



VRWC RACES, ALBERT PARK, MAY 3 APRIL 2008

Our first club championships for the winter season were held in perfect Melbourne weather on Saturday afternoon and some 70 walkers were in attendance. We started off with a coaching seminar, run by club coach Mark Donahoo and then onto the races.



The Open walkers were racing over 15 km and it was great to see 11 club members attack this longer distance. Lynnette Bannister, Kylie Irshad and Gayle McIntyre were our club medallists in the Elsie Jacobson Club Championship and Gayle, in particular, walked a huge PB to break 90 minutes. A number of the men also chose to walk the 15 km club event to get times on the board for the newly announced Australian Masters record distance. The best of them was, as usual, Andrew Jamieson. His 1:11:43 will take some beating in the M60 level! Mark Donahoo put his credentials forward in the M45 with his 1:19:32 (Mark turns 50 in the next few weeks!) and Ralph Bennett will be hard to beat with his M65 time of 1:21:45. Tamara Attard won the Under 20 club championship with 1:40:21 – her first time beyond 10 km – a great effort!

15 KM OPEN WOMEN CLUB CHAMPIONSHIP - ELSIE JACOBSON TROPHY

- | | | |
|----|--------------------|---------|
| 1. | Lynnette Bannister | 1:21:29 |
| 2. | Kylie Irshad | 1:27:30 |
| 3. | Gayle McIntyre | 1:29:07 |
| 4. | Alison Thompson | 1:34:13 |
| 5. | Liz Feldman | 1:38:22 |
| 6. | Donna Elms | 1:44:29 |
| 7. | Margaret Beaumont | 1:55:38 |

15 KM OPEN MEN

- | | | |
|----|-----------------|---------|
| 1. | Andrew Jamieson | 1:11:43 |
| 2. | Mark Donahoo | 1:19:32 |
| 3. | Ralph Bennett | 1:21:45 |
| 4. | Duncan Knox | 1:28:32 |

15 KM UNDER 20 WOMEN CLUB CHAMPIONSHIP

- | | | |
|----|---------------|---------|
| 1. | Tamara Attard | 1:40:21 |
|----|---------------|---------|



Contesting the longer distances – Andrew Jamieson, Tamara Attard, Kylie Irshad, Lynnette Bannister, Gayle McIntyre and Mark Donahoo

10 KM OPEN

1. Robin Wood 1:08:30

Our 5 km and 3 km walkers started separately at 2:30PM and Beth Alexander walked a real beauty with her 25:10. Beth, who is only 14 years of age, easily won the Under 16 club championship for girls while Robert Walsh, with 26:30, won the boy's championship. In the open event, it was good to see Lindsay and Maryann Harrison testing themselves out over the 5 km distance and both walking very well. In the Under 14 championships, Caitlin Campbell and Hilary Brazel walked side by side the whole way and sprinted to the line, unable to be separated by the judges, their time 16:09. The Under 14 boys club championship was won by Matthew Felton with 15:47 in another very good performance.

5 KM OPEN

1. Heather Carr 26:49
 2. Erin Adamcewicz 28:09
 3. Gwen Steed 29:19
 4. Janet Holmes 30:47
 5. Lana Boddy 34:30
 6. Maryann Harrison 35:09
-
1. Alan Lucas 27:36
 2. Bernie Keirl 27:56
 3. Russ Dickenson 28:05
 4. Murray DickInson 28:22
 5. Jason Elms 30:28
 6. Geoff Barrow 30:54
 7. Harold Boddy 33:12
 8. Barrie Wicks 34:12
 9. Lindsay Harrison 35:00
 10. Ian Beaumont 38:36

3 KM OPEN

1. Ron Hugo 22:00
2. Christine Griffiths 29:47

VRWC UNDER 16 5 KM CLUB CHAMPIONSHIPS

1. Beth Alexander 25:10
-
1. Robert Walsh 26:30
 2. Filip Cosic 27:25
 3. Damiel Elms 33:16

VRWC UNDER 14 3 KM CLUB CHAMPIONSHIPS

- E1 Hilary Brazel 16:09
 - E1 Caitlin Campbell 16:09
 - 3 Jessica Callaway 17:16
 - 4 Carly Bertrand 18:55
 - 5 Annemaree Gerlich 20:23
 - 6 Lauren Gelov 21:13
-
1. Matthew Felton 15:47
 2. Ryan Antidormi 16:11
 3. Jacob Wright 16:40
 4. Dylan Sloane 17:18
 5. Stephanie George 17:23
 6. Aaron Gardner 18:28
 7. Lucas Taylor 18:30



Caitlin Campbell, Hilary Brazel, Robert Walsh, Beth Alexander, Annemaree Gerlich, Dylan Sloane, Ryan Antidormi, Jessica Callaway

Our Under 12 and Under 9 walkers raced over a 1 km distance – the Under 12's must have found it a very short race indeed – our youngest members will also contest club championships over 1500m and 2 km later in the winter. Bianca Attard walked fantastically in the Under 12 Girls championship event to record the fastest time of 5:02 while first time walker Jemima Montag took silver just ahead of Rebecca Campbell with bronze. In the Under 12 boys event, Billy Allamby and Reese Walsmley had a great battle with Billy winning by 4 secs with 5:04 as against 5:08. Jack Allamby walked well to take the final Under 12 medal with a time of 8:05. In the Under 9 events, Kyle Swann was fastest boy with 5:27 and Paige DeLisen was fastest girl with 5:57. The silver and bronze medals in the girls were fought out between Harley George and Alannah Gloury with only 1 sec between them at the end – 6:42 against 6:43. Apart from the club championship medals, we also awarded prizes to all other finishers in the Under 9 and Under 12 events.

