



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 a two way vote between two walkers who both caught my eye - Josh Kaiser and Brandon Dewar - and it was indeed a highly contested affair with both boys calling in the big guns and each amassing huge numbers of votes. After nearly 600 votes in total (that's a record!), the winner turned out to be 18 year old **Josh Kaiser** of VRWC. Josh has been walking since 2009 but has only just started to show his potential this year. He walked a PB of 24:34 in the 5000m invitational event at the National T&F champs in April, then improved to 23:49 in the Vic Country champs in late May. A couple of weeks ago, he walked a huge 10km PB of 50:50. And as an aside, he has since continued his improvement, taking further time off his 10km PB with 50:02 in Canberra last Sunday.

This week we had our Canberra Carnival (see below) and there were a huge number of wonderful performances. However, I am not even going to put this week's Walker of the Week performance to a vote as, in my mind, the winner was a standout. **Regan Lamble** came third overall in the Open 20 Mile Championship in a time of **2:32:17**, beating all except fellow Olympians Jared Tallent and Chris Erickson and bettering Kerry Saxby's course record by an amazing 9 minutes. And what's more, she did it effortlessly, finishing with a full head of steam. This ranks her pretty high on the LBG All-Time list and sees her push ahead of some pretty good male walkers. Check this out:

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Dion Russell	2000	VIC	2:21:35
6.	Nathan Deakes	1998	VIC	2:21:50 (also in 2011, same time)
7.	Nick A'Hern	1997	NSW	2:22:19
8.	Chris Erickson	2009	VIC	2:22:47
9.	Duane Cousins	1996	VIC	2:24:39
10.	Simon Baker	1987	VIC	2:25:18
11.	Adam Rutter	2008	NSW	2:25:42
12.	Michael Harvey	1994	VIC	2:25:55
13.	Andrew Jachno	1989	VIC	2:27:19
14.	Tim Erickson	1981	VIC	2:27:23
15.	Ian Rayson	2010	NSW	2:28:13
16.	Scott Nelson (NZ)	1995	NZ	2:28:45
17.	Paul Copeland	1993	VIC	2:29:13
18.	Brent Vallance	1998	NSW	2:30:12
19.	Troy Sundstrom	2001	NSW	2:31:04
20.	Brendon Reading	2011	ACT	2:31:10
21.	Darren Bown	2003	SA	2:31:46
22.	Liam Murphy	2003	SA	2:32:09
23.	Regan Lamble (F)	2012	VIC	2:32:17
24.	Tom Barnes	2008	VIC	2:32:32
25.	Shane Pearson	1996	QLD	2:32:34
26.	Tony Sargisson (NZ)	1999	NZ	2:32:47
27.	David Smith	1983	VIC	2:32:50
28.	Robbie McFadden	1988	SA	2:32:50
29.	Dominic McGrath	1996	VIC	2:33:27

I have now updated my LBG 20 Mile History document to include the 2012 carnival results so you can read all this and more in <http://www.rwa.org.au/documents/AFORWC-Canberra20MileResults-complete.pdf>.

LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 10 JUNE

The 46th edition of the annual Lake Burley Griffin Carnival was successfully held on Sunday with over 250 walkers descending on Canberra for what is Australia's largest racewalking carnival. Conditions were torrid early on with the 20 Mile and 10 Mile events starting at 8AM in frosty conditions and a low -3°C. But as the day progressed, the sun gradually warmed competitors, officials and spectators and later events were held in perfect conditions.

In my mind, there were 3 standout performances

- 20 year old **Regan Lamble** has walked in the 10 Mile championship for the last 4 years so she felt it was time for a change this year - consequently she contested the super tough 20 Mile event around Lake Burley Griffin! And what a performance - she came third overall in the blue riband event in a time of **2:32:17**, beating all except Olympians **Jared Tallent** and **Chris Erickson** and bettering **Kerry Saxby-Junna's** course record by an amazing 9 minutes. And what's more, she did it effortlessly and finished with a full head of steam. This was her final hitout before leaving to continue her Olympic preparation in Europe and she is in wonderful form.
- 23 year old **Tanya Holliday** won the Women's 10 Mile championship in a huge time of **1:13:16**, breaking **Kerry Saxby-Junna's** course record by one minute. She then fronted up for the Women's 5km, winning that in a very fast **21:45**, a time second only to **Kerry**. So **Kerry** lost two records in the one day and had her third record also challenged. It is a hard ask to double but **Tanya** did it in fine style, leaving all in her wake. This, when added to her two Olympic A qualifiers this year, indicates that she will be hard to beat from now on.
- 27 year old **Jared Tallent** was untroubled to win the 20 Mile Championship in **2:18:00**, over 8 minutes ahead of fellow Olympian **Chris Erickson**. In the middle of a solid training block, **Jared** stormed over the hilly course and would not have blown a candle out at the end. This is the fourth fastest time ever for this race behind his course record of 2:14:57 and his seventh win in 8 years. He now sits only one win behind the great **Willi Sawall** who has 8 LBG golds to his name.



Regan, Tanya and Jared in action around Like Burley Griffin on Sunday

There were of course many other superb performances. To take but one instance: for the medallists in the U18 Men's 5km walk, it was their second walk for the day. Winner **Brad Aiton** (21:22) had already taken bronze in the U20 10km (48:42), silver medallist **Nathan Brill** (21:29) had already taken bronze in the Open 10 Mile (1:15:33) and bronze medallist **Jesse Osborne** (22:17) had already taken silver in the Open 10 Mile (1:14:55).

This was typical of the day in that most of our medallists fronted for second events (and even for third events in some cases) to help their clubs in the Teams competition. For instance, U10 Boys 1km winner **Corey Dickson** (5:03) was 4th in the U12 2km (10:02) and 9th in the U14 2km (10:22), all three events being held in close succession.

I could write for pages to highlight the many fine performances across the board but time and space do not permit so I will just acknowledge the Victorian medal winning performances (this after all did start as a purely Victorian newsletter) and then go straight on to the results.

Individual Gold	Jared Tallent	Open Men 20 Mile	2:18:00
	Regan Lamble	Open Women 20 Mile	2:32:17
	Rhydian Cowley	Open Men 10 Mile	1:10:48
	Scott Nelson	Masters Men 10 Mile	1:24:06

	Corey Dickson	U10 Boys 1km	5:03
	Kyle Swan	U14 Boys 2km	9:35
	Jemima Montag	U16 Girls 3km	14:10
	Stephanie George	U18 Girls 5km	25:29
	Rachel Tallent	U20 Women 5km	23:02
Individual Silver	Chris Erickson	Open Men 20 Mile	2:26:36
	Karyn O'Neill	Open Women 20 Mile	4:01:16
	Rachel Tallent	Open Women 10 Mile	1:21:20
	Michelle Laufer	Masters Women 10 Mile	1:29:57
	Aaron McDonough	Masters Men 10 Mile	1:26:55
	Nathan Brill	U18 Boys 5km	21:29
	Rachel Tallent	Open Women 5km	23:02
Individual Bronze	Heather Carr	Masters Women 10 Mile	1:34:19
	Nathan Brill	Open Men 10 Mile	1:15:33
	Ralph Bennett	Masters Men 10 Mile	1:31:29
	Alannah Peart	U10 Girls 1km	5:21
	Reese Walmsley	U14 Boys 2km	9:45
	Billy Allamby	U16 Boys 3km	13:58
	Jasmine Irshad	U16 Girls 3km	14:44
	Amanda Heard	U18 Girls 5km	26:45
	Jemima Montag	U18 Women 5km	25:28
Teams Gold	RWV1	Open 20 Mile	Jared Tallent, Chris Erickson, Regan Lamble
	RWV1	Open Men 10 Mile	Rhydian Cowley, Nathan Brill, Bradley Simpson
	RWV1	U10 Boys 1km	Corey Dickson, Jared Hodges, Bailey Ohlsen
	RWV1	U14 Boys 2km	Kyle Swan, Reese Walmsley, Ross Darlow
	RWV1	U16 Girls 3km	Jemima Montag, Jasmine Irshad, Emily Hamilton
	RWV1	U18 Boys 5km	Nathan Brill, Josh Dillon, Kyle Bird
	RWV1	U18 Girls 5km	Stephanie George, Amanda Heard, Shelby Kay
	RWV1	Open Women 5km	Rachel Tallent, Jemima Montag, Jasmine Irshad
Teams Silver	RWV2	Open 20 Mile	Simon Evans, Terry O'Neill, Duncan Knox
	RWV1	Open Women 10 Mile	Rachel Tallent, Michelle Laufer, Heather Carr
	RWV1	U10 Girls 1km	Alannah Peart, Arnika Nelson, Carissa Brook
	RWV1	U12 Boys 2km	Corey Dickson, Hayden Walmsley, Ethan Wright
	RWV1	U12 Girls 2km	Mikhala Hodges, Georgia Bertrand, Brodie Richardson
	RWV1	U14 Girls 2km	Rachael Guy, Paige De Liesen, Shelby Kay
	RWV1	U16 Boys 3km	Billy Allamby, Ross Darlow, Reese Walmsley
Teams Bronze	RWV2	Open Men 10 Mile	Jason Kozica, Scott Nelson, Aaron McDonough
	RWV2	U10 Girls 1km	Gemma Lillie, Andie Montag, Freya Evans
	RWV2	U14 Girls 2km	Mikhala Hodges, Brianna Lillie, Jemma Peart
	RWV2	U18 Boys 5km	Billy Allamby, Kyle Swan, Reese Walmsley

The results now follow: stop and get a cuppa first - it's a few pages!

