



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 38
15 June 2012



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Regan Lamble** who came third overall in the LBG Carnival 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.



Regan, on her way to her emphatic time in the LBG 20 Miler in Canberra - pictured with coach Brent Vallance

This week I have proposed two of our top walkers for consideration, both for wonderful performances last weekend.

- **Claire Tallent** came a fine third in the latest IAAF Race Walking Challenge event in Sesto San Giovanni in Italy last Sunday. Walking in scorching temperatures which peaked at 34°C, she made the pace early on to record yet another Olympic A qualifier with her time of **1:32:30**. She is indeed in the best form of her life ahead of the London Olympics.
- **Peter Bennett** is well known as the President of QRWC but he is also our top ultra distance walker and he proved it again last weekend with a comprehensive victory at the Rouen 24 Hour event in France. His final distance of **213km** was only 3km shy of his best ever and it is his fourth victory from 6 starts in this event. That means he averaged just on 9km/hr for the full 24 hours of the event.

As usual, you can vote at www.vrwc.org.au.

NSWRWC ROADWALKS, EARLWOOD, SATURDAY 26 MAY

First to a few NSW results from the past few weeks that have now been published on the respective websites. The NSWRC roadwalks continue to be well supported and it was no surprise when they did so well at the LBG carnival. Steven Washburn (39:11 for 8km), Tyler Jones (29:48 for 6km) and Kyle Bedford (10:13 for 2km) looked the best on paper.

Long Division 8km (16km)	Finish Time	H'cap Time	H'cap Place	
1. Steven Washburn	39.41	38.20	3	
2. Cheryl Webb	42.00	40.34	6	
3. Derek Mulhearn	42.00	38.23	4	83.08 (16km)
4. Lauren Bourke	44.10	39.54	5	88.53 (16km)
5. Matthew Killen	45.13	35.19	2	
6. Joan Purcell	60.00	34.44	1	

7.	Keith Knox	65.23
	Vanessa Noble	DNF
	Amy Bettiol	NTR

Medium Division - 6km		Finish Time	H'cap Time	H'cap Place
1.	Tyler Jones	29.48	29.48	8
2.	Tom Doyle	31.59	29.14	5
3.	Robert Murphy	32.39	29.16	6
4.	Jasmine Dighton	33.50	28.58	4
5.	Amanda Barendregt	35.15	29.53	2
6.	Carl Gibbons	35.20		
7.	Bryony Beasley	38.21	30.09	9
8.	Tony Psarianos	39.12	29.26	7
9.	Caitlin Plummer	39.54	27.40	1
10.	Judy Brown	46.57	28.05	3
	Tayla Billington (INV)	NTR		

Short Division - 3km		Finish Time	H'cap Time	H'cap Place
1.	Nathan Brown	15.51	25.09	2
2.	Jasmyn McDonald	15.58	26.00	3
3.	Adam Mylonas	16.47	26.32	4
4.	Nicolle Challinor	23.15	27.30	5
5.	Jenny Lingley	24.03	24.03	1

U16 Division - 2km		Finish Time	H'cap Time	H'cap Place
1.	Kyle Bedford	10.13	10.13	5
2.	Eliza Delaine	10.31	9.37	2
3.	Dylan Richardson	10.53	9.42	4
4.	Sam Gibson (INV)	11.33		
5.	Ally Grujoski	11.50	9.37	2
6.	Yasmin Mills	11.59	9.21	1
7.	Travis Barendregt	12.52	10.16	6
8.	Dion Carrothers (INV)	13.48		

U12 Division - 1km		Finish Time	H'cap Time	H'cap Place
1.	Samantha Brown	5.21	5.21	5
2.	Hayley Mills	5.26	5.16	4
3.	James Plummer	5.52	5.21	5
4.	Renee Hardy	6.35	5.39	8
5.	Lachlan Becroft	6.36	5.32	7
6.	Brooke Martin	7.05	5.03	2
7.	Bronti Westaway	7.53	4.55	1
8.	Emily Challinor	9.53	7.38	3
9.	Aiden Hardy	9.53	7.38	9

REGAL RACEWALKERS RESULTS, NARELLAN, SATURDAY 26 MAY

Division 1: 20km

1.	Robert Osborne	2:25:38
	Jodie Sundstrom	42:11 (5km)

Division 2: 14km

1.	Susan Knapton	1:30:23
2.	Vanessa Ebejer	1:30:23
3.	Chloe Jones	1:30:23

Division 3: 8km

	Charlene Ebejer	27:43 (4km)
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Division 4: 3km

1.	Blake Dwyer	20:24
	Karen Estrada	7:24 (1km)

PARRAMATTA LITTLE ATHLETICS OPEN DAY, CHIPPING NORTON, SATURDAY 2 JUNE

It was great to see so many of the NSW walkers competing in the 10km events at Chipping Norton on Saturday 2 June. Steven Washburn was the best of them timewise with 48:45.

Long Division 10km		Finish	H'cap	H'cap Place
1.	Steven Washburn	48.45	44.26	6
2.	Derek Mulhearn	48.49	44.19	5
3.	Jay Felton	50.40	42.37	2
4.	Lauren Bourke	50.46	43.18	3
5.	Kirsty Klein	51.28	45.55	7
6.	Matthew Killen	56.11	43.52	4
7.	Joan Purcell	62.40	27.21	1

Medium Division - 10km				
1.	Tyler Jones	52.25	47.56	6
2.	Tom Doyle	54.40	46.56	5
3.	Robert Murphy	57.38	48.17	7
4.	Amanda Barendregt	61.05	44.59	3
5.	Carl Gibbons	62.02	49.33	8
6.	Bryony Beasley	62.03	45.17	4
7.	Tony Psarianos	64.26	42.30	2
8.	Judy Brown	76.55	41.10	1
	Caitlin Plummer	DNF		
	Keith Knox	DQ		

Short Division - 4km				
1.	Nathan Brown	20.42	20.05	7
2.	Jasmyn McDonald	20.43	19.56	6
3.	Aiden Kerr	20.58	19.48	5
4.	Ian Jessurun (INV)	21.13		
5.	Adam Mylonas	23.29	22.40	9
6.	Rhiannon Minett	24.05	18.29	1
7.	Mary Willis	25.17	20.49	8
8.	Nicolle Challinor	26.40	18.58	2
9.	Angela Redzic	27.55	19.31	4
10.	Jenny Lingley	33.10	19.01	3
11.	Stephanie Grujoski	DNF		
12.	Mascey Willis	DNF		

U16 Division - 3km				
1.	Leah McDonald	15.42	15.41	7
2.	Dylan Richardson	15.50	14.51	4
3.	Benjamin Tisdale	16.20	13.49	1
4.	Ryan Thompson	16.59	14.51	4
5.	Ally Grujoski	17.40	14.57	6
6.	Yasmin Mills	18.13	14.24	3
7.	Travis Barendregt	18.24	14.14	2
8.	Tiffany Saker	19.39	16.10	8

U12 Division - 1.5km				
1.	Samantha Brown	8.16	8.16	4
2.	Hayley Mills	8.48	8.46	9
3.	Sybella Mckay	9.04	8.51	11
4.	James Plummer	9.17	8.19	5
5.	Flynn Ross	9.33	8.37	7
6.	Morgan Little	9.57	8.39	8
7.	Renee Hardy	10.19	7.56	1
8.	Bayden Little	10.28	9.24	13
9.	Brooke Martin	11.13	8.34	6
10.	Logan Barendregt	11.19	8.11	2
11.	Jada Thomson	11.57	8.47	10
12.	Bronti Westaway	11.59	8.11	2
13.	Emily Challinor	16.12	9.13	12
	Lachlan Beecroft	DQ		

SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 9 JUNE

Thanks to Colin Hainsworth for last week's South Australian Masters walk results. He commented: *Cool sunny arvo, short steep hill at beginning of each lap.* As usual, George White was the standout competitor with his M65 time of 56:54.

