



HEEL AND TOE ONLINE

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

Last week's Walker of the Week was 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.

Being an Olympic week, our Walker of the Week award this week can only go to **Jared Tallent** for his great 7th place walk with 1:20:02. For Jared, it is another fantastic top-eight finish and it is in the lesser of his two Olympic events. With the 50km event next week, he may well do significantly better in his next walk.

20KM MEN'S RACEWALK, OLYMPIC GAMES, THE MALL, LONDON, SATURDAY 4 AUGUST 2012

I was trackside on Saturday to watch the first of the Olympic walks in London. I was a little apprehensive as I did not have any event tickets and was not sure how the free spectator area would turn out but there were no issues and I was able to position myself roadside in a great spot. The only negative was the lack of any big TV screens in the free viewing area but the on-course commentary was spot on and quite audible from the closest loudspeakers. The crowd was huge and the support for all competitors was great.

I will take my event report from that published on the IAAF website by Laura Arcoleo.

China, having never before won an Olympic medal in race walking, took two medals here as Chen Ding became the youngest ever winner of a race walking Olympic title aged 19 years and 264 days! The gold medal was not the only birthday present for Chen, who turns 20 tomorrow, the former World Junior silver medallist capping a superb 20km race with a new Olympic record 1:18.46, breaking the mark legendary Robert Korzeniowski had set to win the 2000 Games.

Having broken away from his pursuers with two kilometres to go, Chen completed arguably the most entertaining lap in the history of race walking as he acknowledged the crowd and clapped hands with the crowd all the way through the course! Pumping his chest and throwing his fist in the air in supreme confidence, Chen walked the final stages of the race smiling away to the crowd and to the TV cameras.

"I am excited for everybody in China, for my family and my coach," said Chen. "I had a good preparation and I executed my plan well. Finally, I have made it!"

Chen's grin was in total contrast with scenes of defending Olympic champion Valeriy Borchin literally walking himself to exhaustion halfway through the final lap. The 25-year-old Beijing winner, who was still in contention for a medal as he passed the final bend of the 2-kilometre circuit, dramatically fell to the side fences and it looked as though he had lost consciousness. The Russian was stretchered off the course and taken away by ambulance by the medical staff.

Borchin's collapse led to another piece of Olympic history being written when 21-year-old Erick Barrondo crossed the finish line in second, winning Guatemala's first ever Olympic medal in any sport. His 1:18:57 was also inside the previous Olympic record.

Asian record holder and winner of the IAAF World Race Walking Cup, Wang Zhen came in third at 1:19:25, taking his country's second race walking medal in the history of the Olympics and the second medal for China in this race. To underscore their dominance at the event, fourth place also went China's way courtesy of Cai Zelin who walked a superb last part of the race to finish in 1:19:44 just ahead of fast finishing Miguel Angel Lopez at 1:19:49, a PB for the Spaniard. Eder Sanchez clocked a season's best time 1:19:52 to finish in sixth ahead of defending silver medallist Jared Tallent whose 1:20:02 was his best of the year. With two under 1:19 and six under 1:20, this was the highest-quality 20km walk in Olympic history.

The race was billed as a China vs Russia affair but the European powerhouse strength was decimated with their second string Vladimir Kanaykin being disqualified 16 kilometre into the race. With Borchin also bowing out, Russia's best today was an unbelievable 37th by Andrey Krivov. The last time Russia did not feature among the top 8 was at the Barcelona Olympic Games 20 years ago.

It was Japan's Yusuke Suzuki who established himself at the front passing through 6km in 24.19, 7 seconds ahead of a pack of just over 20 walkers including Ukraine's Ruslan Dmytrenko, Irishman Robert Hefferman and France's Bertrand Moulinet in the forefront. Suzuki went through 8km in 32.19 but his lead was slashed down to a mere three seconds and that is when the Chinese made their first appearance at the front. Wang went into the lead with Chen, Borchin and Kanaykin on his heels, the two big nations beginning to make an impact. Jared Tallent, Eder Sanchez and Colombia's Luis Fernando Lopez along with Barrondo featured also prominently.

