



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### A.V. SHIELD COMPETITION ROUND 12

The final round of AV Shield competition was completed this week. Roll on the finals next weekend!

#### **AV Shield Round 12 South East Region, Knox Athletic Track, Scoresby, Thursday 28 January**

A large field of 34 walkers was assembled at Knox last Thursday evening for a 2000m walk. Michael O'Mahony with 9:33.7 won by a couple of secs from Matthew Felton whose time of 9:35.5 was a 16 sec PB. Amelia Finnegan and Kylie Irshad had a good battle in the women's section with Amelia getting up by 1 sec with 9:47.5.

#### **Mixed 2000 Meter Race Walk**

1.	O'Mahony, Michael	M	KNOX ATHLETI	9:33.7
2.	Felton, Matthew	M	KNOX ATHLETI	9:35.5
3.	Finnegan, Amelia	W	KNOX ATHLETI	9:47.5
4.	Irshad, Kylie	W	UNATTACHED	9:48.9
5.	Allamby, Billy	M	KNOX ATHLETI	10:09.8
6.	Riddoch, Clyde	M	ATHLETICS WA	10:10.8
7.	Carr, Heather	W	EAGLEHAWK YM	10:24.9
8.	Burren, Sarah	W	MALVERN HARR	10:40.2
9.	Irshad, Jasmine	M	UNATTACHED	10:43.8
10.	Attard, Bianca	W	KNOX ATHLETI	10:51.1
11.	Taylor, Lucas	M	UNATTACHED	11:20.8
12.	Montag, Jemima	W	MACCABI	11:21.3
13.	Tam, Aaron	M	KNOX ATHLETI	11:24.0
14.	Osmand, Kym	M	OAKLEIGH	11:30.3
15.	Steed, Gwen	W	MENTONE	11:30.4
16.	Hallett, Nicole	W	CASEY CARDIN	11:44.9
17.	Sanders, Jade	W	CASEY CARDIN	11:46.2
18.	Ziguras, Patrick	M	ATHLETICS WA	12:08.2
19.	Barrow, Geoffrey	M	MENTONE	12:13.2
20.	Hutton, Philip	M	GLENHUNTLY	12:21.1
21.	Goodings, Liana	W	ATHLETICS WA	12:37.4
22.	Van Dongen, Rupert	M	CASEY CARDIN	13:03.9
23.	Attard, Michaela	W	KNOX ATHLETI	13:13.0
24.	Callaway, Jessica	W	KNOX ATHLETI	13:13.2
25.	Huntley, Zoe	W	KNOX ATHLETI	13:31.5
26.	Eastwood, Jessie	W	KNOX ATHLETI	13:43.4
27.	Morrison, John	M	SANDRINGHAM	13:58.3
28.	Zelevnikow, John	M	GLENHUNTLY	21:04.3
	Harrison, Lindsay	M	ATHLETICS WA	DQ
	Gorrie, Thomas	M	ATHLETICS WA	DQ
	Jenkins, Llewellyn	M	INV	DQ
	O'Connor, Gerrard	M	KNOX ATHLETI	DQ
	McGorlick, Luke	M	INV	DQ

#### **AV Shield Round 12 North West Region, Moonee Valley Athletics Centre, Moonee Ponds, , Thursday 28 January**

Tom Barnes had his first track hitout for the summer and that made it first and second for Melbourne Uni with Tom 8:46 and team mate Paul Kennedy 8:53. Aaron McDonough did yet another PB (2 secs this time) to take third with 9:36 ahead of an improving Mark Donahoo 9:39 and Trenton Hawkins 9:46. Filip Cosic recorded a big PB with 9:55 and Duncan Knox forgot to dip, crossing the line in 10:00.0! Kirstin Shaw was the first lady with 10:52.0.