VRWC UNDER 12 1 KM CLUB CHAMPIONSHIP

- | | | |
|----|-------------------|-------|
| 1. | Bianca Attard | 05:02 |
| 2. | Jemima Montag | 05:29 |
| 3. | Rebecca Campbell | 05:33 |
| 4. | Emily Hamilton | 05:56 |
| 5. | Lauren Stadius | 06:06 |
| 6. | Jade Sanders | 06:16 |
| 7. | Amy Ventura | 06:24 |
| 8. | Stacey McLaren | 06:34 |
| 9. | Annalise Harrison | 07:26 |
| | | |
| 1. | Billy Allamby | 05:04 |
| 2. | Reese Walsmley | 05:08 |
| 3. | Jack Allamby | 08:05 |
| | Connor McShannag | DQ |

VRWC UNDER 9 1 KM CLUB CHAMPIONSHIP

- | | | |
|----|------------------|-------|
| 1. | Paige DeLisen | 05:57 |
| 2. | Hayley George | 06:42 |
| 3. | Alannah Gloury | 06:43 |
| 4. | Charlee Harrison | 07:18 |
| 5. | Lee Taylor | 07:54 |
| | | |
| 1. | Kyle Swann | 05:27 |



Under 9 girls Hayley George, Charlee Harrison, Alannah Gloury, Lee Taylor and Paige De Lisen

STYLE AWARD POINTS

This week, we decided to introduce a separate Style Award competition for our U9 and U12 walkers. Given that their races are over small distances and only use the top half of the course, they tend to get missed when judged alongside the older walkers. From now on, they will have their own separate competition.

WOMEN

Name	19-4	26-4	3-5	Total
Kylie Irshad	10	7	6	23
Megan Szirom		8		8
Beth Alexander		1	7	8
Stephanie George		3	3	6
Gayle McIntyre	3	2		5
Pam Tindal	4			4
Tamara Attard			4	4
Lynette Bannister			4	4
Alison Thompson	2	1		3
Heather Carr	2		1	3
Caitlin Campbell			3	3
Annemaree Gerlich			2	2
Talie Collins		2		2
Lauren Gelov			1	1
Mykalah Gage		1		1
Natalie Laurie	1			1

U9/U12

Name	19-4	26-4	3-5	Total
Bianca Attard			6	6
Emily Hamilton			4	4
Charlee Harrison		2	1	3
Jemima Montag			2	2
Rebecca Campbell			1	1
Jade Sanders			1	1

MEN

Name	19-4	26-4	3-5	Total
Russ Dickenson	9		4	13
Ralph Bennett	4		5	9
Andrew Jamieson			8	8
Mark Donahoo	1	5	2	8
Rhydian Cowley	3	2		5
Aaron Gardner		3	2	5
Clyde Riddoch		4		4
Filip Cosic			4	4
Nicholas Mirarchi		3		3
David Armstrong		3		3
Jason Elms			3	3
John Bunker	2			2
John Morrison	1	1		2
Aaron McDonough		2		2
Rudolf Skrucany	1			1
Daniel Payne		1		1
Murray Dickinson	1			1
Daniel Payne		1		1

U9/U12

Name	19-4	26-4	3-5	Total
Kyle Swan			7	7
Billy Allamby		3		3

IAAF RACEWALKING CHALLENGE, SESTO SAN GIOVANNI, ITALY, 1 MAY 2008

The IAAF Race Walking Challenge continued last weekend with 20 km walks being held in the 51st edition of the Coppa Città di Sesto San Giovanni in Italy. Being so close the World Cup, many walkers chose to bypass the event but there were still a number of top liners in action and reigning World champion Jefferson Perez from Equador and 2000 Olympic silver medallist Kjersti Plätzer clinched solid wins - on a very warm day.



Kjersti Plätzer and Jefferson Perez win in Sesto San Giovanni (<http://www.iaaf.org>)

Diego Sampaolo for the IAAF reported on the races as follows

Perez, former Olympic champion in Atlanta 1996 and a three-time World champion in the 20 km race, beat local hero Ivano Brugnetti from Italy, who is the reigning 20 km Olympic champion. Perez clocked his seasonal best (1:20:31 to Brugnetti's 1:20:51). Last year's winner Erik Tysse finished third in 1:21:40.

Perez took the early lead during the first of three initial laps of the Pino Dordoni track and never gave up this position. The

South-American walking star was followed by a chasing duo formed by Ivano Brugnetti and Eric Tysse.

