



HEEL AND TOE ONLINE

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THAT'S IT FOR ANOTHER YEAR

Another VRWC financial year and another 52 issues of the VRWC newsletter. Thanks to the many correspondents who forward race results and other informational items to me. We'll be back again next week with the first issue of our new season.

CONGRATULATIONS TO NATHAN AND ANTIONETTE DEAKES ON THE NEW ARRIVAL

Big news from Canberra where Antionette and Nathan Deakes are at the end of a long wait. To quote from Nathan's facebook announcement:

Antoinette and I are extremely proud to announce the arrival of Mia Angela, born Thursday 20 September, weighing 4.21kg (9lb 5oz). Mum and bub are doing amazingly well, Dad is in awe. And thank you for all of the well wishes thus far, they have been greatly appreciated.

Heartiest congrats to the new mum and dad.

SARWC TEAM RELAYS, PEACOCK ROAD, ADELAIDE, SATURDAY 8 SEPTEMBER

And now a catchup result from earlier this month in Adelaide when the South Australian Racewalking Club held its annual Team Relays on Saturday 8 September. Teams of four walkers race 1km legs over a total race distance of 8km and it was Kim Mottrom's team which took the overall honours, helped by Kim's very fast 3 laps.

Team	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Overall Time
Kim Mottrom			3:57		3:59		3:58		41:32
Rhiana Hooker				5:36					
Michael Nicolaides		6:01						5:53	
Troy Hooker	6:03					6:05			
Justin Hill		4:12			4:18			4:13	41:41
Trevor Mayhew	5:35			5:17			5:22		
Chantelle Nicolaides			6:06						
Bill Starr						6:38			
Peter Crump		5:01			5:06				49:10
Danielle Walsh				5:07				5:03	
Ayeisha Wallace	6:08					6:07			
Mark Hooker			8:35				8:03		
Amber Tuscharski			4:45			5:22			44:07
Alix Harlington				4:41			4:48		
Allegra Steele		4:50			4:56				
Ryan Hooker	7:41							7:04	
Rhiannon Lovegrove				5:27			6:17		

Lathlan Tyler-Dowd	4:51				4:44			5:10*	44:42
Rachel Karmanier			6:30					5:10*	
Sarah Dadmin		6:05				5:38			

* Rachel raced the first 500m and Lachlan the second 500m of the final 1km lap for team 5.

NSWCCC T&F CHAMPIONSHIPS, SOPAC, FRIDAY 14 SEPTEMBER

Tom Doyle, Amy Bettiol, Timothy Martin and Raquel Roukos were the winners of the NSW Combined Catholic Colleges walks, held the weekend before last in Sydney.

Boys 15+ 1500 Metre Race Walk

1.	Doyle, Tom	15	M.C.C. CCC	7:00.88
2.	Murphy, Robert	16	M.C.C. CCC	7:11.23
3.	Mooney, Brenton	17	M.C.S. CCC	8:08.48
4.	McKinley, Daniel	15	M.C.S. CCC	9:37.04

Girls 12-14 1500 Metre Race Walk

1.	Roukos, Raquel	12	Parramatta CCC	7:44.64
2.	Saker, Tiffany	13	Broken Bay CCC	7:54.13
3.	Parkinson, Rebecca	14	Broken Bay CCC	8:00.55
4.	Dickerson, Sophia	13	Bath Wil Forb CCC	8:07.31
5.	McCue-Shore, Emily	12	Wollongong CCC	8:36.11
6.	Brown, Teneal	14	C.G.S.S.S.A. CCC	8:36.73
7.	Grujoski, Alex	13	C.G.S.S.S.A. CCC	8:49.78
8.	Robson, Natalia	14	Lismore CCC	9:06.57
9.	Stewart, Ashleigh	14	Lismore CCC	9:36.08
10.	Goodhew, Chelsea	13	Maitland New CCC	9:43.37

1. Boys 12-14 1500 Metre Race Walk

2.	Martin, Timothy	14	Lismore CCC	7:41.01
3.	Clay, James	13	Wollongong CCC	7:43.14
4.	Estrada, Patrick	14	Parramatta CCC	7:55.53
5.	Owen, Damien	14	Maitland New CCC	8:17.30
6.	Walters, Corbin	13	Broken Bay CCC	8:46.99
7.	Croke, Tristan	13	Broken Bay CCC	8:55.92
8.	Kuszelyk, Nathan	13	Maitland New CCC	9:16.50

Girls 15+ 1500 Metre Race Walk

1.	Bettiol, Amy	17	Broken Bay CCC	7:04.38
2.	Denney, Hannah	17	C.G.S.S.S.A. CCC	7:16.99
3.	Grujoski, Stephanie	15	C.G.S.S.S.A. CCC	7:27.48
4.	Barendregt, Amanda	16	Parramatta CCC	7:40.29
5.	Sund, Isabella	15	Wollongong CCC	7:47.11
6.	Dickerson, Georgina	15	Bath Wil Forb CCC	8:02.23
7.	Shina, Adriana	15	Parramatta CCC	8:15.59
8.	Shina, Isabella	17	Parramatta CCC	8:48.67
9.	Shanahan, Emily	15	Wollongong CCC	8:50.76
10.	Plummer, Caitlyn	15	Broken Bay CCC	8:56.11
11.	Roser, Kate	16	Broken Bay CCC	9:12.91
12.	Sammutt, Chelsea	15	Southern Syd CCC	9:16.50
13.	Yen, Laura	18	Bath Wil Forb CCC	9:44.04
14.	McLachlan, thea	17	Broken Bay CCC	11:03.34

WALKERS OUT IN FORCE IN ADELAIDE CITY TO BAY 12KM

Although not a proper judged racewalk, there were lots of walkers in action in the walk section of Adelaide's City to Bay 12km Fun Run on Sunday 16 September. Colin Hainsworth has found the following finishing times for the SAMA and SARWC members. Jared and Claire Tallent were in fine form and obviously would have finished ahead of plenty of runners with their times.

