



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC Preferred Supplier of Shoes, clothes and sporting accessories.



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was South Australian **Kim Mottrom** whose 10km time of 44:19 took over 2 minutes off his PB of 46:35. Kim was our walker of the week back in May and he continues to improve as the season progresses.

This week has been one of the highest quality weeks ever in Australian racewalking. Highlights include

- Victorian **Andrew Jamieson** who broke his own **M65 20km World Record** on Saturday at Middle Park with a superb time of **1:40:13** (which ranked at 100.12% on the Masters Graded Tables).
- Western Australian **Lyn Ventris** who broke the **W55 20km World Record** by an amazing 10 minutes in Perth last Saturday – her time of **1:43:11** ranked at 99.22% on the Masters Graded Tables.
- 23 year old South Australian **Tanya Holliday** who won her State 10km title in a huge PB time of **43:58**, a time that propels her to fourth in the Women's 10km All-Time Australian ranking list.
- Victorian ultra run champion **Barry Loveday** who tried himself out as a walker in the Australian 48 Hour Track Championships (his first ever walk) at Caboolture in Queensland and finished second overall against the runners with **283.500km**, the longest 48H distance ever walked in Australia and some 3 km further than Peter Bennett's current Australian record.
- QRWC president **Peter Bennett** who also walked in Caboolture last weekend, finished 2nd overall and first male in the Queensland 24 Hour Track Championship with **185.293km** to set a new Australian M55 record (and he was only 1km outside his best ever Australian walk).

I also heard there was some superb walking in Queensland over the weekend with **Dane Bird-Smith 38:55**, **Rhydian Cowley 40:16** and **Nick Dewar 42:41** – all big PBs. Alas, no official results yet so I can't include them in this week's voting.

So get to it, read the fine detail of each performance in the newsletter and cast your vote at www.vrwc.org.au

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 29 JULY

Last Sunday morning saw the annual Victorian Roadwalking championships at Middle Park with some 65 walkers contesting events ranging from VRWC U9 2km to AV Open Men 30km. Stuart Cooper tells me it was probably our coldest day so far this winter but luckily the rain held off during the carnival. VRWC club photographers Terry Swan and Sabby George were in action with the cameras – check out <http://www.vrwc.org.au/coppermine> for the usual great selection of shots.

The Victorian Championships took centre stage with the first event to kick off being the Open Men's 30km championship. Simon Evans won again this year and his time of 2:49:19 was over 5 minutes faster than his winning time from last year. The minor medals went to Terry O'Neill 3:04:54 and James Christmass 3:18:17 in his first walk further than 20km.

AV 30km Open Men

1.	Simon Evans	BOH	2:49:19	PB: 5:40
2.	Terry O'Neill	GPA	3:04:54	
3.	James Christmass	COR	3:18:17	
	Billy Allamby	KNA	DNS	
	Bob Gardiner	COL	DNS	

The Underage Vict Roadwalking Championships also saw some fine performances with PBs from 10km walkers Nathan Brill 44:24, Brad Simpson 49:11, 5km walkers Adam Garganis 24:32, Reese Walmsley 26:20, Jemima Montag 24:39, Zoe Boldiston 25:27 and Stephanie George 25:40 and 3km walkers Kyle Swan 14:47, Shelby Kay 16:25, Hayley George 16:30 and Georgia Bertrand 16:41.

AV U20 Womens 10km

1.	Chloe McNicol-Davidson	SCA	1:08:41
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AV U20 Mens 10km

1.	Brad Simpson	KNA	49:11	PB 0:10
2.	Cody McNicol-Davidson	SCA	1:09:47	
	Joshua Dillon	COR	DNF	
	Kyle Bird	MPA	DNS	

AV U18 Mens 10km

1.	Nathan Brill	BXH	44:24	PB 0:28
2.	Kyle Bird	MPA	57:10	

AV U18 Women 5km

1.	Stephanie George	SCA	25:40
2.	Amelia Finnegan	KNA	27:12
3.	Amanda Heard	EAG	27:15
4.	Sarah Burren	KNX	28:14
	Ebony Whiley	EAG	DNS

