



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2011/2012 Number 47  
21 August 2012



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### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Jared Tallent** for his second successive Olympic 50km silver medal, recording a 2+ minute PB time of **3:36:53** and breaking the Olympic record into the bargain. What a performance! Walker of the Week!

This week's Walker of the Week is another easy one - **Lyn Ventris for her W55 World Best time of 49:15, done last Sunday in Perth**. It is now the fourth time Lyn has rewritten this record. She set the original record at the Australian Masters Games Adelaide in October last year with 50.32. She then broke it again at the World Masters Indoor Championships in Finland in April with 49.59. She then broke it again on July 15 in Perth with 49.34 and then last Sunday she bettered it again with a time of 49.15. Wow!!!!

### VRWC ROAD RACES, MIDDLE PARK, SATURDAY 18 AUGUST

It was great to be back at the weekly VRWC racewalks on Saturday after 5 weeks overseas but not so great to be thrown back into the throes of a cold Melbourne winter. With an Antarctic blast producing cold wind and rain on Friday evening and Saturday morning, the numbers at Middle Park were understandably small (only 35!). But lo and behold, the rain stopped, the sun came out for a while and walkers had pretty good conditions for racing. We even saw some PBs as our walkers had their last chance for a hitout before next weekend's Australian roadwalk champs in Adelaide. Thanks to Sabrina George for the photos - you can check them all out on our photo gallery at <http://www.vrwc.org.au/coppermine/>

And now to the races. In the 10km event, Emily Hamilton equalled her best to win the women's event with 1:00:46 ahead of Donna Elms 1:03:21 while Simon Evans continued his good form with 50:03. And how about Bob Gardiner with 1:02:32 at 76 years of age and Cody McNicol-Davidson with a 2 min PB of 1:07:10.

#### 10km Open

1.	Emily Hamilton	1:00:46	Equal PB
2.	Donna Elms	1:03:21	
	Kylie Irshad	DNF	
1.	Simon Evans	50:03	
2.	James Christmass	55:36	
3.	Bob Gardiner	1:02:32	
4.	Cody McNicol-Davidson	1:07:10	PB 2:11



**Bob Gardiner, Simon Evans, Cody McNicol-Davidson, Emily Hamilton and Donna Elms**

In the 5km Open walks, Michelle Laufer 26:13 and Adam Garganis 24:32 were fastest. Special mentions also to the Walmsley brothers who both walked PBs with Reese 24:52 (first time under 25 mins) and 11 year old Hayden 33:03 and to Catherine Rutherford who walked a very impressive 30:29 in her first walk with the club. Alas, Shelby Kay was our only U15 finisher but with a good 16:26.

### 5km Open

1.	Michelle Laufer	26:13	
2.	Jasmine Irshad	26:20	
3.	Sandra Geisler	27:45	
4.	Liz Feldman	30:18	
5.	Catherine Rutherford *	30:29	
6.	Robyn Shaw	31:26	
7.	Gwen Steed	32:23	
8.	Carly Bertrand	32:24	
9.	Celia Johnson	34:03	
1.	Adam Garganis	24:32	
2.	Reese Walmsley	24:52	PB 0:35
3.	Russ Dickenson	29:48	
4.	Alan Lucas	31:25	
5.	Hayden Walmsley	33:03	PB 1:28
6.	Geoff Barrow	34:09	
7.	Anthony Doran	35:02	

### 3km Open

1.	Georgia Bertrand	16:57
1.	Ralph Bennett	17:14
2.	Gordon Onley *	21:18
3.	Barrie Wicks	23:55

### 3km Under 15

1.	Shelby Kay	16:26
	Gabbie Crea	DQ



**Adam Garganis, Reese Walmsley, Catherine Rutherford, Hayden Walmsley and Michelle Laufer**

Our youngsters had longer events again this week and those who turned up walked well with Hayley George 13:58 and Gemma Lillie 9:59 taking line honours. And a special mention to Tegan Miller who did a 30 sec PB with 14:34.

### 2.5km Under 12

1.	Hayley George	13:58	
2.	Brodie Richardson	14:25	
3.	Tegan Miller	14:34	PB 0:30
4.	Brianna Lillie	14:46	
5.	Jessica Lillie	15:26	

### 1.5km Under 9

1.	Gemma Lillie	09:59
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**Brianna Lillie, Tegan Miller, Brodie Richardson, Jessica Lillie and Hayley George**

Thanks to all our officials and judges - sorry if I missed anyone.

- Judges:** Peter Vysma (Chief), Damien Elms, Lloyd Nichols, Stuart Cooper, Shane Bertrand  
**Course Setup:** Bob Gardiner, Harry Summers, Peter Vysma  
**Officials:** Harry Summers, Tim Erickson, Marlaine Stanway, Ian Laurie, Mark Donahoo, Kirstin Shaw, Stacey McLaren, Don McLaren  
**Canteen:** Barb Gardiner, Wendy Cooper  
**Photos:** Sabrina George

**ACT RACE WALKING CLUB ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 18 AUGUST**

Thanks to Robin Whyte for his weekly report from Canberra. As usual Ann Staunton-Jugovic led from the front in the 10km (58:47) while Ashleigh Resch (28:19) and Thomas Hopkins (7:27) were the best over the shorter distances.