1.	Jared Tallent	50.52
2.	Claire Tallent	53.03
3.	Kim Mottrom	53.29
4.	Justin Hill	1.01.06
5.	Kristie Gosnik	1.02.27
12.	George White	1.06.05
13.	Peter Crump	1.06.27

18.	Jemma Potezny	1.08.35
21.	Amber Tuscharski	1.10.11
25.	Gloria Holliday	1.11.57
36.	Geoff Byham	1.16.26
43.	Marie Maxted	1.18.11
58.	Paul Moritz	1.22.17
143.	Roger Lowe	1.31.04
228.	Colin Hainsworth	1.34.26



Claire and Jared Tallent show off the glassware from the Adelaide City to Bay walk

CHINESE NATIONAL UNIVERSITY GAMES, TIANJIN, 13-18 SEPTEMBER

More news out of China this week with top quality walking in the days immediately following the IAAF Challenge Series Final and the National Grand Prix racewalking festival. Mirko Jalava reported on the Chinese National University Games for the IAAF.

The 9th Chinese National University Games, which ended last Tuesday, featured a couple of dozen London Olympians, and race walkers who did well at the Olympics were in the centre of attention here too. The athletics part of the Games was held 13-18 September in Tianjin mostly in sunny and warm weather.

The fourth day of the competition, Sunday the 16th, proved to be the best day with Asian records broken in both men's and women's track walks. The shorter distances were scheduled that day and the winners were the same who had won the IAAF Race Walking Challenge Final in Erdos just two days earlier. In the men's 10,000m race Wang Zhen continued well, leaving 20km Olympic champion Chen Ding far behind here too. This distance on the track is rarely contested in China and even the standing national record had been set in this same competition in Chengdu in 2000 when Li Zewen clocked 39:33.18 for the win.

Wang Zhen was in a different level though leaving the others behind early and winning in 38:30.38, a new Asian record erasing Japanese Koichiro Morioka's 39:07.84 (2010) from the record books to become the first Asian under 39 minutes in this distance. Wang's time is also the fastest in the world this year and the fastest since July 2008 when Spaniard Francisco Javier Fernández set the standing World best 37:53.09. Olympic champion Chen Ding finished back in fifth place in 40:04.04. Cai Zelin, Fourth at the Olympic 20km, was also fast in second place clocking 38:59.98, also under the previous Asian mark and Chu Yafei was third in 39:22.47. The brightest new star behind the top, just 17-year-old Li Tianlei missed the World Youth Best 39:47.20 set by Chen Ding in 2008 (at the age of just 15) by just two seconds in 39:49.44, becoming the second fastest youth athlete all-time.

In the women's shorter distance 5000m walk the Asian record had stood since 1990. Jin Bingjie walked the previous mark 20:37.7, also the world junior best back then. Just like Wang Zhen in the men's side, Liu Hong was disappointed in London with a fourth place (Wang was third), but had won the IAAF Race Walking Challenge Final. Here Liu set the Asian record 20:34.76 for a clear win before Olympic 20km bronze medallist Qieyang Shenjie, who finished second in 20:42.67. Wang Shanshan was third in 20:51.89 and 18-year-old Mao Yanxue walked the fastest junior time this season for fourth in 21:12.91, all personal bests.

The rest of the events did not see any national records broken but the overall quality was much better than in earlier editions, resulting in competition records in many events. The Chinese outdoor season will close with the National Championships in Kunshan from 22-25 September.

10,000m walk Men, Sunday 16 September

1.	Wang Zhen	CHN	24 Aug 91	38:30.38	PB, AR
2.	Cai Zelin	CHN	11 Apr 91	38:59.98	PB
3.	Chu Yafei	CHN	5 Sep 88	39:22.47	PB
4.	Li Tianlei	CHN	13 Jan 95	39:49.44	PB
5.	Chen Ding	CHN	5 Aug 92	40:04.04	
6.	Xu Faguang	CHN	17 May 87	42:29.56	PB
7.	Chen Xinrong	CHN	17 Jun 90	42:33.70	PB
8.	Cui Yasen	CHN	28 Feb 87	43:19.58	PB
9.	Hou Quan	CHN		43:34.84	PB
10.	Geng Yuanjiang	CHN	20 Sep 91	45:02.27	PB
11.	Gao Chao	CHN	4 Jan 89	46:46.06	
	Liu Huan	CHN		DQ	
	Zhan Ende	CHN	3 Mar 90	DQ	

5000m walk Women, Sunday 16 September

1.	Liu Hong	CHN	12 May 87	20:34.76	PB, AR
2.	Qieyang Shenjie	CHN	11 Nov 90	20:42.67	PB
3.	Wang Shanshan	CHN	16 Jun 87	20:51.89	PB
4.	Nie Jingjing	CHN	1 Mar 88	21:05.84	PB
5.	Mao Yanxue	CHN	15 Feb 94	21:12.91	PB
6.	Gao Ni	CHN	14 Sep 91	21:47.61	PB
7.	Zhang Xin	CHN	17 Aug 89	21:51.07	PB
8.	Liu Ke	CHN	2 Oct 90	22:03.15	PB
9.	Huang Jing	CHN	28 Feb 88	22:03.48	PB
10.	Wang Min	CHN	2 Dec 91	22:03.90	PB
11.	Song Meiyong	CHN	8 Sep 89	22:36.58	PB
12.	Xu Yaozhi	CHN	20 May 90	22:45.83	PB
13.	Li Wanfang	CHN	5 Jan 93	23:22.35	PB
14.	Liu Fengshuang	CHN	20 Apr 93	23:33.84	PB
	Ma Ling	CHN	1 Jun 92	DNF	
	Chen Shuangyan	CHN	14 Aug 91	DQ	