AV U16 Men 5km

1.	Adam Garganis	COL	24:32	
2.	Reese Walmsley	KNX	26:20	PB 0:42
3.	Ross Darlow	EKA	27:15	First one
	Billy Allamby	KNX	DNS	
	Jeremiah Jones	EAG	DNS	

AV U16 Women 5km

1.	Jemima Montag	MAC	24:39	
2.	Zoe Boldiston	SBE	25:27	PB 0:16
3.	Jasmine Irshad	SCA	26:53	
4.	Emily Hamilton	KNX	27:50	
5.	Megan Walker	COR	28:25	

AV U14 Men 3km

1.	Kyle Swan	KNX	14:47	
2.	James Burren	KNX	17:45	First one

AV U14 Women 3km

1.	Shelby Kay	KNX	16:25	
2.	Hayley George	SCA	16:30	PB 0:15
3.	Georgia Bertrand	KSB	16:41	PB 0:12
4.	Mikhala Hodges	KNX	18:17	
	Rachael Guy	CCA	DNS	



Simon Evans, James Christmass, Kirstin Shaw, Terry O'Neill and Brad Simpson



Nathan Brill, Adam Garganis, Chloe and Cody McNicol-Davidson



Kyle Swan, Jemima Montag, Zoe Boldiston, Georgia Bertrand and Shelby Kay

VRWC also hosted its own selection of club championships – congratulations to Open Women club champion Michelle Laufer and to U9 and U12 club champions Alanna Peart, Jared Hodges, Brianna Lillie and Hayden Walmsley.

VRWC Open Women 10km Championship - Mabel Robinson Trophy

1. Michelle Laufer 53:41
2. Pam Tindal 54:04
3. Mathilde Lacaze 58:15
4. Robyn Shaw 1:05:17

VRWC U9 2km Club Championship

1. Alanna Peart 11:45
 2. Carissa Brook 12:45
 3. Gemma Lillie 13:04
 4. Mia Darlow 15:37
-
1. Jared Hodges 14:37

VRWC U12 3km Club Championship

1. Brianna Lillie 16:30
2. Jemma Peart 16:42
3. Brodie Richardson 17:22
4. Zahra Hayes 17:55
5. Jessica Lillie 18:10

6.	Kathleen O'Mahony	18:13
7.	Anaya Hodges	18:14
8.	Tegan Miller	19:48
9.	Lee Taylor	20:01
10.	Beatrice Laufer	24:46
1.	Hayden Walmsley	18:56
2.	Ethan Wright	19:46
	Corey Dickson	DQ

Finally to our VRWC Open races which included some significant highlights. We had a 3 Hours Open Walk in conjunction with the Victorian 30km event and Simon Evans went on after finishing his 30km to record a final distance of 31.399km. Karyn O'Neill also finished the 3 hour walk in the tough conditions – her distance a very good 5.000km. Others to do well in the shorter distance events included Josh Kaiser (a 10km PB of 49:40), Jason Kozica (24:26 for 5km) and Jake Keller (a 5km PB of 27:39). But the real highlight was provided by Masters surpremo **Andrew Jamieson** whose 20km time of **1:40:13** bettered his own **M65 World Record** of 1:41:27 by over 1 minute. Mark Donahoo tells me that Andrew's age graded performance comes out at 100.12% ! There is no stopping him as he continues to rewrite the record books.

VRWC 3 Hours Open Walk

1.	Simon Evans	31.399 km
2.	Karyn O'Neill *	25.000 km
	Simone O'Neill	DNF
	Kirstin Shaw	DNF

Open 20km Race

1.	Andrew Jamieson	1:40:13	M65 World Best
2.	Adam Patterson	2:03:31	

Open 10km Race

1.	Josh Kaiser	49:40	PB 0:22
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Open 5km Race

1.	Jason Kozica	24:26	
2.	Jake Kellar	27:39	PB 1:44
3.	Liz Feldman	30:29	
4.	Donna Elms	31:22	
5.	Russ Dickenson	32:33	
	Connor McShanag	DNF	
	Gabbie Crea	DQ	



Start of VRWC U9 and U12 Club Championships



Karyn O'Neill, Andrew Jamieson, Pam Tindal, Michelle Laufer and Josh Kaiser

Finally thanks to all our judges and officials. Sorry if I missed anyone!

