



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 13 year old NSW walker **Jasmyn McDonald** who won the U14 Girls 3km in convincing style, her time of 14:31 a 12 sec PB. She also won the U14 2km in the LBG carnival in Canberra in June and is the outstanding U14 girl walker in Australia.

This week, we do not have too many local performances from which to choose as we are now entering the end of season break for many of our clubs. But one performance in particular has caught my attention - that of 11 year old **Mikhala Hodges**. The holder of a number of VRWC club records, she upped the ante with regard to her U12 10km road walk record which she set 12 months ago as a 10 year old - her time then was 1:09:00. On Saturday, she improved her 10km time to 1:06:21 to shave well over 2 minutes off her record. It is not often that I get the chance to highlight one of our very young walkers but this week I can. Well done Mikhala. We hope to see many big walks over the next few years.



Mikhala Hodges walks a new VRWC 10km U12 club record last Saturday

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 1 SEPTEMBER

Our annual 'Beat Your Best Time' day saw 59 walkers at Middle Park last Saturday and races were keenly contested in very good conditions. This was followed by our Winter Season Presentations which are discussed later. As usual, our photographers were busy and you can see lots of photos in the VRWC Photo Gallery (<http://www.vrwc.org.au/coppermine/>).

The 10km races saw Karyn O'Neill 1:07:41 and Reese Walmsley 52:55 easily beat their season's best times to win their respective divisions while fastest times went to Pam Tindal 54:58 and Brad Simpson 49:39. Special mention to 11 year old Mikhala Hodges who bettered her own U12 10km club record by over 2minutes with a fantastic time of 1:06:21.

10km Open	Time	SB	Diff	Guess Place	
1. Pam Tindal	54:58	52:56	+ 2:02	3	
2. Jasmine Irshad	58:56				
3. Kylie Irshad	59:31				
4. Robyn Shaw	1:04:48	1:03:42	+ 1:06	2	
5. Mikhala Hodges	1:06:21				PB 2:39, CR

6.	Karen O'Neill Emily Hamilton	1:07:41 DNF	1:10:49	- 3:08	1	PB 0:12
1.	Brad Simpson	49:39	49:11	+ 0:28	4	
2.	Simon Evans	52:14	50:03	+ 2:11	6	
3.	James Christmass	52:15	54:05	- 1:50	2	
4.	Reese Walmsley	52:55	55:13	- 2:18	1	PB 2:18
5.	Terry O'Neill	58:51	59:24	- 0:33	3	
6.	Duncan Knox	59:33	58:35	+ 0:58	5	
7.	Gerard Feain	1:02:09	59:05	+ 3:04	7	
8.	Bob Gardiner	1:04:48	1:01:12	+ 3:36	8	
	Ross Reid	DNF				
	Kyle Swan	DQ				



Karyn O'Neill, Bob Gardiner, Brad Simpson, Mikhala Hodges, Reese Walmsley and Pam Tindal

The Open 5km and 3km events saw 'Beat Your SB' wins to Donna Elms 30:10, Nathan Brill 21:31, Emily Swan 17:21 and Tony Barrett 18:44. Welcome backs to Anand Thillaisundaram, Kelly Davidson and Sandra Howorth who we haven't seem much lately.

5km Open	Time	SB	Diff	Guess Place
1. Heather Carr	28:09	27:45	+ 0:24	3
2. Anna Wallace	30:09	29:02	+ 1:07	5
3. Donna Elms	30:10	30:45	- 0:35	1
4. Celia Johnson	33:29	34:03	- 0:34	2
5. Simone O'Neill	33:36	32:39	+ 0:57	4
6. Sandra Howorth	35:41			
1. Nathan Brill	21:31	21:13	+ 0:18	1
2. Jason Kozica	24:42	23:20	+ 1:22	2
3. Russ Dickenson	30:17	27:58	+ 2:19	5
4. Anand Thillaisundaram	32:34			
5. Bruce Conboy	38:05	36:38	+ 1:27	3
6. Barrie Wicks	39:17	37:32	+ 1:45	4
Geoff Barrow	DQ			
3km Open	Time	SB	Diff	Guess Place
1. Stephanie George	14:59			
2. Kirstin Shaw	15:49			
3. Emily Swan	17:21	16:39	+ 0:42	1
4. Cathy Huse	22:29			
5. Kelly Davidson	24:30			
1. Paul Kennedy	15:11	15:22	- 0:11	2
2. Ralph Bennett	18:14	17:14	+ 1:00	3
3. Tony Barrett	18:44	23:00	- 4:16	1
4. Gordon Onley *	19:55	Club Rules		
5. John Morrison	22:44	21:43	+ 1:01	4

Our younger walkers were also out to beat their season bests and the best efforts in that regard went to Gabriella Crea 19:17, Paul Tremigliozi 19:10, Jessica Lillie 11:41, Corey Dickson 10:10, Zara Irshad 10:09 and Jared Hodges 5:47. And special mentions to

Paige De Lisen (PB 15:52) and Cody McNicol-Davidson (18:55 equal PB).