10000m walk Men Division 2, Sunday 16 September

1.	Zhao Fujian	CHN		40:27.31	PB
2.	Yu Wei	CHN	11 Sep 87	40:30.50	PB

5000m walk Women Division 2, Sunday 16 September

1.	Li Leilei	CHN	18 Aug 89	22:02.08	PB
2.	Yang Mingxia	CHN	13 Jan 90	22:02.27	
3.	Li Jingjing	CHN	24 Jan 92	23:45.95	PB

10000m walk Women, Tuesday 18 September

1.	Nie Jingjing	CHN	1 Mar 88	44:11.26	PB
2.	Wang Shanshan	CHN	16 Jun 87	44:12.15	PB
3.	Mao Yanxue	CHN	15 Feb 94	44:31.32	PB
4.	Zhang Xin	CHN	17 Aug 89	46:03.38	PB
5.	Wang Min	CHN	2 Dec 91	46:23.07	PB
6.	Gao Ni	CHN	14 Sep 91	46:45.35	PB
7.	Huang Jing	CHN	28 Feb 88	46:55.74	PB
8.	Xu Yaozhi	CHN	20 May 90	47:02.44	PB
9.	Song Meiyong	CHN	8 Sep 89	49:03.05	PB
10.	Yang Xiao	CHN	15 Feb 88	52:09.00	PB
11.	Wang Xiaolan	CHN	5 Feb 90	52:26.03	PB
	Liu Ke	CHN	2 Oct 90	DQ	
	Liu Fengshuang	CHN	20 Apr 93	DQ	
	Li Wanfang	CHN	5 Jan 93	DQ	
	Chen Shuangyan	CHN	14 Aug 91	DQ	
	Zheng Rongna	CHN	28 Mar 87	DNF	

20,000m walk Men, Tuesday 18 September

1.	Xu Faguang	CHN	17 May 87	1:23:06.83	PB
2.	Li Tianlei	CHN	13 Jan 95	1:23:37.21	PB
3.	Chu Yafei	CHN	5 Sep 88	1:24:28.57	
4.	Geng Zhiyao	CHN	15 Aug 87	1:27:53.69	
5.	Hou Quan	CHN		1:28:50.40	PB
6.	Zhan Ende	CHN	3 Mar 90	1:29:45.65	PB
7.	Wang Kun	CHN	10 May 89	1:30:48.37	
	Gao Chao	CHN	4 Jan 89	DQ	
	Cai Zelin	CHN	11 Apr 91	DQ	
	Cui Yasen	CHN	28 Feb 87	DNF	

RUSSIAN RACEWALKING CUP, VORONOVA, SUNDAY 16 SEPTEMBER

As is often the case, I have been beaten to publication on this one by OMarchador (see <http://omarchador.blogspot.pt/2012/09/atletas-da-mordovia-dominam-na-taca-da.html>).

With the main Russian stars resting, the Russian Racewalking Cup was played out in Voronovo on the outskirts of Moscow on Sunday 16 September. As usual, Mordovian walkers took most of the podium places. In the men's 10km, Mikhail Ryzhov won with 39.11. Behind him, the first 6 all broke 40 minutes. The first junior to finish was Kirill Frolov with 41.09. In the women's 10km, Tatyana Korotkova won with 43.24, with the first three below 44 minutes including junior walker Anna Ermina who took bronze with an excellent 43.35. Apart from the Russians, walkers from Poland, Ukraine, Slovakia, Belarus and Spain competed, with the Poles Jakub Jelonek (39.49) and Agnieszka Szarnog (45.35) the best of them.

10km Men

1.	Mikhail Ryzhov	RUS	1981	39.11
2.	Aleksey Bartsaikin	RUS	1989	39.31
3.	Petr Bogatyrev	RUS	1991	39.33
4.	Petr Trofimov	RUS	1983	39.37
5.	Jakub Jelonek	POL	1985	39.49
6.	Aleksey Golovin	RUS	1988	39.54
7.	Ivan Losev	UKR	1986	40.50
8.	Edikt Haibulin	RUS	1989	41.09
9.	Kirill Frolov	RUS	1993	41.09
10.	Dmitry Naumchev	RUS	1984	41.19
11.	Dmitry Malanov	RUS	1991	41.38
12.	Aleksandr Pichkalov	RUS	1993	42.23
13.	Sergey Korepanov	RUS	1984	43.09
14.	Ruslan Vershinin	RUS	1989	43.25
15.	Milos Batovsky	SVK	1979	43.40
16.	Mikhail Skorodelov	RUS	1991	44.19
17.	Evgeny Bokov	RUS	1995	44.32
18.	Andrey Matoshin	RUS	1993	47.01
	Dzianis Simanovich	BLR	1987	DNF
	Pavel Yarokhau	BLR	1982	DQ