At the halfway mark, a dozen athletes were still in the leading pack with Wang, who went through in 40:08 looking over his shoulder in search for a volunteer to take over the pace. It was France's Moulinet who made a move 42 minutes into the race, making an impact on the pack which also included India's Irfan Kolothum Thodi. Borchin decided he could not let the Frenchman increase his lead any further and moved to the front of the chasing pack of 11 men. At the 12km check point, Moulinet's lead was cut down to 4 seconds as Borchin and the Chinese pair of Wang and Chen pushed harder and harder. Tallent made also an appearance at the front alongside Sanchez with Kanaykin and Barrondo on their heels.

As soon as he was caught, Moulinet moved all the way down to the back of the 12-man leading pack and together with Kolothum Thodi started losing touch leaving 10 men at the front. That is when Chen made his first notable surge which saw Hefferman and Spain's Lopez drop off the lead. As 14km was reached in 55.54, the pack began to splinter down with Chen, Wang, Barrondo and Borchin creating a gap with the trio of Lopez (COL), Tallent and Sanchez. Kanaykin seeing the danger coming made a strong effort to regroup with the leading four. Lopez also regrouped with the pack a few hundred metres later to make it six men at the front: 2 Chinese, 2 Russians, 1 Colombian and 1 Guatemalan one hour into the race.

As Borchin and Chen were taking turns in the lead, the chief judge approached the lead pack and showed the red paddle to Lopez. The same fate was to fall on Kanaykin just a few minutes later cutting the lead pack from 6 to 4 in the penultimate lap. Chen gave another push 67 minutes into the race as Borchin covered in again the short lived gap at the front but Wang fell off the pace for the first time in the race. 18km was passed in 1:11:15 with Chen now increasing his lead to 6 seconds over Borchin and Barrondo a couple of seconds behind.

Chen made impressive ground at the front and attention turned to the battle for silver. Wang who went through a rough period caught up with the chasing pack and injected his own surge to which Borchin could not respond. Barrondo found the extra strength to go with Wang and then made his own move to go into clear silver medal position with 75 minutes on the clock. Borchin ended his Olympic campaign in dramatic fashion so Wang was now guaranteed a medal.

1.	CHEN Ding	CHN	1:18:46	OR
2.	BARRONDO Erick	GUA	1:18:57	
3.	WANG Zhen	CHN	1:19:25	
4.	CAI Zelin	CHN	1:19:44	
5.	LOPEZ Miguel Angel	COL	1:19:49	PB
6.	SANCHEZ Eder	MEX	1:19:52	SB
7.	TALLENT Jared	AUS	1:20:02	SB
8.	MOULINET Bertrand	FRA	1:20:12	PB
9.	HEFFERNAN Robert	IRE	1:20:18	SB
10.	KOLOTHUM THODI Irfan	IND	1:20:21	NR
11.	VIEIRA Joao	POR	1:20:41	SB
12.	SIMANOVICH Dzianis	BLR	1:20:42	PB
13.	GOMEZ Inaki	CAN	1:20:58	NR
14.	TYSSE Erik	NR	1:21:00	SB
15.	PAPAMIHAIL Alexandros	GRE	1:21:12	NR
16.	TROTSKI Ivan	BLR	1:21:23	SB
17.	KIM Hyunsub	KOR	1:21:36	SB
18.	FUJISAWA Isamu	JPN	1:21:48	
19.	TOMALA Dawid	POL	1:21:55	
20.	AREVALO Eider	COL	1:22:00	
21.	HOHNE Andre	GER	1:22:02	
22.	CANO Juan Manuel	ARG	1:22:10	NR
23.	KUCMIN Anton	SVK	1:22:25	PB
24.	SUDOL Grzegorz	POL	1:22:40	
25.	SAITO Takumi	JPN	1:22:43	
26.	BARRON Trevor	USA	1:22:46	
27.	KOVALENKO Nazar	UKR	1:22:54	
28.	RENDON James	COL	1:22:54	SB
29.	AUGUSTYN Rafal	POL	1:23:17	
30.	DMYTRENKO Ruslan	UKR	1:23:21	
31.	BYUN Youngjun	KOR	1:23:26	
32.	HELEBRANDT Mate	HUN	1:23:32	PB
33.	SINGH Gurmeet	IND	1:23:34	
34.	PALMA Isaac	MEX	1:23:35	
35.	SHEIKO Georgiy	KAZ	1:23:52	
36.	SUZUKI Yusuke	JPN	1:23:53	SB