10km Yacht Handicap

M78	David Robertson	1.17.27	74.26%
M68	Graham Harrison	1.08.00	73.86%
M67	George White	56.54	87.24%

M69	Roger Lowe	1.16.05	66.81%
W52	Marie Maxted	1.07.27	70.16%
M60	Kevin Finn	1.04.14	71.71%
M66	James Hoare	1.10.09	69.96%
M82	Colin Hainsworth	1.18.16	78.42%
W68	Margaret Trengove	1.13.48	78.36%

5km Yacht Handicap

W61	Helen Suridge	34.02	73.47%
W67	Jill Rogers	40.22	66.87%
W63	Jan Layng	38.44	66.13%
M74	Rodger Barber	36.45	71.75%
W63	Gill White	39.49	64.34%
M61	Jeff Kennett	46.02	49.22%
W58	Linda Whitelaw	39.35	61.05%

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 16 JUNE

Saturday saw our annual 'Guess Your Time' races at Middle Park and 71 walkers decided to test themselves out in this very different event. No watches are allowed and no times are called so it is a test of how accurately you can pace yourself against your Guess. As an added incentive, we had prizes on offer for the winners of each division. Terry Swan was busy with his camera as usual so check out www.vrwc.org.au/coppermine.

The 10km event saw Robyn Shaw and Russ Dickenson the closest to their projected times while the fastest times went to Simon Evans 51:28 and Mathilde Lacaze (over from France and spending a few months in Melbourne) 59:22. It was Mathilde's first time walking with the club so welcome! We also welcomed Stuart Kollmorgen back from England (after some 8 months studying away) and he blew the cobwebs away with 53:33.

10km Open		Actual Time	Guessed time	Difference	Place	
1.	Robyn Shaw	1:04:13	1:04:20	0:07	1	
2.	Liz Feldman	1:02:39	1:03:00	0:21	2	
3.	Simone O'Neill	1:07:30	1:07:00	0:30	3	
4.	Alison Thompson	1:01:06	1:02:00	0:54	4	
5.	Karen O'Neill	1:09:58	1:09:00	0:58	5	
6.	Mathilde Lacaze	59:22	1:01:59	2:37	6	
1.	Russ Dickenson	58:54	58:45	0:09	1	
2.	Simon Evans	51:28	51:00	0:28	2	
3.	Nicholas Mirarchi	55:00	55:30	0:30	3	
4.	James Christmass	55:15	54:19	0:56	4	
5.	Gerard Feain	1:03:58	1:03:00	0:58	5	
6.	Gerald Sofianos	1:07:29	1:06:06	1:23	6	PB 0:28
7.	Stuart Kollmorgen	53:33	49:30	4:03	7	



Mathilde Lacaze, Stuart Kollmorgen, Russ Dickenson, Gwen Steed, Robyn Shaw and Simon Evans in action

The 5km was a high quality event with Rhydian Cowley and Nathan Brill firing out in front. It was Rhydian who eventually cleared out to be the first finished with 21:23 ahead of Nathan 21:34. Rhydian and Bob Gardiner were the closest to their projected times so shared the prizes table after the event. Kirstin Shaw was the fastest of the women with 26:46 while Donna Elms was the best guesser! And special mentions to Kyle Bird 24:11 (another fast time) and Alex Poore 38:36 (getting back into form).

5km Open		Actual Time	Guessed time	Difference	Place
1.	Donna Elms	30:45	30:30	0:15	1
2.	Anna Wallace	29:22	29:00	0:22	2
3.	Kirstin Shaw	26:46	27:10	0:24	3
4.	Gwen Steed	32:23	31:55	0:28	4
5.	Marlene Gourlay	29:22	28:10	1:12	5
	Carly Bertrand	DNF			
	Jasmine Irshad	DNF			
1.	Rhydian Cowley	21:23	21:10	0:13	E1
2.	Bob Gardiner	30:47	31:00	0:13	E1
3.	Barrie Wicks	37:32	37:50	0:18	3
4.	Kyle Bird	24:11	24:30	0:19	4
5.	Alan Lucas	31:17	31:45	0:28	5
6.	Adam Garganis	25:00	24:30	0:30	6
7.	Nathan Brill	21:34	21:00	0:34	E7
8.	Steve Jordan	34:26	35:00	0:34	E7
9.	Ralph Bennett	28:36	28:00	0:36	9
10.	Rudolf Skrucany	32:03	33:00	0:57	10
11.	Gary Turner	40:10	41:40	1:30	11
12.	Anthony Doran	32:11	33:45	1:34	12
13.	Geoff Barrow	33:20	31:00	2:20	13
14.	Alex Poore	38:36	42:00	3:24	14



Alan Lucas, Bob Gardiner, Rhydian Cowley, Kirstin Shaw, Donna Elms and Kyle Bird

The 3km Open saw Heather Carr 16:07 and Josh Kaiser 13:51 take fastest times while Heather and Paul Kennedy won the Guess Your Time component. In the U15 3km, Jessie Eastwood 15:55 and Billy Allamby 14:33 were our fastest but special mentions to Kyle Swan 14:36 and Lachlan Feain 18:56 (a big PB). The winners from a guessing perspective were Shelby Kay and Billy Allamby.

3km Open		Actual Time	Guessed time	Difference	Place
1.	Heather Carr	16:07	15:48	0:19	1
2.	Jan Morrey	20:34	20:12	0:22	2
3.	Pam Mews	27:58	26:30	1:28	3
1.	Paul Kennedy	17:34	17:00	0:34	1
2.	Josh Kaiser	13:51	13:15	0:36	2
3.	Gordon Onley	22:25	21:48	0:37	3
4.	Bruce Conboy	22:01	24:30	2:29	4
3km Under 15		Actual Time	Guessed time	Difference	Place
1.	Shelby Kay	16:22	16:30	0:08	1
2.	Paige De Lisen	16:17	16:00	0:17	E2
3.	Emily Hamilton	16:07	15:50	0:17	E2

4.	Emily Swan	17:09	16:40	0:29	4	
5.	Jessie Eastwood	15:55	16:33	0:38	5	PB 0:21
6.	Madeleine Feain	21:42	21:00	0:42	6	
7.	Jade Sanders	17:01	16:10	0:51	7	
	Rebecca Campbell	DNF				
	Gabbie Crea	DQ				
1.	Billy Allamby	14:33	14:30	0:03	1	
2.	Kyle Swan	14:36	14:30	0:06	2	
3.	Paul Tremigliozzi	19:17	19:30	0:13	3	
4.	Reese Walmsley	15:37	15:10	0:27	4	
5.	Lachlan Feain	18:56	19:45	0:49	5	PB 1:10



Jessie Eastwood, Kyle Swan, Adam Garganis, Billy Allamby, Josh Kaiser, Shelby Kay and Heather Carr

The U12 and U9 Guessing winners were Jemma Eastwood, Thomas Mirarchi, Gemma Lillie and Tom Kennedy so they got to pick from the prizes tables. Although there were no PBs on the day, there were lots of walkers right up to their best, with fastest times going to Brodie Richardson 10:51, Corey Dickson 10:31, Gemma Lillie 6:42 and Tom Kennedy 7:55.

2km Under 12		Actual Time	Guessed time	Difference	Place
1.	Gemma Eastwood	11:48	11:47	0:01	1
2.	Jessica Lillie	11:58	12:00	0:02	2
3.	Brodie Richardson	10:51	10:45	0:06	3
4.	Brianna Lillie	11:17	11:10	0:07	4
5.	Kathleen O'Mahony	11:34	11:22	0:12	5
6.	Georgia Bertrand	10:45	10:30	0:15	6
1.	Thomas Mirarchi	15:42	16:00	0:18	1
2.	Corey Dickson	10:31	10:10	0:21	2
3.	Caine Brill	13:31	13:00	0:31	3
4.	Hayden Walmsley	12:44	12:00	0:44	4
	Liam Evans	DNF			
1km Under 9		Time	Guessed time	Difference	Place
1.	Gemma Lillie	06:42	06:25	0:17	1
2.	Freya Evans	07:10	06:30	0:40	2
1.	Tom Kennedy	07:55	08:20	0:25	1

Finally, thanks to all our officials and judges. Sorry if I missed anyone - it takes a lot of people to keep the show on the road!