#### **Mixed 2000 Meter Race Walk**

1.	Barnes, Thomas	M	MELBOURNE UN	8:46.4
2.	Kennedy, Paul	M	MELBOURNE UN	8:53.8
3.	McDonough, Aaron	M	PRESTON	9:34.6

4.	Donahoo, Mark	M	ATHLETICS ES	9:39.4
5.	Hawkins, Trenton	M	PRESTON	9:46.3
6.	Cosic, Filip	M	ATHLETICS ES	9:55.3
7.	Knox, Duncan	M	ATHLETICS ES	10:00.0
8.	McShanag, Connor	M	ATHLETICS ES	10:22.3
9.	Shaw, Kirstin	W	WESTERN ATHL	10:52.0
10.	Elms, Jason	M	ATHLETICS ES	10:56.2
11.	Campbell, Caitlin	W	ATHLETICS ES	10:56.5
12.	Hammond, Nardene	W	ATHLETICS ES	11:10.7
13.	Elms, Donna	W	ATHLETICS ES	11:35.2
14.	Bertrand, Carly	W	KEILOR ST BE	11:54.8
15.	Shaw, Robyn	W	WESTERN ATHL	12:22.5
16.	McLaren, Stacey	W	ATHLETICS ES	12:49.2
17.	Campbell, Rebecca	W	ATHLETICS ES	12:55.8
18.	Baric, Amanda	W	KEILOR ST BE	14:21.7
19.	Stobaus, Anne	W	KEILOR ST BE	14:21.9
20.	Ireland, Roslyn	W	BRUNSWICK	15:05.5
21.	Abfalter, Maria	W	KEILOR ST BE	16:37.5
22.	Kerlin, Jessica	W	KEILOR ST BE	17:06.1
	Kelly, Bryce	M	ATHLETICS ES	DQ

**AV Shield Round 12 East Region, Reischiek's Reserve, Doncaster, Saturday 30 January**

Ross Reid took the honours at Doncaster with 10:19 ahead of Natalie Laurie 10:25 (improving!) and Anand Thillaisundaram 10:58.

**Mixed 2000 Meter Race Walk**

1.	Reid, Ross	M	COLLINGWOOD	10:19.4
2.	Laurie, Natalie	W	ATHLETICS NU	10:25.1
3.	Thillaisundaram, Anand	M	COLLINGWOOD	10:58.3
4.	Hammett, Gary	M	DIAMOND VALL	11:04.1
5.	Kozica, Jason	M	ST KEVINS	11:21.2
6.	Mason, Ella	W	BOX HILL	11:21.8
7.	Benke, Geza	M	OLD MELBURNI	11:23.7
8.	Gardiner, Bob	M	COLLINGWOOD	11:28.6
9.	Sofianos, Gerald	M	ST KEVINS	11:32.1
10.	Jack, Clarrie	M	RICHMOND HAR	11:58.6
11.	Worsnop, Chris	M	OLD XAVERIAN	12:11.0
12.	Facey, Stuart	M	OLD SCOTCH C	12:18.0
13.	Noonan, Patrick	M	ST KEVINS	12:42.5
14.	Cooper, Stuart	M	ST STEPHENS	13:05.1
15.	Ellis, Robert	M	RICHMOND HAR	13:25.5
16.	Walburg, Kirsten	W	DONCASTER	15:09.3
	Onley, Gordon	M	ST STEPHENS	DQ
	McNair, David	M	ST STEPHENS	DQ

**AV Shield Round 12 Ballarat Region, Llanberris Reserve, Ballarat, Saturday 30 January**

And to our final AV Shield races at Ballarat where Andrew Blood won with 10:17 ahead of Paul Nunn 10:51 and Erin Adamcewicz 11:05.

**Mixed 2000 Meter Race Walk**

1.	Blood, Andrew	M	BALLARAT YCW	10:17.09
2.	Nunn, Paul	M	WENDOUREE	10:51.01
3.	Adamcewicz, Erin	W	ATHLETICS ES	11:05.53
4.	Jones, Robert	M	BALLARAT YCW	11:17.92
5.	Govan, Lee	M	WENDOUREE	12:45.02
6.	Jones, Peter	M	BALLARAT HAR	13:41.86
7.	Ruddick, Kevin	M	BALLARAT HAR	13:46.71
8.	Brooks, Barry	M	BALLARAT HAR	13:54.86
9.	Burnett, Nicholas	M	BALLARAT YCW	14:39.30
10.	Ohlsen, Shae	W	EUREKA	15:22.86
11.	Zeleznikow, John	M	GLENHUNTLY	21:02.65

**CANBERRA GRAND PRIX 5000M WALK, AIS TRACK, CANBERRA, SATURDAY 30 JANUARY**

The first big track meet of the summer kicked off on Saturday with the Canberra Grand Prix meet at the AIS track. Unfortunately Nathan Deakes and Chris Erickson were at Frank Bertei's wedding in Melbourne and Luke Adams was fighting off the effects of a cold and also bypassed the chance to race. That left Jared Tallent and Adam Rutter to fight it out and, as expected, they soon cleared out from the rest of the field. Jared proved too good on the day with 19:08.81 even though he is one of a number of walkers in the middle of a tough stint in the altitude house. Adam slowed once Jared dropped him and was content to come home in what was for him a slowish 19:51.10. The next 3 places were taken by overseas walkers David Mejia, Adrian Herrera and Ito Ibanez who are all

currently training at the AIS. They were then followed by the strong contingent of young Australian walkers. It is fair to say that most walkers raced tired after a heavy month of training but the racing was still honest and PBs were recorded by Dane Bird-Smith, Derek Mulhearn and Blake Steel.