3km Under 15		Time	SB	Diff	Guess Place	
1.	Paige De Lisen	15:52	16:05	- 0:13	2	PB 0:13
2.	Rachael Guy	16:37	15:55	+ 0:42	6	
3.	Megan Walker	16:42	16:18	+ 0:24	5	
4.	Philippa Huse	17:20	17:27	- 0:07	3	
5.	Gabriella Crea	19:17	19:42	- 0:25	1	
6.	Madeleine Feain	20:11	20:00	+ 0:11	4	
3km Under 15						
1.	Cody McNicol-Davidson	18:55	18:55	- 0:00	2	Eq PB
2.	Paul Tremiglioizzi	19:10	19:12	- 0:02	1	
2km Under 12		Time	SB	Diff	Guess Place	
1.	Brianna Lillie	11:19	10:50	+ 0:29	2	
2.	Brodie Richardson	11:23	10:44	+ 0:39	3	
3.	Jessica Lillie	11:41	11:25	+ 0:16	1	
4.	Kathleen O'Mahony	11:47	11:06	+ 0:41	4	
2km Under 12						
1.	Corey Dickson	10:10	10:02	+ 0:08	1	
2.	Hayden Walmsley	11:26	11:08	+ 0:18	2	
1km Under 9		Time	SB	Diff	Guess Place	
1.	Gemma Lillie	06:22	06:15	+ 0:07	2	
2.	Zara Irshad	10:09	10:42	- 0:33	1	
1km Under 9						
1.	Jared Hodges	05:47	05:59	- 0:12	1	

As usual, thanks to our many judges and officials. Sorry if I missed anyone!

Judges: Peter Vysma (Chief), Gordon Loughnan, Michael Bodey, Stuart Cooper, Lloyd Nichols
Officials: Damien Elms, Tim Erickson, Harry Summers, Paul Kozaris, Ian Laurie, Mark O'Mahony
Canteen: Wendy Cooper, Barb Gardiner
Course Setup: Harry Summers, Bob Gardiner, Craig Brill, Peter Vysma
Photos: Terry Swan, Sabrina George



Donna Elms, Jessica Lillie, Emily Swan and Nathan Brill



Corey Dickson, Gabriella Crea, Paul Tremigliozi and Tony Barrett

And finally, Sunday saw the annual Victorian Half Marathon Championships at Burnley and there were some walkers (past and present) in action. Great run by Jared Walker!

Women:	120	Megan Walker	Geelong Region	2:04:00.7
	121	Jmara Hockley Samon	Geelong Region	2:04:00.9
	124	Carmel Drennan Keilor	St Bernards	2:07:29.1
Men:	110	Jared Walker	Geelong Region	1:20:33.0
	206	Michael Harvey	Athletics Waverley	1:26:56.5
	238	Frank Bertei	Athletics Nunawadin	1:29:19.0
	277	Danny Hawksworth	Athletics Essendon	1:33:21.2
	311	William Dyer	Box Hill	1:37:35.6
	375	Clyde Riddoch	Athletics Waverley	1:51:00.3
	384	Ralph Bennett	Invitation	1:56:25.6

VRWC WINTER SEASON PRESENTATION DAY

Our races on Saturday were followed by our winter season presentations. You can find the full details of all winners at <http://www.vrwc.org.au/2012%20Trophy%20Winners%20-%20winter%20season.pdf>. Just a few photos of some of the more major awards. For additional photos, check out <http://www.vrwc.org.au/coppermine>.



The winners of the 4 AV Perpetual Trophies - Rachael Guy, Michelle Laufer, Jemima Montag (sister Andie is accepting it for her) and Simon Evans



Style Award winners Paige De Lisen, Gemma Lillie, Corey Dickson and Nathan Brill



Merrifield Winners Paige De Lisen, Reese Walmsley, Jason Kozica, Simone O'Neill, Josh Kaiser, James Christmass, Chloe McNicol-Davidson and Donna Elms

ACTRWC ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 1 SEPTEMBER

Thanks to Robin Whyte for the latest walk results from Canberra.

