



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2011/2012 Number 46  
14 August 2012



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### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Jared Tallent** with his great 7<sup>th</sup> place Olympic 20km walk with 1:20:02. For Jared, it was another fantastic top-eight finish and it was in the lesser of his two Olympic events.

With the Olympic 50km event this week, **Jared** upped the ante even further, taking his second successive Olympic 50km silver medal and recording a 2+ minute PB time of **3:36:53**, also breaking the Olympic record into the bargain. What a performance! Walker of the Week!

### 50KM MEN'S RACEWALK, OLYMPIC GAMES, THE MALL, LONDON, SATURDAY 11 AUGUST 2012

The men's Olympic 50km walk started at 9AM at the Mall in London and I was one of the many spectators who lined the 2km loop to cheer on the contestants. My report on the Men's 50km Race Walk is taken from that of Dave Martin for the IAAF (see <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=67421>)

Sergey Kirdyapkin, the man to be beaten having won the IAAF World Race Walking Cup in Saransk in May, shattered the existing record of 3:37:09 with a decisive victory. That also represented a personal best for the 32-year-old Russian, massively improving upon the 3:38:08 he first posted seven years ago when winning the first of his two World Championships titles in Helsinki which he equalled with his success in Saransk three months ago.

"I came here to win the gold medal, breaking the Olympic record just happened," said Kirdyapkin who admitted he and his colleagues Igor Yerokhin and Sergey Bakulin intended competing as a team on what was a hot morning with the opening temperature at 18 degrees going increasingly higher. "The race was heavy, it's difficult to analyse right at this moment," he added. "We prepared for the cold weather so we had to adjust. It all went to plan. Around the 25-30km mark I hit the wall. I had to fight with myself but I found my second wind. If I didn't have that small problem I would have done a better time."

Behind him Jared Tallent, with a remarkable recovery particularly in the last six kilometres, claimed the silver medal for a second successive Games and also did it stylishly lowering his PB from 3:38:56 to 3:36:53 when it looked as if he might miss out on a podium finish. "I beat my personal best by two minutes, so it's good," said the 27-year-old Australian. "I told myself to keep calm and not to push it early."

Tallent third at last year's Worlds' and an Olympic 20km bronze medallist in Beijing, added: "I learned a lesson in Daegu and just held back in the early stages and stayed comfortable. I tried to stay focused throughout and bring it (the gold medal) home. The Olympic Games is pretty special for me. To get my third Olympic medal is pretty special. Kirdyapkin really showed his class today. The plan was really to attack that last 10K. I don't think I could have done much more."

Then came China's Tianfeng Si whose injection of pace after 35km initially sorted the men out from the boys until Russian teamwork and Tallent's late charge saw him relegated to third but winning China's first ever medal in the event with a time of 3:37:16. "I took up this sport at the age of 14," said Tianfeng Si, the 2010 Asian Games champion who also set a PB. "It has never been easy. I have always been challenging myself. I kept improving. I am so proud of myself - no pain, no gain. I did it."

The race didn't really come to life despite a couple of surges from last year's World champion Sergey Bakulin who after taking on the workload alongside Kirdyapkin until Si moved from eighth to the point before 35km, fell back to finish in eighth position. A couple of surges from the Russian didn't really do any damage, indeed there was no real action until Tianfeng Si, 22 seconds off the pace and lying eighth at 30km, raised his game and in the next five kilometres caught the leaders opening a gap six seconds from Bakulin who held a two second margin ahead from the chasing pack. That injection in pace from the Chinese saw him pull even further clear but the Russian trio of Kirdyapkin who had been lying 21sec behind at that point, Bakulin and Igor Yerokhin runner up in the WRWC, regrouped themselves together at about 38.5km and tracked the leader down. Their synchronised teamwork paid dividends as 20 metres before the 40km Kirdyapkin flew past Tianfeng Si, quickly followed by his colleagues making the likelihood of a Russian and first ever clean sweep a possibility.

But Tallent had other ideas and putting them into practice really picked himself up and his increase in pace took him to second place just 26sec in arrears of Kirdyapkin who had established his dominance of the event after earlier looking shaky

and went through 45km in 3:15:07 with third placed Li only a second adrift of the Aussie. The last five kilometres saw Kirdyapkin gritting his teeth in fierce determination and pulling further ahead while Tallence kept up his relentless pressure to assure himself of second with Tianfeng Si after two fourth places at the last two World Championships, finally getting a fully deserved global medal.

Fast finishing Robert Heffernan was awarded fourth position when sharing the same time, an Irish record, of 3:37:54 with Yerokhin who produced the quickest time of his career. Then came Bakulin in a season's best of 3:38:55.

1.	Sergey Kirdyapkin	RUS	3:35:59	(OR)
2.	Jared Tallent	AUS	3:36:53	(PB)
3.	Tianfeng Si	CHN	3:37:16	(PB)
4.	Robert Heffernan	IRL	3:37:54	(NR)
5.	Igor Erokhin	RUS	3:37:54	(PB)
6.	Sergey Bakulin	RUS	3:38:55	(SB)
7.	Jianbo Li	CHN	3:39:01	(PB)
8.	Matej Tóth	SVK	3:41:24	.
9.	Lukasz Nowak	POL	3:42:47	(PB)
10.	Koichiro Morioka	JPN	3:43:14	(PB)
11.	André Höhne	GER	3:44:26	(SB)
12.	Bertrand Moulinet	FRA	3:45:35	(PB)
13.	Chilsung Park	KOR	3:45:55	(NR)
14.	Ivan Trotski	BLR	3:46:09	(PB)
15.	Jarkko Kinnunen	FIN	3:46:25	(PB)
16.	Horacio Nava	MEX	3:46:59	(SB)
17.	Marco De Luca	ITA	3:47:19	(SB)
18.	Rafał Sikora	POL	3:47:47	
19.	Ihor Hlavan	UKR	3:48:07	(PB)
20.	Jesús Ángel García	ESP	3:48:32	
21.	Trond Nymark	NOR	3:48:37	(SB)
22.	Nathan Deakes	AUS	3:48:45	
23.	Omar Zepeda	MEX	3:49:14	
24.	Christopher Linke	GER	3:49:19	
25.	Aléxandros Papamihail	GRE	3:49:56	(NR)
26.	Luke Adams	AUS	3:53:41	
27.	Emerson Hernandez	ESA	3:53:57	(NR)
28.	José Leyver	MEX	3:55:00	
29.	Brendan Boyce	IRL	3:55:01	(PB)
30.	Quentin Rew	NZL	3:55:03	(PB)
31.	Cedric Houssaye	FRA	3:55:16	
32.	Marc Mundell	RSA	3:55:32	(AR)
33.	Fredy Hernández	COL	3:56:00	(PB)
34.	Junghyun Yim	KOR	3:56:34	(SB)
35.	Serhiy Budza	UKR	3:56:35	
36.	Basanta Bahadur Rana	IND	3:56:48	(NR)
37.	Jianguo Zhao	CHN	3:56:59	
38.	Dong-young Kim	KOR	3:57:33	
39.	Marius Cocioran	ROU	3:57:52	(PB)
40.	Pedro Isidro	POR	3:58:59	
41.	Antti Kempas	FIN	4:01:50	
42.	Mikel Odriozola	ESP	4:02:48	(SB)
43.	John Nunn	USA	4:03:28	(PB)
44.	Maciej Rosiewicz	GEO	4:05:20	(SB)
45.	Igors Kazakevics	LAT	4:06:47	
46.	Tadas Šuškevičius	LTU	4:08:16	
47.	Xavier Moreno	ECU	4:09:23	
48.	Miloš Bátorvský	SVK	4:09:32	
49.	Vitaliy Anichkin	KAZ	4:14:09	
50.	Benjamín Sánchez	ESP	4:14:40	
51.	Dominic King	GBR	4:15:05	
	Edward Araya	CHI	DQ	
	Andrés Chocho	ECU	DQ	
	Yohann Diniz	FRA	DQ	
	Erick Barrondo	GUA	DQ	
	Jaime Quiyuch	GUA	DQ	
	Colin Griffin	IRL	DQ	
	Yuki Yamazaki	JPN	DQ	
	Oleksiy Kazanin	UKR	DQ	
	Takayuki Tanii	JPN	DNF	
	Rafał Fedaczyński	POL	DNF	
	João Vieira	POR	DNF	
	Nenad Filipovic	SRB	DNF	