**Men 5000 Metres Race Walk Invitation Open**

1.	Jared Tallent	AIS	19:08.81	
2.	Adam Rutter	AIS	19:52.10	
3.	David Mejia	MEX	19:56.23	
4.	Adrian Herrera	MEX	19:59.41	
5.	Ato Ibanez	SWE	20:12.16	(PB)
6.	Dane Bird-Smith	QLD	20:21.69	(PB – 1 sec)
7.	Ian Rayson	NSWIS	20:46.15	
8.	Brendon Reading	ACT	21:11.87	
9.	Darren Bown	SA	21:14.05	
10.	Sean Fitzsimons	AIS	21:36.51	
11.	Derek Mulhearn	NSW	21:42.67	(PB – 20 secs)
12.	Rhydian Cowley	VIC	21:46.95	
13.	Blake Steele	SA	22:06.09	(PB - track)
14.	Michael Reading	ACT	24:05.64	
15.	Steven Washburn	NSW	25:10.31	

The women's event was a race of 4 with little separating Claire Tallent, Jillian Hosking, Kellie Wapshott and Cheryl Webb early on. The day turned out to be a good one for the Tallent family with Claire recording 22:22.58 to join her husband Jared on the winner's podium. Jillian walked strongly for second place with 22:35.15 while Kellie, in her first race since June last year, took third with 22:54.91. Like the men, most women raced tired, still preparing for Hobart in 2 weeks time.

**Women 5000 Metres Race Walk Invitation Open**

1.	Claire Tallent	AIS	22:22.58
2.	Jillian Hosking	ACT	22:35.15
3.	Kellie Wapshott	AIS	22:54.91
4.	Cheryl Webb	NSWIS	23:04.26
5.	Beki Lee	NSW/JSL	23:36.56
6.	Nicole Fagan	NSW	23:49.70
7.	Beth Alexander	VIC	24:36.84
8.	Amy Burren	VIC	DNF.
9.	Regan Lamble	AIS	DNF



**Jared Tallent laps local ACT walker Michael Reading in the 5000m race in Canberra**  
 (Getty Images – see <http://www.facebook.com/photo.php?pid=3249131&id=264338589300>)



**Brendon Reading, Darren Bown, Ian Rayson, David Mejia, Beki Lee, Cheryl Webb, Claire Tallent, Kelly Wapshott and Jillian Hosking in action in the 5000m (photos from Jillian Hosking)**

**BENDIGO WALKERS CLUB, ROSALIND PARK, BENDIGO, WEDNESDAY 27 JANUARY 2010**

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo Walkers Club held 800m and 2400m handicap events in Rosalind Park on Wednesday evening.

The 800m handicap race saw a close encounter between the Edlin sisters with 11 year old Grace getting the upper hand in the last few metres to score a narrow victory in a personal best time of 3.52 with her 10 year old sister Charlotte in 2<sup>nd</sup> place also recording a PB of 4.03 and backmarker Dane Heiden taking 3<sup>rd</sup> place and taking the fastest time award by 1 second over Grace. 9 year old Bree Heiden also produced a personal best effort.

The 2400m handicap event saw evergreen Club Masters athlete Colin Cleary hold off a determined sprint by 2<sup>nd</sup> backmarker Ebony Whiley to record a strong victory. Ebony took 2<sup>nd</sup> place and fastest time with another of the frontmarkers Catherine Heard holding on to 3<sup>rd</sup> place with talented 12 year old Zoe Boldiston racing to the line strongly to finish just outside the placings in a personal best time with her training partner Amanda Heard also recording a PB.