37.	KRIVOV Andrey	RUS	1:24:17	
38.	ERICKSON Chris	AUS	1:24:19	
39.	BONFIM Caio	BRA	1:24:45	
40.	ZIUKAS Marius	LTU	1:24:45	
41.	ARAYA Yerko	CHI	1:25:27	SB
42.	RUBINO Giorgio	ITA	1:25:28	
43.	SINGH Baljinder	IND	1:25:39	
44.	ARTEAGA Mauricio	ECU	1:25:51	
45.	RUMBENIEKS Arnis	LAT	1:26:26	
46.	PALMA Ever	MEX	1:26:30	
47.	LOSEV Ivan	UKR	1:26:50	
48.	FILIPOVIC Predrag	SRB	1:27:22	
	BORCHIN Valeriy	RUS	DNF	
	MARTIN Alvaro	ESP	DNF	
	PARK Chilsung	KOR	DNF	
	RAHIMIAN Ebrahim	IRI	DNF	
	RUTTER Adam	AUS	DNF	
	SEBEI Hassanine	TUN	DNF	
	KANAYKIN Vladimir	RUS	DQ	
	LOPEZ Luis Fernando	COL	DQ	

See http://www.iaaf.org/mini/oly12/Results/ResultsByDate.aspx?racedate=08-04-2012%2Fsex%3DM%2FdiscCode%3D20KR%2FcombCode%3Dhash%2FroundCode%3DF%2Fresults.html#detM_20KR_hash_f for the full race results with links to the 2km spits and profiles for each of the 56 walkers. For completeness, the lap times of the winner read as follows – wow!

8:26	16:26	24:27	32:24	40:08	48:09	54:54	1:03:40	1:11:15	1:18:46
8:26	8:00	8:01	7:57	7:44	8:01	7:45	7:46	7:35	7:31



Chen and Barrondo celebrate their medal winning races (www.iaaf.org)

It is amazing to think that a 19 year old walker has won Olympic walk gold so everyone will be wanting to know more about this superb Chinese athlete – and you can by reading <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=66578>.chloe

And what of the silver medallist - 21 year old Erick Barrondo burst onto the international scene in 2011, recording 1:20:58 in Dublin in June and then taking 10th place in the IAAF World Champs in Daegu with a time of 1:22:08. In early March this year he recorded an inaugural 50km time of 3:44:59 in Pontevedra and then, 3 weeks later, he improved his 20km PB to 1:18:25 to stake his Olympic credentials. With his silver medal in the 20km, he will now attack the 50km event and could be a surprise. He is one of a number of walkers attempting this toughest of doubles - Robbie Heffernan of Ireland (9th in 1:20:18) and Jared Tallent (7th in 1:20:02) will also be backing up next Saturday. The 50km promises to be in intriguing event.



The medallists – Barrondo, Chen and Wang

And for those who want some extra Olympics reading, check out these articles on the performances of Robbie Heffernan and Jared Tallent

Robbie Heffernan - <http://www.athleticsireland.ie/content/?p=27054>

Jared Tallent - http://www.athletics.com.au/home/news/news/2012/august/olympics_gallant_tallent_fini and <http://www.canberratimes.com.au/olympics/athletics-london-2012/tallent-feels-the-weight-of-expectation-20120803-23kjh.html>

What of the Australians.