Officials: Tim Erickson, Mark Donahoo, Michael Bodey, Jason Elms, Harry Summers, Ian Laurie, Marlane Stanway, Don McLaren

Canteen: Barb Gardiner, Kate Suich

Judges: Peter Vysma (chief), Shane Bertrand, Judy Mason, Lloyd Nichols, Michael Bodey, David Cash, Damien Elms

Photos: Terry Swan



Paul and Tom Kennedy, Gemma Lillie, Tom Mirarchi and Brodie Richardson

POINTS COMPETITION UPDATES

Now that we are well into our VRWC points competitions, I have uploaded the progressive scores to the website.

Handicap Competition Progressive Score: <http://www.vrwc.org.au/2012-06-17HandicapsProgressive.pdf>

Fastest Time Competition Progressive Score: <http://www.vrwc.org.au/2012-06-17ActualTimesProgressive.pdf>

Style Award Competition Progressive Score: <http://www.vrwc.org.au/2012StyleAwardPoints.pdf>

And for completeness, here are this week's Style Award points:

Open & U15 Men		Open & U15 Women		U12 & U9 Boys		U12 & U9 Girls	
Rhydian Cowley	6	Jasmine Irshad	6	Corey Dickson	10	Georgia Bertrand	5
Nicholas Mirarchi	6	Kirstin Shaw	5	Caine Brill	5	Brodie Richardson	5
Nathan Brill	5	Paige De Lisen	4	Thomas Mirarchi	4	Gemma Lillie	3
Simon Evans	5	Emily Hamilton	3	Hayden Walmsley	3	Brianna Lillie	2
Josh Kaiser	5	Emily Swan	1			Jessica Lillie	2
Stuart Kollmorgen	2					Kathleen O'Mahony	1
Geoff Barrow	1						

ACT WALKERS CLUR ROADWALKS, LAKE TUGGERANONG, SATURDAY 16 JUNE

Thanks to Robin Whyte for this week's walk results from Canberra. Brendon Reading was in top shape, recording a time of 31:25 for the 6.6km distance.

6.6km walk

1. Brendon Reading	31.25
2. Zoe Hunt	39.21
3. Helen Bialecki	42.07
4. Geoff Barker	44.55
5. Rod Gilchrist	45.34
6. Doug Fitzgerald	48.31
7. Jenny Gilchrist	48.39
8. Cilla Chapman	58.56
9. Dave Mackenzie	51.50
10. Helen Munro	66.57
11. Val Chesterton	66.57

2km walk

1. Ashleigh Resch	10.37
2. Catherine Bialecki	19.13

1km walk

1. Tom Hunt	8.15
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SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 16 JUNE

Thanks to Peter Crump for his weekly report from Adelaide.

Our recovery week this week, with handicap starts for 5km and 2km walks. Over the 5km, Justin Hill continues to bring down his PB over each distance, with a big PB today. Kim Mottrom also walked a PB, both good efforts after a sound work out last week at LBG. Over the 2km distance, Peter Walsh, one of our "Club Rule" walkers showed a good turn of speed and surprised

himself with his achievement. Well done to all of our walkers who have backed up after last week's LBG efforts. Don't forget the SA Race Walkers 50th anniversary dinner to be held on 7 July. See the SARWC web site for details.

2km Handicap			5km Handicap		
	Clock	Actual		Clock	Actual
1. Peter Walsh *	12:54	12:49	1. Justin Hill	32:53	23:48
2. Michael Nicolaides	13:01	12:20	2. Kim Mottrom	33:18	22:09
3. Lachlan Tyler-Dowd	13:05	10:20	3. Peter Crump	33:18	27:10
4. Ayeisha Wallace *	13:39	13:24	4. Bill Starr	33:57	33:57
5. Sarah Nipperess	13:39	13:39	5. Megan Szirom	34:02	25:12
6. Rhiana Hooker	14:00	12:05	6. Jim Hoare	34:33	34:13
7. Danielle Walsh	14:02	11:07			
8. Alix Harlington	14:03	10:18			
9. Anna Cross	14:22	10:17			
10. Rhiannon Lovegrove	14:25	11:17			
11. Jayden Goode	14:26	12:16			
12. Jacob Nipperess	14:32	13:13			
13. Christopher Nicolaides *	14:34	14:29			
14. Troy Hooker *	14:47	14:42			
15. Riley Szirom *	18:04	17:59			
16. Corey Harlington *	21:16	20:38			

* Club Rule or Come and Try

SAMA ROADWALKS, EAST TERRACE, ADELAIDE, SATURDAY 16 JUNE

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters walkers. He commented: *Cold, damp arvo. Good walk by Marie Maxted to come from scratch to finish first in 10k.*

10km Yacht Handicap

W52	Marie Maxted	1.06.52	70.77%
M69	Roger Lowe	1.15.35	67.25%
M56	Richard Moyle	1.15.58	58.42%
M68	Graham Harrison	1.08.36	73.22%
W68	Margaret Trengove	1.13.48	78.36%
M78	David Robertson	1.20.02	71.86%

5km Yacht Handicap

W59	Edna Bates	43.16	56.47%
M74	Rodger Barber	36.43	71.82%
W67	Jill Rogers	40.58	65.89%
W61	Helen Suridge	35.14	70.97%
W63	Gill White	40.53	62.66%
W58	Linda Whitelaw	40.04	60.31%
M61	Jeff Kennett	47.11	48.02%

WA SCHOOLS ROADWALK CHAMPIONSHIPS, WILSON, SUNDAY 17 JUNE

U18 Women 5km

1. Kate Holt	27:55
2. Breanna Brown	28:25

U16 Women 5km

1. Holly Hughes	29:10
2. Caitlyn Gurkin	30:22
3. Isabella Tolardo	32:29
4. Emily Holland	33:32
5. Aimee Reid	35:30

U14 Women 3km

1. Mikayla Johns	16:29
2. Jasmin Burgess	19:57

Men U14 3km

1. Christopher Gurkin	23:17
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U12 Women 2km

1. Tiahna Ruane	11:29
2. Courtney Johns	11:34
3. Arianna Tolardo	11:57
4. georgia Curulli	12:17
5. Rachel Rowbottom	12:36
6. Olivia Skepper	12:43

Men U12 2km

1. Ben Reid	12:26
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Invitation 1.5km

1. Summer Brown	8:41
2. Shae Millington	8:48
3. Amy Holland	11:08
4. Jaymee Curry	11:17
5. Mitchell Curulli	15:03

BENDIGO WALKERS CLUB RACES, LAKE NEANGAR, SUNDAY 17 JUNE 2012

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo Walkers Club Winter Season of race walking continued at Lake Neangar on Sunday in cold, windy conditions with a 3.2km handicap event being held. Two of the Clubs promising younger athletes dominated the event with 10 year old Zahra Hayes scoring a strong victory with 9 year old Carissa Brook in 2nd place. It was the first time both girls had raced further than 2km and they both produced a strong finishing sprint. The 3rd placegetter was Club President Paul Rance and he also claimed fastest time honours while Amanda and Catherine Heard produced personal best efforts and Sunday's 3.2km race saw Annette Curtis become the 7th Club member to pass 1000 kilometres in Club events in her 279th race start.

Results 3.2km handicap

1.	Zahra Hayes	19.30
2.	Carissa Brook	21.25
3.	Paul Rance	16.18
4.	Geoff Major	22.48
5.	Annette Curtis	22.15
6.	Barb Bryant	19.06
7.	Amanda Heard	17.17
8.	Annette Major	19.54
9.	Catherine Heard	22.37
10.	Colin Cleary	23.34
11.	Norm West	26.08
12.	Ebony Whiley	19.17

24 HEURES DE ROUEN, FRANCE, 16-17 JUNE 2012

QRWC President **Peter Bennett** had no sooner finished the LBG 20 mile walk than he was back home and packing to travel to France where he was due to compete in the Rouen 24 Hour Walk last weekend. A past winner of this event, Peter was no doubt hoping that his final hitout in Canberra was just the shot to get him ready for an even tougher challenge next weekend and that certainly seems to have been the case as he won once again in France with a superb **213km**. To put it into perspective, that is 9km/hr for 24 hours!

I caught up with Peter via email yesterday and he commented as follows:

Having a cup of tea and a quiet morning. My legs feel fine but every other part of body is stiff and sore. With a 5pm start on Saturday it makes for a very long day on the road on the Sunday. Conditions were good on Saturday and not too cool during the night but Sunday was quite warm and we were in full sun. I think it must have got to me because I started to faint and feel sick at the presentations. I finished with a win (my 4th in this race from 6 starts) with 213km and managed to lose 5kg. I am sure I will have ample opportunity in the next few days to put it back on again.