**800m;** Grace Edlin 3.52, Charlotte Edlin 4.03, Dane Heiden 3.51, Jarrod Coad 4.40, Jessey Wilson 4.14, Grace Campbell 4.16, Bree Heiden 5.32, Carol Coad 5.59

**2400m;** Colin Cleary 16.44, Ebony Whiley 12.30, Catherine Heard 17.09, Zoe Boldiston 12.53, Amanda Heard 12.45, Annette Curtis 17.30, Eddie Rowan 17.33, John Carter 15.33, Josh Savage 14.12, Ebony-Jade Jones 17.26, Geoff Major 17.17, Norm West 20.08, Jeremiah Jones 16.59

**SOUTH AUSTRALIAN TRACK RACING ROUNDUP**

Thanks to Peter Crump for the following South Australian Track results from this summer. Fast walking from Paige Hooper, Darren Bown, Blake Steele, Megan Szirom, Christie Gosnik and Claire Xian.

**Athletics SA Inter Club Meet, Santos Stadium, Adelaide, 22/11/2009**

3,000	Jemma Potezny	16:17.1
3,000	Piper Douglas	16:23.1
5,000	Kristie Goznik	26:36.2
5,000	Lotta Danner	26:37.8
5,000	Amber Tuscharski	27:26.0
5,000	Samara Holliday	28:05.8
5,000	Gloria Holliday	30:13.1
5,000	Barb Cain	34:22.2
5,000	Kim Mottrom	24:22.3
5,000	Peter Crump	28:11.6
5,000	James Hoare	32:58.7

**ASA State Championships, Santos Stadium, Adelaide, 29/11/2009**

10,000	Megan Szirom	48:33.6
10,000	Paige Hooper	51:31.3
10,000	Kelly Watson	54:32.4
10,000	Claire Xian	54:38.5
10,000	Kristie Goznik	57:39.0

10,000	Allegra Steele	1:00:37
10,000	Gloria Holliday	1:02:52
10,000	Darren Bown	46:16.5
10,000	Blake Steele	49:59.7
10,000	Peter Crump	57:47.8
10,000	James Hoare	1:04:58

**Athletics SA - Support Races, Santos Stadium, Adelaide, 29/11/2009**

3,000	Lotta Danner	15:49.1
3,000	Samara Holliday	16:14.2
3,000	Jemma Potezny	16:27.5
3,000	Piper Douglas	16:56.8
1,500	Erin Dallimore	09:03.5

**SA All Schools, Santos Stadium, Adelaide, 4/12/2009**

5,000 U17	Kristie Goznik	25:30.8
5,000 U17	Amber Tuscharski	26:13.7
5,000 U17	Samara Holliday	26:52.4
5,000 U17	Lotta Danner	27:39.1
3,000 U15	Jemma Potezny	15:31.3
3,000 U15	Lotta Danner	15:48.8
1,500 U14	Jemma Potezny	07:32.0
1,500 U14	Piper Douglas	07:32.9

**Athletics SA Inter Club Meet, Santos Stadium, Adelaide, 05/12/2009**

3,000	Claire Xian	15:04.8
3,000	Barb Cain	20:18.0
3,000	Kim Mottrom	13:32.3
3,000	Peter Crump	16:56.3
3,000	Jim Hoare	19:32.3

**Athletics SA Inter Club Meet, Santos Stadium, Adelaide, 12/12/2009**

5,000	Claire Xian	26:20.1
5,000	Samara Holliday	27:36.9
5,000	Kristie Goznik	28:07.0
5,000	Jemma Potezny	28:24.1
5,000	Gloria Holliday	30:20.9
1,500	Erin Dallimore	08:44.5
5,000	Darren Bown	21:09.9
5,000	Kim Mottrom	24:40.5

**Athletics SA Inter Club Meet, Santos Stadium, Adelaide, 16/01/2010**

5,000	Paige Hooper	23:43.5
1,500	Piper Douglas	07:44.3
1,500	Erin Dallimore	09:27.9
1,500	Allegra Steele	07:36.9
1,500	Gloria Holliday	08:14.6
5,000	Darren Bown	22:23.9
5,000	Blake Steele	22:40.1
5,000	Peter Crump	27:53.0

**Athletics SA Inter Club Meet, Santos Stadium, Adelaide, 23/01/2010**

3,000	Paige Hooper	13:52.0
3,000	Kristie Goznik	15:28.1
3,000	Jemma Potenzy	16:54.9
3,000	Gloria Holliday	18:19.8
1,500	Piper Douglas	07:46.2
3,000	Darren Bown	12:16.6
5,000	Peter Crump	17:07.3
5,000	Jim Hoare	19:52.1