**10km Walk**

- |    |                      |         |
|----|----------------------|---------|
| 1. | Ann Staunton-Jugovic | 58:47   |
| 2. | Robin Whyte          | 1:01:32 |
| 3. | Monika Short         | 1:10:43 |
| 4. | Rod Gilchrist        | 1:11:45 |
| 5. | Doug Fitzgerald      | 1:13:20 |

**1.5km Walk**

- |    |                |       |
|----|----------------|-------|
| 1. | Thomas Hopkins | 07:27 |
| 2. | Zoe Hunt       | 07:30 |
| 3. | Callum Burns   | 07:42 |
| 4. | Spencer Burns  | 07:51 |
| 5. | Karina Hopkins | 08:42 |
| 6. | Emily Hopkins  | 09:04 |
| 7. | Laura Burns    | 12:24 |
| 8. | Hana Jugovic   | 13:29 |

**5km Walk**

- |    |                 |       |
|----|-----------------|-------|
| 1. | Ashleigh Resch  | 28:19 |
| 2. | Helena Bialecki | 31:01 |
| 3. | Derek Robinson  | 34:31 |
| 4. | Geoff Barker    | 36:58 |
| 5. | David Mackenzie | 37:25 |
| 6. | Jack Thackray   | 43:03 |
| 7. | Raine Thompson  | 48:18 |
|    | Jane Bates      | DNF   |

**SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SUNDAY 19 AUGUST**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: *Yacht handicaps, cool arvo, mostly sunny. A few small but steep hills.*

**4km Yacht Handicap**

- |    |               |       |     |        |
|----|---------------|-------|-----|--------|
| 1. | Helen Suridge | 27:11 | W61 | 72.72% |
| 2. | Roger Lowe    | 30:08 | M69 | 65.19% |

**8km Yacht Handicap**

- |    |                   |         |     |        |
|----|-------------------|---------|-----|--------|
| 1. | Colin Hainsworth  | 1:02:26 | M82 | 77.88% |
| 2. | Margaret Trengove | 59:25   | W68 | 76.47% |
| 3. | Geoff Byham       | 52:12   | M66 | 74.66% |
| 4. | Graham Harrison   | 53:06   | M69 | 76.01% |
| 5. | Rodger Barber     | 1:00:02 | M74 | 71.72% |



6.	Marie Maxted	52:34	W52	71.07%
7.	Jack Russell	50:46	M60	72.06%
8.	Elaine MacFarlane	1:13:15	W70	63.96%
9.	Phil Coles	1:09:46	M60	52.43%

### SARWC ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 18 AUGUST

Kim Mottrom walked an excellent 53:25 for the 12km to win by the proverbial mile while training partner Justin Hill dominated the 6km with 28:35. Alex Harlington 15:18 and Rachel Kameniar 9:48 won the shorter events, also with good times.

#### 12Km

1.	Kim Mottrom	53:25
2.	Peter Crump	1:06:34
3.	Gloria Holliday	1:10:37
4.	Trevor Mayhew	1:10:40
5.	Bill Starr	1:26:05
6.	Troy Hooker	1:26:31
	Megan Szirom	DNF (8Km 41:29)

#### 3Km

1.	Alix Harlington	15:18
2.	Anna Cross	15:44
3.	Danielle Walsh	16:48
4.	Rhiannon Lovegrove	17:04
5.	Beth Cross	18:02
6.	Jay Goode	18:19
7.	Ayeisha Wallace	19:16
8.	Sarah Damin	19:33
9.	Peter Walsh	19:34
	Mo Nankivell	DNF (2Km 13:04)

#### 6km

1.	Justin Hill	28:35
2.	Jemma Potezny	32:36
3.	Julia Potezny	36:42
4.	Michael Nicolaides	41:47

#### 1.5Km

1.	Rachel Kameniar	9:48
2.	Summer Pelenstov	11:04
3.	Ryan Hooker	11:10
4.	Mark Hooker	11:58
5.	Corey Harlington	12:26

### WARWC ROUNDUP

Thanks to Terry Jones for bringing me up to date with this month's Western Australian Race Walking Club results from Perth. He explains: *Attached are the final WA walks results for all of August. Our walks season finished today, with the national events next weekend, and our City to Surf on the following weekend.*

The highlight had to be the **W55 World Best time of 49:15, done by Lyn Ventris**, done on Sunday. It is now the fourth time Lyn has rewritten this record. She set the original record at the Australian Masters Games Adelaide in October last year with 50.32. She then broke it again at the World Masters Indoor Championships in Finland in April with 49.59. She then broke it again on July 15 in Perth with 49.34 and then last Sunday she improved it further to 49.15. Wow!!!!

WARWC Handicap Walks, Perth, Sunday 19 August	WARWC Club Championships, Perth, Sunday 12 August	WARWC Handicap Races, Perth, Sunday 5 August
<b>10Km Handicap</b>	<b>Masters 10K</b>	<b>10K Handicap</b>
1. Lyn Ventris 49.15	1. Tom Lenane 69.37	1. Dale Hennighan 50.12
2. Lesley Romeo 78.27		
Dale Hennighan DNF	<b>U16 5K</b>	<b>5K Handicap</b>
<b>5Km Handicap</b>	1. Holly Hughes 27.49	1. Holly Hughes 26.40
1. Holly Hughes 27.02	2. Kate Holt 28.28	2. Ben Reid 33.14
2. Aimee Reid 36.37	3. Emily Holland 32.18	3. Ariarna Tolardo 34.49
3. Isabella Tolardo 31.51	4. Isabella Tolardo 32.35	4. Aimee Reid 36.13
	5. Aimee Reid 36.57	5. Isabella Tolardo 31.28
<b>2.5Km Handicap</b>	<b>U14 3K</b>	Tom Lenane DNF
1. Hayley Ruane 14.56	1. Mikayla Johns 16.06	Emily Holland DNF
2. Ariarna Tolardo 17.07	2. Mitchell Lees 18.39	<b>2K Handicap</b>
3. Courtney Johns 14.55		1. Georgia Curulli 13.32
4. Mikayla Johns 13.39	<b>U12 2K</b>	2. Jaymee Curry 14.55
5. Tiahna Ruane 15.19	1. Tiahna Ruane 11.14	3. Mitchell Curulli 16.48
6. Olivia Skepper 17.00	2. Courtney Johns 11.25	
7. Ben Reid 16.46	3. Georgia Curulli 12.30	
8. Mitchell Lees 14.54	4. Arianna Tolardo 12.43	
9. Kate Holt 15.00	5. Ben Reid 12.01	
	<b>U10 1.5K</b>	
	1. Shae Millington 8.37	
	2. Amy Holland 8.52	
	=3. Teyharna Curry 9.11	