Emmanuel Tardi was there competing in the 6H event and he has passed on some photos that he took before he packed up his bags and returned home early on Sunday morning. At that stage, he said that Peter was well in front and heading for another victory while Christine Wattedbled was leading in the women's race. Peter commented re Emmanuel's own race: *He did his first three hours casually but go serious in the last three hours and really pushed the pace.*

Thanks to Emmanuel for these photos from the event:



Peter Bennett, Emmanuel Tardi and Christine Wattedbled at Rouen last weekend

It is always a challenge to find the actual results from this race as it does not seem to have any web presence whatsoever. Peter's performances in this event over the years have been pretty astonishing in terms of excellence and consistency:

15-16 April 2006	176.175 km	Rouen	3 rd
5-6 July 2008	214.65 km	Rouen	1 st
30-31 May 2009	213.885 km	Rouen	1 st
12-13 June 2010	216.240 km	Rouen	2 nd
25-26 June 2011	213.606 km	Rouen	1 st
16-17 June 2012	213 km	Rouen	1 st

IAAF CHALLENGE SERIES RACES, SESTO SAN GIOVANNI, ITALY, SUNDAY 17 JUNE

Last Sunday saw the latest in the 2012 IAAF Race Walking Challenge Series, this time in Sesto San Giovanni (Milan) in Italy and Australians **Claire Tallent** and **Luke Adams** were racing. Although top fields were assembled for the 20km races, conditions were brutally hot with the temperature peaking at 34°C so times were slower than expected. I will use Diego Sampaolo's report on the Sesto races from the IAAF website (see <http://www.iaaf.org/Mini/WRC12/News/NewsDetail.aspx?id=65357>)

20km Men

Japanese walkers Yusuke Suzuki and Takayuki Tanii and Russian Piotr Trofimov went to the lead in the early stages of the race, passing the 5 km mark in 20:58. Eder Sanchez chose a more conservative tactic which would pay off at the end. The Mexican walker passed at 5 km in 21:15. Suzuki and Trofimov pulled away from Tanji at 7 km. The leading duo continued to walk in the front at 10 km which they reached in 42:03, while Sanchez was in third position with a halfway split of 42:35. After the 10 km mark the pace faded because of the heat. At 15 km Trofimov and Suzuki led by 21 seconds over Sanchez (1:03:47 to 1:04:08). The 5 km split between 10 km and 15 km was clocked in 21:44 slower than the first two 5 km splits (21:15 at 5 km and 21:20 between 5 km and 10 km). Sanchez began closing the gap after 15 km and during the penultimate lap at 18 km the Mexican walker caught Trofimov, while Suzuki faded in the final stages of the race but managed to defend his third place despite a slow 44:40 in the second half in very hard conditions. Sanchez walked faster in the second half clocking 42:17 (20:44 between 15 and 20 km).

"My tactic was perfect and it paid off," Sanchez said. "My opponents pushed hard at the beginning. I am used to these conditions in Mexico and I kept my head wet. I am now going to St. Moritz for one month to prepare for the Olympic Games in London."

Federico Tondonati beat Jean Jacques Nkouloukidi to take seventh place in 1:28:37 and won the Italian 20 km race title. Luke Adams completed a good day for Australia, finishing fourth with 1:27:01.

1.	Eder Sánchez	MEX	1.24.52
2.	Piotr Trofimov	RUS	1.25.22
3.	Yusuke Suzuki	JAP	1.26.42
4.	Luke Adams	AUS	1.27.01
5.	Kevin Champion	FRA	1.28.06
6.	Francisco Arcilla	ESP,	1.28.11
7.	Federico Tontodonati	ITA	1.28.37
8.	Jean Jacques Nkouloukidi	ITA	1.29.04
9.	Teodorico Caporaso	ITA	1.29.16
10.	Takayuki Tanii	JAP	1.29.45
11.	Vito di Bari	ITA	1.30.21
12.	Daniele Paris	ITA	1.30.35
13.	Hatem Ghoula	TUN	1.31.20
14.	Quentin Rew	NZL	1.33.13
15.	Mirko Dolci	ITA	1.33.23
16.	Riccardo Macchia	ITA	1.33.52
17.	Lebogang Shange	RSA	1.36.44
18.	Wayne Snyman	RSA	1.39.22
19.	Milan Rizek	SVK,	1.40.41
20.	Pierre de Villiers	RSA	1.40.54
21.	Mario Laudato	ITA	1.41.57
22.	Andrej Dolinsky	SVK,	1.44.33
23.	Fortunato D'Onofrio	ITA	1.46.04
24.	Tiago do Nascimento Fonseca	BRA	1.47.48
25.	Vaclav Kolar	CZE	1.51.48
26.	Bruno Morotti	ITA	1.54.38

DQ: Pavel Schrom

DNF: Trond Nymark, Jiri Malysa, Vit Polasek, Daniel King

20km Women

The women's race set off at a conservative pace from the Pino Dordoni athletics track. Four women - Olive Loughnane, Claire Tallent, Tatyana Sibileva and Tatyana Korotkova took the lead forming the leading pack in the early stages. Loughnane and Tallent went to the front of the four-women pack going through at 5 km in 22:58. Korotkova was the first to be dropped after 28 minutes. The leading trio formed by Sibileva, Loughnane and Tallent continued to push going through at 10 km in 46:05 with 57 seconds over Korotkova. Sibileva, who finished second at the 2008 World Cup in Cheboksary and clocked a PB of 1:25:52 in 2010, pushed hard despite the unfavourable conditions after the 10 km mark and took a solid lead. The Russian walker increased her gap to 38 seconds over Loughnane at 15 km (1:08:14 to 1:08:52) and to 1:02 over Tallent. Sibileva clocked the fastest 5 km

between 10 and 15 km in 22:09. The following 5 km split between 15 and 20 km was not as fast as the previous (22:15) but it was enough to take a comfortable win in 1:30:35.

"I like hot weather but today it caused me a lot of problems especially in the second half," Sibileva sad. "I wanted to show that I am among the best walkers in the world."

Loughnane did not complain about the conditions despite the big change from rainy conditions in her country. "When the heat started to kick in, it became very tough but it was the same for everybody. In my country it was cold with a temperature of 10°C with a lot of rain. We have to be prepared for all conditions. Everybody says that it will be rainy at the Olympics in London but it may be possible that it is going to be warm. Little by little my shape is going to be better," said Loughnane, who added that she'll spend four weeks near Granada to prepare for London.

Tallent took her second spot on the podium in this year's IAAF Walking Challenge after finishing second in Chihuahua but the result let her down a bit. "I am disappointed. I picked up a couple of yellow cards and I could not push," she said.

Federica Ferraro, seventh at the 2006 World Junior Championships in Beijing and 21th at the recent World Cup in Saransk, finished seventh in 1:37:43 to win the Italian title.

1.	Tatyana Sibileva	RUS	1.30.35
2.	Olive Loughnane	IRE	1.31.33
3.	Claire Tallent	AUS	1.32.30
4.	Lucie Pelantová	CZE	1.35.36
5.	Masumi Fuchise	JAP	1.36.32
6.	Federica Ferraro	ITA	1.37.43
7.	Tatyana Korotkova	RUS	1.38.26
8.	Myriam Fernández	ESP	1.38.48
9.	Irina Shushina	RUS	1.39.55
10.	Antigóni Drisbióti	GRE	1:41.54
11.	Ana Maria Groza	ROM	1.42.45
12.	Federica Curiazzi	ITA	1.44.51
13.	Cecilia Stetskiv	ITA	1.48.37
14.	Carolina de Rosa	ITA	1.49.17
15.	Roberta Caraccia	ITA	1.56.23

Claire will now return to Canberra to continue her Olympic preparation while Luke will now join the majority of the Australian walkers in St Moritz where they will do their final Olympic preparation.