Perez covered the first 5 km in 20:29, building a gap of 10 seconds over Brugnetti and Tysse. Thanks to a 2 km split between 5 and 7 km covered in 8:04 Brugnetti and Tysse closed the gap on Perez. This trio remained in the lead until 9 km.

Perez and Brugnetti went to the front on the fifth lap, dropping Tysse. Perez increased the pace, covering the 3 km split between 12 and 15 km in 11:41, to Brugnetti's 11:55. Perez, who was pushed by the loud support of his compatriots along the course, passed the 15 km mark in 1:00:30 (with a 5 km split in 19:45) breaking away from Brugnetti and increasing his lead to 15 seconds.

Perez clocked a final 5 km split between 15 and 20 km in 20:00 to finish in 1:20:31, twenty seconds ahead of Brugnetti.

After crossing the finish line Perez celebrated his well-deserved win with a big group of fans from the Equadoran community living in Italy.

"It is a big surprise to find so many compatriots," Perez said. "I felt at home. It's the first time I won in Sesto San Giovanni. I am happy with my final time of 1:20:31 because today it was too warm."

For Brugnetti it was a confidence-booster ahead of the upcoming IAAF World Race Walking Cup in Cheboksary where he will not face Perez, who will skip the Russian race in order to focus on the Olympic Games.

"I equalled my best performance here in Sesto San Giovanni," said Brugnetti, who will become a father for the second time at the end of June. "I finished second in 2004 behind my friend Alessandro Gandellini in the year of my Olympic gold medal in Athens. I expected such a race from Perez because I know that he will not compete in the World Cup. For me the Sesto race in my town is very special. It's like the Olympic Games. I will not aim at a particular result. I will take what comes."

"Ivano made one of his best races in his career," said Brugnetti's coach Antonio La Torre. "He walked well between 15 and 17 km and clocked the final km in 4:01."

1.	Jefferson Perez	Equador	1:20:31
2.	Ivano Brugnetti	Italy	1:20:51
3.	Eric Tysse	Norway	1:21:40
4.	Rolando Saquipai	Equador	1:24:21
5.	José Alessandro Bagio	Brazil	1:24:30
6.	Jesus Angel Garcia	Spain	1:25:19
7.	Mario Ivan Flores Hernandez	Mexico	1:25:46
8.	Alex Schwazer	Italy	1:26:07
9.	Benjamin Kucinskij	Poland	1:26:33
10.	David Dominguez	Spain	1:27:05

Kjersti Tysse Plätzer, older sister of Eric, notched up a solid win in the 20 km women's race, beating reigning Olympic champion Athanasia Tsoumeleka from Greece. For the 36-year-old experienced Norwegian walker, the Olympic silver medallist in Sydney 2000, it was the second win in Sesto in eight appearances.

A trio formed by Tsoumeleka, Plätzer and Claudia Stef from Romania took the lead in the first of nine laps dropping Tatyana Korotkova from Russia. In the first half of the race Plätzer and Tsoumeleka engaged a neck-and-neck battle. After two laps Stef lost ground on the leading duo who increased the pace after a cautious start in the initial kilometres. They passed the first 5 km in 23:17.

When Plätzer increased the pace for the first time in the fourth lap, only Tsoumeleka managed to keep her pace, while Claudia Stef lost ground.

Plätzer tried a second breakaway attempt shortly before the 10 km. After passing the 10 km halfway in 45:40 the Norwegian began to push building a gap of 5 seconds on Tsoumeleka who did not give up and managed to resist to the attack launched by the Norwegian.

Plätzer changed gear and her lead over Tsoumeleka continued to grow kilometre after kilometre. She reached the 15 km mark in 1:07:47. Tsoumeleka was 10 seconds adrift with 5 km to go. Plätzer crossed the finish line inside the Pino Dordoni athletics stadium in 1:30:07 beating Tsoumeleka by 14 seconds.

Thanks to her third win in Sesto San Giovanni after Chihuahua and Rio Major the Norwegian increased her lead in the IAAF Walking Challenge Ranking with a total score of 30 points. After the race Plätzer celebrated her victory doing a lap of honour with Tsoumeleka in front of the supportive crowd from Sesto San Giovanni who packed the small stand of the stadium named after late Giuseppe Pino Dordoni, Olympic champion in the 1952 Olympic Games in Helsinki.

"It's special to win in Sesto," said Plätzer. "It was my eighth race here. Local people supported me along the course shouting my name loudly. During the race I heard them saying 'Kjersti, Kjersti'."

"I realized I could win only when I was inside the stadium," Plätzer continued. "Today conditions were perfect. It was very slow at the beginning. Then I pushed and I could do it until the end."

"Today it was important to control the race. It's a perfect start on the way to Beijing. Before the Olympic Games I will compete at the World Cup in Cheboksary and in La Coruna. I will skip Krakow because my brother Erik marries that day. I will train in St. Moritz and Livigno with the Italian team. My last test before Beijing will be the Norwegian Championships on the track, then I will leave to China on 8 August. I don't fear pollution because it will be the same for everybody. It will be my last chance to win an Olympic medal," Plätzer concluded.

