



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 29
13 April 2010



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

ADDENDUM – AUSTRALIAN MASTERS CHAMPIONSHIPS

One final informational item from last week's Australian Masters Championships in Perth. In the W50 5000m event, Victorian **Pam Tindal's** time of **25:18.53** bettered Heather Carr's **W50 Victorian record** of 25:26. This was a World Record when Heather did it some 10 years ago but since then, Lyn Ventris has burst onto the Masters scene and been steadily re-writing the record books, first in the W45 division and now in the W50. Now Pam has joined her in the W50 division and, with her current rate of improvement, is going to be a serious contender for record honours as well. Well done Pam.

AV ALL COMERS MEET, OLYMPIC PARK, SATURDAY 10 APRIL 2010

With the Australian Open T&F Championships to be held in Perth next weekend, Athletics Victoria put on one final All Comers meet at Olympic Park last Saturday. The Summer racewalking championships have already been held so there was no urgent need for any walkers to have a hitout but a small number did turn out for 3000m walks. Stu Cooper was there and forwarded some photos to me.



Caitlin and Rebecca Campbell, Paul Kennedy and Connor McShanag in action at Olympic Park on Saturday

Men 3000 Meter Race Walk Open

1.	Kennedy, Paul	57	MUU	14:27.88
2.	McShanag, Connor	96	ATE	16:16.99

Women 3000 Meter Race Walk Open

1.	Campbell, Caitlin	94	ATE	18:00.01
2.	Campbell, Rebecca	97	ATE	19:11.25

VRWC AND VMA RACES, GEORGE KNOTT RESERVE, CLIFTON HILL, SUNDAY 11 APRIL 2010

Sunday saw our last VRWC races for the summer season as we joined forces with the Victorian Masters Association for their 5000m Summer Championships at the Collingwood Harriers track in Clifton Hill. It was cold and very windy and the Masters Men were caught in a real downpour but it did not seem to slow the walkers and times were generally good. Sorry no photos as I was taking entries on the table and Stu Cooper was busy judging.

VMA 5000m WOMEN

The Masters women were first on the track at 8:30AM and Pam Tindal led the whole way to record an excellent 25:41 ahead of Heather Carr 27:37 and Gayle McIntyre 29:04.

W40	1	McIntyre, Gayle	29:04
W45	1	Elms, Donna	32:11
W50	1	Tindal, Pam	25:41
W55	1	Thompson, Alison	28:47
W60	1	Carr, Heather	27:37
W60	2	Feldman, Liz	29:38
W70	1	Beaumont, Margaret	38:38

VMA 5000m MEN

The Masters men were next at 9:15AM, with Stuart Kollmorgen 24:06, James Seid-Christmass 25:32 and Simon Evans 25:35 leading the way. The rain came down in buckets at about the 28 min mark so those walkers still on the track had to see out their last laps in very cold wet and windy conditions. Well done to Col Silcock-Delaney who showed that at 76 he can still walk pretty briskly!

M35	1	McDonough, Aaron	28:10
M40	1	Kollmorgen, Stuart	24:06
M40	2	Seid-Christmass, James	25:32
M45	1	Keirl, Bernie	27:23
M50	1	Evans, Simon	25:35
M55	1	Riddoch, Clyde	27:56
M60	1	Dickenson, Russ	28:21
M60	2	Lucas, Alan	28:48
M65	1	Bennett, Ralph	32:05
M65	2	Wicks, Barrie	35:59
M70	1	Dickinson, Murray	30:36
M70	2	Summers, Harry	32:53
M70	3	Beaumont, Ian	38:01
M75	1	Silcock-Delaney, Col	37:41

Our own club races followed. Although the rain had now stopped, the wind was still blowing a treat but it did not seem to worry Rhydian Cowley or Hilary Brazel, both of whom walked PBs in the 5000m (21:14 for Rhydian and 26:10 for Hilary). Special mention to 11 year old Cooper Owen who walked his first ever 5000m – a very respectable 29:53. Natalie Laurie was the best of the 3000m with 15:28, her best since coming back from ankle surgery, and Georgia Bertrand was the fastest over 1500m with 9:10. We welcomed first time VRWC walkers Simone McInnes and Shelby Kay. Sorry about the weather girls!