**Athletics SA Inter Club Meet, Santos Stadium, Adelaide, 30/01/2010**

5,000	Paige Hooper	24:16.7
5,000	Kristie Goznik	26:32.5
5,000	Claire Xian	26:42.1
5,000	Jemma Potezny	29:22.0
1,500	Piper Douglas	07:50.1
5,000	Kim Mottrom	28:34.7
5,000	Peter Crump	29:15.9

## INTERSTATE RACE ROUNDUP

Thanks to Terry Jones for the latest Western Australian results

### Mixed 1500 Metre Race Walk, Friday 22 Jan 2010

1.	Gooch, Matthew	M	Athletics WA	6:59.1
2.	Catley, Ben	M	Curtin	7:08.7
3.	Clauson, Emily	W	Curtin	7:34.4
4.	Smith, Jacqueline	W	Curtin	7:34.8
5.	Holt, Kate	W	Melville Roa	7:40.7
6.	Hann, Andrea	W	Athletics WA	7:52.8
7.	Cattermole, sara-jane	W	West Track	8:28.9
8.	Smyth, David	M	West Track	8:52.6
	Holt, Georgia	W	Melville Roa	DQ
	Ninyett, Ben	M	Athletics WA	DQ
	Foster, Clay	M	Athletics WA	DQ

### Mixed 5000 Metre Race Walk, Friday 29 Jan 2010

1.	Watson, Hannah	W	Curtin	27:13.3
2.	Clauson, Emily	W	Curtin	28:33.7
3.	Holt, Kate	W	Melville Roa	28:37.0
4.	Smith, Jacqueline	W	Curtin	29:54.3
5.	Smyth, David	M	West Track	30:32.9
6.	Brown, Breanna	W	Athletics WA	31:02.0
7.	Sexton, Jessica	W	Melville Roa	31:22.2
8.	Sexton, Andrea	W	Melville Roa	31:58.4
9.	Butler, Michelle	W	Athletics WA	32:06.0
	Bruce, Wilson	M	Athletics WA	DQ
	Nolan, Ethan-Lee	M	Athletics WA	DQ

and thanks to Peter Aiton for the following Queensland results

### PB Series #10, Gold Coast City Athletics Track, Sunday 31st January

#### Women 2000 Metre Race Walk

1.	Pickles, Jessica	16	Jimboomba	9:51.20
2.	Benzenati, Kenza	13	Gold Coast Victory	10:53.78
3.	Woodward, Mikaela	11	Unattached	11:18.28
4.	Bennett, Faith	16	Gold Coast Victory	11:56.11
5.	Carroll, Tess	14	Redlands	12:02.32
6.	Paviell, Marybeth	14	Gold Coast Victory	12:27.57

#### Men 2000 Metre Race Walk

1.	Dewar, Nick	18	Qld Race Walking Club	8:35.50
2.	Dewar, Brandon	18	Qld Race Walking Club	8:58.14

## HOBART LOOKS LARGE ON THE HORIZON

The latest press release on the AA website sums up the Hobart races well. We look set for some bumper racing and I have my tickets and accommodation booked!

### Comeback king to headline star field at Hobart's first IAAF World Challenge event

Former world champion and world record-holder **Nathan Deakes** will launch his much-anticipated return to competitive athletics in Hobart this month when he lines up in Round 1 of the 2010 IAAF Race Walking Challenge, marking the first time the series has ventured to the southern hemisphere in its eight-year history.

Thirty-two-year-old Deakes will make a high-stakes return to action at the Hobart waterfront on February 13, the opening round of the IAAF Race Walking Challenge doubling as the Australian 20km race walking championships and Commonwealth Games selection trials.

In one of the strongest race walking fields ever assembled on local shores, Deakes will be joined on the start line by 2007 IAAF Race Walking Challenge title-holder **Luke Adams** (AUS), 2008 victor **Jared Tallent**, defending champion **Eder Sanchez** (MEX) and a host of leading local and overseas challengers from as far and wide as Mexico, Japan and New Zealand all out for a share of the \$10,000 prize purse.

Fronting up the domestic contingent alongside Deakes, Adams and Tallent will be reigning Commonwealth Games bronze medallist **Chris Erickson**, Australian Flame representative **Adam Rutter** and 1998 Commonwealth Games silver medallist **Duane Cousins**.

Deakes takes to the start line with an impressive list of credentials to his name, highlighted by his 2006 world record in the 50km walk, 2007 world championships win in the same event, four Commonwealth Games gold medals (2002 – 20km walk,

50km walk, 2006 – 20km walk, 50km walk) and bronze medal in the 20km walk at the 2004 Athens Olympic Games.