Tsoumeleka was delighted with her second place. "It was my first time in Sesto San Giovanni. The weather conditions were good. Local crowd are knowledgeable and very supportive. I have three more races before Beijing, in Cheboksary for the World Cup, La Coruna and Krakow," said Tsoumeleka, who followed up her Olympic triumph with maternity leave.

1.	Kjersti Plätzer	Norway	1:30:07
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2.	Athanasia Tsoumeleka	Greece	1:30:21
3.	Claudia Stef	Romania	1:32:52
4.	Evangelia Xynou	Greece	1:33:03
5.	Tatyana Korotkova	Russia	1:34:26
6.	Tania Regina Splinder	Brazil	1:34:39
7.	Alessandra Picagevicz	Brazil	1:35:48
8.	Laura Polli	Switzerland	1:37:33
9.	Patrizia Bassetto	Italy	1:43:20
10.	Marta Moientale	Italy	2:05:53

DANIEL COLEMAN - 2008 WORLD CUP REPRESENTATIVE, UNDER 20 10KM WALK

Daniel "Freddy" Coleman, born 2/2/1989 and currently ranked as the top Under 20 race walker in Australia, is Tasmania's only current elite walker.

Now aged 19, Daniel commenced racewalking in Little Athletics, winning the Tasmanian Under 13 1500m LA Championship in 2002. That same year, he took his first tentative step onto the national stage, placing third in the Australian Under 14 3 km roadwalk with **15:29** and placing 3rd in the Australian Under 14 Schools 1500m track championship with **7:15.31**.

In 2003 he moved up to the Under 16 age group with a series of competitive performances. He took fifth place in the 2003 Australian Schools 3000m walk with **14:19.93** and improved to 4th the next year with **14:09.08**. Along the way, he took silver in the 2004 Racewalking Australia 3 km championship in Canberra (**14:40**) and bronze in the 2004 Australian Under 16 5 km roadwalking championship (**25:00**).

In 2005, he moved into the Under 18 age grouping and had to turn his attention to the longer distances, to which he seemed ideally suited. In quick succession, he took third in the Australian Under 20 10 km championship in Canberra in June (**48:54**), won the Australian Under 18 8 km roadwalking championship in August (**39:22**) and recorded a fine **49:41** in a VRWC club 10 km walk in October. In November, he was 4th in the Pacific Schools Games 15-16 3000m walk with **13:24.92**. In hot conditions in December in Sydney, he took silver in the U17 3000m (**14:04.26**) and U20 5000m (**24:11.44**) walks at the Australian Schools Championships.

In January 2006, he improved his 10 km time to **48.41** in the Canberra A Series meet and then came the big break through in Sydney in February when he produced a sub 9 minute last 2km lap to force his way under the Racewalking World Cup qualifying standard of 47 minutes, finishing the 10 km roadwalk with **46.47**. A day later he won the Australian U18 3000m walk with **13:10**, yet another PB. Two weeks later he travelled to Melbourne and finished 10th at the MCG in the Victorian 5000m title, recording **22:28:04**. Finally, the end of March, he came 3rd in the Australian U20 10000m track title with yet another PB time of **46:43.75**.

At the World Cup in Spain in May 2006, where he was the Junior Team Captain, he finished the best of the 3 Australians in the U20 10 km roadwalk, coming 42nd in **47:02**. (and was in fact the 4th U18 walker to finish). After winning the Racewalking Australia U18 5 km walk in Canberra in June 2006 (**23:10**), he won the Australian U20 10 km roadwalk title in Hobart in August with yet another PB – **46:17**. He finished the year in fine form, winning the Tasmanian All Schools Under 20 5000m championship in October with a 1 minute PB time of **21:29**. His hard work was recognized that same year when he was awarded a Tasmanian Institute of Sport scholarship.



Daniel, on the right, on the way to victory in the Australian U20 10 km roadwalk in Hobart in August 2006

2007 saw him trying to balance the demands of his Year 12 studies with the demands of his walk training. Now under the guidance

of AIS walks coach Brent Vallance, he was frequently seen challenging the Mount Wellington slopes as his solo training intensified. Battling an injury, he was forced to settle for second place in the Australian Under 20 10 km in Canberra in June (**46:47**) but bounced back to win the Racewalking Australia Carnival 10 km in Adelaide in late August in a PB time of **45:58**.

It was not until his final year of secondary school had completed that he was free to concentrate on his walking and he showed his intentions with a time of **44:50** in winning the 10 km roadwalk held in conjunction with the Australian 50 km championship in Melbourne in December.



Daniel racing in Melbourne in August 2007 (track) and December 2007 (road)

From there it was onto Canberra where he participated in a 21 day intensive walking camp at the AIS. As all camp participants were required to finish the stint with a 20 km walk in the Canberra National Series Meet in late January 2008, he duly lined up for his first 20 km attempt – the result a very encouraging 7th place in **1:33:26**. His next roadwalk was in Melbourne in late February where, in a test walk held alongside the Australian 20 km championships, he won in **44:24**.

