



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 34
22 May 2012



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

TIM'S WALKER OF THE WEEK

Last week's Walker of the Week went to 30 year old **Chris Erickson** who was one of only a small number of walkers to achieve a PB in the Open Men's 20km walk in the World Walking Cup in Saransk but that is what he did with his 21st place time of 1:22:20. What's more, he was the first Australian to finish in the 124 strong field and his 33 sec PB gave him the all important Olympic A qualifier that ensured he has since been added to our Olympic team.

This week we have two absolutely fantastic performances to choose between.

- 65 year old **Andrew Jamieson** was in record breaking mode last Saturday when winning the Victorian Open 10km championship, recording a 10km time of 48:38, a performance which takes 27 secs off his recent M65 World Best of 49:05 (99.77%). There is no stopping Andrew as, week by week, he raises the bar ever further.
- 23 year old **Tanya Holliday** won the South Australian 20km championship last Saturday with a PB time of 1:31:28, a PB by 1:45 and a time which pushes her to sixth on the Australian all-time ranking list. Like Andrew she gets better with every outing and has now pushed her way into our top echelons.

So get to it and vote as usual at www.vrwc.org.au.

AV, VMA AND VRWC RACES, MIDDLE PARK, SATURDAY 19 MAY

First an addendum to last week's VVRC race results when the Open Women's 3km walk results were missed. Here they are

VRWC 3km Open Women, Saturday 14 May

| | | |
|----|------------------------|-------|
| 1. | Anna Wallace | 17.00 |
| 2. | Donna Elms | 18.06 |
| 3. | Chloe McNicol-Davidson | 18.12 |
| 4. | Jan Morrey | 21.33 |
| 5. | Pam Mews | 26.02 |

And now onto last Saturday which saw a big mix of events at Middle Park with the Victorian and Victorian Masters 10km championships being decided, along with the usual mix of Victorian Race Walking Club events. Just about perfect autumn conditions greeted the 86 walkers in attendance and we saw a number of PBs in the various events.

The star of the show had to be Old Scotch walker **Andrew Jamieson** who took a further 27 seconds off his pending M65 World Masters record, set only last week at this same venue. He powered through as the fastest male walker in the 10km events with 48:38, winning the Victorian 10km Open championship into the bargain. Behind him, **Brad Simpson** took second in the Victorian championship with a big PB time of 49:21 while **Simon Evans** from the Box Hill club took third with 51:40. In the women's Victorian championship, **Kelly Ruddick** was in a class of her own, winning by over 5 minutes with a time of 47:07 ahead of **Michelle Laufer** 52:51 and **Sarah Brennan** 54:33. Both Sarah and youngster **Kirstin Shaw** 54:50 did good PBs while Kirstin's mother Robyn equalled her own PB in coming sixth.

Victorian Open Men 10 km Road Walk Championship

| | | | | | |
|----|-------------------|-----|---------|---------|---------|
| 1. | JAMIESON, Andrew | OSC | 0:48:38 | M50 1st | |
| 2. | SIMPSON, Bradley | KNA | 0:49:21 | | PB 1:33 |
| 3. | EVANS, Simon | BXH | 0:51:40 | M50 2nd | |
| 4. | McDONOUGH, Aaron | PTN | 0:52:29 | | |
| 5. | CHRISTMASS, James | COR | 0:54:30 | M40 1st | |
| 6. | KAISER, Joshua | SCA | 0:58:09 | | |
| 7. | KNOX, Duncan | ATE | 0:58:35 | M50 3rd | |
| 8. | GARDINER, Bob | COL | 1:01:12 | M50 4th | |
| | DICKENSON, Russ | SCA | DNF | | |
| | ALLAMBY, Billy | KNA | DNS | | |
| | DONAHOO, Mark | ATE | DNF | | |
| | DILLON, Joshua | COR | DQ | | |

SOFIANOS, Gerald STK DQ

Victorian Open Women 10 km Road Walk Championship

| | | | | | |
|----|----------------------|-----|---------|---------|---------|
| 1. | RUDDICK, Kelly | BHA | 0:47:07 | | |
| 2. | LAUFER, Michelle | COL | 0:52:51 | M40 1st | |
| 3. | BRENNAN, Sarah | BYC | 0:54:33 | | PB 3:10 |
| 4. | SHAW, Kirstin | WES | 0:54:50 | M40 2nd | PB 1:02 |
| 5. | HEARD, Amanda | EAG | 0:58:37 | | |
| 6. | SHAW, Robyn | WES | 1:03:42 | M50 1st | Eq PB |
| | HOCKLEY-SAMON, Jmara | CHI | DNF | | |
| | HAMILTON, Emily | KNA | DNS | | |

The Victorian Masters championships were jointly contested and a number of the AV walkers featured in the medals here alongside their fellow masters walkers.

VMA 10km Road Walking Championships

| | | | | |
|-----|--------------------|---|---------|---------|
| M35 | McDONOUGH, Aaron | 1 | 0:52:29 | |
| M40 | CHRISTMASS, James | 1 | 0:54:30 | |
| M40 | PATTERSON, Adam | 2 | 1:04:22 | |
| M50 | EVANS, Simon | 1 | 0:51:40 | |
| M50 | DONAHOO, Mark | | DNF | |
| M55 | RIDDOCH, Clyde | 1 | 0:58:12 | |
| M55 | SKRUCANY, Rudolf | 2 | 1:06:39 | |
| M60 | GRAY, Mick | 1 | 1:02:10 | PB 1:34 |
| M60 | SOFIANOS, Gerald | | DQ | |
| M66 | DICKENSON, Russell | | DNF | |
| M70 | BENNETT, Ralph | 1 | 0:55:59 | |
| M70 | WICKS, Barrie | 2 | 1:19:51 | |
| M75 | GARDINER, Robert | 1 | 1:01:12 | |
| W35 | RUDDICK, Kelly | 1 | 0:47:07 | |
| W50 | TINDAL, Pam | 1 | 0:52:56 | |
| W50 | SHAW, Robyn | 2 | 1:03:42 | Eq PB |
| W55 | THOMPSON, Alison | 1 | 1:01:36 | |
| W60 | CARR, Heather | 1 | 0:58:09 | |
| W60 | GOURLAY, Marlene | 2 | 0:58:40 | PB 0:45 |
| W60 | FELDMAN, Liz | 3 | 1:02:37 | |
| W60 | JOHNSON, Celia | 4 | 1:10:44 | |
| W65 | STEED, Gwen | 1 | 1:07:59 | |
| W70 | MACHIN, Sylvia | 2 | 1:11:48 | |

VRWC also conducted its usual spread of club events, ranging from Open 10km to U9 1.5km. Amongst the best performers were **Jason Kozica** (48:42 for 10km), **Jemima Montag** (24:23 for 5km), **Billy Allamby** (24:32 for 5km) **Nathan Brill** (12:21 for 3km U15), **Kyle Bird** (13:56 for 3km), **Jasmine Irshad** (14:38 for 3km U15) and **Adam Garganis** (14:15 for 3km U15).

VRWC 10km Open

| | | | |
|----|--------------------|---------|---------|
| 1. | ELMS, Donna | 1:07:56 | |
| 2. | O'NEILL, Simone | 1:09:09 | |
| 1. | KOZICA, Jason | 0:48:42 | PB 4:57 |
| 2. | MIRARCHI, Nicholas | 0:55:39 | |
| 3. | JORDAN, Steve * | 1:11:29 | PB |

VRWC 5km Open

| | | |
|----|-------------------------|-------|
| 1. | MONTAG, Jemima | 24:23 |
| 2. | FINNEGAN, Amelia | 25:33 |
| 3. | GEISLER, Sandra | 27:14 |
| 4. | IRSHAD, Kylie | 28:15 |
| 5. | WHILEY, Ebony | 31:32 |
| 6. | MORREY, Jan | 35:23 |
| 7. | O'NEILL, Karyn * | 35:37 |
| | MCNICOL-DAVIDSON, Chloe | DNF |
| 1. | ALLAMBY, Billy | 24:32 |
| 2. | WALMSLEY, Reese | 27:52 |
| 3. | FEAIN, Gerard | 28:22 |
| 4. | McNICOL-DAVIDSON, Cody | 34:31 |
| 5. | CONBOY, Bruce | 36:38 |
| 6. | POORE, Alex * | 42:22 |

VRWC 3km Open

| | | | |
|----|---------------|-------|----|
| 1. | MEWS, Pam * | 27:32 | |
| 1. | BRILL, Nathan | 12:21 | |
| 2. | BIRD, Kyle | 13:56 | PB |
| | ONLEY, Gordon | DQ | |

VRWC 3km U15

| | | | |
|-----|--------------------|-------|---------|
| 1. | IRSHAD, Jasmine | 14:38 | |
| 2. | HAMILTON, Emily | 16:09 | |
| 3. | DE LISEN, Paige | 16:23 | PB 0:18 |
| 4. | EASTWOOD, Jessie | 16:23 | |
| 5. | WALKER, Megan | 16:45 | |
| 6. | GUY, Rachael | 17:17 | |
| 7. | SANDERS, Jade | 17:41 | |
| 8. | CAMPBELL, Caitlin | 19:11 | |
| 9. | McLAREN, Stacey | 20:25 | |
| 10. | FEAIN, Madeleine | 21:06 | |
| | CREA, Gabriella | DQ | |
| 1. | GARGANIS, Adam | 14:15 | PB 0:13 |
| 2. | OWEN, Cooper | 16:02 | |
| 3. | TREMIGLIOZZI, Paul | 19:54 | |
| 4. | OLIVA, Jake | 23:10 | |
| | O'MAHONY, Brendon | DQ | |

Finally, our U12 and U9 walkers contested the slightly longer 2.5km and 1.5km distances again this week. Jessica Lillie 14:36, Corey Dickson 14:29 and Gemma Lillie 9:37 were our fastest but all the walkers seemed to enjoy themselves!

VRWC 12 2.5km U12

| | | |
|----|--------------------|-------|
| 1. | LILLIE, Jessica | 14:36 |
| 2. | LILLIE, Brianna | 14:46 |
| 3. | O'MAHONY, Kathleen | 15:00 |
| 4. | MILLER, Tegan | 15:04 |
| 5. | EASTWOOD, Jemma | 15:40 |
| 1. | DICKSON, Corey | 14:29 |
| 2. | WALMSLEY, Hayden | 14:37 |
| 3. | FEAIN, Lachlan | 14:52 |
| 4. | EVANS, Liam | 15:35 |
| 5. | BRILL, Caine | 16:19 |
| 6. | BRILL, Justin | 16:24 |
| 7. | MIRARCHI, Thomas | 21:23 |

VRWC 1.5km U9

| | | |
|----|----------------|-------|
| 1. | LILLIE, Gemma | 09:37 |
| 2. | EVANS, Freya | 11:16 |
| 3. | IRSHAD, Zara * | 11:49 |

Thanks as always to our many officials and judges who keep the show on the road. Apologies to anyone I have missed.