	=3. Hayley Ruane	9.11
	5. Jaymee-Lee Curry	11.43
	6. Mitchell Curulli	12.45

### NSWRWC CLUB ROADWALKS, HABERFIELD, SATURDAY 4 AUGUST

And a catchup from last week now that I have been able to source it from the NSWRWC website. A total of 44 walkers contested a variety of distances. Best walks were probably by Kyle Malone (48:15), Tyler Jones (41:24) and Jasmyyn McDonald (20:07).

#### Long Division 10km

1.	Kyle Malone	48.15
2.	Derek Mulhearn	48.47
3.	Lauren Bourke	52.59
4.	Kirsty Klein	53.26
5.	Matthew Killen	56.59
6.	Anthony Albanese	61.06
7.	Joan Purcell	75.38
8.	Brendan Hyde	83.55
9.	Cheryl Webb	DNF

#### U16 Division - 3km

1.	Dylan Richardson	16.43
2.	Kyle Bedford	16.57
3.	Tiffany Saker	18.16
4.	Mascey Willis	18.28
5.	Travis Barendregt	18.45
6.	Ally Grujoski	18.52
7.	Benjamin Tisdale	20.38
8.	Daniella Salisbury	21.40

#### Medium Division - 8km

1.	Tyler Jones	41.24
2.	Tom Doyle	41.26
3.	Robert Murphy	45.16
4.	Jasmine Dighton	46.18
5.	Tony Psarianos	52.40
6.	Bryony Beasley	53.15
7.	Judy Brown	62.07
	Amanda Barendregt	DNF
	Caitlin Plummer	DNF

#### U12 Division - 1.5km - Handicap Start

1.	Samantha Brown	7.46
2.	Bayden Little	9.22
3.	Morgan Little	9.27
4.	Renee Hardy	9.33
5.	Brooke Martin	10.05
6.	Logan Barendregt	10.30
7.	Lachlan Becroft	10.54
8.	Bronti Westaway	13.36
9.	Emily Challinor	17.47
10.	James Plummer	DQ

#### Short Division - 4km

1.	Nicole Fagan	19.38
2.	Jasmyyn McDonald	20.07
3.	Aiden Kerr	20.42
4.	Nathan Brown	21.42
5.	Taylor-Paige Billington	23.18
6.	Adam Mylonas	23.54
7.	Mary Willis	24.50
8.	Nicolle Challinor	26.01

### SARWC ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 11 AUGUST

And another catchup race result from the South Australian Roadwalking Club in Adelaide when Justin Hill walked a big 10km PB to win with 48:53 while his coach Kim Mottrom won the 5km with a very fast 21:33.

#### 10Km

1.	Justin Hill	48:53
2.	Peter Crump	55:34
3.	Bill Starr	1:13:30
4.	Trevor Mayhew	1:13:46
	Megan Szirom	DNF (6Km 32:10)

#### 3Km

1.	Alix Harlington	15:53
2.	Anna Cross	16:09
3.	Rhiannon Lovegrove	16:11
4.	Bethany Cross	16:13
5.	Rhiana Hooker	19:04
6.	Ayeisha Wallace	19:40
7.	Sarah Damin	21:10
8.	Chantelle Nicolaides	22:13
9.	Corey Harlington	26:38

#### 5Km

1.	Kim Mottrom	21:33
2.	Kristie Goznic	25:24
3.	Jemma Potezny	26:24
4.	Lachlan Tyler-Dowd	28:25
5.	Julia Potezny	29:02
6.	Amber Tuscharski	29:19
7.	Danielle Walsh	29:35
8.	Michael Nicolaides	34:15

#### 1Km

1.	Rachel Kameniar	6:14
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## 18<sup>TH</sup> EUROPEAN MASTERS R&F CHAMPIONSHIPS, ZGORZELEC, POLAND, 16-25 AUGUST

The European Masters Athletics Championships are now underway in Zgorzelec in Poland and the 5000m track walk was the first cab off the rank, being held on Sunday in hot conditions. Steffen Borsch (22.04.47, M35) and Brit Schroeter (25.25.62, W35), both from Germany, were fastest overall while Zigurds Irbe (Latvia, M75, 29.32.71, 91.76%) and Denise Leclerc (France, W75, 35.49.21, 91.62%) were the highest from an Age Graded point of view. One of the closest races was in fact in the M75 division where Irbe just won out with 29:32.71 ahead of Italian Romolo Pelliccia with 29:32.89. In terms of the 59 racewalking medals awarded so far, Germany (10), France (9) and Italy (7) lead a table of 19 countries.

Results follow but are restricted to the top 10, For the full results, see <http://www.evacs2012.com/en/starters/>.