The aim had always been to break the 44:05 qualifying standard and hence gain selection for the 2008 World Junior championships and the one opportunity for the summer now presented itself in the form of the Australian Under 20 10,000m track championship, held on the Gold Coast in March. He led from the front and won convincingly with a time of **44:11**, yet another PB but an agonizing 6 seconds away from his target. By way of consolation, he was selected in the Australian Under 20 Men's team for the 2008 World Racewalking Cup (his second World Cup selection) but it could so easily have been the double.

With his Year 12 behind him, Daniel has now relocated to Canberra where he works part time and trains with the AIS walkers. With a great last 2 years under his belt, he has earned a second opportunity to mix it with the world's best. Following on from that, his next big challenge will be to successfully transition from outstanding Junior to competitive Senior. With his mixture of talent and commitment, I think the odds look pretty good at the moment.

ATHLETICS VICTORIA CLUB AWARDS

This year, Athletics Victoria awarded inaugural Official of the Year and Club of the Year awards and it was great to see VRWC member and Doncaster Athletics Club administrator extraordinaire David Armstrong get the big award. It is justly deserved for this hard working and innovative official. Well done David.

It was also great to see Les Clark getting an award. Les is one of the hardest working officials around and is normally helping out lapscoreing down at Albert Park on the days when we have VMA championships. Well done Les.

Awards were as follows

Female Official of the Year	Helen Rieniets BYC
Male Official of the Year	Danny McGrady SAN
Rookie Official of the Year	Christine Dell RIC
1st Place - Officials Rewards Scheme	Helen Rieniets BYC
2nd Place - Officials Rewards Scheme	Les Clark IND
3rd Place - Officials Rewards Scheme	Geoff Soanes KNA
Club Administrator of the Year	David Armstrong DIV
Club of the Year	Western Athletics

FOCUS ON 2008 WORLD RACEWALKING CUP

The 2008 World Racewalking Cup is now less than a week away. Next Saturday and Sunday, out top walkers will test themselves against the world's best in Cheboksary in Russia. Alas, the best laid plans sometimes go wrong and we have seen two late withdrawals from our team – **Nathan Deakes** has withdrawn from the 20 km men, having aggravated an existing injury and **Kellie Wapshott** has withdrawn from the 20 km women with severe bronchitis. This is a blow for both these walkers but we wish them all the best for a speedy recovery and hope to see them back at full strength for the Olympics later this year. With Nathan's withdrawal from the 20 km, Chris Erickson has moved down from the 50 km event to ensure that we still have maximum opportunity of doing well in what is our strongest team event (we came 2nd in the 20 km men's team event in 2006). You can follow all the action on the official website - <http://www.wrwc2008.com/en/>

Overall, walkers from 55 nations will contest the following events with our 16 representatives spread as follows

Saturday May 10, 2008	11am	Junior men 10km	Daniel Coleman, Brendon Reading, Rhydian Cowley
	12pm	Junior women 10km	Jess Rothwell, Nicole Fagan, Regan Lambie
	1pm	Senior men 20km	Luke Adams, Jared Tallent, Adam Rutter, Chris Erickson
Sunday, May 11, 2008	8am	Senior men 50km	Duane Cousins
	1pm	Senior women 20km	Jane Saville, Claire Woods, Natalie Saville, Megan Szirom

And no World Cup review is complete without a look back in time at how we have gone over the years (compliments of Paul Jeness, statistician to the kings!)

1979 - Eschborn, Germany (FRG)

Men's 20 km Walk	David 'Dave' Smith (Vic)	21	1:25:36.0
	Rod Huxley (NSW)	42	1:33:45.0
	Peter Fullager (SA)	43	1:34:13.0
	John Smith (NSW)	44	1:36:15.0
Men's 50 km Walk	Willi Sawall (Vic)	10	3:51:08.0
	Timothy 'Tim' Erickson (Vic)	25	4:03:17.0
	John Sheard (Vic)	36	4:13:55.0
	Greg Sockhill (Qld)		Disqualified
Women's 5 km Walk	Susan Cook (Orr) (Vic)	5	23:10.0
	Sally Pierson (Vic)	11	24:08.0
	Lorraine Jachno (Young) (Vic)	15	24:35.0
	Karen Iselin (Qld)	24	25:02.0

1981 - Valencia, Spain

Men's 20 km Walk	William 'Bill' Dyer (Vic)	29	1:32:52.8
	Keith Knox (NSW)	41	1:37:41.8
	Michael Harvey (Vic)	49	1:46:17.5
	David 'Dave' Smith (Vic)		Disqualified
Men's 50 km Walk	John Sheard (Vic)	33	4:38:48.0
	Harry Summers (Vic)	38	4:43:43.0
	Peter Fullager (SA)		Disqualified
	Sally Pierson (Vic)	6	23:51.3
Women's 5 km Walk	Susan Cook (Orr) (Vic)	7	24:04.9
	Ann Ryan (NSW)	20	25:16.2
	Lorraine Jachno (Young) (Vic)		Did not finish

