



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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2009 VSSA STATE TRACK AND FIELD CHAMPIONSHIPS, TUESDAY 20 OCTOBER

The Victorian Secondary Schools' Sports Association State Track and Field Championships are always a vital leadup to the Victorian Schools Championships and the walks are normally very competitive races. This year was not exception with the cream from our State Secondary Schools battling out 1500m walks last Tuesday. The carnival which started at 10AM and finished at 7PM was a big day for both competitors and officials.

Walker of the meet had to be **Beth Alexander** who won the Girls 16-20 1500m walk in **6:46.70** and then backed up a couple of hours later to win the Girls 17 Years Old 1500m run by 5 seconds in a time of **5:08:82**. Well done to all the walkers.

<p>Girls 12-15 1500 Meter Race Walk</p> <ol style="list-style-type: none"> Campbell, Caitlin Copperfield 7:48.59 Mason, Ella Melbourne GC 7:48.98 Tallent, Ebony Ballarat HS 7:50.73 Guy, Rebecca Berwick 8:10.22 Campbell, Grace Weeroona 8:21.99 Brockenshire, Briggette Norlane 9:15.32 Mclaren, Stacey Rosehill 9:21.35 Wilson, Natalie Bundoora 9:26.99 Gell, Holly Ringwood 9:32.75 Music, Svjetlana Ringwood 9:39.99 Jones, Ebony-Jade Bendigo 9:48.98 Mann, Stephanie Brentwood 9:50.19 Charles, Katherine Neerim District 10:20.86 Hedrick, Tegan Warragul 10:29.26 Simons, Emily Canterbury DQ 	<p>Boys 12-15 1500 Meter Race Walk</p> <ol style="list-style-type: none"> Curtis, Peter Bendigo SE 7:35.81 Walker, Jared Lara 7:40.05 Brunton, Chris Brentwood 7:49.63 Gardner, Aaran Maribyrnong SC 7:53.66 Millane, Ash Sunbury 7:57.33 Blight, Simon Oberon 8:05.97 Taylor, Lucas Lilydale 8:07.31 Challis, Ryan Ringwood 8:36.94 Savage, Josh Eaglehawk 9:24.35 Main, Damian Warrandyte HS 9:46.38 Benatsse, Trent Lalor 10:05.31 Maynard, Frazer Thornbury SC 10:43.57
<p>Girls 16-20 1500 Meter Race Walk</p> <ol style="list-style-type: none"> Alexander, Beth Brentwood 6:46.70 Tallent, Rachel Ballarat HS 7:06.90 Davis, Danielle Matthew Flinders 8:13.51 Thorne, Amy Bayswater SC 8:16.08 McInnes, Simone Mansfield 8:39.39 Fisher, Renee Bundoora 9:11.29 Stewart, Bethany Strathmore HS 9:27.85 Cowell, Jacqui St Helena 10:22.66 Delaney, Amelia Mentone Girls S 10:45.46 	<p>Boys 16-20 1500 Meter Race Walk</p> <ol style="list-style-type: none"> Sloan, Dylan Patterson River 7:10.43 Walsh, Robert Mount Waverley 7:23.78 Cosic, Filip Melbourne HS 7:28.28 Fredericks, Brandon Brentwood 7:58.68 Kaiser, Joshua Dromana 8:05.67 McLaughlin, Corey Balwyn HS 8:21.56 Evans, Rhys Lyndhurst 9:09.56 Lylak, Kevin Frankston 9:59.36

Judges: Judy Mason, Shane Bertrand, Brian Williams, Ralph Bennett

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 24 OCTOBER 2009

Last Saturday saw all 6 Athletics Victoria regions in action in perfect spring weather and the depth and quality was impressive.

Athletics Victoria Shield Round 3, Ballarat Region, Llanberris Reserve, Ballarat

Kelly Ruddick was the fastest woman of the weekend with her fine 13:52.74 and she lapped just about the whole field. The ladies dominated again with Rachel Tallent and Erin Adamcewicz taking the next two places. But the big local news was that Daryl Biggin and Andrew Blood were back in action and Daryl's time of 16:19.05 was very significant, as you will read later in the newsletter.