- Judges:** Judy Mason (Chief), Lincoln Mar, Shane Bertrand, Lloyd Nichols, Kathleen Marsh, Matt Owen, Ralph Bennett, Alan Lucas, Brenda Felton, Gordon Loughnan (DQ Board), Peter Vysma (DQ Board)
- Officials:** Harry Summers, Mark Donahoo, Stuart Cooper, Damien Elms, Duncan Knox
- Setup:** Harry Summers, Bob Gardiner, Duncan Knox
- Canteen:** Kate Suich, Wendy Cooper
- Photos:** Terry Swan, Sabrina George

VRWC POINTS COMPETITION UPDATES

It's time for an update on the three VRWC Points Competitions that run across our winter season. First the Style Award Points from our races of 21 July (I didn't have time to include them in last week's newsletter).

Open & U15 Girls	Open & U15 Boys	U12 & U9 Girls	U12 & U9 Boys
Stephanie George 8	Nathan Brill 12	Brianna Lillie 5	Jared Hodges 3
Pam Tindal 5	Simon Evans 5	Gemma Lillie 3	Thomas Mirarchi 2
Paige De Lisen 3	Paul Kennedy 3	Lee Taylor 2	Hayden Walmsley 1
Jasmine Irshad 2	Brad Simpson 2	Hayley George 1	
Donna Elms 2	Nicholas Mirarchi 1	Jessica Lillie 1	
Kylie Irshad 1	Terry O'Neill 1		
Emily Hamilton 1	Adam Garganis 1		
Megan Walker 1			

And now progressive scores on each competition up to July 21st.

- Fastest Times Points: <http://www.vrwc.org.au/2012-07-21ActualTimesProgressive.pdf>
- Handicap Points: <http://www.vrwc.org.au/2012-07-21HandicapsProgressive.pdf>
- Style Award Points: <http://www.vrwc.org.au/2012StyleAwardPoints.pdf>

ACT WALKING CLUB ROADWALKS, DICKSON, SATURDAY 28 JULY

Thanks to Robin Whyte for his weekly report from Canberra

10km Walk

1. Ann Staunton-Jugovic 59:04
2. Robin Whyte 1:05:00
3. Rod Gilchrist 1:14:12
4. Jennifer Gilchrist 1:20:05
5. Val Chesterton 1:26:22

4km Walk

1. Thomas Hopkins 21:39

2km Walk

1. Spencer Burns 12:10
2. Emily Hopkins 12:19
3. Jack Thackray 16:49
4. Catherine Bialecki 19:40
5. Hilary Thackray 19:50
6. Karen Knowles 19:50
7. Carmen Carlon 21:17

2.	Gabby Hunt	22:09
3.	Callum Burns	22:11
4.	Zoe Hunt	23:07
5.	Kate Black	24:35
6.	Helena Bialecki	24:44
7.	Karina Hopkins	25:31
8.	Marilyn Banfield	29:26
9.	Bob Chapman	30:47
10.	David Mackenzie	30:48
11.	Cilla Chapman	33:57

1km Walk		
1.	Thomas Hunt	07:38
2.	Laura Burns	08:13
3.	Hana Jugovic	09:28

SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 28 JULY

Thanks to Colin Hainsworth for the weekly South Australian Masters in Adelaide. Colin commented: *New course along sea front, usual one dug up by Council. Cold arvo, patches of sun and cloud.*

10km Yacht Handicap

1.	George White	55:39	M67	89.20%
2.	Marie Maxted	1:06:16	W52	71.42%
3.	Rodger Barber	1:13:37	M74	73.69%
4.	Roger Lowe	1:17:35	M69	65.52%
5.	Margaret Trengove	1:14:27	W68	77.68%
6.	Graham Harrison	1:10:36	M69	72.00%
7.	David Robertson	1:28:10	M79	66.26%