Jared Tallent, Chris Erickson and Adam Rutter in action in London (photos Mark Easton)

See <http://markeaston.zenfolio.com/p1050716129>

You have already read that **Jared Tallent** finished 7th in a season best of 1:20:02. This is well discussed on the AA website at http://www.athletics.com.au/home/news/news/2012/august/olympics_gallant_tallent_fini. He was in the mix for 15km before falling off the pace in the closing stages. To quote: *“It is a bit disappointing but ... I've been working a lot harder for the 50km. It was good to have the hit out today and I'll be a lot stronger next week and hopefully be in the medals there. The course is very fast and it will be pretty fast over 50km if we get good weather like this.”*

Teammate **Chris Erickson** finished 38th in 1:24:19 after qualifying in the World Cup in May with 1:22:20 on what was definitely a tougher course. I suspect that his many months of trying to gain Olympic selection, first with the 50km and then with the 20km, took

a toll on him. His comment: "It was a bit disappointing. I was found wanting in the second half of the race. I didn't quite have it out there today. I'm 30, so I think I still have another Olympics in me ... But I will be looking more at the 50km - that's my event. We just happen to have three great guys doing it right now!"

Our third walker **Adam Rutter** was well up early but fell back as the race progressed, obviously working very hard but having a bad time of it. He retired in the second last lap but will hopefully bounce back from this disappointment.

All three have made the Olympics, a huge ask that is beyond nearly all athletes, and they have competed against the best in the world with distinction. Well done to all Jared, Chris and Adam!

The remaining two walk events will be held next Saturday with Australians competing as follows

Men's 50km Walk	Saturday 11 August, 9AM CEST	Jared Tallent, Luke Adams, Nathan Deakes
Women's 20km Walk	Saturday 11 August, 5PM CEST	Claire Tallent, Regan Lambie, Beki Lee

You can read the IAAF website's Olympic previews at

Women's 20km: <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=66159>

Men's 50km: <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=66158>



Australians Claire Tallent, Beki Lee and Rachel Tallent training in London – photo Brent Vallance

But here is a real STOP PRESS – Olympic 50km favourite Italian Alex Schwazer's drugs test failure is a huge news item. See <http://www.news.com.au/sport/london-olympics/olympic-50km-walk-champion-alex-schwazer-tests-positive-for-doping/story-fndpu6dv-1226444406451> This changes the whole complexion of next Saturday's proceedings.

ACTRWC ROADWALKS, CANBERRA, SATURDAY 4 AUGUST

Thanks to Robin Whyte for his weekly report from Canberra.

12km Walk

1.	Robin Whyte	1:16:13
2.	Bryan Thomas	1:24:08
3.	Derek Robinson	1:24:12
4.	Bob Parker	1:29:27
	Val Chesterton	DNF

3km Walk

1.	Karina Hopkins	18:06
2.	Emily Hopkins	22:06
3.	Jack Thackray	26:05
4.	Hilary Thackray	29:25

6km Walk

1.	Thomas Hopkins	35:34
2.	Zoe Hunt	35:42
3.	Helena Bialecki	38:40
4.	Geoff Barker	42:53
5.	Monika Short	43:01
6.	Marilyn Banfield	44:14
7.	David Mackenzie	44:25
8.	Terry Munro	48:37
9.	Rosemary Parker	49:52
10.	Helen Munro	59:01

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 4 AUGUST

Conditions at Middle Park last Saturday were just about perfect for the 55 walkers who gathered for last Saturday's round of the VRWC Winter Season Points Competition. As Rudolf Skrucany explained: *After a rainy night and early morning, the sun came out, dried the course, helpers swept the puddles, warm slight breeze near ideal conditions, almost like early summer weather.* As usual, club photographer Terry Swan was in action - see <http://www.vrwc.org.au/coppermine>.

Jason Kozica and Pam Tindal were the best over the longer 10km distance while Chloe McNicol-Davidson (with a huge PB) and James Christmass were the handicap winners. In the shorter 5km and 3km races, Sandra Geisler, Nathan Brill, Julia Irons and Josh Kaiser were fastest while handicap honours went to Kylie Irshad, Jake Kellar, Lachlan Feain and Julia.

