



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 7
16 November 2010



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VRWC RUNNERS WORLD SPONSORSHIP CONTINUES THIS SUMMER

Neil Ryan of Runners World Kew has come to the fore again and offered a further round of VRWC Sponsorship this summer season with the **top VRWC male and female walkers to each receive Cash \$500 plus Gift Voucher \$500**. The VRWC Committee will review the performances done by club members in any of the following events (as well as any other major ones that I have missed)

- the 7 VRWC summer season races
- the various AV championships (Schools, Country and State T&F champs)
- the VLAA T&F championships
- the various AA championships and meets
- the VMA and AMA championships

Thus our top male / female walker could come from any of Masters, Open, Junior or Little Athletics and all appropriate racing performances will be considered. The VRWC committee will draw up a short list at the end of the season (cutoff is Sunday 11 April 2010 – our last VRWC/VMA races) and vote as we did in the winter. We are looking for our TOP two walkers when compared to their peers. Additional criteria read as follows

- The winners must be VRWC members
- The winners must race in at least 2 of the 7 VRWC Summer Season races and any combination of other events from the above list.
- Walkers on AIS or VIS scholarships are not eligible.

Thanks to Neil for his continuing generous support – make sure you say thank you in the best possible way by using his shop for your sporting needs.

BENDIGO WALKERS CLUB WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 3 NOVEMBER

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo Walkers Club held even pace events on Wednesday evening in Rosalind Park with short distance athletes walking twice over 1200m while the long distance event was 2x 2400m.

In the 1200m Catherine Heard produced a perfect performance, recording the same time on both walks to take victory while Peter Curtis and Jarrod Coad walking together had just one second difference in their times to be equal 2nd and they also recorded equal fastest time.

In the long distance event, Ebony Whiley and Amanda Heard walked together and they also walked exactly the same time for both 2400m events to take equal 1st place with Barb Bryant taking 3rd place with a 5 second difference in her times. Zoe Boldiston took fastest time honors with times of 12.41 and 12.11 with her 12.11 performance a personal best and under 14 Club record.

2x 1200m Even Pace

1	Catherine Heard	8.38	8.38
E2	Jarrold Coad	8.35	8.34
E2	Peter Curtis	8.35	8.34
4	Ebony-Jade Jones	8.38	8.51
5	Norm West	11.06	10.48
E6	Jamie-Lee Jones	11.08	10.49
E6	Carol Coad eq.	11.06	10.47

2x 2400m Even Pace

E1	Amanda Heard	13.47	13.47
E1	Ebony Whiley	13.47	13.47
3	Barb Bryant	15.48	15.53
E4	Dane Heiden	14.22	14.33
E4	Geoff Major	18.20	18.09
6	John Carter	15.39	15.54

E7	Josh Savage	14.18	14.47
E7	Annette Major	14.43	15.12
E7	Colin Cleary	18.55	18.26
10	Zoe Boldiston	12.41	12.11
11	Annette Curtis	17.58	17.25
12	Jeremiah Jones	14.25	15.11

This Wednesday evening the Club's annual 30 minutes and 60 minutes walk events will be held commencing at 6pm in Rosalind Park. Enquirers phone 5442 6435.

ACT RACE & FITNESS WALKING CLUB TRACK WALKS

Thanks to Val Chesterton for the latest walking reports from Canberra. These track walks are done as part of the weekly Thursday evening interclub at the AIS track in Belconnen.

AIS Track, Thursday 4 November 2010

3km	Z Hunt(f) 15.15 R Whyte 17.49 J Bates(f) 18.44 H Bialecki(f) 18.55 A Williams 19.50 R Gilchrist 19.53 G Barker 20.19 J Donovan 209.38 R Baussmann(f) 20.58 J Gilchrist(f) 22.21 R Kennelly 25.09 N de Chazal(f) 27.29 C Carlon(f) 29.24
1km	T Hopkins 5.26 K Hopkins(f) 6.08 P Thomson 7.54

AIS Track, Thursday 11 November

2km	H Bates 9.09 Z Hunt(f) 10.08 P Baker 11.11 H Bialecki(f) 11.30 C Doherty 12.06 R Whyte 12.10 B Thomas 13.09 A Williams 13.10 J Donovan 13.46 G Barker 13.51 R Baussmann(f) 14.15 D Fitzgerald 14.28 J Gilchrist(f) 14.43 S Greathead(f) 15.03 P Thomson 15.25 T Jones(f) 16.44 R Kennelly 16.52 N de Chazal(f) 18.32 R Thompson(f) DNF
1.2km	C Burns 6.31 T Hopkins 6.38 G Hunt(f) 6.48 K Hopkins(f) 7.05 S Burns 9.05 V Chesterton(f) 9.20.