### 5000m Track Walks - Men, Sunday 19 August

M35	1	1307	BORSCH Steffen	1973	M35	GER GERMANY	22:04.47
	2	3692	MEDERA Zdenko	1975	M35	SVK SLOVAK REPUBLIK	23:43.75
	3	623	RODRIGUEZ JIMENEZ Jose	1975	M35	ESP SPAIN	24:57.73
	4	102	DERENZIS Edwyn	1976	M35	BEL BELGIUM	26:30.90
	5	509	CERVELLO David	1977	M35	ESP SPAIN	26:41.90
	6	184	KONOSIC Zeljko	1972	M35	CRO CROATIA	26:55.33
	7	3319	SLEZIONA Adam	1973	M35	POL POLAND	26:57.58
	8	858	EICHHOLTZER Sebastien	1976	M35	FRA FRANCE	28:34.39
	9	2466	TUST Alexander	1974	M35	GER GERMANY	39:29.75
M40	1	818	BOULAY Emmanuel	1970	M40	FRA FRANCE	22:19.47
	2	2966	IVZANS Normunds	1971	M40	LAT LATVIA	22:53.50
	3	3427	DEGTYARENKO Viacheslav	1971	M40	RUS RUSSIA	23:26.35
	4	3512	PUPYSHEV Andrei	1972	M40	RUS RUSSIA	25:51.16
	5	1969	MAIER Joachim	1970	M40	GER GERMANY	26:08.72
	6	820	BRIERE Regis	1968	M40	FRA FRANCE	26:33.59
	7	413	VONDRA Vaclav	1968	M40	CZE CZECH REPUBLIC	29:01.87
	8	2624	TSANTIKIDIS Vasilis	1969	M40	GRE GREECE	29:23.59
	9	533	FERNANDEZ Mario	1968	M40	ESP SPAIN	29:43.54
M45	1	2735	ARENA Walter	1964	M45	ITA ITALY	23:18.17
	2	3830	GARNYK Petro	1964	M45	UKR UKRAINE	24:07.75
	3	2761	CACIA Salvatore	1967	M45	ITA ITALY	24:42.87
	4	3595	VERSEC Vladimir	1963	M45	SLO SLOVENIA	25:32.71
	5	560	IGLESIAS Julian	1962	M45	ESP SPAIN	26:03.97
	6	920	PESQUET Francois	1965	M45	FRA FRANCE	26:15.85
	7	2930	STRANO Daniele	1965	M45	ITA ITALY	26:32.23
	8	2952	BREIDE Madars	1964	M45	LAT LATVIA	26:41.34
	9	1532	GNAUCK Dick	1963	M45	GER GERMANY	26:50.32
	10	2004	MEYER Steffen	1966	M45	GER GERMANY	27:03.38
M50	1	2870	NASO Andrea	1960	M50	ITA ITALY	24:19.67
	2	1138	REIS Francisco	1960	M50	GBR	24:31.84
	3	481	ABADIAS PALACIN Luis	1959	M50	ESP SPAIN	25:42.70
	4	2670	MAJOR Ferenc	1961	M50	HUN HUNGARY	26:07.25
	5	3128	FOTLAND Arild	1959	M50	NOR NORWAY	26:26.29
	6	2918	SANSEVRINO Antonio	1959	M50	ITA ITALY	27:04.34
	7	3688	MALIK Ondrej	1961	M50	SVK SLOVAK REPUBLIK	27:24.87
	8	3249	KWITA Zbigniew	1959	M50	POL POLAND	28:41.31
	9	2774	COLOMBO Daniele	1958	M50	ITA ITALY	28:52.03
	10	830	CHATELET Gerard	1960	M50	FRA FRANCE	29:26.35
M55	1	3262	LUNIEWSKI Miroslaw	1957	M55	POL POLAND	25:06.27
	2	3590	RUZZIER Fabio	1953	M55	SLO SLOVENIA	25:20.53
	3	3410	BARABASH Vladimir	1956	M55	RUS RUSSIA	25:29.23
	4	2140	PRIELER Helmut	1955	M55	GER GERMANY	25:46.22
	5	3478	LYZHIN Sergey	1955	M55	RUS RUSSIA	26:09.04
	6	589	MORENO Javier	1957	M55	ESP SPAIN	26:31.05
	7	1175	UTTLEY Steven	1957	M55	GBR	26:56.26
	8	242	FLIEGL Miroslav	1954	M55	CZE CZECH REPUBLIC	27:05.39
	9	279	KALAT Josef	1955	M55	CZE CZECH REPUBLIC	27:20.75
	10	2929	STRABIOLI Angelo	1957	M55	ITA ITALY	28:31.30
M60	1	822	BROCHOT Patrice	1951	M60	FRA FRANCE	24:56.00
	2	2868	MOROTTI Graziano	1951	M60	ITA ITALY	25:09.95
	3	1512	GAUS Peter	1952	M60	GER GERMANY	26:02.91
	4	1055	HALL John	1949	M60	GBR	27:12.17
	5	271	JANOUSEK Jiri	1951	M60	CZE CZECH REPUBLIC	27:42.54
	6	2243	SAREMBE Ferdinand	1951	M60	GER GERMANY	28:09.57