5km Yacht Handicap

1.	Edna Bates	41:49	W59	58.43%
2.	Elaine MacFarlane	42:16	W70	66.68%
3.	Gill White	39:07	W63	65.49%
4.	Linda Whitelaw	38:53	W58	62.15%
5.	Jeff Kennett	47:01	M62	48.69%

SA STATE ROADWALK CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SATURDAY 28 JULY

The South Australian State Championships were also held last weekend and there was some superb walking. **Tanya Holliday** was the star of the show with a superb 58 second PB time of 43:58 for the 10km. **Kim Mottrom** was also in superb form, winning the 30km in a big PB time of 2:23:23 ahead of **Justin Hill** (doing his first ever) and **Peter Crump** (a 27 sec PB). U14 walker **Alix Harlington** also raced very well to win the support 3km race with 15:27.

30Km Open Men Championship

1.	Kim Mottrom	2:25:23
2.	Justin Hill	2:48:00
3.	Peter Crump	2:52:30

Support Races - 5Km

1.	Lachlan Tyler-Dowd	28:40
2.	Michael Nicolaides	34:44

10Km Open Women Championship

1.	Tanya Holliday	43:58
2.	Amber Tuscharski	1:01:48

Support Races - 3Km

1.	Alix Harlington	15:27
2.	Danielle Walsh	16:38
3.	Rhiannon Lovegrove	16:42
4.	Bethany Cross	16:44
5.	Peter Walsh *	21:10

10Km Over 35 Women Championship

1.	Gloria Holliday	1:00:12
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Support Races - 1Km

1.	Jay Goode	5:52
2.	Ayeisha Wallace	5:58
3.	Corey Harlington *	7:38
4.	Ryan Hooker	8:10
5.	Mark Hooker	7:53
6.	Riley Szirom	9:17

Support Races - 10Km Open Championship

1.	Bill Starr	1:12:38
2.	Troy Hooker	1:13:21

And for completeness, here is the updated ranking list after Tanya's superb walk:

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	41.30	Kerry Saxby-Junna	N	20-06-1961	1	Canberra	27-08-1988	27
2	42.15	Jane Saville	N	05-11-1974	6	Eisenhuttenstadt	8-05-1999	24
3	43.28	Gabrielle Blythe	V	09-03-1969	-	Hawkesbury	10-07-1993	24
4	43.58	Tanya Holliday	S	21-09-1988	1	Adelaide	28-07-2012	23

5	44.01	Jess Rothwell	V	18-06-1989	1	Melbourne	15-02-2009	19
6	44.18	Claire Tallent	S	06-07-1981	5	Taicang, China (20km split)	30-03-2012	30
7	44.27	Anne Pembroke-Manning	N	13-11-1959	1	Melbourne	21-01-1996	26
8	44.52	Cheryl Webb	N	03-10-1976	1	Melbourne (Aust 20km split)	7-03-2009	32
9	45.10	Natalie Saville	N	07-09-1978	2	Melbourne	27-02-1997	18
10	45.15	Lisa Sheridan Paolini	N	10-12-1962	1	Sydney	17-08-2000	37
11	45.18	Jill Barrett-Maybir	Q	13-07-1964	3	Melbourne	27-02-1997	26
12	45.19	Sue Cook	V	23-04-1958	1	Brisbane	28-06-1987	39
13	45.22	Wendy Muldoon	V	27-05-1971	1	Melbourne	19-07-1998	27
14	45.25	Lorraine Young Jachno	V	21-09-1959	1	Melbourne	19-05-1991	31
15	45.38	Sally Pierson	V	10-03-1963	1	Melbourne	8-05-1982	20
16	45.40	Simone Wolowiec	V	12-02-1974	1	Melbourne	14-12-1997	23
17	45.42	Regan Lamble	V	14-10-1991	12	Taicang, China (IAAF 20km split)	22-04-2011	19
18	45.51	Jane Lewry Barbour	S	09-05-1961	2	Melbourne	21-01-1996	24
19	46.06	Jenny Jones Billington	Q	20-04-1967	1	Canberra	28-08-1993	26
20	46.06	Teresa Letherby	Q	05-04-1972	3	Melbourne	17-12-1995	23