EVENT 1 OPEN 20M

MEN

1.	Jared Tallent	2:18:00	RWV
2.	Chris Erickson	2:26:36	RWV
3.	Ignacio Jimenez	2:59:42	QRWC
4.	Peter Crump	3:02:19	SARWC
5.	Peter Bennett	3:09:17	QRWC
6.	Simon Evans	3:12:26	RWV
7.	Terry O'Neill	3:31:32	RWV
8.	Robin Whyte	3:34:16	ACTW
9.	Duncan Knox	3:48:38	RWV
10.	Bill Starr	4:03:45	SARWC
11.	Lachlan Wilkinson	4:02:05	ACTW
	Isamu Fujisawa	DNS	RWV
	Andrew Jamieson	DNS	RWV
	Ian Rayson	DNS	REGAL
	Brendan Reading	DNS	ACTW

WOMEN

1.	Regan Lamble	2:32:17	RWV
2.	Karyn O'Neill	4:01:16	RWV

MASTERS MEN

1.	Ignacio Jimenez	2:59:42	QRWC
2.	Peter Crump	3:02:19	SARWC
3.	Peter Bennett	3:09:17	QRWC
4.	Simon Evans	3:12:26	RWV
5.	Terry O'Neill	3:31:32	RWV
6.	Robin Whyte	3:34:16	ACTW
7.	Duncan Knox	3:48:38	RWV
8.	Bill Starr	4:03:45	SARWC
9.	Lachlan Wilkinson	4:02:05	ACTW
	Andrew Jamieson	DNS	RWV

MASTERS WOMEN

1.	Karyn O'Neill	4:01:16	RWV
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HANDICAP

1.	Bill Starr	SARWC
2.	Robin Whyte	ACTW
3.	Terry O'Neill	RWV

TEAMS

1.	RWV1	16	(Jared Tallent, Chris Erickson, Regan Lamble)
2.	RWV2	6	(Simon Evans, Terry O'Neill, Duncan Knox)

OLDEST FINISHER

Robin Whyte

EVENT 2 FITNESS 20M**MEN**

1.	Bryan Thomas	3:57:45	ACTW
2.	Geoff Barker	4:02:41	ACTW
3.	Peter Thomson	4:02:41	ACT

OLDEST FINISHER

Derek Robinson

EVENT 3 MEN & WOMEN AACT 30K CHP**MEN**

1.	Jared Tallent	2:08:30	RWV	VIC
2.	Chris Erickson	2:16:34	RWV	VIC
3.	Peter Crump	2:49:12	SARWC	SA
4.	Peter Bennett	2:56:39	QRWC	QLD
5.	Robin Whyte	3:19:13	ACTW	ACT
	Isamu Fujisawa	DNS	RWV	VIC
	Brendan Reading	DNS	ACTW	ACT

FIRST ACT FINISHER

1.	Robin	Whyte	3:19:13
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WOMEN

1.	Regan Lamble	2:21:43	RWV
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EVENT 4 WOMEN 10M

1.	Tanya Holliday	1:13:16	SARWC
2.	Rachel Tallent	1:21:20	RWV
3.	Cheryl Webb	1:25:45	NSWRWC
4.	Megan Sziron	1:26:04	SARWC
5.	Lauren Bourke	1:27:12	NSWRWC
6.	Kirsty Klein	1:27:21	NSWRWC

7.	Michelle Laufer	1:29:57	RWV
8.	Vanessa Ebejer	1:33:40	REGAL
9.	Chloe Jones	1:33:40	REGAL
10.	Heather Carr	1:34:19	RWV
11.	Kirstin Shaw	1:37:46	RWV
12.	Mathilde Lacaze	1:38:18	FRA
13.	Tamara Attard	1:43:10	RWV
14.	Anna Wallace	1:43:56	RWV
15.	Vanessa Noble	1:44:16	NSWRWC
16.	Charlene Ebejer	1:50:02	REGAL
17.	Donna-Marie Elms	1:55:00	RWV
18.	Joan Purcell	2:01:54	NSWRWC
19.	Noela McKinven	2:10:30	QRWC
	Regan Lambie	DNS	RWV
	Amanda Heard	DNS	RWV
	Kylie Irshad	DNS	RWV
	Gloria Holliday	DNS	SARWC
	Shannon Jennings	DNS	NSWRWC

MASTERS

1.	Cheryl Webb	1:25:45	NSWRWC
2.	Michelle Laufer	1:29:57	RWV
3.	Heather Carr	1:34:19	RWV
4.	Donna-Marie Elms	1:55:00	RWV
5.	Joan Purcell	2:01:54	NSWRWC
6.	Noela McKinven	2:10:30	QRWC
	Kylie Irshad	DNS	RWV
	Gloria Holliday	DNS	SARWC

HANDICAP

1.	Kirstin Shaw	RWV
2.	Anna Wallace	RWV
3.	Vanessa Ebejer	REGAL

TEAMS

1.	NSWRWC1	30	(Cheryl Webb, Lauren Bourke, Kirsty Klein)
2.	RWV1	26	(Rachel Tallent, Michelle Laufer, Heather Carr)
3.	REGAL1	14	(Vanessa Ebejer, Chloe Jones, Charlene Ebejer)
4.	RWV2	9	(Kirstin Shaw, Tamara Attard, Anna Wallace)

OLDEST FINISHER

Joan Purcell

EVENT 5 MENS 10M

1.	Rhydian Cowley	1:10:48	RWV
2.	Jesse Osborne	1:14:55	QRWC
3.	Nathan Brill	1:15:33	RWV
4.	Kyle Malone	1:17:13	NSWRWC
5.	Kim Mottrom	1:17:51	SARWC
6.	Bradley Simpson	1:22:19	RWV
7.	Jason Kozica	1:22:24	RWV
8.	Derek Mulhearn	1:23:19	NSWRWC
9.	Scott Nelson	1:24:06	RWV
10.	Justin Hill	1:25:14	SARWC
11.	Aaron McDonough	1:26:55	RWV
12.	Harry Bates	1:27:06	ACTW
13.	Ralph Bennett	1:31:29	RWV
14.	David Smyth	1:38:34	RWCWA
15.	Anthony Albanese	1:38:44	NSWRWC
16.	Robert Osborne	1:41:14	REGAL
17.	Robert Gardiner	1:43:15	RWV
18.	Jim Seymon	1:50:24	REGAL
19.	David Best	1:58:33	RWCWA
	Jordan Mulhearn	DNS	NSWRWC
	Adam Rutter	DNS	NSWRWC

MASTERS

1.	Scott Nelson	1:24:06	RWV
2.	Aaron McDonough	1:26:55	RWV
3.	Ralph Bennett	1:31:29	RWV
4.	David Smyth	1:38:34	RWCWA
5.	Anthony Albanese	1:38:44	NSWRWC
6.	Robert Osborne	1:41:14	REGAL
7.	Robert Gardiner	1:43:15	RWV
8.	Jim Seymon	1:50:24	REGAL
9.	David Best	1:58:33	RWCWA

HANDICAP

1.	Bradley Simpson	RWV
2.	Robert Gardiner	RWV
3.	Jason Kozica	RWV

TEAMS

1.	RWV1	24	(Rhydian Cowley, Nathan Brill, Bradley Simpson)
2.	NSWRWC1	12	(Kyle Malone, Derek Mulhearn, Anthony Albanese)
3.	RWV2	10	(Jason Kozica, Scott Nelson, Aaron McDonough)

EVENT 6 FITNESS 10M**MEN**

1.	Robert Willcox	1:38:44	NSWRWC
2.	Bert Janes	2:01:52	QRWC
3.	Doug Fitzgerald	2:04:33	ACTW
4.	Chris Rayson	2:17:38	REGAL
5.	Keith Knox	2:33:08	NSW

EVENT 7 FITNESS 5M**MEN**

1.	Jason Elms	55:41	VRWC
2.	Brian Hortin	55:50	TARWC
3.	Damien Elms	1:01:00	VRWC
4.	Dave Mackenzie	1:01:42	ACTW

WOMEN

1.	Judy Brown	1:06:14	NSWRWC
2.	Ikuka Mills	1:16:25	NSW
3.	Brooke McDonald	1:16:25	NSW
4.	Linda McDonald	1:16:25	NSW
5.	Lydia Stanhope	1:22:58	ACT
6.	Carmen Carlon	1:25:02	ACTW
7.	Nola de Chazal	1:26:36	ACTW
8.	Eva Jessurun	1:30:20	NSW
9.	Mia Jessurun	1:30:20	NSW
10.	Nicole Jessurun	1:30:39	NSW
11.	Alison Janes	1:36:46	QRWC