From my own perspective, it was the highest quality 50km race I have ever witnessed - with the first 7 walkers under 3:40. In fact, Yohann Diniz was also in the sub-3:40 mix but was disqualified after the event for taking a drink outside the feed station area. So we actually had 8 walkers under 3:40 for a while. We also saw National records to Robbie Heffernan (IRE), Chilsung Park (KOR), Aléxandros Papamihail (GRE), Emerson Hernandez (ESA), Basanta Bahadur Rana (IND) and Marc Mundell (RSA). And a special mention to NZ walker Quentin Rew whose 3:55:03 was fantastic - he started right down the back with Marc Mundell and both walkers worked their way through the field to finish with well earned PBs.

You can check out the full results and 5km lapsplits at [http://www.iaaf.org/mini/oly12/Results/ResultsByDate.aspx?racedate=08-11-2012/sex=M/discCode=50KR/combCode=hash/roundCode=f/results.html#detM\\_50KR\\_hash\\_f](http://www.iaaf.org/mini/oly12/Results/ResultsByDate.aspx?racedate=08-11-2012/sex=M/discCode=50KR/combCode=hash/roundCode=f/results.html#detM_50KR_hash_f)

Here are the 5km splits for the winner - you can see why he won - he just got faster and faster as the race progressed.

22:12	44:15	1:06:01	1:27:44	1:49:22	2:10:56	2:32:37	2:53:53	3:15:07	3:35:59
22:12	22:03	21:46	21:43	21:38	21:34	21:41	21:16	21:14	20:52

And what of our 3 Australian reps. We have already talked about **Jared Tallent's** wonderful performance - a repeat Silver medal and a time of 3:36:53 which was a PB by just over 2 minutes. It was a masterly performance and confirms what we already knew - that he is a big time performer who rarely finishes outside the medals. **Nathan Deakes**, in probably his last race before retirement, was not going to die wondering. He put himself on the line for all to see, going out with the leaders and mixing it with them until the 35km mark, passed in a super-fast 3:32:34 before slowing to eventually finish 22<sup>nd</sup> with 3:48:45. With that performance, he showed why he was the IAAF World Champion and world record holder - to be able to perform like that after nearly 4 years out with serious injuries was truly amazing. And **Luke Adams**, also returning after a serious leg operation, also put himself on the line, going out hard and lasting in the lead group for 25km (passed in 1:49:27) before slowing. Like Nathan, retirement was not an option and he gutsed it out to finish 26<sup>th</sup> in 3:53:41. We can be really proud of our three 50km contestants - an awesome team performance.

And finally some other articles and links

- article on Jared Tallent in the Melbourne Age <http://www.theage.com.au/olympics/news-london-2012/the-town-where-the-walkers-run-the-show-20120810-23zyp.html>
- NZ article on Quentin Rew <http://www.athletics.org.nz/Article.aspx?ID=8878>
- Robbie Heffernan a stunning fourth place <http://www.athleticsireland.ie/content/?p=27120>
- Athletics Australia article on Jared Tallent [http://www.athletics.com.au/home/news/news/2012/august/olympics\\_tallent\\_wins\\_silver](http://www.athletics.com.au/home/news/news/2012/august/olympics_tallent_wins_silver)
- Mark Easton's photo gallery of the 50km event <http://markeaston.zenfolio.com/p730142590>



Delight for Kirdyapkin and Tallent as they cross the line in London ([www.iaaf.org](http://www.iaaf.org))





**The medallists**



**Jared, Nathan and Luke in action in the race**

**20KM WOMEN'S RACEWALK, OLYMPIC GAMES, THE MALL, LONDON, SATURDAY 11 AUGUST 2012**

The women's Olympic 20km walk was held on the same day as the men's 50km but with a late afternoon start time of 5PM. If we thought that it might be a bit anti-climactic after the dramas of the 50km, we were wrong. It turned out to be amongst the most wonderful 20km races I have seen with the first two finishers staging a titanic battle late in the race and breaking the current world record. Jon Mulkeen of the IAAF reported as follows (see <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=67446>).

All good things must come to an end - even one of the longest-running reigns as a global champion in athletics. Not only was Olga Kaniskina the defending champion, but she had won the past three World titles in the 20km Race Walk too. Put simply, she is one of the most dominant athletes in the world. But the World Cup earlier this year – where Kaniskina was beaten by younger team-mate Yelena Lashmanova – gave a glimpse of what was to come at the London Olympics, and in a sensational finish, Kaniskina found herself being overtaken once more by the new star of the race walking world, who produced the third athletics World record of the London Olympics.

Kaniskina wasted no time as she shot into the lead from the outset. World silver medallist Liu Hong spotted the danger and made up the distance as the pair went through the first two kilometre lap in 8:33. They remained at each others' side for the next few kilometres, and as they went through 6km together in 25:32, it soon became clear that they were operating at World record pace. Liu was unable to stick with Kaniskina for much longer, however, and the Russian began to open up a gap as she

maintained her relentless pace. By this point a chase pack had formed, albeit a relatively small one given that it was still early on in the race. But in that pack were the other team-mates of both Kaniskina and Liu – Russia's Lashmanova and Anisya Kirdyapkina, and Chinese pair Qieyang Shenjie and Lu Xiuzhi.

Kaniskina continued to churn out the 8:30 laps of the 2km circuit as she went through halfway in 42:33. Liu was some 17 seconds behind as the chase pack were beginning to eat into the deficit. With thousands of fans lining The Mall near Buckingham palace to cheer the athletes on, Kaniskina's lead just grew and grew. Liu, meanwhile, drifted back and she was caught by the chase pack – now down to three – just after the 12-kilometre point.