10km Women

1.	Tatyana Korotkova	RUS	1980	43.24
2.	Marina Pandakova	RUS	1989	43.29
3.	Anna Ermina	RUS	1993	43.35
4.	Irina Shushchina	RUS	1986	44.50
5.	Evdokia Korotkova	RUS	1979	45.01
6.	Agnieszka Szarnog	POL	1986	45.35
7.	Natalya Serejkina	RUS	1992	46.41
8.	Ainhoa Pinedo	ESP	1983	46.45
9.	Tatyana Akulinushkina	RUS	1994	47.01
10.	Anna Krahmela	RUS	1992	49.14
11.	Maria Loseva	RUS	1990	49.25
12.	Diana Ivanova	RUS	1993	49.49
13.	Tatyana Titova	RUS	1993	50.32
14.	Irina Polejaikina	RUS	1989	51.34
15.	Valeria Eshkova	RUS	1993	51.35
16.	Anastasia Shchegoleva	RUS	1993	53.11
17.	Anfisa Zhdanova	RUS	1994	53.21
18.	Aleksandra Stepanova	RUS	1995	53.58
19.	Margarita Tudigesheva	RUS	1996	57.37
20.	Viktoria Shishkina	RUS	1998	57.41
21.	Viktoria Trubchaninova	RUS	1994	57.54
	Lilia Gimatdinova	RUS	1992	DNF
	Maria Czakova	SVK	1988	DQ
	Hanna Drabenia	BLR	1987	DQ

INTERNATIONAL BALTIC RACE WALKING MATCH, ESKILSTUNA, SWEDEN, SATURDAY 15 SEPT
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The annual racewalking match between Sweden, Latvia, Lithuania and Estonia, held on Saturday 15 September in Eskilstuna in Sweden, saw Lithuania with 55 points carry the day ahead of Sweden (42), Latvia (38) and Estonia (6).

Sweden dominated the Open Men's 20km with Ato Ibáñez (1:22:36), Andreas Gustafsson (1:23:20) and Perseus Karlström (1:23:43) taking the first 3 spots while Latvian walkers won the other 3 events - Virbalyte Brigita (Open Women 10 km, 45.16), Marius

Savelskis (Junior Men 10km 42.18) and Gintare Vaiciukeviciute (Junior Women 5km 24:15). And a special mention to Siw Karlström whose third place time of 48:43 in the women's 10km was a new W55 World Record (more of that later in the newsletter).

The Nordic Racewalk Championships were held in parallel and walkers from Finland and Norway joined their counterparts from the other countries. Norwegian **Erik Tysse** won the men's 20km event overall with an excellent **1:20:39** while Finnish walkers Timo Viljanen (Open Men 20km 1:23:43), Elmo Koivunen (Junior Men 10km 45.15), Karoliina Kaasalainen (Junior Women 10km 48.15), Henrika Parviainen (Juvenile Women 5km 24.45), Markus Kyrölä (Juvenile Men 5km 22:50) and Erika Parviainen (Juvenile Women 5km 24.49) also walked well.

20km Men

1.	Ato Ibáñez	SWE	1.22.36
2.	Andreas Gustafsson	SWE	1.23.20
3.	Perseus Karlström U23	SWE	1.23.43
4.	Tadas Suskevicius	LAT	1.27.33
5.	Edgars Gjacs	LTU	1.28.05
6.	Genadij Kozlovskij	LAT	1.28.19
7.	Ricardas Rekst	LAT	1.28.27
8.	Janis Strautins	LTU	1.37.08
9.	Artjom Djatsuk	EST	1.30.11
	Lauri Lelumees	EST	DQ

10km Women

1.	Brigita Virbalyte	LAT	45.16
2.	Agnese Pastare	LTU	47.49
3.	Siw Karlström	SWE	48.43 (W55 World Record)
4.	Kristine Platace	LTU	49.15
5.	Inga Mastianica	LAT	50.34
6.	Agne Klebauskaite	LAT	52.00
7.	Maarika Taukul	EST	52.54
8.	Ellinor Hogrell	SWE	52.58
9.	Monica Månsson-Martinsson	SWE	53.05
10.	Anna Kukankova	EST	60.47

10km Junior Men

1.	Marius Savelskis	LAT	42.18
2.	Normantas Petrisa	LAT	46.35
3.	Arturs Makars	LTU	47.02
4.	Paulius Abasevicius	LAT	50.31
5.	Raivo Saulgriezis	LTU	51.01
6.	Fredrik Sandmer	SWE	52.35
7.	Anton Nicklasson	SWE	56.38

10km Junior Women

1.	Gintare Vaiciukeviciute	LAT	24.15
2.	Zivile Vaiciukeviciute	LAT	24.40
3.	Lena Tomas	SWE	26.52
4.	Skirgaile Gumauskaite	LAT	27.21
5.	Felicia Hogrell	SWE	27.40
6.	Inga Ritere	LTU	28.21
7.	Maria Aydin	SWE	28.30
8.	Evita Skrula	LTU	29.19

JIM SHARLOTT / BMAF 10K, ABBEY PARK, LEICESTER, ENGLAND, SATURDAY 16 SEPTEMBER

Leicester Walking Club claimed team victories in the annual Jim Sharlott Walk, at Abbey Park. Mark Williams, from Tamworth, cruised to a two-and-half minute victory in the men's event. Reigning champion Thomas Taylor was unable to match Williams' speed and paid the price when Leicester's 1984 Olympian Philip Vesty went passed him in the latter stages to take second. Vesty's finish secured the team title for the home club. With Chris Berwick in 11th, Colin Vesty 13th and George Smolinski 21st, Leicester were well clear of second-placed Birchfield Harriers. Cardiff U23 walker Bethan Davies secured an easy victory in the women's race, Leicester's Fiona McGorum was second and Jasmin Nicholls was third while a fifth place for Ann Wheeler secured victory for the home team.