EVENT 8 MENS U20 10K

1.	Dane Bird-Smith	41:05	QRWC
2.	Blake Steele	44:54	SARWC
3.	Brad Aiton	48:42	QRWC
4.	Joshua Kaiser	50:02	RWV
5.	Steven Washburn	51:22	NSWRWC
6.	Jordan Mulhearn	52:11	NSWRWC
7.	Matthew Killen	57:37	NSWRWC
	Jay Felton	DNS	NSWRWC
	Josh Dillon	DNS	RWV

HANDICAP

1.	Joshua Kaiser	RWV
2.	Matthew Killen	NSWRWC

3. Steven Washburn NSWRC

TEAMS

1. NSWRC1 7 (Steven Washburn, Jordan Mulhearn, Matthew Killen)

EVENT 9 AACT MENS U20 10K CHP

1. Dane Bird-Smith 41:05 QRWC
2. Brad Aiton 48:42 QRWC
3. Steven Washburn 51:22 NSWRC

EVENT 10 OPEN (OVER 19 YEARS) 10K

1. Jessica Pickles 50:03 QRWC
2. Kim Mottrom 52:34 SARWC

EVENT 11 BOYS U10 1K

1. Corey Dickson 05:03 RWV
2. Joe Cross 05:29 SARWC
3. Dion Carrothers 05:44 QRWC
4. Jared Hodges 06:01 RWV
5. Koeden Bianco 06:40 REGAL
6. Tom Hunt 06:40 ACTW
7. Bailey Ohlsen 10:06 RWV

HANDICAP

1. Koeden Bianco REGAL
2. Tom Hunt ACTW
3. Bailey Ohlsen RWV

TEAMS

1. RWV1 7 (Corey Dickson, Jared Hodges, Bailey Ohlsen)

EVENT 12 GIRLS U10 1K

1. Haley Mills 05:12 NSWRC
2. Lauren Tisdale 05:15 NSWRC
3. Alannah Peart 05:21 RWV
4. Sybella McKay 05:34 NSWRC
5. Arnika Nelson 05:41 RWV
6. Carissa Brook 05:46 RWV
7. Holly Lay 05:47 QRWC
8. Gemma Lillie 06:15 RWV
9. Renee Hardy 06:22 NSWRC
10. Andie Montag 06:29 RWV
11. Laura Burns 06:36 ACTW
12. Bronti Westaway 06:51 NSWRC
13. Freya Evans 06:51 RWV
14. Leah Canavan 06:55 RWV
15. Mia Darlow 06:57 RWV
16. Jada Thomson 07:00 NSWRC
17. Emily Challinor 10:37 NSWRC
Dakota Bennett-Ward DNS REGAL

HANDICAP

1. Mia Darlow RWV
2. Leah Canavan RWV
3. Bronti Westaway NSWRC

TEAMS

1. NSWRC1 33 (Haley Mills, Lauren Tisdale, Sybella McKay)
2. RWV1 25 (Alannah Peart, Arnika Nelson, Carissa Brook)
3. RWV2 12 (Gemma Lillie, Andie Montag, Freya Evans)
4. NSWRC2 9 (Renee Hardy, Bronti Westaway, Jada Thomson)

EVENT 13 BOYS U12 2K

1.	Kyle Bedford	09:45	NSWRWC
2.	Harrison Mavin	09:54	NSWRWC
3.	Spencer Burns	09:59	ACTW
4.	Corey Dickson	10:02	RWV
5.	Dylan Richardson	10:31	NSWRWC
6.	Samuel Gibson	10:51	QRWC
7.	Blake Dwyer	10:52	REGAL
8.	Ryan Thomson	10:55	NSWRWC
9.	Joe Cross	11:41	SARWC
10.	Hayden Walmsley	11:58	RWV
11.	Ethan Wright	12:09	RWV
12.	Caine Brill	13:22	RWV
13.	Justin Brill	13:25	RWV
14.	Lachlan Becroft	14:09	NSWRWC
	Jared Hodges	DNF	RWV
	James Plummer	DQ	NSWRWC
	Liam Evans	DQ	RWV

HANDICAP

1.	Blake Dwyer	REGAL
2.	Corey Dickson	RWV
3.	Joe Cross	SARWC

TEAMS

1.	NSWRWC1	24	(Kyle Bedford, Harrison Mavin, Dylan Richardson)
2.	RWV1	16	(Corey Dickson, Hayden Walmsley, Ethan Wright)

EVENT 14 GIRLS U12 2K

1.	Leah McDonald	09:59	NSWRWC
2.	Gabby Hunt	10:01	ACTW
3.	Eliza DeLaine	10:22	NSWRWC
4.	Samantha Brown	10:33	NSWRWC
5.	Mikhala Hodges	10:38	RWV
6.	Georgia Bertrand	10:45	RWV
7.	Rhiannon Lovegrove	10:47	SARWC
8.	Yasmin Mills	10:48	NSWRWC
9.	Bethany Cross	10:49	SARWC
10.	Brodie Richardson	10:50	RWV
11.	Brianna Lillie	10:51	RWV
12.	Jemma Peart	11:03	RWV
13.	Amy Canavan	11:08	RWV
14.	Zahra Hayes	11:20	RWV
15.	Kathleen O'Mahony	11:22	RWV
16.	Anaya Hodges	11:22	RWV
17.	Haley Mills	11:28	NSWRWC
18.	Alannah Peart	11:35	RWV
19.	Riona Tyler-Dowd	11:43	SARWC
20.	Mackayla Davison	11:43	RWV
21.	Tegan Miller	12:01	RWV
22.	Madison Hill	12:35	RWV
23.	Melissa Holt	12:41	ACTW
24.	Sarah Damin	12:44	SARWC
25.	Flynn Ross	12:52	NSWRWC
26.	Kirraly Garwood	12:56	TARWC
27.	Hannah Mison	13:30	REGAL
28.	Leticia Nelson	15:47	RWV
29.	Olivia Davis	16:25	RWV
	Hayley George	DNF	RWV

HANDICAP

1.	Melissa Holt	ACTW
2.	Amy Canavan	RWV
3.	Jemma Peart	RWV

TEAMS

1.	NSWRWC1	70	(Leah McDonald, Eliza DeLaine, Samantha Brown)
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2.	RWV1	57	(Mikhala Hodges, Georgia Bertrand, Brodie Richardson)
3.	SARWC1	43	(Rhiannon Lovegrove, Bethany Cross, Riona Tyler-Dowd)
4.	RWV2	42	(Brianna Lillie, Jemma Peart, Amy Canavan)
5.	RWV3	33	(Zahra Hayes, Kathleen O'Mahony, Anaya Hodges)
6.	NSWRWC2	33	(Yasmin Mills, Haley Mills, Flynn Ross)
7.	RWV4	19	(Alannah Peart, Mackayla Davison, Tegan Miller)
8.	RWV5	7	(Madison Hill, Leticia Nelson, Olivia Davis)
EVENT 15 BOYS U14 2K			
1.	Kyle Swan	09:35	RWV
2.	Kyle Bedford	09:41	NSWRWC
3.	Reese Walmsley	09:45	RWV
4.	Callum Burns	09:53	ACTW
5.	Ross Darlow	09:53	RWV
6.	Nathan Brown	09:59	NSWRWC
7.	Aidan Kerr	10:10	NSWRWC
8.	Alix Harlington	10:10	SARWC
9.	Corey Dickson	10:22	RWV
10.	Benjamin Tisdale	10:26	NSWRWC
11.	Spencer Burns	10:30	ACTW
12.	Jordan Glover	11:31	REGAL
13.	Ryan Thomson	11:48	NSWRWC
14.	Callum Evans	12:43	RWV
15.	James Plummer	12:53	NSWRWC
16.	Ethan Wright	12:57	RWV
17.	Rodney Davis	13:06	RWV
	Brendan O'Mahony	DQ	RWV
HANDICAP			
1.	Ross Darlow	RWV	
2.	Corey Dickson	RWV	
3.	Rodney Davis	RWV	
TEAMS			
1.	RWV1	32	(Kyle Swan, Reese Walmsley, Ross Darlow)
2.	NSWRWC1	26	(Kyle Bedford, Nathan Brown, Aidan Kerr)
3.	NSWRWC2	11	(Benjamin Tisdale, Ryan Thomson, James Plummer)
4.	RWV2	10	(Corey Dickson, Callum Evans, Ethan Wright)
EVENT 16 GIRLS U14 2K			
1.	Jasmyn McDonald	09:32	NSWRWC
2.	Tahlia Hunt	09:42	TARWC
3.	Anna Cross	09:50	SARWC
4.	Lucy Francis	09:55	NSWRWC
5.	Rachael Guy	10:04	RWV
6.	Mikaela Woodward	10:14	QRWC
7.	Paige De Liesen	10:23	RWV
8.	Shelby Kay	10:35	RWV
9.	Amee Brackin	10:45	QRWC
10.	Gabby Hunt	10:51	ACTW
11.	Rhiannon Minett	11:01	NSWRWC
12.	Mikhala Hodges	11:05	RWV
13.	Brianna Lillie	11:06	RWV
14.	Jemma Peart	11:18	RWV
15.	Emily Hopkins	11:22	ACTW
16.	Kathleen O'Mahony	11:22	RWV
17.	Amy Canavan	11:42	RWV
18.	Danielle Kalemusic	11:50	NSWRWC
19.	Rhiannon Lovegrove	11:50	SARWC
20.	Brodie Richardson	11:54	RWV
21.	Kara Baker	11:56	ACTW
22.	Jessica Lillie	11:56	RWV
23.	Bethany Cross	12:01	SARWC
24.	Daniella Salisbury	12:01	NSWRWC
25.	Kirraly Garwood	12:49	TARWC
26.	Sarah Guy	13:01	TARWC