VICTORIAN SHIELD COMPETITION, SATURDAY 13 NOVEMBER 2010

What a wet and wild day it was in Victoria on Saturday with Athletics Victoria Shield competition being cancelled ahead of time at most venues. Doncaster and Bendigo did make a start but Doncaster was forced to pull the plug mid way through as the rain set in. Luckily their walkers did get a walk in (see below). I have not seen any results from Bendigo yet so can't advise on that one.

AV Shield - East Region Round 5, Reischick's Reserve, Doncaster

As mentioned above, the 2000m walk was one of a number of events held before the rains set in at Doncaster. Nathan Brill 8:38.1 and Ryan Antidormi 9:01.0 both walked fine PBs to take overall honours ahead of Masters supremo Andrew Jamieson with 9:13.5. David Armstrong advises

Although we were washed out, there is the possibility we may continue at a later date. The region is looking to resume Round 4 on Tuesday 7 December at Doncaster as a twilight meet. When formal approval is given by AV, I will issue results and progress scores from that round. You can then advise me of any errors or omissions. Stand-by for confirmation of Round 4. If we are able to complete Rounds 4 and 5 (and we lose no more to get 12 at the end of the preliminary rounds), athletes will need to have competed at 4 rounds, plus their individual event, to be eligible for the finals.
Cheers .. David

Mixed 2000 Meter Race Walk

1.	Brill, Nathan	M	BOX HILL AC	8:38.1	PB 6 secs
2.	Antidormi, Ryan	M	ATHLETICS NU	9:09.0	PB 20 secs
3.	Jamieson, Andrew	M	OLD SCOTCH C	9:13.5	
4.	Evans, Simon	M	BOX HILL AC	9:50.8	
5.	Brazel, Hilary	W	ATHLETICS NU	10:29.9	
6.	Dyer, Bill	M	BOX HILL AC	10:39.3	
7.	Hammett, Gary	M	DIAMOND VALLEY AC	10:50.1	
8.	Owen, Cooper	M	DIAMOND VALLEY AC	10:56.9	
9.	Garganis, Adam	M	COLLINGWOOD	11:09.0	
10.	Gardiner, Bob	M	COLLINGWOOD	11:15.3	
11.	Benke, Geza	M	OLD MELBURNIANS AC	11:27.6	
12.	Dyer, Chelsea	W	BOX HILL AC	11:51.3	
13.	Facey, Stuart	M	OLD SCOTCH C	12:34.6	
14.	Worsnop, Chris	M	OLD XAVERIANS AC	12:40.2	
15.	Cooke, Brianna	W	DIAMOND VALLEY AC	12:46.6	
16.	Ellis, Robert	M	RICHMOND HAR	13:58.9	
17.	Onley, Gordon	M	ST STEPHENS	14:24.2	
18.	Laurie, Natalie	W	ATHLETICS NU	14:39.9	
19.	Rankin, Samantha	W	ATHLETICS NU	14:40.2	
20.	Brougham, Tom	M	OLD MELBURNIANS AC	15:26.7	
21.	Neale, Anthony	M	COLLINGWOOD	15:50.9	

SA INTERCLUB ROUND 2, ENFIELD, SATURDAY 13 NOVEMBER 2010

Thanks to Peter Crump for his weekly report from South Australia.

Our second round of interclub on the grass circuit at St Albans, Clearview (Enfield), was an overcast and wet affair, which may have kept numbers down. Local legend Darren Bown proved he was up to scratch as a judge, balling out walkers who were not walking in form, and fortunately no sackings resulted.

The 5,000m was a singleton in each gender, with Kristie Goznik showing a clean pair of heels to Peter Crump. Both times were down on best, but still a good work out on the slippery grass surface.