The Victorian, who was forced out of the Beijing Olympic Games in 2008 and the world championships in Berlin in 2009 through injury, has already stated his desire to defend his Commonwealth Games titles in New Delhi (IND) in October and will be out to impress selectors at the Hobart meet.

With just three places up for grabs in the Commonwealth Games team, competition will be fast and furious on the Hobart waterfront.

Fresh from his win in the 5000m walk at the Australia Cup meet in Canberra on Saturday night, Tallent said the February 13 event was building as the best domestic race walking event ever seen in Australia.

“It’s going to be good, it’s a great field lined up and if you think about it we’re going to have the last three winners of the Challenge racing with me, Luke Adams and Eder Sanchez all out there and with Nathan Deakes coming back as well it will make for a pretty tough Commonwealth Games trial,” Tallent said.

“Nathan will definitely come back firing and want to do well so I’ve been training very hard and I want to make sure I get out there and show him what I’m capable of, so it’s going to be interesting. When you’ve got Adam (Rutter), Luke (Adams), Nathan (Deakes), Chris (Erickson) and myself and there are only three spots up for grabs it’s going to make for some great racing and probably the best domestic race we’ve ever had.”

Australian Flame representatives **Cheryl Webb** and **Claire Tallent** will headline the women’s field alongside Beijing Olympian **Kellie Wapshott** in the race for Commonwealth Games selection.

The Hobart leg of the IAAF Race Walking Challenge is part of a bumper weekend of athletics action on the Apple Isle, which also features the Briggs Athletics Classic and Australian combined events championships.

Entries have now closed and the start lists are at <http://www.athletics.com.au/freestyler/files/2010%20Entry%20Lists.pdf>. Here's how they read

<p><b>Women 20k Race Walk Open, 13/02/2010, 6:00 PM</b></p> <table> <tr><td>1</td><td>Tamara Attard *</td><td>Vic</td></tr> <tr><td>2</td><td>Alana Barber *</td><td>Nzl</td></tr> <tr><td>3</td><td>Lauren Bourke *</td><td>Nsw</td></tr> <tr><td>4</td><td>Caitlin Brunton *</td><td>Vic</td></tr> <tr><td>5</td><td>Nicole Fagan *</td><td>Nsw</td></tr> <tr><td>6</td><td>Jillian Hosking</td><td>Act</td></tr> <tr><td>7</td><td>Beki Lee</td><td>Nsw</td></tr> <tr><td>8</td><td>Kelly Mabbett *</td><td>Nzl</td></tr> <tr><td>9</td><td>Kate Newitt *</td><td>Nzl</td></tr> <tr><td>10</td><td>Rosie Robinson *</td><td>Nzl</td></tr> <tr><td>11</td><td>Jessica Rothwell</td><td>Vis</td></tr> <tr><td>12</td><td>Kelly Ruddick</td><td>Vic</td></tr> <tr><td>13</td><td>Megan Szirom</td><td>SA</td></tr> <tr><td>14</td><td>Claire Tallent</td><td>Ais</td></tr> <tr><td>15</td><td>Kellie Wapshott</td><td>Ais</td></tr> <tr><td>16</td><td>Cheryl Webb</td><td>Nswis</td></tr> </table> <p>* Aust U23 Vs NZ Open 20km Race Walk Test Match</p>	1	Tamara Attard *	Vic	2	Alana Barber *	Nzl	3	Lauren Bourke *	Nsw	4	Caitlin Brunton *	Vic	5	Nicole Fagan *	Nsw	6	Jillian Hosking	Act	7	Beki Lee	Nsw	8	Kelly Mabbett *	Nzl	9	Kate Newitt *	Nzl	10	Rosie Robinson *	Nzl	11	Jessica Rothwell	Vis	12	Kelly Ruddick	Vic	13	Megan Szirom	SA	14	Claire Tallent	Ais	15	Kellie Wapshott	Ais	16	Cheryl Webb	Nswis	<p><b>Men 20k Race Walk Open, 13/02/2010, 6:00 PM</b></p> <table> <tr><td>1</td><td>Luke Adams</td><td>Ais</td></tr> <tr><td>2</td><td>Tom Barnes</td><td>Vic</td></tr> <tr><td>3</td><td>Darren Bown</td><td>SA</td></tr> <tr><td>4</td><td>Duane Cousins</td><td>Vic</td></tr> <tr><td>5</td><td>Nathan Deakes</td><td>Ais</td></tr> <tr><td>6</td><td>Chris Erickson</td><td>Ais</td></tr> <tr><td>7</td><td>Isamu Fujisawa</td><td>Jpn</td></tr> <tr><td>8</td><td>Adrian Herrera</td><td>Mex</td></tr> <tr><td>9</td><td>Ato Ibañez</td><td>Swe</td></tr> <tr><td>10</td><td>Eric Kemsley *</td><td>Nzl</td></tr> <tr><td>11</td><td>David Mejia</td><td>Mex</td></tr> <tr><td>12</td><td>Derek Mulhearn *</td><td>Nsw</td></tr> <tr><td>13</td><td>Scott Nelson *</td><td>Nzl</td></tr> <tr><td>14</td><td>Mike Parker *</td><td>Nzl</td></tr> <tr><td>15</td><td>Daniel Payne *</td><td>Vic</td></tr> <tr><td>16</td><td>Darren Purcell</td><td>Nsw</td></tr> <tr><td>17</td><td>Ian Rayson *</td><td>Nswis</td></tr> <tr><td>18</td><td>Brendon Reading *</td><td>Act</td></tr> <tr><td>19</td><td>Quentin Rew *</td><td>Nzl</td></tr> <tr><td>20</td><td>Adam Rutter</td><td>Ais</td></tr> <tr><td>21</td><td>Eder Sanchez</td><td>Mex</td></tr> <tr><td>22</td><td>David Sim</td><td>Nzl</td></tr> <tr><td>23</td><td>Jared Tallent</td><td>Ais</td></tr> <tr><td>24</td><td>Yuki Yamazaki</td><td>Jpn</td></tr> </table> <p>* Aust U23 Vs NZ Open 20km Race Walk Test Match</p>	1	Luke Adams	Ais	2	Tom Barnes	Vic	3	Darren Bown	SA	4	Duane Cousins	Vic	5	Nathan Deakes	Ais	6	Chris Erickson	Ais	7	Isamu Fujisawa	Jpn	8	Adrian Herrera	Mex	9	Ato Ibañez	Swe	10	Eric Kemsley *	Nzl	11	David Mejia	Mex	12	Derek Mulhearn *	Nsw	13	Scott Nelson *	Nzl	14	Mike Parker *	Nzl	15	Daniel Payne *	Vic	16	Darren Purcell	Nsw	17	Ian Rayson *	Nswis	18	Brendon Reading *	Act	19	Quentin Rew *	Nzl	20	Adam Rutter	Ais	21	Eder Sanchez	Mex	22	David Sim	Nzl	23	Jared Tallent	Ais	24	Yuki Yamazaki	Jpn
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The big news is that AA has selected a full complement of 4 U23 men and 4 U23 women to compete against New Zealand in our inaugural Trans Tasman Test Match. The team is