10km Open		H'Cap Place
1. Pam Tindal	54:43	5
2. Chloe McNicol-Davidson	1:03:59	1 PB 2:42
3. Donna Elms	1:05:07	3
4. Simone O'Neill	1:05:42	2
5. Gwen Steed	1:07:27	4
6. Karen O'Neill	1:10:49	6
1. Jason Kozica	50:18	3
2. James Christmass	55:34	1
3. Gerard Feain	1:06:20	4
4. Cody McNicol-Davidson	1:09:21	2
Ralph Bennett	DNF	

8km Open - Invitation	
1. Rachael Guy	51:50

5km Open		H'Cap Place
1. Sandra Geisler	27:19	2
2. Kylie Irshad	27:48	1
3. Heather Carr	28:26	5
4. Liz Feldman	30:24	4
5. Kirstin Shaw	31:44	6
6. Celia Johnson	34:31	3
1. Nathan Brill	21:55	4
2. Jake Kellar	27:52	1
3. Alan Lucas	31:10	2
4. Anthony Doran	32:23	3
5. Russ Dickenson	33:36	6
6. Rudolf Skrucany	34:40	5
7. Alex Poore *	38:12	
8. Gary Turner *	40:30	
Barrie Wicks	DQ	

3km Open		H'Cap Place
1. Julia Irons	18:57	1
2. Pam Mews	27:31	2
1. Josh Kaiser	14:19	3
2. Lachlan Feain	18:24	1
3. Gordon Onley	22:11	2

Our younger walkers were also in action with fastest times going to Megan Walker, Billy Allamby, Jemma Eastwood, Corey Dickson, Gemma Lillie and Jared Hodges. Megan, Jemma, Gemma and Jared also won their respective handicaps along with Reese Walmsley and Hayden Walmsley.

5km Under 15		H'Cap Place
1. Megan Walker	27:55	1
2. Paige De Lisen	28:00	3
3. Shelby Kay	28:55	6
4. Mikhala Hodges	30:37	4
5. Jessie Eastwood	32:02	7
6. Gabbie Crea	33:37	5
7. Madeleine Feain	35:24	2
Carly Bertrand	DNF	
Georgia Bertrand	DNF	

Emily Hamilton DNF

- 1. Billy Allamby 24:34 3
- 2. Kyle Swan 24:51 2
- 3. Reese Walmsley 25:15 1

3km Under 12

- | | | H'Cap Place | |
|----|-------------------|-------------|---|
| 1. | Jemma Eastwood | 17:13 | 1 |
| 2. | Brianna Lillie | 17:22 | 4 |
| 3. | Jessica Lillie | 17:55 | 3 |
| 4. | Brodie Richardson | 18:20 | 5 |
| 5. | Tegan Miller | 18:48 | 2 |
| | Elaine Irons | 22:58 | |

- 1. Corey Dickson 16:13 2
- 2. Hayden Walmsley 19:05 1

1.5km Under 9

- | | | H'Cap Place | |
|----|--------------|-------------|---|
| 1. | Gemma Lillie | 09:41 | 1 |
| 1. | Jared Hodges | 09:13 | 1 |



Handicap winners Chloe McNicol-Davidson, James Christmass, Kylie Irshad and Jake Kellar



Reese Walmsley, Julia Irons, Megan Walker and Lachlan Feain



Jared Hodges, Hayden Walmsley, Jemma Eastwood and Gemma Lillie

SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 4 AUGUST

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: *At the same time SAMA held its Club 10k running championships and two of our walkers entered those instead of walking. George White won Gold M65 and Linda Whitelaw bronze W55. Cool arvo but the rain held off.*

10km yacht Handicap

1.	Graham Harrison	1:07:56	M69	74.83%
2.	Marie Maxted	1:05:19	W52	72.45%
3.	David Robertson	1:22:04	M79	71.18%
4.	Colin Hainsworth	1:19:04	M82	77.63%
5.	Roger Lowe	1:18:53	M69	64.44%

6km yacht Handicap

1.	Helen Suridge	0:41:11	W61
2.	Elaine MacFarlane	0:50:37	W70
3.	Edna Bates	0:50:29	W59
4.	Rodger Barber	0:44:09	M74
5.	Jeff Kennett	0:57:34	M62
6.	Margaret Trengove	0:50:43	W68

QRWC TRACK CHAMPIONSHIPS, UQ TRACK, ST LUCIA, SUNDAY 5 AUGUST

Thanks to Noela McKinven for the latest results from the Queensland Race Walking Club who held their track championships last Sunday in St Lucia. **Dane Bird-Smith 19:22.22** and **Rhydian Cowley 19:29.91** (big PB for Rhydian) were in super fast mode in the Open 5000m while 14 year old **Clara Smith** was the standout in the younger age groups, winning the U16 3000m with a PB 14:09.75.