1983 - Bergen, Norway

\Men's 20 km Walk	Simon Baker (Vic)	14	1:24:42.1
	Andrew Jachno (Vic)	18	1:25:50.7
	Michael Woods (NSW)	30	1:28:17.0
	David 'Dave' Smith (Vic)		Disqualified
Men's 50 km Walk	Timothy 'Tim' Erickson (Vic)	25	4:15:12.7
	Duncan Knox (Vic)	39	4:35:12.2
	William 'Bill' Dyer (Vic)		Disqualified
	Michael Harvey (Vic)		Disqualified
Women's 10 km Walk	Susan Cook (Orr) (Vic)	3	45:26.4
	Sally Pierson (Vic)	4	45:39.4
	Rachel Thompson (NSW)	15	47:50.5
	Ann Ryan (NSW)	20	49:04.8

1985 - Douglas (St John), Isle of Man, GBR

Men's 20 km Walk	Simon Baker (Vic)	12	1:25:32.0
	Andrew Jachno (Vic)	27	1:29:00.0
	Michael Harvey (Vic)	51	1:39:03.0
	David 'Dave' Smith (Vic)		Disqualified
Men's 50 km Walk	Willi Sawall (Vic)	11	4:06:38.0

	Ian Fay (SA)	33	4:29:16.0
	Harry Summers (Vic)	42	4:56:58.0
	William 'Bill' Dyer (Vic)		Disqualified
Women's 10 km Walk	Kerry Saxby-Junna (Saxby) (NSW)	10	47:11.0
	Susan Cook (Orr) (Vic)	14	48:17.0
	Lorraine Jachno (Young) (Vic)	26	50:06.0
	Sue Narbey (WA)	31	51:03.0
1987 - New York, USA			
Men's 20 km Walk	Simon Baker (Vic)	11	1:21:57.0
	Andrew Jachno (Vic)	37	1:25:58.0
	Paul Copeland (Vic)	74	1:31:50.0
	David 'Dave' Smith (Vic)		Disqualified
Men's 50 km Walk	Craig Brill (Vic)	52	4:19:46.0
	Steven 'Steve' Hausfeld (NSW)	53	4:22:27.0
	Michael Harvey (Vic)	63	4:28:00.0
	Mark Donahoo (Vic)	64	4:29:49.0
Women's 10 km Walk	Kerry Saxby-Junna (Saxby) (NSW)	4	43:57.0
	Susan Cook (Orr) (Vic)	13	46:03.0
	Lorraine Jachno (Young) (Vic)	32	48:21.0
1989 - L'Hospitalet (Barcelona), Spain			
Men's 20 km Walk	Andrew Jachno (Vic)	65	1:30:01.0
	Paul Copeland (Vic)	85	1:33:43.0
	Robert McFadden (SA)	109	1:39:00.0
Men's 50 km Walk	Simon Baker (Vic)	1	3:43:13.0
	Michael Harvey (Vic)	67	4:33:07.0
	Mark Donahoo (Vic)	73	4:37:19.0
	Mark Dossetor (Vic)	75	4:37:55.0
	Craig Brill (Vic)		Did not finish
Women's 10 km Walk	Kerry Saxby-Junna (Saxby) (NSW)	2	43:12.0
	Lorraine Jachno (Young) (Vic)	31	47:18.0
	Bev Hayman (Wilkins) (NSW)	55	49:31.0
1991 - San Jose, USA			
Men's 20 km Walk	Nicholas Ahern (NSW)	15/129	1:22:21.0
	David 'Dave' Smith (Vic)	46/129	1:26:14.0
	Andrew Jachno (Vic)	59/129	1:28:42.0
	Michael Harvey (Vic)	63/129	1:29:59.0
	Paul Copeland (Vic)	129/129	Disqualified
Men's 50 km Walk	Simon Baker (Vic)	2/124	3:46:36.0
	Ricky Cooke (Tas)	58/124	4:28:15.0
	William 'Bill' Dyer (Vic)	124/124	Disqualified
	Craig Brill (Vic)	124/124	Disqualified
	Kevin Lowden (Vic)	124/124	Did not finish
Women's 10 km Walk	Kerry Saxby-Junna (Saxby) (NSW)	5/92	44:49.0
	Lorraine Jachno (Young) (Vic)	33/92	48:01.0
	Natalie Camplin (Qld)	46/92	49:32.0
	Susan Cook (Orr) (Vic)	59/92	51:29.0
	Sharon Schnyder (Vic)	72/92	54:58.0
1993 - Monterrey, Mexico			
Men's 20 km Walk	Nicholas Ahern (NSW)	13/107	1:27:11.0
	Steven 'Steve' Beecroft (Vic)	34/107	1:30:36.0
	Mark Donahoo (Vic)	58/107	1:35:08.0
Men's 50 km Walk	Simon Baker (Vic)	7/99	3:58:36.0
	Michael Harvey (Vic)	27/99	4:10:54.0
	Craig Brill (Vic)	48/99	4:24:23.0
Women's 10 km Walk	Kerry Saxby-Junna (Saxby) (NSW)	5/98	45:55.0
	Gabrielle Blythe (Vic)	21/98	48:00.0
	Jenny Jones-Billington (Qld)	26/98	48:36.0
	Anne Manning (Pembroke) (NSW)	30/98	48:59.0
	Jane Saville (NSW)	43/98	50:15.0
1995 - Beijing, China			
Men's 20 km Walk	Nicholas Ahern (NSW)	15/124	1:23:05.0
	Dion Russell (Vic)	53/124	1:28:25.0
	Brent Vallance (NSW)	81/124	1:34:44.0
Men's 50 km Walk	Michael Harvey (Vic)	41/102	4:05:58.0
	Mark Thomas (Vic)	68/102	4:22:38.0
	Duane Cousins (Vic)	73/102	4:31:29.0