Open Men's 10km

1.	Mark Williams	Tamworth AC	50.11
2.	Philip Vesty	Leicester WC	52.40
3.	Thomas Taylor	Birchfield Harriers AC	52.50
4.	Steve Uttley	Ilford AC	53.12
5.	Steve Allen	Barnet & District AC	53.59
6.	Richard Spenceley	Yorkshire RWC	55.25
7.	Arthur Thomson	Enfield & Haringey AC	55.29

8.	John Hall	Belgrave Harriers	55.57
9.	Steve Arnold	Nuneaton Harriers AC	56.33
10.	Andrew Fraser	Yorkshire RWC	58.04
11.	Chris Berwick	Leicester WC	58.06
12.	Graham Chapman	Headington RR	59.52
13.	Colin Vesty	Leicester WC	61.24
14.	Mark Culshaw	Belgrave Harriers	62.04
15.	Gareth Edwards	Telford Harriers	62.27
16.	Keith Richards	Coventry Godiva	62.44
17.	Tony Collins	Birchfield Harriers AC	64.01
18.	Sean Pender	Enfield & Haringey AC	64.03
19.	John Constandinou	Birchfield Harriers AC	65.18
20.	Allan King	Roadhoggs AC	66.24
21.	George Smolinski	Leicester WC	66.51
22.	Julian Barnett	Birchfield Harriers AC	67.21
23.	Mark Palethorpe	Worcester AC	67.25
24.	Steve Whelan	Headington RR	67.54
25.	Mathew Fawson	Yorkshire RWC	69.10
26.	Phil Smillie	Leicester WC	69.41
27.	Stuart Edgar	Dudley & Stourbride	75.21
28.	Dave Fall	Birchfield Harriers AC	75.56
29.	Eric Horwill	Dudley & Stourbride	77.46
30.	Bernard Hercock	Enfield & Haringey AC	80.31

Open Women 10km

1.	Bethan Davies	Cardiff AAC	52.05
2.	Fiona McGorum	Leicester WC	57.01
3.	Jasmine Nicholls	Leicester WC	57.44
4.	Helen Middleton	Enfield & Haringey AC	60.26
5.	Ann Wheeler	Leicester WC	62.02
6.	Noel Blatchford	Abingdon Amblers AC	64.16
7.	Judy Howard	Abingdon Amblers AC	65.41
8.	Susan Barnett	Enfield & Haringey AC	65.52
9.	Sarah Lightman	Leicester WC	69.52
10.	Karen Davies	Birchfield Harriers AC	72.54

The British Masters 10km Championships, held in conjunction with the Jim Sharlott walks, saw some pretty good performances in the various divisions but none better than Enfield's Arthur Thomson whose M75 time of 55:29 underlines his extraordinary form.

BMAF 10km Championship

John Constandinou	Birchfield Harriers AC	65.18	M40	1
Stuart Edgar	Dudley & Stourbride	75.21	M40	2
Mark Williams	Tamworth AC	50.11	M45	1
Richard Spenceley	Yorkshire RWC	55.25	M45	2
Steve Arnold	Nuneaton Harriers AC	56.33	M45	3
Andrew Fraser	Yorkshire RWC	58.04	M45	4
Colin Vesty	Leicester WC	61.24	M45	5
Mark Culshaw	Belgrave Harriers	62.04	M45	6
Mark Palethorpe	Worcester AC	67.25	M45	7
Julian Barnett	Birchfield Harriers AC	67.21	M50	1
Steve Uttley	Ilford AC	53.12	M55	1
Steve Allen	Barnet & District AC	53.59	M55	2
Graham Chapman	Headington RR	59.52	M55	3
Sean Pender	Enfield & Haringey AC	64.03	M55	4
John Hall	Belgrave Harriers	55.57	M60	1
Gareth Edwards	Telford Harriers	62.27	M60	2
George Smolinski	Leicester WC	66.51	M60	3
Phil Smillie	Leicester WC	69.41	M60	4
Keith Richards	Coventry Godiva Harriers	62.44	M65	1
Tony Collins	Birchfield Harriers AC	64.01	M65	2
Dave Fall	Birchfield Harriers AC	75.56	M65	3
Arthur Thomson	Enfield & Haringey AC	55.29	M75	1
Eric Horwill	Dudley & Stourbride	77.46	M75	2
Bernard Hercock	Enfield & Haringey AC	80.31	M75	3
Sarah Lightman	Leicester WC	69.52	W40	1
Helen Middleton	Enfield & Haringey AC	60.26	W45	1
Karen Davies	Birchfield Harriers AC	72.54	W50	1
Ann Wheeler	Leicester WC	62.02	W55	1
Judy Howard	Abingdon Amblers AC	65.41	W55	2
Noel Blatchford	Abingdon Amblers AC	64.16	W60	1
Susan Barnett	Enfield & Haringey AC	65.52	W60	2

POLICE VS CIVIL SERVICE (RYAN CUP), CANNON HILL PARK, BIRMINGHAM, WED 19 SEPT

And keeping to England where, 3 days later, the annual Ryan Cup (Police vs Civil Services) was held in Birmingham, also over 10km. This meet, named after Essex Police's Peter Ryan, saw many of the same walkers in action again.