8km Handicap (Place,Name,Time,Start)

1.	Derek Robinson	55:48	(33:50)
2.	Bob Parker	57:54	(30:20)
3.	Val Chesterton	70:46	(17:40)
4.	Robin Whyte	49:43	(40:55)

2km Handicap

1.	Spencer Burns	10:43	(06:20)
2.	Emily Hopkins	11:23	(08:35)
3.	Hilary Thackray	19:10	(01:30)

4km Handicap

1.	Theresa Dorman	28:44	(00:00)
2.	Lachlan Wilkinson	23:56	(18:30)
3.	Helena Bialecki	24:14	(18:15)
4.	Carmen Carlon	39:12	(03:25)
5.	Ashleigh Resch	21:52	(20:50)
6.	Terry Munro	33:23	(09:20)
7.	Rosemary Parker	32:28	(10:20)
8.	Jack Thackray	34:05	(09:20)
9.	Thomas Hopkins	21:34	(21:55)
10.	Cilla Chapman	34:49	(08:55)
11.	Helen Munro	38:52	(05:00)
12.	David Mackenzie	30:27	(13:45)

1km Handicap							
1.	Laura Burns	06:55	(02:05)	13.	Karina Hopkins	25:47	(18:30)
2.	Thomas Hunt	06:41	(02:20)	14.	Zoe Hunt	22:49	(21:45)
3.	Hana Jugovic	10:38	(00:00)	15.	Bob Chapman	33:55	(12:00)

SAMA ROADWALKS, VICTORIA PARK, ADELAIDE, SATURDAY 1 SEPTEMBER

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented: *G'day Tim. Results of yesterday's yacht handicap walks at Victoria Park. The 12k walk in preparation for the 'City to Bay' 12k on 16th September. Didn't walk myself because I had entered a local 10k Fun Run/Walk around the corner from where I live, this morning. Fortunate enough to finish 2nd in a time of 1.19.37. Regards, Colin.*

12k Yacht Handicap		Actual	Clock		
1.	George White	1:08:18	1:40:58	M67	87.85%
2.	Geoff Byham	1:18:25	1:41:45	M66	75.64%
3.	Margaret Trengove	1:30:20	1:42:10	W68	78.17%
4.	Marie Maxted	1:20:22	1:43:22	W52	71.57%
5.	David Robertson	1:40:14	1:44:04	M79	70.58%
6.	Graham Harrison	1:22:45	1:44:35	M69	74.26%

9k Walk Results Clock				
1.	Linda Whitelaw	1:10:24	1:19:24	W58
2.	Rodger Barber	1:06:30	1:19:30	M74
3.	Roger Lowe	1:07:51	1:20:01	M69

6k Walk Results Clock					
1.	Gill White	0:47:30	0:54:20	W63	65.69%
2.	Helen Suridge	0:42:52	0:55:12	W61	71.00%

BENDIGO WALKERS CLUB CATCHUP

Thanks to Paul Rance for the following reports of the Bendigo Walkers Clubs August race days at Lake Neanger in Eaglehawk.

Bendigo Walkers Club Roadwalks, Lake Neangar, Sunday 5 August

This was our long distance competition day with our short distance competitors racing over 3km and long distance competitors contesting either 10km or 15km. In the long distance events Barb Bryant was the only competitor to try herself over the 15km distance and produced a strong effort competing the event in 1.33.12 and setting a new Club Womens 55+ record. The 10km event saw Amanda Heard produce a fine performance to take fastest time honors in 57.51 with Ebony Whiley next best with 1.00.54. The Sealed handicap placings resulted in victory for Geoff Major in 1.16.33 with Ebony 2nd and Amanda 3rd followed by Annette Curtis 1.15.00 in 4th place and Catherine Heard completing her first 10km event in 1.15.52 in 5th place. Zoe Boldiston produced a personal best and Club record in the 3km as she took fastest time honors and 1st in the sealed handicap in a time of 14.14 which took 11 seconds off Jess Rothwell's Club under 16 record, Norm West was 2nd in the handicap in 24.16 with Colin Cleary 3rd in 22.58 and youngster Madison Hill 21.59 close up in 4th place in her first 3km race.