	7	682	SUMBERG Rein	1950	M60	EST ESTONIA	28:25.87
	8	3657	PONZIO Roby	1947	M60	SUI SWITZERLAND	28:34.22
	9	845	DELAYRE Bernard	1947	M60	FRA FRANCE	28:47.44
	10	922	PIN Jean-Pierre	1949	M60	FRA FRANCE	29:08.91
M65	1	2812	FORMENTIN Ettore	1947	M65	ITA ITALY	27:26.07
	2	933	RABATEL Fernand	1946	M65	FRA FRANCE	28:56.10
	3	2712	MCMULLIN John	1946	M65	IRL IRELAND	29:33.33
	4	2327	SCHUMM Peter	1942	M65	GER GERMANY	29:42.29
	5	2625	VENETIADIS Apostolos	1944	M65	GRE GREECE	30:28.16
	6	3709	STRAKA Eduard	1946	M65	SVK SLOVAK REPUBLIK	30:30.23
	7	2911	RUTOLO Ferdinando	1947	M65	ITA ITALY	30:38.37
	8	3019	HUMMER Joseph Albert	1946	M65	LUX LUXEMBOURG	30:43.60
	9	1968	MAIER Felix	1943	M65	GER GERMANY	30:46.31
	10	2661	KISS Gyorgy	1947	M65	HUN HUNGARY	31:00.74
M70	1	674	PALMAR Ants	1940	M70	EST ESTONIA	28:40.46
	2	281	KANSKY Vladimir	1940	M70	CZE CZECH REPUBLIC	29:59.78
	3	3527	SARTAKOV Alexander	1942	M70	RUS RUSSIA	30:03.60
	4	3842	KUSHAROV Anatolii	1941	M70	UKR UKRAINE	31:00.70
	5	1153	SHILLABEER Edmund	1939	M70	GBR	31:27.06
	6	2419	STURZ Erich	1940	M70	GER GERMANY	32:16.02
	7	2991	RUBENIS Gunars	1938	M70	LAT LATVIA	32:16.90
	8	2957	DRIBINCEVS Vladimirs	1940	M70	LAT LATVIA	33:00.85
	9	3626	DE COPPET Alexis	1938	M70	SUI SWITZERLAND	33:29.67
	10	757	PIRINEN Jorma	1941	M70	FIN FINLAND	33:31.69
M75	1	2964	IRBE Zigurds	1936	M75	LAT LATVIA	29:32.71
	2	2879	PELLICCIA Romolo	1936	M75	ITA ITALY	29:32.89
	3	2519	WEIDNER Gerhard	1933	M75	GER GERMANY	31:02.91
	4	3853	PANASEIKO Mykola	1934	M75	UKR UKRAINE	33:10.17
	5	3557	TSUKROV Semen	1935	M75	RUS RUSSIA	34:09.95
	6	2253	SCHAEFER DR Wolfgang	1936	M75	GER GERMANY	35:14.43
	7	1808	KNAERINGER Frank	1936	M75	GER GERMANY	37:20.14
	8	1779	KESSNER Gerhard	1936	M75	GER GERMANY	39:02.11
	9	3823	CHEMER Viacheslav	1936	M75	UKR UKRAINE	41:21.54

#### 5000m Track Walks - Men, Sunday 19 August

M80	1	3307	RUTYNA Mieczyslaw	1931	M80	POL POLAND	35:43.76
	2	3855	PUSHKIN Ivan	1930	M80	UKR UKRAINE	36:10.56
	3	2430	TEUFERT Karlheinz	1929	M80	GER GERMANY	37:23.28
M85	1	1351	CIESIELSKI Guenter	1926	M85	GER GERMANY	37:31.21
	2	3510	PRUDNIKOV Pavel	1927	M85	RUS RUSSIA	38:56.95
	3	199	BALCARIK Alois	1927	M85	CZE CZECH REPUBLIC	40:00.77
W35	1	2312	SCHROETER Brit	1974	W35	GER GERMANY	25:25.62
	2	2267	SCHENKER Bianca	1974	W35	GER GERMANY	25:25.98
	3	857	EICHHOLTZER Sandrine	1977	W35	FRA FRANCE	25:41.70
	4	1275	BETTO Linda	1977	W35	GER GERMANY	26:35.50
	5	1977	MARKGRAF Yvonne	1975	W35	GER GERMANY	32:23.83
	6	2968	JAKUBOVSKA Aiva	1973	W35	LAT LATVIA	33:26.75
	7	2688	VARASDY Edit	1973	W35	HUN HUNGARY	39:20.15
W40	1	914	NAUMANN Marit	1968	W40	FRA FRANCE	26:52.82
	2	3735	HOGRELL Ellinor	1968	W40	SWE SWEDEN	27:15.23
	3	2862	MOMBELLI Roberta	1968	W40	ITA ITALY	28:30.52
	4	2475	UNTERHOLZNER Maria	1968	W40	GER GERMANY	29:00.20
	5	3472	LIAMINA Irina	1968	W40	RUS RUSSIA	29:04.59
	6	2989	ROGALE Aija	1968	W40	LAT LATVIA	31:13.02
	7	3318	SLEZIONA Katarzyna	1970	W40	POL POLAND	31:20.98
	8	2376	STASCH Katrin	1970	W40	GER GERMANY	31:39.23
	9	1967	MAIER Andrea	1969	W40	GER GERMANY	31:51.08
	10	2239	SAENGER Angela	1969	W40	GER GERMANY	35:39.02
W45	1	3638	HENCHOZ Corinne	1964	W45	SUI SWITZERLAND	27:39.01
	2	3447	KOKORINA Irina	1964	W45	RUS RUSSIA	27:39.51
	3	124	NICOLAS Myriam	1963	W45	BEL BELGIUM	27:55.98
	4	2244	SAREMBE-STEGMAIER Chris	1966	W45	GER GERMANY	28:22.59
	5	3870	ZAGALSKA Valentyna	1964	W45	UKR UKRAINE	29:57.69
	6	927	PONGIN Catherine	1963	W45	FRA FRANCE	30:40.75