27.	Mascey Willis	13:02	NSWRWC
28.	Mackayla Davison	13:27	RWV
29.	Riona Tyler-Dowd	13:38	SARWC
30.	Sarah Damin	14:29	SARWC
	Anaya Hodges	DNS	RWV
	Olivia Davis	DQ	RWV
HANDICAP			
1.	Rachael Guy	RWV	
2.	Jemma Peart	RWV	
3.	Amy Canavan	RWV	
TEAMS			
1.	NSWRWC1	62	(Jasmyn McDonald, Lucy Francis, Rhiannon Minett)
2.	RWV1	57	(Rachael Guy, Paige De Liesen, Shelby Kay)
3.	RWV2	42	(Mikhala Hodges, Brianna Lillie, Jemma Peart)
4.	ACTW1	35	(Gabby Hunt, Emily Hopkins, Kara Baker)
5.	SARWC1	35	(Anna Cross, Rhiannon Lovegrove, Bethany Cross)
6.	RWV3	28	(Kathleen O'Mahony, Amy Canavan, Brodie Richardson)
7.	TARWC1	28	(Tahlia Hunt, Kirraly Garwood, Sarah Guy)
8.	NSWRWC2	14	(Danielle Kalemusic, Daniella Salisbury, Mascey Willis)
EVENT 17 BOYS U16 3K			
1.	Tyler Jones	13:26	NSWRWC
2.	Zac Partington	13:56	WARWC
3.	Billy Allamby	13:58	RWV
4.	Robert Murphy	14:59	NSWRWC
5.	Carl Gibbons	15:01	NSWRWC
6.	Tom Doyle	15:13	NSWRWC
7.	Ross Darlow	15:35	RWV
8.	Thomas Hopkins	15:46	ACTW
9.	Reese Walmsley	16:01	RWV
10.	Callum Burns	16:05	ACTW
11.	Aidan Kerr	16:21	NSWRWC
12.	Alix Harlington	16:25	SARWC
13.	Adam Mylonas	16:30	NSWRWC
14.	Lachlan Tyler-Dowd	16:48	SARWC
15.	Cody McNicol-Davidson	19:37	RWV
	Kyle Swan	DNS	RWV
	Hayden Walmsley	DNS	RWV
	Ethan Wright	DNS	RWV
	Rodney Davis	DQ	RWV
HANDICAP			
1.	Ross Darlow	RWV	
2.	Lachlan Tyler-Dowd	SARWC	
3.	Carl Gibbons	NSWRWC	
TEAMS			
1.	NSWRWC1	23	(Tyler Jones, Robert Murphy, Carl Gibbons)
2.	RWV1	15	(Billy Allamby, Ross Darlow, Reese Walmsley)
3.	NSWRWC2	8	(Tom Doyle, Aidan Kerr, Adam Mylonas)
EVENT 18 GIRLS U16 3K			
1.	Jemima Montag	14:10	RWV
2.	Clara Smith	14:25	QRWC
3.	Jasmine Irshad	14:44	RWV
4.	Ashleigh Resch	15:29	ACTW
5.	Stephanie Grujoski	15:41	NSWRWC
6.	Tahlia Hunt	15:42	TARWC
7.	Anna Cross	15:51	SARWC
8.	Lucy Francis	15:56	NSWRWC
9.	Mikaela Woodward	16:06	QRWC
10.	Emily Hamilton	16:16	RWV
11.	Zoe Hunt	16:17	ACTW
12.	Megan Walker	16:18	RWV

13.	Jade Sanders	16:20	RWV
14.	Madyson Romer	16:24	NSWRWC
15.	Amee Brackin	16:26	QRWC
16.	Emily Swan	16:39	RWV
17.	Emma Henderson	16:52	QRWC
18.	Kobie Somerfield	17:09	RWV
19.	Caitlin Plummer	17:13	NSWRWC
20.	Rhiannon Minett	17:24	NSWRWC
21.	Bryony Beasley	17:37	NSWRWC
22.	Karina Hopkins	17:51	ACTW
23.	Carly Bertrand	18:31	RWV
24.	Georgia Bertrand	19:06	RWV
25.	Shae Ohlsen	19:39	RWV
26.	Sophie McLaren	19:39	RWV
27.	Sarah Guy	20:25	TARWC
	Mikhala Hodges	DNS	RWV
	Rebecca Guy	DNS	RWV
	Chloe McNicol-Davidso	DNS	RWV
	Brodie Richardson	DNS	RWV

HANDICAP

1.	Sarah Guy	TARWC
2.	Caitlin Plummer	NSWRWC
3.	Stephanie Grujoski	NSWRWC

TEAMS

1.	RWV1	55	(Jemima Montag, Jasmine Irshad, Emily Hamilton)
2.	QRWC1	44	(Clara Smith, Mikaela Woodward, Ameen Brackin)
3.	NSWRWC1	43	(Stephanie Grujoski, Lucy Francis, Madyson Romer)
4.	ACTW1	34	(Ashleigh Resch, Zoe Hunt, Karina Hopkins)
5.	RWV2	31	(Megan Walker, Jade Sanders, Emily Swan)
6.	NSWRWC2	15	(Caitlin Plummer, Rhiannon Minett, Bryony Beasley)
7.	RWV3	10	(Kobie Somerfield, Carly Bertrand, Georgia Bertrand)

EVENT 19 BOYS U18 5K

1.	Brad Aiton	21:22	QRWC
2.	Nathan Brill	21:29	RWV
3.	Jesse Osborne	22:17	QRWC
4.	Josh Dillon	22:57	RWV
5.	Tyler Jones	23:59	NSWRWC
6.	Kyle Bird	24:11	RWV
7.	Billy Allamby	24:56	RWV
8.	Kyle Swan	25:29	RWV
9.	Matthew Killen	26:31	NSWRWC
10.	Tom Doyle	26:44	NSWRWC
11.	Robert Murphy	27:22	NSWRWC
12.	Lachlan Tyler-Dowd	29:07	SARWC
13.	Reese Walmsley	30:18	RWV
14.	Cody McNicol-Davidson	34:42	RWV
	Harry Bates	DNF	ACTW

HANDICAP

1.	Lachlan Tyler-Dowd	SARWC
2.	Kyle Bird	RWV
3.	Billy Allamby	RWV

TEAMS

1.	RWV1	24	(Nathan Brill, Josh Dillon, Kyle Bird)
2.	NSWRWC1	12	(Tyler Jones, Matthew Killen, Tom Doyle)
3.	RWV2	10	(Billy Allamby, Kyle Swan, Reese Walmsley)

EVENT 20 GIRLS U18 5K

1.	Stephanie George	25:29	RWV
2.	Amy Bettiol	25:55	NSWRWC
3.	Amanda Heard	26:45	RWV
4.	Jasmine Dighton	27:12	NSWRWC

5.	Tayla-Paige Billington	27:24	QRWC
6.	Shelby Kay	28:01	RWV
7.	Ebony Whiley	28:08	RWV
8.	Hannah Denney	28:25	REGAL
9.	Amanda Barendregt	29:33	NSWRWC
10.	Chloe McNicol-Davidson	31:18	RWV
11.	Caitlin Plummer	33:17	NSWRWC