Mixed 3000 Meter Race Walk

1. Ruddick, Kelly	M	Ballarat Har	13:52.74
2. Tallent, Rachel	W	Ballarat Ycw	15:36.71
3. Adamcewicz, Erin	W	Unattached	16:09.91

4.	Biggin, Daryl	M	Ballarat Ycw	16:19.05
5.	Blood, Andrew	M	Ballarat Ycw	16:46.69
6.	Prendergast, Maurice	M	Ballarat Ycw	16:49.75
7.	Brennan, Sarah	W	Ballarat Ycw	16:50.05
8.	Tallent, Ebony	W	Ballarat Ycw	17:38.65
9.	Platt, Belinda	W	Eureka	18:29.26
10.	Govan, Lee	M	Wendouree	19:27.90
11.	Luke, Peter	M	Wendouree	20:36.85
12.	Baker, Nathaniel	M	Ballarat Har	20:52.15
13.	Jones, Peter	M	Ballarat Har	22:09.91

Athletics Victoria Shield Round 3, East Region, Reischick's Reserve, Doncaster

Masters walkers were to the fore at Doncaster with Ross Reid (15:24) and Clarrie Jack (16:58) taking the honours. Ella Mason was the first of the ladies with 17:02, a good walk for an U16 athlete. Stephanie George was the top 1500m walker with a great 7:17.3.

Mixed 3000 Meter Race Walk

1.	Reid, Ross	M	COLLINGWOOD	15:24.5
2.	Jack, Clarrie	M	RICHMOND HAR	16:58.6
3.	Mason, Ella	W	BOX HILL	17:02.8
4.	Gardiner, Bob	M	COLLINGWOOD	17:13.0
5.	Thillaisundaram, Anand	M	COLLINGWOOD	17:19.6
6.	Hammett, Gary	M	DIAMOND VALL	17:29.6
7.	Benke, Geza	M	OLD MELBURNI	17:36.7
8.	Noonan, Patrick	M	ST KEVINS	18:04.0
9.	Cooper, Stuart	M	ST STEPHENS	18:18.4
10.	Worsnop, Christopher	M	OLD XAVERIAN	18:20.1
11.	Gardner, Aaron	M	DIAMOND VALL	18:21.9
12.	Facey, Stuart	M	OLD SCOTCH C	18:27.2
13.	Ellis, Robert	M	RICHMOND HAR	20:29.4
14.	Conboy, Bruce	M	COLLINGWOOD	21:10.3
15.	Cowell, Jacqueline	W	DIAMOND VALL	22:01.2
	Walpole, Claire	W	DONCASTER	DQ

Mixed 1500 Meter Race Walk

1.	George, Stephanie	W	UNATTACHED	7:17.3
2.	Madge, Georgia	W	CROYDON	8:51.6
3.	Walburg, Kirsten	W	DONCASTER	11:24.8

Athletics Victoria Shield Round 3, North West Region, Meadowglen International Athletics Track, Epping

Paul Kennedy continues to lead the North West region walkers and his time of 14:20.5 was very similar to the first round. Trenton Hawkins did a big SB of 14:48.5 and is really starting to move well. Aaron McDonough (another PB of 15:14.8) and Duncan Knox(15:38.9) both walked well while I was very disappointed to finish 0.75sec slower than Daryl did in Ballarat. Hmm...more training needed for me – wait till the next round Daryl! Donna Elms was the first of the ladies with a solid 18:27. Connor McShanag with 8:39 and Rebecca Campbell with 8:53 were the top 1500m walkers. Thanks to Cheryl Anne Campbell for the following photos.