2012 WA ROAD WALKS CHAMPIONSHIPS 2012, 29 JULY 2012 WILSON

The highlight of the Western Australian roadwalk championships last Sunday was provided by **Lyn Ventris** whose winning time of **1:43:11** broke the 1996 **W55 Masters World Record** of German walker Waltraud Seiler (1:53:45) by over 10minutes. Lyn's performance comes out at 99.22% on the Masters Graded tables. Is there no stopping Lyn!

Open Men 20km Walk

1.	Gary Hastie	1:53.36
	Ray Hall	DQ

Open Women 20km Walk

1.	Lynnette Ventris	1:43.11
	Lynne Schickert	DQ

U18 Women 5km Walk

1.	Kate Holt	27.12
2.	Breanna Brown	28.22

U14 Men 3km Walk

1.	Ben Reid	19.14
2.	Christopher Gerken	20.30

U16 Women 5km Walk

1.	Holly Hughes	29.38
2.	Jennifer DelPup	30.04
3.	Isabella Tolardo	30.39
4.	Catilin Gerken	31.02
5.	Emily Holland	33.50
6.	Aimee Reid	37.35

U14 Women 3km Walk

1.	Mikayla Johns	16.47
2.	Courtney Johns	17.44
3.	Jasmin Burgess	18.37
4.	Olivia Skpper	19.17
E5.	Ariarna Tolardo	20.53
E5.	Georgia Curelli	20.53
7.	Amy Holland	22.48

NSW LONG WALKS CHAMPIONSHIPS, TENCH RESERVE, JAMISONTOWN, SUNDAY 29 JULY

And now to NSW who also had State Championships last weekend. Robert Osborne and Cheryl Webb won the Open titles and the full lot of underage and masters championships were also contested.

Men 30k Race Walk CC Open Male

1.	Osborne, Robert	57	Nepean District	3:40:01
	Dredge, Mark	51	Mingara	DQ

Women 20k Race Walk CC Open Female

1.	Webb, Cheryl	36	Blacktown City	1:47:19
2.	Bourke, Lauren	22	Mingara	1:58:03

Women 15k Race Walk CC Under 20 M & F

1.	Klein, Kirsty	18	Asics Wests Track	1:23:53
2.	Psarianos, Dimitra	19	South Sydney	1:49:59

Masters 15km Walk

W55-64	1	Brown, Judy	W62	Nsw Masters	2:09:28	
W65+	1	Purcell, Joan	W71	Asics Wests Track	1:52:40	
M35-44	1	Smyth, David	M43	Nepean District	1:33:48	
M45-54	1	Psarianos, Tony	M48	South Sydney	1:43:23	
		DQ	Best, David	M49	Western Australia	DQ
M65+	1	Seymon, Jim	M75	Uts Norths	1:45:43	

Women U18 8km Race Walk

1.	Dighton, Jasmine	W16	Illawong & D	45:35
2.	Denney, Hannah	W17	Randwick Bot	48:05
3.	Beasley, Bryony	W15	Nepean District	49:39
4.	Barendregt, Amanda	W16	Nepean District	49:55

Men U18 8km Race Walk

1.	Felton, Jay	M17	Mingara	40:26
2.	Murphy, Robert	M16	South Sydney	44:03
3.	Gibbons, Carl	M16	Westlakes	44:38
4.	Killen, Matthew	M17	Wyong	44:54

Women U16 5km Race Walk

1.	McDonald, Jasmyn	W13	Parramatta C	24:56
2.	Francis, Lucy	W13	Sydney Pacific	26:11
3.	Grujoski, Stephanie	W15	South Sydney	29:01
4.	minett, rhiannon	W14	Bankstown Sp	30:36
5.	Grujoski, Ally	W13	South Sydney	33:02
	Salisbury, Daniela	W12	Sydney Pacific	DQ