The 1,500m was literally a walk in the park for Blake Steele, having finished his matriculation exams that week and working a late night shift the night before. Nice to see Dan Crouch back after an extended break, still showing that he can walk strongly. In the junior women, Jemma Potezny again showed good form against good competition.

5,000 metres

1.	Kristie Goznik	26:53.7
2.	Peter Crump	27:42.1

1,500 metres (men)

1.	Blake Steele	5:58.6
2.	Daniel Crouch	8:06.8
3.	Jack White	13:52.7

1,500 metres (women)

1.	Jemma Potezny	7:38.9
2.	Piper Douglas	8:11.3
3.	Jessica Stephens	8:24.2
4.	Erin Dallimore	8:28.7

VRWC SUMMER CLUB CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 14 NOVEMBER 2010

After the torrential rains of Saturday, conditions were still and dry for Sunday (apart from plenty of large pools of water trackside!) and conditions were good for racing in Melbourne. But we had plenty of competition with Little Aths relays, a JDS camp day and the Team Vic presentations so our overall numbers were down – only 44 walkers in total. Thanks as usual to all our officials. Sorry if I missed anyone.

Officials Tim Erickson, Ron Miller, Bob Gardiner, Harry Summers. Ian Laurie, Natalie Laurie, Stuart Cooper, Mark Donahoo, Damien Elms

Judges Peter Vysma (chief), Gordon Loughnan, Lloyd Nicholls, Stuart Cooper

Canteen Joyce Summers. Barb Gardiner, Kate Suitch, Wendy Cooper

Photos Terry Swan - photos already uploaded to <http://vrwc.org.au/coppermine> – and used in this report. Thanks Terry.

Conditions Cloudy, still, humid

Our first races to kick off were the 20km events and Rhydian Cowley walked excellently to win the Gus Theobold Club Championship with 1:36:23. Behind him, Michelle Thompson 2:08:39 and Sandra Howorth 2:28:56 walked great races to beat their personal targets for the day. It was a PB for Michelle and was the best time for some years for Sandra.

20KM GUS THEOBOLD CLUB CHAMPIONSHIP – OPEN MEN

1.	Cowley, Rhydian	47:33	1:36:23
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OPEN 20KM

1.	Thompson, Michelle	63:11	2:08:39
2.	Howorth, Sandra	73:27	2:28:56

Heather Carr 56:32 and Simon Evans 54:25 were our top 10km walkers and Heather also won our Masters Women club championship (named appropriately after her!)

10KM HEATHER CARR TROPHY – MASTERS WOMEN

1.	Carr, Heather	56:32
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OPEN 10KM

1.	Evans, Simon	54:25
2.	Lucas, Alan	60:55
3.	Gardiner, Bob	62:20
	Dickenson, Russ	DNF
	Lamble, Regan	DNF
	Irshad, Kylie	DNF



Heather Carr, Michelle Thompson, Rhydian Cowley, Sandra Howorth and Simon Evans

The 5km races saw excellent walking out front by Regan Lamble 23:11 (back home from the AIS for the week), Lewis Clark 24:01, Jmara Hockley-Samon 24:16 and Bradley Simpson 24:16

OPEN 5KM

1.	Bennett, Ralph	27:49
2.	Elms, Donna	31:05
3.	Doran, Anthony	32:19
4.	Johnson, Celia	34:26
5.	Wicks, Barrie	36:18
	Brunton, Caitlin	DNF

5KM UNDER 20 CLUB CHAMPIONSHIPS

1.	Lamble, Regan	23:11
2.	Alexander, Beth	25:32
3.	Hockley-Samon, Jmara	27:13
4.	McInnes, Simone	31:24
	Finnegan, Amelia	DNF
1.	Clark, Lewis	24:01
2.	Simpson, Bradley	24:16
3.	Dillon, Josh	25:09

Nathan Brill walked dominantly in the 3km with 13:23 (after an 8:38 for 2000m the day before) while Stephanie George bounced back into good form with 15:34.