Aaron McDonough, Duncan Knox, Paul Kennedy and Trenton Hawkins in action

Mixed 3000 Meter Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	14:20.5
2.	Hawkins, Trenton	M	PRESTON	14:48.5

3.	McDonough, Aaron	M	PRESTON	15:14.8
4.	Knox, Duncan	M	ATHLETICS ES	15:38.9
5.	Erickson, Tim	M	COBURG HARRI	16:19.8
6.	Elms, Jason	M	ATHLETICS ES	17:54.8
7.	Cosic, Filip	M	ATHLETICS ES	18:10.8
8.	Elms, Donna	W	ATHLETICS ES	18:27.2
9.	Shaw, Robyn	W	WESTERN ATHL	19:33.7
10.	Ireland, Roslyn	W	BRUNSWICK	24:02.1
11.	Abfalter, Maria	W	KEILOR ST BE	25:21.0
	Campbell, Caitlin	W	ATHLETICS ES	DNF

Mixed 1500 Meter Race Walk

1.	McShanag, Connor	M	ATHLETICS ES	8:39.8
2.	Campbell, Rebecca	W	ATHLETICS ES	8:53.8
3.	McLaren, Stacey	W	ATHLETICS ES	9:19.3
4.	Casilli, Anthony	W	PRESTON	12:19.4
5.	Walls, Lachlan	M	KEILOR ST BE	15:28.8
6.	Jaggard, Henry	M	KEILOR ST BE	15:28.8

Athletics Victoria Shield Round 3, South East Region, Knox Athletic Track, Scoresby

Rhydian Cowley was the fastest walker overall last Saturday with 13:09.4 and it was then a big gap to Clyde Riddoch who still walked a solid 16:18.4. There were two very good 1500m times by Sarah Burren and Jemima Montag but the fields were small overall for some reason. This is normally a big walks venue.

Mixed 3000 Meter Race Walk

1.	Cowley, Rhydian	M	GLENHUNTLY	13:09.4
2.	Riddoch, Clyde	M	ATHLETICS WA	16:18.4
3.	Hutton, Philip	M	GLENHUNTLY	18:20.5
4.	Doran, Anthony	M	GLENHUNTLY	18:57.5
5.	Maudsley, Fiona	W	ATHLETICS WA	20:24.3

Mixed 1500 Meter Race Walk

1.	Burren, Sarah	M	COLLINGWOOD	7:17.4
2.	Montag, Jemima	M	RINGWOOD	7:39.3
3.	Guy, Rebecca	W	CASEY CARDIN	8:05.4
4.	Guy, Rachael	W	CASEY CARDIN	8:23.2

Athletics Victoria Shield Round 4, Bendigo Region, La Trobe University Track, Bendigo

Hurray, some results from Bendigo at last. Ebony Whiley walked a 5000m (30:00.9) while the other walkers chose either 3000m or 1500m. Amanda Heard might be only W14 but she won the 3000m with 16:55 ahead of Annette Major with 17:15 while Dane Heiden was the first of the 1500m walker with 7:40.

Mixed 5000 Meter Race Walk

1.	Whiley, Ebony	W14	Eaglehawk YM	30:00.90
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Mixed 3000 Meter Race Walk

1.	Heard, Amanda	W14	Eaglehawk YM	16:55.14
2.	Major, Annette	W47	Eaglehawk YM	17:15.55
3.	Campbell, Grace	W14	Eaglehawk YM	18:03.92
4.	Savage, Joshua	M14	Eaglehawk YM	18:48.85
5.	Carter, John	M60	South Bendig	20:03.81
6.	Major, Geoffrey	M73	Eaglehawk YM	21:40.96
7.	Watson, John	M59	Bendigo YMCA	22:10.95

Mixed 1500 Meter Race Walk

1.	Heiden, Dane	M12	Bendigo Univ	7:40.05
2.	Wilson, Jessey	W13	Eaglehawk YM	8:00.69
3.	Jones, Jeremiah	M12	Eaglehawk YM	8:02.46

Athletics Victoria Shield Round 4, Geelong Region, Landy Field, Geelong

Geelong was easily the strongest venue with Daniel Payne (13:43), Lewis Clark (14:50), Joshua Dillon (14:50) and Jmara Hockley-Samon (14:52) all breaking 15 minutes while M14 Jared Walker also walked well with 16:33. And James Seid-Christmass was not to be left out, burning up the track with a very fast 1500m time of 6:46. This is a high quality venue!