10km Men		Force/Service	Time	Master Service
1.	Steve Uttley	Justice Dept	52.50	MC
2.	Peter Ryan	Essex Police	55.08	P
3.	John Hall	DEFRA	56.59	MC
4.	John Llewelin	DEFRA	57.33	MC
5.	Kevin Monk	Halesowen AC	57.48	G
6.	Jason Brewer	HMRC	58.23	C
7.	Mark Culshaw	Belgrave Harriers	59.51	G
8.	Amos Seddon	Met Police	59.55	P
9.	Martin Slevin	West Midlands Police	60.30	P
10.	Dave Evans	HMRC	60.36	MC
11.	Gary Smith	Met Police	61.55	P
12.	Glyn Jones	West Midlands Police	62.17	P
13.	John Lovatt	HMRC	62.46	MC
14.	Sean Pender	Enfield & Haringay AC	62.58	G
15.	Tony Collins	Birchfield Harriers	63.02	G
16.	Richard Mallinson	West Midlands Police	63.25	P
17.	Chris Flint	Met Police	63.37	P
18.	Bill Kingston	HMRC	63.53	MC
19.	Dwayne Butterly	Post Office	63.58	MC
20.	Bob Dobson	ECGD	65.11	MC
21.	Peter Crahan	HASSRA	66.01	MC
22.	Clive Hansen	Essex Police	67.19	P
23.	Tony Cotton	BRJ Run & Tri	67.26	G
24.	Julian Barnett	Post Office	67.35	MC
25.	Dave Wilkinson	Lancashire Police	67.52	P
26.	John Crahan	HASSRA	68.26	MC
27.	Steve KingEssex	Police	70.15	P
28.	David Fall	Birchfield Harriers	72.37	G
29.	Jason Holt	HASSRA	73.05	C
30.	Graham Slater	Lancashire Police	73.46	P
31.	Chris Holmes	Essex Police	77.26	P

Ryan Cup	
1.	Civil Service 37 points
2.	Police 58 points

5km Women		Force/Service	Time	Master Service
1.	Lyn Bradley	Revenue & Customs	29.32	MC
2.	Mauren Noel	DEFRA	31.09	MC
3.	Tracey Mills	Revenue & Customs	32.36	MC
4.	Pat Evans	Revenue & Customs	32.59	MC
5.	Geraldine Legon	Royal Mail	33.47	MC
6.	Jane Hodge	Revenue & Customs	34.05	MC
7.	Tabitha Gillan	DEFRA	34.49	C
8.	Pamela Abbott	DEFRA	37.02	MC
9.	Ginette Craig	HASSRA	37.35	MC
10.	Sue Harrison	Lancashire Police	39.22	P
11.	Ann Crofts	Lancashire Police	40.20	P
12.	Catherine	WoodLancashire Police	44.24	P
13.	Sandra Wiseman	Lancashire Police	44.42	P

Ryan Cup	
1.	Civil Service 21 points
2.	Police 46 points

The meet also included the annual Police Service Race Walk Championships and Civil Service Championships for individuals and teams. All in all, it was a very big meet.

S.A. U23 T&F CHAMPS, ICARO DE CASTRO MELO STADIUM, SÃO PAULO, BRAZIL, SAT 22 SEPT

The South American U23 T&F Championships were held last weekend in Sao Paulo in Brazil. The racewalks were won by Caio Bonfim of Brazil (1:23:22.8) and Yeseida Carrillo of Colombia (1:38:29.51). Overall, Brazil won the competition by a considerable margin from the other participating, countries, a good omen with the 2016 Olympic Games in Rio de Janeiro.

20.000m Walk Men, Saturday 22 September

1.	Caio Oliveira de Sena Bonfim	Brazil	1.23.22,8
2.	Jose Leonardo Montaña	Colombia	1.23.41,5
3.	Richard E. Vargas C.	Venezuela	1.29.46,6
4.	Rudney Dias Nogueira	Brazil	1.30.38,3

20,000m Women, Sunday 23 September

1.	Yeseida Carrillo	Colombia	1.38.29,51
2.	Wendy Cornejo	Bolivia	1.40.14,28
3.	Anlly Paola Pineda	Colombia	1.41.04,69
4.	Cleia da Cruz Silva	Brazil	1.51.09,84
5.	Yinfreny L. Quintero	Venezuela	1.53.40,63
6.	Camila da Silva	Brazil	DQ

10KM TRACK WALK, BACÚCH. SLOVAKIA, SATURDAY 22 SEPTEMBER

Matej Tóth won a track 10,000m walk in Bacúc in Slovakia, his time of 40:33.76 some 6 secs clear of Polish Walker Jakub Jelonek.

1.	Matej Tóth	1983	DUKBB	40:33,76
2.	Jakub Jelonek	1985	POL	40:39,75
3.	Nazar Kovalenko	1987	UKR	41:05,06
4.	Marius Žiukas	1985	LTU	41:15,78
5.	Antón Kučmín	1984	DUKBB	41:55,80
6.	Dušan Majdan	1987	DUKBB	42:12,81
7.	Zdenko Babík	1984	UMBBB	42:37,28
8.	Patrik Spevák	1994	DUKBB	42:51,94
9.	Tadas Šuškevičius	1985	LTU	43:16,82
10.	Miloš Bátorvský	1979	DUKBB	44:35,23
11.	Milan Rízek	1978	ASKSK	45:06,57
12.	Peter Tichý	1993	DUKBB	46:12,52
13.	Andrej Dolinský	1994	DUKBB	47:09,62
14.	Boris Krestianko	1964	UMBBB	55:00,55
	Sándor Rác	1986	HUN	DQ
	Jakub Zajíc	1989	CZE	DNF

The next day, Matej was back in action as a member of a half marathon relay team (the 4 member team consisted of walkers from Banska Bystrica), coming second team in 1:13:29.