3KM OPEN

1.	Campbell, Caitlin	18:10
2.	Onley, Gordon	22:42
3.	Beaumont, Margaret	23:34
4.	Beaumont, Ian	23:35

3KM U15 CLUB CHAMPIONSHIPS

1.	George, Stephanie	15:34
2.	Burren, Sarah	16:40
3.	McLaren, Stacey	21:03
1.	Brill, Nathan	13:23

Our U9 and U12 walkers contested 1.5km. Kyle Swan was fastest overall with 7:29 but he was chased all the way by Harry Hockley-Samon who finished only 3 secs in arrears with 7:32. Jayah Mathews was the fastest of the girls. Our two U9 winners were Kathleen O'Mahony with 9:01 and Tom Hockley-Samon with 12:12. And a special welcome to Brendon O'Mahony who had his first walk with us at Middle Park.

1.5KM UNDER 12 CLUB CHAMPIONSHIPS

1.	Mathews, Jayah	08:18
2.	George, Hayley	08:55
3.	Miller, Tegan	10:03
	Crea, Gabriella	DQ
1.	Swan, Kyle	07:29
2.	Hockley-Samon, Harry	07:32
3.	Burren, James	08:10

- 4. Mathews, Kurtis 08:47
- 5. O'Mahony, Brendon 10:53

1.5KM UNDER 9 CLUB CHAMPIONSHIPS

- 1. O'Mahony, Kathleen 09:01
- 1. Hockley-Samon, Tom 12:12



Brad Simpson, Stephanie George, Lewis Clark, Jmara Hockley-Samon, Josh Dillon, Nathan Brill and Regan Lamble



Brendon O'Mahony, Tom Hockley-Samon, Jayah Mathews, Kathleen O'Mahony and Kyle Swan

Finally thanks to Stuart Cooper for these photos from the presentations.



Runners World Kew proprietor Neil Ryan with Runners World winter season award holders Jmara, Nathan and Heather



Heather Carr, Rhydian Cowley, Jmara Hockley-Samon, Lewis Clark and Josh Dillon



Harry Hockley-Samon, Jayah Mathews, Tegan Miller, Stacey McLaren, Nathan Brill, Kathleen O'Mahony and Tom Hockley-Samon

REGAL RACEWALKERS DISTANCE DAY, NARELLAN, SUNDAY 14 NOVEMBER 2010

Regal Racewalkers held their Distance Day races in Narellan, Sydney, on Sunday in very hot and humid condition, with 22 walkers availing themselves of the opportunity.

Open Men & Women 20km

1.	Nicole Fagan	1:55:45	
2.	Sarah Raycanovski	2:01:56	
	Vanessa Ebejer	1:25:26	14km
	Robert Osborne	1:02:36	10km
	Jillian Bonham	1:04:22	10km
	Susan Knapton	32:12	6km
	Charlene Ebejer	35:10	5km

U/20 Men & Women 10km

1.	Kyle Malone	48:49	
2.	Vanessa Noble	1:01:29	
	Kurtis Birch-Ward	22:14	4km

U/18 Men & Women 5km

1.	Hannah Denney	28:54	
2.	Jasmine Dighton	29:23	

U/16 Men & Women 2km

1.	Jack Dhu	10:42	
2.	Ethan Dhu	11:02	
3.	Bryony Beasley	11:40	
4.	Jordan Glover	12:16	
5.	Abbey Dhu	12:33	
6.	Natasha Estrada	12:36	
7.	Patrick Estrada	13:53	
8.	Rachel Dhu	16:23	

U/14 Men & Women 1km

- | | |
|------------------|-------|
| 1. Karl Osborne | 07:07 |
| 2. Molly Beasley | 08:30 |

BALLARAT RACEWALKING CLUB ROADWALKS, BALLARAT, SUNDAY 14 NOVEMBER

Thanks to Daryl Biggin for this report of road races at North Gardens in Wendouree, Ballarat.

On Sunday Ballarat Racewalking Club and Fitness Walkers conducted the Inaugural Daryl Biggin and Sharon Schnyder Founders Cup 3km. Handicap race over 3kms. We had 14 starters ranging from 8 to 55 year old. Road Slippery in areas due to a recent concert, but otherwise condition were perfect for racing, no wind and rain holding off. In the early stages of the race new walker Rodney Davis was doing well until Amy Canavan and Katelyn Lotherington passed him, both looking strong. At around 2km Amy and Katelyn were catch by Jemma Peart but Amy, who is only 8 years old, was too strong and kicked away to win the inaugural trophy from Katelyn 2nd and Rodney 3rd and fast finishing Daryl Biggin 4th. It was fantastic to have **Jared Tallent** down for the race and official unveil our new Walkers Club Logo. It was a great day - thanks for attending and thanks to Kathy for organising. We also have to say Goodbye and Good luck to **Rachel Tallent** who has been with the Club since June 1999. Rachel is moving to Canberra to enhance her Racewalking. It is a fantastic environment for Racewalkers. We all wish her well in the future and look forward in following her journey. Again, well done Rachel .