Open 5000m

1.	Dane Bird-Smith	19.22.22	
2.	Rhydian Cowley	19.29.91	PB 0:22
3.	Ignacio Jimenez	24.02.12	
4.	Peter Bennett	24.48.88	
5.	Dean Nipperess	31.36.21	
6.	John Harris	32.35.15	

1.	Melissa Hayes	26.44.24
2.	Noela McKinven	38.00.55

U20 5000m

1.	Jessica Pickles	26.07.49
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U16 3000m

1.	Trent Miles	16.23.86	
1.	Clara Smith	14.09.75	PB 0:15
2.	Katya Martin	DNF	

U14 1500m

1.	Mikaela Woodward	7.27.32
2.	Aimee Brackin	7.56.19

U12 1500m

1.	Thalia Martin	9.21.53
2.	Jade Pearson	12.29.47

U18 5000m

- | | | |
|----|--------------------|----------|
| 1. | Lucy-Rose Boardman | 31.36.21 |
|----|--------------------|----------|

NSWRWC CLUB ROADWALKS, EARLWOOD, SATURDAY 21 JULY

And now a few catch results from the last few weeks. First to NSWRC roadwalks from 2 weeks ago. Great walking by Cheryl Webb, Tyler Jones, Jasmyn McDonald, Kyle Bedford, Leah McDonald and Samantha Brown to name a few.

Long Division 8km

- | | | |
|----|----------------|-------|
| 1. | Cheryl Webb | 37.48 |
| 2. | Derek Mulhearn | 38.24 |
| 3. | Jay Felton | 40.56 |
| 4. | Lauren Bourke | 44.27 |
| 5. | Matthew Killen | 47.22 |
| 6. | Joan Purcell | 57.58 |
| 7. | | |

Medium Division - 6km

- | | | |
|-----|-------------------|-------|
| 1. | Tyler Jones | 28.52 |
| 2. | Tom Doyle | 30.00 |
| 3. | Robert Murphy | 30.43 |
| 4. | Jasmine Dighton | 31.49 |
| 5. | Carl Gibbons | 31.49 |
| 6. | Bryony Beasley | 35.38 |
| 7. | Tony Psarianos | 36.27 |
| 8. | Caitlin Plummer | 37.22 |
| 9. | Demi Psarianos | 37.49 |
| 10. | Amanda Barendregt | 42.29 |

Short Short Division Division - 3km

- | | | |
|----|--------------------|-------|
| 1. | Nicole Fagan | 14.13 |
| 2. | Jasmyn McDonald | 14.18 |
| 3. | Lucy Francis | 14.43 |
| 4. | Aiden Kerr | 15.02 |
| 5. | Nathan Brown | 15.25 |
| 6. | Stephanie Grujoski | 16.51 |
| 7. | Rhiannon Minett | 18.14 |
| 8. | Nicolle Challinor | 18.24 |
| 9. | Daniella Salisbury | 21.12 |

U16 Division - 2km

- | | | |
|----|-------------------|-------|
| 1. | Kyle Bedford | 9.23 |
| 2. | Leah McDonald | 9.37 |
| 3. | Dylan Richardson | 10.27 |
| 4. | Travis Barendregt | 11.12 |
| 5. | Tiffany Saker | 11.21 |
| 6. | Yasmin Mills | 11.41 |
| 7. | Ally Grujoski | 12.43 |

U12 Division - 1km

- | | | |
|-----|------------------|------|
| 1. | Samantha Brown | 5.03 |
| 2. | Haley Mills | 5.13 |
| 3. | James Plummer | 5.14 |
| 4. | Renee Hardy | 5.55 |
| 5. | Sybella McKay | 6.02 |
| 6. | Flynn Ross | 6.23 |
| 7. | Brooke Martin | 6.32 |
| 8. | Lachlan Beecroft | 6.41 |
| 9. | Logan Barendregt | 7.15 |
| 10. | Bronti Westaway | 8.12 |
| 11. | Aiden Hardy | 9.11 |
| 12. | Emily Challinor | 9.14 |

WARWC ROADWALKS, PERTH, SATURDAY 22 JULY

And now to Western Australia for yet another catchup result.