HANDICAP

1.	Chloe McNicol-Davidson	RWV
2.	Ebony Whiley	RWV
3.	3Shelby Kay	RWV

TEAMS

1.	RWV1	13	(Stephanie George, Amanda Heard, Shelby Kay)
2.	NSWRWC1	9	(Amy Bettiol, Jasmine Dighton, Amanda Barendregt)

EVENT 21 WOMENS 5K

1.	Tanya Holliday	OPEN	21:45	SARWC
2.	Rachel Tallent	U20	23:02	RWV
3.	Jessica Pickles	U20	24:31	QRWC
4.	Mel Hayes	OPEN	24:49	QRWC
5.	Lauren Bourke	OPEN	25:10	NSWRWC
6.	Jemima Montag	U20	25:28	RWV
7.	Jasmine Irshad	U20	25:45	RWV
8.	Yvette Becker	OPEN	26:08	SARWC
9.	Cheryl Webb	M	26:36	NSWRWC
10.	Ann Staunton-Jugovic	M	28:00	ACTW
11.	Gloria Holliday	M	28:10	SARWC
12.	Simone McInnes	OPEN	28:35	RWV
13.	Emily Hamilton	U20	29:05	RWV
14.	Anna Wallace	OPEN	29:07	RWV
15.	Jade Sanders	U20	29:16	RWV
16.	Zoe Hunt	U20	29:16	ACTW
17.	Kate Black	M	29:24	ACTW
18.	Kobie Somerfield	U20	30:31	RWV
19.	Jane Bates	M	30:53	ACTW
20.	Karina Hopkins	U20	31:08	ACTW
21.	Nicolle Challinor	M	31:09	NSWRWC
22.	Mary Willis	M	31:38	NSWRWC
23.	Helen Bialecke	M	31:50	ACTW
24.	Carly Bertrand	U20	33:05	RWV
25.	Donna-Marie Elms	M	34:53	RWV
26.	Judy Brown	M	38:22	NSWRWC
27.	Jodie Sundstrom	OPEN	39:34	REGAL

UNDER 20

1.	Rachel Tallent	23:02	RWV
2.	Jessica Pickles	24:31	QRWC
3.	Jemima Montag	25:28	RWV
4.	Jasmine Irshad	25:45	RWV
5.	Emily Hamilton	29:05	RWV
6.	Jade Sanders	29:16	RWV
7.	Zoe Hunt	29:16	ACTW
8.	Kobie Somerfield	30:31	RWV
9.	Karina Hopkins	31:08	ACTW
10.	Carly Bertrand	33:05	RWV

MASTERS

1.	Cheryl Webb	26:36	NSWRWC
2.	Ann Staunton-Jugovic	28:00	ACTW
3.	Gloria Holliday	28:10	SARWC
4.	Kate Black	29:24	ACTW
5.	Jane Bates	30:53	ACTW
6.	Nicolle Challinor	31:09	NSWRWC
7.	Mary Willis	31:38	NSWRWC
8.	Helen Bialecke	31:50	ACTW

9.	Donna-Marie Elms	34:53	RWV
10.	Judy Brown	38:22	NSWRWC
HANDICAP			
1.	Jodie Sundstrom	REGAL	
2.	Mary Willis	NSWRWC	
3.	Nicolle Challinor	NSWRWC	
TEAMS			
1.	RWV1	55	(Rachel Tallent, Jemima Montag, Jasmine Irshad)
2.	SARWC1	51	(Tanya Holliday, Yvette Becker, Gloria Holliday)
3.	NSWRWC1	37	(Lauren Bourke, Cheryl Webb, Nicolle Challinor)
4.	RWV2	33	(Simone McInnes, Emily Hamilton, Anna Wallace)
5.	ACTW1	29	(Ann Staunton-Jugovic, Zoe Hunt, Kate Black)
6.	RWV3	16	(Jade Sanders, Kobie Somerfield, Carly Bertrand)
7.	ACTW2	11	(Jane Bates, Karina Hopkins, Helen Bialecke)
MASTERS TEAMS			
1.	ACTW1	12	(Ann Staunton-Jugovic, Kate Black, Jane Bates)
2.	NSWRWC1	10	(Cheryl Webb, Nicolle Challinor, Mary Willis)

RWV and NSWRWC vied for top spot in one of the closest teams competitions for years. The Brennen Shield points tell the story as RWV now take a small lead into the second RWA carnival, to be contested in Adelaide on Sunday August 26.

Club	Tot Pts	20M	W10	M10	MU20	BU10	GU10	BU12	GU12	BU14	GU14	BU16	GU16	BU18	GU18	W5K
RWV	1154	88	80	87		88	79	79	76	86	75	80	82	87	85	82
NSWRWC	1062		84	79	88		87	87	88	80	80	86	72	79	81	71
SARWC	215								71		66					78
ACTW	195										63		68			64
QRWC	73												73			
REGAL	71		71													
TARWC	62										62					

Finally, club photographer Terry Swan was busy over the long day with camera and has uploaded a selection of photos to our VRWC Photo Gallery at <http://www.vrwc.org.au/coppermine>. I still have to upload my selection but here is a brief overview of some of our many wonderful walkers on display.



The start of the 10 Mile and 20 Mile events on Sunday morning



Chris Erickson, Rhydian Cowley, Nathan Brill, Jesse Osborne, Tanya Holliday and Rachel Tallent



Stephanie George, Kyle Swan, Corey Dickson, Kyle Bedford and Jasmine Irshad



Billy Allamby, Brad Jones, Brad Aiton, Nathan Brill, Jemima Montag and Dane Bird-Smith

RWCWA ROADWALKS, WILSON, SUNDAY 10 JUNE

There are traditionally very few walk competitions held in Australia on the LBG Carnival weekend but I did get this report from Rick Cattermole on last Sunday's walking from Perth in Western Australia. Rick commented: *Six hardened walkers manage to start the walk at Wilson today - a list of illness and injuries added to the low turnout unfortunately.*

5km open women

1.	Caitlin Gerken	29.36 (PB)
	Sara Cattermole	DNF

3k open mixed

1.	Jasmin Burgess	18.40 (PB)
2.	Christopher Gerken	21.37
3.	Melissa Sullivan	21.50
	Daniel Turner	DNF

RUSSIAN SUMMER RACE WALKING CHAMPIONSHIPS, MOSCOW, 10-11 JUNE 2012

The Russian Summer Roadwalking championships were held last weekend in Moscow (on the same course as the 1980 Olympics, starting and finishing in the stadium) and the competition was fierce. The first two Russian Olympic team spots in each of the 3 Olympic walks had been granted to the current Olympic champions and to the winners of this year's World Cup events in Saransk. The remaining third spots were up for grabs and had been set aside for the winners of these championships.

So Yelena Lashmanova and Olympic 20km champion Olga Kaniskina already had tickets to London along with Andrei Krivov and Olympic champion Valeriy Borchin in the men's 20km while the first two Russian 50km spots had been allocated to world champions Sergei Kirdyapkin and Sergei Bakulin.

The Open winners last weekend were Sergey Morozov 1:19:49, Yuri Andronov 3:40.44 and Anisya Kirdyapkina 1:27:43 so they will all now be nominated alongside their compatriots to complete an awesome Russian walks team. Kirdyapkina will join her husband Sergei Kirdyapkin in London and they will make history if both can medal in their respective walking events.

The Junior wins went to Pawel Parshin 41:14.73 and Yekaterina Medvedeva 44:30.49 while the Youth wins went to Nikolay Markov 42:43.71 with Olga Shargina 22:30.40 (5000m). The junior and youth competition, were also trials for World Junior Championships in Barcelona, were held in rainy conditions. And I do mean rainy - check out this photo



Wet for the junior walks in Moscow (photo from <http://eng.rusathletics.com/sor/calendar.2651.htm#event-tabs-photos>)

As an added point of interest Andronov (born 06.11.71) has bettered the M40 50km World Record by over 7 minutes. The current best is held by Jesus Angel Garcia with 3:47:56 (Barcelona in 2010) but Andronov's 3:40:44 takes the event to a whole new level. I have sourced the following results from <http://eng.rusathletics.com/sor/calendar.2651.htm>

20km Men

1.	Sergey Morozov	RUS	1:19:49
2.	Andrei Ruzavin	RUS	1:20:48
3.	Denis Strelkov	RUS	1:21:11
4.	Pyotr Bogatryyov	RUS	1:21:59
5.	Pyotr Trofimov	RUS	1:22:39
6.	Valeriy Filipchuk	RUS	1:23:54
7.	Aleksey Golovin	RUS	1:24:01

50km Men

1.	Yuri Andronov	RUS	3:40:44
2.	Konstantin Maksimov	RUS	3:48:16
3.	Aleksandr Yargunkin	RUS	3:50:50
4.	Aleksey Khimin	RUS	3:54:30
5.	Semen Lovkin	RUS	3:57:32
6.	Sergei Korepanov	RUS	4:04:14
7.	Aleksei Bartsaikin	RUS	4:08:43
8.	Konstantin Kulagov	RUS	4:19:56
9.	Sergey Melentyev	RUS	4:21:38
10.	Roman Yarkin	RUS	4:25:24
11.	Aleksey Terentyev	RUS	4:27:51