VRWC 5000m

1.	Cowley, Rhydian	21:14 (PB)
2.	Brazel, Hilary	26:10 (PB)
3.	Irshad, Kylie	26:12
4.	McDonough, Aaron	27:36
5.	Owen, Cooper	29:53 (First ever)
6.	Johnson, Celia	34:25
7.	Gatens, Georgia	37:02

VRWC 3000m

1.	Laurie, Natalie	15:28
2.	Irshad, Jasmine	16:49
3.	McInnes, Simone	17:49
4.	Bertrand, Carly	18:11
5.	Onley, Gordon	23:43

VRWC 1500m

1.	Bertrand, Georgia	9:10
2.	Kay, Shelby	9:28
3.	Owen-Smith, Chelsea	10:17

Judges: Peter Vysma (chief), Stuart Cooper, Shane Bertrand, Ralph Bennett, Terry Knappe
Officials: Tim Erickson, Bob Gardiner, Harry Summers, Jason Elms, Damien Elms, Don McLaren
Competitors: 36
Conditions: Very windy, cool with some showers

19TH GRANDE PRÉMIO INTERNACIONAL DE RIO MAIOR EM MARCHA ATLÉTICA, RIO MAIOR, PORTUGAL, SAT 10TH APRIL 2010

The 2010 IAAF Race Walking Challenge Series continued last Saturday with the 19th Grande Premio Internacional en Marcha Atletica in Rio Maior in Portugal. One of the bigger walk meets on the European calendar, it attracted strong fields once again. António Manuel Fernandes of the IAAF reported as follows on the 20km events (<http://www.iaaf.org>)

Women's 20km, 5PM

Spurred on by a hometown crowd, local hero Vera Santos, the fifth place finisher at last year's World Championships, took the women's title after leading throughout. In the first 10km she had China's Yanfei Li (1:28:57, PB), the 2008 World junior bronze medallist, and German Melanie Seeger (1:28:17 PB) for company. After 12km, only the Chinese girl remained in contention, and soon after, Santos was alone. Struggling towards the end, she won by nearly 1 minute with a time of 1:29:16.

"This was great winning here," said Santos, who was third in the 2008 Race Walking Cup. "I'm feeling in good shape, I felt this was my day and I forced the pace to the finish. I felt that I'm not so good in the final sprint, but I had some good signals after the Portuguese championship."

Santos is now focusing on the IAAF World Race Walking Cup in Chihuahua, Mexico, on 15-16 May. "I will start a period of preparation at altitude, in Sierra Nevada, just to prepare for it, and I will compete in Italy (Sesto San Giovanni, 1 May). I'm hoping that João Vieira, who was absent today because an injury, can be with me at the World Cup."

Behind Santos, Seeger made a good recovery and forced the pace to finish second in 1:30:11, just ahead of Spaniard Julia Takacs who improved her personal best by 22 seconds, clocking 1:30:20. Yanfei Li struggled in the late stages, and finished fourth, 33 seconds behind Takacs.



Vera Santos wins in Rio Maior (<http://www.iaaf.org>)

1.	Santos Vera	81	POR	1.29.16
2.	Seeger Melanie	77	GER	1.30.11
3.	Takacs Julia	89	ESP	1.30.20
4.	Li Yanfei	90	CHN	1.30.53
5.	Cabecinha Ana	84	POR	1.31.14
6.	Pascual Beatriz	82	ESP	1.31.41
7.	Henriques Inês	80	POR	1.32.19
8.	Saltanovic Kristina	75	LTU	1.32.42
9.	Li Li	87	CHN	1.34.25
10.	Sanchez Maria del Rosário	73	MEX	1.36.53
11.	Spindler Tania	77	BRA	1.37.01
12.	Lopes Cisiane Dutra	83	BRA	1.37.30
13.	Polli Laura	83	SUI	1.38.10
14.	Polli Marie	80	SUI	1.39.43
15.	Castelo Sara Alonso	91	ESP	1.42.46
16.	Hernández Angélica	87	MEX	1.43.35
17.	Nemere Dora	85	HUN	1.44.30
18.	Trabelsi Chaima	82	TUN	1.48.19
19.	Pereira Marisa S.	80	POR	1.50.55
	Loughnane Olive	76	IRL	DNF
	Sena Erica Rocha de	85	BRA	DNF
	Pinedo Ainhoa	83	ESP	DNF
	Sanchez Alba	88	ESP	DNF
	Lafi Olfa	86	TUN	DNF
	Conceição Ana	89	POR	DQ
	Gonçalves Maribel	78	POR	DQ

Men's 20km , 5:30PM

In the men's 20km, the contest was clearly between Norwegian Erik Tysse and Frenchman Yohan Diniz, with Tysse, the winner here in 2008, prevailing. The Norwegian, who had also finished third here twice, clocked 1:20:08 to the Frenchman's 1:20:23.