8km handicap

- | | | |
|----|------------------|-------|
| 1. | Kate Holt | 46.00 |
| 2. | Isabella Tolardo | 56.31 |
| 3. | Aimee Reid | 63.03 |

2km handicap

- | | | |
|----|----------------|-------|
| 1. | Olivia Skepper | 12.56 |
| 2. | Lesly Romeo | 14.34 |
| 3. | Tiahana Ruane | 11.53 |
| 4. | Ariana Tolardo | 13.11 |
| 5. | Ben Reid | 13.22 |
| 6. | Hayley Ruane | 14.34 |

QRWC ROADWALKS, MORNINGSIDE, BRISBANE, SUNDAY 29 JULY

Finally, to a huge result from a week ago when the Queensland Race Walking Club was in action in Morningside. The 10km race turned into a super event with **Dane Bird-Smith 38:56**, **Rhydian Cowley** (visiting from Melbourne) **40:16** and **Nick Dewar 42:42** all doing huge PBs.

A Grade 10km

- | | | | |
|----|-----------------|-------|---------|
| 1. | Dane Bird-Smith | 38.56 | PB 1:25 |
|----|-----------------|-------|---------|

B Grade 5km

- | | | |
|----|--------------|-------|
| 1. | Patrick Sela | 35.57 |
|----|--------------|-------|

2.	Rhydian Cowley	40.16	PB 1:47	2.	Doug Miles	36.36
3.	Nick Dewar	42.42	PB 1:27	3.	Richard Lynch	36.52
4.	Brad Aiton	44.43				
5.	Iggy Jimenez	49.14		1.	Jessica Pickles	24.19
	Jesse Osborne	DNF		2.	Katya Martin	25.42
	Dean Nipperess	DNF		3.	Mikaela Woodward	28.13
1.	Nyle Sunderland	57.00		4.	Sally Lynch	33.27
2.	Kay Shaw	63.51		5.	Christiane Dauphinet	38.40
3.	Donna Beikoff	66.48	PB 0:27	6.	Melissa Hayes	DNF
4.	Noela McKinven	75.58		7.	Lucy-Rose Boardman	DNF
D Grade 2km				C Grade 3km		
1.	Thalia Martin	13.02		1.	Clara Smith	14.39
				2.	Aimee Brackin	16.19
				3.	Ryan Pinchen	17.32
				4.	Robyn Wales	23.20
					Maurice Dauphinet	N/J

RWA POSTAL CHALLENGE, JULY 2012, EACH CLUB IN IT'S OWN STATE

Thanks to Mark Donahoo for coordinating the annual RWA Postal Challenge which was held over a number of weekends in July. I have now posted Mark's complete result set to the RWA website – see <http://www.rwa.org.au/aresult2012.shtml>.

Congratulations to NSWRC who are this year's winners ahead of RWCWA (second) and SARWC and WARWC who were equal third.

1	NSWRC	35 points
2	RWCWA	40
E3	SARWC	41.9
E3	WARWC	41.9
5	QRWC	44.6
6	RWV	46
7	ACTR&FWC	46.3
8	REGAL	46.9
9	TRWC	50

VALE JOHN MITCHELL

I must pass on some sad news with the passing of former QRWC Secretary and board member John Mitchell who passed away last Thursday afternoon. He had been having major heart problems over the last few years and his son Ben advises he died peacefully in his sleep. I knew John from our various interactions at a Federation level where he represented QRWC and remember him as a hard working administrator and a nice bloke.

The Funeral will be held this Wednesday at 10AM at St David's Uniting Church 68 Orange Grove Rd, Coopers Plains, Qld 4108.