Officials: Tim Erickson, Harry Summers, Ian Laurie, Damien Elms, Mark O'Mahony, Mark Davidson, Craig Brill, Lavinia Petrie, Stuart Cooper
Judges: Shane Bertrand (Chief), Brian Williams, Lloyd Nichols, Gordon Loughnan, Matt Owen, Kathleen Marsh, Brenda Felton, Alan Lucas, Peter Vysma, Michael Bodey (DQ)
Bicycles: Justin McLaren, Jason Elms
Setup: Peter Vysma, Bob Gardiner, Harry Summers
Canteen: Barb Gardiner, Kate Suich, Wendy Cooper

And finally a few photos. Unfortunately club photographer Terry Swan suffered a car breakdown on the way and my camera ran out of batteries mid race while Debra Brill was firing away. So the photo selection is rather sparse this week! I will pop them up into our photo gallery when I get the chance.



AV 10km walkers Kelly Ruddick, Amanda Heard, Andrew Jamieson, Bradley Simpson, Simon Evans, Josh Dillon and Sarah Brennan



Ralph Bennett, Jmara Hockley-Samon, Nathan Brill, Josh Kaiser, Michelle Laufer, James Christmass, Reese Walmsley and Pam Tindal



Jasmine Irshad

Start of U9 and U12 races

Kyle Bird

STYLE AWARD COMPETITION KICKS OFF

I kicked off our Winter Season style award competition on Saturday and asked the judges to pick the best 3 walkers from a style perspective in each of the four divisions below. Most did not have a chance to see the U9/U12 as they did such short distances but we did get a full range of Open/U15 votes recorded. These accumulate progressively during the season with winners declared at our final Winter Season Presentation day in September.

| Open/U15 Men | Open/U15 Women | U9/U12 Boys | U9/U12 Girls |
|--------------------|-------------------|--------------|----------------|
| Bob Gardiner 5 | Kelly Ruddick 14 | Liam Evans 3 | Gemma Lillie 3 |
| Jason Kozica 4 | Amelia Finnegan 3 | | |
| Kyle Bird 3 | Pam Tindal 3 | | |
| Nathan Brill 3 | Paige De Lisen 3 | | |
| Joshua Kaiser 2 | Jemima Montag 2 | | |
| Clyde Riddoch 2 | Heather Carr 1 | | |
| Duncan Knox 2 | Sarah Brennan 1 | | |
| Ralph Bennett 2 | | | |
| Barrie Wicks 2 | | | |
| James Christmass 1 | | | |
| Billy Allamby 1 | | | |

ASA STATE CHAMPS AND SARWC EVENTS, ADELAIDE PARKLANDS, SATURDAY 19 MAY 2012

Thanks to Peter Crump for his weekly report from Adelaide.

Our State Championships were held over 20km and the day belonged to **Tanya Holliday**, walking **1:31:28** over the walking track that we use in the Adelaide parklands. The time is a stand out not only in its own right, but recognising that Tanya led out from the start and raced alone throughout. The circuit has only two end on end turns over the 2 km loop, but also has 3 corners to address, as well as a number of corrugations and dips over sections. The 20km was evenly split, exactly 45:44 at 10km, an amazing effort from Tanya. In the men's 20km, **Kim Mottrom** led start to finish, but faded badly over the final 6km, as he pushed himself early to attack his long standing PB. In second, **Justin Hill** peeled over 8 minutes from his only 20km from a year ago, showing the results of good form and training. Pushing himself hard over the full distance, Peter Crump walked a PB for the distance, with Gloria Holliday walking a debut 20km in the women's event.

SA Open Men 20km Championship

| | |
|----------------|---------|
| 1. Kim Mottrom | 1:37:50 |
| 2. Justin Hill | 1:47:15 |
| 3. Peter Crump | 1:49:49 |

SA Over 35 Men 20km Championship

| | |
|-----------|----|
| Jim Hoare | DQ |
|-----------|----|

SA Open Women 20km Championship

| | |
|--------------------|---------|
| 1. Tanya Holliday | 1:31:28 |
| 2. Gloria Holliday | 2:09:11 |

SA Under 20 Women 10km Championship

| | |
|---------------------|---------|
| 1. Amber Tuscharski | 1:02:00 |
|---------------------|---------|

SA Under 18 Women 8km Championship

| | |
|------------------|-------|
| 1. Jemma Potezny | 44:12 |
|------------------|-------|

SA Under 16 boys 5 km Championship

| | |
|-----------------------|-------|
| 1. Michael Nicolaides | 33:35 |
| 2. Ryan Green | 33:37 |

SA Under 16 girls 5km Championship

| | |
|------------------|-------|
| 1. Julia Potezny | 30:41 |
|------------------|-------|

SA Under 14 boys 3km Championship

| | |
|--------------------|-------|
| 1. Alix Harlington | 16:04 |
|--------------------|-------|

SA Under 14 girls 3km Championship

| | |
|-----------------------|-------|
| 1. Anna Cross | 15:47 |
| 2. Rhiannon Lovegrove | 16:41 |
| 3. Bethany Cross | 16:42 |

SAAWC 20km

| | |
|---------------|---------|
| 1. Bill Starr | 2:22:38 |
|---------------|---------|

SAAWC 5km

| | |
|-----------------------|-------|
| 1. Lachlan Tyler-Dowd | 29:39 |
|-----------------------|-------|

SAAWC 3km

| | |
|-----------------------|-------|
| 1. Rhiana Hooker | 18:20 |
| 2. Chris Nicolaides * | 23:49 |

SAAWC 2km

| | |
|-----------------------|-------|
| 1. Joe Cross | 11:45 |
| 2. Hayden Goode | 11:48 |
| 3. Sarah Damin | 12:38 |
| 4. Ayeisha Wallace | 13:33 |
| 5. Corey Harlington * | 19:12 |
| 6. Troy Hooker* | 22:44 |

With Tanya's performance, she has pushed herself up to sixth on the Australian all-time ranking list and I am sure that there is more to come. The updated ranking list reads as follows:

| Rank | Time | Name | State | DOB | Place | Location | Date | Age |
|------|-----------|-------------------|-------|------------|-------|-------------------|------------|-----|
| 1 | 1:27.44.0 | Jane Saville | N | 05/11/1974 | 4 | Naumburg, Germany | 02/05/2004 | 29 |
| 2 | 1:28.53.0 | Claire Tallent | S | 06/07/1981 | 5 | Taicang, China | 30/03/2012 | 30 |
| 3 | 1:29.36.0 | Kerry Saxby-Junna | N | 02/06/1961 | 2 | Naumburg, Germany | 30/04/2000 | 38 |
| 4 | 1:29.44.0 | Cheryl Webb | N | 03/10/1976 | 1 | Melbourne | 07/03/2009 | 32 |
| 5 | 1:30.25.0 | Jess Rothwell | V | 18/06/1989 | 2 | Melbourne | 07/03/2009 | 19 |
| 6 | 1:31.28.0 | Tanya Holliday | S | 21/09/1988 | 1 | Adelaide | 19/05/2012 | 23 |

| | | | | | | | | |
|----|-----------|------------------------|---|------------|----|-------------------|------------|----|
| 7 | 1:31.34.0 | Natalie Saville | N | 07/09/1978 | 25 | Naumburg, Germany | 02/05/2004 | 25 |
| 8 | 1:31.39.0 | Regan Lamble | V | 14/10/1991 | 12 | Taicang, China | 22/04/2011 | 19 |
| 9 | 1:32.57.0 | Kellie Wapshott | V | 23/08/1981 | 2 | Melbourne | 23/02/2008 | 26 |
| 10 | 1:33.00.0 | Lisa Sheridan-Paolini | N | 10/12/1962 | 1 | Sydney | 08/07/2000 | 37 |
| 11 | 1:33.09.0 | Beki Lee | N | 25/11/1986 | 2 | Melbourne | 11/12/2011 | 25 |
| 12 | 1:33.45.0 | Megan Szirom | V | 18/08/1977 | 4 | Melbourne | 07/03/2009 | 31 |
| 13 | 1:34.13.0 | Jillian Hosking | A | 12/02/1987 | 3 | Hobart, Aust 20km | 13/02/2010 | 23 |
| 14 | 1:34.27.0 | Anne Pembroke-Manning | N | 13/11/1959 | 1 | Hawkesbury | 10/07/1993 | 33 |
| 15 | 1:34.35.0 | Wendy Muldoon | V | 27/05/1971 | 1 | Melbourne | 16/08/1998 | 27 |
| 16 | 1:34.44.0 | Simone Wolowiec | V | 12/02/1974 | 1 | Canberra | 16/01/2000 | 25 |
| 17 | 1:34.44.0 | Lyn Ventris | W | 02/10/1956 | 1 | Melbourne | 16/12/2001 | 45 |
| 18 | 1:35.55.0 | Nicole Fagan | N | 24/07/1989 | 3 | Hobart, Aust 20km | 19/02/2011 | 21 |
| 19 | 1:36.16.0 | Jenny Jones-Billington | Q | 20/04/1967 | 2 | Hawkesbury | 10/07/1993 | 26 |
| 20 | 1:36.19.0 | Sally Pierson | V | 10/03/1963 | 1 | Melbourne | 15/07/1984 | 21 |

ACT WALKERS CLUB WALKS, BOAT RAMP, BLACK MOUNTAIN PENINSULAR, SATURDAY 19 MAY

Thanks to Robin Whyte for the latest results from Canberra. Harry Bates was in good form with 24:38 for 5km as was Ashleigh Resch 16:36 for 3km.

17km Walk

| | | |
|----|----------------------|---------|
| 1. | Brendon Reading | 1:25:59 |
| 2. | Ann Staunton-Jugovic | 1:47:11 |
| 3. | Robin Whyte | 1:51:33 |
| 4. | Derek Robinson | 2:00:07 |
| 5. | Bryan Thomas | 2:00:07 |
| 6. | Rod Gilchrist | 2:04:47 |
| 7. | Doug Fitzgerald | 2:15:02 |
| 8. | Val Chesterton | 2:34:13 |

5km Walk

| | | |
|----|-----------------|-------|
| 1. | Harry Bates | 24:38 |
| 2. | Zoe Hunt | 28:36 |
| 3. | Kate Black | 30:53 |
| 4. | Helena Bialecki | 31:24 |
| 5. | Jane Bates | 31:39 |
| 6. | Bob Chapman | 39:45 |
| 7. | Cilla Chapman | 43:05 |
| 8. | Desma Butler | 45:04 |
| 9. | Trish Thomas | 53:56 |

3km Walk

| | | |
|----|----------------|-------|
| 1. | Ashleigh Resch | 16:36 |
| 2. | Jack Thackray | 24:53 |
| 3. | Karen Knowles | 25:53 |

1km Walk

| | | |
|----|--------------|------|
| 1. | Thomas Hunt | 8:45 |
| 2. | Hana Jugovic | 9:29 |

SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 19 MAY

Thanks to Colin Hainsworth for the results of the latest South Australian Masters walks. Colin advised that it was good walking weather, cool, calm, cloudy with sunny periods.