20km Women

1.	Anisya Kirdyapkina	RUS	1:27:43
2.	Vera Sokolova	RUS	1:28:06
3.	Marina Pandakova	RUS	1:28:47
4.	Nina Okhotnikova	RUS	1:28:49
5.	Svetlana Vasilieva	RUS	1:29:42
6.	Anna Lukyanova	RUS	1:31:41
7.	Tatiana Korotkova	RUS	1:32:17
8.	Lina Bikulova	RUS	1:32:43
9.	Irina Shushina	RUS	1:32:44
10.	Natalya Kholodilina	RUS	1:33:20
11.	Natalya Makarova	RUS	1:34:02
12.	Natalya Serezhkina	RUS	1:36:14
13.	Yelena Zubakina	RUS	1:38:46

10,000m U20 Women (born 1993 or 1994)

1.	Ekaterina Medvedeva	RUS	44.30,49
2.	Olga Dubrovina	RUS	44.42,28
3.	Anna Ermina	RUS	46.11,46

10,000m U20 Men (born 1993 or 1994)

1.	Pavel Parshin	RUS	41.14,73
2.	Aleksandr Pickalov	RUS	41.26,37
3.	Evgeniy Nushtaev	RUS	41.41,19

5000m U18 Women (born 1995 or 1996)

1.	Olga Shargina	RUS	22.30,40
2.	Oksana Goliatkina	RUS	22.38,93
3.	Klavdia Afanasjeva	RUS	22.40,46

10,000m U18 Men (born 1995 or 1996)

1.	Nikolay Markov	RUS	42.43,71
2.	Denis Tolstov	RUS	42.50,54
3.	Maksim Krasnov	RUS	43.55,67

IAAF CHALLENGE WALKS, LA CORUNA, SPAIN, SATURDAY 9 JUNE

China's Li Jianbo and Hong Liu captured their respective 20km victories to highlight the 26th Gran Premio Cantones de Marcha – the Spanish leg in the 2012 IAAF Race Walking Challenge, held last Saturday in Spain on a cloudy and ideal racing day. While the 25-year-old Jianbo's victory came by surprise, Liu dominated the race from the early stages to easily confirm her supremacy. To the delight of the large home crowd assembled there were no less than three Spaniards on the podium overall. I will use Emeterio Valiente's report from the IAAF website (see <http://www.iaaf.org/Mini/WRC12/News/NewsDetail.aspx?id=65268>). Full results can be found at <http://www.all-athletics.com/en-us/node/598964>.

Men's race – Wang DNF but China reigns thanks to Jianbo

Over the 1km-long flat circuit, the men's contest opened quite fast thanks to the early pace set by the strongest walker in the line-up, China's Zhen Wang, fresh from a commanding win at the World Cup in Saransk. Wang pulled away with ease inside the second kilometre to build a clear lead by the 5000-metre point. By halfway, the chasing pack was formed by no fewer than ten men although the Chinese pair of Wei Yu and Li Jianbo, Italy's Giorgio Rubino and Spain's Miguel Ángel López were doing most of the pacing work. The big surprise came in the 14th kilometre when Wang dropped out. Such was his advantage by then – over one minute – that his chasers realized they became the leaders only when the announcer provided that information. Jianbo's front walking paid finally dividends with some 3000 metres to go when he changed gear to leave the others behind; while Rubino lost any chance of winning soon Wei and López fought hard over the closing kilometres. At the finish line Jianbo was timed 1:20:55 to López's 1:20:59, a career best for him, who managed to get rid of Wei inside the last kilometre.

"It's my first 20km Walk Race this season and this win means an enormous morale booster for the Olympic Games," the victor said. "I'll now go straight to the Olympics, no more races until then."

As for the 2009 European U-23 champion López, he took the Spanish title at stake, lowered his best ever performance by 42 seconds although "the most remarkable achievement today has been to place second at an IAAF meeting," he said. The 24-year-old added: "It would be great to be on the top-ten at the Olympics."

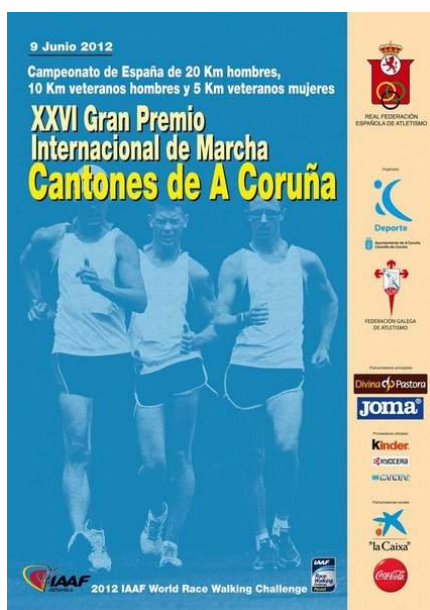
1.	Jianbo LI	CHN	86	1:20:55
2.	Miguel Angel LOPEZ	ESP	88	1:20:59
3.	Yu WEI	CHN	87	1:21:04
4.	Giorgio RUBINO	ITA	86	1:21:30
5.	Matteo GIUPPONI	ITA	88	1:22:07
6.	Tianfeng SI	CHN	84	1:23:14
7.	Pedro Daniel GÓMEZ	MEX	90	1:23:21
8.	Kevin CAMPION	FRA	88	1:23:29
9.	Luis Fernando LÓPEZ	COL	79	1:23:41
10.	Caio Oliveira DE SENA BONFIM	BRA	91	1:23:53
11.	Luis CORCHETE	ESP	84	1:23:53
12.	Evan DUNFEE	CAN	90	1:24:21
13.	Francisco ARCILLA	ESP	84	1:24:48
14.	Tom BOSWORTH	GBR	90	1:24:49
15.	Hagen POHLE	GER	92	1:25:20
16.	Hiroki ARAI	JPN	88	1:25:43
17.	Jesús Ángel GARCÍA	ESP	69	1:25:50
18.	Maik BERGER	GER	79	1:26:21
19.	Herve DAVAUX	FRA	78	1:26:35
20.	Carl DOHMANN	GER	90	1:26:51
21.	Marcel LEHMBERG	GER	92	1:26:57
22.	Zongliang CHEN	CHN	92	1:27:09
23.	Alvaro GARCÍA	MEX	83	1:27:10
24.	Wayne SNYMAN	RSA	85	1:27:54
25.	Lebogang SHANGE	RSA	90	1:28:00
26.	Takafumi HIGUMA	JPN	82	1:29:17
27.	José Ignacio ALEDO ROMERA	ESP	79	1:29:36
28.	Mikel ODRIOZOLA	ESP	73	1:30:12
29.	Mario SILLERO	ESP	90	1:31:59

Women's race - Liu impresses, Pascual surprises

In contrast to the men's event, the women's race had no drama to find the identity of the winner as the in-form Chinese Hong Liu proved to be in stellar fitness. In addition, she had the help provided by her compatriots Huiquin Ding and Huanhuan Sun, who made the early pace. Spain's María Vasco was the Chinese trio's closest pursuer and she overtook Ding before halfway and Sun some 11km into the race. Liu's margin over the experienced Vasco was not particularly broad (10 seconds) but the Spaniard began to fade with 5000 metres left and it became clear then that Liu would be the eventual winner barring disaster. The attention turned to the other podium places where Spain's Beatriz Pascual – a brilliant victor in La Coruña a couple of years ago – travelled in fifth inside the closing quarter of the competition but she first passed Germany's Sabine Krantz, later Pascual overtook her fellow Spaniard Julia Takacs to finally catch Vasco to take second well behind Liu (1:27:32 and 1:29:53 their respective times). The 2000 Olympics bronze medallist completed a classy podium 12 seconds behind Pascual but 32 seconds clear of the Hungarian-born Takacs. While Liu's top spot was highly likely, Pascual's runner-up place became a surprise even for herself as she explained: "After the World Cup I relaxed my training regime to peak again for the Olympics and so I faced today's race with little quality work. I kicked off cautiously but then I felt increasingly stronger and my second half was great. I now plan a training camp in the altitude of Font-Romeu before travelling to London where I would like to better my 6th place from Beijing Olympics," confirmed a delighted Pascual.