	7	2498	WAEDEL Silvia	1966	W45	GER GERMANY	30:42.51
	8	934	REGNIER Sylvie	1962	W45	FRA FRANCE	31:30.62
	9	1120	NOEL Maureen Elvaria	1963	W45	GBR	32:08.80
	10	1531	GLOMBITZA Silke	1967	W45	GER GERMANY	32:32.00
W50	1	3550	TERENTYEVA Natalia	1961	W50	RUS RUSSIA	28:11.58
	2	832	CHAVE Maryse	1959	W50	FRA FRANCE	28:32.00
	3	837	COCHEREAU Veronique	1959	W50	FRA FRANCE	28:37.74
	4	545	GARCIA FRONTONS Carmen	1960	W50	ESP SPAIN	29:12.18
	5	3867	VEREMIICHUK Olena	1959	W50	UKR UKRAINE	29:47.67
	6	921	PICARD Marie Françoise	1957	W50	FRA FRANCE	30:12.84
	7	805	BEAULIER Marie-france	1957	W50	FRA FRANCE	32:03.17
	8	1788	KIRCHESCH Ilona	1958	W50	GER GERMANY	32:10.63
	9	2107	PATRZALEK Brigitte	1958	W50	GER GERMANY	32:26.56
	10	2992	SAULITE Dace	1959	W50	LAT LATVIA	34:14.50
W55	1	3839	KRYVOKHYZHA Tetyana	1956	W55	UKR UKRAINE	27:55.22
	2	1189	WHEELER Ann	1955	W55	GBR	29:40.18
	3	1021	DUHIG Cath	1954	W55	GBR	29:55.30
	4	912	MOURGUES Martine	1956	W55	FRA FRANCE	31:23.82
	5	1410	ECHLE Maria Rita	1957	W55	GER GERMANY	31:53.31
	6	899	MAGGIORE Yvonne	1955	W55	FRA FRANCE	32:23.50
	7	60	SCHWANTZER Monika	1955	W55	AUT AUSTRIA	32:31.91
	8	128	PATER Jocelyne	1954	W55	BEL BELGIUM	33:32.57
	9	3495	NITYAGOVSKAYA Liudmila	1954	W55	RUS RUSSIA	33:51.62
W60	1	3369	FERNANDES Maria Alice	1952	W60	POR PORTUGAL	29:18.04
	2	489	ALVAREZ Aurora	1952	W60	ESP SPAIN	31:12.69
	3	3861	SHYMKO Liubov	1950	W60	UKR UKRAINE	32:13.55
	4	823	BROCHOT Edith	1952	W60	FRA FRANCE	32:22.81
	5	22	GROLIG Dorothea	1951	W60	AUT AUSTRIA	32:29.27
	6	502	BRIZ Maria Jose	1951	W60	ESP SPAIN	32:54.70
	7	799	ANXIONNAT Claudine	1951	W60	FRA FRANCE	33:05.72
	8	2064	NEIDEL Heidrun	1947	W60	GER GERMANY	34:16.80
	9	2431	TEUFERT - SHIBATA Yoshi	1950	W60	GER GERMANY	35:05.48
	10	2025	MOLTER Margarete	1947	W60	GER GERMANY	35:41.99
W65	1	3646	MAEDER Heidi	1943	W65	SUI SWITZERLAND	30:49.19
	2	3865	TYSHKO Antonina	1947	W65	UKR UKRAINE	31:45.83
	3	812	BERNIER Janine	1946	W65	FRA FRANCE	33:27.74
	4	3627	DE COPPET Brigita	1946	W65	SUI SWITZERLAND	33:37.28
	5	1803	KLINK Ursula	1944	W65	GER GERMANY	33:38.88
	6	898	LOYER Suzanne	1947	W65	FRA FRANCE	34:17.41
	7	2028	MOSER Gabriele	1944	W65	GER GERMANY	37:15.45
	8	3778	WAHLBERG Marie-louise	1945	W65	SWE SWEDEN	51:52.88
W70	1	2434	THEUNISSEN Gisela	1942	W70	GER GERMANY	34:15.27
	2	3144	NAGELL-DAHL Halldis	1942	W70	NOR NORWAY	35:47.67
	3	2591	ZICKERT Viktoria	1941	W70	GER GERMANY	36:02.48
	4	2963	GRINBERTE Vera	1940	W70	LAT LATVIA	36:16.47
	5	1423	ELBING Helene	1938	W70	GER GERMANY	37:41.34
	6	1390	DRAEGER Helga	1939	W70	GER GERMANY	37:41.54
	7	2953	BUNTIKA Ilga	1939	W70	LAT LATVIA	39:34.85
W75	1	893	LECLERC Denise	1933	W75	FRA FRANCE	35:49.21
	2	1214	ANTRITTER Erna	1935	W75	GER GERMANY	44:26.30

And Emmanuel Tardi was there of course, walking (he came 14<sup>th</sup> in the M45 division with 33:20.23) and taking photos. Here is a brief selection of some of the winners.





**Left: Emmanuel Boulay (M40) of France and Steffen Borsch (M35) of Germany  
Centre: Marit Naumann (W40) of France leads Ellinor Hogrell (W40) of Sweden  
Right: Brit Schroeter (W35) of Germany**

**BEKI LEE'S BIG NEWS**

As if walking in the Olympic 20km women's event and doing a big PB wasn't enough excitement for one day, Australian representative Beki Lee found the occasion even bigger than she had expected as the following front page news item shows:



Yes, it made front page news in Australia when partner Dan Smith proposed to her in the Mall straight after the race. It was well

reported with lots of photos by News Limited (see <http://www.news.com.au/sport/london-olympics/boyfriend-proposes-to-australian-athlete-beki-lee-in-pall-mall/story-fndpu6dv-1226448873999> ). Here's how it reads:

**Will you marry me ... Australia's Beki Lee is proposed to by her boyfriend, Dan Smith, after the 20km race walk.**

WHEN Daniel Smith dropped to one knee in front of Beki Lee in Pall Mall, the Australian athlete might have suspected her boyfriend was showing theatrical respect for her personal best performance in the 20km walk. Smith, who travelled to London for the Olympics with his brother Brendan, instead proposed to Lee in front of a clapping crowd and managed to take Lee completely by surprise. She immediately accepted after he produced a silver ring he had kept buried in a pocket on a long day.