But then Lashmanova began to make her move. Tracked closely by Qieyang between 14km and 16km, Lashmanova produced an 8:24 lap to eat into Kaniskina's lead. Perhaps sensing that her lead was under threat, Kaniskina covered the next lap in 8:27 – her fastest of the race – but Lashmanova and Qieyang were even quicker with an 8:20 lap as Kaniskina's leading margin once again decreased. The increase in speed meant that Kaniskina was back on World record pace, but Lashmanova was accelerating at a quicker rate. With just one kilometre to go, the teenager had moved to within a couple of seconds of Kaniskina. The contrast in styles between the pair was notable – Kaniskina, gritting her teeth with exaggerated movement from side-to-side; and Lashmanova, the taller of the pair looking cool and relaxed, ready to pounce when the moment was right. And pounce she did, moving past Kaniskina with just 100 metres to go. She pulled clear and crossed the line in 1:25:02, breaking the World record in just her third ever race over the distance, and becoming the youngest ever Olympic champion in a race walking event. Kaniskina held on for silver in 1:25:09 with Qieyang setting an Asian record of 1:25:16 for the bronze medal.

China and Russia filled the top six spots between them, as the first five dipped inside the previous Olympic record. Having seen her team-mate break her Asian record one place ahead, Liu finished fourth (1:26:00) with Kirdyapkina in fifth and Lu sixth. With four women at 1:26 or quicker, eight under 1:28 and 15 under 1:30, it was the highest-quality women's 20km ever at the Olympics.

It should be noted that there are two faster performances in history than Lashmanova's World record – 1:24:50 by Olimpiada Ivanova and 1:24:56 by Kaniskina. But these were both set in Russia without the required number of international officials and so were not ratified as World records.

"This morning I would never have imagined something like this – I would never have imagined such an outcome," said a delighted Lashmanova. "At the start I was not sure about how I was feeling. During most of the race, I was at such a distance from the lead that I was losing heart, but at each lap my trainer told me to keep calm, to keep quiet and to press on, to not give up. I continued and at the last lap I saw the others were tired and falling behind, so I accelerated and took my chance," she added. "But not until I crossed the line did I think I would get a medal."

Meanwhile, Kaniskina was gracious in defeat. "It wasn't very lucky for me to lose the race at the last minute, and it's difficult for me to deal with," she said. I am very pleased for my teammate though, she deserved it."

1.	Elena Lashmanova	RUS	1:25:02	(WR)
2.	Olga Kaniskina	RUS	1:25:09	(SB)
3.	Shenjie Qieyang	CHN	1:25:16	(AR)
4.	Hong Liu	CHN	1:26:00	
5.	Anisya Kirdyapkina	RUS	1:26:26	(SB)
6.	Xiuzhi Lu	CHN	1:27:10	
7.	Elisa Rigaud	ITA	1:27:36	(SB)
8.	Beatriz Pascual	ESP	1:27:56	(SB)
9.	Ana Cabecinha	POR	1:28:03	(SB)
10.	María Vasco	ESP	1:28:14	(SB)
11.	Masumi Fuchise	JPN	1:28:41	(SB)
12.	María José Poves	ESP	1:29:36	
13.	Olive Loughnane	IRL	1:29:39	(SB)
14.	Eleonora Giorgi	ITA	1:29:48	(PB)
15.	Inês Henriques	POR	1:29:54	(SB)
16.	Nadiya Borovska	UKR	1:30:03	(PB)
17.	Regan Lamble	AUS	1:30:08	(PB)
18.	Mayumi Kawasaki	JPN	1:30:20	(SB)
19.	Melanie Seeger	GER	1:30:44	(SB)
20.	Laura Reynolds	IRL	1:31:02	(PB)
21.	Kristina Saltanovic	LTU	1:31:04	(SB)
22.	Agnieszka Szwarz	POL	1:31:14	
23.	Agnieszka Dygacz	POL	1:31:28	(SB)
24.	Agnese Pastare	LAT	1:31:54	(SB)
25.	Hanna Drabenia	BLR	1:31:58	(PB)
26.	Brigita Virbalyté	LTU	1:31:58	
27.	Olha Iakovenko	UKR	1:32:07	(PB)
28.	Beki Lee	AUS	1:32:14	(PB)
29.	Maria Michta	USA	1:32:27	(PB)
30.	Mónica Equihua	MEX	1:32:28	(PB)
31.	Jamy Franco	GUA	1:33:18	
32.	Sandra Arenas	COL	1:33:21	

33.	Claudia Balderrama	BOL	1:33:28	(PB)
34.	Ingrid Hernández	COL	1:33:34	(PB)
35.	Lucie Pelantová	CZE	1:33:35	
36.	Nguyen Thi Thanh Phuc	VIE	1:33:36	(NR)
37.	Kumi Otoshi	JPN	1:33:50	
38.	Claudia Stef	ROU	1:33:56	
39.	Neringa Aidityte	LTU	1:34:01	
40.	Yadira Guamán	ECU	1:34:47	(PB)
41.	Viktória Madarász	HUN	1:34:48	
42.	Ayman Kozhakhmetova	KAZ	1:35:00	
43.	Arabelly Orjuela	COL	1:35:05	
44.	Déspina Zapounídou	GRE	1:35:19	
45.	Paulina Buziak	POL	1:35:23	
46.	Mayra Herrera	GUA	1:35:33	
47.	Semiha Mutlu	TUR	1:35:33	(PB)
48.	Nastassia Yatsevich	BLR	1:35:41	
49.	Vera Santos	POR	1:35:51	
50.	Olena Shumkina	UKR	1:36:42	
51.	Paola Pérez	ECU	1:37:05	
52.	Rachel Seaman	CAN	1:37:36	
53.	Maria Czaková	SVK	1:37:43	
54.	Anne Halkivaha	FIN	1:38:49	
55.	Milángela Rosales	VEN	1:42:46	
	Claire Tallent	AUS	DQ	
	Johanna Jackson	GBR	DQ	
	Mirna Ortíz	GUA	DQ	
	Yeongeun Jeon	KOR	DQ	
	Sabine Krantz	GER	DNF	
	Sholpan Kozhakhmetova	KAZ	DNF	

You can check out the full results and 2km lapsplits for all competitors at [http://www.iaaf.org/mini/oly12/Results/ResultsByDate.aspx?racedate=08-11-2012/sex=W/discCode=20KR/combCode=hash/roundCode=f/results.html#detW\\_20KR\\_hash\\_f](http://www.iaaf.org/mini/oly12/Results/ResultsByDate.aspx?racedate=08-11-2012/sex=W/discCode=20KR/combCode=hash/roundCode=f/results.html#detW_20KR_hash_f)

Here are the 2km splits for the winner - the last 4 laps are unbelievably fast - no wonder Kaniskina could not hold her out. A last lap of 8:07 is just about unheard of!

8:38	17:21	26:04	34:44	43:16	51:48	1:00:12	1:08:35	1:16:55	1:25:02
8:38	8:43	8:43	8:40	8:32	8:32	8:24	8:23	8:20	8:07

There has been little said officially about the bronze medal winning Chinese walker but she was in fact the first ever Tibetan to compete in the Olympics. Read this fascinating article: <http://sports.inquirer.net/57883/1st-tibetan-olympian-wins-medal-for-china>.