"This win was a first step towards achieving my main goal, the European Championship podium," said Tysse, who was seventh at the World Championships over this distance last year. "I'm in good shape and I proved it today. I'm going now for a period of

training at altitude, in the United States, Arizona, where the Portuguese Susana Feitor, Inês Henriques and Ana Cabecinha, will also train.” Tysse too is planning to compete at the next IAAF Race Walking challenge meeting in Sesto San Giovanni.

Behind the leading pair, China’s Zhen Wang, who was sixth in Lugano earlier this season, clocked a personal best 1:20:42 to finish third, ahead of Luis Fernando Lopez of Colombia, the 2008 South American Champion, who clocked 1:21:17. Eder Sanchez of Mexico clocked 1:21:45 to finish fifth.



Erik Tysse wins in Rio Maior (<http://www.iaaf.org>)

1.	Tysse Erik	80	NOR	1.20.08
2.	Diniz Yohan	78	FRA	1.20.23
3.	Wang Zhen	92	CHN	1.20.42
4.	López Luis Fernando	79	COL	1.21.17
5.	Sanchez Eder	86	MEX	1.21.45
6.	Chen Ding	92	CHN	1.21.59
7.	Toth Matej	83	SVK	1.22.04
8.	Kim Hyunsub	85	KOR	1.22.24
9.	Hohne Andre	78	GER	1.22.49
10.	Diaz José Ignacio	79	ESP	1.23.09
11.	Griffin Colin	82	IRL	1.23.53
12.	Berger Maik	79	GER	1.24.39
13.	Skarnulis Donatas	78	LTU	1.24.43
14.	Kinnunen Jarkko	84	FIN	1.24.43
15.	Byun Young-Joon	84	KOR	1.25.25
16.	Schmidt Carsten	86	GER	1.26.07
17.	Isidro Pedro	85	POR	1.26.11
18.	Cano Juan M.	87	ARG	1.26.22
19.	Dominguez Jose David	80	ESP	1.26.52
20.	Cardoso Augusto	71	POR	1.26.56
21.	Chocho Andrés	83	ECU	1.27.42
22.	Odrizola Mikel	73	ESP	1.28.09
23.	Torres Giovanni	90	MEX	1.28.24
24.	Teraoui Hedi	89	TUN	1.29.58
25.	Costa Faro Jorge	61	POR	1.31.25
26.	Silva Luís P	70	OR	1.33.55
27.	Gil Luis	75	POR	1.34.40
28.	Santos Pedro	86	POR	1.34.41
29.	António Cristiano	88	POR	1.37.18
30.	Tomasi Daniel	87	BRA	1.37.26
31.	Valente Nuno	88	POR	1.38.55
32.	Villanueva Cláudio	88	ECU	1.39.23
33.	Angueira Manuel Julio	72	ESP	1.39.28
34.	Nascimento Tiago	89	BRA	1.44.14
35.	Santos Nuno	88	POR	1.45.53
36.	Paiva Carlos	69	POR	1.52.14
	Ghoula Hatem	73	TUN	DQ
	Sudol Grzegorz	78	POL	DNF
	Vieira Sérgio	76	POR	DNF
	Collados Ferran	85	ECU	DNF
	Corchete Luis M.	84	ESP	DNF
	Gentile Giovanni	84	ITA	DNF

Ventura Dionísio	79	POR	DNF
Lopes Luis	90	POR	DNF
Martins Seia Pedro	68	POR	DNF
Nunes Pedro	89	POR	DNF
Sbai Hassanine	84	TUN	DNF
Ruiz Jose Puertas	89	ESP	DNF

BELARUS RACE WALKING CUP, NESVIZH, BELARUS, SATURDAY 10 APRIL 2010

Belarus is one of the Eastern European powerhouses of racewalking and, as Mikhail Dubitski reported for the IAAF website, the annual Belarus Race Walking Cup, showcased their depth and strength. Here is what he had to say (<http://www.iaaf.org>)

Ivan Trotski and Hanna Drabenia claimed victories at the Belarus Race Walking Cup on Saturday, clocking 1:21:09 and 1:34:02 respectively over the 20km course.