6km Yacht Handicap

| | | |
|-----|----------------|---------------|
| W64 | Lillian Harpur | 52.30 |
| W61 | Helen Suridge | 41.53 |
| M74 | Rodger Barber | 44.21 |
| W58 | Linda Whitelaw | 46.20 |
| W59 | Edna Bates | 52.58 |
| M61 | Jeff Kennett | 54.15 |
| W78 | Cynthia Dally | 54.28 |
| W5? | Jenny Kotz | 2K First walk |

10km Yacht Handicap

| | | | |
|-----|-------------------|---------|--------|
| W68 | Margaret Trengove | 1.12.51 | 79.38% |
| M68 | Graham Harrison | 1.12.05 | 69.68% |
| M82 | Colin Hainsworth | 1.17.21 | 79.35% |
| M65 | Geoff Byham | 1.04.52 | 74.8% |
| W47 | Raelene Schild | 1.15.36 | 59.66% |
| M69 | Roger Lowe | 1.18.20 | 64.89% |
| M78 | David Robertson | 1.23.47 | 68.65% |

RWCWA ROADWALKS, WILSON, SUNDAY 20 MAY 2012

Thanks to Rick Cattermole for the latest results from the Race Walking Club of WA.

Open 10km

| | |
|-----------------|-----|
| Sara Cattermole | DNF |
| Vanessa Brown | DNF |

Open 5km

| | | |
|----|-----------------|------------|
| 1. | Caitlin Gerken | 30.21 (PB) |
| 2. | Michelle Butler | 31.06 |
| | Breanna Brown | DNF |

Open 3km

| | | |
|----|-----------------------------|-------|
| 1. | Melissa Butler | 19.06 |
| 2. | Jasmin Burgess | 19.20 |
| 3. | Janine Butler | 21.51 |
| 4. | Christopher Gerken | 22.57 |
| 5. | Melissa Hall (nee Sullivan) | 22.58 |

Open 2km

| | | |
|----|--------------|-------|
| 1. | Summer Brown | 11.49 |
| 2. | Helen Hahn | 19.07 |

WA RACE WALKING CLUB ROADWALKS, WILSON, SUNDAY 20 MAY

Thanks to Terry Jones for some more WA results from Perth, this time from the Western Australian Race Walking Club.

2km Handicap

| | | |
|----|------------------|-------|
| 1. | Tiahna Ruane | 11.49 |
| 2. | Ariana Tolardo | 14.24 |
| 3. | Rachel Rowbottom | 14.25 |
| 4. | Amy Holland | 14.21 |
| 5. | Ben Reid | 14.30 |
| 6. | Olivia Skepper | 14.44 |
| 7. | Shae Millington | 12.15 |
| 8. | Joanna Rowbottom | 19.17 |

5km Handicap

| | | |
|----|------------------|-------|
| 1. | Tom Lenane | 32.54 |
| 2. | Holly Hughes | 29.13 |
| 3. | Isabella Tolardo | 36.30 |
| 4. | Tanya Andrews | 32.30 |
| 5. | Lesley Romeo | 37.31 |
| 6. | Kimberley Smith | 32.59 |
| 7. | Georgia Curulli | 38.23 |
| 8. | Zac Partington | 24.18 |

BRWC - BENITA VAN RAAPHORST MEMORIAL 3KM HANDICAP, BALLARAT, SUNDAY 20 MAY

Dary Biggin reports from the Ballarat Race Walkers who competed at the North Gardens at Lake Wendouree on Sunday morning.

A field of 14 starters took to the course on a cool but still morning. Our BRWC judges lined the path, eagle eyes at the ready. Youngsters Mia Darlow, Bailey Ohlsen and first time racer Oliver Watts started off go. Mia and Oliver completed a one kilometre loop together in 7:30, but Bailey was in for the long haul and hung on to complete the full 3kms in 32.43. As the rest of the field headed out in their staggered start, it was young Alanna Peart, only 8 years old, who stormed home in an amazing 18:16 (3:11 PB!) to win the race. Not far behind was 13 year old Ross Darlow in a another massive PB of 15:59. Third place went to Rodney Davis, also in a PB of 19:36. Well done to our other first time racer, 14 year old Emily Crowley, who walked excellently to clock 21:29. Josh Dillon recorded 14:14 to be the fastest finisher, not a bad effort after racing over 10km on Saturday. Thanks to everyone who helped out on the day.



Alanna Peart cleans up in the Benita van Raaphorst Memorial – pictured with Daryl Biggin

Benita van Raaphorst Memorial 3km Handicap

| | | | |
|-----|------------------|-------|------------|
| 1. | Alanna Peart | 18:16 | PB 3:11 |
| 2. | Ross Darlow | 15:59 | PB 1:24 |
| 3. | Rodney Davis | 19:36 | PB 0:38 |
| 4. | Jemma Peart | 18:10 | |
| 5. | Olivia Davis | 24:49 | |
| 6. | Sarah Brennan | 15:58 | |
| 7. | Emily Crowley | 21:29 | First Time |
| 8. | Kobie Somerfield | 18:12 | |
| 9. | Josh Dillon | 14:14 | |
| 10. | Lee Govan | 19:27 | |
| 11. | Bailey Ohlsen | 32:43 | |

2km Walk

| | | |
|----|-------------|-------|
| 1. | Shae Ohlsen | 16:13 |
|----|-------------|-------|

1km Walk

| | | | |
|----|--------------|------|------------|
| 1. | Mia Darlow | 7:30 | PB 2:12 |
| 2. | Oliver Watts | 7:30 | First Time |

QUEENSLAND RACE WALKING ROUNDUP, MURARRIE, SUNDAY 20 MAY, 2012

Thanks to Noela McKinven for the results of the Queensland Roadwalk Championships. I heard that the 1km course had a fair size hill for over 100 metres so times were pretty good considering. Well done to Brad Aiton who achieved his required World Juniors pre-departure time with a 45:16 for 10km. Brandon Dewar was also in good form with 46:52 as were Dane Bird-Smith with 21:13 (5km) and Jesse Osborne 13:12 (3km). And I see that French tourist Mathilde Lacaze walked well for 27:09 (5km).



Brad Aiton on his way to 45:16 at Murarrie on Sunday

Queensland Open Men 30km Championship

- | | | |
|----|----------------|---------|
| 1. | Peter Bennett | 2:48.43 |
| 2. | Dean Nipperess | 3:09.09 |

Queensland Open Women 20km Championship

- | | | |
|----|----------------|---------|
| 1. | Noela McKinven | 2:40.45 |
|----|----------------|---------|

Invitation 10km

- | | | |
|----|-----------------|----------|
| 1. | Brad Aiton | 45.16 |
| 2. | Brandon Dewar | 46.52 |
| 3. | Jessica Pickles | 51.23 |
| 4. | Casey Sims | 68.45 |
| 5. | Donna Beikoff | 72.17 |
| 6. | Jessica Wright | 73.42 |
| 7. | Mel Hayes | DNF (9k) |
| 8. | Nick Dewar | DNF (6k) |

Invitation 5km

- | | | |
|----|-----------------|-------|
| 1. | Dane Bird-Smith | 21.13 |
| 2. | Mathilde Lacaze | 27.09 |
| 3. | Katya Martin | 28.48 |

Invitation 3km

- | | | |
|----|--------------------|-------|
| 1. | Jesse Osborne | 13.12 |
| 2. | Clara Smith | 15.06 |
| 3. | Mikaela Woodward | 16.51 |
| 4. | Ryan Pinchen | 18.05 |
| 5. | Jesse Sims | 18.30 |
| 6. | Aimee Brackin | 18.51 |
| 7. | Lucy-Rose Boardman | 18.59 |
| 8. | Riley Sims | 20.29 |
| 9. | Clancy Smith | 20.57 |

Invitation 2km

- | | | |
|----|----------------|-------|
| 1. | Thalia Martin | 13.34 |
| 2. | Jade-E Pearson | 14.55 |

Invitation 1km

- | | | |
|----|------------------------|------|
| 1. | Jasmine-Rose McRoberts | 7.00 |
| 2. | Simone Berndt | 7.10 |

RACE WALKING NZ RELAY CHAMPIONSHIPS, UPPER HUT, NEW ZEALAND, SUNDAY 20 MAY

Thanks to David Lonsdale for this report from New Zealand – 100 walkers is pretty impressive and the event sounded great.

Racewalking Auckland retained its Race Walking New Zealand team relay title, conducted in six legs over the marathon distance (42.2km) in Upper Hutt on Sunday 20th May 2012. They established a championship division course record of 3:34:32 and were well ahead of Taranaki Race Walkers in 4:04.05 with the host club Wellington Scottish A.C. third in 4:08.06. In perfect conditions Matthew Holcroft, a member of the Auckland team, attempted to achieve a World Junior Track and Field A Standard for the 10 km distance but despite a great effort and lots of vocal support fell short with a time of 46:04.

In the Non-championship B Division, 12 teams had a good battle with the lead changing frequently until Taranaki Race Walkers made a break midway in the race to win, retaining its title in 4:18.14. Run Walk Hawkes Bay, who had led for a number of laps, was second in 4:21.47 with Manawatu Striders third in 4:34.38.

On a day which started with a hard frost but which cleared quickly to perfect calm and cool conditions, Olympic bound 50 km walker Quentin Rew walked a leg of the relay for his Composite Wellington team and then continued on, completing 47 km. With 100 race walkers competing on a fast and interesting 1.25 km circuit there was a great atmosphere for the hundreds of walkers and spectators at this sixth annual event hosted by the Scottish club.

OVERSEAS SHORTS

Banská Bystrica Grand Prix Meet, Slovakia, Saturday 19 May

First to Slovakia for the Banska Bystrica GP Meet where 5000m track walks were held last Saturday.