15km Walk

1.	Barb Bryant	1:33:12 (new W55 Club Record)
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10km Walk

	Time	H'cap Place	
1.	Amanda Heard	57:51	3
2.	Ebony Whiley	1:00:54	2
3.	Annette Curtis	1:15:00	
4.	Catherine Heard	1:15:52	
5.	Geoff Major	1:16:33	1

3km Walk

1.	Zoe Boldiston	14:14	1 (new U16 Club Record)
2.	Madison Hill	21:59	4
3.	Colin Cleary	22:58	3
4.	Norm West	24:16	2

Bendigo Walkers Club Roadwalks, Lake Neangar, Sunday 12 August

Handicap races were held over 2km and 4km. The 2km event saw 2 of the Club's youngsters battling out the event with 9 year old Carissa Brook producing a personal best 12.50 to win from Madison Hill in 12.19. In the 4km race an excellent sprint finish saw the 2 backmarkers in Zoe Boldiston and Ebony Whiley fighting out the event with Ebony holding on for a 1 second victory in 22.26 with Zoe 2nd in a personal best time of 19.27 and for the 2nd week in a row Zoe snared a Club under 16 record held by Jess Rothwell, limit marker Norm West held on to take 3rd place in 31.43 followed by Geoff Major 28.32, Barb Bryant 23.40, Colin Cleary 30.18, Annette Curtis 29.23 and Jeremiah Jones 24.49.

2km Handicap Walk

1. Carissa Brook	12:50
2. Madison Hill	12:19

4km Handicap Walk

1. Ebony Whiley	22:26
2. Zoe Boldiston	19:27 (U16 club record)
3. Norm West	31:43
4. Geoff Major	28:32
5. Barb Bryant	23:40
6. Colin Cleary	30:18
7. Annette Curtis	29:23
8. Jeremiah Jones	24:49

Bendigo Walkers Club Roadwalks, Lake Neanger, Sunday 19 August

The 1.5k race saw Zahra Hayes take 1st place in the sealed handicap and fastest time with a 39 second personal best of 8.10 with Carissa Brook 2nd also with a personal best 9.28 and Madison Hill 3rd in 9.14. Jeremiah Jones produced his best time in Club events as he took out the 3km sealed handicap and fastest time honors in 16.20, 2nd in the handicap was Barb Bryant in 17.43 with Annette Curtis 21.04 in 3rd place followed by Colin Cleary 4th in 21.55, Norm West 5th 23.56 and Geoff Major 6th 21.41.

1.5km Handicap

1. Zahra Hayes	8:10
2. Carissa Brook	9:28
3. Madison Hill	9:14

3km Handicap

1. Jeremiah Jones	16:20
2. Barb Bryant	17:43
3. Annette Curtis	21:04
4. Colin Cleary	21:55
5. Norm West	23:56
6. Geoff Major	21:41

The Bendigo Walkers Club's next competition day will be held on Sunday September 9th at Lake Neanger Eaglehawk with 1.6km and 3.2km handicap events being held at 9.30am.

NZ ROAD WALK CHAMPIONSHIPS, WELLINGTON, NEW ZEALAND, SATURDAY 1 SEPTEMBER

David Lonsdale reports from New Zealand on their national roadwalk championships

The Wellington Waterfront course again provided a picturesque setting for the Athletics New Zealand Road Race Walking Championships on Saturday 1st September. The conditions were quite good with clear skies and a temperature of 14C, chilled a little by the traditional northerly wind. The wind was gusty and irregular so did not make a major impact on the 38 starters. The race quickly settled into groups of the leading seniors followed by leading juniors with the exception of Courtney Ruske (Canterbury) who within two kilometers had made a significant break over Rozie Robinson, Brooke Cowsill and Mike Parker. Courtney showed that a year of regular training under Coach John Henderson is paying dividends as she retained her Women 19 5 km title in 24:46, which was 30 seconds faster than in 2011 on the same course.

The Men's 16 race was the closest of the day with a slightly injured Jonathan Lord (Canterbury) retaining his 5km title in 27:12 (24:24 in 2011) ahead of Jared Free (Auckland) 27:33 and Jamie Shaw (Nelson) 27:47. Jared and Jamie are both first year walkers with good techniques and we should look forward to more close races from them. Andrew Jackson (Auckland) 29:22 (28:02 in 2011) and Fraser Samson (Wellington) 29:27 [a BIG PB] made up this competitive field.