COLCHESTER 100 MILES, LOWER CASTLE PARK, COLCHESTER, 22-23 SEPTEMBER 2012

The annual British Centurions qualifying event was held last weekend in Lower Castle Park in Colchester. The event, jointly run by Colchester Harriers AC and the Brotherhood of Centurions, saw 33 starters, 19 finishers (the last in 23:59:19) and 8 new Centurion members. The aim was, as usual, to walk 100 miles (160.9km) within 24 hours.

Mark Wall was there as a judge and sent through a quick report post-race. Thanks Mark!

Dominic King added the title of Centurion to that of 2012 Olympian by dominating the event start to finish. He started with real intent, passing the 50 mile mark in just over 8 hours. After a bit of a struggle with a very cold night he was able to record a strong 18:13:01. He was determined and deserves all the prizes that came his way. He is a Colchester lad so was on home turf. In second place Guido Vermeir added the title of British Centurion to his European achievements to record 20:20:29. Another good performance from the ever reliable Dutch walkers. Sandra Brown continues to churn out 100 mile performances and this time recorded another good one in 20:45:03. To be again fist woman. Despite suffering significant through the last 20 miles, the younger King twin, Daniel, known to Aussie fans from the 2006 Commonwealth Games also can celebrate being a centurion in 20:51:59. Are the Kings and the Jacks the only twins to achieve the feat? Surely the Kings the only ones to do so on the same day!

A great day for the women, Suzanne Beardmore took 2 hours of last year's time to finish 6th overall in 21:15:43, in a relentless feat of walking. Caroline Mestdagh and her husband Rudy Schoors both finished in 21:54:27. Says much for the togetherness of couples! Yet another new Centurion, the ever smiling Karen Ann Lawrie, came home in 22:23:40, ably supported by her husband and three young children, They then rushed off off for the ferry crossing back to the Isle of Man! All the women home in under 22:30!

And Kathy Crilley (C 933) has put the following report on the British Centurions website (<http://www.centurions1911.org.uk>)

Well, what a 24 hours, er, sorry, 25 hours..... it was.

After a great send-off speech by Sir Bob Rusell, MP for Colchester, the 33 athletes of the 100 miles plus 19 athletes taking part in the RWA 50km Championship roared off through Kings Head Meadow and Lower Castle Park - only to be mis-directed by a race walking official. Oops! Lap recorders were taken by surprise at the speed of all athletes as they completed

what was supposed to be a 2.025 mile lap in record time! After a quick meeting between the referee and judges it was decided to restart the race at 13:00 hours. This must be a first in the history of the 100 mile race?

Well here we go again...

Ian Richards led the way in the 50km (as expected) and everyone was holding their collective breaths as to whether the King twins - Daniel and Dominic competing in their first 100 miles race, would hold back or would they give Ian a run for his money? A bit of both really. People shaking their collective heads - oh they won't last long at that pace.... but they did!

Dom, only a month after competing in the London 2012 Olympic 50km race walk, came home to a rapturous and emotional finish in 18:13:09. Twin, Dan, finished second in 20:51:58. Veteran ultra distance walker, Richard Brown finished 3rd in 21:23:10. [note: results are for the RWA Championship race]

In the ladies race, first home was Sandra Brown in 20:45:03. Only 30 minutes behind was Suzanne Beardsmore in 21:15:43. Suzanne had put in such a tremendous performance with strong walking all the way through and hardly dropping her pace. At times, the pain showed on her face during the last couple of hours (the prerogative of marshalling is that we do get up close to the athletes as they fight their inner demons), but she did not falter. Suzanne is not a "regular" race walker as we know it but she completed the Lingfield 100 in 2011. For me, it was a stunning performance. In third place was newcomer Karen Ann Lawrie from the Isle of Man. Karen's performance was equally stunning - smiling and clearly enjoying herself for the duration of the race (that's not natural!).



Dominic King wins the British Centurions 100 mile walk

I'm still waiting for the full results but here are some preliminaries

New Centurions	C1098	Dominic King	Colchester Harriers AC (GBR)
	C1099	Guido Vermeir	RWV Rotterdam (NED)
	C1100	Daniel King	Colchester Harriers AC (GBR)
	C1101	Jantinus Meints	KNBLO (NED)
	C1102	Steve Allen	Iford AC (GBR)
	C1103	Karen Anne Lawrie	Unattached (GBR/IOM)
	C1104	Wilko van Nieuwenhuyzen	OLAT (NED)
	C1105	Luc Soetewey	RWV Rotterdam (BEL)

Team Results and individual awards

Trophy	Recipient	Details
Huw Neilson Trophy	Dominic King C1098	The first new Centurion in a 100 miles race
Bill King Trophy	Daniel King C1100	The youngest finisher to reach 100 mile in a 100 miles or greater distance race
Sunday Despatch Trophy	RWV Rotterdam	Winning Team (Open)
Ko Van der Kwok Trophy	RWV Rotterdam	British vs Dutch Centurions 100 mile race. - awarded to the winning team

Hammond Trophy	Richard Brown	First Male – existing Centurion at the 100 Mile mark in a 100 miles or greater distance race.
Bristol Trophy	Sandra Brown	First female Centurion to reach the 100 mile mark in a race of 100 miles
Eddie McNair Shield	Richard Brown	First male walker, aged 65 years of age or over on the day of the race, who completes 100 miles within 24 hours

SIW KARLSTRÖM SETS TWO NEW W55 WORLD WALK RECORDS

Huge news from Europe where Swedish walker **Siw Karlström** (née Gustafsson) has set new W55 World Records for the 5000m track walk (**23:57.58**, Goteborg, 01/09) and the 10km road walk (**48:43**, Eskilstuna, 15/09). Siw, who was born 09/07/1957, has only just turned 55 years of age and has celebrated by snatching two of Lyn Ventris's world records. I am sure that this will mark the beginning of a great rivalry between these two great walkers.