1.	Hong LIU	CHN	87	1:27:32
2.	Beatriz PASCUAL	ESP	82	1:29:53
3.	María VASCO	ESP	75	1:30:05
4.	Júlia TAKÁCS	ESP	89	1:30:37
5.	Sabine ZIMMER-KRANTZ	GER	81	1:30:57
6.	Eleonora Anna GIORGI	ITA	89	1:31:18
7.	Laura REYNOLDS	IRL	89	1:32:34

8.	Sandra Lorena ARENAS	COL	93	1:32:36
9.	Sandra Viviana GALVIS	COL	86	1:33:24
10.	María José POVES	ESP	78	1:34:45
11.	Huanhuan SUN	CHN	90	1:35:22
12.	Johanna JACKSON	GBR	85	1:35:25
13.	Ainhoa PINEDO	ESP	83	1:35:28
14.	Lorena LUACES	ESP	84	1:35:39
15.	Raquel GONZALEZ	ESP	89	1:36:32
16.	Monica Equihua SOLORZANO	MEX	82	1:37:56
17.	Rosalía ORTIZ CRUZ	MEX	87	1:40:13
18.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:42:29
19.	Rei INOUE	JPN	91	1:43:42
20.	Sara ALONSO CASTELO	ESP	91	1:44:56



Left: Australia's Nathan Deakes, Chris Erickson and Jared Tallent feature on the 2012 La Coruna poster
 Middle: Men's Podium - Miguel Angel Lopez (ESP), Li Jianbo (CHN) and Yu Wei (CHN)
 Right: Women's Podium - Beatriz Pascual (ESP), Liu Hong (CHN) and Maria Vasco (ESP)

SLOVAK NATIONAL RACEWALK CHAMPIONSHIPS, BORSKY MIKULAS, SAT 9 JUNE

Matej Toth won his 7th Slovakian 20 km walk title at the 43rd Zahoracka Dvadsiatka event with 1:27:54. This equalled the feat of Olympic gold medallist Jozef Pribilinec who also won seven Slovakian 20km titles. Competing over an 884m loop in the small town of Borsky Mikulas, he won with a slowish 1:27:84 ahead of Anton Kučmín 1:28:07 and Milan Rízek 1:29:09. Full results (including under age events) can be sourced from http://atletikasvk.sk/Podklady/Preteky/2012/Vysledky/0609_BM.pdf. Main results are shown below

20km Open Men

1.	1:27:54	Tóth Matej	1983	VŠC Dukla Banská Bystrica
2.	1:28:07	Kučmín Anton	1984	VŠC Dukla Banská Bystrica
3.	1:29:09	Rízek Milan	1978	AŠK Skalica
4.	1:29:21	Majdán Dušan	1989	VŠC Dukla Banská Bystrica
5.	1:29:51	Babík Zdenko	1984	UMB Banská Bystrica
6.	1:42:29	Medera Zdenko	1975	AK Spartak Dubnica nad Váhom

10km Junior Men

1.	45:52	Tichý Peter	1993	VŠC Dukla Banská Bystrica
2.	46:22	Úradník Miroslav	1996	VŠC Dukla Banská Bystrica
3.	54:13	Linkeš Milan	1995	AK Spartak Dubnica nad Váhom

10km Open Women

1.	53:30	Stašová Miroslava	1986	VŠC Dukla Banská Bystrica
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5km Junior Women

1.	23:53	Strmeňová Katarína	1993	VŠC Dukla Banská Bystrica
2.	24:07	Biazsilka Iryna	1994	Brest - Bielorusko
3.	24:17	Piliarová Nikola	1994	VŠC Dukla Banská Bystrica

RWNZ 15KM CHAMPIONSHIP AND TARANAKI OPEN WALKS, NEW PLYMOUTH, SUNDAY JUNE 10

Forty racewalkers from around New Zealand, including Olympic bound Quentin Rew, raced for a series of titles last Saturday when the Taranaki Race Walking Club (TRWC) held its Annual Open walk on the Kaimata Street circuit in New Plymouth. Incorporated into the event was the Race Walking New Zealand (RWNZ) 15km Championship.

In the Men's 15km championship there was added incentive for 18 year old Matthew Holcroft (Waikato) who was not only trying for a fast time in the 15km but was also attempting a qualifier over 10km for the World Youth Championships in Barcelona. Quentin and Matthew went stride for stride in the first 5km of the race before Quentin had to leave the course for a time, leaving Matthew on his own out in front. He rejoined the race shortly afterwards and gamely chased but Matthew held his nerve and won in a time of 1:15:08. Quentin was second in 1:16:20 with Mike Parker third in 1:18:58.

The women's 15km RWNZ championship saw Rozie Robinson (Otago) stamp her authority very early on, winning comfortably in a time of 1:20:01 from Alana Barber (Wellington) and Rachel Gilberd (Taranaki).

The Hawera cup is awarded for the first walker (on handicap) in the 15km event. Sue Hoskin (Manawatu) not only succeeded in winning the cup but also set a new W60 record in the 10km in a time of 1:01:25, taking 30 seconds off the previous record. Serena Coombes (Taranaki) was a deserved winner of the Womens 10km Handicap Cup. Coombes took the Campbell Cup in a time of 1:05:59 for the 10km. Tom Hastie (Taranaki) at 71 years old reduced his PB by 2 minutes over 10km finishing in 1:15:13 to take the Trevor Suthon Cup for the third successive year.

Full results can be sourced from http://www.racewalkingnewzealand.org/media/2012_Open_Walk_-_Result_By_Hcap.pdf. Main results are summarised below.

Women 10K Campbell Cup	1	S. Coombes,	2	T. Bell	3	S. Moratti			
15K Hawera Cup	1	S. Hoskin,	2	T. Grimmett	3	A. Barber			
Masters Men Trevor Suthon Cup	1	T. Hastie,	2	N. Fagan	3	J. Wells			
G12 2K	1	H. Gilberd	14:46						
RWNZ Men 15km Championship	1	M. Holcroft	1:15:08	2	Q. Rew	1:16:20	3	M. Parker	1:18:58
RWNZ Women 15km Championship	1	R. Robinson	1:20:01	2	A. Barber	1:29:07	3	R. Gilberd	1:34:02

ENGLISH RESULTS

Now to England for a couple of recent results.

Moulton Diamond Jubilee Walks, Moulton, Suffolk, Saturday 2 June

Francisco Reis 39:25 and Helen Middleton 46:00 were the two winners in the Moulton 5 Mile walks a couple of weeks ago.

Mens Five miles

1. Francisco Reis	(Ilford AC)	39.25	M50
2. Fabian Deuter	(Hillingdon AC)	39.32	SM
3. Philip Barnard	(Ilford AC)	41.21	SM
4. Jonathan Hobbs	(Ashford AC)	42.25	U20
5. Alan Ellam	(Enfield H AC)	42.46	M55
6. Peter Ryan	(Ilford AC)	42.53	M55
7. Steve Allen	(Barnet & Dist AC)	43.14	M55
8. Trevor Jones	(Steyning AC)	43.38	M55
9. Steve Uttley	(Ilford AC)	43.52	M50
10. David Crane	(Surrey WC))	44.19	SM
11. Chris Hobbs	(Ashford AC)	45.09	M55
12. Steve Allen	(Ilford AC)	45.13	M50
13. Martin Fisher	(Redcar RWC)	45.16	M45
14. Arthur Thomson	(Enfield H AC)	45.34	M75
15. Shaun Lightman	(Surrey WC))	46.42	M65
16. Amos Seddon	(Enfield H AC)	47.49	M70
17. Gary Smith	(Enfield H AC)	49.52	M55
18. Alan O'Rawe	(Ilford AC)	49.54	M70
19. John Constandinou	(Birchfield H)	50.21	M40
20. Glyn Jones	(Ilford AC)	50.36	M65

Ladies Five miles

1. Helen Middleton	(Enfield HAC)	46.00	W45
2. Diane Bradley	(Tonbridge AC)	47.04	W50
3. Cath Duhig	(Ryston R)	48.28	W55
4. Anne Belchambers	(Steyning HAC)	50.03	W55
5. Sue Barnett	(Enfield HAC)	52.00	W60
6. Jo Miles	(Hillingdon AC)	53.05	W45
7. Fiona Bishop	(Aldershot FD)	53.08	W50
8. Diana Braverman	(Enfield HAC)	54.56	W60
9. Marion Fawkes	(Enfield HAC)	55.40	W60
0. Angie Alstrache	(Enfield HAC)	56.11	W45
11. Norma Grimsey	(Enfield HAC)	56.32	W55
12. Linda Spinks	(Enfield HAC)	57.12	W45
13. Valarie Nutley	(LDWA)	59.02	W55
14. Judith McDonald	(Hillingdon AC)	62.04	W50
15. Sue Smith	(Ryston R)	63.00	W45
16. Ann Scriven	(Moulton)	66.59	W75
17. Debra Pratt	(Woodbridge)	68.22	W55
18. Yvonne Slater	(Moulton)	84.09	W
19. Hazel Hare	(Moulton)	84.09	W
20. Dorothy Bowes	(Moulton)	84.13	W

Downham Walk - 20k BMAF Champs, Sunday 10 June

Then to Downton in Wiltshire last Sunday for the annual British Masters 20km Championships. Walker of the Meet had to be M75 Arthur Thomson whose time of 2:01:19 was up to his usual amazing standard.

