Neill, Damien Elms, Margaret Walker
- Setup:** Bob Gardiner, Peter Vysma, Harry Summers,
- Canteen:** Kate Suich, Barb Gardiner
- Photos:** Sabrina George



Start of the Open, Masters and U14-U20 events



Start of the U10 and U12 races

ACT WALKING CLUB ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 14 JULY

Thanks to Robyn Whyte for the weekly results from the ACT Walking Club in Canberra.

8km Walk

1. Monika Short 57:38

5km Walk

1. Ashleigh Resch 27:52
 2. Thomas Hopkins 29:04
 3. Karina Hopkins 31:40
 4. Helena Bialecki 31:51
 5. Jenny Reading 37:40
 6. Bob Chapman 37:40
 7. David Mackenzie 38:14
 8. Cilla Chapman 43:08
 9. Helen Munro 43:19
 10. Terry Munro 45:57
 11. Raine Thompson 48:58

10km Walk

1. Robin Whyte 1:02:01
 2. Rod Gilchrist 1:09:42
 3. Derek Robinson 1:09:42
 4. Bob Parker 1:15:02
 5. Jennifer Gilchrist 1:16:54
 6. Val Chesterton 1:25:57

3km Walk

1. Callum Burns 16:10
 2. Emily Hopkins 17:17
 3. Carmen Carlon 29:17

SAMA HALF MARATHON WALK AND RUN, BONYTHON PARK, ADELAIDE, SATURDAY 14 JULY

Thanks to Colin Hainsworth for the weekly South Australian Masters results from Adelaide. He explains

Tim, results for yesterday's competition. A bit confusing because it was SAMA half marathon running Championships. At the same time, for the Walkers and the remaining runners a half marathon relay was held. The Bonython Park course is a 5k loop (which was extended to 5.3k for this event. Some did 2 x 5.3k loops making 10.6k, others did just one loop of 5.3k and a few just half a loop of 2.7k. Either way the team total had to come to 21.2Km. Marie Maxted and I, team No. 1 were the only team that consisted only of walkers and we walked 10.6k each. The other 8 teams consisted of both walkers and runners. I have included a column listing distances for each competitor. A 10.6; B 5.3; C 2.7. It was an enjoyable afternoon but very cold and damp.

21.1km Run and Walk Relay

Team	R/W	Name	Results	Team Time	Distance
3	Walk	Roger Lowe	1:21:19	2:34:41	A
3	Run	Stan Miller	0:30:00		B
3	Run	Valmai Padget	0:17:00		C
3	Run	David Bates	0:14:27		C
5	Run	Geoff Sevenoaks	0:49:27	2:34:52	A
5	Walk	Graham Harrison	1:13:23		A
1	Walk	Colin Hainsworth	1:22:11	2:36:02	A
1	Walk	Marie Maxted	1:10:48		A
8	Run	Steve Trutwin	0:44:57	2:36:08	A
8	Run	Kathy Worthing	0:31:30		B
8	Walk	Helen Suridge	0:35:42		B
7	Run	David Close	0:51:17	2:37:52	A
7	Run	David Padget	0:29:59		B
7	Walk	Rodger Barber	0:37:36		B
6	Run	Jack White	0:50:58	2:39:34	A
6	Walk	Jan Layng	0:40:07		B
6	Run	Gill White	0:18:30		C
6	Run	Paul Boyce	0:15:30		C
2	Run	Mike Hopkins	0:47:45	2:40:01	A
2	Walk	Jeff Kennett	0:47:15		B
2	Walk	Edna Bates	0:44:42		B
4	Walk	David Robertson	1:23:44	2:40:11	A
4	Run	Craig Palmer	0:24:22		B
4	Run	Paul Boyce	0:15:30		C
4	Run	Jill Rogers	0:20:00		C
9	Run	John Hore	0:28:40	2:41:20	B
9	Run	Avril Hill	0:32:30		B
9	Walk	Linda Whitelaw	0:40:00		B

SARWC CLUB CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SATURDAY 14 JULY

South Australian Race Walking Club held their club championships last Saturday in Adelaide and I was impressed by the number of walkers in attendance. Kim Mottrom walked brilliantly over 8km with 35:36 and was the standout.

8Km Open

1.	Kim Mottrom	35:36
2.	Justin Hill	39:52
1.	Allegra Steele	47:22

8km Over 35

1.	Peter Crump	43:35
2.	Bill Starr	55:50
3.	Jim Hoare	55:33
	Troy Hooker	DNF (4Km 32:45)
1.	Gloria Holliday	46:05
2.	Barbara Cain	58:24

8km Under 20

1.	Amber Tuscharski	48:32
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6Km Under 18

1.	Lachlan Tyler-Dowd	35:33
1.	Jemma Potezny	34:06
2.	Danielle Walsh	36:41

4Km Under 16

1.	Michael Nicolaides	26:21
2.	Ryan Green	26:44
1.	Julia Potezny	24:26

2Km Under 14

1.	Alix Harlington	10:10
2.	Joe Cross	10:57
3.	Corey Harlington *	21:13

2km Under 12

1.	Rhiannon Lovegrove	10:57
2.	Rhiana Hooker	11:37
3.	Ayeisha Wallace	12:48

2Km Under 10

1.	Ryan Hooker	16:19
2.	Mark Hooker	17:32

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 15 JULY 2012

Thanks to Paul Rance for his report from Bendigo.

The Bendigo Walkers Club held 2km and 5km sealed handicap events at Lake Neanger in cold, windy conditions on Sunday morning. The 2km event saw Zahra Hayes race to a strong victory in the sealed handicap section of the event and she also took fastest time honours with Carissa Brook in 2nd place with a personal best effort and Madison Hill back in 3rd place. In the 5km race Zoe Boldiston competed for the first time in almost 12 months after having her athletic career put on hold with a serious back injury and she showed excellent first up form to also take 1st place and fastest time honours as she secured a personal best by almost 30 seconds. Barb Bryant produced her best effort for the Season to take 2nd place with Colin Cleary in 3rd place.

5km handicap

1.	Zoe Boldiston	25.11
2.	Barb Bryant	29.57
3.	Ebony Whiley	32.21
4.	Annette Major	33.55
5.	Annette Curtis	36.58
6.	Geoff Major	38.14
7.	Colin Cleary	38.37

2km Handicap

1.	Zahra Hayes	12.00
2.	Carissa Brook	13.10
3.	Madison Hill	13.29

Bendigo Walkers will hold their State Challenge next Sunday.