Men U16 5km Race Walk

1.	Doyle, Tom	M15	South Sydney	26:03
2.	Kerr, Aidan	M14	Sydney Pacific	26:07
3.	Brown, Nathan	M14	Parramatta C	27:51
4.	Richardson, Dylan	M12	Mingara	28:19
5.	Thomson, Ryan	M12	Nepean District	28:39
6.	Mylonas, Adam	M15	Hills	28:52
7.	Millican, Hayden	M12	Sydney Pacific	30:29

Women U12 2km Race Walk

1.	Brown, Samantha	W11	Parramatta C	11:04
2.	Tisdale, Lauren	W9	Girraween	11:39
3.	Sinclair, Grace	W11	Sydney Pacific	12:06
4.	Hardy, Renee	W9	Asics Wests Track	13:30
5.	Sanday, Niamh	W11	Parramatta C	13:32
6.	Bennett-Ward, Dakota	W9 S	utherland District	14:58

Men U12 2km Race Walk

1.	Mavin, Harrison	M11	Sydney Pacific	10:32
2.	Plummer, James	M11	Sydney Pacific	11:24
3.	Blaskett, Hayden	M10	Hills	11:27
4.	Walter, James	M9	Sydney Pacific	13:28

2012 AUSTRALIAN 48H AND QUEENSLAND 24H TRACK CHAMPS, CABOOLTURE, QLD, 27-29 JULY

Last weekend saw the annual Australian 48 Hour and Queensland 24 Hour Track championships which are always held over a 500m road circuit around the Caboolture Historical Village. It is called a track championship even though it is on a road course as ultra rules designate any measured course of 500m or less to be 'track'.

The events are principally running championships but we often see walkers in action and this year was no exception with 4 walk participants. Victorian ultra run champion **Barry Loveday** tried himself out in the 48 Hour walk (his first ever walk) and finished second overall against the runners with 283.500km, the longest distance ever walked in Australia and some 3 km further than Peter Bennett's current Australian record. QRWC president **Peter Bennett** finished 2nd overall and first male in the 24 Hour track championship with 185.293km to set a new Australian M55 record (and he was only 1km outside his best ever Australian walk). Victorian **Steve Jordan** also walked in the 24H race, recording a final distance of 115.635km. The final walker was QRWC member **Sarah Vardanega** who finished 12th in the 6 Hour walk with 48.242km. She then continued on to the 50km mark, done in 6:12:40 for a new Queensland record. So it was a good weekend for the small group of walkers.

You can check out the full results at <http://geoffsruns.com>. A quick extract follows:

Australian 48 Hour Track Championship

1.	Trevor Allen	288.492 km
2.	Barry Loveday (W)	283.500 km
3.	Tamyka Bell	272.822 km
4.	Mark McGowan	268.507 km

Queensland 24 Hour Track Championship

- | | | |
|----|-------------------|------------|
| 1. | Kerrie Williamson | 187.233 km |
| 2. | Peter Bennett (W) | 185.293 km |
| 9. | Steve Jordan (W) | 115.635 km |

6 Hour Track Event

- | | | |
|-----|---------------------|-----------|
| 12. | Sarah Vardanega (W) | 48.242 km |
|-----|---------------------|-----------|

See <http://dreamsportphotography.com/image-galleries/event-galleries/running/2012-caboolture-24-48-hour-event> for lots of superb photos. Here are two which I have purchased.



Barry Loveday and Peter Bennett in action at Caboolture last weekend

BENDIGO WALKERS CLUB ROAD WALKS, BENDIGO, SUNDAY 23 JULY 2012

Thanks to Paul Rance for this report of the last Bendigo Walkers Club walks from a week ago.