"I'm over the moon. What a day," Lee beamed. "I had no idea, none, what a surprise. It's topped off a wonderful day. I'll never forget this one ever. I'm lost for words. We can go on a break as an engaged couple."

Smith and Lee, who have been together for five years, will travel to Paris to reflect on a heady 24 hours.

"The main thing is she said 'Yes'," Smith said. "Her race, she'd done a PB, so everything went well. We've been through this journey together and I thought the best place to propose was at the Olympics."

Lee finished 28<sup>th</sup> behind Russian Elena Lashanova in a time almost a minute faster than her personal best.



Beki with fiancée Dan Smith (<http://www.news.com.au>)

## OVERSEAS SHORTS

### Czech Club Championships, Nové Město, Czech Republic, 18 August

#### Men 3000m Walk

1.	Karel KETNER	CZE	90	11:53.39
2.	Jiří MALYSA	CZE	66	12:20.36
3.	Lukas GDULA	CZE	91	12:27.76
4.	Ondřej MOTL	CZE	94	12:29.37

#### Women 3000m Walk

1.	Mária CZÁKOVÁ	SVK	88	13:04.07
2.	Hana HERBEROVÁ	CZE	81	14:57.90
3.	Olga PUCKOVÁ	CZE	94	15:25.77

### Finnish Junior & U23 Championships, Kauhajoki, Finland, 11-12 August

#### Junior Men 10,000m Walk

1.	Elmo KOIVUNEN	FIN	94	45:57.20
2.	Juuso JOUKAS	FIN	93	50:55.75

#### Junior Women 5000m Walk

1.	Annika NORRMAN	FIN	93	25:03.46
2.	Tiia KUIKKA	FIN	94	27:35.96

### U23 Men 10,000m Walk

1.	Veli-Matti PARTANEN	FIN	91	41:12.86
2.	Aleksi OJALA	FIN	92	42:37.72
3.	Tuukka GRÖNHOLM	FIN	90	50:59.35

### U23 Women 5000m Walk

1.	Mikaela LÖFBACKA	FIN	90	24:42.38
2.	Sanna MÄENPÄÄ	FIN	92	28:49.49
3.	Elisa NEUVONEN (OC)	FIN	91	26:47.10
4.	Camilia KINNARINEN	FIN	90	35:25.14

## OLYMPIC ADDENDUMS

A few final Olympic items to complete last week's report.

- First to a YouTube video of the Olympic Women's 20km walk. It shows every lap as seen from the monument in the Mall and shows every competitor as they pass that point each lap. It highlights just much much ground the chasing pair made up on Kaniskina in the last couple of laps: <http://www.youtube.com/watch?v=spSjtszHoEU>
- And now going back 52 years to the 1960 Olympics to another YouTube video that Stuart Cooper has let me know about. It shows the finish of the 20km race, won by Russian walking legend Volodymyr Golubnichiy, just 9 secs ahead of Australian Noel Freeman. Australia had to wait another 48 years before our next walks silver medal (Jared Tallent in the 2008 50km) and he has done it again in 2012 with more silverware. Here's the link: [http://www.youtube.com/watch?v=rOBco\\_jJuNw](http://www.youtube.com/watch?v=rOBco_jJuNw)

If you want to read more about Golubnichiy or Freeman, here are my articles from the VRWC archives:

Volodymyr Golubnichiy <http://www.vrwc.org.au/tim-archive/wo-vladimir-golubnichiy.pdf>  
Noel Freeman <http://www.vrwc.org.au/tim-archive/wv-noel-freeman.pdf>

- Next, South African photographer Henning Rass has uploaded two albums of 2012 Olympic photos to the [Racewalkers of the World](#) Facebook page and there are some great snaps there. Check them out:

Olympic 20km Men : <http://www.facebook.com/media/set/?set=oa.406388526089583&type=1>  
Olympic 50km : <http://www.facebook.com/media/set/?set=oa.406230656105370&type=1>

- And now to the Olympic Closing Ceremony when AIS Chief Walks Coach Brent Vallance was caught by the cameras with his Olympic squad of 5 walkers - Jared and Claire Tallent, Beki Lee, Regan Lambie and Chris Erickson - not a bad squad!





And one final photo from the same shoot - VRWC club members Regan Lamble and Chris Erickson (Jared Tallent is also a VRWC club member).



#### WORTH A READ

We don't see too many many autobiographies of walkers so check out "Money Walks" by Chris Maddocks, the only man in British Athletics to have competed at five Olympic Games. Achieved on a shoestring budget, he reveals what made him try so hard and how he made it: <http://www.racewalkuk.com/Book/>

#### FALLS CREEK CAMP ON AGAIN THIS DEC/JANUARY

Simon Baker has announced the next Falls Creek camp. His brief facebook entry reads

The Falls creek training camp will be from 29 December this year. This will be our third summer camp and is a great opportunity to train with a group of your fellow walkers and to prepare for state and national champs and trials. Expression of interest are invited please contact me on [simon.baker@dse.vic.gov.au](mailto:simon.baker@dse.vic.gov.au) .  
Cheers Simon

#### KEY SUMMER SEASON DATES

There have been a few announcements of late and the 2012/2013 Summer Season is starting to take shape for Victorians. Here is the latest cut of the key dates.