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 15 JULY

WA Race Walking Club also held their RWA State Challenge last weekend at Wilson in Perth and the highlight had to be the performance of W55 world record holder Lyn Ventris who recorded a wonderful time of 49:34, taking a further 25 seconds off her world record time that she set in Finland earlier this year.

10k Masters Men

1.	Tom Lenane	69:39
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10km Masters Women

1.	Lyn Ventris	49:34
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10km U20 Men

1.	Dale Hennighan	52:54
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2km U12

1.	Ben Reid	12:53
2.	Mitchell Curulli	16:28

5km U16

1.	Isabella Tolardo	32:55
2.	Aimee Reid	36:24

1.	Courtney Johns	12:03
2.	Jorja Millington	12:45
3.	Arianna Tolardo	12:55

3.	Emily Holland	DQ	4.	Georgia Curulli	13:53
			5.	Amy Holland	14:07
			6.	Jamie Curry	16:00
3km U14					
1.	Mitchell Lees	16:25	1.5km U10		
1.	Mikayla Johns	15:57	1.	Mitchell Curulli	11:39
2.	Courtney Johns	18:21	1.	Shae Millington	8:51
3.	Arianna Tolardo	20:03	2.	Jamie Curry	11:08

SOUTH AUSTRALIAN 24 HOUR ROAD CHAMPIONSHIPS, NORTH ADELAIDE, 14-15 JULY

Victorian ultra distance runner **Justin Scholz** went to Adelaide last weekend with a slightly different challenge in mind. One of our best Australian long distance runners with a 24 Hour run best of 203.278 km, he was keen to attempt the centurion walk (walk 100 miles or 160.9km within 24 hours). He had approached me about this last month and once I had confirmed that Australian Centurion David Billett would be there to verify the performance, I gave Justin the go ahead to proceed. The course was the usual 2.200km circuit on footpaths surrounding the North Adelaide parklands with the start/finish at the Adelaide University Sports Field and the event was run by the SA Road Runners Assn.

And complete the 100 miles is just what he did, in a time of around **22:09:00**. He did another lap for safety and then called it quits with a total distance of 163.900 km to take sixth place overall. The top 10 places (the other 9 were all runners) read as follows

1.	ARNULF RIEDL	Male	42	182.303 km
2.	EMMA VAUGHAN	Female	28	175.668 km
3.	TONY COLLINS	Male	65	171.745 km
4.	DAVID BILLETT	Male	41	170.731 km
5.	GRAHAM TOTTEY	Male	43	170.679 km
6.	JUSTIN SCHOLZ (W)	Male	37	163.900 km
7.	CARL LAFFAN	Male	33	163.900 km
8.	LIV THORNE	Female	30	161.700 km
9.	COLIN BROOKS	Male	59	160.466 km
10.	DOUGLAS SMART	Male	69	153.782 km

Subject to completion of our normal scrutiny, Justin will become Australian Centurion number **61**. His thoughts after the race:

Thanks everyone, I'm really proud of this effort. Had no clue if I could do it or not. And though I was skeptical of others who had said it was harder to walk a strong 24 hours than run one, I now believe it. I just kept wanting to either run or sit down. And the almost 2 hours to spare was only because I was scared that if I slowed down excessively I'd get nauseous or overly tired or something that may have allowed gremlins into my head! After it was over I walked the remainder of the lap I was on and one more just for prudence sake. Never insisted that I stay out there longer than I had to unless I either wasn't going to make the 100miles (in which case 24 hours was mandatory in my mind) or if I was feeling strong enough to keep pushing hard which I definitely wasn't.



Justin Scholz in running mode in this year's Coburg 24 Hour race in April. Now he has added walking to his repertoire.

For full race results and for race photos, check out

results - http://www.sarrc.asn.au/images/event_results/adelaide%206-12-24hour%20event%202012_results_prov.pdf

photos - <http://sarrcphotos.smugmug.com/2012PHOTOS/Adelaide-61224-Hour-Event>

REGAL RACEWALKERS ROADWALKS, LIECHHARDT, SATURDAY 30 JUNE

And now to some older results to bring us up to date on the local Australian scene.

Division 1: 18km

1.	Robert Osborne	2:02:48
2.	Jim Seymon	2:04:08

Division 2: 12km

1.	Vanessa Ebejer	1:19:35
2.	Chloe Jones	1:19:35

Division 4: 3km

1.	Blake Dwyer	20:14
	Hannah Parker	14:56 (2km)
	Dakota Bennett Ward	7:25 (1km)
	Emily Maloney	8:02 (1km)

Division 3: 6km

	Carmel Parker	28:28 (4km)
	Nancy Lloyd	30:15 (4km)
	Natasha Estrada	14:02 (2km)

NSWRWC ROAD WALKS, LEICHHARDT, SATURDAY 30 JUNE

Long Division - 12km

1.	Cheryl Webb	59.15
2.	Jay Felton	61.50
3.	Lauren Bourke	66.53
4.	Matthew Killen	68.21
5.	Shannon Jennings	59.30
6.	Anthony Albanese	72.53
7.	Joan Purcell	91.43
	Steven Washburn	DNF
	Kyle Malone	DNF

Medium Division - 10km

1.	Tyler Jones	51.29
2.	Tom Doyle	61.34
3.	Carl Gibbons	61.39
4.	Tony Psarianos	67.10
5.	Bryony Beasley	72.06
6.	Judy Brown	77.32
	Taylor-Paige Billington	DNF
	Brendon Hyde	DNF

Short Division - 5km

1.	Nathan Brown	31.42
2.	Nicolle Challinor	35.42
3.	Mary Willis	36.50
4.	Mascey Willis	36.46

U16 Division - 2km

1.	Benjamin Tisdale	10.53
2.	Dylan Richardson	11.10
3.	Tiffany Saker	12.06
4.	Yasmin Mills	12.30

U12 Division - 1km - Handicap Start

1.	Samantha Brown	5.00
2.	Lauren Tisdale	5.16
3.	Haley Mills	5.19
4.	Sybella McKay	5.21
5.	Renee Hardy	5.30
6.	Brooke Martin	6.33
7.	Brooke Martin	6.33
8.	Lauren Beecroft	6.40
9.	Bronti Westaway	6.58
10.	Aiden Hardy	8.51
11.	Emily Challinor	9.42