The Senior Women's race also had a good field but after three laps it became spread out as Rozie Robinson (Otago) worked hard to stay with Mike Parker (Auckland) who was, as ever making it hard for anyone who wanted to beat him. His relentless drive saw him build a 16 second winning advantage over Rozie in the last two km. Both Mike's winning time 50:18 (49:58 in 2011) and Rozie's winning time 50:34 (50:02 in 2011) were slower than expected going by their recent races. Also considerably slower than expected was Brooke Cowsill (Auckland) third in 52:02 was nearly three minutes slower than her recent times. The other senior women, Lesley Cantwell (Otago) Kate Newitt (Canterbury) and Natasha Murrhy were all two or three minutes slower than their expected times.

In the Masters age grades there were some good times. Jacqueline Wilson W65 (Wellington) beat her New Zealand age group record and finished in an excellent PB of 65:48. Theresa Large (Taranaki) W55 63:00, Mike Morressey (Taranaki) M40 52:14, Des Hussey M50 (Taranaki) 58:46 (58:55 in 2011 in M45 grade), David Cushing, (Manawatu) a first year race walker M55 62:08, and the ever consistent stylist Eric Kemsley (Taranaki) M60 54:56 (55:22 in 2011) Terri Grimmitt (Wellington) W50 62:07 (62:38 in 2011) and another first year race walker John Roskvist (Wellington) M45 65:05.

There was a very good panel of judges headed by Peter Wrigley who is fresh back from the London Olympics. The judges probably saw the impact on the walkers more than the spectators as there were four disqualifications and 23 red cards in total with 22 of the 38 competitors at least getting cautions.

5km Walk Women

W16	1	Emma	Dunbar Athletics Auckland Inc	32:59
	2	Kerri Batin	Athletics Canterbury Inc	35:25
W19	1	Courtney Ruske	Athletics Canterbury Inc	24:46
	2	Sarah-Amy Rhind	Athletics Auckland Inc	31:43

5km Walk Men

M16	1	Jonathon Lord	Athletics Canterbury Inc	27:12
	2	Jared Free	Athletics Auckland Inc	27:33
	3	Jamie Shaw	Athletics Nelson Inc	27:47
	4	Andrew Jackson	Athletics Auckland Inc	29:22
	5	Fraser Samson	Athletics Wellington Inc	29:27
M19	1	Stuart Hood	Athletics Wellington Inc	27:34

10km Walk Women

SW	1	Roseanne Robinson	Athletics Otago Inc	50:34
	2	Brooke Cowsill	Athletics Auckland Inc	52:02
	3	Lesley Cantwell	Athletics Southland Inc	55:11
	4	Kate Newitt	Athletics Canterbury Inc	59:16
	5	Natasha Murrhiy	Athletics Wellington Inc	1:01:39
W40	DQ	Katie Morrissey-Tahere	Athletics Taranaki Inc	DQ
W45	DQ	Serena Coombes	Athletics Taranaki Inc	DQ
W50	1	Terri Grimmett	Athletics Wellington Inc	1:02:07
	2	Helen Baverstock	Athletics Taranaki Inc	1:12:31
W55	1	Theresa Large	Athletics Taranaki Inc	1:03:00
	2	Anne Fraser	Athletics Taranaki Inc	1:13:05
W60	1	Marlene White	Athletics Taranaki Inc	1:05:40
	2	Shirley Rolston	Port Hills Athletic Club	1:09:20
W65	1	Jacqueline S Wilson	Trentham United Harrier Club Inc	1:05:48
W70	DQ	Daphne Aileen Jones	Wellington Scottish Athletics Club Inc.	DQ

10km Walk Men

SM	1	Mike Parker	Athletics Auckland Inc	50:18
M40	1	Mike Morresey	Athletics Taranaki Inc	52:14
M45	1	John Roskvist	Trentham United Harrier Club Inc	1:05:05
M50	1	Des Hussey	Athletics Taranaki Inc	58:46
	2	Rodney Gillum	Athletics Taranaki Inc	1:01:04
M55	1	David Cushing	Athletics Manawatu Wanganui Inc	1:02:08
	2	Philip Grimmett	Wellington Scottish Athletics Club Inc.	1:12:34
M60	1	Eric Kemsley	Athletics Taranaki Inc	54:56
	2	Peter Zwart	Athletics Manawatu Wanganui Inc	56:23
	3	Ian Bailey	Athletics Manawatu Wanganui Inc	1:01:56
	4	John Leonard	Wellington Scottish Athletics Club Inc.	1:04:52
M65	1	Geoffrey Iremonger	Wellington Scottish Athletics Club Inc.	1:09:30
M75	DQ	Eric Saxby	Port Hills Athletic Club	DQ