In the men's race, Trotski, Andrei Talashka and Vitali Talankou led until the final lap. Then as Talankou began to lag, Trotski and Talashka fought on until the final metres before Trotski was able to pull ahead to win by four seconds.

"It was difficult to win today," Trotski admitted, "as my opponents were seriously ready. That makes it all the more pleasant to win. I hope to develop my success in the next competitions."

In the men's 35km, Aliaksandr Kazakou boldly took the lead from the start. Last year he also moved to the front early but in the last km he was overtaken by Andrei Stsepanchuk. This time there were no such issues and he took the first "gold" of his career.

In the women's 20km Drabenia and Sniazhana Yurchanka broke away from their fellow competitors after 6km and walked together for a similar distance before Drabenia finally broke away to notch a comfortable 26-second victory.

In the junior 10km races, victories went to Aleh Sauchanka from the Mogilev region and Marina Kuznyak from the Brest region, clocking 42:03 and 47:42 respectively.



Ivan Trotski wins the men's 20km event at the Belarus Racewalking Cup

Major placegetters were as follows

20 km Open Men

1.	Ivan Trotski	1:21:09
2.	Andrei Talashka	1:21:13
3.	Vitali Talankou	1:21:43

20 km Open Women

1.	Hanna Drabenia	1:34:02
2.	Sniazhana Yurchanka	1:34:28
3.	Alina Matveyuk	1:34:57

35 km Open Men

1.	Aliaksandr Kazakou	2:35:54
2.	Andrei Stsepanchuk	2:37:52
3.	Alexey Litvinchuk	2:39:37

10 km Junior Men

1.	Aleh Sauchanka	42.03
2.	Yauhen Zaleski	42.58
3.	Barys Sharhar	42.59

10 km Junior Women

1.	Marina Kuznyak	47.42
2.	Kseniya Umets	48.08
3.	Tatsiana Stsefanenka	48.32

2010 ALF ROBINSON FOUNDATION APPLICATIONS NOW OPEN

Applications are now open for walkers seeking funding from the Alf Robinson Foundation (a joint initiative between Racewalking Australia and Athletics Australia) for international competitions. All applications must be made via the Athletics Australia online panel at http://www.clubsonline.com.au/events/index.cfm?fuseaction=display_full&EventID=4075&OrgID=887.

The AA panel briefly explains the Foundation and the funding criteria. You can read more about the Foundation from the following RWA informational link: http://www.rwa.org.au/alf_robinson_foundation.html

In 2008, funding was awarded to Melissa Hayes (NSW) and Brendon Reading (ACT). In 2009, the available pool of money was split between Jillian Hosking (ACT), Ian Rayson (NSW), Dane Bird-Smith (QLD), Sean Fitzsimons (WA), Paige Hooper (SA) and Shannon Jennings (NSW).

With lots of our walkers going overseas this year for various races, we expect to see a significant number of applications. Entries close on **Friday 28th May**.

2010 AUSTRALIAN ROADWALK CHAMPS CONFIRMED FOR ST LUCIA IN BRISBANE

I have been advised by RWA President David Smith that the 2010 Australian Roadwalk Championships are to be held at the University of Queensland in St Lucia on the morning of Sunday 22nd Aug 2010. St Lucia is a Brisbane inner suburb and is very close to the CBD and alongside the Brisbane River. Events will start from the main U.Q. Athletics Track and a 1km road course will be utilised. Competitors will have full use of the athletics track, change rooms, showers and toilets. Car parking will be available. Presentations will be held at the Athletics Track complex.

Once the road course has been measured and certified and final agreement has been reached on road closures, a course map will be produced. In the meanwhile, this email is being sent in case people wish to complete early bookings for travel and/or accommodation.

CANBERRA CARNIVAL NOW ON FACEBOOK

Phil Essam of the ACT Race and Fitness Walking Club (the club who run the Canberra Carnival each June), has created a Facebook group for the 2010 Canberra Carnival. Point your browser to <http://www.facebook.com/group.php?gid=116927058324565&ref=nf> and join up. That way you can keep up with all the latest LBG info as it happens.