Sanchez and Sibileva in Sesto (photos from www.iaaf.org)

OVERSEAS RESULTS

15th Asian Junior Championships, Colombo, Sri Lanka, June 10-12

Men 10,000m Walk

1.	Kuldeep	IND	45:01.43
2.	Daisuke Matsunaga	JPN	45:03.01
3.	Zhang Zhi	CHN	45:05.27

Women 10,000m Walk

1.	Lee Jeongeun	KOR	49:04.60
2.	Wang Yalan	CHN	50:01.15
3.	Khushbir Kaur	IND	50:39.40

Ukraine Junior Championships, Yalta, June 1

10,000m Men

1.	Igor Lyashchenko	42:30.68
2.	Andrey Grechkovski	43:07.86
3.	Yuri Shvarik	45:52.88

10,000m Women

1.	Lyudmila Olyanovska	45:54.94 (record)
2.	Alina Galchenko	47:34.18
3.	Oleksandra Olyanovska	51:14.77

Chinese National Grand Prix of Race Walking, Xintai, 15 - 16 June

The awesome Chinese racewalking machine was on show in Xintai last weekend in their National Grand Prix of Walking.

Men 20 km walk, 15 June

1.	Bian Fongda	CHN	1 Apr 91	1:23:06
2.	Liu Jianmin	CHN	9 Mar 88	1:24:56
3.	Li Tianlei	CHN	13 Jan 95	1:26:17
4.	Wang Kun	CHN	10 May 89	1:27:02
5.	Xu Dexing	CHN	20 Aug 88	1:27:29
6.	Sun Chenggang	CHN	11 Mar 91	1:27:29
7.	Ma Haijun	CHN	24 Nov 92	1:28:25
8.	Li Shijia	CHN	14 Jan 92	1:29:49

Men 50 km walk, 16 June

1.	Wu Qianlong	CHN	30 Jan 90	4:13:29
2.	Li Zhengfa	CHN	2 Mar 92	4:27:06
3.	Cheng Min	CHN	6 Jul 91	4:28:20
4.	Liu Rusi	CHN	6 Aug 91	4:31:13
5.	Hou Yang	CHN	8 Jul 85	4:32:33
6.	Zhan Ende	CHN	3 Mar 90	4:33:01

Women 20 km walk, 15 June

1.	Wang Shanshan	CHN	16 Jun 87	1:34:57
2.	Song Xiaoling	CHN	21 Dec 87	1:38:04
3.	Li Maocuo	CHN	20 Oct 92	1:38:13
4.	He Dan	CHN	22 Jul 84	1:39:08
5.	Li Hua	CHN	15 Jan 91	1:41:14
6.	Xiao Junying	CHN	16 Jun 92	1:50:43

U20 Men 20 km walk, 15 June

1.	Su Guanyu	CHN	26 Jun 94	1:22:48
2.	Han Jijiang	CHN	20 Jul 93	1:26:24
3.	Jiang Jie	CHN	25 Oct 94	1:28:50
4.	Liu Xu	CHN	11 Dec 94	1:29:11
5.	Wang Yingqi	CHN	1 Nov 93	1:30:06

U20 Men 30 km walk 16 June

1.	He Yongqiang	CHN	27 Nov 93	2:18:51
2.	Wei Xubao	CHN	1 Feb 93	2:20:27
3.	Yan Dexiang	CHN	18 Jun 93	2:29:12
4.	Wang Yingqi	CHN	1 Nov 93	2:30:16
5.	Niu Wenfei	CHN	6 Apr 93	2:30:59
6.	Cao Mingyao	CHN	25 Jul 93	2:34:04
7.	Yu Jiandong	CHN	6 Dec 93	2:42:27

U20 Women 20 km walk, 15 June

1.	Liu Huan	CHN	24 Feb 93	1:38:09
2.	Dong Genmiao	CHN	16 Jul 94	1:39:59
3.	Liang Rui	CHN	18 Jun 94	1:40:07
4.	Mao Jie	CHN	12 Feb 94	1:43:08
5.	Zhang Xuhong	CHN	10 Feb 93	1:44:41
6.	Hou Yongbo	CHN	15 Sep 94	1:46:52

U18 Men 10 km walk, 15 June

1.	Jiang Shan	CHN	14 Jul 95	41:51
2.	Sun Song	CHN	15 Dec 96	42:11
3.	Li Shuai	CHN	6 Jan 95	43:01
4.	Xu Gang	CHN	24 Mar 96	43:11
5.	Wang Rui	CHN	6 Jan 96	43:59

6.	Leng Xiao	CHN	26 Jan 96	44:05
7.	Jiang Su	CHN	8 Apr 95	44:08

U18 Women 10 km walk, 15 June

1.	Yang Jiayu	CHN	18 Feb 96	47:05
2.	Wang Zhenzhen	CHN	3 Feb 95	48:16
3.	Wang Na	CHN	29 May 95	49:38
4.	Jiang Pengqin	CHN	5 Sep 95	49:59

Tunis-Radés Meeting International d'Athletisme. Tunisia, 16 June

Men's 5000m Race Walk, 16 June

1.	Hedi TERRAOUI	TUN	89	20:08.21
2.	Khaled OTHMANI	TUN	89	22:27.51
	Ghassen SAIDI	TUN	95	DQ

Italian Junior and U23 Champs, Misano Adriatico, 15-17 June

Women 10,000m Race Walk, 15 June

1.	Elena POLI	ITA	93	49:04.16
2.	Mariavittoria BECCHETTI	ITA	94	50:21.44
3.	Andrea MORELLI	ITA	93	51:37.66
4.	Federica CASTELLANA	ITA	93	54:29.40
5.	Alessia GUIDI	ITA	93	55:46.72

Women 10,000m Race Walk U23, 15 June

1.	Federica CURIAZZI	ITA	92	48:59.42
2.	Sara LOPARCO	ITA	92	50:02.99
3.	Tsetsylia STETSKIV	UKR	91	50:18.25
4.	Carolina DE ROSA	ITA	92	51:40.96
5.	Ilaria MARIOTTI	ITA	91	52:24.18

EUROPEAN TRACK AND FIELD CHAMPIONSHIP ROUNDUP

Many of the European Athletics Member Federations held their national championships last weekend. They were keenly contested as they were, in many cases, a primary guide to national team selection for the 2012 European Athletics Championships to be held in Helsinki from 27 June to 1 July. Here are some of the walk results.

Polish National Championships, Bielsko-Biala, Thursday 15 June

20km Walk Men

1.	Grzegorz SUDOŁ	78-08-28	KS AZS AWF Kraków	1:24:27
2.	Łukasz NOWAK	88-12-18	OŚ AZS Poznań	1:24:30
3.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	1:24:36
4.	Rafał AUGUSTYN	84-05-14	OTG Sokół Mielec	1:24:42
5.	Jakub JELONEK	85-07-07	KS AZS AWF Kraków	1:25:12
6.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	1:26:28
7.	Adrian BŁOCKI	90-04-11	MKL Szczecin	1:27:42
8.	Máté HELEBRANDT	89-01-12	(HUN)	1:29:35

20km Walk Women

1.	Paulina BUZIAK	86-12-16	OTG Sokół Mielec	1:36:10
2.	Agnieszka SZWARNOG	86-12-28	KS AZS AWF Kraków	1:37:19
3.	Katarzyna KWOKA	85-06-29	UKS Technik Radom	1:37:50
4.	Anita KAŻEMAKA	90-05-30	(LAT)	1:38:42
5.	Agnieszka DYGACZ	85-07-18	AZS-AWF Katowice	1:39:27
6.	Katarzyna GOLBA	89-12-21	KS AZS AWF Kraków	1:40:27
7.	Edina FÜSTI	82-06-24	(HUN)	1:40:40
8.	Viktória MADARÁSZ	85-05-12	(HUN)	1:40:41
9.	Jolanta KARAS	89-03-09	MKS Polonia Warszawa	1:48:26

French National Championships, Angers, France, 15-17 June

FRANCE (Angers): Two-time European Athletics Championships 50km walk gold medallist Yohann Diniz had what has become a regular outing in the French Championships 10,000m track walk and won in 39:46.74 for his third consecutive victory.