Start of roadwalks (photo Murray Free)



Brooke Cowsill, Rozie Robinson, Courtney Ruske and Mike Parker in action (photos Murray Free)

BRITISH 3000M TRACK WALK CHAMPIONSHIPS, BEDFORD, SATURDAY 25 AUGUST

It is hard to beat 'O Marchador' to the latest walking news - I picked up the result of the British 3000m Track Walk Championships from their blog release <http://omarchador.blogspot.pt/2012/08/alex-wright-114941-e-jo-jackson-125720.html> last week.

3000m Men

1.	Alex Wright	Surrey	11.49.41
2.	Tom Bosworth	Kent	12.13.47
3.	Dominic King	Essex	12.49.90
4.	Mark Williams	Staffordshire	14.10.32
5.	Ian Richards	Sussex	14.25.85

3000m Women

1.	Jo Jackson	North Eastern Counties	12.57.20
2.	Heather Lewis	West Wales	14.00.98
3.	Bethan Davies	South Wales	14.04.27
4.	Lauren Whelan	Lancashire	15.27.35
5.	Grazina Narviliene	Middlesex	15.28.39
6.	Jasmine Nicholls	Leicestershire & Rutland	15.58.62
7.	Ellie Dainton	West Wales	16.18.86
8.	Helen Middleton	Bedfordshire	17.08.33
9.	Noel Blatchford	Oxfordshire	18.05.36
10.	Judy Howard	Oxfordshire	18.20.36
11.	Susanne Dietrich	Surrey	19.33.86

They pointed out that the first edition of this event (a 3 Mile walk in those days) took place in 1925 at Stamford Bridge where Reginald Gordon Goodwin (Surrey) was the winner with 21.48,4 . The current championship records are held by Daniel King (with 11.34,62 in 2005) and Johanna Jackson (with 12.34,03 in 2008).

UKA/RWA/CAU 10KM CHAMPS, HILLINGDON CYCLE CIRCUIT, HILLINGDON, SUNDAY 2 SEPT

And back to England again last weekend when Alex Wright and Jo Jackson were in winning form again, this time over the 10km road distance (results from Peter Marlow).

Women's 10km

1.	Jo Jackson	Middlesbrough and Cleveland AC	North East	46.52
2.	Heather Lewis (U20)	Pembrokeshire Harriers	West Wales	50.25
3.	Garzina Navriene	Ealing/Lithuania	Middlesex	55.20
4.	Gemma Bridge (U20)	Radley	Oxon	55.35
5.	Fiona McGorum	Leicester RWC	Leics	55.35
6.	Alana Barber	New Zealand		56.46
7.	Helen Middleton	Enfield & Haringay	Beds	59.06
8.	Rebecca Collins (U23)	Medway & Maidstone	Kent	59.38
9.	Ellie Dainton (U17)	Llanelli AC	West Wales	59.49

10.	Cath Duhig	Ryston Runners AC	Norfolk	60.24
11.	Jasmine Nicholls (U20)	Leicester RWC	Leics	61.16
12.	Judy Howard	Abingdon Amblers	Oxon	63.00
13.	Ann Wheeler	Leicester RWC	Warks	63.38
14.	Noel Blatchford	Abingdon Amblers	Oxon	65.40
15.	Susan Barnett	Enfield & Harringay	Herts	66.58
16.	Angie Alstrachen	Enfield & Harringay	Suffolk	68.32
17.	Linda Spinks	Enfield & Harringay	Suffolk	69.29
18.	Joyce Crawford	Redlodge Runners	Suffolk	69.44
19.	Karen Davis	Birchfield Harriers	Warks	73.21
	Bethan Davies	Cardiff AAC	Glamorgan	DQ