Mixed 3000 Meter Race Walk

1.	Payne, Daniel	M	Corio	13:43.92
2.	Clark, Lewis	M	Athletics CH	14:50.29
3.	Dillon, Joshua	M	Corio	14:50.79
4.	Hockley Samon, Jmara	W	Athletics CH	14:52.33
5.	Walker, Jared	M	Corio	16:33.97
6.	Boddy, Tyne	W	Corio	16:37.84
7.	Brunton, Caitlin	W	Corio	16:49.57

8.	Payne, Emily	W	Corio	17:55.46
9.	Lockwood, Jade	W	Corio	25:02.64

Mixed 1500 Meter Race Walk

1.	Seid-Christmass, James	M	Corio	6:46.98
2.	Walker, Megan	W	Corio	8:21.98
3.	Boddy, Lana	W	Corio	9:14.01
4.	Dillon, Nathan	M	Corio	9:40.42
5.	Delaney, Emma	W	Corio	11:27.38

VRWC ROAD RACES, ALBERT PARK, SUNDAY 25 OCTOBER 2009

The VRWC Summer Season kicked off with our first Sunday races at Albert Park and 37 walkers attended what turned out to be a windy morning. Unfortunately we clashed with the VLAA JDS day and the VLAA Box Hill Relays, meaning that a lot of our younger walkers were unable to come. I have uploaded 21 racing photos to our VRWC photo gallery – check out <http://vrwc.org.au/coppermine> to see if you are in the mix. And now onto the race results.

Rhydian Cowley was our fastest walker, flying through the 10km in 48:02 even though he was still suffering from the effects of a recent virus. Ralph Bennett walked well to take out the 15km with 1:21:59 while Pam Tindal was in great form, attacking from the start to record 25:20 for the 5km walk. James Seid-Christmass was also in good form, especially after his fast 1500m the previous day, being just outside his PB with 26:22. Some of our U15 walkers also chose to up the ante and walk the 5km – Sarah and Amy Burren and Ashley Albert. And a special mention to Georgia Gatens and Stacey McLaren who walked the 10km together. Ryan Antidormi also walked a very good U15 3km, recording 15:37 while all 4 of our U9/U12 walkers walked very well.

Open 15km

1.	Bennett, Ralph	1:21:59
2.	Carr, Heather	1:30:01
3.	Cooper, Stuart	1:39:01

Open 10km

1.	Cowley, Rhydian	48:02
2.	Thillaisundaram, Anand	1:04:18
3.	Beaumont, Margaret	1:19:37
E4.	Gatens, Georgia	1:21:48
E4.	McLaren, Stacey	1:21:48

Open 5km

1.	Tindal, Pam	25:20
2.	Seid-Christmass, James	26:22
3.	Burren, Amy	27:22
4.	Brazel, Hilary	27:51
5.	Burren, Sarah	27:54
6.	Hockley-Samon, Jmara	28:24
7.	Albert, Ashley	28:50
8.	McIntyre, Gayle	28:55
9.	Armstrong, David	29:36
10.	Lucas, Alan	29:50
11.	Steed, Gwen	30:55
12.	Feldman, Liz	31:37
13.	Dickenso, Russ	31:47
14.	Elms, Donna	32:39
15.	Onley, Gordon	35:19
16.	Wicks, Barrie	35:52
17.	Davidson, Kelly	41:58

Open 3km

1.	Laurie, Natalie	18:09
2.	Holmes, Janet	19:48
3.	Morrey, Jan	20:13
4.	Summers, Harry	20:15
5.	Stanway, Marlaine	20:51

U15 3km

1.	Antidormi, Ryan	15:37
2.	Barbour, Beth	18:55
3.	Tremiglozzi, Paul	20:10

U12 2km

1.	Lillie, Jessica	13:32
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U9 1km

1.	Lillie, Brianna	06:58
2.	Hockley-Samon, Harry	07:35
3.	Hockley-Samon, Tom	08:43

Judges: Peter Vysma (Chief), Lloyd Nicholls, Michael Bodey
Officials: Tim Erickson, Harry Summers, Don McLaren, Ian Laurie
Canteen: Joyce Summers, Marlane Stanway



The start of the 15km and 10km events – Rhydian Cowley takes the lead



The start of the 5km event



James Seid-Christmass, Jmara Hockley-Samon, Pam Tindal, Liz Feldman and Ralph Bennett



Hilary Brazel, Brianna and Jessica Lillie, Harry and Tom Hockley-Samon

VLAA RACE WALKING SEMINARS, SUNDAY 18 OCTOBER

Thanks to Shane Bertrand for this report and photos from the recent VLAA Race Walking Judging Seminar and Coaching Clinic

On Sunday 18th October at the Collingwood Athletics Track, the Race Walking Committee of the Victorian Little Athletics Association conducted a Race Walking Judging Seminar and a Race Walking Coaching Clinic.