Daryl Biggin and Sharon Schnyder Founders Cup - 3km Handicap

- | | |
|-------------------------|-------|
| 1. Amy Canavan | 23.42 |
| 2. Katelyn Lotherington | 23.40 |
| 3. Rodney Davis | 25.38 |
| 4. Daryl Biggin | 17.47 |
| 5. Shae Ohlsen | 23.23 |
| 6. Lee Govan | 20.55 |
| 7. Collin Bootsman | 19.06 |
| 8. Jemma Peart | 23.23 |
| 9. John Ohlsen | 25.57 |
| 10. Paul Nunn | 19.14 |
| 11. Peter Luke | 22.48 |

1km Walk

- | | |
|-----------------|------|
| 1. Olivia Davis | 8.11 |
| 2. Alanna Peart | 8.11 |
| 3. Wayne Peart | 8.12 |



Some great shots of Jared with winner Amy Canavan

OVERSEAS NEWS

OSLO (NOR): Norwegian media confirm that the doping case of walker Erik Tysse has been delayed by the Norwegian Athletics Federation until January 2011. Tysse tested positive for CERA while competing in Italy earlier this year. The athlete, however, denies having taken banned products and has said to be disappointed by the decision to delay his hearing. Tysse is not allowed to compete until the hearing and faces a two year ban.

Monte Carlo: The following World record has recently been ratified:

Junior Men 10km Race Walking (Road) 37:44 Zhen Wang (91) CHN Beijing, CHN, 18 Sep 2010

The previous record of 38:28 was set by Stanislav Emelyanov (90) RUS in Saransk, RUS on 19 Sep 2009.

ATHSVIC TV - VICTORIAN ALL SCHOOLS WALKS

AthsVic TV has posted the following fine video summary of the walks from last weekend's Victorian All Schools T&F Championships - <http://www.youtube.com/watch?v=q0YdLc5zorE&p=B01761A68704BC01>

VRWC ANNUAL GENERAL MEETING

There are a few items to report back to readers and VRWC club members from our VRWC annual general meeting which was held on Sunday after our races.

Firstly, we elected our new committee - I am pleased to advise that we are all back for more hard work. You can see our new committee at <http://www.vrwc.org.au/vrwccommittee.html>

We also welcome 2 new committee members, **Terry Swan** and **Tony Doran**. Tony joins us as a general committee member while Terry will take on the role of **VRWC Records officer**. Yes, that's right – we are going to implement club records for all age groups over a wide variety of distances, track and road. We are busy populating the lists with the inaugural record holders (as far as we can ascertain). Once this task is completed, we will be opening them up for review and publication.

Finally, we awarded one of our very hard working supporters with Honorary Life Membership – congratulations to **Kate Suich** who has been helping out in the canteen and behind the scenes for many years now along with Barb Gardiner and Joyce Summers.



Tim and Kate, two of our VRWC life members

Kate first attended VRWC in 1981 and has been a regular ever since. In 1993, when Barbara Gardiner took on the role of Social Secretary, Joyce Summers and Kate took on subsidiary roles organising social events and working alongside her in the kitchen. As a team they organised the highly successful wake marking the demise of the old clubrooms in 1995. On this occasion, many past and present members attended.

Once new clubrooms were sourced in the Middle Park Bowling Club, social activities were once again scheduled, this time in the main room of the Bowling Club. These included dinners and trivia nights. Barbara and Joyce and Kate were responsible for organizing and at times catering for these events. Amongst the biggest of these organizational activities was the annual luncheon which was held in conjunction with the AGM for a number of years. Many other more minor events like club barbeques also took place.

Of course, all during this period, Barbara, Joyce and Kate continued to run the canteen on a weekly basis and raised much valuable money for the club, much of which was spent on equipment. They continue in this role to this day. It is fair to say that their work has

been a major factor in the club's current success and inclusiveness.