Men's 5000m Race Walk

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Milan RÍZEK | SVK | 78 | 20:46.00 |
| 2. | Zdeno BABÍK | SVK | 84 | 21:07.03 |
| 3. | Dušan MAJDAN | SVK | 87 | 21:19.16 |
| 4. | Martin TIŠŤAN | SVK | 92 | 22:06.34 |
| 5. | Miroslav ÚRADNÍK | SVK | 96 | 22:12.62 |
| 6. | Andrej DOLINSKÝ | SVK | 94 | 22:46.96 |
| 7. | Zdeno MEDERA | SVK | 75 | 24:51.37 |

Women's 5000m Race Walk

| | | | | |
|----|---------------------|-----|----|----------|
| 1. | Katarina STRMENOVA | SVK | 93 | 23:28.27 |
| 2. | Nikola PILIAROVÁ | SVK | 94 | 24:25.60 |
| 3. | Monika HORNÁKOVÁ | SVK | 95 | 24:51.92 |
| 4. | Dáša ŠKANTÁROVÁ | SVK | 95 | 25:56.35 |
| 5. | Radoslava PILIAROVÁ | SVK | 96 | 26:19.63 |
| 6. | Lucia ŠKANTÁROVÁ | SVK | 96 | 26:45.07 |
| 7. | Lucia ČUBAŇOVÁ | SVK | 95 | 27:54.43 |
| 8. | Terézia TOMAJKOVÁ | SVK | 95 | 29:05.09 |

Now to Ireland for a couple of bits and pieces. First to Dublin for the annual Woodie's DIY AAI Games where Cian McMenamon won the 5000m walk with 20:49.41.

Woodie's DIY AAI Games, Morton Stadium Dublin 20 May 2012

Men's 5000m Walk

| | | | |
|----|----------------|---------------|----------|
| 1. | Cian McMenamon | Westport A.C. | 20.49.42 |
| 2. | James Treanor | Shercock A.C. | 22.29.32 |

Then to the press release from the Athletics Ireland Selection committee which yesterday announced the nomination of the following three 50km walkers to their Olympic team: Rob Heffernan, Brendan Boyce and Colin Griffin.

WALKING IS IN THE NEWS

Racewalking is certainly in the news at the moment with the following articles – far too many for me to reprint so I leave it to readers to read them for themselves.

South African 50km walker Marc Mundell qualifies for the Olympics

<http://www.iol.co.za/sport/athletics/walker-mundell-qualifies-for-olympics-1.1296167>

An IAAF article on Jared, Claire and Rachel Tallent

<http://www.iaaf.org/Mini/WRW12/News/NewsDetail.aspx?id=64952>

an article on the Russian Olympic walkers

<http://www.european-athletics.org/news/latest-news/496-general/11034-russian-walkers-path-to-london-is-now-established.html>

Slovak walker Toth is voted European Male Athlete of the Month for April

<http://www.european-athletics.org/aom/11033-menkova-and-toth-voted-european-athletes-of-the-month-for-april.html>

Spanish walking legend Juan Manuel Molina announces his retirement

<http://www.european-athletics.org/news/latest-news/496-general/11032-hamstring-problems-force-spanish-walker-molina-to-retain.html>

English walker Alex Wright strives for Olympic selection

<http://trackfield97.com/alex-wright-%E2%80%93-great-britain-elite-race-walker-and-london-2012-hopeful/>

And finally, some great photos from the 2012 World Walking Cup in Saransk

<http://www.facebook.com/media/set/?set=a.365810840134426.81149.108930319155814&type=1>

EUROPEAN CLUB CHAMPIONSHIP RESULTS – ASSORTED

Club Championships kicked off last week in various centres around Italy, France and Spain (amongst others). There were walks galore but I have just extracted a few of the better results for readers. It is the tip of the iceberg!

Aix-les-Bains - French Club Championships - 20.05.2012**Men's 5000m Race Walk**

| | | | | |
|----|---------------------|-----|----|----------|
| 1. | Djamel SELSELDEB | FRA | 76 | 20:58.83 |
| 2. | Guillaume DUJOUR | FRA | 78 | 21:29.99 |
| 3. | Xavier LE COZ | FRA | 79 | 21:50.92 |
| 4. | Mehdi BOUFRAINE | FRA | 89 | 22:05.70 |
| 5. | Raphael COSSET | FRA | 79 | 22:28.79 |
| 6. | Vony RAKOTONDRAFARA | FRA | 90 | 22:59.67 |
| 7. | Aurelien VADANT | FRA | 81 | 23:11.20 |

Women's 3000m Race Walk

| | | | | |
|----|---------------------------|-----|----|----------|
| 1. | Fabienne RINERO CHANFREAU | FRA | 80 | 13:44.47 |
| 2. | Ines PASTORINO | FRA | 92 | 13:45.64 |
| 3. | Corinne BAUDOIN | FRA | 80 | 13:51.26 |

Andújar - Spanish Club Championships - 19.05.2012**Men's 5000m Race Walk**

| | | | | |
|----|----------------------|-----|----|----------|
| 1. | Juan Antonio RAYA | ESP | 93 | 21:23.80 |
| 2. | Ivan PAJUELO | ESP | 93 | 21:30.08 |
| 3. | Francisco Jose DURAN | ESP | 93 | 22:12.55 |
| 4. | Diego GARCIA | ESP | 96 | 22:18.73 |
| 5. | José FERNÁNDEZ | ESP | 80 | 23:08.72 |

Aranjuez - Spanish Club Championships - 19.05.2012**Women's 5000m Race Walk**

| | | | | |
|----|------------------------|-----|----|----------|
| 1. | Ainhoa PINEDO | ESP | 83 | 22:21.80 |
| 2. | Maria JUAREZ GALLARDO | ESP | 93 | 25:06.11 |
| 3. | Maria LARIOS LOPEZ | ESP | 92 | 25:17.72 |
| 4. | Alicia CRISTOBAL MUNOZ | ESP | 90 | 25:47.47 |

Burgos - Spanish Club Championships - 19.05.2012**Men's 5000m Race Walk**

| | | | | |
|----|--------------------------|-----|----|----------|
| 1. | Mario SILLERO | ESP | 90 | 21:16.08 |
| 2. | Ruben CASTRILLO GONZALEZ | ESP | 90 | 21:16.29 |
| 3. | Jose Luis DUCE | ESP | 73 | 22:50.24 |

Castellón - Spanish Club Championships - 19.05.2012**Men's 5000m Race Walk**

| | | | | |
|----|---------------------------|-----|----|----------|
| 1. | Francisco ARCILLA | ESP | 84 | 20:36.51 |
| 2. | José Ignacio ALEDO ROMERA | ESP | 79 | 21:07.24 |
| 3. | Fabian BERNABE | ESP | 95 | 22:03.18 |
| 4. | Luis CAMBRONERO | ESP | 93 | 22:10.31 |
| 5. | Jorge GONZALEZ | ESP | 78 | 22:46.41 |
| 6. | David MATEOS | ESP | 81 | 22:59.76 |

Durango - Spanish Club Championships - 19.05.2012**Women's 5000m Race Walk**

| | | | | |
|----|----------------------------|-----|----|----------|
| 1. | Beatriz PASCUAL | ESP | 82 | 22:15.26 |
| 2. | Eva Maria IGLESIAS | ESP | 85 | 23:37.94 |
| 3. | Maria Isabel PÉREZ BELLOCH | ESP | 79 | 26:22.73 |

Zaragoza - Spanish Club Championships - 19.05.2012**Women's 5000m Race Walk**

| | | | | |
|----|-------------------------------------|-----|----|----------|
| 1. | María José POVES | ESP | 78 | 22:19.55 |
| 2. | Júlia TAKÁCS | ESP | 89 | 22:41.22 |
| 3. | Sonata MILUŠAUSKAITĖ | LTU | 73 | 23:10.22 |
| 4. | Miriam FERNÁNDEZ ANDRÉS | ESP | 81 | 23:20.77 |
| 5. | Maria De Los Angeles GARCIA PALLERO | ESP | 83 | 25:43.20 |

Busto Arsizio - Italian Club Championships - 19.05.2012**Men's 10,000m Race Walk**

| | | | | |
|----|-----------------|-----|----|----------|
| 1. | Daniele PARIS | ITA | 84 | 42:59.36 |
| 2. | Giacomo VIGANO' | ITA | 91 | 44:45.79 |
| 3. | Mario LAUDATO | ITA | 88 | 44:52.63 |
| 4. | Andrea ADRAGNA | ITA | 89 | 45:07.43 |
| 5. | Manuel GIORDANO | ITA | 95 | 48:13.60 |
| 6. | Marco ARRIGONI | ITA | 94 | 49:17.76 |
| 7. | Marco GIORDANO | ITA | 95 | 49:51.02 |

TALKING THE LONDON OLYMPICS

Yes, it's now official. After the great performances from Chris Erickson and Adam Rutter in Saransk, they have both been officially added to the Australian Olympic walks team (see http://www.athletics.com.au/home/news/news/2012/may/untitled_101) which now reads as follows

| | |
|--------------|--|
| Women's 20km | Regan Lamble (VIC/AIS), Beki Lee (NSW/AIS), Claire Tallent (SA/AIS) |
| Men's 20km | Chris Erickson (VIC/AIS), Adam Rutter (NSW/AIS), Jared Tallent (VIC/AIS) |
| Men's 50km | Luke Adams (NSW/AIS), Nathan Deakes (VIC/AIS), Jared Tallent (VIC/AIS) |

It shows the worth of the AIS as a tool for developing walkers. All 8 Olympic spots have gone to AIS walkers. Well done to the AIS walks coaches Brent Vallance and Craig Hilliardt for their superb job in developing and guiding their charges to the Olympics.

For Adam and Chris, it is a second Olympics, both having competed in Beijing in 2008. The Canberra Times has done it again, this time with a superb article on Chris Erickson (see <http://www.canberratimes.com.au/sport/erikson-gets-shot-at-redemption-in-london-20120517-1ytwr.html>) by staff writer Chris Wilson and it is worth reproducing here.



Chris and 9 month old Olly in Canberra after hearing he had been added to the Olympic Team

He has followed in his own father's footsteps to become a Commonwealth Games bronze medallist, but race-walker Chris Erickson says it's too early to know if his own nine-month-old son, Oliver, will become an Olympian like dad. "There's no pressure, when he takes his first steps we might get a better idea," Erikson says, laughing. "My dad's always joking we need to get him training. He's getting close, he shuffles around the room on one knee."

Erickson was yesterday granted his shot at Olympic redemption, given a discretionary selection by Athletics Australia (AA) to compete at the London Olympics in the 20-kilometre event. It was a huge relief for Erickson, who broke down in tears after being disqualified from the 50km walk at the 2008 Beijing Olympics. Recognised in athletics for the flamboyant flame tattoos rising from his feet, Erickson has had two birds inked into either side of his chest this year. Tattoos of swallows are an old-world symbol, once given to sailors to recognise 5000 miles of exploration.