The Judging seminar was targeted at the beginner level and was extremely well attended with 22 keen and eager parents. 15 attendees sat for their D Grade exam. This is a terrific result for the ongoing success of Race Walking within the Centres of Little Athletics.

While the judges were inside, 40 keen athletes were on the track. The coaching clinic catered for all levels from beginner to State Champions. The athletes were split into 2 groups according to their experience and skill level. The coaches took the athletes through various drills and techniques. The session lasted for 90 mins and then a special guest in Jess Rothwell arrived to speak to the athletes about her rise from Little Athletics to representing Australia at the World Championships. Jess then took the athletes through some more drills and some strength exercises. At the end of the day there was a prize draw and Jess presented the prizes to the winners. Every athlete went into the draw to win a Commonwealth games relay baton signed by Chris Erickson and Jared Tallent. Three lucky athletes were thrilled to receive their signed batons. Jess then spent quite a while signing anything that the athletes could find, including the AV collector cards of Jess.

It was great to see so many parents and athletes interested in Race Walking coming out and wanting to be educated, which all goes well for Race Walking in the future.

Shane Bertrand
Education & Development Co-ordinator
Victorian Little Athletics Association





Jess Rothwell with prize winners Bianca Attard, Lee Taylor and Luke Cullen



Autographs anyone ?

11th CHINESE NATIONAL GAMES, JINAN, 21-26 OCTOBER

The 11th Chinese National Games were held in Jinan over the last week and the standard was mind boggling - the two racewalks are classic examples of the depth and quality of athletics in this Track and Field powerhouse.

Men 20km walk, Thursday 22 October

Berlin silver medallist Wang Hao confirmed his favoritism with a new personal best winning time of 1:18:13. Olympian Li Jianbo also improved to 1:19:10 to take silver while third place went to Chu Yafei with 1:20:27. Of the 55 starters, 35 finished and an amazing 19 walkers broke the 1:25:00 barrier. The first 9 places were taken by walkers aged 22 or under, including 16 year old Wang Zhen who came 9th in 1:22:10. The 35 finishers were as follows

1	Wang Hao	CHN	16.8.89	1:18:13	PB
2	Li Jianbo	CHN	14.11.86	1:19:10	PB
3	Chu Yafei	CHN	5.9.88	1:20:27	

4	Li Gaobo	CHN	4.5.89	1:20:49	SB
5	Wang Leilei	CHN	14.2.89	1:20:58	PB
6	Yang Tao	CHN	12.12.89	1:21:22	PB
7	Yu Wei	CHN	11.9.87	1:21:37	
8	Bo Xiangdong	CHN	1.10.87	1:21:47	PB
9	Wang Zhen	CHN	24.12.92	1:22:10	PB
10	Lu Ronghua	CHN	21.2.83	1:22:16	SB
11	Zhang Xuezh	CHN	6.7.87	1:23:02	
12	Zhou Jincai	CHN	25.11.85	1:23:40	PB
13	Zhang Ronglong	CHN	2.11.84	1:24:14	SB
14	Chen Ding	CHN	5.8.92	1:24:25	
15	Li Lei	CHN	29.11.87	1:24:32	
16	Cui Zhide	CHN	11.1.83	1:24:38	SB
17	Zhan Ende	CHN	3.3.90	1:24:59	PB
18	Zhu Hongjun	CHN	18.8.83	1:24:59	SB
19	Wang Zhiping	CHN	11.12.83	1:25:08	
20	Wu Guosong	CHN	21.4.87	1:25:23	SB
21	Zhao Chengliang	CHN	1.6.84	1:25:57	
22	Xing Shucai	CHN	4.8.84	1:26:08	SB
23	Fang Pengfei	CHN	16.2.83	1:26:08	SB
24	Xu Xingde	CHN	12.6.84	1:26:18	
25	Yu Chaohong	CHN	12.12.76	1:26:40	
26	Wang Xiaohong	CHN	15.5.83	1:26:50	
27	Gao Lianzuo	CHN	30.8.85	1:27:03	
28	Miao Yanxi	CHN	3.8.84	1:27:25	
29	Zeng Guoqiang	CHN	25.10.84	1:28:32	
30	Huang Zhengyu	CHN	14.8.88	1:29:04	SB
31	Gou Xiaoxin	CHN	18.1.86	1:29:15	
32	Cong Fudong	CHN	28.5.92	1:30:51	PB
33	Geng Lingfu	CHN	5.10.90	1:31:02	PB
34	Xu Xianlong	CHN	2.2.91	1:31:17	PB
35	Han Yucheng	CHN	16.12.78	1:32:38	