And what of our 3 Australian competitors. **Claire Tallent** was sitting in a group of 3 walkers occupying positions 8-10 when she was disqualified at the 13km mark. She had powered through the 10km mark in a 36 sec PB time of 43:43 and looked on target for somewhere around 1:28:00. This year has been a huge breakthrough for Claire as she has pushed herself into the top echelon of walkers and is now a walker to be reckoned with. I did feel so sorry for her as she was walking superbly. **Regan Lamble** and **Beki Lee** also walked inspired races, going through the 10km mark in PB times of 44:22 and 45:39 and finishing 17<sup>th</sup> in 1:30:08 (a PB of 1:31) and 28<sup>th</sup> 1:32:14 (a PB of 0:55) respectively. Like our 50km men, they all walked to their absolute limits and deserve our fullest congratulations.

And finally, some articles from the women's 20km walk:

- Loughnane and Reynolds Produce in 20k Walk <http://www.athleticsireland.ie/content/?p=27126>
- Lashmanova - Extraordinary record for 'ordinary' girl <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=67476>
- Lashmanova sets 20km Race Walk World record in London! <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=67455>
- Olympics 20km walk: Russia's Elena Lashmanova breaks records <http://www.bbc.co.uk/sport/0/olympics/18912777>





Left: Kaniskina at full stretch as she tries to maintain her lead  
 Middle: Lashmanova breaks away from Chinese walker Qieyang to start the chase with 5km to go  
 Right: And catches her with in the dying stages



Claire, Regan and Beki in action

### RANKING LISTS UPDATED

With the superb walks by Jared and Regan and Beki, here are the updated All-Time lists. First to the 50km where Jared now sits just over one minute behind Nathan in second place and over 4 minutes clear of Simon Baker in third spot.

50km	Time	Name	State	DOB	Place	Location	Date	Age
1	3:35:47	Nathan Deakes	VIC	17-08-1977	1	Geelong	02-12-2006	29
2	<b>3:36:53</b>	<b>Jared Tallent</b>	VIC	17-01-1984	2	London (Olympic 50km)	11-08-2012	28
3	3:43:13	Simon Baker	VIC	06-02-1958	1	L'Hospitalet	28-05-1989	31
4	3:43:39	Luke Adams	NSW	22-10-1976	6	Berlin	21-08-2009	32
5	3:46:34	Willi Sawall	VIC	07-11-1941	1	Adelaide	06-04-1980	38
6	3:47:34	Dion Russell	VIC	08-05-1975	1	Melbourne	13-12-1998	23
7	3:51:57	Chris Erickson	VIC	01-12-1981	3	Melbourne	11-12-2011	30
8	3:52:49	Adam Rutter	NSW	24-12-1986	2	Melbourne	16-12-2007	20
9	3:53:19	Duane Cousins	VIC	13-07-1973	2	Geelong	02-12-2006	23
10	3:53:23	Andrew Jachno	VIC	10-03-1957	19	Seoul	30-09-1988	31
11	3:54:37	Liam Murphy	SA	05-06-1979	1	Melbourne	13-05-2001	21
12	3:55:05	Darren Bown	SA	03-06-1974	2	Melbourne	13-05-2001	26

13	3:57:20	Michael Harvey	VIC	05-12-1962	1	Hawkesbury	10-07-1993	30
14	3:57:51	Dominic McGrath	VIC	04-06-1972	2	Leamington Spa	23-04-2000	27
15	3:57:55	Ian Rayson	NSW	04-02-1988	4	Melbourne	11-12-2011	23
16	3:58:30	Dariusz Wojcik	VIC	24-09-1959	1	Melbourne	26-01-1992	32

And now to the women's 10km and 20km All-Time lists where Regan and Beki have continued their march up the ranks

10km	Time	Name	State	DOB	Place	Location	Date	Age
1	41.30	Kerry Saxby-Junna	N	20/06/1961	1	Canberra	27/08/1988	27
2	42.15	Jane Saville	N	05/11/1974	6	Eisenhüttenstadt	8/05/1999	24
3	43.28	Gabrielle Blythe	V	09/03/1969	-	Hawkesbury	10/07/1993	24
4	43.58	Tanya Holliday	S	21/09/1988	1	Adelaide	28/07/2012	23
5	44.01	Jess Rothwell	V	18/06/1989	1	Melbourne	15/02/2009	19
6	44.18	Claire Tallent	S	06/07/1981	5	Taicang, China (20km split)	30/03/2012	30
7	<b>44.22</b>	<b>Regan Lambie</b>	V	14/10/1991	17	London, (20km split)	11/08/2012	20
8	44.27	Anne Pembroke-Manning	N	13/11/1959	1	Melbourne	21/01/1996	26
9	44.52	Cheryl Webb	N	03/10/1976	1	Melbourne (20km split)	7/03/2009	32
10	45.10	Natalie Saville	N	07/09/1978	2	Melbourne	27/02/1997	18
11	45.15	Lisa Sheridan Paolini	N	10/12/1962	1	Sydney	17/08/2000	37
12	45.18	Jill Barrett-Maybir	Q	13/07/1964	3	Melbourne	27/02/1997	26
13	45.19	Sue Cook	V	23/04/1958	1	Brisbane	28/06/1987	39
14	<b>45.29</b>	<b>Beki Lee</b>	N	25/11/1986	28	London, (20km split)	11/08/2012	25
15	45.22	Wendy Muldoon	V	27/05/1971	1	Melbourne	19/07/1998	27
16	45.25	Lorraine Young Jachno	V	21/09/1959	1	Melbourne	19/05/1991	31
17	45.38	Sally Pierson	V	10/03/1963	1	Melbourne	8/05/1982	20
18	45.40	Simone Wolowiec	V	12/02/1974	1	Melbourne	14/12/1997	23
19	45.51	Jane Lewry Barbour	S	09/05/1961	2	Melbourne	21/01/1996	24
20	46.06	Jenny Jones Billington	Q	20/04/1967	1	Canberra	28/08/1993	26