	Dominic McGrath (Vic)	77/102	4:36:29.0
	Mark Donahoo (Vic)	102/102	Did not finish (35km)
Women's 10 km Walk	Kerry Saxby-Junna (Saxby) (NSW)	5/104	42:58.0
	Anne Manning (Pembroke) (NSW)	24/104	45:26.0
	Teresa Letherby (Qld)	40/104	46:23.0
	Wendy Muldoon (Vic)	53/104	47:56.0
	Jane Barbour (Lewry) (SA)	54/104	47:58.0
1997 - Podebrady, Czech Republic			
Men's 20 km Walk	Nicholas Ahern (NSW)	12/140	1:20:04.0
	Dion Russell (Vic)	50/140	1:23:40.0
	Nathan Deakes (Vic)	53/140	1:23:58.0
	Brent Vallance (NSW)	68/140	1:25:23.0
	Paul Copeland (Vic)	96/140	1:29:53.0
Men's 50 km Walk	Duane Cousins (Vic)	45/122	4:07:17.0
	Michael Harvey (Vic)	64/122	4:14:09.0
	Dominic McGrath (Vic)	65/122	4:14:49.0
	Shane Pearson (Qld)	79/122	4:28:53.0
Women's 10 km Walk	Jane Saville (NSW)	40/117	45:19.0
	Jill Maybir-Barrett (Qld)	41/117	45:20.0
	Natalie Saville (NSW)	48/117	46:19.0
	Simone Wolowiec (Vic)	53/117	46:45.0
	Wendy Muldoon (Vic)	60/117	47:22.0
1999 - Deauville/Mezidon, France			
Men's 20 km Walk	Darren Bown (SA)	50/140	1:29:31.0
	Luke Adams (NSW)	55/140	1:30:11.0
	Troy Sundstrom (NSW)	59/140	1:30:28.0
	Nicholas Ahern (NSW)	140/140	Did not finish
	Nathan Deakes (Vic)	140/140	Disqualified
Men's 50 km Walk	Dominic McGrath (Vic)	46/110	4:00:50.0
	Duane Cousins (Vic)	51/110	4:02:27.0
	Michael Harvey (Vic)	61/110	4:08:58.0
	Shane Pearson (Qld)	73/110	4:16:43.0
	Dion Russell (Vic)	110/110	Did not finish
Women's 20 km Walk	Jane Saville (NSW)	18/123	1:31:58.0
	Kerry Saxby-Junna (Saxby) (NSW)	21/123	1:32:24.0
	Lisa Paolini (Sheridan) (NSW)	40/123	1:36:20.0
	Simone Wolowiec (Vic)	59/123	1:39:31.0
	Wendy Muldoon (Vic)	87/123	1:46:25.0
2002 - Turin, Italy			
Men's 50 km Walk	Liam Murphy (SA)	15/59	3:56.45
	Darren Bown (SA)	38/59	4:12.21
	Duane Cousins (Vic)	37/59	4:12.19
	Frank Bertei (Vic)	47/59	4:20.26
	Luke Adams (NSW)	29/59	4:07.08
Women's 20 km Walk	Jane Saville (NSW)	24/79	1:35.35
2004 - Naumburg, Germany			
Men's 20 km Walk	Nathan Deakes (Vic)	3/118	1:19:11
	Luke Adams (NSW)	14/118	1:21:24
	Jared Tallent (Vic)	75/118	1:30:01
	Darren Bown (SA)	78/118	1:31:01
Men's 50 km Walk	Duane Cousins (Vic)	26/94	4:09:14
	Chris Eriskson (Vic)	14/94	4:14:16
	Frank Bertei (Vic)	40/94	4:21:22
	Liam Murphy (SA)	94/94	DSQ
Women's 20 km Walk	Jane Saville (NSW)	4/100	1:27:44
	Natalie Saville (NSW)	25/100	1:31:34
	Cheryl Webb (NSW)	26/100	1:31:43
	Claire Woods(SA)	42/100	1:35:25
	Simone Wolowiec (Vic)	100/100	DSQ
2006 - La Coruna, Spain			
Men's 20 km Walk	Nathan Deakes (Vic)	3/115	1:19:36
	Jared Tallent (Vic)	14/115	1:21:25
	Luke Adams (NSW)	18/115	1:22:11
	Adam Rutter (NSW)	50/115	1:26:54
	Darren Bown (SA)	51/115	1:27:08

Men's 50 km Walk	Chris Erickson (Vic)	26/82	3:59:20
	Troy Sundstrom(NSW)	82/82	DSQ
Women's 20 km Walk	Darren Bown(SA)	82/82	DNF
	Jane Saville (NSW)	7/88	1:29:05
	Natalie Saville (NSW)	28/88	1:34:51
	Cheryl Webb (NSW)	28/88	1:36:33
	Kellie Wapshott(SA)	38/88	1:36:49
	Lisa Grant(NSW)	42/88	1:37:40

AV SUMMER SEASON ATHLETE FEEDBACK REQUESTED

If you felt that the 2007/2008 AV Shield competition needed some improvement, now is the time for action. AV has invited all athletes to to feedback their thoughts on what can be done to improve. See the following email from Jade Borella – now is your chance to have your say.