20 km walk for women, Sunday 25 October

In the women's 20km Race Walk which was held on Sunday morning fast times had been expected, but the surprisingly warm weather dashed those hopes. Berlin bronze medallist, 22-year-old Liu Hong was still the strongest as expected, winning in 1:28:11, her season's best time. There was a surprise as behind Liu, 19-year-old Li Yanfei, yet another Shandong athlete performing well in front of home crowd, lowered her personal best by almost two and a half minutes to 1:28:57 to take the silver medal. Li, who won a bronze medal at the World Junior Championships last year, had not been considered a medal favourite before the competition. The reigning National Games winner from 2005, Bo Yanmin, was also a bit of a surprise medallist here as she had not dipped under 1:30 limit since that 2005 National Games race. But like so many times in China, former greats want to perform well and Bo finished in 1:29:17 for a SB and third place. Of the 31 starters, 26 finished with an amazing 20 breaking 1:40. Finishers were as follows

1	Liu Hong	CHN	12.5.87	1:28:11	SB
2	Li Yanfei	CHN	12.1.90	1:28:57	PB
3	Bo Yanmin	CHN	29.6.87	1:29:17	SB
4	Wang Shanshan	CHN	16.6.87	1:29:54	PB
5	Yang Yawei	CHN	16.10.83	1:31:11	
6	Zhou Kang	CHN	24.12.89	1:31:49	PB
7	Li Li	CHN	22.2.87	1:32:19	SB
8	Chai Xue	CHN	21.10.88	1:32:21	SB
9	He Dan	CHN	22.7.84	1:32:22	
10	Sun Limin	CHN	6.2.87	1:33:22	
11	Nie Jingjing	CHN	1.3.88	1:33:52	SB
12	Sun Xueping	CHN	10.12.88	1:34:23	
13	Li Hua	CHN	15.1.91	1:34:55	PB
14	Shi Yang	CHN	24.1.83	1:35:12	
15	Xu Qing	CHN	17.4.85	1:35:27	SB
16	Li Shuang	CHN	4.1.85	1:36:03	
17	Xu Liqin	CHN	6.2.90	1:36:27	PB
18	Yu Miao	CHN	2.4.89	1:36:43	
19	Han Jie	CHN	31.12.87	1:37:16	SB
20	Tong Chengcheng	CHN	20.10.89	1:39:01	
21	Yan Yang	CHN	25.2.87	1:40:25	
22	Yang Mingxia	CHN	13.1.90	1:42:11	
23	Song Jinzhao	CHN	16.1.88	1:47:11	
24	Huang Jing	CHN	28.2.88	1:48:33	
25	Zhang Guangcai	CHN	4.4.88	1:51:14	
26	Ke Lijun	CHN	12.9.88	1:51:34	

OUT AND AROUND

Dane Bird-Smith of Brisbane confirmed his all round expertise with a fantastic 3rd place in the Queensland State 400m championship – his time an official PB of **48.93**. Dane has run faster in a 4x400 relay but this is his best from a standing start.

DAEJEON (KOR, Oct 21-22): The 90th Korean National Sports Festival, held in the middle of last week in Daejeon, saw some very strong walking performances in the Senior 20km and Junior 10,000m events. New National Racewalking Coach David Smith is certainly producing some good results after his first 5 months in the job. I only have the first 3 place getters in each event but the walking is of a high standard.