Erickson, of Deakin, estimates he's walked more than 15,000km in training since Beijing, driven by disappointment. For all his love of body art and ink, he has refused to get the Olympic rings tattooed onto his body – yet. "There's very rarely a day that goes past that I don't think about it [the disappointment of Beijing. I say to a lot of people it's a highlight, but also a lowlight of my career. To get to an Olympics and represent your country is fantastic but that's the only time I've been disqualified in my whole career, so it's a tough one to take. It's something that drives me every day and almost every step along the way. My big aim for the last four years has been to redeem that and make sure I get to London to have a great result ... and finally get my Olympic rings tattoo."

Tim Erickson claimed bronze at the 1978 Commonwealth Games, son Chris repeating that effort in 2006. "I'm very encouraged about getting a top-16 or even a top-10 finish in London is an achievable target."




Canberra-based race-walker Adam Rutter was also added to the Olympic nominations by AA yesterday.

AN ADDITION TO THE RACEWALK AUSTRALIA HALL OF FAME

I have been reviewing my RaceWalkAustralia Hall of Fame for some weeks now and have decided it is well and truly time to add **Chris Erickson** to it. Claire Tallent was added a month or so ago and now it is Chris's turn. For him, the latest team selection is another in a long string of Australian representations which now includes 2 Olympics, 2 Commonwealth Games, 2 IAAF World Championships and 5 IAAF World Cups. This makes Chris one of our most highly capped walking representatives who has been in just about every team since 2006. You can check my Hall of Fame out at http://www.racewalkaustralia.com/Hall_of_fame.asp

ZOOMING IN FOR A CLOSER LOOK AT OUR OLYMPIC WALKERS

And let's have an in depth look at our 8 Olympic Representatives.

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|-----------------------------------|----------------------|-------------------|------------------------------|------------------------------|-----------------|--------------------------------|----------------|-------------|--------------------------------|----------------|----------------|------------------------------|----------------|---------------|---------------------|----------------|-------------------|---------|----------------|--------|------|-----------|-----------|--------|--------------------|-------|-----------|----------------|-------------------|-------|-----------|----------------|------|---------|-----------|------|---------------|--------|-----------|-------|-------|--------|------|-------|-------|--------|------|------|-------|----------------|------|------|---------|----------------|------|
|  | <p>Regan Lamble 20 year old Regan is our latest walking sensation who burst onto the international stage in 2008 with immediate success. Upon finishing her Year 12 Studies, she was snapped up on an AIS scholarship and has continued to develop quickly in the rarified Canberra atmosphere. Her list of international credentials already reads impressively:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">2008 IAAF World Race Walking Cup:</td> <td style="width: 25%;">10km U20 Walk</td> <td style="width: 25%;">26th (49:38)</td> </tr> <tr> <td>2010 IAAF world Walking Cup:</td> <td>10km U20 Walk</td> <td>15th (51:16)</td> </tr> <tr> <td>2010 IAAF World Junior Champs:</td> <td>10,000m U20:</td> <td>8th (47:55)</td> </tr> <tr> <td>2011 IAAF World Championships:</td> <td>20km Open Walk</td> <td>15th (1:33:38)</td> </tr> <tr> <td>2012 IAAF World Walking Cup:</td> <td>20km Open Walk</td> <td>24th 1:34:34)</td> </tr> <tr> <td>2012 Olympic Games:</td> <td>20km Open Walk</td> <td>TBA</td> </tr> </table> <p>Her PBs also read impressively</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">3000m</td> <td style="width: 15%;">13:06</td> <td style="width: 30%;">Sydney</td> <td style="width: 15%;">2012</td> </tr> <tr> <td>5000m</td> <td>22:06</td> <td>Sydney</td> <td>2012</td> </tr> <tr> <td>10km</td> <td>45:42</td> <td>Taicang, China</td> <td>2011</td> </tr> <tr> <td>20km</td> <td>1:31:39</td> <td>Taicang, China</td> <td>2011</td> </tr> </table> | 2008 IAAF World Race Walking Cup: | 10km U20 Walk | 26th (49:38) | 2010 IAAF world Walking Cup: | 10km U20 Walk | 15th (51:16) | 2010 IAAF World Junior Champs: | 10,000m U20: | 8th (47:55) | 2011 IAAF World Championships: | 20km Open Walk | 15th (1:33:38) | 2012 IAAF World Walking Cup: | 20km Open Walk | 24th 1:34:34) | 2012 Olympic Games: | 20km Open Walk | TBA | 3000m | 13:06 | Sydney | 2012 | 5000m | 22:06 | Sydney | 2012 | 10km | 45:42 | Taicang, China | 2011 | 20km | 1:31:39 | Taicang, China | 2011 | | | | | | | | | | | | | | | | | | | | | | |
| 2008 IAAF World Race Walking Cup: | 10km U20 Walk | 26th (49:38) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2010 IAAF world Walking Cup: | 10km U20 Walk | 15th (51:16) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2010 IAAF World Junior Champs: | 10,000m U20: | 8th (47:55) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2011 IAAF World Championships: | 20km Open Walk | 15th (1:33:38) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2012 IAAF World Walking Cup: | 20km Open Walk | 24th 1:34:34) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2012 Olympic Games: | 20km Open Walk | TBA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3000m | 13:06 | Sydney | 2012 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5000m | 22:06 | Sydney | 2012 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10km | 45:42 | Taicang, China | 2011 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20km | 1:31:39 | Taicang, China | 2011 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | <p>Beki Lee 25 year old Beki is off to the London Olympics later this year in Australia's team of three, along with Claire Tallent and Regan Lamble. After showing promise as a junior - she represented Australia at the 2003 World Youth championships in Canada, where she finished 11th, she didn't make another representative team until last year's World University Games in China. A self-proclaimed free spirit, she hadn't shown the total commitment needed to compete on the international stage until two years ago. Realising time was catching up with her, she sold her car and moved to Canberra to train with the AIS squad under Brent Vallance. With no scholarship as support, she worked part-time in the AIS souvenir shop along with other casual jobs to make ends meet. With a new disciplined approach to life and training, she has reaped the rewards with the ultimate reward - Olympic selection.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">2003 World Youth Champs:</td> <td style="width: 50%;">U18 5000 metres Walk</td> </tr> <tr> <td>2011 Universiade:</td> <td>Open 20km Walk:</td> </tr> <tr> <td>2012 Race Walking World Cup:</td> <td>Open 20km Walk</td> </tr> <tr> <td>2012 Olympic Games:</td> <td>Open 20km Walk</td> </tr> </table> <p>Her PBs read as follows:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">3000m</td> <td style="width: 15%;">12:45</td> <td style="width: 30%;">Sydney 2012</td> </tr> <tr> <td>5000m</td> <td>21:23</td> <td>Sydney 2012</td> </tr> <tr> <td>10km</td> <td>47:25</td> <td>Melbourne 2011</td> </tr> <tr> <td>20km</td> <td>1:33:09</td> <td>Melbourne 2011</td> </tr> </table> | 2003 World Youth Champs: | U18 5000 metres Walk | 2011 Universiade: | Open 20km Walk: | 2012 Race Walking World Cup: | Open 20km Walk | 2012 Olympic Games: | Open 20km Walk | 3000m | 12:45 | Sydney 2012 | 5000m | 21:23 | Sydney 2012 | 10km | 47:25 | Melbourne 2011 | 20km | 1:33:09 | Melbourne 2011 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2003 World Youth Champs: | U18 5000 metres Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2011 Universiade: | Open 20km Walk: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2012 Race Walking World Cup: | Open 20km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2012 Olympic Games: | Open 20km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3000m | 12:45 | Sydney 2012 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5000m | 21:23 | Sydney 2012 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10km | 47:25 | Melbourne 2011 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20km | 1:33:09 | Melbourne 2011 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | <p>Claire Tallent Claire Tallent nee Woods has had a stellar career which includes 2 Olympic selections, 4 IAAF World Cups, 2 IAAF World Championships, 1 Commonwealth Games (where she got silver) and 1 World University Games. Her 20km time of 1:28:53 puts her second only to Jane Saville in our all time rankings and, in the period from 2008 to 2012, she has been unbeatable in Australian competition. She is the ultimate competitor, always giving her all in races and always prepared to train hard for success. Her credentials read impressively</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">2004</td> <td style="width: 20%;">WWC</td> <td style="width: 20%;">Naumburg</td> <td style="width: 10%;">20km Walk</td> </tr> <tr> <td>2007</td> <td>World Uni Games</td> <td>Bangkok</td> <td>20km Walk</td> </tr> <tr> <td>2008</td> <td>WWC</td> <td>Cheboksary</td> <td>20km walk</td> </tr> <tr> <td>2008</td> <td>Olympic Games</td> <td>Beijing</td> <td>20km walk</td> </tr> <tr> <td>2009</td> <td>IAAF World Champs</td> <td>Berlin</td> <td>20km Walk</td> </tr> <tr> <td>2010</td> <td>WWC</td> <td>Chihuahua</td> <td>20km walk</td> </tr> <tr> <td>2010</td> <td>Commonwealth Games</td> <td>Delhi</td> <td>20km walk</td> </tr> <tr> <td>2011</td> <td>IAAF World Champs</td> <td>Daegu</td> <td>20km walk</td> </tr> <tr> <td>2012</td> <td>WWC</td> <td>Saransk</td> <td>20km walk</td> </tr> <tr> <td>2012</td> <td>Olympic Games</td> <td>London</td> <td>20km walk</td> </tr> </table> <p>Her PBs are</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">3000m</td> <td style="width: 15%;">12:55</td> <td style="width: 30%;">Sydney</td> <td style="width: 15%;">2012</td> </tr> <tr> <td>5000m</td> <td>21:29</td> <td>Sydney</td> <td>2012</td> </tr> <tr> <td>10km</td> <td>44:35</td> <td>Taicang, China</td> <td>2012</td> </tr> <tr> <td>20km</td> <td>1:28:53</td> <td>Taicang, China</td> <td>2012</td> </tr> </table> | 2004 | WWC | Naumburg | 20km Walk | 2007 | World Uni Games | Bangkok | 20km Walk | 2008 | WWC | Cheboksary | 20km walk | 2008 | Olympic Games | Beijing | 20km walk | 2009 | IAAF World Champs | Berlin | 20km Walk | 2010 | WWC | Chihuahua | 20km walk | 2010 | Commonwealth Games | Delhi | 20km walk | 2011 | IAAF World Champs | Daegu | 20km walk | 2012 | WWC | Saransk | 20km walk | 2012 | Olympic Games | London | 20km walk | 3000m | 12:55 | Sydney | 2012 | 5000m | 21:29 | Sydney | 2012 | 10km | 44:35 | Taicang, China | 2012 | 20km | 1:28:53 | Taicang, China | 2012 |
| 2004 | WWC | Naumburg | 20km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2007 | World Uni Games | Bangkok | 20km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2008 | WWC | Cheboksary | 20km walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2008 | Olympic Games | Beijing | 20km walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2009 | IAAF World Champs | Berlin | 20km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2010 | WWC | Chihuahua | 20km walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2010 | Commonwealth Games | Delhi | 20km walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2011 | IAAF World Champs | Daegu | 20km walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2012 | WWC | Saransk | 20km walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2012 | Olympic Games | London | 20km walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3000m | 12:55 | Sydney | 2012 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5000m | 21:29 | Sydney | 2012 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10km | 44:35 | Taicang, China | 2012 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20km | 1:28:53 | Taicang, China | 2012 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