OFF TO HONG KONG

Last year, Daniel Coleman and Cheryl Webb won the Elite Class 10km events at the MTR Hong Kong Race Walking Carnival in April 2009. This year sees **Brendon Reading** (ACT) and **Nicole Fagan** (NSW) travelling over for the 2010 carnival which is to be held next Sunday. See http://www.mtr.com.hk/eng/whatsnew/healthy_walking_10.html for further details. Good luck Brendon and Nicole. I look forward to reporting on the events in next week's newsletter.

WHAT'S COMING UP NEXT

Our summer season has now completed but spare a thought for those intrepid souls who will be competing in the **Australian Centurions 24 Hour Championships** at the **Harold Stevens Athletics Track** in **Coburg** next weekend. The event kicks off at 10AM on Saturday 17th April and finishes exactly 24 hours later at 10AM on Sunday 18th April. No sleep for these ultra walkers as they go above and beyond the call of duty and try to see just what distance they can achieve in 24 hours. I will be there as Australian Centurions Secretary and it's a long night, I can tell you! We are excited to have **Peter Bennett** of QLD, our top ultra distance walker, in action alongside VRWC members **Clarrie Jack** and **Terry** and **Karyn O'Neill**. I recommend you pop over either late Saturday evening or early Sunday morning to see how they are going and to cheer them on.

It is time to start planning for the winter season. To do so, you need to renew your Athletics Victoria membership ASAP as their new financial year started on 1st April. We are hoping for lots of competitors in the inaugural **AV 5km Teams Championships for men and women** on **Saturday 1 May** at Albert Park. As mentioned in last week's newsletter, entry forms can be sourced from <http://www.vrwc.org.au/2010%20AV%20Walk%20Entry%20Form.pdf>. You enter as an individual and, as long as two or more other members from your AV club also enter, you can then race as a team in the big event.

Our own VRWC winter season kicks off at Albert Park on Saturday 24th April with the following races:

Saturday 24 April 2010, Albert Park (course to be advised)			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	8km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	4km	Handicap	Open
2.15pm	4km	Handicap	Under 15
2.30pm	2km	Handicap	Under 12
2.30pm	1km	Handicap	Under 9

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.

April 16-18, 2010 Australian Open and U23 Track and Field Championships, Perth (walks already held separately)
 Sat Apr 24, 2010 Australian Little Athletics U13 Championships, Bill Sewart Athletics Track, Nunawading, VIC

Australian Winter Season Key Dates

Sat Apr 24, 2010 VRWC Winter Season commences, Albert Park. See <http://www.vrwc.org.au>
 Sun June 13, 2010 44th Lake Burley Griffin Racewalking Australia Carnival, Canberra
 Sat July 24, 2010 Racewalking Australia State Challenge, in each State
 Sun August 22, 2010 Australian Roadwalking Championships and RWA carnival, QLD (venue TBA)

2010 International Fixtures

May 15-16, 2010 **24th IAAF World Race Walking Cup, Chihuahua, Mexico.** See <http://www.iaaf.org/wrc10/preview.html>
 July 3-10, 2010 **Oceania Masters Championships, Tahiti**
 Aug 3, 2010 **8th World Gay Games VIII, Cologne, GERMANY** (5000m walks). See <http://www.gaygames.com/>
 July 19-25, 2010 **13th World Junior Championships, Moncton, Canada.** See <http://www.moncton2010.ca/>
 Aug 14-26, 2010 **1st World Youth Olympics, Singapore** (10000mW boys, 5000mW girls). See <http://www.singapore2010.sg>
 Oct 3-14, 2010 **19th Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2010 Race Walking Challenge Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 th Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 th Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 rd Coppa Città di Sesto San Giovanni , Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 th IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	13 th Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	24 th Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
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>)
 Aug 28, 2010 20th International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)

2011 International Fixture

July 7-17, 2011 **19th World Masters T&F Championships Stadia, Sacramento, California, USA**
 Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
 Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**
 May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
 July 2010 ? **14th World Junior Championships, Barcelona, Spain**
 July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
 July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, China**
 July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow .** See <http://www.glasgow2014.com/>

Looking even further forward

Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
 July 2020 **32nd Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

Tim Erickson, Secretary, VRWC

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>)