Senior Men's 20km Walk

1.	KIM HYUN-SUB	SAMSUNG	1:24:45
2.	PARK CHIL-SUNG	SAMSUNG	1:24:56
3.	KIM DAE-HO	SANGJI YEONGSEO UNIV	1:27:54

Senior Women's 20km Walk

1.	JEON YEONG-EUN	BUCHEON	1:36:34
2.	WEON SAET-BYUL	BUCHEON	1:38:38
3.	KIM WOON-JUNG	BUSAN FOREIGN UNIV	1:39:26
	(4, 5) BORA & JI-YOUNG		1:44:29

High-School Men's 10,000m Walk

1.	CHOI BYUNG-KWANG	SEOUL SPORTS HIGH-SCHOOL	43:09.33
2.	JUNG DUK	NAJU HIGH-SCHOOL	43:18.37
3.	KIM HWA-MIN	BUSAN SPORTS HIGH-SCHOOL	43:47.26

High-School Women's 10,000m Walk

1.	BOK SUN-MI	CHOONG-NAM SPORTS SCHOOL	49:52.19
2.	KIM MI-JIN	SORAE HIGH-SCHOOL	50:32.07
3.	KIM BO-RAM	E-RI GIRLS SCHOOL	50:47.47

FOCUS ON LLOYD NICHOLS

Ok, it's time for another one of my articles, this time on regular VRWC judge Lloyd Nichols. I am sure that everyone knows Lloyd by sight but it's time you got to know him a bit more. Lloyd has been a member of the Victorian Race Walking Club for over 30 years and his career in athletics goes back much further.



Lloyd judging at Albert Park on Sunday

Now aged 68, Lloyd took up athletics aged 16, in 1957, competing initially with Geelong Guild as a sprinter and middle distance runner. After a few years, he swapped clubs to Dandenong and saw out his competitive career with that club. Dandenong eventually became Springvale which became Waverley Athletics Club and he only missed 2 days of summer competition in 20 years. He also served as secretary of the club for some years.

He was made a Life Member of Waverley Little Athletics in 2007 for his contributions as judge and coach there over many years.

From ages 16 to 25, he concentrated on running, specialising in the 880 yards. His best time stood at 1:59 but he found that his

performance leveled out in his mid twenties and, whether he ran from the front, the back or mid field, he could not improve his best time any further. Consequently, he swapped to racewalking at the age of 25 and spent the next 10 years competing in our wonderful sport. In that context, his name can be seen in the results for various Victorian championship walks in the late 1960s.

I don't think many people, especially sprinters, did long distance training in the early '60s, but Lloyd frequently ran home from work in the city all the way to Dandenong. Athletics has been a way of life to him.

He took up judging some 30 years ago when involved in Little Athletics and has been a regular at the Victorian Race Walking Club ever since. His son and daughter were both very good racewalkers.

He has had a walking group every Monday morning at Jells Park for many years and has coached walkers like Jean Knox, Brenda Riley, Shirley Coppock and Janet Holmes at different times.

It was some 16 years ago now that Lloyd suffered a major stroke but, to his credit, he fought back and resumed his judging and coaching activities as soon as possible. Even now, he runs in 2 or 3 races at East Burwood Masters each week and has done for over 20 years, both before and after his stroke.

It is fair to say that he has been, for many years, one of our most committed VRWC judges, doing just about all club races and regularly putting up his hand for any and all Victorian championships. He also judges every summer in the AV Shield competition and has also judged at Masters Nationals and Oceania Games.

Peter Vysma has extracted the following for me about Lloyd's club judging service over the past few winter seasons:

2009 - 14 club races 2008 - 16 club races 2007 - 18 club races 2006 - 14 club races

This is indicative of his ongoing contributions over many years.

The final word from Janet Holmes whom Lloyd has coached for the past 10 years:

As a coach he never shouts or carries on but lets it be known that training has to be taken seriously. He is very patient and always finds something positive and encouraging even after a disappointing race or training times.