NSWRWC ROADWALKS - SUTHERLAND OPEN DAY, HURSTVILLE GROVE, SATURDAY 7 JULY

Long Division 10km

1.	Cheryl Webb	48.20
2.	Kyle Malone	50.20
3.	Jay Felton	53.34
4.	Steven Washburn	56.56

U16 Division - 3km

1.	Leah McDonald	15.51
2.	Dylan Richardson	16.24
3.	Ryan Thompson	16.31
4.	Tiffany Saker	18.31

5. Matthew Killen 59.45

5. Mascey Willis 18.54

6. Ally Grujoski 20.31

Medium Division - 8km

1. Tyler Jones 42.26
2. Robert Murphy 43.10
3. Carl Gibbons 43.12
4. Jasmine Dighton 45.24
5. Tony Psarianos 51.41
6. Bryony Beasley 54.05
7. Demi Psarianos 57.48
8. Judy Brown 59.51
Tom Doyle DNF
Amanda Barendregt DNF

U12 Division - 1.5km

1. James Plummer 7.58
2. Niamh Sanday 8.19
3. Renee Hardy 8.22
4. Flynn Ross 8.38
5. Lachlan Beecroft 9.38
6. Brooke Martin 10.11
7. Bronti Westaway 10.39
8. Jada Thomson 11.27
9. Aiden Hardy 14.09
10. Emily Challinor 14.09
Sybella McKay DQ

Short Division - 4km

1. Jasmyn McDonald 20.32
2. Lucy Francis 20.59
3. Aiden Kerr 21.22
4. Adam Mylonas 23.10
5. Stephanie Grujoski 23.58
6. Nicolle Challinor 24.23
7. Mary Willis 24.26
8. Nicole Fagan 20.57
9. Brendon Hyde 34.47

QUEENSLAND ROADWALK CHAMPIONSHIPS, MURRARIE, SUNDAY 8 JULY

Thanks to Noela McKinven for the results from the Queensland Athletics Championships. Top performers included Dane Bird-Smith 1:27:21, Stephanie Stigwood 52:06, Jesse Osborne 47:27, Clara Smith 25:20 and Mercedes Brennan 5:45.

Open Men 20km

1. Dane Bird-Smith 1:27:21
2. Peter Bennett 1:53:39
3. Paul Lindenberg 2:25:06

16 Men 5km

1. Samuel Hayward 34.36

Open Women 10km

1. Stephanie Stigwood 52.06
2. Nyle Sunderland 58.59
3. Kay Shaw 65.11
4. Donna Beikoff 68.55
5. Noela McKinven 76.51

U16 Women 5km

1. Clara Smith 25.20
2. Jesse Sims 34.36

U20 Women 10km

1. Casey Sims 71.38
2. Jessica Wright 72.12

U14 Women 3km

1. Mikaela Woodward 16.24
2. Aimee Brackin 17.59
3. Katie Hayward 19.01
4. Riley Sims 20.29
5. Chelsea Keong 22.32

U18 Men 10km

1. Jesse Osborne 47.27

U12 Girls 2km

1. Thalia Martin 14.52

U18 Women 5km

1. Katya Martin 29.56

U10 Girls 1km

1. Mercedes Brennan 5.45
2. Jasmine-Rose McRoberts 7.00

QUEENSLAND DOWN UNDER MEET, GOLD COAST, SUNDAY 8 JULY

Thanks to Robyn Wales for the results from the Down Under Track meet, held at the Gold Coast in Queensland on the same day. Robyn commented:

With the Queensland State Walk Championships being held on the same morning, race walk entries were down on last year. We have managed to change the program for next year so the clash won't occur again. Walk times were still of a high standard with Mikaela Woodward walking faster than her time in Brisbane a few hours earlier and Jessica Wright also making the trip to the Gold Coast after completing 10kms earlier.

Open 5km Walk: Dean Nipperress 27:21.86
U20 5km Walk: Jessica Wright 36:16.02
W U15 3kms Walk: Mikaela Woodward 16:07.23

M U15 3kms Walk: Luke McCutcheon 15:38.06 Jamie McCutcheon 18:26.56

Walkers were also in action in the running event with some very good performances – a talented lot, those walkers!

Open 3000m Run: Brandon Dewar 9:06.75 (1)
 Open 1500m Run: Dane Bird Smith 3:58.37 (3) Nick Dewar 3:58.97 (4)
 U15 400m: Trent Miles 55.52 (3)

RW AUCKLAND HARRY KERR RELAY, MT SMART STADIUM, AUCKLAND, SUNDAY 15 JULY

And now over the Tasman to a report on the annual Harry Kerr Centennial Relay from the Racewalking Auckland website.

In the 5th staging of the Harry Kerr Centennial Relay, the Racewalking Auckland A team eclipsed the efforts of the event's initial 2008 winners in, recording a race record of 4:23:41. Matthew Holcroft who took 48:18 for his 10,000m leg was the fastest individual athlete in the event. The other members of the winning team were Mike Parker, Jared Free, Mike Morrisey and Brooke Cowsill. The visiting Scottish Athletics team from Wellington was placed second with a time of 5:16:09.

The 5x10000m relay, held at the Mt Smart stadium, in wet conditions, was also a Racewalking NZ championship event. For the first time, a Junior Relay was included on the program. Two Racewalking Auckland junior teams staged a good battle over a total distance of 8400m, with the Racewalking Auckland Team 1 of Euan McDougall, Nathan McDougall, Mesha White and Andrew Jackson prevailing. The winning team recorded 57:29, a 2:20 margin over their competitors.

The Kerr Rowland Track race, an individual event over 3500m was won by Tony Sargisson in 19:10, ahead of Simon Baker and Rodney Gillum. Baker, an outstanding Australian racewalker of the 1980s and 1990s, was in the country to conduct a coaching workshop which was held the previous day.