Siw was a top liner when I was a young walker making my first European trips. She came to the fore in the mid seventies when women's walking was not yet recognized internationally. Unofficial international walks were held in conjunction with the Lugano Cup and she was second in 1975 (24:33 for 5km) and won in 1977 (23:19 for 5km). The event was officially added into the 1979 Lugano Cup and was labelled as the Eschborn Cup. She did not contest it that year but won in 1981 (22:57 for 5km) and was fifth in 1983 (46:20 for 10km). She also took bronze in the 1986 European Championship 10 km (46.19) before hanging up her walking shoes. Her PBs at that time stood at 22:04 (1983) and 46:19 (1986).

At a time when Sweden was the top women's walking nation in the world, she won a swag of national walk titles - 3000m in 1977 and 1978, 5000m in 1977, 1981 and 1983 and 10 km in 1976, 1977, 1978 and 1984.

She made a comeback of sorts in the mid nineties, winning more national championships - 5000m in 2000 and 2004, 10km in 1995 and 1999 and 20km in 1995 and 2002. And now she is back with a vengeance, setting two new World Records this month.

Her sons Perseus Karlström and Ato Ibáñez are both top line walkers in their own right and now Siw has joined them at the top once again.

BUPA WALK TO WORK DAY, FRIDAY 28 SEPTEMBER

Here's a plug for a very worthwhile yearly activity - the Walk to Work Day which will be held this coming Friday throughout Australia. Former Australian and Olympic walker Nick A'Hern in the ACT Ambassador and here is what he had to say.

Good morning all,

I've thrown my support behind a great initiative – Bupa Walk to Work Day and I'm the ACT Ambassador this year.

Bupa Walk to Work Day is on Friday 28 September. It's a not-for-profit event aimed at getting everyone outside walking all or part of their way to work. It's easy and free to register – just go to www.walk.com.au and register as an individual or get your whole workplace involved and register as a Walking Workplace. The website also includes some healthy breakfast ideas for your office.

As you know, I'm up at the crack of dawn, so I'll be riding my bike to work on the day then taking some time out at lunch to go for a walk.

If you've always wanted to add walking to your daily routine, Bupa Walk to Work Day is a great way to start – you never know, you might even enjoy it!

Kind regards

Nick A'Hern
A'Hern Fitness
82 Canberra Ave, Griffith ACT 2603
Ph 6260 8500
www.ahernfitness.com.a

YEARLY RANKINGS UP DATE

Now that the final big international races for the year are done and dusted, it is time to review the yearly rankings as published in <http://www.all-athletics.com/current-rankings>. The all-athletics ranking takes the top 3 yearly performances done by each athlete and averages the IAAF points to get a final figure. It is fantastic to see Jared Tallent sitting at number one in the men's walks list and to see 8 Australians overall in the top 100. Well done everyone.

Men	1.	Jared TALLENT	84	AUS	1361
	52.	Chris ERICKSON	81	AUS	1170
	61.	Adam RUTTER	86	AUS	1153
	67.	Luke ADAMS	76	AUS	1144
	77.	Dane Alex BIRD-SMITH	92	AUS	1134

Women	12.	Claire TALLENT	81	AUS	1199
	33.	Regan LAMBLE	91	AUS	1145
	63.	Beki LEE	86	AUS	1104



A young Jared Tallent in 2001 - 11 years later, he is ranked number one in the world

VRWC CLUB RECORD UPDATE

A couple of new VRWC club records to acknowledge this week even though they are from last month. Well done Regan.

Regan Lamble	VRWC Open Women 20km Road Walk	1:30:08	London Olympics	11/08/12
Regan Lamble	VRWC U23 Women 20km Road Walk	1:30:08	London Olympics	11/08/12

You can check out the current record list at <http://www.vrwc.org.au/vrwc-records.html>

WHAT'S COMING UP

For those who want to start planning for the summer, the AV website has the main dates up (see <http://www.athsvic.org.au/cache/NewsFile/6496AV%20Summer%20Calendar%2003.09.2012.pdf>). Here are the first few:

Saturday 13 Oct	AV Shield – Round 1
Saturday 20 Oct	AV Shield – Round 2
Saturday 27 Oct	AV Shield – Round 3
Saturday 3 Nov	AV Shield – Round 4
Friday 9 – Sunday 11 Nov	Adidas Victorian All Schools Track & Field Championships

Our VRWC summer season fixture is in draft mode but we expect to kick off again on **Sunday 28 October** with our first roadwalks for the new season. Expect more news and the main summer mailout in the next couple of weeks.

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.

2012/2013 Victorian/Australian Summer Season Key Dates

Sat Oct 13, 2012	AV Shield Starts with Round 1 (2000m)
Oct 13-20, 2012	Alice Springs Masters Games, Alice Springs, N.T.
Nov 3-11, 2012	Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park
Nov 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sun Dec 9 2012	Australian 50km Championship, Fawcner Park, Melbourne
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS

Mar 1-3, 2013 Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013 Australian Junior Athletics Championships, Perth, WA
Mar 29-Apr 1, 2013 Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013 Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013 Australian Masters Games, Geelong, See <http://www.australianmastersgames.com>

2012 International Fixture

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

2013 International Fixture

July 6-17, 2013 **27th Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
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, Hungary**
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

2015 **28th Summer Universiade, Gwanju, Korea**
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>
2017 **29th Summer Universiade, Taipei**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
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>)