Luke Adams

Luke has been amongst our top walkers since he burst onto the international scene in the last 1990s. His career highlights include representations in 1 World Junior, 7 Racewalking World Cups, 1 Universiade, 3 Commonwealth Games, 4 IAAF World Champs and 3 Olympics. Top performances include Comm Games silvers in 2002, 2006 and 2010, 5th in the 2003 World Championship 20km, 6th in the 2008 Olympic 20km and 6th in the 2009 World Championship 50km along with a series win in the 2007 IAAF World Walking Challenge. Rarely outside the top 10 in international races, Luke has now added the 50km to his portfolio and continues to excell on the international stage.

| | | | | | |
|------|-----------------------|------------|---------|------|----------|
| 1994 | World Junior Champs | Lisbon | 10,000m | 24th | 44:09.59 |
| 1999 | Racewalking World Cup | Mezidon | 20 km | 55th | 1:30:11 |
| 2001 | Universiade | Marjorka | 20 km | 10th | 1:28:02 |
| 2002 | Commonwealth Games | Manchester | 20 km | 2nd | 1:26:03 |
| 2002 | Racewalking World Cup | Turin | 50 km | 29th | 4:07:08 |
| 2003 | IAAF World Champs | Paris | 20 km | 5th | 1:19:35 |
| 2004 | Racewalking World Cup | Naumburg | 20 km | 14th | 1:21.24 |
| 2004 | Olympic Games | Athens | 20 km | 16th | 1:23:52 |
| 2005 | IAAF World Champs | Helsinki | 20km | 10th | 1:21.43 |
| 2006 | Commonwealth Games | Melbourne | 20km | 2nd | 1:21.38 |
| 2006 | Racewalking World Cup | La Coruna | 20km | 18th | 1:22.11 |
| 2007 | IAAF World Champs | Osaka | 20km | 7th | 1:23.52 |
| 2008 | Racewalking World Cup | Cheboksary | 20km | 7th | 1:19.15 |
| 2008 | Olympic Games | Beijing | 20km | 6th | 1:19.57 |
| | | | 50km | 10th | 3:47:45 |
| 2009 | IAAF World Champs | Berlin | 20km | 18th | 1:22.37 |
| | | | 50km | 6th | 3:43.39 |
| 2010 | Racewalking World Cup | Chihuahua | 50km | DNF | |
| 2011 | IAAF World Champs | Daegu | 50km | 5th | 3:45:31 |
| 2012 | Racewalking World Cup | Saransk | 20km | 27th | 1:23:28 |

His list of PBs reads most impressively



| | | | |
|-------|---------|------|----------------|
| 3000m | 10:59 | 2010 | Cork, Ireland |
| 5000m | 18:56 | 2010 | Sydney |
| 10km | 38:41 | 2010 | Beijing, China |
| 20km | 1:19:15 | 2008 | Cehboksary |
| 50km | 3:43:39 | 2009 | Berlin |



Nathan Deakes

A bronze medal in the 1996 World Junior championships marked the start of Nathan's stellar international career. His ongoing excellence has seen him rarely outside the top 5 in major competition and his record includes 4 Commonwealth Games gold (2002 and 2006) and one bronze (1998) medals, a Goodwill Games gold medal (2001), a Racewalking World Cup bronze medal (2004), an Olympic bronze medal (2004) and an IAAF World Championship gold medal (2007) - a grand total of 9 medals in major international races. His 20km PB of 1:17:33 stands far ahead of any other Australians and his 50km World Record of 3:35:47 (2006) was an astonishing performance on a tough Geelong course and adverse weather. The ultimate competitor! How's this for an international record:

| | | | | | |
|------|-----------------------|--------------|---------|----------|---------|
| 1996 | World Junior Champs | Canberra | 10,000m | 3rd | 41:11 |
| 1997 | Racewalking World Cup | Prague | 20 km | 53rd | 1:23:54 |
| 1997 | World Student Games | Catania | 20 km | 5th | 1:28:04 |
| 1998 | Commonwealth Games | Kuala Lumpur | 20 km | 3rd | 1:26:06 |
| 1999 | Racewalking World Cup | Mezidon | 20 km | DQ | |
| 1999 | IAAF World Champs | Seville | 20 km | 7th | 1:25:26 |
| 2000 | Olympic Games | Sydney | 20 km | 8th | 1:21:03 |
| 2000 | Olympic Games | Sydney | 50 km | 6th | 3:47:29 |
| 2001 | IAAF World Champs | Edmonton | 20 km | 4th | 1:20:55 |
| 2001 | IAAF World Champs | Edmonton | 50 km | DQ | |
| 2001 | Goodwill Games | Brisbane | 20,000m | 1st | 1:19:48 |
| 2002 | Commonwealth Games | Manchester | 20 km | 1st | 1:25:35 |
| 2002 | Commonwealth Games | Manchester | 50 km | 1st | 3:52:40 |
| 2002 | Racewalking World Cup | Turin | 20 km | Withdraw | |
| 2004 | Racewalking World Cup | Naumburg | 20 km | 3rd | 1:19:11 |
| 2004 | Olympic Games | Athens | 20 km | 3rd | 1:20:02 |
| 2004 | Olympic Games | Athens | 50 km | DQ | |
| 2005 | IAAF World Champs | Helsinki | 20 km | Withdraw | |
| 2005 | IAAF World Champs | Helsinki | 50 km | Withdraw | |
| 2006 | Commonwealth Games | Melbourne | 20 km | 1st | 1:19:55 |
| 2006 | Commonwealth Games | Melbourne | 50 km | 1st | 3:42:53 |
| 2006 | Racewalking World Cup | La Coruna | 20 km | 5th | 1:19:37 |
| 2007 | IAAF World Champs | Osaka | 50 km | 1st | 3:43:53 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|------------------|-----------------------|-------------------|--------------------|-----------------------------|-------------------|-----------------------------|--------------------|--------------------|------------|-----------------------------|------------|--------------------------|-----------------------|------------------|------------|-----------------------------|------------|--------------------------|-------------------|-----------------------------|------------|-------|---------|------|-----------------------|------------|-------|------|----------|------|---------------|---------|----------------|------|---------|------|-------------------|--------|---------|------|-----------|------|-----------------------|--------|------|------|---------|------|--------------------|-------|------|-----|---------|------|-----------------------|---------|------|------|---------|-------|-------|------|--------|-------|-------|------|----------|------|-------|------|----------------|------|---------|------|---------|------|---------|------|-----------|
| | <p>2011 IAAF World Champs Daegu 50km DNF</p> <p>His PBs are absolutely amazing:</p> <p>5000m 11:45 2006 Melbourne 10km 38:09 2001 Krakow, Poland 20km 1:17:33 2005 Cixi City, China 50km 3:35:47 2006 Geelong</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | <p>Chris Erickson Definitely a late developer, Chris did not make his first Australian team until the age of 23 (2004 World Cup). Since then, he has gone on to represent us at 5 World Cups (2004-2012), 2 Commonwealth Games (2006, 2010 - including a bronze medal performance in 2006), 2 IAAF World Championships (2007 and 2009) and now 2 Olympics (2008 and 2012). He has made every team bar one since 2006. One of our most consistent performers and an A qualifier at both 20km and 50km, he shows what can be achieved with hard work and a good attitude. Aged 30, he is still improving and has recorded PBs over both Olympic distances in the last 6 months. His international reps read as follows:</p> <table border="0"> <tr><td>2004</td><td>Racewalking World Cup</td><td>Naumburg</td><td>50 km</td><td>31st</td><td>4:14:16</td></tr> <tr><td>2006</td><td>Commonwealth Games</td><td>Melbourne</td><td>50 km</td><td>3rd</td><td>3:58:22</td></tr> <tr><td>2006</td><td>Racewalking World Cup</td><td>La Coruna</td><td>50 km</td><td>26th</td><td>3:59:20</td></tr> <tr><td>2007</td><td>IAAF World Champs</td><td>Osaka</td><td>50 km</td><td>24th</td><td>4:13:00</td></tr> <tr><td>2008</td><td>Racewalking World Cup</td><td>Cheboksary</td><td>20 km</td><td>31st</td><td>1:22:55</td></tr> <tr><td>2008</td><td>Olympic Games</td><td>Beijing</td><td>20 km</td><td>DQ</td><td></td></tr> <tr><td>2009</td><td>IAAF World Champs</td><td>Berlin</td><td>50km</td><td>DNS</td><td></td></tr> <tr><td>2010</td><td>Racewalking World Cup</td><td>Mexico</td><td>50km</td><td>15th</td><td>4:03:56</td></tr> <tr><td>2010</td><td>Commonwealth Games</td><td>Delhi</td><td>20km</td><td>8th</td><td>1:28:25</td></tr> <tr><td>2012</td><td>Racewalking World Cup</td><td>Saransk</td><td>20km</td><td>21st</td><td>1:22:20</td></tr> </table> <p>His list of PBs is also a reflection of hard work mixed with a good share of natural talent</p> <table border="0"> <tr><td>3000m</td><td>11:28</td><td>2012</td><td>Sydney</td></tr> <tr><td>5000m</td><td>19:24</td><td>2012</td><td>Canberra</td></tr> <tr><td>10km</td><td>38:59</td><td>2010</td><td>Beijing, China</td></tr> <tr><td>20km</td><td>1:22:20</td><td>2012</td><td>Saransk</td></tr> <tr><td>50km</td><td>3:51:57</td><td>2011</td><td>Melbourne</td></tr> </table> | 2004 | Racewalking World Cup | Naumburg | 50 km | 31st | 4:14:16 | 2006 | Commonwealth Games | Melbourne | 50 km | 3rd | 3:58:22 | 2006 | Racewalking World Cup | La Coruna | 50 km | 26th | 3:59:20 | 2007 | IAAF World Champs | Osaka | 50 km | 24th | 4:13:00 | 2008 | Racewalking World Cup | Cheboksary | 20 km | 31st | 1:22:55 | 2008 | Olympic Games | Beijing | 20 km | DQ | | 2009 | IAAF World Champs | Berlin | 50km | DNS | | 2010 | Racewalking World Cup | Mexico | 50km | 15th | 4:03:56 | 2010 | Commonwealth Games | Delhi | 20km | 8th | 1:28:25 | 2012 | Racewalking World Cup | Saransk | 20km | 21st | 1:22:20 | 3000m | 11:28 | 2012 | Sydney | 5000m | 19:24 | 2012 | Canberra | 10km | 38:59 | 2010 | Beijing, China | 20km | 1:22:20 | 2012 | Saransk | 50km | 3:51:57 | 2011 | Melbourne |
| 2004 | Racewalking World Cup | Naumburg | 50 km | 31st | 4:14:16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2006 | Commonwealth Games | Melbourne | 50 km | 3rd | 3:58:22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2006 | Racewalking World Cup | La Coruna | 50 km | 26th | 3:59:20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2007 | IAAF World Champs | Osaka | 50 km | 24th | 4:13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2008 | Racewalking World Cup | Cheboksary | 20 km | 31st | 1:22:55 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2008 | Olympic Games | Beijing | 20 km | DQ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2009 | IAAF World Champs | Berlin | 50km | DNS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2010 | Racewalking World Cup | Mexico | 50km | 15th | 4:03:56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2010 | Commonwealth Games | Delhi | 20km | 8th | 1:28:25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2012 | Racewalking World Cup | Saransk | 20km | 21st | 1:22:20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3000m | 11:28 | 2012 | Sydney | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5000m | 19:24 | 2012 | Canberra | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10km | 38:59 | 2010 | Beijing, China | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20km | 1:22:20 | 2012 | Saransk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50km | 3:51:57 | 2011 | Melbourne | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | <p>Adam Rutter Adam burst onto the Australian racewalking scene in 2003 at 16 years of age. In his junior years, he consistently astounded with his pure speed and natural endurance and he more often than not won when it counted. Setting Australian Junior records over 10000m and 20km, he became the youngest ever Australian walker to achieve the IAAF A standard in both 20km (1:22:55 aged 19 years and 124 days) and 50km (3:52:49 aged 20 years and 362 days). Indeed, Some of his sessions in Canberra have become the stuff of legends. His international representation list is already big but the best is yet to come.</p> <table border="0"> <tr><td>2003 World Youth</td><td>10,000 metres Walk</td></tr> <tr><td>2004 World Junior</td><td>10,000 metres Walk</td></tr> <tr><td>2004 Race Walking World Cup</td><td>Junior 10 km Walk</td></tr> <tr><td>2006 Race Walking World Cup</td><td>20 km Walk</td></tr> <tr><td>2008 Olympic Games</td><td>50 km Walk</td></tr> <tr><td>2008 Race Walking World Cup</td><td>20 km Walk</td></tr> <tr><td>2009 World Championships</td><td>20 km Walk</td></tr> <tr><td>2009 Universiade</td><td>20 km Walk</td></tr> <tr><td>2010 Race Walking World Cup</td><td>20 km Walk</td></tr> <tr><td>2011 World Championships</td><td>20 km Walk</td></tr> <tr><td>2012 Race Walking World Cup</td><td>20 km Walk</td></tr> </table> <p>His list of PBs indicate his great potential over all distances</p> <table border="0"> <tr><td>3000m</td><td>11:24</td><td>2010</td><td>Sydney</td></tr> <tr><td>5000m</td><td>18:54</td><td>2009</td><td>Brisbane</td></tr> <tr><td>10km</td><td>39:20</td><td>2010</td><td>Beijing, China</td></tr> <tr><td>20km</td><td>1:21:23</td><td>2012</td><td>Taicang, China</td></tr> <tr><td>50km</td><td>3:52:49</td><td>2007</td><td>Melbourne</td></tr> </table> | 2003 World Youth | 10,000 metres Walk | 2004 World Junior | 10,000 metres Walk | 2004 Race Walking World Cup | Junior 10 km Walk | 2006 Race Walking World Cup | 20 km Walk | 2008 Olympic Games | 50 km Walk | 2008 Race Walking World Cup | 20 km Walk | 2009 World Championships | 20 km Walk | 2009 Universiade | 20 km Walk | 2010 Race Walking World Cup | 20 km Walk | 2011 World Championships | 20 km Walk | 2012 Race Walking World Cup | 20 km Walk | 3000m | 11:24 | 2010 | Sydney | 5000m | 18:54 | 2009 | Brisbane | 10km | 39:20 | 2010 | Beijing, China | 20km | 1:21:23 | 2012 | Taicang, China | 50km | 3:52:49 | 2007 | Melbourne | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2003 World Youth | 10,000 metres Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2004 World Junior | 10,000 metres Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2004 Race Walking World Cup | Junior 10 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2006 Race Walking World Cup | 20 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2008 Olympic Games | 50 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2008 Race Walking World Cup | 20 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2009 World Championships | 20 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2009 Universiade | 20 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2010 Race Walking World Cup | 20 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2011 World Championships | 20 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2012 Race Walking World Cup | 20 km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3000m | 11:24 | 2010 | Sydney | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5000m | 18:54 | 2009 | Brisbane | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10km | 39:20 | 2010 | Beijing, China | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20km | 1:21:23 | 2012 | Taicang, China | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50km | 3:52:49 | 2007 | Melbourne | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