1. 10,000m walk Men, 16 June

2.	Yohann Diniz	FRA	1 Jan 78	39:46.74
3.	Antonin Boyez	FRA	9 Nov 84	40:56.23
4.	Sébastien Delaunay	FRA	3 Nov 74	42:51.73
5.	Djamel Selseldeb	FRA	27 Jan 76	43:00.90

6.	Guillaume Dujour	FRA	17 Jul 78	43:02.39
7.	Kevin Campion	FRA	23 May 88	43:17.48

10,000m Walk Women, 16 June

1.	Anne-Gaëlle Retout	FRA	15 Aug 80	47:32.57
2.	Inès Pastorino	FRA	20 Oct 92	47:40.18
3.	Violaine Averous	FRA	15 Mar 85	48:04.88
4.	Amandine Marcou	FRA	26 Apr 92	48:12.36
5.	Corinne Baudoin	FRA	80	49:06.47
6.	Fabienne Rinero Chanfreau	FRA	6 Sep 80	50:18.04
7.	Lucie Auffret	FRA	6 Jul 88	50:26.56
8.	Elsa Lambert	FRA	12 Dec 76	50:51.32
9.	Roseline Chapillon	FRA	12 Aug 68	51:29.79
10.	Marine Quennehen	FRA	1 Aug 91	51:51.50

Spanish National Championships, Barcelona, 15-16 June 2012

Solid wins to Miguel Angelo Lopez 19:48.67 and Maria Jose Poves 20:54.83 (meet record).

Men 5000m Race Walk, 16 June

1.	Miguel Angel LOPEZ	ESP	88	19:48.67
2.	Luis CORCHETE	ESP	84	20:20.51
3.	Juan Antonio PORRAS	ESP	72	21:09.33
4.	Mikel ODRIOZOLA	ESP	73	21:12.16
5.	Ferran COLLADOS	ESP	85	21:23.93
6.	Miguel Ángel PRIETO	ESP	64	21:30.41
7.	Luis CAMBRONERO	ESP	93	22:14.10
8.	José FERNÁNDEZ	ESP	80	22:34.43
9.	Alberto PALLARES	ESP	70	22:43.35
10.	Rodrigo DOMINGUEZ FERNÁNDEZ	ESP	77	23:29.37
	Arturo PERALBO	ESP	94	DQ

Women 5000m Race Walk, 16 June

1.	María José POVES	ESP	78	20:54.83
2.	Júlia TAKÁCS	ESP	89	21:17.76
3.	Beatriz PASCUAL	ESP	82	21:48.44
4.	Lorena LUACES	ESP	84	22:44.20
5.	Ainhoa PINEDO	ESP	83	23:00.20
6.	Amanda CANO	ESP	94	23:21.60
7.	Maria Dolores MARCOS VALERO	ESP	79	24:19.74
8.	Maria LARIOS LOPEZ	ESP	92	25:55.96
9.	Maria Isabel PÉREZ BELLOCH	ESP	79	26:17.69
10.	Irene SANTAMARIA	ESP	95	28:02.06

ENGLAND ATHLETICS U23 AND U20 T&F CHAMPIONSHIPS BEDFORD 17TH JUNE 2012

Thanks to Mark Wall for this report from the Athletics England U23 and U20 Championships.

A stronger field than has been seen in recent years started in the 10,000m walk. The Under 20 women included four who raced in Saransk. These Championships serves as trials for the World Junior Titles.

Commonwealth Games Representative Tom Bosworth, a week after his efforts at La Coruna over 20km, was trying to help James Trainor attain an Irish qualifier for Barcelona. Conditions ended these hopes for James. In warm and blustery conditions the athletes found their targeted times out the window. Tom walked a constrained but solid effort to win comfortably, lapping all. He looks to be in a strong position to retain his UKA 5000m title next weekend in Birmingham. Ben Parsons won the U20 Men's event, smashing his 54:24 10km road PB.

In the circumstances it turned out a Welsh double for the women. Heather Lewis delivered a typical effort for a comfortable win. She had an early tussle with Jon Hobbs but could not match him. Jon unfortunately was disqualified in the last quarter of the race. In the absence of Jo Jackson for much of the season, Heather has been the dominant female walker this season. Bethan Davies is essentially a newcomer to the event and was in her national championship debut. Bethan joined the Andi Drake squad in Leeds earlier this year, prior to a serious car accident. She ran a 1:33:54 half marathon this time last month.

This time last year, Ellie Dooley had not competed in a walk race; 12 months later she is a UK International. She walked a sensible and courageous race to be third woman home in a time 8 seconds slower than her PB on the road. She is still only U17 so has 3 years left in the age group. Tasha Webster, who likewise competed in Saransk, still carries an injury from that event. This prevented her being at her competitive best and she was unable to finish. She will be 17 in September so still has more opportunities in this older age group. The other DNF in the women's event was the Irish international Emma Prendiville.

You can read more information on each athlete at: <http://www.thepowerof10.info/> .

England Athletics Men's U/23 & U/20 10, 000M Walks Championship

1.	Thomas BOSWORTH	Tonbridge AC	43:58.54	U/23
2.	Ben PARSONS	Tonbridge AC	52:53.29	U/20
	James TRAINOR	Ireland	DNF	U/20
	Jonathan HOBBS	Ashford AC	DSQ	U/20

England Athletics Women's U/23 & U/20 10, 000M Walks Championship

1.	Heather LEWIS	Pembroke H (WALES)	51:57.20	U/20
2.	Bethan DAVIES	Cardiff AAC (WALES)	52:32.33	U/23
3.	Ellie DOOLEY	Leeds City AC	54:01.42	U/20 (U/17)
4.	Lauren WHELAN	Manx Harriers	55:51.61	U/20
5.	Rebecca COLLINS	Medway & M AC	58:27.30	U/23
6.	Jasmine NICHOLLS	Leicester WC	59:54.72	U/20
	Tasha WEBSTER	Birchfield H	DNF	U/20 (U/17)
	Emma PRENDIVILLE	Ireland	DNF	U/20

2012 ENFIELD LEAGUE 5KM TRACK WALK, COPTHALL BARNET, SATURDAY 16 JUNE

And like us, the British racewalking scene has its own wide net of racewalks which take place each weekend. Here are the results of the Enfield League 5000m walks, held last Sunday in Cophall Barnet. Ron Wallwork reported as follows:

Celebrating confirmation of her place in the Lithuanian Olympic team, in blustery conditions, Neringe Aidietyte cruised to an emphatic overall race victory. Fabian Deuter, without the competition from his rival of the last two League races Fransisco Reis, was untroubled in the men's race. Arthur Thomson showed fine form and will be looking forward to the BMAF championships at Derby on 21st July, because the time he posted suggests that the M75 world record is under threat.

Men 5000m walk (23 finishers)

1.	Fabian Deuter	(Hillingdon AC)	24.17	SM
2.	Steve Uttley	(Ilford AC)	26.08	M55
3.	Steve Allen	(Barnet & Dist AC)	27.08	M55
4.	Arthur Thomson	(Enfield H AC)	27.40	M75
5.	John Ralph	(Enfield H AC)	28.13	M55
6.	Andrew Cox	(Hillingdon AC)	29.14	M55
7.	Ken Bobbett	(Hillingdon AC)	29.58	M65
8.	Alan O'Rawe	(Ilford AC)	30.22	M70
9.	Michael Harran	(Surrey WC))	30.25	M70
10.	Peter Hannell	(Surrey WC))	30.36	M65
11.	Steve Kemp	(EVAC)	31.09	M50
12.	Callum Wilkinson	(King Edward Sc)	31.21	U17
13.	Stuart Bennett	(Ilford AC)	31.26	M50
14.	Sean Pender	(Enfield H AC)	31.49	M55

Women 5000m Walk

1.	Neringe Aidietyte	(Tonbridge AC)	22.48	SW
2.	Helen Middleton	(Enfield HAC)	28.27	W45
3.	Sue Barnett	(Enfield HAC)	31.33	W60
4.	Roz Mckenzie	(Abingdon))	32.14	W45
5.	Jo Miles	(Hillingdon AC)	33.08	W45
6.	Norma Grimsey	(Enfield HAC)	34.56	W55

OLYMPIC TEAM NOMINATIONS

Last week Athletics Australia nominated 54 athletes to the Australian Olympic Committee to compete at the 2012 London Olympic Games. Local readers will know that the process has since been reopened to allow more time for athletes. It will not make any difference to our walking team which is already fully booked:

20km Men: Chris Erickson (Vic), Adam Rutter (NSW), Jared Tallent (Vic)
 50km Men: Luke Adams (NSW), Nathan Deakes (Vic), Jared Tallent (Vic)
 20km Women: Regan Lamble (Vic), Beki Lee (NSW), Claire Tallent (SA)

The Japanese Federation and Olympic Committee have also announced the complete lineup of Japan's team of 48 athletes for this summer's London Olympics. The team features 11 national record holders and 18 current national champions and is young overall, with a heavy preponderance of first-time Olympians. The walks team is very strong:

20 km Men: Isamu Fujisawa (Team Alsok) - SB: 1:20:38 PB: 1:20:12
 20 km Men: Takumi Saito (Toyo Univ.) - SB/PB: 1:21:01
 20 km Men: Yusuke Suzuki (Team Fujitsu) - SB: 1:21:13 PB: 1:20:06
 50 km Men: Yuki Yamazaki (SDF Academy) - SB: 3:41:47 PB: 3:40:12 (NR)

50 km Men: Takayuki Tanii (Team Sagawa Express) - SB/PB: 3:43:56
50 km Men: Koichiro Morioka (Team Fujitsu) - SB/PB: 3:44:45

20 km Women: Kumi Ootoshi (Team Fujitsu) - SB/PB: 1:29:11
20 km Women: Mayumi Kawasaki (Team Fujitsu) - SB: 1:30:25 PB: 1:28:49
20 km Women: Masumi Fuchise (Team Otsuka Seiyaku) - SB: 1:31:52 PB: 1:28:03 (NR)

Spain has also finalised its Olympic walking selections as follows:

20 km Men: Miguel Angel Lopez and Alvaro Martin
50 km Men: Mikel Odriozola, Benjamin Sanchez and Jesus Angel Garcia (who will go for his 6th Games at age of 42 years)
20 km Women: Maria Jose Poves, Beatriz Pascual and Maria Vasco

KELLY RUDDICK - VICTORIA'S NEWEST INTERNATIONAL RACEWALKER

When the Oceania Athletics Championships are held in Cairns from 27-29 June, Victorian walker **Kelly Ruddick** will be part of the Australian team along with Tanya Holliday and Claire Tallent and competing in the 5000m track walk and 10km roadwalk. So she comes under the microscope this week with an indepth review. First to some questions.

I assume you have been involved in athletics for a while. Did you start in LA's or did you take it on as an adult?

I was doing ballet from age 6 -13 when I started having feet trouble that led to surgery and the end of my dancing career. I said to my parents "What am I going to do all day Saturday?". Dad suggested I come along to a club run and see if I liked it. I won easily and loved the feeling and the great welcome I received from the members of Ballarat Harriers. I was 15 when I joined. I ran cross country and loved it, then I did track and lots of training with the junior men and ran some good times; eg 800m 2.20, 1500m 4.43, 3000m 9.50. However, the years of running led to shin splints and stress fractures so I stopped.

So you disappeared off the scene?

I got married, bought a house and had twins(!) age 21. I tried to come back to running but still had shin trouble so Ed Smith, my coach at the time, told me that race walking helped with this so I tried it and found it to be fun. The style came easily to me. I never bothered with style work. I have only ever had one caution.



Kelly displays her usual perfect technique as she wins the 2009 Victorian 5000m walk championship

Do you still run?

I still run races for my club if I can. I ran in a Ballarat relay last month and got the fastest female time for the day so I was chuffed to be fastest walker and the fastest runner in Ballarat. I think I'll retire from running on that!

Obviously raising a family of 4 means you must have found it very tough to balance the many time constraints and pressures. How old are your 4 children now? Are any of them following in your footsteps re athletics?

My children are twin boys 18, daughter 9 and son 5. They keep me very very busy. We are also renovating a 150 year old primary school that we live in just outside Ballarat. I work 40 hours per week at the Ballarat hospital as a theatre instrument technician. My boys represent our club in high jump, pole vault and triple jump. They are very talented but don't train. My daughter is also a great runner, last week winning the 2k regional cross country.

You came up to Brent's AIS camp in January 2010 - was that a bit of a culture shock to see how much and how fast the other girls trained? Was that perhaps the springboard which provided the momentum to kick on?

Yes, I went to the AIS a couple of years ago and found it to be amazing. It was such an eye opener as to how dedicated the athletes are and how hard they train. I learnt a lot - mostly that I was training too slow and too little. That trip up there changed my attitude for the better. However time is still a huge factor in my not being able to do much training. A big week for me is 40km. I hope in the

next year to be able to train more with the house closer to completion, the kids at school and cutting back at work to put in a big final push to try to be the best athlete I can be before I retire. I don't want to have any regrets and say if only....



Kelly training with Beth Alexander and Rachel Tallent in Canberra in January 2010

Best race? I was super impressed by your 5000m walk in the Aust T&F champs in Melb in March - finishing in 22:18, just behind Claire Tallent.

My most pleasing race as you correctly guessed was the 5000m at Nationals. To hang onto Claire as long as I could made me realise I can go faster. Each race is a huge lesson I take something from. Good or bad, it's all a lesson.

Major influences (your dad obviously) and coaches?

My key influences over the years have been my father and brother, both dedicated runners. I have also been inspired by Steve Monneghetti, Willi Sawall, Lee Troop, the Tallents, Jane Saville and Lisa Martin the marathon runner. I have had some great support from members of the Vic Walkers Club, including coaches Simon Baker and Jim Leppik. They are both very wise and helpful in advise for racing and training. I thank all involved with my walking for their support and I hope to have a few more years of racing .

What's next?

I look forward to getting some kms in after my next races in Cairns, the Oceania Championships 5000m and 10km walks - I am really dreading the heat as it is usually 5 deg in Ballarat! (Editor - come on it's not that warm in Ballarat!)

And now to my own analysis.

Kelly first came to the attention of the wider Victorian racewalking audience in June 2005 when she came down to a VRWC race at Middle Park and broke 40 minutes for the 8km roadwalk (39:44). Her youngest child was then aged 2 and she was able to start doing a bit of serious walking. A few weeks later, she won first Victorian Championship walk medal, finishing 2nd in the Victorian 15km roadwalk (1:18:28) behind Simone Wolowiec. Tall, naturally strong and with a long ranging stride, she looked the full deal. The immediate question was "Where has she been hiding all this time!"



Kelly's first walking race in Melbourne in June 2005 - pictured with Mark Donahoo

We didn't see any more of her until 2006 when she reappeared for another couple of races, coming second to Jess Rothwell in the Victorian Country Roadwalk championships (52:02) and then coming fourth in the Women's Open 5km roadwalk (23:59) at the LBG Carnival in June. At this stage, Kelly's world was turned upside down once again with the birth of her fourth child. So she once again disappeared off the scene.

It was not until 2009 that we saw her again in racing mode when she won the Victorian 5000m walk at the annual T&F Championships in an excellent 23:27. Wins in the Victorian 15km roadwalk (1:16:31) and the Victorian 20km roadwalk (1:43:47) were followed by a third place in the A.A. Invitational 20km roadwalk (1:46:49) at Fawkner Park in December.

On the basis of these walks, she was invited to the AIS walks camp in Canberra in January 2010, an experience which taught her a lot and which provided the springboard for further improvement. 2010 saw her win the Victorian 10km roadwalk (49:46) and the Victorian 15km roadwalk (1:12:02) and she placed third in the Australian 20km Roadwalk Championship (1:42:32) in August in Brisbane. In December 2010 at Fawkner Park, she took third again in the A.A. Invitational 30km roadwalk with an improved 1:40:11.



Kelly battles out second place in the 2010 Australian 20km Championship in Brisbane with Zuzie Schindlerova

2011 was her best year to date. She started in January with a win in the Victorian Country Championship 5000m walk in a PB 22:58. In fact, she won every Victorian walk championship last year - Vic Country 5000m (22:58), Vic 5000m (23:17), Vic 10km road (47:34), Vic 15km (1:13:05) and Vic 20km (1:40:54). She finished off her winter season with second place in the Australian 20km championship on a tough course in Canberra in August - her time of 1:39:56 breaking the 100 minute barrier.