Two years ago, Barb and Joyce were granted Honorary Life Membership of the club. This year we are pleased to be able to award Kate with Honorary Life Membership.

You can read all about our life members (including Kate) at <http://www.vrwc.org.au/vrwcclifemembers.html>.

IAAF WORLD INDOOR CHAMPIONSHIP RACEWALKING

Following on from our 5km and 10km ranking lists in the last couple of newsletters, one of our European readers (thanks Rodrigo) sent me a video link to Dave Smith's bronze medal performance in the 1985 World Indoor Championships. To quote:

Thanks and congratulations for your magazine Heel & Toe Online. In the last issue, you wrote about Dave Smith and his fantastic performances. I found this short and rare video clip, only 1 minute 54 secs, about the first World Indoor Championships, Paris 1985, where David Smith won a historic bronze medal racewalk against big names like Lelievre, Damilano, Andersen, Llopart, etc). The clip shows Smith leading the pack.

*Saludos desde España
Rodrigo*

And here's the link: <http://www.ina.fr/video/PAC00019672/jeux-mondiaux-d-athletisme-en-salle-a-bercy.fr.html>

He also pointed me to a couple of clips from the 1987 World Cup which also showed Dave in action, along with Kerry Saxby and Simon Baker. Check out:

1987 IAAF World Cup of Walking-Part 1
1987 IAAF World Cup of Walking-Part 2

<http://www.youtube.com/watch?v=X5gNG9jig0c>
<http://www.youtube.com/user/Weatherman2050#p/u/7/g8kEYRNSmKw>

But back to the IAAF World Indoor Championships which were inaugurated as the World Indoor Games in 1985 in Paris, France. They were subsequently renamed in 1987 to their current name and, since then, they have been held every two years. Racewalks for men (5000m) and women (3000m) were initially included in the program and were contested until 1993 when they were taken out as part of a revamp of the competition. The results were as shown below.

Games	5000m Walk Men	3000m Walk Women
1985 Paris	1. Gérard Lelièvre FRA 19:06.20 2. Maurizio Damilano ITA 19:11.41 3. Dave Smith AUS 19:16.04	1. Giuliana Salce ITA 12:53.42 2. Yan Hong CHN 13:06.66 3. Ann Peel CAN 13:06.97
1987 Indianapolis	1. Mikhail Shchennikov URS 18:27.79 (CR) 2. Jozef Pribilinec TCH 18:27.80 3. Ernesto Canto MEX 18:38.71	1. Olga Krishtop URS 12:05.49 (CR) 2. Giuliana Salce ITA 12:36.76 3. Ann Peel CAN 12:38.97
1989 Budapest	1. Mikhail Shchennikov URS 18:27.10 (CR) 2. Roman Mrázek TCH 18:28.90 3. Frants Kostyukevich (URS) 18:34.07	1. Kerry Saxby AUS 12:01.65 (CR) 2. Beate Anders GDR 12:07.73 3. Ileana Salvador ITA 12:11.33
1991 Seville	1. Mikhail Shchennikov URS 18:23.55 (CR) 2. Giovanni De Benedictis ITA 18:23.60 3. Frants Kostyukevich URS 18:47.0	1. Beate Anders GER 11:50.90 (CR) 2. Kerry Saxby AUS 12:03.21 3. Ileana Salvador ITA 12:07.6
1993 Toronto	1. Mikhail Shchennikov RUS 18:32.10 2. Robert Korzeniowski POL 18:35.91 3. Mikhail Orlov RUS 18:43.48	1. Yelena Nikolayeva RUS 11:49.73 (CR) 2. Kerry Saxby-Junna AUS 11:53.82 3. Ileana Salvador ITA 11:55.35

During this time, Australia won 4 medals compliments of Dave (1 bronze) and the great Kerry Saxby (1 gold and 2 silvers).

Dave's 1985 walk was a brave one and, for a while, it looked as if he might win. He had a lead of almost 20m after 4 laps and kept that advantage over the first 1500m. The eventual winner Gérard Lelièvre of France and silver medalist Maurizio Damilano of Italy closed the gap approaching the 2000m mark. The two Europeans passed him shortly before the half way mark and the trio then stayed together for 3 laps before the Frenchman opened a gap on his two rivals. Dave eventually finished 3rd in 19:16.04, more than 23 secs ahead of the fourth man home, Roman Mrazek of Czechoslovakia.