Team	Walker	Leg time	Penalties	Leg time & penalties	Cum Time
Racewalking Auckland A	Mike Parker	0:49:51	0:00:00	0:49:51	0:49:51
Racewalking Auckland A	Jared Free	1:00:49	0:00:00	1:00:49	1:50:40
Racewalking Auckland A	Mike Morrisey	0:53:58	0:00:00	0:53:58	2:44:38
Racewalking Auckland A	Mathew Holcroft	0:48:18	0:00:00	0:48:18	3:32:56
Racewalking Auckland A	Brooke Cowsill	0:50:45	0:00:00	0:50:45	4:23:41 4:23:41
Scottish Athletics	Kevin Watson	1:07:46	0:00:00	1:07:46	1:07:46
Scottish Athletics	Bob Gardner	1:07:34	0:00:00	1:07:34	2:15:20
Scottish Athletics	Terri Grimmett	1:05:09	0:00:00	1:05:09	3:20:29
Scottish Athletics	Natasha Murrhy	0:58:58	0:00:00	0:58:58	4:19:27
Scottish Athletics	Alana Barber	0:56:42	0:00:00	0:56:42	5:16:09 5:16:09
Racewalking Auckland E	David Barber	1:16:25	0:00:00	1:16:25	1:16:25
Racewalking Auckland E	Sarah-Amy Rhind	1:09:47	0:00:00	1:09:47	2:26:12
Racewalking Auckland E	David Sim	1:05:15	0:00:00	1:05:15	3:31:27
Racewalking Auckland E	Cliff Harrison	0:56:08	0:00:00	0:56:08	4:27:35
Racewalking Auckland E	Nic Alley	1:06:29	0:00:00	1:06:29	5:34:04 5:34:04
Racewalking Auckland B	Shirley Barber	1:10:21	0:00:00	1:10:21	1:10:21
Racewalking Auckland B	Andrew Jackson	1:06:55	0:00:00	1:06:55	2:17:16
Racewalking Auckland B	Katie Tahere-Morrisey	1:12:11	0:00:00	1:12:11	3:29:27
Racewalking Auckland B	Rodney Thorne	1:02:10	0:01:00	1:03:10	4:32:37
Racewalking Auckland B	Matt Brayshaw	1:04:09	0:01:40	1:05:49	5:38:26 5:38:26
Racewalking Auckland D	Murray Free	1:08:47	0:00:00	1:08:47	1:08:47
Racewalking Auckland D	Wayne McDougall	1:16:23	0:00:00	1:16:23	2:25:10
Racewalking Auckland D	Frank Smedley	1:08:47	0:00:00	1:08:47	3:33:57
Racewalking Auckland D	Werner Schmidt	1:14:24	0:00:00	1:14:24	4:48:21 5:55:13
Racewalking Auckland C	Bob Sanders	1:10:35	0:00:00	1:10:35	1:10:35
Racewalking Auckland C	Grant Pepper	1:22:02	0:00:00	1:22:02	2:32:37
Racewalking Auckland C	Noel Johnson	1:11:28	0:00:00	1:11:28	3:44:05
Racewalking Auckland C	Rowena Meikle	1:13:51	0:00:00	1:13:51	4:57:56
Racewalking Auckland C	Marlene White	1:04:59	0:00:00	1:04:59	6:02:55 6:02:55
Onehunga Express	Mark Gray	1:06:43	0:00:00	1:06:43	1:06:43
Onehunga Express	Barbara Park	1:27:10	0:00:00	1:27:10	2:33:53
Onehunga Express	Don Park	1:14:24	0:00:00	1:14:24	3:48:17
Onehunga Express	Gayle Gray	1:24:31	0:00:00	1:24:31	5:12:48
Onehunga Express	Karl Park	1:16:43	0:00:00	1:16:43	6:29:31 6:29:31

14TH IAAF WORLD JUNIOR CHAMPIONSHIPS, BARCELONA, 10-15 JULY

The World Junior T&F championships were held over the last week in Barcelona, Spain, and 10,000m track walks were on the agenda for the Under 20 men and women. You can check out <http://www.iaaf.org/mini/wjc12/index.aspx> for the full results of the entire meet. For this newsletter, I will concentrate on the walks which were held last Wednesday and Friday mornings.

Women's 10,000m Walk, Wednesday 11 July, 9:30AM

The second day of the World Junior Championships at the Montjuic Stadium in Barcelona started with the women's 10,000m walk and a Russian double - gold for Ekaterina Medvedeva 45:41.74 ahead of team-mate Nadezhda Leontyeva 45:43.64 with the bronze going to Sandra Arenas of Colombia in a new National Record of 45:44.46. Emeterio Valiente reported for the IAAF

Russian girls captured the third consecutive double and the sixth gold medal for their country at the Race Walk event in the guise of this season's world leader Ekaterina Medvedeva and Nadezhda Leontyeva. Bronze went to Colombia's Sandra Arenas, the World Cup victor in Saransk two months ago. She made history for her country as she landed the first ever medal of any colour at the event and the second Colombian medal overall.

Wary of the humidity and the 25°C temperature, the large group of walkers kicked off at a very moderate pace, the clock reading 9:36.74 for the opening two kilometres with the Czech pair of Eliska Drahotova and her twin sister Anezka making most of the early rhythm. It was the latter who stepped up the pace for the following laps, covering the 2000-4000m section in a much brisker 9:13.99.

The halfway mark was hit in 23:23.10 with only six women strong enough to follow the Czech's rhythm: Ukraine's Liudmila Olianovska, the Russian duo of Medvedeva and Leontyeva, Arenas, Mexico's Alejandra Ortega and China's Yanxue Mao.

By the 8km mark, only five walkers remained to fight for the medals. - Olianovska, Medvedeva, Arenas, Leontyeva and Mao. The key movement was made by Arenas just before the 9000m point when she found an extra gear to unleash a powerful change of speed which could only be resisted by the two Russians. The remaining two laps promised to be more than thrilling with Medvedeva and Leontyeva looking for a minor revenge as they had been defeated by Arenas at the World Cup.

Arenas' lead was going to be short-lived as Medvedeva broke away from her and Leontyeva with 550m remaining. By the bell it became clear that Medvedeva would be the eventual winner and attention turned to the fierce battle between Leontyeva and Arenas, the Russian ahead of the Colombian three seconds behind the leader at the bell. While Medvedeva crossed the finish line unopposed, Arenas tried to overtake Leontyeva on the home straight and she was about to do it but the Russian hold off her challenge to complete the 1-2 for her country. The frantic closing kilometre saw Medvedeva walk 4:09.52 for a final time of 45:41.74 - - 23:23.10 and 22:18.64 the two halves – for Leontyeva's PB of 45:43.64 and Arenas' 45:44.46. Way back finished Olianovska (45:53.50) and Mao (46:10.60) both setting career bests.