Jared Tallent

Jared's two Olympic medals in 2008 - 3rd in the 20km and 2nd in the 50km - made him the first Australian male Track and Field athlete in 100 years to win 2 medals at a single Olympics. A versatile walker, he also holds the Commonwealth and National 5000m records at 18:41.83 and seems at ease over all distances. A proven big time performer who seemingly medals in just about every major international, he has the world at his feet and the next few years should see more staggering performances.

His medal count stands as follows

2006 Commonwealth Games - bronze in 20km
 2008 Olympic Games - bronze in 20km and silver in 50km
 2010 World Walking Cup - bronze in 50km
 2010 Commonwealth Games - gold in 20km
 2011 - World Championships - bronze in 50km
 2012 World Walking Cup - bronze in 50km

He is our most highly performed walker of all time based on this ever growing list.

His list of PBs also shows amazing depth and variety

| | | | |
|-------|---------|------|----------------|
| 5000m | 18:41 | 2009 | Sydney |
| 10km | 38:29 | 2010 | Beijing, China |
| 20km | 1:19:15 | 2010 | Hobart |
| 50km | 3:38:56 | 2009 | Melbourne |

LA RONDE DES DUCS, DIJON, FRANCE, 12-13 MAY 2012

Emmanuel Tardi was at Dijon in France to witness the final 24 Hour qualifying walk before this June's Paris-Colmar Classic. The first 23 hours of the race were held on a 3.7km circuit around a local lake before dropping to a smaller 830m lap for the final hour. This was the first 24 Hour race for French walker Eddy Roze and he was expected to do well. He has twice won the French 100km championship (best time of 9:54 in 2011) and he recorded 4:10 for the Dudince 50km in March this year. He certainly started fast (around 9.5km/h) and was two laps in front of Serge Georgelin and Philippe Vit when he passed the 100km mark (11:15). Alas, he had back problems and lost a lot of time in the second half, eventually surrendering the lead to Serge Georgelin just after the 20 hour mark. Georgelin went on to win the race with 188.033km, winning the associated 2012 French 24 Hour Championship. Claudine Anxionnat won the women's title with 161.960km.

| | | | | |
|-----|---------------------------|------------|----------|------------|
| 1. | GEORGELIN Serge | 188,033 km | 24:00:00 | 7,835 km/h |
| 2. | VIT Philippe | 183,543 km | 24:00:00 | 7,648 km/h |
| 3. | LUKYANOV Sergei | 179,838 km | 24:00:00 | 7,493 km/h |
| 4. | ROZE Eddy | 178,633 km | 24:00:00 | 7,443 km/h |
| 5. | BONNOTTE Rémi | 175,716 km | 24:00:00 | 7,322 km/h |
| 6. | HUART Gilles | 172,072 km | 24:00:00 | 7,170 km/h |
| 7. | LAILLER Patrick | 169,084 km | 24:00:00 | 7,045 km/h |
| 8. | ANXIONNAT Claudine (F) | 161,960 km | 24:00:00 | 6,748 km/h |
| 9. | PICOT Gérard | 159,967 km | 24:00:00 | 6,665 km/h |
| 10. | GILLES Philippe | 159,870 km | 24:00:00 | 6,661 km/h |
| 11. | GIRAUDEAU Denis | 159,743 km | 24:00:00 | 6,656 km/h |
| 12. | MAUNY Claude | 153,440 km | 24:00:00 | 6,393 km/h |
| 13. | QUINQUETON Bernadette (F) | 152,760 km | 24:00:00 | 6,365 km/h |
| 14. | MORVAN Nicole (F) | 151,943 km | 24:00:00 | 6,331 km/h |
| 15. | PICHON Jean | 148,537 km | 24:00:00 | 6,189 km/h |
| 16. | BOVIN Laurent | 146,237 km | 24:00:00 | 6,093 km/h |
| 17. | MONTOIS Didier | 143,627 km | 24:00:00 | 5,984 km/h |
| 18. | PRUCKNER Jaroslav | 143,034 km | 24:00:00 | 5,960 km/h |
| 19. | SONNOIS Martine | 142,399 km | 24:00:00 | 5,933 km/h |
| 20. | PEREVALO Iryna (F) | 139,022 km | 24:00:00 | 5,793 km/h |
| 21. | RASSAIND André | 138,156 km | 24:00:00 | 5,757 km/h |
| 22. | DREAU Jean-Michel | 136,786 km | 24:00:00 | 5,699 km/h |
| 23. | LOUGRADA Saadi | 130,537 km | 24:00:00 | 5,439 km/h |
| 24. | MARECHAL Jean | 129,432 km | 24:00:00 | 5,393 km/h |
| 25. | BIZARD Claudie | 123,802 km | 24:00:00 | 5,158 km/h |
| 26. | GLASER Jean-Bernard | 121,711 km | 24:00:00 | 5,071 km/h |
| 27. | EMONIERE Philippe | 117,138 km | 24:00:00 | 4,881 km/h |
| 28. | SPIESER Jean Paul | 116,314 km | 24:00:00 | 4,846 km/h |
| 29. | CHAUVITEAU Daniel | 114,921 km | 24:00:00 | 4,788 km/h |
| 30. | KORZHYK Aliaksei | 108,327 km | 24:00:00 | 4,514 km/h |
| 31. | VESSIGAUD Jean-Pierre | 93,130 km | 24:00:00 | 3,880 km/h |
| 32. | LAURIN Martine | 86,050 km | 24:00:00 | 3,585 km/h |
| | PHEULPIN Adrien | 81,663 km | 12:17:32 | 6,643 km/h |

| | | | |
|------------------|-----------|----------|------------|
| ARRACHART Didier | 70,665 km | 14:04:17 | 5,022 km/h |
| BEAUMER Jean | 66,999 km | 11:58:30 | 5,595 km/h |
| DUFRIEN Pascal | 56,001 km | 07:18:42 | 7,659 km/h |
| GALICIA Alfredo | 56,001 km | 07:52:19 | 7,114 km/h |

There was also a 24 Hour team competition and a 6 Hour walk in which Emmanuel finished fifth - well done mate!