1985 was a superb year for Dave, following on from his 10th place in the 1984 Olympic 20km. Newly relocated to the AIS, that year saw him set new Australian/Commonwealth records over 5000m (19:07), 10,000m (38:20.9) and 30km (2:06:11). What more can be said!

Of course, the undisputed men's champion over the 5000m distance was Russian Mikhail Shchennikov. He won the next 4 World Indoor championship walks (1987-1993), all performances around 18:30 or better and held the world record. He was not just a

sprinter either, winning the 1991 World Walking Cup 20km in San Jose and taking second in the 1996 Olympic 50km in Barcelona. Technically, he was superb as the following clip shows from his 1990 European Indoors 5000m walk win in Glasgow: <http://www.youtube.com/user/MarciaAbruzzo#p/u/5/wH5VdOoKxSs>. Indeed, he stands as one of the all time greats.

WHAT'S COMING UP NEXT

AV Shield continues next **Saturday 20th November** with the following venues in action contesting 1500m and 3000m walks:

AV Shield - South East Region - Round 6	Ballam Park Athletic Track, Frankston
AV Shield - Bendigo Region - Round 6	La Trobe University Bendigo Athletics Complex, Bendigo
AV Shield - Geelong Region - Round 6	Landy Field, Geelong
AV Shield - Ballarat Region - Round 6	Llanberris Reserve, Ballarat
AV Shield - North West Region - Round 6	Moonee Valley Athletics Centre, Aberfeldie
AV Shield - East Region - Round 6	Proclamation Park, Ringwood

Then on **Wednesday 24th November**, VRWC action continues with track races scheduled at the Collingwood Harriers track in Northcote/Clifton Hill. It is one of the few chances for a 5000m track this side of Christmas so mark it in your diary.

Wednesday 24th November 2010, VRWC Events, Collingwood Harriers Track

Venue: George Knott Athletic Field, 143 Heidelberg Rd, Northcote

6.30pm	5000m and 3000m	Open
7.15pm	1500m	Open

And a further reminder that entries are now open for the Australian 50km championship, to be held at Fawkner Park in Melbourne on **Sunday 12th December 2010**. The Fawkner Park walking path has been completely resurfaced so the 2km lap should be super fast this year. Enter online at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=569&OrgID=887 for any of the following events

7.00am	Australian 50km Road Walking Championship	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: 2 hours Men / 2 hours 15 minutes Women
8.30am	10km Walk: Men and Women	Cut-off: 56 minutes Men / 60 minutes Women

The 20km and 10km events are non-championship events but do provide an opportunity for walkers to put times on the board in a fully ratified meet. **Entries for all events close at midnight on 28th November 2010.**

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.

2010/2011 Australian/Victorian Summer Season Key Dates

Wed 24 Nov, 2010	VRWC Summer Season track walks Collingwood Harriers Track, Clifton Hill
4-5 Dec, 2010	Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sat 11 Dec, 2010	AA Racewalk Judging Seminar, VRWC Headquarters, Middle Park Bowling Club, Albert Park, VIC
Sun 12 Dec, 2010	Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawkner Park, Melbourne
	Entries close with AA on 28 th November at midnight.
	See http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=569&OrgID=887
21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat
Sat 19 Feb, 2011	Australian 20km Walk Championships (incl 10km U20 invit), Hobart
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park
10-14 Mar, 2011	Australian Junior (U14-U20) Championships, Sydney Olympic Park, Sydney NSW
19-20 Mar, 2011	VLAA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Knox

2011 Australian/Victorian Winter Season Key Dates

Sun 14 June 2011	Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sun 10 July 2011	Victorian Schools Roadwalking Championships, Albert Park, VIC
20-21 August, 2011	Australian Roadwalking Championships, Canberra, ACT

2011 International Fixture

July 6-10, 2011	7th World Youth T&F Championships, Lille, France
July 7-17, 2011	19th World Masters T&F Champs Stadia, Sacramento, California, USA. See http://www.wma2011.com/
Aug 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Sept 7-13, 2010	4th Commonwealth Youth Games, Isle of Man, UK. See http://www.cyg2011.com/

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, Taicang, 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

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