Teams

1.	Leicester RWC	276
2.	Enfield & Harringay AC	268
3.	Abbingdon Amblers	178

CAU Teams

1.	Oxon	275
2.	Suffolk	255
3.	West Wales	191
4.	Leics	187

Men's 10km

1.	Alex Wright (U23)	Belgrave Harriers	Surrey	44.06
2.	Carlo Alberto de Sasa	Ilford AC/Italy	Midd	47.41
3.	Fabian Deuter	Hillingdon AC	Midd	50.19
4.	Steve Uttley	Ilford AC	Essex	52.58
5.	Arthur Thompson	Enfield AC	Herts	55.49
6.	Steve Arnold	Nuneaton Harriers	Warks	56.14
7.	David Crane	Surrey WC	Essex	56.18
8.	John Ralph	Enfield AC	Midd	57.54
9.	Steve Allen	Ilford AC	Essex	58.58
10.	Peter Hannell	Surrey WC	Surrey	61.43
11.	John Constandinou	Birchfield AC/Cyprus	Warks	62.43
12.	Ken Bobbett	Hillingdon AC	Midd	62.47
13.	Colin Vesty	Leicester RWC	Leics	62.56
14.	Mick Harren	Surrey WC	Surrey	63.22
15.	Alan O'Rawe	Ilford AC	Essex	63.31
16.	Stephen Crane	Surrey RWC	Essex	64.01
17.	Keith Richards	Coventry Godiva Harriers	Warks	64.08
18.	Mark Palethorpe	Worcester AC	Worcs	67.42
19.	Russell Vroydel	Hillingdon AC	Essex	68.03

Teams

1.	Ilford AC	287
2.	Surrey RWC	272
3.	Enfield & Harringay AC	189
4.	Hillingdon AC	171

CAU Teams

1.	Midd	287
2.	Essex	280
3.	Surrey	276
4.	Warks	267

Under 15 2.5km

1.	Heather Butcher	Cambridge Harriers	13.38
2.	Rebecca Chambers	Sheffield AC	13.59
3.	Sophie Lewis	Cambridge Harriers	14.03
4.	Evie Butcher	Cambridge Harriers	15.12
5.	Indigo Burgin	Cambridge Harriers	15.37
6.	Laura Achurch	Leicester RWC	15.57
7.	Ben Allen	Leicester RWC	16.01
8.	Luc Legon	Bexley	17.39

OVERSEAS ROUNDUP

Sweden vs Finland Match, Göteborg, Sweden, 1-2 September

Men's 10000m Walk, Saturday 1 September

1.	Jarkko KINNUNEN	FIN	84	40:11.83
2.	Veli-Matti PARTANEN	FIN	91	40:29.84
3.	Perseus IBANEZ	SWE	90	40:40.47
4.	Ato IBANEZ	SWE	85	42:16.89
	Andreas GUSTAFSON	SWE	81	DQ
	Antti KEMPAS	FIN	80	DQ

Women's 10000m Walk, Saturday 1 September

1.	Karoliina KAASALAINEN	FIN	88	23:17.93
2.	Anne HALKIVAHA	FIN	86	23:42.34
3.	Siw IBANEZ	SWE	57	23:57.58
4.	Henrika PARVIAINEN	FIN	97	25:45.86
5.	Ellinor HOGRELL	SWE	68	26:08.58
6.	Monica MÅNSSON-MARTINSSON	SWE	71	26:19.45

Danish Championships, Kopenhagen, Denmark 25-26 August

Men's 5000m Race Walk, Saturday 25 August

1.	Andreas NIELSEN	DEN	88	23:42.09
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Norwegian Championships, Kristiansand, Norway, 24-26 August 2012

Men's 5000m Race Walk, Friday 24 August

1.	Erik TYSSE	NOR	80	19:08.89
2.	Trond NYMARK	NOR	76	20:14.07
3.	Håvard HAUKENES	NOR	90	20:41.85
4.	Joakim SÆLEN	NOR	94	21:29.38
5.	Bjørn Ove OLNESS	NOR	86	23:19.18
6.	Thomas Myrvold OLNESS	NOR	84	23:54.19

Women's 3000m Race Walk, Friday 24 August

1.	Merete HELGHEIM	NOR	81	14:00.09
2.	Kristiane RYGG	NOR	95	16:07.31

Finnish Championships, Lahti, Finland, 23-26 August

1. Men's 20km Race Walk, Thursday 23 August

2.	Jarkko KINNUNEN	FIN	84	1:26:17
3.	Antti KEMPAS	FIN	80	1:27:44
4.	Veli-Matti PARTANEN	FIN	91	1:29:52
5.	Matias KORPELA	FIN	89	1:35:03
6.	Timo VILJANEN	FIN	77	1:39:33
7.	Elmo KOIVUNEN	FIN	94	1:41:25
	Eemeli KIISKI	FIN	91	DQ
	Aleksi OJALA	FIN	92	DQ