U23 Women: Tamara Attard, Lauren Bourke, Caitlin Brunton and Nicole Fagan  
U23 Men: Derek Mulhearn, Daniel Payne, Ian Rayson and Brendon Reading

Congratulations to all the team members and best wishes for some great racing to all our entrants.

**FRANK BERTEI TIES THE KNOT**

Former VRWC member Frank Bertei (member of 2002 and 2004 World Cup walking teams) tied the knot with long time partner Sarah McCormack last Saturday evening in Melbourne and some big names from the Australian walking community were on hand to witness the big event. It would be remiss of me not to publish at least a couple of photos from the big day!



**Frank and Sarah celebrate their big day**



**Australian International Walkers past and present – Duane Cousins, Mike Harvey, Chris Erickson, Nathan Deakes, Tom Barnes, Frank Bertei, Tim Erickson**



**TRAINING IN CANBERRA**

A final few photos from Canberra before I drive back to Melbourne tomorrow. It's been a great 3 weeks with up to 30 walkers at any one time.



**Rachel, Beth, Regan, Nicole, Jared and Chris**



**Jess, Daniel, Derek and Nicole**



**The big group on the LBG 10 mile loop**



**Ian Rayson and Brendon Reading tackle the tough Mt Stromlo climb**

## ANAND HEADS BACK TO SCOTLAND

Anand Thillaisundaran and partner Kelly Davidson return to Scotland later this month after a very eventful and enjoyable 1+ years in Australia. Anand contacted me before coming to Australia to see if he could try his hand out with some racewalking. And that's just what he did, walking the winter season with us at Albert Park and following up with a full summer season racing with Collingood Harriers. He had a most successful first year in the sport and got his times down to 2:13:37 (20km), 1:00:44 (10km), 16:15 (3000m) and 10:18 (2000m). He and Kelly will now be back in Scotland for 12-18 months while he finishes his medical training and then it will hopefully be back to Australia once again.