Not a bad front line in the 2011 Victorian 20km championships at Middle Park - Tanya Holliday, Chris Erickson, Kelly and former international Paul Van Koppen

She now started to look towards gaining a spot in the 2012 World Walking Cup Team - things was coming into place at the right time.

Of course, we all know that the best laid plans always contain a few hiccups. So it was for Kelly as she was forced to miss the A.A. Invitational 20km roadwalk in December when she had to take time out with irregular heart beat issues. She missed vital weeks of

training and went into the 20km WWC trial in Hobart very much underdone. Then to compound things, walkers in that event faced a horrendous 38°C - she struggled through, finishing 6th in 1:51:47 after taking nearly 10 minutes of breaks along the way. Her WWC dream was over.

While this would have caused many a walker to drop the bundle, Kelly is made of sterner stuff - she continued on with her training and racing, winning the Victorian 5000m track championship in March in 23:03, then further improving with a big PB time of 22:18 as she chased Claire Tallent all the way in the A.A. Invitational 5000m walk at the National T&F Champs in April. She has now been rewarded with her first international vest as part of the Australian Oceania Championships team. Two weeks after this announcement, she won the Victorian Country 10km championship in a PB time of 46:52.

Her PBs read impressively for someone who has done it the hard way, mixing family and work commitments with limited training opportunities.

2000m	8:38	AV Shield, Ballarat	15/1/2011
3000m	13:26	AV Shield, Ballarat	8/1/2011
5000m	22:18	AA Invitational, Lakeside Oval, Melbourne	14/4/2012
10km	46:52	Vic Country Camps, Ballarat	27/5/2012
15km	1:12:02	Vic 15km Champ, Middle Park	18/7/2010
20km	1:39:56	Aust 20km Champ, Ballarat	21/8/2011

We wish Kelly all the best in Cairns and look forward to watching her continue to improve over the next few years.

IN THE NEWS

Read this great profile of Canadian Olympic walker Inaki Gomez
<http://trackfield97.com/inaki-gomez-%E2%80%93-canadian-race-walker-2012-olympic-qualifier/>

To USA for what is a very comprehensive Walking Shoe review
<http://www.racewalking.org/shurevuw.htm>

And to London for this excellent link to the Olympic Roadwalks Course and general info
<http://www.london2012.com/venue/racewalk/visitor-information>

LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 10 JUNE

Thanks to Harry Bates for these great photos from last week's big carnival in Canberra,



Left: The start of the 10M/20M events on a cold Sunday morning in Canberra
Right: Jared Tallent negotiates a downhill in the traditional 10M loop which up and down most of the way



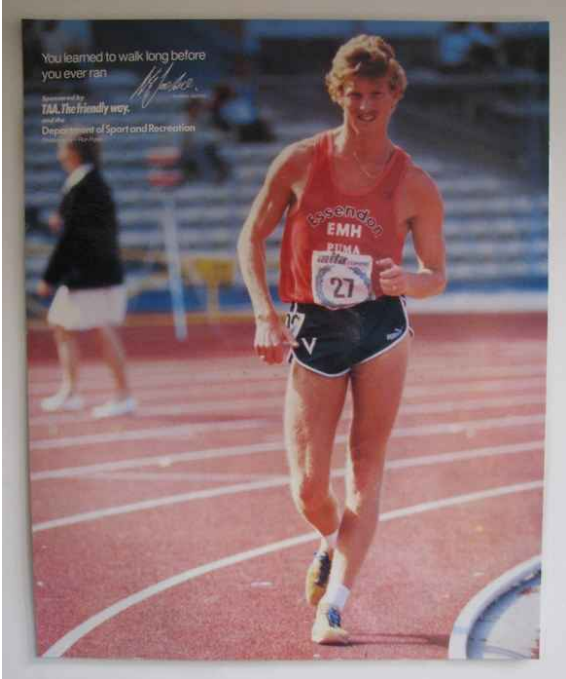
International reps Chris Erickson, Rachel Tallent, Tanya Holliday and Regan Lamble in action around Lake Burley Griffin

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

In last week's newsletter, I commented that Yuri Andronov (born 06.11.71) has bettered the M40 50km World Best by over 7 minutes. In actual fact, his birth date is 6 Nov 1971, not 11 June 1971, so he does not turn 40 until later this year. Sorry about that - but 3:40:44 is still pretty good for a 39 year old walker!

FROM THE VAULT

In 1985, the Department of Sport and Recreation in Victoria produced a series of posters featuring some of our top athletes. The project was used to launch the Olympian Sports Development Officer program after the Los Angeles Olympics. This particular poster featured 1984 Olympic walker Andrew Jachno who hailed from Melbourne and competed for Athletics Essendon. Each poster featured a quotation from the featured sporting personality. Andrew's read "You learned to walk long before you ever ran".



You can read about Andrew's stellar career at <http://www.vrwc.org.au/tim-archive/wv-andrew-jachno.pdf>

QUEEN'S BIRTHDAY HONOURS TO WAYNE FLETCHER

You may have missed it in the fine print but Tasmania's Wayne Fletcher was amongst the Queen's Birthday Honours list, being awarded an Order of Australia Medal last week. Wayne, who lives in Hobart, is our only currently serving IAAF Judge. The honour was in recognition of his outstanding services to the sport of athletics. Here's the full blurb from the awards document:

Mr Wayne FLETCHER

For service to the sport of athletics.

Member, International Walk Judge Panel, IAAF, 1997-2002 and since 2006.

Member, IAAF Area Walk Judge Panel, 2002-2005.

Walk Judge and Assistant Technical Manager, range of international competitions including the Olympic Games, Paralympic Games, World Championships and Commonwealth Games, World Walking Challenges and Cup, and Chinese and Japanese Olympic Trials, 1996-2012.

Competition Official, Athletics Australia, since 1966; former Member, Walking Committee and Walks Commission; Tasmanian Delegate; Officials Education Liaison Officer for Walks;

Technical Official; Road Race Course Measurer; Life Member.

Former President, Athletics Tasmania, current Vice-President; Life Member; Public Officer; Records Officer for over 15 years; Out of Stadium Commissioner; Race Director, Cadbury Tasmanian Marathon; Member, since 1965.

Board Member, Athletics South, 1981-1995; President, 1991-1994; Member, since 1962; Life Member, 1991.

Past President, Tasmanian Race Walking Club.

Competing Member, Northern Suburbs Athletic Club Inc, since 1963; at various times has served in all Executive Committee roles; Life Member.

Awards/recognition include: Australian Sports Medal, 2000.

It's a long way from his schoolboy start in racewalking 50 years ago: "I used to walk fast around the corridors and some of the other boys talked me into entering the Southern All School Championships. I ended up coming second." Still competing at 65, Wayne is one of the elite group of 31 IAAF Judges world wide. His judging berths have included two World Championships - Osaka (1997) and Berlin (1999) - as well as the 2008 Olympic Games in Beijing. He has only just returned from judging in the World Race Walking Cup in Saransk, Russia.



Wayne in action in Saransk

WHAT'S COMING UP

Next 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. Note that we will be using our normal club course alongside the Bowling Club rather than the course over closer to the lake. 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 any day now so don't leave it any longer.
- Allan Lucas has advised that he will allow late entries on the day (\$10) for the AMA 20km championship but all entrants must be registered members of a Masters Club to compete in this event. Also AMA entrants need to wear the correct Masters State uniform unless they are competing in the AV 20km, in which case they need to wear their AV Club uniform.
- The VMA 20km and all other VRWC races may be entered on the day. The VMA entry fee is \$10, VRWC club championships are \$7 and VRWC non-championship events are \$5.

Note that I won't be on deck next Sunday as I will be in Sydney crewing in a 24 Hour event. **As this is such a big day with so many races, we will need lots more officials than usual. So if you can lend a hand holding a stopwatch or helping with the recording, please let Mark and Stuart know on the day.**

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

2012/2013 Victorian/Australian Summer Season Key Dates

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.
 3-11 Nov 2012 Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
 Sun 9 Dec 2012 Australian 50km Championship, Fawkner Park, Melbourne
 12-17 Mar 2013 Australian Junior Athletics Championships, Perth, WA
 11-14 April 2013 Australian Open Athletics Championships, Sydney, NSW

2012 International Fixture

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

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>)