Dear Club,

We need athlete feedback...

We are seeking athlete feedback regarding Shield Competition. Can you please encourage your registered athletes to click on the link to take part in our online survey:

http://www.surveymonkey.com/s.aspx?sm=A1r8paOvkZx_2fQkuGXeSVEQ_3d_3d .

We are asking registered athletes to take the time to express their opinions as they are valued and will be taken into consideration when formulating the 08/09 season. It shouldn't take more that 5-10 minutes to complete and athletes who complete the survey will go into the prize draw to win a SKINS prize pack valued at \$140!

Please note that the **closing date of this survey is 5pm Wednesday, May 7 2008.**

So far we are finding the survey to be a very effective tool with more than 200 completed surveys received this afternoon.

If you have any questions contact Athletics Victoria - info@athsvic.org.au.

Thanking you in advance.

Jade

WHAT'S COMING UP

Next Saturday, we are back at Albert Park for more club races as follows

Saturday 10th May 2008, Albert Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	3km	Handicap	Under 15
2.30pm	2500m	Handicap	Under 12
2.30pm	1500m	Handicap	Under 9

And another reminder that our first Victorian championships (will be held the following Sunday in Ballarat. Timetable for that day is now finalised and reads as follows

Sunday 18th May 2008, Victoria Park, Ballarat			
A.V. Open and Country Championships & Racewalking Victoria Championships			
9.00am	15km	A.V. Championship & Teams event	Open Men
10.00am	15km	A.V. Championship	Open Women
10.00am	10km	A.V. Country Championship	Open Men/Women
10.30am	5km	A.V. Country Championship	Under 20 Men/Women
10.30am	5km	A.V. Country Championship	Under 18 Men/Women
11.00am	3km	A.V. Country Championship	Under 16 Boys/Girls
11.00am	3km	A.V. Country Championship	Under 14 Boys/Girls
11.30am	2km	Racewalking Victoria Championship	Under 12 Boys/Girls
11.45am	1km	Racewalking Victoria Championship	Under 10 Boys/Girls
Presentation of A.V. Championships and BBQ to follow final events.			

Map and other info can be seen on the VRWC website.

See <http://www.vrwc.org.au/2008%20AV%20Country%20Walk%20Champs%20info.pdf>

Remember you must be registered with AV for the new season if you wish to compete in Victorian Championships. Further, entries must be done with AV. You can't just turn up on the day.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

2008 National Fixture

Sun 18 May 2008 Victorian Country roadwalking championships, Ballarat, VIC
Sun 8 June, 2008 Racewalking Australia Carnival, Canberra, ACT
Sun 29 June, 2008 Victorian All Schools roadwalking championships, Albert Park, VIC
Sat 12 July, 2008 Racewalking Australia State Challenge, each State
Jul 27 – Aug 3, 2008 Masters Championships, Townsville, QLD (3000mW, 5000mW, 10 km roadwalk)
Sun 24 Aug, 2008 Australian Roadwalking championships and second Racewalking Australia carnival, Albert Park, VIC
Nov 29 – Dec 7, 2008 8th Pacific School Games, Canberra

2008 International Fixture

May 10-11, 2008 **23rd IAAF World Race Walking Cup, Cheboksary, Russia.** See www.wrwc2008.com/en
July 8-13, 2008 **World Junior Championships, Bydgoszcz, Poland.** See <http://www.iaaf.org/WJC08/preview.html>
Aug 8-14, 2008 **Olympic Games, Beijing.** See <http://en.beijing2008.com/>

2008 IAAF Race Walking Challenge

Thur 1 May, 2008 Sesto San Giovanni, Italy
May 10-11, 2008 **23rd IAAF World Race Walking Cup, Cheboksary, Russia.** See <http://www.iaaf.org/wrw08/index.html>
Sat 24 May, 2008 Krakow, Poland
Sat 7 June, 2008 La Coruna, Spain
Aug 14-28, 2008 Olympic Games, Beijing, China
Sept 20-21, 2008 IAAF Race Walking Challenge Final, Murcia, Spain

2009 International Fixture

July 8-12, 2009 **IAAF World Youth Championships, Bressanone, Italy**
July 28 – Aug 8, 2009 **XVIII World Masters Athletics Championships Stadia, Lahti, Finland.** See <http://www.wma2009.org>
August 15-23, 2009 **IAAF World Championships in Athletics, Berlin, Germany**
10-18 Oct, 2009 **World Masters Games, Sydney.** See <http://www.2009worldmasters.com>
2009 **25th World Summer Universiade Games, Belgrade, Serbia** - <http://www.universiade-belgrade2009.org/en>

2010 International Fixture

TBA **World Junior Championships, Moncton, Canada**
May 8-9, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

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