We had two walkers in the event and it was **Rachel Tallent** who did the better, finishing 22nd with a time of 49:55.81. Unfortunately **Jessica Pickles** was one of the walkers who was disqualified but hopefully she can bounce back from this disappointment.

1.	Ekaterina MEDVEDEVA	RUS	29 Mar 94	45:41.74
2.	Nadezhda LEONTYEVA	RUS	12 Mar 94	45:43.64
3.	Sandra ARENAS	COL	17 Sep 93	45:44.46
4.	Liudmyla OLIANOVSKA	UKR	20 Feb 93	45:53.50
5.	Yanxue MAO	CHN	15 Feb 94	46:10.60
6.	Anezka DRAHOTOVÁ	CZE	22 Jul 95	46:29.95
7.	Alejandra ORTEGA	MEX	08 Jul 94	47:03.42
8.	Nozomi YAGI	JPN	04 Nov 94	47:04.92
9.	Ángela CASTRO	BOL	21 Feb 93	47:09.62
10.	Kimberly GARCÍA	PER	19 Oct 93	47:42.49
11.	Alina HALCHENKO	UKR	18 Sep 94	47:49.92
12.	Katarina STRMENOVA	SVK	25 Jan 93	47:54.60
13.	Wendy CORNEJO	BOL	07 Jan 93	48:00.03
14.	Eliška DRAHOTOVÁ	CZE	22 Jul 95	48:15.34
15.	Anna CLEMENTE	ITA	06 Jan 94	48:22.25
16.	Dandan DUAN	CHN	23 May 95	48:39.21
17.	Jeong-Eun LEE	KOR	13 Sep 94	48:40.61
18.	Kate VEALE	IRL	05 Jan 94	48:50.20
19.	Elena POLI	ITA	10 Oct 93	49:11.12
20.	Emilie TISSOT	FRA	11 Apr 93	49:13.95
21.	Amanda CANO	ESP	19 Aug 94	49:18.27
22.	Rachel TALLENT	AUS	20 Feb 93	49:55.81
23.	Sae MATSUMOTO	JPN	15 May 93	49:56.66
24.	Laura GARCÍA-CARO	ESP	16 Apr 95	50:13.77
25.	Yanelli CABALLERO	MEX	29 May 93	50:29.85
26.	Gamze ÖZGÖR	TUR	29 Oct 94	50:53.64
27.	Filipa FERREIRA	POR	05 Nov 94	50:59.00
28.	Coralie MELLADO	FRA	19 Oct 93	51:14.84

29.	Elif KOC	TUR	02 Feb 93	51:44.86
30.	Shahinaz AL-NASRI	TUN	03 Jun 96	51:53.22
31.	Emma PRENDIVILLE	IRL	23 Feb 93	52:41.51
32.	Bariza GHEZELANI	ALG	16 Sep 93	53:30.36
33.	Mara RIBEIRO	POR	11 May 95	53:31.29
34.	Erika PARVIAINEN	FIN	09 Sep 95	53:56.98
	Jessica PICKLES	AUS	09 Feb 94	DQ
	Khushbir KAUR	IND	09 Jul 93	DQ
	Viktoryia RASHCHUPKINA	BLR	23 May 95	DNF
	Alexandra Iuliana AICHIMOAEI	ROU	15 May 93	DNF

Lap times for the leaders were 4:43.34, 9:36.74, 14:16.00, 18:50.73, 23:23.10, 27:56.16, 32:24.68, 36:59.50, 41:32.24, 45:41.74.

The IAAF website quoted the gold and silver medallists:

- Winner - Ekaterina MEDVEDEVA - It was terribly hot, so I am even happier that I have won. I am from Saransk that is, as you know, the Mecca of walking. Walking is now my life, I only started to walk three years ago. I was disappointed that I only was fourth in the World Cup in Saransk. But now I believe in me. My coach is Viktor Chegin. In Saransk I train with all the stars, even with the men.
- Second - Nadezhda LEONTYEVA - It was really very, very hot. It was hard to compete in the first laps because the other girls stepped on my foot. But the fans supported me. I am from Cheboksary where walking is very popular. After the race I phoned my mon (Ira), she was crying. I guess when I will come home there will be a big party in Cheboksary.



Nadezhda Leontyeva and Ekaterina Medvedeva of Russia pose at the end of the Women's 10km walk (www.iaaf.org)

Men's 10,000m Walk, Friday 13 July, 9:00AM

Once again I will take Emeterio Valiente's report for the IAAF.

Strongly boosted by his fellow Colombian Sandra Arenas' bronze medal in the female Race Walk event held on Wednesday, Eider Arévalo bagged the first ever gold medal for his country at any event in the history of the championships. Arévalo set a new World leading performance of 40:09.74 to beat Russia's Aleksandr Ivanov and China's Guanyu Su.

To the delight of the walkers the day dawned cloudy and by the time of the start (9am) the temperature was reasonably comfortable for an endurance competition. Even so, the early kms were not particularly fast with splits in the 4:05-4:09 range for a halfway time of 20:34.07. At that stage, it was Japan's Takumi Saito who led the main group which also included Arévalo, Ivanov, the Chinese pair of Su and Jiaying Yin, Spain's Álvaro Martín, Mexico's Jesús Vega and Ukraine's Ihor Lyashchenko.

To the delight of the crowd, Martín took a short-lived lead but still enough to leave behind the Ukrainian before the 7000m point was hit in 28:49.63. The fireworks began when Su moved to the front to inject a lethal pace which could only be resisted by Arévalo, Ivanov, Saito and Martín. An even faster 3:55.91 eighth kilometre proved to be too fast for the Spaniard who lost any chance of a podium place with some 1500m remaining. Su completed a terrific ninth kilometre in 3:45.74 but he was then given a second warning. With two laps to go Ivanov led from Arévalo, a cautious Su and Saito who began to pay for his early efforts and lost ground some 650m from the tape when the Colombian unleashed a powerful burst of speed looking for the gold medal.