20km	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05-11-1974	4	Naumburg, Germany	02-05-2004	29
2	1:28.53.0	Claire Tallent	S	06-07-1981	5	Taicang, China	30-03-2012	30
3	1:29.36.0	Kerry Saxby-Junna	N	02-06-1961	2	Naumburg, Germany	30-04-2000	38
4	1:29.44.0	Cheryl Webb	N	03-10-1976	1	Melbourne	07-03-2009	32
5	<b>1:30.08.0</b>	<b>Regan Lambie</b>	V	14-10-1991	17	London, Olympic 20km	11-08-2012	20
6	1:30.25.0	Jess Rothwell	V	18-06-1989	2	Melbourne	07-03-2009	19
7	1:31.28.0	Tanya Holliday	S	21-09-1988	1	Adelaide	19-05-2012	23
8	1:31.34.0	Natalie Saville	N	07-09-1978	25	Naumburg, Germany	02-05-2004	25
9	<b>1:32.14.0</b>	<b>Beki Lee</b>	N	25-11-1986	28	London, Olympic 20km	11-08-2012	25
10	1:32.57.0	Kellie Wapshott	V	23-08-1981	2	Melbourne	23-02-2008	26
11	1:33.00.0	Lisa Sheridan-Paolini	N	10-12-1962	1	Sydney	08-07-2000	37
12	1:33.45.0	Megan Szirom	V	18-08-1977	4	Melbourne	07-03-2009	31
13	1:34.13.0	Jillian Hosking	A	12-02-1987	3	Hobart, Aust 20km	13-02-2010	23
14	1:34.27.0	Anne Pembroke-Manning	N	13-11-1959	1	Hawkesbury	10-07-1993	33
15	1:34.35.0	Wendy Muldoon	V	27-05-1971	1	Melbourne	16-08-1998	27
16	1:34.44.0	Simone Wolowiec	V	12-02-1974	1	Canberra	16-01-2000	25
17	1:34.44.0	Lyn Ventris	W	02-10-1956	1	Melbourne	16-12-2001	45
18	1:35.55.0	Nicole Fagan	N	24-07-1989	3	Hobart, Aust 20km	19-02-2011	21
19	1:36.16.0	Jenny Jones-Billington	Q	20-04-1967	2	Hawkesbury	10-07-1993	26
20	1:36.19.0	Sally Pierson	V	10-03-1963	1	Melbourne	15-07-1984	21
21	1:36.23.0	Sue Orr-Cook	V	23-04-1958	1	Canberra	07-07-1984	28
22	1:36.40.0	Lisa Grant	N	26-04-1985	4	Sydney	04-02-2006	20
23	1:37.32.0	Michelle French	N	01-04-1982	3	Melbourne	02-12-2006	24
24	1:37.34.0	Teresa Letherby	Q	05-04-1972	2	Adelaide	03-09-1995	23
25	1:37.48.0	Jill Barrett-Maybir	NT	13-07-1964	1	Sydney	07-09-1997	33
26	1:37.59.0	Bev Wilkins-Hayman	N	09-05-1961	1	Sydney	15-07-1989	28
27	1:39.02.0	Jane Lewry-Barbour	S	27-07-1966	3	Hawkesbury	10-07-1993	26
28	1:39.03.0	Jo Strangman	A	17-11-1975	1	Sydney	05-08-1995	19
29	1:39.49.0	Sue Narbey	W	25-11-1964	1	Perth	13-07-1985	20
30	1:39.56.0	Kelly Ruddick	V	19-04-1973	2	Canberra	28-08-2011	38

#### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 11 AUGUST

54 walkers turned up at Middle Park last Saturday for the last day of our Winter Season Points competition. The Open and U15 events had Handicap starts so their results are listed in terms of actual finish position and their real times are shown in an additional column. Terry Swan could not be there but Stuart Cooper and Sabrina George filled in for him and you can expect to see the race photos pop up in our photo gallery (<http://www.vrwc.org.au/coppermine/>) soon. It was also one of our prizes days and there are also some photos from the presentations.



First to the women's 8km race where 10 year old Mikhala Hodges started as outmarker and then held out the field to win with an astonishing time of 50:20. She holds the VRWC U12 10km record at 1:09:00 and looks set to break that easily on her next outing. The other handicap winner was Simon Evans with a very good time of 40:33. The fastest times went to Sarah Brennan 43:34 and Jason Kozica 39:45.

<b>8km Open Handicap Start</b>		<b>Start time</b>	<b>Finish time</b>	<b>Actual time</b>	<b>F/T Place</b>
1.	Mikhala Hodges	00:00	50:20	50:20	3
2.	Donna Elms	02:09	52:38	50:29	4
3.	Sarah Brennan	11:29	55:03	43:34	1
4.	Liz Feldman	05:31	55:22	49:51	2
5.	Alison Thompson	04:59	57:19	52:20	5
6.	Chloe McNicol-Davidson	01:51	61:29	59:38	6
1.	Simon Evans	14:00	54:33	40:33	2
2.	Jason Kozica	15:38	55:23	39:45	1
3.	Cody McNicol-Davidson	00:11	58:02	57:51	3

The majority of Open walkers chose the 4km distance with Gwen Steed 25:20 and Gerard Feain 23:20 finishing first while the fastest times went to Sandra Geisler 21:11 and Nathan Brill 17:15. Special mention also to Josh Kaiser who was in great form with 18:11. The U15 4km handicap winners were Megan Walker 21:41 and Reese Walmsley 20:00. Megan also took U15 girls fastest time ahead of Emily Hamilton with 21:44 while Billy Allamby was the fastest of the boys with 19:00.

<b>4km Open Handicap Start</b>		<b>Start time</b>	<b>Finish time</b>	<b>Actual time</b>	<b>F/T Place</b>
1.	Gwen Steed	09:51	35:11	25:20	5
2.	Sandra Geisler	14:28	35:39	21:11	1
3.	Anna Wallace	13:00	35:54	22:54	3
4.	Celia Johnson	09:09	36:10	27:01	6
5.	Heather Carr	14:22	36:35	22:13	2
6.	Kirstin Shaw	14:31	37:25	22:54	4
7.	Pam Mews	00:00	41:46	41:46	7
1.	Gerard Feain	08:48	32:08	23:20	6
2.	Joshua Kaiser	16:47	34:58	18:11	2
3.	Russ Dickenson	12:18	35:44	23:26	7
4.	Geoff Barrow	09:31	35:53	26:22	9
5.	James Christmass	16:21	36:04	19:43	3
6.	Alan Lucas	11:02	36:17	25:15	8
7.	Jake Kellar	13:27	36:27	23:00	5
8.	Nathan Brill	19:33	36:48	17:15	1
9.	Mark Donahoo	17:10	37:44	20:34	4
10.	Barrie Wicks	07:01	40:32	33:31	10
11.	Alex Poore *	03:44	34:57	31:13	2
12.	Gordon Onley *	06:55	35:15	28:20	1
13.	Alfredo Davila *	07:05	43:19	36:14	3

<b>4km U15 Handicap Start</b>		<b>Start time</b>	<b>Finish time</b>	<b>Actual time</b>	<b>F/T Place</b>
1.	Megan Walker	04:52	26:33	21:41	1
2.	Jessie Eastwood	04:14	26:53	22:39	5
3.	Emily Hamilton	05:43	27:27	21:44	2
4.	Shelby Kay	04:58	27:30	22:32	3
5.	Carly Bertrand	02:28	27:32	25:04	7
6.	Madelaine Feain	00:00	27:37	27:37	8
7.	Paige De Lisen	05:30	28:06	22:36	4
8.	Georgia Bertrand	04:20	28:44	24:24	6
	Gabriella Crea	01:09	DQ		
1.	Reese Walmsley	06:55	26:55	20:00	2
2.	Paul Tremiglioizzi	01:12	27:04	25:52	3
3.	Billy Allamby	08:29	27:29	19:00	1

The U12 and U9 walkers had scratch starts rather than handicap starts so their results are presented in finishing order and the Handicap placings are shown separately. Handicap winners were Tegan Miller with 11:21, Hayden Walmsley with 11:08 and Gemma Lillie with 6:19 while fastest times went to Hayley George 10:52, Corey Dickson 10:34 and Gemma.