The Bendigo Walkers Club held events over several distances on Sunday morning. The best performance on handicap came from under 12 athlete Zahra Hayes in the 2km race as she produced a personal best time of 11.50 with Madison Hill also performing well over the 2km distance with 12.41, while Carissa Brook also claimed a personal best effort in the under 10 1500m as she completed the distance in 9.34. The 10km saw Barb Bryant 1.02.42, Geoff Major 1.16.50 and Colin Cleary 1.20.27 all producing fine efforts. Amanda Heard raced over the 5km distance and produced a time of 27.50 while the 3km event saw solid efforts from Annette Curtis 21.24, Catherine Heard 21.48 and Norm West 24.34.

Masters 10km

- | | | |
|----|--------------|---------|
| 1. | Barb Bryant | 1:02:42 |
| 2. | Geoff Major | 1:16:50 |
| 3. | Colin Cleary | 1:20:27 |

U18 5km

- | | | |
|----|--------------|-------|
| 1. | Amanda Heard | 27:50 |
|----|--------------|-------|

U12 2km

- | | | |
|----|--------------|-------|
| 1. | Zahra Hayes | 11:50 |
| 2. | Madison Hill | 12:41 |

U10 1.5km

- | | | |
|----|---------------|------|
| 1. | Carissa Brook | 9:34 |
|----|---------------|------|

Open 3km

- | | | |
|----|-----------------|-------|
| 1. | Annette Curtis | 21:24 |
| 2. | Catherine Heard | 21:48 |
| 3. | Norm West | 24:34 |

AUCKLAND ROADWALK CHAMPIONSHIPS DEVONPORT, NEW ZEALAND, SUNDAY 29 JULY

The Auckland Racewalking Road Championships were held on Sunday at Ngataranga Bay, Devonport. The following report was taken from their website:

Three graded events were held; Senior Mens and Senior Womens walk of 8 * 1.25km laps covering 10km's, Masters Men and

Masters Women also competing over 10 km's and Junior Men and Junior Women U/16 and U/19 competing over 5kms. In a stunning performance, **Brooke Cowsill** of Racewalking Auckland produced the 5th fastest time ever recorded by a New Zealand woman to win the 10km event in a personal best time of **48:37**, beating the Internationally ranked Men's Master Mike Parker by 1:20. The consistency of her laps was stunning as she walked each lap within 9 seconds of each other and produced a negative split in going through the second 5 km 13 seconds faster than the first to record 24:25 at halfway and finish with an impressive 24:12. Jared Free of Waitakere in his first full season of competitive racewalking won the Junior Mens U16 in an impressive 29:45

Women 16 5km

1.	Emma Dunbar	RWA	34:20
2.	Mesha White	Waitakere	35:54

Men 16 5km

1.	Jared Free	Waitakere	29:45
2.	Nathan McDougall	Wesley	32:36
3.	Liam White	Waitakere	41:43

Women 19 5km

1.	Sarah-Amy Rhind	RWA	32:36
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Men 19 5km

1.	Andrew Jackson	Waitakere	31:30
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Senior Women 10km

1.	Brooke Cowsill	RWA	48:37
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Masters Women 40 10 km

1.	Karen Davison	NHB	69:34
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Masters Women 65 10km

1.	Shirley Barber	RWA	69:07
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Senior Men

1.	Mike Parker	Calliope	49:57
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Masters men 45 10km

1.	Wayne McDougall	Wesley	73:37
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WOODIE'S DIY JUVENILE T&F CHAMPS, TULLAMORE HARRIERS STADIUM, SATURDAY 28 JULY 2012

Day 3 of the Woodie's DIY Irish Juvenile championships were held last Saturday at the Tullamore Harriers stadium. There was plenty of sunshine in between the showers while the competition was as keen as ever. The walks saw some very good winners with **Evan Lynch** winning the U18 5,000m in 23:01.01; **Luke Hickey** winning the U19 5,000m in 23:58.15; **Alicia Boylan** winning the U18 3,000m walk in 15:17.7 and **Claudia Loughnane** winning the U19 3,000m walk in 16:11.2.

Full meet results at <http://www.athleticsireland.ie/content/wp-content/uploads/2012/07/juvenile-day-3.pdf>

WALKING VIDEOS AND LINKS

A lot of links this week!