20km Men

1	Spenceley	Richard	M45	E Yorks WC	1.53.34
1	Ryan	Peter	M55	Ilford AC	1.57.33
1	Thomson	Arthur	M75	Enfield Har	2.01.19
2	Fisher	Martin	M45	Redcar RWC	2.05.11
1	Bobbett	Ken	M65	Hillingdon	2.10.59
1	King	Paul	M60	Belgrave Har	2.12.05
2	Flint	Chris	M65	Surrey W.C.	2.13.30
2	Pender	Sean	M55	Enfield Har	2.15.12
2	Edwards	Gareth	M60	Telford Harr	2.16.11
	Allen	Steve	M55	Barnett & Dist AC	DNF

20km Women

1	Middleton	Helen	W45	Enfield Har	2.05.15
2	Noel	Maureen	W45	Enfield Har	2.10.17
1	Duhig	Cath	W55	Ryston Rnrs AC	2.13.34
1	Barnett	Susan	W60	Camb & Col	2.20.25
2	Miles	Jo	W55	Hillingdon AC	2.26.45
1	Blakie	Liz	W50	Ryston Rnrs AC	2.38.39

15TH IBERO-AMERICAN CHAMPIONSHIPS, BARQUISIMETO, VENEZUELA, SUNDAY 10 JUNE

Colombians James Rendón and Arabell Orjuela collected the walk gold medals at the 15th Ibero-American Championships, held in the Venezuelan city of Barquisimeto last weekend. For his efforts, Rendon secured the final Colombian Olympic 20km berth and will join compatriots Luis Fernando Lopez and Eider Arévalo in London. Brazil was the top team in the Championships with a total of 44 medals (14-18-12) ahead of Cuba (8-6-4) and Colombia (6-3-5).

10,000m Women

1.	Arabell Orjuela	Colômbia	46.21,88
2.	Ingrid Hernandez	Colômbia	46.48,80
3.	Milangela Rosales	Venezuela	48.10,85
4.	Nayibet Rosales	Venezuela	49.44,86
5.	Lizbeth Silva	México	50.03,30

20,000m Men

1.	James Rendon	Colômbia	1.26.12,03
2.	Moacir Zimmermann	Brasil	1.29.15,59
3.	Ruben Golia Abreu	Cuba	1.30.09,14
4.	Juan Manuel Cano	Argentina	1.31.41,24
5.	Yereman Salazar	Venezuela	1.35.56,81

WALKING IN THE NEWS

First to another walker in the news - a short interview with South African 50km Olympic walker Marc Mundell:

<http://www.youtube.com/watch?v=PEHJry3BGyU>

Also a pointer to this rather interesting scientific report on measuring knee flexion in race walkers. It has generated some lively discussion with views on both sides of the fence. I will leave it to readers to review it for themselves:

https://www.wpi.edu/Pubs/E-project/Available/E-project-042412-233754/unrestricted/knee_flexion_MQP_BJS_KF11.pdf

With the Australian Olympic team due to be confirmed this week, here is a link to the full list of Australian A qualifiers - including all our walkers: <http://www.insideathletics.com.au/17-other/1668-australia-s-olympic-qualifiers>

WALKING SHORTS

LILLE (FRA, Jun 9): Walking star Yohan Diniz won the 5000m walk in Lille, France, last Friday with a time of 19:11.29.

VANCOUVER (CAN, Jun 10): Canadian 20km Olympic debutante Inaki Gomez was in huge form last Sunday in the 2012 Vancouver Sun Harry Jerome Track Classic at the Swangard Stadium, Burnaby, Vancouver last Sunday. His time for the 1 mile (1609m) walk was a scorching 5:46.40.

Mixed 1 Mile Race Walk One Mile

1.	Gomez, Inaki	M	Canada	5:46.40
2.	Creighton, Connoll	M	Canada	6:18.68
3.	Evanelista, Nicola	W	Canada	6:54.97
	Thorne, Ben	M	Canada	DQ

CHULA VISTA (USA, SAT 9 JUNE): Miranda Melville 22:42.91 and Tim Seamon 41:18.88 won the San Diego Association Championships last Saturday at the Olympic Training Center in Chula Vista, California. Tim's time was the fastest 10km done in USA since 2004. Junior Tyler Sorensen's time of 44:11.35 was a World Juniors qualifier and indicates his fine form ahead of next month's IAAF World Junior Championships.

Women 5000m

1.	Miranda Melville	Unattached	22:42.91 (PR)
2.	Lauren Forgues	NYAC	22:49.75 (PR)
3.	Katie Burnett	Unattached	24:23.44
4.	Nicolette Sorensen	Unattached	27:47.69

Men 10000m

1.	Tim Seaman	NYAC	41:18.88
2.	Nick Christie	Champions Int.	43:37.98 (PR)
3.	Tyler Sorensen	NYAC	44:11.35

GOING TO LONDON FOR THE OLYMPICS - HOW ABOUT A WALK?

If you will be in London during the 2012 Olympics, then you should check out the 2012 Friendship Walks being put on by the Enfield Race Walking League on Tuesday 7th August. The race info reads as follows:

2012 Friendship Walks

Race walking in the Olympics started at the London Games of 1908 since when Britain has an outstanding record of success; six gold, five silver and four bronze medals. Race walking in Britain was initially formalised by the Southern RWA in 1907 and since those early days, thousands of people from all walks of life have participated in domestic UK events.

The Enfield Open Seven held annually in November, was first held in 1920 and is now the oldest surviving sprint race in the UK and probably the world.

With London (Enfield is a London Borough) figuring so large in the discipline's history and tradition, the League committee thought it appropriate to stage an extra non-scoring fixture in celebration of the Games. Prior to the road walks at 12 noon a 1 mile track event for Visually Impaired walkers will be staged.

An invitation is extended to overseas walkers visiting the Capital and to any walkers interested in being part of the celebration. It is a chance to walk in London in 2012 and an Olympic Year Opportunity for 'Ordinary' Athletes!

Date: Tuesday 7th August
Time: 1pm
Events: Three and Five Mile Road Walks
Venue: QEII Stadium, Donkey Lane, Enfield, EN1 3PL

Commemorative medal to all participants

Entries may be sent by email to randjwallwork@btinternet.com but will only be accepted and confirmed upon receipt of the entry fee payable to "Moulton Walks" and sent to R.Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP – tele: 01638 751869

WHAT'S COMING UP

Next Saturday sees our annual "Guess Your Finish Time" races. These are always a fun event - When you enter, advise the time you hope to walk. The results on the day will be determined by who is closest to his/her predicted time in each division. No watches to be worn. **There will be prizes on offer for all 12 winners.** Remember that we always welcome any prize donations - I sometimes run out of ideas!

Saturday 16 June 2012, Middle Park

VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes for all winners.

2.15pm	10km	Guess your finish time	Open
2.15pm	5km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Under 15

2.30pm	1km	Guess your finish time	Under 9
2.40pm	2km	Guess your finish time	Under 12

The following Sunday sees one of our biggest fixtures of the winter season when we host the AV, AMA and VMA 20km Championships along with the Victorian Schools Championships. The fixture reads as follows:

Sunday 24 June 2012		Middle Park	
A.V., A.V. Schools, AMA, VMA & VRWC Championships			
9.30am	20km	Victorian Championship	Open Men
9.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.30am	20km	Australian & Victorian Masters Championship	Masters Men
9.30am	20km	Victorian Championship	Open Women
9.30am	20km	Australian & Victorian Masters Championship	Masters Women
9.30am	20km	VRWC Non- championship	Open
10.00am	3km	Victorian Schools Championship	Under 16 Boys/Girls
10.25am	3km	Victorian Schools Championship	Under 14 Boys/Girls
10.50am	10km	Victorian Schools Championship	Under 20 Men/Women
11.00am	5km	Victorian Schools Championship	Under 18 Men/Women
11.00am	5km	VRWC	Open
11.30am	1km	VRWC Championship	Under 9 Boys/Girls
11.30am	2km	VRWC Championship	Under 12 Boys/Girls
12.20pm		Presentations	

Entry information is as follows.

- You must pre-enter the AV 20km and the Victorian Schools Champs via the AV website online entry panels which can be accessed from the front page of <http://www.athsvic.org.au/>. I expect these to close at the end of this week so don't leave it.
- If you intend to race the AMA 20km championship, you need to fill out the entry form found at <http://www.australianmastersathletics.org.au/system/wp-content/uploads/ama-20k-walk-2012-entry-form.doc> and either post with your \$12 entry fee to Alan Lucas or bring it to Middle Park this Saturday.
- The VMA 20km and all other VRWC races may be entered on the day.

QRWC President **Peter Bennett** had no sooner finished the LBG 20 mile walk last Sunday than he was back home and packing for a quick visit to France - he will compete in the Rouen 24 Hour Walk this coming Saturday/Sunday. A past winner of this event, he will no doubt be hoping that his final hitout in Canberra was just the shot to get him ready for an even tougher challenge next weekend.

Claire Tallent will also be in action next weekend but in her case, it is in the next IAAF Challenge Series meet in Sesto San Giovanni, Italy where she will contest the Women's 20km event as part of her Olympic buildup.

DATES...DATES...DATES

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

2012 Victorian/Australian Winter Season Key Dates

Sun 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

2013 Victorian/Australian Summer Season Key Dates

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

2012 International Fixture

Sun 8 July 2012	International Racewalk Meet, Os, Norway
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

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**
5-12 October 2013 Australian Masters Games, Geelong
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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