<b>2km U12 Handicap</b>		<b>Time</b>	<b>H'Cap Place</b>
1.	Hayley George	10:52	8
2.	Brodie Richardson	10:56	5
3.	Jemma Eastwood	10:59	2
4.	Brianna Lillie	11:17	6
5.	Tegan Miller	11:21	1
6.	Jessica Lillie	11:30	7

7.	Kathleen O'Mahony	11:36	4
8.	Anaya Hodges	11:39	3
1.	Corey Dickson	10:34	4
2.	Hayden Walmsley	11:08	1
3.	Lachlan Feain	11:51	3
4.	Justin Brill	12:52	2

1km U9 Handicap		Time	H'Cap Place
1.	Gemma Lillie	06:19	1

Thanks to our many judges and officials. Sorry if I missed anyone.

**Officials:** Michael Bodey, Harry Summers, Stuart Cooper, Mark Donahoo, Damien Elms, Marlaine Stanway

**Canteen:** Kate Suich, Wendy Cooper

**Judges:** Peter Vysma (Chief), Gordon Loughnan, Lloyd Nichols, Shane Bertrand, David Cash

**Photos:** Stuart Cooper, Sabrina George

Prizes were awarded to all the handicap winners so a quick selection of shots from the Presentations, compliments of Stuart.



Left: Gwen Steed, Sandra Geisler, Josh Kaiser and Alex Poore



Right: Tegan Miller, Anaya Hodges and Jemma Eastwood



Left: Hayden Walmsley and Tegan Miller



Right: Billy Allamby, Reese Walmsley, Emily Hamilton and Jessie Eastwood



Simon Evans, Sarah Brennan, Donna Elms, Mikhala Hodges and Jason Kozica

### VRWC POINTS UPDATE

Saturday was our last Points Competition day for the winter season so we have now finalised placings in the three competitions. You can check out the overall results via these links

- Fastest Times Points: <http://www.vrwc.org.au/2012ActualTimesFinal.pdf>
- Handicap Points: <http://www.vrwc.org.au/2012HandicapsFinal.pdf>
- Style Award Points: <http://www.vrwc.org.au/2012StyleAwardPoints.pdf>

### SAMA ROADWALKS, ADELAIDE, SATURDAY 11 AUGUST

Thanks to Colin Hainsworth for the weekly South Australian Masters results. Colin commented: *Tim results for walks 11/8/2012. SAMA 20k Championships, plus 30k - new record by George White. Also supporting 6 and 10k walks. Cool, overcast arvo.*

#### 20kWalk Championship

1.	Marie Maxted	2:16:29	W52	72.48%
1.	Raelene Schild	2:36:08	W47	60.16%
1.	George White	2:01:45	M67	83.39%
2.	Graham Harrison	2:17:17	M69	75.76%
3.	Roger Lowe	2:44:07	M69	63.37%

#### 30km Walk

1.	George White	3:13:45	M67	80.59%
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#### 4kWalk

1.	Helen Suridge	0:27:13	W61	72.64%
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#### 6kWalk

1.	Rodger Barber	0:44:07	M74	72.38%
2.	Linda Whitelaw	0:47:03	W58	62.47%
3.	Jeff Kennett	0:56:48	M62	48.77%

### RWCWA ROADWALKS, WILSON, SUNDAY 12 AUGUST

Thanks to Rick Cattermole for his weekly report from Perth. Rick's comment: *Conditions were cool and overcast with drizzle.*

#### 10km Open

1.	Vanessa Brown	56.57
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#### 3km Open

1.	Melissa Butler	17.23
2.	Jasmin Burgess	18.10
3.	Christopher Gerken	19.45
4.	Janine Butler	21.04

#### 5km Open

1.	Breanna Brown	28.59
2.	Caitlin Gerken	30.21

#### 2km Open

1.	Summer Brown	11.15
2.	Melissa Hall	14.56
3.	Bailey Burgess	17.59

## ACTR&F WALKING CLUB ROADWALKS, CARILLON, CANBERRA, SATURDAY 11 AUGUST

Thanks to Robyn Whyte for the weekly walk results from Canberra.

### 4km Handicap

1.	Terry Munro	34:06
2.	Zoe Hunt	21:54
3.	Cilla Chapman	33:49
4.	Helen Munro	38:13
5.	Bob Chapman	31:19
6.	Rosemary Parker	33:09
7.	Jane Bates	25:56
8.	Helena Bialecki	25:53
9.	David Mackenzie	30:50
10.	Ashleigh Resch	21:56
11.	Thomas Hopkins	24:21

### 1km Handicap

1.	Spencer Burns	07:39
2.	Laura Burns	07:55
3.	Thomas Hunt	07:55

### 8km Handicap

1.	Jennifer Gilchrist	60:34
2.	Bob Parker	59:18
3.	Derek Robinson	56:52
4.	Val Chesterton	71:41
5.	Robin Whyte	51:43

### 2km Handicap

1.	Callum Burns	10:33
2.	Gabby Hunt	10:37
3.	Jack Thackray	16:49
4.	Karina Hopkins	11:56
5.	Emily Hopkins	13:31

## BRWC ROAD WALKS, NORTH GARDENS, LAKE WENDOUREE, SUNDAY 12 AUGUST

Ballarat Race Walking Club must be basking in the reflected glory of Jared Tallent's second Olympic 50km medal. Jared, who hails from the Victorian country town of Ballarat, is a proud member of this club and goes back there as often as he can to support his old coach Daryl Biggin and the small but enthusiastic group of walkers.

Last Sunday, they held their annual *Daryl Biggin & Sharon Schnyder 3km Handicap* and club President Daryl Biggin reports

A small field of nine walkers took to the 1km loop around North Gardens to contest the Daryl Biggin & Sharon Schnyder 3km Handicap. Although a typically cold Ballarat morning, the sun managed to poke through and the rain held off. Young Bailey Ohlsen started off "Go" but was soon caught by 6 year old Mia Darlow in another impressive performance. The rest of the field were never a chance as Mia stormed home in a big PB of 24.04 - finishing over 3 minutes ahead of second placed Alanna Peart (18.52) and Rodney Davis in 3<sup>rd</sup> (19.30). In a rare racing appearance, Daryl Biggin donned his shorts and zoomed home for the fastest time of the day in 17.43. Thanks to Ross Darlow for pacing our younger walkers throughout the race!



Daryl with handicap winner Mia Darlow

### Daryl Biggin & Sharon Schnyder 3km Handicap

1.	Mia Darlow	24.04
2.	Alanna Peart	18.52
3.	Rodney Davis	19.30
4.	Bailey Ohlsen	33.16
5.	Olivia Davis	26.39



6.	Kobie Somerfield	19.04
7.	Daryl Biggin	17.43
8.	Sarah Brennan	19.02
9.	Jemma Peart	DNF

### QRWC ROADWALKS, MURARRIE, BRISBANE, SUNDAY 12 AUGUST 2012

Thanks to Noela McKinven for the latest results from Queensland.