And now onto the big news for fellow VRWC members – a farewell party this Saturday evening. Here are the details. Make sure you come along to wish Anand and Kelly bon voyage!

Hi Tim

Kelly and I are having a leaving party (nibbles and drinks) on Saturday 6th February, 1930hrs onwards, at the Clayton RSL (opposite Clayton railway station).

We would love to see anyone from the the club there.

We would be grateful for names (to organise the catering) by Wednesday 3rd February.

Everyone can get in touch with us at:

Anand - anandt76@yahoo.com or 0421 522644

Kelly - kellydavidson79@hotmail.com or 0421 202219

Thank you.

Regards,

Anand.



## WHAT'S COMING UP IN VICTORIA

This Saturday sees AV Shield Finals (with 3000m/1500m walks) being held in all 6 regions.

Sat 06/02	AV Shield - Region Final (EAST REGION)	Hagenauer's Reserve, Box Hill
Sat 06/02	AV Shield - Region Final (SOUTHEAST REGION)	Knox Athletic Track, Scoresby
Sat 06/02	AV Shield - Region Final (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
Sat 06/02	AV Shield - Region Final (BENDIGO REGION)	La Trobe University Athletics Complex, Bendigo
Sat 06/02	AV Shield - Region Final (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sat 06/02	AV Shield - Region Final (GEELONG REGION)	Landy Field, South Geelong

And more about the **Victorian Open and U20 5000m track walk championship** to be held on **Thursday 18 February** at Olympic Park in Melbourne. Entries will close on **Thursday 11 February** and you can download the entry form from the AV website - see <http://www.athsvic.org.au/results/downloadfile.php?table=MeetFile&id=meetFileID&value=12378>. You are supposed to quote your best 5000m time since 01/01/2009 but I have confirmed that, if you do not have a 5000m time, you can quote a 3000m time instead.

Considering its imminent demise and the building of the new stadium at Albert Park, this may well be our last senior walk at Olympic Park. Hence the 2010 5000m championship is worth some special consideration. **Daryl Biggin and I have decided to race the event for one last Olympic Park moment and throw the challenge open to everyone else. Come on – if we can, you can!**

## DATES...DATES...DATES

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

Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open 20km Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park) Entries close Thursday 11 February
Thurs 25 Feb 2010	AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
26-27 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
Sat 27 Feb 2010	Sydney Grand Prix – 5000m walks
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney (walks in all divisions)
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 Highlights

Mar 1-6, 2010	<b>WMA World Indoor Championships, Kamloops, Canada</b> (3000m and 10000m walks)
May 15-16, 2010	<b>IAAF World Race Walking Cup, Chihuahua, Mexico.</b> See <a href="http://www.iaaf.org/wrc10/preview.html">http://www.iaaf.org/wrc10/preview.html</a>
July 3-10, 2010	<b>Oceania Masters Championships, Tahiti</b>

July 19-25, 2010      **World Junior Championships, Moncton, Canada**  
14-26 Aug, 2010      **World Youth Olympics, Singapore** (10000m walk boys, 5000m walk girls)

Oct 3-14, 2010      **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

**2010 Race Walking Challenge Series (dates now confirmed)**

Apr 10, 2010      IAAF Race Walking Challenge, Rio Maior, POR  
May 1, 2010      IAAF Race Walking Challenge, Sesto san Giovanni, ITA  
May 15-16, 2010      IAAF World Racewalking Cup, Chihuahua, MEX  
May 29, 2010      IAAF Race Walking Challenge, Na Rynek marsz Krakow, POL  
June 19, 2010      IAAF Race Walking Challenge, La Coruna, ESP  
Sept 18, 2010      IAAF Race Walking Challenge Final, Beijing, CHN

**2010 – Other International Opportunities**

May 30, 2010      German 20km Championships, Naumburg (see <http://www.racewalking-naumburg.de>)

**2011 International Fixture**

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

**2012 International Fixture**

May 2012?      **IAAF World Race Walking Cup, Saransk, Russia**  
July 27-Aug 12, 2012      **Olympic Games, London.** See <http://www.london2012.com/>

**2013 International Fixture**

Aug 10-18, 2013      **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**

Tim Erickson, Secretary, VRWC

[terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 90125431 Mob: 0412 257 496

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