Women's 10km Race Walk, Thursday 23 August

1.	Karoliina KAASALAINEN	FIN	88	46:58
2.	Anne HALKIVAHA	FIN	86	48:10
3.	Henrika PARVIAINEN	FIN	97	51:47
4.	Mikaela LÖFBACKA	FIN	90	51:47
5.	Sini JUSSILA	FIN	95	52:29
6.	Erika PARVIAINEN	FIN	95	53:21
7.	Taika NUMMI	FIN	97	54:07
8.	Marika OJANPERÄ	FIN	84	54:15
9.	Venla LAIHO	FIN	95	54:28
10.	Tiia KUIKKA	FIN	94	54:53
11.	Vera RAUHALA	FIN	97	55:08
12.	Marianne VIITAMAA	FIN	96	55:19

WORLD MOUNTAIN RUNNING CHAMPIONSHIPS, PONTE DI LEGNO, ITALY, 1-2 SEPTEMBER

Local readers might remember that in 2011, Australian Junior walk champion Dane Bird-Smith represented Australia in the World Mountain Running Championships in Albania, coming 15th in the Junior Men's event. This year, the championships were held in Italy last weekend and more walkers were to the fore with twin sisters Anezka and Eliska Drahotova of the Czech Republic running in the Junior Women's event. They performed excellently, Anezka coming 7th and Eliska coming 20th and helping their team to 5th.

You can check out the full results at <http://www.comune.ponte-di-legno.bs.it/pages/News/News.asp?Id=98980>

AUSTRALIAN ROADWALK CHAMPIONSHIPS, ADELAIDE, SUNDAY 26 AUGUST

AthsvicTV has put two videos online with highlights from the 2012 Australian Road Walking Championships from Adelaide a week ago. As usual, David Armstrong has produced a couple of excellent pieces of work.

Open: <https://www.youtube.com/watch?v=uqf3SHjPC7A>
Jnr & Non-Champs: https://www.youtube.com/watch?v=kr_s0YJ86ys

WHAT'S COMING UP

Next Sunday sees VRWC hosting the **AV 50km Championship (Men)** and the **RWA 50km Championship (Women)**. Men must pre-enter the AV 50km Championship via the AV website - see <https://members.athsvic.org.au/competitions/comp-details?c=MmRkY2E4MmYtYWVmMC11MTExLTliNjgtMDAxNTVky2MzOTBi>. The RWA 50km for women may be entered on the day. We will also have a variety of other long events on as shown below and we are hoping to see lots of walkers challenging themselves over a longer distance or timeframe than usual. VRWC walkers who enter any one of the longer events on offer are automatically entered in the **Ray Smith 35km Club Championship**.

Sunday 9th September 2011		Middle Park	
AV, RWA & VRWC EVENTS			
7.30am	50km	Victorian Championship	Open Men
	50km	RWA Championship	Open Women
	4 hour race *		Open
	5 hour race *		Open
	6 hour race *		Open
	Incorporating 35km V.R.W.C. Championship – Ray Smith Trophy		
10.00am	20km		Open
11.00am	10km		
	Open		

* Rules for 4 & 5 & 6 hour events
The aim is to walk as far as possible in the time allocated.
Walkers may leave the track and re-enter the race as often as they wish as long as they do so at the start/finish line.
When restarting, walkers should notify the recorder.

Then it's a well earned rest for all of us. For those who want to start planning for the summer, the AV website has the main dates up (see <http://www.athsvic.org.au/cache/NewsFile/6496AV%20Summer%20Calendar%20203.09.2012.pdf>). Here are the first few:

Saturday 13 Oct	AV Shield – Round 1
Saturday 20 Oct	AV Shield – Round 2
Saturday 27 Oct	AV Shield – Round 3
Saturday 3 Nov	AV Shield – Round 4
Friday 9 – Sunday 11 Nov	Adidas Victorian All Schools Track & Field Championships

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.

2012/2013 Victorian/Australian Summer Season Key Dates

Sat Oct 13, 2012	AV Shield Starts with Round 1 (2000m)
Oct 13-20, 2012	Alice Springs Masters Games, Alice Springs, N.T.
Nov 3-11, 2012	Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park
Nov 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sun Dec 9 2012	Australian 50km Championship, Fawcner Park, Melbourne
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA

Mar 29-Apr 1, 2013 Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013 Australian Open Athletics Championships, Sydney, NSW

2012 International Fixture

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

14 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

2013 International Fixture

June 29 - Jul 20, 2013 **27th Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)

July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

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 **156^h 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>)