At the bell Arévalo still had Ivanov in hot pursuit but both had managed to leave Su behind. With around 150m to go, Ivanov surrendered to Arévalo's relentless rhythm, while a lonesome Su managed to keep Saito at bay to secure the bronze medal. The Japanese found some consolation in a National record of 40:19.10 while the Spanish medal hope Martín set a massive career best by a full minute to clock 40:35.52. Arévalo, who clocked an awesome 3:38.46 closing 1000m, will now head for a training camp in Newcastle to build-up for the London Olympics where he will be contesting the 20km senior Race.

Blake Steele had a great walk, finishing 17th in an 11 sec PB time of **43:04.81**. Unfortunately our other representative **Brad Aiton** was disqualified. Like Jessica in the girl's race, we hope he can bounce back from what is always a shattering experience.

1.	Eider ARÉVALO	COL	09 Mar 93	40:09.74
2.	Aleksandr IVANOV	RUS	25 Apr 93	40:12.90
3.	Guanyu SU	CHN	26 Jun 94	40:16.87
4.	Takumi SAITO	JPN	23 Mar 93	40:19.10
5.	Álvaro MARTÍN	ESP	18 Jun 94	40:35.52
6.	Jesús VEGA	MEX	23 May 94	41:05.59
7.	Nils BREMBACH	GER	23 Feb 93	41:19.12
8.	Ihor LYASHCHENKO	UKR	24 Aug 93	41:21.60
9.	Yosuke KIMURA	JPN	05 Feb 93	41:41.52
10.	Marco Antonio RODRÍGUEZ	BOL	24 Jan 94	42:05.91
11.	Pavel PARSHIN	RUS	02 Jan 94	42:10.25
12.	Vito MINEI	ITA	16 Jun 94	42:51.79
13.	Tyler SORENSEN	USA	18 Feb 94	42:53.60
14.	Andriy HRECHKOVSKYY	UKR	30 Aug 93	43:01.58
15.	Marius ŠAVELSKIS	LTU	30 Jul 94	43:03.27
16.	Kenny Martín PÉREZ	COL	10 Aug 94	43:04.02
17.	Blake STEELE	AUS	04 Jan 93	43:04.81
18.	Konstadinos DEDÓPOULOS	GRE	01 May 94	43:07.11
19.	Paolo YURIVILCA	PER	23 Apr 96	43:10.15
20.	Edgars GJACS	LAT	27 Aug 93	43:10.59
21.	Erwin GONZÁLEZ	MEX	07 Feb 94	43:11.21
22.	Francesco FORTUNATO	ITA	13 Dec 94	43:13.27
23.	Neeraj NEERAJ	IND	15 Aug 94	43:27.92
24.	Sahin SENODUNCU	TUR	4 Apr 94	43:29.28
25.	Yauhen ZALESKI	BLR	16 Jun 93	44:09.05
26.	Óscar VILLAVICENCIO	ECU	05 May 93	44:25.12
27.	Adrian Ionut DRAGOMIR	ROU	01 Nov 94	44:29.12
28.	Barys SHARHAR	BLR	31 Mar 93	44:32.68
29.	Marc TUR	ESP	30 Nov 94	44:42.41
30.	Samuel PEREIRA	POR	25 Nov 93	45:06.34
31.	Brian PINTADO	ECU	29 Jul 95	45:13.84
32.	Luis Angel SANCHEZ	GUA	15 Dec 93	45:36.65
33.	Tewfik YESREF	ALG	09 Sep 93	45:38.36
34.	Kuldeep KULDEEP	IND	30 Dec 94	45:40.65
35.	Peter TICHÝ	SVK	25 Jun 93	47:21.63
36.	Joakim SAELEN	NOR	18 Jul 93	48:50.80
	Brad AITON	AUS	20 Jun 94	DQ
	Jiaxing YIN	CHN	16 Mar 94	DQ
	Benjamin THORNE	CAN	19 Mar 93	DQ
	Bruno FIDELIS	BRA	08 Nov 94	DNF
	Byeongho CHOE	KOR	17 Aug 95	DNS

Lap times for the leaders were 4:06.97, 8:14.52, 12:20.52, 16:28.58, 20:34.07, 24:43.29, 28:49.63, 32:45.54, 36:31.28, 40:09.74

The IAAF website quoted the gold and silver medallists:

- Winner - Eider AREVALO - I dedicate my Gold to all my coaches in the past. In January my former coach Soto passed away. I wanted to crown my junior career with a gold medal. Now I opened the door to the Seniors. I will start as well in the London Games.
- Second - Aleksandr IVANOV - It's a pity I'm just the second. I so much wanted to be the first in this race. It's my second silver already. My coach told me at the beginning: "Walk with a group and 800m before the finish accelerate." I could not. This is my 3rd big championship already after the European Championship and the World Cup.
- Third - Guanyu SU - I am happy with the medal and my personal best. It was good to compete today, because it was not so hot like in the past days. I am living in East China in the Shan Dong Province.



The leaders fight out the finish in the Men's 10,000m walk in Barcelona



Konstadinos Dedópoulos of Greece hands Blake Steele of Australia a drink. Tyler Sorensen of USA is also shown.

INTERNATIONAL RACEWALK MEET, BERGEN, NORWAY, SUN 8 JULY 2012

Norwegian walker Erik Tysse qualified for the Olympics a week ago in a special racewalk meet in Bergen, his time of 1:21:05 well inside the A qualifying standard of 1:22:30 and the Norwegian standard of 1:21:45. With the deadline for Olympic nominations set for 8th July, it was an all-or-none chance for Tysse who returned to eligibility the day before after the end of a controversial two year doping ban for testing positive for minute traces of CERA in his blood (he was the beneficiary of a ruling some months ago by the Court of Arbitration for Sport that the IAAF couldn't extend two year bans to include the Olympics). With a temperature of 24C and with the enthusiastic support of the spectators, Tysse walked from the front over the 1km lap, finishing within the required standard and well ahead of Polish walker Jakub Jelonek 1:22:42, and Tunisian walker Hassanin Sebei 1:23:35.

"It was an amazing feeling. The support and kindness of the local community created for this competition a fantastic atmosphere and represented something very special to me. I felt that maybe I could have done less than an hour and twenty-one minutes, but even so, it was excellent on a circuit that was not easy," said Tysse.

In the women's race, Polish walkers Katarzyna Kwoka 1:34:04 and Katarzyna Golba 1:13:20 took the top two places ahead of Swiss

walker Laura Polli 1:38:08.