Oct 13 (Sat), 2012	AV Shield Round 1
Oct 13-20, 2012	Alice Springs Masters Games, Alice Springs, N.T.
Oct 20 (Sat), 2012	AV Shield Round 2
Oct 27 (Sat), 2012	AV Shield Round 3
Nov 3 (Sat), 2012	AV Shield Round 4
Nov 3-11, 2012	Pan Pacific Masters Games, Gold Coast, QLD.
Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park
Nov 17 (Sat), 2012	AV Shield Round 5
Nov 17-18, 2012	LAVic Region Relay Champs
Nov 24 (Sat), 2012	AV Shield Round 6
Nov 30 - Dec 2, 2012	Aust Schools T&F Champs, Hobart
Dec 1 (Sat), 2012	AV Shield Round 7
Dec 1 (Sat), 2012	LAVic State Relay Champs
Dec 6 (Thur), 2012	AV Shield Round 8
Dec 8 (Sat), 2012	Zatopek meet, Albert Park
Dec 9 (Sun), 2012	Aust 50km Race Walking Champs, Fawkner Park
Dec 15 (Sat), 2012	AV Shield Round 9
Dec 15-16, 2012	LAVic Multi-Event Champs, Albert Park
Jan 12 (Sat), 2013	AV Shield Round 10
Jan 19 (Sat), 2013	AV Shield Round 11

Jan 26 -28, 2013	Vic Country T&F Champs, Geelong
Feb 2 (Sat), 2013	AV Shield Round 12
Feb 8-10, 2013	Vic Junior T&F Champs, Albert Park
Feb 16 (Sat), 2013	AV Shield Final, Albert Park
Feb 16 (Sat), 2013	Adelaide Track Classic, Adelaide
Feb 23 (Sat), 2013	Briggs Classic, Hobart
Feb 24 (Sun), 2013	Australian 20km Roadwalk Championships, Hobart
Feb 23-24, 2013	LAVIC Region T&F Champs
Mar 1-3, 2013	Vic Open T&F Champs, Albert Park
Mar 9 (Sat), 2013	Sydney Track Classic
Mar 10 (Sun), 2013	Coburg 6 Hour Track Walks (Centurions)
Mar 12-17 Mar, 2013	Aust Junior T&F Champs, Perth
Mar 16-17, 2013	VMA T&F Champs, Doncaster
Mar 16 (Sat), 2013	Perth Track Classic
Mar 23 (Sat), 2013	Queensland Track Classic
Mar 23-24, 2013	LAVic T&F Champs
Mar 23 (Sat), 2013	Brisbane Track Classic
Mar 29 - Apr 1, 2013	EASTER - AMA Champs always scheduled here.
Apr 6 (Sat), 2013	IAAF World Challenge Event, Melbourne
Apr 11-14, 2013	Aust T&F Championships, Sydney
Apr 13-14, 2013	Coburg 24H Walk (Centurions)
Apr 28, 2013	ALAC Australian U13 Championships, Canberra

### WHAT'S COMING UP

Next Saturday sees races at Middle Park for those Victorians not racing in Adelaide. The timetable reads as follows

<b>Saturday 25th August 2011, Middle Park</b>		
VRWC EVENTS: Entries close for all events at 2.00pm sharp.		
2.15pm	8km	Open
2.15pm	6km	Open
2.15pm	4km	Open
2.15pm	4km	Under 15
2.30pm	1km	Under 9
2.40pm	2km	Under 12

For the rest of us at the Australian Roadwalk Championships in Adelaide, the timetable on Sunday reads as follows

Event	Start Time	Age Group	Sponsor	Event
1	8:00 am	Open Men	AA	20 km Championship
		Masters Men	RWA	20 km Championship
		Open Men	RWA	20km Teams Race
2	8:00 am	Open Women	AA	20 km Championship
		Open Women	RWA	10km Teams Race
3	8:45 am	Open Women	RWA	10 km Championship
		Open Women	RWA	10km Teams Race
		Masters Women	RWA	10 km Championship
4	8:45 am	Under 20 Women	AA	10 km Championship
		Under 20 Women	RWA	10km Teams Race
5	9:00 am	Under 20 Men	AA	10 km Championship
		Under 20 Men	RWA	10km Teams Race
6	9:00 am	Under 18 Men	AA	10 km Championship
		Under 18 Men	RWA	10km Teams Race
7	10:15 am	Under 10 Boys	SARWC	1km Invitation
8	10:15 am	Under 10 Girls	SARWC	1km Invitation
9	10:25 am	Under 12 Boys	RWA	2 km Championship
		Under 12 Boys	RWA	2 km Teams Race
10	10:45 am	Under 12 Girls	RWA	2 km Championship
		Under 12 Girls	RWA	2 km Teams Race
11	11:05 am	Under 14 Boys	AA	3 km Championship
		Under 14 Boys	RWA	3 km Teams Race
12	11:30 am	Under 14 Girls	AA	3 km Championship
		Under 14 Girls	RWA	3 km Teams Race
13	11:55 am	Under 16 Boys	AA	5 km Championship
		Under 16 Boys	RWA	5 km Teams Race
14	11:55 am	Under 18 Women	AA	5 km Championship
		Under 18 Women	RWA	5 km Teams Race



15	12:35 pm	Under 16 Girls Under 16 Girls	AA RWA	5 km Championship 5 km Teams Race
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### 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

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au), Home: 03 90125431 Mob: 0412 257 496  
 Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)