2004 Olympic bronze medallist Jane Saville (now a member of the IAAF Racewalking Committee) has prepared this RW guide http://www.iaaf.org/mm/Document/06/61/22/66122_PDF_English.pdf

Essex's Dominic King tells BBC Look East about his preparations for the 50km walk event at the London Olympics. <http://www.bbc.co.uk/sport/0/olympics/19010638>

Profiles for Olympic competitors

<http://www.london2012.com/athletics/athletes/event=athletics-women-20km-walk/index.html>

<http://www.london2012.com/athletics/athletes/event=athletics-men-20km-walk/index.html>

<http://www.london2012.com/athletics/athletes/event=athletics-men-50km-walk/index.html>

Olympic Walks pages – videos from last Olympics:

<http://www.olympic.org/athletics-20km-walk-men>

<http://www.olympic.org/athletics-50km-walk-men>

<http://www.olympic.org/athletics-20km-race-walk-women>

Olympic Walks Start lists: (20km Men - 59, 50km Men - 64, 20km Women - 61)

http://www.iaaf.org/mm/Document/06/61/85/66185_PDF_English.pdf

Melbourne Newspaper article on Austrian Olympic 50km walker Luke Adams

<http://www.heraldsun.com.au/sport/london-olympics/ordinary-olympian-walking-on-the-wild-side-with-luke-adams/story-fn9dheyx-1226434267712>

Italian 50 km 2008 winner Alex Schwazer advises he will only compete in the Olympic 50km event

<http://www.european-athletics.org/news/latest-news/518-events-2012/london-2012/11319-schwazer-to-concentrate-on-50km.html>

ODDS AND ENDS

LONDON (GBR): In 1990, Serbian high jumper Dragutin Topic broke the world junior record and became the European champion

in his event while still a teenager. Turn the clock forward 22 years and he is preparing to compete in a record-equalling sixth Olympic Games. The only male track and field athlete to have competed in six Games so far has been the Angolan distance runner Joao N'Tyamba, who was on the start line of various events from 1988 to 2008, but is absent from London 2012. Topic and the Spanish walker **Jesus Angel Garcia** are set to match that feat in the coming days.

TRAINING IN ITALY

Thanks to Australian Olympics walks coach Brent Vallance for the following couple of photos, taken when the Australian walks team was training in Verase in Italy last week. They arrived in London yesterday (Monday) and have now taken up residence in the athletes' village.



Chris Erickson, Regan Lamble and Beki Lee doing their final preps for London

VRWC CLUB RECORDS

One new club record this week with Andrew Jamieson's wonderful 20km time

Andrew Jamieson M65 20km Road Walk 1:40:13 VRWC Club Race, Middle Park Saturday 28 July 2012

WHAT'S COMING UP

Next weekend sees another round of our VRWC Winter Season Points competition. Note that the fixture incorrectly says that this is a Prizes day. The prizes day is actually the following weekend.

Saturday 4th August 2012, Middle Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	10km	Points Races	Open
2.15pm	5km	Points Races	Open
2.15pm	3km	Points Races	Open
2.15pm	5km	Points Races	Under 15
2.30pm	1.5km	Points Races	Under 9
2.40pm	3km	Points Races	Under 12

A further reminder that entries are now open for the **Australian Roadwalking Championships**, to be held in Adelaide on Sunday 26 August. See the SARWC website (<http://www.sarwc.org>) for all the latest info. In particular, check out the links for

The latest carnival info: http://www.sarwc.org/downloads/2012_RWA_Carnival_General_Information.pdf?attredirects=0
AA Online Registration: http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=865&OrgID=887

So far we have 74 entries (see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=Display_Competitor_List&MeetID=865&OrgID=887) but this will continue to grow over the next couple of weeks.

And of course the first of the Olympic walks will be held on Saturday – the men's 20km Walk. It starts at 5PM London time which will be 2AM Melbourne time, I think. Good luck to our 3 competitors **Jared Tallent, Chris Erickson and Adam Rutter.**

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 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.**
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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)