20 km Men

1.	Erik Tysse	Norway	1:21:05
2.	Jelonek Jakub	Poland	1:22:42
3.	Hassanin Sebei	Tunisia	1:23:35
4.	Hatem Ghoula	Tunisia	1:23:58
5.	Adrian Blockis	Poland	1:26:40
6.	Damian Blockis	Poland	1:27:31
7.	Vladimir Savanovic	Serbia	1:31:15
	Jamie Costin	Ireland	DNF
	Veli-Matti Partanen	Finland	DNF

20 km Women

1.	Katarzyna Kwoka	Poland	1:34:04
2.	Golba Katarzyna	Poland	1:36:20
3.	Laura Polli	Switzerland	1:38:08
4.	Anne Halkivaha	Finland	1:39:43
5.	Helgheim Merete	Norway	1:49:47
	Karoliina Kaasalainen	Finland	DNF
	Marie Polli	Switzerland	DNF

SPANISH YOUTH CHAMPIONSHIPS, ARANJUEZ, SPAIN, SUNDAY 8 JULY

Pablo Oliva and María Pérez won the Spanish Youth Race Walking Championships in Aranjuez on Sunday 8th July. Pablo, just 15 years old, recorded 45.40,42 ahead of Diego Garcia 46.13,13 and Fabian Bernabe 46.32,98. Maria Perez, who had participated in the World Race Walking Cup in Saransk but who had missed out on selection for the world juniors in Barcelona, won with 24.07,63 ahead of Sandra Troyano 24.32,98 and Sea Chillon 24.59,02.

10,000m U18 Boys

1.	Pablo Oliva Requena	Juventud Guadix	45.40,42
2.	Diego Garcia Carrera	Unicaja Atletismo	46.13,13
3.	Fabian Bernabe Rama	Cueva de Nerja-UMA	46.32,98
4.	Jorge Jimenez Fernandez	Atletismo Membrilla	47.58,22
5.	Marc Guerrero Plaza	ISS – L'Hospitalet	48.31,38
6.	Nil Rodes Llorens	Muntanyenc S.Cugat	48.37,96
7.	Francisco Jesus Navarro Fuentes	Antorcha-Andújar	50.19,22
8.	Adrian Lopez Sanchez	At. Almendralejo	50.43,59
9.	Manuel Leon Fernandez Ortiz	At. Almendralejo	57.17,36
10.	Gonzalo Sanchez Sanchez	MillenniumTorrevieja	57.45,72

5,000m U18 Girls

1.	María Perez Garcia	Cueva de Nerja-UMA	24.07,63
2.	Sandra Troyano Marcos	ISS – L'Hospitalet	24.32,98
3.	Mar Chillon Camaño	At Vila de Cangas	24.59,02
4.	Sara Ramirez Ortega	Anta Banderas FDR	26.04,30
5.	Carla Santa Elena Garcia	CAS Cajasegovia	26.59,24
6.	Miriam Gil Romero	A.D.A. Yeclano	27.23,25
7.	Mar Martin Fandos	Playas de Castellon	27.39,14
8.	Alexandra Tardio Ortega	At. Almendralejo	27.51,79
9.	María Molina Sorribes	Playas de Castellon	27.59,27
10.	Irene Santamaria Olivera	Grupo ISN Navarra At	28.15,71

NACAC U23 T&F MEET, IRAPUATO, MEXICO

Last week I reported on the women's race from the NACAC U23 T&F Meet at Irapuato in Mexico. The men's 20,000m track walk was held on Sunday 8 July and it produced a great win for 21 year old Canadian Evan Dunfee – 1:26:15.32 at high altitude (1724m) is a very good effort.

Men's 20,000m Walk, Sunday 28 July

1.	Evan Dunfee	CANADA	1:26:15.32
2.	Adrian Ochoa	MEXICO	1:27:56.18
3.	Mauricio Calvo	COSTA RICA	1:31:58.42
4.	Nick Christie	USA	1:33:45.85
	Dan Serianni	USA	DNF

WOODIE'S DIY T&F CHAMPIONSHIPS OF IRELAND, MORTON STADIUM, SANTRY, 7-8 JULY 2012

The Woodie's DIY Irish Track and Field Championships were held at Morton Stadium in Santry on the weekend of 7-8 July with the walks resulting in wins for Colin Griffin (41:47.66) and Maeve Curley (24:41.07).

Men's 10,000m Walk

1.	Griffin, Colin	Ballinamore A.C.	41.47.66
2.	Treanor, James	Shercock A.C.	45.09.72
3.	Hickey, Luke	Leevale A.C.	46.31.81
4.	Kidd, David	St. L. O'Toole A.C.	47.48.79
5.	Prendiville, Niall	Farranfore Maine Valley A.C.	48.07.50
6.	Moran, Michael	Claremorris A.C.	48.50.99
7.	Bell, Patrick	Castlebar A.C.	50.22.21
8.	Cleary, Ryan	Clonliffe Harriers A.C.	51.21.07
	Lynch, Evan	Clonmel A.C.	DQ

Women's 5000m Walk

1.	Curley, Maeve	Craughwell A.C.	24.41.07
2.	Boylan, Alicia	Oriel A.C.	26.13.08
3.	Nash, Siobhan	St. Abbans A.C.	28.39.25
4.	Byrne, Michelle	Mohill A.C.	28.46.90

AA ROADWLK CHAMPS, ADELAIDE, SUNDAY 26 AUGUST 2012

The local organising committee have been busy sorting out final information for the Australian Roadwalking Championships which will be held in Adelaide on Sunday 26 August. The final timetable has now been published (see below) and online entries are being taken via the Athletics Australia website – see http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887.