On behalf of the Australian racewalking community, I wish Ben and the family our deepest condolences and will be thinking of them on Wednesday. If anyone wishes to pass their own thoughts and memories onto Ben, his email is ben.mitchell79@hotmail.com.

C GRADE JUDGING SEMINAR TO BE HELD IN ADELAIDE ON SATURDAY 25 AUGUST

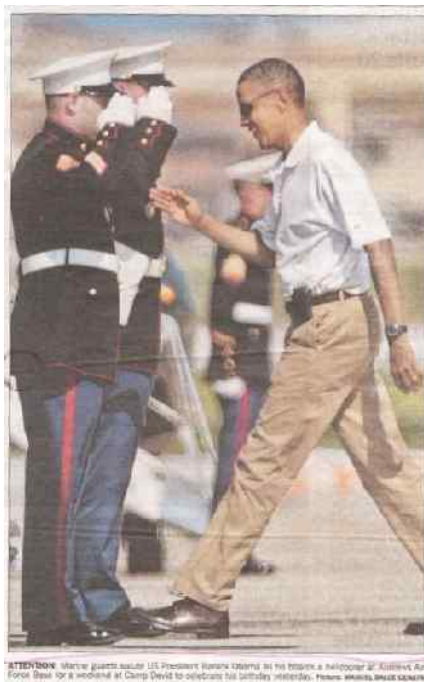
Before I left for Europe, I was doing a fair bit of background work to get a **Racewalk Judging Seminar/Exam (C Grade)** ratified with Athletics Australia for the weekend of our Australian Roadwalk Championships in Adelaide. I left in early July thinking it was a done deal but eventually got back in touch with AA a couple of weeks ago when I had not seen any advertising. It turns out that they had indeed given it the all clear but had only distributed the information to South Australian officials.

So this is a late bit of advertising in case any of our interstate walks community want to fast track their C Grade Racewalk Judging accreditation. The course will be run by Australian IAAF Judge Wayne Fletcher and will be held on the **afternoon of Saturday 25 August at the SANTOS stadium in Adelaide.**

I have uploaded the flyer to <http://www.vrwc.org.au/2012%20WALKS%20SEMINAR%20-%20FLYER%20V2.pdf>. **Registrations close on Friday 17 August** so you have about 10 days left to register with Zoe Eastwood-Bryson (thebrysons@esc.net.au).

OBAMA SHOWS THE NORTH KOREANS HOW TO WALK

A few weeks ago, David Robertson sent me a newspaper photo of North Korean women soldiers marching in what looked eerily like a racewalk action. This week, he sends one of American President Barak Obama showing them how it's done. Thanks David!



ATTENTION: Marine guards salute US President Barack Obama as he boards a helicopter at Killebrew Air Force Base for a weekend at Camp David to celebrate his birthday yesterday. PHOTOS: AP/WIDE WORLD

WHAT'S COMING UP

Next weekend sees our final Points day at Middle Park and it is also a **Prizes day**. Being a Handicap Start format, make sure you get there early to register – no entries for the Open and Under 15 handicap races will be accepted after 1.45pm. Later entries may race but will start with the back marker.

Saturday 11th August 2012, Middle Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp.			
Last Points Races for the season. Prizes for all winners.			
2.15pm	8km	Points Races, Handicap start	Open
2.15pm	4km	Points Races, Handicap start	Open
2.15pm	4km	Points Races, Handicap start	Under 15
2.45pm	2km	Points Races	Under 12
2.45pm	1km	Points Races	Under 9

Walkers Note: We can only allocate Handicap Start Times to those walkers who have raced over that distance or a comparable distance during the last 12 months.

A further reminder that entries are still 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

Note that **ENTRIES CLOSE AUGUST 10th AT MIDNIGHT** so you must complete your registration by then. So far we have 107 entries (see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=Display_Competitor_List&MeetID=865&OrgID=887) but I expect to see a few more by week's end.

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**
October 5-12, 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>
August 5-13, 2017 **156th IAAF World Championships in Athletics, London, UK**
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)