#### A Grade 15km

1.	Dane Bird-Smith	69.46
2.	Rhydian Cowley	70.06
3.	Nick Dewar	70.28
4.	Brandon Dewar	70.36
5.	Ignacio Jimenez	82.34
6.	Peter Bennett	82.36
7.	Dean Nipperess	92.37
	Brad Aiton	DNF

1.	Melissa Hayes	57.58
2.	Donna Beikoff	67.41
3.	Noela McKinven	77.35

#### B Grade 8km

1.	John Harris	52.17
2.	Sally Lynch	55.44
3.	Richard Lynch	61.12
4.	Christiane Dauphinet	65.06

#### C Grade 5km

1.	Katya Martin	30.08
2.	Trent Miles	30.09
3.	Lucy-Rose Boardman	31.37
4.	Doug Miles	36.19
5.	Robyn Wales	41.14

#### D Grade 3km

1.	Clara Smith	15.13
2.	Mikaela Woodward	16.13
3.	Ryan Pinchen	18.01
4.	Aimee Brackin	18.23

#### E Grade 2km

1.	Thalia Martin	13.59
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#### F Grade 1km

1.	Jasmine-Rose McRoberts	7.07
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### SARWC ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 4 AUGUST

And one from the previous weekend when the South Australian Walkers Club held their walks at Peacock Road in Adelaide.

#### 1 Hour Walk

1.	Kim Mottrom	12.824 km
2.	Justin Hill	11.461 km
3.	Peter Crump	10.811 km
4.	Trevor Mayhew	9.425 km
5.	Troy Hooker	8.285 km

#### 30 Minutes Walk

1.	Jemma Potezny	5.418 km
2.	Kristie Goznik	5.447 km
3.	Amber Tuscharski	5.170 km
4.	Julia Potezny	5.000 km
5.	Rhiannon Lovegrove	4.910 km
6.	Rhiana Hooker	4.445 km
7.	Michael Nicolaides	4.331 km
8.	Chris Nicolaides	3.566 km
9.	Chantelle Nicolaides	1.000 km

#### 15 Minutes Walk

1.	Anna Cross	2.953 km
2.	Alix Harlington	2.885 km
3.	Lachlan Tyler-Dowd	2.778 km
4.	Bethany Cross	2.640 km
5.	Ayeisha Wallace	2.335 km
6.	Rachel Kameniar	2.210 km
7.	Barb Cain	2.198 km
8.	Ryan Hooker	1.874 km
9.	Mark Hooker	1.860 km
10.	Summer Pelenstov	1.789 km
11.	Corey Harlington	1.584 km

### 2012 ENFIELD WALKING LEAGUE - 2012 FRIENDSHIP WALKS , ENFIELD, TUESDAY 7 JULY

One of the non-Olympic highlights of my trip was provided by Dave Ainsworth and the Enfield Walking League who put on a "Friendship" walk at the QEII Athletics Track in Enfield in outer London. It was open to everyone and over 100 walkers turned up from around the UK and the wider world. For me, it was a great opportunity to say hello to many old walking colleagues whom I had not seen for many years. The course started and finished on the track and did a few laps of a 1 mile course around the local park in between. Needless to say, I was rather rusty after so much travelling but did manage to get around the 5 Mile walk, albeit rather slowly. I will publish the full results just to show how successful the event was. Well done on a great initiative.

#### 5 Miles Men

1.	Francisco Reis	Ilford AC	39.24	M50
2.	Carl Thomson	Guernsey	39.47	M45
3.	Ian Richards	Steyning AC	39.50	M60
4.	Phil Barnard	Ilford AC	42.29	SM
5.	Steve Uttley	Ilford AC	43.11	M55
6.	Steve Allen	Barnet & D AC	43.50	M55

7.	John Hall	Belgrave H	44.34	M60
8.	Arthur Thomson	Enfield HAC	45.38	M75
9.	John Ralph	Enfield HAC	45.41	M55
10.	Tim Erickson	Australia	46.01	M60
11.	Steve Allen	Ilford AC	46.55	M55
12.	Shaun Lightman	Surrey WC	47.11	M60
13.	Mark Culshaw	Belgrave H	48.02	M45
14.	Tony Bell	Lancashire WC	48.57	M55
15.	Andrew Cox	Hillingdon AC	49.05	M55
16.	Ken Bobbett	Hillingdon AC	49.41	M65
17.	Amos Seddon	Enfield HAC	49.56	M70
18.	John Constandinou	Birch H/Cyprus	49.57	M40
19.	Alan O'Rawe	Ilford AC	50.02	M70
20.	Sean Pender	Enfield HAC	50.33	M55
21.	Glyn Jones	Cov.Godiva H	50.41	M70
22.	Mark Wall	Leic WC/Aust	51.07	M55
23.	Chris Flint	Surrey WC	51.24	M65
24.	Michael Harran	Surrey WC	51.47	M70
25.	Ron Powell	Enfield HAC	54.36	M75
26.	Jon May	Enfield HAC	54.58	M60
27.	David Delaney	Surrey WC	56.01	M65
28.	David Hoben	Surrey WC	56.05	M55
29.	Bob Austen	Milton Keynes	58.45	M55
30.	Kyle Watkins	SE Bristol ATC	58.45	u15
31.	Mick Barnbrook	Ilford AC	59.18	M65
32.	David Sutcliffe	Bedford H AC	61.22	M75
33.	Steven Barbour	SE Bristol ATC	61.32	u17
34.	Joe Workman	SE Bristol ATC	61.32	u17
35.	Ed Smart	SE Bristol ATC	61.52	SM
36.	Eric Horwill	Dud/Stourbridge	62.03	M75
37.	Bernie Hercock	Enfield HAC	64.21	M75
38.	Anthony Higby	SE Bristol ATC	70.50	u17
39.	Joe Tiley	SE Bristol ATC	70.50	u17
40.	Kevin Hill	SE Bristol ATC	70.52	

### 5 Miles Ladies

1.	Gemma Bridge	Radley/Birm U	43.15	u20
2.	Helen Middleton	Enfield HAC	47.22	W45
3.	Alana Barber	New Zealand	47.59	SW
4.	Cath Duhig	Ryston R	49.21	W55
5.	Noel Blatchford	Abingdon A AC	51.51	W60
6.	Judy Howard	Abingdon A AC	52.26	W55
7.	Fiona Bishop	Aldershot F & D	54.04	W50
8.	Linda Spinks	Enfield HAC	54.56	W45
9.	Sue Davies	Hillingdon AC	55.16	W45
10.	Angie Alstrachen	Enfield HAC	55.46	W45
11.	Karen Davies	Birchfield H	55.58	W50
12.	Joyce Crawford	Red Lodge R	56.32	W45
13.	Norma Grimsey	Enfield HAC	57.38	W55
14.	Sue Clements	Enfield HAC	58.11	W55
15.	Jane Angell	Aldershot F & D	60.28	W45
16.	Maureen Spelman	Aldershot F & D	62.04	W75
17.	Charlotte Hill	SE Bristol ATC	65.41	u17