NUMBERS BUILDING FOR 22 NOVEMBER RACES

Entries keep coming for our next big races on Sunday 22 November at Fawkner Park in Melbourne - 27 confirmed entries so far. The big news is that three of our AIS based Olympians, Jared Tallent included, are amongst them.. You can enter via the A.A. entry panel at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=419&OrgID=887. **Remember that entries close on 6th November** so you need to get moving soon.

10km Junior Girls	Alexander, Beth Hockley Samon, Jmara Tallent, Rachel	Victoria Victoria Victoria
10km Junior Boys	Cowley, Rhydian Fitzsimons, Sean Mulhearn, Jordan Simpson, Brad Steele, Blake	Victoria Western Australia New South Wales Victoria South Australia
20km Men	Bennett, Ralph Erickson, Chris Kollmorgen, Stuart Mulhearn, Derek (U23) Rayson, Ian (U23) Reading, Brendon (U23)	Victoria A.I.S. / Victoria Victoria New South Wales New South Wales New South Wales
20km Women	Attard, Tamara (U23) Bourke, Lauren (U23) Brunton, Caitlin (U23) Carr, Heather Ruddick, Kelly Stigwood, Stephanie (U23) Szirom, Megan Tallent, Claire Webb, Cheryl	Victoria New South Wales Victoria Victoria Victoria South Australia South Australia A.I.S. / South Australia NSW
AA/AV 50 km Championship	Cousins, Duane Barnes, Tom Bown, Darren Tallent, Jared	Victoria Victoria South Australia A.I.S. / Victoria

WHAT'S COMING UP

The AV Shield competition continues next week with 2000m walks to be contested in all 6 regions. The 3 Melbourne based venues are scheduled on Thursday evening while the 3 country venues are scheduled next Saturday. That means that you can race on two separate days, once in your official competition and once by invitation in one of the other regions. Hmm .. I might travel to Ballarat for a showdown with Daryl!

29/10/09	AV Shield - Round 4 (SOUTHEAST REGION)	Duncan MacKinnon Reserve, Murrumbeena
29/10/09	AV Shield - Round 4 (EAST REGION)	Hagenauer's Reserve, Box Hill
29/10/09	AV Shield - Round 4 (NORTHWEST REGION)	Moonee Valley Athletics Centre , Moonee Ponds
31/10/09	AV Shield - Round 5 (BENDIGO REGION)	La Trobe University Bendigo Athletics Complex, Bendigo
31/10/09	AV Shield - Round 5 (GEELONG REGION)	Landy Field, South Geelong
31/10/09	AV Shield - Round 4 (BALLARAT REGION)	Llanberris Reserve, Ballarat

DATES...DATES...DATES

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

Victorian & National Fixture – Summer 2009/2010

6-8 Nov 2009	Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
Sun 15 Nov 2009	VRWC Club Championships, Albert Park
21-22 Nov 2009	Racewalk Judging seminar, Albert Park
Sun 22 Nov 2009	2009 Australian 50 km championship, Fawkner Park, Melbourne (also 20km Open and 10km U20 walks)
4-7 Dec 2009	Australian All Schools T&F Championships, Hobart
Wed 9 Dec 2009	VRWC track races, Collingwood Harriers Track, Thornbury
Sun 10 Jan 2010	VRWC road races, Albert Park
22-24 Jan 2009	Victorian Country Championships, Newborough
Jan 30, 2010	Canberra Grand Prix (including Australia Cup) – 5000m walks (to be confirmed)
Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
26-27 Feb 2010`	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
27 Feb 2010	Sydney Grand Prix – 5000m walks (to be confirmed)
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, venue TBC
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth

2010 International Fixture

May 15-16, 2010	IAAF World Race Walking Cup, Chihuahua, Mexico
July 3-10, 2010	Oceania Masters Championships, Tahiti
July 19-25, 2010	World Junior Championships, Moncton, Canada
14-26 Aug, 2010	World Youth Olympics, Singapore
Oct 3-14, 2010	Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

2011 International Fixture

July 7-17, 2011	World Masters T&F Championships, Sacramento, California, USA
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea
Aug 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
July 7-17, 2011	19th World Masters Athletics Championships Stadia, Sacramento, USA

2012 International Fixture

July 27-Aug 12, 2012	Olympic Games, London. See http://www.london2012.com/
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2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)