Dijon 6 Hour Walk, Sunday 13 May 2012

| | | | | |
|----|----------------------|-----------|--------------|------------|
| 1. | ROUAULT Jean-Marie | 54,706 km | 06 : 00 : 00 | 9,118 km/h |
| 2. | VARAIN Cédric | 54,306 km | 06 : 00 : 00 | 9,051 km/h |
| 3. | METEAU Jean Paul | 51,708 km | 06 : 00 : 00 | 8,618 km/h |
| 4. | LACHIVER Pierre | 49,051 km | 06 : 00 : 00 | 8,175 km/h |
| 5. | TARDI Emmanuel | 46,478 km | 06 : 00 : 00 | 7,746 km/h |
| 6. | MEURGEY Yves | 46,322 km | 06 : 00 : 00 | 7,720 km/h |
| 7. | PETETIN Béatrice (F) | 45,227 km | 06 : 00 : 00 | 7,538 km/h |
| 8. | HAGHEBAERT Eric | 41,119 km | 06 : 00 : 00 | 6,853 km/h |



The start of the 24 Hour event



Claudine Anxionatt, Eddy Roze, Serge Georgelin and Emmanuel Tardi in action at Dijon

LAKE BURLEY GRIFFIN CARNIVAL TEAM NOW FINALIZED

This year sees the biggest ever Victorian team to contest the Lake Burley Griffin Carnival in Canberra next month. Let me know if you see any mistakes. It is a big list!

| | EVENT | NUM | TIME | NAMES |
|---|---------------|-----|----------|-------------------------------------|
| 1 | OPEN 20 MILES | 9 | 08:00 AM | ERICKSON, Chris EVANS, Simon (M) |

| | EVENT | NUM | TIME | NAMES |
|----|-------------------|-----|----------|--|
| | | | | FUJISAWA, Isamu JAMIESON, Andrew (M) KNOX, Duncan (M) LAMBLE, Regan O'NEILL, Karyn (M) O'NEILL, Terry (M) TALLENT, Jared |
| 2 | FITNESS 20 MILES | | 08:00 AM | |
| 3 | M/W AACT 30 KM | 4 | 08:00 AM | ERICKSON, Chris FUJISAWA, Isamu LAMBLE, Regan TALLENT, Jared |
| 4 | W OPEN VET 10M | 10 | 08:00 AM | ATTARD, Tamara CARR, Heather (M) ELMS, Donna-Marie (M) IRSHAD, Kylie (M) LAMBLE, Regan LAUFER, Michelle (M) HEARD, Amanda SHAW, Kirstin TALLENT, Rachel WALLACE, Anna |
| 5 | M OPEN VET 10M | 8 | 08:00 AM | BENNETT, Ralph (M) BRILL, Nathan COWLEY, Rhydian GARDINER, Bob (M) KOZICA, Jason McDONOUGH, Aaron (M) NELSON, Scott (M) SIMPSON, Bradley |
| 6 | FITNESS 10M | | 08:00 AM | |
| 7 | FITNESS 5M | 2 | 09:00 AM | ELMS, Damien ELMS, Jason |
| 8 | MEN U20 10 KM | 2 | 10:30 AM | DILLON, Josh KAISER, Joshua |
| 9 | AACT MEN U20 10KM | | 10:30 AM | |
| 10 | OPEN 10 KM | | 10:30 AM | |
| 11 | BOYS U10 1 KM | 3 | 11:40 AM | DICKSON, Corey HODGES, Jared OHLSEN, Bailey |
| 12 | GIRLS U10 1 KM | 8 | 11:40 AM | BROOK, Carissa CANAVAN, Leah DARLOW, Mia EVANS, Freya LILLIE, Gemma MONTAG, Andie NELSON, Arnika PEART, Alannah |
| 13 | BOYS U12 2 KM | 7 | 11:50 AM | BRILL, Caine BRILL, Justin DICKSON, Corey * EVANS, Liam HODGES, Jared * WALMSLEY, Hayden WRIGHT, Ethan |
| 14 | GIRLS U12 2KM | 15 | 11:50 AM | BERTRAND, Georgia CANAVAN, Amy DAVIS, Olivia DAVISON, Mackayla GEORGE, Hayley HAYES, Zahra |

| | EVENT | NUM | TIME | NAMES |
|----|----------------|-----|----------|---|
| | | | | HILL, Madison HODGES, Anaya HODGES, Mikhala LILLIE, Brianna MILLER, Tegan O'MAHONY, Kathleen PEART, Alannah * PEART, Jemma RICHARDSON, Brodie |
| 15 | BOYS U14 2 KM | 8 | 12:10 PM | DARLOW, Ross DAVIS, Rodney DICKSON, Corey ** EVANS, Callum SWAN, Kyle WALMSLEY, Hayden * WALMSLEY, Reese WRIGHT, Ethan * |
| 16 | GIRLS U14 2KM | 12 | 12:30 PM | CANAVAN, Amy * DAVIS, Olivia * DAVISON, Mackayla * DE LISEN, Paige GUY, Rachael HODGES, Anaya * HODGES, Mikhala * LILLIE, Brianna * LILLIE, Jessica O'MAHONY, Kathleen * PEART, Jemma * RICHARDSON, Brodie * |
| 17 | BOYS U16 3 KM | 9 | 12:50 PM | ALLAMBY, Billy DARLOW, Ross * DAVIS, Rodney * McNICOL-DAVIDSON, Cody O'MAHONY, Brendan SWAN, Kyle * WALMSLEY, Hayden ** WALMSLEY, Reese * WRIGHT, Ethan ** |
| 18 | GIRLS U16 3 KM | 15 | 01:15 PM | BERTRAND, Carly BERTRAND, Georgia * GUY, Rebecca HAMILTON, Emily HODGES, Mikhala ** IRSHAD, Jasmine McLAREN, Stacey McNICOL-DAVIDSON, Chloe MONTAG, Jemima OHLSEN, Shae RICHARDSON, Brodie ** SANDERS, Jade SOMERFIELD, Kobie SWAN, Emily WALKER, Megan |
| 19 | BOYS U18 5 KM | 7 | 01:40 PM | ALLAMBY, Billy * BIRD, Kyle BRILL, Nathan * DILLON, Josh * McNICOL-DAVIDSON, Cody * SWAN, Kyle ** WALMSLEY, Reese ** |
| 20 | GIRLS U18 5 KM | 5 | 01:40 PM | GEORGE, Stephanie HAMILTON, Emily * HEARD, Amanda * SOMERFIELD, Kobie * WHILEY, Amanda |

| | EVENT | NUM | TIME | NAMES |
|----|------------|-----|----------|--|
| 21 | WOMEN 5 KM | 10 | 02:20 PM | BERTRAND, Carly * ELMS, Donna-Marie * HAMILTON, Emily ** IRSHAD, Jasmine * McINNES, Simone McLAREN, Stacey * MONTAG, Jemima * SANDERS, Jade * SOMERFIELD, Kobie ** TALLENT, Rachel * WALLACE, Anna * |

VRWC CLUB RECORD UPDATE

Even more VRWC club records this week with our walkers in action at Albert Park.

| | | | | |
|-----------------|--------------------|-------|-----------------------|-----------------|
| Andrew Jamieson | M65 10km Road Walk | 48:38 | VMA 10km, Middle Park | Saturday 19 May |
| Andrew Jamieson | M65 5km Road Walk | 24:07 | VRWC 5km, Middle Park | Saturday 5 May |
| Nathan Brill | U16 3km Road Walk | 12:21 | VRWC 5km, Middle Park | Saturday 19 May |

WHAT'S COMING UP

Next Saturday sees the first of our Handicap Start races at Middle Park. In this event, the slower walkers start first and the fastest walkers start last. The first to reach the finish line is declared the winner. 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. 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.

It is the first of our Prizes days for the winter season. I buy a selection of prizes for the winners of each division (male and female) but any additional donation of prizes is always gratefully accepted.

| Saturday 26th May 2012 | | Middle Park | |
|--|-----|------------------------------|----------|
| VRWC EVENTS: Entries close for all events at 1.45pm sharp. Prizes for handicap 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 | 1km | Points Races | Under 9 |
| 2.55pm | 2km | Points Races | Under 12 |

Then on Sunday, the **Victorian Country Roadwalking Championships** will be held at Lake Wendouree in Ballarat. The timetable has now been published and reads as follows

| Sunday 27th May 2012, Ballarat | | | |
|--|------|-----------------------------------|---------------------|
| 10.00am | 10km | A.V. Country Championship | Open Men/Women |
| 10.10am | 5km | A.V. Country Championship | Under 20 Men/Women |
| 10.10am | 5km | A.V. Country Championship | Under 18 Men/Women |
| 10.50am | 3km | A.V. Country Championship | Under 16 Boys/Girls |
| 10.50am | 3km | A.V. Country Championship | Under 14 Boys/Girls |
| 11.15am | 1km | Racewalking Victoria Championship | Under 10 Boys/Girls |
| 11.15am | 2km | Racewalking Victoria Championship | Under 12 Boys/Girls |

Note that entries for the A.V. Country Championships must be done via the online entry system on the A.V. Website – see <https://members.athsvic.org.au/competitions>. The Racewalking Victorian Championships for U10 and U12 may be entered on the day. You can see a map of the course on the Ballarat Walkers Club website – see http://www.ballaratracewalkers.com/documents/2012-05-27%20Vic%20Country%20Roadwalks%20Ballarat_Map.pdf

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2011/2012 Victorian/Australian Winter Season Key Dates

| | |
|-------------------|---|
| Sun June 10, 2012 | LBG Carnival, Canberra |
| Sun June 24, 2012 | AV Schools Roadwalks, Middle Park |
| Sun 14 July, 2012 | RWA State Challenge, each club in its own State |
| Sun 29 July, 2012 | Victorian Roadwalk championships, Middle Park |
| Sun 26 Aug, 2012 | Australian Roadwalk Championships, Adelaide |

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.

2012 International Fixture

July 10-15, 2012 **14th World Junior Championships, Barcelona, Spain**
July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

Remaining 2012 IAAF Race Walking Challenge Dates

| | | |
|-------------------|---|------------|
| Fri 1 June, 2012 | Alytus (LTU) | Category C |
| Sat 9 June, 2012 | La Coruña (ESP) | Category B |
| Sun 17 June, 2012 | Sesto San Giovanni (ITA) | Category B |
| 3-12 Aug, 2012 | The Games of the XXX Olympiad, London (GBR) | Category A |
| 14 Sept, 2012 | IAAF RW Challenge Final, Erdos, CHN | |

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 2014 **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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)