### 3 Miles Men

1.	John Taylor	Loughton AC	30.16	M55
2.	Anthony Harran	unattached	33.21	M50
3.	John Brock	Southend AC	33.49	M60
4.	Peter Howard	Enfield H AC	35.17	M70
5.	Joao Domingo	Brazil	35.39	M75
6.	Bill Sutherland	Highgate H	37.33	M65
7.	Dave Ainsworth	Ilford AC	38.20	M60
8.	Dick Deacon	SVAC	39.22	M70
9.	Ken Livermore	Enfield HAC	41.15	M75
10.	Paul Ray	Enfield HAC	41.15	M75
11.	Mal Blyth	Road Hogs	41.23	M75
12.	Alex Natt	SE Bristol ATC	41.43	M
13.	Steve Kemp ©	EVAC	43.46	M50
14.	Ross Simmons	SE Bristol ATC	44.22	M
15.	Alan Flavell	Enfield H AC	45.00	M80
16.	Daniel Spinks	Moulton School	50.28	u11

**3 Miles Ladies**

1.	Chelsea O'Rawe-Hobbs	unattached	31.39	SW
2.	Sue Barnett	Enfield HAC	31.50	W60
3.	Barbara Ralph	Chiltern H	32.29	W55
4.	Ann Lewis	Aldershot F & D	34.29	W60
5.	Jo Miles	Hillingdon AC	35.10	W55
6.	Jill Langford	Wolves/Bilston	36.04	W70
7.	Kim Howard	unattached	36.16	W50
8.	Liz Stocker	unattached	36.16	W45
9.	Shelley Walsh	Lancashire WC	37.16	W55
10.	Safia Hassan	SE Bristol ATC	41.43	
11.	Lauren Kemp	Cornelius V Sch	43.46	u15
12.	Sally Anne Tyson	SE Bristol ATC	44.03	
13.	Lauren Iles	SE Bristol ATC	44.04	
14.	Faye Milkins	SE Bristol ATC	44.05	
15.	Sophia Gibbs	SE Bristol ATC	44.23	
16.	Kate Onolue	Enfield	50.42	

**1 mile Track A for walkers with disability**

1.	Dominic Stulier	VSV Wuerzburg/Ger	11.47	u15
2.	Marc Jordan	VSV Wuerzburg/Ger	11.49	SM
3.	Nina Schmidling	VSV Wuerzburg/Ger	12.07	u15
4.	Ricardo Bremm	VSV Wuerzburg/Ger	12.10	u19
5.	Tobias Walter	VSV Wuerzburg/Ger	12.50	SM
6.	Theo Pomazy-Lukas	VSV Wuerzburg/Ger	13.34	u21
7.	Christian Haller	VSV Wuerzburg/Ger	14.24	SM?
8.	Marco Hesselbach	VSV Wuerzburg/Ger	15.31	SM
9.	Vic Johnson	Astley Club, Nkt	15.40	M75

**1 mile Track B**

1.	Steve Allen	Barnet & D AC	8.40	M55
2.	Sara Rodrigues	Brazil	9.34	W40
3.	John Constandinou	Birch H/Cyprus	9.35	M40
4.	Claudia Geraldino	Brazil	10.34	W40
5.	Antonio Agrecino	Brazil	10.35	M55
6.	Angie Alstrachen	Enfield HAC	11.09	W45
7.	Valerie Coles	Enfield	11.09	W45

**WHAT'S COMING UP**

Next weekend sees final scratch walks at Middle Park before the National Roadwalks in Adelaide the following weekend. The timetable reads as follows

<b>Saturday 18<sup>th</sup> August 2011, Middle Park</b>		
VRWC EVENTS: Entries close for all events at 2.00pm sharp.		
2.15pm	10km	Open
2.15pm	5km	Open
2.15pm	3km	Open
2.15pm	3km	Under 15
2.30pm	1.5km	Under 9
2.40pm	2.5km	Under 12

And talking of Adelaide, entries officially closed on the AA website on Sunday evening and I have been forwarded the current list of entries which is being vetted before sending out to all clubs. AA is still taking late entries this week but it will cost you extra if you have missed the deadline. The two important links are

- The latest carnival info: [http://www.sarwc.org/downloads/2012\\_RWA\\_Carnival\\_General\\_Information.pdf?attredirects=0](http://www.sarwc.org/downloads/2012_RWA_Carnival_General_Information.pdf?attredirects=0)
- AA Online Registration: [http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=865&OrgID=887](http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=865&OrgID=887)

Here are the current Racewalking Victoria entries as forwarded today by Athletics Australia. Let me know straight away if there are errors in this list.

<b>RWA Open 10km C'Ship Women</b>	Brennan, Sarah Elms, Donna-Marie Irshad, Kylie Laufer, Michelle Shaw, Robyn	<b>AA U16 5km C'Ships</b>	Boldiston, Zoe Irshad, Jasmine Montag, Jemima Allamby, Billy Garganis, Adam McNicol-Davidson, Cody
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<b>AA Open 20km C'Ships</b>	Brennan, Sarah Laufer, Michelle Shaw, Kirstin Cowley, Rhydian Evans, Simon Jamieson, Andrew Tallent, Jared	<b>AA U18 5km C'Ship Women</b>	Swan, Kyle Walmsley, Reese Bertrand, Carly Finnegan, Amelia George, Stephanie Heard, Amanda McNicol-Davidson, Chloe Whiley, Ebony
<b>RWA U12 2km C'Ships</b>	Brennan, Mercedes Hayes, Zahra Miller, Tegan Peart, Jemma	<b>AA U18 10km C'Ship Men</b>	Bird, Kyle Brill, Nathan McNicol-Davidson, Cody
<b>AA U14 3km C'Ships</b>	Bertrand, Georgia George, Hayley Guy, Rachael Brennan, Jonty Swan, Kyle	<b>AA U20 10km C'Ships</b>	McNicol-Davidson, Chloe Kaiser, Joshua McNicol-Davidson, Cody Simpson, Bradley

### DATES...DATES...DATES

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

#### 2012 Victorian/Australian Winter Season Key Dates

Sun 26 Aug, 2012 Australian Roadwalk Championships, Adelaide

#### 2012/2013 Victorian/Australian Summer Season Key Dates

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.  
3-11 Nov 2012 Pan Pacific Masters Games, Gold Coast, QLD. See [www.mastersgames.com.au](http://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

Sunday 28 Oct, 2012 2012 MTR HONG KONG Race Walking Carnival, Hong Kong. See <http://www.hkaaa.com/>

#### Remaining 2012 IAAF Race Walking Challenge Dates

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

#### 2013 International Fixture

Aug 10-18, 2013 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
July 10-14, 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**  
October 5-12, 2013 Australian Masters Games, Geelong  
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

#### 2014 International Fixture

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

#### Looking even further forward

August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
August 5-13, 2017 **156<sup>th</sup> IAAF World Championships in Athletics, London, UK**  
July 2020 **32<sup>nd</sup> Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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