Event	Start Time	Age Group	Sponsor	Event
1	8:00 am	Open Men Masters Men Open Men	AA RWA RWA	20 km Championship 20 km Championship 20km Teams Race
2	8:00 am	Open Women Open Women	AA RWA	20 km Championship 10km Teams Race
3	8:45 am	Open Women Open Women Masters Women	RWA RWA RWA	10 km Championship 10km Teams Race 10 km Championship
4	8:45 am	Under 20 Women Under 20 Women	AA RWA	10 km Championship 10km Teams Race
5	9:00 am	Under 20 Men Under 20 Men	AA RWA	10 km Championship 10km Teams Race
6	9:00 am	Under 18 Men Under 18 Men	AA RWA	10 km Championship 10km Teams Race
7	10:15 am	Under 10 Boys	SARWC	1km Invitation
8	10:15 am	Under 10 Girls	SARWC	1km Invitation
9	10:25 am	Under 12 Boys Under 12 Boys	RWA RWA	2 km Championship 2 km Teams Race
10	10:45 am	Under 12 Girls Under 12 Girls	RWA RWA	2 km Championship 2 km Teams Race
11	11:05 am	Under 14 Boys Under 14 Boys	AA RWA	3 km Championship 3 km Teams Race
12	11:30 am	Under 14 Girls Under 14 Girls	AA RWA	3 km Championship 3 km Teams Race
13	11:55 am	Under 16 Boys Under 16 Boys	AA RWA	5 km Championship 5 km Teams Race
14	11:55 am	Under 18 Women Under 18 Women	AA RWA	5 km Championship 5 km Teams Race
15	12:35 pm	Under 16 Girls Under 16 Girls	AA RWA	5 km Championship 5 km Teams Race

I expect the event documentation to be loaded any day now on the SARWC website (<http://www.sarwc.org>) but have temporarily loaded it to the VRWC website as an interim measure – see <http://www.vrwc.org.au/2012%20RWA%20Carnival%20General%20Information.pdf>.

WALKING VIDEOS AND LINKS

Another great selection of walking related videos and links has come to my attention this week. Here we go!

IAAF Introduction to Race Walking – DVD put together by the Di Milano brothers.

<http://www.youtube.com/watch?v=z47KyUUHQHU&feature=youtu.be>

athsviCTV interview with Australian first time Olympian Regan Lamble

<http://www.youtube.com/watch?v=oTcf4MNLwmc&feature=plcp>

athsviCTV interview with Australian dual Olympian Chris Erickson

http://www.youtube.com/watch?v=1UrFIH8LMiA&list=PL1BEDCC9A21324EA0&index=3&feature=plpp_video

Nice feature on Canadian Olympic debutante Inaki Gomez

<http://www.globaltvbc.com/video/the+odd+sport+of+race+walking/video.html?v=2253673378#sports>

And thanks to Rodrigo Garcia of Spain who has pointed me to the complete rendition of 1959 Italian film "La cento chilometri" by Giulio Petroni, a comedy about participants in a 100km race walk competition.

<http://www.youtube.com/watch?v=dg9Wr29B7pE>

With the London Olympic Games just around the corner, the Australian Sports commission featured an interview with Jared Claire Tallent in their online newsletter for June. The interview can be viewed at

http://www.ausport.gov.au/news/ais_news/story_488768_walking_together_claire_and_jared_tallent

Article on Canadian walker Evan Dunfee

<http://www.richmondreview.com/sports/162275796.html>

More of the walking blog of NZ Olympic walker Quentin Rew

www.morethanracewalking.blogspot.com

Jeff and Jennifer Salvage have been at it again, photographing for their ongoing 'One Dress One Woman One World' project.

<http://www.onedressonewoman.com/OD/Gallery/BlueLagoonIceland.asp>

OLYMPIC SHORTS

With the Olympics fast approaching, here we go with some related bits and pieces. First an email sent to me by VRWC member Peter Vysma last weekend:

I woke up to an interview with the Australian Shooter Russell Marks who apparently will not be allowed to share a room at the Olympics with his wife Lauren who is also a competitor. The reason was that there are complicated rules regarding the use of bathrooms. It made the 7.45am radio news in Melbourne. It's causing real embarrassment. It was mentioned that there were other husband and wife competitors - race walking was mentioned. The interview was on ABC 774 with Red Symonds (about 7.15am today Friday 13th). I realise that it's Friday 13th but it sounded genuine!

And when are the walks on?

Men's 20km Walk:	Sat 4 th August, 5:00pm CEST	(Sun 5 th August 1:00am EST)
Men's 50km Walk:	Sat 11 th August, 9:00am CEST	(Sat 11 th August 5:00pm EST)
Women's 20km Walk:	Sat 11 th August, 5:00pm CEST	(Sun 12 th August 1:00am EST)

See <http://www.london2012.com/schedule-and-results> for the full schedule and results.

And now to a news item sourced from the Essex Walker newsletter.

Dear Dave

I have now confirmed with Peter Marlow that the Olympic Walk course will be closed to non-paying spectators, save for a 70 metres stretch on Constitution Hill. In the circumstances I think we would have to advise people not to go on spec. Very few will be able to get into such a small space.

Tickets are available for both days, but Sunday has been split into 2 sessions, so anyone hoping to see both the 50kms and women's 20kms will need to fork out £60.

Kind regards

Steve Uttley

I checked myself with Peter Marlow via email and he advised slightly differently - apart from the 70m of viewing available on Constitution hill, there is also some general public viewing area around the Queen Victoria memorial but it is still not much. This is a very disappointing change to published information that will catch a lot of people out, me included. Well done Olympic Organisers – you have had several years to get that one right and you are changing it with 2 weeks to go till the Games.

WHAT'S COMING UP

Next Saturday sees us back at Middle Park for more club races with a fixture that reads as follows

Saturday 21st July 2012, VRWC Club Races, Middle Park		
2.15pm	8km Points Races	Open
2.15pm	4km Points Races	Open
2.15pm	4km Points Races	Under 15
2.30pm	Intervals Race - 3 x 1km on 10 minutes	Under 12
2.30pm	Intervals Race - 2 x 1km on 10 minutes	Under 9

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.

2012 Victorian/Australian Winter Season Key Dates

Sun 29 July, 2012 Victorian Roadwalk championships, Middle Park
Sun 26 Aug, 2012 Australian Roadwalk Championships, Adelaide

2012/2013 Victorian/Australian Summer Season Key Dates

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.
3-11 Nov 2012 Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Sun 9 Dec 2012 Australian 50km Championship, Fawkner Park, Melbourne
12-17 Mar 2013 Australian Junior Athletics Championships, Perth, WA
11-14 April 2013 Australian Open Athletics Championships, Sydney, NSW

2012 International Fixture

July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>
Sunday 28 Oct, 2012 2012 MTR HONG KONG Race Walking Carnival, Hong Kong. See <http://www.hkaaa.com/>

Remaining 2012 IAAF Race Walking Challenge Dates

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 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
5-12 October 2013 Australian Masters Games, Geelong
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
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**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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